



***ROGAVUM YOGAVUM*- A TEXT EXPLORING THE CLINICAL EXPERIENCES IN UNRAVELING CURRENT PATHOLOGIES WITH AYURVEDIC MEDICATIONS**

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ABSTRACT:

‘Rogavum yogavum’ is a textbook exploring the clinical experiences of Dr C D Sahadevan, a skilled clinician in the field of Ayurveda. The currently available book is the second edition, published in 2022 by the Ayurveda medical association of India. It consists of 132 pages with MRP of Rs 280 /-Thirty seven medicinal formulations are described in detail among them majority are commonly prescribed in clinical practice. Some rare formulations are also included. Kashaya formulations are included more in number along with other preparations such as choornas, aristas, lehyas, gulikas and taila. A general format has been followed in describing the formulations which include botanical name, family, pharmacodynamics such as rasa, guna, virya, vipaka etc. The effective clinical conditions are explained in terms of modern terminologies. Such descriptions are rare as well as conducive to the physicians. Some traditional practices effective in treating abortion are also included in the last chapter along with management of gestational bleeding as well as month wise management of abortion.

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INTRODUCTION

As far as Ayurvedic education is concerned, the scriptural knowledge alone can never substitute the experienced knowledge of eminent physicians. Every patient would indeed add some sort of knowledge to all great doctors. That itself turns a good physician into a lifelong student. The book 'Rogavum Yogavum' is enriched with overwhelming therapeutic outcomes of years of clinical experiences of Dr.C.D.Sahadevan, a well known clinician in Kerala. As mentioned in the preface of the book, it's a spring of reflections of gazing into Ayurvedic principles through an excellent insight in the concepts of modern medicine.

The book has been published by Ayurveda Medical Association of India (AMAI). The publication division of AMAI is a prestigious wing and has successfully published many books in both Malayalam and English. Moreover, the book 'Rogavum yogavum' is noteworthy among all the publications of AMAI. Most of the articles are based on the

delivered speeches by Dr. C.D. Sahadevan in connection with many Ayurvedic continuing medical education programmes.

Dr. C.D. Sahadevan is a skilled clinician in the field of Ayurvedic medicine. He started his career as a physician in Arya Vaidyasala Kottakkal and later joined Indian Systems of Medicine, Govt of Kerala. He dedicated his life to serve high range people of Idukki district during 1990s. At that time there were no medical facilities available. During his service he could prevent communicable diseases like Hepatitis, Dengue fever, Chikungunya etc by conducting awareness classes and giving preventive medicines to public. He bagged Dhanwanthari Award of Govt. of Kerala in 2009, Excellency award of middle east nurses council USA and honoured by Deputy Chief Minister of Bihar Government and different social and non-governmental organizations.

BODY

The book contains description of 37 medicinal formulations which he uses more frequently in his practise. It is followed by a description on

special preparations of Eranda. Thyroid disorders and its management is also mentioned along with its anatomy and physiology. Last portion is dedicated to the pain management in Ayurveda and describing panacea for certain ailments.

Description of all formulations starts with its textual reference along with their details of drugs, method of preparation and all indications. Before describing the formulation, he states that unexpected clinical outcomes

always prompted him to analyse the yogas in depth. Among the 37 formulations, more than 30 are very commonly used by the practitioners in their regular practise. Other formulations like vijaya choornam, vilangarasnadi choornam, sundisamangadi kashayam etc may not be so familiar among practitioners (Table No.1). Kashaya formulations are described more in detail. Other descriptions include Choornas, aristas, lehyas, gulikas and taila.

Table no.1 List of formulations

Kashayas	Choornas	Aristas	Lehyas	Gulikas	Tailas
1.Gandharvahasthadi	1.Vaiswanara	1.Devadarvyarist	1.Dasamoolahareet	1.Dasangam	1.Gandha tailam
2.Sapthasaram	2.Vijayachoor	am	haki	gulika	2.Sindhuvareeranda
3.Rasnadasamoolam	am	2.Putivalkkasava		2.Taleesapatr	tailam
4.Rasnasundyadi	3.Vilangarasna	m		adi vatakam	3.Nimbamrithaera
5.Pathyakusthumbar	di choornam	3.Sirisarishtam			nda tailam
yadi	4.Sudarsana				4.Sukumaraeranda
6.Nirgundyadi	choorna				tailam
7.Nayopayam	5.Hinguvachadi				5.Puvamkurunthal
8.Chiruvilwadi	choornam				adi avanakkenna
9.Drakshadi					
10.Rasnasapthakam					
11.Panchadasangam					
12.Pachanamritham					
13.Ardhivilwam					
14.Sundisamangadi					
15.Jeevanthyadi					
16.Patolanimbadi					
17.Kulakadi					
18.Mahamajistadi					
19.Erandakashayam.					

The author followed a standard format including formulations with their classical reference, conditions where it's found to be effective, tabular description of the drugs including its botanical name, family, and pharmacodynamics such as rasa, guna, virya, vipaka etc. Modern medical terminologies are used to denote the effective conditions and it seems to be more useful for the physicians.

Many formulations are specifically mentioned as effective in managing incurable conditions. For example, Ardhavilwam kashayam is beneficial in Hepatocellular carcinoma, oral carcinoma and cervical carcinoma. The description on medicinal formulations is followed by an explanation on pain management in Ayurveda. Interrupting prajna for the purpose of avoiding pain is not the method mentioned in Ayurveda.

The last chapter is dedicated to describe some traditional practises that are found to be effective for conception, managing gestational bleeding, preventing abortion etc. The management of abortion is also dealt month wise in detail using homemade herbal remedies.

ANALYSIS

Sharing unusual scientific thoughts through his experience can be seen in many contexts. Some examples are

- The antibodies cardiolipin and that produced by cytomegalovirus and rubella will lead to infertility in due course of time. The above observation is unfamiliar even to practitioners of modern medicine.
- Elimination of antibodies in intrauterine infections such as cytomegalovirus could diminish the probability of progression of embryonic cancers like glioma, neuroblastoma, blatocytoma etc.

In many instances effect of Ayurvedic medicines are stated in terms of biochemical parameters like:

- Nirgundyadi kashya is capable of managing glutamic acid decarboxylase antibodies in diabetes mellitus.
- Chiruvilwadi kashaya is effective in reducing the levels of LDHA (Lactate dehydrogenase A) in Carcinoma patients.

The role of prakshepa is explained in many clinical instances such as in the context of Saptasaram Kashaya, Pathyakusthumbaryadi Kashaya, Nirgundyadi kashaya etc. The subtle differences between certain formulations that are found to have similar usage among practitioners are mentioned. Chiruvilwadi kashaya ,gandharvahasthadi kashaya and

sapthasaram kashaya are highlighted in this context.

Details on the management of certain life threatening conditions are also added such as administration of guluchyadi niruhavasthi in managing renal failure. It will reduce both Serum creatinine and uric acid and increase urine output within 5 days. Modification of formulations by the addition of certain single drugs are also included in this book, for instance, modification of guluchyadi kashaya for pancreatic beta cell regeneration. Selection of oushada kalpanas specific to disease are mentioned like administration of Guluchyadi gana in ghritha form in conditions of Diabetic neuropathy and nephropathy. Another noteworthy feature of the book is sharing traditional knowledge transmitted through generations. Physicians belonging to Kochi region and Astavaidyas had practiced Patyakusthumbaryadi kashaya by adding bhoonimba in place of kathruna.

Dissimilar formulations having similar actions are mentioned in relevant contexts. While describing Pathya kusthumbaryadi kashaya, three other formulations having dissimilar action are also mentioned such as Pathya katphaladi kashaya, Nagaradhanyakadi kashaya and Daruparpatakadi kashayam. Huthasana choornam and Manimantha choornam having similar action are also

mentioned in the context of Vaiswanara choornam.

There are some distinctive clinical experiences paving confidence and strong faith to young scholars. For example he claims 80% results in infertility cases with decreased sperm motility along with dead and sluggish sperms. In 1994, while he was working at Government Ayurveda Dispensary Anachaal, during the breakdown of Jaundice around 3000 patients were managed with Drakshadi kashaya.

Comparison of different variations of formulations is another attribute of this book. The reference of nayopayam kashayam is same in Arogyarakshakalpadrumam and sahasrayogam. But a different yoga is mentioned in Hridayapriya. It is also elaborated in this context. Yogas popular in practice among eminent physicians are mentioned in certain contexts. Chiruvilwadi kashaya was very frequently used in the practices of Late Vaidyabhooshanam Sri K Raghavan Thirumulpadu who was a great scholar as well as a clinician in Kerala.

While explaining formulations, he always tried to incorporate strong theoretical background behind prescriptions. Integrity of agni and chakshu has been used to explain the action of vaiswanara choornam in eye diseases. Likewise, the role of Drakshadi kashayam in

the management of Hepatitis B and Hepatitis C are well stated based on analysis of tridoshas. Mechanism of pain and its management is explained using Ayurvedic theories and terminologies. The clinical statements regarding pain from the classics are redefined in a simple way to make it easier to implement practically. In pain associated with ajeerna (signs of indigestion), langhana or pachana or sodhana should be the line of treatment. While in case of neurologic pain sneha and sweda will yield good results. Potentiality of Ayurveda medicine and weakness of modern medicine coexist in the management of chronic pain. Owing to the fact that samavata is the potential culprit in causing pain, prudent prescription of peyadi karma along with simple drugs such as hinguvachadi choorna etc. will yield striking changes in its management.

CONCLUSION

A customary reader will naturally plunge into novel arena of thoughts even with one time

reading of the book, Rogavum Yogavum. Moreover, each repeated reading will undoubtedly add on to it. Briefly, it would enrich and empower the reader with flamboyant thoughts and ideas on merging the principles of Indian Medicine in the light of modern sciences. It is an eye opener to undergraduate and postgraduate students as well as practitioners of Ayurveda in improving and accruing the understanding and analysis of drugs. Evidence of breaking ultramodern pathologies with Ayurvedic medicines, will pave intense inspiration to young aspirants of Indian medicine. Only a great scholar well versed in both sciences along with an unconditional love to share knowledge can make it possible. There is no substitute for this sagacious physician in this regard. Unquestionably, this book has succeeded in sharing this invaluable knowledge to the generations.

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