



NCDs - Need for evidence based guidelines in Ayurveda

Embracing a sedentary lifestyle, reduction in physical activities and increased mental stress have resulted in a drastic increase in the incidence and prevalence of non-communicable diseases. It is reported that these disorders kill nearly 41 million people every year, which is around 71% of the total mortality rate globally. This is a big concern and has shifted the focus from infectious



diseases to non-communicable disorders. Also, there exists a serious question about the competency of healthcare systems to treat such disorders. With the changing environment, increasing population, poverty, malnutrition, unauthorized use of antibiotics or prolonged use of immune suppressant drugs, increased prevalence of drug

resistance microbes, etc., there is the emergence of new viral infections and also reemergence of viral diseases.

Emerging infections are infections that have newly appeared in a population or have existed previously, but are rapidly increasing in frequency, particularly in specific regions. Recently an outbreak of coronavirus infection has shocked the medical fraternity. It needs to be tackled with mass awareness, cooperation, and collaboration between different medical fields and healthcare organizations. Of late, the outbreak of infectious diseases has been occurring rapidly and is also spreading fast in many different regions of the world. This disastrous combination of new conditions and the reemergence of long-established viral diseases demand urgent planning and action for the prevention and control of the epidemic.

As these epidemics occur in gaps after some years, research community does not give much priority to them and hence no effective vaccine or treatment is available for most emerging or reemerging viral diseases. The existing situation demands that more research has to be done to identify precisely the modes of transmission and medical countermeasures, the predisposing factors and its effective management, especially the preventive aspect. Many of such viral infections are either fatal or leave behind complications that can cause either permanent disability or affect the quality of life of the patients. They can also have a significant impact on mortality.

In Ayurveda, there is a mention on epidemics under the term Janapadodhwamsa, where it is mentioned that due to deranged Vayu (air), Jala (water), Desha (habitat) or Kala (seasons), certain diseases arise which kill the mass population.

According to Ayurveda, the management of these infectious diseases can be either preventive or curative. For example, now the



changes in weather or seasons can be predicted, thus, before the onset of epidemics which are most likely to occur in that weather, adequate arrangements and planning can be made to minimize the morbidity.

In Ayurveda, it is mentioned that the collection of potent medicines should be done and if required, Shodhana (bio-purification) and Rasayana (immunomodulatory changes) can be planned for the persons from high-risk areas. This improves the immunity and thus lowers the fatal risks acquired from infection. It is noted that certain viral infections occur during particular seasons of a year. Here, either the weather is favorable for viral potency, or there are potent vectors which can carry the virus, and at that time the immunity of the human body might be weak. For example, when we look at the outbursts of Chikungunya or dengue infections in India, these viral epidemics occurred just after monsoon when breeding of mosquitoes increases. As per Ayurveda, this is the time of Pitta vitiation and chances of Jvarahara are more. For the management of these types of viral fevers, prevention can be started from the monsoon season itself by adopting steps such as taking Neem leaf juice or taking a Neem bark powder or Sudarshan powder or Guduchi powder, along with this proper fumigation of the areas shall be done with dry Neem leaves, Kapura, and Vacha. Viral diseases such as Chikungunya are rarely fatal, and symptoms are generally self-limiting and last for 2-3 days. However, in the long term, it can cause secondary illness like post-Chikungunya arthritis resulting in long term disability which causes both physical and economic burden to the patient. In such

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A Case of Alcoholic Neuropathy Helping hand by JSS Ayurveda Hospital

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Alcoholism is the inability to control drinking due to both a physical and emotional dependence on alcohol. It is commonly referred to as alcohol use disorder. This disorder is classified into three categories: mild, moderate and severe. Each type has various symptoms and can cause harmful side effects. People battling with liquor abuse frequently feel like they can't work or carry out tasks without drinking liquor. This not only gives rise to a wide range of health problems, but also affects proficiency, emotions, relationships and complete well being.



Some issues arising from alcoholism

- Being incapable of controlling liquor utilization
- Craving liquor while not drinking
- Feeling the need to continue to drink more
- Behaving peculiarly in a drunk state
- Slow response time, Poor reflexes
- Hindrance in assessing situations
- Restlessness

Some of the long-term health conditions caused by alcohol

- Brain disorder | Liver disease | Diabetes (can get worsened) | Complications related to heart and blood vessels | Increased risk of cancer | Vision damage | Bone loss

Peripheral Neuropathy and Alcohol



Peripheral neuropathy refers to damage or disease caused to the nerves that carry messages from the brain or spinal cord to the rest of the body. Research suggests that alcohol can cause direct damage to these nerves. There is evidence that alcohol-related peripheral neuropathy is a form of toxic neuropathy, rather than nutritional neuropathy. Alcoholic neuropathy is caused by nutritional deficiency as a result of long-term consumption of alcohol. This builds up toxins in the body.

Signs of alcoholic poly-neuropathy include:

- Tingling sensation in arms, legs, hands, and feet
- Numbness in legs and arms

- Burning, stabbing or freezing pains
- Sensitivity to touch
- Muscle weakness, cramps and aches
- Unsteady gait and trouble in walking
- Constipation or diarrhoea
- Impotence (problems getting an erection)
- Excessive sweating
- Irregular blood pressure and heart rate
- Breathing problems
- Skin and nail infections

Treatment Options for Alcoholic Neuropathy

It is important to stop consuming alcohol if one suffers from alcoholic poly-neuropathy to delay the disease from worsening and to correct the nutritional imbalance caused to the nerves and nervous system. A complete detox program followed by a comprehensive alcohol rehab program helps to manage alcoholism and reduce complications.

Willingness to stop alcohol and to adopt a healthy lifestyle is a must before starting a rehabilitation program. Ayurveda offers a wide range of medications, including therapies supported by nature cure, yoga and also meditation to accomplish the intention of quitting alcohol. JSS Ayurveda Hospital offers a promising treatment for alcohol abuse and related complications.

Case study :

A male patient aged 27 years was admitted on 22/10/2019 to JSS Ayurveda Hospital with the complaints of severe intermittent burning sensation over both foot and arm for one month. The patient was also complaining of loss of appetite and had a yellowish discoloration of eyes for ten days.

The patient was said to be apparently alright a month back. Later, he developed weakness along both the legs and experienced difficulty

in walking. This was associated with a burning sensation. The patient also started experiencing a reduction in appetite and disturbed sleep. On questioning, it was learnt that patient was a chronic alcoholic and smoked tobacco for three years. He was even advised to take anti-hypertensive medication for fluctuating blood pressure.

Blood examination findings revealed disturbed liver functions such as elevated serum bilirubin, AST, ALP and ALT values apart from signs of dyslipidaemia (raised serum cholesterol and triglyceride levels).

Intervention :

At our hospital, the patient was treated for symptoms related to Jaundice and neuropathy. He was given mild panchakarma therapy such as full body massage and sudation. Medicated oils and poultice, which impart strength to nerves, were used during massage. Mild sudation was also performed. Therapies such as Shirodhara and Shiropichu were advised to relieve the patient from stress. Medicated paste application over foot and arms was made during evening time to reduce the burning sensation. Herbal juices and decoctions having hepatoprotective and nephroprotective activity were administered twice daily. Milk processed with rejuvenating herbs was given. The patient also underwent general yoga and yoga Nidra therapies along with panchakarma and internal medication.

At the end of fifteen days of rigorous therapeutic procedures, the patient experienced considerable reduction in the burning sensation in the foot and arms. Also, the yellowish discoloration of the eyes came down. Patient's appetite improved significantly. There was an improvement in the quality of life as a result of reduced stress levels. There was declined craving for alcohol consumption, and he felt energetic. Repeated blood examination on the 10th day of hospitalization revealed significant improvement in liver functions (ALT, AST & ALP values dropped to normal ranges as well as a substantial reduction in serum bilirubin content) and lipid profile (total cholesterol and triglycerides within normal ranges). The patient expressed his willingness to come back to JSS Ayurveda Hospital for the next session of detoxification and rejuvenation program.

International Yoga day report

On the occasion of International Day of Yoga -2020, the Dept. of PG Studies in Swasthavritta conducted the following events.

Facebook live workshop on Pranayama between June 15th and 20th 2020

15/6/2020:

Dr. P Sudhakar Reddy spoke on the benefits of Pranayama and Dr Aparna demonstrated the techniques on Pranayama and it was moderated by Dr Poojashree, Internee. *Views: 800*

16/6/2020:

Dr. P Sudhakar Reddy spoke on the benefits and demonstrated the techniques of Nadishuddhi Pranayama and it was moderated by Dr Harshini Santoshi, Internee. *Views: 1100*

17/6/2020:

Dr. Sowmya M N spoke on the benefits and demonstrated the techniques of Suryabhedana Pranayama and Chandrabhedana Pranayama and it was moderated by Dr Monika, Internee. *Views: 670*

18/6/2020:

Dr. Aparna spoke on the benefits and demonstrated the techniques of Ujjayi Pranayama and it was moderated by Dr Namratha, Internee. *Views: 500*

19/6/2020:

Dr. Sowmya MN spoke on the benefits and demonstrated the techniques of Sheetal and Sitkari Pranayama and it was moderated by Dr Nisarga, Internee. *Views: 60*

20/6/2020:

Dr. P Sudhakar Reddy spoke on the benefits and demonstrated the techniques of Bhramari Pranayama and it was moderated by Dr Reetu Mahesh, Internee. *Views: 500*



NATIONAL WEBINAR ON YOGA:

National Level Webinar on Yoga was organized on 20th June 2020. The inaugural address was rendered by Dr Raghavendra Rao, Director, CCRYN, New Delhi. He spoke on the importance of International Day of Yoga specifically to the current situation where we are facing COVID-19 Pandemic. He asked all the people of the country to practice yoga by staying at home with safety measures. Dr Neetin Kumar Patil, Associate Professor, Department of Integrative Medicine, Sri Devaraj Urs Medical College, Kolar, delivered a speech on "Lifestyle Disorders and Yoga", and he quoted Yoga techniques with particular reference to bring down stress.

Dr Shivaprasad Shetty, Dean and Professor, SDM College of Yoga and Naturopathy, Ujjire, D.K, delivered on the topic "Yoga during Pre and Post COVID-19". He addressed the importance of Yoga practices to tackle the health problems related to pre and post COVID Pandemic.

Dr Chandrashekar, Research Co-ordinator, CCDC, and New Delhi spoke on the topic "Yoga in Cardiology-Evidence and Relevance. He addressed people to implement Yogasana and Pranayama, including meditation daily half an hour to promote good cardiac health. Presidential address rendered by Dr.Rajesh A.Udapudi, Principal, JSS Ayurveda Medical College, Mysuru.



On the eve of International Yoga Day - 21st, Sunday

Live Yoga Protocol Demonstration was conducted from 7:00 a.m to 7:45 a.m. Principal, Faculty members of Swasthavritta Department and Internee participated in the programme. Nearly 700 members viewed the session.

The above events conducted by virtual media with theme of this year's International Day of Yoga 2020- **Yoga at Home and Yoga with Family**

Bhramari Pranayama

Bhramari means Honey Bee. In this pranayama, while exhaling humming sound is produced like a honey bee.



Benefits:

- The vibrations of humming sound stimulate the brain cells.
- Brings calmness to mind and reduces anxiety.
- Helps in reducing the mental tension and anger
- Makes the person attain blissful mind.
- Useful in insomnia (sleeplessness)
- Can be practiced in morning or night.

Benefits of Using Guduchi (Amruta Balli)

1. Boosts Immunity: Amrutaballi is a universal herb that helps boost immunity. It is a powerhouse of antioxidants which fights free-radicals, keeping your cells healthy and get rid of diseases. It helps remove toxins, purifies blood, fights bacteria that cause diseases and also combats liver diseases and urinary tract infections.

2. Extensively used in treating Chronic Fever: It helps to get rid of recurrent fevers. Since Guduchi is anti-pyretic, it reduces signs and symptoms of life-threatening conditions like Dengue, Swine Flu and Malaria as well.

3. Treats Diabetes: It acts as a hypoglycaemic agent and helps treat diabetes (particularly Type 2 diabetes)". Giloy juice helps reduce high levels of blood sugar.



4. Treats Arthritis: Guduchi contains anti-inflammatory and anti-arthritis properties that help treat arthritis and its symptoms. For joint pain, the powder from the plant's stem can be boiled with milk and consumed.

5. Health Rejuvenator: This medicinal herb is a health rejuvenator which is also widely known for its effectiveness in enhancing natural immunity to fight against several illnesses such as fever, jaundice, skin diseases, constipation and tuberculosis.

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cases, analgesics or nonsteroidal anti-inflammatory drugs may provide relief. Still, resistance to corticosteroids beyond the third month after the onset of disease may be evocative in case of post-Chikungunya chronic inflammatory rheumatism. The findings indicate that early treatment to control the inflammatory process may prevent bone erosions and reduce the side effects of prolonged cortico-therapy, which is required in such cases.

In cases with Chikungunya fever, along with the medications to control fever, anti-inflammatory drugs like Nirgundi

(Vitexnegundo Linn.), Shallaki (Boswelliaserrata Roxb.), or Guggulu (Commiphorawightii Arn.) can be started simultaneously so that post-chikungunya chronic inflammatory rheumatism can be avoided in most patients. Similarly, dengue fever usually causes a rapid decrease in platelet count with prolonged debility. In cases of dengue, along with the antipyretic drugs, drugs that promote hematopoiesis can be added to help in platelet formation of the patient.

In a nutshell, research is a prospective or a retrospective cohort study, which establishes

either the role of particular etiological factor or the role of potent herbs in the prevention of viral infections with long-term effects. Although many practices are prevailing in Ayurveda concerning it, evidence-based guidelines need to be established. Efforts have been undertaken in developing guidelines for the prevention of non-communicable disease. Still, there is also a need for initiating the thought process to smartly and efficiently tackle these diseases, especially new emerging viral infections.

- Mandip Goyal

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