



From the Founder:

Council for Ayurveda wishes its followers and supporters, a very Happy, Healthy and Productive 2017!! We have begun the year with a fresh energy and are all set to revitalize and grow CAR in more expansive ways, than before.

To this end, our Board has deliberated on some new initiatives. We will be making some exciting announcements in the coming months which will include registration/incorporation of CAR, educational and research webinars, Journal Club and a possible membership model. We are working on launching these programs in USA as well as India. Stay tuned for all this and more, coming to you very soon ☺

At this juncture, we are really looking for and ready to engage with volunteering interest. Please email us at ayurvedaresearchusa@gmail.com. You can also stay connected by visiting our [website](#), following us on Twitter (@PratibhaAyurved), joining our [Facebook group](#) and/or liking our [Facebook page](#).

CAR is looking forward to a newer roadmap and greater outreach this year, along with all of you,



Pratibha Shah

(Pratibha Shah, Masters In Ayurveda, MPH)

Research Abstract

Antidiabetic activity of Chandrabha vati – A classical Ayurvedic formulation

Wanjari. MM, Mishra.M, Dey.YN, Sharma.D, Gaidhani.SN, and Jadhava. AD

Abstract: Diabetes mellitus is categorized as a metabolic disease, characterized by hyperglycemia which results from defects in insulin secretion, insulin action or both. The hyperglycemia in turn damages many of the body's systems leading to diabetic complications, which further exacerbate the diabetic condition and affect the quality of life. The increasing worldwide incidence of diabetes mellitus in adults constitutes a global public health burden. *Chandrabha vati* (CPV) is an Ayurvedic formulation available in classical tablet form. It is used in Ayurveda for various indications with a remarkable effect in mitigation of *Prameha* which correlates in many ways with obesity, metabolic syndrome and diabetes mellitus (*Madhumeha*). Despite the long history of use of *Chandrabha vati* in diabetes and antidiabetic and lipid lowering effect of constituent plants, the systematic scientific studies are still lacking to delineate and validate its therapeutic utility in controlling diabetes. This study demonstrates the effect of *Chandrabha vati* on alloxan-induced hyperglycemia and alterations of lipid profile in rats.

Objective: This study is aimed to investigate the effect of Chandrabha vati in experimentally-induced hyperglycemia and lipid profile alterations.

Materials and methods: Antidiabetic effect of Chandrabha vati was studied in 55 Wistar rats. Graded doses of Chandrabha vati (50, 100 and 200 mg/kg) were administered orally for 7 days to normal and alloxan-hyperglycemic rats (65 mg/kg, intravenously), and to glucose loaded normal rats for oral glucose tolerance test (OGTT). Fasting plasma glucose levels were assessed on different time intervals along with plasma cholesterol and triglycerides. Metformin (500 mg/kg, orally) was used as standard drug.

Results: Chandrabha vati did not cause any significant reduction in plasma glucose levels of normal rats ($p > 0.05$) but normalized the impaired glucose tolerance at 60 and 120 min ($p < 0.05$ – $p < 0.001$) in OGTT when compared to vehicle control. In alloxan-hyperglycemic rats, administration of Chandrabha vati (200 mg/kg) significantly reduced plasma glucose at 3 h, 12 h, 3rd day and 7th day ($p < 0.01$ – $p < 0.001$) along with reduction in cholesterol and triglycerides levels ($p < 0.01$ – $p < 0.001$) when compared to diabetic control group. The effects were comparable with metformin.

Conclusion: Chandrabha vati exhibited anti-hyperglycemic effect and attenuated alterations in lipid profile. The results support the use of Chandrabha vati for correction of Prameha in clinical practice.

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This article is freely available to the public

News and Upcoming events

INTERNATIONAL EVENTS

- 2nd International Ayurveda Congress to be held on 1-2 April 2017 at London-UK on “Ayurveda-The Pursuit of Health, Happiness & Long Life through Prevention-Oriented Health Care” It is organized by All India Ayurvedic Congress, New Delhi; International Academy of Ayurved, Pune and International Maharishi Ayurveda Foundation www.internationalayurvedacongrss.com

INDIAN EVENTS

- Sambhasha International Conference on “Scope & Role of Ayurveda in the Management of Madhumeha (Diabetes Mellitus) and its Complications” to be held from 5th to 7th February 2017 at Dhanvantri Auditorium, National Institute of Ayurveda, Jaipur-302002 (Rajasthan) India Website: <http://www.nia.nic.in>
- National Seminar on “Life Style Disorders & Ayurveda” to be held on 4th & 5th March 2017 at Subhdeep Ayurveda Medical College & Hospital Indore. Website:- www.shubhdeep.com



“Quote of the month”

The body is composed of food. Therefore one should eat after carefully considering the wholesomeness of food. A person who eats thus attains longevity and free from diseases.

(Charaka.sutrasthana, 27)

“Kitchen Spice Tip”



½ tsp of Licorice added with honey when taken empty stomach relieves mouth ulcer.

Domain Expert Corner

SAFFRON/NAGAKESHAR



Saffron is a spice derived from the flower of the *Crocus sativus* plant, native to Southwest Asia. It has historically been the world's most expensive spice per unit weight. Saffron imparts a bitter taste & hay-like fragrance to food.

Saffron likely contains more than 150 volatile & aroma yielding compounds. A carotenoid α -crocin comprises more than 10% of dry saffron's mass & is responsible for the rich golden-yellow hue created when saffron is added to food dishes. Picrocrocin a bitter glucoside is responsible for saffron's flavor.

Significant information points to the ability of saffron to inhibit cancer (Abdullaev 2003). Aqueous saffron preparations have been reported to inhibit chemically induced skin carcinogenesis (Das, Chakrabarty & Das 2004). Both changes in carcinogen bio-activation & tumor proliferation appear to occur. Saffron infusion given orally, either before or after DMBA treatment increased GST, GPx, catalase, & superoxide dismutase in liver (Das, Das & Saha 2010).

Saffron & crocus also have significant anti-tumorigenic properties. Similar to other spices, they appear to suppress cell growth in neoplastic cells to a greater extent than in normal cells (Aung et al. 2007). The ability of crocin to decrease cell viability occurs in a concentration & time dependent manner (Bakshi et al. 2009). The response is not limited to cells in culture because pancreatic xenografts are also influenced by Saffron (4mg/kg diet for 30days; Dhar et al. 2009). The effects of tumor suppression also have an impact on the longevity of the host. A significant increase in the life span of Dalton's lymphoma-bearing animals was found in those provided with Saffron (Bakshi et al. 2009).

The mechanism by which Saffron suppresses tumor proliferation has not been adequately explored, but a shift in caspases & an increase in Bax protein are possible (Mousavi et al. 2009). When a Saffron extract (200-2000 μ g/mL) was added to MCF-7 cells in culture, there was a marked decrease in cell viability as concentration & duration of exposure increased (IC50 of $400 \pm 18.5\mu$ g/mL after 48hours). Analysis of DNA fragmentation by flow cytometry revealed apoptotic cell death in these cells (Mousavi et al. 2009). Saffron induced apoptosis, was inhibited by pan-caspase inhibitors, indicating the importance of this process in determining the response.

Edited article- Originally written by Satyendra Narayan Ojha B.A.M.S; Masters In Ayurveda PhD

Case Study

Role of Ayurveda in the management of

Migraine Headache



Background: Migraine is a primary headache disorder characterized by recurrent headaches and last from two to 72 hours. About two-thirds of cases run in families. Globally, approximately 15% of the people are affected by migraine. Contemporary medicine, in some cases doesn't give prompt relief and hence is a good number of patients seek to get help from Ayurveda.

Objective: To describe the efficacy of Ayurvedic medicines in treating Migraine headache.

Clinical features: A 35 years old female was suffering with severe throbbing type of headache along with heaviness of the head past 5 years.

Intervention and treatment: After undergoing all modern investigations, she was on medicines for about one year but found no improvement, so decided to opt for Ayurveda. The Patient was prescribed *Soothashekhara Rasa* one tab twice daily, *Shirahsoolaadi Vajra Rasa* one tab twice daily, *Pathyadi Kashaya* 20 ml with equal water twice daily before food, 2 drops of Dashamoola oil made luke warm was instilled into each nostril in the morning. After 3 weeks of medication she started feeling better and her symptoms subsided by 80%.

Conclusion: This case demonstrates that Ayurvedic treatment is effective in the management of Migraine headache. There are several studies available proving the efficacy of Ayurvedic treatments in the above said disease.

- Balasubrahmanya K Acharya B.A.M.S., Masters In Ayurveda

Interesting trivia



The 7th World Ayurved Congress

After successful Six Sessions, the 7th world Ayurved congress took place in Kolkata from 1st - 4th Dec 2016. The 7th WAC was held at Science City, Kolkata. This event comprised of 5 Plenary Sessions & 25 Parallel Sessions having a large number of presentations. In the inaugural session, while addressing the delegates Minister of AYUSH, Shripad Yesso Naik asked for suggestions and inputs from various Ayurved researchers and practitioner's across the world, which would be incorporated. He said that the AYUSH Ministry has started the work related to streamlining the study & practice of this traditional health Science in the country.

In the valedictory function of the 7th world Ayurved congress the Ministry of AYUSH undertook an oath along with Ayurved practitioners and researchers for working concertedly to develop and popularize the practice of Ayurved. The Ministry of AYUSH has already signed number of MOU's with institutions in different countries, for bilateral co-operation in research and knowledge sharing in the field of Ayurveda. Applauding the hard work showcased by the organizers of the 7th world Ayurved congress the Ayurved Minister said it was a platform that brought together Ayurveda experts from all over the world and it supports the Government's aim of building awareness about the uniqueness and advantages of Ayurveda.

Pooja Kohli B.A.M.S; Masters In Ayurveda

Contact Us

COUNCIL FOR AYURVEDA RESEARCH

EMAIL : AyurvedaResearchUSA@gmail.com

WEBSITE : <http://ayurvedaresearchusa.org/>

SURVEY: <https://www.surveymonkey.com/s/6D9VH82>

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