

Chapter 9

Research papers: Examples and case studies

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1. Original Research Articles

- (Gundeti et al., 2022)Gundeti MS, Bhurke LW, Mundada PS, Murudkar S, Surve A, Sharma R, Mata S, Rana R, Singhal R, Vyas N, Khanduri S. AYUSH 64, a polyherbal Ayurvedic formulation in Influenza-like illness-Results of a pilot study. *Journal of Ayurveda and integrative medicine*. 2022 Jan 1;13(1):100325.
- (Paradkar et al., 2024)Paradkar HS, Jadhav P, Pal S, Pathrikar AA, Kamat NM. “Shatapaki Balashwagandhadi Taila” – A 4-Week Open Single Arm Clinical Study In Janu Sandhigata Vata (Knee osteoarthritis).. *AAM*. (2023), [cited September 13, 2024]; 12(4): 368-381. [doi: https://doi.org/10.5455/AAM.173020](https://doi.org/10.5455/AAM.173020)

2. Case Studies

- (Joshi & Puthiyedath, 2022)Jyoti Anand Joshi, Rammanohar Puthiyedath, Outcomes of Ayurvedic care in a COVID-19 patient with hypoxia – A case report, *Journal of Ayurveda and Integrative Medicine*, Volume 13, Issue 1, 2022, 100363, ISSN 0975-9476, <https://doi.org/10.1016/j.jaim.2020.10.006>. (<https://www.sciencedirect.com/science/article/pii/S0975947620300966>)
- (Prabhu et al., 2024)Prabhu Pooja, Paradkar Hemant, Pal Subodh, Pathrikar Anaya and Kamat Nitin. A case study on restoring facial symmetry: An Ayurvedic approach to Ardita (Bell’s palsy). *Int. J. Res. Ayurveda Pharm*. 2024;15(1):31-35 DOI: <http://dx.doi.org/10.7897/2277-4343.1518>
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- (S. Singh & Rajoria, 2015)Singh SK, Rajoria K. Ayurvedic approach in the management of spinal cord injury: A case study. *Anc Sci Life*. 2015 Apr-

Jun;34(4):230-4. doi: 10.4103/0257-7941.160870. PMID: 26283809; PMCID: PMC4535072.

- (Saurabh et al., 2024)Saurabh, Sarveshwar; Savitha, H. P.; Shankar, M. Vinay; Jadhav, Amol Dynaneshwar. Holistic management of illness anxiety disorder (Gadodvega) in a patient after coronary angioplasty: A case study. Journal of Ayurveda Case Reports 7(4):p 185-190, Oct–Dec 2024. | DOI: http://dx.doi.org/10.4103/jacr.jacr_72_23

3. Case Series

- (S. Patil, 2022)Patil S. A case series sharing novel experience of treating viral pandemic cases of morbid, mid aged, mild, moderate & severe grade with only Ayurvedic Medicines. J Ayurveda Integr Med. 2022 Jan-Mar;13(1):100420. doi: <http://dx.doi.org/10.1016/j.jaim.2021.03.002>. Epub 2021 May 20. PMID: 34024691; PMCID: PMC8136275.
- (Pravith & Krishna, 2021)Pravith, Natesan K.; Krishna, Bini. Ayurvedic management in a chronic spinocerebellar ataxia and progressive improvement in scale for assessment and rating of ataxia score – An interrupted time series case report. Journal of Ayurveda Case Reports 4(1):p 16-21, Jan–Mar 2021. | DOI: http://dx.doi.org/10.4103/jacr.jacr_20_21.

4. Review Articles

- (Manohar et al., 2012)Manohar R, Eranezhath S, Mahapatra A, R SM. P05.67. A narrative review of research on Ayurveda. BMC Complement Altern Med. 2012 Jun 12;12(Suppl 1):P427. doi: <http://dx.doi.org/10.1186/1472-6882-12-S1-P427> PMCID: PMC3373839.
- (Soman et al., 2022)Soman A, Venkatram S, Chikkanna U, Ramakrishna KK, Bhargav H, Mailankody P, Varambally S. Ayurveda for management of migraine: A narrative review of clinical evidence. J Family Med Prim Care. 2022 Aug;11(8):4228-4235. doi: http://dx.doi.org/10.4103/jfmpe.jfmpe_2109_21. Epub 2022 Aug 30. PMID: 36352975; PMCID: PMC9638656.
- (Rao, 2018)Rao RV. Ayurveda and the science of aging. J Ayurveda Integr Med. 2018 Jul-Sep;9(3):225-232. doi: <http://dx.doi.org/10.1016/j.jaim.2017.10.002>. Epub 2017 Dec 21. PMID: 29276113; PMCID: PMC6148064.

- (V et al., 2022) Krishna Kumar V, Azeem Ahmad, Alok Kumar Srivastava, Pallavi Namdev Kamble, D. Sudhakar, Pratap Makhija, Bhogavalli C. Rao, N. Srikanth, Efficacy and Safety of Ayurveda interventions in the management of conjunctivitis: A systematic review and meta-analysis, *Complementary Therapies in Clinical Practice*, Volume 47, 2022, 101568, ISSN 1744-3881, <https://doi.org/10.1016/j.ctcp.2022.101568>.
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- (Rai et al., 2022) Rai, A.K., Ahmad, A., Mundada, P. *et al.* Efficacy and safety of AYUSH-64 as standalone or adjunct to standard care in COVID-19: a structured summary of protocol for a systematic review. *Syst Rev* **11**, 103 (2022).
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5. Cross-Sectional Studies

- (Binorkar et al., 2021) Sandeep V. Binorkar, Ranjeet S. Sawant, Shobha Bhat, Vishnu P. Joglekar, A cross-sectional study on the attitude and knowledge assessment of ayurveda teachers, practitioners and students about practical application of Agadatantra, *Journal of Ayurveda and Integrative Medicine*, Volume 12, Issue 1, 2021, Pages 112-118, ISSN 0975-9476, <https://doi.org/10.1016/j.jaim.2020.10.007>.
(<https://www.sciencedirect.com/science/article/pii/S0975947620300978>)
- (Satyanarayana et al., 2023) Satyanarayana P, Olickal JJ, Thidil NE. Prevalence and factors associated with utilization of ayurvedic drugs during COVID-19. A community-based cross-sectional study. *Clin Epidemiol Glob Health*. 2023 Jan-Feb;19:101204. doi: <http://dx.doi.org/10.1016/j.cegh.2022.101204>. Epub 2022 Dec 20. PMID: 36569413; PMCID: PMC9763204..

6. Case-Control Studies

- (Chinthala et al., 2023) Chinthala R, Baghel AS, Shubhangi K, Bhagavathi NNL. A case-control study for exploring the association of Prakriti with Rheumatoid Arthritis. *J Ayurveda Integr Med*. 2023 Sep-Oct;14(5):100789. doi: <http://dx.doi.org/10.1016/j.jaim.2023.100789>. Epub 2023 Sep 11. PMID: 37703672; PMCID: PMC10505973.
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7. Cohort Studies

- (Thakar et al., 2021)Thakar A, Panara K, Patel F, Bhagiya S, Goyal M, Bhide S, Chaudhari S, Chaturvedi S. Add-on Ayurveda Treatment for Early Stage COVID-19: A Single Center Retrospective Cohort Study From Gujarat, India. *J Evid Based Integr Med.* 2021 Jan-Dec;26:2515690X211020685. doi: <https://doi.org/10.1177/2515690X211020685>. PMID: 34057365; PMCID: PMC8170329.
- (Tubaki et al., 2022)Tubaki BR, Gawas SC, Negi H. Effect of Ayurveda Management on Liver Cirrhosis with Ascites-A Retrospective Cohort Study. *J Ayurveda Integr Med.* 2022 Apr-Jun;13(2):100508. doi: <https://doi.org/10.1016/j.jaim.2021.07.023>. Epub 2022 Jan 5. PMID: 34996679; PMCID: PMC8814404.

8. Short Communications

- (Kuttikrishnan et al., 2022)Kuttikrishnan M, Sridhar R, Varghese E. Jatharagni and Prakriti of young Indian adult population: A descriptive cross-sectional study. *J Ayurveda Integr Med.* 2022 Jan-Mar;13(1):100438. doi: <https://doi.org/10.1016/j.jaim.2021.04.008>. Epub 2022 Jan 29. PMID: 35101333; PMCID: PMC9034458.
- (Tiwari et al., 2024)Tiwari, Richa; Vyas, Mahesh; Kumar, Kamal; Sharma, Nidhi. Quantifying Bindu matra of Shatavari ghrita: A pilot study. *International Journal of Ayurveda Research* 5(4):p 302-305, Oct–Dec 2024. | DOI: https://doi.org/10.4103/ijar.ijar_166_24

9. Short Reviews

- (R. Singh & Sharma, 2011)Singh, Rupali & Sharma, Pramod & Malviya, Rishabha. (2011). Pharmacological Properties and Ayurvedic Value of Indian Buch Plant (*Acorus calamus*): A Short Review. *Journal of Biological Research.* 5. 145-154.

10. Feature Articles

- (Jaiswal & Williams, 2017)Yogini S. Jaiswal, Leonard L. Williams, A glimpse of Ayurveda – The forgotten history and principles of Indian traditional medicine, Journal of Traditional and Complementary Medicine, Volume 7, Issue 1, 2017, Pages 50-53, ISSN 2225-4110, <https://doi.org/10.1016/j.jtcme.2016.02.002>. (<https://www.sciencedirect.com/science/article/pii/S2225411016000250>)
- (Mukherjee et al., 2017)Pulok K. Mukherjee, Ranjit K. Harwansh, Shiv Bahadur, Subhadip Banerjee, Amit Kar, Joydeb Chanda, Sayan Biswas, Sk. Milan Ahmmed, C.K. Katiyar, Development of Ayurveda – Tradition to trend, Journal of Ethnopharmacology, Volume 197, 2017, Pages 10-24, ISSN 0378-8741, <https://doi.org/10.1016/j.jep.2016.09.024>. (<https://www.sciencedirect.com/science/article/pii/S0378874116307826>)

11. Life Profiles

- (Binitha et al., 2024)Binitha, Palengara; Nair, Parvathy G; Krishna Kumar, Venugopal. Vaidyaratnam P. Sankunni Varier (P.S.Varier)- A life that gave Ayurveda a modern face. Journal of Research in Ayurvedic Sciences 8(Suppl 1):p S14-S19, May 2024. | DOI: https://doi.org/10.4103/jras.jras_337_23
- (Remya & Sreedharan, 2024)Remya, E.; Sreedharan, Aswani Pulikunnel. Life profile of Vaidyabhooshanam K. Raghavan Thirumulpadu – An exemplary legend in Ayurveda. Journal of Research in Ayurvedic Sciences 8(Suppl 2):p S254-S261, November 2024. | DOI: https://doi.org/10.4103/jras.jras_357_23

12. Practice Guidelines

- (Dhiman, 2016) https://ccras.nic.in/wp-content/uploads/2024/07/CCRAS_Guideline-of-Clinical_Evaluation.pdf. (n.d.). https://ccras.nic.in/wp-content/uploads/2024/07/CCRAS_Guideline-of-Clinical_Evaluation.pdf
- (General Guidelines for Drug Development of Ayurvedic Formulations, 2018)https://ccras.nic.in/wp-content/uploads/2024/07/CCRAS_Guideline-of-Drug-Development.pdf

13. Correspondence

- (Chauhan et al., 2015)Chauhan, Ashutosh; Semwal, Deepak Kumar¹; Mishra, Satyendra Prasad²; Semwal, Ruchi Badoni³. Ayurvedic research and methodology: Present status and future strategies. AYU (An International Quarterly Journal of Research in Ayurveda) 36(4):p 364-369, Oct–Dec 2015. | DOI: <https://doi.org/10.4103/0974-8520.190699>

14. Book Reviews

- (Shukla & Shukla, 2017)Shukla, Akhilesh; Shukla, Anupama¹. Book Review: An Introduction to Ayurveda. Ancient Science of Life 37(2):p 108-110, Oct–Dec 2017. | DOI: https://doi.org/10.4103/asl.ASL_166_17
- (Reddy et al., 2023)K. Ramachandra Reddy, Rohit Sharma, K. Harichandana, K. Vinay, Journal of Ayurveda and Integrative Medicine, Volume 14, Issue 4, 2023, 100766, ISSN 0975-9476, <https://doi.org/10.1016/j.jaim.2023.100766>. (<https://www.sciencedirect.com/science/article/pii/S0975947623000827>)

15. Natural Product-Based Interventions

- (Puri et al., 2022) Puri V, Kanojia N, Sharma A, Huanbutta K, Dheer D, Sangnim T. Natural product-based pharmacological studies for neurological disorders. Front Pharmacol. 2022 Nov 7;13:1011740. doi: <https://doi.org/10.3389/fphar.2022.1011740>. PMID: 36419628; PMCID: PMC9676372.
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16. Conference Reports

- (A. Patil et al., 2024)Patil AS , Ohol SV , Bhosale AR , National Seminar on Ayurved Updates 2022 - A Satellite Seminar of 9th World Ayurveda Congress & Arogya Expo, Annals Ayurvedic Med. 2024;13(3) 235-239, DOI: <https://doi.org/10.5455/AAM.198653>

- (Sriranjini, 2013)Sriranjini JS. Conference report. J Ayurveda Integr Med. 2013 Apr;4(2):126-7. PMID: 23930047; PMCID: PMC3737446.

17. Initiatives

(Kushwaha, 2022) *KushwahaAK “Scope And Utility Of Ayurveda In Rural And Primary Health Care” IRJAY.[online]2022;5(5);174-184.Available from: <https://irjay.com>DOI link-<https://doi.org/10.47223/IRJAY.2022.5528>*