



## Editorial

ISSN: 2454-5023  
J. Ayu. Herb. Med.  
2016; 2(5): 158-159  
September- October  
© 2016, All rights reserved  
www. ayurvedjournal.com

## Need of modifications in current trends in clinical researches in Ayurveda

Rajendra Prasad

Associate Professor, Department of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University (IMS-BHU), Varanasi, Uttar Pradesh-221005, India

Research and Innovations are the two necessary parts of any growing science. In innovations we make efforts to create something new whereas in researches we try to explore anything more from existing knowledge or information. Ayurveda is an independent science; principles and findings mentioned in this are well proved and experience based. Although there experiments were lacking but their approach and attitude about any concept was quite authentic and logical. It can be observed well if we consider the concept of indications of drugs; either in single form or as compound preparation. Especially the concept of "Rogadhikar" indicates the specific indication of any particular drug in any specific disease condition. Therefore while treating patients or planning research we can consider these drugs or preparations as standard drugs for particular condition. To make them more authentic or just to prove efficacy of those drugs, first we should plan researches and studies to validate them. If they found suitable and effective then we should consider or use them as standard or control drugs for conducting researches or clinical trials in *ayurvedic* medicine.

To perform any kind of research we need some parameters, criteria or certain guidelines. Currently in all Ayurvedic researches the diagnostic methods or assessment criteria used are mostly developed by modern medical system or institutions. They have framed them according to modern medical science backgrounds. Although, modern and Ayurvedic systems of medicine have the similar motto to provide good health to mankind. But their basic fundamentals are little bit different; therefore the drugs, their mode of action, presentation of symptoms and response are also different. In this situation we can consider the symptomatology and findings mentioned in Ayurvedic texts. Because most of time we try to correlate the symptoms given in Ayurvedic texts with modern medicine. But there are few symptoms given in ayurveda which are not exactly comparable with any sign or symptom according to modern medicine. Practically they appears in diseases and gives trouble to patients therefore we have to consider them for treatment as well as research purpose. Beside this there are certain findings and features mentioned in ayurveda are according to *vata*, *pitta* and *kapha doshas*. These are very authentic, logical and easily observable. We can consider them subjective as well as objective parameters as and when required. It will be very easy and significant to assess the results of clinical trials on the basis of *doshik* presentations. These are very specific and convenient to observe. Pharmacological actions or therapeutic effects of most of Ayurvedic drugs are also described in the terms of their effects on different *doshas*. Therefore validity of their effects will be more significant.

Duration of clinical trials should also be decided with keeping in mind the possible pharmacodynamics of Ayurvedic drugs. Unlike modern medicine they show their optimum response in longer duration. So their follow ups and total duration of studies should be little longer. Through which Ayurvedic drugs will have enough time to show their optimum results. While choosing cases we should exclude emergency conditions because very few Ayurvedic drugs are supposed to work in such conditions and these conditions require the medications that can show their effects in seconds or few minutes that we can claim rarely. Therefore there is no need to take chance with life of any person.

We are living in modern age where so many systems of medicine available. A good researcher should have basic or minimum level of knowledge about all systems. We should specify or limit the fields of our system's research, based on reliable descriptions regarding disease management given in texts. Not necessary that every system of medicine can be authentically prove beneficial in each and every ailment. We have to be liberal while selecting appropriate disorders for research in Ayurvedic system of medicine. No need to tackle with conditions where acute emergency medication or advanced surgical intervention is required. In that cases we should not feel embarrassed in referring patients to other suitable system of medicine.

### \*Corresponding author:

Dr. Rajendra Prasad

Associate Professor, Department of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University (IMS-BHU), Varanasi, Uttar Pradesh-221005, India

Email:

rajendraprasad051[at]gmail.com

Ayurveda emphasizes not only on medicines for treatment purpose instead of this it gives equal importance to *Anna* i.e. dietary considerations, *Vihar* i.e. life style and *Pathyapathya* i.e. do's and don'ts. Therefore while planning researches we should consider all these factors because any one of them may affect results of research work and the question will arise, the result obtained is due to drugs administered or due to *anna*, *vihar* or *pathyapathya*. So in research proposals we should specify that we will imply which treatment modality. In fact it is better to imply only one modality in one research work to achieve more authentic and presentable result. In this way we can find certain directives to decide that in any particular disorder which modality is more effective or we have to combine some of them or consider all together. Whereas it is always advisable that in any disease condition first we ask the patient to use suitable diet according to his own *Prakruti* and his current *Vikruti*. Certain life style modifications or proper daily routine can alter many disease processes and even cure them. *Pathyapathya* are very important and play role in both ways i.e. at one side *pathya* things helps to heal the disease pathology while at other hand *apathya* things helps to check the disease process. It fulfills the principle of "*Nidan parivarjan*" according to Ayurvedic treatise.

Ayurveda has been an important need of ancient period and is becoming again life saver of today's people. By using ancient knowledge of ayurveda and applying modern science and technology we can perform authentic and fruitful research activities. To contribute in real sense when planning researches, at first we should not try to replace the modern medicine, rather we should try to explore the areas of illnesses where modern medicine does not work perfectly. Secondly we can made attempts to search certain alternatives to modern medicine to provide better treatment measures as free from unwanted effects.

#### **HOW TO CITE THIS ARTICLE**

Prasad R. Need of modifications in current trends in clinical researches in Ayurveda. *J Ayu Herb Med* 2016;2(5): 158-159.