

# AYURVEDA

A MEDICAL DICTIONARY, BIBLIOGRAPHY,  
AND ANNOTATED RESEARCH GUIDE TO  
INTERNET REFERENCES



JAMES N. PARKER, M.D.  
AND PHILIP M. PARKER, PH.D., EDITORS

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ICON Health Publications  
 ICON Group International, Inc.  
 4370 La Jolla Village Drive, 4th Floor  
 San Diego, CA 92122 USA

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Printed in the United States of America.

Last digit indicates print number: 10 9 8 7 6 4 5 3 2 1

Publisher, Health Care: Philip Parker, Ph.D.  
 Editor(s): James Parker, M.D., Philip Parker, Ph.D.

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#### Cataloging-in-Publication Data

Parker, James N., 1961-  
 Parker, Philip M., 1960-

Ayurveda: A Medical Dictionary, Bibliography, and Annotated Research Guide to Internet References / James N. Parker and Philip M. Parker, editors

p. cm.

Includes bibliographical references, glossary, and index.

ISBN: 0-597-84574-3

1. Ayurveda-Popular works.I. Title.

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## Acknowledgements

The collective knowledge generated from academic and applied research summarized in various references has been critical in the creation of this book which is best viewed as a comprehensive compilation and collection of information prepared by various official agencies which produce publications on Ayurveda. Books in this series draw from various agencies and institutions associated with the United States Department of Health and Human Services, and in particular, the Office of the Secretary of Health and Human Services (OS), the Administration for Children and Families (ACF), the Administration on Aging (AOA), the Agency for Healthcare Research and Quality (AHRQ), the Agency for Toxic Substances and Disease Registry (ATSDR), the Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA), the Healthcare Financing Administration (HCFA), the Health Resources and Services Administration (HRSA), the Indian Health Service (IHS), the institutions of the National Institutes of Health (NIH), the Program Support Center (PSC), and the Substance Abuse and Mental Health Services Administration (SAMHSA). In addition to these sources, information gathered from the National Library of Medicine, the United States Patent Office, the European Union, and their related organizations has been invaluable in the creation of this book. Some of the work represented was financially supported by the Research and Development Committee at INSEAD. This support is gratefully acknowledged. Finally, special thanks are owed to Tiffany Freeman for her excellent editorial support.

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## FORWARD

In March 2001, the National Institutes of Health issued the following warning: "The number of Web sites offering health-related resources grows every day. Many sites provide valuable information, while others may have information that is unreliable or misleading."<sup>1</sup> Furthermore, because of the rapid increase in Internet-based information, many hours can be wasted searching, selecting, and printing. Since only the smallest fraction of information dealing with Ayurveda is indexed in search engines, such as **www.google.com** or others, a non-systematic approach to Internet research can be not only time consuming, but also incomplete. This book was created for medical professionals, students, and members of the general public who want to know as much as possible about Ayurveda, using the most advanced research tools available and spending the least amount of time doing so.

In addition to offering a structured and comprehensive bibliography, the pages that follow will tell you where and how to find reliable information covering virtually all topics related to Ayurveda, from the essentials to the most advanced areas of research. Public, academic, government, and peer-reviewed research studies are emphasized. Various abstracts are reproduced to give you some of the latest official information available to date on Ayurveda. Abundant guidance is given on how to obtain free-of-charge primary research results via the Internet. **While this book focuses on the field of medicine, when some sources provide access to non-medical information relating to Ayurveda, these are noted in the text.**

E-book and electronic versions of this book are fully interactive with each of the Internet sites mentioned (clicking on a hyperlink automatically opens your browser to the site indicated). If you are using the hard copy version of this book, you can access a cited Web site by typing the provided Web address directly into your Internet browser. You may find it useful to refer to synonyms or related terms when accessing these Internet databases. **NOTE:** At the time of publication, the Web addresses were functional. However, some links may fail due to URL address changes, which is a common occurrence on the Internet.

For readers unfamiliar with the Internet, detailed instructions are offered on how to access electronic resources. For readers unfamiliar with medical terminology, a comprehensive glossary is provided. For readers without access to Internet resources, a directory of medical libraries, that have or can locate references cited here, is given. We hope these resources will prove useful to the widest possible audience seeking information on Ayurveda.

*The Editors*

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<sup>1</sup> From the NIH, National Cancer Institute (NCI): <http://www.cancer.gov/cancerinfo/ten-things-to-know>.



## CHAPTER 1. STUDIES ON AYURVEDA

### Overview

In this chapter, we will show you how to locate peer-reviewed references and studies on Ayurveda.

### The Combined Health Information Database

The Combined Health Information Database summarizes studies across numerous federal agencies. To limit your investigation to research studies and Ayurveda, you will need to use the advanced search options. First, go to <http://chid.nih.gov/index.html>. From there, select the “Detailed Search” option (or go directly to that page with the following hyperlink: <http://chid.nih.gov/detail/detail.html>). The trick in extracting studies is found in the drop boxes at the bottom of the search page where “You may refine your search by.” Select the dates and language you prefer, and the format option “Journal Article.” At the top of the search form, select the number of records you would like to see (we recommend 100) and check the box to display “whole records.” We recommend that you type “Ayurveda” (or synonyms) into the “For these words:” box. Consider using the option “anywhere in record” to make your search as broad as possible. If you want to limit the search to only a particular field, such as the title of the journal, then select this option in the “Search in these fields” drop box. The following is what you can expect from this type of search:

- **Healthcare and Disease Management in Ayurveda**

Source: *Alternative Therapies in Health and Medicine*. 7(2): 44-50. March 2001.

Summary: This journal article describes the methods of diagnosis, treatment, and health maintenance in Ayurveda, the traditional system of health care in India. Because disharmonies of the mental 'doshas' ('satogun,' 'rajogun,' and 'tamogun') and body 'doshas' ('vata,' 'pitta,' and 'kapha') are the major cause of illness, the goal of illness management in Ayurveda is to bring back harmony among the 'doshas.' Management includes clinical examination, diagnosis, dietary and lifestyle interventions, and other treatments. The classical clinical examination is called 'Astha Sthana Pariksha' and includes pulse diagnosis and examination of the urine, stool, tongue, bodily sounds, eye, skin, and total body appearance. Digestive capacity, personal habits, and resilience also are examined. Treatment consists of four parts: (1) 'shodan,' cleansing; (2) 'shaman,'

palliation (reduction of disease intensity); (3) 'rasayan,' rejuvenation; and (4) 'satwajaya,' mental nurturing and spiritual healing. The use of 'bhasms' (metal and mineral preparations) and herbal formulas are preferred over the respective metallic salts or single herbs. Other treatments include yoga, 'marma-sthan' (vital points) therapy, and Ayurvedic massage. The article has 1 table and 28 references.

- **Ayurveda: A Historical Perspective and Principles of the Traditional Health Care System in India**

Source: *Alternative Therapies in Health and Medicine*. 7(2): 36-42. March 2001.

Summary: This journal article provides an overview of the history and principles of Ayurveda, the traditional medical system of India. Ayurveda, the science of life, has been the traditional system of health care in India for more than 5,000 years. This medical system was well established by 2500 to 600 BC, when it evolved into two schools, the School of Physicians and the School of Surgeons, similar to allopathy. 'Charak Samhita,' 'Susrut Samhita,' and 'Ashtang Hridaya Samhita' are the Senior Triad texts, and 'Madhav Nidan Samhita,' 'Sarangdhar Samhita,' and 'Bhavprakash Samhita' are the Junior Triad texts. Around 600 BC, Ayurveda branched into eight specialties: internal medicine; pediatrics; psychiatry; surgery; toxicology; geriatrics; eugenics and aphrodisiacs; and eye, ear, nose, and throat. According to Ayurveda, a person is composed of three body 'doshas,' three mental 'doshas,' seven 'dhatus,' and 'malas.' Harmony among the body 'doshas' of 'vata' (nervous system), 'pitta' (enzymes), and 'kapha' (mucus) and the mental 'doshas' constitutes health, and their disharmony constitutes disease. The management of illness requires balancing the 'doshas' back into a harmonious state through lifestyle interventions, spiritual nurturing, and herb-mineral formulas based on the individual's mental and bodily constitution. The article has 1 table and 14 references. (AA-M).

## Federally Funded Research on Ayurveda

The U.S. Government supports a variety of research studies relating to Ayurveda. These studies are tracked by the Office of Extramural Research at the National Institutes of Health.<sup>2</sup> CRISP (Computerized Retrieval of Information on Scientific Projects) is a searchable database of federally funded biomedical research projects conducted at universities, hospitals, and other institutions.

Search the CRISP Web site at [http://crisp.cit.nih.gov/crisp/crisp\\_query.generate\\_screen](http://crisp.cit.nih.gov/crisp/crisp_query.generate_screen). You will have the option to perform targeted searches by various criteria, including geography, date, and topics related to Ayurveda.

For most of the studies, the agencies reporting into CRISP provide summaries or abstracts. As opposed to clinical trial research using patients, many federally funded studies use animals or simulated models to explore Ayurveda. The following is typical of the type of information found when searching the CRISP database for Ayurveda:

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<sup>2</sup> Healthcare projects are funded by the National Institutes of Health (NIH), Substance Abuse and Mental Health Services (SAMHSA), Health Resources and Services Administration (HRSA), Food and Drug Administration (FDA), Centers for Disease Control and Prevention (CDCP), Agency for Healthcare Research and Quality (AHRQ), and Office of Assistant Secretary of Health (OASH).

- **Project Title: AYURVEDIC CENTER FOR COLLABORATIVE RESEARCH**

Principal Investigator & Institution: Standish, Leanna J.; Professor; None; Bastyr University 14500 Juanita Dr Ne Kenmore, Wa 98028

Timing: Fiscal Year 2003; Project Start 22-SEP-2003; Project End 31-MAR-2005

Summary: (provided by applicant): Complementary and alternative medicine (CAM) usage in the U.S. is on the increase and millions of Americans suffering from chronic conditions are turning to CAM treatments, which have not been validated by Western scientific standards for safety and efficacy. Many alternative medical systems like **Ayurveda**, which are becoming popular in the U.S. have originated or are traditional in other countries. **Ayurveda** is an ancient, multifaceted, holistic medical system from India. Based on the premise that the optimal way to understand this traditional medical system is by conducting studies in its native setting, the broad goal of this research is to develop collaborative relationships among researchers from the U.S. and scientists and practitioners in India to develop an international center for CAM research in India to study **Ayurveda**. We have identified The Ayurvedic Trust in Coimbatore, India as the proposed center for collaboration and development. The specific aims are to: 1) Develop and consolidate long-term scientific collaborations between the Ayurvedic Trust and U.S. researchers; (2) Assess the available resources and the current needs for the Ayurvedic Trust to conduct research projects that meet current NIH scientific and regulatory standards, and gain familiarity with the Trust and its operations; (3) Refine the research design for a pilot study to form the basis of more thorough investigations in collaboration with the Ayurvedic Trust, and define the research agenda to be proposed in the subsequent International Centers for Research on Complementary and Alternative Medicine (ICRC) or other applications; (4) Initiate a plan to address the needs of the Ayurvedic Trust to facilitate the conduct of successful and ethical research, including training of personnel; (5) Develop the infrastructure to facilitate collaborative research, including developing core facilities for: 1. Information Technology Infrastructure for communications and monitoring clinical trials, and 2. Quality Assurance and Quality Control laboratory for the Ayurvedic medications; (6) Initiate a pilot study to form the basis of larger clinical trials to be proposed in the subsequent ICRC application or through other grant mechanisms.

Website: [http://crisp.cit.nih.gov/crisp/Crisp\\_Query.Generate\\_Screen](http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen)

## The National Library of Medicine: PubMed

One of the quickest and most comprehensive ways to find academic studies in both English and other languages is to use PubMed, maintained by the National Library of Medicine.<sup>3</sup> The advantage of PubMed over previously mentioned sources is that it covers a greater number of domestic and foreign references. It is also free to use. If the publisher has a Web site that offers full text of its journals, PubMed will provide links to that site, as well as to sites offering other related data. User registration, a subscription fee, or some other type of fee may be required to access the full text of articles in some journals.

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<sup>3</sup> PubMed was developed by the National Center for Biotechnology Information (NCBI) at the National Library of Medicine (NLM) at the National Institutes of Health (NIH). The PubMed database was developed in conjunction with publishers of biomedical literature as a search tool for accessing literature citations and linking to full-text journal articles at Web sites of participating publishers. Publishers that participate in PubMed supply NLM with their citations electronically prior to or at the time of publication.

To generate your own bibliography of studies dealing with Ayurveda, simply go to the PubMed Web site at <http://www.ncbi.nlm.nih.gov/pubmed>. Type "Ayurveda" (or synonyms) into the search box, and click "Go." The following is the type of output you can expect from PubMed for Ayurveda (hyperlinks lead to article summaries):

- **A brief overview of Ayurveda--an indigenous Indian medical system.**  
 Author(s): Stewart WL.  
 Source: The Journal of Family Practice. 1978 November; 7(5): 1069-70.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=722264](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=722264)
  
- **A model for extraction of both lipid and water soluble toxins using a procedure from Maharishi Ayurveda.**  
 Author(s): Smith DE, Salerno JW.  
 Source: Medical Hypotheses. 1992 September; 39(1): 1-5.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=1435385](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=1435385)
  
- **An assessment of the ayurvedic concept of cancer and a new paradigm of anticancer treatment in Ayurveda.**  
 Author(s): Singh RH.  
 Source: Journal of Alternative and Complementary Medicine (New York, N.Y.). 2002 October; 8(5): 609-14. Review.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=12470442](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12470442)
  
- **An introduction to Ayurveda.**  
 Author(s): Lad V.  
 Source: Alternative Therapies in Health and Medicine. 1995 July; 1(3): 57-63.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=9419799](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=9419799)
  
- **Antioxidant potential of two polyherbal. preparations used in Ayurveda for the treatment of rheumatoid arthritis.**  
 Author(s): Thabrew MI, Senaratna L, Samarawickrema N, Munasinghe C.  
 Source: Journal of Ethnopharmacology. 2001 August; 76(3): 285-91.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=11448551](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11448551)
  
- **Arsenic and Ayurveda.**  
 Author(s): Prakash VB.  
 Source: Leukemia & Lymphoma. 1994 December; 16(1-2): 189-90.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=7696927](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=7696927)
  
- **Arsenic and Ayurveda.**  
 Author(s): Treleaven J, Meller S, Farmer P, Birchall D, Goldman J, Piller G.  
 Source: Leukemia & Lymphoma. 1993 July; 10(4-5): 343-5.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=7693104](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=7693104)

- **Association of L-DOPA with recovery following Ayurveda medication in Parkinson's disease.**  
 Author(s): Nagashayana N, Sankarankutty P, Nampoothiri MR, Mohan PK, Mohanakumar KP.  
 Source: Journal of the Neurological Sciences. 2000 June 15; 176(2): 124-7.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=10930594](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10930594)
- **Ayurveda (ancient Indian system of medicine) and modern molecular medicine.**  
 Author(s): Lele RD.  
 Source: J Assoc Physicians India. 1999 June; 47(6): 625-8. No Abstract Available.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=10999163](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10999163)
- **Ayurveda and a different kind of evidence: from Lord Macaulay to Lord Walton (1835 to 2001 AD).**  
 Author(s): Vaidya AD, Vaidya RA, Nagral SI.  
 Source: J Assoc Physicians India. 2001 May; 49: 534-7. No Abstract Available.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=11361268](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11361268)
- **Ayurveda for diabetes mellitus: a review of the biomedical literature.**  
 Author(s): Elder C.  
 Source: Alternative Therapies in Health and Medicine. 2004 January-February; 10(1): 44-50. Review.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=14727499](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=14727499)
- **Ayurveda in ankylosing spondylitis and low back pain.**  
 Author(s): Falkenbach A, Oberguggenberger R.  
 Source: Annals of the Rheumatic Diseases. 2003 March; 62(3): 276-7.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=12594124](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12594124)
- **Ayurveda, malaria and the indigenous herbal tradition in Sri Lanka.**  
 Author(s): Silva KT.  
 Source: Social Science & Medicine (1982). 1991; 33(2): 153-60. Review.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=1887278](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=1887278)
- **Ayurveda.**  
 Author(s): Fleischman PR.  
 Source: The International Journal of Social Psychiatry. 1976-77 Winter; 22(4): 282-7.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=799625](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=799625)

- **Ayurveda: a historical perspective and principles of the traditional healthcare system in India.**  
 Author(s): Mishra L, Singh BB, Dagenais S.  
 Source: Alternative Therapies in Health and Medicine. 2001 March; 7(2): 36-42.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=11253415](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11253415)
- **Ayurveda: a long tradition of prevention.**  
 Author(s): Schaffler H.  
 Source: Who Reg Publ Eur Ser. 1992; 44: 384-7. No Abstract Available.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=1515003](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=1515003)
- **Ayurveda: a multilectic interpretation.**  
 Author(s): Nordstrom CR.  
 Source: Social Science & Medicine (1982). 1989; 28(9): 963-70. Review.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=2652328](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=2652328)
- **Ayurveda: the Hindu art of medicine.**  
 Author(s): Memon AS.  
 Source: R I Med. 1994 May; 77(5): 143-4. No Abstract Available.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=8019014](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=8019014)
- **Conquering the common cough with ayurveda.**  
 Author(s): Ziment I.  
 Source: Natl Med J India. 1996 March-April; 9(2): 53-4. No Abstract Available.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=8857036](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=8857036)
- **Dementia in Ayurveda.**  
 Author(s): Manyam BV.  
 Source: Journal of Alternative and Complementary Medicine (New York, N.Y.). 1999 February; 5(1): 81-8. Review.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=10100034](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10100034)
- **Dentistry and ayurveda--1.**  
 Author(s): Amrutesh S.  
 Source: Indian J Dent Res. 2003 January-March; 14(1): 1-5. No Abstract Available.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=12800751](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12800751)
- **Drug and its action according to Ayurveda.**  
 Author(s): Pal SM.  
 Source: Prog Drug Res. 1982; 26: 55-86. No Abstract Available.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=7146428](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=7146428)



- **Drug development with hints from traditional Indian Ayurveda medicine: hepatitis and rheumatoid as an example.**  
 Author(s): Okamoto T, Hino O.  
 Source: International Journal of Molecular Medicine. 2000 December; 6(6): 613-5. Review.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list\\_uids=11078818](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list_uids=11078818)
- **Epilepsy in ayurveda.**  
 Author(s): Ramamurthi B, Gurunathan SK.  
 Source: Neurology India. 1969 April-June; 17(2): 91-3.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list\\_uids=5823290](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list_uids=5823290)
- **Evaluating Ayurveda.**  
 Author(s): Bodeker G.  
 Source: Journal of Alternative and Complementary Medicine (New York, N.Y.). 2001 October; 7(5): 389-92.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list\\_uids=11719938](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list_uids=11719938)
- **Exploring pluralism--the many faces of Ayurveda.**  
 Author(s): Nordstrom CR.  
 Source: Social Science & Medicine (1982). 1988; 27(5): 479-89.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list\\_uids=3227356](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list_uids=3227356)
- **Food allergies--leads from Ayurveda.**  
 Author(s): Arora D, Kumar M.  
 Source: Indian Journal of Medical Sciences. 2003 February; 57(2): 57-63. Review.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list\\_uids=14514269](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list_uids=14514269)
- **Health for all by 2000 AD: the role of Ayurveda.**  
 Author(s): Ghai S, Ghai CM.  
 Source: The Nursing Journal of India. 1994 June; 85(6): 122-4.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list\\_uids=7731869](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list_uids=7731869)
- **Healthcare and disease management in Ayurveda.**  
 Author(s): Mishra L, Singh BB, Dagenais S.  
 Source: Alternative Therapies in Health and Medicine. 2001 March; 7(2): 44-50. Review.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list\\_uids=11253416](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list_uids=11253416)
- **Lead poisoning from Indian herbal medicine (Ayurveda)**  
 Author(s): Dunbabin DW, Tallis GA, Popplewell PY, Lee RA.  
 Source: The Medical Journal of Australia. 1992 December 7-21; 157(11-12): 835-6.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list\\_uids=1454025](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstr&list_uids=1454025)

- **Levodopa, ayurveda and Parkinson's disease.**  
 Author(s): Deleu D, Hanssens Y, Northway MG.  
 Source: Journal of the Neurological Sciences. 2001 February 15; 184(1): 89-92.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=11305284](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11305284)
- **Molecular approach to ayurveda.**  
 Author(s): Tripathi YB.  
 Source: Indian J Exp Biol. 2000 May; 38(5): 409-14. Review.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=11272402](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11272402)
- **Nosology and therapy of mental illness in Ayurveda.**  
 Author(s): Dube KC.  
 Source: Comp Med East West. 1979 Fall; 6(3): 209-28.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=383394](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=383394)
- **Personality types in Ayurveda.**  
 Author(s): Dube KC, Kumar A, Dube S.  
 Source: The American Journal of Chinese Medicine. 1983; 11(1-4): 25-34.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=6660210](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=6660210)
- **Research in Ayurveda: where do we go from here?**  
 Author(s): Hardy ML.  
 Source: Alternative Therapies in Health and Medicine. 2001 March; 7(2): 34-5.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=11253414](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11253414)
- **Rheumatic diseases in Ayurveda: a historical perspective.**  
 Author(s): Ulrich-Merzenich G, Kraft K, Singh LM.  
 Source: Arthritis and Rheumatism. 1999 July; 42(7): 1553-5.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=10403289](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10403289)
- **Scientific medicine in Ceylon from Portuguese times and the problem of Ayurveda.**  
 Author(s): Cooray MP.  
 Source: Ceylon Med J. 1967 June; 12(2): 111-6. No Abstract Available.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=4871893](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=4871893)
- **Stress and Ayurveda: Selye--Mehta dialogue in context of the current findings.**  
 Author(s): Dhuri KD, Vaidya VA, Vaidya AD, Parikh KM.  
 Source: J Assoc Physicians India. 2000 April; 48(4): 428-31. Review. No Abstract Available.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=11273181](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11273181)

- **Surgery in Ayurveda/Homoeopathy curriculum.**  
 Author(s): Raju NS.  
 Source: J Indian Med Assoc. 1990 November; 88(11): 323-4. No Abstract Available.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=2086671](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=2086671)
- **The flip side of Ayurveda.**  
 Author(s): Thatte UM, Rege NN, Phatak SD, Dahanukar SA.  
 Source: Journal of Postgraduate Medicine. 1993 October-December; 39(4): 179-82, 182A-182B.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=7996491](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=7996491)
- **Therapeutic plants of Ayurveda: a review of selected clinical and other studies for 166 species.**  
 Author(s): Khan S, Balick MJ.  
 Source: Journal of Alternative and Complementary Medicine (New York, N.Y.). 2001 October; 7(5): 405-515. Review.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=11719942](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11719942)
- **Topical morphine in Ayurveda.**  
 Author(s): Ramesh PR, Santhosh AR, Kumar KS.  
 Source: Palliative Medicine. 1998 January; 12(1): 64.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=9616464](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=9616464)
- **Treatment of Parkinson's disease in 'Ayurveda' (ancient Indian system of medicine): discussion paper.**  
 Author(s): Gourie-Devi M, Ramu MG, Venkataram BS.  
 Source: Journal of the Royal Society of Medicine. 1991 August; 84(8): 491-2.  
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list\\_uids=1886119](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=1886119)



## CHAPTER 2. NUTRITION AND AYURVEDA

### Overview

In this chapter, we will show you how to find studies dedicated specifically to nutrition and Ayurveda.

### Finding Nutrition Studies on Ayurveda

The National Institutes of Health's Office of Dietary Supplements (ODS) offers a searchable bibliographic database called the IBIDS (International Bibliographic Information on Dietary Supplements; National Institutes of Health, Building 31, Room 1B29, 31 Center Drive, MSC 2086, Bethesda, Maryland 20892-2086, Tel: 301-435-2920, Fax: 301-480-1845, E-mail: [ods@nih.gov](mailto:ods@nih.gov)). The IBIDS contains over 460,000 scientific citations and summaries about dietary supplements and nutrition as well as references to published international, scientific literature on dietary supplements such as vitamins, minerals, and botanicals.<sup>4</sup> The IBIDS includes references and citations to both human and animal research studies.

As a service of the ODS, access to the IBIDS database is available free of charge at the following Web address: <http://ods.od.nih.gov/databases/ibids.html>. After entering the search area, you have three choices: (1) IBIDS Consumer Database, (2) Full IBIDS Database, or (3) Peer Reviewed Citations Only.

Now that you have selected a database, click on the "Advanced" tab. An advanced search allows you to retrieve up to 100 fully explained references in a comprehensive format. Type "Ayurveda" (or synonyms) into the search box, and click "Go." To narrow the search, you can also select the "Title" field.

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<sup>4</sup> Adapted from <http://ods.od.nih.gov>. IBIDS is produced by the Office of Dietary Supplements (ODS) at the National Institutes of Health to assist the public, healthcare providers, educators, and researchers in locating credible, scientific information on dietary supplements. IBIDS was developed and will be maintained through an interagency partnership with the Food and Nutrition Information Center of the National Agricultural Library, U.S. Department of Agriculture.

The following information is typical of that found when using the "Full IBIDS Database" to search for "Ayurveda" (or a synonym):

- **A model for extraction of both lipid and water soluble toxins using a procedure from Maharishi Ayurveda.**  
 Author(s): Dept of Physiological and Biological Sciences, Maharishi International University, Fairfield, Iowa 52556.  
 Source: Smith, D E Salerno, J W Med-Hypotheses. 1992 September; 39(1): 1-5 0306-9877
- **An assessment of the ayurvedic concept of cancer and a new paradigm of anticancer treatment in Ayurveda.**  
 Author(s): Department of Kayachikitsa (Internal Medicine), Institute of Medical Sciences, Banaras Hindu University, Varanasi, India. rh\_singh2001@yahoo.com  
 Source: Singh, R H J-Altern-Complement-Med. 2002 October; 8(5): 609-14 1075-5535
- **An introduction to Ayurveda.**  
 Author(s): Ayurvedic Institute, Albuquerque, NM, USA.  
 Source: Lad, V Altern-Ther-Health-Med. 1995 July; 1(3): 57-63 1078-6791
- **Analgesic activity of gold preparations used in Ayurveda & Unani-Tibb.**  
 Author(s): Department of Medical Elementology & Toxicology, Jamia Hamdard, New Delhi.  
 Source: Bajaj, S Vohora, S B Indian-J-Med-Res. 1998 September; 108104-11 0971-5916
- **Antioxidant potential of two polyherbal. preparations used in Ayurveda for the treatment of rheumatoid arthritis.**  
 Author(s): Department of Biochemistry & Clinical Chemistry, Faculty of Medicine, University of Kelaniya, 6 Talagolla Road, Ragama, Sri Lanka. mrthab@dynaweb.lk  
 Source: Thabrew, M I Senaratna, L Samarawickrema, N Munasinghe, C J-Ethnopharmacol. 2001 August; 76(3): 285-91 0378-8741
- **Arsenic and Ayurveda.**  
 Author(s): Royal Marsden Hospital, Sutton, Surrey, England, UK.  
 Source: Treleaven, J Meller, S Farmer, P Birchall, D Goldman, J Piller, G Leuk-Lymphoma. 1993 July; 10(4-5): 343-5 1042-8194
- **Association of L-DOPA with recovery following Ayurveda medication in Parkinson's disease.**  
 Author(s): Department of Kayachikitsa, Govt. Ayurveda College, - 695 001, Thiruvananthapuram, India.  
 Source: Nagashayana, N Sankarankutty, P Nampoothiri, M R Mohan, P K MohanakuMarch, K P J-Neurol-Sci. 2000 June 15; 176(2): 124-7 0022-510X
- **Ayurveda (ancient Indian system of medicine) and modern molecular medicine.**  
 Author(s): Jaslok Hospital and Research Centre, Mumbai.  
 Source: Lele, R D J-Assoc-Physicians-India. 1999 June; 47(6): 625-8 0004-5772
- **Ayurveda and a different kind of evidence: from Lord Macaulay to Lord Walton (1835 to 2001 AD).**  
 Author(s): Bharatiya Vidya Bhavan's Swami Prakashananda Ayurveda Research Centre, Maharashtra, India.  
 Source: Vaidya, A D Vaidya, R A Nagral, S I J-Assoc-Physicians-India. 2001 May; 49: 534-7 0004-5772
- **Ayurveda during Abbasid's period.**  
 Author(s): Indian Institute of History of Medicine, Hyderabad, India.  
 Source: Husain, S A Subhaktha, P K Bull-Indian-Inst-Hist-Med-Hyderabad. 2000 Jan-June; 30(1): 27-34 0304-9558

- **Ayurveda, malaria and the indigenous herbal tradition in Sri Lanka.**  
Author(s): Department of Sociology, University of Peradeniya, Sri Lanka.  
Source: Silva, K T Soc-Sci-Med. 1991; 33(2): 153-60 0277-9536
- **Ayurveda: the Hindu art of medicine.**  
Author(s): Brown University School of Medicine, Providence, Rhode Island.  
Source: Memon, A S R-I-Med. 1994 May; 77(5): 143-4 1061-222X
- **Ayurveda's role in preventing disease.**  
Author(s): Ayurvedic Institute, Albuquerque, NM 87192-1445, USA.  
Source: Svoboda, R E Indian-J-Med-Sci. 1998 February; 52(2): 70-7 0019-5359
- **Dawn of Ayurveda during the reign of Nizam VII of Hyderabad.**  
Author(s): Ayurvedic College, Hyderabad.  
Source: Rama Raju, K V Bull-Indian-Inst-Hist-Med-Hyderabad. 1998 January; 28(1): 67-84 0304-9558
- **Dementia in Ayurveda.**  
Author(s): Department of Neurology, Southern Illinois University School of Medicine, Springfield, USA.  
Source: Manyam, B V J-Altern-Complement-Med. 1999 February; 5(1): 81-8 1075-5535
- **Drug development with hints from traditional Indian Ayurveda medicine: hepatitis and rheumatoid as an example.**  
Author(s): Research Laboratories, Nippon Chemiphar Co., Ltd, Misato, Saitama 341-0005, Japan.  
Source: Okamoto, T Hino, O Int-J-Mol-Med. 2000 December; 6(6): 613-5 1107-3756
- **Exploring pluralism--the many faces of Ayurveda.**  
Author(s): University of California, Berkeley 94720.  
Source: Nordstrom, C R Soc-Sci-Med. 1988; 27(5): 479-89 0277-9536
- **Health for all by 2000 AD: the role of Ayurveda.**  
Source: Ghai, S Ghai, C M Nurs-J-India. 1994 June; 85(6): 122-4 0029-6503
- **Healthcare and disease management in Ayurveda.**  
Author(s): Southern California University of Health Sciences (SCUHS), SCUHS Whittier Health Center, Whittier, Calif., USA.  
Source: Mishra, L Singh, B B Dagenais, S Altern-Ther-Health-Med. 2001 March; 7(2): 44-50 1078-6791
- **Lead poisoning from Indian herbal medicine (Ayurveda)**  
Author(s): Flinders Medical Centre, Bedford Park, Sa.  
Source: Dunbabin, D W Tallis, G A Popplewell, P Y Lee, R A Med-J-Aust. 1992 December 7-21; 157(11-12): 835-6 0025-729X
- **Molecular approach to ayurveda.**  
Author(s): Department of Medicinal Chemistry, Institute of Medical Sciences, Banaras Hindu University, Varanasi 221005, India.  
Source: Tripathi, Y B Indian-J-Exp-Biol. 2000 May; 38(5): 409-14 0019-5189
- **Paralysis agitans and levodopa in "Ayurveda": ancient Indian medical treatise.**  
Author(s): Division of Neurology, Southern Illinois University School of Medicine, Springfield 62794-9230.  
Source: Manyam, B V Mov-Disord. 1990; 5(1): 47-8 0885-3185
- **Philosophy of medicine according to Ayurveda.**  
Source: Pal, M N Bull-Indian-Inst-Hist-Med-Hyderabad. 1997 July; 27(2): 103-18 0304-9558

- **Rasayana therapy in classical literature of Ayurveda: a review.**  
 Author(s): Indian Institute of History of Medicine, Hyderabad, India.  
 Source: Ali, M Bull-Indian-Inst-Hist-Med-Hyderabad. 1998 July; 28(2): 95-110 0304-9558
- **Research in Ayurveda: where do we go from here?**  
 Author(s): Cedars-Sinai Integrative Medical Group, Cedars-Sinai Hospital, University of Southern California, Los Angeles, USA.  
 Source: Hardy, M L Altern-Ther-Health-Med. 2001 March; 7(2): 34-5 1078-6791
- **Rheumatic diseases in Ayurveda: a historical perspective.**  
 Author(s): Medizinische Poliklinik der Universitat Bonn, Germany.  
 Source: Ulrich Merzenich, G Kraft, K Singh, L M Arthritis-Rheum. 1999 July; 42(7): 1553-5 0004-3591
- **Sown a seed of Ayurveda in the Nizam dominion.**  
 Author(s): Ayurvedic College, Hyderabad.  
 Source: Rama Raju, K V Bhatnagar, V K Bull-Indian-Inst-Hist-Med-Hyderabad. 1998 July; 28(2): 147-50 0304-9558
- **Stress and Ayurveda: Selye--Mehta dialogue in context of the current findings.**  
 Author(s): Zandu Foundation for Health Care, Dadar, Mumbai-400 025.  
 Source: Dhuri, K D Vaidya, V A Vaidya, A D Parikh, K M J-Assoc-Physicians-India. 2000 April; 48(4): 428-31 0004-5772
- **The flip side of Ayurveda.**  
 Author(s): Dept. of Pharmacology, Seth GS Medical College & KEM Hospital, Parel, Bombay, Maharashtra.  
 Source: Thatte, U M Rege, N N Phatak, S D Dahanukar, S A J-Postgrad-Med. 1993 Oct-December; 39(4): 179-82, 182a-182b 0022-3859
- **The menace of free radicals its concept and management in Ayurveda.**  
 Author(s): Regional Research Centre for Ayurveda, India.  
 Source: KuMarch, N Kumar, A Bull-Indian-Inst-Hist-Med-Hyderabad. 2000 Jul-December; 30(2): 93-101 0304-9558
- **Therapeutic plants of Ayurveda: a review of selected clinical and other studies for 166 species.**  
 Author(s): Institute of Economic Botany, The New York Botanical Garden, Bronx 10458, USA. mbalick@nybg.org  
 Source: Khan, S Balick, M J J-Altern-Complement-Med. 2001 October; 7(5): 405-515 1075-5535
- **Treatment of Parkinson's disease in 'Ayurveda' (ancient Indian system of medicine): discussion paper.**  
 Author(s): Department of Neurology, National Institute of Medical Health & Neurosciences, Bangalore, India.  
 Source: Gourie Devi, M Ramu, M G Venkataram, B S J-R-Soc-Med. 1991 August; 84(8): 491-2 0141-0768



## Federal Resources on Nutrition

In addition to the IBIDS, the United States Department of Health and Human Services (HHS) and the United States Department of Agriculture (USDA) provide many sources of information on general nutrition and health. Recommended resources include:

- healthfinder®, HHS's gateway to health information, including diet and nutrition: <http://www.healthfinder.gov/scripts/SearchContext.asp?topic=238&page=0>
- The United States Department of Agriculture's Web site dedicated to nutrition information: [www.nutrition.gov](http://www.nutrition.gov)
- The Food and Drug Administration's Web site for federal food safety information: [www.foodsafety.gov](http://www.foodsafety.gov)
- The National Action Plan on Overweight and Obesity sponsored by the United States Surgeon General: <http://www.surgeongeneral.gov/topics/obesity/>
- The Center for Food Safety and Applied Nutrition has an Internet site sponsored by the Food and Drug Administration and the Department of Health and Human Services: <http://vm.cfsan.fda.gov/>
- Center for Nutrition Policy and Promotion sponsored by the United States Department of Agriculture: <http://www.usda.gov/cnpp/>
- Food and Nutrition Information Center, National Agricultural Library sponsored by the United States Department of Agriculture: <http://www.nal.usda.gov/fnic/>
- Food and Nutrition Service sponsored by the United States Department of Agriculture: <http://www.fns.usda.gov/fns/>

## Additional Web Resources

A number of additional Web sites offer encyclopedic information covering food and nutrition. The following is a representative sample:

- AOL: <http://search.aol.com/cat.adp?id=174&layer=&from=subcats>
- Family Village: [http://www.familyvillage.wisc.edu/med\\_nutrition.html](http://www.familyvillage.wisc.edu/med_nutrition.html)
- Google: <http://directory.google.com/Top/Health/Nutrition/>
- Healthnotes: <http://www.healthnotes.com/>
- Open Directory Project: <http://dmoz.org/Health/Nutrition/>
- Yahoo.com: <http://dir.yahoo.com/Health/Nutrition/>
- WebMD® Health: <http://my.webmd.com/nutrition>
- WholeHealthMD.com: <http://www.wholehealthmd.com/reflib/0,1529,00.html>



## CHAPTER 3. ALTERNATIVE MEDICINE AND AYURVEDA

### Overview

In this chapter, we will begin by introducing you to official information sources on complementary and alternative medicine (CAM) relating to Ayurveda. At the conclusion of this chapter, we will provide additional sources.

### The Combined Health Information Database

The Combined Health Information Database (CHID) is a bibliographic database produced by health-related agencies of the U.S. federal government (mostly from the National Institutes of Health) that can offer concise information for a targeted search. The CHID database is updated four times a year at the end of January, April, July, and October. Check the titles, summaries, and availability of CAM-related information by using the “Simple Search” option at the following Web site: <http://chid.nih.gov/simple/simple.html>. In the drop box at the top, select “Complementary and Alternative Medicine.” Then type “Ayurveda” (or synonyms) in the second search box. We recommend that you select 100 “documents per page” and to check the “whole records” options. The following was extracted using this technique:

- **AMA Report of the Council on Scientific Affairs on Alternative Medicine**

Source: Townsend Letter for Doctors and Patients. Number 178: 135-145. January 1998.

Summary: This journal article reports on the American Medical Association (AMA) Report of the Council on Scientific Affairs on Alternative Medicine. Several alternative systems and techniques are defined, including mind/body interventions, diet and nutrition, herbal remedies, osteopathy, chiropractic, energy healing, pharmacologic methods, acupuncture, homeopathy, naturopathy, **Ayurveda**, and folk therapies. The Office of Alternative Medicine and the context of the public's use of alternative medicine are discussed. The Council on Scientific Affairs makes several recommendations for dealing with alternative medicine, including (1) promoting well-designed, stringently controlled research studies to determine the efficacy of alternative therapies, (2) urging physicians to inquire routinely about their patients' use of alternative medicine and to educate themselves and their patients on the state of scientific knowledge on alternative therapy, and (3) urging medical schools to offer courses on alternative medicine that will

present scientific views of unconventional theories, treatments, and practice as well as the potential therapeutic utility, safety, and efficacy of these modalities. Finally, the Council recommends that patients choosing alternative therapies should be educated as to the hazards that might result from postponing or stopping conventional medical treatments. This journal article contains 39 references.

## National Center for Complementary and Alternative Medicine

The National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health (<http://nccam.nih.gov/>) has created a link to the National Library of Medicine's databases to facilitate research for articles that specifically relate to Ayurveda and complementary medicine. To search the database, go to the following Web site: <http://www.nlm.nih.gov/nccam/camonpubmed.html>. Select "CAM on PubMed." Enter "Ayurveda" (or synonyms) into the search box. Click "Go." The following references provide information on particular aspects of complementary and alternative medicine that are related to Ayurveda:

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## Additional Web Resources

A number of additional Web sites offer encyclopedic information covering CAM and related topics. The following is a representative sample:

- Alternative Medicine Foundation, Inc.: <http://www.herbmed.org/>
- AOL: <http://search.aol.com/cat.adp?id=169&layer=&from=subcats>
- Chinese Medicine: <http://www.newcenturynutrition.com/>
- drkoop.com<sup>®</sup>: <http://www.drkoop.com/InteractiveMedicine/IndexC.html>
- Family Village: [http://www.familyvillage.wisc.edu/med\\_altn.htm](http://www.familyvillage.wisc.edu/med_altn.htm)
- Google: <http://directory.google.com/Top/Health/Alternative/>
- Healthnotes: <http://www.healthnotes.com/>
- MedWebPlus:  
[http://medwebplus.com/subject/Alternative\\_and\\_Complementary\\_Medicine](http://medwebplus.com/subject/Alternative_and_Complementary_Medicine)
- Open Directory Project: <http://dmoz.org/Health/Alternative/>
- HealthGate: <http://www.tnp.com/>
- WebMD<sup>®</sup> Health: [http://my.webmd.com/drugs\\_and\\_herbs](http://my.webmd.com/drugs_and_herbs)
- WholeHealthMD.com: <http://www.wholehealthmd.com/reflib/0,1529,00.html>
- Yahoo.com: [http://dir.yahoo.com/Health/Alternative\\_Medicine/](http://dir.yahoo.com/Health/Alternative_Medicine/)

The following is a specific Web list relating to Ayurveda; please note that any particular subject below may indicate either a therapeutic use, or a contraindication (potential danger), and does not reflect an official recommendation:

- **General Overview**

### Cardiomyopathy

Source: Healthnotes, Inc.; [www.healthnotes.com](http://www.healthnotes.com)

**Hepatitis**

Source: Healthnotes, Inc.; [www.healthnotes.com](http://www.healthnotes.com)

**High Cholesterol**

Source: Integrative Medicine Communications; [www.drkoop.com](http://www.drkoop.com)

**Hypercholesterolemia**

Source: Integrative Medicine Communications; [www.drkoop.com](http://www.drkoop.com)

**Hypothermia**

Source: Integrative Medicine Communications; [www.drkoop.com](http://www.drkoop.com)

**Inflammatory Bowel Disease**

Source: Integrative Medicine Communications; [www.drkoop.com](http://www.drkoop.com)

**Obesity**

Source: Integrative Medicine Communications; [www.drkoop.com](http://www.drkoop.com)

**Osteoarthritis**

Source: Integrative Medicine Communications; [www.drkoop.com](http://www.drkoop.com)

**Proctitis**

Source: Integrative Medicine Communications; [www.drkoop.com](http://www.drkoop.com)

**Rectal Inflammation**

Source: Integrative Medicine Communications; [www.drkoop.com](http://www.drkoop.com)

**Ulcerative Colitis**

Source: Integrative Medicine Communications; [www.drkoop.com](http://www.drkoop.com)

- **Alternative Therapy**

**Ayurveda**

Source: Integrative Medicine Communications; [www.drkoop.com](http://www.drkoop.com)

**Ayurveda**

Alternative names: ancient Indian medicine Ayurveda Medicine Ayurveda System of Medicine Ayurvedic healing Ayurvedic healthcare Ayurvedic medicine ayurvedism classical Indian medicine Indian medicine Science of Longevity traditional Ayurveda traditional Indian medicine Vedic medicine

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/a.html>

**Ayurveda**

Source: WholeHealthMD.com, LLC.; [www.wholehealthmd.com](http://www.wholehealthmd.com)

Hyperlink:

[http://www.wholehealthmd.com/refshelf/substances\\_view/0,1525,672,00.html](http://www.wholehealthmd.com/refshelf/substances_view/0,1525,672,00.html)



### **Ayurvedic Nutrition**

Alternative names: Ayurvedic diet

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/a.html>

### **Ayurvedic Reflexology-Acupressure**

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/a.html>

### **Classical Indian Medicine**

Alternative names: ancient Indian medicine Ayurveda classical Ayurveda classic Hindu medicine Hindoo medicine traditional Ayurveda traditional Indian medicine

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/c.html>

### **Color Therapy**

Source: WholeHealthMD.com, LLC.; [www.wholehealthmd.com](http://www.wholehealthmd.com)

Hyperlink:

[http://www.wholehealthmd.com/refshelf/substances\\_view/0,1525,683,00.html](http://www.wholehealthmd.com/refshelf/substances_view/0,1525,683,00.html)

### **Crystal and Gem Therapy**

Source: WholeHealthMD.com, LLC.; [www.wholehealthmd.com](http://www.wholehealthmd.com)

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### **Eastern Psychology**

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/e.html>

### **Healthology**

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/h.html>

### **Indian Systems of Medicine (ISM)**

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/i.html>

### **Life Impressions Bodywork**

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/l.html>

**Maharishi Ayur-Ved**

Alternative names: Ayur-Ved Maharishi Ayurveda; formerly called "Maharishi Ayur-Veda"

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/m.html>

**Mantra Yoga Meditation**

Alternative names: MYM MYM technique

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/m.html>

**Marma Healing**

Alternative names: Ayurveda marma healing

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/m.html>

**Native American Medicine**

Source: WholeHealthMD.com, LLC.; [www.wholehealthmd.com](http://www.wholehealthmd.com)

Hyperlink:

[http://www.wholehealthmd.com/refshelf/substances\\_view/0,1525,721,00.html](http://www.wholehealthmd.com/refshelf/substances_view/0,1525,721,00.html)

**Naturopathy**

Alternative names: natural healing natural health natural medicine natural therapies nature cure naturology naturopathic healing naturopathic health care naturopathic medicine

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/n.html>

**Nutrition**

Source: Integrative Medicine Communications; [www.drkoop.com](http://www.drkoop.com)

**Planetary Herbology**

Alternative names: Planetary Herbalism

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/p.html>

**Psychophysiological Integration**

Alternative names: bliss technique; formerly called the "Maharishi Ayurveda Psychophysiological Integration technique"

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/p.html>

**Siddha**

Alternative names: Saiva school of medicine Siddha medicine Siddha system Siddha system of medicine

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/s.html>

**Therapeutic Touch**

Source: WholeHealthMD.com, LLC.; [www.wholehealthmd.com](http://www.wholehealthmd.com)

Hyperlink:

[http://www.wholehealthmd.com/refshelf/substances\\_view/0,1525,739,00.html](http://www.wholehealthmd.com/refshelf/substances_view/0,1525,739,00.html)

**Tibetan Ayurveda**

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/t.html>

**Tibetan Medicine**

Alternative names: Amchi Emchi

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/t.html>

**Traditional Indian Medicine**

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/t.html>

**Uighur Medicine**

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/u.html>

**Yoga**

Source: Integrative Medicine Communications; [www.drkoop.com](http://www.drkoop.com)

- Herbs and Supplements**

**Andrographis**

Alternative names: Andrographis paniculata

Source: Healthnotes, Inc.; [www.healthnotes.com](http://www.healthnotes.com)

**Ashwagandha**

Source: Prima Communications, Inc. [www.personalhealthzone.com](http://www.personalhealthzone.com)

**Ayurvedic Herbs**

Source: Healthnotes, Inc.; [www.healthnotes.com](http://www.healthnotes.com)

**Gotu Kola**

Source: WholeHealthMD.com, LLC.; [www.wholehealthmd.com](http://www.wholehealthmd.com)

Hyperlink:

[http://www.wholehealthmd.com/refshelf/substances\\_view/0,1525,10031,00.html](http://www.wholehealthmd.com/refshelf/substances_view/0,1525,10031,00.html)

**Piper Nigrum**

Alternative names: Black Pepper

Source: Alternative Medicine Foundation, Inc.; [www.amfoundation.org](http://www.amfoundation.org)

**Terminalia**

Alternative names: Myrobalans; Terminalia arjuna

Source: Alternative Medicine Foundation, Inc.; [www.amfoundation.org](http://www.amfoundation.org)

**Turmeric**

Source: Prima Communications, Inc. [www.personalhealthzone.com](http://www.personalhealthzone.com)

**Turmeric**

Source: WholeHealthMD.com, LLC.; [www.wholehealthmd.com](http://www.wholehealthmd.com)

Hyperlink:

[http://www.wholehealthmd.com/refshelf/substances\\_view/0,1525,10062,00.html](http://www.wholehealthmd.com/refshelf/substances_view/0,1525,10062,00.html)

**Withania Ashwagandha**

Alternative names: Ashwagandha; Withania somnifera L.

Source: Alternative Medicine Foundation, Inc.; [www.amfoundation.org](http://www.amfoundation.org)

**Zingiber**

Alternative names: Ginger; Zingiber officinale Roscoe

Source: Alternative Medicine Foundation, Inc.; [www.amfoundation.org](http://www.amfoundation.org)

## General References

A good place to find general background information on CAM is the National Library of Medicine. It has prepared within the MEDLINEplus system an information topic page dedicated to complementary and alternative medicine. To access this page, go to the MEDLINEplus site at <http://www.nlm.nih.gov/medlineplus/alternativemedicine.html>. This Web site provides a general overview of various topics and can lead to a number of general sources.

## CHAPTER 4. DISSERTATIONS ON AYURVEDA

### Overview

In this chapter, we will give you a bibliography on recent dissertations relating to Ayurveda. We will also provide you with information on how to use the Internet to stay current on dissertations. **IMPORTANT NOTE:** When following the search strategy described below, you may discover non-medical dissertations that use the generic term “Ayurveda” (or a synonym) in their titles. To accurately reflect the results that you might find while conducting research on Ayurveda, we have not necessarily excluded non-medical dissertations in this bibliography.

### Dissertations on Ayurveda

*ProQuest Digital Dissertations*, the largest archive of academic dissertations available, is located at the following Web address: <http://wwwlib.umi.com/dissertations>. From this archive, we have compiled the following list covering dissertations devoted to Ayurveda. You will see that the information provided includes the dissertation’s title, its author, and the institution with which the author is associated. The following covers recent dissertations found when using this search procedure:

- **Ayurveda in Nepal: A Medical Belief System in Action** by Durkin-Longley, Maureen Suzanne, PhD from The University of Wisconsin - Madison, 1982, 414 pages  
<http://wwwlib.umi.com/dissertations/fullcit/8224034>
- **Biomedicine, Ayurveda and Indigenous Medicine: Three Medical Discourses, One Critical Discourse Analysis** by Moreno, Carlos J.; PhD from Howard University, 2000, 239 pages  
<http://wwwlib.umi.com/dissertations/fullcit/9981771>
- **Reinventing Medical Traditions: The Professionalization of Ayurveda in Contemporary America** by Reddy, Sita; PhD from University of Pennsylvania, 2000, 260 pages  
<http://wwwlib.umi.com/dissertations/fullcit/9965551>

- **Self-Mastery in the Ancient World: Patanjali and Caraka (Yoga, Ayurveda, Gunas, Dosas)** by Shypertt, Mary Margaret, PhD from California Institute of Integral Studies, 1986, 133 pages  
<http://wwwlib.umi.com/dissertations/fullcit/8625586>

## Keeping Current

Ask the medical librarian at your library if it has full and unlimited access to the *ProQuest Digital Dissertations* database. From the library, you should be able to do more complete searches via <http://wwwlib.umi.com/dissertations>.

## CHAPTER 5. PATENTS ON AYURVEDA

### Overview

Patents can be physical innovations (e.g. chemicals, pharmaceuticals, medical equipment) or processes (e.g. treatments or diagnostic procedures). The United States Patent and Trademark Office defines a patent as a grant of a property right to the inventor, issued by the Patent and Trademark Office.<sup>5</sup> Patents, therefore, are intellectual property. For the United States, the term of a new patent is 20 years from the date when the patent application was filed. If the inventor wishes to receive economic benefits, it is likely that the invention will become commercially available within 20 years of the initial filing. It is important to understand, therefore, that an inventor's patent does not indicate that a product or service is or will be commercially available. The patent implies only that the inventor has "the right to exclude others from making, using, offering for sale, or selling" the invention in the United States. While this relates to U.S. patents, similar rules govern foreign patents.

In this chapter, we show you how to locate information on patents and their inventors. If you find a patent that is particularly interesting to you, contact the inventor or the assignee for further information. **IMPORTANT NOTE:** When following the search strategy described below, you may discover non-medical patents that use the generic term "Ayurveda" (or a synonym) in their titles. To accurately reflect the results that you might find while conducting research on Ayurveda, we have not necessarily excluded non-medical patents in this bibliography.

### Patents on Ayurveda

By performing a patent search focusing on Ayurveda, you can obtain information such as the title of the invention, the names of the inventor(s), the assignee(s) or the company that owns or controls the patent, a short abstract that summarizes the patent, and a few excerpts from the description of the patent. The abstract of a patent tends to be more technical in nature, while the description is often written for the public. Full patent descriptions contain much more information than is presented here (e.g. claims, references, figures, diagrams, etc.). We will tell you how to obtain this information later in the chapter. The following is an

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<sup>5</sup>Adapted from the United States Patent and Trademark Office:  
<http://www.uspto.gov/web/offices/pac/doc/general/whatis.htm>.

example of the type of information that you can expect to obtain from a patent search on Ayurveda:

- **Watch character panel and watch**

Inventor(s): Amano; Kazuhiko (Suwa, JP)

Assignee(s): Seiko Epson Corporation (Tokyo, JP)

Patent Number: 5,638,341

Date filed: March 20, 1995

**Abstract:** From various traditional medical teachings, it is known that humans have a life rhythm which depends upon the time. As one example, there are the traditional Indian medical teachings of the "Ayurveda". In the present invention, in order to display which time period of the **Ayurveda** corresponds to the present time, a character panel of a watch has been separated according to color into three wedge-shaped regions. The respective color-separated regions correspond to the Vata (V), the Kapha (K), and the Pitta (P) of the **Ayurveda**. The **Ayurveda** time is indicated by an hour hand which points to one of these regions.

**Excerpt(s):** The present invention relates to watches, more specifically to a character panel for watches having the capability to display information besides the time, such as life rhythms. From various traditional medical teachings, it is known that humans have a life rhythm which depends upon the time. As an example, according to the traditional Indian medical teachings of the "Ayurveda", assuming that sunrise occurs at 6 a.m. and sundown occurs at 6 p.m., the human life rhythm is as follows. First, the time periods from 6 a.m.-10 a.m. and 6 p.m.-10 p.m. are the best times for thinking, and are called Kapha (K) referring to the quality of stability/peacefulness in the body. When exercising during these time periods it is best to exercise lightly, and everyday labor should be performed only lightly as well. In addition, it is not advisable to eat or drink during these time periods. Kapha (K) is symbolized by "green".

Web site: [http://www.delphion.com/details?pn=US05638341\\_\\_](http://www.delphion.com/details?pn=US05638341__)

## Patent Applications on Ayurveda

As of December 2000, U.S. patent applications are open to public viewing.<sup>6</sup> Applications are patent requests which have yet to be granted. (The process to achieve a patent can take several years.) The following patent applications have been filed since December 2000 relating to Ayurveda:

- **Ayurvedic scale**

Inventor(s): Pivinski, Daniel K.; (Voorhees, NJ)

Correspondence: Daniel Kozak Pivinski; 6222 Main Street; Voorhees; NJ; 08043; US

Patent Application Number: 20020139590

Date filed: March 27, 2001

**Abstract:** The invention--Ayurvedic Scale--is a machine that physically represents or models the philosophical essence of the ancient science and philosophy of **Ayurveda** in

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<sup>6</sup> This has been a common practice outside the United States prior to December 2000.



the form of a tri-armed scale. The Ayurvedic Scale's primary function is to assist users in determining and visually representing their current spiritual state as well as their underlying Ayurvedic body type, which are both helpful in evaluating immediate choices using Ayurvedic philosophy. It also serves to act as a visual model in helping users to more clearly understand the complexities of **Ayurveda**, to provide a physical reminder of Ayurveda's suggested foci in the user's life, and to act as a decorative model, which reflects the owner's interest in **Ayurveda**. The invention is meant to embody two of Ayurveda's core foci--simplicity and balance.

Excerpt(s): This invention relates generally to the field of **Ayurveda**, and more particularly to a machine that physical represents or models the philosophical essence of the ancient science and philosophy of **Ayurveda** in the form of a tri-armed scale. Rooted in India's ancient scriptures known as the Vedas, **Ayurveda** is both a science of preventative health and a philosophy of living. At its core is the fundamental belief that all disease is caused by disharmony brought on by violating the fundamental laws of nature, which are reflected in each individual's inner wisdom. Moreover, and as **Ayurveda** is a proponent of reincarnation of the intellect, mind, and ego, it suggests that we continue to karmatically carry with us unresolved transgressions from previous lifetimes. It labors to remove the underlying cause of disease by seeking the balance that is derived from righting such infractions, and thereby eradicating afflictions at their proverbial roots as well as preventing potential illnesses from ever manifesting. Its primary tool is the proper use of foods and herbs to maintain or restore the body's natural state of balance. To assist us in making decisions that are in accordance with objective truth relative to our place in the universe, **Ayurveda** provides guidelines in the form of doshas. The word dosha literally means, "that which has a fault", and refers to the experiential nature of our existence. As **Ayurveda** recognizes consciousness as the only perfection, it leads us away from even striving for perfection of body, health or life. These unattainable pursuits, it suggests, create burdens on the spirit that necessarily steal vitality from our life force. Instead, **Ayurveda** advocates a migration towards balance in these areas as a means of aspiring toward the only empowering vision of perfection--pure consciousness.

Web site: <http://appft1.uspto.gov/netahtml/PTO/search-bool.html>

## Keeping Current

In order to stay informed about patents and patent applications dealing with Ayurveda, you can access the U.S. Patent Office archive via the Internet at the following Web address: <http://www.uspto.gov/patft/index.html>. You will see two broad options: (1) Issued Patent, and (2) Published Applications. To see a list of issued patents, perform the following steps: Under "Issued Patents," click "Quick Search." Then, type "Ayurveda" (or synonyms) into the "Term 1" box. After clicking on the search button, scroll down to see the various patents which have been granted to date on Ayurveda.

You can also use this procedure to view pending patent applications concerning Ayurveda. Simply go back to <http://www.uspto.gov/patft/index.html>. Select "Quick Search" under "Published Applications." Then proceed with the steps listed above.



## CHAPTER 6. BOOKS ON AYURVEDA

### Overview

This chapter provides bibliographic book references relating to Ayurveda. In addition to online booksellers such as **www.amazon.com** and **www.bn.com**, excellent sources for book titles on Ayurveda include the Combined Health Information Database and the National Library of Medicine. Your local medical library also may have these titles available for loan.

### Book Summaries: Federal Agencies

The Combined Health Information Database collects various book abstracts from a variety of healthcare institutions and federal agencies. To access these summaries, go directly to the following hyperlink: <http://chid.nih.gov/detail/detail.html>. You will need to use the "Detailed Search" option. To find book summaries, use the drop boxes at the bottom of the search page where "You may refine your search by." Select the dates and language you prefer. For the format option, select "Monograph/Book." Now type "Ayurveda" (or synonyms) into the "For these words:" box. You should check back periodically with this database which is updated every three months. The following is a typical result when searching for books on Ayurveda:

- **American Holistic Health Association Complete Guide to Alternative Medicine**

Source: New York, NY: Warner Books. 1996. 361 p.

Contact: Available from Warner Books. 1271 Avenue of the Americas, New York, NY 10020. (212) 522-7200. PRICE: \$14.99. ISBN: 0446672580.

Summary: This book presents an overview of eight methods of alternative medicine. The American Holistic Health Association emphasizes that the goal of the book is to promote health and well-being through personal responsibility, considering the whole person (physical, emotional, mental, spiritual), wellness-oriented lifestyle choices, and active participation in personal health decisions and healing. The author covers Chinese medicine, **Ayurveda**, naturopathic medicine, homeopathy, mind and body medicine, osteopathic medicine, chiropractic, and massage therapy. Each chapter describes the techniques under discussion, explains the training undertaken by practitioners of the technique, describes the principles underlying the treatment, and discusses scientific

support, patient satisfaction, strengths and limitations, costs, and choosing a practitioner. Each chapter also includes numerous sidebars describing individual experiences with that type of health care. References are included and a subject index concludes the text. (AA-M).

## Book Summaries: Online Booksellers

Commercial Internet-based booksellers, such as Amazon.com and Barnes&Noble.com, offer summaries which have been supplied by each title's publisher. Some summaries also include customer reviews. Your local bookseller may have access to in-house and commercial databases that index all published books (e.g. Books in Print®). **IMPORTANT NOTE:** Online booksellers typically produce search results for medical and non-medical books. When searching for "Ayurveda" at online booksellers' Web sites, you may discover non-medical books that use the generic term "Ayurveda" (or a synonym) in their titles. The following is indicative of the results you might find when searching for "Ayurveda" (sorted alphabetically by title; follow the hyperlink to view more details at Amazon.com):

- **A Comparative Study of Ayurveda and Treatment by Indian Drugs** by P.K. Chitale; ISBN: 8170305551;  
<http://www.amazon.com/exec/obidos/ASIN/8170305551/icongroupinterna>
- **Absolute Beauty: Radiant Skin and Inner Harmony Through the Ancient Secrets of Ayurveda** by Pratima Raichur (Author), Mariam Cohn (Author) (1999); ISBN: 0060929103;  
<http://www.amazon.com/exec/obidos/ASIN/0060929103/icongroupinterna>
- **An Easy Guide to Ayurveda: The Natural Way to Wholeness: Basic Principles, Practices, and Routines for Total Well-Being, Rapid Spiritual Growth, and Effective Living** by Roy Eugene Davis (1999); ISBN: 0877072493;  
<http://www.amazon.com/exec/obidos/ASIN/0877072493/icongroupinterna>
- **An Elementary Textbook of Ayurveda: Medicine With a Six Thousand Year Old Tradition** by Frank John, MD Ninivaggi (2001); ISBN: 1887841334;  
<http://www.amazon.com/exec/obidos/ASIN/1887841334/icongroupinterna>
- **Ancient Indian Massage: Traditional Massage Techniques Based on the Ayurveda** by Harish Johari (2003); ISBN: 8121510864;  
<http://www.amazon.com/exec/obidos/ASIN/8121510864/icongroupinterna>
- **Ancient Medicine: The Complete Ayurveda Manual** by Hans H. Rhyner (2003); ISBN: 1886069794;  
<http://www.amazon.com/exec/obidos/ASIN/1886069794/icongroupinterna>
- **Anti-AIDS (Ojaksaya Drugs of Ayurveda)** by Gyanendra Pandey (2003); ISBN: 8170307724;  
<http://www.amazon.com/exec/obidos/ASIN/8170307724/icongroupinterna>
- **Anticancer Herbal Drugs of India with Special Reference to Ayurveda** by Gyanendra Pandey (2002); ISBN: 8170307228;  
<http://www.amazon.com/exec/obidos/ASIN/8170307228/icongroupinterna>
- **Anti-Leucorrhoeal Drugs of Ayurveda: Pradara Therapy in Gynecopathy** by Gyanendra Pandey (2003); ISBN: 8170307732;  
<http://www.amazon.com/exec/obidos/ASIN/8170307732/icongroupinterna>

- **Ayurveda** by R. Svoboda, Robert Svodova (2003); ISBN: 8472453294;  
<http://www.amazon.com/exec/obidos/ASIN/8472453294/icongroupinterna>
- **Ayurveda** (1984); ISBN: 0914955012;  
<http://www.amazon.com/exec/obidos/ASIN/0914955012/icongroupinterna>
- **Ayurveda** by Vasant Lad, Dr. Vasant Lad; ISBN: 0940985578;  
<http://www.amazon.com/exec/obidos/ASIN/0940985578/icongroupinterna>
- **Ayurveda - Medicina Milenaria de La India** by Robert Voboda (1995); ISBN: 8479531002;  
<http://www.amazon.com/exec/obidos/ASIN/8479531002/icongroupinterna>
- **Ayurveda - The Science of Life (Common Complicated Diseases) [DOWNLOAD: ADOBE READER]** by Mana Bajra Bajracharya (2003); ISBN: B00009YW63;  
<http://www.amazon.com/exec/obidos/ASIN/B00009YW63/icongroupinterna>
- **Ayurveda & Aromatherapy, Earth Guide** by Dr. Light Miller, et al (1995); ISBN: 0914955209;  
<http://www.amazon.com/exec/obidos/ASIN/0914955209/icongroupinterna>
- **Ayurveda Almanac** by Timothy R. Larson; ISBN: 1891235001;  
<http://www.amazon.com/exec/obidos/ASIN/1891235001/icongroupinterna>
- **Ayurveda and Life Impressions Body Work : Seeking our Healing Memories** by Donald Van Howten; ISBN: 8120815203;  
<http://www.amazon.com/exec/obidos/ASIN/8120815203/icongroupinterna>
- **Ayurveda and Life Impressions Bodywork** by Donald Vanhowten, Donald Van Howten (1997); ISBN: 0914955241;  
<http://www.amazon.com/exec/obidos/ASIN/0914955241/icongroupinterna>
- **Ayurveda and Marma Therapy: Energy Points in Yogic Healing** by Avinash Lele, et al (2003); ISBN: 0940985594;  
<http://www.amazon.com/exec/obidos/ASIN/0940985594/icongroupinterna>
- **Ayurveda and Panchakarma** by Sunil V. V. Joshi (1997); ISBN: 0914955373;  
<http://www.amazon.com/exec/obidos/ASIN/0914955373/icongroupinterna>
- **Ayurveda and Panchakarma: The Science of Healing and Rejuvenation** by Sunil V. Joshi; ISBN: 8120815262;  
<http://www.amazon.com/exec/obidos/ASIN/8120815262/icongroupinterna>
- **Ayurveda and the Mind: The Healings of Consciousness** by David Frawley; ISBN: 8120815211;  
<http://www.amazon.com/exec/obidos/ASIN/8120815211/icongroupinterna>
- **Ayurveda Beauty Care: Ageless Techniques to Invoke Natural Beauty** by Malanie Sachs; ISBN: 8120812948;  
<http://www.amazon.com/exec/obidos/ASIN/8120812948/icongroupinterna>
- **Ayurveda Demystified** by Gayle Redfern (2003); ISBN: 1594050333;  
<http://www.amazon.com/exec/obidos/ASIN/1594050333/icongroupinterna>
- **Ayurveda Esencial** by Bharti Vyas, J. Warren (2002); ISBN: 8495456850;  
<http://www.amazon.com/exec/obidos/ASIN/8495456850/icongroupinterna>
- **Ayurveda for Health & Long Life** by R. Garde (1975); ISBN: 0897440544;  
<http://www.amazon.com/exec/obidos/ASIN/0897440544/icongroupinterna>

- **Ayurveda for Women** by Robert E Svaboda; ISBN: 8178221055;  
<http://www.amazon.com/exec/obidos/ASIN/8178221055/icongroupinterna>
- **Ayurveda for Women: A Guide to Vitality and Health** by Robert E., Dr. Svoboda, Dr. Robert E. Svoboda (2000); ISBN: 0892819391;  
<http://www.amazon.com/exec/obidos/ASIN/0892819391/icongroupinterna>
- **Ayurveda Materia Medica** by Dosh Lalitesh Kashyap Bhagwan (1999); ISBN: 8170220203;  
<http://www.amazon.com/exec/obidos/ASIN/8170220203/icongroupinterna>
- **Ayurveda Revolutionized: Integrating** by Edward F. Tarabilda (1998); ISBN: 0914955381;  
<http://www.amazon.com/exec/obidos/ASIN/0914955381/icongroupinterna>
- **Ayurveda the Science of Traditional Indi** by Vaidya Bhagwan Dash (Author); ISBN: 8174360441;  
<http://www.amazon.com/exec/obidos/ASIN/8174360441/icongroupinterna>
- **Ayurveda Tibetano** by Robert Sachs (1997); ISBN: 8477205442;  
<http://www.amazon.com/exec/obidos/ASIN/8477205442/icongroupinterna>
- **Ayurveda Vistas** by Panduranga Hari Kulakarni (2001); ISBN: 8170307074;  
<http://www.amazon.com/exec/obidos/ASIN/8170307074/icongroupinterna>
- **Ayurveda, La Salud Perfecta** by Vinod Dr Cerma (1993); ISBN: 8479270691;  
<http://www.amazon.com/exec/obidos/ASIN/8479270691/icongroupinterna>
- **Ayurveda, Nature's Medicine** by David Frawley, et al (2001); ISBN: 0914955950;  
<http://www.amazon.com/exec/obidos/ASIN/0914955950/icongroupinterna>
- **Ayurveda: A Life of Balance** by Maya Tiwari (1995); ISBN: 089281490X;  
<http://www.amazon.com/exec/obidos/ASIN/089281490X/icongroupinterna>
- **Ayurveda: A Way of Life** by Vinod Verma (1995); ISBN: 0877288224;  
<http://www.amazon.com/exec/obidos/ASIN/0877288224/icongroupinterna>
- **Ayurveda: For Health and Well-Being (Health and Well - Being)** by Sally Morningstar (2000); ISBN: 1842151711;  
<http://www.amazon.com/exec/obidos/ASIN/1842151711/icongroupinterna>
- **Ayurveda: Inspired Cooking for Your Individual Well Being** by Anne Buhning, Petra Rather (Contributor); ISBN: 0764100262;  
<http://www.amazon.com/exec/obidos/ASIN/0764100262/icongroupinterna>
- **Ayurveda: The Ancient Indian Art of Natural Medicine & Life Extension** by Birgit Heyn (1990); ISBN: 0892813334;  
<http://www.amazon.com/exec/obidos/ASIN/0892813334/icongroupinterna>
- **Ayurveda: The Ancient Indian Science of Healing** by Ashok Majumdar (1998); ISBN: 8175440473;  
<http://www.amazon.com/exec/obidos/ASIN/8175440473/icongroupinterna>
- **Ayurveda: The Gentle Health System** by Hans H. Rhyner; ISBN: 0806905107;  
<http://www.amazon.com/exec/obidos/ASIN/0806905107/icongroupinterna>
- **Ayurveda: The Science of Life** by Vasant D. Lad; ISBN: 156455287X;  
<http://www.amazon.com/exec/obidos/ASIN/156455287X/icongroupinterna>

- **Ayurveda: The Science of Self-Healing** by Vasant D. Lad, Angela Werneke (Illustrator); ISBN: 0914955004;  
<http://www.amazon.com/exec/obidos/ASIN/0914955004/icongroupinterna>
- **Ayurveda: The Right Way To Live** by Gopi Warriar (2002); ISBN: 1842224700;  
<http://www.amazon.com/exec/obidos/ASIN/1842224700/icongroupinterna>
- **Book Of Ayurveda** by Judith Morrison (Author) (1995); ISBN: 0684800179;  
<http://www.amazon.com/exec/obidos/ASIN/0684800179/icongroupinterna>
- **Bronchial Asthma Care in Ayurveda and Holistic Systems** by Panduranga Hari Kulkarni (2001); ISBN: 8170307139;  
<http://www.amazon.com/exec/obidos/ASIN/8170307139/icongroupinterna>
- **Chinese Medicine and Ayurveda** by Robert Svoboda, Arnie Lade (2000); ISBN: 812081472X;  
<http://www.amazon.com/exec/obidos/ASIN/812081472X/icongroupinterna>
- **Contemporary Ayurveda: Medicine and Research in Maharishi Ayur-Veda (Medical Guides to Complementary and Alternative Medicine)** by Hari Sharma, Christopher Clark (1998); ISBN: 0443055947;  
<http://www.amazon.com/exec/obidos/ASIN/0443055947/icongroupinterna>
- **Discover Ayurveda (First-Step Handbook to Better Health)** by Angela Hope-Murray, Tony Pickup (Contributor) (1998); ISBN: 1569750815;  
<http://www.amazon.com/exec/obidos/ASIN/1569750815/icongroupinterna>
- **DK Secrets of Ayurveda (DK Secrets of.)** by Karen Sullivan, et al; ISBN: 0751335630;  
<http://www.amazon.com/exec/obidos/ASIN/0751335630/icongroupinterna>
- **Education in Ayurveda: A Re-Constructional Analysis** by Bernd Pflug (1992); ISBN: 8121203996;  
<http://www.amazon.com/exec/obidos/ASIN/8121203996/icongroupinterna>
- **Essential Ayurveda: What It Is and What It Can Do for You** by Shubhra Krishan (2003); ISBN: 1577312341;  
<http://www.amazon.com/exec/obidos/ASIN/1577312341/icongroupinterna>
- **Essentials of Ayurveda: Soasangahridayam** by Priya V sharma (1998); ISBN: 8120815173;  
<http://www.amazon.com/exec/obidos/ASIN/8120815173/icongroupinterna>
- **Exporting Indian Healthcare: Export Potential of Ayurveda and Siddha Products and Services** by Vinayshil Gautam (2003); ISBN: 8187099216;  
<http://www.amazon.com/exec/obidos/ASIN/8187099216/icongroupinterna>
- **Foundations of Ayurveda: An Anthological Approach** by K. H. Krishnamurthy (1999); ISBN: 8170189721;  
<http://www.amazon.com/exec/obidos/ASIN/8170189721/icongroupinterna>
- **Fundamental Principles of Pharmacotherapeutics in Ayurveda** by J.L.N. Sastry; ISBN: 8176371513;  
<http://www.amazon.com/exec/obidos/ASIN/8176371513/icongroupinterna>
- **Geriatrics in Ayurveda** by S. Suresh Babu; ISBN: 8176371505;  
<http://www.amazon.com/exec/obidos/ASIN/8176371505/icongroupinterna>
- **Glossary of Ayurveda, Tibetan and Unani Medicines**; ISBN: 8170305985;  
<http://www.amazon.com/exec/obidos/ASIN/8170305985/icongroupinterna>

- **Handbook of Clinical Ayurveda Practice** by Panduranga Hari Kulakarni (2001); ISBN: 8170307104;  
<http://www.amazon.com/exec/obidos/ASIN/8170307104/icongroupinterna>
- **Healing with Ayurveda** by Angela Hope-Murray, Tony Pickup (1997); ISBN: 0717124568;  
<http://www.amazon.com/exec/obidos/ASIN/0717124568/icongroupinterna>
- **Healing With Ayurveda: A Concise Guide to the Ancient Holistic Healthcare System (Health Essentials)** by Raje Airey (2002); ISBN: 1842156659;  
<http://www.amazon.com/exec/obidos/ASIN/1842156659/icongroupinterna>
- **Health for Life: Secrets of Tibetan Ayurveda (Healing Series)** by Robert Sachs, Lobsang Rapgay (1998); ISBN: 1889797138;  
<http://www.amazon.com/exec/obidos/ASIN/1889797138/icongroupinterna>
- **Heaven's Banquet: Vegetarian Cooking for Lifelong Health the Ayurveda Way** by Miriam Kasin Hospodar (2001); ISBN: 0452282780;  
<http://www.amazon.com/exec/obidos/ASIN/0452282780/icongroupinterna>
- **Herbal Energetics Chart: According to Ayurveda the Ancient Natural Healing Science of India** by David Frawley; ISBN: 0941524299;  
<http://www.amazon.com/exec/obidos/ASIN/0941524299/icongroupinterna>
- **Home Ayurveda Spa** by Anna Selby, Ian Hayward; ISBN: 1855859157;  
<http://www.amazon.com/exec/obidos/ASIN/1855859157/icongroupinterna>
- **Iatro-chemistry of ayurveda, rasasastra : based on Ayurveda saukhyam of Todarananda**; ISBN: 8170225272;  
<http://www.amazon.com/exec/obidos/ASIN/8170225272/icongroupinterna>
- **Introduction to Ayurveda: The Science of Life** by Thakkur; ISBN: 0882310577;  
<http://www.amazon.com/exec/obidos/ASIN/0882310577/icongroupinterna>
- **Madhavanidanam of Madhavakara: Treatise on Ayurveda - Text with English Translation** by K.R. Srikanta Murthy; ISBN: 8176371009;  
<http://www.amazon.com/exec/obidos/ASIN/8176371009/icongroupinterna>
- **Major Herbs of Ayurveda** by Elizabeth M. Williamson (Editor), et al (2002); ISBN: 0443072035;  
<http://www.amazon.com/exec/obidos/ASIN/0443072035/icongroupinterna>
- **Massage Therapy in Ayurveda** by Bhagwan Dash, Vaidya B. Dash; ISBN: 8170223806;  
<http://www.amazon.com/exec/obidos/ASIN/8170223806/icongroupinterna>
- **Materia Medica of Ayurveda** by Bhagwan Dash (1988); ISBN: 0836423259;  
<http://www.amazon.com/exec/obidos/ASIN/0836423259/icongroupinterna>
- **Music for Ayurveda** by Janetta Petkus (1999); ISBN: 1559615273;  
<http://www.amazon.com/exec/obidos/ASIN/1559615273/icongroupinterna>
- **Natural Healing Through Ayurveda** by Subhash Ranade; ISBN: 1878423134;  
<http://www.amazon.com/exec/obidos/ASIN/1878423134/icongroupinterna>
- **Numerology: With Tantra, Ayurveda and Astrology** by Harish Johari (1990); ISBN: 0892812583;  
<http://www.amazon.com/exec/obidos/ASIN/0892812583/icongroupinterna>
- **Panchkarma in Ayurveda** by Panduranga Hari Kulakarni (2001); ISBN: 8170307155;  
<http://www.amazon.com/exec/obidos/ASIN/8170307155/icongroupinterna>



- **Pathways to Healing: A Guide to Herbs, Ayurveda, Dreambody, & Shamanism** by Don Ollsin; ISBN: 1583940111;  
<http://www.amazon.com/exec/obidos/ASIN/1583940111/icongroupinterna>
- **Piles Care and Treatment in Ayurveda** by M. Bhaskar Rao (2002); ISBN: 8170307384;  
<http://www.amazon.com/exec/obidos/ASIN/8170307384/icongroupinterna>
- **Practical Ayurveda: Secrets for Physical, Sexual & Spiritual Health** by Atreya, David Frawley (1998); ISBN: 1578630290;  
<http://www.amazon.com/exec/obidos/ASIN/1578630290/icongroupinterna>
- **Principles of Ayurveda** by Anne Green, Robert Svoboda; ISBN: 072253745X;  
<http://www.amazon.com/exec/obidos/ASIN/072253745X/icongroupinterna>
- **Religious Therapeutics: Body and Health in Yoga, Ayurveda, and Tantra (Suny Series in Religious Studies (Paper))** by Gregory P. Fields (2001); ISBN: 0791449165;  
<http://www.amazon.com/exec/obidos/ASIN/0791449165/icongroupinterna>
- **Researches in Ayurveda: Past and Present: Felicitation Volume in Honour of Prof. Vaidya Priyavrata Sharma** by P. V. Sharma (1997); ISBN: 8186782079;  
<http://www.amazon.com/exec/obidos/ASIN/8186782079/icongroupinterna>
- **Salud Radiante Con El Ayurveda** by Karin Schutt (1999); ISBN: 8479011696;  
<http://www.amazon.com/exec/obidos/ASIN/8479011696/icongroupinterna>
- **Sarngadhar-Samita: A Treatise on Ayurveda** by Sarngadhara, K.R. Srikanta Murthy (Editor); ISBN: 8176371017;  
<http://www.amazon.com/exec/obidos/ASIN/8176371017/icongroupinterna>
- **Secrets of Ayurveda** by Gopi Warriar, et al; ISBN: 078947784X;  
<http://www.amazon.com/exec/obidos/ASIN/078947784X/icongroupinterna>
- **Sixteen Minutes to a Better 9-To-5: Stress-Free Work With Yoga and Ayurveda** by Vinod Verma (1999); ISBN: 1578631297;  
<http://www.amazon.com/exec/obidos/ASIN/1578631297/icongroupinterna>
- **Sodasangahrdayam: Essentials of Ayurveda** by Priya Vrat Sharma (1993); ISBN: 8120810813;  
<http://www.amazon.com/exec/obidos/ASIN/8120810813/icongroupinterna>
- **System of Ayurveda** by Shiv Sharma (1993); ISBN: 8185557020;  
<http://www.amazon.com/exec/obidos/ASIN/8185557020/icongroupinterna>
- **Tantric Yoga and the Wisdom Goddesses: Spiritual Secrets of Ayurveda** by David, Dr. Frawley, Dr David Frawley (2000); ISBN: 0910261393;  
<http://www.amazon.com/exec/obidos/ASIN/0910261393/icongroupinterna>
- **Textbook of Ayurveda** by Vasant Lad; ISBN: 1883725070;  
<http://www.amazon.com/exec/obidos/ASIN/1883725070/icongroupinterna>
- **The Ayurveda Cook Book : A Personalized Guide to Good Nutrition and Health** by Amadea Morningstar; ISBN: 8120811763;  
<http://www.amazon.com/exec/obidos/ASIN/8120811763/icongroupinterna>
- **The Ayurveda Encyclopedia: Natural Secrets to Healing, Prevention, & Longevity** by Swami Sada Shiva Tirtha (1998); ISBN: 0965804224;  
<http://www.amazon.com/exec/obidos/ASIN/0965804224/icongroupinterna>
- **The Complete Illustrated Guide to Ayurveda: The Ancient Indian Healing Tradition** by Gopi Warriar, Deepika Gunawant (1997); ISBN: 1852309539;  
<http://www.amazon.com/exec/obidos/ASIN/1852309539/icongroupinterna>

- **The Handbook of Ayurveda: India's Medical Wisdom Explained** by Shantha Godagama; ISBN: 1885203594;  
<http://www.amazon.com/exec/obidos/ASIN/1885203594/icongroupinterna>
- **The Healing Power of Gemstones: In Tantra, Ayurveda, & Astrology** by Harish Johari, Harish Dohari (1996); ISBN: 0892816082;  
<http://www.amazon.com/exec/obidos/ASIN/0892816082/icongroupinterna>
- **The Hidden Secret of Ayurveda** by Robert E. Svoboda (1996); ISBN: 1883725046;  
<http://www.amazon.com/exec/obidos/ASIN/1883725046/icongroupinterna>
- **The Only Way Out Is in: Yoga, Ayurveda and Psychology** by Reinhard Kowalski (2001); ISBN: 189776667X;  
<http://www.amazon.com/exec/obidos/ASIN/189776667X/icongroupinterna>
- **The Roots of Ayurveda: Selections from Sanskrit Medical Writings (Penguin Classics (New Delhi, India).)** by D. Wujastyk (Editor) (2003); ISBN: 0140448241;  
<http://www.amazon.com/exec/obidos/ASIN/0140448241/icongroupinterna>
- **Tibetan Ayurveda: Health Secrets from the Roof of the World** by Robert Sachs, et al (2001); ISBN: 0892819367;  
<http://www.amazon.com/exec/obidos/ASIN/0892819367/icongroupinterna>
- **Uncommon plant drugs of Ayurveda** by Gyanendra Pandey; ISBN: 8170304040;  
<http://www.amazon.com/exec/obidos/ASIN/8170304040/icongroupinterna>
- **Yoga and Ayurveda** by David Frawley, Dr David Frawley (1999); ISBN: 0914955810;  
<http://www.amazon.com/exec/obidos/ASIN/0914955810/icongroupinterna>
- **Yoga and Ayurveda: Self Healing and Realization** by David Frawley (2002); ISBN: 8120818792;  
<http://www.amazon.com/exec/obidos/ASIN/8120818792/icongroupinterna>

## The National Library of Medicine Book Index

The National Library of Medicine at the National Institutes of Health has a massive database of books published on healthcare and biomedicine. Go to the following Internet site, <http://locatorplus.gov/>, and then select "Search LOCATORplus." Once you are in the search area, simply type "Ayurveda" (or synonyms) into the search box, and select "books only." From there, results can be sorted by publication date, author, or relevance. The following was recently catalogued by the National Library of Medicine:<sup>7</sup>

- **An illustrated Tibeto-Mongolian materia medica of Ayurveda of Jam-dpal-rdo-rje of Mongolia.** Edited by Lokesh Chandra from the collection of Z. D. Gomboev. Author: Jam-dpal-rdo-rje.; Year: 1971; New Delhi, International Academy of Indian Culture, 1971
- **Ancient Indian massage: traditional massage techniques based on the Ayurveda** Author: Johari, Harish;; Year: 1980; New Delhi: Munshiram Manoharlal, 1984

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<sup>7</sup> In addition to LOCATORPlus, in collaboration with authors and publishers, the National Center for Biotechnology Information (NCBI) is currently adapting biomedical books for the Web. The books may be accessed in two ways: (1) by searching directly using any search term or phrase (in the same way as the bibliographic database PubMed), or (2) by following the links to PubMed abstracts. Each PubMed abstract has a "Books" button that displays a facsimile of the abstract in which some phrases are hypertext links. These phrases are also found in the books available at NCBI. Click on hyperlinked results in the list of books in which the phrase is found. Currently, the majority of the links are between the books and PubMed. In the future, more links will be created between the books and other types of information, such as gene and protein sequences and macromolecular structures. See <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=Books>.

- **Ayurveda and modern medicine** Author: Lele, R. D.; Year: 1978; Bombay: Bharatiya Vidya Bhavan, 1986
- **Ayurveda, science of life: daily and seasonal regimen** Author: Athavale, V. B. (Vasant Balaji); Year: 1964; Bombay: Published for Pediatric Clinics of India by V.B. Athavale, 1977
- **Ayurveda, the science of life** Author: Rai, P. S.; Year: 1965; Bangalore, India: Sumitha S. Rai, 1981
- **Ayurveda; a survey, being a brief historical and scientific outline of the indigenous system of medicine.** Author: Narayana Rao, D.; Year: 1973; [New Delhi, Majumdar, 1950-
- **Bala-veda: pediatrics & ayurveda** Author: Athavale, V. B. (Vasant Balaji); Year: 2002; Bombay: [Published for Pediatric clinics of India by V. B. Athavale], 1977
- **Concept of agni in Ayurveda: with special reference to agnibala parīksā.** Author: Dash, Bhagwan; Year: 1963; Varanasi, India: Chowkhamba Sanskrit Series Office, 1971
- **Danta-shastra = Dentistry in ayurveda** Author: Athavale, V. B. (Vasant Balaji); Year: 1977; Bombay: Published for Pediatric clinics of India by V.B. Athavale, 1980
- **Embryology & maternity in Ayurveda** Author: Dash, Bhagwan; Year: 1971; New Delhi: Delhi Diari [i.e. Diary], 1975
- **Introduction to ayurveda; the science of life.** Author: Thakkur, Chandrashekhar G.; Year: 1977; New York, ASI Publishers [c1974]; ISBN: 0883210051
- **Letters on ayurveda; correspondence of Raseshacharya Anant Shri Shricharantirtha Maharaj with prominent personalities at home and abroad.** Author: Shastri, Jivaram Kalidas; Year: 1975; Gondal, Rasashala Aushadhashram, 1952-
- **Materia medica of Ayurveda: based on Ayurveda saukhyam of Tadarānanda** Author: Dash, Bhagwan; Year: 9999; New Delhi: Concept, 1980
- **Panchakarma-therapy in ayurveda** Author: Ojha, Divakar; Year: 1981; Varanasi, India: Chaukhamba Amarabharati Prakashan, 1978
- **Pharmacopoeia in Ayurveda.** Author: Andhra Pradesh, India. Indian Medicine Dept. Special Officer; Year: 1968; Hyderabad, 1968-
- **Poliomyelitis & Ayurveda.** Author: Prakash, Om; Year: 1977; New Delhi: Aryavarta Polio Ashram, 1966
- **Proceedings of the Workshop on Traditional Systems of Medicine (Ayurveda and Siddha) and Primary Health Care.**; Year: 1980; Coimbatore, Tamilnadu, India: Arya Vaidyan Rama Varier Educational Foundation of
- **Psychopathology in Indian medicine (ayurveda): with special reference to its philosophical bases** Author: Gupta, Satya Pal; Year: 1948; Aligarh, India: Ajaya, 1977
- **Research projects of Ayurveda Rasashala** Author: Kulakarnī, Pāduranga Harī; Year: 1989; Pune:
- **Second five year plan for the development of Ayurveda, presented to the Government of India.** Author: Shastri, Jivaram Kalidas; Year: 1975; [Gondal, Rasashala] 1956
- **Secrets of Indian medicine: Ayurveda. An exposition of Vata, Pitta, Kapha in modern terms and principles of synthetic system of treatment.** Author: Agarwal, R. S.; Year: 1962; Delhi, Dr. Agarwal's Eye Institute [1953]
- **Surgical ethics in Ayurveda, by G. D. Singhal and Damodar Sharma Gaur.** Author: Singhal, G. D.; Year: 1956; Varanasi, Chowkhamba Sanskrit Series Office [1963]

- **Synthetic research in ophthalmology; an attempt at unification of allopathy, Ayurveda, homeopathy and nature cure.** Author: Agarwal, R. S.; Year: 1974; [Delhi, Dr. Agarwal's Eye Institute, 1948?]
- **The blunders of allopathic physiology and their unhappy consequences supported by both ayurveda and naturopathy.** Author: Gupta, K. B.; Year: 1956; Bombay, Gupta [1956?]
- **The pancakarma treatment of ayurveda including keraliya pancakarma** Author: Sharma, Ajay Kumar,; Year: 1963; Delhi, India: Sri Satguru Publications, 2002; ISBN: 817030752X
- **The system of Ayurveda.** Author: Sharma, Shiv.; Year: 2003; Bombay: Khemraj Shrikrishnadas, Shri Vankateshwar Steam Press, 1929
- **Theories and philosophies of medicine, with particular reference to Greco - Arab medicine, Ayurveda and traditional Chinese medicine. Compiled by Department of Philosophy of Medicine and Science.** Author: Institute of History of Medicine and Medical Research (New Delhi, India). Dept. of Philosophy of Medicine and Science.; Year: 1929; New Delhi, 1973

## Chapters on Ayurveda

In order to find chapters that specifically relate to Ayurveda, an excellent source of abstracts is the Combined Health Information Database. You will need to limit your search to book chapters and Ayurveda using the "Detailed Search" option. Go to the following hyperlink: <http://chid.nih.gov/detail/detail.html>. To find book chapters, use the drop boxes at the bottom of the search page where "You may refine your search by." Select the dates and language you prefer, and the format option "Book Chapter." Type "Ayurveda" (or synonyms) into the "For these words:" box.

## CHAPTER 7. MULTIMEDIA ON AYURVEDA

### Overview

In this chapter, we show you how to keep current on multimedia sources of information on Ayurveda. We start with sources that have been summarized by federal agencies, and then show you how to find bibliographic information catalogued by the National Library of Medicine.

### Bibliography: Multimedia on Ayurveda

The National Library of Medicine is a rich source of information on healthcare-related multimedia productions including slides, computer software, and databases. To access the multimedia database, go to the following Web site: <http://locatorplus.gov/>. Select "Search LOCATORplus." Once in the search area, simply type in Ayurveda (or synonyms). Then, in the option box provided below the search box, select "Audiovisuals and Computer Files." From there, you can choose to sort results by publication date, author, or relevance. The following multimedia has been indexed on Ayurveda:

- **Ayurveda [sound recording]: the science of long life in contemporary perspective**  
Source: Cromwell Crawford; Year: 1985; Format: Sound recording; Milwaukee, WI: Institute for Human Enhancement, p1985



# APPENDICES





## APPENDIX A. PHYSICIAN RESOURCES

### Overview

In this chapter, we focus on databases and Internet-based guidelines and information resources created or written for a professional audience.

### NIH Guidelines

Commonly referred to as “clinical” or “professional” guidelines, the National Institutes of Health publish physician guidelines for the most common diseases. Publications are available at the following by relevant Institute<sup>8</sup>:

- Office of the Director (OD); guidelines consolidated across agencies available at <http://www.nih.gov/health/consumer/conkey.htm>
- National Institute of General Medical Sciences (NIGMS); fact sheets available at <http://www.nigms.nih.gov/news/facts/>
- National Library of Medicine (NLM); extensive encyclopedia (A.D.A.M., Inc.) with guidelines: <http://www.nlm.nih.gov/medlineplus/healthtopics.html>
- National Cancer Institute (NCI); guidelines available at <http://www.cancer.gov/cancerinfo/list.aspx?viewid=5f35036e-5497-4d86-8c2c-714a9f7c8d25>
- National Eye Institute (NEI); guidelines available at <http://www.nei.nih.gov/order/index.htm>
- National Heart, Lung, and Blood Institute (NHLBI); guidelines available at <http://www.nhlbi.nih.gov/guidelines/index.htm>
- National Human Genome Research Institute (NHGRI); research available at <http://www.genome.gov/page.cfm?pageID=10000375>
- National Institute on Aging (NIA); guidelines available at <http://www.nia.nih.gov/health/>

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<sup>8</sup> These publications are typically written by one or more of the various NIH Institutes.

- National Institute on Alcohol Abuse and Alcoholism (NIAAA); guidelines available at <http://www.niaaa.nih.gov/publications/publications.htm>
- National Institute of Allergy and Infectious Diseases (NIAID); guidelines available at <http://www.niaid.nih.gov/publications/>
- National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS); fact sheets and guidelines available at <http://www.niams.nih.gov/hi/index.htm>
- National Institute of Child Health and Human Development (NICHD); guidelines available at <http://www.nichd.nih.gov/publications/pubskey.cfm>
- National Institute on Deafness and Other Communication Disorders (NIDCD); fact sheets and guidelines at <http://www.nidcd.nih.gov/health/>
- National Institute of Dental and Craniofacial Research (NIDCR); guidelines available at <http://www.nidr.nih.gov/health/>
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK); guidelines available at <http://www.niddk.nih.gov/health/health.htm>
- National Institute on Drug Abuse (NIDA); guidelines available at <http://www.nida.nih.gov/DrugAbuse.html>
- National Institute of Environmental Health Sciences (NIEHS); environmental health information available at <http://www.niehs.nih.gov/external/facts.htm>
- National Institute of Mental Health (NIMH); guidelines available at <http://www.nimh.nih.gov/practitioners/index.cfm>
- National Institute of Neurological Disorders and Stroke (NINDS); neurological disorder information pages available at [http://www.ninds.nih.gov/health\\_and\\_medical/disorder\\_index.htm](http://www.ninds.nih.gov/health_and_medical/disorder_index.htm)
- National Institute of Nursing Research (NINR); publications on selected illnesses at <http://www.nih.gov/ninr/news-info/publications.html>
- National Institute of Biomedical Imaging and Bioengineering; general information at [http://grants.nih.gov/grants/becon/becon\\_info.htm](http://grants.nih.gov/grants/becon/becon_info.htm)
- Center for Information Technology (CIT); referrals to other agencies based on keyword searches available at [http://kb.nih.gov/www\\_query\\_main.asp](http://kb.nih.gov/www_query_main.asp)
- National Center for Complementary and Alternative Medicine (NCCAM); health information available at <http://nccam.nih.gov/health/>
- National Center for Research Resources (NCRR); various information directories available at <http://www.ncrr.nih.gov/publications.asp>
- Office of Rare Diseases; various fact sheets available at [http://rarediseases.info.nih.gov/html/resources/rep\\_pubs.html](http://rarediseases.info.nih.gov/html/resources/rep_pubs.html)
- Centers for Disease Control and Prevention; various fact sheets on infectious diseases available at <http://www.cdc.gov/publications.htm>

## NIH Databases

In addition to the various Institutes of Health that publish professional guidelines, the NIH has designed a number of databases for professionals.<sup>9</sup> Physician-oriented resources provide a wide variety of information related to the biomedical and health sciences, both past and present. The format of these resources varies. Searchable databases, bibliographic citations, full-text articles (when available), archival collections, and images are all available. The following are referenced by the National Library of Medicine:<sup>10</sup>

- **Bioethics:** Access to published literature on the ethical, legal, and public policy issues surrounding healthcare and biomedical research. This information is provided in conjunction with the Kennedy Institute of Ethics located at Georgetown University, Washington, D.C.: [http://www.nlm.nih.gov/databases/databases\\_bioethics.html](http://www.nlm.nih.gov/databases/databases_bioethics.html)
- **HIV/AIDS Resources:** Describes various links and databases dedicated to HIV/AIDS research: <http://www.nlm.nih.gov/pubs/factsheets/aidsinfo.html>
- **NLM Online Exhibitions:** Describes “Exhibitions in the History of Medicine”: <http://www.nlm.nih.gov/exhibition/exhibition.html>. Additional resources for historical scholarship in medicine: <http://www.nlm.nih.gov/hmd/hmd.html>
- **Biotechnology Information:** Access to public databases. The National Center for Biotechnology Information conducts research in computational biology, develops software tools for analyzing genome data, and disseminates biomedical information for the better understanding of molecular processes affecting human health and disease: <http://www.ncbi.nlm.nih.gov/>
- **Population Information:** The National Library of Medicine provides access to worldwide coverage of population, family planning, and related health issues, including family planning technology and programs, fertility, and population law and policy: [http://www.nlm.nih.gov/databases/databases\\_population.html](http://www.nlm.nih.gov/databases/databases_population.html)
- **Cancer Information:** Access to cancer-oriented databases: [http://www.nlm.nih.gov/databases/databases\\_cancer.html](http://www.nlm.nih.gov/databases/databases_cancer.html)
- **Profiles in Science:** Offering the archival collections of prominent twentieth-century biomedical scientists to the public through modern digital technology: <http://www.profiles.nlm.nih.gov/>
- **Chemical Information:** Provides links to various chemical databases and references: <http://sis.nlm.nih.gov/Chem/ChemMain.html>
- **Clinical Alerts:** Reports the release of findings from the NIH-funded clinical trials where such release could significantly affect morbidity and mortality: [http://www.nlm.nih.gov/databases/alerts/clinical\\_alerts.html](http://www.nlm.nih.gov/databases/alerts/clinical_alerts.html)
- **Space Life Sciences:** Provides links and information to space-based research (including NASA): [http://www.nlm.nih.gov/databases/databases\\_space.html](http://www.nlm.nih.gov/databases/databases_space.html)
- **MEDLINE:** Bibliographic database covering the fields of medicine, nursing, dentistry, veterinary medicine, the healthcare system, and the pre-clinical sciences: [http://www.nlm.nih.gov/databases/databases\\_medline.html](http://www.nlm.nih.gov/databases/databases_medline.html)

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<sup>9</sup> Remember, for the general public, the National Library of Medicine recommends the databases referenced in MEDLINEplus (<http://medlineplus.gov/> or <http://www.nlm.nih.gov/medlineplus/databases.html>).

<sup>10</sup> See <http://www.nlm.nih.gov/databases/databases.html>.

- **Toxicology and Environmental Health Information (TOXNET):** Databases covering toxicology and environmental health: <http://sis.nlm.nih.gov/Tox/ToxMain.html>
- **Visible Human Interface:** Anatomically detailed, three-dimensional representations of normal male and female human bodies:  
[http://www.nlm.nih.gov/research/visible/visible\\_human.html](http://www.nlm.nih.gov/research/visible/visible_human.html)

### The NLM Gateway<sup>11</sup>

The NLM (National Library of Medicine) Gateway is a Web-based system that lets users search simultaneously in multiple retrieval systems at the U.S. National Library of Medicine (NLM). It allows users of NLM services to initiate searches from one Web interface, providing one-stop searching for many of NLM's information resources or databases.<sup>12</sup> To use the NLM Gateway, simply go to the search site at <http://gateway.nlm.nih.gov/gw/Cmd>. Type "Ayurveda" (or synonyms) into the search box and click "Search." The results will be presented in a tabular form, indicating the number of references in each database category.

#### Results Summary

Category	Items Found
Journal Articles	245
Books / Periodicals / Audio Visual	411
Consumer Health	3
Meeting Abstracts	6
Other Collections	0
Total	665

### HSTAT<sup>13</sup>

HSTAT is a free, Web-based resource that provides access to full-text documents used in healthcare decision-making.<sup>14</sup> These documents include clinical practice guidelines, quick-reference guides for clinicians, consumer health brochures, evidence reports and technology assessments from the Agency for Healthcare Research and Quality (AHRQ), as well as AHRQ's Put Prevention Into Practice.<sup>15</sup> Simply search by "Ayurveda" (or synonyms) at the following Web site: <http://text.nlm.nih.gov>.

<sup>11</sup> Adapted from NLM: <http://gateway.nlm.nih.gov/gw/Cmd?Overview.x>.

<sup>12</sup> The NLM Gateway is currently being developed by the Lister Hill National Center for Biomedical Communications (LHNCBC) at the National Library of Medicine (NLM) of the National Institutes of Health (NIH).

<sup>13</sup> Adapted from HSTAT: <http://www.nlm.nih.gov/pubs/factsheets/hstat.html>.

<sup>14</sup> The HSTAT URL is <http://hstat.nlm.nih.gov/>.

<sup>15</sup> Other important documents in HSTAT include: the National Institutes of Health (NIH) Consensus Conference Reports and Technology Assessment Reports; the HIV/AIDS Treatment Information Service (ATIS) resource documents; the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment (SAMHSA/CSAT) Treatment Improvement Protocols (TIP) and Center for Substance Abuse Prevention (SAMHSA/CSAP) Prevention Enhancement Protocols System (PEPS); the Public Health Service (PHS) Preventive Services Task Force's *Guide to Clinical Preventive Services*; the independent, nonfederal Task Force on Community Services' *Guide to Community Preventive Services*; and the Health Technology Advisory Committee (HTAC) of the Minnesota Health Care Commission (MHCC) health technology evaluations.

### Coffee Break: Tutorials for Biologists<sup>16</sup>

Coffee Break is a general healthcare site that takes a scientific view of the news and covers recent breakthroughs in biology that may one day assist physicians in developing treatments. Here you will find a collection of short reports on recent biological discoveries. Each report incorporates interactive tutorials that demonstrate how bioinformatics tools are used as a part of the research process. Currently, all Coffee Breaks are written by NCBI staff.<sup>17</sup> Each report is about 400 words and is usually based on a discovery reported in one or more articles from recently published, peer-reviewed literature.<sup>18</sup> This site has new articles every few weeks, so it can be considered an online magazine of sorts. It is intended for general background information. You can access the Coffee Break Web site at the following hyperlink: <http://www.ncbi.nlm.nih.gov/Coffeebreak/>.

### Other Commercial Databases

In addition to resources maintained by official agencies, other databases exist that are commercial ventures addressing medical professionals. Here are some examples that may interest you:

- **CliniWeb International:** Index and table of contents to selected clinical information on the Internet; see <http://www.ohsu.edu/clinweb/>.
- **Medical World Search:** Searches full text from thousands of selected medical sites on the Internet; see <http://www.mwsearch.com/>.

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<sup>16</sup> Adapted from <http://www.ncbi.nlm.nih.gov/Coffeebreak/Archive/FAQ.html>.

<sup>17</sup> The figure that accompanies each article is frequently supplied by an expert external to NCBI, in which case the source of the figure is cited. The result is an interactive tutorial that tells a biological story.

<sup>18</sup> After a brief introduction that sets the work described into a broader context, the report focuses on how a molecular understanding can provide explanations of observed biology and lead to therapies for diseases. Each vignette is accompanied by a figure and hypertext links that lead to a series of pages that interactively show how NCBI tools and resources are used in the research process.



## APPENDIX B. PATIENT RESOURCES

### Overview

Official agencies, as well as federally funded institutions supported by national grants, frequently publish a variety of guidelines written with the patient in mind. These are typically called “Fact Sheets” or “Guidelines.” They can take the form of a brochure, information kit, pamphlet, or flyer. Often they are only a few pages in length. Since new guidelines on Ayurveda can appear at any moment and be published by a number of sources, the best approach to finding guidelines is to systematically scan the Internet-based services that post them.

### Patient Guideline Sources

The remainder of this chapter directs you to sources which either publish or can help you find additional guidelines on topics related to Ayurveda. Due to space limitations, these sources are listed in a concise manner. Do not hesitate to consult the following sources by either using the Internet hyperlink provided, or, in cases where the contact information is provided, contacting the publisher or author directly.

#### The National Institutes of Health

The NIH gateway to patients is located at <http://health.nih.gov/>. From this site, you can search across various sources and institutes, a number of which are summarized below.

#### Topic Pages: MEDLINEplus

The National Library of Medicine has created a vast and patient-oriented healthcare information portal called MEDLINEplus. Within this Internet-based system are “health topic pages” which list links to available materials relevant to Ayurveda. To access this system, log on to <http://www.nlm.nih.gov/medlineplus/healthtopics.html>. From there you can either search using the alphabetical index or browse by broad topic areas. Recently, MEDLINEplus listed the following when searched for “Ayurveda”:

**Arthritis**

<http://www.nlm.nih.gov/medlineplus/arthritis.html>

**Cancer Alternative Therapy**

<http://www.nlm.nih.gov/medlineplus/canceralternativetherapy.html>

**Herbal Medicine**

<http://www.nlm.nih.gov/medlineplus/herbalmedicine.html>

**Parkinson's Disease**

<http://www.nlm.nih.gov/medlineplus/parkinsonsdisease.html>

You may also choose to use the search utility provided by MEDLINEplus at the following Web address: **<http://www.nlm.nih.gov/medlineplus/>**. Simply type a keyword into the search box and click "Search." This utility is similar to the NIH search utility, with the exception that it only includes materials that are linked within the MEDLINEplus system (mostly patient-oriented information). It also has the disadvantage of generating unstructured results. We recommend, therefore, that you use this method only if you have a very targeted search.

**Healthfinder™**

Healthfinder™ is sponsored by the U.S. Department of Health and Human Services and offers links to hundreds of other sites that contain healthcare information. This Web site is located at **<http://www.healthfinder.gov>**. Again, keyword searches can be used to find guidelines. The following was recently found in this database:

- **Ayurveda Resource Guide**

Summary: Ayurveda is a complete and holistic science of healthy balanced living that views each person as an individual, with a unique mind-body constitution and set of life circumstances.

Source: Alternative Medicine Foundation, Inc.

<http://www.healthfinder.gov/scripts/recordpass.asp?RecordType=0&RecordID=7610>

**The NIH Search Utility**

The NIH search utility allows you to search for documents on over 100 selected Web sites that comprise the NIH-WEB-SPACE. Each of these servers is "crawled" and indexed on an ongoing basis. Your search will produce a list of various documents, all of which will relate in some way to Ayurveda. The drawbacks of this approach are that the information is not organized by theme and that the references are often a mix of information for professionals and patients. Nevertheless, a large number of the listed Web sites provide useful background information. We can only recommend this route, therefore, for relatively rare or specific disorders, or when using highly targeted searches. To use the NIH search utility, visit the following Web page: **<http://search.nih.gov/index.html>**.



### Additional Web Sources

A number of Web sites are available to the public that often link to government sites. These can also point you in the direction of essential information. The following is a representative sample:

- AOL: <http://search.aol.com/cat.adp?id=168&layer=&from=subcats>
- Family Village: <http://www.familyvillage.wisc.edu/specific.htm>
- Google: [http://directory.google.com/Top/Health/Conditions\\_and\\_Diseases/](http://directory.google.com/Top/Health/Conditions_and_Diseases/)
- Med Help International: <http://www.medhelp.org/HealthTopics/A.html>
- Open Directory Project: [http://dmoz.org/Health/Conditions\\_and\\_Diseases/](http://dmoz.org/Health/Conditions_and_Diseases/)
- Yahoo.com: [http://dir.yahoo.com/Health/Diseases\\_and\\_Conditions/](http://dir.yahoo.com/Health/Diseases_and_Conditions/)
- WebMD® Health: [http://my.webmd.com/health\\_topics](http://my.webmd.com/health_topics)

### Finding Associations

There are several Internet directories that provide lists of medical associations with information on or resources relating to Ayurveda. By consulting all of associations listed in this chapter, you will have nearly exhausted all sources for patient associations concerned with Ayurveda.

#### The National Health Information Center (NHIC)

The National Health Information Center (NHIC) offers a free referral service to help people find organizations that provide information about Ayurveda. For more information, see the NHIC's Web site at <http://www.health.gov/NHIC/> or contact an information specialist by calling 1-800-336-4797.

#### Directory of Health Organizations

The Directory of Health Organizations, provided by the National Library of Medicine Specialized Information Services, is a comprehensive source of information on associations. The Directory of Health Organizations database can be accessed via the Internet at <http://www.sis.nlm.nih.gov/Dir/DirMain.html>. It is composed of two parts: DIRLINE and Health Hotlines.

The DIRLINE database comprises some 10,000 records of organizations, research centers, and government institutes and associations that primarily focus on health and biomedicine. To access DIRLINE directly, go to the following Web site: <http://dirline.nlm.nih.gov/>. Simply type in "Ayurveda" (or a synonym), and you will receive information on all relevant organizations listed in the database.

Health Hotlines directs you to toll-free numbers to over 300 organizations. You can access this database directly at <http://www.sis.nlm.nih.gov/hotlines/>. On this page, you are given the option to search by keyword or by browsing the subject list. When you have received

your search results, click on the name of the organization for its description and contact information.

### **The Combined Health Information Database**

Another comprehensive source of information on healthcare associations is the Combined Health Information Database. Using the "Detailed Search" option, you will need to limit your search to "Organizations" and "Ayurveda". Type the following hyperlink into your Web browser: <http://chid.nih.gov/detail/detail.html>. To find associations, use the drop boxes at the bottom of the search page where "You may refine your search by." For publication date, select "All Years." Then, select your preferred language and the format option "Organization Resource Sheet." Type "Ayurveda" (or synonyms) into the "For these words:" box. You should check back periodically with this database since it is updated every three months.

### **The National Organization for Rare Disorders, Inc.**

The National Organization for Rare Disorders, Inc. has prepared a Web site that provides, at no charge, lists of associations organized by health topic. You can access this database at the following Web site: <http://www.rarediseases.org/search/orgsearch.html>. Type "Ayurveda" (or a synonym) into the search box, and click "Submit Query."

## APPENDIX C. FINDING MEDICAL LIBRARIES

### Overview

In this Appendix, we show you how to quickly find a medical library in your area.

### Preparation

Your local public library and medical libraries have interlibrary loan programs with the National Library of Medicine (NLM), one of the largest medical collections in the world. According to the NLM, most of the literature in the general and historical collections of the National Library of Medicine is available on interlibrary loan to any library. If you would like to access NLM medical literature, then visit a library in your area that can request the publications for you.<sup>19</sup>

### Finding a Local Medical Library

The quickest method to locate medical libraries is to use the Internet-based directory published by the National Network of Libraries of Medicine (NN/LM). This network includes 4626 members and affiliates that provide many services to librarians, health professionals, and the public. To find a library in your area, simply visit <http://nnlm.gov/members/adv.html> or call 1-800-338-7657.

### Medical Libraries in the U.S. and Canada

In addition to the NN/LM, the National Library of Medicine (NLM) lists a number of libraries with reference facilities that are open to the public. The following is the NLM's list and includes hyperlinks to each library's Web site. These Web pages can provide information on hours of operation and other restrictions. The list below is a small sample of

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<sup>19</sup> Adapted from the NLM: <http://www.nlm.nih.gov/psd/cas/interlibrary.html>.

libraries recommended by the National Library of Medicine (sorted alphabetically by name of the U.S. state or Canadian province where the library is located)<sup>20</sup>:

- **Alabama:** Health InfoNet of Jefferson County (Jefferson County Library Cooperative, Lister Hill Library of the Health Sciences), <http://www.uab.edu/infonet/>
- **Alabama:** Richard M. Scrushy Library (American Sports Medicine Institute)
- **Arizona:** Samaritan Regional Medical Center: The Learning Center (Samaritan Health System, Phoenix, Arizona), <http://www.samaritan.edu/library/bannerlibs.htm>
- **California:** Kris Kelly Health Information Center (St. Joseph Health System, Humboldt), <http://www.humboldt1.com/~kkhic/index.html>
- **California:** Community Health Library of Los Gatos, <http://www.healthlib.org/orgresources.html>
- **California:** Consumer Health Program and Services (CHIPS) (County of Los Angeles Public Library, Los Angeles County Harbor-UCLA Medical Center Library) - Carson, CA, <http://www.colapublib.org/services/chips.html>
- **California:** Gateway Health Library (Sutter Gould Medical Foundation)
- **California:** Health Library (Stanford University Medical Center), <http://www-med.stanford.edu/healthlibrary/>
- **California:** Patient Education Resource Center - Health Information and Resources (University of California, San Francisco), <http://sfghdean.ucsf.edu/barnett/PERC/default.asp>
- **California:** Redwood Health Library (Petaluma Health Care District), <http://www.phcd.org/rdwdlib.html>
- **California:** Los Gatos PlaneTree Health Library, <http://planetreesanjose.org/>
- **California:** Sutter Resource Library (Sutter Hospitals Foundation, Sacramento), <http://suttermedicalcenter.org/library/>
- **California:** Health Sciences Libraries (University of California, Davis), <http://www.lib.ucdavis.edu/healthsci/>
- **California:** ValleyCare Health Library & Ryan Comer Cancer Resource Center (ValleyCare Health System, Pleasanton), <http://gaelnet.stmarys-ca.edu/other.libs/gbal/east/vchl.html>
- **California:** Washington Community Health Resource Library (Fremont), <http://www.healthlibrary.org/>
- **Colorado:** William V. Gervasini Memorial Library (Exempla Healthcare), <http://www.saintjosephdenver.org/yourhealth/libraries/>
- **Connecticut:** Hartford Hospital Health Science Libraries (Hartford Hospital), <http://www.harthosp.org/library/>
- **Connecticut:** Healthnet: Connecticut Consumer Health Information Center (University of Connecticut Health Center, Lyman Maynard Stowe Library), <http://library.uchc.edu/departm/hnet/>

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<sup>20</sup> Abstracted from <http://www.nlm.nih.gov/medlineplus/libraries.html>.

- **Connecticut:** Waterbury Hospital Health Center Library (Waterbury Hospital, Waterbury), <http://www.waterburyhospital.com/library/consumer.shtml>
- **Delaware:** Consumer Health Library (Christiana Care Health System, Eugene du Pont Preventive Medicine & Rehabilitation Institute, Wilmington), [http://www.christianacare.org/health\\_guide/health\\_guide\\_pmri\\_health\\_info.cfm](http://www.christianacare.org/health_guide/health_guide_pmri_health_info.cfm)
- **Delaware:** Lewis B. Flinn Library (Delaware Academy of Medicine, Wilmington), <http://www.delamed.org/chls.html>
- **Georgia:** Family Resource Library (Medical College of Georgia, Augusta), [http://cmc.mcg.edu/kids\\_families/fam\\_resources/fam\\_res\\_lib/frl.htm](http://cmc.mcg.edu/kids_families/fam_resources/fam_res_lib/frl.htm)
- **Georgia:** Health Resource Center (Medical Center of Central Georgia, Macon), <http://www.mccg.org/hrc/hrchome.asp>
- **Hawaii:** Hawaii Medical Library: Consumer Health Information Service (Hawaii Medical Library, Honolulu), <http://hml.org/CHIS/>
- **Idaho:** DeArmond Consumer Health Library (Kootenai Medical Center, Coeur d'Alene), <http://www.nicon.org/DeArmond/index.htm>
- **Illinois:** Health Learning Center of Northwestern Memorial Hospital (Chicago), [http://www.nmh.org/health\\_info/hlc.html](http://www.nmh.org/health_info/hlc.html)
- **Illinois:** Medical Library (OSF Saint Francis Medical Center, Peoria), <http://www.osfsaintfrancis.org/general/library/>
- **Kentucky:** Medical Library - Services for Patients, Families, Students & the Public (Central Baptist Hospital, Lexington), <http://www.centralbap.com/education/community/library.cfm>
- **Kentucky:** University of Kentucky - Health Information Library (Chandler Medical Center, Lexington), <http://www.mc.uky.edu/PatientEd/>
- **Louisiana:** Alton Ochsner Medical Foundation Library (Alton Ochsner Medical Foundation, New Orleans), <http://www.ochsner.org/library/>
- **Louisiana:** Louisiana State University Health Sciences Center Medical Library-Shreveport, <http://lib-sh.lsuhscc.edu/>
- **Maine:** Franklin Memorial Hospital Medical Library (Franklin Memorial Hospital, Farmington), <http://www.fchn.org/fmh/lib.htm>
- **Maine:** Gerrish-True Health Sciences Library (Central Maine Medical Center, Lewiston), <http://www.cmmc.org/library/library.html>
- **Maine:** Hadley Parrot Health Science Library (Eastern Maine Healthcare, Bangor), <http://www.emh.org/hll/hpl/guide.htm>
- **Maine:** Maine Medical Center Library (Maine Medical Center, Portland), <http://www.mmc.org/library/>
- **Maine:** Parkview Hospital (Brunswick), <http://www.parkviewhospital.org/>
- **Maine:** Southern Maine Medical Center Health Sciences Library (Southern Maine Medical Center, Biddeford), <http://www.smmc.org/services/service.php3?choice=10>
- **Maine:** Stephens Memorial Hospital's Health Information Library (Western Maine Health, Norway), <http://www.wmhcc.org/Library/>

- **Manitoba, Canada:** Consumer & Patient Health Information Service (University of Manitoba Libraries), <http://www.umanitoba.ca/libraries/units/health/reference/chis.html>
- **Manitoba, Canada:** J.W. Crane Memorial Library (Deer Lodge Centre, Winnipeg), [http://www.deerlodge.mb.ca/crane\\_library/about.asp](http://www.deerlodge.mb.ca/crane_library/about.asp)
- **Maryland:** Health Information Center at the Wheaton Regional Library (Montgomery County, Dept. of Public Libraries, Wheaton Regional Library), <http://www.mont.lib.md.us/healthinfo/hic.asp>
- **Massachusetts:** Baystate Medical Center Library (Baystate Health System), <http://www.baystatehealth.com/1024/>
- **Massachusetts:** Boston University Medical Center Alumni Medical Library (Boston University Medical Center), <http://med-libwww.bu.edu/library/lib.html>
- **Massachusetts:** Lowell General Hospital Health Sciences Library (Lowell General Hospital, Lowell), <http://www.lowellgeneral.org/library/HomePageLinks/WWW.htm>
- **Massachusetts:** Paul E. Woodard Health Sciences Library (New England Baptist Hospital, Boston), [http://www.nebh.org/health\\_lib.asp](http://www.nebh.org/health_lib.asp)
- **Massachusetts:** St. Luke's Hospital Health Sciences Library (St. Luke's Hospital, Southcoast Health System, New Bedford), <http://www.southcoast.org/library/>
- **Massachusetts:** Treadwell Library Consumer Health Reference Center (Massachusetts General Hospital), <http://www.mgh.harvard.edu/library/chrcindex.html>
- **Massachusetts:** UMass HealthNet (University of Massachusetts Medical School, Worcester), <http://healthnet.umassmed.edu/>
- **Michigan:** Botsford General Hospital Library - Consumer Health (Botsford General Hospital, Library & Internet Services), <http://www.botsfordlibrary.org/consumer.htm>
- **Michigan:** Helen DeRoy Medical Library (Providence Hospital and Medical Centers), <http://www.providence-hospital.org/library/>
- **Michigan:** Marquette General Hospital - Consumer Health Library (Marquette General Hospital, Health Information Center), <http://www.mgh.org/center.html>
- **Michigan:** Patient Education Resource Center - University of Michigan Cancer Center (University of Michigan Comprehensive Cancer Center, Ann Arbor), <http://www.cancer.med.umich.edu/learn/leares.htm>
- **Michigan:** Sladen Library & Center for Health Information Resources - Consumer Health Information (Detroit), <http://www.henryford.com/body.cfm?id=39330>
- **Montana:** Center for Health Information (St. Patrick Hospital and Health Sciences Center, Missoula)
- **National:** Consumer Health Library Directory (Medical Library Association, Consumer and Patient Health Information Section), <http://caphis.mlanet.org/directory/index.html>
- **National:** National Network of Libraries of Medicine (National Library of Medicine) - provides library services for health professionals in the United States who do not have access to a medical library, <http://nnlm.gov/>
- **National:** NN/LM List of Libraries Serving the Public (National Network of Libraries of Medicine), <http://nnlm.gov/members/>

- **Nevada:** Health Science Library, West Charleston Library (Las Vegas-Clark County Library District, Las Vegas), [http://www.lvcld.org/special\\_collections/medical/index.htm](http://www.lvcld.org/special_collections/medical/index.htm)
- **New Hampshire:** Dartmouth Biomedical Libraries (Dartmouth College Library, Hanover), <http://www.dartmouth.edu/~biomed/resources.html#conshealth.html#d/>
- **New Jersey:** Consumer Health Library (Rahway Hospital, Rahway), <http://www.rahwayhospital.com/library.htm>
- **New Jersey:** Dr. Walter Phillips Health Sciences Library (Englewood Hospital and Medical Center, Englewood), <http://www.englewoodhospital.com/links/index.htm>
- **New Jersey:** Meland Foundation (Englewood Hospital and Medical Center, Englewood), <http://www.geocities.com/ResearchTriangle/9360/>
- **New York:** Choices in Health Information (New York Public Library) - NLM Consumer Pilot Project participant, <http://www.nypl.org/branch/health/links.html>
- **New York:** Health Information Center (Upstate Medical University, State University of New York, Syracuse), <http://www.upstate.edu/library/hic/>
- **New York:** Health Sciences Library (Long Island Jewish Medical Center, New Hyde Park), <http://www.lij.edu/library/library.html>
- **New York:** ViaHealth Medical Library (Rochester General Hospital), <http://www.nyam.org/library/>
- **Ohio:** Consumer Health Library (Akron General Medical Center, Medical & Consumer Health Library), <http://www.akrongeneral.org/hwlibrary.htm>
- **Oklahoma:** The Health Information Center at Saint Francis Hospital (Saint Francis Health System, Tulsa), <http://www.sfh-tulsa.com/services/healthinfo.asp>
- **Oregon:** Planetree Health Resource Center (Mid-Columbia Medical Center, The Dalles), <http://www.mcmc.net/phrc/>
- **Pennsylvania:** Community Health Information Library (Milton S. Hershey Medical Center, Hershey), <http://www.hmc.psu.edu/commhealth/>
- **Pennsylvania:** Community Health Resource Library (Geisinger Medical Center, Danville), <http://www.geisinger.edu/education/commmlib.shtml>
- **Pennsylvania:** HealthInfo Library (Moses Taylor Hospital, Scranton), <http://www.mth.org/healthwellness.html>
- **Pennsylvania:** Hopwood Library (University of Pittsburgh, Health Sciences Library System, Pittsburgh), [http://www.hsls.pitt.edu/guides/chi/hopwood/index\\_html](http://www.hsls.pitt.edu/guides/chi/hopwood/index_html)
- **Pennsylvania:** Koop Community Health Information Center (College of Physicians of Philadelphia), <http://www.collphyphil.org/kooppg1.shtml>
- **Pennsylvania:** Learning Resources Center - Medical Library (Susquehanna Health System, Williamsport), <http://www.shscares.org/services/lrc/index.asp>
- **Pennsylvania:** Medical Library (UPMC Health System, Pittsburgh), <http://www.upmc.edu/passavant/library.htm>
- **Quebec, Canada:** Medical Library (Montreal General Hospital), <http://www.mghlib.mcgill.ca/>

- **South Dakota:** Rapid City Regional Hospital Medical Library (Rapid City Regional Hospital), <http://www.rcrh.org/Services/Library/Default.asp>
- **Texas:** Houston HealthWays (Houston Academy of Medicine-Texas Medical Center Library), <http://hhw.library.tmc.edu/>
- **Washington:** Community Health Library (Kittitas Valley Community Hospital), <http://www.kvch.com/>
- **Washington:** Southwest Washington Medical Center Library (Southwest Washington Medical Center, Vancouver), <http://www.swmedicalcenter.com/body.cfm?id=72>



## ONLINE GLOSSARIES

The Internet provides access to a number of free-to-use medical dictionaries. The National Library of Medicine has compiled the following list of online dictionaries:

- ADAM Medical Encyclopedia (A.D.A.M., Inc.), comprehensive medical reference:  
<http://www.nlm.nih.gov/medlineplus/encyclopedia.html>
- MedicineNet.com Medical Dictionary (MedicineNet, Inc.):  
<http://www.medterms.com/Script/Main/hp.asp>
- Merriam-Webster Medical Dictionary (Inteli-Health, Inc.):  
<http://www.intelihealth.com/IH/>
- Multilingual Glossary of Technical and Popular Medical Terms in Eight European Languages (European Commission) - Danish, Dutch, English, French, German, Italian, Portuguese, and Spanish: <http://allserv.rug.ac.be/~rvdstich/eugloss/welcome.html>
- On-line Medical Dictionary (CancerWEB): <http://cancerweb.ncl.ac.uk/omd/>
- Rare Diseases Terms (Office of Rare Diseases):  
<http://ord.aspensys.com/asp/diseases/diseases.asp>
- Technology Glossary (National Library of Medicine) - Health Care Technology:  
<http://www.nlm.nih.gov/nichsr/ta101/ta10108.htm>

Beyond these, MEDLINEplus contains a very patient-friendly encyclopedia covering every aspect of medicine (licensed from A.D.A.M., Inc.). The ADAM Medical Encyclopedia can be accessed at <http://www.nlm.nih.gov/medlineplus/encyclopedia.html>. ADAM is also available on commercial Web sites such as drkoop.com (<http://www.drkoop.com/>) and Web MD ([http://my.webmd.com/adam/asset/adam\\_disease\\_articles/a\\_to\\_z/a](http://my.webmd.com/adam/asset/adam_disease_articles/a_to_z/a)).

### Online Dictionary Directories

The following are additional online directories compiled by the National Library of Medicine, including a number of specialized medical dictionaries:

- Medical Dictionaries: Medical & Biological (World Health Organization):  
<http://www.who.int/hlt/virtuallibrary/English/diction.htm#Medical>
- MEL-Michigan Electronic Library List of Online Health and Medical Dictionaries (Michigan Electronic Library): <http://mel.lib.mi.us/health/health-dictionaries.html>
- Patient Education: Glossaries (DMOZ Open Directory Project):  
[http://dmoz.org/Health/Education/Patient\\_Education/Glossaries/](http://dmoz.org/Health/Education/Patient_Education/Glossaries/)
- Web of Online Dictionaries (Bucknell University):  
<http://www.yourdictionary.com/diction5.html#medicine>



# AYURVEDA DICTIONARY

The definitions below are derived from official public sources, including the National Institutes of Health [NIH] and the European Union [EU].

**Algorithms:** A procedure consisting of a sequence of algebraic formulas and/or logical steps to calculate or determine a given task. [NIH]

**Alkaloid:** A member of a large group of chemicals that are made by plants and have nitrogen in them. Some alkaloids have been shown to work against cancer. [NIH]

**Alternative medicine:** Practices not generally recognized by the medical community as standard or conventional medical approaches and used instead of standard treatments. Alternative medicine includes the taking of dietary supplements, megadose vitamins, and herbal preparations; the drinking of special teas; and practices such as massage therapy, magnet therapy, spiritual healing, and meditation. [NIH]

**Anaemia:** A reduction below normal in the number of erythrocytes per cu. mm., in the quantity of haemoglobin, or in the volume of packed red cells per 100 ml. of blood which occurs when the equilibrium between blood loss (through bleeding or destruction) and blood production is disturbed. [EU]

**Analgesic:** An agent that alleviates pain without causing loss of consciousness. [EU]

**Anemia:** A reduction in the number of circulating erythrocytes or in the quantity of hemoglobin. [NIH]

**Anthropology:** The science devoted to the comparative study of man. [NIH]

**Arterial:** Pertaining to an artery or to the arteries. [EU]

**Arteries:** The vessels carrying blood away from the heart. [NIH]

**Base:** In chemistry, the nonacid part of a salt; a substance that combines with acids to form salts; a substance that dissociates to give hydroxide ions in aqueous solutions; a substance whose molecule or ion can combine with a proton (hydrogen ion); a substance capable of donating a pair of electrons (to an acid) for the formation of a coordinate covalent bond. [EU]

**Biotechnology:** Body of knowledge related to the use of organisms, cells or cell-derived constituents for the purpose of developing products which are technically, scientifically and clinically useful. Alteration of biologic function at the molecular level (i.e., genetic engineering) is a central focus; laboratory methods used include transfection and cloning technologies, sequence and structure analysis algorithms, computer databases, and gene and protein structure function analysis and prediction. [NIH]

**Bladder:** The organ that stores urine. [NIH]

**Blood-Brain Barrier:** Specialized non-fenestrated tightly-joined endothelial cells (tight junctions) that form a transport barrier for certain substances between the cerebral capillaries and the brain tissue. [NIH]

**Body Constitution:** The physical characteristics of the body, including the mode of performance of functions, the activity of metabolic processes, the manner and degree of reactions to stimuli, and power of resistance to the attack of pathogenic organisms. [NIH]

**Bowel:** The long tube-shaped organ in the abdomen that completes the process of digestion. There is both a small and a large bowel. Also called the intestine. [NIH]

**Bowel Movement:** Body wastes passed through the rectum and anus. [NIH]

**Branch:** Most commonly used for branches of nerves, but applied also to other structures. [NIH]

**Causal:** Pertaining to a cause; directed against a cause. [EU]

**Cell:** The individual unit that makes up all of the tissues of the body. All living things are made up of one or more cells. [NIH]

**Cell Division:** The fission of a cell. [NIH]

**Cellulose:** A polysaccharide with glucose units linked as in cellobiose. It is the chief constituent of plant fibers, cotton being the purest natural form of the substance. As a raw material, it forms the basis for many derivatives used in chromatography, ion exchange materials, explosives manufacturing, and pharmaceutical preparations. [NIH]

**Character:** In current usage, approximately equivalent to personality. The sum of the relatively fixed personality traits and habitual modes of response of an individual. [NIH]

**Chiropractic:** A system of treating bodily disorders by manipulation of the spine and other parts, based on the belief that the cause is the abnormal functioning of a nerve. [NIH]

**Chronic:** A disease or condition that persists or progresses over a long period of time. [NIH]

**Clinical trial:** A research study that tests how well new medical treatments or other interventions work in people. Each study is designed to test new methods of screening, prevention, diagnosis, or treatment of a disease. [NIH]

**Cloning:** The production of a number of genetically identical individuals; in genetic engineering, a process for the efficient replication of a great number of identical DNA molecules. [NIH]

**Cofactor:** A substance, microorganism or environmental factor that activates or enhances the action of another entity such as a disease-causing agent. [NIH]

**Complement:** A term originally used to refer to the heat-labile factor in serum that causes immune cytolysis, the lysis of antibody-coated cells, and now referring to the entire functionally related system comprising at least 20 distinct serum proteins that is the effector not only of immune cytolysis but also of other biologic functions. Complement activation occurs by two different sequences, the classic and alternative pathways. The proteins of the classic pathway are termed 'components of complement' and are designated by the symbols C1 through C9. C1 is a calcium-dependent complex of three distinct proteins C1q, C1r and C1s. The proteins of the alternative pathway (collectively referred to as the properdin system) and complement regulatory proteins are known by semisystematic or trivial names. Fragments resulting from proteolytic cleavage of complement proteins are designated with lower-case letter suffixes, e.g., C3a. Inactivated fragments may be designated with the suffix 'i', e.g. C3bi. Activated components or complexes with biological activity are designated by a bar over the symbol e.g. C1 or C4b,2a. The classic pathway is activated by the binding of C1 to classic pathway activators, primarily antigen-antibody complexes containing IgM, IgG1, IgG3; C1q binds to a single IgM molecule or two adjacent IgG molecules. The alternative pathway can be activated by IgA immune complexes and also by nonimmunologic materials including bacterial endotoxins, microbial polysaccharides, and cell walls. Activation of the classic pathway triggers an enzymatic cascade involving C1, C4, C2 and C3; activation of the alternative pathway triggers a cascade involving C3 and factors B, D and P. Both result in the cleavage of C5 and the formation of the membrane attack complex. Complement activation also results in the formation of many biologically active complement fragments that act as anaphylatoxins, opsonins, or chemotactic factors. [EU]

**Complementary and alternative medicine:** CAM. Forms of treatment that are used in addition to (complementary) or instead of (alternative) standard treatments. These practices are not considered standard medical approaches. CAM includes dietary supplements,

megadose vitamins, herbal preparations, special teas, massage therapy, magnet therapy, spiritual healing, and meditation. [NIH]

**Complementary medicine:** Practices not generally recognized by the medical community as standard or conventional medical approaches and used to enhance or complement the standard treatments. Complementary medicine includes the taking of dietary supplements, megadose vitamins, and herbal preparations; the drinking of special teas; and practices such as massage therapy, magnet therapy, spiritual healing, and meditation. [NIH]

**Computational Biology:** A field of biology concerned with the development of techniques for the collection and manipulation of biological data, and the use of such data to make biological discoveries or predictions. This field encompasses all computational methods and theories applicable to molecular biology and areas of computer-based techniques for solving biological problems including manipulation of models and datasets. [NIH]

**Consciousness:** Sense of awareness of self and of the environment. [NIH]

**Contamination:** The soiling or pollution by inferior material, as by the introduction of organisms into a wound, or sewage into a stream. [EU]

**Contraindications:** Any factor or sign that it is unwise to pursue a certain kind of action or treatment, e. g. giving a general anesthetic to a person with pneumonia. [NIH]

**Coronary:** Encircling in the manner of a crown; a term applied to vessels; nerves, ligaments, etc. The term usually denotes the arteries that supply the heart muscle and, by extension, a pathologic involvement of them. [EU]

**Coronary Thrombosis:** Presence of a thrombus in a coronary artery, often causing a myocardial infarction. [NIH]

**Databases, Bibliographic:** Extensive collections, reputedly complete, of references and citations to books, articles, publications, etc., generally on a single subject or specialized subject area. Databases can operate through automated files, libraries, or computer disks. The concept should be differentiated from factual databases which is used for collections of data and facts apart from bibliographic references to them. [NIH]

**Degenerative:** Undergoing degeneration : tending to degenerate; having the character of or involving degeneration; causing or tending to cause degeneration. [EU]

**Diagnostic procedure:** A method used to identify a disease. [NIH]

**Diploid:** Having two sets of chromosomes. [NIH]

**Direct:** 1. Straight; in a straight line. 2. Performed immediately and without the intervention of subsidiary means. [EU]

**Dopa:** The racemic or DL form of DOPA, an amino acid found in various legumes. The dextro form has little physiologic activity but the levo form (levodopa) is a very important physiologic mediator and precursor and pharmacological agent. [NIH]

**Dopamine:** An endogenous catecholamine and prominent neurotransmitter in several systems of the brain. In the synthesis of catecholamines from tyrosine, it is the immediate precursor to norepinephrine and epinephrine. Dopamine is a major transmitter in the extrapyramidal system of the brain, and important in regulating movement. A family of dopaminergic receptor subtypes mediate its action. Dopamine is used pharmacologically for its direct (beta adrenergic agonist) and indirect (adrenergic releasing) sympathomimetic effects including its actions as an inotropic agent and as a renal vasodilator. [NIH]

**Efficacy:** The extent to which a specific intervention, procedure, regimen, or service produces a beneficial result under ideal conditions. Ideally, the determination of efficacy is based on the results of a randomized control trial. [NIH]

**Ego:** The conscious portion of the personality structure which serves to mediate between the demands of the primitive instinctual drives, (the id), of internalized parental and social prohibitions or the conscience, (the superego), and of reality. [NIH]

**Endemic:** Present or usually prevalent in a population or geographical area at all times; said of a disease or agent. Called also endemial. [EU]

**Endotoxic:** Of, relating to, or acting as an endotoxin (= a heat-stable toxin, associated with the outer membranes of certain gram-negative bacteria. Endotoxins are not secreted and are released only when the cells are disrupted). [EU]

**Environmental Health:** The science of controlling or modifying those conditions, influences, or forces surrounding man which relate to promoting, establishing, and maintaining health. [NIH]

**Enzymes:** Biological molecules that possess catalytic activity. They may occur naturally or be synthetically created. Enzymes are usually proteins, however catalytic RNA and catalytic DNA molecules have also been identified. [NIH]

**Erythrocytes:** Red blood cells. Mature erythrocytes are non-nucleated, biconcave disks containing hemoglobin whose function is to transport oxygen. [NIH]

**Exhaustion:** The feeling of weariness of mind and body. [NIH]

**Extraction:** The process or act of pulling or drawing out. [EU]

**Family Planning:** Programs or services designed to assist the family in controlling reproduction by either improving or diminishing fertility. [NIH]

**Feces:** The excrement discharged from the intestines, consisting of bacteria, cells exfoliated from the intestines, secretions, chiefly of the liver, and a small amount of food residue. [EU]

**Ganglia:** Clusters of multipolar neurons surrounded by a capsule of loosely organized connective tissue located outside the central nervous system. [NIH]

**Gene:** The functional and physical unit of heredity passed from parent to offspring. Genes are pieces of DNA, and most genes contain the information for making a specific protein. [NIH]

**Governing Board:** The group in which legal authority is vested for the control of health-related institutions and organizations. [NIH]

**Growth:** The progressive development of a living being or part of an organism from its earliest stage to maturity. [NIH]

**Habitual:** Of the nature of a habit; according to habit; established by or repeated by force of habit, customary. [EU]

**Haploid:** An organism with one basic chromosome set, symbolized by  $n$ ; the normal condition of gametes in diploids. [NIH]

**Harmony:** Attribute of a product which gives rise to an overall pleasant sensation. This sensation is produced by the perception of the product components as olfactory, gustatory, tactile and kinaesthetic stimuli because they are present in suitable concentration ratios. [NIH]

**Hepatitis:** Inflammation of the liver and liver disease involving degenerative or necrotic alterations of hepatocytes. [NIH]

**Hepatitis A:** Hepatitis caused by hepatovirus. It can be transmitted through fecal contamination of food or water. [NIH]

**Hepatocytes:** The main structural component of the liver. They are specialized epithelial cells that are organized into interconnected plates called lobules. [NIH]

**Hepatovirus:** A genus of Picornaviridae causing infectious hepatitis naturally in humans

and experimentally in other primates. It is transmitted through fecal contamination of food or water. [NIH]

**Heredity:** 1. The genetic transmission of a particular quality or trait from parent to offspring. 2. The genetic constitution of an individual. [EU]

**Homeopathic remedies:** Small doses of medicines, herbs, or both that are believed to stimulate the immune system. [NIH]

**Hormone:** A substance in the body that regulates certain organs. Hormones such as gastrin help in breaking down food. Some hormones come from cells in the stomach and small intestine. [NIH]

**Hypersensitivity:** Altered reactivity to an antigen, which can result in pathologic reactions upon subsequent exposure to that particular antigen. [NIH]

**Id:** The part of the personality structure which harbors the unconscious instinctive desires and strivings of the individual. [NIH]

**Immunogenic:** Producing immunity; evoking an immune response. [EU]

**Indicative:** That indicates; that points out more or less exactly; that reveals fairly clearly. [EU]

**Infarction:** A pathological process consisting of a sudden insufficient blood supply to an area, which results in necrosis of that area. It is usually caused by a thrombus, an embolus, or a vascular torsion. [NIH]

**Infection:** 1. Invasion and multiplication of microorganisms in body tissues, which may be clinically unapparent or result in local cellular injury due to competitive metabolism, toxins, intracellular replication, or antigen-antibody response. The infection may remain localized, subclinical, and temporary if the body's defensive mechanisms are effective. A local infection may persist and spread by extension to become an acute, subacute, or chronic clinical infection or disease state. A local infection may also become systemic when the microorganisms gain access to the lymphatic or vascular system. 2. An infectious disease. [EU]

**Ingestion:** Taking into the body by mouth [NIH]

**Inhalation:** The drawing of air or other substances into the lungs. [EU]

**Inorganic:** Pertaining to substances not of organic origin. [EU]

**Internal Medicine:** A medical specialty concerned with the diagnosis and treatment of diseases of the internal organ systems of adults. [NIH]

**Intervertebral:** Situated between two contiguous vertebrae. [EU]

**Intervertebral Disk Displacement:** An intervertebral disk in which the nucleus pulposus has protruded through surrounding fibrocartilage. This occurs most frequently in the lower lumbar region. [NIH]

**Kb:** A measure of the length of DNA fragments, 1 Kb = 1000 base pairs. The largest DNA fragments are up to 50 kilobases long. [NIH]

**Levodopa:** The naturally occurring form of dopa and the immediate precursor of dopamine. Unlike dopamine itself, it can be taken orally and crosses the blood-brain barrier. It is rapidly taken up by dopaminergic neurons and converted to dopamine. It is used for the treatment of parkinsonism and is usually given with agents that inhibit its conversion to dopamine outside of the central nervous system. [NIH]

**Library Services:** Services offered to the library user. They include reference and circulation. [NIH]

**Lipid:** Fat. [NIH]

**Lipid A:** Lipid A is the biologically active component of lipopolysaccharides. It shows

strong endotoxic activity and exhibits immunogenic properties. [NIH]

**Lipopolysaccharides:** Substance consisting of polysaccharide and lipid. [NIH]

**Liver:** A large, glandular organ located in the upper abdomen. The liver cleanses the blood and aids in digestion by secreting bile. [NIH]

**Localized:** Cancer which has not metastasized yet. [NIH]

**Locomotion:** Movement or the ability to move from one place or another. It can refer to humans, vertebrate or invertebrate animals, and microorganisms. [NIH]

**Low Back Pain:** Acute or chronic pain in the lumbar or sacral regions, which may be associated with musculo-ligamentous sprains and strains; intervertebral disk displacement; and other conditions. [NIH]

**Lumbar:** Pertaining to the loins, the part of the back between the thorax and the pelvis. [EU]

**Malaria:** A protozoan disease caused in humans by four species of the genus *Plasmodium* (*P. falciparum* (malaria, falciparum), *P. vivax* (malaria, vivax), *P. ovale*, and *P. malariae*) and transmitted by the bite of an infected female mosquito of the genus *Anopheles*. Malaria is endemic in parts of Asia, Africa, Central and South America, Oceania, and certain Caribbean islands. It is characterized by extreme exhaustion associated with paroxysms of high fever, sweating, shaking chills, and anemia. Malaria in animals is caused by other species of plasmodia. [NIH]

**Malaria, Falciparum:** Malaria caused by *Plasmodium falciparum*. This is the severest form of malaria and is associated with the highest levels of parasites in the blood. This disease is characterized by irregularly recurring febrile paroxysms that in extreme cases occur with acute cerebral, renal, or gastrointestinal manifestations. [NIH]

**Malaria, Vivax:** Malaria caused by *Plasmodium vivax*. This form of malaria is less severe than malaria, falciparum, but there is a higher probability for relapses to occur. Febrile paroxysms often occur every other day. [NIH]

**Materia Medica:** Materials or substances used in the composition of traditional medical remedies. The use of this term in MeSH was formerly restricted to historical articles or those concerned with traditional medicine, but it can also refer to homeopathic remedies. Nosodes are specific types of homeopathic remedies prepared from causal agents or disease products. [NIH]

**Mediate:** Indirect; accomplished by the aid of an intervening medium. [EU]

**MEDLINE:** An online database of MEDLARS, the computerized bibliographic Medical Literature Analysis and Retrieval System of the National Library of Medicine. [NIH]

**Membranes:** Thin layers of tissue which cover parts of the body, separate adjacent cavities, or connect adjacent structures. [NIH]

**Mental Disorders:** Psychiatric illness or diseases manifested by breakdowns in the adaptational process expressed primarily as abnormalities of thought, feeling, and behavior producing either distress or impairment of function. [NIH]

**MI:** Myocardial infarction. Gross necrosis of the myocardium as a result of interruption of the blood supply to the area; it is almost always caused by atherosclerosis of the coronary arteries, upon which coronary thrombosis is usually superimposed. [NIH]

**Migration:** The systematic movement of genes between populations of the same species, geographic race, or variety. [NIH]

**Molecular:** Of, pertaining to, or composed of molecules : a very small mass of matter. [EU]

**Morphine:** The principal alkaloid in opium and the prototype opiate analgesic and narcotic. Morphine has widespread effects in the central nervous system and on smooth muscle. [NIH]



**Mucus:** The viscous secretion of mucous membranes. It contains mucin, white blood cells, water, inorganic salts, and exfoliated cells. [NIH]

**Myocardium:** The muscle tissue of the heart composed of striated, involuntary muscle known as cardiac muscle. [NIH]

**Narcotic:** 1. Pertaining to or producing narcosis. 2. An agent that produces insensibility or stupor, applied especially to the opioids, i.e. to any natural or synthetic drug that has morphine-like actions. [EU]

**Necrosis:** A pathological process caused by the progressive degradative action of enzymes that is generally associated with severe cellular trauma. It is characterized by mitochondrial swelling, nuclear flocculation, uncontrolled cell lysis, and ultimately cell death. [NIH]

**Need:** A state of tension or dissatisfaction felt by an individual that impels him to action toward a goal he believes will satisfy the impulse. [NIH]

**Nerve:** A cordlike structure of nervous tissue that connects parts of the nervous system with other tissues of the body and conveys nervous impulses to, or away from, these tissues. [NIH]

**Nervous System:** The entire nerve apparatus composed of the brain, spinal cord, nerves and ganglia. [NIH]

**Neurons:** The basic cellular units of nervous tissue. Each neuron consists of a body, an axon, and dendrites. Their purpose is to receive, conduct, and transmit impulses in the nervous system. [NIH]

**Ophthalmology:** A surgical specialty concerned with the structure and function of the eye and the medical and surgical treatment of its defects and diseases. [NIH]

**Opium:** The air-dried exudate from the unripe seed capsule of the opium poppy, *Papaver somniferum*, or its variant, *P. album*. It contains a number of alkaloids, but only a few - morphine, codeine, and papaverine - have clinical significance. Opium has been used as an analgesic, antitussive, antidiarrheal, and antispasmodic. [NIH]

**Osteopathic Medicine:** A system of therapy and medicine based on the theory that the normal body is a vital mechanical organism whose structural and functional states are of equal importance and is capable of making its own remedies against infections and toxic conditions when there are favorable environmental circumstances and adequate nutrition. [NIH]

**Parkinsonism:** A group of neurological disorders characterized by hypokinesia, tremor, and muscular rigidity. [EU]

**Patient Satisfaction:** The degree to which the individual regards the health care service or product or the manner in which it is delivered by the provider as useful, effective, or beneficial. [NIH]

**Pediatrics:** A medical specialty concerned with maintaining health and providing medical care to children from birth to adolescence. [NIH]

**Perception:** The ability quickly and accurately to recognize similarities and differences among presented objects, whether these be pairs of words, pairs of number series, or multiple sets of these or other symbols such as geometric figures. [NIH]

**Pharmacologic:** Pertaining to pharmacology or to the properties and reactions of drugs. [EU]

**Physiology:** The science that deals with the life processes and functions of organisms, their cells, tissues, and organs. [NIH]

**Pilot study:** The initial study examining a new method or treatment. [NIH]

**Plants:** Multicellular, eukaryotic life forms of the kingdom *Plantae*. They are characterized by a mainly photosynthetic mode of nutrition; essentially unlimited growth at localized

regions of cell divisions (meristems); cellulose within cells providing rigidity; the absence of organs of locomotion; absence of nervous and sensory systems; and an alteration of haploid and diploid generations. [NIH]

**Poisoning:** A condition or physical state produced by the ingestion, injection or inhalation of, or exposure to a deleterious agent. [NIH]

**Practice Guidelines:** Directions or principles presenting current or future rules of policy for the health care practitioner to assist him in patient care decisions regarding diagnosis, therapy, or related clinical circumstances. The guidelines may be developed by government agencies at any level, institutions, professional societies, governing boards, or by the convening of expert panels. The guidelines form a basis for the evaluation of all aspects of health care and delivery. [NIH]

**Precursor:** Something that precedes. In biological processes, a substance from which another, usually more active or mature substance is formed. In clinical medicine, a sign or symptom that heralds another. [EU]

**Protein S:** The vitamin K-dependent cofactor of activated protein C. Together with protein C, it inhibits the action of factors VIIIa and Va. A deficiency in protein S can lead to recurrent venous and arterial thrombosis. [NIH]

**Proteins:** Polymers of amino acids linked by peptide bonds. The specific sequence of amino acids determines the shape and function of the protein. [NIH]

**Psychiatry:** The medical science that deals with the origin, diagnosis, prevention, and treatment of mental disorders. [NIH]

**Public Policy:** A course or method of action selected, usually by a government, from among alternatives to guide and determine present and future decisions. [NIH]

**Pulse:** The rhythmical expansion and contraction of an artery produced by waves of pressure caused by the ejection of blood from the left ventricle of the heart as it contracts. [NIH]

**Race:** A population within a species which exhibits general similarities within itself, but is both discontinuous and distinct from other populations of that species, though not sufficiently so as to achieve the status of a taxon. [NIH]

**Randomized:** Describes an experiment or clinical trial in which animal or human subjects are assigned by chance to separate groups that compare different treatments. [NIH]

**Refer:** To send or direct for treatment, aid, information, de decision. [NIH]

**Regimen:** A treatment plan that specifies the dosage, the schedule, and the duration of treatment. [NIH]

**Research Design:** A plan for collecting and utilizing data so that desired information can be obtained with sufficient precision or so that an hypothesis can be tested properly. [NIH]

**Rheumatism:** A group of disorders marked by inflammation or pain in the connective tissue structures of the body. These structures include bone, cartilage, and fat. [NIH]

**Rheumatoid:** Resembling rheumatism. [EU]

**Rheumatoid arthritis:** A form of arthritis, the cause of which is unknown, although infection, hypersensitivity, hormone imbalance and psychologic stress have been suggested as possible causes. [NIH]

**Rigidity:** Stiffness or inflexibility, chiefly that which is abnormal or morbid; rigor. [EU]

**Screening:** Checking for disease when there are no symptoms. [NIH]

**Secretion:** 1. The process of elaborating a specific product as a result of the activity of a gland; this activity may range from separating a specific substance of the blood to the

elaboration of a new chemical substance. 2. Any substance produced by secretion. [EU]

**Smooth muscle:** Muscle that performs automatic tasks, such as constricting blood vessels. [NIH]

**Specialist:** In medicine, one who concentrates on 1 special branch of medical science. [NIH]

**Species:** A taxonomic category subordinate to a genus (or subgenus) and superior to a subspecies or variety, composed of individuals possessing common characters distinguishing them from other categories of individuals of the same taxonomic level. In taxonomic nomenclature, species are designated by the genus name followed by a Latin or Latinized adjective or noun. [EU]

**Spinal cord:** The main trunk or bundle of nerves running down the spine through holes in the spinal bone (the vertebrae) from the brain to the level of the lower back. [NIH]

**Spondylitis:** Inflammation of the vertebrae. [EU]

**Sprains and Strains:** A collective term for muscle and ligament injuries without dislocation or fracture. A sprain is a joint injury in which some of the fibers of a supporting ligament are ruptured but the continuity of the ligament remains intact. A strain is an overstretching or overexertion of some part of the musculature. [NIH]

**Stool:** The waste matter discharged in a bowel movement; feces. [NIH]

**Stress:** Forcibly exerted influence; pressure. Any condition or situation that causes strain or tension. Stress may be either physical or psychologic, or both. [NIH]

**Subspecies:** A category intermediate in rank between species and variety, based on a smaller number of correlated characters than are used to differentiate species and generally conditioned by geographical and/or ecological occurrence. [NIH]

**Superego:** The component of the personality associated with ethics, standards, and self-criticism - the "conscience". It is derived mainly from identification with parents and parent substitutes. [NIH]

**Thrombosis:** The formation or presence of a blood clot inside a blood vessel. [NIH]

**Toxic:** Having to do with poison or something harmful to the body. Toxic substances usually cause unwanted side effects. [NIH]

**Toxicology:** The science concerned with the detection, chemical composition, and pharmacologic action of toxic substances or poisons and the treatment and prevention of toxic manifestations. [NIH]

**Toxins:** Specific, characterizable, poisonous chemicals, often proteins, with specific biological properties, including immunogenicity, produced by microbes, higher plants, or animals. [NIH]

**Transfection:** The uptake of naked or purified DNA into cells, usually eukaryotic. It is analogous to bacterial transformation. [NIH]

**Unconscious:** Experience which was once conscious, but was subsequently rejected, as the "personal unconscious". [NIH]

**Urethra:** The tube through which urine leaves the body. It empties urine from the bladder. [NIH]

**Urine:** Fluid containing water and waste products. Urine is made by the kidneys, stored in the bladder, and leaves the body through the urethra. [NIH]

**Venous:** Of or pertaining to the veins. [EU]

**Ventricle:** One of the two pumping chambers of the heart. The right ventricle receives oxygen-poor blood from the right atrium and pumps it to the lungs through the pulmonary artery. The left ventricle receives oxygen-rich blood from the left atrium and pumps it to the

body through the aorta. [NIH]

**Vertebrae:** A bony unit of the segmented spinal column. [NIH]

**Veterinary Medicine:** The medical science concerned with the prevention, diagnosis, and treatment of diseases in animals. [NIH]

**White blood cell:** A type of cell in the immune system that helps the body fight infection and disease. White blood cells include lymphocytes, granulocytes, macrophages, and others. [NIH]

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