

Book Review



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Ayurvedic Management of Common Disease Conditions

This book has been compiled by the senior research officers of the Central Council for Research in Ayurvedic Sciences.

Ayurveda describes in detail the role of periodical biological cleansing known as *Pancakarma* and consumption of restorative remedies, such as *Rasayana* for promotion of health, longevity, and immunity. As per Ayurvedic principles, diseases are caused due to an imbalance in the *tridosha* due to various factors. In such cases, several descriptions regarding medicines and various procedures along with lifestyle and diet modifications have been prescribed in Ayurvedic texts for restoration of health. This book is a compilation of such basic information about the management of some common diseases, which can be managed by Ayurveda. It covers general information about the disease, diagnosis, preventive aspect, and curative (medicines, therapies, and yoga) and promotive aspects (lifestyle and dietary advises) with approximate cost of the selected treatment modalities.

The book has three sections each dedicated to certain type of diseases followed by a bibliography. Each section is subdivided into chapters with different disease conditions. For each disease, aspects like general introduction, etiology, risk factors (including *Ahar* and *vihara*), pathogenesis, clinical features, possible investigations, and treatment approach including preventive and curative aspects on Ayurveda principles, both *shodhana* and *shaman* where applicable, have been detailed; the medicines used categorized into types of drugs like *Gutika*, *churna*, *Asava*, etc., are described in tabular form for easy understanding. Another unique and practical aspect is the approximate cost of each majority of medicines, and therapies are also provided to give a glimpse of the cost that may incur in the particular disease treatment.

Section One is dedicated to common diseases; it is further subdivided into nine chapters, viz., neurological/neurodegenerative disorder (covering hemiplegia, facial paralysis, and migraine), ophthalmological diseases (covering allergic conjunctivitis), respiratory diseases (covering sinusitis), gastrointestinal diseases (covering hyperacidity, irritable bowel syndrome and hepatitis), musculoskeletal diseases (covering rheumatoid arthritis), genitourinary diseases (covering urinary tract infections), skin diseases (covering psoriasis, urticaria, leukoderma, and eczema), metabolic disorders (covering dyslipidemia), and nutritional deficiency disorders (covering anemia).

Section two covers women-specific conditions; it is broadly divided into four chapters: Antenatal care package covering *garbhini paricharya* (antenatal care), *Masanumasik paricharya* (month-wise regimen) along with medication

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and diet for each month of pregnancy, and also *pathya–apathya* (dos and don'ts) and code of conduct are briefly described. It also gives important markers suggesting emergency in a pregnant lady that should be kept in mind, thus it provides a quiet essential complete antenatal care in a nutshell. The second chapter covers common diseases in pregnant women like anemia in pregnancy, nausea and hyperemesis gravidarum, loss of appetite during pregnancy, heartburn/hyperacidity during pregnancy, constipation during pregnancy, anal fissure during pregnancy, striae gravidarum during pregnancy, pedal edema during pregnancy, diarrhea during pregnancy, cough during pregnancy, and urinary retention during pregnancy. Third chapter is on leukorrhea, which is a strength area of Ayurveda followed by last chapter on dysfunctional uterine bleeding. Thus, the book covers nearly all the common problems in pregnant women and most common gynecological problems.

In the last section, vector-borne diseases are described; the section covers only one chapter on malaria. The section is followed by Bibliography for further reading.

Most of the medicines mentioned in this book are easily available in the market. While prescribing the medicines or procedures, the general guidelines mentioned in the booklet may be followed by the qualified health care provider.

This book gives a comprehensive yet concise overview of common ailments covering all major aspects from diagnosis to treatment in a nutshell. This book will be beneficial for Ayurveda practitioners for getting a glimpse of common ailments. It will also be helpful for scholars for understanding common diseases with practical aspect.