Key Note Lecture

Potential Concepts and Practices in Ayurveda
Dr. N. Anjaneya Murthy
dranjaneyamurthy51@gmail.com

Scientific Deliberations over today’s topic, “Potential Concepts and Practices in Ayurveda” Is the need of the hour. Ayurveda has the potential to become Global Medical System. By churning of Kshira Samudra we got amrita; similarly by churning the ocean of Ayurveda knowledge, we can get Ayurveda Modulated to the present generation without sacrificing the basic tenets. Satisfactory treatment is available only for 1/3 of the known ailments. Many diseases like Cancer, AIDS, Senile dementia, Auto immune diseases etc., escape satisfactory treatment. Disease causing organisms continue to develop resistance to known medicines.

So proper systematic, scientific screening of the knowledge base in Ayurveda will provide new armaments for prevention of diseases and cure of curable diseases. Following thoughts can help in finding priority areas for research.

I. KAYA CHIKITSA

1) Concept of Pathya & Apathya
2) Evaluation and practical implementation of Chikitsa sutra as per Dasa vidha Pariksha.
3) Science of “Roga Mukta Lekhana” to be popularized.
4) Arishta lakshanas to be assessed in terminally ill patients.
5) Utility of ashtanga yoga in conjunction with Ayurveda.
6) Usefulness/ synergistic approach/ commensalism approach/ antagonistic approach, when Ayurveda is used along with other contemporary medicines; whether Ayurveda alone is to be given? Whether holistic medicine is better?
7) Finding and popularizing effective Chikitsa for Swine flu, Ebola, Hepatitis etc., in Ayurveda fraternity.
8) Ayurveda medical tourism
9) Research on Agrya medicines.
10) Development of reliable analgesic, anti-pyretic, anti-inflammatory medicines and procedures.
11) Life style diseases like Madhumeha, Sthoulya, Hridroga and their management and prevention.
12) Managing resistant stubborn infectious diseases.
13) Daiva vyapasraya, Yukti vyapasraya and satwavajaya.
14) Treatment for jet-lag, space medicine, stress related disorders, stress by high altitude/ environment.
15) Auto immune diseases, Degenerative diseases, Rheumatoid arthritis, stubborn skin diseases, peripheral vascular diseases, neuropathy, and insomnia.
II. PANCHA KARMA

1) Apunarbhava Chikitsa
2) Detoxifying
3) Rejuvenative, vitalizing
4) Ultimate answer for all diseases except for Urusthambha and incurable diseases.
5) Useful in health for health promotion like Matra basti, pratimarsa nasya, prayogika dhumapan; ritu anusara shodhana, utility for vegavarodha situations, usefulness as pre-operative, operative procedures for Rasayana and vajeekarana purposes.
6) Useful for “Sadaaturas”
7) Concept of yukta ratha, siddha, Yapana basti for the present day busy man.
8) Basti in animals, utility of phalamatra siddhi and prasruta yogiya siddhi adhayas
9) Hidden meaning of Nabhi, kati, parswa, kukshi, relevant to basti. Purpose of age wise increases in size of basti netra.
10) S.O.P of shastika salipinda sweda, dhara sweda etc.,
11) Compulsory Pathya and Apathya before, during and after pancha karma.
12) Utility of rasoushadhies in Panchakarma.
13) Utility of Paradabasti, Nasa pana.
14) Panchakarma for repetitive stress injuries, computer vision syndrome
15) Concept of ghreya vanama and ghreya virechana.

III. STREE ROGA AND BALA ROGA

1) Poly cystic ovarian disease.
2) Post menopausal problems
3) Yoni vyapat,
4) yoni bhramsa
5) Sthana rogas
6) Sthanya Pariksha and drawing inferences.
7) Kashtartava
8) Sweta pradara, rakta pradara
9) Vandhyatwa
10) Garbhini paricharya
11) Pumsavana
12) Sutika upachara
13) M aternal anaemia
14) Contraceptives
15) Phakka roga
16) Bala sosha
17) Deergha ayushaman balaka lakshan
18) Atura vedineeya and significance of this science.
19) Nava jaatha sishu upachara
20) Samskaras
21) Science behind giving ghrita and madhu in equal quantity
22) Medhya Rasayana
23) Dantoddbheda
24) Bala atisara, krimi, jwara, kasa
25) Ahara vyavastha in ksheerada, Kshira annada and annada periods.
26) Kreedhanakas useful for balaka.

IV. RASAYANA
1) Rasayana, Especially kuti pravesika Rasayana is the best method for achieving longevity. But extensive experiments have not been done on large number of people, in many centres. Shodhana and yavaka are necessary before Rasayana. Without following shodhana and other pre-requisite procedures, by just taking Geriforte tablets/ Narasimha Rasayana, even though these steps are anti-classical we are getting extraordinary results. If we follow all the procedures, we may get all the potential benefits.

2) Lot of experiments have been conducted on Drosophila by giving amalaki/ Shiva gutika. It has been experimentally possible to prove Deergha ayukara benefits in Drosophila. More experiments need to be done in this regard.

3) The anti oxidant property of Asparagus racemosus increases the larval glucose -6-phosphate dehydrogenize activity. It increases life span of drosophila.

4) Life span extension of 51-55% of Drosophila melanogaster by Rasayana has been possible.

5) Pomegranate juice fed fruit flies, are better protected against stress and infestation, live and reproduce longer, are active even when aged, have elevated resistance to various environmental stresses including oxidative stress.

6) Yasti madhu churna/ samula shankapushpi Kalka have shown Medhya effects. Bhallataka has been praised to have sheegra medha and Agni vardhaka qualities.

7) Prevention /palliation of age related degenerative changes, geriatric diseases, increasing the physical, mental, intellectual and emotional capabilities.

8) Research on individual drugs like amalaki, yogas like chyavana prasha for their health promoting, disease preventing, curative, restorative and vitalizing activities.

9) Science of nutraceuticals.

V. NIDANA
1) Nidanas not enumerated in classics and their interpretation as per Ayurveda
2) Evaluation of prodromata in large number of cases
3) Indentifying upashayas and anupashayas not told in classics. Their co-relation with aetio-pathogenesis/ treatment.

4) Scientific gadgets for nadi Pariksha, sarira tapa.

5) Nidana-lakshanayoho sambandha; samprapti lakshanayoho sambandha; research works of IPGT&R, Jamnagar to be revisited

6) Data pooling of rogi/ roga Pariksha, methods from different classics, research works done at different Universities. Their re-validation in the present day.
7) Prakriti Pariksha and its correlation with genomic study, life-style modification as per Prakriti.
8) Better understanding of bahu drava sleshma, bahu abaddha medas, sonita kleda, Dhamani pratichaya etc., concepts.
9) Developing 3-D, audio visual aids, models for different varieties of Kusta, kshudra rogas.
10) Role of asta Ahara vidhi vishesha ayatana in health and disease.
11) Concept of beeja, beeja bhaga, beeja bhaga avayava dusti. Garbhini upachara.
12) Visrata, Dravata, raga, spandana and largsuta of blood to be examined by modern instrumentation technology
13) Concept of roga marga.

VI. SALYA
1) Sastra karma
2) Sira vyadha
3) Jaloukacharana
4) Sringa
5) Alabu
6) Ghati yantra
7) Agni karma
8) Kshara karma, Kshara sutra useful in fistula-in-ano, polyps, piles, warts, non-healing chronic ulcers and sinuses etc.,
9) Different sastras and yantras; their utility in the present day context.
10) Sangnya harana
11) Bhagna vignana
12) Special treatment for Urastoya, different types of Udara, Vridhiphi, Arsas, Bhagandara, Gandamala
13) Applied marma vignana
14) Shashhti vidha upakramama
15) Kaseesadi taila basti locally over keloid has been found to be effective.

VII. DRAVYA GUNA
1) Agrya medicines, utility, popularisation
2) Evaluation of guna dharma of oushadhi dravyas, Ahara Dravyas, snehas not told in classics.
3) Visha is pranahara. But with Yukti, it is Rasayana.
4) Shodhana of visas. Concept of antidotes
5) Badhana sanubadhana.
6) Tissue culture
7) Drug collection methods, processing, value addition, preservation, expiry date.
8) Bio-availability increasing drugs.
9) Oushadhi sevanakala, Matra, Anupana, sahapana, Pathya, Apathya.
10) Pratinidhi dravya.
11) Gramya Ahara
12) Nutraceuticals
13) Beauty care medicines

VIII. RASA SASTRA

Medicine used in minimal quantity with maximum results. No question of aruchi; having emergency action; no expiry date. Significance of Khalviya Rasayana, Kupipakwa-rasayana, pottali kalpa, deha vada, loha vada, bhasma vis-à-vis nano medicine, sahasra puti abhraka bhasma, S.O.P. regarding various rasoushadhies, determination of minimum effective dose, toxicological studies, animal experimentation, in vitro, in vivo studies, last resort / lost resort to save a serious patient. Special preparations like bhunaga mudrika, amarasundari gutika, khechari gutika to be explored.

Endoscopic application of visha garbha pottali, hema garbha pottali, loha garbha pottali over the cancer of G.I. tract has been found to cause tumor necrosis and there by hastening the healing process.

The list is very exhaustive. But few points are being mentioned here. Erudite resource persons, research scholars of different disciplines will be discussing about many more useful points. The scholars, who have assembled here will get feast of information.

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