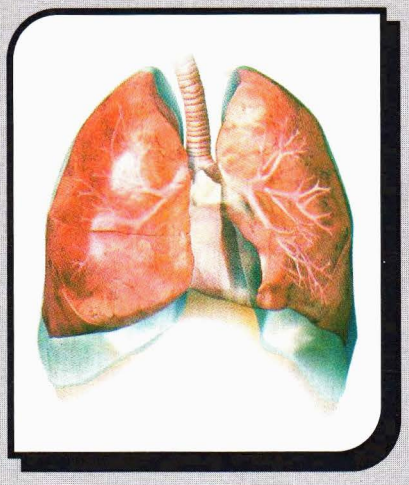
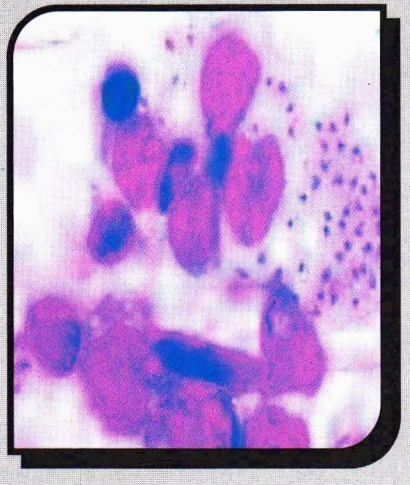
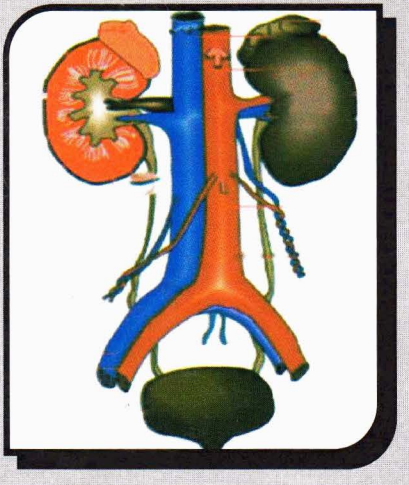
# CLINICAL RESEARCH PROTOCOLS FOR TRADITIONAL HEALTH SCIENCES

## (AYURVEDA, SIDDHA, UNANI, SOWA RIGPA AND OTHERS)







आयुष
ayush

**CENTRAL COUNCIL FOR RESEARCH IN AYURVEDA AND SIDDHA**
**Department of AYUSH, Ministry of Health and Family Welfare**
**Government of India, New Delhi**
**www.ccras.nic.in**

*Publisher*

**Central Council for Research in Ayurveda and Siddha**
**Department of AYUSH**
**Ministry of Health and Family Welfare, Government of India**
J.L.N.B.C.E.H.Anusandhan Bhavan, 61-65, Institutional Area
Opposite D-Block, Janakpuri, New Delhi – 110058
E-mail: ccras_dir1@nic.in, Website: www.ccras.nic.in

**© Central Council for Research in Ayurveda and Siddha, New Delhi 2010**

***Note: Reproduction/Translation/Citation of any part of this publication are welcome with due acknowledgement of the Council for academic and research purpose. No citation for commercial purpose is permitted.***

***Cover Page Designed by : Dr. N. Srikanth, Assistant Director (Ay.)***

***Printed at :*** **Pearl Offset Press Pvt. Ltd.,** 5/33, Kirti Nagar Industrial Area, New Delhi - 110 015
Tel. 011-25159312, 41424700, 41424800

# INDEX


| Sl. No. | Subject | Page |
|---|---|---|
| | **Forward** | **III** |
| | **Preface** | **V** |
| **1.** | **Section – I Respiratory System** | **1** |
| 1. | 1.1 Allergic Bronchitis (*Kasa*) | 5 |
| 2. | 1.2 Bronchial Asthma (*Tamaka shwasa)* | 33 |
| **2.** | **Section – II Gastro intestinal System** | **61** |
| 1. | 2.1 Irritable Bowel Syndrome (Kaphaja pravahika) | 65 |
| 2. | 2.2 Intestinal Helminthes *Krimi roga* (*Gandupada krimi*) | 87 |
| 3. | 2.3 Gall Stone Disease *(Pittashmari)* | 111 |
| 4. | 2.4 Sero conversion of HBsAg (carriers) *(Yakrit vikara)* | 133 |
| **3.** | **Section – III Joint Disorders** | **149** |
| 1. | 3.1 Osteoarthritis-Knee Joint *(Sandhi-vata)* | 153 |
| 2. | 3.2 Rheumatoid Arthritis *(Amavata)* | 185 |
| 3. | 3.3 Osteoporosis *(Asthisausirya)* | 231 |
| **4.** | **Section – IV Ano-rectal Disorder** | **245** |
| 1. | 4.1 Fissure-in-Ano (*Parikartika*) | 249 |
| 2. | 4.2 Piles *(Arsha)* | 273 |
| 3. | 4.3 Fistula-in-Ano (*Bhagandara*) | 293 |
| **5.** | **Section – V Nervous System** | **313** |
| 1. | 5.1 Hemiplegia (*Pakshaghata)* | 317 |
| 2. | 5.2 Migraine (*Ardhavabhedaka)* | 341 |
| 3. | 5.3 Mental Retardation (*Manasa Mandata*) | 357 |
| 4. | 5.4 Sciatica (*Gridhrasi)* | 387 |
| 5. | 5.5 Anxiety Neurosis (*Manodvega*) | 415 |

| | | |
|---|---|---|
| **6.** | **Section VI Metabolic Disorders** | **437** |
| 1. | 6.1 Obesity (*Medoroga*) | 441 |
| 2. | 6.2 Diabetes Mellitus (*Madhumeha*) | 459 |
| **7.** | **Section VII Eye Disorders** | **479** |
| 1. | 7.1 Cataract (*Linganasha)* | 483 |
| 2. | 7.2 Dry Eye Syndrome (*Shushkakshipaka / Parishuskha Netra)* | 501 |
| 3. | 7.3 Allergic Conjunctivitis (*Kaphaja abhishyanda*) | 519 |
| **8.** | **Section – VIII Connective Tissue Disorders** | **535** |
| 1. | 8.1 Deep Vein Thrombosis | 539 |
| **9.** | **Section – IX Geriatric Disorders** | **557** |
| 1. | 9.1 Rejuvenation (*Rasayana)* in healthy elderly persons | 561 |
| 2. | 9.2 Rejuvenation (Kaya kalpa) in healthy elderly persons | 593 |
| **10.** | **Section – X Reproductive System** | **615** |
| 1. | 10.1 Menopausal Syndrome | 619 |
| 2. | 10.2 Dysfunctional Uterine Bleeding | 643 |
| 3. | 10.3 Dysmenorrhoea (*Kashtartava)* | 661 |
| **11.** | **Section – XI Cardio Vascular System** | **701** |
| 1. | 11.1 Essential Hypertension (*Uchcharaktachapa*) | 705 |
| 2. | 11.2 Chronic Stable Angina (*Hridroga*) | 727 |
| **12.** | **Section – XII Urinary System** | **745** |
| 1. | 12.1 Urolithiasis (*Mutrashmari)* | 749 |
| **13.** | **Section – XIII Vector Borne Diseases** | **769** |
| 1. | 13.1 Kala-Azar | 773 |
| 2. | 13.2 Filariasis (*Shleepada)* | 801 |
| **14.** | **Section – XIV Haematological Disorders** | **827** |
| 1. | 14.1 Iron Deficiency Anaemia (*Pandu)* | 831 |
| 2. | 14.2 Sickle Cell Anemia | 865 |

| | | |
|---|---|---|
| **15.** | **Section – XV Immune System** | **883** |
| 1. | 15.1 HIV Infected Persons | 887 |
| **16.** | **Section – XVI Disorders of Skin** | **911** |
| 1. | 16.1 Psoriasis *(Kitibha)* | 915 |
| **17.** | **Section – XVII Reproductive and Child Health Care** | **941** |
| 1. | 17.1 AYUSH AG TAB during Pregnancy | 943 |
| 2. | 17.2 AYUSH PG TAB in edema during pregnancy | 958 |
| 3. | 17.3 AYUSH B.R. Leham for immunity in infants | 973 |
| 4. | 17.4 AYUSH PK-Avaleha in preventing postpartum complications and puerperial care. | 985 |
| 5. | 17.5 AYUSH SS-Granules to ensure quality & quantity of breast milk | 996 |
| **18.** | **Section – XVIII Clinical Safety of some Ayurveda and Siddha Drugs** | **1007** |
| 1. | 18.1 Clinical safety of herbo-mineral and metallic preparation (Rasamanikya Rasa) | 1011 |
| 2. | 18.2 Clinical safety of herbo-mineral and metallic preparation (Vasantakusumakara Rasa). | 1049 |
| **19.** | **Section – XIX Annexure** | **1071** |
| 1. | 19.1 Case Report Form for determination of Prakriti/Udaliyal/Mizaj | 1073 |
| 2. | 19.2 Guidelines for Designing A Clinical Study Protocol | 1083 |
| 3. | 19.3 Patient Information Sheet | 1089 |