



MEDICAL SCIENCES – NOBEL PRIZE AWARDED EVERY YEAR IN  
*PHYSIOLOGY OR MEDICINE*

HEADED A TRUST CONSISTING OF A TEAM OF INTERDISCIPLINARY STAFF OF LIFE SCIENCES AND  
MEDICAL PRACTITIONERS, AT HYDERABAD, INDIA. 1998-2009



DIRECTED RESEARCH IN ALTERNATIVE MEDICINE, **AYURVEDA** ( A TOTAL OUTPUT OF  
APPROX. **13,000** PAGES, **A-4** SIZE ; ABOUT **120** BOUND VOLUMES )

- \* Translation work, from *Sanskrit* into *English*, of traditional *Ayurvedic* medicinal practices in hypothesis formulation format from classical texts such as *Charaka Samhita*
- \* Compendiums of home remedies as medicinal practices
- \* Standardization of traditional medicines for the following ailments

– *osteoarthritis, diabetes, obesity*, and others :

- Acidity
- Allergic Dermatitis / Eczema
- Anaemia
- Intestinal Worms
- Low Back Pain & Sciatica
- Migraine
- Knee Osteoarthritis
- Piles
- Psoriasis

- Rheumatoid Arthritis
- Urinary Stones and Disorders

- ✓ *Technical manuals, reference manuals, research reports of clinical studies for over 1200 patients*
- ✓ *Research publications, including statistical validation, in peer reviewed journals*

FOLLOWING RESEARCH PAPERS HAVE BEEN PREPARED / PUBLISHED BASED ON THE WORK DONE BY THE RESEARCH STAFF IN THE TRUST FROM THE YEAR 2000 TO JANUARY 2009.

1. The Role of the various Ingredients in *Navaka Guggulu* in *Medoroga* (Obesity)

Appeared in the Journal *Aryavaidyan* Vol. XX., No.2, Nov. 2006 – Jan. 2007, pp. 80 – 87 Published by the *Arya Vaidya Sala*, Kottakkal, Kerala state, India

2. Standardization of Ayurvedic Polyherbal Formulation, *Nyagrodhadi Churna*

Appeared in *Indian Journal of Traditional Knowledge*, Vol. 6 ( 4 ), Oct. 2007, pp. 648-652  
Published by *National Institute for Science Communication & Information Resources, Council of Scientific & Industrial Research*, New Delhi, India.

3. Standardization of *Yogaraja Guggulu* – An Ayurvedic Polyherbal Formulation

Appeared in *Indian Journal of Traditional Knowledge*, Vol. 7 ( 3 ), July 2008, pp. 389-396  
Published by *National Institute for Science Communication & Information Resources, Council of Scientific & Industrial Research*, New Delhi, India.

4. Standardization of *Navaka Guggulu* – An Ayurvedic Polyherbal Formulation

Submitted for publication to *Indian Journal of Traditional Knowledge*, New Delhi, India.

5. Efficacy and Safety of an Ayurvedic Regimen consisting of *Navaka Guggulu*, *Sthaulyahara Kashayam*, a Diet Pattern and Walk Exercise in *Medoroga* ( Obesity )

Submitted for publication to *Indian Journal of Traditional Knowledge*, New Delhi, India.

6. Standardization of the Polyherbal Formulation *Trayodasanga Guggulu*

Submitted for publication to the *Journal Aryavaidyan*, Kottakkal, Kerala state, India

7. Medicinal Plants used in Ayurvedic Formulations for Certain Ailments – Availability, Need for Cultivation and Conservation

Paper presented in a national seminar on *Conservation of Eastern Ghats*, held on *Dec 28 – 29, 2007* at Chennai, India, organized by *Environmental Protection Training & Research Institute*, Hyderabad and included in the proceedings of the national seminar

8. An Open Labeled, Prospective, Comparative Clinical Trial of *Nyagrodhadi Churna* ( a Polyherbal Formulation ), *Nishamalaki* and *Mudga Churna*, each as a part of Ayurvedic Treatment Regimen Supplement, in *Madhumeha* ( *NIDDM* )

Accepted for publication in the journal *Evidence-based Complementary and Alternative Medicine ( ECAM )*, a journal published from Japan, supported by *Oxford University Press*, Ed: Prof Edwin L Cooper, Prof in Neurobiology, *University of California*, Los Angeles ( *UCLA* ), USA

**NYAGRODHADI CHURNA – A POLYHERBAL FORMULATION, AND NISHAMALAKI – A FORMULATION CONSISTING OF TWO INGREDIENTS ARE AYURVEDIC MEDICINES KNOWN TO BE EFFECTIVE IN MADHUMEHA ( DIABETES MELLITUS ).**

To find the efficacy of these medicines associated with the traditional practices, they were prepared following quality standards and prescribed in this trial, each as a part of Ayurvedic treatment regimen supplement ( to allopathic medicines ), to patients with Type 2 diabetes. *Mudga Churna* – a fine powder of *Phaseolous mungo* with no known effect in *madhumeha*, was also used for comparison purposes.

37 patients of *madhumeha*, divided into three groups, were prescribed the three treatment regimens that included diet and exercise.

Assessment of efficacy with reference to baseline data, follow-up at the end of forty days, eighty days and **120** days was done using a self-designed proforma based on Ayurvedic system with the help of the primary symptoms polyuria, nocturia, excessive thirst, excessive appetite, weight loss, weakness, tingling sensation in the extremities, numbness in the extremities, burning sensation in the palms and feet ; and associated symptoms – excessive sweating, lethargy.

Symptomatic relief was found in each of the three groups of patients. Significant (  $p = 0.014$  ) reduction of **0.96** in mean *HbA1c* ( % ) was noticed at the end of the **120** days treatment period in the *Nyagrodhadi Churna* group. No major treatment emergent side effects were observed and no variance in the values of the considered liver and renal parameters was found during the treatment period in the three groups.

The study ascertains the 'efficacy' of the three treatment regimens with *Nyagrodhadi Churna*, *Nishamalaki* and *Mudga Churna* when administered to patients of *madhumeha*, each as a part of Ayurvedic treatment regimen supplement, for a period of **120** days.

It also reveals the relative efficacy of *Nyagrodhadi Churna* regimen over the two treatment regimens.

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THE WORK IN THE **TRUST** HAD TO BE DISCONTINUED BECAUSE OF LACK OF FINANCIAL SUPPORT, WHICH HAD UNDERTAKEN THE RESEARCH AND TRANSLATION WORK.

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