Ayurveda: Clinical Trial supported Evidence based treatment for vascular disease, resolving blockages and symptoms in CAD, DVT, Stroke.

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Abstract (300 word limit)

Indian Traditional Medicine, AYURVEDA is a Science of Health and Wellbeing. Ayurveda and Yoga are interdisciplinary. Ashtanga Ayurveda refers to the eight limbs of Ayurveda. The approach is investigation based on observation and history of Life style, Body and Mind status and root cause of symptoms.

Ayurvedic Traditional Indian systems of healing are Organic based medicaments and modifications in Lifestyle, Mental approach to health and release from etheric, spiritual dis regulations. The goal is overall Stability in physical, emotional, social health and efforts towards liberation of the soul. This is an authentic holistic philosophy and science.

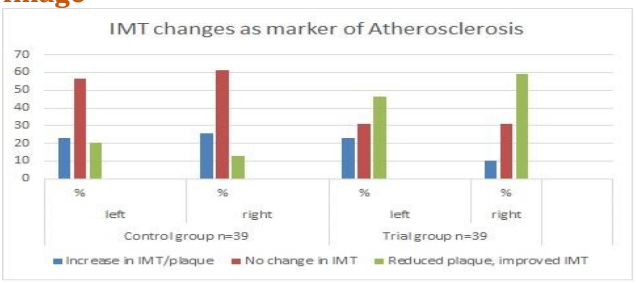
The need for Evidence based reports prompted this registered Clinical Trial.

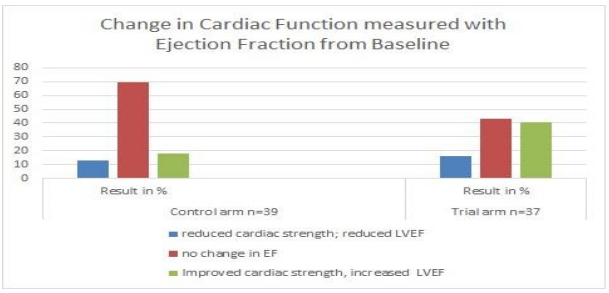
Cardiovascular disease is the third highest cause of mortality world over. Atherosclerosis as an underlying vascular disease, leads to heart diseases, cerebral stroke and deep vein thrombosis. Ayurvedic formulations have shown beneficial results on such patients previously. This pragmatic, single centric, double blind, placebo controlled, two arm clinical trial was conducted on randomly assigned 144 patients, suffering from symptoms associated with atherosclerosis at SKNMC &GH, Pune. Pre and post study evaluated the impact of proprietary ayurvedic intervention given in addition to ongoing hospital treatment.

Intervention included proprietary ayurvedic multi-herbal formulation brand Suved capsule and colostrum in brand

Reimmugen capsule previously given to such patients. Results indicated intervention was well tolerated with no harms. Pre post three months intervention showed significant positive improvements in symptoms. Significant Clinical improvements in vascular status seen in Intima-Media-Thickness with Carotid Doppler investigation and in Cardiac function seen in Ejection Fraction from 2 D Echo investigation.

Image





Recent Publications (minimum 5)

1. Marathe V, Vaidya S (2010) "Ayurveda at its best used in integrative treatment protocol for Ischemic Heart Disease/ Coronary Artery Disease and Vascular Blocks-Stroke, Deep Vein Thrombosis" Journal of the Science of Healing Outcomes Vol 2 Issue 8-9
2. DuBroff, R., Lad, V., & Murray-Krezan, C. (2015). "A Prospective Trial of Ayurveda for Coronary Heart Disease: A Pilot Study." Alternative therapies in health and medicine, 21(5), 52–62
3. Dwivedi, S., & Chopra, D. (2014). "Revisiting Terminalia arjuna - An Ancient Cardiovascular Drug." Journal of traditional and complementary medicine, 4(4), 224–231
4. Ghosh, S., & Iacucci, M. (2021). "Diverse Immune Effects of Bovine Colostrum and Benefits in Human Health and Disease." Nutrients, 13(11), 3798
5. Yu, C. M., Zhang, Q., Lam, L., et al. (2007). "Comparison of intensive and low-dose atorvastatin therapy in the reduction of carotid intimal-medial thickness in patients with coronary heart disease." Heart (British Cardiac Society), 93(8), 933–939
6. Kokubo Y, Watanabe M, Higashiyama A, et al. "Impact of Intima–Media Thickness Progression in the Common Carotid Arteries on the Risk of Incident Cardiovascular Disease in the Suita Study". Journal of the American Heart Association.;7:e007720: Jun 2018.

Photograph



Biography (150 word limit)

Sujata Vaidya is a Heart Mentor, devoted pursuer of Integrative therapies. A Science and Management graduate with PhD in Bio-Field Studies, MD (Ayur – Gold Medal from European Ayurveda Academy), Fellowship of Cardiac Rehabilitation, Dip. Manas Ayurveda. She has followed a Heart Calling to offer Non-Invasive, Integrative therapies, using Ayurveda fundamentals for treatment of heart patients over 2 decades.

Sujata has actively promoted Traditional Healthcare and presented these on global platform like "Scientific Validation & Technical Evaluation of Ancient Medical Systems, under the Mentorship of Dr Vijay Bhatkar; Presented SHARP-SUVED in Indian Science Congress, World Heart Federation and World Ayurveda Congress. She has been a part of Call to Friendship movement (Istanbul) for global harmony.

Proved efficacy of Ayurveda with published Clinical Trial on Vascular Disease. Author "Heart and Health like Never Before". Foreword by Dr B M Hegde.

Currently, Partner Director of Supra Health Solutions LLP (www.sharpsuved.in) India.

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