

Case Study

Globalization of Ayurved via Integrative Approach

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ABSTRACT:

The word Globalization usually means the process by which businesses or other organizations develop international influence or start operating on an international scale. Today's health scenario worldwide is on destructive mode, even after ample of development technologically by which best quality medical instruments for diagnosis or treatment and medicines/drugs available. Ayurved here is the best option to help this world which is entangled by Non communicable diseases (68% mortality rate). It is sole responsibility of every Indian to understand the essence of Ayurved and implement it to become an example of HEALTHY NATION to the world (to develop International Influence) rather than tagging ourselves DIABETES CAPITAL. A country where Ayurved can help to remain healthy is following footsteps of western ideology /lifestyle which believes in online sale of medicines (netmed, medlifeetc), med claims for operations, investigations etc leading to disrupt. Its high time that we all Indians come together, especially doctors of modern medicine & ayurvedic medicine (Integrative approach) to defeat lifestyle diseases, eventually Ayurved getting globalised. The globalisation of Ayurved will definitely bring a solution to the world's Non-communicable diseases mortality and take human being all over the world towards Nature instead of just & just technology.

KEY WORDS: Globalization, Ayurved, Integrative

INTRODUCTION:

Globalization of Ayurveda does not mean spreading Ayurved all over the globe for the sake of people belonging to Ayurved fraternity. But proving that Ayurveda is the best option to combat various health problems especially non-communicable, on an integrative platform. Thereby, Ayurved getting globalized eventually. Comparative research study on various diseases having possible modern parameters to assess the results of ayurvedic treatment is the need of the task called Globalization.

Case study:

Patient name – XYZ

Age –70/Male

K/C/O: HTN (taking Rx for 4 years)}

20/05/2017: C/O

Heaviness of chest especially early morning ∴ 2 months (excessive since 10 days)

Dyspnea on exertion (grade 3) ∴ 2 weeks

Palpitation on & off ∴ 10 days

Twitching of Upper Limb in sleep

B/L Knee joint pain

Dissatisfactory motion

Abdominal Flatulence

Diagnosis: Vaatrakt

∴ 3- 5 months

Treatment given:

1. Lifestyle & diet modification
2. Hingvashtakchurna ½ tea spoon BD
3. Trifalachurna 1 tea spoon HS

Date: 27/05/2017:

C/0

Heaviness of chest (decreased by 40%)

Dyspnea on exertion (decreased by 30%)

Abdominal flatulence (decreased by 50%)

Date: 01/06/2017:

Panchakarma given for 8 days-

Sarvang Abhyang (Balaguduchyaditailam)

Naadiswedana

Maatrabasti(Balaguduchyaditailam)

Hrudaybasti(Balaguduchyaditailam)

Keeping a gap of seven days again same panchakarma given for 8 more days.

Internal medicine:

(for 3months; June, July & August 2017)

1. Tb. Guduchi 1 tb BD

2. Balaguduchyadi Kashayam 4 table spoon TDS

3. Guduchi + Gokshur + Sarivachurna 1tea spoon BD

4. Trifala Churna SOS

Regular morning walk exercise (gradual increase in time) for two months(July & August 2017)

Total relief in complaints by mid-August.

Date: 4/09/2017:

Stress test (Modified Bruce protocol) on which patient successfully walked for 10 minutes & 54 seconds.

DISCUSSION:

A case having drastic need of surgical intervention (Coronary artery bypass Graft) gets normal by just change in lifestyle & diet along with simple Ayurvedic shaman & shodhan chikitsa in just 40 days where surgical intervention alone needs minimum of 45 days bed rest.

Majority of the time, Non - communicable diseases

(IHD, DM, IBD, Thyroidism) are lifestyle & diet dependent to which Ayurved can be the best solution if proved on an integrative platform.

CONCLUSION:

It is high time that we take measures to convince Indian doctors practising modern medicine via research study on an integrative platform thereby bringing integrative approach towards health at the grass root level to combat diseases especially non-communicable. Eventually, Ayurved becoming globalized with ease making this world free from diseases to a larger extent.

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