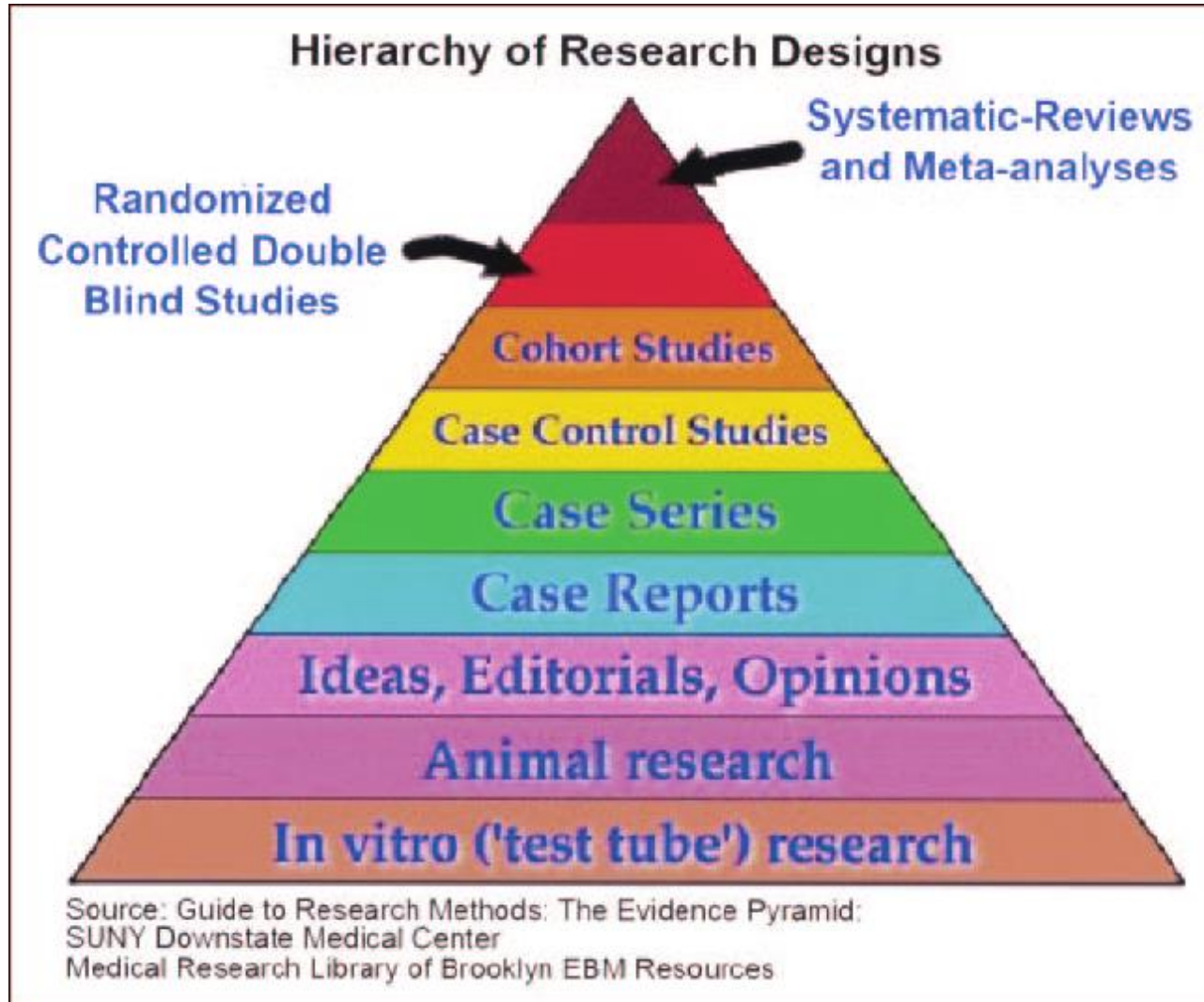


*Clinical research in Ayurveda
Challenges and facing the challenges*

By

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- The word research is derived from the Middle French "recherché", which means "to go about seeking" (Merriam Webster)
- A detailed study of a subject, especially in order to discover (new) information or reach a (new) understanding (Cambridge dictionary)
- Clinical Research in which people, or data or samples of tissue from people, are studied to understand health and disease. (NCI dictionary)
- **Clinical research is a branch of healthcare science that determines the safety and effectiveness (efficacy) of medications, devices, diagnostic products and treatment regimens intended for human use.** (Wikipedia)



Where do you think Ayurveda stands in this evidence pyramid?

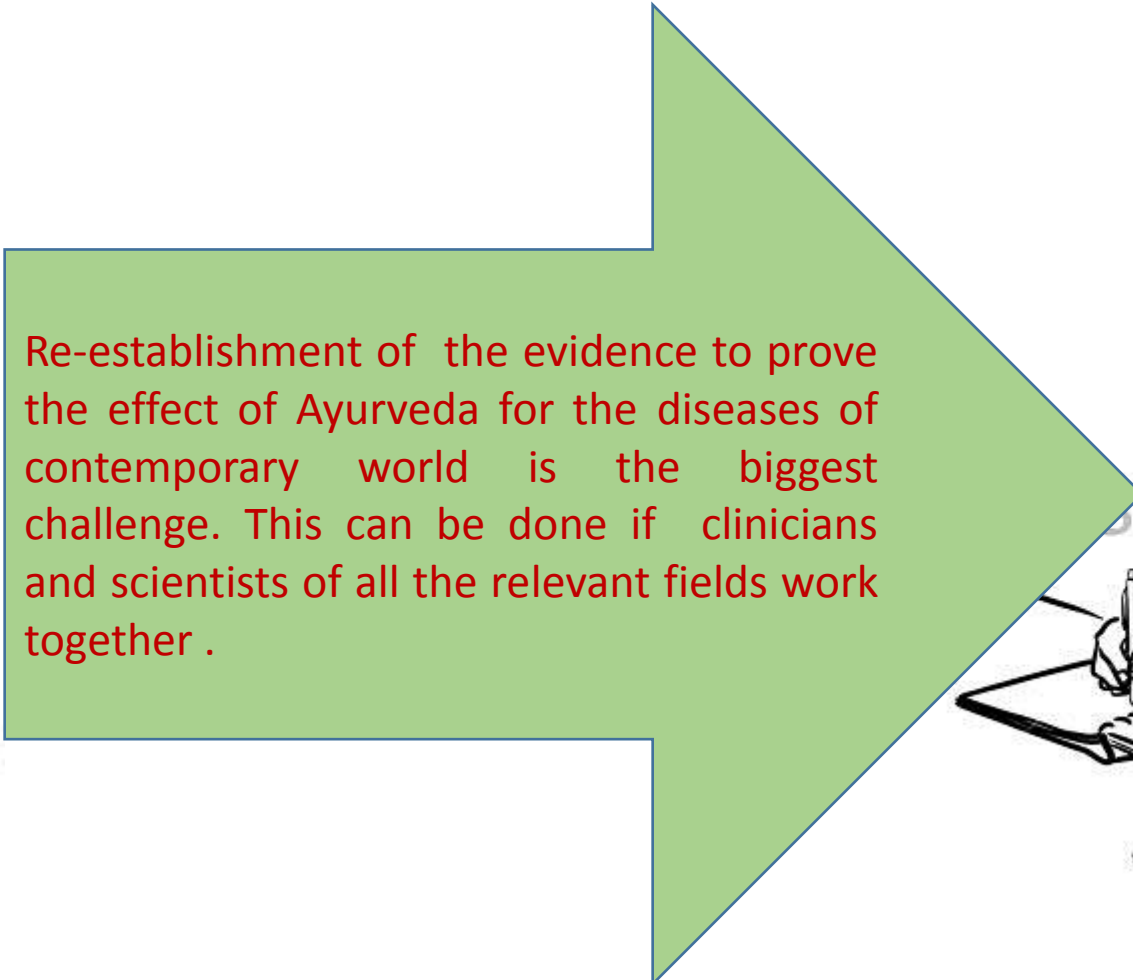


- Ayurveda is a ***Shastra***- "precept, rules, manual, compendium, book or treatise" in a general sense.
- Well established frame-work , tried and tested Siddhanta.
- More than 5000 years old but the concepts are applicable even today for the treatment of emerging diseases. **Ex:** [Parkinson's disease- 1817](#), [Acute pro myelocytic leukemia case report](#) .
- Comprehensive guidance for wellness and disease management.

एकं शास्त्रमधीयनो न विध्याच्छास्त्र निश्चयम् ॥ तस्मद्बहुस्रुतः शास्त्रं विजानीयाच्छिकित्सकः ॥ (सु.सु.४/७)
*One who knows only one shastra cannot come to any decisive conclusion. That is why one who has learnt from many **shastras** is indeed a physician.*

- Ayurveda - personalized medicine.
- Polyherbal formulations. Difficulties in estimation of “active” molecules in body.
- Multi therapy treatment.
- There is no standard single benchmark formulation.
- Crude raw herb material has number of variations.
- Different interventions at different stages of disease.
- Research funding scarcity.

- Whole system studies/ black box approach/ Pragmatic study
- Double blind placebo controlled whole system RCT possible in Ayurveda [RA study](#), [NMITLI project OA. 1, 2](#)
- Case reports through proper documentation according to the internationally accepted modern and Ayurveda parameters. [Anal fistula foot extension, 1](#) [Integrative wound management for diabetic wound, paper](#)
- [Psoriasis management in Ayurveda.](#)
- Encouraging Observational studies : [Sciatica study.](#)
- Studies at IAIM: [UTI study](#) , neurological studies.



Re-establishment of the evidence to prove the effect of Ayurveda for the diseases of contemporary world is the biggest challenge. This can be done if clinicians and scientists of all the relevant fields work together .



