



Sairam
AYUSH for LIFE
2026

INTEGRATED INTERNATIONAL CONCLAVE

Bridging Traditional Systems of Medicine for Global Health

19 & 20 June 2026

AYUSH for One Health

Human, Animal & Environmental Wellness



AYURVEDA



YOGA &
NATUROPATHY



UNANI



SIDDHA



HOMOEOPATHY

PROCEEDINGS



தாயிற் சிறந்த கோவிலும் தீர்வை!



தந்தை சொல் மிக்க மந்திரம் தீர்வை!



அல்மா சித்தா சிறப்பு பல்நோக்கு மருத்துவமனை Almaa Siddha Care Multi Speciality Hospital

30 +	50 +	4448	ஏண்ணிலடங்கா
மருத்துவமனைகள்	மருத்துவர்கள்	நோய்கள்	வெற்றிகரமான தீர்வுகள்



இயற்கை முறையில் தயாரிக்கப்பட்ட
சித்த மருந்துகள் மற்றும் உணவுப் பொருட்கள்
P: 044 4635 9999




ஐந்து நட்சத்திர அந்தஸ்துக்கு இணையான அறைகள்
கொண்ட சித்தா வாழ்வியல் மையம், இலவம்பாடி.
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சிறப்பு வர்ம மருத்துவம்
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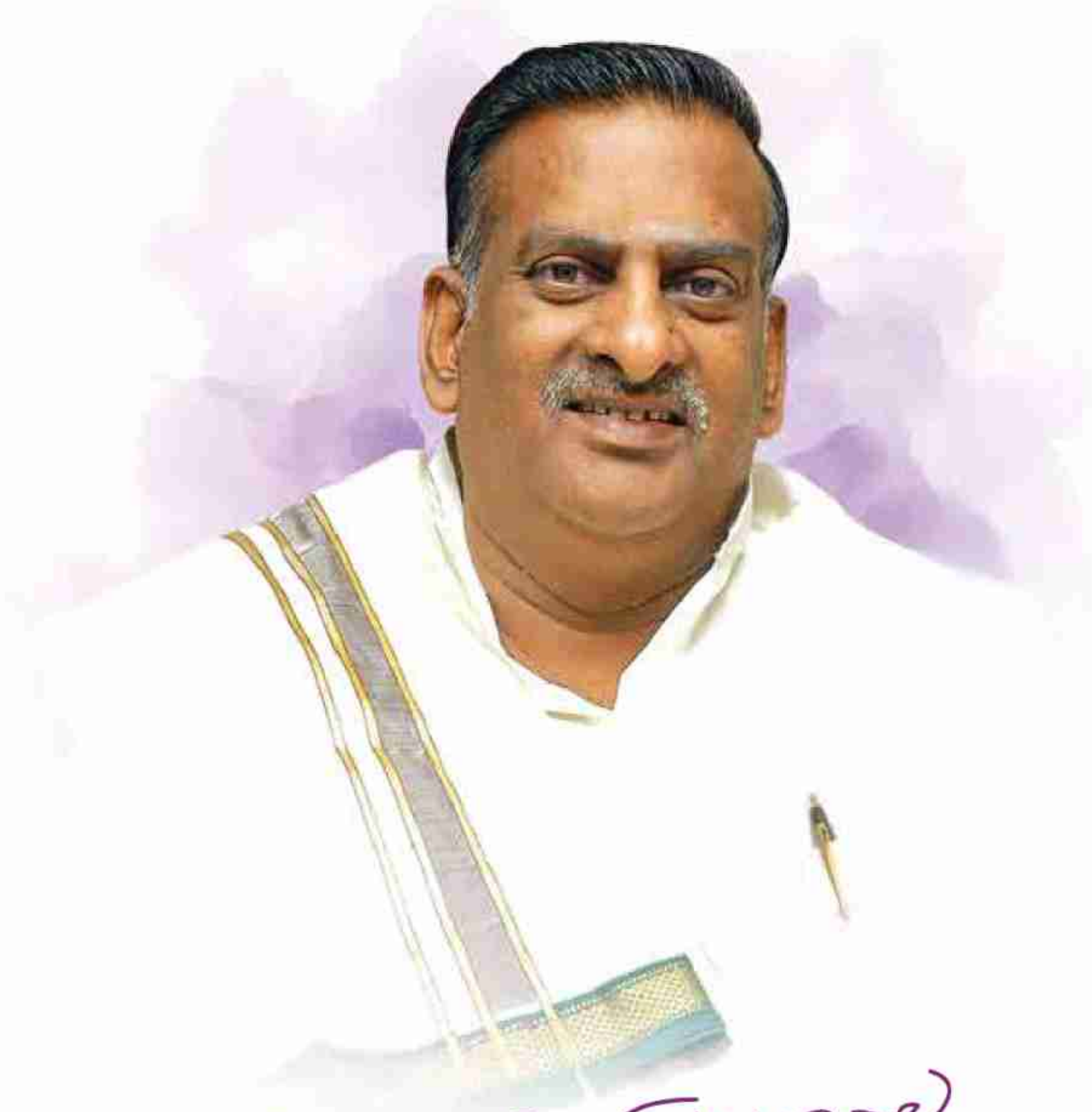
#33/A, இலவம்பாடி கிராமம், அத்திப்பாடி அஞ்சல், சிங்காரப்பேட்டை வட்டி, வளத்தங்கரை தாலுகா,
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*Education is the manifestation of the
perfection already in man*



புயன்றால் புறயாதது
எதுவும் இல்லை.

என் புடனீ...
லி லீமோதூர்

MJE. LN. LEO MUTHU

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Sairam
AYUSH for LIFE
2026



डॉ. मनीषा उ. कोठेकर
सभापति
Dr. Maneesha U. Kothekar
Chairperson



भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग
भारत सरकार
National Commission for Indian System of Medicine
Government of India

Message



It gives me immense pleasure to learn that **Sri Sairam Medical Colleges & Research Centres for Siddha, Ayurveda & Homoeopathy, Chennai**, a distinguished institution committed to advancing excellence in AYUSH education, research, healthcare, and interdisciplinary collaboration, is organizing the **“SAIRAM AYUSH FOR LIFE-2026: Integrated International Conclave”** on 19-20 June 2026.

The conclave provides a valuable platform for academicians, researchers, clinicians, policymakers, and students from across the globe to deliberate upon emerging trends, innovations, evidence-based practices, and integrative approaches in the AYUSH sector. Such initiatives play a pivotal role in fostering academic excellence, promoting research-driven healthcare solutions, and strengthening the global recognition of India's traditional systems of medicine.

I am confident that the deliberations and knowledge-sharing sessions during the conclave will contribute significantly towards advancing the vision of holistic, accessible, and quality healthcare while reinforcing the objectives of the Ministry of Ayush and the National Commission for Indian System of Medicine in promoting high standards of education, research, and clinical practice.

I extend my best wishes to the organizers, participants, and delegates for the grand success of the conclave.

Dr. Maneesha Upendra Kothekar

New Delhi
17.06.2026



Sairam
AYUSH for LIFE
2026



डॉ. अल्लमप्रभु गुड्डा
अध्यक्ष
Dr. Allamprabhu Gudda
President



आयुर्वेद बोर्ड/Board of Ayurveda
भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग
National Commission for Indian System of Medicine
भारत सरकार/Government of India

D.O .No.- NCISM/P.BOA/2/2026

Date- 15.06.2026



F O R E W O R D

Dear Distinguished Delegates, Esteemed Speakers, and Fellow Participants,

It is a privilege and a pleasure to extend my warmest greetings to each of you at the **Sairam AYUSH for Life 2026 — Integrated International Conclave**, themed “AYUSH for One Health: Human, Animal & Environmental Wellness.” Held on **19 & 20 June 2026** at Sri Sairam Institutions Campus, West Tambaram, Chennai, this conclave arrives at a moment when the global healthcare community is reimagining the boundaries of medicine — and traditional systems are rightfully claiming their place at the centre of that conversation.

The National Commission for Indian System of Medicine (NCISM) operates through four autonomous boards established under the NCISM Act 2020. These boards regulate medical education and professional standards for Indian systems of medicine (Ayurveda, Unani, Siddha, and Sowa-Rigpa) across India. The Four Autonomous Boards: Board of Ayurveda (BoA): Sets standards, curricula, and guidelines specifically for Ayurveda education and practitioners. Board of Unani, Siddha, and Sowa-Rigpa: Handles the academic and professional regulations for these specific branches of traditional medicine.

The “One Health” theme at the heart of this conclave resonates deeply with our conviction that the well-being of humans, animals, and the environment cannot be addressed in isolation. Bringing together Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy under one roof is not merely an academic exercise — it is a declaration that sustainable healthcare must be holistic, preventive, and rooted in the wisdom that our ancestors spent centuries refining.

I commend Sri Sairam Medical Colleges & Research Centres for Siddha, Ayurveda, and Homoeopathy for organising this high-impact platform with such purposefulness. In its 25th year of excellence, these NABH Accredited and NCISM/NCH-QCI-NABET ‘A’ & ‘A+’ Rated Institutions continue to raise the bar for what AYUSH education and research can achieve. The calibre of national and international speakers assembled, the breadth of scientific sessions planned, and the inclusion of student voices all reflect an institution that leads with both ambition and sincerity.

To the researchers presenting their work, the students stepping onto a national stage for the first time, and the practitioners sharing hard-won clinical wisdom — your contributions matter. Science advances one shared insight at a time, and every paper presented, every question asked, and every conversation sparked here adds to the body of knowledge that will shape how the world understands traditional medicine.

May this souvenir stand as a record of the ideas exchanged and the resolve renewed at this conclave. I wish all delegates two enriching and productive days, and I look forward to the impact these conversations will have on the communities we collectively serve

With warm regards


(Dr. Allamprabhu Gudda)

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॥ आयुषे सर्वलोकानाम् ॥

प्रो. आसिम अली खान
अध्यक्ष
Prof. Asim Ali Khan
President



सत्यमेव जयते

युनानी, सिद्ध और सोवा-रिग्पा बोर्ड
भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग
भारत सरकार
Board of Unani, Siddha and Sowa-Rigpa
National Commission for Indian System of Medicine
Government of India



MESSAGE

It gives me immense pleasure to know that Sri Sairam Medical Colleges & Research Centres for Siddha, Ayurveda and Homoeopathy is organizing the **"SAIRAM AYUSH FOR LIFE 2026 - Integrated International Conclave"** on 19th & 20th June 2026 at Chennai. I congratulate the organizers for bringing together academicians, researchers, clinicians, practitioners, and students on a common platform dedicated to the advancement of AYUSH systems and the promotion of global health.

The theme of the Conclave, **"AYUSH for One Health - Human, Animal & Environmental Wellness,"** is both timely and highly relevant. As healthcare systems across the world increasingly recognize the importance of holistic, preventive, and patient-centered approaches, the Indian Systems of Medicine have a significant role to play in promoting health and well-being. The integration of knowledge across Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy will further strengthen the contribution of AYUSH to the One Health framework.

As part of its commitment to advancing quality of Unani, Siddha & Sowa-Rigpa education and healthcare, the Board of Unani, Siddha and Sowa-Rigpa (under NCISM, continues to promote academic excellence, quality clinical training, and research-oriented learning across institutions.

I encourage institutions, faculty members, researchers, practitioners, and students to actively participate in this Conclave and contribute towards meaningful academic dialogue, research, and innovation. I am confident that the deliberations and outcomes of this event will further strengthen the role of AYUSH in achieving holistic health and wellness for society.

I extend my best wishes for the grand success of the event and congratulate the organizing committee for this commendable initiative.

Prof. Asim Ali Khan



Sairam
AYUSH for LIFE
2026



डॉ. तारकेश्वर जैन, अध्यक्ष
Dr. Tarkeshwar Jain, Chairperson

राष्ट्रीय होम्योपैथी आयोग National Commission for Homoeopathy

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Website: www.nch.org.in



MESSAGE

It gives me immense pleasure to extend my greetings and best wishes for **"SAIRAM AYUSH FOR LIFE 2026 – Integrated International Conclave: Bridging Traditional Systems of Medicine for Global Health"**, organized by Sri Sairam Homoeopathy Medical College & Research Centre.

The theme of this conclave, centered on integrating traditional medicine into global health systems and advancing the vision of *holistic health*, is both timely relevant and in conformity with our national health goals. As healthcare systems globally seek sustainable, preventive and patient-centered approaches, the Homoeopathic medical system offers valuable perspectives that complement other contemporary systems of treatment. The conjunction of experts, researchers, educators, practitioners and students from various disciplines will provide a unique opportunity to foster meaningful interchange of information and combined innovation.

Homoeopathy, along with other AYUSH systems, has an important role in holistic health as it is based on fundamental principles of individualization, constitutional medicine and detailed case taking. The continued emphasis on evidence-based research, quality education, interdisciplinary collaboration, and public health integration will further strengthen the contribution of traditional medicine to National and global healthcare goals. Academic platforms such as this conclave serve as catalysts for generating new knowledge, encouraging scholarly inquiry and nurturing future leaders in healthcare.

I acclaim the organizers for their dedication for creating an international forum that promotes excellence in education, research and clinical practice. The participation of distinguished experts from various fields will undoubtedly augment discussions and inspire new pathways


(Dr. Tarkeshwar Jain) 17/01/26



होम्योपैथी चिकित्सा आंकलन और रेटिंग बोर्ड
Medical Assessment and Rating Board for Homoeopathy

राष्ट्रीय होम्योपैथी आयोग

National Commission for Homoeopathy

Sanjay Lal Nehru Bhawan Chikitsa Aron Homoeopathy Akashdeepa Bhawan, E-45, Sector-22, Opp. U Block (Sanjay), New Delhi-110058

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Message



It is a pleasure to extend my greetings to all participants of **SAIRAM AYUSH for LIFE 2026 - Integrated International Conclave: Bridging Traditional Systems of Medicine for Global Health.**

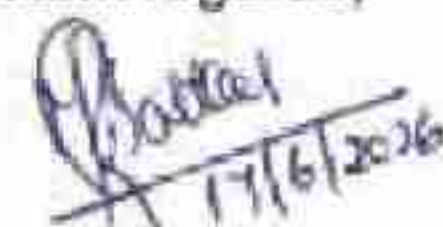
This conclave provides a valuable platform for researchers, clinicians, academicians, and students to share knowledge, foster innovation, and strengthen interdisciplinary collaboration in AYUSH and allied health sciences. By bringing together traditional wisdom and contemporary scientific advances, the conference contributes to the development of holistic, sustainable, and evidence-based healthcare solutions for global well-being.

The focus on human, animal, and environmental health reflects the growing importance of integrated approaches in addressing present and future healthcare challenges. I am confident that the scientific deliberations and interactions during this event will inspire new ideas, research collaborations, and meaningful contributions to healthcare.

I congratulate the organizing committee, speakers, contributors, and volunteers for their dedicated efforts in making this conference possible. I also thank all participants for enriching the event through their expertise and engagement.

I wish the conference great success and hope it serves as a catalyst for innovation, collaboration, and excellence in AYUSH and global health.

With warm regards,


17/6/2026

Dr. Mangesh R. Jatkar
President, MARBH



Sairam
AYUSH for LIFE
2026



डॉ. संजय गुप्ता, सचिव
Dr. Sanjay Gupta, Secretary

राष्ट्रीय होम्योपैथी आयोग National Commission for Homoeopathy

जवाहर लाल नेहरू भारतीय चिकित्सा होम्योपैथी अनुसंधान भवन
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Website: www.nch.org.in



MESSAGE

Dear Distinguished Delegates, Esteemed Speakers,

It is a matter of great pleasure to extend my warm greetings and best wishes for **AYUSH FOR LIFE 2026 –International Conclave**, themed **"Bridging Traditional Systems of Medicine for Global Health."**

I am sure this conclave shall serve a valuable platform for bringing together academicians, researchers, clinicians, and healthcare leaders to explore the evolving role of Homoeopathy, Siddha and Ayurveda for global health challenges. The event shall focus the growing importance of integrative healthcare in building healthier and more resilient communities by fostering interdisciplinary dialogue and collaborative research.

I congratulate **Sri Sairam Medical Colleges & Research Centre** for organizing this visionary initiative and believe that contribution of the organizing committee, speakers, partners, and participants shall make this gathering meaningful and impactful by exchange of knowledge, building collaborations that advance innovation, evidence-based practice, and holistic healthcare.

I wish **AYUSH FOR LIFE 2026 Conclave** every success and trust for global health.

With warm regards

Dr Sanjay Gupta



आज़ादी का
अमृत महोत्सव



Sairam
AYUSH for LIFE
2026

K. BALASUBRAMANIAM, I.A.S.,
Director



Indian Medicine & Homoeopathy Department,
Arumbakkam, Chennai - 106.

Date:16.06.2026

FOREWORD

It gives me great pleasure to extend my greetings to all delegates, speakers, researchers, practitioners, and students participating in the **Sairam AYUSH for Life 2026 – Integrated International Conclave** being held on 19–20 June 2026 at Chennai.

The theme of the conclave, “**AYUSH for One Health: Human, Animal & Environmental Wellness,**” highlights the importance of a holistic approach to health and well-being. Such forums provide valuable opportunities for the exchange of knowledge, sharing of experiences, and discussion on emerging developments in the field of AYUSH systems of medicine.

The Government of Tamil Nadu has been committed to promoting and strengthening Indian Systems of Medicine and Homoeopathy through accessible healthcare services, education, research, and public awareness initiatives. Collaborative academic platforms such as this conclave contribute to advancing understanding and fostering dialogue among scholars, healthcare professionals, and institutions.

I appreciate the efforts of Sri Sairam Institutions in organizing this event and bringing together experts and participants from diverse backgrounds. I am confident that the deliberations and interactions during the conclave will be informative and beneficial to all stakeholders.

I convey my best wishes for the success of the conclave and for a productive and enriching experience for all participants.

(K. Balasubramaniam, I.A.S.)

Director

Indian Medicine &
Homoeopathy
Government of Tamil Nadu

Arignar Anna Govt. Hospital of Indian Medicine Campus, Arumbakkam, Chennai-106.

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தமிழ்நாடு டாக்டர் எம்.ஜி.ஆர். மருத்துவப் பல்கலைக்கழகம்
The Tamil Nadu Dr.M.G.R. Medical University

Sairam AYUSH for Life 2026 – Integrated International Conclave – 19 & 20 June 2026, Chennai

Dr. S. Pushkala, M.D.,
Professor of Immunology

FOREWORD

Dear Distinguished Delegates, Esteemed Speakers, and Fellow Participants,

It is a privilege and a pleasure to extend my warmest greetings to each of you at the Sairam AYUSH for Life 2026 — Integrated International Conclave, themed “AYUSH for One Health: Human, Animal & Environmental Wellness”, scheduled on 19 & 20 June 2026 at Sri Sairam Institutions Campus, West Tambaram, Chennai. This conclave arrives at a moment when the global healthcare community is reimagining the boundaries of medicine — and traditional systems are rightfully claiming their place at the centre of that conversation.

The The Tamil Nadu Dr. M.G.R. Medical University has long championed the integration of diverse healing traditions within a rigorous academic and scientific framework. With over 700 affiliated colleges and institutions spread across Tamil Nadu, our university stands as a guardian of medical education quality and an enabler of research that serves real communities. Events such as this conclave are the natural expression of that commitment — spaces where knowledge is shared freely and new directions for healthcare are charted together.

With the advent of COVID 19, Zoonotic diseases have gained momentum. The innumerable bacterial and viral infection are primarily due to animals both domestic and wild. Most of the fungal and respiratory/Gastro Intestinal Infection are due to the pollution and contamination of the environment. So to nip it at its origin, National One Health Mission was initiated by the Government of India. As Tamil Nadu plays an important role in AYUSH, it is apt for Tamil Nadu to host the Integrated International Conclave. To add to this, I am sure all of us are aware as to the reach of Siddha formulation for prevention of COVID.

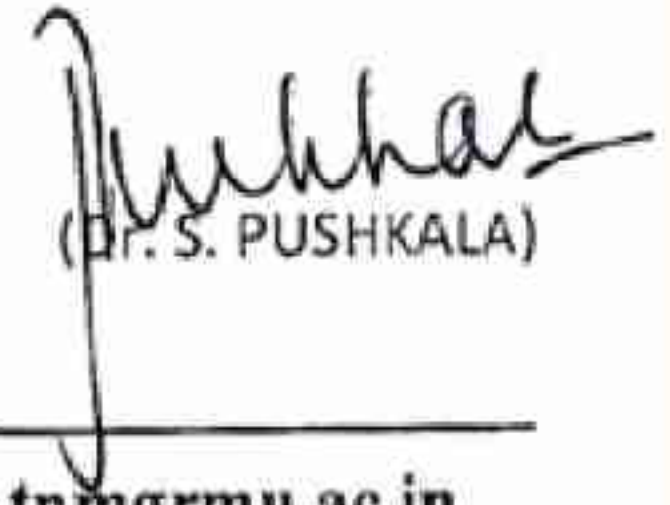
The National One Health Mission theme at the heart of this conclave resonates deeply with our conviction that the well-being of humans, animals, and the environment cannot be addressed in isolation. Bringing together Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy under one roof is not merely an academic exercise — it is a declaration that sustainable healthcare must be holistic, preventive, and rooted in the wisdom that our ancestors spent centuries refining.

Sri Sairam Medical College & Research Centre for Siddha, organising this high-impact platform with such purposefulness is commendable. In the Silver Jubilee year, it has taken a good step forward by organising this Integrated International Conclave.

To the researchers presenting their work, the students stepping onto a national stage for the first time, and the practitioners sharing hard-won clinical wisdom — your contributions matter. Science advances one shared insight at a time, and every paper presented, every question asked, and every conversation sparked here adds to the body of knowledge that will shape how the world understands traditional medicine.

May this souvenir stand as a record of the ideas exchanged and the resolve renewed at this conclave. I wish all delegates two enriching and productive days, and I look forward to the impact these conversations will have on the communities we collectively serve.

With warm regards,


(Dr. S. PUSHKALA)

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Chairman & CEO



Message

Dear Distinguished Delegates, Esteemed Speakers, Researchers, Faculty Members, Students, and Guests,

It is both a privilege and a deeply meaningful moment for me to welcome each one of you to the Sairam AYUSH for Life 2026 – Integrated International Conclave.

At a time when the world is rethinking the very foundations of healthcare, gatherings like this become more than academic events—they become catalysts for change. The theme “One Health: Human, Animal & Environmental Wellness” is not just relevant, it is necessary. It reminds us that health is not confined to individuals, but is a shared responsibility shaped by our ecosystems, our practices, and our collective awareness.

This conclave brings together academicians, clinicians, researchers, industry experts, and students from around the world to exchange knowledge, foster innovation, and strengthen interdisciplinary collaborations. It also reflects our shared commitment to the United Nations Sustainable Development Goals by promoting health, education, sustainability, and meaningful partnerships.

I encourage all participants to actively engage in the scientific sessions, discussions, and networking opportunities. May this gathering inspire new ideas, impactful research, and collaborative efforts that contribute to a healthier and more sustainable future.

I express my sincere gratitude to our Founder Chairman, MJF. Ln. Leo Muthu, whose visionary leadership continues to guide the growth and excellence of the Sairam Group of Institutions. I also congratulate the organizing committee, faculty, researchers, sponsors, and students whose dedication has made this conclave possible.

I wish you all a rewarding and enriching experience.



Dr. SAI PRAKASH LEOMUTHU
Chairman & CEO



Sairam to the UN

- A Voice for Global Change!

Dr. Sai Prakash LeoMuthu

Chairman & CEO, Sairam Institutions

proudly represented Sairam Institutions at the
**United Nations 80th General Assembly,
New York City**

marking a historic milestone in our journey
from classrooms to the global stage



This remarkable achievement reflects his **visionary leadership** and stands as a proud moment for the entire Sairam family. His presence on such a prestigious international platform reinforces our collective commitment to **innovation, global impact, and excellence** in education.

This is truly a proud and defining milestone for Sairam Institutions, symbolizing our continued mission to transform education and elevate learning beyond boundaries from the classroom to the world stage.





HISTORIC GLOBAL RECOGNITION FOR THE SAIRAM FAMILY @ SWEDEN



The Sairam Family achieved a proud international milestone at the **78th Baden-Powell Fellowship Gala Dinner in Stockholm, Sweden.**



The event was held under **the patronage of King Carl XVI Gustaf of Sweden.** Sairam was welcomed into The Chairman's Circle of the World Scout Foundation.



The recognition honoured Sairam's contribution to World Scouting and youth development.

- **Mrs. Revathi Sai Prakash** was honoured as a Baden-Powell Fellow.
- **Young Sai Samanyu LeoMuthu** received recognition as a Young Baden-Powell Fellow.
- **Dr. Sai Prakash LeoMuthu** represented the global service vision of Sairam Institutions.

The achievement reflects Sairam's commitment to humanity, leadership, and education. Sairam thanked The Bharat Scouts and Guides for their continued support.

This recognition marks a proud moment for the entire Sairam Family.



**77th Baden-Powell
Fellowship Event**
Kuala Lumpur

BADEN-POWELL FELLOWSHIP HONOUR

Dr. Sai Prakash LeoMuthu, Chairman & CEO, Sairam Institutions has been conferred with the prestigious **Baden-Powell Fellowship (BPF)** from Mr. Beat Wenger in the presence of **His Majesty King Carl XVI Gustaf of Sweden,** the Honorary President of the World Scout Foundation in Kuala Lumpur, Malaysia.



Chief Business Officer

Dear Delegates, Esteemed Speakers, Faculty Members, Researchers, Students, and Guests,



I am delighted to welcome distinguished experts, academicians, healthcare professionals, researchers, and students from across the globe to Sairam AYUSH for Life 2026. This conclave provides a unique platform to explore the transformative potential of AYUSH systems in advancing human, animal, and environmental well-being through the One Health approach.

As global interest in AYUSH continues to grow, this conclave serves as an important forum for knowledge exchange, scientific dialogue, and strategic partnerships. The collaboration with leading research organizations, universities, healthcare institutions, and industry partners reflects our shared commitment to advancing research, innovation, and capacity building for the future of integrated healthcare.

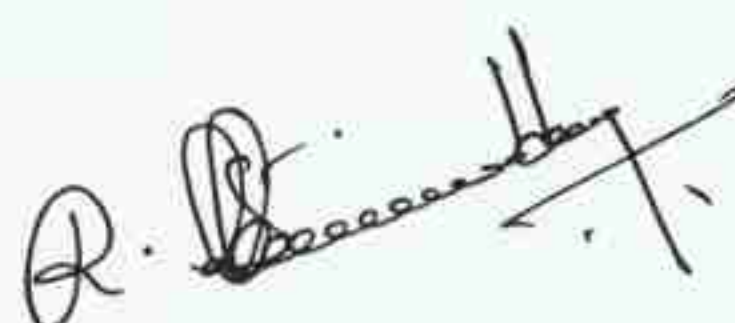
The future of healthcare lies in sustainable, patient-centered, and holistic approaches. By combining the strengths of AYUSH systems with modern scientific methodologies, we can make meaningful contributions to preventive healthcare, personalized medicine, public health, and the broader One Health agenda.

I extend my sincere gratitude to our Founder Chairman, MJF. Ln. Leo Muthu, for his visionary leadership, and to our Chairman & CEO, Dr. Sai Prakash Leo Muthu, whose continuous encouragement and support have been instrumental in strengthening AYUSH education, research, and interdisciplinary collaboration. Their vision has been the driving force behind this Integrated International Conclave.

I also congratulate the organizing committee, faculty members, researchers, students, sponsors, and partner organizations whose dedication and efforts have made this event possible.

I wish all participants a productive and enriching experience. May the discussions, collaborations, and insights generated during this conclave contribute significantly to advancing AYUSH research and building a healthier, more sustainable future for all.

With Warm Regards,



R. SATHISH KUMAR
Chief Business Officer

Chief Information Officer

Dear Distinguished Delegates, Esteemed Speakers, Researchers, Faculty Members, Students, and Guests,



As we gather to celebrate the spirit of innovation, scientific inquiry, and holistic healthcare, I extend a warm welcome to all participants of Sairam AYUSH for Life 2026 – Integrated International Conclave, a unique initiative that embraces the One Health approach toward building a healthier, more resilient, and sustainable future.

In an era of rapid scientific and technological advancement, we recognize that the challenges of modern healthcare demand solutions that are innovative, sustainable, inclusive, and evidence-based. The One Health paradigm reminds us that human, animal, and environmental health are intrinsically interconnected, underscoring the need for greater collaboration across disciplines and sectors.

As emerging technologies such as Artificial Intelligence, digital health, biotechnology, and translational research continue to reshape the healthcare landscape, AYUSH systems present significant opportunities for scientific validation, innovation, and global impact. By bridging traditional knowledge with modern research methodologies, we can develop holistic, accessible, and sustainable healthcare solutions that address the needs of future generations.

I extend my sincere gratitude to our Founder Chairman, MJF. Ln. Leo Muthu, for his visionary leadership, and to our current Chairman and CEO for their unwavering commitment to driving excellence and contributing toward the achievement of the Sustainable Development Goals (SDGs). I also express my appreciation to the organizing committee, faculty members, researchers, industry partners, and students whose dedication and hard work have made this conclave possible.

I wish all participants a productive, enriching, and inspiring experience. May the knowledge shared, ideas exchanged, and collaborations forged during this conclave contribute significantly to advancing healthcare, research, innovation, and societal well-being.



K. NARESH RAJ
Chief Information Officer

Message

Director – Sairam Medical



It gives me immense pleasure and pride to present the proceedings of the Integrated International Conclave – AYUSH for One Health: Human, Animal & Environmental Wellness, organized under the banner of Sairam AYUSH for Life 2026.

This conclave assumes special significance as it is being organized during the Silver Jubilee Year of Sairam Medical Colleges for Ayurveda, Siddha and Homoeopathy, marking 25 years of excellence in education, healthcare, research, innovation, and service to society. Over the past quarter century, Sairam Institutions have consistently championed quality education, ethical values, and societal transformation, creating a lasting impact on countless lives.

The concept of One Health recognizes the intrinsic interconnectedness of human health, animal health, and environmental well-being. In a world facing complex health challenges and ecological concerns, AYUSH systems offer holistic, sustainable, and person-centered solutions that can contribute significantly to global health and wellness. This conclave seeks to foster meaningful dialogue, scientific exchange, and collaborative action among experts and stakeholders from diverse healthcare disciplines.

The participation of distinguished national and international speakers, researchers, academicians, clinicians, policymakers, and students reflects our shared commitment towards advancing traditional systems of medicine through scientific validation, innovation, and interdisciplinary collaboration. The deliberations and scholarly contributions presented during this conclave will undoubtedly enrich the collective understanding of integrative healthcare and strengthen the global movement towards One Health.

On this momentous occasion, I extend my heartfelt congratulations to our visionary Chairman & CEO, Dr. Sai Prakash Leo Muthu, the esteemed Trustees, the Chief Business Officer, Chief Information Officer, Principals of all constituent colleges, faculty members, administrative staff, organizing committees, sponsors, and students whose dedication, teamwork, and relentless efforts have transformed this ambitious vision into a reality. Their unwavering commitment has been instrumental in making this international conclave a landmark academic event in our Silver Jubilee celebrations.

I also express my sincere gratitude to all our distinguished guests, speakers, delegates, and collaborators from India and abroad for their valuable participation and support.

May this conclave serve as a catalyst for knowledge creation, innovation, and global partnerships, and may it further strengthen the role of AYUSH systems in promoting health, harmony, and sustainable well-being for humanity, animals, and the environment.

With warm regards and best wishes,



Dr. Vanitha R Muralikumar

Director

Sri Sairam Medical Colleges & Research Centre

Preface

Principal – Ayurveda



I pen this down with great pleasure and a profound sense of pride as we present Sairam AYUSH for Life 2026 – Integrated International Conclave, themed “AYUSH for One Health: Human, Animal & Environmental Wellness.” This prestigious event assumes even greater significance as it is being held during the Silver Jubilee Year of Sri Sairam Medical Institutions, celebrating twenty-five years of excellence in AYUSH education, healthcare, research, and service to society. It also marks a defining milestone in our institutional journey, being the first-ever integrated AYUSH conclave that brings together all AYUSH streams on a common platform for academic excellence, research, innovation, and collaborative learning. More than a conference, it is a historic occasion that signifies our collective commitment to advancing holistic healthcare through the harmonious integration of traditional wisdom and contemporary scientific thought. I extend my heartfelt appreciation to our Founder Chairman, Management, Organising Committee, faculty members, students, and all stakeholders whose dedication has transformed this vision into reality. May this landmark initiative inspire meaningful collaborations, enrich scientific discourse, and strengthen the role of AYUSH in promoting the well-being of humanity, animals, and the environment.



Dr. P. A. Sudhir

Principal,

Sri Sairam Ayurveda Medical College & Research Centre

Message

Principal – Siddha



Dear Distinguished Delegates, Esteemed Speakers, Researchers, and Participants,

It gives me immense pleasure to welcome you to Sairam AYUSH for Life 2026 – Integrated International Conclave, organized by Sri Sairam Siddha Medical College & Research Centre on 19–20 June 2026 at our campus in West Tambaram, Chennai. The conclave is centered on the theme “AYUSH for One Health: Human, Animal & Environmental Wellness,” reflecting a holistic and integrated approach to global health and well-being.

Siddha medicine, one of the most ancient and scientifically rich systems of traditional healthcare, has long recognized the inseparable relationship between human health, animal health, and environmental sustainability. This timeless philosophy resonates profoundly with the contemporary One Health approach, which advocates collaborative efforts across disciplines to achieve optimal health outcomes for people, animals, and ecosystems.

This conclave serves as a dynamic platform that brings together experts, academicians, researchers, healthcare professionals, policymakers, and students from diverse AYUSH disciplines, including Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy. It provides a valuable opportunity for intellectual exchange, scientific deliberation, interdisciplinary collaboration, and the dissemination of innovative research addressing current and emerging health challenges.

As we stand on this grand platform of academic excellence, our hearts swell with profound gratitude and reverence for our visionary Founder Chairman, MJF. Ln. Leo Muthu. He was a titan among educationists, whose legendary vision, unyielding dedication, and boundless compassion laid the very foundation of the Sairam Institutions. Presently, under the visionary leadership of our Chairman, Dr. Sai Prakash Leo Muthu, Sairam Institutions has consistently fostered a culture of innovation, excellence, and social responsibility by integrating traditional knowledge systems with contemporary scientific and technological advancements. The inclusion of healthcare hackathons and discussions aligned with the United Nations Sustainable Development Goals (SDGs) reflects our commitment to nurturing innovative solutions for a healthier and more sustainable future.

I extend my sincere gratitude to the management of Sairam Institutions, particularly our Chairman, for their unwavering support, guidance, and encouragement in making this international academic gathering a reality.

I am confident that this conclave will inspire meaningful dialogue, foster collaborative partnerships, and contribute significantly to the advancement of AYUSH systems within the broader framework of One Health.

I wish all delegates, speakers, researchers, and student innovators a rewarding, enriching, and memorable experience.



Dr. P. Bama

Principal i/c

Sri Sairam Siddha Medical College & Research Centre

Message

Principal – Homoeopathy



The pursuit of global health today requires a healthcare paradigm that is scientifically sound, holistic, and rooted in the wisdom of diverse healing traditions. It is my privilege to present this Foreword for SAIRAMAYUSH for LIFE 2026 - Integrated International Conclave: Bridging Traditional Systems of Medicine for Global Health.

As healthcare systems worldwide address evolving challenges, the integration of traditional systems of medicine with contemporary scientific advancements has become increasingly significant. This conclave provides a distinguished international platform for academicians, researchers, clinicians, policymakers, and healthcare professionals to exchange knowledge, foster collaboration, and explore innovative approaches to integrative healthcare.

The theme of the conference reflects a commitment to bridging knowledge systems, promoting interdisciplinary partnerships, and advancing healthcare solutions that combine the strengths of traditional and modern medical sciences. Such efforts are essential in building sustainable healthcare models that enhance wellness and improve quality of life globally.

This Souvenir and Compendium of Abstracts showcases the scholarly contributions and research excellence of participants from diverse disciplines. The studies presented herein strengthen the evidence base of AYUSH and allied healthcare systems while encouraging future innovations in integrated healthcare.

I extend my sincere appreciation to the distinguished speakers, researchers, delegates, sponsors, collaborators, and organizing committee members whose dedication and support have made this event possible.

May SAIRAM AYUSH for LIFE 2026 inspire meaningful discussions, enduring collaborations, and transformative contributions to global health. I wish all participants a rewarding and memorable conference experience.



Dr. Jerin .J.P

Principal,

Sri Sai Ram Homoeopathy Medical College & Research Centre, Chennai

Message



INTEGRATED INTERNATIONAL CONCLAVE

Bridging Traditional Systems of Medicine for Global Health

19 & 20 June 2026

ABOUT THE CONFERENCE

*"The art of healing comes from nature, not from the physician.
Therefore, the physician must start from nature, with an open mind." — Paracelsus*

Humanity's quest for health and well-being has long been guided by nature and traditional healing practices. India's rich heritage of traditional medicine reflects centuries of accumulated wisdom, emphasizing holistic health, prevention, and harmony between individuals and their environment. Today, these systems continue to inspire modern healthcare through research, innovation, and global collaboration.

AYUSH represents a unique healthcare paradigm that bridges ancient knowledge with contemporary scientific inquiry. By promoting preventive care, personalized treatment, and sustainable health practices, AYUSH contributes significantly to the growing field of integrative medicine and addresses evolving global health challenges.

It is with great pride that we present this publication volume of the **Integrated International Conclave on "Bridging Traditional Systems of Medicine for Global Health – AYUSH for One Health: Human, Animal and Environmental Wellness,"** organized by **Sri Sairam Medical College & Research Centre.**

Our institution is committed to excellence in education, research, and service in Indian systems of medicine, including Ayurveda, Siddha, and Homoeopathy. Through academic training and scientific advancement, we strive to preserve and strengthen traditional healthcare practices while contributing to community well-being.

This publication highlights key themes such as evidence-based integrative protocols, scientific validation of traditional therapies, public health and policy integration, nanomedicine research, and preventive lifestyle approaches. These efforts demonstrate how traditional systems can be effectively integrated into modern healthcare while maintaining scientific rigor and clinical relevance.

We extend our sincere gratitude to all researchers, clinicians, academicians, and delegates whose valuable contributions have made this publication possible. May this volume serve as a platform for knowledge exchange, innovation, and collaboration, advancing the shared vision of holistic, sustainable, and globally accessible healthcare through the principles of AYUSH and One Health.



Inaugural on 19.06.2026, Friday @ 10.00 AM
at Sai Ram Institutions Campus, West Tambaram, Chennai - 44.



Presidential Address

Dr. Sai Prakash LeoMuthu

Chairman & CEO, Sairam Institutions



Dr. Maneesha Upendra Kothekar

Chairperson, National Commission for Indian System of Medicine

has kindly consented to be the Chief Guest
and to deliver the inaugural address



Guests of Honour

Prof. Asim Ali Khan

President,

Board of Unani, Siddha & Sowa-Rigpa, NCISM

Dr. Allamprabhu Gudda

President,

Board of Ayurveda, NCISM



Dr. S. Mathukumar

Member,

Board of Unani, Siddha, and Sowa-Rigpa, NCISM



Felicitations

Mr. R. Sathish Kumar

Chief Business Officer, Sairam Institutions

Mr. K. Naresh Raj

Chief Information Officer, Sairam Institutions



Dr. Vanitha R. Muralikumar

Director, Sri Sairam Medical Colleges & Research Centre

All are cordially invited

- The Management, Staff & Students



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Guests of Honour



Dr. N.J. Muthu Kumar

Director General
Central Council of Research in Siddha (CCRS),
Ministry of Ayush,



Dr. Zaheer Ahmed

Director General, Central Council of
Research in Unani Medicine (CCRUM),
Ministry of Ayush, Govt. of India, New Delhi.



Dr. G. Senthilvel

Director,
National Institute of Siddha,
Chennai



Prof. Dr. N. Manavalan

Joint Director (Yoga and Naturopathy)
Principal, Government yoga and Naturopathy
Chennai.



Dr. N.R. Jaya Kumar

President, Tamil Nadu Homoeopathy Council,
Chennai.



Dr. B. R. Ramakrishna

Vice Chancellor,
S.Vyasa Deemed to be University
Prashanthi Kuteeram, Bangalore.

Valedictory on 20.06.2026, Saturday @ 3.30 PM

at Sai Ram Institutions Campus, West Tambaram, Chennai – 44.



Dr. Thirunavukkarsu Velnampy

Vice Chancellor,
University of Jaffna, Sri Lanka.



Dr. P. K. Sudhir

Vice Chancellor,
Vinayaka Mission University, Salem.



Dr. P. Bharathajothi

Vice Chancellor (Incharge),
Tamil University, Thanjavur.



Dr. Parlapothula Hemantha Kumar

Pro-Vice Chancellor, Head, Department of Shalya Tantra,
National Institute of Ayurveda, Jaipur.



Dr. N. Venkatappan

Joint Director, Principal,
Directorate of Indian Medicine & Homoeopathy,
Chennai

have kindly consented to be the Guests
and to deliver the valedictory address



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International Speakers



Dr. (Mrs) W.J. Wickramarachchi

H.O.D. Desheeya Chikitsa,
Gampaha Wickramarachchi University of
Indigenous Medicine, Srilanka.



Dr. V. Anavarathan

Faculty of Siddha Medicine,
Member of International Advisory Board,
Trincomalee Campus, Eastern University, Sri Lanka.



Liew Wai Fong (Yoga Sri)

Diploma in Psychology – HELP University
Diploma in Psychology – Flinders University
Certified Isha Hatha Yoga Teacher, Malaysia.



Dr. S. Ushakanthan

Faculty of Siddha Medicine,
Trincomalee Campus
Eastern University, Sri Lanka.



Dr. Mushtaq MD (UNANI)

Senior Registrar
Ayurveda National Hospital
Colombo, Sri Lanka



Dr. Ibrahim Usman Mhaiker

MD(HOM), PHD Scholar
Associate Professor
Dean, School of Traditional and Complementary Medicine,
Faculty of Health, University of Cyberjaya, (UCO), Malaysia.

National Speakers



Dr. M. Meenakshi Sundaram

Dean (i/c), Professor & HoD,
National Institute of Siddha, Chennai



Dr. P. Sathya Rajeshwaran

Assistant Director (Siddha), Scientist–III
Siddha Regional Research Institute,
Puducherry



Dr. A. Rajendra Kumar

Research Officer (Siddha), Scientist – III,
Headquarters of Central Council for Research
in Siddha, Chennai



Dr. R. Bhuvaneshwari

Research Officer, Scientist - III
National Homoeopathic Research Institute in Mental Health
Ministry of AYUSH, Government of India, Kottayam, Kerala



Dr. Mohd. Aleemuddin Quamari

National Institute of Unani, Bengaluru



Dr. S. Chitra

Assistant Director, S4, CCRAS, Chennai



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President, IMPCOPS, Chennai



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Managing Director,
Arogya Healthcare Pvt. Ltd. Chennai



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Vice Principal, Government Unani Medical College, Chennai



Dr. R. Valavan

President
Homoeopathic Drug Manufacturers Association
Head, Scientific Medical Regulatory Affairs,
Schwabe, India



Prof. Dr. Narayan G. Shahane

Medical Director, Brahma Ayurveda Multispeciality Hospital,
Research & Academic Centre, Nadiad, Gujarat



Dr. K. Maheshkumar

Lecturer, Gr. II,
Government Yoga & Naturopathy, Chennai



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EVM Consultant, AH Group, NDDB
Former Head, EVM Herbal Research Centre, TANUVAS
Professor Emeritus, Transdisciplinary University, Bengaluru



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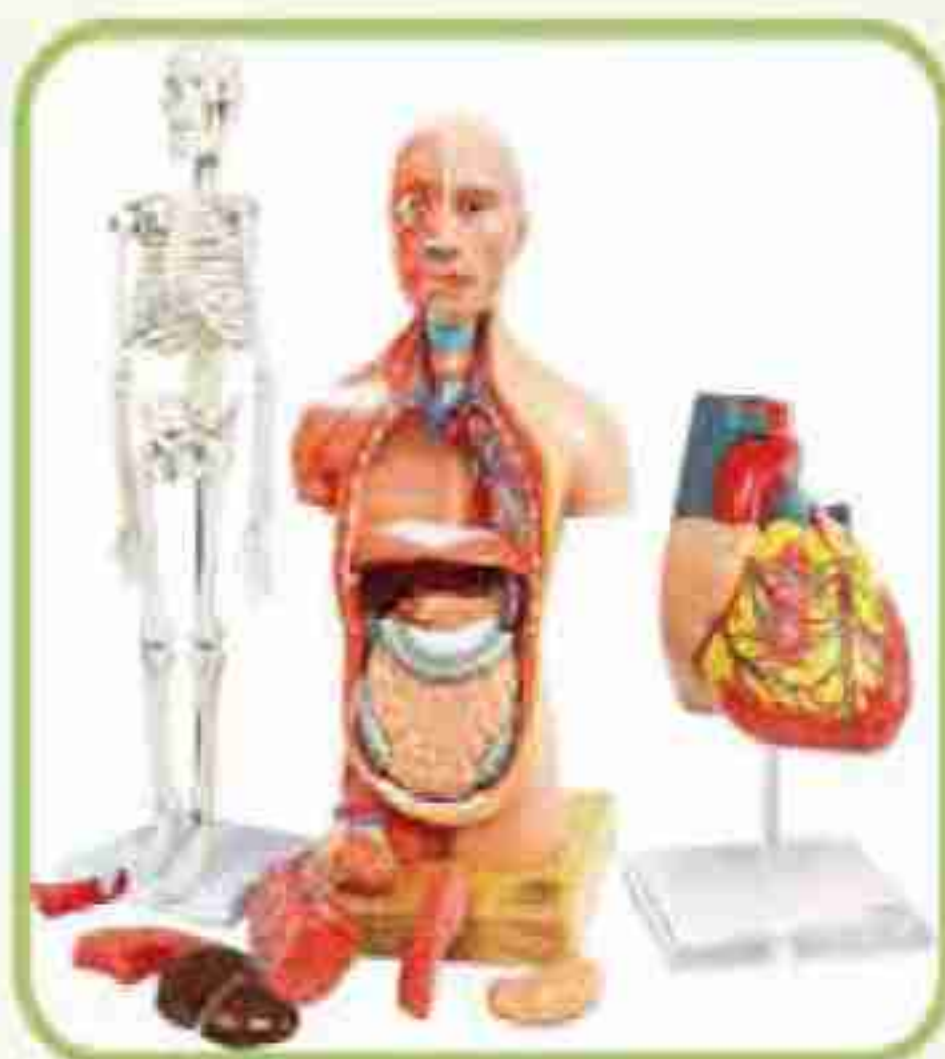
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INTERNATIONAL & NATIONAL SPEAKER'S ABSTRACTS

INTERNATIONAL SPEAKER'S ABSTRACTS

RESEARCH SCOPES IN UNANI MEDICINE: BRIDGING CLASSICAL ANCIENT WISDOM AND MODERN EVIDENCE-BASED FUTURE

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Background: The Unani System of Medicine is a traditional, temperament-based healthcare system with a history spanning over two millennia. It offers holistic, personalized, preventive, and curative care grounded in the dynamic equilibrium of seven core principles (*Umoor-e-Tabiya*). Despite its rich theoretical framework and extensive clinical practice, the global recognition of Unani medicine relies heavily on scientific validation and modern evidence-based documentation.

Objective: This study aims to explore the historical evolution and current research landscape, identify existing research gaps, and future directions of research in Unani Medicine. It also highlights emerging methodologies and technologies that can facilitate the scientific validation and global acceptance of the system.

Methods: A comprehensive review of the development of Unani research was undertaken, including analysis of publication trends across major research domains such as clinical trials, pharmacological studies, epidemiological research, drug standardization, Mizaj-based investigations, and Ilaj bil Tadbeer studies. Current challenges and methodological limitations were critically examined to identify priority areas for future research.

Results: The findings reveal a significant imbalance in the current research domain.

Literature is overwhelmingly dominated by review articles (30.6%) and basic chemical analyses/standardization studies (23.5%). Conversely, high-quality clinical evidence remains severely limited, with clinical trials comprising only 10.4%, regimental therapies (*Ilaj-bil-Tadbeer*) at 2.1%, and core temperament (*Mizaj*)-related studies at an alarming 0.1%. Furthermore, current methodologies often force Unani interventions into reductionist biomedical designs, compromising the system's holistic integrity.

Conclusion: This study fined the bridge gaps; future Unani research must pivot from narrative documentation to robust translational and holistic science. Embracing an "Integrated Unani-based Research Methodology" utilizing emerging methodologies—such as Reverse Pharmacology (moving from clinical experience to laboratory validation), Systems Biology-driven Network Pharmacology, Omics technologies, and Artificial Intelligence for *Mizaj* assessment—presents the next frontier. This strategic shift will generate high-quality clinical evidence, establish standardized dose frameworks, and secure global acceptance while fully preserving the 2,500-year-old healing legacy of Unani medicine.

Keywords: Unani Medicine, Research Gaps, Evidence-Based Medicine, Reverse Pharmacology, Network Pharmacology



T&CM BEYOND BORDERS: GLOBAL TRENDS, MALAYSIAN EXPERIENCE AND FUTURE OPPORTUNITIES

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Abstract: Traditional and Complementary Medicine (T&CM) continues to play a significant role in global healthcare, with increasing recognition of its contribution to health promotion, disease prevention, wellness, and person-centered care. The World Health Organization (WHO) has emphasized the importance of integrating traditional medicine into national health systems through appropriate regulation, education, research, and quality assurance mechanisms. This presentation provides a global overview of the evolution and current status of major T&CM systems, including Ayurveda, Siddha, Unani, Yoga and Naturopathy, Homoeopathy, Traditional Chinese Medicine, Chiropractic, Osteopathy, and Indigenous healing traditions.

Particular emphasis will be placed on the Malaysian experience as a model for the professionalization and regulation of T&CM. Malaysia has established one of the most comprehensive regulatory frameworks for T&CM through the Traditional and Complementary Medicine Act 2016 (Act 775), which recognizes multiple practice areas and promotes practitioner registration, educational

standards, professional ethics, and public safety. The presentation will discuss the development of university-based T&CM education, advances in clinical integration, research capacity building, and the role of evidence-informed practice in supporting healthcare delivery.

Emerging opportunities and challenges in education, research, clinical practice, digital health, artificial intelligence, and interdisciplinary collaboration will also be explored. Special attention will be given to workforce development and future career pathways in both government and private sectors, including clinical services, academia, research, regulation, healthcare policy, wellness industries, and integrative healthcare institutions.

The presentation argues that the future of T&CM lies not in functioning as an alternative to conventional medicine, but as an integral component of a patient-centered, evidence-informed, and sustainable healthcare ecosystem. Drawing upon global developments and Malaysia's regulatory experience, it highlights strategic directions for strengthening T&CM within the One Health framework and advancing its contribution to global health and well-being.

CLASSICAL FOUNDATIONS AND CURRENT RESEARCH DIRECTIONS IN SIDDHA MEDICINE: A NARRATIVE REVIEW

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Siddha Medicine is one of the oldest traditional medical systems practiced in South India and North and Eastern Sri Lanka. It has a rich heritage of classical literature, clinical practices, and educational traditions in these regions. This narrative review explores the fundamental principles of Siddha Medicine, focusing on its epistemological framework, diagnostic methods, pharmaceutical preparations, and ways of transmitting knowledge. Key concepts are examined, including Panchabootham (the five primordial elements), Mukkuttram (the three humoral principles), and the 96 Thathuvams. Additionally, diagnostic techniques such as Nadi Parichai (pulse examination), Neerkuri & Neikkuri (oil-drop urine analysis), and Suththi (purification processes) are discussed, drawing from both classical Siddha texts and contemporary scholarly perspectives.

The review emphasizes current research trends and challenges in Siddha medicine, particularly the difficulties in evaluating individualized and holistic therapeutic approaches using conventional biomedical research methodologies. Key concerns include the

preservation and critical assessment of palm-leaf manuscripts, the standardization of Siddha terminology and diagnostic criteria, the quality assurance of medicinal formulations, the safety and toxicological evaluation of herbo-mineral preparations, and the sustainability of traditional educational practices. Furthermore, the growing interest in evidence-based traditional medicine highlights the need for rigorous interdisciplinary research that is mindful of the theoretical foundations of Siddha medicine.

A balanced and contextually appropriate research framework that integrates classical Siddha knowledge with modern scientific standards may strengthen the evidence base of Siddha medicine and support its responsible contribution to integrative healthcare. Such an approach can promote both the preservation of traditional wisdom and its meaningful engagement with modern health systems.

Keywords: Siddha Medicine; Mukkuttram; Nadi Parichai; Neerkuri & Neikkuri; Herbo-mineral formulations; Traditional knowledge systems; Integrative healthcare.

SCIENTIFIC PERSPECTIVE ON *KAYAKALPAM*, OXIDATIVE STRESS, AND SRI LANKAN TRADITIONAL AND FUNCTIONAL FOODS FOR HEALTHY AGING

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Kayakalpam is a rejuvenative discipline of Siddha medicine focused on longevity, health maintenance and healthy ageing. Modern evidence suggests that herbs and functional foods used in *Kayakalpam* possess antioxidant, anti-inflammatory, immunomodulatory, and cytoprotective activities that may help counter oxidative stress. This encompasses *kalpa* medicines, lifestyle practices, and traditional dietary regimens intended to preserve vitality and promote longevity. Oxidative stress is a cellular imbalance where the production of Reactive Oxygen Species (ROS) overwhelms the body's antioxidant defense mechanisms. Excess free radicals attack cellular components leading to DNA mutations, lipid peroxidation and protein damage. Antioxidants are substances that prevent or slow oxidation and protect cells from free radical damage. Oxidative stress is increasingly recognized as a major contributor to ageing and chronic disease. Excess ROS can damage lipids, proteins, DNA and mitochondria, contributing to neurodegenerative, cardiovascular, metabolic and inflammatory disorders. Many medicinal plants and foods used in *Kayakalpam* demonstrate antioxidant and anti-inflammatory properties. These activities may reduce cellular damage and support healthy ageing.

Every nation has its unique way of making their traditional foods. Sri Lankan traditional foods such as coconut *sambol*, red rice *ilai kanji*, *vallarai sambol*, *Polos curry* (tender jackfruit) and fermented rice tend to show a positive impact on healthy aging through their active compounds by antioxidative property. Lauric acid in coconut scavenges free radicals, enhance endogenous antioxidant defence mechanisms and influence lipid. Capsanthin in chilli shows extended system of 11 conjugated double bonds and a conjugated keto group. These allow the molecule to efficiently dissipate energy and stabilize free radicals. Capsanthin, lutein, and vitamin C help protect retinal tissues from oxidative damage there by act against eye diseases and age-related macular degeneration. Lycopene is the main dietary carotenoid in tomato has been reported to protect against cancer, cardiovascular diseases,

cognitive function and osteoporosis. These bioactive compounds in citrus fruits reduce the inflammatory mediators and ROS, thus minimizing the risk of metabolic syndrome, including neurodegenerative diseases, cardiovascular disease, diabetes, and cancer. Onions possess higher levels of sulphur. In *Gandaga mezhugu* preparation, Sulphur and the juices of garlic, onion and ginger are used for trituration. Hence it is used specially for the autoimmune disease such as psoriasis. Fermented rice possess prebiotics and probiotics, alleviate psychiatric diseases such as panic disorder, generalized anxiety disorder, severe depression and altered brain function induced by irritable bowel syndrome (IBS). Curd offers natural antioxidant properties, largely derived from its fermentation process and milk proteins. The antioxidant effect is often greater in fermented dairy products than in unfermented milk as fermentation generates antioxidant peptides. The curry leaves are rich in carbazole alkaloids, vitamin C, and kaempferol. They exhibit robust DPPH free-radical scavenging capacity and are known to protect against lipid peroxidation and gastric damage. Garlic has great potential to treat inflammatory diseases because of its low or absent toxicity. The powder can effectively reduce blood pressure, total cholesterol, low-density lipoprotein cholesterol, and other risk factors related to cardiovascular diseases. In immature jack fruit, Phenolic acids and vitamin C scavenge free radicals and inhibit pro-inflammatory cytokines.

Health impact: It lowers chronic systemic inflammation, which directly reduces the risk of cardiovascular disease, joint degradation, and early cellular aging. In Sri Lanka, Goraka (*Garcinia cambogia/quaesita*) is a celebrated super-spice and culinary staple. Valued for its tart, smoky complexity, it primarily acts as a natural souring agent and preservative in heavy curries. The Hydroxycitric acid (HCA), which is extracted from the rind of the fruit is capable of blocking fat production by inhibiting an enzyme called ATP-citrate lyase, which your body uses to convert excess carbohydrates into fat, suppresses



appetite by increasing serotonin levels in the brain, potentially reducing appetite and carb cravings. Animal and some human studies suggest HCA increases the release of serotonin in the brain. Higher serotonin levels are associated with reduced appetite, better moods, and fewer emotional cravings.

Kayakalpam integrates medicinal plants, traditional, functional foods and lifestyle

interventions aimed at promoting longevity and healthy ageing. Many foods and herbs traditionally used in Siddha medicine contain antioxidant, anti-inflammatory and immunomodulatory compounds that may reduce oxidative stress and protect against age-related diseases. Further clinical studies are required to validate comprehensive *Kayakalpam* regimens according to modern scientific standards.

NATIONAL SPEAKER'S ABSTRACTS

IBN SINA'S CONCEPT AND APPROACH OF ONE HEALTH AND ITS TEMPORAL SIGNIFICANCE

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Abstract: The contemporary One Health framework emphasizes the interdependent relationship between human, animal, and environmental health. Although formalized in the twenty-first century, its core ecological tenets possess profound historical precedents in classical Unani (Greco-Arabic) literature. Notably, Ibn Sina's (Avicenna's) eleventh-century masterpiece, *Al-Qanun fi al-Tibb* (*The Canon of Medicine*), constructs an inseparable clinical continuum treating the shared biosphere as an integrated whole.

Qualitative inquiry reveals that these classical concepts align with modern ecological public health matrices, demonstrating enduring temporal significance. At the core of Ibn Sina's framework is an ecological determinism where human physiological balance—defined by temperament (*Mizaj*) and humors (*Akhlat*)—is anchored to external inputs governed by the *Asbab Sitta Daruriyya* (Six Essential Causes). *The Canon* approaches epidemiology through a macro-environmental lens, illustrating how ambient air quality (*Al-Hawa*), hydro-health parameters, and geographical topography act as active biological determinants capable of

destabilizing populations via pestilential air (*Hummayat al-Waba*).

Furthermore, Ibn Sina meticulously documented the animal-human interface, offering early insights into zoonotic pathology by tracking cross-species transmission, salivary kinetics, and behavioral manifestations of rabies (*Al-Kalb*). His biophilic pharmacology relies on ecosystem biodiversity for therapeutic equilibrium, emphasizing that altering a patient's immediate environment must take absolute precedence over invasive clinical interventions.

Ultimately, this paradigm bridges historical wisdom with modern data science, demonstrating how ancient preventative models can be modernized into tools like the Humoral Metagenomic Diagnostic Array (HMDA) for predictive eco-surveillance. Ibn Sina's legacy serves as a vital reminder that sustainable public health is fundamentally unachievable without holistic stewardship of our shared global environment.

Keywords: One Health; Ibn Sina (Avicenna); *Al-Qanun fi al-Tibb*; *Asbab Sitta Daruriyya*; Zoonoses; Environmental Epidemiology.

SCIENTIFIC VALIDATION OF YOGA AND NATUROPATHY IN CLINICAL APPLICATIONS FOR NON-COMMUNICABLE DISEASES

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Non-communicable diseases (NCDs), including cardiovascular diseases, diabetes mellitus, chronic respiratory disorders, cancer, obesity, and mental health disorders, constitute the leading cause of morbidity and mortality worldwide. According to the WHO, NCDs account for nearly 74% of all global deaths, imposing substantial social and economic burdens on healthcare systems. The multifactorial etiology of NCDs involves unhealthy lifestyle behaviors, chronic stress, physical inactivity, poor dietary habits, environmental factors, and metabolic dysregulation. Consequently, there is increasing recognition of the need for comprehensive, preventive, and lifestyle-oriented healthcare approaches alongside conventional medical treatments.

Yoga and Naturopathy are traditional systems of health promotion that emphasize the body's innate capacity for self-healing through lifestyle modification, mind-body integration, and natural therapeutic modalities. Over the past three decades, these systems have undergone extensive scientific evaluation, resulting in a growing body of evidence supporting their clinical utility in NCD prevention and management.

Yoga encompasses physical postures (asanas), breathing techniques (pranayama), meditation, relaxation practices, and ethical lifestyle principles. Scientific investigations have demonstrated that yoga exerts beneficial effects on multiple physiological systems through modulation of autonomic nervous system activity, reduction of hypothalamic-pituitary-adrenal (HPA) axis hyperactivity, improvement of vagal tone, attenuation of systemic inflammation, and enhancement of neuroendocrine balance. Clinical trials and meta-analyses have reported significant improvements in blood pressure, glycemic control, lipid profiles, body composition, stress levels, quality of life, and functional capacity among patients with various NCDs.

Similarly, naturopathy employs evidence-informed natural interventions such as therapeutic fasting, nutrition therapy,

hydrotherapy, mud therapy, heliotherapy, massage, chromotherapy, and lifestyle counseling. Emerging research suggests that naturopathic interventions may positively influence metabolic regulation, oxidative stress, inflammatory biomarkers, cardiovascular health, and psychological well-being. Studies have shown improvements in obesity-related parameters, insulin sensitivity, blood pressure control, chronic pain conditions, and health-related quality of life following structured naturopathic programs.

Recent advances in clinical and translational research have further elucidated the biological mechanisms underlying these interventions. Yoga and naturopathy have been associated with favorable changes in inflammatory cytokines, cortisol secretion, heart rate variability, endothelial function, mitochondrial efficiency, gut microbiota composition, and epigenetic regulation. Such findings provide mechanistic evidence supporting their role as adjunctive therapies in integrative healthcare models.

The growing emphasis on lifestyle medicine and preventive healthcare has strengthened the scientific acceptance of Yoga and Naturopathy in clinical settings. Several national and international healthcare organizations now recognize these interventions as complementary strategies for managing chronic diseases, reducing healthcare costs, improving patient-centered outcomes, and enhancing overall well-being. Nevertheless, continued high-quality randomized controlled trials, mechanistic studies, and long-term follow-up investigations remain essential to further establish their efficacy, safety, and integration into evidence-based clinical practice.

Collectively, the available scientific evidence suggests that Yoga and Naturopathy represent promising, low-cost, and holistic approaches for addressing the growing burden of non-communicable diseases and supporting sustainable health promotion across diverse populations.

BUILDING TRUST AND INNOVATION IN HOMEOPATHIC PHARMACEUTICAL ENTREPRENEURSHIP

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Introduction: Homeopathic pharmaceutical entrepreneurship increasingly operates under close scrutiny from regulators, practitioners and the public, with expectations around quality, safety, standardization and evidence steadily rising. In this context, trust becomes a central determinant of both clinical acceptance and business continuity, and must be consciously engineered rather than assumed.

Background: The homeopathic sector has evolved from predominantly single-remedy practice to a large and diverse formulation-based market, accompanied by growing attention to GMP, expiry regulations, pharmacopoeial standards and export readiness. Standardized procedures in formulation development, structured documentation of raw materials and finished products, analytical characterization, stability studies, preclinical and clinical evaluations, and pharmacovigilance frameworks have emerged as critical tools for aligning traditional indications with modern pharmaceutical expectations.

Discussion: This oral presentation examines how homeopathic pharmaceutical entrepreneurship can systematically integrate trust-building with innovation. Key themes include: selection and preservation of genuine raw materials;

application of advanced analytical and standardization techniques; rational formulation development pathways supported by stability, preclinical and clinical data; and the role of ethical, methodologically sound research and publication practices in reinforcing credibility. The session also considers emerging opportunities such as digital tools for evidence generation and scientific communication, and highlights common pitfalls—such as inadequate documentation, weak quality systems and premature marketing—that may erode confidence in products and in homeopathy as a whole.

Conclusion: By integrating classical homeopathic principles with contemporary quality systems, regulatory compliance and evidence-led innovation, entrepreneurs can create pharmaceutical ventures that are both trustworthy and competitive. Such an approach has the potential to enhance professional and public confidence in homeopathic medicines, support responsible market growth and exports, and contribute meaningfully to the broader AYUSH objective of delivering safe, reliable and globally acceptable traditional medicine-based healthcare.

FOLLICULINUM 6C AS ADJUNCTIVE TO INDIVIDUALIZED HOMOEOPATHIC MEDICINE IN THE MANAGEMENT OF ANOVULATORY POLY CYSTIC OVARIAN SYNDROME INFERTILE WOMEN – A CASE REPORT

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Introduction: Ovulation is the physical activity of follicle rupture with oocyte extrusion. When the follicle fails to rupture, it is called anovulation. As per the WHO, 3.9–16.8% is the overall prevalence of primary infertility in India. Normogonadotropic Normoestrogenic anovulation is the most common type, comprising 60–80% of ovulatory disorders. The homeopathic sarcode medicine Folliculinum is used to regulate the estrous cycle and female reproductive function.

Objective: The objective of the present case report was to describe the induction of ovulation in three women with anovulatory infertility who conceived in two cases, which were treated using Folliculinum 6cH as an adjunctive to individualized homeopathic medicine at NHRIMH. **Methods:** A detailed case study was performed on all infertile anovulatory females. Anovulation PCOS was assessed clinically and according to Rotterdam criteria. All cases were studied symptomatically as per homeopathic principles and indicated remedy of similimum is prescribed. Folliculinum 6cH was prescribed for continuous 10 days as an adjunctive from the 6th day of menstruation, along with

individualised homeopathic medicine (being sarcode prescribed in ovulatory complaints). All patients were periodically followed up once a month. The outcome measures were signs of ovulation confirmed by follicular study and conception by a urine pregnancy test. Ultrasonography was performed to confirm pregnancy.

Results: Induction of ovulation was observed between one and two months. In these three cases, folliculogenesis was assessed by follicular study before and after treatment. Of the three cases, two were pregnancy-positive in the third and fifth months after starting Folliculinum 6cH. The modified Naranjo criteria for homeopathy (MONARCH) score was +8 in each case, suggesting a causal relationship between the use of homeopathic medicine and clinical outcomes.

Conclusion: Folliculinum 6cH may have induced ovulation and promote pregnancy in two anovulatory females. Study need to be conducted on a large number of populations for revalidation

Keywords: Homoeopathy – Anovulatory – Folliculinum-Infertility



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AYUSH RESEARCHER'S ABSTRACTS

AYURVEDA

RASAYANA CHIKITSA: BRIDGING ANCIENT AYURVEDIC WISDOM WITH MODERN CONCEPTS OF REGENERATIVE AND PREVENTIVE MEDICINE

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Introduction: Rasayana is one of the eight specialized branches of Ayurveda and represents a unique therapeutic approach aimed at promoting longevity, enhancing immunity, improving cognitive functions, delaying aging, and maintaining overall health. In the contemporary era, increasing prevalence of chronic diseases, immune dysfunction, stress-related disorders, and age-associated degeneration has shifted healthcare focus from disease management to health promotion and preventive medicine.

Methods: Classical Ayurvedic texts including Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya were reviewed to understand the principles, classifications, and therapeutic applications of Rasayana. Contemporary scientific literature related to anti-aging medicine, immunology, regenerative medicine, nutraceuticals, antioxidants, adaptogens, and healthy longevity was systematically analyzed.

Results: Rasayana therapy exerts multidimensional effects through enhancement of Agni, nourishment of Dhatus, optimization of Ojas, and promotion of systemic homeostasis. Numerous Rasayana drugs such as Amalaki, Guduchi, Ashwagandha, Shatavari,

Haritaki, and Pippali have demonstrated antioxidant, immunomodulatory, adaptogenic, neuroprotective, anti-inflammatory, and regenerative properties in experimental and clinical studies. Contemporary evidence suggests that Rasayana interventions may influence cellular repair mechanisms, oxidative stress pathways, immune regulation, mitochondrial function, and healthy aging processes and may contribute to improved quality of life, disease resistance, and successful aging.

Discussion: The holistic nature of Rasayana aligns with current integrative healthcare models emphasizing preventive, predictive, personalized, and participatory medicine.

Conclusion: Rasayana Chikitsa represents a comprehensive and scientifically relevant framework for healthy aging, disease prevention, immune enhancement, and regenerative health. Its convergence with modern concepts of preventive and regenerative medicine highlights its potential as a valuable component of integrative healthcare.

Keywords: Immunomodulation, Integrative Healthcare, Rasayana, Rejuvenation

ANO-SCROTAL FISTULA (BHAGANDARA): A RARE SURGICAL CHALLENGE SUCCESSFULLY MANAGED WITH MINIMAL INVASIVE KSHARASUTRA TECHNIQUE (MIKST) – A CASE REPORT

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Introduction: Ano-scrotal fistula is a rare and complex variety in which the fistulous tract extends from the anal canal to the scrotum. Management of such cases is challenging because of the complexity of the tract, the risk of recurrence, and the incontinence.

Material and methods: We report a rare case of a 49-year-old male presented with recurrent swelling and intermittent purulent discharge from the lower part of the scrotum for six years. Clinical findings

revealed two external openings, one located in the scrotal region and another at the 1 o'clock position in the perianal area, while on digital rectal examination the internal opening was identified at the 12 o'clock position at the level of the dentate line. Magnetic Resonance Imaging (MRI) confirmed the diagnosis of ano-scrotal fistula. The patient was managed with the Minimal Invasive Ksharasutra Technique (MIKST) under spinal anesthesia. **Result:** Ksharasutra cut-through was achieved by the 10th

postoperative week, and complete wound healing was observed by the 12th week.

Discussion: Ano-scrotal fistula is infrequently reported in the literature, and its management often poses a surgical challenge because of its complex anatomy. In the present case, MIKST provided effective drainage and gradual tract healing while

preserving sphincter function, resulting in a favorable clinical outcome.

Conclusion: This case shows the effectiveness of MIKST as a minimally invasive and sphincter-preserving treatment modality for complex ano-scrotal fistula (*Bhagandara*), with no recurrence observed till date.

AYURVEDIC BIOACTIVE-LOADED NANOFIBER SCAFFOLDS AND TISSUE ENGINEERING APPROACHES FOR ENHANCED WOUND HEALING

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Introduction: Chronic wounds represent a significant global healthcare burden due to prolonged healing, recurrent infections, excessive inflammation, and impaired tissue regeneration. Recent advances in regenerative medicine, particularly nanotechnology and tissue engineering, have revolutionized wound management through the development of bioactive scaffolds, nanofiber matrices, hydrogels, and engineered skin substitutes. Ayurveda, especially the principles of Vrana Chikitsa described in Sushruta Samhita, offers a comprehensive approach to wound management emphasizing Shodhana (wound cleansing), Ropana (healing), and Vaikrutapaha (restoration of tissue integrity). Several Ayurvedic medicines possess proven antimicrobial, anti-inflammatory, antioxidant, and wound-healing properties. The integration of these bioactives with advanced biomaterials presents a promising avenue for developing innovative wound-healing therapeutics.

Methods: Classical Ayurvedic literature and contemporary scientific publications related to wound healing, nanotechnology, tissue engineering, biomaterials, and regenerative medicine were critically reviewed. Published evidence regarding the biological activities of Ayurvedic wound-healing agents and their incorporation into nanotechnology-based delivery systems and tissue-engineered constructs was systematically analyzed.

Results: Nanotechnology-based platforms, including nanoparticles, nanoemulsions, nanofibers, and hydrogel systems, facilitate targeted drug delivery, sustained release, improved bioavailability, and enhanced antimicrobial activity. Tissue-engineered scaffolds mimic the extracellular matrix and promote cell adhesion, proliferation, angiogenesis, and tissue regeneration. Ayurvedic bioactives such as curcumin, neem phytoconstituents, honey-derived compounds, and herbal oils have demonstrated significant wound-healing potential and can be effectively incorporated into nanofiber scaffolds and hydrogel matrices. Emerging evidence suggests that such integrative biomaterials accelerate wound contraction, collagen deposition, epithelialization, and neovascularization while reducing infection and inflammatory responses.

Discussion and Conclusion: Ayurvedic bioactive-loaded scaffolds and smart biomaterials have the potential to combine traditional therapeutic wisdom with advanced biomedical engineering, resulting in safer, affordable, and effective wound-healing interventions. Such innovations may contribute significantly to the development of personalized and sustainable wound-care strategies within the framework of integrative medicine.

Keywords: Vrana Chikitsa, Nanotechnology, Tissue Engineering, Nanofiber Scaffold.

DECIPHERING THE NEUROENDOCRINE AND ECOLOGICAL MATRIX OF SHATAPUSHPA (*ANETHUM SOWA ROXB.*) IN “ANARTAVA” AND “ALPARTAVA”: A TRANSLATIONAL REVIEW ALIGNED WITH THE “AYUSH FOR ONE HEALTH” MANDATE.

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Introduction: Ovulatory and menstrual derangements, clinically manifesting as Anartava (amenorrhea) and Alpartava (oligomenorrhea), constitute a global gynaecological crisis driven by modern lifestyle transitions, metabolic syndromes, and environmental stressors. Conventional management heavily relies on synthetic steroid therapies, which not only impose systemic metabolic strains on the patient but also induce long-term aquatic ecotoxicity via the excretion of non-biodegradable hormonal residues. Under the global “AYUSH for One Health” paradigm, there is a critical directive to validate bio-compatible, eco-sustainable alternatives. Shatapushpa (*Anethum Sowa Roxb.*), structurally lauded in the Kashyapa Samhita, represents a premier Artavajanana (emmenagogue) and Beejautpadaka

(folliculogenetic) countermeasure capable of restoring endocrine equilibrium without ecological collateral damage.

Objective: To structurally synthesize the traditional Rasa-Panchaka mechanics of Shatapushpa and translate its bio-molecular efficacy in regularizing the Hypothalamic-Pituitary-Ovarian (HPO) axis.

Materials & Methods: A rigorous cross-disciplinary screening was executed across classical Ayurvedic texts (Brihatrayi, Kashyapa Samhita) and electronic indexing databases (PubMed, DHARA, Google Scholar), analysing peer-reviewed clinical

data, in vivo reproductive bioassays, and phytopharmacological profiles of *Anethum Sowa Roxb.*

Results & Discission: Classically, Anartava and Alpartava, arise from Vata-Kapha induced Srotorodha (micro-channel occlusion) and cellular Agnimandya within the Artavavaha Srotas, diminishing the Agneya (metabolic) character of Artava. Shatapushpa breaks this pathogenesis: it's Katu-Tikta Rasa digests Ama, its Ushna Virya liquefies channel blockages, and it's Katu Vipaka ensures Apana Vayu Anulomana. Mechanistically, its active volatile fractions (carvone, limonene) and bioflavonoids act as Selective Estrogen Receptor Modulators (SERMs), optimizing gonadotropin secretion, triggering the pre-ovulatory Luteinizing Hormone (LH) surge, and stimulating endometrial proliferation.

Conclusion: Shatapushpa successfully bridges classical channel-cleansing actions with contemporary neuroendocrine re-equilibration. Its clinical integration fulfils the “AYUSH for One Health” objectives, preserving human fertility while mitigating synthetic pharmaceutical pollution in the biosphere.

Keywords: Shatapushpa; Anartava; Alpartava; Phytoestrogens; HPO Axis; AYUSH for One Health.

AN INTEGRATIVE AYURVEDIC APPROACH IN THE MANAGEMENT OF ANARTAVA AND ARTAVA KSHAYA: A MULTI-CASE EVIDENCE-BASED CASE SERIES

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Introduction: Anartava (amenorrhea) and Artava Kshaya (oligomenorrhea / hypomenorrhea) are menstrual disorders described in classical Ayurvedic texts, primarily attributed to Kapha-Meda Dushti and consequent obstruction of Artavavaha Srotas. This case series explores a non-hormonal, root-cause Ayurvedic intervention employing Sarvanga Udwartana and Pippalyadi Taila Anuvasa Basti as the common therapeutic protocol across three cases of PCOS-associated menstrual irregularity, conducted at Sri Jayendra Saraswathi Ayurveda College & Hospital, Chennai, in 2026.

Objective: To evaluate the clinical efficacy of a combined Ayurvedic protocol — Sarvanga Udwartana with Kolkulathadi Churna and Pippalyadi Taila Anuvasa Basti — in the management of Anartava and Artava Kshaya (PCOS-associated menstrual irregularity), and to document menstrual regularization outcomes without the use of hormonal therapy across three diverse clinical presentations.

Results: All three cases demonstrated positive clinical outcomes. Case 1 achieved regularization of previously irregular cycles without the need for

further hormonal induction. Case 2, despite complex multimorbidity, responded to the Ayurvedic protocol with improved menstrual intervals and no adverse interactions. Case 3 achieved complete restoration of menstruation after 5 months of amenorrhea, with sustained regular cycles over two consecutive follow-up months (July–September 2025) without any hormonal therapy. The overall response rate was 100%, with time to first response ranging from 2 to 5 weeks. No hormonal medications were required in any case to achieve menstrual regularization.

Conclusion: This case series demonstrates that the synergistic combination of Sarvanga Udwartana and Pippalyadi Taila Anuvasa Basti achieves effective Samprapti Vighatana (pathogenic chain

interruption) in PCOS-associated Anartava and Artava Kshaya. Udwartana corrects the metabolic root cause through Kapha-Meda Hara and Agni Deepana, while Pippalyadi Basti restores Apana Vata normalcy and facilitates Artava Pravartana via neuroendocrine modulation of the HPO axis.

Keywords: Anartava, Artava Kshaya, Basti, PCOS.

ROLE OF AYURVEDIC STHĀNIKA CHIKITSA IN THE MANAGEMENT OF PITTAJA YONIVYAPAD W.S.R. TO CHRONIC CERVICITIS

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Introduction: Ayurveda describes *Pittaja Yonivyapad* as a disorder caused by vitiation of *Pitta Doṣa*, characterized by symptoms such as burning sensation, foul smelling vaginal discharge, itching, and dyspareunia. These features can be correlated with chronic cervicitis in modern gynecology. The increasing prevalence of recurrent genital tract infections affects the quality of life of women and necessitates safe and effective management.

Objective: To evaluate the effect of Ayurvedic *Sthānika Chikitsa* in the management of *Pittaja Yonivyapad* w.s.r. to chronic cervicitis.

Methodology: A 32 year old female patient with 8 years of married life, presenting with foul smelling vaginal discharge, itching and burning sensation in the vaginal region and low back ache since 6 months was clinically assessed and diagnosed as *Pittaja Yonivyapad*. The patient was treated with *Yoni Prakṣhālana* using *Triphala Kashaya* and *Nimbadi*

Kashaya, followed by *Yoni Pichu* with *Nalpamaradi Tailam* for 7 days along with oral medications. Assessment was based on symptomatic relief before and after treatment.

Results: After completion of therapy, marked reduction in low back ache, improvement in foul smelling vaginal discharge, itching and burning sensation was observed. The patient showed significant symptomatic improvement without any adverse effects during the treatment period.

Conclusion: The present case suggests that Ayurvedic *Sthānika Chikitsa*, particularly *Yoni Prakṣhālana* and *Yoni Pichu*, is effective in managing *Pittaja Yonivyapad* associated with chronic cervicitis. The treatment demonstrated anti-inflammatory, cleansing, and *Pitta-śāmaka* effects, thereby improving local symptoms and patient comfort. Further studies with larger sample sizes are recommended to validate these findings scientifically.

Keywords: Yonivyapad, Sthanika Chikitsa, Cervicitis.

ACHARA RARASAYANAM IN PURVIEW OF SHARIRAKRIYA

—W.S.R TO KRODHA

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Ayurveda is not only a science but also a shastram. “Shastram” means shasanaat iti shaastram or shasati iti shastram as it perceives a human and even a life in trinity as Aatma, sareeram and manas. The prayojanam of Ayurveda is swasthasya swasthya rakshanam aaturasya vikara prashamanam. For accomplishing the first prayojanam various charyas/regimens, sadvrtta, Rasayanam etc. code of conduct of ordinary life have been prescribed by different Acharyas of Ayurveda. Acharya Charaka one of the authors of the Brhatattryee has prescribed a unique rasayanam called Achara Rasayanam – an elixir which is being

practiced both kayika and manasika-character for achieving the fundamental prayojanam –Swasthya rakshanam. An earnest attempt is being made in this paper to look into prescription like “akrodham” –Not to get angried- character of an individual in the perspective of the sharira kriya that is the influence of the krodham in the functions of the body thereby resulting in vyadhi. A clinical evaluation is suggested as a further step of this paper.

Keywords: Shastram, Code of conduct, Acara rasayanam, Akrodham

FROM WOMB TO WELL – BEING: THE ROLE OF STREE ROGA AND PRASOOTI TANTRA IN ACHIEVING ONE HEALTH THROUGH AYURVEDA.

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The health of a woman transcends individual wellbeing and profoundly influences the health of families, communities, future generations and the environment. In recent decades, the increasing prevalence of reproductive disorders such as Polycystic Ovarian Disease (PCOD), Infertility, Menstrual Dysfunction, Recurrent Genital Infections, and pregnancy related complications has emerged as significant public health concern. These challenges are closely linked to changing lifestyles, environmental degradation, nutritional imbalances and psychological stressors. The Health approach,

which advocates an integrated vision of human, animal, and environmental health, provides an ideal framework to address these interconnected issues. Ayurveda, with its holistic philosophy, offers a time-tested model that inherently embodies these principles.

Within Ayurveda, stree roga and Prasooti Tantra extends beyond disease managements to encompass the promotion of physical, mental, reproductive, and social well-being throughout a woman's life cycle. Classical concepts such as Rajaswala Paricharya, Garbhini Paricharya, and Ritucharya

emphasize preventive care, healthy lifestyle practices, balanced nutrition, and psychological wellness. These measures not only safeguard women's health but also contribute to healthier pregnancies, optimal fetal development, and the birth of healthier future generation.

Ayurvedic interventions including Ahara, Vihara, Aushadha, Panchakarma an specialized and sustainable solutions for contemporary gynecological and obstetric challenges. By addressing the root cause of disease and fostering harmony between the individual and nature, Ayurveda reduces disease burden while supporting ecological sustainability and responsible healthcare practices.

In the context of One Health, a healthy woman becomes a catalyst for healthier families, resilient communities, and a sustainable future. Integrating the wisdom of stree roga and Prasoothi tantra with modern public health strategies can provide a transformative pathway toward reproductive health equity, disease prevention, and intergenerational wellbeing. Thus, Ayurveda emerges not merely as a system of medicine but as holistic blueprint for achieving the vision of "One Health for All"

Keywords: One Health, Ayurveda, Stree roga , Prasooti Tantra, Womens Health, Reproductive Health, Garbhini Paricharya, Sustainability, Preventive Medicine, Intergenerational Health

AN INTEGRATIVE AYURVEDIC AND YOGIC APPROACH IN THE MANAGEMENT OF ESSENTIAL HYPERTENSION

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Hypertension is one of the most prevalent non-communicable diseases and a major contributor to global cardiovascular morbidity and mortality. Due to its gradual onset and lack of prominent symptoms during the early stages, it often remains undetected until serious complications affecting the heart, brain, kidneys, and blood vessels arise. The growing prevalence of hypertension has been linked to unhealthy dietary habits, sedentary lifestyles, psychological stress, disturbed sleep patterns, and rapid urbanization.

Although hypertension is not described as a distinct disease entity in the classical *Ayurvedic* texts, it is presently interpreted under concepts such as *Rakta Chapa* and *Rakta-Vata Vikara*. From an *Ayurvedic* perspective, its pathogenesis may be understood through the vitiation of *Vata* and *Rakta*, resulting from *Agnimandya* and subsequent *Ama* formation. The accumulation of *Ama* may lead to obstruction of the *Srotas*, disturbing normal physiological functions and contributing to elevated blood pressure. Continuous exposure to improper *Ahara* and *Vihara*, coupled with emotional stress, further aggravates this pathological process.

Contemporary treatment effectively controls blood pressure and reduces the risk of complications; however, it primarily relies on long-term pharmacological management and may not fully address the underlying lifestyle and psychosocial factors involved in disease progression.

Ayurveda and *Yoga* provide a holistic approach that emphasizes both prevention and management. Ayurvedic principles such as *Nidana Parivarjana*, *Pathya Ahara*, *Dinacharya*, and *Vata-Rakta Shamaka* measures, along with appropriate *Shamana* and *Shodhana* therapies based on individual patient assessment, aim to restore physiological balance. *Yogic* practices including *Asana*, *Pranayama*, and *Dhyana* promote harmony between the mind and body, reduce stress, and support autonomic regulation. The integration of *Ayurveda* and *Yoga* may therefore offer a comprehensive strategy for improving cardiovascular health, enhancing quality of life, and supporting the long-term management of essential hypertension.

Keywords: Hypertension, Ayurveda, Yoga, Rakta Chapa, Rakta-Vata, Vata, Rakta.

THE ROLE OF AVASTHIKA CHIKITSA IN PAKSHAGATA: A CASE STUDY

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Pakshaghata is one of the major *Vatavyadhis* described in Ayurveda and is characterized by the loss of voluntary motor functions affecting one half of the body. Clinically, it can be correlated with hemiplegia resulting from cerebrovascular accidents. Ayurveda emphasizes *Avasthika chiktasa* for underlying *Dosha* involvement and *vyadi avastha*. The present case report describes a 42-year-old male patient who developed sudden onset of weakness in the right upper and lower limbs associated with difficulty in speech for 1 year. CT Neuroimaging revealed an infarct resulting in right-sided hemiplegia along with the modern scale of measurement of disability was noted.

Based on the clinical presentation, the condition was diagnosed as *Nava Pakshaghata*, characterized by symptoms such as *Karma Kshaya*, *Ruja*, *Vakstambha*, and *Chetana Ashakthi*. The treatment protocol was planned according to the *Vyadhi Avastha*. Initially, therapeutic interventions possessing *Agnideepana*, *Amapachana*, *Srotoshodana* (*Tikshna Nasya*, *Mridu Virechana* etc), and *Vatanulomana* properties were administered to

achieve *Marga Vishodhana* and enhance metabolic activity. Following the *marga vishodanam*, the treatment strategy was shifted towards *Brimhana Chikitsa*, emphasizing *Vatanulomana*, *Balya*, and *Rasayana* therapies to nourish the affected tissues, facilitate neuromuscular recovery, and improve overall functional capacity.

Following the intervention, notable improvement was observed in the subjective (*karma kshaya*, *Ruja* etc) and objective parameters (muscle power, reflex). The degree of disability showed significant reduction as assessed by the Modified Rankin Scale and Barthel Index. This case demonstrates the clinical relevance of *Avasthika Chikitsa* in *Pakshaghata*, where treatment is modified according to the disease stage and *Dosha* predominance. The observed improvement in neurological function, functional independence, and quality of life underscores the potential of a stage-wise Ayurvedic approach in enhancing recovery and reducing disability in post-stroke hemiplegia.

Keywords: *Pakshaghata*, *Vatavyadhis*, *Avasthika chiktasa*, stroke

A COMPREHENSIVE STUDY OF GUGGULU RASYANA FOR TISSUE REGENERATION (DHATU VARDHANA) IN GERIATRIC CASE (JARA CHIKITSHA)

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Aging (*Jara*) is a natural biological process characterized by progressive degeneration of bodily tissues and functions. In Ayurveda, *Jara* is associated with the predominance of *Vata Dosha*, leading to *Dhatu Kshaya* (tissue depletion), *Srotorodha* (micro-channel obstruction), reduced *Agni* (metabolic efficiency), and diminished vitality. Contemporary medicine offers limited regenerative interventions for age-related disorders such as sarcopenia, osteopenia, and frailty. *Guggulu Rasayana*, a classical Ayurvedic rejuvenative formulation derived from *Guggulu*, is traditionally indicated for promoting tissue nourishment, enhancing metabolism, and delaying degenerative changes. This study employed a narrative and conceptual review methodology. Classical Ayurvedic texts, including *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, were systematically reviewed along with contemporary scientific literature and pharmaceutical reviews concerning *Guggulu* and *Rasayana* therapy. Relevant concepts related to

Dhatu Vardhana (tissue regeneration), *Jara Chikitsa*, and the pharmacological properties of processed *Guggulu* preparations were analyzed and synthesized. The review suggests that *Guggulu Rasayana* possesses multifaceted actions beneficial in geriatric care. Its *Ushna*, *Tikshna*, and *Sukshma* properties help remove *Srotorodha*, improve nutrient transport, and facilitate tissue nourishment. Processed *Guggulu* formulations exhibit *Deepana-Pachana*, anti-inflammatory, antioxidant, and anabolic effects that support regeneration of depleted *Dhatus*. The available evidence indicates potential benefits in reducing age-related tissue degeneration, improving musculoskeletal health, and enhancing overall functional capacity in older adults. *Guggulu Rasayana* offers a holistic Ayurvedic approach to managing age-related tissue loss by addressing both the underlying *Vata* aggravation and impaired tissue metabolism. Its actions on *Srotas*, *Agni*, and *Dhatu Poshana* provide a theoretical basis for promoting tissue regeneration and healthy aging. Further

studies are required to validate its efficacy and standardized therapeutic protocols in geriatric medicine.

Keywords: Jara, Jara Chikitsa, Guggulu Rasayana, Dhatu Vardhana, Dhatu Kshaya, Geriatrics, Healthy Aging, Tissue Regeneration.

INTEGRATIVE MANAGEMENT OF DIABETIC RETINOPATHY THROUGH MARMA THERAPY: AN AYURVEDIC REVIEW

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Background: Diabetic retinopathy (DR) is a leading cause of vision impairment worldwide, arising as a microvascular complication of long-standing diabetes mellitus. Conventional biomedical approaches—including laser photocoagulation, anti-VEGF therapy, and vitreoretinal surgery—offer symptomatic control but are limited by invasiveness, cost, and incomplete prevention of disease progression. Ayurveda, the ancient Indian system of medicine, presents a holistic paradigm for understanding and managing metabolic and ophthalmic disorders through constitutional assessment, dietary regulation, and specialized therapeutic interventions.

Objective: This review examines the theoretical and clinical basis for Marma therapy as an integrative approach in the management of diabetic retinopathy, situating it within the broader Ayurvedic framework of *Prameha* (diabetic disorders) and *Timira/Drishtigata Rogas* (ocular diseases).

Methods: A narrative review was conducted drawing on classical Ayurvedic texts—including the *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridayam*—alongside contemporary peer-reviewed literature on Marma therapy, diabetic microvascular pathology, and integrative ophthalmology. Relevant Marma points implicated in ocular and metabolic regulation were identified and analysed.

Discussion: Marma therapy involves the precise stimulation of vital anatomical junctions (*Marma sthanas*) to regulate *Prana Vayu*, restore Tridosha equilibrium, and enhance local and systemic circulation. Key Marma points—including *Apanga*, *Sthapani*, *Shankha*, and *Ajna*—are proposed to modulate neuro-ophthalmic pathways, reduce oxidative stress, and improve retinal perfusion, potentially addressing the underlying *Vata-Pitta* vitiation characteristic of DR. The therapy's influence on autonomic nervous regulation and microcirculatory dynamics aligns with emerging evidence on acupressure-mediated neuroprotection and endothelial function.

Conclusion: Marma therapy represents a promising, non-invasive adjunct in the integrative management of diabetic retinopathy. Its rationale is grounded in classical Ayurvedic pathophysiology and is mechanistically compatible with contemporary understanding of DR's neuro-vascular basis. Rigorous clinical trials are warranted to validate efficacy, standardize protocols, and explore synergistic integration with modern ophthalmological care.

Keywords: Diabetic retinopathy, Marma therapy, Ayurveda, *Prameha*, integrative ophthalmology, *Tridosha*, retinal microcirculation, *Drishtigata Rogas*

AYUSH FOR ONE HEALTH: ENVIRONMENTAL DIMENSIONS OF JANAPADADHVAMSA AND WATER-BORNE DISEASE MITIGATION

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Abstract

One Health links human, animal, and environmental health. Ayurveda Janapadadhvamsa concept explains epidemics caused by vitiation of *vayu* (air), *Jala* (water), *Desha* (land), and *Kala* (season). Over 1 billion lack safe drinking water, driving water-borne disease burden.

To analyze Janapadadhvamsa as an indigenous One Health framework for water-borne diseases and assess AYUSH interventions for

environmental resilience. Review of *Charaka Samhita*, *Ashtanga Sangraha*, and “Critical Study on Water Borne Disease WSR to Janapadadhvamsa”. Mapped biological/chemical water contaminants, modern diseases, and Ayurvedic correlations.

Janapadadhvamsa identifies *Jala* vitiation as key in epidemics. Contaminated water from sewage and industrial waste causes cholera, typhoid, hepatitis, and helminthic infections. These align with *Atisara*,

Kamala, Visuchika and Krimi in Ayurveda. Heavy metals like lead and arsenic mirror and Ritucharya. AYUSH provides a sustainable One Health model. Integrating Janapadadhvamsa surveillance via AYUSH Health & Wellness Centres and Mudra-funded green enterprises herbal water purifiers,

medicinal plant units can improve environmental health outcomes.

Keywords: AYUSH, One Health, Janapadadhvamsa, Water-borne Disease, Environmental Health, Ayurveda.

AN INTEGRATIVE APPROACH TO OPHTHALMIC CONSULTATION IN ROUTINE OBSTETRIC PRACTICE

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Introduction – Pregnancy is a biological phenomenon in a women's life. Gestation period is crucial for both mother and baby. It involves several psycho-somatic changes in the body for growth of foetus and family. Modifications in metabolic, hormonal and immunologic changes influences vision and refractive status.

Aim – To review possible ocular pathologies during pregnancy and discuss need of timely intervention with due integration.

Objectives – To review the possible ocular conditions may encounter during pregnancy, appropriate referral and scope of intervention.

Materials And Methods – Ophthalmic books, Ayurvedic texts, review articles, relative websites.

Observations – Not in all cases but in certain cases we come across with ocular ailments like sub-

conjunctival hemorrhages, intra-vitreous hemorrhages, ocular surface disorders, refractive errors, etc.

Results – Timely integrative approach through yogic practices and pathya apathyas along with ayurvedic treatment principles and prompt referral prevents undue complications and reduces sufferings

Discussion – The treatment of pathological ocular ailments in pregnancy has certain limitations, henceforth educating the patient regarding the integrative approach for better results is reliable.

Conclusion – Respective ocular ailments along with appropriate judicious management will be discussed during presentation.

Keywords – Pregnancy, Ocular Pathologies, Integrative approach, Judicious Management.

A COMPREHENSIVE APPROACH IN THE MANAGEMENT OF SPORTS INJURIES – BRIDGING TRADITION AND MODERN CARE

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Sports injuries emerged as a major challenge in India, particularly among adolescents and young adults actively engaged in competitive activities. Injuries such as sprains, strains, ligament tears, and fractures not only impaired athletic performance but also contributed significantly to the public health burden. Epidemiological studies revealed that nearly 48.5% of athletes aged 14–30 had sustained at least one sports-related injury, while school-aged competitive athletes recorded around 48 injuries per 1,000 hours of play. These figures underscored the urgent need for effective, sustainable, and culturally relevant management strategies.

Classical Ayurvedic texts, particularly the Sushruta Samhita, had described systematic approaches to trauma and musculoskeletal care. Therapies such as Bhagana Chikitsa (fracture management), Snayugata

Vata Chikitsa (ligament and tendon care), Bandhana (splinting and bandaging), and Agnikarma (therapeutic cauterization) demonstrated close parallels with modern orthopedic and physiotherapy practices. Ayurveda also emphasized unique dimensions, including Rasayana therapy for rejuvenation, dietary regulation for tissue nourishment, and individualized regimens that promoted faster recovery and long-term resilience. Together, these approaches supported tissue regeneration, enhanced functional recovery, and ensured holistic rehabilitation.

This review positioned sports injuries within the Ayurvedic framework of Dhātu and Upadhātu involvement and proposed integrated strategies combining Bahya (external) and Abhyantara (internal) therapies. The management approach

highlighted cost-effectiveness, accelerated healing, prevention of recurrence, and improved functional outcomes. With emerging innovations in sports rehabilitation, Ayurveda complemented and enriched modern medical systems. Integrative protocols that unite traditional wisdom with

contemporary science could redefine sports injury care and improve public health outcomes.

Keywords: Bhagna Chikitsa, Innovation, Integrative Medicine, Rehabilitation, Sports Injuries

VEGADHARANA AND OCCUPATIONAL STRESS: A ONE HEALTH APPROACH TO PREVENT LIFESTYLE DISORDERS IN WORKING POPULATION

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Introduction: One Health emphasizes interdependence of human, animal, and ecosystem health. Modern occupational stress compels suppression of natural urges -Vegadharana due to work pressure. Ayurveda describes 13 Adharniya vegas whose suppression causes Vata aggravation and chronic disorders. Addressing Vegadharana is a preventive strategy aligned with Ayurveda and One Health goals.

Objective: To evaluate the role of Vegadharana in occupational stress-induced lifestyle disorders and propose a preventive One Health approach for working populations through Ayurveda principles.

Methodology: Conceptual review of Charaka Samhita Siddhi Sthana and Ashtanga Hridaya Sutrasthana chapters on Vega dharana. Effects of suppression of 13 natural urges were mapped to lifestyle disorders using WHO Occupational Health data and recent Indian studies. Occupational groups analysed and preventive protocol outlined with

scheduled breaks for urination, hydration discipline, timely meals, and workplace ergonomics based on Desha-Kala.

Results: Vegadharana is reported in 65-80% of desk and field workers. Managing Vegadharana reduces human NCD burden and absenteeism, improves caretaker health in animal sectors, and lowers environmental load through reduced pharmaceutical use and medical waste.

Conclusion: Vegadharana management is a low-cost One Health intervention rooted in Ayurveda. It prevents disease at source, reduces drug dependence, and sustains a healthy workforce. Policy integration of “Vega awareness + occupational hygiene” in AYUSH workplace programs can create triple benefit for humans, animals, and environment.

Keywords: One Health, Vegadharana, Occupational Stress, Lifestyle Disorders, Ayurveda, Workplace Health.

PHARMACEUTICAL AND ANALYTICAL STUDY OF SUDHA PARPATI

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Background: *Parpati Kalpana* is one of the *Chaturvidha Rasayana* preparations described in *Ayurvedic Rasashastra*. It is a unique pharmaceutical dosage form in which molten *Kajjali* is transformed into thin flakes resembling a wafer or *papad*. *Sudha Parpati*, a *Sagandha Parpati Yoga* described in *Rasamritam*, is prepared using purified *Gandhaka* (sulphur) and *Sudha Churna* (lime powder). Scientific standardization of such formulations is essential to ensure their quality, safety, and reproducibility.

Aim and Objectives: To prepare *Sudha Parpati* according to classical Ayurvedic methods and

evaluate its pharmaceutical and analytical characteristics.

Materials and Methods: Prior to the preparation, both *Gandhaka* and *Sudha* were undergone *shodhana* procedure as per the classical text *Rasa tarangini*. The ingredients were mixed in a ratio 1:2 of *Sudha Churnam* and *Gandhaka* respectively, it is finely triturated, and processed using the traditional *Parpati* preparation method involving controlled melting and compression between ghee-smear banana leaves. The prepared formulation was powdered and stored in an airtight container. Analytical evaluation included organoleptic assessment, pH determination, loss on drying, total

ash value, acid-insoluble ash, total calcium estimation, X-ray diffraction (XRD), scanning electron microscopy (SEM), and thermogravimetric analysis (TGA).

Results: The prepared *Sudha Parpati* exhibited a smooth yellow flaky appearance. Physicochemical analysis revealed a loss on drying of 1%, pH 9.2, total ash value of 38.4%, and acid-insoluble ash value of 23.4%, Calcium 13.6%, SEM analysis demonstrated particle sizes ranging from 20 to 30.5 µm. XRD analysis confirmed the presence of crystalline mineral phases within the formulation. TGA findings indicated thermal stability, with the

final residue remaining stable at elevated temperatures without significant decomposition.

Conclusion: The present study establishes pharmaceutical and analytical standards for *Sudha Parpati* and provides scientific evidence supporting its quality control and standardization. The analytical findings may serve as reference parameters for future research and validation of this traditional Ayurvedic formulation.

Keywords: Chaturvidha Rasayana, Parpati Kalpana, Sudha Parpati, Rasashastra, SEM, TGA.

ASSESSMENT OF AGNI BALA AND KOSHTHA LAKSHANA AS PHYSIOLOGICAL BIOMARKERS FOR PREDICTING GUT DYSBIOSIS

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Introduction: Modern medicine increasingly recognizes the gut microbiome as a crucial driver of systemic homeostasis, where gut dysbiosis triggers chronic metabolic and inflammatory diseases. In Ayurvedic physiology (*Kriya Sharira*), gastrointestinal and systemic health is governed by *Agni* (metabolic fire) and *Koshtha* (bowel characteristics). While modern diagnostics for dysbiosis (like microbial sequencing) are expensive and resource-heavy, *Kriya Sharira* offers a time-tested, non-invasive clinical framework to assess gastrointestinal health.

Objective: To establish classical clinical assessments of *Agni Bala* (functional digestive capacity) and *Koshtha Lakshana* (bowel patterns) as valid, cost-effective physiological biomarkers for predicting gut dysbiosis.

Methodology: A critical physiological review was conducted by cross-referencing classical Ayurvedic literature (*Brihatrayi*) regarding *Ahara Paka* (digestion), *Avasthapaka* (stages of digestion), and *Nishta Paka* (metabolic end-products) with contemporary peer-reviewed research on gut microbiota, short-chain fatty acid (SCFA) production, and intestinal permeability. Clinical presentation patterns of *Mandagni*, *Tikshnagni*, and

Vishamagni were mapped against known clinical indicators of microbial imbalance.

Results: Theoretical mapping reveals that *Mandagni* strongly correlates with a hypochlorhydric state and decreased SCFA production, mirroring small intestinal bacterial overgrowth (SIBO). *Vishamagni* presents clinical parallels to irritable bowel syndrome (IBS)-related dysbiosis characterized by fluctuating microbial diversity. Furthermore, *Krura Koshtha* and *Mridu Koshtha* reflect variations in intestinal transit time, directly impacting the colonic microbial fermentation patterns and mucosal barrier integrity.

Conclusion: The clinical assessment of *Agni Bala* and *Koshtha Lakshana* serves as a reliable, personalized, and non-invasive physiological tool to predict early-stage gut dysbiosis. Integrating these *Kriya Sharira* principles into global primary healthcare provides a scalable model for preventive, individualized gastrointestinal medicine.

Acknowledgements: I express my sincere gratitude to the management of Immanuel Arasar Ayurveda Medical College for providing institutional support and resources for this study.

Keywords: Kriya Sharira, Agni Bala, Koshtha Lakshana, Gut Dysbiosis, Microbiome, Biomarkers.

BASTI KARMA AS A BIOLOGICAL RESPONSE MODIFIER IN AMAVATA: EXPLORING THE MECHANICS OF GUT-JOINT AXIS MODULATION

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Introduction: Autoimmune arthropathies like Rheumatoid Arthritis (*Amavata*) present severe global therapeutic challenges. Contemporary rheumatology is increasingly focusing on the "Gut-Joint Axis," which demonstrates that intestinal dysbiosis and compromised mucosal barriers drive systemic joint inflammation. In Ayurvedic therapeutics, *Basti Karma* (medicated enema) is recognized as the premier therapy targeting *Pakvashaya* (the colon) to eliminate metabolic toxins (*Ama*) and pacify systemic *Vata* manifestations.

Objective: To evaluate the systemic physiological mechanisms of *Basti Karma* in the management of *Amavata* through the contemporary scientific framework of Gut-Joint Axis modulation.

Methodology: A comprehensive literary review was conducted by cross-referencing classical Ayurvedic texts (*Charaka Samhita* and *Sushruta Samhita*) regarding *Basti Veerya* (potency absorption) and *Purisha-Dhara Kala* (intestinal membrane) with contemporary peer-reviewed immunological research detailing gut-associated lymphoid tissue (GALT) activation, short-chain fatty acid (SCFA) synthesis, and systemic cytokine down-regulation.

Results: The physiological mechanics of *Niruha* and *Anuvasana Basti* involve the rectal absorption of lipophilic and hydrophilic active phytoconstituents. Rather than exerting localized evacuative action alone, these agents interface with the enteric nervous system and GALT. This interaction modulates the gut microbiota profile, enhances intestinal barrier integrity, reduces the translocation of bacterial endotoxins, and subsequently down-regulates pro-inflammatory cytokines (such as TNF- α , IL-1 β , and IL-6) responsible for synovial degradation.

Conclusion: *Basti Karma* serves as a highly sophisticated, systemic biological response modifier operating via the gut-joint axis rather than acting merely as a localized elimination procedure. This provides a validated, non-steroidal therapeutic model for managing global autoimmune and inflammatory arthropathies.

Acknowledgements: I express my sincere gratitude to the management of Immanuel Arasar Ayurveda Medical College for providing institutional support and resources for this study.

Keywords: Panchakarma, Basti Karma, Amavata, Rheumatoid Arthritis, Gut-Joint Axis, Immunomodulation.

EFFECT OF VAITARANA BASTI AND UDVARTANA IN CHRONIC ANOVULATION ASSOCIATED WITH POLYENDOCRINE METABOLIC OVARIAN SYNDROME (PMOS): A CASE REPORT

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Introduction: Polyendocrine Metabolic Ovarian Syndrome (PMOS) is a common endocrine-metabolic disorder characterized by chronic anovulation, hyperandrogenism, insulin resistance, and menstrual irregularities. In *Ayurveda*, the condition can be correlated with *Kapha-Meda Avarana* causing *Artava Kshaya* and *Bija Dosha*, leading to ovulatory dysfunction and infertility.

Methodology: A 23-year-old female with a 7-year history of PMOS presented with secondary amenorrhea (cycle interval >60 days), 13 kg weight gain, acne, breast heaviness, dysmenorrhea,

acanthosis nigricans, and musculoskeletal pain. Baseline HbA1c was 6.1%. The treatment protocol included *Vaitarana Basti* for 9 days per cycle for three consecutive cycles and *Udvartana* for 9 days per cycle. Dietary modification with a millet-based diet and lifestyle intervention through PMOS-specific *Yogasanas* and *Pranayama* were advised.

Results: Following treatment, menstrual cyclicity normalized to 28 days after the first cycle, and remained regular. Acanthosis nigricans resolved completely after one cycle. The patient achieved a weight loss of 10 kg within 3 months and follicular

study evidenced ruptured ovum. Significant improvement was observed in acne, breast tenderness, dysmenorrhea, musculoskeletal pain. HbA1c level improved from 6.1% to 5.3%, indicating improved glycaemic control and insulin sensitivity.

Conclusion: This case demonstrates the potential role of *Ayurvedic* bio-cleansing and metabolic corrective therapies, particularly *Vaitarana Basti* and *Udvartana*, in managing chronic anovulation

associated with PMOS. By addressing *Kapha-Meda Avarana* and restoring *Artava* function, these interventions contributed to menstrual regulation, metabolic improvement, and ovulatory restoration. Further clinical studies with larger sample sizes are warranted to validate these findings.

Keywords: *Artava Kshaya, Vaitarana Basti, Udvartana, Secondary Amenorrhea, Chronic Anovulation, Insulin Resistance.*

THE CONTEMPORARY SHIFT FROM ORGAN-SPECIFIC TO A WHOLE-BODY APPROACH -AN AYURVEDIC PERSPECTIVE.

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Introduction - Modern medicine is progressively shifting from organ-centric disease classification toward a systemic understanding of disease pathogenesis. Several disorders are being redefined to reflect their multisystem involvement, including the transition from Non-Alcoholic Fatty Liver Disease (NAFLD) to Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD), evolving concepts from Poly Cystic Ovarian Syndrome (PCOS) toward Polyendocrine Metabolic Ovarian Syndrome (PMOS), recognition of Psycho-Digestive disorders through the gut-brain axis involving immune, metabolic and psychological factors. Similar trends are observed in autoimmune disorders, inflammatory skin disorders, obesity-related diseases and psychosomatic illnesses. *Ayurveda* has inherently emphasized this whole-body perspective through the principles of *Agni*, *Dosha*, *Dhatu*, *Srotas* and the interrelationship between *Sharira* (Body) and *Manas* (Mind). The classical statement “*Sarve RogaApi Mandoagni*” identifies impaired *Agni* as a fundamental factor in disease manifestation irrespective of organ involvement.

Objective - To analyse the contemporary transition toward systemic disease understanding and correlate these developments with *Ayurvedic* holistic principles.

Methodology - A conceptual literary review was conducted using classical *Ayurvedic* texts - *Charaka*

Samhita, *Sushruta Samhita* and *Ashtanga Hridaya*, along with contemporary scientific literature addressing systemic disease models and evolving disease nomenclature.

Results - Emerging medical perspectives increasingly recognize diseases as interconnected metabolic, inflammatory, psychological and immunological dysfunctions rather than isolated organ pathologies. *Ayurveda* similarly explains disease progression through *Agnimandya*, *Ama* formation, *Dosha* imbalance, *Dhatu Dushti* and *Srotovaigunya* affecting the entire body. Classical *Ayurvedic* Literature also acknowledges the bidirectional relationship between *Sharirika* and *Manshika Doshas*, wherein chronic physical disorders may influence mental health and psychological disturbances may further aggravate systemic disease processes.

Conclusion - The contemporary shift toward systemic and whole-body healthcare closely parallels *Ayurvedic principles* described centuries ago. *Ayurveda* provides a comprehensive framework for understanding disease as an interconnected disturbance of body, mind, metabolism and lifestyle, supporting the growing relevance of integrative and personalized healthcare models.

Keywords - **Whole-Body Approach, Mind-Body Interrelationship, Personalized Healthcare**

BRIDGING TRADITIONAL SYSTEMS AND MODERN MEDICINE FOR GLOBAL HEALTH

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Introduction: Global health challenges such as chronic diseases, emerging infections, antimicrobial resistance, and increasing healthcare demands necessitate comprehensive and sustainable healthcare approaches. Traditional systems of medicine, including Ayurveda, emphasize prevention, lifestyle modification, personalized care, and holistic well-being, whereas modern medicine offers advanced diagnostics, evidence-based treatments, and emergency care. Integrating these systems has the potential to provide a more patient-centered and accessible healthcare model.

Objective: To explore the potential of integrating traditional systems of medicine with modern medicine in improving healthcare outcomes and promoting global health.

Methodology: A narrative review of published literature, policy documents, and reports related to integrative healthcare was conducted. Relevant information regarding preventive healthcare, chronic disease management, patient-centered care, and healthcare accessibility was analyzed.

Results: The review suggests that integration of traditional and modern medical systems can enhance preventive healthcare, improve management of chronic and lifestyle-related diseases, and increase patient satisfaction. Traditional medicine contributes through holistic care, individualized treatment, dietary regulation, and lifestyle interventions, while modern medicine provides scientific diagnostics, technological advancements, and evidence-based therapeutic options. Integrative healthcare models demonstrate potential in improving healthcare accessibility, promoting wellness, and supporting comprehensive patient care.

Conclusion: Bridging traditional systems and modern medicine offers a promising strategy for addressing contemporary global health challenges. Evidence-based integration, supported by research, policy initiatives, and interdisciplinary collaboration, can strengthen healthcare systems, improve health outcomes, and contribute to achieving global health goals.

Keywords: Traditional Medicine, Modern Medicine, Global Health.

INTEGRATIVE INPATIENT MANAGEMENT OF BULIMIA NERVOSA WITH KALYANAKA GHEE POWDER

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Introduction: Bulimia nervosa is a complex eating disorder characterized by recurrent dysregulated eating, intense cravings, affective distress, and functional impairment. Integrative care combining Ayurvedic therapeutics with structured lifestyle modification and modern clinical supervision may offer a broader framework for recovery-oriented management.

Objective: To evaluate the short-term clinical response to an integrative inpatient protocol centered on Kalyanaka ghee powder in a patient with bulimia nervosa.

Methodology: A single-case inpatient study was conducted in a 39-year-old female with bulimia nervosa. Treatment included Kalyanaka ghee powder in escalating doses from 50 g to 250 g over 5 days, followed by bahya sneha, sweda, and virechana, along with yoga practices, a scientific diet plan, and serial psychiatric and biochemical monitoring. Clinical parameters included affective

symptoms, craving intensity, appetite regulation, body weight, and treatment tolerance.

Results: Progressive improvement was observed during admission. Excessive worry decreased from 6 to 3, while low mood/fatigue and loss of interest/poor concentration improved from 8 to 4. The patient reported marked reduction in intense cravings and, by the end of 3 weeks of inpatient care, was able to reduce antidepressant and anxiolytic use by nearly 50%. Body weight decreased from 83.7 kg to 81 kg, and no major adverse events were documented during the recorded treatment period.

Conclusion: Kalyanaka ghee powder, integrated with yoga, scientific diet, and psychiatric supervision, may serve as a useful adjunct in the inpatient management of bulimia nervosa. Larger controlled studies are needed to confirm efficacy and define its role in integrative global mental health care.

Keywords: Bulimia Nervosa, Kalyanaka Ghee Powder, Life style Disorder

ANCIENT WISDOM, MODERN OUTCOMES: INTEGRATIVE AYURVEDIC MODEL FOR CHRONIC WOUND HEALING

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Introduction: Chronic wounds like diabetic foot ulcers, pressure ulcers, and venous ulcers still pose major healthcare issues due to slow healing, repeated infections, long hospital stays, and rising treatment costs. Modern wound care involves debridement, antibiotics, and advanced dressings, but many instances need a multidisciplinary approach.

In Ayurveda, Acharya Sushruta also described the management of Dushta Vrana (chronic wounds) under Shashti Upakrama (sixty therapeutic measures). Various Ayurvedic formulations like Kashaya, Kalka, Taila, Sarpi, Varti, Rasakriya, and Choorna along with procedures like Kshara Karma and Agnikarma are described for managing wounds. Similarly, like modern principles, Ayurvedic wound care emphasizes cleansing, debridement, preventing infections, haemostasis, and enhancing healing.

Objective: To develop an integrative protocol for chronic wound management by combining Ayurvedic and modern wound-care principles, which share similar approaches such as debridement, infection control, wound dressing, and tissue restoration, for improved healing outcomes.

Methodology: Classical Ayurvedic texts and scientific published literature on chronic wound

management were reviewed. Concepts of Dushta Vrana and Shashti Upakrama were analysed and correlated with modern wound-care principles including, wound assessment, cleansing, debridement, infection control, and tissue healing. Based on the available evidence, a conceptual integrative protocol was formulated.

Results: The review identified significant similarities between Ayurvedic and modern wound-care principles, especially in wound cleansing, debridement, infection control, and tissue healing. Ayurvedic therapies such as Kashaya, Kalka, Taila, Sarpi, Kshara Karma, and Agnikarma demonstrated potential relevance as supportive therapies alongside modern wound-care practices. An integrative protocol combining both systems was conceptually developed.

Conclusion: An integrative approach combining Ayurvedic and modern wound-care strategies may provide a holistic framework for chronic wound management. Further clinical studies are required to evaluate the safety, efficacy, and practical applicability of such integrative protocols.

Keywords: Vrana, Chronic Wound Management, Shasti Upakrama.

ROLE OF PADA ABHYANGA IN DIABETICS

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Background: Diabetic peripheral neuropathy (DPN) and peripheral vascular disease (PVD) are severe complications of diabetes mellitus, often culminating in impaired circulation, sensory loss, and high risk for diabetic foot ulcers. In Ayurveda, *Pada Abhyanga* (traditional foot massage with medicated oils) is a cornerstone of daily health rituals (*Dinacharya*), specifically indicated to pacify *Vata Dosha*, improve circulation, and strengthen the nervous and vascular system.

Objective: The therapeutic importance and physiological mechanisms of *Pada Abhyanga* as a non-invasive, complementary intervention for preventing and managing lower-limb complications in diabetic patients.

Methods: This structured review synthesizes foundational Ayurvedic texts with contemporary clinical data on diabetic foot care. It evaluates the impact of structured *Pada Abhyanga* regimens utilizing medicated oils (such as *Balaguluchyadi*, *Mahanarayana Thailam* or *Ksheerabala Taila*. etc) on clinical parameters including peripheral nerve conduction, local blood flow, and tactile sensitivity.

Results: The regular *Pada Abhyanga* substantially improves microcirculation and alleviates distressing neuropathic symptoms such as burning sensations (*Daha*), numbness (*Suptata*), and prickling pain (*Toda*). The mechanical stimulation of Abhyanga, combined with the transdermal absorption of active herbal properties, enhances skin elasticity, prevents

fissures, and restores plantar sensation by stimulating localized nerve endings.

Conclusion: *Pada Abhyanga* is a safe, cost-effective, and highly viable holistic therapy for diabetic foot management. By mitigating ischemic and neuropathic risk factors, it serves as an excellent

preventive measure against ulceration, ultimately preserving patient mobility and improving overall quality of life.

Keywords: *Pada Abhyanga*, Diabetic Neuropathy, Microcirculation, Preventive Care.

EFFECT OF AGNIHOTRA IN FACTORS OF JANAPADODHVAMSA

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Introduction: *Agnihotra*, an ancient fire ritual which is performed all over the world. It is performed by using dried cow dung cakes, brown rice, and cow ghee as offering in an inverted copper pyramid vessel at the time of sunrise and sunset. It has a very diverse applications in Human and Environmental wellness. In Ayurveda, The concept of *Janapadadodhvamsa* is explained where there are four factors namely *Vayu*, *Udaka*, *Desha* and *Kala*. If these factors are disturbed, there will be partial or complete destruction in human, animal and environmental wellness.

Objective: To review the environmental effects of *Agnihotra* and its application in preventing and managing *Janapadadodhvamsa*.

Methodology: Information on *Janapadadodhvamsa* collected from Classical text like *Charaka samhitha*. Further information on *Agnihotra*, its uses, ash properties and its applications in various identities is sourced from databases like PubMed, Scopus, Google scholar etc.

Results: The influence of *Agnihotra* in managing the *Janapadadodhvamsa* can be seen both in the texts and their scientific evidences conducted at various countries across the world. It has shown changes in the levels of sulfur oxides in the surrounding air. In case of *Jala*, The *Agnihotra* ritual and its ash is used in water purification. For Land management, the *homa* farming methods are adapted to safeguard the land from microbial contamination and also reduction in the levels of radioactivity. The ash used in the farming methods helps in increasing the seed germination rate of some commonly used foods. In *Kala*, It causes the Microclimate purification.

Conclusion: *Agnihotra* plays an important role in maintaining the interactive wellness between the Mother Nature and human. One should properly perform the ritual to avoid these type of calamities.

Acknowledgement: Author is thankful for the support provided by the SJSACH management.

Keywords: *Agnihotra*, Ayurveda, Environmental wellness, *Janapadadodhvamsa*

AN INTEGRATED APPROACH IN MANAGEMENT OF GRADE II ACUTE ANKLE SPRAIN WITH LEPA AND BANDHANA ALONGWITH PRICE PROTOCOL: AN AYURVEDIC-MODERN PERSPECTIVE

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Introduction: Acute ankle sprain is one of the most common musculoskeletal injuries encountered in sports medicine and emergency care with an incidence of approximately 50-60%. Ankle ligaments provide mechanical stability, and facilitates movement of the joint. Grade II ankle sprain involves the stretch or tear (partial) of the ligaments of the ankle joint associated with pain, swelling, tenderness, and restricted mobility. Conventional first aid measures such as Protection, Rest, Ice application, Compression, and Elevation (PRICE) mainly focus on giving symptomatic relief. Early Ayurvedic interventions including *Lepa*

application and *Bandhana* may offer supportive benefits in pain reduction, inflammation control, and functional recovery.

Methods : A narrative review was conducted using classical Ayurvedic texts and contemporary literature related to ankle sprain management, inflammation control, sports injuries, and Ayurvedic external therapies. A computerised search on Pubmed, Scopus, Researchgate and other indexed journals using keyword acute ankle sprain, *Snayugata vata*, *abhighata janya*, *Sotha Chikitsa*, *Snayu Chikitsa*, *Marmaghata* and immediate post-traumatic care.

Result : Ayurvedic external therapies such as *Lepa* with *Vedanahara* and *Sothahara* drugs and *Bandhana* may support soft-tissue healing, reduces pain and inflammation, and provide stabilization to injured ankle joint. *Lepa* gives local anti-inflammatory and analgesic action and can be given according to individualized dosha predominance and symptom, while *Bandhana* offers compression and mechanical support with facilitating minimal movements comparable to modern supportive bandaging. When integrated with the PRICE protocol, these interventions may enhance

symptomatic relief, improve functional recovery, facilitate early mobilization, and reduce dependence on analgesic medications.

Conclusion: Integrated use of *Lepa* and *Bandhana* along with the RICE protocol may help reduce pain and swelling, gives ankle stability, and improve recovery in Grade II ankle sprain. Further clinical studies are needed to confirm its effectiveness.

Keywords: *Lepa*, *Bandhana*, Grade II acute ankle sprain, PRICE Protocol, Ayurveda.

EVALUATING THE EFFECTIVENESS OF BABOOLA NIRYASA IN RAKTAPRADARAM: A CASE REPORT

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Background: *Rakta Pradaram* is a condition where there is excessive flow of menstrual blood associated with body ache and abdominal pain, which is caused by *vata* and *pitta dosas*. Nowadays, it is more common in OPD with various causative factors which affects woman irrespective of their age. When timely treatment is not given, it leads to complications like *dourbalyam*, *bramam*, *tamas*, *trsha*, *daha*, *pralapa*, *pandu*, *tandra* and *sopham*. *Rakta Pradaram* can be co-related with AUB, which is a broad spectrum that describes menstrual irregularities involving frequency, duration, volume of flow outside pregnancy. AUB impacts women's health related quality of life (HRQoL) and puts a heavy economic burden on society. The prevalence of AUB among reproductive aged women internationally is estimated to be between 3% and 30% with the higher incidence occurring around menarche and peri-menopause. In modern, conservative treatment, D&C, hormone therapy, IUCD, MIS (Minimal invasive surgery) and finally hysterectomy is done, which gives rise to

certain postcomplications of the surgery in future. To prevent this and improve the quality of life, *Baboola Niryasa* plays a vital role in treating it cost effectively.

Aims & Objectives: To control the excessive menstrual bleeding by giving *Baboola Niryasa* which is both beneficial and cost effective.

Materials & Methods: A patient of 38 years with complaints of *Rakta Pradaram* was selected and given *Baboola Niryasa* for 3 consecutive menstrual cycles, and a follow up period of 3 months without the medicine.

Result: Patient responded well to the treatment. Number of days of bleeding, number of pads, PBAC score (Pictorial Blood Assessment Chart) were reduced significantly.

Conclusion: *Baboola Niryasa* was found to be beneficial and cost effective in treating *Rakta Pradaram*.

Key words: AUB, *Baboola Niryasa*, *Rakta Pradaram*.

AYURVEDIC APPROACH IN MANAGEMENT OF PMOS: A CASE PRESENTATION.

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Introduction: Polyendocrine Metabolic Ovarian Syndrome is a common endocrinopathy typified by oligo-ovulation or anovulation, affecting women of reproductive age. It commonly presents with irregular menstruation, obesity, hirsutism, acne, infertility and metabolic disturbances. Ayurveda

considers it is a Kapha-Vata predominant condition associated with impaired Agni and Artava dushti, Avarana of vata, Kapha Meda predominance. Ayurvedic management aims at correcting the root cause through holistic treatment.

Objective: To study the effect of ayurvedic management in a patient diagnosed with PMOS presenting with menstrual irregularity.

Methodology: A 24yr old female presented with irregular menstruation, hair fall and facial growth in the past one year. Ultrasonography and Rotterdam Criteria revealed as PMOS. The patient was treated with Ayurvedic internal medicines including *Trayantyadi Kashaya*, *Kanasathahwadi Kashaya*, *Shatapushpa Churna*, *Avipattikar churna* for four months along with Dietary regulation, exercise, lifestyle modification. Follow up assessments were conducted regularly to evaluate improvement in symptoms and menstrual pattern.

Results: Improvement observed during follow up visits, menstrual cycle become regular with better flow pattern, reduction in hair fall and facial hair growth with no adverse effects reported during treatment period. Follow up ultrasonography showed normal ovarian findings.

Conclusion: This case presentation highlights the role of Ayurveda management of PMOS. Holistic treatment approach including herbal medications, dietary regulations, lifestyle corrections showed encouraging results in improving menstrual health and associated symptoms. The study suggests Ayurvedic management may provide safe and effective option for women suffering from PMOS.

AYURVEDIC MANAGEMENT ON SECOND DEGREE ORGAN PROLAPSE: CASE STUDY

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Introduction: Pelvic organ prolapse (POP) is a common gynecological disorder characterized by the descent of pelvic organs due to weakness of the pelvic floor support structures. It commonly affects multiparous and perimenopausal women and presents with symptoms such as urinary incontinence, pelvic discomfort, and a sensation of something protruding through the vagina. In Ayurveda, POP can be correlated with *Yoni Prasamsa*, a *Vata*-predominant *Yoni Vyapad* resulting from *Apana Vata Vaigunya* and *Dhatu Shaithilya*.

Objectives: To evaluate the efficacy of Ayurvedic management in a case of second-degree pelvic organ prolapse associated with urinary incontinence.

Methodology: A 48-year-old female patient presented with complaints of urinary incontinence and a sensation of something descending through the vagina for three months. Clinical diagnosis & POP-Quantification assessment revealed as pelvic organ prolapse. The patient was treated with Ayurvedic interventions including *Changeriyadi Ghritam* *Matra Basti*, *Sahacharadi Taila Yoni Pichu*, and supportive internal medications *Dhanwantaram Kashaya*, *Dhanwantaram 101*,

Kegels exercise, *Gophanabhandha*. During the course of 21 days of therapeutic procedure, we found resolution of POP and symptomatic relief from urinary incontinence.

Results: The patient demonstrated gradual and significant improvement in POP and urinary incontinence during the course of therapeutic procedure. Symptomatic relief was observed after the initial phase of the procedure continued for 21 days as 3 phases. POP-Quantification assessment done after 21 days showed remarkable changes in the POP and pelvis muscle toning. Improvement in pelvic support, reduction in urinary complaints, and enhanced quality of life were noted. No complications or adverse effects were reported during treatment.

Conclusion: The present case highlights the potential role of Ayurvedic management in the treatment of *Prasamsini* along with *phaliniyoni vyapad*. The therapeutic approach effectively reduced symptoms, and resolved POP enhanced overall well-being. This case suggests that Ayurvedic interventions may serve as a beneficial conservative treatment option for early-stage pelvic organ prolapse.

ROLE OF HARITAKI IN GUT HEALTH: AN AYURVEDIC PERSPECTIVE

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Introduction-Gut health plays a crucial role in maintaining overall health and immunity. In *Ayurveda* *Agni* is essential for regulating the digestion, metabolism and nourishment of body. A impairment of *Agni* leads to formation of *Ama* which is the root cause of many diseases. *Haritaki* has properties of *Deepana*, *Pachana*, etc properties which can nullify the accumulated *Ama*. Severn varieties of *Haritaki* are described and each variety possess unique properties.

Objective-To evaluate the role of *Haritaki* on overall gut health.

Methodology-Information collected regarding gut disorders, Role of *Ama*, *Agni* in digestion from classical text such as *Charaka Samhita* and *Sushruta Samhita* and *Ashtanghridaya*. Properties of *Haritaki* and *Rasapanchaka* collected from *Bhavprakash Nighantu*. Referred research articles and online platforms such as google scholar.

Results-*Haritaki* possesses five *Rasas* except *Lavana*. *Haritaki* exhibits pharmacological actions such as *Rasayana*, *Medhya*, *Deepana*, *Pachana*,

Anulomana and *Jwaraghana*. It acts on *Tridosha*. There is various formulations of *Haritaki* in gut related disorders such as *Abhayarishta*, *Haritaki churna*, *Triphaladi kshaya* on *Arsha*, *Atisara*, *Grahini* and *Udara*. *Pachakagni* regulates the functioning of other *Agnis* and responsible for their *Vridhhi* and *Kshaya*. Proper functioning of *Jatharagni* is essential for maintaining *Ayu* and *Bala*. *Mandagni* is the primary cause of *Ama* formation. *Ama* possesses *Abhishyandi Guna* causing *Srotorodha* and *Srotovaigunya*. This creates a favorable environment for *Dosha* vitiation.

Conclusion-*Haritaki* with its properties, supports healthy digestion by improving *Agni* and proper digestion of *Ahararasa*. Its *Medhya* and *Rasayana* actions promote overall health, immunity, vitality, while helping it balances the *Tridoshas*. Thus, *Haritaki* is a valuable therapeutic agent for gastrointestinal health, though further clinical studies are needed to validate its efficacy in specific gastrointestinal disorders.

Keywords-*Haritaki*, *Gut*, *Agni*, *Ama*.

AYURVEDIC MANAGEMENT OF SIDHMA KUSHTA: A CASE REPORT

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Introduction: In *Ayurveda*, *Kushta* comprises a broad spectrum of dermatological disorders caused by *Tridosha* vitiation involving *Twak*, *Rakta*, *Mamsa*, and *Lasika*. *Sidhma Kushta* is characterized by flaky lesions, *Kandu* (itching), *Rukshata* (dryness), and discoloration predominantly due to *Kapha-Vata* imbalance. Pediatric skin disorders with recurrent pustular eruptions and scaling are difficult to manage and may affect quality of life.

Methods: A 10-year-old female child presented with itchy, flaky scalp lesions and recurrent pustules with discharge over the back and buttocks for 2 years. Clinical examination revealed diffuse scalp scaling, *Kandu*, *Rukshata*, and pustular lesions over the posterior trunk and gluteal region. Based on *Ayurvedic* clinical features and *Dosha-Dushya* involvement, the condition was diagnosed as *Tridosha* predominant *Sidhma Kushta* with *Rakta* involvement. Treatment included *Deepana-Pachana*, *Snehana*, *Swedana*, and *Virechana* along with *Pathya-Apathya* advice and internal *Ayurvedic*

medications. Clinical response was assessed through reduction in itching, scaling, pustule formation, and discharge.

Results: After three sittings of treatment, marked reduction in itching, scaling, pustular eruptions, and discharge was observed. Lesions healed gradually with reduced recurrence and improved comfort. No adverse reactions or complications were noted.

Discussion: The clinical features correlated with *Tridosha* dominant *Sidhma Kushta* involving *Twak* and *Rakta Dushti*. *Ayurvedic* management aimed at *Dosha Shamana*, *Rakta Prasadana*, and *Kushtaghna* action showed favorable clinical improvement and reduced recurrence.

Conclusion: This case suggests that *Ayurvedic* management may provide effective symptomatic relief and improve quality of life in pediatric patients with features suggestive of *Sidhma Kushta*.

Keywords: *Sidhma Kushta*, *Virechana*, *Snehana*, *Swedana*, *Pediatric dermatological disorders*.

PEDIATRIC AMAVATA: A CASE STUDY

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Introduction: *Amavata* is a chronic inflammatory disorder caused by *Ama* accumulation due to *Mandagni* and subsequent *Vata* vitiation, characterized by *Sandhishoola*, *Sandhishotha*, *Stambha*, and restricted joint movements. In children, it closely resembles Juvenile Idiopathic Arthritis (JIA), affecting physical activity, and is primarily managed through *Ama Pachana*, *Swedana*, and *Vasti* as per Ayurvedic principles..

Case Presentation: A 10-year-old child presented with complaints of pain and swelling in multiple joints, morning stiffness, difficulty in walking, and reduced participation in daily activities, on and off fever. The symptoms had progressively affected the child's mobility and overall well-being. Based on clinical examination and Ayurvedic assessment, the condition was diagnosed as *Amavata*.

Materials and Methods: The patient was initially managed with *Ama Pachana* using *Chitrakadi Vati* and *Sadyovirechana* with *Eranda Taila* to eliminate *Ama* and prepare for further therapy. Subsequently,

Valuka Sweda was administered to alleviate pain, swelling, and stiffness, followed by *Vaitarana Vasti* in four sittings as the principal *Shodhana* therapy, along with appropriate *Shamana Oushadhis*. Clinical assessment before and after treatment was based on pain, swelling, stiffness, gait, and range of joint movements.

Results: Significant improvement was observed following the intervention. Joint pains, swelling, morning stiffness decreased considerably, with improved gait and functional mobility to perform daily activities. No adverse reactions were observed during the course of treatment.

Discussion and Conclusion: *Valuka Sweda* promoted *Ama Shoshana* and relieved *Kapha-Vata* aggravation, while *Vaitarana Vasti* aided *Ama* elimination and improved joint function. The combined therapy provided significant symptomatic relief in pediatric *Amavata*.

Keywords: *Amavata*, JIA, *Valuka Sweda*, *Vaitarana Vasti*, *Kaumarabhritya*.

ROLE OF AYURVEDA IN CHILDHOOD NEURODEVELOPMENTAL DISORDERS: A CASE STUDY

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Introduction: Neurodevelopmental disorders are conditions that arise due to atypical brain development, affecting cognition, behavior, and social functioning. Among them, attention deficit hyperactivity disorder (ADHD) is characterized by inattention, hyperactivity, and impulsivity, significantly impacting a child's daily life. Ayurveda offers a holistic approach to managing such conditions by addressing underlying factors like *Agni*, *Dosha*, and *Manas*. Through individualized therapies, diet, and herbal formulations, Ayurveda aims not just at symptomatic relief but at improving overall neuropsychological balance, offering promising results in managing ADHD effectively.

Materials and Methods: This paper correlates the clinical features of ADHD with Ayurvedic correlation of *Unmada*.

This Pediatric case is taken from the OP and IP department of Sri Venkateswara Ayurvedic Medical College and Hospital, Tirupati, and was evaluated and managed using Ayurvedic parameters, including

assessment of *Agni*, *Prakriti* and *Satva*. The treatment protocol included *Shamana* and *Shodhana* *chikitsa* with *Medhya Rasayana*, *Shirodhara*, *Nasya* and *Yapana Basti*.

Results: The child is presently in the sixth sitting of treatment protocol demonstrating notable improvements in attention span, impulse control and behavioural stability. Reduction in aggressive nature of child is observed and also child is obeying commands of parents. The child also reported improved sleep quality and social interactions. Regular follow up revealed a sustained response.

Discussion: The case demonstrates the potential of Ayurvedic therapy in managing ADHD symptoms safely and effectively. *Medhya Rasayanas* and *Shodhana* therapies regulate neurological imbalances underlying ADHD. These results underline significance and scope of *Kaumarabhritya* in addressing neuro developmental disorders.

Key words: Ayurveda, *Kaumarabhritya*, ADHD, *Medhya Rasayana*, *Shirodhara*, *Chikitsa*

ROLE OF AYURVEDA IN THE MANAGEMENT OF CHEMOTHERAPY INDUCED SIDE EFFECTS IN COLORECTAL CANCER

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Introduction: Colorectal cancer (CRC) is one of the leading causes of cancer-related morbidity and mortality worldwide. FOLFOX chemotherapy, a standard treatment protocol for CRC, is associated with significant adverse effects such as peripheral neuropathy, mucositis, gastrointestinal toxicity, fatigue, hepatotoxicity, and myelosuppression. These toxicities negatively affect quality of life and treatment adherence. Ayurveda, through its holistic principles of Dosha–Dhatu balance, Rasayana therapy, and supportive herbal interventions, may provide beneficial supportive care in integrative oncology.

Objective: To explore the role of Ayurvedic principles and interventions in the management of chemotherapy-induced side effects in colorectal cancer patients undergoing FOLFOX chemotherapy.

Methods: This seminar-based review analyzed modern oncological concepts of CRC along with Ayurvedic interpretations such as Arbuda and Dushivisha. Classical Ayurvedic literature and contemporary scientific evidence regarding herbal formulations including Curcumin, Triphala, Yashtimadhu, Guduchi, and Ashwagandha were reviewed. Their pharmacological actions, mechanisms, safety considerations, and supportive

role in managing chemotherapy-induced toxicities were evaluated.

Results: Ayurvedic interventions demonstrated potential supportive benefits in reducing chemotherapy-induced complications. Yashtimadhu, Triphala, and Dadimadi Ghrita were beneficial in oral mucositis management, while Ksheerabala, Curcumin, and Ashwagandha showed neuroprotective effects against peripheral neuropathy. Rasayana therapies such as Brahma Rasayana and Guduchi exhibited antioxidant, immunomodulatory, and adaptogenic properties that may help reduce fatigue, myelosuppression, and oxidative stress. Evidence also suggested improvement in quality of life and supportive immune restoration during post-chemotherapy rehabilitation.

Conclusion: Ayurveda may serve as an effective complementary approach in integrative oncology for managing chemotherapy-induced toxicities in colorectal cancer patients. Evidence-based Ayurvedic interventions can improve supportive care and quality of life while conventional oncological treatment remains the primary therapy. Further clinical research is required to establish standardized integrative treatment protocols.

INNOVATIVE NANO DELIVERY OF BRAHMI: BRIDGING AYURVEDA AND MODERN SCIENCE

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Introduction: *Bacopa monnieri* (Brahmi), a revered Ayurvedic nootropic herb, is known for its memory-enhancing and neuroprotective properties. Its active compounds, bacosides, show promise against neurodegenerative disorders such as Alzheimer's disease. Brahmi has less oral absorption, rapid gastric degradation, and bacosides struggle to cross the blood–brain barrier, limiting efficacy. Addressing these barriers could greatly enhance its therapeutic potential.

Objective: The primary objective of this review is to develop NDDS (Novel Drug Delivery Systems) with specific focus to engineer nanoparticles and

thermo-sensitive in-situ nasal gels to improve absorption, bypass first pass metabolism and optimize direct brain targeting.

Methodology: A systematic literature search was conducted across PubMed, ScienceDirect, and Google Scholar, emphasizing formulation and pre-clinical studies that employed polymeric nanoparticles or nasal gel systems for *Bacopa monnieri* extracts or isolated bacosides.

Results: Polymeric nanoparticles (PLGA, chitosan) protect bacosides from gastric degradation and enhance uptake. Thermo-sensitive nasal gels, liquid at room temperature but forming bioadhesive gels in

the nasal cavity, exploit olfactory and trigeminal pathways to bypass digestion and the BBB. Pre-clinical studies show these systems deliver higher bacoside levels to the hippocampus, improving memory at lower doses.

Conclusion: Nanoparticles and nasal gels are promising NDDS to maximize Brahmi's therapeutic

potential. By overcoming the BBB, they bridge Ayurvedic neurology with modern targeted drug delivery. Human clinical safety trials remain the next priority.

Key Words: Brahmi; Nanoparticles; Nasal gel; Nose-to-brain delivery; Blood-brain barrier

NEURO-ENDOCRINE MODULATION OF VATAJ IMBALANCES IN HIGH-PERFORMANCE SPORT HORSES VIA *WITHANIA SOMNIFERA*: A NARRATIVE REVIEW

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Introduction: High-performance sport horses routinely experience acute metabolic and psychological stressors in the form of transport, social isolation, acoustic stimuli, and rigorous training, which manifest clinically as *Vataj* imbalances. Ashwagandha (*Withania somnifera*) offers targeted pharmacological intervention for these neuro-endocrine disturbances.

Objective: To evaluate the ethnoveterinary application, pharmacological mechanisms, and clinical efficacy of Ashwagandha in managing *Vataj* imbalances within equine sports medicine.

Methodology: A Narrative Review was conducted. Ayurvedic samhitas, granthas and contemporary veterinary pharmacological data were synthesized to assess the receptor-level interactions and clinical outcomes of Ashwagandha in equids.

Results: The Shalihotra Samhita, the foundational text of Ashwa Ayurveda, establishes comprehensive equine care protocols, encompassing anatomy, husbandry, and the management of pathologies. The historical use of Ashwagandha in equine medicine is

documented in another classical Ayurvedic text: Rajamartanda, authored by King Sri Bhojaraja.

Pharmacologically, Ashwagandha downregulates HPA axis hyper-reactivity, resulting in reduced serum cortisol and epinephrine alongside increased serotonin secretion. Polar constituents function as direct agonists at native mammalian ionotropic GABAA and GABAp1 receptors, inducing behavioural quiescence without causing motor ataxia. Furthermore, its constituent withanolides and sitoindosides prevent tissue degradation and muscle wasting by mitigating lipid peroxidation.

Conclusion: Ashwagandha demonstrates significant neuro-endocrine stabilizing properties, establishing it as an effective therapeutic agent for managing stress-induced *Vataj* pathologies in sport horses. Despite these clinical benefits, current veterinary applications suffer from an absence of standardized equine dosing and equid pharmacokinetic data. Future ethnoveterinary trials must employ mass spectrometry to map the pharmacokinetics of withanolides in horses.

ROLE OF ĀYURVEDA- PANCHAKARMA THERAPIES IN THE MANAGEMENT OF VYAṆGA WITH SPECIAL REFERENCE TO LICHEN PLANUS PIGMENTOSUS : A CASE REPORT

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ABSTRACT

Introduction: *Vyaṅga* is characterized by *Niruja* (painless), *Tanu* (thin), *Śyāva Varṇa Yukta Maṇḍalas* (bluish-black patches) occurring predominantly on the face due to the vitiation of *Vāta* and *Pitta Doṣas*. In the modern parlance it can be correlated with Lichen Planus Pigmentosus (LPP), an acquired hyperpigmentary disorder characterized by

bluish-black to dark-brown macules and patches, predominantly affecting the face, neck, and other sun exposed areas. Contemporary management of LPP is often associated with limited therapeutic improvement.

Objectives: To evaluate the efficacy of *Virecana Karma* and *Śamana Auśadhis* like *Mahāmañjiṣṭhādi*

Kaṣāya, Arogyavardhinī Vaṭi, in the management of *Vyaṅga* (Lichen Planus Pigmentosus).

Materials and Methods: A 40-year-old female patient presented to the OPD of S.V. Ayurvedic Hospital, Tirupati, with complaints of blackish patches over the face associated with itching and emotional distress. The patient was treated with *Dīpana-Pācana*, followed by *Snehapāna* with *Go Ghṛta, Virecana Karma* using *Trivṛt Cūrṇa*, along with *Śamana Auśadhis* like *Mahāmañjiṣṭhādi Kaṣāya* and *Arogyavardhinī Vaṭi*. Two sittings of *Virecana Karma* performed at an interval of three months.

Results: Following treatment, significant clinical improvement was observed. Itching was reduced, the intensity of the facial patches decreased, and the patient experienced weight reduction. The patient also reported improved satisfaction with her appearance.

Conclusion: The treatment showed promising results in improving both clinical outcomes and patient quality of life, highlighting the potential role of *Āyurveda* in the management of *Vyaṅga* with special reference to Lichen Planus Pigmentosus.

Keywords: *Vyaṅga, Lichen Planus Pigmentosus, Virecana*

COMMERCIAL INDOOR PLANTS AND THEIR HIDDEN RISKS: SCOPE FOR AYURVEDIC MEDICINAL PLANT ALTERNATIVES

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Introduction: Indoor plants are widely used in homes and offices for their ornamental value and perceived health benefits. However, many popular indoor plants contain toxic compounds that may cause accidental poisoning, skin irritation, or oral discomfort, particularly in children and pets. In contrast, Ayurvedic medicinal plants offer a safer alternative with added therapeutic benefits. Therefore, this review highlights the hidden risks of commonly used commercial indoor plants and explores suitable Ayurvedic medicinal plant alternatives from a Dravyaguna perspective.

Objective: To create awareness among people regarding six widely used commercial indoor plants with hidden health risks. To replace these commercial indoor plants with known traditional ayurvedic medicinal plants, particularly from the Dravyaguna perspective and promote ayurveda at every doorstep, every office and every workplace.

Methodology: A literature review of commercial indoor plants focusing on their Morphology, phytochemistry, toxicological reports and

medicinal benefits with selected Ayurvedic plant alternatives.

Results: The commercial indoor plants reviewed proved significant risks of accidental poisoning, Skin irritation and severe mucosal swelling in pets and children. On the other hand, the proposed Ayurvedic plant alternatives not only reduce these indoor biohazards but also enhance the indoor environment by releasing volatile organic compounds (VOCs) with proven anxiolytic, antimicrobial, anti-inflammatory and adaptogenic properties.

Conclusion: With this review article, Commercial indoor plants may pose hidden health risks, whereas Ayurvedic medicinal plants offer a safer and more beneficial alternative. Their adoption in homes, offices and workplaces can enhance indoor greenery, promote health awareness and bring the benefits of Ayurveda into everyday life.

Keywords: Commercial Indoor Plants, toxicity, Accidental poisoning, Skin irritation, Mucosal swelling, Calcium Oxalate, Ayurvedic plants.

AN AYURVEDIC APPROACH TO UDARDA (URTICARIA): A CASE REPORT

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Introduction: Udarda is a common dermatological condition described in Ayurveda under *Kshudra Rogas*, characterized by **Kandu** (itching), **Daha** (burning sensation), and elevated reddish skin eruptions resulting from the vitiation of **Kapha** and **Pitta Doshas**. It can be correlated with urticaria, a hypersensitivity skin disorder characterized by transient wheals, erythema, and pruritus. Urticaria affects approximately 15–20% of the population during their lifetime and is frequently encountered in children due to increased skin sensitivity, immune reactivity, and exposure to various dietary and environmental allergens. The recurrent nature of the condition can significantly affect the physical comfort and quality of life of children. Ayurveda offers a holistic and individualized approach through **Shodhana** and **Shamana** therapies for the management of skin disorders.

Materials and Methods: A 5-year-old female child presented to the OP, Department of Kaumarabhrithya, Sri Venkateswara Ayurvedic Medical College and Hospital, Tirupati, with complaints of recurrent episodes of itching, reddish elevated skin lesions, and burning sensation. Based on the clinical features and Ayurvedic assessment considering **Dosha**, **Dushya**, **Agni**, and symptomatology, the condition

was diagnosed as **Udarda**. The treatment protocol included two sittings of **Virechana Karma**, followed by **Pitta-Kapha Shamana Oushadhis**, along with appropriate **Pathya-Apathya** and lifestyle modifications.

Results: Marked improvement was observed in **Kandu** (itching), **Daha** (burning sensation), **Raga** (erythema), and **Utsanna Mandala** (wheal formation). The frequency and severity of recurrent episodes reduced significantly. No adverse effects were reported during the treatment period, and sustained symptomatic relief was observed during follow-up.

Discussion: The case highlights the potential role of Ayurvedic interventions in the management of pediatric **Udarda**. **Virechana Karma** helps eliminate vitiated **Pitta** and **Kapha Doshas**, while **Shamana Oushadhis** aid in maintaining **Doshic balance** and preventing recurrence. Ayurveda adopts a holistic approach that addresses the root pathology of skin disorders and improves the overall quality of life in affected children.

Key words: Udarda, Urticaria, Virechana Karma, Shamana Oushadhi, Pathya-Apathya, Pediatric Dermatology.

AYURVEDIC AROMATIC PLANTS AS POTENTIAL INGREDIENTS FOR PERFUMERY AND COSMETIC INDUSTRIES: A NARRATIVE REVIEW

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Introduction: Ayurveda considers fragrance (*Gandha*) not merely as a sensory stimulant but as a therapeutic agent capable of influencing physical, mental and emotional health. The growing demand for natural and sustainable cosmetic products has increased interest in Ayurvedic aromatic plants and herbal ingredients. Aromatic herbs can influence the flow of prana, support mental clarity, elevate mood and help maintain doshic equilibrium.

Methods: A narrative review was conducted using information collected from classical Ayurvedic concepts and published literature related to herbal cosmetics, aromatherapy and fragrant medicinal plants. Data regarding therapeutic and aromatic properties of selected Ayurvedic plants were compiled and analyzed.

Results: The review highlights the cosmetic, therapeutic and perfumery significance of selected aromatic plants, including Muchakunda (*Pterospermum acerifolium*), Hyptis suaveolens, Ketaki (*Pandanus odorifer*), Kebuka (*Costus speciosus*) and Sprkka (*Anisomeles malabarica*). These plants are rich in volatile aromatic compounds and impart distinctive fragrances and exhibit diverse biological activities. Their multifunctional nature makes them valuable ingredients in natural perfumes, herbal cosmetics, and wellness products. Their use also supports the growing demand for sustainable and eco-friendly formulations."

Discussion and Conclusion: Ayurvedic aromatic plants represent a valuable convergence of

traditional knowledge and modern cosmetic science. Their integration into contemporary perfumery and cosmetic formulations offers opportunities to develop innovative, sustainable and therapeutically beneficial products. In addition to enhancing sensory appeal, these herbs may contribute to overall wellbeing through their holistic effects. Further

empirical research into these specific plants could significantly advance the green cosmetic industry.

Keywords: Aromatic medicinal Plants, Aromatherapy, Green cosmetic industry, Herbal Cosmetics, Eco friendly formulations, Perfumery Industry.

AN AYURVEDIC APPROACH TO ERB'S PALSY -A CLINICAL CASE STUDY

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Introduction - Erb's palsy is an upper brachial plexus injury involving C5–C6 nerve roots, commonly caused by birth trauma such as shoulder dystocia or prolonged assisted delivery. It presents with weakness of shoulder abduction, external rotation, and elbow flexion, producing the classical “waiter's tip” deformity. In Ayurveda, this condition can be correlated with Janmaja Abhigatha Resembling Ekanga Vata under the spectrum of Vatavyadhi. Presented with the symptoms of Bala kshaya, Karma kshaya, Mamsa -Asthi dhatu kshaya results in impaired upper limb movements.

Methods - A 4-year-old male child presented with inability to raise the right upper limb Since birth, restricted shoulder mobility and decreased muscle power. Birth history revealed prolonged labour with assisted vaginal delivery. On examination, diminished active movements with preserved sensation were noted. Management focused on Vata Shamana and Santarpana chikitsa. The therapeutic interventions involved Sarvanga Abhyanga with

Bala-Ashwagandha Taila followed by Shastika Shali Pinda Swedam, Upanaha swedam along with Yapana Vasti and physiotherapy. Internal medications include Balya-Brimhana Aushadas such as Ashwagandha churnam, Dathu posaka Vati to nourish Mamsa and Asthi Dhatu.

Results Post-treatment assessment showed gradual improvement in shoulder abduction and elbow flexion, enhanced muscle tone, and reduction in stiffness. Functional use of the Right upper limb improved.

Discussion In Ayurveda, trauma during delivery causes obstruction in Vata gati, leading to localized neuromuscular dysfunction. Abhyanga, Swedana, Santarpana Chikitsa, and Yapana Vasti pacifies Vata, improves circulation, and strengthens Dhatus. Early intervention enhances neuromuscular recovery and prevents long-term deformities

Keywords: Erb's palsy, Brachial plexus injury, Janmaja Abhigatha, Vata vyadhi, Ekanga vata

CLINICAL EVALUATION OF SAHACHARĀDI TAILA NASYA AND MĀTRĀ VASTI IN THE MANAGEMENT OF PAKṢĀGHĀTA (ISCHEMIC STROKE): A CASE SERIES.

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Introduction : Stroke is a major cause of disability worldwide, with ischemic stroke being the most common type. Despite medical advances, complete recovery remains challenging. In Ayurveda, ischemic stroke can be correlated with Pakṣāghāta, a Vātaja Nānātmaja Vikāra characterized by loss of function of one half of the body. According to Ācārya Caraka, aggravated Vāta causes Cheṣṭā Nivṛtti associated with Rujā, Vākstambha, and Sirā-

snāyu-saṅkoca. Nasya Karma is indicated in Pakṣāghāta due to the involvement of Mastiṣka Marma, with Nāsā as the gateway to Śiraḥ. Vasti, the principal therapy for Vāta Doṣa, is acclaimed as Ardha Cikitsā and Pūrṇa Cikitsā by various Ācāryas.

Objective: To evaluate the effect of “**Sahacharādi Taila**” Nasya and Mātrā Vasti in the management of **Pakṣāghāta (ischemic stroke)**.

Methodology : An open-label clinical study was

conducted on three patients diagnosed with Pakṣāghāta (ischemic stroke). The intervention consisted of **Nasya Karma** followed by **Mātrā Vasti** with **Sahacharādi Taila**, each administered for **7 days**. Therapeutic outcomes were assessed using the **NIH Stroke Scale**, **Barthel Index**, and neurological examination before and after.

Result: Two patients improved from **walker dependence** to **independent ambulation**, and one from **bed-bound** to **stick-assisted ambulation**, with

improvement in NIHSS and Barthel Index scores.

Conclusion : Nasya Karma and Mātrā Vasti with Sahacharādi Taila demonstrated promising therapeutic potential in the management of Pakṣāghāta (ischemic stroke), with notable improvement in functional and neurological outcomes.

Keywords: Pakṣāghāta (ischemic stroke), Sahacharādi Taila, Nasya Karma, Mātrā Vasti.

ROLE OF KSHARA KARMA IN THE MANAGEMENT OF ABHYANTARA ARSHAS (INTERNAL HAEMORRHOIDS): A CASE STUDY

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Introduction: Arshas is considered one of the *Ashta Mahagada* in Ayurveda. It is characterized by abnormal tissue growth in the anal region causing bleeding, prolapse, and discomfort during defecation. In contemporary medicine, Arshas can be correlated with haemorrhoids. Among the treatment modalities described by Acharya Sushruta, Kshara Karma is recognized as an effective para-surgical procedure because of its excising, cauterizing, and scraping properties.

Objective: To evaluate the efficacy of Kutaja Pratisaraniya Kshara Karma in the management of Abhyantara Arshas.

Methodology: A 23-year-old male patient presented to the Shalya Tantra OPD with complaints of prolapsing pile mass during defecation and bleeding per rectum. Based on clinical findings, the condition

was diagnosed as Abhyantara Arshas. Kutaja Pratisaraniya Kshara was applied to the pile mass following standard Ayurvedic procedures, and the patient was followed up regularly.

Results: Significant improvement was observed after treatment. Bleeding per rectum stopped completely, and the pile mass sloughed off within 12 days. The patient became symptom-free within 20 days without any complications.

Conclusion: Kutaja Pratisaraniya Ksharakarma was found to be an effective, safe, and minimally invasive treatment for Abhyantara Arshas, providing significant symptomatic relief and favorable clinical outcomes. The procedure offers a cost-effective with minimal complications

Keywords: Abhyantara Arshas, Ksharakarma, Haemorrhoids, Kutajakshara

A CLINICAL EVALUATION OF UTTARAVASTI IN VANDHYATVA DUE TO ENDOMETRIAL HYPOPLASIA – A CASE SERIES

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Introduction: Infertility is a disease of the reproductive system defined as failure to achieve conception after 12 months (or) more having regular unprotected sexual intercourse. Among various causes of infertility uterine factors as endometrial abnormalities play an important role in the causation of Infertility. Majority times unexplained infertility is associated with endometrial morphology. IVF success rate was only 35% rest 65% cases of IVF failed because of implantation failure in which

decreased endometrial receptivity is the commonest cause of implantation failure. In UttaraVasti medicated taila, ghṛta (or) kvātha inserted into intrauterine cavity through cervix. In vandhyatva, main vitiated dosa is Vāta. Sneha and vasti is the best Cikitsā for Vāta dosa.

Objectives: To evaluate the efficacy of **Uttaravasti** with **Kāśmaryādi Ghṛta** in the management of **Strī Vandhyatva** W.S.R to endometrial hypoplasia.

Materials And Methods: It was an open labelled clinical study on 3 patients having **endometrial thickness < 7 mm** on ultrasound pelvis finding with different causes were included in the study. Each patient was given Uttaravasti with **Kāśmaryādi Ghr̥ta** 3ml for 3 days after cessation of menses, for 3 cycles. Assessment of study was done on **Applebaum's USSR**

Results: Significant improvement was noticed in Endometrial Thickness , USSR score and in the menstrual abnormalities. After treatment, successful

conception was achieved both naturally and through IVF.

Conclusion: Ambukṣaya results from vitiation of Vāta doṣa and Pitta doṣa and Kapha doṣa kṣaya. Kāśmaryādi Ghr̥ta possesses Rasayana, Srotoshodhana, and Kapha-vardhaka properties. Its use in Uttaravasti enhances uterine vascularity and endometrial thickness, showing promising results in endometrial hypoplasia.

Keywords: Endometrial hypoplasia, Ambu kshya, Kashmaryadhi gr̥ta, Uttaravasti

CLINICAL EVALUATION OF AGNIKARMA IN GRIDHRASI (SCIATICA): A CASE SERIES OF FIVE PATIENTS

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Introduction: Gridhrasi is a Vata Nanatmaja Vyadhi characterized by Ruk (pain), Toda (pricking sensation), Stambha (stiffness), and radiating pain involving Sphik, Kati, Uru, Janu, Jangha, and Pada. It closely resembles Sciatica and significantly affects quality of life. Acharya Charaka has advocated Agnikarma at Antara Kandara-Gulpha Pradesha for its management.

Objective: To evaluate the clinical efficacy of Agnikarma in the management of Gridhrasi.

Methodology: Five clinically diagnosed cases of Gridhrasi were enrolled. Diagnosis was based on Ayurvedic clinical features described in classical texts and supported by MRI findings wherever available. Agnikarma was performed using red-hot Tamra Shalaka at Antara Kandara-Gulpha Pradesha, approximately four Angulas above Gulpha Sandhi,

employing Bindu Dahana. Post-procedure care included Kumari Swarasa application followed by Yashtimadhu Churna dusting. Assessment was done using Visual Analog Scale (VAS), Oswestry Disability Index (ODI), Straight Leg Raising Test (SLRT), stiffness grading, and radiating pain score.

Results and Conclusion: All five patients showed clinically significant improvement. Mean VAS reduced from 8.2 to 2.4, ODI from 54% to 18%, and mean SLRT improved from 35° to 75°. Stiffness and radiating pain were markedly reduced without significant adverse events. Agnikarma appears to be a safe, economical, minimally invasive, and effective intervention for Gridhrasi. Further studies with larger sample sizes are recommended.

Keywords: Gridhrasi, Sciatica, Agnikarma, Vata Vyadhi, Tamra Shalaka, Case Series.

REINTERPRETING VṚKṢĀYURVEDA THROUGH MODERN BIOFERTILIZER TECHNOLOGY: A FRAMEWORK FOR SUSTAINABLE MEDICINAL PLANT CULTIVATION

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Introduction: Medicinal plants are an important part of traditional healthcare and need sustainable cultivation practices to maintain their quality and availability. Vṛkṣāyurveda, the ancient Indian science of plant life, describes natural methods for improving soil health and plant growth. Modern biofertilizers also support plant growth through beneficial microorganisms. Bringing these two approaches together may offer sustainable solutions for medicinal plant cultivation.

Objective: To explore the similarities between Vṛkṣāyurveda -based plant nourishment practices and modern biofertilizer technology and to develop a framework for sustainable medicinal plant cultivation.

Methodology: Relevant information was collected from classical Vṛkṣāyurveda texts and published scientific literature on biofertilizers, soil microorganisms and medicinal plant cultivation. Traditional practices were examined and interpreted using modern scientific understanding.

Results: The review showed that many principles described in Vṛkṣāyurveda are comparable to the functions of modern biofertilizers. Both approaches promote nutrient recycling, improve soil health and support healthy plant growth. Based on these findings, an integrated framework for sustainable medicinal plant cultivation was proposed.

Conclusion: The study highlights the scientific relevance of Vrikshayurveda in the context of modern biofertilizer technology. Combining traditional knowledge with contemporary science may help promote sustainable, environmentally friendly and productive medicinal plant cultivation.

SUCCESSFUL SURGICAL MANAGEMENT OF SUB-SCROTAL SINUS: A CASE REPORT

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Abstract

Background: *Nadivran* is a blind tract associated with pus discharge. A Peri-Anal sinus is a blind tract without any connection to the rectum or anal canal. It is a tubular tract lined by unhealthy granulation tissue. Sub Scrotal sinus is a condition where an external opening is found at the base of the Scrotum with symptoms such as pain and pus discharge.

Objectives: This case report aims to analyze the efficacy of the surgical technique to manage the Sub-Scrotal Sinus

Method: A 30-year-old male presented with complaints of pus discharge from a boil present near the sub-scrotal region for 2 years. On examination, an external opening was found at 1 O'clock position at sub-scrotum, approximately 3cm from the anal verge with no internal opening in the anal canal. MRI findings were suggestive of small fluid filled tract in

subcutaneous plane of sub-scrotal region in left paramedian site, approximately 20mm in length and was surgically managed with *Chedana* (Sinusectomy), followed by post-op dressing with Ointment WH5 gel and internal medication.

Result: Patient was successfully managed with no recurrence for the last 1 year with the urethra safeguarded with great care during the surgical procedure.

Discussion & Conclusion: Ano-rectal and perianal diseases pose a challenge in management due to recurrent nature of the disease, but with careful diagnosis, identification of correct infective focus and use of proper surgical technique in management, these diseases can be successfully tackled.

Key Words: *Chedan, Nadivrana, Sub-Scrotal sinus, Sinus*

SATTVAJAYA CHIKITSA: THE AYURVEDA WAY TO UNDERSTAND THE MIND AND ITS IMPORTANCE IN MODERN THERAPY

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Introduction: *Sattvajaya Chikitsa* is an *Ayurveda* science that helps people control their mind. It is about keeping the mind from things that are bad for us. With many people having mental health problems today *Sattvajaya Chikitsa* offers a new way to achieve balance in our minds without using medicine. It looks at the root causes of our problems.

Method: This study looks at an *Ayurveda* book called the *Charaka Samhita*. We compare the ideas in this book with therapy methods like Cognitive Behavioral Therapy and Mindfulness-Based Stress Reduction. We also look at a five-part technique that includes getting knowledge thinking carefully being patient remembering things and concentrating.

Result: Our analysis shows that getting knowledge and thinking carefully are similar to methods that help people change their thoughts. Remembering things and concentrating are also similar to methods that help people stay grounded and mindful. The result shows that *Sattvajaya Chikitsa* provides a step-by-step approach to achieving clarity and reducing agitation and inertia. This helps people control their emotions and behaviour.

Discussion: *Sattvajaya Chikitsa* is important, in therapy because it focuses on the mistakes we make when we think. By using these principles modern therapy can move beyond just treating symptoms and help people make judgments and behave in better ways. Combining new ideas provides an approach

that respects different cultures and promotes harmony. This can help improve health in the modern world.

Keywords: *Sattvajaya Chikitsa, Ayurveda, Psychotherapy, Cognitive Behavioural Therapy, Sattva, Mental Health*

PHARMACOVIGILANCE AND SAFETY MONITORING OF AYURVEDIC PRODUCTS BRIDGING TRADITIONAL WISDOM WITH MODERN DRUG SAFETY SYSTEMS

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Introduction: Ayurveda, among the oldest medical traditions globally, is widely used for disease prevention and treatment. As its worldwide popularity grows, so does the need for systematic safety evaluation. Despite being perceived as inherently safe, Ayurvedic products have been linked to adverse drug reactions (ADRs), herb-drug interactions, contamination, underscoring the need for robust pharmacovigilance to ensure their quality, and efficacy.

Objective: To assess the role of pharmacovigilance in Ayurvedic medicine, identify key safety concerns, and examine ADR monitoring and reporting strategies for improved patient safety and regulatory compliance.

Methodology: A thorough review of peer-reviewed journals, government publications, regulatory guidelines, and pharmacovigilance databases was carried out. Data on Ayurvedic drug safety, ADR reporting systems, causality assessment, and regulatory frameworks were analyzed to gauge the current state of Ayurvedic pharmacovigilance.

Results: Common adverse reactions identified included gastrointestinal issues, liver and kidney toxicity along with heavy metal contamination and herb-drug interactions. Regulatory pharmacovigilance programs have enhanced ADR reporting among healthcare workers; however, underreporting, lack of standardized procedures and insufficient public awareness continue major barriers. Combining modern safety tools with traditional practices has yielded encouraging outcomes.

Conclusion: Pharmacovigilance is vital for the safe use of Ayurvedic products. Enhancing ADR reporting, training healthcare professionals, enforcing quality controls, and raising public awareness are key to stronger safety monitoring. A well-structured pharmacovigilance system will support the global growth and sustainable integration of Ayurveda.

Keywords: *Pharmacovigilance, Ayurveda, Adverse drug reactions, Drug safety, Safety tools, public awareness, Contribution.*

MANAGEMENT OF KADARA (CORN) BY AGNIKARMA: A CASE STUDY

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Introduction: Kadara is a Kshudra Roga and can be correlated with corn in modern medicine. It is characterized by localized hyperkeratosis associated with pain and discomfort during walking. Agnikarma is considered the treatment for Kadara due to its effectiveness in pain relief and prevention of recurrence.

Methods: A female patient presented with pain and difficulty in walking due to Kadara on the plantar aspect of the 3rd toe. Agnikarma was performed by loha shalaka in a single sitting. Internal medication included Triphala Guggulu 2 tablets twice daily, along with local application of Jatyadi Ghrita during follow-ups.

Results: Significant reduction in pain was observed immediately after treatment. Progressive healing of

the lesion was noted during follow-up, with complete relief from symptoms and no recurrence.

Conclusion: Agnikarma with appropriate internal medication and local wound care, proved to be a safe, effective, and minimally invasive treatment for Kadara, providing rapid symptomatic relief and satisfactory healing. Agnikarma is the therapy which can destroy the hyperkeratosis of skin with the properties of Ushna, Tiksha, Sukshma Gunas of Agni. Jatyadi Tail shows its Shodhana, Ropana and Raktaprasadana (blood purifier) property so it is more effective in healing of wound.

Keywords: *Kadara, Agnikarma, Corn, Parasurgical procedure.*



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AYUSH RESEARCHER'S ABSTRACTS

YOGA & NATUROPATHY

புற்றுநோய்க்கு சித்த மருத்துவம் என்பது ஒரு சுகமான அனுபவம்



சித்தாலயா

புற்றுநோய்க்கு சித்த மருத்துவ ஆலோசனை

புற்று நோயால் துன்பப்படுகின்றீர்களா? புற்றுநோய் தீர்வுக்கும் சிறந்த இந்திய மருத்துவ முறையை தேடுகின்றீர்களா? அஞ்ச வேண்டாம். நம் நாட்டின் தொன்மையான மருத்துவ முறையான சித்த மருத்துவத்தில் புற்று நோய்க்கு சிறந்த உபசாந்தி மருத்துவம் உள்ளது. பாரம் பரியமிக்க பக்க விளைவுகள் அற்ற (அல்லது) குறைந்த சித்த மருந்துகளால் புற்று நோயாளியின்

1. புற்று நோயின் வீரியத்தை (Severity) குறைக்கவும்.
2. வலியை குறைக்கவும்.
3. மற்ற இடங்களுக்கு புற்று (Metastasis) பரவாமல் நோயைக் கட்டுப்படுத்துவதிலும்.
4. வாழ்நாளை நீட்டிப்பதிலும்.
5. வாழ்வியலை சுலபப்படுத்துவதிலும் சித்தாலயா தொண்டாற்றி வருகின்றது.

பல ஆண்டுகளுக்கும் மேலாக சித்த மருத்துவத்தால் மக்கள் தொண்டாற்றி வந்த பரம்பரையில் ஆறாம் தலைமுறை சித்த மருத்துவரான மரு.பேரா.புது.ஜெயப்பிரகாஷ் நாராயணன், M.D.(S) அவர்களின் தலைமையில் மிகுந்த அனுபவமிக்க பட்டதாரி சித்த மருத்துவர்களும் இணைந்து புற்றுநோய் சித்த மருத்துவ மையத்தை சித்தாலயாவில் செயல்படுத்தி வருகின்றார்கள். சித்த மருத்துவமும் நவீன அறிவியலும் சேர்ந்த (Integrated Approach) மருத்துவம் புற்று நோய்க்கு இங்கு நடைமுறைப்படுத்தப்பட்டுள்ளது. புற்றுநோய்க்கான தனிப்பட்ட உணவு முறை திட்டம், யோகாசனப் பயிற்சிகளும் இங்கு வழங்கப்படுகின்றது.

“மருத்துவத்திற்கு பயந்து உங்கள் நோயை வெளியில் சொல்லாமல் இருக்கிறீர்களா? அஞ்ச வேண்டாம். பக்க விளைவுகள் குறைந்த பாதுகாப்பான மருந்துகளை வழங்கி மருத்துவம் செய்கிறோம்.”

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AN INTEGRATED APPROACH TO POST-TRAUMATIC STRESS DISORDER: A SINGLE CASE STUDY

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Introduction: Post-Traumatic Stress Disorder (PTSD) is a debilitating mental health condition that significantly affects emotional stability, cognitive functioning, social relationships, and overall quality of life. Integrative, non-pharmacological approaches combining psychotherapy and mind–body practices have gained increasing attention as potential treatment options for PTSD.

Objective: To evaluate the effectiveness of an integrated intervention combining Cognitive Behavioural Therapy (CBT) and yoga-based practices in reducing PTSD symptoms and improving psychological well-being in a patient with PTSD.

Methodology: A single-case study was conducted on a 53-year-old woman who developed PTSD following the sudden death of her husband. The patient presented with severe anxiety, intrusive recollections, persistent sadness, social withdrawal, and sleep disturbances. She underwent a 45-day non-pharmacological intervention consisting of Cognitive Behavioural Therapy (CBT), pranayama, selected mudras, and relaxation techniques. Clinical

outcomes were assessed using the PTSD Checklist for DSM-5 (PCL-5) before and after the intervention.

Results: The patient's PCL-5 score decreased from 53 at baseline to 27 following the intervention, indicating a substantial reduction in PTSD symptom severity. Subjective improvements included enhanced emotional regulation, reduced hyperarousal, improved sleep continuity, decreased anxiety, and increased social engagement. The intervention was well tolerated, with no adverse effects reported.

Conclusion: The findings suggest that integrating yoga-based mind–body practices with CBT may be an effective non-pharmacological approach for managing PTSD. This combined intervention demonstrated potential in reducing symptom severity and improving overall psychological functioning. Further systematic studies with larger samples are warranted to validate these findings.

Keywords : PTSD; Cognitive Behavioural Therapy (CBT); Yoga Therapy; Pranayama; Integrative Therapy; Non-Pharmacological Intervention.



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AYUSH RESEARCHER'S ABSTRACTS

UNANI



HOSPITALITY

HEALTH CARE

- Chef Coats
- House Keeping
- Front Office
- Steward Uniform
- Waiter's Uniform
- Chauffeur Uniform
- Concierge Staff
- Cleaning Staff
- Tech. Uniforms
- Polo T shirts
- Chef Caps



- Non Woven -
- Disposables
- Nursing Uniforms
- Scrubs
- OT Dress
- Doctor Coats
- Bed Linen
- OT sets
- House Keeping
- Polo T shirts

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FLAX FACTS UNFOLDED: AN INTEGRATIVE IN-SILICO VOYAGE THROUGH ADMET AND TOXICITY TERRAIN OF ALSI (*LINUM USITATISSIMUM* LINN.)

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(The Tamil Nadu Dr MGR Medical University, Chennai.)

Introduction: Alsi (*Linum usitatissimum* Linn.), commonly known as flaxseed, is a well-recognized Unani drug traditionally used for anti-inflammatory, antitussive, analgesic and demulcent effects. It contains diverse phytochemicals such as lignans, phenolic acids, flavonoids, fatty acids, cyanogenic glycosides and sterols. With its increasing use as functional food in nutraceuticals and daily diet, evaluation of its pharmacokinetic behaviour and safety profile is essential. In-silico ADMET assessment provides early prediction of drug-likeness, absorption and possible toxicity risks before experimental validation.

Objective: To evaluate the ADMET characteristics and toxicity profiles of selected Alsi phytochemicals using computational tools and identify compounds with favourable pharmacokinetic and safety attributes.

Methodology: Phytochemicals reported for Alsi were shortlisted from the literature and databases. Canonical SMILES were analysed using Swiss-ADME for physicochemical properties, drug-likeness, gastrointestinal absorption, blood-brain barrier permeability, P-glycoprotein interaction, and cytochrome P450 inhibition. Toxicological parameters, including LD₅₀, toxicity class, organ

toxicity and toxicity endpoints, were predicted using ProTox-3.0.

Result: Most analysed phytochemicals showed favourable drug-likeness with minimal rule violations. Several phenolic acids and flavonoids exhibited high gastrointestinal absorption, supporting oral administration potential. Limited blood-brain barrier permeability suggested lower central nervous system exposure. Certain flavonoids and lignans showed cytochrome P450 inhibitory potential, indicating possible herb-drug interaction concerns. Toxicity prediction classified most compounds under low to moderate toxicity categories, although selected compounds showed organ-specific toxicity alerts requiring further evaluation.

Conclusion: In-silico ADMET and toxicity screening revealed generally favourable pharmacokinetic and safety profiles of Alsi phytochemicals, providing preliminary support for its traditional Unani use. Considering its increasing functional food use, the findings highlight the importance of dose awareness, toxicity assessment and appropriate consumption. Further experimental validation, standardisation and formulation-based studies are required for evidence-based Unani drug development.

ASBAB-E-SITTA ZAROORIYA AS A FRAMEWORK FOR LIFESTYLE DISEASE PREVENTION: A UNANI PERSPECTIVE ON THE ONE HEALTH CONTINUUM

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Introduction: Lifestyle diseases — encompassing type 2 diabetes mellitus, hypertension, obesity, coronary artery disease, and metabolic syndrome — constitute a global pandemic with profound implications across the One Health triad of human, animal, and environmental wellness. Classical Unani medicine offers a sophisticated preventive framework through the doctrine of Asbab-e-Sitta Zarooriya (Six Essential Requisites of Life), which addresses the modifiable determinants of health: Hawa (air), Ma'akool wa Mashroob (food and drink), Harakat wa Sukoon-e-Badani (physical activity and rest), Naum wa Yaqzah (sleep and wakefulness), Harakat wa Sukoon-e-Nafsani (mental activity and rest), and Ehtebas wa

Istefragh (evacuation and retention of matter). These six requisites, when balanced, maintain Mizaj (temperament) and preserve health; when dysregulated, they become primary etiological agents of chronic disease.

Objective: To critically analyse the conceptual and evidence-based congruences between the Unani doctrine of Asbab-e-Sitta Zarooriya and contemporary lifestyle disease pathophysiology, situating this framework within the One Health paradigm.

Methodology: A comprehensive review of classical Unani texts — including Ibn Sina's AlQanun fil Tibb, Ibn Rushd's Kuliyat, and Jurjani's Zakhira-e-Khwarazmshahi — was conducted alongside peer-reviewed literature from PubMed, Google Scholar, and AYUSH research repositories. Conceptual mapping was performed between Sitta Zarooriya components and established lifestyle disease risk factors (physical inactivity, dietary imbalance, sleep

dysregulation, psychological stress, and environmental pollution).

Results: Each component of Asbab-e-Sitta Zarooriya demonstrates robust correspondence with modern lifestyle disease risk factors. Fasad-e-Hawa (air pollution) aligns with environmental determinants of cardiorespiratory disease; Su'e-Mizaj from Ghayr Muta'adil Ghidha mirrors dietary-induced metabolic disorders; Qillat-e-Harakat (physical inactivity) corresponds directly to WHO-recognised risk factors for NCDs; disordered Naum links to insulin resistance and obesity; and chronic Ghum (grief) and Khauf (fear) under Harakat-e-Nafsani correlate with neuroendocrine-mediated hypertension and metabolic syndrome. Unani preventive regimens — Ilaj-bil-Tadbeer including Hamam, Riyazat, and dietary Hifzan-e-Sehat — offer scalable, low-cost interventions aligned with One Health principles.

Conclusion: The Asbab-e-Sitta Zarooriya provides an integrative, holistic, and evidence-compatible framework for lifestyle disease prevention that transcends individual health to encompass environmental and community wellness — consistent with the One Health approach. Mainstreaming this doctrine within preventive health policy and inter-sectoral AYUSH collaboration offers significant potential for reducing the global NCD burden.

Keywords: Asbab-e-Sitta Zarooriya, Lifestyle Diseases, Unani Medicine, One Health, Non-Communicable Diseases, Hifzan-e-Sehat, Preventive Medicine

**CURCUMA ZEDOARIA: BRIDGING UNANI MEDICINE AND MODERN SCIENCE
PHYTOCHEMICAL ANALYSIS AND SCREENING OF IN-VITRO ANTI-INFLAMMATORY
ACTIVITY OF NARKACHUR (*CURCUMA ZEDOARIA* (CHRISTM.) ROSCOE**

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Introduction: *Curcuma zedoaria* (Christm.) Roscoe, known as Narkachur or Zaranbad in Unani medicine, is a perennial rhizomatous herb of the Zingiberaceae family. Classical physicians such as Ibn Sīnā (Avicenna), extensively described this drug as carminative, anti-inflammatory and hepatoprotective. Modern pharmacology attributes its therapeutic potential to sesquiterpenoids, curcuminoids, and phenolic compounds. Despite extensive traditional documentation, systematic laboratory validation of its anti-inflammatory activity remains limited.

Objectives: To assess the physicochemical parameters, phytochemical composition, and in-vitro anti-inflammatory activity of the aqueous extract of Narkachur rhizome using the egg albumin protein denaturation assay.

Methodology: The authenticated rhizomes were shade-dried, powdered, and subjected to aqueous extraction. Physicochemical analysis was performed according to Unani Pharmacopoeia standards. Preliminary phytochemical screening confirmed the presence of glycosides, cardiac glycosides, triterpenoids, phenolic compounds, proteins,

carbohydrates, and saponins. Anti-inflammatory activity was assessed at concentrations of 100, 200, and 300 µg/mL using the egg albumin protein denaturation assay. Ibuprofen served as the standard reference drug. Absorbance was measured at 660 nm, and percentage inhibition was calculated.

Results: The aqueous extract demonstrated concentration-dependent inhibition of protein denaturation: 22.43% at 100 µg/mL, 35.25% at 200 µg/mL, and 58.97% at 300 µg/mL. Ibuprofen exhibited comparatively higher inhibition at equivalent concentrations. The extract showed a steep concentration-response curve, indicating progressive efficacy at higher doses.

Conclusion: The findings provide scientific validation of Narkachur as per Unani literature as Anti-inflammatory. This activity is likely mediated by compounds such as sesquiterpenoids. This result support its traditional use in unani medicine and provides the need for further evaluation through in-vivo and clinical studies.

Keywords: *Curcuma zedoaria*, Narkachur, Unani medicine, anti-inflammatory.

**THERAPEUTIC POTENTIAL OF BUTTERFLY PEA FLOWER (*CLITORIA TERNATEA* L) FOR
WEIGHT REDUCTION & DYSLIPIDEMIA: A COMPREHENSIVE REVIEW**

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Butterfly Pea Flower (*Clitoria ternatea* L) known as *Mezereon* & *Beekhe hayat* in unani medicine & commonly called Aparajita in Hindi, which belong to the family Fabaceae. It has therapeutic properties like anticholesterol, antiobesity, antiproliferative. The flower is rich in bioactive compounds such as anthocyanins, flavonoids, tannins, Saponins, terpenoids, kaempferol, quercetin, and alkaloids

which exhibit antioxidant, anti-inflammatory & metabolic regulatory activities & helps to inhibit the biosynthesis of cholesterol & lipid & have anticancer activity. According to unani medicine, *Siman-e-mufrat* (obesity) arises due to an imbalance in temperament (*Sue-mizaj*), excessive accumulation of humours (*Akhlat*) & impairment of digestive & metabolic functions (*Quwwat-e-Hazima*). Butterfly

pea flower may aid in restoring humoral equilibrium, enhancing digestive efficiency, and promoting the elimination of waste and harmful substances (*Fuzlat*) from the body. Experimental studies suggest that its phytochemicals may enhance lipid metabolism, inhibit adipogenesis & improve insulin sensitivity, and regulation of postprandial glycemic responses. These pharmacological actions may contribute to effective weight management & metabolic health. The herb can be administered as herbal tea, powders or in combination with dietary & lifestyle

modifications in unani medicine including *Ilaj Bil Ghiza* (dietotherapy) & *Ilaj Bit Tadbeer* (regimental therapy). This review highlights the therapeutic potential of butterfly pea flower as a natural supplement in obesity management. However, well-designed clinical studies are required to further validate its efficacy & Safety within evidence based unani practice

Keywords: Butterfly pea flower, *Mezereon*, *Clitoria ternatia*, Obesity, Weight loss, Dyslipidemia

WARAM UNUQ AL-MATHANA (BENIGN PROSTATIC HYPERPLASIA) WITH HISAAT E KULLYA (RENAL CALCULI) ASSOCIATED WITH SEHAR (INSOMNIA): A CASE STUDY

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Background: Benign Prostatic Hyperplasia (BPH) is a common condition among elderly males and is frequently associated with lower urinary tract symptoms (LUTS), including nocturia, urgency, and frequency of micturition. Renal calculi may further aggravate urinary symptoms and pain, resulting in disturbed sleep and insomnia. The coexistence of these conditions can significantly impair quality of life.

Case Presentation: A 48-year-old male presented with complaints of increased frequency of urination, nocturia (4–5 times/night), weak urinary stream, intermittent flank pain, burning micturition, and difficulty initiating and maintaining sleep for the past six months presented to OPD in february 2026. The patient reported daytime fatigue, irritability, and reduced daily functioning due to poor sleep quality. Clinical examination revealed an enlarged prostate. Ultrasonography showed benign prostatic enlargement with a prostate volume of 34 cc , 1 calculi of size 5 to 5.5mm in midpole of right kidney;4 calculi of 3mm in right kidney and 34 calculi of size 5 mm in lower pole of left kidney., free PSA was 0.44, serum PSA total 0.83ng/ml.,free PSA /Total PSA ratio 53.01% while sleep assessment confirmed chronic insomnia with ISI of 19.

Management and Outcome: The patient received a comprehensive management with cupping done at

L4-L5 , Natul therapy with Joshanda e Babuna (*Myrticaria Chamomila*) and internally T.BPH , Kushta e Hajrul Yahood 5gm BD and Majun e Falasifa were given addressing both urological symptoms and sleep disturbance. Treatment resulted in a reduction in nocturia episodes, decreased flank pain, and better sleep quality. Follow-up assessment demonstrated significant improvement in overall well-being and quality of life.However there was no significant reduction in BPH parameters but the size of renal calculi reduced significantly.

Discussion: Nocturia secondary to BPH and pain associated with renal calculi are important contributors to insomnia in older adults. Repeated sleep interruptions can adversely affect physical health, cognitive function, and emotional well-being. Recognition of sleep disturbances in patients with urological disorders is essential for holistic patient care.

Conclusion: This case highlights the close relationship between BPH, renal calculi, and insomnia. Early identification and integrated management of urinary symptoms and sleep disturbances can improve clinical outcomes and enhance quality of life.

Keywords: Benign Prostatic Hyperplasia, Renal Calculi, Insomnia, Nocturia, Regimental therapy

CLINICAL EFFICACY OF POLYHERBAL UNANI FORMULATION IN HYDRONEPHROSIS (*WARAM-E-KULLIYA*): A CASE STUDY

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Introduction:

Hydronephrosis is the dilatation of the renal collecting system caused by an obstruction of urine outflow distal to the renal pelvis. In Unani medicine, such obstructive-inflammatory renal conditions are classified under *Waram-e-Kulliya*. Classical formulations exhibiting diuretic (*Mudirr-e-Baul*), anti-inflammatory (*Muhallil*), and de-obstruent (*Mufattih-e-Sudad*) actions are traditionally employed to resolve obstructions and restore normal renal architecture.

Objectives:

- To evaluate the efficacy of Unani polyherbal therapy in managing mild hydronephrosis using ultrasonographic monitoring.
- To assess pain severity using the Visual Analogue Scale (VAS).
- To evaluate health-related quality of life using the Wisconsin Stone Quality of Life (WISQOL) questionnaire.
- To monitor lower urinary tract symptoms using the Urinary Tract Infection Symptom Assessment (UTISA) tool.

Methodology: A single case study was conducted on a 30-year-old female presenting with flank pain and urinary discomfort. Baseline ultrasonography and computed tomography imaging demonstrated bilateral mild hydroureteronephrosis, a 9 mm calculus in the right kidney, and a 3 mm ureteric calculus at the left vesicoureteric junction. The patient was treated at the Unani Outpatient Department, Government Unani Medical College,

Chennai. The intervention consisted of *Sharbat Bazoori Motadil* (15 mL, twice daily) and *Jawarish Zarooni* (5 gm, twice daily) for 4 weeks, alongside structured dietary regulation and hydration advice. Assessments were documented pre- and post-intervention using ultrasonography, VAS, WISQOL (0–100 standardized scale), and UTISA severity scores.

Results: Following the 4-week intervention, marked clinical and radiological improvements were observed. Follow-up ultrasonography revealed the complete expulsion of the 3 mm left ureteric stone and a reduction of the right renal calculus, resulting in the regression of pelvicalyceal dilatation. The patient's flank pain resolved completely with the VAS score declining from a baseline of 7 down to 0. Urinary discomfort was entirely relieved as the UTISA symptom severity score dropped from 14 at baseline to 1 post-intervention. Furthermore, the overall WISQOL score demonstrated significant improvement in disease-specific quality of life rising from a baseline of 42 up to 88. No adverse drug reactions were noted during the treatment period.

Conclusion: This case demonstrates measurable radiological and clinical resolution of mild hydronephrosis and obstructive uropathy following targeted Unani pharmacotherapy, supported by comprehensive improvements in standardized patient-reported outcome measures.

Keywords: Hydronephrosis, *Waram-e-Kulliya*, *Sharbat Bazoori Motadil*, *Jawarish Zarooni*, WISQOL, UTISA, VAS.

"A COMPRESSIVE STUDY OF *TECOMELLA UNDULATA* (AL-FAR-FAR): A REVIEW ARTICLE

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Background: *Tecomella undulata* (Sm.) Seem, commonly known as Al-Far-Far in Unani medicine and Rohida in traditional Indian systems, is a valuable medicinal plant widely distributed in arid and semi-arid regions of India. It has been extensively used in Unani, Ayurvedic, and folk medicine for the management of hepatic disorders, splenomegaly, obesity, skin diseases, and inflammatory conditions. Owing to its diverse

therapeutic applications, the plant has gained increasing scientific interest.

Objective: The present review aims to comprehensively summarize the classical Unani descriptions, phytochemical constituents, pharmacological activities, and therapeutic potential of *Tecomella undulata*, along with its safety profile and future research perspectives.

Methods: Data for this review were collected from classical Unani literature, contemporary pharmacognostic texts, peer-reviewed journals, and electronic scientific databases. Information regarding botanical description, Mizaj (temperament), Af'al (actions), Istemal (uses), phytochemistry, and experimental pharmacological studies was critically analyzed.

Results: Literature analysis reveals that *Tecomella undulata* possesses hepatoprotective, antiinflammatory, antioxidant, antimicrobial, anti-hyperlipidemic, immunomodulatory, and antiobesity activities. Phytochemical investigations report the presence of flavonoids, iridoid glycosides, naphthoquinones, triterpenoids, and phenolic compounds, which are responsible for its therapeutic effects. Experimental studies, particularly in animal

models of hepatotoxicity, have demonstrated significant improvement in liver enzyme levels and histopathological parameters.

Conclusion: *Tecomella undulata* (Al-Far-Far) is a promising medicinal plant with substantial traditional relevance and growing scientific validation. However, further clinical trials and standardization studies are required to establish its efficacy, safety, and dosage parameters. This review highlights its potential role in evidence-based herbal medicine and encourages advanced pharmacological and clinical investigations.

Keywords: *Tecomella undulata*, Al-Far-Far, Unani medicine, Hepatoprotective, Phytochemistry, Review.

DIOSGENIN OVER PROTODIOSCIN FROM KHAR-E-KHASAK (*TRIBULUS TERRESTRIS*) AS PANCREATIC α -AMYLASE INHIBITORS: AN *IN-VITRO* AND *IN-SILICO* STUDY

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Background: Postprandial hyperglycaemia is a critical target in managing type 2 diabetes mellitus (Ziabetes Shakri). Inhibiting pancreatic α -amylase delays the digestion of dietary starch to control rapid postprandial glucose. Khar-e-Khasak (*Tribulus terrestris* Linn.), a classical Unani drug with a Har Yabis temperament, has long been utilised for its hypoglycaemic effects. Phytochemically, it is an abundant source of protodioscin and its aglycone, diosgenin. However, the exact molecular interactions underlying its α -amylase inhibitory action remain unexplored.

Aim And Objectives: This study evaluated the *in-vitro* α -amylase inhibitory activity of Khar-e-Khasak fruit extract against acarbose and identified the principal active constituent by comparing the enzyme-binding affinity of diosgenin and protodioscin through molecular docking.

Materials And Methods: α -Amylase inhibition was assessed by the DNSA method using porcine pancreatic α -amylase across extract concentrations of 0.1 to 1.5 mg/mL, with acarbose as the positive control. Diosgenin and protodioscin were docked

into the active site of pancreatic α -amylase (PDB ID: 1MWO) using AutoDock4, with poses ranked by binding energy and cluster RMSD.

Results: The fruit extract exhibited potent, dose-dependent α -amylase inhibition (55.0% to 73.5%), exceeding the standard drug acarbose (38.5% to 55.0%) across all tested concentrations. Molecular docking identified diosgenin as the primary active constituent, exhibiting strong, reproducible binding (−8.65 kcal/mol). In contrast, protodioscin demonstrated weak, non-convergent binding (−2.26 kcal/mol) with energetically unfavourable conformations. This disparity directly attributable to steric exclusion of the bulky C-3 and C26 glycosyl moieties of protodioscin from the compact catalytic cleft, a constraint effectively evaded by the unglycosylated diosgenin.

Conclusion: Khar-e-Khasak demonstrates superior *in-vitro* α -amylase inhibition over acarbose, validating its classical anti-diabetic use. Molecular docking isolates diosgenin as a primary active agent requiring further kinetic and *in-vivo* evaluations.

EFFECT OF UNANI INTERVENTION IN *ILTIHAB E IKYAS E KHUSIYAT-UR-REHAM* (PMOS): A CASE REPORT

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Introduction: PMOS, is a common heterogeneous endocrine disorder affecting women of reproductive age, characterized by chronic anovulation, hyperandrogenism, and polycystic ovarian morphology . It is frequently associated with metabolic disturbances such as insulin resistance, obesity, and an increased risk of infertility and long-term cardiovascular complications. In Unani medicine, *Iltilhab e Ikyas e Khusiyat-ur-Reham* (PMOS) is described as the development of multiple cystic formations in the ovaries due to humoral imbalance, particularly the predominance of *Balgham*, leading to obstruction (*Sudda*) and impaired reproductive function. This case report details its successful management utilising Unani pharmacotherapy

Objective: 1.To evaluate Unani pharmacotherapy's clinical efficacy in managing secondary amenorrhea and PMOS.

2.To monitor structural ovarian changes and anthropometric reductions (BMI).

3.To assess health-related quality of life improvements using the Polycystic Ovary Syndrome Questionnaire (PCOS-Q).

Methodology: A single case study was conducted on a 24-year-old female presenting with a 6months history of amenorrhea, mild hirsutism, and weight gain. The diagnosis of PMOS was established

according to the Rotterdam criteria. Baseline ultrasonography revealed bilateral polycystic ovarian morphology with 12–14 peripheral follicles and a BMI of 28 kg/m². The 8-week intervention included 500 mg capsules of powdered *Karanjwa* (*Caesalpinia bonducella*) and *Filfil Siyah* (*Piper nigrum*) in equal quantities twice daily. This was supplemented with *Majoon-e-Dabeed-ul-Ward* (5 gm, twice daily), *Habb-e-Mudir* (2 pills, twice), and dietary and lifestyle modifications. Quality of life was assessed pre- and post-intervention using the PCOS-Q.

Results: Following the 8-week intervention, follow-up ultrasonography revealed the left ovary showed a decrease from multiple cysts to a simple unilocular cyst (27 × 23 mm) without septation or solid components. The patient's menstrual cycle was successfully regulated, and her BMI decreased from 28 to 27 kg/m². Furthermore, the overall PCOS-Q score improved significantly from a baseline of 3.2 to 5.4, indicating a marked enhancement in the patient's health-related quality of life.

Conclusion: This case report highlights marked clinical improvement in PMOS management through targeted Unani intervention, evidencing structural improvements on ultrasonography, regulated menses, and elevated quality of life.

CHRONIC PLAQUE PSORIASIS MANAGED WITH UNANI MEDICINE: AN AMAZING CASE STUDY

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Introduction: Psoriasis is a persistent, recurrent skin condition that has serious negative effects on both the body and the mind. Standard remedies are frequently ineffective for severe, prolonged illnesses, which leads to research into alternative systems such as Unani medicine, which provides holistic, polyherbal regimens.

Aims and Objectives: Evaluate the therapeutic effect and safety of a polyherbal Unani intervention

in a case of severe, whole-body plaque psoriasis unresponsive to conventional therapies.

Materials and Methods: A 55 year old man with severe plaque psoriasis (whole-body involvement, PASI = 40) (PASI is a scientific scale to measure Psoriasis) was the subject of a single-case prospective investigation. Following traditional Unani practices, the intervention included topical *Roghane Hamam* and oral *Majoon Ushba*. No steroids were given. Hematological/hepatic

monitoring, symptom tracking, and weekly PASI grading were all part of the disease assessment. Progress was captured in clinical photos at baseline, day 28, and post-treatment for reference.

Results: Marked clinical improvement was observed from day 14 onwards. By the 28th day, PASI reduced to 18, and by conclusion (>2 months) to 4.2, corresponding to near complete reduction. Lesions regressed significantly in erythema, scaling, and thickness; pruritus and pain resolved. Laboratory monitoring remained within normal limits, and no adverse effects occurred. Patient-reported well-being and social functioning improved

considerably. No recurrence was observed during the documented follow-up.

Conclusion: In a participant of severe, resistant psoriasis, a polyherbal Unani intervention produced a quick, safe, and long-lasting remission, as demonstrated by a nearly 90% decrease in PASI and a clinical cure with no recurrence. This justifies more extensive controlled clinical trials and demonstrates the effectiveness of Unani medicine as a primary or adjunct treatment for psoriasis that is challenging to cure. This Psoriasis, which was considered incurable, was defeated by Unani therapy.

EFFICACY OF *ROGHAN LABOOB-E-SABA* IN SAHR (INSOMNIA): A CASE STUDY

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Introduction: Insomnia is one of the most prevalent sleep disorders and is characterised by difficulty in initiating or maintaining sleep or nonrestorative sleep is a common condition. It adversely affects physical health, cognitive performance, emotional stability, and overall quality of life. Sleep is considered essential for restoration of neurological and systemic functions. Insomnia is described as Sahr, primarily resulting from *Ghalba-e-Hararat* (excess heat) and *Yubusat-e-Dimagh* (dryness of the brain). Factors such as excessive mental exertion (*Kasrat-e-Fikr*), emotional stress, and derangement of Safr are believed to disturb the normal sleep mechanisms. Unani management focuses on *Taskeen-e-Dimagh* (sedation of the brain), *Tarteeb-e-Dimagh* (moistening therapy), and *Muqawwi-e-Aasab* (strengthening of the nerve).

Objective: To evaluate the efficacy of *Roghan laboob-e-saba* in insomnia using Pittsburgh Sleep Quality Index (PSQI).

Methodology: A Single case study of a 52-years-old female with Insomnia, presented with complaints of disturbed sleep [3 hours/night]. Intervention: External application of *Roghan laboob-e-saba* was advised to apply on the vertex of the scalp twice a day daily for 1 month. Observation period: The patient was managed conservatively with weekly follow up for four weeks to analyse PSQI. Outcome measure: To improve efficacy sleep quality using Pittsburgh Sleep Quality Index.

Results: After four weekly follow-ups, marked clinical improvement was observed. sleep duration improved to 7–8 hours and the PSQI value on baseline was 10 and reduced to 3 after intervention. The patient also reported reduced irritability and improved sleep quality.

Conclusion: This case suggests that *Roghan Laboob-e-Saba*, through its sedative and relaxant properties, provides a beneficial role in managing insomnia.

EVIDENCE-BASED CURRICULUM DEVELOPMENT AND RESEARCH METHODOLOGY FRAMEWORKS IN TRADITIONAL MEDICAL EDUCATION: A COMPARATIVE REVIEW

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Background: Research methodology forms the Cornerstone of scientific Advancement and

evidence-based medical education. The National Commission for Indian System of Medicine (NCISM) has introduced a Competency-Based

Dynamic Curriculum (CBDC) to strengthen research competencies among postgraduate students while preserving its principles of traditional medicine. Understanding how this framework aligns with established biomedical research and educational standards is essential for advancing integrative healthcare education.

Objectives: To comparatively evaluate the NCISM Unani research methodology syllabus against ICMR guidelines and the MBBS/MD curriculum, and to assess the role of evidence-based curriculum development in enhancing research competencies among traditional medicine postgraduate students.

Methods: A comparative review and mixed-methods analysis were conducted across Four Frameworks: the NCISM Unani CBDC syllabus, ICMR biomedical research guidelines, the MBBS/MD research methodology curriculum, and global best practices in competency-based medical education. Key domains assessed included research design, ethics Standards, biostatistics, competency-based learning, outcome-based assessment, integration of traditional knowledge, and Pedagogical Strategies(case-based learning, experiential learning,Simulation) and curriculum mapping.

Results: The NCISM Unani CBDC framework demonstrated a Competency Oriented integration of traditional medical knowledge with modern research methodology. It emphasized hypothesis generation, literature review, biostatistics, ethical compliance, and competency-based education. Compared with ICMR guidelines, which prioritize rigorous biomedical research and clinical trials, and MBBS/MD curricula, which focus primarily on clinical and outcome-based research, the NCISM model incorporated additional elements aimed at preserving traditional knowledge while enhancing scientific rigor. Evidence-based curriculum strategies were associated with improvements in clinical reasoning, critical thinking, and patient-centered learning outcomes.

Conclusion: The NCISM Competency-Based Dynamic Curriculum represents an evidence-based and research-oriented approach to modernizing traditional medical education. By integrating established research principles with traditional medical systems, it provides a sustainable framework for strengthening academic quality, promoting interdisciplinary collaboration, and enhancing the scientific credibility of traditional medicine in contemporary healthcare.

EFFICACY OF *HUQNA* (ENEMA) IN MANAGING *IRQ AL-NASĀ* (SCIATICA) : A CASE SERIES

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Background: *Irq al-Nasā* (Sciatica) is a common musculoskeletal disorder .In Unani medicine, it is attributed to excess *Balgham* (phlegmatic humor) causing obstruction and nerve irritation.

Objective: To evaluate the clinical efficacy of *Huqna* (Enema therapy) in patients presenting with sciatica.

Methods: This prospective case series includes five patients of aged 20–58 years; 4 males, 1 female) with clinically diagnosed sciatica. Patients received *Huqna* therapy weekly once for 4 weeks using standardized medicated decoction. Primary outcome measures included Straight Leg Raising Test (SLR) angle, Visual Analogue Scale (VAS) for pain intensity, and Oswestry Disability Index (ODI) for

functional assessment. Evaluations were conducted at baseline, week 2, and week 4.

Results: All patients demonstrated significant clinical improvement. Mean SLR angle improved from $30^{\circ} \pm 5^{\circ}$ to $85^{\circ} \pm 8^{\circ}$ ($p < 0.05$), VAS scores reduced from 9.0 ± 0.5 to 3.0 ± 1.0 ($p < 0.01$), and ODI scores decreased by $>50\%$ within 4 weeks. Patients reported subjective improvement in symptoms including reduced heaviness, relief from constipation, and enhanced mobility. No adverse events were documented.

Conclusion: *Huqna* therapy demonstrated promising results as a safe, cost-effective adjunctive treatment for sciaticapaitients. These preliminary

findings warrant larger randomized controlled trials to establish efficacy and standardize treatment protocols.

HEALING THE DISEASED LIVER: UNANI MANAGEMENT OF *YARQĀN* (JAUNDICE)- A CASE STUDY

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Introduction: *Yarqān* (Jaundice), described as a clinical condition characterized by the yellowish discolouration of skin, sclera, and mucous membranes, caused by the deposition of bile pigments, particularly bilirubin, resulting from hyperbilirubinemia, is considered a Liver Disorder in the Unani System of Medicine and has been treated successfully for centuries. The Father of Medicine, *Buqrāṭ* (Hippocrates-460 to 377 BC) defines *Yarqān* (Jaundice) as the discolouration of skin and conjunctiva with or without fever, and is caused by the continuous consumption of an improper diet. This is one such case of *Yarqān* (Jaundice) caused by an improper diet, which was successfully managed in Unani Medicine.

Objective: The main objective of this study was to reduce the increased Serum Bilirubin Levels, to improve liver function, and to enhance subjective improvement for the participant.

Methodology: A male participant of 25 years visited our OPD with complaints of yellowish discoloration of the eyes and skin for 2 months, along with dark reddish-black colored urine with occasional

abdominal pain. His Serum Total Bilirubin Level was 18.6 mg/dl when he visited the OPD, with SGOT, SGPT, and ALP levels of 113 IU/L, 309 IU/L, and 102 IU/L, respectively. He was advised to take Unani Medicines along with Diet and Regimens.

Results: The subjective symptoms improved within a week of intake of Unani Medicines, and the Serum Total Bilirubin level reduced to 13.70mg/dl in three weeks and to 5.8mg/dl (57.66 % reduction) in 8 weeks. It then decreased to 1.6mg/dL (88.32% reduction) over the next three weeks, with complete improvement in the participant's subjective symptoms.

Conclusion: The current study showcases the successful management of *Yarqān* (Jaundice) by the integrated management strategy of the Unani System. This proposes the need for higher studies of this kind to contribute similar management strategies to the modern scientific field of medicine.

Keywords: *Yarqān*, Jaundice, bilirubin, Liver, Unani System.

CLINICAL EFFICACY OF POLYHERBAL UNANI FORMULATION IN HYDRONEPHROSIS (WARAM-E-KULLIYA): A CASE STUDY

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Introduction: Hydronephrosis results from impaired urinary drainage leading to pelvicalyceal dilatation and risk of progressive renal compromise. In Unani medicine, such obstructive-inflammatory renal conditions are described under *Waram-e-Kulliya*. Classical formulations with diuretic (*Mudirr-e-Baul*), anti-inflammatory (*Muhallil*), and de-obstruent (*Mufattih-e-Sudad*) actions are traditionally employed to restore urinary flow and renal function. The study showed successful recovery in mild hydronephrosis

Objective:

1. To evaluate the efficacy of Unani polyherbal therapy in the management of mild hydronephrosis (*Waram-e-Kulliya*) analyzed using ultrasonography.
2. To assess the pain assessment using Visual Analogue Scale.

Methodology: A 30-year-old female resident from Chennai presented with flank pain and urinary discomfort. Baseline ultrasonography and CT imaging demonstrated B/L mild hydrouretronephrosis with calculi of 9mm in mid and lower pole of right kidney/3mm ureteric calculi

at left VUJ. The pt received in Unani OPD, Department of PG Moalajat, AAGHIM, Chennai. The clinical and radiological findings were consistent with obstructive uropathy corresponding to *Waram-e-Kulliya*. The patient received *Sharbat Bazoori Motadil* 15ml B.D, and *Jawarish Zarooni* 5gm B.D for 4 weeks, along with dietary regulation and hydration advice.

Result: Follow-up ultrasonography after 4 weeks revealed marked reduction in pelvicalyceal dilatation, indicating regression of hydronephrosis. Clinically, the patient reported complete symptomatic relief with resolution of flank pain and improved urinary comfort. No adverse drug reactions were observed during the treatment period.

Conclusion: This case demonstrates measurable radiological and clinical improvement of mild hydronephrosis following Unani intervention. The findings highlight the potential role of evidence-based Unani interventions in early obstructive uropathy. Systematic clinical trials with standardized imaging endpoints are recommended to validate its effectiveness.

ENHANCED α -GLUCOSIDASE INHIBITORY POTENTIAL OF PROTODIOSCIN OVER DIOSGENIN DERIVED FROM *TRIBULUS TERRESTRIS*: BY DOCKING

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Background: Postprandial hyperglycemia is a key driver in the progression of type 2 diabetes mellitus. Inhibiting α -glucosidase slows carbohydrate digestion and glucose absorption, making the enzyme a crucial therapeutic target. Steroidal constituents of *Tribulus terrestris*, particularly protodioscin and its aglycone diosgenin, have been explored for their potential antidiabetic activity via α -glucosidase inhibition.

Aims and Objective: This study aims to compare protodioscin and diosgenin's α -glucosidase inhibitory potential from *Tribulus terrestris* via molecular docking on PDB 5NN8. Objectives: Quantify binding energies vs. acarbose; analyze H-bonds (Asp616, Arg600), hydrophobic/ π -interactions; elucidate sugar moieties' role in protodioscin's superior efficacy for anti-diabetic leads.

Materials and Methods: Molecular docking studies were performed using AutoDock Vina on human lysosomal acid α -glucosidase (PDB IDs: 5NN8). Protodioscin and diosgenin were docked into the active site, with analysis of binding affinities, hydrogen bonds (Asp616, Arg600), hydrophobic interactions, and π -stacking via PyMOL; acarbose served as the reference inhibitor.

Results: Protodioscin displayed superior binding energy (-9.2 kcal/mol) compared to diosgenin (-7.5 kcal/mol) across both structures. It formed more stable polar interactions and active-site occupancy, outperforming diosgenin due to its sugar moieties enhancing enzyme engagement.

Conclusion: Protodioscin exhibits enhanced α -glucosidase inhibitory potential over diosgenin, positioning it as a promising natural lead for anti-diabetic drug development, meriting experimental validation.

EXPLORING *CURCUMA ZEDOARIA* (ZARAMBĀD) AS A THERAPEUTIC OPTION FOR SAHER MUZMIN (CHRONIC INSOMNIA): A CASE SERIES

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Introduction: Sahar (insomnia) is a prevalent sleep disorder characterized by difficulty in sleep initiation, maintenance, or early awakening, often associated with daytime impairment. In Unani medicine, Sahar is attributed to hyperarousal and derangement of cerebral temperament (Su'-e-Mizaj-e-Dimagh). *Curcuma zedoaria* (CZ) (Zarambād) is a classical Unani drug traditionally described as a nervine tonic (Muqawwi-e-Asab) with sedative properties, yet clinical evidence supporting its role in chronic insomnia remains limited.

Objective: To evaluate the feasibility and efficacy of CZ in improving sleep quality among patients with Sahar Muzmin (chronic insomnia) using validated modern sleep assessment tools.

Methodology: A case series was conducted on five male patients aged 42–62 years, suffering from

chronic insomnia for a duration ranging from 7 months to 2 years, at Aringnar Anna Government Hospital, Chennai. Patients were administered *Curcuma zedoaria* capsules (500 mg) twice daily for 30 days. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI) and Sleep Satisfaction Scale (SSS) at baseline and on days 10, 20, and 30.

Results: A statistically significant improvement in sleep parameters was observed following intervention. The mean PSQI score reduced from 11.4 ± 3.13 at baseline to 6.0 ± 3.24 at day 30 ($p = 0.043$, Wilcoxon Signed-Rank Test). Median SSS scores improved from 3 to 7 ($p = 0.042$). All patients reported increased total sleep duration (6.5–7 hours), improved sleep continuity, and subjective sleep satisfaction. No adverse drug reactions were reported during the study period.

Conclusion: The findings suggest that CZ is a safe and potentially effective Unani intervention for Sahar Muzmin. The study demonstrates the relevance of integrating classical concepts with modern psychometric assessment tools. Larger,

controlled clinical trials are warranted to substantiate these preliminary observations and establish evidence-based Unani management protocols for chronic insomnia.

EFFECT OF UNANI INTERVENTION IN *ILTIHAB E IKYAS E KHUSIYAT-UR-REHAM* (PCOD): A CASE REPORT

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Introduction: Polycystic Ovarian Disease is a medical condition producing immature or partially mature eggs in ovaries. In this ovaries become large and secrete large amounts of androgens, irregular menstrual cycles, abnormal hair pattern and abnormal weight gain. In Unani medicine, *Iltihab e Ikyas e Khusiyat-ur-Reham* (PCOD) described as the development of multiple cystic formations in the ovaries due to humoral imbalance, particularly the predominance of *Balgham*, leading to obstruction (*Sudda*) and impaired reproductive function. This case report details its successful management utilizing Unani pharmacotherapy

Objective:

1. To evaluate the efficacy of an Unani intervention in a young female with secondary amenorrhea and PCOD.
2. To analyze its effects on hirsutism using Modified Ferriman-Gallwey (mFG) Score.

Methodology: A single case report of a 24-year-old female presented in Unani OPD with amenorrhea for

4 months with hirsutism and weight gain. Baseline ultrasonography showed bilateral polycystic ovarian morphology with multiple (12–14) peripheral follicles, and a BMI of 28 kg/m². The patient was given *Karanjwa* (*Caesalpinia bonducella*), and *Filfil Siyah* (*Piper nigrum*) powder, and filled in 500mg capsules given B.D. for 8 weeks along with dietary and lifestyle modification.

Results: Over the period of 8 weeks the follow-up ultrasonography findings revealed resolution of left polycystic ovary with normal morphology. The left ovary showed decreased multiple cysts to simple unilocular cyst (27 × 23 mm) without septation or solid components, and mFG score decreased from 8 to 4. The menstrual cycle regulated with BMI decreasing from 28 to 27 kg/m² is observed.

Conclusion: This case report highlights clinical improvement through mFG score and complete resolution of PCOD in the ultrasonography. Unani intervention provides a holistic approach towards the management of PCOD.

RESTORATION OF PLATELET COUNT AND QUALITY OF LIFE IN CHRONIC THROMBOCYTOPENIA THROUGH UNANI REGIMEN: A CASE REPORT

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Background: Thrombocytopenia is a haematological disorder characterized by a reduced platelet count, which may lead to bleeding tendencies, fatigue, anxiety, and impaired quality of life. Chronic thrombocytopenia often necessitates continuous monitoring and supportive management. Unani medicine offers a holistic approach aimed at restoring systemic balance and improving overall

health status. This case report highlights the clinical outcome of a patient with chronic thrombocytopenia managed with a Unani regimen comprising *Labub Sagheer* and whole-body steam therapy.

Case Presentation: A 62-year-old male presented to the outpatient department with a history of persistently low platelet counts for approximately eight months. Serial complete blood count (CBC)

reports revealed platelet counts consistently below 120,000/ μ L, with occasional reductions to less than 90,000/ μ L. The patient expressed significant concern regarding his condition and reported reduced physical and psychological well-being due to fear of disease progression. Baseline assessment using the Quality of Life Scale demonstrated moderate impairment, with a total score of 58.

Intervention: The patient was prescribed *Labub Sagheer* 5 g orally twice daily along with weekly whole-body steam therapy for a period of two months. No additional specific treatment for thrombocytopenia was administered during this period.

Results: After completion of the treatment regimen, repeat CBC demonstrated a substantial increase in platelet count to 425,000/ μ L. The patient reported marked improvement in general health, energy levels,

daily activities, and psychological well-being. Post-treatment quality-of-life assessment revealed a score of 84, indicating significant improvement compared with baseline. No adverse effects were reported during the treatment period.

Conclusion: This case demonstrates a notable improvement in platelet count and quality of life following administration of *Labub Sagheer* and weekly whole-body steam therapy in a patient with chronic thrombocytopenia. The findings suggest a potential role for this Unani regimen as a supportive therapeutic approach. Further observational studies and controlled clinical trials are warranted to evaluate its efficacy and safety in a larger patient population.

Keywords: Thrombocytopenia, Platelet Count, *Labub Sagheer*, Steam Therapy, Unani Medicine, Quality of Life, Case Report.

IRSAL-I-'ALAQ AND UNANI PHARMACOTHERAPY IN ILTIHĀB-E-LĀDHIJ-JARBĀNĪ (IRRITANT CONTACT DERMATITIS): A COMBINED EFFICACY CASE REPORT.

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Introduction: *Iltihāb e Lādhi 'jarbani* (Irritant contact dermatitis (ICD)) a common form of *Nār Fārsī* (Eczema) in Unani medicine, accounts for 80% of contact dermatitis cases. Conventional treatments provide only symptomatic relief. The Unani system employs herbal formulations and *Irsal-i-'Alaq* (medicinal leech therapy) for its anti-inflammatory and healing properties.

Objective: To explore the combined efficacy of *Irsal-i-'Alaq* with oral Unani compound formulation in *Iltihāb e Lādhi 'jarbani* (ICD) management.

Methods: A case study of a 50-year-old male presenting with left leg swelling, burning sensation, hyperpigmentation, scaling, and purulent discharge. Symptoms worsened after application of oil. Then after patient Treated with *Irsal-i-'Alaq* twice weekly and oral Unani compound drug. Clinical assessments and photographic documentation were performed pre-and post-intervention.

Results: Post-treatment showed significant clinical improvement in erythema, edema, hyperpigmentation, and pruritus. The patient reported relief from burning sensation, reduced discharge, and improved skin texture. Patient-reported outcomes indicated enhanced quality of life and treatment satisfaction.

Conclusion: Combined *Irsal-i-'Alaq* and Unani pharmacotherapy demonstrated substantial benefit in *Nār Fārsī* management. The anti-inflammatory and healing effects alleviated symptoms and promoted skin repair, suggesting an effective alternative to conventional therapies.

Keywords: *Nār Fārsī*, *Iltihāb e Lādhi 'jarbani*, Irritant Contact Dermatitis, *Irsal-i-'Alaq*, Medicinal Leech Therapy, Unani Medicine, Hirudotherapy.

UNANI DERMATOLOGICAL THERAPIES AND PROCEDURES: A CLASSICAL AND EVIDENCE-INFORMED PERSPECTIVE ON SKIN DISEASE MANAGEMENT

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Background: Skin disorders constitute a significant proportion of outpatient burden globally, with rising prevalence of chronic dermatoses including psoriasis, eczema, vitiligo, acne, and fungal infections. Unani medicine offers a rich and systematically documented repertoire of dermatological therapies rooted in humoral pathology, encompassing both pharmacological (*Ilaj bil Dawa*) and regimental (*Ilaj bil Tadbeer*) interventions. Classical Unani dermatology addresses skin diseases through *Mizaj*-based diagnosis, *Akhlat* purification, and targeted topical and systemic therapies, presenting a holistic framework distinctly relevant to contemporary integrative dermatology.

Objective: To present a comprehensive structured overview of Unani dermatological therapeutic procedures, their classical classifications, pharmacological constituents, mechanistic rationale, and evidence-informed clinical indications across major skin disease categories.

Methods: A descriptive review was conducted utilizing classical Unani references: *Al-Qanun fit-Tibb*, *Kitab al-Kulliya*, *Qarabadeen-e-Azam*, NCISM curriculum documents, and peer-reviewed literature indexed in PubMed, Scopus, and the

AYUSH Research Portal using keywords including Unani dermatology, herbal skin therapy, wet cupping skin disorders, and leech therapy dermatology.

Results: Unani dermatological interventions were categorized under four therapeutic domains: regimenal procedures (*Hijama*, *Taleeq*, *Dalk*, *Aabzan*), topical applications (*Zimad*, *Tila*, *Marham*, *Diyaforah*), internal pharmacotherapy (*Musaffi-e-Khoon* formulations, *Kushta*), and dietotherapy (*Parhez*). Documented indications encompassed inflammatory dermatoses, hyperpigmentation disorders, chronic ulcers, alopecia, and parasitic skin conditions. Contemporary evidence supports anti-inflammatory, immunomodulatory, antioxidant, and antimicrobial mechanisms underlying key Unani dermatological formulations and procedures.

Conclusion: Unani dermatological therapies represent a clinically coherent, multi-modal approach to skin disease management with strong mechanistic plausibility and growing evidence support. Standardized clinical trials and pharmacological validation of classical formulations are imperative for their integration into global dermatological and integrative medicine practice.

A REVIEW OF FOOD AND DRUGS INTERACTIONS FOR EFFICACY

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Introduction

Food–drug interactions are clinically important factors influencing the safety and efficacy of pharmacotherapy. Fruit juices are commonly consumed with medications due to their perceived health benefits; however, they may alter drug absorption and metabolism. While grapefruit juice–drug interactions are well established, interactions precipitated by fruit juices other than grapefruit juice remain less clearly understood. This review aims to evaluate and summarize evidence from randomized controlled trials (RCTs) on clinically relevant drug interactions caused by non-grapefruit fruit juices.

Materials and Methods

A structured literature review was conducted using seven peer-reviewed research articles, primarily RCTs, retrieved from PubMed and allied scientific databases. A comprehensive literature search was conducted using PubMed, Cochrane Library, Scopus, and Web of Science databases upto date. Search strategies included keywords related to fruit juices, drugs, pharmacokinetics, pharmacodynamics, and randomized controlled trials. Studies evaluating interactions between fruit juices other than grapefruit juice and medications were included. A total of 46 RCTs met the inclusion criteria and were critically analyzed.

Results

Among the 46 included RCTs, six studies evaluated pharmacodynamic interactions, 33 assessed pharmacokinetic interactions, and 7 investigated both. 22 fruit juice–drug combinations demonstrated potential clinical relevance. Beneficial interactions included enhanced iron absorption with orange

juice–ferrous fumarate. Improved antimalarial efficacy with lime juice, and reduced chemotherapy side effects with wheat grass juice. Adverse interactions primarily involved reduced drug bioavailability, such as apple or orange juice with fexofenadine (Non sedative Antihistamine), Atenolol,, fluoroquinolones, and alendronate (Biphosphonate -for osteoporosis). Increased bioavailability was observed with certain combinations, including Seville orange juice–felodipine and pomelo juice–cyclosporine.

Discussion

Unlike grapefruit juice, which can cause severe and sometimes life-threatening interactions through potent inhibition of CYP3A4 (Drug Metabolising enzyme) and P-glycoprotein, most non- grapefruit fruit juices did not result in critically detrimental interactions. However, clinically significant effects were noted, particularly for drugs with narrow therapeutic windows. The extent of interaction was influenced by juice volume, fruit type, timing of intake, genetic polymorphisms, and patient-related factors.

Conclusion

Fruit juices other than grapefruit juice can precipitate clinically relevant food–drug interactions, both beneficial and adverse. Healthcare professionals should actively screen, counsel, and educate patients—especially adolescents and the elderly—regarding appropriate medication administration with fruit juices. Further well-designed studies are required to strengthen evidence and guide clinical recommendations.

IN-VITRO ANTI-INFLAMMATORY ACTIVITY OF KHATMI (*ALTHAEA OFFICINALIS* L.) SEEDS EXTRACT USING THE EGG ALBUMIN PROTEIN DENATURATION ASSAY

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Introduction: Khatmi (*Althaea officinalis* L.), a medicinal plant widely used in Unani medicine, is traditionally prescribed for inflammatory disorders, respiratory ailments, and wound healing. The plant is known to contain bioactive constituents such as flavonoids, mucilage, tannins, and phenolic compounds that may contribute to its anti-inflammatory effects. Despite its extensive traditional use, scientific evidence regarding its anti-inflammatory potential remains limited, necessitating further experimental evaluation.

Objective: To evaluate the in-vitro anti-inflammatory activity of the aqueous seeds extract of Khatmi using the Egg Albumin Protein Denaturation Assay.

Methodology: The aqueous seeds extract of Khatmi was prepared and tested for anti-inflammatory activity by the Egg Albumin Protein Denaturation Assay. The extract was evaluated at concentrations of 100, 200, and 300 µg/mL. Ibuprofen was used as the standard reference drug. The percentage inhibition

of protein denaturation was calculated by measuring absorbance at 660 nm.

Results: The aqueous extract exhibited significant concentration-dependent inhibition of protein denaturation. Percentage inhibition observed at 100, 200, and 300 µg/mL was 38.24%, 52.16%, and 67.83%, respectively. Under identical conditions, ibuprofen produced inhibition values of 51.39%, 65.92%, and 75.97%. At the highest concentration tested, the extract demonstrated approximately 89.3% of the anti-inflammatory activity of ibuprofen, indicating substantial protein stabilization potential.

Conclusion: The aqueous Seeds extract of Khatmi showed significant in-vitro anti-inflammatory activity in a concentration-dependent manner. The findings provide scientific evidence supporting the traditional use of Khatmi as an anti-inflammatory agent and suggest its potential for further pharmacological and clinical evaluation.

EXPLORING THE HEPATOPROTECTIVE MECHANISMS OF CHARAYITA (*SWERTIA CHIRATA*) AGAINST NAFLD: A NETWORK PHARMACOLOGY APPROACH

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Background: Non-Alcoholic Fatty Liver Disease (NAFLD) is a progressive liver disorder characterized by excessive fat accumulation that can lead to NASH, fibrosis, cirrhosis, and liver cancer. *Swertia chirata* (Charayita), a medicinal herb traditionally used in Ayurveda, Unani, and Siddha systems, possesses hepatoprotective, antidiabetic, and digestive properties. This study utilized a network pharmacology approach to investigate the molecular mechanisms through which *Swertia chirata* phytochemicals may exert therapeutic effects against NAFLD.

Objectives: To identify the bioactive phytoconstituents of *Swertia*, predict their potential targets in NAFLD, and elucidate the key biological

processes and signaling pathways involved in its therapeutic effects.

Materials and Methods: Phytoconstituents of *Swertia chirata* were obtained from the IMPPAT database, and their SMILES structures were retrieved from PubChem, then screened for drug-likeness and toxicity using SwissADME and ProTox 3.0. Potential targets of the selected compounds were predicted through Swiss Target Prediction, while NAFLD-associated genes were collected from GeneCards. Overlapping targets were used to construct a compound–target network in Cytoscape, followed by GO and KEGG enrichment analyses in ShinyGO to reveal the multi-target and multi-pathway mechanisms of *Swertia chirata* against NAFLD.

Results: Network analysis identified seven key phytoconstituents including norswertianin, swerchirin, swertinin, gentiacaulein, enicoflavine, swertianin, and syringaresinol that targeted multiple NAFLD-associated proteins. GO enrichment highlighted roles in inflammation, oxidative stress, lipid metabolism, apoptosis, and cellular responses, while cellular component and molecular function analyses emphasized receptor complexes, transcription regulation, cytokine receptor binding, and kinase activity. KEGG analysis revealed modulation of P13K/AKT, NF-

κB, AP-1, IL-1, and PPAR-γ pathways associated with insulin resistance, hepatic lipid accumulation, inflammation, and apoptosis.

Conclusion: The findings suggest that *Swertia* exerts therapeutic potential against NAFLD through a multi- component, multi-target, and multi-pathway mechanism. Regulation of inflammatory mediators, oxidative stress, and lipid metabolism pathways may contribute to its hepatoprotective effects, supporting further experimental validation.

EFFECTIVENESS OF UNANI MANAGEMENT IN YARAQĀN (JAUNDICE): A CASE REPORT

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Introduction: *Yaraqān* (jaundice) is characterized in Unani literature as yellowish discoloration of the skin, mucous membranes, sclera, and body fluids due to accumulation of *safrā* (bile) in the blood, corresponding to hyperbilirubinemia in modern medicine. Clinically, jaundice manifests when serum bilirubin levels exceed 3 mg/dL, compared to normal values of <1 mg/dL. Viral hepatitis and associated liver diseases contribute to approximately 1.4 million deaths annually worldwide, according to WHO estimates.

Objective: To evaluate the therapeutic efficacy of Unani regimen in managing a case of severe hyperbilirubinemia presenting as *yaraqān*.

Methodology: A 55-year-old male patient presented with yellowish discoloration of sclera, skin, mucous membranes, and urine, accompanied by nausea, vomiting, anorexia, constipation, and abdominal pain of two weeks' duration. Laboratory investigation revealed markedly elevated total bilirubin (13.6 mg/dL) and deranged liver function tests. The patient was admitted and treated according to *Usool-e-Ilaj*

(principles of Unani treatment), incorporating *Ilaj-bil-Ghiza* (Dietotherapy) and classical Unani pharmacotherapy, with regular clinical and biochemical monitoring.

Results: Clinical improvement was observed from the second day of treatment, with resolution of constipation, vomiting, and abdominal pain. Biochemical assessment demonstrated a significant reduction in total bilirubin from 13.6 mg/dL to 1.7 mg/dL (87.5% reduction) within 28 days, accompanied by normalization of other liver function parameters. Complete resolution of clinical symptoms and biochemical markers was achieved without adverse effects.

Conclusion: This case demonstrates the potential efficacy of Unani medicine in managing severe hyperbilirubinemia. The substantial reduction in bilirubin levels and resolution of clinical symptoms suggest that Unani therapeutic approaches warrant further investigation through larger-scale clinical trials to establish evidence-based protocols for liver disease management.

FROM MARKING NUT TO MODERN ONCOLOGY: CYTOTOXIC EVALUATION OF *SEMECARPUS ANACARDIUM* LINN. (BALADUR) AGAINST MCF-7 BREAST CANCER CELLS.

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Introduction: *Sartan- e- sadi* (Breast cancer) is the most prevalent malignancy among women worldwide and remains a leading cause of cancer-related mortality. In 2022, approximately 2.3 million new cases and 670,000 deaths globally, with incidence rates projected to increase by nearly 38% by 2050. These alarming trends underscore the urgent need for effective alternative therapeutics with minimal side effects. Baladur (*Semecarpus anacardium* Linn.) (Baladur/Bhallataka), long used in Unani, Ayurveda and Siddha medicine, is rich in phenolic compounds, biflavonoids, and bharatanols. An attempt is made to prove cytotoxic efficacy against breast cancer cell lines such as MCF-7 (estrogen receptor-positive) cells.

Materials and Methods: The present study investigates the in vitro anticancer potential of the aqueous extract of Baladur (*Semecarpus anacardium*) kernel against the human breast cancer cell line MCF-7 using the MTT assay. MCF-7 cells were cultured and treated with varying concentrations of the extract (10–200 µg/mL) for 24

and 48 hours. Following treatment, cell viability and IC₅₀ values were determined to evaluate cytotoxicity.

Results: The aqueous extract exhibited a clear dose-dependent decrease in MCF-7 cell viability. Mean cell viability declined progressively from 95% at 1 µM to 82% at 10 µM, 65% at 20 µM, 38% at 50 µM, and further to 18% at 100 µM. The IC₅₀ value was determined to be approximately 36.7 µM, indicating cytotoxic potential.

Discussion: The aqueous extract of *Semecarpus anacardium* demonstrated a concentration-dependent cytotoxic effect on MCF-7 breast cancer cells. This suggests the presence of potent bioactive molecules capable of inhibiting cancer cell growth, possibly through apoptosis-mediated pathways.

Conclusion: These findings validate its traditional use in cancer therapy and emphasize the need for further research to isolate the active principles and investigate their molecular mechanisms of action.

Keywords: Baladur, *Semecarpus anacardium*, MTT assay



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AYUSH RESEARCHER'S ABSTRACTS

SIDDHA



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HR-LCMS ANALYSIS OF SIDDHA HERBAL FORMULATION *KARUVEPPILAI MURUNGAI EERKU MANAPPAGU* (KMEM), NETWORK PHARMACOLOGY, MOLECULAR DOCKING STUDY AND A CASE REPORT IN ANEMIA DURING PREGNANCY

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Abstract

Anemia affects approximately one-third of the global population, posing a significant burden in pregnancy, where conventional oral iron supplementation is often limited in the first trimester due to teratogenic concerns. *Karuveppilai Murungai Eerku Manappagu* (KMEM) is a classical Siddha polyherbal syrup formulation comprising *Murraya koenigii* (L.) Spreng. (curry leaf petioles), *Moringa oleifera* Lam. (drumstick petioles), and *Zingiber officinale* Roscoe (dried rhizome). The formulation was prepared by decocting the authenticated raw drugs, reducing to one-eighth of the original volume, filtering, and incorporating jaggery to yield the final syrup. HR-LCMS metabolic profiling and fingerprinting of KMEM identified approximately 43 compounds, including diverse flavonoids, phenols, proteins, and glycosides. Comparative analysis against the parent plant databases revealed 113 compounds in *M. koenigii*, 77 in *M. oleifera*, and 51 in *Z. officinale*, confirming substantial phytochemical overlap and novel metabolites unique to the formulation. The identified

compounds were subsequently subjected to network pharmacology and STRING analysis to elucidate key molecular targets and biological pathways. Molecular docking was performed using PyRx against the EPOR Erythropoietin receptor complex (PDBID: 6MOE) retrieved from the RCSB Protein Data Bank, followed by refined Auto Dock analysis using the highest binding-energy compound to validate molecular interactions and binding affinity. A single case report demonstrated the efficacy of KMEM supplementation in a first-trimester pregnant patient presenting with anemia, showing a notable haemoglobin improvement from 8.2 g/d L to 10.8 g/d L over 137 days, with peripheral blood smear progressing from microcytic hypochromic to normocytic hypochromic state, highlighting its potential as a safe and effective alternative to conventional iron therapy.

Keywords: KMEM, HR-LCMS, Network Pharmacology, Docking, Anemia, Pregnancy

CLINICAL EFFICACY OF *KALANI KALIMBU* IN THE MANAGEMENT OF VIRAL WART: A CASE REPORT

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Abstract

Viral warts are benign skin lesions caused by infection with the Human Papilloma Virus (HPV). They are commonly encountered in clinical practice and may persist despite conventional treatment. Siddha medicine employs various external therapeutic preparations for the management of skin diseases. This case report evaluates the effectiveness of *Kalani Kalimbu* in the treatment of a viral wart. Methodology: A 22-year-old male patient presented with a solitary viral wart. The lesion was clinically diagnosed and treated with the topical application of *Kalani Kalimbu* as per Siddha therapeutic principles. The patient was monitored regularly for changes in the size, appearance, and progression of the lesion,

as well as for any adverse effects during the treatment period. Results: The wart showed gradual regression following treatment. Complete resolution of the lesion was observed within nine days of therapy. No secondary infection, scarring, recurrence, or other adverse effects were reported during the treatment period and follow-up. Conclusion: The findings of this case report suggest that *Kalani Kalimbu* may be an effective, safe, and economical Siddha external therapy for the management of viral warts. Further clinical studies involving a larger number of patients are recommended to validate its therapeutic efficacy and safety.

Keywords: Viral wart, Human papillomavirus, Siddha medicine, Kalani Kalimbu, External therapy, Case report.

PHYSICOCHEMICAL AND HEAVY METAL ANALYSIS OF *ANNABEDHI* BEFORE AND AFTER PURIFICATION

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Abstract

Annabedhi (English - Green vitriol; Chemical name - Ferrous sulphate) is an important mineral drug used in Siddha system of medicine for the treatment of Anaemia, fever, and dysentery. Siddha literature emphasizes purification of *Annabedhi* prior to therapeutic use to remove its impurities and enhance medicinal efficacy. Scientific validation of the physicochemical and mineralogical changes occurring during purification is essential for quality control and standardization. Remove its impurities and enhance medicinal efficacy. Scientific validation of the physicochemical and mineralogical changes occurring during purification is essential for quality control and standardization. To evaluate the effectiveness of the traditional purification method of *Annabedhi* by comparing its physicochemical analysis, heavy metal content, and mineralogical characteristics before and after purification process. Raw *Annabedhi* was purified as per Siddha literature by roasting in an earthenware until it turns into red. Physicochemical parameters, including loss on drying, total ash, water-soluble ash, acid-insoluble ash, water-soluble extractive, and p H, were determined. Mineralogical characterization was

carried out using X-ray diffraction (XRD). The purification process produced remarkable physicochemical changes in *Annabedhi*. The purified sample showed loss on drying (2.62%), total ash (40.69%), water-soluble ash (8.30%), acid-insoluble ash (11.21%), water-soluble extractive (82.38%), and p H (3.84). XRD analysis identified ferric sulfate and hydroxysulfate phases, including $\text{Fe}_2\text{S}_2\text{O}_4(\text{OH})$, $\text{Fe}(\text{SO}_4)(\text{OH}) \cdot 2\text{H}_2\text{O}$, and SiO_2 -containing phases. Comparative XRD analysis revealed that raw *Annabedhi* was predominantly composed of hydrated ferrous sulfate minerals, whereas purified *Annabedhi* contained more oxidized ferric sulfate and hydroxysulfate phases, indicating progressive oxidation and dehydration during purification. The traditional roasting method effectively purifies *Annabedhi* by inducing mineralogical transformation, reducing impurities, and improving quality attributes. These findings scientifically validate the Siddha purification process and support its role in enhancing the safety and standardization of *Annabedhi* for therapeutic use.

Keywords: *Annabedhi*, Siddha medicine, Purification, physicochemical analysis, XRD

EVIDENCE BASED SIDDHA MEDICINE TREATMENT FOR DENGUE FEVER - A CASE REPORT

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Abstract

Dengue is considered to be one of the most anthropod borne human viral infection. *Aedes Aegyptus* is the vector that spread dengue fever. Dengue virus belongs to *flaviviridae* family. Dengue has four serotypes such as DENV-1, DENV-

2 DENV-3, and DENV-4 which is mapped after the antibodies produced by the body after infection. Dengue haemorrhagic fever is characterised by abnormality in haemostasis and by marked leakage of plasma from the capillaries. The latter may lead to

dengue shock syndrome. Siddha an Ancient tradition system of India, practiced mostly in Tamil Nadu. Has its uniqueness for treating various diseases. Siddha medicine has the potential for preventing and managing dengue virus infection. The aim of the study is to investigate the outcome of dengue virus infection, platelet count and dengue NS1 antigen test on administration of Siddha medicine. This was a prospective descriptive case study attending the OPD in MGK Clinic at Sriperumbudur. Individualised Siddha internal medicines *Nilavembu Kudineer*, *Madhulai Manapagu*, *Aadathodai Manapagu*, *Pappali Ilai Charu* were administered based on the siddha diagnostic principles. Treatment duration ranged from one week. Clinically and serologically platelet count and dengue NS1 antigen test before and after treatment was documented. The

outcome results suggest that administration of *Nilavembu Kudineer*, *Madhulai Manapagu*, *Aadathodai Manapagu*, *Pappali Ilai Charu* has satisfactory improvement in symptoms of dengue positive cases. Suddenly increased in platelet count and dengue NS1 antigen test was negative. Dengue fever is becoming common now a days to combat the viral infections fever including dengue. Siddha Medicine for one week in the dengue fever showed increased in platelet count dengue NS1 antigen test was negative and overall improvement. Further clinical trial of this formulation has to be evaluated for global recognition of this siddha formulation in the management of dengue fever.

Keywords: Dengue, *Pappali Ilai Charu*, *Nilavembu Kudineer*, Platelet count, Dengue NS1 antigen test.

EFFECTIVENESS OF *SUTTIGAI* (THERMAL MICRO CAUTERIZATION) IN THE MANAGEMENT OF TRIGGER FINGER – A CASE REPORT

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Abstract

Background: Trigger finger is a stenosing tenosynovitis caused by a flexor tendon nodule, resulting in painful catching or snapping of the affected finger due to obstruction at the A1 pulley. It commonly affects women than men. The ring finger and thumb are most frequently involved, and severe cases may lead to inability to fully flex or extend the digit. *Suttigai* (cauterization), especially Uloga *Suttigai* (metal cauterization) in Siddha medicine, is a traditional therapeutic procedure indicated for pain relief in musculoskeletal and various other disorders. Objective: To determine the effectiveness of *Suttigai* (Thermal Micro cauterization) in the management of Trigger finger using standard assessment tools like VAS (Visual Analog Scale) and *Quinnell's* classification of triggering.

Materials and Methods: A 53-year-old male presented with pain and stiffness in right hand fingers (middle and ring fingers). Difficulty in flexion and extension of the fingers for 3 months visited OPD of National Institute of Siddha. On examination there was restriction of movement in right hand fingers. *Suttigai* therapy was endeavored to treat the disease. Result: After *Suttigai* therapy, the patient recovered completely from pain. There was complete resolution of symptoms like pain and restriction of movements in right hand fingers. The patient was followed and no recurrence was observed. Hence *Suttigai* therapy can be practised safely for the treatment of Trigger finger.

Keywords: Trigger finger, *Suttigai*, Case report, Thermal Micro cauterization

PHARMACOLOGICAL SCREENING OF DIURETIC ACTIVITY OF SIDDHA FORMULATION *MILAGU USITHAM* IN AN IN VIVO MODEL.

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Abstract

The Siddha system of medicine is a traditional medical science enriched with unique therapeutic principles and medicinal preparations derived from herbs, metals, minerals, and animal products. Among the 32 internal medicines described in Siddha literature, *Chooranam* is an important dosage form. *Milagu Usitham* is an herbal formulation mentioned in *Anuboga Vaidya Navaneetham*, Part-9. To evaluate the diuretic activity of the Siddha formulation *Milagu Usitham* in an in vivo model. To screen the pharmacological diuretic activity of *Milagu Usitham*. The diuretic activity of *Milagu Usitham* was evaluated in female Wistar albino rats (140–180 g) using the Lipschitz test after obtaining IAEC approval (NIS/IAEC-22/R02/16112021/E7). Animals were divided into five groups (n=6). Group I received honey (control), Groups II–IV received *Milagu Usitham* at doses of 190, 380 and 760 mg/kg

orally with honey, respectively, and Group V received Furosemide (10 mg/kg, p.o.) as the standard drug. Following overnight fasting, urine was collected in metabolic cages for 5 hours. Urine volume, p H, sodium (Na⁺) and potassium (K⁺) concentrations were measured. Diuretic index, Lipschitz value and Na⁺/K⁺ ratio was calculated. The diuretic activity of *Milagu Usitham* was assessed at doses of 190, 380 and 760 mg/kg. The results showed that the formulation exhibited dose-dependent diuretic activity, with the highest dose (760 mg/kg) producing significant diuretic effects. *Milagu Usitham*, a traditional Siddha formulation, demonstrated significant diuretic activity and was found to be safe in pharmacological studies.

Keywords: *Milagu Usitham*, Diuretic activity, Lipschitz test, Efficacy.

PHYTOCHEMICAL AND PHYSICOCHEMICAL EVALUATION OF *HINGU CHOORANAM*

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Abstract

Siddha formulations play a vital role in traditional medicine for the management of various diseases. Standardization and scientific validation of these formulations are essential to ensure their quality, purity, safety, and therapeutic efficacy. The present study was carried out to evaluate the physicochemical and preliminary phytochemical properties of *Hingu Chooranam*. To analyze the physicochemical parameters and identify the major phytochemical constituents present in *Hingu Chooranam*. Physicochemical analysis of *Hingu Chooranam* was performed using standard laboratory procedures. Parameters such as loss on drying, total ash value, acid insoluble ash, water soluble ash, water soluble extractive value, and alcohol soluble extractive value were determined. Preliminary phytochemical screening was conducted using standard qualitative tests to identify alkaloids,

carbohydrates, saponins, phenols, tannins, flavonoids, diterpenes, quinones, and gum & mucilage. The physicochemical analysis revealed the following values: loss on drying (7.19%), total ash value (13.08%), acid insoluble ash (1.89%), water soluble ash (9.27%), water soluble extractive value (24.95%), and alcohol soluble extractive value (12.44%). Preliminary phytochemical screening confirmed the presence of alkaloids, carbohydrates, saponins, phenols, tannins, flavonoids, quinones, and gum & mucilage. The study establishes important physicochemical standards and confirms the presence of various bioactive phytoconstituents in *Hingu Chooranam*. These findings may be useful for the standardization, quality control, and further pharmacological evaluation of the formulation.

Keywords: *Hingu Chooranam*, Physicochemical analysis, Phytochemical screening, Standardization, Herbal formulation.

PHYTOCHEMICAL ANALYSIS AND ANTIMICROBIAL EFFECT OF “ORITHAZH THAMARAI CHOORANAM” - A SIDDHA POLYHERBAL FORMULATION

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Abstract

Infectious diseases remain a leading cause of premature mortality globally, driving an urgent demand for novel antimicrobial agents derived from secondary plant metabolites. *Orithazh Thamarai Chooranam* is a traditional polyherbal Siddha formulation composed of seven ingredients *Hybanthus enneaspermus*, *Cuminum cyminum*, *Pterocarpus santalinus*, *Myristica fragrans* Kr., *Myristica fragrans* Al, *Glycyrrhiza glabra* Rt. and *Saccharum officinarum*. It is traditionally utilized to improve semen quality in men. This study aimed to identify the Bioactive phytochemical constituents and evaluate the in vitro antimicrobial efficacy of the aqueous extract of *Orithazh Thamarai Chooranam* against select human pathogens. The authentication, extraction, and subsequent analyses were executed in collaboration with Sanjeev Biomedical Research Centre P Ltd (an NABL Accredited Lab, Keelkattalai, and approved by the Ministry of AYUSH). An aqueous extract was prepared by boiling 10g of the polyherbal powder in distilled water, filtering, and centrifuging the supernatant. Standard qualitative phytochemical screening was

performed to detect secondary metabolites. Antimicrobial testing was evaluated via the disc diffusion method in triplicates using 20 µl of the extract against *Salmonella* sp., *Streptococci* sp., and *Proteus* sp. Phytochemical screening revealed the distinct presence of phenols, flavonoids, tannins, and terpenoids, while saponins and cardiac glycosides were absent. In the antimicrobial assay, the formulation demonstrated selective efficacy. *Proteus* sp. exhibited the highest sensitivity followed by *Salmonella* sp. Conversely, *Streptococci* sp. was found to be resistant to the extract. The findings validate that *Orithazh Thamarai Chooranam* possesses potent antioxidant-yielding phytochemicals (phenols, flavonoids, and tannins) which likely govern its selective antibacterial properties. This traditional Siddha polyherbal formulation stands as a viable, cost-effective source for potential drug development to combat specific bacterial pathogens.

Keywords: Polyherb, Phytochemicals, *Orithazh thamarai*, Antimicrobial activity, Siddha Pharmacology.

ENZYMATIC EVALUATION OF *THALISATHI CHOORANAM* FOR DIABETIC MANAGEMENT – IN VITRO STUDY

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Abstract

Background: Diabetes mellitus is a chronic metabolic disorder characterized by persistent hyperglycemia. Inhibiting key carbohydrate-hydrolyzing enzymes, such as α -amylase and α -glucosidase, is an effective therapeutic strategy to retard glucose absorption and manage postprandial blood glucose spikes. *Thalisathi Chooranam*, a

traditional polyherbal formulation widely used in Siddha medicine, possesses various therapeutic properties, yet its scientific validation regarding antidiabetic efficacy remains limited. **Objective:** This study evaluated the in-vitro antidiabetic potential of *Thalisathi Chooranam*

through α -amylase and α -glucosidase enzyme inhibition assays.

Methods: Different concentrations of the hydro alcoholic extract of *Thalisathi Chooranam* were prepared and subjected to spectrophotometric enzyme inhibition assays. Acarbose was utilized as the standard reference drug. The percentage of enzyme inhibition was calculated for each concentration, and the IC₅₀ values (the concentration required to inhibit 50% of the enzyme activity) were determined.

Results: *Thalisathi Chooranam* exhibited significant, concentration-dependent inhibitory activity against both enzymes. The extract

demonstrated strong α -amylase inhibition with an IC₅₀ value comparable to the standard drug, acarbose. Similarly, potent inhibition was observed against α -glucosidase, indicating its capacity to prevent complex carbohydrate breakdown.

Conclusion: The findings suggest that *Thalisathi Chooranam* possesses potent in-vitro antidiabetic properties by effectively inhibiting α -amylase and α -glucosidase enzymes. This study provides scientific validation for its traditional use and highlights its potential as a natural, alternative therapeutic agent in managing type 2 diabetes.

Keywords: Diabetes mellitus, *Thalisathi chooranam*, Enzyme assay, Anti – diabetic.

ACUTE AND LONG-TERM TOXICITY STUDY OF SIDDHA POLY HERBAL FORMULATION *KIRANTHI MEGA CHOORANAM*

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Abstract

Kiranthi mega chooranam (KMC) is one of the Siddha formulations which are indicated as an effective drug for various Skin diseases. Acute Oral Toxicity study and long-term toxicity study in vivo toxicity studies were carried out on *Kiranthi Mega Chooranam* (KMC) by World Health Organization (WHO) guideline for testing traditional medicines. In Acute toxicity study there was no abnormal signs reported at the dose level of (2000 mg / kg b.wt) within 24-72 hours in Wistar albino rats. Long term toxicity study was conducted for about 90 days as per WHO guideline in 3 doses Low dose (270mg/kg b.wt), Mid dose (540mg/kg b.wt), High

dose (1080mg/kg b.wt). Animals were observed throughout the period. The histopathological study on the Internal organs was normal in Control and High dose group of the animals. Analyses of these results with the information of signs, behavior, and health monitoring could lead to the conclusion that Acute and Long-term oral administration of *Kiranthi mega chooranam* (KMC) for 90 days does not cause any toxicity.

Keywords: Kiranthi mega chooranam, Toxicity study, Siddha medicine, WHO guideline.

PHARMACOGNOSTICAL STUDY ON THE LEAF GALL OF *TERMINALIA CHEBULA* RETZ.

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Abstract

The leaf gall of *Terminalia chebula* Retz., commonly known as “Kadukkaipoo” in the Siddha system of medicine, occupies a unique position among Siddha raw drugs. It is one of the four essential ingredients used in the preparation of the classical Siddha formulation *Padikalinga Chenduram*. Despite its therapeutic importance, detailed pharmacognostical information on this gall is limited. The present study was undertaken to investigate the galling process and to establish the pharmacognostical characteristics of the leaf gall of *Terminalia chebula* for proper

identification and authentication. Fresh and dried leaf galls of *Terminalia chebula* were collected and subjected to detailed macroscopic and microscopic examination. Morphological features, anatomical characteristics, and diagnostic parameters were recorded. The galling phenomenon and its development on the host plant were also observed and documented. The leaf gall was found to possess distinct morphological features that differentiate it from normal leaf tissues. Microscopic studies revealed characteristic anatomical modifications

induced by gall formation, including altered cellular organization and tissue proliferation. The galling process resulted in the development of a specialized structure with unique pharmacognostical markers useful for identification of the crude drug. The study provides valuable pharmacognostical standards for the identification and authentication of Kadukkaipoo (*Terminalia chebula* leaf gall). Understanding the

galling process and its structural modifications contributes to the quality control of Siddha raw drugs and supports the scientific validation of traditional medicinal practices.

Keywords: *Terminalia chebula*, Kadukkaipoo, Leaf Gall, Pharmacognosy, Siddha Medicine, Padikalinga Chenduram, Medicinal Botany.

MORBIDITY PROFILE OF PATIENTS SEEKING CARE IN PRIVATE SIDDHA FACILITIES IN TAMIL NADU: A CROSS-SECTIONAL STUDY

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Abstract

The Siddha system of medicine is one of the widely practiced traditional medical systems in South India. Despite increasing utilization of Siddha services in both public and private sectors, evidence on morbidity patterns in private Siddha healthcare facilities is limited. This study aimed to describe the morbidity profile of patients attending Arogya Healthcare Private Limited in Chennai in 2024. We conducted a cross-sectional study using outpatient data collected from January to December 2024 at Arogya healthcare private limited, Tamil Nadu. We extracted patient information, including age, sex, and clinical diagnoses, from the Electronic Health Record (EHR) system using a structured data extraction form. We analyzed the data using Epi Info software and present the findings as frequencies and proportions. We extracted and analyzed 28,049 outpatient data. The majority of patients were female (n= 16,014; 57.1 %), and belonged to the 31- 45 year age group (n= 8,660; 31%). The most frequently

reported conditions were diabetes (n= 2,368; 12.5%), ulcers (n= 2,148; 7.4 %), osteoarthritis (n= 816; 7.4%), cold/cough (n = 647; 5.8%) and sinusitis (n= 536; 4.8%). Diabetes was at top in both sexes, but it varied in the following diseases. According to Siddha classification, *Vali*-related disorders (40%) were more commonly reported than *Azal* (34.7%) and *Aiyam* (25.5%) disorders. This study describes the morbidity pattern in private Siddha facilities. Many patients sought care were female, came for follow-up and chronic conditions like diabetes, ulcers, and osteoarthritis. The identification of pattern helps in the integration of data for the surveillance and developing standardized preventive and management strategies to reduce disease burden and improve quality of life.

Keywords: Siddha Medicine, Morbidity Pattern, Electronic Health Records (EHR)

MAPPING THE EVIDENCE OF THE SIDDHA SYSTEM OF MEDICINE IN CANCER RESEARCH: A SCOPING REVIEW

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Abstract

In India, traditional systems of medicine, including the Siddha system, are increasingly being integrated into cancer care. However, systematic documentation and synthesis of existing research in this area remain limited. Objective: In this context, the present scoping review aims to map and summarize the available evidence on the use of the Siddha system of medicine in the prevention and management of cancer. We followed Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-

ScR) Checklist for this review. We retrieved articles from PubMed, Web of Science, and the Ayush Research Portal, using keywords such as Siddha, cancer, and Purru. All articles were independently screened by two reviewers, with a third reviewer resolving any conflicts. Epi Info software (7.2) was used for data analysis, and the data were presented as tables and figures. Among the screened 726 articles, only 75 eligible studies were included for analysis. Most studies conducted in India (96%) and used in vitro studies (64%), with over fifty per cent

exploring Siddha medications' anticancer properties (52.8%). Majority of the studies focused on breast cancer (25%), followed by cervical (18.1%) and hepatocellular cancer (12.5%). Among the formulations, *Rasagānti Meluku* (5.3%) and *Semecarpus anacardium*-based medicines (4.0%) were the most commonly studied. *Semecarpus anacardium* and *Rasagānti Meluku* have demonstrated promising anticancer activity in

preclinical studies, highlighting the potential contribution of traditional Siddha formulations to modern oncology. However, well-designed clinical trials are essential to validate their safety, efficacy, and therapeutic applicability in cancer management.

Keywords: Siddha Medicine , Cancer, Scoping Review, *Semecarpus anacardium*

TARGETING AZHAL FOR DERMATOMAL HEALING IN HERPES ZOSTER: A SIDDHA CASE REPORT

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Abstract

Herpes zoster is an acute viral neurocutaneous disorder characterized by unilateral dermatomal vesicular eruptions associated with burning pain. In Siddha, such clinical features are attributed to *Azhal* vitiation, leading to inflammatory skin manifestations. To evaluate the effectiveness of Siddha management targeting *Azhal* through internal and external therapeutic approaches in *Akki* (Herpes zoster). A 58-year-old male presented with unilateral vesicular eruptions over the ulnar aspect of the hand, forearm, arm, and extending to the scapular region, associated with itching, erythema, and burning sensation. Diagnosis of *Akki* (Herpes zoster) was made clinically based on dermatomal distribution. The condition was interpreted as *Azhal* vitiation and

managed with appropriate internal and external Siddha therapies. The patient showed significant reduction in burning sensation, itching, and erythema, followed by complete healing of lesions within 14 days without complications. The present case demonstrates that Siddha management targeting *Azhal* vitiation was effective in relieving burning sensation, itching, and erythema, leading to complete healing of dermatomal lesions within 14 days without complications suggesting the potential role of siddha medicine in the management of *Akki* (Herpes zoster).

Keywords: *Akki*, Herpes zoster, *Azhal*,
Dermatomal lesions, Case report

SIDDHA MANAGEMENT OF PAEDIATRIC GENERALIZED PAPULAR ERUPTIONS: A CASE REPORT (ORAL PRESENTATION)

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Abstract

Papular eruptions are common dermatological manifestations in paediatric patients and may arise due to allergic, infectious or inflammatory etiologies. Management in infants is often challenging because of recurrent symptoms, irritation and limitations in the use of conventional medications. Siddha medicine offers a holistic therapeutic approach through internal medicines and external applications aimed at restoring humoral balance and promoting skin healing. A one-year-old male child presented

with multiple erythematous papular eruptions distributed over the trunk, gluteal region, lower limbs, upper limbs, and face, accompanied by intense pruritus for the past 15 days. The child was managed with Siddha formulations, including *Parangipattai Chooranam*, *Sagala Noi Chooranam*, and *Muthu Parpam*, administered internally. External treatment included the topical application of *Arugan Thailam* and *Pungan Thailam* over the affected areas. The treatment was continued for one

month with periodic clinical assessment and photographic documentation before and after therapy. Significant clinical improvement was observed following one month of Siddha treatment. A marked reduction in papular lesions, erythema, and skin irritation was noted, with near-complete resolution of eruptions and restoration of normal skin texture. No adverse drug reactions or secondary infections were reported during the treatment period. This case report highlights the potential effectiveness of Siddha therapeutics in the

management of generalized papular eruptions in paediatric patients. Combined internal and external Siddha interventions were found to be safe and clinically beneficial. Further systematic clinical studies are warranted to substantiate these findings and explore the role of Siddha medicine in paediatric dermatology.

Keywords: Siddha medicines, Papular eruptions, Paediatrics, Dermatology, paediatric patients,

SIDDHA MANAGEMENT OF POLYENDOCRINE METABOLIC OVARIAN SYNDROME DIAGNOSED AFTER MARRIAGE IN WOMEN SEEKING CONCEPTION: A CASE SERIES

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Abstract

Polyendocrine Metabolic Ovarian Syndrome (PMOS), formerly known as Polycystic Ovary Syndrome (PCOS), is a complex multisystem disorder involving reproductive, endocrine, metabolic, and psychological dysfunction, making infertility one of its most significant reproductive consequences. In Siddha medicine, this condition may be correlated with *Soothagavaayu* and *Sinaipai Neerkatti*, which are primarily attributed to derangement of *Vatham* and *Kabam*. This case series describes three married women diagnosed with PMOS after marriage—all patients presented with irregular menstrual cycles and an inability to conceive naturally. Siddha management consisted of a therapeutic regimen comprising *Kazharchi Chooranam*, *Sagala Noi Chooranam*, *Anna Bedhi Chenduram*, *Rasaganthi Mezhu*, *Thaneervittan Nei*, and *Venpoosani Legiyam*, administered over

two treatment phases. Clinical assessment, ultrasonographic findings, and pregnancy outcomes were documented throughout the follow-up period. All three patients showed improvement in menstrual regularity. Case 1 achieved spontaneous conception within 40 days of treatment, while Cases 2 and 3 conceived after approximately three months of continuous therapy. Pregnancy was confirmed in all cases by ultrasonography. The findings suggest that Siddha therapeutic interventions may support ovulatory function, menstrual regulation, and natural conception in women with PMOS-associated infertility diagnosed after marriage.

Keywords: PMOS, Siddha Medicine, Infertility, Menstrual Irregularity, Case Series, *soothagavaayu*, Natural Conception.

PEECHU THERAPY WITH CHITRAMUTTI MADAKKU THAILAM

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Abstract

Lumbar spondylosis can be defined as an age-related spine disease involving low back pain, immobility and disability, thus posing an economic burden on a global scale. In Siddha medicine, lumbar spondylosis is correlated with *Thandagavatham*. Conventional treatment methods including NSAIDs, epidural injection, and surgery come with undesirable side effects and complications, thus

requiring the adoption of alternative approaches that are safe and cost-effective. *Peechu* therapy is one of the traditional Siddha external therapies used to treat Vatha disorders. This case series included two female patients, aged 64 and 55 years. They both experienced chronic low back pain. The clinical evaluation involved a physical exam, the Straight Leg Raising (SLR) test, relevant radiological

findings, and assessments using the Visual Analogue Scale and Oswestry Disability Index (ODI). Both received *Peechu* therapy with *Chitramutti Madakku Thailam*, medicated oil applied and received massage for seven consecutive days. Both patients showed improvement in symptoms and function after treatment. In Case 1, the ODI score decreased from 29 points (58%) to 12 points (24%). This indicates a shift from severe to moderate disability, and the Visual Analog Scale dropped from eight to three. In Case 2, the ODI score improved from 18 points (36%) to 14 points (28%), and the Visual Analog Scale decreased from nine to five. Pain intensity, stiffness, and difficulty walking significantly decreased in both cases, with no reported side effects during therapy. Recurrence

usually happens between three and 18 months after invasive treatment. However, this can differ widely based on the type of treatment, commitment to rehabilitation, and the cause of spinal wear. In this case series, the patients did not experience any additional pain episodes during the one-year follow-up period, even though the treatment was non-invasive. It shows promise as a safe, non-invasive, and affordable treatment for lumbar spondylosis. One limitation of this study is the lack of large-scale controlled assessments. This limits the generalizability of the findings regarding its effectiveness and long-term outcomes.

Keywords: *Peechu, Chitramutti madakku thailam, Thandagavatham, Siddha Medicine*

SUCCESSFUL NATURAL CONCEPTION FOLLOWING SIDDHA MANAGEMENT IN BILATERAL TUBAL BLOCK – A CASE REPORT

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Abstract

Infertility due to tubal pathology contributes significantly to female infertility worldwide and often limits the chances of spontaneous conception, leading many couples toward assisted reproductive techniques. Siddha medicine approaches infertility by correcting derangement of the three humors and improving reproductive health through holistic management. This case report highlights successful natural conception following Siddha treatment in a patient diagnosed with bilateral tubal block. A 29-year-old female presented with complaints of inability to conceive for six years. She had regular menstrual cycles and no history of IVF or IUI procedures. Hysterosalpingography (HSG) showed normal uterine contour with bilateral tubal block and absence of peritoneal spill. The patient underwent Siddha management aimed at correcting humoral imbalance, improving reproductive health and enhancing tubal function. Clinical progress and conception outcome were monitored through laboratory and radiological investigations. Following Siddha treatment, the patient achieved

spontaneous conception, and urine pregnancy test was found positive during follow-up. Ultrasonography revealed a single live intrauterine gestation corresponding to 6 weeks and 4 days with fetal cardiac activity of 124 bpm. Conception occurred naturally without assisted reproductive procedures. The successful pregnancy outcome suggests improvement in reproductive function and functional tubal patency sufficient for fertilization and implantation. This case report demonstrates the possible beneficial role of Siddha treatment in improving fertility outcomes in tubal factor infertility. Siddha therapeutic interventions may support restoration of reproductive function and facilitate spontaneous conception in selected cases of bilateral tubal block. Further clinical studies with larger sample sizes are recommended to scientifically validate these findings.

Keywords: *Siddha, Infertility, Bilateral Tubal Block, Tubal Factor Infertility, Natural Conception.*

NEXT-GEN INSIGHTS FROM ANCIENT TOOL: AN INNOVATIVE APPROACH TO DECODING FERTILITY THROUGH BEAN SEED BIOASSAY – AN OBSERVATIONAL STUDY

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Abstract

Infertility is a rising global health concern, emphasizing the need for simple, affordable, and non-invasive screening methods. Ancient Siddha literature describes the Bean Seed Bioassay as a traditional method to evaluate fertility through seed germination in urine samples. This observational study aimed to scientifically assess this ancient technique by comparing its results with modern fertility diagnostic reports. A total of 15 couple samples was selected. Additional control groups included five proven fertile individuals who already had children, five menopausal women, and five paediatric children aged 10 years. As per the traditional procedure, urine samples were collected separately in labelled vessels, and 8 numbers of bean seeds were placed in each sample. The seeds were observed for sprouting, root elongation, and growth over a fixed period. The findings revealed that samples from fertile individuals, including couples with normal reproductive reports and proven fertile controls, showed healthy seed germination and sprout growth, indicating fertility. In infertility cases

where seed growth was observed, the results may suggest the possibility of underlying reversible factors, where appropriate medical intervention and treatment could improve reproductive outcomes. In contrast, urine samples from Sterile individuals shows delayed germination, poor sprouting, or complete absence of growth, suggesting sterility or reduced reproductive potential. The observations were compared with contemporary diagnostic parameters such as semen analysis, ovulatory status, and hormonal evaluation. A notable agreement was observed between the Bean Seed Bioassay outcomes and modern fertility reports. The study suggests that the Bean Seed Bioassay may reflect physiological changes associated with reproductive health and fertility status. Further large-scale studies integrating biochemical and molecular validation are recommended to standardize this ancient diagnostic approach for next-generation fertility assessment.

Keywords: Bean Seed Bioassay, Fertility Assessment, Siddha Diagnostics, Infertility Screening, Traditional Medicine.

SIDDHA MANAGEMENT IN THE ENHANCEMENT OF OVARIAN RESERVE (AMH) FOR PRIMARY SUBFERTILITY -A CASE REPORT

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Abstract

Diminished ovarian reserve, clinically marked by low Anti-Müllerian Hormone (AMH) levels, poses a significant hurdle in fertility management, often leading to poor oocyte quality and mechanical challenges in conventional Assisted Reproductive Technology (ART). In contemporary biomedicine, therapeutic strategies to improve or reverse a declining ovarian reserve remain extremely limited, leaving a critical therapeutic gap. Siddha medicine provides a holistic scope for the enhancement of ovarian function, egg quality, and measurable AMH levels. To document and clinically evaluate the therapeutic efficacy of a structured Siddha internal medicinal regimen in enhancing serum Anti-Müllerian Hormone (AMH) levels, rejuvenating

ovarian reserve. A 28-year-old married female with a 2-year history of primary subfertility and active desire for conception patient had a regular menstrual cycle with no clinical history or diagnostic criteria for Polycystic Ovarian Disease (PCOD). Baseline reproductive endocrine panels fell within normal physiological ranges, but significantly reduced serum Anti-Müllerian Hormone (AMH) levels were noted. Therapeutic efficacy was monitored via serial biochemical assays of serum AMH, tracking quantitative improvements in the functional ovarian reserve to evaluate the patient's enhanced capacity for spontaneous, natural conception. Follow-up biochemical evaluations demonstrated a significant quantitative increase in serum Anti-Müllerian

Hormone (AMH) levels, which successfully rose from a baseline of 1.5 ng/mL to an optimal value of 2.62 ng/mL, signifying a marked upgrade in functional ovarian reserve. This case study highlights the therapeutic efficacy of structured Siddha internal medicine as a safe, highly effective,

for enhancing ovarian reserve and treating primary subfertility.

Key words: AMH treatment, Siddha medicine, Infertility, Natural medicine, Subfertility treatment.

CLINICAL EVALUATION OF *PANCHARATHINA KALIMBU* IN THE MANAGEMENT OF ALOPECIA AREATA - A CASE REPORT

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Abstract

Alopecia areata is a common autoimmune disorder characterized by non-scarring, patchy hair loss due to T-cell mediated destruction of hair follicles, affecting approximately 2% of the population. Conventional treatments often cause side effects and do not modify disease progression. In the Siddha system of medicine, alopecia areata is known as *Puzhuvettu*, and its management traditionally involves a topical formulation called *Pancharathina Kalimbu*, a simple preparation documented in *Kannusamy Parambarai Vaithiyam* specifically for treating *Puzhuvettu*. To present the management and clinical improvement of an 11-year-old boy with scalp alopecia areata, assessed through changes in the Severity of Alopecia Tool (SALT) score. The patient underwent purgation on Day 1, followed by administration of appropriate Siddha internal medicines and daily external application of

Pancharathina Kalimbu from Day 2 onwards. Clinical improvement was assessed using SALT scores and photographic documentation. The patient initially had moderate alopecia areata with a SALT score of 48.1, involving multiple non-scarring patches over the vertex, parietal, and occipital scalp regions. After 48 days of daily application of *Pancharathina Kalimbu*, complete hair regrowth was observed, with a post treatment SALT score of 0 by the end of second month. No residual lesions or adverse effects were noted. The notable reduction in the SALT score demonstrates that the integrated Siddha approach, especially the use of *Pancharathina Kalimbu*, were effective in managing alopecia areata. Further studies are needed to confirm its efficacy in larger populations.

Keywords: *Puzhuvettu*, SALT score, Alopecia areata, *Pancharathina kalimbu*, Siddha medicine

HOLISTIC SIDDHA THERAPEUTIC APPROACH IN THE MANAGEMENT OF SPASTIC DIPLEGIC CEREBRAL PALSY: A PEDIATRIC CASE REPORT

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Abstract

Cerebral palsy (CP) is a non-progressive neurological disorder characterized by impaired posture, movement, and spasticity. Spastic diplegia predominantly affects the lower limbs, causing stiffness, gait disturbance, and delayed motor milestones. In the Siddha system of medicine, spastic cerebral palsy can be correlated with *Sirasthambavatham*. Siddha medicine offers a

holistic therapeutic approach that integrates both internal and external therapies to enhance neuromuscular function, reduce spasticity, and improve mobility. To document the clinical outcomes and assess the efficacy of a holistic Siddha approach in reducing lower limb spasticity and improving motor function in a child with spastic diplegic cerebral palsy. A 4-year-old female child

diagnosed with spastic diplegic cerebral palsy was admitted to the in-patient department (IPD) of *Kuzhanthai Maruthuvam*. The child presented with lower limb stiffness, poor standing balance, and inability to walk. The treatment protocol included Siddha internal medicines along with external therapies such as *Varmam*, *Thokkanam*, and *Navarakizhi Ottradam*, administered systematically. During the treatment period, clinical assessment was performed before and after treatment using the Modified Ashworth Scale (MAS) and the Gross Motor Function Classification System (GMFCS). Functional mobility, gait pattern, and standing balance were clinically observed and documented. Post-treatment assessment showed a reduction in

lower limb spasticity and improvement in gross motor activities. The child demonstrated better standing balance, improved flexibility, and initiation of independent stepping compared to the pre-treatment condition. This case report suggests that Siddha internal medicines combined with external therapies may help reduce spasticity and improve motor function in children with spastic diplegic cerebral palsy. This case may provide supportive evidence for integrative Siddha management in pediatric neuro rehabilitation.

Keywords: Siddha Medicine, Cerebral palsy, Spastic Diplegia, *Navarakizhi ottradam*. MAS, GMFCS.

SIDDHA BASED THERAPEUTIC MANAGEMENT OF ISCHEMIC STROKE- A CLINICAL CASE REPORT

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Abstract

Siddha medicine, an ancient system of Indian medicine, has two categories of treatment methods that involve internal and external medicines. External medicine is classified into 32 types, including *Thokkanam*, *Varmam*, *Tharai*, and *Ottradam*, which are provided to restore humoral imbalances. Ischaemic stroke is a leading cause of long-term disability, accounting for approximately 87% of stroke cases worldwide. Ischaemic stroke results from cerebral vessel occlusion, leading to reduced blood flow and subsequent neuronal injury. In Siddha medicine, cerebrovascular accidents are correlated with *Pakkavatham*. It is characterized by paralysis of one side of the body, leading to significant functional impairment and reduced quality of life. A 26-year-old male UPSC examination aspirant was affected by ischaemic stroke one and a half years earlier. He was initially admitted to a nearby hospital for emergency care, where early interventions were performed. After one and a half years, he visited *Ayothidass Pandithar Hospital* of the National Institute of Siddha with complaints of severe weakness on the right side of the body, difficulty in using the right upper and lower limbs, difficulty in holding objects, speech difficulties, and memory impairment following

emergency care management. He had no history of hypertension or diabetes mellitus. The patient was admitted to the inpatient ward and managed with internal medicines along with integrated therapeutic approaches, including *Varmam*, physiotherapy, and external therapies such as *Thokkanam*, *Elumichai Ottradam*, *Thiripala Kashaya Tharai*, and *Sirodharai (Arakku Thylam)* for six months. Clinical improvement was monitored throughout the treatment period. This case report evaluates the effectiveness of Siddha therapeutic management using an integrated treatment approach in achieving clinical improvement, particularly in gross motor function. The Fugl-Meyer Assessment Scale showed improvement, with the score increasing from 28 to 61. External therapeutic methods helped improve muscle strength, enhance circulation, reduce stiffness, and stimulate neuromuscular coordination. The gradual improvement observed in motor functions, speech, and daily activities highlights the importance of a structured rehabilitation protocol in Siddha management for ischaemic stroke.

Key words: Ischemic stroke, *Pakkavatham*, Siddha, Case report.

A CASE SERIES ON THE MANAGEMENT OF NON-ALCOHOLIC-FATTY LIVER DISEASE USING SELECTED SIDDHA FORMULATIONS AT NIS

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Abstract

Non-alcoholic fatty liver disease (NAFLD) is one of the most common chronic liver disorders worldwide and is associated with obesity, insulin resistance, and metabolic syndrome. Siddha medicine describes liver disorders under various hepatic disease entities and recommends hepatoprotective formulations such as *Karisalai Karpam*, *Keezhanelli Mathirai*, and *Manjal Noi Kudineer*. Experimental studies have demonstrated hepatoprotective, antioxidant, and detoxifying activities of Siddha medicines, supporting their traditional use in liver diseases. To evaluate the clinical effectiveness of a Siddha regimen in patients diagnosed with fatty liver disease. Methods: A case series was observed among patients with ultrasonographically confirmed Grade I–II fatty liver disease attending a Siddha Outpatient Department. Patients received *Karisalai Karpam*, *Keezhanelli Mathirai*, and *Manjal Noi Kudineer* at standard therapeutic doses for 3–5 months, along with dietary and lifestyle advice. Clinical symptoms, liver function parameters, lipid profile, and ultrasonographic grading of fatty liver were assessed

before and after treatment. Patients demonstrated improvement in symptoms such as abdominal discomfort, indigestion, fatigue, and loss of appetite. Liver enzyme and lipid profile levels showed a reduction toward normal values following treatment. Follow-up ultrasonography revealed regression in fatty liver grade in the majority of cases. No significant adverse events were reported during the treatment period. The Siddha formulations *Karisalai Karpam*, *Keezhanelli Mathirai*, and *Manjal Noi Kudineer* may offer beneficial effects in the management of fatty liver disease by improving clinical symptoms, lipid profile, liver function, and ultrasonographic findings. Further controlled clinical studies with larger sample sizes are recommended to validate these findings and establish their therapeutic efficacy.

Keywords: Fatty liver, Liver disease, NASH, NAFLD, Siddha medicine, *Karisalai Karpam*, *Keezhanelli Mathirai*, *Manjal Noi Kudineer*, hepatoprotective activity.

ROLE OF VIRECHANAM (PURGATION) IN SIDDHA MEDICINE AND ITS SCIENTIFIC VALIDATION WITH GUT DYSBIOSIS -A NARRATIVE REVIEW

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Abstract

Purgation therapy is a one of the traditional therapies used in Siddha system of medicine. Purgation is called *Virechanam*. “*Virechanathal vatham thazhum*” implies it mainly pacifies *vatha* humour. But it also helps in balancing the other humours such as *Pitham* and *Kabam* of the body. In Siddha, many polyherbal, herbomineral and herbo metallic preparations are used for purgation. This therapeutic medicine used in the form of *kashayam* (decoction), *Karkam* (medicated paste), *Thailam* (medicated oil), given based on the seasons accordingly. It has mentioned in “*Theraiyar pinianugavithi ozhukkam*” as “*Adarnangu Mathiku orukal bedhi marunthu nukarvom*”. It indicates that purgation therapy can be

taken once in four months which help in balancing trihumours, regulates metabolism and preventing our body from various diseases. It also follows specific methods of taking purgative medicine. Gut dysbiosis refers to disruption of gut microbiota and are the major causes of many diseases. It involves dysfunction in gut brain axis and gut liver axis. The main aim of the review is to provide the importance of purgation with contemporary scientific evidence and its role in maintaining healthy gut microbiota, gut brain axis in treating neurological diseases. The relevant data for this review will be collected from indexed journal in Pubmed, Scopus, web of science and Google scholar using the keywords “Siddha”,

“Purgation”, “Gut brain axis”, “gut dysbiosis”. The rationale of providing purgation in treating diseases has many factors, it helps in alleviating gut dysbiosis, improves appetite and ensures good metabolism and absorption of drugs. It mainly focuses on removing the toxin accumulation (*Aamam*) in the gut and further used in treating various ailments. From this review, it is concluded that purgation in treating

diseases has a scientific basis by regulating gut dysbiosis, which is correlated with *Aamam* in Siddha medicine, and by supporting the use of Siddha medicine as an evidence-based therapeutic approach.

Keywords: Gut dysbiosis, *Aamam*, Purgation therapy, Siddha

SIDDHA MANAGEMENT OF PEDIATRIC ICHTHYOSIS VULGARIS: A CASE REPORT.

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Abstract

Ichthyosis vulgaris is an inherited from of *ichthyosis* caused by loss of function mutations in the filaggrin gene (FLG) disrupting the epidermal barrier. It is characterized by fish-like dry, scaly, and thickened skin. Most common manifestations of *ichthyosis vulgaris* include xerosis, partial or total skin lesions, keratosis pilaris and palmoplantar hyper linearity along with generalized scaly dermatosis without the component of erythema and a varying degree of erythroderma and pruritus. In Siddha medicine, it is linked to derangement of *Vaatham* and *Pitham*. This study documents a pediatric case managed with Siddha therapy, assessed using the *Ichthyosis Scoring System* (ISS) and photographic evidence. A 4-year-old female presented with generalized erythematous, dry, itchy scaly patches, severe pruritus, deep skin creases/lines present in both soles and occasional bleeding from scratching, affecting

daily activities. Diagnosis was based on clinical examination. Disease severity was assessed using ISS and serial photographs. Management included internal Siddha medications, strict dietary regulation, external applications and lifestyle modifications. Regular follow up were advised to monitor therapeutic progress. Is scores showed progressive reduction. Before and after Clinical photographs demonstrated visible improvement in scaling, erythema and dryness. No adverse effects were observed. Siddha therapeutic management combined with Strict dietary regulation and external applications provide effective symptomatic relief and improve quality of life in pediatric *ichthyosis vulgaris*.

Keywords: *Ichthyosis Vulgaris*, Pediatric Dermatology, Siddha Therapeutics, Xerosis

INTEGRATIVE SIDDHA APPROACHES IN PEDIATRIC ORTHOPEDIC LEG DISCREPANCY: REDUCTION TECHNIQUES, MOBILITY RESTRICTION, AND THE ROLE OF *VASAVU ENNAI* WITH *PANJATHIKTHA GIRUTHAM* - A CASE STUDY

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Abstract

Leg length discrepancy in children presents complex challenges in orthopedic care, particularly in achieving proper alignment and functional recovery. Integrating Siddha medicine with reduction techniques and controlled mobility restriction offers a holistic pathway for rehabilitation. To evaluate the role of Siddha interventions *Vasavu Ennai* (external therapy) and *Panjathiktha Girutham* (internal medicine) combined with simple rotation reduction

and immobilization using a supportive board in pediatric leg length discrepancy management. A 7-year-old female patient underwent rotation reduction and immobilization with a custom supportive board for one month. Siddha therapy included external application of *Vasavu Ennai* and internal administration of *Panjathiktha Girutham*. Progress was monitored through radiological assessment and compliance with controlled mobility.

Radiological evaluation demonstrated improved bone consolidation and alignment. Clinical follow-up indicated encouraging trends in bone healing and alignment. The patient adapted well to restricted mobility, with no adverse effects noted during therapy. These findings suggest that the integrative approach may support recovery and functional improvement. The combination of Siddha medicine with reduction and controlled mobility restriction provides a valuable complement in

pediatric orthopedic rehabilitation. This case highlights the potential of AYUSH systems to enhance modern pediatric care, reinforcing the vision of bridging traditional and contemporary medicine for global health.

Keywords: Pediatric orthopedics, Siddha medicine, Rotation reduction, Supportive board, Vasavu Ennai, Panjathiktha Girutham, Integrative rehabilitation.

MANAGEMENT OF CHRONIC MOSAIC PALMAR WARTS USING SIDDHA HERBO-MINERAL FORMULATIONS: A CLINICAL CASE REPORT

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Abstract

Mosaic palmar warts often present a therapeutic challenge due to their recalcitrant nature and impact on manual occupations. This Verruca type of mosaic pattern wart is second most global prevalence in manual labourers. In Siddha medicine, various mineral and herbal based higher order preparations are used to treat such skin manifestations by addressing the underlying humors. This case study to evaluate the efficacy of a combined internal and external Siddha regimen in the management of a chronic mosaic palmar wart (Verruca). A 19-year-old male, non-diabetic, non-hypertensive, employed as a water can supplier with a one-year history of numerous mosaic pattern tiny palmar warts on right hand, was treated with internal *Naga Parpam Mathirai* and external application such as *Amirtha Vennai*. Clinical progress was documented using the Physician's Wart Assessment (PWA) and percentage

reduction in lesion area was noted. Following 10 days of treatment, the patient exhibited a complete resolution was observed in a subset of warts, while the remaining lesions demonstrated partial regression of size and thickness at the second clinical visit. There was a significant improvement in manual functionality, categorized as improvement on the PWA scale. The rapid clinical response suggests that the synergistic effect of *Naga Parpam Mathirai* and *Amirtha Vennai* provides a potent intervention for mosaic warts. This study reveals the potential of evidence-based Siddha protocols in providing cost-effective, rapid-acting solutions for dermatological conditions in manual labourers.

Keywords: Chronic Mosaic Wart, Siddha Medicine, Physician's Wart Assessment (PWA), Case Report.

DRUG REVIEW ON SIDDHA DRUG *SIVANAR VEMBU KUZHITHAILAM*

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Abstract

Sivanar Vembu Kuzhi Thailam (SVKT) is a classical Siddha polyherbal oil preparation traditionally indicated for *Kalanjagapadai* (psoriasis), *Karappan* (eczema), *Kushtam* (leprosy), chronic ulcers, insect bites, and other dermatoses. Despite centuries of ethnomedical use, consolidated scientific evidence for its safety and efficacy remains limited. This review synthesizes phytochemical, pharmacological, and preclinical data on SVKT to evaluate its therapeutic potential for global dermatology research. To review and summarize the phytochemical, pharmacological, and preclinical evidence of SVKT and evaluate its therapeutic potential for inflammatory skin disorders in light of modern research. Literature from Siddha classical texts, peer-reviewed journals, and recent experimental studies was reviewed. Data on phytochemical profiling through GC-MS, in vitro antimicrobial and antioxidant assays, in silico molecular docking studies, and acute/subchronic toxicity studies in Wistar rats were compiled. Preliminary clinical observations on psoriasis patients were also included. Phytochemical evaluation of SVKT reveals steroids, triterpenes, alkaloids, phenolics, tannins, catechins,

and fatty acids. Pharmacologically, *I. aspalathoides* and SVKT exhibit significant anti-inflammatory, analgesic, anti-histaminic, antimicrobial, antioxidant, anticancer, hepatoprotective, and wound-healing activities. GC-MS and in silico docking identified compounds with inhibitory potential against IL-17A and TNF- α , key cytokines in psoriasis pathogenesis. Antimicrobial studies showed broad-spectrum activity, especially against *S. aureus*. Acute and sub chronic toxicity studies in Wistar rats demonstrated no significant organ toxicity at therapeutic doses, supporting traditional safety claims. Pilot clinical reports indicate lesion clearance in psoriasis within 3 months without major adverse effects. Current scientific findings strongly support the traditional claims of SVKT for chronic inflammatory skin diseases. Its multi-target action and safety profile make it a promising candidate for integrative dermatology. Large-scale randomized controlled trials are recommended to establish global clinical acceptance and regulatory approval.

Keywords: GC-MS, silico docking, *Sivanar Vembu Kuzhi Thailam*, SVKT

MANAGEMENT OF IRREGULAR MENSTRUAL CYCLE WITH OLIGOMENORRHEA THROUGH SIDDHA MEDICINE: A CASE REPORT

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Abstract

Oligomenorrhea is a common menstrual disorder among reproductive-aged women, characterized by irregular menstrual cycles, often associated with hormonal imbalance and ovarian cysts. Siddha medicine offers a holistic approach for the management of menstrual disorders through herbal and mineral formulations aimed at regulating menstrual cycles and improving reproductive health. To evaluate the effectiveness of Siddha treatment in improving menstrual regularity and menstrual flow in oligomenorrhea. A 24-year-old female reported NIS OPD on December 2025, presented with irregular menstrual cycles and scanty menstrual flow lasting for only half to one day. Ultrasonography abdomen and pelvis revealed a small simple ovarian

cyst measuring 2.6 x 2.1cm. The patient was assessed by *Naadi* and treated with Siddha formulations in the combination of *Vengara Parpam*, *Notchi Kudineer* and *Nathai Choori Choornam* for 3 months and follow up for another 1 month. Menstrual pattern was monitored monthly and USG done at the end of 4th month. After one month of treatment, menstrual flow improved to two days. In the second month, menstrual flow duration increased to three days with improved regularity. By the third month, menstrual flow lasted for four days with regular cycles. Follow-up USG at the end of four months showed complete disappearance of the ovarian cyst also. The Siddha formulations in the combination of *Vengara Parpam*, *Notchi Kudineer* and *Nathai Choori Choornam* showed beneficial

effects in regulating menstrual cycles, improving menstrual flow and simple ovarian cyst also cured in this case study.

Keywords: Irregular menstrual cycle, Oligomenorrhea, *Vengara parpam*, *Nathai choori chooranam*, *Notchi Kudineer*.

CLINICAL EVALUATION OF *VAALUZHUVAI THAILAM* AND *KARBHOGI PASAI* IN THE MANAGEMENT OF *VENPULLI* (VITILIGO)- A CASE REPORT

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Abstract

Venpulli described in Siddha literature clinically correlates with vitiligo, a chronic acquired depigmentary disorder characterized by progressive loss of melanocytes resulting in depigmented macules and patches. Vitiligo commonly affects children and may cause significant psychological and social distress, leading to reduced self-esteem and quality of life. Siddha literature mentions various medicines for the management of *Venpulli*. Among them, *Vaaluzhuvai Thailam* and *Karbhogi Pasai* are traditionally used due to their antioxidant, anti-inflammatory. To present the management and clinical improvement of a 10-year-old male child with vitiligo, assessed through reduction in VASI Score. The beneficiary was advised to take 200mg of

Vaaluzhuvai Thailam with *Elathy Chooranam* along with the external application of *Karbhogi pasai* of required quantity on the depigmented parts. The beneficiary initially had a VASI Score of 2.6 and after the intake of medication for a period of 48 days the VASI Score has reduced to a value of 1.5 with good improvement. The notable decrease in the VASI Score and Good clinical improvement demonstrates the effectiveness of *Vaaluzhuvai Thailam* and *Karbhogipasai* for the management of *Venpulli* (Vitiligo). Further studies are needed to confirm its efficacy in large populations.

Keywords: *Karbhogi Pasai*, *Vaaluzhuvai Thailam*, VASI Score, *Venpulli*, Vitiligo

EFFECTIVENESS OF SIDDHA MEDICINE IN THE MANAGEMENT OF *SINAIPPAI KATTI* (COMPLEX ADNEXAL CYST) - A CASE REPORT

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Abstract

An adnexal complex cyst of ovarian origin is a common gynecological condition characterized by cystic and solid components within the ovary. Ovarian cysts affect nearly 20–25% of women in India, particularly among the reproductive age group. Although most cysts are benign, some may cause pain, menstrual disturbances, or other complications if left untreated. Conventional management includes hormonal therapy and surgery; however, growing interest in traditional medicine has encouraged the exploration of Siddha medicine as a non-invasive approach for the management of ovarian cysts. A 43-year-old female approached with the complaints of on and off cramping pain in right and left iliac region, scanty menstrual flow with regular menstrual cycle.

Her ultrasonography revealed Multi loculated cystic lesion measuring 65.0*32.1mm noted in right adnexa and Tubular cystic lesion measuring 49.1*16.5mm with incomplete septation noted in left adnexa adjacent to left ovary. Treatment initiated with purgation by *Agathiyar kuzhambu* followed by 3 months course treatment with medicines like *Mahavallathy Ilagam*, *Vediuppuchunnam*, *Vippuruthi Ennaiin* recommended doses as per Siddha pharmacopeia. Significant clinical improvement was noted with 4 weeks, after 3 months her ultrasonography was found no cyst noted in right ovary at present and tubular cystic lesion measuring 28.2(L)*8.0(W)mm noted in left adnexa adjacent to left ovary (size is reduced compared to previous scan

report). This study demonstrates that structured Siddha therapy effectively manages adnexal complex cyst of ovarian origin without the need for hormonal or surgical management. The positive clinical and radiological outcomes underscore the

importance of integrating traditional Siddha protocols into mainstream gynecological care.

Keywords: Ovarian cyst, Siddha medicine, Mahavallathy Ilagam, complex Adnexal cyst.

SIDDHA MANAGEMENT OF MALE INFERTILITY ASSOCIATED WITH ASTHENOTERATOZOOSPERMIA: A CASE REPORT

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Abstract

Infertility is a global problem in the field of reproductive health. Male infertility commonly results from abnormalities in sperm concentration, morphology, and motility. *Asthenoteratozoospermia* is characterized by reduced sperm motility and abnormal sperm morphology. In Siddha medicine, infertility (*Maladu*) is attributed to the derangement of three humors: *Vatham*, *Pitham*, and *Kabam*, affecting reproductive functions. To evaluate the efficacy of Siddha treatment in a case of *asthenoteratozoospermia*. A 28-year-old male presented with complaints of reduced sperm motility and morphology. His wife had a normal menstrual cycle with no reproductive pathology. Initial semen analysis revealed *asthenoteratozoospermia*. The patient underwent Siddha treatment along with dietary and lifestyle modifications for a duration of four months. Semen analysis was performed before

and after treatment to assess the improvement in semen parameters. Results: Before treatment, the semen analysis showed a sperm concentration of 18 million/ml, total motility of 30%, progressive motility of 20%, and morphology of 2%. After four months of treatment, semen analysis showed marked improvement. Semen analysis showed a sperm concentration of 39.1 million/ml, total sperm count of 98 million, progressive motility of 77%, total motility of 90.2%, and normal morphology of 5.9%. This case suggests that Siddha therapeutic interventions may improve semen parameters in *oosperasthenoteratozmia*, highlighting the potential role of traditional medicine in managing male infertility.

Keywords: Male infertility, *Asthenoteratozoospermia*, case report, Siddha infertility.

ASPARAGUS RACEMOSUS AS A NATURAL SUBSTITUTE FOR GLUTATHIONE THERAPY

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Abstract

The skin is the largest organ of the human body and plays a vital role in maintaining overall health. Its major functions include protection against external agents, regulation of body temperature, excretion, and synthesis of vitamin D. Increasing aesthetic concerns have led to the widespread use of cosmetic agents such as glutathione injections for skin brightening and anti-aging purposes. To evaluate the effectiveness of *Thanneervittan Nei*, a Siddha herbal preparation derived from *Asparagus racemosus*, as a natural and safer alternative to modern cosmetic

glutathione injections. *Asparagus racemosus*, a medicinal plant known for its antioxidant and immune modulatory properties, was selected for this study. A Siddha herbal formulation, *Thanneervittan nei* to evaluate its anti-aging and anti-melanogenic effects. The formulation was assessed as a natural alternative to modern cosmetic glutathione injections for improving skin health. *Thanneervittan Nei* exhibits significant anti-aging and anti-melanogenic effects in improving skin health while being more cost-effective and safer than conventional

glutathione injections. *Thanneervittan Nei* a Siddha herbal preparation from *Asparagus racemosus*, that can be considered an effective, safe, and economical alternative to modern cosmetic glutathione injections for skin brightening, anti-aging, and anti-melanogenic effect.

Keywords: *Asparagus racemosus*, Glutathione, *Thanneervittan nei*, Anti-oxidant, Anti-aging, Anti-melanogenic

TARGETING ANTIMICROBIAL RESISTANCE AND BIOFILM VIRULENCE: AN IN SILICO EVALUATION OF *NIGELLA SATIVA*-DERIVED PHYTOCHEMICALS AGAINST PBP2A, SORTASE A AND DNA GYRASE

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Abstract

Antimicrobial resistance (AMR) has become a major global health challenge, leading to increased treatment failures and healthcare burden. Methicillin-resistant *Staphylococcus aureus* (MRSA) employs multiple resistance and virulence mechanisms, including altered penicillin-binding proteins, biofilm formation, and enhanced bacterial replication. Natural phytochemicals from Siddha medicinal plants have emerged as promising alternatives for combating resistant pathogens. To evaluate the molecular interactions of selected phytochemicals from *Nigella sativa*, namely thymoquinone and thymohydroquinone, against key AMR-associated targets including PBP2a, Sortase A, and DNA gyrase using molecular docking techniques. Phytochemical constituents of *Nigella sativa* were identified through literature and database searches. Three-dimensional structures of PBP2a, Sortase A, and DNA gyrase were retrieved from the Protein Data Bank. Protein structures were prepared by removing water molecules and co-crystallized ligands. The ligands were optimized prior to docking. Molecular docking was performed using Webina, and binding affinity along with protein–ligand

interactions were analyzed. Thymoquinone and thymohydroquinone demonstrated favorable binding affinities towards the selected AMR targets. Thymohydroquinone exhibited stable interactions with PBP2a and Sortase A through hydrogen bonding and hydrophobic interactions within the active-site regions. Thymoquinone also showed appreciable binding towards DNA gyrase, suggesting possible interference with bacterial DNA replication. The docking poses indicated stable protein–ligand complexes and potential inhibitory activity against resistance and virulence pathways. The findings suggest that *Nigella sativa*-derived phytochemicals possess promising in silico activity against major AMR-related targets involved in methicillin resistance, biofilm formation, and bacterial replication. These results support the potential application of Siddha medicinal phytochemicals in anti-AMR drug discovery and warrant further in vitro and in vivo validation studies.

Keywords: Antimicrobial Resistance, *Nigella sativa*, Thymoquinone, Thymohydroquinone, Siddha Medicine.

SANGANKUPPI ENNAI: A SIDDHA DRUG REVIEW

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Sangan Kuppi Ennai is a traditional Siddha herbal oil formulation prepared using the leaf extract of *Clerodendrum inerme* (L.) Gaertn., commonly known as *Sangan Kuppi*, combined with castor oil (*Ricinus communis*). This review aims to summarize the phytochemical constituents, pharmacological activities, and therapeutic relevance of this formulation. *Clerodendrum inerme* is widely used in traditional systems of medicine for treating inflammatory disorders, skin diseases, rheumatism, and respiratory conditions. Phytochemical investigations reveal the presence of bioactive compounds such as flavonoids, terpenoids, steroids, and phenolic compounds, which contribute to its diverse pharmacological effects. Experimental studies have demonstrated significant anti-inflammatory activity through inhibition of pro-inflammatory mediators such as nitric oxide,

prostaglandins, and cytokines. Additionally, the plant exhibits antimicrobial, antioxidant, analgesic, and hepatoprotective properties. Castor oil, used as the base, enhances drug delivery and possesses well-known anti-inflammatory, analgesic, and penetration-enhancing properties, thereby improving the bioavailability of phytoconstituents when applied topically. The combination of *Clerodendrum inerme* leaf extract with castor oil in *Sangan Kuppi Ennai* provides a synergistic effect, making it potentially effective in managing inflammatory conditions, musculoskeletal disorders, skin diseases, and pain-related conditions. Traditional usage is supported by emerging pharmacological evidence; however, well-designed clinical studies are required to establish its safety, efficacy, and standardization.

Keywords: Siddha, *Sangankuppi Ennai*, Drug review, Skin disease, Medicated oil.

SCREEN TIME AND CHILD HEALTH- A SIDDHA PERSPECTIVE ON MODERN LIFESTYLE DISORDERS IN CHILDREN

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Abstract

Excessive screen time among children has become an emerging public health concern due to increased usage of smartphones, television, tablets, and digital learning platforms. Prolonged exposure to digital devices is associated with obesity, sleep disturbances, behavioural problems, reduced physical activity, eye strain, and impaired psychosocial wellbeing. Siddha medicine emphasises balanced lifestyle practices and the regulation of physical and mental activities for maintaining health in children. To evaluate the impact of excessive screen time on child health and to interpret its effects through Siddha concepts with emphasis on preventive approaches. This review-based study was carried out using pediatric health literature, World Health Organisation recommendations, and Siddha classical concepts related to lifestyle disorders and preventive medicine. The study focuses on physical, psychological,

behavioural and sleep-related effects associated with increased screen exposure among children. Evidence from various studies suggests that excessive screen time contributes significantly to sedentary behaviour, childhood obesity, poor sleep quality, irritability, reduced concentration, and decreased social interaction. Increased digital exposure also reduces outdoor activity and affects normal growth and development. According to Siddha principles, these manifestations may be correlated with an imbalance of *Vatham*, *Pitham* and *Kabam*, resulting in physical inactivity, disturbed sleep, mental fatigue, and impaired cognitive function. Improper lifestyle patterns and altered daily routines further aggravate these disturbances in children. Screen time-related health problems are increasingly prevalent in the digital era and may adversely affect the overall wellbeing of children. Siddha medicine offers a holistic

preventive approach through lifestyle modification, balanced diet, physical activity, proper sleep habits, and mental discipline.

Keywords: Screen time, Child health, Siddha system of medicine, Lifestyle disorders, Childhood obesity.

CLINICAL IMPROVEMENT OF NEUROGENIC BLADDER AND BOWEL SYMPTOMS IN TETHERED CORD SYNDROME THROUGH SIDDHA TREATMENT – A CASE REPORT

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Abstract

Tethered cord syndrome is a congenital neurological disorder resulting from abnormal attachment of the spinal cord, producing progressive neurological, urinary, and bowel dysfunction. Management remains challenging, especially in pediatric patients with associated congenital anomalies. Siddha medicine offers a holistic approach aimed at restoring functional balance and improving quality of life. A 4-year-old child presented with complaints of frequent involuntary micturition and defecation since early childhood. The child also had poor bladder and bowel control affecting daily activities and sleep. Radiological evaluation revealed tethered cord syndrome with congenital fusion of L4, L5 and S1 vertebrae and absence of coccyx. Siddha Diagnosis and Intervention: Based on Siddha principles, the condition was diagnosed as a predominance of *Vaatha kutram* affecting the urinary and excretory systems. Treatment was planned to normalize *Vaatham*, strengthen neuromuscular function, and improve sphincter

control. Internal medicines with nerve-strengthening and *Vaatha*-pacifying properties were administered along with external therapies such as *Varmam*. Dietary regulation and supportive lifestyle modifications were also advised. Following Siddha treatment and regular follow-up, the child demonstrated reduction in frequency of micturition and defecation, improved bladder and bowel control, better sleep pattern, and improvement in general wellbeing. No adverse effects were observed during the treatment period. This case highlights the potential role of Siddha therapeutics as a supportive and rehabilitative approach in managing neurogenic bladder and bowel dysfunction associated with tethered cord syndrome. Further clinical studies are warranted to validate the effectiveness of Siddha interventions in congenital neurological disorders.

Keywords: Tethered cord syndrome, Neurogenic bladder, Neurogenic bowel, Frequent micturition, Siddha medicine, *Vaatha noi*, Pediatric case report.

RESTORING HAIR AND HORMONAL BALANCE: SIDDHA MANAGEMENT OF ALOPECIA AREATA WITH HYPOTHYROIDISM – A CASE REPORT

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Abstract

Alopecia areata is an autoimmune condition characterized by non-scarring patchy hair loss and is often associated with thyroid dysfunction, particularly hypothyroidism. Siddha medicine aims to restore the equilibrium of humors and improve overall health through holistic management. To evaluate the effectiveness of Siddha medicine in the management of alopecia areata associated with hypothyroidism. A 35-year-old male with clinically diagnosed alopecia areata and hypothyroidism

presented with patchy scalp hair loss, fatigue, and dry skin. The Severity of Alopecia Tool (SALT) score was used to assess the extent of hair loss before and after treatment, including thyroid function tests were performed. The patient was treated with selected Siddha internal medicines, external medicine, dietary regulations and lifestyle modifications. The patient showed significant reduction in hair loss with progressive hair regrowth over the affected areas. Improvement in thyroid

function parameters was observed. No adverse effects were reported during the treatment period. This case report highlights the potential role of Siddha medicine as a safe and effective complementary approach in managing alopecia areata associated with hypothyroidism. Further

studies are required to validate these findings in larger populations.

Keywords: Alopecia areata, Hypothyroidism, Siddha medicine, Autoimmune disorder, Case report.

SILENT NIGHTS, HEALTHY MINDS–HOLISTIC SIDDHA MANAGEMENT OF PEDIATRIC SLEEP DISTURBANCE

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Abstract

Pediatric sleep disturbances are increasingly recognized as a factor affecting neuro development, behavior, immunity, and overall quality of life. In Siddha medicine, sleep disorders are primarily attributed to derangement of *Vatham* and *Pitham* along with psychological factors such as fear, anxiety, and improper lifestyle practices. Classical texts emphasize preventive and corrective Regimen store healthy sleep patterns. To outline Siddha principles in the management of pediatric sleep disturbances and correlate them with modern pediatric sleep medicine concepts. Methods: A review of Siddha classical literature including *Theraiyar Pini Anuga Vidhi*, *Noi Illa Neri*, *Pathartha guna Chinthamani* and *Yugi Vaithiya Chinthamani* was performed. Key principles Related to sleep regulation were extracted and compared with contemporary sleep physiology and behavioral sleep science. Siddha management focuses on four major domains: Life style regulation (*Naal Ozhukkam*)—maintaining consistent sleep-wake cycles, avoiding daytime sleep, and promoting early night sleep.

Dietary regulation—consumption of light, easily digestible foods and warm milk; avoidance of heavy or stale foods. External therapies – oil bath (*Ennaikuliya*) and oil massage (*Thokkanam*) to pacify *Vatham* and promote relaxation. Psychological regulation—reduction off ear and emotional stress through structured routines and supportive environment. These principles correlate with circadian rhythm stabilization, autonomic nervous system balance, behavioral sleep hygiene, and anxiety reduction strategies in modern medicine. Siddha medicine offers a structured, non-pharmacological approach to pediatric sleep Disturbances emphasizing lifestyle, diet, physical therapies, and emotional regulation. Many concepts align with modern sleep science, supporting its potential role as a complementary integrative strategy in pediatric sleep health.

Keywords: Pediatric sleep disturbance, Siddha medicine, *Vatham*, circadian rhythm.

PHYTOCHEMICAL AND PHARMACOLOGICAL EVALUATION OF ILAVANGATHICHOORANAM IN THE MANAGEMENT OF SOOLIKANAM (PEDIATRIC BRONCHIAL ASTHMA)

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Abstract

Pediatric bronchial asthma is a chronic inflammatory airway disorder characterized by recurrent episodes of wheezing, cough, dyspnoea, chest tightness, and reversible airflow obstruction. In Siddha Medicine, bronchial asthma is correlated with *Soolikanam* or *Iraippu Noi*, conditions resulting predominantly from the derangement of *Kabam* and *Pitham* humours. *Ilavangathi Chooranam* is a classical Siddha polyherbal formulation traditionally

prescribed for respiratory ailments and bronchial asthma. To evaluate the phytochemical composition, pharmacological activities, and Siddha therapeutic relevance of *Ilavangathi Chooranam* in the management of pediatric bronchial asthma through a comprehensive literature review. Relevant information was collected from classical Siddha literature, World Health Organization (WHO) publications, and peer-reviewed scientific articles

indexed in PubMed, MEDLINE, Scopus, and other recognized databases. Data pertaining to the botanical ingredients, phytochemical constituents, pharmacological actions, and Siddha concepts were systematically reviewed and analyzed. The formulation contains medicinal plants rich in bioactive compounds such as eugenol, piperine, cinnamaldehyde, gingerols, flavonoids, and thymoquinone. These phytoconstituents exhibit significant anti-inflammatory, antioxidant, bronchodilator, anti-allergic, expectorant, mucolytic, immunomodulatory, and bioavailability-enhancing activities. The combined actions of herbs belonging predominantly to the *Piperaceae*, *Apiaceae*, and *Zingiberaceae* families contribute to the reduction of airway inflammation, bronchospasm, mucus hypersecretion, oxidative stress, and hypersensitivity

responses associated with asthma. From a Siddha perspective, the predominance of *Kaarppu Suvai* and *Veppa Viriyam* supports the normalization of deranged *Kabam*, thereby improving respiratory function. Piperine-containing ingredients may further enhance the absorption and therapeutic efficacy of other phytoconstituents within the formulation. The available phytochemical, pharmacological, and traditional evidence indicates that *Ilavangathi Chooranam* possesses considerable potential as a multi-targeted Siddha intervention for pediatric bronchial asthma. Its holistic therapeutic profile supports its use as a complementary approach in asthma management.

Keywords: *Ilavangathi chooranam*; *Soolikanam*, **phytochemicals**; **bronchial asthma**.

PANCHA LAVANA MEZHUGU IN OSTEOARTHRITIS: A LITERATURE REVIEW OF CONSTITUENT-LEVEL EVIDENCE

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Abstract

Osteoarthritis (OA) is a degenerative joint disease in which inflammation, oxidative stress, and cytokine-driven cartilage breakdown progress without effective disease-modifying therapy. *Pancha Lavana Mezhugu* (PLM), a Siddha herbo-mineral formulation of five salts and five herbs combined with honey and asafoetida is prescribed for treating musculoskeletal disorders. To compile existing biomedical evidence on constituents of *PLM* relevant to OA. Published preclinical and clinical studies on individual *PLM* ingredients were included in this literature review and mapped to OA-related mechanisms. Pub Med, Google scholar were accessed articles and Boolean operators AND, OR were used. Keywords with the herbs involved and osteoarthritis were employed. *Cissus quadrangularis* and *Vitex negundo* showed chondroprotective effects in monosodium iodoacetate models, suppressing IL-1 β , TNF- α , and matrix metallo proteinases, with a human pilot study

showing reduced joint pain. Asafoetida-derived ferulic acid protected OA chondrocytes via SIRT1/AMPK/PGC-1 α signalling, while honey reversed disease progression and lowered TNF- α , VEGF, and COMP levels. *Moringa*, *Acalypha*, and *Aloevera* demonstrated anti-inflammatory and chondrogenic effects, and potassium nitrate improved muscle properties. *PLM* exhibited DPPH radical-scavenging activity, which was attributable to phenols, flavonoids, and vitamin C. The constituents of *PLM* converge on anti-inflammatory, antioxidant, and chondroprotective mechanisms, providing a mechanistic rationale for its traditional use in OA and supporting the formal evaluation of the entire formulation.

Keywords: *Pancha Lavana Mezhugu*, **Siddha medicine**, **osteoarthritis**, **antioxidant**, **anti-inflammatory**, **chondroprotection**.

INDIGOFERA TINCTORIA LINN. (AVURI) IN MERCURY TOXICITY: A NARRATIVE REVIEW OF ITS METAL-CHELATING, ANTIOXIDANT, AND HEPATORENAL PROTECTIVE POTENTIAL

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Abstract

Mercury is a ubiquitous environmental toxicant known to induce severe hepatic and renal damage through oxidative stress, free radical generation, lipid peroxidation, and depletion of endogenous antioxidant defenses. Conventional chelation therapies, although effective, are often associated with adverse effects and limited accessibility. *Indigofera tinctoria* Linn. (*Avuri*), an important medicinal plant used in traditional systems of medicine, has gained scientific attention due to its diverse pharmacological activities, including antioxidant, hepatoprotective, nephroprotective, and metal-chelating properties. To critically review the available scientific evidence on the phytochemistry and pharmacological activities of *Indigofera tinctoria* Linn., with special emphasis on its potential role in mitigating mercury-induced toxicity through antioxidant, metal-chelating, and organ-protective mechanisms. A narrative review was conducted using PubMed, Scopus, Google Scholar, and ScienceDirect databases. Literature related to the phytochemistry, antioxidant, free radical scavenging, metal-chelating, hepatoprotective, nephroprotective, and toxicological properties of *Indigofera tinctoria* Linn. was systematically collected, reviewed, and synthesized from both traditional and contemporary

scientific sources. The reviewed literature revealed that *Indigofera tinctoria* Linn. contains several bioactive phytoconstituents, including flavonoids, phenolic compounds, alkaloids, and terpenoids, which contribute to its pharmacological activities. Experimental studies have demonstrated significant antioxidant and free radical scavenging properties, along with appreciable metal-chelating activity. Although direct studies on mercury toxicity are limited, the reported mechanisms suggest a plausible protective role against mercury-induced oxidative damage and hepatorenal dysfunction. Current evidence supports the therapeutic potential of *Indigofera tinctoria* Linn. as a natural source of antioxidants and metal-chelating agents with hepatoprotective and nephroprotective properties. The available data indicate that this medicinal plant may serve as a promising candidate for the management of mercury-induced toxicity. However, further mechanistic studies and well-designed preclinical investigations are warranted to establish its efficacy and safety in mercury toxicity models.

Keywords: *Indigofera tinctoria*, *Avuri*, Mercury toxicity, Heavy metal toxicity, Metal chelation, Antioxidant activity, Oxidative stress.

MANAGEMENT OF NAATPATTI VIRANAM (CHRONIC NON-HEALING ULCER) THROUGH ATTIVIDAL (LEECH THERAPY) IN SIDDHA MEDICINE – A CASE REPORT

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Abstract

Chronic non-healing ulcers remain a major clinical challenge, contributing to prolonged morbidity, increased risk of infection, and reduced quality of life. In modern medicine, these ulcers are commonly associated with diabetes mellitus, venous insufficiency, arterial disease, and autoimmune disorders. In Siddha medicine, this condition is clinically correlated with *Naatpatti Viranam*. Among the various Siddha therapeutic approaches, *Attai Vidal* (Leech therapy) is one of the most

effective external therapies considered for chronic non-healing ulcers. Leech therapy helps remove stagnant blood and delivers bioactive substances that enhance blood circulation, reduce inflammation, and promote tissue regeneration and wound healing. This study evaluates the effectiveness of *Attai Vidal* (Leech Therapy) in the management of *Naatpatti Viranam* (Chronic Non-Healing Ulcer). A 33-year-old male presented with a chronic non-healing ulcer in the lower one-third of the left leg, persisting for

six years following minor trauma. The patient had no co morbidities. The ulcer measured 6 cm in length × 3.5 cm in width and was associated with pain, irregular shape, irregular but well-defined margins, sloping edges, and a shallow base. Moderate watery discharge was noted, with normal granulation tissue on the floor. The surrounding skin was hyperpigmented and indurated. The ulcer showed intermittent healing but recurred at the same site. Based on the Siddha clinical evaluation, the condition was diagnosed as *Naatpatta Viranam*. The patient underwent *Attai Vidal* (Leech Therapy) once every ten days, in two sittings under a septic precaution, along with regular ulcer cleaning and dressing using external application and two combinations of internal medications. The wound

care management was also provided to the patient. The study demonstrated significant improvement in chronic non-healing ulcers following *Attai Vidal* (Leech Therapy). Wound assessment using the Visual Analogue Scale (VAS) and Bates-Jensen Wound Assessment Tool (BJWAT) showed marked reductions in pain, slough, and exudate, with enhanced granulation, epithelialization, and progressive wound contraction. Substantial ulcer healing was achieved within eight weeks, with no adverse effects reported, indicating favourable clinical outcomes and improved wound healing parameters.

Keywords: *Attai Vidal* (Leech therapy), *Naatpatta Viranam*, Chronic non-healing ulcer, Case report.

CLINICAL EVALUATION OF *KAL SUTTIGAI* (STONE CAUTERIZATION) IN *KUTHIKAL VATHAM* (PLANTAR FASCIITIS AND CALCANEAL SPUR): A RETROSPECTIVE CASE SERIES

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Abstract

Kuthikal Vatham is a painful musculo skeletal disorder characterized by heel pain, tenderness, and difficulty in walking. In modern medicine, it may be correlated with plantar fasciitis and calcaneal spur. Persistent heel pain adversely affects daily activities and quality of life. *Kal Suttigai* is a traditional Siddha external therapeutic procedure widely practiced for pain management and musculoskeletal conditions. To evaluate the clinical effectiveness of *Kal Suttigai* in the management of *Kuthikal Vatham*. A retrospective case series was conducted using the records of 20 patients diagnosed with plantar fasciitis, calcaneal spur, or both. Patients with persistent heel pain who subsequently underwent *Kal Suttigai* therapy were included in the study. The number of treatment sittings ranged from 2 to 4 based on pain severity and clinical response. Pain intensity was assessed using the Visual Analogue Scale (VAS) before and after treatment. Demographic and

clinical data were analysed descriptively. Among the 20 patients, 16 (80%) were female, and 4 (20%) were male, with a mean age of 44.3 years. Ten patients (50%) had calcaneal spur, eight (40%) had plantar fasciitis, and two (10%) had both conditions. The mean VAS score decreased from 8.10 before treatment to 3.65 after treatment, indicating a mean reduction of 4.45 points. An overall pain reduction of 54.94% was observed following *Kal Suttigai* therapy. The findings suggest that *Kal Suttigai* is effective in reducing heel pain associated with *Kuthikal Vatham*, plantar fasciitis, and calcaneal spurs. This Siddha external therapy may serve as a valuable treatment option for chronic heel pain. Further studies with larger sample sizes are recommended.

Keywords: *Kal Suttigai*, *Kuthikal Vatham*, Visual Analogue Scale (VAS)

EARLY DIAGNOSIS OF ISCHEMIC STROKE BY *SIDDHA NAADI* EXAMINATION PRIOR TO MRI CONFIRMATION IN A DIABETIC PATIENT: A CASE REPORT

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Abstract

Siddha medicine is one of the oldest traditional systems of medicine practiced in India, particularly in Tamil Nadu. Diagnostic methods such as *Envagai Thervu* and *Manikadai Nool* are used to assess physiological and pathological conditions. Among these, *Naadi* examination (pulse diagnosis) plays a significant role in identifying diseases based on humoral imbalance. Early diagnosis of ischemic stroke is essential to reduce morbidity and mortality, especially in high-risk individuals. Approximately 33% of all ischemic stroke inpatients have an underlying diagnosis of DM. To highlight the role of Siddha *Naadi* examination in the early diagnosis of ischemic stroke and to demonstrate the effectiveness of an integrative treatment approach combining Siddha and modern medicine. A 63-year-old male farmer with a known history of Type 2 Diabetes Mellitus presented to the Outpatient Department of the National Institute of Siddha with complaints of right-sided weakness involving both upper and lower limbs, difficulty performing activities of daily living, and inability to hold objects for 10 days. Clinical evaluation suggested ischemic stroke. The patient underwent Siddha diagnostic assessment, including *Naadi* examination, which revealed derangement of

humoral balance suggestive of neurological involvement. Based on the clinical findings and Siddha assessment, an early diagnosis of ischemic stroke was made. The diagnosis was subsequently confirmed through magnetic resonance imaging (MRI). The patient received an integrative treatment regimen comprising Siddha medicines and conventional medical management. Following one month of integrative treatment, the patient demonstrated complete resolution of symptoms with marked improvement in motor function and daily activities. Significant functional recovery was observed without residual neurological deficits. This case highlights the potential utility of Siddha *Naadi* examination as a supportive early diagnostic tool in ischemic stroke. The findings also emphasize the value of integrating traditional Siddha diagnostic methods with modern medical investigations and treatment approaches to enhance patient outcomes. Further clinical studies are warranted to evaluate the diagnostic accuracy and clinical applicability of *Naadi* examination in stroke management.

Keywords: Siddha Medicine, *Naadi* Examination, Ischemic Stroke, Type 2 Diabetes Mellitus.

AN INTEGRATIVE SIDDHA APPROACH TO RECURRENT BELL'S PALSY: A CASE REPORT ON SIDDHA INTERNAL MEDICINE (*KARUPPU VISHNU CHAKKARAM MATHIRAI*) AND EXTERNAL THERAPY (*KOLLU PODI THIMIRTHAL*)

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Abstract

Bell's palsy is an idiopathic facial nerve paralysis with a recurrence rate of 10–15%. In the Siddha system, it is correlated with *Mugha Vatham*. While standard management involves corticosteroids, recurrent cases present therapeutic challenges due to prohibitive costs and prolonged recovery trajectories. *Podi Thimirthal*—one of the 32 external therapies in the Siddha system of medicine— involves herbal powder massage with mechanical stimulation. Though traditionally used for

neuromuscular disorders, clinical evidence regarding its efficacy in recurrent Bell's palsy remains limited. A 56-year-old male with a prior history of Bell's palsy presented with a third episode of acute right-sided facial paralysis in January 2025. The patient was treated with Siddha internal medicine *Karuppu Vishnu Chakkaram Mathirai* along with regular internal medication and external therapy *Kollu Podi Thimirthal* for 14 consecutive days. Facial function was assessed using the Sunnybrook Facial Grading

System. The baseline score was 35/100, indicating moderately severe dysfunction (House–Brackmann Grade IV). After 14 days of treatment, the score improved to 96/100, corresponding to normal function (Grade I), with restoration of facial symmetry and oral competence. At 1-year follow-up, the patient maintained a score of 98/100 with no recurrence. This case demonstrates marked and sustained improvement following combined Siddha internal and external therapies without the use of

systemic corticosteroids. The observed recovery suggests a potential role in enhancing neuromuscular function, possibly through improved local circulation and peripheral nerve activation. Further controlled clinical studies are warranted to validate these findings.

Keywords: Bell's palsy, *Mugha Vatham*, Siddha medicine, *Podi Thimirthal*, *Pura Maruthuvam*, *Karuppu Vishnu Chakkaram Mathirai*

SIDDHA MANAGEMENT OF *ĀIYA PUṆ* (POST-TRAUMATIC NON-HEALING WOUND) ASSESSED USING THE PUSH SCALE: A CASE REPORT

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Abstract

Non-healing wounds are a significant clinical challenge affecting quality of life and healthcare resources. In Siddha *Aruvai Maruthuvam*, *Āiya puṇ* is characterised by yellowish-white purulent discharge, sticky exudate and deep-seated ulceration. Siddha medicine offers holistic, sustainable wound care approaches that align through integrative, cost-effective management. To evaluate the effectiveness of Siddha management in a case of *Āiya puṇ* (post-traumatic non-healing wound) using the Pressure Ulcer Scale for Healing (PUSH). Methodology: A 19-year-old male presented with a post-traumatic non-healing wound over the left foot following a road traffic accident. Clinical features, including purulent discharge, pain, swelling, tenderness, and delayed healing, were correlated with *Āiya puṇ* described in Siddha literature. Baseline wound size measured 4.5 × 4 cm. Serial wound assessment was carried out using the PUSH scale based on wound size, exudate amount, and tissue type. The patient underwent Siddha internal therapy along with

external wound cleansing and medicated dressing. Regular follow-up and photographic documentation were maintained throughout the treatment period. Results: Progressive reduction in wound size, exudate, pain, and swelling was observed during follow-up. Healthy granulation tissue formation and epithelialization were noted. The PUSH score reduced from 13 at baseline to 3 at the final follow-up, indicating significant wound healing without complications or adverse effects. This case demonstrates the potential role of Siddha therapy in the management of *Āiya puṇ* using objective wound assessment through the PUSH scale. Integration of traditional Siddha principles with standardised clinical evaluation supports the relevance of AYUSH systems in sustainable wound care under the One Health approach.

Keywords: *Āiya Puṇ*, post-traumatic non-healing wound, Pressure Ulcer Scale for Healing

SIDDHA MANAGEMENT OF *MAANTHA SANNI* (AUTISM SPECTRUM DISORDER) IN A CHILD WITH PERSISTENT SPEECH IMPAIRMENT DESPITE TONGUE-TIE RELEASE SURGERY: A CASE REPORT

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Abstract

Autism Spectrum Disorder (ASD) is a neuro developmental disorder characterized by impaired communication, deficits in social interaction, and

repetitive behavioural patterns. Speech impairment is a major concern in children with ASD. Ankyloglossia (tongue-tie) may further contribute to

speech difficulties. Siddha management provides supportive care in improving autistic symptoms and associated speech impairment. To evaluate the role of Siddha management in improving speech, social interaction, and behavioural symptoms in a child with Autism Spectrum Disorder who had persistent speech impairment despite tongue-tie release surgery. A 7-year-old male child presented with poor eye contact, occasional monosyllabic speech, poor social interaction, and self-laughing behaviour. Frenulum release surgery for tongue-tie had been performed previously; however, speech impairment persisted. The child was treated with internal Siddha medicines along with external therapies including *Varmam*, *Thaarai*, and *Thappalam*. Clinical progress was

assessed using the Indian Scale for Assessment of Autism (ISAA). The child showed improvement in eye contact, social interaction, and communication skills. Speech improved from occasional monosyllabic utterances to bisyllabic words, along with a reduction in inappropriate laughing behaviour. The ISAA score improved from 108 to 76. Conclusion: This case highlights the potential role of Siddha management in improving speech, social interaction, and behavioural symptoms in a child with ASD and persistent speech impairment despite tongue-tie release surgery.

Keywords: Autism Spectrum Disorder, Siddha Medicine, Speech Impairment, *Varmam* Therapy.

SIDDHA INTERVENTIONS FOR *MOOLAM* (HEMORRHOIDS): A SCOPING REVIEW

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Abstract

Hemorrhoids also referred as piles is one of the most prevalent anorectal illnesses that enlarges and dilates the venous plexus in the anal canal characterized by bleeding per rectum, pain, prolapse, Itching and bowel changes. For high grade hemorrhoids excisional hemorrhoidectomy was preferred. In Siddha medicine it is described as *Moolam* a condition brought on by disruption of the *Mukkutram*, especially *Vatham* and *Pitham* and treatment includes variety of herbal, Mineral and herbo-mineral formulations which are said to be non-invasive and cost effective and have reduced complications despite there are several medicines have been prescribed for *moolam* and clinically effective, the evidence is still dispersed throughout clinical studies, experimental investigations, analytical reports, review articles, conference proceedings, and postgraduate dissertations. The Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA-ScR) was followed when conducting a scoping review. Peer-reviewed

papers, review articles, pharmacological studies, experimental investigations, were the sources of literature assessing Siddha therapies for *Moolam*. Data were organized by study design, intervention, outcomes examined, and key findings. The review included seventeen evidence sources that satisfied the eligibility requirements. Clinical studies, observational studies, experimental studies, analytical assessments, review articles, made up the evidence. Improvements in rectal bleeding, discomfort, constipation, and overall symptom burden have been regularly documented in clinical research. Analytical research helped standardize pharmaceuticals, and experimental data showed anti-inflammatory and anti-hemorrhagic qualities. The evidence that is now available points to the possible therapeutic advantages of Siddha therapies in the treatment of *Moolam*.

Keywords: *Moolam*, Scoping Reviews, Siddha Interventions



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AYUSH RESEARCHER'S ABSTRACTS

HOMOEOPATHY

AN IN-VITRO STUDY TO EVALUATE THE CHOLESTEROL-LOWERING ACTIVITY OF *ROSMARINUS OFFICINALIS* 30C, 200C AND 1M IN COMPARISON WITH ATORVASTATIN IN HYPERLIPIDEMIC BLOOD SAMPLES

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Introduction:

Hyperlipidemia is a major risk factor for cardiovascular diseases (CVDs), contributing significantly to ischemic heart disease and stroke worldwide. According to the Indian Council of Medical Research (ICMR), dyslipidaemia is highly prevalent in both rural and urban Indian populations, commonly characterized by low HDL-C, elevated triglycerides, and increased LDL-C levels. Although several Indian medicinal plants are traditionally used in crude form for lipid reduction, their effects in potentized Homoeopathic form remain inadequately explored. *Rosmarinus officinalis* (rosemary) is an evergreen shrub rich in polyphenols and flavonoids with known antioxidant, anti-inflammatory, and lipid-lowering properties. Previous studies have demonstrated lipid-scavenging activity of rosemary extracts; however, limited in-vitro Homoeopathic studies have evaluated its role in Hyperlipidemia. Hence, the present study aimed to assess the effect of *Rosmarinus officinalis* in different potencies on Hyperlipidemic blood samples.

Objectives

1. To evaluate the effectiveness of *Rosmarinus officinalis* 30C, 200C, and 1M in lowering

cholesterol levels in Hyperlipidemic blood samples.

2. To compare their effects with the standard drug Atorvastatin.

Methodology: An in-vitro experimental study with a sample size of five was conducted at Maratha Mandal's Central Research Laboratory, Belagavi. Hyperlipidemic blood samples were analysed using *Rosmarinus officinalis* 30C, 200C, and 1M procured from Willmar Schwabe India Pvt. Ltd. Atorvastatin served as the standard drug, while a negative control group was maintained.

Results: All potencies demonstrated reduction in lipid levels. *Rosmarinus officinalis* 1M showed comparatively greater lipid-lowering activity among the test samples, while Atorvastatin exhibited maximum overall reduction. The negative control showed negligible activity.

Conclusion: *Rosmarinus officinalis* demonstrated measurable lipid-lowering activity in potentized form. Among the tested potencies, 1M showed greater effectiveness. Statistical analysis using Mean $\pm$ SD and ANOVA supported the significance of the findings.

EVALUATING THE ROLE OF INDIVIDUALIZED REMEDY SELECTION IN MENSTRUAL HEALTH: A CASE REPORT ON PRE MENSTRUAL DYSPHORIC DISORDER (PMDD)

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Background: Premenstrual Dysphoric Disorder (PMDD) is a severe form of premenstrual syndrome characterized by emotional, behavioral, and physical symptoms that interfere with daily functioning and quality of life. Conventional management often involves hormonal therapy or psychiatric medications. Though systematic evidence remains limited in homoeopathy, it's an opportunity to

explore the science and changes it brings in mind body and spirit.

Objectives: To underscore the importance of individualized remedy selection in homeopathic management of PMDD.

Methodology: Here with presenting retrospective case report of 22 year old girl who presented with profuse menses last 2 years and lower abdomen pain

last 5 months, before menses she used have mood swings, nausea, vomiting, backache & diarrhoea also fever (100-101°F), during menses had heavy flow with clots with fainting attacks for which was admitted to hospital, after detailed history and examination initially she was given Pulsatilla, Hammamelis but there was no significant change in her next cycle, hence retaking & considering generals & after repertorising remedy given was Veratrum Album.

Result: After this remedy, she showed significant change in her cycles, pain and also quality of life improved. In the subsequent follow-ups of about 5 months remarkable change was observed in menstrual cycle

Conclusion: Homeopathy has shown that it is no less scientific than any other system of medicine, the above case report is a proof how it can help in women health care to improve their quality of life.

STIMULATION OF ADULT STEM CELLS WITH CONSTITUTIONAL HOMEOPATHIC TREATMENT: STUDY TO ASSESS REGENERATION OF NEPHRONS IN PATIENTS WITH CKD

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Background: The incidence of chronic kidney disease (CKD) is rising every single day and is presently a global threat to mankind. Worldwide incidence is approximately 1.8 million/year, which has doubled in the last 15 years. In India alone, approximately 100 million people are already suffering from CKD. The options available with Modern Medicine are just dialysis and transplant, with poor outcomes and high cost. There is not even a single pill, worldwide, in Modern Medicine, which can reduce Creatinine or Urea by even a per cent. On the other hand, Homeopathy offers complete treatment for patients of CKD, for all stages. Kidney regeneration is challenging but possible with Constitutional Homoeopathic treatment, as it stimulates Adult Stem Cells throughout the body, even those present in the kidneys. Adult stem cells are multipotent stem cells that reside in various tissues, such as bone marrow and adipose tissue.

Objectives:

- To establish homoeopathy as being foremost for the prevention of CKD.
- To establish Homoeopathy not only as the safest and most effective treatment for CKD but also as the first line of treatment, worldwide.

- To establish Homoeopathy as safe, cheap and the most effective alternate of Dialysis and Transplant.
- Establish a greater role for Homoeopathy in the National Health Policy.

Method: A randomised controlled single-blind drug evaluation method was used. Only previously diagnosed cases of CKD were selected. The inclusion criteria for the study were Serum Creatinine (>1.5), Blood Urea (>40), BUN (>14) and estimated GFR (≤ 90).

Result: A total of 1121 patients contacted the centre (NIH) for CRF. Out of them, 783 patients were available for proper follow-up. 450 (57.47%) cases were improving, while 185 (23.60 %) maintained status quo and 148 (18.93%) did not show any improvement.

Conclusion: Homoeopathic drugs were found extremely effective in enhancing the efficiency of the kidney. There was a marked reduction in the level of S. Creatinine, and in some cases, not only did it reduce significantly, but also its level came down in some cases and continued to be normal. Therefore, Homoeopathy can be established as an alternative to prevent or reduce the frequency of Dialysis and can help to postpone Renal Transplant.

BEYOND ANTIFUNGALS: COMPLETE CLINICAL AND MYCOLOGICAL CLEARANCE OF PITYRIASIS VERSICOLOR THROUGH HOMOEOPATHIC SIMILIMUM - A PHOTOGRAPHIC CASE STUDY IN TROPICAL DERMATOLOGY"

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Introduction: Pityriasis versicolor (PV), caused by *Malassezia furfur*, is a recurrent superficial mycosis endemic to tropical regions such as Tamil Nadu, India, where heat and humidity facilitate yeast-to-mycelial conversion. Conventional antifungals yield high recurrence; long-term management with minimal adverse effects remains a challenge. Individualised homoeopathy, by addressing host susceptibility and environmental triggers, aligns with the AYUSH for One Health framework encompassing Human, Animal, and Environmental Wellness.

Objective: To document the clinical efficacy of individualised homoeopathic treatment in a 35-year-old male with PV through standardised before-and-after photographic documentation, validated symptom scoring, and mycological assessment within a One Health framework.

Methodology: A 35-year-old male presented with a 14-month history of progressively spreading hypopigmented pruritic scaly macules over the trunk and shoulders, aggravated in summer. Classical Hahnemannian case-taking with miasmatic analysis was performed. Physician's Global Assessment (PGA) and Dermatology Life Quality Index (DLQI) were recorded at baseline, 4, 8, and 16 weeks. Wood's lamp examination confirmed characteristic

Malassezia fluorescence. Repertorisation was performed using RADAR Opus software; the simillimum was administered without concurrent antifungal agents. Standardised photographic documentation under controlled lighting was obtained at all time points. Dietary and lifestyle counselling addressing environmental triggers was provided as an adjunct.

Results: At 16 weeks, near-complete clinical resolution of hypopigmented macules was documented by serial photographs. PGA improved from 4 (severe) to 1 (almost clear); DLQI reduced from 18 to 3, reflecting substantial quality-of-life gains. Wood's lamp examination confirmed absent fluorescence indicating mycological clearance. No adverse effects were reported throughout the treatment period.

Conclusion: Individualised homoeopathic treatment achieved clinically significant, objectively documented resolution of PV without adverse effects. The case reinforces the One Health paradigm in dermatology where host susceptibility, tropical environmental factors, and lifestyle converge establishing homoeopathy as a viable integrative AYUSH strategy for recurrent dermatomycoses. Controlled trials with larger cohorts are warranted.

AN OPEN LABEL SINGLE ARM CLINICAL TRIAL TO EVALUATE THE EFFECTIVENESS OF INDIVIDUALISED HOMOEOPATHIC INTERVENTION IN INATTENTION SYMPTOMS OF ADHD PATIENTS

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Introduction: Attention Deficit Hyperactivity Disorder (ADHD) is an early-onset neurodevelopmental disorder characterised by inattention and hyperactivity/impulsivity. It affects approximately 2.2% to 17.8% of school-age children and adolescents, with the inattentive subtype being more prevalent among school-going children. Homoeopathy offers a holistic approach addressing

physical, mental, and social dimensions to improve overall well-being.

Objective: To evaluate the effectiveness of Individualized Homoeopathic treatment in improving inattention and overall quality of life in children diagnosed with ADHD.

Methodology: A prospective interventional study was conducted on 36 ADHD outpatients at

NHRIMH, Kottayam, after Institutional Ethical Committee approval. Participants were diagnosed using DSM-V criteria. Assessments were carried out over one year using DSM-5 Level-1 and Level-2 Scales, Letter Cancellation Test (LCT), Clinical Global Impression-Improvement Scale (CGIS), and Strength and Difficulty Questionnaire (SDQ). Statistical analysis was performed using Jamovi (Version 2.3.26), and Repeated Measures ANOVA with Greenhouse-Geisser correction was applied to evaluate changes in inattention scores.

Results: The study showed statistically significant improvement in most participants. Commonly

indicated remedies included Phosphorus, Lycopodium, and Sulphur. A significant reduction in Level-2 scores was observed ($F=396$, $ES=0.919$, $p < 0.001$). LCT scores improved significantly ($F=25.5$, $p < 0.001$, $ES=0.422$). CGIS and SDQ scores also demonstrated marked reductions, indicating enhanced attention span and improved quality of life.

Conclusion: Individualised homoeopathic treatment showed significant improvement in inattention symptoms and quality of life in children with ADHD. However, the absence of a control group necessitates cautious interpretation, and further randomised controlled trials are recommended.

IN VITRO ANTIOXIDANT POTENTIAL OF HOMOEOPATHIC CAPSICUM ANNUUM MOTHER TINCTURE (Q): IMPLICATIONS FOR OBESITY- ASSOCIATED OXIDATIVE STRESS

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Introduction: Obesity is a major public health challenge characterized by chronic low-grade inflammation and increased oxidative stress resulting from excessive generation of reactive oxygen species (ROS). Oxidative stress plays a significant role in the development of obesity-related metabolic complications. Natural antioxidants have attracted considerable interest for their potential to counteract oxidative damage. Capsicum annum, a well-known remedy in Homoeopathic Materia Medica, contains bioactive constituents with reported antioxidant properties. Scientific evaluation of its antioxidant activity may provide insights into its potential relevance in obesity-associated oxidative stress.

Objective: To evaluate the in vitro antioxidant activity of Homoeopathic Capsicum annum Mother Tincture (Q) using DPPH (2,2-diphenyl-1-picrylhydrazyl) and ABTS (2,2'-azinobis-3-ethylbenzothiazoline-6-sulfonic acid) radical scavenging assays and to explore its potential implications in obesity-associated oxidative stress.

Methodology: The antioxidant activity of Homoeopathic Capsicum annum Mother

Tincture (Q) was assessed using DPPH and ABTS radical scavenging assays at concentrations of 20, 30, and 40 $\mu\text{g/mL}$. Ascorbic acid served as the

standard reference compound. Percentage inhibition and IC_{50} values were determined to evaluate antioxidant efficacy.

Results: In the DPPH assay, Capsicum annum Q exhibited concentration-dependent radical scavenging activity with percentage inhibitions of $11.50 \pm 0.07\%$, $16.02 \pm 0.04\%$, and $18.86 \pm 0.03\%$ at 20, 30, and 40 $\mu\text{g/mL}$, respectively, with an IC_{50} value of 123.859 $\mu\text{g/mL}$. In the ABTS assay, the mother tincture demonstrated marked antioxidant activity with percentage inhibitions of $68.84 \pm 0.04\%$, $79.79 \pm 0.03\%$, and $92.34 \pm 0.03\%$ at the respective concentrations, with an IC_{50} value of 4.192 $\mu\text{g/mL}$.

Conclusion: Homoeopathic Capsicum annum Mother Tincture (Q) demonstrated significant in vitro antioxidant activity, particularly in the ABTS assay. The observed free radical scavenging potential suggests possible relevance in addressing obesity-associated oxidative stress. Further in vivo and clinical studies are required to validate these findings and explore their therapeutic implications.

Keywords: Capsicum annum; Homoeopathic Mother Tincture; Antioxidant Activity; DPPH Assay; ABTS Assay; Obesity-Associated Oxidative Stress.

LIFESTYLE STRESSORS AND SEMEN QUALITY: CLINICAL INSIGHTS FROM INDIVIDUALISED HOMOEOPATHIC MANAGEMENT – A CASE SERIES

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Introduction: Lifestyle stressors such as occupational stress, diabetes mellitus, sleep disturbances, recurrent infections, anxiety, grief, and emotional strain may adversely affect semen quality and male reproductive health. Individualized homoeopathy addresses the patient holistically by considering physical, emotional, and constitutional characteristics.

Objective: To present clinical observations on changes in semen parameters among men with lifestyle-related stressors following individualized homoeopathic treatment.

Methodology: A retrospective case series of four men aged 33–42 years with primary infertility and abnormal semen parameters was analysed. Lifestyle stressors included occupational stress, diabetes mellitus with poor glycaemic control, irregular sleep patterns, recurrent urinary tract infections, anxiety, grief, and emotional strain. Individualised homoeopathic prescriptions were selected based on detailed case taking and repertorial analysis. Follow-up semen analyses were performed after treatment.

Results: All four cases demonstrated improvement in semen quality. Case 1, treated with **Lycopodium clavatum 200**, showed improvement from a sperm concentration of 1.6 million/ml and progressive

motility of 12% to 50.5 million/ml concentration and 45% progressive motility, followed by natural conception. Case 2, treated with **Phosphorus 200**, demonstrated asthenozoospermia with motility of 30%, poorly controlled diabetes (HbA1c 11%), showing improved glycaemic control (HbA1C - 7.6%), motility of 45% and subsequent birth of a healthy child. Case 3, prescribed **Acidum phosphoricum 200**, showed improvement in progressive motility from 25% to 60%, following which conception was achieved through assisted reproductive intervention. Case 4, managed with **Staphysagria 200**, demonstrated improvement in sperm concentration from 5.7 million/ml to 40 million/ml, progressive motility from 10% to 65%, and morphology from 35% to 40%.

Conclusion: This case series highlights the potential relationship between lifestyle stressors and semen quality. Individualized homoeopathic management was associated with improvements in semen parameters. Further controlled studies are warranted to explore these observations in larger populations.

Keywords: Male infertility, Semen quality, Lifestyle stressors, Individualized homoeopathy, Case series.

HOMOEOPATHIC MEDICINE VIEWED THROUGH THE FRAMEWORK OF SOCIAL DETERMINANTS OF HEALTH (SDOH) AND ONE HEALTH: A CONCEPTUAL AND EVIDENCE-BASED SYNTHESIS.

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Background: Two of the most innovative conceptual developments in global health in the twenty-first century are the Social Determinants of Health (SDOH) and the One Health concepts. SDOH acknowledges that 30–55% of health outcomes are influenced by non-medical factors, including social context, education, economic stability, and the environment. According to One Health, environmental, animal, and human health are all interconnected. Homoeopathic medicine, grounded

in the law of minimum, individualisation, and vital force theory, was founded on principles that predate but parallel these frameworks.

Objective: The conceptual, philosophical, and empirical compatibility of homoeopathic medicine with the SDOH and One Health concepts is methodically examined in this work, which also highlights areas of convergence and divergence and suggests a research agenda.

Methods: A narrative synthesis of contemporary SDOH frameworks (WHO, Healthy People 2030), One Health literature (CDC, WHO, JFMPC 2023), and classical homoeopathic doctrine (Hahnemann's Organon, Aphorisms 1–80) was done. We reviewed published research on homoeopathy in veterinary applications, community medicine, and environmental contexts.

Results: The three pillars of One Health (human, animal, and environment) and all five SDOH domains show a strong philosophical compatibility with homoeopathy. Key convergence points include: miasmatic theory as a proto-environmental-SDOH model; Genus Epidemicus is a community epidemiology tool; Veterinary homoeopathy helps

minimise AMR; and constitutional prescribing addresses psychological variables. For the animal and environmental areas, the evidence is still mostly preliminary.

Conclusion: Homoeopathy is well compatible with One Health concepts and SDOH. A major opportunity for the profession is formal incorporation into SDOH-indexed clinical research and AYUSH-linked One Health policy.

Keywords: Homoeopathy; Social Determinants of Health; One Health; AYUSH; Miasmatic Theory; Genus Epidemicus; Antimicrobial Resistance; Community Medicine; One Health concepts

NEUROENDOCRINE BASIS OF LACTATION AND HOLISTIC HEALING: INTEGRATING HOMOEOPATHIC PRINCIPLES WITH LACTATION MEDICINE.

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Introduction: Lactation is a complex integrated physiological process regulated by neuroendocrine mechanisms, with oxytocin playing a pivotal role in milk ejection reflex and maternal-infant bonding. Concurrently, holistic healing approaches, including homeopathy, emphasize the integration of mind-body balance, active listening to support health and recovery. This study explores the neuroendocrine basis of lactation alongside the potential synergy between homeopathic principles and lactation science.

Objectives: To assess postpartum mothers' knowledge of neuroendocrine mechanisms of lactation (prolactin/oxytocin function and stress)

- To evaluate self-reported use and perceived effectiveness of homeopathic/holistic interventions on milk production and breast problems
- To examine associations between holistic intervention use and breastfeeding outcomes (perceived milk sufficiency, engorgement, breastfeeding confidence).

Methodology: A cross-sectional survey of postpartum mothers (e.g., n≈20) within 6 weeks of delivery used a structured questionnaire adapted from validated breastfeeding skills and

complementary therapy tools. Sections included sociodemographic and obstetric data, breastfeeding patterns, neuroendocrine-related symptoms (stress, anxiety, perceived milk let-down), and use of holistic/homeopathic measures. Descriptive statistics summarised frequencies and means compared holistic users vs non-users.

Results: The review confirmed oxytocin's central role in facilitating milk let-down and promoting maternal behaviors. Homoeopathic approaches, emphasising individualised treatment and holistic balance, may influence neuroendocrine function indirectly by reducing stress and enhancing emotional well-being, potentially supporting oxytocin release and lactation efficiency. Evidence suggests a complementary relationship where homoeopathy could augment neuroendocrine mechanisms.

Conclusion: Integrating homeopathic principles of case taking with lactation science offers a promising holistic framework to support lactation and maternal health. This interdisciplinary approach warrants further empirical research to validate clinical applications and optimise therapeutic strategies. This integrative approach would drastically improve the breastfeeding rate at a global level.

IN-SILICO ANALYSIS OF ALKALOIDAL ACTION OF THE HOMOEOPATHIC MEDICINE NUX VOMICA THROUGH ADMET STUDY

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Introduction: Homeopathy is an alternative medical system founded on the principle of "like cures like," using substances derived from plants, animals, or minerals. *Nux vomica*, a commonly used homeopathic medicine, contains several bioactive alkaloids such as Strychnine, Brucine, and Loganin, known for their therapeutic potential. The ADMET (Absorption, Distribution, Metabolism, Excretion, and Toxicity) study offers a scientific approach to analyze pharmacokinetics and safety profiles of compounds, aiding in understanding their biological interactions and drug-likeness.

Study Question: This study aimed to analyze the alkaloidal action of *Nux vomica* through in silico ADMET evaluation, specifically investigating its pharmacokinetic properties, bioavailability, drug-likeness, and medicinal chemistry potential using the Swiss ADME web tool.

Methods: Swiss ADME was employed to predict physicochemical properties, lipophilicity, solubility, pharmacokinetics, drug-likeness, and medicinal chemistry friendliness of the alkaloids present in *Nux vomica*. Key parameters such as gastrointestinal absorption, blood-brain barrier permeation, cytochrome P450 enzyme inhibition, and synthetic accessibility were assessed. The study focused on

evaluating Strychnine, Brucine, and Loganin as representative alkaloids.

Discussion: The results indicated that Strychnine and Brucine exhibit high gastrointestinal absorption and blood-brain barrier permeation, supporting their role in gastrointestinal and neurological therapeutic applications, such as treating gastritis, ulcers, and epileptic attacks. Loganin showed low GI absorption and no BBB permeation, indicating limited central action. All alkaloids obeyed Lipinski's rule of five, suggesting drug-likeness for oral administration. However, minimal skin permeation implied unsuitability for external application. The study confirmed the water and lipid solubility of the alkaloids, validating their bioavailability in potentized homeopathic form.

Conclusion: The ADMET study demonstrates that the alkaloids in *Nux vomica* possess favorable pharmacokinetic properties for oral administration, with significant gastrointestinal absorption and the ability to cross the blood-brain barrier. The findings support traditional homeopathic uses in gastrointestinal and neurological conditions, providing a scientific basis for their medicinal efficacy. Minimal skin permeation and low toxicity in potentized doses further establish the safety of *Nux vomica* in homeopathic practice.

INTEGRATIVE HOMOEOPATHIC SUPPORTIVE CARE IN ADVANCED PANCREATIC CANCER: A CASE REPORT WITH QUALITY-OF-LIFE OUTCOMES

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Background:

Pancreatic cancer is among the most aggressive malignancies, often associated with significant symptom burden, including pain, anorexia, fatigue, anxiety, and reduced quality of life. Complementary approaches are increasingly explored to improve patient well-being alongside conventional oncological management. This case report describes the role of individualized homoeopathic treatment as

supportive care in a patient with advanced pancreatic cancer.

Objective:

To evaluate changes in symptom burden and quality of life following individualized homoeopathic intervention in a patient receiving conventional treatment for pancreatic cancer.

Case Presentation:

A 62-year-old male diagnosed with Stage III pancreatic adenocarcinoma presented with severe epigastric pain, loss of appetite, fatigue, sleep disturbances, and emotional distress. The patient was undergoing standard oncological treatment. Following detailed homoeopathic case-taking, an individualized remedy was prescribed based on the totality of symptoms.

Methods:

Clinical follow-up was conducted over six months. Outcome measures included the European Organisation for Research and Treatment of Cancer Quality of Life Questionnaire (EORTC QLQ-C30), Visual Analogue Scale (VAS) for pain, body weight, performance status, and patient-reported symptom scores. Clinical records and serial assessments were documented.

Results:

Over the observation period, pain scores decreased from 8/10 to 4/10 on the VAS. Appetite improved, resulting in stabilization of body weight. Fatigue and sleep quality showed measurable improvement, while global quality-of-life scores increased substantially from baseline. The patient reported improved daily functioning and emotional well-being. No adverse effects attributable to the homoeopathic intervention were observed.

Conclusion:

Individualized homoeopathic treatment, used as an adjunct to standard oncological care, was associated with improvements in symptom management and quality of life in this patient with advanced pancreatic cancer. These findings support further investigation through prospective controlled studies to evaluate the potential role of homoeopathy in supportive oncology care.

Keywords: Pancreatic Cancer, Integrative Oncology, Homoeopathy, Supportive Care, Quality of Life, Case Report.

HOMOEOPATHY IN THE MANAGEMENT OF POSTPARTUM HYPOTHYROIDISM— A CASEREPORT

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Introduction: Hypothyroidism is a common endocrine disorder caused by insufficient thyroid hormone production, resulting in an underactive thyroid gland. In India, it affects about one in ten adults, with women being more commonly affected. Postpartum thyroiditis (PPT) is an autoimmune inflammation of the thyroid occurring within the first year after childbirth and may be temporary or permanent. It can cause significant distress, including depression and mood swings.

Case Summary: A 33year old Female came to clinic on 01.11.2025 with Known history of hypothyroidism since 1 year. Patient came with complaints of weight gain (4-5kgs), feeling tired and lazy the whole day, palpitations in chest, improper sleep and drenching sweat. The Complaint started 2years back in 2023 when patient got conceived with the second child and was diagnosed to have hypothyroidism. Since then Patient has been taken Thyroxin 500mg tablet initially which has been reduced to Thyroxin 125mg daily after delivery for these 2 years

regularly. Patient was referred to an herbal native medical treatment in her native and has been taking medicines since three month now which has increased the symptoms. Patient feels as if she lacks in confidence, has a weak memory during her workspace and fears about health with dreams of something critical happens to her health. Patient was asked to repeat the TSH levels and noted it to be very high **21.3 μ IU/mL** on 08.11.2025. Complete homoeopathic case taking with totality of symptoms was taken. Patient was prescribed with Calcarea carbonica 30 - 4 pills daily dose after repertorization and dietary with lifestyle changes plan were given. Patient had returned after for the follow up, with TSH levels drastically coming down to **3.39 μ IU/mL** after a month on 06.12.2025. Patient was relieved from symptoms. The before and after report of TSH levels was recorded.

Conclusion: Postpartum Hypothyroidism is a disruption of vital force triggered by hormonal imbalance, emotional stress and environmental

predisposition. Patients opting non hormonal treatment mostly opt AYUSH system of treatments. A complete case taking with repertorization and neat diet with life style changes plan can do wonders. Homoeopathy has acted in this patient to

lower high TSH levels and manage Postpartum Hypothyroidism. Thus, Postpartum Hypothyroidism can be treated successfully with Homoeopathy is evident through this case report.

HOMOEOPATHIC CONSTITUTIONAL MEDICINE IN THE MANAGEMENT OF TENSION TYPE HEADACHE

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Introduction: Tension type headaches (TTH) are recurrent episodes of headache lasting minutes to weeks. The pain is typically pressing or tightening in quality, of mild to moderate intensity, and bilateral in location, and does not worsen with the routine physical activity. Nausea and vomiting is usually absent, but photophobia or phonophobia may be present.

Case Summary: Tension Type Headache is affecting almost 14 to 44 per 1000 person in one year globally. Risk factors for tension type headache include poor self-rated health, loss of sleep, physical exertion, high workload, familial disposition, lack of secondary education etc. Moreover it decreases the person's quality of life and imposes a huge economic burden on society from lost work time and reduced productivity. Females are more prone towards it. Ratio between male and females is between 1: 1.2 to 1:3. The purpose of the study is to find whether homeopathic constitutional medicines are effective in the treatment of Tension type headache. Total number of 30 cases were taken for the study. The

cases were chosen based on the inclusion criteria & exclusion criteria. The diagnosis of Tension Type Headache was done using International headache society diagnostic criteria (ICHD II) between the age group of 15 to 45 years of age were taken for this study. Patients of both the sex were taken for this study. A clear and detailed case history were taken with proper clinical examination and according to the symptom totality similimum is selected. They were treated with appropriate homeopathic constitutional medicine and the cases were followed for a period of 6 months to 1 year. Prognosis is elicited by Numeric pain rating scale.

Conclusion: Homeopathic management on the basis of causation, sensation and modalities of the complaints. Specifics were based on cause of tension/ stress (physical, mental, or both), types of pain, sensation and extension of pain are used to differentiate among the choices of remedy. Homeopathic treatments have benefited patients suffering from Tension Type Headache.

HOMOEOPATHY IN THE MANAGEMENT OF URTICARIA – A CASE REPORT

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Introduction: Urticaria (hives) is a skin rash with raised, itchy red or flesh-colored bumps that may burn or sting. The rash can appear on different body parts and usually lasts from minutes to days without leaving lasting skin changes. Most cases are short-term, while fewer than 5% persist for over six weeks (chronic urticaria). Common triggers include infections, allergies (to medications, insect bites, or food), stress, cold temperatures, and vibration, though the cause is unknown in about half of cases.

Case Summary: A 30 year old Female came to clinic on 12.02.2025 with severe itching and rashes since 2years on and off. Patient reported with the complaint of Rashes on both hands, legs and chest area since 2years on and off. The rashes usually elevated patches which is burning sensation with intense itching on the spot. The rashes start with uncontrollable itching and elevated patches staying for few hours then disappears. Rashes aggravated by water, eating chicken and prawns. symptoms return at the same time every year (every year on October

or November it starts). She took Allopathy treatment for 3 months but no improvement. She reported on February 2025 with the presenting complaints. On Complete Homoeopathic case taking with totality of symptoms was taken. Patient before picture of the complaint was taken. After repertorization patient prescribed with *Urtica urens* 30, 4 pills daily dose before food for 15 days. Patient had returned after for the follow up, Rashes with elevated patches reduced to small spot and itching drastically reduced within a week. Patient continued the treatment for few months and was relieved. The before and after pictures was taken. On individualization the person as whole, homoeopathy

has much effectiveness in management and treatment of Urticaria and general health of the Individual.

Conclusions: Urticaria usually have raised patches and mild to severe itching, where the main cause of the urticaria is usually unknown. Homoeopathy deals with the fundamental principle of individualization. Homoeopathy treats the man, rather than the disease. Its individualization is the integral part of Homoeopathy. Thus, Urticaria can be treated successfully with Homoeopathy is evident through this case report.

INTEGRATIVE HOMOEOPATHIC MANAGEMENT IN A COLORECTAL CANCER SURVIVOR: A CASE REPORT

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Background: Colorectal cancer (CRC) is a significant global health challenge and is associated with considerable physical and psychological burden despite advances in conventional treatment. Colorectal cancer (CRC) survivors frequently experience persistent gastrointestinal symptoms, fatigue, nutritional challenges, and psychological distress despite successful completion of conventional treatment. Integrative supportive-care approaches are increasingly explored to improve quality of life during survivorship.

Objective: To evaluate the impact of individualized homoeopathic treatment on symptom burden, quality of life, and overall well-being in a patient recovering from colorectal cancer treatment.

Case Summary: A 58-year-old male with moderately differentiated adenocarcinoma of the sigmoid colon underwent surgical resection followed by adjuvant chemotherapy. Six months after completing conventional treatment, he presented with altered bowel habits, abdominal discomfort, poor appetite, generalized weakness, disturbed sleep, anxiety regarding disease recurrence, and progressive weight loss. Following detailed homoeopathic case-taking and repertorial analysis, an individualized constitutional remedy, *Arsenicum album* 200C, was prescribed along with *Condurango* mother tincture as supportive therapy.

Methods: The patient was followed for six months with periodic assessment of bowel function, abdominal discomfort, appetite, body weight, fatigue, emotional well-being, quality of life, and MONARCH criteria.

Results: Marked clinical improvement was observed during follow-up. Body weight increased from 58 kg to 65 kg, appetite improved from 3/10 to 8/10, and fatigue reduced from 8/10 to 2/10, and abdominal discomfort decreased from 7/10 to 1/10. Bowel habits normalized, sleep quality improved, and anxiety regarding recurrence diminished substantially. The quality-of-life score improved from 52 to 84, indicating significant enhancement in physical, emotional, and functional well-being. No adverse effects related to homoeopathic treatment were reported. Follow-up oncological surveillance showed no evidence of disease recurrence. The case achieved a MONARCH score of 10/13.

Conclusion: This case suggests that individualized homoeopathic treatment may have a supportive role in colorectal cancer survivorship by improving gastrointestinal function, nutritional status, fatigue, emotional well-being, and overall quality of life. Further prospective studies are required to evaluate these findings..

AGROHOMEOPATHY AND ONE HEALTH: A SYSTEMATIC REVIEW OF PEER-REVIEWED EXPERIMENTAL STUDIES PUBLISHED BETWEEN 2019 AND 2026

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Introduction:

The increasing demand for sustainable agricultural practices is driving interest in agrohomeopathy, the application of homeopathic preparations to plants and agricultural systems. Experimental studies are investigating its potential effects on seed germination, plant growth, crop productivity, stress tolerance, and disease management. Within the One Health framework, plant health represents an important but often underexplored component linking environmental sustainability, food systems, and ecosystem resilience. Plant-based experimental models are particularly valuable because they permit evaluation of biological responses without the influence of patient expectation or conventional placebo effects. Despite growing research activity in this field, an updated synthesis of evidence published since 2019 is currently lacking.

Objective:

To systematically identify, evaluate, and synthesize peer-reviewed experimental studies investigating the effects of homeopathic preparations on plants and agricultural systems published between January 2019 and June 2026.

Methodology:

A systematic review protocol has been prospectively registered on the Open Science Framework (OSF) and is being conducted in accordance with PRISMA 2020 guidelines. Peer-reviewed studies published between January 2019 and June 2026 are being identified through systematic searches of PubMed,

Scopus, and Web of Science. Eligible studies include laboratory, greenhouse, and field experiments investigating the effects of homeopathic preparations on seed germination, plant growth, crop yield, disease resistance, physiological responses, or stress tolerance. Study selection, data extraction, and methodological quality assessment are being performed according to predefined criteria.

Results:

Database searching and study screening are currently in progress. The review is expected to identify the range of plant species investigated, homeopathic preparations employed, experimental designs used, and reported biological outcomes. Methodological quality, reproducibility, and risk of bias across studies are also being evaluated. The completed review is expected to provide a comprehensive evidence map of contemporary agrohomeopathy research and identify strengths, limitations, and knowledge gaps within the field.

Conclusion:

This systematic review is providing an up-to-date and methodologically rigorous evaluation of agrohomeopathy research. The completed review is expected to contribute to an evidence-based understanding of the potential role of homeopathic preparations in sustainable agricultural systems and to explore their relevance within the broader One Health framework, particularly in relation to plant health, environmental sustainability, and agricultural resilience.

ANALYTICAL INVESTIGATION OF SELECTED HOMOEOPATHIC MEDICINES THROUGH FTIR AND UV-VISIBLE SPECTRAL PROFILING

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Background: Physicochemical characterization of homoeopathic medicines remains an important area of research for understanding their measurable analytical properties. Spectroscopic techniques such as Fourier Transform Infrared (FTIR) and

Ultraviolet-Visible (UV-Vis) spectroscopy can be employed to evaluate characteristic spectral signatures in potentized preparations.

Objective: To investigate the physicochemical characteristics of selected homoeopathic medicines

using FTIR and UV–Visible spectroscopy and to identify medicine-associated spectral fingerprints.

Methods: Ten homoeopathic medicines, namely *Tribulus terrestris* 200, *Calcarea Iodata* 200, *Baryta Carbonica* 200, *Agnus Castus* 30, *Apis Mellifica* 200, *Sulphur* 1M, *Phosphorus* 1M, *Glonoinum* 1M, *Capsicum annum* 30 and *Capsicum annum* 200, were analyzed using FTIR and UV–Visible spectroscopic techniques. FTIR spectra were examined for characteristic absorption bands, while UV–Visible spectra were evaluated based on wavelength of maximum absorption (λ_{max}) and absorbance intensity.

Results: FTIR analysis revealed characteristic absorption bands in all samples at approximately $3300\text{--}3350\text{ cm}^{-1}$, 2970 cm^{-1} , $1650\text{--}1660\text{ cm}^{-1}$, 1380 cm^{-1} , $1044\text{--}1045\text{ cm}^{-1}$ and 879 cm^{-1} , indicating

detectable molecular vibrational signatures. UV–Visible spectroscopy demonstrated distinct absorption profiles among the preparations. *Tribulus terrestris* 200, *Calcarea Iodata* 200, *Baryta Carbonica* 200 and *Capsicum annum* 200 exhibited weak absorption maxima near 405–409 nm, whereas *Apis Mellifica* 200, *Sulphur* 1M, *Phosphorus* 1M and *Glonoinum* 1M showed stronger and more complex spectral patterns. *Glonoinum* 1M exhibited the highest absorbance, while *Capsicum annum* 30 demonstrated intense UV absorption.

Conclusion: The investigated homoeopathic medicines exhibited distinguishable FTIR and UV–Visible spectral fingerprints. The observed differences in absorption bands, λ_{max} values and absorbance intensities indicate measurable physicochemical characteristics specific to the respective preparations.

EVALUATION OF ION CHANNEL TRAFFICKING IN CARDIOVASCULAR DISEASE USING HOMOEOPATHIC MEDICINES *AMYLENUM NITROSUM* 30C AND *DIGITALIS PURPUREA* 30C IN HEK293 CELL LINE

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Introduction: Cardiovascular diseases (CVDs) are a leading cause of global morbidity and mortality, with ion channel dysfunction playing a critical role in their pathogenesis. Homoeopathic medicines such as *Amylenum nitrosum* and *Digitalis purpurea* have traditionally been used in cardiovascular disorders; however, their cellular mechanisms remain inadequately explored.

Objective: To evaluate the cytotoxic and apoptotic effects of *Amylenum nitrosum* 30C and *Digitalis purpurea* 30C on HEK293 cells and investigate their potential association with ion channel-related cellular mechanisms.

Methodology: An in vitro experimental study was conducted using HEK293 cell lines. Cells were treated with varying dilutions of *Amylenum nitrosum* 30C and *Digitalis purpurea* 30C. Cell viability was assessed using the MTT assay, while apoptosis was evaluated through DNA fragmentation and DAPI-based immunofluorescence assays. IC₅₀ values were determined from dose–response curves, and comparative analyses were performed between treatment groups and controls.

Results: Both medicines exhibited dose-dependent cytotoxic and apoptotic activities. *Amylenum nitrosum* 30C reduced cell viability with an IC₅₀ of approximately 1:2.4 dilution, whereas *Digitalis purpurea* 30C demonstrated stronger cytotoxicity with an IC₅₀ of approximately 1:3 dilution. DNA fragmentation assays revealed moderate apoptotic activity in *Amylenum nitrosum*-treated cells and pronounced DNA laddering in *Digitalis purpurea*-treated cells. Immunofluorescence analysis corroborated these findings, showing mild nuclear condensation with *Amylenum nitrosum* and marked chromatin condensation, margination, and nuclear fragmentation with *Digitalis purpurea*.

Conclusion: Both homoeopathic medicines demonstrated measurable biological activity in HEK293 cells by inducing apoptosis and reducing cell viability. *Digitalis purpurea* 30C exhibited a stronger pro-apoptotic effect than *Amylenum nitrosum* 30C. These findings provide preliminary evidence supporting the potential involvement of ion channel-related pathways and warrant further mechanistic investigations.

PREPARING FUTURE-READY HOMOEOPATHIC PROFESSIONALS: THE BEYOND BHMS MODEL FOR RESEARCH, AI LITERACY, INNOVATION AND LEADERSHIP.

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Background: The evolving healthcare landscape demands competencies beyond traditional medical education. Homoeopathic students require skills in research, teaching, scientific communication, entrepreneurship, digital technology, and innovation to thrive in modern healthcare systems.

Objective: To present the *Beyond BHMS* model, an educational framework designed to equip homoeopathic students with future-ready professional competencies beyond the conventional curriculum.

Methods: The *Beyond BHMS* model was developed based on identified gaps in student professional development and emerging trends in healthcare education. The framework is organized into five domains: *Student to Researcher*, *Student to Educator*, *Student to Author*, *Student to Entrepreneur*, and *Student to Innovator*. Twenty-four chapters provide practical guidance on research publication, conference presentations, grant opportunities, teaching skills, educational content development, book publishing, professional branding, community

health initiatives, artificial intelligence, chatbot applications, mobile app development, and digital health education.

Results: The model promotes a structured pathway for developing research aptitude, leadership, communication skills, innovation, and technological literacy. It encourages students to become active contributors to healthcare, academia, and community development while fostering evidence-based practice and lifelong learning.

Conclusion: The *Beyond BHMS* model offers an innovative approach to preparing competent, adaptable, and future-ready homoeopathic professionals. By integrating research, education, authorship, entrepreneurship, and AI literacy, the framework supports academic excellence, innovation, and the advancement of AYUSH education in alignment with the One Health vision.

Keywords: Homoeopathic Education, BHMS, AYUSH, Artificial Intelligence, Research Skills, Innovation, Entrepreneurship, Leadership.

EFFICACY OF HOMOEOPATHY IN SURGICAL CASES: A CASE REPORT OF MODERATE TO SEVERE PLEURAL EFFUSION WITH NEAR COMPLETE ATELECTASIS

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Pleural effusion is a highly distressing clinical condition that makes the patient highly deteriorated both physically and mentally. An 80-year-old male patient diagnosed with right-sided moderate to severe pleural effusion with near-complete compressive atelectasis was treated with Homoeopathy. During the beginning days of COVID-19, this patient was completely cornered and helpless due to the strict implementation of a nationwide lockdown in an effort to control and contain the spread of COVID-19.

He was left with no choice but to meet a homoeopath to get treated for his pleural effusion, as all patients with cough were quarantined as COVID-19 victims. He presented with the complaints of dry cough, loss of appetite, dyspnea, orthopnea, chest pain and other

symptoms. After being diagnosed with radiologic images as right-sided moderate to severe pleural effusion and near-complete compressive atelectasis, the patient was treated with Homoeopathic medicines, and he completely recovered without any further progression of the disease or complications. Homoeopathy, a complete scientific system of medicine, treating the patient as a whole, has proved its efficacy and supremacy in many advanced pathological and surgical cases with just a few doses of oral medicines, and has also recovered this patient without undergoing any painful interventions.

Keywords: Pleural effusion with atelectasis, Homoeopathy in Surgical cases, Homoeopathy in pleural effusion.

THERAPEUTIC VALUE OF INDIVIDUALIZED HOMOEOPATHIC INTERVENTION IN SUBCLINICAL HYPOTHYROIDISM: A CASE REPORT

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Background: Subclinical hypothyroidism (SCH) is a frequently encountered thyroid disorder characterized by elevated thyroid-stimulating hormone (TSH) levels despite normal serum T3 and T4 concentrations. Patients often experience symptoms such as fatigue, weight gain, lethargy, and reduced quality of life, even in the absence of overt biochemical abnormalities. Homoeopathy emphasizes individualized care and aims to restore health by addressing the patient as a whole.

Case Summary: A 46-year-old woman diagnosed with subclinical hypothyroidism sought homoeopathic treatment for persistent symptoms affecting her daily life and well-being. A comprehensive homoeopathic evaluation, including physical, mental, and general characteristics, was conducted. Based on the totality of symptoms, *Calcarea carbonica* 0/1 was prescribed and repeated according to the patient's response.

Outcome: Over a five-month treatment period, the patient experienced marked improvement in energy

levels, general well-being, and other associated symptoms. Serial thyroid function tests demonstrated a gradual reduction in elevated TSH levels while maintaining normal T3 and T4 values. Continued follow-up for four additional months showed sustained clinical stability and improved laboratory findings.

Conclusion: This case illustrates the potential of individualized homoeopathic treatment in supporting patients with subclinical hypothyroidism. The observed improvement in both clinical symptoms and thyroid function parameters highlight the value of a personalized, patient-centered therapeutic approach. Further systematic research is warranted to explore the role of homoeopathy in the management of thyroid dysfunction.

Keywords: Subclinical Hypothyroidism, Individualized Homoeopathy, Patient-Centered Care, *Calcarea carbonica*, Case Report.

HOMOEOPATHIC TREATMENT OF UTRICARIA WITH ANGIOEDEMA – A CLINICAL CASE REPORT

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Introduction: Urticaria and angioedema represent the same pathophysiologic process occurring at different levels of the skin. Urticaria involves only the superficial portion of the dermis. Angioedema is well demarcated localized oedema involving the deeper layer of the skin.

Methodology: In this case, a 28-year-old female (post-delivery 6 months) was suffering from sudden manifestation of itching with red rashes. Initially started as only itching in face, neck and thigh region without rashes. Suddenly itching with red rashes in both extremities, thighs due to mental causative factor suppressed anger with mortification, then along with urticaria, had fever(on/off), joint pains, and oedema of both feet. Also, the patient had severe

soles pains with difficulty walking. On the 8th day, this localised urticaria became generalised with angioedema ie patient had an anaphylaxis reaction along with new symptoms started, periodicity of fever with peculiar sensation, bitter taste, and eructation of sour fluid. Thermal hot patient

Intervention: Based on the continued changing totality of symptoms, the patient had been given Staphysagria, Pulsatilla, Rhus tox and finally China officinalis. This case was repertorized in Phatak repertory, Synthesis with reference work of complete dynamics, Materia medica pura and Kent lectures on homoeopathic materia medica.

Results And Conclusion: China officinalis had cured the Urticaria with angioedema completely

within 5 days with remarkable results. In acute cases, depends upon the changing totality of symptoms, we can change the medicine according to symptom similarity frequently (Aphorisms 168,169). How the Transient explosion of latent psora manifestations

and importance of source Materia medica were learned through this case.

Key Words: Homoeopathy, Urticaria, Angiodema, Anaphylaxis, China officinalis

TO COMPARE THE ANTI-BACTERIAL ACTIVITY OF UVA URSI 200 AND CANTHARIS VESICATORIA 200 IN ISOLATED E-COLI OF DIFFERENT URINE SAMPLES BY KIRBY BAUER DISC DIFFUSION METHOD

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Introduction: The most common bacterial infections are **Urinary Tract Infections (UTI)**, primarily caused by **Escherichia coli (E. coli)**, a gram negative bacterium responsible for 80-90% of community-acquired UTIs. The rise of antibiotic-resistant E.coli strains has increased the demand for Homoeopathic remedies. This study explores the antibacterial efficacy of **Uva ursi 200** and **Cantharis vesicatoria 200**, using **Kirby-Bauer Disc Diffusion Method**, by comparing the **Zone of Inhibition (ZOI)** of those remedies against E. coli to validate the traditional way of treatment in Homoeopathy.

Objectives:

- To isolate and identify uropathogenic E.coli from different urine samples of UTI patients.
- To evaluate the effectiveness of Uva ursi 200 and Cantharis Vesicatoria 200 against uropathogenic E.coli using the Kirby-Bauer Disc Diffusion Method and also to compare their antibacterial activity by paired t-statistics test.

Methodology:

1. **Sample collection:** Midstream urine samples from 10 UTI patients were collected at Excel Homoeopathy Medical Hospital.
2. **Transport and Storage:** Samples were transported within 30 minutes and stored at 4°C for upto 4 hours in Laboratory, to prevent bacterial overgrowth.
3. **Microscopy:** Presence of pus cells and bacteria on Direct Microscopic examination was examined in uncentrifuged sample.
4. **Culture:** E.coli cultured and confirmed using Chromocult Coliform Agar (CCA) and Sorbitol Mac-Conkey Agar (sMAC).

5. **Biochemical Tests:** Indole Test and Methyl Red (MR) Test were performed.
6. **Testing Method:** Kirby-Bauer Disc Diffusion applied to Muller-Hinton Agar plates.
7. **Antibacterial Agents:** Uva ursi 200, Cantharis vesicatoria 200, Standard antibiotic (Amoxicillin) as a control and Dispensing alcohol as a negative control
8. **Measurement:** Zone of Inhibition (ZOI) recorded and compared statistically using a paired t-test.

Results

- **Mean ZOI:**
 - Uva ursi 200: **15.30mm**
 - Cantharis vesicatoria 200: **12.9mm**
- **Statistical Analysis:**
 - Paired t-test yielded $p=0.002$ ($p<0.05$), indicating a significant difference.
- **Key Findings:**
 - Uva ursi 200 exhibited a larger ZOI than Cantharis vesicatoria 200.

Discussion

- **Efficacy of Uva ursi 200:** Contains arbutin, which metabolizes into hydroquinone, exhibiting strong antibacterial properties.
- **Efficacy of Cantharis vesicatoria 200:** Traditionally used for UTIs, but showed a lower ZOI compared to Uva ursi 200.
- **Homoeopathic Principles:** Supports the Law of Similia and Doctrine of Drug Dynamisation, as high dilutions still demonstrated antibacterial activity.
- **Comparison with Standard Antibiotic:** The study suggests potential use of Homoeopathic remedies as alternative treatments for antibiotic-resistant UTIs.

Conclusion

- Both Uvaursi 200 and Cantharisvesicatoria 200 exhibited antibacterial activity against E. coli with more significant effect in Uvaursi200.
- This study supports further investigation into homoeopathic treatments with larger sample sizes, clinical trials, and testing on different bacterial strains are recommended.

A PROSPECTIVE STUDY ON THE LOWER URINARY TRACT INFECTION USING A CONCISE REPERTORY OF HOMOEOPATHIC MEDICINE BY Dr.S.R.PHATAK”

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Introduction: Lower urinary tract infection (LUTI) is progressive, age-related, non-sex-specific experiencing a combination of storage, voiding, and post micturition symptoms. It is one of the common disease which is overlooked but if it is not treated in timely which leads to kidney disease. Nowadays LUTI is having increased resistance to antibiotic. LUTI is considering as community burden due to lack of awareness among people. In Homoeopathic system of medicine which increase the quality of life by treating the patient based on individuality and also increase the awareness about the condition.

Aim And Objective: To assess the usefulness of concise repertory of homoeopathic medicine by Dr.S.R.Phatak in Lower urinary tract infection and also improve the quality of life by using homoeopathic treatment.

Material And Methods: Thirty cases were taken from the patients with symptoms of LUTI visiting outpatient, inpatient and peripheral centers of White

Memorial Homoeo Medical College and Hospital will be assigned in the study.Repertorial totality erected using concise repertory of homoeopathic medicine by Dr.S.R.Phatak and repertorization done. Pre and post analysis is done by using CORE LOWER URINARY TRACT ASSESSMENT SCORE and Rating scale for assessment. Results subjected to statistical analysis and hypothesis is tested using paired T test.

Results & Conclusion: Comparing the before and after scores based on CORE LOWER URINARY TRACT ASSESSMENT SCORE AND RATING SCALE for LUTI of all 30 cases taken for this study, 14 cases showed marked improvement ,13 cases showed moderate improvement and 3 case showed mild improvement. The Homoeopathic remedy selected from the rubric selection through Concise Repertory of Homoeopathic medicine by Dr. S.R. Phatak for LUTI were found to show positive effect in improve the condition and improve quality of life.

INDIVIDUALISED HOMOEOPATHIC MANAGEMENT IN A CHILD WITH DEVELOPMENTAL DELAY AND ADHD FEATURES: A CASE REPORT

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Background And Aim: Developmental delay with comorbid ADHD features presents a significant management challenge, and systematically documented outcomes with individualised homoeopathic treatment are still limited. This report aims to describe developmental and behavioural changes, tracked with serial ADHD scores, in a child with developmental delay and ADHD features managed with an individualised, multi-layered homoeopathic approach.

Methods (Case Assessment And Scoring) A boy aged 4 years 3 months at first presentation was evaluated for global developmental delay, hyperactivity, and behavioural dysregulation. ADHD symptomatology was monitored using a serial ADHD rating scale with distinct inattentive and hyperactive domains, recorded on 23-Apr-2024, 03-Oct-2024, 09-Jan-2025, and 27-May-2025. Domain-wise and total scores were analysed longitudinally to estimate absolute and percentage change from baseline. The assessment was done for ADHD by Applied Behaviour Analysis.

Case summary and homeopathic management:

The child had normal milestones until walking, followed by slowing of development after 2 years of age, with prominent inattention, hyperactivity, anger, frequent eating, and a desire for spicy food. Birth history included cord around neck and early reddish perineal rash; immunization was as per schedule. An individualised, phased prescription strategy was adopted. Phosphorus was prescribed, followed by intercurrent remedies Medorrhinum and Tuberculinum. Clinical follow-up noted gradual improvement in attention, behaviour, and overall functioning.

Results (developmental and ADHD score changes): Inattention scores reduced from 10.0 at baseline to 2.45 on 27-May-2025 (75.5% reduction), while hyperactivity scores decreased from 7.0 to 3.0

(57.1% reduction). The total ADHD score declined from 17.0 to 5.45, corresponding to an overall reduction of 67.9%. Caregivers reported better attention span, reduced anger, and age-wise developmental progression, though some delay persisted.

Conclusion:

This case suggests that individualised homoeopathic management, combining intercurrent and supportive measures, may be associated with clinically meaningful improvement in developmental delay with ADHD features. Systematic case series and controlled studies are warranted to further evaluate this approach.

Keywords: ADHD, Developmental delay, Applied Behaviour Analysis, Phosphorus, Medorrhinum

ROLE OF HOMOEOPATHY IN ACUTE ACALCULOUS CHOLECYSTITIS: AN EVIDENCE-BASED CASE REPORT

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Introduction: Acute acalculous cholecystitis (AAC) is a severe inflammatory condition of the gallbladder occurring in the absence of gallstones or cystic duct obstruction. It is commonly associated with critical illness, systemic infection, ischemia, and biliary stasis. AAC carries a high mortality rate because of diagnostic difficulties and the risk of complications such as gangrene and perforation. Conventional management usually includes antibiotics, supportive care, and surgical or percutaneous gallbladder drainage.

Case Summary: A 39-year-old moderately built male presented to the Outpatient Department of the Clinical Research Unit for Homoeopathy, Puducherry, on 27 December 2024 with severe stitching pain in the right hypochondrium and epigastrium for three days. The pain radiated to the right scapular region and was aggravated by slight movement. Nausea and vomiting accompanied the pain. The patient was a known case of diabetes mellitus for the past three years and had been receiving homoeopathic treatment for the same.

Computed tomography (CT) of the whole abdomen revealed an overdistended gallbladder measuring 4.8 cm in maximum diameter, gallbladder wall thickening of 6.7 mm with edema, extensive

intraluminal sludge, and mild inflammation of the pericholecystic fat planes, suggestive of acute acalculous cholecystitis. The patient had initially been admitted to an allopathic hospital and advised immediate surgery; however, he declined surgical intervention and sought homoeopathic treatment.

Based on the totality of symptoms, Bryonia alba 1M was prescribed. The patient showed significant clinical improvement with gradual resolution of pain, nausea, and associated symptoms. Follow-up CT imaging demonstrated improvement in gallbladder pathology. Assessment using the Modified Naranjo Criteria yielded a score of 9, suggesting a strong causal association between the homoeopathic intervention and clinical outcome.

Conclusion: This case report highlights the possible role of individualized homoeopathic treatment in the management of acute acalculous cholecystitis. The patient demonstrated marked symptomatic and radiological improvement following treatment with Bryonia alba 1M. Nevertheless, further systematic studies and controlled clinical trials are required to establish the efficacy and safety of homoeopathy in AAC.

Keywords : Acute acalculous cholecystitis; Homoeopathy; Bryonia alba; Case report

ASSESSING THE INHIBITION OF CELL PROLIFERATION AND APOPTOTIC ACTIVITY OF GALIUM APARINE AND HOANG NAN AGAINST CISPLATIN IN MOUTH CANCER CELL LINES(KB31)."

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Introduction: Oral cancer is one of the most prevalent malignancies worldwide and is associated with significant morbidity and mortality, particularly in developing countries. Conventional chemotherapy agents such as Cisplatin are widely used in treatment; however, their clinical use is often limited by adverse effects, toxicity, and drug resistance. Hence, there is growing interest in identifying alternative or complementary therapeutic agents with anticancer potential.

Objectives:

1. To assess the inhibition of cell proliferation activity of Galium aparine, Hoang nan.
2. To assess the apoptotic activity of Galium aparine, Hoang nan.
3. To compare the inhibition of cell proliferation and apoptotic activity of Galium aparine & Hoang nan with Chemotherapy drug Cisplatin.

Methodology: An in-vitro study was conducted using KB3-1 oral cancer cell lines cultured in 96 microplates under standard incubation conditions (37°C, 5% CO₂ & 95% humidity). The cells were treated with different concentrations (3.12–100 µg/ml) of Galium aparine and Hoang nan. Cell

proliferation inhibition was assessed after 48 hours using the MTT assay, while apoptotic and necrotic activity were evaluated after 24 hours using the Lactate Dehydrogenase (LDH) assay. Cisplatin was used as the standard reference drug, and absorbance was measured using a microplate reader at 570 nm.

Result: The results of the MTT assay demonstrated that Galium aparine 30C showed the lowest IC₅₀ value (4.44 µg/ml), indicating the strongest antiproliferative activity among the test samples, followed by Hoang nan 6C (5.49 µg/ml), Cisplatin (7.89 µg/ml), Hoang nan 30C (28.03 µg/ml), and Galium aparine 6C (75.41 µg/ml). LDH assay findings revealed maximum apoptotic activity with Galium aparine 30C (43.27%), followed by Hoang nan 6C (31.31%), Hoang nan 30C (22.63%), and Galium aparine 6C (22.03%).

Conclusion: The study findings suggest that both Galium aparine and Hoang nan possess significant anticancer potential against KB3-1 oral cancer cell lines, with Galium aparine 30C demonstrating the most potent overall effect. These results indicate that the selected medicines may have future potential as complementary therapeutic agents in oral cancer management. Further molecular, animal, and clinical studies are recommended to validate these findings.

EXPLORING THE SCOPE OF HOMOEOPATHY IN AUTOIMMUNE DISORDERS: A LONG-TERM RHEUMATOID ARTHRITIS CASE REPORT

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Introduction: Autoimmune diseases affect approximately 5–10% of the global population and represent a significant cause of chronic disability. Rheumatoid arthritis, affecting about 0.5–1% of the population, is a chronic systemic autoimmune disorder characterized by persistent inflammation,

pain, joint destruction, and impaired quality of life. The growing burden of autoimmune diseases highlights the need for comprehensive, patient-centered, and interdisciplinary approaches to management. Homoeopathy has been increasingly

explored as a complementary therapeutic option in chronic autoimmune conditions.

Objective: To evaluate the scope of individualized homeopathic treatment in a 52-year-old female patient diagnosed with rheumatoid arthritis and multiple chronic complaints of 10 years' duration.

Methodology: A prospective case study was conducted over 2.5 years. Detailed case taking and individualized homeopathic assessment were performed according to classical homeopathic principles. The patient received *Rhus toxicodendron* 30C and 200C, followed by *Staphysagria* 200C and 1M in water doses based on symptom evolution. Clinical progress was assessed through regular follow-ups and laboratory parameters, including Rheumatoid Factor (RF), C-Reactive Protein (CRP), and Erythrocyte Sedimentation Rate. The patient has been handled effectively with integrated support of yoga and exercise therapy at our institution.

Results: Marked clinical improvement was observed, with complete resolution of joint pain, stiffness, functional limitations, and associated chronic complaints. Laboratory findings demonstrated improvement: RF decreased from 40 IU/mL to 6 IU/mL, CRP from 1.2 mg/dL to 0.4 mg/dL, and ESR from 27 mm/hr to 17 mm/hr. The patient discontinued all conventional medications one year before the final follow-up and remained symptom-free with sustained well-being and improved quality of life.

Conclusion: This case demonstrates the scope of individualized homeopathic treatment in rheumatoid arthritis with favorable clinical and laboratory outcomes. The findings suggest potential benefits of homeopathy as part of an integrative care model for autoimmune disorders.

MANAGING HYPERTENSION WITH HYPERLIPIDEMIA USING HOMOEOPATHIC MEDICINE: A CASE REPORT

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Objective: To demonstrate the clinical efficacy of individualized homeopathic treatment in managing hypertension and hyperlipidaemia in patients, emphasizing a holistic approach, personalized remedy selection, and the use of higher potencies.

Introduction: Hypertension, a condition of persistent elevation of blood pressure in a person and Hyperlipidaemia, characterized by elevated levels of lipids in the blood, is a significant risk factor for cardiovascular diseases. Conventional treatments often focus on medication and lifestyle modifications. However, homeopathic remedies, particularly those individualized for the patient's unique symptom profile, offer a potential alternative or adjunct therapy. This case study aims to evaluate the effectiveness of homeopathy in managing hypertension and hyperlipidaemia, with a focus on the homeopathic remedy *Lycopodium*.

Case Summary: A 58-year-old male businessman from Chennai presented with complaints of increased cholesterol and triglyceride levels and hypertension. Clinically the patient also reported generalised weakness, vertigo in the morning on rising, frequent and profuse urination especially at

night, tingling and numbness in the lower extremities. Additionally, he suffers from chronic constipation. After a thorough examination and individualized remedy selection, *Lycopodium* was prescribed, tailored to his unique constitutional and clinical symptoms.

Results: Laboratory results after treatment showed a decrease in triglyceride levels, indicating a positive response to the homeopathic treatment. Notably, the patient's subjective symptoms, including generalised weakness, vertigo in the morning on rising, frequent and profuse urination especially at night, tingling and numbness in the lower extremities, also showed significant improvement.

Conclusion: This case study demonstrates a favourable outcome for the treatment of Hypertension and hyperlipidaemia using individualized homeopathic medicine, combined with therapeutic lifestyle adjustments. Although the results are promising, further well-designed studies are warranted to strengthen the evidence base for homeopathy's efficacy in managing hypertension and hyperlipidaemia.

FROM DYNAMIZATION TO NANOMEDICINE: A HOMOEOPATHIC PRESPECTIVE FOR GLOBAL HEALTH

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Introduction: Homeopathy, founded by Samuel Hahnemann, is based on the Law of Similars, Individualization and Dynamization. Dynamization involves serial dilution and succussion, through which medicinal substances are believed to acquire enhanced therapeutic properties. Although this concept has been central to homeopathic practice for over two centuries, advances in nanoscience have prompted renewed interest in understanding its possible scientific basis.

Objective: To explore the conceptual and scientific relationship between homeopathic dynamization and nanomedicine, and to highlight its potential relevance in addressing contemporary global health challenges.

Methods: A narrative review of classical homeopathic literature and contemporary scientific publications was undertaken. Concepts described in the Organon of Medicine were analysed alongside emerging evidence from nanoparticle characterization studies, nanotechnology, systems biology, and hormesis research.

Results: Recent studies employing analytical techniques such as transmission electron microscopy (TEM), scanning electron microscopy (SEM),

dynamic light scattering (DLS), and spectroscopy have reported the presence of nanoparticles and nanostructures in certain potentized homeopathic preparations. These observations suggest possible mechanisms involving nanoparticle-mediated signaling, biological amplification, and adaptive cellular responses. Such findings provide a potential scientific framework for investigating the dynamic action proposed by Hahnemann. Furthermore, the principles of low-dose biological activity and hormesis demonstrate intriguing parallels with homeopathic potentization.

Conclusion: The emerging convergence of homeopathic dynamization and nanoscience offers a promising interdisciplinary avenue for research. By bridging traditional medical knowledge with modern technological approaches, nanomedicine may provide new insights into the biological activity of potentized medicines. This integrative perspective has potential implications for personalized medicine, sustainable healthcare, and innovative therapeutic strategies for global health. Further experimental and clinical investigations are necessary to validate these concepts and strengthen the scientific understanding of homeopathic therapeutics.

MRI MORPHOLOGY AND FUNCTIONAL DISABILITY IN CERVICAL CANAL STENOSIS: A HOMOEOPATHIC CORRELATION BASED ON KENT'S REPERTORY

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Introduction: Cervical canal stenosis is a degenerative condition characterized by narrowing of the cervical spinal canal, leading to compression of the spinal cord and nerve roots. Patients commonly present with neck pain, stiffness, numbness, tingling, weakness, and varying degrees of functional disability. Magnetic Resonance Imaging (MRI) is the gold standard for evaluating anatomical severity, while the Neck Disability Index (NDI) assesses the impact of the condition on daily activities. Homoeopathy emphasizes individualized

treatment based on the totality of symptoms rather than pathological findings alone.

Objective: To correlate MRI morphological changes and Neck Disability Index (NDI) scores with the totality of symptoms and homoeopathic remedy selection using Kent's Repertory in patients with cervical canal stenosis.

Methodology: An observational study was conducted on patients diagnosed with cervical canal stenosis. MRI findings were graded according to

stenosis severity, and functional disability was assessed using the NDI. Detailed homoeopathic case-taking was performed to record mental generals, physical generals, particulars, and modalities. Repertorization was carried out using Kent's Repertory, and remedies were selected based on individual symptom totality.

Results: Higher MRI grades were associated with increased NDI scores, indicating greater functional disability. Frequently observed symptoms included neck pain, stiffness, restricted cervical movements, radiating pain, numbness, tingling, and upper-limb weakness. Repertorial analysis commonly indicated

remedies such as *Rhus toxicodendron*, *Bryonia alba*, *Kali carbonicum*, *Causticum*, and *Calcarea fluorica* according to the characteristic symptom picture and modalities of each case.

Conclusion: MRI severity showed a positive correlation with functional disability measured by NDI. Integrating MRI findings, NDI scoring, and homoeopathic totality of symptoms provides a comprehensive approach to patient assessment. Kent's repertorial method facilitates presentation, individualized remedy selection and supports holistic management of cervical canal stenosis.

EFFECTIVENESS OF LM AND CH POTENCY IN THE INDIVIDUALIZED HOMOEOPATHIC MANAGEMENT OF DEPRESSION AMONG UG STUDENTS IN AND AROUND HYDERABAD: A PILOT STUDY

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Introduction: Depression is highly prevalent in college populations yet remains under-recognized. A meta-analysis of 64 studies found 33.6% of college students experience depression, and Indian data using the Beck Depression Inventory report even higher rates. Individualized Homoeopathy is widely used for functional mental health complaints, but potency selection remains controversial. A 2018 systematic review suggested Homoeopathy may be comparable to antidepressants for depression. Comparing LM and CH potencies in students is lacking.

Objectives:

- Identification of the treatment population of Depression.
- Assessment of UG students after filling the Beck Depression Inventory-II.
- Individualized Homoeopathic case taking of the identified students.

Methodology: A pilot, study was conducted among UG students (18-25 years) from colleges at

Hyderabad. Ten students screening positive on BDI-II (mild to moderate depression) underwent detailed Homoeopathic case-taking. After remedy selection on totality, participants were randomised: Group 1 (CH) received centesimal potency in infrequent doses with placebo follow-up; Group 2 (LM) received LM potency in daily doses. Follow-up was done at 4 and 8 weeks with repeat BDI-II, sleep and concentration self-rating.

Results:

All 10 cases have completed follow-up.

- Baseline mean BDI-II: CH group, LM group
- LM - earlier symptomatic relief (within 2 weeks) in 4 of 5 cases, particularly for sleep disturbance and irritability
- CH - steady improvement with fewer repetitions and good patient compliance

Conclusion: This pilot indicates that both LM and CH potencies, when prescribed on individualised indications, in depressive symptoms among UG students. LM potency demonstrated a faster initial response when compared to CH potency.

AYUSH FOR ONE HEALTH – A HOLISTIC PATH TO PARENTHOOD”

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Introduction

- The "AYUSH For One Health" approach recognises the intrinsic link between individual reproductive health, family well-being, and community wellness.
- Infertility is a growing global challenge and holistic interventions like Homoeopathy offer individualised, non-invasive pathways to restoring reproductive health.

Objective: To evaluate the efficacy of individualized homeopathic management in a couple experiencing long-standing infertility due to mutual reproductive pathologies.

Methodology:

A case study of an infertile couple was evaluated.

- The male presented with asymptomatic **Astheno-teratozoospermia (low motility, abnormal morphology of sperm)**, presenting a “Hot” thermal state and salt deposition after perspiration.
- The female presented with a 6-year history of irregular, late, clotted, and painful menses, diagnosed as **Polycystic Ovary Syndrome (PCOS)**, characterized by a weeping disposition and oil-food intolerance.

Following repertorization, the **Male** was prescribed **Natrum muriaticum (LM potencies, 0/1 to 0/6)** and **Syphilinum 1M** as a miasmatic remedy.

The **Female** was prescribed **Pulsatilla (LM potencies, 0/1 to 0/6)** and **Thuja 1M** as a miasmatic remedy.

Results:

Following treatment,

- The Male experienced significant improvement in general physical and mental wellbeing.
- For the Female, regular menstrual cycles were gradually restored, generals improved and body weight reduced.

Following six months of continuous individualized homeopathic medication, the couple successfully achieved conception.

Conclusion:

- This case highlights that AYUSH systems, particularly Homeopathy, offer a potent, patient-centered approach to reproductive care.
- By addressing miasmatic backgrounds and individual totalities rather than mere pathology, Homeopathy actively contributes to sustainable human wellness under the One Health framework.
- “Restoring Reproductive wellness through Holistic Healing - A step towards AYUSH For One Health”

ASSOCIATION OF MEAL AND SLEEP TIMING PATTERNS WITH BMI AMONG HEALTHCARE STUDENTS: A HOMOEOPATHIC PERSPECTIVE ON PREVENTIVE HEALTHCARE.

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Introduction: Lifestyle disorders are more prevalent wherein irregular meal and sleep schedules are becoming more common among healthcare students. This group faces academic demands and stress that resemble shift work. Disruptions to circadian rhythms may affect appetite control, metabolism, and body fat, as indicated by body mass index (BMI). From a homeopathic preventive perspective,

recognizing lifestyle patterns that lead to imbalances is essential for personalized, non-drug treatments.

Objective: To examine associations between meal timing (regularity, breakfast consumption, late-night eating) and sleep timing (bedtime variability, sleep duration, social jetlag) with BMI among healthcare students, and to discuss implications for homoeopathic preventive strategies focused on

regimen (hygienic lifestyle) and individualized counselling.

Methodology: A cross-sectional observational study will be conducted among healthcare students. Data regarding demographic characteristics, meal timing habits (breakfast, lunch, dinner, and late-night eating), sleep timing, sleep duration, and anthropometric measurements will be collected using a structured questionnaire. BMI will be calculated using standard height and weight measurements and categorized according to accepted guidelines. Statistical analysis will be performed to assess the relationship between meal timing, sleep timing, and BMI.

Results: The study is expected to identify significant associations between delayed meal timings, irregular eating schedules, late sleep patterns, and higher BMI values. Students maintaining regular meal schedules

and adequate sleep are anticipated to demonstrate healthier BMI ranges compared to those with disrupted lifestyle patterns.

Conclusion: Misaligned meal and sleep timing patterns are associated with higher BMI among healthcare students. Preventive recommendations consistent with homoeopathic regimen principles include establishing consistent bed–wake schedules, prioritizing 7–9 hours of sleep, advancing the main evening meal by ≥ 3 hours before bedtime, and encouraging daily breakfast within 1–2 hours of waking. Individualized counselling, stress modulation, and gentle lifestyle adjustments may enhance adherence and support metabolic balance in this population.

Keywords: Body Mass Index, Meal Timing, Sleep Timing, Healthcare Students, Preventive Healthcare, Lifestyle Factors, Homoeopathy.

INDIVIDUALIZED HOMOEOPATHIC MANAGEMENT OF ECZEMATOUS DERMATITIS INFLUENCED BY ENVIRONMENTAL FACTORS: A ONE HEALTH CASE REPORT

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Introduction: The One Health approach recognises the interconnection between human health and environmental factors. Skin disorders such as eczematous dermatitis are often influenced by external exposures acting upon individual susceptibility. Homoeopathy adopts a holistic approach by considering the patient's mental, physical, and constitutional characteristics in addition to local disease manifestations.

Objective:

To evaluate the role of individualised homoeopathic treatment in the management of eczematous dermatitis influenced by environmental factors from a One Health perspective.

Methodology:

A 40-year-old female presented with pruritic, dry, scaly eruptions over the left forearm associated with burning after scratching, watery discharge, and aggravation from touch and evening. The eruption appeared following trauma, plaster immobilisation,

and subsequent topical medication application. Detailed case taking revealed thirstlessness, profuse perspiration, disturbed sleep, premenstrual leucorrhoea with itching, desire for biscuits, dreams of deceased persons, shyness, desire for solitude, consolation amelioration, and feelings of abandonment. Based on the totality of symptoms and repertorial analysis, *Sepia* 200C was prescribed as the constitutional remedy.

Results:

Follow-up over four weeks showed a marked reduction in itching, scaling, erythema, and discharge. Serial photographic documentation demonstrated significant improvement in the skin lesions with residual post-inflammatory pigmentation. Improvement in sleep and overall well-being was also observed during the follow-up period.

Conclusion:

This case highlights the influence of environmental factors on skin health and demonstrates the value of individualized homoeopathic prescribing in

managing eczematous dermatitis. The favourable clinical outcome supports the importance of constitutional assessment and reflects the One Health principle that human health is closely linked to environmental influences.

CLINICAL OUTCOMES OF HYPERLIPIDEMIA CASES MANAGED WITH GUATTERIA GAUMERI Q: A CASE SERIES STUDY

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Background: Hyperlipidemia refers to elevated concentration of one or more plasma lipids, including total cholesterol, low-density lipoprotein and triglycerides, above the reference range considered desirable for cardiovascular health. Hyperlipidemia affects 39% to 40% of adults globally. It affects males and postmenopausal females over the age of 40 years. Familial hypercholesterolemia affects 5 to 10% of youngsters. The secondary causes for hyperlipidemia are diabetes, obesity, diet, alcohol and steroids. Hyperlipidemia leads to coronary heart disease, hypertension, Fatty liver disease, chronic kidney disease and acute pancreatitis. Most of the individuals have no symptoms, it usually detected only through blood test. Some of the symptoms are weight gain, Xanthelasma, angina, corneal arcus, fatigue, indigestion, and peripheral neuropathy. Current lipid-lowering therapies (like statins) have limitations such as adverse effects, high costs, and variable efficacy, highlighting the need for alternative treatments. Guatteria Gaumeri Q is the Homoeopathic medicine prepared from the plant Guatteria Gaumeri, which helps in treating hyperlipidemia. The active compound in the bark of Guatteria Gaumeri that helps in reducing cholesterol is alpha - asarone. Alpha-asarone exerts a

hypolipidemic effect by inhibiting HMG-CoA reductase, which is the rate of controlling enzyme in cholesterol biosynthesis.

Aim: To assess the clinical outcomes of hyperlipidemia cases managed with Guatteria Gaumeri Q.

Methods: Study Design: Retrospective case series.

Sample: 4 cases of hyperlipidemia.

Intervention: Guatteria Gaumeri Q 10 drops TDS after food.

Outcome measures: Lipid profile at baseline and 3 months.

Result: Following a course of homoeopathic treatment, the patients experienced a decrease in their cholesterol levels.

Conclusion: This case series emphasizes the potential of Homoeopathic medicine Guatteria Gaumeri Q showed favourable lipid-lowering outcomes without adverse effects.

Keywords: Hyperlipidemia, Guatteria Gaumeri Q, Homoeopathy, Case series.

A RETROSPECTIVE CASE SERIES - EFFICACY OF HOMOEOPATHIC MONOPHARMACY IN PATIENTS WITH GASTRIC ULCER AS ASSESSED BY GSRS SCORING

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Introduction: Gastric ulcer is a common gastrointestinal disorder characterized by a break in gastric mucosal lining that extends to mucosae. In Homoeopathy mono pharmacy is the classical method of prescription to avoid unwanted drug actions and aggravation in patient's body. Using GSRS scoring classification prognosis of the patient

will be evaluated, which will help in treatment outcomes.

Objective: To assess the clinical outcome of mono-pharmacy prescription in gastric ulcer patients using GSRS scoring classification

Methodology:

A retrospective case series of 10 patients diagnosed with gastric ulcer is included. Cases are recorded through Dr Hahnemann's case-taking method, and medicines are selected and administered in a classical homoeopathic pattern. Cases assessed through regular follow-up. GSRS scoring classification was documented before and after the treatment, which were used as a prognostic tool for the disease severity.

Results:

All 10 cases demonstrated improvement following mono pharmacy prescription. Reduction in intensity of symptoms on the GSRS scoring classification is evident and observed throughout the case study.

Conclusion:

This retrospective study case series suggests that mono pharmacy in homoeopathy has a better clinical improvement and reduction in intensity of scoring in GSRS scale for patients with gastric ulcer. Further studies with larger sample sizes are recommended.

Keywords: homoeopathy, monopharmacy, gastric ulcer, GSRS scale

EVALUATION OF THE THERAPEUTIC EFFICACY OF HOMOEOPATHIC WATER DOSE AND DRY DOSE IN ALLERGIC RHINITIS: A COMPARATIVE STUDY

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Introduction: Allergic rhinitis is a common inflammatory disorder of the nasal mucosa characterized by sneezing, rhinorrhea, nasal obstruction, and itching. Homoeopathy employs individualized prescriptions, and remedies may be administered in either water or dry dose form. Evidence comparing these methods is limited.

Objective: To compare the therapeutic efficacy of homoeopathic water dose and dry dose in allergic rhinitis.

Methodology: Twenty patients diagnosed with allergic rhinitis were included and divided into two groups. Ten patients received individualised homoeopathic medicines in water dose, while ten received the same in dry dose. Cases were assessed

through regular follow-up and evaluation of symptom severity, frequency of sneezing, nasal discharge, nasal obstruction, and itching.

Results: Improvement was observed in both groups. However, patients receiving water dose demonstrated earlier and more marked reduction in symptom severity and frequency of allergic episodes. Decreased sneezing, rhinorrhea, nasal congestion, and itching were noted during follow-up.

Conclusion: Both water dose and dry dose were effective in managing allergic rhinitis. The water-dose group showed comparatively better clinical improvement and faster symptomatic relief. Further studies with larger sample sizes are recommended.

SYNTHESISING COMPLEMENTARY MEDICINE PARADIGMS WITH MODERN HEALTHCARE: A ONE HEALTH INTEGRATIVE FRAMEWORK EVALUATING THE ROLE OF HOMOEOPATHY ACROSS HUMAN HEALTH, VETERINARY CARE, AND SUSTAINABLE AGROECOSYSTEMS.

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The increasing burden of chronic diseases, antimicrobial resistance (AMR), zoonotic infections, environmental degradation, and food insecurity necessitates integrated and sustainable healthcare approaches. The One Health framework, which recognises the interconnectedness of human, animal, plant, and environmental health, provides a multidisciplinary strategy for addressing these global

challenges (World Health Organisation et al., 2022; Zinsstag et al., 2011). This article explores the potential role of homoeopathy within an evidence-informed One Health model alongside conventional medicine. Homoeopathy's individualised, low-cost, and residue-free characteristics offer potential applications beyond human healthcare, extending to

veterinary medicine and agroecosystem management (Bellavite et al., 2006).

Evidence from veterinary studies suggests that homoeopathic interventions may contribute to reducing antibiotic dependence in livestock while supporting the management of conditions such as bovine mastitis and enteric infections in swine (Varshney & Naresh, 2005; Doebling & Sundrum, 2016). Similarly, agrohomoeopathy has demonstrated potential benefits in improving seed germination, plant vigour, stress adaptation, and sustainable crop production (Sen, 2020; Sharma et al., 2026). Furthermore, the absence of chemical residues and minimal environmental impact aligns homoeopathy with global sustainability objectives and biodiversity conservation efforts (Lerner & Berg, 2017).

Despite these potential advantages, significant challenges remain, including limited high-quality clinical evidence, methodological inconsistencies, and regulatory variations across countries (Mathie & Clausen, 2014; Doebling & Sundrum, 2016). The article concludes that while homoeopathy shows promise as a complementary component within One Health systems, rigorous multidisciplinary research, large-scale randomised controlled trials, mechanistic studies, and implementation science are essential to establish its effectiveness and facilitate responsible integration into modern healthcare and sustainable development policies.

Keywords: One Health, Homoeopathy, Integrative Medicine, Antimicrobial Resistance, Veterinary Medicine, Agrohomoeopathy, Sustainable Healthcare, Environmental Health.

ARTIFICIAL INTELLIGENCE AND PERSONALIZED MEDICINE: BALANCING CLINICAL INNOVATION WITH HUMAN JUDGMENT IN INTEGRATIVE HEALTHCARE

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Introduction : Artificial Intelligence (AI) has emerged as one of the most transformative technologies in modern healthcare. AI-based systems are increasingly used in disease prediction, clinical decision-making, medical imaging, telemedicine, electronic health records, and personalised treatment planning. Simultaneously, healthcare is evolving toward personalised medicine, which focuses on tailoring treatment according to an individual's genetic profile, lifestyle, emotional state, environmental exposure, and disease susceptibility.

Objective

1. To study the role of Artificial Intelligence in personalised and integrative healthcare.
2. To evaluate the clinical utility of AI in diagnosis, predictive medicine, telemedicine, and healthcare management.
3. To analyze the practical limitations and ethical concerns associated with AI in clinical practice.

4. To emphasise the continued importance of human clinical judgment in patient-centred healthcare delivery.

5. To explore the future scope of balanced AI integration in AYUSH and integrative medicine systems.

Methodology : This presentation is based on a narrative review of:

- Published research articles,
- Digital health guidelines,
- WHO reports,
- AI-based healthcare studies,
- Literature related to personalised medicine, and
- Integrative healthcare concepts.

Conclusion : Artificial Intelligence has enormous potential to transform personalised and integrative healthcare through improved diagnosis, predictive analytics, digital healthcare systems, telemedicine, and evidence-based clinical support. The future of medicine lies in achieving a balanced integration of

Artificial Intelligence with compassionate human-centred care. AI should enhance—not replace—the physician’s role in holistic, ethical, and personalised healthcare practice.

Keywords: Artificial Intelligence, Telemedicine, Integrative healthcare, Homoeopathy, Individualisation, Holistic and patient-centered care.

SCRATCH ASSAY–BASED COMPARATIVE STUDY OF WOUND HEALING ACTIVITY OF CALENDULA OFFICINALIS TINCTURE AND MILLEFOLIUM TINCTURE

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Background:

Wound healing is a complex biological process involving cell migration, proliferation, and extracellular matrix formation to restore the skin’s barrier function. Fibroblasts are the principal cells of the dermis and play a key role in collagen synthesis and tissue repair. The scratch assay is a simple and reliable in-vitro technique used to evaluate cell migration and wound closure. Since both tinctures are used in wound management, this study compares their wound healing activity using a scratch assay model.

Aim and objectives:

- To compare the wound healing activity of Calendula officinalis Q and Millefolium Q in vitro using skin fibroblast cells.
- To evaluate differences in cellular migration and proliferation.
- To analyze the time required for wound closure by both samples.

Introduction:

Homoeopathy provides several remedies for non-invasive wound management. Calendula officinalis possesses wound healing, antigenotoxic, anti-inflammatory, antibacterial, and antifungal activities. Millefolium, often referred to as the “Arnica of the veins,” acts chiefly on capillaries and veins and is

traditionally indicated in bleeding and wound conditions.

Materials and methodology:

Calendula officinalis Q (CQ) and Millefolium Q (MQ) were used as test samples, and alcohol was used as the control group (C). Fibroblast cells were cultured to form a confluent monolayer. A scratch wound was created using a sterile 1 ml pipette tip to produce a cell-free area. Cells were incubated at 37°C with 5% CO₂ and 85% humidity. Observations were made at 0, 24, 48, and 72 hours. The scratch area was measured in pixels to assess wound closure and cell migration.

Result:

Both CQ and MQ demonstrated wound healing activity. However, MQ showed faster wound closure, achieving complete healing within 24 hours, whereas CQ required 48 hours. These findings indicate that MQ enhances cellular migration and proliferation more effectively than CQ.

Conclusion:

Both Calendula officinalis Q and Millefolium Q exhibited significant wound healing activity in vitro. Millefolium Q demonstrated superior efficacy by promoting faster wound closure. Alcohol, used as the control group, did not show comparable healing effects, confirming that the observed activity was due to the medicinal action rather than the alcohol content.

BMI AND ACADEMIC PERFORMANCE AMONG HIGHER SECONDARY STUDENTS: A BASELINE STUDY WITH PROPOSED LIFESTYLE INTERVENTION

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Background: Nutritional status plays a crucial role in physical growth, cognitive development, and academic performance during adolescence. Both undernutrition and overnutrition can affect concentration, memory, and learning capacity. Body Mass Index (BMI) is a simple indicator used to assess nutritional status in school-aged children.

Objective: To assess the association between BMI and academic performance among higher secondary students in Chennai and to propose a structured lifestyle intervention.

Methods: A cross-sectional baseline study was conducted among 55 students from classes 8 to 12 in higher secondary schools across Chennai. BMI was calculated using self-reported height and weight and classified according to WHO BMI cut-offs. Academic performance was assessed using percentage marks obtained in recent Mathematics and Science examinations. Data on dietary habits, junk food consumption, physical activity, and screen time were also collected. Descriptive analysis was performed to observe trends between BMI categories and scholastic performance.

Results: Variations in academic performance were observed among different BMI categories. Both underweight and overweight students showed differences in scholastic outcomes compared to those with normal BMI. A trend suggesting an association between BMI and academic performance was noted. Lifestyle factors such as high junk food intake and increased screen time were common among students with abnormal BMI.

Conclusion: Baseline findings indicate a possible relationship between BMI and academic performance. A structured lifestyle intervention including daily physical activity (30–45 minutes), reduced screen time, a balanced diet, avoidance of junk food and sugary drinks, and health education may help improve both nutritional status and academic outcomes.

Keywords: Body Mass Index (BMI); Academic Performance; Adolescents; Nutritional Status; Lifestyle Intervention; School Health; Physical Activity; Dietary Habits

ASSOCIATION BETWEEN MBTI PERSONALITY TYPES AND VISUAL REACTION SPEED: IMPLICATIONS FOR INDIVIDUALISATION IN HOMOEOPATHIC PRACTICE

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Introduction: Reaction speed is a measurable neuropsychological parameter potentially influenced by personality traits. In psychometric studies, introversion and extroversion have been shown to correlate with varying sensory processing and response characteristics. Homoeopathy emphasises individualised treatment based on holistic traits, including mental disposition. This study explores the association between MBTI-derived personality types (Introvert, Extrovert, and Avoidant/Ambivert) and

visual response speed, with implications for individualised homoeopathic remedy selection.

Objective: To analyse visual response speed in individuals categorised by MBTI-aligned personality types and correlate these findings with homoeopathic principles of individualisation.

Methods: A dataset comprising participants' MBTI-based personality traits, preferred colour choices, and visual response times over three trials were

analysed. Participants were categorised into Introvert, Extrovert, or Avoidant based on explicit markers in the dataset. The average reaction times were computed, and mean $\pm$ standard deviation values were calculated for each personality type.

Results: Out of 65 participants, 34 were categorised as Introverts, 11 as Extroverts, and 19 as Avoidant (ambiverts/mixed). Introverts exhibited a mean visual response speed of 312.75 ± 60.79 ms, extroverts showed a speed of 307.45 ± 40.41 ms, and avoidant individuals had a speed of 305.04 ± 64.67 ms. Introverts demonstrated slightly slower average response times compared to extroverts and avoidants, which may reflect greater internal processing or cognitive filtering associated with introverted behaviour. These subtle variations

suggest physiological correlates to personality traits that may inform holistic assessments. **Conclusion:** The correlation between personality type and visual reaction speed supports the idea that cognitive and sensory processing traits differ among individuals and may serve as functional markers in individualised care. In homoeopathy, remedy selection considers mental and emotional characteristics as central to constitutional prescribing. The observed differences in response speed can thus be seen as objective adjuncts in profiling patients for individualised homoeopathic treatment, aligning with the principle of treating the person, not just the disease.

Keywords: Personality Types, Visual Reaction Speed, Individualisation, Homoeopathy.

CIRCADIAN RHYTHM, SLEEP HEALTH, AND HOLISTIC WELL-BEING: EXPLORING THE CONTRIBUTION OF AYUSH SYSTEMS

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Introduction: Circadian rhythm is our body's endogenous biological clock, governing the sleep-wake cycle and a wide range of other physiological activities. The present-day lifestyle characterized by high screen time, shift work, mental stress, sedentary habits and unhealthy eating, among others, has led to a global epidemic of sleep disturbance and circadian rhythm disruption. Poor sleep, on the other hand, is linked with altered cognitive performance, mental health problems, metabolic imbalances, and reduced overall quality of life. AYUSH systems highlight the concept of proper routine and lifestyle harmony with nature to promote holistic well-being.

Objectives: To explore the role and significance of circadian rhythm in sleep health and to investigate the contribution of AYUSH systems in fostering healthy sleep and a better quality of life.

Methodology: The present study involved a narrative review of the literature available, scientific articles and classical texts related to circadian rhythm, sleep health and lifestyle. The available data on mechanisms of sleep regulation and interventions within AYUSH system were systematically collected and analysed.

Results: Current data suggests that disruption of the circadian rhythm can lead to sleep disorders, psychological stress, metabolic disturbances and increased risk of chronic disease. AYUSH systems prescribe healthy living in the form of Dinacharya (daily regimen), yoga, meditation, mindful eating, physical activity and following the natural sleep-wake cycle. These practices can facilitate the establishment of biological rhythms, promote quality sleep, reduce stress levels, and contribute to improved mental and physical health. Homoeopathy, with its unique patient-centric and individualised approach, focus on attaining balance and health sustainability, and may play a role by balancing biological processes and natural rhythmicity with daily lifestyle choices and environmental factors.

Conclusion: The AYUSH lifestyle-based practices can provide a holistic approach towards maintaining a proper circadian rhythm, leading to improved sleep quality and thus enhancing overall well-being of life along with helping prevent lifestyle-related diseases.

Keywords: Circadian Rhythm, Holistic Well-being, Preventive Healthcare, Sleep Health, Sustainable Lifestyle Practices.

IMPACT OF ZINCUM METALLICUM HOMOEOPATHIC MEDICINE ON PROTEIN, CARBOHYDRATE QUANTIFICATION AND ELEMENTAL COMPOSITION OF TRIGONELLA FOENUM-GRAECUM SEEDS.

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Introduction: *Trigonella foenum-graecum* (fenugreek) seeds contain bioactive compounds, including proteins, carbohydrates, and essential minerals, making them valuable for nutritional applications. This study explores the impact of Zincum metallicum at different potencies on the protein and carbohydrate content of fenugreek seeds and their elemental composition.

Objective: The study aims to compare protein, carbohydrate concentrations, and elemental composition in fenugreek seeds treated with Zincum metallicum at 30C and 1M potencies using the Lowry method, Anthrone method and Energy Dispersive X-ray Spectroscopy (EDS)

Methodology: Fenugreek seeds were soaked overnight in four solutions: distilled water (control, Sample A), Zincum metallicum 30C (Sample B), Zincum metallicum 1M (Sample C), and ZnS solution (Sample D). Protein estimation was conducted via the Lowry method, carbohydrate content via the Anthrone method, and elemental composition was analyzed using EDS.

Result: Protein content showed a significant increase in treated samples, with Sample A measuring 250 µg, Sample B at 650 µg, Sample C at 760 µg, and Sample D at 1230 µg. Carbohydrate content followed a similar trend, with Sample A

containing 400 µg, Sample B 900 µg, Sample C 1220 µg, and Sample D 1350 µg. EDS analysis revealed substantial elemental variations. Sample A contained sodium (29.75%), chlorine (45.70%), carbon (19.44%), and oxygen (4.64%). Sample B exhibited carbon (54.22%), oxygen (17.56%), sodium (8.63%), chlorine (13.16%), and nitrogen (5.03%). Sample C had carbon (54.71%), oxygen (30.02%), sodium (2.93%), chlorine (3.28%), and zinc (0.51%). Sample D recorded the highest oxygen content (35.91%) and a significant zinc presence at 0.51%, indicating elemental enrichment due to zinc exposure.

Conclusion: Zincum metallicum significantly enhances the protein and carbohydrate content of fenugreek seeds, with 1M potency showing the most pronounced effect. EDS analysis confirms the presence of zinc in treated samples, particularly in ZnS-treated seeds. These findings suggest that homoeopathic remedies Zinc metallicum could improve the nutritional value of seeds, benefiting agricultural productivity and human dietary applications for better health

Keywords: Anthrone method, Energy Dispersive Spectroscopy, Lowry method, *Trigonella foenum-graecum*, Zincum metallicum

COMPARATIVE EFFECTS OF HOMOEOPATHIC MEDICINES FERRUM METALLICUM 200C (MINERAL KINGDOM) AND RUTA GRAVEOLENS 200C (PLANT KINGDOM) ON GROWTH AND YIELD OF VIGNA UNGUICULATA (COWPEA)

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Introduction: Homoeopathy is based on 'similia similibuscurentur'. Agro-homoeopathy uses potentised medicines to improve plant growth. *Vigna unguiculata* is valued for nutrition and nitrogen fixation. Mineral remedies enhance structure, while plant remedies influence growth. This study

compares *Ferrum metallicum* 200C and *Ruta graveolens* 200C on cowpea.

Objective: To compare effects of *Ferrum metallicum* 200C and *Ruta graveolens* 200C on growth and yield of cowpea.

Methodology:

A prospective experimental controlled parallel-arm study was conducted for 60–90 days. Fifteen pots were divided into three groups: A (control), B (*Ferrum metallicum* 200C), and C (*Ruta graveolens* 200C) with 5 plants each. Seeds were authenticated and grown in loamy soil. Groups B and C received 10 drops of medicine in 500 ml water, while A received unmedicated water, twice daily. Number of leaves, branches, pods, and plant height were recorded. Data were analysed using one-way ANOVA.

Results:

A significant difference was observed in number of pods ($p=0.003864$), highest in C (646), followed by B (596) and A (510). A significant difference was observed in number of leaves ($p=0.033798$), highest in B (1406), followed by A (1298) and C (1161). Plant height ($p=0.51692$) and number of branches ($p=0.263585$) showed no significant difference.

Conclusion:

Significant differences were observed in pods and leaves. *Ruta graveolens* showed higher pod yield, while *Ferrum metallicum* showed higher leaf production. No differences were observed in plant height and number of branches.

ANALYSIS OF DOMINANT LEARNING STYLES AMONG STUDENTS USING THE VARK MODEL

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Introduction: Understanding student's learning preferences can significantly enhance teaching effectiveness. The VARK model (Visual, Auditory, Read/Write, Kinesthetic) provides a framework for identifying individual learning styles and tailoring educational approaches accordingly.

Objective: The objective of this study was to identify the dominant learning styles of students using data collected through a VARK-based survey.

Methods: A total of 79 participants completed a 20-item questionnaire, with each item corresponding to a scenario that reflects preferences for one or more of the VARK learning styles. Each response was categorized based on keywords associated with the VARK modalities. The dominant learning style for each participant was determined by identifying the most frequently selected category across their responses.

Results: Among the 79 participants, 49 (62%) exhibited a dominant preference for the Auditory learning style. Visual learning was the dominant style for 17 participants (22%), Read/Write for 10 participants (13%), and Kinesthetic for 3 participants (4%). Every participant displayed a clearly dominant learning style.

Conclusion: The findings indicate that the Auditory learning style is most prevalent among the surveyed students, emphasizing the value of verbal explanations, discussions, and spoken content in educational strategies.

KEYWORDS: VARK, Learning Styles, Auditory, Visual, Read/Write, Kinesthetic, Education, Student Preferences, Learning Modalities, Teaching Strategies.

COMPARATIVE EVALUATION OF ANTIOXIDANT AND ANTIDIABETIC ACTIVITIES OF POLYHERBAL AND MONOCOMPONENT HYDROETHANOLIC EXTRACTS: A STUDY OF *WITHANIA SOMNIFERA*, *PTEROCARPUS MARSUPIUM*, AND *SALACIA RETICULATA*

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Introduction: Homoeopathic mother tinctures traditionally focus on single-source remedies, yet a Polyherbal approach may provide enhanced therapeutic efficacy through synergistic effects. This study compares the antioxidant and antidiabetic activities of a Polyherbal Hydroethanolic extract derived from *Withania somnifera* (Ashwagandha), *Pterocarpus marsupium* (Indian Kino Tree), and *Salacia reticulata* with their individual, Monocomponent tinctures.

Objective: To evaluate and compare the antioxidant, and antidiabetic properties of Polyherbal and Monocomponent Hydroethanolic extracts.

Methods: Hydroethanolic extracts were prepared by maceration in ethanol (20%) and distilled water (80%). Phytochemical profiling was performed using GC-MS to identify bioactive compounds. Antioxidant activity was measured using the DPPH assay, while antidiabetic potential was evaluated through alpha-amylase and alpha-glucosidase

inhibition assays. Statistical analysis was conducted using one-way ANOVA with Tukey's post hoc test.

Results: The Polyherbal Hydroethanolic extracts exhibited superior antioxidant activity (lower IC₅₀ value) compared to Monocomponent Hydroethanolic extracts ($p < 0.05$). It also showed higher alpha-amylase and alpha-glucosidase inhibitory activity, highlighting its enhanced antidiabetic potential. GC-MS analysis confirmed the presence of synergistic bioactive compounds contributing to the observed effects.

Conclusion: The Polyherbal Hydroethanolic extract of *Withania somnifera*, *Pterocarpus marsupium*, and *Salacia reticulata* demonstrated enhanced antioxidant and antidiabetic properties compared to Monocomponent Hydroethanolic extracts. These findings support its potential as an effective therapeutic agent, warranting further clinical validation.

EXPERIMENTAL EVALUATION OF ANGIOGENIC AND CARDIOTROPIC EFFECTS OF OPHIDIA GROUP HOMOEOPATHIC REMEDIES USING CHICK EMBRYO CAM ASSAY WITH RPPG ANALYSIS WITH CLINICAL CORRELATION

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Introduction: The Ophidia group of homoeopathic remedies, including *Naja tripudians*, *Vipera torva*, and *Lachesis*, is widely used in clinical practice for cardiovascular and venous disorders such as post-COVID tachycardia, varicose veins, and chronic venous insufficiency. However, experimental evidence demonstrating their effects on vascular development and cardiac activity remains limited. The chick embryo chorioallantoic membrane (CAM) assay provides a validated model for studying angiogenesis, vasculogenesis, cardiotropic effects, and developmental toxicity.

Objective: To evaluate the angiogenic, vasculogenic, cardiotropic, and toxicity effects of *Naja tripudians* 30C, *Vipera torva* 30C, and *Lachesis* 30C using the CAM assay and to correlate findings with documented clinical cases.

Methodology: A total of 30 fertilized chick eggs were used. Eggs were divided into five groups ($n = 5$ per group): untreated control, vehicle control (alcohol), *Naja tripudians* 30C, *Vipera torva* 30C, and *Lachesis* 30C. The test substances were administered onto the CAM under standardized incubation conditions. Embryos were evaluated for survival, vascular morphology, angiogenesis, vasculogenesis, and toxicity. Cardiac activity was assessed non-invasively using remote photoplethysmography (rPPG)-based heart rate analysis. Observations were compared across groups and correlated with clinical case records of post-COVID tachycardia, varicose veins, and chronic venous insufficiency.

Results: Embryos treated with *Naja tripudians*, *Vipera torva*, and *Lachesis* demonstrated improved

survival, enhanced vascular branching, preserved vascular integrity, and increased angiogenic and vasculogenic activity compared with controls. rPPG analysis indicated favorable and stable cardiac activity in the treated groups. Notably, embryos exhibiting comparatively weaker development also showed improved viability following exposure to the remedies. The vehicle control group exhibited marked vascular toxicity, including vessel rupture and impaired vascular architecture, while the untreated control group showed normal baseline development. The observed experimental effects were consistent with clinical observations documented in cases of post-COVID tachycardia

and chronic venous disorders managed with these remedies.

Conclusion: The Ophidia group remedies exhibited angiogenic, vasculogenic, and cardiotrophic activity with a favorable toxicity profile in the CAM model. Correlation with clinical cases suggests biological relevance to their therapeutic application in cardiovascular and venous disorders. The study reflects the subtle precision and individualized healing potential that exemplifies the essence and beauty of homoeopathic medicine, warranting further rigorous experimental validation.

A STUDY ON THE EFFICACY OF HOMOEOPATHIC MEDICINE SILICEA TERRA 200CH & 1M ON GROWTH OF ABELMOSCHUS ESCULENTUS.

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Keywords: Agro-homoeopathy, Abelmoschus Esculentus, Silicea Terra. Environmental wellness, by administration of homoeopathically potentised medicines to plants. Abelmoschus esculentus among the most heat and drought tolerant vegetable species in the world. It is a very good source of dietary fibre, magnesium, manganese, potassium, folate, Vitamin K1 and C. The seed oil is rich in unsaturated fatty acids such as linoleic acid. The objective is to identify the efficacy of the Silicea Terra 200CH and 1M in germination, growth, development and productivity of Abelmoschus esculentus by which reduction in the usage of artificial fertilizer for the growth can also be implemented. Total sample size of 15 plants with each group containing 5 plants. The silica terra 200CH and 1M (medicated dilution in a ratio 1:1000 i.e., 1 part Medicine and 1000 parts water) was administered to test samples, 500ml in each pot and only tap water of 500ml was used in the control group pots, once in every day. Homoeopathic medicine for plants can be applied via the soil for root intake or directly by spraying on the leaves, but the application on soil seems to be a potential tool for recovering the balance and stability of the soil. The germination, growth, development and productivity was observed for a period of 91 days and found out that the rate of growth in whole plant was more in test samples as compared to control samples. Blooming and yield production of the Abelmoschus esculentus was observed to be faster in the test samples with Silicea terra 1M. Silicea terra 1M is highly effective in the germination, growth and development of Abelmoschus esculentus and can serve as a healthy, effective alternative to artificial Fertilizers.



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4

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For the goals to be reached, everyone
needs to do their part: governments,
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We will live in **SUSTAINABLE CITIES AND COMMUNITIES.** **RESPONSIBLE CONSUMPTION AND PRODUCTION** will help in healing our planet. **CLIMATE ACTION** will reduce global warming and we will have abundant, flourishing **LIFE BELOW WATER**, rich and diverse **LIFE ON LAND.**

We will enjoy **PEACE AND JUSTICE** through **STRONG INSTITUTIONS** and will build long term **PARTNERSHIPS FOR THE GOALS.**

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