



Editorial

Prospective of Clinical Research in Ayurveda

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Research literarily means Systematic investigation to establish facts or a search for knowledge or attempt to find out in a systematically and scientific manner. Thus it relates with very primitive quest of human beings to know the new things and the only condition is the attempt should be systemic. Further exploitation of the known fact for its any unknown aspect is also research. Some time research is also under taken to revalidation of the fact. Thus a systemic approach to search out an unknown fact or for some unknown aspect of known fact or revalidation of a known fact is a research.

First and foremost requirement during the execution of a research project is recording the observation with date and time and should not be done on loose papers but on a bound notebook. Sometime if it is on a loose paper, then it should be pasted on the notebook at appropriate place with mentioning date and time of observation at earliest.

The research implies a very vast area so it is not always necessary to have a big establishment or laboratory as only condition is to follow the path of unearthing the fact systematically. Thus research can be done at any place and time by systemic recording observations provided the scholar has a desire for it.

Now the question is what this systemic is? It is not again a big thing but following a defined path to reach the goal and every even so minor observation must be recorded, hence to have a stitched note book and pen for recording is only inevitable condition. In research memorization has no place, because at the time of observation it may appear that everything is well remembered but memory fades away after sometime and most of the details and sequences of the event may vanish and only gross things remain. Mentioning of date and time while recording the observation is very important because the same phenomenon changes its value with its time of occurrence, for example a symptom occurring before the manifestation of a disease is Purvarupa (prodromal symptom), during the manifestation of a disease is Rupa (symptom) and after the manifestation of the disease is considered as Upadrava (complication). Thus a same phenomenon of fever may be prodromal, symptom or complication depending of its time of appearance.

Another important trait of research is adopting of definite parameters for a particular problem. Ayurveda research may be aimed to proving a new fact through Ayurveda parameters, or Ayurveda fact

to be explained in modern terms or modern phenomenon in Ayurveda terms. For example in clinical research evaluation of efficacy of Ayurveda drug by diagnosing in Ayurveda terms or efficacy of Ayurveda drug by Ayurveda diagnosis but adopting modern investigations; efficacy of Ayurveda drug by modern diagnosis but using Ayurveda parameters or efficacy of Ayurveda drug by modern diagnosis and modern parameters or construction of etiopathogenesis of newly emerged diseases in Ayurveda terms. Hence definite and appropriate parameters must be decided during the preparation of the project and must be adhered to during the study.

Etiology factors produces disturbance in the physiology of certain organ leading to formation a lesion (Dosha-Dushya Sammurchhana) due to which pathological symptoms are produced specific to the lesion, which depends upon the condition of the lesion. For example if severity of the lesion increases then severity of the symptoms also increases but if it receded then the symptoms also recede and if lesion cures then the symptoms also disappear. Thus the symptoms are the mirror of a disease. Therefore, clinical study planned to evaluate the effect of a drug based on its symptoms is as important as conducted by adopting the modern sophisticated investigations.

Generally Ayurveda scholars particularly working in undergraduate Ayurveda colleges complain that they want to do research but have no facility, but this is not the case. Because they have got a lot of clinical material at their disposal, only thing is to adopt a definite drug or regimen for the patients of a particular disease and record the condition of their symptoms just prior to starting the disease and then follow them for a definite period and record the condition of the symptom at the end of the treatment. In this way after completing the study on 30 patients, tabulate the data and analyze it and prepare a research paper to publish it. This type of clinical study is very useful for Ayurveda community and as good as conducted by adopting the modern sophisticated parameters. Hence Ayurveda clinical research can be done easily also in the prevailing conditions but only a strong will and dedication at the part of the researchers.

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