

AMRITA SCHOOL OF AYURVEDA
DEPARTMENT OF POST GRADUATE STUDIES
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Department of SWASTHAVRITHA

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25.	Dr. Rajalekshmy.P.R	A Survey To Assess The Prevalence Of Common Geriatric Problems In Kulashekharapuram Panchayat And To Formulate Preventive Measures”	Dr. K.Jyothilal	Dr. Delvin.T.Robin
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From

DR.BINDU.V

I Year M. D. (Ay) Scholar

Department of Post Graduate Studies in Swasthavritta

Amrita School of Ayurveda, Vallikkavu, Clappana P.O, Kollam, Kerala.

To

The Registrar

Amrita Viswa Vidyapeetham, Ettimadai, Coimbatore, Tamilnadu

Through - The Principal and Head of Department of P.G. studies in Swasthavritta, Amrita School of Ayurveda, Vallikkavu, Clappana P.O, Kollam, Kerala

Subject: Submission of Completed Proforma for Registration of Synopsis of Dissertation.

Respected Sir,

I request you to kindly register the below mentioned subject against my name for submission of the dissertation to the Amrita Viswa Vidyapeetham , Coimbatore, Tamilnadu, as partial fulfillment of M.D (Ay) in Swasthavritta.

THE TITLE OF DISSERTATION

“AN OPEN LABEL TWO ARM STUDY TO ASSESS THE EFFICACY OF YOGA POSTURES AS AN ADJUVANT TO STHANIKA ABHYANGA IN PARA SPINAL MUSCLE SPASM (KATIGRAHA) DUE TO OCCUPATIONAL REASONS”

I am enclosing completed proforma for registration of subject of dissertation.

Thanking You,

Yours faithfully,

(DR.BINDU.V)

Date: 28.05.2014

Place: Vallikkavu

AMRITA SCHOOL OF AYURVEDA
AMRITA VISWA VIDYAPEETHAM
(University under sec.3 UGC Act1956)

**PROFORMA FOR REGISTRATION OF SUBJECT FOR DISSERTATION FOR
AYURVEDA VACHASPATHI [MD] IN SWASTHAVRITTA**

**“AN OPEN LABEL TWO ARM STUDY TO ASSESS THE EFFICACY OF
YOGA POSTURES AS AN ADJUVANT TO STHANIKA ABHYANGA IN
PARA SPINAL MUSCLE SPASM (KATIGRAHA) DUE TO
OCCUPATIONAL REASONS”**

BY

BINDU.V

GUIDE

**Dr. VANDANA RANI.M MD (Ay)
ASSOCIATE PROFESSOR**

CO-GUIDE

**Dr.DELVIN.T. ROBIN MD (Ay)
ASSISTANT PROFESSOR**

DEPARTMENT OF POST GRADUATE STUDIES IN SWASTHAVRITTA

AMRITA SCHOOL OF AYURVEDA, VALLIKKAVU

CLAPPANA P.O, KOLLAM, KERALA

SESSION-2013-2014

1. **BRIEF RESUME OF THE INTENDED WORK**

I. **NEED FOR THE STUDY :-**

Health of an individual is deeply influenced by the environmental factors and lifestyle. Nowadays lifestyle diseases are more. Because of this increasing prevalence in the society, they need more attention. The physical strain and stressful conditions of occupation are the common reasons for katigraha. The paraspinal muscle spasm [Katigraha] is one of the leading causes of inefficiency of work. It affects all age groups but the factors vary with individuals. Improper lifestyle and postures are the two main reasons, why the katigraha has assumed epidemic proportions. Measured in economic terms, katigraha is probably the single largest medical problem awaiting a solution.

Katigraha can be effectively managed by various treatment modalities mentioned in ayurvedic science. Vathadosha is mainly responsible for the pathogenesis of katigraha. The main dushya in the samprapti of katigraha is asthi, which is the asrayasthana of vathadosha. This dosha-dushya sammooorchana makes the pathogenesis more complex. Ayurvedic treatment modalities are effective in some extent but recurrence and duration of the treatment are the problems that we met with such lifestyle diseases.

In this situation following some simple and cost effective methods during and after treatment will be more effective. Here yoga plays a great role along with any supportive treatments like abhyanga, ushmaswedam etc.

II. **REVIEW OF LITERATURE:-**

- The important symptom of katigraha is the grasping pain. so katigraha means grasping pain at the low back region.
- Susrutha classified kati under thunnasevani sandhi which is movable in nature¹.
- Katigraha as a symptom in vathaja jwara², vidradhi in vrikka³ and pakvasayagatha vathakopa lakshanam⁴
- As a symptom in sannipatha grahani⁵ and vathasonitha lakshana⁶

PREVIOUS RESEARCH DONE:-

- Study on the combined effect of selected yogasanas and sthanika abhyanga in gridhrasi. [RGUHS-2011]
- To compare the effect of bhujangasana and sthanika abhyanga in katishoola [RGUHS-2009]
- A study on the role of baladi yavana basti in the management of katishoola.

[Gujarat Ayurveda University, Jamnagar-1995]

- A comparative study on the role of bashpasweda and pizhichil in the management of katishoola.[Gujarat Ayurveda University,Jamnagar-1996]
- Effect of selected yoga techniques in the management of katigraha among working males.

[Gov.Ayurveda Medical College, TVM]

III. AIMS AND OBJECTIVE OF THE STUDY:-

- A detail study on Katigraha [Paraspinal Muscle Spasm].
- To study the combined effect of yogic procedures and sthanika abhyanga in Katigraha.

2. MATERIALS AND METHODS

i. SOURCE OF DATA:-

LITERARY SOURCE: - Classical text books of Ayurveda

Text books of yoga

Published articles from periodicals, journals and other magazines

CLINICAL SOURCE:-Patients of katigraha [paraspinal muscle spasm] attending swasthavritta OPD and camps conducted by Amrita School Of Ayurveda irrespective of sex, religion, occupation and socio economic conditions.

ii. MATERIALS REQUIRED FOR THE STUDY:-

I. METHOD OF COLLECTION OF DATA

1. SAMPLE:-A minimum sample of 60 patients will be divided into two groups:

Group A - 30 patients will be advised for sthanika abhyanga with Kottamchukkadi thailam.

Group B – 30 patients will be advised for both yogic procedures and sthanika abhyanga with kottamchukkadi thailam.

2. INCLUSION CRITERIA:-

- Patients presenting with classical signs and symptoms of katigraha like grasping pain, tenderness and restricted movements.
- Katigraha which is occupational and postural in nature.
- Chronic below 5 years.
- Age group between 20-50 years.

3. EXCLUSION CRITERIA:-

- Patients affected with IVDP, spinal injuries, infection of spine and congenital deformities.
- Pregnancy
- Associated systemic disorders.
- Age group below 20 and above 50 years.
- Chronic more than 5 years.

II. PROCEDURE AND DESIGN OF THE STUDY

1. MATERIALS and METHODS:-

- Kottamchukkadi tailam for sthanika abhyangam.

Suggested yogasanas:-

Suptha udara karshanasana

Bhujangasana

Shalabhasana

Shashankasana

Paschimottanasana

2. DESIGN OF THE STUDY:-

Two arm open label comparative clinical study and T-test

3. GROUPING AND PROCEDURE:-

Group A:-sample size- 30 patients

Procedure- Sthanika abhyangam with kottamchukkadi thailam.

Group B:-sample size- 30

Procedure- both yogic procedures and sthanika abhyangam with kottamchukkadi tailam.

- TOTAL STUDY DURATION- 3 MONTHS

4. ASSESSMENT CRITERIA:-

- For diagnosis detail medical history will be taken and physical examination will be done according to both contemporary and ayurvedic clinical methods.
- Assessment is done before treatment, after treatment and after follow up period.

5. STATISTICAL METHODS:-

- Two arm open label comparative clinical study with T-test.
3. Does the study require any investigations or interventions to be conducted on patients, healthy volunteers, cadaver or animals?

Yes

INVESTIGATIONS:-

Routine blood test

ESR, RA factor, ASO titer

X-ray

4. Has ethical clearance been obtained from your institution in case of (3) ? (Human/Animal)

Yes

5. LIST OF REFERENCE:-

1. Nibandha samgraha commentary on Susrutha samhitha Sareera sthana by Acharya Dalhana(5/27) Choukhamba Publications.
2. Nirmala commentary on Ashtanga hrudaya Nidana sthana by Acharya Bramhananda Tripathy(2/10) Choukhamba Publications
3. Nirmala commentary on Ashtanga hrudaya Nidana sthana by Acharya Bramhananda Tripathy (11/15) Choukhamba Publications
4. . Nirmala commentary on Ashtanga hrudaya Nidana sthana by Acharya Bramhananda Tripathy (15/7) Choukhamba Publications
- 5.Madhukosha commentary on Madhavanidanam by Acharya M adhvakara (4/18) Choukhamba Publications
6. Madhukosha commentary on Madhavanidanam by Acharya Madhvakara (23/7) Choukhamba Publications

Name of the researcher/ Scholar : BINDU.V

Signatures :

Name & designation of the guide : Dr. VANDANA RANI.M.MD (Ay)
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PG DEPARTMENT OF SWASTHAVRITTA.

Remarks of the Guide :

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ASSISTANT PROFESSOR
PG DEPARTMENT OF SWASTHAVRITTA

Signatures with official seal :

Name and designation of
Head of Department : Dr. JYOTHILAL.K. MD (Ay)
PROFESSOR & HOD
P G. DEPARTMENT OF SWASTHAVRITTA

Signatures with official seal :

Name& designation of

Head of Institution

: Dr.M.R.VASUDEVAN NAMPOOTHIRI.MD (Ay)

PRINCIPAL, AMRITA SCHOOL OF AYURVEDA

Signatures with official seal

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From

DR.RAHUL.K.R

I Year M. D. (Ay) Scholar

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**“AN INVITRO STUDY ON ANTI MICROBIAL ACTION OF PATALADI
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**PROFORMA FOR REGISTRATION OF SUBJECT FOR DISSERTATION FOR
AYURVEDA VACHASPATI (M.D) IN SWASTHAVRITTA.**

**“AN INVITRO STUDY ON ANTI MICROBIAL ACTION OF PATALADI
BHASMA IN WATER PURIFICATION”**

**BY
RAHUL.K.R**

**GUIDE
DR. JYOTHILAL.K, MD (Ay)
Head of the Department**

**CO-GUIDE
DR. ANUSREE DILEEP, MD (Ay)
Assistant Professor.**

**DEPARTMENT OF POST GRADUATE STUDIES IN SWASTHAVRITTA
AMRITA SCHOOL OF AYURVEDA, VALLIKKAVU, CLAPPANA P O,
KOLLAM, KERALA**

SESSION - 2013-2014

1. BRIEF RESUME OF THE INTENDED WORK.

I. NEED FOR THE STUDY:

- Providing safe drinking water to majority of the world's population especially to those in developing countries is still a major problem. WHO estimated that around 1.1 billion people lack access to drinkable water. As the human population densities increases, it's become more and more difficult to provide supply of high quality potable water from surface and ground water stocks and removal of harmful bacteria, virus and protozoa assumes greater significance.
- In Ashtanga Samgraha Annarekshavidhi adhyaya Vagbhatacharya says about the purification of the water by adding bhasma prepared from Patala , Paribhadra, Ashwakarna, Samyaka, and Sinduvara which may remove the harmful bacteria and other microorganisms from water.¹

पाटलापारिभद्राश्वकर्णशम्याकसिध्रकान्।

कलशान्तर्गतान्दग्ध्वाप्रक्षिपेत्सविषेऽम्भसि॥

(अ.स.सु.8/69)

- Purifying water inexpensively is not so easy to achieve.
- Supplying safe drinking water requires big investments in water purification plants.
- An effective and safe method is needed for the removal of harmful pathogens from the drinking water. Pataladi bhasma may have the anti-microbial action and need to be studied.

II. REVIEW OF LITERATURE:-

- Acharya Vagbhata says about the bhasma that has to be added to the water to remove toxins¹
- Water and its sources, pollution, purification, distribution and conservation.²

Previous work done

- Anti-bacterial activity of Ayurveda herbs for water purification (A Literary Review).by prof. Chakrapany Sharma, dept. of basic Principles, Dr.S.R.Rajasthan Ayurveda University Jodhpur (Rajasthan) india.
- Water purification prescribed in Ayurveda(by Dr. K. P. Skandhan, Department of Physiology,Sree Narayana Institute of Medical Sciences, Chalakka – 683 594, Ernakulum

III. AIMS AND OBJECTIVE OF THE STUDY:-

1. To evaluate the anti-microbial action of Pataladi bhasma in water.
2. To estimate the microorganisms present in the collected samples.
3. To standardize the amount of bhasma required for the effect.
4. To assess the time taken for the effective action of bhasma in water.

2. MATERIALS AND METHODS

I. SOURCE OF DATA:

Surface water from the local sources are collected, and analyzed for the presence of microorganisms, before and after adding the Bhasma.

II. MATERIALS REQUIRED FOR THE STUDY

DRUG REVIEW: Pataladi bhasma

Bhasma prepared from Patala, paribhadra, aswakarna, shamyaka and sinduvara barks are used for the disinfecting polluted water.

i) METHODS OF COLLECTION OF DATA:-

1. SAMPLE:-

- **Organisms:** Escherichia coli and Salmonella species, were used for the study.
- Drinking water from various sources are collected for the study.

2. INCLUSION CRITERIA:-

1. Water from common wells and tap water are included for the study.
2. Escherichia coli and Salmonella species of bacteria are selected for the study.

3. EXCLUSION CRITERIA:-

1. Water from common well which are recently chlorinated or disinfected by various methods are excluded.

(ii) PROCEDURE AND DESIGN OF THE STUDY:

1. Materials and methods

- Bhasma prepared out of 5 drugs.
- Water from various sources.
- Preparation of agar medium for bacteria culture.

2. Design of study

- Determination of anti-microbial activity of the Bhasma in selected samples of water.
- Determination of time taken for the action of bhasma in removal of bacteria.

3.Procedure.

Water is collected in sterile containers and is cultured for the presence of microorganisms. Samples of water in equal quantity are taken, and measured quantities of bhasma are added and kept for certain period of time. Samples from the mixture are taken at regular intervals of time and analysed for the microbial growth. Conclusions are drawn with the observations.

4. Assessment criteria.

Assessment will be done according to the microbiological parameters. The obtained data will be analyzed at the end of the study.

5. Statistical methods:-

Data were collected from the study and assessed with various statistical methods.

3. Does the study require any investigations or interventions to be conducted on patients, healthy volunteers, cadaver or animal? If so, please describe briefly.-No.

4. Has ethical clearance been obtained from your institution in case of (3)(human/animal). NA

5.LIST OF REFERENCE

1. ASHTANGA SAMGRAHA MULAMATHRAM, OF ACHARYA VRUDHA VAGBHATA, SUTRASTAHNA (8/69), Chowkhamba publications, Varanasi.
2. Park's Textbook of Preventive and Social Medicine by K. Park (chapter 12, environment and health)

Name of the researcher/ Scholar : RAHUL.K.R

Signatures :

Name & designation of the guide : Dr.JYOTHILAL.K.MD (Ay)
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PG DEPARTMENT OF SWASTHAVRITTA.

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AMRITA SCHOOL OF AYURVEDA, VALLIKKAVU

CLAPPANA P.O, KOLLAM, KERALA

SESSION - 2013-2014

1. BRIEF RESUME OF THE INTENDED WORK:

I. NEED FOR THE STUDY:

Ageing is an inevitable phenomenon in life of all living beings. With the increase of life expectancy, the number of people who are attaining old age is increasing throughout the globe.

The study of the physical and psychological changes which are incident to old age is called gerontology. The care of the aged is called clinical gerontology or geriatrics.

Ayurveda recognizes kala or parinama as the potential causative factor of degenerative disease entities. Jara being a swabhavabala pravritta roga, occur due to the vyadhi hetu called as kala.

Age related changes in immune system and degenerative phenomenon render people susceptible to various diseases. The common geriatric problems prevalent in society are visual impairments, locomotive disorders, neurological complaints, cardiovascular disease, respiratory disorder, skin disease, gastro intestinal diseases, psychiatric problems, hearing loss and genito-urinary disorders. Their increasing number demand for comprehensive geriatric care at community level.

The rapid growth of elderly population is a challenge to the medical profession and the society. To organize health services, we need to develop information about different aspects of elderly population. Most important information that we need is the facts regarding the common illness pervading in the community. In this background, the present study is undertaken to assess the prevalence of common illness among geriatric population in Kulashekharapuram Panchayat and to formulate measures for preventing the geriatric complaints.

II. REVIEW OF LITERATURE:

Jara is the term that indicates declining phase especially old age or ageing process. In other words it is a catabolic process.

According to vachaspatya, jara is the loosening of muscles and tissues under the influence of ageing.

In amarakosha (gurubalaprabodhika commentary) jara is the degeneration of bodily organs.

Jara is a swabhavika vyadhi that occur at the third deteriorating phase of life which is between the age of 60-100 years.¹

It is defined as one of the naturally occurring disease of life after 70 years which is similar to a deteriorating old house where improper nourishment occurs due to flaccid state of body tissues or elements. It is also a deteriorating state and a decline state of life leads to rajakshaya after the age of 50 years.²

‘Jara’ can also be defined as a progressive deteriorating stage of life, characterized by decline of dhathu, indriya, bala with appearance of vali, palitha, khalitya, karma akshama, kasa, swasa.³

The word ageing is derived from the Latin word ‘Aetas’ means the process of growing old, resulting from a failure of body cells to function normally or to produce new body cells to replace that are dead or malfunctioning. Thus the word jara is similar to that of ageing and it conveys that it is a

1. A continuous process of growing older
2. A particular period of life where the body tissue attain deterioration or flaccidity.

WHO characterizes the use of single word ageing to embrace all the phenomena of growing old as unproductively simplistic. Ageing is a natural process. In the word of Seneca “old age is an incurable disease”.⁴

No one knows when old age begins, the biological age of the person is not identical with his chronological age, it is said that nobody grows old merely by living a certain number of years. Years wrinkle the skin but worry, doubt, fear, anxiety and self – distrust wrinkle the soul⁵.

Ayurveda seem to have been evolved to ease humans from jara and associated vikara⁶. Swasthavritta has immense importance in preventing and managing common geriatric health problems. The different entities of dinacharya, ratricharya and ritucharya increases ayu, bala, satwabala etc. Maintenance of sadvritta empowers medha, satwa etc. Rasayana therapy plays a crucial role in age related changes⁷.

PREVIOUS RESEARCH DONE:

1. Morbidity pattern among elderly people living in southern rural India-a cross sectional study. Dr.ashok kumar.T,2013
2. A study on morbidity pattern and care seeking behavior of elderly in a rural area of West Bengal,India. Dr.P.Raykumar 2012
3. Prevalence and pattern of multi-morbidity among elderly people in rural Bangladesh-a cross sectional study. Mausama Akter Khan 2011

III. AIMS AND OBJECTIVES OF THE STUDY:

1. To assess the common geriatric problems in the selected community.
2. To formulate measures for preventing geriatric illness.

2. MATERIALS AND METHODS:

I. SOURCE OF DATA:

Survey study: A rural community in Kollam district is selected. Kollam is divided into 5 taluks, 11 blocks and 70 panchayaths. For convenience, ward no.1 in Kulashekharapuram Panchayath is selected. Elderly people of age limit 60-80 are selected for the study.

II. MATERIALS REQUIRED FOR THE STUDY

i. METHOD OF COLLECTION OF DATA:

1. SAMPLE-

Samples are selected from ward no.1 of Kulashkharapuram Panchayat. The total population was 2181 as per 2010 census figure. The elderly population was estimated to be 354. The whole geriatric population irrespective of gender is selected for the study. Senior citizens in the study area will be visited at their house hold.

1. INCLUSION CRITERIA-

Male and female of age 60-80 years those who have given written consent.

2. EXCLUSION CRITERIA-

- I. Elderly people who are above 80 years.
- II. Persons who have not given written consent.
- III. People who are suffering from severe diseases or bed ridden patients.
- IV. Persons who are not able to reveal their health status.

ii. PROCEDURE AND DESIGN OF THE STUDY:

1. MATERIALS AND METHODS:

A pre-designed geriatric health questionnaire for collecting health data from the aged.

2. DESIGN OF THE STUDY:

The Survey method is of the cross sectional Interview survey. The data will be collected by questionnaire method. The present illness and the complaints within the duration of three months are to be noted.

3. STATISTICAL METHODS:

Data collected by questionnaire method will be coded and entered into Microsoft excel software and statistical analysis will be done by various tools like bar diagrams, histograms, pie chart etc.

4. Has ethical clearance been obtained from your institution in case of (human/animal) study?

Yes

5. LIST OF REFERENCES:

1. Vidyotini commentary of Charaka samhita, Kashinatha Shastri
shareera sthana1/115
2. Nibandha sangraha commentary of Susruta samhita sutrasthana 14/19
3. Vidyotini hindi vyakhyana Bhavaprakasha nighantu
poorvakhanda, brahma shankara Misra 47/4
4. K. Park textbook of preventive and social medicine, nineteenth edition.
5. Priscilla Ebersole, Towards healthy aging-human needs and nursing
response, III edition
6. Nibandha sangraha commentary of Susruta samhita sutrasthana 1/21
7. Geriatrics in Ayurveda-Dr.Suresh babu

Name of the researcher/ Scholar : RAJALEKSHMY.P.R

Signatures :

Name & designation of the guide : Dr.JYOTHILAL.K.MD (Ay)

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Remarks of the Guide :

Signatures with official seal :

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The Co-guide : Dr. DELVIN.T.ROBIN. MD (Ay)

ASSISSTANT PROFESSOR

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P G. DEPARTMENT OF SWASTHAVRITTA

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PREVENTION OF DYSMENORRHEIC EPISODES AMONG TEENAGERS”**

I am enclosing completed proforma for registration of subject of dissertation.

Thanking You.

Yours faithfully

(DR.SOUMYA. J)

Date: 28.05.2014

Place: Vallikkavu

AMRITA SCHOOL OF AYURVEDA,
AMRITA VISWAVIDYAPEETHAM.
(University under sec.3 UGC Act 1956)

PROFORMA FOR REGISTRATION OF SUBJECT FOR DISSERTATION FOR
AYURVEDA VACHASPATI (M.D) IN SWASTHAVRITTA

**“ AN OPEN LABEL TWO ARM STUDY TO ASSESS THE EFFECTIVENESS
OF PAVANAMUKTHASANA AS AN ADJUVANT TO TILA MODAKAM IN THE
PREVENTION OF DYSMENORRHEIC EPISODES AMONG TEENAGERS”**

BY

SOUMYA.J

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CLAPPANA P.O, KOLLAM, KERALA

SESSION - 2013-14

1. BRIEF RESUME OF THE INTENDED WORK:

I. NEED FOR THE STUDY :

50% of the populations in the world constitute women. Around 20-70% of teenage girls report Dysmenorrhea. Adolescents are the promising stars of a nation; hence their physical, psychological and emotional upliftment is inevitable for a glorious future. Dysmenorrhea being rooted in a psycho-physical causation can certainly benefit from yoga. The high incidence of the ailment and elevated degree of distress it creates in teenagers and also the limited success of modern medicines, with added disadvantages of side effects has been potential contributory factor in taking up this study.

II. REVIEW OF LITERATURE:-

- The review of literatures includes thorough screening of classical Ayurvedic literatures, Modern textbooks, Journals, internet sources etc.
- The condition of Udavartha resembles the description of all types of Dysmenorrhea¹. For the present study Primary Dysmenorrhea is considered as Udavartha.
- Primary Dysmenorrhea is painful menstruation where there is no identifiable pelvic pathology².
- Udavartha Nidana and Lakshana as per Ayurveda classics.
- Yoga means the control of thought waves in the mind.³

PAVANA MUKTHASANA

It massages the abdomen and digestive organs and is therefore very effective in apana vayu vaigunya and constipation. By massaging the pelvic muscles and reproductive organs, it is also useful for menstrual problems.⁴

- TILA MODAKAM: it is good for yonisoola, vathagulma, udavartha, vidbandha⁵.

PREVIOUS RESEARCH DONE

1. Uterine Vascularization with Primary Dysmenorrhea in 'Khavaigunya',

H.L.M.G.Sanjeevan;A.S.Ajmeer;Tejapatalya,P.G,Jamnagar.

2. 'Role of Yoga and Meditation exercise in Prasoothithantra and Striroga', Akanksha Chandel, Gayathribhat [P.G scholar], SDMCAH ,Hassan.

3. Yoga modalities in the management of menstrual disorders among adolescent girls

Dr.Anupama [P.G Swasthavritha] Trivandrum .

III. AIM AND OBJECTIVE OF THE STUDY:-

1. To assess the effectiveness of Pavana Mukthasana along with Tila Modakam.
2. To evaluate effectiveness of Pavana Mukthasana with life style modifications in the relief of associated symptoms of Primary Dysmenorrhea.
3. To evaluate the effectiveness of Pavana Mukthasana with life style modifications in the mental status.

2. MATERIALS AND METHODS:

I. SOURCES OF DATA:-

Classical text books of Ayurveda, modern medical text books, Published articles from journals, other magazines etc.

II. MATERIALS REQUIRED FOR THE STUDY—

TILA MODAKAM

i. METHOD OF COLLECTION OF DATA—

1. SAMPLE: sample size is 60 teenagers
2. INCLUSION CRITERIA: Girls between 13 and 17 years.
3. EXCLUSION CRITERIA: First 2 years of menarche

Girls below 13 years and above 17 years.

Structural abnormalities and severe systemic diseases

ii. PROCEDURE AND DESIGN OF THE STUDY:

1. MATERIALS AND METHODS:

The nature of present study is clinical.

A thorough examination of every individual will made according to the case Proforma.

2. STUDY DESIGN:

The study is an open label two arm comparative clinical study in which 60 patients will be selected on the basis of simple random sampling (SRS) procedure & will be divided in 2 equal groups.

3. GROUPING :

Sample size: A Minimum of 60 patients will be selected and randomly categorized in to two Groups as Group A and Group B.

Group A:

Sample size : Minimum of 30 patients

Drug :Tila Modakam

Dose : 12gm

Anupana:Luke warm water or hot milk

Time :Early morning in empty stomach.

Group B:

Sample size: Minimum of 30 patients

PROCEDURE: Patients will be advised with Pavanamuktasana and Tila Modakam in the dose of 12gm, with anupana luke warm water or hot milk, at early morning in empty stomach.

STUDY DURATION: 3 months.

4. ASSESSMENT CRITERIA:

Assessment will be done on subjective and objective parameters before and after the treatment.

5. STATISTICAL METHODS:

The data will be collected & analyzed by using various statistical measures with the help of biostatistician. An open label two arm comparative clinical study with T-test.

3. Does the study require any investigations or interventions to be conducted on patients, healthy volunteers, cadaver or animal? If so, please describe briefly

Yes, Study will be conducted on the primary dysmenorrhea patients. No animal experiments will be conducted.

4. Has ethical clearance been obtained from your institution in case of (3)? (Human / animal)

Yes

5. LIST OF REFERENCES

1. Ayurvediya Sthreeroga and Prasoothi thantra ,Premavati Thiwari,Second part, 35thPage,Chowkhamba Publications.

2. Text Book of Gynaecology ,D.C. DUTTA,168th page.

3. Pathanjali yoga soothra, 5th page, Rama prasadha,Munshiram Publication, 3rd edition.

4. Asana,Pranayama,Mudra,Bandha. Swami Sathyanandha Saraswathi,53rdpage,Yoga Publication Trust, BIHAR,4TH Edition.

5. Ashtanga Samgraham Moolamathram of vrudhha Vagbhatacharya ,Chikilsa sthanam,Gulma chikitsa ,16thchapter ,Chowkhamba Sanskrit series ,Varanasi.

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