



8,244
people with
Osteoarthritis healed.

Chander Rajput's
2-yr-old
pain healed in
7 months.



8,750
cases of
Psoriasis cured.

Kaushik Nair
experienced relief from
12-yr-old problem
in just 1.5 yrs.



24,579
Piles patients
benefitted.

Sam Roddick got
relief from 1.5 years
of pain within
20 days.



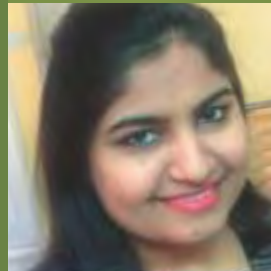
60,828
cases of
Diabetes treated.

Kasturi Sahu's
5-yr-old problem
better in
just 3 months.



41,739
cases of
Hair Fall treated.

Preeti Kaur experienced
relief from 1-yr-old
problem within
3 months.



12,659
people with
Migraine healed.

Manisha Ghosh's
experienced relief from
year-long problem in
just 3 months.



 **JIVA**[®]
AYURVEDA

CHIKITSA SUTRA

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Compilation of
15
Best
Case Studies

PSORIASIS

A Jiva Case Study

Name: Anita Vishvakarma
Age: 46 yrs
Gender: Female

Location: Ramgarh, Jharkhand
Occupation: NA
Marital Status: Married

Treatment started on: May, 2015
Relief achieved on: Oct, 2016
Present treatment status: Open

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient called to discuss her problem that was diagnosed very late because patient took the symptoms very casually. When the little normal skin discoloration spots gradually started to increase and spread to other parts of her body and began showing new features, patient was forced to consult allopathic doctor who diagnosed it as Psoriasis. In the last five years, patient had taken different types of medicines but all of these had very temporary effect and the problem recurred.

At the time of consultation, patient had severe dandruff-like silver patches at ankle joint, legs, back and scalp. These patches had other symptoms such as itching, dryness, scaling and occasional bleeding also if she scratched when there was severe itching.

Specific History (H/O Present Illness)

Psoriasis was diagnosed five years ago before she came for consultation.

Physical/ Systemic Findings

Bowels: Regular and clear **Appetite:** Normal
Gas: Occasional
Acidity: No **Sleep:** Normal **Mind:** Relaxed
Digestion: Normal **Urine:** Normal
Memory - Normal

H/O Past illness / Family History

No history of diabetes, hypertension, and surgery.

Medical History

Patient had hypothyroidism for which she had been taking allopathic medication for 5-6 years. She used to take spicy-oily and non-veg food that is under control now.

Diagnosis

Psoriasis/Ek Kushtha

Management

Samprapti Ghataka: Dosha: Vata-Kapha pradhan
Dushya: Ras, Rakta, Mansa, Lasika
Srotas: Ras, Rakta, Mansa
Adhishtan: Twak

Nidana: Unwholesome diet and routine, taking meals before complete digestion of previous meal etc are factors.

Chikitsa Sutra

- Nidana parivarjan: Avoid things in diet and routine that accelerates progression of disease
- Shaman Chikitsa: Vata-kapha shaman, rakta shodhan, srotoshodhan, rasayan
- Shodhan Chikitsa: Beneficial ways are discussed that could be practiced at home
- Sattvavjay Chikitsa: Patient education, expectation management and approach of treatment is shared

JIVA TREATMENT PLAN IN MAY, 2015

Churna	Tablets	Products
Gandhak rasayan churna	Rakta shodhak vati	Shodhak kwath
Twakrog har churna	Chandra prakash rasayan	Arishtadi oil
Panchnimbadi churna	Tikta ras guggulu	Neem Syrup
Amrit rasayan		Neem shampoo
Kamdudha ras		

Specific Advise:

Pathya: Patient was advised to apply camphor mixed coconut oil to minimize itching, increase water consumption, chew neem leaves in the morning, regular morning walks, stress relaxing practices etc. Gheeya, tinda, lauki, parval, karela, taurai, moong dal, cow milk etc fresh, light, easily

digestible diet according to digestion.

Apathya: Avoid fried, oily, spicy, acidic, non-veg foods, tea, coffee, pickles, fast foods, citrus fruits, packaged items, tomato, katahal, arbi, bhindi, cauliflower, immediate water intake after meals, sleep during the day, suppression of natural urges etc.

Modifications/Changes made in prescription during course, Below changed medicines were given as per patient's feedback:

In Nov, 2015

Chandra prakash rasayan was replaced with Ashta dashang lauh.

seen after treatment at Jiva MRC. The discoloured patches of skin also began to turn back to natural colour gradually.

Outcome

Patient explained that her symptoms were all resolved which was quiet difficult for her before the beginning of treatment at Jiva. After complete remission of the old patches, no new patches were

Although, during treatment her condition kept fluctuating in some parts of her body but with advised routine and regular medications all associated complains eventually subsided.

Parameters before, during & after treatment

Symptoms	May, 2015	June, 2015	July, 2015	Sept, 2015	Oct, 2015	Nov, 2015	March, 2016
Itching	++++	++++	+++	+++	++	++	++
Scaling	++++	+++	+++	+++	++	++	+
Discoloration	++++	++++	++++	+++	+++	+++	++
Dryness	++++	+++	+++	+++	++	++	+

Symptoms	April, 2016	June, 2016	July, 2016	Oct, 2016	Jan, 2017
Itching	+	Normal	Normal	Normal	Normal
Scaling	+	Normal	Normal	+	Normal
Discoloration	++	+	+	Normal	Normal
Dryness	+	Normal	Normal	+	Normal

Discussion

According to Ayurveda, Psoriasis appears due to imbalance of two doshas - Vata and Kapha. Vata and Kapha doshas manifest in the skin and cause accumulation of toxins. These toxins accumulate in deep tissues like rasa (nutrient plasma), rakta (blood), mansa (muscles), and lasika (lymphatic). These toxins cause contamination of deeper tissues, leading to Psoriasis.

Psoriasis is a non-contagious common skin condition that causes rapid skin cell reproduction resulting in red,

dry patches of thickened skin. The dry flakes and skin scales are thought to result from rapid build-up of skin cells. Psoriasis commonly affects the skin of the elbows, knees and scalp.

Consumption of opposite foods (such as fish and milk together), trauma on skin like cuts, bruises or burns, some medicines or skin irritants, excessive smoking, alcohol consumption and mental stress or psychological trauma can also be responsible for it.

Purification of blood and tissues is the primary aim of Ayurvedic treatment in cases of Psoriasis. Toxins are cleansed from the body and the digestion restored to prevent further accumulation. Nourishing herbs are then administered to strengthen and tone the tissues to promote complete healing of the skin.

Panch nimbadi churna - Pitta-kapha shaman, rakta shodhan, sroto shodhan

Twakrog har churna - Pitta-kapha shaman, rakta

shodhan, sroto shodhan

Gandhak rasayan - Vata-kapha shaman, rakta prasadan

Amrit rasayan - Tridosha shaman, rakta prasadan, rasayan

Kamdudha ras - Pitta shaman, rasayan

Rakt shodhak vati - Pitta-kapha shaman, rakta shodhak

Chandra prakash rasayan - Tridosha shaman, rasayan

Tikta ras guggulu - Vata-kapha shaman, rakta shodhak, sroto shodhan

Arishtadi oil - Vata shaman, vrana ropan

Shodhak kwath - Vata-kapha shaman, srotoshodhak

Psoriasis

A Jiva Case Study

Name: Jagdish Chandra
Age: 38 yrs
Gender: Male

Location: Himachal Pradesh
Occupation: NA
Marital Status: Married

Treatment started on: May, 2016
Relief achieved on: Feb, 2017
Present treatment status: Open

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient had been suffering from Psoriasis for about 2-3 years for which he approached skin specialist doctors who prescribed oral and topical application medicines but the improvements were very short lived. At the time of consultation, patient had multiple small reddish spots which were associated with symptoms like scaling, dryness and itching sensation.

Patient reported that the itching bothered him more during night, after exposure to cold conditions and in the winter season. In winter the itching is slightly reduced during the day when the temperature comparatively higher than at night. Besides this, patient also experienced breathlessness and bloating in stomach.

Specific History (H/O Present Illness)

Patient was diagnosed with psoriasis two-three years before he came for consultation.

Physical/ Systemic Findings

Bowels: 2 times, regular and clear **Appetite:** Normal **Gas:** Yes **Acidity:** No **Sleep:** Normal
Mind: Relaxed **Digestion:** Normal **Urine:** Normal
Memory - Normal

H/O Past illness / Family History

Patient had no history of diabetes, hypertension, thyroid or surgery. He was addicted to alcohol but at the time of consultation he had quit alcohol.

Medical History

Patient used to take allopathic medicines for his problem that provided temporary relief in symptoms but only to recur.

Diagnosis

Psoriasis/Ek Kushtha

Management

Samprapti Ghataka: Dosha: Vata-Kapha pradhan
Dushya: Ras, Rakta, Mansa, Lasika
Srotas: Ras, Rakta, Mansa
Adhishtan: Twak

Nidana: Improper diet and routine, taking meals without digesting prior one etc are factors.

Chikitsa Sutra

- Nidana parivarjan - Avoid things in diet and routine that accelerates progression of disease
- Shaman Chikitsa - Vata-kapha shaman, rakta shodhan, srotoshodhan, rasayan

JIVA TREATMENT PLAN IN AUG, 2015

- Shodhan Chikitsa – Natural and easy methods are discussed that could be practiced at home
- Sattvavjay Chikitsa – Patient education, expectation management and approach of treatment is shared

Churna	Tablets	Products
Shivakshar rasayan	Soot shekhar ras	Mukti supplement pack
Amla pittantak rasayan	Trisiddha guggulu	Kasna syrup
Bhudhatri rasayan	Shir shooladi vajra ras	
Shankhpushpyadi churna		
Swas kasantak churna		

Specific Advise:

Pathya: Patient was advised to camphor mixed coconut oil to minimize itching, increase water consumption, chewing neem leaves in the morning, regular morning walks, stress relaxing practices etc. Gheeya, tinda, lauki, parval, karela, taurai, moong dal, cow milk etc fresh, light, easily

digestible diet according to digestion.

Apathya: Patient was advised to avoid fried, oily, spicy, acidic, non veg, tea, coffee, pickles, fast foods, citrus fruits, packaged items, tomato, katahal, arbi, bhindi, cauliflower, immediate water intake after meals, sleeping during day, suppression of natural urges etc.

Modifications/Changes made in prescription during course, Below changed medicines were given as per patient's feedback:

In June, 2016

Patient reported little improvements in his condition but itching was still present. Previous medicines were repeated.

In Aug, 2016

Patient reported seeing good difference in new patches but older patches were responding slowly to medicines. Previous medicines were continued.

In Oct, 2016

He explained good improvement in his psoriasis complications such as dryness, itching, scaling etc. Same prescription was continued.

In Dec, 2016

Patient reported remarkable improvement in patches, so for last one month he was taking medicines in tapered dose. No change was done in previous medicines.

In Jan, 2017

Patient shared that his problem improved a lot and now there were no further symptoms. Even on half dose for two months, patient was progressing well in present winter season in which this problem became naturally severe.

In tablets, chandanadi lauh was given instead of Skin fit rest of medicines were continued.

Outcome

Patient explained that his complications no longer existed and there were no traces of psoriasis. Based on his significant recovery, since Nov, 2016 he was advised to take medicines in reduced dosage and even in winter time with tapered dosage his condition did not flare up that was bothering him initially. He was using Ayurvedic medications for nine months and in between there was no requirement for any other medicinal support.

Symptoms	May, 2016	June, 2016	July, 2016	Oct, 2016	Nov, 2016	Dec, 2016	Jan, 2017	March, 2017
Itching	++++	++++	+++	++	++	+	Normal	Normal
Scaling	+++	+++	+++	++	++	+	Normal	Normal
Redness	+++	+++	+++	+	+	+	Normal	Normal
Dryness	+++	+++	+++	+	+	Normal	Normal	Normal
Gas	+++	+++	++	+	+	Normal	Normal	Normal

Discussion

According to Ayurveda, Psoriasis appears due to imbalance of two doshas - Vata and Kapha. Vata and Kapha doshas manifest in the skin and cause accumulation of toxins. These toxins accumulate in deep tissues like rasa (nutrient plasma), rakta (blood), mansa (muscles), and lasika (lymphatic). These toxins cause contamination of deeper tissues, leading to Psoriasis.

Psoriasis is a non-contagious common skin condition that causes rapid skin cell reproduction resulting in red, dry

patches of thickened skin. The dry flakes and skin scales are thought to result from the rapid buildup of skin cells. Psoriasis commonly affects the skin of the elbows, knees, and scalp.

Consumption of incompatible foods (such as fish and milk), trauma on skin like cuts, bruises or burns, side effect of some medicines or contact of skin irritants, excessive smoking, alcohol consumption and mental stress or psychological trauma can also be responsible for causing it.

Purification of blood and tissues is the primary aim of Ayurvedic treatment in cases of Psoriasis. Toxins are cleansed from the body and the digestion is restored to prevent further accumulation of toxins. Nourishing herbs are then administered to strengthen and tone the tissues to promote complete healing of the skin.

Chopchinyadi churna - Vata-kapha shaman, rakta shodhan, vrana ropan

Twakrog har churna - Kapha-pitta shaman, rakta prasadan

Bakuchi churna - Vata-kapha shaman

Amrit rasayan - Tridosha shaman, rakta prasadan, rasayan

Yakrida churna - Vata-kapha shaman, sroto shodhan

Tikta ras guggulu - Vata-kapha shaman, rakta shodhak, sroto shodhan

Nikhar Tablet - Rakta shodhan, sroto shodhan, pitta-kapha shaman

Liver vati - Vata-kapha shaman, sroto shodhan,

Chandanadi lauh - Pitta shaman, raktaprasadan

Shodak kwath - Vata-kapha shaman, srotoshodhak

Arishtadi oil - Vata shaman, vrana ropan

RHEUMATOID ARTHRITIS

A Jiva Case Study

Name: Neetu
Age: 32 yrs
Gender: Female

Location: Hapur, UP.
Occupation: Housewife
Marital Status: Married

Treatment started on: Oct, 2015
Relief achieved on: Dec, 2016
Present treatment status: Closed

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient contacted Jiva doctor regarding her joint problem. She explained that in beginning her pain started with right knee only that later radiated to her left knee also. At time of consultation, she complained of pain in both knees, heels and fingers of her hand. She had earlier consulted an allopathic doctor who diagnosed RA on investigation and prescribed medicines accordingly.

Even with regular treatment, patient did not have relief. Painkillers helps temporarily. Patient explained that because of intense pain, she was unable to walk, move or work properly. Her problems increase especially after sitting down for prolonged periods. Besides that, she experienced stiffness and swelling in her joints and heaviness in her body.

Specific History (H/O Present Illness)

Patient's RA was diagnosed 10 months before consultation at Jiva.

Physical/ Systemic Findings

BM – regular, once daily, clear, **Appetite** – normal, **Urine** – normal, **Gas/Acidity** – occasionally, **Sleep** – normal, **Mind** – Irritation, **Memory** – poor, **Digestion** – normal

H/O Past illness / Family History

Patient was diagnosed with Glandular tuberculosis and she took allopathic treatment. She had no history of hypertension, diabetes or thyroid problem.

Medical History

RA started a year after delivery. She had history of Tuberculosis that manifested in multiple nodes in her neck; it was treated by allopathic medication and patient said that she used painkillers as per requirement.

Diagnosis

Rheumatoid Arthritis/Amavata

Management

Samprapti Ghataka Dosha: Vata pradhan tridosha

Dushya: Ras, mansa, asthi, majja

Srotas: Ras vaha, anna vaha, asthi, majja vaha

Adhishtan: Sandhi

Nidana: Dosha vitiating diet and lifestyle that contains dry, light, cold items, over thinking, fasting, ignoring natural urges, stress, lack of proper care post delivery etc.

Chikitsa Sutra

- Nidana parivarjan – Avoid things in diet and routine that accelerates progression of disease
- Shaman Chikitsa – Vata-kapha shaman, deepan, ama pachan, srotoshodhan, vedna shaman, rasayan
- Shodhan Chikitsa – Some effective and easy to implement methods are shared to practice at home
- Sattvavjay Chikitsa – Patient education, expectation management and approach of treatment is shared

JIVA TREATMENT PLAN IN OCT, 2015

Churna	Tablets	Products
Sandhidoshha har rasayan	Peedantak guggulu	Rasnasaptak kwath
Peedantak churna	Amavatadi ras	
Amavatadi churna	Acidity Tablet	
Sothhar churna		
Amrit rasayan		

Specific Advise:

Pathya: Patient was advised to make a warm potli with mixture of balu (sand) and saindha namak and apply on affected part, gentle walks, boil ginger and coriander seed in water and drink when cool, massage with til oil mixed with ajwain for relief in calf pain, regular practice of yoga-pranayam etc.

Apathya: Patient was asked to avoid frozen foods, white flour, acidic-citrus foods, deep fried, oily, spicy, gas and ama forming food items, bhindi, arabi, gobhi, katahal, rajma, chana, udad, ice cream, carbonated drinks, fast foods, exposure to cold, staying awake till late at night, sleeping during day, excessive stress and anxiety etc.

Modifications/Changes made in prescription during course, Below changed medicines were given as per patient's feedback:

In Dec, 2015

No change was done in medicines. Maharasnadi kwath and Amla pittantak rasayan was given additionally in products.

In March, 2016

In powder, Dasavatar churna and rasnadi ghan sattava was prescribed instead of soth har churna and Amrit rasayan respectively. In tablets, Maha vatvidhvans rasa was replaced with Acidity tablet. Ksheerbala oil was added in products.

In May, 2016

In powder, Sandhidoshahar churna and rasnadi ghan sattva was removed. Erandmool churna and Go amrit bhasma was added. In tablets, Kamdusha ras vishesh and Rasnadi guggulu was given in place of Ama vatadi ras and Mahavatvidhvans ras.

In June, 2016

Pain was present in right side calf and heel area but pain in knee had reduced. Patient reported early menstruation. Digestion was normal. All medicines were repeated same but Rasna Saptak kwath was replaced with Maha rasnadi kwath.

Rasna saptak kwath and Nari sakhi capsule was advised in products.

In Oct, 2016

Amritadi guggulu was given in place of Rasnadi guggulu, rest all combinations were repeated without change.

Outcome

In the beginning, patient was explained about the prognosis and nature of disease along with relief path as per ayurveda. After one year of medication, patient reported significant improvement in all complications that were hindering her daily routine. She responded slowly in initial months of treatment and symptoms fluctuated.

But as per periodic feedback from patient, her medicines kept changing to give better improvement that eventually turned into remarkable relief. RA related morbidities i.e. pain, stiffness, swelling, heaviness, movement etc were not experienced for a long time before closing the treatment in December.

Parameters before, during & after treatment

Symptoms	Oct, 2015	Dec, 2015	Feb, 2016	March, 2016	April, 2016	May, 2016
Pain	++++	++++	+++	+++	+++	++
Stiffness	++++	++++	++++	++++	+++	+++
Swelling	++++	++++	+++	+++	+++	++
Movement	++++	++++	++++	++++	+++	+++

Symptoms	June, 2016	Aug, 2016	Sept, 2016	Oct, 2016	Nov, 2016	Dec, 2016
Pain	++	++	++	++	+/-	Normal
Stiffness	+++	++	++	+	Normal	Normal
Swelling	++	++	++	Normal	Normal	Normal
Movement	+++	++	++	+	Normal	Normal

Discussion

Rheumatoid Arthritis (known as Amavata in Ayurveda) is an autoimmune disease that causes chronic inflammation of the joints. It can also cause inflammation of the tissue around the joints, as well as in other organs in the body. Because it can affect multiple organs of the body, Rheumatoid Arthritis is referred to as a systemic illness and is sometimes called rheumatoid disease.

Improper food habits and sedentary lifestyle can lead to impairment of digestive fire, formation of ama (toxin) and vitiation of Vata (air). When a person indulges in Vata-aggravating diet and lifestyle, this aggravated Vata circulates ama in the channels of the body and deposits it in the joints, causing Amavata.

Ayurvedic treatment of Rheumatoid Arthritis starts with pacification of Vata and elimination of toxins from the body. Herbal medicines are administered to improve the digestive fire and prevent further formation of ama.

Amavatadi churna - Vata shaman, ama pachan, vedna shaman

Peedantak churna - Vata-kapha shaman, srotoshodhan, deepan, ama pachan

Sandhidosh har churna - Vata-kapha shaman, ama pachan, vedna shaman

Soth har churna - Vata-kapha shaman, soth har, sroto shodhan

Amrit rasayan - Tridosha shaman, rasayan

Dasavtar churna - Vata-kapha shaman, srotoshodhan, ama pachan

Rasnadi ghan satva - Vata shaman, vedna shaman

Erand mool churna - Vata-kapha shaman, vedna shaman, sroto shodhan

Go amrit bhasma - Vata shaman, vedna shaman

Peedantak guggulu - Vata shaman, sroto shodhan, vedna shaman

Amavatadi rasa - Vata shaman, vedna shaman

Acidity Tablet - Pitta shaman, sroto shodhan

Kamdudha ras vishesh - Pitta shaman, rasayan

Rasnadi guggulu - Vata-kapha shaman, vedna shaman

Amritadi guggulu - Vata-pitta shaman, sroto shodhan, vedna shaman

Rasnasaptak kwath - Vata-kapha shaman, ama pachan, sroto shodhan

Maha rasnadi kwath - Vata-kapha shaman, ama pachan, sroto shodhan

Amlapittantak rasayan - Pitta shaman, sroto shodhan

Ksheerbala oil - Vata shaman, rasayan

Nari sakhi capsule - Vata-kapha shaman, sroto shodhan

REACTIVE ARTHRITIS

A Jiva Case Study

Name: Snehasis
Age: 22 yrs
Gender: Male

Location: Puri, Orrisa.
Occupation: NA
Marital Status: Married

Treatment started on: July, 2016
Relief achieved on: Feb, 2017
Present treatment status: Closed

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient reported reactive arthritis. It was diagnosed in 2004 for which treatment followed and remission continued till 2010. With knee joint difficulty, it reappeared again in the same year and continued for a few months and recurred in 2012. In 2016, it relapsed and patient had problem while sitting on floor, standing from sitting posture, walking, climbing stairs, using Indian styled toilet, keeping heels on floor etc. At time of consultation, patient had pain & swelling in his knees, back and legs. He had been suffering from mild fever for last two months that was relieved after taking ayurvedic medicines. Fever occurred when patient's joint condition worsened.

Patient had gastric problem and he had difficulty in passing gas, sometime he had sour eructation, nausea, heart burn, bloating etc. Patient consulted Rheumatologist for arthritis problem and followed medicines intermittently.

Patient reported that water/fluid aspirated from his knees. He has undergone various investigations to confirm this problem. Patient complained that the skin on his feet became hard, caused itching and had dark discoloration.

Specific History (H/O Present Illness)

After being diagnosed in 2004, patient periodically suffered from this problem.

Physical/ Systemic Findings

BM - 2 times, clear-regular-sometimes mucous,
Appetite - low, **Urine** - normal, **Gas** - Yes, **Acidity** -

Yes, occasionally, **Sleep** - normal but disturbed during pains, **Mind** - normal but sometimes stressed.

H/O Past illness / Family History

There was no history of HTN, THYROID and DIABETES. Patient's father had BP problem.

Medical History

HLA B 12 test was positive, ESR was elevated, Hb was low, RA factor was negative, and X-RAY revealed fluid deficiency in knees.

Diagnosis

Arthritis/Sandhigata vata

Management

Samprapti Ghataka- Dosha: Vata pradhan kapha dosha Dushya: Ras, mansa, asthi, majja
Srotas: Ras vaha, anna vaha, asthi, majja vaha
Adhishthan: Sandhi

Nidana: Dosha vitiating diet and lifestyle that contains dry, light, cold items, over thinking, fasting, ignoring natural urges, stress etc.

Chikitsa Sutra

- Nidana parivarjan - Avoid things in diet and routine that accelerates progression of disease
- Shaman Chikitsa - Vata-kapha shaman, ama

pachan, srotoshodhan, vedna shaman, rasayan

- Shodhan Chikitsa - Some effective and easy to implement methods are shared to practice at home
- Sattvavjay Chikitsa - Patient education, expectation management and approach of treatment is shared

JIVA TREATMENT PLAN IN JUL, 2016

Churna	Tablets	Products
Twakrog har rasayan	Peedantak guggulu	Shodhak kwath
Rasna vishesh	Rakta shodhak guggulu	
Amavatadi churna	Arthritis Tablet	
Dasavtar churna		
Rejuva churna		

Specific Advise:

Pathya: Patient was advised to do regular and gentle massage with lukewarm oil, drink lukewarm water, do yoga-pranayam, morning walk, get regular morning sun exposure, drink turmeric mixed milk, take a mixture of saunth, ajawain & methi, physical exercises were recommended

according to strength etc.

Apathya: Avoid heavy work, consumption of cold potency things, curd, rice, pickles, citrus fruits, non-veg foods, alcohol, katahal, potato, ice-cream, oily-fried, rajma, chhole, chane, white flour, fast foods, excess tea-coffee, awakening till late night, sleeping during the day etc.

Modifications/Changes made in prescription during course, Below changed medicines were given as per patient's feedback:

In Aug, 2016

Same medicines were repeated and in products Maha Rasnadi kwath and Digestol tablet were added.

In Feb, 2017

In powder, Amrit Rasayan was added in place of Rejuva Churna while in tablets, Lakshadi Guggulu and Punaroday Vati was advised instead of Arthritis tablet and Rakta Shodhak Guggulu. Ayurshakti tablet was additionally placed with previous products.

his joint pain and swelling. His digestive problems like gas, bloating, acidity, bowels, appetite progressively got better. Fever was not present, but quality of sleep had improved. His skin problem became normal. Based on his past experience, patient was apprehensive about coming winter season since during cold weather his condition becomes worse. But, to his surprise, in March patient reported that except couple of incidences his condition in remained completely normal. After that, patient was advised to taper the dose of medicines to maintain achieved relief.

Outcome

Patient gradually started to feel changes in

Parameters before, during & after treatment

Symptoms	Jul, 2016	Aug, 2016	Oct, 2016	Nov, 2016	Dec, 2016	Jan, 2017	Mar, 2017
Pain/Swelling	++++	++++	+++	++	++	+	Normal
Gas/Acidity	++++	++++	+++	++	++	Normal	Normal
Bowel	+++	+++	++	++	++	Normal	Normal
Movement	+++	+++	++	+	+	+	Normal
Appetite	+++	++	++	+	+	Normal	Normal
Skin problem	+++	++	++	+	+	Normal	Normal
Sleep	+++	+++	++	+	+	Normal	Normal

Discussion

Arthritis, or degenerative joint disease, is one of the oldest and commonest type of disease. It is characterized by a breakdown of the joint's cartilage. Cartilage is the part of the joint that cushions the ends of bones. Cartilage breakdown causes bones to rub against each other, causing pain and loss of movement. Arthritis can range from very mild to very severe, and commonly affects middle-aged and older people.

According to Ayurveda, Osteoarthritis occurs due to aggravation of Vata Dosha and is known as Sandhivata (Sandhi means the joint and Vata stands for Vata Dosha). Vata is an Ayurvedic humor that symbolizes air or wind and governs all movements in the body as well as the mind. The condition of Sandhivata is caused when the activities of Vata increase inside the Sandhis or joints. Because Vata is dry in nature, it absorbs fluidity from any part of the body.

Ayurvedic treatment of Arthritis not only prevents further deterioration in the joints but also rejuvenates damaged cartilages. Vata-alleviating treatments through specific herbs are also suggested for lubrication and strengthening of joints.

Twak roghar rasayan – Pitta shaman, sroto shodhan

Rasna vishesh – Vata shaman, vedna shaman

Amavatadi churna – Vata shaman, ama pachan, sroto shodhan

Dasavtar churna – Vata-kapha shaman, ama pachan, sroto shodhan

Rejuva churna – Vata-kapha shaman, ama pachan, sroto shodhan

Amrit rasayan – Pitta shaman, rasayan

Peedantak guggulu – Vata-kapha shaman, sroto

shodhan, vedna shaman

Raktashodhak guggulu – Vata-kapha shaman, sroto shodhan

Arthritis tablets – Vata-kapha shaman, vedna shaman

Lakshadi guggulu – Vata shaman, brihan, rasayan

Punaroday vati – Vata-kapha shaman, sroto shodhan

Shodhak kwath – Tridosha shaman, sroto shodhan

Maha rasnadi kwath – Vata-kapha shaman, vedna shaman, sroto shodhan

Digestol tablets – Vata-kapha shaman, ama pachan

Ayurshakti tablets – Vata-kapha shaman, rasayan

SLIP DISC

A Jiva Case Study

Name: Shiv Bhagwan
Age: 35 yrs
Gender: Male

Location: Nagaur, Rajasthan.
Occupation: NA
Marital Status: Married

Treatment started on: July, 2016
Relief achieved on: March, 2017
Present treatment status: Closed

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient called to discuss his month long problem of pain radiating from low back to ankle joint in his left leg. Patient's right leg had no problem. On consulting allopathic doctor, an MRI report showed that the problem was slip disc in L4-L5 and nerve compression due to damaged cartilage. At time of consultation, he was taking allopathic medicines including pain killers and calcium supplements but he was not satisfied with improvements, he was also experiencing a few adverse effects.

Patient felt discomfort, pain & numbness while walking but not while standing or sitting. The allopathic doctor advised bed rest, specific exercises and wearing supportive belt to strengthen the back. He also complained of bloating, gas, indigestion and nasal allergy especially when he was away from home.

About a month before consulting Jiva, patient experienced pain during a train journey, which gradually increased. He then began seeking treatment for his pain. He started with allopathic treatment, but because of lack of relief patient sought advice from Jiva MRC.

Specific History (H/O Present Illness)

It was diagnosed one month before patient came for consultation at Jiva MRC.

Physical/ Systemic Findings

BM - Twice daily, regular, clear but with mucous,
Appetite - normal, **Urine** - normal, **Gas** - yes, difficult to pass, **Sleep** - normal, **Mind** - occasionally stressed.

H/O Past illness / Family History

Patient had no history of HTN-DM-THYROID. His mother had hypertension and Diabetes.

Medical History

MRI and X-Ray was done. Seven years ago patient had sciatica problem for which underwent Panchkarma and took ayurvedic medicines. Sciatica was cured. He used to take allopathic medicines for gas.

Diagnosis

Lumbar Spondylosis/Katigata vata

Management

Samprapti Ghataka- Dosha: Vata pradhan

Dushya: Asthi, mansa, rasa

Srotas: Ras vaha, mansa vaha, asthi vaha

Adhishthan: Kati sandhi

Nidana: Vata increasing diet that contains dry, light, cold items, over thinking, stress, improper sleep, irregular eating timings etc.

Chikitsa Sutra

- Nidana parivarjan - Avoid things in diet and routine that accelerates disease progression.
- Shaman Chikitsa - Vata shaman, ama pachan, vatanuloman, vedna shaman, rasayan
- Shodhan Chikitsa - Natural and easy to practice techniques are discussed.
- Sattvavjay Chikitsa - Patient education, expectation management and approach of treatment is pooled.

JIVA TREATMENT PLAN IN JUL, 2016

Churna	Tablets	Products
Dasavtarchurna	Punaroday vati	Dashmool Kwath
Amrit rasayan	Mahavat vidhvans ras	Digestol tablets
Peedantak churna	Sandhi roghar guggulu	
Rasna vishesh		
Balamool churna		

Specific Advise:

Pathya: Patient was advised gentle massage followed by fomentation, helpful yoga postures and pranayam routines, warm shower, lukewarm water to drink, swallowing garlic bud in morning, consuming meethi soaked water and physical

exercises according to patient's strength etc.

Apathya: Patient was advised to avoid lifting heavy things, sudden jerks, doing heavy work, cooling potency foods, curd, rice, pickles, citrus/acidic things, alcohol, frozen items, urad daal, arbi, banana, non-veg, cold drinks etc.

Modifications/Changes made in prescription during course, below changed medicines were given In March, 2016:

In Aug, 2016

Patient felt bloating during evening time for which he still continued taking allopathic medicines. There is a very mild difference in slip disc condition. For last ten days, patient had not been taking pain killers.

instead of Gaisantak vati. In products, Ksheer bala oil and Ayurshakti tablets were added with existing medicines.

Outcome

In subsequent months, patient shared no specific change in his symptoms. He still experienced some problems because of gas formation but he had gradually stopped taking pain killers. As treatment progressed, he reported good improvement in his disc related complications such as tingling, pain and numbness. This eventually brought relief in normal walk that was cumbersome before starting treatment at Jiva. In March, after practising recommended advises and taking regular medicines, he reported significant improvement and got rid of all complications and his health was restored to normal.

Churna	Tablets	Products
Amlapittantak rasayan	Ekanvir ras	Maharasnadi kwath
Go Amrit Bhasma	Gaisantak vati	Saaf-saaf tablets
Peedantak churna	Sandhi roghar guggulu	
Rasna vishesh		
Erandmool churna		

In Oct, 2016

In powder, Shivakshar pachan churna was given in place of Peedantak churna and in tablets, Soot shekhar ras was included

Parameters before, during & after treatment

Symptoms	July, 2016	Aug, 2016	Sept, 2016	Nov, 2016	Dec, 2016	Jan, 2017	Feb, 2017	March, 2017
Pain	++++	++++	+++	++	++	+	+/-	+/-
Numbness	++++	++++	+++	+++	++	+	Normal	Normal
Walking problem	++++	++++	++++	+++	+	+	Normal	Normal
Gas	++++	++++	+++	++	+	Normal	Normal	Normal
Mucous	+++	+++	++	+	Normal	Normal	Normal	Normal

Discussion

Lumbar Spondylosis is a kind of Arthritis that affects the lumbar vertebrae and is characterized by pain in the lower back area radiating towards the lower limbs. There might be sensory loss and numbness in the limbs. In Ayurveda, it is known as Katigata vata or kati graha. There are some degenerative changes in the lumbar vertebrae. This may be coupled with trauma or incorrect posture also.

Aggravated Vata Dosha (Ayurvedic humor representing Air) causes degeneration of tissues in joints of the neck. Vata aggravation is caused by intake of dry, cool, light, stale, and gas forming foods; having food in small quantities; increased gaps between meals; having excess of sour, bitter, and astringent foods; late night work schedules; smoking; over indulgent lifestyle.

The focus of Ayurvedic treatment in cases of Lumbar Spondylosis is on pacification of the aggravated Vata by improving digestion and enhancing the digestive fire. This treatment is followed by administration of herbal medicines that foster rejuvenation of body tissues.

Dasavtar churna – Vata shaman, srotoshodhan, rasayan

Rasna vishesh – Vata shaman, vedna shaman, ama pachan

Amrit rasayan – Tridosha shaman, rasayan

Peedantak churna – Vata-kapha shaman, ama pachan, vedna shaman

Balamool churna – Vata shaman, rasayan

Amlapittantak rasayan – Pitta shaman, sroto shodhan

Go Amrit rasayan – Pitta shaman, vedna shaman

Erandmool churna – Vata shaman, vedna shaman, srotoshodhan

Shivakshar pachan churna – Vata-kapha shaman, ama pachan, sroto shodhan

Punaroday vati – Vata-pitta shaman, sroto shodhan,

rasayan

Maha vatvidhvas ras – Vata shaman, vedna shaman, rasayan

Sandhi rog har guggulu – Vata shaman, vedna shaman, sroto shodhan

Ekang veer ras – Vata shaman, sroto shodhan, vedna shaman

Gaisantak vati – Vata-kapha shaman, sroto shodhan, ama pachan

Soot shekhar ras – Pitta-vata shaman, deepan

Dashmool kwath – Vata-kapha shaman, sroto shodhan, ama pachan

Digestol tablets – Vata-kapha shaman, ama pachan, sroto shodhan

Maha rasnadi kwath – Vata-kapha shaman, ama pachan, sroto shodhan

Saaf-saaf tablets – Sroto shodhan, ama pachan

Ayurshakti tablet – Vata shaman, vedna shaman, rasayan

Ksheerbala oil – Vata shaman, rasayan, vedna shaman

Amajirna

A Jiva Case Study

Name: Ram Ballabh Mishra
Age: 63 yrs
Gender: Male

Location: Surat, Gujarat.
Occupation: NA
Marital Status: Married

Treatment started on: June, 2016
Relief achieved on: Jan, 2017
Present treatment status: Closed

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient had been suffering from indigestion problem for a couple of years when he consulted Jiva Ayurveda. He complained of bloating, distension, flatulence and discomfort in stomach that lessened after passing stool. Due to upward movement of obstructed gas, he generally suffered from heaviness and headache.

Being a businessman he had to face stressing interactions with customers. He was addicted to chewing tobacco and he drank four-five cups of tea a day. This situation led to weakening of his digestive power and mucous formation as an outcome of faulty metabolism. He also complained of general debility along with his problem of indigestion.

Specific History (H/O Present Illness)

Since last two years, patient observed further aggravation in his condition.

Physical/ Systemic Findings

Bowels: 3-4 times, hard and unclear; **Appetite:** low
Gas: present; **Acidity:** no; **Sleep:** disturbed; **Mind:** stress; **Digestion:** weak; **Urine:** Normal

H/O Past illness / Family History

No specific medical history.

Medical History

Patient was diagnosed with HTN but he did not take medicines regularly. No case of DM or Thyroid was reported or diagnosed.

Diagnosis

Gastritis/Amajirna

Management

Samprapti Ghataka: Dosha: Vata-Pitta pradhan

Dushya: Rasa; Srotas: Anna vaha, ras vaha, purisha vaha; Adhishthan: Amashaya-Pakvashaya

Nidana: Improper diet and life style, disturbed sleep, improper timing of meals, aging effect, stress, addiction etc factor.

Chikitsa Sutra

- Nidana parivarjan: Avoid things in diet and routine that accelerates progression of disease
- Shaman Chikitsa: Vata-Pitta shaman, deepan, pachan, vatanuloman, rechan
- Shodhan Chikitsa: Natural and easy methods are discussed that could be practiced at home
- Sattvavjay Chikitsa: Patient education, expectation management and approach of treatment is shared

JIVA TREATMENT PLAN IN JUNE, 2016

Churna	Tablets	Products
Aampachak churna	Arogyadayini vati	Aragvadhadi kwath
Amlapittantak rasayan	Udaramrit vati	
Shivakshar rasayan	Gaisantak vati	
Bhudhatri rasayan		
Triphala churna		

Specific Advise:

Pathya: Patient was advised to practice regular walks after meals instead of sitting, increase water consumption, maintain proper gaps between meals that should not be more than three hours,

drink coconut water, sweet fruits etc were advised.

Apathya: Avoid fried, oily, spicy and heavy foods, foods with hot potency things, tea-coffee, white flour products, potato, brinjal etc and foods that generally leads to formation of gas or constipation should be avoided.

Modifications/Changes made in prescription during course, Below changed medicines were given as per patient's feedback:

In Aug, 2016

In powder combination, Triphala churna was replaced with Guduchi churna, and in Tablets, Chandra prakash rasayan vati was given in place of Arogya dayini vati while Triphala supplement pack was added in products.

In Sept, 2016

In powder, Amlapittantak rasayan and Guduchi churna was changed with Bilvadi churna and Kamdudha ras. In tablets, Gaisantak vati and Chandra prakash vati was changed to Soot shekhar ras and Trisiddha guggulu. In products, Maha Drakshadi syrup was added.

In Nov, 2016

Panchsakar churna, Yakrida churna and Shankhpushpyadi churna was given in place of Aam pachak churna, shiva rasayan and kam dudha ras. Pachak vati was given instead of Udaramrit

vati.

In Jan, 2017

In tablet, Soot shekhar ras was replaced with Liver vati. In products, Mukti supplement pack was given.

Outcome

By following the combination of medicines, recommended diet and lifestyle modifications, patient gradually started to experience changes in his condition. He reported that relieving gas became comparatively easier after treatment that helped in reducing heaviness in his belly and that helped in reducing incidences of headache too. Mucous took long time to clear but once its formation stopped, it helped in relieving repeated urges of bowels, bloating, distension, heaviness and other nagging symptoms. Based on recovery, patient was advised to take medicines in tapered dose for some time to continue the health benefits.

Parameters before, during & after treatment

Symptoms	Jun, 2016	Aug, 2016	Sep, 2016	Oct, 2016	Nov, 2016	Dec, 2016	Jan, 2017
Unclear bowels	++++	++++	+++	+++	+	+/-	Normal
Gas	++++	++++	+++	++	+	Normal	Normal
Headache	++++	++++	+++	++	+	+/-	Normal
Appetite	++++	++++	++	++	+	Normal	Normal
Disturbed sleep	++++	++++	+++	++	+	+/-	Normal

Discussion

When food is not digested properly, due to low jathragni, and most of the food is not converted into nutritious juice required for the sustenance of the body, it forms mucus-like substance which is 'apakv ahar'. Very little of this substance gets converted in nutritious juice while a large part of it is converted into waste products. This excess of waste causes aggravation of vata, which disrupts the normal functioning of the digestive canal thus producing (ama) in the body. Ama is the toxin caused by undigested food.

The common causes for indigestion are eating before the earlier meal is digested, eating too much, eating heavy foods, eating irregularly, eating very hot or very cold food, drying food, eating incompatible food or food which is not suited to the climate/season.

Holding natural urges, drinking too much water, working late at night or not getting proper rest, mental factors like anxiety, fear, anger, sickness, sorrow etc. also contribute in causing indigestion.

Due to improper lifestyle/diet and mental causes, jathragni becomes low and the food is not digested properly because of aggravation of doshas that eventually cause amajirna.

Amapachak churna - Vata shaman, deepan, ama pachan, vatanuloman

Amlapittantak rasayan - Vata pitta shaman, pachan, deepan

Shivakshar rasayan - Vata shaman, ama pachan, deepan, vatanuloman

Bhudhatri rasayan - Pitta shaman, deepan, pachan, vatanuloman

Trisiddha rasayan - Tridosha shaman, pachan, rechan, rasayan

Guduchi churna - Tridosha shaman, rasayan

Bilvadi churna - Vata-pitta shaman, pachan, vatanuloman

Kamdudha ras - Pitta shaman, rasayan, pachan

Panchsakar churna - Vata shaman, deepan, vatanuloman, rechan

Yakrida churna - Vata shaman, deepan, pachan, vatanuloman

Shankhpushpyadi churna - Tridosha shaman, rasayan

Arogyadayini vati - Vata-pitta shaman, pachan, vatanuloman

Gaisantak vati - Vata shaman, pachan, deepan, vatanuloman

Udaramrit vati - Vata shaman, deepan, pachan, vatanuloman

Chandraprakash rasayan - Vata-pitta shaman, rasayan

Soot shekhar rasa - Pitta-vata shaman, pachan, vatanuloman

Pachkak vati - Vata shaman, deepan, pachan, vatanuloman

Liver vati - Vata-pitta shaman, deepan, pachan

Maha drakshadi syrup - Vata-pitta shaman, deepan, pachan

Aragvadhadi kwath - Tridosha shaman, pachan, rechan

Mukti supplement pack - Tridosha shaman, vatanuloman, rechan

Migraine

A Jiva Case Study

Name: Manju Mishra
Age: 41 yrs
Gender: Female

Location: Gonda, UP.
Occupation: NA
Marital Status: Married

Treatment started on: Aug, 2015
Relief achieved on: Sept, 2016
Present treatment status: Closed

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient had various health issues like overweight, headache, cold-cough, breathlessness, joint pains, indigestion, thyroid, piles etc. for a long time. Out of all those, at the time of consultation, she asked her doctor to focus mainly on headache, cold-cough-congestion and digestive problems that were giving her a lot of trouble in concentrating on anything.

Headache, generally affects the whole head but patient reported that she experienced pain more in the left side of her head. With headache, patient also had different associated symptoms such as watery eyes, throat congestion with occasional pain. Her headache happened almost regularly but sometimes it appeared with a couple of day's gap. Some other problems that the patient reported during consultation were wheezing sound in the chest and occasionally phlegm passing after taking medicines.

Because of indigestion, patient also had gastric problem which caused gas that was not easy to pass and often caused heaviness in abdomen. Weak digestion and fragile immunity made her vulnerable to diseases very easily.

Specific History (H/O Present Illness)

Almost for ten years she was affected by headache.

Physical/ Systemic Findings

Bowels: Once daily, not clear-constipating feeling
Appetite: Variable **Gas:** Yes
Acidity/nausea: Yes **Sleep:** Disturbed
Mind: Stressed/anger **Digestion:** Weak
Sweating - excess, Thirst - excess,
Urine: Occasional mild burning sensation

H/O Past illness / Family History

Earlier patient was diagnosed with HTN and took medicines to normalize it. At time of consultation, patient was not taking any blood pressure medicines. She had joint problem for 3 years, dry piles for 10 years, joint pains and general oedema for 4 years, hearing problem for 20 years and tingling sensation for 3 years. Patient mentioned that her menstruation had stopped at the age of 38 and her deliveries were normal.

Medical History

She was regularly taking medicines for thyroid at the time of consultation.

Diagnosis

Migraine/Shir shool

Management

Samprapti Ghataka: Dosha: Vata-pitta Dushya: Ras, rakta Srotas: Ras vaha, rakta vaha, anna vaha, mano vaha Adhishtan: Shir

Nidana: Unwholesome diet and routine, psychological factors, other associated diseases, weak digestion etc.

Chikitsa Sutra

- Nidana parivarjan – Avoid things in diet and routine that accelerates progression of disease
- Shaman Chikitsa – Vata-pitta shaman, sroto shodhan, rechan, rasayan
- Shodhan Chikitsa – Some effective and easy to implement methods are discussed to be done at home
- Sattvavjay Chikitsa – Patient education, expectation management and approach of treatment is shared

JIVA TREATMENT PLAN IN AUG, 2015

Churna	Tablets	Products
Shivakshar rasayan	Soot shekhar ras	Mukti supplement pack
Amla pittantak rasayan	Trisiddha guggulu	Kasna syrup
Bhudhatri rasayan	Shir shooladi vajra ras	
Shankhpushpyadi churna		
Swas kasantak churna		

Specific Advise:

Pathya: Patient was advised to do regular practice of yoga-pranayam, walks, application of oil in nostrils, massaging the whole body and soles with lukewarm til oil processed with ajwain, adarak and methi dana are very helpful. Preferably drink lukewarm water. For coughing, taking roasted ginger with honey and tulsi leaves extract, kali

mirch and pippali paste with honey is advised. Castor oil is suggested to lubricate intestines and clear blockage.

Apathya: Avoid rice, dahi, baingan, urad dal, rajam, chhole, citrus, fried, oily, spicy, salty, excess of sweet things, fast foods, white flour products etc. and exposure to cool air. Over thinking, stress, anger etc. should be managed properly in a natural way to minimize them.

Modifications/Changes made in prescription during course, Below changed medicines were given as per patient's feedback:

In Oct, 2015

Virechak churna was replaced with Shankhpushpyadi churna. Triphala supplement pack and Aragvadhadi kwath was given in products. Rest of medicines were kept same.

In Nov, 2015

Changes, done in medicines, are given here:

Churna	Tablets	Products
Shiva Rasayan	Sooth Shekhar Rasa	Aragvadhadi Kwath
Bhudhatri Rasayan	Shirshool Vajradi Rasa	
Virechak Churna	Migraine Vati	
Panchsakar Churna		
Shankh Bhasma Vishesh		

In Feb, 2016

In medicines, Soot shekhar ras was replaced to Smritika tablet while Stressfree tablet and brahmi tablet was added in products. Rest of medicines were kept same.

In April, 2016

Sitopaladi churna was replaced to Bhudhatri churn in mixture and Kasna syrup was added in products. Other medicines were repeated.

In June, 2016

Churna	Tablets	Products
Shiva Rasayan	Shirshool Vajradi Rasa	StressFree Tablets
Virechak Churna	Migraine Vati	Brahmi Tablets
Panchsakar Churna	Samagni Vati	Triphalaghrit
Amlapittantak Rasayan		

Outcome

Due to multiple deep seated chronic problems, patient started feeling gradual changes in the beginning. In between she reported that she used pain killers and other allopathic medicines to treat her anxiety, stress, restlessness and other similar

problems which gave her adverse effect. She responded well in coughing, breathlessness and other chest congestion problems but headache and indigestion continued to appear intermittently. With continuation of treatment, patient reported good recovery in

all her problems and later based on improvements her medicine dosages were tapered. Eventually, she got recovered significantly and all her lingering complications were relieved.

Parameters before, during & after treatment

Symptoms	Aug, 2015	Sep, 2015	Oct, 2015	Nov, 2015	Jan, 2016	Feb, 2016	Apr, 2016
Headache	++++	++++	++++	++++	+++	+++	+
Unclear bowel	++++	++++	++++	+++	+++	++	Normal
Cold/Cough	++++	++++	++	+	+	Normal	+
Gas/Acidity	++++	++++	+++	++	+	+	Normal
Disturbed sleep	++++	++++	+++	++	++	++	+

Symptoms	Jun, 2016	Jul, 2016	Sep, 2016	Nov, 2016
Headache	Occasional	Normal	Normal	Normal
Unclear bowel	+	Normal	Normal	Normal
Cold/Cough	Normal	Normal	Normal	Normal
Gas/Acidity	+/-	Normal	Normal	Normal
Disturbed sleep	+	+	Normal	Normal

Discussion

The traditional science of Ayurveda does not regard Migraine as a case of prolonged headaches. On the contrary, it considers this condition to be caused by deep-rooted problems, including a sensitive nervous system and impaired digestion.

Improper diet and lifestyle causes aggravation of Vata-Pitta (Ayurvedic humor representing Fire) in the body. In an aggravated state, Pitta impairs digestion, leading to production of digestive impurities (known as ama). This ama

gets stored in the manovahi strotas (mind channels), thereby becoming the cause of pains in migraine.

A sensitive nervous system lowers the ojas (energy) in the body. Ojas is the essence of all body tissues and provides strength to the nervous system and body. A person with strong nervous system is able to fight against problems and carry on work with a healthy mind. Lowering of ojas causes migraine-like problems.

Ayurvedic treatment of Migraine is therefore centred on the pacification of Vata-Pitta Dosha, and restoration of digestive functions in the body. Nervine tonics are also recommended to enhance the ojas, relaxing the mind strengthens the nervous system.

Shiva rasayan - Vata-kapha shaman, sroto shodhan, pachan

Amla pittantak rasayan - Vata-pitta shaman, rechan, deepan, pachan

Bhudhatri rasayan - Pitta-kapha shaman, deepan, pachan

Shankhpushpyadi churna - Vata-pitta shaman, rasayan,

Shwaskasantak churna - Vata-kapha shaman, sroto shodhan

Virechak churna - Tridosha shaman, rechan, sroto shodhan

Panchsakar churna - Vata-kapha shaman, sroto shodhan, rechan

Shankh bhasma - Vata-pitta shaman, sroto shodhan, ama pachan

Sitopaladi churna - Kapha-vata shaman, deepan, pachan

Soot shekhar ras - Vata-kapha shaman, sroto shodhan

Trisiddha guggulu - Tridosha shaman, sroto shodhan, rechan

Shirshool vajra ras - Vata-kapha shaman, vedna shaman

Migraine tablet - Vata-pitta shaman, rasayan, vedna shaman

Mukti supplement pack - Tridosha shaman, rechan, sroto shodhan

Trisiddha supplement pack - Tridosha shaman, rasayan, rechan

Aragvadhadi kwath - Vata-kapha shaman, rechan, sroto shodhan

Kasna syrup - Vata-kapha shaman, sroto shodhan

Smritika tablet - Tridosha shaman, rasayan

Stress free tablet - Vata-pitta shaman, rasayan

Brahmi tablet - Rasayan, tridosha/vata-kapha shaman

Osteoarthritis

A Jiva Case Study

Name: Khursheed Jahan
Age: 60 yrs
Gender: Female

Location: Hamirpur, UP.
Occupation: Housewife
Marital Status: Married

Treatment started on: Dec, 2015
Relief achieved on: Jan, 2017
Present treatment status: Open

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient consulted Jiva doctor regarding her persistent joint problem. For a few years, she had been suffering from pain in both knees and lower back area. There was swelling and stiffness in her knees along with crepitus sound. Pain in lower back area was localized as she did not feel it is radiating anywhere in her body. Because of irritating joint pain, she found it difficult to move when she woke up in the morning. Also sitting on floor was difficult for her. On consulting orthopaedic doctor, three-four years ago she was advised not to sit in squat posture so patient, in general, uses chair for all purposed to lessen unwanted stress on her joints.

Patient reported that in the beginning, multiple joints such as her wrist, ankle and elbow were involved but at time of consultation her right knee felt more painful compared to left knee, shoulder, lower back and ankle. She also consulted physiotherapist but she hardly followed the suggestions. She was also overweight.

Specific History (H/O Present Illness)

Problem started about five years ago.

Physical/ Systemic Findings

BM – normal - regular, **Appetite** – normal, **Urine** – normal, **Gas** – No, **Acidity** – no, **Sleep** – normal, **sweating** – less, **Mind** – normal.

H/O Past illness / Family History

No history of hypertension, diabetes or thyroid problem.

Medical History

She was advised allopathic treatment and physiotherapy for joint problem but that did not help in solving her health issues so at the time of consultation patient had

stopped taking all forms of medication. Patient had a gallbladder operation three years ago.

Diagnosis

Osteoarthritis/Sandhivata

Management

Samprapti Ghataka Dosha: Vata pradhan kapha dosha

Dushya: Ras, meda, asthi dhatu

Srotas: Ras vaha, asthi vaha

Adhishthan: Sandhi

Nidana: Vata increasing diet that contains dry, light, cold items, over thinking, fasting, ignoring natural urges, progressive physical deterioration, overweight etc.

Chikitsa Sutra

- Nidana parivarjan – Avoid things in diet and routine that accelerates progression of disease
- Shaman Chikitsa – Vata-kapha shaman, srotoshodhan, vedna shaman, rasayan
- Shodhan Chikitsa – Some effective and easy to implement methods are discussed to practice at home
- Sattvavjay Chikitsa – Patient education, expectation management and approach of treatment is shared

JIVA TREATMENT PLAN IN DEC, 2015

Churna	Tablets	Products
Sandhidoshha har rasayan	Sandhirog har guggulu	Maharasnadi kwath
Peedantak churna	Kamdudha ras vishesh	
Amlapittantak rasayan	Chandraprakash rasayan	
Rasna ghan satva		
Ashwagandha ghan satva		

Specific Advise:

Pathya: Patient was advised to consume multigrain diet as per season, increase water consumption, mixture of methi dana, ajvain and saindha namak, dhaniya soaked water helps in relieving burning sensation in the body, gentle massage with lukewarm oil followed by baluka potli fomentation, yoga, physical exercises etc

were recommended according to patient's physical strength. She was also advised to include more of naturally calcium-rich dietary sources.

Apathya: Patient was advised to avoid heavy work, abnormal postures, gas forming foods, cooling potency things, curd, rice, pickles, citrus fruits, chilled water, frozen items, non-veg foods etc.

Modifications/Changes made in prescription during course, Below changed medicines were given as per patient's feedback:

In Jan, 2016

Churna	Tablets	Products
Sandhidoshha har rasayan	Sandhirog har guggulu	Maharasnadi kwath
Peedantak churna	Vata gajankush rasa	Shilajeet capsules
Amlapittantak rasayan	Gaisantak vati	
Rasna ghan satva		
Dasavtar churna		

In March, 2016

All medicines were kept same except, in tablet combination, Gaisantak vati was replaced with Soot shekhar ras.

In April, 2016

In powder, Godanti bhasma was given instead of Dashavtar churna and in tablets, Leela vilas ras was changed to Soot shekhar ras. In products, Slim tea was introduced.

In June, 2016

In powder, Ushiradi churna was given instead of Godanti bhasma and Dashmool kwath was added in products, rest of medicines were kept same.

In Aug, 2016

In powder combination, Godanti bhasma was replaced with amlapittantak rasayan. In products, Ojas capsule was added while all previous medicines were continued without change.

Onwards August, 2016 till January, 2017 no change was done in medicine combinations.

Outcome

Patient approached JMRC doctor hoping for relief in the problems that were causing severe inconvenience in her daily activities. Her condition was progressively deteriorating even after conventional treatment.

After following regular medicines and suggested regimen, patient reported very good recovery in all of her complaints. Her complications like pain, swelling gradually decreased which strengthened her joints and helped in making her movement unrestricted and natural. Morning stiffness and complications induced by cold season also became less compared to when patient first consulted Jiva Ayurveda. Based on patient's recovery, she was advised to taper her medicine dosage.

Parameters before, during & after treatment

Symptoms	Dec, 2015	Jan, 2016	Feb, 2016	Apr, 2016	May, 2016	Jul, 2016	Aug, 2016	Oct, 2016	Nov, 2016	Dec, 2016	Jan, 2017
Crepitus	++++	++++	++++	++++	++	++	++	++	+	+	Normal
Knee pain	++++	++++	+++	+++	++	++	++	++	+	Normal	Normal
Stiffness	+++	++++	+++	+++	+	+	+	++	Normal	Normal	Normal
Swelling	++++	+++	+++	++++	++	++	++	+	Normal	Normal	Normal
Movement	++++	++++	++++	+++	++	++	++	++	+	+	+

Discussion

Osteoarthritis is a very common degenerative disease of the joints. It is characterized by a breakdown of the joint's cartilage. Cartilage is the part of the joint that cushions the ends of bones. Cartilage breakdown causes bones to rub against each other, causing pain and loss of movement. Osteoarthritis can range from very mild to very severe, and most commonly affects middle-aged and older people.

According to Ayurveda, Osteoarthritis occurs due to

aggravation of Vata Dosha and is known as Sandhivata (Sandhi means the joint and Vata stands for Vata Dosha). Vata is an Ayurvedic humor that symbolizes air or wind and governs all movements in the body. The condition of Sandhivata is caused when the activities of Vata increase inside the Sandhis or joints. Because Vata is dry in nature, it absorbs the fluidity from the affected part of the body, in this case, the joints.

Ayurvedic treatment of Osteoarthritis not only prevents further deterioration in the joints but also rejuvenates damaged cartilages. Vata-alleviating treatments through specific herbs were also suggested for lubrication and strengthening of joints.

Sandhidoshha har rasayan – Vata-kapha shaman, vedna shaman

Peedantak churna – Vata-kapha shaman, srotoshodhan, vedna shaman

Rasna ghan satva – Vata shaman, vedna shaman

Amla pittantak rasayan – Pitta shaman, sroto shodhan

Ashwagandha ghan satva – Vata shaman, rasayan

Go Amrit rasayan – Vedna shaman

Dasavtar churna – Vata-kapha shaman, srotoshodhan, vedna shaman

Ushiradi churna – Pitta shaman,

Sandhirog har guggulu – Vata shaman, vedna shaman, srotoshodhan

Chandra prakash rasayan – Vata shaman, srotoshodhan, rasayan

Kamdudha ras vishesh – Pitta shaman, rasayan

Vata gajankush ras – Vata-kapha shaman

Gaisantak vati – Vata shaman, sroto shodhan

Soot shekhar ras – Pitta shaman, sroto shodhan

Leela vilas ras – Pitta shaman, rasayan

Maharasnadi kwath – Vata-kapha shaman, sroto shodhan

Dashmool kwath – Vata-kapha shaman, sroto shodhan

Shilajeet capsule – Rasayan

Slim tea – Vata-kapha shaman, sroto shodhan

Dashmool kwath – Vata-kapha shaman, srotoshodhan, vedna shaman

OSTEOARTHRITIS

A Jiva Case Study

Name: Sunita
Age: 36 yrs
Gender: Female

Location: Haushangabad, MP.
Occupation: NA
Marital Status: Married

Treatment started on: Nov, 2016
Relief achieved on: Jan, 2017
Present treatment status: Closed

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient called to discuss her joint pain problem that affected her back, rib cage, hands and legs. There is no swelling or crepitus sound in her joints. She told that the pain mainly aggravated during winter and specifically affected her back and cervical region.

At the time of consultation, patient was taking blood pressure tablets not regularly but only when she felt it necessary. Patient complained of a white discharge problem which did not occur regularly. She also complained of anxiety and palpitation. She took painkiller every other day to control pain otherwise it got worse.

Specific History (H/O Present Illness)

Problem started almost two-three years ago.

Physical/ Systemic Findings

BM - irregular and sometimes not clear
Appetite - normal **Urine** - normal **Gas** - Yes
Acidity - Yes but occasionally
Sleep - normal **Menstruation** - normal **Mind** - anxious

H/O Past illness / Family History

She had two caesarean deliveries. No history of diabetes or thyroid problem.

Medical History

According to her needs, patient took BP medicine and pain killers to manage her condition and get relief, at least temporarily.

Diagnosis

Osteoarthritis/Sandhivata

Management

Samprapti Ghataka- Dosha: Vata pradhan dosha

Dushya: Ras, asthi dhatu

Srotas: Ras vaha, anna vaha, asthi vaha

Adhishtan: Sandhi

Nidana: Vata increasing diet that contains dry, light, cold items, over thinking, fasting, ignoring natural urges of body, improper care after delivery, overweight etc.

Chikitsa Sutra

- Nidana parivarjan - Avoid things in diet and routine that accelerates progression of disease
- Shaman Chikitsa - Vata shaman, pachan, srotoshodhan, anuloman, rasayan
- Shodhan Chikitsa - Some effective and easy to implement methods are discussed to practice at home
- Sattvavajay Chikitsa - Patient education, expectation management and approach of treatment is shared

JIVA TREATMENT PLAN IN NOV, 2016

Churna	Tablets	Products
Dasavtar Churna	Sandhirog har guggulu	Maharasnadi kwath
Peedantak churna	Maha yograj guggulu	Pain calm oil
Bhudhatri rasayan	Punaroday vati	Digestol tablets
Rasna Vishesh		
Go Amrit bhasma		

Specific Advise:

Pathya: Patient was advised to boil Methi-dhaniya in clean water, cool it and drink it in the morning, regular gentle massage with lukewarm oil, fomentation on affected part, drink lukewarm water as much as possible, drink aloe vera juice, practise yoga and physical exercises as per

physical strength.

Apathya: Avoid eating heavy diet or consuming things with cooling potency things, curd, rice, pickles, cauliflower, baingan, chhole, rajma, matar, urad, citrus fruits, non-veg, exposure to cold weather etc.

Modifications/Changes made in prescription during course, Below changed medicines were given as per patient's feedback:

Note – No change was done in drug combination. Medicines, which were given the first time, were continued till last month when she reported significant relief during this short duration.

good recovery in all complications. Within a span of three months, she recovered very well and there was no further need of painkillers. Her disturbed digestion also came to normal without experiencing any trait of old condition. To her surprise, her pain did not recur even in winter season which usually used to be severe.

Outcome

Since beginning of treatment, patient reported

Parameters before, during & after treatment

Symptoms	Nov, 2016	Dec, 2016	Jan, 2017
Joint pains	++++	++	+/-
Constipation	+++	+	Normal
Gas/Acidity	+++	+	Normal
Anxiety	+++	+	+/-

Discussion

Osteoarthritis, a degenerative joint disease, is one of the oldest and most common types of arthritis. It is characterized by a breakdown of the joint's cartilage. Cartilage is the part of the joint that cushions the ends of bones. Cartilage breakdown causes bones to rub against each other, causing pain and loss of movement. Osteoarthritis can range from very mild to very severe, and most commonly affects middle-aged and older people.

According to Ayurveda, Osteoarthritis occurs due to aggravation of Vata Dosha and is known as Sandhivata (Sandhi means the joint and Vata stands for Vata Dosha). Vata is an Ayurvedic humor that symbolizes air or wind and governs all movements in the body as well as mind. The condition of Sandhivata is caused when the activities of Vata increase inside the Sandhis or joints. Because Vata is dry in nature, it absorbs the fluidity from any part of the body.

Ayurvedic treatment of Osteoarthritis not only prevents further deterioration in the joints but also rejuvenates damaged cartilages. Vata-alleviating treatments through specific herbs are also suggested for lubrication and strengthening of joints.

Dasavtar churna - Vata shaman, sroto shodhan, pachan, anuloman, rasayan

Peedantak churna - Vata shaman, pachan, srotoshodhan, anuloman

Bhudhatri rasayan - Vata shaman, anuloman, pachan

Rasna vishesh - Vata shaman, sroto shodhan

Go amrit bhasma - Vata shaman

Sandhi roghar guggulu - Vata shaman, pachan, anuloman, srotoshodhan

Maha yograj guggulu - Vata shaman, sroto shodhan, rasayan

Punaroday vati - Vata shaman, pachan, anuloman, rasayan

Maha rasnadi kwath - Vata-kapha shaman, sroto shodhan, pachan, anuloman

Pain calm oil - Vata shaman, sroto shodhan, snehan

Digestol tablets - Vata shaman, pachan, anuloman, sroto shodhan

OTITIS MEDIA

A Jiva Case Study

Name: Rajeev
Age: 17 yrs
Gender: Male

Location: Pokhara, Nepal
Occupation: Student
Marital Status: Unmarried

Treatment started on: Sept, 2015
Relief achieved on: Jan, 2017
Present treatment status: Closed

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient consulted Jiva to discuss problem in his left ear diagnosed as 'CSOM – chronic suppurative otitis media' hoping to find a natural solution in order to avoid surgical intervention. On consulting ENT specialist, he was advised an operation with consequences like hearing loss or recurrence of disease that could require life time periodic follow up surgeries.

Two weeks before consultation patient experienced itching, discharge and mild hearing problem in his left ear with a little blood while scratching it. He consulted an allopathic doctor who on examination confirmed an infection, small growth and scar on ear drum because of mumps. Her ear was cleansed and antibiotics were administered in oral form and for topical application.

At time of consultation, patient had no complications and he was doing all activities normally with the help of medicines but the end solution of this problem was confirmed to be surgery as discussed above.

Specific History (H/O Present Illness)

Patient had been facing this problem for two weeks.

Physical/ Systemic Findings

Bowels: Regular and clear **Appetite:** Normal
Gas: Normal **Acidity:** No
Sleep: Normal **Mind:** Relaxed **Digestion:** Normal
Urine: Normal **Memory -** Normal

H/O Past illness / Family History

Patient had no history of diabetes, hypertension or surgery.

Medical History

At time of consultation, patient was on allopathic medicines.

Diagnosis

CSOM/Karna srava

Management

Samprapti Ghataka- Dosha: Kapha avrit vata

Dushya: Twak, mansa

Srotas: Ras vaha, rakta vaha, mansa vaha

Adhishthan: Karna

Nidana: Unwholesome diet and routine, infection by pathogens etc.

Chikitsa Sutra

- Nidana parivarjan – Avoid things in diet and routine that accelerates progression of disease
- Shaman Chikitsa – Vata-kapha shaman, ama pachan, rakta shodhan, rasayan
- Shodhan Chikitsa – Some effective methods are discussed that can be practiced easily at home
- Sattvavjay Chikitsa – Patient education, expectation management and approach of treatment is shared

JIVA TREATMENT PLAN IN SEP, 2015

Churna	Tablets	Products
Chopchinyadi churna	Tikta ras guggulu	Dashmool Kwath
Sphatika pishti	Amalaki lauh	Pain calm oil
Haridra rasayan	Rakt shodhak vati	Triphala supplement pack
Amrit rasayan		
Rakta chandanadi churna		

Specific Advise:

Pathya: Patient was advised practice of yoga-pranayam, application of special oil in the nasal tract, regular morning walks, stress relieving practices etc. Gheeya, tinda, lauki, parval, karela, taurai, moong dal, cow milk etc fresh, light, easily digestible diet according to digestion.

Apathya: Fried, oily, spicy, acidic, non-veg foods, tea, coffee, pickles, fast foods, citrus fruits, packaged items, frozen items, carbonated drinks, allergy causing factors, staying awake till late at night, sleeping during the day etc. were advised to be avoided.

Modifications/Changes made in prescription during course, below changed medicines were given In March, 2016:

In Nov, 2015

In tablets, Haridra vati was given in place of Amalaki lauh. Rest of the medicines were kept same. In products, Triphala supplement pack was added.

In Feb, 2016

Powder combination was given along with new additions as mentioned below. Other things were kept same.

Twak roghar churna, Haridra rasayan, Ushiradi churna, Panchnimbadi churna and Guduchi churna.

In Aug, 2016

Changes that were done in medicines are as given below:

Panch nimbadi churna, Sphatika pishti, Twak roghar churna, Amrit rasayan and Vidangadi churna, Khadiradi vati, Tikta ras guggulu and Kachnar guggulu, Neem tablet and Shad bindu oil.

In Sept, 2016

In Tablets, Arogyavardhini tablet was given instead of Kachnar guggulu. Rest of

medicines were kept same.

Outcome

Patient responded well within a couple of months after starting medicines. Periodically, he also visited ENT doctor who was kept advising to go for surgery as soon as possible to avoid further ear damage or decay in ear bones. But patient had faith in ayurveda and also patient's father wanted to continue with Ayurvedic treatment.

Over time, patient reported significant recovery in all of his complications and even the ENT doctor was surprised to see such progress. Based on satisfactory progress, ENT doctor said that if such progress continued there would be no requirement for surgery. Hearing test was found to be normal and ear examination also showed much improvement.

As per last communication, patient was very happy to observe the improvement in his condition.

Parameters before, during & after treatment

Symptoms	Sep, 2015	Nov, 2015	Dec, 2015	Feb, 2016	Apr, 2016	Jun, 2016	Aug, 2016	Sep, 2016	Nov, 2016	Dec, 2016	Jan, 2016
Inflammation	+++	+++	+++	+++	+++	+++	++	++	+	+	+/-
Growth	+++	+++	+++	+++	+++	+++	++	++	+	+	+/-

Discussion

The disorders of middle ear include discharge from ear such as ASOM, CSOM or Otitis media. Children are more at risk to develop otitis media because of shorter Eustachian tube and reduced resistance. It involves inflammation of the eardrum and collection

of fluid in the middle ear cavity commonly due to rhinitis or other infections. The eardrum ruptures discharging the pus into the external ear usually small perforations which heal naturally once the discharge has stopped.

Any discharge or secretion of pus from the ear caused by the deranged bodily Vayu stuffing the ear-cavity, owing to a blow on the head or a long immersion in water or a spontaneous suppuration (and bursting) of an abscess in the inner ear, is called karna srava. The excessive itching sensation in the ear due to the aggravation of the local Kapha mixed with vata dosha.

Chopachinyadi churna - Vata-kapha shaman, rakta shodhan

Sphatika pishti - Kapha shaman, rakta shosha

Haridra rasayan - Vata-kapha shaman, rakta shodhan

Amrit rasayan - Tridosha shaman, rasayan

Triphala supplement pack - Tridosha shaman, rasayan, ama pachan

Rakta chandanadi churna - Vata-kapha shaman, pachan

Twak roghar churna - Pitta-kapha shaman, rakta shodhan, sroto shodhan

Ushiradi churna - Pitta shaman

Panch nimbadi churna - Pitta-kapha shaman, rakta shodhan, sroto shodhan

Guduchi churna - Tridosha shaman, rasayan, rakta shodhan

Vidangadi churna - Vata-kapha shaman, krimighna

Khadiradi vati - Pitta-kapha shaman, vrana ropan

Kachnar guggulu - Vata-kapha shaman, ama pachan

Tikta ras guggulu - Vata-kapha shaman, rakta shodhak

Amalaki lauh - Pitta-vata shaman, rasayan

Rakt shodhak vati - Pitta-kapha shaman, rakta shodhan

Haridra vati - Vata-kapha shaman, rakta shodhan

Neem Tablet - Pitta shaman, rakta shodhan

Shad bindu oil - Vata-kapha shaman, Sroto shodhan

Arogya vardhini vati - Pitta-vata shaman, sroto shodhan

Punaroday vati - Vata-kapha shaman, krimighna

Hypothyroidism and Indigestion

A Jiva Case Study

Name: Reena Singh

Age: 45 yrs

Gender: Female

Location: Pratapgarh, UP.

Occupation: NA

Marital Status: Married

Treatment started on: July, 2015

Relief achieved on: Nov, 2016

Present treatment status: Closed

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient consulted for multiple health issues that she had been facing for a long time. She reported general body oedema that was more visible on her face and legs. Besides this, patient was overweight and she experienced breathlessness, heaviness and off-on body pain like issues. Earlier she was diagnosed with border line hypertension and diabetes both of which were under control when she approached Jiva Ayurveda.

At the time of consultation, patient was taking 100 mg allopathic tablet regularly for thyroid problem. There were no investigation reports for the last one year so latest TSH value was not clear. Because of all above described complaints, her daily movement and work was affected as she had right knee joint pain that had radiated to the left knee also.

Specific History (H/O Present Illness)

Patient had been suffering from hypothyroidism for last five years.

Physical/ Systemic Findings

BM - One time daily but not clear ; **Appetite** - Low ;
Urine - Normal; **Gas**- Yes, bloating, burping; **Acidity** - No ;
Sleep - Excess ; **Mind** - Stressed; **Digestion** - weak

H/O Past illness / Family History

Patient was diagnosed with mildly high blood pressure and diabetes.

Medical History

She was taking Allopathic 100 mg tablet for thyroid. Blood pressure and Diabetes was well controlled and patient was not taking any medication except for thyroid problem. Patient's menstruation was regular. Patient had a history of caesarean delivery about 15 years ago beside this, no other surgical procedure was done.

Diagnosis

Hypothyroidism

Management

Samprapti Ghataka- Dosha: Vata-pitta; Dushya: Ras, meda dhatu; Srotas: Prana vaha, anna vaha, ras vaha, meda vaha; Adhishthan: Greeva

Nidana: Unwholesome diet and routine, psychological factors, weak digestion etc.

Chikitsa Sutra

Nidana parivarjan - Avoid things in diet and routine that accelerates progression of disease

Shaman Chikitsa - Vata-kapha shaman, deepan, pachan, sroto shodhan, rasayan

Shodhan Chikitsa - Some effective and easy to implement methods were discussed to be done at home.

Sattvavjay Chikitsa - Patient education, expectation management and approach of treatment was shared.

Jiva Treatment Plan in July, 2015

Churna	Tablets	Products
Dashavtar churna	Gaisantak vati	Aragvadhadi kwath
Rejuva churna	Samagni vati	
Lavan bhaskar churna	Arogya dayini vati	
Shiva rasayan		
Soth har churna		

Specific Advise:

Pathya: She was advised daily walk, yoga-pranayam, intake of milk, proper water consumption, gentle massage with til oil and fomentation with salt mixed warm water for knee pain. Regular timings for meals were shared along with warm water intake. Paschimottanasan, pavan muktasan, bhujaangasan were advised. In case of

gas formation, she was told to increase use of ajawain, ginger, saunf, lahsun, methi seeds, heeng, jeera etc spices.

Apathya: She was advised to avoid curd, heavy, fried, oily things, frozen items, baingan, katahal, arabi, matar, gobhi, bhindi, drinking water immediately after meals, sleeping during day time, prolonged sitting, stress triggering factors etc.

Modifications/Changes made in prescription during course, below changed medicines were given as per patient's feedback:

In Sept, 2015

Patient reported that her digestion had improved than before, but there still is a burning sensation in the soles of her feet. Oedema was reduced so she feel lightness in her body. Her knee pain condition also was getting better comparatively. Powder combinations continued same like last one but Arogyadayini tablet was replaced with Medohar guggulu and Aragvadhadi kwath was replaced with Dashmool kwath.

In Nov, 2015

She reported that due to intake of prohibited diet and following unhealthy routine her symptoms of heaviness, indigestion and oedema recurred. She was advised again to follow prior suggestions in order to maintain the relief achieved thus far as well to improve chances of faster recovery.

In powder, Dashavatar churna was replaced with Aam pachak churna and new tablet combination, mentioned below, was planned.
Kachnar Guggulu, Gokshuradi Guggulu, Arogya Dayini Vati (Arogyavardhini).

In Dec, 2015

Patient informed that her weight reduced to 75 kg from 78 kg. Sometimes there is a recurrence of oedema, but otherwise she felt good and mentioned a positive difference in her health. Changed medicines were as below:
Rejuva Churna (Punarnavadi); Shiva Rasayan (Shivakshar Pachan); Sothhar Churna; Aam Pachak Churna; Dalchini Churna; Kachnar Guggulu; Tryoushanadi Loh; Sooth Shekhar Rasa; Dashmool Kwath

In Jan, 2016

Oedema, heaviness and lethargic feeling was reduced. Digestion improved, bowel movement is clear and there is no gas formation. She mentioned pain in right knee joint with presence of mild crepitus sound specifically when she flexes it. All medicines are kept same but in tablets Trushnadi lauh was replaced with Medohar guggulu.

In March, 2016

Patient is feeling mild oedema at feet and for

couple of days. Bowels also are not getting properly cleared because of less water consumption.

Same medicines were continued as given previously.

In June, 2016

Patient shared 50% relief. For 2-3 days, patient reported having gas problem and incomplete defecation due to disturbed sleep. Pain is less but increases when gas is formed. Powder combination was kept same while other changes were made as below:

Churna	Tablets
Kachnar Guggulu	Punarnavadi Kwath
Sooth Shekhar Rasa	Nari Sakhi Capsules
Trisiddha Guggulu	

In July, 2016

Patient reported 80% relief, but she also reports no oedema, breathlessness and knee pain. Allopathic tablet dosage for thyroid was reduced to 50 mg from 100 mg. Appetite also improved but she occasionally suffers from gas and unclear bowels. In powder combination, Shivakshar pachan churna was changed to Virechak churna. Rest all medicines were repeated.

In Nov, 2016

Patient is feeling normal and healthy now. Her digestion, oedema, heaviness, pain and other similar symptoms are no more present. Latest thyroid investigation showed normal value of TSH. Same previous combination was continued till Nov.

With changes mentioned above are given to patient. In Nov, she reported normal condition in all her complaints and TSH as she told in normal value also.

Outcome

Patient approached with number of health issues at first consultation time and even after taking allopathic medicines regularly her complications were not improving. Following ayurvedic medicines with suitable recommended regimen, patient started to respond slowly in beginning with

positive changes in overall health. In between, sometimes symptoms surfaced due to inappropriate implementation of suggested advises.

Over a period, her progress reflected in all associated problems at the root level and her persistent Thyroid problem became normal. Based on remarkable recovery, her allopathic tablet dose was tapered to half in July, 2016 and even Ayurvedic medicines was gradually stopped.

Parameters before, during & after treatment

Symptoms	Jul, 2015	Sep, 2015	Nov, 2015	Dec, 2015	Jan, 2016	Mar, 2016	Jun, 2016	Jul, 2016	Oct, 2016	Nov, 2016
TSH	++++	++++	++++	++	++	++	++	++	+	Normal
Overweight	++++	++++	++++	+++	+++	+++	++	++	+	+
Joint pain	++++	+++	++++	+++	+++	+++	+++	Normal	Normal	Normal
Indigestion	++++	+++	++++	+++	++	++	++	+/-	Normal	Normal
Oedema	++++	+++	++++	+++	++	++	++	Normal	Normal	Normal

Discussion

According to Ayurveda, factors like impaired digestion, stress, anxiety and sedentary lifestyle leads to blockage of the minute channels causing an imbalance in the function of the thyroid gland. Hypothyroidism reflects profound derangement of vata and kapha doshas. Perturbed vayu and kapha go into various channels and systems of the body and causes symptoms that have been mentioned above. The two vitiated doshas block various channels. Kapha has

heavy and unctuous properties. Escalation of these characteristics causes weight gain and other symptoms. They also disturb the menstrual cycle.

Ayurvedic treatment involves clearing these channels in order to balance body energies and restore the circulation of thyroxin. Herbal preparations are administered to increase the digestive fire at a cellular level, restoring proper metabolism.

According to the condition of disease and patient, Jiva Doctor planned personalized combinations to offer symptomatic and root-level relief.

Sothhar Churna - Vata-kapha shaman, shoth har
Rejuva Churna (Punarnavadi) - Srotoshodhan, vata-kapha shaman, **Lavan bhaskar churna** - Deepan, pachan, **Dasavatar Churna (Dashmool)** - Vata-kapha shaman, rasayan

Shiva rasayan - Deepan, pachan, sroto shodhan
Amapachak churna - Deepan, pachan, sroto shodhan
Virechak churna - Vata-kapha shaman, sroto shodhan
Dalchini churna - Kapha-vata shaman, sroto shodhan
Kachnar guggulu - Sroto shodhan, vata-kapha

shaman, **Gokshuradi guggulu** - Sroto shodhan, shoth har, **Gaisantak vati** - Deepan, pachan, sroto shodhan
Samagni vati - Vata-kapha shaman, pachan
Arogya Dayini Vati - Vata-pitta shaman, sroto shodhan, **Medohar guggulu** - Vata-kapha shaman, sroto shodhan, lekhan, **Tryushnadi lauh** - Vata-kapha shaman, pachan, lekhan
Soot shekhar ras - Vata-kapha shaman, pitta rechan, **Trisiddha guggulu** - Tridosha shaman, sroto shodhan, rasayan, **Nari sakhi capsule** - Srotoshodhan, vata-kapha shaman, **Punarnavadi kwath** - Shoth har, vata-kapha shaman, sroto shodhan, **Dashmool kwath** - Vata-kapha shaman, srotoshodhan, deepan, pachan, **Aragvadhadii kwath** - Sroto shodhan, pachan

Indigestion-Obesity

A Jiva Case Study

Name: Suman

Age: 30 yrs

Gender: Female

Location: Jabalpur, MP.

Occupation: NA

Marital Status: Married

Treatment started on: Jan, 2016

Relief achieved on: Oct, 2016

Present treatment status: Closed

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient called to discuss her chronic high acidity problem for which she used to take antacids whenever necessary. She was also overweight with 75 kgs. Her height is 5'4. Some other problems mentioned by the patient were migraine, allergy, eosinophilia and allergic asthma. These problems emerged one after another.

Of all her problems, patient wanted treatment for indigestion and overweight first. She complained of throat and abdomen burning sensations, excess burping, sour eructation, sometimes nausea etc that triggered migraine. She explained that if heavy food was taken or food timing was missed then digestion got disturbed. At time of consultation, her menstruation was regular with help of ayurvedic medicines.

She had heaviness, bloating and gurgling sound in abdomen. Because of recurrent indigestion, sometimes she had piles also. When headache became worse she had intense pain in neck area that subsided only after taking pain killer.

Specific History (H/O Present Illness)

For many years, patient had been suffering from various complications. Eosinophilia was diagnosed at the age of 13-14 that gradually progressed in to Asthma. It became more frequent when she came in contact in with dust, smoke and other allergens. Acidity & piles started after patient's caesarean delivery 6-7 years ago. Menstrual disturbances continued for one year.

Physical/ Systemic Findings

BM - Irregular, unclear, hard, constipation feeling, consistency is changeable, **Appetite** - erratic, **Urine** - normal, **Gas/Acidity** ++++ present, **Sleep** - normal, **Mind**

- stress, over thinking, short temper, **Digestion** - weak.

H/O Past illness / Family History

No case of Hypertension, Diabetes or Thyroid. No specific medical history. Grandfather was diabetic and hypertensive.

Medical History

For asthma, she used inhaler. Patient often used laxative for constipation and pain killers for migraine. In the past, patient succeeded in losing weight but regained it later. Last year, she was operated for benign hard-pus filled cyst near spinal cord. At time of consultation, she was taking ayurvedic medicines to regularise her menstruation.

Diagnosis

Chronic Indigestion-Obesity/Jeern Ajeerna-Sthaulya

Management

Samprapti Ghataka- Dosha: Pitta-Vata pradhan

Dushya: Ras, meda; Srotas: Anna vaha, ras vaha, medo vaha; Adhishtan: Amashaya-Pakvashaya

Nidana: Improper diet and life style, disturbed sleep, improper timings of meal, psychological weakness etc factors.

Chikitsa Sutra

- Nidana parivarjan - Avoid things in diet and routine that accelerates progression of disease
- Shaman Chikitsa - Pitta-Vata shaman, deepan,

pachan, rechan, sroto shodhan, lekhan

- Shodhan Chikitsa – Natural and easy methods are discussed that could be practiced at home
- Sattvavjay Chikitsa – Patient education, expectation management and approach of treatment is shared

Specific Advise:

Pathya: Practice of regular walk after meals instead of sitting, increased water consumption, maintaining proper gap between meals, coconut water, including fibre added edibles in ample quantity like salad-fruits-veggies, yoga-pranayam, exercise, breathing exercises, light & easily digestible foods, fresh

JIVA TREATMENT PLAN IN JAN, 2016

Churna	Tablets	Products
Amlapittantak rasayan	Soot shekhar rasa	Slim Tea
Yakrida churna	Acidity Tablet	Saaf Saaf Tablets
Pittashamak rasayan	Liver vati	Digestol Tablets
Shankh bhasma vishesh		
Yashtimadhu compound		

buttermilk etc were advised.

Apathya: Fried, oily, spicy and heavy foods, hot potency things, tea-coffee, white flour products, fast foods, preservative added packed foods, pickles, sauce, tomato, jackfruit, cauliflower, black gram, kidney beans, potato, brinjal etc are advised to avoid.

Modifications/Changes made in prescription during course, below changed medicines were given as per patient's feedback:

Except adding few products to address her other health issues, her main medicines were kept unchanged from beginning to end.

Outcome

After couple of months of medication, patient shared mixed response regarding her issues as symptoms recurred if the suggested regimen was not followed. Her menstruation trouble recurred after quitting her old combination which was helping her. In successive months, and after

prescribed medicines and diet, she reported very good improvement in all problems including acidity, indigestion, menstruation, bowels etc. Since September, her medicine was reduced because of improvement achieved so far. She lost almost 13 kgs weight. In October, even taking reduced dosage on alternate days, patient shared complete improvement in all complications i.e. acidity, bloating, gas formation, constipation, headache, overweight issues.

Parameters before, during & after treatment

Symptoms	Jan, 2016	Mar, 2016	Apr, 2016	Jun, 2016	Jul, 2016	Sep, 2016	Oct, 2016
Unclear bowels	++++	+++	++	++	+	Normal	Normal
Gas	++++	+++	++	++	+	Normal	Normal
Acidity	++++	+++	++	++	+	Normal	Normal
Overweight	++++	++++	+++	++	+	Normal	Normal
Menses	++	++++	++	+	+	Normal	Normal

Discussion

When food is not digested properly, due to low jathragni, and most of the food is not converted into nutritious juice required for the sustenance of the body, it forms the mucus like substance which is 'apakv ahar'. Very little of this substance gets converted in nutritious juice while a large part of it is converted into waste products. This excess of waste causes aggravation of vata, which disrupts the normal functioning of the digestive canal thus producing (ama) in the body. Ama is the toxin caused by undigested food.

Eating before the previous meal has completely digested, over eating, eating heavy foods, eating irregularly, eating very hot or very cold food, eating incompatible foods, eating food s which are not suited to the climate/season or body is often responsible for indigestion.

Holding natural urges, drinking too much water, working late nights or not getting proper rest, mental factors like Anxiety/ fear/anger/sickness/sorrow etc also contribute in causing indigestion.

Due to improper lifestyle/diet and mental causes, jathragni becomes low and the food is not digested properly because of aggravation of doshas. The water content increases and dilutes the digestive juices and they can't act properly on the food, which causes indigestion. It further leads to formation of various symptoms like acidity, bloating, unsatisfactory bowel movements, piles etc. Ama, a toxic by-product of weak digestion, is very similar to meda dhatu hence it eventually increases weight and related complications.

Amlapittantak rasayan – Pitta-vata shaman, deepan, pachan, sroto shodhan, **Pitta shamak rasayan** – Pitta

shaman, deepan, pachan, **Yakrida churna** – Vata shaman, rechana, sroto shodhan, **Shankh bhasma** – Vata shaman, deepan, pachan, **Yashtimadhu compound** – Pitta-vata shaman, sroto shodhan, **Acidity tablet** – Pitta-vata shaman, deepan, pachan **Soot shekhar ras** – Vata-pitta shaman, deepan, pachan, **Liver vati** – Vata shaman, rechana, sroto shodhan, **Saaf saaf tablet** – Rechana, sroto shodhan **Digestol tablet** – Vata shama, deepan, pachan, sroto shodhan, **Slim tea** – Lekhan, sroto shodhan **Punarnavadi syrup** – Vata shaman, sroto shodhan, rechana

Indigestion & Piles

A Jiva Case Study

Name: S P Shrivastav

Age: 55 yrs

Gender: Male

Location: Ramgarh, Jharkhand

Occupation: NA

Marital Status: Married

Treatment started on: Nov, 2014

Relief achieved on: Jan, 2017

Present treatment status: Open

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient contacted Jiva MRC to get relief from a number of health issues that were annoying him for a long time. He had chronic indigestion that caused flatulence, sticky stool, mild pain in abdomen, unclear bowel movements along with heaviness in chest region. Because of such prolonged unsolved ailments, he had developed piles that used to bleed primarily but had converted into dried piles that prolapsed during defecation and had to be pushed back afterwards.

In addition to these problems, he was also diagnosed with heart blockage. He experienced mild chest & shoulder pain while climbing stairs. His skin itched during seasonal changes. Patient consumed laxatives to soften bowel movement. He shared that his digestion became more disturbed whenever he ate outside.

Specific History (H/O Present Illness)

These digestive complaints are almost 15 years old, piles were diagnosed few months ago and 70 % heart artery blockage was diagnosed two months ago.

Physical/ Systemic Findings

Bowels: 2-3 times daily but not hard. Unsatisfactory bowel movement. **Appetite** - Variable, **Urine** - normal, **Gas/Acidity** - Yes, excess **Sleep** - Little disturbed, **Mind** - Normal, **Digestion** - weak. **Memory** - Average

H/O Past illness / Family History

Patient was operated for Hydrocele long ago. His father was a cancer patient and younger brother had diabetes.

Medical History

Patient was on allopathic medication for heart

blockage problem. He was addicted to chewing tobacco and drinking 6-7 cups of tea daily. No history of DM or Thyroid.

Patient had hypertension problem for which he had been taking allopathic medicine at the time of consultation. For digestive problem, he had taken different type of medicines but did not get satisfactory improvement. At time of consultation he was not taking any digestive medicines.

Diagnosis

Chronic Indigestion-Piles/Jeern Ajeerna-Arsha

Management

Samprapti Ghataka- Dosha: Pitta-vata pradhan

Dushya: Ras, rakta, purisha

Srotas: Prana vaha, anna vaha, ras vaha, purisha vaha

Adhishtan: Amashaya-Pakvashaya-Gud vali

Nidana: Improper diet and life style, disturbed sleep, improper timing of meals, aging, habit of addictions etc factors.

Chikitsa Sutra

- Nidana parivarjan - Avoid things in diet and routine that accelerates progression of disease
- Shaman Chikitsa - Pitta-vata shaman, ama pachan, sroto shodhan, rasayan
- Shodhan Chikitsa - Natural and easy methods are discussed that could be practiced at home
- Sattvavjay Chikitsa - Patient education, expectation management and approach of treatment is shared

JIVA TREATMENT PLAN IN NOV, 2014

Churna	Tablets	Products
Avipattikar churna	Gaisantak vati	Mukti supplement pack
Ama pachak churna	Hearto vati	
Trisiddha churna	Piles tablet	Digestol Tablets
Shivakshar pachan churna		
Sam sharkara Arsh		

Specific Advise:

Pathya: Practice of regular walk after meals instead of sitting, camphor mixed coconut oil application for skin allergy, dalchini kadha for blockage, increased water consumption, maintain proper gap between meals that should not be more than three hours, coconut water sweet fruits, seasonal green-leafy vegetables, fruits, grains according to digestion, yoga-pranayam like

relaxing techniques as per strength etc is advised to follow.

Apathya: Fried, oily, spicy, citrus and heavy foods, hot potency things, tea-coffee, white flour products, non veg, alcohol, tobacco, fat based items, potato, brinjal etc gas forming and constipating things, heavy exercise, water intake immediate after meals should be avoided.

Modifications/Changes made in prescription during course, below changed medicines were given as per patient's feedback:

In Dec, 2014

Dalchini churna was given in place of ama pachak churna.

In Feb, 2015

Triphala supplement pack was added in products.

In May, 2015

Virechak churna was given in powder instead of triphala churna.

In Sept, 2015

In products, Arjuna tablet was added.

In Oct, 2015

In tablets, Hridayarnav ras was given instead of Hearto tablet.

In Nov, 2015

In products, saaf-saaf tablet was added.

In Jan, 2016

In products, mukti supplement pack was added.

In Aug, 2016

In products, Arjun tea was added.

In Nov, 2016

Ayurvedic tea was given in products

Outcome

Patient explained significant recovery in prolonged digestive complications that caused him piles and blockage. His unclear bowels, sticky stools, flatulence, low appetite were resolved and pile mass was also remarkably reduced. Congestion and pain in chest also reduced. Since March, 2015 patient stopped taking allopathic heart blockage medicines. Based on overall improvements in his condition, patient is willing to continue ayurvedic medicines.

Parameters before, during & after treatment

Symptoms	Nov, 2014	Dec, 2014	Feb, 2015	March, 2015	April, 2015	May, 2015	July, 2015
Unclear bowels	++++	+++	++	++	++	++/-	+/-
Piles	++++	++++	+++	++	++	+	+
Flatulence	++++	+++	++	++	+	+	Occas.
Appetite	++++	+++	++	+	+	Normal	Normal
Abdominal pain	+++	+++	+	+	Normal	Normal	Normal
Chest heaviness	+++	+++	++	++	++	+	+

Symptoms	Sept, 2015	Nov, 2015	Jan, 2016	March, 2016	Aug, 2016	Dec, 2016	Feb, 2017
Unclear bowels	+/-	+/-	+/-	+	+	+	+/-
Piles	Normal	+/-	Normal	Normal	+/-	Normal	+/-
Flatulence	Occas.	+/-	+/-	Normal	Normal	+/-	Normal
Appetite	Normal	+	Normal	Normal	Normal	Normal	Normal
Abdominal pain	Normal	Normal	Normal	Normal	Normal	Normal	Normal
Chest heaviness	+	+	+	+	+	+	+

Discussion

Due to low jathragni, most of the food is not converted into nutritious juice required for sustenance of the body, it forms a mucus like substance which is 'apakv ahar'. Very little of this substance is converted in nutritious juice while a large part of it is converted into waste products. This excess waste causes aggravation

of vata, which disrupts the normal functioning of the digestive canal thus producing (ama) in the body. Ama is the toxin caused by undigested food. Circulating with blood this ama gets accumulated in weak sites of body and leads to different complications according to the organ involved.

Eating before the earlier meal is digested, eating heavy foods, eating irregularly, eating very hot or very cold food, eating drying food, eating incompatible foods, eating foods which are not suited to the climate/season, mental factors (anxiety, fear, anger, sickness, sorrow) is often responsible for indigestion.

Amla pittantak rasayan - Pitta shaman, rechan, srotoshodhan

Ama pachak churna - Ama pachan, srotoshodhan

Shiva kshar pachan churna - Vata shaman, ama pachan, sroto shodhan

Trisiddha churna - Tridoshan shaman, rechan, rasayan

Sam sharkara arsha - Vata shaman, sroto shodhan

Dalchini churna - Vata-kapha shaman, ama pachan

Virechak churna - Sroto shodhan, rechan

Gaisantak vati - Vata-kapha shaman, vata anuloman

Hearto Tablet - Kapha-pitta shaman, hridhya

Piles Tablet - Vata-kapha shaman, sroto shodhan

Hridayarnava ras - Kapha shama, hridhya

Saaf-saaf tablet - Vata-kapha shaman, sroto shodhan, rechan

Mukti supplement pack - Vata-kapha shaman, sroto shodhan, rechan

Arjun tea - Pitta-kapha shaman, hridhya

Migraine

A Jiva Case Study

Name: Anita Devi

Age: 39 yrs

Gender: Female

Location: Mohali, Punjab.

Occupation: NA

Marital Status: Married

Treatment started on: Feb, 2016

Relief achieved on: Oct, 2016

Present treatment status: Closed

Consultation Mode: Jiva MRC

CASE PRESENTATION

For last 15 years, patient had been suffering from migraine that was mild in the beginning but became severe later. It was not aggravated by exposure to sun. She occasionally feel a burning sensation and uneasiness in either one hemisphere of her head. The frequency of migraine increased and recurred every one month or once in two weeks. Headache became worse if she did not take pain killer to curb it.

Sometimes the pain intensified a lot and lead to vomiting. Patient has also fainted because of excessive migraine pain. To investigate the hidden factors, she was advised CT scan but it revealed nothing abnormal.

Specific History (H/O Present Illness)

Almost for fifteen years, patient's problem gradually progressed.

Physical/ Systemic Findings

BM - once daily, regular, clear, **Appetite** - erratic, **Urine** - normal, **Gas/Acidity** - Occasional, **Sleep** - normal, **Mind** - Stressed, **Thirst** - Normal, **Sweating** - Normal, **Acidity/nausea** - Yes.

H/O Past illness / Family History

Patient periodically suffered from mild rashes and itching on entire body especially when she consumed gluten containing food. This was diagnosed six year ago. She had been taking allopathic medicines that helped in lessening her complications.

Medical History

She used to take pain killers on/off as per requirement.

Diagnosis

Migraine/Shir shool

Management

Samprapti Ghataka- Dosha: Vata-pitta

Dushya: Ras, rakta Srotas: Ras vaha, rakta vaha, anna vaha, mano vaha Adhishthan: Shir

Nidana: Unwholesome diet and routine, psychological factors, weak digestion etc.

Chikitsa Sutra

- Nidana parivarjan - Avoidance of things in diet and routine that help in progression of disease
- Shaman Chikitsa - Pitta-Vata shaman, sroto shodhan, vedna shaman, rasayan
- Shodhan Chikitsa - Some effective and easy to implement methods are discussed to do at home
- Sattvavjay Chikitsa - Patient education, expectation management and approach of treatment is shared

JIVA TREATMENT PLAN IN FEB, 2016

Churna	Tablets	Products
Peedantak churna	Shool vajrini vati	Shatavari Tablets
Mukti churna	Peedantak	Brahmi Tablets
Ashwagandhadi churna	guggulu	Sleepwell Tablets
Panchnimbadi churna	Shir shooladi	
Rasna vishesh	vajra ras	

Specific Advise:

Pathya: Patient was advised to take fumes of roasted ajwain seeds, drink filtered ajwain water soaked overnight, application of paste of ajwain and honey on forehead. Drink lukewarm water. Practice yoga-pranayam regularly, application of ghee in nostrils etc.

Apathya: Avoid fried, oily, spicy, acidic, sour food, dahi, baingan, urad dal, rajama chhole, salty, excess sweet things, fast foods, white flour products etc. and exposure to sun for long time. Over thinking, stress, anger etc should be managed properly to minimize migraine bouts.

Modifications/Changes made in prescription during course, below changed medicines were given as per patient's feedback:

In April, 2016

Following changes were done:

Churna	Tablets
Peedantak churna	Acidity Tablet
Panchnimbadi churna	Shirshool Vajradi Rasa
Rasna vishesh	Migraine Vati
Pitta shamak rasayan	
Guduchi churna	

In June, 2016

All previous medicines were repeated while

Massage oil was advised in products.

In July, 2016

Nari sakhi capsule was included in products. Rest of medicines were continued without change.

In Aug, 2016

Same medicines were repeated.

In Oct, 2016

As per patient's feedback migraine was cured, so she began consultation for Gluten allergy problem. Below prescription was given for gluten allergy.

Churna	Tablets	Products
Amlapittantak rasayan	Rakta shodhak vati	Skin fit tablets
Haridra rasayan	Pachak vati	Shodhak kwath
Amrit rasayan	Liver Vati	
Twak roghar churna		
Shankh bhasma vishesh		

Outcome

Patient responded positively to the treatment for her old complications. In between she discontinued the medicines because of heaviness, bloating, unsatisfactory bowel movements, weight gain issue and feeling of bloating that she did not experience earlier. Although she reported good improvement in migraine headache, the frequency of recurrence also diminished significantly. Her appetite & sleep got better and the burning sensation in her throat due to gas also decreased. She shared her concern about weight increase so she was advised to follow

suggested diet and lifestyle routine also her medicines were changed.

Patient reported complete recovery in migraine. She did not take any painkiller since she began taking Jiva medicines. Other associated symptoms like nausea, bloating, uneasiness were also not present since long. She responded well even in gluten allergy problem. Medicine Combinations kept changing according to feedback to provide her faster recovery. In Oct, 2016 patient reported complete relief in all her problems.

Parameters before, during & after treatment

Symptoms	Feb, 2016	Mar, 2016	Apr, 2016	Jun, 2016	Jul, 2016	Aug, 2016	Oct, 2016
Headache	++++	+++	+++	++	+	+	Normal
Vertigo	++++	+++	+++	++	+	Normal	Normal
Nausea	++++	+++	++	+	+	Normal	Normal
Gas/Acidity	++++	++++	+++	++	+	+	Normal
Disturbed sleep	+++	+++	++++	++	++	+	Normal

Discussion

The traditional science of Ayurveda does not regard Migraine as a case of prolonged headaches. On the contrary, it considers this condition to be caused by deep-rooted problems, including a sensitive nervous system and impaired digestion.

Improper diet and certain faulty lifestyle choices cause Vata-Pitta (Ayurvedic humor representing Fire) imbalance in the body. In an aggravated state, Pitta impairs digestion, leading to production of digestive

impurities (known as ama). This ama gets stored in the manovahi strotas (mind channels), thereby becoming the cause for pains in migraine.

A sensitive nervous system lowers the ojas (energy) in the body. Ojas is the essence of all body tissues and provides strength to the nervous system and body. If one has a strong nervous system, person is able to fight against problems and carry on work with a healthy mind. Lowering of ojas causes migraine-like problems.

Ayurvedic treatment of Migraine therefore is centred on the pacification of Vata-Pitta Dosha, and restoration of digestive function in the body. Nervine tonics are also recommended to enhance the Ojas, relax the mind and give strength to the nervous system.

Peedantak churna - Vata-kapha shaman, sroto shodhan, vedna shaman

Mukti churna - Tridosha shaman, sroto shodhan

Ashwagandhadi churna - Vata shaman, vedna shaman, rasayan

Panchnimadi churna - Pitta-vata shaman, sroto shodhan

Rasna vishesh churna - Vata shaman, vedna shaman

Pitta shamak churna - Pitta shaman, rasayan

Guduchi churna - Pitta shaman, rasayan

Shool vajrini vati - Vata shaman, vedna shaman

Peedantak guggulu - Vata shaman, vedna shaman

Shir shooladivajra ras - Vata-pitta shaman, vedna shaman

Acidity tablet - Pitta shaman, sroto shodhan

Migraine tablet - Pitta-vata shaman, vedna shaman

Shatavari tablets - Pitta-vata shaman, rasayan

Brahmi tablets - Pitta-vata shaman, rasayan

Sleepwell tablets - Pitta-vata shaman, rasayan

Naari Sakhi capsule - Vata pitta shaman, sroto shodhan, rasayan

Migraine

A Jiva Case Study

Name: Kangna Gulati

Age: 34 yrs

Gender: Female

Location: Amritsar, Punjab.

Occupation: NA

Marital Status: Married

Treatment started on: Sept, 2016

Relief achieved on: March, 2017

Present treatment status: Open

Consultation Mode: Jiva MRC

CASE PRESENTATION

Patient called to consult her nagging migraine problem that caused intolerable bouts of pain on either side of her head. During migraine, she also experienced pain on same side of her eyes and nose. This condition caused restlessness and agitation for the whole day and doing daily routine work also became difficult for her. Pain remained until she vomited or rested in a closed room and took painkillers. Even these provided only temporary relief. Occasionally, she experienced pain in shoulders and back and it existed since second delivery that happened five months ago.

At time of consultation patient's migraine recurred every third day and its severity increased as compared to before. She consulted many allopathic doctors to get rid of this problem but nothing helped except momentary relief with pain killers.

Patient had indigestion trouble for last few years for which she took Digene tablets and suffered from coughing and throat congestion that took long time to heal. Because of excessive thinking, she felt heaviness in chest region.

Patient also reported low blood pressure and it dropped especially at the time of migraine causing poor appetite, trembling and vomiting. Patient mentioned that being under the sun for long, smelling strong perfume, being tensed are certain factors that triggered her migraine.

Specific History (H/O Present Illness)

Patient suffered from migraine for almost ten years and indigestion problem for 4-5 years.

Physical/ Systemic Findings

BM - Once daily, occasionally constipation with gap in motions, **Appetite** - normal, **Gas** - Excess, **Acidity/nausea** - Excess, **Mind** - Stressed-depression-over thinking, **Sleep** - Normal, **Sweating** - Normal, **Thirst** - Excess, **Urine** - Normal

H/O Past illness / Family History

Patient's grandmother had migraine.

Medical History

Her blood pressure was usually low. She had two caesarean deliveries. No history of DM and Thyroid. At the time of consultation, patient was taking pain killer, digene tablets, along with iron and calcium supplements that were advised to her after delivery.

Diagnosis

Migraine/Shir shool

Management

Samprapti Ghataka- Dosha: Vata-pitta; Dushya: Ras, rakta; Srotas: Ras vaha, rakta vaha, anna vaha, mano vaha; Adhishtan: Shir

Nidana: Unwholesome diet and routine, psychological factors, weak digestion, contact of certain allergens etc.

Chikitsa Sutra

- Nidana parivarjan - Avoid things in diet and routine that accelerates progression of disease
- Shaman Chikitsa - Vata-Pitta shaman, sroto shodhan, anuloman, pachan, rasayan
- Shodhan Chikitsa - Some effective and easy to

implement methods are discussed to practice at home

- Sattvavjay Chikitsa – Patient education, expectation management and approach of treatment is shared

JIVA TREATMENT PLAN IN FEB, 2016

Churna	Tablets	Products
Amlapittantak rasayan	Liver vati	Digestol Tablets
Bhudhatri rasayan	Migraine vati	Stressfree Tablets
Go amrit bhasma	Shir shooladi vajra ras	Livon syrup
Shankhpushpyadi churna		
Brahmi churna		

Specific Advise:

Pathya: Patient was advised to Consume papaya, cucumber, carrot, leafy vegetables, seasonal fruits etc as per digestion, take lukewarm water in morning. Tulasi extract mixed with honey in case of throat problem. Regular practice of yoga-pranayam, meditation, morning walk, application of almond oil in nostrils, sitting in vajrasan after meals; don't drink water immediately after eating

solid food during meals, take dinner early in evening in order to maintain proper gap between dinner and bedtime.

Apathya: Avoid fried, oily, spicy, acidic, sour food, dahi, baingan, urad dal, rajama chhole, salty, excess sweet things, fast foods, white flour products etc. and exposure to sun for long time. Over thinking, stress, anger etc should be managed properly to minimize migraine bouts.

Modifications/Changes made in prescription during course, below changed medicines were given as per patient's feedback:

Medicines which were planned in the beginning were, based on regular feedback of patient remained unchanged till last communication. In March, 2017 patient reported complete relief in all complications.

Outcome

By the second month of treatment, patient reported high improvement in almost every problem she was facing. She described that exposure to sun or tension did not trigger migraine as it used to before. Simultaneously, she started

feeling calmer and more relaxed. Her digestive functions also responded well and she did not use allopathic tablets anymore.

Within a month, frequency and severity of migraine dropped drastically to once a while which happened once every two-three days. During this period, she also experienced headaches when she was exposed to cold weather or after showers. After taking medicines regularly along with recommended regimen, she was relieved of all complications including migraine, indigestion and stress.

Parameters before, during & after treatment

Symptoms	Sept, 2016	Oct, 2016	Nov, 2016	Dec, 2016	Jan, 2017	Mar, 2017	Apr, 2017
Headache	++++	++	+	++	+	+/-	Normal
Vomiting	++++	++	+	++	Normal	Normal	Normal
Gas/Acidity	++++	++	+	+	Normal	Normal	Normal
Bowels	++++	++	Normal	Normal	Normal	Normal	Normal
Stress	++++	++	++	++	Normal	Normal	Normal

Discussion

The traditional science of Ayurveda does not regard Migraine as a case of prolonged headaches. On the contrary, it considers this condition to be caused by deep-rooted problems, including a sensitive nervous system and impaired digestion.

Improper diet and lifestyle causes aggravation of Vata-Pitta (Ayurvedic humor representing Fire) in the body. In an aggravated state, Pitta impairs digestion, leading to production of digestive impurities (known as ama).

This ama gets stored in the manovahi strotas (mind channels), thereby becoming the cause for pains in migraine.

A sensitive nervous system lowers the ojas (energy) in the body. Ojas is the essence of all body tissues and provides strength to the nervous system and body. If one has a strong nervous system, person is able to fight against problems and carry on work with a healthy mind. Lowering of ojas causes migraine-like problems.

Ayurvedic treatment of Migraine therefore is centred on the pacification of Vata-Pitta Dosha, and restoration of digestive function in the body. Nervine tonics are also recommended to enhance the ojas, relax the mind and give strength to the nervous system.

Amlapittantak rasayan – Pitta-vata shaman, sroto shodhan, anuloman

Bhudhatri rasayan – Pitta-kapha shaman, anuloman, pachan

Go amrit bhasma – Pitta shaman, vedna shaman, sroto shodhan

Shankhpushpyadi churna – Vata-pitta shaman,

rasayan

Brahmi churna – Vata-pitta shaman, rasayan

Liver vati – Vata-kapha shaman, pachan, sroto shodhan, anuloman

Migraine vati – Pitta-vata shaman, sroto shodhan

Shir shooladi vajra ras – Vata-pitta shaman, sroto shodhan, anuloman

Digestol tablets – Vata-kapha shaman, pachan, sroto shodhan

Stressfree tabets – Pitta-vata shaman, rasayan, anuloman

Livon syrup – Vata-pitta shaman, pachan, sroto shodhan