

Rheumatoid Arthritis

“Evaluation of the effect of classical Ayurvedic treatment in the functional improvement of patients with Rheumatoid Arthritis”

In this study, 50 patients fulfilling the assessment criteria were screened irrespective of sex between the age group 20 – 60 yrs. The study period was 57 days which includes 21 days of inpatient, 21 days of outpatient and 15 days of follow up. Initial course of amapachana treatment for 7 days includes Amruthothara kwath and vaiswanara churna internally and ruksha pindasweda with syamaka externally. Next 14 days, internally Rasnasaptaka kwath with vyoshadi guggulu Churna and pathrapinda sweda with kottamchukkadi taila externally and balaguluchyadi taila for head were given. During the next course of treatment at OPD advised to continue the internal medicines and to apply kottamchukkadi taila for body massage and balaguluchyadi taila for head. The response of treatment assessed periodically with respect to the parameters used were showed highly significant effect ($P < 0.001$). The improvement in functional assessment evaluated by using the Das 28 score, disability index, quality of life index -SF36 and global assessment of disease activity scale are all found significant changes. The lab parameters used to evaluate the liver and kidney function did not show any significant changes that show the prescribed treatment is safe.

Psoriatic Arthritis

“Evaluation of the effect of classical Ayurvedic treatment in the management of patients with Psoriatic Arthritis”

In this study, 30 patients fulfilling the assessment criteria were screened irrespective of sex between the age group 20 – 60 yrs. The study period was 57 days which includes 21 days of inpatient, 21 days of outpatient and 15 days of follow up. During the treatment, Rasnaerandadi kwath, Kaishoragulgulu gulika, Manibadram leha, Vajraka gritha were given internally. Externally Asanavilwadi taila for head, and pinda taila and vajraka gritha in theratio of 3:1 for body massage. During the IP treatments, Takra dhara was done for 14 days followed by 7 days of abyanga and amalaki thalam. The internal medicines and application of taila externally were continued during the outpatient treatment also. The results of the treatment was encouraging showing highly significant changes ($P < 0.001$). Improvement in functional ability was assessed by using Das 28 score, PASI score, disability index,

SF36 score, visual analogue and global assessment. The biochemical parameters compared to pre treatment period did not show any significant changes. It indicates that the treatment is safe without any adverse effect.

Ankylosing Spondylitis

“Evaluation of the effect of classical Ayurvedic treatment in the functional improvement of patients with Ankylosing Spondylitis”

In this study, 30 patients fulfilling the assessment criteria were screened irrespective of sex between the age group 20 – 60 yrs. The study period was 57 days which includes 21 days of inpatient, 21 days of outpatient and 15 days of follow up. The medicines given were Gandarvahastadi kwath, Rasnasapthaka kwath, Lakshadigululu gulika internally. Externally, Kethakeemooladi taila with panchatikthaka grita in the ratio of 3:1 for body massage and Karpasasthyadi taila for head. Externally pizhichil for 7 days, sataila tila pinda Sweda for next 7 days and as a yoga vasthi pattern Panchatikthaka ksheeravasthi for last 7 days. The internal medicines and application of taila externally were continued during the outpatient treatment also. The results of the treatment showed highly significant results ($P < 0.001$). The functional assessments were done with SF 36 score, Das 28 score, disability index, global assessment, visual analogue scale and BASDAI score specific for AS. The results of lab parameters compared with the pre treatment to that of post treatment showed that there is no considerable changes which proved the safety of the prescribed therapy.

Gouty Arthritis

“Evaluation of the effect of classical Ayurvedic treatment in the management of patients with Gouty Arthritis”

In this study, 30 patients fulfilling the assessment criteria were screened irrespective of sex between the age group 20 – 60 yrs. The study period was 57 days which includes 21 days of inpatient, 21 days of outpatient and 15 days of follow up. The medicines given internally were varanadi kashaya, chandrapraba gulika, kokilakshakam thoyam internally and sataila Shasstika shalipinda sweda for 14 days followed by abhyanga for the next 7 days. The internal medicines and external oil application was advised to continue during the outpatient treatments for further 21 days. The evaluation of the effect of treatment was analyzed statistically and was

found highly significant. In the blood test serum uric acid level shows a significant reduction from the first day to 21st and 42nd day.

Systemic Lupus Erythematosus

“Evaluation of the effect of classical Ayurvedic treatment in the management of patients with Systemic Lupus Erythematosus”(Case studies)

Systemic lupus erythematosus is an autoimmune disease affecting various organs of the body. This was treated based on the observation on the dosha dushya involvement in each patient. Hence no separate protocol was followed. Since there is no specific study protocol with uniform treatment schedule for all the subjects, case presentation of each subjects is given in this report. Total 9 patients were selected and undergone treatment according to their clinical conditions. The patients selected were enrolled for the study based on the ACR criteria for SLE along with positive ANA test. The patients were given internal medicines and treatment according to their clinical condition and assessment of response was made periodically during the course of treatment. The results were encouraging, which was recorded with various scales such as SF 36 score, visual analogue scale, Das 28 and laboratory investigations.