

**SNVVS'S SGV AYURVEDIC MEDICAL COLLEGE, HOSPITAL AND RESEARCH CENTRE BAILHONGAL**

**RESEARCH WORK CARRIED OUT BY PG DEPARTMENT DURING 2015 TO 2017**

<b>S.NO.</b>	<b>NAME OF THE RESEARCH PROJECT</b>	<b>STUDY DESIGN</b>	<b>NAME OF THE RESEARCH SCHOLAR</b>
1	"Clinical Assessment Of Dhataki And PugaPuspaKwatha In The Management Of Raktapradara W.S.R To Dub"	<p><b>Study Design:</b> A single blind clinical study.</p> <p><b>Sample Size:</b> 30 patients excluding dropouts.</p> <p>Group- Single group consisting 40 patients excluding dropouts</p> <p><b>Intervention</b> -Dhataki and PugapuspaKwatha i.e. A Kwatha prepared by taking equal parts DhatakiPuspa and pugaPuspa.</p> <p>Dosage - 2 Pala(90ml in two divided doses) before food.</p> <p>3. Duration -3 Days during menstruation period every month for 3 consecutive menstrual cycles.</p>	Dr. Savita Upanal
2	Management Of Vibandha With Amalaki Churn W.S.R. To Functional Constipation."	<p><b>Study Design:</b> A single blind clinical study.</p> <p><b>Sample Size:</b> 40 patients excluding dropouts.</p> <p>Group- Single group consisting 40 patients excluding dropouts</p> <p><b>Intervention</b> -Amalakichurna with Madhu 2 time before food</p> <p><b>Dosage</b> - Dose will be fixed base on Young'sRule .</p> <p><b>Duration</b> - 15 day's, F/O- every week for 4 week.</p>	Dr. Amit Shindhe
3	"A Clinical Study With SringaveraSvarasaInKaphaj aKasa In Children ."	<p><b>Study Design:</b> A single blind clinical study.</p> <p><b>Sample Size:</b> 30 patients excluding dropouts.</p> <p>Group- Single group</p> <p><b>Intervention</b> -SringaveraSvarasa with honeyis given for licking three times a day</p> <p><b>Dosage</b> Depending upon the Age, According to Young's Rule doses will be fixed</p> <p><b>Duration</b> -7 days</p>	Dr. Lokesh.D. Badiger

4	<p>“A Clinical Study OnRasona Kalka In The Management Of Gridhrasi W.S.R To Sciatica”</p>	<p><b>Study Design:</b> Randomized single group clinical study  <b>Sample Size:</b> 30 patients excluding dropouts.  <b>Intervention -Rasonakalka</b>  Route of administration -Oral  <b>Anupana-Erandakashaya(96ml)</b>  <b>Duration of study-30 days</b>  <b>Time of drug administration-Apanakala</b> (before food)  Dose selection -1 <i>karsha</i> (12g) In divided dose</p>	Dr. MANASA M
5	<p>“ To Study The Effect Of Paschimottanasana In Healthy Individuals W.S.R. To Vertebral Column ”.</p>	<p><b>Study Design:</b> A single blind clinical study.  <b>Sample Size:</b> 40 patients excluding dropouts.  Group- Single group consisting 40 patients excluding dropouts  <b>Intervention-Asana-Practice Of Paschimottanasana.</b>  Before The Practice Of Paschimottasana, Relaxation Exercises Will Be Practiced.  Time For Each Asana Will Be 1 To 5 Minutes.  After This Asanas Persons Will Be Advised Shavasana For 5 Minutes.  <b>Kaal:</b>On Empty Stomach In The Morning.  <b>Duration Of Trial:</b> 2 Months.  <b>Follow Up:</b> Will Be Taken After Every 15 Days Criteria.</p>	Dr. Maruti Anand
6	<p>“Effect Of Ashok TwakKwath In ShwetaPradara W.S.R. To Leucorrhea By Different Modes Of Administration”—A Randomised Comparative Clinical Study.</p>	<p><b>Study Design:</b> A single blind clinical study.  <b>Sample Size:</b> 30 patients excluding dropouts. Assigned into 3 groups, each with 10 patients.  <b>Intervention-Group 1 :</b>AshokTwakQwath 50 MI BD Orally For 1 Month.  <b>Group 2 :</b>Ashok TwakQwathDhavan With 1 Ltr For 7 Days For 30 Min. Done After 5<sup>th</sup> Day Of Menstrual Cycle(Or Cessation Of Bleeding)  <b>Group 3:</b>Ashok TwakQwath 50 MI BD Orally For 1 Month And Ashok TwakQwathDhavanWith 1 Ltr For 7 Days For 30 Min. Done After 5<sup>th</sup> Day Of Menstrual Cycle(Or Cessation Of Bleeding)  <b>Duration Of Treatment-2 Months.</b>  <b>Follow Up-</b>After One Month And End Of Second Month.</p>	Dr. Nayana Gavekar

7	<p>“A Clinical Study To Evaluate The Effect Of HayamaaraadiTaila Yoni Pichu In KaphajaYoniVyapat W.S.R To Vulvo-Vaginitis”</p>	<p><b>Study Design:</b> A single blind clinical study.  <b>Sample Size:</b> 30 patients excluding dropouts.  <b>Interventions:</b></p> <ul style="list-style-type: none"> <li>➤ Local SnehanaAnd SwedanaWill Be Given</li> <li>➤ Autoclaved TailaWil Be Used For Pichu</li> <li>➤ PichuWill Be Kept Inside The Vaginal Canal With All Aseptic Measures</li> <li>➤ PichuWill Be In Situ Till The Next Mootra Vega</li> <li>➤ SitzBath With Luke Warm Water Is Advised For Washing.</li> </ul> <p>APATYA- Abstinancel Maintained During Course Of Treatment  <b>Duration Of Treatment:</b>7 Consecutive Days  <b>Follow Up Study:</b>  1<sup>st</sup> Follow Up-After 7 Days  2<sup>nd</sup> Follow Up-After 15 Days</p>	Dr. Nitin Suresh Shinde
8	<p>“A Comparative Study On Efficacy Of TriphaladiVati And ShilajatwadiVati In PramehaRoga”</p>	<p><b>Study Design:</b> A single blind clinical study.  <b>Sample Size:</b> 30 patients excluding dropouts. Assigned into 2 groups, each with 15 patients.  <b>Intervention-Group A</b> -TriphaladiVati  <b>Group B</b> -ShilajitwadiVati.  Dose - 750 Mg/Day In 3 Divided Doses Along With The Lukewarm Water For Consecutive 8 Weeks.  Weekly Follow Up Of Patients Was Done, While Biochemical Investigations Were Carried Out Monthly.</p>	Dr. Pratik V Patil
9	<p>To Assess The Efficacy Of Suryanamaskara In Prediabetes”</p>	<p><b>Study Design:</b> A single blind clinical study.  <b>Sample Size:</b> 40 patients excluding dropouts. Assigned into 2 groups, each with 15 patients.  <b>Intervention:</b>GROUP A - Patients Will Be Advised To Take Placebo For 90 Days.  GROUP B- Patients Will Be Asked To Perform SuryanamaskaraFor 90 Days.  Duration- Will Be Advised To Do SuryanamaskaraTwice A Day For 90 Days.  Follow Up-Assessment Will Be Conducted Once In 30 Days.  Study Duration – 90 Days.</p>	Dr. Rashmi Moogi

10	<p>“A Clinico-Comparitive Study To Evaluate The Efficacy Of LaghupanchamooladiKwatha And DashamoolaKwatha In SootikaParicharya.”</p>	<p><b>Study Design:</b> A single blind clinical study.</p> <p><b>Sample Size:</b> 30 patients excluding dropouts. Assigned into 2 groups, each with 15 patients.</p> <p>Group A – LaghupanchamooladiKwatha, 30 To 50 MI (According To Tolerance), Twice Daily After Food, For 45 Days</p> <p>Group B – DashamoolaKwatha, 30 To 50 MI (According To Tolerance), Twice Daily After Food, For 45 Days</p> <p>Follow Up: 5<sup>th</sup> Day, 15<sup>th</sup> Day, 30<sup>th</sup> Day And 45<sup>th</sup> Day</p>	<p>Dr. Reshma Gopalrao Jadhav</p>
11	<p>“A Comparative Clinical Study With KushthaTaila And Chlorhexidine (Savlon) In Umbilical Cord Care.”</p>	<p><b>Sample Size:</b> 30 patients excluding dropouts. Assigned into 2 groups, each with 15 patients.</p> <p>TREATMENT SCHEDULE:</p> <p>Group A-Local And External Application Of KushthaTaila</p> <p>Group B-Local And External Application Of Chlorhexidine(Savlon).</p> <p>Drug Dose 3-4 Drops (Sechana)</p> <p>Time &amp;Duration The Drug Will Be Applied On Umbilical Cord And Its Base Twice A Day For 7 Days.</p>	<p>Dr. Suchit Telmasre</p>
12	<p>“Clinical Evaluation Of TryusnadyamLauhamChoorma In The Management Of Sthaulya”</p>	<p><b>Study Design:</b> A single blind clinical study.</p> <p>Group- Single group consisting 30 patients excluding dropouts.</p> <p>Drug- TryusnadyamLauhamChoorma 1 maasha (In Divided Dose) 500mg Twice A Day</p> <p>Assessment Of Trial Drug During The Course Of Treatment Will Be Done On 0<sup>th</sup>, 30<sup>th</sup> And 60<sup>th</sup> Day Of The Treatment.</p>	<p>Dr. Tejaswini V. Gaikwad</p>

13	<p>“A Comparative Clinical Evaluation Of SuvamaMaliniVasantRas And KhadiradiVati In The Management Of KaphajaKasaW.S.R.To Recurrent Respiratory Track Infection In Children”</p>	<p><b>Study Design:</b> A single blind clinical study.</p> <p><b>Sample Size:</b> 30 patients excluding dropouts. Assigned into 2 groups, each with 15 patients.</p> <ol style="list-style-type: none"> <li>1. Group A : Patients Will Be Administered <ul style="list-style-type: none"> <li>▪ SuvamaMaliniVasantRas</li> </ul> </li> <li>2) Group B : Patients Will Be Administered <ul style="list-style-type: none"> <li>▪ KhadiradiVati</li> </ul> </li> </ol> <p>DOSES :AdultDose Of SuvamaMaliniVasantRasAndKhadiradiVatiWill Be Subjected To Young’s Rule And Accordingly Doses Will Be Fixed.</p> <p>Follow Up: All The Patients Will Be Followed For 14days After Treatment With 7days Of Interval.</p>	Dr. Ashish. M. Khandebharad
14	<p>To assess prevalence of obesity w.s.r. to Sthoulya among Primary School Children.</p>	<p><b>Study Design:</b> Cross sectional study of 400 children aged 6 -12 years attending Primary school.</p> <p>Anthropometric measurements taken and questionnaires were used to collect Data.</p>	Dr. Sushma Marihal

**RESEARCH WORK CARRIED OUT BY PG DEPARTMENT DURING 2016 TO 2018**

S.NO.	NAME OF THE RESEARCH PROJECT	STUDY DESIGN	NAME OF THE RESEARCH SCHOLAR
1	<p align="center">“A Comparative Clinical Study On The Management Of Episiotomy Wound With Sarpiparisechana Followed By BalaTaila Application w.s.r To SadhyoVrana”</p>	<p>Group- 2 groups consisting 20 patients each excluding dropouts.</p> <p>1) Intervention-Group A – Sarpiparisechana followed by BalaTaila application (20pts).</p> <p>2) Group B – Betadine application (20pts)</p> <p><b>Procedure:</b></p> <p><b>Poorva Karma:</b> Parisechana with Sarpiparisechana on Episiotomy wound for 20 patients in Group A</p> <p><b>Pradhan Karma:</b> After Parisechana, BalaTaila will be applied on the wound and dressing to be done.</p> <p><b>Paschata Karma:</b> Sutika will be advised:</p> <ul style="list-style-type: none"> <li>➤ To retain the position for at least 10 minutes</li> <li>➤ Not to indulge in any kind of strenuous work during the course of treatment and follow up period.</li> <li>➤ To maintain local hygiene.</li> </ul> <p><b>Duration of Treatment:</b> 7 days</p> <p><b>Follow up</b> : will be done on 8<sup>th</sup> and 30<sup>th</sup> day</p>	Dr. Anita M. Rajput
2	<p align="center">A Clinical Study In The Management Of GarbhiniChardi W.S.R. To Emesis Gravidarum With DrakshadiPhanta</p>	<p><b>Study Design:</b> A single blind clinical study.</p> <p><b>Sample Size:</b> Total 30 patients will be randomly selected.</p> <p><b>Intervention:</b> DrakshadiPhanta for 1 month.</p> <p><b>Dose:</b> 25ml 6<sup>th</sup> hourly i.e. 4 times in a day.</p> <p><b>Anupana-</b> Sharkara, Madhu, &amp; Laja.</p>	Dr. Ashok Lamani

3	Clinical Study On The Efficacy Of AshwathaTwak And PatraChurna With Madhu In The Management Of Mukhapaka In Children W.S.R. To Stomatitis	<p><b>Study Design:</b> A single blind clinical study.</p> <p><b>Sample Size:</b> Total 40 patients will be randomly selected.</p> <p><b>Trial Group</b> 20 patients</p> <p><b>Intervention:</b> AshwathaTwak&amp;Patrachurna with Madhu for 10 days. Before meal ( BD)</p> <p><b>Control Group:</b>20 patients Application of Oracep gel for 10 daysBefore meal ( BD)</p>	Dr. Barve Dinesh Vasudev
4	Effect of PhalatrikadiKashaya and ShilajatuChoorna in the management of Madhumehaw.s.r to Diabetes Mellitus II – A randomized comparative clinical study	<p><b>Study Design:</b> A Randomized Comparative Clinical Study.</p> <p><b>Sample size:</b> 40 Patients diagnosed as <i>Madhumeha</i> (NIDDM Type-2) will be selected incidentally and categorized by block randomization into two groups consisting of minimum 20 patients in each group.</p> <p><b>Intervention: Group A-</b> PHALATRIKADI KASHAYA 50 ml BD before food for60 days</p> <p><b>Group B-SHILAJATU CHOORNA</b> 50 0 mg BD before food for60 days</p>	Dr.Dinesh.G.Patel
5	Effect of Panchanimbadi Choorna and Sudhakara Choorna in the management of Urdhwaga Amlapitta – A Randomized Single Blind Comparative Clinical Study	<p><b>Studydesign :</b>A Randomized Single Blind comparative clinical study.</p> <p><b>Sample size:</b> 40 Patientscategorized into two groups 20 each.</p> <p><b>Intervention: Group A-</b> PHALATRIKADI KASHAYA 50 ml BD before food for60 days</p> <p><b>Group B-SHILAJATU CHOORNA</b> 50 0 mg BD before food for60 days</p> <p>Follow-up will be done on every 15<sup>th</sup> day, 30<sup>th</sup> day, 45<sup>th</sup>day</p>	Dr. Ishwar.V. Ghugare
6	A Clinical Study On The Effect Of DhatkyadiKwatha In The Management Of Balatisara W.S.R. Diarrhea	<p><b>Study design :</b>A Randomized Single Blind comparative clinical study.</p> <p><b>Sample size:</b> 30 Patients</p> <p><b>Intervention:</b>Dhatkyadikwathawith madhu</p> <p>Dosage –The dose will be According to Young’s rule</p> <p>Duration – 7 days. Three times a day before food</p> <p>FOLLOW UP- 1<sup>ST</sup> Day, 4<sup>th</sup> Day, 7<sup>th</sup> day</p>	Dr. Hardik H Joshi

7	A Study To Evaluate The Efficacy Of Dhoopana Karma Of Shastrakarmagara W.S.R. To Fumigation Of Operations Theaters In Present Era	<p><b>Study Area;</b> Minor OT of SGV.A.M.C..College of Ayurveda, BAILHONGAL</p> <p><b>Sampling Method ;</b> OT swab report for a total of 10 trials</p> <p><b>Matra:</b> 20gm each drugs per 10*10*10 feet room</p> <p><b>Duration :</b>12 hrs</p> <p><b>Data type:</b> Dhoopana sterilization swab results and fumigation sterilization swab result .</p>	Dr. Kaustubh Ghatule
8	Role Of Jananeti In The Management Of DushtaPratishyayaW.S.R. To Chronic Simple Rhinitis	<p><b>Study design :</b>A Randomized Single Blind clinical study.</p> <p><b>Sample size:</b> 30 Patients excluding dropouts.</p> <p><b>Intervention;</b> Jananeti with <i>Sukoshnalavanajala</i> 0.5-1litres Twice( morning&amp; evening ) in a day and patients will be observed on every 8<sup>th</sup> day.</p>	Dr. Manjula V Heggai
9	A Comparative Clinical Study On The Efficacy Of Gandusha With PanchavalkalaKashaya And TriphalaKashaya In MukhaSwasthya	<p><b>Study design:</b>Open randomized clinical trial</p> <p><b>Sample size:</b>60 subjects with poor oral hygiene will be randomly categorized into 2 equal groups.</p> <p><b>Group A-</b> 30subjects-Gandushawith Panchavalkalakashaya once in the morning before food</p> <p><b>Group B-</b> 30 subjects- Gandusha with Triphalakashaya once in the morning before food.</p> <p><b>Treatment duration-</b> 15 days</p> <p><b>Follow up period-</b> 15<sup>th</sup> day after the end of treatment.</p>	Dr. Preethika
10	A Clinico-Comparative Study Of NagkesharChurna And Badarchurna Yoga In The Management Of ShwetaPradara W.S.R To Non-Specific Leucorrhoea	<p><b>Study design(Interventions):</b> It is single blind clinical study where the screened patients of ShwetaPradara will be randomly classified in to two groups- Group A and Group B.</p> <p><b>Group A-</b>Nagakesharchurna 6gms twice a day with buttermilk for 15 days, follow up once in 5 days for 20 days</p> <p><b>Group B-</b>Badar Churna6gms twice a day with buttermilkfor 15 days, follow up once in 5 days for 20 days</p>	Dr. Priyanka Kumari

11	An Open Randomized Comparative Clinical Trial To Evaluate The Effect Of VatariGuggulu And RaasnaGuggulu In Gridhrasi W.S.R To Sciatica	<p><b>Study Design:</b> It is an open randomized comparative clinical study.</p> <p><b>B. Sample size and grouping:</b> A minimum of 30 patients of Gridhrasi will be taken for the study and they are randomly made into 2 groups</p> <p><b>Group A:</b> 15 patients will receive VatariGuggulu1 gm TID with warm waterfor 30 days</p> <p><b>Group B:</b> 15 patients will receive Raasna Guggulu1 gm TID with warm water for 30 days</p> <p><b>Follow Up: 15 days</b></p>	Dr. Roopa Kalashetti
12	Clinical Study To Evaluate The Role(Efficacy) Of Triphala (Internal Administration And External Use As Face Wash) In YauvanaPidaka, W.S.R. To Acne Vulgaris	<p><b>Study design :</b>A Randomized Single Blind clinical study.</p> <p><b>Sample size:</b> 30 Patients</p> <p><b>Intervention:</b>TriphalaChurna 12 gm morning and evening with Sukhoshnajala, half an hour before food and along with this they have to wash the face with Triphala infusion/PhantaKashaya as face washmorning and evening for one minute .</p> <p><b>Intervention period</b> -2 month.</p> <p><b>Follow up –</b> After every 20 days of medicine administration</p>	Dr. Saneesh B Pillai
13	Evaluation Of Bimbimoola Swarasa With Ashwagandha In Shayyamutra W.S.R. To Stress Induced Nocturnal Enuresis - A Clinical Study	<p><b>Study design:</b>This is randomized clinical trial study.</p> <p><b>Sample size:</b>40 patients who fulfill the inclusion criteria, excluding dropouts will be randomly distributed into 2 groups,</p> <p><b>Group A-</b>BimbimoolaswarasabhavitaAshwagandhavati twice a day before meals. Adult dose is 1 Karsha, which will be converted to child dose, using Young's Rule according to the age of child.</p> <p><b>Group B-</b> Control with Syrup Mentat.</p> <p><b>Duration</b> - 90 days.</p> <p><b>Followup-</b> every 15 days</p>	Dr. Tasneem Donur
14	A Clinical Study To Evaluate The Efficacy Of KarshyahaLouha In The Management Of BalaKarshya W.S.R. To Malnutrition.	<p><b>Study design:</b> This is randomized clinical trial study</p> <p><b>Sample size:</b> 30 patients excluding dropouts</p> <p><b>Intervention;</b>KarshyahaLouha, dose converted according to young's formula after food for 30 days.</p> <p><b>Follow up-</b> 15 th day</p>	Dr. Rajabhau Bade

**S.N.V.V.S'S S.G.V. AYURVEDIC MEDICAL COLLEGE, HOSPITAL AND RESEARCH  
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**RESEARCH PUBLICATIONS**

<b>SL. NO.</b>	<b>NAME OF THE TOPIC</b>	<b>NAME OF THE JOURNAL</b>	<b>NAME OF THE AUTHOR</b>	<b>MONTH &amp; YEAR</b>
1	Globalization of forgotten Trunadhanya's and adopting them in daily diet	Ayurveda Darpan Journal of Indian Medicine	Dr. Manjula Heggai (PG Scholar)	December-2018
2	A clinical Success story of Ekakushta (Plaque psoriasis) with Ayurvedic Management	Ayurveda Darpan Journal of Indian Medicine	Dr. Roopa Kalashetti (PG Scholar)	December-2018
3	Explore of Folklore Medicinal Plants- Adhahapushpi (Trichodesma indicum Linn.R.BR.)	International journal of Applied Ayurveda Research	Dr. Sarojini Byadigi Reader	June-2019