SDMCAH & RC, UDUPI

6th International Conference

KSHAMATVAM 2026

Translational Ayurveda in Autoimmune Disorders : Bridging Classical Wisdom with Global Healthcare.

HOST :

Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hospital and Research Centre, Udupi, Karnataka, India

VENUE :

Bhavaprakasha Auditorium

PRE - CONFERENCE WORKSHOP | 29TH SEPTEMBER 2026

CONFERENCE | 30TH SEPTEMBER & 1ST OCTOBER 2026

ABSTRACT BOOK

Kshamatvam 2026 — Abstract Book

A compendium of abstracts prepared for Kshamatvam 2026, the international conference on Ayurveda in autoimmune disorders.

Published by
SDM College of Ayurveda, Hospital and Research Centre
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KSHAMATVAM 2026

Translational Ayurveda in Autoimmune Disorders

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Sri Dharmasthala Manjunatheshwara College of Ayurveda,
Hospital and Research Centre
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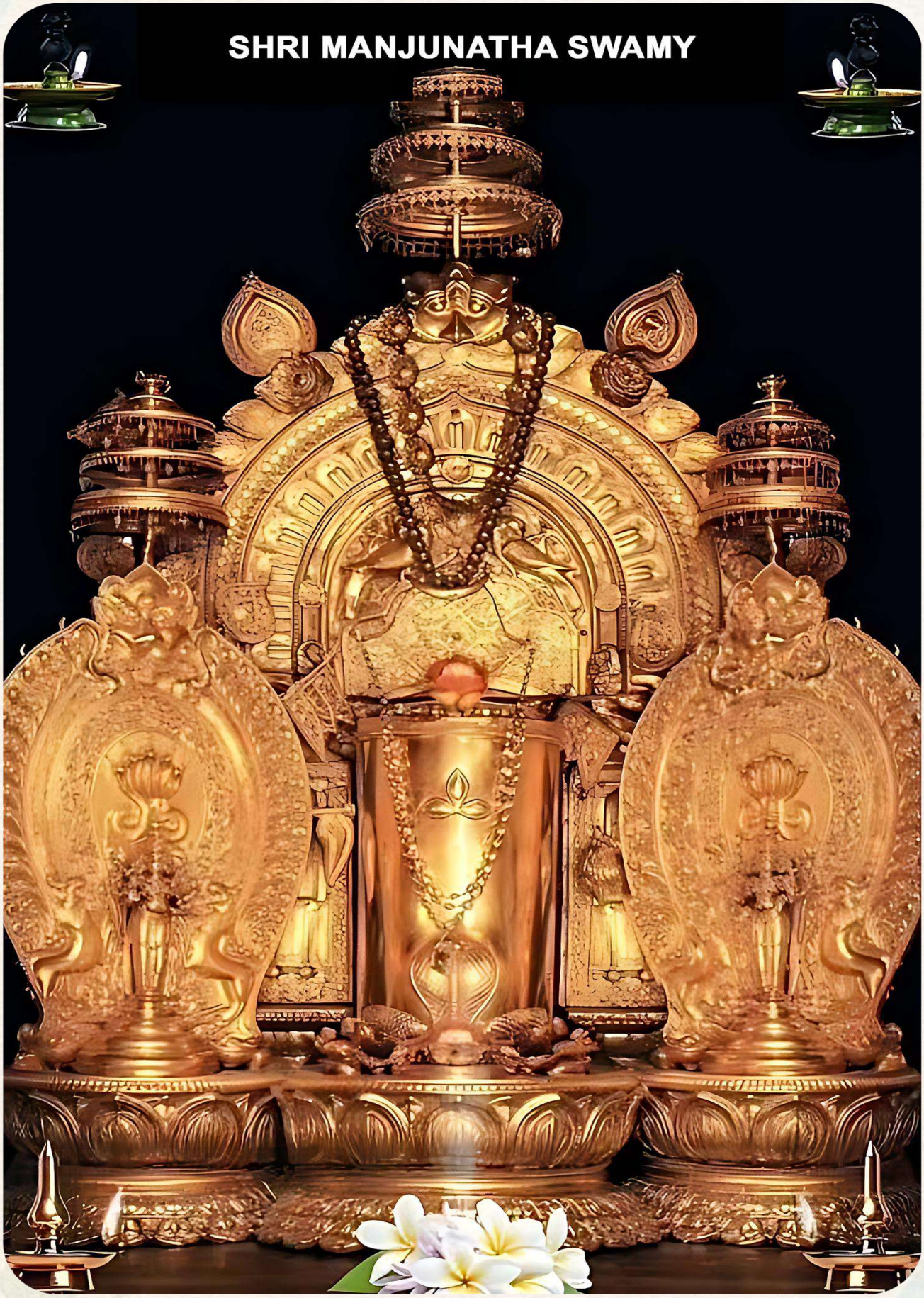
SHRI MANJUNATHA SWAMY

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Dr. D. Veerendra Heggade

Dharmadhikari, Sree Kshethra Dharmasthala
Honorable Chancellor, Sri Dharmasthala Manjunatheshwara University, Dharwad, Karnataka
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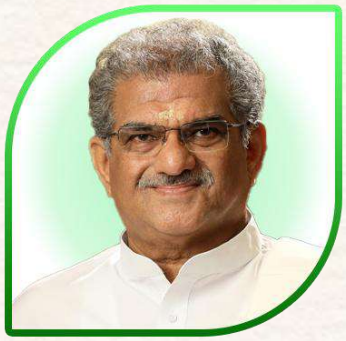

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Foreword

It is a matter of deep satisfaction to place before you this souvenir and scientific compendium, brought out on the occasion of Kshamatvam 2026, the 6th International Conference hosted by Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hospital and Research Centre, Udupi. The conference is held at the Bhavaprakasha Auditorium of our campus, with the pre-conference workshops on 29 September 2026 and the scientific sessions on 30 September and 1 October 2026.

The theme we have chosen, Translational Ayurveda in Autoimmune Disorders: Bridging Classical Wisdom with Global Healthcare, reflects a question our clinicians meet in the outpatient department almost every week. Autoimmune disorders are among the most difficult chronic conditions of our time. They are rising in incidence, they present with uncertain onset and unpredictable course, and the conventional approach of sustained immunosuppression, valuable as it is, carries burdens of its own over the years of a patient's life. Ayurveda comes to this problem with a vocabulary that was built for precisely such situations. Vyadhikshamatva does not describe immunity as a defence mechanism alone but as the capacity of a living system to resist and to recover. Agni and Ama speak to the metabolic dimension that contemporary research is only now placing at the centre of autoimmune pathogenesis. Ojas and Rasayana address resilience rather than suppression. These are not loose analogies waiting to be validated; they are working clinical categories that deserve to be examined with the full rigour of modern method.

That examination is what the word translational in our theme is meant to insist upon. It is not enough to restate classical concepts in immunological language, nor to test a formulation and report that it worked. The harder and more useful task is to build the bridge in both directions: to let biomedical findings sharpen our reading of the Samhitas, and to let classical reasoning suggest hypotheses that immunology would not have arrived at on its own. Our institution has tried to hold to that standard, and this conference is an invitation to a wider community to join in it.

The programme reflects that intent. Twelve scientific sessions bring together scholars from India, Germany, Italy, Argentina, Russia and the United States, alongside senior physicians and researchers from our own country, opening with a keynote address by Prof. Srinivasa Hejmadi Acharya. Four pre-conference workshop courses take up research models in autoimmune disorders, drug survey, Marma Chikitsa and outpatient-based Panchakarma procedures. Paper and poster presentations are organised under thirteen sub-themes ranging from Prakriti and Satmya to herbo-mineral immunomodulators and specialty-specific clinical management. An Ayurveda Expo, panel discussions and a cultural evening complete a gathering we expect to bring more than two thousand delegates to Udupi.

This volume is the scholarly record of that effort, and in some ways it will outlast the three days. It carries thirty contributions. Nine are invited essays from distinguished scholars and clinicians whose work has shaped the field, addressing Ojas as biological resilience, traditional foods and personalised nutrition, diagnostic advances in autoimmunity, Shodhana in immune-mediated disease, and integrative practice in Europe, Russia and at a tertiary neuropsychiatry centre. The remaining twenty-one come from the faculty of our own institutions at Udupi and Bengaluru, and their range is a fair portrait of what a teaching hospital does: conceptual studies on Vyadhikshamatva, Ama and Dushi Visha; documented case reports in paediatric psoriasis, dermatomyositis and Churg–Strauss syndrome; reviews of wound care, anorectal manifestations of inflammatory bowel disease, uveitis and autoimmunity in pregnancy; and work on biomarkers, immunomodulatory plants and Rasaushadhi. Read together, they show a department-by-department engagement with a single clinical problem, which is not something a conference can manufacture and not something that can be assembled quickly.

I record with gratitude the blessings and guidance of our Chief Patron, Padma Vibhushana Dr D. Veerendra Heggade, Dharmadhikari of Sree Kshethra Dharmasthala, whose vision has sustained this institution since 1958. My thanks are due to the patrons and office bearers of the SDM Educational Society, to the members of the Advisory Committee, and to our technical advisors for their counsel at every stage. I am particularly grateful to Dr Niranjan Rao, Vice Principal (Clinical), and Dr Nagaraj S, Vice Principal (Academic), whose steady support in matters clinical and academic has shaped both the conference and this volume. The Organising Secretaries, Dr Prasanna N. Mogasale and Dr Arhanth Kumar A, together with the registration, scientific, exhibition and workshop committees, have carried the weight of preparation with a diligence that deserves particular acknowledgement.

To the invited speakers who have accepted our invitation, and to every author in this volume who found time for writing amid clinical and teaching duties, I offer my sincere thanks. The responsibility for the views and the accuracy of each contribution rests with its authors, and that is as it should be in a volume meant to provoke discussion rather than close it.

It is my hope that this compendium will be consulted well after the conference has ended, and that the questions it raises will return to us as research proposals, as clinical protocols, and as better care for the patients who brought us to this subject in the first place.

Dr. Mamatha K. V.
Principal
SDM College of Ayurveda, Hospital and Research Centre, Udupi
Chief Organizing Secretary, Kshamatvam 2026
Udupi · September 2026

D. Veerendra Heggade
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Date: 24-09-2026

MESSAGE

I am pleased to learn that Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hospital and Research Centre, Udupi, is organizing the 6th International Conference, "Kshamatvam 2026," on the theme "Translational Ayurveda in Autoimmune Disorders – Bridging Classical Wisdom with Global Healthcare," from 30th September to 1st October 2026.

Recognising the immense potential of Ayurveda in promoting health and well-being, the Sri Dharmasthala Manjunatheshwara Educational Society has established AYUSH hospitals at Udupi, Hassan, Mangaluru, Chikkamagaluru, Bengaluru, Perika-Manipal, Dharmasthala and Nelamangala. Together, these hospitals have around 3,000 beds and serve nearly 5 lakh patients annually through outpatient and inpatient services. SDM institutions have also nurtured a strong global network of nearly 15,000 AYUSH alumni across India and around 300 overseas, who continue to promote AYUSH and carry its message worldwide. The excellence of SDM institutions and hospitals has earned national accreditations and honours, supported by dedicated, competent and internationally respected faculty. Our institutes offer modern, state-of-the-art facilities for student learning and comprehensive patient care. Our Ayurveda pharmacy provide practitioners non-comprising quality ayurveda pharmaceutical products.

In India, Ayurveda has evolved from the traditional Gurukula system into a structured and globally expanding system of education, research and healthcare. With strong Government support, research has expanded into clinical, interdisciplinary and integrative domains. The integration of AYUSH services into public healthcare, through Health and Wellness Centres at Primary Health Centres (PHCs), marks an important step towards mainstreaming Ayurveda and contributing to a healthier India. Ayurveda also holds considerable potential in addressing the growing burden of autoimmune and metabolic disorders, which therefore deserve greater attention in education, research and clinical practice. Strengthening early disease detection, preventive healthcare and meaningful integration across health sciences can help reduce the healthcare burden on society.

Globally, Ayurveda is gaining recognition, with Ayurveda recognised as a system of medicine in 16 countries and education offered in several parts of the world. The establishment of the WHO Global Traditional Medicine Centre at Jamnagar, Gujarat, in 2022 marked an important milestone in strengthening the global discourse on traditional medicine. Further, under the Government of India's "Heal in India" initiative, a dedicated AYUSH (AY) visa category has been introduced for foreign nationals seeking AYUSH treatment and wellness services.

I urge young Ayurveda researchers to generate robust evidence for its established principles and translate this knowledge into meaningful healthcare solutions. Greater focus should be placed on Ayurveda's potential in autoimmune and metabolic disorders, while strengthening its integration with contemporary healthcare and promoting its responsible adoption worldwide. Such efforts can help Ayurveda contribute not only to disease management but also to the larger goal of preserving and promoting health. I greatly appreciate the efforts of the organising committee in organising this conference around a theme that is both thoughtful and highly relevant to the present context.

I wish Kshamatvam 2026 every success. I am confident that the conference will provide a valuable platform for meaningful scientific exchange, collaboration and reflection, and that the delegates will return enriched by the knowledge, discussions and deliberations of the conference.

My best wishes to the organizers, researchers, clinicians and all the delegates for a fruitful and successful conference.

(D. VEERENDRA HEGGADE)

U.T. KHADER FAREED
Minister for
Health and Family Welfare,
Minority Welfare, Haj & Wakf

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Dt: 25/09/2026

MESSAGE

I am happy to know that SDM College of Ayurveda, Hospital and Research Centre, Udupi is organising KSHAMATVAM, the 6th International Seminar on 'Translational Ayurveda in Autoimmune Disorders: Bridging Classical Wisdom with Global Healthcare' from 29th September to 1st October 2026, and is bringing out a souvenir on this occasion.

I hold Poojya Dr. D. Veerendra Heggade ji in the highest regard. Under his visionary leadership, the SDM Educational Society has built institutions in Ayurveda, Naturopathy and Yoga that have strengthened the AYUSH systems and served countless patients. His social reform initiatives, including rural development, the empowerment of women through self-help groups and de-addiction camps, have transformed the lives of lakhs of families across Karnataka. This seminar is yet another reflection of the values he has nurtured.

Autoimmune disorders place a growing burden on patients and on our healthcare system. The Government of Karnataka is committed to strengthening integrated healthcare, in which AYUSH systems work alongside modern medicine for the benefit of the people. A seminar that brings classical Ayurvedic knowledge together with scientific research and clinical evidence is a welcome step in this direction.

I am sure the deliberations will be useful to practitioners, researchers and students, and that the outcomes will help improve the care available to patients in our State and beyond.

I congratulate the management, the organising committee and the faculty of the college, and wish the seminar and the souvenir every success.

With best wishes,

(U T Khadar Fareed)

वैद्य राजेश कोटेचा
सचिव

Vaidya Rajesh Kotecha
Secretary

सत्यमेव जयते

भारत सरकार
आयुष मंत्रालय
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D.O.No1908/secy/2026
19th August, 2026

Dear Dr. Mamathaji,

I acknowledge the receipt of invitation to grace Kshamatvam 2026- 6th International Conference on Translational Ayurveda in Autoimmune Disorders: Bridging Classical Wisdom with Global Healthcare, by Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hospital and Research Centre, Udupi, Karnataka, to be held from 29th September to 1st October 2026.

By focusing on Autoimmune Disorders, the conference provides an important platform for academicians, clinicians, scientists, researchers and representatives from the Ayush sector to explore the potential of Ayurveda in prevention and management of Autoimmune Disorders. I am confident that the deliberations will contribute meaningfully to strengthen the translational applications of Ayurveda in promoting preventive and therapeutic approaches for Autoimmune Disorders.

I extend my best wishes to the organizers and participants for the success of Conference and regret my inability to attend due to prior official engagements.

With regards. Yours sincerely,

(Rajesh Kotecha)

Dr. Mamatha K.V.
Principal & Chief Organising Secretary
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ಕರ್ನಾಟಕ ಸರ್ಕಾರ

ಆಯುಷ್ ಇಲಾಖೆ

ಧನ್ವಂತರಿ ರಸ್ತೆ, ಆನಂದರಾವ್ ವೃತ್ತದ ಹತ್ತಿರ, ಬೆಂಗಳೂರು - 560 009.

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ದಿನಾಂಕ / Date :

MESSAGE

"यत्र आयुर्वेदः आधुनिकविज्ञानं च समन्वितं भवतः, तत्र आरोग्यस्य नूतनः मार्गः प्रशस्यते।"

"Where Ayurveda and modern science converge, new pathways towards health and healing emerge."

It gives me immense pleasure to convey my greetings on the occasion of the **National Seminar on "Ayurveda and Autoimmune Disorders"**, being organized at **Sri Dharmasthala Manjunatheshwara College of Ayurveda, Udupi**, from **29th September to 1st October 2026**.

Autoimmune disorders represent a significant and evolving challenge to contemporary healthcare. Their complex, multifactorial nature calls for a deeper understanding of immunity, nutrition, lifestyle, gut microbiome, inflammation and individual susceptibility. Ayurveda, with its holistic understanding of **Agni, Ama, Prakriti, Ojas, Rasayana and Vyadhi Samprapti**, offers a valuable conceptual and therapeutic framework that merits systematic scientific exploration.

The seminar provides a timely platform for bringing together **Ayurvedic scholars, clinicians, researchers and experts in contemporary medicine** to deliberate upon evidence-based and translational approaches to autoimmune disorders. The scientific programme, encompassing traditional foods and personalized nutrition, contemporary immunology, microbiome research, translational research, Rasashastra, neuroimmunological disorders, Shodhana therapies and collaborative medicine, reflects the need for interdisciplinary dialogue.

Autoimmune disorders are complex conditions involving dysregulation of immune tolerance and interactions among genetic, environmental, nutritional, metabolic and microbial factors. Their chronic and multisystem nature poses challenges in diagnosis, prevention and long-term management. The seminar therefore addresses an area where meaningful integration of traditional knowledge and modern scientific methodologies is particularly relevant. Ayurveda's holistic and individualized approach, its emphasis on prevention, diet, lifestyle, Agni and Rasayana, along with its extensive clinical experience. Need for greater standardization, robust clinical evidence, validated biomarkers and reproducible research methodologies. Interdisciplinary research, personalised medicine, microbiome studies, translational research and collaborative models integrating Ayurveda with contemporary medicine. Fragmented research, inadequate methodological rigour, inappropriate extrapolation of traditional concepts and insufficient long-term scientific validation.

The deliberations are expected to facilitate **evidence-based understanding of Ayurvedic principles in autoimmune disorders, identify promising areas for translational research, encourage collaborative clinical and scientific studies, strengthen research methodology, and promote responsible integration of Ayurveda with contemporary healthcare.** The pre-conference workshops further provide practical exposure to research models, Marma Chikitsa, external Panchakarma procedures and drug survey.

I congratulate the organizers for creating this meaningful academic platform and for bringing together eminent national and international experts. I am confident that the scholarly deliberations and exchange of knowledge will contribute to strengthening the scientific foundation of Ayurveda and opening new avenues for collaborative research and patient-centered healthcare.

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ಧನ್ವಂತರಿ ರಸ್ತೆ, ಆನಂದರಾವ್ ವೃತ್ತದ ಹತ್ತಿರ, ಬೆಂಗಳೂರು – 560 009.

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ದಿನಾಂಕ / Date :

I extend my sincere appreciation to the **organizing institution, faculty, resource persons, researchers, clinicians, delegates and all those associated with this important academic Endeavour.**

With best wishes for the grand success of the Seminar.

Commissioner
(Dr Sunil Panwar IFS)
Department of AYUSH

डॉ. कौस्तुभ उपाध्याय
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सत्यमेव जयते

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Message

It gives me immense pleasure to extend my warm greetings and best wishes to SDM College of Ayurveda, Hospital and Research Centre, Udupi, on the occasion of "KSHAMATVAM 2026 – the 6th International Ayurveda Conference" on the theme, "Translational Ayurveda in Autoimmune Disorders: Bridging Classical Wisdom with Global Healthcare."

Ayurveda, with its profound understanding of health, disease, and the individual as an integrated whole, has much to contribute to the evolving global discourse on chronic and autoimmune disorders. The endeavour to connect the timeless principles of Ayurveda with contemporary scientific inquiry and healthcare practices is both meaningful and timely.

I am confident that KSHAMATVAM 2026 will provide a valuable platform for scholars, clinicians, researchers, teachers, and students to exchange knowledge, foster collaboration, and explore innovative approaches for translating Ayurvedic wisdom into evidence-informed healthcare.

My heartfelt appreciation goes to the organisers for bringing together the academic and scientific community around such an important theme. May the deliberations, research, and exchange of ideas during this conference inspire new avenues of learning and contribute to the advancement of Ayurveda and the well-being of humanity.

I convey my best wishes for the grand success of "KSHAMATVAM 2026" and pray that the conference achieves its objectives and leaves a lasting impact on the field of Ayurveda and global healthcare.

Kousthubha Upadhyaya.

Date:- 21.09.2026

Dr. Kousthubha Upadhyaya

डॉ. मनीषा उ. कोठेकर
सभापति
Dr. Maneesha U. Kothekar
Chairperson

भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग
भारत सरकार
National Commission for Indian System of Medicine
Government of India

MESSAGE

It gives me immense pleasure to convey my warm greetings and best wishes to **Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hospital & Research Centre, Udupi**, on the occasion of **KSHAMATVAM 2026 – the 6th International Ayurveda Conference**, being organized on the theme **"Translational Ayurveda in Autoimmune Disorders: Bridging Classical Wisdom with Global Healthcare."**

Autoimmune disorders, with their multifactorial nature, chronic course and significant impact on quality of life, require innovative and integrative approaches to prevention, diagnosis, management and long-term care. The theme of KSHAMATVAM 2026 is therefore highly relevant and timely. Translating the foundational wisdom of Ayurveda into contemporary healthcare requires a harmonious integration of **classical knowledge, rigorous scientific inquiry, clinical evidence, modern research methodologies and global health perspectives**.

Conferences such as KSHAMATVAM provide an important platform for scholars, clinicians, researchers, academicians and students to exchange knowledge, deliberate upon emerging evidence and explore new pathways for translational research. The pre-conference workshop and scientific sessions will, I am confident, encourage meaningful discussions on autoimmune disorders and contribute towards developing research-driven and patient-centric approaches.

I particularly appreciate the efforts of the organizers in bringing together **classical Ayurvedic wisdom and contemporary scientific perspectives**. Such academic initiatives can play a significant role in strengthening interdisciplinary collaboration and creating a stronger evidence base for the wider acceptance and responsible integration of Ayurveda in global healthcare.

I convey my best wishes for the grand success of **KSHAMATVAM 2026** and for the continued academic and research excellence of **Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hospital & Research Centre, Udupi**.

With my best wishes for a meaningful, productive and inspiring conference.

Dr. Maneesha Upendra Kothekar

New Delhi
21.09.2026

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Dear Dr. Mamatha K. V.,

Namaste and warm greetings.

I sincerely thank you for the kind invitation and for the honour of inviting me as the Guest of Honour at the inaugural function of KSHAMATVAM 2026 – 6th International Conference on "Translational Ayurveda in Autoimmune Disorders: Bridging Classical Wisdom with Global Healthcare."

I deeply appreciate your thoughtful invitation and the efforts of Sri Dharmasthala Manjunatheshwara College of Ayurveda in organizing this important academic event.

I convey my heartfelt appreciation to the organizing team and extend my warmest wishes for the grand success of KSHAMATVAM 2026. I am confident that the conference will provide a valuable platform for meaningful academic exchange and contribute to the advancement of translational Ayurveda.

With best wishes for a successful and enriching conference.

Warm regards,

Prof. Tanuja Nesari
Director/निदेशक
आयुर्वेद शिक्षण एवं अनुसंधान संस्थान
Institute of Teaching & Research in Ayurveda (ITRA)
(राष्ट्रीय महत्व का संस्थान / Institute of National Importance)
(आयुष मंत्रालय, भारत सरकार)
(Ministry of Ayush, Govt. of India, New Delhi)
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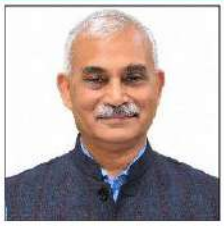
(An Autonomous Organization under the Ministry of Ayush, Govt. of India)

प्रो. (वैद्य) प्रदीप कुमार प्रजापति
Prof. (Vd.) Pradeep Kumar Prajapati
निदेशक / Director

D.O. No: Z-50/61/2026-AIIA/4160



MESSAGE

It is a matter of great pleasure to extend my warm greetings and best wishes on the occasion of the **International Conference on "Kshamatvam 2026: Translational Ayurveda in Autoimmune Disorders – Bridging Classical Wisdom with Global Healthcare"**, hosted by SDM College of Ayurveda, Udupi along with the associated pre-conference workshop.

Ayurveda has long recognized the dynamic relationship between *Vyadhi Kshamatva* (disease resistance), *Agni* (metabolic and digestive capacity), *Ojas* (vital resilience), and *Rasayana* (rejuvenative and promotive healthcare) as fundamental determinants of health and longevity. The classical wisdom succinctly emphasizes:

आयु: सत्त्वबलारोग्यस्वास्थ्यौज:प्रतिपत्तये। अग्निं रक्षेत् प्रयत्नेन सिद्धैराहारभेषजै:॥ (च.चि.15/242)

These principles acquire renewed significance in the contemporary era, particularly in the context of autoimmune disorders, which represent complex and multifactorial health challenges involving immune dysregulation, genetic predisposition, environmental influences, metabolism, lifestyle and chronic inflammation. Their complex nature calls for healthcare approaches that extend beyond disease-centric intervention and consider the individual as an integrated biological system.

The Ayurvedic concepts of *Agni, Ojas, Prakriti, Dosha* equilibrium and *Rasayana* offers a holistic framework that surely can contribute to the emerging paradigm of personalized and preventive healthcare. Translating these classical concepts into measurable biological parameters, validating them through contemporary scientific methodologies, and integrating them responsibly with modern healthcare can open new avenues for patient-centred management of chronic and complex disorders including autoimmune diseases.

The theme of **Kshamatvam 2026** is therefore both relevant and forward-looking. It will provide an important platform for *Vaidyas*, researchers, academicians, and scientists to engage in interdisciplinary dialogue and explore pathways for translating traditional knowledge into scientifically robust and globally relevant healthcare solutions. The pre-conference workshop will further provide an opportunity to strengthen research competencies, encouraging interdisciplinary interaction.

I commend the efforts of SDM College of Ayurveda, Udupi and all the organising members, faculty, researchers and delegates for bringing together this important international forum. I am confident that the deliberations of the conference and the scientific contributions presented in this compendium will stimulate further collaborative research and meaningful advances in the field of Ayurveda and autoimmune healthcare.

I extend my sincere wishes for the success of **Kshamatvam 2026** and for fruitful, inspiring and scientifically enriching deliberations.

With best wishes.

(Prof. (Vaidya) Pradeep Kumar Prajapati)

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Oral Paper Presentation Abstracts

Rogi Bala and Vyadhikshamatva: An Ayurvedic Perspective on Autoimmune Disorders

Abstract :

Theme: Assessment of Rogi Bala in the Context of Vyadhikshamatva in Autoimmune Disorders

Title: Rogi Bala and Vyadhikshamatva: An Ayurvedic Perspective on Autoimmune Disorders

Dr. Akash H Chavan, Dr. Nitin V Department of PG Studies in Panchakarma, S.D.M Institute of Ayurveda & Hospital, Bengaluru

ABSTRACT

Background & Objectives: Ayurveda explains Vyadhikshamatva as the ability to prevent disease manifestation and to resist or overcome an existing disease. Rogi Bala is an important component of Vyadhikshamatva and encompasses both Saririka Bala and Manasika Bala. This presentation aims to explore the assessment of Rogi Bala in the context of Vyadhikshamatva and its relevance to Autoimmune Disorders, where susceptibility and disease progression may vary among individuals.

Materials & Methods: The assessment is based on classical Ayurvedic concepts of Rogi Bala and Vyadhikshamatva, considering Sahaja, Kalaja and Yuktikrita Rogi Bala. Influencing factors such as Prakriti, Agni, Ojas, Satva, Dhatu Sara, Ahara, Vihara, Desa and Kala are considered for Rogi Pariksha and evaluation of disease resistance in Autoimmune Disorders.

Observations/Results: Rogi Bala is a multidimensional determinant of an individual's resistance to disease and is an important component of Rogi Pariksha for understanding disease progression and treatment planning. Optimal Saririka Bala and Manasika Bala contribute to enhanced Vyadhikshamatva. Balanced Agni, harmony of Dosha and Dhatu, proper Srotas function and adequate Ojas support disease resistance, while good Satva may facilitate recovery. Yuktikrita Rogi Bala can be enhanced through appropriate Ahara, exercise, adequate rest and Rasayana.

Conclusion: Assessment of Rogi Bala provides an Ayurvedic framework for understanding Vyadhikshamatva in Autoimmune Disorders. Integrating physical, mental, constitutional and modifiable factors may aid in assessing disease susceptibility, progression and treatment planning.

Keywords: Rogi Bala, vyadhikshamatav, autoimmune disorder, ojas, Ayurveda

Presentation Type : Oral Paper

Theme : Assessment of Rogi Bala in the Context of Vyadhikshamatva in Autoimmune Disorders

Registration No. : 0056

Reg. Category : P.G and Ph.D Scholar

Author : Dr. AKASH H CHAVAN (0056)

Institution : SDM college of ayurveda bangalore

A Structured Framework for Assessment of Rogi Bala as a Prognostic Tool in Autoimmune Disorders

Abstract :

Background & Objectives: Vyadhikshamatva, defined by Chakrapani as the capacity to resist disease onset and counter disease strength, is clinically operationalised through Rogi Bala. In autoimmune disorders, characterised by relapsing-remitting course and fluctuating host resilience, therapeutic decisions such as the choice between shodhana and shamana, drug potency, and dietary regimen classically depend upon Bala. However, no structured, reproducible method exists for grading Rogi Bala in this clinical context. This study aims to develop a structured assessment framework for Rogi Bala in autoimmune disorders and examine its correspondence with contemporary disease-activity measures.

Materials & Methods: A literary and conceptual design was adopted. Classical parameters of Bala assessment were compiled from Dashavidha Aturapariksha, Sara Pariksha, and allied references in Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya with commentaries. Parameters were organised into assessable domains, each assigned graded criteria, and conceptually mapped against validated instruments including the Disease Activity Score and the Systemic Lupus Erythematosus Disease Activity Index.

Observations/Results: A ten-domain framework emerged encompassing sara, samhanana, pramana, satmya, sattva, aharashakti, vyayamashakti, vaya, agni, and ojas-related clinical indicators, each with three-tier grading (pravara, madhyama, avara). The composite grade showed meaningful conceptual alignment with functional status, flare frequency, and fatigue burden reflected in modern indices.

Conclusion: The proposed framework renders Rogi Bala assessment systematic and reproducible, offering a prognostic and therapeutic decision-making tool in autoimmune disorders and a foundation for future clinical validation studies.

Keywords: Rogi Bala; Vyadhikshamatva; Dashavidha Aturapariksha; Autoimmune disorders; Prognosi

Presentation Type : Oral Paper

Theme : Assessment of Rogi Bala in the Context of Vyadhikshamatva in Autoimmune Disorders

Registration No. : 0403

Reg. Category : P.G and Ph.D Scholar

Author : Dr. FALGUNI JOSHI (0403)

Co- Author/s : Prof Udai Raj Saroj, Prof, Kayachikitsa department, National institute of Ayurveda Jaipur Rajasthan

Institution : NATIONAL INSTITUTE OF AYURVEDA DENOVO JAIPUR

From Immunity to Resilience: Reinterpreting Vyadhikshamatva and Rogi Bala in the Era of Precision Immunology

Abstract :

Background & Objectives: Contemporary immunology is evolving from a static concept of disease resistance toward dynamic immune resilience, encompassing tolerance, adaptation, regulation, and restoration of homeostasis. Ayurveda provides a broader host-centred framework through Vyadhikshamatva and Rogi Bala. This paper aims to explore their conceptual relevance to immune resilience and emerging advances in precision immunology, particularly in understanding individual susceptibility to immune-mediated disorders.

Materials & Methods: A conceptual and interpretative review was undertaken using classical Ayurvedic literature and contemporary scientific literature concerning Vyadhikshamatva, Rogi Bala, Ojas, Agni, Prakriti, immune tolerance, immune regulation, systems biology, microbiome-immune interactions, and precision medicine. Ayurvedic constructs were critically mapped with contemporary concepts without presuming direct biological equivalence.

Observations/Results: The analysis proposes that Vyadhikshamatva may be viewed as a dynamic capacity to withstand biological perturbation, mount an appropriate response, and restore physiological equilibrium rather than as immunity alone. Rogi Bala may be interpreted as a multidimensional expression of host strength influenced by Prakriti, Agni, Dhatu Bala, Ojas, nutrition, age, lifestyle, and psychological factors. This perspective shifts the conceptual focus from disease-centred classification toward host-centred assessment, highlighting differences in susceptibility, disease trajectory, resilience, and therapeutic responsiveness. Advances in immune profiling, systems biology, microbiome research, and precision immunology provide opportunities to investigate these relationships through measurable clinical and biological parameters.

Conclusion: Reframing Vyadhikshamatva and Rogi Bala as dimensions of host resilience offers a novel Ayurvedic-immunological perspective for individualized healthcare. Future translational research should investigate measurable correlates of these constructs and their potential relevance to personalized and preventive approaches in immune-mediated disorders.

Keywords: Vyadhikshamatva; Rogi Bala; Immune Resilience; Precision Immunology; Ojas

Presentation Type : Oral Paper

Theme : Assessment of Rogi Bala in the Context of Vyadhikshamatva in Autoimmune Disorders

Registration No. : 0474

Reg. Category : P.G and Ph.D Scholar

Author : Dr. ANJALI SHANKARRAO MANE (0474)

Institution : SDMTSAMC Terdal

Understanding Rogi Bala through the lens of vyadhiksamatva in auto immune conditions

Abstract :

Background and objectives

Autoimmune disorders occur when the immune system mistakenly attacks the body's own healthy tissues. In Ayurveda, immunity is conceptualized through Vyadhikshamatva (immunity) and Rogi Bala (the patient's inherent strength). This study demonstrates how the systematic evaluation of Rogi Bala-utilizing the traditional Dashavidha Pariksha (ten-fold examination)-serves as a critical clinical tool for Ayurvedic precision medicine. By accurately gauging a patient's internal resilience, clinicians can better tailor detoxification (Shodhana) and rejuvenation (Rasayana) therapies, optimize prognostic accuracy, and prevent treatment-induced complications. Ultimately, this paper highlights the potential of incorporating Rogi Bala into global integrative medicine frameworks to improve long-term outcomes in autoimmune care.

Materials and methods.

This study is based on a comprehensive review of Classical ayurvedic text like charak samhita, modern medical auto immune diseases, we analyzed rogi bala using traditional ayurvedic examinations (Dashavidha pariksha), checking factors like patient's tissue quality (sara), mental Strength (satva), digestion (Ahara sakti) and physical energy (vyayam sakti), vyadhikshamatva (immunity status) was graded as superior, moderate and deficient based on the inflammatory blood markers like ESR and CRP.

Observation / Result:

The study shows that Rogi Bala is vital for both preventing diseases and fighting existing ones patients with deficient strength (Avar Bala) suffered from frequent, severe flare-ups and higher inflammation levels. meanwhile, patient with stronger Rogi Bala showed better disease tolerance and responded better to rejuvenating (Rasayan) therapies the results show that weak metabolic fire (Agni) and depleted vitality (Ojas) lower patient's Ragi Bala, damaging their immunity and triggering auto immune responses.

Key words:

Rogi Bala, vyadhikshamatva, Autoimmune disorders. Dashavidha pariksha.

Presentation Type : Oral Paper

Theme : Assessment of Rogi Bala in the Context of Vyadhikshamatva in Autoimmune Disorders

Registration No. : 0673

Reg. Category : Undergraduate Student

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Ayurvedic determinants of Immunity:Role of Ahara, Vihara and Achara (In Garbhini)

Abstract :
Title:Ayurvedic determinants of Immunity_Role of Ahra, Vihara and Achara (In Garbhini).
Background The term immunity stands for the power which protects from the diseases, the immune system acts as defense mechanism against many common diseases including infections.In Ayurveda, immunity is known as Vyadhikshamatwa that is the body capacity to resist disease and its progression. Its core determinants rely on Ahara, Vihara, and Achara which together preserve Agni and built ojas. Pregnancy is a unique physiological state in which the mothers nutritional, physical and psychological status contributes to her own health as well as fetal development. Ayurveda therefore gives special importance to Garbhini Parichara, encompassing appropriate diet, lifestyle and conduct.
Materials and Methods A narrative review of classical Ayurvedic literature and relevant contemporary scientific literature was conducted, reference were collected from Ayrvedic samhitas, along with relevant research article. Literature related to Garbhini parichara, Vyadhikshamatva, Bala, Ojas, Agni, Prakriti, Rassayana, Ahara and Vihara was reviewed and critically analysed.
Observations The review revealed that immunity in Ayurveda is a mulyifactorial concept.Ojas represents vitality and resistance, while Bala denotes physical strength and disease resistance.Proper Agni and adequate nourishment of Dhatus contributes of Ojas, Prakriti, Appropriate Ahara, Vihara and seasonal adaption, mental well being and Rasayana therapy plays important role in vyadhikshamatva and Masanumasika garbha vriddhi, health of Garbhini . Conclssion Ayurveda principles indicate that immunity during pregnancy is multidimensional phenomenon influenced by Ahara, Vihara, and Achara.Proper garbhini Parichara may support maternal bala, Ojas and promote healthy fetal development. Aurveda presents immunity as an integrated outcome of proper digestion, tissue nourishment, strength, lifestyle, mental well being and Rasayana, Understanding these determinants may provide a holistic approach to maintaining health and improving resistance to disease. Key words: Garbhini Paricharya, Vyadhikshamatva, Immunity, Ojas, Bala.

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0015
Reg. Category : P.G and Ph.D Scholar
Author : Dr. PALLAVI R KODAGE (0015)
Institution : SDMTSAMC Terdal

Nutritional Evaluation of Modified Amalaki Khanda Cookies: Implications for Immune-Supportive Nutrition

Abstract :
Introduction: Ayurvedic formulations have traditionally been used as sources of nutritional and health-promoting benefits. Amalaki Khanda, containing Kushmanda (Benincasa hispida), Amalaki (Phyllanthus emblica) as a major ingredient, is traditionally recognized for its nourishing and rejuvenating properties. Modification of traditional formulations into convenient nutraceutical such as cookies may improve their acceptability and facilitate their incorporation into the daily diet.
Aim: The present study aimed to evaluate the nutritional composition of modified Amalaki Khanda cookies and to explore their potential contribution to immune-supportive nutrition.
Materials and Methods. Modified Amalaki Khanda cookies were prepared by adopting general method and modifying as per ingredients. The prepared cookies were subjected to nutritional evaluation to determine their proximate composition and relevant nutritional parameters. The nutritional findings were interpreted with reference to the established roles of dietary nutrients in maintaining normal immune function.
Results: The modified Amalaki Khanda cookies demonstrated a nutritionally relevant composition with respect to their energy, carbohydrate, protein, fat and other evaluated nutritional parameters. The presence of nutritionally important components suggests that the product may contribute to dietary requirements associated with maintenance of normal physiological and immune functions.
Conclusion: The findings indicate that modified Amalaki Khanda cookies have potential as a convenient, acceptable and nutritionally valuable food product with relevance to immune-supportive nutrition. The nutritional profile provides a scientific basis for further investigation of the product. However, nutritional composition alone does not establish an immunomodulatory effect, and further in-vitro and in-vivo studies are warranted to validate its specific effects on immune function.
Keywords: Nutraceutical, Immunomodulatory, rejuvenating

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0040
Reg. Category : P.G and Ph.D Scholar
Author : Dr. RADHIKA BHAT (0040)
Co- Author/s : Dr Ashok Kumar B N
Institution : Karavali Ayurvedic Medical College

Ancient Wisdom for Modern Immunity: Role of Ahara, Traditional Food Preparation, Eating Practices, Vihara and Acara in Vyadhi-kshamatva

Abstract :
Background Ayurveda considers health and disease resistance to be influenced by the integrated interaction of Ahara (diet), Vihara (lifestyle) and Acara (conduct), contributing to Bala, Ojas and Vyadhi-kshamatva. Immunity is determined not merely by what we eat, but also by how, when, how much, and under what conditions we eat. Classical principles concerning wholesome food, appropriate quantity and timing, daily and seasonal regimen, sleep, physical activity, mental balance and conduct provide a comprehensive preventive framework. Conversely, modern lifestyles characterized by unhealthy dietary patterns, irregular eating, sedentary behaviour, inadequate sleep and psychological stress may adversely affect immune function.
Objective To explore Ahara, Vihara and Acara as interconnected determinants of immunity and examine their relevance in the context of contemporary scientific evidence.
Methods A conceptual review of selected classical Ayurvedic literature was undertaken, focusing on wholesome food, quantity, timing, compatibility, Agni, lifestyle, sleep, exercise, mental well-being and conduct. Contemporary scientific literature on nutrition, the gut-immune axis, meal timing, circadian rhythm, physical activity, sleep, stress and immune regulation was reviewed to identify areas of convergence.
Results The review indicates substantial conceptual parallels between Ayurvedic preventive principles and contemporary understanding of immune regulation. Dietary quality, quantity and timing, together with eating practices, may influence metabolic and immune homeostasis. Physical activity, adequate sleep, circadian regulation and psychological well-being are also recognized as important modulators of immune function, providing scientific perspectives on several classical recommendations.
Conclusion Ahara, Vihara and Acara should be considered interconnected determinants of immunity rather than isolated factors. Integrating Ayurvedic wisdom with contemporary scientific research offers opportunities to investigate Vyadhi-kshamatva using modern methodologies and may contribute to a holistic, preventive and sustainable approach to immunity and health promotion.

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0044
Reg. Category : P.G and Ph.D Scholar
Author : Dr. GOWDA KETAN ANNAYYA (0044)
Institution : Sri Dharmasthala Manjunatheshwara College of Ayurveda Hospital Research Centre Kuthpady Udupi

From susceptibility to recovery : ahara, vihara and achara as ayurvedic determinants of immunity in IBD

Abstract :
Dr Yashaswini H Alagur Postgraduate scholar, Department of Panchakarma Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru Email Id- yashaswiniha72@gmail.com Contact no.- 9148307191 Dr Basavaraj G Saraganachari Head of Department of Panchakarma Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru
Abstract
Background & Objectives: Inflammatory bowel disorder (IBD) being one among the autoimmune disorder of gut-brain interaction is characterized by recurrent abdominal pain & altered bowel habits. The pathogenesis is multiple factors. Ayurveda emphasizes on the maintenance of vyadhi kshamatva (disease resistance) through proper practice of ahara (diet), vihara (daily activities) and achaara (behavioural conduct). These factors influence the agni, dosha, ojas & bala. Here we aim to explore the role of ahara, vihara & achara as ayurvedic determinants of immunity in IBD, from susceptibility & disease manifestation to recovery & prevention of recurrence.
Materials & Methods: A narrative review of classical Ayurvedic literature & contemporary scientific literature related to IBD, gut health, diet, lifestyle and psychological factors, agni, ama, ojas, bala, vyadhikshamatva, sadvritta, dinacharya, rutucharya was explored. Influence of ahara, vihara, achara was examined across 3 phases- susceptibility before onset of disease, during disease course, post disease recovery & prevention of recurrence.
Observations: The review suggest that improper dietary habits & daily activities have influence on dosha imbalance. Other than this psychological factors also influence the gut- brain interaction which also result in IBD. Thus pathya ahara, vihara and following of sadvritta helps in maintaining agni, bala & ojas, therby helps to achieve our objective.
Conclusion: An integrated ayurvedic approach encompassing ahara, vihara & achara provides a holistic

framework for understanding the factors influencing disease resistance & gut health in IBD. Addressing these factors in each stage of disease will help in long term management. Key words: IBD, ahara, vihara, achara

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0053
Reg. Category : P.G and Ph.D Scholar
Author : Dr. YASHASWINI H ALAGUR (0053)
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Beyond Conventional Diabetic Typologies: Targeting Long-Standing Immunocompromised States in Prameha Through Nisha-Amalaki

Abstract :
In the clinical progression of Prameha, dedicating the therapeutic framework exclusively to conventional classifications like Type 1 or Type 2 diabetes introduces critical diagnostic limitations, as chronic immunocompromised states inherently develop in both long-standing presentations. Rather than tethering the analysis to specific diabetic typologies, the disease pathology is more accurately mapped through its dual classical pathways: Avarana (obstructive metabolic stagnation) and Dhatukshaya (progressive tissue depletion). The early-to-mid stages of Prameha are predominantly governed by Avarana-janya pathology, where the primary threat is Oja Vyapath - the qualitative impairment and displacement of vital essence - rather than absolute Dhatukshaya (terminal tissue wasting), which occurs only as a late-stage sequel. To target this specific window of Oja Vyapath, the binary formulation of Nisha-Amalaki provides an optimal, streamlined dual-immunomodulator dynamic. The combination presents no pharmacological friction; Haridra operates as a highly targeted, potent anti-inflammatory agent, while Amalaki introduces a Pancharasa (five-tasted) profile that provides broad-spectrum Tridosha-shamana (doshic equilibrium) and tissue-protective properties. This precise synergistic pairing targets the underlying metabolic "holes" or structural vulnerabilities in host immunity, clearing systemic channel obstruction without prematurely engaging terminal tissue-wasting protocols. Key words: immunology, prameha, ojo vyapath

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0071
Reg. Category : Intern
Author : Dr. SHRAVAN BHAT (0071)
Institution : Adichunchangiri Ayurvedic Medical College Hospital and Research Centre

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UNDERSTANDING TYPE 1 HYPERSENSITIVITY THROUGH THE AYURVEDIC CONCEPT OF AMA

Abstract :
Introduction: Hypersensitivity is defined as an exaggerated or inappropriate state of normal immune response with onset of adverse effects on the body. Hypersensitivity is of four types where, type 1 Hypersensitivity is an exaggerated IgE mediated immune response to allergens like food substances, medications, pollens and other substances. According to Ayurveda, the health status of the body is just the manifestation of internal Agni in the body. When Agni becomes Durbala, the ingested food cannot be digested, leading to formation of Ama. Ama is considered the root cause for occurrence of all diseases.Objective: To explore the mechanism of type 1 Hypersensitivity through the lens of Ama.Method: Concepts related to Ama are analyzed from the perspective of the mechanism of action of type 1 Hypersensitivity from Ayurvedic and contemporary literature, internet sources, and various authentic journals. Discussion: Exaggerated or inappropriate metabolism of allergens in the macrophages leads to stimulation of immune system leading to type 1 Hypersensitivity. Likewise, Mandagni leads to formation of Ama .The inappropriate immune response and the developed Ama, both may be the cause of multiple inflammatory responses in the body. Conclusion: This paper offers a unique perspective on type 1 Hypersensitivity by meticulous analysis through the framework of Ama, providing valuable insights for Ayurvedic practitioners and researchers by applying concept of Ama in diagnosis and management of immune reactions.
Keywords: Ama, Hypersensitivity , Inflammation, Mandagni

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0097
Reg. Category : P.G and Ph.D Scholar
Author : Dr. RAGHU KRISHNA M M (0097)
Co- Author/s : Dr. Raghu krishna M M1, Prof(Dr). Chhaju Ram Yadav2, Dr. Rashmi Prakash Gurao3, 1) MD scholar Department of Kriya Sharir , NIA, DU, Jaipur, Rajasthan . email - raghukrishnamm77@gmail.com; Mob no-9741204607., 2) Dean PhD & HOD Department of Kriya Sharira , NIA, DU , Jaipur, Rajasthan , 3) Assistant Professor Department of Kriya Sharir , NIA , DU, Jaipur, Rajasthan
Institution : National Institute of Ayurveda

Ahara-Vihara-Acara Matrix and Cumulative Homeostatic Load: A Dynamic Viruddhata-Avarana

Framework for Understanding Ojo-dushti and Autoimmunity.

Abstract :

Background & Objectives: Autoimmunity encompasses diverse disorders characterised by impaired self-tolerance, influenced by genetic, dietary, behavioural, psychological and environmental factors. Ayurveda views health as a dynamic equilibrium between the individual and environment. This paper aims to propose a conceptual framework linking the Ahara-Vihara-Acara matrix and cumulative homeostatic load with dynamic Viruddhata, wherein previously Satmya influences may become Asatmyata, initiating progressive systemic dysregulation and Ojo-dushti.

Materials & Methods: A conceptual integrative synthesis was undertaken through four stages: mapping emerging dietary, behavioural, psychological and environmental contributors within the Ahara-Vihara-Acara matrix; conceptualising their cumulative contribution to homeostatic load; mapping the proposed Ayurvedic sequence of Satmya-Asatmyata, Viruddhata, Agni, Ama, Avarana and Ojo-dushti; and examining its potential correspondence with contemporary concepts of immune tolerance, cellular signalling, neuroendocrine regulation and epigenetic modulation. A hypothesis-generating pathway linking cumulative host-environment discordance with diverse autoimmune manifestations was subsequently developed.

Observations/Results: Persistent discordance may progressively impair Agni and disturb the Agni-Bala-Ojas axis, favouring Ama Avastha. As adaptive capacity declines, previously tolerated influences may become Asatmya, representing dynamic Viruddhata. Continued dysregulation is proposed to be interpretable through Avarana, providing an Ayurvedic theoretical framework for disturbed physiological regulation and cellular-immune communication. Progressive disruption may compromise the functional integrity of Ojas, conceptualised as Ojo-dushti, potentially encompassing Ojo-visramsa and Ojo-vyapada. This evolving state may correspond with impaired immune regulation, progressive loss of self-tolerance and autoreactivity, with tissue and individual susceptibility influencing the eventual clinical manifestation.

Conclusion: The Dynamic Viruddhata-Avarana framework conceptualises autoimmunity as an evolving consequence of cumulative host-environment discordance. The Ahara-Vihara-Acara matrix, homeostatic load, Agni-Ama disturbance, Avarana and Ojo-dushti together offer a novel, testable Ayurvedic framework for understanding diverse autoimmune manifestations.

Keywords: Viruddhata; Avarana; Ojo-dushti; Homeostatic Load; Autoimmunity

Presentation Type : Oral Paper

Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara

Registration No. : 0177

Reg. Category : Faculties, Researchers & Practitioners

Author : Dr. TREDHA VYAS (0177)

Institution : P P Savani Ayurveda college and Hospital PPSU Surat

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Ayurvedic Lifestyle Determinants of Vyadhikshamatva: An Integrative Perspective on Immunology

Abstract :

Ayurvedic Lifestyle Determinants of Vyadhikshamatva: An Integrative Perspective on Immunology Vd. Riddhi K Thacker1, Vd. Bhupesh R. Patel2 First Year PhD Scholar, Department of Dravyaguna, Institute of Teaching and Research in Ayurveda, Jamnagar, Gujarat. Professor & Head, Department of Dravyaguna, Institute of Teaching and Research in Ayurveda, Jamnagar, Gujarat. Email: rkthacker249@gmail.com Contact no.: 8849479741 ABSTRACT

Background: Ayurveda considers health to be a dynamic state of equilibrium and emphasizes preservation of health through appropriate lifestyle practices. The concept of Vyadhikshamatva denotes the inherent capacity of the body to resist and withstand disease. In current perspectives on immunology, immune competence is influenced by multiple lifestyle-related factors, including nutrition, physical activity, sleep, stress and behavioural patterns. This provides an opportunity to examine Ayurvedic lifestyle principles in the context of immunology. Objective: To explore Ayurvedic lifestyle practices as determinants of Vyadhikshamatva and to examine their conceptual relevance to current understanding of immune health. Discussion: Ayurvedic lifestyle encompasses an integrated approach to Ahara, Vihara and Achara. Dietary habits, including appropriate Matra, Guna, Kala, Satmya and Aharavidhi, are considered essential for maintaining Samyak Agni, Dhatu-poshana and supporting Ojas. Vihara encompasses Dinacharya, Ritucharya, Samyak Vyayama, Samyak Nidra, Indriya-nigraha, Sadvritta, and other healthy lifestyle practices. These practices support physical well-being, psychological balance, emotional regulation, and healthy social conduct. Collectively, these practices may influence physiological homeostasis and thereby contribute to Vyadhikshamatva. Their conceptual convergence with current evidence on nutritional immunomodulation, gut-immune interactions, circadian biology, exercise, stress regulation and sleep highlights the potential of lifestyle-oriented approaches in maintaining immune resilience. Conclusion: Ayurvedic lifestyle provides a comprehensive, preventive and individualized framework

for supporting Vyadhikshamatva. Integrating classical lifestyle principles with contemporary immunological perspectives may offer valuable directions for preventive healthcare and future interdisciplinary research.

Keywords: Vyadhikshamatva, Lifestyle, Ahara, Vihara, Achara, Immunity.

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0184
Reg. Category : P.G and Ph.D Scholar
Author : Dr. RIDDHI K THACKER (0184)
Institution : Institute of Teaching and Research in Ayurveda Jamnagar

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Immunity in Ayurveda: Integrating Ahara, Vihara, and Achara with Gut-Immune and Psychoneuroimmunological Health

Abstract :

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2.Associate professor, Dept.of kayachikitsa, KAHER's ShriBMKAyurvedaMahavidyalaya

4. PG scholar, Dept.of Panchakarma, KAHER'S ShriBMKAyurvedaMahavidyalaya Corresponding Author:Dr.M Ibrahim - Mailid:mipadaya2001@gmail.com Mo.No.:7622047586 ABSTRACT:

Background: Autoimmune diseases are complex and relatively uncommon conditions where the immune system loses self-tolerance and starts attacking body's own tissues. In ayurveda, immunity is described as Vyadhi-kshamatva and it depends on factors like Agni, Oja, Bala, Dosha, Dhatu, and Srotas. Classical texts also point out that Ahara, Nidra, Sattva, and Rasayana plays an important role in shaping immunity. When the diet is poor, daily routines are irregular, sleep is disturbed or stress builds up, Agni is impaired and Ama increases which leads to decrease body resistance and increase susceptibility to auto-immune disease.

Aim and Objective: To explore a translational ayurveda perspective on how Ahara, Vihara, and Achara influence immune homeostasis and immune tolerance, with relevance to autoimmune susceptibility.

Materials and Methods: A narrative literature review was performed using classical Ayurveda texts like Charaka, Sushruta and Ashtanga Hridaya Samhitas along with published articles from databases including PubMed, Google Scholar, and AYUSH sources. Literature related to immunity, autoimmunity, Ahara, Vihara, and Achara, Agni, Oja and Vyadhi-kshamatva were selected. Result: The review shows that appropriate Ahara supports Agni and tissue nourishment, appropriate Vihara maintains balance in daily and seasonal routines, and Achara supports emotional stability and healthy conduct. All-together, these factors may help to preserve Oja, improve Vyadhi-kshamatva and reduce autoimmune imbalance. The concept also aligns with modern concepts such as the gut-immune axis, circadian regulation and psychoneuroimmunology.

Conclusion: Ahara, Vihara, and Achara together form a practical framework for immune regulation. This approach offers a preventive and translational perspective for understanding autoimmune susceptibility and may guide future research with biomarkers and clinical studies.

Keywords: Ahara, Vihara, Achara, Vyadhi-kshamatva, Auto-immunity

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0195
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Ayurvedic determinants of immunity: role of ahara

Abstract :

Ayurvedic determinants of Immunity: role of ahara Bhargavi.N.Poojary

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Introduction :Ayurveda offers a holistic understanding of immunity through the concepts of Vyadhikshamatva, Bala and Ojas. Among the fundamental determinants of health, Ahara plays a central role in sustaining physiological and psychological strength, tissue nourishment and resistance to disease.

Aim:To explore the role of Ahara as a determinant of immunity and elucidate its contribution to the maintenance of Agni, Dhatu and Ojas based on classical Ayurvedic principles.

Objective:understanding role of ahara as determinant of immunity

Materials and Methods: Classical Ayurvedic literature, particularly Charaka Samhita, was reviewed for

references related to Ahara, Agni, Bala, Ojas and Vyadhikshamatva.
Discussion: Ayurveda considers Ahara as one of the essential pillars supporting life and health. Properly selected and appropriately consumed food sustains Agni, facilitates efficient digestion and promotes sequential nourishment of the Dhatu. This process contributes to the formation and maintenance of Ojas, which is regarded as an essential determinant of strength and vitality. The quality, quantity, compatibility, timing and method of food intake are influenced by individual factors such as Prakriti, Agni, Satmya, Kala and Matra. Conversely, improper, incompatible or inadequate dietary practices may impair Agni, disturb Dhatu equilibrium and adversely influence Bala and disease resistance. Thus, Ahara acts not merely as a source of nutrition but as a significant modulator of physiological resilience.
Keywords: Immunity, vyadhikshamatva, ahara, bala, ojas

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
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"Nurturing Immunity Through Ayurveda: The Role of Ahara, Vihara and Achara"

Abstract :
Background: In medicine, immunity protects the body against infectious diseases. Ayurveda calls it Vyadhikshamatva: preventing disease onset and reducing its severity or progression. It includes Vyadhi-utpadaka-pratibandhakatva (resistance to initiation) and Vyadhi-bala-virodhitva (resistance to severity). Trayopasthambha - Ahara, Nidra and Brahmacharya - preserves health. Ahara is its nutritional foundation; Nidra and Brahmacharya are parts of Vihara and Achara. Balanced food, sleep, lifestyle and behaviour maintains Agni, Ojas and Vyadhikshamatva, supporting innate resistance.
Objective: To understand the importance of Ahara, Vihara and Achara in enhancing immunity.
Materials and Methods: Classical and contemporary Ayurvedic literature, modern texts, journals and articles were searched.
Observation and Results: Ahara: Proper, wholesome food maintains Agni, nourishes Dhatus and supports Ojas, helping the body resist disease.
- Vihara: Proper sleep, exercise, daily routine and seasonal adaptation maintains physical balance and overall wellbeing.
- Achara: Healthy conduct, mental wellbeing and stress management may maintain psychological balance and support immune health.
- Trayopasthambha: Ahara, Nidra and Brahmacharya are the basic pillars of health and relates to the broader aspects of diet, lifestyle and conduct.
- Overall, balancing Ahara, Vihara and Achara may support Ojas and Vyadhikshamatva.
- Conclusion: In Ayurveda, immunity is not an immune-boosting effect, but the result of balancing the body's doshas, dhathus and malas. A balanced diet (Ahara), healthy lifestyle (Vihara) and healthy conduct (Achara) stabilise Agni, enhance Ojas supports Vyadhikshamatva, the natural capacity to fight disease. Along with Trayopasthambha, diet control, adequate sleep, lifestyle and positive thinking help prevent disease.
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Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
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Dietary Discipline and Immunity: Revisiting the Ayurvedic Principles of Ahara Vidhi

Abstract :
Sub-theme: Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Vichara Dietary Discipline and Immunity: Revisiting the Ayurvedic Principles of Ahara Vidhi Dr. Mansi Mahida1 Intern, G. J. Patel college of Ayurvedic studies and research centre, New V V Nagar, Anand, Gujarat.
Background: Ayurveda recognizes Ahara (food) as one of the fundamental pillars of life and a key determinant of health and disease. While contemporary nutrition predominantly emphasizes the composition and nutritive value of food, Ayurveda extends this perspective to include the Aharasevana vidhi, Aharasevana Kala, Matra, Aharaguna and Samyak Ahara Seavana. These principles are collectively described under Ahara Vidhi, the classical framework of dietary discipline. Proper adherence to Ahara Vidhi is considered essential for maintaining

Samyak Agni and Dhatu Poshana, thereby contributing to Vyadhikshamatva (resistance to disease). Objective: To explore the classical principles of Ahara Vidhi and examine their conceptual relationship with Agni and Vyadhikshamatva, highlighting their potential relevance in promoting immune health and preventive healthcare. Discussion: Ayurvedic texts emphasize Ushna, Snigdha, Matravat Ahara, appropriate Aharasevana Kala, eating after digestion of the previous meal, and avoiding Viruddha Ahara. These principles highlight the importance of not only what is eaten, but also how, when, and how much. Such dietary discipline supports Agni, proper tissue nourishment, and preservation of Ojas, thereby contributing to Vyadhikshamatva. Thus, Ahara Vidhi offers an individualized approach with potential relevance to metabolic health, lifestyle disorders, and immune resilience. Conclusion: Ahara Vidhi links dietary practices with digestion, nourishment, and disease resistance, providing a holistic basis for preventive healthcare and further research in nutrition and immune health.

Keywords: Ahara Vidhi, Dietary Discipline, Immunity, Agni, Vyadhikshamatva

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
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Reg. Category : Intern
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Institution : GJPIASR

Decoding Immunity through the Ayurvedic Lens of Diet, Lifestyle and Conduct

Abstract :
Introduction: Immunity understood in contemporary biomedicine as the body's capacity to recognize, resist and respond to disease-causing agents. Ayurveda describes a broader conceptual framework of disease resistance through the principle of Vyadhikshamatva, which emcompasses the body's capacity to resist disease and maintain physiological integrity. Classical Ayurvedic literature describes health as an outcome of multiple interdependent determinants, including Ahara, Vihara and Achara. These factors are also considered relevant to the formation and maintenance of Ojas, the vital essence considered the physical basis of immunity.
Objectives: To explore and consolidate the classical and contemporary understanding of Ahara, Vihara and Achara as interrelated determinants of Vyadhikshamtva in Ayurveda.
Methods: A conceptual review was conducted using classical Ayurvedic texts from Samhita, along with commentaries and relevant peer-reviewed publications.
Results: Ahara, governed by principles such as Ahara Vidhi Vishesha Ayatanani and appropriate Matra, Kala and consideration Prakriti provide the nutritional foundation for health by supporting Dhatu nourishment and the maintenance of Ojas. Vihara, encompassing Dinacharya and Ritucharya, promotes physiological balance and Dosha equilibrium, thereby preventing the accumulation of Ama and susceptibility to disease. Achara, particularly Sadvritta and Achara Rasayana, addresses the psychological behavioural, reinforcing immunity through mental stability, positive conduct and social harmony. These three determinants function synergistically, integrating physical, physiological and psychological dimensions of health maintenance, rather than operating as isolated interventions.
Conclusion: The Ayurvedic framework of Ahara, Vihara and Achara offers a holistic and preventive model of immunity that extends beyond the biomedical focus on isolated immune markers. This triadic approach underscores Ayurveda's emphasis on Swasthasya Swasthya Rakshanam as a proactive strategy rather than a reactive one. Integrating this framework into contemporary preventive healthcare and public health discourse could offer a sustainable, lifestyle-based approach to immunity enhancement, warranting further validation through interdisciplinary and evidence-based research.

Keywords: Ahara, Achara, Immunity, Vihara, Vyadhikshamatva

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
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Reg. Category : P.G and Ph.D Scholar
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Title Ayurvedic Determinants of Immunity in Women's Reproductive Health: Role of Ahara, Vihara and Acara

Abstract :
Title Ayurvedic Determinants of Immunity in Women's Reproductive Health: Role of Ahara, Vihara and Acara Abstract
Background & Objectives: Immunity is an important determinant of health and disease susceptibility. Ayurveda describes the maintenance of health through appropriate Ahara, Vihara and Acara, which influence Agni, Dosha equilibrium, Ojas and Vyadhi Kshamatva. In women, disturbances in lifestyle, dietary practices and psychological factors may influence reproductive health

and contribute to susceptibility to inflammatory and immune-mediated disorders. This review aims to explore the Ayurvedic determinants of immunity with special reference to women's reproductive health.
Materials & Methods: A conceptual review was conducted by analysing classical Ayurvedic texts including Samhitas and relevant contemporary literature concerning immunity, nutrition, lifestyle, reproductive health and immune-mediated disorders. Concepts of Ahara, Vihara, Acara, Agni, Ojas and Vyadhi Kshamatva were critically reviewed and correlated with contemporary understanding of immune regulation.
Observations/Results: Appropriate Ahara supports Agni and Dhatu nourishment, while wholesome Vihara including adequate sleep, physical activity and regulated daily routines contributes to physiological homeostasis. Satvika Acara and psychological well-being may further support Ojas and Vyadhi Kshamatva. Conversely, improper dietary habits, sedentary lifestyle, disturbed sleep and psychological stress may adversely affect metabolic and immune homeostasis, potentially influencing reproductive health.
Conclusion: The Ayurvedic principles of Ahara, Vihara and Acara provide a holistic framework for maintaining immunity and supporting women's reproductive health. Integrating these principles may offer valuable preventive perspectives in contemporary Prasuti Tantra and Stri Roga practice.
Keywords: Ahara, Vihara, Acara, Vyadhi Kshamatva, Women's Reproductive Health

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
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Reg. Category : P.G and Ph.D Scholar
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VYADHIKSHAMATVA IN VRANA ROPANA: AN AYURVEDIC PERSPECTIVE ON WOUND HEALING

Abstract :
Introduction: Wound healing is a dynamic biological process involving inflammation, host defence, tissue proliferation and remodelling. Ayurveda describes Vrana Ropana as a sequential process influenced by the condition of Dosha, Dhatu, Agni and Ojas. Vyadhikshamatva, broadly understood as the body's capacity to resist and overcome disease, may therefore have an important conceptual relevance to wound repair and restoration of tissue integrity.
Materials and Methods: A conceptual review of classical Ayurvedic literature was undertaken, primarily referring to classical texts. These concepts were subsequently interpreted in relation to contemporary principles of immune response and wound healing.
Results: Adequate Vyadhikshamatva may be conceptually associated with effective host defence, appropriate inflammatory response, prevention of infection and progressive tissue repair. Ojas and Bala represent important determinants of systemic resilience, while balanced Agni and optimal nourishment support tissue integrity and regeneration. The Ayurvedic principles of Vrana Shodhana and Ropana further emphasise control of local pathology followed by restoration of tissue. Disturbances in these systemic and local factors may contribute to delayed healing and progression towards Dushta Vrana. Thus, Vyadhikshamatva can be viewed as an important systemic background factor influencing the wound-healing.
Discussion and Conclusion: Ayurvedic understanding of Vyadhikshamatva provides a holistic framework for interpreting wound healing beyond local wound management. Its association with Ojas, Bala, Agni and nutritional and lifestyle factors offers a multidimensional perspective that complements contemporary concepts of host defence and tissue repair. Integrating these principles may provide a broader conceptual basis for understanding individual variations in wound healing and the management of chronic wounds. Further clinical and translational research is warranted to establish measurable correlations between Ayurvedic parameters of Vyadhikshamatva and contemporary wound-healing outcomes.
Keywords: Vyadhikshamatva; Vrana Ropana; Ojas; Bala; Agni; Wound Healing; Ayurveda; Host Defence

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
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AYURVEDIC APPROACH TO IMMUNITY: THE ROLE OF AHARA, VIHARA AND ACARA

Abstract :
AYURVEDIC APPROACH TO IMMUNITY: THE ROLE OF AHARA, VIHARA AND ACARA Author: Dr. Vasanth Kamath, Assistant Professor, Department of Ayurveda Samhita & Siddhanta, Alva's Ayurveda Medical College, Moodbidri. Gmail: drkvk77@gmail.com
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ABSTRACT
Background & Objectives: Immunity is critical for maintaining health and resistance to disease. In Ayurveda, this protective capacity is described by the concepts of Vyadhikshamatva, Bala and Ojas. Ahara

(diet), Vihara (daily and lifestyle practices) and Acara (conduct and behavioral discipline) are considered to be important determinants of immunity. A wholesome and balanced Ahara supports overall health and nourishment. Proper Vihara including regular physical activity, adequate sleep and a balanced daily routine helps to maintain physical and mental equilibrium. Acara particularly Achara Rasayana and Sadvritta practices, supports mental stability and healthy living. Together, these practices are considered supportive of Ojas and Vyadhikshamatva contributing to the holistic concept of immunity in Ayurveda. The purpose of this review was to explore the role of Ahara, Vihara, and Acara in preserving immune resilience from an Ayurvedic perspective.

Materials & Methods: A narrative review of relevant Ayurvedic literature and selected peer-reviewed publications was conducted and classical concepts of Ahara, Vihara, Acara, Agni, Ojas, Bala and Vyadhikshamatva were interpreted in light of current understanding of health and immune function.

Observations & Results: The reviewed literature suggests that Ahara (diet), Vihara (regular physical activity and rest, daily routines) and Acara (healthy behavioral practices) promote metabolic and physiological stability. Ayurvedic literature considers disturbances in these factors to potentially impact Agni, Dosha equilibrium, Dhatu nourishment, and finally Ojas and Bala.

Conclusion: Ahara, Vihara, and Acara provide a preventive, lifestyle-focused model of health and immune resilience, which will require further well-designed interdisciplinary research to evaluate with measurable clinical outcomes. Key terms: Ahara; Ayurveda; Immunity; Ojas; Vihara

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0412
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Nidra and Autoimmunity: Exploring the Sleep-Immune Axis through Ayurveda and Contemporary Perspectives

Abstract :

Background and Objective: Nidra is described in Ayurveda as an essential physiological state with a profound influence on health, strength, nourishment and psychological well-being. It is also stated that sukha, dukha, bala, and pushti are dependent upon sleep. Contemporary research similarly recognizes sleep as an active biological process involved in neuroendocrine, metabolic and immune regulation. Increasing evidence suggests that inadequate, fragmented or dysregulated sleep may contribute to immune imbalance and increased susceptibility to chronic inflammatory and autoimmune disorders. To explore the relationship between Nidra and autoimmunity by integrating Ayurvedic concepts with contemporary understanding of the sleep-immune axis.

Materials and Methods: A review of classical Ayurveda literature and contemporary scientific literature was undertaken. Relevant evidence regarding Nidra, Ojas, Bala, Agni, Dosha involvement and the consequences of Nidra Ayoga, Ati-yoga and Mithya-yoga was examined alongside contemporary evidence on sleep deprivation, circadian disruption, inflammatory mediators, immune-cell activity, hypothalamic-pituitary-adrenal axis regulation and autoimmune pathogenesis.

Observations: Ayurveda conceptualizes adequate sleep as essential for maintenance of physiological equilibrium and Bala, while disturbed sleep is associated with impaired bodily and mental functions. Contemporary evidence indicates that sleep loss and circadian disruption can alter immune surveillance, inflammatory signaling and neuroendocrine regulation, including changes in cytokine activity and immune-cell function. These alterations may contribute to loss of immune tolerance and persistence of chronic inflammation, mechanisms relevant to autoimmune diseases.

Conclusion: The sleep-immune axis represents an important interface between neurological, endocrine and immune homeostasis. Integrating the Ayurveda understanding of Nidra with contemporary immunological perspectives may provide a broader conceptual framework for investigating sleep disturbances as modifiable contributors to immune dysregulation and autoimmunity.

Keywords: Nidra, Ayurveda, sleep-immune axis, inflammation, immune regulation.

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
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AYURVEDIC DETERMINANTS OF IMMUNITY ROLE OF AHARA - AHARA KALPANA AS A DETERMINANT OF VYADHIKSHAMATVA

Abstract :

Introduction: Ahara (diet) is regarded in Ayurveda as a principal determinant of health, with its therapeutic value shaped not merely by ingredients but by ahara kalpana, the specific methods of food processing and preparation described in Charaka Samhita Sutra Sthana 27, Sushruta Samhita Sutra Sthana 46, and the dietetics

sections of Ashtanga Hridaya and Ashtanga Sangraha. Properly processed food is held to strengthen agni (digestive fire) and support the sequential nourishment of dhatus culminating in ojas, whereas improperly prepared or incompatible preparations (viruddha ahara) are implicated in dhatu vitiation and diminished disease resistance. This narrative review examines ahara kalpana as a determinant of vyadhikshamatva.

Methods: Narrative literature was compiled from Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya and Ashtanga Sangraha, together with peer-reviewed studies indexed in PubMed, Scopus and Web of Science, and standard textbooks of nutrition and clinical biochemistry, to evaluate the relationship between food preparation methods and immune-related outcomes.

Results: Preparations such as peya, vilepi and various siddha kalpanas were described as agni-friendly and easily assimilable, supporting optimal dhatu nourishment, while viruddha ahara, including incompatible food combinations and improperly processed items, was consistently associated with agni impairment, ama formation and increased susceptibility to disease. These classical observations parallel modern findings linking food processing, cooking methods and dietary combinations with gut microbiota, inflammation and immune regulation.

Discussion: Ahara kalpana emerges as a modifiable, practical determinant of vyadhikshamatva, bridging classical dietetics with contemporary nutritional immunology. Rational food processing practices, as outlined in the Samhitas, may offer a low-cost, preventive strategy for sustaining immune competence

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0429
Reg. Category : P.G and Ph.D Scholar
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Role of Ahara in Dhatu Saratva and Vyadhikshamatva: An Ayurvedic-Physiological Correlation

Abstract :

Introduction: Ahara (diet), transformed into ahara rasa through the action of jatharagni, undergoes sequential dhatvagni-mediated metabolism to nourish the seven dhatus, as described in Charaka Samhita Chikitsa Sthana 15/15-17 and elaborated across Sushruta Samhita, Ashtanga Hridaya and Ashtanga Sangraha. During this nourishment, each dhatu yields a refined portion (sara) that determines dhatu saratva, and the cumulative sara of all seven dhatus is held to constitute ojas, the physical basis of vyadhikshamatva (disease resistance), as outlined in Charaka Samhita Vimana Sthana 8. This narrative review examines the classical and physiological correlation linking ahara, dhatu saratva and vyadhikshamatva.

Method: A narrative synthesis was performed using primary textual sources - Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya and Ashtanga Sangraha - together with peer-reviewed literature from PubMed, Scopus and Web of Science, and standard textbooks of physiology, biochemistry and nutrition, to correlate ahara-driven dhatu nourishment with modern concepts of nutritional immunity.

Results: Wholesome, properly processed ahara consumed according to ahara vidhi vidhana was found to sustain agni, ensure complete dhatu paka, and enhance dhatu saratva, while improper or incompatible diet impaired agni, produced ama, and compromised sara formation and consequently ojas and vyadhikshamatva. These findings parallel modern evidence linking nutrient adequacy, gut function and micronutrient status with immune cell development and host resistance.

Conclusion: Ahara emerges as a foundational, modifiable determinant of dhatu saratva and vyadhikshamatva, offering an integrative bridge between classical Ayurvedic dietetics and contemporary nutritional immunology, underscoring food selection, preparation and timing as low-cost levers for enhancing constitutional immunity.

Keywords: Ahara, dhatu saratva, vyadhikshamatva, ojas, ayurvedic nutrition

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
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Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Achara .

Abstract :

Background and objective: Ayurveda describes health as a state of dynamic equilibrium and emphasizes preservation of health along with prevention of disease. The concepts of Ojas, Bala and Vyadhikshamatva provide an important Ayurvedic framework for understanding the body's resistance and capacity to withstand disease. Ojas is described as the essence of the seven Dhatus and an important determinant of strength, vitality and well-being. Vyadhikshamatva denotes the capacity to resist disease, encompassing Vyadhibalavirodhitva and Vyadhiutpadakapratibandhaktva. To explore the Ayurvedic determinants of immunity with special emphasis on the role of Ahara, Vihara and Achara in maintaining Ojas, Bala and Vyadhikshamatva.

Materials and Methods: A conceptual review was undertaken from classical Ayurvedic references and the provided review literature concerning Ojas, Bala, Vyadhikshamatva and factors influencing health and disease resistance. Among the determinants of Vyadhikshamatva, Ahara has a fundamental role because nourishment of the Dhatus ultimately contributes to the formation and maintenance of Ojas. Wholesome and appropriate food supports proper nourishment and strength, whereas unwholesome dietary practices may adversely influence the body's resistance. Vihara, including appropriate daily regimen and healthy activities, contributes to preservation of Bala and Ojas.
Observation:The literature specifically observes that healthy and regular regimens along with wholesome food are associated with maintenance of health, while food and regimens that enhance Ojas promote strength and stability. Achara may be considered the behavioural and ethical dimension of health preservation, complementing Ahara and Vihara in the holistic Ayurvedic approach to maintaining health and resistance.
Conclusion: Ojas forms a central conceptual link between nourishment, strength and Vyadhikshamatva. Ahara provides the foundation for Dhatu nourishment and Ojas formation; Vihara supports the maintenance of Bala and physiological equilibrium; and Achara contributes to a disciplined and health-promoting way of living.
Keywords: Ahara , Achara, Bala, Immunity, Oja, vyadhikshamatva, vihara.

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0445
Reg. Category : P.G and Ph.D Scholar
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From Vyadhikshamatva to Host Resilience : An Ayurvedic Framework of Ahara, Vihara and Achara

Abstract :
Background & Objectives :- Vyadhikshamatva - the Ayurvedic construct of disease resistance and recovery capacity, systematised by Acharya Charaka - has long anchored Ayurveda's preventive and promotive approach to health. Contemporary immunology, through research on disease tolerance and host resilience, recognizes that host survival during infection depends not only on pathogen clearance but also on limiting tissue damage and restoring function. This paper aims to examine this conceptual convergence and explore Ahara, Vishara and Achara as an Ayurvedic framework for cultivating host resilience.
Materials & Methods :- A conceptual narrative review was undertaken using Brihatrayi source texts, contemporary Ayurvedic scholarship, and literature concerning resistance, tolerance and resilience in immunology.
Observations/Results :- The analysis identified conceptual interfaces between Bala and Ojas with physiological reserve; Dinacharya and Rutucharya with behavioural, circadian and seasonal regulation; and Sadvritta and Achara Rasayana with psychoneuroimmunological pathways linking conduct, stress and immune function. Ahara, Vihara and Achara emerge as interconnected determinants that may influence host resilience through nourishment, physiological regulation and behavioural adaptation. These relationships provide a basis for developing testable translational models without assuming one-to-one equivalence between Ayurvedic constructs and modern immune components.
Conclusion :- The Ahara-Vihara-Achara framework offers a coherent Ayurvedic perspective for studying host resilience beyond pathogen clearance alone. Its integration with contemporary resistance-tolerance-resilience research may support personalized preventive strategies and public-health applications, while requiring systematic validation through clinical, epidemiological and mechanistic research.
Keywords :- Vyadhikshamatva, Host Resilience, Ahara, Sadvritta, Achara Rasayana

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0469
Reg. Category : P.G and Ph.D Scholar
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Role of Ahara, Vihara and Achara as immunity boosters

Abstract :
Ayurveda describes immunity as Vyadhikshamatva, the body's inherent ability to resist disease and reduce its impact. This protective capacity is closely associated with Ojas (vital essence), Bala (strength), balanced Doshas, healthy Dhatus, efficient Agni (digestive and metabolic capacity), and mental stability. Ayurvedic preventive medicine emphasizes that immunity is built through consistent regulation of diet, lifestyle, and behaviour rather than through isolated remedies.
Objectives: To explain the Ayurvedic determinants of immunity and examine the role of Ahara, Vihara, and Achara in maintaining Ojas, improving resistance to disease, and promoting holistic health. This narrative review is based on Ayurvedic concepts described in classical literature, including the Charaka Samhita,

Sushruta Samhita, and Ashtanga Hridaya, supported by contemporary review literature on Ayurvedic perspectives of immune health. Concepts relating to Vyadhikshamatva, Ojas, Agni, Rasayana, daily regimen, seasonal regimen, diet, sleep, exercise, and ethical conduct were analysed. Ahara provides nourishment for body tissues and supports Ojas when it is wholesome, fresh, compatible, timely, and appropriate to digestive capacity. Vihara includes regulated sleep, suitable exercise, daily routine, rest, and seasonal adaptation; these practices protect strength and prevent physiological imbalance. Achara, particularly Sadvritta and Achara Rasayana, promotes emotional restraint, cleanliness, compassion, truthfulness, and mental tranquillity, thereby supporting psychological wellbeing and vitality. The review indicates that Ahara, Vihara, and Achara function together as major determinants of immune resilience in Ayurveda. Their imbalance may impair Agni, disturb Doshas, weaken Dhatus, and reduce Ojas. Ayurveda presents immunity as a dynamic outcome of balanced diet, disciplined lifestyle, ethical behaviour, and sound mental health. These principles may complement modern preventive healthcare but should not replace evidence-based medical diagnosis or treatment.

Keywords: Ayurveda; Vyadhikshamatva; Immunity; Ojas; Bala; Agni; Ahara; Vihara; Achara; Sadvritta; Rasayana; Preventive healthcare.

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0481
Reg. Category : P.G and Ph.D Scholar
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Therapeutic Principles in Relation to Immunomodulation in the Carakasamhita: A Conceptual Review

Abstract :
Background & Objectives: Immunomodulation refers to the regulation of host defense mechanisms to maintain physiological homeostasis and resistance against disease. Ayurveda describes several concepts related to host strength, disease resistance, and restoration of physiological equilibrium through bala, ojas, vyadhikshamatva, rasayana, and appropriate regulation of agni and dosha. This study aims to explore the therapeutic principles described in the Caraka Samhita that can be conceptually correlated with immunomodulatory mechanisms, with reference to its classical commentaries.
Materials & Methods: A conceptual review of the Caraka Samhita was undertaken, along with relevant classical commentaries, focusing on interpretations related to bala, ojas, vyadhikshamatva, rasayana, agni, dosha, ahara, nidra, brahmacarya, and therapeutic measures promoting health and resistance to disease. The original textual references and their explanations in the commentaries were analyzed and interpreted in relation to contemporary concepts of immunomodulation.
Observations/Results: The Caraka Samhita presents a multidimensional approach to strengthening host resistance through promotion of bala and preservation of ojas. Commentarial interpretations provide further insight into the mechanisms and therapeutic significance of these concepts. Rasayana therapy, maintenance of balanced agni, wholesome ahara, adequate nidra, regulated lifestyle, and appropriate management of dosha contribute to physiological homeostasis and disease resistance.
Conclusion: The therapeutic principles of the Caraka Samhita, as elucidated through its classical commentaries, demonstrate a comprehensive framework that may be conceptually understood through the contemporary perspective of immunomodulation.
Keywords: Caraka Samhita, Immunomodulation, Vyadhikshamatva, Rasayana

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
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Reg. Category : P.G and Ph.D Scholar
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Gayatri Mantra Japa as an Acara for Vyadhikshamatva: A Conceptual Exploration in Ayurveda

Abstract :
Introduction Ayurveda aims at maintaining the health of the healthy and alleviating disorders in the diseased. Measures such as Dinacarya, Ritucharya, Sadvritta, Acara Rasayana and Hitahara Sevana are advocated for Svasthya Rakshana. Daily routine includes rising during Brahme Muhurta, completing morning activities and performing Upasana. Sadvritta recommends Sandhya Upasana, while Acara Rasayana emphasises practices such as Japa and Sauca. These references indicate the importance of Nityakarma, particularly Sandhyavandana, in promoting health. Such practices may support Vyadhikshamatva, understood as resistance to disease and prevention of its manifestation. Since Gayatri Mantra Japa forms an important component of Sandhya Upasana, its role in health preservation requires conceptual exploration.

Objectives To evaluate Gayatri Mantra Japa as an Acara contributing to Vyadhikshamatva.
Methodology A conceptual review will be conducted using Caraka Samhita, Ashtanga Samgraha and their commentaries. Relevant literature on Gayatri Mantra Mahattva will be consulted as a supporting source. Paratantra Avalokana and Atidesa Tantrayukti will be applied to analyse the relationship between Gayatri Mantra Japa, Acara and Vyadhikshamatva.
Results and Discussion The 24 Akshara of the Gayatri Mantra are traditionally associated with specific bodily points or functional centres. Within this traditional framework, regular recitation may be interpreted as supporting physiological and psychological balance and enhancing resistance to the effects of Apacara. For individuals who regularly perform Sandhyavandana, including Parishechana, Veda Adhyayana, Vrata and Ahnikakarma, daily Gayatri Japa may function as a disciplined health-promoting practice. Thus, it may contribute conceptually to Vyadhikshamatva and help prevent progression towards Sadatura. These interpretations require further textual and clinical investigation.
Keywords Acara; Ayurveda; Dinacarya; Gayatri Mantra Japa; Sandhya Upasana; Vyadhikshamatva.

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
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Vihara and Vyadhikshamatva: Exploring Vyayama as a Determinant of Immune Resilience

Abstract :
Background & Objectives: Vyadhikshamatva (immunity) is described in Ayurveda as the body's ability to resist and overcome disease. Among the key determinants of health, Vihara (lifestyle) plays a vital role. Vyayama (physical exercise), an important component of Vihara, is considered essential for maintaining balance of Dosha, proper functioning of Agni, and overall well-being. This study aimed to explore the role of Vyayama as a determinant of Vyadhikshamatva by integrating classical Ayurvedic concepts with modern scientific understanding.
Materials & Methods: A narrative review was conducted using classical Ayurvedic texts including Caraka Samhita, Susruta Samhita, and Astanga Hridaya. Relevant modern literature was also reviewed from databases such as PubMed and Scopus. Conceptual analysis was carried out to understand the relationship between Vyayama, Agni, Dosha, Dhatu, and Ojas, along with its impact on immune function.
Observations/Results: The review indicated that regular and moderate Vyayama enhanced Agni, supported proper nourishment of Dhatu, and maintained Dosha balance. These effects contributed to the formation and preservation of Ojas, which is considered the essence of immunity. Modern evidence supported that moderate exercise improved circulation, reduced stress, and strengthened immune response. In contrast, excessive or insufficient exercise was found to disturb physiological balance and weaken Vyadhikshamatva.
Conclusion: Vyayama was identified as a significant factor influencing Vyadhikshamatva. Regular, moderate physical activity served as an effective and practical approach for enhancing immune resilience. Integrating Ayurvedic principles of lifestyle with modern health practices can contribute to improved preventive healthcare.
Keywords: Vyayama, Vyadhikshamatva, Vihara, Ojas, Immunity

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
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The Ayurvedic Triad of immunity:Ahara, Vihara and Achara

Abstract :
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Abstract
Background and Objectives Impaired immunity occurs when the immune system mistakenly attacks healthy host tissues, a phenomenon Ayurveda closely links to impaired digestive fire (Mandagni) and the subsequent accumulation of Ama (undigested toxins). This review explores the Ayurvedic framework of Vyadhikshamatva (immunity) and aims to evaluate the critical role of Ahara (diet) and Vihara (lifestyle/regimen) in preventing and managing immune dysregulation.

Materials and Methods A comprehensive review of Ayurvedic principles was conducted, focusing on the concepts of Pathya (wholesome regimens) and Apathya (unwholesome practices). These traditional insights were correlated with contemporary scientific paradigms, specifically immunonutrition, gut permeability, and the microbiome's influence on oral tolerance.

Observation or Results The consumption of Viruddha Ahara (incompatible foods) and poor lifestyle choices lead to the production of Ama, which acts as an antigen capable of triggering systemic immunological reactions. Implementing a tailored Pathya ahara and vihara helps correct channel obstructions (Srotas) and balances the Doshas. Specific foods, such as buttermilk (Takra), garlic, and millets, serve as natural probiotics and anti-inflammatory agents that restore gut microbiome homeostasis. Furthermore, incorporating Vihara elements-including yoga, meditation, stress management, and daily regimens (Dincharya)-directly supports Yuktikrita Bala (acquired immunity).

Conclusion Ahara, vihara and ahara are fundamental determinants of immunity in Ayurveda. Preventing the formation of Ama through strict adherence to Pathya and the avoidance of Apathya is essential for restoring immune homeostasis and successfully managing immunity.

Keywords: Immunity, Vyadhikshamatva, Immunonutrition, Ahara, vihara, Ama

Presentation Type : Oral Paper

Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara

Registration No. : 0529

Reg. Category : P.G and Ph.D Scholar

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Ayurvedic Determinants of Vyadhikshamatva: Role of Ahara, Vihara and Achara

Abstract :

Background: Ayurveda emphasizes preservation of health and prevention of disease through the maintenance of equilibrium among Dosha, Dhatu and Mala and the proper functioning of Agni. The concept of Vyadhikshamatva denotes the body's capacity to resist disease and is closely associated with Bala and Ojas. Among the various determinants of health, Ahara (diet), Vihara (lifestyle) and Achara (wholesome conduct) play an important role. This study aims to explore the Ayurvedic determinants of Vyadhikshamatva and understand the contribution of Ahara, Vihara and Achara towards maintaining disease resistance.

Materials & Methods: A conceptual review was conducted through a systematic study of classical Ayurvedic texts, primarily Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya. Relevant concepts concerning Vyadhikshamatva, Bala, Ojas, Agni, Ahara, Dinacharya, Ritucharya and Sadvritta were identified and thematically analyzed. Relevant published literature was also reviewed to understand the contemporary relevance of these principles.

Results: The review indicates that appropriate Ahara supports Agni, Dhatu nourishment and the development of Bala and Ojas. Proper Vihara, including Dinacharya, Ritucharya, adequate sleep and appropriate physical activity, contributes to physiological balance and maintenance of strength. Achara, particularly the principles of Sadvritta, promotes mental stability, self-regulation and harmonious social behaviour. Collectively, unhealthy ahar may promote hormonal imbalance and metabolic disturbance. Achara & chronic social stress may influence the HPA axis and autonomic nervous system, altering cortisol and catecholamine signaling & subsequently affecting immune & inflammatory pathways.

Conclusion: Ayurveda presents Vyadhikshamatva as a multidimensional phenomenon rather than an isolated physiological function. All three interact through interconnected metabolic, neuroendocrine, immune & inflammatory pathways. Thus, their Ayurvedic significance can be interpreted through modern mechanisms of homeostasis & disease susceptibility, providing a scientific framework for understanding their role in health maintenance.

Key words Ahara, vihara, vyadhiksamtva, bala, ojas agni, inflammatory pathway.

Presentation Type : Oral Paper

Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara

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AUTOIMMUNITY AND MIND: A BIDIRECTIONAL BRAIN-IMMUNE INTERACTION

Abstract :

AUTOIMMUNITY AND MIND: A BIDIRECTIONAL BRAIN-IMMUNE INTERACTION

Background & Objectives: Autoimmune disorders reflect dysregulation of immune tolerance, with increasing evidence indicating a complex bidirectional interaction between immune activity and brain function. Psychological stress, cognition, and emotional states may influence neuroendocrine and immune pathways, while chronic inflammation and immune mediators can affect mood, cognition, and behaviour. Ayurveda provides a holistic framework to interpret this interaction through

Prajnaparadha, Vyadhikshamatva, Sattva Bala, and the cognitive faculties of Dhi, Dhriti, and Smriti. This conceptual review aims to explore these Ayurvedic principles in relation to the bidirectional brain-immune mechanisms underlying autoimmunity and mental health.

Materials & Methods: Classical Ayurvedic concepts related to Prajnaparadha, Vyadhikshamatva, Sattva Bala, and Dhi, Dhriti, and Smriti were reviewed and conceptually correlated with contemporary literature on autoimmunity, neuroinflammation, stress physiology, cognition, and brain-immune communication.

Observations/Results: Prajnaparadha, characterized by impairment of Dhi, Dhriti, and Smriti, may predispose to inappropriate decision-making, behavioural dysregulation, and disturbed lifestyle patterns, potentially influencing stress and immune homeostasis. Conversely, persistent immune activation and inflammatory mediators may affect neural circuits involved in cognition, emotion, and behavioural regulation, providing a contemporary perspective for Dhi, Dhriti, and Smriti Vibhrama. Vyadhikshamatva may reflect the body's capacity to resist and regulate disease processes, while Sattva Bala represents psychological resilience and adaptive capacity.

Conclusion: Ayurveda offers an integrative framework for understanding autoimmunity as an interaction between mental, neuroendocrine, and immune processes. Correlating Prajnaparadha, Vyadhikshamatva, Sattva Bala, and Dhi, Dhriti, and Smriti with modern brain-immune science may provide valuable insights into psychosomatic vulnerability, disease progression, and resilience.

Keywords: Prajnaparadha; Vyadhikshamatva; Sattva Bala; Autoimmunity; Neuroimmunology

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Presentation Type : Oral Paper

Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara

Registration No. : 0610

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Role of Vihara in Vyadhi-kshamatva: An Ayurvedic Perspective

Abstract :

Role of Vihara in Vyadhi-kshamatva: An Ayurvedic Perspective

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ABSTRACT

Background: Ayurveda emphasizes preservation of health through appropriate Ahara and Vihara. Vyadhi-kshamatva, the capacity to withstand disease, is associated with adequate Bala, Ojas, Agni and proper nourishment of Dhatus. Excessive emaciation or obesity, inadequate nourishment, poor tissue development and diminished mental strength are described as factors reducing disease resistance. Hence, maintenance of physical and mental strength is essential for preserving Vyadhi-kshamatva.

Aim: To explore the role of Vihara described in Ayurveda in maintaining Vyadhi-kshamatva, with special reference to Bala and factors influencing disease resistance.

Materials and Methods: Relevant references from classical Ayurvedic texts describing Vihara and Bala-vriddhikara Bhava were reviewed to understand their role in maintaining strength, physiological equilibrium and Vyadhi-kshamatva.

Discussion: Appropriate Vihara is an essential component of a healthy lifestyle. Practices such as Abhyanga, appropriately performed Vyayama, adequate Nidra, Dinacarya, Rtucarya, regulated sensory activities and mental equilibrium contribute to preservation of Bala and Ojas and support physiological homeostasis. Improper or excessive activities may impair strength and disturb physiological balance, thereby compromising disease resistance.

Conclusion: Appropriate Vihara contributes to maintenance of Bala, Ojas and physiological homeostasis and may thereby support Vyadhi-kshamatva. Incorporating classical principles of Vihara into daily life provides a rational approach to health preservation and disease resistance.

Keywords: Vihara, Vyadhi-kshamatva, Bala, Ojas, Abhyanga, Vyayama, Nidra.

Presentation Type : Oral Paper

Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara

Registration No. : 0643

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Ayurvedic Determinates of immunity : Role of ahara vihara and acara

Abstract :

Background and objectives: Immunity is the body's ability to resist and overcome diseases. Ayurveda emphasizes the importance of Ahara , Vihara , and Acara ,commonly

called as diet, lifestyle, conduct respectively, in maintaining health and strengthening Vyadhikshamatva(property to resist disease) . Proper nutrition, healthy daily activities, adequate rest, and balanced mental and social conduct support Agni, Ojas, and overall resistance to disease. This paper aims to explore the impact of Ahara, Vihara and Acara on immunity from an Ayurveda point of view.

Materials and Methods: A conceptual review was conducted using classical Ayurvedic texts and relevant contemporary literature. Ayurvedic principles related to wholesome diet, Dinacharya(daily regimen), Ritucharya(seasonal regimen), exercise, sleep, mental wellbeing and ethical conduct were reviewed and correlated with modern concepts of immune function and disease

.

Observations/Results: A balanced and wholesome Ahara supports proper digestion, metabolism and nourishment of body tissues, thereby promoting Ojas. Appropriate Vihara(lifestyle), including regular exercise, adequate sleep, seasonal adaptation and proper daily routine, helps maintain physiological balance and immune competence. Acara, including positive behaviour, mental discipline, compassion and stress management, contributes to psychological wellbeing and may support healthy immune responses. Thus, these three factors collectively influence resistance to disease.

Conclusion: Ahara, Vihara and Acara are essential determinants of health and immunity in Ayurveda. Their balanced practice provides a holistic and preventive approach to strengthening Vyadhikshamatva(natural defense/resistance power) and maintaining overall wellbeing. Keywords: Ahara, Vihara, Acara, Immunity, Vyadhikshamatva, Ojas, Ayurveda

Presentation Type : Oral Paper

Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara

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Ahara and Vihara as Determinants of Bala and Vyadhikshamatva: An Ayurvedic Perspective on Diet, Lifestyle, and Immune Resilience

Abstract :

Introduction: Ayurveda conceptualizes immunity through Vyadhikshamatva, the capacity to resist disease and mitigate its manifestations. Its functional basis is expressed through Bala and Ojas, which depend on the quality of nourishment, digestion, and daily conduct. This review examines Ahara and Vihara as modifiable Ayurvedic determinants of immune strength, with emphasis on Agni, Dhatu nourishment, and regulation of the Doshas. Method: A narrative review was undertaken using Charaka Samhita, Susruta Samhita, and Ashtanga Hridaya, supplemented by relevant contemporary literature. Classical references concerning wholesome diet, dietary regimen, daily routine, sleep, exercise, and seasonal conduct were identified, compiled, and interpreted for their relevance to host defence and physiological resilience.

Results: The review indicates that wholesome Ahara sustains Agni and promotes the orderly formation of Rasa Dhatu, initiating nourishment of subsequent tissues and ultimately supporting Ojas. Food selected according to constitution, digestive capacity, season, age, habitat, and health status is therefore central to Bala. Equally, regulated Vihara including Dinacarya, Ritucharya, adequate sleep, suitable physical activity, and restraint of incompatible sensory and behavioural habits - helps maintain Dosha equilibrium and prevents depletion of strength. In contrast, irregular meals, incompatible foods, sleep deprivation, sedentary behaviour, and excessive exertion disturb Agni and promote Ama, creating conditions that weaken resistance to disease.

Conclusion: The Ayurvedic understanding of immunity places Ahara and Vihara at the centre of maintaining Agni, Dhatu nourishment, Ojas, Bala, and Vyadhikshamatva. Individualized dietary choices and regulated lifestyle practices provide a coherent preventive-health model, rather than a uniform prescription. Correlative research using nutritional, metabolic, sleep, activity, and immune biomarkers is needed to evaluate these classical principles in contemporary preventive care.

Keywords: Ahara, Vihara, Ojas, Bala, Vyadhikshamatva, Agni, Ama, Dinacarya, Ritucharya, Immunity, Ayurveda

Presentation Type : Oral Paper

Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara

Registration No. : 0698

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Ahara, Aushadha, Vihara and Acara in Sutika Paricarya: Exploring Ayurvedic Determinants of Postpartum Immune Resilience

Abstract :

Background: The postpartum period is characterized by substantial physiological, hormonal and immunological adaptations as maternal homeostasis is re-established after childbirth. Altered immune regulation may contribute to immune-mediated conditions in susceptible women. Sutika Paricarya, the classical

Ayurvedic regimen for postpartum care, encompasses dietary, therapeutic, lifestyle and behavioural measures; however, its potential relevance to postpartum immune resilience remains underexplored. Objective: To critically explore Ahara, Aushadha, Vihara and Acara in Sutika Paricarya as interconnected contributors to postpartum physiological and immune resilience. Methods: Classical Ayurvedic literature describing Sutika Paricarya was critically reviewed and organized under four domains: Ahara, Aushadha, Vihara and Acara. Their roles in Agni, Dhatu-poshana, Bala, Ojas, Satva and Vyadhikshamatva were examined and considered alongside contemporary literature on postpartum physiological recovery, immune reconstitution, inflammation and immune dysregulation. Results: Sutika Paricarya emerged as a multidimensional postpartum care framework rather than an isolated dietary or medicinal intervention. Ahara emphasizes digestibility, progressive nourishment and Dhatu restoration; Aushadha provides context-specific therapeutic support; Vihara facilitates graded physical recovery; and Acara encompasses behavioural and psychosocial well-being. Collectively, these domains may support Bala, Satva, Ojas and Vyadhikshamatva, conceptually relating to physiological resilience and homeostasis. However, direct evidence linking classical Sutika Paricarya with measurable postpartum immune outcomes remains limited. Conclusion: Sutika Paricarya may represent a holistic, resilience-oriented model integrating nutrition, therapeutic support, physical recovery and behavioural well-being. Its principles provide testable hypotheses for investigating postpartum physiological and immune resilience. Prospective studies integrating Ayurvedic parameters with biomedical measures of immune regulation, inflammation, nutritional status and postpartum health are warranted. Keywords: Sutika Paricarya; postpartum immunity; autoimmune disorders

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
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NURTURING TWO LIVES: ROLE OF AHARA, VIHARA AND ACHARA IN MATERNAL IMMUNITY AND FETAL DEVELOPMENT

Abstract :

KSHAMATVAM 2026 NURTURING TWO LIVES: ROLE OF AHARA, VIHARA AND ACHARA IN MATERNAL IMMUNITY AND FETAL DEVELOPMENT

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Introduction

A mother's health plays a role in creating a favourable environment for fetal growth and development. Ayurveda emphasizes that pregnancy health is influenced by Ahara, Vihara and Achara. Vyadhikshamatva reflects the body's ability to resist disease, while Ojas and Bala represent strength and vitality. Agni supports Dhatu Poshan and maintenance of Ojas and Bala. This review explores how these concepts, along with Garbhadhana, Garbhini Paricharya and Garbha Poshan, support maternal well-being, immunity and fetal development.

Materials and Methods

Classical Ayurvedic literature and relevant published research articles were reviewed to explore the relationship between maternal diet, lifestyle, health and fetal outcomes. Literature related to Vyadhikshamatva, Agni, Ojas, Garbhadhana, Garbhini Paricharya and Garbha Poshan was examined in the context of maternal nourishment, physiological well-being, immunity and fetal growth.

Results

The available literature indicates that appropriate Ahara supports maternal nourishment, while healthy Vihara and Achara promote physical and psychological well-being. Proper Agni supports digestion, metabolism and Dhatu Poshan, contributing to Bala, Ojas and Vyadhikshamatva. Garbhadhana, Garbhini Paricharya and Garbha Poshan emphasize preconception preparation, antenatal care and adequate nourishment for optimal Garbha growth and development during pregnancy and fetal well-being.

Discussion and Conclusion

Ayurvedic principles integrate Garbhadhana and Garbhini Paricharya to support maternal Agni, Dhatu Poshan, Ojas, Bala and Vyadhikshamatva. Appropriate Ahara, Vihara and Achara may promote maternal immunity and favourable Garbha Poshan, supporting healthy fetal growth and development. Further evidence is needed.

Keywords: Ahara, Vyadhikshamatva, Ojas, Bala, Garbhini Paricharya, Garbhadhana, Garbha Poshan

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
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Inflammatory Bowel Disease: Exploring Aahara, Vihara and Achara Through the Ayurvedic Concept of Vyadhi-kshamatva

Abstract :
Background & Objectives: Inflammatory Bowel Disease is a chronic immune-mediated inflammatory disorder of the gastrointestinal tract, represented mainly by Crohn's disease and Ulcerative Colitis. Its development and progression involve interactions among genetic susceptibility, intestinal microbiota, epithelial barrier function, diet and environmental factors. Ayurveda emphasizes appropriate Ahara, Vihara and Acara in maintaining Agni, physiological equilibrium and Vyadhi-kshamatva. This review aims to examine the relevance of these Ayurvedic determinants in understanding Inflammatory Bowel Disease.
Materials & Methods: Classical Ayurvedic literature concerning Ahara, Agni, Grahani, Dosha, Ojas, Bala and Vyadhi-kshamatva was reviewed and conceptually examined alongside contemporary literature on diet, lifestyle, gut microbiota, intestinal barrier function and Inflammatory Bowel Disease.
Observations/Results: Classical descriptions of Grahani emphasize the importance of Agni in digestion, assimilation and nourishment, and describe abnormal digestion as an important factor in gastrointestinal pathology. Appropriate food, dietary habits and regulation of lifestyle can therefore be considered important for maintaining physiological equilibrium. Contemporary evidence indicates that dietary patterns can influence gut microbial composition, intestinal barrier function and inflammatory activity in Inflammatory Bowel Disease, although evidence for specific dietary interventions remains variable. Ayurvedic Ahara, Vihara and Acara may therefore provide a complementary conceptual framework for addressing modifiable factors influencing intestinal health. These concepts should be interpreted as Ayurvedic constructs and not as direct equivalents of modern immunological mechanisms.
Conclusion: Integration of classical Ayurvedic principles with contemporary evidence may provide a holistic perspective on modifiable determinants of intestinal health and Vyadhi-kshamatva in Inflammatory Bowel Disease.

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0734
Reg. Category : P.G and Ph.D Scholar
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Role of Ayurvedic Food and Nutraceuticals in Metabolic disorders.

Abstract :
Role of Ayurvedic Food and Nutraceuticals in Metabolic disorders.
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Background and Objective Metabolic disorders such as obesity, type 2 diabetes mellitus, dyslipidemia and metabolic syndrome are increasing worldwide and are associated with unhealthy dietary habits, sedentary lifestyle and impaired metabolic regulation. Ayurveda gives prime importance to Ahara (food) for maintaining health and preventing disease. Concepts such as Agni, Ahara Vidhi, Pathya-Apathya and individual constitution provide a holistic framework for understanding the relationship between diet and metabolic health. This review explores the role of Ayurvedic dietary principles and selected food-based nutraceuticals in the prevention and supportive management of metabolic disorders.
Materials and Methods A conceptual review was undertaken using classical Ayurvedic texts, contemporary scientific literature and available evidence on food-derived bioactive compounds. Information related to Ahara, Agni, Pathya-Apathya and selected nutraceuticals was reviewed with reference to glycaemic regulation, lipid metabolism, body-weight management and oxidative stress.
Observations Ayurvedic dietary practices emphasize food quality and quantity, appropriate timing, compatibility, preparation methods and individualized dietary choices. Whole grains, legumes, fruits, vegetables, spices and selected medicinal plants contain bioactive constituents that have been studied for their potential effects on glycaemic control, lipid metabolism and antioxidant activity. The concept of Agni provides an integrated perspective on digestion and metabolic function. However, preparation, dosage, bioavailability and individual variability should be considered when applying these approaches clinically.

Conclusion Ayurvedic dietary principles and scientifically evaluated food-based nutraceuticals may serve as complementary approaches for supporting metabolic health. Further well-designed clinical studies are needed to establish their efficacy, safety, appropriate dosage and suitability for different individuals and metabolic conditions.

Keywords: Ayurveda, Ahara, Agni, Nutraceuticals, Metabolic Disorders, Metabolic Syndrome, Diabetes, Personalized Nutrition.

Presentation Type : Oral Paper
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0748
Reg. Category : Faculties, Researchers & Practitioners
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To Understand Type 1 Diabetes Mellitus (T1DM) in Ayurvedic Perspective with Special Reference to Autoimmunity.

Abstract :
Background: Type 1 Diabetes Mellitus (T1DM) is a chronic autoimmune disorder characterized by immune-mediated destruction of pancreatic beta-cells, leading to insulin deficiency and hyperglycaemia. Ayurveda does not describe T1DM as a distinct disease entity. Its etiopathogenesis and clinical features can be conceptually explored through Prameha, particularly Sahaja Prameha, Krisha Prameha, Ojomeha, and Oja Kshaya. Aim: To understand T1DM from an Ayurvedic perspective. Materials and Methods: A conceptual review of classical Ayurvedic Samhitas (Brihattrayi) and contemporary literature was undertaken. The pathogenesis of T1DM was reviewed with emphasis on genetic susceptibility, environmental factors, immune dysregulation, beta-cell destruction, insulin deficiency, weight loss, and tissue depletion. These factors were conceptually correlated with the Nidana and Samprapti of Sahaja Prameha and Krisha Prameha, along with the concepts of Oja, Oja Kshaya, and Ojomeha. Result and Discussion: The correlation of T1DM with Sahaja Prameha can be understood through the inherent disease susceptibility, including HLA-DR3/DR4-associated genetic predisposition. The clinical features of Krisha Prameha, can be correlated with weight loss and tissue depletion in uncontrolled T1DM due to increased fat and protein catabolism. Ojomeha and Oja Kshaya may provide a conceptual framework for understanding progressive metabolic deterioration, reduced strength, and impaired disease resistance. Oja Kshaya Nidanas such as Ativyayama, Bhaya, and Krodha may influence neuroendocrine-immune regulation and physiological resilience. Conclusion: T1DM may be understood through an integrative Ayurvedic framework involving the concepts of Sahaja Prameha, Krisha Prameha, Ojomeha, and Oja Kshaya.This approach can help to establish a conceptual bridge between Ayurvedic and contemporary science that may help to plan management as well improve quality of life of the patients of T1DM.

Keywords: Type 1 Diabetes Mellitus, Autoimmunity, Sahaja Prameha, Krisha Prameha, Ojomeha, Oja.

Presentation Type : Oral Paper
Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0005
Reg. Category : P.G and Ph.D Scholar
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Ayurvedic Diagnostic Perspective in Autoimmune Disorders

Abstract :
Introduction: Autoimmune disorders arise from a breakdown of immune self-tolerance, leading to tissue damage across organ systems. Modern diagnosis relies mainly on serological markers and imaging, often detecting disease only after significant pathological change has occurred. Ayurveda conceptualizes such disorders through Dosha-Dushya Sammurchana (interaction of vitiated doshas with tissues), Agni (metabolic fire), Ama (toxic metabolic residue), and Vyadhi Kshamatva (immunological resilience). This study explores Ayurvedic diagnostic methods relevant to autoimmune disorders and their potential for early, individualized detection.
Methods: A narrative review was conducted using classical texts (Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya) and contemporary literature from PubMed, the AYUSH Research Portal, and DHARA. Diagnostic tools including Nidan Panchaka, Trividha and Ashtavidha Pariksha, Prakriti typing, Srotas involvement, and Ama Lakshana were analyzed for relevance to autoimmune pathophysiology.
Results: Ayurvedic diagnosis emphasizes pre-clinical detection through Prakriti-based susceptibility and Ama accumulation as an early marker of immune imbalance, paralleling subclinical inflammation and autoantibody positivity in modern medicine. Srotas Dushti mapping corresponded with organ-specific manifestations, such as Asthi-Majja Srotas involvement in rheumatoid conditions, while Dosha-Dushya analysis offered a staging framework comparable to autoimmune flare-remission cycles.
Discussion: The Ayurvedic model offers a holistic, individualized approach that may complement biomarker-based diagnostics. Integrating constitutional and Ama-based screening with modern immunological

testing may enhance early detection and personalized management. Further clinical validation is needed to establish evidence-based integrative diagnostic protocols.

Keywords: Ayurveda, autoimmune disorders, Prakriti, Ama, Nidan Panchaka, integrative diagnosis

Presentation Type : Oral Paper
Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0016
Reg. Category : P.G and Ph.D Scholar
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Exploring Conceptual Parallels between Rakta Dushti and Autoimmune Disorders: An Integrative Perspective

Abstract :

Background and Objective Autoimmune disorders are often multisystemic, with involvement of the skin, subcutaneous tissues, joints, and other systems. Their pathology involves failure of immune tolerance and recognition of self-tissues, resulting in immune-mediated tissue injury and inflammation. In Ayurveda, Rakta Dhatu, when vitiated, is described as contributing to systemic disorders affecting various tissues and structures. Rakta circulates throughout the body and performs Jeevana Karma, thereby connecting different tissues. As Rakta is the closest comparable entity to blood and its components, it may also be conceptually considered to encompass immune cells associated with circulation. The concepts of Rakta Dushti and Rakta Pradoshaja Vikaras therefore provide a basis for exploring multisystemic manifestations analogous to those observed in autoimmune disorders.

Materials and Methods A conceptual comparison of Rakta Dushti and Rakta Pradoshaja Vikaras with autoimmune disorders was undertaken based on pathological resemblance, clinical manifestations, and Ayurvedic concepts. The Trisutra of Rakta Dushti was examined in relation to corresponding aspects of autoimmune pathology, along with a comparison of therapeutic principles. Classical Ayurvedic literature and contemporary concepts were considered to identify areas of convergence.

Observations/Results Analysis demonstrated several conceptual and pathological parallels between Rakta Dushti and autoimmune disorders, particularly regarding multisystemic involvement, chronic inflammatory manifestations, and immune-related tissue responses.

Conclusion The conceptual correlation may provide a potentially novel perspective for understanding autoimmune pathology through Ayurvedic principles. However, the comparison has limitations and does not imply complete equivalence between the two frameworks. Nevertheless, the observed parallels, supported by classical and contemporary evidence, warrant further exploration.

Keywords: Autoimmune Disorders, Rakta Dushti, Rakta Pradoshaja Vikaras, Conceptual Parallels

Presentation Type : Oral Paper
Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0017
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AUTOIMMUNITY: THROUGH THE LENS OF AYURVEDA

Abstract :

Background: Dosha samyam arogata and Rogastu dosha vaishamyam are closely knit phrases, where in real life also a thin line holds between the two. Our body is constantly bombarded by nidana and to keep the body in its swastha Avastha, multiple factors join hands to maintain the Homeostasis. When this bond is broken, it results in impaired self-tolerance, ending up in Autoimmune disorders. Vata dosha remains in the body in 4 states and one among them is being in the state of Avarana, which result in innumerable disorders.

Methods: A detailed conceptual literature review combining classical descriptions of Dosha, Avarana, Dosha-Dushya Sammurchana with contemporary literature on immune tolerance, immune regulation, and autoimmune disorders.

Results: Avarana is the state where Vata dosha loses its originality due to the pathological implications of other bodily factors along with its own, thus loosing its own features and result in diseases, where multiple intriguing features are seen, which are not usually seen in eka / dwi / sannipata doshaja vyadhi, per say. These atypical features are typical to autoimmune diseases too, where immune tolerance gets disturbed resulting in unique features. Thus, Avarana provides an Ayurvedic interpretive framework for examining altered homeostasis and disease expression.

Conclusion: Interpreting Autoimmunity through the lens of Avarana may broaden Ayurvedic understanding of dysregulation of Immune tolerance, while preserving the frameworks of Ayurveda and Immunology.

Keywords: Autoimmunity, Avarana, Homeostasis, Self tolerance, Immunity, Dosha dushya sammurchana

Presentation Type : Oral Paper
Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0036
Reg. Category : P.G and Ph.D Scholar
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DIAGNOSTIC CHALLENGES IN AUTO IMMUNE DISEASES

Abstract :
Title Diagnostic Challenges in Autoimmune Disorders: Current Limitations and Emerging Biomarker-Based Approaches
Objective To review the major clinical, immunological and technical challenges involved in the diagnosis of autoimmune disorders and to highlight the role, limitations and future potential of conventional and emerging diagnostic biomarkers.
Materials and Methods A narrative review of recent peer-reviewed literature was conducted on the diagnosis of autoimmune disorders, with emphasis on clinical presentation, autoantibody testing, inflammatory biomarkers, classification criteria, organ-specific investigations and emerging technologies. Relevant evidence was synthesized to identify factors contributing to diagnostic delay, false-positive and false-negative results, assay variability and challenges in early disease detection.
Observation Autoimmune disorders frequently present with nonspecific symptoms such as fatigue, fever, arthralgia, myalgia, skin manifestations and constitutional disturbances. These features overlap with infections, malignancies, endocrine disorders and drug-induced conditions, resulting in diagnostic delay. Clinical heterogeneity and multisystem involvement further complicate diagnosis. Autoantibodies such as ANA, rheumatoid factor, anti-CCP, anti-dsDNA, ENA, ANCA and antiphospholipid antibodies provide valuable supportive evidence; however, their sensitivity and specificity vary. Positive results may occur in individuals without clinical disease, while negative tests do not completely exclude autoimmune disease. Inter-assay variation, inadequate standardization and differences in laboratory cut-offs also affect interpretation. Classification criteria support uniform research but should not replace clinical judgement. Multi-omics, multiplex biomarker panels, biosensors and artificial intelligence are promising approaches, although further validation is required.
Conclusion Diagnosis of autoimmune disorders requires integration of clinical findings, targeted immunological testing, exclusion of mimicking conditions and systematic evaluation of organ involvement. Improved assay standardization, validated biomarker panels and multidisciplinary assessment may facilitate earlier, more accurate and individualized diagnosis.
Keywords Autoimmune disorders; diagnostic challenges; autoantibodies; biomarkers; diagnostic delay; seronegative disease; multi-omics; early diagnosis.

Presentation Type : Oral Paper
Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0127
Reg. Category : P.G and Ph.D Scholar
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Vatarakta Samprapti Through the Lens of Autoimmunity: An Ayurvedic Review

Abstract :
Background: Vatarakta is a distinct Vatavyadhi described in Ayurveda, characterized by the interplay of Vata Dosha and Rakta Dhatu, and classified under both Vataja Nanatmaja Vikara and Rakta Pradoshaja Vikara. It predominantly involves the small joints of the hands and feet and may subsequently extend to larger and axial joints. The localization of aggravated Vata along with vitiated Rakta in the Pradesha Sandhi manifests as pain, swelling, stiffness, burning, discoloration and functional impairment. The clinical spectrum of Vatarakta demonstrates conceptual parallels with Metabolic, Inflammatory and Immune-mediated Musculoskeletal disorders in contemporary medicine. A systematic exploration of Vatarakta Samprapti through the lens of contemporary immunology may provide insights into the possible correlation between classical Ayurvedic pathogenesis and modern Auto Immune inflammatory mechanisms.
Objectives: To critically review the classical concept of Vatarakta Samprapti and explore its possible interface with contemporary concepts of autoimmunity and immune-mediated inflammation.
Materials & Methods: Classical Ayurvedic literature on Vatarakta Nidana, Purvarupa, Rupa, Samprapti and Samprapti Ghataka was reviewed and comparatively analysed with contemporary literature on Autoimmunity, Immune dysregulation, Inflammation and Inflammatory Arthropathies to identify areas of conceptual convergence and divergence.
Observations/Results: Vatarakta Samprapti involves Vata-Rakta Dushti, Margavarodha and inflammatory manifestations, which may be conceptually related to Immune-mediated Autoimmunity, Dysregulated Immune responses and Inflammatory mediators.
Conclusion: Re-examining Vatarakta Samprapti through the contemporary framework of Autoimmunity and Immune-mediated inflammation may provide a

meaningful bridge between classical Ayurvedic pathophysiology and modern biomedical science. This integrative perspective may generate Testable hypotheses, guide Biomarker-Based research, and support future translational and clinical studies on Vatarakta.

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Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0182
Reg. Category : P.G and Ph.D Scholar
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Ayurvedic Diagnostic Perspectives in Autoimmune Disorders

Abstract :

Introduction: Autoimmune disorders are characterized by dysregulated immune responses against self-tissues and often present with chronic, multisystem manifestations. Ayurveda approaches such conditions through assessment of Dosa, Dusya, Agni, Ama, Srotas and the stage of disease progression, offering a complementary framework for understanding complex clinical presentations.

Methods: This conceptual review examines classical Ayurvedic diagnostic principles relevant to autoimmune disorders, with emphasis on Nidana Pancaka, Dosa-Dusya Sammurcchana, Agni assessment, Ama, Srotodusti, Rogabala and Rogibala. Their possible clinical relevance is considered alongside contemporary concepts of immune dysregulation and chronic inflammation.

Results: The Ayurvedic diagnostic approach emphasizes individualized assessment rather than disease-name-based classification. Agnimandya, Ama formation, Dosa imbalance and impaired Srotas may provide useful interpretive models for chronic inflammatory manifestations. Nidana, clinical features, disease progression and patient strength together support assessment of disease stage and therapeutic direction.

Discussion: Integrating Ayurvedic diagnostic principles with contemporary clinical evaluation may provide a broader patient-centred perspective, particularly in chronic and multisystem disorders. However, Ayurvedic parameters should be systematically validated through clinical and translational research.

Keywords: Ayurveda; Autoimmune Disorders; Nidana Pancaka; Ama; Agni; Dosa-Dusya Sammurcchana

Presentation Type : Oral Paper
Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0210
Reg. Category : P.G and Ph.D Scholar
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Co- Author/s : Dr. Sasanka Sekhar Choudhury
Institution : Alvas Ayurveda Medical College

"Exploring the Diagnostic Relevance of Ojas and Vyadhikshamatva in Autoimmune Disorders: A Conceptual Review"

Abstract :

"Exploring the Diagnostic Relevance of Ojas and Vyadhikshamatva in Autoimmune Disorders: A Conceptual Review" Dr Bharat Singh, PhD Scholar, Department of Kayachikitsa National Institute of Ayurveda, Jaipur Email: bharatsingh9294@gmail.com Mob.No: 6375441313

Background and Objective: Autoimmune disorders are characterized by loss of self-tolerance, resulting in immune-mediated tissue injury and chronic inflammation. Ayurveda describes Ojas as an essential factor associated with strength, resistance to disease, and maintenance of physiological integrity, while Vyadhikshamatva represents the body's capacity to resist and limit disease. This review explores the diagnostic relevance of Ojas and its derangements in understanding autoimmune disorders and examines their possible correlation with contemporary concepts of immune dysregulation.

Materials and Methods: A textual Ayurvedic classical texts and commentaries was undertaken, focusing on Ojas, Oja-dushti, Vyadhikshamatva, and disease manifestations. Relevant peer-reviewed literature was searched through authentic databases, including PubMed and Google Scholar, using appropriate keywords. Available literature on Ojas assessment tools and their psychometric properties was also reviewed, followed by conceptual analysis with contemporary understanding of immune dysfunction.

Observations and Results: Classical descriptions of Ojovisramsa, Ojovyapat, and Ojakshaya indicate progressive impairment in the functional integrity of Ojas, manifested through weakness, impaired physiological functioning, susceptibility to disease, and systemic deterioration. Contemporary literature suggests possible conceptual parallels between these manifestations and patterns of immune dysregulation; however, these should be regarded as exploratory rather than direct equivalences. The available Oja Dushti Scale provides a structured approach to assessing Ojas-related features, although its application in autoimmune disorders remains limited.

Conclusion: Ojas and Vyadhikshamatva offer a clinically relevant Ayurvedic framework for understanding disease susceptibility and host resilience in autoimmune disorders. Their potential diagnostic relevance warrants systematic clinical validation using disease-specific cohorts and established immunological and biochemical biomarkers.

Keywords: Ojas; Vyadhikshamatva; Autoimmune Disorders; Ayurveda; Immunity

Presentation Type : Oral Paper

Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders

Registration No. : 0344

Reg. Category : P.G and Ph.D Scholar

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AYURVEDIC DIAGNOSTIC PERSPECTIVES ON AUTOIMMUNE-MEDIATED RECURRENT PREGNANCY LOSS: MAPPING GARBHASRAVA THROUGH AGNI OJAS-VYADHIKSHAMATVA DYSFUNCTION

Abstract :

Background & Objectives Recurrent pregnancy loss is a multifactorial reproductive disorder in which autoimmune mechanisms, such as antiphospholipid syndrome, may interfere with implantation, placentation and maternal-fetal tolerance. Ayurveda describes repeated pregnancy loss through the concept of Garbhasrava, governed by Dosha, Agni, Dhatu, Ojas, Kshetra, Ambu and Bija. No existing framework systematically correlates these determinants with specific immunological checkpoints. This paper explores the diagnostic relevance of Ayurvedic determinants in autoimmune-mediated recurrent pregnancy loss and develops an integrative diagnostic framework.

Materials & Methods A conceptual review was conducted using Samhitas alongside contemporary literature on recurrent pregnancy loss and reproductive immunology, retrieved from Modern Literature. Ayurvedic principles of Dosha, Agni, Dhatu, Ojas, Kshetra, Ambu and Bija were critically mapped against implantation failure, placental dysfunction and maternal-fetal immune dysregulation to develop a correlative diagnostic framework.

Observations/Results The framework interprets autoimmune-mediated recurrent pregnancy loss through Agni dysfunction, Ama formation, Dosha vitiation and impaired Dhatu nourishment, with altered Ojas and Vyadhikshamatva reflecting immune dysregulation. Disturbed Kshetra, Bija and Garbha factors further compromise implantation and fetal sustenance. Rather than equating autoimmunity with a single disease entity, the framework enables individualized assessment of Samprapti and Rogi Bala, offering a structured correlative map between Ayurvedic determinants and immunological checkpoints.

Conclusion This integrative framework offers a novel diagnostic lens for autoimmune-mediated recurrent pregnancy loss and lays the groundwork for systematic clinical validation, supporting individualized diagnostic and therapeutic strategies in reproductive medicine.

Keywords: recurrent pregnancy loss; autoimmunity; Garbhasrava; Agni; Ojas; Vyadhikshamatva; reproductive immunology

Presentation Type : Oral Paper

Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders

Registration No. : 0361

Reg. Category : P.G and Ph.D Scholar

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Ayurvedic Diagnostic Perspectives in Autoimmune Myositis: A Conceptual Correlation

Abstract :

Background & Objectives: Autoimmune myositis comprises a heterogeneous group of systemic autoimmune disorders characterized by skeletal muscle inflammation, weakness, and variable extra-muscular manifestations, including dermatomyositis, polymyositis, immune-mediated necrotizing myopathy, and inclusion body myositis. Contemporary diagnosis integrates clinical features with serum muscle enzymes, myositis-specific antibodies, electromyography, muscle imaging, and histopathology. Ayurveda provides a distinct diagnostic framework through Nidana Panchaka and assessment of Dosha, Dushya, Srotas, and Agni. This conceptual review aims to explore the applicability of these principles in understanding the diagnostic patterns of autoimmune myositis.

Materials & Methods: The clinical and diagnostic characteristics of major autoimmune myositis subtypes were conceptually analysed through Nidana Panchaka and Samprapti principles, with particular consideration of Mamsavaha Srotas, Mamsa Dhatu, Dosha-Dushya Sammurchana, and Ojas. Contemporary disease manifestations were examined for possible parallels with classical Ayurvedic descriptions.

Observations/Results: The predominant symmetrical proximal muscle weakness observed in polymyositis may be conceptually compared with Mamsagata Vata manifestations. The combined cutaneous and muscular involvement of dermatomyositis may be interpreted through a Twak-Mamsa Dushti pattern, with Mamsagata

Kushta proposed only as a conceptual diagnostic construct. Acute inflammatory presentations with elevated muscle enzymes may be discussed in relation to Mamsa Dhatu involvement and Dhatugata Jwara. Chronicity and recurrent disease activity may further be interpreted through progressive Ojas Kshaya and impaired tissue homeostasis.

Conclusion: Integration of Nidana Panchaka with Dosha-Dushya and Dhatu assessment provides a potential conceptual framework for interpreting autoimmune myositis.

Keywords: Autoimmune Myositis; Nidana Panchaka; Mamsagata Vata; Mamsa Dhatu

Presentation Type : Oral Paper
Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0366
Reg. Category : P.G and Ph.D Scholar
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"Ayur-Diagnostic Mapping in Autoimmune Disorders: A Prakriti-Agni-Ama-Ojas Based Assessment Model"

Abstract :

Autoimmune disorders represent a complex group of chronic diseases in which immune dysregulation leads to persistent inflammation, tissue damage, and progressive functional impairment. In Ayurveda, although autoimmune disorders are not described as a single disease entity, their pathogenesis can be conceptually understood through disturbances in Prakrit, Agni, Ama, Ojas, Dosha-Dushya Sammurchana, and Srotorodha. Contemporary Ayurvedic literature correlates autoimmune pathology with impaired digestive and metabolic fire, formation of toxic metabolic residues, obstruction of body channels, and deterioration or distortion of Ojas, which is closely associated with immunity and vitality. This conceptual framework proposes an Ayur-Diagnostic Mapping Model for autoimmune disorders based on four core diagnostic pillars: Prakriti as an indicator of constitutional susceptibility, Agni as a marker of metabolic competence, Ama as a pathological factor contributing to inflammation and immune disturbance, and Ojas as a reflection of immune strength, resilience, and disease progression. The model aims to assess individual vulnerability, identify early pathological changes, understand disease chronicity, and support personalized Ayurvedic diagnosis. Conditions such as Amavata, Kushtha, Grahani, Vatarakta, Vata-vyadhi, and Galaganda have been discussed in literature as possible Ayurvedic correlates for selected autoimmune presentations such as rheumatoid arthritis, psoriasis, inflammatory bowel disorders, lupus-like conditions, neurological autoimmune disorders, and thyroid dysfunction. The proposed model emphasizes a systematic evaluation of Nidana, Dosha involvement, Dhatu status, Srotas impairment, Ama lakshana, Agni bala, and Ojas kshaya or vikriti. By integrating classical Ayurvedic diagnostic principles with modern clinical understanding, this framework may help clinicians classify patients according to susceptibility, inflammatory burden, tissue involvement, and immune resilience. Such an approach supports individualized clinical decision-making and may guide preventive, diagnostic, and therapeutic strategies in autoimmune conditions. However, this model is conceptual and requires further validation through clinical studies, standardized assessment tools, and interdisciplinary research.

Keywords Autoimmune disorders; Ayurveda; Prakriti; Agni; Ama; Ojas; Ayurvedic diagnosis; Vyadhikshamatva; Dosha-Dushya Sammurchana.

Presentation Type : Oral Paper
Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
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Integrating Ayurvedic Diagnostic Parameters in the Evaluation of Autoimmune Disorders: A Clinical Perspective.

Abstract :

Background & Objectives: Autoimmune disorders present complex, multi-systemic clinical challenges that often evade definitive early diagnosis in contemporary medicine. In Ayurveda, these conditions lack a singular correlation but are systematically understood as manifestations of Tridosha imbalance, Agnimandya (metabolic dysfunction), Ama (toxic metabolic waste), and Ojo Vyapat (immune derangement). This study aims to structure a comprehensive Ayurvedic diagnostic framework for identifying and evaluating autoimmune pathologies.

Materials & Methods: A conceptual review of classical Ayurvedic treatises, including Caraka Samhita, Susruta Samhita, and Ashtanga Hridaya, was conducted. The study analyzed the application of fundamental clinical tools - specifically Nidana Pancaka (five-fold pathological diagnosis), Ashtasthana Pariksha (eight-fold clinical examination), and Dasavidha Pariksha (ten-fold patient assessment) - in the context of chronic, immune-

mediated diseases resembling autoimmunity (e.g., Amavata, Vatarakta).
Observations/Results: The analysis reveals that the clinical onset of autoimmune disorders can be diagnosed primarily through the assessment of deep-seated Ama and Srotorodha (channel obstruction). Evaluation using Ashtasthana Pariksha - particularly Nadi (pulse), Jihva (tongue), and Mutra (urine) - effectively maps the specific Dosha-Dushya Sammurcchana (pathogenesis). Furthermore, assessing Satmya (adaptability) and Rogi Bala (patient strength) via Dasavidha Pariksa helps predict susceptibility and identify the exact Kriyakala (stage of progression), shifting the focus from syndromic classification to systemic understanding.
Conclusion: Integrating classical Ayurvedic diagnostic protocols provides a precise, individualized assessment of autoimmune disorders. By deconstructing complex phenotypes into specific functional impairments, clinicians can design highly targeted, patient-centric immunomodulatory interventions rather than relying solely on symptomatic suppression.
Keywords: Ama, Ojas, Autoimmunity, Nidana Pancaka, Ashtasthana Pariksha.

Presentation Type : Oral Paper
Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0440
Reg. Category : P.G and Ph.D Scholar
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Exploring Jyotisha Parameters in Clinically Diagnosed Amavata (Rheumatoid Arthritis): Case Studies in the Context of Autoimmune Rheumatism

Abstract :
Background: Amavata is a chronic inflammatory disorder described in Ayurveda, characterised by Sandhishula, Sotha and Sthamba, arising from Ama and vitiated Vata. Its clinical presentation shows similarities with Rheumatoid Arthritis (RA), a chronic autoimmune rheumatic disease involving dysregulated immune responses and progressive joint inflammation. Ayurveda provides principles for diagnosis, assessment and prognosis of Amavata, while Jyotisha literature describes disease-related indications, health and temporal manifestations. However, systematic documentation of Jyotisha parameters in clinically diagnosed Amavata remains limited.Aim: To assess selected Jyotisha parameters in three clinically diagnosed cases of Amavata and document them alongside Ayurvedic, clinical and autoimmune rheumatic features.Methods: Three clinically diagnosed cases of Amavata with clinical correlation to RA will undergo standardised assessment of Prakriti, Agni, Ama, Dosha predominance, Roga Bala and relevant clinical features. Selected Jyotisha parameters, based on predefined classical principles, will be assessed with reference to relevant Bhavas, Grahas and Dasha periods. Case-wise observations will be comparatively analysed to identify common and variable patterns.Discussion: RA represents a complex autoimmune rheumatic condition, whereas Ayurveda explains Amavata through Ama, Vata and systemic involvement. Ayurveda discusses Vyadhi, individual susceptibility, prognosis and Karma, while Jyotisha describes disease-related indications and Karma Phala through its distinct framework. This case studies explores preliminary patterns without claiming diagnostic accuracy, immunological causation or direct correlation.Conclusion: The study explores Jyotisha as a supportive perspective alongside Ayurvedic clinical assessment. Larger, standardised studies are required to validate these preliminary observations.
Keywords: Amavata, Rheumatoid Arthritis, Autoimmune Rheumatism, Ayurveda, Jyotisha, Case Study.

Presentation Type : Oral Paper
Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0485
Reg. Category : P.G and Ph.D Scholar
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Ayurvedic Perspectives on Autoimmune Disorders in Women: Understanding Vyadhikshamatva and Reproductive Health.

Abstract :
Autoimmune disorders in women present a complex challenge due to their chronic nature, recurrent manifestations, and potential involvement of reproductive health. Ayurveda provides a holistic framework for understanding susceptibility to disease, maintenance of health, and restoration of physiological equilibrium through the concepts of Vyadhikshamatva, Ojas, Bala, Agni, Dosha, Dhatu and Srotas. Rather than considering disease only through its clinical manifestation, Ayurveda emphasizes the role of individual constitution, etiological factors, impaired metabolism, tissue nourishment, and host resistance. From an Ayurvedic perspective, diminished Vyadhikshamatva may be understood in association with depletion or impairment of Ojas and Bala, while disturbance of Agni and formation of Ama may contribute to pathological processes. Persistent Dosha vitiation and impaired Dhatu metabolism can influence the normal functioning of Rasa, Rakta, Mamsa, Meda, Asthi, Majja and Shukra Artava Dhatu. In women, disturbances involving Artavavaha Srotas and reproductive tissues may manifest through menstrual irregularities, impaired conception and other

reproductive disturbances. Ayurvedic management emphasizes Nidana Parivarjana, restoration of Agni, appropriate Ama Pachana, Dosha-specific management, Srotoshodhana, and promotion of Ojas and Bala. Rasayana Chikitsa, along with appropriate Pathya Ahara, Dinacharya, Ritucharya, Yoga and regulated lifestyle, may support systemic resilience and reproductive health. Individualized assessment based on Prakriti, Vikriti, Agni, Bala, Ojas and Srotas Pariksha forms the foundation of management. This conceptual review highlights the potential of classical Ayurvedic principles to provide a personalized, preventive and holistic approach to autoimmune manifestations in women, with particular emphasis on preservation of reproductive health and enhancement of Vyadhikshamatva.

Keywords: Vyadhikshamatva, Ojas, Bala, Agni, Rasayana.

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Presentation Type : Oral Paper
Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0491
Reg. Category : P.G and Ph.D Scholar
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Ayurvedic Diagnostic Perspectives in Autoimmune Disorders: A Classical Framework for Immune Dysregulation Assessment

Abstract :

Background & Objectives: Autoimmune disorders represent a growing clinical challenge where the immune system mounts aberrant responses against self-tissues, manifesting as chronic inflammation, tissue destruction, and multi-system dysfunction. Modern diagnostics rely heavily on serological markers and imaging, yet these often detect disease only after significant pathological progression. Ayurveda offers a proactive diagnostic paradigm rooted in Ashtavidha and Dasavidha Pariksha that can identify constitutional vulnerabilities, Agni vikruti, and Ojas vyapad - precursors to immune dysregulation - at stages where intervention remains most effective. This study systematically analyzed how classical Ayurvedic diagnostic tools conceptually align with autoimmune pathogenesis and proposes an integrated framework for early identification and individualized management.

Materials & Methods: A comprehensive conceptual and literary analysis was conducted across classical texts including Caraka Samhita, Susruta Samhita, and Ashtanga Hridaya, alongside contemporary immunological literature. Diagnostic parameters examined included Prakriti assessment, Agni Pariksha, Sara-Samhanana evaluation, Ojas Pariksha, Nadi examination, and Dushya-Dosha Sammurchana analysis. These were mapped against known autoimmune pathomechanisms - molecular mimicry, loss of self-tolerance, and chronic inflammatory cascades - to identify diagnostic correlations and predictive indicators.

Observations/Results: Mandagni and Vishamagni states correlated strongly with impaired gut immunity and loss of self-tolerance. Ojakshaya lakshanas paralleled clinical features of active autoimmune flares including fatigue, tissue wasting, and recurrent infections. Prakriti-based mapping revealed that Vata-dominant constitutions exhibited higher vulnerability to degenerative autoimmune conditions, while Pitta-dominant individuals showed predisposition toward inflammatory presentations. Sara assessment provided measurable indicators of Dhatu integrity reflecting disease staging. The concept of Ama aligned with the role of immune complexes and autoantigens in triggering autoimmune cascades.

Conclusion: Ayurvedic diagnostic methodology provides a structured, individualized framework capable of identifying immune dysregulation at pre-clinical stages. Integrating Pariksha-based assessment with modern immunological markers can enable earlier detection, constitution-specific risk stratification, and targeted preventive intervention in autoimmune disorders.

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Registration No. : 0497
Reg. Category : P.G and Ph.D Scholar
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"Samhanana in Amavata: Exploring Structural and Functional Correlates through a Translational Ayurveda Perspective - A Hypothesis"

Abstract :

Background: Among the Dasavidha Atura Pariksha, Samhanana reflects structural integrity, compactness, and development of the body. Bala emphasizes stable musculature, physical strength, and efficient activity. Hence, Samhanana may represent a structural dimension through which the functional expression of Bala can be explored. In autoimmune disorders such as Amavata, inflammation may influence muscle mass, body composition, physical strength, joint mobility, and functional capacity. Thus, classical Samhanana may have measurable contemporary correlates.

Objectives: To conceptually explore the relationship between classical Samhanana and measurable structural and functional parameters in individuals with Amavata, and to identify potential biomedical correlates.

Materials & Methods: Classical descriptions of Samhanana and Bala were reviewed from the Brihatrayee. Contemporary biomedical parameters relevant to structural characteristics were identified through literature review. Anthropometric parameters, body composition, muscle strength through dynamometry, joint range of motion through goniometry, and bone mineral density were considered as potential correlates.
Results: Samhanana represents assessment of bodily compactness, structural development, and integrity. Anthropometric and body-composition parameters may inform its structural dimension. Dynamometry may objectively assess muscular strength, while goniometry may evaluate joint mobility relevant to Amavata. Bone mineral density may add a skeletal parameter. These parameters are not proposed as direct equivalents, but as potential contemporary correlates.
Conclusion: This hypothesis provides a translational pathway for exploring Samhanana in Amavata. Correlating classical assessment with contemporary anthropometric, body-composition, muscular, functional, and skeletal parameters may clarify Samhanana and its relationship with Bala. Future observational studies may validate these correlations and contribute to scientific interpretation of classical Ayurvedic concepts within Translational Ayurveda, within a translational framework for contemporary scientific investigation.
Keywords: Samhanana, Amavata, Bala, Immunity, Autoimmune disease, Translational Ayurveda.

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Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0505
Reg. Category : P.G and Ph.D Scholar
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Ayurvedic Diagnostic Perspective of General Autoimmune Disorders: A Conceptual Review

Abstract :
Introduction: Autoimmune disorders are chronic, multifactorial conditions in which the immune system reacts against the body's own tissues, resulting in inflammation, tissue damage and variable organ involvement. Ayurveda provides a holistic and individualized approach to disease assessment through Prakriti, Vikriti, Dosha, Agni, Ama, Dhatu, Srotas and Ojas. Impaired Agni, Ama formation, Dosha imbalance and altered Ojas may provide a conceptual framework for understanding chronic immune-mediated disorders.
Objective: To explore the Ayurvedic diagnostic perspective of general autoimmune disorders and develop a conceptual framework based on Dosha, Agni, Ama, Ojas, Dhatu, Srotas, Prakriti and Manas.
Materials and Methods: A conceptual review was undertaken using Ayurvedic principles and available literature on autoimmune disorders. The diagnostic approach included assessment of Hetu, Dosha predominance, Agni, Ama, Ojas, Dhatu involvement, Srotas dysfunction, Prakriti-Vikriti and psychological factors. These parameters were conceptually correlated with chronic inflammation and immune dysregulation.
Results: The analysis suggests that autoimmune disorders can be approached through a multidimensional Ayurvedic diagnostic model. Mandagni may contribute to impaired metabolism and Ama formation, while Ama may be associated with Srotas obstruction and tissue dysfunction. Vata predominance may manifest with pain, stiffness and degenerative features; Pitta with inflammatory, heat and redness-dominant manifestations; and Kapha with heaviness, stagnation and accumulation. Assessment of Ojas provides an additional perspective on vitality and disease resistance. Psychological stress may further influence Dosha imbalance and disease progression.
Conclusion: Ayurvedic diagnosis of general autoimmune disorders may be considered a multifactorial and individualized process rather than a one-to-one disease correlation. Assessment of Prakriti, Vikriti, Dosha, Agni, Ama, Ojas, Dhatu, Srotas and Manas may provide a comprehensive diagnostic framework. Further clinical studies are required to validate these parameters and correlate them with contemporary immunological and inflammatory biomarkers.

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Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0514
Reg. Category : P.G and Ph.D Scholar
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" Laksana Samprapti Sambandha w.s.r. to Hashimoto Thyroiditis: A Conceptual Study from an Ayurvedic Perspective"

Abstract :
Introduction: Hashimoto Thyroiditis is a chronic autoimmune disorder of the thyroid gland characterized by progressive thyroid dysfunction and diverse systemic manifestations. Common clinical features include fatigue, weight gain, cold intolerance, constipation, xerosis, hair fall, hypersomia and cognitive changes. Ayurveda provides a comprehensive approach towards understanding such manifestations through Dosha, Agni, Ama, Dhatu and Srotas. This study aims to establish Lakshana Samprapti Sambandha in context of Hashimoto

Thyroiditis. Aim: To establish the Laksana Samprapti Sambandha of Hashimoto Thyroiditis by analysing its clinical manifestations in relation to Dosa, Dusya, Agni, Ama and Srotas involvement. Material and Methods:A conceptual study was conducted through review of Brihat Trayi and Ashtang Sangrah With their commentary and contemporary literature on Hashimoto Thyroiditis from various databases like Google Scholar and PubMed. Major clinical manifestations were identified and analysed individually according to probable Dosa, Dushya, Srotas, Agni and Ama involvement. An attempt was made to formulate the probable Ayurvedic Samprapti of symptoms. Results and Discussion: The analysis suggests that different manifestations of Hashimoto Thyroiditis may involve distinct but interconnected Ayurvedic pathophysiology. Fatigue and lethargy can be associated with Kapha Dosa and Agni Mandya; weight gain with Kapha Meda involvement; cold intolerance with impaired metabolic function and Kapha predominance; constipation Apana Vayu dysfunction; xerosis and hair fall with impaired Rasa Dhatu nourishment. Hypersomia and cognitive deterioration can be related to Kapha, Tamas and Ama. Conclusion: Thus, Hashimoto Thyroiditis may be understood through a multifactorial Ayurvedic framework involving Agni Mandya, Dosa Dusti, Ama at different level and Dhatu Srotas dysfunction. Individual Laksana Samprapti analysis may provide a systematic Ayurvedic interpretation of its clinical manifestations. And may guide individualized treatment planning according to the predominant Dosa, Dusya, Agni and Srotas involvement."

Keywords: Hashimoto Thyroiditis, Laksana, Samprapti, Ayurveda, Dosa, Agni, Ama.

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Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0563
Reg. Category : P.G and Ph.D Scholar
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Institution : Institute of Teaching and Research in Ayurveda Jamnagar

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Development and Validation of a Dosha-Stratified Diagnostic Scale for Kushtha in Immune-Mediated Papulosquamous Skin Disorders

Abstract :
Background & Objectives: Psoriasis and lichen planus are immune-mediated papulosquamous disorders that Ayurveda subsumes under Kushtha. The classical Doshaja Lakshana describe them with striking morphological precision, yet yield no reproducible number. This work aimed to operationalise the Doshaja Lakshana within Trividha Pariksha into an anchored ordinal instrument, establish its psychometric properties, and determine whether the resulting Dosha profile discriminates between the two entities.
Materials & Methods: Twenty-six items were extracted verbatim from Caraka Samhita, Susruta Samhita and Ashtanga Hridaya, organised on a dual axis of Dosha and examination modality (Darsana, Sparsana, Prasna), and graded 0-4 against observable clinical anchors, forming the Diagnostic Assessment Scale for Kushtha (DASK). Content validation used a thirteen-member expert panel; a single-rater pilot (N=30) preceded a fully crossed two-rater reliability study in sixty consecutive consultant-confirmed patients (43 psoriasis, 17 lichen planus), reported per GRRAS. Analysis used intraclass correlation, weighted kappa, Gwet's AC2, minimal detectable change and Mann-Whitney tests.
Observations/Results: All items achieved I-CVI =0.846; S-CVI/Ave was 0.967 for relevance and 0.973 for clarity. Total-score ICC(2,1) was 0.952, every item reached weighted kappa 0.732-0.963, systematic rater effect was 0.01% of variance, SEM 2.60 and MDC95 7.21 points. A six-sign Vata-Kapha core occurred in 80% of patients and 85% showed Vata-led states. Pitta expression alone discriminated the diagnoses: psoriasis 25.0% versus lichen planus 18.0% (p=0.025, d=0.690).
Conclusion: Trividha Pariksha can be quantified without being deformed. These two autoimmune disorders share a stereotyped Vata-Kapha substrate and differ only in superimposed Pitta inflammatory loading.
Keywords: Kushtha; Doshaja Lakshana; Trividha Pariksha; Psoriasis; Inter-rater Reliability

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Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0602
Reg. Category : Faculties, Researchers & Practitioners
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INTERPRETING AYURVEDIC SAMPRAPTI THROUGH SYSTEMS BIOLOGY FOR THE DEVELOPMENT OF A TRANSLATIONAL FRAMEWORK FOR DIAGNOSIS OF AUTOIMMUNE DISEASES

Abstract :
BACKGROUND: Autoimmune diseases arise through complex interactions among genetic susceptibility, environmental exposures, metabolic alterations, immune dysregulation, and tissue-specific vulnerability. Conventional diagnostic approaches predominantly identify established clinical or molecular abnormalities, while the dynamic transition from susceptibility to systemic dysfunction and disease manifestation remains incompletely represented. Ayurveda describes this progression through Samprapti, incorporating Agni, Ama,

Dosha, Srotas, and Khavaigunya as interconnected determinants of disease expression.
OBJECTIVE:To develop a systems-biology-based translational framework for interpreting Ayurvedic Samprapti in autoimmune diseases and explore its potential application in diagnosis. FRAMEWORK: The proposed model conceptualizes Mandagni as altered digestive and metabolic processing, Ama as a functional state potentially reflected through interacting metabolic, microbial, inflammatory, and immune alterations, and Srotorodha as disturbed transport and communication across biological networks. Gut microbiome alterations, intestinal barrier dysfunction, microbial metabolites, inflammatory mediators, and immune dysregulation are positioned as measurable system-level variables. Balabhramsha represents progressive loss of physiological resilience, while Khavaigunya denotes tissue-specific susceptibility. The progression from Sa-Ama Dosha to disease manifestation is represented as a dynamic network reaction rather than a single molecular event.
CONCLUSION: This framework provides a testable translational model linking Ayurvedic Samprapti with systems-level biological measurements and longitudinal phenotypes, potentially supporting earlier characterization of autoimmune disease evolution.
KEYWORDS:Ayurveda, Samprapti, Ama, Systems Biology, Autoimmune Diseases.

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Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0604
Reg. Category : Faculties, Researchers & Practitioners
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Narcolepsy Through the Lens of Ayurveda: A Conceptual Correlation of Sleep-Wake Dysregulation with Nidra, Tandra and Dosha Imbalance

Abstract :

Dr. Shivani1, Dr. Priya Bhat2, Dr. Srinivasa S3
1st year PG Scholar1, Associate Professor2, Professor and HOD3 Department of Kayachikitsa Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru-560074, Karnataka, India. CORRESPONDING AUTHOR: Dr. Shivani, 1st year PG Scholar, Department of Kayachikitsa, Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru-560074. Email: patilshinni@gmail.com. Ph no-9742387023
ABSTRACT
Background: Narcolepsy is chronic neurological sleep disorder which is characterized predominantly by excessive daytime sleepiness and recurrent, uncontrollable sleep attacks. The classical narcoleptic-cataplectic syndrome which may be present with cataplexy, sleep paralysis and hypnagogic hallucinations.Hypocretin (orexin) deficiency is an important pathophysiological abnormality. It is often regarded as autoimmune disease because of its known association with human leukocyte antigen HLA DQB1 0602. From Ayurvedic perspective, narcolepsy does not have direct correlation. However, clinical manifestations can be understood through the concepts of Nidra, Tandra and Kapha - Tamas prakopa, along with vata dushti affecting normal neurological functions.
Objective: To study the clinical features and pathophysiology of narcolepsy and explore their possible correlation with Ayurvedic concepts of Nidra, Tandra, Kapha, Tamas and Vata.
Materials and Methods: A conceptual review was conducted using the information presented in standard modern literature, with particular emphasis on excessive daytime sleepiness, sleep attacks, cataplexy, sleep paralysis and hypnagogic hallucinations. Ayurvedic literature was explored for concepts of Nidra, Tandra, Vata Kapha Dosha, Tamas, and Manas, particularly the physiological and pathological factors influencing sleep and altered states of consciousness.
Conclusion: Narcolepsy type 1 with hypocretin deficiency playing an important role is characterized by dysregulation of sleep-wake mechanism. Ayurvedic concepts of Nidra and Tandra, when associated with Kapha and Tamas prakopa and Vata dushti, provides conceptual framework for understanding its manifestations with sleep-wake cycles. Bridging orexin neuroscience and ayurvedic concepts of nidra towards an integrative framework. Key words: Narcolepsy, Hypocretin, Nidra, Kapha, Tamas.

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Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0628
Reg. Category : P.G and Ph.D Scholar
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Impact of Ayurveda-Based Management Protocols on Interleukin-6 Levels in Rheumatoid Arthritis: A Review of Clinical Evidence

Abstract :

Interleukin-6 (IL-6) is a key mediator of synovitis, joint destruction and systemic manifestations in the chronic autoimmune inflammatory disease, rheumatoid arthritis (RA). According to Ayurveda RA is correlated with Amavata, which is caused by the disturbance of our digestion (agnimandya), formation of toxic metabolites (ama) and vitiation of Vata dosha and it recommends us to take care with multimodal treatment such as

langhana, herbal formulation and Panchakarma in addition to yoga therapy. An increasing number of randomized clinical trials involve the use of classical ayurvedic treatments like Simhanada guggulu, Rasonadi and Vaishvanara churna, and basti treatments with the biomarker IL-6. This review aims to consolidate available clinical and experimental data on the effects of Ayurveda based management strategy of IL-6 and associated inflammatory pathways in RA. A narrative search in Scopus, PubMed and Web of Science yielded
21 relevant sources, including clinical trials, metabolomics studies, systematic review on phytotherapy in RA, on oxidative stress mediated therapies, Panchakarma and Yoga interventions and mechanistic papers on IL-6 in RA. This narrative review combines these findings to shed light on the current knowledge and gaps in the field of IL-6 regulation in Ayurveda-based clinical management of RA. Overall, Ayurveda-based whole-system interventions, the combination of fasting and ginger/Trikatu, Panchakarma, Rasayana formulations and mind-body practices show statistically significant decreases in clinical disease activity and inflammatory markers, with some studies showing evidence of modulation of IL-6. The heterogeneity of protocols, however, the measurements of the cytokines and the lack of randomized controlled trials limit firm conclusions. Future studies should move towards biomarker-dense, well-powered trials and mechanistic studies which connect IL-6 parameters, metabolomic signatures, and clinical remission by holistic Ayurveda interventions. Keywords: Rheumatoid arthritis; Interleukin-6; Ayurveda; Amavata; Panchakarma; Phytotherapy.

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Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0661
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHRUTI RAMESH TARAPURE (0661)
Institution : Government Ayurved college

Importance of Ayurveda in autoimmune disorders

Abstract :
Title: IMPORTANCE OF AYURVEDA IN AUTOIMMUNE DISORDERS
Conceptual Integration of Immunology with Ayurvedic : Prakriti, Agni, Satmya, Sattva, and Kala Authors: Rajneesh Yadav, 1st phase BAMS student, Taranath government ayurvedic medical college, Ballari, karnataka 583101 Affiliated by RGUHS, Banglore rajneeshya0549@gmail.com mob: 957130549
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BACKGROUND AND OBJECTIVES
Immunity is a vital defence mechanism protecting the body against diseases. Modern immunology explains immunity through innate and adaptive mechanisms, whereas Ayurveda describes it through Vyadhikshamatva. Ayurvedic such as Prakriti, Agni, Satmya, Sattva, and Kala play a significant role in determining disease resistance, particularly in chronic autoimmune disorders. This paper conceptually integrates these with contemporary immunological understanding to establish a holistic framework of immunity.
MATERIALS AND METHODS
A conceptual review was carried out using classical Ayurvedic texts and modern immunological literature. Descriptions of Vyadhikshamatva and associated physiological were critically correlated with immune function, adaptation, metabolism, and psychoneuroimmunology.
OBSERVATIONS AND RESULTS
Immunological and Physiological Correlation
Prakriti Corresponds to genetic predisposition and individual immune phenotype, influencing innate susceptibility and resilience to autoimmune triggers.
Agni Parallels metabolic efficiency, gut health, and nutrient assimilation, essential for immune competence and preventing auto-inflammatory cascades.
Satmya Reflects adaptive tolerance and environmental acclimatization, influencing immune responses to external antigens and dietary factors.
Sattva Demonstrates a strong relationship with mental resilience and neuroimmune regulation via psychoneuroimmunological pathways.
Kala Correlated with seasonal variation, circadian rhythm, and age-related immune changes modulating systemic vulnerability.
CONCLUSION
Integrating Ayurvedic with modern immunology highlights a multidimensional model of immunity. This framework supports individualized healthcare, preventive strategies, and interdisciplinary research in integrative medicine for autoimmune conditions.
Keywords: Vyadhikshamatva, Prakriti, Agni, Immunology, Autoimmune Disorders, Integrative Medicine

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Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
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CONTEMPORARY UNDERSTANDING OF SJOGRENS SYNDROME AS VATAJA GRAHANI ROGA : A CONCEPTUAL AND CASE-BASED CORRELATION

Abstract :

BACKGROUND Sjogren's Syndrome is a chronic slowly progressive autoimmune disease characterized by lymphocytic infiltration of exocrine glands, significantly decreasing the quantity and quality of saliva and tears. The spectrum of presentation is from minor to major life threatening systemic complications . Vataja grahani is a disease where vata dosha gets aggravated and covers the supressed agni, as a result of which food taken by the patient does not get easily digested leading to Ama, visuchika and agnimandya which is the base for all the rogas to occur. Nidanas mentioned for vataja grahani like dietic changes and supressing of natural urges etc can be compared to environmental and hormonal factors as a cause for Sjogren's syndrome .

OBJECTIVE

1. To explore the clinical manifestations of Sjogren's syndrome through the Ayurvedic perspective of Vataja Grahani.
2. To assess the applicability of Agni, Ama and Vata as conceptual frameworks for understanding the multisystemic manifestations of Sjogren's syndrome.

MATERIALS AND METHODS Classical Ayurvedic references describing Grahani Roga, particularly Vataja Grahani, were reviewed along with contemporary literature concerning the clinical manifestations and pathophysiology of Sjogren's syndrome.

OBSERVATION The case demonstrated prominent Vata-dominant and Agni-related manifestations along with multisystemic features

RESULTS The clinical analysis demonstrated considerable phenotypic overlap between the multisystem manifestations of Sjogren's syndrome and the symptomatological spectrum described in Vataja Grahani,

CONCLUSION Sjogren's syndrome, although defined in contemporary medicine as a systemic autoimmune disease, demonstrates several clinical features that can be conceptually interpreted as Vataja Grahani, particularly when Agnimandya, Ama and Vata predominance are considered together. Key words- Sjogren's Syndrome, Auto immune disorder, Vataja Grahani, Agnimandya,

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Presentation Type : Oral Paper

Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders

Registration No. : 0727

Reg. Category : Faculties, Researchers & Practitioners

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Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

Diagnosis of Autoimmune Diseases Through the Fundamental Principles of Ayurveda: A Conceptual Approach

Abstract :

Diagnosis of Autoimmune Diseases Through the Fundamental Principles of Ayurveda: A Conceptual Approach Dr Eesha k 1, Dr Likhita D N 2, Dr Vidyalakshmi K 3

1PG Scholar, 2 Associate Proffessor, 3 Professor and HOD Department of Ayurveda Samhita and Siddhanta, SDM College of Ayurveda, Hospital and Research centre, Kuthpady, Udupi.

Introduction: Autoimmune diseases are conditions in which the immune system mistakenly attacks healthy cells, tissues or organs. Although their precise aetiology and pathogenesis remain incompletely understood, several risk and triggering factors with common manifestations have been identified. Ayurveda, however approaches disease through fundamental principles rather than disease nomenclature. The classical diagnostic framework encompasses Nidana, Purvarupa, Rupa, Upasaya and Samprapti. The Ayurvedic concept of Vyadhi, wherein vitiated Doshas interact with Dhatus and produce pathological changes, provides a conceptual basis for understanding such chronic disorders. Aim:To explore the applicability of fundamental Ayurvedia diagnostic principles in manifestation of occurance of autoimmune diseases. Objectives: To establish a conceptual correlation between contemporary autoimmunity and Ayurvedic disease processes. Methodology: A conceptual review of classical Ayurvedic texts and contemporary literature concerning autoimmune diseases was undertaken. Relevant principles of Nidana Pancaka, Dosha-Dushya interaction, Srotodushti, Agni, Ama, Ojas and Kha-vaigunya were analysed. Result: Autoimmunity shows conceptual parallels with the Ayurvedic understanding of Nija Vyadhi, particularly in relation to disturbed Dosha-Dhatu interaction and impaired host resistance. Factors such as Agnimandya, Ama, Kha-vaigunya and reduced Vyadhi-kshamatva may provide a useful interpretative framework for chronic disease expression. Conclusion: Although autoimmune diseases cannot be equated directly with any single Ayurvedic disease entity, their diagnosis may be approached through Tridosha Siddhanta and Nidana Pancaka, offering an individualized

and holistic framework for understanding chronicity, disease strength and patient-specific manifestations. Key words: Autoimmunue disease, Dosha, Nija vyadhi, Vyaadhi kshmatva.

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Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0745
Reg. Category : P.G and Ph.D Scholar
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Gut brain immune axis and autoimmunity: an integrative ayurvedic review

Abstract :
KEYWORDS: Gut- Brain- Immune Axis; Autoim munity; Agni; Ama; Intestinal Permeability; Neuroinflamm ation; Microbiom e; INTRODUCTION- The bidirectional com munication linking the enteric nervous system, gut microbiota, and neuroendocrine-im mune network- the gut-brain- immune (GBI) axis- serves as a primary regulator of systemic immune tolerance. Microbiome dysbiosis and compromised intestinal barrier integrit)("leaky gut') drive systemic endotoxem ia, aberrant antigen presentation, and neuroinflam mation, precipitating chronic autoimmune disorders. Classical Ayurveda anticipated this bidirectional cascade through its systemic m odels of metabolic com petence, barrier function, and p sychosom atic equilibrium. CONCEPTUAL SYNTHESIS -Biom edical markers of gut microbial homeostasis nd epithelial tight-junction integrity map directly to Jatharagni (metabolic/digestive fire) and the functional competence of the Grahani (intestinal barier and mucosal interface). Impaired Agni (Agnim andya) yields Ama- antigenic, incompletely metabolized macromolecules functionally analogous to circulating lipopolysaccharides (LPS) and bacterial endotoxins.Translocation of Ama into circulation causes channel micro-obstruction (Srotodushti), while autonomic and neuroenteric dysregulation- governed by Vata Dosha (Prana and Samana/Apana Vata)- amplifies hypothalamic-pituitary-adrenal (HPA) axis reactivity and intestinal hyperpermeability. Chronic neuroim mune signaling and persistent antigen load deplete Ojas (the biological substrate of innate vitality and im mune tolerance)culminating in immune self-reactivity, chronic inflammation, and tissue degeneration (Dhatupaka). Concurrently, psycho-emotional stress (Manasika Doshas) exacerb ates peripheral inflammation through the M anovaha Srotas miroring modern neuroimm une bidirectional feedback loops.
CONCLUSION- Aligning the molecular dynamics of the G BI axis with Ayurvedic parad igms provides a mechanistic rationale for how gut barrier failure and mental stress converge into systemic autoimmunity, highlighting actionable avenues for integrative diagno stics and targeted multimo dal therapeutics.

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Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0754
Reg. Category : P.G and Ph.D Scholar
Author : Dr. NIKITA GUPTA (0754)
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DHATUPAKA AND AUTOIMMUNITY: AN AYURVEDIC-IMMUNOLOGICAL PERSPECTIVE ON RHEUMATIC FEVER

Abstract :
DHATUPAKA AND AUTOIMMUNITY: AN AYURVEDIC-IMMUNOLOGICAL PERSPECTIVE ON
RHEUMATIC FEVER
Author- Dr Manasa D, Assistant professor, BAMCH, Shivamogga manasa8adiga@gmail.com Mob-7815840025
Background: Ayurveda describes disease processes through the dynamic interaction of Dosha, Dhatu, Agni and Dhatupaka. The concept of Dhatupaka refers to pathological alteration of Dhatu resulting from disturbed metabolism and aggravated Dosha. Although developed within a different theoretical framework, this concept provides an interesting perspective for understanding chronic and systemic inflammatory conditions described in contemporary science.
Objective: To explore the conceptual relationship between the Ayurvedic phenomenon of Dhatupaka in Jwara and the immunopathological mechanisms involved in rheumatic fever, with particular reference to post-infectious immune-mediated inflammation.
Materials and Methods: Classical Ayurvedic descriptions of Jwara, Dhatupaka, and Dosha-Dushya Sammurchhana were reviewed and compared conceptually with contemporary literature on the immunopathogenesis of rheumatic fever.
Discussion: In Ayurveda, prolonged or severe Jwara may progress beyond the initial disturbance of Rasa and Rakta, leading to involvement and depletion of successive Dhatus. The concept of Dhatupaka may therefore be examined as a theoretical model for systemic tissue involvement occurring during persistent inflammatory disease. In rheumatic fever, following Streptococcus pyogens infection, an aberrant immune response can result in inflammation affecting multiple tissues, particularly the joints, heart, skin, and central nervous system. Molecular mimicry and cross-reactive immune responses are recognized mechanisms contributing to tissue injury. While Dhatupaka and autoimmunity arise from fundamentally different epistemological frameworks, their conceptual

comparison may provide an avenue for dialogue between Ayurvedic pathology and modern immunology.
Conclusion: Understanding Dhatupaka with immune-mediated tissue injury in rheumatic fever offers a potential interdisciplinary framework for understanding systemic inflammatory disease. This correlation should be regarded as a conceptual bridge rather than a direct equivalence, and further clinical and translational research is required to evaluate its relevance.
Keywords: Dhatupaka, Jwara, Rheumatic Fever, Autoimmunity

Presentation Type : Oral Paper
Theme : Ayurvedic Diagnostic Perspectives in Autoimmune Disorders
Registration No. : 0758
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. MANASA D (0758)
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Asthi, Majja and Ojas in Vyadikshamatva: A Rachana sharira and Osteoimmunological Perspective

Abstract :
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TITLE: ASTHI, MAJJA AND OJAS IN VYADHIKSHAMATVA: A RACHANA SHARIRA AND OSTEOIMMUNOLOGICAL PERSPECTIVE
INTRODUCTION
The Ayurvedic concepts of Asthi, Majja, and Ojas represent an integrated structural and functional system essential for maintaining body strength, nourishment, and disease resistance mentioned as Vyadhikshamatva in Ayurveda. Modern Osteoimmunology recognizes the close interaction between the skeletal and immune systems through bone, bone marrow, and immune cells. Exploring these concepts together may provide an integrative understanding of immunity.
OBJECTIVE
- To explore the role of Asthi, Majja, and Ojas in Vyadhikshamatva and correlate it with Osteoimmunology from a Rachana Sharira perspective.
METHODOLOGY
- Data were collected from classical Ayurvedic texts, modern literature, peer-reviewed articles, and journals. Relevant research updates from databases and online sources were reviewed.
- A comprehensive review and analysis were conducted to explore the role of Asthi, Majja, and Ojas in Vyadhikshamatva and correlate it with Osteoimmunology from a Rachana Sharira perspective.
RESULTS: The review indicates that Asthi provides structural integrity, Majja represents marrow-related nourishment and hematopoietic-immune functions, while Ojas reflects systemic vitality and disease resistance. Modern Osteoimmunology supports the close relationship between bone, bone marrow, and immune regulation, demonstrating parallels with the Ayurvedic concept of the Asthi, Majja and Ojas in maintaining immune homeostasis and tissue integrity.
DISCUSSION AND CONCLUSION: The Asthi, Majj and Ojas framework offers a meaningful integrative model for understanding Vyadhikshamatva from both Ayurvedic and modern scientific perspectives. This concept strengthens the role of Rachana Sharira in immunity research and provides a foundation for future interdisciplinary studies on bone immune health and autoimmune disorders.
KEYWORDS: Asthi, Majja, Ojas, Vyadhikshamatva, Rachana Sharira, Osteoimmunology

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0008
Reg. Category : P.G and Ph.D Scholar
Author : Dr. KEERTI CHOUGALA (0008)
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Immunological Paradox of Obesity: A Critical Appraisal of Vyadhikshamatwa in Sthoulya and Its Modern Immunometabolic Correlates

Abstract :
Background & Objectives: Vyadhikshamatwa denotes immunological competence against disease onset and progression. Despite apparent morphological bulk, individuals with Sthoulya (obesity) exhibit profound vulnerability to infectious and metabolic comorbidities. This study aims to analyse the classical pathogenesis of immunocompromise in Medoroga and Sthoulya according to Charaka Samhita and Sushruta Samhita, and to correlate these mechanisms with modern immunometabolic concepts of chronic low-grade inflammation.
Materials & Methods: A comprehensive literary review was conducted using classical textbooks, primarily Charaka Samhita and Sushruta Samhita, alongside authoritative commentaries by Chakrapani Datta and Dalhana. Classical terminology regarding Ojas, Dhatu Sara, and Srotovarodha was mapped to peer-reviewed modern medical literature on adipose tissue endocrinology, macrophage polarization, and leukocyte dysfunctions in obesity.
Observations/Results: Charaka Samhita classifies Atisthula among Ashta Ninditiya Purusha, where Eka-

Dhatu Poshana (unidirectional adipose hypertrophy) induces progressive nutritional deprivation of subsequent Dhatus, culminating in severe Ojo-Kshaya and Dourbalya. Sushruta Samhita emphasizes Medovaha Srotovarodha and Dhatu Shaithilya (tissue flabbiness), explaining the increased clinical predisposition of Sthula individuals to rapid suppurative disorders such as Prameha Pidaka, Vidradhi, and Visarpa. These classical observations correlate strongly with modern immunometabolism. Adipocyte hypertrophy triggers hypoxia, M2-to-M1 macrophage phenotypic shifts, and pro-inflammatory adipokine secretion (elevated TNF-a, IL-6, and Leptin with reduced Adiponectin). Furthermore, ectopic lipid accumulation within leukocytes impairs neutrophil chemotaxis, phagocytosis, and adaptive T-cell proliferation, mirroring classical concepts of Khavaigunya and impaired Vyadhikshamatwa.

Conclusion: The Ayurvedic paradigm of Sthoulya-induced immunosuppression demonstrates remarkable correlation with contemporary immunometabolic pathology. Classical determinants of compromised Vyadhikshamatwa in Medoroga stem from structural tissue laxity, micro-circulatory channel obstruction, and metabolic toxicity. These traditional principles accurately parallel chronic systemic meta-inflammation, adipokine imbalance, and functional leukocyte impairment observed in modern obesity, validating classical principles of integrative medicine.

Keywords: Vyadhikshamatwa; Sthoulya; Medoroga; Ojas; Immunometabolism

Presentation Type : Oral Paper

Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva

Registration No. : 0013

Reg. Category : P.G and Ph.D Scholar

Author : Dr. YADU GOPAN (0013)

Co- Author/s : Dr Shrilatha Kamath T, Professor & Head, Dept. of PG & PhD studies in Kayachikitsa, SDM College of Ayurveda Hospital and Research Centre, Udupi

Institution : SDM College of Ayurveda and Hospital Hassan

Snayu Shareera in Autoimmune Connective Tissue Disorders: A Conceptual and Anatomical Review

Abstract :

Snayu Sarira in Autoimmune Connective Tissue Disorders: A Conceptual and Anatomical Review Dr. Simi C.P.1, Dr. Krishnamurthy N.2

1PhD Scholar, 2Professor & HOD Department of Rachana Shareera SDM College of Ayurveda, Hospital & Research Centre, Udupi Corresponding Author: Dr. Simi C.P. Email: simiprabhakaran93@gmail.com | Mobile: 8089801973 ABSTRACT

Background & Objectives Snayu is an important anatomical structure described in Ayurveda, contributing to structural support, stability and functional integrity of the musculoskeletal system. Its structural and functional attributes may be conceptually correlated with connective tissue structures such as tendons, ligaments and aponeuroses in contemporary anatomy. Autoimmune connective tissue disorders can affect these structures through immune-mediated inflammation and tissue injury. This review aims to explore Snayu Sarira in relation to autoimmune connective tissue disorders and examine its possible anatomical correlation with contemporary connective tissue structures.

Materials & Methods A conceptual review was undertaken using classical Ayurvedic literature describing Snayu Sarira and contemporary

Observations/Results The review identified structural alterations including tenosynovitis, tendon thickening, oedema, degeneration, altered collagen architecture, enthesis involvement, adhesions and tendon rupture. These changes may impair tendon excursion, alter biomechanics and contribute to joint instability, deformity and functional limitation. The structural and functional attributes described for Snayu provide a useful conceptual framework for interpreting these musculoskeletal manifestations. However, the correlation between Snayu and modern anatomical structures remains conceptual rather than representing a direct one-to-one equivalence.

Conclusion Anatomical exploration of Snayu Sarira may provide a useful framework for understanding connective tissue involvement in autoimmune disorders. Integrating classical anatomical concepts with contemporary structural and pathological knowledge may contribute to a broader understanding of musculoskeletal manifestations in autoimmune disease and provide directions for further anatomical and clinical research.

Keywords: Snayu Sarira; Autoimmune Disorders; Connective Tissue;

Presentation Type : Oral Paper

Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva

Registration No. : 0018

Reg. Category : P.G and Ph.D Scholar

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Beyond Kapha: Decoding the Mystery of Shleshma, Bala and Ojus

Abstract :

Background & Objectives In Ayurveda, Vata governs movement and physiological activities, Pitta regulates

digestion, metabolism and transformation, while Kapha maintains stability, lubrication, strength and structural integrity. In its Prakrita state, Kapha contributes to vitality and disease resistance. Classical texts describe Ojas and Bala as synonymous with Kapha in specific contexts, while Shleshma may also denote Ojas in its physiological state. However, in Vikrita Avastha, Kapha may manifest as a disease-producing factor. This review aims to critically analyze the concepts of Shleshma, Bala and Ojas, their interrelationship, contextual variations and clinical relevance.

Materials & Methods A conceptual review was conducted through critical analysis of classical Ayurvedic literature, with emphasis on contexts in which the terms Shleshma, Bala and Ojas are described. Their physiological, pathological and textual interpretations were comparatively evaluated.

Observations/Results The analysis indicates that these terms do not possess a single, universally interchangeable meaning. Shleshma primarily represents Kapha in its physiological and pathological contexts. Bala denotes strength, encompassing physical and functional capacity and may be associated with Kapha and Ojas depending on context. Ojas represents the essence responsible for vitality, strength and resistance to disease. Classical references also use Ojas in relation to Rasa and Rakta, demonstrating its contextual significance.

Conclusion Shleshma, Bala and Ojas are closely interconnected yet conceptually distinct. Their meanings vary according to physiological, pathological and textual contexts. Recognizing these distinctions is essential for accurate interpretation of Ayurvedic literature and appropriate clinical application.

Keywords: Shleshma, Bala, Ojas, Rasa, Rakta

Presentation Type : Oral Paper

Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva

Registration No. : 0045

Reg. Category : Faculties, Researchers & Practitioners

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Institution : Muniyal institute of Ayurveda Medical science Manipal

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Exploring Satva and Ojus through Psychoneuroimmunology: Where Mind meets Immunity

Abstract :

Background: Ayurveda presents health as a state of equilibrium involving body, mind, senses and consciousness. Among its fundamental concepts, Satva represents mental clarity, stability, resilience and emotional balance, while Ojus is described as an essential factor associated with vitality, strength and resistence to disease. Psychoneuroimmunology provides a scientific framework for understanding the bidirectional interactions among psychological processes, the nervous system, endocrine pathways and immune system.

Aim: To explore the Conceptual relationship between Sattva and Ojus and the contemporary understanding of mind-immune axis through the lens of Psychoneuroimmunology.

Materials and Methods: A conceptual review of claasical ayurvedic and contemporary scientific literature related to Sattva, Ojus, psychological stress, neuroendocrine regulation, autonomic function, inflammation and immune homeostasis was undertaken.

Discussion: Persistent psychological stress may contribute to dysregulation of the hypothalamic-pitutary-adrenal axis, autonomic balance and inflammatory responses. Within an Ayurvedic framework, Sattva may be conceptually associated with psychological resilience and adaptive regulation, while Ojus can be explored as a resistance to disease. The interaction of mental well-being, lifestyle, psychological regulation and disease resistance offers an area for exploration.

Conclusion: Exploring Sattva and Ojus through Psychoneuroimmunology provides an innovative bridge between Ayurvedic concepts and contemporary science rather than equating traditional concepts directly with modern biological entities. Key words : Sattva, Ojus, Psychoneuroimmunology, Mind-immune axis, Ayurveda

Presentation Type : Oral Paper

Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva

Registration No. : 0095

Reg. Category : P.G and Ph.D Scholar

Author : Dr. MALINI M MOGER (0095)

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Hemantha and Shishira Rutu-An ayurvedic - modern perspective on seasonal immune adaptation

Abstract :

Ayurveda describes Hemanta and Shishira Ritu as periods of Uttama Bala, attributing increased physiological strength to the cold environment, enhanced Jatharagni, and appropriate dietary and lifestyle adaptation. This seasonal variation is explained through the concept of Kalaja Bala and contributes to Vyadhikshamatva. Contemporary research also indicates that immune function undergoes significant seasonal variation. Studies have reported changes in circulating lymphocyte subsets, including CD4+ and CD8+ T cells and CD20+ B cells, along with seasonal alterations in cytokine responses and immune regulation. Increased B-cell representation and

changes in T-cell populations during winter suggest that cold-season physiology may involve dynamic modulation of immune-cell distribution and function rather than simply an increase in overall immunity. Environmental factors such as temperature, photoperiod, nutrition and circadian rhythms may contribute to these changes. The Ayurvedic description of enhanced Bala during Hemanta and shishira can therefore be viewed as a framework for exploring seasonal physiological and immune adaptation. Integrating classical concepts of Bala, Agni and Vyadhikshamatva with contemporary immunological findings may provide a broader understanding of seasonal variation in host resilience and susceptibility to disease.

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0100
Reg. Category : Faculties, Researchers & Practitioners
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Conceptual Integration of Sira as Pathways in the Ayurvedic Understanding of Autoimmune Disorders

Abstract :
Background & Objectives Sira are described in Ayurveda as channels responsible for the movement of Rasa, Dhatus and disease-producing Kupita Doshas. Their functional classification into Vataja, Pittaja, Kaphaja and Raktaja Sira suggests distinct physiological roles. In contemporary anatomy, the neurovascular bundle may be considered a correlate of Sira. Autoimmune disorders arise when immune tolerance fails, resulting in autoreactive T cells and autoantibodies directed against self-tissues. This study explores a conceptual relationship between Ayurvedic Sira functions and the transport and distribution of immune factors in autoimmune processes. Materials & Methods A conceptual comparative analysis was undertaken using classical descriptions and functional attributes of Sira along with established concepts of immune tolerance, autoreactive T-cell migration and antibody transport through blood and lymphatic pathways. The comparison considered the nature, mode of movement and distribution of these immune factors.
Observations/Results Autoreactive T cells are living immune cells that actively migrate through chemokine- and integrin-mediated mechanisms, whereas autoantibodies are soluble immunoglobulins transported through blood and lymph. Within the proposed Ayurvedic framework, autoreactive T-cell migration may be conceptually compared with Vataja Sira functions, while autoantibody distribution may be considered in relation to Pittaja, Kaphaja and Raktaja Sira and circulatory or lymphatic transport. These correlations represent a conceptual hypothesis and not established anatomical equivalence.
Conclusion Sira may provide an Ayurvedic conceptual framework for understanding pathways involved in immune-factor transport. Integrating Ayurvedic functional classifications with contemporary immunology may offer a novel perspective on autoimmune disorders. Further anatomical, physiological and clinical research is required to validate these proposed correlations.

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0117
Reg. Category : P.G and Ph.D Scholar
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Rasayana Selection and Vyadhikshamatva: An Ayurvedic Perspective on Individualized Immune Homeostasis

Abstract :
Rasayana Selection and Vyadhikshamatva: An Ayurvedic Perspective on Individualized Immune Homeostasis Dr. Isha Malik1, Vd. Bhupesh R. Patel2 First Year PhD Scholar, Department of Dravyaguna, Institute of Teaching and Research in Ayurveda, Jamnagar, Gujarat. Professor & Head, Department of Dravyaguna, Institute of Teaching and Research in Ayurveda, Jamnagar, Gujarat. ABSTRACT
Background: In Ayurveda, Vyadhikshamatva represents the inherent capacity to resist, withstand and recover from disease, while Rasayana encompasses measures aimed at promoting Dirghayu, Smriti, Medha, Arogya, Taruna Vaya, Prabha, Varna, Swara, Dehabala, Indriyabala etc. Contemporary understanding of immune homeostasis recognizes inter-individual variation in immune responses and the importance of physiological equilibrium. This provides an opportunity to interpret Rasayana not as a uniform immune-enhancing intervention, but through the classical determinants of individual and disease status. Objective: To explore the principles governing selection of Rasayana Dravyas in relation to Vyadhikshamatva and their conceptual relevance to individualised maintenance of immune homeostasis. Methodology: Classical Ayurvedic literature on Rasayana, Vyadhikshamatva, Ojas and Bala was reviewed, with emphasis on factors influencing Rasayana selection, including Prakriti, Dosha, Dushya, Agni, Bala, Vaya, Satmya, Desha, Kala and Ritu, along with relevant

Dravyaguna attributes. Observations: Classical descriptions indicate that Rasayana Prayoga is selective and context-dependent. Drugs such as Haritaki and Amalaki demonstrate that administration may vary according to individual Prakriti, Samhanana and Ritu etc., despite their recognized Rasayana utility. Conclusion: Selective Rasayana administration suggests an Ayurvedic approach to Vyadhikshamatva that extends beyond generalized immune enhancement towards context-dependent maintenance of physiological and immune homeostasis. Integrating classical determinants with contemporary immunological parameters may provide a distinctive framework for understanding individual variability in immune regulation and its dysregulation in autoimmune disorders. Key-words: Immunity, Immunomodulatory, Rejuvenator, Individualised medicine

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0185
Reg. Category : P.G and Ph.D Scholar
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Quantitative Evaluation of Ojas and Its Relationship with Health Status in Ayurveda Students

Abstract :
Background: Ojas, in Ayurveda, represents the refined essence of the seven dhatus and is regarded as the physiological basis of vitality, strength, and immunity (Vyadhikshamatva). Despite its central conceptual importance, empirical tools to quantify Ojas and correlate it with objective health outcomes remain scarce.
Objective: To assess Ojas levels in 1st-year BAMS students using a multi-dimensional assessment tool and to examine its correlation with the number of healthy days experienced.
Methods: An observational, cross-sectional study was conducted on 30 apparently healthy 1st-year BAMS students of either gender. Ojas was evaluated using a self-developed tool covering physical (Mamsa Sara, Modified Harvard Step Test), sensory (Indriya Karya), expressive (Swara and Varna Prasada), and functional (Karma Indriya) domains. Healthy days over a defined period were recorded via a structured questionnaire, and Pearson correlation analysis was applied.
Results: Ojas scores ranged from 26-47 (mean +/- SD: 36.67 +/- 5.38), and % Healthy Days ranged from 50.68%-98.63% (mean +/- SD: 83.28 +/- 13.31). A strong positive correlation was found between Ojas score and % Healthy Days ($r = 0.78$, $p < 0.001$).
Conclusion: The findings empirically validate the classical Ayurvedic concept of Ojas as a determinant of vitality and disease resistance. The tool shows preliminary validity as a practical measure of health and merits further large-scale validation.
Keywords: Ojas, Ayurveda, Vitality, Disease Resistance, Healthy Days, Observational Study

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0212
Reg. Category : Faculties, Researchers & Practitioners
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Understanding of Rogibala and Immunogenetics: an integrative perspective

Abstract :
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8861622535 Guide: Dr. Krishnamurthy N Dept of Rachana shareera SDM college of ayurveda Udupi. Title: Understanding of Rogibala and Immunogenetics: An Integrative Perspective
Background: Rogibala is a fundamental concept that denotes the overall strength and disease resisting capacity of an individual. It is closely related to Vyadhi kshamatwa. Immunogenetics is a branch of immunology that concerned with the interrelations of genetic factors and the immune system. Genes such as the HLA complex play a key role in determining individual immune system.
Objectives: i) Understanding of Rogibala as a determinant of disease resistance and overall health ii) Understanding the influence of Genetic variation on immunity iii) Discussing concept of Rogibala and Immunogenetics in personalized, predictive and preventive healthcare
Materials and Methods: literature related to Rogibala and Immunogenetics will be collected from all classical and contemporary textbooks
Observation: Rogibala is determined by factors such as Prakriti, Sara, Satwa, Satmya, Agni, Ojas and overall life style and environmental influences. Immunogenetics explains about genetic variations which regulate immune responses, susceptible to infections, autoimmune diseases, allergies and inflammatory diseases. Immune related genes including HLA, Cytokine genes and other immune regulatory genes influence resistance to infectious, allergic, autoimmune and inflammatory diseases. Result and conclusion: An integrative

understanding suggests that Rogibala may represent the phenotypic expression of immune function, while immunogenetics explains the inherited genetic variations that modulate innate and adaptive immune responses. Combining ayurvedic principles with modern immunogenetics may improve personalized healthcare, preventive medicine and disease management. Key words: Rogibala, Immunogenetics, Immunology, Vyadhikshamatwa

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0213
Reg. Category : P.G and Ph.D Scholar
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CONCEPT OF VYADHIKSHAMATWA AND OJAS THROUGH THE LENS OF EPIGENETICS WITH SPECIAL REFERENCE TO AUTO-IMMUNE SKIN DISORDERS

Abstract :
Vyadhikshamatwa is the ability of body to protect itself from Vyadhi, acting against Vyadhi-bala.[1] Modern science defines this entity as immunity. Just as any swords having two sharp ends, immunity can be a self-threat in certain conditions and it is called auto-immune disorders. The conditions where Vyadhikshamatwa acting against the will of Shareera can be viewed through the lens of derangement of Ojas. The study aims to understand the concept of Vyadhikshamatwa and Ojas through the lens of epigenetics in auto-immune skin disorders. Vyadhikshamatwa in Twak is the ability of epidermal and dermal cells to not to loose its integrity in presence of external or internal disease-causing factor. The appearance of wrinkles, moisturisation, pigmentation, oil content, and sensitivity of skin layers are regulated by various genes like FCRL5, TBX4, OCA2, SYN2, CREB5 etc.[2] Epigenetics deals with the changes in gene expression without intrinsic DNA changes. Studies has proved that, the epigenetic modifications of chromatin, mainly due to acetylation, methylation, SUMOylation etc. of histones leads to changes in immune related gene expression. [3] However, same epigenetic modification can produce different effects in different individuals.[4] Skin manifestations like Vatashobha and Varnabheda are produced in Ojo-Vyapat; diminution of qualities of Ojas by vitiated Dosha.[5] The will of normal gene expression can be interpreted as 'Ojas' while the immunity produced as a result of normal expression can be taken as 'Vyadhikshamatwa'. The epigenetic factors like stress are 'causes' of Ojo Visramsa, Vyapat and Oja-Kshaya which causes the defective gene expression and auto-immunity.

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0330
Reg. Category : Faculties, Researchers & Practitioners
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Foundations of Immunity in Ayurveda: Integrating Dhatusarata, Ojas, Bala and Vyadhi Kshamatva with Nobel Prize-winning Discoveries in Modern Immunology (1908-2025)

Abstract :
Traditionally Immunity is that protect the host from infections and maintain immune homeostasis, this in modern medicine is understood through cellular, molecular, and genetic mechanisms. The foundations of Ayurveda is protection of health and disease resistance are described through the interconnected concepts of Dhatu Sarata (tissue excellence), Ojas (vital essence), Bala (strength/resistance), and Vyadhi Kshamatva (capacity to resist disease). While modern immunology has evolved through landmark discoveries recognized by numerous Nobel Prizes, a comprehensive comparative analysis between these discoveries and classical Ayurvedic concepts remains limited.
Objective: To Ayurvedic foundations of immunity and correlate them with major Nobel Prize-winning discoveries in immunology, highlighting conceptual parallels between traditional knowledge and contemporary advances in immune science.
Methods: A narrative review was conducted using classical Ayurvedic texts including Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, Ashtanga Sangraha along with published literature on immunology and Nobel Prize-winning contributions related to immunity from 1908 to 2025. The concepts of Dhatu Sarata, Ojas, Bala, and Vyadhi Kshamatva were analyzed and compared with developments in innate immunity, adaptive immunity, immune tolerance, antibody biology, antigen recognition, immune checkpoints, mRNA vaccine technology, and peripheral immune regulation.
Conclusion: Ayurvedic concepts of Dhatu Sarata, Ojas, Bala, and Vyadhi Kshamatva can be viewed as interconnected levels of physiological resilience. Their comparison with modern immunology reveals meaningful conceptual parallels, particularly between Vyadhi Kshamatva and regulatory-effector immune mechanisms. These parallels provide a useful framework for interdisciplinary research while remaining conceptual rather than claims of biological equivalence.

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0351
Reg. Category : Faculties, Researchers & Practitioners
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Vikara Vighata Bhava-Abhava: Understanding Disease Resistance and Susceptibility in Autoimmunity.

Abstract :
Vikara Vighata Bhava-Abhava: Understanding Disease Resistance and Susceptibility in Autoimmunity. Introduction Autoimmune diseases are characterized by an aberrant immune response against self-antigens, resulting from a complex interplay of genetic susceptibility, environmental influences and altered immune regulation. Ayurveda, though not describing autoimmune diseases as a distinct entity, provides a profound explanation for differential disease manifestation through the doctrine of Vikara Vighata Bhava-Abhava elucidated by Acharya Charaka (Nidana 4/4). This principle explains why identical etiological factors do not invariably produce disease in every individual, emphasizing the role of inherent disease-opposing factors. The present study critically analyses this doctrine and explores its relevance in understanding the pathogenesis and therapeutic approach to autoimmune disorders in ayurvedic perspective.
Materials and Methods A critical review of Charaka Samhita and Sushruta Samhita, together with the commentaries of Chakrapani and Dalhana, was undertaken. Classical references pertaining to Vikara Vighata Bhava-Abhava, Ojas, Bala, Vyadhikshamatva, Beeja, Agni, Ama and Rasayana were systematically compiled, interpreted and critically correlated with contemporary concepts of autoimmune disease pathogenesis and management.
Results The analysis indicates that Vikara Vighata Bhava represents the integrated functional state arising from balanced Dosha-Dhatu, efficient Agni, preserved Ojas, adequate Bala and effective Vyadhikshamatva, collectively restraining disease manifestation despite exposure to causative factors. Conversely, Vikara Vighata Abhava denotes the failure of these protective determinants, permitting disease expression in susceptible individuals. Therapeutically, Ayurveda advocates restoration of this disease-opposing state through Nidana Parivarjana, Agni Dipana, Ama Pacana, appropriate Sodhana or Samana, followed by Rasayana to strengthen Ojas and Bala.
Conclusion Vikara Vighata Bhava-Abhava explains individual susceptibility and disease resistance, offering an Ayurvedic framework for understanding autoimmune diseases by emphasizing restoration of the body's intrinsic disease-opposing capacity. This perspective bridges classical Ayurvedic principles with contemporary immune regulation, encouraging interdisciplinary research and clinical exploration.
Keywords: Vikara Vighata Bhava-Abhava, Ojas, Bala, Vyadhikshamatva

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0353
Reg. Category : P.G and Ph.D Scholar
Author : Dr. GEETHA N S (0353)
Co- Author/s : Dr. RAKESH R N
Institution : SDM College of ayurveda hospital and research centre kuthpady udupi

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Decoding Neuroplasticity Through The Lens Of Psychoneuroimmunology: A Biomarker Perspective

Abstract :
Background: Neuroplasticity has traditionally been studied as a neuron-intrinsic phenomenon, independent of systemic physiology. Emerging evidence from psychoneuroimmunology (PNI) demonstrates that immune cells (microglia), cytokines, and neuroendocrine mediators such as cortisol actively regulate synaptic remodeling, neurotrophin availability, and neurogenesis. Ayurveda has historically described health as an integrated balance of Doshas, Agni (metabolic-digestive fire), and Ojas (immune-vital essence), implying an early systems-level model of mind-immune-body interaction that has not been formally reconciled with modern neuroimmune biomarker research.
Objective: To synthesize current understanding of how immune and neuroendocrine biomarkers reflect and regulate neuroplasticity, and to explore conceptual parallels between these biomarkers and classical Ayurvedic constructs, in order to propose an integrative framework for understanding brain plasticity.
Materials and Methods: A narrative synthesis of peer-reviewed literature was conducted across neuroscience, immunology, and Ayurvedic physiology databases. Key biomarkers reviewed include BDNF (proBDNF:mBDNF ratio), pro- and anti-inflammatory cytokines (IL-6, TNF-alpha, IL-1beta, IL-10), HPA-axis indicators (cortisol, DHEA-S), microglial activation markers (sTREM2, TSPO-PET), and kynurenine pathway metabolites. These were conceptually mapped against Ayurvedic constructs (Vata-

Pitta-Kapha, Agni, Ojas, Sattva-Rajas-Tamas) using thematic comparison.
Results: Chronic elevation of pro-inflammatory cytokines and cortisol was consistently associated with suppressed BDNF, impaired hippocampal plasticity, and microglial-mediated synaptic dysregulation. These biomedical patterns showed conceptual overlap with Ayurvedic descriptions of Ojas depletion and Vata-Pitta imbalance, particularly in cytokine-driven "sickness behavior," which parallels classical Tamas-Kapha aggravation states. Lifestyle interventions rooted in Ayurveda (sleep regulation, pranayama, Abhyanga) correspond to measurable improvements in HRV, cortisol rhythm, and inflammatory markers in existing intervention studies.
Conclusion: Neuroplasticity is co-regulated by immune and neuroendocrine biomarkers, offering measurable insight into brain health beyond direct neural assessment. Ayurvedic concepts, while not biomedically equivalent, provide a historically-grounded systems framework that complements biomarker-based understanding and supports interdisciplinary, lifestyle-integrated approaches to neuroplasticity research.
Keywords: Neuroplasticity; Psychoneuroimmunology; Biomarkers; BDNF; Ayurveda; Neuroinflammation

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0379
Reg. Category : P.G and Ph.D Scholar
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"Ojas and Manas: Decoding the Ayurvedic Mind-Body-Immunity Connection"

Abstract :
Ojas and Manas: Decoding the Ayurvedic Mind-Body-Immunity Connection
Introduction: Ayurveda describes health through the balanced functioning of Dosha, Dhatu, Agni, Ojas and Manas. Ojas represents vitality, strength and disease resistance, while Manas, through Sattva, Rajas and Tamas, contributes to psychological equilibrium. Together, they provide a holistic perspective on mind-body-immune interactions.
Methods: A conceptual review of classical Ayurvedic literature on Ojas, Bala, Vyadhikshamatva and Manas was undertaken and correlated with contemporary literature on psychoneuroimmunology, psychological stress, HPA-axis regulation and immune function.
Results: Ayurvedic descriptions associate Ojas with physiological strength and resistance to disease, while Manas regulates psychological and behavioural responses. Contemporary evidence indicates that psychological stress can influence HPA-axis activity, glucocorticoid regulation and immune responses. Chronic stress may contribute to altered immune regulation, while chronic illness can adversely affect psychological well-being, suggesting a bidirectional mind-immune relationship. These observations demonstrate conceptual convergence between Ayurvedic Ojas-Manas principles and modern psychoneuroimmunology.
Discussion and Conclusion: The Ojas-Manas framework highlights the interconnectedness of psychological equilibrium and physiological resilience. Ayurvedic approaches such as Dinacharya, Rasayana, Yoga, meditation and Sattvavajaya may support holistic health. Integrating Ayurvedic concepts with psychoneuroimmunology may provide a valuable framework for understanding immune resilience and encourage future research correlating Ojas and Manas with objective psychological, neuroendocrine and immunological biomarkers.
Keywords: Ojas, Manas, Vyadhikshamatva, Psychoneuroimmunology, Ayurveda, Immune Resilience.

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0390
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Ojas and Prakrita Shleshma in Immune Homeostasis: Bridging Ayurvedic Concepts of Host Defence and Immune Regulation

Abstract :
Ojas and Prakrita Shleshma in Immune Homeostasis: Bridging Ayurvedic Concepts of Host Defence and Immune Regulation
ABSTRACT
Introduction: Immune homeostasis maintains host defence, tissue integrity and regulated responses. Ayurveda describes health through coordinated functioning of Dosha, Dhatu, Agni, Ojas and Bala. Ojas is the supreme essence of Dhatus and a sustaining factor. Sushruta states that the body is pervaded by Ojas and its absence leads to deterioration (Su.Su.15/22). Ashtanga Sangraha states that balanced Doshas cannot sustain a body devoid of Ojas (A.S.Su.19/27).
Aim: To explore the conceptual relationship of Ojas and Prakrita Shleshma with Dosha homeostasis, Bala, Vyadhikshamatva and host defence in relation to immune homeostasis.
Materials and Methods: A conceptual review of Charaka Samhita, Sushruta Samhita and Ashtanga Sangraha

focused on Ojas, Bala, Prakrita Shleshma and Vyadhikshamatva. Contemporary immunology literature was reviewed for comparison with epithelial barriers, innate and adaptive defence, immune regulation and tissue homeostasis.

Results: Ayurvedic descriptions indicate an interconnected Ojas-Bala-Prakrita Shleshma framework. Sushruta associates Ojas with Bala (Su.Su.15/19), while Charaka states, "Prakritastu balam shleshma... sa chaivojas smritah kaye," linking Prakrita Shleshma, Bala and Ojas (Ch.Su.17/117). The inability of balanced Doshas to sustain a body devoid of Ojas suggests that Ojas supports equilibrium. Ojas Vriddhi is associated with Tushti, Pushti and Balodaya (A.Hr.Su.11/41), whereas Ojas Kshaya reflects impaired systemic integrity. Prakrita Shleshma may represent a stabilising and protective dimension of physiology. Modern host defence similarly depends on coordinated barrier, innate, adaptive and regulatory mechanisms that preserve tissue integrity while limiting excessive inflammation.

Conclusion: Ojas and Prakrita Shleshma provide complementary Ayurvedic perspectives on resilience and host protection. Their relationship with immune homeostasis may be interpreted as functional, systems-level correspondence rather than direct molecular equivalence. Conceptual correspondence may inform integrative immunological understanding.

Keywords: Ojas, Prakrita Shleshma, Bala, Dosha, Vyadhikshamatva, Immune Homeostasis, Host Defence, Immune Regulation, Tissue Integrity

Presentation Type : Oral Paper

Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva

Registration No. : 0392

Reg. Category : P.G and Ph.D Scholar

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Ayurvedic Perspectives on Immunity: Connecting Kapha, Bala and Ojas

Abstract :

Background and objectives Immunity in Ayurveda can be understood through the broader concept of Vyadhikshamatvam. Though references for Vyadhikshamatvam per se, is minimal in the classical treatises, we can infer and deduce the factors in play here. It basically can be narrowed down to three fundamental entities, Ojas, Bala and Kapha. These factors are used interchangeably and often synonymously in the classics while explaining the body's immunity and immune response to the diseases. This paper aims at detailed study of these three individual factors (Ojas, Bala and Kapha) briefly presented in the purview Vyadhikshamatvam and rationale is drawn tto understand the proximity and synonymity of them with each other and their synergy with that of the Ayurveda immunity.

Materials and Methods Classical references- Charaka Samhita, Sushruta Samhita and Astanga Hrudaya, Sangraha, Laghutrayee and allied texts pertaining to Ojas, Bala and Kapha. These were critically reviewed and compared with one another and conclusions drawn on their effect over Vyadhikshamatvam.

Observation/Results Vyadhikshamatva is found to be dependent on the Ojas, Bala and Prakruta Kapha Karma of an individual. Ojas and Bala are used synonymously by Acharyas while features of their distinction are clarified either directly by the commentators or by certain cross references. Prakruta Kapha functions seem to mimic the functions of the Shariraja Bala acting against any diseases. The Sowmya Guna and Panchabhoutikatva of Ojas and Kapha also are similar.

Conclusion Ojas, Bala and Kapha though may seem as individualistic entities, exhibit commonality in their functions with respect to Vyadhikshamatva. Even though the physical properties of these factors may differ, the core principles coming to play for the bodily immunity is in line with one another and interdependent. This suggests the importance of these factors to maintain the Vyadhikshamatva of the individual.

Keywords Ojas, Bala, Kapha, Vyadhikshamatva, Immunity

Presentation Type : Oral Paper

Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva

Registration No. : 0424

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Ojas and Usma-Agni In Immune Homeostasis: Bridging Ayurvedic Concepts of Metabolism and Immune Regulation.

Abstract :

Background & Objectives: Immune homeostasis maintains protective immunity against pathogens while preventing autoimmune reactivity. It depends on a dynamic balance between immune activation, metabolic demands, tissue maintenance, and regulatory mechanisms. In Ayurveda, Vyadhikshamatva (disease resistance) is closely associated with Ojas, which is described through interconnected concepts such as Dhatu-tejas, Rasa, Jivita-shonita, and Prakrita-Shleshma. Ojas is also conceptually associated with Ushma, the transformative principle underlying physiological metabolism. Ushma-Agni may therefore provide a

framework for understanding the relationship between metabolic transformation, tissue integrity, and host defence. This study aims to conceptually correlate Ushma-Agni and Ojas with contemporary mechanisms of immune-metabolic regulation and explore their relevance to autoimmune pathogenesis.
Methods: A conceptual review was conducted using classical Ayurvedic texts and their commentaries, along with contemporary literature on immunometabolism, cellular energy regulation, immune tolerance, inflammation, and autoimmune mechanisms. The concepts of Ushma-Agni, Ojas, and Vyadhikshamatva were analysed and compared with contemporary understanding of metabolic regulation and immune homeostasis.
Results: The analysis indicates that balanced Ushma-Agni supports appropriate metabolic transformation, tissue nourishment, and maintenance of Ojas, thereby contributing to physiological resilience. Contemporary immunology demonstrates that immune-cell activation, differentiation, tolerance, and inflammatory responses are closely regulated by cellular metabolism. Altered immunometabolic pathways may promote persistent inflammation and impaired immune tolerance. This provides a conceptual basis for relating disturbed metabolic regulation with autoimmune pathogenesis.
Conclusion: Ushma-Agni and Ojas offer complementary Ayurvedic perspectives on metabolic transformation and systemic resistance. Their conceptual correlation with immunometabolism and immune tolerance may provide an interdisciplinary framework for understanding immune homeostasis and autoimmune pathogenesis.
Keywords: Usma-Agni, Immune Homeostasis, Vyadhiksamatva, Ojas, Immunometabolism.

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
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Reg. Category : P.G and Ph.D Scholar
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Sarvarasabhyaso Balakaranam in the Context of Ojas, Bala, and Vyadhikshamatva: An Ayurvedic Perspective on Immune Strength and Physiological Resilience Mechanisms

Abstract :
Introduction: Ayurveda conceptualizes immunity through Vyadhikshamatva, the capacity to resist disease and attenuate its manifestations. Its functional foundation is expressed through Bala and Ojas, the vital essence of all Dhatus and a key determinant of vitality. This review examines their anatomical and physiological basis, with special emphasis on Rasa Dhatu and the Charaka dictum, 'sarvarasabhyaso balakaranam' - the regular use of all tastes promotes strength.
Method: A narrative review was undertaken using Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, supplemented by relevant contemporary literature. Classical references relating to Ojas, Bala, Vyadhikshamatva, Rasa, Rasa Dhatu, were identified, compiled, and interpreted for their relevance to host defence and tissue nourishment.
Results: The review identifies Ojas as the supreme essence of well-nourished Dhatus, with its principal seat described in the heart and its physiological expression reflected in Bala and Vyadhikshamatva. Rasa Dhatu, the first tissue formed from properly digested food, initiates the sequential nourishment of subsequent tissues; adequate and balanced Rasa therefore supports the continuum culminating in Ojas. Charaka's statement 'sarvarasa abhyaso balakaranam' (Charaka Samhita, Sutrasthana 25) positions habitual, judicious inclusion of all six rasa as strength-promoting, whereas exclusive reliance on one taste is associated with debility. Thus, dietary rasa-diversity, appropriate to constitution, digestive capacity, season, and disease state, is a physiological determinant of Bala rather than a uniform prescription.
Conclusion: The Ayurvedic framework locates immunity in the integrated anatomy and physiology of Rasa Dhatu, tissue nourishment, Ojas, Bala, and Vyadhikshamatva. The principle of sarvarasabhyasa offers a coherent dietary model in which balanced taste exposure supports nutritional completeness and strength. Correlative research using nutritional, metabolic, and immune biomarkers is needed to evaluate this classical model in contemporary preventive health.
Keywords: Ojas, Bala, Vyadhikshamatva, Rasa Dhatu, Sarvarasabhyasa, Shadrasa, Immunity, Ayurveda

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0433
Reg. Category : P.G and Ph.D Scholar
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Anatomical and Physiological Perspectives on Ojas - "Ojas Kshaya and Increased Disease Susceptibility: An Ayurvedic Perspective on Impaired Host Defence

Abstract :

Introduction: Ojas, described in the Brihattrayi as the ultimate essence of all seven dhatus, is regarded as the physical substratum of vyadhikshamatva (disease resistance) and bala (strength). Its progressive depletion, termed ojas kshaya, is described in Charaka Samhita Sutra Sthana and Sushruta Samhita Sutra Sthana as leading to fear, fatigue, loss of complexion, poor wound healing, and heightened vulnerability to infection and chronic wasting disorders such as rajayakshma. This narrative review examines ojas kshaya as a classical model of impaired host defence and correlates it with contemporary concepts of immunodeficiency.

Methods: Textual material was drawn from Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya and Ashtanga Sangraha, supplemented by peer-reviewed literature indexed in PubMed, Scopus and Web of Science, and standard textbooks of physiology, pathology and immunology, to synthesize a narrative account of the etiopathogenesis, clinical features and management of ojas kshaya.

Results: Causative factors identified include chronic stress, dhatu kshaya, excessive exertion, malnutrition and prolonged disease, all of which parallel recognized triggers of secondary immunodeficiency in modern medicine, including protein-energy malnutrition, chronic infection and psychoneuroimmunological stress. Progressive dhatu-wise depletion, from rasa to shukra, was mapped to escalating severity of immune compromise. Rasayana therapy and balya dravyas were consistently identified as the principal restorative approach.

Discussion: Ojas kshaya provides an integrative, constitution-based explanatory model for impaired host defence that parallels modern immunodeficiency states. Recognizing its early clinical markers may support timely intervention and complement conventional immunological management, reinforcing Ayurveda's preventive orientation toward host resistance.

Keywords: Ojas kshaya, vyadhikshamatva, immunodeficiency, rasayana, host defence

Presentation Type : Oral Paper

Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva

Registration No. : 0444

Reg. Category : P.G and Ph.D Scholar

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Ojas-Bala-Vyadhikshamatva: A Conceptual Triad for Understanding Host Resistance

Abstract :

Introduction: Ayurveda conceptualizes host resistance through three interlinked constructs - ojas (vital essence), bala (strength) and vyadhikshamatva (disease resistance) - described extensively across Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya and Ashtanga Sangraha. While often used interchangeably, classical commentators including Chakrapani distinguish their scope: ojas as the physical substratum, bala as its functional expression, and vyadhikshamatva as the resultant capacity to resist and overcome disease. This narrative review explores the interrelationship of this triad as a unified framework for host resistance.

Methods: A narrative synthesis was conducted of primary Samhita literature, including Charaka Samhita Sutra Sthana, Sushruta Samhita Sutra Sthana, and relevant sections of Ashtanga Hridaya, alongside peer-reviewed articles retrieved from PubMed, Scopus and Web of Science, and standard immunology and physiology textbooks, to construct an integrated conceptual model.

Results: Bala was found to manifest in three forms - sahaja (innate), kalaja (temporal) and yuktikrita (acquired) - closely paralleling innate and adaptive immunity in modern immunology, with kalaja bala fluctuating across age and season. Ojas, nourished sequentially through all seven dhatus, was identified as the substrate sustaining bala, while vyadhikshamatva emerged as the clinical outcome measurable through resistance to disease onset, severity and recurrence, per Chakrapani's commentary on Charaka Samhita Sutra Sthana.

Discussion: The ojas-bala-vyadhikshamatva triad offers a physiologically coherent, hierarchically organized model linking tissue-level vitality to functional strength and clinical disease resistance. This framework holds translational value for developing integrative, constitution-based markers of immune competence, particularly in preventive and lifestyle medicine settings.

Keywords: Ojas, bala, vyadhikshamatva, immunity, Ayurveda

Presentation Type : Oral Paper

Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva

Registration No. : 0468

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A Physiological Review of Dhatu Sara, Ojas, and Vyadhikshamatva

Abstract :

Background & Objectives: Where modern biomedical paradigms isolate individual immune components, Ayurvedic physiology understands host defence as a seamlessly integrated, organism-wide continuum. This review examines the physiological framework of immunity by investigating the core concepts of dhatu sara (tissue vitality and structural integrity), Ojas (vital essence), Bala (biological strength), and Vyadhikshamatva (disease resistance). The primary goal is to map how healthy, well-nourished tissue metabolism creates broad-spectrum resilience against infections and systemic metabolic imbalances.

Materials & Methods: A critical narrative synthesis was conducted using core classical ayurvedic literature - principally the Caraka Samhita, Susruta Samhita, and Ashtanga Hridayam paired with contemporary biomedical and integrative health studies from PubMed and Scopus to establish functional and physiological correlations.

Observations/Results: Vyadhikshamatva functions through a dual mechanism: preventing disease onset (Vyadhyutpadakapratibandhakatvam) and minimising the severity of active illness (Vyadhibalavirodhitvam). This resilience is driven by Bala, which spans three dimensions: Sahaja (innate genetic strength), Kalaja (chronobiological factors such as age and season), and Yuktikrita (acquired vitality gained through targeted nutrition, lifestyle, and Rasayana therapy). This system is underpinned by dhatu sara, which reflects balanced cellular metabolic transformation (Dhatvagni) across all seven tissue layers (Sapta dhatus). The refined end-product of this metabolic journey is Ojas, the bio-essential foundation of homeostasis and immune defence. Disruptions in Ojas progress through three stages: Visramsa (functional displacement), Vyapad (qualitative impairment), and Kshaya (depletion), closely aligning with clinical patterns of immune dysregulation and immunodeficiency.

Conclusion: Ayurvedic immunity (Vyadhikshamatva) operates as an integrated, metabolism-driven defence network where tissue quality (dhatu sara) and vital essence (Ojas) sustain overall biological resilience (bala). Bridging these classical concepts with modern physiology offers practical, personalised frameworks for preventative healthcare and host-directed therapies.

Keywords: Vyadhiksamatva, Ojas, Dhatu sara, Bala, Ayurvedic Immunity

Presentation Type : Oral Paper

Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva

Registration No. : 0515

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Pratara Sandhi and Autoimmune Disorders: An Integrated Ayurvedic and Contemporary Anatomical Perspective

Abstract :

Pratara Sandhi and Autoimmune Disorders: An Integrated Ayurvedic and Contemporary Anatomical Perspective

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Background and Objectives: In Ayurveda, Sandhi represents the anatomical union of structural components, and Pratara Sandhi is described as a joint permitting gliding movements. The facet or zygapophyseal joints of the vertebral column, being synovial plane joints, may be considered an important contemporary anatomical correlate. This study aims to explore the concept of Pratara Sandhi in relation to vertebral synovial joints and examine their structural and functional involvement in autoimmune disorders.

Materials and Methods: A conceptual and literary review was undertaken using classical Ayurvedic texts, contemporary anatomy and relevant scientific literature on synovial joints and autoimmune disorders. The anatomical features of vertebral facet joints were reviewed. Their involvement in immune-mediated inflammatory conditions such as rheumatoid arthritis, axial spondyloarthritis psoriatic arthritis was analysed and correlated with the Ayurvedic concept of Pratara Sandhi.

Observations/Results: The review demonstrates that vertebral facet joints possess characteristic synovial components that can participate in inflammatory and immune-mediated processes. Synovial inflammation, immune-cell infiltration, cytokine-mediated tissue injury, cartilage degeneration and periarticular remodeling may alter normal gliding movements and spinal biomechanics. These changes may manifest clinically as pain, stiffness, restricted mobility and progressive structural alterations.

Conclusion: Integrating Pratara Sandhi with contemporary anatomy provides a meaningful interdisciplinary framework for studying vertebral synovial joints in autoimmune disorders. This correlation may contribute to a deeper understanding of the structural basis of spinal inflammation and encourage further anatomical, clinical and translational research connecting Ayurvedic concepts with modern musculoskeletal science.

Keywords: Pratara Sandhi, Rachana Sharir, facet joint, synovial joint, vertebral column, autoimmune disorders, spinal inflammation.

Presentation Type : Oral Paper

Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva

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FROM AGNI TO OJAS: AN AYURVEDIC PERSPECTIVE ON AUTOIMMUNE SKIN DISORDERS

Abstract :

Background: Autoimmune skin disorders are chronic inflammatory conditions characterized by immune-mediated reactions against self-tissues, leading to persistent inflammation and tissue damage. Ayurveda understands health through the equilibrium of Dosha, Dhatu, Mala and Agni, while Ojas represents an important basis of vitality and disease resistance. From an Ayurvedic perspective, disturbances in Agni, Dosha-Dhatu equilibrium, Srotas and Ojas may provide a conceptual framework for understanding chronic and recurrent skin disorders.

Objective: To explore the Ayurvedic conceptual framework of autoimmune skin disorders, emphasizing the sequential relationship between Agni, Ama/Amavisha, Srotorodha, Rasa-Rakta Dhatu and Ojas, and to propose an integrative perspective for understanding disease chronicity and recurrence.

Materials and Methods: A conceptual review was undertaken using classical Ayurvedic principles related to Agni, Ama, Dosha, Dhatu, Srotas, Rasa, Rakta, Ojas, Vyadhikshamatva, Kushtha and related pathological concepts. These concepts were organized into a sequential pathophysiological framework and cautiously correlated with the broader contemporary concept of immune dysregulation. Predisposing and triggering factors, including Viruddha Ahara, Mithya Vihara, psychological factors, Dusi Visha and individual susceptibility, were also considered.

Results: The proposed framework suggests that impaired Agni may contribute to Ama/Amavisha formation, followed by Srotorodha and disturbance of Rasa-Rakta Dhatu metabolism. Progressive Dhatu dysfunction may influence Ojas and Vyadhikshamatva, providing a conceptual explanation for chronicity and recurrence. Various dietary, lifestyle and psychological factors may initiate or aggravate this process. The framework supports a sequential therapeutic approach involving Nidana Parivarjana, Agni correction, appropriate shodhana and Rasayana, individualized according to Dosha, Dhatu and clinical status.

Conclusion: The Agni-to-Ojas framework offers a systemic Ayurvedic perspective for understanding autoimmune skin disorders beyond localized skin pathology and may provide a basis for future interdisciplinary research. However, Ayurvedic constructs should not be considered direct equivalents of modern immunological mechanisms without scientific validation.

Keywords: Agni; Ama; Ojas; Vyadhikshamatva; Rasa-Rakta; Srotorodha; Autoimmune Skin Disorders; Ayurveda.

Presentation Type : Oral Paper

Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva

Registration No. : 0550

Reg. Category : P.G and Ph.D Scholar

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Ayurvedic foundation of immunity with Anatomical and Physiological Perspective of Dhatu Sara

Abstract :

BACKGROUND :- Immunity is bodies inherent capacity to resist tolerate overcome disease causing factor .Ayurveda describes a comprehensive concept of host defense through vyadhishamatva, bala ,ojas, and dhatu sara .Among these dhatu sara represents the excellence and qualitative integrity of the sapta dhatu and can provide an ayurvedic perspective for understanding individual variations in resistance to disease.

MATERIALS AND METHODS:- Classical Ayurvedic Literature was reviewed to analyse the description of dhatu sara. These descriptions were interpreted in relation to anatomical structures tissue integrity, nutrition ,metabolism regeneration and immune function describe in physiology.

RESULTS:- Classical descriptions indicate that dhatu sara reflects the excellence, nourishment and function integrity of sapta dhatu. Individuals with optimal dhatu sara are described as possessing good strength ,vitality endurance an disease resistance. Anatomical dhatu sara

represents structural integrity of tissues while physiologically it reflects their proper metabolism nourishment and regeneration.
CONCLUSION:- Dhatu sara represents an important Ayurveda is foundation for understanding individuals constitution tissue excellence and disease resistance. Its anatomical and physiological interpretation may continue to developing an integrative model of immunity.
KEYWORDS:- Dhatu sara, Immunity, Metabolism, Nourishment, Sapta dhatu.

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
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A critical overview of the concept of Vikara Vighata Bhava in the context of Autoimmune Hypothyroidism- a case series study

Abstract :
Introduction: Autoimmune thyroiditis especially Hashimoto's thyroiditis is on the rise especially in adolescents and young adults with it's effects in the overall health and development. TPO antibodies are seen to be high in most cases of hypothyroidism in adolescents. Ayurveda describes the concept of Viruddha Ahara and Vihara which is applicable in most of the Autoimmune disorders. Some of these may act as direct Nidana while others indirectly promote the development of the disease. It is beyond doubt that the pathogenesis and hence the management of Autoimmune hypothyroidism revolves around the concept of Agni.
Objectives: 1) to compare and analyse the Ayurveda concepts of samprapti Ghataka with the modern pathogenesis
2) To derive an Ayurveda protocol for the management of Autoimmune Hypothyroidism.
Materials and Methods: 3 cases of elevated TPO antibodies were evaluated terms of Dinacharya and Ahara and also the modern parlance so as to draw concrete conclusion on disease pathogenesis and management plan.
Results: will be drawn on the basis of Ayurveda Nidana Panchaka elicited in these patients and analysed to draw conclusions.
Discussion: The findings of the cases will be analysed and discussed further in view of Ayurveda concepts of Viruddha, Agnidushti, Vikara Vighata Bhava and the choice of treatment in terms of Shamana/ Shodhana.

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
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Physiological Perspective of Oja, Bala and Vyadhikshamatva in Autoimmune Disorders

Abstract :
Background : In Ayurveda, immune resilience and host defense are governed by Ojas, Bala, and Vyadhikshamatva. Autoimmune disorders characterised by loss of self-tolerance, correlate with severe immune dysregulation arising from Agni-mandya, Ama, and Ojo-vikriti. Objectives: This review aimed to explore the physiological significance of Ojas, Bala and Vyadhikshamatva and their possible relevance to disease susceptibility and immune homeostasis in autoimmune disorders. Materials & Methods: A comprehensive conceptual review was conducted using classical Ayurvedic texts, including Charaka Samhita, alongside contemporary literature on Ojas, Bala, Vyadhikshamatva, and modern immunology. Their physiological attributes, manifestations, determinants and relationship with immunity, homeostasis, and disease resistance were examined. Observations/Results:). Agni plays an important role in the maintenance of Ojas and Bala by supporting proper digestion, metabolism, and Dhatu formation. Impaired Agni generates Ama, obstructs Srotas, and disrupts Dhatu metabolism, leading to qualitative and quantitative alterations in Ojas and Bala. This disruption affects host immunity and cellular discrimination, causing defense mechanisms to target self-tissues. Ojo-vikriti, including Visramsa, Vyapat, and Kshaya, may reflect progressive stages of autoimmune pathology. Conclusion: : Ojas and Vyadhikshamatva provide a framework for understanding autoimmune pathogenesis. Maintaining Agni, removing Ama, and restoring Ojas and Yuktikrita Bala through Rasayana and lifestyle measures may help maintain immune equilibrium.
Keywords: Autoimmune Disorders, Ojas, Bala, Vyadhikshamatva, Immunity, Homeostasis, Ayurveda

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0560
Reg. Category : P.G and Ph.D Scholar
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Institution : NATIONAL INSTITUTE OF AYURVEDA DENOVO JAIPUR

Rasayana and Vyadhikshmatva: An Integrative Exploration of Amalaki and Vidanga in Oxidative Stress and Healthy Aging

Abstract :
Rasayana and Vyadhikshmatva: An Integrative Exploration of Amalaki and Vidanga in Oxidative Stress and Healthy Aging
Saritha A K1, Zenica D'Souza2, Shankar Prasad Das3 Assistant professor1, Professor2, Yenepoya Ayurveda Medical College, Professor3, Yenepoya Research Centre Email: sarithaak23@gmail.com Contact: +91-7306136783 Background & Objectives: Rasayana is described in Ayurveda as an approach that promotes longevity, physiological strength, and resistance to disease. Ojas, Bala, and Vyadhikshmatva provide a traditional framework for understanding physiological resilience and healthy aging. Oxidative stress is an important contributor to cellular damage and age-related decline. Amalaki (Phyllanthus emblica Linn.) and Vidanga (Embelia sps.) are traditionally used in Rasayana formulations and possess phytochemicals with potential antioxidant properties. This study aimed to evaluate the radical-scavenging potential of Amalaki, Vidanga, and their combination, and to explore their relevance to Rasayana and Vyadhikshmatva.
Materials & Methods: Dried fruit powders of Amalaki and Vidanga were extracted using ethanol. Antioxidant activity was evaluated using DPPH and ABTS radical-scavenging assays, and IC50 values were determined. Lower IC50 values indicated greater radical-scavenging activity.
Observations/Results: Amalaki demonstrated IC50 values of 2.65 +/- 0.86 ug/mL and 1.92 +/- 1.69 ug/mL in DPPH and ABTS assays, respectively. Vidanga showed values of 35.86 +/- 2.30 ug/mL and 20.24 +/- 4.30 ug/mL, respectively. The Amalaki-Vidanga combination demonstrated IC50 values of 4.19 +/- 0.13 ug/mL and 2.60 +/- 0.31 ug/mL in DPPH and ABTS assays, respectively. Amalaki exhibited comparatively greater radical-scavenging activity than Vidanga.
Conclusion: The observed antioxidant potential provides preliminary experimental support for the possible role of Amalaki and Vidanga in mitigating oxidative stress associated with cellular aging, and serves as a basis for relating the Rasayana concept to physiological resilience and Vyadhikshmatva. Further evaluation of telomerase activity, telomere length, cellular senescence, and clinical parameters may help establish their biological relevance to healthy aging.
Keywords: Rasayana; Amalaki; Vidanga; Oxidative Stress; Vyadhikshmatva

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0592
Reg. Category : P.G and Ph.D Scholar
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Vyadhikshamatva- Exploration of Immunity through Ojas, Bala, Agni (Ayurveda core Concept)

Abstract :
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1. Second Year PG Scholar, Department of Ayurveda Samhita and Siddhantha GAMC Mysore
2. Professor and Head, Department of Ayurveda Samhita and Siddhantha GAMC Mysore Abstract Swasthasya Swaasthya Rakshanam Aaturasya Vikara Prashamanam is the central objective of Ayurveda. Classical literature describes interrelated concepts associated with physiological strength and disease resistance, including Vyadhikshamatva, Bala, Ojas, Agni, Dhatu Sarata and Prakriti. Although no single Ayurvedic concept is directly equivalent to modern immunity, Vyadhikshamatva provides an important framework for understanding resistance to disease and pathological processes.
Objectives: To explore the classical concept of Vyadhikshamatva and critically analyse the interrelationship of Ojas, Bala, Agni, Dhatu Sarata and Prakriti in maintaining physiological integrity and disease resistance, with contextual correlation to modern immunity.
Materials and Methods: A literary review of Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya was conducted to examine Vyadhikshamatva and its relationship with Ojas, Bala, Agni, Dhatu Sarata and Prakriti, along with their contextual relevance to modern immunity.
Observation and Results: Vyadhikshamatva represents the capacity to resist disease and limit its progression. It is supported by Bala and Ojas, while Agni contributes to digestion, metabolism and tissue nourishment. Sahaja, Kala and Yuktikrita Bala, together with Dhatu Sarata and

Prakriti, influence individual disease resistance. Modern immunity involves innate and adaptive mechanisms, immune cells, cytokines and metabolic regulation. Therefore, Ojas, Bala and Vyadhikshamatva should not be considered direct equivalents of modern immunity, but collectively represent an Ayurvedic framework of physiological resilience, homeostasis and disease resistance.

Conclusion: Vyadhikshamatva is a comprehensive concept of disease resistance arising from the interaction of Agni, Dhatu integrity, Bala, Ojas, Prakriti, Kala, Ahara and Vihara. Understanding these concepts collectively provides a more authentic Siddhantic interpretation of Ayurvedic immunity than equating any single concept with modern immunity.

Keywords: Vyadhikshamatva, Ojas, Bala, Agni, Dhatu Sarata, Prakriti, Immunity.

Presentation Type : Oral Paper

Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva

Registration No. : 0599

Reg. Category : P.G and Ph.D Scholar

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CONCEPT OF OJAS : THE AYURVEDIC BASIS OF FOETAL INNATE IMMUNITY.

Abstract :

Background and objectives: Ojas, described as the sara of all seven dhatus, represents the essence of strength, immunity, and vitality in Ayurveda. Its presence in Garbha governs intrauterine growth, organogenesis and vyadhikshamatva (immunity) from the earliest stages of life. This paper aims to explore the classical understanding of Ojas in foetal development-its origin, its relation with Rakta and its role in imparting Bala to the foetus with special reference to the Ashtama masa(eighth month) phenomenon and to correlate it with contemporary concept of neonatal pulmonary maturity.

Materials and Methods: Classical references were compiled from Charaka Samhita, Sushruta Samhita and allied Bruhatrayee and Laghutrayee texts pertaining to Ojas, garbhavakranthi and ashtama masa Garbha Rakshana. These were critically reviewed and correlated with contemporary literature on foetal immunology and pulmonary surfactant physiology.

Observation/Results: Acharya had described Ojas -seated in Hridaya, circulating through rasa and rakta dhatu, and existing in shukra and shonita even before union. Its loss (Viyoga) leads to death. During 8th month, Ojas is said to be oscillating between mother and foetus, thus foetus will be physiologically unstable if delivered at that time. This parallels the maturation of pulmonary surfactant, whose deficiency in preterm infants causing respiratory distress syndrome due to alveolar instability. This serves as an early conceptual analogue to classical description of fluctuating Ojas.

Conclusion: Ojas can be reasonably considered as the physiological basis for a foetus's innate capacity to resist a disease, and the concept of ashtama masa description stands as a classical precursor to what modern neonatology explains through surfactant.

Keywords : Ojas, Garbha, Ashtama masa, Surfactant, Vyadhikshamatva, Immunity.

Presentation Type : Oral Paper

Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva

Registration No. : 0659

Reg. Category : P.G and Ph.D Scholar

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Institution : SDM Udupi

Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara

Abstract :

Background: Ayurveda conceptualizes health as a state of equilibrium among Dosha, Dhatu, Mala, Agni, and Ojas, with the quality of body tissues (Dhatu Sara) considered an important determinant of strength, vitality, and resistance to disease. Dhatu Sara refers to the excellence or optimal quality of the seven bodily tissues - Rasa, Rakta, Mamsa, Meda, Asthi, Majja, and Sukra.

Material & Methods: A conceptual review was undertaken using classical Ayurvedic texts, including Caraka Samhita, Susruta Samhita, and Ashtanga Hridaya, alongside relevant contemporary literature on anatomy, physiology, nutrition, and immunology. Descriptions of individual Dhatu Sara were examined in relation to structural integrity, tissue function, metabolic activity, and host defense mechanisms.

Results: The analysis indicates that Dhatu Sara represents more than morphological excellence; it reflects the functional competence and nourishment of tissues. Rasa and Rakta may be considered in relation to nutrition and transport, Mamsa and Meda to structural and metabolic functions, Asthi and Majja to skeletal and hematopoietic aspects, and Sukra to reproductive and regenerative capacity. The sequential nourishment of Dhatus through Dhatu-paka and the contribution of Agni provide an Ayurvedic framework for understanding tissue metabolism and systemic resilience.

Conclusion: Dhatu Sara offers a holistic framework for understanding individual variation in strength and disease resistance. Integrating its anatomical and physiological interpretations with contemporary immunology may provide a useful interdisciplinary perspective on health assessment, preventive medicine, and personalized approaches to wellness.
Keywords:- Dhatu Sara, Dosha, Dhatu, Mala and Ojas.

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0709
Reg. Category : P.G and Ph.D Scholar
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Bala as Rasaja Bhava: The Foundation of Fetal Immunity - An Anatomical and Physiological Perspective

Abstract :
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TITLE: Bala as Rasaja Bhava: The Foundation of Fetal Immunity - An Anatomical and Physiological Perspective
Background The growth and development of fetus is dependent on maternal nutrition, intrauterine environment and maturation of various systems. This can be explained based on the ayurvedic concepts of Garbhaposhana and Garbhavridhikarabhava. Bala as Rasaja Bhava can be analysed as relationship between maternal nutrition, fetal development, physiological strength and disease resistance.
Objectives
- To explore Bala as a Rasaja Bhava from anatomical and physiological perspectives and examine its conceptual relevance to the development of fetal resilience and immune competence.
Materials and Methods
- Data was collected from Ayurveda classics, modern textbooks, journals, and internet sources.
- A conceptual study was conducted to explore role of Bala derived from Rasa in gaining immunity through developmental strength and functional competence.
Observations / Results This framework places Rasa and Garbhaposhana at the nutritional foundation, Bala as expression of innate strength and fetal immunity as Vyadhikshamatva or disease resistance. Anatomically this can be related to maternal-fetal interface through which developing fetus receives nourishment. Physiologically Bala can be interpreted as developmental strength and functional competence which builds up immunity. Contemporary developmental immunology explains development of fetal immune competence being influenced by maternal factors, placental function, nutrition and immune mechanisms demonstrating the Ayurvedic conceptual interfaces between Bala, Rasa, Garbhavridhi and Vyadhikshamatva.
Conclusion Understanding Bala as Rasaja Bhava offers a novel Ayurvedic framework for understanding how maternal nourishment contributes to fetal development, physiological robustness and subsequent immune competence. Integrating this framework with contemporary developmental immunology generates interdisciplinary hypotheses concerning maternal nutrition, placental function, fetal development, immune ontogeny and health.
Keywords: Bala, Rasaja Bhava, Garbhaposhana, Fetal immunity

Presentation Type : Oral Paper
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0764
Reg. Category : Faculties, Researchers & Practitioners
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Comprehensive Ayurvedic Management of Kitibha Kushta (Psoriasis): a Case Report

Abstract :
Background & objective Autoimmune diseases are immune- mediated inflammatory disorders affecting around 8 to 10% of the population worldwide. Psoriasis is also one among them. Global psoriasis atlas estimates tens of millions of physician-diagnosed cases globally. In-depth understanding of psoriasis in terms of Ayurveda with its treatment modalities can give better fruitful results. Regarding this one case report of psoriasis is discussed here.
Materials & methods Pathophysiology of psoriasis constitutes the action of IFN-alpha, IL-23, IL-17 axis resulting in abnormally excessive and rapid growth of epidermal layer of the skin after any skin trauma or infection with pre exposure to genetically and immunologically compromised condition. kushta (skin disorders) is resulting from the involvement of 7 factors of the body, when these become abnormal due to causative factors, impaired agni (digestive fire), and aama (toxins) in the body then different skin lesions are expressed. Kitibha, a vatakaphaja variety of kushta having features like shyava (blackish discoloration), kinakhara (powdery, rough touch), and parusha (induration) resembles with psoriasis. A case report of 60 year old male patient presented with complaints of

patchy, scaly, itchy skin lesions over extremities, neck, and trunk since 10 years. Based on signs and symptoms condition was diagnosed as psoriasis (kitibha kushta). He was treated with virechana (purgation) line of treatment then followed by shamnaushadhis (palliative).
Results/ observation Changes in skin lesions are observed markedly; also significant improvement is seen in PASI score after one month.
Conclusion Psoriasis has significant impact on physical, mental and social lives of the patients. It also has greater risks of other systemic illness. Thus along with treating psoriasis/kushta, understanding of ashtaahara vidhivishesha ayatanas (eight factors of diet) gives better results with maintenance and prevention of it.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0002
Reg. Category : P.G and Ph.D Scholar
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AYURVEDIC MANAGEMENT OF INDRALUPTA W.S.R ALOPECIA AREATA - A CASE REPORT

Abstract :
Hair plays an important role in physical appearance of a person. Alopecia areata also known as spot baldness is an autoimmune disease. In alopecia, hairs are lost from some or all areas of the body, usually from the scalp due to the body's failure to recognize its own body cells and subsequent destruction of its own tissue. Use of local corticosteroids either in injection form or topical application along with topical irritants like anthralin or topical coal tar is highlighted. Minoxidil had also been known to be restricting in hair loss and promoting hair regrowth. In ayurveda, Alopecia areata is understood on the lines of Indralupta. It manifests due to vitiated Pitta and Vata of Roma Kupa (~Hair Follicle) resulting in local hair loss. In advanced stage of Indralupta further obstruction of the path of hair follicles by vitiated Kapha and Rakta restricting in hair growth (S.N. 13/33-34). A 23 years male patient came with complaint of Patchy hair loss in the last 3 months on scalp. After clinical diagnosis of Indralupta gave him Shamana Chikitsa along with Pracchana and Lepa gharshana for two & half months. Outstanding results were achieved after two and half month of this treatment that can be assessed by photographs of this patient. Results and discussion will be presented in full paper.
KEYWORDS: Indralupta, Alopecia, Pracchana, Minoxidil.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0007
Reg. Category : Faculties, Researchers & Practitioners
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Beyond Thyroid function: Thyroid autoimmunity and its impact on Women's reproductive health- A Conceptual Study

Abstract :
Background and Objectives- Thyroid disorders are among the most common endocrine disturbances affecting women. Emerging evidence suggests that the reproductive implications of Thyroid disease may extend beyond alterations in circulating Thyroid hormone levels. Thyroid autoimmunity, particularly the presence of Thyroid Peroxidase antibodies (Anti- TPO) and Thyroglobulin antibodies (Anti- Tg), may influence reproductive health even in women who are apparently euthyroid. The present paper explores the association between Thyroid autoimmunity and female reproductive health, with emphasis on menstrual dysfunction, infertility, implantation failure, pregnancy loss and adverse pregnancy outcomes. Although associations have been demonstrated in several clinical settings, the underlying mechanisms and the extent to which antibody positivity independently contributes to reproductive dysfunction remain incompletely understood. This highlights the importance of moving beyond Thyroid stimulating hormone as the sole marker of clinical relevance and considering Thyroid autoimmunity within broader reproductive health framework.
Materials and methods- Relevant scientific literature investigating the association between Thyroid autoimmunity and female reproductive function was identified through electronic databases, including Scopus and PubMed. The available evidences were critically reviewed to explore the relationship between Thyroid autoimmunity and reproductive function. The potential relevance of an integrative Ayurvedic approach in understanding and supporting reproductive health in women with Thyroid autoimmunity was explored.
Observation and Conclusion- The available evidences indicate a potential association between Thyroid autoimmunity and diverse aspects of female reproductive health, extending beyond overt thyroid dysfunction. Integrating the emerging evidences with appropriate Ayurvedic perspectives may provide avenues for interdisciplinary research and holistic reproductive care.
Keywords- Ayurveda, Thyroid autoimmunity, Infertility, Thyroid antibodies, Female reproductive health

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0042
Reg. Category : P.G and Ph.D Scholar
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AYURVEDIC MANAGEMENT OF ANTINUCLEAR ANTIBODY POSITIVE INFERTILITY- A CASE STUDY

Abstract :

Background: Primary infertility is a major reproductive health problem affecting couples globally. Autoimmune factors, including antinuclear antibody (ANA) positivity, are associated with impaired fertility due to altered implantation, repeated pregnancy loss, and immune-mediated reproductive dysfunction. Ayurveda offers individualized approach aimed at restoring reproductive health by correcting dosha imbalance, improving endometrial receptivity, and promoting healthy conception. This case highlights the successful Ayurvedic management of primary infertility in an ANA-positive woman.

Materials and Methods: A 31-year-old female diagnosed with ANA positive primary infertility underwent detailed clinical evaluation from both modern and Ayurvedic perspectives. After excluding major structural causes of infertility, an individualized Ayurvedic treatment protocol was planned based on the patient's Prakriti, Vikriti, and clinical presentation. The intervention included appropriate Shodhana, Shamanaushadhis, pathyahara, and lifestyle modifications. The patient was monitored through clinical assessment, menstrual parameters, ovulatory status, etc.

Results: Following completion of treatment, the patient showed improvement in menstrual and reproductive health. She subsequently conceived spontaneously without assisted reproductive techniques. Pregnancy was confirmed by ultrasonography, and the early antenatal period remained uneventful.

Discussion: The successful conception observed in this case suggests that individualized Ayurvedic management improve reproductive function in patients with infertility associated with autoimmune factors. Shodhana and Shamanaushadhis restores doshic imbalance, enhancing uterine receptivity, reducing systemic inflammation, and optimizing overall reproductive health. Although encouraging, findings from a single case cannot establish causality. Further well-designed clinical studies are needed to evaluate the efficacy and mechanisms of Ayurvedic interventions in ANA-positive infertility.

Keywords: Infertility, Anti- Nuclear Antibody (ANA) positive, Shodhana, Shamanaushadhis

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0046
Reg. Category : P.G and Ph.D Scholar
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Utility of Bahir Parimarjana Chikitsa in the Clinical Spectrum of Autoimmune Disorders- A Review

Abstract :

Theme-13 "Utility of Bahir Parimarjana Chikitsa in the Clinical Spectrum of Autoimmune Disorders- A Review"

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ABSTRACT

Background & Objectives: Autoimmune disorders present complex challenges involving chronic inflammation, pain, stiffness, and immune dysregulation. In Ayurveda, these pathologies align with Ama janya vyadhi and Ojo vyapat, wherein Agni dysfunction leads to Ama accumulation and leads to Srotorodha. Bahir Parimarjana Chikitsa play a crucial, non-invasive role in localized care. This review evaluates the clinical utility and stage-specific application of Bahir Parimarjana Chikitsa across the autoimmune clinical spectrum.

Materials & Methods: A narrative literature review of classical Ayurvedic texts and modern studies was performed. Key external modalities - Abhyanga, Swedana, Lepa, Parisheka, etc - were evaluated across major autoimmune conditions by focusing on Vyadhi Avastha (disease stage), Dosha involvement, and Rogi Bala (patient strength).

Observations/Results: Bahir Parimarjana therapies enhance local microcirculation, mobilize Kleda (fluid waste), and relieve tissue stiffness. In acute inflammatory states -Ama Avastha, Ruksha Sweda and Lepas reduce edema without trapping toxins. In chronic or sub-acute phases (Nirama Avastha), Snehana and warm Parisheka pacify Vata, nourish tissues, and restore functional mobility.

Conclusion: Autoimmune diseases require long-term management rather than a definitive cure, Bahir Parimarjana Chikitsa offers a highly adaptable, non-invasive framework. As autoimmune disorders are considered manageable rather than curable, treatment

focuses on balancing Doshas, clearing Ama, and sustaining quality of life through long-term care.

Keywords: Bahir Parimarjana Chikitsa, Autoimmune Disorders, Ama, Vyadhi Avastha, Lepa, Swedana.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0057
Reg. Category : P.G and Ph.D Scholar
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"AYURVEDIC MANAGEMENT OF AMAVATA WITH SPECIAL REFERENCE TO RHEUMATOID ARTHRITIS: A CASE STUDY"

Abstract :
Introduction
Rheumatoid arthritis (RA) is a chronic systemic autoimmune disorder characterized by persistent synovial inflammation, pain, swelling, morning stiffness and progressive functional impairment.Management focuses on Ama Pachana, correction of Agni, reduction of inflammation and restoration of functional capacity.
AIM: TO EVALUATE THE EFFICACY OF PANCHAKARMA AND SHAMANA AUSHADHI IN THE MANAGEMENT OF AMAVATA.
OBJECTIVE: TO ASSESS IMPROVEMENT IN PAIN, STIFFNESS, OSWELLING, JOINT FUNCTION, AND OVERALL CLINICAL CONDITION. Material & MethodologyStudy Design: Single-case clinical study
Study Subject: Diagnosed case of Amavata
Intervention: Integrated Ayurvedic Management Therapeutic Approach: Panchakarma and Shamana Chikitsa
Dietary Management: Ayurvedic Pathya
Assessment Parameters: Pain, stiffness, swelling, tenderness and joint mobility
Results
Present
reduction in joint pain, stiffness, swelling and tenderness.
Improvement in joint mobility and functional ability.
Reduction in morning stiffness with improved overall physical comfort.
Overall marked clinical improvement was observed following integrated Ayurvedic management.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0080
Reg. Category : P.G and Ph.D Scholar
Author : Dr. PALLAVI ATHAWALE (0080)
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PERIPARTUM DYNAMICS OF AMAVATA: CONCEPTUAL AYURVEDIC ANALYSIS OF RHEUMATOID ARTHRITIS IN PREGNANCY AND POSTPARTUM PHASES

Abstract :
Background: The clinical trajectory of Amavata during the peripartum represents a physiological paradox within Ayurvedic gynecology and rheumatology. The disease inherently exhibits temporary containment during Garbhavastha (pregnancy) but undergoes a highly debilitating exacerbations during Sutika Kala (postpartum phase). Conventional management fails to address the underlying metabolic errors and carries high toxicity risks during gestation and lactation. This study provides conceptual analysis of the internal bio-energetic and tissue-level shifts governing these phases, establishing the absolute therapeutic superiority of root-cause Ayurvedic interventions.
Materials and Methods: A comprehensive hermeneutic analysis was conducted across classical Ayurvedic literature, primarily the Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, and Madhava Nidana. Textual data regarding Amavata Samprapti were synthesized with the physiological doctrines of Garbha Sambhava Samagri , Garbhini Paricharya , and Sutika Paricharya . The study specifically evaluated the metabolic compatibility of Amavata Chikitsa Siddhanta within the delicate bio-mechanics of the maternal body.
Results: The study reveals that gestational containment is driven by the natural upward surge of Maternal Ojas and a temporary stabilization of Dhatvagni (tissue fire) necessitated by fetal nourishment. Conversely, the acute postpartum flare is decoded as a catastrophic intersection of three distinct Ayurvedic pathologies: Manda Agni , immediate Vata vitiation occupying the Rikta Srotas and rapid mobilization of accumulated Ama . Ayurvedic protocols demonstrate definitive therapeutic superiority over mere inflammatory suppression. By deploying targeted Deepana-Pachana , Shodhana via specialized Mridu Basti and localized Valuka Sweda, Ayurveda successfully eradicates Srotorodha without causing Dhatu Kshaya . Furthermore, the systematic application of Sutika Paricharya acts as a vital immunomodulatory shield that deepens Anuvasana effects, nourishes the Stanya (breast milk), and completely aborts the postpartum relapse cascade.

Conclusion: This in-depth analysis establishes that prioritizing Ayurvedic bio-energetic, metabolic, and channel-cleansing principles provides sophisticated, non-teratogenic framework for Amavata. Integrating structured Paricharya protocols delivers sustained relief and restores maternal vitality.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0084
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHEETAL (0084)
Co- Author/s : Dr Ramadevi G
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Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders: A Review

Abstract :

Keywords: Autoimmune disorders; Clinical spectrum; Specialty-specific management; Immunopathogenesis; Integrative therapy Abstract

Background & Objectives: Autoimmune disorders are a diverse group of conditions in which the immune system mistakenly attacks the body's own tissues. Their manifestations can range from joint and skin involvement to endocrine, neurological, gastrointestinal, and haematological disorders. Because of this wide clinical spectrum, diagnosis and management often require a coordinated, multidisciplinary approach. This review aims to provide an overview of common autoimmune disorders and discuss their management according to the affected organ system, while also considering the potential role of traditional and complementary approaches.

Materials & Methods: A narrative review was carried out using peer-reviewed articles, clinical guidelines, and relevant case reports from indexed databases. The review included rheumatoid arthritis, systemic lupus erythematosus, psoriasis, type 1 diabetes mellitus, autoimmune thyroiditis, multiple sclerosis, and inflammatory bowel disease. The available literature was examined to understand common immunopathological mechanisms, clinical features, diagnostic approaches, and treatment strategies. Relevant Ayurvedic concepts such as Vyadhi Kshamatva (disease resistance) and Dhatu Vaishamya (tissue-level imbalance) were also considered where applicable.

Observations/Results: Although autoimmune disorders differ in their clinical presentation, many share features such as chronic inflammation, immune dysregulation, autoantibody production, and periods of remission and relapse. Management varies according to the specialty involved and may include disease-modifying drugs, biologics, immunomodulators, hormone replacement, and other targeted therapies. Lifestyle measures, appropriate diet (Ahara), stress management, and supportive care may also contribute to overall well-being and quality of life.

Conclusion: Autoimmune disorders require individualized and multidisciplinary care. Understanding both their common immunological basis and organ-specific manifestations may support earlier diagnosis and better treatment outcomes. Integrating evidence-based conventional care with appropriate traditional approaches may offer a broader model of patient-centred management, although further clinical studies are needed to establish its effectiveness.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0089
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHIVARAJU K M (0089)
Co- Author/s : Dr. Sasanka sekhar choudhury
Institution : Alvas Ayurveda Medical College

"FROM NEUROLOGICAL CRISIS TO FUNCTIONAL INDEPENDENCE" - THE SUCCESS STORY OF RECOVERY FROM G.B. SYNDROME THROUGH A STRUCTURED PANCHAKARMA PROTOCOL.

Abstract :

Background: Guillain-Barre syndrome (GBS) is an acute immune-mediated polyradiculoneuropathy characterized by rapidly progressive limb weakness, areflexia, and functional disability.

Case-Presentation: A 58-year-old male presented with progressive weakness of all four limbs for one week following an episode of acute gastroenteritis. He was wheelchair-bound and unable to perform routine activities independently. Neurological examination revealed flaccid quadriparesis, generalized areflexia, and muscle power of 1/5 in all four limbs according to the Medical Research Council grading system. The Hughes Functional Grading Scale score was 4. Nerve conduction studies showed severe sensory-motor demyelinating polyneuropathy with axonal involvement. Based on Ayurvedic assessment, the condition was diagnosed as Kapha-Mamsa-Medavruta Vata associated with Ama.

Therapeutic-Intervention: Treatment was administered in different phases. Initial management focused on Ama Pachana and Avaranahara Chikitsa through Agnichikitsa Lepa, Dhanyamla Parisheka, Shirodhara, and internal medicines. Subsequently, Yoga Basti incorporating Vaitarana Basti was administered, followed by Asanadi Basti, Rajayapana Basti, Abhyanga, Shastika Shali Pinda Sweda, Shirobasti, and oral formulations aimed at Vata Shamana and tissue nourishment. Physiotherapy was continued throughout the treatment period.

Outcome: Gradual improvement was observed during the inpatient stay. By the fourth day, voluntary upper-

limb movements appeared. By the sixteenth day, the patient could ambulate 10-20 meters with support, and by the twenty-first day, he was able to walk and climb stairs independently. At one-month follow-up, gait had normalized. At two-month follow-up, the patient had regained functional independence and resumed routine activities without assistance.

Conclusion: This case documents substantial functional recovery in a patient with GBS managed using a sequential Ayurvedic treatment approach directed towards Avaranahara, Vata Anulomana, and Brimhana. The observed clinical improvement warrants further systematic evaluation of such interventions in larger studies.

Keywords: Guillain-Barre syndrome, Avrita Vata, Panchakarma, Basti Karma, Demyelinating Polyneuropathy.

Primary Author - Dr.Nitin.V (Asst. Prof. Dept. of Panchakarma, S.D.M.I.A.H Bangalore & Ph.D. Scholar, G.A.M.C Mysore).

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0104
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. NITIN V (0104)
Institution : S.D.M. Institute of Ayurveda and Hospital

Immune Dysregulation in Lichenoid Drug Eruption: A Contemporary Interpretation Through the Ayurvedic Concept of Garavisha

Abstract :

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ABSTRACT

Background: Lichenoid drug eruption (LDE) is adverse cutaneous drug reaction characterized by erythematous to violaceous papules and plaques. LDE is immune-mediated reaction which triggers dysregulation of cellular immune responses, particularly T-cell-mediated inflammation, resulting in characteristic lichenoid skin lesions. The offending drug maybe interpreted as Gara Visha, which upon repeated exposure, impairs Agni and lead to Ama formation. The persistence of Ama with Tridosha Prakopa contributes to immune dysregulation. This maybe correlated with Type IV hypersensitivity, resulting in delayed cell-mediated inflammatory response, producing characteristic lichenoid lesions.

Objective: To Assess clinical outcome of Ayurvedic management in patient with LDE.

Materials and Methods: A 62-year-old female with known case of allergy to aspirin presented with reddish-black, raised skin lesions distributed all over the body, associated with severe itching and burning sensation for five months. Based on histopathological findings of skin biopsy, condition was diagnosed as lichenoid drug eruption. Considering Dosha, Dushya, and Vyadhi avastha, patient was managed with Virechana Karma followed by Shamana Aushadha having kandughna, kushtaghna, vishaghna, Raktaprasadaka and rasayana properties.

Results: Following Virechana Karma and Shamana Aushadha, marked improvement was observed in reduction of itching, burning sensation, extent and appearance of skin lesions.

Conclusion: The treatment was based on Kushtha Chikitsa, with Virechana Karma as Shodhana considering Pitta Dosha predominance in kushta, followed by Shamana Aushadha.The present case demonstrates Ayurvedic treatment approach comprising Shodhana followed by Shamana may provide symptomatic and clinical improvement in LDE.

Keywords: Lichenoid Drug Eruption, Gara visha, Hypersentivity, Kushta, Shodhana

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0107
Reg. Category : P.G and Ph.D Scholar
Author : Dr. NIKITHA SRINIVAS (0107)
Institution : SDM Institute of Ayurveda and Hospitals Bangalore

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DERMATOMYOSITIS: AN AYURVEDIC PERSPECTIVE WITH SUCCESSFUL CLINICAL MANAGEMENT: A CASE REPORT

Abstract :

DERMATOMYOSITIS: AN AYURVEDIC PERSPECTIVE WITH SUCCESSFUL CLINICAL MANAGEMENT: A CASE REPORT

Dr. Shreyas D1, Dr. Srinivasa S2, Dr. Sowjanya J3

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ABSTRACT

Background Dermatomyositis is a chronic autoimmune inflammatory myopathy characterized by progressive

proximal muscle weakness and distinctive cutaneous manifestations. Long-term dependence on immunosuppressive therapy and frequent relapses pose challenges in disease management. From an Ayurvedic perspective, the condition may be correlated with Mamsagata Vata associated with ama.

Aim To assess the clinical outcome of a structured Ayurvedic treatment approach in a patient with chronic dermatomyositis. Case Presentation A 34-year-old male with a five-year history of dermatomyositis, confirmed by Anti-Mi-2 antibody positivity, presented with generalized weakness, body ache, tremors, and difficulty in lifting weights. Previous steroid and immunomodulatory therapy resulted in transient improvement with symptom recurrence on tapering. Intervention Treatment included Shamana therapy with Dhanvantaram Kashaya and Brihat Vata Chintamani Rasa, followed by a structured Panchakarma regimen comprising Agnichikitsa Lepa, Dhanyamla Dhara, Shirodhara, Sadyovirechana, Abhyanga, Jambeera Pinda Sveda, and Yoga Basti. Supportive physiotherapy was also advised. Outcome Measures and Results Muscle strength improved with the Manual Muscle Testing score increasing from 62 to 72, while pain reduced significantly with the Visual Analog Scale score decreasing from 7 to 3. Functional capacity and quality of life showed noticeable improvement.

Conclusion The case suggests that a holistic Ayurvedic approach combining Shamana and Panchakarma therapies may provide meaningful clinical benefits in chronic dermatomyositis and improve patient quality of life.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0110
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHREYAS D (0110)
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Institution : SDM Institute of Ayurveda and Hospitals Bangalore

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Ayurvedic Management and 3-year Recurrence-free follow-up in a child with Transverse Myelitis associated with Myelin Oligodendrocyte Glycoprotein Antibody: A Case-Report

Abstract :

Ayurvedic Management and 3-year Recurrence-free follow-up in a child with Transverse Myelitis associated with Myelin Oligodendrocyte Glycoprotein Antibody: A Case Report

Background: Myelin oligodendrocyte glycoprotein antibody-associated disease (MOGAD) is an immune-mediated demyelinating disorder, with recurrence rates 30-62%. Younger onset and persistent high-titre MOG-IgG may increase relapse risk. Despite advances in acute immunotherapy, residual neurological deficits and recurrence remain concerns, while evidence on long-term strategies is limited. This report describes child with MOG antibody-associated longitudinally extensive transverse myelitis (LETM) managed with integrative Ayurveda following conventional therapy Case Presentation: A 9-year-old boy with MOG antibody-positive LETM involving C4-T3 spinal cord received intravenous immunoglobulin, corticosteroids, and physiotherapy. Following acute phase, deficits included reduced bilateral palmar grasp, left-sided upper and lower limb weakness, toe walking, crouch/spastic gait with left circumduction, bilateral knee buckling, and urinary dribbling. Diagnosed as Pakshaghata, he underwent repeated Ayurvedic inpatient treatment during August-October 2024 and April- June 2025. External therapies and internal medicines incorporated Deepana-pachana, srotoshodhana followed by laghu-brumhana, rasayana principles, and rehabilitation. Outcome: GMFM scores increased from 95%- 97% during the first admission and 97%-98% during the second. Modified 21-item FIM scores improved from 124-136 and from 141-143. Gait, limb strength-coordination, single-leg stance, and left knee flexion improved, with reduced knee-buckling, falls, and urinary dribbling. The child remained relapse-free for three-years.

Conclusion: This case demonstrates sustained functional improvement with a three-year recurrence-free outcome in a child with MOG antibody-associated LETM following an integrative approach combining conventional acute immunotherapy and repeated multimodal Ayurvedic interventions. While causality cannot be established, the sustained recurrence-free outcome highlights the need to investigate Ayurveda's potential role in long-term neurorehabilitation and immunomodulation in pediatric MOGAD

Author - Dr Anagha N Rao Guide - Dr Roshni Anirudhan, MD (Ayu), MD (Ayu), PhD Professor and Head, Department of Kaumarabhritya, Government Ayurveda Medical College, Thiruvananthapuram

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0115
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ANAGHA N RAO (0115)
Co- Author/s : Dr Roshni Anirudhan, MD(Ayu), MD(Ayu), PhD, Professor and Head , Department of Kaumarabhritya, Government Ayurveda College Thiruvananthapuram , Mail : drroshni@gmail.com
Institution : Government Ayurveda College Thiruvananthapuram

" Therapeutic Potential of Ghrita in Ayurveda: A Review of Classical Literature and Evidence in Autoimmune Disorders

Abstract :

" Therapeutic Potential of Ghrita in Ayurveda: A Review of Classical Literature and Evidence in Autoimmune Disorders"

Background Ghrita is considered as sacred, immortal ,as it increase its medicinal value kept for longer duration ,and can be consumed by infants to the the old age , it increases memory ,cognition ,strength ,digestion ,longevity, it is beneficial for eyes and voice .it is considered as sacred as it is used in homas and dhoopas to remove the infectants ,negative energy around our surroundings , calms mind Ghrita is used since time immemorial in Ayurveda .It is used in kitchen to simple wound healing to battlefield proving its significant in atyayika chikitsa in Ayurveda /emergency medicine. Ghrita is multipurpose medicine ,it enhance and multiplies the medicine quality processed with it multiple times without loosing its own property

Objective

1.To conduct literature review of ghrita in classical literature

2.To conduct review of ghrita formulation used in autoimmune disorder

Methods To collect evidence from various sources like PubMed, Dhara ,ayush research portal, google scholar

Result Ghrita helps in building immunity. It helps in maintaining agni ,sattva, ojas, bala.it has immunomodulatory potential property .formulations used in herbo -mineral form ,used in visha chikitsa ,samana ausadha and panchakarma based clinical approaches . it is a biggest boon as a medicine for mental health since it is one among rare vehicle for blood brain barrier .

Conclusion Ghrita formulations can be administered in conditions of autoimmune disorder, it is used around the whole world.. Ghrita which is kept for longer duration with strong determination (sankalpa) and prayers is beneficial for all kinds of disorder . purana ghrita mentioned in unmada adhyaya have the potential of treating impossible disease, just even the smell and touch of this ghee can cure the patient with multiple disease .

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0119
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ANAND S KUMBAR (0119)
Co- Author/s : DR VIJAYENDRA G BHAT
Institution : SDM COLLEGE OF AYURVEDA UDUPI

Ayurveda in managing immune-mediated beta-cell loss in children-a conceptual review.

Abstract :

Background: Type 1 Diabetes Mellitus is a chronic autoimmune endocrine disorder characterised by immune-mediated destruction of pancreatic beta-cells, resulting in absolute insulin deficiency and lifelong dependence on exogenous insulin. T1DM is increasing at a rate of 3% / year, especially in developing nations like India. Profoundly, DM1, present on the DQB1 gene, located on chromosomes 6 & 14. This clear evidence of "Beeja-Dosha" proves that there has been continual deep-rooted depletion of Dhatu because of the impaired Agni, successively, Jatharagni, Dhatwagni & Bhootagni levels. This leads to Dhatu-Paaka and finally Dhatu-Kshaya. Agni is usually compared to immunity. Impairment in Agni causes the body's own immunity to attack the body's own cells, resulting in autoimmune disease like Type-I This shows that already impaired "Sahaja-Bala" due to Beeja-Dosha is collaborated with "Yuktikrita-Bala", both adversely affecting the body's own cells.

Objectives: To review the Ayurvedic approach to TYPE-I DM. Therapeutic management of Juvenile diabetes.To provide collective data and constructive work in the context of autoimmune disorders.

Materials and Methods: A conceptual review was undertaken by integrating classical Ayurvedic concepts relevant to Prameha, etc with contemporary understanding of T1DM, including autoimmune beta-cell destruction, inflammatory pathways, etc, were critically analysed using classical and modern textbooks, internet sources, research articles, etc.

Conclusion: Despite advances in insulin therapy, achieving optimal glycemic control while minimising complications remains a significant clinical challenge. Ayurveda have potential as a adjunctive approach in T1DM through strategies aimed at maintaining metabolic homeostasis, supporting residual beta-cell function and improving overall quality of life.

Keywords: Type 1 diabetes mellitus, Autoimmunity, Sahaja Prameha, Ayurveda

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0124
Reg. Category : P.G and Ph.D Scholar
Author : Dr. POOJA JAYAPRAKASH HEGDE (0124)
Institution : SDM COLLEGE OF AYURVEDA UDUPI

Deciphering the Autoimmune basis of Childhood Atopic Dermatitis through the Prism of Tridosha Dusti: A single case report

Abstract :

Dr. Kavya* Assistant Professor, Department of Kaumarabhritya SDM College of Ayurveda, Hospital and Research Centre, Kuthpady, UDUPI Email ID: kavyapadiga@gmail.com Contact no: 725958275

ABSTRACT

Background & Objectives: The genetic predisposition of an individual's immune system to hyper react to ordinary environmental allergens, triggering the over production of Immunoglobulin E is termed Atopicity. The damage of the skin barrier with imbalances of the skin microbiome resulting in the activation of Th 2 cells, increasing the Th 1, Th 17, and Th 22 subsets, promotes skin inflammation like Childhood Atopic Dermatitis, which categorises the condition to fit in autoimmune disorders. A known case of anemic, 4 year old female afebrile child presenting with the recurrent wheezing, eczematous rashes over extensors with severe itching since its 1 1/2 years was been received at SDM Ayurveda Hospital Udupi for further management.

Materials & methods: A Brief review on Twak sharira, Matruja Bhava, Viruddha Ahara, Tridosha Dushti and the Pradoshaja Vikara with their autoimmune predisposition for the occurance, distribution of dermatitis over the body surface area will be done. Followed by a the treatment of acute wheezing, a Kramataha Snehapana using Mahatiktaka ghrita & Virechana using Manibhadra Guda was planned, with oral medications for 3 weeks. Severity and life style quality indexes were analyzed pre and post treatments. Results: Substantial variations in SCORAD INDEX and Children's Quality Life Index were noted after the treatment. Minimizing the consumption of non congenial & specific incompatible foods had reduced the severity and relapsation of the ailment. Conclusion: The current paper presents a case study of a child suffering from Childhood atopic dermatitis treated with Ayurvedic detoxification and internal medications.

Keywords: Childhood, Autoimmune, Shleshma, Atopicity, Dermatitis

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0170

Reg. Category : Faculties, Researchers & Practitioners

Author : Dr. KAVYA (0170)

Institution : SDM COLLEGE OF AYURVEDA UDUPI

Title: Role of Viddha Karma in the Management of Galaganda - A Review of Case Report

Abstract :

Author: Dr. Bhavana Chauhan Institution: First year Post Graduate Scholar of Shalya Tantra Department Shri Dharmasthala Manjunatheshwara College of Ayurveda Hospital and Research Centre, Kuthpady, Udupi, Karnataka

Keywords: Galaganda, Thyroid, Goiter, Viddha Karma, Thyroid disorders, Hyperthyroidism

Background and Objective: Galaganda described in classical Ayurvedic texts can be correlated with Goiter arising from thyroid dysfunction. Vitiation of Vata, Kapha, and Meda due to Aaharaja and Viharaja Hetus leads to Galaganda. This review of case report aims to evaluate the efficacy of Viddha Karma in the management of Galaganda correlated with Goiter with Hyperthyroidism.

Materials and Methods: A narrative review of clinical case report was undertaken: A 30-year-old female with one year history of neck swelling, diagnosed as Thyroiditis with cervical lymphadenopathy on USG, was treated with Viddha Karma at Nabhi, Pada-Anghusta, Adam's Apple, Manas (Bhru Madhya and Shankha), and Uru Moola points. Seven consecutive daily sittings were performed followed by Shaman Chikitsa for 10 days, with maintenance sittings continued weekly thereafter. Subjective symptoms, thyroid profile (T3, T4, TSH), and USG dimensions were assessed at baseline and follow-up visits.

Observations and Results: Significant reduction was noted in the symptoms. Thyroid profile showed marked improvement. USG at 6 months confirmed reduced thyroid gland dimensions and resolved cervical lymphadenopathy. The patient gained 13 kg within 45 days.

Conclusion: Viddha Karma was effective and rapid in managing Galaganda, offering a promising minimal invasive alternative, particularly valuable in resource-limited settings. Further systematic clinical studies are warranted to establish standardized treatment protocols.

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0172

Reg. Category : P.G and Ph.D Scholar

Author : Dr. BHAVANA CHAUHAN (0172)

Institution : SDM COLLEGE OF AYURVEDA UDUPI

CONCEPTUAL INSIGHTS INTO SYSTEMIC SCLEROSIS: EXPLORING THE ROLE OF VARDHAMANA PIPPALI RASAYANA

Abstract :

Author: Dr. Raj D. Miyani

1st year PG Scholar, Department of Kayachikitsa SDM college of Ayurveda, Udupi Email id: rajmiyani99@gmail.com Contact no: 9664605407

Background: Systemic sclerosis (SSc) is a chronic autoimmune connective tissue disorder characterized by progressive fibrosis of the skin and internal organs, vasculopathy, and immune dysregulation. There are two primary types of sclerodermas: localized and systemic (also called systemic sclerosis). Its exact etiopathogenesis remains poorly understood despite advances in immunology. In ayurveda it can be corelate with vatarakta or amavata depending upon presentation.

Objectives: To explore the conceptual basis of systemic sclerosis through the principles of Agni, Ama, Srotorodha and correlation with amavata or vatarakta depending upon presentation to Explain the therapeutic rationale of Vardhamana Pippali Rasayana in its management.

Materials and Methodology: This is a conceptual study conducted through critical review of classical Ayurvedic literature and contemporary scientific publications. Concepts of Agni, Ama, Srotorodha, and the pharmacodynamic properties of Vardhamana Pippali Rasayana were analyzed and correlated with current understanding of SSc pathophysiology.

Observations / Results: The review suggests that Agnimandya promotes Ama formation and Srotorodha. Vardhamana Pippali Rasayana, possesses Deepana, Pachana, Sroto-shodhana, tridoshashamak, Rasayana properties, and also having properties like increasing digestive power, antioxidant, antipyretic, and works on mental well-being as medhagnivardhini. So, it helps to clear Ama, open obstructed Srotas, and Rasayana (rejuvenative) effect on Twak and Mamsa Dhatu and plays an important role in the Samprapti-vighatana

Conclusion: Systemic sclerosis may be conceptually interpreted through Amavata or vatarakta according to presentation along with symptoms like Agnimandya, Ama and Srotorodha. Vardhamana Pippali Rasayana offers a rational therapeutic approach by restoring Agni, clearing Ama, and rejuvenating affected Dhatus. Further experimental and clinical studies are warranted to validate these conceptual correlations.

Keywords: Systemic sclerosis, autoimmune, Agnimandya, Pippali Rasayana

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0178

Reg. Category : P.G and Ph.D Scholar

Author : Dr. MIYANI RAJ DINESHBHAI (0178)

Institution : SDM COLLEGE OF AYURVEDA UDUPI

ULCERATIVE COLITIS AND PARPATI KALPANA

Abstract :

ULCERATIVE COLITIS AND PARPATI KALPANA Author: Dr. Samiksha Kamble

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Guided by: Dr.Shrilatha Kamath T Professor and HOD Department of PG and PhD studies in Kayachikitsa SDM College of Ayurveda, Udupi

Background: Ulcerative colitis (UC) is a chronic, relapsing inflammatory bowel disease characterized by colonic mucosal inflammation and ulceration, commonly presenting with diarrhoea, blood or mucus in stool, abdominal pain, urgency and tenesmus. Selected clinical manifestations of UC overlap with those described in Atisara characterized by frequent loose stools, blood and mucus in stools, abdominal discomfort and features associated with Pitta and Rakta involvement. Without implying equivalence between the two. Parpati Kalpana comprises pharmaceutical preparations described for gastrointestinal disorders associated with impaired digestion and altered bowel function.

Objectives: To examine the relevance of Parpati Kalpana in chronic gastrointestinal disorders, particularly UC, by reviewing clinical similarities between UC and Atisara and reported gastrointestinal properties and indications of Parpati preparations.

Methodology: A narrative review was conducted using scientific literature on UC, Atisara and Parpati Kalpana. Clinical manifestations were compared, and reported properties and gastrointestinal indications of Parpati preparations were critically reviewed.

Results: The literature indicates that Atisara is associated with disturbed Agni and abnormal bowel function. Parpati preparations described for Atisara are reported to possess Deepana, Pachana and Grahi properties, which may support digestion and regulation of altered bowel function. These findings provide a basis for further evaluation in UC, while direct clinical efficacy remains to be established.

Conclusion: The clinical overlap between UC and Atisara supports further systematic investigation of Parpati Kalpana as a potential supportive approach in UC.

Keywords: Ulcerative Colitis; Parpati Kalpana; Atisara, Inflammatory Bowel Disease.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0179
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SAMIKSHA KAMBLE (0179)
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Successful Ayurvedic Management in Alopecia Areata : A case report

Abstract :
Successful Ayurvedic Management in Alopecia Areata: A Case Report Deeksha Moolya1, Dr Yadu Gopan2
13rd professional UG, 2 Associate professor, Department of Kayachikitsa SDM College of Ayurveda and Hospital Hassan, Karnataka Email: deeksha2002moolya@gmail.com Phone no.:7899034967
Background & objectives: Alopecia areata is a chronic autoimmune disorder characterised by recurrent nonscarring patchy hair loss, in which the immune system mistakenly attacks hair follicles across the scalp and body, causing significant psychosocial distress. It is correlated with Indralupta under Kshudrarogas by Acharya Sushruta. Vitiated Vata, Pitta, Kapha, and Rakta Dhatu obstruct hair follicle orifices, requiring follicular clearance before anti-hairfall treatment.
Materials and methods: A 22-year-old female presented with acute patchy hair shedding from the front and back of scalp. Initially suspecting water change, she received conventional antibiotics for a month, leading to abdominal pain. Diagnostics revealed elevated ESR (CBC) and positive hair pull test confirming alopecia areata. Treatment included internal formulations (Krimikuthara Rasa, Jirakadyarishta, Gandhaka Rasayana, Narasimha Rasayana, Mahatiktaka Ghrita), weekly Pracchana, local Lepa (Triphalachurna, Bhringaraja), scalp scraping (Parijata leaves, Icchabhedi Rasa), Pada Abhyanga, Brahmitaila Nasya, Yoga, counseling, Sadyo Virecana (Triphala Vati), and Matra Basti (Nimbamrita Taila and Ghrita).
Observation / results: Post-treatment, the patient showed marked clinical improvement with significant reduction in hair fall, successful hair growth across affected patchy areas.
Conclusion: Targeted internal immunomodulators like Gandhaka Rasayana, Narasimha Rasayana, blood purification, and specialized local therapies like Raktamokshana effectively manage Indralupta and promote hair regrowth.
Keywords: Indralupta, Alopecia Areata, Gandhaka Rasayana, Pracchana, Ayurvedic Management.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0181
Reg. Category : Undergraduate Student
Author : Ms. DEEKSHA MOOLYA (0181)
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Siravedha in Rheumatoid Arthritis with Special Reference to Vatarakta: A Conceptual Study

Abstract :
1) Dr Tabrez Raza Anchi 1stPG scholar , Department of shalya tantra SDMCA Udupi
2) Dr sahana kamath , Assistant professor , Department of shalya tantra SDMCA Udup
3) Dr Rajneesh v Giri ,Head of the Department shalya tantra SDMCA Udupi
Title: Siravedha in Rheumatoid Arthritis with Special Reference to Vatarakta: A Conceptual Study
Background & Objectives: Rheumatoid arthritis (RA) is a chronic systemic inflammatory disorder characterized by symmetrical polyarthritis, pain, swelling, morning stiffness, and progressive joint destruction. In Ayurveda, early RA-like manifestations may be understood in the context of Amavata, whereas chronic cases with predominant Vata and Rakta involvement may show similarities with Vatarakta. Siravedha, a classical form of Raktamokshana, is indicated in Vatarakta. This study aims to explore the conceptual applicability of Siravedha in RA with special reference to Vatarakta.
Materials & Methods: A conceptual review was conducted using classical Ayurvedic text ,along with relevant contemporary literature. The concepts of Amavata, Vatarakta, Rheumatoid Arthritis, Raktamokshana, and Siravedha were critically reviewed and correlated with contemporary understanding.
Observations/Results: Classical Ayurvedic literature describes Raktamokshana, including Siravedha, as a therapeutic measure in suitable presentations of Vatarakta. The probable therapeutic rationale includes reduction of Rakta and Vata-related manifestations and alleviation of pain and stiffness. In chronic RA, particularly after resolution of Ama and when Vata-Rakta features predominate, Siravedha may be considered as an adjunctive therapeutic approach. It should not be considered during the acute Ama-dominant stage, where Langhana, Deepana-Pachana, Swedana, and other appropriate Amavata management principles are prioritized.
Conclusion: Siravedha possesses a classical therapeutic basis in Vatarakta and may have potential as an adjunctive intervention in selected chronic RA cases with Vata-Rakta predominance. Clinical studies are required to evaluate its efficacy, safety, and applicability.

Keywords: Siravedha, Raktamokshana, Rheumatoid Arthritis, Vatarakta, Amavata

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0197
Reg. Category : P.G and Ph.D Scholar
Author : Dr. TABREZ RAZA ANCHI (0197)
Co- Author/s : Dr sahana kamath - Assistant professor , Department of shalya tantra SDMCA Udupi, Dr Rajneesh v Giri - Head of the Department shalya tantra SDMCA Udupi
Institution : SDM COLLEGE OF AYURVEDA UDUPI

Beyond the plaques- A Holistic Ayurveda Triumph

Abstract :
Background: Plaque psoriasis is a chronic, immune-mediated inflammatory dermatosis characterized by well-demarcated, erythematous, rounded plaques covered with silvery micaceous scales, significantly impairing patients' quality of life. It predominantly affects the scalp, elbows, knees, and lower back. Its clinical presentation closely resembles Ekakushta, a subtype of Kshudra Kushta, involving the predominance of Vata and Kapha Dosha. The management of Kushta emphasizes repeated Shodhana followed by Shamana Chikitsa for sustained disease control. Methodology: A 30-year-old male patient presented with multiple well-demarcated erythematous scaly lesions distributed over the body, associated with itching for two years. The patient underwent a comprehensive treatment protocol comprising Deepana-Pachana, Snehapana, Sarvanga Abhyanga, and Virechana, followed by Shamana Chikitsa and Pathya regulation. Clinical response was assessed using the regional Psoriasis Area and Severity Index (PASI) at baseline, on Day 17, and at a one-month follow-up. Results: Progressive and clinically appreciable improvement was observed throughout the treatment course. Scaling reduced during Snehapana, pruritus markedly subsided following Virechana, and no new lesions developed during the observation period. At the one-month follow-up, near-complete resolution of pruritus and scaling was observed in most affected regions, accompanied by marked reductions in erythema, induration, lesion area, and noticeable restoration of skin pigmentation. Regional PASI scores demonstrated consistent improvement across the scalp, upper limbs, lower limbs, and lower back, with no adverse events reported. Conclusion: Although plaque psoriasis is an autoimmune disorder with a high propensity for recurrence, this case highlights the potential of a holistic approach integrating Shodhana and Shamana Chikitsa to achieve substantial clinical improvement, sustained remission, and enhanced quality of life.

KEYWORDS: Plaque psoriasis, Ekakushta, Trivruta Lehya, Bakuchi Rasayana

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0287
Reg. Category : P.G and Ph.D Scholar
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AYURVEDIC MANAGEMENT OF ACQUIRED VAK-GRAHA SECONDARY TO AUTOIMMUNE ENCEPHALITIS IN CHILDREN

Abstract :
- Background: Acquired stuttering (Vak-Graha) is increasingly recognized as a neuropsychiatric sequela of post-infectious autoimmune encephalitis. Pathogen-induced immune dysregulation triggers neuroinflammation within the basal ganglia, disrupting motor speech networks. Conventional immunosuppressive protocols effectively arrest the acute autoimmune cascade, but residual speech dysfluency, motor blocking, and associated psycho-emotional distress often persist.
- Aim: This paper outlines a comprehensive Ayurvedic framework to modulate post-infectious neuroinflammation, restore speech fluency, and repair blood-brain barrier integrity.
- Pathophysiology (Samprapti): In Ayurveda, this condition represents an Agantuja (external/infectious) insult triggering a Nija (internal) metabolic crisis. The initial infection generates metabolic endotoxins (Ama), which provoke an aggressive immune response. This systemic inflammation breaches the neural pathways, vitiating the Prana and Udana Vata. Vitiated Vata combines with inflammatory Kapha to occlude the Shabdavaha Srotas, causing structural and functional speech blockages.
- Therapeutic Protocol: A multi-tiered management strategy is proposed: o Deep Tissue Detoxification (Panchakarma): Nasya (like Anu Taila) is utilized to bypass the blood-brain barrier, directly clearing Srotas occlusion in the central nervous system. Basti is deployed as the definitive therapy to pacify systemic Vata and stabilize the gut-brain axis. o Immunomodulation and Neuroprotection (Rasayana): Administration of Medhya Rasayanas such as Guduchi for its proven anti-inflammatory and immunomodulatory properties, Vacha to clear speech articulation pathways. Common Ayurvedic Formulations for stuttering includes Guduchyadi Leha used to pacify aggravated Vata and clear obstructions in speech

channels, Vakshuddhikara Churna is used to improve speech clarity and voice articulation in children. o Targeted Interventions: Jiwha Pratisarana with Saraswata Churna to improve local neuromuscular tone, combined with Pranayama to reduce speech-associated anxiety.

- Conclusion: Integrating Ayurvedic Vata-Hara and Ama-Pachana therapies offers a viable, non-invasive strategy to treat the root neuroinflammatory cause of immune-mediated stuttering. This holistic model fills a crucial gap in long-term neurological rehabilitation where conventional speech therapy alone may fall short.

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Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0298
Reg. Category : P.G and Ph.D Scholar
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Critical Review of Ayurvedic Treatment in the management of Psoriasis: An Analysis of Five Clinical Studies in between 2020-2026

Abstract :
Introduction: Psoriasis is a chronic, immune-mediated inflammatory skin disorder characterized by abnormal keratinocyte proliferation, persistent inflammation, and recurrent lesions. Its autoimmune nature and relapsing course often require prolonged management. Ayurveda correlates psoriasis with conditions such as Ekakushtha and Kitibha under Kushtha and emphasizes individualized treatment through Shamana, Shodhana, external therapies, diet, and lifestyle modification. This review critically evaluates the recent clinical evidence on Ayurvedic management of psoriasis.
Methods: Five clinical studies published between 2020 and 2026 were reviewed, comprising randomized controlled, randomized comparative, open-label clinical, and case-report evidence. The studies evaluated Rasamanikya-Guduchi Ghana, Pathadi formulations, Kushthaghna Mahakashaya, Aaraghwadadi Gana, Madhusnuhi Rasayana, Shiva Gutika, and multimodal Ayurvedic treatment. Study design, sample size, intervention, duration, PASI, DLQI, clinical response, safety, follow-up, and methodological limitations were compared.
Results: Overall, the studies reported improvement in psoriasis severity and quality of life. The double-blind randomized study of Rasamanikya-Guduchi Ghana showed significant improvement in PASI and DLQI. The 2026 Pathadi trial reported 75.8% reduction in PASI and 83.9% reduction in DLQI. The randomized study of Kushthaghna Mahakashaya and Aaraghwadadi Gana also demonstrated improvement compared with placebo. Comparative and case-based studies further reported clinical improvement. However, small sample sizes, heterogeneous interventions, limited blinding, short follow-up, and absence of standard immunomodulatory comparators restrict the strength of evidence. Duscussion and Conclusion: Overall, recent Ayurvedic interventions demonstrate promising clinical outcomes, particularly regarding PASI and quality of life. However, the evidence remains heterogeneous, with several studies being open-label, uncontrolled or based on small samples. Lack of standardized comparators, short follow-up and limited long-term relapse data restrict definitive conclusions. Larger multicentric, adequately powered randomized controlled trials using standardized interventions, validated outcomes and long-term follow-up are warranted to establish the effectiveness and clinical applicability of Ayurveda in psoriasis.
Keywords: Psoriasis; Immune-mediated inflammation; Ayurvedic intervention; Evidence-based medicine; Ekakushtha

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Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0301
Reg. Category : P.G and Ph.D Scholar
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BEYOND THE GLUTEN FREE DIET: AYURVEDIC INSIGHTS INTO PEDIATRIC CELIAC DISEASE MANAGEMENT

Abstract :
Background: Celiac disease is a gluten-triggered, T-cell-mediated systemic disorder occurring in genetically susceptible individuals carrying HLA-DQ2 or HLA-DQ8. Its global prevalence is estimated at roughly 1%, yet up to 95% of affected individuals remain undiagnosed due to the wide variability and evolving nature of clinical presentation, particularly in children, among northern India showing higher prevalence with an estimated rate of 1.04 % due to wheat-dominant dietary patterns. Conventional management relies solely on lifelong gluten avoidance, leaving a gap in addressing associated digestive weakness, anemia, and nutritional deficits. This presentation explores how Ayurveda offers a complementary framework by correlating celiac disease with classical concepts of Grahani Roga, and Asatmyata, both rooted in impaired Agni and Ama accumulation. The ESPGHAN 2020 guidelines introduced significant changes, including biopsy-free diagnosis pathways in selected children as diagnostic algorithms continue to evolve, disseminating current best practices is essential for standardizing care across different healthcare settings. This also offers practitioners research backed opportunity to demonstrate Ayurveda's relevance in

managing a modern autoimmune condition with measurable, safety conscious outcomes bridging classical pediatric Ayurveda with contemporary clinical evidence. Material and Methods: A narrative literature review was conducted using PubMed, Scopus and Ayurvedic databases covering epidemiological studies, Ayurvedic classical texts and clinical case reports on Grahani Roga and its correlation with Celic disease. Result & Conclusion: Celiac disease is an important yet under-recognized health concern in India because of its chronic nature, varied presentation, frequent diagnostic delay, and significant impact on growth and nutritional status in children. Despite increasing awareness, many cases remain undiagnosed, highlighting the need for early recognition and appropriate screening.The Ayurvedic concept of Grahani offers a promising complementary perspective, but further scientific research is essential to validate its therapeutic role. Key words: Celiac disease, Grahani dosha, Agni dushti, Gluten free diet.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0304
Reg. Category : P.G and Ph.D Scholar
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AN AYURVEDIC APPROACH TO JUVENILE IDIOPATHIC ARTHRITIS IN CHILDREN

Abstract :
Background & Objectives: Juvenile idiopathic arthritis is the commonest Rheumatic disease present in the childhood and one of the most common causes of disability, chronic morbidity & school absenteeism. Juvenile idiopathic arthritis can be defined as arthritis of one or more joints with onset before 16 years, persisting for at least 6 weeks. The Symptoms present in the Juvenile idiopathic arthritis are more comparable to features of Amavata Vyadhi mentioned in Ayurvedic classics. Amavata is a chronic joint disorder accompanied by a swelling of synovial joints which involve Ama and Vata. An integrative understanding is essential for effective pediatric management.
Materials and Methods: A descriptive review of classical Ayurvedic texts such as Madhava Nidana, Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya undertaken to analyze the etiology, pathogenesis, and management of Amavata. Contemporary pediatric literature on Juvenile idiopathic arthritis also reviewed for correlating Amavata Samprapti and Lakshana's with Juvenile idiopathic arthritis clinical features and treatment principles.
Results: Clinical features of Amavata, including Sandhishoola, Sandhishotha, Aruchi, Jwara, Gaurava, are closely resembling to Juvenile idiopathic Arthritis symptoms. Nidana such as incompatible food factions, Reduced Agni, lack of Exercise, Snigdha Ahara followed by immediate Exercise may cause Ama formation along with Aggravation of Vata. Ayurvedic management principles including Langhana, Swedana, Deepana, Basti & Virecana karma along with Shamana medications & Rasayana are beneficial in Symptom control & prevention of recurrence.
Conclusion: Ayurveda offers a holistic approach by addressing the underlying doshic imbalance rather than providing only symptomatic relief. Early Ayurvedic intervention in children may reduce disease chronicity and prevent complications such as Nidra viparyaya. Bahumutrata, Hridgraha.
Keywords: Juvenile idiopathic arthritis, Amavata, Vyadikshamatva.

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Registration No. : 0311
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Ayurveda Management of Guillain-Barre Syndrome through Sequential Panchakarma Interventions: A Case Study

Abstract :
Ayurveda Management of Guillain-Barre Syndrome through Sequential Panchakarma Interventions: A Case Study Author Name: Dr.Dileepchoudhary U Affiliation: 1st year PG scholar Panchakarma Introduction: Guillain-Barre Syndrome (GBS) is an acute, immune-mediated polyradiculoneuropathy characterised by rapidly progressive, symmetrical weakness of the limbs, often correlated with a Vata-pradhana Nanatmaja Vikara in classical Ayurveda due to vitiation of Vata dosha affecting the Mamsa and Snayu dhatus. Modern management largely centres on immunotherapy and supportive rehabilitation, and residual weakness after the acute phase remains a common clinical challenge, leaving considerable scope for adjunct Ayurveda intervention in long-term rehabilitation. Case Summary: A male patient presented with reduced strength in all four limbs and was diagnosed as a case of GB Syndrome. He was managed on a follow-up basis through sequential Panchakarma-based Ayurveda treatment administered across eight courses over nearly four years, from March 2021 to May 2026.
Materials and Methods: Treatment across the courses included Snehana (Abhyanga), Swedana procedures

(Pinda Sweda, Bashpa Sweda, Pizichil), and Basti Chikitsa (Matra Basti, Raja Yapana Basti, Manjishtadi Kshara Basti, Dashamoola Niruha Basti), along with Udwartana, Lepa, Kati Basti, Sheetala Dhara and Taladharana. Internal medications such as Ajamamsa Rasayana, Sukumara Ghrita, Vidangarishta, Bala Taila and Brahmi Vati were administered as discharge medication, supported throughout by regular physiotherapy. Result: The patient, who was bed-bound and dependent for basic activities at first presentation, showed progressive and consistent improvement in limb strength with each successive course of treatment, eventually achieving independent ambulation without support, as observed on follow-up.

Conclusion: This case suggests that sustained, sequential Panchakarma therapy combined with internal Ayurveda medication and physiotherapy may have a meaningful role in improving motor function and functional independence in a chronic case of Guillain-Barre Syndrome, and warrants further systematic clinical study with larger sample sizes.

Keywords: Guillain-Barre Syndrome, Panchakarma, Vata Vyadhi, Basti Chikitsa, Case Report

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0328

Reg. Category : P.G and Ph.D Scholar

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ALLERGIC RHINITIS AND AUTOIMMUNITY: UNRAVELLING THE INTERPLAY BETWEEN IMMUNE DYSREGULATION AND ENVIRONMENTAL TRIGGERS

Abstract :

Introduction: Allergic rhinitis (AR), traditionally regarded as a localized hypersensitivity disorder, is increasingly recognized as a manifestation of broader immune dysregulation. Autoimmune diseases, conversely, arise from a loss of immune tolerance against self-antigens. Despite their distinct immunological identities, emerging evidence suggests that allergic and autoimmune disorders may intersect through shared inflammatory pathways, genetic susceptibility, epithelial barrier dysfunction, and environmental exposures. Persistent inflammation in AR may disturb immune homeostasis and potentially influence the development or amplification of autoimmune responses. Ayurveda offers a complimentary framework to understand these conditions through concept of dosha imbalance, ojas, vyadhikshamatva, etc exploring these perspectives together may provide broader understanding.

Methods: A focused narrative review was conducted to explore the potential biological and clinical relationship between AR and autoimmunity. Literature addressing chronic allergic inflammation, immune tolerance, T-helper cell polarization, regulatory T-cell dysfunction, cytokine networks, epithelial barrier integrity, genetic predisposition, and environmental triggers was critically examined. Ayurvedic concepts related to vata kapha involvement in pratishyaya, agni dysfunction, ama formation, ojas and impaired vyadhikshamatva were considered as interpretive concepts.

Results: The available evidence suggests that persistent allergic inflammation may extend beyond the respiratory mucosa, contributing to systemic immune activation. Dysregulated T-helper responses, impaired regulatory mechanisms, altered cytokine profiles, and disruption of epithelial barriers may create an immunological environment conducive to aberrant immune activation. Environmental factors - including air pollutants, tobacco smoke, occupational irritants, and recurrent allergen exposure - may further intensify this process in genetically susceptible individuals.

Discussion: The relationship between allergic rhinitis and autoimmunity appears to represent a complex immunological continuum rather than two entirely independent phenomena. Chronic allergic inflammation may act as a potential modifier of autoimmune susceptibility or disease activity. Elucidating this interplay through longitudinal and mechanistic research could open new avenues for early identification of susceptible individuals, integrated prevention, and targeted therapeutic strategies. Key words: autoimmunity, allergic rhinitis, vyadhikshamatva

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0338

Reg. Category : P.G and Ph.D Scholar

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Effect of an Individualised Ayurvedic Management Protocol in Discoid Lupus Erythematosus: A Case Report

Abstract :

Introduction: Discoid lupus erythematosus (DLE) is a chronic inflammatory dermatological disorder characterised by persistent cutaneous lesions, scarring, pigmentary changes, and impaired quality of life. This case report presents the outcome of an individualised Ayurvedic management approach in a 33-year-old male with DLE. Material and Methods: A 33-year-old male presented with reddish, scaly lesions over sun-exposed areas for 3 months. Examination revealed well-defined erythematous, scaly plaques with pigmentary changes.

DLE was diagnosed clinically and through laboratory investigations. Treatment comprised Shodhana - Virechana with Trivritta Avaleha following 3 days of Ghritpana with Panchatikta Ghrita - and Shamana Aushadhi: Ras Pachaka Vati 2 tablets BD, Brahmi Vati 2 tablets at bedtime, and Punarnava Mandur 2 tablets BD. Pathya-Apathya and Dincharya were advised. Clinical features, CLASI, DLQI, and relevant laboratory parameters were assessed before and after treatment.

Observation and Results: CLASI-A decreased from 6 to 0 and CLASI-D from 5 to 1, indicating marked improvement in disease activity and cutaneous damage. DLQI improved from 24/30 (extremely large effect on quality of life) to 10/30 (moderate effect). Hemoglobin changed from 16.1 to 18.5 g/dL, TLC from 8,400 to 8,000 cells/cu.mm, and platelets from 317,000 to 220,000 cells/cu.mm. ALT decreased from 40 to 22 U/L, AST from 27 to 20 U/L, creatinine from 0.70 to 0.66 mg/dL, and TSH from 2.580 to 1.180 uIU/mL. ANA testing was negative.

Discussion: The observed improvement suggests potential benefit of an individualized Ayurvedic approach incorporating Shodhana, internal medications, and dietary correction. However, further well-designed clinical studies are required.

Keywords: DLE; Ayurveda; Virechana; CLASI; DLQI; Case Report.

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Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0339
Reg. Category : P.G and Ph.D Scholar
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"Shwitra (Vitiligo) In A Child: Ayurvedic Principles and Specialty-Specific Management of Autoimmune Disorder - A Case Report"

Abstract :

Shwitra (Vitiligo) in Child: Ayurvedic Principles and Specialty-Specific Management of Autoimmune Disorder - A Case Report"

Introduction: Shwitra is described in Ayurveda under the spectrum of Kushta roga and is characterized by abnormal loss of skin pigmentation. Contemporary medicine considers vitiligo a multifactorial depigmentary disorder with autoimmune mechanisms. Ayurveda provides a distinct framework through Nidana, Dosha - Dushya interaction and involvement of Twak and Rakta Dhatu. This case highlights the clinical presentation and specialty- specific ayurvedic management of Shwitra in a child within the autoimmune spectrum.

Methods: A 12-year-old male child was brought with sudden-onset reddish-white discoloration over bilateral cheeks, knees, ankles, thighs, feet, chest and back since 2 years, with occasional nocturnal itching over the lower limbs. There was no family history of similar illness. Detailed history was obtained regarding dietary, behavioral and environmental factors, including possible Viruddha ahara-vihara. The child was hospitalized for 11 days. Initial Agnivardhan was followed by Snehapana and local Shwitrahara Lepa. Subsequently, Sarvanga Abhyanga followed by Kashaya Pariseka was performed, followed by Virechana on the eleventh day. Shamana Aushadhi was prescribed at discharge.

Results: The clinical presentation was assessed as Shwitra based on the characteristic depigmented lesions and distribution. Dietary and lifestyle factors were identified as possible triggers, with Viruddha Ahara-Vihara considered a potential precipitating factor through Agni Dushti, Ama formation and subsequent Dosha-Dushya interaction involving Twak and Rakta Dhatu.

Discussion: The case demonstrates an Ayurvedic approach in assessing vitiligo in children, particularly in exploring individualized dietary and lifestyle factors. The proposed association between Viruddha Ahara - Vihara, mode of action of the drugs on Shwitra and the possible role of immune dysregulation.

Keywords: Shwitra, Ayurveda, Viruddha Ahara, Nidana Panchaka, Dosha - Dushya, Vitiligo in Children.

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Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0341
Reg. Category : P.G and Ph.D Scholar
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Management of Antiphosphoplipid Antibody (APLA) Syndrome and Autoimmune Secondary Infertility Through Ayurvedic Protocol: A Case Report

Abstract :

Background and Objectives: Antiphospholipid antibody (APLA) syndrome is an autoimmune hypercoagulable state characterized by recurrent pregnancy loss (RPL), microvascular thrombosis, and severe obstetric morbidity. When associated with adnexal pathology, blockage of tubes, hydrosalpinx, chronic pelvic inflammations represent a complex therapeutic challenge due to altered tissue immune tolerance (Vyadhikshamatva). In Ayurveda, this complex pathophysiology includes Agnimandya, Ama accumulation, Rakta-Artavavaha Srotodushti, Kshetra Dushti and Apana Vata dysregulation. This study aims to evaluate the therapeutic efficacy of a multi-modal Ayurvedic management protocol in restoring

reproductive function and managing APLA-associated secondary infertility.

Materials and Methods: A 35-year-old female with secondary infertility of 5 years duration with a bad obstetric history (BOH) of six consecutive pregnancy failures (spontaneous miscarriages, recurrent right tubal ectopic pregnancies, and a second-trimester loss), confirmed APLA positivity, and bilateral tubal dilatation/suspected hydrosalpinx was managed across three clinical phases. The protocol integrated oral pharmacotherapy (Varunadi Kashaya, Leptaden, Abhayarishta, Kaishora Guggulu, and Chitrakadi Vati) with systemic Panchakarma procedures (Erandamooladi Lekhana Basti, Varunadi ghrta Anuvasana Basti, and Vamana Karma following Phalaghrita Snehapana) and localized intrauterine interventions (Uttara Basti with Shatapushpa taila mixed with Kshara Taila).

Observations and Results: The treatment resulted in significant clinical and symptomatic improvement, including complete resolution of severe dysmenorrhea, elimination of menstrual blood clots, and relief from chronic anxiety and digestive impairment. Systemic inflammatory markers decreased, systemic Kapha-Ama was eliminated, and normal uterine-tubal receptivity (Kshetra) was restored, enabling the patient to successfully progress to monitored follicular studies and structured fertility planning.

Conclusion: Multimodality Ayurvedic therapy incorporating systemic purification (Shodhana) and targeted intrauterine therapy (Uttara Basti) offers an effective integrative framework for clearing channel obstruction (Srotoshodhana), regulating Apana Vata, and restoring tissue immunity (Vyadhikshamatva) in APLA-associated secondary infertility and bad obstetric history.

Keywords: Antiphospholipid Antibody Syndrome, Autoimmune Infertility, Secondary Infertility, Bad Obstetric History, Uttara Basti, Panchakarma, Vyadhikshamatva.

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0346

Reg. Category : P.G and Ph.D Scholar

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Beyond the Gut: Pregnancy-Postpartum Transition and Restoration of Artava in Crohn's Disease

Abstract :

Background & Objectives Crohn's disease is an immune-mediated inflammatory disorder whose consequences extend beyond the gastrointestinal tract, potentially affecting nutrition, systemic health and female reproductive function.This case highlights a five-year illness trajectory in which gastrointestinal symptoms emerged during pregnancy, recurred postpartum and progressed to severe systemic depletion with secondary amenorrhea.It explores the reproductive consequences of chronic inflammatory disease through an integrative Ayurvedic lens and the restoration of Artava following individualized management.

Materials & Methods A 34-year-old woman developed recurrent gastrointestinal symptoms during her second pregnancy, persisting until the last trimester, subsiding after delivery and recurring when her child was nine months old. Crohn's disease was diagnosed in 2022.At presentation, she had 13-14 episodes of bloody diarrhea daily, Hb 6 g/dL, albumin 1.5 g/dL, weight loss from 50 to 36 kg, pedal edema, weakness and nearly two years of secondary amenorrhea.Ayurvedic assessment revealed Agnimandya, Dhatu-kshaya and Bala-kshaya.Individualized Shamana Aushadha, dietary regulation and Panchakarma, including Basti, were administered.

Observations/Results Stool frequency decreased to 3-4 semisolid episodes daily, with disappearance of blood and mucus.Edema resolved, while appetite, sleep and functional capacity improved.Hb increased to 9 g/dL and weight to 50 kg.Menstruation resumed spontaneously in April 2026, without specific menstrual induction, and subsequently became regular.

Conclusion This case illustrates how chronic immune-mediated inflammation and systemic depletion may extend beyond the gastrointestinal tract into female reproductive sphere.The pregnancy-postpartum temporal pattern and subsequent Dhatu-kshaya provide a clinically relevant interface between chronic inflammatory disease and the female reproductive continuum. Concurrent systemic recovery and restoration of Artava highlight the importance of considering menstrual and reproductive health as integral outcomes in women with chronic inflammatory disease.

Keywords: Crohn's disease, Immune-mediated inflammation, Pregnancy-postpartum transition, Secondary amenorrhea, Artava

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0349

Reg. Category : P.G and Ph.D Scholar

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WHEN MATERNAL IMMUNITY MEETS PREGNANCY: PSORIASIS, IMMUNE DYSREGULATION AND

MATERNAL-FETAL OUTCOMES THROUGH AN AYURVEDIC LENS

Abstract :

Background: Pregnancy is an immunologically dynamic state in which maternal immunity undergoes complex adaptations to establish fetal tolerance while preserving host defence. Psoriasis, a chronic immune-mediated inflammatory disorder, is characterized by dysregulation of innate and adaptive immunity, particularly the IL-23/Th17 axis. The coexistence of psoriasis and pregnancy therefore provides a unique model to explore the interaction between chronic immune dysregulation and physiological maternal immune adaptation.

Objective: To explore the immunological interplay between psoriasis and pregnancy, its potential influence on maternal and fetal outcomes, and its conceptual interpretation through the Ayurvedic understanding of systemic disease processes.

Methods: A narrative review of contemporary evidence on the immunopathogenesis of psoriasis during pregnancy was undertaken, focusing on T-cell-mediated inflammation, cytokine pathways, disease activity, treatment considerations and reported maternal-fetal outcomes. These findings were conceptually examined through Ayurvedic principles of Dosha-Dushya interaction, Agni, Srotas and the involvement of Rasa and Rakta Dhatu in Twak Vikara.

Discussion: Pregnancy-associated alterations in immune tolerance and T-cell responses may modify psoriasis activity, resulting in variable clinical trajectories. Persistent systemic inflammation, particularly in moderate-to-severe disease, may contribute to adverse maternal outcomes and pregnancy complications. Conversely, pregnancy-related immunological shifts may influence disease severity. This bidirectional interaction highlights the importance of disease control, individualized risk assessment and coordinated obstetric and dermatological care.

Conclusion: Psoriasis in pregnancy represents a clinically relevant intersection of chronic immune dysregulation and maternal-fetal immune adaptation. Integrating contemporary immunological concepts with Ayurvedic perspectives on systemic pathogenesis may provide a broader framework for understanding immune-mediated disorders during pregnancy. Further translational research is needed to establish safe, evidence-based Ayurvedic strategies as complementary approaches in pregnant women with immune-mediated disease.

Keywords: Psoriasis, Pregnancy, Maternal immune dysregulation, Maternal-fetal outcomes, Ayurveda.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0354
Reg. Category : P.G and Ph.D Scholar
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Ayurvedic Management of Siragatavata (Vasculitis): A Review of Published Case Reports

Abstract :

Ayurvedic multimodal therapy combining Panchakarma procedures, localized treatments, and oral herbo-mineral formulations shows strong potential as an effective alternative for chronic, steroid-resistant vasculitis (Siragatavata). Conventional treatments like high-dose steroids and biologics often fail to achieve lasting remission in rare vascular pathologies. Documented case reports demonstrate that individualized protocols - such as Triphala Kwath wound irrigation and Virechana for non-healing lower limb ulcers, targeted oral herbo-minerals for steroid-induced erythroderma, and Basti alongside Raktamokshana bloodletting for Takayasu arteritis - can rapidly heal ulcers, control disease activity, and induce complete remission without relapse. While these findings indicate that targeting Vata dysregulation offers substantial symptomatic and structural vascular healing, larger controlled clinical trials are necessary to confirm efficacy and establish standardized treatment protocols.

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Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0357
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INTEGRATIVE AYURVEDIC PERSPECTIVE ON MULTIPLE SCLEROSIS IN PREGNANCY: PATHOLOGY, MATERNAL OUTCOMES, AND DHATU-BASED CORRELATION

Abstract :

Background & Pathophysiology: Multiple sclerosis (MS) is an autoimmune demyelinating disease of the central nervous system predominantly affecting women during their reproductive years. Modern medicine characterizes MS by T-cell-mediated destruction of oligodendrocytes and myelin sheaths. In Ayurveda, this condition can be conceptualized under the umbrella of Vata Vyadhi,

specifically Majja-Medo Dushti, where aggravated Vata (Ruksha and Khara qualities) degrades the Meda (lipid-rich myelin) and Majja Dhatus.
Clinical Presentation & Pregnancy Dynamics: MS manifests clinically as relapsing-remitting, secondary progressive, primary progressive, or progressive-relapsing forms. During pregnancy, immune alterations significantly modify the disease course, yielding a ~70% decrease in relapse rate. From an Ayurvedic viewpoint, the natural increase in Kapha and Snehana during Garbhini Avastha pacifies Vata. Conversely, the post-delivery period (Prasavavashtha) causes severe Vata aggravation, leading to a sharp rebound in relapses. While MS does not adversely affect neonatal birth outcomes, maternal complications such as neurogenic bladder dysfunction, muscle weakness, and fatigue increase the risks of urinary tract infections, prolonged labor, and operative deliveries.
Ayurvedic Therapeutic Principles: Management focuses on Vata Shamana and protecting Majja Dhatu: Antenatal Care: Application of Garbhini Paricharya utilizing Deepana-Pachana for Ama dissolution alongside Mridu Snehana with Medhya/Majja-nourishing Ghritas (e.g., Kalyanaka Ghrita). Postpartum Relapse Prevention: Strict adherence to Prasuta Paricharya involving external Snehana, mild Swedana, and Vata-hara formulations to counteract post-delivery Vata spike and mitigate relapse risk.
Conclusion: Correlating modern demyelinating pathophysiology with Ayurvedic Dhatu Kshaya and Vata Vyadhi provides a holistic framework for managing pregnant MS patients, optimizing maternal outcomes through tailored Paricharya. Key terms:- Multiple sclerosis, Vata Vyadhi, Majja-Medo dushthi, Pregnancy outcomes.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0369
Reg. Category : P.G and Ph.D Scholar
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Institution : SDM COLLEGE OF AYURVEDA HOSPITAL AND RESEARCH CENTRE UDUPI

Postpartum Immune Thrombocytopenia: A modern and ayurvedic Perspective

Abstract :
Introduction: Immune thrombocytopenia (ITP) is an acquired autoimmune haematological disorder characterized by isolated thrombocytopenia resulting from immune-mediated destruction of platelets. It can occur during pregnancy or develop/worsen during the postpartum period and may present with petechiae, purpura, mucosal bleeding, or excessive postpartum bleeding. Early recognition and differentiation from gestational thrombocytopenia, HELLP syndrome, thrombotic thrombocytopenic purpura, and disseminated intravascular coagulation are essential for appropriate management.
Methods: A conceptual review was conducted using available literature on the aetiology, immunopathogenesis, clinical manifestations, diagnosis, and management of ITP. Relevant Ayurvedic literature was also reviewed to explore the possible correlation of ITP with concepts related to Rakta dhatu, Rakta vaha srotas, Pitta dosha, Rakta dushti, and Rakta kshaya.
Results: Modern evidence indicates that ITP primarily results from autoantibodies directed against platelet glycoproteins, leading to increased platelet destruction, predominantly through splenic macrophages. Impaired platelet production may also contribute. From an Ayurvedic perspective, the clinical manifestation of bleeding may be conceptually associated with Rakta dushti and Pitta-Rakta involvement, while Vata may contribute to abnormal movement and manifestation of Rakta. The condition may therefore be understood through assessment of Dosha, Dushya, and Srotas. However, ITP has no exact one-to-one equivalent among classical Ayurvedic diseases.
Conclusion: Understanding postpartum ITP through both modern haematology and Ayurvedic principles provides a broader conceptual perspective. Ayurvedic correlation may support individualized assessment and holistic care, but should remain complementary to evidence-based haematological diagnosis, monitoring, and treatment, particularly in patients with severe thrombocytopenia or active bleeding.
Keywords: Immune thrombocytopenia, ITP, Postpartum thrombocytopenia, Autoimmune disorder, Platelet destruction, Rakta dhatu, Rakta vaha srotas, Rakta kshaya.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0372
Reg. Category : P.G and Ph.D Scholar
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AYURVEDIC MANAGEMENT OF ULCERATIVE COLITIS : A CASE REPORT

Abstract :
Background & Objectives: Ulcerative colitis is a chronic immune-mediated inflammatory bowel disease characterized by recurrent colonic inflammation, altered bowel habits, abdominal pain, mucus and rectal bleeding.This case highlights the clinical response to a multimodal Ayurvedic approach in a patient with histopathologically confirmed ulcerative colitis and

explores its relevance from a translational Ayurvedic perspective.
Materials & Methods: A 35-year-old male presented with mucus and bleeding per anum after defecation, intermittent lower abdominal pain and increased stool frequency for one month, with similar episodes in 2019 and 2024. Colonoscopy revealed ulceration with granular mucosa involving the rectum, rectosigmoid, sigmoid and descending colonfl. Histopathology demonstrated diffuse active proctocolitis with crypt branching. Hemoglobin was 9.9 g/dL. The patient received Ayurvedic management for 11 days, including Sarvanga Abhyanga ,Sirodhara ,Kala Basti etc. along with oral Ayurvedic medications.
Observations/Results: Following treatment, significant reduction in abdominal pain and overall symptomatic improvement were observed. The patient reported stool frequency of approximately 1 to 2 times daily.
Conclusion: This case demonstrates symptomatic improvement following multimodal Ayurvedic management in biopsy-confirmed ulcerative colitis. The case illustrates the potential of integrating Ayurvedic clinical principles with contemporary diagnostic evidence in the management of immune-mediated disorders. Further objective assessment and long-term follow-up are warranted.
Keywords: Ulcerative Colitis, Grahani, Basti, Autoimmune Disorders

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0373
Reg. Category : P.G and Ph.D Scholar
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AN INTEGRATED AYURVEDIC APPROACH IN THE MANAGEMENT OF ANKYLOSING SPONDYLITIS - A CASE REPORT

Abstract :
Contact details - 6363587769 Email ID - drkomalmathapati@gmail.com
ABSTRACT Introduction: Ankylosing spondylitis is a chronic, progressive inflammatory disease primarily affecting the sacroiliac joints and axial skeleton, leading to pain, stiffness, and eventual fusion (ankylosis) of the spine". In advanced cases the stiffness progresses into spinal fusion and the normal lumbar lordosis is flattened and the thoracic kyphosis becomes exaggerated. In Ayurveda, the clinical presentation of Ankylosing spondylitis can be correlated with Katigraha. The present case highlights an integrated Ayurvedic approach in the management of a patient diagnosed with Ankylosing Spondylitis.
Methods: A 30-year-old male patient presented with complaints of low back pain and stiffness associated with right hip joint pain for three months. Clinical examination and MRI of LS spine , the case was assessed from both Ayurvedic and contemporary perspectives and diagnosed as Katigraha associated with Ankylosing Spondylitis. The patient was managed with an integrated treatment protocol consisting of Abhyanga, Swedana, Siravedha, Sadhyovirechana, Seka, Agni Lepa, Kala Basti, osteopathy and physiotherapy, along with internal medication and lifestyle modifications.
Results: Following the integrated treatment approach, improvement was assessed clinically with emphasis on pain, stiffness, spinal mobility and functional status. The treatment protocol was aimed at reducing Vata-related pain and stiffness, improving mobility, promoting musculoskeletal function and preventing further functional deterioration.
Discussion: Ankylosing Spondylitis is characterized by chronic inflammation of the sacroiliac joints and spine, which may progressively result in new bone formation, syndesmophyte formation and spinal fusion. The clinical features of the present case, particularly low back pain, stiffness and sacroiliac joint involvement, showed similarity with the Ayurvedic concept of Katigraha. The integrated approach combining Ayurvedic procedures with physiotherapy and rehabilitation may provide a comprehensive strategy for symptom management and improvement of functional mobility. Key words: Ankylosing Spondylitis, Katigraha, Vata Vyadhi,

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0374
Reg. Category : P.G and Ph.D Scholar
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Specialty-Specific Ayurvedic Management of a Chronic Non-Healing Lower-Limb Ulcer in Rheumatoid Arthritis: A Case Report

Abstract :
Background: Rheumatoid arthritis (RA) is a chronic systemic autoimmune disorder frequently associated with extra-articular manifestations, including vasculitis-related chronic lower-limb ulceration, often refractory to conventional therapy. Ayurveda offers a systematic framework for chronic wound management through the principles of Vrana Cikitsa. Case Presentation: A 70-year-old female, diagnosed with RA by modern medical evaluation, presented with a non-healing lower-limb ulcer clinically assessed as Dushta Vrana. Investigations revealed markedly elevated rheumatoid factor (213.5

IU/mL), CRP (8.38 mg/dL), and ESR (98 mm/hr; ref <20), confirming active systemic inflammation. At baseline, the ulcer was approximately 1-2 mm deep, with a sloughy, poorly granulating wound bed. Intervention: Over 30 days, specialty-specific Vrana Cikitsa - Jatyadi Taila application, Pancavalkala-medicated patches, and Jalaukavacharana - was administered alongside systemic Samana Cikitsa for RA, with serial wound assessment. Jatyadi Taila is classically attributed with vrana-sodhana (wound-cleansing) and ropana (healing) properties, Pancavalkala with astringent, anti-inflammatory action, and Jalaukavacharana with localized rakta-sodhana (blood-purifying) and micro-debriding effects, together supporting a rationale for their combined use. Outcome: Progressive healing was noted over 30 days, with a marked reduction in overall wound size. Wound depth regressed from approximately 1-2 mm to skin level, and the wound bed transitioned toward Suddha Vrana with resolution of slough, obviating further debridement.
Conclusion: Combined local Vrana Cikitsa with systemic Samana Cikitsa may offer a synergistic, integrative approach to autoimmune-associated Dushta Vrana. As a single-case observation, causal inference is limited; findings warrant validation through larger controlled studies. Written informed consent was obtained.
Keywords: Rheumatoid arthritis, Dushta Vrana, Vrana Cikitsa, Samana Cikitsa, Jatyadi Taila, Pancavalkala, Jalaukavacharana, integrative management.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0399
Reg. Category : P.G and Ph.D Scholar
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Clinical analysis of Indigenous herbs in the management of IgA Nephropathy - A Case Report

Abstract :
IgA Nephropathy is the most common primary glomerulonephritis worldwide, characterized by Mesangial deposition of IgA immune complexes, leading to hematuria, proteinuria, and progressive renal imapirment. Conventional management primarily involves supportive care and immunosuppressive therapy, which carries risks of adverse effects and variable long-term efficacy. This case report presents the Ayurvedic management of a 46 year old male diagnosed with IgA Nephropathy, presenting with proteinuria and increased blood pressure. Based on Ayurvedic principle, i.e. Bala Concept, treatment comprised indigenous herbs administered over a period of time. Following treatment, patient showed significant improvement in the renal parameters, with symptomatic relief and improved quality of life.
Keywords: IgA Nephropathy, Indigenous herbs, Ayurveda, Bala, Case report.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0400
Reg. Category : P.G and Ph.D Scholar
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Institution : SDM COLLEGE OF AYURVEDA HOSPITAL AND RESEARCH CENTER UDUPI

Exploring the Therapeutic Spectrum of Guduchi Rasayana in Dermatomyositis: An Uttana Vatarakta Perspective.

Abstract :
Title: Exploring the Therapeutic Spectrum of Guduchi Rasayana in Dermatomyositis: An Uttana Vatarakta Perspective.
Background : Dermatomyositis is a rare systemic autoimmune inflammatory myopathy characterized by proximal muscle weakness and cutaneous manifestations. Its clinical presentations like Daha (burning/erythema), Raga (redness/heliotrope rash), Toda (pricking pain), and progressive muscle fatigue closely resembles Uttana Vatarakta, where vitiated Vata and Rakta primarily affect the Tvak and Mamsa dhatus. Autoimmunity can be understood under the lens of chronic Agnimandhya leading to Ama causing srotorodha and eventually disturbing the Vyadhikshamatva.
Objectives : To explore the conceptual basis of dermatomyositis through the concept of Vyadhikshamatva and understand clinical utility of Guduchi Rasayana in its management.
Materials & Methods: A narrative review was conducted through critical analysis of classical literature and contemporary scientific publications to understand and establish the correlation between dermatomyositis and Uttana Vatarakta and the pharmacological and immunomodulatory action of Guduchi in autoimmune and inflammatory disorders.
Results: The review suggests that persistent Ama disturbs the Vyadhikshamatva leading to Ojovyapat, manifested as Sva dhatu ghaata(tissue self-destruction). This provides a framework for understanding immune mediated self-tissue injury. Guduchi with its Ama pachana, Raktasodhaka and Rasayana properties will restore Dhatu saamyata, suppresses hyperactive immune responses, and reduces oxidative stress in muscle and skin tissues and its Rasayana property targets deep-seated cellular nutrition, potentially arresting the progressive muscle degeneration.
Conclusion: Understanding Dermatomyositis through the lens of Uttana Vatarakta and applying Guduchi Rasayana as the management protocol offers promising results

because of its dual action of targeted immune modulation and profound tissue rejuvenation.

Keywords: Dermatomyositis, Guduchi Rasayana, Uttana Vatarakta, Autoimmunity.

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Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0402
Reg. Category : P.G and Ph.D Scholar
Author : Dr. AMRUTHA KARTHIKEYAN (0402)
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INTERGRATIVE APPROACH IN THE MANAGEMENT OF SYSTEMIC LUPUS ERYTHEMATOSUS: A CASE REPORT

Abstract :

Background: Systemic lupus erythematosus is a leading cause of patients seeking ayurveda approach due to the prevalent adverse events accompanying its pharmacological approach. Hence an integrative approach is the need of the hour to address this issue and give the patients best possible outcome from this clinical condition. Introduction: Systemic Lupus Erythematosus (SLE) is a chronic multisystem Autoimmune disorder requiring long-term medical management. This case describes the clinical presentation and Ayurvedic adjunctive management of a young female with SLE.

Methods: A 25-year-old female presented with nausea, abdominal pain immediately after food intake, bloating, fatigue, joint pains and disturbed sleep. She was diagnosed as SLE & was evaluated clinically and through relevant laboratory investigations like Serum Anti-dsDNA etc which were positive. She reported sudden weight gain from 83 kg to 92 kg over two months, she had lactose intolerance for approximately 3 1/2 years. Conventional treatment was continued, while Ayurvedic interventions were administered as adjunctive management.

Results: Ayurvedic management included Kaishor Guggulu, Kamadugha with Mouktika, Laghu Sutasekhar Vati, Shankha Vati, Mahamanjishthadi Kashaya and Dhanyamla dhara along with Valuka sweda , Matra Basti; along with dietary and lifestyle advice. Clinical response was monitored; which showed significant improvement in clinical symptoms like pain abdomen, nausea, joint pains improved by 80%.

Discussion: The case demonstrates the use of an integrative approach in managing the patient's symptomatic burden alongside ongoing conventional therapy. The Ayurvedic interventions were aimed overall clinical well-being. Further systematic evaluation is required to determine their efficacy and safety in SLE.

Keywords: Systemic Lupus Erythematosus, SLE, Anti-dsDNA, ANA, Ayurveda, Kaishore Guggulu, Matra Basti.

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Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0407
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHARMA SONAM SUNIL (0407)
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IMMUNOLOGICAL MALE INFERTILITY: BRIDGING ANTI-SPERM ANTIBODIES WITH AYURVEDIC CONCEPTS OF SUKRA DUSTI

Abstract :

Background: Male infertility is multifactorial, with immunological mechanisms constituting an important yet underexplored factor. Anti Sperm Antibodies (ASA) may develop following disruption of the blood-testis barrier, trauma, infection, inflammation, surgical interventions or other factors affecting sperm immune privilege, interfering with sperm motility, function and fertilization. From the Ayurvedic viewpoint, reproductive potential depends upon proper nourishment and functioning of Sukra Dhatu. Sukra Kshaya provides a conceptual framework for impaired reproductive function. Viruddha Ahara Sevana, Dushivisha and Gara Visha may induce Dosha-Dushya Sammurchana, leading to Sukra Dushti.

Objectives: To explore the possible conceptual correlation between ASA-mediated male immunological infertility and Viruddha Ahara Sevana, Dushivisha and Gara Visha as underlying factors for Sukra Dushti and its possible management.

Materials and Methods: A conceptual review of classical Ayurvedic literature on Sukra Dhatu, Sukra Dosha, Sukra Dushti, Viruddha Ahara, Dushivisha and Gara Visha was undertaken alongside contemporary literature on male immunological infertility and ASA. Concepts were critically examined for possible parallels affecting sperm function, reproductive potential and management.

Results: ASA represent an abnormal immune response against sperm surface antigens and may adversely affect sperm function. Viruddha Ahara Sevana, Dushivisha and Gara Visha may act as chronic cumulative influences disturbing Agni and Dosha-Dhatu Sammurchana, ultimately affecting Sukra formation, nourishment and function, conceptually corresponding to Sukra Kshaya.

Conclusion: Viruddha Ahara Sevana, Dushivisha, Gara Visha and Sukra Kshaya provide a plausible Ayurvedic framework for exploring chronic dietary and toxic influences, sperm dysfunction and ASA-associated immune-mediated infertility and its possible management.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0418
Reg. Category : P.G and Ph.D Scholar
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Autoimmune Thyroid Disorder and Premature Ovarian Insufficiency: A Conceptual Exploration of the Thyroid-Ovarian-Immune Axis through Ayurveda

Abstract :
Introduction Premature ovarian insufficiency is impaired ovarian function before 40, associated with menstrual irregularity, infertility, and estrogen deficiency. Autoimmunity contributes to some POI cases; autoimmune thyroid disorders are common. Evidence suggests associations between thyroid autoimmunity, dysfunction, and diminished ovarian reserve. Ayurveda views reproductive health through Dosha, Agni, Dhatu, and Srotas, with Artava central to reproductive physiology. This review explores autoimmune thyroid dysfunction and POI through an Ayurvedic framework.
Materials and Methods A literature review will use PubMed/MEDLINE and evidence-based guidelines. Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya will be examined for Artava, Artavakshaya, Agni, Ama, Dosha, Dhatu, Srotas, and Ojas. Contemporary Ayurvedic literature will address systemic immune dysregulation. Evidence will be synthesized into a thyroid-ovarian-immune concept.
Results and Discussion Evidence associates autoimmune thyroid disease with impaired ovarian reserve, reporting altered anti-thyroid antibodies, AMH, antral follicle count, and FSH. Mechanisms may include autoimmune susceptibility, inflammatory/oxidative pathways, thyroid hormone effects on ovarian physiology, and follicular-environment alterations. Ayurvedically, the association may begin with Agni dushti, causing Ama and Srotodushti, followed by disturbed Dhatu-poshana and Artava Dushti. Dosha vitiation, Vata and Apana Vayu disturbance, may impair Artava formation. Artavakshaya provides a framework for reduced/delayed menstruation; Ojas and Vyadhikshamatva address immune responses. Individualized management may involve Nidana Parivarjana, Agni Deepana-Pachana where indicated, Dosha-Srotas management, Artava/Dhatu-poshana, Rasayana, Ahara/Vihara, stress reduction, and sleep. Aushadha/Rasayana should follow individual Samprapti rather than uniform formulation.
Conclusion The thyroid-ovarian-immune model may reinterpret POI beyond estrogen deficiency and explore immune regulation, metabolism, and reproductive physiology interactions. Ayurveda provides a system-based framework through Agni, Ama, Dosha, Dhatu, Srotas, Ojas, and Artava. TSH, FT4, anti-TPO, AMH, FSH, antral follicle count, and Ayurvedic assessment can evaluate validity and applicability of the proposed research.
Keywords: Premature ovarian insufficiency; autoimmune thyroid disorder; ovarian reserve; Artava; Ayurveda

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0435
Reg. Category : P.G and Ph.D Scholar
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Title: Conceptual Understanding and Ayurvedic Management of Hashimoto's Thyroiditis:

Abstract :
Title: Conceptual Understanding and Ayurvedic Management of Hashimoto's Thyroiditis: A Comprehensive Review
Background & Objectives: Hashimoto's thyroiditis is a chronic autoimmune condition characterized by thyroid gland inflammation and subsequent hypothyroidism. Conventional management relies primarily on lifelong hormone replacement therapy, which often addresses hormone levels without reversing underlying autoimmune pathology. This conceptual study aims to correlate Hashimoto's thyroiditis with Ayurvedic principles, establishing its samprapti (pathogenesis) and outlining an effective therapeutic management framework.
Materials & Methods: Classical Ayurvedic treatises (Brihattrayi and Laghuttrayi), modern endocrinology literature, and contemporary peer-reviewed scientific databases were thoroughly reviewed and analyzed to evaluate clinical correlations, physiological mechanisms, and therapeutic strategies.
Observations/Results: Hashimoto's thyroiditis exhibits strong clinical and pathological overlaps with Vata-Kapha dominant Tridoshaja vitiation, Agnimandya (impaired digestion/metabolism), and Ama (metabolic endotoxins) formation leading to Srotorodha (channel obstruction) in Rasavaha and Medovaha Srotas. Autoimmune destruction can be understood as Ojas-kshaya or Vyadhikshamatva-vikriti. Effective Ayurvedic management requires a multi-stage approach involving Dipana-Pacana (metabolic correction), Sodhana (gentle bio-purification, particularly Vamana and Virecana), Samana (palliative care using Galagandahara, Lekhana, and Rasayana herbs like Kanchanara Guggulu, Varuna, Asvagandha, and Guduchi), along with targeted Pathya-Apathya (dietary and lifestyle modulation).

Conclusion: Ayurveda offers an integrative, holistic paradigm for understanding and managing Hashimoto's thyroiditis. By correcting Agni, clearing Ama, balancing Doshas, and restoring Ojas, Ayurvedic protocols address both systemic autoimmune dysregulation and local thyroid dysfunction effectively.

Keywords: Hashimoto's Thyroiditis, Autoimmunity, Agnimandya, Kanchanara Guggulu, Rasayana.

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Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0436
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHREEVALLI P (0436)
Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

Conceptual Correlation of Obstetric Antiphospholipid Syndrome with Ayurvedic Principles in Recurrent Pregnancy Loss

Abstract :

Background & Objectives: Obstetric Antiphospholipid Syndrome (OAPS) is an autoimmune disorder characterized by antiphospholipid antibodies causing recurrent pregnancy loss, placental insufficiency, and pre-eclampsia through vascular, inflammatory, and cellular dysfunction. Although Ayurveda does not describe OAPS as a distinct disease, classical concepts address reproductive health and fetal retention. This review aims to explore the modern pathophysiology of OAPS and analyze its conceptual alignment with Ayurvedic principles.

Materials & Methods: A literature synthesis was conducted analyzing classical Ayurvedic literature alongside contemporary scientific databases. Modern pathological mechanisms - including endothelial dysfunction, complement activation, and impaired trophoblast function - were critically mapped against classical concepts such as Garbha-sambhava-samagri, Garbha-sthapana, Dosha-Dushya dynamics, Srotodushti, Ama, Ojas, and Vyadhikshamatva.

Observations/Results: Modern research demonstrates that non-thrombotic mechanisms contribute significantly to OAPS. Conceptual analysis indicates that microvascular dysfunction and poor placental implantation correspond to Srotodushti (channel pathology) and defective Garbha-sambhava samagri. Immune activation and metabolic toxicity align with alterations in Ama and Ojas, ultimately leading to compromised Vyadhikshamatva (immunity) and failure of Garbha sthapana (pregnancy maintenance).

Conclusion: Correlating OAPS with Ayurvedic principles offers a holistic perspective on maternal immunity, microvascular flow, and fetal retention. While these conceptual frameworks highlight the importance of maternal systemic health, experimental and clinical research is necessary to validate these integrative insights.

Keywords: Obstetric Antiphospholipid Syndrome, Recurrent pregnancy loss, Garbha sthapana, Vyadhikshamatva, Ayurveda.

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Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0441
Reg. Category : P.G and Ph.D Scholar
Author : Dr. AISHWARYA PRAKASH JAGTAP (0441)
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Amavata and Rheumatoid Arthritis: Mapping the Evidence and Defining a Future Research Framework for Ayurveda

Abstract :

Title: Amavata and Rheumatoid Arthritis: Mapping the Evidence and Defining a Future Research Framework for Ayurveda Kalyani Pravin Bhole1, Ashwin C. Chiluveri2

Background & Objectives : Rheumatoid arthritis (RA) is a chronic systemic autoimmune disorder primarily affects the synovial joints, causes joint damage, disability and substantial socioeconomic burden. Despite advances in DMARDs and targeted therapies, incomplete response, adverse effects, treatment burden, and the need for sustained long-term disease control remain important challenges. Ayurveda conceptualises Amavata involving Agnimandya, Ama formation, Dosha involvement, Srotodushti, and stage-specific treatment principles.To map the existing clinical evidence on Ayurveda management of Amavata/RA and evaluate reported therapeutic outcomes and identify limitations and future priorities for integrative research.

Materials & Methods: PubMed, Cochrane Library and Web of Science were searched for clinical studies evaluating Ayurvedic interventions in RA/Amavata. Studies were assessed for intervention, comparators, clinical outcomes and methodological quality.

Observations/Results: Ayurveda literature identified Sodhana therapies (Virecana, Kshara/Matra/Vaitarana/Pancamuladi Basti), Guggulu formulations (Simhanada, Siva, Vatari, Yogaraja), Churna/Rasayana preparations (Vardhamana Pippali, Rasona Pinda, Shunthi-based regimens), Ghrita (Amrita Ghrita), and individualized whole-system protocols. Most studies reported symptomatic relief (joint pain, stiffness, swelling) and reduced ESR, RA factor, Ama scores. However, evidence remains limited by heterogeneous interventions and outcomes, small single-centre samples, inadequate randomisation and blinding, short follow-up, and limited safety reporting.

Conclusion: Current evidence suggests a valuable role of Ayurveda in the integrative management of RA/Amavata, along with contemporary standard care; however, the evidence remains insufficient to establish definitive therapeutic effectiveness. Future research should prioritise multicentric, rigorous trials of standardised Ayurveda interventions with validated outcome measures, safety monitoring and long-term follow-up.

Keywords: Rheumatoid Arthritis; Aamvata; Evidence Mapping; Integrative Medicine

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Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0456

Reg. Category : P.G and Ph.D Scholar

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Institution : All India Institute of Ayurveda Goa

Ayurvedic Management of Extensive Psoriasis Correlated With Kitibha Kushta: A Case Presentation

Abstract :

1) Dr Sahruque Hussain 1stPG scholar, Department of Panchakarma SDMCA Udupi

ABSTRACT Title: Ayurvedic Management of Extensive Psoriasis Correlated With Kitibha Kushta: A Case Presentation

Background & Objectives: Psoriasis is a chronic, relapsing inflammatory skin disorder characterized by erythematous, scaly lesions. In Ayurveda, its clinical presentation can be correlated with Kitibha Kushta, a condition involving Tridosha, particularly Vata and Kapha. This case describes the clinical features and long-term Ayurvedic management of extensive psoriasis through repeated Shodhana and Shamana therapies.

Materials & Methods: A 43-year-old male presented with widespread reddish, scaly lesions involving the scalp, trunk, hands and lower limbs, associated with dryness, pruritus, fissuring, pain and difficulty in walking. Symptoms were aggravated by cold weather, stress, curd and fish. Ayurvedic assessment revealed Kapha-Vata Prakriti, Vata-Kapha-predominant Tridosha involvement, Mandagni and involvement of Twak, Rakta, Mamsa and Lasika. Integumentary examination revealed diffuse erythema, thick whitish-silvery scaling, induration, fissuring and nail changes, with positive candle-grease and Auspitz signs. A photo-based partial Psoriasis Area and Severity Index assessment was also documented.

Observations/Results: The patient underwent repeated Vamana and Virechana procedures between 2010 and 2026, along with Pariseka, Abhyanga, Basti and Shamana therapies. Various formulations, including Mahatiktaka Ghrita, Panchatikta Ghrita, Guggulutiktaka Ghrita, Asanadi Kwatha and Madhusnuhi Rasayana, were administered at different stages. Clinical documentation included serial treatment records and before-and-after photographic assessment.

Conclusion: This case demonstrates the application of individualized Ayurvedic Shodhana and Shamana approaches in the long-term management of extensive psoriasis correlated with Kitibha Kushta.

Keywords: Psoriasis; Kitibha Kushta; Shodhana; Vamana; Virechana.

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0475

Reg. Category : P.G and Ph.D Scholar

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Institution : SDM COLLEGE OF AYURVEDA HOSPITAL AND RESEARCH CENTER UDUPI

Decoding Autoimmune Premature Ovarian Insufficiency: An Integrative Ayurvedic Perspective

Abstract :

Background & Objectives Premature Ovarian Insufficiency (POI) involves the cessation of ovarian function before age 40, leading to oligo/amenorrhea, hypoestrogenism, and infertility. Autoimmunity is a key etiology, yet early diagnosis and management remain clinically challenging. While classical Ayurveda lacks a singular correlate for POI, its pathophysiology closely aligns with Artava kshaya (diminished menstrual flow), Bija dushti (defective ovum), Dhatu kshaya (tissue depletion), and Vata-Pitta vitiation. This review bridges modern immunological theories of POI with classical Ayurvedic principles to propose an integrative management framework.

Materials & Methods We conducted a comprehensive literature review integrating contemporary biomedical research on autoimmune POI with classical Ayurvedic texts. A comparative conceptual analysis mapped modern immunological mechanisms against Ayurvedic physiology, specifically correlating autoimmune dysfunction and ovarian reserve depletion with Artava (ovum), Bija (genetics), Ojas (vitality/cellular immunity), Apana vayu (downward bio-motor force), and the Artavavaha srotas (female reproductive channels).

Observations & Results Autoimmune POI frequently presents alongside other endocrinopathies like autoimmune thyroiditis. Ayurvedically, progressive

follicular loss and subsequent amenorrhea mirror Artava kshaya and Bija dushti. The underlying autoimmune inflammation correlates with Pitta aggravation, while disrupted ovarian rhythm indicates Vata dysfunction. Consequently, impaired tissue nutrition causes Ojo kshaya (compromised immunity). Our proposed integrative management algorithm emphasizes Nidana parivarjana (trigger avoidance), Agni dipana (metabolic correction), mild Sodhana (bio-purification), Samana (pacification), and targeted Rasayana (rejuvenation therapy) to modulate the immune response and preserve ovarian health.

Conclusion Synthesizing modern immunological insights with Ayurvedic pathology provides a multidimensional perspective on autoimmune POI. This paradigm offers a strong theoretical foundation for holistic, patient-centered care. However, rigorous clinical trials remain essential to validate the efficacy and safety of these Ayurvedic interventions in contemporary gynecological practice.

Keywords: Premature Ovarian Insufficiency, Autoimmunity, Artava Kshaya, Bija Dushti, Integrative Medicine, Rasayana.

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0477

Reg. Category : P.G and Ph.D Scholar

Author : Dr. DEVALRANI BHAUSAHEB RATHOD (0477)

Institution : SDMTs AMC Post Graduation Centre Terdal

Ayurvedic Management of Rheumatoid Arthritis : A Case Study

Abstract :

Ayurvedic Management of Rheumatoid Arthritis : A Case Study

Dr. Nischitha V.K. PG Scholar, Department of Kayachikitsa, Alva's Ayurveda Medical College, Moodbidri

ABSTRACT

Introduction

Rheumatoid arthritis (RA) is a chronic systemic inflammatory disorder characterized by symmetrical polyarthritis, pain, prolonged morning stiffness and functional impairment. In Ayurveda, the clinical presentation of RA can be correlated with Amavata, where Ama associated with aggravated Vata contributes to joint manifestations. Ayurvedic management focuses on Ama Pachana, Vata-Kapha Shamana and correction of Srotorodha.

Methods

A 45-year-old female, a known case of hypothyroidism and hypertension, presented with pain in multiple joints associated with stiffness. Pain was reported in the bilateral knee, ankle and elbow joints and phalangeal joints, with difficulty and pain during flexion and extension. The stiffness persisted for approximately 3-4 hours. Laboratory evaluation revealed an elevated Rheumatoid Factor (RA factor) of 325 in July 2025. The patient was managed with an Ayurvedic treatment protocol comprising Kshara Basti, Ruksha Sweda and internal medications. Clinical features and laboratory parameters were assessed during the course of management.

Results

Following Ayurvedic management, the patient showed improvement in joint pain, stiffness and mobility. A marked reduction in RA factor was observed, from 325 IU/ml in July 2025 to 75.5 IU/ml in July 2026. The overall clinical response indicated improvement in the patient's functional status and symptomatic burden.

Discussion

The therapeutic approach was planned based on the principles of Amavata management. Ruksha Sweda was employed with the objective of reducing Kapha and facilitating Ama Pachana, while Kshara Basti was incorporated for management of aggravated Vata and associated Srotorodha. Internal medications were administered as part of the comprehensive treatment protocol. The observed clinical improvement and reduction in RA factor suggest a favorable response to the integrated Ayurvedic approach.

Keywords: Rheumatoid Arthritis, Amavata, Kshara Basti, Ruksha Sweda, Rheumatoid Factor, Ayurveda, Case Study.

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0490

Reg. Category : P.G and Ph.D Scholar

Author : Dr. NISCHITHA VK (0490)

Institution : Alvas Ayurveda medical college and hospital

From Patient to Physician-Observer: A Clinical Journey of Rheumatoid Arthritis and Ayurvedic Management

Abstract :

From Patient to Physician-Observer: A Clinical Journey of Rheumatoid Arthritis and Ayurvedic Management

Dr Pooja Chavan

2nd Year PG Scholar, Department of Kayachikitsa, Alva's Ayurveda Medical College and Hospital, Moodbidri

ABSTRACT

Introduction: Rheumatoid Arthritis (RA) is a chronic inflammatory condition that mainly affects the joints and can interfere with routine activities and quality of life. From an Ayurvedic perspective, its clinical features can be understood in relation to Amavata, where impaired digestion and Ama, along with Vata involvement, contribute to joint manifestations. This case describes the clinical journey of a 27-year-old female BAMS

graduate, currently pursuing MD in Ayurveda, who experienced RA and observed her treatment from both a patient and physician's perspective.
Methods: The patient was assessed through Ayurvedic and clinical parameters. The treatment included Snehana and Swedana, followed by Kala Basti as Shodhana Chikitsa. Suitable Shamana Aushadhis were administered for symptom control. Pathya-Apathya was advised, with emphasis on appropriate food habits and lifestyle modifications and avoidance of factors that could aggravate the condition. Improvement was assessed through changes in joint pain, stiffness, swelling and ability to perform daily activities.
Results: The patient showed good improvement following treatment. There was a reduction in joint pain, stiffness and swelling, along with better ease in performing routine activities. Following Pathya-Apathya and continuation of appropriate Shamana management also helped maintain the improvement.
Discussion: Experiencing RA personally and later looking at the condition as an Ayurveda physician provided a different understanding of chronic illness and its management. The improvement observed with an integrated approach of Shodhana, Shamana Aushadhis and Pathya-Apathya highlights the importance of individualized Ayurvedic care. This experience also emphasizes that successful management involves not only medicines and procedures but also consistent dietary and lifestyle changes and regular follow-up for sustained improvement.
Keywords: Rheumatoid Arthritis, Amavata, Shodhana Chikitsa, Kala Basti, Shamana Aushadhi, Pathya-Apathya.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0492
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DR POOJA CHAVAN (0492)
Institution : Alvas Ayurveda medical college and hospital

Ayurvedic Management of Amavata (Rheumatoid Arthritis) in a Paediatric Patient: A Case Report

Abstract :
Introduction: Amavata is an Ayurvedic systemic disorder characterized by joint pain, stiffness, swelling, and functional impairment. Its pathogenesis involves impaired Agni, formation of Ama, and subsequent vitiation of Vata and Kapha with localization in the Sandhi. Clinically, it may resemble inflammatory arthropathies such as rheumatoid arthritis. This case highlights a structured multimodal Ayurvedic approach in a paediatric patient.
Case Presentation and Methods: A 12-year-old female presented with a two-year history of pain and stiffness involving multiple joints, with approximately 10 minutes of morning stiffness. Previous treatment with non-steroidal anti-inflammatory drugs provided temporary relief. Examination revealed symmetrical involvement of multiple phalangeal and tarsal joints with pain, swelling, warmth, and mild swan-neck and ulnar deformities. Ayurvedic assessment indicated Mandagni, Ama, Kapha-Vata predominance, and involvement of Rasa, Asthi, and Majja Dhatu. Investigations showed elevated ESR (64 mm/hr), CRP (26 mg/dL), and ASLO titre (896.4 IU/mL), while rheumatoid factor was within the laboratory reference range. The case was diagnosed as Amavata with clinical correlation to rheumatoid arthritis.
Intervention and Results: Treatment was administered sequentially according to Deepana-Pachana, Rukshana, Snehana, Swedana, and Shodhana principles. Initial therapy included Hingwashtaka Vati and Panchakola Phanta, followed by Udwarthana, Parisheka, and graduated Snehapana with Panchatiktaka Ghrita. Sarvanga Abhyanga with Vishagarbha Taila and Patrapinda Sweda were followed by Virechana with Trivrit Leha and Draksha Rasa. Subsequent management included Udwarthana, Abhyanga, Patrapinda Sweda, Valuka Sweda, Anuvasana Basti with Panchatikta Guggulu Ghrita, and physiotherapy.
Conclusion: This case demonstrates the potential utility of a structured multimodal Ayurvedic approach in paediatric Amavata. Prospective studies with standardized clinical and laboratory outcomes and longer follow-up are warranted.
Keywords: Amavata; Rheumatoid Arthritis; Paediatrics; Panchakarma; Basti; Ayurvedic Management.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0495
Reg. Category : P.G and Ph.D Scholar
Author : Dr. JAY DATTATRAY PATIL (0495)
Institution : SDM college of ayurveda and hospitaL Hassan

Siravyadha in Vipadika - A Review of Randomized Comparative Clinical Trial Report.

Abstract :
Title Siravyadha in Vipadika - A Review of Randomized Comparative Clinical Trial Report. Authors:Dr Lalita Gaonkar , Dr Gururaj ,Dr Jeejo PG Scholar, Professor and HOD Dept of Panchakarma, Muniyal Institute of Ayurveda Medical scinces ,Udupi Presenter :Dr Krishna PG Scholar in Dept of Shalyatantra Under the Valuable Guidance of Dr Prashant K Professor Dept of Shalyatantra SDM College of Ayurveda Hospital and Research Centre ,Udupi
Background and Objectives Vipadika is Kshudrakushta characterized by fissuring of the palms and soles with severe pain and may be correlated with palmoplantar

psoriasis. Raktamokshana, particularly Siravyadha, is described as important Shodhana procedure in skin disorders. This study aimed to compare the clinical efficacy of classical and non-classical Siravyadha in the management of Vipadika.

Materials & Methods A comparative clinical study conducted on 40 clinically diagnosed patients of Vipadika . Patients randomly allocated into two groups of 20 each. Group A received classical Siravyadha after Purvakarma consisting of Dipana Pachana with Panchakola Phanta, Abhyantara Snehapana with Goghrita and Saindhava Lavana, followed by Bahya Snehana and Swedana. Group B received non-classical Siravyadha after local cleansing. Treatment administered in one sitting.

Observations/Results Group A showed better improvement than Group B across the assessed parameters. Improvement in Sphutana was 64.2% in Group A and 50% in Group B, while Vedana improved by 67% and 59%, respectively. Improvement in Kandu, Daha, Raktasrava and lesion size was 64%, 61%, 72% and 69% in Group A, compared with 55%, 54%, 52.5% and 63% in Group B. Overall, 85% of patients in Group A showed moderate improvement, compared with 50% in Group B.

Conclusion Classical Siravyadha demonstrated better clinical improvement than the non-classical method in Vipadika. The findings support the role of appropriately performed Siravyadha following Purvakarma in the management of Vipadika.

Keywords: Vipadika, Siravyadha, Raktamokshana, Kshudrakushta, Palmoplantar Psoriasis

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0508

Reg. Category : P.G and Ph.D Scholar

Author : Dr. KRISHNA (0508)

Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

Healing Beyond Remission: Restoring Gut Integrity, An Ayurveda approach to crohns disease in children.

Abstract :

Background: Autoimmune diseases in children pose unique challenges as they interfere with normal growth and nutritional health. Crohn's disease, a chronic immune-mediated inflammatory bowel disease, causes intestinal inflammation, disruption of the gut barrier, impaired nutrient absorption, and poor growth. Despite advances with corticosteroids, immunomodulators, and biologics, relapses and prolonged treatment remain common. In *Ayurveda*, this clinical picture closely resembles *raktaja atisara* with *grahani dushti*, where *agnimandya*, *ama*, and vitiation of *pitta* and *rakta* contribute to intestinal dysfunction. Treatment focuses on restoring digestive function, promoting mucosal healing (*ropana*), strengthening *grahani*, and supporting tissue nourishment (*dhatu poshana*). Based on these principles, *bilva phala majja piccha basti* was incorporated along with supportive *Ayurveda* medicines.

Materials and Methods: An 8-year-old girl with a 4-year history of Crohn's disease presented with frequent loose stools (7-8/day), rectal bleeding, abdominal pain, poor appetite, generalized weakness, and poor weight gain. Colonoscopy and histopathological examination confirmed Crohn's disease. Clinical status was assessed using symptom evaluation, inflammatory markers, and the Harvey-Bradshaw Index (HBI). She received two courses of *bilva phala majja piccha basti* along with supportive *Ayurveda* medicines over one year, while continuing conventional medical treatment. Clinical progress was monitored regularly.

Results: The child showed steady improvement. Stool frequency reduced to 2-3 formed stools daily, rectal bleeding resolved, abdominal pain subsided, appetite improved, and weight gain was observed. Inflammatory markers declined, and HBI improved from 11 to 6, consistent with clinical remission. The sustained response also permitted gradual corticosteroid tapering without disease relapse during follow-up.

Conclusion: This case suggests that *bilva phala majja piccha basti* may serve as an adjunct to conventional therapy in pediatric Crohn's disease by supporting intestinal barrier repair, mucosal healing, digestive recovery, and nutritional rehabilitation. Well-designed prospective studies are warranted to evaluate *Ayurveda* gut-restorative therapies in improving long-term outcomes in children with immune-mediated intestinal disease.

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0578

Reg. Category : P.G and Ph.D Scholar

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Institution : Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital Hassan

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Amavata as a Translational Model for Understanding Immune-mediated Inflammatory Disorders: A Case Study

Abstract :

Background: Autoimmune and immune-mediated disorders involve dysregulated immune responses and persistent inflammation. Ayurveda provides a framework for understanding such disorders through concepts of Agni, Ama, Dosha imbalance and Vyadhikshamatva. Amavata is one of such disease characterized by systemic and joint manifestations, shares several clinical features with contemporary inflammatory arthritis. Translational interpretation of these concepts may facilitate integration of Ayurvedic principles with contemporary biomedical understanding. Case Presentation: A 46-year-old female presented with pain and swelling of bilateral knee and wrist joints, pain and swelling in middle finger, difficulty in walking, and breathlessness on exertion. Symptoms were aggravated by cold exposure and cold food. Causative factors were identified as Guru Ahara and Shitavayu-sparsha. Laboratory investigations revealed elevated rheumatoid factor and uric-acid levels. She had received conventional treatment for two months without satisfactory symptomatic improvement and subsequently sought Ayurvedic management. The clinical presentation was assessed as Amavata based on Ayurvedic parameters. Intervention and Outcome: Treatment was planned according to the principles of Nidana Parivarjana, Langhana, Dipana-Pachana, Valuka Sweda and Chankramana. Following one month of treatment, approximately 70% symptomatic improvement was observed across the all-major clinical manifestations. A significant reduction in rheumatoid factor and uric acid levels was also observed on follow-up investigations. Translational Interpretation: The clinical improvement together with changes in objective laboratory parameters suggests the potential relevance of an individualized Ayurvedic approach in inflammatory joint disorders.

Conclusion: This case illustrates the potential of integrating classical Ayurvedic assessment and treatment with contemporary laboratory evaluation, providing a translational bridge for immune-mediated inflammatory disorders.

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0589

Reg. Category : P.G and Ph.D Scholar

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Institution : Institute of Teaching and Research in Ayurveda Jamnagar

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PRATIPURUSHA SIDDHANTA AND FEMALE IMMUNOLOGICAL SUSCEPTIBILITY: REINTERPRETING SHAAREERA STHANA AS AN AYURVEDIC FOUNDATIONAL TOOLKIT

Abstract :

Background/Objectives: Systemic lupus erythematosus is a chronic, systemic autoimmune inflammatory disease with heterogeneous clinical manifestations, exhibits a striking female predominance with 9:1 female to male ratio, with remarkable peaking in reproductive years in female, which still remains unexplained. Despite advances in research in the field of autoimmunity. The unexplained susceptibility points towards involvement of distinct female physiology and genetic makeup. While current hypotheses explain the female predominance of SLE through interactions among sex hormones, X-chromosomal factors, epigenetic mechanisms and immune regulation, an integrated explanation of how these factors converge to confer female-specific disease susceptibility remains a grey area. However, Ayurveda provides a foundational understanding of female physiology in varied references, which when appropriately put together helps build a hypothesis regarding the female susceptibility, which can be better explained through pratipurusha Siddhanta, where understanding of a disorder is tailor made so as to explore complete clinical spectrum and the same will be the primary objective of this paper.

Materials and Methods: Relevant references from major Ayurveda classical texts were critically reviewed and interpreted through Samhita-Siddhanta principles, alongside peer-reviewed biomedical literature, to develop a comparative conceptual hypothesis.

Observations: Although sex-linked factors alone do not account for female susceptibility to SLE, the peak incidence during the reproductive years suggests that female reproductive physiology may be an important contributor to this phenomenon. Ayurvedic perspectives on Vayo-vibhaga, Stri Shaareera, Artavavaha Srotas and cyclical physiological changes, along with their systemic effects, provide an important framework. The understanding of Matrujadi Shadbhava, coupled with pathological insights from Raktaja Gulma, Sadaatura and Yoni Vyapat, offers a strong conceptual foundation for developing an Ayurveda-based hypothesis. Result:The integrated Ayurvedic framework offers a plausible hypothesis for female susceptibility to SLE, warranting foundational research to validate these conceptual associations.

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Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0591
Reg. Category : P.G and Ph.D Scholar
Author : Dr. TANVI D SHETTY (0591)
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Institution : Government Ayurveda Medical college mysore

"Therapeutic Efficacy of Pratisaraniya Kshara Karma in Lichen Planus with special Reference to Kitibha Kushtha: A Case Report"

Abstract :
Authors & Affiliations Dr. Mohan Kumar N. T1, DR. Sheshashaye B2.
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2 Professor & Head of the Department, Department of Shalya Tantra, Sri Kalabyraveshwara Swamy Ayurvedic Medical College, Hospital and Research Centre, Vijayanagar, Bengaluru, Karnataka, India - 560104.
Background & Objectives: Lichen Planus is a chronic T - cell - mediated autoimmune mucocutaneous dermatosis characterized by pruritic, violaceous, polygonal papules and hyperkeratotic plaques. In conventional medicine, topical corticosteroids and systemic immunosuppressants remain mainstream of management but often carries limitations to chronic conditions and indurated plaques. In Ayurveda the clinical presentation of lichen planus can be correlated with Kitibha Kushtha based on its characteristic features. Classical authorities directly advocate the application of Pratisaraniya Kshara in conditions like Kushtha (Kitibha kushta) (Susruta Sutra Sthana 11/7), (Caraka Cikitsa Sthana 7/54). This study evaluates Pratisaraniya Kshara Karma as a targeted para-surgical intervention for localized Kitibha Kushtha.
Materials & Methods: A 45-year-old male presented with a five-month history of pruritic, rough, and hyperpigmented plaques over the right wrist, the clinical presentation correlated with Kitibha Kushtha (Lichen Planus). The patient was treated with Pratisaraniya Kshara Karma using Tikshna Kshara applied locally over the lesions until the classical sign seen, followed by washing with Nimbu Swarasa. Post-procedure care was maintained with Jatyadi Taila dressing alongside internal Samana aushadhis.
Observations/Results: Pratisaraniya Kshara Karma achieved lekhana and sodhana karma of the lesions. Relief from pruritus, significant reduction in hyperpigmentation, and healthy re-epithelialization (vrana ropana) were attained in two sittings of treatment. No adverse effects were seen during the follow-up period.
Conclusion Pratisaraniya Kshara Karma alongside internal Samana aushadhis showed therapeutic effect, which is a minimally invasive para-surgical modality for managing Lichen Planus (Kitibha Kushtha), and providing symptomatic relief.
KEYWORDS: Autoimmune, Lichen planus, kushta, Ksharakarma, kitibha kushta.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0623
Reg. Category : P.G and Ph.D Scholar
Author : Dr. MOHAN KUMAR N T (0623)
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Institution : Sri Kalabyraveshwara Swamy Ayurvedic Medical College Hospital and Research Centre

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An Ayurvedic Understanding and Management of DPP-4 Inhibitor - Associated Bullous Pemphigoid through Visphota

Abstract :
Background: Bullous Pemphigoid (BP) is an autoimmune skin disease marked by bullae eruptions. It is mediated by Type II Hypersensitivity reaction, i.e autoantibodies are formed against BPAG1 and BPAG2 antigens to form blisters between Epidermis and dermis, significantly called as Subepidermal bullae. The most concurrent conditions include Type 2 DM (38.5%), HTN (36.4%), and neurological disorders (16.7%). Ayurveda provides a holistic framework for interpreting the interplay between metabolic derangement, drug exposure, immune dysregulation and cutaneous pathology in BP through the concept of Visphota.
Objective: To analyse the analogy between the chronic exposure of DPP-4 inhibitor and BP, and to develop an Ayurvedic interpretation of its Immunopathogenesis and palliative care via the framework of Visphota, incorporating the concepts of Dosha - Dhatu vikruti, Kleda dushti, Sroto-vaishamya and altered Vyadhikshmatva.
Methods: A conceptual "Drug to Blister" pathway was constructed by integrating classical Ayurvedic texts with contemporary literature on DPP-4 inhibitor-associated BP. The sequence from long standing drug exposure and immune dysregulation to dermoepidermal disruption was interpreted through Nidana, triggering factors, host susceptibility, dosha - dushya sammurchana and influence of Vyadhikshmatvam with association of Agni

dushti and Ama, and the clinical phenotype was explored through the concept of Visphota interpretation.
Conclusion: DPP - 4 inhibitor associated BP may be viewed as a drug-triggered disturbance of host-tissue equilibrium, manifesting as Visphota-blister formation as body's response. Ayurveda offers an interdependent approach for understanding this emerging drug-associated autoimmune disorder.
Keywords: Bullous pemphigoid, DPP-4 inhibitors, Visphota, Autoimmune disorder.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0629
Reg. Category : P.G and Ph.D Scholar
Author : Dr. FERNANDES PRINAL JANICE JOYLAN (0629)
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Institution : SDM Institute of Ayurveda and Hospital Bengaluru

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AN AYURVEDIC APPROACH TO THE MANAGEMENT OF AMAVATA THROUGH BAHYA AND SHAMANA CHIKITSA: A CASE STUDY

Abstract :
Dr. Srujana.N1, Dr. Mahesh Sharma M2, Dr. Srinivasa S3 1st year PG Scholar1, Associate professor2, Professor and HOD3 Department of Kayachikitsa, Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru-560074, Karnataka, India Corresponding Author: Dr. Srujana.N, 1st year PG Scholar, Department of Kayachikitsa, SDM Institute of Ayurveda and Hospital, Bengaluru-560074. E-mail: drsrujananagaraj@gmail.com, Phone no: 6362338544
ABSTRACT
Introduction - Rheumatoid arthritis (RA) is a chronic systemic autoimmune disorder characterised by persistent synovial inflammation, pain, morning stiffness, and progressive destruction of cartilage and bone, leading to functional disability. It affects approximately 0.70-0.75% of the adult population in India, corresponding to an estimated 5-7 million individuals. In Ayurveda, Rheumatoid arthritis closely resembles Amavata, a condition attributed to the vitiation of Vata Dosha and accumulation of Ama, resulting in its localisation in the joints and manifestation of pain, stiffness, swelling, and tenderness.
Materials and methods - A 53-year-old female presented with the complaints of pain, swelling and stiffness in the right knee, bilateral wrist and interphalangeal joint since 2 years aggravated since 2 weeks. The condition was associated with intermittent fever and reduced appetite. Based on the clinical findings, she was diagnosed with Amavata and managed with Shamana Chikitsa and Bahya Upakramas.
Result - Following Shamanoushadi and Bahya upakramas, the patient showed significant improvement, with a marked reduction in the signs and symptoms of Amavata. Pain reduced significantly with the visual Analog scale score decreasing from 9 to 5 and inflammatory markers were also reduced. Additionally, a notable overall enhancement in the patient's quality of life was observed after the treatment.
Discussion - Considering Agni, Rogibala, Dosha, and Rogavastha, the treatment protocol comprising Shamanoushadi and Bahya upakrama, proved effective in alleviating the signs and symptoms of the disease.
Keywords - Amavata, rheumatoid arthritis, Shamanoushadi, Bahya upakrama

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0630
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DR SRUJANA N (0630)
Institution : SDM Institute of Ayurveda and Hospital Bengaluru

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Sixteen-Year Ayurvedic Conservative Management of Ulcerative Colitis: A Case Report

Abstract :
Background & Objectives: Ulcerative colitis is a chronic immune-mediated inflammatory bowel disease characterized by recurrent symptoms, including altered bowel habits, rectal bleeding and mucus discharge. In Ayurveda, Raktatisara shows clinical similarities with ulcerative colitis; hot, spicy and fried foods and psychological stress are described as contributing factors. Ayurvedic management emphasizes correction of Agni and Dosha, dietary regulation and individualized therapy. This case report describes the 16-year clinical course of a patient managed with Ayurvedic conservative treatment, highlighting symptomatic improvement and avoidance of surgical intervention.
Materials & Methods: A 53-year-old male, diagnosed with ulcerative colitis in 2005, commenced Ayurvedic treatment in 2010 and is still under follow-up. Treatment since 2010 included Smritisagara Rasa, Gandhaka Rasayana, Anandabhairava Rasa and Mustakarishta, along with Piccha Basti and Taila Dhara during inpatient care. During the 2026 episode, he presented with abdominal burning, belching, altered bowel habits, bleeding per rectum and mucus discharge. Examination revealed tenderness in the iliac and hypochondriac regions. He was managed with individualized Ayurvedic internal medications and Piccha Basti according to his clinical presentation.
Observations/Results: Across 16 years of Ayurvedic follow-up, the patient experienced symptomatic relief during successive treatment episodes and continued

conservative management. During the present episode, clinical improvement was observed, following which internal medications were continued with dietary advice and follow-up. No surgical intervention was undertaken throughout the period of Ayurvedic management.

Conclusion: This case highlights the potential role of long-term individualized Ayurvedic conservative management in symptomatic control of chronic ulcerative colitis. Sustained clinical improvement through periodic Ayurvedic interventions over 16 years, with continued conservative management and avoidance of surgical intervention, presents a noteworthy clinical perspective. This case supports further systematic research to evaluate the role of Ayurveda in long-term management of ulcerative colitis.

Keyword: Ulcerative Colitis; Autoimmune Disorders; Raktatisara; Piccha Basti; Long-Term Management

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0635

Reg. Category : P.G and Ph.D Scholar

Author : Dr. TANYA GUPTA (0635)

Institution : SDM COLLEGE OF AYURVEDA HOSPITAL AND RESEARCH CENTRE KUTHPADY UDUPI

Ayurvedic Approach in Papillary Carcinoma of Thyroid: A Case Report

Abstract :

Background & Objectives - Cancer being a Vyadhi Sankara does not fall under Sukhasadhya category and is considered under Kruchasadhya, Yapya and Asadhya category. Papillary Carcinoma of Thyroid is the most common form of thyroid malignancy and has a good prognosis unlike other cancers. It can be managed through surgery, radiotherapy and thyroid hormone suppression therapy. However, symptoms such as hoarseness of voice, discomfort and impaired quality of life may persist. According to Ayurveda, it may be related to Medoja Swarabheda. Ayurveda, with its holistic approach, may help manage the condition by improving symptoms and overall well-being. Several Ayurvedic formulations are indicated for reducing abnormal growth and improving Swara, thereby restoring quality of life.

Materials & Methods - A ____-year-old male patient diagnosed with Papillary Carcinoma of Thyroid presented with hoarseness of voice and anterior neck growth. He was administered Ayurvedic medicines including Mayaphala, Makaradhwaja and a combination of Sarveshwar Parpati, Swarna Bhasma, Hirak Bhasma, Tamra Bhasma, Abhrak Bhasma, etc., along with supportive dietary and lifestyle modifications. The patient has been consulting since 2021 till date.

Observations/Results - Marked improvement was observed in the patient's clinical condition, while serial USG reports indicated improvement in the growth. Hoarseness of voice showed significant reduction, and the patient could speak more clearly and comfortably. No adverse effects were noted during the treatment course.

Conclusion - This case highlights the potential role of Ayurvedic interventions in managing Papillary Carcinoma of Thyroid, particularly in improving quality of life and controlling abnormal growth. Although this is a single case, it emphasizes the need for further clinical research on Ayurvedic interventions in thyroid malignancies. Ayurvedic intervention, when integrated with modern oncology principles, may offer a holistic approach to managing the patient's condition.

Keywords - Papillary Carcinoma of Thyroid, Medoja Swarabheda, Ayurvedic intervention, Voice improvement, Quality of Life

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0644

Reg. Category : P.G and Ph.D Scholar

Author : Dr. AKSHAT GUPTA (0644)

Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

Jalaukavacharana in Vitiligo (Shwitra): A Case-Based Exploration of Raktamokshana in an Autoimmune Skin Disorder

Abstract :

Jalaukavacharana in Vitiligo (Shwitra): A Case-Based Exploration of Raktamokshana in an Autoimmune Skin Disorder Author:Kshitija Sunil Kulkarni, Department of Rasashastra, Tilak Ayurveda Mahavidyalaya, Pune, Maharashtra, India Presenter:Dr. Ayush sharma, PG Scholar, Dept. of Shalyatantra, SDM College of Ayurveda and Hospital, Udupi

Background & Objectives: Vitiligo (Shwitra) is a chronic depigmenting skin disorder characterized by the loss of functional melanocytes and is considered an immune-mediated disorder in contemporary medicine. Ayurveda describes Shwitra under Kushtha and emphasizes the involvement of Dosha and Dhatu, particularly Rakta. Jalaukavacharana, a form of Raktamokshana, is described as a therapeutic modality in selected disorders associated with Rakta Dushti. This presentation aims to explore the therapeutic role and possible clinical relevance of Jalaukavacharana in vitiligo. Materials & Methods: A case report describing the Ayurvedic management of a patient with localized facial and periorbital vitiligo was reviewed. The intervention included Jalaukavacharana performed according to the classical procedure, along with prescribed internal medicines, appropriate local measures, and dietary and lifestyle advice. Clinical changes in pigmentation and

lesion characteristics were assessed during follow-up. Results: Progressive clinical improvement in pigmentation was observed following the intervention. Changes were noted in the appearance and extent of the depigmented lesions during follow-up. The reported outcome suggests a possible beneficial role of localized Raktamokshana in selected cases of vitiligo. Conclusion: Jalaukavacharana, as part of a comprehensive Ayurvedic management protocol, may have potential as an adjunctive intervention in selected cases of Shwitra. However, as other therapeutic measures were administered concurrently and the evidence is based on a single case, the specific contribution of Jalaukavacharana cannot be established. Systematic clinical studies with standardized outcome measures are required to evaluate its therapeutic effectiveness and safety.

Keywords: Jalaukavacharana, Shwitra, Raktamokshana, Vitiligo, Autoimmune Skin Disorder

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0650
Reg. Category : P.G and Ph.D Scholar
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MANAGEMENT OF ULCERATIVE COLITIS WITH AYURVEDA TREATMENT PROTOCOL-A CASE REPORT

Abstract :

Background: Ulcerative colitis is a chronic, relapsing and remitting inflammatory bowel disease (IBD) characterised by mucosal inflammation that typically begins in the rectum and extends proximally to involve varying length of colon. This disease significantly impairs the quality of life and has profound emotional and social impact on affected individual. Despite advances in modern medicine, a complete satisfactory treatment for Ulcerative colitis remains elusive.

Objective: To evaluate the effect of Ayurveda treatment protocol in the management of Ulcerative colitis Case Summary: A 37year old male patient presented with complaints of loose stools mixed with blood, abdominal pain, mucus discharge, and generalised weakness for the past four years. On further evaluation with fecal calprotectin and colonoscopy, he was diagnosed with Ulcerative colitis. In this scenario Ulcerative colitis can be correlated to Grahani and Raktatisara. Clinical management includes Aamapachana, Agnideepana, Shamana and Shodana Chikitsa. Here an individualised treatment protocol was adopted involving Kaidaryadi Kashaya, Pravala Bhasma etc and Yoga Basthi including Matrabasthi and Pichabasthi.

Results: Marked improvement was observed in the clinical parameters following treatment. Investigation parameters such as fecal calprotectin showed decreased value from 751 to less than 5. Colonoscopic findings also revealed the treatment has relevance.

Conclusion: This case highlights the effectiveness of an Ayurveda treatment protocol in the management of Ulcerative colitis. The findings of this study indicate that such an approach could reduce the dependency on corticosteroids and need for surgical interventions in the management of Ulcerative colitis.

Keywords: Ulcerative colitis, Grahani, Raktatisara, Case Report

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0670
Reg. Category : P.G and Ph.D Scholar
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ROLE OF AUTOIMMUNITY IN RECURRENT PREGNANCY LOSS

Abstract :

Introduction: Recurrent pregnancy loss is a complex reproductive disorder involving genetic, anatomical, endocrine, immunological as contributing factors, among which autoimmunity accounts upto 20% . In classics, the clinical manifestations of recurrent pregnancy loss can be found in conditions such as Putraghni Yoni Vyapad and Garbhasravi Vandhyatva. The present conceptual review explores the role of autoimmunity in recurrent pregnancy loss and optimization of Immunity with emphasis on prevention of further pregnancy loss and better antenatal outcome.

Discussion: Autoimmune mechanisms, particularly those associated with antiphospholipid syndrome, adversely influence trophoblastic function, placental perfusion and the maternal-fetal interface, thereby contributing to pregnancy loss, which in Ayurveda can be understood as Agni Vaishamyata and Ama , progressing to Dhatu Dushti, Oja Kshaya and reduced Vyadhikshamatva leading to Kshetra Dusti interfering with Garbha Sthapana, thereby predisposing to Garbha Srava or Garbha Patana. A comprehensive preventive approach involving Nidana Parivarjana, Dosha shamana, Samprapti Vighatana & Rasayana adopting Garbhadhana Vidhi and Garbhini Paricarya provide a sequential framework for supporting reproductive health and Garbha- Sthapana.

Conclusion: Autoimmunity in recurrent pregnancy loss is a clinically significant area, where achieving a favourable pregnancy outcome remains the primary concern. Considering its multifactorial nature, a comprehensive

preventive approach incorporating Ama Pacana, Agni Dipana, Sodhana, Samana and Rasayana is essential. Preconceptional optimisation of Sarira and Manas by establishing proper Agni, Ojas, Vyadhikshamatva followed by Masanmasika Garbhini Paricarya and appropriate Garbha Sthapana Cikitsa during pregnancy, provide favourable pregnancy outcomes. However, autoimmune-specific Ayurvedic interventions require further rigorous clinical evaluation.

Keywords: Recurrent Pregnancy Loss, Putraghni YoniVyapad, Garbhasravi vandhyatva, Autoimmunity, Vyadhikshamatva

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0683
Reg. Category : P.G and Ph.D Scholar
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Institution : SDM Institute of Ayurveda and Hospital Bengaluru

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Clinical Evaluation of Vardhamana Pippali in Hyper-IgE Syndrome: A Case Report

Abstract :

Purpose: The reticuloendothelial system (RES) is involved in the phagocytosis and clearance of foreign materials, particulate matter, and microorganisms from the blood and lymphatic circulation. The liver and spleen are central to immune regulation and, in Ayurveda, are described as the roots of blood and its channels. Pippali (Piper longum) is described as an agraushadhi for conditions related to these organs, suggesting its possible relevance in disorders associated with immune dysregulation.

Methods: This case report presents the clinical course and response to Vardhamana Pippali Yoga in a patient with Hyper-IgE syndrome. Pippali was given in an escalating dose followed by tapering over a 10-day period. Blood parameters and quality of life were assessed before and after the intervention.

Results: After Vardhamana Pippali administration, the patient showed improvement in the presenting signs and symptoms. Improvements were also noted in selected clinical and laboratory parameters, along with quality of life. The escalating and tapering regimen was tolerated well during the treatment period.

Conclusion: This case suggests that Vardhamana Pippali may have a supportive role as an Ayurvedic intervention in the management of Hyper-IgE syndrome. The clinical improvement observed in this case supports the need for further systematic studies to assess its safety, therapeutic value, and possible mechanisms of action in immune dysregulatory conditions.

Keywords: Reticuloendothelial system; Pippali; Vardhamana Pippali; Hyper-IgE syndrome; immunomodulation; case report.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0688
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. SREE R.NAIR (0688)
Institution : SDM Udupi

Antiphospholipid Antibody Syndrome in pregnancy and its management in reccurent pregnancy loss:A conceptual review

Abstract :

Title- Antiphospholipid Antibody Syndrome in pregnancy and its management of Recurrent Pregnancy Loss: A conceptual review

Background- Antiphospholipid syndrome (APS) is an autoimmune hypercoagulable disorder caused by the presence of antiphospholipid antibodies.The major antiphospholipid antibodies are lupus anticoagulant (LA) Anticardiolipin antibodies (aCL) and Anti-beta2 glycoprotein I antibodies (beta2-GPI). APS is one of the most common treatable causes of recurrent pregnancy loss, affecting approximately 15-20% of women.Reccurent pregnancy loss is correlated to garbhasrava and putraghni yonivyapad where there is increase in khara and ruksha guna of vata leading to vitiation of rakta and dusti of artavavaha srotas which impairs garbha poshana resulting in jaatam jaatam vinashayeth.

Materials and Methods A literature review will use PubMed/MEDLINE ,published articles and evidence-based guidelines.Bruhatrayi and laghutrayi and relavant compendia were reviewed to understand the concepts related to recurrent pregnancy loss and possible correlation with APS.

Discussion- Antiphospholipid syndrome (APS) is an important, potentially treatable cause of recurrent pregnancy loss and placenta-mediated complications. Antiphospholipid antibodies cause thrombosis, complement activation, and impaired trophoblast function, leading to placental insufficiency and fetal hypoxia. Early diagnosis with appropriate clinical and laboratory criteria, followed by low-dose aspirin and heparin therapy, can significantly improve pregnancy outcomes. Close antenatal surveillance is essential to detect pre-eclampsia, fetal growth restriction, and other complications early.

Conclusion- Antiphospholipid syndrome (APS) is a significant but treatable cause of recurrent pregnancy loss and placenta-mediated pregnancy complications. Timely diagnosis using validated clinical and laboratory criteria, combined with aspirin-heparin therapy and

multidisciplinary high-risk obstetric care, substantially improves live-birth rates.

Keywords- Antiphospholipid antibodies, recurrent pregnancy loss, garbhasrava, ayurveda

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0703
Reg. Category : P.G and Ph.D Scholar
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AUTOIMMUNE PATHOPHYSIOLOGY IN PREMATURE OVARIAN INSUFFICIENCY- A CONCEPTUAL FRAMEWORK

Abstract :

Premature Ovarian Insufficiency (POI) involves the depletion of ovarian follicles before the age of 40, leading to premature menopause. Autoimmunity serves as primary underlying cause in up to 30 % of the cases. Understanding this immune mediated destruction is vital for early diagnosis and managing healthy risks. The pathophysiology shows that cells called T-lymphocytes mistakenly attack the ovaries, causing lymphocytic oophoritis. This process specially targets and destroys steroid producing theca and granuloma cells, accelerating follicle loss. Theovarian failure rarely occurs in isolation ; it is highly interconnected with other autoimmuno endocrinopathies, such as Hashimoto thyriditis and addison's disease, frequently manifesting autoimmune polyendocrine syndromes (APS). In Ayurveda, this can be correlated to the state of Ojo kshaya and Arthava kshaya. Dhatwagni mandya impairs the Rasavaha srotas, leading to dushti in it's upadhatu i.e Arthava and causing premature ovarian destruction due to vruddha vata and pitta. Contemporary system of medicine focuses on managing symptoms downstream by using Hormone Replacement Therapy (HRT) and monitoring antibodies. Conversely, the Ayurvedic targets to fix the root cause. It begins with Shodhana (detoxification) to clear deep metabolic blockages and calm the active inflammation. This is followed by Rasayana (rejuvenation therapy) to deeply nourish the reproductive tissues and balance the immune system naturally. Autoimmune premature ovarian insufficiency is a complex, systematic endocrine disorder rather than isolated ovarian failure. Shifting clinical focus towards early immunomodulatory strategies could potentially preserve remaining follicle numbers before irreversible depletion occurs. Key words- Early menopause, ovarian insufficiency, Autoimmunity

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0704
Reg. Category : P.G and Ph.D Scholar
Author : Dr. MEGHA MANIK MASHALJI (0704)
Co- Author/s : DR PRATHIMA
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Reactive Arthritis-The Inflammatory Echo of Infection

Abstract :

Background & Objectives: Reactive arthritis (ReA) is a post-infectious inflammatory arthropathy occurring predominantly after gastrointestinal or genitourinary infections. It commonly presents with acute asymmetric oligoarthritis of the lower limbs, particularly the knee, and may be associated with enthesitis and extra-articular manifestations. The present review aims to examine the contemporary understanding and management of ReA and explore its clinical interpretation through Ayurvedic principles.

Materials and Methods: A narrative review of contemporary literature was undertaken focusing on the etiopathogenesis, clinical manifestations, diagnostic approaches and therapeutic strategies of ReA. Relevant Ayurvedic concepts pertaining to post-infectious inflammatory states, Agni, Ama, Dosha involvement, Srotodushti and management of joint disorders were critically reviewed for conceptual correlation.

Observations/Results: ReA represents an immune-mediated response following infection, with genetic susceptibility, particularly HLA-B27, influencing disease expression and prognosis. Diagnosis remains predominantly clinical, supported by evidence of antecedent infection, inflammatory markers, microbiological investigations and exclusion of septic arthritis. NSAIDs remain the principal initial therapy, while corticosteroids, disease-modifying antirheumatic drugs and biologic agents may be considered in persistent or refractory disease. From an Ayurvedic perspective, the clinical presentation may be interpreted through the interplay of Agnimandya, Ama, Dosha aggravation and involvement of Asthi-Sandhi, providing a framework for individualized therapeutic planning.

Conclusion: Integrating contemporary diagnostic and therapeutic standards with Ayurvedic principles may offer a holistic framework for understanding ReA, particularly in chronic or recurrent presentations. However, Ayurvedic correlations should be regarded as conceptual interpretations requiring systematic clinical validation.

Keywords: Reactive arthritis, Post-infectious arthritis, Spondyloarthropathy, Reiter's Syndrome

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0706
Reg. Category : P.G and Ph.D Scholar
Author : Dr. JISHNU V N (0706)
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Hashimoto's Thyroiditis in women: An ayurvedic perspective and management in female infertility

Abstract :
CLINICAL SPECTRUM AND SPECIALITY-SPECIFIC MANAGEMENT OF AUTOIMMUNE DISORDERS HASHIMOTO'S THYROIDITIS IN WOMEN: AN AYURVEDIC PERSPECTIVE AND MANAGEMENT IN FEMALE INFERTILITY CASE REPORT ABSTRACT DR.PRIYASHREE B R First Year Pg Scholar Department of PG studies in PTSR Guided by, DR. SHUBHA URAL, MS (Ayu) Associate professor Department of PG studies in PTSR Sri Sri College of Ayurvedic Science and Research, Bangalore. Email:priyashreebr16@gmail.com (Mob.No-9380347255)
INTRODUCTION- Hashimoto's Thyroiditis (HT) is the most common autoimmune thyroid disorder and a leading cause of infertility among women of reproductive age. Thyroid dysfunction associated with HT adversely affects ovulation, endometrial receptivity, implantation, and pregnancy outcomes, thereby contributing to infertility. Although levothyroxine corrects hormonal deficiency, it does not address the underlying autoimmune process. Ayurveda emphasizes the restoration of Agni, balancing Doshas, nourishing Dhatus, and enhancing Vyadhikshamatva.
METHODOLOGY- Case report- A 35 year old women presented with primary infertility for 1 year. She reported with regular menstrual cycle associated with severe lower abdominal pain during premenstrual phase and bleeding phase. She was K/C/O hypothyroidism and was on levothyroxine 125 mcg. Investigations revealed thyroid-stimulating hormone (2.966 uIU/mL) reduced free thyroxine (FT4-7.4ug /dL), FT3(0.73ng /mL) and significantly elevated anti-thyroid peroxidase (anti-TPO antibodies is >1000 IU/mL, suggestive of Hashimoto's thyroiditis.The results are improving after ayurvedic management.
RESULTS: The case study suggests that Ayurvedic interventions, including Shodhana, Shamana Chikitsa supported by appropriate diet and lifestyle modifications, may improve thyroid function, modulate autoimmune activity, regulate menstrual cycles, and enhance fertility outcomes. The patient remains under regular follow-up for further assessment of clinical and reproductive outcomes.
DISCUSSION- Hashimoto's thyroiditis can have a significant impact on women's reproductive health. Integrating appropriate Ayurvedic and conventional treatments may improve reproductive outcomes. However, well-designed clinical studies are required to establish evidence-based integrative treatment protocols.
KEY WORDS: Hashimoto's thyoiditis, female infertility, Autoimmune thyroid disease, Vandhyatva.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0708
Reg. Category : P.G and Ph.D Scholar
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EXPLORING THE THERAPEUTIC EFFICACY OF AVIL KIZHI (PRUTHUKA USHNA SWEDA) IN RHUEMATOID ARTHRITIS: CASE EXPERIENCES.

Abstract :
BACKGROUND & OBJECTIVES: Ayurvedic clinical practice frequently leverages locally available materials to address complex pathologies. This report evaluates the therapeutic utility of Avil Kizhi (Pruthuka) in disrupting Vatarakta samprapti. Vatarakta, primarily driven by Vata-Rakta and Pitta vitiation, frequently presents in outpatient settings with Ama-anubandha and Kapha-Medo Margavarana. Clinical manifestations include angagourava (heaviness), angashoola (pain), and angashodha (edema) - presenting pathology closely aligned with autoimmune joint disorders such as rheumatoid arthritis. This debilitating condition severely compromises patient mobility and overall quality of life.
MATERIALS & METHODS: Pruthuka (flattened rice) is a readily accessible dravya possessing Guru, Balya, and Kapha-vishtambhakari properties. Two female patients (aged 59 and 62) in OPD presented with severe angamarda , stiffness, restricted range of motion, and elevated inflammatory markers (ESR and CRP). Both patients underwent a 7-day inpatient protocol comprising internal oral medications and Avil Kizhi as the primary external therapy (Bahya Chikitsa) to reduce systemic inflammation and restore mobility.
OBSERVATIONS & RESULTS: "Feeling as though I am free from shackles after ages," shared one patient upon discharge. Following the 7-day intervention, both patients demonstrated marked clinical recovery. Body stiffness decreased by over 80%, alongside a notable reduction in deep-seated joint edema. The intervention significantly restored functional mobility and improved overall subjective well-being.

CONCLUSION: Avil Kizhi shows promising efficacy in breaking Vatarakta samprapti, particularly in cases complicated by Kapha-Ama anubandha. It effectively alleviates angagourava and angashoola while maintaining underlying Vata-Pitta hara action. The strategic application of Vaidya Yukthi in selecting the thermal medium (Thailam or Dhanyamlam) is pivotal for optimizing therapeutic outcomes.

KEYWORDS: Avil Kizhi, Pruthuka, Vatarakta, Samprapti, Autoimmune Disorders, Vaidya Yukthi.

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0714

Reg. Category : Faculties, Researchers & Practitioners

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ANTIPHOSPHOLIPID ANTIBODY SYNDROME ASSOCIATED RECURRENT PREGNANCY LOSS: A CLINICALLY SIGNIFICANT THROMBOPHILIA

Abstract :

ANTIPHOSPHOLIPID ANTIBODY SYNDROME ASSOCIATED RECURRENT PREGNANCY LOSS: A CLINICALLY SIGNIFICANT THROMBOPHILIA Dr. Kalyani Prakashrao Chauthe1, Dr. Shubha Ural2

1. 2nd PG Scholar, Department of Prasuti Tantra and Stree Roga, Sri Sri College of Ayurvedic Science and Research, Bangalore.

2. Associate Professor, Department of Prasuti Tantra and Stree Roga, Sri Sri College of Ayurvedic Science and Research, Bangalore. Mail ID: drkalyanichauthe@gmail.com Contact Number: 7083268899

Background: Antiphospholipid syndrome is an acquired autoimmune disease, it is an important, potentially treatable cause of recurrent pregnancy loss. APS is characterized by persistent antiphospholipid antibodies and a complex thrombo-inflammatory pathogenesis involving endothelial and platelet activation, complement activation, and impaired trophoblastic function, resulting in defective placentation and pregnancy morbidity.

Objective: Review the relationship between APS and RPL. Understand the immunological and thrombotic mechanisms of APS. Explore Ayurvedic concepts relevant to pregnancy loss.

Methods: A narrative review of literature published between 2021-2026 using standard database to explore APS-associated RPL pathophysiology and its possible correlation with Ayurvedic concepts of Agni, Ama, Dosha, Dhatu, Srotas, and Kshetra.

Results: APS causes vascular, inflammatory, immune and trophoblastic disturbances, leading to impaired implantation and placental dysfunction. Ayurvedically, Agni impairment -> Ama formation -> Dosha-Dushya interaction, with involvement of Rasa-Rakta Dhatu and Raktavaha Srotas, may result in Sthana-Samshraya in Apara, affecting the Garbha-Nabhi Nadi and causing inadequate Garbha-Poshana, impaired fetal growth and ultimately Garbhasrava. This may be conceptually correlated with the thrombo-inflammatory milieu of APS, without directly equating Ama with antiphospholipid antibodies.

Discussion: This correlation provides a theoretical framework for understanding APS-associated RPL through Ayurvedic concepts of systemic and reproductive pathophysiology.

Conclusion: APS-associated RPL may be conceptually understood through Agni-Ama, Dosha-Dhatu, Srotas, and Kshetra involvement. This framework may guide future Ayurvedic clinical and translational research, while evidence-based conventional management remains integral to care.

Keywords: Antiphospholipid Syndrome, Recurrent Pregnancy Loss, Agni-Ama, Kshetra, Thrombo-inflammatory Pathogenesis.

Presentation Type : Oral Paper

Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Registration No. : 0736

Reg. Category : P.G and Ph.D Scholar

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Agnikarma as a Shalya Tantra Para-surgical Adjunct in Rheumatoid Arthritis: Exploring Its Role in Chronic Pain and Joint Stiffness

Abstract :

Background: Rheumatoid arthritis (RA) is a chronic systemic autoimmune disorder characterized by persistent synovial inflammation, pain, morning stiffness and progressive functional impairment. Despite advances in disease-modifying antirheumatic therapy, many patients experience persistent musculoskeletal pain and stiffness. Ayurveda describes Agnikarma as an important para-surgical procedure of Shalya Tantra, particularly relevant in selected painful and chronic musculoskeletal conditions. Its controlled application of therapeutic heat provides interesting basis for exploring its adjunctive role in inflammatory joint disorders.

Objective: To explore the potential role of Agnikarma as a Shalya Tantra para-surgical adjunct for chronic localized pain and joint stiffness in rheumatoid arthritis, integrating classical Ayurvedic principles with contemporary concepts of thermal therapy and neuro-inflammatory mechanisms.

Methodology: This conceptual review examines classical descriptions of Agnikarma, its therapeutic principles and relevance to Sula and Stambha, and discusses their possible relationship with contemporary mechanisms of chronic inflammatory pain. Potential effects of controlled thermal stimulation on peripheral sensory pathways, local circulation, tissue response and neuroimmune signalling are considered. Clinically relevant outcomes such as pain intensity, morning stiffness, joint function and quality of life, along with objective parameters including disease activity indices and inflammatory biomarkers, are proposed for future evaluation.
Discussion: The localized thermal stimulus produced by Agnikarma may influence nociceptive signalling, tissue perfusion and musculoskeletal stiffness, potentially contributing to symptomatic improvement. Its classical Ushna and Tikshna attributes provide a conceptual rationale for selected presentations dominated by pain and stiffness. However, its role in RA should be regarded as adjunctive and investigational, rather than as replacement for disease-modifying antirheumatic therapy or established systemic immunomodulation.
Conclusion: Agnikarma offers a promising translational interface between Shalya Tantra, thermal therapeutics, pain science and inflammatory medicine. Disease-specific clinical trials with standardized procedural parameters, validated clinical outcomes, safety assessment and relevant inflammatory biomarkers are required to establish its efficacy and clinical applicability in rheumatoid arthritis.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0738
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. DR BHAGYA SHAJI (0738)
Institution : self

Ayurvedic Management of Scalp Psoriasis through Jalaukavacharana w.s.r. to Eka Kushtha : A Case Study

Abstract :
Authors & Affiliations Dr. Mallikarjun HB 1 , DR. S.V Shailaja 2
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2. Professor, Department of Shalya Tantra, Sri Kalabyraveshwara Swamy Ayurvedic Medical College, Hospital and Research Centre, Vijayanagar, Bengaluru, Karnataka, India - 560104.
Abstract
Background & Objectives: Eka Kushta in Ayurveda shares clinical features with scalp psoriasis, including erythematous, thick, scaly plaques and pruritus. Jalaukavacharana is described as a bloodletting procedure indicated in disorders involving vitiated Rakta and Pitta. This case study aimed to assess the therapeutic efficacy of Jalaukavacharana in the management of Eka Kushta vis-a-vis scalp psoriasis.
Materials & Methods: A 60-year-old patient with a two-year history of scalp psoriasis presented with thick, erythematous, scaly lesions over the scalp and neck associated with itching. History revealed aggravation during rainy and cold seasons, dietary intake of boiled buttermilk/curd, and stress. The patient was diagnosed clinically as Eka Kushta. Started with Shamanaushadhi Arogyavardhini, Gandhaka Rasayana, Panchamimba Choorna and subsequent Bhunimbadi Kada advised Abhyanga with Brihat Dantaphala Taila. Jalaukavacharana was initiated, 3 sittings of Jalaukavacharana was performed over the affected scalp.
Observations/Results: Following treatment, serial photographs demonstrated reduction in erythema, scaling, plaque thickness, and visible lesion extent over the scalp and post-auricular region. The patient also reported improvement in itching. The scalp showed marked clinical improvement with clearer skin and reduced scaling.
Conclusion: The patient showed marked clinical improvement following Jalaukavacharana along with internal medications, with noticeable reduction in erythema, scaling, plaque thickness, and itching associated with Eka Kushta vis-a-vis scalp psoriasis. The findings suggest that Raktamokshana may have a beneficial role as an adjunctive therapy in the management of scalp psoriasis. However, further studies with larger sample sizes and standardized assessment criteria are required to confirm its therapeutic efficacy.
Keywords: Eka Kushta, Scalp Psoriasis, Raktamokshana, Jalaukavacharana.

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0742
Reg. Category : P.G and Ph.D Scholar
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ONGOING CLINICAL TRAIL TO EVALUATE THE EFFECT OF AMRUTADI TAILA UTTARABASTI IN KURANDA ROGA JANYA VISHUSHKA RETAS W.S.R. AUTOIMMUNE ORCHITIS INDUCED AZOOSPERMIA - A CASE TRAIL

Abstract :
ONGOING CLINICAL TRAIL TO EVALUATE THE EFFECT OF AMRUTADI TAILA UTTARABASTI IN KURANDA ROGA JANYA VISHUSHKA RETAS W.S.R. AUTOIMMUNE

ORCHITIS INDUCED AZOOSPERMIA - A CASE TRAIL Dr. Shailesh Y. PhD scholar, Dept. of P.G.and Phd studies in Kayachikitsa Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hospital and Research centre, Kuthpady, Udupi-574118. Mail ID: drshayayu@gmail.com Mob.No. 9481522560 ABSTRACT Introduction: Autoimmune orchitis is a condition where the immune system attacks the testicles, causing inflammation and production of antisperm antibodies. Physical trauma, infections, systemic autoimmune diseases are its underlying causes. In the primary form usually has no symptoms outside. But causes male infertility due to antibodies damage sperm and its functions. Triggering chronic testicular inflammation leading to non obstructive secretory failure and destruction of germ cells followed by azoospermia. Antisperm antibody antibodies test is the diagnostic investigation. This condition is closely similar to Kuranda roga induced vishushka retas in Ayurveda. As Uttara basti is always in the cream line of the treatment in the cases of shukradushti conditions. Amrutaditaila is one of the agra aoushadhi in vatarakta, ksheena , vishushka reta and also protecting the immune system Objectives: To evaluate the outcomes of Amrutadi uttarabasti in Autoimmune orchitis Case presentation: A 39 years old male, Not a K/C/O Type I/II Diabetic, HTN with c/o No issues (azoospermia) since 9years. Diagnosed as Non obstructive Autoimmune induced azoospermia by Antisperm antibody test. Management: Amrutadi uttarabasti (50ml)continue for 3days in 3 consecutive months, with monthly follow up. Observation: 2 months of uttarabasti course complited waiting for the results. Outcome: Noticeable reduction in the symptoms and seman analysis was found after 2 months of repeated observation.Discussion and conclusion: Amrutadi taila uttarabasti is proved as ideal in the case of Autoimmune orchitis induced azoospermia. KEY WORDS: Kuranda roga, Vishushka retas, Autoimmune orchitis, Azoospermia, Amrutadi taila, Uttara basti

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0765
Reg. Category : Faculties, Researchers & Practitioners
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A CASE REPORT ON MANAGEMENT OF AUTOIMMUNE ORIENTED SCLERITIS: AN AYURVEDIC APPROCH

Abstract :

Background and objectives: Scleritis is a severe inflammatory disorder involving the sclera and presents with ocular pain, redness, tenderness and visual disturbance. It can be associated with systemic inflammatory or autoimmune disorders. Although conventional management primarily involves systemic anti-inflammatory and immunosuppressive therapy, prolonged treatment may require careful monitoring for therapeutic response and adverse effects. Ayurveda describes this disorder as suklagata roga (~diseases of sclera), and it can be correlated with sirotpataor Sirajala. Ayurveda advocates a comprehensive approach to Netra roga (~ diseases of the eye), where appropriate Netra chikitsa may be integrated with systemic management based on dosha- dushya involvement. Material and methods: A 39-year-old female presented with complaints of blurred vision, ocular pain and redness in the left eye for two months. Patient also had complaints of pain in multiple small joints. For that consulted an allopathic hospital and did not get much relief symptoms. Ophthalmic evaluation and relevant investigations led to the diagnosis of left eye scleritis. Systemic evaluation was performed, and rheumatoid factor was found to be positive. An integrated Ayurvedic treatment protocol was adopted, comprising systemic and local therapies. The patient was given oral medicines such as Punarnavadi Kashayam with avipathi choorna and kaisora guggulu for a period of 30 days, and local ocular therapy consisted of Netraseka with madhu Yasti lodra and draksha. Results: After 15 days of treatment, patient got considerable relief in symptoms. Ocular pain and blurred vision were reduced completely, and also got relief from redness of the eye. The patient also reported improvement in pain involving multiple small joints during the treatment period. Conclusions: This case highlights the systemic dimensions of Netra roga, particularly when ocular inflammation is due to autoimmune conditions. Key words: Scleritis, Sirotpata, Rheumatoid factor, Autoimmune disorders, Vatarakta

Presentation Type : Oral Paper
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0766
Reg. Category : Faculties, Researchers & Practitioners
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Role of asatmya and virudha ahara in the pathogenesis of autoimmune disorders with special reference to psoriasis

Abstract :

Title: Role of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders with Special Reference to Psoriasis

Background: Psoriasis is a chronic, immune-mediated inflammatory disorder characterized by dysregulated interactions between genetic, environmental, metabolic,

and immunological factors. Dietary influences are increasingly recognized as potential modulators of systemic inflammation and disease severity. Ayurveda provides a distinctive framework for understanding diet-related pathological processes through the concepts of Asatmya Ahara (incompatible or unsuitable food) and Viruddha Ahara (incompatible food combinations or dietary practices).

Objective: To conceptually integrate the Ayurvedic principles of Asatmya and Viruddha Ahara with contemporary understanding of psoriasis pathogenesis and propose a plausible integrative model explaining the contribution of dietary factors to chronic immune-mediated inflammation.

Methodology: A conceptual review was undertaken using classical Ayurvedic literature concerning Asatmya, Viruddha Ahara, Agni, Ama, Srotas, and Dosha involvement, alongside contemporary literature on dietary factors, intestinal barrier dysfunction, gut microbiota, innate and adaptive immunity, and inflammatory pathways implicated in psoriasis. The concepts were comparatively analysed to identify possible points of convergence and construct a conceptual pathogenesis model. Conceptual Findings: Repeated consumption of individually unsuitable foods or incompatible dietary combinations may, from an Ayurvedic perspective, impair Agni and contribute to Ama formation and Srotodushti. Subsequent Dosha-Dushya interaction and inflammatory responses may contribute to susceptibility and persistence of cutaneous manifestations. Thus, Asatmya and Viruddha Ahara may represent upstream dietary factors within a multifactorial pathogenesis model rather than direct equivalent causes of psoriasis.

Conclusion: Integrating Ayurvedic dietary concepts with modern immunological and gut-skin perspectives provides a hypothesis-generating framework for understanding diet-related modulation of psoriasis. This model may support future clinical and experimental studies evaluating individualized dietary factors in autoimmune and immune-mediated disorders.

Keywords: Asatmya Ahara; Viruddha Ahara; psoriasis; autoimmune disorders; Agni; Ama; gut-skin axis; Ayurveda.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0011

Reg. Category : P.G and Ph.D Scholar

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Viruddha Ahara to Autoimmunity: The Agnimandya-Amotpatti-Leaky Gut Continuum

Abstract :

Viruddha Ahara (incompatible dietary practice) is classically described not as a single wrong combination but as a multidimensional exposure - arising from incompatible combination, faulty processing, incorrect dose, timing, place, or mismatch with individual Agni and Satmya. Repeated Viruddha Ahara progressively overwhelms Jatharagni, precipitating Agnimandya (hypofunctioning digestive fire). Under sustained Agnimandya, ingested substrate is neither fully digested nor assimilated, giving rise to Amotpatti - the formation of Ama, a Guru (heavy), Picchila (sticky) toxic residue that obstructs the Srotas. This article proposes that the Viruddhahara-Agnimandya-Amotpatti sequence provides a coherent Ayurvedic correlate for a contemporary pathological continuum: substrate-driven gut microbial dysbiosis, tight-junction/zonulin-mediated intestinal barrier compromise ("leaky gut"), and downstream autoimmune disease. Undigested, Viruddha-altered substrate reaching the colon shifts fermentation toward proteolytic, endotoxin-generating flora, depleting short-chain-fatty-acid producers that normally maintain epithelial barrier integrity. The resulting zonulin-dependent loosening of tight junctions permits paracellular translocation of lipopolysaccharide and dietary/microbial antigens, driving chronic immune activation. In genetically susceptible individuals, this same pathway - implicated in coeliac disease, rheumatoid arthritis, systemic lupus erythematosus, Hashimoto thyroiditis and inflammatory bowel disease - is proposed as the biomedical correlate of Ama entering systemic circulation (Amavisha) and lodging at sites of tissue vulnerability (Khavaigunya). A Prevent-Correct-Monitor framework, incorporating Nidana Parivarjana, Deepana-Pachana and biomarker-based follow-up (zonulin, LPS-binding protein, autoantibody titres), is proposed for clinical translation. The correlation is biologically plausible and preventively actionable, but direct evidence linking standardized Viruddhahara exposure to permeability and autoimmune outcomes remains limited, warranting prospective validation. Key words: Viruddha Ahara, Autoimmunity, Agnimandya, Amotpatti, Leaky Gut

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0030

Reg. Category : P.G and Ph.D Scholar

Author : Dr. SHILPA S (0030)

Co- Author/s : Dr Shilpa S

Institution : Sri Kalabyraveshwara Swamy Ayurvedic Medical College and Hospital

Ayurvedic perspective on Viruddha Aahara and the Pathogenesis of Autoimmune disorders

Abstract :

Background & Objectives: Ayurveda considers Ahara is essential for maintaining health and preventing disease. Viruddha Ahara refers to incompatible food combinations or food consumed in an inappropriate manner, quantity, time or season. Its regular intake is believed to impair digestion, produce harmful metabolites, disturb body tissues, and contribute to disease. Autoimmune disorders occur when the immune system attacks the body's own cells. This review explored the possible relationship between Viruddha Ahara Vihara and autoimmune disorders.

Materials & Methods: A narrative review was conducted using classical Ayurvedic sources, particularly Charaka Samhita, and modern literature on autoimmunity, inflammation, Toll-like receptors, molecular mimicry, and epitope spreading. Ayurvedic concepts of incompatible diet were compared with contemporary explanations of immune dysfunction.

Observations : Ayurvedic texts describe eighteen types of incompatible diet and associate their regular consumption with digestive, skin, blood, nervous, endocrine, and reproductive disorders. The Ayurvedic description of impaired digestion, harmful substance formation, Dosha disturbance, tissue dissemination, and disease localization shows conceptual similarities with chronic inflammation and autoimmune mechanisms. Modern research indicates that infections, tissue injury, altered self-antigens, molecular mimicry, epitope spreading, and abnormal Toll-like receptor activation may contribute to loss of immune tolerance.

Conclusion: Viruddha Ahara Vihara may offer a useful Ayurvedic framework for studying the possible role of unsuitable dietary practices in inflammatory and autoimmune conditions. However, it is not identical to modern autoimmunity. Further clinical, laboratory, microbiome, and immunological studies are required for scientific validation.

Keywords: Viruddha Ahara, Autoimmunity, Ayurveda, Inflammation, Toll-like receptors, Molecular mimicry, Immune tolerance.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0047

Reg. Category : P.G and Ph.D Scholar

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Institution : Govt ayurveda college Nanded

From Viruddha Ahara to the Gut-Immune Axis: A Mechanistic Framework for Autoimmune Pathogenesis

Abstract :

Title:-From Viruddha Ahara to the Gut-Immune Axis: A Mechanistic Framework for Autoimmune Pathogenesis Name:-Dr jagadish s yadgir (II year pg) Guide:-Dr shrilatha Kamath (KC HOD) Abstract

Background Autoimmune diseases are rapidly increasing worldwide and are now understood to arise from complex interactions between genetic susceptibility and environmental factors. Among these, diet has emerged as a major regulator of immune homeostasis through its influence on the gut microbiota, intestinal barrier integrity, and immune tolerance. Ayurveda describes Viruddha Ahara and Asatmya Ahara as important etiological factors for disease, yet their relationship with contemporary mechanisms of autoimmunity remains inadequately explored.

Aim and Objectives To develop a mechanistic framework integrating the Ayurvedic concepts of Viruddha Ahara and Asatmya Ahara with current evidence on the gut-immune axis, and to explore their potential role in autoimmune pathogenesis.

Materials and Methods A narrative review of classical Ayurvedic literature, contemporary literature from nutritional immunology, gut microbiome research, intestinal permeability, food chemistry, and autoimmune disease pathogenesis. Evidence was critically synthesized to identify biologically plausible mechanistic links rather than direct causal relationships.

Discussion Current evidence indicates that dietary patterns, food processing, and gut microbial composition, intestinal barrier integrity, and immune regulation. Integrating these observations with Ayurvedic principles of Viruddha-ahara ,they act through distinct biological mechanisms - including altered food chemistry, gut dysbiosis, increased intestinal permeability, oxidative stress, and loss of oral immune tolerance - which ultimately converge on immune dysregulation. Based on this evidence, we propose the Viruddha Ahara-Gut-Immune Axis.

Conclusion Viruddha Ahara may be interpreted not merely as a list of incompatible foods but as a systems-based dietary framework recognizing the biological consequences of inappropriate food combinations, processing methods, timing, and individual adaptability.. This integrative framework offers a scientific basis for future experimental and clinical research exploring the role of traditional dietary principles in autoimmune diseases.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0067
Reg. Category : P.G and Ph.D Scholar
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Ankylosing Spondylitis: An Ayurvedic Approach Through Panchakarma - A Case study

Abstract :
Ankylosing Spondylitis: An Ayurvedic Approach Through Panchakarma - A Case study Dr. shruti soni Postgraduate scholar, Department of Panchakarma, Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru Email Id - shanushruti22@gmail.com Contact no. 8839595231
Basavaraj G Saraganachari Head of the department of Panchakarma, Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru
ABSTRACT Ankylosing spondylitis (AS) is a chronic immune-mediated inflammatory rheumatic disease belonging to the spectrum of axial spondyloarthritis (axSpA), predominantly affecting the axial skeleton and sacroiliac joints. The global prevalence of axSpA has been reported to range from approximately 0.1% to 1.4%, with considerable geographical variation influenced by genetic and environmental factors, including the prevalence of HLA-B27. As commonly manifests in young adults and may result in progressive spinal stiffness, pain, restricted spinal mobility, and structural ankylosis, with associated extra-articular manifestations. Despite advances in pharmacological management, long-term disease control and functional improvement remain challenging in some patients. The present case study evaluated the clinical response to Panchakarma-based Ayurvedic management in a patient with ankylosing spondylitis over three months. Treatment outcomes were assessed using BASDAI and ASDAS. Following treatment, improvement in disease activity and associated symptoms was observed, with reduction in both scores. These findings suggest the potential role of Panchakarma therapy as an adjunctive approach in ankylosing spondylitis management.
Keywords: Panchakarma, Nasya karma, Ayurvedic management, Ankylosing Spondylitis, axial spondyloarthritis, BASDAI, ASDAS score.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0068
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHRUTI SONI (0068)
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WHEN FOOD BECOMES THE TRIGGER: DIETARY INCOMPATIBILITY IN THE PATHOGENESIS OF VATARAKTA

Abstract :
Background & Objectives Autoimmune disorders are characterized by immune dysregulation, chronic inflammation, and progressive tissue damage. Rheumatoid arthritis, correlated with Vatarakta based on its inflammatory manifestations and chronicity, exemplifies this complex pathogenesis. Ayurveda attributes disease initiation not only to pathogenic factors but also to improper dietary practices. Among these, Asatmya (non-compatible diet) and Viruddha Ahara (incompatible food combinations) disturb Agni, generate Ama, and initiate Dosha imbalance. However, their integrated role in autoimmune pathogenesis remains inadequately explored. This study aims to conceptually integrate these principles in explaining the pathogenesis of Vatarakta with reference to Rheumatoid Arthritis.
Materials & Methods A literature review was conducted using Caraka Samhita, Susruta Samhita, Ashtanga Hridaya, and contemporary literature on Rheumatoid Arthritis and immunopathogenesis. The concepts were critically analysed to establish correlations between Ayurvedic principles and modern immune mechanisms.
Observations/Results Frequent intake of Viruddha Ahara impairs Agni, leading to persistent Ama formation, while Asatmya reflects an individual's inability to tolerate specific dietary factors. Their combined effect causes Dosha vitiation, impaired Srotas, and involvement of Rakta and Vata, producing the inflammatory manifestations of Vatarakta. These events conceptually parallel gut dysbiosis, intestinal barrier dysfunction, immune dysregulation, cytokine imbalance, and autoantibody-mediated inflammation described in Rheumatoid Arthritis, suggesting dietary incompatibility as a potential initiating factor.
Conclusion Integrating the Ayurvedic concepts of Asatmya and Viruddha Ahara with contemporary immunology provides a holistic framework for understanding diet-induced immune dysregulation in autoimmune disorders. This interdisciplinary perspective highlights the importance of individualized dietary practices in disease prevention and integrative

management while offering promising directions for future translational and clinical research.

Keywords: Asatmya, Viruddha Ahara, Vatarakta, Rheumatoid Arthritis, Autoimmunity.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0087

Reg. Category : P.G and Ph.D Scholar

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Asatmya and Viruddha Ahara in the Gut-Immune Axis of Autoimmunity

Abstract :

Asatmya and Viruddha Ahara in the Gut-Immune Axis of Autoimmunity

Objectives:

- To explore the Ayurvedic concepts of Asatmya Ahara and Viruddha Ahara in relation to the gut-immune axis
- To develop a conceptual framework linking dietary incompatibility, immune dysregulation, and loss of intestinal immune tolerance in autoimmunity.s

Materials and Methods: A conceptual review was undertaken using classical Ayurvedic descriptions of Hita, Ahita, Satmya, Asatmya, Viruddha Ahara, Gara Visha, and Dushi Visha, along with contemporary concepts of intestinal barrier function, gut microbiota, mucosal immunity, antigen processing, hypersensitivity, immune tolerance, and autoimmunity. The concepts were comparatively mapped to formulate an integrative model.

Observation/Results: The analysis indicates that Asatmya and Viruddha Ahara can be conceptually positioned as dietary factors capable of disturbing the normal host-diet-microbiota interaction. Repeated exposure may be interpreted through altered digestion, dysbiosis, intestinal barrier dysfunction, and increased exposure to dietary or microbial antigens. Subsequent activation of gut-associated immune cells, inflammatory signalling, and impaired immune regulation may contribute to systemic immune dysregulation and, in susceptible individuals, loss of self-tolerance. The Ayurvedic concepts of Viruddha Ahara, Asatmya Ahara, Dushi Visha and Gara Visha provide additional models for understanding chronic or incompatible exposures and their disease-producing potential.

Conclusion: Asatmya and Viruddha Ahara offer a useful Ayurvedic conceptual framework for exploring diet-associated gut-immune dysregulation and autoimmune susceptibility. However, their correspondence with modern immunological entities is interpretative and requires experimental and clinical validation. Key words: Asatmya Ahara; Viruddha Ahara; Gut-immune axis; Gut microbiota; Autoimmunity.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0114

Reg. Category : P.G and Ph.D Scholar

Author : Dr. SHARMILA NAYAK (0114)

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Institution : SDM COLLEGE OF AYURVEDA UDUPI

Chronic Dietary Incompatibility and Autoimmune Risk Translating Asatmya and Viruddha Ahara

Abstract :

Background & Objectives:

Autoimmune disorders arise from dysregulated immune responses against self-antigens, producing tissue-damaging inflammation. Dietary and metabolic factors influence immune tolerance and may contribute to autoimmunity. Classical Ayurvedic concepts-Asatmya Ahara (food unsuitable to an individual) and Viruddha Ahara (incompatible food or dietary practices) are described as provoking agni disturbance, ama formation, dosha vitiation, and srotodushti. This review links classical Ayurvedic concepts with modern mechanisms of immune dysregulation to present a complementary, testable framework for how dietary factors may contribute to autoimmune disease.

Materials & Methods:

Textual analysis of Caraka Samhita, Susruta Samhita, and Ashtanga Hridaya identified classical descriptions of faulty diet, agni, ama, dosha, dhatu, and srotas. Recent biomedical literature on chronic inflammatory signaling, antigen presentation, and autoimmunity was reviewed to map parallels and generate mechanistic hypotheses.

Observations/Results:

Classical texts describe repeated intake of Asatmya Ahara and Viruddha Ahara as impairing jatharagni and producing ama, which vitiates dosha and obstructs srotas, leading to progressive tissue dysfunction. These processes conceptually correspond to loss of intestinal homeostasis, increased mucosal permeability, dysbiosis, and sustained proinflammatory milieu that favor aberrant antigen exposure, defective tolerance, autoantibody formation, and autoreactive T-cell responses. The Ayurvedic cascade thereby provides a coherent pathway linking chronic dietary incompatibility to systemic immune derangement.

Conclusion:

Asatmya Ahara and Viruddha Ahara offer a concise, biologically plausible framework complementary to modern immunology for understanding diet-driven susceptibility to autoimmune disorders. These concepts

deserve focused translational research and clinical trials to assess preventive and adjunctive dietary interventions, srotas-targeted therapies, and rasayana strategies.

Keywords: Asatmya Ahara; Viruddha Ahara; ama; agni; autoimmune disorders

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0116

Reg. Category : Faculties, Researchers & Practitioners

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Conceptual understanding of asatmya and viruddha ahara in the pathogenesis of autoimmune disorders

Abstract :

Introduction Autoimmune diseases constitute a significant and increasingly recognized public health burden worldwide, with an estimated overall prevalence of approximately 4-5 %. In India, the burden may be underestimated due to delayed diagnosis, limited awareness and inadequate epidemiological data. Ayurveda explains this individual susceptibility and disease process through the concepts of Asatmya and Viruddha Ahara. Saatmya refers to diet and lifestyle factors that are suitable for a specific person and bring Sukha to the Shareera and Atma. The word "Viruddha" means opposite or contradictory. In Ayurveda, Viruddha Ahara refers to food combinations or processing methods that Dosha Utkleshana without expelling them from the body unlike therapeutic treatments like Virechana Karma. Viruddha ahara Brings derangement in Dhatu directly. Action of Viruddha Ahara can be related to pathogensis of autoimmune disease as it acts against Prakruta karma of body either through Samskara, Smayoga, Desha Kaladi Viruddha. Therefore, exploring the concepts of Asatmya and Viruddha Ahara is essential for gaining deeper insights on pathogenesis of autoimmune conditions.

Objectives Conceptual understanding of asaatmya and viruddhahara in relation to autoimmunity

Materials and methods References from Samhita along with commentaries, old thesis, contemporary books, various journals.

Results and discussion The concept of Asatmya is primarily based on individual suitability and adaptability, while autoimmune conditions also exhibit considerable individual variation in susceptibility and immune response. The effects of Viruddha Ahara through disturbance of Prakruta Karma, Dosha and Dhatu may be conceptually comparable to the dysregulated physiological and immune responses observed in autoimmunity. Thus, the principle of individuality and susceptibility provides a common conceptual link between Asatmya and autoimmune conditions. Key words- Autoimmunity, Asatmya, Virruddahara, Saatmya,

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0169

Reg. Category : Faculties, Researchers & Practitioners

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Dietary Incompatibility, Immune Dysregulation and Autoimmunity: An Ayurvedic-Contemporary Perspective

Abstract :

Background: Dietary habits play an important role in maintaining physiological equilibrium and overall health. Ayurveda describes Asatmya Ahara and Viruddha Ahara as forms of dietary incompatibility that may disturb Agni, impair normal physiological processes, and contribute to disease development when consumed repeatedly or in unsuitable combinations. In contemporary medicine, increasing evidence suggests that dietary patterns can influence immune homeostasis through mechanisms involving the intestinal barrier, gut microbiota, and inflammatory responses. These observations provide an opportunity to explore the possible relevance of Ayurvedic dietary concepts in understanding immune-mediated disorders.

Objective: To conceptually explore the relationship between Asatmya Ahara and Viruddha Ahara, immune dysregulation, and the pathogenesis of autoimmune disorders by integrating Ayurvedic principles with contemporary understanding of immune and gut-immune interactions.

Materials and Methods: Relevant Ayurvedic classical literature and contemporary scientific literature concerning Asatmya Ahara, Viruddha Ahara, Agni, Ama, dietary factors, gut microbiota, intestinal barrier function, inflammation, immune tolerance, autoimmunity. previous research studies were reviewed. The concepts were critically examined and integrated to develop a conceptual framework

Discussion: From an Ayurvedic perspective, repeated intake of unsuitable or incompatible food may contribute to Agni Dushti and the formation of Ama, potentially disturbing Dosha and Srotas homeostasis. From a contemporary perspective, dietary factors may influence gut microbial composition and inflammatory pathways etc which are closely associated with immune regulation. Although Asatmya Ahara and Viruddha Ahara cannot be

directly equated with specific modern immunological mechanisms, their conceptual relationship with impaired physiological homeostasis provides an interesting framework for understanding how dietary factors may contribute to chronic immune dysregulation.
Conclusion: The concepts of Asatmya Ahara and Viruddha Ahara offer a potentially valuable perspective for exploring the dietary contribution to immune imbalance and autoimmune pathogenesis. Integrating these concepts with contemporary knowledge of the gut-immune axis may provide a broader framework for understanding diet-related immune dysregulation.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0206
Reg. Category : P.G and Ph.D Scholar
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Viruddha Ahara and Asatmya ahara as a Framework for Autoimmune Pathogenesis: A Classical-Modern Correlative Study

Abstract :
Background & Objectives: Autoimmune disease remains one of modern medicine's most persistent puzzles - the body's own defenses turned against itself, with no single agreed cause. Ayurveda approaches this differently, through Viruddha Ahara, intake of mutually incompatible foods, and Asatmya ahara, substances unsuited to a person's prakruti. Acharya Charaka describes that these disturb Agni and generate Ama strongly enough to alter Dosha and Dhatu, and eventually Ojas, the body's basis of resistance to disease or strong factor for vyadhikshamatva. This study examines whether the classical framework can explain autoimmune pathogenesis in present times, tested against mechanistic and experimental modern evidence.
Materials & Methods: Sutrasthana chapters on Viruddha and Asatmya ahara across Charaka, Sushruta, and Ashtanga Hridaya were reviewed and mapped against modern immunology, toxicology, and published clinical data on Viruddha Ahara.
Observations/Results: The classical Samprapti - Agni vitiation, Ama-visha formation, Srotorodha, Dosha-Dhatu vitiation, ending in Oja-kshaya and Balanasa - mirrors the free-radical model of autoimmune tissue injury, Ama behaving as a biological equivalent of a reactive free radical. Named Viruddha Aharajanya diseases align with specific autoimmune conditions: Pandu with hemolytic anemia, Grahani with Crohn's disease, Kushtha with psoriasis, Visphota/Visarpa with pemphigus vulgaris, and Amavata with rheumatoid arthritis. Over a third of psoriasis patients in a clinical study had a confirmed history of incompatible food intake, and also a rat toxicology on a common incompatible pairing produced measurable organ-level biochemical change.
Conclusion: Viruddha Ahara and Asatmya form a coherent, testable, and evidence-based model of autoimmune causation, with immediate application in preventive dietary counseling.
Keywords: Viruddha Ahara, Asatmya, Autoimmune Disorders, Ama, Nindita Vyadhi
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Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0293
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SUPARNA S PAI (0293)
Co- Author/s : Dr Pramod Shet
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The Conceptual Study of Viruddha Ahara in the Pathogenesis of Autoimmune Disorders: A Preventive Perspective

Abstract :
Background: Autoimmune disorders are chronic multifactorial conditions characterized
by dysregulation of immune tolerance and inappropriate immune responses against self-antigens. Genetic susceptibility, environmental factors, diet, gut microbiota, intestinal barrier dysfunction, oxidative stress and lifestyle may contribute to their pathogenesis. Ayurveda provides a preventive dietary framework through the concept of Viruddha Ahara, referring to incompatible food combinations, quantities, processing methods, timing and dietary practices that may adversely affect physiological homeostasis.
Aim: To conceptually explore the possible role of Viruddha Ahara in the pathogenesis of autoimmune disorders and establish its relevance from a preventive Swasthavritta perspective. Materials and Methods: Classical Ayurvedic concepts of Viruddha Ahara, Agni, Ama, Srotas, Ojas and Vyadhikshamatva were reviewed and conceptually correlated with contemporary concepts of gut health, intestinal permeability, microbiome alteration, inflammation and immune dysregulation.
Discussion: Repeated consumption of inappropriate dietary combinations may disturb
Agni, contribute to Ama formation, Dosha imbalance and Srotodushti, potentially affecting Ojas and Vyadhikshamatva. Contemporary evidence suggests that dietary factors may influence gut microbiota, intestinal

barrier integrity, oxidative stress and inflammatory pathways. Viruddha Ahara should not be considered a direct equivalent of an autoimmune trigger but may provide a useful conceptual framework for understanding dietary contributions in susceptible individuals.
Conclusion: Viruddha Ahara represents a potentially important and underexplored dietary factor in chronic immune-mediated disorders. Its integration with contemporary nutrition and gut-immune research may provide a meaningful preventive framework.
Further clinical, experimental and
microbiome-based studies are required for scientific validation.
Keywords: Viruddha Ahara, Autoimmune disorders, Agni, Ama, Gut microbiota, Vyadhikshamatva, Swasthavritta.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0308
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SEEMA JHA (0308)
Co- Author/s : Dr.Vijay B. Negalur
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Asatmya and Viruddhahara in Ayurveda: A Critical Conceptual Comparison with the Pathogenesis of Autoimmune Disorders

Abstract :
Background: Asatmya and Viruddhahara are unique Ayurvedic concepts appearing paradoxical in modern discourse but holding relevance in Roga Samprapti. Charaka Samhita's classical statement, "Ahara sambhavam vastu rogascha ahara sambhavah" emphasizes food-health relationships, indicating improper dietary practices contribute to Nija Roga (endogenous diseases). Ayurvedic literature attributes etiopathological roles to these concepts across multiple disease patterns. Autoimmune diseases affect 3-9% of the global population, with biomedical research suggesting dietary factors influence autoimmune processes through gut microbiota, intestinal barrier integrity, inflammatory pathways, and immune regulation. However, relationships between dietary patterns and autoimmune disease initiation/progression remain complex with limited causal evidence.
Objectives: To examine Asatmya and Viruddhahara, comparing their conceptual and pathological descriptions with contemporary autoimmune pathogenesis, identifying correspondence, extension, and divergence without implying direct equivalence or causation.
Observation & Results: Ayurvedic literature identified Asatmya and Viruddhahara as distinct but overlapping concepts involving individual suitability, incompatibility, and adverse dietary responses. Associated disease patterns indicated a broad framework linking inappropriate diet with disease development. Comparison with Western and Asian dietary patterns demonstrated partial correspondences in gut-immune interactions, inflammation, and host-specific responses. Ayurvedic extensions included individualized assessment, food combination/processing, and temporal/cumulative influences. Divergences existed in Ahara Dravya conceptualization, causal models, mechanistic specificity, and biomarker definition.
Conclusion: Asatmya and Viruddhahara provide multidimensional, individualized perspectives on diet-related disease susceptibility that may complement, but do not equate to, biomedical models of autoimmune pathogenesis. Further mechanistic, clinical, and epidemiological research is warranted.
Keywords: Asatmya Ahara; Viruddhahara; Ayurveda; Ahara; Autoimmune Disorders; Autoimmune Pathogenesis; Gut-Immune Axis; Dietary Factors; Conceptual Review; Comparative Analysis.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0323
Reg. Category : P.G and Ph.D Scholar
Author : Dr. HARITHA T (0323)
Institution : All India Institute of Ayurveda New Delhi

"Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders with Special Reference to Amavata"

Abstract :
Background and objectives: Autoimmune diseases are a set of disorders in which the immune system attacks one's own tissues, leading to chronic inflammation, tissue damage, and systemic dysfunction. Affecting approximately 10% of the global population, these diseases impose significant health and economic burdens worldwide. Ayurveda considers Ahara as one among the Trayopasthambhas responsible for sustaining health. Asatmya Ahara and Viruddha Ahara represent forms of dietary incompatibility that may adversely influence Agni and physiological homeostasis. Amavata provides an important Ayurvedic disease model involving Agnimandya, Ama formation and Dosha involvement, while contemporary research highlights the role of gut microbiota dysbiosis in Rheumatoid arthritis. This paper aims to conceptually integrate Asatmya Ahara and Viruddha Ahara with the pathogenesis of autoimmune disorders, with special reference to Amavata.
Materials & Methods: A conceptual review was undertaken through critical analysis of classical Ayurvedic

texts, along with relevant contemporary literature. Concepts related to Asatmya Ahara, Viruddha Ahara, Agni, Ama, Dosha, Srotas and Amavata were analysed and integrated with contemporary concepts of inflammation and immune dyregulation.
Observations/Results: The analysis suggests that repeated exposure to unsuitable or incompatible dietary factors may contribute to impaired Agni and Ama formation. In Amavata, this provides a sequential framework involving Agnimandya, Ama formation, Dosha aggravation And Srotodusti. The conceptual sequence shows parallels with contemporary descriptions of chronic inflammation, altered physiological homeostasis and immune dysregulation, providing potential mechanistic links for exploring the Ayurvedic concepts of Asatmya Ahara and Viruddha Ahara in autoimmune disorders.
Conclusion: Integration of Asatmya and Viruddha Ahara with the Ayurvedic pathogenesis of Amavata provides a conceptual framework for exploring dietary contributions to autoimmune disorders and warrants further clinical and translational investigation.
Keywords: Ama; Amavata; Asatmya Ahara; Autoimmune Disorders; Viruddha Ahara.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0398
Reg. Category : P.G and Ph.D Scholar
Author : Dr. TRUPTI K KAGAWADE (0398)
Co- Author/s : 1. Dr. Manjula K. M.D.(Ayu) , Ph.D. professor department of Ayurveda Samhita and siddhanta., 2. Dr. Soumya Saraswathi M M.D.(Ayu) , Ph.D., Professor and head , Department of Ayurveda Samhita and siddhanta.
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Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders.

Abstract :
Title: Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Background & Objectives: Autoimmune disorders represent a complex challenge in contemporary medicine. Ayurveda elucidates Immune dysfunction through concepts like Asatmya (Unwholesome habits and diet) and Viruddha Ahara (Incompatible food combinations), which lead to Ama (metabolic toxins) formation. This study aims to conceptually integrate these classical Ayurvedic etiological factors with the modern pathogenesis of autoimmune diseases.
Materials & Methods: A comprehensive review of classical Ayurvedic texts, primarily Charaka Samhita, Sushruta Samhita and Astanga Hrudaya alongside contemporary medical literature on Immunology, Gut microbiome, Gut-Immune axis was conducted to draw conceptual parallels.
Observations/Results: Viruddha Ahara disrupts Agni (digestive fire), resulting in the chronic generation of Ama and Amavisha. These metabolic toxins disseminate into the systemic circulation, acting akin to endogenous antigens. Simultaneous consumption of an Asatmya diet leads to Dhatu Shaithilya (tissue laxity) and Ojo Vyapat (Immune dysfunction). This Ayurvedic pathophysiological cascade strongly correlates with modern concepts of Leaky gut syndrome, Microbiome dysbiosis, and Low-grade inflammation where in persistent dietary antigens breach the intestinal barrier, triggering immune hyper-reactivity, auto-antibody production, and subsequent self-tissue destruction.
Conclusion: The pathogenesis of autoimmune disorders can be comprehensively understood through the lens of Asatmya and Viruddha Ahara. Acknowledging this correlation establishes the gut-immune axis as a central therapeutic target. Implementing Nidana Parivarjana (avoidance of causative factors) to eliminate these dietary indiscretions offers a highly promising, integrative foundational strategy for managing autoimmunity at its physiological root.
Keywords: Viruddha Ahara, Asatmya, Autoimmunity, Ama, Gut-Immune axis

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0409
Reg. Category : P.G and Ph.D Scholar
Author : Dr. VISHWA PATIL (0409)
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Institution : Sri Kalabyraveshwara Swamy Ayurvedic Medical College Hospital and Research Centre

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CONCEPTUAL INTEGRATION OF "PURVAM VA HITA SEVANA" IN THE MANAGEMENT OF AUTOIMMUNE DISORDERS

Abstract :
Background & Objectives: The concept of Purvam Va Hita Sevana (prior conditioning of the body) is a unique therapeutic principle in Brihattrayee for treating Viruddha Ahara Janya Vyadhi (incompatible food disorders). It functions by inducing habituation and tolerance, mitigating hyper-reactive immune responses. Aligned with the theme "Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders" this study is based on the following objectives:

1. To explore the concept of "Purvam Va Hita Sevana" from Bhritatrayees
2. To identify any internal evidence for this principle

Materials & Methods: A comprehensive literary review of Brihattrayee and classical commentaries was conducted to analyse Viruddha Ahara Chikitsa and identify structural evidence for body pre-conditioning.

Observations: Charaka Samhita and Sushruta Samhita conceptualize this principle as "Purvam Va Hita Sevana", whereas Astanga Hridaya and Sangraha term it "Purvam Sharirasya Abhisamskruti" - conditioning the body with wholesome or similar qualities to neutralize potential harm. Significantly, Astanga Sangraha dedicates a separate chapter named "Viruddha Anna Vijanana" where while define Viruddha, author specifies its effect of Dhatu (tissue) like Charaka Samhita mentions in Sroto Dushti Karana - General aetiology of vitiation channels of transport. This supports Viruddha Ahara as one of the causes for induction of Auto immune disorders. Commentator of Ashanta Hridya gives certain examples in application of this principle which is detailed in paper.

Conclusion: Purvam Sharirasya Abhisamskruti / Hita Sevana represents desensitization and immune conditioning. Integrating this concept targets preventing and managing autoimmune diseases through dietary modulation and immunological tolerance. Key words: Puravam Va Hita Sevana, Viruddha Ahara, Auto Immune, Shairasya Abhisamskruti

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0419

Reg. Category : Faculties, Researchers & Practitioners

Author : Dr. CHAITRA (0419)

Institution : DHANVANTARI AYURVEDA COLLEGE HOSPITAL AND RESEARCH CENTRE SIDDAPUR

Role of Viruddhahara in the Manifestation of Rheumatoid Arthritis: An Ayurvedic Perspective

Abstract :

Rheumatoid arthritis (RA) is a chronic autoimmune inflammatory disorder characterized by persistent synovitis, pain, stiffness, and progressive joint damage. Although genetic factors are important, diet and environmental influences are increasingly recognized in the modulation of immune responses. Ayurveda describes Viruddhahara as incompatible dietary combinations or improper dietary practices capable of disturbing physiological homeostasis and contributing to disease manifestation.

This conceptual review explores the possible role of Viruddhahara in the pathogenesis of RA by correlating Ayurvedic principles with contemporary concepts of immune dysregulation. Repeated consumption of incompatible food may impair Agni, leading to the formation of Ama. When Ama associates with aggravated Vata and localizes in the Sandhi, it contributes to the manifestation of Amavata, a condition that closely resembles rheumatoid arthritis in its clinical presentation.

Modern research indicates that unhealthy dietary patterns may influence gut microbiota, increase intestinal permeability, promote oxidative stress, and activate pro-inflammatory immune pathways. These mechanisms may contribute to chronic systemic inflammation and autoimmune responses in genetically susceptible individuals. Such observations offer a possible scientific basis for understanding the classical concept of Viruddhahara in relation to RA.

Thus, Viruddhahara may be considered a potential modifiable dietary factor in the manifestation of rheumatoid arthritis. Integrating Ayurvedic dietary principles with the emerging diet-gut-immune axis may provide a broader perspective for prevention and supportive management of RA.

Keywords: Viruddhahara, Rheumatoid arthritis, Amavata, Ama, Agni, Autoimmunity, Gut microbiota

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0423

Reg. Category : Faculties, Researchers & Practitioners

Author : Dr. RACHANA YADAVARAYA (0423)

Institution : Mahaganapati Ayurvedic Medical College and Hospital

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Asatmya and Viruddha Ahara: An Ayurvedic Perspective on the Pathogenesis of Autoimmune Disorders

Abstract :

Introduction: Autoimmune disorders arise from an aberrant immune response against self-antigens, resulting in chronic inflammation and tissue destruction. Ayurveda attributes the origin of many diseases to faulty dietary practices, particularly Asatmya Ahara (unsuitable food) and Viruddha Ahara (incompatible food combinations). Across the Brihat Trayi (Charaka Samhita, Susruta Samhita, and Ashtanga Hridaya), these dietary factors are described as major causes of Agnimandya, Ama formation, Dosha vitiation, Dhatu dushti, and Ojas impairment, thereby creating a conceptual framework that closely resembles immune dysregulation.

Method: A comparative textual inquiry of the Brihat Trayi was executed. References regarding Asatmya Ahara, Viruddha Ahara, Agni, Ama, Dosha, Dhatu, Ojas, and disease pathogenesis were gathered and cross-referenced from Charaka Samhita (Sutra, Vimana, and

Cikitsa Sthana), Susruta Samhita (Sutra and Sarira Sthana), and Ashtanga Hridaya (Sutrasthana).
Results: While Charaka identifies Viruddha Ahara as a principal etiological factor responsible for Dosha prakopa, Ama generation, and Ojas impairment, Susruta emphasizes the detrimental effects of unsuitable dietary habits on Dhatu integrity and disease susceptibility. Vagbhata synthesizes these concepts by describing improper food selection, incompatible combinations, and unwholesome dietary regimens as causes of impaired Agni and systemic pathology. Collectively, all three classics indicate that persistent exposure to Asatmya and Viruddha Ahara culminates in chronic inflammatory states and impaired self-tolerance, providing an Ayurvedic perspective for the pathogenesis of autoimmune disorders.
Conclusion: Across the Brihat Trayi, Asatmya and Viruddha Ahara are fundamental dietary determinants of Agni dysfunction, Ama formation, and Ojas depletion. Their conceptual integration offers a classical Ayurvedic framework for understanding autoimmune disorders and highlights the importance of dietary correction in disease prevention and health promotion.
Keywords: Asatmya Ahara, Viruddha Ahara, Autoimmune Disorders, Ama, Agni, Ojas, Vyadhikshamatva, Brihat Trayi.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0434
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHIVANI BAHETI (0434)
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Institution : NATIONAL INSTITUTE OF AYURVEDA DENOVO JAIPUR

Bridging Ayurvedic Pathophysiology and Modern Mucosal Immunology: The Role of Asatmya and Viruddha Ahara in Autoimmunity

Abstract :
Bridging Ayurvedic Pathophysiology and Modern Mucosal Immunology: The Role of Asatmya and Viruddha Ahara in Autoimmunity Dr. Apurva1, Dr. Janaki Y S2
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2. Professor and Head of Department of Kayachikitsa, TGAMC, Ballari Email: drjanakiys@gmail.com | Mobile: 9741140053
Background & Objectives Viruddha Ahara and Asatmya Ahara are classical Ayurvedic concepts that describe incompatible and non-congenial dietary practices. These concepts may offer a useful perspective for understanding why Viruddha Ahara may contribute to autoimmune diseases. Disturbances caused by such dietary exposures may be related to gut dysbiosis, oxidative stress, chronic inflammation, and altered mucosal immune tolerance, which are important mechanisms involved in autoimmunity. Although the influence of diet on immune function is increasingly recognized, the role of diet-related mucosal disturbances in autoimmune disease needs further exploration.
Materials & Methods This conceptual review brings together classical Ayurvedic literature and current evidence on autoimmune mechanisms. Important areas, including intestinal barrier dysfunction, gut dysbiosis, molecular mimicry, and loss of peripheral immune tolerance, were examined in relation to Ayurvedic concepts to develop an integrative understanding of how Viruddha Ahara may influence disease pathogenesis.
Observations & Results Chronic consumption of Viruddha Ahara may cause Agnimandya, Ama, and cumulative toxic effects resembling Gara Visha. This persistent toxic-inflammatory state may induce Srotodushti, gut barrier dysfunction, chronic immune activation, and loss of self-tolerance, thereby potentially contributing to autoimmune pathogenesis.
Conclusion Ayurvedic principles of Nidana Parivarjana and Agni Deepana, along with management of chronic incompatible dietary exposures, may support physiological and immune homeostasis. Their conceptual parallels with gut barrier restoration, microbial balance, and immune tolerance warrant further mechanistic and clinical research in autoimmune disorders.
Keywords: Viruddha Ahara, Gara visha, Mucosal Immunology, Intestinal Barrier, Autoimmunity, Ama

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0449
Reg. Category : P.G and Ph.D Scholar
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Institution : Taranath Government Ayurvedic Medical College Ballari

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Conceptual Integration of Viruddha Ahara in the Pathogenesis of Autoimmune Disorders: An Ayurvedic Perspective

Abstract :
Background: Autoimmune disorders develop due to a combination of genetic, environmental and immune-related factors. Diet plays an important role in maintaining immune balance. Ayurveda describes Viruddha Ahara (incompatible diet) as an important cause of disease because it disturbs Agni, produces Ama (toxic metabolites) and vitiates the Doshas. Although

autoimmune disorders are not described as a separate disease in Ayurveda, their development can be understood through the concepts of Agnimandya, Ama, Srotodushti and reduced Vyadhikshamatva (immunity).
Methods: A narrative review was carried out using classical Ayurvedic texts, including Caraka Samhita, Susruta Samhita and Ashtanga Hridaya, along with research articles from PubMed, PubMed Central, Google Scholar, Scopus and other peer-reviewed journals. Literature related to Viruddha Ahara, gut microbiota, chronic inflammation, immune dysfunction and autoimmune disorders was reviewed.
Results: Classical Ayurvedic literature explains that regular intake of Viruddha Ahara weakens Agni, leads to Ama formation and causes Srotodushti, resulting in disease. Modern studies show that unhealthy dietary habits can disturb gut microbiota, increase intestinal permeability and promote chronic inflammation and abnormal immune responses. These findings show conceptual similarities between Ayurvedic and modern explanations of autoimmune disease development.
Conclusion: Viruddha Ahara may be considered a possible dietary factor in the development of autoimmune disorders. Combining Ayurvedic concepts with modern knowledge of immunology and gut microbiota may improve our understanding of disease mechanisms and support preventive dietary approaches.
Keywords: Viruddha Ahara; Autoimmune Disorders; Agni; Gut Microbiota; Srotodushti.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0451
Reg. Category : P.G and Ph.D Scholar
Author : Dr. BHOOMIKA NAVAL (0451)
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Viruddha Ahara and Inflammatory Bowel Disease: Exploring the Ayurvedic-Gut Microbiome-Immune Axis

Abstract :
Background & Objectives: Inflammatory Bowel Disease is a long-term immune-mediated condition associated with genetic predisposition, environmental factors, dietary habits, intestinal permeability, changes in gut microbiota, and immune dysregulation of the gut mucosa. Ayurveda identifies Viruddha Ahara as a practice of incompatibility with dietary intake affecting physiological homeostasis. This review attempts to investigate the possible link between Viruddha Ahara and Inflammatory Bowel Disease in the context of contemporary gut microbiome-intestinal barrier-immune axis along with Ayurvedic concepts of Asatmya and Agni.
Materials & Methods: A review of literature has been done using classical Ayurvedic references and contemporary biomedical literature on Viruddha Ahara, Asatmya, Agni, dietary habits, gut microbiome, intestinal permeability, microbial metabolites and immune dysregulation in inflammatory bowel disease.
Observations/Results: The current literature reveals the ability of dietary habits and food ingredients to affect the composition of gut microbiome, metabolic activity of microbes, integrity of intestinal barrier, and inflammatory response of the gut mucosa. Dysbiosis and altered host-microbe interaction is being increasingly recognized in IBD. The literature of Ayurveda provides a wider scope that includes the concept of food incompatibility, individual's suitability, digestive power and dietary processing. However, there are no studies which have found a direct link between Viruddha Ahara and inflammatory bowel disease. Conclusions: Viruddha Ahara provides a significant framework from Ayurveda for further investigation into diet-induced changes in gut-immune homeostasis. Prospective correlation between dietary exposure and microbiome, inflammatory markers and disease activity might help in validating its significance.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0496
Reg. Category : Intern
Author : Dr. NEEL PAREKH (0496)
Institution : Sri Sri College of Ayuredic Science and Research Bangalore

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Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders: A Review

Abstract :
Background: Autoimmune disorders arise from a complex interplay of genetic predisposition, environmental triggers and immune dysregulation, with dietary factors increasingly implicated in disease onset and exacerbation. Ayurveda describes two distinct dietary concepts, Asatmya and Viruddha Ahara, as causative factors for Dhatu Vaishamya and Ama formation, both considered precursors to chronic, immune-mediated pathology.
Objectives
- To conceptually correlate Asatmya and Viruddha Ahara with the pathophysiological mechanisms underlying autoimmune disorders.
- To explore the conceptual parallels between Ayurvedic dietary incompatibilities and modern mechanisms such as molecular mimicry, gut dysbiosis and increased intestinal permeability.

- To examine the role of chronic gastrointestinal disturbances in the development of systemic immune dysregulation.

Materials and Methods: A qualitative literature review was conducted using classical Ayurvedic texts, including Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya along with their commentaries, alongside contemporary biomedical literature retrieved from online research portals. Descriptions of Asatmya and Viruddha Ahara were extracted and thematically compared with modern concepts of dietary antigenicity, gut-immune axis dysfunction and chronic low-grade inflammation.

Results and Discussion: Classical descriptions of Viruddha Ahara-induced Ama formation showed conceptual parallels with modern mechanisms of gut dysbiosis and increased intestinal permeability implicated in autoimmune triggering. Asatmya-related Dhatu Vaishamya paralleled individualized immune hyperreactivity patterns observed in autoimmune susceptibility. Both constructs converged on a shared pathway of chronic gastrointestinal disturbance preceding systemic immune dysregulation.

Conclusion: Asatmya and Viruddha Ahara offer a conceptually coherent, individualized dietary framework for understanding autoimmune pathogenesis, warranting further empirical validation as a preventive and adjunctive dietary strategy in autoimmune disease management.

Keywords: Asatmya, Viruddha Ahara, Autoimmune Disorders, Ama, Gut Dysbiosis.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0501

Reg. Category : P.G and Ph.D Scholar

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Conceptual integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Abstract :

Background & Objectives Asatmya ahara (unwholesome diet) and viruddha ahara (incompatible food combinations) disrupt physiological homeostasis and induce agni-dushti and ama formation. In modern immunology, dietary triggers are increasingly implicated in intestinal barrier breakdown and systemic immune dysregulation. This conceptual study aims to integrate the traditional mechanisms of asatmya and viruddha ahara with contemporary biomedical pathways of intestinal permeability "leaky gut", endotoxemia, and loss of self-tolerance in autoimmune disorders.

Materials & Methods A comprehensive conceptual synthesis was conducted using classical Ayurvedic alongside contemporary scientific literature indexed in biomedical databases concerning gut microbiota dysbiosis, tight-junction integrity, and autoimmune pathogenesis.

Observations/Results Chronic exposure to viruddha and asatmya ahara impairs digestive fire (agni), producing antigenic ama. This correlates with diet-induced mucosal inflammation, oxidative stress, and degradation of epithelial tight junctions. Elevated intestinal permeability permits translocation of incompletely digested dietary peptides, bacterial lipopolysaccharides, and advanced glycation end products into systemic circulation. Chronic exposure activates innate immune receptors, triggers pro-inflammatory cytokines, and impairs oral tolerance. In immunologically susceptible individuals, these mechanisms facilitate molecular mimicry, bystander activation, epitope spreading, and immune complex deposition, driving chronic inflammation.

Conclusion Asatmya and viruddha ahara serve as environmental co-triggers that provoke systemic immune dysregulation via gut barrier failure. Integrating these Ayurvedic constructs with modern mucosal immunology offers a rational scientific basis for personalized dietary prevention and lifestyle strategies in autoimmune conditions.

Keywords: Asatmya Ahara, Viruddha Ahara, Autoimmune Disorders, Ama, Intestinal Permeability

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0513

Reg. Category : P.G and Ph.D Scholar

Author : Dr. PARTH SABNIS (0513)

Institution : Sumatibhai Shah Ayurved Mahavidhyalay

From Ahara to autoimmunity: Ayurvedic Mechanisms Mapped to Modern Immunopathology

Abstract :

Dr. Vijayalakshmi babu1, Dr. Abdul Khader2

Keywords: Ahara (Diet), Viruddha Ahara (Dietary incompatibility), Ama formation, Autoimmune disorders, Gut dysbiosis. Abstract :

Background & Objectives: Ayurveda mainly emphazises on the concept of Bala, Ojas and Vyadhikshamatwa (Immunity) as the linking factors for autoimmune diseases, and these factors are mainly said to be dependent on Ahara, Nidra and Bramhacharya. The first and foremost is the role of Ahara in the formation of diseases. One such concept of how Asatmya ahara and

Virrudha ahara (incompatible food forms) leads in the pathogenesis of Autoimmune disorders will be studied.
Materials & Methods: Ayurvedic texts- Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya -to know the types and mechanism of different incompatibility (Ashtadasha Viruddha). Contemporary evidence on biochemical food interactions, thermal degradation, advanced glycation end-products (AGEs), gut microbiome dysbiosis, and food allergenicity.
Observations/Results: Intake of virrudha ahara (incompatible foods) can cause impact on digestion and metabolism causing Ama formation, some examples include Samyoga Viruddha (combination incompatibility), such as fish with milk, produces cross-linked protein complexes resistant to enzymatic digestion, leading to putrefaction and gut barrier compromise. Samskara Viruddha (processing incompatibility), exemplified by heated honey, corresponds to the formation of 5-Hydroxymethylfurfural (5-HMF), a known cytotoxin. Veerya Viruddha (potency incompatibility), such as mixing acidic and alkaline foods, alters gastric pH, causing protein coagulation and delayed digestion. These mechanisms parallel Agnimandya and Ama formation, reflected in elevated lipid peroxidation and pro-inflammatory cytokines (TNF-a, IL-6).
Conclusion: Ayurvedic concepts of dietary incompatibility provide a Framework for understanding harmful food interactions that cause low-grade systemic inflammation. Integrating these principles with modern nutritional values and dietary guidelines help us to offers a systemic approach to preventing chronic metabolic and autoimmune disorders.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0526
Reg. Category : P.G and Ph.D Scholar
Author : Dr. VIJAYALAKSHMI BABU (0526)
Co- Author/s : Dr. Abdul khader
Institution : Sri Kalabyraveshwara Swamy Ayurvedic Medical College Hospital and Research Centre

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Asatmya - Viruddha Ahara in the Pathogenesis of Autoimmune Disorders: A Conceptual Study from an Ayurvedic Perspective

Abstract :
Background & Objectives Autoimmunity results from impaired immune tolerance influenced by genetic, environmental, dietary, and intestinal factors. Ayurveda describes Viruddha Ahara as incompatible dietary practices that may disturb physiological homeostasis. This review aims to explore the possible relationship between Viruddha Ahara, Agni dysfunction, Ama formation, and immune dysregulation in autoimmune disorders.
Materials & Methods A conceptual review was conducted by integrating classical Ayurvedic concepts of Viruddha Ahara, Agni, Ama, Dhatu, Ojas, and Vyadhikshamatva with contemporary evidence on gut microbiota, intestinal permeability, epithelial barrier dysfunction, antigen exposure, and immune regulation. Dietary incompatibilities including Krama Viruddha, Karma Viruddha, and Virya Viruddha were considered.
Observations/Results The synthesis suggests that repeated consumption of incompatible foods may contribute to impaired Agni and Ama formation, potentially affecting tissue metabolism and immune homeostasis. Contemporary research indicates that dietary patterns influence the gut-immune axis through microbial dysbiosis, altered intestinal permeability, antigen exposure, and persistent inflammation. These mechanisms may have relevance in autoimmune and inflammatory disorders such as Crohn's disease and ulcerative colitis.
Conclusion The Ayurvedic framework of Viruddha Ahara-Agni-Ama provides a potential conceptual model for understanding diet-associated immune dysregulation. Integrating Ayurvedic principles with contemporary gut-immune research may provide a basis for further investigation into dietary factors involved in autoimmune disorders.
Keywords: Viruddha Ahara, Asatmya Ahara, Agni, Ama, Autoimmunity

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0542
Reg. Category : Undergraduate Student
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Conceptual Integration of Asatmya and Viruddhahara in the Pathogenesis of Psoriasis, AUTHOR - Dr. Pallavi S. Nayak, Intern, MIAMS

Abstract :
Guide - Dr. Ravishankar Shenoy, Professor and HOD, Department of Roga Nidana, MIAMS ayudrravi@gmail.com | 9448348624
Background Two to four percent of people worldwide suffer with psoriasis, one of the most prevalent autoimmune skin conditions. Autoimmune illnesses are caused by complex interactions including diet, environmental, intestinal barrier dysfunction, and dysregulated immune responses. According to Ayurveda,

certain nidana like Asatmyahara and Viruddhahara can cause Kushtha.

Objectives

1. To conceptually integrate the traditional nidana of Kushtha (Kitibha Kushtha) with the most recent research on how diet, lifestyle, and environmental exposures affect the biochemical processes implicated in psoriasis.
2. To review the Ayurvedic clinical research on psoriasis that is currently accessible.

Materials and Method The Charaka Samhita, Susruta Samhita, Ashtanga Hridaya, and Madhava Nidana, as well as the existing research literature on psoriasis, were used for literature review. The classical Kushtha Nidana was analysed and linked to potential biochemical pathways in psoriasis. The available data was evaluated critically. In order to evaluate reported clinical outcomes applicability of Nidana Parivarjana, dietary modification, and multimodal Ayurvedic care, published Ayurvedic case reports on psoriasis were also examined.

Observation and Results The data highlights that diet, psychological status and sleep disturbance has an effect on intestinal permeability and inflammatory responses. These findings give probable biological parallels for selected Kushtha Nidana, including Ati-Snigdha, Ati-Lavana, Guru, Atyasana, Mithya, and Manasika variables. Clinical observations from Ayurvedic psoriasis case reports demonstrated marked improvement following multimodal management, including dietary modification and Virecana,

Conclusion The evidence that is now available points to a likely conceptual relationship between contemporary biological pathways implicated in pathophysiology of psoriasis and classical Kushtha Nidana. To provide a scientific foundation for examining the connection between ancient Nidana and the biological aetiology of psoriasis, more study integrating Ayurvedic phenotyping with modern research techniques is necessary.

Keywords Kushtha; Psoriasis; Viruddhahara; Asatmyahara

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0551

Reg. Category : Intern

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Institution : Muniyal institute of Ayurveda Medical science Manipal

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CONCEPTUAL INTEGRATION OF ASATMYA AND VIRUDDHA AHARA IN THE PATHOGENESIS OF AUTOIMMUNE DISEASE

Abstract :

BACKGROUND Autoimmune diseases are a group of disorders in which the immune system loses self-tolerance and mounts an inappropriate immune response against the body's own cells, tissues, or organs. It is a multifactorial process involving genetic susceptibility, environmental triggers, altered immune regulation, molecular mimicry, inflammatory pathways, and disruption of immune tolerance. Dietary factors and alterations in the intestinal microbiome and intestinal barrier have increasingly been investigated as potential contributors to autoimmune mechanisms. Dysbiosis and impaired gut-barrier integrity may promote abnormal immune activation and molecular mimicry between microbial and host antigens. In our Classics these factors can be interpreted as Asatmya ViruddhaAhara, Agni-dushti, Ama, Doshaprakopa, and Dhatu-vaigunya.

MATERIALS & METHODS A conceptual review was conducted through a systematic study of classical Ayurvedic texts and Contemporary biomedical literature.

RESULTS Asatmya/Viruddha Ahara -> impaired digestion/metabolism and altered gut environment -> dysbiosis/barrier dysfunction and Ama formation -> inflammatory and immune dysregulation -> loss of immunological tolerance -> autoimmune manifestations. According to contemporary science, Enzymatic interference, Gut microbiota &Inflammation mechanism can be understood.

Conclusion:- The Asatmya and ViruddhaAhara may be considered potential dietary contributors within a multifactorial pathway leading to immune dysregulation, when interpreted through both Ayurvedic and modern biomedical frameworks.

Keywords:- Agni bala, Ama ,dybiosis, PH

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0552

Reg. Category : Undergraduate Student

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Institution : PRAKRUTHI AYURVEDA MEDICAL COLLEGE AND HOSPITAL

A Translational Interpretation of Asatmya and Viruddha Ahara in Pathogenesis of Psoriasis.

Abstract :

Background & Objectives: Psoriasis is a chronic autoimmune inflammatory disorder involving dysregulated immune responses and persistent inflammation. Dietary factors are increasingly recognized for their potential influence on systemic inflammation, gut microbiota, and immune homeostasis. Ayurveda emphasizes dietary compatibility through the concepts of Asatmya and Viruddha Ahara. Asatmya denotes dietary substances unsuitable for an individual, whereas Viruddha Ahara refers to incompatible food

combinations, qualities, processing, quantity or timing. This study aims to explore their possible role in the pathogenesis of psoriasis through a translational Ayurvedic framework.

Materials & Methods: A conceptual review was conducted using classical Ayurvedic literatures- Charaka Samhita, Sushruta Samhita, Astang Hridaya, Astang Sangraha, etc. along with contemporary scientific literature concerning psoriasis, dietary factors, gut microbiota, intestinal barrier integrity, inflammation and immune dysregulation. Classical concepts were critically analysed and correlated with relevant contemporary mechanisms.

Observations/Results: Classical descriptions indicate that persistent consumption of Asatmya and Viruddha Ahara can impair Agni, promote Ama formation and cause Dosha and Srotas dysfunction. These processes may be conceptually correlated with contemporary findings of gut microbial dysbiosis, altered intestinal permeability, systemic inflammatory signalling and immune dysregulation implicated in psoriasis. The gut-skin axis therefore provides a plausible translational interface between dietary incompatibility and psoriatic inflammation.

Conclusion: Integration of Asatmya and Viruddha Ahara with contemporary understanding of psoriasis provides a novel framework for interpreting dietary influences on autoimmune inflammation and may support individualized preventive approaches.

Keywords: Agni; Asatmya; Autoimmune Disorder; Gut-Skin Axis; Psoriasis; Viruddha Ahara.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0569

Reg. Category : P.G and Ph.D Scholar

Author : Dr. MEGHA KAWALE (0569)

Co- Author/s : Prof. Shubhangi Kamble, MD(Ayu), PhD(Ayu)

Institution : ITRA Jamnagar

When Food Meets Susceptibility: An Ayurveda Perspective on Viruddha Ahara and Autoimmune Disorders with clinical illustrations.

Abstract :

Background: Ayurveda emphasizes the individualized relationship between Ahara, Satmya, Agni and disease expression. Viruddha Ahara and Asatmyata are described as potentially important dietary factors that may disturb physiological equilibrium and contribute to disease susceptibility. In the context of autoimmune disorders, their clinical relevance warrants systematic exploration. Aim: To explore the conceptual role of Viruddha Ahara in autoimmune disorders and to examine its possible relevance to disease expression and therapeutic response through pediatric clinical illustrations. Materials and Methods: Classical Ayurveda concepts of Viruddha Ahara, Agni, Satmya and Pathya were reviewed along with contemporary literature concerning dietary influences and immune-mediated skin disorders. Four pediatric clinical cases, two of psoriasis and two of vitiligo, managed with Ayurveda interventions were examined descriptively, with emphasis on disease duration, extent, site, dietary factors, Pathya adherence and clinical response. Results: The clinical observations demonstrated heterogeneity in disease extent and therapeutic response. One child with extensive psoriasis showed complete clinical clearance after prolonged Ayurveda management, while another had near-complete resolution with a small persistent scalp lesion. Among vitiligo cases, a child with a one-year lesion showed reduction but incomplete clearance in the setting of poor Pathya adherence, whereas a younger child with shorter disease duration showed complete clinical clearance. These observations suggest a potential relationship between individual susceptibility, dietary adherence and disease behaviour. However, causality cannot be inferred from these cases. Conclusion: Integrating Viruddha Ahara and Asatmyata with Rogi-specific factors such as Agni, Satmya and disease characteristics may provide an Ayurveda framework for individualised dietary assessment in autoimmune disorders. Prospective studies using standardised dietary assessment and objective disease activity measures are warranted. Keywords: Viruddha Ahara; Asatmyata ; Pathya; Autoimmune disorders; Vitiligo; Psoriasis; Ayurveda

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0575

Reg. Category : P.G and Ph.D Scholar

Author : Dr. GANAVI G M (0575)

Co- Author/s : Dr. Shailaja U

Institution : SDM college of ayurveda and hospitaL Hassan

Viruddha Ahara- A Major Etiological Factor in Psoriasis: Exploring the Gut-Immune Axis

Abstract :

Background: The journey from food to disease begin long before inflammation becomes visible on the skin. Ayurveda recognizes that the effects of food depend not merely on its nutritional value, but on its compatibility with Samyoga (combination), Samskara (processing), Matra (quantity), Kala (timing), Desha (place), Prakriti (individual constitution), Agni Bala (digestive capacity) etc, collectively understood through concept of Viruddha

Ahara. Repeated dietary incompatibility does Agni Vikriti, promoting Ama, decreasing Vyadhi Kshamatva and initiating pathological processes. This perspective assumes significance in psoriasis, where cutaneous manifestations reflect complex interactions among immune dysregulation, and systemic inflammation. Contemporary research increasingly identifies the gut as an interface between diet and immunity, implicating gut dysbiosis, altered intestinal barrier integrity, and microbial metabolites in psoriasis. Thus, this pathway provides a conceptual lens for exploring the role of gut-immune-skin axis in manifestation of psoriasis.

Objective: To understand the role of Viruddha Ahara in the manifestation of psoriasis and integrate it with contemporary psoriasis pathogenesis through the gut-immune axis.

Materials & Methods: Charaka Samhita with commentary and relevant contemporary literature on Viruddha Ahara, psoriasis, gut microbiota, and immune regulation were conceptually analysed.

Observations/Results: The conceptual analysis suggests a possible link between Viruddha Ahara and psoriasis through gut dysbiosis, altered intestinal barrier function, and immune dysregulation involving interleukin-23 and T-helper 17 signalling.

Conclusion: An integrative framework connecting Viruddha Ahara, gut homeostasis, immune dysregulation, and psoriasis is proposed, providing a conceptual basis for translational research.

Keywords: Viruddha Ahara, Psoriasis, Pathogenesis, Gut-Immune Axis

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0603

Reg. Category : P.G and Ph.D Scholar

Author : Dr. PADMA DEVALA CHAVAN (0603)

Co- Author/s : Dr. V A Chate , Dr. Shreevathsa

Institution : Government Ayurveda Medical CollegeMysuru

Role of asatmya and viruddha ahara in the pathogenesis of Auto immune disorders

Abstract :

Title: "Role of asatmya and viruddha ahara in the pathogenesis of Auto immune disorders". Author: Dr. Anushree R C, Dr. Shreevathsa Abstract

Background - Aahara is one among the Trayopastambha and is considered the Moola of Shareera, essential for Deha Dharana and maintenance of health. The Acharyas have described specific principles of Aahara Sevana concerning Dravya, Matra, Samskara, Samyoga and Kala. Deviation from these principles may result in Asatmya Aahara and Viruddha Aahara, contributing to Aama formation.

Objectives - Understanding the role of asatmya and Viruddha ahara in the pathogenesis of Autoimmune disorders.

Materials and Methods - Literary Review from Ayurveda sources such as Samhithas and Niganthus, Relevant published research articles, Relevant Contemporary textbooks

Observation and results- The Aama due to intake of asatmya and viruddha ahara causes Agni Mandya, Tridosha Prakopa and Srotorodha, with subsequent impairment of Dhatu Poshana, Dhatu Sara, Ojas and Bala. The Lakshana of Aama, when viewed in the context of contemporary understanding, show considerable clinical resemblance to commonly encountered manifestations of autoimmune disorders, suggesting a possible conceptual correlation. The association of Aama with Prakupita Dosha and subsequent Sthana Samshraya may contribute to the manifestation of diverse Vyadhi. In the present era, globalisation, changing dietary practices, increased availability of diverse cuisines and inadequate awareness regarding appropriate Aahara Sevana may predispose to Asatmya and Viruddha Aahara.

Conclusion - Understanding the interrelationship between Aahara, Agni, Aama, Dosha and Dhatu may therefore provide an Ayurvedic framework for exploring autoimmune disorders. Appropriate Aahara Sevana and avoidance of Viruddha Aahara has an important role in maintaining Agni, Dhatu Samya and Ojas and thereby supporting health and prevention of disease. Key words - Asatmya ahara, Viruddha ahara, Aama, Autoimmune disorders.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0607

Reg. Category : P.G and Ph.D Scholar

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CELIAC DISEASE THROUGH THE AYURVEDIC LENS: A TRANSLATIONAL MODEL OF SATMYA-ASATMYA AND VYADHIKSHAMATVA

Abstract :

Dr. Prithvi G V1, Dr. Mahesh Sharma M2, Dr. Srinivasa S3 First-year PG Scholar1, Associate Professor2, Professor and HOD3 Department of Kayachikitsa, Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru-560074, Karnataka, India

Corresponding Author: Dr. Prithvi G V, First-year PG Scholar, Department of Kayachikitsa, SDM Institute of Ayurveda and Hospital, Bengaluru-560074. E-mail: prithvigv08@gmail.com, Phone no: 9902877017
ABSTRACT
Background: Celiac disease (CeD) is an immune-mediated enteropathy triggered by gluten in genetically susceptible individuals, particularly those carrying HLA-DQ2/DQ8, resulting in malabsorption and diverse systemic manifestations. Although classical Ayurvedic texts do not describe CeD directly, Grahani Dosha is often considered a possible clinical correlate. However, Satmya-Asatmya offers a more specific conceptual framework for understanding why most individuals may tolerate the same food but become pathogenic in a susceptible individual.
Objective: To develop a translational Ayurvedic model of CeD integrating Prakrti, Satmya-Asatmya, Vyadhikshamatva, Agni-Ama, and Manas with contemporary concepts of genetic susceptibility, immune dysregulation, and the gut-brain relationship.
Materials and Methods: Classical references from Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya were examined alongside contemporary literature on CeD genetics, immunology, psychological manifestations, and Ayurgenomic research. Relevant biomedical mechanisms were conceptually mapped to corresponding Ayurvedic principles.
Conclusion: CeD may be conceptually understood through the Satmya-Asatmya framework, with gluten functioning as an individually incompatible food rather than a universal toxin. Prakrti may provide a framework for individual variation corresponding to genetic susceptibility, while Vyadhikshamatva offers a conceptual basis for differential disease susceptibility. Agni-Ama and Manas further contextualise digestive consequences and the bidirectional gut-brain relationship, informing a proposed diagnostic correlation and a Rasayana-based adjunctive management approach. This model provides a hypothesis-generating framework for future Prakrti-based clinical research too.
Keywords: Celiac disease; Translational Ayurveda; Prakrti; Asatmya; Vyadhikshamatva.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0626
Reg. Category : P.G and Ph.D Scholar
Author : Dr. PRITHVI G V (0626)
Co- Author/s : Dr Mahesh Sharma M, Dr Srinivasa S
Institution : SDM Institute of Ayurveda and Hospital Bengaluru

A Mesmerizing Ayurvedic Approach in Secondary Sjogren's Syndrome based on the Concept of Viruddha Ahara and Gut Microbiota

Abstract :
Dr. Heeba Manjrekar1, Dr. Sowjanya J2, Dr. Srinivasa S3
1st year PG Scholar1, Associate Professor2, Professor and HOD3 Department of Kayachikitsa, Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru-560074, Karnataka, India. CORRESPONDING AUTHOR: Dr.Heeba Manjrekar, 1st year PG Scholar, Department of Kayachikitsa, Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru-560074. Email: heebamanjarekar@gmail.com. Ph no-9591151843 ABSTRACT
Background: Secondary Sjogren's syndrome is an autoimmune exocrinopathy associated with rheumatoid arthritis, systemic lupus erythematosus and scleroderma. Secondary Sjogren's syndrome commonly presents with persistent ocular and oral dryness, fatigue, arthralgia and other systemic manifestations related to the underlying autoimmune disease. In Ayurveda secondary Sjogren syndrome can be considered under the diseases manifested due to Viruddha Ahara, impaired Agni, Ama formation, Dosha Vaishamyata and altered Vyadhikshamatva like Amavata, Vatarakta and Kushta. Diet-related alterations in intestinal homeostasis and the gut microbiota may link incompatible food with immune dysregulation. This perspective is relevant when dietary errors coexist with inflammation and impaired tissue nourishment.
Objectives: To assess the contribution of Viruddha Ahara in secondary Sjogren's syndrome through the gut-immune axis based on Agni, Ama, Dosha Vaishamyata and Vyadhikshamatva.
Materials & Methods: A narrative conceptual analysis was performed by considering Ayurvedic principles alongside intestinal barrier function, gut-microbiota balance and immune activation. Incompatible combinations, contaminated food, excessive intake and improper dietary timing were mapped to Agni Vishamata, Ama, Srotodushti, Dosha Vaishamya and impairment of Bala and Ojas.
Conclusion: Viruddha Ahara provides a relevant Ayurvedic framework for understanding the dietary and digestive dimensions of secondary Sjogren's syndrome. Gut microbiota may connect incompatible dietary practices with intestinal immune activation and systemic autoimmune expression, although this relationship requires validation through microbiome and clinical studies. Individualized dietary guidance, correction of Agni and preservation of Vyadhikshamatva may serve as supportive measures alongside standard medical care.
Keywords: Secondary Sjogren's Syndrome; Viruddha Ahara; Gut Microbiota; Vyadhikshamatva

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0627
Reg. Category : P.G and Ph.D Scholar
Author : Dr. HEEBA MANJREKAR (0627)
Co- Author/s : Dr.Sowjanya J, Dr Srinivasa S
Institution : SDM Institute of Ayurveda and Hospitals Bangalore

Conceptual Integration of Asatmya Ahara and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders: An Ayurvedic Perspective

Abstract :
Background and Objectives: Autoimmune disorders are complex multifactorial conditions involving genetic predisposition, environmental factors, dietary influences, altered immune tolerance and disturbances in host-microbial interactions. Ayurveda emphasizes the importance of appropriate food and individualized dietary practices in maintaining health. Asatmya Ahara and Viruddha Ahara represent important Ayurvedic concepts related to dietary incompatibility. This paper aims to explore their conceptual relevance to the pathogenesis of autoimmune disorders and examine their possible intersection with contemporary understanding of the diet-gut-immune axis.
Materials and Methods: A conceptual review was undertaken using classical Ayurvedic literature, relevant commentaries and contemporary scientific literature concerning Asatmya Ahara, Viruddha Ahara, Agni, Ama, Srotodushti, gut microbiota, intestinal barrier function and immune regulation. Ayurvedic and contemporary concepts were critically compared to identify areas of possible convergence and formulate a translational framework.
Observations/Results: Ayurveda describes unsuitable dietary practices as factors capable of disturbing Agni and physiological homeostasis, with subsequent involvement of Ama, Srotas and Dosha-Dushya Sammurchana. Contemporary evidence indicates that dietary factors can influence gut microbial composition, microbial metabolites, intestinal barrier integrity and immune signalling. Alterations in the gut microbiome and increased intestinal permeability have been associated with immune dysregulation in several autoimmune disorders. These findings provide a potential conceptual interface between Ayurvedic dietary incompatibility and the contemporary diet-gut-immune pathway. However, direct equivalence between Ayurvedic concepts and specific biomedical mechanisms cannot presently be established.
Conclusion: Asatmya Ahara and Viruddha Ahara may provide useful Ayurvedic frameworks for investigating dietary influences on immune homeostasis. Their systematic study using dietary assessment, Ayurvedic phenotyping, microbiome analysis and immunological biomarkers may generate testable hypotheses for translational research in autoimmune disorders.
Keywords: Asatmya Ahara; Viruddha Ahara; Autoimmune disorders; Agni; Ama; Gut microbiome; Immune regulation; Ayurveda.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0633
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHIVANI BAPUSAHEB JASUD (0633)
Co- Author/s : Dr. Vrushali Ujede, Dr. Minal Pajai
Institution : R.A. Podar Medical College Ayu. Worli Mumbai

Viruddha Ahara and Asatmya Ahara in Autoimmune Skin Disorders: An Ayurvedic Perspective on the Gut-Skin Axis

Abstract :
Author: Dr. Srusty. K. R 1, Dr. Shreevathsa 2
1. 1st year PG Scholar Department of Ayurveda Samhita & Siddhanta, GAMC Mysuru
2. Professor and HOD of Department of Ayurveda Samhita & Siddhanta, GAMC Mysuru ABSTRACT
Background: Ayurveda places paramount importance on Ahara as one of the Trayopastambha. Within this framework, Viruddha Ahara encompasses incompatible combinations, timing and methods of food intake that may impair digestion, disturb Agni, produce Ama and cause Dosha Dushti. Asatmya Ahara, referring to food that is unsuitable or intolerable to an individual, further highlights the role of host-specific dietary incompatibility. Skin disorders are repeatedly described among conditions associated with such dietary disturbances. Contemporary understanding of autoimmune skin diseases emphasizes interactions between immune dysregulation, epithelial integrity and intestinal factors, collectively reflected in the concept of the gut-skin axis.
Objective: To explore Viruddha Ahara and Asatmya Ahara as possible dietary contributors in the Ayurvedic understanding of autoimmune skin disorders through the gut-skin axis.
Materials & Methods: A conceptual review was undertaken using Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya, along with contemporary literature on the gut-skin axis and autoimmune skin diseases. Concepts of Viruddha Ahara, Asatmya, Agni Dushti, Ama, Dhatu Paka and Twak pathology were critically analysed and mapped against contemporary mechanisms.

Observations/Results: Classical descriptions associate incompatible and unsuitable dietary practices with skin disorders. Repeated exposure may impair Agni, promote Ama and disturb tissue metabolism. Contemporary evidence relating dietary factors to gut dysbiosis, impaired intestinal barrier function, oxidative stress and aberrant immune signaling provides potential parallels to this Ayurvedic sequence.
Conclusion: Viruddha Ahara and Asatmya Ahara offer complementary Ayurvedic perspectives on diet-mediated gut-skin immune dysregulation. Their integration with contemporary science may generate clinically relevant, testable hypotheses for prevention and management of autoimmune skin disorders.
Keywords: Viruddha Ahara; Asatmya Ahara ; Gut-Skin Axis; Autoimmunity; Agni; Ama; dhatu paka

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0634
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SRUSTY K R (0634)
Co- Author/s : Dr Shreevathsa, Professor and HOD, Dept of Ayurveda samhitha and Siddhanta
Institution : Gamc mysore

Beyond Immunity: Exploring Chronobiology and Chrononutrition in Autoimmune Disorders

Abstract :
Background: Autoimmune disorders are characterized by dysregulated immune responses and chronic inflammation, with their onset and progression influenced by genetic, environmental, metabolic and behavioural factors. Emerging evidence suggests that immune function itself follows circadian rhythms, raising the possibility that disruption of biological timing may contribute to altered inflammatory responses.
Objective: To explore the relationship between chronobiology, chrononutrition and immune regulation in autoimmune disorders, and to examine the possible relevance of Ayurvedic concepts of Kala, Dosha and Ahara within this framework.
Discussion: The circadian system coordinates physiological functions through a central clock in the suprachiasmatic nucleus and peripheral clocks distributed across metabolically and immunologically active tissues. Immune-cell activity, cytokine production, leukocyte trafficking and inflammatory responses demonstrate temporal variation. Circadian misalignment arising from sleep disruption, shift work, social jet lag and irregular or late-night food intake may disturb these rhythmic processes and potentially influence inflammatory homeostasis. Chrononutrition considers meal timing, meal regularity, eating and fasting duration, and their synchronization with the biological clock. From an Ayurvedic perspective, physiological activity is understood in relation to Kala and Dosha, while dietary timing and inappropriate dietary practices may influence Agni, Ama and Dosha equilibrium. These concepts provide a complementary framework for investigating the temporal dimension of health and disease.
Conclusion: Chronobiology introduces a time-dependent perspective to autoimmune disease, while chrononutrition represents a potentially modifiable behavioural component of circadian health. Integrating contemporary chronoimmunology with Ayurvedic concepts of Kala, Dosha and Ahara may provide new avenues for personalized, preventive and hypothesis-driven approaches to autoimmune disorders.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders
Registration No. : 0690
Reg. Category : Faculties, Researchers & Practitioners
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Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

Viruddha and Asatmya Ahara to Amavata: Exploring the Ama-Gut-Immune-Joint Axis in Rheumatoid Arthritis.

Abstract :
Viruddha and Asatmya Ahara to Amavata: Exploring the Ama-Gut-Immune-Joint Axis in Rheumatoid Arthritis
Background: Rheumatoid arthritis is a chronic autoimmune disorder influenced by genetic susceptibility, environmental factors and immune dysregulation. Dietary factors may affect gut and immune health. In Ayurveda, Viruddha Ahara and Asatmya Ahara may impair Agni and contribute to Ama formation. Amavata, characterized by Ama, aggravated Vata and joint involvement, shares clinical features with RA. This paper explores the possible relationship between these dietary factors and Amavata by relating Ama to gut, immune and joint changes.
Objectives: 1. To correlate Ama with gut dysbiosis, intestinal barrier dysfunction and oxidative stress.
2. To explore their association with loss of self-tolerance and chronic inflammation
3. To relate the Ama-gut-immune-joint pathway to Amavata and RA.
Materials and Methods: A conceptual review integrated Ayurvedic concepts of Viruddha Ahara, Asatmya Ahara, Agni and Ama with current understanding of gut dysbiosis, intestinal barrier dysfunction, oxidative stress and autoimmune mechanisms. Repeated intake of incompatible foods impair digestion and contribute to Ama formation. Persistent dietary disturbances may alter

gut microbiota and intestinal barrier function. Oxidative stress and reactive oxygen species may cause cellular injury and modification of self-components, potentially contributing to abnormal immune recognition. In susceptible individuals, these changes may promote loss of self-tolerance, autoreactive immune responses and chronic inflammation. Ama with aggravated Vata may localize in Sleshma Sthana, particularly the joints, producing Amavata.

Conclusion: Viruddha and Asatmya Ahara provide a conceptual link between impaired digestion, Ama formation and alterations in gut and immune function associated with inflammatory joint disease. The proposed Ama-gut-immune-joint axis offers a framework for understanding Amavata in relation to RA. However, this association remains conceptual and requires experimental and clinical validation.

Keywords: Viruddha Ahara, Asatmya Ahara, Ama, Amavata, Rheumatoid Arthritis, Autoimmunity, Gut Dysbiosis.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0752

Reg. Category : Faculties, Researchers & Practitioners

Author : Dr. SHILPASREE (0752)

Co- Author/s : Dr. Chitta Ranjan Das, Professor and Principal, SJSAMC&H, Chennai

Institution : Taranath Government Ayurveda Medical College and hospital ballari

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Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Abstract :

Background & Objectives: Autoimmune disorders arise from loss of immune tolerance to self-antigens through interactions among genetic susceptibility, environmental triggers, and immune dysregulation. Diet is an important modifiable environmental factor. Ayurveda describes Asatmya Ahara (diet unsuitable for an individual) and Viruddha Ahara (incompatible dietary practices) as factors capable of disturbing Agni and producing Ama. This review aimed to explore their conceptual relationship with contemporary mechanisms implicated in autoimmunity.

Materials & Methods: A narrative review was undertaken using classical Ayurvedic texts, including Charaka Samhita, Susruta Samhita, and Ashtanga Hridaya, along with literature from PubMed, Scopus and other academic sources. Studies addressing dietary factors, intestinal permeability, gut microbiota, inflammation, molecular mimicry, and immune regulation were reviewed. Ayurvedic concepts including Agni, Ama, Srotodushti, and Ojas were compared with relevant contemporary mechanisms.

Observations/Results: The literature suggests a conceptual pathway linking inappropriate dietary exposure with altered digestion, intestinal microbial imbalance, impaired intestinal barrier function, inflammatory signalling, and dysregulated immune responses. Contemporary evidence supports associations between gut dysbiosis, intestinal permeability, and autoimmune susceptibility, although causality remains incompletely established. These findings provide a possible framework for interpreting Asatmya and Viruddha Ahara through the gut-immune axis.

Conclusion: Asatmya and Viruddha Ahara offer potentially relevant Ayurvedic frameworks for understanding diet-associated immune dysregulation. However, their relationship with autoimmune pathogenesis remains conceptual and requires validation through clinical research.

Keywords: Asatmya Ahara, Viruddha Ahara, Autoimmunity, Intestinal Permeability, Gut Microbiota

Presentation Type : Oral Paper

Theme : Conceptual Integration of Asatmya and Viruddha Ahara in the Pathogenesis of Autoimmune Disorders

Registration No. : 0761

Reg. Category : P.G and Ph.D Scholar

Author : Dr. VAISHNAVI SONI (0761)

Co- Author/s : Anil koralli-Professor, Dept. of Panchkarma, KAHER's Shri BMK Ayurveda Mahavidyalaya, Vijay bhaskar- Assistant Professor, Dept of Panchkarma, KAHER's Shri BMK Ayurveda Mahavidyalaya, M Ibrahim padaya- PG scholar, Dept. of Kayachikitsa, KAHER'S Shri BMK Ayurveda Mahavidyalaya

Institution : KLE SHRI B M KANAKANWADI AYURVEDA MAHAVIDYALAYA BELAGAVI

"Brain-Immune Axis: A Satvavajaya Perspective (Ayurvedic Psychotherapy)"

Abstract :

Dr. Ashwini S G MD(Ayu) *

*Dr Ashwini. S. G, PhD scholar, Department of Kayachikitsa, SDM College of Ayurveda & research centre, Udupi. Email: drashung@gmail.com, Mobile: 9886685202 ABSTRACT

Background: The brain and immune system communicate bidirectionally through neural, autonomic and neuroendocrine pathways. In autoimmune disorders, inflammation may influence brain structure and function, while alterations in brain networks involved in emotion, reward-punishment processing and stress regulation may influence immune activity. Changes in the prefrontal and orbitofrontal cortex, amygdala, anterior cingulate cortex, insula and hypothalamus have been associated with altered stress responses, fatigue,

pain and cognitive dysfunction. Brain-network alterations have been reported in multiple sclerosis, systemic lupus erythematosus and inflammatory bowel disease etc. This review examines the emerging evidence on the brain-immune axis, focusing on neural networks involved in emotional and stress regulation, while providing an integrative Ayurvedic perspective through Satvavajaya Chikitsa (Ayurvedic Psychotherapy).

Methods: A narrative review of PubMed-indexed literature was conducted on the brain-immune axis, autoimmune diseases, stress neurobiology, brain-network alterations, CBT and mindfulness-based interventions. Findings were conceptually integrated with Satvavajaya Chikitsa (Ayurvedic Psychotherapy).

Results: Chronic stress may increase amygdala and hypothalamic activity while reducing prefrontal regulatory control, influencing HPA-axis, autonomic and inflammatory pathways. CBT and mindfulness may improve stress and psychological symptoms and, in some studies, inflammatory biomarkers. Satvavajaya offers a complementary framework for emotional regulation, cognitive control and mind-body balance.

Conclusion: The brain may serve as an important interface between psychological processes and autoimmune inflammation. CBT, mindfulness and Satvavajaya Chikitsa (Ayurvedic Psychotherapy) may potentially support neuroimmune homeostasis as adjunctive approaches. However, evidence remains insufficient to establish direct causation or reversal of structural brain abnormalities. Larger, standardized and longitudinal studies are needed.

KEYWORDS: Brain-Immune Axis, Autoimmunity, Neuroimmune Regulation, Mindfulness and CBT, Satvavajaya Chikitsa (Ayurvedic Psychotherapy)

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0021

Reg. Category : P.G and Ph.D Scholar

Author : Dr. ASHWINI S G (0021)

Co- Author/s : Dr.Vijayendra G Bhat MD(Ayu), Professor and HOD, Department of Manasaroga, SDM College of Ayurveda & research centre, Udupi.

Institution : SDM COLLEGE OF AYURVEDA UDUPI

Music-Induced Modulation of Neuroimmune Pathways: An Integrative Perspective from Psychoneuroimmunology and Ayurveda

Abstract :

Music-Induced Modulation of Neuroimmune Pathways: An Integrative Perspective from Psychoneuroimmunology and Ayurveda

Vaishnav Mauli, Associate Professor, Dept. of Prasuti Tantra & Streeroga, Parul Institute of Ayurved, Parul University, Vadodara.

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Abstract Music is increasingly recognized as a non-pharmacological intervention capable of influencing psychological, neuroendocrine, autonomic and immune processes. Psychoneuroimmunology provides a biological framework linking stress responses with immune homeostasis through interactions among the hypothalamic-pituitary-adrenal (HPA) axis, autonomic nervous system and inflammatory pathways. This analytical review explores biomarker-based evidence regarding music-induced neuroimmune modulation and integrates these observations with Ayurvedic concepts of Sattva, Prakriti, Satmya, Bala and Vyadhikshamatva. Available systematic reviews and clinical studies have examined cortisol, heart rate variability (HRV), cytokines, immunoglobulins and natural killer (NK) cell activity. Recent meta-analytic evidence from randomized controlled trials demonstrates improvement in frequency-domain HRV parameters, suggesting enhanced parasympathetic regulation. Cortisol remains the most frequently investigated biomarker, however, findings remain heterogeneous. Alterations in inflammatory markers, including interleukin-6 (IL-6), tumour necrosis factor-alpha (TNF-a), and cellular immune parameters have been reported, but evidence for direct immunomodulation remains inconclusive. These findings support a plausible pathway from music-induced emotional regulation and stress reduction to neuroendocrine and autonomic modulation, subsequently influencing immune signalling. From an Ayurvedic perspective, modulation of Manas and Sattva may promote psychophysiological equilibrium, while Prakriti and Satmya may explain individual variability. Integration of Bala and Vyadhikshamatva offers a complementary framework for understanding host resilience. Rigorous biomarker-based clinical studies are warranted to establish relevance in autoimmune disorders.

Keywords: Music intervention, Psychoneuroimmunology, Neuroimmune modulation, Heart rate variability, Cortisol, Sattva, Prakriti, Vyadhikshamatva, Ayurveda, Autoimmunity.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0038

Reg. Category : Faculties, Researchers & Practitioners

Author : Dr. MAULI VAISHNAV (0038)

Institution : Parul Institute of Ayurved

Decoding Immunity Through Ayurveda: The Roles of Prakriti, Agni, Satmya, Sattva and Kala

Abstract :

Background & Objectives The immune system is a complex network that protects the body against infections while maintaining physiological balance. Modern immunology explains immunity through innate and adaptive mechanisms, but increasing emphasis is being placed on personalized approaches that account for individual variation. Ayurveda describes health and disease using interconnected concepts such as Prakriti, Agni, Satmya, Sattva and Kala, which collectively influence resistance to disease and the maintenance of health. Rather than viewing immunity as a single entity, Ayurveda considers it the outcome of balanced digestion, appropriate adaptation, mental stability, constitutional characteristics, and seasonal influences. This paper aims to conceptually correlate these Ayurvedic parameters with contemporary immunological principles and to highlight their relevance in understanding individual immune responses through an integrative perspective.

Materials & Methods A narrative review was conducted using classical Ayurvedic texts and contemporary scientific literature on immunology. Relevant concepts describing constitutional variation, digestive and metabolic functions, adaptability, psychological resilience, and biological rhythms were critically reviewed and interpreted in relation to current understanding of immune regulation and host defence.

Observations/Results The review suggests that Prakriti may explain individual differences in immune responsiveness, while Agni influences nutritional assimilation and metabolic processes essential for immune competence. Satmya reflects adaptive tolerance developed through habitual exposure to diet and environment. Sattva contributes to psychoneuroimmune interactions by supporting mental resilience during physiological stress. Kala emphasizes temporal variations in immunity through age, circadian rhythms, and seasonal changes. Together, these concepts provide a holistic framework that complements modern personalized and preventive medicine.

Conclusion Ayurvedic principles offer a systematic and individualized understanding of immunity that aligns with emerging concepts in modern immunology. Integrating Prakriti, Agni, Satmya, Sattva, and Kala with contemporary scientific knowledge may strengthen personalized healthcare, preventive strategies, and future interdisciplinary research in integrative medicine.

Keywords: Prakriti, Agni, Immunity, Personalized Medicine, Integrative Immunology

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0086

Reg. Category : P.G and Ph.D Scholar

Author : Dr. SASANKA SEKHAR CHOUDHURY (0086)

Co- Author/s : Dr Shivaraju K M

Institution : Alvas Ayurveda Medical College

Understanding Hashimoto's Thyroiditis Through the Lens of Manas and Gut-Brain Axis

Abstract :

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ABSTRACT

Background: Hashimoto's thyroiditis is an organ-specific autoimmune disease that disrupts thyroid hormone production and typically progresses to hypothyroidism, defined by the presence of serum anti-thyroglobulin (TgAb) and anti-thyroid peroxidase (TPOAb) antibodies directed against thyroid cells. In addition to genetic and environmental factors, psychological stress and gut microbiota dysbiosis may influence autoimmune responses through bidirectional gut-brain-immune axis. Ayurveda recognizes Manas as important determinant of health, vitiation of manas due to chinta, shoka, baya and krodha causes imbalance in rajasika and tamasika gunas further affecting systemic homeostasis.

Objective: To explore the role of Manas in Hashimoto's thyroiditis and establish a conceptual correlation between Ayurvedic principles and gut-brain-immune axis.

Materials and Methods: A conceptual review was conducted using classical Ayurvedic texts and contemporary literature on Hashimoto's thyroiditis, psychoneuroimmunology, gut microbiota, and neuroimmune interactions. Relevant concepts of Manas, Triguna, Agni, Ama, Ojas, and Dosha equilibrium were analyzed and correlated with contemporary mechanisms involving the HPA axis, intestinal barrier, inflammatory cytokines, and Treg-Th17 balance.

Conclusion: Psychological stress may influence gut microbiota, intestinal permeability, neuroendocrine signaling, and immune regulation, potentially contributing to loss of self-tolerance in Hashimoto's

thyroiditis. From an Ayurvedic perspective, disturbances of Manas may contribute to Agnidushti, Ama formation, Dosha imbalance, and Ojas impairment. Integrating the Ayurvedic concept of Manas with the gut-brain-immune axis provides a holistic framework for understanding the psychosomatic and immunological dimensions of Hashimoto's thyroiditis.

Key words: Hashimoto's thyroiditis, Gut-brain-immune axis, Manas, Agni and Ama.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

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Ayurvedic Parameters and Immune Homeostasis: Prakriti, Agni, Satmya, Sattva, Kala

Abstract :

Ayurvedic Parameters and Immune Homeostasis: Prakriti, Agni, Satmya, Sattva, Kala

Background & Objectives: Immunological homeostasis is influenced by genetic constitution, metabolism, environmental adaptation, psychological state, and temporal factors. Ayurveda describes these determinants through the concepts of Prakriti, Agni, Satmya, Sattva, and Kala. This conceptual study aims to explore their possible correspondence with contemporary immunological principles and establish an integrative framework for understanding individual variations in immune response.

Materials & Methods: A conceptual review was undertaken using classical Ayurvedic literature, including Brihat Trayi texts, along with contemporary literature on immunology, inflammation and metabolism. The Ayurvedic parameters were critically analyzed in relation to immune regulation, metabolic competence and temporal biological variation.

Observations/Results: Prakriti may provide a framework for understanding constitutional variability in immune responsiveness and disease susceptibility. Agni can be conceptually related to metabolic and physiological processes supporting immune function, while impaired Agni may contribute to inflammatory and metabolic dysregulation. Satmya reflects adaptive tolerance to dietary, environmental, and lifestyle exposures, potentially corresponding with immune adaptation and tolerance. Sattva may be associated with psychological resilience and neuroimmune regulation. Kala incorporates seasonal and age-related changes that may influence immune function, susceptibility, and disease expression. Together, these parameters suggest a multidimensional Ayurvedic model of immunological individuality.

Conclusion: Mapping Ayurvedic parameters onto modern immunology provides a biologically plausible, personalized framework for prevention and adjunctive management of immune mediated disorders. Prospective translational studies and controlled clinical trials are required to validate assessment tools, biomarker correlations, and the clinical efficacy of prakriti and agni directed interventions.

Keywords: Prakriti, Agni, Satmya, Sattva, Immunological Homeostasis

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

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Prakriti, Genotype, And Immunity In Children: An Integrative Ayurvedic And Genomic Perspective

Abstract :

BACKGROUND Ayurveda recognizes Prakriti as an inherent constitutional phenotype associated with inter-individual variation in physiology, disease susceptibility and response to environmental influences. Prakriti or somatic constitution originates under the influence of increased Doshas at conception brought about by dietary and lifestyle habits. Recent advances in personalized medicine enable prediction of disease susceptibility and early detection through profiling at the genetic, genomic, and individual levels. Modern genomics and immunology similarly demonstrate substantial inter-individual variation in genetic architecture, gene expression and immune responses.

OBJECTIVE To explore the relationship between Prakriti, genomic variation and immune phenotype, with particular emphasis on their potential relevance to childhood health and disease susceptibility.

METHODOLOGY Studies evaluating genome-wide expression, single-nucleotide polymorphisms and immune-cell markers across Prakriti phenotypes were critically reviewed along with Ayurvedic Classic textbooks to develop an integrative paediatric framework.

DISCUSSION Evidence from Ayurgenomic research suggests that Prakriti may have measurable molecular correlates. Previous studies demonstrated differential gene expression and biochemical characteristics among contrasting Prakriti phenotypes, with differentially expressed genes enriched in biological processes including immune response and blood coagulation. Immunophenotyping of 222 healthy individuals demonstrated differences in CD14, CD25 and CD56

expression across Prakriti groups, suggesting potential differences in innate and adaptive immune characteristics. These findings provide a conceptual bridge between the Ayurvedic understanding of constitutional variability and modern descriptions of genomic and immune heterogeneity. In children, this relationship may be particularly relevant because immune function undergoes continuous developmental maturation and is influenced by genetic, epigenetic, nutritional, microbiome and environmental factors.

CONCLUSION An integrative Ayurgenomic framework may be conceptualized as: Prakriti(Child's constitutional Phenotype) -> genomic/epigenetic variation -> immune phenotype -> disease susceptibility and response. This framework may provide a basis for future paediatric studies integrating standardized Prakriti assessment with genomic, transcriptomic and immunological profiling.

KEYWORDS Prakriti, epigenetics, Ayurgenomics, genotype, immunity, Vyadhikshamatva,, personalized medicine

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

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Conceptual Integration of Immunology with the Ayurvedic Parameter Agni: An Integrative Review

Abstract :

Background & Objectives In Ayurveda, Agni governs human physiology through 13 forms across gastrointestinal (Jatharagni), elemental (Bhutagni) and tissue (Dhatvagni) levels. It regulates metabolic homeostasis, tissue synthesis (Dhatu Nirmana) and immunity (Vyadhikshamatwa). Impaired Agni (Agnimandya) produces Ama-a toxic, unassimilated metabolic byproduct. This review conceptually integrates Agni and Ama with immunology, gut barrier function and metabolic-inflammatory pathways.

Materials & Methods A narrative integrative review was synthesized using classical Ayurvedic texts (Charaka Samhita, Sushruta Samhita, Astanga Hridaya, Madhava Nidana) alongside contemporary scientific literature. Conceptual models linked Agni variants to digestive barriers, gut microbiota, cellular bioenergetics, oxidative stress and chronic inflammation.

Results & Discussion Physiologically, Jatharagni aligns with gastrointestinal digestion-encompassing neuro-hormonal control, gastric secretions, enzymatic hydrolysis and gut microbial metabolism; which together process nutrients and block intact antigens. Bhutagni and Dhatvagni mirror hepatic transformation, cellular bioenergetics and mitochondrial metabolic pathways. Pathologically, Ama represents incompletely metabolized intermediates from Agnimandya. Molecularly, Ama may correspond to reactive oxygen species (ROS), advanced glycation end-products (AGEs) and dysbiosis-derived endotoxins like lipopolysaccharides (LPS). Circulating Ama obstructs channels (Srotorodha) and deposits in vulnerable tissues (Khavaigunya), triggering systemic low-grade inflammation (elevated CRP/ESR) and autoimmune cascades seen in conditions like Amavata (Rheumatoid Arthritis) and Prameha (LADA).

Conclusion Linking Agni with modern immunology demonstrates a shared framework where gut integrity, cellular metabolism and immunity are interdependent. Framing Ama as a driver of chronic inflammation highlights the value of Agni-centered therapies (Deepana, Pachana and metabolic regulation) for managing chronic non-communicable diseases. Integrating these classical principles with contemporary immunology provides a promising foundation for novel, root-cause preventive and therapeutic strategies.

Keywords Agni, Ama, Immunology, Gut barrier function, Autoimmunity

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0295

Reg. Category : P.G and Ph.D Scholar

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Exploration of Ayurvedic Parameters in Personalized Immune Health

Abstract :

Background: Ayurveda describes immunity as Vyadhi-kshamatva envisaging strength to prevent occurrence of a disease as well as fight the disease. Despite significant advances in immunology, considerable inter-individual variability exists in immune responses, disease susceptibility, and therapeutic outcomes. Ayurveda explains these variations through the principles of Prakriti (constitutional makeup), Agni (metabolic capacity), Satmya (biological compatibility and adaptation), Sattva (psychological constitution), and Kala (time-related biological influences). These parameters directly or indirectly impact the status of immunity and collectively provide a personalized framework for understanding health and disease.

Objective: To explore the integration of Ayurvedic constitutional and physiological parameters with contemporary immunological principles for individualized immune regulation and health promotion.

Materials and Methods: A comprehensive narrative review was undertaken using classical Ayurvedic texts, including Caraka Samhita, Susruta Samhita and Ashtanga Hridaya; with peer-reviewed literature from immunology. The concepts were critically analysed to identify complementary perspectives without assuming direct equivalence between the two knowledge systems.
Results: Prakriti represents inherent constitutional diversity that influences immune responsiveness and susceptibility to disease. Agni serves as the foundation of digestion, metabolism, and tissue nourishment, thereby supporting immune competence. Satmya reflects long-term physiological adaptation to diet, environment, and lifestyle, contributing to immune resilience and tolerance. Sattva influences psychological stability and stress adaptation, factors known to modulate neuroendocrine-immune interactions. Kala incorporates age, seasonal rhythms, and circadian biology, highlighting the temporal regulation of immune function. Together, these parameters illustrate a multidimensional model of host defense integrating constitutional, metabolic, adaptive, psychological, and temporal determinants of immunity.
Conclusion: The integration of immunology with the Ayurvedic concepts of Prakriti, Agni, Satmya, Sattva, and Kala provides a comprehensive theoretical framework for understanding individual differences in immune function. This perspective strengthens the scientific basis of personalized and preventive healthcare and may guide future interdisciplinary research aimed at validating Ayurvedic principles through modern immunological methodologies.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
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From Agni to Gut-Immune x: Exploring the Potential Role of Chitraka (Plumbago zeylanica Linn.) in Amavata - An Integrative Ayurvedic Perspective

Abstract :
Background and Objectives Ayurveda places Agni at the centre of digestion, transformation and physiological equilibrium, while impaired Agni is associated with Ama formation. Contemporary immunology recognizes the gut-immune axis as an important interface involving intestinal microbiota, epithelial integrity, metabolic signalling and immune regulation. This abstract explores the conceptual relationship between these frameworks and the potential relevance of Chitraka (Plumbago zeylanica Linn.).
Materials and Methods A conceptual review was undertaken using classical Ayurvedic literature on Agni, Ama, Amavata, Ojas, Vyadhikshamatva and the Deepana-Pachana properties of Chitraka, along with contemporary literature on gut microbiota, intestinal barrier function and immune regulation. Available evidence was critically compared to identify plausible areas of convergence without assuming direct equivalence between Ayurvedic concepts and molecular mechanisms.
Observations/Results Chitraka is described as Ushna and Tikshna, with Deepana and Pachana actions, supporting Agni and Ama-pachana. Amavata involves Ama and aggravated Vata, with impaired Agni contributing to its pathogenesis. Ojas supports bodily strength and stability, while Vyadhikshamatva denotes resistance to disease. Proper Agni facilitates digestion and nourishment of Dhatus, contributing to Ojas formation and maintenance. Thus, Chitraka may be conceptually viewed through the sequence Chitraka -> Agni -> Ama -> Amavata, with the gut-immune axis providing a contemporary physiological interface and Ojas- Vyadhikshamatva representing the Ayurvedic dimension of immune competence.
Conclusion Integrating Agni, Ama, Amavata, Ojas and Vyadhikshamatva with the gut-immune axis offers a meaningful framework linking digestion, intestinal homeostasis and immune regulation. Chitraka provides a relevant Ayurvedic perspective through its classical Deepana-Pachana actions.
Keywords: Agni, Ama, Amavata, Chitraka, Gut-immune axis

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Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
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Integration of Immunology with the concept of satmya in Ayurveda-A conceptual analysis.

Abstract :
Background: Ayurveda emphasizes personalized healthcare, where dietary and lifestyle choices are aligned with individual factors such as Prakruti, Desha, Kala, Vaya, Satmya, Agni, and Bala. In the context of increasing lifestyle disorders, enhancing Vyadhikshamatva (disease resistance) is essential. Satmya offers a preventive approach by promoting compatibility and adaptability of diet, lifestyle, and environment according to individual needs.

Introduction: Satmya refers to that which is suitable or compatible with an individual. Its role begins from embryonic development and continues throughout life. Sahaja Satmya contributes to resistance against disease. Intrauterine adaptations are influenced by Desha, Kala, and habitual dietary practices, which contribute to an individual's health status. After birth, adaptation to Rtu Satmya, Desha Satmya, and Vaya Satmya supports Kalaja and Yuktikrita Bala, thereby promoting disease resistance. Appropriate Satmya Vihara supports Agni, prevents Ama, promotes proper Dhatu Utpatti, and enhances Ojas and Bala.
Objective: To establish a theoretical model bridging Satmya and Vyadhikshamatva.
Materials and Methods: Classical Ayurvedic texts, including Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, along with relevant literature on Satmya and Bala, were reviewed.
Results: A positive relationship exists between Satmya and Vyadhikshamatva, with individualized diet and lifestyle practices supporting physiological strength and disease resistance.
Discussion: The effectiveness of Satmya depends on individual and environmental factors, particularly Prakruti, Desha, Kala, Vaya, Agni, and Bala.
Conclusion: Classical Ayurvedic literature supports individualized Satmya as a means to promote optimal nourishment, vitality, disease resistance, and longevity.
Keywords: Satmya, Vyadhikshamatva, Ayurveda, Prakruti, Bala, Ahara Vihara.

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Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
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Pyoderma Gangrenosum: A Conceptual Correlation with Agni Visarpa and Classical Ayurvedic Therapeutic Perspectives

Abstract :

TITLE: Pyoderma Gangrenosum: A Conceptual Correlation with Agni Visarpa and Classical Ayurvedic Therapeutic Perspectives Authors Author 1: : Dr.Vigneshan.P (Postgraduate Scholar in the Dept of Shalya Tantra) Author 2: Dr.Rajneesh V Giri. M.S (Ayu), PhD. Professor and HOD Department of PG studies in Shalya tantra Institution SDM College of Ayurveda hospital and research center Udupi

Background & Objectives: Pyoderma gangrenosum (PG) is a rare neutrophilic dermatosis characterized by painful, rapidly progressive ulceration and pathergy, reflecting complex immune dysregulation. Its clinical features may be conceptually correlated with Agni Visarpa, particularly in relation to inflammatory progression and involvement of Rakta and Pitta. This conceptual study explores the relevance of classical Visarpa Cikitsa in understanding PG and proposes a stage-wise Ayurvedic therapeutic perspective.
Materials & Methods: A conceptual review of classical Ayurvedic literature, primarily Caraka Samhita Cikitsa Sthana, Visarpa Cikitsa, was undertaken and compared with contemporary understanding of PG. Classical interventions including Raktamokshana, Nyagrodhadi Lepana, and Kiratatikta Kashaya were examined for their therapeutic rationale in the inflammatory phase. Bhallataka Kshira described under Rasayana Cikitsa was evaluated conceptually for its relevance during the restorative phase.
Observations/Results: The analysis suggests a possible conceptual parallel between PG-associated inflammatory ulceration and Agni Visarpa, particularly regarding Rakta-Pitta involvement and progressive tissue injury. The classical sequence of bloodletting, external application, internal decoction therapy, followed by Rasayana, provides a phase-oriented framework that may complement contemporary immunomodulatory management and wound care.
Conclusion: Agni Visarpa offers a potential Ayurvedic interpretative framework for PG. Classical Visarpa Cikitsa and Rasayana principles, particularly Bhallataka Kshira, warrant further pharmacological and clinical investigation as adjunctive approaches rather than substitutes for established medical therapy.
Keywords: Pyoderma Gangrenosum; Agni Visarpa; Raktamokshana; Rasayana; B hallataka Kshira

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
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When the Eye Speaks for the System: Scleritis as a Window to Systemic Autoimmunity Through the Lens of Vyadhikshamatva

Abstract :

When the Eye Speaks for the System: Scleritis as a Window to Systemic Autoimmunity Through the Lens of Vyadhikshamatva

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
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Agni: The Ultimate Determiner of "vyadhi-utpadaka pratibandhakatvam"

Abstract :
Background and Aim: Agni, eponymously termed Amivacatana for its ingrained capacity to chase away (catayati) and destroy (nasayati) afflictions and pathogens (amiva) - is the fundamental physiological determinant governing Swasthya (health), bala (host strength), and disease pathogenesis. This review aims to analyse the pivotal role of Agni as the primary master regulator of vyadhi-utpadaka pratibandhakatvam (the biological capacity to prevent disease inception and manifestation).
Material and Methods: A comprehensive literary analysis was conducted using classical Ayurvedic treatises - specifically caraka samhita, susruta samhita, ashtanga hridaya, ashtanga samgraha - to evaluate the conceptual framework of agni, paka, agni vaishamya (metabolic impairment), vyadhikshamatva (host defense), vikara vighatakara bhava versus vikara vighatakara bhavabhava (disease-inhibiting vs. promoting factors), and dhatu formation.
Discussion: Operating dynamically as both an utpadaka (initiating) and vyanjaka (manifesting) hetu, agni maintains dosha samyata (equilibrium) versus vishamata and orchestrates dhatu parinama(tissue transformation). The sequential metabolic cascade advancing through jatharagni (gastrointestinal digestion), bhutagni (elemental processing), and dhatvagni paka (cellular synthesis) actively neutralizes nidana (etiological factors) by preventing systemic ama formation and srotasam rodha (channel obstruction). Conversely, agni vaishamya generates ama (toxic metabolic residues), which interact with aggravated Doshas to initiate dosha-dushya sammurchana (pathogenic complexing), the fundamental precursor of disease. Optimal dhatvagni processing ensures dhatu sarata (supreme tissue excellence) and culminates in the biosynthesis of ojas, the ultimate essence of bala (physiological endurance and biological resilience). By actively fostering vikara vighatakara bhava (disease-inhibiting factors) while suppressing vikara vighatakara bhavabhava (disease-promoting factors), agni establishes a viruddha sarira (resilient host matrix) characterized by kalantara anubandhi (temporal adaptation against pathogenic stress).
Conclusion: By intercepting pathogenetic dosha-dushya sammurchana at its root, agni directly dictates vyadhi-utpadaka pratibandhakatvam, providing a rigorous Ayurvedic framework for host resistance and modern metabolic immunology.
Keywords: Agni, Vyadhi-utpadaka pratibandhakatwa, Vikara Vighata Kara Bhava, Dhatu Sarata, Ojas.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
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Conceptualizing Swabhava Uparama Vada through the lens of self-tolerance

Abstract :
Background Swabhava Uparama Vada dictates that while the origin of any biological entity requires specific etiology (hetu), its ultimate cessation (uparama or vinasha) is an intrinsic, causeless, and physiological certainty (swabhavika). At the molecular level, this aligns directly with apoptosis , defined as the natural programmed cell death under the genetic control, to maintain tissue homeostasis and immune tolerance. Physiological immune tolerance relies on apoptotic mechanisms to eliminate autoreactive T and B lymphocytes before they mount pathogenic responses through Central clonal elimination during maturation and peripheral tolerance mechanisms in circulation. Autoimmunity arises when autoreactive clones escape central and peripheral apoptotic checkpoints, driven by a combination of genetic susceptibilities and environmental triggers. This evasion represents a direct molecular failure of Swabhava Uparama.
Objectives To conceptualize Swabhava Uparama Vada as a classical framework for apoptosis and self-tolerance, demonstrating that programmed physiological cell destruction (ahetuka vinasha) is essential for maintaining immunological homeostasis (Vyadhi Kshamatva) and tissue equilibrium (Dhatu Samyata).
Materials/Methods This study analyses Swabhava Uparama Vada as principles of cellular dissolution (ahetuka vinasha) alongside modern molecular mechanisms of apoptosis, central clonal elimination, and peripheral immune tolerance.
Observations When the natural mandate of cellular cessassion is altered or suppressed, surviving self-reactive lymphocytes proliferate, leading to a systemic loss of tolerance to host tissues. Consequently, this dysregulation of natural cell death pathways drastically

impairs Vyadhi Kshamatva (immunity). In Ayurvedic parlance, the suppression of Swabhava Uparama prevents ahetuka vinasha, leading to the persistence of rogue, non-dissolving cellular elements, disrupting Dhatu Samyata (tissue equilibrium) and precipitating autoimmunity.
Conclusion Correlating Swabhava Uparama Vada with apoptotic cascades establishes that unhindered, programmed physiological destruction is a prerequisite for sustaining immune harmony. This conceptual framework offers a novel, integrative perspective on the molecular pathology of autoimmune disorders.
Keywords Swabhava Uparama, Apoptosis, Immune Tolerance, Autoimmunity, Vyadhi Kshamatva

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
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Personalised Rasayana Therapy for Optimizing Vyadhi-kshamatvam: A Systemic Pharmacological Framework Integrating Rasa Pancaka, Prakriti and Immune Phenotypes"

Abstract :
Personalised Rasayana Therapy for Optimizing Vyadhi-kshamatvam: A Systemic Pharmacological Framework Integrating Rasa Pancaka, Prakriti and Immune Phenotypes"
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Abstract
Background & Objectives: Rasayana therapy in Ayurveda enhances longevity (ayu), vitality (ojas) and disease-resistance (vyadhi-kshamatvam). Ayurvedic principles advocate individualized regimens based on Prakriti, Agni and Bala. Rasa Pancaka - Rasa , Guna, Virya Vipaka and Prabhava of a rasayana Dravya offers a systematic framework to interpret drug action. This study proposes an integrative model for personalized Rasayana therapy by correlating properties of Rasayana Dravya, Prakriti and immunomodulatory phenotypes.
Materials & Methods: Rasayana drugs were identified through review of classical and contemporary literature. Selected dravyas were evaluated using Rasa Pancaka principles and their reported effects on immune regulation, inflammation and oxidative stress. Relationships between Rasayana dravyas and measurable immunological phenotypes were analyzed to construct a personalized therapeutic model.
Observations/Results: Rasayana drugs demonstrate diverse immunomodulatory and antioxidant activities. Their pharmacological actions align with Rasa Pancaka attributes, supporting traditional drug-action concepts. Prakriti provides a constitutional baseline for rational drug selection. Integrating immunomodulatory phenotypes refines prediction of treatment response and offers measurable parameters for clinical evaluation.
Conclusion: Combining Rasayana dravya characteristics, Prakriti-based assessment and immunomodulatory phenotypes establishes a novel framework for personalized Rasayana therapy. This integrative approach bridges classical Ayurvedic concepts with modern immunological markers, enabling more precise, evidence-informed tailoring of Rasayana interventions. It improves therapeutic outcomes, support standardization of Rasayana protocols and facilitate future clinical research and translational applications in integrative and personalized medicine.
Keywords: Rasayana Dravya, Prakriti, Immunomodulation, Personalized Medicine.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
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A Comprehensive Exploration of Ayurvedic Immunology in the Brihattrayi

Abstract :
Introduction: Ayurveda describes the body's ability to maintain health and resist disease through several interconnected principles, including Vyadhikshamatva, Bala, Ojas, Agni, Dhatu-saratva. Although immunity as defined in modern biomedical science is not described as a single entity in classical Ayurveda, the Brihattrayi - provides extensive descriptions related to disease resistance, physiological stability, vitality, and disease prevention. A systematic assessment of these concepts may contribute to a broader understanding of the Ayurvedic perspective of immunity.
Aim: To explore and critically analyse the concepts of immunity and disease resistance described in the Brihattrayi.
Objectives:

1. To identify Ayurvedic concepts related to immunity such as Vyadhikshamatva, Bala, Ojas, Agni, prakriti, satva and satmya.
2. To analyse their role in maintaining health and disease resistance.

Materials and Methods : A classical textual review was conducted using the Brihattrayi - Charaka Samhita, Susruta Samhita and Ashtanghridya-as primary sources. Relevant references related to Vyadhikshamatva, Bala, Ojas, Agni, Dhatu-saratva, and Rasayana were identified, compiled, categorised, and critically analysed.

Results: The review suggests that Ayurvedic understanding of immunity is multidimensional and closely associated with overall physiological well-being. Bala denotes strength and resistance, while Ojas represents vitality and functional integrity. Agni and proper nourishment support the maintenance of physiological functions and tissue health. Rasayana therapy further emphasises preservation of health, enhancement of strength, and promotion of disease resistance. Modern innate immunity may be conceptually related to the immediate, non-specific aspect of Vyadhikshamatva, while adaptive immunity may reflect acquired and specific disease resistance supported by Bala, Ojas etc.,

Conclusion : The Brihattrayi presents an integrated perspective in which resistance to disease is influenced by digestion, nourishment, tissue integrity, vitality, lifestyle, and preventive practices. A systematic exploration of these principles may provide a valuable foundation for understanding Ayurvedic concepts of immunity and facilitate conceptual discussion with contemporary immunology and immune homeostasis.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

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Sattva Bala and Glucocorticoid Receptor Resistance: A Neuroendocrine-Immune Model Linking Manasika Prakriti to Autoimmune Disorders w.s.r. to Vyadhikshamatva

Abstract :

Background & Objectives: Autoimmune disorders represent a breakdown of immune self-tolerance increasingly understood to be modulated by psychoneuroendocrine pathways rather than immune dysfunction alone.Modern personality constructs neuroticism and Type D personality are linked in psychoneuroimmunology to sustained hypothalamicpituitaryadrenal (HPA) axis activation and glucocorticoid receptor (GR) resistance. This paper proposes that RajasTamas dominant Manasika Prakriti constitutes the Ayurvedic correlate of this vulnerable personality profile, actively contributing to the Samprapti of autoimmune disease through this HPA-GR pathway, while Sattva dominant Prakriti, through preserved Ojas and Vyadhikshamatva, confers protection by maintaining HPA-axis regulation.This synthesis aims to correlate classical Ayurvedic descriptions of Sattva, Ojas, and Vyadhikshamatva with psychoneuroimmunology literature on personalitydriven HPA reactivity, establishing Manasika Prakriti as a measurable determinant - not merely a correlate - of autoimmune pathogenesis.

Materials & Methods:A narrative synthesis correlated classical descriptions of Manasa Prakriti, Sattva, Ojas, and Vyadhikshamatva (Charaka Samhita, Ashtanga Sangraha) with published psychoneuroimmunology literature (PubMed, Scopus)on personality traits, HPA-axis reactivity, glucocorticoid sensitivity, and inflammatory cytokine profiles (IL-6, TNF-a, CRP) across autoimmune disorders.

Observations: Rajas-Tamas dominant states correlate strongly with neuroticism and Type D personality, both associated with sustained HPA-axis activation. This chronic activation drives glucocorticoid receptor resistance, reducing cortisol's inhibitory control over NF-kB-driven IL-6 and TNF-a production - a mechanism documented in rheumatoid arthritis and implicated in lupus flare activity through catecholamine-mediated dendritic cell dysregulation. Rajas-Tamas dominant personality can thus be understood as an active contributor to Samprapti in autoimmune disease via this HPA-GR resistance axis. Adaptive coping, the psychological correlate of Sattva-dominant Prakriti, is associated with lower inflammatory reactivity, corresponding to preserved HPA-axis regulation, sustained Ojas, and intact Vyadhikshamatva.

Conclusion: Manasika Prakriti plays a significant, mechanistically grounded role in autoimmune Samprapti. Sattva Bala and Manasika Prakriti emerge as a conceptually novel, potentially measurable component of Vyadhikshamatva evaluation, bridging classical Ayurvedic psychiatry and modern immunology in autoimmune diseases prevention.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0428

Reg. Category : P.G and Ph.D Scholar

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Conceptual Integration of Immunology with Ayurvedic Parameters with special reference to Prakriti, Agni, Satmya .

Abstract :

Background: Immunology conceptualizes immunity as a highly regulated, multilayered biological process that prevents pathogen invasion, limits their dissemination, and controls disease progression. Ayurveda conceptualizes the same capacity as Vyadhikshamatva, built on Bala and Ojas. In Ayurveda, immunity is an inseparable from the equilibrium of the Doshas, Dhatus, Agni and Malas. Immunology acknowledges substantial interindividual variability in immune responses, arising from the complex interplay of genetic, metabolic, environmental, psychological, and temporal determinants. In parallel, Ayurveda offers a holistic, individualized framework for understanding physiological adaptation and health, encompassing the concepts of Prakriti, Agni, Satmya .

Objectives: To analyse the conceptual integration of Immunology with the Ayurvedic parameters Prakriti, Agni and Satmya

Materials and Methods : This is a conceptual narrative review. Classical Ayurvedic sources, principally Charaka Samhita and its tradition, and peer-reviewed biomedical literature indexed in PubMed and related databases were reviewed. Result: Each parameter was mapped to contemporary immunological mechanisms: Prakriti to individual variation in immune response, Agni to immunometabolism and the gut microbiome, Satmya to tolerance and hypersensitivity .

Conclusion: These five parameters converge on Dhatusamya, the state of equilibrium that Ayurveda regards as the true basis of immunity, offering a holistic and individualized framework that supports preventive and personalized medicine.

Keywords: Immunology, Vyadhikshamatva, Prakriti, Agni, Satmya.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

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Agni Dushti and Ama in Autoimmunity: A Model Integrating Ayurvedic Pathophysiology and Treatment Principles with Immunology and Janus Kinase Inhibitors

Abstract :

Introduction: Autoimmune disorders involve impaired self-non-self discrimination, addressed by Janus kinase (JAK) inhibitors targeting downstream inflammatory signalling. Ayurveda describes Agni as the body's transformative function and Ama as a consequence of its impairment, proposing a two-route model: Mandagni/Vishamagni causing incomplete transformation and Ama, Tikshnagni causing excessive transformation and depletion. The study aims to explore the immunological interpretation of Ama, examine how dysfunction across Jatharagni, Bhutagni and Dhatvagni relates to self-non-self discrimination, and discuss the relevance of integrating Ayurvedic assessment with targeted immunomodulation, outlining Avastha-based use of Deepana-Pachana, Shamana and Shodhana.

Materials & Methods: A conceptual synthesis reviewed classical Ayurvedic descriptions of Agni, Ama and therapeutic principles, integrated with literature on immunometabolism, barrier function and JAK-STAT modulation.

Discussion: Ama is interpreted as a composite pathological state - reflecting barrier dysfunction, microbial inflammatory stimuli, oxidative stress and persistent inflammatory signalling - rather than a single molecule. Jatharagni, Bhutagni and Dhatvagni represent successive transformation levels linking digestion, metabolism and immune regulation, with variation reflected in Prakriti-linked immunogenomic evidence and a self-reinforcing inflammatory cycle. JAK inhibitors provide a clinically relevant example of downstream control of inflammatory signalling, while Ayurvedic assessment of Agni and Ama may offer an upstream view of factors contributing to disease persistence.

Conclusion: Integrating Ayurvedic concepts of Agni Dushti and Ama with contemporary immunology may provide a complementary perspective on autoimmune disease beyond isolated inflammatory pathway modulation. Understanding JAK inhibitors alongside

Ayurvedic assessment and Avastha-based Ayurvedic treatment outline may help identify where the two approaches can be meaningfully integrated, supporting more individualised, comprehensive long-term management.

Keywords (5): Agni Dushti; Ama; Self-Non-Self Discrimination; JAK Inhibitors; Autoimmune Disorders

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0487

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AN OBSERVATIONAL STUDY ON POSITIVE MENTAL HEALTH AND SATVA BALA IN BAMS STUDENTS

Abstract :

AN OBSERVATIONAL STUDY ON POSITIVE MENTAL HEALTH AND SATVA BALA IN BAMS STUDENTS Dr Rashmi Kalkura K* Introduction : Satva represents an ayurvedic construct of psychological clarity, stability and adaptive mental functioning while positive mental health represents the contemporary construct of psychological and social wellbeing. Their conceptual overlap provides a possible bridge between ayurveda and modern psychoneuroimmunology. Positive mental health is a vital component of overall well-being and academic success, particularly among students pursuing professional healthcare education. Bachelor of Ayurvedic Medicine and Surgery (BAMS) students are exposed to unique academic, clinical and psychosocial demands that may influence their mental health status. The present study aims to assess the positive mental health among male and female BAMS students. Method: The study sample comprised 164 BAMS students, 58 of male and 106 of females selected through purposive sampling. The Positive mental health inventory (PMHI) developed by Dr.C.D. Agashe and Dr.R.D. Helode consisting of three Components self-accepatance, ego-strength and philosophies of life was used for the study.

Results: The mean score of male students on positive mental health is 18.52 with a standard deviation of 4.126, whereas the female students obtained a mean score of 17.19 with a standard deviation of 4.036. The results indicate that male students scored slightly higher on positive mental health compared to female students.

Conclusion : Under the preview of positive mental health , the behavioural qualities explained in context of Achara Rasayana is considered. Higher sattva predominance may be associated with better positive mental health, psychological resilience and healthier psychoneuro-endocrine-immune regulation, there by contributing to the ayurvedic concepts of Bala, Ojas and Vyadhikshamatva.

Keywords: Satva Bala, Positive mental health, BAMS students, Psychoneuroimmunology, Achara rasayana

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Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0494

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An Integrative Approach to the Agni-Ojas-Vyadhikshamatva Axis and Modern Immunology

Abstract :

Background: Immunology explains immunity as a dynamic process involving host defense, immune regulation, tolerance, and maintenance of physiological homeostasis. Dysregulation of these mechanisms may result in altered immune responses, including autoimmunity. Ayurveda provides an interconnected framework of Agni, Ojas, and Vyadhikshamatva to understand metabolism, vitality, and resistance to disease.

Objectives: To conceptually explore the interrelationship between the Agni-Ojas-Vyadhikshamatva axis and selected principles of modern immunology, with particular emphasis on immune homeostasis, immune competence, and disease resistance.

Materials and Methods: A conceptual review was undertaken using classical Ayurvedic literature and relevant contemporary literature on immunology. Ayurvedic descriptions of Agni, Ojas, Bala, and Vyadhikshamatva were critically examined and compared with established concepts of metabolism, nourishment, immune regulation, host defence, and immune resilience. The analysis was interpretative and focused on identifying conceptual relationships rather than establishing direct equivalence.

Observation/Results: The analysis indicates a sequential and interdependent conceptual relationship in which Agni serves as a foundation for digestion, metabolism, and utilization of nourishment; adequate nourishment and tissue integrity support the maintenance of Ojas, representing systemic vitality and resilience; and Vyadhikshamatva represents the capacity to resist and overcome disease. Modern immunology similarly recognizes the influence of metabolic status, nutritional adequacy, physiological homeostasis, and regulatory mechanisms on immune competence. Thus, the Agni-Ojas-Vyadhikshamatva axis provides a holistic conceptual

framework for interpreting the interconnected determinants of immune resilience and disease susceptibility.
Conclusion: The Agni-Ojas-Vyadhikshamatva axis offers a meaningful conceptual framework for integrating Ayurvedic understanding with selected principles of modern immunology. However, these concepts should be considered conceptual parallels rather than direct biomedical equivalents.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
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Beyond disease control: Integrating Manasa Pratibhaishajya in the management of suicidal behaviour associated with autoimmune disorders

Abstract :
Background: Autoimmune disorders carry a disproportionately high burden of suicide risk. A nationwide Taiwanese cohort study found a 1.54-fold increase in suicide mortality among patients with severe autoimmune disease, rising to over two-fold in conditions such as Sjogren's syndrome and systemic lupus erythematosus. Emerging literature suggests that this risk is not merely psychosocial but also driven by inflammatory and neuroimmune pathways that directly impact suicidal behaviour. Even though mental health support is increasingly integrated into autoimmune disease care, suicide risk specifically remains inadequately addressed. Descriptions of link between Manas-Sharira-Ojas give insight into increased vulnerability causing psychological distress in cases of Avara Satva. Manasa Pratibhaishajya, a holistic therapeutic framework for psychiatric disorders, works both as a modality for self-actualisation and a tool to screen for such vulnerability. This makes Manasa Pratibhaishajya well suited to address this gap.
Aim: To explore the role of Manasa Pratibhaishajya in addressing suicide risk and mitigating its incidence in patients with autoimmune disorders.
Methods: A synthesis of contemporary literature establishing the link between inflammation, autoimmunity, and suicidal behaviour, alongside classical Ayurveda texts describing Manasa Pratibhaishajya.
Discussion: Components of Manasa Pratibhaishajya like Trivargasya Anvekshana, Tadvidyaseva, and Atmadi Vijnana can be used to address the risk points identified in the biomedical evidence and can be positioned as a non-pharmacological adjunct working alongside psycho-neuro-immunological management.
Conclusion: Reducing suicide rates in autoimmune disorders demands more than disease control. It needs a dedicated mind-directed intervention, and Manasa Pratibhaishajya represents a promising, underexplored aspect for this purpose.
Keywords: Autoimmune disorders, Avara Satva, Manasa Pratibhaishajya, Suicidal behaviour.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
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"Gut-Immune Axis in Childhood Autoimmune Disorders: An Ayurvedic-Modern Perspective"

Abstract :
Introduction:Childhood autoimmune disorders arise from dysregulated immune responses against self-antigens and are influenced by genetic, environmental, nutritional, and microbial factors. Increasing evidence highlights the gut-immune axis, wherein intestinal microbiota, epithelial integrity, microbial metabolites, and mucosal immunity interact to regulate systemic immune homeostasis. From an Ayurvedic perspective, this concept may be understood through the interrelationship of Agni, Ama, Koshtha, Dosha, and Ojas, with disturbances in digestion and metabolism potentially contributing to systemic disease susceptibility.Methods:A conceptual review was undertaken by correlating contemporary literature on the gut microbiome, intestinal barrier function, immune tolerance, microbial metabolites, and childhood autoimmune disorders with relevant Ayurvedic principles described in classical texts. Concepts related to Agni, Ama, Grahani, Dosha-Dushya Sammurcchana, and Ojas were examined for their possible parallels with modern mechanisms of gut-mediated immune dysregulation.Results:Modern evidence suggests that dysbiosis, increased intestinal permeability, altered short-chain fatty acid production, and impaired regulatory T-cell responses may promote systemic inflammation and loss of immune tolerance.

Autoimmune conditions such as juvenile idiopathic arthritis, type 1 diabetes mellitus, and inflammatory bowel disease demonstrate associations with altered gut microbial profiles. Ayurvedically, impaired Agni may lead to formation and accumulation of Ama, disturbance of Dosha and Dhatu homeostasis, and weakening of Ojas, conceptually corresponding to impaired metabolic processing, barrier dysfunction, and altered immune regulation.Discussion/Conclusion:The gut-immune axis provides a plausible bridge between Ayurvedic and modern concepts of childhood autoimmune disease. While Ama and Agni cannot be considered direct equivalents of dysbiosis or intestinal permeability, their conceptual comparison may provide a framework for integrative research. Understanding gut health through both perspectives may support future approaches emphasizing diet, Agni modulation, microbiome homeostasis, and immune regulation in pediatric autoimmune disorders.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
Registration No. : 0523
Reg. Category : P.G and Ph.D Scholar
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CONCEPTUAL INTEGRATION OF KALA WITH IMMUNITY:AN AYURVEDIC PERSPECTIVE

Abstract :
Introduction: Immunity is the inherent capacity of an individual to resist the development and progression of disease. In our classics, this concept can be broadly understood through Vyadhikshamatva, which denotes the ability of the body to resist the occurrence of disease and to stop its progression. The maintenance of Vyadhikshamatva depends on various factors such as Agni, Dhatu, Bala and Ojas, and among these, Kala plays an important role in physiology. Kala encompasses temporal changes such as day and night, age and seasonal variations, all of which influence the physiological state of a person. Environmental changes such as temperature, sunlight exposure, nutritional state, sleep-wake cycle and neuroendocrine regulation are also relevant to immune function.
Method: A conceptual review was conducted by analysing classical Ayurvedic literature and modern immunology. Online literature and research articles were sourced from relevant databases.
Result: During different Ritus, Ayurveda describes variations in Dosha, Agni, Dhatu and Bala. Similarly, modern immunology recognises that environmental and seasonal changes can influence exposure to pathogens and immune responses.
Discussion: According to Acharya Charaka, Kala has been classified into two types: (1) Nityaga Kala and (2) Avasthika Kala. This classification supports consideration of appropriate Ahara and Vihara according to Ritu. According to contemporary science, circadian rhythms influence immunity, including immune-cell activity, immune regulation and antibody responses; immune function also changes with immune memory, development and ageing.
Conclusion: Kala can be considered an important determinant of Vyadhikshamatva. Ayurveda emphasises seasonal adaptation through Ritucharya, which provides a preventive framework for maintaining Bala and Ojas. Its conceptual correlation with modern chronobiology and seasonal immunological variation provides scope for interdisciplinary research. Kala may therefore be considered a promising area for further research.
Keywords: Vyadhikshamatva, Kala, Immunity, Agni, Bala.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
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Agni as a Fundamental Determinant of Immunity: Bridging Ayurvedic Principles with Modern Immunology

Abstract :
Background Agni is a fundamental concept in Ayurveda responsible for digestion, metabolism and transformation of nutrients within the body. It is described in thirteen forms, with Jatharagni considered fundamental to the overall process of digestion and metabolism. Impairment of Jatharagni may result in incomplete digestion, described as Ama, which is considered a contributing factor in the pathogenesis of various disorders. Modern physiology recognizes metabolism as a dynamic process essential for maintaining energy balance, cellular function, and homeostasis. Basal Metabolic Rate (BMR) represents the energy expenditure required to maintain essential physiological functions at rest. Metabolic activity is also closely interconnected with immune regulation and inflammatory processes.
Materials and Methods A conceptual review was conducted using classical Ayurvedic texts, including Brihatrayi and Laghutrayi, along with relevant

contemporary scientific literature on metabolism, BMR, inflammation, and immune function.

Results The Ayurvedic description of Samagni, Mandagni, Vishamagni, and Tikshnagni represents different functional states of Agni. Among these, Mandagni is characterized by impaired digestive and metabolic activity and is associated with the formation of Ama. From a contemporary perspective, disturbances in metabolic homeostasis may influence energy expenditure, body composition, hormonal regulation, and inflammatory pathways, thereby affecting immune function. Thus, Agni can be conceptually correlated with metabolic homeostasis, while BMR represents one measurable physiological component of energy metabolism.

Conclusion Agni provides an important Ayurvedic framework for understanding digestion, metabolism, physiological homeostasis, and disease susceptibility. Although Agni and BMR are not directly equivalent, their conceptual comparison may provide an interdisciplinary perspective on metabolic health and its relationship with immune function.

Keywords Agni, Ama, BMR, Mandagni, Metabolism, Immune Homeostasis

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

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Agni-Ojas-Autoimmunity Axis in Shushkakshipaka: Drawing Conceptual Parallels with Sjogren's Disease.

Abstract :

Agni-Ojas-Autoimmunity Axis in Shushkakshipaka: Drawing Conceptual Parallels with Sjogren's Disease Dr. Ambika M Dept. of Shalakya Tantra AIIA, New Delhi

Background & Objectives Shushkakshipaka involves ocular dryness and discomfort, while Sjogren's disease is a systemic autoimmune disorder marked by lacrimal gland dysfunction and ocular surface inflammation. Though not clinically interchangeable, their overlapping ocular features offer grounds for conceptual comparison. This paper explores the possible relationship between Agni, Ojas, and Vyadhi-kshamatva in autoimmune dry eye, with specific reference to Shushkakshipaka and Sjogren's disease.

Materials & Methods This conceptual study draws on classical Ayurvedic principles - Agni, Ama, Dhatu, Ojas, Bala, Vyadhi-kshamatva, and Shushkakshipaka - alongside modern understanding of Sjogren's disease, immune dysregulation, and ocular surface biology. The framework is integrative, without claiming direct molecular equivalence between Ayurvedic and biomedical constructs.

Results Agni is proposed as a conceptual driver of metabolic and tissue-level homeostasis, while Ojas and Vyadhi-kshamatva reflect broader physiological resilience and immune regulation. Impaired Agni is hypothesized to cause Ama accumulation, Dhatu dysfunction, and disrupted homeostasis, potentially increasing disease susceptibility. In Sjogren's disease, immune dysregulation leads to lacrimal gland dysfunction, tear-film instability, and chronic ocular surface inflammation - paralleling features of Shushkakshipaka. The Agni-Dhatu-Ojas-Vyadhi-kshamatva axis is thus proposed as a systems-level framework linking systemic vulnerability with ocular manifestation.

Conclusion Agni offers a potentially useful conceptual bridge between Ayurvedic systemic physiology and current understanding of immune-mediated ocular surface disease. This model may generate testable hypotheses for future interdisciplinary research, while preserving the distinction between Shushkakshipaka and Sjogren's disease.

Keywords: Agni; Ojas; Shushkakshipaka; Sjogren's disease; Autoimmunity

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

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Therapeutic Potency and Host Immunity: An Integrative Appraisal of Virya in Vyadhikshamatva

Abstract :

Background & Objectives: Vyadhikshamatva, the concept of disease resistance, encompasses the body's capacity to prevent disease occurrence and limit its severity. Virya, the inherent potency of a dravya, is considered a major determinant of its pharmacological action. The present study aims to explore the conceptual relationship between virya and vyadhikshamatva, with emphasis on how the potency of therapeutic substances may contribute to strengthening host resistance.

Materials & Methods: A conceptual review was conducted using classical Ayurvedic texts, including Brhat Trayi and relevant Nighantu literature, along with contemporary scientific literature concerning immunity and pharmacological actions of medicinal substances. References describing virya, its types, properties, karma were critically reviewed and interpreted.

Observations/Results: Virya represents the active potency through which a dravya manifests its therapeutic actions. Classical descriptions indicate that virya influences Dosha, Dhatu, and Mala functions and thereby contributes directly to Vyadhikshamatva by strengthening Vyadhi Bala Virodhikatva (capacity to resist disease onset) and Vyadhi Utpadaka Pratibandhakatva (ability to prevent disease manifestation). The relationship suggests that virya may provide a conceptual pharmacodynamic basis for understanding how medicinal substances modulate host defense and promote physiological resilience.
Conclusion: Virya can be considered an important pharmacodynamic principle underlying the action of Ayurvedic therapeutics in maintaining and enhancing vyadhikshamatva. Integrating classical concepts of virya with contemporary understanding of host defense may provide a rational framework for further experimental and clinical research.
Keywords: Virya, Vyadhikshamatva, Bala, Ojas

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
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Unravelling Autoimmune Hepatitis Through Agni And Ama : An Ayurvedic Conceptual Perspective

Abstract :
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ABSTRACT
Background: Autoimmune hepatitis is a chronic inflammatory disease of the liver in which the body's immune system mistakenly attacks its own liver cells(hepatocytes). Characterized by elevated aminotransferase, circulating autoantibodies, hypergammaglobulinemia and interface hepatitis. Its exact etiology remains incompletely understood, with genetic susceptibility and environmental triggers contributing to immune dysregulation. From an Ayurvedic perspective proper functioning of Jatharagni and Bhutagni is essential for appropriate digestion, metabolism and tissue nourishment. Impairment of these metabolic processes may lead to Ama formation, which may subsequently contribute to the development and progression of Autoimmune hepatitis.
Objective: To conceptually understand the pathogenesis and diagnostic features of Autoimmune hepatitis through the Ayurvedic principles of Jatharagni, Bhutagni and Ama.
Methodology:A systematic conceptual literature review is done using Ayurvedic texts and contemporary medical literature concerning Autoimmune hepatitis, hepatic immunopathogenesis, Jatharagni, Bhutagni and Ama. The immunopathogenesis of Autoimmune hepatitis is examined in relation to impaired metabolic transformation, possible formation and systemic effects of Ama. The role of Bhutagni mandya in yakrit vikara and its possible association with altered hepatic metabolism and immune dysregulation is explored. Oja kshaya is considered in relation to impaired host defence and immune homeostasis.
Conclusion: Autoimmune hepatitis may be conceptually understood through Agni vaishamya, particularly Bhutagni Mandya, leading to Ama formation and impaired immune regulation, with Oja kshaya contributing to disease progression.
Keywords: Autoimmune hepatitis, Yakrit, Bhutagni Mandya, Ama, Ojo-kshaya.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
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Satmya as a Conceptual Bridge to Immunology - With Special Reference to Epigenetics and Trained Innate Immunity

Abstract :
Background: Ayurveda's construct of Satmya - the habituated suitability of a substance, regimen, or environment to an individual's constitution is a classical concept built and maintained through graded and repeated exposure. Among its subtypes, Oka Satmya describes tolerance built through repeated, spontaneous exposure, and is said to give rise to Yuktikrita Bala -

strength and disease-resistance acquired through sustained practice rather than present from birth. This paper examines whether Satmya, Oka Satmya can be productively re-read through the lenses of epigenetics and immunology particularly trained innate immunity and proposes an integrative conceptual model linking the two systems.

Methods: Conducted a structured narrative review of classical Ayurvedic sources alongside contemporary literature on epigenetic gene regulation and trained innate immunity, mapping both traditions for structural and mechanistic correspondence.

Observations: Satmya's acquired, exposure-dependent, reversible tolerance parallels the epigenetic model of phenotypic plasticity superimposed on fixed genotype. Trained innate immunity, in which myeloid cells acquire non-specific epigenetically encoded memory after repeated exposure, closely mirrors Oka Satmya and offers a plausible molecular substrate for Yuktikrita Bala; oral tolerance and hormesis parallel the graded-exposure logic used to establish Satmya. Ayurgenomic studies correlating Prakriti with genomic and DNA-methylation markers provide indirect support, though none has examined these constructs directly at the molecular level.

Conclusion: Satmya offers a conceptual bridge between Ayurveda and epigenetic and immunological mechanisms, particularly trained innate immunity. We propose testable designs - methylation profiling and immune-training assays before and after graded exposure - to move this from analogy toward evidence.

Key Words: Satmya, Oka Satmya, epigenetics, immunology

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0640

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Prakriti and Satmya in Gut Microbiota and Autoimmune Disease: An Ayurvedic Framework for Immune Homeostasis

Abstract :

Prakriti and Satmya in Gut Microbiota and Autoimmune Disorders: An Ayurvedic Framework for Immune Homeostasis

Background & Objectives Autoimmune disorders arise from interactions among genetic susceptibility, environmental exposures, diet, lifestyle, microbial ecology, and immune dysregulation. Gut dysbiosis has been associated with reduced microbial diversity, depletion of beneficial commensals, impaired intestinal-barrier integrity, altered microbial metabolites, and expansion of pro-inflammatory taxa. Ayurveda provides a host-centred perspective through prakriti, the relatively stable constitutional phenotype, and satmya, acquired compatibility with diet, lifestyle, habitat, and recurrent exposures. This review aimed to explore their potential relationship with gut microbial variation, immune homeostasis, and autoimmune disorder expression.

Materials & Methods A narrative integrative review was undertaken using published literature on Ayurvedic prakriti and satmya, gut microbiota, dysbiosis, intestinal permeability, microbial metabolites, immune mechanisms, and autoimmune disorders. Evidence from Indian microbiome studies was interpreted alongside contemporary research on microbiome-associated autoimmunity.

Results Autoimmune disorders demonstrate microbial dysbiosis, increased intestinal permeability, altered regulatory T-cell and T-helper 17-cell responses, molecular mimicry, inflammatory cytokine activation, and reduced immunoregulatory metabolites such as butyrate. Indian studies report a shared core gut microbiota, including Bacteroides, Prevotella, Faecalibacterium, and Ruminococcus, with selected taxonomic and predicted functional differences across extreme vata, pitta, and kapha prakriti phenotypes. Prakriti may represent a baseline host milieu influencing digestive capacity, metabolism, inflammatory responsiveness, mucosal immunity, and microbial composition. Satmya may support microbial adaptation, epithelial resilience, metabolite production, and immune tolerance. Conversely, asatmya exposure may contribute to dysbiosis, barrier disruption, and immune activation in susceptible individuals.

Conclusion The prakriti-satmya-gut microbiota axis offers a plausible Ayurvedic framework for investigating autoimmune disease heterogeneity. Prospective multicentric studies integrating standardized Ayurvedic assessments with metagenomics, metabolomics, immune profiling, permeability markers, autoantibodies, and disease-activity measures are required to establish biological validity and clinical relevance.

Keywords: Prakriti; Satmya; Gut microbiota; Autoimmune disorders; Immune homeostasis

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0648

Reg. Category : P.G and Ph.D Scholar

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The Role of Kala in Vyadhikshamatva (immunity): An Ayurvedic Perspective on Disease Resistance

Abstract :

Title:The Role of Kala in Vyadhikshamatva (immunity): An Ayurvedic Perspective on Disease Resistance

Background and aim: Ayurveda regards Kala as one of the fundamental determinants of health, disease, and therapeutic efficacy. Kshamatvam (immunity/resistance) is not a static entity but is dynamically modulated by multiple temporal dimensions described across classical texts.This study aims to systematically review classical references describing the relationship of Kala with Vyadhikshamatva, Bala, Ritu, Vaya, Vyadhibala, Vyadhyavastha and Ritu Sandhi.Introduction: Kala operates at several levels influencing Vyadhikshamatva - Vayas (age-related variation in Bala), Rutu (seasonal influence on Dosha and Bala through Adana-Visarga Kala), Shatkriyakala (the six-stage progression of pathogenesis, each offering a distinct window for immune intervention), Vyadhikala/Vyadhyavastha (disease-stage-specific resistance), Together these frameworks position Kala as a master regulator of host resistance.Methods: A conceptual and literary review was conducted using classical texts (Caraka Samhita, Susruta Samhita, Ashtanga Hridayam), supported by commentaries and contemporary peer-reviewed literature retrieved via Shodhganga/Shodhgangotri and PubMed, to compile and correlate Kala-based determinants of Kshamatvam.Result: Analysis reveals that each temporal factor independently and cumulatively modifies Bala and Vyadhikshamatva, with Shatkriyakala offering the most actionable staging for early immune-protective intervention, and Ritu/Vayas providing constitutional baselines.Discussion: Integrating these Kala constructs offers a systematic, stage-wise and age/season-sensitive model for understanding immune variability, bridging classical theory with preventive and personalized clinical application.Conclusion: Kala functions as a multidimensional regulator of Kshamatvam; its classical categorization provides a scientifically translatable framework for immunity assessment and intervention timing.

Keywords: vyadhi kshamatva, Bala, Rutu, vaya, vyadhi avastha

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0653

Reg. Category : P.G and Ph.D Scholar

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Autoimmunity in Ayurveda-Biomedical Concept Integration: Beyond One-to-One Mapping through Dasavidha Parikshya Bhava

Abstract :

Background & Objectives : The increasing interface between Ayurveda and biomedical sciences has led to attempts to identify Ayurvedic equivalents for modern biomedical concepts. However, one-to-one mapping may oversimplify concepts arising from different epistemological frameworks. Autoimmunity provides an important case study, as it is a complex biomedical construct involving molecular, cellular, physiological, pathological and clinical dimensions. The present study aimed to critically examine the challenges of directly integrating the concept of autoimmunity with Ayurveda and to propose Dasavidha Parikshya Bhava as a framework for responsible conceptual integration.

Materials & Methods: A conceptual analytical approach was adopted using the ten factors of Dasavidha Parikshya Bhava - Karana, Karana, Karyayoni, Karya, Karyaphala, Anubandha, Desa, Kala, Pravritti and Upaya - to examine the purpose, methodology, context, level and consequences of Ayurveda-biomedical concept integration. Autoimmunity was considered as a case study to evaluate whether proposed relationships represented equivalence, functional correlation, conceptual analogy, complementarity, a hypothesis requiring validation, or non-correspondence.

Observations/Results: The analysis indicated that autoimmunity could not be adequately represented by assigning a single Ayurvedic equivalent. Its different dimensions required examination at appropriate contextual and explanatory levels. Dasavidha Parikshya Bhava offered a structured approach to determine why a biomedical concept was being integrated, how it should be examined, at what level the relationship might exist, what outcome was expected, and what consequences might arise from the proposed integration. This approach also permitted identification of situations where correspondence might not be appropriate.

Conclusion: Ayurveda-biomedical integration should move beyond the search for direct equivalents towards systematic evaluation of meaningful relationships. Dasavidha Parikshya Bhava may provide a methodological framework for purpose-driven, context-sensitive and testable conceptual integration. In this approach, non-correspondence is not considered a failure but a legitimate scholarly outcome when a meaningful relationship cannot be established.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
Registration No. : 0657
Reg. Category : P.G and Ph.D Scholar
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Amlapitta and Autoimmune Disorders: Exploring the Gut-Immune Axis Through an Ayurvedic Perspective

Abstract :
Amlapitta and Autoimmune Disorders: Exploring the Gut-Immune Axis Through an Ayurvedic Perspective
Background: Autoimmune disorders are increasingly associated with alterations in gut microbiota, intestinal permeability and mucosal immunity. Ayurveda gives considerable importance to Agni, Grahani and the proper formation of Dhatus in maintaining health. However, the possible systemic implications of chronic Amlapitta have received limited attention.
Objective: To explore the classical understanding of Amlapitta, Ama, Agni, Ojas and Amavata and examine their possible relevance to the contemporary concept of the gut-immune axis.
Methods: Descriptions of Amlapitta from Kashyapa Samhita, Madhava Nidana, Bhavaprakasha and Yogaratnakara were reviewed and compared with the concepts of Ama, Agni, Ojas and Amavata described in the Brihattrayi. These concepts were examined alongside current evidence on intestinal permeability, dysbiosis and mucosal immune regulation.
Discussion: Persistent impairment of Agni may contribute to repeated formation of Ama. In the presence of Dosha vitiation and Srotovaigunya, Ama may be understood as contributing to systemic disease processes. The relationship between Grahani, Pittadhara Kala and Ojas provides a possible Ayurvedic framework for understanding the gut-immune interface. From this perspective, chronic Amlapitta may share certain pathological features with Ama-associated disorders such as Amavata. The proposed Grahani-Ojas axis may therefore provide a basis for further investigation.
Conclusion: Amlapitta may have relevance beyond the gastrointestinal system. Prospective studies assessing gut permeability, inflammation and immune markers in chronic Amlapitta could help examine this proposed relationship.
Keywords: Amlapitta, Ama, Agni, Grahani, Ojas, Amavata, gut-immune axis

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
Registration No. : 0662
Reg. Category : Faculties, Researchers & Practitioners
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"AUTOIMMUNE DISORDERS THROUGH THE AYURVEDIC LENS: INTEGRATING AGNI, AMA, DOSHA AND VYADHIKSHAMATVA WITH CONTEMPORARY IMMUNOLOGY"

Abstract :
Introduction: Autoimmune diseases are chronic, multifactorial disorders characterized by loss of self-tolerance, dysregulated immune responses, persistent inflammation, and tissue damage. Although Ayurveda does not describe autoimmune diseases as a distinct classical category, concepts such as Agni, Ama, Dosha, Srotas, Dhatu, Ojas, and Vyadhikshamatva provide a systemic framework for understanding altered physiological balance and immune resilience. This review explores the conceptual relationship between Ayurvedic principles and contemporary understanding of autoimmune disorders.
Methods A conceptual narrative review was conducted using classical Ayurvedic concepts and selected contemporary literature. Correlation was explored through Nidana, Agni impairment, Ama formation, Dosha involvement, Srotorodha, Dhatu disturbance, and Ojas/Vyadhikshamatva, with consideration of clinical manifestations and affected systems in selected autoimmune conditions.
Results The literature suggests that impaired Agni may contribute to Ama formation and Srotorodha, followed by Dosha and Dhatu imbalance and altered Ojas and Vyadhikshamatva. Dietary incompatibility, inappropriate lifestyle, psychological stress, environmental factors, and individual susceptibility may contribute to disease development and chronicity.
Discussion Ayurvedic management emphasizes Nidana Parivarjana, Dipana-Pachana, appropriate Sodhana, Rasayana, dietary and lifestyle regulation, yoga, and mental balance. Integrating Ayurvedic concepts with contemporary immunology may offer a complementary systems perspective on chronicity, recurrence, systemic involvement, and immune homeostasis. Rigorous clinical and translational research is required to establish efficacy, safety, and biological relevance.
Keywords: Autoimmunity, Agni, Ama, Vyadhikshamatva

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
Registration No. : 0707
Reg. Category : P.G and Ph.D Scholar
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Asta Vibhrama of Unmada: An Integrative Perspective on Psychoimmunology and Ego Defence Mechanisms

Abstract :
Asta Vibhrama of Unmada: An Integrative Perspective on Psychoimmunology and Ego Defence Mechanisms Dr. Dhaneshwari H.A. PhD Scholar, SDMCA, Hassan and Associate Professor, Department of Manasaroga Evam Manovijnana, SDMCAH & RC, Udupi Abstract Introduction: Unmada is an important psychiatric disorder described in Ayurveda, characterized by disturbances in mental, cognitive, emotional and behavioural functioning. Asta Vibhrama-Mano, Buddhi, Sanjnajnana, Smriti, Bhakti, Sheela, Chesta and Achara Vibhrama -provides a multidimensional framework for understanding these manifestations. Contemporary psychology describes ego defence mechanisms as processes involved in managing psychological conflict and stress, while psychoneuroimmunology explains interactions between psychological processes, neuroendocrine regulation and immune function.
Materials and Methods:
A conceptual review of classical Ayurvedic literature on Unmada and Asta Vibhrama was undertaken along with contemporary literature on ego defence mechanisms and psychoneuroimmunology. The eight domains were examined for their psychological manifestations and possible relevance to stress-mediated neuroendocrine and immune pathways.
Results: Asta Vibhrama encompasses disturbances involving cognition, perception, memory, affective preferences, behaviour, activity and social conduct. These manifestations may be interpreted alongside psychological responses and ego defence processes associated with internal conflict and stress. Sustained psychological dysregulation may influence the hypothalamic-pituitary-adrenal axis, autonomic nervous system and inflammatory pathways, suggesting a possible mind-immune interface.
Discussion: The integration of these perspectives provides complementary frameworks for understanding Unmada. Ayurvedic concepts such as Manas, Prajnaparadha, Ojas, Bala and Vyadhikshamatva may provide a contextual basis for exploring psychological and systemic interactions, without assuming direct equivalence with modern constructs.
Conclusion: Asta Vibhrama may provide a useful framework for exploring the relationship between psychological disturbance, stress and disease resistance. Empirical studies incorporating psychological, neuroendocrine and immunological parameters are warranted.
Keywords: Asta Vibhrama; Unmada; Ego Defence Mechanisms; Psychoneuroimmunology; Vyadhikshamatva.

Presentation Type : Oral Paper
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
Registration No. : 0729
Reg. Category : Faculties, Researchers & Practitioners
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"Vyadhikshamatva in Sandhigata Vata: An Ayurvedic Perspective on Host Defence and Disease Progression"

Abstract :
"Vyadhikshamatva in Sandhigata Vata: An Ayurvedic Perspective on Host Defence and Disease Progression" Dr. Saritha T*, Dr. Nagaraj S.**
Background: Sandhigata Vata is a prevalent Vata-dominant disorder characterized by pain, stiffness, swelling, crepitus and restricted joint movements, with clinical parallels to osteoarthritis. Although traditionally regarded primarily as a degenerative disorder, contemporary evidence indicates the involvement of low-grade inflammation, altered immune responses and dysregulated tissue homeostasis in osteoarthritis. Ayurveda describes Vyadhikshamatva as the capacity of the body to resist disease and maintain physiological equilibrium, influenced by factors including Bala, Agni and Ojas.
Aim: To explore the possible relevance of Vyadhikshamatva in understanding susceptibility, progression and clinical expression of Sandhigata Vata from an Ayurvedic perspective and to examine its interface with contemporary concepts of host defence and inflammation.
Materials and Methods: Classical Ayurvedic literature describing Vyadhikshamatva, Bala, Ojas, Agni and the pathogenesis of Sandhigata Vata was reviewed along with contemporary literature on osteoarthritis, inflammation, immune responses and tissue homeostasis. Conceptual correlations were explored

while acknowledging the differences between Ayurvedic and biomedical frameworks.

Discussion: Impaired Vyadhikshamatva may be considered a contributory background factor influencing an individual's resilience against pathological processes and recovery from tissue disturbances. The concepts of Bala, Agni and Ojas provide a multidimensional framework encompassing nutritional status, metabolic competence, tissue integrity and resistance to disease. Their possible relationship with inflammatory regulation and joint homeostasis offers a promising area for translational research.

Conclusion: Understanding Vyadhikshamatva in Sandhigata Vata may provide a broader Ayurvedic perspective on host resilience and disease progression and may facilitate meaningful dialogue between classical concepts and contemporary research on osteoarthritis and immunity.

Keywords: Vyadhikshamatva, Sandhigata Vata, Osteoarthritis, Bala, Ojas, Agni, Host Defence, Inflammation.

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Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0730

Reg. Category : Faculties, Researchers & Practitioners

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Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

Bridging Ayurveda and Modern Immunology: A Conceptual Integration of Prakriti, Agni, Satmya, Satva and Kala through Neuroimmunoendocrinology.

Abstract :

Bridging Ayurveda and Modern Immunology: A Conceptual Integration of Prakriti, Agni, Satmya, Satva and Kala through Neuroimmunoendocrinology. Dr. Nandini Hiremath, PhD Scholar, SJSAC&H, Chennai - 600123 Assistant Professor, Department of Kriya Sharira, Taranath Government Ayurvedic Medical College, Ballari, Karnataka - 583101 drnandini.hiremath@gmail.com, mob: 9986914728 Dr K.P.Roshni, Prof & HOD, Dept of Kriya sharira, SJSAC& H, Chennai- 600123 drroshnibalesh@sjsach.org.in, mob: 9884712424

Background and Objective Immunity is essential for protection against disease and maintenance of physiological balance. Modern science recognizes the influence of metabolic, nervous, endocrine, psychological and environmental factors on immune function. Ayurveda describes individual health and adaptability through Prakriti, Agni, Satmya, Satva and Kala. This conceptual review explores their possible relevance to contemporary understanding of neuro-immuno-endocrine regulation.

Materials and Methods A conceptual review was conducted using classical Ayurvedic literature and contemporary literature on immunology, psychoneuroimmunology, neuroendocrinology, immunometabolism and circadian biology. These Ayurvedic concepts were examined alongside relevant physiological domains without assuming direct one-to-one equivalence.

Observations Prakriti describes constitutional individuality and may provide a framework for studying variations in immune and metabolic responses. Agni, relating to digestion and metabolism, can be considered in the context of immunometabolism. Satmya represents adaptation and tolerance to dietary, behavioural and environmental factors. Satva may be considered in relation to psychological stress and neuroendocrine-immune interactions. Kala highlights temporal and seasonal influences that can be examined alongside circadian and seasonal variations in immune function. Together, these concepts may be explored through the bidirectional communication between the nervous, endocrine and immune systems.

Conclusion Integration of Ayurvedic concepts with neuro-immuno-endocrine science provides a potential framework for research on immune homeostasis and individualized health. Future studies combining standardized Ayurvedic assessments with measurable immunological, endocrine and metabolic parameters may help evaluate these conceptual relationships objectively.

Keywords: Ayurveda, Prakriti, Agni, Satmya, Satva, Kala, Immunology, Neuroimmunoendocrinology.

Presentation Type : Oral Paper

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0747

Reg. Category : Faculties, Researchers & Practitioners

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Epigenetics, Immune Dysregulation and Autoimmunity: An Integrative Perspective from Modern Immunology and Ayurveda

Abstract :

Background & Objectives: Autoimmune disorders arise from complex interactions among genetic susceptibility, environmental influences and dysregulation of immune tolerance. Increasing evidence suggests that epigenetic mechanisms, including DNA methylation, histone modifications and non-coding RNAs, influence immune-cell differentiation, inflammatory signalling and disease susceptibility without altering the underlying DNA sequence. Ayurveda describes disease manifestation through interactions among inherited susceptibility, environmental influences, Agni, Dosha-Dushya interaction and Vyadhi-kshamatva. This study aims to explore the relationship between epigenetic regulation and immune dysregulation in autoimmunity and develop an integrative framework incorporating contemporary immunology and Ayurvedic perspectives.

Materials & Methods: Relevant scientific literature and publicly available molecular evidence concerning epigenetic alterations, immune dysregulation and autoimmune disorders were systematically examined. Epigenetic mechanisms associated with immune tolerance, inflammatory pathways and autoimmune disease susceptibility were identified and thematically analysed. Selected Ayurvedic concepts relevant to susceptibility, environmental modulation and disease progression were critically mapped against the emerging biological framework, avoiding direct equivalence between molecular mechanisms and classical concepts.

Observations/Results: The analysis indicates that epigenetic mechanisms may constitute an important interface between inherited susceptibility, environmental influences and altered immune regulation. DNA methylation, histone modifications and regulatory non-coding RNAs are associated with changes in immune-cell function, inflammatory signalling and loss of immune tolerance. An integrative framework linking susceptibility, environmental modulation, immune homeostasis and disease manifestation was developed through selected Ayurvedic perspectives.

Conclusion: Epigenetic regulation provides a promising biological framework for understanding the dynamic interaction between susceptibility and environmental influences in autoimmunity. Ayurvedic concepts may offer a complementary systems-level perspective for interpreting these interactions and generating hypotheses for future integrative research.

Presentation Type : Oral Paper

Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives

Registration No. : 0029

Reg. Category : P.G and Ph.D Scholar

Author : Dr. SILVINIYA ANITHARAJ FERNANDES (0029)

Institution : SDM COLLEGE OF AYURVEDA UDUPI

Developmental Origins of Health and Disease (DOHaD), Epigenetics & Garbha Samskara - An Ayurvedic Perspective on Fetal Immune Programming

Abstract :

Background The global burden of autoimmune and immune-mediated disorders has increased substantially, highlighting the need for preventive approaches beginning early in life. The Developmental Origins of Health and Disease (DOHaD) paradigm recognizes that prenatal environmental influences affect foetal development and predispose individuals to chronic diseases through epigenetic mechanisms. Similarly, Ayurveda describes Garbha Samskara as a holistic antenatal regimen encompassing maternal Ahara, Vihara, (Sattva), Acara, Kala, and Rasayana interventions to promote healthy foetal development.

Objective To explore the conceptual convergence between DOHaD, epigenetic regulation, and Garbha Samskara, and propose an integrative framework linking Ayurvedic antenatal practices with foetal immune programming and lifelong Vyadhikshamatva.

Methods A narrative review of Charaka Samhita, Susruta Samhita, Ashtanga Hridaya, and Kasyapa Samhita was undertaken alongside contemporary literature on DOHaD, developmental immunology, epigenetics, placental biology, maternal nutrition, and foetal immune programming. Conceptual correlations between Ayurvedic principles and biomedical evidence were examined.

Results The review demonstrated conceptual concordance between foetal programming and Ayurvedic principles of Beeja, Kshetra, Ambu, Ritu, Agni, Ojas, Dhatu Poshana, and Vyadhikshamatva. Maternal nutrition, psychological status, lifestyle, and environmental exposures are recognized in both systems as determinants of foetal development. Modern evidence indicates that these factors influence immune maturation through DNA methylation, histone modifications, microRNA expression, placental signalling, and maternal microbiome interactions. Garbha Samskara may therefore support healthy immune maturation through mechanisms consistent with foetal programming.

Conclusion The convergence of DOHaD and Ayurvedic concepts provides a scientifically plausible framework for understanding Garbha Samskara as a preventive

maternal-foetal health strategy that may contribute to lifelong immune resilience and reduce susceptibility to autoimmune and chronic inflammatory disorders. Integration with epigenetics and developmental immunology offers promising avenues for preventive medicine and translational research. Multidisciplinary studies are warranted to validate these associations.

Keywords: Garbha Samskara, DOHaD, Epigenetics, Foetal Immune Programming, Vyadhikshamatva, Ojas, Ayurveda, Maternal Health, Preventive Medicine

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0033
Reg. Category : P.G and Ph.D Scholar
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"Epigenetic Mechanisms in Lifestyle-Associated Immune Dysregulation: An Ayurvedic Perspective"

Abstract :
Obstract
Background: Immune function is influenced by interactions between genetic susceptibility and environmental exposures. Epigenetic mechanisms, including DNA methylation, histone modification and non-coding RNA regulation, provide an important link between environmental factors and altered gene expression. Dysregulation of these mechanisms has been increasingly implicated in immune dysfunction and autoimmune diseases.
Objective: To examine the potential relevance of Ayurvedic lifestyle principles in understanding lifestyle-associated epigenetic regulation of immune function and their possible implications for autoimmunity.
Methods: Classical Ayurvedic concepts related to Ahara, Vihara, Dinacharya, Ritucharya, ManasikaBhava and maintenance of health were reviewed alongside contemporary evidence on lifestyle-associated epigenetic mechanisms and immune dysregulation. Evidence relating diet, physical activity, psychological stress, sleep and environmental exposures to epigenetic regulation and immune function was critically examined.
Discussion: Contemporary evidence indicates that lifestyle and environmental factors can influence epigenetic processes involved in immune-cell differentiation, inflammatory signalling and maintenance of immune tolerance. Epigenetic alterations have been reported across autoimmune disorders, suggesting an important interface between environmental exposure and immune dysregulation. Ayurvedic lifestyle principles address several of these modifiable determinants through regulation of diet, daily and seasonal routines, physical activity and psychological well-being. However, direct evidence demonstrating that specific Ayurvedic practices produce defined epigenetic changes in immune pathways remains limited.
Conclusion: An Ayurvedic lifestyle framework may provide a useful conceptual basis for investigating modifiable environmental influences on epigenetic regulation and immune health. Rigorous translational studies are required to determine whether adherence to specific Ayurvedic lifestyle interventions produces measurable epigenetic and immunological changes and whether these changes have relevance to autoimmune disease prevention.
Keywords: Ayurveda; Epigenetics; Lifestyle; Immune dysregulation; Autoimmunity; DNA methylation; Immune function.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0041
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Epigenetic Modulation of Autoimmunity: An Integrative Ayurvedic Perspective on Immune Dysregulation

Abstract :
INTRODUCTION
Autoimmune diseases are chronic disorders in which the immune system loses self-tolerance and attacks the body's own tissues. Epigenetics refers to heritable or relatively stable changes in gene expression that occur without alteration of the DNA sequence. Major mechanisms include:
-DNA methylation
-Histone modification
-Non-coding RNA regulation, particularly microRNAs
-Chromatin remodeling These mechanisms can influence the expression of genes involved in T-cell differentiation, cytokine production, inflammation and immune tolerance.
AIM To explore the interrelationship between epigenetic regulation, immune dysregulation and autoimmunity.
OBJECTIVES
1. To understand the basic mechanisms of epigenetic regulation involved in autoimmune diseases.
2. To explore the influence of environmental and lifestyle factors on epigenetic changes and immune function.
METHODOLOGY Epigenetic alterations can modify the expression of genes associated with immune tolerance and inflammation.
Major mechanisms
DNA methylation

Changes in methylation can alter transcription of immune-regulatory genes.
Histone modification
Histone acetylation, methylation and other modifications influence chromatin accessibility and gene transcription.
MicroRNAs
MicroRNAs regulate gene expression post-transcriptionally and can influence:
-T-cell differentiation
- B-cell function
- Cytokine production
- Inflammatory pathways
- Immune tolerance Therefore: Environmental stimulus -> Epigenetic modification -> Altered gene expression -> Immune dysregulation -> Autoimmunity
DISCUSSION
Beeja / Prakriti -> Ahara-Vihara & Hetu -> Agni Vaishamya Ama -> Dosha Prakopa + Dushya involvement -> Srotodushti -> Chronic disease manifestation
CONCLUSION
Conclusion
Autoimmune diseases arise from a complex interaction between genetic susceptibility, environmental factors, epigenetic regulation and immune dysregulation.
Epigenetics provides an important link between genetic information and environmental influences, demonstrating that disease risk and immune responses are not determined exclusively by DNA sequence.
Ayurveda offers a complementary systems-based framework through concepts such as Prakriti, Beeja, Agni, Ama, Dosha-Dushya Sammurchana and Srotodushti.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0048
Reg. Category : P.G and Ph.D Scholar
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EXPLORING THE BIO-PURIFICATION AND IMMUNOMODULTORY POTENTIAL OF SHODHANA THERAPIES

Abstract :
EXPLORING THE BIO-PURIFICATION AND IMMUNOMODULTORY POTENTIAL OF SHODHANA THERAPIES Dr. Akshara K Narayanan1, Dr. Nitin V2, Dr. Prathibha Bhat3, Dr. Basavaraj G Saraganachari4 Final year PG Scholar1, Assistant Professor (Guide)2, Assistant professor (Co-guide}3, Professor and HOD4 Department of Panchakarma, SDMIAH, Bengaluru. Email id:aksharaanuvinda@gmail.com Introduction: Shodhana therapy, the bio-purificatory component of Ayurveda, is traditionally employed to eliminate aggravated Doshas and accumulated Ama, thereby restoring physiological equilibrium. The present review explores the potential of Shodhana therapy in bio-purification and immunomodulation by integrating classical Ayurvedic concepts with emerging biomedical evidence.
Materials and Methods: Classical Ayurvedic literature including Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya was considered alongside clinical research. Shodhana may influence physiological pathways associated with metabolic clearance, gastrointestinal function, oxidative stress, neuroendocrine regulation and immune homeostasis. Vamana, Virechana and Basti have particularly attracted interest because of their possible influence on gut microbiota and gut-immune interactions. Emerging clinical observations also suggest potential effects on inflammatory mediators, antioxidant status and immune responses.
Conclusion: Shodhana therapy presents a promising holistic framework linking Ayurvedic Shodhana with contemporary concepts of metabolic regulation, microbiome modulation, oxidative balance and immune homeostasis. Its potential relevance may extend to chronic inflammatory, metabolic and immune-mediated disorders. Future research should emphasize standardized protocols, biomarker-based assessment, microbiome and systems-biology approaches, rigorous safety monitoring and well-designed randomized controlled trials. Thus, evidence-informed investigation of Shodhana may help clarify its role as a complementary approach to bio-purification and immunomodulation.
KEYWORDS: Bio-purification, Immunity, Immunomodulation, Shodhana.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0065
Reg. Category : P.G and Ph.D Scholar
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Krimi-Host Interaction and Hypersensitivity: Translational Insights from Ayurveda.

Abstract :
Objectives: To explore the classical Ayurvedic understanding of Krimi (micro- and macro-pathogenic entities) in relation to hypersensitivity states, and to establish conceptual linkages between Krimija Rogas, and hyper-reactive immune pathways.
Materials & Methods: A critical review was conducted using classical Ayurvedic literature focusing on Krimi Nidana, Kaphaja/Raktaja Krimi Lakshana, and allergic conditions like Sheetapitta, Udarda, and Tamaka Shwasa. These principles were synthesized with modern biomedical literature on Th2 immune skewing, mast cell

degranulation, eosinophilia, and IgE-mediated hypersensitivity reactions.
Observations/Results: Classical texts emphasize that Krimi infestation provokes severe systemic symptoms including Kandu (pruritus), Kotha (urticarial wheals), Toda (pricking sensations), and Jvara (pyrexia), reflecting acute and chronic hyper-responsiveness. The metabolic byproduct of Krimi, combined with Agnimandya and Ama, acts as an endogenous antigen (Visha/Gara Visha), inducing Rakta-Dusti and localized histamine-like inflammatory responses. Furthermore, persistent pathogenic interaction impairs Vyadhikshamatwa (homeostatic immunity) and creates Asatmya (intolerance/allergy). Classical interventions - specifically Apakarshana (physical expulsion), Prakriti Vighata (altering the microenvironment via Katu-Tikta Rasa), and Nidana Parivarjana - directly alleviate the antigenic burden and restore immune equilibrium.
Conclusion: Krimi functions as an active trigger for immunological hyper-reactivity and allergic diathesis. Incorporating Ayurvedic protocols of Krimighna, Deepana-Pachana, and Raktaprasadana provides a comprehensive, disease-modifying therapeutic approach to managing hypersensitivity disorders.
Keywords: Krimi, Hypersensitivity, Asatmya, Sheetapitta, Vyadhikshamatwa, Prakriti Vighata.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0072
Reg. Category : P.G and Ph.D Scholar
Author : Dr. NIKHIL A ARKASALI (0072)
Co- Author/s : Dr.Prasanna N Mogasale
Institution : Shri Dharmasthala manjunatheswara ayurveda college and hospital Udupi

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Why Her Immunity Turns Against Her: Exploring Female Predominance in Autoimmune Disease Through an Ayurvedic Lens

Abstract :
Why Her Immunity Turns Against Her: Exploring Female Predominance in Autoimmune Disease Through an Ayurvedic Lens
Dr Rishika Gupta — Dr Arun B J
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Department of Panchakarma, SDMIAH, Bengaluru
Background & Objectives Systemic lupus erythematosus is a chronic multisystem autoimmune disease with a marked female predominance. The female-to-male ratio is 9:1 and becomes even higher during reproductive years. This striking difference suggests that genetic, hormonal and epigenetic factors may influence autoimmune susceptibility. This review explore the possible reasons for female predominance in SLE through an Ayurvedic perspective, without attempting a direct one-to-one correlation with single Ayurvedic disease.
Materials & Methods A narrative review of contemporary literature on immunopathogenesis and female predominance of lupus, along with relevant concepts from classical Ayurvedic texts. The discussion integrates modern immunopathogenesis with Ayurvedic concepts to develop a conceptual understanding of the disease process.
Observations/Results Modern literature indicates that female predominance in lupus is influenced by interactions among genetic susceptibility, X-chromosome, sex hormones, epigenetic and environmental factors. These may lead to loss of self-tolerance, immune activation, autoantibody formation and tissue injury. From an Ayurvedic viewpoint, the relationship of Artava with Rasa and Rakta Dhatu, together with the role of Ojas and Vyadhikshamatva, provides a possible framework for understanding differences this susceptibility. The progressive involvement of skin, joints and deeper organs may be conceptually discussed through Uttana and Gambhira Vatarakta, while Beeja Dushti and Nidana may represent constitutional susceptibility and triggering factors.
Conclusion This integrative perspective may provide a theoretical basis for exploring Ayurvedic approaches, including appropriately selected Panchakarma and supportive interventions, as adjuncts rather than substitutes for evidence-based modern treatment. Further clinical and translational research is required to establish the therapeutic relevance of these Ayurvedic concepts in autoimmune.
Keywords: Systemic lupus erythematosus, Female Predominance, Vyadhikshamatva, Vatarakta

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0075
Reg. Category : P.G and Ph.D Scholar
Author : Dr. RISHIKA GUPTA (0075)
Institution : SDM college of ayurveda bangalore

Epigenetics of Ageing and autoimmunity: can rasayana delay immune senescence

Abstract :
Introduction:- Ageing is accompanied by progressive epigenetics alterations that influence immune function , resulting in immunosenescence and chronic low grade inflammation. These are related changes increase susceptibility to infections, malignancies and autoimmune disorders by impairing immune survillence and disrupting self tolerance . Epigwntic mechanisms including DNA methylation , histone modifications, chromatin remodeling and non coding RNA s play a

pivotal role in regulating immune cell differentiation and inflammatory general expression . Ayurveda describes Rasayana therapy as a rejuvinative intervention that promotes longevity, enhances immunity and delays age associated degenration . Exploring rasayana through the lens of modern epigenetics offers a promising integrative perspective for healthy ageing.

Objective:- to examine the relationship between epigenetics ageing , immune senescence and autoimmunity and to evaluate the potential role of rasayana therapy in modulating epigenetics pathways involved in immune ageing.

Methods:- A narrative review of published literature was conducted using peer reviewed articles indexed in pubmed , Scopus and Google scholar . Evidence pertaining to epigenetics regulation of ageing, mechanisms of immunosenescence , autoimmune disease pathogenesis and the immonumodulatory effects of rasayana interventions was synthesized to develop an integrative conceptual framework

Results:- Current evidence indicates that epigenetics dysregulation contributes significantly to immune ageing by altering T cell and B cell function , promoting inflammatory cytokine production, reducing immune resilance. Experimental studies suggests that several Rasayana drugs including ashwagandha, guduchi, amalaki and formulations like chyawanprasha posses anti-inflammatory, immonumodulatory activity and potential epigegetic regulatory properties. These interventions may reduce oxidative stress preserve immune homeostasis and attenuate inflammaging although direct evidence linking Rasayana to epigenetics modulation remains limited

Conclusion:- Rasyana therapy represents a promising complementary strategy for delaying immune senescence by targeting mechanisms associated with epigenetics ageing and chronic inflammation. integrating Ayurvedic rejuvination principles with advanced in epigenetics may provide novel preventive and therapeutic approaches

Presentation Type : Oral Paper

Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives

Registration No. : 0081

Reg. Category : P.G and Ph.D Scholar

Author : Dr. SWATI RANE (0081)

Institution : KAHERs Shri BMK Ayurveda Mahavidyalaya Post Graduate Studies and Research Centre

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BORN WITH PRAKRITI, SHAPED BY EPIGENETICS: EXPLORING THE AYURVEDIC-IMMUNOLOGICAL BASIS OF AUTOIMMUNE SUSCEPTIBILITY

Abstract :

AUTHOUR Dr.ANAND RAJ R (PG scholar, Dept of Rachana shareera, Alvas Ayurveda Medical College Moodbidri) E-MAIL anandrajrayur13@gmail.com MOBILE NO: 8848676683 ABSTRACT

Title: BORN WITH PRAKRITI, SHAPED BY EPIGENETICS: EXPLORING THE AYURVEDIC-IMMUNOLOGICAL BASIS OF AUTOIMMUNE SUSCEPTIBILITY

Background & Objectives: Ayurveda recognizes Prakriti as the inherent constitution established at conception, contributing to individual variation and disease susceptibility. Contemporary genetics and epigenetics provide a complementary framework for understanding how inherited factors and environmental influences, shapes phenotype and immune function. This presentation aims to explore the integrative relationship among Prakriti, genetic architecture, epigenetic regulation, immunology and autoimmunity.

Materials & Methods: A narrative review was conducted using Samhithas and relevant journal articles. Prakriti, Beeja, Agni, Ojas, Dinacharya, and Ritucharya were examined alongside gene expression, DNA methylation, environmental modulation and immune regulation. Reported associations involving HLA-DRB1 and PGM1 were considered within the Ayurgenomic perspective.

Observations and Results: Prakriti provides a framework for genotype and phenotypic constitution and for individualized health assessment, while genetic and epigenetic mechanisms may explain variability. HLA-DRB1 polymorphisms and PGM1 have been reported in association with Prakriti phenotypes. Diet, behaviour, stress, daily and seasonal routines, and maternal care may influence gene expression through epigenetic mechanisms. Autoimmunity involves loss of self-tolerance and chronic inflammation. Ayurvedic interpretation relates immune dysregulation to impaired Agni, Ama formation, Dosha imbalance, Srotorodha and Ojo Vyapat. Rasayana, appropriate diet and lifestyle, Yoga and other individualized measures are discussed as potential immunomodulatory approaches.

Conclusion: Integration of Prakriti, developmental factors, genetics, epigenetics and immunology provides a framework for understanding individual susceptibility to autoimmune disorders. This perspective may strengthen predictive, preventive and personalized healthcare while generating testable research hypotheses. Standardized Prakriti phenotyping and rigorous molecular and clinical studies are necessary for validation.

Keywords: Prakriti; Ayurgenomics; Epigenetics; Immunology; Autoimmunity; Ojas.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0090
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ANAND RAJ R (0090)
Co- Author/s : Dr. Swapna kumary M.S(AYU) Ph.D. Professor and H.O.D, Dept of Rachana sharira, Alvas Ayurveda Medical College, Moodbidri. Dk. Karnataka.
Institution : Alvas Ayurveda Medical College

Epigenetics, Immunology And Autoimmunity: Understanding The Interface

Abstract :
Background & Objectives: Autoimmune diseases emerge due to intricate interactions among genetics, immune dysfunction, environment, and lifestyle. Classic immunology concentrates on dysfunctional immune reactions and self-tolerance breakdown, but current research emphasizes the importance of epigenetic processes in immune system control independent from genome modification. Epigenetic factors like DNA methylation, histone modifications, and non-coding RNA can impact immune cell development, inflammation, and expression of autoimmune genes. Ayurveda is useful alternative paradigm based on concepts of Prakriti, Agni, Ama, Ojas, Rasayana, diet, lifestyle, and environment for physiological homeostasis maintenance. The purpose of the present review is to find the possible correlation between epigenetics, immunology, autoimmunity and Ayurveda.
Materials & Methods: A narrative review was conducted through investigation of classical Ayurvedic sources and contemporary scientific literature on topics related to epigenetics, immune system regulation, pathophysiology of autoimmune diseases, lifestyle, nutrition, stress, and Ayurvedic treatments. Corresponding concepts were thoroughly analyzed to find connections between the determinants of health in Ayurveda and mechanisms of epigenetics and immunology.
Observations/Results: The reviewed scientific data reveal that epigenetic changes affect immune tolerance, inflammatory cytokines production, T-cell differentiation and vulnerability to disease. Such aspects as diet, exercise, psychological stress, sleep, and exposure to the environment can impact the epigenetic profile. These findings represent some conceptual similarities with Ayurveda, where Ahara, Vihara, Manasika Bhava, Agni, and Rasayana are highlighted in keeping balance in the organism. Thus, Ayurvedic interventions may serve as innovative multi-dimensional tool in the modification of risk factors causing immune system imbalance; however, further scientific validation of the mechanisms is needed.
Conclusion: Combination of the knowledge on epigenetics and immunology with Ayurvedic concepts can provide a wider understanding autoimmune diseases and complexity of their development. This may contribute preventive approaches and personalized medicine and stimulate scientifically grounded research on Ayurveda and epigenetics.
Keywords: Epigenetics, Immunology, Autoimmunity, Ayurveda, Rasayana

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0093
Reg. Category : P.G and Ph.D Scholar
Author : Dr. MITESH NARAN MOKARIYA (0093)
Institution : Tilak Ayurved Mahavidyalaya

Garbhadhana Samskara in shaping the epigenetics of fetus: A Conceptual Study.

Abstract :
Garbhadhana Samskara in shaping the epigenetics of fetus: A Conceptual Study Dr. Kriti1, Dr.ramadevi G2
1.PG Scholar, Prasuti Tantra and Stree roga, SDM College of Ayurveda, Hospital and Research centre, Udupi.
2.Professor, Dept of Prasuti Tantra and Stree roga, SDM College of Ayurveda, Hospital and Research centre, Udupi. Abstract
Background and Objectives- Modern epigenetics reveals that environmental factors, parental lifestyle, and nutritional status can induce heritable modifications in gene expression without altering the primary DNA sequence. This scientific paradigm strongly mirrors the ancient Ayurvedic concept of Garbhadhana Samskara, a structured preconception ritual and therapeutic protocol designed to optimize parental health before conception. This study explores the scientific intersection between Garbhadhana Samskara and fetal epigenetic programming.
Materials & Methods A comprehensive review of classical Ayurvedic texts (Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya) was conducted alongside contemporary literature on epigenetics, developmental biology, and preconception care. The core components of Garbhadhana Samskara including Shodhana (detoxification), Shamana(pacification), Dietetics, and Psychological conditioning (Sattvavajaya) - were mapped against known molecular mechanisms of epigenetic programming.
Observation / Results The analysis reveals that Shodhana cleanses parental Beeja (sperm and ovum) by removing cellular toxins, mirroring environmental detoxification that prevents adverse epigenetic marks. The prescribed Rasayana (rejuvenation) therapies and nutritional regimens provide essential methyl donors (like folate and B vitamins) that directly regulate DNA methylation. Furthermore, the mandatory psychological stability (Saumanasya) minimizes maternal-paternal stress,

preventing cortisol-mediated chromatin remodeling in the germlines.

Conclusion Garbhadhana Samskara is not merely a ritual but a structured, scientifically valid preconception methodology. It optimizes the peri-conceptional environment, effectively serving as an ancient tool kit for positive epigenetic engineering to ensure healthy future generations.Ultimately, integrating Garbhadhana Samskara into modern antenatal frameworks offers a proactive, preventative methodology for optimizing intergenerational health and preventing developmental diseases.

Keywords: Garbhadhana Samskara, Epigenetics, DNA Methylation, Ayurveda, Preconception Care.

Presentation Type : Oral Paper

Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives

Registration No. : 0098

Reg. Category : P.G and Ph.D Scholar

Author : Dr. KRITI (0098)

Institution : SDM Institute of Ayurveda and Hospital

Epigenetics through the Ayurvedic Lens: An Integrative Perspective

Abstract :

Objectives: To integrate the Ayurvedic concepts of Trividha Bala, Balavriddhikara Bhava and Shariavriddhikara Bhava in relation to the contemporary concept of epigenetics, with special reference to the influence of modifiable factors on growth and strength.

Materials and Methods:Classical references related to Trividha Bala, Balavriddhikara Bhava and Shariravriddhikara Bhava were reviewed from Charaka Samhita and other relevant Ayurvedic texts along with their commentaries. Contemporary scientific literature related to epigenetics, nutrition, lifestyle, environmental influences, ageing and developmental factors was also reviewed. The concepts were analysed comparatively at a conceptual level.

Observation/Results:Sahaja Bala represents the inherent strength of an individual, which may be viewed in relation to inherited biological potential. Kalaja Bala reflects the influence of age and seasonal factors, whereas Yuktikruta Bala develops through appropriate Ahara and Cheshta. The factors described under Balavriddhikara Bhava and Shariravriddhikara Bhava include Bija-kshetra-sampat, Ahara, Satmya, Karma, Sattva, Kala and other influences. These concepts indicate the combined contribution of inherent constitution and environmental, nutritional, behavioural and psychological factors. Epigenetics provides a contemporary framework for understanding how such external influences can modify gene expression without changing the DNA sequence.

Conclusion:The Ayurvedic concepts of Trividha Bala, Balavriddhikara Bhava and Shariravriddhikara Bhava provide a holistic framework for understanding the interaction between inherent potential and modifiable factors. Their conceptual comparison with epigenetics highlights the possible influence of nutrition, lifestyle, behaviour, environment and ageing on biological expression. However, these correlations should be considered conceptual rather than equivalent and require further interdisciplinary research to establish their scientific relevance.

Keywords:Epigenetics, Trividha Bala, Shariravriddhikara Bhava, Balavriddhikara Bhava.

Presentation Type : Oral Paper

Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives

Registration No. : 0106

Reg. Category : P.G and Ph.D Scholar

Author : Dr. SHREEDEEVI (0106)

Co- Author/s : Dr. SARITHA T

Institution : Shri Dharmasthala manjunatheswara ayurveda college and hospital Udupi

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The Environment-Epigenome-Immune Axis: Translational Perspectives from Ayurveda in Autoimmune Disorders

Abstract :

KEYWORDS: Epigenetics, Autoimmunity, Immunology, Vyadhikshamatva, Janapadodhvamsa

BACKGROUND & OBJECTIVES: Autoimmune disorders arise from complex interactions among genetic susceptibility, environmental exposures, lifestyle factors and dysregulated immune responses. Epigenetics provides an important mechanistic link between environmental influences and gene expression, enabling external factors to shape immune function without altering the underlying DNA sequence. Ayurveda conceptualizes host resilience through Bala & Vyadhikshamatva while recognizing multiple determinants of Bala beyond inherent factors. This review explores the environment-epigenome-immune axis and examines how selected Ayurvedic concepts may contribute to an integrative understanding of autoimmune disorders and their prevention.

MATERIALS & METHODS: A narrative review was undertaken using recent peer-reviewed literature indexed in PubMed and major biomedical journals, alongside relevant classical Ayurvedic texts. Evidence was critically synthesized to examine interactions among environmental factors, epigenetic regulation, immune homeostasis and autoimmunity. Classical descriptions of agni, ama, ojas, sahaja, kalaja & yuktikrita bala, balavriddhikara bhava and janapadodhvamsa were examined for their potential to generate testable translational hypothesis.

OBSERVATIONS: Current evidence indicates that environmental factors including diet, psychological stress, pollution, smoking, infections and alterations in gut microbiome can influence epigenetic mechanisms such as DNA methylation, histone modifications and non-coding RNA regulation, thereby affecting immune-cell function and self-tolerance. Ayurvedic concepts of agni, ama, ojas, bala, balavriddhikara bhava, vyadhikshamatva and janapadodhvamsa offer complementary perspectives on metabolic processing, host resilience, environmental influences and disease susceptibility. These conceptual intersections may generate testable hypothesis for integrative research.

CONCLUSION: The environment-epigenome-immune axis provides a promising translational framework for exploring autoimmune disorders. While Ayurvedic concepts are not equivalent to molecular epigenetic mechanisms, their integration with contemporary immunology may facilitate interdisciplinary research, biomarker-oriented investigations, personalized prevention and evidence-based healthcare while preserving the epistemological integrity of both systems.

Presentation Type : Oral Paper

Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives

Registration No. : 0131

Reg. Category : P.G and Ph.D Scholar

Author : Dr. SUHAS ANNADANI HIREMATH (0131)

Co- Author/s : Dr. Divya P

Institution : SDM college of ayurveda and hospitaL Hassan

"Bridging Ayurveda and Epigenetics: Understanding Vyadhikshamatva and the Potential Role of Garbha Sanskara in Immune Programming"

Abstract :

INTORDUCTION Epigenetics provides an important biological link between genetic predisposition, environmental exposure, lifestyle and disease susceptibility. Ayurveda describes these dimensions through the interrelated concepts of Prakriti, Ojas, Bala and Vyadhikshamatva, suggesting a conceptual framework in which constitutional characteristics and environmental influences collectively determine disease resistance. The antenatal concepts of Garbhini Paricharya and Garbha Samskara further emphasise the importance of the intrauterine environment in shaping the development and resilience of the offspring.

Objectives

- To explore the conceptual relationship between epigenetics and Ayurvedic constitutional principles of Vyadhiskshamatva;
- To evaluate the potential relevance of Garbhini Paricharya and Garbha Samskara to fetal epigenetic and immune programming.

Results Ojas and Bala appear conceptually related to physiological resilience and immune competence, while Vyadhikshamatva encompasses both resistance to disease initiation and the capacity to limit disease progression. Preliminary immunophenotyping studies also suggest variation in immune-cell markers among Prakriti groups. Furthermore, the Ayurvedic emphasis on maternal nutrition, psychological well-being, regulated lifestyle and avoidance of stress during pregnancy corresponds broadly with contemporary concepts of fetal programming.

Discussion The findings suggest that Ayurveda provides a systems-level framework in which constitutional predisposition, environmental exposure, nutrition, psychological state, and developmental factors interact to determine disease resistance. Epigenetics offers a contemporary biological framework for investigating how such environmental influences may modify gene expression without altering the underlying DNA sequence. The relationship between Ojas, Vyadhikshamatva, immune tolerance and epigenetic regulation is therefore a promising area for interdisciplinary investigation.

Presentation Type : Oral Paper

Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives

Registration No. : 0171

Reg. Category : P.G and Ph.D Scholar

Author : Dr. ANKITA DANGI (0171)

Institution : Institute of teaching and research in Ayurveda

Ama in Immune Dysfunction: An Ayurvedic and Modern Perspective

Abstract :

Ama in Immune Dysfunction: An Ayurvedic and Modern Perspective Author-Dr. Rakshitha R Assistant Professor Department of Roganidana Tapovana Ayurveda Medical College, Davangere Ph.no-6363424607; Email ID-rakshitha551@gmail.com

Keywords- Ama, Autoimmunity, Free radical theory

Background and Objectives: Ama can be defined as a product produced inappropriately. Dushta Dosha is considered Sancita Mala and may further be regarded as Ama. Viruddha, a cause of Ama, may present acutely or gradually progress to Vyadhi. The increasing prevalence of immune-related disorders is associated with chronic inflammation, oxidative stress, and immune dysregulation. This review explores the possible role of Ama in immune dysfunction by integrating Ayurvedic and contemporary scientific perspectives.

Materials and Methods: Classical Ayurvedic Samhitas were comprehensively reviewed to understand Ama and its role in disease pathophysiology, complemented by a

review of contemporary literature on its possible association with immune dysfunction.
Observation and Results: The Doshas possess distinct, sometimes opposing Gunas, yet coexist harmoniously due to Sahaja Satmya or Svabhavika Satmya. Under certain conditions, opposing Gunas may interact, with the stronger predominating and disturbing equilibrium. Ama may be conceptually linked to free-radical-mediated oxidative stress and autoimmune disorders. Autoimmunity results from breakdown of self-tolerance, causing immune responses against self-antigens. Various etiological factors may contribute to this dysregulation, while oxidative stress promotes cellular damage. Free radicals and reactive oxygen/nitrogen species damage lipids, proteins, and nucleic acids. Ama, described as harmful metabolic by-products, may be conceptually interpreted through free radical theory.
Conclusion: Ama may be conceptually correlated with oxidative stress and immune dysregulation. Accumulation of altered proteins, advanced glycation end products, lipofuscin, and other metabolic by-products can be interpreted under the concept of Ama. Thus, impaired metabolism and inadequate elimination provide a conceptual link between Ama, oxidative stress, and immune dysfunction.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0174
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. RAKSHITHA R (0174)
Co- Author/s : Dr. Rakshitha R, Assistant professor, Dept of Roganidana, Tapovana ayurveda medical college, Doddabathi, Davangere
Institution : Tapovana ayurveda medical college Davangere

Role of Dharaniya Vega in the Pathogenesis of Autoimmune Diseases Through the Psychoneuroimmunology Axis

Abstract :
Title: Role of Dharaniya Vega in the Pathogenesis of Autoimmune Diseases Through the Psychoneuroimmunology Axis Author Details- Thanusri Deepam, 3rd professional year BAMS, mail ID - rekha03thara@gmail.com, phone number- 6363244291. Guide- Professor and Head of the Department Manasaroga Dr. Savitha H P .
Background & Objectives Dharaniya Vega refers to mental and emotional urges - such as Krodha (anger), Soka (grief), and Bhaya (fear) that require conscious control to preserve psychosomatic stability. Disease originates from Prajnaparadha, primarily through uncontrolled Dharaniya Vega. which aggravate Rajas and Tamas, vitiating physical Dosha. This presentation evaluates how uncontrolled Dharaniya Vega leads to Vyadhikshamatva-hani and autoimmune pathogenesis along the psychoneuroimmunology axis.
Materials & Methods A conceptual Siddhanta synthesis was conducted using primary classical texts (Caraka Samhita, Susruta Samhita, Ashtanga Hridaya) to map disease onset during the initial stages of Shat-Kriyakala (Sancaya and Prakopa) triggered by uncontrolled Dharaniya Vega. These classical concepts were functionally correlated with psychoneuroimmunology pathways, including hypothalamic-pituitary-adrenal axis hyperactivation, glucocorticoid receptor resistance, Th17 cell polarization, and epigenetic modifications.
Observations/Results Uncontrolled Manasika Vega aggravate Rajas and Tamas, vitiating Sadhaka Pitta and Prana Vayu. This disturbance causes Agnimandya, leading to Ama formation. Circulating Ama induces Sroto-avarodha, causing Sthana-samshraya and subsequent Ojo-vikriti. Impaired Ojas loses Sva-Para Viveka, initiating Dhatukshaya and autoimmune self-attack. Concurrently, deranged thoughts and emotional processes disrupt hypothalamic function, impairing sleep architecture and endocrine regulation, which directly accelerates autoimmune pathogenesis.
Conclusion Correlating Dharaniya Vega with the psychoneuroimmunology axis provides significant insights into autoimmune pathogenesis. At a fundamental level, autoimmune disease represents a breakdown of Sva-Para Viveka (self-non-self recognition), initiated by Prajnaparadha and exacerbated by uncontrolled Dharaniya Vega.
Keywords: Dharaniya Vega, Prajnaparadha, Ama, Ojo-Vikriti, Sva-Para Viveka

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0216
Reg. Category : Undergraduate Student
Author : Ms. THANUSRI DEEPAM (0216)
Institution : SDM college of ayurveda and hospitaL Hassan

Dauhrida Apachara, Epigenetic Teratogenesis, and Immune Reprogramming in Pregnancy

Abstract :
Dauhrida Apachara, Epigenetic Teratogenesis, and Immune Reprogramming in Pregnancy
Background & Objectives: Dauhrida Apachara, the suppression of maternal desires during the bi-cardiac phase of pregnancy, is conceptualized as a psychoneuroimmunological stressor that may influence fetal epigenetic programming. This narrative review examines its possible relationship to congenital heart disease, immune dysregulation, and autoimmune susceptibility through an Ayurgenomic framework.

Materials & Methods: This conceptual, literature-based review synthesizes classical Ayurvedic principles from the Charaka Samhita, Susruta Samhita, and Kasyapa Samhita with modern peer-reviewed research on epigenetics, nutrigenomics, and immunology. Classical concepts, including Dauhrida Apacara, Garbhini Paricarya, and Kha Vaigunya, were analyzed and mapped onto DNA methylation, histone modification and histone deacetylase inhibition, hypothalamic-pituitary-adrenal-axis stress responses, and regulatory T-cell function. Dietary, behavioral, and postnatal practices, including milk, ghee, honey, Dauhrida Palana, Jatakarma, Svarnaprasana, Lehana, Rasayana, and Acara Rasayana, were considered within these frameworks.
Observations/Results: The reviewed literature suggests that maternal stress may alter methylation and chromatin accessibility at developmental and stress-response loci, including NKX2-5, GATA4, TBX5, and NR3C1, potentially contributing to cardiac Kha Vaigunya and impaired immune tolerance. Conversely, emotional support and dietary practices may influence one-carbon metabolism, antioxidant defenses, histone acetylation, DNA methyltransferase activity, and regulatory T-cell development. These effects appear potentially modifiable rather than deterministic.
Conclusion: Dauhrida Apachara may represent an ancient description of epigenetic teratogenesis. Garbhini Paricarya and postnatal Rasayana offer conceptual preventive and reversible nutrigenomic and behavioral strategies for immune regulation and reduced autoimmune susceptibility.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0282
Reg. Category : Undergraduate Student
Author : Mr. VAMDEAV V (0282)
Institution : Bapuji Ayurvedic Medical College

"MATERNAL IMMUNE ACTIVATION AND FETAL EPIGENETIC REPROGRAMMING: INTEGRATING ANCIENT AND MODERN PERSPECTIVES ON AUTOIMMUNE SUSCEPTIBILITY"

Abstract :
The developmental origins of health and disease paradigm establishes that the intrauterine environment , maternal nutrition , stress , infection and metabolic status shape offspring immune programming through epigenetic mechanism such as DNA methylation , histone modification and non coding RNA regulation , with lasting effects on autoimmune disease susceptibility. Ayurveda addresses these same influences through the concepts such as garbhini paricharya and masanumasika garbha vridhi , and teratogenic factors such as garbhopaghatakara bhavas linked to compromise Ojas and weaken vyadhikshamatva in offspring . This narrative review correlates contemporary science with Ayurvedic principles of fetal programming to understand the developmental origins of autoimmune susceptibility. This review was conducted using scientific literature from PubMed and scopus , alongside Ayurveda specific resources such as DHARA and the AYUSH Research Portal and classical texts of the brihatrayi and cross verified against commentaries. The review found convergence between modern findings such as maternal diet, infections , metabolic disease and microbiome composition shapes fetal immune methylation patterns and Ayurvedic theories of beeja , kshetra, ambu , ritu , ojas formation and dosha vitiation which is to parallel genetic and epigenetic predisposition . Ayurvedic preventive measures including preconceptional panchakarma therapies, , dinacharya , ritucharya and rasayana therapy were identified as potential immunomodulatory interventions analogous to epigenetic reprogramming strategies . Epigenetic changes are reversible , this convergence supports the case for early preventive intervention. This correlation strengthens the dialogue between Ayurveda and modern medicine , supporting integrated approaches to preconceptional and prenatal care for reducing autoimmune disease risk in offspring .
KEYWORDS: Epigenetics, fetal developmental programming , autoimmunity, immune programming, Garbhini Paricharya, Masanumasika Garbha Vridhi, Prakriti .

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0318
Reg. Category : Undergraduate Student
Author : Ms. SV. VARSSHASHREE (0318)
Co- Author/s : Dr. PARVATHY , Department of Prasuti Tantra, Amrita School of Ayurveda, Kollam, Kerala.
Institution : Amrita School of Ayurveda

Shad Garbhakara Bhavas and the Developmental Origins of Autoimmune Disorders: A Narrative Review of Maternal Psychoneuroimmunological and Epigenetic Evidence

Abstract :
There is a great deal of unexplained variation in susceptibility to autoimmune disorders and the degree of concordance among identical twins is still under 50%.According to the Developmental Origins of Health and Disease approach, some of this remaining variation may be attributed to epigenetic programming that occurs in the womb, although few preventive measures are currently incorporated into the management of autoimmune diseases. Ayurveda identifies six prenatal factors known as the Sadgarbhakara Bhava, one of which

is Sattvaja and refers to the mother's psychological contribution. This review examined how traditional genetic concepts relate to the genomic and epigenetic mechanisms linking the mother's psychological state to the child's susceptibility to autoimmune diseases.

A narrative review was carried out, following the Scale for the Assessment of Narrative Review Articles. Searches were conducted on PubMed, Google Scholar and DHARA using search terms that combined prenatal maternal psychological exposure, epigenetic mechanisms and autoimmune outcomes. The classical descriptions were obtained from Caraka Samhita and Sushruta Samhita.

Bija, Bijabhaga and Bijabhagavayava, such that increasing degrees of corruption lead to corresponding reproductive outcomes, analogous to the relationships between genome, chromosome and locus. According to the Sadgarbhakara Bhava, three immutable determinants are separated from three modifiable ones, thus distinguishing germline inheritance from developmental programming. Modern evidence shows each of the links individually: an epigenome-wide meta-analysis involving 5,496 neonates associates prenatal stressors with methylation at specific loci; maternal anxiety is found to predict the presence of cord-blood islet autoantibodies in neonates who have a genetic susceptibility. However, no study has measured exposure, epigenetic modification and autoimmune outcome all at the same time.

While evidence substantiates individual associations, conjoint demonstration is lacking. These correspondences are structural rather than causal, highlighting the prenatal period as a potential window for prevention.

Shadgarbhakara Bhava, developmental origins of health and disease, psychoneuroimmunology, epigenetics, autoimmunity

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0370
Reg. Category : P.G and Ph.D Scholar
Author : Dr. KUMAR DHRUVA (0370)
Institution : SDM udupi

"The Toxicological-Therapeutic Duality: A Review on Samskara in Preventing the Genesis of Treatment-Induced Immunotoxicity from Mercurial Preparations"

Abstract :

Background: Authentic Mercurial preparations possess therapeutic properties without adverse effects when used within prescribed limits, while market samples rarely undergo rigorous quality controls, risking therapeutic efficacy and overall quality. Incomplete traditional processes lead to Apakwa/Ashuddha Sevana Janya Vikara which are the major reasons behind triggering severe heavy metal Adverse Drug Reactions (ADRs).

Objective: This study aims to evaluate published literatures to validate how incomplete Samskara drives toxicological transformations, providing a clear rationale for mandatory quality screening of mass-produced formulations.

Methods: Published safety data were reviewed to understand the mechanism of induction of immunotoxicities upon the incompletion of Samskaras. Cellular markers of immune depletion (Oja Kshaya) and new disease genesis (Vyadhi Utpatti) were observed.

Results: Published data confirms that incompletely processed compounds retain highly soluble mercuric ions (Hg^{2+}). These free ions induce hapten-mediated autoimmunity, causing widespread cellular disruption and target organ damage. Conversely, complete Samskara transforms bulk metal into safe immune modulating nanocrystals.

Conclusion: To reduce immune-related toxicity from herbo-mineral products, every batch must undergo standardisation before reaching patients. Combining immune-cell laboratory assays with in-vivo distribution studies can identify potential risks early. Integrating traditional pharmaceutical knowledge with modern toxicology can minimize organ damage, improve treatment quality, and strengthen patient safety. Key words: Mercurial preparations, Immunotoxicity, Samskara, ADR's

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0375
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. KOTRESH B M (0375)
Institution : Dr N A M A M C ANKALI

"Mind, Diet, and Genes: Epigenetic Reprogramming through Ayurveda - A conceptual review"

Abstract :

Background: The Developmental Origins of Health and Disease (DOHaD) hypothesis highlights that susceptibility to chronic non-communicable, metabolic, autoimmune, and neuropsychiatric disorders is programmed during early embryogenesis. Modern lifestyle stressors and nutritional imbalances induce adverse epigenetic modifications during critical developmental windows. Ayurveda addresses this via Garbhavakranti protocols aimed at achieving Shreyasi Praja. While classical texts attribute progeny quality to parental gametes (Shukra-Shonita), maternal optimization, and environmental factors. Contemporary epigenetics confirms that these

elements regulate gene expression without altering primary DNA sequence.

Objectives: To systematically map classical Garbhadhana, Garbhini Paricharya, and Sootika Paricharya from the Brihatrayee against contemporary epigenetic mechanisms to propose a novel model for Ayurvedic Epigenetic Therapy.

Materials & Methods: Primary literature was retrieved from the Brihatrayee targeting directives on Garbhadhana, Garbhini Paricharya, and Sootika Paricharya. Traditional interventions were categorized across three peri-developmental phases into Ahara, Vihara and Manas domains. Each classical intervention was systematically cross-mapped against contemporary biomedical literature to correlate traditional practices with modern epigenetic mechanisms.

Results:

- Pre-conception: Shodhana therapies may reduce oxidative stress, which directly optimizes gamete quality and stabilizes epigenetic markers in the germline.
- Antenatal: Garbhini Paricharya provides micronutrients that may regulate DNA methylation and chromatin remodeling during fetal developmental windows.
- Manas & Vihara: stress-reduction practices may moderate the maternal HPA axis, mitigating stress-induced gene expression.
- Postnatal Immune Modulation: Stanyapana and Swarnaprashana may modulate gene expression related to thymic selection, fostering long-term immune tolerance.

Conclusion: Classical Garbhavakranti may functions as a structured model of active epigenetic modification. Future observational and molecular studies can test whether implementing these multi-stage Ayurvedic periconceptional protocols buffers maternal HPA axis, optimizes fetal gene regulation, and reduces autoimmune risk through mechanisms such as DNA methylation and altered immune cell differentiation. This literary model provides a foundation for studies in preventive obstetrics.

Keywords: Epigenetics, Shreyasi Praja, Garbhavakranti, Autoimmunity

Presentation Type : Oral Paper

Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives

Registration No. : 0376

Reg. Category : P.G and Ph.D Scholar

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Institution : SDM udupi

MARMA CHIKITSA IN AUTOIMMUNE DISORDERS: A LITERATURE REVIEW

Abstract :

THEME:- TRANSLATION AYURVEDA IN AUTOIMMUNE DISORDER TITLE:- "MARMA CHIKITSA IN AUTOIMMUNE DISORDERS: A LITERATURE REVIEW" Dr. Nadhi suresh1 Dr.Vivek j2

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ABSTRACT Introduction: Autoimmune disorders are chronic conditions characterized by dysregulated immune responses against self-tissues. Ayurveda does not describe autoimmunity as a distinct disease entity but explains comparable pathological processes through concepts such as Agni Dushti, Ama, Tridosha Vaishamya, Srotorodha, Dhatu Dushti and Oja Kshaya. Marma are vital anatomical and physiological sites described extensively by Acharya Sushruta, with 107 Marmas classified according to their structural composition and clinical significance.

Materials and Methods: A narrative literature review was undertaken using classical Ayurvedic texts, primarily Sushruta Samhita, Charaka Samhita and Ashtanga Hridaya, along with standard Marma references and available contemporary literature on Marma Chikitsa and autoimmune disorders. Relevant publications were identified through electronic databases and critically reviewed for therapeutic rationale and clinical applicability.

Results: Literature indicates that Marma Chikitsa may have potential as an adjunctive, non-invasive therapeutic modality for chronic disorders by influencing pain perception, neuromuscular function, circulation and autonomic regulation. Its Ayurvedic rationale may involve restoration of flow of prana, balancing Doshas and supporting Ojas. Contemporary literature reports symptomatic benefits of Marma therapy, particularly in chronic musculoskeletal conditions; however, direct clinical evidence specifically addressing autoimmune disorders remains limited.

Discussion and Conclusion: Marma Chikitsa presents a promising supportive approach within an integrative framework for autoimmune disorders, particularly for symptom management and functional improvement. Nevertheless, current evidence is insufficient to establish disease-modifying or immunomodulatory efficacy. Well-designed clinical trials and mechanistic studies are required to validate its role and establish standardized protocols.

Key words Marma chikitsa, autoimmune disorders, Ojas, Integrative Medicine

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0401
Reg. Category : P.G and Ph.D Scholar
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Reprogramming Immunity Through Ayurveda: An Epigenetic Perspective on Rheumatoid Arthritis

Abstract :

Author : Dr. Rubu Chumpi, MD Panchakarma, Amrita School of Ayurveda.

Background & Objectives : Rheumatoid arthritis (RA) is a chronic autoimmune disease caused by a complex interaction of genetic, environmental, and lifestyle factors. Recent evidence suggests that epigenetic modifications play a significant role in immune dysregulation and disease progression without altering the DNA sequence. Ayurveda explains disease development through disturbances in Agni, Doshas, Ojas, and Vyadhikshamatva, which are influenced by Ahara, Vihara, and Manasika Bhavas. This review aims to explore the possible relationship between Ayurvedic principles and epigenetic mechanisms in understanding the pathogenesis and management of rheumatoid arthritis.

Materials & Methods : A narrative review was conducted using classical Ayurvedic texts, including Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, along with peer-reviewed articles retrieved from PubMed, Scopus, and Google Scholar. Literature on epigenetics, immune regulation, rheumatoid arthritis, and relevant Ayurvedic concepts was critically reviewed and integrated.

Observations/Results : The review indicates that Ayurvedic concepts such as Agni, Ojas, Prakriti, and healthy Ahara-Vihara have meaningful parallels with modern concepts of epigenetic regulation and immune homeostasis. Lifestyle modifications and Ayurvedic interventions may influence inflammatory pathways, helping restore immune balance and potentially reducing disease progression. These findings highlight the scope for integrating traditional Ayurvedic knowledge with emerging epigenetic research in rheumatoid arthritis.

Conclusion : Integrating Ayurvedic principles with epigenetic science offers a promising approach to understanding and managing rheumatoid arthritis. Future experimental and clinical studies are needed to validate these concepts and strengthen the evidence for translational Ayurveda in autoimmune disorders.

Keywords : Rheumatoid Arthritis, Epigenetics, Ayurveda, Vyadhikshamatva, Immunomodulation

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0439
Reg. Category : P.G and Ph.D Scholar
Author : Dr. RUBU CHUMPI (0439)
Institution : Amrita School of Ayurveda

EPIGENETIC PATHWAY OF SMOKING INDUCED CROHN'S DISEASE: AN INTEGRATED PERSPECTIVE

Abstract :

EPIGENETIC PATHWAY OF SMOKING INDUCED CROHN'S DISEASE: AN INTEGRATED PERSPECTIVE Dr. Malunjekar Shruti Sanjay1, Dr. Sanjaykumar M D2

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BACKGROUND AND OBJECTIVES Crohn's disease is a chronic inflammatory bowel disorder influenced by genetic, immunological, and environmental factors. Smoking is the most consistent risk factor, strongly linked to disease onset, severity, and recurrence, exerting its role through epigenetic modifications such as DNA methylation. Nicotine, the main ingredient of cigarettes, can be considered dushi visha in Ayurveda. This study explores the conceptual integration of smoking as an epigenetic factor leading to Crohn's disease by forming dushi visha, raktadushti, vranotpatti, and oja depletion.

MATERIALS AND METHODS Classical texts such as Bruhatrayis, Laghutrayis and Nighantus were reviewed alongside modern databases including GoogleScholar, PubMed and Ayushdhara. Findings from prospective cohort and Mendelian randomization studies on smoking-related DNA methylation and Crohn's disease risk were correlated with Ayurvedic concepts of dushi visha, vrana, and oja.

OBSERVATIONS AND RESULT Tobacco smoking alters DNA methylation status at an epigenome-wide level. GWAS and post-GWAS studies reveal that smoking induces polymorphisms in genes modifying mucosal susceptibility, paralleling Ayurvedic descriptions of visha-mediated oja depletion. Inhaled smoke enters circulation, acts as dushi visha, and leads to pitta prakopa, raktadushti, vranotpatti, and oja depletion.

CONCLUSION This integrative perspective underscores smoking as both a molecular epigenetic disruptor and an Ayurvedic pitta-aggravating visha. The dual framework enriches understanding of Crohn's disease pathogenesis, bridging DNA methylation with dushi visha, raktadushti, vranotpatti, and oja depletion.

KEYWORDS Epigenetics, crohn's disease, Dushivisha, Rakta dushti, vranotpatti.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0450
Reg. Category : P.G and Ph.D Scholar
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Neuroinflammation Immune Dysregulation and Epigenetic Modulation in Primary Open Angle Glaucoma: A Narrative Review

Abstract :
Neuroinflammation Immune Dysregulation and Epigenetic Modulation in Primary Open Angle Glaucoma: A Narrative Review Dr Ramya1, Prof. (Dr) Manjusha Rajagopala2, Dr Narayan Bavalatti3
Background: Primary Open-Angle Glaucoma (POAG) is a chronic, progressive optic neuropathy characterized by gradual loss of retinal ganglion cells resulting in irreversible loss of visual field. Managing intro-ocular pressure (IOP) is the standard treatment protocol, still there is continued disease progression in patients despite adequate IOP control.
Objective: To review the interaction between neuroinflammation, immune dysregulation and epigenetic changes in POAG and explore their conceptual integration with Ayurvedic concepts of Rogi bala.
Methods: A narrative review of literature on ocular neuro-immunology and epigenetics in POAG was conducted along with Ayurvedic principles, including Prakriti, Kala, Bala and Vyadhikshamatva.
Discussion: Mechanical strain, cellular stress, ischemia, and mitochondrial dysfunction can activate the ocular immune cells. Once activated, microglia, astrocytes, and Muller cells release inflammatory proteins. Active immune cells and gene expression work together resulting in persistent inflammation in the retina that damages optic nerve fibers continuously. In Ayurveda, the concepts of Bala, Rogi bala, Roga bala and Vyadhikshamatva describe how well body tissues resist stress and overpower the disease pathology, thus slowing progression.
Conclusion: Combining neuro-immunity and epigenetic findings with principles of Ayurveda offers an expanded perspective on host vulnerability in POAG, this helps in management of POAG beyond purely IOP control to personalized strategies that target host.
Keywords: Primary Open Angle Glaucoma; Neuroinflammation; Vyadhikshamatva; Retinal Ganglion Cells; Epigenetics; Rogi bala; Roga bala. Affiliations
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Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0482
Reg. Category : P.G and Ph.D Scholar
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Epigenetics in Autoimmunity: Emerging Insights and Integrative Perspectives

Abstract :
Background and Objectives: Autoimmune diseases arise from complex interactions among genetic susceptibility, environmental influences, and dysregulated immune responses. Genetic factors alone do not fully explain differences in disease susceptibility, progression, clinical heterogeneity, or treatment response. Epigenetics provides a dynamic interface between genes and the environment by regulating gene expression without altering the underlying DNA sequence. This review aimed to explore the role of epigenetic mechanisms in autoimmunity, with emphasis on disease development, immune regulation, biomarkers, disease progression, therapeutic approaches, and potential Ayurvedic perspectives.
Materials and Methods: Relevant literature from medical textbooks and standard biomedical databases was reviewed to understand autoimmune mechanisms, environmental and lifestyle-related epigenetic influences, major epigenetic regulatory mechanisms, emerging biomarkers, and therapeutic approaches. Classical Ayurvedic literature was also examined to identify concepts relevant to individual susceptibility, environmental influences, and disease manifestation, facilitating an integrative interpretation.
Results: Epigenetic regulation provides a mechanistic link between genetic susceptibility and environmental influences, potentially affecting immune tolerance, inflammatory pathways, and disease expression. Epigenetic alterations are being investigated as contributors to disease initiation and persistence and as potential biomarkers of disease activity, progression, prognosis, and treatment response. Emerging epigenetic therapies may support more targeted and personalised approaches to autoimmune disease management. Ayurvedic principles offer a complementary framework for considering individual susceptibility and the influence of diet, lifestyle, and environmental factors on health and disease.

Conclusion: Epigenetics expands the understanding of autoimmunity by connecting genetic, environmental, lifestyle, and immune factors. Integrating epigenetic insights with Ayurvedic principles may provide a conceptual framework for understanding interindividual variation and exploring preventive and personalised approaches to autoimmune disease. Further interdisciplinary research is needed to establish clinical relevance and translational applicability.

Keywords: Epigenetics; Autoimmunity; Immune Regulation; Personalised Medicine

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0484
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Author : Dr. SARADHA PRIYADHARSHINI R (0484)
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Ayurveda and Epigenetics in Autoimmune Disorders: Exploring the Molecular Basis of Environmental and Lifestyle Influences

Abstract :

Background and Objectives: The development of autoimmune diseases is caused by the complex interaction between genetic susceptibility and environmental factors. Epigenetic mechanisms such as DNA methylation, histone modifications, and RNA regulation are one of the molecular mechanisms connecting the effect of environmental exposures and immune response changes in the absence of changes in DNA sequences. In accordance with Ayurveda, the Ahara, Vihara, Asatmya and environment affect the state of health and predisposition to disease. This paper is dedicated to searching the connection between Ayurvedic concepts and epigenetics of autoimmune diseases.

Materials and Methods: Narrative literature review was conducted based on classical Ayurvedic literature and modern biomedical science in terms of epigenetic regulation, immune tolerance, pathogenesis of autoimmune diseases, diet, lifestyle, environment exposures, inflammation, medicinal plants.

Observations/Results: Modern studies show the impact of eating habits, psychological stress, physical exercise, environmental pollutants, etc. on epigenetic mechanisms related to immune regulation and chronic inflammation. Epigenetic abnormalities were found in the pathogenesis of many autoimmune diseases, including rheumatoid arthritis, systemic lupus erythematosus, inflammatory bowel disease, and autoimmune thyroiditis. Ayurvedic concepts of Ahara, Vihara, Asatmya, Rasayana and individualised health practices could be relevant for interpretation of the impact of environmental factors on disease susceptibility. However, there is not enough data on the relation of any particular Ayurvedic concept with the particular epigenetic change.

Conclusion: Epigenetics provides a good translational approach for research in the field of environmental and lifestyle factors in terms of Ayurveda and their influence on the immune balance and susceptibility to autoimmune diseases.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
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Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives.

Abstract :

Background: Ayurveda explains health and disease through the equilibrium of Dosha, Dhatu, Agni, Ojas and Vyadhikshamatva. Although epigenetics is a contemporary concept, its emphasis on environmental and lifestyle influences on disease susceptibility can be conceptually explored through Ayurvedic principles of Ahara, Vihara, Acara and Rasayana. This offers an integrative perspective on the multifactorial nature of autoimmune disorders.

Aim: To explore the conceptual relationship between Agni, Ama, Ojas, Vyadhikshamatva, Ahara, Vihara and Rasayana and perspectives of epigenetic regulation and immune homeostasis in autoimmunity.

Methods: A conceptual review of Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya was undertaken, focusing on Dosha-Dushti, Agni, Ama, Ojas, Bala, Vyadhikshamatva, Pathya-Apathya and Rasayana. These principles were examined alongside contemporary understanding of lifestyle and environmental influences on immune regulation.

Discussion: Ayurveda identifies Mithya Ahara-Vihara, impaired Agni and Ama as important contributors to disease. Persistent Dosha-Dushti and Dhatu imbalance may impair Ojas and Vyadhikshamatva. Conversely, Pathya Ahara, Dinacharya, Ritucharya, and Rasayana support Agni, Ojas and disease resistance. From an integrative viewpoint, these modifiable determinants may be conceptually associated with modern evidence that diet, lifestyle, psychological factors and environmental exposures influence biological regulation and immune responses. However, direct equivalence between Ayurvedic concepts and specific epigenetic mechanisms remains hypothetical.

Conclusion: Integrating Ayurvedic principles with epigenetic immunology may provide a framework for understanding susceptibility and resilience in autoimmune disorders. This perspective highlights preventive approaches and encourages translational research to scientifically evaluate these conceptual relationships.

Keywords: Agni, Ama, Ojas, Vyadhikshamatva, Rasayana.

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Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0500
Reg. Category : P.G and Ph.D Scholar
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Immuno-modulatory Relevance of Navakarshika Ksheera Basti in Gouty Arthritis Based on Clinical Response and Urate Transporter 1 level: Case Series

Abstract :

Introduction & background: Gouty arthritis is a metabolic-inflammatory disorder involving hyperuricaemia, monosodium urate crystal deposition and activation of innate immune pathways. While urate accumulation initiates crystal formation, macrophage activation, NLRP3 inflammasome signalling and interleukin-1beta-mediated inflammation contribute to clinical manifestations. Urate transporter 1, a major mediator of renal urate reabsorption, plays an important role in serum urate homeostasis. Objectives: This case series evaluated the clinical and biochemical response to Navakarshika Ksheera Basti and examined changes in urate transporter 1 in relation to its possible immunomodulatory relevance. Materials & Methods: Five patients diagnosed with gouty arthritis received Navakarshika Ksheera Basti according to a therapeutic protocol. Pain severity, symptom time course, Gout Impact Scale, serum uric acid and urate transporter 1 were assessed before and during treatment. Paired clinical outcomes were analysed using the Wilcoxon signed-rank test and parameters assessed at three time points using the Friedman test. Observations/Results: All patients demonstrated clinically appreciable improvement, with pain severity decreasing from 7.60 +/- 1.52 to 2.80 +/- 1.48 and symptom duration from 57.00 +/- 19.87 to 14.00 +/- 4.18 minutes. Gout Impact Scale improved progressively, indicating reduced disease burden (p = 0.007). Serum uric acid significantly declined from 8.14 +/- 1.68 to 6.83 +/- 1.69 mg/dL (p = 0.015). Conversely, urate transporter 1 increased significantly from 3.63 +/- 0.55 to 7.07 +/- 1.11 ng/mL (p = 0.007), while clinical and biochemical improvement suggested a possible immunomodulatory effect of Basti in regulating the inflammatory and metabolic milieu of gout. Conclusion: Clinical improvement and reduced serum uric acid despite increased urate transporter 1 suggest that the therapeutic response was not primarily mediated by inhibition of renal urate reabsorption. The findings indicate a broader regulatory effect and provide a rationale for investigating the immunomodulatory role of Navakarshika Ksheera Basti in gouty arthritis.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0557
Reg. Category : P.G and Ph.D Scholar
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Exploring the Gut-Placental-Epigenetic Axis in the Development of Autoimmunity

Abstract :

INTRODUCTION: Pregnancy represents a critical window in which maternal nutrition, metabolism, immunity and microbial ecology can influence the lifelong health of the developing child. In Ayurveda, Ama represents a state associated with impaired digestion and metabolism and accumulation of inappropriate metabolic waste products. Although Ama is an Ayurvedic construct and cannot be directly equated with a single modern pathological entity, its conceptual framework offers an perspective for understanding maternal metabolic and inflammatory disturbances during pregnancy later on leading to autoimmune disorders in children

MATERIALS AND METHODS : Sources of information are gathered from classical texts , literature reviews , peer reviewed publications and journals

RESULT : This review explores a possible integrative pathway linking maternal Ama with fetal immune programming through the gut-placental-epigenetic axis, within the framework of the Development Origins of Health and Disease .

DISCUSSION: Emerging evidence suggests that maternal diet and metabolic status can alter the gut microbiome and its metabolites, including short-chain fatty acids, bile-acid derivatives and tryptophan metabolites. These circulating signals may influence placental immune tolerance, inflammatory pathways and nutrient transport, thereby shaping the developing fetal immune system. Microbiome-derived metabolites can also interact with epigenetic mechanisms such as DNA methylation and histone modification, providing a potential biological link between maternal environment and persistent changes in offspring gene expression.

Altered prenatal immune programming may subsequently influence the balance between regulatory and inflammatory immune responses, potentially modifying susceptibility to allergic, inflammatory and autoimmune disorders later in life.
CONCLUSION: The proposed "Ama-Microbiome-Placenta-Epigenome" axis offers an interdisciplinary hypothesis connecting Ayurvedic maternal health concepts with contemporary fetal programming research. Rather than suggesting that maternal Ama directly causes autoimmune disease, this model proposes that maternal nutritional and metabolic disturbances may influence microbial metabolites, placental signalling and fetal epigenetic programming, thereby modifying lifelong immune susceptibility.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0580
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DECODING AYURVEDA'S INFLUENCE BEYOND THE GENOME- AN EPIGENETICAL IMMUNOMODULATORY PERSPECTIVE

Abstract :
BACKGROUND: Autoimmune disorders arise from dysregulation of the Immune system, by which immune responses are directed against the body's own tissues. Increasing evidences suggests that, beyond genetic predispositions, Epigenetics play an important role in regulating immune function. Ayurveda, with its holistic purpose of existence," Svasthasya Svasthya Rakshana" provides a workflow that can intervene these epigenetic processes through regulation of Ahara and Vihara.
OBJECTIVES: Ahara, when wholesome, balanced, and consumed at the appropriate time, is proven to influence epigenetic pathways involved in Immune regulation. Vihara, encompassing healthy daily routines and lifestyle practices, will help modulate physiological responses to environmental and psychosocial stress, thereby influencing epigenetic regulation. Asatmya Ahara, Akalabhojana, Avyayama and Ratrijagarana are the undeniable lifestyle changes of the 21st century living. Vyayama, has been proven to cause beneficial epigenetic adaptations that associates reduced inflammation. Nidra, as a fundamental physiological rejuvenation, supports restoration and maintenance of systemic homeostasis and influences epigenetic mechanisms involved in immune and inflammatory regulation.
MATERIALS & METHODS: A deranged state of Ahara and Vihara directly impacts Agni and triggers various pathologies, because Ayurveda states"Rogaya sarve api mandagnau".The cumulative influence of these practices shall contribute to the maintenance of Ojas, exhibiting the essence of "Sapta Dhatu Sara" through Bala and Vyadhikshamatva of the person.
OBSERVATIONS: From this perspective, Ayurveda provides a preventive yet progressive and holistic framework for a modified lifestyle that can influence biological processes beyond the DNA sequence.
CONCLUSION: Understanding the relationship between Ayurveda's principles, Epigenetic regulation, and Immune modulation can aid Interdisciplinary Integration for prevention and risk reduction of autoimmune disorders.
Keywords: Epigenetics, Ahara, Vihara, Ojas, Immunology.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0585
Reg. Category : P.G and Ph.D Scholar
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Institution : Shushrutha Ayurvedic Medical college and Hospital Bangalore

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An Ayurvedic Perspective on Epigenetics and Its Role in Autoimmunity

Abstract :
Autoimmune disorders arise from interplay between inherited susceptibility, environmental influences, and dysregulated immune responses. Epigenetic mechanisms regulate gene expression without altering DNA sequence and provide a framework for understanding how environmental factors may influence biological and immune responses. Although Ayurvedic concepts of heredity, environmental influences, physiological regulation, and disease resistance have been discussed individually in relation to modern biology, their integrated relevance to epigenetic regulation and autoimmune susceptibility constitutes a gap in the existing literature. This conceptual study aimed: (i) to examine the Ayurvedic basis of individual susceptibility to disease; (ii) to analyze acquired and modifiable determinants in disease development; (iii) to understand the Ayurvedic basis of physiological equilibrium and disease resistance; and (iv) to explore their relevance to epigenetic regulation in autoimmune susceptibility. Classical Ayurvedic descriptions were critically analyzed for contextual meaning, principles, and

interrelationships, and interpreted alongside epigenetics and immunology. The analysis indicated: (i) Bija, Bijabhaga, and Bijabhagavayava provide a conceptual basis for inherited susceptibility; (ii) Ahara and Vihara represent modifiable determinants that may influence expression of underlying predisposition; (iii) Agni, Ama, Ojas, and Vyadhi Kshamatva form an interconnected framework for physiological equilibrium and disease resistance; and (iv) these domains may converge on biological and immune regulation through mechanisms consistent with contemporary epigenetic understanding, potentially influencing autoimmune susceptibility. Thus, the study proposes a conceptual model in which inherited predisposition interacts with modifiable determinants and host resilience. This interpretation provides a conceptual framework for exploring Ayurvedic principles through epigenetic and immunological biomarkers in future studies.

Keywords: Epigenetics, Autoimmunity, Bija, Ahara, Vyadhi Kshamatva

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0596
Reg. Category : P.G and Ph.D Scholar
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From Preclinical Autoimmunity to Amavata: An Ayurveda-Modern Integrative Review of Epigenetics and Immune Tolerance

Abstract :

Background: Autoimmune disease arises when the immune system loses its capacity to distinguish self from non-self, a process modern medicine now attributes to dynamic, reversible epigenetic regulation as much as genetic susceptibility. Ayurveda approached the same problem through Vyadhikshamatva, the inherent capacity to resist and limit disease, grounded in the Ojas described across Charaka Samhita, Sushruta and Ashtanga Hridaya. The Brihattrayi's Agni-Ama theory of digestive-metabolic failure was later developed by Madhavakara, in Madhava Nidana, into Amavata, closely paralleling rheumatoid arthritis .

Objective: To bring modern autoimmune immunology, as taught in Harrison's and Davidson's, into dialogue with these classical texts, testing whether the two traditions independently converge on a shared understanding of how autoimmune disease begins, progresses, and might be intercepted earlier.

Methods: Following the SANRA framework for narrative reviews, modern literature from PubMed, Frontiers and allied databases was reviewed alongside primary Sanskrit text accessed directly through the e-Samhita and Vedotpatti digital repositories, rather than secondary paraphrase.

Results: The clearest point of convergence is structural rather than mechanistic: modern rheumatology recognises that RA passes through a silent, autoantibody-positive phase years before joint symptoms appear, a staged progression mapping onto Ayurveda's six-stage Kriyakala model of Amavata's development. This is reinforced by: DNA methylation driving loss of immune tolerance in lupus and RA; measurable differences in immune-gene expression across Prakriti types; and Rasayana herbs such as Ashwagandha and Guduchi acting on the same NF-kB pathway implicated in autoimmune disease.

Conclusion: These findings suggest autoimmune susceptibility is not fixed but continuously shaped by digestion, diet and constitution, precisely the domains Ayurveda has always addressed. The review proposes an integrative model, pairing Ayurvedic constitutional and pathogenesis-based diagnosis with modern autoantibody and epigenetic markers, and sequencing classical dietary, purificatory and rejuvenative therapy alongside standard care, as a testable research direction, not a substitute for conventional treatment.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0656
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DR DIPANSHU POKHREL (0656)
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Institution : NATIONAL INSTITUTE OF AYURVEDA DENOVO JAIPUR

Prakriti as a Potential Stratifier of Epigenetic and Immune Variability in Autoimmunity: An Ayurvedic Framework

Abstract :

Background & Objective: Autoimmune diseases arise from interactions among genetic susceptibility, environmental and behavioural factors, and dysregulated immunity. Increasing evidence suggests that epigenetic mechanisms influence immune-cell function and may mediate environmental effects on autoimmune susceptibility, particularly through DNA methylation, histone modifications and non-coding RNAs. Ayurveda recognizes variation in health and disease through Prakriti. However, Prakriti has not been systematically explored as a framework for stratifying epigenetic and immune variability. This study aimed to develop a

conceptual framework linking Prakriti with epigenetic regulation and immune dysregulation in autoimmunity.
Materials & Methods: A conceptual review of classical Ayurvedic descriptions of Prakriti was undertaken alongside contemporary literature on environmental, metabolic, microbial, psychological, epigenetic and immunological factors. Ayurvedic concepts were interpreted according to their classical meanings without direct equivalence to genes, epigenetic marks or immune components.
Observations/Results: The proposed framework positions Prakriti as a basis for individual variability, while Ahara, Vihara and Manas represent potentially modifiable influences. These factors may interact with environmental exposures through metabolic, microbial and neuroendocrine pathways, influencing epigenetic states and immune function. Epigenetic alterations may affect immune tolerance, inflammatory signalling, contributing to differences in autoimmune susceptibility and disease expression, thereby providing a basis for individualized investigation.
Conclusion: Prakriti may serve as a potential stratification framework for investigating epigenetic and immune variability in autoimmunity. The model generates testable hypotheses without claiming that Ayurveda described modern epigenetics or that Prakriti is equivalent to genetic or epigenetic profiles. Future studies should integrate Prakriti assessment with environmental, epigenetic and immunological parameters.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0658
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ANUPAMA V CHINNIKATTI (0658)
Co- Author/s : Dr. Sharad Kumar M
Institution : Rashmi institute of Ayurveda medical sciences Research Centre Kudligi

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Conceptual Integration of Modern Epigenetics and Autoimmunity with Ayurvedic Principles: Ayurgenomics, Agni, and Vyadhikshamatva

Abstract :
Background and Objectives: Epigenetics investigates how environmental factors, diet, and lifestyle alter gene expression without changing core DNA sequences. Immunology views autoimmunity as a failure in self-tolerance causing self-directed tissue damage. Ayurveda provides a parallel model via Ayurgenomics (Janma Prakriti vs. Deha Prakriti), Prajnaparadha, Mandagni (Ama generation), and the perversion of Vyadhikshamatva. This review conceptually integrates modern epigenetics and autoimmune pathologies - specifically Rheumatoid Arthritis (RA) and Systemic Lupus Erythematosus (SLE) - with classical Ayurvedic physiology to establish an integrative framework for immune health.
Materials and Methods: A comprehensive review of primary Ayurvedic texts and modern literature on nutri-epigenetics, psychoneuroimmunology, and autoimmune therapeutics was conducted. Ayurvedic constructs, including the 4 Pillars of Ayurvedic Epigenetics (Ahara/Agni, Dinacharya/Ritucharya, Achara Rasayana/Sadvritta, and Rasayana Therapy), were evaluated alongside DNA methylation, molecular mimicry, circadian gene regulation, and systemic autoimmune destruction.
Observations/Results: Epigenetic Parallels: Janma Prakriti corresponds to a fixed genotype, while Deha Prakriti reflects dynamic phenotypic adaptation. Ahara/Agni mirror methyl-donor processes, and Dinacharya/Ritucharya align circadian rhythms to suppress pro-inflammatory gene expression. Etiology: Prajnaparadha mirrors micro-cellular impairment and loss of self-recognition (Smriti). Mandagni creates Ama, which penetrates Srotas and binds to tissues, driving autoimmune responses akin to molecular mimicry. Perverted Vyadhikshamatva reflects the collapse of Ojas and immune tolerance. Clinical Correlations: RA maps to Amavata (toxic metabolic waste driven by vitiated Vata), treated via Langhana, Dipana-Pachana, and Sodhana (Panchakarma). SLE correlates with Vatarakta (blocked pathways in skin, blood, and tissue causing systemic inflammation), managed using Vata-Rakta-Pittahara protocols, Basti, Raktamokshana, and Rasayana immunomodulators (e.g., Guduchi, Guggulu).
Conclusion: Integrating Ayurvedic principles with modern epigenetics shows that disease resistance and autoimmunity are governed by dynamic metabolic and cellular intelligence. This model offers a scientific basis for personalized lifestyle strategies, metabolic restoration, and targeted phytotherapy in chronic autoimmune care.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0676
Reg. Category : Undergraduate Student
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"Environmental Signals, Epigenetic Regulation and Amavata: A Conceptual Study in Idiopathic Juvenile Arthritis"

Abstract :

Idiopathic juvenile arthritis (IJA) is an inflammatory joint disorder of childhood in which genetic susceptibility interacts with environmental influences to determine disease expression. Contemporary epigenetic science proposes that environmental signals can regulate gene activity through regulatory proteins and epigenetic mechanisms without altering the underlying DNA sequence. Thus, diet, lifestyle, infections, stress, physical activity and environmental exposures may influence inflammatory pathways and contribute to the disease phenotype. In the present case, IJA is interpreted through the Ayurvedic framework of Amavata, wherein impaired Agni, formation of Ama, and derangement of Vata are considered central to pathogenesis. Viruddha Ahara (incompatible dietary practices) and Viruddha Chesta (incompatible or improper activities) may be viewed as environmental inputs capable of disturbing homeostasis and influencing disease susceptibility and expression. The case presentation therefore explores a conceptual bridge between Ayurvedic etiological principles and epigenetic regulation: environmental exposures may act as upstream signals, modulating regulatory proteins and gene transcription, ultimately affecting inflammatory responses. This perspective does not equate Ama or Viruddha Ahara directly with epigenetic modifications, but proposes a researchable hypothesis linking Ayurvedic environmental determinants with molecular regulation of inflammation. This approach may provide a framework for investigating epigenetic biomarkers in juvenile inflammatory arthritis and understanding individualized disease phenotypes.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0715
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. ARCHANA KALLURAYA (0715)
Co- Author/s : Dr.Satyanarayana B
Institution : Muniyal institute of Ayurveda Medical science Manipal

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Beyond the Genome: Epigenetic Signatures Shaping Immune Tolerance and Autoimmunity

Abstract :

Background: Autoimmune diseases arise from a complex interaction between genetic susceptibility and environmental influences, resulting in the breakdown of immune tolerance. Increasing evidence suggests that epigenetic mechanisms provide a dynamic link between these factors by regulating immune-cell function without altering the underlying DNA sequence.

Methods: This integrative review examined published evidence on epigenetic regulation of immunity, focusing on DNA methylation, histone modifications, chromatin remodeling, and non-coding RNAs. Their influence on immune-cell differentiation, inflammatory signaling, and mechanisms underlying autoimmune disorders was explored.

Results: Epigenetic alterations were associated with abnormal activation of autoreactive lymphocytes, dysregulated cytokine production, impaired regulatory T-cell function, and persistent inflammatory responses. Environmental factors such as diet, stress, infections, toxins, and lifestyle may influence these epigenetic patterns, suggesting that immune dysfunction is not determined solely by inherited genetic variation.

Conclusion: Epigenetics provides an important mechanistic bridge between genome, environment, and immune behavior. Understanding these reversible molecular changes may improve disease-risk prediction and support emerging personalized and epigenetically targeted approaches to autoimmune disease management.

Keywords Epigenetics; Immunology; Autoimmunity; Immune Tolerance; Gene-Environment Interaction

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0718
Reg. Category : P.G and Ph.D Scholar
Author : Dr. AKSHATA MAKKANNAVAR (0718)
Co- Author/s : Sasanka Sekhar Choudhury, Soujanya Gidaveer
Institution : Alvas Ayurveda Medical College

Ayurveda and Contemporary Immunology: A Translational Framework for Drug Discovery in Autoimmune Disorders

Abstract :

Background: Autoimmune disorders arise from dysregulated immune responses and require restoration of immune homeostasis rather than indiscriminate immune stimulation or suppression. Ayurveda offers a holistic framework through concepts such as Vyadhikshamatva, Rasayana, Ojas, Agni, and disease-specific Dosha-Dushya Samprapti. Integrating these perspectives with contemporary immunology may provide a rational pathway for developing immunomodulatory therapeutics.

Objective: To propose a translational framework for identifying, evaluating, and developing Ayurvedic herbal, mineral, and herbo-mineral drugs as potential immunomodulatory leads for autoimmune disorders.

Methods: Candidates may be selected based on classical indications, pharmacological attributes, authentic identity, processing, and pharmacopoeial standards. Chemical and physicochemical characterization, batch standardization, bioavailability, and preliminary safety assessment should precede biological evaluation. In vitro studies may examine immunological markers. Promising candidates may then be assessed in relevant preclinical models using clinical, biochemical, histopathological, and immunological outcomes. Mineral preparations require additional assessment of elemental speciation, particle characteristics, impurities, and organ safety.
Results: This approach can help identify reproducible immunomodulatory activity, establish dose-response relationships, and advance promising candidates from traditional preparations to validated hits and leads.
Conclusion: Integrating Ayurvedic knowledge with contemporary immunology and drug-development methods may support systematic, evidence-informed, and safer development of Ayurvedic interventions for autoimmune disorders.
Keywords: Vyadhikshamatva; Rasayana; Immunomodulation; Autoimmune Disorders

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0722
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. SUSHMITHA V S (0722)
Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

Immuno-metabolic Interplay in Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD): Bridging Modern Immunology and Ayurveda - A Conceptual Review

Abstract :
Background: Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) is a major manifestation of metabolic dysfunction, characterized by hepatic steatosis associated with obesity, insulin resistance, dyslipidaemia and other cardiometabolic risk factors. Recent evidence suggests that MASLD is not merely a disorder of lipid accumulation but a complex immuno-metabolic disease, wherein metabolic disturbances and immune-mediated inflammation interact to influence disease progression.
Objective: To review the role of immunological mechanisms in the pathogenesis and progression of MASLD and explore their conceptual correlation with Kaphaja Yakritodara.
Materials and Methods: A conceptual review was undertaken through analysis of relevant contemporary literature on MASLD, insulin resistance, lipotoxicity, innate and adaptive immunity, inflammatory cytokines, oxidative stress, NLRP3 inflammasome, adipose tissue dysfunction and the gut-liver axis. These mechanisms were analysed alongside relevant concepts described in classical Ayurvedic literature.
Discussion: Metabolic overload and insulin resistance promote adipocyte dysfunction, ectopic lipid accumulation, mitochondrial stress and lipotoxicity, resulting in activation of Kupffer cells and other immune pathways. Release of pro-inflammatory cytokines, chemokines and danger-associated molecular signals perpetuates hepatic inflammation and may lead to hepatocellular injury, stellate-cell activation and fibrosis. Gut barrier dysfunction and altered microbial metabolites further modulate hepatic immune responses. From an Ayurvedic perspective, these interconnected processes may be conceptually interpreted through Agnimandya, Ama, Kapha and Meda Dushti, Srotorodha and Dosha-Dushya Sammurchana, contributing to disturbed metabolic homeostasis and Yakrit dysfunction.
Conclusion: MASLD represents a complex interaction between metabolic dysregulation and immune activation rather than isolated hepatic fat accumulation. Understanding this immune-metabolic axis provides a promising framework for integrating modern pathophysiology with Ayurvedic concepts and may facilitate identification of novel preventive and therapeutic approaches. Further experimental and clinical studies are warranted to validate these conceptual correlations.
Keywords: Kaphaja yakritodara, MASLD

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0728
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. SHREYASHRI N SUVARNA (0728)
Co- Author/s : Dr. Vijayendra G Bhat, Professor & Head, Dept of Manasaroga evum Manovigyana
Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

"ENDOMETRIOSIS AT THE INTERSECTION OF EPIGENETICS AND IMMUNE DYSREGULATION: AN INTEGRATIVE AYURVEDIC PERSPECTIVE"

Abstract :
"ENDOMETRIOSIS AT THE INTERSECTION OF EPIGENETICS AND IMMUNE DYSREGULATION: AN INTEGRATIVE AYURVEDIC PERSPECTIVE"
Email ID- preetikhot8@gmail.com Contact No: 9108688040
Background: Endometriosis is a chronic, Oestrogen-dependent inflammatory disorder in which altered immune responses may allow ectopic endometrial-like tissue to survive and persist. Recent research suggests that epigenetic changes may influence immune-cell

behaviour and contribute to the chronic inflammatory environment of the disease.
Objectives: Explore the epigenetics -Immune interface in Endometriosis and exploring through the Ayurvedic Principles.
Methodology: A narrative review of literature published between 2024 and 2026 was carried out using PubMed and other database sources. Recent studies on epigenetic mechanisms, macrophage dysfunction, NK- and T-cell responses, inflammatory pathways, and emerging immune-targeted approaches were reviewed. Relevant Ayurvedic concepts related to disease susceptibility, chronicity and host resilience were also explored.
Results: Recent studies show growing evidence of an interaction between epigenetic changes and immune dysregulation in endometriosis. TET3-overexpressing macrophages have been identified as contributors to experimental disease, and targeting TET3 reduced lesion progression in preclinical models. The anti-IL-8 antibody AMY109 produced sustained suppression of IL-8 in a Phase 1 clinical study. Recent research has also highlighted altered T-cell and NK-cell responses and emerging approaches aimed at improving immune surveillance.
Discussion: From an Ayurvedic perspective, the complex nature of endometriosis can be viewed through Agni, Dosha, Dhatu, Srotas, Apana Vata, Ojas and Vyadhikshamatva. These concepts are not proposed as direct equivalents of immune cells or cytokines, but as a broader framework for understanding susceptibility, tissue balance and chronicity.
Conclusion: Integrating modern epigenetic and immunological findings with Ayurvedic principles may provide new, testable directions for future research and integrative management of endometriosis.
Keywords: Endometriosis, Immune dysregulation, Agni, Ojas, Vyadhikshamatva

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0737
Reg. Category : P.G and Ph.D Scholar
Author : Dr. PREETI KAKASAB KHOT (0737)
Co- Author/s : Dr.Savita S Patil
Institution : Sri Sri College of Ayurvedic Science and Research

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Psoriasis Through an Integrative Lens

Abstract :
Background & Objectives: Psoriasis is a chronic inflammatory skin disorder where genetic predisposition alone fails to explain disease onset, highlighting epigenetics as the crucial genome-environment interface. From an Ayurvedic perspective, psoriasis correlates with Kustha, where pathogenesis is driven by the interaction of Nidana (causative factors) with Dosa and Dusya. The objective of this conceptual review is to explore epigenetics as a biological bridge connecting modern molecular mechanisms with classical Ayurvedic pathogenesis, establishing a unifying framework for integrative management.
Materials & Methods: A theoretical analysis was conducted integrating contemporary dermatological literature on epigenetic mechanisms - specifically DNA methylation, histone modifications, and non-coding RNAs - with classical Ayurvedic concepts of Kustha pathogenesis. This conceptual mapping evaluates how environmental and lifestyle factors (Ahara, Vihara, and psychological stress) function as active epigenetic modulators rather than merely theoretical aggravators of systemic imbalance.
Observations/Results: The integration reveals that continuous exposure to Nidana acts as the precise environmental trigger initiating adverse, pro-inflammatory epigenetic modifications, which in turn drive keratinocyte hyperproliferation. Crucially, unlike permanent genetic mutations, these epigenetic alterations are dynamic and reversible. This biological reversibility aligns profoundly with the foundational Ayurvedic principle of Nidana Parivarjana (removal of the root cause). The framework suggests that holistic management restoring Agni and Dosa-Dusya equilibrium exerts its clinical efficacy by actively reversing these pro-inflammatory epigenetic tags.
Conclusion: Viewing psoriasis through an epigenetic lens bridges classical Ayurvedic pathogenesis with modern molecular biology. Epigenetics translates external lifestyle factors into internal disease manifestation, validating the biological impact of targeted Ayurvedic interventions. Utilizing modern epigenetic biomarkers will provide objective, measurable tools to evaluate these therapies, generating a rigorous foundation for future translational research and personalized integrative dermatology.
Keywords: Epigenetics, Psoriasis, Kustha, Nidana Parivarjana, Integrative Dermatology.

Presentation Type : Oral Paper
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0739
Reg. Category : P.G and Ph.D Scholar
Author : Dr. NARAYANAN S (0739)
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EPIGENETICS, IMMUNOLOGY AND AUTOIMMUNITY: EXPLORING INTEGRATIVE PERSPECTIVES

Abstract :

Background & Objectives: Autoimmune disorders arise from loss of immune tolerance through interactions among genetic susceptibility, environmental influences, lifestyle, and immune mechanisms. Epigenetic processes provide an interface between inherited susceptibility and environmental modulation by altering gene expression without changing the DNA sequence. Ayurveda describes individual variability and disease resistance through Prakriti, Satmya, Agni, Sattva, Ojas, Bala, and Vyadhikshamatva. This review explores their integrative relevance to epigenetic regulation, immune homeostasis, and autoimmunity.

Materials & Methods: A narrative review was conducted using Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, and contemporary scientific literature on epigenetics, immune tolerance, and autoimmune disorders. Concepts were thematically analysed across hereditary susceptibility, environmental influences, inflammation, immune resilience, and disease expression.

Observations/Results: Modern evidence indicates that DNA methylation, histone modifications, chromatin remodelling, and non-coding RNAs influence immune-cell differentiation, activation, and tolerance; their dysregulation may promote autoreactive immune responses. Ayurveda provides a multidimensional framework in which Prakriti and Satmya reflect individual variability, while Agni, Ojas, Bala, and Vyadhikshamatva describe aspects of physiological integrity and resistance to disease. Ahara, Vihara, psychological factors, seasonal influences, and Rasayana practices may represent potential interfaces for investigating environment-responsive biological regulation. Beeja-related predisposition offers a conceptual perspective on hereditary susceptibility, while Dosha-Dushya interactions describe pathways of disease manifestation. These parallels are hypothesis-generating and should not be considered direct molecular equivalences.

Conclusion: Integrating epigenetics with Ayurvedic concepts may support a personalized framework for understanding autoimmune disease susceptibility, prevention, and management. Rigorous translational research is required to establish measurable biomarkers and clinically valid correlations across diverse autoimmune clinical phenotypes.

Keywords: Epigenetics; Vyadhikshamatva; Prakriti; Immune tolerance; Autoimmunity

Presentation Type : Oral Paper

Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives

Registration No. : 0751

Reg. Category : P.G and Ph.D Scholar

Author : Dr. H N PRABHUDEV (0751)

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Institution : Government Ayurveda Medical College Bangalore

A Conceptual study: Immunomodulatory Evaluation of Ashtanga Ghrita

Abstract :

Introduction: Ghrita Kalpana is a lipid-based dosage form in Ayurveda valued for its Yogavahi property, which allows it to enhance the potency of synergistically combined raw materials without losing its inherent properties. Ashtanga Ghrita is a notable polyherbal formulation consisting of eight distinctive ingredients such as Vacha, Bakuchi, Mandukaparni, Shankhapushpi, Shatavari, Brahma Soma, Amruta, and Brahmi prepared with Ghrita and Godugdha. Aim & Objective: This study aims to evaluate the biomolecules present in Ashtanga Ghrita using Gas Chromatography-Mass Spectrometry (GC-MS) to correlate its chemical profile with the traditional Phalashruti, specifically focusing on its potential immunomodulatory and neuro protective capabilities. Methodology: Ashtanga Ghrita was systematically prepared according to the classical guidelines of the Sharangadhara Samhita. The organic constituents of the filtered formulation were extracted using n-Hexane and subjected to analytical screening via a Gas Chromatography-Mass Spectrometry system featuring an Electron Ionization mode. Results and Discussion: The final formulation emerged as a green, aromatic, slightly bitter semi-solid substance. The GC-MS untargeted screening identified 53 volatile compound molecules and identified molecules showed vital biological pathways, alongside a rich combination of raw ingredients such as Centella asiatica, Psoralea corylifolia, Acorus calamus, Argyria speciosa, and Tinospora cordifolia which are clinically and preclinically documented to exert strong immunomodulatory, antioxidant, and neuro protective activities. Furthermore, prominent individual chemical compounds detected in the elute, such as 15-Hydroxypentadecanoic acid, Eicosane dioic acid (utilized in antibody-drug conjugates), and diverse microbial-inhibiting anhydrides, directly support defence-boosting properties. Conclusion: The analytical profile of Ashtanga Ghrita validates that its chemical fingerprint aligns closely with its classical therapeutic claims. Beyond its established neuroprotective effects, the presence of these specific

bioactive compounds confirms that the formulation possesses potent immunomodulatory and systemic health-promoting capabilities, providing a scientific basis for its traditional use. Key words: Ghrita, Ashtanga ghrita, GC-MS study, Immunomodulatory and Neuroprotection activity

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0019
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DEEPTHI M (0019)
Co- Author/s : Dr Ravindra Angadi
Institution : Adichunchangiri Ayurvedic Medical College Hospital and Research Centre

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Beyond Symptom Control: Exploring the Immunomodulatory Potential of Ramabana Rasa in Rheumatoid Arthritis

Abstract :

Smruthi1, Suresh2, Sathyanarayana B3

1. PG Scholar, 2. Assistant Professor, 3. Professor and Principal Department of Rasashastra and Bhaishajya Kalpana, Muniyal Institute of Ayurveda Medical Sciences, Manipal, Karnataka

Background & Objectives: Ramabana Rasa, a classical herbo-mineral formulation, offers a rationale for exploring therapeutic effects beyond symptomatic control. Rheumatoid arthritis is an autoimmune disorder characterized by loss of self-tolerance, persistent immune activation, and synovial inflammation. Immune tolerance is maintained through clonal deletion, clonal anergy, and regulatory T-cell-mediated suppression; failure of these mechanisms permits autoreactive immune responses. Current therapies predominantly suppress inflammation and disease activity, while restoration of immune homeostasis remains a therapeutic frontier. Classical descriptions of Amavata, involving impaired Agni, Ama formation, and Vata dysregulation, have been correlated with Rheumatoid arthritis, providing a conceptual basis for exploring Ramabana Rasa.

Materials & Methods: A conceptual translational framework integrated classical Ayurvedic references on Ramabana Rasa and Amavata with contemporary literature on Rheumatoid arthritis immunopathogenesis and immune regulation. Therapeutic principles were mapped to measurable domains, including disease activity, inflammatory cytokines, oxidative stress, and regulatory immune mechanisms.

Observations/Results: The synthesis identifies a plausible interface between the classical rationale of Ramabana Rasa and contemporary concepts of inflammatory modulation. Existing evidence supports investigation of anti-inflammatory and antioxidant activity; however, direct evidence for restoration of immune tolerance remains limited. Clinical outcomes should therefore be interpreted alongside immunological biomarkers rather than as isolated symptomatic measures.

Conclusion: Ramabana Rasa offers an Ayurvedic therapeutic hypothesis extending beyond symptom control toward immune homeostasis. Future biomarker-driven studies integrating validated clinical outcomes with immunological and molecular parameters may determine whether clinical improvement is accompanied by meaningful modulation of dysregulated immune pathways. This symptom-to-homeostasis framework may provide a scientifically testable bridge between Ayurvedic pharmacology and contemporary autoimmune disease research.

Keywords: Ramabana Rasa; Rheumatoid Arthritis; Amavata; Immune Tolerance; Immunomodulation

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0079
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SMRUTHI B (0079)
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Exploring the Immunomodulatory Mechanisms and Anticancer Activity of Mridu, Madhyama, and Teekshna Apamarga Kshara in Cervical Cancer:An In Vitro Study

Abstract :

Exploring the Immunomodulatory Mechanisms and Anticancer Activity of Mridu, Madhyama, and Teekshna Apamarga Kshara in Cervical Cancer: An In Vitro Study

Background:Cervical cancer remains a major global health concern and is particularly prevalent in developing countries. The limitations & adverse effects of conventional treatment highlight the need for safer and complementary therapeutic strategies.Achyranthes aspera(Apamarga) is an Ayurvedic medicinal plant reported to possess various pharmacological activities, including anticancer potential.Kshara, an alkaline preparation described in classical Ayurvedic texts, is traditionally recognized for its Chedana & Bhedana properties.However, scientific evidence regarding the anticancer and immunomodulatory effects of different strengths of Apamarga Kshara is limited.

Objectives:To investigate and compare the in vitro anticancer activity of three variants of Apamarga Kshara against cervical cancer cell lines and to explore their potential immunomodulatory mechanisms.

Materials and Methods:Apamarga Kshara were prepared according to the classical method.The three variants were subjected to physicochemical and phytochemical evaluation.The in vitro anticancer activity was assessed

against HeLa and SiHa cervical cancer cell lines using MTT assay, and IC50 values were determined.The immunomodulatory potential of the three Kshara variants was evaluated using relevant parameters.
Results:All three variants of Apamarga Kshara demonstrated concentration-dependent cytotoxic activity against HeLa and SiHa cervical cancer cell lines.The IC50 values obtained in HeLa cells were 109.3 ug/mL,146.2 ug/mL &129.6 ug/mL for Mridu, Madyama &Teekshna.In SiHa cells, the IC50 values were 146.3, 188.7 &158.6 ug/mL respectively.The variants also demonstrated differences in their physicochemical and phytochemical profiles, suggesting that variations in preparation strength may influence their biological activity.Further evaluation of immunomodulatory parameters through phytochemical pathway provided insights into the possible mechanisms contributing to their anticancer effects.
Conclusion:The findings suggest that variants of Apamarga Kshara possess promising in vitro anticancer activity against cervical cancer cell lines.Their potential effects on antiproliferative & immunomodulatory pathways indicate that Apamarga Kshara may exert multifaceted anticancer effects.
Keywords: Achyranthes aspera, Apamarga Kshara, Cervical Cancer, Immunomodulation

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0113
Reg. Category : P.G and Ph.D Scholar
Author : Dr. MRUDULA.KS (0113)
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CONCEPTUAL INSIGHTS INTO AUTOIMMUNE HEPATITIS: EXPLORING THE ROLE OF PIPPALI RASAYANA

Abstract :
Background: Autoimmune hepatitis (AIH) is a chronic immune-mediated inflammatory liver disease characterized by progressive hepatocellular injury that may advance to fibrosis and cirrhosis. Despite advances in understanding its immunopathogenesis, the precise etiology remains uncertain. Conceptually, AIH can be understood through Agnimandya (impaired digestive) and metabolic transformation, particularly Bhutagnimandya, resulting in Ama formation. The loss of physiological equilibrium between Dosha and Dhatu, described as Svabhava Satmya Viparyaya, provides a framework for understanding immune-mediated self-tissue injury.
Objectives: To explore the conceptual basis of autoimmune hepatitis through the principles of Agni, Ama, and Svabhava Satmya Viparyaya and to elucidate the therapeutic rationale of Pippali Rasayana.
Methodology: A narrative review was conducted through critical analysis of classical literature and contemporary scientific publications. Concepts related to Agni, Bhutagni, Ama, Svabhava Satmya Viparyaya, hepatic metabolism and the pharmacodynamic attributes of Pippali Rasayana were critically correlated with the current understanding of autoimmune hepatitis.
Results: The review suggests that Bhutagnimandya promotes Ama formation, leading to impaired tissue metabolism and disruption of physiological homeostasis. These alterations provide a conceptual explanation for immune-mediated hepatic injury. Pippali Rasayana, owing to its Deepana, Pachana, Srotoshodhana and Rasayana properties, may help restore metabolic balance, facilitate Ama clearance, support hepatic function and promote hepatic cell rejuvenation.
Conclusion: Autoimmune hepatitis can be interpreted through Bhutagnimandya, Ama and Svabhava Satmya Viparyaya. Pippali Rasayana offers a rational conceptual approach by restoring metabolic homeostasis and supporting liver health. Further experimental and clinical studies are required to validate these conceptual correlations.

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0176
Reg. Category : P.G and Ph.D Scholar
Author : Dr. VEDANT KATARIA (0176)
Co- Author/s : Dr. Shrilatha Kamath T
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Shataputi to Sahasraputi Abhraka Bhasma: An ancient Nanomedicine for Immune Restoration

Abstract :
Author: Dr. Shraddha K M, 1st year PG Scholar, Department of Rasashastra Evam Bhaishajya Kalpana, SDM College of Ayurveda, Udupi-574118
Background: The classical Ayurvedic concept of Vyadhikshamatva encompasses immediate host defense (Vyadhi-Bala-Virodhitvam) and long-term prevention of disease susceptibility (Vyadhi-Utpada-Pratibandhakatva). In chronic, deep-seated autoimmune and degenerative pathologies, standard herbo-mineral preparations struggle to penetrate cellular structures. Classical Rasa Shastra texts, such as Rasa Ratna Samuccaya and Ayurveda Prakasha, mandate multi-cycle thermal processing (Puta-Vriddhi) to transform raw biotite mica (Krishna Abhraka) into high-potency rejuvenative grades - namely Shataputi (100 cycles) and Sahasraputi (1,000 cycles) Abhraka Bhasma.
Objectives: This review explores the functional transition from Puta-Vriddhi to Rasayana-Vriddhi, examining how

incremental pharmaceutical processing elevates Abhraka Bhasma from a localized disease-curing agent (Vyadhi-hara) into a sophisticated biological response modifier. It highlights how Shataputi and Sahasraputi grades operate as dual-action immunomodulators that activate innate phagocytic defense while regulating hyper-reactive inflammatory responses to achieve cellular-level immune restoration.

Methodology: The preparation process involves repeated Bhavana using plant juices, followed by high-heat calcination (Gajaputa/Mahaputa). Modern analytical perspectives evaluate these repeated thermo-mechanical cycles as a top-down green nanotechnology process. This method systematically reduces inorganic mineral particle sizes down to stable nanocrystalline dimensions (100-1000 nm) while impregnating the matrix with bioactive organic plant molecules to clear micro-channels (Srotoshodhana) and facilitate deep cellular absorption through endocytosis. Result: Repeated processing stimulates cellular metabolic fire (Dhatvagni) and builds vital essence (Ojas). Modern evidence confirms that nano-sized Abhraka Bhasma enhances cell-level absorption, facilitates endocytosis, and demonstrates immunomodulatory and DNA integrity restoration effects, bridging ancient Rasa Shastra principles with bio-compatible nanomedicine.

Conclusion: Scaling from 100 to 1,000 Putas reflects a functional transition to high-potency immunomodulation. Ultimately, Sahasraputi Abhraka Bhasma represents an ancient, bio-compatible nanomedicine engineered for systemic restoration of Vyadhikshamatva at the cellular level. Key words: Shataputi Abhraka Bhasma, Sahasraputi Abhraka Bhasma, Vyadhikshamatva, Rasayana, Nanomedicine, Immunomodulation

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0217
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHRADDHA K M (0217)
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Exploring the Neuroimmunomodulatory Potential of Brihat Vata Chintamani Rasa in Autoimmune Disorders

Abstract :

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Background & Objectives: Autoimmune disorders result from loss of immune tolerance, leading to persistent immune activation, inflammation, and tissue injury. While current therapies mainly suppress or selectively regulate abnormal immune responses, Ayurveda emphasizes restoration of physiological balance and host resistance through concepts such as Vyadhi-kshamatva and Rasayana. The present study offers a interpretation of Brihat Vata Chintamani Rasa, a classical herbo-mineral formulation traditionally indicated in Vata-related neurological disorders, as a potential neuroimmunomodulatory agent in autoimmune conditions.

Materials & Methods: A conceptual framework was developed by examining the relationship between autoimmune pathogenesis, neuroinflammation, oxidative stress, and immune regulation, along with reported pharmacological properties of Brihat Vata Chintamani Rasa and its constituents. These observations were interpreted in relation to its traditional indications and possible neuroimmune mechanisms.

Observations/Results: The proposed interpretation suggests that the antioxidant and neuroprotective properties of Brihat Vata Chintamani Rasa may be relevant to pathways involved in neuroinflammation and immune dysregulation. Reported effects on catalase activity, lipid peroxidation, and neural architecture provide a basis for considering its potential role in reducing oxidative and inflammatory stress. Evidence related to constituents such as Svarna Bhasma and Rasasindura further supports a possible influence on immune-cell functions. However, direct evidence for immunomodulatory activity of the complete formulation in autoimmune disorders remains limited.

Conclusion: The present interpretation proposes a possible neuroimmunomodulatory role for the formulation and provides a conceptual link between its Ayurvedic attributes and contemporary neuroimmune mechanisms. This perspective highlights Brihat Vata Chintamani Rasa as a potential candidate for understanding the neuroimmune dimensions of autoimmune disorders.

Keywords: Brihat Vata Chintamani Rasa, Neuroimmunomodulation, Autoimmune Disorders, Neuroinflammation, Oxidative Stress, Vyadhi-kshamatva, Rasayana

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Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0294
Reg. Category : P.G and Ph.D Scholar
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Strengthening Airway Immunity: Pancha Shirisha Agada in Respiratory Tract Infections

Abstract :

Title: Strengthening Airway Immunity: Pancha Shirisha Agada in Respiratory Tract Infections

Background: Managing persistent respiratory tract infections (RTIs) and chronic airway sensitivity remains a complex medical hurdle, often intensified by environmental pollution, rising antimicrobial resistance, and weakened mucosal defenses. To address these vulnerabilities, Ayurvedic toxicology (Agada Tantra) offers specialized detoxifying (Vishaghna) remedies. Many of these traditional formulas feature robust anti-inflammatory, immune-regulating, and antimicrobial properties that make them ideal for protecting and strengthening the respiratory tract (Pranavaha Srotas).

Objective: This review examines the traditional pharmacological principles, active phytochemical composition, and healing applications of Pancha Shirisha Agada - a classic herbal formulation based on Albizia lebbeck (Shirisha) - for enhancing respiratory immunity and managing airway infections.

Pharmacological Rationale & Composition: Pancha Shirisha Agada uniquely incorporates all five components of the Shirisha plant (root, stem bark, leaves, flowers, and seeds), typically blended with absorption-enhancing agents like Trikatu (Zingiber officinale, Piper nigrum, Piper longum) and Pancha Lavana. Scientific research indicates that Albizia lebbeck delivers powerful anti-asthmatic, mast-cell-stabilizing, anti-allergic, and antibacterial effects. Its active phytochemicals - such as saponins, flavonoids, and tannins - help block microbial multiplication and calm excessive histamine-induced inflammation in the bronchial tubes.

Discussion: Even though traditionally prescribed for insect bites (Keeta Visha) and chronic, latent toxins (Dushivisha), the rapid inflammatory reactions these toxins trigger - such as membrane swelling, airway constriction, and excessive mucus production - closely mirror the disease mechanisms of acute allergic flare-ups and severe respiratory infections. By soothing imbalanced Kapha and Vata forces and clearing out toxic metabolic waste (Ama), Pancha Shirisha Agada safeguards the respiratory lining and strengthens local immune defenses.

Conclusion: Pancha Shirisha Agada functions as a versatile, multi-action herbal remedy. The unique combination of its inflammation-reducing, microbe-fighting, and immune-boosting properties provides a solid scientific justification for using it to build respiratory resilience and address frequent airway vulnerabilities.

Presentation Type : Oral Paper

Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders

Registration No. : 0300

Reg. Category : P.G and Ph.D Scholar

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Role of tagara chandanadi agada yoga in the management of autoimmune disease a critical overview

Abstract :

Introduction Autoimmune diseases are chronic disorders characterized by dysregulated immune responses against self-antigens, resulting in persistent inflammation and tissue damage. Although corticosteroids, immunosuppressants, and biologic agents provide effective disease control, their prolonged use may be associated with adverse effects and therapeutic limitations. Ayurveda provides a holistic understanding of immune homeostasis through the concepts of Dosha, Dhatu, Agni, Ojas, and Vyadhikshamatva. In Agadatantra, the concept of Dushi Visha describes the chronic effects of toxic factors and may offer a conceptual framework for understanding chronic inflammatory and immune-mediated disorders. Tagara Chandanadi Agada, described in Visha Vaidya Jyotsnika, may therefore have potential relevance in such conditions.

Materials and Methods A critical review was undertaken based on the classical description of Tagara Chandanadi Agada and the reported pharmacological properties of its ingredients - Tagara, Kushta, Chandana, Yastimadhu, Usira, and Sariva. Their potential Vishaghna, Pitta-Rakta shamaka, anti-inflammatory, antioxidant, and immunomodulatory properties were considered in relation to autoimmune pathogenesis and Ayurvedic concepts of Dushi Visha, Rakta Dushti, and impaired Vyadhikshamatva.

Results The formulation demonstrates a theoretical rationale for addressing chronic immune dysregulation through its potential effects on inflammation, oxidative stress, and immune modulation. Its constituent drugs may collectively contribute to Vishaghna activity, balances Pitta-Rakta, and maintenance of Agni, Dhatu, and Ojas. These actions may support restoration of physiological homeostasis and provide a basis for exploring Tagara Chandanadi Agada as an adjunctive approach in autoimmune disorders.

Discussion and Conclusion Tagara Chandanadi Agada may represent a promising Ayurvedic formulation for investigation in autoimmune diseases. However, the existing evidence is predominantly classical, conceptual, and preclinical. Standardization, pharmacological studies, toxicity evaluation, and well-designed clinical trials are essential to establish its efficacy, safety, and mechanisms

of action before its clinical application can be recommended.

Keywords: Tagara Chandanadi Agada, Autoimmune Disease, Dushi Visha, Vyadhikshamatva.

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Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0302
Reg. Category : P.G and Ph.D Scholar
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Role of kasisa yoga in indralupta with special reference to autoimmune induced alopecia areata

Abstract :

Background: Indralupta is a characterized by localized loss of hair from the scalp and it is mentioned under kshudraroga and shiroroga in classical text such as caraka Samhita, susruta Samhita, Ashtanga hrudaya. Introduction: The classical descriptions of Indralupta can be correlated with Alopecia Areata, an autoimmune-mediated, non-scarring hair-loss disorder. The pathogenesis of Alopecia Areata involves an abnormal immune response directed against the hair follicle, resulting in disruption of the normal hair-growth cycle and is kasisa yoga mentioned in rasaratna samucchaya

Objective:To review the ingredients , pharmacological properties and immunomodulatory action of kasisa yoga in indralupta with special reference to autoimmune induced alopecia areata

Materials and Methods: Information about nidana and samprapti of indralupta was taken from caraka Samhita and susrutha Samhita and ashtanga hrudaya and kasisa yoga was taken from rasaratna samucchaya to review immunomodulatory action of in indralupta with special reference to alopecia areata

Results:. Kasisa being a mineral drug with a recognized role in disorders associated with Rakta and Dhatu involvement, may contribute to proper tissue nourishment and maintenance of normal physiological functions when administered in a suitable formulation.

Conclusion: The present critical review suggests that internal Kasisa Yoga may have a potential supportive role in the management of Indralupta through its traditional effects on Rakta and dhatu-pushti and its possible contribution to proper nourishment and regeneration of Kesa

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Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0317
Reg. Category : P.G and Ph.D Scholar
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A review on the therapeutic potential of arsenical formulations in the management of autoimmune disorders

Abstract :

Background & Objectives Arsenical formulations described in Rasashastra contains Shudha Haratala, Shudha Manashila, and Shudha Gouripashana, hold an important place in Rasashastra and are traditionally indicated in various dermatological and inflammatory disorders. Their classical indications and reported anti-inflammatory, antioxidant, and immunomodulatory activities suggest potential relevance in autoimmune disorders. This review aimed to evaluate their therapeutic potential by correlating classical indications, Ayurvedic pharmacodynamic attributes, and contemporary pharmacological evidence.

Materials & Methods A narrative literature review was conducted using classical Rasashastra texts and modern databases including PubMed, Google Scholar, and ScienceDirect. Arsenic-containing formulations comprising Shudha Haratala, Shudha Manashila, and Shudha Gouripashana, including Rasamanikya, Sameerapannaga Rasa, Shwasa kutara rasa, Malla Sindhura, Tala Garbha Pottali and Tala Sindhura etc. were reviewed for their classical indications, Ayurvedic properties, anti-inflammatory, antioxidant, and immunomodulatory activities, and safety.

Results The reviewed formulations containing Shudha Haratala, Shudha Manashila, and Shudha Gouripashana, showed classical indications in Kushtha, Vatarakta, Twak Vikara, Shwasa, Kasa, Vishama Jwara, and Sannipataja Jwara. They demonstrated reported anti-inflammatory, antioxidant, immunomodulatory activity and immunosuppressant activity, suggesting a possible role in regulating inflammatory and immune responses. Their Ayurvedic properties, particularly Katu-Tikta Rasa, Ushna Virya, and Katu Vipaka, support their traditional use in disorders involving Kapha-Vata imbalance and impaired tissue metabolism. These findings suggest a possible correlation between their classical therapeutic indications and modern concepts of inflammation and immune dysregulation.

Conclusion Arsenical formulations demonstrate a plausible classical-pharmacological correlation with immunomodulation, particularly through regulation of inflammatory responses. Their classical indications in

Kushtha, Kasa, Shwasa, Vatarakta etc provide relevant models for autoimmune disorders. Proper Shodhana and pharmaceutical processing are essential for safe therapeutic consideration. Several toxicological studies have also reported their safety when properly processed and used appropriately. However, further clinical studies are required to establish their therapeutic efficacy and clinical utility in autoimmune disorders.

Keywords: Arsenical formulations, immunomodulation, Autoimmune Disorders, Shudha Haratala, Shudha Manashila, Shuddha Gouripashana.

Presentation Type : Oral Paper

Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders

Registration No. : 0324

Reg. Category : P.G and Ph.D Scholar

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Institution : ALN Rao Ayurvedic medical college and Hospital Koppa

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Golden Immunity: Exploring the Potential of Swarnaprashana in Pediatric Autoimmune Disorders

Abstract :

Introduction: Autoimmune diseases in children constitute an important and increasing health concern, characterized by dysregulated immune responses against self-antigens. The epidemiological burden varies considerably among individual diseases and geographical regions. A recent global analysis estimated approximately 1.63 million incident cases of four major autoimmune diseases among children and young adults aged 0-24 years in 2019. The chronic nature of these disorders and the need for prolonged therapy have encouraged exploration of supportive approaches that may help maintain immune homeostasis.

Methods: A narrative review was conducted using peer-reviewed articles, somatic reviews & authoritative publications from Pubmed, scopus, google scholar, WHO & Ayurveda classical texts describing Swarnaprashana, Rasayana, and Vyadhikshamatva and correlated with available contemporary scientific evidence on the immunomodulatory properties of gold and its relevance to immune-mediated disorders.

Results: Swarnaprashana, described as a pediatric Rasayana practice, is traditionally associated with promotion of strength, immunity, intellect, and healthy development. Its potential immunomodulatory effects may provide a rationale for investigating its supportive role in conditions involving immune dysregulation. However, evidence specifically evaluating Swarnaprashana in pediatric autoimmune diseases remains limited.

Discussion: Swarnaprashana may have potential as an adjunctive supportive intervention in pediatric autoimmune disorders. Nevertheless, its efficacy, safety, appropriate dosage, and interaction with conventional immunomodulatory therapies require systematic clinical investigation before therapeutic recommendations can be established.

Keywords: Swarnaprashna, pediatric, autoimmune disease.

Presentation Type : Oral Paper

Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders

Registration No. : 0337

Reg. Category : P.G and Ph.D Scholar

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Critical analysis on possible role of Garudapacha (Magnesite) in Autoimmune Disorders

Abstract :

Background: Garudapacha is an extra-pharmacopeial rare mineral raw drug used in regional practices of South India. It is identified as Magnesite ($MgCO_3$), and is an ingredient in many formulations which have scattered references. Formulations of Garudapacha are indicated in varied disorders like Visha, Asthishosha, jwara and Mutrakrichra.

Materials & Methods In this work an attempt is made to relate possible role of Garudapacha in auto immune disorders. An extensive search was done in selected Malayalam literatures to find Rasayana action of Garudapacha. Concurrently, contemporary biomedical research works were studied to understand the mechanism of Magnesium and Carbonate on immune system.

Observations/Results As a single drug Garudapacha Bhasma, and nine formulations containing Garudapacha were found in Malayalam literatures. Although none are explicitly designated as Rasayana, the drug's elemental components exhibit significant immune-modulatory activity. Published studies demonstrate that dietary magnesium deficiency induces systemic low-grade inflammation, oxidative stress, and immune dysfunction. Clinical evidence links magnesium deficiency with autoimmune conditions, including Rheumatoid Arthritis (RA), Systemic Lupus Erythematosus (SLE), asthma, eczema, and Inflammatory Bowel Disease (IBD). Similarly, both Carbonate and bicarbonate found to show dual role in autoimmune diseases, acting as both an anti-inflammatory signaling molecule that dampens hyperactive immune responses and a target for

destructive autoantibody attacks. Magnesium carbonate as a compound entity also demonstrates utility in regulating mineral ion balance and metabolic homeostasis.

Conclusion Based on the above findings, it can be concluded that Garudapacha though not directly mentioned as a therapy for Auto imuune disorders, based on the elemental composition can demonstrate multi-target therapeutic potential in autoimmune disorders. Further experimental and clinical research is required to investigate the utility of Garudapacha in autoimmune conditions such as rheumatoid arthritis and inflammatory bowel disease by neutralizing tissue acidosis, modulating lymphocyte homeostasis, and mitigating immune-mediated bone destruction.

Keywords Garudapacha, Magnesite, Autoimmune disorders, Rasayana.

Presentation Type : Oral Paper

Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders

Registration No. : 0340

Reg. Category : P.G and Ph.D Scholar

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ASSESSMENT OF ANTI-INFLAMMATORY ACTIVITY OF SHILAJATU AN IN-VITRO HUMAN RED BLOOD CELL ASSAY

Abstract :

ASSESSMENT OF ANTI-INFLAMMATORY ACTIVITY OF SHILAJATU AN IN-VITRO HUMAN RED BLOOD CELL ASSAY

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*Email: drgazalahussain@sdmcahhassan.org Ph: 9845739096 Introduction: Shilajatu is a mineral drug having organic and inorganic constituents. It has fulvic acid, humic acid, Dibenzo-a-pyrones and minerals other Phyto constituents. It is a Rasayana and is said to cure all diseases when given in proper dose and with suitable anupana. The therapeutic potential of Shilajatu may be attributed to its ability to modulate inflammatory processes and regulate immune responses. Thus, an invitro anti-inflammatory study was conducted.

Methodology: Invitro anti-inflammatory study on Human RBC(HRBC) Result: Shilajatu showed 53.1% while Diclofenac sodium showed 43.1% anti-inflammatory property.

Discussion: The mode of action involves several constituents acting together. Fulvic acid, the main active component, scavenges free radicals and reduces oxidative damage to the cell membrane. Dibenzo-a-pyrones stabilize mast cells, reducing the release of inflammatory chemicals like histamine. Trace minerals further support the body's natural antioxidant defences. Together, these actions protect the membrane from stress-induced rupture, explaining the anti-inflammatory effect seen in this assay. The anti-inflammatory activity owes to the Rasayana and Yogavahi guna of Shilajatu.

Conclusion: Shilajatu showed better anti-inflammatory effect when compared to the standard drug. Shilajatu's Katu-Tikta Rasa and Ushna Virya pacify Kapha-Pitta Dosha; as a Yogavahi and Rasayana, it enhances tissue nourishment, explaining its anti-inflammatory and immunomodulatory action seen in this study. Thus, indicating that it can be used in various diseases where systemic inflammation is seen.

Keywords: Shilajatu, HRBC assay, Rasayana and anti-inflammatory

Presentation Type : Oral Paper

Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders

Registration No. : 0345

Reg. Category : P.G and Ph.D Scholar

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"HERBOMINERAL FORMULATIONS AS IMMUNOMODULATORS IN AUTOIMMUNE DISEASES: A CONCEPTUAL REVIEW OF VASANTAKUSUMAKARA RASA"

Abstract :

"HERBOMINERAL FORMULATIONS AS IMMUNOMODULATORS IN AUTOIMMUNE DISEASES: A CONCEPTUAL REVIEW OF VASANTAKUSUMAKARA RASA"

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Background & Objectives Autoimmune diseases are characterized by dysregulation of immune tolerance, resulting in persistent inflammation and tissue damage. Therapeutic strategies aimed at restoring immune homeostasis are therefore gaining importance. Ayurveda approaches systemic resistance and restoration through concepts such as Rasayana, Ojas and Vyadhikshamatva. Vasantakusumakara Rasa, a classical herbo-mineral formulation described in Rasendra Sara Samgraha, is

recognized for its Rasayana, Ojovardhaka and rejuvenative attributes. The present review aims to explore its potential immunomodulatory relevance in autoimmune disorders.

Materials & Methods Classical references of the formulation was reviewed along with the available contemporary literature and the reported clinical case evidence. The herbo-mineral composition, Ayurvedic pharmacological attributes and reported biological actions were analysed to establish a conceptual relationship between Vasantakusumakara Rasa and its immunomodulatory actions.

Observations/Results Vasantakusumakara Rasa contains Svarna, Rajata, Lauha, Naga, Vanga, Abhraka, Pravala and Mauktika components along with prescribed processing and Bhavana procedures. The reviewed literature attributes immunomodulatory activity of the formulation and its constituents.It also provided valuable insights of its potential in treating various autoimmune conditions. Its Rasayana and Ojovardhaka properties provide an Ayurvedic rationale for exploring its role in maintaining physiological equilibrium and immune homeostasis.

Conclusion Vasantakusumakara Rasa provides a promising classical model for investigating the immunomodulatory potential of herbo-mineral formulations. Its possible role in autoimmune disorders warrants systematic mechanistic, toxicological and clinical evaluation to establish efficacy, safety and underlying biological mechanisms.

Keywords: Vasantakusumakara Rasa; Immunomodulation; Autoimmune Diseases; Rasayana

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Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0387
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DR NEHA H (0387)
Institution : KVG Ayurveda Medical College

Title: From Rasayana to Immunomodulation: Exploring Chaturmukha Rasa in the Context of Autoimmune Disorders

Abstract :

Background: Autoimmune disorders arise from dysregulation of immune tolerance, resulting in an inappropriate immune response against self-antigens. Contemporary management primarily focuses on controlling inflammation and suppressing or modifying immune responses. Ayurveda describes Rasayana as an approach aimed at maintaining tissue integrity, promoting strength (Bala), supporting digestion and enhancing resistance against disease. Chaturmukha Rasa, having rasayana action provide a rationale for exploring its relevance in immune regulation.

Objectives: To explore the classical Ayurvedic basis of Chaturmukha Rasa and evaluate its potential relevance as an immunomodulatory formulation in the context of autoimmune disorders. To identify possible links between its traditional Rasayana actions and contemporary concepts of immune homeostasis.

Methodology: This study is based on literary review of classical Ayurvedic texts i.e Rasatarangini Chaturmukha rasa contains ingredients like Shuddha Parada, Shuddha Gandhaka, Loha Bhasma, Abhraka Bhasma and Swarna Bhasma.

Results: The classical literature attributes Chaturmukha Rasa with Balya, Rasayana and Agnipradipana actions, particularly in chronic wasting conditions. Its constituent mineral and herbal components have been investigated individually for biological activities including antioxidant, anti-inflammatory and immune-modulating effects. These observations provide a hypothesis-generating rationale for further investigation of Chaturmukha Rasa in immune dysregulation.

Conclusion: Chaturmukha Rasa represents a potential research model for integrating the Ayurvedic concept of Rasayana with modern immunomodulation. However, its efficacy and safety in autoimmune disorders require systematic pharmacological, toxicological and well-designed clinical studies.

Keywords: Chaturmukha Rasa; Rasayana; Immunomodulation; Autoimmune disorders.

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0393
Reg. Category : P.G and Ph.D Scholar
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BEYOND GLYCEMIC CONTROL : EXPLORING THE IMMUNOMODULATORY POTENTIAL OF SHIVA GUTIKA IN TYPE 1 DIABETES MELLITUS

Abstract :

Background: Type 1 Diabetes Mellitus is a chronic autoimmune disorder affecting over 8,60,000 individuals in India. It is characterized by destruction of pancreatic beta cells, resulting in lack of insulin. Within Ayurvedic literature, Diabetes Mellitus is generally interpreted under the broader spectrum of Prameha, a group of disorders primarily involving abnormalities of urine and

provides a multi-dimensional approach involving Agni, Ojas and Vyadhikshamatav. Underlying Agnimandya, especially at the Meda and Mamsa Dhatu level, further disturbs the nourishment sequence(Dhatu Poshana Krama) that keeps tissues healthy.
Objectives: To explore type 1 Diabetes Mellitus through the concepts of Ojas, Agni and Vyadhikshamatav and to elucidate the therapeutic rationale of Shiva Gutika.
Materials and Methodology: A narrative review was conducted through critical analysis of classical Samhitas and modern scientific publications. Concepts pertaining to Prameha, Ojas, Agni ,Vyadhikshamatva, Ama and the pharmacodynamic attributes of Shiva Gutika were critically correlated with the current understanding of Type 1 Diabetes Mellitus.
Results: The mechanism of action of Shiva Gutika arises from the properties of its main ingredient , Shilajatu which is characterized by its Shoshaka and Chedana actions.This is essential for the removal of accumulated Kapha .It reduces the excessive Meda and Kleda. It is well suited for this condition, correcting Agnimandya , clearing Ama and restoring Ojas, thereby addressing the metabolic and immune sides of the disease together.
Conclusion: Type 1 Diabetes Mellitus may be conceptually interpreted through Agnimandya, Ama and Vyadhikshamatva. Ayurveda Classics outline Rasayana Chikitsa as a vital approach in chronic illness. Shiva Gutika offers a rational conceptual approach by reducing excessive Meda and Kleda by its Shoshaka and Chedana properties, promoting Dhatu Poshana and thereby restoring Ojas.
Key words : Prameha, Shiva gutika , Type 1 Diabetes Mellitus, Ojas

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0411
Reg. Category : P.G and Ph.D Scholar
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Ayurvedic Management of Eka Kushtha (Scalp Psoriasis) Using Herbo-Mineral Formulations: A Case Report

Abstract :
Background: Psoriasis, an autoimmune inflammatory skin disorder, poses significant management challenges due to systemic immune dysregulation and frequent relapse following steroid withdrawal. In Ayurveda, scalp psoriasis correlates with Ekakushtha, a tridoshaja vyadhi with primary vitiation of rakta (blood) and tvak (skin) dhatus. This report explores the therapeutic potential of herbo-mineral formulations in this steroid-refractory condition.
Methods: A 27-year-old male presented with a one-year history of recurrent scalp scaling, pruritus, and erythema, associated with occupational stress, excessive caffeine intake, irregular sleep and bowel habits, and amlapitta (acidity). Prior steroid use gave only transient relief. Written informed consent was obtained for publication, including clinical photographs. Severity was assessed using the Psoriasis Scalp Severity Index (PSSI) at baseline and follow-up. An individualized regimen was given over 3 months, centered on an oral herbo-mineral formulation predominantly comprising Arogyavardhini Vati, acting on tridosha (Vata-Pitta-Kapha) to promote Samana (pacification) and Rakta Sodhana (blood purification), combined with external scalp therapy (Sirolepa) and lifestyle (Pathya-Apathya) modification.
Results: PSSI improved from 12 at baseline to 0 at final follow-up, representing complete resolution of scalp erythema, scaling, and pruritus, with full lesion clearance and healthy hair regrowth, sustained without recurrence.
Discussion: This improvement highlights the potential of herbo-mineral formulations in managing autoimmune skin conditions such as psoriasis, with possible immunomodulatory effects. Mineral components may contribute Rasayana (rejuvenative) properties supporting homeostasis, while botanicals such as Katuki and Triphala may support hepatic function, digestion (Agni), and elimination of metabolic waste (Ama). Complete clearance suggests a possible adjunctive, immunomodulatory role for this approach in steroid-refractory scalp psoriasis, warranting further study.
Conclusion: This case highlights individualized Ayurvedic herbo-mineral therapy as a safe, steroid-sparing option achieving complete remission in recurrent scalp psoriasis over 3 months, warranting evaluation through larger controlled studies.
Keywords: Kushtha; Psoriasis; Herbo-mineral formulation; Ekakushtha; Scalp psoriasis; Arogyavardhini Vati; Rasayana; Immunomodulation

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0447
Reg. Category : P.G and Ph.D Scholar
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Swarna Bhasma as a Gold-Based Ayurvedic Nanomedicine in the Management of Rheumatoid Arthritis: A Comprehensive Review

Abstract :
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INTRODUCTION:

Rheumatoid Arthritis (RA) can be correlated with Amavata in Ayurveda, a chronic autoimmune disease causes joint inflammation, pain and restricted movements. Swarna Bhasma is a traditional Ayurvedic herbo-mineral preparation of gold produced through Shodhana and Marana. In Rasa Shastra, it is considered as Rasayana and an immunomodulator. Modern nanotechnology studies have revealed that Swarna Bhasma contains elemental gold nanoparticles ranging from 50 to 100 nm which is recognized as a historical form of Ayurvedic nanomedicine.

METHODOLOGY: A systematic review was conducted using classical Ayurvedic texts, experimental studies, clinical research and various journals.

RESULTS: Reviewed studies indicate that repeated Marana procedures produce nano-sized gold particles ranging from 27-70 nm and identified as metallic gold using techniques such as XRD, SEM. Swarna Bhasma exhibits antioxidant, anti-inflammatory, analgesic and immunomodulatory effects in experimental studies. Reportedly increasing macrophage activity and antioxidant enzymes levels such as SOD and catalase which influences CD4+ T-cell responses. Studies in RA patients and animal models have reported reduced joint inflammation and improved immune regulation. Reviewed safety studies suggest low cytotoxicity and good blood compatibility at traditional doses.

DISCUSSION: Therapeutic effects of Swarna Bhasma may be related to its nano-sized gold particles which may enhance bioavailability and influence immune responses. Some effects resemble to conventional gold-based anti-rheumatic medicines (Eg:Auranofin). Thus, Swarna Bhasma may help to reduce RA symptoms and regulate abnormal immune response associated with the disease providing scientific basis for its traditional use as a Rasayana in Amavata. However, differences in preparation methods and limited clinical trials make it difficult to draw definite conclusions about its clinical effectiveness. Further studies are needed to establish its therapeutic potential and safety in RA.

KEYWORDS: Swarna Bhasma, Rheumatoid Arthritis, Amavata

Presentation Type : Oral Paper

Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders

Registration No. : 0470

Reg. Category : P.G and Ph.D Scholar

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Translational Ayurveda in Autoimmune Diabetes: Yashada Bhasma (ZnO Nanoparticles) for Preserving Beta-Cell Architecture

Abstract :

Translational Ayurveda in Autoimmune Diabetes: Yashada Bhasma (ZnO Nanoparticles) for Preserving Beta-Cell Architecture Dhanya S, Department of RSBK (Pharmaceuticals), Amrita School of Ayurveda, Amrita Vishwa Vidyapeetham, India

Background Type 1 Diabetes (T1D) is an autoimmune disorder causing progressive pancreatic beta-cell destruction. Zinc is essential for beta-cell survival, immune regulation, and insulin hexamerization. Yashada Bhasma (ZnO nano particles) is an Ayurvedic herbo-mineral preparation traditionally used for metabolic dysfunction. This review explores its translational trajectory into modern nanotechnology, emphasizing its therapeutic relevance for autoimmune-mediated beta-cell apoptosis.

Methods We reviewed three pivotal pharmacological studies on Yashada Bhasma to map its scientific evolution. Analysis focused on an initial study evaluating in vivo efficacy in streptozotocin (STZ)-induced diabetic models, which mimic T1D beta-cell ablation. This was contextualized alongside subsequent research providing mechanistic and safety evaluations, and a final study detailing its transition into a targeted nanomedicine.

Results The literature demonstrates a robust bench-to-bedside trajectory. Early research established foundational efficacy, where Yashada Bhasma mitigated hyperglycemia in STZ-induced beta-cell depletion. Subsequent profiling confirmed systemic safety, excluding heavy metal toxicity. Pharmacologically, the formulation exhibited insulin-mimetic action, enhanced peripheral glucose uptake facilitating GLUT4 translocation, and reduced systemic oxidative stress via reactive oxygen species (ROS) scavenging. This cyto-protective action shielded residual beta-cells from apoptosis by mitigating endoplasmic reticulum (ER) stress cascades, directly inspiring the development of a highly bioavailable zinc-based nanomedicine.

Discussion The evolution of Yashada Bhasma exemplifies Translational Ayurveda. For T1D, traditionally processed zinc offers a validated, immunomodulatory foundation for nanotherapeutic drug discovery. A primary limitation is the reliance on chemically induced (STZ) models rather than true autoimmune phenotypes, necessitating clinical trials to validate human immunomodulatory and pharmacokinetic profiles. Bridging classical knowledge with contemporary nanotechnology provides an evidence-based blueprint for modulating autoimmune pathogenesis, suppressing pro-inflammatory cytokine cascades, and preserving beta-cell architecture. Key words: ZnO nanoparticles, Yashada Bhasma, Autoimmune disease

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0472
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DHANYA S (0472)
Co- Author/s : Dr Ramesh NV2, Dr Zeena S Pillai3, 2Professor, Department of Rasashastra and Bhaishajya Kalpana, Amrita School of Ayurveda, Amrita Vishwa Vidypeetham, India, 3Professor, Department of Physical Sciences, Amrita School of Chemistry, Amrita Vishwa Vidypeetham, India
Institution : Amrita School of Ayurveda

Integrative Postpartum Management of Seronegative Rheumatoid Arthritis Following Cesarean Delivery: A Case Report

Abstract :
Background: Rheumatoid arthritis (RA) is a chronic autoimmune inflammatory disorder that often demonstrates altered disease activity during pregnancy, with postpartum flares being well recognized. Evidence on the role of Ayurvedic interventions as adjuncts in the postpartum management of RA is limited. This case highlights an integrative approach in managing postpartum symptoms of seronegative RA. Case Presentation: A 27-year-old gravida 2, abortion 1 woman at 38 weeks and 1 day of gestation with a diagnosis of seronegative rheumatoid arthritis was admitted for delivery. She had been on hydroxychloroquine throughout pregnancy, with stable disease and no requirement for additional rheumatologic intervention during the antenatal period. She underwent a lower segment cesarean section for cephalopelvic disproportion. Hydroxychloroquine was continued during the postpartum period. On postoperative day 3, the patient developed increased joint pain and swelling. As an adjunct to standard postoperative care, Ayurvedic treatment with Kaishora Guggulu (2 tablets twice daily) and Amavatari Gutika (1 tablet twice daily) was initiated. Outcome: By postoperative day 5, the patient reported a noticeable reduction in joint pain and swelling with improvement in mobility and overall comfort. No maternal or neonatal adverse events related to the integrative management were observed during hospitalization.
Conclusion: This case suggests that adjunctive Ayurvedic management with Kaishora Guggulu and Amavatari Gutika, alongside continued hydroxychloroquine and standard postpartum care, was associated with early symptomatic improvement in postpartum seronegative rheumatoid arthritis. While the temporal association is encouraging, the contribution of each therapy cannot be determined from a single case. Larger prospective studies are needed to evaluate the safety and effectiveness of integrative postpartum management in women with rheumatoid arthritis.
Keywords: Seronegative rheumatoid arthritis, Postpartum flare, Cesarean section, Hydroxychloroquine, Ayurveda, Kaishora Guggulu, Amavatari Gutika, Integrative medicine, Case report.

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0478
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SNEHA SHETKAR (0478)
Co- Author/s : DR PRATHIMA
Institution : Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital

Role of Panchamrita Parpati in Ulcerative Colitis.

Abstract :
BACKGROUND Parpati Kalpa is a distinctive dosage form of Rasasastra, first documented in Rasendramangala for Kushtharoga and subsequently described by Cakradatta in Grahani roga, establishing its association with gastrointestinal disorders. Pittaja Grahani involves impaired Agni, altered bowel function and features overlapping with Ulcerative Colitis . Based on clinical presentation, Ulcerative Colitis may be correlated with Pittaja Grahani and Raktatisara . Ulcerative Colitis is a chronic, relapsing inflammatory bowel disease characterized by continuous colonic mucosal inflammation and ulceration, involving dysregulated mucosal immunity and impaired intestinal immune tolerance. This presentation explores Pancamrita Parpati in Ulcerative Colitis with reference to Pittaja Grahani, emphasizing its therapeutic rationale and available evidence.
OBJECTIVES:
- To understand the Ayurvedic correlation and immunological basis of Pittaja Grahani with Ulcerative Colitis and explore the therapeutic potential of Pancamrita Parpati.
- To correlate its anti-inflammatory, immunomodulatory and mucosal-healing actions with disease pathogenesis and review available evidence on its efficacy and safety.
MATERIALS AND METHODS: Pertinent information will be obtained from authentic Ayurvedic classical texts, commentaries, standard Rasasastra texts, Pharmacopoeias, Formularies, peer-reviewed articles, academic databases and contemporary scientific literature to establish theoretical and scientific support.
OBSERVATIONS/RESULTS: Parpati Kalpa, being generally Ushna Virya, stimulates Agni and mitigates Ama. Studies also reveal that Parpati reduces intestinal motility and increases intestinal absorption, hence its indication in Grahani and Atisara. Published case reports have documented complete symptomatic remission within

three months, along with complete endoscopic mucosal healing, a 93.02% reduction in rectal bleeding, and an 80% reduction in steroid dependence.
CONCLUSION: Available case-level evidence suggests Pancamrita Parpati may aid symptomatic and endoscopic remission in Pittaja Grahani/Ulcerative Colitis.
KEYWORDS: Ulcerative colitis, Inflammatory bowel disease, Pittaja Grahani, Pancamrita Parpati
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Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0516
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ANKITHA A PADMASALI (0516)
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Institution : Muniyal institute of Ayurveda Medical science Manipal

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"Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders: A Conceptual Review with Amavatari Rasa as a Representative Example"

Abstract :
Author Dr Vibha V Shetty
1st PG, Department of RSBK MIAMS, Manipal
Background Autoimmune disorders result from loss of immune tolerance and inappropriate immune responses against self-tissues. Rheumatoid arthritis , correlated with Amavata in Ayurveda, is a major chronic autoimmune inflammatory disorder. Ayurveda describes immune regulation through Vyadhikshamatva, Ojas, Bala and Rasayana. Herbo-mineral formulations may act through multiple pathways involving inflammation and immune regulation.
Objective To explore the immunomodulatory potential of herbo-mineral formulations in autoimmune disorders, with Amavatari Rasa as a representative example.
Materials And Methods Relevant Ayurvedic classical references and published scientific literature were reviewed using electronic databases and scholarly sources. Literature concerning herbo-mineral formulations, immunomodulation and autoimmune disorders was identified and critically reviewed. Evidence related to Amavatari Rasa in rheumatoid arthritis was specifically examined, including experimental findings on inflammatory pathways and disease-related outcomes. The available evidence was conceptually correlated with Ayurvedic principles of Amavata, Vyadhikshamatva and Rasayana.
Observation And Results The reviewed evidence indicates that Amavatari Rasa, an Ayurvedic herbo-mineral formulation, demonstrates anti-inflammatory and anti-arthritic activity in experimental models of rheumatoid arthritis. Reported findings include reduction of arthritis severity, inflammatory changes and pain-related outcomes, with modulation of IL-6, IL-1beta, TNF-a and NF-kB signalling. These findings suggest that the formulation may influence immune-mediated inflammatory processes rather than acting only through symptomatic relief. The observations support further exploration of herbo-mineral formulations as potential immunomodulatory approaches in autoimmune disorders.
Conclusion Herbo-mineral formulations represent a promising area for understanding Ayurvedic approaches to immune modulation. Evidence from Amavatari Rasa suggests potential relevance in rheumatoid arthritis through modulation of inflammatory and immune-associated pathways. However, immunomodulatory activity should not be equated with established clinical efficacy, and further well- designed studies are required to clarify mechanisms, safety and therapeutic applicability.
Keywords Herbo-mineral formulation; Immunomodulation; Autoimmune disorders; Rheumatoid arthritis; Amavata; Amavatari Rasa; Vyadhikshamatva; Ayurveda

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0519
Reg. Category : P.G and Ph.D Scholar
Author : Dr. VIBHA V SHETTY (0519)
Institution : Muniyal institute of Ayurveda Medical science Manipal

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Makaradhwaja as a Potential Immunomodulator in Autoimmune Diseases: A Review of Classical and Contemporary Evidence

Abstract :
Makaradhwaja as a Potential Immunomodulator in Autoimmune Diseases: A Review of Classical and Contemporary Evidence Puneet hunashyal, PG Scholar, Dept of Rasa Shastra evam bhaishajya Kalpana, GAMC Bengaluru Guided by Dr Seema M B, Professor, Dept of Rasa Shastra evam Bhaishajya Kalpana, GAMC Bengaluru.
Background: Autoimmune diseases arise from impaired self-tolerance and dysregulated innate and adaptive immune responses, leading to persistent inflammation

and tissue damage. Although conventional immunosuppressive agents are effective, their long-term use may be associated with adverse effects. Makaradhwaja, a classical Kupipakwa Rasayana containing processed Swarna, Parada and Gandhaka, has traditionally been described for Rasayana, Balya and restorative actions and has demonstrated immunomodulatory and anti-inflammatory potential in experimental and clinical investigations.
Objectives: To evaluate the available classical, experimental and clinical evidence regarding the immunomodulatory potential of Makaradhwaja and to explore its possible therapeutic relevance in autoimmune diseases.
Methods: A narrative review was conducted using classical Ayurvedic literature and published experimental, analytical, toxicological and clinical studies on Makaradhwaja. Evidence on immunomodulation, inflammation, oxidative stress, autoimmune manifestations, and safety was critically assessed.
Results: Available evidence indicates that Makaradhwaja possesses immunomodulatory, anti-inflammatory, antioxidant and restorative properties. Experimental literature suggests modulation of immune responses and inflammatory processes, providing a potential basis for its role in disorders involving immune dysregulation. Clinical evidence in rheumatoid arthritis and other inflammatory conditions provides preliminary support for therapeutic applicability. Toxicological studies have reported a favourable safety profile within investigated experimental dose ranges; however, the presence of mercury necessitates appropriate pharmaceutical processing and quality control.
Conclusion: Makaradhwaja demonstrates promising immunomodulatory potential and may represent a valuable candidate for further investigation in autoimmune diseases. However, direct mechanistic and clinical evidence remains insufficient to establish its efficacy. Rigorous studies evaluating cytokine profiles, T-cell regulation, oxidative stress markers and clinical outcomes are warranted.
Keywords: Makaradhwaja; immunomodulation; autoimmune diseases; Rasayana; inflammation;

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0561
Reg. Category : P.G and Ph.D Scholar
Author : Dr. PUNEET HUNASHYAL (0561)
Institution : Government Ayurveda Medical College Bangalore

Zinc through the Lens of Rasashastra: A Critical Review of Herbo-Mineral Immunomodulators with Special Reference to Yashada Bhasma

Abstract :
Objectives To critically review the immunomodulatory potential of Yashada bhasma (incinerated zinc) in the management of autoimmune disorders, through contemporary immunological evidence on zinc's role in immune regulation.
Materials and Methods Classical Rasashastra texts and peer-reviewed literature from PubMed and indexed Ayurveda journals were reviewed. Properties and clinical utility of Yashada were analysed as the Ayurvedic framework, while experimental and clinical trial data on Yashada bhasma and zinc were compiled for correlation.
Results Classically, Yashada is described as Balya (strength promoter), Kapha-Pittahara (reducing Kapha and Pitta), and Rasaka, the ore of Yashada, is considered as Parama hita for Visha (best suited for poisoning). Studies have shown that experimentally, Yashada bhasma significantly enhanced neutrophil phagocytosis, and its addition to polyherbal formulations synergistically boosted radical scavenging and endogenous antioxidant enzyme activity. Modern evidence corroborates this: zinc suppresses Th17-mediated autoimmunity by attenuating STAT3 activation and regulates NLRP3 inflammasome, with antioxidant-mediated suppression demonstrated in related metabolic-inflammatory models. Meta-analyses confirm significantly lower serum/plasma zinc across autoimmune conditions like multiple sclerosis, alopecia areata, vitiligo, psoriasis, and atopic dermatitis, with population-genetic data across 21 autoimmune diseases reinforcing this association. Rasayana dravyas (rejuvenative drugs) correspondingly show recognized immunomodulatory and antioxidant actions relevant to autoimmune and degenerative pathology.
Conclusion Zinc demonstrates measurable immunomodulatory and antioxidant action, and Yashada bhasma holds promise as an immunomodulatory agent in autoimmune diseases, warranting further clinical validation.
Key words Zinc, immunomodulation, autoimmunity, antioxidant, Yashada

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0574
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. SANATH KUMAR S (0574)
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Institution : SDM College of Ayurveda and Hospital Hassan

Exploring Herbo-Mineral Nanoparticles as Immunomodulators in Autoimmune Disorders

Abstract :

Background & Objectives: Autoimmune disorders arise from dysregulated immune tolerance and sustained inflammatory activity. In Ayurveda, rasausadhis are known to act with greater potency at markedly lower doses than purely herbal formulations, an attribute increasingly linked to their inherent nanoparticulate nature. Gold and silver, used classically as Swarna and Rajata Bhasma, possess inherent inert, biocompatible, and immune- modulating properties. This work aims to explore known correlations between rasausadhi- based immunomodulation and chronic inflammatory/autoimmune pathology, and propose their convergence with green-synthesized metallic nanoparticles.

Materials & Methods: A conceptual synthesis was undertaken comparing Rasasastra principles of rasausadhi potency and nanoparticulate character with published pharmacological findings on bhasma-mediated cytokine modulation and macrophage activity, alongside literature on the inert, biocompatible, and immunomodulatory properties of gold and silver nanoparticles, to identify points of mechanistic convergence.

Observations/Results: Published studies report Rajata Bhasma's inherent antimicrobial, antioxidant, and immunomodulatory activity, and Swarna Bhasma's immunomodulatory effect through macrophage activation, with nanoparticle forms of Swarna Bhasma showing enhanced anti-inflammatory and immunomodulatory outcomes in preclinical models. Independently, gold and silver nanoparticles are recognized for their inert, biocompatible, and immune-modulating character, supporting non-toxic therapeutic use. This convergence suggests that a non-toxic metallic (gold/silver) nanocore, encapsulated with disease-relevant phytochemicals identified through classical rasausadhi principles, could serve as a refined, dual-acting immunomodulatory agent - combining rasausadhi's traditional potency with the precision and reproducibility of green nanotechnology.

Conclusion: A rasausadhi-informed green-nanoparticle framework offers a scientifically groundable immunomodulatory strategy for autoimmune disorders, integrating Ayurvedic principles with modern nanotechnology.

Presentation Type : Oral Paper

Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders

Registration No. : 0576

Reg. Category : Faculties, Researchers & Practitioners

Author : Dr. SHREEPRADHA SUBRAHMANYA SHASTRI (0576)

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Institution : Nanocare

"A CONCEPTUAL REVIEW OF SIMHANADA GUGGULU AS AN IMMUNOMODULATOR IN AUTOIMMUNE JOINT DISORDERS W.S.R TO RHEUMATOID ARTHRITIS."

Abstract :

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1 Postgraduate Scholar, 2 Professor & Head (HOD), 3 Associate Professor Department of Rasashastra and Bhaishajya Kalpana, KVG Ayurveda Medical College and Hospital, Sullia, Dakshina Kannada, Karnataka, India.

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Background: Autoimmune joint disorders, primarily Rheumatoid Arthritis (RA) a long-term autoimmune disease that results in chronic systemic inflammation and deformity of the joints. It is characterized by autoantibody production, and progressive articular destruction. In Ayurveda it is correlated with Amavata. It occurs due to derangement of Agni resulting in production of Ama which circulates in the body and gets located in the Sandhis (joints) causing pain, stiffness and swelling over the joints. Simhanada Guggulu, a herbo mineral, Ayurvedic formulation, mentioned in Bhaishajya Ratnavalli in Amavata Adhikara, is traditionally used to alleviate pain, enhance joint mobility and significantly improve quality of life of patients with inflammatory musculoskeletal conditions.

Objective: To review the potential of Simhanada Guggulu as immunomodulator, showing anti-inflammatory effects, and as disease-modifying formulation in autoimmune joint diseases.

Materials & Methods: The classical references of the formulation were reviewed, as well as the available contemporary literature. The herbo-mineral composition, Ayurvedic pharmacological properties and its biological actions were analyzed to establish a conceptual relation between Simhanada Guggulu and its immunomodulatory actions.

Observation & Results:Simhanada Guggulu contains Thripaha (Haritaki, Vibhitaki, Amalaki), Shuddha Gandhaka, Guggulu, Eranda thaila. The reviewed literature attributes anti -inflammatory effects, which

indicates immunomodulatory activity of the formulation and its constituents. It is evident in alleviating joint swelling, morning stiffness, and pain.
Conclusion:Simhanada Guggulu exhibits potential as an immunomodulator and disease-modifying formulation, offering a safe therapeutic option for managing autoimmune joint ailments.
Keywords: Amavata, Simhanada guggulu, Immunomodulator

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0581
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DR. SONAL.B.MOORJANI (0581)
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YOGENDRA RASA: HERBO-MINERAL FORMULATION AS IMMUNOMODULATORS IN AUTOIMMUNE DISEASES: A CONCEPTUAL REVIEW OF YOGENDRA RASA

Abstract :
Postgraduate Scholar, Department of Rasashastra and Bhaishajya Kalpana, KVG Ayurveda Medical College and Hospital, Sullia, Dakshina Kannada, Karnataka, India.
2 Professor, Department of Rasashastra and Bhaishajya Kalpana, KVG Ayurveda Medical College and Hospital, Sullia, Dakshina Kannada, Karnataka, India. Corresponding Author: Dr. Harshitha M2 Email: Sruthijithinkc@gmail.com Mobile: 9745653679
Background & Objectives Autoimmune diseases are chronic disorders in which the immune system mistakenly attacks the body's own cells and tissues. Their pathogenesis involves dysregulation of immune responses, resulting in persistent inflammation, tissue damage, and possible recurrence of the disease. Ayurveda emphasizes restoring balance in the body's functional systems and maintaining immune stability and resistance against disease recurrence. These approaches in Ayurveda is related to the concept of Ojas and vyadhikshamatwa. YogendraRasa, a classical herbo mineral formulation described in Bhaishajyaratnavali Vatavyadhi chikitsa, recognized for its jeevana, rasayana, vatanasaka, brimhana, ojovardhaka, attributes. The present review aims to explore the potential immunomodulatory role and therapeutic relevance of Yogendra Rasa in autoimmune disorders.
Materials & Methods Classical references of the formulation was reviewed along with the available contemporary literature and the reported clinical case evidence.
Observations and Results Yogendra Rasa contains Rasasindura, Suvarna Bhasma, Kanta Lauha Bhasma, Abhraka Bhasma, Mukta Bhasma, and Vanga Bhasma, with Kumari Swarasa used as the Bhavana Dravya. A review of the available literature suggests that the ingredients of Yogendra Rasa possess immunomodulatory properties. These attributes indicate its potential role in the management of immune-mediated and autoimmune disorders.
Conclusion: Yogendra Rasa exhibits potential as an immune modulator and disease-modifying formulation offering a safe therapeutic option for managing autoimmune diseases.
Keywords: Yogendra Rasa, Rasayana, Immunomodulator.

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0582
Reg. Category : P.G and Ph.D Scholar
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IMMUNOMODULATORY POTENTIAL OF APOORVA MALINI VASANTHA RASA AS ADJUNCTIVE THERAPY IN TYPE 1 DIABETES MELLITUS: A CASE REPORT

Abstract :
Background & Objectives: Type 1 Diabetes Mellitus (Juvenile Diabetes) is a chronic autoimmune disorder characterized by pancreatic beta-cell destruction and lifelong insulin dependence. Persistent hyperglycaemia may result in weight loss, fatigue, recurrent infections, impaired growth, and reduced quality of life. In Ayurveda, T1DM may be conceptually correlated with Sahaja Prameha, wherein Beejabhaga Avayava Dushti and Kha Vaigunya represent inherent susceptibility, while Agantuka Bhava may contribute to disease expression by triggering beta-cell autoimmunity. This case evaluates the potential adjunctive role of Apoorva Vasantha Malini Rasa in the integrative management of Juvenile Diabetes.
Materials & Methods: A 13-year-old boy, diagnosed with T1DM since 3 years and maintained on insulin therapy, presented with persistent hyperglycaemia, polyuria, polydipsia, restlessness, progressive weight loss, and recurrent infections. An integrative protocol comprising Deepana-Pachana, Sadhyo Virechana, Apoorva Vasantha Malini Rasa, and Mehabhaya Kashayam, along with individualized dietary and lifestyle modifications, was administered as an adjunct to insulin therapy.
Observations & Results: The patient demonstrated improved glycaemic stability, marked reduction in cardinal symptoms, gradual weight gain, decreased recurrent infections, and improved quality of life. Insulin requirement was reduced while satisfactory glycaemic control was maintained.
Conclusion: Though Sahaja prameha is a Asadhya vyadhi, The integrative protocol was associated with symptomatic improvement,

improved metabolic stability, weight gain, and reduced insulin requirement. Deepana-Pachana supported Agni and metabolic balance, Virechana addresses metabolic dysfunction by eliminating the morbid dosha's; while Apoorva Vasantha Malini Rasa and Mehabhaya Kashayam offered proposed Rasayana, Ojovardhaka, Dhatu Poshana & Immunomodulatory benefits. These preliminary observations suggest potential adjunctive value alongside insulin therapy and needs larger controlled clinical studies to validate the findings.

Keywords: Adjunctive therapy, Apoorva Malini Vasantha Rasa, Auto immune disorder, Case report, Type 1 Diabetes Mellitus.

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0588
Reg. Category : P.G and Ph.D Scholar
Author : Dr. KARTIK HONNALLI (0588)
Co- Author/s : Dr Girish Kumar S V
Institution : SDM Institute of Ayurveda and Hospital Bengaluru

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HERBOMINERAL FORMULATIONS AS IMMUNOMODULATORS IN AUTOIMMUNE DISEASES: A CONCEPTUAL REVIEW OF AROGYAVARDHINI VATI

Abstract :

"HERBOMINERAL FORMULATIONS AS IMMUNOMODULATORS IN AUTOIMMUNE DISEASES: A CONCEPTUAL REVIEW OF AROGYAVARDHINI VATI" Dr. Anjana Raghunath1, Dr Pavana K B2

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Background & Objectives Autoimmune disorders occur when our immune system turns against our own tissues, triggering chronic inflammation and progressive damage. Ayurveda takes a different approach in autoimmune disorders. Ayurvedic medicine aims to re-educate the immune system through immunomodulation, detoxification, herbal formulations, dietary changes and life style restructuring. Arogyavardhini Vati, a classical Herbo-mineral formulation described in Rasaratna samuchayam, is recognized for its Rasayana, Raktashodhaka and Deepana pachana attributes. The present review aims to explore its potential immunomodulatory relevance in autoimmune disorders.

Materials & Methods Relevant classical Ayurvedic texts, peer reviewed research articles, pharmacological studies and published literature on Herbo-mineral formulation and their immunomodulatory effects were used as the primary sources. Information regarding commonly used herbal drugs, purified or mineral components, pharmaceutical processing methods and their reported immunological activities was collected.

Observations/Results The available literature indicates that herbo-mineral formulations may exert immunomodulatory effects through multiple mechanisms, including regulation of pro-and anti-inflammatory cytokines, modulation of immune cell activity and reduction of oxidative stress. Herbo-mineral formulations have potential as complementary immunomodulary agents in autoimmune disorders, but standardised preparation, toxicity evaluation and pharmacological validation are required to establish their efficacy and safety.

Conclusion Arogyavardhini Vati possesses potential immunomodulatory, anti-inflammatory, anti oxidant actions that helps in holistic management of autoimmune disorders. Its traditional therapeutic actions particularly on metabolism and detoxification contribute to maintaining immune homeostasis.p

Keywords: Arogyavardhini Vati ; Immunomodulation; Autoimmune Diseases; Rasayana; herbo-mineral formulations

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0594
Reg. Category : P.G and Ph.D Scholar
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Anilari Rasa In Amavata: Exploring A Herbo-Mineral Approach To Autoimmune Arthritis

Abstract :

Background: Rheumatoid Arthritis is a chronic systemic autoimmune inflammatory disorder characterised by persistent, symmetrical polyarthritis and progressive functional impairment. In Ayurveda, Amavata shares a striking clinical resemblance with RA and is understood through the interplay of Ama, impaired Agni, and aggravated Vata. This conceptual convergence provides an opportunity to explore classical Ayurvedic formulations through contemporary scientific perspectives. Anilari Rasa, a classical herbo-mineral formulation comprising Gandhaka, Trikatu, Guggulu and Eranda Taila, is traditionally indicated for restoring Agni, facilitating Vatanulomana, and addressing the pathological processes underlying Amavata.

Objective: To explore the therapeutic relevance of Anilari Rasa in Amavata with respect to Rheumatoid Arthritis

through available classical, experimental, analytical, toxicological and clinical evidence.
Methods: A narrative review was undertaken by integrating classical Ayurvedic literature with published experimental, analytical, toxicological and clinical evidence. Findings relevant to arthritic manifestations, inflammatory markers, biochemical parameters, haematological safety and tissue-level changes were critically evaluated.
Results: Available evidence demonstrates a significant improvement in arthritic scores following Anilari Rasa administration, accompanied by reductions in SGOT, ALP, etc. Haematological parameters, including RBC, WBC, Hb% and ESR, remained within normal physiological limits. Histopathological observations demonstrated active connective-tissue vascularisation with chondrocyte and bone-marrow proliferation, suggesting potential tissue-reparative effects in addition to anti-inflammatory activity.
Conclusion: The available evidence positions Anilari Rasa as a promising Ayurvedic herbo-mineral therapeutic candidate for Amavata, potentially acting through the integrated principles of Deepana, Pachana and Vatanulomana. Its observed anti-inflammatory and tissue-regenerative effects warrant further systematic investigation to establish its therapeutic role in RA and strengthen the interface between Ayurvedic pharmacology and contemporary immuno-inflammatory research.
Keywords: Amavata; Rheumatoid Arthritis; Anilari Rasa; Herbo-mineral formulation; Anti-inflammatory activity; Ayurvedic pharmacology

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0606
Reg. Category : P.G and Ph.D Scholar
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Suvarna Bhasma and Immune Homeostasis: Bridging Rasayana, Vyadhiksamatva and Modern Immunomodulation in Autoimmune Disorders :- Conceptual review

Abstract :
Background & Objectives:- Autoimmune disorders are characterized by dysregulated immune responses, impaired self-tolerance and chronic inflammation. Ayurveda explains resistance to disease through concepts such as Vyadhiksamatva, Bala and Ojas, while Rasayana therapy is described for maintaining physiological equilibrium and enhancing resistance against disease. Suvarna Bhasma, a classical herbo-mineral preparation of processed gold, is traditionally attributed Rasayana and Balya properties. The present review aims to explore the immunomodulatory potential of Suvarna Bhasma and establish a conceptual correlation between its classical Rasashastra attributes and contemporary mechanisms of immune homeostasis relevant to autoimmune disorders.
Materials & Methods :- A conceptual literature review was conducted using classical Ayurvedic and Rasashastra texts and published scientific literature on Suvarna Bhasma, Bhasma characterization, gold-based nanomedicine, immunomodulation and autoimmune inflammation. Studies evaluating pharmaceutical processing, physicochemical characteristics, cellular uptake, safety and effects on innate and adaptive immune responses were critically reviewed.
Observations and Results :- Available evidence demonstrates that appropriately processed Suvarna Bhasma possesses distinctive physicochemical and nano structural characteristics. However, variations among preparations highlight the importance of pharmaceutical standardization. Experimental studies have demonstrated biological interaction of Suvarna Bhasma with human cells and modulation of immune responses involving macrophages and CD4+ T cells. Gold-based nanomaterials have additionally demonstrated effects on inflammatory pathways and mediators associated with autoimmune inflammation. These findings provide a possible scientific interface between the Ayurvedic concepts of Rasayana, Ojas and Vyadhikshamatva and the modern concept of immune homeostasis.
Conclusion :- Suvarna Bhasma represents a promising Rasashastra-based candidate for investigating immunomodulation through an Ayurvedic-nanomedicine framework. Nevertheless, direct evidence regarding its role in autoimmune disorders remains limited. Standardized pharmaceutical preparation, detailed physicochemical characterization, mechanistic studies and well-designed clinical investigations are required to establish its safety, efficacy and therapeutic relevance.
Keywords :- Suvarna Bhasma, Rasashastra, Rasayana, Vyadhiksamatva, Immunomodulation, Autoimmune Disorders.

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0622
Reg. Category : P.G and Ph.D Scholar
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From Autoimmunity to Hair Regrowth: Exploring the Role of Ayurveda in Alopecia Areata - A Case Report

Abstract :

Introduction : Alopecia areata is a chronic, immune-mediated disorder characterized by nonscarring hair loss, commonly presenting as well-defined patches of hair loss on the scalp. Although spontaneous remission may occur, recurrent disease and variable therapeutic responses remain clinical challenges. Ayurveda approaches such presentations through the assessment of dosha -dhatu vitiation and local scalp pathology, with emphasis on restoring tissue integrity and regulating the underlying pathological processes.

Methodology : A 32-year-old female presented acute hair loss with localized, well-defined patches of nonscarring hair loss over the scalp, clinically suggestive of alopecia areata. The patient had no significant systemic complaints. Ayurvedic assessment was carried out considering the clinical presentation. A multimodal Ayurvedic intervention comprising Prachchanna Karma, Nasya and selected internal Ayurvedic medication was administered under clinical supervision. Treatment was individualized according to the patient's presentation and followed by periodic clinical assessment.

Results : Progressive regrowth of hair was observed during follow-up, with visible improvement in the affected patches within approximately two months of treatment. The response was documented clinically through serial assessment of the affected scalp areas. No significant adverse events were observed during the treatment period.

Discussion: The observed clinical improvement suggests a possible role for an integrative Ayurvedic therapeutic approach in the management of alopecia areata. The proposed rationale includes local stimulation through Prachchanna Karma, systemic effects of Nasya and individualized internal medication, potentially influencing local tissue nourishment and immune-inflammatory pathways.

Conclusion: This case highlights the potential of a multimodal Ayurvedic approach in the clinical management of alopecia areata and provides a basis for systematic investigation through larger prospective studies using standardized clinical and objective hair-growth outcomes.

Keywords: Alopecia areata, Ayurveda, Prachchanna Karma, Nasya, Romakupa, autoimmune alopecia, case report.

Presentation Type : Oral Paper

Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders

Registration No. : 0638

Reg. Category : Faculties, Researchers & Practitioners

Author : Dr. SUSHMA SHENOY U (0638)

Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

Theme: Rajata Bhasma: A Potential Immunomodulatory Agent in Autoimmune and Inflammatory Disorders

Abstract :

Introduction Autoimmune and inflammatory disorders are associated with dysregulated immune responses and persistent inflammation, creating a need for safe and effective therapeutic approaches. Ayurveda describes Rajata Bhasma as a processed metallic preparation with Rasayana, Balya, and Medhya properties. The present review aimed to explore the classical pharmaceutical processing, physicochemical characteristics, safety profile, and potential immunomodulatory and anti-inflammatory activities of Rajata Bhasma, with special emphasis on its relevance in immune-mediated disorders.

Materials & Methods Classical Ayurvedic literature and available experimental studies related to Rajata Bhasma were reviewed. Information regarding Shodhana and Marana, physicochemical and analytical characterization, toxicity evaluation, and pharmacological activities was compiled. Experimental evidence from inflammatory and immunosuppression models, including adjuvant-induced arthritis and cyclophosphamide-induced immunosuppression, was critically assessed.

Results The reviewed evidence indicates that properly processed Rajata Bhasma possesses promising immunomodulatory and anti-inflammatory potential. Experimental studies demonstrated beneficial effects in inflammatory conditions, including adjuvant-induced arthritis. Studies involving cyclophosphamide-induced immunosuppression suggested modulation of immune responses, including changes associated with interleukin-2. These findings support the traditional attributes of Rajata Bhasma and indicate its potential role in maintaining immune homeostasis.

Conclusion Rajata Bhasma demonstrates promising preclinical immunomodulatory and anti-inflammatory activity. However, standardized pharmaceutical processing, comprehensive safety evaluation, dose optimization, validated immunological biomarkers, and well-designed clinical studies are required to establish its therapeutic potential and clinical applicability.

Keywords: Rajata Bhasma, Immunomodulation, Inflammation, Rasashastra, Autoimmune Disorders

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0642
Reg. Category : P.G and Ph.D Scholar
Author : Dr. NISHA MAHESHWARI (0642)
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"Exploring the Rasayana and Yogavahi Potential of Swarna Makshika Bhasma"

Abstract :
Swarna Makshika Bhasma, an extensively used mineral preparation of Rasashastra, is traditionally recognized for its Rasayana properties and broad therapeutic utility. Its classical processing through Shodhana and Marana transforms raw Swarna Makshika, principally composed of copper and iron sulphides, into a finely divided, chemically transformed preparation. Contemporary physicochemical investigations demonstrate marked reduction in particle size and formation of iron- and copper-containing phases, providing a scientific basis for exploring its altered physicochemical and biological behaviour after processing. The Rasayana concept encompasses maintenance of physiological homeostasis, enhancement of resistance and promotion of tissue strength, while the Yogavahi attribute denotes the potential of a substance to facilitate, potentiate or appropriately direct the action of co-administered therapeutic agents. In this context, Swarna Makshika Bhasma warrants exploration as a pharmacologically active mineral preparation rather than merely an elemental source. From an immunological perspective, its potential may be understood through modulation of immune-cell activity, inflammatory mediators and oxidative balance. Copper and iron are essential trace elements involved in enzymatic reactions, cellular metabolism and antioxidant defence; however, their biological effects are highly dependent on chemical form, dose and bioavailability. Experimental observations with processed Swarna Makshika preparations support biological activity without significant adverse alteration of several biochemical parameters at traditionally employed doses, while reported immunomodulatory perspectives suggest possible influence on cellular and humoral immune responses. These observations provide a rationale for investigating whether the Rasayana concept of Swarna Makshika Bhasma corresponds with measurable immunomodulatory effects. The present theme therefore proposes an integrative exploration of the Rasayana and Yogavahi potential of Swarna Makshika Bhasma by correlating classical Ayurvedic attributes with physicochemical characteristics and contemporary biological endpoints. Such an approach may help elucidate its possible role in immune homeostasis, therapeutic potentiation and multidimensional pharmacological activity, while emphasizing the importance of standardized pharmaceutical processing, characterization, dose-dependent evaluation and safety assessment systematically.

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0654
Reg. Category : P.G and Ph.D Scholar
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Critical appraisal on the effect of swarna bhasma on autoimmune diseases

Abstract :
Critical appraisal on the effect of Swarna Bhasma on Autoimmune Diseases.
Background and Objectives: Autoimmune diseases occur when the immune system attacks the body's own tissues, causing chronic inflammation and tissue damage. Immunomodulation aims to restore immune balance. Ayurveda approaches this through Vyadhikshamatva, Ojas, and Rasayana, which emphasize natural resistance and strength. Swarna Bhasma, is described for its Rasayana and Balya properties. This review explores its potential immunomodulatory role in autoimmune diseases, particularly Rheumatoid Arthritis (RA).
Materials and Methods: A conceptual review was carried out using classical Rasashastra texts, including Rasa Ratna Samucchaya, Rasaprakasha Sudhakara, Rasendra Chudamani and Rasatarangini etc. Contemporary biomedical researches on Swarna Bhasma were also explored for evidences related to immune cells, inflammatory mediators, oxidative stress, and molecular pathways.
Observations and Results: Classical texts describe Swarna Bhasma as a Rasayana and Balya drug associated with Ojas and disease resistance. Experimental studies suggest that it may influence macrophages and T cells and exhibit antioxidant activity. In RA, these cells contribute to inflammatory mediators such as TNF-a, IL-1beta, IL-6, IL-17, IFN-gamma, and RANKL, involving NF-kB, MAPK, and JAK/STAT pathways. Swarna Bhasma may influence COX-2/PGE2 and iNOS/NO pathways, while antioxidant enzymes such as superoxide dismutase and catalase may help counter oxidative stress.
Conclusion: Swarna Bhasma provides a potential link between Ayurvedic Rasayana and modern immunomodulation. Numerous studies highlight the immunomodulatory, antioxidant and free radical scavenging potential of Swarna bhasma supporting its

possible role in autoimmune diseases and warranting further clinical research.

Keywords: Swarna Bhasma; Immunomodulation; Autoimmune disease; Rheumatoid arthritis; Rasayana.

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0684
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DR ASHA K (0684)
Co- Author/s : Dr Govinda Sharma K
Institution : Sdm college hassan

Immunomodulatory action of Yashada Bhasma in autoimmune disorders: A review

Abstract :

Background: Autoimmune disorders occur when the immune system loses its ability to distinguish between the body's own cells and foreign substances, leading to an inappropriate immune response and persistent inflammation. Zinc is an important micronutrient for maintaining a healthy immune system and is involved in various cellular processes, including cell communication, proliferation, differentiation, and survival. In Ayurveda Yashada Bhasma is zinc based metallic preparation promotes Bala & Virya (Strength and vitality) suggesting a potential Rasayan properties and has demonstrated pharmacological activities including antioxidant and anti-inflammatory effect. However, despite the established role of zinc in immune regulation, evidence specifically evaluating the immunomodulatory effect of Yashada Bhasma in autoimmune disorders remains limited.

Methods & Materials: A literature search was conducted using PubMed, Scopus, Web of science and Embase. Relevant studies were identified using keywords related to Yashada Bhasma, Zinc, Autoimmune disorders, Autoimmunity, immunomodulatory and Inflammation.

Results: The available evidence suggests that zinc plays an important role in both innate and adaptive immunity, influencing the function of T cells and B cells, as well as cytokine signaling and inflammatory pathways. Studies on Yashada Bhasma have reported antioxidant, anti-inflammatory, and other pharmacological activities, indicating its potential biological effects. However, direct experimental evidence investigating the immunomodulatory effects of Yashada Bhasma specifically in autoimmune disorders is still limited.

Conclusion: Yashada Bhasma may possess immunomodulatory effect supported by role of zinc in immune regulation and pharmacological evidence including antioxidant and anti-inflammatory activities for Yashada Bhasma. However direct evidence in autoimmune disorders is limited. Further preclinical studies need to establish its mechanism, therapeutic efficacy and safety in autoimmune disorders.

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0686
Reg. Category : P.G and Ph.D Scholar
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Institution : ALL INDIA INSTITUTE OF AYURVEDA GOA

Vasanta Malati Rasa as an Immunomodulator in Autoimmune Disorders: A Review

Abstract :

Background & Objectives: Autoimmune disorders arise from dysregulated immune responses leading to tissue damage. In Ayurveda, impaired vyadhi-kshamatva (immunity) and ojas depletion underlie such conditions. Vasanta Malati Rasa, a classical kharaliya rasayana, is traditionally employed in chronic febrile and respiratory illnesses with reported immunomodulatory properties. This review evaluates Vasanta Malati Rasa's potential as an immunomodulator in autoimmune disorders through classical and contemporary evidence.

Materials & Methods: A structured literature search was conducted across classical Ayurvedic texts, peer-reviewed journals, and pharmacopeial databases. Data on formulation composition, rasashastra processing, pharmacological actions, and immunomodulatory mechanisms were synthesized.

Observations/Results: Vasanta Malati Rasa comprises Swarna Bhasma, Mukta Bhasma, Shuddha Hingula, Maricha and Shuddha Kharpara, processed via bhavana with Nimbuka svarasa. Its Katu-tikta rasa, Ushna veerya, Rasayana Prabhava support Agni enhancement, ama clearance and ojas restoration. Experimental studies have shown Vasanta Malati Rasa and its ingredients modulate macrophage activation, cytokine balance and cellular immunity suggesting relevance in autoimmune pathophysiology.

Conclusion: Vasanta Malati Rasa demonstrates multi-target immunomodulatory potential aligned with Ayurvedic principles of vyadhi-kshamatva and ojas reinforcement. While preclinical evidence supports its use, rigorous clinical trials are warranted to establish efficacy and safety in autoimmune disorders.

Keywords: Vasanta Malati Rasa; Immunomodulator; Autoimmune disorders; Rasayana; Vyadhi-kshamatva

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0695
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHAKSHI B SHETTY (0695)
Co- Author/s : Dr. Purushotham K G
Institution : KVG Ayurveda Medical College

The unseen axis of kusta : exploring ayurveda through IL-23/TH17 biology

Abstract :
Background: Psoriasis is a chronic immune-mediated dermatosis in which the IL-23/Th17 axis orchestrates persistent inflammation, keratinocyte hyperproliferation and disease progression. While targeted biologics provide effective cytokine blockade, their cost, accessibility and long-term use highlight the need to explore multi-target immunomodulatory strategies. Ayurveda approaches Kushta through an integrated understanding of Dosha-Dushya, Agni, Ama and Rakta Dushti, suggesting a broader systems-level perspective of inflammatory disease.
Objective: To explore the potential of selected Ayurvedic formulations as multi-target immunomodulators in psoriasis and propose their relevance to the contemporary IL-23/Th17 inflammatory network.
Methods: Classical Ayurvedic literature and available clinical and experimental evidence were narratively synthesised for Gandhaka Rasayana, Rasa manikya ras, Kaishora Guggulu, Manjisthadi Kwatha, Guduchyadi Kwatha, Laghu Manjisthadi Ghana and Guduchi-based preparations. Their reported Kushtaghna, Rasayana, anti-inflammatory, antioxidant and immunomodulatory properties were conceptually mapped against psoriasis pathogenesis.
Results: The reviewed formulations demonstrate potential for modulating interconnected inflammatory and oxidative pathways rather than acting as single cytokine inhibitors. Gandhaka Rasayana introduces a distinctive Rasayana-Kushtaghna dimension, while Kaishora Guggulu, Manjisthadi and Guduchi-based interventions provide broader polyherbal immunomodulatory perspectives. However, direct evidence linking these formulations specifically to IL-23/Th17 modulation remains limited.
Conclusion: A "Kushta-to-cytokine" translational framework may provide a novel bridge between Ayurvedic therapeutics and contemporary immunology. Integrating Ayurvedic principles with IL-23, IL-17A, IL-22 and TNF-a profiling could transform traditional formulations into testable candidates for precision-oriented psoriasis research.
Keywords: Psoriasis; IL-23/Th17 axis; Ayurvedic immunomodulation; Kushta; Cytokine modulation.

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0711
Reg. Category : P.G and Ph.D Scholar
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Co- Author/s : Dr. Nandyala Sai Nithya Sree1 Dr. Ch. Sri Durga2 1. Post-Graduate Scholar, Department of Rasa Shastra & Bhaishajya Kalpana, Sri Venkateswara Ayurvedic College, Tirupati, India 2. PG Professor & HOD, Department of Rasa Shastra & Bhaishajya Kalpana. Sri Venkateswara Ayurvedic College, TTD, Tirupati, Andhra Pradesh, India *Corresponding Author: Dr. Nandyala Sai Nithya Sree Post-Graduate Scholar, Department of Rasa Shastra & Bhaishajya Kalpana, Sri Venkateswara Ayurvedic College, Tirupati; Email: nandyalasainithyasree@gmail.com , mob- 9866558942
Institution : Sri Venkateswara ayurvedic medical college

Swarna Bhasma as a Targeted Immunomodulator in Autoimmune Disorders.

Abstract :
Background and Objectives: Autoimmune disorders present chronic immune dysregulation, loss of self-tolerance, and inflammatory tissue destruction. Modern immunosuppressive therapies often produce broad immunocompromise and cumulative organ toxicity. Historically documented as a premier Rasayana and Ojavardhaka agent, Swarna Bhasma (calcined gold nanomedicine) presents bi-directional immunomodulatory potential. This paper evaluates its targeted delivery, and therapeutic role in re-establishing immune homeostasis (Dhatusatmya).
Materials and Methods: A systematic translational synthesis was conducted integrating classical Rasashastra texts with contemporary preclinical and clinical peer-reviewed literature. Physicochemical properties (XRD, TEM, SEM) and immunological markers - focusing on transcription cascades, cytokine profiles, and T-cell subsets influenced by therapeutic gold nano-complexes - were comprehensively reviewed.
Observations or Results: Classical processing (Shodhana, Bhavana, Marana) transforms elemental gold into globular, biocompatible nanoparticles (10-50 nm) capped with organic plant ligands. Research reveals that Swarna Bhasma selectively inhibits nuclear translocation of NF-kB and attenuates the MAPK pathway. This downregulates primary pro-inflammatory drivers, significantly lowering TNF-a, IL-1beta, and IL-6 levels. it reduces circulating immune complexes, and curbs synovial angiogenesis and cellular oxidative damage without cytotoxic depletion of normal lymphocytes.
Conclusion: Swarna Bhasma functions as a targeted, nano-bioavailable immunomodulating agent rather than a blanket immunosuppressant. Elucidating its modern

molecular pathways validates ancient Rasayana concepts, establishing standardized Swarna Bhasma as a safe, credible translational candidate for restoring biological equilibrium in autoimmune diseases.

Keywords: Swarna Bhasma, Immunomodulation, Autoimmunity, Amavisha, Nanomedicine, NF-kB Pathway.

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0720
Reg. Category : P.G and Ph.D Scholar
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Institution : Sri Venkateswara ayurvedic medical college

A systematic review of Rajata Bhasma and silver nanoparticles as potential immunomodulators

Abstract :
The current world scenario indicates a concerning lack of immunity and a sharp rise in auto-immune disorders. With the view of modern pharmaceutical exploration of immunomodulators in the form of silver nanoparticles, this systematic review explores the potential immunomodulatory action of the traditional Rajata bhasma to highlight the increased scope of study of traditional formulations to address rising health concerns. This study has been conducted by referencing classical literature and documenting the currently available research for Rajata Bhasma and the corresponding research on the immunomodulatory action of silver nanoparticles. This has further been linked and correlated to create a depth of understanding of these formulations and to create a bridge to further research in this field. KEY WORDS: Immunomodulatory, Rajata bhasma, silver nanoparticles.

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0750
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. TANVI DAYANAND (0750)
Institution : All India Institute of Ayurveda Goa

Role of Rasaushadhi in Immune Modulation in Recurrent Pregnancy Loss: A Focus on Brihat Vata Chintamani Rasa - Case series

Abstract :
Keywords: Rasaushadhi, Pregnancy, Autoimmune disorders, Immune modulation, Ayurveda, Vyadhikshamatva

Background & Objectives: Recurrent pregnancy loss is a multifactorial reproductive disorder in which immune-mediated mechanisms may contribute to impaired implantation and pregnancy maintenance. Management during pregnancy presents therapeutic challenges due to the need to control maternal disease while ensuring fetal safety. Ayurveda approaches reproductive health through individualized assessment of Agni, Dosha, Dhatu, Ojas and Vyadhikshamatva. Rasaushadhi has traditionally been employed for potent and systemic therapeutic actions. Among these, Brihat Vata Chintamani Rasa is traditionally described in conditions involving Vata and associated vyadhi. This case series aims to describe the clinical experience and outcomes of pregnant women with recurrent pregnancy loss due to immune-mediated disorders managed through an individualized Ayurvedic approach incorporating Brihat Vata Chintamani Rasa. Along with Garbhini Masanumasika paricharya.
Materials & Methods: A case series of three pregnant women with a history of recurrent pregnancy loss and autoimmune disorders was evaluated. Patients underwent individualized assessment based on clinical presentation and Ayurvedic parameters. Brihat Vata Chintamani Rasa was administered under appropriate clinical supervision as part of the individualized therapeutic approach. Patients were monitored throughout pregnancy for disease-related parameters, adverse events, and maternal, obstetric and fetal outcomes.
Observations/Results: Individualized management incorporating Brihat Vata Chintamani Rasa was followed by continued antenatal monitoring. Maternal wellbeing, disease-related parameters, pregnancy progression and fetal outcomes were assessed throughout follow-up.
Conclusion: This case series highlights Brihat Vata Chintamani Rasa as a potential area of exploration within an individualized Ayurvedic framework for recurrent pregnancy loss associated with immune-mediated disorders. All the 3 patients had successful pregnancy outcomes.

Presentation Type : Oral Paper
Theme : Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders
Registration No. : 0755
Reg. Category : Faculties, Researchers & Practitioners
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Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders: Bridging Ayurvedic Concepts with Contemporary Evidence

Abstract :
Autoimmune disorders are characterized by a breakdown of self-tolerance, resulting in inappropriate immune

responses against the body's own tissues and persistent inflammation. Conventional management largely focuses on suppressing pathological immune activity; however, long-term immune suppression may be associated with significant limitations. Hence, therapeutic approaches aimed at restoring immune homeostasis and regulating aberrant immune responses have gained increasing attention.

Medicinal plants represent a promising source of bioactive compounds with diverse pharmacological activities, including anti-inflammatory, antioxidant and immunomodulatory effects. Several medicinal plants such as Curcuma longa, Withania somnifera, Tinospora cordifolia, Ocimum sanctum, Azadirachta indica, Boswellia serrata and Glycyrrhiza glabra possess phytoconstituents that may influence immune cells and inflammatory signalling pathways. Their reported effects include modulation of NF-kB, MAPK and JAK/STAT pathways, regulation of cytokines and attenuation of inflammatory mediators.

From an Ayurvedic perspective, concepts such as *Ojas, Bala, Agni, Rasayana and Vyadhi-kshamatva* emphasize preservation of host equilibrium, vitality and resistance to disease. Rasayana approaches may provide a conceptual framework for understanding aspects of immune resilience and restoration of physiological balance. However, direct equivalence between Rasayana and modern immunomodulation should be avoided, and connections between traditional concepts and contemporary biological mechanisms should be established through evidence-based research.

This review highlights the potential role of medicinal plants in regulating immune and inflammatory responses relevant to autoimmune disorders and explores the interface between Ayurvedic principles and modern immunological understanding. The available evidence suggests promising therapeutic potential; nevertheless, standardization, pharmacological and toxicological evaluation, and well-designed clinical studies are essential for translating these findings into safe and evidence-based therapeutic applications.

Keywords: Autoimmune disorders, Immunomodulation, Medicinal plants, Ayurveda, Rasayana, Immune homeostasis, Inflammation

Presentation Type : Oral Paper

Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders

Registration No. : 0023

Reg. Category : P.G and Ph.D Scholar

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Institution : JSS Medical College Mysore

IMMUNOMODULATORY PERSPECTIVE IN ENDOMETRIOSIS- ASSOCIATED INFERTILITY: AN AYURVEDIC CASE REPORT.

Abstract :

Background: Endometriosis is a chronic, estrogen-dependent inflammatory disorder characterized by the presence of endometrial-like tissue outside the uterine cavity and is frequently associated with infertility. Increasing evidence indicates that altered immune surveillance, inflammatory mediators, macrophage activity and impaired clearance of ectopic endometrial tissue contribute to disease persistence and progression. From an Ayurvedic perspective, the clinical manifestations of endometriosis-associated infertility may be understood through the involvement of Dosha, Agni, Ama, Srotas and Artavavaha Srotas, with inflammatory and obstructive components contributing to impaired reproductive function. CasePresentation: The present case report describes a woman with endometriosis-associated infertility and bilateral fimbrial/tubal block, managed through an Ayurvedic therapeutic approach. The patient was evaluated clinically and through relevant investigations, and the treatment protocol included Vamana, Virecana, Basti and Uttarabasti along with appropriate supportive Ayurvedic management. Clinical findings, reproductive parameters and relevant investigations were documented before and after intervention.

Discussion: The therapeutic response may be viewed in the context of possible immunomodulatory and anti-inflammatory mechanisms involved in endometriosis-associated infertility. The Ayurvedic concepts of Dosha involvement and Srotorodha provide a complementary perspective on the inflammatory and obstructive pathology. However, these proposed immunomodulatory mechanisms require further validation through clinical and experimental studies.

Conclusion: This case highlights a possible integrative perspective on endometriosis-associated infertility, linking contemporary concepts of immune dysregulation and chronic inflammation with Ayurvedic principles of Dosha, Srotas and reproductive pathophysiology. Further systematic clinical and experimental studies are wanted to explore the immunomodulatory potential and mechanisms of Ayurvedic interventions in endometriosis-associated infertility.

Keywords: Endometriosis, immune dysregulation, immunomodulation, Uttara Basti,

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0024
Reg. Category : P.G and Ph.D Scholar
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Institution : Shushrutha Ayurvedic Medical college and Hospital Bangalore

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Comparative quantitative phytochemical variation among two sources of Kadamba through GC- MS analysis.

Abstract :

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Abstract: About: The drug Kadamba is a renowned drug with multiple health benefits and is traditionally attributed with good pharmacological properties. Plant characteristics and phytochemical constituents depend on growth pattern, ecology, and the place where it grows. The examination of Bhoomidesa (Geographical) is emphasized in classical literature. The variation in Desa and soil composition influences the flora they support and determines the qualitative and functional properties of medicinal plants. Objectives: Bark samples from two primary sources of Kadmaba -Neolamarckia cadamba (Roxb.) Bosser and Dharakadamba- Adina cordifolia (Roxb.) Hook.f. Ex Brandis were collected from 2 different Desha, Jangala, and Anoopa, and subjected to pharmacognostic evaluation and quantitative (GC-MS) phytochemical analyses. Results: Samples exhibited similar phytochemical constituents and inorganic elements, with noticeable variation in relative concentration, especially in alkaloids, Flavonoids, sterols, and phenols, with distinct GC-MS profiles. Conclusion: The variations observed in the composition of two sources collected from two different Deshas in phytochemical analysis are likely attributable to edaphic factors, land type, as well as ontogenic influences. (Keywords:Kadamba, Dharakadamba, Desha, Phytochemistry, GC-MS)

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0025
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SANDRA PRADEEP (0025)
Institution : SDM COLLEGE OF AYURVEDA UDUPI

ANTIBACTIRIAL, IMMUNOMODULATORY ACTIVITY OF NIMBA PANCHANGA COLLECTED AS PER DRAVYA SANGRAHANA KAALA AN IN VITRO - IN VIVO STUDY."

Abstract :

Ayurveda is a holistic Science mainly emphasis on maintaining the health of a healthy persons and Curing the Diseased one. Now a days due to buzy lifestyle and Improper quality Food and Food products which imbalncing the normal health of the People and leading to various Diseases. Among such Diseases people are more prone to Autoimmune disorders and Microbial diseases which mainly hampers the Immune Mechanism of the body. It is recognized in Ayurveda that the immune system is involved in the etiology and pathophysiologic mechanisms of various inflammatory diseases pertaining to all the systems of the body. For treating such Immune disorders Ayurveda has unique branch called Rasayana along with Yuktivyapashraya Chikista. These Rasayana Drugs Mainly acts as Immunomodulators, Antioxidants and Adaptogenics. There are lot of drugs explained in Samhitas as Rasayana in the Category of classification of Rasayana. The development of immunomodulating agents natural or synthetic is to stimulate the natural defense mechanisms of the body. Such agents may act by increasing the specific immunity like humoral antibody response and cell mediated immune response. There are lot of Rasayana drugs playing there role in different Immunological Conditions according to various Research works. The Nimba (Azadirechta indica Linn.) is one such Common drug which having Rasyana and Krimighna effect on the body. The research study is going on to evaluate "ANTIBACTIRIAL, IMMUNOMODULATORY ACTIVITY OF NIMBA PANCHANGA (Azadiracta indica Linn.) COLLECTED AS PER DRAVYA SANGRAHANA KAALA AN IN VITRO - IN VIVO STUDY." Key Words : Rasayana Dravya, Immunomodulators, Antioxidants etc...

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0026
Reg. Category : P.G and Ph.D Scholar
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Co- Author/s : Dr.Shrikant P Proffessor &HOD dept of Dravyaguna SDM AMCH &Research Centre Udupi & Dr.Amit Biradar Associate professor Dept.of Samhita siddantha AGM ayurvedic medical college Jamakhandi
Institution : BLDEA'S AVS AMV Vijayapur

Shramahara Dashemani in Autoimmune disorders as Anti-fatigue: A Review

Abstract :

Plants are used in medicine since centuries, for diet and therapeutic purpose. Ayurveda classical texts provide a list of plants in the name of Dashemani, Gana, Skandha with their elaborative mode of action. Shramahara Dashemani are ten drugs which are said to be best in 'Shrama' a therapeutic condition, mentioned by Charaka. According to Shabdakalpadruma (lexicon), Shrama can be termed as fatigue, tired, exhaustion, whereas the term Hara means destroying, removing. Thus, Shramahara dravyas are one which relieve from fatigue or exhaustion. These are also correlated as Anti fatigue as per recent literature. Draksha (Vitis vinifera Linn.), Kharjura (Phoenix sylvestris Roxb.), Priyala (Buchanania lanzan Roxb.), Parushaka (Grewia asiatica Linn.), Badara (Zizyphus Jujuba Mill.), Dadima (Punica granatum Linn.), Phalgu (Grewia asiatica Linn.), Ikshu (Saccharum officinarum Linn.), Yava (Hordeum vulgare Linn.), Shashtika (Oryza sativa Linn.) are ten drugs mentioned under Shramahara Dashemani as per Charaka Samhita [1]. Auto immune disorders are health conditions that happen when your immune system attacks your body instead of defending it & there are 100 different autoimmune diseases. Despite the varying types of autoimmune disease, a thorough medical history reveals that Patients often present with Fatigue as a nonspecific symptom. [2] This literary review creates awareness of the possible new therapeutic use for better health care in the Autoimmune disorders. This literature review is being written to document scattered knowledge about the herbs of Shramahara Mahakashaya.

Keyword- shramahara, dashemani, autoimmune disorder, antifatigue.

Presentation Type : Oral Paper

Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders

Registration No. : 0027

Reg. Category : P.G and Ph.D Scholar

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Co- Author/s : Dr. Suma V. Mallya

Institution : Rajashekariaha institute of Ayurveda medical sciences and hospital

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The Therapeutic greenary: Human Nature connection in Immune Response

Abstract :

The Therapeutic Greenery : Human Nature Connection In Immune Response

Background: Autoimmune diseases present a growing global health challenge marked by chronic inflammation and immune dysregulation. In Ayurveda, conditions such as Jwara (inflammatory fevers), Rakta Pitta (bleeding disorders), and Vatarakta (autoimmune and inflammatory arthritis) arise from a disturbance in natural biological balance (Prakriti Vaikrita). Classical texts emphasize returning to nature as a vital therapeutic pathway to restore internal harmony.

Methodology: A multidisciplinary conceptual analysis was conducted by cross-referencing classical Ayurvedic literature on therapeutic greenery - including gardens (Upavana) and sacred groves (Kavu) and herritage places - with modern clinical research on forest bathing (Shinrin-yoku). This study maps traditional Indian nature-based practices, rituals and ideal models for healthy balance against contemporary neuro-immunological mechanisms.

Results: Exposure to therapeutic greenery calms the mind and senses, inducing a state of deep equilibrium known as Prasanna Atma Indriya Manah (sensory and mental clarity). This state nourishes Ojas (vital energy and immune resilience), which helps regulate the immune system, lower systemic inflammation, and restore proper self/non-self recognition.

Conclusion: Nature-based therapy serves as an effective, non-invasive complementary protocol. When integrated with standard care, spending time in natural greenery helps reduce autoimmune flare-ups, balance neuro-hormonal pathways, and support long-term immune recovery.

Keywords: Therapeutic Greenery, Ayurveda, Autoimmunity, Ojas.

Presentation Type : Oral Paper

Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders

Registration No. : 0118

Reg. Category : Faculties, Researchers & Practitioners

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IMMUNOMODULATORY POTENTIAL OF SELECTED MEDICINAL PLANTS IN MANAGEMENT OF RHEUMATOID ARTHRITIS: A PHARMACOLOGICAL REVIEW

Abstract :

Keywords: Rheumatoid Arthritis, Immunomodulation, Amavata, Medicinal Plants

BACKGROUND & OBJECTIVES: Rheumatoid arthritis (RA), corresponding closely to Amavata in Ayurveda, is a chronic autoimmune inflammatory disorder characterized by synovial inflammation, joint destruction, and systemic immune dysregulation. Conventional therapies often face limitations due to adverse effects during long-term administration. This study reviews the

immunomodulatory, anti-inflammatory, and disease-modifying potential of traditional medicinal plants in the pathogenesis of RA.

MATERIALS & METHODS: A comprehensive literature review of Ayurvedic classical texts and modern pharmacological databases was conducted. A preliminary list of 104 entries associated with RA was retrieved from the Indian Medicinal Plants, Phytochemicals and Therapeutics (IMPPAT) database under the "Therapeutic Use" section. Bhaishajya Ratnavali (Amavata Chikitsa chapter), alongside digital editions (e-Samhita) of Charaka Samhita, Sushruta Samhita, Ashtanga Sangraha, and Ashtanga Hridaya was systematically searched using the query term "mavAt" (Amavata). The review retrieved multiple references from classical texts and 82 herbs from IMPPAT Database. Among these, 8 medicinal plants, that are easily available and commonly utilised in Amavata were further analysed for their immunomodulatory potential and pharmacological activities using PubMed and Google Scholar.

OBSERVATIONS/RESULTS: The selected plants were Eranda (Ricinus communis), Gokshura (Tribulus terrestris), Shunti (Zingiber officinale), Haritaki (Terminalia chebula), Shigru (Moringa oleifera), Musta (Cyperus rotundus), Guduchi (Tinospora cordifolia) and Guggulu (Commiphora mukul). Phytochemical profiles, immunomodulatory pathways, cytokine modulation dynamics, and relevant clinical and experimental models for each selected botanical drug were systematically reviewed.

CONCLUSION: These plants exert a synergistic, multi-target therapeutic effect in rheumatoid arthritis through the simultaneous suppression of pro-inflammatory cytokines, modulation of innate and adaptive immune responses, and alleviation of systemic auto-inflammation. Combining these medicinal plants offers a promising, holistic integrative model for disease management and restoring immune homeostasis in RA.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0130
Reg. Category : P.G and Ph.D Scholar
Author : Dr. K PRATIBHA HEGDE (0130)
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An Evidence-Based Target Analysis of the Immunomodulatory Potential of Ayurvedic Dravyas

Abstract :

Background and Objectives:

Immunomodulation encompasses enhancement of protective immune responses, suppression of pathological immune activation, and restoration of immune homeostasis and tolerance. Ayurvedic drugs have been investigated in contemporary experimental and clinical studies for their diverse effects on immune cells, cytokines and intracellular signalling pathways. This review aimed to analyse available evidence on the immunomodulatory potential of Ayurvedic drugs by mapping reported phytoconstituents and their molecular and cellular targets across the major directions of immune regulation. Materials and Methods:

Published literature reporting immunostimulatory, immunosuppressive or immune homeostasis-related effects of Ayurvedic medicinal drugs was comparatively analysed. Particular attention was given to targets relevant to contemporary immunomodulatory therapy, including NLRP3, NF-KB, JAK/STAT, TNF-a, IL-1B, IL-17/IL-23 signalling and T-cell-mediated responses.

Observations:

The reviewed evidence indicated diverse and context-dependent immunomodulatory activities. Tinospora cordifolia, Withania somnifera and Asparagus racemosus were predominantly associated with enhancement or regulation of macrophage, lymphocyte and innate immune responses. In contrast, Curcuma longa, Piper longum, Glycyrrhiza glabra, Terminalia chebula, Boerhavia diffusa, Azadirachta indica and Semecarpus anacardium demonstrated evidence of modulation of inflammatory pathways involving NLRP3, NF-KB, JAK/STAT, inflammatory cytokines and immune-cell activation. Phytoconstituents including curcumin, piperlongumine, withaferin A and glycyrrhizin showed activity across multiple immune-regulatory targets, while modulation of Th17-associated responses suggested potential relevance to immune homeostasis. Overall, the literature supports a multi-target and context-dependent immunomodulatory potential of Ayurvedic drugs, warranting further systematic and target-specific evaluation in inflammatory and autoimmune disorders.

Key words - evidence -based, Target analysis, Phytoconstituents

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0132
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DR SAMPREETH M (0132)
Institution : Government Ayurveda Medical College Bangalore

Immunomodulatory Potential of Upavisha in Autoimmune Diseases: An Overview

Abstract :

Introduction: Autoimmune diseases result from impaired immune tolerance, leading to inappropriate immune responses against self-antigens and chronic inflammation. In Ayurveda, Upavisha are potent

substances possessing therapeutic potential when appropriately processed and administered. Emerging scientific evidence suggests that selected Upavisha exhibit immunomodulatory, anti-inflammatory, and antioxidant activities.
Materials & Methods: A narrative review was conducted using classical Ayurvedic texts, pharmacopoeial references, and available scientific literature. Studies concerning selected Upavisha were reviewed with emphasis on immunomodulatory, antioxidant, and cellular activities relevant to autoimmune pathogenesis.
Results: The reviewed literature indicates that selected Upavisha possess diverse biological activities capable of influencing immune-cell functions, oxidative stress, and cellular signaling pathways. These effects may contribute to regulation of aberrant immune responses and attenuation of chronic inflammation associated with autoimmune diseases.However, available evidence remains predominantly experimental, with considerable variations in extracts, dosage, study models, and outcome measures.
Discussion: The bioactivity of Upavisha reflects the Ayurvedic principle of Visham api amrutam bhavet - that toxic substances become therapeutic through proper shodhana (purification) and precise matra (dosing). Mechanistically, this aligns with contemporary pharmacological concepts like hormesis, where low doses of biologically potent xenobiotics stimulate adaptive, immune-restorative signaling. Translating these traditional protocols into validated therapies, however, demands standardized pharmacokinetic evaluations, safety profiling, and rigorous clinical correlation to define the boundary between therapeutic immunomodulation and toxicity.
Conclusion: Upavisha represent a promising and relatively underexplored group of Ayurvedic drugs with potential immunomodulatory relevance in autoimmune diseases. Their study provides an opportunity to bridge classical Ayurvedic pharmacology with contemporary immunology. Further standardized preclinical and clinical research is essential to establish their mechanisms of action, efficacy, safety, dosage, and therapeutic applicability.
Keywords: Upavisha, Immunomodulation, Autoimmune Diseases, Ayurveda, Medicinal plants

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0167
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHREEDHAR HEGDE (0167)
Institution : SDM COLLEGE OF AYURVEDA UDUPI

Badara (Ziziphus Mauritiana L.)- Wild edible fruit with potent Immunomodulatory potential - A review

Abstract :

Badara (Ziziphus Mauritiana L.)- Wild edible fruit with potent Immunomodulatory potential - A review Dr.Poornima A1, Dr.SumaVM2
1Assistant Professor, 2Professor; PG/PhD studies in Department of Dravyaguna Vijnana, SDMCAH&RC, Udupi, Karnataka, India, 574 118. Abstract Vyadhikshamatva, Ayurvedic concept of disease resistance and immunity, is intricately governed by Ahara (diet), which is enumerated as one among Trayopastambha of life. Among numerous wild edible fruits described in Ayurveda, Badara (Ziziphus mauritiana L.) holds a distinctive place owing to its wide availability, nutritional richness and therapeutic versatility. Badara is a commonly available, edible fruit-bearing tree which fruits in summer and is traditionally said to relieve thirst (Trishna) during this season. Badara is characterized by Madhura Rasa, Sheeta Virya and Guru, Snigdha Guna and is indicated in Dourbalya (debility), Kshaya (wasting), Shrama (fatigue) and Shosha (emaciation) which describes its role in promoting Vyadhikshamatva. Researches demonstrated its immunomodulatory and antioxidant activity, substantiating its classically described Rasayana Karma. Its phytoconstituents like vitamin C, flavonoids, polysaccharides, alkaloids, saponins and triterpenoids correlate with its Balya and Rasayana Karma, which forms a pharmacological basis for its traditional use. Widely available in the wild, cultivated abundantly and easily accessible in local markets, Badara aligns with the principle of "Ahara as Aushadha," particularly for rural and tribal populations. This presentation establishes Badara as a wild edible fruit that functions as a dietary determinant of Vyadhikshamatva with scope for further pharmacological validation and community-based application. (Keywords: Badara, Ziziphus mauritiana L., Vyadhikshamatva, Rasayana, Immunomodulation)

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0201
Reg. Category : P.G and Ph.D Scholar
Author : Dr. POORNIMA. A (0201)
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Network Pharmacology: Unlocking Ayurvedic Plant Drugs for Autoimmune Disorders

Abstract :

Title: Network Pharmacology: Unlocking Ayurvedic Plant Drugs for Autoimmune Disorders Author: Dr Aruna Devi

D P Affiliation: Assistant Professor, Department of Dravyaguna Vigyana, P P Savani Ayurveda College and Hospital, Surat

Background & Objectives: Autoimmune diseases impact almost 5-8% of the world's population and are a multi-gene, multi-pathway disorder that is not well managed with single target drugs. In Ayurveda, there is a long history of immunomodulatory herbs including Guduchi, Ashvagandha, etc, but their multi-target mechanisms are yet to be molecularly characterized. Network pharmacology helps us map how active plant compounds target specific body pathways to balance the immune system in autoimmune diseases.

Methods: The workflow of systems-biology has five steps: 1) profiling of phytoconstituents by ADME-based filters on oral bioavailability and drug-likeness (IMPPAT/TCMSP); 2) prediction of targets (SwissTargetPrediction); 3) mining of disease-target by DisGeNET etc ; 4) construction of compound-target and protein-protein interaction networks using STRING and Cytoscape; 5) Gene Ontology/KEGG pathway enrichment followed by molecular docking validation.

Observations/Results: Taking Aswaganda (Withania somnifera) as an example, about 35 bioactive compounds were mapped to more than 190 predicted molecular targets (NF-kB, TLR4, etc). The enrichment analysis identified areas of convergence such as NF-kB signalling, the JAK-STAT pathway, , suggesting that reduction of pro-inflammatory cytokine cascades lead to immunomodulation.

Discussion: Network pharmacology offers a scientific and logical approach to elucidate the polypharmacological origin of Ayurvedic herbal medicines, by connecting old wisdom with molecular data. This can focus on phytoconstituents and pathways for experimental validation, which will help to speed up the process of rational Ayurvedic drug discovery for managing autoimmune diseases.

Keywords: Network Pharmacology; Ayurveda; Autoimmune Disease; Withania somnifera; Phytoconstituents

Presentation Type : Oral Paper

Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders

Registration No. : 0211

Reg. Category : Faculties, Researchers & Practitioners

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Deciphering the Anti-Rheumatic and Immunomodulatory Mechanism of Chitraka (Plumbago zeylanica Linn.) Using Network Pharmacology and Molecular Docking

Abstract :

Authors: Dr. Chinthan Kajjari1, Dr. Suma V Mallya2

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2 Professor, Department of Dravyaguna Vijnana, Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hospital and Research Centre, Udupi - 574118, Karnataka, India.

Background & Objectives: In Ayurveda, Amavata (autoimmune arthritis) originates from impaired digestive biofire (Agni Mandya), generating toxic metabolic waste (Ama) that triggers systemic immune dysregulation and synovial inflammation. While conventional anti-rheumatic drugs provide symptomatic relief, their long-term use is limited by adverse toxicities. In Dravyaguna Vijnana, Chitraka (Plumbago zeylanica Linn.) is celebrated as the foremost Deepana-Pachana dravya capable of digesting Ama at the cellular level. This study aims to decipher the multi-compound, multi-target mechanisms of Chitraka against rheumatoid arthritis using computational network pharmacology and molecular docking.

Materials & Methods: Key phytoconstituents of Chitraka (including Plumbagin, Zeylinone, Isozeylinone, Plumbagic acid, and beta-sitosterol) will be screened for pharmacokinetic drug-likeness and oral bioavailability via SwissADME. Human protein targets will be retrieved from SwissTargetPrediction and intersected with Rheumatoid Arthritis disease targets collected from the GeneCards database. Protein-Protein Interaction (PPI) networks and KEGG pathway enrichments will be constructed using STRING and ShinyGO. Molecular docking will be performed using CB-Dock2 to evaluate binding affinities between lead phytoconstituents and critical inflammatory hub proteins.

Observations/Results: The computational workflow is designed to map core hub targets - including TNF, IL-6, NFKB1, PTGS2 (COX-2), and MMP-9 - underlying the therapeutic action of Chitraka. Bioactive constituents are expected to exhibit high binding affinities within the catalytic pockets of these inflammatory mediators, modulating the IL-17 signaling and osteoclast differentiation cascades.

Conclusion: This investigation will provide molecular validation for the classical Agni-Deepana and Ama-Pachana paradigm, positioning Chitraka as a promising, multi-target botanical candidate for autoimmune arthritis.

Keywords: Chitraka, Amavata, Network Pharmacology, Molecular Docking, Deepana-Pachana.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0214
Reg. Category : P.G and Ph.D Scholar
Author : Dr. CHINTHAN KAJJARI (0214)
Co- Author/s : Dr. Suma V Mallya
Institution : SDM COLLEGE OF AYURVEDA UDUPI

Exploring Cluster of Differentiation Markers (CD) in Aamvata (Rheumatoid Arthritis) Managed with Langhana-Pachana Chikitsa with Musta Phanta: A Case Series

Abstract :

Background & Objectives: Aamvata is characterised by the formation of Ama due to Agnimandya and its association with aggravated Vata, leading to joint involvement and clinical features comparable to Rheumatoid Arthritis (RA), an autoimmune disorder affecting an estimated 0.5-1% of the global population and characterised by dysregulated innate and adaptive immune activation. Cluster of Differentiation (CD) markers are cell-surface molecules used to identify immune cell populations and their functional status. Immunophenotyping of CD14, CD25, and CD19 can assess monocyte/macrophage, T-cell, and B-cell-associated immune activity, respectively. This study evaluated the effect of Langhana-Pachana Chikitsa with Musta Phanta (Cyperus rotundus L.) on the expression of these markers in patients with Aamvata.

Materials & Methods: Eight Aamvata patients (4 males, 4 females; 21-40 years) fulfilling Nidana Panchaka features and ACR/EULAR 2010 RA criteria, with RF positivity and disease duration =1 year, were enrolled after informed consent. Patients received Langhana-Pachana Chikitsa for seven days, with Musta Phanta administered once daily in the morning on an empty stomach. Peripheral blood CD14, CD25, and CD19 expression was assessed by flow cytometry before and after intervention. Changes were analysed using the Wilcoxon signed-rank test.

Observations/Results: All eight patients showed reduced CD14, CD25, and CD19 expression after intervention. CD14 decreased from 349.0+/-18.8 to 255.0+/-23.4 (p=0.010), CD25 from 1520.0+/-119.7 to 956.0+/-76.2 (p=0.014), and CD19 from 4843.0+/-92.4 to 3814.0+/-132.6 (p=0.010); all changes were statistically significant.

Conclusion: Reduced CD14, CD25, and CD19 expression suggests decreased monocyte-, T-cell-, and B-cell-mediated immune activation, respectively, possibly related to the Agni-deepana and Ama-Pachana actions of Langhana-Pachana Chikitsa and the anti-inflammatory and immunomodulatory activity of Musta. These preliminary findings suggest a possible convergence between classical Ama-Pachana principles and modern immunomodulation in Aamvata, warranting validation in larger controlled trials.

Keywords: Aamvata, Rheumatoid Arthritis, Ama, Langhana-Pachana, Musta, Immunophenotyping

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0215
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ROHAN DEEPAK POL (0215)
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Institution : All India Institute of Ayurveda New Delhi

"Development, Standardisation, and In Vitro Evaluation of a Novel Dosage Form of Ativisha (Aconitum heterophyllum) for Immunomodulatory Efficacy"

Abstract :

Background: Aconitum heterophyllum, known classically as Ativisha, holds a preeminent position in the Ayurvedic pharmacopoeia.The tuberous roots have been the primary therapeutic part, administered as Churna (powder) or Kashaya (decoction) to manage conditions such as Jwara (fever), Atisara (diarrhoea), Krimi (worm infestation), and various respiratory disorders, particularly within the pediatric population (Kaumarabhritya). Despite its proven clinical efficacy, its clinical compliance is often hindered by bitter taste and limited shelf life. This study proposes the development of Ativisha Arka, a distilled formulation that represents a more refined and stable delivery system.

Objective: Formulation, Physicochemical Characterization, and In Vitro Anti-Oxidant and Anti-Inflammatory Evaluation of a Novel Dosage Form of Ativisha for Immunomodulatory Efficacy

Materials and Methods: Ativisha roots were subjected to Churna and Arka preparation ,and Arka were prepared in two concentration 1:2 and 1:10. The formulations were subjected to physicochemical characterization and phytochemical evaluation through LC-MS profiling. The in vitro anti-oxidant capacity was evaluated using 2,2-diphenyl-1-picrylhydrazyl (DPPH) free radical scavenging and NO free radical scavenging assays , with IC_50 values calculated relative to Ascorbic Acid. Anti-inflammatory efficacy was assessed via Protease Inhibitory and Lipoxygenase (LOX) inhibition assays.

Results: Qualitative analysis of the sample values consistent with standard herbal drug specification. Through the quantitative analysis, the compounds detected in the data suggest that the sample contains a mix of alkaloids, phenolic compounds, sulphur-containing compounds, fatty acids and glucosinolates.The assay results demonstrated that all Ativisha formulations

possess concentration-dependent antioxidant and anti-inflammatory activities.
Conclusion: The novel dosage form of Ativisha (Aconitum heterophyllum) successfully addresses the critical limitations while preserving its core bioactivities.
Keywords: Ativisha, Aconitum heterophyllum, Novel Dosage Form, Antioxidant Activity, Anti-inflammatory Activity, Immunomodulatory efficacy.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0227
Reg. Category : P.G and Ph.D Scholar
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Institution : Yenepoya Ayurveda Medical College and Hospital Manglore

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Ethnobotany to Network Pharmacology: Target and Pathway Validation of Uvaria narum (Dunal) Wall. Against Autoimmune Rheumatoid Arthritis

Abstract :
"Ethnobotany to Network Pharmacology: Target and Pathway Validation of Uvaria narum (Dunal) Wall. Against Autoimmune Rheumatoid Arthritis"
Background & Objectives: Uvaria narum (Dunal) Wall., a woody climber of the family Annonaceae native to the Western Ghats, is ethnobotanically documented for treating inflammatory conditions such as rheumatism, catarrhal inflammation and liver inflammation. It is phytochemically rich in polyphenols, tannins, flavonoids, terpenoids, phytosterols, alkaloids, and acetogenins, constituents linked to antioxidant, hepatoprotective and anti-inflammatory activity. However, the molecular targets and pathways underlying its action against autoimmune joint disease remain unexplored. Rheumatoid arthritis (RA), a chronic autoimmune disorder involving synovial inflammation and progressive joint destruction, lacks toxicity-free long-term therapies. This study bridges ethnobotanical knowledge with network pharmacology to identify the multi-target mechanism of U. narum against RA. Materials & Methods: Bioactive compounds of U. narum were screened via PubChem and their putative targets predicted using Swiss Target Prediction. RA-related targets were retrieved from GeneCards Common targets were used to construct a protein-protein interaction network in STRING, analyzed in Cytoscape for hub genes via degree centrality. GO and KEGG enrichment analyses mapped relevant pathways, followed by molecular docking to validate compound-target binding.
Observations & Results: The network identified overlapping compound-disease targets, with hub genes concentrated among inflammatory and immune-regulatory mediators. Enrichment analysis highlighted PI3K/Akt, MAPK, NF-kB, and TNF signaling as core pathways. Docking confirmed stable binding affinities between principal flavonoids, terpenoids and hub proteins.
Conclusion: These findings provide mechanistic evidence linking the traditional anti-rheumatic use of Uvaria narum (Dunal) Wall.to a defined molecular network, supporting its potential as a complementary therapeutic candidate for autoimmune rheumatoid arthritis.
Keywords: Uvaria narum; Ethnobotany; autoimmune rheumatoid arthritis; network pharmacology; pathway validation

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0228
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. THEJASWI INAIK (0228)
Co- Author/s : Dr Suma V Mallya
Institution : SDM COLLEGE OF AYURVEDA UDUPI

Shunthi (Zingiber officinale): A Boon for all Autoimmune Diseases

Abstract :
Title: Shunthi (Zingiber officinale): A Boon for all Autoimmune Diseases Author: Dr. G. Anita Gayatri
Affiliation: Professor & H.O.D Bharti Ayurved Medical College & Hospital Pulgaon Chowk Durg, Chhattisgarh - 491001 Email id: anitagayatri@gmail.com Contact no: 9131995741
Background & Objectives Autoimmune diseases are characterized by the immune system attacking its own body cells, the cause of which is still unclear. Ayurveda explains autoimmune diseases as derangement of agni (digestive fire) causing incomplete digestion and formation of ama. This ama gets absorbed and circulated as such in the body, forming deranged cellular material which the body identifies as antigen, thereby forming antibodies against it. In Ayurveda, Shunthi (Zingiber officinale) has been used as medicine for many digestive, respiratory problems etc. Shunthi is an amapachana drug; it enters the micro circulation and has the ability to digest ama. Its use in Rheumatoid arthritis is well validated but its use in other autoimmune diseases remains unexplored.
Objective is to explore Shunthi as essential drug in the prescriptions of all autoimmune diseases.
Materials & Methods In this literary review work, information pertaining to Shunthi and amajanya vyadhi has been collected from the classical Ayurvedic texts. Research on Shunthi and autoimmune diseases have been collected from various peer reviewed journals & scientific databases.
Observations/Results Shunthi's tikshna guna and ushna virya enables it to enter microcirculation and digest ama. This concept has been further validated by the fact that

Shunthi contains gingerols and shogaols which can enter the systemic circulation.
Conclusion Autoimmune diseases may be amajanya vyadhi caused by ama. Shunthi can enter systemic circulation and digest ama. It can be concluded that Shunthi is a boon for all autoimmune diseases.
Keywords: Autoimmune, amajanya vyadhi, Shunthi, Zingiber officinale

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0272
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. G. ANITA GAYATRI (0272)
Institution : Bharti Ayurved Medical College Hospital Durg

From manuscript to mechanism: Exploring Yantra Prayoga described in Vaidyamanotsava through the immunobiology of parturition

Abstract :
Background: The immune system plays a crucial role throughout pregnancy. Pregnancy involves immunological and biochemical adaptations that support implantation, fetal development, and initiation of labour. At term, coordinated interactions among immune cells, inflammatory mediators, uterus, and cervix facilitate cervical remodelling and uterine contractions. Dysregulation of maternal immune-inflammatory pathways may impair cervical maturation and uterine contractility, contributing to adverse pregnancy outcomes, including delayed or dysfunctional labor. In this context, Vaidyamanotsava, a nineteenth-century medical manuscript, describes Yantra Prayoga for managing difficult and delayed labor. Yantras are specialized metallic structures inscribed with prescribed rows and columns with specific numerals. The Panchadashakhya and Shodashakhya Yantras described are believed to facilitate the delayed onset of labor. Objective: To explore the Yantra Prayoga described for delayed or difficult labor in Vaidyamanotsava and interpret its relevance in contemporary understanding of labor physiology. Materials and Methods: The role of the immune system in labor initiation and progression will be analyzed using contemporary medical textbooks and scientific literature. Relevant descriptions from Vaidyamanotsava concerning difficult and delayed labor will be interpreted in relation to contemporary understanding of the immunological and physiological mechanisms involved in parturition. Discussion: Labor initiation and progression depend on coordinated inflammatory and immunological pathways. Yantra Prayoga for delayed or difficult labor may potentially support immune-mediated processes involved in cervical remodeling and uterine contractility, thereby facilitating labor progression. These practices may also exert a calming effect on the pregnant woman. Conclusion: Vaidyamanotsava provides a distinctive account of Yantra Prayoga in managing delayed and difficult labor. Its descriptions can be conceptually correlated with contemporary understanding of labor physiology; however, further experimental and clinical research is needed to establish their potential effects on immune-inflammatory pathways and uterine contractility during parturition.
Keywords: Immune system, labor difficulty, Vaidyamanotsava, Yantra Prayoga.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0299
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SUDARSHANA RAO G D (0299)
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Institution : Sri Dharmasthala Manjunatheshwara College of Ayurveda Hospital Research Centre Kuthpady Udupi

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Drug profiling of Calacanthus grandiflorus(Dalzell)Radlk - An Endemic Wealth of the Western Ghats used for Autoimmune Liver Disease

Abstract :
Background & Objectives: Chronic inflammation and oxidative stress play critical roles in the pathogenesis of immune-mediated and inflammatory conditions, including hepatic disorders. Calacanthus grandiflorus(Dalzell)Radlk (Acanthaceae), a rare endemic shrub of the Western Ghats, holds a strong background in folk medicine for managing inflammation. Due to limited scientific documentation regarding its root profile and the upcoming scope for its leaf study, this study aims to evaluate the pharmacognostic characteristics and phytochemical constituents of the roots of Calacanthus grandiflorus to establish scientific baseline parameters for its traditional therapeutic claims.
Materials & Methods: Authenticated root samples of Calacanthus grandiflorus(Dalzell)Radlk underwent macroscopic and microscopic evaluation for pharmacognostic standardization. Qualitative phytochemical screening of the root extracts was conducted using standard laboratory assays to identify secondary metabolites such as phenolics, flavonoids, tannins, and terpenoids. Antioxidant potential was assessed using standard in-vitro assays to determine free radical scavenging efficacy.
Observations/Results: Pharmacognostic profiling established distinct microscopic and structural features useful for botanical identification and quality control of the crude drug. Phytochemical screening of the root extract revealed a rich presence of bioactive secondary

metabolites, prominently flavonoids and phenolic compounds. In-vitro assays demonstrated notable antioxidant and free radical scavenging capabilities, aligning with the plant's traditional use in mitigating inflammatory stress.
Conclusion: The completed investigation confirms that the roots of Calacanthus grandiflorus(Dalzell)Radlk possess significant bioactive phytoconstituents and antioxidant properties capable of mitigating oxidative tissue damage. These findings scientifically validate its traditional use and provide a solid foundation for future comparative studies on its leaves and prospective pharmacological evaluations in inflammatory models.
Keywords: Calacanthus grandiflorus(Dalzell)Radlk, Pharmacognosy, Phytochemistry, Antioxidant, Western Ghats.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0310
Reg. Category : P.G and Ph.D Scholar
Author : Dr. CHAITRASHRI KULKARNI (0310)
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"An Integrated Conceptual Framework of Prajasthapana Gana and Garbhini Paricarya in Antiphospholipid Antibody-Associated Recurrent Pregnancy Loss"

Abstract :
Background: Antiphospholipid antibody and antiphospholipid syndrome (APS) are important acquired causes of adverse pregnancy outcomes, including recurrent pregnancy loss, fetal growth restriction, preterm birth, pre-eclampsia and maternal thrombotic events. The underlying pathogenesis involves a complex interaction of thrombosis, endothelial activation, inflammation, complement activation and impaired trophoblastic and placental function. Current management primarily focuses on antithrombotic therapy and close obstetric surveillance. From an Ayurvedic perspective, maintenance of pregnancy is described through the concepts of Garbha-sthapana, Garbha-poshana and Garbhini Paricarya, while Prajasthapana Mahakashaya is described in relation to the establishment and maintenance of progeny.
Materials and Methods: A conceptual review will be undertaken using classical Ayurvedic texts and contemporary biomedical literature. The Ayurvedic concepts of Prajasthapana, Garbha-sthapana, Garbha-poshana and Garbhini Paricarya will be analysed and mapped against contemporary mechanisms involved in aPL-associated pregnancy morbidity. Particular attention will be given to recurrent pregnancy loss, fetal growth restriction, preterm birth and obstetric thrombosis, with emphasis on thrombotic, endothelial, inflammatory, oxidative, immunological and placental mechanisms. Available evidence regarding individual Prajasthapana constituents will be examined for potentially relevant antiplatelet, antithrombotic, antioxidant, anti-inflammatory, immunomodulatory and vascular-protective activities.
Results: The conceptual analysis is expected to identify potential areas of convergence between Ayurvedic principles of pregnancy maintenance and contemporary mechanisms of aPL-associated obstetric morbidity. Individual constituents of Prajasthapana Mahakashaya may demonstrate pharmacological activities relevant to selected pathways involved in thrombo-inflammatory and placental dysfunction, although the strength and directness of evidence may vary among individual drugs. Garbhini Paricarya provides a broader maternal framework involving appropriate diet, lifestyle and physiological support throughout pregnancy. Together, these approaches may be conceptually correlated with maintenance of maternal homeostasis, Garbha-sthapana, Garbha-poshana and support of the maternal-placental environment..
Keywords: Prajasthapana, Garbhini Paricarya, antiphospholipid antibodies, antiphospholipid syndrome, recurrent pregnancy loss, placental dysfunction, fetal growth restriction, preterm birth, obstetric thrombosis, Garbha-sthapana.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0312
Reg. Category : P.G and Ph.D Scholar
Author : Dr. AKSHAYA P I (0312)
Institution : SDM College of ayurveda hospital and research centre kuthpady udupi

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Shadrasa to Immunomodulation: Ayurvedic Insights into the Therapeutic Potential of Medicinal plants

Abstract :
Shadrasa to Immunomodulation: Ayurvedic Insights into the Therapeutic Potential of Medicinal Plants
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BACKGROUND Immunomodulation refers to regulation of immune responses through enhancement, suppression or balancing of immune activity. Ayurveda describes Vyaadhi Kshamatva as disease resistance and

emphasizes equilibrium of Dosha, Dhatu and Agni. Among the fundamental principles of Ayurvedic pharmacodynamics, Shadrasa are considered important determinants of the actions of food and medicinal plants. Each Rasa possesses specific Guna and Dosha effects, there by influencing physiological functions and potentially contributing to immune homeostasis.

OBJECTIVE To evaluate the role of Shadrasa in immunomodulation by reviewing the immunomodulatory potential of selected medicinal plants.

MATERIALS AND METHODS The immunomodulatory effects of selected medicinal plants are evaluated namely, Yashtimadhu for Madhura Rasa, Amalaki for Amla Rasa, Guduchi for Tikta rasa, Pippali for Katu Rasa and Haritaki for Kashaya Rasa. Lavana Rasa was excluded as herbal representative because it is primarily derived from mineral sources.

RESULTS Yashtimadhu and Amalaki build core strength and directly nourish Ojas to enhance overall health. Guduchi and Pippali clear Ama and boost Agni, allowing the body to absorb vital essence efficiently. Haritaki exhibits Rasayana, Deepana and Pachana properties that support its role in maintaining immune homeostasis.

CONCLUSION Shadrasa provides an important Ayurvedic framework for investigating Vyaadhi Kshamatva. Thus, understanding the Shadrasa in relation to their specific physiological and immunomodulatory effects highlights their potential role in maintaining immune balance, promoting health and supporting the prevention of illness.

KEYWORDS: Taste, disease resistant, Vyadhi Kshamatwa, Medicinal plant

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0314
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SUMA (0314)
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Immunomodulatory Potential of Bilvadi Agada: An Ayurvedic Perspective

Abstract :

Immunomodulatory Potential of Bilvadi Agada: An Ayurvedic Perspective

Introduction: Immune imbalance, inflammation, and oxidative stress contribute to several diseases. Ayurveda explains host resistance through Vyadhikshamatva, supported by Agni, Dosha, Dhatu, and Ojas. Bilvadi Agada, a classical Vishaghna formulation, contains herbs with diverse traditional and pharmacological properties. This review examines its potential role in immune and inflammatory regulation.

Materials and Methods: A narrative review assessed the Ayurvedic properties and reported immunomodulatory, anti-inflammatory, antioxidant, and stress-response effects of Bilvadi Agada that includes Bilva, Surasa, Karanja, Tagara, Devadaru, Haritaki, Vibhitaki, Amalaki, Shunthi, Maricha, Pippali, Haridra, and Daruharidra. Findings were interpreted through the concepts of Vyadhikshamatva, Agni, Dhatu, and Ojas.

Results: The constituent herbs demonstrate activities relevant to homeostasis, including modulation of inflammation, oxidative stress, and host-defence responses. Their combined effects may be complementary or synergistic. Ayurvedically, the Vishaghna action may support physiological balance and boost immunity and Ojas after toxic exposure. However, direct evidence for the complete formulation remains limited.

Discussion and Conclusion: Bilvadi Agada offers a basis for studying the relationship between Vishaghna activity and immune regulation. Its constituents may influence inflammatory and oxidative pathways, while Ayurvedic concepts provide a framework for interpretation. Further standardization, in-vitro and in-vivo studies, toxicity and pharmacokinetic evaluations, and clinical trials are needed to confirm its mechanisms, safety, and therapeutic value.

Keywords: Bilvadi Agada, Immunomodulation, Vyadhikshamatva, Ojas, Vishaghna, Homeostasis, Agadatantra.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0321
Reg. Category : P.G and Ph.D Scholar
Author : Dr. AISHWARYA (0321)
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Immunomodulatory Action of wrightia tinctoria in psoriasis

Abstract :

Immunomodulatory Action of Wrightia tinctoria in Psoriasis. D.P.Roshinee|UG 2022 batch|Amrita School Of Ayurveda Abstract

Background: Psoriasis is a chronic immune-mediated inflammatory skin disorder characterized by abnormal activation of immune cells, excessive cytokine production, and hyperproliferation of keratinocytes. The IL-23/IL-17 axis plays a major role in the development and progression of psoriatic inflammation. Wrightia tinctoria, used in Ayurveda and Siddha medicine for skin disorders, has demonstrated promising anti-inflammatory and immunomodulatory properties.

Objective: To explore the potential immunomodulatory action of Wrightia tinctoria in psoriasis and its possible role in regulating inflammatory pathways.
Materials and Methods: Available experimental and pharmacological studies on Wrightia tinctoria were reviewed, focusing on its phytoconstituents, immunomodulatory activity, inflammatory cytokines, and effects on psoriasis-related mechanisms.
Results: Studies indicate that Wrightia tinctoria possesses significant immunomodulatory and anti-inflammatory activity. Its bioactive constituents, including triterpenoids and phytosterols, may influence immune and inflammatory signaling. Experimental findings suggest modulation of important inflammatory mediators, including IL-17, IL-23, IL-8, and RANTES. The plant extract has demonstrated potential to reduce keratinocyte hyperproliferation, epidermal thickening, and inflammatory-cell infiltration in experimental models of psoriasis. These actions may help regulate the exaggerated immune response responsible for psoriatic lesions.
Conclusion: Wrightia tinctoria shows promising potential as a natural immunomodulatory agent in psoriasis, particularly through modulation of the IL-23/IL-17 pathway and associated inflammatory mediators. Its traditional use and emerging experimental evidence support further investigation. However, clinical trials, extract standardization, identification of active compounds, and detailed molecular studies are necessary to establish its therapeutic efficacy and safety.
Keywords: Wrightia tinctoria, psoriasis, immunomodulation, IL-17, IL-23, inflammation, keratinocytes.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0322
Reg. Category : Undergraduate Student
Author : Ms. ROSHINEE (0322)
Institution : Amrita School Of Ayurveda

Guduchi: A Boon for Autoimmune Diseases with Special Reference To Rheumatoid Arthritis (A scientific review)

Abstract :
Background and Objectives: Any substance or drug that changes the working mechanism of immune system is immunomodulation. It mainly boosts the immune system to fight against diseases and stops the harmful effects or threats that can occur to human body. The term Vyadhikshamatva in terms of Vyadhi Bala Virodhitva and vydhyutpada Pratibandhakatwa resembles the context of immunomodulators. Globally 4-10% of the population suffer from autoimmune diseases, preferably women affected with most immune diseases which can be roughly calculated to around 63-80% of all diagnosed cases. In ayurveda Guduchi can be an example for immunomodulators. Among different types of immunomodulators Guduchi, herbal medicine (Rasayana) fits into natural or plant derived immunostimulants/ immunomodulators/ phytogenic immunoadjuvants.. Hence Guduchi typically enhance or balance non-specific and specific immune responses and act as immunoadjuvents or immunomodulators.
Materials and methods: Collection and compilation from various classical texts and online research articles.
Observation/Results: Guduchi is enriched with specific active components like polysaccharides and glycosides, alkaloids and flavonoids, terpenoids and tannins hence it works as immunomodulator in rheumatoid arthritis.
Conclusion(Discussion) Research studies show that Guduchi works as immunomodulator. It calms the overactive inflammation and balances immune cell activity. Scientific research studies of Guduchi on rheumatoid arthritis shows its cytokine regulation property by suppressing the pro inflammatory cytokines. It also inhibits cyclooxygenase pathways to lower inflammatory mediator production. It is capable of modulating macrophage and lymphocyte activity which restores the immune equllibrium and protects bone by remodelling the mediators to favour anti osteoclastic activity which limits joint damage in arhtritis.
Keywords: immunomodulatory, guduchi, autoimmune diseases, rheumatoid arthritis,

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0327
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. HARSHITHA KJ (0327)
Institution : GOVERNMENT AYURVEDA MEDICAL COLLEGE AND TEACHING HOSPITAL SHIVAMOGGA

The Gut-Immune Connection: Combining Deepana-Pachana Dravyas to Treat Autoimmunity"

Abstract :
Background and Objectives: Autoimmune disorders are a growing global health concern characterized by dysregulated immune responses, chronic inflammation, and loss of self-tolerance. Emerging evidence implicates gut dysbiosis, impaired intestinal barrier integrity, and microbial metabolite translocation in autoimmune pathogenesis. Ayurveda offers a complementary perspective through Agnimandya (impaired digestive-metabolic function), Ama formation, and subsequent Srotorodha (microchannel obstruction). Deepana-Pachana Dravyas, traditionally employed to enhance Agni and facilitate Ama Pachana, may therefore have relevance in restoring gut-immune homeostasis. This review explores the potential role of combining

Deepana-Pachana Dravyas as a therapeutic strategy in autoimmunity.

Materials and Methods: Classical Ayurvedic references from Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya were reviewed for the concepts of Agni, Ama, Deepana and Pachana. Contemporary scientific literature from PubMed and Google Scholar was evaluated to examine the pharmacological activities of selected Deepana-Pachana Dravyas, including Zingiber officinale, Piper longum and Plumbago zeylanica, with emphasis on gut microbiota, intestinal barrier integrity, inflammatory mediators, and immune regulation.

Observations and Results: The reviewed evidence suggests that selected Deepana-Pachana Dravyas possess digestive, antioxidant, anti-inflammatory, antimicrobial, and immunomodulatory properties. Their potential to influence gut microbial balance, support intestinal barrier function, reduce inflammatory signalling, and limit microbial metabolite translocation provides a plausible mechanistic link between restoration of Agni and modulation of systemic immune responses.

Conclusion: Combining Deepana-Pachana Dravyas represents a promising Ayurvedic strategy targeting the gut-immune axis in autoimmunity. This integrative concept warrants systematic experimental and clinical investigation to establish its therapeutic efficacy, mechanisms, optimal combinations, and safety.

Keywords: Deepana-Pachana, Gut-Immune Axis, Autoimmunity, Agni-Ama

Presentation Type : Oral Paper

Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders

Registration No. : 0333

Reg. Category : P.G and Ph.D Scholar

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Co- Author/s : Dr Rajshekhar S Ganiger, Dr Shivanand B Karigar

Institution : Taranath Government Ayurvedic Medical College Ballari

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Phytochemical Profiling and Cellular Evaluation of the Immunomodulatory and Regenerative Wound Healing Potential of Karanja (Pongamia pinnata) seeds and oil

Abstract :

Background and Aim: Chronic diabetic wounds are characterized by persistent inflammation, oxidative stress, and impaired tissue repair. This study evaluated the cytocompatibility, local immunomodulatory activity, and regenerative potential of Karanja (Pongamia pinnata) seeds and seed oil using LC-MS/MS profiling and in vitro cellular models.

Methods: Karanja seed powder and seed oil were extracted using acetonitrile:methanol (2:2:1) and analyzed by high-resolution LC-MS/MS using an ABSciex QTRAP 6500 coupled with an Agilent 1290 Infinity II LC system. Cytocompatibility was assessed in NIH3T3 fibroblasts and RAW 264.7 macrophages using MTT assay (125-1000 ug/mL). Cell migration was evaluated by scratch assay at 24 and 30 h, while anti-inflammatory activity was assessed through inhibition of LPS-induced nitric oxide (NO) release using Griess reagent.

Results: LC-MS/MS detected 2,195 metabolites in seed oil and 2,737 in seed powder, with major classes including flavonoids, phenolics, polyunsaturated fatty acids, and alkaloids. Decoction, aqueous extract, and seed oil showed >90% cell viability up to 250 ug/mL. Seed oil demonstrated superior scratch closure (51.73 +/- 0.86% at 24 h; 94.75 +/- 1.14% at 30 h) compared with control. Petroleum ether extract, ethanolic extract, and seed oil markedly reduced LPS-induced NO from 106.68 +/- 21.64 uM to 31.46 +/- 1.05, 41.19 +/- 7.48, and 41.54 +/- 3.09 uM, respectively.

Conclusion: Karanja exhibits promising cytocompatibility, anti-inflammatory, and regenerative activities. Its diverse phytochemicals may modulate inflammatory and tissue-repair pathways, supporting its traditional use and potential as a phytotherapeutic agent for diabetic wound healing.

Keywords: Karanja; Pongamia pinnata; LC-MS/MS; Local Immunity; Cell Migration; Cytocompatibility; Diabetic Wound Healing

Presentation Type : Oral Paper

Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders

Registration No. : 0336

Reg. Category : P.G and Ph.D Scholar

Author : Dr. DR PRIYA PRADEEP (0336)

Institution : Yenepoya Ayurveda Medical College and Hospital Manglore

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Immunomodulatory Potential of Curcumin in Type 1 Diabetes Mellitus: A Focused Narrative Review

Abstract :

Background & Objectives Type 1 diabetes mellitus is an immune-mediated disorder characterized by progressive pancreatic beta-cell loss. Autoreactive T lymphocytes, antigen-presenting cells and inflammatory cytokines contribute to insulitis and beta-cell destruction. Insulin replacement remains essential but does not directly modify the underlying autoimmune process. This focused narrative review aimed to examine the immunomodulatory potential of curcumin, a major bioactive constituent of Curcuma longa, in autoimmune Type 1 diabetes mellitus.

Materials & Methods A focused literature review was undertaken using PubMed/MEDLINE and Google Scholar. Studies addressing curcumin, autoimmune or Type 1 diabetes, and immune or inflammatory mechanisms were considered. Evidence from non-obese diabetic

mouse models was prioritized, while studies using chemically induced diabetes or non-diabetic experimental systems were included only as supportive mechanistic evidence.
Observations/Results Experimental autoimmune diabetes studies indicate that curcumin can modulate multiple components of the autoimmune response. In non-obese diabetic models, curcumin reduced T-cell proliferation and interferon-gamma production and suppressed T-bet expression and activity, suggesting attenuation of the pro-inflammatory T-helper 1 response. Curcumin also reduced nuclear factor-kB activation and impaired dendritic-cell stimulatory activity, with decreased interleukin-12, tumour necrosis factor-a, interleukin-6 and nitric oxide production. These effects were associated with reduced pancreatic leukocyte infiltration, decreased insulitis, preservation of insulin-expressing beta-cells and delayed or prevented diabetes development. Additional studies support modulation of inflammatory cytokines, although findings vary with dose, route and formulation.
Conclusion Current evidence suggests that curcumin has promising immunomodulatory and beta-cell-protective potential in experimental autoimmune Type 1 diabetes mellitus. However, available evidence is predominantly preclinical and supports mainly preventive or disease-modifying effects rather than reversal of established human disease. Further studies are required to establish optimal formulation, dose, timing and clinical applicability.
Keywords: Curcumin; Curcuma longa; Type 1 diabetes mellitus; Immunomodulation; beta-cell preservation

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0342
Reg. Category : P.G and Ph.D Scholar
Author : Dr. BRETHIBHA V M (0342)
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Restoring Immune Homeostasis: Mechanisms Of Rasayana-Based Immune Modulation In Auto Immune Disorders

Abstract :
Autoimmune disorders comprise of almost 80 chronic diseases which are characterised by an abnormal immune response towards self-antigens, leading to persistent inflammation and progressive tissue damage. The global burden of these disorders has been steadily increasing in the past few decades with them affecting 4-7% of the world's population, and around 34% of the total diagnosed cases having multiple presentations at once. Current strategies involve broad, systemic precision-controlled immunosuppression using corticosteroids, disease-modifying anti-rheumatic drugs (DMARDs), and biological agents. These therapies cannot completely cure the disease, and prolonged use causes adverse effects such as opportunistic diseases, hepatotoxicity, nephrotoxicity, osteoporosis, metabolic disturbances, and increased risk of malignancy, highlighting the need for safer long-term therapies. Ayurveda conceptualises health as a state of equilibrium of doshas, dhatus, agni and ojas, with Rasayana therapy serving as the cornerstone to promote Vyadhikshamatvam (host-resistance) and supporting immune competence. Rasayana drugs have an immunomodulatory, antioxidant, anti-inflammatory and adaptogenic effect on the body that regulates the immune system, enhances tissue resilience, reduces oxidative stress, and controls chronic inflammation. Emerging pharmacological and molecular studies increasingly support these concepts by demonstrating the ability of several Rasayana plants to influence key immunological pathways. This review aims to analyse the potential of three plants in auto immune disorders, namely Ashwagandha (Withania somnifera), Haridwar (Curcuma longa) and Yashtimadhu (Glycyrrhiza glabra) by emphasising on their action on key immunological pathways like NF-kB, JAK-STAT, MAPK, etc. Ashwagandha has exhibited immunoregulatory and anti-inflammatory effects through withanoids, Haridra through curcumin can regulate immune signalling and glycyrrhizin is known to have antioxidant and anti-inflammatory effects This review highlights the scope of the medicinal plants as complementary immunomodulators in autoimmune disorders and identifies the need for further clinical studies to establish their efficacy, safety, and evidence-based integration into modern healthcare.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0350
Reg. Category : Undergraduate Student
Author : Ms. MAYA MAHESH (0350)
Institution : Amrita School of Ayurveda

From Pathya to Potential Therapeutic: Exploring the Immunomodulatory Role of Vartaka (Solanum melongena L.) in Rheumatoid Arthritis

Abstract :
Background: Autoimmune disorders, such as Rheumatoid Arthritis, are driven by immune dysregulation, chronic oxidative stress, and hyper-expression of pro-inflammatory cytokines, often incurring high costs and adverse effects from long-term synthetic immunosuppressive therapy. In Ayurvedic classical texts (Bhaishajya Ratnavali and Yogaratnakara), Vartaka (Solanum melongena L.,) is said as Pathya for Amavata - a disease condition closely correlating with RA. However,

its targeted immunomodulatory mechanism remains under-explored in contemporary phytomedicine.
Objective: This study aims to elucidate the immunomodulatory and cellular mechanisms through which S. melongena bioactive metabolites modulate autoimmune inflammatory pathways, offering a scientific bridge between traditional pharmaco-nutrition and contemporary immunological targets.
Methods: Bioactive profiles of S. melongena - encompassing steroidal glycoalkaloids, phenolic acids, pentacyclic triterpenes, and phytosterols - were mapped against fundamental immunomodulatory signaling networks. Mechanism-based interactions were evaluated across key inflammatory axes, including the TNF-a /NF-kB pathway, downstream pro-inflammatory cytokine expression(IL-1beta, IL-6, TNF-a)
Results: Active constituents of Solanum melongena demonstrate muti-target anti-inflammatory activity. Chlorogenic acid and the anthocyanin nasunin directly scavenge reactive oxygen species (ROS) and suppress the transcription of key driver cytokines, including TNF-a, IL-1beta, IL-6, and IL-17. At the nuclear level, these compounds inhibit IkB-alpha degradation, preventing NF-kB nuclear translocation and subsequently downregulating joint-destructive enzymes like MMP-3 and MMP-9. Additionally, polyphenols within S. melongena exhibit gut-barrier protective properties, mitigating lipopolysaccharide (LPS) endotoxemia and promoting a favorable micro environment that supports regulatory T-cell expansion while dampening pro-inflammatory Th17 differentiation.
Conclusion: These findings provide a foundation for the historical use of Vartaka as a therapeutic dietary agent in Amavata, validating its capacity to suppress systemic autoimmune responses. Solanum melongena represents a promising, accessible plant-derived candidate for development into adjunctive nutraceutical therapies aimed at controlling chronic auto-inflammatory disorders, and also as a lead candidate for developing targeted phytotherapeutics in auto immune managemnet.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0367
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHARIKA M (0367)
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Reverse Pharmacological Mapping of Ayurvedic Single Drugs on Cytokine Pathways in Psoriasis and Rheumatoid Arthritis

Abstract :

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Abstract
Background & Objectives: Autoimmune conditions like psoriasis (Kitibha kusta) and rheumatoid arthritis (Amavata) share common inflammatory pathways driven by Th17 cells and NF-kB signaling. While standard immunosuppressants often cause adverse side effects, Ayurveda uses single medicinal herbs (ekala dravya) to restore balance. This study maps how key Ayurvedic single drugs act on specific molecular targets in these two diseases using a reverse pharmacology approach.
Materials & Methods: Classical Ayurvedic texts and modern pharmacological research were analyzed. Active compounds from selected herbs - such as Guduchi (Tinospora cordifolia), Shunthi (Zingiber officinale), Guggulu (Commiphora mukul), Haridra (Curcuma longa), Manjishtha (Rubia cordifolia), and Khadira (Acacia catechu) - were mapped to specific cellular checkpoints, including T-cell activity, cytokine release, and tissue damage.
Observations/Results: The analysis reveals that these herbs target multiple inflammatory steps. Curcumin and guggulsterones block NF-kB, reducing key inflammatory markers like TNF-a. Berberine and tinosporaside inhibit Th17 cells and IL-17, which helps prevent skin plaque buildup and joint bone erosion. Gingerols act as dual COX-2/5-LOX inhibitors and block MMP-13 to protect cartilage. Additionally, compounds in Manjishtha regulate skin cell turnover, while catechins in Khadira neutralize oxidative stress.
Conclusion: Ayurvedic ekala dravyas provide targeted, multi-pathway relief without broad immunosuppression. Aligning traditional herbs with modern cytokine pathways provides scientific validation for classical Ayurvedic principles and supports safe, evidence-based integrative therapies.
Keywords: Amavata, Ekala Dravya, Kitibha, Reverse Pharmacology, Th17/NF-kB Pathway

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0420
Reg. Category : Undergraduate Student
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Balancing the Immune Response: The Efficacy of Ashwagandha and Guduchi in Autoimmune Disorders

Abstract :
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Keywords: Immunomodulation, Autoimmunity, Rasayana, Ashwagandha, Guduchi
Background & Objectives: Autoimmune disorders occur when the body's immune system loses tolerance and begins attacking its own tissues, leading to chronic inflammation and damage. Since standard immunosuppressive drugs often come with harsh long-term side effects, finding safer, long-term alternatives is a major priority. Ayurvedic Rasayana herbs are well-known for their ability to balance immune responses. This study evaluates the therapeutic potential of specific medicinal plants - primarily Ashwagandha and Guduchi - in managing autoimmune conditions.
Materials & Methods: We reviewed literature published over the past ten years across major databases, including PubMed, Scopus, and Google Scholar. Our analysis focused on recent in vitro and in vivo studies that tested how Ashwagandha and Guduchi extracts impact cytokine levels, T-cell regulation, and macrophage activity in experimental models for diseases like rheumatoid arthritis and systemic lupus erythematosus.
Observations/Results: The findings show that these Rasayana herbs act as adaptogenic immunomodulators. Withania somnifera notably lowered pro-inflammatory cytokines, such as TNF-a and IL-6, while calming down overactive T-cells. At the same time, Tinospora cordifolia helped restore a healthy balance between Th1 and Th2 helper cells. Interestingly, unlike typical synthetic immunosuppressants, these plants reduced harmful autoantibody production without entirely shutting down the body's baseline immune defense, which helps lower the risk of secondary infections.
Conclusion: Rasayana botanicals represent a promising, safer complementary approach to treating autoimmune disorders. Because they help restore overall immune balance rather than merely suppressing it, these plants deserve further exploration through large-scale clinical trials to support their use in modern care protocols.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0425
Reg. Category : P.G and Ph.D Scholar
Author : Dr. AMOGH KULKARNI (0425)
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Sweet Defense, Bitter Shield: Decoding Madhura-Tikta Rasa Synergy in Beta Cell Protection Against Type 1 Diabetes

Abstract :
Background & Objectives: Type 1 Diabetes Mellitus (T1DM) is an autoimmune disorder characterized by T-cell mediated destruction of pancreatic beta cells, managed conventionally through insulin substitution without addressing the underlying autoimmune process or preserving beta cell mass. This study aimed to explore and correlate the beta cell protective and immunomodulatory potential of Madhura and Tikta rasa dravyas in T1DM by integrating classical Dravyaguna concepts with contemporary pharmacological evidence.
Materials and Methods: A literature-based review was conducted using classical Ayurvedic texts (Charaka Samhita, Sushruta Samhita) for rasa-guna-karma analysis of select dravyas, alongside published pharmacological and experimental studies retrieved from peer-reviewed databases, to correlate traditional actions with modern evidence on beta cell protection and immune modulation.
Observations/Results: Madhura rasa dravyas (Yashtimadhu, Shatavari) demonstrated tissue-nourishing, antioxidant, and beta cell protective actions correlating with Ojovardhaka and Brumhana properties. Tikta rasa dravyas (Guduchi, Kalmegh, Neem) exhibited immune-correcting action, with andrographolide from Kalmegha notably suppressing insulitis and modulating Th1/Th17-Treg balance in autoimmune diabetic mice models. Guduchi bridged both groups through its Tikta rasa and Madhura vipaka.

Conclusion: Madhura and Tikta rasa dravyas act through complementary mechanisms - nourishment and immune correction - proposed here as a "Nourish-and-Correct" model for beta cell preservation in T1DM. Combined formulation testing remains an unexplored research direction with therapeutic promise.

Keywords: Madhura rasa, Tikta rasa, Beta cell protection, Type 1 diabetes, Immunomodulation

Presentation Type : Oral Paper

Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders

Registration No. : 0431

Reg. Category : P.G and Ph.D Scholar

Author : Dr. SHILPA MURALI (0431)

Co- Author/s : Dr.Rajashekhar S Ganiger, Dr Shivanand B Karigar

Institution : Taranath Government Ayurvedic Medical College Ballari

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Role of Rasayana Dravyas in the Management of Autoimmune Disorders : A Review

Abstract :

Background: Autoimmune disorders are chronic conditions in which the immune system loses its ability to distinguish between self and non-self and starts reacting against the body's own tissues. Rheumatoid arthritis, systemic lupus erythematosus, multiple sclerosis, psoriasis and autoimmune thyroid disorders are common examples. Current treatment mainly aims to suppress abnormal immune activity and control inflammation. However, long-term treatment may be associated with adverse effects and incomplete response. Ayurveda provides a holistic approach through Rasayana, which promotes tissue nourishment, strength, resistance to disease and maintenance of physiological balance.

Aim: To review the concept of Rasayana and evaluate the role of Rasayana Dravyas in the prevention and management of autoimmune disorders from Ayurvedic and contemporary perspectives.

Materials and Methods: Classical Ayurvedic literature and relevant scientific studies on Rasayana, medicinal plants, immunomodulation and autoimmune disorders were reviewed.

Results: Rasayana Dravyas such as Guduchi, Ashwagandha, Amalaki, Yashtimadhu, Haritaki and Pippali possess reported antioxidant, anti-inflammatory and immunomodulatory properties. Their effects include modulation of inflammatory pathways, cytokines and oxidative stress.

Conclusion: Rasayana provides a useful Ayurvedic framework for maintaining immune homeostasis rather than simply stimulating immunity. Selected Rasayana Dravyas show promising immunomodulatory potential and may serve as supportive therapeutic agents in autoimmune disorders. However, further well-designed clinical studies are required to establish their efficacy and safety.

Keywords: Rasayana, immunomodulation, autoimmune disorders, Ayurveda, medicinal plants, Vyadhikshamatva

Presentation Type : Oral Paper

Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders

Registration No. : 0448

Reg. Category : P.G and Ph.D Scholar

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Guggulu as a Classical Immunomodulator: A Scientific Insight into Autoimmune Disease

Abstract :

Introduction: Guggulu, the shodhita oleo-gum resin of Commiphora wightii, is the base of formulations classically indicated across Amavata, Vatarakta, Kushtha and Galaganda - conditions modern medicine recognises as immune-mediated. This seminar asks whether that classical breadth reflects a shared molecular action.

Methods: A narrative review of PubMed-indexed pharmacological literature on guggulsterone and guggulipid (1999-2018) was mapped against classical indications drawn from Bhavaprakasha Nighantu, Sharangadhara Samhita and Madhava Nidana.

Results: E- and Z-guggulsterone inhibit IkB kinase, preventing IkB-alpha degradation and p65 nuclear translocation, with coordinated suppression of TNF-a, IL-1beta, IL-6, COX-2, iNOS and MMPs. In rheumatoid synovial fibroblasts, guggulsterone suppressed IL-1beta-induced MMP-1 and MMP-3 and blocked RANKL-driven osteoclastogenesis; in murine colitis it attenuated mucosal NF-kB signalling. A second axis, SHP-1-mediated STAT3 inhibition, is mechanistically relevant to Th17 differentiation. Evidence remains confined to cell culture and rodent models; the sole large human trial was negative and produced dose-related hypersensitivity rash in 9%.

Discussion: Guggulsterone acts at transcription-factor nodes upstream of the cytokines targeted by biologic agents, offering a plausible molecular basis for the classical breadth of Guggulu. Convergence, however, is not proof: a standardised, shodhita Guggulu yoga now requires formal trial in rheumatoid arthritis against DAS28, CRP and cytokine endpoints.

Keywords: Guggulu; Commiphora wightii; guggulsterone; NF-kB; Amavata; immunomodulation

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0459
Reg. Category : P.G and Ph.D Scholar
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Gynura procumbens (Lour.) Merr. as an Anukta Dravya in Vyadhi Kshamatva: An Ayurvedic-Pharmacological Exploration

Abstract :
Background Vyadhi Kshamatva in Ayurveda denotes the capacity to resist disease, withstand pathological processes and maintain physiological homeostasis. Classical assessment of a Dravya is based on Rasa, Guna, Virya, Vipaka and Karma. Gynura procumbens (Lour.) Merr., commonly known as Longevity spinach, Sambung Nyawa and Cholesterol spinach, is a perennial Asteraceae herb widely distributed in tropical and subtropical Southeast Asia. As its classical Ayurvedic identity and comprehensive Rasa-Guna-Virya-Vipaka profile are not established, it may be explored as an Anukta Dravya which has the capacity of disease resistance.
Aim and Objective To explore the potential role of G. procumbens in Vyadhi Kshamatva by integrating its botanical, phytochemical and pharmacological characteristics and hypothesizing its probable Guna-Karma profile.
Materials and Methods A conceptual review of Ayurvedic principles related to Vyadhi Kshamatva, Agni, Dosha, Dhatu and Ojas was undertaken. Botanical, ethnobotanical, phytochemical and pharmacological literature on G. procumbens was reviewed, with emphasis on its biological activities and possible Ayurvedic correlates related to Immunity.
Results and Discussion G. procumbens is a succulent perennial herb containing flavonoids, phenolics, terpenoids, sterols and chlorogenic-acid-related compounds. Reported activities include antioxidant, anti-inflammatory, antimicrobial, hypoglycaemic and immunomodulatory effects. Studies indicate modulation of IL-6, TNF-a, nitric oxide and PGE2 through pathways including NF-kB, MAPK, PI3K/Akt and Nrf2. These findings suggest potential relevance to inflammatory regulation, oxidative stress and host defence. However, its classical Rasa-Guna-Virya-Vipaka profile remains unestablished; therefore, proposed Ayurvedic attributes are hypothetical.
Conclusion G. procumbens is a promising Anukta Dravya for investigating Vyadhi Kshamatva. Its phytochemical and pharmacological profile warrants further Ayurvedic and experimental evaluation of its probable Guna-Karma, while avoiding direct equivalence between immunomodulatory activity and Vyadhi Kshamatva.
Keywords: Gynura procumbens, Longevity spinach, Anukta Dravya, Vyadhi Kshamatva, Phytoconstituents, Guna-Karma

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0509
Reg. Category : Faculties, Researchers & Practitioners
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TRIPHALA: UNRAVELLING ITS IMMUNOMODULATORY POTENTIAL - FROM CLASSICAL WISDOM TO CONTEMPORARY EVIDENCE

Abstract :
TRIPHALA: UNRAVELLING ITS IMMUNOMODULATORY POTENTIAL - FROM CLASSICAL WISDOM TO CONTEMPORARY EVIDENCE Gayathri.P1, Dr. Shreevathsa2
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2.Dr. Shreevathsa, HOD&Proffesor Department of Ayurveda Samhitha and Siddantha, Government Ayurveda Medical College and Hospital, Mysuru,
BACKGROUND: Ayurveda is a holistic system of medicine that emphasizes a multidimensional and individualized approach rather than a uniform therapeutic protocol. The concept of Vyadhikshamatva, initially elaborated by Chakrapani, along with Bala, can be correlated with immunity, while the Ayurvedic concepts of Agni (Digestive and metabolic capacity), Ama (incompletely digested metabolic products) and Satmya (compatibility) also hold significance in understanding immunomodulation. Triphala, comprising Haritaki (Terminalia chebula Retz.), Vibhitaki (Terminalia bellirica (Gaertn.) Roxb.) and Amalaki (Phyllanthus emblica L.), exhibits a distinctive immunomodulatory effect.
OBJECTIVE- To critically review the classical Ayurvedic concepts and contemporary scientific evidence supporting the immunomodulatory potential of Triphala.
MATERIALS AND METHODS: Classical Ayurvedic texts and authoritative commentaries were reviewed for references related to Triphala. Contemporary scientific literature on the immunomodulatory effects of Triphala was searched through PubMed, Google Scholar, and peer-reviewed journals using relevant keywords. The findings were critically analysed and correlated to explore the immunomodulatory potential of Triphala.
OBSERVATION AND RESULTS: Ayurvedic literature describes Triphala as a Tridosha-balancing action,

Rasayana (rejuvenation therapy) with properties supportive of Bala, Ojas and Vyadhikshamatva. Triphala also exhibits immunomodulatory, antioxidant, and anti-inflammatory activities, highlighting its multifaceted pharmacological potential.
CONCLUSION- Triphala, as a Rasayana (rejuvenation therapy) with its classical attributes and contemporary evidence of immunomodulatory, antioxidant, and anti-inflammatory activities, shows promising potential in maintaining immune homeostasis.
KEYWORDS-Triphala, Rasayana, Immunomodulatory action.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0518
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Exploring the Molecular Mechanisms of Guduchi (Tinospora cordifolia) in Amavata (Rheumatoid Arthritis): An In Silico Study.

Abstract :
Background: Rheumatoid arthritis is a chronic inflammatory autoimmune disorder that causes significant morbidity and requires long-term management. In Ayurveda, it can be correlated with Amavata and Guduchi (Tinospora cordifolia) is widely used in the management of Amavata ,known for its Rasayana, Deepana, Pachana and Jwaraghna properties. Its Tikta-Kashaya rasa, Laghu guna, Ushna veerya and Madhura vipaka may contribute to its therapeutic effects. Although clinical and experimental evidence suggests immunomodulatory and anti-inflammatory potential, its molecular mechanisms in autoimmune diseases remains incompletely understood. In this study we explore the possible molecular targets and mechanisms underlying the action of Guduchi in Rheumatoid Arthritis using in silico approaches.
Materials and Methods: A literature review of LC-MS analysis on Guduchi hydroalcoholic extract was conducted to identify its phytochemicals, and the top five compounds were selected. These five were subjected to ADMET analysis from which the three best phytochemicals were chosen. Target screening for these selected compounds was performed using the target prediction webserver 3D-StarPred. Two top-ranked targets common to all three phytochemicals and relevant to rheumatoid arthritis were selected. Molecular Docking of the phytochemicals with the selected targets was individually performed using the AutoDock Vina module in PyRx 0.8 software. The best-ranked poses were selected based on binding stability, and the results were subsequently analysed and visualized using UCSF Chimera 1.9 software.
Observations/Results: All three phytochemicals - namely Columbin, Palmatine, and Jatrorrhizine - formed stable binding complexes with the predicted targets, COX-2 (PDB ID 5KIR) and TNF-alpha (PDB ID 9OK6), at their respective catalytically active sites. Notably, Columbin exhibited the highest binding affinity to COX-2 at -9.6 kcal/mol, whereas Jatrorrhizine docked to TNF-alpha with a top binding affinity of -8.6 kcal/mol.
Conclusion: These findings provide preliminary insights into the potential molecular mechanisms driving the anti-inflammatory and immunomodulatory activity of Guduchi against pro-inflammatory cytokines and enzymes.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0521
Reg. Category : P.G and Ph.D Scholar
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Institution : Yenepoya Ayurveda Medical College Hospital

Immunomodulatory Potential of Ayurvedic Medicinal Plants in Rheumatoid Arthritis

Abstract :
Background: Rheumatoid arthritis (RA) is a chronic autoimmune disorder characterized by immune dysregulation, synovial inflammation, oxidative stress, and progressive joint damage. Its complex immunopathogenesis has stimulated interest in multi-target approaches to modulate inflammatory pathways. In Ayurveda, RA may be interpreted through the clinical construct of Amavata, wherein impaired Agni, Ama formation, and aggravated Vata contribute to disease manifestation. The medicinal plants possessing Rasayana and Shothahara attributes may therefore offer a rationale for immune-inflammatory modulation.
Objectives: To explore the immunomodulatory potential of the Ayurvedic medicinal plants in RA and correlate their classical pharmacodynamic attributes with contemporary evidence.
Materials and Methods: A narrative review of classical Ayurvedic texts and contemporary scientific literature was undertaken. Amalaki (Phyllanthus emblica L.), Guduchi (Tinospora cordifolia (Willd.) Hook.f. & Thomson), Haridra (Curcuma longa L.), and Guggulu (Commiphora wightii (Arn.) Bhandari) were selected based on their relevance to Amavata, Rasayana and Shothahara activity, and reported immunomodulatory and anti-inflammatory properties. Evidence on Rasa,

Guna, Virya, Vipaka, Karma, phytoconstituents, cytokine modulation, oxidative stress, and NF-kB, MAPK, and JAK/STAT pathways was synthesized.
Observation: The reviewed evidence suggests that the selected plants possess complementary immunomodulatory, anti-inflammatory, and antioxidant potential relevant to RA pathogenesis. Reported effects include modulation of pro-inflammatory cytokines, attenuation of oxidative stress, and regulation of intracellular inflammatory signaling. Their distinct phytochemical profiles may contribute to these multi-target effects, while their classical Rasayana and Shothahara attributes provide an Ayurvedic framework for therapeutic relevance. However, evidence remains heterogeneous, with reliance on experimental models and crude extracts, limiting translation to clinical efficacy.
Conclusion: These medicinal plants demonstrate promising immunomodulatory potential relevant to RA. Integrating Ayurvedic pharmacodynamics with contemporary immunological evidence may provide a rational framework for identifying multi-target botanical candidates. Standardized preparations, mechanistic validation, safety evaluation, and well-designed clinical studies are warranted to establish their translational potential in autoimmune disorders.

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0531
Reg. Category : P.G and Ph.D Scholar
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IMMUNOMODULATORY ACTION OF HINGULESHWARA RASA IN RHEUMATOID ARTHRITIS

Abstract :
Background & Objectives:Rheumatoid arthritis is a chronic autoimmune disorder characterized by dysregulated immune responses, persistent synovial inflammation, pain, and progressive joint destruction. In Ayurveda, its clinical presentation is closely correlated with Amavata, a disorder associated with Agnimandya, formation of Ama, and aggravated Vata resulting in Sandhishotha and Sandhishula. Herbo-mineral formulations have traditionally been employed to restore physiological balance and modulate disease processes. Hinguleshwara Rasa, a classical herbo-mineral formulation indicated in Amavata, possesses Dipana, Pachana, Vatakaphahara, and Srotovishodhana properties. This review aims to explore its probable immunomodulatory and anti-inflammatory role in rheumatoid arthritis.
Materials & Methods:Relevant classical Ayurvedic texts, pharmacological literature, experimental studies, and published research concerning Hinguleshwara Rasa, its individual ingredients, Amavata, rheumatoid arthritis, inflammation, and immunomodulation were reviewed. Available preclinical evidence was critically analyzed to correlate Ayurvedic pharmacodynamic principles with contemporary concepts of immune-mediated inflammation.
Observations/Results:Available experimental evidence suggests that Hinguleshwara Rasa exhibits anti-arthritic and anti-inflammatory activity in experimental arthritis models, with improvement in inflammatory manifestations and histopathological changes. Its constituent drugs may contribute through Deepana-Pachana, reduction of Ama, modulation of inflammatory processes, and attenuation of tissue damage. However, specific molecular targets and cytokine-mediated mechanisms of the complete formulation remain inadequately established.
Conclusion:Hinguleshwara Rasa demonstrates promising potential as an immunomodulatory herbo-mineral formulation in rheumatoid arthritis. Further well-designed experimental and clinical studies evaluating immune biomarkers and molecular mechanisms are warranted to substantiate its therapeutic role.
Keywords: Hinguleshwara Rasa, Rheumatoid Arthritis, Amavata, Immunomodulation, Herbo-Mineral Formulation

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0647
Reg. Category : P.G and Ph.D Scholar
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Herbal Immunomodulators in Autoimmune Disorders: Balancing Immunostimulation and Immunosuppression

Abstract :
Herbal Immunomodulators in Autoimmune Disorders: Balancing Immunostimulation and Immunosuppression
Background & Objectives: Autoimmune disorders result from loss of self-tolerance and dysregulated immune responses rather than simply weakened immunity. Conventional immunosuppressive therapies may control inflammation but can compromise protective host defence. This review explores whether medicinal plants can restore immune homeostasis by balancing immunostimulation and immunosuppression.

Materials & Methods: Published literature was reviewed on selected medicinal plants, including Withania somnifera, Curcuma longa, Tinospora cordifolia, Boswellia serrata, Glycyrrhiza glabra, and Andrographis paniculata. Emphasis was placed on phytoconstituents, immune-cell regulation, inflammatory mediators, and pathways including NF-kB, MAPK, JAK/STAT, NLRP3, and the Th17/Treg axis.
Observations/Results: Evidence indicates that medicinal plants may act as immunomodulators rather than merely immune stimulants or suppressants. Withanolides, curcumin, boswellic acids, glycyrrhizin, and andrographolide have demonstrated effects on inflammatory cytokines and signalling pathways. Modulation of the Th17/Treg balance may be particularly relevant, potentially reducing pathological inflammation while preserving protective immune functions.
Conclusion: The therapeutic relevance of herbal medicines in autoimmune disorders may lie in restoring immune balance rather than simply "boosting immunity." Context-dependent regulation of inflammatory pathways and immune-cell populations represents a promising approach. However, standardized preparations and well-designed preclinical and clinical studies are required to establish efficacy, mechanisms, safety, and therapeutic applicability.
Keywords: Herbal immunomodulators; Autoimmune disorders; Immune homeostasis; Th17/Treg balance; Phytoconstituents

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0665
Reg. Category : P.G and Ph.D Scholar
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Anupana and Aushadha Prayoga Marga as Determinants of Gamitva in Immunomodulatory Dravyas: A Dravyaguna Perspective

Abstract :
Background & Objectives
In Dravyaguna, the therapeutic action of a Dravya is understood through its Rasa, Guna, Virya, Vipaka and Karma. Yet the same Dravya, given through different Aushadha Prayoga Marga or with different Anupana, may act differently - an aspect that remains less explored. Gamitva offers a useful Ayurvedic concept for understanding this aspect. The present review examines whether Anupana and Aushadha Prayoga Marga can influence the expression of Gamitva, particularly in Dravyas relevant to immune-mediated disorders.
Materials & Methods
Classical descriptions of Gamitva, Anupana, Aushadha Prayoga Marga and the principles governing drug action were reviewed from major Ayurvedic texts and commentaries. Contemporary pharmacological and clinical literature on selected Dravyas - Tinospora cordifolia, Withania somnifera, Curcuma longa and Piper longum - was analysed with attention to route of administration, accompanying substances and altered disposition or activity.
Observations/Results
The reviewed evidence suggests that administration variables can modify the biological expression of a Dravya. Tinospora cordifolia has shown immunomodulatory activity in experimental autoimmune models, while Withania somnifera has shown altered immune parameters when administered with milk. Curcuma longa shows substantial immunomodulatory and anti-inflammatory activity, and Piper longum provides a relevant example of a Dravya traditionally used to facilitate the action and absorption of other substances. These observations support treating Anupana and Prayoga Marga as factors modifying Gamitva, rather than as an isolated drug property.
Conclusion
Gamitva may be better understood as an interaction between a Dravya's inherent properties and the conditions of its administration. Integrating Anupana and Aushadha Prayoga Marga into this interpretation may strengthen Dravyaguna-based understanding of targeted drug action and provide a useful framework for immunomodulatory therapy.
Keywords: Gamitva; Anupana; Aushadha Prayoga Marga; Dravyaguna; Immunomodulation

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0689
Reg. Category : P.G and Ph.D Scholar
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Institution : GAMC BENGALURU

Therapeutic and Immunomodulatory Potential of Patola (Trichosanthes Sp.) in Autoimmune Disorders: An Integrative Review

Abstract :
Therapeutic and Immunomodulatory Potential of Patola in Autoimmune Disorders: An Integrative Review
Background & Objectives: Autoimmune disorders are chronic conditions marked by loss of self-tolerance, persistent tissue inflammation, and immune imbalance. In Ayurveda, autoimmune pathogenesis corresponds to derangements involving ama, Gambheera dhatu dushti, Ojas-kshaya, and pitta-rakta prakopa vitiation across clinical entities like Amavata, Gambheeraa vatarakta, and Kushtha. This review evaluates the therapeutic and

immunomodulatory value of Patola (Trichosanthes dioica Roxb.) by integrating classical Ayurvedic principles with modern pharmacological evidences.
Materials & Methods: Classical Ayurvedic literatures like Caraka Samhita, Susruta Samhita and Bhavaprakasha Nighantu was reviewed for the Rasapancaka, Karmas, and formulations of Patola. Modern pharmacological literature and articles were evaluated to assess its secondary metabolites, antioxidant activity, anti-inflammatory actions, and effects on immune health.
Observations/Results: Classically, Patola has tikta-kashaya rasa, laghu-ruksha guna, anushna veerya, and katu vipaka . These properties confer Deepana-Pachana, Raktashodhaka, and pitta-kapha shamaka actions. These actions digest circulating Ama, relieve srotorodha and reduces localized inflammation. Phytochemically, Patola is rich in flavonoids, triterpenoid cucurbitacins, polyphenols and Vitamin C. These constituents reduce pro-inflammatory chemical messengers, quench cellular free radicals, preserve white blood cell membranes, and strengthen gut barrier integrity, helping to calm hyperactive immune reactions.
Conclusion: Patola functions as a supportive botanical immunomodulator across both aspects of Vyadhikshamatva - preventing disease triggers by clearing ama and protecting mucosal barriers and reducing active tissue inflammation.
Keywords: Ama, Autoimmunity, Patola, Vyadhikshamatva

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0691
Reg. Category : P.G and Ph.D Scholar
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Immunomodulatory potential of pippali(piper longum L.) in Autoimmune Disorders: A Review of Preclinical Studies

Abstract :
Title- Immunomodulatory potential of pippali(piper longum L.) in Autoimmune Disorders: A Review of Preclinical Studies
Background- Pippali (Piper longum L.) is an important Ayurvedic medicinal plant traditionally described as having Deepana, Pachana, and Rasayana properties. It is believed to help reduce Ama, which is considered an important pathological factor in disorders such as rheumatoid arthritis. Pippali is also known for its anti-inflammatory and immunomodulatory properties and has shown beneficial effects in experimental models of arthritis and other inflammatory conditions.
Objective- To review the immunomodulatory potential of Pippali (Piper longum L.) and its bioactive constituents in autoimmune disorders.
Materials and methods- A literature search was conducted in PubMed using keywords including Pippali, Piper longum, piperine, piperlongumine, immunomodulation, and autoimmune disorders. Preclinical studies relevant to immunomodulatory and autoimmune activities were identified and selected for review based on their titles and abstracts.
Results- Preclinical evidence suggests that Piper longum and its bioactive constituents have promising immunomodulatory and anti-inflammatory effects. Piperine and piperlongumine have demonstrated anti-arthritic activity in experimental models of rheumatoid arthritis. Pippali has also shown significant anti-inflammatory activity. Piperlongumine may be beneficial in lupus-related manifestations by suppressing Th17 cells, promoting regulatory T cells (Tregs), and inhibiting the JAK/STAT3 signaling pathway. It has also been reported to reduce inflammatory mediators such as TNF-a, IL-1beta, IL-23, and IL-17.
Conclusion- Preclinical studies indicate that Pippali and its constituents, particularly piperine and piperlongumine, have promising immunomodulatory and anti-inflammatory potential in autoimmune disorders. However, most available studies have focused on isolated bioactive constituents rather than the whole plant. Therefore, well-designed preclinical studies on whole Pippali are needed to further establish its immunomodulatory potential and mechanism of action in autoimmune disorders.
Keywords- Pippali, Piper longum L , piperine, Immunomodulatory, autoimmune

Presentation Type : Oral Paper
Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0694
Reg. Category : P.G and Ph.D Scholar
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FROM IMMUNOSTIMULATION TO IMMUNOREGULATION: REAPPRAISING AYURVEDIC MEDICINAL PLANTS IN AUTOIMMUNE DISORDERS

Abstract :
Background: Autoimmune disorders arise from an interplay of genetic susceptibility, environmental triggers and dysregulated immune responses, culminating in loss

of self-tolerance and tissue injury. Although conventional immunosuppressive therapies remain central to management, their limitations have prompted interest in approaches aimed at restoring immune homeostasis. Ayurveda describes medicinal plants within therapeutic concepts such as Rasayana and Vyadhikshamatva, offering a framework for investigating immunoregulation.

Objective: To critically evaluate the immunomodulatory potential of selected Ayurvedic medicinal plants in autoimmune disorders and examine their mechanisms in light of contemporary immunological evidence.

Methodology: A narrative review of experimental, mechanistic and clinical literature was undertaken, focusing on Tinospora cordifolia, Withania somnifera, Curcuma longa and Boswellia serrata. Evidence regarding inflammatory cytokines, immune-cell responses, oxidative stress and molecular signalling pathways was critically analysed, with emphasis on autoimmune and immune-mediated conditions.

Observations: Available evidence suggests that these plants and their bioactive constituents exert multi-target immunomodulatory and anti-inflammatory effects. Reported mechanisms include modulation of NF-kB, MAPK, JAK/STAT and NLRP3-associated pathways, regulation of inflammatory cytokines, oxidative stress and T-cell-mediated responses. Curcuma longa has comparatively stronger clinical evidence, including randomized controlled trials and systematic reviews in rheumatoid arthritis and other immune-mediated conditions. Tinospora cordifolia and Withania somnifera show promising effects predominantly in experimental models, whereas evidence for Boswellia serrata and remains comparatively limited and disease-specific.

Conclusion: Selected Ayurvedic medicinal plants demonstrate promising immunoregulatory potential beyond the conventional concept of immunostimulation. However, heterogeneity in plant material, extraction methods, dosage, bioavailability and study design, together with limited large-scale clinical trials, restricts definitive conclusions regarding therapeutic efficacy. Future research integrating Ayurvedic pharmacological principles with standardized phytochemical characterization, immunological biomarkers and adequately powered clinical trials may clarify their role as evidence-based adjuncts in autoimmune disease management.

Keywords: immunomodulation; autoimmune disorders; medicinal plants

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Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders
Registration No. : 0705
Reg. Category : P.G and Ph.D Scholar
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Pale Kette Kashaya: An Ayurvedic Perspective on Immunomodulatory Potential, Seasonal Disease Patterns and Lunar Rhythms

Abstract :

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Keywords: Pale Kette Kashaya, Rasapancaka, Ghataka dravya, infectious diseases, new moon nights, patterns of disease occurrence.

BACKGROUND & OBJECTIVES

Pale Kette Kashaya is an ancient folklore tradition, practiced on the new moon day of Ati month of tulu calendar. To understand the Rasapancaka of the Ghataka dravya of Pale Kette Kashaya. To analyse the seasonal patterns of infectious diseases, particularly in India and Karnataka. To evaluate the relationship between new moon nights and patterns of disease occurrence.

MATERIALS & METHODS

Ayurvedic texts, pharmacognostic literature, epidemiological studies, seasonal disease data, and lunar-cycle research were reviewed through comparative literature analysis.

OBSERVATIONS/RESULTS

Rasapancaka of Pale Kette Kashaya. Dravya Rasa Guna Virya Vipaka Karma Saptaparni Tikta Kashaya Laghu Snigdha Ushna Katu Tridosha-samaka Marica Katu Laghu Tikshna Sukshma Ushna Katu Kapha-Vata-samaka Jiraka Katu Laghu Ruksha Ushna Katu Kapha-Vata-samaka Lasuna Madhura Lavana Katu Tikta Kashaya Snigdha Guru Tikshna Sara Ushna Katu Kapha-Vata-samaka Takra Kashaya Amla Laghu Dipana Ushna Amla Kapha-Vata-samaka

Pattern of seasonal infectious diseases. Seasonal variation in diseases in India, particularly Karnataka, demonstrates a strong association with rainfall, temperature, humidity, vector density, water contamination and ecological changes. Monsoon and post-monsoon periods favour dengue, chikungunya, malaria, leptospirosis and water-borne diseases, while regional variations produce distinct seasonal patterns.

Relationship between new moon night and disease pattern. Lunar phases produce measurable environmental changes, particularly variations in

nocturnal illumination and tidal patterns, influencing numerous marine and terrestrial organisms. Although limited studies suggest possible effects on human sleep and biological rhythms, current evidence does not establish a clinically significant relationship between lunar phases and human immunity.

CONCLUSION Ghataka dravya Rasapancaka, seasonal disease trends, and lunar influences were critically correlated, highlighting established ecological patterns and areas requiring further research.

Presentation Type : Oral Paper

Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders

Registration No. : 0741

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Institution : Sri Dharmasthala Manjunatheshwara College of Ayurveda Hospital and Research Centre Kuthpady Udupi

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Immunomodulatory potential of medicinal plants in auto-immune disorders

Abstract :

Background: Autoimmune disorders are characterized by an inappropriate immune response against self-antigens, resulting in chronic inflammation and tissue damage. Although conventional immunosuppressive and immunomodulatory therapies are effective, their long-term use may be associated with adverse effects and increased susceptibility to infections. Medicinal plants have gained considerable attention as potential sources of bioactive compounds capable of modulating immune responses through multiple cellular and molecular pathways.

Objectives:

1. Explore the immunomodulatory potential of medicinal plants
2. To understand their possible role in the management of autoimmune disorders.

Materials and Methods: A narrative review was undertaken using classical Ayurvedic literature and contemporary scientific literature on medicinal plants with immunomodulatory and anti-inflammatory properties. Several medicinal plants, such as ashwagandha, guduchi, haridra, raktachandana, nimba, shallaki possess bioactive constituents demonstrating, immunomodulatory, antioxidant and anti-inflammatory activities. Relevant evidence regarding phytoconstituents, mechanisms of action, and their effects on immune mediators involved in autoimmune pathogenesis was analyzed.

Observations: These plants have been reported to influence T-cell and B-cell activity, regulate pro-inflammatory cytokines, reduce oxidative stress and modulate signalling pathways including NF-kB, JAK/STAT and MAPK. Unlike generalized immunosuppression, their potential lies in restoring immune homeostasis through regulation of aberrant immune responses. From an Ayurvedic perspective, these actions may be understood in relation to Rasayana, Vyadhikshamatva, Agni, Ojas and Dosha-Dushya interaction, providing a holistic framework for maintaining physiological immune balance.

Keywords: Autoimmune disorders, immunomodulation, medicinal plants, Rasayana, Vyadhikshamatva, oxidative stress, phytoconstituents, inflammation.

Presentation Type : Oral Paper

Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders

Registration No. : 0743

Reg. Category : P.G and Ph.D Scholar

Author : Dr. PAVITRA UDAPUDI (0743)

Co- Author/s : Dr Sanjeev S Tonni

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Classical Management of Raktatisara as a Modality for Ulcerative Colitis: Pharmacological Validation of an Unpublished Formulation from Akalanka Samhita

Abstract :

Background & Objectives: Ulcerative Colitis (UC) is an autoimmune disorder characterized by chronic mucosal inflammation and ulceration of the colon. In classical Ayurveda, this pathology closely mirrors the Samprapti of Raktatisara, where vitiated Pitta and Rakta cause Vrana (ulceration) and Sotha (inflammation) in the Pakvasaya. This paper introduces a novel formulation - comprising Rambha Pushpa, Narikela Pushpa, Jambu Tvak, Udumbara Phala, and Cincamula - sourced from the unpublished classical manuscript, Akalanka Samhita, and evaluates its pharmacological potential in managing UC.

Materials & Methods: The source verse from the Akalanka Samhita was analyzed using traditional Padaccheda and Anvaya to decode the precise syntax and indications of the formulation. The classical mechanism of Raktatisara was then mapped to the pathogenesis of autoimmune intestinal inflammation. Concurrently, a contemporary pharmacological review was conducted to evaluate the immunomodulatory, anti-inflammatory, and mucosal-healing properties of the constituent medicinal plants.

Observations/Results: Pharmacological profiling validates the traditional formulation's efficacy for autoimmune bowel disease. Rambha Pushpa (Musa paradisiaca) and Narikela Pushpa (Cocos nucifera inflorescence) provide systemic immunomodulation and act as Pitta-samaka, cooling localized immune hyper-reactivity. Furthermore, Jambu Tvak (Syzygium cumini), Udumbara Phala (Ficus racemosa), and Cincamula (Tamarindus indica root) demonstrate profound Stambhana (astringent) and localized Vranaropana (wound-healing) effects, actively halting mucosal bleeding and promoting cellular repair in the colon lining.

Conclusion: This unpublished classical formulation from the Akalanka Samhita offers a highly targeted, synergistic approach to managing the localized autoimmune destruction seen in Ulcerative Colitis. By concurrently addressing immunomodulation, Stambhana, and Vranaropana, it provides a viable plant-based therapeutic framework that warrants further in vivo clinical validation.

Keywords: Akalanka Samhita, Immunomodulation, Narikela Pushpa, Raktatisara, Ulcerative Colitis,

Presentation Type : Oral Paper

Theme : Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders

Registration No. : 0756

Reg. Category : Faculties, Researchers & Practitioners

Author : Dr. SPHATIKA KALKURA K (0756)

Institution : MIAMS Manipal

Impact of Lifestyle Modification and Environmental Toxins on Manifestation of Type 1 Diabetes Mellitus - A Preventive Perspective

Abstract :

Background: Type 1 Diabetes Mellitus is a T-cell-mediated autoimmune disorder characterized by the selective destruction of pancreatic beta cells. While genetic susceptibility such as HLA risk alleles establishes the baseline vulnerability, the rising global incidence highlights modern environmental toxins and lifestyle disruptions as decisive epigenetic triggers. In Ayurveda, this early-onset autoimmune pathology aligns with Sahaja or Jata Pramehi, wherein inherited Beeja Dushti interacts with external Nidana, inducing Agni Dushti, and Ama formation, and progressive Ojokshaya .

Objective: To establish an integrative, preventive framework evaluating how environmental toxin mitigation and targeted lifestyle optimization (Nidana Parivarjana and Pathya-Vihara) impede autoimmune activation, preserve residual beta-cell mass, and safeguard Ojas.

Discussion : Modern environmental toxin including endocrine-disrupting chemicals, heavy metals, and agricultural pesticides induce localized beta-cell oxidative stress and alter DNA methylation patterns. This gene-environment interaction converts dormant Beejabhaga Dushti into active autoimmunity. Concurrently, ultra-processed diets and sedentary habits impair Koshthagni, driving gut microbiota dysbiosis and mucosal barrier breakdown. The resulting Ama, and that take sthana samshraya in koshta and manifesting prameha with profound Ojokshaya, driving the rapid Dhatu Kshaya characteristic of Vataja Madhumeha. From a preventive standpoint, implementing Nidana Parivarjana and Pathya-Vihara offers a strategic pathway for both primary and secondary intervention. Pre-conception Beeja Shuddhi and early infant gut mucosal protection minimize inherited epigenetic triggers, while Pathya Ahara and Vihara optimize short-chain fatty acid (SCFA) production. This metabolic support fortifies regulatory T-cell function, maintaining autoreactive T-cells in a dormant state and halting disease manifestation.

Conclusion: Although Sahaja Pramehi is classically designated as Asadhya , once fully manifested, strategic early intervention centered on environmental toxin avoidance, Agni protection, and Pathya-Vihara provides a viable paradigm for primary and secondary prevention - shifting T1D care from reactive glycemic management to proactive immune preservation.

Presentation Type : Oral Paper

Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives

Registration No. : 0010

Reg. Category : P.G and Ph.D Scholar

Author : Dr. SARANYA K (0010)

Institution : SDM college of ayurveda and hospitaL Hassan

Lifestyle and Environmental Toxicants as Triggers of Autoimmune Disorders: Integrative Prevention through Ayurveda

Abstract :

Background & Objectives: The global incidence of autoimmune disorders has increased substantially over recent decades, indicating that environmental and lifestyle factors play a crucial role beyond genetic predisposition. Modern lifestyle practices, including unhealthy dietary habits, physical inactivity, chronic psychological stress, sleep disturbances, and exposure to environmental toxins such as pesticides, heavy metals, endocrine-disrupting chemicals, air pollutants, and microplastics, are increasingly implicated in immune dysregulation. This review aims to examine the influence of these modifiable risk factors on the manifestation of autoimmune disorders and explore preventive perspectives by integrating current scientific evidence with Ayurvedic principles.

Materials & Methods: A narrative review was conducted using published literature from peer-reviewed journals

indexed in PubMed, Scopus, and Google Scholar. Relevant studies on lifestyle factors, environmental toxins, immune dysregulation, and autoimmune disorders were critically analyzed. Ayurvedic concepts described in classical texts, including Asatmya Ahara-Vihara, Prajnaparadha, Janapadodhvamsa Nidana, Agni, Ama, Srotodushti, and Ojas, were reviewed and correlated with contemporary biomedical evidence.
Observations/Results: The reviewed evidence indicates that unhealthy lifestyle behaviours and chronic exposure to environmental toxins promote oxidative stress, gut microbiota dysbiosis, epigenetic modifications, persistent low-grade inflammation, and impaired immune tolerance, thereby increasing the risk of autoimmune disorders such as rheumatoid arthritis, systemic lupus erythematosus, autoimmune thyroid disease, inflammatory bowel disease, and multiple sclerosis. From an Ayurvedic perspective, these causative factors lead to Agnimandya, Ama formation, Srotodushti, and depletion of Ojas, creating a favourable milieu for chronic inflammatory and immune-mediated disorders.
Conclusion: Lifestyle modification, minimization of environmental toxin exposure, stress management, and adoption of Ayurvedic preventive measures such as Dinacarya, Ritucharya, Pathya Ahara, and Rasayana therapy may enhance immune resilience and reduce the burden of autoimmune disorders. An integrative approach combining environmental health sciences with Ayurveda offers a promising preventive strategy and warrants further interdisciplinary clinical research.
Keywords: Autoimmune disorders; Environmental toxins; Lifestyle modification; Ama; Rasayana.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0031
Reg. Category : P.G and Ph.D Scholar
Author : Dr. RASHMI B M (0031)
Institution : Ashwini Ayurveda Medical college Tumkur

Lifestyle and Environmental Exposures in Female Autoimmunity: An Ayurvedic Perspective on Prevention

Abstract :
Introduction - Ayurveda emphasizes preservation of health through appropriate Ahara (diet), Vihara (lifestyle), Dinacharya, Ritucharya, maintenance of Agni and Dosha equilibrium, and avoidance of disease-causing factors through Nidana Parivarjana. Autoimmune disorders are increasingly recognized among women, with their development influenced by a complex interaction of genetic susceptibility, hormonal factors, lifestyle, diet, psychosocial stress, and environmental exposures. The objective is to explore the relationship between lifestyle and environmental exposures and the risk of autoimmune disorders in women, and to examine the potential role of Ayurvedic principles in prevention and health promotion.
Methodology: conceptual review on understanding of female autoimmunity with Ayurvedic concepts of Prakriti, Agni, Ama, Dosha imbalance, Dinacharya, Ritucharya, dietary practices, mental well-being, and environmental health. Potential modifiable factors including unhealthy dietary patterns, sedentary life style, sleep disturbance, psychological stress, exposure to pollutants and chemicals, and disruption of endocrine system are considered in relation to immune dysregulation. Result: Mithya Ahara-Vihara may impair Agni and promote Ama, thereby disturbing physiological equilibrium. Lifestyle and environmental factors may contribute to immune imbalance through mechanisms involving metabolic dysfunction, oxidative stress, altered gut microbiota, hormonal disturbances, and chronic inflammation leads to yonivyapad, arthava vyapad , vandhytwa, garbhvyapad and garbhanga vikruthi.
Discussion: An integrative preventive approach combining modern environmental and lifestyle science with Ayurvedic principles may offer a holistic framework for reducing modifiable risk factors associated with female autoimmunity.
Keyword: Female Autoimmunity, yonivyapad, arthava vyapad, vandhya, garbhavyapad,

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0035
Reg. Category : P.G and Ph.D Scholar
Author : Dr. PRATHIMA (0035)
Co- Author/s : Dr G Ramadevi
Institution : SDM COLLEGE OF AYURVEDA UDUPI

Modifiable Lifestyle and Environmental Determinants of Rheumatoid Arthritis: An Ayurvedic Preventive Perspective

Abstract :
Background & Objectives: Rheumatoid arthritis is a chronic autoimmune disorder arising from interactions between genetic susceptibility, lifestyle, and environmental factors. Dietary imbalance, physical inactivity, chronic stress, inadequate sleep, tobacco exposure, obesity, and environmental pollutants may promote systemic inflammation, oxidative stress, gut microbiome alterations, and immune dysregulation. Exposure to pesticides, heavy metals, air pollutants, and endocrine-disrupting chemicals may further contribute to loss of immune tolerance. In Ayurveda, rheumatoid arthritis shows clinical similarities with Vatashonita, particularly through the interaction of Dosha and Dushya

and the influence of improper Ahara and Vihara. This review aims to explore the role of modifiable lifestyle and environmental factors in autoimmune manifestation, with special reference to rheumatoid arthritis and Vatashonita, and to highlight preventive perspectives.
Materials & Methods: A narrative review was conducted using classical Ayurvedic texts, including Caraka Samhita, Susruta Samhita, and Ashtanga Hridaya, along with contemporary peer-reviewed literature retrieved from electronic databases. Evidence concerning lifestyle factors, environmental exposures, immune mechanisms, and preventive strategies was reviewed and correlated with Ayurvedic principles.
Observations/Results: Unhealthy lifestyle practices and chronic environmental exposures may enhance oxidative stress, systemic inflammation, microbiome alterations, and immune dysregulation, increasing autoimmune susceptibility. Ayurvedic preventive principles emphasize appropriate Ahara and Vihara, maintenance of Agni and Ojas, adherence to Dinacarya and Ritucharya, and avoidance of causative factors.
Conclusion: Modification of preventable lifestyle and environmental risk factors may reduce autoimmune susceptibility. Integrating evidence-based lifestyle modification with Ayurvedic preventive principles may provide a holistic approach to rheumatoid arthritis prevention. Further clinical research is required to establish the effectiveness of such integrative strategies.
Keywords: Rheumatoid Arthritis; Vatashonita; Lifestyle Factors; Environmental Exposures; Preventive Ayurveda

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0050
Reg. Category : P.G and Ph.D Scholar
Author : Dr. LEKSHMI A NAIR (0050)
Institution : PANKAJAKASTHURI AYURVEDA MEDICAL COLLEGE AND PG CENTRE

"The Hidden Triggers of Autoimmunity: Lifestyle, Environmental Toxins and the Path to Prevention"

Abstract :

1 Dr Chandana N Nadig 2 Dr Prashanth Kumar
1 PG Scholar, 2nd year, Department of Panchakarma, SDM Institute of Ayurveda and Hospital, Bangalore.
2 Associate Professor, Department of Panchakarma, SDM Institute of Ayurveda and Hospital, Bangalore.

Abstract:
Background & Objectives: Autoimmune diseases are complex traits determined by genetic, environmental and lifestyle factors. There is accumulating evidence that diet, obesity, exercise, sleep and stress, tobacco, air pollution, pesticides, heavy metals, and other environmental exposures are involved in the aetiology of autoimmunity through mechanisms including oxidative stress, inflammation, gut microorganisms, and epigenetics. Prevention plays an important role in Ayurveda (Svasthavritta, Ahara, Vihara, Dinacarya, Ritucharya and Rasayana). The present review focuses on the role of lifestyle and environment in autoimmune diseases and their prevention, based on the Ayurvedic philosophy.
Materials & Methods: Lifestyle and environment were explored in relation to autoimmune diseases. A narrative review of the literature was performed to identify studies that examine the role of exposure on autoimmune diseases with a focus on Rheumatoid Arthritis, Systemic Lupus Erythematosus, Multiple Sclerosis, and Psoriasis. Concepts such as Agni, Ama, Ojas, Vyadhikshamatva, Sadvritta, and Rasayana were studied in relation to disease prevention.
Observations/Results: It was concluded that autoimmune diseases could partly be prevented by targeting lifestyle factors like diet, behaviour, and exercise as well as environmental toxicants and enhancing endogenous repair and resilience processes.
Conclusion: An integrative and Holistic approach, which includes evidence-based lifestyle interventions, as well as the implementation of preventive strategies as described in Ayurveda, can help to reduce the impact of autoimmune diseases.
Keywords: Autoimmunity, Environmental toxins, Svasthavritta, Vyadhikshamatva, Rasayana.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0055
Reg. Category : P.G and Ph.D Scholar
Author : Dr. CHANDANA N NADIG (0055)
Co- Author/s : Dr Prashanth Kumar, Professor, Department of Panchakarma, SDM Institute of Ayurveda and Hospital, Bangalore.
Institution : SDM Institute of Ayurveda and Hospital

Impact of Lifestyle and Environmental Toxins on Manifestations of Autoimmune Disorders: A Preventive Perspective

Abstract :

Introduction Autoimmune disorders are emerging as a significant global health burden, resulting from a complex interaction of genetic susceptibility, immune dysregulation, and environmental triggers. Modern lifestyle irregularities, including erratic dietary habits, chronic psychosocial stress, disturbed circadian rhythm, sedentary behaviour, and escalating exposure to environmental toxins such as heavy metals, pesticides, and endocrine-disrupting chemicals, are increasingly implicated in the onset and exacerbation of autoimmune

pathology. Ayurveda, through its preventive constructs of Nidana Parivarjana and Swasthavritta, offers a scientifically relevant framework for mitigating these risk factors prior to disease manifestation.

Aim To analyse the correlation between contemporary lifestyle and environmental determinants and autoimmune disease manifestation, and to evaluate the preventive potential of Ayurvedic Swasthavritta principles.

Materials and Methods A systematic literature review was undertaken, integrating classical Ayurvedic texts (Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya) with contemporary databases (PubMed, Scopus, Google Scholar), to establish correlations between Ayurvedic Nidana and modern lifestyle-environmental risk factors implicated in autoimmune pathogenesis.

Results Findings demonstrated significant correlation between Viruddha Ahara, Ratri Jagarana, Manasika Bhava, and Asatmyendriyartha Samyoga with modern determinants such as dietary imbalance, circadian disruption, chronic stress, and toxin exposure, operating through mechanisms including molecular mimicry, oxidative stress, and gut dysbiosis. Ayurvedic regimens, namely Dinacharya, Ritucharya, Sadvritta, Rasayana, and Yoga, demonstrated favourable immunomodulatory and detoxifying effects.

Discussion The convergence of Ayurvedic and biomedical perspectives affirms that autoimmune disorders are substantially preventable through lifestyle modification and toxin avoidance. Swasthavritta provides a sustainable, cost-effective model for primary prevention, warranting integration into public health strategy.

Conclusion Lifestyle irregularities and environmental toxin exposure critically influence autoimmune disease manifestation. Ayurvedic Swasthavritta principles present a validated, holistic preventive strategy, meriting further clinical and epidemiological investigation for integration into mainstream preventive healthcare.

Keywords: Autoimmune disorders, Environmental toxins, Lifestyle, Swasthavritta, Prevention, Dinacharya, Yoga, Ayurveda.

Presentation Type : Oral Paper

Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives

Registration No. : 0061

Reg. Category : P.G and Ph.D Scholar

Author : Dr. KHUSHBOO KUMAWAT (0061)

Institution : Dr Sarvepalli Radhakrishnan Rajasthan ayurveda university

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"Lifestyle and Environmental Determinants of Autoimmune Disorders: An Ayurvedic Preventive Perspective."

Abstract :

Background and Objectives: Autoimmune disorders are a growing global health concern, resulting from interactions among genetic susceptibility, immune dysregulation, lifestyle practices, and environmental exposures. Dietary transition, physical inactivity, chronic psychological stress, disturbed sleep, and exposure to environmental toxicants may adversely influence immune tolerance. This review aims to explore the impact of modifiable lifestyle and environmental factors on autoimmune disorders and highlight preventive perspectives integrating Ayurveda with contemporary health science.

Materials and Methods: A narrative review was conducted using relevant scientific literature and classical Ayurvedic concepts concerning autoimmune disorders, lifestyle, environmental toxins, and disease prevention. Evidence related to dietary habits, physical activity, stress, sleep, tobacco exposure, pesticides, heavy metals, air pollutants, and endocrine-disrupting chemicals was reviewed alongside Ayurvedic principles of Agni, Ama, Ahara, Vihara, Dinacharya, Rutucharya, and Rasayana.

Observations/Results: The reviewed evidence indicates that unhealthy dietary patterns, sedentary behaviour, chronic stress, inadequate sleep, and exposure to pollutants and chemical toxicants may promote oxidative stress, systemic inflammation, altered gut-immune interactions, epigenetic changes, and impaired immune tolerance. Ayurvedic preventive principles emphasise preservation of Agni, prevention of Ama formation, maintenance of Dosha equilibrium, wholesome Ahara, appropriate Vihara, seasonal adaptation, stress regulation, and Rasayana practices. These measures provide a holistic framework for addressing modifiable risk factors.

Conclusion: Prevention of autoimmune disorders requires a multidimensional approach addressing individual lifestyle and environmental determinants. Integrating evidence-based lifestyle modification with Ayurvedic preventive principles may support immune homeostasis and reduce modifiable risks. Further interdisciplinary research is warranted to establish the effectiveness of Ayurveda-informed preventive strategies.

Keywords: Autoimmune Disorders; Lifestyle; Environmental Toxins; Prevention; Ayurveda.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0062
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SUKRUTA M M (0062)
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Autoimmune Dimension Of Cholelithiasis: An Integrated Ayurvedic And Contemporary Perspective On Mechanisms, Associations, And Clinical Implications.

Abstract :
Title: Autoimmune Dimension Of Cholelithiasis: An Integrated Ayurvedic And Contemporary Perspective On Mechanisms, Associations, And Clinical Implications. Dr. Aparajita Das (Corresponding Author)
2nd Year PG Scholar, Department of Kayachikitsa SDM College of Ayurveda, Kuthpady, Udupi, Karnataka - 574118 Email: aparajita739@gmail.com | Phone: +91 9353663505 Dr. Shailesh Y (Guide/Co-Author) MD (Ayu), Associate Professor, Department of Kayachikitsa SDM College of Ayurveda, Kuthpady, Udupi, Karnataka - 574118
Background Cholelithiasis is traditionally viewed as a metabolic disorder driven by cholesterol supersaturation and biliary stasis. Emerging evidence, however, points to autoimmune contributions in a subset of patients, given associations with primary biliary cholangitis, autoimmune hepatitis, inflammatory bowel disease, celiac disease, and autoimmune thyroiditis.
Objectives To explore the autoimmune basis of cholelithiasis and correlate it with the Ayurvedic concept of Vyadhikshamatva (immunological competence), proposing an integrative diagnostic and therapeutic model.
Materials & Methods A conceptual review correlating contemporary immunopathological literature with classical Ayurvedic principles of Agni, Ama, Dosha-Dushti, and Vyadhikshamatva, focusing on Pitta and Pittashaya involvement in calculus formation.
Observations Chronic low-grade inflammation, cytokine-mediated dysmotility, and immune-driven bile acid disturbances create a lithogenic milieu independent of conventional risk factors. Dushta Agni and accumulated Ama contribute to Dhatu Vaishamya and Srotodushti, paralleling autoimmune inflammatory states. Systemic Pitta imbalance affecting the Pittashaya may explain Pittashaya Ashmari in autoimmune-predisposed individuals, reflecting impaired Vyadhikshamatva.
Conclusion Recognizing this dual metabolic-autoimmune basis supports management beyond symptomatic or surgical correction. Agni correction, Ama Pachana, and Vyadhikshamatva-enhancing Rasayana and Dosha-pacifying therapies may serve as valuable adjuncts. An individualized approach combining modern immunological assessment with Ayurvedic constitutional evaluation is warranted, alongside further collaborative research.
Keywords: Cholelithiasis, Autoimmune Disease, Vyadhikshamatva, Pittashaya Ashmari, Dushta Agni.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0064
Reg. Category : P.G and Ph.D Scholar
Author : Dr. APARAJITA DAS (0064)
Institution : SDM COLLEGE OF AYURVEDA UDUPI

Endocrine disruptors as emerging trigger of autoimmunity

Abstract :
Theme: Impact of Lifestyle and Environmental Toxins on Manifestation of Autoimmune Disorders: Preventive Perspectives. ENDOCRINE DISRUPTORS AS EMERGING TRIGGERS OF AUTOIMMUNITY Dr.Jithina .P 1, Dr.Sumanth Shenoy 2, Dr. Arundhathi Prasad 3
4th Sem Scholar 1, Professor &HOD 2, Assistant professor 3 Alva's Ayurveda Medical College and Hospital, Moodubidiri
Background Endocrine-disrupting chemicals (EDCs) are natural or synthetic compounds that disrupt hormonal signalling and immune regulation. Widespread exposure through plastics, cosmetics, pesticides, food packaging, and environmental contaminants has been linked to immune dysregulation and autoimmune diseases.
Objectives
1. To review the role of endocrine-disrupting chemicals in autoimmunity.
2. To describe the mechanisms through which selected EDCs influence endocrine and immune functions.
3. To summarise the evidence linking EDC exposure with autoimmune diseases and discuss preventive strategies.
Materials and Methods A narrative review was conducted on published studies examining the sources, mechanisms, immunological effects, biomarkers, and diagnostic approaches of selected endocrine disruptors, including Bisphenol A (BPA), atrazine, perchlorate, per- and polyfluoroalkyl substances (PFAS), phthalates, and phytoestrogens.
Observations The reviewed studies indicate that EDCs promote immune dysregulation through oxidative stress, inflammation, epigenetic changes, hormonal receptor interactions, and altered T- and B-cell function, contributing to thyroid autoimmunity, rheumatoid arthritis, Hashimoto's thyroiditis, lupus progression, and impaired immune responses.

Results Current evidence suggests that endocrine disruptors may initiate or worsen autoimmune diseases, particularly in genetically susceptible individuals. Biomarker-based blood and urine analyses indicate potential health risks associated with EDC exposure.

Conclusion Endocrine disruptors are emerging environmental factors in autoimmunity. Increasing awareness, minimising exposure, and adopting preventive measures may help to reduce their potential impact on immune health. Hence, here an attempt is made to critically review and link the causal evidence and pathogenesis of direct and indirect exposure to EDC on autoimmunity and to develop probable effective public health strategies.

Keywords: Endocrine disruptors, autoimmune diseases, Hormone, Prevention

Presentation Type : Oral Paper

Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives

Registration No. : 0082

Reg. Category : P.G and Ph.D Scholar

Author : Dr. JITHINA P (0082)

Institution : Alvas Ayurveda medical college and hospital

Latent Autoimmune Diabetes in Adults (LADA): Exploring Autoimmunity Through the Ayurvedic Lens

Abstract :

Dr Neha A R1, Dr. Srinivasa S2, 2nd year PG Scholar1, Professor and HOD2, Department of Kayachikitsa, Shri Dharmasthala Manjunatheshwara Institute, Bengaluru 560074, Karnataka, India. CORRESPONDING AUTHOR: Dr Neha A R, 2nd year PG Scholar, Department of Kayachikitsa, Shri Dharmasthala Manjunatheshwara Institute, Bengaluru 560074, Email:nehaar1999@gmail.com. Ph.no- 8951808949

ABSTRACT

Background: Latent Autoimmune Diabetes in Adults (LADA) Often referred as Type 1.5 diabetes. LADA is slowly progressive autoimmune form of diabetes characterized by gradual pancreatic beta-cell destruction and leading to decline in insulin secretion. It shares features of both Type 1 and Type 2 diabetes, initially presenting with T2DM-like phenotype. Genetic susceptibility, environmental exposures, gut dysbiosis, immune dysregulation may contribute to its progression. Ayurveda offers a holistic framework through which gene-environment-immune-metabolic interactions can be explored.

Objective: To explore the Ayurvedic understanding of LADA in relation to Prameha, focusing on Nidana sevana, Agni vaishamya, Ama, Srotodushti, Ojo-Bala kshaya and to develop an integrated Ayurveda-modern perspective of its pathogenesis with supportive management.

Methods: A conceptual review of classical Ayurvedic texts and contemporary literature on LADA, neuroendocrine-immune dysregulation was undertaken. Beeja Dushti correlated with inherited susceptibility, while Dusita Desha, Kala, Anna and Divasvapna explored as environmental factors. Role of Agni Dushti, Ama and Srotodushti were integrated from an early Kapha-Meda-kleda dusti, T2DM-like phenotype to progressive beta-cell destruction, Vata prakopa, Dhatu-Ojokshaya corresponding to the late phase of T1DM. The Gut-Brain-Immune-Pancreas axis was incorporated. Conventional insulin therapy and glycemic monitoring remain essential, while Ayurvedic principles include Nidana parivarjana, deepana-pachana, srotoshodhana, shamanoshadhi, rasayana and pathya-ahara.

Conclusion: LADA can be understood through Beeja Dushti, Dushi Visha, Agni Vaishamya, Ama, Srotodushti, Medavruta Vata and progressive Ojo-Bala Kshaya, corresponds to genetic susceptibility, environmental triggers, immune dysregulation and beta-cell dysfunction. Ayurvedic principles may provide supportive strategies with conventional insulin-based management.

Keywords: LADA, Type 1.5 diabetes, beeja dusti, Gut dysbiosis, Autoimmunity, beta-cell.

Presentation Type : Oral Paper

Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives

Registration No. : 0109

Reg. Category : P.G and Ph.D Scholar

Author : Dr. NEHA A R (0109)

Institution : SDM Institute of Ayurveda and Hospitals Bangalore

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DHAARANEEYA VEGA: THE SCIENCE OF SITTING WITH EMOTIONS

Abstract :

The classical concept of dharaneeya vega, traditionally interpreted as the forceful suppression of mental impulses such as Krodha (anger), Bhaya (fear), and Shoka (grief), needs a contemporary psychological reinterpretation. The Sanskrit root dhaarna literally translates to holding, bearing, or containing - aligning seamlessly with the modern clinical paradigm of "sitting with the emotion." Rather than advocating active behavioral acting-out (Pravritti) or harmful somatic repression (Nirodha), Dhaaraneeya Vega can be understood as an intentional state of conscious emotional containment. Crucially, misinterpreting Dhaaraneeya Vega as forced emotional suppression triggers a chronic fight-or-flight response. Resulting in an altered HPA axis, cortisol resistance, destruction of gut health and harmful neural networks as such, over time these pathways lead to a loss of immune self-tolerance, creating a fertile ground for autoimmune disorders.

Reconceptualizing Dhaaraneeya Vega as mindful emotional containment and understanding the neuroanatomy behind it beautifully bridges ancient Indian wisdom with modern neuroscience, offering a holistic path for emotional regulation and physical health. Key Words: dharaneeya vega, autoimmune disorders, conscious emotional containment.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0111
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. BINDU M BHANDARI (0111)
Institution : Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital Hassan

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Exposure to environmental toxins and Autoimmune conditions

Abstract :
EXPOSURE TO ENVIRONMENTAL TOXINS & AUTOIMMUNE CONDITIONS Dr.Keerthana M 1, Dr Suresh Y 2
4th Sem Scholar1 Professor2 from Department of Agadatantra , Alva's Ayurveda Medical College and Hospital, Moodubidiri
Background Autoimmune diseases are increasing worldwide, and environmental factors may contribute to this trend. Although genetic susceptibility is important, exposure to environmental toxic chemicals may trigger autoimmunity in susceptible individuals. Toxins, such as mercury, aluminum, dioxin, pesticides, asbestos, and trichloroethylene, may cause oxidative stress, immune dysregulation, and abnormal immune-cell signaling.
Aim and Objectives
Aim: To review the immunological mechanisms linking environmental toxic chemical exposure with autoimmune disease in genetically susceptible individuals.
Objectives: To examine how environmental toxins affect epigenetic regulation, AHR signaling, glutathione levels, immune cells, proteins, nucleic acids, endocrine receptors, and immune barriers, and to how these changes may promote autoimmune responses.
Materials and Methods
Methodology This review article based on published human, animal, epidemiological, and immunological studies. It evaluates mechanisms, including epigenetic changes, oxidative stress, glutathione depletion, AIRE dysfunction, protein modification, endocrine disruption, T-cell and dendritic-cell dysfunction, and disruption of intestinal and other immune barriers. No new participants, experiments, or clinical interventions were reported.
Observations Environmental toxins may contribute to autoimmune disease. Genetic susceptibility and toxin exposure may interact. Toxins can cause immune dysregulation and oxidative stress. They may disrupt T cells, proteins, DNA, and immune barriers. Overall, toxin exposure may trigger or worsen autoimmunity in susceptible individuals.
Conclusion Environmental toxic chemicals may contribute to autoimmune disease through multiple interacting mechanisms. They can cause immune dysregulation, abnormal receptor activation, epigenetic changes, oxidative stress, protein immune barriers. The article proposes that environmental exposures, together with genetic susceptibility, may promote autoimmune reactivity and disease development.
Keywords: Environmental toxins; Autoimmune conditions; Autoimmunity; Environmental chemicals; Immune dysregulation; Oxidative stress; Glutathione; Epigenetics; T-cell dysfunction; AHR.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0121
Reg. Category : P.G and Ph.D Scholar
Author : Dr. KEERTHANA M (0121)
Institution : Alvas Ayurveda medical college and hospital

Dyslipidaemia-Induced Immune Dysregulation: An Immuno-metabolic Perspective on Prevention of Autoimmune Disorders

Abstract :
Author: Dr. Sowmya Bhat, Assistant Professor, Department of Swasthavritta and Yoga, S.D.M.C.A.H.R.C. Udupi Abstract:
Background & Objectives: Dyslipidaemia is an emerging metabolic disorder closely associated with modern lifestyle practices; however, is recognized as an important risk factor of immune-metabolic dysfunction. Altered lipid metabolism, particularly increased atherogenic lipoproteins, can promote oxidative stress and formation of oxidized LDL, which activates innate immune and inflammatory pathways. Persistent metabolic inflammation may contribute to disruption of immune homeostasis and has potential relevance to the pathogenesis and progression of immune-mediated disorders. This paper aims to explore the relationship between dyslipidaemia, oxidative stress and immune dysregulation and highlight its preventive implications for autoimmune disorders.
Materials & Methods: A conceptual review is made using contemporary biomedical literature on dyslipidaemia, oxidized LDL, oxidative stress, inflammation, immune dysregulation and autoimmune disorders. Interpretations from Ayurvedic concepts of Ahara (diet),

Vihara (lifestyle), Agni (digestion), Meda Dhatu (adipose), and Vyadhikshamatva (immunity) is taken to develop a strategy to prevent autoimmune disorders.
Observation & Results: The reviewed evidence suggests a complex interaction between dyslipidaemia and immune-inflammatory processes. Excess and oxidatively modified lipids can stimulate macrophages, endothelial cells and inflammatory signalling pathways, contributing to chronic low-grade inflammation and vascular dysfunction. Unhealthy diet, physical inactivity, obesity, psychological stress and inadequate sleep may further promote metabolic and inflammatory imbalance. Swasthavritta concepts of diet and lifestyle give an insight on adopting healthy behaviours that are highly beneficial on their long-term, consistent practice.
Conclusion: Dyslipidaemia is a modifiable risk factor of the immune-metabolic environment associated with immune dysregulation. Early identification and lifestyle-based management of dyslipidaemia, integrating appropriate diet, physical activity, sleep and stress regulation- may offer a preventive approach to maintaining immune homeostasis. Integrating Ayurvedic preventive principles with contemporary immune-metabolic science warrants further scope for clinical research in this field.
Keywords: Dyslipidaemia, Immune Dysregulation, Autoimmune Disorders, Lifestyle Modification

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0276
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. SOWMYA BHAT (0276)
Institution : SDM COLLEGE OF AYURVEDA UDUPI

Preventing Environmentally Triggered Immune Dysregulation: An Ayurvedic Perspective

Abstract :
Background & Objectives:- The global prevalence of autoimmune disorders has increased substantially over recent decades. While genetic susceptibility contributes to disease risk, it does not fully explain this rising burden. Growing evidence suggests that environmental factors, including air pollution, pesticides, tobacco smoke, infections, unhealthy diet, psychological stress, and climate-related influences, interact with genetic predisposition to disrupt immune tolerance and trigger autoimmunity. Ayurveda explains this individual-environment interaction through the concept of Loka-Purusha Samya. This review examines environmental determinants of autoimmune disorders and compares these with corresponding Ayurvedic immunological concepts, highlighting relevant preventive strategies.
Materials & Methods:- A narrative review was conducted using classical Ayurvedic texts, together with contemporary literature on environmental determinants of autoimmunity, immune tolerance, and preventive Ayurvedic strategies.
Observations/Results:- Prakriti determines an individual's innate responsiveness to environmental influences. Ojas, the essence of all Dhatus, forms the physiological basis of immunity, while Bala, the body's innate and acquired strength, reflects its capacity to resist internal and external stressors. Persistent exposure to incompatible diet, physical and psychological stress, seasonal disturbances, etc, causes progressive Dosha vitiation and Agnimandya, disturbing body homeostasis. Chronic, low-grade exposure to environmental factors such as pollutants, pesticide residues, etc, leads to accumulation of Dooshivisha in the body, which further increases susceptibility to various diseases. Preventive measures, including Dinacharya and Ritucharya, with timely Shodhana therapy and protection of Agni through medications along with Ahara and Vihara, are proposed to restore body balance, preserve immune competence, and minimise disease risk.
Conclusion:- Ayurveda offers a holistic preventive framework aimed at maintaining immune homeostasis and overall resilience. Its principles may have potential relevance in reducing factors associated with immune dysregulation, but their role in preventing autoimmune disorders remains to be established. Further clinical research is needed to validate this concept.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0306
Reg. Category : P.G and Ph.D Scholar
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Institution : All India Institute of Ayurveda New Delhi

Lifestyle and Environmental Factors in Autoimmune Disorders: An Ayurvedic Conceptual Review

Abstract :
Background: Autoimmune disorders are multifactorial conditions in which genetic susceptibility interacts with lifestyle and environmental influences, leading to dysregulation of immune tolerance. Contemporary factors such as unhealthy dietary practices, sedentary behaviour, chronic psychological stress, sleep disturbance, pollution, pesticides and other environmental toxicants may contribute to disease susceptibility. Ayurveda provides a preventive framework through the concepts of Prajnaparadha,

Asatmendriyarthasamyoga, Ahara-Vihara and Dushivisha, along with environmental disturbances described under Janapadodhwamsa.
Objective: To review conceptually the role of lifestyle and environmental factors in Auto immune disorders through Ayurvedic principles.
Methodology: A conceptual review was conducted using relevant descriptions from Samhita. Classical principles concerning causative factors, environmental health, latent toxicity, prevention and rejuvenation were interpreted in the context of contemporary autoimmune disorders. Result: Ayurveda emphasizes that prolonged exposure to improper Ahara-Vihara and Prajnaparadha can disturb physiological homeostasis and promote disease manifestation. The concepts of Dushivisha and Janapadodhwamsa provide a relevant framework for understanding the potential impact of cumulative environmental toxicants and deterioration of air, water, land and seasonal factors. Preventive strategies include Nidana Parivarjana, wholesome diet, appropriate daily and seasonal regimens, stress regulation, adequate sleep, environmental hygiene and strengthening of host resistance through appropriate Rasayana.
Discussion: An Ayurvedic preventive approach may offer a holistic framework for reducing modifiable lifestyle and environmental risk factors associated with autoimmune disorders. Integrating Nidana Parivarjana, Dinacharya, Ritucharya and judicious Rasayana with contemporary preventive strategies may support immune homeostasis and promote long-term health.
Keywords: Autoimmune disorders; Lifestyle; Environmental toxins; Dushivisha; Nidana Parivarjana; Rasayana.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0356
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SUDIKSHA SALYA (0356)
Institution : Institute of Teaching and Research in Ayurveda Jamnagar

Impact of Lifestyle and Environmental Toxins on Manifestation of Autoimmune Disorders: Preventive Perspective

Abstract :
Background & Objectives Cancer and autoimmune disorders both stem from immune dysregulation, chronic inflammation and lost tolerance. Their rising global prevalence is driven by modern lifestyle factors and environmental toxins-such as processed food, endocrine disruptors, heavy metals, pesticides, stress, sleep deprivation and gut dysbiosis-which trigger oxidative stress, intestinal permeability and epigenetic changes. This study explores parallel pathogenic mechanisms described in the Ayurvedic Brihattrayi, focusing on impaired digestive fire (Agni), metabolic toxins (Ama), humor vitiation (Dosha) and depleted immunity (Ojas).
Materials & Methods A comparative review was conducted analysing contemporary literature on lifestyle-toxin induced immunopathology alongside classical Ayurvedic texts such as Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya. Key principles regarding aetiology and prevention were correlated with modern pathogenic mechanisms.
Observations/Results A strong correlation exists between modern risk factors and Ayurvedic causative factors (Nidana). Both paradigms pinpoint diet, circadian disruption, stress and environmental toxins as primary drivers of immune dysfunction. Modern understanding of gut-derived toxins and immune dysregulation corresponds closely with Ayurvedic descriptions of toxin formation and impaired metabolism. Ayurvedic preventive protocols-including daily (Dinacharya) and seasonal (Ritucharya) regimens, wholesome diet (Pathya), ethical conduct (Sadvritta), Yoga, Pranayama, detoxification (Panchakarma) and rejuvenation (Rasayana)-directly counteract toxin accumulation, restore digestive function, enhance gut integrity and modulate immunity.
Conclusion From a preventive perspective, integrating modern understanding of lifestyle and environmental toxicity with Ayurvedic principles from Brihattrayi provides a viable framework to prevent onset and progression of autoimmune disorders. An integrative lifestyle model rooted in Ayurveda can reduce toxic load, restore homeostasis, and strengthen host defence
Keywords Autoimmune disorders, Environmental toxins, Ojas, Ama, Preventive lifestyle

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0363
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ANIL KUMAR (0363)
Institution : National Institute of Ayurveda Jaipur

Air Pollution-Pollen Interaction in Respiratory and Allergic Disorders: An Ayurvedic Prespective

Abstract :
Title: Air Pollution-Pollen Interaction in Respiratory and Allergic Disorders: An Ayurvedic Prespective.
Introduction: Air pollution and airborne pollen are important environmental factors associated with respiratory and allergic disorders. Pollutants such as particulate matter and nitrogen oxides can irritate the respiratory tract and may alter pollen, potentially enhancing its allergenic activity. Combined exposure may

aggravate sneezing, nasal discharge, nasal obstruction, cough and breathing difficulty. Ayurveda describes the adverse effects of polluted air under the concept of Dusta Vayu in the form of Shwasa, Kasa, Pratishyaya, Jwara etc providing a conceptual basis for understanding environmental influences on respiratory health.
Methods: A narrative review was conducted using Ayurvedic classical texts and contemporary scientific literature related to air pollution, airborne pollen, respiratory allergy and their interaction.
Results: The reviewed literature indicates that combined exposure to air pollutants and pollen may contribute to allergic rhinitis, asthma and other respiratory manifestations.
Discussion and Conclusion: From an Ayurvedic perspective, repeated exposure to unfavorable environmental factors may disturb physiological homeostasis and adversely influence respiratory health. Reduction of environmental exposure, awareness of pollen and pollution levels, appropriate Dinacharya, Purification of air by different methods, nasal hygiene and avoidance of respiratory irritants may support prevention. Integrating Ayurvedic preventive principles with contemporary environmental health approaches may help minimize pollution- and pollen-associated respiratory and allergic manifestations.
Keywords: Air pollution, Shwasa, Kasa, Vayu Shodhana. Dusta Vayu.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0388
Reg. Category : P.G and Ph.D Scholar
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FROM HEARTH TO HIGH HEAT: A PATH TO AUTOIMMUNITY?

Abstract :
FROM HEARTH TO HIGH HEAT: A PATH TO AUTOIMMUNITY -> BACKGROUND & OBJECTIVES: The shift from traditional culinary practices to high-temperature, industrial food processing has altered the thermal exposure of everyday foods, generating advanced Glycation end products (AGEs), lipid oxidation products, and other modified food constituents beyond nutrient composition alone. While these compounds are increasingly linked to metabolic and rheumatic disease, their role in autoimmune inflammation specifically remains underexplored. This review examines the relationship between evolving cooking practices, cooking-generated food modifications, and autoimmune inflammation, integrating an Ayurveda preventive perspective.
MATERIALS & METHODS: A narrative integrative review was conducted using literature from PubMed, MEDLINE, and relevant scientific databases on traditional and contemporary cooking methods, dietary AGEs, modified food antigens, oxidative stress, inflammatory pathways, and autoimmune disorders. Ayurveda concepts of Ahara, Ahara Vidhi, and Agni were examined for conceptual integration.
OBSERVATIONS/RESULTS: Dry, high-temperature cooking methods generate substantially more dietary AGEs than moist-heat methods, contributing to oxidative and inflammatory pathways that may alter the immunological character of food-derived molecules. Emerging evidence shows cooking method alone can modify circulating AGE exposure independent of ingredient composition. However, direct causal evidence linking specific cooking practices to autoimmune disease onset remains limited, marking cooking method as an underexamined variable in autoimmune-focused nutritional research.
CONCLUSION: Cooking method represents an underappreciated, modifiable dimension of dietary exposure. Bridging culinary science, immunology, and Ayurveda principles offers a novel preventive framework and testable hypotheses for future autoimmune disease research.
KEYWORDS: Cooking Methods; Dietary AGEs; Autoimmunity; Food processing; Ahara vidhi.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0389
Reg. Category : P.G and Ph.D Scholar
Author : Dr. NALABOTHU RAJARATNAM (0389)
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Epigenetics of Autoimmunity: Decoding Lifestyle and Environmental triggers of Autoimmune Disorders and its Prevention through Ayurveda.

Abstract :
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2.Professor & HOD, Dept.of Kayachikitsa, KLEShri BMK Ayurveda Mahavidyalaya, Belagavi, Karnataka.
Background: Autoimmune disorders are a heterogenous group of diseases characterized by the breakdown of immunological self-tolerance, resulting in dysregulated immune response directed against self-antigens. Although, genetic susceptibility has been verified for

various autoimmune conditions, research efforts in the past few decades confirm the finding that the etiology of many autoimmune conditions is highly contributed by lifestyle and environmental toxins that act of top of genetic susceptibility.
Objective: The objective is to review the contribution of lifestyle and environmental factors in the manifestation and progression of Autoimmune disorders and explore the preventive potential of Ayurveda principles in mitigating these modifiable risk factors.
Materials and Methods: A narrative literature review was performed using classical Ayurveda Samhitas like Charaka, Sushruta and Ashtanga Hridaya along with research articles from databases like PubMed, Scopus, Google Scholar and AYUSH sources. Relevant literature related to Autoimmunity, Genetic susceptibility, contribution of lifestyle and environmental factors in Autoimmune diseases, Ayurvedic approach to Autoimmunity and its preventive perspectives was reviewed.
Observations: The reviewed literature highlights the contribution of several lifestyle factors such as obesity, poor nutrition, sleep deprivation, etc. and environmental exposures such as air pollution, occupational hazards, pesticide or heavy metal exposure, in the manifestation of Autoimmunity. It also focuses on the Ayurvedic concept of Vyadhikshmatva and Autoimmunity and explores various preventive measures such as Pathyakara Aahara-Vihara, Dinacharya, Ritucharya, Sadvritta palan and Achara rasayana that can strengthen Vyadhikshmatva against these factors contributing to Autoimmune disease manifestation.
Conclusion: The interplay between Genetic susceptibility and modifiable risk factors highlights an important avenue for prevention of Autoimmunity. An Ayurvedic preventive framework integrating Aahara, Vihara, Dinacharya, Ritucharya, Sadvritta palan and Achara Rasayana may help to enhance Vyadhikshmatva and potentially prevent the manifestation of Autoimmune diseases.
Keywords: Autoimmunity, Genetic susceptibility, Vyadhikshmatva

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0405
Reg. Category : P.G and Ph.D Scholar
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From Soil to Self: Can Industrially Grown Vegetables Become a Hidden Link to Autoimmunity?

Abstract :
Background and Objectives Autoimmune disorders arise when immune tolerance to self-antigens is disrupted, resulting in immune-mediated tissue injury. They represent a growing global health burden; autoimmune diseases may affect up to 10% of the global population, and population-based data demonstrate increasing incidence of several autoimmune disorders. While genetic susceptibility is fundamental, environmental exposures may influence disease initiation and progression. Vegetables are essential for health, and the WHO recommends at least 400 g of fruits and vegetables daily. However, the same vegetables may also serve as a dietary route for exposure to agricultural chemicals. This review explores whether intensive agricultural practices could represent an overlooked environmental link between soil and immune health.
Methodology In the present work, the literature has been searched to find relevant information about autoimmune disorders and pesticidal residues.
Observation and Results Indian studies demonstrate measurable pesticide residues in commonly consumed vegetables. Pesticide exposure can influence innate and adaptive immune pathways, oxidative stress and inflammatory mediators. Associations have been reported between pesticide exposure and autoimmune disorders. Recent evidence further indicates that pesticides can disrupt soil microbial biodiversity and potentially alter microbial exposures reaching the food-gut ecosystem.
Conclusion The "Soil-Crop-Gut-Immune Axis" offers a novel preventive framework linking the agricultural environment with immune health. The hypothesis warrants prospective research integrating pesticide residues, soil microbiome, dietary exposure, gut microbiota and immune biomarkers.
Keywords: Autoimmune disorders, Vegetables, Pesticidal residue, Immune biomarkers

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0430
Reg. Category : P.G and Ph.D Scholar
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Institution : Sushrutha Ayurvedic Medical College and Hospital Bengaluru

Unravelling Autoimmune Disease Through the Lens of Ayurveda.

Abstract :

Background & Objectives

Autoimmune disorders are characterized by an altered immune response in which the body's defence mechanisms become directed towards its own tissues. Although Ayurveda does not describe autoimmunity as a separate disease entity, its fundamental principles provide a broader perspective for understanding disturbances in internal homeostasis. Agni, Ama and Ojas can be considered interconnected factors in the development and progression of chronic systemic disorders.

Materials & Methods

Ayurvedic concepts related to Agni, Ama, Ojas, Dosha, Dhatu and Srotas were reviewed and interpreted in the context of characteristic features of autoimmune disorders. Particular attention was given to impaired metabolic transformation, accumulation of incompletely processed substances, tissue susceptibility, chronic disease progression and altered systemic resistance. These concepts were considered within their classical framework without assigning direct one-to-one equivalents to modern immunological mechanisms.

Observations/Results

The interrelationship of Agni, Ama and Ojas provides a possible framework for understanding systemic imbalance. Impairment of Agni may disturb transformation and assimilation, favouring the development of Ama. Ama represents a state of incomplete processing that may interfere with normal physiological functions. In the presence of Dosha disturbance, this altered state may contribute to Srotodushti and affect Dhatus, potentially explaining differences in tissue involvement and chronic disease patterns. Persistent pathological processes may subsequently affect Ojas, reflecting decline in systemic strength, stability and resistance.

Conclusion

An Ayurvedic understanding of autoimmune disorders may be approached through assessment of Prakrti, Nidana, Dosha, Dhatu, Srotas, Agni, Ama and Ojas rather than symptoms alone. Management may focus on Nidana Parivarjana, restoration of Agni, appropriate Amapachana, Dosha-specific measures and preservation of Ojas according to the individual and disease stage. This provides a structured Ayurvedic approach and highlights the need for further clinical research.

Keywords: Autoimmune Disorders, Agni, Ama, Ojas, Srotas

Presentation Type : Oral Paper

Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives

Registration No. : 0437

Reg. Category : P.G and Ph.D Scholar

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Dushivisha, Environmental Stress and Autoimmunity: A Preventive Perspective

Abstract :

Background and Objective Autoimmune disorders develop through a complex interaction of genetic susceptibility, environmental exposures, lifestyle practices, and immune dysregulation. Air pollution, pesticides, heavy metals, industrial chemicals and endocrine-disrupting substances, along with unhealthy diet, sedentary habits, stress and inadequate sleep, may contribute to oxidative stress, inflammation, gut dysbiosis and impaired immune tolerance. Ayurveda describes Dushivisha as a latent and weakened form of toxicity that may persist in the body and manifest under favourable conditions. The present analysis explores the potential contribution of chronic lifestyle and environmental exposures to the development of autoimmune disorders, with emphasis on the conceptual understanding of Dushivisha, its cumulative effects of persistent and low grade exposure and possible preventive implications.

Materials and Methods A review was carried out using classical Ayurvedic texts and published literature addressing environmental and lifestyle toxins and autoimmune disorders. The modern mechanisms such as chronic inflammation, oxidative stress, bioaccumulation, gut microbiome disturbances, hormonal changes and immune dysregulation were considered. Preventive approaches including Nidana Parivarjana, Dinacharya, Ritucharya, appropriate Ahara-Vihara, stress management were explored for their potential relevance in reducing the impact of chronic toxic exposure. Dushivisha was also considered in relation to environmental health.

Conclusion Dushivisha offers an Ayurvedic perspective on the gradual and cumulative effects of chronic toxic exposure, while modern research recognizes lifestyle and environmental factors as important contributors to autoimmune risk. Integrating exposure reduction, healthy lifestyle practices like physical activity reduces inflammatory markers and Ayurvedic preventive principles may support health and immune resilience. However, Dushivisha should be regarded as a conceptual parallel rather than a direct equivalent of modern

environmental toxicants, and further scientific research is needed to establish its relevance in autoimmune prevention.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0479
Reg. Category : P.G and Ph.D Scholar
Author : Dr. BHAVYA H (0479)
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Ritusodhana as a Preventive Ayurvedic Approach to Environment- and Lifestyle-Associated Autoimmune Disorders: Bridging Classical Concepts with Contemporary Evidence

Abstract :

Background & Objectives: Autoimmune disorders arise from loss of immune tolerance, leading to inflammation and tissue damage. Although genetic susceptibility is important, environmental and lifestyle factors may contribute to the development and progression of several autoimmune disorders. This review aimed to explore the preventive relevance of Ritusodhana in relation to modifiable environmental and lifestyle-associated risk factors.

Materials & Methods: A narrative review was conducted using classical Ayurvedic texts, including Charaka Samhita, Susruta Samhita and Ashtanga Hridaya, along with contemporary scientific literature published mainly between 2015 and 2026. Evidence related to lifestyle and environmental factors associated with autoimmune disorders was reviewed, with emphasis on tobacco smoking, silica, organic solvents, pesticides, air pollution, occupational chemical exposure, obesity and dietary factors. Ayurvedic preventive principles including Nidana Parivarjana, Pathya Ahara-Vihara, Ritucarya, Ritusodhana and Rasayana were considered in this context.

Observations/Results: Contemporary evidence indicates associations between several modifiable environmental and lifestyle exposures and autoimmune disorders. These findings support the importance of reducing avoidable exposures and adopting healthy lifestyle practices. From the Ayurvedic perspective, Ritusodhana is described as a seasonal preventive measure within Ritucarya and may be considered according to season, individual suitability and proper indication. However, direct clinical evidence establishing Ritusodhana for prevention of autoimmune disorders remains limited.

Conclusion: Ritusodhana, when appropriately indicated and integrated with Nidana Parivarjana, Pathya Ahara-Vihara and healthy lifestyle practices, may offer a Yukti-based preventive framework for addressing modifiable environmental and lifestyle risks. Further clinical research is required to establish its specific preventive role in autoimmune disorders.

Keywords: Ritusodhana, Autoimmune Disorders, Environmental Factors, Lifestyle, Preventive Ayurveda

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0502
Reg. Category : P.G and Ph.D Scholar
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Exploring the Pathophysiological Nexus between Obesity and Autoimmunity: Preventive Strategies through Classical Ayurvedic Interventions

Abstract :

Background & Objectives: Obesity creates chronic, low-grade systemic inflammation via pro-inflammatory adipokines, predisposing individuals to immune dysfunction and autoimmunity. In Ayurveda, Sthaulya (obesity) stems from Medodhatvagni Mandya (impaired adipose tissue metabolism), causing Ama (metabolic toxins) accumulation and Srotorodha (channel blockage), which diminishes Vyadhikshamatva (immunity) and Ojas (vital force). This review correlates classical Ayurvedic pathophysiology with modern immunometabolic pathways.

Materials & Methods: A critical review synthesized classical Ayurvedic texts (Caraka Samhita, Susruta Samhita, Ashtanga Hridaya) with contemporary biomedical literature from PubMed and Scopus concerning adipokines, cytokines, and autoimmune disorders.

Results: Biomedical findings confirm that adipose-derived factors (TNF-a, IL-6, and leptin) drive autoimmune pathogenesis. Classical literature mirrors this mechanism: excess Meda (fat tissue) and Ama aggravate Vata and Kapha doshas, leading to immune dysregulation and tissue degeneration. Interventions such as Dipana-Pacana (metabolic enhancement), Langhana (therapeutic fasting), Dinacarya (daily routines), and Ahita-Ahara Varjana (avoiding incompatible foods) counteract these pathological changes by stimulating Agni (digestive and cellular metabolism).

Conclusion: Maintaining gut microbiota integrity, balancing metabolic fire (Agni), and clearing metabolic toxins (Ama) are vital for preserving immune function. Ayurvedic principles combining dietary regulation, circadian lifestyle routines, and herbal metabolic stimulants provide a viable preventive framework against obesity-induced autoimmune diseases.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0504
Reg. Category : P.G and Ph.D Scholar
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Autoimmunity Unmasked: An Ayurvedic Lens on Lifestyle, Toxins and Prevention

Abstract :
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2. Dr Abdul Khder Professor and HOD , Department of Kayachikitsa, Sri Kalabyraveshwara Swamy Ayurvedic Medical College, Hospital and Research Centre, Bangalore, Karnataka, India.
Background & Objectives: Autoimmune disorders are complex chronic conditions in which the body's immune tolerance is disturbed. Genetic susceptibility, together with changing lifestyle patterns and environmental exposures, may influence their development and progression. Ayurveda offers a holistic approach to prevention by focusing on Nidana, Dosha, Agni, Ama, Srotas, Dhatu, Ojas, and Vyadhikshamatva. This abstract aims to explore the possible role of lifestyle and environmental factors in autoimmune disorders from an Ayurvedic perspective and highlight preventive strategies.
Materials & Methods: Relevant Ayurvedic concepts were explored to understand the relationship between dietary habits, physical inactivity, disturbed sleep, psychological stress, and environmental exposures with disease manifestation. Factors such as tobacco smoke, air pollution, pesticides, heavy metals, and industrial chemicals were conceptually considered in relation to Dushivisha and Gara Visha, while acknowledging that these are not direct equivalents of modern toxicants.
Observations/Results: Irregular and inappropriate food and lifestyle practices may lead to Agni Dushti and subsequent Ama formation or metabolic disturbance. This may contribute to Dosha Prakopa, Srotodushti, and Dhatu Vaigunya, ultimately favouring disease manifestation in susceptible individuals. Preventive measures include Nidana Parivarjana, wholesome Ahara, regular Dinacharya and Ritucharya, adequate Nidra, Vyayama, Yoga, Sadvritta, stress management, and reduction of avoidable environmental exposures.Ayurvedic herbs provide supportive benefits when selected and used appropriately.
Conclusion: Ayurveda provides a practical and holistic framework for preventing autoimmune disorders by maintaining Agni, Dosha balance, Ojas, and Vyadhikshamatva. An individualized Ayurvedic approach, integrated with appropriate modern medical care, may support comprehensive management and prevention.
Keywords: Autoimmune disorders; Ayurveda; Lifestyle; Environmental toxins; Vyadhikshamatva

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0511
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DR VIDYA H (0511)
Co- Author/s : Dr Abdul Khader
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From Nidra Viparyaya to Environmental Toxicity: Exploring Modifiable Factors in Autoimmune Disease Manifestation

Abstract :
Background & Objectives: Autoimmune disorders are chronic diseases characterized by loss of immune tolerance and aberrant responses against self-antigens. While genetic susceptibility contributes, manifestation may also be influenced by modifiable lifestyle and environmental factors. Disturbed sleep patterns, including Ratrijagarana, inadequate sleep, and inappropriate Divasvapna, may disrupt circadian, neuroendocrine, and immune homeostasis. Exposure to environmental toxicants such as air pollutants, pesticides, heavy metals, and industrial chemicals may promote oxidative stress, inflammation, epigenetic alterations, and immune dysregulation. This review examines sleep disturbances and environmental toxicant exposure in autoimmune disease manifestation and their preventive importance through an Ayurvedic perspective.
Materials & Methods: A review was undertaken using classical Ayurvedic and contemporary scientific literature addressing sleep, circadian rhythm, environmental toxicants, immune regulation, and autoimmune disorders. Ayurvedic concepts including Nidra Viparyaya, Ratrijagarana, Divasvapna, Dosha, Agni, and Vyadhikshamatva were analyzed and correlated with contemporary evidence.
Results: Irregular or inadequate sleep and inappropriate Divasvapna may disturb circadian and neuroendocrine

regulation, promoting oxidative stress, inflammation, and altered immune responses. From an Ayurvedic perspective, disturbed Nidra may contribute to Dosha Vaigunya, Agni Vaigunya, and impaired Vyadhikshamatva. Environmental toxicants may further influence immune homeostasis through oxidative, mitochondrial, epigenetic, and inflammatory mechanisms. These factors may act through distinct but interconnected pathways in genetically susceptible individuals.

Conclusion: Optimizing appropriate Nidra, maintaining appropriate sleep-wake patterns, avoiding Ratrijagarana and Divasvapna, and minimizing environmental toxicant exposure may support immune homeostasis. Integrating Ayurvedic preventive principles with contemporary circadian, immunological, and environmental perspectives may provide a holistic framework for addressing modifiable risk factors associated with autoimmune disorders.

Keywords: Autoimmune disorders, Nidra Viparyaya, Ratrijagarana, Divasvapna, Environmental toxins

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0527
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ZANKHANA GARASIYA (0527)
Co- Author/s : Prof.(Dr.) Shubhangi Kamble
Institution : Institute of Teaching and Research in Ayurveda

Autoimmune Disorders and Environmental Toxins: Exploring Lifestyle Factors for Prevention

Abstract :

Background and Objectives: Autoimmune diseases arise from failure of self-tolerance involving genetic susceptibility, environmental toxins, lifestyle factors, immune system, epigenetic mechanisms and hormonal status. This review explores the interplay between lifestyle, environmental toxins, and individual susceptibility in autoimmune disorders, including prevention.

Materials and Methods: A literary review of scientific literature was undertaken to assess interaction between autoimmune disorders and environmental toxins, occupational exposures, smoking, infections, medications, unhealthy diet, obesity, physical inactivity, inadequate sleep, and psychosocial stress. Preventive strategies were also reviewed.

Observations/Results: Heavy metals, cosmetics pesticides, and persistent organic pollutants may promote autoimmunity through oxidative stress, immune barrier disruption, altered antigen presentation, and neoantigen formation. Unhealthy lifestyle factors may further promote chronic inflammation, metabolic dysfunction, and oxidative stress.

Conclusion: Autoimmune disorders reflect complex interactions between genetic factors, environmental exposures, and lifestyle factors. Reduction of toxic exposures, balanced nutrition, regular physical activity, adequate sleep, stress management, and healthy body weight may significantly potentially reduce susceptibility and support prevention and early intervention in autoimmune disease and improve long-term health outcomes where clinically feasible and appropriate overall.

Keywords: Autoimmune disorders, environmental toxins, lifestyle factors.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
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Reg. Category : Undergraduate Student
Author : Ms. RACHANA DEVAKKI (0545)
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PRECISION MEDICINE & PREVENTION OF AUTOIMMUNE DISORDERS; A PRAGMATIC SOLUTION

Abstract :

Introduction: Auto-immune Disorders (AD) are conditions in which the immune system cannot differentiate between healthy tissue and potentially harmful antigens due to molecular mimicry. There are over 100 types of autoimmune diseases that predominantly affect human.women. The etiology of AD is multifactorial ranging from genetics to immune deficiency. Constantly changing information about diagnostic protocols, therapeutic and clinical trials, delayed diagnosis, and interventional errors are the major gaps in AD. Based on Principles ofIn Ayurveda, AD can be correlated to Dhatu Pradoshaja Vikaras caused mainly due to Ama, the presence of Kha-Vaigunyata, and disturbed Ojas/Vyadhi Kshamatwa. Due to Asatmya Ahara Vihara, deranged Agni forms Ama leading to a risk of developing AD. The vitiated Doshas produces a wide spectrum of disease presentations and variations in biomarker profile which makes it difficult for the physician to diagnose the disease accurately.

Methods: Comprehensive literary research was done on AD, Ama, Dhatupradoshaja Vikaras, and codes and conducts of Swasthavritta to analyze the gaps and synthesize a pragmatic solution.

Results: Ayurveda tooltools of Precision Medicine (PM) is a multicomponent customized intervention based on individual Genomics(Prakriti), Geographical

aspect(Desha), Age(Vaya) Nidana Panchaka, Roga Bala, and Rogi Bala. Utilization of Ayurveda principles to prescribe Precision Medicine based on Dosha Dushya Samurchana, aiming Samprapti Vighatana, and Balancing the Trayopastambha is the pragmatic solution to treat and prevent AD in the present day respectively.

Key Words: Ayurveda, Autoimmune Disorders, Dhatupradoshaja Vikara, Trayopasthambha, Ama, Kha Vaigunya

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0590
Reg. Category : P.G and Ph.D Scholar
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Role of Environmental toxins in manifestation of Autoimmune disorders W.S.R to Dushi visha

Abstract :

Introduction: Autoimmune disorders are complex conditions in which the immune system loses its ability to distinguish self from non-self. Along with genetic and lifestyle factors, increasing exposure to environmental toxins is being recognized as a possible contributor to immune disturbances. Ayurveda provides an interesting perspective through the concept of Dushi Visha, a low-potency and latent form of poison that can remain in the body for a long period and produce disease when favourable conditions arise.

Aim: To explore the possible role of environmental toxins in autoimmune disorders through the Ayurvedic concept of Dushi Visha.

Materials and Methods: A conceptual review was carried out using classical references from Charaka Samhita, Sushruta Samhita and Ashtanga Hridaya, focusing on the description of Dushi Visha, its aggravating factors and its effects on Dhatus. Relevant contemporary literature on environmental toxins and autoimmune disorders was also considered.

Discussion: The Samhitas describe repeated exposure to Dushita Desha, Kala, Anna and divaswapna as factors associated with Dushi Visha. It is described as having reduced potency, remaining concealed under Kapha and persisting for years. When aggravated, it may disturb Agni and progressively affect Rasadi Dhatus, producing varied systemic manifestations. In the present context polluted air, contaminated water and soil, pesticide residues, heavy metals and chemically contaminated food may be considered possible parallels to chronic environmental exposure. Such repeated exposure may contribute to oxidative stress, inflammation and immune dysregulation, which are recognized factors in autoimmune pathogenesis.

Conclusion: Dushi Visha offers a useful Ayurvedic framework for understanding how repeated environmental exposure may contribute to chronic disease susceptibility. Integrating this classical concept with contemporary understanding of environmental immunology may provide new perspectives for prevention and holistic management of autoimmune disorders.

Keywords: Dushi Visha, Environmental toxins, Autoimmune disorders, Dhatu Dushti.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0601
Reg. Category : P.G and Ph.D Scholar
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Agni to Mucosa: Lifestyle, Environmental Exposures and the Gut-Immune Axis in Inflammatory Bowel Disease

Abstract :

Keywords: Agni-dushti; Inflammatory Bowel Disease; Gut Microbiome; Mucosal Immunity; Environmental Exposome

Background & Objectives: Inflammatory bowel disease, comprising ulcerative colitis and Crohn's disease, results from complex interactions among host susceptibility, gut microbial alterations, epithelial barrier dysfunction, mucosal immune dysregulation, and environmental exposures. Ayurveda describes Agni as fundamental to digestion and metabolic transformation, with Agni-dushti associated with disturbed gastrointestinal homeostasis. This review aimed to critically explore functional parallels between the Ayurvedic concept of Agni-dushti and contemporary understanding of the gut-immune axis, while examining lifestyle and environmental factors implicated in inflammatory bowel disease.

Materials & Methods: A narrative review of classical Ayurvedic literature and indexed biomedical literature was undertaken. Evidence concerning Agni, gastrointestinal homeostasis, gut microbiota, intestinal barrier integrity, mucosal immunity, diet, lifestyle, and environmental exposures in inflammatory bowel disease was synthesised. Conceptual parallels were examined without assuming biological equivalence or causality.

Observations/Results: Current evidence identifies microbial dysbiosis, altered microbial metabolites, epithelial barrier dysfunction, and dysregulated mucosal immunity as interconnected mechanisms in inflammatory bowel disease. Dietary patterns, smoking, medication exposures, psychosocial factors, and environmental pollutants may modify these pathways, although evidence strength varies across exposures. Classical Ayurvedic literature positions disturbed Agni as central to impaired digestive and metabolic processing. Contemporary literature suggests potential functional intersections between these frameworks; however, validated biomarkers directly linking Agni-dushti with microbiome alterations or intestinal inflammation are lacking.

Conclusion: Agni-dushti and the microbiome-barrier-immune axis should not be considered biologically equivalent. Nevertheless, their functional intersections provide a hypothesis-generating framework for integrative inflammatory bowel disease research. Future studies should objectively correlate clinically characterised Agni phenotypes with microbiome, intestinal-barrier, and inflammatory biomarkers.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0605
Reg. Category : P.G and Ph.D Scholar
Author : Dr. KRITI SHARMA (0605)
Institution : Amrita School of Ayurveda

Ayurvedic Perspectives on Lifestyle and Environmental Triggers in the Manifestation of Autoimmune Disorders

Abstract :

Background & Objectives: Autoimmune disorders arise from dysregulated immune responses against self-antigens and are influenced by interactions between genetic susceptibility and environmental triggers. Contemporary evidence recognizes diet, sedentary lifestyle, psychological stress, infections, toxins, obesity, and gut dysbiosis as contributing factors. Ayurveda attributes manifestation of disease due to Asatmyendriyartha samyoga, Prajnaparadha, Parinama affecting lifestyle and environmental disturbances, which subsequently leads to Agnimandya, Ama formation, Dosha vitiation and Srotas obstruction. This review explores the relationship between lifestyle and environmental exposures and autoimmune disease manifestation, emphasizing preventive perspectives.

Materials & Methods: A conceptual review was undertaken using principles described in classical Ayurvedic texts and relevant contemporary literature on autoimmune pathogenesis, environmental triggers, intestinal permeability, gut microbiota, inflammation, and immunological dysregulation. Ayurvedic concepts including nidana parivarjana, ama, viruddha ahara, agni, and shodhana were examined in relation to contemporary mechanisms.

Observations/Results: Improper dietary practices, nutritional transition, sedentary behaviour, psychological stress, altered environmental exposure because of epigenetic factors, pesticides, long term exposure to Gara or Dushi visha and gut dysbiosis may contribute to impaired intestinal barrier function and immune activation. These mechanisms show conceptual parallels with Ama formation, Grahani dosha, Abhishyandata leading to Srotorodha. Preventive strategies emphasizing appropriate diet and lifestyle, avoidance of causative factors, maintenance of Agni, and appropriately indicated Shodhana may support restoration of physiological homeostasis.

Conclusion: Autoimmune disorders may be viewed as the consequence of cumulative interactions between host susceptibility, lifestyle and environmental factors. Integrating Ayurvedic preventive principles with contemporary understanding of environmental and gut-mediated immune mechanisms may provide a holistic framework for risk reduction and health promotion.

Keywords: Autoimmune Disorders, Lifestyle, Environmental Toxins, Gut Dysbiosis, Nidana Parivarjana

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0631
Reg. Category : P.G and Ph.D Scholar
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Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives

Abstract :

Autoimmune disorders are emerging as a major global health concern, resulting from a complex interaction of genetic predisposition, environmental exposures and lifestyle-related factors. Increasing evidence indicates that environmental toxicants, including persistent organic pollutants, heavy metals, solvents and endocrine-disrupting chemicals, may contribute to immune dysregulation through mechanisms such as oxidative stress, epigenetic modifications, disruption of physiological barriers, altered antigen presentation and lymphocyte dysfunction. Concurrently, unhealthy dietary habits, physical inactivity, disturbed sleep and chronic psychological stress may further influence an individual's susceptibility to autoimmune manifestations. Ayurveda

emphasizes the preservation of physiological homeostasis through wholesome Aahar, appropriate Vihara and disciplined conduct. Persistent exposure to incompatible dietary, behavioural and environmental factors may adversely influence Agni and disturb Dosha-Dhatu equilibrium, contributing to Ama formation and depletion of Ojas. The Ayurvedic concept of Dushivisha, describing the delayed and prolonged effects of retained toxic substances, offers a conceptual framework for understanding the possible impact of chronic, low-level toxic exposures. Likewise, concepts such as Pranyaparadha, Asatmyendriyartha Samyoga and Viruddha Ahara emphasize the role of inappropriate behavioural, sensory and dietary practices in disease susceptibility. Preventive measures based on Nidana Parivarjana, preservation of Agni, balanced Ahara-Vihara, adherence to Dinacharya and Rutucharya, adequate sleep, psychological well-being and maintenance of Ojas may support physiological resilience. Minimizing unnecessary exposure to environmental contaminants may further strengthen preventive efforts. Therefore, integrating Ayurvedic principles of health preservation with contemporary understanding of environmental immunotoxicity provides a holistic framework for addressing modifiable determinants of autoimmune disorders. Further interdisciplinary research is essential to explore these conceptual associations and establish evidence-based preventive strategies.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0675
Reg. Category : P.G and Ph.D Scholar
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Lifestyle-Induced Autoimmunity: Special Emphasis on Ahara and Preventive Principles of Ayurveda

Abstract :
Introduction: Autoimmune disorders arise from loss of immune tolerance and are influenced by genetic susceptibility. Lifestyle factors such as inappropriate dietary patterns and irregular meal timing may contribute to inflammation and immune dysregulation. Ayurveda emphasizes Ahara in maintaining health, supporting Agni and strengthening Vyadhikshamatva.
Objective: To explore the relationship between dietary factors, particularly Ahara, and autoimmune dysregulation, and examine the relevance of Ayurvedic dietary principles in reducing modifiable risk factors.
Materials and Methods: A conceptual review was undertaken using Ayurvedic principles and contemporary understanding of nutrition, gut microbiota, intestinal barrier function and immune regulation. Ayurvedic concepts including Agni, Ama, Dosha, Dhatu, Ojas and Vyadhikshamatva were examined in relation to dietary influences and immune homeostasis.
Results: Improper Ahara, including unsuitable food combinations, processed foods, reheated oils, preserved foods, excess sugar and unhealthy fats, and irregular eating patterns, may impair Agni and conceptually contribute to Ama formation, followed by Dosha-Dhatu disturbance and Srotas involvement. Contemporary evidence associates unhealthy dietary patterns with alterations in gut microbiota, intestinal barrier integrity, metabolism, oxidative stress and inflammatory pathways, which may influence immune regulation. Appropriate Ahara based on Matra, Kala, Rasa, Samskara, Samyoga and individual Agni may support immune homeostasis and Vyadhikshamatva. Nitya Sevaniya and Rasayana Dravya may further contribute to maintaining physiological balance.
Conclusion: Ayurveda offers a preventive, diet-oriented framework for addressing modifiable factors associated with autoimmune dysregulation. Integrating Ahara and Agni with contemporary understanding of dietary influences on immune homeostasis may provide a holistic approach to maintaining health and supporting immune balance in genetically susceptible individuals.
Keywords: Ahara, Autoimmunity, Agni, Vyadhikshamatva, Dietary Factors, Prevention.

Presentation Type : Oral Paper
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
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Reg. Category : Undergraduate Student
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Microplastics as Garavisha: Exploring Their Potential Role in the Rising Burden of Autoimmune Diseases

Abstract :
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Background Ayurveda describes Garavisha as an artificially formed poison that produces delayed and cumulative toxicity. This concept offers a relevant framework for understanding chronic exposure to

microplastics. Emerging evidence indicates that microplastics can induce oxidative stress, inflammation and immune dysregulation. This review aims to explore the conceptual correlation between microplastics and Garavisha, particularly their potential contribution to rise in autoimmune diseases and highlights the importance of using other metals ,glass and wood as better alternatives for daily use, storage and cooking.

Materials & Methods

Ayurvedic concepts of Garavisha was integrated with contemporary evidence on microplastic exposure, toxicity and immune dysregulation. Classical Ayurvedic literature describing the properties, sources, delayed effects and cumulative nature of Garavisha was reviewed. It was conceptually analysed to examine the possible relationship between chronic microplastic exposure (Garavisha) and autoimmune disease.

Observations/Results

From brushing the teeth, the first thing in the morning to the last sip of water at night through plastic bottles, modern life provides repeated opportunities for microplastic exposure through personal-care products, food packaging, synthetic textiles, household dust and plastic containers. Chronic exposure may contribute to oxidative stress, inflammatory signalling, macrophage activation, alterations in immune-cell function, gut microbiota disturbances and intestinal barrier dysfunction. These effects may promote persistent immune dysregulation and potentially contribute to autoimmune processes. The delayed and cumulative nature of these effects provides a conceptual parallel with Garavisha.

Conclusion

Auto immune diseases are rising rapidly and factors like chronic micro plastics exposure could be its potential cause. Hence there is an urgent need to address this and make the necessary changes in our daily lives by replacing them with materials made up of metals, wood and glass.

Keywords: Garavisha, Microplastics, Autoimmunity, Immunotoxicity.

Presentation Type : Oral Paper

Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders

Registration No. : 0066

Reg. Category : P.G and Ph.D Scholar

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Co- Author/s : Dr Arun B J

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FROM DUSI VISA TO EPIGENETIC DRIFT: AN INTEGRATIVE FRAMEWORK LINKING LATENT XENOBIOTICS WITH LOSS OF IMMUNE TOLERANCE (SVA-DHATU PRATYANIKATA) AUTOIMMUNITY

Abstract :

Dr. Harshitha H Postgraduate Scholar, Department of Panchakarma, SDMIAH, Bangalore. Dr. Arun B. Jainer Professor, Department of Panchakarma, SDMIAH, Bangalore.

BACKGROUND: The exponential surge in autoimmune disorders underscores a breakdown in immune self-tolerance driven by environmental factors. Ayurveda articulates this through the Dusi visha - latent, low-potency toxins concealed within Dhatvantara avasthita without causing immediate mortality, but progressively corrupting tissue integrity. This classical paradigm provides a systems-biology template for understanding chronic, low-dose xenobiotic bioaccumulation (e.g., microplastics, heavy metals, PFAS).

OBJECTIVE: To establish a translational pathophysiological bridge linking classical Dusi visha Samprapti with environmental epigenetics, demonstrating how latent toxic entrapment precipitates the loss of immune tolerance in autoimmune pathogenesis.

MATERIALS AND METHODS: An integrative conceptual synthesis was performed correlating authoritative doctrines from Sushruta Samhita, Caraka Samhita, and Astanga Hrdaya with contemporary biomedical evidence on xenobiotic-induced DNA methylation, chromatin remodelling, and Treg/FOXP3 transcriptional stability.

OBSERVATION: Cellular entrapment of xenobiotics mirrors the dormant stagnation of Dusi visha (Leenavastha). Under Agnimandya and Dhatu Shithilata, this latent toxic stress induces Bija-Bijabhaga Upaghata - corresponding directly to aberrant DNA hypermethylation and histone modifications at key immune checkpoints (such as FOXP3 silencing). This epigenetic drift impairs regulatory T-cell fidelity, precipitating Ojas-Kshaya, Vyadhikshamatva Hani, and unmitigated Sva-Dhatu Pratyanikata.

CONCLUSION: Autoimmunity reflects a systemic homeostatic collapse driven by latent toxicity. We propose a three-step Panchakarma framework: first, Dipana-Pachana and appropriate Agada measures to neutralize Dushivisha; second, individualized Shodhana to eliminate accumulated pathological factors and clear Srotas; and third, post-Shodhana Rasayana to replenish Ojas, restore Vyadhikshamatva, and recondition the cellular epigenome. This model establishes a testable hypothesis linking systemic bio-purification with the reversal of xenobiotic-induced immune dysregulation.

Keywords: Dusi visha, Epigenetic Drift, Xenobiotics, Vyadhikshamatva, Ojas-Kshaya, Autoimmunity.

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0069
Reg. Category : P.G and Ph.D Scholar
Author : Dr. HARSHITHA H (0069)
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Gara Visha and Neoantigen Formation: An Ayurvedic Perspective on Loss of Self-Tolerance in Autoimmunity

Abstract :
Title
Gara Visha and Neoantigen Formation: An Ayurvedic Perspective on Loss of Self-Tolerance in Autoimmunity
Dr Keerthana K P Department of RNVV AIIA , New Delhi
Back ground & Objectives Autoimmunity may arise from failure of immune tolerance to self-antigens, with environmental exposures implicated as potential contributors. Certain chemical agents may modify endogenous proteins, generating altered self-antigens or neoantigens that could initiate autoreactive immune responses. Ayurveda describes Gara Visha as toxicity that may emerge from combinations of substances that are non-toxic individually but potentially harmful in combination. This interaction-dependent toxicity may offer a conceptual analogue for exposure-associated alteration of self-antigens. This presentation explores whether the Ayurvedic description of Gara Visha may be meaningfully related to contemporary concepts of neoantigen formation and loss of self-tolerance.
Materials & Methods Classical descriptions of Gara Visha were reviewed from major Ayurvedic texts and conceptually mapped onto contemporary literature on chemical modification of self-proteins, neoantigen generation, antigen presentation, and immune tolerance.
Observations/Results The review identifies conceptual parallels that may exist between the interaction-dependent toxicity of Gara Visha and toxicant-associated modification of endogenous proteins. Such modification may generate altered antigenic determinants capable of being processed and presented to the immune system. In genetically susceptible individuals, recognition of these altered self-components may promote autoreactive T- and B-cell responses, potentially contributing to disruption of self-tolerance and autoimmune reactivity. These observations suggest that Gara visha could serve as a heuristic Ayurvedic framework for conceptualizing the transition from combined environmental exposure to altered self-antigen recognition.
Conclusion The Gara Visha-neoantigen interface offers a conceptual bridge between Ayurvedic toxicology and contemporary understanding of environmental contributions to autoimmunity. Framing environmental immunotoxicity through Gara Visha may provide scope for generating testable hypotheses, guiding future mechanistic studies, and enriching interdisciplinary dialogue between Ayurveda and modern immunology.
Keywords Gara Visha; Neoantigen; Autoimmunity; Self-Tolerance; Environmental Immunotoxicology

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0122
Reg. Category : P.G and Ph.D Scholar
Author : Dr. KEERTHANA K P (0122)
Institution : All India Institute of Ayurveda

"Dooshivishari Agada: An Ayurvedic Approach to immune modulation W.S.R to Dermatological Conditions"

Abstract :
INTRODUCTION Dushivisha refers to weakened toxins that are stored inside the body, often surrounded by Kapha, and gradually harm tissues over time. In today's world, prolonged exposure to environmental contaminants, foreign substances, and unsuitable diets acts as a modern form of Dushivisha, resulting in difficult-to-treat skin conditions such as Kitibha, Vicharchika, and Kotha.The aim of this study is to assess how Dushivishari Agada , a traditional herbal and mineral preparation, can help manage these conditions by boosting the immune system and supporting detoxification.
METHODS This review combines information from traditional Ayurvedic texts, especially Ashtanga Hridaya, and contemporary pharmacological research. Components like alkaloids, flavonoids, glycosides, and tannins were identified by pharmacological research. Preclinical and clinical evaluations were examined to check how well it lowers inflammation and improves skin symptoms.
Results Analytical testing shows that Dushivishari Agada contains eight plant-based components, ensuring its quality and potency .Clinical reports suggest that Dushivishari Agada, when used with cleansing Sodhana, greatly lowers PASI scores in plaque psoriasis and helps prevent its return.In cases of allergic hives, it effectively lowers Absolute Eosinophilic Count and scores for itchiness and burning on a visual scale. Experimental findings show that Dushivishari Agada reduces serum IgE and inflammatory cells in lung fluid, showing strong anti-inflammatory and anti-apoptotic effects.
DISCUSSION AND CONCLUSION The effectiveness of Dushivishari Agada comes from its ability to disrupt the process of disease development by eliminating hidden toxins and cleaning the Rakta Dhatu .Its ingredients - function as natural enhancers and blood cleansers that influence immune-related pathways, particularly the IL-

23/IL-17 pathway in psoriasis and Th2 responses in eczema. By reducing Kapha-related blockages, Dushivishari Agada helps control oxidative stress and rebuild the body's ability to tolerate itself, offering a long-term alternative to standard corticosteroids for chronic, recurring skin conditions caused by the immune system.

KEYWORDS Dushivisha, Dushivishari Agada, Immunology.

Presentation Type : Oral Paper

Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders

Registration No. : 0303

Reg. Category : P.G and Ph.D Scholar

Author : Dr. SAGAR PRAKASH JALAKOTI (0303)

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DUSHTI VISHA IN SVITRA: AN INTEGRATIVE AYURVEDIC PERSPECTIVE ON ENVIRONMENTAL TOXICITY AND AUTOIMMUNE PATHOGENESIS

Abstract :

DUSHTI VISHA IN SVITRA: AN INTEGRATIVE AYURVEDIC PERSPECTIVE ON ENVIRONMENTAL TOXICITY AND AUTOIMMUNE PATHOGENESIS

Background & Objectives: Svitra is described in Ayurveda as a disorder of skin pigmentation, while vitiligo is a chronic depigmenting disorder in which melanocytes are progressively lost. Vitiligo has an autoimmune component, with oxidative stress and environmental factors contributing to melanocyte damage. Ayurveda describes Dushi Visha as a weakened or latent form of poison that remains in the body and may produce effects over time. This review aims to explore the relationship between Dushi Visha, chronic environmental toxic exposure and Svitra.

Materials & Methods: A narrative conceptual review was conducted using classical Ayurvedic texts describing Visha and Dushi Visha, along with scientific literature from PubMed and relevant databases on Svitra, vitiligo, environmental and chemical exposure, oxidative stress, melanocyte damage and autoimmunity. Ayurvedic descriptions were compared with modern findings to develop an integrative framework.

Observations/Results: Classical descriptions of Dushi Visha indicate that its effects may persist and appear gradually. Modern studies report that certain environmental and chemical exposures, particularly phenolic compounds, can damage melanocytes and increase oxidative stress. Oxidative stress may promote inflammatory and immune responses that contribute to melanocyte destruction in vitiligo. These findings provide a possible basis for interpreting long-term toxic exposure through Dushi Visha and exploring its relationship with Svitra. However, direct evidence that Dushi Visha causes vitiligo is currently lacking.

Conclusion: Dushi Visha may offer an Ayurvedic framework for understanding the possible role of environmental toxicity in Svitra. Integrating Ayurvedic toxicology with evidence on environmental exposure, oxidative stress and autoimmunity may provide a basis for future research.

Keywords: Dushi Visha; Svitra; Vitiligo; Environmental Toxicity; Autoimmunity

Presentation Type : Oral Paper

Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders

Registration No. : 0309

Reg. Category : P.G and Ph.D Scholar

Author : Dr. ABHIRAMI A S (0309)

Co- Author/s : Dr Chaithra

Institution : SDM udupi

Glyphosate as Dushi Visha in the Pathogenesis of Irritable Bowel Syndrome (IBS) and Autoimmune Enteropathies

Abstract :

Background: Rising global rates of irritable bowel syndrome (IBS) and intestinal autoimmune diseases indicate a strong role for chronic environmental triggers alongside genetic factors. In Ayurveda, Dushi Visha refers to latent, low-grade toxins that bioaccumulate in tissues, weaken digestive fire (Agni), and provoke chronic inflammatory and autoimmune pathologies.

Objective: To characterize sub-acute glyphosate exposure as Dushi Visha within an integrated pathophysiological framework, detailing how it causes Jatharagni suppression, gut barrier failure (Grahani Dusti) and systemic immune dysregulation underlying IBS and Celiac/autoimmune enteropathies.

Methods: A conceptual review synthesizing classical Ayurvedic literature (Sushruta Samhita, Charaka Samhita) on Dushi Visha, Agni-mandya, and Grahani Roga with modern immunologic and toxicological research on glyphosate-induced brush-border dysfunction, dysbiosis, and mucosal permeability.

Results: Glyphosate meets the defining classical criteria of Dushi Visha due to its persistent, low-grade toxicity (Manda-veerya) and tissue accumulation. Chronic ingestion inhibits cytochrome P450 enzymes and chelates trace minerals, suppressing Jatharagni to generate Ama. In non-autoimmune IBS, this Ama induces microbial dysbiosis, neuromuscular hyper-reactivity (Vata Kopa), and visceral hypersensitivity. In genetically predisposed autoimmune enteropathies, it upregulates zonulin, compromising the Grahani mucosal barrier and driving immune misrecognition (Pragya Aparadha) with tissue destruction (Dhatu Kshaya).

Conclusion: Framing glyphosate as Dushi Visha establishes chronic agrochemical ingestion as a common upstream driver for both functional gut disorders like IBS

and autoimmune enteropathies, supporting integrative treatment strategies focused on metabolic clearing (Deepana-Pachana), barrier repair (Grahani Chikitsa), and latent-toxin neutralization (Dushi Vishari Agada).

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0355
Reg. Category : P.G and Ph.D Scholar
Author : Dr. MAYURI PANDURANG DEGAVE (0355)
Institution : ITRA Jamnagar

From Visha to Autoimmunity: Exploring the relation between Gara and Dushi Visha and Autoimmune disorders

Abstract :

Background Autoimmune disorders are chronic conditions in which the immune system reacts against the body's own tissues. Their development is influenced by several factors, including genetic susceptibility, environmental exposure, oxidative stress and disturbances in immune regulation. Ayurveda describes Visha as a harmful substance and explains different forms of toxins, including Gara Visha and Dushi Visha, associated with combined or artificial and residual or latent toxic effects.

Aim This review explores the possible relevance of Gara Visha and Dushi Visha in understanding the role of environmental toxicity in the pathogenesis of autoimmune disorders. Method Classical Ayurvedic descriptions of Visha, particularly Gara Visha and Dushi Visha, were reviewed and compared with contemporary literature on environmental toxins and autoimmune disorders. The comparison focused on oxidative stress, immune dysregulation, altered self-antigens, barrier dysfunction and gene-environment interaction.

Discussion The delayed and prolonged effects described under Dushi Visha may be conceptually compared with the effects of repeated or long-term exposure to environmental toxicants. Similarly, Gara Visha, which involves a combination of substances, may provide a useful perspective when considering exposure to multiple environmental chemicals. Such exposures may cause oxidative stress and changes in immune function, potentially contributing to loss of immune tolerance in susceptible individuals.

Conclusion Gara Visha and Dushi Visha may provide an Ayurvedic perspective for understanding the possible relationship between environmental toxicity and autoimmune disorders. However, this represents a conceptual correlation and not a direct equivalence. Further clinical and experimental studies are required to validate this proposed relationship.

Keywords Visha, Gara Visha, Dushi Visha, Autoimmunity, Oxidative stress

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0371
Reg. Category : P.G and Ph.D Scholar
Author : Dr. PRIYA DHIMAN (0371)
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Dushivisha and Gara Visha as Potential Etiological Factors in Autoimmune Disorders: An Ayurvedic Perspective

Abstract :

Dr. Rameeja A1, Dr. Arhanth kumar.A2, Dr.Vidyalakshmi K3

2nd year MD Scholar 1, Guide, Associate Professor2, Professor and HOD3 Dept. of Ayurveda Samhita and Siddhanta , SDM college of Ayurveda ,Hospital and Research centre, kuthpady, udupi. Abstract

Background and Aim: Autoimmune disorders are chronic, multifactorial conditions characterized by immune dysregulation, loss of self-tolerance, persistent inflammation, and progressive tissue damage. Ayurveda describes chronic toxic influences through the concepts of Dushivisha and Gara Visha, characterized by attenuated or latent toxicity, delayed manifestation, cumulative effects, and systemic disturbance. The present review highlights the classical descriptions of Dushivisha and Gara Visha and their relevance to chronic immune-mediated disorders from an Ayurvedic perspective. Materials and Methods: A conceptual review of classical Ayurvedic literature was conducted with help of Brihattrayi and Ashtanga Samgraha Uttara Sthana. Classical descriptions of causative factors, chronicity, clinical manifestations, and systemic effects were analysed and conceptually correlated with chronic inflammation, immune dysregulation, and environmental influences. Discussion: Dushivisha is described as attenuated poison capable of remaining in the body for prolonged periods and manifesting under favourable conditions such as Dushita-desa, Dushita-kala, and Dushta-anna. Gara Visha represents artificially constituted or combined toxic substances that may produce delayed and cumulative systemic effects. Their effects may be understood through disturbance of Agni, Dosha, Dhatu, Srotas, Ojas, Bala, and Kshamatva. Impaired Agni may contribute to Ama formation, while persistent toxic influences may promote progressive systemic dysfunction. Conclusion: Dushivisha and Gara Visha provide a valuable Ayurvedic framework for exploring the possible relationship between chronic toxic exposure and autoimmune disorders. Persistent toxic exposure may lead to disturbance in Agni and Srotas, resulting in Dosha-Dhatu imbalance, impairment of Ojas and Bala, and ultimately contributing to chronic inflammatory manifestations.

Keywords: Dushivisha, Gara Visha, Autoimmune Disorders, Agni, Ama, Ojas, Bala.

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0386
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DR. RAMEEJA.A (0386)
Institution : SDM udupi

Ayurvedic Management of Dushivishajanya Eka Kushta (Psoriasis): A Case Report

Abstract :

Background & Objectives: Ayurveda describes Dushi Visha as a latent endogenous toxin that accumulates due to incomplete elimination and prolonged exposure to incompatible diet and lifestyle (Asatmya and Viruddha Ahara). This vitiates Dosha and Dhatu, producing chronic systemic manifestations affecting skin, blood, and immune function, leading to Kushtha Roga. Among these, Eka Kushtha, marked by predominant Vata-Kapha Dosha, closely corresponds to psoriasis - a chronic immune-mediated inflammatory skin disorder with a relapsing course that continues to challenge existing management strategies. This case aims to highlight the role of Dushi Visha pathogenesis in autoimmune skin disease and demonstrate an integrated Ayurvedic treatment approach.

Materials & Methods: A 20-year-old male presented with a 5-year history of whitish, silvery scaling over erythematous patches with itching and burning sensation, distributed over the scalp, chest, and back. History revealed habitual excess consumption of curd and dairy products along with a sedentary lifestyle. Examination revealed a positive candle-grease sign, and baseline severity was recorded using the Psoriasis Area and Severity Index (PASI), confirming a diagnosis of Dushivishajanya Eka Kushtha. Treatment comprised Dushi Visha Cikitsa - Snehapana and Svedana followed by Sodhana (Vamana and Virecana) - followed by Samana Cikitsa including Antahparimarjana and Bahihparimarjana Cikitsa, alongside strict dietary regulation.

Observations & Results: Regular follow-up demonstrated progressive improvement, with the PASI score declining from 16 at baseline to 0, reflecting complete remission of active lesions. No recurrence was noted during the follow-up period.

Conclusion: This case suggests that prolonged unhealthy dietary and lifestyle practices may trigger immune-mediated skin disorders through Dushi Visha accumulation. Integrated Ayurvedic management combining Sodhana, Samana, and dietary correction effectively restores physiological balance and achieves sustained remission, with objective improvement reflected in PASI scoring, supporting Ayurveda's relevance in autoimmune disease management.

Keywords: Psoriasis, Dushi Visha, Kushtha Roga, Eka Kushtha, PASI, Ayurveda

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0397
Reg. Category : P.G and Ph.D Scholar
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Institution : National Institute of Ayurveda Jaipur

Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders

Abstract :

Background: Autoimmune disorders are increasing in global prevalence, yet their multifactorial etiology remains incompletely understood by conventional immunology alone. Ayurveda classifies toxic substances under Visha, with Gara Visha and Dushi Visha representing two clinically significant categories relevant to chronic disease. Gara Visha refers to artificially compounded poisons that act slowly through cumulative effect, while Dushi Visha denotes a poison that has lost its acute virulence yet persists subclinically in body tissues. The pathogenic features of autoimmune disease - insidious onset, tissue-level persistence, and eventual systemic manifestation - parallel these classical descriptions.

Objective: This review critically examines whether Gara and Dushi Visha provide a coherent explanatory framework for autoimmune pathogenesis, using rheumatoid arthritis as an illustrative example.

Methods: A conceptual, literature-based review was undertaken, drawing on classical Ayurvedic texts (Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya) alongside peer-reviewed immunological and toxicological literature published within the last 15 years. Sources were cross-referenced to identify conceptual correspondences between Visha pathogenesis and recognized autoimmune mechanisms.

Results: Gradual toxin accumulation and impaired Agni (metabolic fire), leading to Ama formation, mirror chronic low-grade inflammation and environmental immunomodulation implicated in autoimmune onset. Dushi Visha's tissue-level persistence parallels the subclinical breakdown of immunological self-tolerance and molecular mimicry observed in rheumatoid arthritis, where latent antigenic triggers precede overt clinical disease. Gara and Dushi Visha thus emerge as complementary models - one explaining exogenous contributions, the other endogenous susceptibility - to autoimmune pathogenesis.

Conclusion: Viewing autoimmune pathogenesis through the combined lens of Gara and Dushi Visha offers an integrative framework linking toxin exposure, digestive dysfunction, and immune dysregulation. This synthesis supports Ayurvedic detoxification (Shodhana) and immunomodulatory (Rasayana) therapies as plausible adjuncts to conventional management, underscoring the need for further mechanistic and clinical validation.

Keywords: Gara Visha, Dushi Visha, Autoimmune disorders, Ayurveda, Toxicology, Immune tolerance.

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0406
Reg. Category : P.G and Ph.D Scholar
Author : Dr. LAXMAN PRAJAPAT (0406)
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Conceptual study of Gara Visha in the pathogenesis of Autoimmune Disorders

Abstract :

Introduction Autoimmune disorders occur when the immune system mistakenly attacks the body's own healthy tissues. Conditions such as rheumatoid arthritis, psoriasis and lupus are increasing worldwide, while their exact causes remain multifactorial. Ayurveda explains disease development through disturbances in Agni, Ama, Dosha and Dhatu. Agni Dushti leads to improper digestion and formation of Ama. Gara Visha is an artificial poison formed by the combination of two or more substances. Unlike acute poisons, it acts slowly and produces disease over a prolonged period. Acharya Charaka describes Gara Visha as Kalantara Vipaki, indicating delayed manifestation of its effects. This gradual and cumulative action may be conceptually correlated with the silent and progressive nature of autoimmune disorders. In modern life, exposure to pesticide residues, food additives, preservatives, chemicals and inappropriate combinations may be considered possible Gara Visha-like factors. Thus, the concept of Gara Visha may provide an Ayurvedic framework for understanding the initiation and progression of chronic immune-related disorders. Aim To study and understand the concept of Gara Visha in the pathogenesis of autoimmune disorders from an Ayurvedic perspective. Objectives 1.To study the description, properties and mode of action of Gara Visha according to classical Ayurvedic texts. 2.To correlate its slow and cumulative action with the gradual progression of autoimmune disorders. 3.To explore the relevance of the Gara Visha concept in understanding autoimmune disease pathogenesis. Materials and Methods A conceptual review was conducted using classical Ayurvedic literature. Relevant published research papers were also reviewed through PubMed, Google Scholar and ResearchGate. Results The reviewed literature describes Gara Visha as an artificial poison with delayed and cumulative effects that may produce chronic illness. Modern-day factors such as pesticide residues, food additives, preservatives, artificial colors, sweeteners and inappropriate combinations may be conceptually compared with Gara Visha.

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0421
Reg. Category : P.G and Ph.D Scholar
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Role of Madya (Alcohol) in the etiopathogenesis of Autoimmune Disorders : An Agadatantra perspective

Abstract :

Background: Autoimmune disorders arise from a breakdown in immune self-tolerance, and growing biomedical evidence implicates alcohol as a significant environmental and lifestyle contributor to this breakdown. Alcohol exerts a dose-dependent, dichotomous effect on autoimmunity, modulating conditions such as autoimmune thyroiditis, multiple sclerosis, rheumatoid arthritis, and lupus through mechanisms including gut barrier disruption, dysbiosis, and cytokine dysregulation. Agadatantra independently offers a complementary explanatory framework, describing chronic Madya exposure as progressively depleting Ojas - the substrate of Vyadhikshamatva (disease resistance) - and predisposing the body to a Dushivisha - like latent toxic state capable of producing chronic, trigger-dependent pathology.

Objective: To examine the role of alcohol in the etiopathogenesis of autoimmune disorders by correlating contemporary immunological evidence with the Agadatantra concepts of Ojas kshaya and Dushivisha.

Methodology: A conceptual-integrative review correlating classical Ayurvedic literature (Charaka Samhita, Sushruta Samhita) on Madya, Ojas, and Dushivisha, with contemporary peer-reviewed immunology literature (PubMed, Scopus) on alcohol's effects on lymphocyte function, the gut-immune axis, and cytokine regulation.

Discussion: Both frameworks converge on a shared pathological signature: a subclinical toxic burden that persists silently, progressively erodes systemic defence capacity, and manifests as overt disease only upon exposure to precipitating factors. Modern findings of alcohol-induced lymphopenia and immune dysregulation parallel the classical description of Ojas kshaya compromising Vyadhikshamatva, while the trigger-

dependent, relapsing course of autoimmune disease mirrors the latent-to-manifest pattern characteristic of Dushivisha pathology.
Conclusion: Alcohol emerges as a credible etiopathogenic contributor to autoimmune disorders when examined through the combined lens of contemporary immunology and Ayurvedic toxicology. This correlation offers a translational framework that may inform Rasayana-based strategies for immune restoration in individuals with chronic alcohol exposure.
Keywords: Alcohol, Madya, Autoimmune Disorders, Ojas, Dushivisha

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0426
Reg. Category : P.G and Ph.D Scholar
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From Therapeutic Exposure to Chronic Inflammation: Reinterpreting Beta-Blocker-Induced Psoriasis Through Dooshi Visha

Abstract :
From Therapeutic Exposure to Chronic Inflammation: Reinterpreting Beta-Blocker-Induced Psoriasis Through Dooshi Visha
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2Professor & HOD, Department of PG Studies in Agadatantra, SDM College of Ayurveda Hospital and Research Centre, Kuthpady, Udupi
Background & Objectives: Psoriasis is a chronic inflammatory skin disorder associated with abnormal keratinocyte proliferation and immune dysregulation. Beta-blockers may trigger or aggravate psoriatic manifestations. Ayurveda describes Dooshi Visha as a concealed toxic influence that persists in the body and manifests under favourable conditions. This study explores the conceptual relevance of Dooshi Visha in beta-blocker-associated psoriasis.
Materials & Methods: Classical Ayurvedic literature on Dooshi Visha and contemporary literature on beta-blocker-associated psoriasis were reviewed. Drug exposure, persistence of biological effects and proposed mechanisms of psoriatic changes were conceptually compared with the characteristics of Dooshi Visha.
Observations/Results: Beta-blockers may affect beta-adrenergic signalling, cyclic adenosine monophosphate pathways and calcium regulation, influencing keratinocyte activity. Their effects on immune and inflammatory pathways may contribute to psoriatic manifestations. Repeated exposure to an exogenous substance followed by delayed or persistent disease manifestation can be conceptually related to Dooshi Visha. The initial drug exposure may be considered in relation to Gara Visha, while persistent pathological influence may be interpreted through Dooshi Visha.
Conclusion: Beta-blocker-associated psoriasis provides a relevant model for exploring Dooshi Visha in drug-induced chronic inflammatory disease. This conceptual correlation may offer an Ayurvedic perspective on persistent medication-associated psoriasis.
Keywords: Beta-Blockers, Psoriasis, Dooshi Visha

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0506
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ARDRA PREM (0506)
Co- Author/s : Dr Chaithra
Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

Role of Gara and Dushi Visha in the Pathogenesis of Systemic Lupus Erythematosus: A 5-Case Retrospective Study

Abstract :
Background & Objectives: Autoimmune disorders involve complex immune dysregulation characterized by lost self-tolerance, persistent low-grade inflammation, and systemic tissue injury. In Ayurveda, many chronic autoimmune pathologies lack singular disease nomenclature but closely align with Gara Visha and Dushi Visha This paper aims to integrate classical toxicological principles with modern molecular mechanisms of autoimmunity to formulate an integrative Samprapti (pathogenetic) and therapeutic framework with respect to 5 real world cases of systemic lupus erythematosus
Materials & Methods: Classical treatises (Caraka Samhita, Susruta Samhita, Ashtanga Hridaya) - specifically Kalpa and Cikitsa Sthanas - were critically analyzed alongside contemporary biomedical literature on environmental immunotoxicity, molecular mimicry, gut barrier dysfunction, and chronic inflammatory pathways with respect to cases.
Observations/Results: Gara Visha acts as an exogenous disruptor , precipitating Agni Dushti and Ama formation. When retained chronologically, it assumes the characteristics of Dushi Visha - a sequestered toxin resistant to acute host clearance due to Kapha envelopment . Pathologically, this corresponds to persistent antigenicity, neoantigen generation, and loss of regulatory T-cell tolerance. The classical hall mark of all these has been observed in the cases presented to

muniyal ayurveda hospital and retrospective analysis proved the concept.
Conclusion: Integrating Gara and Dushi Visha bridges ancient toxicological concepts with modern immunopathology, explaining xenobiotic-induced immune failure. This model validates integrative therapeutic approaches: helping the patient with better outcomes.

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0517
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. PRAMOD SHET B (0517)
Institution : Muniyal institute of Ayurveda Medical science Manipal

FROM FOOD TO AUTOIMMUNITY? EXPLORING THE POTENTIAL IMPACT OF FOOD COLOURS AND ADULTERANTS ON THE IMMUNE SYSTEM

Abstract :
Background Autoimmune diseases represent an important and growing public health challenge with substantial morbidity, disability and long term healthcare requirements. Increasing recognition of autoimmune diseases has highlighted chronic dietary exposures as potential contributors to immune dysregulation in genetically susceptible individuals. Food colourants and adulterants are emerging health concerns, as prolonged exposure to certain synthetic dyes and contaminants may affect immune function, oxidative stress, intestinal permeability, and the gut microbiome, potentially contributing to immune dysregulation and autoimmunity.
Materials and Methods
A literature based review was conducted using peer reviewed studies indexed in databases including PubMed and google scholar. Studies investigating food colourants, food adulterants, immune dysregulation, intestinal barrier dysfunction and autoimmune disorders were reviewed, with emphasis on evidence relevant to the Indian food environment.
Observation
Emerging evidence suggests that certain food colourants, additives, and adulterants may influence immune function through oxidative stress, altered intestinal permeability, gut microbiota dysbiosis, and inflammatory signalling. These mechanisms contribute to loss of immune tolerance in genetically susceptible individuals. However, most available evidence is derived from in-vitro and animal studies, while human evidence directly linking these exposures to autoimmune disease remains limited.
Conclusion Food colourants and adulterants influence immune homeostasis through oxidative stress, intestinal barrier disruption, gut microbiota alterations, and inflammation. Although their direct role in autoimmune disease remains unclear, chronic dietary exposure requires further epidemiological and toxicological investigation in India. Strengthened food safety monitoring and public awareness may help reduce potentially harmful exposures.
Keywords: Food colours, Adulterants, Autoimmunity, Gut microbiome

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0547
Reg. Category : Faculties, Researchers & Practitioners
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From Dusi Visha to the Exposome: A Conceptual Framework for Environmentally Induced Autoimmunity

Abstract :
DR. SRINIVASA G S1, DR. NIVEDITHA SHETTY2
11st YEAR PG SCHOLAR, 2PROFESSOR, DEPT OF PG STUDIES IN DRAVYAGUNA VIJNANA SUSHRUTHA AYURVEDIC MEDICAL COLLEGE AND HOSPITAL, BENGALURU, KARNATAKA 560105 Abstract:
Background: Autoimmune diseases are increasing globally, with rising incidence and long-term morbidity despite advances in diagnosis and treatment. These are not caused by genetics alone, but by the cumulative impact of the Exposome-a lifetime of environmental exposures like chemicals, microbes, dietary changes, stress, seasonal variation, pollution, etc.-which accumulates over time to trigger autoimmune conditions by damaging barriers, disrupting microbiome and impairing immune tolerance. Ayurveda defines Dusi Visa as incompletely eliminated toxins that linger in the body and triggers the systemic illness, which is managed by Nidana Parivarjana and Shodhana Chikitsa. Linking Dusi Visha with modern exposome helps to understand the prolonged environmental exposure leads to autoimmune diseases.
Objective: To establish a conceptual bridge between Dusi Visha and the exposome in relation to autoimmunity.
Materials and Methods: All Classical texts from the Brihatrayis were conceptually mapped against exposomics and immunology. Evidence from indexed literature on autoimmunity was additionally considered.
Observations: Chronic environmental exposures disrupt immune homeostasis via oxidative stress, tissue-barrier damage, dysbiosis, and altered signalling, including Treg/Th17 pathways. However, direct biomedical evidence linking Dusi Visa to autoimmunity remains lacking.

Conclusion: The Dusi Visha-Exposome-Immune Tolerance axis provides a framework to investigate standardized biomarkers to validate this autoimmune outcome through this axis.

Keywords: Dushi Visha; Exposome; Autoimmunity; Immune Tolerance;

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0593
Reg. Category : P.G and Ph.D Scholar
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Dvi-Hetu Samprapti in Autoimmunity: Mapping Gara and Dushi Visha to Immune Tolerance Failure

Abstract :

Background & Objectives: Autoimmunity presents a diagnostic gap in Roga Nidana, where relying solely on Ama-Samudbhava fails to explain tissue specificity, chronicity, and non-resolving antigenic provocation. Modern immunology shows autoimmunity requires a multi-hit mechanism: mucosal barrier failure, toxic environmental exposures, and breakdown of self-tolerance. This study establishes a Dvi-Hetu Samprapti model mapping Gara Visha and Dushi Visha to autoimmune pathogenesis.

Methods: A qualitative textual analysis was conducted cross-referencing Charaka Samhita (Chikitsa Sthana 23), Sushruta Samhita (Kalpa Sthana 2), and Astanga Hridaya (Uttara Tantra 35) with biomedical literature on self-tolerance loss, post-translational protein modification (PTPM), and mucosal barrier dysfunction.

Results: Autoimmune Samprapti operates through two sequential Hetus:

1. Pradhana Srotodushti Hetu /Sannikrusta hetu (Gara Visha): Xenobiotics and toxic combinations induce Koshthagni Mandya and Srotorodha at the Mahasrotas, mirroring gut hyperpermeability and loss of mucosal tolerance.
2. Anubandha Dhatu-Gata Hetu /Vyabhichari hetu (Dushi Visha): Sequestered, low-potency toxic residues in Kaphavruta Dhatus (Leena Avastha) are reactivated by Kopana Karana (epigenetic triggers). Under localized Dhatvagnimandya, Dushi Visha structurally alters Dhatu proteins, resulting in Satva-Nivritti (loss of self-identity), correlating directly with Neo-Antigenesis (e.g., citrullination).

Discussion: The structural alteration of Dhatu proteins by Dushi Visha directly compromises Ojas. Because Visha properties (Tikshna, Vyavayi, Vikasi) directly oppose Ojas, persistent neo-antigenic provocation drives Ojo-Visramsa (displacement of immune tolerance) into Ojo-Vyapat (perversion of immune response). Immunologically, this correlates with Treg cell exhaustion and auto-reactive lymphocyte proliferation. High auto-antibody titers represent the burden of these Dushi-Vishajanya neo-antigens, explaining why autoimmune conditions are characteristically Yapya (manageable).

Conclusion: The Dvi-Hetu Samprapti model re-frames autoimmunity from an arbitrary immune error to a rational response to persistent antigenic drivers, highlighting Vishaghna and Dushivishari protocols to clear the underlying antigenic source.

Keywords: Roga Nidana, Dvi-Hetu Samprapti, Gara Visha, Dushi Visha, Svatva-Nivritti, Neo-Antigenesis, Ojo-Vyapat, Autoimmunity

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0611
Reg. Category : P.G and Ph.D Scholar
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Literature review regarding Cause of Autoimmune diseases as Dushi Visha and Gara Visha.

Abstract :

Literature review regarding Cause of Autoimmune diseases as Dushi Visha and Gara Visha. Ayurveda is great science its siddhant mainly tells swasthasya swasthya rakshanam that it mainly deals with immunity. Autoimmune diseases (ADs) are immune-mediated disorders characterized by a malfunction of the immune system. Globally 8% to 10% of population are affected by Autoimmune diseases. The global burden of major autoimmune disorders has increased substantially, with age-standardized prevalence rising by approximately 8.0% for psoriasis, 24.1% for type 1 diabetes, and 14.4% for rheumatoid arthritis between 1990 and 2021. So as Ayurveda tells us the cause of increasing diseases thousands of years ago, Ayurvedic classics recognize visha as an etiological factor capable of producing disease, particularly in the context of kritrima visha (artificial toxins), as described in Charaka Samhita. In Ayurveda, while described Visha, Visha classified in various category such as Sthavar, Jangam, Garvisha, Dushivisha etc. which has not been removed completely from the body or whose potency has been reduced either by Agni or Vayu or Aatapa or due to the effect of the antidotes. Garavisha is a combination of toxic or non-toxic substances. Dushi visha and Gara visha accumulates in the body after repeated exposure and it act as antigen which act against our own body and activates the T cells and B cells of our immune system and causes hypersensitivity reaction or autoimmune disorders. So,

the aim of this study reveals some treatment for autoimmune diseases according to the treatment of Dushi visha and Gara visha.

Keywords: Dushi Visha, Gara visha, Autoimmune diseases. Author details: Name: Dr. Shaista Mansuri Mob No.: 9321731121 Third year PG Scholar College: R. A. Podar Medical (Ayu) College Co-Author Detail:

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Presentation Type : Oral Paper

Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders

Registration No. : 0660

Reg. Category : P.G and Ph.D Scholar

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Integration of Garavisha and Dushivisha concept in the pathogenesis of Autoimmune disorders

Abstract :

Background-In the last decade increasing evidence is accumulating for a steady rise in the frequency of autoimmune diseases . In Ayurvedic dermatology and toxicology, autoimmune disorders are increasingly integrated with the concepts of Garavisha (concocted/artificial toxins) and Dooshivisha (latent, cumulative toxins). When foreign toxins accumulate in the body due to modern lifestyles, they can damage cellular membranes, alter DNA methylation, and induce cellular mutation. This causes the immune system to lose "self-tolerance," triggering an autoimmune response. This concept directly mirrors the insidious onset and systemic nature of contemporary autoimmune conditions

Objective: To systematically analyze the classical framework of Dushivisha & Garavisha alongside modern immunotoxicology, evaluating its utility in conceptualizing the pathogenesis and management of modern chronic diseases.

Methods: A comprehensive review of classical Ayurvedic literature, modern biomedical research, and contemporary studies on immunotoxicology and lifestyle diseases was conducted to establish correlations between Dushi Visha & Gara Visha and current health challenges.

Results:visha(Dushivisha & Garavisha) aligns closely with modern mechanisms of impaired self-tolerance, chronic micro-inflammation, and cellular-level toxicity, serving as a viable model to explain chronic relapse-remission cycles.

Conclusion: Applying the concept of Visha bridges ancient toxicological theory with modern clinical practice, establishing a robust framework for targeted detoxification and long-term immunological recovery.

Presentation Type : Oral Paper

Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders

Registration No. : 0677

Reg. Category : P.G and Ph.D Scholar

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Integration of the Concept of Dushivisha in Disease Pathogenesis

Abstract :

Integration of the Concept of Dushivisha in Disease Pathogenesis Abstract:

Background: Ayurveda describes Visha as a pathological factor capable of affecting Rakta, Dosha, Srotas and Dhatu. Dushivisha is described as a low-potency form of Visha which remains concealed in the body for a prolonged period and produces chronic manifestations. Classical descriptions of Visha and Dushivisha provide a framework to understand persistence and progressive involvement of body tissues. Objectives: To explore the role of Dushivisha in understanding chronic and progressive disease processes based on classical principles of Ayurveda. Methodology: A qualitative conceptual study will be carried out through review of classical literatures related to Visha, Dushivisha, Viruddha Ahara, Agni Dushti, Rakta, Dosha, Srotas and Dhatu involvement. The concept of Vishama Jvara will also be reviewed to understand the persistence and recurrence of subtle pathological processes. Discussion: Viruddha Ahara and impaired Agni are described as factors producing Visha-like effects in the body. When Agni becomes impaired, improperly processed Ahara may undergo Suktatva and acquire Visha-rupa. Visha is described as initially affecting Rakta, followed by Dosha and their Ashaya, indicating progressive involvement of body tissues. Dushivisha, due to its reduced potency, remains concealed and may persist for years. Its localization in different Dhatus is described to produce various Dhatu-specific disorders. The concept of Vishama Jvara further illustrates the persistence of subtle pathology within Dhatus and its progressive manifestations. Conclusion: Dushivisha provides a classical Ayurvedic framework for understanding latent, persistent and progressive pathological processes involving Rakta, Srotas and Dhatus. Further clinical studies may help to explore its wider application in chronic disorders.

Keywords: Dushivisha, Visha, Vishama Jvara, Agni, Rakta, Srotas, Dhatu, Chronic disorders.

Presentation Type : Oral Paper
Theme : Integration of the Concept of Visha (Gara and Dushi) in the Pathogenesis of Autoimmune Disorders
Registration No. : 0721
Reg. Category : P.G and Ph.D Scholar
Author : Dr. VATHAN P H (0721)
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Ayurvedic managemnet of Hashimoto's thyroiditis : A Cse Report

Abstract :

Background: Hashimoto's thyroiditis is characterized by immune-mediated thyroid dysfunction and is commonly managed with long-term hormone replacement. Ayurveda offers an individualized approach involving Shodhana and Shamana therapies based on Dosha, Agni and Srotas assessment. Case Presentation: A 43 year female patient diagnosed with hypothyroidism presented with markedly deranged thyroid function. Investigations revealed elevated TSH (145.70 mIU/L), reduced thyroid hormone levels and positive anti-thyroid peroxidase (anti-TPO) antibodies (198 IU/ml) , indicating an autoimmune component. The case was assessed according to Ayurvedic principles, with emphasis on Agnimandya, Kapha-Vata involvement and Srotodusti. Intervention: An individualized Shodhana-Shamana protocol was administered. After Deepana-Pachana and Purvakarma, Snehapana followed by Virechana Karma was performed. Following Samsarjana Krama, Shamana therapy with Shiva Gutika and Hamsapathyadi Kashaya was administered for 60 days. Outcome: Significant clinical and biochemical improvement was observed. TSH decreased from 145.70 to 0.097 mIU/L, while T3 improved from 0.48 to 117.4 and T4 from 3.19 to 11.73. anti-TPO antibodies reduced from 198 IU/ml to 54 IU/ml. On follow-up after five months without medication, TSH increased to 6.68 mIU/L but remained substantially lower than baseline.

Conclusion: Conclusion: This case highlights the potential of a Shodhana-Shamana approach in achieving substantial clinical and biochemical improvement in autoimmune hypothyroidism. The progressive rise in TSH from 0.0097 to 6.68 mIU/L following treatment indicates the need for continued individualized management and consideration of Ritu Shodhana as a preventive and maintenance measure. Periodic Ritu Shodhana is important in autoimmune disorders by supporting Agni, maintaining Dosha equilibrium, promoting proper metabolic clearance, and potentially reducing the recurrence or aggravation of disease.

Keywords: Autoimmune hypothyroidism; Shodhana; Virechana; Shamana; Anti-Tpo

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0022
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SURESH GUNADAL (0022)
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Institution : SDMTSAMC Terdal

ROLE OF AYURVEDIC IMMUNO-MODULATORY THERAPY IN THE MANAGEMENT OF PUTRAGNI YONIVYAPAD W.S.R RECURRENT PREGNANCY LOSS (RPL)- A SINGLE CASE STUDY

Abstract :

ROLE OF AYURVEDIC IMMUNO-MODULATORY THERAPY IN THE MANAGEMENT OF PUTRAGNI YONIVYAPAD W.S.R TO RECURRENT PREGNANCY LOSS (RPL)- A SINGLE CASE STUDY Dr.Lavanya Holeyannavar PhD Scholar, Department of Prasuti tantra and Stree roga SDM College of Ayurveda and Hospital ,Udupi
9741879207 lavanyaholeyannavar@gmail.com
ABSTRACT

Background & Objectives-Recurrent or spontaneous pregnancy loss can be physically and emotionally taxing for couples, especially when faced with recurrent losses. Recurrent pregnancy loss (RPL), also referred to as recurrent miscarriage or habitual abortion, is historically defined as 3 consecutive pregnancy losses prior to 20 weeks from the last menstrual period. Based on the incidence of sporadic pregnancy loss, the incidence of recurrent pregnancy loss should be approximately 1 in 300 pregnancies. In Ayurveda Putraghni Yonivyapad is described where repeated abortions or the early neonatal deaths are explained which are due to Artava Dosha, Rakta Dosha, Raktastrava and Raktakshaya. Materials and Methods: In the present case study, a 31 years old women patient consulted to the OPD with the complaints of recurrent pregnancy loss in first trimester [5 Abortions] associated with TORCH positivity. The intervention comprising Deepana-Pachana, Shodhana procedures, Uttara basti, Rasayana therapy, immuno-modulatory therapy and Garbha Sthapaka formulations, along with dietary and lifestyle modifications was advised. Observations/ Result: Only Ayurvedic protocol were used during the course of the treatment. After this, patient conceived after 3 months of treatment, and no evidence of abortion was found. Conclusion: The present study shows the role of Ayurveda in bringing a positive result in the management of Putraghni Yonivayapad. Key words- Pregnancy , Putragni yoni vyapad, Artava dosha, Uttara basti, Garbha stapaka, Conceive.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0032
Reg. Category : P.G and Ph.D Scholar
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Ayurvedic Management of kilasa- Shwitra through Virechana Karma Followed by Shamana Chikitsa: A Case Report

Abstract :
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1Phd Scholar, Department of Kayachikitsa, working in TMAES ayurveda medical college, Shivamogga. Ph. No.8970170775, arpithaghappu@gmail.com.
2Professor & HOD, Department of Kayachikitsa, Muniyal Ayurveda Medical College, Manipal Co- Author: Dr. Shripathi Acharya G., Professor & HOD, Department of Kayachikitsa, Muniyal Ayurveda Medical College, Manipal Abstract
Background: Vitiligo is an acquired autoimmune depigmenting disorder characterized by loss of cutaneous pigmentation. In Ayurveda, a comparable presentation is described under Shwitra-Kilasa. Management emphasizes individualized assessment of Dosha-Dushya involvement through Shodhana, Shamana, and external therapies. Case Presentation: A 30-year-old female presented with depigmented lesions over the hands and lips for 8 months. Based on clinical assessment and Ayurvedic diagnostic principles, the condition was diagnosed as Kilas- Shwitra. The baseline Vitiligo Area Scoring Index (VASI) was 0.025. Intervention: An individualized Ayurvedic treatment protocol was administered for 60 days. Virechana Karma was performed following administration of Guggulu Tiktaka Ghrita, with Icchabhedi Rasa used for therapeutic purgation. Following Shodhana, Shamana therapy comprising Shiva Gutika, Lodhrasava, and Maha Manjisthadi Kashaya was administered. Avalgujadi Lepa with Gomutra was applied externally over the affected areas. Outcome: VASI decreased from 0.025 to 0.012, representing an approximately 52% reduction. Clinical improvement was documented through serial examination and photographic assessment.
Conclusion: This case demonstrates an individualized Ayurvedic approach to Kilasa Kushta using Virechana followed by Shamana and external therapy, with measurable improvement in VASI over 60 days. Clinical Significance: The case highlights the potential utility of an individualized Ayurvedic multimodal approach in the management of Shwitra-Kilasa.

Keywords: Shwitra, Kilasa Kushta, Vitiligo, Ayurveda, VASI, Virechana, Shodhana, Shamana.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0052
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ARPITHA G H (0052)
Institution : TMAES ayurveda medical college

"ROLE OF SHAMANAUSHADHIS IN THE MANAGEMENT OF AUTOIMMUNE DISORDERS: AN AYURVEDIC PERSPECTIVE"

Abstract :
"ROLE OF SHAMANAUSHADHIS IN THE MANAGEMENT OF AUTOIMMUNE DISORDERS: AN AYURVEDIC PERSPECTIVE" Dr. Deeksha B Shetty1, Dr. Nitin V2, Dr. Basavaraj G Saraganachari3 First year PG Scholar1, Assistant Professor (Guide)2, Professor and HOD3 Department of Panchakarma, SDMIAH, Bengaluru. Email id:deekshabs072000@gmail.com Introduction: Autoimmunity is associated with failure of the immune system to recognize certain self-antigens as self, resulting in an immune attack against the body's own tissues. their management primarily focuses on controlling inflammation, suppressing excessive immune activity, and preventing disease progression. Ayurveda offers an individualized approach based on the assessment of Dosha, Dushya, Agni, Ama, Srotas, and Bala. This review explores the potential role of Shamanaushadhis in autoimmune disorders from an Ayurvedic perspective.
Materials and Methods: A narrative review was conducted using classical Ayurvedic Samhitas, Nighantus, and relevant contemporary scientific literature. Ayurvedic concepts including Dosha, Ama, Agni, Srotodushti, Shamana Chikitsa, Rasayana, and Ojas were reviewed and correlated with contemporary concepts of immune dysregulation and inflammation. Available evidence regarding the pharmacological and immunomodulatory properties of selected Ayurvedic drugs was also considered.
Results: The review suggests that Shamanaushadhis may contribute to the management of autoimmune disorders through Dosha-specific Shamana, Dipana-Pacana, Ama management, Srotas regulation, anti-inflammatory effects, and possible immunomodulatory activity. Their selection may be individualized according to Prakriti, Vikriti, Agni, disease stage, affected Dhatu and Srotas, and patient strength. These principles provide a possible conceptual interface between Ayurvedic therapeutics and modern immunology.
Discussion: Shamanaushadhis may have potential as an individualized therapeutic component in autoimmune disorders. However, robust clinical trials and pharmacological studies are required to establish their

efficacy, safety, and mechanisms and to strengthen their evidence-based integration into contemporary autoimmune care.
key words: Samanousadhis ,Panchakarma ,Autoimmmune disorders Corresponding author Dr Deeksha B Shetty

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0054
Reg. Category : P.G and Ph.D Scholar
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Institution : Sri Dharmasthala Manjunatheshwara Institute of Ayurveda Hospital in Bangalore

INTEGRATIVE AYURVEDIC MANAGEMENT OF INTERSTITIAL PNEUMONIA WITH AUTOIMMUNE FEATURES-A CASE REPORT WITH REFERENCE TO SHWASA

Abstract :
Author details-
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2. Dr. Shrilatha Kamath-HOD & Professor, Dept of PG and PhD studies in Kayachikitsa, SDMCAU
3. Dr. Aniruddha -Associate professor, Dept of PG and PhD studies in Kayachikitsa, SDMCAU
Background & objectives-Interstitial pneumonia with autoimmune features is a clinically challenging and rare form of interstitial lung disease characterized by Interstitial pulmonary involvement accompanied by serological features of an autoimmune process, without fulfilling established criteria for a defined connective tissue disorder. In Ayurveda it can interpreted in the context of Shwasa. This case report aims to evaluate the role of integrative ayurvedic approach in the management with reference to the principle of Shwasa.
Material & Methods- A 63year male patient diagnosed with Interstitial pneumonia with autoimmune features presented with progressive dyspnea, difficulty in expectoration, cough since1 year. On examination clubbing, tremors, reduced chest expansion, fine crackles, reduced PFR were observed HRCT chest suggestive of non IPF fibrosing ILD, ANA positive with U1-snRNP antigen, raised ESR & CRP supported the diagnosis. The case was assessed as per roga-rogi pareeksha, an individualized integrative management comprising Nityavirechana, Swedana, Doomapana, Rasayana and shamanoushadi was administered for 6 months. Clinical and objective parameters were assessed periodically to evaluate treatment response.
Observation/results- Following the intervention, the patient demonstrated improvement in dyspnea, chest discomfort, quality of life and objective assessment showed reduction ESR and CRP, improvement Peak flow rate, 6minute walk test. No significant adverse effects were observed during the course of treatment.
Conclusion- This case highlights the potential role of an integrative ayurvedic approach as an adjunct to conventional management in interstitial lung disease, the ayurvedic interpretation of the clinical presentation under Shwasa provides a holistic approach in treatment.
Keywords - Interstitial lung disease, Autoimmune, Shwasa, Ayurveda, Integrative management.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0060
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SPOORTI J SAUNSHI (0060)
Institution : SDM COLLEGE OF AYURVEDA UDUPI

MANAGEMENT OF ANKYLOSING SPONDYLITIS WSR AMAVATA- A CASE REPORT

Abstract :
BACKGROUND Ankylosing Spondylitis (AS) is a chronic inflammatory autoimmune disease causing axial arthritis, low back pain, stiffness, reduced spinal mobility, and sacroiliitis, potentially progressing to spinal fusion and disability. Its clinical features may correlate with Amavata, arising from impaired Agni and Ama formation, followed by aggravated Vata and localization in joints, causing Sandhi Shoola, Graha, Shotha and restricted movements.
OBJECTIVES
1.To evaluate the effect of individualized Ayurvedic management on Amavata lakshanas like Sandhi shoola, sandhi graha and spinal mobility.
2. To assess changes in inflammatory markers (ESR and CRP) and functional status using BASDAI and BASFI .
MATERIALS AND METHODS
A single-case report involved a 38-year-old female with ankylosing spondylitis, presenting with low back pain, numbness and tingling sensation in the left lower limb for 10 months, a/c/o neck pain radiating to the left arm for 1 month. Diagnosis was based on clinical, haematological, radiographic findings and roga -rogi pariksha. An individualized protocol of Erandamooladi Niruha Basti and Shamana Aushadhis was administered, with appropriate medicine continued after discharge. Treatment response was assessed based on pain, stiffness, spinal mobility, BASDAI, BASFI, ESR, and CRP before and after intervention.
RESULTS Following individualized Ayurvedic intervention, the patient showed improvement in pain, stiffness, left lower-limb numbness, tingling and spinal mobility. BASDAI, BASFI, ESR, and CRP also improved. This response suggests beneficial effects of combined Shodhana and Shamana therapies, supporting correlation with Amavata.

CONCLUSION This case suggests potential benefits of individualized Ayurvedic management of ankylosing spondylitis, conceptualized as Amavata. Erandamooladi Niruha Basti reduces Ama and pacify Vata, relieving pain, stiffness, and restricted mobility. Niruha basti included Guggulu tiktaka ghrita matra basti which is indicated in Asthivaha srotodusti and has vatahara effect, supporting musculoskeletal nourishment and functional recovery. while Shamana Yogas reduces inflammation and improve function. Improvement in symptoms, mobility, ESR, and CRP suggest therapeutic potential.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0063
Reg. Category : P.G and Ph.D Scholar
Author : Dr. BHARATH PATIL (0063)
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Institution : SDM COLLEGE OF AYURVEDA UDUPI

Role of Yapana Basti in the Management of Autoimmune Disorders

Abstract :
Autoimmune diseases are conditions characterized by an inappropriate or excessive immune response against the body's own autoantigens, resulting in chronic inflammation and progressive tissue damage. The prevalence rate of Autoimmune disorders varies globally, with estimates suggesting that approximately 8-10% of the population world wide is affected by this condition. Modern medicine primarily focuses on controlling this aberrant immune response through immunosuppressive and immunomodulatory therapies, management of inflammation with corticosteroids, NSAIDs, and biologic agents such as TNF inhibitors, and replacement of deficient or essential substances when required. With the increasing prevalence of unhealthy dietary habits, immunity is declining, making people more susceptible to diseases and reducing their overall resistance. Therefore, improving the Bala of the Rasadi Dhatus is essential for maintaining health and enhancing disease resistance. From the Ayurvedic perspective, the concept of Ojas holds great importance in understanding the body's strength, resistance, and ability to maintain physiological integrity. Ojas is described as the sara of the Rasadi sapta dhatus and is considered an important factor responsible for Bala and the maintenance of health. It is also considered as Sneha of the body where prana resides supporting the vital functions. In this context, Ayurveda has a broader therapeutic approach aimed not merely at suppressing an altered immune response but at restoring Dhatu samyata, Agni, Bala, and Ojas. Among the Panchakarma therapies, Yapana Basti holds a unique position as it is safest and can be administered irrespective of age groups. It is described as a type of Basti possessing both Sodhana and Brimhana properties and Acharyas quotes yapana basti as Ojo-vardhaka, Bala-vardhaka, and Rasayana, Roga apunarbhava chikitsa and may be viewed as a comprehensive intervention in Ojo kshaya janya vyadhi.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0070
Reg. Category : P.G and Ph.D Scholar
Author : Dr. TEJASWINI P (0070)
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Avastha-Based Panchakarma in Amavata: Bridging Classical Principles and Clinical practice

Abstract :
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Abstract
Background and objective: Ayurveda's principle of treatment depends on Rogi Parikshaya Bhava, but disease staging - Avastha - remains an underrated parameter. Autoimmune joint disease, being relapsing-remitting in nature, demonstrates why a single disease cannot dictate a fixed treatment protocol. This paper aims to establish Avastha as a clinical staging tool that bridges classical Ayurvedic diagnostics with the variable biology of autoimmune arthritis
Methods: A conceptual and case-based approach was used. The Shat Kriyakala concept - was applied alongside four assessments - Dosha, Ama, Agni, and Bala Avastha - to evaluate disease stage. This was demonstrated through two contrasting clinical presentations of Amavata-Pravriddha Amavata and Nava Amavata each assessed and managed according to stage-specific principles (Avastha Vishesha Chikitsa).
Results: The two cases required diametrically opposite management strategies despite sharing the same diagnosis. The Pravridha case, with stable Agni and Mild Ama, responded to Basti, Snehana, and Rasayana aimed at joint protection and remission. The acute flare case required Langhana and Deepana-Pachana, with Snehana, Brimhana, and heavy Basti contraindicated until Nirama was achieved. Side-by-side comparison confirmed that Kriyakala stage, Agni status, and Ama dominance determined the correct therapeutic sequence in each case.

Conclusion: Avastha-based staging parallels modern treatment-to-target rheumatology in rejecting static, one-time treatment decisions. Ama status emerges as the single most decisive point, dictating whether purification or pacification is indicated. These findings support re-assessing Dosha, Ama, Agni, and Bala at every follow up, and position Avastha-based individualization as a clinically actionable framework for managing autoimmune joint disease within Ayurvedic practice.

Keywords: Autoimmune Arthritis, Amavata, Avastha, Panchakarma

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0073

Reg. Category : P.G and Ph.D Scholar

Author : Dr. DR SNEHAL RAMU VIDHATE (0073)

Institution : SDM Institute of Ayurveda and Hospital

Ayurvedic Management of Inflammatory Spondyloarthritis with Acute Sacroiliitis (Sama Vata): A Case Report

Abstract :

Background and Objectives Inflammatory spondyloarthritis is a chronic inflammatory rheumatic disorder predominantly affecting the sacroiliac joints and axial skeleton. Acute sacroiliitis commonly presents with persistent inflammatory low back pain, bilateral hip pain and functional disability. HLA-B27 is a genetic marker strongly associated with spondyloarthritis and plays a significant role in triggering abnormal immune responses that lead to chronic inflammatory involvement of the sacroiliac joints and Spine. This case report evaluates the effect of Pancakarma therapy in the management of HLA-B27 positive inflammatory spondyloarthritis with acute sacroiliitis (Sama Vata).

Materials and Methods A patient with 1.5-year history of progressive pain in the lower back, bilateral hips, left knee and shoulders was admitted to SDMIAH, Bangalore. MRI revealed bilateral acute sacroiliitis suggestive of inflammatory spondyloarthritis. HLA-B27 PCR was positive. Patient underwent an 8-day Pancakarma treatment course initiated in the line of Sama Vata Cikitsa, in which Sarvanga Agnilepa and Kshara Basti were administered along with suitable oral medications.

Results After the intervention, around 80% improvement was observed in the clinical signs and symptoms, with marked reduction in pain and stiffness. Follow-up assessments demonstrated a significant reduction in inflammatory markers, while HLA-B27 status remained positive. Mild residual bilateral hip pain was managed with continued internal medication.

Conclusion Ayurvedic management comprising Pancakarma and internal medication offers significant relief in the clinical signs and symptoms, along with marked reduction in inflammatory parameters, thereby improving the quality of life in patients with HLA-B27 positive inflammatory spondyloarthritis with acute sacroiliitis (Sama Vata).

Keywords: Inflammatory spondyloarthritis, Pancakarma, HLA-B27, Sama Vata, Kshara Basti.

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0074

Reg. Category : P.G and Ph.D Scholar

Author : Dr. SUSHMA S BHAT (0074)

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Institution : SDM college of ayurveda bangalore

Exploring Vardhamana Pippali Rasayana In Rheumatoid Arthritis

Abstract :

Exploring Vardhamana Pippali Rasayana In Rheumatoid Arthritis

Dr Abhishek Jain — 1st year PG Scholar — 9644877818 — Abhishekjain1999428@gmail.com

Dr Basavaraj G. Saranganachari — Professor and HOD — 9448008022 — Department of Panchakarma, SDMIAH, Bengaluru

Background & Objectives Rheumatoid arthritis is a chronic inflammatory autoimmune disorder characterised by persistent synovial inflammation, immune dysregulation, progressive joint damage, and functional disability. In Ayurveda, its clinical presentation closely resembles Amavata, in which Agni dushti leads to the formation and systemic dissemination of Ama, followed by its association with Vata and localisation in the joints. This provides a framework for understanding chronic inflammation through the Ayurvedic concepts of Agni, Ama, and immune homeostasis. Vardhamana Pippali Rasayana, involving the graded administration of Pippali, is traditionally recognised for its Dipana, Pacana, vatashamak and Rasayana properties due its katu rasa, laghu, teekshana guna, Madhura vipaka and ushna virya. This review links the Agni-Ama concept to inflammation and immune dysregulation in rheumatoid arthritis

Materials & Methods A narrative review was undertaken using classical Ayurvedic texts, including Caraka Samhita, Madhava Nidana, and Ashtanga Hridyam, along with

contemporary literature on rheumatoid arthritis, Pippali, inflammation, immunomodulation, and Rasayana therapy. The Ayurvedic pathogenesis of Amavata was analysed and conceptually correlated with mechanisms involved in autoimmune inflammation.

Observations/Results Vardhamana Pippali Rasayana may benefit Amavata through its actions on Agni and Ama, supported by evidence of Pippali's that contain Piperine shows anti-inflammatory and immunomodulatory effects. Its Rasayana properties may also help restore overall physiological balance rather than just suppress inflammation.

Conclusion Vardhamana Pippali Rasayana offers a unique Ayurvedic framework for exploring rheumatoid arthritis through concepts of Agni, Ama, inflammation, and immune homeostasis. Its therapeutic potential warrants systematic clinical and experimental investigation.

Keywords: Vardhamana Pippali Rasayana; Rheumatoid Arthritis; Amavata; Ama; Immunomodulation

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0076
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ABHISHEK JAIN (0076)
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EFFECT OF SIDDHA BASTI AND DHANYAMLA PANA IN PAIN MANAGEMENT IN AMAVATA- A SINGLE CASE STUDY

Abstract :

EFFECT OF SIDDHA BASTI AND DHANYAMLA PANA IN PAIN MANAGEMENT IN AMAVATA- A SINGLE CASE STUDY Dr.Rakshitha.B. Fakiraswamimath GUIDE- Dr.Prathibha.M. HOD-Dr.Basavaraj .G.S Department of Panchakarma. SDM institute of Ayurveda and Hospital Bengaluru. Introduction: Ayurveda is a clinical methodology based on fundamental principles aimed at maintaining health and managing diseases. Changing dietary and behavioural patterns play an important. Amavata is an important disease described in Ayurveda, characterized by the vitiation of Vata and Ama. The disease occurs when improperly formed Ama is carried by aggravated Vata and accumulates in the joints, particularly at sites of Khavaigunya. The clinical presentation of Amavata, especially its joint pain, resembles the features of Rheumatoid Arthritis. Pain in multiple joints is a characteristic feature and may be comparable to Vrishchika Damshtravat Vedana.

Methods: A single-case study was conducted in a patient diagnosed with Amavata. The treatment protocol was planned based on the Ayurvedic principles of management of Ama and Vata. The patient was administered Swedana and Deepana-Pachana with Dhanyamla Pana, along with Siddha Basti, a Tikta-rasa-predominant Basti formulation. The therapeutic response was assessed primarily with respect to pain and other clinical features of Amavata.

Results: Following the intervention with Dhanyamla Pana and Siddha Basti, the patient showed improvement in pain and overall clinical symptoms.

Discussion: The management of Amavata is challenging because Ama and Vata are considered antagonistic in nature, requiring a treatment approach that addresses both pathological factors. Dhanyamla Pana may support Deepana, Pachana and Swedana, thereby aiding in the management of Ama and Vata. Siddha Basti, being predominantly Tikta in Rasa, may contribute to the management of Vata-associated pathology and joint symptoms. The improvement observed in this case suggests that the combined approach may be useful in managing pain in Amavata. Key words: Amavata, deepana panchan Dhanyamla Coresponding author Dr.Rakshitha.B.Fakiraswamimath

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0077
Reg. Category : P.G and Ph.D Scholar
Author : Dr. .RAKSHITHA FAKIRASWAMIMATH (0077)
Institution : SDM college of ayurveda bangalore

An Intergrative clinical approach to Amavata (Rheumatoid Arthritis): Therapeutic Implications of Shodhana and Shamana - A Case series

Abstract :

Introduction: Amavata is a Rasa- pradoshaja disorder arising from impaired Agni and subsequent formation of Ama, with its localization in the joints producing pain, stiffness, swelling, and functional limitation. Its clinical phenotype parallels inflammatory polyarthritis, necessitating a multidimensional therapeutic approach. This case series evaluates the clinical response to an integrated Shamana-Shodhana protocol in Amavata.

Methodology: 5 subjects presenting with chronic pain in multiple joints associated with morning stiffness and swelling were considered for the study. An 8- day individualized protocol comprising shodhana comprised of Sarvanga Valuka sweda, Dhanyamla parisheka, Vaitarana basti and Sadyovirechana. Whereas for Shamana, Kashaya prepared from Balamoola Choorna, Saindhava lavana, Dhanyamla and Gomutra was administered orally for 8 days twice daily.

Results: Analysis of overall effects of Shodhana and Shamana provided markedly better reduction in symptoms of Amavata and hematological changes in ESR, CRP and RA factor.

Discussion: These interventions have shown significant effectiveness in reducing pain in multiple joints

associated with morning stiffness and swelling, as well as changes in ESR, CRP and RA factor.
Conclusion: In this way the combination of Shodhana and Shamana chikitsa showed marked reduction in subjective and objective parameters.
Keywords: Amavata, Shamana, Shodhana, Vaitarana Basti, Sadyovirechana.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0078
Reg. Category : P.G and Ph.D Scholar
Author : Dr. MADHUSHREE M (0078)
Co- Author/s : Dr. Madhushree M , Dr. Prathibha M , Dr. Basavaraj G Saraganachari , 2nd year PG Scholar , Consultant and Assistant Professor , Professor and HOD
Institution : SDM Institute of Ayurveda and Hospitals Bangalore

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A Multimodal Ayurvedic Approach to Autoimmune Disorders Through Samana Aushadha and Pancakarma

Abstract :
Background & Objectives: Autoimmune disorders are chronic conditions characterized by immune dysregulation and may require individualized, long-term therapeutic approaches. Ayurveda advocates a comprehensive management strategy based on assessment of dosha, agni, srotas and disease stage, using samana aushadha and sodhana procedures when appropriate. This abstract aims to highlight the clinical relevance of integrating samana aushadha with Pancakarma-based interventions in autoimmune disorders, using a clinical case as a reference.
Materials & Methods: A clinical case of chronic psoriasis managed in an Ayurvedic inpatient setting was considered as the reference. The recorded case demonstrated an individualized treatment plan involving internal medicines and sequential procedures including abhyanga, svedana, virecana, takradhara and sirodhara. The treatment was planned according to the patient's clinical presentation and Ayurvedic assessment, with observations documented throughout the inpatient period.
Observations/Results: The case record demonstrated the practical application of combining samana aushadha with Pancakarma procedures rather than relying on a single therapeutic modality. Internal medicines were administered alongside procedural interventions, with treatment progressing through different stages during hospitalization. Clinical documentation indicated improvement in the presenting dermatological manifestations during the treatment period.
Conclusion: The referenced case illustrates the applicability of an individualized, multimodal Ayurvedic approach in chronic autoimmune skin disorders. Integration of samana aushadha with appropriately selected Pancakarma procedures may provide a comprehensive clinical strategy, guided by dosha assessment, disease stage and therapeutic indication. Further clinical studies are required to substantiate this approach.
Keywords: Autoimmune Disorders; Samana Aushadha; Pancakarma; Psoriasis; Ayurveda

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0083
Reg. Category : P.G and Ph.D Scholar
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AVASTHANUSARA CHIKITSA IN THE MANAGEMENT OF EKAKUSHTA (PLAQUE PSORIASIS) THROUGH SHAMANA CHIKITSA AND BAHYA UPAKRAMAS: A CASE STUDY

Abstract :
Dr. Shreekanth Gowda K C1, Dr. Mahesh Sharma M2, Dr. Srinivasa S3, Dr. Shruthi Shivarama4
2nd year PG Scholar1, Associate professor2, Professor and HOD3, Assistant professor4 Department of Kayachikitsa, Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru-560074, Karnataka, India Corresponding Author: Dr. Shreekanth Gowda K C, 2nd year PG Scholar, Department of Kayachikitsa, SDM Institute of Ayurveda and Hospital, Bengaluru-560074. E-mail: shreekanth497@gmail.com, Phone no: 8105048729 ABSTRACT
Introduction - Plaque psoriasis is a chronic, immune-mediated inflammatory skin disease characterized by symmetrically distributed, well-defined erythematous plaques covered with thick, silvery micaceous scales, associated with pruritus., with a prevalence of 0.44% to 2.8%. In Ayurveda, it resembles with Ekakushta, a type of Kshudra Kushta and a Rakta Pradoshaja Vikara, with predominance of Vata and Kapha pradhana tridosha. Ekakushta is characterized by Aswedana, Matsyashakalopam, and Mahavastu. Hence, the management of Ekakushta is planned according to the Roga and Rogi Avastha, following the principles of Avasthanusara Chikitsa Upakrama.
Materials and methods - A 31-year-old male presented with the complaints of dry, flaky, erythematous lesions over both upper and lower limbs and the lower back for 4 years, aggravated over the past 2 months. The lesions were associated with intermittent fever, Kandu (itching), Rukshata (dryness), Daha (burning sensation), Matsyashakala (scaling), and Vedana (pain). Based on the clinical findings, he was diagnosed with Ekakushta and managed with Shamana Chikitsa and Bahya Upakramas.

Result - Following Shamanoushadi and Bahya upakramas, the patient showed significant improvement, with a marked reduction in the signs and symptoms of Ekakushta. Additionally, a notable overall enhancement in the patient's quality of life was observed after the treatment.
Discussion - Considering Agni, Rogibala, Dosha, and Rogavastha, the treatment protocol comprising Shamanoushadi and Bahya upakrama, proved effective in alleviating the signs and symptoms of the disease.
Keywords - Ekakushta, Plaque psoriasis, Shamanoushadi, Bahya upakrama

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0091
Reg. Category : P.G and Ph.D Scholar
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AVASTHANUSARA CHIKITSA UPAKRAMA: A STAGE-SPECIFIC AYURVEDIC APPROACH IN SRAVI VICHARCHIKA - A CASE STUDY

Abstract :
Dr. Shilpa D1, Dr. Mahesh Sharma M2, Dr. Srinivasa S3, Dr. Sowjanya J4
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ABSTRACT Introduction - Vicharchika, classified under Kshudra Kushta and Rakta Pradoshaja Vikara, involves all three Doshas, predominantly Kapha and Pitta. Its key features include Kandu, Pidaka, Srava, and Shyava Varna. Sravi Vicharchika clinically resembles weeping eczema, a chronic inflammatory immune mediated skin disorder characterized by itching, erythema, oozing, dryness, and hyperpigmentation. Eczema has a worldwide prevalence of 3%-20.5%, with incidence of 0.42%-0.55% in India. Considering their clinical similarities, management is planned according to the Avastha of Roga and Rogi, with appropriate Chikitsa Upakrama.
Materials and methods: A 17-year-old male presented with complaints of Twak Shyava Varna (blackish discoloration of skin lesions) and Pidika (papular eruptions) over both lower limbs for the past two years. Associated with Kandu (itching), Bahusrava (excessive exudation), Daha (burning sensation), Ruja (pain), Parushata (roughness) along with Visarpana (progressive spreading). Based on the clinical features, he was diagnosed with Sravi Vicharchika. The patient was managed with both Shamana Aushadhi and Shodhana Chikitsa. Result: Shamana Aushadhi and Shodhana Chikitsa was planned, following which the patient showed significant improvement, with a marked reduction in the signs and symptoms of Vicharchika. Additionally, a notable overall enhancement in the patient's quality of life was observed after the treatment.
Discussion: Considering Agni, Rogibala, Dosha Avastha and Rogavastha the different treatment protocol comprising Shamana and Shodhana Chikitsa, in a case of Sravi Vicharchika, proved effective in alleviating the signs and symptoms of the disease.
Keywords: Eczema, Vicharchika, Shamanoushadi, Shodhana chikitsa, Rasayana.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0092
Reg. Category : P.G and Ph.D Scholar
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Panchkarma based Management of Psoriasis: Exploring the Role of Vamana Karma followed by Samana therapy

Abstract :
Background: Psoriasis is a chronic, autoimmune, inflammatory condition of the skin of unknown origin, characterized by well-circumscribed erythematous, dry plaques of various sizes. Psoriasis vulgaris (Chronic plaque psoriasis) is the most common form. Stress, trauma, infections, and some medications can act as triggering factors in psoriatic patients. Plaque surface is usually scaly and gentle scratching may produce a silvery appearance from the lifting of numerous tiny scales. In Ayurveda it can be correlated with Eka Kustha. Psoriasis pathogenesis involves immune cell infiltration driven by a cytokine network. Interactions among dendritic cells, T cells, neutrophils, and macrophages regulate both pro-inflammatory and anti-inflammatory responses, ultimately guiding how the condition develops. Objective: To evaluate the efficacy of Vamana Karma followed by Samana Chikitsa in the management of psoriasis (Eka Kustha). Method: A 28-year-old male patient presented with complaints of generalized itching, scaling, and discharge from skin lesions persisting for five months. There was no significant history of diabetes mellitus, hypertension, or other systemic illness. Clinical

examination revealed a positive Auspitz sign, and the baseline Psoriasis Area and Severity Index (PASI) score was 22.4. The patient was treated with Vamana Karma followed by Samana Chikitsa. Vamana Karma was selected considering the predominance of Kapha in the clinical presentation and its classical indication in Kapha Pradhana Kustha. Result: After treatment, patient had marked reduction in the size of the patches, his PASI score was 10.1. No new patches appeared and scaling reduced markedly. Conclusion: There was significant improvement in the subjective and objective criteria after Vamana Karma. Ayurveda shows marked results if the diseases are managed in acute stage.

Keywords: Psoriasis, Vamana, Samana Chikitsa, Eka Kustha

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0099
Reg. Category : P.G and Ph.D Scholar
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Shamana Aushadha and Panchakarma-Based Clinical Approaches in Autoimmune Disorders: Amavata as an Ayurvedic Clinical Model

Abstract :

Background & Objectives: Autoimmune disorders are chronic inflammatory conditions driven by loss of immune tolerance and aberrant immune activation, producing pain, stiffness, fatigue, and functional limitation. Ayurveda conceptualizes a comparable clinical pattern through Ama, impaired Agni, and Dosha dysregulation. Amavata, characterized by Ama-associated Vata involvement and articular manifestations, provides a useful model for examining this framework. This review evaluates how Samana Aushadha and appropriately selected Panchakarma may be integrated as stage-specific, individualized approaches, while identifying priorities for clinical validation. Materials & Methods: A narrative, clinically oriented review was conducted using classical Ayurvedic sources, including Madhava Nidana, Charaka Samhita, Sushruta Samhita, and Astanga Hridaya, alongside contemporary literature on rheumatoid arthritis, immune-mediated inflammation, and integrative care. The analysis mapped Ayurvedic assessment of Ama, Agni, Dosha, disease stage, and patient strength to therapeutic domains including Dipana-Pacana, Langhana, Samana Aushadha, Swedana, and Basti, with emphasis on appropriate indication and safety rather than indiscriminate detoxification. Observations/Results: The synthesis supports a sequential rather than one-size-fits-all model. In the Ama- dominant phase of Amavata, Langhana and Dipana-Pacana are emphasized to address impaired digestion and Ama; subsequent stage-appropriate measures may include Rukshana, Swedana, Samana Aushadha, and Basti. Clinically, this framework parallels attention to symptom burden, inflammatory activity, functional status, digestive capacity, and treatment tolerance. Available modern evidence for Ayurveda in inflammatory arthritis remains heterogeneous, indicating potential benefit but insufficient evidence to claim equivalence to disease-modifying antirheumatic therapy. Conclusion: Samana Aushadha and appropriately indicated Panchakarma offer a coherent stage-specific and patient-centered Ayurvedic framework that may complement contemporary management of autoimmune disorders, with Amavata providing a clinically relevant model. Their role should be investigated as an adjunctive strategy rather than a replacement for evidence-based immunomodulatory treatment. Well-designed randomized trials using validated inflammatory, functional, quality-of-life and safety outcomes are needed to establish clinical efficacy and translational relevance.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0101
Reg. Category : P.G and Ph.D Scholar
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PANCHAKARMA-BASED MULTIMODAL AYURVEDIC MANAGEMENT OF SYSTEMIC LUPUS ERYTHEMATOSUS: AN ILLUSTRATIVE CASE STUDY

Abstract :

Background&Objectives: Systemic Lupus Erythematosus is a chronic autoimmune disorder with multisystem manifestations requiring individualized management. Ayurveda offers a patient-centred approach based on assessment of Dosha, Dushya, Agni, Ama, Srotas, Bala and Vyadhikshamatva. This case aimed to evaluate the clinical response to an individualized multimodal Ayurvedic protocol comprising Samana Aushadha and selected Panchakarma procedures.

Materials&Methods: A 28-year-old female diagnosed with Systemic Lupus Erythematosus for two years presented with recurrent polyarthralgia, morning stiffness, fatigue, intermittent low-grade fever and episodic cutaneous manifestations. She was receiving conventional medical treatment and was referred for Ayurvedic supportive management. Assessment included Prakriti, Vikriti, Agni, Ama, Dosha-Dushya involvement, Srotas, Rogibala and Vyadhikshamatva. A staged protocol was planned according to disease status, Dosha

predominance and Bala. Initial management focused on Agni enhancement and Ama management, followed by Snehana and Svedana, a selected Panchakarma procedure, individualized Samana therapy and dietary-lifestyle modifications. Conventional treatment was continued under medical supervision.

Observations/Results: Clinical response was assessed using joint pain, morning stiffness, fatigue, cutaneous manifestations and functional capacity, along with clinical and laboratory parameters where available. Progressive improvement was observed in symptoms and functional status, with better tolerance of activities and reduced frequency and severity of episodes during observation.

Conclusion: This case suggests that individualized Ayurvedic management integrating Samana Aushadha and appropriately selected Panchakarma procedures may provide supportive benefits in patients with Systemic Lupus Erythematosus which will be discussed in detail in the presentation.

Keywords: Systemic Lupus Erythematosus, Ayurveda, Panchakarma, Agni, Vyadhikshamatva

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0102

Reg. Category : P.G and Ph.D Scholar

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INTEGRATIVE AYURVEDIC MANAGEMENT OF AUTOIMMUNE DISORDERS:ROLE OF SHAMANA AUSHADHA AND PANCHAKARMA

Abstract :

Title Integrative Ayurvedic Management of Autoimmune Disorders: Role of Shamana Aushadha and Panchakarma

Background & Objectives Autoimmune disorders are chronic immune-mediated conditions characterized by loss of self-tolerance and persistent inflammation. Their prolonged course and the limitations associated with long-term conventional therapy necessitate individualized and complementary therapeutic approaches. Ayurveda provides a holistic framework for understanding chronic disorders through Dosha, Agni, Ama, Dhatu, and Srotas. This review aims to explore the therapeutic rationale and potential role of Shamana Aushadha and Panchakarma in the management of autoimmune disorders.

Materials & Methods A narrative review was undertaken using classical Ayurvedic texts and relevant contemporary scientific literature concerning autoimmune disorders, immunomodulation, Shamana Aushadha, Panchakarma, and Rasayana. Ayurvedic principles were critically examined and correlated with contemporary concepts of immune dysregulation and inflammation.

Observations/Results The reviewed literature indicates that individualized shamana therapy, Agni and Ama management, Rasayana, and appropriately selected shodhana may have potential roles in restoring physiological homeostasis. Panchakarma-based interventions may be considered according to Dosha predominance, disease stage, Rogi Bala, and Vyadhi Bala. Emerging evidence suggests possible immunomodulatory and anti-inflammatory effects of selected Ayurvedic interventions; however, clinical evidence remains heterogeneous and requires further validation.

Conclusion An individualized Ayurvedic approach integrating shamana Aushadha and appropriately planned Panchakarma may offer a promising complementary strategy in autoimmune disorders. Rigorous clinical research is warranted to establish efficacy, safety, and mechanisms of action.

Keywords: Autoimmune disorders; shamana Aushadha; Panchakarma; Immunomodulation; Ayurveda Name of the presenter: Dr. Navya P V Designation: MD Scholar Panchakarma Official Address: MVRAMC Parassinikadavu Contact no: 9400450637 Mail id: navinavya15@gmail.com Guide- Dr. Amritha Rajan, Professor, Department of Panchakarma, MVRAMC Parassinikadavu HOD: Dr. Anand D. A., Professor & HOD, Department of Panchakarma, MVRAMC Parassinikadavu

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0103

Reg. Category : P.G and Ph.D Scholar

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Role of Punarnavashtaka Kashaya and Ajamodadi Choorna orally and as Basti in Amavata: A case report

Abstract :

Background & objectives:- Amavata is caused by the displacement and localization of Ama to Kaphasthana. Vata is responsible for this movement. It is a disease of Madhyama Rogamarga. This condition presents with general body symptoms such as Angamarda , Angagourva, Aruchi etc. along with joint related symptoms such as Sandhisotha, Sandhishoola. The clinical presentation of Amavata closely resembles

Rheumatoid Arthritis . Rheumatoid Arthritis is an autoimmune disorder affecting multiple joints. The pathology is driven by a chronic systemic autoimmune attack primarily targeted at the synovium. This debilitating condition severely restricts daily mobility and significantly impairs the patient's quality of life.
Materials and methods:- The case report highlights the role of two Ayurvedic formulations in the management of Amavata (Rheumatoid Arthritis). A female patient of 53 years old presented with an eight year history of early morning stiffness and swelling in proximal interphalangeal joints, bilateral knee joint pain and right ankle joint pain, alongside elevated RA factor , CRP and ESR . A ten days inpatient ayurvedic treatment including Bahya chikitsa, Shodhana and Shamana was administered. Punarnavashtaka Kashaya and Ajamodadi Churna were administered as Basti as well as orally, aimed at reducing systemic inflammation and inflammatory markers values .
Observation / results:- Following ten days of treatment the patient exhibited marked clinical improvement . There was sixty percent reduction in early morning stiffness and swelling across proximal interphalangeal joints, alongside fifty percent reduction in bilateral knee joint pain. Inflammatory markers also showed significant reduction.
Conclusion :- The administration of Punarnavashtaka Kashaya and Ajamodadi Choorna orally as well as basti showed significant effect in alleviating clinical symptoms of Amavata and reducing elevated inflammatory markers.
Keywords :- Amavata , Ajamodadi Choorna , Rheumatoid Arthritis, Punarnavashtaka Kashaya.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0112
Reg. Category : P.G and Ph.D Scholar
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Management of Guillain-Barre syndrome in Ayurveda with special reference to Sarvanga Vata: A case report

Abstract :
Background: Guillain-Barre syndrome (GBS) is a rare but self-limiting disease in which the immune system attacks the peripheral nerves, resulting in weakness or tingling sensation, paralysis of limbs or muscles in the chest and face. There is no known cure for GBS, but treatments can help improve symptoms. In Ayurveda, GBS can be correlated with Sarvanga Vata based on symptomatology. Objective: The present study aims to evaluate the effectiveness of the Ayurvedic treatment approach in GBS (Sarvanga Vata). Case Presentation: A 67-year-old male (IP-081610) who is a known case of diabetes mellitus and hypertension for two years, previously diagnosed with GBS in 2025 after the sudden onset of fever, presented to Kayachikitsa Pakshaghata OPD at SDM Ayurveda Hospital, Hassan and was admitted to IPD. Clinical manifestations included being unable to sit, stand, or walk and being brought in a wheelchair with bilateral upper limb and lower limb weakness, diagnosed as Sarvanga Vata. On examination, diminished deep tendon reflexes were present with muscle power in bilateral upper limbs as 0/5 and lower limbs as 1/5. Muscle tone was hypotonic in both upper and lower limbs. Methods: Shodhana and Shamana therapies were given for 10 days in IPD with physiotherapy. Anuvasana Basti with Ashvagandha Ghrita, Sarvanga Abhyanga with Parisheka Taila followed by Dashamoola Parisheka were given. As internal medicines, Dhanvantaram Vati, Nuro XT capsules, and Dhanadarasnadi Kashaya were administered. Results and Discussion: At the end of the treatment, the patient had improvement of muscle power in bilateral upper limbs and lower limbs to 3/5. The patient was able to walk with support. Treatments effectively targeted the underlying Vata vitiation and Majja-Mamsa Dhatu Dushti in Sarvangavata by providing Vata Shamana and Dhatu Poshana actions evidenced by significant clinical improvement. Conclusion: Ayurvedic management accelerates motor recovery of the patient, even though GBS is self-limiting.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0120
Reg. Category : P.G and Ph.D Scholar
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From Speciality to Systems:An Ayurvedic Framework for Personalized Management of Autoimmune Disorders

Abstract :
From Specialty to Systems: An Ayurvedic Framework for Personalized Management of Autoimmune Disorders
Background and Objectives
Autoimmune disorders show considerable variation in clinical phenotype, disease activity, comorbidities, and therapeutic response. Although contemporary medicine is moving towards personalized care, management

remains largely disease- and specialty-oriented. Ayurveda provides an individualized approach through Prakriti, Dosha, Agni, Ama, Bala, Dhatu, and Srotas. However, these parameters have not been integrated into a structured framework for personalized management of autoimmune disorders. This paper aims to develop a conceptual Ayurvedic systems-based framework beyond disease-specific labels.

Materials and Methods

A narrative thematic review of classical Ayurvedic literature and published biomedical and Ayurvedic research indexed in PubMed, Scopus, and Google Scholar was undertaken. Relevant literature was thematically synthesized and mapped across clinical phenotype, Ayurvedic assessment, disease activity, and therapeutic decision-making to develop a conceptual framework.

Results

The literature demonstrates substantial heterogeneity among individuals with the same autoimmune diagnosis, supporting individualized therapeutic approaches. Based on the synthesis, the proposed framework integrates:

Clinical phenotype -> Prakriti and Dosha -> Agni and Ama -> Bala, Dhatu and Srotas -> Disease activity -> Individualized therapy -> Reassessment.

This model shifts the focus from static disease categorization towards dynamic, patient-centered Ayurvedic phenotyping.

Conclusions

An Ayurvedic systems-based approach may facilitate movement from disease-centered classification towards patient-centered personalization. Individuals with the same biomedical diagnosis may represent distinct Ayurvedic therapeutic phenotypes requiring individualized and dynamic management. Prospective studies are needed to standardize assessment domains and validate this framework.

Keywords

Autoimmune Disorders; Personalized Ayurveda; Prakriti; Ayurvedic Phenotyping; Systems Medicine

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Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0123

Reg. Category : P.G and Ph.D Scholar

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A Structured Basti in the Management of Guillain - Barre Syndrome: A Case Report

Abstract :

Background & Objectives: Guillain-Barre Syndrome is an acute autoimmune inflammatory polyneuropathy characterized by rapidly progressive neuromuscular weakness, sensory disturbances, and loss of reflexes. In Ayurveda, this condition correlates with Sarvanga Vata, characterized by widespread Vata aggravation and profound neuromuscular debility. Basti Karma is regarded as an important therapeutic modality in Vata disorders. This case report highlights the clinical utility of Panchakarma in the management of Guillain-Barre Syndrome.

Materials & Methods: A 60-year-old male presented with a 20-day history of severe lower limb numbness, burning sensation, upper limb tingling, and total inability to stand or walk following a febrile episode. Neurological examination revealed generalized hyporeflexia across all major joints and bilateral positive Babinski signs. The patient was diagnosed with Sarvanga Vata with Guillain-Barre Syndrome. A Panchakarma management protocol was administered, with Karma Basti, including Matra Basti with Mahamasha Taila, Mustadi Yapana Basti and Anuvasana Basti with Kalyanaka Ghrita, along with external therapies and physiotherapy.

Observations/Results: Following the Panchakarma treatment as inpatient intervention, the patient exhibited significant neurological recovery. Neuromuscular weakness and sensory deficits resolved progressively, enabling the patient to stand independently and walk unassisted at a steady pace by discharge.

Conclusion: A systematically planned Panchakarma protocol emphasizing Karma Basti demonstrates substantial therapeutic efficacy in managing Guillain-Barre Syndrome (Sarvanga Vata). The observed improvement in standing and walking ability suggests that individualized Vata-oriented Panchakarma procedures have a supportive role in neurological rehabilitation. Further systematic clinical studies are required to establish its therapeutic efficacy.

Keywords: Guillain-Barre Syndrome, Sarvanga Vata, Karma Basti, Mustadi Yapana Basti, Panchakarma

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0129

Reg. Category : P.G and Ph.D Scholar

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From Immune Dysregulation to Immune Balance: An Ayurvedic Approach ThroughSamanaAusadha and Panchakarma

Abstract :

From Immune Dysregulation to Immune Balance: An Ayurvedic Approach Through Shamana Ausadha and Panchakarma Dr Karnatakam Bhargavi1, Dr Kavita Bhadri2

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Background: Autoimmune disorders are characterized by dysregulated immune responses, chronic inflammation and progressive tissue damage, creating challenges in long term management. Ayurveda provides a holistic and individualized approach that focuses on restoring functional equilibrium rather than merely addressing disease manifestations.

Aim: To explore the potential of SamanaAusadha and Panchakarma as an individualized Ayurvedic clinical framework for managing autoimmune disorders and supporting immune homeostasis.

Methodology: The proposed framework integrates Ayurvedic assessment of Prakriti, Vikrthi, Agni, Ama, Dosha, Dhatu, Srotas and Bala with disease stage and clinical presentation. SamanaAushadha may be selected according to the predominant dosha and therapeutic requirements, while appropriately indicated Panchakarma may be incorporated after assessing patient suitability, strength and stage of disease. Dietary regulation, lifestyle modification and Rasayana are considered supportive components of long-term management.

Discussion: This integrative approach provides a conceptual bridge for investigating contemporary areas such as inflammatory regulation, oxidative stress and the gut-immune axis. However, Ayurvedic concepts should not be considered direct equivalents of modern immunological mechanisms and require systemic clinical validation.

Conclusion: A personalized Samana-Panchakarma approach may offer a promising framework for exploring immune balance and holistic care in autoimmune disorders. Future research should emphasize standardized protocols, safety, objective biomarkers and well-designed clinical studies.

Keywords: Autoimmune disorders, Ayurveda, Samana Ausadha, Panchakarma, Immunomodulation, Agni, Ama, Rasayana.

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0183

Reg. Category : P.G and Ph.D Scholar

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Chronic Eczematous Dermatitis w.s.r to Vicharchika : A case report

Abstract :

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BACKGROUND Chronic eczematous dermatitis is a persistent, relapsing inflammatory skin disease characterized by itching, dryness, scaling, fissuring, thickening, and pigmentation. Impaired skin-barrier function, immune dysregulation, and chronic inflammation contribute to its pathogenesis. Mildly elevated IgG with increased ESR and CRP suggested an associated immunological and inflammatory component. Clinically, the condition was correlated with Vicharchika, a Kshudra Kushtha, characterized by kandu, pidaka, shyava varna, and bahusrava, reflecting Tridosha involvement. Kapha contributes to kandu and srava, Pitta to shyava varna, and Vata to rukshata and kharatva.

OBJECTIVES To assess improvement in Vicharchika symptoms and skin features, evaluate changes in inflammatory biomarkers (ESR and CRP), and assess improvement in quality of life (QOL).

MATERIALS AND METHODS A 42-year-old female from Dubai with a 6-7-year history of skin irritation, aggravated over the preceding 2 years, presented with rukshata, kandu, pidaka, shyava varna, and srava over both lower limbs. Previous topical corticosteroids and moisturizers provided inadequate relief. Management included Shodhana (Virechana Karma) followed by topical applications, Shamanoushadhis, and individualized dietary and lifestyle advice.

OBSERVATION AND RESULTS Marked improvement was observed in rukshata, kandu, pidaka, and shyava varna. Hyperpigmentation improved mildly, with better overall skin texture and appearance. QOL improved, while ESR and CRP levels decreased following treatment.

CONCLUSION This case highlights the role of Virechana as the primary intervention in chronic eczematous dermatitis, addressing Tridosha involvement and

resulting in sustained symptomatic relief, improved skin health, and enhanced QOL.

Keywords: Vicharchika, Chronic eczematous dermatitis, Autoimmune, Virechana

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0208

Reg. Category : P.G and Ph.D Scholar

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BEYOND SYMPTOM RELIEF: KSHARA BASTI AND PAD4 MODULATION IN SERONEGATIVE RHEUMATOID ARTHRITIS - A CASE REPORT

Abstract :

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Background Rheumatoid arthritis (RA) is a chronic autoimmune disorder characterized by persistent inflammation, pain, and progressive joint damage. A subset of patients exhibits typical RA manifestations despite normal rheumatoid factor, CRP, and ESR, termed seronegative RA (SNRA). Emerging evidence suggests Peptidylarginine Deiminase 4 (PAD4) as a potential biomarker for monitoring disease activity when conventional serological markers are negative. Ayurveda recognizes a clinical parallel to SNRA as Amavata, diagnosed primarily through clinical features rather than laboratory confirmation. Both conditions involve systemic inflammation and progressive joint damage. Basti, particularly Kshara Basti, is traditionally used for Amavata and may influence deeper autoimmune pathways, including PAD4-mediated citrullination.

Materials and Methods A case of a 45-year-old manual laborer with classical seronegative RA was managed with Kshara Basti alongside Samana Aushadhi over 28 days. PAD4 levels, DAS28, and VAS pain scores were assessed at baseline, day 7, and day 28.

Observation and Result PAD4 declined from 32.87 ng/mL at baseline to 27.93 ng/mL on day 7 and 27.05 ng/mL on day 28. Clinical improvement paralleled this biochemical shift: DAS28 fell from 4.77 to 3.55 to 2.05, and VAS pain scores dropped from 8 to 5 to 3 across the same intervals.

Conclusion This case suggests Kshara Basti may exert immunomodulatory effects on PAD4-mediated citrullination in SNRA, extending its role beyond symptomatic relief. The parallel biochemical and clinical improvement supports further exploration of Kshara Basti as a mechanism-based supportive therapy for seronegative rheumatoid arthritis.

Keywords: Amavata, Seronegative Rheumatoid Arthritis, PAD4, Kshara Basti, Case Report

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0222

Reg. Category : P.G and Ph.D Scholar

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Exploring Virecana Karma in Palmoplantar Psoriasis: An Ayurvedic Case Report of Vipadika Kushtha

Abstract :

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Background & Objectives Palmoplantar psoriasis is a clinically challenging presentation associated with fissuring, pain, pruritus, burning, and functional impairment. This case describes clinical improvement in a 14-year-old male with clinically diagnosed palmoplantar psoriasis correlated with Vipadika Kushtha following a multimodal Ayurvedic treatment regimen incorporating Virecana Karma.

Materials & Methods The patient presented with bilateral palmoplantar fissuring, intense itching, burning, pain during walking, and intermittent bleeding. Treatment comprised Dipana-Pacana, five days of Snehapana with Tiktaka Ghrita, Abhyanga-Svedana, Virecana Karma with Trivrit Lehyam 50 g and Draksha Rasa 200 mL, and five days of Peyadi Samsarjana Krama, with concurrent internal and external therapies. Outcomes were assessed using the Palmoplantar Psoriasis Area and Severity Index (PPPASI), Palmoplantar Psoriasis Global Assessment (PPPGA), and Children's Dermatology Life Quality Index (CDLQI) at baseline, after treatment, and 4-week follow-up.

Observations/Results PPPASI decreased from 64 at baseline to 19.8 after treatment and 4.8 at follow-up, corresponding to a 92.5% reduction from baseline. PPPGA decreased from 4 to 2 and 1, respectively. CDLQI decreased from 23 to 11 and 3. Clinical symptoms,

including itching, burning, pain, fissuring, bleeding, walking difficulty, and sleep disturbance, were reported to improve. No adverse events were reported during follow-up.
Conclusion Marked improvement in palmoplantar disease severity and dermatology-related quality of life was observed. This report highlights Virecana Karma as a potential therapeutic intervention in Vipadika. Along with internal medications and Pathya Ahara-Vihara, it may facilitate Dosha elimination, correct Dosha-Dushya involvement, alleviate symptoms, restore skin function, and promote clinical remission.
Keywords Palmoplantar psoriasis; Vipadika; Virecana Karma; Ayurvedic medicine; Case Report

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0224
Reg. Category : P.G and Ph.D Scholar
Author : Dr. JACOB PAULOSE (0224)
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Ayurvedic Management of Gambhira Vatarakta in a Patient with Sjogren's Syndrome: A Case Report

Abstract :
Background & Objectives Sjogren's syndrome is an autoimmune disorder affecting the exocrine glands, leading to dryness of mouth and eyes along with joint pain and swelling. This presentation of poly-articular involvement with sicca features can be correlated with Gambhira Vatarakta. This case is being presented to highlight the effect of Ayurvedic management in a diagnosed case of Sjogren's syndrome.
Materials & Methods A 53-year-old female diagnosed with Sjogren's syndrome, presented with pain and restriction of movement in bilateral shoulder, elbow, wrist, interphalangeal, knee and ankle joints since 5 months associated with swelling. She also had dryness of mouth and eyes since 6 months and swelling in bilateral temporomandibular joint. She had taken allopathic treatment and a full body oil massage elsewhere prior to admission, after which her symptoms worsened. On investigation, Hb was 9.3 g/dl, WBC count was 3800 cells/cumm, and ESR was 100 mm in the 1st hour. She was diagnosed as Gambhira Vatarakta and treated for 9 days with Pancakarma followed by oral medications on discharge.
Observations/Results At the time of discharge, joint pain, restricted movements as well as, dryness of mouth and eyes had reduced considerably. She was also relieved from generalised weakness.
Conclusion This case shows that Ayurvedic Pancakarma treatment given for Gambhira Vatarakta can help in reducing joint pain and sicca symptoms of Sjogren's syndrome. Further studies with more cases are needed to confirm this benefit.
Keywords: Gambhira Vatarakta, Sjogren's syndrome, Pancakarma, Sicca syndrome, Case report
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Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0241
Reg. Category : P.G and Ph.D Scholar
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Clinical Resolution of Pemphigus Vulgaris with Ayurvedic Management: A Case Report

Abstract :
Introduction: Pemphigus vulgaris (PV) is a chronic autoimmune blistering disorder affecting the skin and mucous membranes, commonly requiring prolonged immunosuppressive therapy. Evidence on Ayurvedic management of patients presenting with clinical features of PV remains limited. This case report describes the clinical course and outcomes following individualized Ayurvedic management and subsequent post-remission Rasayana therapy.
Methods: A 58-year-old woman with a six-month history of progressively spreading shiny, oedematous cutaneous lesions involving the chest, abdomen, back and gluteal region, accompanied by discharge, pruritus, mild pain and oral mucosal ulceration. A consulting dermatologist clinically diagnosed PV. Individualized Ayurvedic treatment based on Langhana and Rukshana principles was initiated using Manjisthadi Kwatha, Chandrakala Rasa, Arogyavardhini Vati, Guduchi Satva, Trivrita Churna and Amrita Shadanga Kwatha, along with dietary and lifestyle modifications. No Panchakarma Shodhana procedures or topical applications were administered. Outcomes were monitored through serial clinical examination, symptom assessment and sequential photographic documentation.
Results: Clinical response was assessed through serial examination and photographic documentation.

Reduction in pruritus, exudation, oedema and lesion elevation was evident within one week. Peripheral lesion progression ceased by Week 2, followed by progressive flattening and epithelialisation. clinical remission was observed by Week 4, while complete clinical remission of active cutaneous lesions was achieved by Week 6, with minimal residual post-inflammatory hyperpigmentation. Oral mucosal lesions resolved completely. Brahma Rasayana and Amrita shadanga Siddha Jala were subsequently initiated as post-remission therapy. No recurrence was observed during three months of follow-up.

Discussion: Individualized Ayurvedic management based on Langhana and Rukshana principles was temporally associated with substantial clinical improvement and complete remission of active cutaneous and mucosal lesions in a patient presenting with clinical features of pemphigus vulgaris, sustained through three months of follow-up with Rasayanabased maintenance therapy. These findings support further prospective research on Ayurvedic approaches to PV-like presentations using standardized severity indices and immunological biomarkers.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0273
Reg. Category : P.G and Ph.D Scholar
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Institution : All India Institute of Ayurveda New Delhi

Multimodal Ayurvedic Management of Plaque Psoriasis: A Case Report

Abstract :

Introduction: Psoriasis is a chronic, immune-mediated inflammatory disease characterized by abnormal keratinocyte proliferation and dysregulated immune responses, affecting the skin and, in some patients, the joints. It affects approximately 2-3% of the global population and carries substantial physical and psychosocial morbidity. In Ayurveda, psoriasis-like manifestations fall under the broad spectrum of Kushtha. Herbo-mineral (Rasaushadhi) formulations, valued for their immunomodulatory properties, may offer a clinically relevant therapeutic approach as part of individualized Shamana Chikitsa.

Methods: A 24-year-old male presented with plaque psoriasis involving bilateral upper limbs and the anterior and posterior trunk of one year's duration. Examination revealed well-defined erythematous plaques with characteristic scaling. Disease severity was assessed using the Psoriasis Area and Severity Index (PASI) and quality of life impact using the Dermatology Life Quality Index (DLQI). Serial photographic documentation was undertaken with consent. An individualized regimen comprising Panchatikta Ghrita, Panchatikta Kwatha, Gandhaka Rasayana, Arogyavardhini Vati, Avipattikara Churna, Laghu Sutshekhara and Guduchi-Nimba Churna along with local application of Jatyadi Taila, was administered over 8 months, supported by appropriate Pathya-Apathya.

Results: Progressive reduction in erythema, scaling, plaque thickness and lesion extent was observed throughout treatment, with substantial resolution of plaques and marked improvement in PASI and DLQI scores. A 3-month post-treatment follow-up showed sustained improvement without recurrence or adverse events.

Discussion: This case highlights the potential immunomodulatory role of herbo-mineral formulations such as Gandhak Rasayana, Laghu Sutshekhara and Arogyavardhini Vati, combined with adjuvant herbal preparations, dietary regulation and topical therapy in achieving substantial and sustained improvement in plaque psoriasis. It supports further systematic investigation of such multimodal Ayurvedic interventions in autoimmune and immune-mediated disorders.

Keywords: Psoriasis, Kushtha, Shamana Chikitsa, PASI, DLQI, Ayurveda

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0274
Reg. Category : P.G and Ph.D Scholar
Author : Dr. MEGHA GAJERA (0274)
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Evidence-Based Scientific Approach in the Ayurvedic Management of Psoriasis: A Case Series

Abstract :

Dr. Keerthana C V1, Prof. (Dr). Jonah Sandrepogu2. *1. PG Scholar, *2 Professor & HOD, Department of Kayachikitsa, All India Institute of Ayurveda, New Delhi, India. Introduction: Psoriasis is a chronic, auto immune, inflammatory disease associated with psychological, metabolic, arthritic, and cardiovascular comorbidities. This indicates a significant impact on health extending beyond the skin. In the present case series, four patients diagnosed with different clinical variants of psoriasis were managed using Ayurvedic intervention. The conditions included Plaque psoriasis, Erythrodermic psoriasis, Acrodermatitis continua of Hallopeau (a variant of Pustular psoriasis), and Psoriatic arthritis. Based on the clinical presentation and symptomatology, psoriasis may be correlated with Kitibha kushtha, a Vata-Kapha predominant Kshudra kushtha described in Ayurveda.

Methods: This inpatient case series was conducted to evaluate the pre- and post-treatment effects of a classical Ayurveda-based therapeutic protocol in patients presenting with different clinical types of psoriasis. Diagnosis was established based on characteristic clinical features. Four patients who were eligible for Snehapana and Virecana were included in the study. Following Virecana, Amruta Bhallataka Rasayana was administered for 45 days. Treatment outcomes were assessed using the Psoriasis Area and Severity Index (PASI), Dermatology Life Quality Index (DLQI), ESR and photographic evaluation before and after treatment.
Results: Marked improvement was observed in PASI and DLQI scores, along with reduction in joint pain and NAPSI score wherever applicable. A mild reduction in ESR levels was also noted.
Discussion: Psoriasis, being a Bahudosha Avastha, was effectively managed with Samshodhana therapy, particularly Virecana. Following Shodhana, Amruta Bhallataka Rasayana, a Naimittika rasayanam mentioned in Vaidya Chintamani, was administered to pacify this Vata- kapha predominant Tridosha. Strict dietary regulation, and regular follow-up, produced promising outcomes, highlighting the therapeutic potential of Ayurveda in the management of various types of psoriasis. Key words: DLQI, Kitibha kushtha, PASI, psoriasis, Shodhana, Rasayana, Virecana

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Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0313
Reg. Category : P.G and Ph.D Scholar
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AYURVEDIC MANAGEMENT OF AMAVATA (RHEUMATOID ARTHRITIS) - A CASE STUDY

Abstract :
INTRODUCTION: Rheumatoid arthritis (RA) is a chronic inflammatory autoimmune disease caused by type III hypersensitivity reaction due to antigen antibody complexes which deposit at the joints resulting in arthritis. Despite of advancement in diagnostic approach of RA, management of it remains challenge. A 45-year-old female presented with multiple joint pain, swelling, and prolonged morning stiffness for one year, with progressive symmetrical involvement of the wrists, MCP, PIP, elbows, knees, and ankle joints. The symptoms were associated with fatigue, generalized weakness, lower back pain, and difficulty in performing routine activities. Laboratory investigations showed elevated ESR, CRP, rheumatoid factor, and Anti-CCP levels. The condition was diagnosed as Rheumatoid Arthritis and correlated with Amavata in Ayurveda.
METHODS: The patient was managed during IPD admission with a multimodal Ayurvedic treatment approach comprising Rukshanam, Dipanam-Pacanam, Snehapana, Svedanam, Virecana, Matra Basti, and Vaitarana Basti.
RESULTS: Significant improvement was observed in pain, swelling, stiffness, and functional ability. DAS28 decreased from 7.3 to 4.28. ESR decreased from 61 to 32 mm/hr, Anti-CCP from 500 to 200 U/ml, and rheumatoid factor from 375 to 120 IU/ml. Functional improvement was also observed in stair climbing and walking ability.
DISCUSSION: The treatment was planned according to the Samprapti of Amavata, emphasizing Ama Pacanam, Agni Dipanam, Vata-Kapha Samana and Sodhana. The combined Ayurvedic interventions resulted in improvement in joint pain, swelling, stiffness, and functional limitation, suggesting the potential role of a holistic Ayurvedic approach in the management of Amavata.
Keywords: Amavata, Rheumatoid Arthritis, Virecana, Vaitarana Basti
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Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0320
Reg. Category : P.G and Ph.D Scholar
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IMMUNITY TURNED INWARD- A SINGLE CASE STUDY ON MANAGEMENT OF GUILLIAN-BARRE SYNDROME

Abstract :
INTRODUCTION- Guillain-Barre Syndrome (GBS) is an acute, immune-mediated neuropathy characterized by rapidly progressive, symmetrical muscle weakness and areflexia. It typically begins in the lower limbs and ascends upward, often following infections. GBS can be correlated with Vatavyadhi, specifically Sarvanga Vata. Nidana Parivarjana, Vatavyadhi Chikitsa and Rasayana are the most beneficial in tackling GBS. This case highlights the successful management in recovering the motor activity in a patient suffering from GBS. METHOD- A 50-year-old female patient presented with all four

limbs weakness (lower limbs > upper limbs) and pain since one and half month. The patient was diagnosed with GBS (AMAN), 15 days' prior after a respiratory infection and was treated with 5 cycles of Plasmapheresis. The patient presented with bilateral lower limbs paresis and pain, muscle weakness, paraesthesia, constipation and dependence of daily activities. The condition was managed on the treatment principles of Vatavyadhi. The treatment included Nitya Shodhana, Deepana-Pachana, Abhyanga, Basti and various internal medications over the course of 21 days.
RESULTS- A marked improvement in the muscle strength of the bilateral lower limbs, Hughes Functional Grade and Barthel Index, indicating substantial improvement in functional independence. The associated symptoms resolved during the course of treatment.
DISCUSSION AND CONCLUSION- GBS is considered as an autoimmune disease because the body's immune system mistakenly attacks components of the peripheral nervous system instead of attacking the invading microorganisms. This patient presented with affliction of all the 4 limbs following a respiratory infection. This was understood as Sarvanga Vata and the Vatavyadhi treatment principle was adopted. The treatment proved to be helpful in enhancing neuromuscular nourishment and promoting muscle strength and overall functioning of the body. Thus this case concludes successful neurological rehabilitation following the acute phase of GBS.
Keywords- Guillian-Barre Syndrome, Sarvanga Vata, Vatavyadhi, Autoimmune disease

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0325
Reg. Category : P.G and Ph.D Scholar
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"From Debility to Mobility: Therapeutic Response to Virechana Karma in Amavata"

Abstract :
BACKGROUND Amavata, one among the Rasavaha Sroto Dushti Vikara, is characterised by impaired Agni leading to formation and accumulation of Ama, which, in association with aggravated Vata, localises in the Sandhi. It manifests with Sandhi Shoola, Sandhi Shotha, Stabdhata, Gaurava and Sandhi Chesta Sanga. Rheumatoid Arthritis is a systemic autoimmune disease characterised by persistent synovial inflammation, symmetrical polyarthritis, pain, swelling and prolonged morning stiffness.
OBJECTIVES To evaluate the effect of Ayurveda treatment principles, with emphasis on Virechana Karma, in a patient presenting with features of Amavata, using clinical, laboratory and standardised disease activity parameters.
METHODOLOGY A 38-year-old female presenting with multiple joint pain for 1 year, predominantly involving the right knee, associated with swelling, morning stiffness, persistent fatigue and inability to walk, was assessed. The patient underwent two admissions. Sthanika Ruksha Chikitsa, Nitya Virechana and Shamana Oushadhi were administered during the first admission, followed by Virechana Karma during the second admission. Assessment was performed before and after treatment using clinical parameters, relevant laboratory investigations and DAS28-ESR, comprising TJC28, SJC28, ESR and PGA. RESULT Marked improvement in joint pain, swelling, stiffness and walking ability was observed. TJC28 reduced from 12 to 8, SJC28 from 5 to 3, and PGA from 95 to 60/100. The DAS28-ESR score decreased from 6.69 to 5.86. Improvement was also noted in RA factor and other laboratory parameters. Follow-up evaluation demonstrated a notable reduction of approximately 8 kgs in body weight after Virechana Karma.
CONCLUSION The case highlights the potential role of Virechana Karma in Amavata, with improvement in clinical manifestations, functional ability and disease activity parameters, accompanied by notable reduction in body weight during follow-up.
KEYWORDS Amavata, Rheumatoid arthritis, RA factor, Virechana

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0326
Reg. Category : P.G and Ph.D Scholar
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An Integrative Ayurvedic Approach to Systemic Sclerosis through Panchakarma: A Case Report

Abstract :
Introduction: Systemic sclerosis (SSc) is a chronic autoimmune connective tissue disorder characterized by

progressive skin fibrosis, microvascular dysfunction and systemic involvement. From an Ayurvedic perspective, its clinical presentation may be correlated with Gambheera Vatarakta, involving aggravated Vata and Rakta with deeper tissue involvement. This case report highlights the therapeutic potential of an integrative Ayurvedic approach in systemic sclerosis.

Case Presentation and Intervention: A 55-year-old female, a known case of Type 2 Diabetes Mellitus for 10 years, presented with progressive skin tightening and diffuse hyperpigmentation over the face and forearms for six months, along with multiple joint pains, morning stiffness, microstomia, difficulty in mouth opening, heartburn and sour belching. Clinical examination revealed parrot-beak nose, purse-string appearance of the mouth, Barnett's neck sign and salt-and-pepper/nutmeg skin. Histopathology confirmed systemic sclerosis. The baseline Modified Rodnan Skin Score (mRSS) was 19. The condition was diagnosed as Gambheera Vatarakta with Vata predominance.

An integrative Panchakarma protocol was administered, including Mahamanjishtadi Kwatha Seka, Mahamanjishtadi Ksheera Seka, Mukhalepa, Kala Basti with Balaguduchyadi Taila and Mahamanjishtadi Kwatha-Ksheera Basti, Sarvanga Abhyanga, Nadi Sweda, Deepana-Pachana, Shodhananga Snehapana with Panchatikta Ghrita and Mridu Virechana with Trivrit Leha and Draksharasa.

Results: Following treatment, marked improvement was observed in skin tightness, joint pain, morning stiffness, mouth opening and gastrointestinal symptoms. The mRSS decreased from 19 to 13, with improvement in functional capacity and quality of life. No treatment-related adverse events were observed.

Conclusion: This case suggests that an integrative Ayurvedic Panchakarma approach may provide symptomatic and functional improvement in systemic sclerosis. Further controlled studies with larger sample sizes are warranted.

Keywords: Systemic sclerosis, Gambheera Vatarakta, Panchakarma, Mahamanjishtadi Seka, Basti, Virechana.

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0331

Reg. Category : P.G and Ph.D Scholar

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Vamana karma in autoimmune disorder exploring safety and therapeutic potential through a clinical study of amavata (RA)

Abstract :

Background and Objectives: Rheumatoid Arthritis (RA) is a systemic autoimmune disorder characterized by chronic inflammation and progressive joint damage. In Ayurveda, RA is comparable to Amavata, in which Vata and Kapha Dosha play a major role, with Amashaya considered the site of origin and Sandhi as the predominant site of manifestation. Langhana is the principal therapeutic approach in Amavata, and Vamana Karma a form of Shodhana is indicated for Kapha predominance. This study aimed to evaluate the therapeutic effect of Vamana Karma in Amavata and assess its safety by monitoring serum electrolyte levels.

Materials and Methods: A clinical study was conducted in 20 patients diagnosed with Amavata with clinical features corresponding to RA. Patients underwent Deepana-Pachana, preparatory procedures, and Vamana Karma according to classical Ayurvedic principles. Clinical parameters including pain, stiffness, swelling, tenderness, and functional status were assessed before and after treatment. Serum sodium, potassium, and chloride levels were evaluated before and after Vamana to assess electrolyte balance and procedural safety. Appropriate statistical analysis was performed.

Observations/Results: Improvement was observed in pain, stiffness, swelling, and functional impairment. Serum sodium, potassium, and chloride levels remained within clinically acceptable ranges, with no clinically significant electrolyte disturbances observed.

Conclusion: Vamana Karma demonstrated promising therapeutic potential in Amavata with special reference to RA. Maintenance of serum electrolyte balance supports its procedural safety. Larger controlled studies are warranted to validate these findings and explore its role in the integrative management of autoimmune disorders.

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0334

Reg. Category : Faculties, Researchers & Practitioners

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Panchakarma as an Individualized Therapeutic Approach in Autoimmune Diseases

Abstract :

Panchakarma as an Individualized Therapeutic Approach in Autoimmune Diseases

Background & Objectives: Autoimmune diseases arise when the body's immune system reacts against its own tissues, resulting in chronic inflammation and progressive tissue damage. Although modern treatment can control disease activity, long-term management remains challenging in many conditions. Ayurveda does not describe autoimmune diseases as a single disease entity; however, their clinical manifestations may be understood through concepts such as impaired Agni, formation of Ama, Dosha imbalance, and Srotorodha. Panchakarma, an important component of Ayurvedic management, aims to eliminate aggravated Doshas and restore physiological balance. This review explores the potential role of Panchakarma in the management of autoimmune diseases based on available published evidence.

Materials & Methods: Published clinical studies, case reports, and review articles describing Panchakarma interventions in autoimmune conditions were reviewed. Reports involving autoimmune pancreatitis, inflammatory polymyositis, and Amavata corresponding to rheumatoid arthritis were examined, with attention to the therapeutic procedures used and reported clinical outcomes.

Observations/Results: The reviewed literature suggests symptomatic and functional improvement following individualized Panchakarma-based interventions. Procedures including Virecana, Basti, and other supportive Ayurvedic therapies were associated with improvements in disease-related symptoms and selected laboratory parameters. In Amavata, Basti-based interventions showed improvement in pain, swelling, stiffness, and functional limitation. However, the available evidence is largely limited to case reports and small clinical studies.

Conclusion: Panchakarma may have a supportive role in the individualized management of autoimmune diseases by addressing Ama, impaired Agni, Dosha imbalance, and Srotorodha. Well-designed studies with larger samples are needed to establish its therapeutic value and safety.

Keywords: Autoimmune Diseases; Panchakarma; Ama; Virecana; Basti

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0359

Reg. Category : P.G and Ph.D Scholar

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Institution : Vishnu ayurveda college

Jalaukavacharana in Congestive Non-Healing Ulcers of Systemic Sclerosis: A Conceptual Integrative Perspective Bridging Ayurveda and Modern Vascular Immunology

Abstract :

Background & Objectives Systemic sclerosis is a complex autoimmune connective tissue disorder characterised by progressive vasculopathy, endothelial injury and fibrosis, which is often manifesting as chronic, poorly perfused digital with cutaneous ulcers refractory to conventional wound care. Non-healing ulcers are frequently predispose to secondary infection, digital loss, and significant morbidity. This shows the need for adjunctive, mechanistically grounded therapeutic strategies. Contemporary vascular immunology attributes these lesions to anti-endothelial antibodies, microthrombosis, and impaired angiogenesis there by producing a congestive, hypoxic wound bed. Ayurveda addresses comparable states of localised Rakta Dushti and Srotorodha through Jalaukavacharana, classically indicated in Dushta Vrana with stagnant, vitiated blood. This review aims to conceptually integrate Jalaukavacharana as an adjuvant therapy for such ulcers, bridging Raktamokshana principles with contemporary vascular immunology.

Materials & Methods A narrative conceptual review was conducted using classical Ayurvedic texts - Brihat tryi and Laghu tryi for descriptions about Jalaukavacharana, Raktamokshana, and Dushta Vrana Chikitsa. Which was then correlated with contemporary literature on systemic sclerosis vasculopathy, microcirculatory pathology, and hirudotherapy pharmacology. A comparative thematic analysis was undertaken to identify shared mechanistic principles between the two systems.

Observations/Results Leech-secreted anticoagulant, antithrombotic, anti-inflammatory and vasodilatory factors parallel the Ayurvedic description of Raktamokshana relieving Srotorodha and Raktha dusti. Both systems frameworks converge on decongesting local microcirculation, improving tissue oxygenation, and promoting granulation. This mechanistic overlap supports Jalaukavacharana as a sound physiologically rational adjuvant - rather than a primary therapy.

Conclusion Jalaukavacharana presents a conceptually sound, complementary adjuvant for congestive non-healing ulcers in systemic sclerosis. Integrating Ayurvedic Raktamokshana principles with modern vascular immunology may open scope for structured clinical evaluation and integrative wound-care protocols in autoimmune connective tissue disorders.

Keywords: Jalaukavacharana; Systemic Sclerosis; Raktamokshana; Vascular Immunology; Non-Healing Ulcers; Autoimmune disorders

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0368
Reg. Category : P.G and Ph.D Scholar
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Shamana Aushadha and Panchakarma-Based Clinical Approaches in Autoimmune Disorders

Abstract :

Background: Autoimmune disorders are chronic immune-mediated conditions characterized by dysregulated immune responses against self-tissues. Their recurrent and complex nature requires individualized and multidimensional therapeutic strategies. Ayurveda provides a holistic framework through the assessment of Agni, Ama, Dosha, Dushya, Srotas and Ojas.

Objective: To explore the clinical application of Shamana Aushadha and Panchakarma in the management of autoimmune disorders from an Ayurvedic perspective.

Clinical Approach: Ayurvedic management is individualized according to disease stage, Dosha predominance, Agni, Ama and patient strength. Shamana therapy includes Deepana-Pachana, Dosha-specific medicines, Pathya Ahara, lifestyle modification and Rasayana. Panchakarma may be considered in appropriately selected patients after proper assessment and preparatory procedures. Disease-wise, Amavata may be approached through Ama Pachana, Shamana and Basti; Kushtha through Dosha-specific Shamana and appropriate Shodhana; Vata-dominant musculoskeletal disorders through Vata management and Basti; and gastrointestinal autoimmune presentations through Agni correction and disease-specific Shamana. These correlations represent Ayurvedic clinical interpretations rather than direct equivalence with modern disease entities.

Conclusion: Shamana Aushadha and Panchakarma provide a personalized framework for managing chronic immune-mediated disorders by addressing metabolic, Dosha and systemic disturbances. Their role may be valuable as complementary approaches within integrative healthcare. However, standardized protocols, safety monitoring and high-quality clinical trials are required to establish their efficacy and long-term clinical relevance.

Keywords: Ayurveda, Autoimmune Disorders, Shamana Chikitsa, Panchakarma, Shodhana, Ama, Agni, Rasayana.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0380
Reg. Category : P.G and Ph.D Scholar
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Restoring Hair Growth, Through Ayurvedic Management of Alopecia Areata w.s.r Indralupta - A CASE STUDY

Abstract :

Dr. Nilesh Bokhare1 Dr. Fareeda Begum Shaikh2 Dr. Janaki YS3

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2.Professor, Department of PG studies in kayachikitsa, GAMC Bangluru.

3.Principal and HOD, Department of PG studies in kayachikitsa, TGAMC, Ballari. Postal address -Taranath Government Ayurveda medical college and hospital, Dr Rajakumar Road, Ballari. Pin code- 583101 email ID: nrbokhare@gmail.com Phone No - 7774945544 ABSTRACT

Background: Alopecia areata is a common, non-scarring autoimmune disorder characterized by sudden or progressive patchy hair loss, affecting psychological well-being and quality of life. Its pathogenesis involves loss of immune privilege of the anagen hair follicle, with autoreactive cytotoxic CD8+ T-cell infiltration and release of inflammatory cytokines. Genetic susceptibility, environmental factors and immune dysregulation contribute to its development, recurrence and variable treatment response. In Ayurveda, AA can be correlated with Indralupta, involving Vata-Pitta vitiation and Kapha-Rakta Avarana of Romakupa (hair follicles). Hence, effective Ayurvedic approaches are needed.

Objectives: To evaluate the clinical efficacy of the classical ayurvedic treatment of Indralupta in the management Alopecia areata.

Materials and Methods: A prospective interventional case study was conducted in a 23-year-old male presenting with sudden onset of patchy scalp hair loss associated with dandruff and itching since 3 months. The patient underwent Murdhni(head) Siravedha, Pracchana followed by Kasisadi Lepa, Jalaukavacharana and Nasya with Prapaundarikadi Taila. Shamanaushadhi comprising Kasisa Bhasma, Patolakaturohinyadi Kashaya, Asthiposhak Vati, and Rasayana Churna were administered for 3 months along with Pathya-Apathya.

Observation and result: Significant improvement in itching and dandruff with complete hair regrowth was

achieved, with sustained improvement and no recurrence during follow-up.
Conclusion: In Ayurveda, Indralupta management targets Dosha-Dushya imbalance, particularly Kapha-Rakta Avarana of Romakupa. Shodhana followed by Pittavatahara, Dhatuposhaka, and Rasayana Chikitsa promotes hair regrowth and prevents recurrence. Key words- Alopecia areata, Indralupta, Murdhni siravedha, Kasisadi lepa, Rasayan churna.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0396
Reg. Category : P.G and Ph.D Scholar
Author : Dr. BOKHARE NILESH RAJENDRA (0396)
Co- Author/s : Dr.Fareeda begum Shaikh, Dr.Janaki Y.S
Institution : Taranath Government Ayurvedic Medical College Ballari

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Beyond Conventional Therapy: Managing Refractory Autoimmune Myofibrositis through Ayurveda

Abstract :
Background and objectives: Autoimmune disorders present a clinical challenge, frequently proving refractory to conventional therapies. Ayurveda approaches systemic inflammatory conditions by targeting underlying Agni dysfunction and Ama accumulation through combined Shamana (pacifying) and Shodhana (Panchakarma) protocols. This study evaluates the clinical efficacy of these integrated Ayurvedic interventions in a chronic, therapy-resistant case of autoimmune myofibrositis.
Materials and methods: A clinical case study was conducted on a female patient presenting with a 1-year history of severe pain in the left parascapular region, characterized by extreme tenderness and persistent burning sensation. The patient had a 3-year history of hypothyroidism and was on active medication. Serological reports revealed ANA > 200 CU and strong positive U1-snRNP, indicating underlying autoimmune pathology. After conventional treatments, including Hydroxychloroquine (HCQs) and physiotherapy, failed to provide relief, the patient was admitted for Ayurvedic management. The intervention comprised a tailored protocol of Panchakarma therapies alongside targeted oral Shamana aushadha.
Observation or Results: Following the course of integrated Ayurvedic therapy, the patient demonstrated significant clinical improvement. The extreme tenderness and localized parascapular pain were remarkably reduced, and the chronic burning sensation completely subsided. The treatment yielded highly satisfactory symptomatic relief and restored physical mobility where prior pharmacological and physical therapies had failed.
Conclusion: The synergistic application of Shamana aushadha and Panchakarma therapies provides a highly effective clinical approach for managing refractory autoimmune conditions like myofibrositis. It offers substantial symptomatic relief and significantly improves the patient's overall quality of life.
Keywords: Panchakarma, Shamana aushadha, Myofibrositis, Autoimmune disorders.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0408
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SAHANA C (0408)
Co- Author/s : Dr. Vijayalakshmi S
Institution : Sri Kalabyraveshwara Swamy Ayurvedic Medical College and Hospital

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A Stage-Specific Samana Aushadha and Pancakarma-based Clinical Framework for Autoimmune Disorders

Abstract :
A Stage-Specific Samana Aushadha and Pancakarma-based Clinical Framework for Autoimmune Disorders Dr. Sruthi Mohan, First year MD Scholar Department of Panchakarma, Amrita School of Ayurveda Email: x.sruthimohanshanthi@gmail.com Contact no: 9188198564
Background: Autoimmune disorders arise when the immune system attacks the body's own tissues, producing organ-specific and systemic conditions. Contemporary management relies on immunosuppression, which may compromise host immunity and cause long-term treatment-related effects. Their chronic, relapsing nature and heterogeneity necessitate individualized, stage-sensitive therapeutic decisions. Ayurveda offers a systems-based perspective through Agni, Ama, Dosha-Dushya Sammurchana and Srotorodha, Bala, Ojas and vyadhi kshamatva.
Objectives: To develop an evidence-informed, stage-specific Ayurvedic framework integrating Samana Aushadha and Pancakarma for autoimmune disorders.
Materials and Methods: Classical Ayurvedic literature and contemporary scientific evidence were critically reviewed. Pathogenesis was interpreted through Agni impairment, Ama formation, Dosha-Dushya Sammurchana ,Virudha ahara and Srotorodha, considering disease chronicity, Rogabala and Rogibala. Therapeutic selection was structured along a Samana-to-Sodhana continuum. Samana Aushadha and Ama-Pacana were considered in appropriate stages, while Sodhana was proposed when Dosha accumulation, Srotodushti and patient strength indicated. Vamana, Virecana, Basti and Nasya were considered according to Dosha

predominance and disease presentation, with appropriate Purva- and Pascatkarma.
Results: The framework aims to restore Agni, achieve Dosha-Dhatu-Srotas equilibrium, modulate immune responses, reduce inflammatory and oxidative burden, support gut-immune homeostasis, delay disease progression and improve quality of life.
Conclusion: The Samana-to-Sodhana continuum integrates classical Ayurvedic principles with contemporary understanding of immune and inflammatory mechanisms. Pancakarma may serve as a complementary strategy alongside contemporary care through individualized, stage-specific therapeutic sequencing and monitoring.
Keywords: Autoimmune disorders, Samana, Pancakarma; Agni- Ama, Integrated Ayurveda.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0415
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SRUTHI MOHAN (0415)
Institution : Amrita School of Ayurveda

SAFE AND EFFECTIVE MANAGEMENT OF EKA KUSHTHA /CHRONIC PLAQUE PSORIASIS THROUGH AYURVEDA

Abstract :
SAFE AND EFFECTIVE MANAGEMENT OF EKA KUSTHA / CHRONIC PLAQUE PSORIASIS THROGH AYURVEDA
ABSTRACT
BACKGROUND Eka Kushtha is one among the Kshudra Kushtha , and is Vatakapha Pradhana with Matsyashakalopama, Aswedana, Mahavastu, Krishna Aruna Varna as its characteristics can be correlated with Psoriasis. It is one of the most common ,chronic, persistent recurrent, inflammatory dermatological diseases with psychosomatic and autoimmune origin .The treatment of Psoriasis includes topical application, photo chemotherapy and corticosteroids in contemporary science. But its management still remains challenging with its adverse side effects .
KEYWORDS : Ekakushtha , psoriasis , panchakarma chikitsa , shamanoushadi
OBSERVATION Absolute clearance of the lesions were observed.
MATERIALS AND METHODS : Here is a single case of 10 years old psoriasis vulgaris with chronic extensive lesions since 6 months. He was treated with panchakarma therapies and samanousadi under admission in jss Ayurveda hospital mysore , the intervention will be discussed in detail during the presentation .
CONCLUSION : A highly appreciable improvement in a short span of time highlights the potential role of Ayurveda in the management of psoriasis , an autoimmune diseases . Presenter Dr Vinay kumar M M
2nd year pg scholar , Department of panchakarma JSS Ayurveda medical college Mysore
GUIDED BY Dr Veena G Rao HOD & Professor Department of Panchakarma JSS Ayurveda medical college Mysore

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0417
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DR VINAY KUMAR M M (0417)
Institution : JSS AYURVEDA MEDICAL COLLEGE

PSORIATIC ARTHRITIS IN THE LIGHT OF GAMBHIRA VATARAKTA: A CASE STUDY

Abstract :
AUTHOR-
1st- Dr. Anjali Gidaveer, 2nd year PG scholar, Department of kayachikitsa, SDM college of ayurveda, Kuthpady, Udupi.
2nd- Dr. Aniruddha, MD (Ayu), professor, Department of kayachikitsa, SDM college of ayurveda, Kuthpady, Udupi.
Background and Objective- Psoriatic arthritis (PsA) is an inflammatory musculoskeletal disease associated with psoriasis and characterized by joint pain, swelling, stiffness, and functional impairment. The clinical manifestations of vatarakta may be understood as uttana and gambhira forms, with the latter involving deeper tissues and prominent joint manifestations. This case aims to assess PsA from the perspective of gambhira vatarakta and evaluate the response to individualized management.
Materials and Methods- A 48-year-old male patient presented with multiple itchy skin lesions over trunk, lower limbs for 17 years, associated with multiple joint pains, fever, chills, and morning stiffness. Based on clinical presentation, the condition was assessed as gambhira vatarakta. Management included kramatah virechana during in patient and for follow up shamanoushadi possessing guna as amapachana, raktaprasadana, srotoshodaka, deepana and pachana. The clinical response was assessed before and after treatment using the psoriasis area and severity index and EULAR response criteria, along with relevant biochemical parameters.
Results- Progressive improvement was observed in joint pain, swelling, morning stiffness, and skin manifestations. PASI improved from 3.6 before treatment to 0.3 after treatment, while the ACR/EULAR score decreased from 5/10 to 3/10. Relevant biochemical parameters also improved, with photographic evidence demonstrating regression of cutaneous manifestations.

Conclusion- The observed clinical improvement suggests that an individualized approach based on the principles of gambhira vatarakta may be beneficial in the management of psoriatic arthritis. kramatah Virechana followed by shamana and local therapies contributed to improvement in joint and cutaneous manifestations, reflected by reduction in PASI and ACR/EULAR scores. Key words- Psoriatic arthritis, Gambhira vatarakta, a case study

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0427
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ANJALI GIDAVEER (0427)
Co- Author/s : Dr. Aniruddha , Associate professor, department of kayachikitsa, SDM college of ayurveda, hospital and research centre, kuthpady, udupi
Institution : SDM COLLEGE OF AYURVEDA HOSPITAL AND RESEARCH CENTER UDUPI

Rheumatoid Arthritis Through the Lens of Amavata: An Ayurvedic Clinical Framework for Samana and Panchakarma

Abstract :
Background & Objectives: Autoimmune disorders are characterized by dysregulated immunity leading to chronic inflammation and progressive tissue damage. In Ayurveda, Amavata - arising from vitiated Vata combined with Ama - closely correlates with autoimmune joint pathology, presenting with pain, stiffness, and systemic involvement. This study proposes an integrated Samana and Panchakarma-based treatment protocol for Amavata as a conceptual model for autoimmune disease management, with objective clinical correlation through relevant serological markers.
Materials & Methods: A stage-wise conceptual protocol was designed based on classical principles. During Sama Avastha, Rasnasapthakam Kashayam with Shaddharanam Gulika is proposed, along with Churna Pinda Sweda (Kolakulathadi Churna), Dhanyamla Dhara, and Vaitarana Vasti. Following conversion to Nirama Avastha, Snehapanam with Sunthi Ghritam is planned, followed by Virechana with Trivrit Churna as the primary Shodhana measure. Post-Virechana, Rasna Dashamoola Kashaya with Yogaraja Guggulu is proposed, along with Bhallathaka Ghritam (5ml, at night) as Rasayana. ESR, RA Factor, and Anti-CCP are proposed as objective assessment parameters before and after treatment.
Observations/Results: As a conceptual protocol, no clinical outcome data is presented; the framework is proposed for future clinical validation.
Conclusion: This stage-wise integration of Samana Chikitsa and Panchakarma, correlated with objective serological markers, offers a structured, testable framework for managing Amavata and holds promise as a replicable model for autoimmune disease intervention through Rasayana and Shodhana therapies.
Keywords: Amavata, Samana Chikitsa, Panchakarma, Virechana, Anti-CCP

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0452
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SREEDEV A S (0452)
Institution : Vishnu ayurveda college

Breaking the Cycle of Relapse: Ayurvedic Management of Psoriasis: A case report

Abstract :
Introduction Ekakushtha, a type of Kushtha described in Ayurveda, can be correlated with psoriasis in conventional medicine, a chronic, relapsing, immune-mediated skin disorder with significant physical and psychosocial burden. This case report aimed to evaluate the efficacy of combined Samana and Sodhana Ayurveda treatment for Ekakushtha.
Methods A 35-year-old male patient presented to the OPD of All India Institute of Ayurveda (AIIA), Goa, with chronic, relapsing, well-demarcated, erythematous, scaly plaques over the body. He was initially with treated Samana Cikitsa using Kushthaghna and Raktasodhaka formulations, along with local applications to reduce scaling, erythema, and associated symptoms. As he was in relapse state even after Samana Cikitsa, Sodhana i.e; Virecana Karma was done. Outcomes were assessed using Dermatology Life Quality Index (DLQI), Psoriasis Area and Severity Index (PASI), and Psoriasis Disability Index (PDI) at baseline, post-treatment, and follow-up.
Results The DLQI score reduced from 85% at baseline to 20% post-treatment and to 12% at follow-up. The PASI score reduced from 30% to 15.5% and further to 10%. The PDI score reduced from 84% to 58% and further to 38% at follow-up, reflecting sustained improvement in both objective disease severity and patient-reported quality of life.
Conclusion This case demonstrated the potential of combined Samana and Sodhana Ayurvedic therapies in the management of Ekakushtha, and highlighted the value of standardised outcome measures in documenting therapeutic response in Ayurvedic case reports.
Keywords: Ekakushtha, Psoriasis, Ayurveda, Virecana Karma, Samana Cikitsa

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0454
Reg. Category : P.G and Ph.D Scholar
Author : Dr. PRAFUL GAJBHIYE (0454)
Co- Author/s : Dr. Prashant Sasane
Institution : All India Institute of Ayurveda Goa

Role of Sequential Vamana and Virechana in Autoimmune Inflammatory Arthritis: A Case of Kaphadhikya Vatarakta with Seropositive RA Phenotype.

Abstract :

INTRODUCTION: Seropositive Rheumatoid Arthritis (RA) is a chronic autoimmune inflammatory disorder characterized by symmetric polyarthritis, morning stiffness, joint swelling, and functional impairment. In Ayurveda, selected clinical presentations of RA may closely correlate with "Kaphadhikya Vatarakta" particularly when Kapha-predominant Shotha and Stambha coexist with Sira Vyapti and Daha. This case evaluated the role of sequential Shodhana (Vamana-Virechana) in Kaphadhikya Vatarakta.

METHODS: A 44-year-old female with Vata-Kapha Prakriti presented with bilateral interphalangeal and knee joint pain, moderate-to-severe swelling, morning stiffness (>30 minutes), cervical pain, gait difficulty, bilateral below-knee varicosities, and comorbid Type 2 Diabetes Mellitus, hypothyroidism, and dyslipidemia. Investigations revealed elevated CRP and ESR, strongly positive RA factor, and positive ANA (fine speckled, AC-4), indicating a seropositive inflammatory connective tissue disorder. Baseline Clinical Disease Activity Index (CDAI) was 72, indicating high disease activity. Following inadequate response to Shamana Chikitsa, the patient underwent inpatient Sadyovamana, followed by and Virechana using Trivrit Leha and Gomutra. Disease activity was assessed serially using CDAI and patient-reported symptoms.

RESULTS: CDAI decreased from 72 at baseline to 30 after Vamana and further to 18 after Virechana. Marked improvement in joint pain, stiffness, and swelling was reported. The patient continues oral Ayurvedic medication with regular follow-up.

DISCUSSION: The presence of Sira Vyapti, Daha, and Kapha-dominant Sandhi Shotha without classical Ama Lakshana supported the diagnosis of Kaphadhikya Vatarakta over Amavata, despite clinical and serological overlap with RA.

CONCLUSION: Sequential Vamana-Virechana Shodhana, combined with Shamana therapy, was associated with marked reduction in disease activity and symptomatic improvement in this case of Kaphadhikya Vatarakta with a seropositive RA phenotype. This supports further systematic evaluation of Panchakarma procedures as adjunctive therapy in autoimmune disorders within the domain of Shamana Aushadhi and Shodhana Chikitsa.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0455
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHIVANI RAJSHEKHAR RAMPURE (0455)
Co- Author/s : Dr. Praveen B.S
Institution : all india institute of ayurveda goa

Management of Hashimoto's Thyroiditis by Rutu Shodhana: A Case Report on Vasantika Vamana Karma

Abstract :

Introduction: Hashimoto's Thyroiditis (HT) is a most common autoimmune thyroid disorder affecting approximately 10-12% of the global population, with a marked female predominance with a ratio of approximately 7:1. An epidemiological study conducted in India, prevalence of >20% and incidence rate of HT is 0.54% was recorded. The treatment of choice for HT is replacement of thyroid hormone. The drug of choice is levothyroxine sodium administered orally. But, hormonal therapy causes complications as well as side effects.The Ayurvedic perspective of pathogenesis is based on signs and symptoms. i.e Vata kapha pradhaana sannipatika doshadushti.

Methodology: A 27-year-old female patient with a 7-year diagnosed history of Hashimoto's Thyroiditis presented to TGAMC, Ballari.Screening included Thyroid Profile testing.The treatment protocol was designed based on signs and symptoms.Rutu Shodhana was done executing Vasantika Vamana Karma preceded by Deepana-Pachana and Snehapana was done.

Results: Post-intervention assessment found to be effective in symptomatic and biochemical profiles of the patient.

Discussion:Vasantika Vamana easily eliminate prakupita kapha, dushta Kapha-Pitta samsargaja doshas. Rutu Shodhana the easiest and most thorough elimination of Kapha because the dosha is liquefied and ready for expulsion by nature making the elimination process highly efficient and gentle on the body. This restores Agni, clears Srotodushti and halts the immune-mediated inflammatory cascade triggered by Santarpanotta nidana.Patients of HT should be able to have a choice against the Hormone therapy. This can be achieved by repeated Rutu shodhana.

Conclusion: Rutu Shodhana specifically Vasantika Vamana offers an effective Apatarpana approach to reduces kapha pitta doshadushti and normalize thyroid biomarkers in long-standing Hashimoto's Thyroiditis.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0457
Reg. Category : P.G and Ph.D Scholar
Author : Dr. VANISHREE (0457)
Institution : Taranath Government Ayurvedic Medical College Ballari

BRIDGING AMAVATA AND RHEUMATOID ARTHRITIS: INTEGRATING AGNI, AMA, PANCHAKARMA CHIKITSA AND MICROBIOTA-IMMUNE PERSPECTIVES

Abstract :

Background & Objectives: Rheumatoid arthritis is a chronic systemic autoimmune inflammatory disorder characterized by persistent synovial inflammation, pain, stiffness and progressive joint destruction. Although autoimmunity has no direct counterpart in classical Ayurveda, rheumatoid arthritis may be conceptually correlated with Amavata based on its clinical manifestations and pathophysiological framework. This abstract aims to explore the Ayurvedic basis of this correlation, with emphasis on Agnimandya, Ama, Dosha-Dushya Sammurchhana, microbiota-immune interactions and Panchakarma Chikitsa.

Materials & Methods: A conceptual analysis was undertaken using classical Ayurvedic descriptions of Amavata and principles of Agni, Ama, Langhana, Dipana, Pacana and Panchakarma Chikitsa, along with contemporary evidence regarding microbiota-immune interactions in rheumatoid arthritis and the therapeutic properties of Churna Basti.

Observations/Results: Amavata is characterized by Agnimandya and Ama formation, followed by association with aggravated Vata and localization in the joints, manifesting as Sandhi Sotha, Sandhi Sula, Stabdhata and Gaurava. Microbial dysbiosis, including the reported association of Prevotella copri with untreated rheumatoid arthritis, may contribute to altered immune responses and systemic inflammation. Conceptually, this may be viewed alongside Agni Vaigunya, Ama formation and Srotodushti, without equating Ama with microbiota. Churna Basti, possessing predominantly Ushna, Laghu, Ruksha and Tikshna Guna with Dipana-Pacana properties, may promote Amapacana, Srotovisodhana, Kledahara and Vatanulomana. Its constituent drugs demonstrate potential anti-inflammatory and immunomodulatory activities.

Conclusion: Panchakarma Chikitsa, particularly Churna Basti, may provide a rational therapeutic approach to Amavata through Amapacana, Srotovisodhana, Vata regulation and modulation of inflammatory-immune pathways. This integrative perspective warrants further clinical and mechanistic evaluation.

Keywords: Amavata, Rheumatoid Arthritis, Ama, Amapacana, Panchakarma Chikitsa

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0458
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. AMRITHA RAJAN (0458)
Institution : MVR Ayurveda Medical College Parassinikadavu

Role of Virechana in Psoriasis - An Ayurvedic perspective on Autoimmune pathology

Abstract :

Title: Role of Virechana in Psoriasis - An Ayurvedic perspective on Autoimmune pathology

Author: Dr. Madhurya, Assistant Professor, Department of Kayachikitsa, MIAMS, Manipal Co-author: Dr. Veerakumar, Professor, Department of Kayachikitsa, MIAMS, Manipal

Background and Objectives: Psoriasis is a chronic, relapsing, immune-mediated inflammatory skin disorder characterized by erythematous plaques, scaling and pruritis. In Ayurveda, it can be correlated with Kitibha Kushta or Sidhma Kushta or Eka Kushta based on its Lakshanas and Dosha-Dushya Sammurchana. The present case study is diagnosed with Kitibha Kushta and treated with Virechana Karma as Shodhana line of management.

Materials and Methods: Patient presenting with clinical features suggestive of psoriasis was assessed based on Ayurvedic parameters, including Dosha, Dushya, Agni, Ama, and Srotas involvement. Following appropriate Dipana-Pacana and Snehapana, Virechana Karma was administered according to the patient's Koshtha, Bala, and disease status.

Observation/Results: Following Virechana, reduction in erythema, scaling, itching, and thickness of psoriatic lesions was observed, along with improvement in the overall clinical severity.

Conclusion: Psoriasis can be understood through the Ayurvedic framework of Kitibha Kushtha, with involvement of multiple Doshas and Dushyas. Virechana may play an important role in eliminating aggravated Doshas, particularly Pitta, and in reducing the recurrence and severity of lesions. Thus, Virechana can be considered a promising Sodhana modality in the comprehensive management of psoriasis

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0460
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. MADHURYA (0460)
Co- Author/s : Dr Veerkumar , Professor, Department of Kayachikitsa , Muniyal Institute of Ayurveda Medical sciences, Manipal
Institution : Muniyal institute of Ayurveda Medical science Manipal

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Ayurvedic Perspectives and Evidence-Based Management of Autoimmune Diseases: A Narrative Review

Abstract :
Background and Aim Autoimmune diseases form a wide clinical spectrum of conditions involving several body organ systems like rheumatological, neurological (multiple sclerosis), gastroenterological, dermatological, pulmonological, and hepatological disorders. Even though contemporary immunoinhibiting medications helped in better disease management, long-term treatment regimens frequently result in a comeback of the illness, side effects and overall poor life satisfaction which can be challenging for the patients and physicians alike. In line with this, Ayurveda understands these disorders through the lenses of Agnimandya Ama Tridosha imbalance and Srotodushti etc. with specific disease associations for Ayurveda, e. g. Amavata, Vata Vyadhi, Grahani Kushtha, and Yakrit Vikara, respectively.
Scope of the Review The article reviews the scope of management of autoimmune diseases through Ayurvedic approach, with emphasis on contemporary scientific validation.
Materials and Methods A narrative review was conducted using PubMed, Scopus, Google Scholar, and indexed Ayurveda journals. We screened clinical trials, systematic reviews, observational studies, and review articles for Ayurveda and its application in autoimmune diseases throughout different domains of medicine and classical Ayurvedic texts were also reviewed.
Observations and Results The available evidence suggests that Ayurvedic interventions, including Deepana-Pachana, Langhana, Panchakarma, Basti, Rasayana, Pathya Ahara, and Yoga, serve effective adjuncts in autoimmune disease management. Rheumatological disorders showed the strongest evidence for improvements in pain, physical function, and quality of life. Studies in multiple sclerosis reported reduced fatigue and better functional outcomes. Ulcerative colitis demonstrated symptomatic improvement and reduced relapse rates with individualized therapy. Dermatological conditions showed improvement in disease severity and patient-reported outcomes, evidence for autoimmune interstitial lung disease and autoimmune hepatitis remains limited but show potential supportive benefits.
Conclusion Ayurveda puts the patient at the core, addressing not just the diseases but also underlying factors through correction of metabolic dysfunction, immune system adjustment, and restoration of balance in the entire body.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0461
Reg. Category : P.G and Ph.D Scholar
Author : Dr. STANZIN ANGMO (0461)
Institution : All India Institute of Ayurveda

AYURVEDIC MANAGEMENT OF ALOPECIA TOTALIS: A CASE STUDY.

Abstract :
Background: Alopecia totalis is an autoimmune form of alopecia characterized by complete hair loss of the scalp and often associated with loss of eyebrow and facial hair. In Ayurveda- conditions like Indralupta (loss of hair of the beard and moustache), Khalitya (loss of hair of the scalp), Ruhya (loss of hair over the entire body) described in the context of Kshudraroga. Viral infections may act as environmental triggers/factors that contribute to the development of autoimmune disorders.
Materials and method: Here is a single case of a 1.5 year-old female child presented with progressive loss of scalp and eyebrow hair, post viral fever leading to complete loss in span of one month. Despite consultation with multiple specialists, no significant improvement was seen. This case was assessed and treated with Ayurvedic medications at Panchakarma OPD of JSS Ayurveda Hospital, Mysuru.
Observation/results: Absolute complete hair regrowth was observed. The treatment application will be discussed during the presentation.
Conclusion: The observed clinical improvement seen in this paediatric case, highlights the potential role of Ayurveda in the management of autoimmune hair-loss disorder, Alopecia totalis.
Key words: Alopecia totalis, Ayurveda, Indralupta, Ruhya, Autoimmune disorder.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0462
Reg. Category : P.G and Ph.D Scholar
Author : Dr. JYOTHIKA N (0462)
Co- Author/s : Dr Veena G Rao , professor and head Dept of PG and PhD studies in Panchakarma JSS Ayurveda College, Mysuru
Institution : JSS AYURVEDA MEDICAL COLLEGE

A Retrospective case study: Potential treatment modalities in ayurveda on autoimmune diseases.

Abstract :
By Sakshita Soudagar Bhosle Shri C.B Guttal Ayurvedic Medical College And Hospital, Dharwad, Karnataka, 580011.
bsakshita07@gmail.com
Amavata is a classical disease in Ayurveda where there is aggravation of vata- kapha dosha and simultaneously there is Ama deposition due to increased Ama (toxins) in body. Especially seen in joints, which causes stiffness, swelling, pain that closely correlates with Rheumatoid arthritis (a long term auto-immune disease where the immune system attacks healthy joint tissue, the synovium)associated with systemic involvement. A retrospective case-series study was undertaken to evaluate the clinical profile and therapeutic outcomes of Amavata, involving a total of 24 patients recruited from the OPD of our institution with symptoms similar to Amavata.The study included individual patients from age group ranging from 25 to 70 years. The common treatment modalities included shaman aushadhi namely Amavatari Rasa, Maha rasnadi kashaya, Maha yogaraj Guggulu along with shodhan karma primarily valuka sweda, Basti as well as Virechan.The response from the patients was favorable, 90% of patients demonstrated clinical improvement following treatment. The present retrospective study demonstrated not just a case series but assessment of the therapeutic effects of the medications administered, with particular emphasis on the clinical response observed among the patients. Particularly the action of amavatari rasa involves cytokine inhibition, pathway modulation and enzyme suppression where it suppresses key inflammatory markers and signalling pathways involved in joint swelling and arthritis. Along with the pharmacological actions of our ayurvedic medicines, the findings were more accurate in terms of resolution of the disease, instead of DMARDs, NSAIDs, Analgesics. This study suggests that through our Ayurvedic interventions such as shaman aushadhis and panchakarma treatment is more potent in improving patient's overall condition.
Keywords: Amavata, Amavatari rasa, Autoimmune disease, Panchakarma.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0464
Reg. Category : Undergraduate Student
Author : Ms. SAKSHITA BHOSLE (0464)
Institution : Shri C B Guttal Ayurvedic medical College and Hospital dharwad

ROLE OF AYURVEDIC INTERVENTION IN THE MANAGEMENT OF MYASTHENIA GRAVIS: A CASE REPORT

Abstract :
Background & Objectives Myasthenia Gravis is a chronic autoimmune neuromuscular disorder characterized by fluctuating, fatigable skeletal muscle weakness, often impairing speech, swallowing and activities of daily living.The underlying defect is a decrease in the number of available acetylcholine receptors (AChRs) at NMJs due to an antibody-mediated autoimmune attack.A 38-year-old male presented with weakness of the bilateral upper and lower limbs which was progressive in nature and also fatigability, difficulty in speaking and swallowing since April 2026, which aggravated in July 2026.The patient had been diagnosed with Myasthenia Gravis and was receiving conventional treatment since July 2026.Based on Ayurvedic principles, the condition was diagnosed as Sarvangaroga. This case report aims to document the clinical response to an individualized multimodal Ayurvedic management approach in Myasthenia Gravis.
Materials & Methods The treatment plan included Ayurvedic procedures like Seka, Abhyanga, Swedana, Basti and Nasya along with internal Ayurvedic medications. Clinical response was assessed through serial clinical observations, MG-ADL score and MG-QoL-15 score questionnaire.
Observations/Results During the course of management, significant improvements were noted in swallowing difficulty, generalized weakness and nasal speech. Functional improvement was accompanied by a reduction in disease-related quality-of-life burden. The MG-QoL-15 score decreased from 47/60 to 21/60 (55.3% reduction), and the MG-ADL score decreased from 9/30 to 3/30 (66.7% reduction)
Conclusion In the present case, the treatment was planned with a multifaceted approach addressing the samprapti at various levels through Shodhana and Shamana.This case demonstrates the potential utility of a personalized multimodal Ayurvedic approach as an adjunctive strategy in the management of Myasthenia Gravis in the early stage of the disease.
Keywords:Myasthenia Gravis, Sarvanga vata, Basti, Nasya

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0466
Reg. Category : P.G and Ph.D Scholar
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From Disease Burden to Better Living: A panchakarma based Comprehensive management of Diffuse Systemic Sclerosis - A Case Report

Abstract :
Background & Objectives: Diffuse cutaneous systemic sclerosis (dcSSc) carries 5-10% annual mortality and only 65-70% 10-year survival, with higher modified Rodnan Skin Score predicting worse outcomes; Asia-Pacific prevalence is 18.5/100,000. Conventional therapy remains symptomatic, leaving a gap for adjunctive skin- and joint-directed management. This case, showing Vata-Pitta dushti with Rasa-Rakta-Mamsa-Asthi dhatu involvement, correlated with Asthidhatugata Kushta. We evaluated an adjunctive Samana-Brimhana Panchakarma protocol using objective and patient-reported outcome measures.
Materials & Methods: A 42-year-old female with ACR/EULAR-diagnosed dcSSc of 12 years' duration, continuing conventional treatment, presented with generalized pruritus, dry, dyspigmented, itchy skin lesions, facial and sclerodactylous digital tightening, interphalangeal joint stiffness, polyarthralgia, weight loss, anorexia. Baseline mRSS-32 and ScleroID-64. Treatment was administered in two settings with regular outpatient follow-up. The first setting comprised Sarvanga KadiKizhi (4 days), followed by Sarvanga Abhyanga, Ksheerapinda Sweda and Kala Basti. Scores after first setting were mRSS 25 and ScleroID 48. After a six-month interval with regular outpatient follow-up, second setting comprised Sarvanga Taila Parisheka and Matra Basti. At two-month follow-up, mRSS and ScleroID improved to 22 and 37, respectively, alongside continued conventional medication.
Observations/Results: Serial assessment demonstrated progressive improvement: mRSS 32 -> 25 -> 22 and ScleroID 64 -> 48 -> 37. Skin tightening and pruritus decreased, interphalangeal mobility and polyarthralgia improved, weight was maintained, appetite and digestive symptoms improved, and daily functioning increased. No adverse events were observed.
Conclusion: A comprehensive approach incorporating panchakarma principles along with diet, and physiotherapy was associated with progressive improvement in skin severity, patient-reported disease burden and functional status in chronic dcSSc clinically correlated with Asthidhatugata Kushta, alongside conventional care. The sequential response supports further prospective evaluation using validated outcome measures.
Keywords: Asthidhatugata Kushta; Modified Rodnan Skin Score; ScleroID; Panchakarma; Basti

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0467
Reg. Category : P.G and Ph.D Scholar
Author : Dr. LAKSHMI CHANDRAKANT RAWOOL (0467)
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Rebalancing the joints : An Ayurvedic Approach to The Clinical Management of Rheumatoid Arthritis - A Case Study

Abstract :
Rebalancing the Joints: An Ayurvedic Approach to the Clinical Management of Rheumatoid Arthritis - A Case Study
Background: Amavata is a classical Ayurvedic disorder arising from Mandagni and Ama, characterized by systemic and articular manifestations including polyarticular pain, swelling, stiffness and functional limitation. Rheumatoid arthritis (RA), a chronic inflammatory polyarthritis with overlapping clinical features, affects approximately 18 million people worldwide and accounts for an estimated 2.4 million years lived with disability (YLDs). This case evaluates the clinical and functional response to an individualized Ayurvedic protocol incorporating Pancakarma in extensive polyarticular disease.
Methodology: A 44-year-old female presented with an eight-month history of progressive polyarticular pain, swelling and stiffness involving the knees, PIP, MCP and wrist joints, with bilateral shoulder, cervical and low-back pain, difficulty walking, abdominal bloating, belching and chronic constipation. She had a history of lumbar discectomy but no major systemic illness. Baseline CRP, RF, anti-CCP and ASO were within normal limits despite substantial clinical and functional impairment. Initial nine-day treatment comprised Sarvanga Dhanyamla Parisheka, Sarvanga Agni Lepa, Upanaha, Basti and oral

medication. During subsequent admission, Dipana-Pacana, Sarvanga Utsadana, Shodhananga Snehapana, Abhyanga and Valuka Sveda preceded Virecana Karma.
Observations/Results: CDAI decreased progressively from 63.5 at baseline to 25 after the initial therapeutic phase and 14.5 following Virecana. VAS decreased from 9 to 3, while WOMAC improved from 77/96 to 31/96. HAQ-DI also demonstrated improved functional status, with reduced pain, swelling and stiffness and improved mobility and walking ability.
Conclusion: Despite normal inflammatory and serological markers, substantial improvement in disease activity, pain and functional disability followed individualized Ayurvedic management. The case highlights the potential of a multimodal Amavata-based approach in clinically significant polyarticular disease and warrants controlled evaluation.
Keywords: Amavata, Ayurveda, Virecana Karma, Basti, Polyarticular Arthritis, CDAI

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0471
Reg. Category : P.G and Ph.D Scholar
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"Role of Panchakarma and Shamanoushadha based Clinical Approaches in Autoimmune Disorders- Shwitra : A case study " .

Abstract :
Role of Panchakarma and Shamanoushadha based Clinical Approaches in Autoimmune Disorders- Shwitra : A case study " . Abstract: Introduction: In Ayurveda, all skin diseases are classified under heading Kushta Roga. Shwitra is one among them. Shwitra is a condition characterized by whitish discolored patches on the body, it is caused due to involvement of Sapta Dravyas i.e., Vata, Pitta, Kapha, Rasa, Rakta, Mamsa and Meda. The fourth layer of Twacha (Tamra) mainly considered as prime location of Shwitra. It can be can be correlated to Vitiligo. Vitiligo is a hypopigmentation dermatological disorder, affecting 1% of the population worldwide.
Methods: A 22 years male Patient presented with complaints of whitish discolored patches over Left scapular region and Anterior apects of left lower limb associated with mild itching and no burning sensation, was effectively treated with Pracchanna and Shamanaoushadha initially, followed by Shodhana i.e. Virechana ,later Wet Cupping was done f/b Shamanaoushadha .Clinical assessment was carried out before and after treatment based on symptomatic and colour improvement.
Results: Patient showed encouraging result after Virechana and Cupping followed by Shamanaoushadha, there was significant improvement in area and colour of lesion.
Discussion: Patient was Initially treated with Pracchanna and Shamanaoushadha, where white discolored patches turned to pinkish, later treated with Virechana followed by Wet Cupping and shamanaoushadha, where subject was observed with 80% improvement. Hence, the present case study highlights the importance of efficacy of Ayurvedic treatment in Shwitra, as mentioned in classics.
Keywords. Shwitra, Vitiligo, Pracchanna, Shamanaoushadhis, Virechana, Wet cupping

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0476
Reg. Category : P.G and Ph.D Scholar
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Role of Panchakarma and Shamanaushadha Based Clinical Approach in Autoimmune Disorders - Indralupta (Alopecia Areata): A Case Study

Abstract :
Role of Panchakarma and Shamanaushadha Based Clinical Approach in Autoimmune Disorders - Indralupta (Alopecia Areata): A Case Study" Abstract: Introduction: In Ayurveda, Indralupta is described under Shirogata and Kapalagata Rogas, characterised by localised loss of hair from the scalp and other hairy regions of the body. It can be correlated with Alopecia Areata in contemporary medicine, which is an autoimmune disorder characterised by non-scarring, patchy hair loss. The condition is difficult to treat due to its autoimmune nature and has a considerable tendency for recurrence. Approximately 2% of individuals experience Alopecia Areata at some point in their lifetime.
Methods: A 25-year-old female patient presented with complaints of hair loss over the scalp, particularly above the left ear, since 3 months. Based on clinical assessment, the condition was diagnosed as Indralupta. The patient was treated with Virechana followed by Prachanna and Lepa application, along with appropriate Shamanaushadha. Clinical assessment was carried out before and after treatment based on improvement in hair growth and reduction in the area of the alopecic patch.
Results: The patient showed a visible improvement in hair growth and reduction in the area of the alopecic patch following Virechana followed by Prachanna and Lepa application, along with Shamanaushadha. Approximately 80% improvement was observed following the treatment.

Discussion: The present case demonstrated encouraging results with an Ayurvedic treatment approach involving Virechana, Prachanna, Lepa and Shamanaushadha in the management of Indralupta. The observed improvement suggests the potential role of Panchakarma and Ayurvedic management in promoting hair regrowth and managing autoimmune-related hair loss. Hence, this case study highlights the importance and efficacy of an integrated Ayurvedic approach in the management of Indralupta as described in the classical texts.

Keywords: Indralupta, Alopecia Areata, Virechana, Prachanna, Lepa, Shamanaushadha, Panchakarma.

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0483

Reg. Category : P.G and Ph.D Scholar

Author : Dr. AISHWARYA (0483)

Institution : Taranath govt ayurveda medical College ballari

Ayurvedic Management of Rheumatoid Arthritis (Amavata): A Case Series

Abstract :

Introduction: Rheumatoid Arthritis, a chronic deforming joint disorder, finds its closest classical correlation with Amavata. Impaired Agni leads to Ama formation, which combines with vitiated Vata and lodges in joints, producing pain, swelling, and stiffness. Long-term DMARD/NSAID use, though standard, carries significant adverse effects, highlighting an Ayurvedic approach that may be valuable to document.

Aim: To study the effect of Virecana-based Sodhana followed by Vardhamana Pippali Rasayana on the cardinal signs and symptoms of Amavata, disease activity, and quality of life in patients with RA.

Materials and Methods: Ten patients with RA (9 females, 1 male; mean age 38 years, range 22-53) fulfilling EULAR criteria, with mean disease duration of 2.7 years, were treated on an IPD basis. The protocol comprised Snehapana with Indukanta Ghrita, Virecana with Icchabhedi Rasa, followed by Vardhamana Pippali Rasayana. Assessment was done before treatment (BT), after treatment (AT), and at follow-up (FU) using classical Amavata symptom scores, DAS28, ESR, CRP, RA factor, Hb, and SF-36.

Results: Mean DAS28 improved from 5.57 +/- 0.80 (BT) to 4.47 +/- 1.02 (AT) and 3.59 +/- 0.87 (FU), with all 10 patients showing improvement at follow-up. CRP dropped from 12.47 to 8.10 mg/dL and RA factor from 133.0 to 114.9 IU/mL. Classical Amavata symptoms declined steadily, and SF-36 pain and physical-functioning scores improved.

Discussion: Virecana eliminates vitiated Pitta and liquefied Ama from the Koshtha, while Vardhamana Pippali Rasayana restores Agni, preventing further Ama formation and sustaining anti-inflammatory action.

Conclusion: The protocol produced meaningful improvement in Amavata symptoms, disease activity, and quality of life, indicating the need for evaluation in a larger controlled trial.

Keywords: Rheumatoid Arthritis, Amavata, Virecana, Vardhamana Pippali Rasayana, DAS28

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0486

Reg. Category : P.G and Ph.D Scholar

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Virechana as an Approach to Modulating Autoimmunity: Insights into the Gut-Liver-Immune Axis

Abstract :

Virechana as an Approach to Modulating Autoimmunity: Insights into the Gut-Liver-Immune Axis Dr Prajakta Pushparaj Shetty,

2nd year PG Scholar, Department of Kayachikitsa, Alvas Ayurveda Medical College Moodbidri Email-prajaktashetty26@gmail.com Contact details-8151082458 ABSTRACT Introduction: Autoimmune disorders arise from dysregulation of immune tolerance and are increasingly associated with interactions between the gut microbiome, intestinal barrier, liver, and systemic immune responses. Growing evidence suggests that increased intestinal permeability and translocation of microbial products such as lipopolysaccharide (LPS) may contribute to chronic inflammation and immune dysregulation. Ayurveda describes Virechana as Shodhana therapy, particularly indicated for disorders involving Pitta. However, its potential relevance to concepts of gut-liver-immune homeostasis remains insufficiently explored.

Objective: To explore the role of Virechana in modulating pathways associated with autoimmunity by correlating it with physiological and immunological mechanisms.

Methodology: A narrative review of Ayurvedic classical literature and relevant contemporary research was undertaken. The sequential components of Virechana were analysed in relation to digestion and metabolism, intestinal barrier function, hepatic function, gut microbial metabolites, endotoxin and immune regulation.

Results: The review revealed a plausible link between the Dipana-Pacana, Snehapana and Virechana and key pathways of the gut-liver-immune axis. Review suggests that these interventions may influence digestive function, hepatic function, intestinal barrier integrity and

the handling of endotoxins. By potentially reducing LPS translocation and its downstream inflammatory signalling, Virechana may contribute to restoration of immune homeostasis. Thus, Shodhana can be viewed through a contemporary lens as a potential modulator of gut-derived inflammatory triggers.
Conclusion: Virechana may represent a potential Ayurvedic approach for modulating the gut-liver-immune axis rather than merely inducing bowel evacuation. Its possible effects on intestinal barrier function, bile-mediated processes and LPS-associated inflammatory signalling requires further more evidence based research.
Keywords: Virechana; Autoimmunity; Gut-Liver Axis; LPS; Intestinal Barrier; Snehapana; Immunomodulation.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0488
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DR PRAJAKTA PUSHPARAJ SHETTY (0488)
Institution : Alvas Ayurveda medical college and hospital

An Integrated Panchakarma Approach in the Management of Ankylosing Spondylitis: A Case Report

Abstract :
Background & Objectives: Ankylosing Spondylitis is a Chronic Inflammatory Auto immune disorder predominantly affecting the axial skeleton, characterized by inflammatory back pain, stiffness, restricted spinal mobility, and functional impairment. It comes under the Purview of Amavata. This case report aims to highlight the potential role of an integrated Panchakarma protocol in improving clinical symptoms and functional outcomes in Ankylosing Spondylitis.
Materials & Methods: A 26-years-old male presented with chronic pain in nape of neck associated with stiffness and low back pain, restricted range of movements in the past 8 years. Based on clinical assessment and relevant investigations, the patient was diagnosed with Ankylosing Spondylitis. The patient was managed following the Ayurvedic line of treatment for Amavata, with initial emphasis on Rukshana and Ama Pachana to address the underlying Ama and Dosha involvement. Panchakarma procedures like Sarvanga Udvartana, Dhanyamla Parisheka, Choorna Pinda Sweda and Vaitarana Basti along with Physiotherapy was advised during the course of treatment. External therapies including Nadi Sweda and Lepa were also administered. Shamana aushadhis are administered as adjunctive measures.
Observations/Results: Following intervention, the patient showed improvement in pain, stiffness, spinal mobility, and functional status, with overall reduction in symptoms.
Conclusion: An integrated Panchakarma protocol incorporating Basti, Rukshana, and Swedana, along with internal medications and physiotherapy, demonstrated beneficial clinical outcomes in the management of Ankylosing Spondylitis
Keywords: Amavata, Ankylosing Spondylitis, Vaitarana Basti, Swedana

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0489
Reg. Category : Faculties, Researchers & Practitioners
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Institution : SDM college of ayurveda and hospitaL Hassan

"Role of Panchakarma and Shamanoushadha based Clinical Approaches in Autoimmune Disorders- Ankolysing spondylitis: A case study " .

Abstract :
Role of Panchakarma and Shamanoushadha based Clinical Approaches in Autoimmune Disorders- Ankylosing spondylitis: A Case study. ABSTRACT Introduction: Ankylosing Spondylitis (AS) is a chronic inflammatory Autoimmune disorder . It is characterized by persistent back pain, spinal stiffness, restricted mobility, and progressive postural changes.Prevelence in India is estimated to be around 0.03% to 0.1%. Modern treatments include corticosteroids and DMARDs. However, prolonged therapy may have certain side effects.
Methodology: A 45-year-old male patient diagnosed with HLA-B27-positive came to the OPD of TGAMC Ballari, presented with persistent back pain, spinal stiffness, restricted mobility, and progressive postural changes. Godhumadi Upanaha was done followed by Sthanika Abhyanga and Sthanika Seka to the Kati and Adhoshaka . Subsequently, Niruha and Anuvasana Basti was administered in Kala Basti pattern.
Discussion: In present case assessment of chief symptoms helped in selecting appropriate therapeutic interventions. Godhumadi Upanaha Sweda helped in the management of joint stiffness, Sthanika abhyanga f/b sthanika Seka reduced the Restricted spinal movements and muscle spasm and Basti helped in reducing multiple joint pain, increase spinal mobility as a whole Ama Pachana, Vata Shamana, and improvement of musculoskeletal function was achieved. The observed clinical improvement suggests that a structured Panchakarma-based approach is beneficial in the comprehensive management of AS.
Results: The patient showed significant clinical improvement following the treatment. There was reduction in pain and stiffness, improvement in spinal

mobility and functional capacity, along with an overall improvement in quality of life.

Keywords: Ankylosing Spondylitis, Godhumadi upanaha, Basti, Panchakarma, Ayurveda.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0503
Reg. Category : P.G and Ph.D Scholar
Author : Dr. YAMANOORAPPA KOPPADA (0503)
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Manas and Autoimmune disorders- Exploring Psychopathophysiology and Treatments

Abstract :

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ABSTRACT-

Background: Autoimmunity is disequilibrium in immune system which culminates into diseases in the body. The auto-immunity cascade is caused by factors such as genetic, environmental & immunological, whereas Stress plays a major role triggering immune dysregulation by suppression and expression, giving rise to autoimmune disorders. Similarly in Ayurveda, Vyadhikshamatva is the immune system of the body. Manas regulates all the functions in the body including immune responses which can be understood in terms of Brain memory & trained memory in immune cells. Ayurveda principles of management targeting Manas can be adopted in both prevention and treatment of autoimmune disorders with panchakarma procedures for stress regulation and shamana with Medhya aushadhi to improve neuro-immunity. Objectives: 1. To explore the role of Manas in the pathophysiology of autoimmune disorders, 2. To explore the role of Manas-oriented Ayurvedic interventions in the prevention and management of autoimmune disorders. Materials & Methods: A review of classical Ayurvedic texts and recent clinical evidence was conducted to explore the relationship between psychological factors and autoimmune pathophysiology. Ayurvedic interventions including Murdhni taila, Nasya and use of Medhya aushadhi were evaluated. Observational data and case reports were also reviewed to assess for potential role in modulating stress and neuroimmune responses. Conclusion: The relationship between Manas and Vyadhikshamatva can be viewed through the framework of neuroimmunology, wherein the brain and immune system function as a network. Ayurvedic interventions aiming regulation of Manas & supporting neuroimmunity, may provide a complementary approach in the prevention and management of autoimmune disorders.

Keywords- Autoimmune, Manas, Vyadhikshamatva, Panchakarma, Medhya.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0520
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. SUMAYYA IQRA (0520)
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A Review on Autoimmune Disorders of Different Rogamargas and their Clinical Approach

Abstract :

Author : Dr.Alisha Tulsidas Mesta I year PG Scholar, Department of Panchakarma Muniyal Institute of Ayurveda Medical Sciences, Manipal

Background & Objectives: Autoimmune disorders are chronic, heterogeneous conditions characterized by dysregulated immune responses and multisystem manifestations. Ayurveda does not describe autoimmunity as a single disease entity; however, the concept of Rogamarga provides a framework for understanding disease manifestation through Bahya, Madhyama, and Abhyantara pathways. This review aimed to explore the application of Panchakarma and shamana Aushadha according to Rogamarga, with selected autoimmune disorders as contemporary clinical correlates.

Materials & Methods: Classical Ayurvedic principles related to Rogamarga , Dosha, Agni, Ama, Srotas, and disease-specific Chikitsa were reviewed from authoritative Ayurvedic texts and relevant contemporary literature. Bahya Rogamarga was considered with Kushtha and autoimmune dermatological manifestations; Madhyama Rogamarga with Amavata and rheumatoid arthritis; and Abhyantara Rogamarga with Grahani and autoimmune gastrointestinal manifestations. Corresponding Shamana and Panchakarma approaches were systematically mapped according to Dosha, disease stage, Ama status, Agni, and patient strength.

Observations/Results: The analysis demonstrated distinct therapeutic priorities across Rogamarga. Kushtha emphasizes Dosha-specific Shodana, including Vamana, Virecana, and selected Raktamokshana, with appropriate Shamana and external therapies. Amavata emphasizes Langhana, Dipana-Pachana, Svedana, and appropriately selected Virecana or Vasti. Grahani emphasizes Agni restoration through Dipana, Pacana, dietary measures, Takra-based therapies, and selected Shodana. Thus, Panchakarma merges as a stage- and pathway-dependent intervention rather than a uniform treatment.

Conclusion: Rogamarga -based therapeutic stratification may provide a systematic Ayurvedic framework for individualized management of autoimmune manifestations. Integration of Shamana Aushadha with appropriately selected Panchakarma, guided by Dosha, Ama, Agni, Srotas, and Rogibala, may strengthen the clinical application of Ayurveda in autoimmune disorders.
Keywords:Rogamarga , Panchakarma, Shamana Aushadha, Autoimmune Disorders, Ayurvedic Management

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0525
Reg. Category : P.G and Ph.D Scholar
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Role of shamana aushadhi and panchakarma procedure in Amavaata: Case Series

Abstract :
Dr. Roshan. R 1, Dr. Pramod. Shet 2 , Dr. Sudarshan. A 3 , Dr. Vidyashree. K 4 I year PG Scholar1, Department of Panchakarma Professor2, Department of Kaya Chikitsa Professor and Head 3, Department of Panchakarma Associate Professor 4, Department of Panchakarma Muniyal Institute of Ayurveda Medical Sciences, Manipal
Background: Amavata is a systemic disorder described in Ayurveda, characterized by the vitiation of Agni, formation of Ama, and vitiation of Vata, presenting with symptoms such as joint pain, stiffness, swelling and restricted movements. Its clinical manifestations closely resemble Rheumatoid Arthritis(RA), a chronic autoimmune inflammatory disorder.
Objectives: The present caseseries aimed to evaluate the clinical effect of Shamana Aushadha and Panchakarma procedures in patients diagnosed with Amavata with special reference to Rheumatoid Arthritis.
Materials and Methods: Three clinically diagnosed cases of RheumatoidArthritis fulfilling the features of Amavata were selected. Assessment was based on subjective parameters such as Sandhi Shoola, Sandhi Shotha, Sandhi Stabdhata and restricted joint movements, along with relevant objective parameters including inflammatory markers and disease activity. Individualized Ayurvedic management consisting of Deepana-Pachana, Shamana Aushadha and appropriate Panchakarma procedures, selected according to Dosha, Ama and clinical presentation, was administered. Patients were assessed before and after treatment based on clinical improvement and functional status.
Results: All three cases demonstrated improvement in jointpain, swelling, stiffness and restriction of movements following treatment. Reduction in disease activity and improvement in functional ability were observed. The treatment was well tolerated, and no significant adverse effects were observed.
Conclusion: The present case series suggests that an integrated Ayurvedic approach comprising Shamana Aushadha and Panchakarma may provide symptomatic and functional improvement in Amavata presenting with features of RheumatoidArthritis. These preliminary observations warrant further evaluation through well-designed controlled clinical studies with larger sample sizes.
Key words: Amavata, Rheumatoid Arthritis, Autoimmune inflammatory disorder , Shamana aushadhi, Panchakarma

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0532
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ROSHAN. R (0532)
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MANAGEMENT OF EKA KUSHTHA W.S.R. TO PLAQUE PSORIASIS THROUGH VAMANOTTARA VIRECANA: A CASE REPORT.

Abstract :
INTRODUCTION
Eka Kushtha is described under Kshudra Kushtha in Ayurveda and can be clinically correlated with Plaque Psoriasis. It is characterized by dry, rough, raised, and scaly lesions associated with itching. The present case was undertaken to evaluate Vamanottara Virecana followed by Samana Aushadhi in the management of Eka Kushtha.
METHODS
A single clinical case study was conducted on a 39-year-old male diagnosed with Eka Kushtha, presenting with blackish, rough, dry, raised, and scaly patches over both lower limbs for 4 years and over the scalp, chest, and trunk for approximately 3 1/2 years, associated with itching and powdery discharge. The patient underwent Dipana Pacana, Snehapana with Vajraka Ghrita, and Vamana Karma using Madanaphala Pippali Churna. After Samsarjana Karma, Virecana Karma was performed using Trivrit Leha. Sarvanga Abhyanga with 777 oil, Bashpa Sveda, and Samana treatment were administered.
RESULTS
Improvement was observed in Eka Kushtha following Ayurvedic treatment.
DISCUSSION
Kushtha is a Dirghakalina Vyadhi in which Dushta Dosha are more Sthira. Eka Kushtha is a Vata-Kapha Dosha Pradhana Kushtha; hence, Vamana and Virecana help pacify the Dosha through Srotoshodhana. Vajraka Ghrita

contains Tikta Pradhana Dravya and acts as Kandughna, Kaphapittahara, and Raktasodhaka. Nasyakarma is indicated in Kushtha involving the Jatru-Urdhva Bhaga; hence, Vidangadya Taila was used for Pratimarsa Nasya. Khadira Triphaladi Kashaya and Arogyavardhini Vati are indicated in Kushtha.

CONCLUSION

Eka Kushtha, a type of Kshudra Kushtha, can be correlated with Psoriasis. Nidana Parivarjana followed by Sodhana and Samana Cikitsa is useful in its management and may help prevent recurrence.

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0535

Reg. Category : P.G and Ph.D Scholar

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Institution : JSS AYURVEDA MEDICAL COLLEGE

Role of Ayurvedic procedure dic procedures in Amavata with special reference to Rhematoid Arthritis

Abstract :

Role of Ayurvedic Procedures in Amavata with Special Reference to Rheumatoid Arthritis

Author : Dr. Chaithra K Assistant Professor, Department of Dravyaguna, MIAMS, Manipal

Co-author: Dr. Veerakumar Professor, Department of Kayachikitsa, MIAMS, Manipal

Abstract

Background: Amavata is a chronic inflammatory disorder described in Ayurveda, characterized by Sandhi shoola (joint pain), Sandhi shotha (swelling), Stabdhata (stiffness), and restricted movements. Its clinical manifestations closely resemble Rheumatoid Arthritis (RA), a chronic systemic autoimmune disease characterized by persistent synovial inflammation and progressive joint damage. Ayurveda attributes Amavata to impaired Agni leading to Ama formation, followed by its association with aggravated Vata and localization in joints. Ayurvedic management focuses on Ama pachana, Agni deepana, and Vata shamana.

Objectives: To evaluate the role of Alepa, Dhanyamla Dhara, and Matra Basti in Amavata with special reference to Rheumatoid Arthritis and assess their effect on clinical manifestations.

Materials and Methods: Patients diagnosed with Amavata and clinically correlated with RA were administered Alepa, Dhanyamla Dhara, and Matra Basti. Assessment was carried out before and after treatment using clinical parameters including pain, swelling, stiffness, tenderness, and restriction of movements, along with relevant laboratory parameters.

Observations and Results: The intervention produced improvement in joint pain, swelling, stiffness, tenderness, and restricted movements. Overall clinical improvement was observed following the treatment protocol.

Conclusion: The combined Ayurvedic procedures demonstrated a beneficial role in managing Amavata with special reference to Rheumatoid Arthritis and may help reduce symptoms and improve joint function.

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0539

Reg. Category : Faculties, Researchers & Practitioners

Author : Dr. CHAITHRA K (0539)

Co- Author/s : Dr. Veerakumar, Professor, Dept. Of Kayachikitsa, Muniyal Institute of Ayurveda Medical Sciences, Manipal

Institution : Muniyal institute of Ayurveda Medical science Manipal

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Role of Ayurvedic shodana therapy in the management of Amavata WSR to Rhematoid arthritis-A single case study

Abstract :

Background: Rheumatoid arthritis (RA) is a chronic systemic autoimmune disorder characterized by persistent synovial inflammation, pain, stiffness, swelling, and progressive joint damage. Ayurveda correlates RA with Amavata, a condition primarily involving the interaction of Ama and aggravated Vata, with progressive involvement of Sandhi. The clinical approach varies according to the presence or absence of Ama, broadly categorized as Saama and Niraama stages.

Aim: To evaluate the role of Ayurvedic Shodhana and Panchakarma in the management of Amavata with special reference to rheumatoid arthritis through a case-based clinical approach. Case Presentation: A diagnosed case of rheumatoid arthritis presenting with multiple joint pain, swelling, morning stiffness, restricted movements, and associated inflammatory features was assessed through Ayurvedic parameters, including Dosha, Dushya, Agni, Ama, Srotas, and disease stage. Relevant investigations, including inflammatory markers and rheumatoid factor/anti-CCP where indicated, were considered for clinical correlation. The patient was initially assessed for Saama features and managed with appropriate Deepana-Pachana and Langhana, followed by stage-specific Shodhana and Panchakarma interventions. Outcome: Clinical assessment demonstrated improvement in joint pain, swelling, stiffness, mobility, and functional status, suggesting the potential role of individualized Ayurvedic purification therapies in RA management.

Conclusion: This case highlights the importance of Saama-Niraama assessment and stage-wise selection of Shodhana and Panchakarma in Amavata. An

individualized Ayurvedic approach may provide a rational complementary strategy for managing chronic inflammatory joint disorders such as rheumatoid arthritis.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0546
Reg. Category : Undergraduate Student
Author : Ms. ARUNDHATI KULKARNI (0546)
Co- Author/s : Manasa kammar
Institution : Sanjeevini Ayurveda Medical College and hospital Hubli

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"Sequential Shodhana in Pediatric Psoriasis: A Case Report of Virechana Followed by Kusthahara Basti"

Abstract :

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Background & Objective: Psoriasis is a chronic, immune-mediated inflammatory dermatosis characterized by erythematous, well-demarcated plaques with variable scaling and a relapsing-remitting course. Paediatric psoriasis presents particular therapeutic challenges owing to the chronicity of the disease and the considerations associated with systemic treatment. In Ayurveda, the clinical features of psoriasis may be correlated with Eka Kushta, with emphasis on the involvement of Dosha, Dushya, and impaired metabolic processes. Shodhana Chikitsa is described as an important therapeutic modality in the management of Kushta, particularly in chronic and recurrent presentations.

Materials & Methods: A male child of age 15 years brought by his mother with complaints of recurrent erythematous, scaly lesions all over the body, associated with itching & discolouration since 7 months. The case was managed through a sequential Shodhana protocol consisting of Virechana followed by Kusthahara Basti Prayoga. The patient was assessed clinically using PASI Score before and after treatment.

Results: Following sequential administration of Virechana and Kusthahara Basti, a progressive reduction in the severity of psoriatic lesions, scaling, erythema, and associated symptoms was observed. Improvement was also noted in the overall extent and clinical appearance of the lesions.

Conclusion: This case highlights the clinical application of sequential Shodhana, comprising Virechana followed by Kusthahara Basti, in a pediatric patient with psoriasis. The observed clinical improvement suggests that this individualized Ayurvedic therapeutic approach may have potential utility in the management of pediatric psoriasis.

Keywords: Psoriasis, Virechana, Kusthahara Basti.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0549
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. CHITHRALEKHA (0549)
Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

Management of Rheumatology Spectrum Disorders through the Combined Internal Use of Agastya Rasayana and Dhanvantara Tailam- A Review.

Abstract :

Management of Rheumatology Spectrum Disorders through the Combined Internal Use of Agastya Rasayana and Dhanvantara Tailam- A Review.

Keywords: Agastya Rasayana; Dhanvantara Tailam; Rheumatology Spectrum Disorders; Rasayana; Snehana; Vata Vyadhi; Dhatu Kshaya; Integrative Ayurveda; Research Gap.

Background: Rheumatology spectrum disorders including, Rheumatoid arthritis, Systemic lupus erythematosus (SLE), Sjogren's syndrome causes pain, stiffness, disability and reduced quality of life. Ayurveda considers these conditions within Vata Vyadhi, associated with Vata prakopa and dhatu kshaya. With musculoskeletal disorders affecting one in six individuals globally and rheumatic disorders affecting approximately 25-30% of the Indian population, an integrative approach is relevant. Agastya Rasayana, a Rasayana formulation with dhatu poshana potential, and Dhanvantara Tailam, a Vata-pacifying Sneha indicated in Vata Vyadhi, may address tissue degeneration and Vata aggravation.

Objectives: To review the Ayurvedic rationale, classical indications and available evidence regarding the internal use of Agastya Rasayana and Dhanvantara Tailam in rheumatology spectrum disorders and to identify potential research gaps.

Materials and Methods: Literature was searched through PubMed, Scopus, AYUSH Research Portal and Google Scholar using relevant keywords. Approximately 11-15 studies were critically appraised along with classical references from Charaka Samhita, Ashtanga Hrdaya, Bhaishajya Ratnavali and Sahasrayoga. Findings were synthesized through conceptual mapping of Ayurvedic principles with modern pharmacological evidence.

Observations: Agastya Rasayana demonstrated Rasayana, dhatu poshana, antioxidant, anti-inflammatory and analgesic potential, while Dhanvantara Tailam showed Vata-Kapha pacifying, anti-inflammatory, analgesic, neuroprotective and circulatory-enhancing

actions. Their complementary actions suggest potential for addressing degeneration, inflammation and functional impairment.
Conclusion: The review identified a research gap in the combined internal use of these two less commonly used-together formulations. Their complementary therapeutic attributes provide a rational basis for further investigation, making this review a preliminary step towards systematic clinical research evaluating their safety, efficacy and possible synergistic effects in rheumatology spectrum disorders.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0555
Reg. Category : P.G and Ph.D Scholar
Author : Dr. MAHENDRA S (0555)
Co- Author/s : Dr. Vishnu Raj
Institution : Amrita School of Ayurveda

Relevance of Virechana in Inflammatory Dermatoses: A Case-Based Exploration on Vicharchika with Autoimmune Overlap

Abstract :
Keywords: Virechana, Vicharchika, Dermatoses Guide: Dr Vishnu Raj, Associate Professor, Dept of Panchakarma, Amrita School of Ayurveda Introduction & Background: Vicharchika is a dermatological condition characterized by Kandu (pruritis), Srava (exudation), Pidaka (vesicles) and Shyava (discoloration), bearing close clinical resemblance to chronic eczematous dermatoses. In such dermatological conditions an Utklesha Dosha avastha, supporting the rationale for timely Shodhana is present. Ayurveda emphasizes on individualized management based on Dosha, Dushya and disease presentation. Virechana facilitates prompt Dosha elimination when such clinical features predominate.
Materials and Methods: A 55-year-old male presented with a 1 year history of bilateral palmar and plantar recurrent erythematous, pruritic, and hyperkeratotic lesions that caused functional impairment during daily activities. Based on classical clinical criteria, the condition was diagnosed as Vicharchika. An individualized treatment plan consisting of internal Samana Aushadha along with Virechana using Abhayadi modak was undertaken after snehepana with Panchatiktaghrita. Baseline clinical assessment included documentation of lesion distribution, erythema, scaling, itching intensity, affected area and associated symptoms. Clinical photographs were recorded at baseline and during follow-up. Symptom severity and changes in the affected skin were assessed periodically throughout the one-month treatment period.
Observations & Results: Progressive improvement was observed during the one-month follow-up. There was considerable reduction in itching, erythema, scaling and the extent of lesions over both hands and feet, accompanied by improvement in skin texture and patient-reported comfort. The patient also reported improved ability to perform routine activities. No significant adverse events were observed during the treatment period.
Conclusion: This case demonstrates the potential application of Virechana in localized Vicharchika taken as an autoimmune condition. The rapid clinical improvement observed within one month highlights the relevance of exploring classical Shodhana principles through systematic clinical documentation and objective outcome assessment. Further prospective studies are warranted to evaluate reproducibility and therapeutic effectiveness.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0562
Reg. Category : P.G and Ph.D Scholar
Author : Dr. NAMRUTHA. S.K (0562)
Institution : Amrita School of Ayurveda

Role of Panchakarma in the Ayurvedic Management of Amavata :A Comprehensive Review of Clinical Evidence.

Abstract :
Background: Autoimmune disorders are chronic conditions characterized by dysregulation of immune responses against self-tissues and often require prolonged management. Ayurveda provides a holistic approach to such disorders through correction of Agni, management of Dosa imbalance, removal of Ama, restoration of Srotas integrity and strengthening of Vyadhi Kshamatva. Panchakarma, particularly Shodhana therapy, may have an important role as part of an individualized Ayurvedic management strategy.
Aim: To analyze , review and clinical relevance of Panchakarma in the comprehensive Ayurvedic management of autoimmune disorders.
Materials and Methods: A narrative review of Ayurvedic classical concepts and available contemporary literature was undertaken. 10yrs of Published review articles and clinical studies related to Panchakarma and autoimmune disorders like Amavata were analyzed. The therapeutic principles of Vamana, Virechana, Basti, Nasya , Raktamoksana and Bahir parimarjana treatment like-Agnilepa were examined in relation to Dosha, Ama, Agni and Srothodushti.
Discussion: Available literature suggests that Panchakarma may contribute to disease management through individualized Shodhana following appropriate Purva Karma, along with Deepana-Pachana, Rukshana and Shamana measures. Basti has received particular

clinical attention in Amavata, where studies have reported improvement in symptoms such as pain, stiffness and swelling. Recent reviews also describe disease-specific applications of different Panchakarma procedures while emphasizing patient-specific assessment, disease stage and Rogi Bala.

Conclusion: Panchakarma represents a potentially valuable component of comprehensive Ayurvedic management of autoimmune disorders by addressing individualized Dosha imbalance, Ama and impaired Agni. However, the existing evidence is heterogeneous and further well-designed clinical studies with standardized protocols and objective outcome measures are required to establish its clinical efficacy and mechanisms.

Keywords: Panchakarma, Autoimmune Disorders, Shodhana, Ama, Agni, Basti, Amavata, Ayurveda.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0565
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHUFTA SHAIKH (0565)
Co- Author/s : Dr ASUNDI Vijayalaxmi (professor, HOD)
Institution : Alvas Ayurveda Medical College

Modulating Autoimmune Pathology in Dermatitis through Vamana Karma: Clinical Insights from a Case Report

Abstract :

Background: Dermatitis is an inflammatory skin condition characterized by itching, redness, dryness, scaling, and recurrent lesions. In Ayurveda, such disorders may be considered under Kushta and, in selected cases, associated with Kapha predominance and avarana (obstruction). Reduced metabolism, hormonal changes, irregular appetite, and recurrent infections may impair agni and disturb dosha movement, contributing to Kapha avarana. Vamana Karma may therefore be selected to eliminate aggravated Kapha and restore systemic balance.

Materials & Methods: A 53-year-old woman with hypothyroidism presented with recurrent dermatitis, initially appearing as a chin patch and gradually spreading over the face. Although lesions subsided following treatment, annual recurrence occurred, later involving the nose, face, and both arms. Irregular appetite, menopausal changes, and recurrent infections were also noted. She underwent six days of Snehapana with Guggulu Tikthaka Ghritam, followed by Vamana Karma using traditional emetic formulations. Supportive therapies included Kashaya Dhara, Abhyanga, and Bashpa Sweda. Post-treatment, Madhusnuhi Rasayanam was administered internally, while Nalpamaradi Keram and Pinda Tailam were applied externally.

Observations/Results: Madhyama Suddhi was achieved. During six weeks of follow-up, mild repigmentation, reduced lesion visibility, and improved skin texture were observed.

Conclusion: This case highlights individualized use of Vamana Karma in recurrent dermatitis with Kapha avarana-associated features. The observed clinical improvement suggests potential benefit from addressing underlying dosha imbalance. However, these findings do not establish an autoimmune mechanism and warrant confirmation through objective dermatological and immunological assessments.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0567
Reg. Category : P.G and Ph.D Scholar
Author : Dr. NITYA KR (0567)
Institution : Amrita school of Ayurveda

Title: Ayurvedic Management of Recurrent Kitibha Kushtha (Psoriasis Vulgaris): A Case Study

Abstract :

Author-Dr. Sakshi Malik*, Co-Author-Dr. Veerakumara K. **

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Background: Kitibha Kushtha, an Ayurvedic dermatological disorder classified under Kshudra Kushtha, correlates clinically with Plaque Psoriasis. It is characterized by Syava (dusky lesions), Kinakharasparsha (rough/hard texture), Parusha (roughness) and Kandu (itching) due to vitiation of Vata-Kapha doshas affecting Twak, Rakta, Mamsa, and Lasika.

Materials and Methods: A 67-year-old male presented with recurrent, generalized, thick blackish-brown scaly plaques on extensor surfaces (elbows, knees) and trunk with bleeding on peeling (Auspitz and candle grease signs positive). The therapeutic intervention included:Deepana-Pachana: Chitrakadi Vati and Lavangadi Vati. Snehapana: Escalating doses of Panchatikta Ghrita (25 ml to 125 ml over 5 days). Virechana: Induced with Trivrit Leha with Triphala Kashaya. Shamana: Bilvadi Gutika and Sutashekhara Rasa.

Observation and Results: Classical Shodhana (purificatory Virechana) combined with targeted Shamana therapy effectively arrested disease progression, clearing scaly

plaques, halting active bleeding points, and markedly reducing pruritus.
Conclusion: Comprehensive Ayurvedic intervention involving systematic Deepana-Pachana, Snehapana, Virechana Karma, and Shamana Chikitsa provides substantial therapeutic relief in chronic, recurrent Kitibha Kushtha (Psoriasis), halting pathology and restoring skin integrity. Strict adherence to Pathya-Apathya remains critical to prevent recurrences.
Keywords: Kitibha Kushtha, Psoriasis Vulgaris, Panchatikta Ghrita, Virechana, Shodhana and Shamana Chikitsa.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0568
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SAKSHI MALIK (0568)
Co- Author/s : Dr. Veerakumara K. , Dr.Madhurya
Institution : Muniyal institute of Ayurveda Medical sciences Manipal

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ROLE OF AYURVEDIC INTERVENTION IN THE TREATMENT OF ULCERATIVE COLITIS- A CASE STUDY

Abstract :
INTRODUCTION: Ulcerative colitis is a chronic inflammatory disorder of the colon with a rising global incidence. Its pathogenesis is multifactorial, involving genetic susceptibility, impaired intestinal epithelial barrier function, dysregulated immune responses, and environmental factors. UC is characterized by continuous mucosal inflammation beginning in the rectum and extending proximally. Clinically, it commonly presents with bloody diarrhoea and is diagnosed based on colonoscopic and histopathological findings. A 38-year-old male with no significant comorbidities presented with an eight-year history of increased stool frequency, intermittent mucus and blood in stools, postprandial bowel evacuation, abdominal bloating and pain, and generalized weakness, with recurrent episodes of remission and relapse. Based on Ayurvedic principles, the condition was diagnosed as Pitta Pradhan Grahani Roga.
METHODS: Treatment consisted of Ayurvedic medications along with Snehana and Swedana, followed by Kala Basti comprising Anuvasana Basti and modified Pichha Basti for 15 days. Subsequently, oral Ayurvedic medications were continued as Shamana Chikitsa, along with dietary modification.
RESULTS: Significant clinical improvement was observed, with stool frequency decreasing from 9 to 3 times/day, reduced mucus and blood in stools, and improved generalized weakness. Fecal calprotectin decreased from 481 ug/g to 41.25 ug/g, indicating reduced intestinal inflammatory activity. The Mayo score decreased from 7 to 6, reflecting modest improvement in disease activity. Although follow-up colonoscopy showed persistent structural abnormalities, the patient demonstrated symptomatic and quality-of-life improvement.
DISCUSSION: A comprehensive approach addressing Samprapti through Shodhana, Shamana, and dietary modification yielded encouraging clinical outcomes, highlighting Ayurveda's potential role in managing ulcerative colitis.
KEYWORDS: Ulcerative colitis, Grahani Roga, Pichha basti
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Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0571
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ADITI SHARMA (0571)
Co- Author/s : Dr Amrish Dedge, Prof. Dr Jonah Sandrepogu
Institution : All India Institute of Ayurveda New Delhi

Ayurvedic management of crohn's disease - A case report

Abstract :
Background and objectives: Crohn's disease is a chronic transmural inflammatory bowel disease affecting any segment of the gastrointestinal tract, most commonly the terminal ileum and colon. It is characterised by segmental skip lesions, deep mucosal ulcerations, persistent abdominal pain, and chronic altered bowel habits. It is a major gastrointestinal disorder which affects approximately 0.2-0.5% of the global population. By chronic relapsing mucosal inflammation and secondary dependence on corticosteroids or immunosuppressants, it presents with severe digestive dysfunction, malnutrition, and reduced quality of life. This case report highlights clinical efficacy of Ayurvedic therapeutic intervention in management of Crohn's disease.
Materials & methods : A male patient aged 37 years came to hospital with complaints of occasional crampy abdominal pain, altered bowel habits, bloating, loss of appetite and gradual weight loss. Considering the above symptoms along with investigation reports , patient was diagnosed with Grahani Roga (Crohn's disease). Patient was treated with shamana yogas (parpati Kalpana) and Panchakarma therapies (Pichha Basti), along with laja diet. Result: Significant reduction in stool frequency,

bowel urgency, and abdominal pain. Conclusion-This case shows the successful management of chronic case of Grahani Roga.

Keywords-Grahani, Crohn's disease, Shodhana , Shamana, Laja diet, Parpati kalpana

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0595
Reg. Category : P.G and Ph.D Scholar
Author : Dr. AMRITHA P (0595)
Institution : SDM udupi

Panchakarma in Autoimmune Diseases: A stage specific and personalized Ayurvedic Approach.

Abstract :

Title : Panchakarma in Autoimmune Diseases : A Stage Specific and personalized Ayurvedic approach. Authors: Dr D A Anand, Dr Priya Padmanabhan

Background Autoimmune diseases represent a diverse group of chronic disorders characterized by dysregulated immune response against self-tissues, often associated with recurrent exacerbations, multisystem involvement and significant impact on quality of life. Contemporary management primarily focuses on controlling diseases activity and preventing organ damage. Ayurveda offers an individualized therapeutic framework based on assessment of agni, ama, dosa, dhatu, srotas, bala, and diseases stage. Panchakarma when appropriately selected may provide a structured approach to address different stages and clinical phenotypes of chronic disorders.

Objectives To explore the rationale for a stage specific and personalized panchakarma approach in autoimmune diseases and to propose an ayurvedic framework for individualized therapeutic decision making.

Observation Autoimmune disorders demonstrate considerable variation in disease activity, symptomatology, tissue involvement and therapeutic requirements. From an ayurvedic perspective, assessment of agni , presence or absence of ama, dosa predominance, dosa -dusya interaction, dhatu and srotas involvement, strength of the patient and stage of disease are important determinants of treatment selection. Panchakarma should be therefore not be applied as a uniform protocol. Appropriate preparatory measures, sodhana procedures and subsequent samana and rasayana interventions may be considered according to individual clinical presentation, therapeutic suitability and treatment goals. Objective clinical outcomes and contemporary biomarkers may further strengthen evidence-based evaluation.

Conclusion A personalized, stage specific panchakarma strategy may provide a rational framework for the integrative management of selected clinical research with standardized protocols, objective outcome measures and long term follow up is essential to establish its efficacy and clinical applicability.

Keywords Autoimmune diseases, Panchakarma, personalized medicine, sodhana , rasayana.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0597
Reg. Category : P.G and Ph.D Scholar
Author : Prof. DR D A ANAND (0597)
Co- Author/s : Dr Priya Padmanabhan
Institution : Bharati Vidyapeeth University Medical College Pune

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Therapeutic Role of Takra Basti in Grahani Roga: A Case Report

Abstract :

Background: Grahani Roga is a chronic gastrointestinal disorder associated with Agnivaishamya and impaired Grahani function, resulting in disturbed digestion and bowel habits. The present case had clinical features of Kapha-Vataja Grahani with a diagnosis of Inflammatory Bowel Disease (IBD).

Aim and Objective: To evaluate the clinical efficacy of Sadyovamana, Sadyovirechana followed by Takra Basti in the management of Grahani Roga.

Materials and Methods: A 27-year-old female presented with increased frequency of defecation (4-5 times/day) for two years, associated with indigestion, abdominal bloating, nausea and mucus-mixed semi-solid stools. Investigations revealed chronic nonspecific ileitis and terminal ileal ulcers suggestive of IBD. Treatment comprised Sadyovamana, Sadyovirechana and 10 days of Kala-pattern Takra Basti with Anuvasana Basti using Changeryadi Ghrutha.

Results: Frequency of defecation reduced from 4-5 to 2 times/day. Defecation immediately after food, indigestion, nausea and abdominal pain subsided. Stool consistency improved from semi-solid to solid, with marked reduction in mucus. Appetite and urgency of defecation also improved.

Conclusion: Sadyovamana, Sadyovirechana followed by Takra Basti demonstrated significant symptomatic improvement in this case of Grahani Roga. The intervention may help restore Agni, improve bowel regularity and support gastrointestinal function.

Keywords: Grahani Roga, Inflammatory Bowel Disease, Sadyovamana, Sadyovirechana, Takra Basti.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0598
Reg. Category : P.G and Ph.D Scholar
Author : Dr. GURUPRASAD K P (0598)
Institution : GAMC BENGALURU

Critical Review of Piccha Basti in Inflammatory Bowel Disease

Abstract :
Critical Review of Piccha Basti in Inflammatory Bowel Disease Dr.Adarsh P.S1 Dr.Sanathkumar DG2
1.1st year PG Scholar, Department of Panchakarma, KVGAMC, Sullia
2.Professor and HOD, Department of Panchakarma, KVGAMC, Sullia
Background & Objectives: Inflammatory Bowel Disease, comprising ulcerative colitis and Crohn's disease, is a chronic relapsing inflammatory disorder of the gastrointestinal tract involving intestinal inflammation, altered immune responses, mucosal damage, and disturbance of the gut barrier. Ayurveda describes conditions such as Grahani and Raktatisara that share clinical features with Inflammatory Bowel Disease. This review aimed to critically evaluate properties, indications, probable mechanisms, and clinical evidence of Piccha Basti in Inflammatory Bowel Disease.
Materials & Methods: A critical review was conducted by exploring classical Ayurvedic literature and published research related to Piccha Basti and its application in disorders comparable to Inflammatory Bowel Disease. The ingredients, therapeutic properties, indications, probable mechanisms, and clinical evidence were reviewed and critically analyzed in relation to contemporary understanding of intestinal inflammation.
Observations/Results: Classical descriptions suggest that Piccha Basti possesses properties such as Grahi, Stambhana, Shothahara, and Vrana Ropana, which may contribute to controlling excessive intestinal discharge, reducing inflammation, and supporting mucosal healing. Preliminary clinical evidence suggests potential clinical benefits in symptoms such as increased stool frequency, bleeding, and intestinal inflammation. However, evidence is limited by small sample sizes, variations in treatment protocols, and inadequate standardized outcome measures.
Conclusion: Piccha Basti shows potential as a primary Ayurvedic therapeutic approach in the management of Inflammatory Bowel Disease. Its probable effects on mucosal integrity, inflammation, and the gut-immune axis provide a rationale for its therapeutic application. Well-designed clinical trials with standardized treatment protocols, validated clinical outcomes, colonoscopic assessment, and objective inflammatory markers are required to establish its efficacy and safety.
Keywords: Inflammatory Bowel Disease, Ulcerative Colitis, Crohn's Disease, Raktatisara, Piccha Basti

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0600
Reg. Category : P.G and Ph.D Scholar
Author : Dr. ADARSH P S (0600)
Co- Author/s : Dr Sanathkumar DG, Professor and HOD, Department of Panchakarma, KVGAMC, Sullia
Institution : KVG Ayurveda Medical College

"A Clinical Case Study on Ayurvedic Management of Amavata (Rheumatoid Arthritis): A Holistic Approach"

Abstract :
Author: Dr. Shivani S. Aladi Qualification:1st yr PG Scholar, Dept. of Panchakarma, SDM College of Ayurveda, Udupi Email : shivanialadi1998@gmail.com Phn no : 9741470450 Abstract Integrative Ayurvedic Management of Rheumatoid Arthritis: A Case Report Introduction Rheumatoid arthritis (RA) is a chronic systemic autoimmune disease characterized by persistent inflammatory polyarthritis, pain, morning stiffness, progressive joint damage, and functional disability. Long-term disease management often requires sustained pharmacological therapy, with variable therapeutic response and potential adverse effects. In Ayurveda, the clinical features of RA closely resemble Amavata, which is described as a consequence of impaired agni, formation of ama, and its association with aggravated vata. This case highlights the clinical application of an individualized Ayurvedic approach in a patient diagnosed with rheumatoid arthritis.
Methods A 53year-old female patient diagnosed with rheumatoid arthritis presented with complaints of pain in multiple joints, swelling, morning stiffness, initially in both knee joint and difficulty in walking . Baseline assessment included clinical examination and relevant laboratory investigations such as erythrocyte sedimentation rate (ESR), C-reactive protein (CRP), rheumatoid factor (RF), wherever applicable. Ayurvedic assessment was performed based on dosha, dushya, agni, ama, srotas, and disease stage. The patient was managed with an individualized treatment protocol consisting of shodana and shamana, along with dietary and lifestyle modifications. Clinical outcomes were assessed using pain score, morning stiffness, joint tenderness/swelling, range of motion, functional disability, and before and after treatment.
Discussion The observed improvement may be attributed to the individualized therapeutic approach targeting ama, agni, and vata dosha, along with measures aimed at

reducing inflammation and improving joint function. The case demonstrates the potential of Ayurveda as a complementary approach in the multidisciplinary management of rheumatoid arthritis. However, interpretation is limited by the single-case design, absence of a comparator, and limited follow-up.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0608
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHIVANI SHIVASHARANAPPA ALADI (0608)
Institution : SDM udupi

Title: Ayurvedic Management of Guillain-Barre Syndrome with Acute Motor Axonal Neuropathy: A Case Report

Abstract :

Title: Ayurvedic Management of Guillain-Barre Syndrome with Acute Motor Axonal Neuropathy: A Case Report

Background and Objectives: Guillain-Barre syndrome (GBS) is an acute immune-mediated polyradiculoneuropathy characterized by progressive symmetrical weakness and reduced or absent deep tendon reflexes, often preceded by infection. Acute Motor Axonal Neuropathy (AMAN) is a motor-predominant variant characterized by reduced motor responses with relative preservation of sensory responses. Although GBS is not described as a distinct disease in Ayurveda, its clinical manifestations may be interpreted through the framework of Sarvangavata, with predominant Vata involvement. This case aims to document the clinical response and functional improvement following individualized Ayurvedic management.

Materials and Methods: A 36-year-old male developed diarrhoea for one week, followed by fever, fatigue and progressive bilateral upper and lower limb weakness. Neurological evaluation and nerve conduction studies revealed reduced CMAP amplitudes with preserved SNAPs, suggestive of a motor-predominant axonal neuropathy compatible with AMAN. Ayurvedic assessment was performed considering Dosha, Dushya, Srotas, Agni and disease stage. The patient was managed with Basti therapy and Samana Aushadhis, individualized according to Vata predominance and clinical status.

Observations and Results: Following Ayurvedic intervention, progressive improvement was observed in motor strength, functional ability and overall neurological status. Clinical response was assessed through serial neurological and functional evaluations during treatment and follow-up.

Conclusion: This case highlights the potential role of individualized Ayurvedic management incorporating Basti and Samana Aushadhis in the supportive management and rehabilitation of GBS with an AMAN pattern. Further systematic studies are warranted to evaluate its clinical utility.

Keywords: Guillain-Barre syndrome; AMAN; Sarvangavata; Basti; Samana Aushadhi; Ayurveda.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0609
Reg. Category : P.G and Ph.D Scholar
Author : Dr. AKSHATA J MAHENDRAKAR (0609)
Institution : SDM Udupi

"Revisiting Childhood Scalp Psoriasis Through Ayurveda: A Case-Based Evaluation of Shodhana Karma and Shamana Aushadhi"

Abstract :

Childhood is a period of growth, exploration and discovery, and maintaining healthy skin is an important part of a child's overall well-being. Psoriasis is a chronic immune-mediated inflammatory disorder characterized by well-demarcated erythematous plaques with adherent scaling. Psoriasis, although commonly associated with adults, can also affect children and may have a considerable impact on their comfort, confidence and quality of life. Scalp psoriasis is particularly troublesome because scaling and visible lesions may be mistaken for ordinary dandruff, while persistent itching can lead to scratching and bleeding. From an Ayurvedic perspective, several chronic, scaly and pruritic skin conditions are described under the broad spectrum of Kushtha Roga. The clinical features of Kitibha Kushtha particularly scaling, discoloration, itching, and appearance on the specific sites, show similarities with the presentation of scalp psoriasis. The high frequency of scalp involvement and its impact on the child's quality of life provide a strong rationale for focused evaluation and treatment of scalp psoriasis in children. Ayurveda approaches such disorders not merely by addressing the visible lesion but by considering the involvement of Dosha, Dushya, Agni, Srotas along with the underlying Samprapti and offers Shodhana as well as Shamana modalities of treatment aimed at correcting the underlying Dosha-Dushya Sammurchana. This case report documents the clinical presentation, Ayurvedic assessment, and outcome of a Shodhana-based treatment protocol administered to a six-year-old child with moderate scalp psoriasis, with the aim of highlighting the supportive and corrective role Ayurveda may play in paediatric psoriasis management.

KEY WORDS: Scalp Psoriasis, Childhood, Kitibha Kushta, Shodhana.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0637
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. NAGARATNA S JARTARGHAR (0637)
Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

Ayurvedic Approach to Autoimmune Diseases - Exploring the Role of Panchakarma

Abstract :
Introduction: Autoimmune diseases constitute a diverse group of chronic disorders in which the body's immune system mistakenly attacks its own tissues, leading to inflammation, organ dysfunction, and varied clinical manifestations. From an Ayurvedic perspective, health is maintained through the balanced functioning of Doshas and their inherent Gunas. Disturbance in this equilibrium, along with pathological interactions of Doshas, may be understood as a state analogous to autoimmune processes.
Methodology:Although classical Ayurvedic texts do not explicitly describe autoimmune diseases, a meaningful interpretation can be derived through careful analysis of Nidana (etiological factors), Samprapti (pathogenesis), Lakshana (clinical manifestations), and Adhisthana (site of manifestation).
Results: Panchakarma is considered a key supportive therapeutic regimen in Ayurveda that aims to restore physiological balance through the elimination of vitiated Doshas (Dushta Dosha), detoxification, and systemic rejuvenation. It may contribute to symptom reduction, improved functional capacity, and enhanced quality of life.
Discussion:This review explores the Ayurvedic interpretation of autoimmune diseases and highlights the role of Panchakarma as a holistic supportive approach. Its integration with conventional medical management may offer a comprehensive and patient-centered strategy for improving outcomes in autoimmune disorders. Key words : Autoimmune, panchakarma, chronic diseases, holistic approach

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0639
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. SADANANDA BHAT (0639)
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samana aushadha and panchakarma in autoimmune disoders

Abstract :
Samana Aushadha and Panchakarma - Based clinical approaches in autoimmune Disorders K N Lalita Dr Shashidhar Naik
1. PG Scholor, department of Rasayana and Vajikarna, KLE Shri B M Kankanwadi Ayurveda Mahavidyalaya, Belagavi, Karnataka
2. Dr Shashidhar Naik, Assistant Professor Kayachikitsa - Rasayana and Vajikarna KLE Shri B M Kankanwadi Ayurveda Mahavidyalaya, Belagavi, Karnataka
- BACKGROUND : Autoimmune diseases are set of disorders in which immune system attacks one's own tissue leading to chronic inflammation, tissue damage and systemic dysfunction.
- The pathogenesis of autoimmune disease is complex, involving not only genetic predispostion and a dysregulated immune response but also various interacting components that contribute to the development of diverse clinical phenotypes
- OBJECTIVE : The objective is to review the role of samana and panchakarma in the autoimmune disorders. The factors contributing to the disease, the pathogenesis, samparapati of the disease, ahara and vihara nidana and hetu .
- MATERIALS AND METHODS:A narrative literature review was performed using classical Ayurveda samhitas charaka, Sushrut Bhaisajya Ratnavali along with the research article from databases such as Pubmed, Scopus, Google scholor, and AYUSH sources. Relevant literature related to autoimmune diseases, its pathogenesis and factors contributing to diseases. Ayurvedic approach to the disease and its prevention was reviewed.
- Observation : The reviewed literature highlights the autoimmune disorder caused by various factors such as breakdown of immune tolerance, dysregulated T and B cell and abbreant cytokine signaling. In Ayurveda we can consider the nidana samparapti of the disease caused by vitiation of agni that affects the dhatus which causes ama and becomes the cause of the diseases.
- CONCLUSION: The role of samana and shodhana becomes the important perceptive for treatment of autoimmube disorders. It's also important to note the role of pathya apathya and anupana.
- Keywords :autoimmune disorders, samprapti, samana ,panchakarma.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0641
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DR K N LALITA (0641)
Co- Author/s : Dr shashidhar naik , Assistant professor department of kayachikitsa -rasayana and vajikarna KLE shri BMK Ayurveda mahavidyalaya belagavi
Institution : KLE SHRI B M KANAKANWADI AYURVEDA MAHAVIDYALAYA BELAGAVI

Gut-Immune Axis in Systemic Lupus Erythematosus: Understanding the Potential Role of Niruha Basti through an Ayurvedic Perspective

Abstract :
Systemic Lupus Erythematosus (SLE) is a chronic, multisystem autoimmune disorder characterized by immune dysregulation, persistent inflammation and production of autoantibodies. Increasing evidence suggests that alterations in the gut microbiome and intestinal barrier contribute to immune activation and systemic inflammation in SLE, highlighting the importance of the gut-immune axis as a potential therapeutic target.
Ayurveda approaches systemic disorders through the concepts of Agni, Ama, Dosha imbalance and Srotodushti, with the gastrointestinal tract being closely associated with the maintenance of systemic homeostasis. Basti Karma, particularly Niruha Basti, is traditionally described as an important therapeutic modality for disorders involving systemic Dosha imbalance and Vata predominance. Its multidimensional actions may be explored in the context of gut-immune interactions and chronic inflammatory conditions.
The present review aims to explore the relationship between the gut-immune axis and SLE and to understand the possible therapeutic relevance of Basti Karma from an Ayurvedic perspective. The potential mechanisms are discussed with reference to intestinal microbial balance, gut barrier integrity, immune modulation and regulation of systemic inflammation. Classical Ayurvedic principles are correlated with contemporary concepts to provide an integrative understanding of the possible role of Basti in SLE.
The integrative understanding of the gut-immune axis provides a promising framework for exploring the therapeutic potential of Basti in SLE. Through its classical actions on Dosha, Agni and Ama, Basti may contribute to maintaining intestinal homeostasis and modulating systemic inflammatory responses. Further exploration of Basti through contemporary microbiome and immunological perspectives may help establish its role as a potential supportive therapeutic strategy in the comprehensive management of SLE.

Keywords: Systemic Lupus Erythematosus, Gut-Immune Axis, Niruha Basti, Ayurveda, Microbiome, Immunomodulation.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0651
Reg. Category : P.G and Ph.D Scholar
Author : Dr. YASHWANTH A N (0651)
Institution : SDM College of Ayurveda Udupi

HASHIMOTO'S THYROIDITIS AND ASRIGDARA AN IMMUNO-ENDOCRINE AND AYURVEDIC PERSPECTIVE ON AUB

Abstract :
Dr.Megha Mathad1, Dr. Anusha M2, Dr. Padmasaritha K3 1st year PG Scholar1, Associate Professor2, Department of Prasooti Tantra evam Stree Roga Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru-560074, Karnataka, India. CORRESPONDING AUTHOR: Dr.Megha Mathad, 1st year PG Scholar, Department of Prasooti Tantra evam Stree Roga, Shri Dharmasthala Manjunatheshwara Institute of Ayurveda and Hospital, Bengaluru-560074. Email-meghasmathad@gmail.com Phone no.6363877728 ABSTRACT
BACKGROUND Hashimoto's thyroiditis is an autoimmune disorder involving immune-mediated destruction of thyroid tissue, which may progress to hypothyroidism and influence menstrual function through immuno-endocrine mechanisms. Asrigdara is characterized by excessive, prolonged, or abnormal menstrual bleeding and represents an important clinical manifestation of disturbed Artava physiology.
OBJECTIVE To explore the possible relationship between Hashimoto's thyroiditis and Asrigdara and to develop an integrated immuno-endocrine and Ayurvedic conceptual framework for understanding associated menstrual disturbances.
MATERIALS AND METHODS A conceptual review was undertaken using classical Ayurvedic literature and relevant modern biomedical concepts related to Hashimoto's thyroiditis, hypothyroidism, AUB, menstrual physiology, and the hypothalamic-pituitary-ovarian axis. The possible mechanisms linking thyroid dysfunction with abnormal menstrual bleeding were analysed, including alterations in reproductive hormone metabolism, ovulation, prolactin levels, endometrial response, and haemostatic mechanisms.
CONCLUSION Hashimoto's thyroiditis, particularly when associated with hypothyroidism, may contribute to menstrual disturbances through interconnected immuno-endocrine and haemostatic mechanisms. The Ayurvedic concepts of Agni, Dosha, Rasa-Rakta Dhatu, Apana Vata, and Artavavaha Srotas provide a

complementary framework for understanding Asrigdara in this context. An integrated approach incorporating thyroid evaluation, systematic assessment of AUB, correction of hypothyroidism, Nidana Parivarjana, Agni and Dosha management, Pitta-Rakta Prasadana, and Apana Vata Anulomana may provide a holistic perspective for management.

KEYWORDS: Asrigdara; Hashimoto's Thyroiditis; Hypothyroidism; Abnormal Uterine Bleeding; Autoimmunity; Immuno-endocrine Axis; Artavavaha Srotas; Apana Vata.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0682
Reg. Category : P.G and Ph.D Scholar
Author : Ms. DR. MEGHA MATHAD (0682)
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Integrative Clinical Management of Autoimmune Disorders: A Contemporary Perspective on Samana, Pancakarma and Rasayana in Ayurveda.

Abstract :

Introduction Autoimmune disorders are characterized by an inappropriate immune response against self-tissues, resulting in chronic inflammation and progressive tissue dysfunction. Ayurveda provides a framework for understanding disorders through the concepts of Vyadhikshamatva, Agni, Ama, Dosha, Ojas and Srotas. Impairment of Agni and accumulation of Ama, along with Dosha vitiation and disturbance of Ojas, may contribute to loss of physiological equilibrium and abnormal immune responses. Hence, management is directed towards restoring Agni, eliminating Dosha and Ama, maintaining Srotas integrity and strengthening Vyadhikshamatva.

Methods A conceptual review was undertaken based on classical Ayurvedic principles described in the provided reference material, focusing on Samana Aushadha, Pancakarma, Agni Dipana-Ama Pacana, Rasayana and Satvavajaya in the management of autoimmune disorders. The therapeutic approach was considered according to Dosha, Bala, Prakriti, disease stage and Srotas involvement. Sodhana procedures were reviewed as individualized interventions, while Samana therapy was considered for Dosha pacification and restoration of physiological function.

Results and Discussion The Ayurvedic approach emphasizes Nidana Parivarjana, followed by Agni Dipana and Ama Pachana. Appropriate Pancakarma may facilitate elimination of aggravated Doshas and correction of Srotodushti when indicated according to the patient's Bala and disease condition. Vamana, Virecana and other Sodhana measures are selected according to Dosha predominance and clinical presentation. Samana Aushadha aims to pacify residual Dosha, restore Agni and support tissue function. Rasayana therapy further supports Ojas, Bala and Vyadhikshamatva, while Satvavajaya addresses psychological factors that may influence disease progression. Thus, treatment is individualized rather than directed solely at symptomatic suppression.

Conclusion Samana Aushadha and Pancakarma provide complementary therapeutic strategies within the Ayurvedic management of autoimmune disorders. An individualized sequence of Nidana Parivarjana, Agni Dipana-Ama Pacana, appropriate This integrative Ayurvedic framework offers a potentially useful approach for long-term management of chronic immune dysregulation.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0697
Reg. Category : P.G and Ph.D Scholar
Author : Dr. LAVANYA KUMARI (0697)
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Institution : Government Ayurveda Medical college mysore

Management of Shwitra through Shodhana and Shamana Chikitsa: A Case Report

Abstract :

Introduction: In Ayurveda, skin diseases are broadly classified under Kushta, including Shwitra, which involves vitiation of Tridoshas and Dhatus such as Rasa, Rakta, Mamsa, and Meda. It is clinically comparable to vitiligo, a chronic depigmentary autoimmune disorder characterised by destruction of melanocytes. Considering its chronic and multifactorial nature, this case report evaluated the clinical response to Shodhana followed by Shamana Chikitsa in Shwitra.

Methods: A 26-year-old female presented with whitish patches over the lateral aspects of the right ankle for 1 1/2 years, associated with itching and without a family history. Ayurvedic clinical assessment was performed based on Dosha, Dushya, Srotas, Agni, and Samprapti Ghataka. An individualised treatment protocol consisting of Virechana, Shamana Aushadha, and Lepa was administered.

Results: Following the treatment protocol, reduction in lesion size, repigmentation, and improvement in itching were observed. Changes were documented through serial clinical photographs and lesion measurements, with appreciable improvement in the ankle lesions.

Discussion: Shwitra involves complex Dosha-Dushya interactions requiring systemic and local management.

Shodhana was employed to address Dosha imbalance and Srotodushti, followed by Shamana Aushada and Lepa Chikitsa. As this is a single case report, the findings cannot establish treatment efficacy or explain underlying autoimmune mechanisms.
Conclusion: The case demonstrates clinical improvement following an individualized Shodhana-Shamana approach in Shwitra. Further systematic clinical studies are required to evaluate the role of clinical outcome of the interventions in vitiligo.
Keywords: Shwitra, Autoimmune disorder, Vitiligo, Shodhana, Shamana.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0713
Reg. Category : P.G and Ph.D Scholar
Author : Dr. SHAMARATHNA P (0713)
Co- Author/s : Dr.Sanath Kumar D G
Institution : KVG Ayurveda Medical College

EFFECT OF SODHANA IN CHRONIC PLAQUE PSORIASIS: A CASE REPORT

Abstract :
Background:Chronic plaque psoriasis is a chronic, immune-mediated inflammatory skin disorder characterized by recurrent erythematous, well-demarcated plaques with silvery scaling. Beyond cutaneous manifestations, it is associated with significant psychosocial burden, impaired quality of life, psoriatic arthritis, and systemic comorbidities.Plaque psoriasis, the most common type of psoriasis, accounting for 80%-90% of all psoriasis cases, is characterized by a well-demarcated symmetrical distribution of erythematous plaques with a silvery-white scale, especially on the elbows and knees, having a positive Auspitz sign.
Objective: To explore the plaque psoriasis through Ayurveda perspective, highlighting the importance of repeated sodhana.
Discussion: Present case is a young male of Age 24, presenting with the symptoms for last 3 years. This case can be correlated with Sidhma Kushta, based on the presence of multiple, well-defined, whitish/scaly skin lesions with itching and chronic progression with Vata-Kapha predominance and Rakta involvement, aggravated by mental stress. The Ayurvedic treatment principles of Psoriasis include Vamana for Kapha, Virechana for Pitta-Rakta, and Raktamokshana for Rakta dushti. The patient got admitted for purification therapy twice within a period of 4 months, which completely cured his condition with no recurrence.Assesment was done by PASI, DLQI, BSA. This case highlights the potential role of repeated Shodhana therapy in the effective management and prevention of recurrence in psoriasis.
Conclusion:Following a structured protocol treatment, involving internal and external therapies, a marked clinical improvement was observed, with the PASI score decreasing from 13.4 to 1.0, DLQI from 18 to 0, and PGA from 4 to 1.
Keywords: Chronic plaque psoriasis, Sidhma Kushta, Sodhana, Vamana, Virechana

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0719
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. THULASI T V (0719)
Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

A Multi-Dimensional Treatment Approach for Autoimmunity induced Hypothyroidism Obesity - A Clinical Study

Abstract :
Background: Worldwide, at least 2.8 million people die each year because of being overweight, obese, and in India, with 1.2 billion people is the second most populous country in the world and is currently experiencing rapid epidemiological transition. Undernutrition due to poverty which dominated in the past, is being rapidly replaced by obesity associated with affluence. Udvartana, Yoga and diet therapy are key factors in handling obesity. Average of 1300 obesity cases/ year are screened in KLE Ayurveda Hospital Belagavi Karnataka . Promoting and modifying life style not only prevents complications but also improves quality of life. Hence the study was conducted to evaluate the adjuvant effect of life style modification with Udvartana in obesity.
Methodology: Open Clinical trial between two groups
Source of Data: Clinical Research
Results: Rapid weight loss program without diet restrictions and adequate exercise program are unsustainable. The improvement percentage observed with udvartana is - 20%-30%. The improvement with udvartana, diet modification, yoga and vyayama is -50-60%.
Discussion: Udvartana tones the skin, removes cellulite, loosens the fat molecules and eliminates them from the body. It prevents sagging of skin as it gradually regains its elasticity and adjust to the weight loss. Studies have shown that there was a mean weight reduction of 84.7 to 81.8 which was significant. Udvartana Increased physical activity and exercise 300min/week is associated with significant weight reduction. Yoga results in greater weight loss than that achieved by diet alone.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0744
Reg. Category : P.G and Ph.D Scholar
Author : Dr. VAISHNAVI SHRINEWAR (0744)
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Institution : KAHER'S Shri B.M.K. Ayurveda Mahavidylaya

Efficacy of Shamana sneha in the Management of Psoriasis: A single case study

Abstract :
Background : Psoriasis is a chronic inflammatory, autoimmune skin disorder characterized by patchy lesions over skin. These changes are due to premature maturation of keratinocytes induced by an inflammatory cascade in the dermis involving dendritic cells, macrophages & T cells. Signs and symptoms of Psoriasis resemble with Kitibha Kushta in Ayurveda. It is one of the kshudra kushta characterised by skin manifestation having the symptoms shyava varna (blackish brown discoloration), Kinakhara Sparsha (scaly, rough touch), Parushtwa (Hard) & kandu (itching). In Charaka Samhita chikitsa sthana 7th chapter Kushta chikitsadyaya emphasizes Snehapana as line of treatment after expulsion(shodhana) of vitiated doshas) from the body in Kushta.
Objectives : To assess the efficacy of Snehapana after dosha shodhana in the management of psoriasis
Materials & methods: A male patient aged about 39 years with complaints of diffuse scaly discoloured lesions over scalp, palms, upper and lower limbs associated with itching since 7 years was taken for study. Patient was administered with Deepana aushadha & shodhana, then after samsarjana karma, administered with Shamananga Snehapana with Mahatiktaka ghrita for 7days. This shamanaga snehapana was continued for 2 more sittings with a gap of 7 days in between (vishrama kala). Result: On 60th day there was marked relief from scaly patchy lesions & itching.
Conclusion: Snehana (internal oleation) has capacity to rebuilt damaged dhatu's and hence heals damaged skin cells in psoriasis. Key words: Autoimmune disorder, psoriasis, shamana Sneha.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0746
Reg. Category : Faculties, Researchers & Practitioners
Author : Dr. SUPRIYA S (0746)
Institution : Kundapura Rural Ayurveda Medical College and Hospital

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"Therapeutic Effect of Vamana Followed by Nitya Virechana and Samana Aushadhi in Scalp Psoriasis: An Ayurvedic Case Report"

Abstract :
Therapeutic Effect of Vamana Followed by Nitya Virechana and Shamana Aushadhi in Scalp Psoriasis: A Case Report"
Psoriasis is a chronic, immune-mediated inflammatory skin disorder characterized by abnormal keratinocyte proliferation and dysregulated immune pathways. Globally, psoriasis affects approximately 43 million people, with about 5.1 million new cases reported in 2021; the burden is particularly evident in middle-aged and older adults. Its pathogenesis involves genetic susceptibility and immune dysregulation, particularly activation of the IL-23/Th17 inflammatory axis.
A 61-year-old male presented with complaints of dryness of the scalp, itching, burning sensation, silvery-white scales and occasional discharge for the past 2 years. There was no history of any known comorbid illness. Based on the clinical presentation, the condition was diagnosed as scalp psoriasis. From an Ayurvedic perspective, the presentation was correlated with Kitibha Kushtha, a type of Kshudra Kushtha characterized by features such as rukshata (dryness), kharatva (roughness), and kandu (itching), with involvement of dosha and dushya leading to twak vikara.
The patient was treated with Vamana Karma followed by Nitya Virechana and Shamanaushadhi. Vamana was performed as the primary Sodhana therapy, followed by Nitya Virechana to maintain proper bowel clearance and help in the management of the involved doshas. Shamanaushadhi was administered as supportive therapy.
This case highlights the role of Sodhana followed by Samana therapy in the Ayurvedic management of scalp psoriasis. The treatment approach may be considered in chronic skin disorders presenting with features resembling Kitibha Kushtha
Keywords: Scalp psoriasis, Kitibha Kushtha, Vamana, Nitya Virechana, Shamanaushadhi, Sodhana.

Presentation Type : Oral Paper
Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders
Registration No. : 0759
Reg. Category : P.G and Ph.D Scholar
Author : Dr. V L SINDHU (0759)
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Institution : Taranath Government Ayurvedic Medical College and Hospital

Ayurvedic Management of Plaque Psoriasis in a Child: A Case Report

Abstract :

Ayurvedic Management of Plaque Psoriasis in a Child: A Case Report

Background: Psoriasis is a chronic, immune-mediated inflammatory skin disorder characterised by recurrent, well-demarcated erythematous and scaly plaques. Childhood-onset psoriasis can have a considerable impact on a child's physical and psychosocial well-being. In Ayurveda, the clinical features of psoriasis may be correlated with Ekakushtha, a type of Kushtha. Ayurvedic management involving Shodhana procedures, particularly Virechana, may be considered in the management of such conditions. Case Presentation: A 6-year-old male child presented to the outpatient department of SDM College of Ayurveda, Udupi, with itchy and scaly lesions over the palms and soles, dry patches over the forehead and nape of the neck, nail pitting, and pain over the lesions. Based on clinical features, the condition was diagnosed as plaque psoriasis and correlated with Ekakushtha. Intervention: The treatment protocol was initiated with Deepana-Pachana using 5 g of Hingwashtaka Churna before food for 3 days. This was followed by Shodhananga Snehapana with Mahatikta Ghrita for 6 days, with a maximum dose of 95 mL. Subsequently, Abhyanga with Psora oil and Swedana using Nimbakaranja Patradi Parisheka were administered for 3 days. Virechana was then performed using 25 g of Trivrit Lehya along with 30 mL of Triphala Kashaya. Samsarjana Krama was advised following the Virechanakrama. Outcome: Following completion of the treatment protocol, improvement was observed in the presenting signs and symptoms, including itching, scaling, dryness, pain, and other clinical manifestations.

Conclusion: This single case suggests that an Ayurvedic treatment approach incorporating Bala Panchakarma, particularly Virechana, along with appropriate Deepana-Pachana, Snehapana, Abhyanga, and Swedana, may be beneficial in the management of plaque psoriasis in children. Further systematic studies with larger sample sizes and standardized outcome measures are required to establish its efficacy and safety.

Keywords: Ekakushtha, Plaque Psoriasis, Bala Panchakarma, Virechana, Ayurveda, Pediatric Psoriasis

Presentation Type : Oral Paper

Theme : Shamana Aushadha and Pancakarma-Based Clinical Approaches in Autoimmune Disorders

Registration No. : 0760

Reg. Category : Faculties, Researchers & Practitioners

Author : Dr. PRATHVIRAJ PURANIK (0760)

Institution : SDM COLLEGE OF AYURVEDA AND HOSPITAL KUTHPADY UDUPI

Poster Presentation Abstracts

Ahara, Vihara and Achara - Three Foundations of Immunity

Abstract :

By Sara Misal, Misbah Shaikh, Dnyaneshwari Shelke, Sakshita Bhosle Third Phase BAMS UG Shri. C. B. Guttal Ayurvedic Medical College and Hospital, Dharwad, Karnataka, 580011 misalsara2003@gmail.com Abstract : In Ayurveda, immunity is understood through the concept of Vyadhikshamatva, which is closely associated with Ojas and Bala. The proper maintenance of these factors depends on the normal functioning of Agni, adequate nourishment of Dhatus, and a balanced lifestyle. Ahara, Vihara, and Achara Rasayana are therefore important components in maintaining physical and mental well-being. This abstract aims to explain their role in supporting Vyadhikshamatva through the maintenance of Agni, Dhatu, Ojas, and Bala. A conceptual review was carried out based on the traditional Ayurvedic texts. The role of Ahara, Vihara, and Achara in relation to Vyadhikshamatva was assessed with reference to Hita Bhojana, Dinacharya, Ritucharya, Vyayama, Nidra, Saucha, Vegadharana, Sadvritta, and Achara Rasayana. The review indicates that a wholesome diet, when taken according to individual requirements and seasonal variations, supports proper Agni and Dhatu Poshana and helps prevent the formation of Ama. This contributes to the proper development of Ojas and Bala and thereby supports resistance to disease. On the other hand, irregular and unsuitable dietary practices may disturb Agni and favour Ama formation. Proper Vihara, particularly adequate sleep and regular physical activity, helps maintain physiological balance and supports physical and mental stability. Achara Rasayana, through practices such as truthfulness, patience, emotional control, non-violence, and appropriate conduct, contributes to psychological well-being and preservation of Ojas. Vyadhikshamatva can be understood as the result of a balanced and integrated way of living rather than as an isolated bodily function. Regular practice of suitable Ahara, disciplined Vihara, and appropriate Achara supports Agni, Dhatus, Ojas, and Bala, thereby contributing to overall health and disease resistance.

Keywords: Vyadhikshamatva, Ojas, Ahara, Vihara, Achara Rasayana

Presentation Type : Poster

Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara

Registration No. : 0463

Reg. Category : Undergraduate Student

Author : Ms. SARA MISAL (0463)

Co- Author/s : Misbah Shaikh, Dnyaneshwari Shelke, Sakshita Bhosle

Institution : Shri C B Guttal Ayurvedic medical College and Hospital dharwad

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Impact of ahar vihar and achara on immunity

Abstract :

Impact of ahara, vihar and achara on immunity. Pragati rai, 1st phase BAMS student, Taranath govt Ayurvedic medical College, Ballari, Karnataka- 583101 affiliated by RGUHS, Bangalore, Karnataka drpragatirai365@gmail.com, mob:9473284422 Dr Nandini Hiremath, Assistant professor, kriya sharira Dept, Taranath govt Ayurvedic medical Colleges, Ballari, Karnataka 583101 drnandini.hiremath@gmail.com, mob:9986914728

Background and objectives: Immunity is the body's ability to resist and overcome diseases. Ayurveda emphasizes the importance of ahara (diet), Vihara (lifestyle), and Achara (conduct) in maintaining health and strengthening Vyadhikshamatva. Proper nutrition, healthy daily activities, adequate rest, and balanced mental and social conduct support Agni, Ojas, and overall resistance to disease. This paper aims to explore the impact of Ahara, Vihara and Achara on immunity from an Ayurvedic perspectives.

Materials and Methods: A conceptual review was conducted using classical Ayurvedic texts and relevant contemporary literature. Ayurvedic principles related to wholesome diet, Dinacharya, Ritucharya, exercise, sleep, mental wellbeing and ethical conduct were reviewed and correlated with modern concepts of immune function and disease prevention.

Observations: A balanced and wholesome Ahara supports proper digestion, metabolism and nourishment of body tissues, thereby promoting Ojas. Appropriate Vihara, including regular exercise, adequate sleep, seasonal adaptation and proper daily routine, helps maintain physiological balance and immune competence. Achara, including positive behaviour, mental discipline, compassion and stress management, contributes to psychological wellbeing and may support healthy immune responses. Thus, these three factors collectively influence resistance to disease.

Conclusion: Ahara, Vihara and Achara are essential determinants of health and immunity in Ayurveda. Their balanced practice provides a holistic and preventive approach to strengthening Vyadhikshamatva and maintaining overall wellbeing.

Keywords: Ahara, Vihara, Achara, Immunity, Vyadhikshamatva, Ojas, Ayurveda

Presentation Type : Poster
Theme : Ayurvedic Determinants of Immunity: Role of Ahara, Vihara and Acara
Registration No. : 0668
Reg. Category : Undergraduate Student
Author : Ms. PRAGATI RAI (0668)
Co- Author/s : Dr Nandini Hiremath, Assistant professor, kriya sharira Dept, Taranath govt Ayurvedic medical Colleges, Ballari, Karnataka 583101
Institution : Taranath government ayurvedic medical College and Hospital ballari

Ayurvedic foundation of immunity: Anatomical and physiological perspectives of dhatu sara, ojas, bala and vyadiksamatva

Abstract :
Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva Priya, 1st phase BAMS student, Taranth Govt Ayurvedic Medical College, Ballari, Karnataka -583101, Affiliated by RGUHS, Banglore, Karnataka. priyabarigida@gmail.com . mob : 7676392829 Dr. Nandini Hiremath, Assistant professor, Kriya sharira dept, Taranth Govt Ayurvedic Medical College, Ballari, Karnataka -583101. drnandini.hiremath@gmail.com , mob: 9986914728
Background and Objectives: Ayurveda explains body's resistance to disease through concept of Vyadhikshamatva, which is influenced by qualitative and functional status of Dhatus, Ojas and Bala. Dhatu Sara represents excellence and optimal functioning of individual tissues, while Ojas is regarded as an important sustaining essence associated with vitality and resistance. Bala denotes strength and functional capacity of body. This paper aims to explore the anatomical and physiological foundations of immunity through classical Ayurvedic concepts and establish their relevance to contemporary understanding of host defence.
Materials and Methods: A conceptual review was conducted using classical Ayurvedic literature, including Charaka Samhita, Susruta Samhita and Ashtanga Hridaya, along with relevant contemporary literature on immunity and physiology. Descriptions of Dhatu Sara, Ojas, Bala and Vyadhikshamatva were critically reviewed and correlated with anatomical integrity, physiological functions, nutrition, and disease resistance.
Observations/Results: Agni and adequate nourishment contribute to formation and maintenance of healthy Dhatus and their Sarata. Optimal Dhatu status supports Ojas and Bala, which contribute to Vyadhikshamatva. The Ayurvedic framework presents immunity as a multidimensional phenomenon involving tissue quality, nourishment, strength and resistance to disease.
Conclusion: The Ayurvedic concepts of Dhatu Sara, Ojas, Bala and Vyadhikshamatva provide an integrated framework for understanding health and disease resistance. Their conceptual correlation with modern anatomical and physiological principles may contribute to broader understanding of immunity and support future research in integrative healthcare and preventive medicine.
Keywords: Dhatu Sara, Ojas, Bala, Vyadhikshamatva, Immunity, Ayurveda, Integrative Medicine

Presentation Type : Poster
Theme : Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhatu Sara, Ojas, Bala and Vyadhikshamatva
Registration No. : 0664
Reg. Category : Undergraduate Student
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Institution : Taranath government ayurvedic medical College and Hospital ballari

When Inflammation Meets Motherhood: The Psoriatic Journey Through Pregnancy

Abstract :
Background & Objectives Psoriasis is a chronic immune-mediated inflammatory disease with a global prevalence varying approximately from 0.14% to 1.99% across regions, while incidence in adults varies widely from about 30 to 321 per 100,000 person-years. Pregnancy can alter the course of psoriasis and presents therapeutic challenges due to concerns regarding maternal disease activity, fetal safety, and limitations of certain treatments. This review explores psoriasis during pregnancy, its epidemiology, pregnancy outcomes, risk to offspring, and the potential Ayurvedic perspective.
Materials & Methods Relevant literature from contemporary dermatology, obstetric, and epidemiological publications, along with classical Ayurvedic texts, was reviewed. Information regarding disease course, maternal and neonatal outcomes, genetic susceptibility, and Ayurvedic concepts related to skin disorders was analysed.
Observations/Results Psoriasis may improve, worsen, or remain unchanged during pregnancy, with postpartum flares being relatively common. Evidence suggests increased risks of outcomes such as pre-eclampsia, gestational hypertension, gestational diabetes, caesarean delivery, and preterm birth, particularly in severe disease, although findings regarding neonatal outcomes remain variable. Psoriasis is not directly transmitted to the fetus and is not contagious; however, genetic susceptibility can be inherited. The estimated lifetime risk may increase to approximately 14-28% when one parent and 40-65% when both parents are affected. Ayurveda may broadly correlate psoriasis with Kushta

and emphasizes individualized management through appropriate Ahara, Vihara, and carefully selected therapies.
Conclusion Psoriasis during pregnancy requires individualized care balancing disease control and maternal-fetal safety. An integrative Ayurvedic perspective may offer supportive approaches, warranting further scientific evaluation.
Keywords: Psoriasis, Pregnancy, Pregnancy Outcomes, Ayurveda, Kushta

Presentation Type : Poster
Theme : Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders
Registration No. : 0360
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DR DEEKSHA MARUTI PATGAR (0360)
Co- Author/s : DR MAMATHA K.V.
Institution : SDM College Of Ayurveda And Hospital

Rheumatoid Arthritis and Female Infertility: Exploring the Gut-Vaginal Microbiome Axis and Its Possible Correlation with Garbha-sambhava samagri Dushti

Abstract :
Background Rheumatoid arthritis (RA) is a chronic systemic autoimmune inflammatory disorder that predominantly affects women and may influence reproductive health. RA affects approximately 0.5-1% of adults worldwide, while infertility affects nearly 1 in 6 individuals of reproductive age globally. Chronic inflammation, immune dysregulation, hormonal alterations and disease-related factors may contribute to reproductive difficulties in women with RA. Emerging evidence suggests that the gut microbiome influences immune regulation and systemic inflammation. Alterations in gut microbial composition may affect the vaginal microbiome through the gut-vaginal microbiome axis, potentially influencing vaginal pH, mucosal immunity and the reproductive tract environment. From an Ayurvedic perspective, conception depends upon the proper functioning of Ritu, Kshetra, Ambu and Bija (Garbha-sambhava samagri), and their impairment may contribute to Vandhyatva.
Objective To review scientific literature and classical Ayurvedic texts on the possible association between RA, female infertility, and the gut-vaginal microbiome axis, and explore its conceptual correlation with Garbha-sambhava samagri Dushti.
Materials and Methods A narrative literature review was conducted using published scientific literature and classical Ayurvedic texts. Relevant evidence on rheumatoid arthritis, infertility, inflammation, microbiota, and reproductive health was critically synthesized.
Observation RA-associated inflammation and immune dysregulation may alter gut microbiota and intestinal barrier function, potentially affecting the vaginal microbiome and reproductive health. Menstrual and ovulatory disturbances may correlate with Ritu Dushti, reproductive tract alterations with Kshetra and Ambu Dushti, and impaired gamete quality with Bija Dushti.
Conclusion The gut-vaginal microbiome axis may represent a potential link between systemic autoimmune inflammation and female reproductive dysfunction. Its correlation with Garbha-sambhava samagri Dushti may provides an integrative conceptual framework, requiring further clinical and microbiome-based validation. Key words- Rheumatoid Arthritis, Female Infertility, Gut Microbiome, Microbiome, Garbha-sambhava Samagri Dushti.

Presentation Type : Poster
Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala
Registration No. : 0362
Reg. Category : P.G and Ph.D Scholar
Author : Dr. MAHIMA SHARMA (0362)
Co- Author/s : Dr.Mamatha kv
Institution : SDM College of ayurveda hospital and research centre kuthpady udupi

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Conceptual integration of immunology with ayurvedic parameters:prakrti, Agni, Satmya, Sattva and Kala

Abstract :
Background and Objectives:
Immunity is a vital defence mechanism that protects the body against diseases. Modern immunology explains immunity through innate and adaptive mechanisms, whereas Ayurveda describes it through the concept of Vyadhikhsamatva. Ayurvedic principles such as Prakriti, Agni, Satmya, Sattva, and Kala plays a significant role in determining an individual's resistance to disease. This paper aims to conceptually integrate these Ayurvedic parameters with contemporary immunological understanding to establish a holistic framework of immunity
Materials and Methods:
A conceptual review was carried out using classical Ayurvedic texts and modern immunological literature. Relevant descriptions of Vyadhiksamatva and associated physiological parameters were critically analyzed and correlated with current concepts of immune function, adaptation, metabolism, and psychoneuroimmunology.
Observations/Results:
Prakriti was found to correspond with genetic predisposition and immune phenotype, influencing susceptibility and resilience. Agni showed parallels with metabolic efficiency, gut health, and nutrient

assimilation, which are essential for immune competence. Satmya reflected adaptive tolerance and environmental acclimatization. Sattva demonstrated a strong relationship with mental resilience and neuroimmune regulation. Kala was correlated with seasonal variation, circadian rhythm, and age-related immune changes. These parameters collectively provide a personalized model of immune assessment.

Conclusion:

The integration of Ayurvedic parameters with modern immunology highlights a multidimensional understanding of immunity. This conceptual framework supports individualized healthcare, preventive strategies, and future interdisciplinary research in integrative medicine.

Keywords:

Vyadhiksamatva, Prakrti, Agni, Immunology, Integrative Medicine

Presentation Type : Poster

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0666

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Bridging Ayurveda and Modern Immunology: A Conceptual Integration of Prakriti, Agni, Satmya, Satva and Kala through Neuro-immuno-endocrinology

Abstract :

Background and Objective Modern immunology recognizes immune homeostasis as a dynamic process influenced by metabolic, neuroendocrine, psychological and environmental factors. Ayurveda provides a holistic framework for understanding individual variation & maintenance of health through concepts such as Prakriti, Agni, Satmya, Satva and Kala. This conceptual review aims to explore the potential relationships between these Ayurvedic parameters and contemporary mechanisms of neuroimmunoendocrine regulation.

Materials and Methods A conceptual narrative review was conducted using classical Ayurvedic literature, including Ashtanga Hridaya, Charaka and Sushruta Samhita , along with contemporary literature on immunology, psychoneuroimmunology, neuroendocrinology, immunometabolism and circadian biology. The Ayurvedic concepts were systematically mapped to relevant physiological domains without assuming direct equivalence.

Observations: Prakriti represents constitutional individuality and may provide a framework for investigating inter-individual variation in immune & metabolic responses. Agni, through its association with digestion and metabolism, can be examined alongside emerging concepts of immunometabolism. Satmya emphasizes adaptation and tolerance to dietary, behavioural and environmental exposures. Satva encompasses psychological attributes that may be explored in relation to stress-mediated neuroendocrine & immune regulation. Kala highlights temporal and seasonal influences, offering a conceptual interface with circadian and seasonal immunobiology. Their interaction may be viewed within the bidirectional communication among the nervous, endocrine & immune systems.

Conclusion Integration of these Ayurvedic constructs with neuroimmunoendocrinology offers a hypothesis-generating framework for studying immune homeostasis and individualized health. Future interdisciplinary studies incorporating standardized Ayurvedic assessments with objective immunological, endocrine, metabolic and neurophysiological biomarkers may help establish measurable correlations.

Keywords Ayurveda; Prakriti; Agni; Satmya; Satva; Kala; Immunology; Neuroimmunoendocrinology.

Presentation Type : Poster

Theme : Conceptual Integration of Immunology with Ayurvedic Parameters: Prakriti, Agni, Satmya, Sattva and Kala

Registration No. : 0672

Reg. Category : Undergraduate Student

Author : Mr. DHANESH (0672)

Co- Author/s : Dr Nandini Hiremath

Institution : Taranath Government Ayurvedic Medical College Ballari

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Vajikarana Tantra: Beyond Aphrodisiacs - the gateway to epigenetics and immunology

Abstract :

Vajikarana Tantra is one among the eight branches of Ayurveda and is often understood as the science of male reproduction, aphrodisiacs, or sexual medicine. However, its scope lies beyond these subjects. A short search of literature was conducted, exploring classical Ayurvedic text Caraka Samhita with the Chakrapanidatta commentary. A literary search into the Emery's Elements of Medical Genetics was also undertaken to study about Lyonization and epigenetics. The search engine Google Scholar was accessed to find the mechanisms of cancer and autoimmune disease causation and epigenetics, modern lifestyle and its role in gene expression. The results show a significant relation between environmental factors that play an extremely important

role in creating a favorable epigenetic environment. The reference of Vajikarana gives the exact description of how these factors must be prior to conception. Thus, proper practice of Vajikarana can alter the epigenetic environment and prevent cancer and autoimmune diseases that are on the rise today.

Presentation Type : Poster
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0480
Reg. Category : Undergraduate Student
Author : Mr. SAI SREEVATSA MOHAN K (0480)
Co- Author/s : Prathamesh Satish Kamath
Institution : SDM COLLEGE OF AYURVEDA UDUPI

Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives

Abstract :
Background and Objectives Autoimmune disorders stem from complex interactions between genetic predisposition (Beeja-Dosha), unwholesome environmental or lifestyle triggers (Apathya-Sevana), and impaired immune tolerance (Ojo-Visramsa). Epigenetic mechanisms mirror tissue metabolism (Dhatvagni-Parinama), regulating cellular expression without altering the underlying core genetic code (Beeja-Anu). Fine cellular processes - such as DNA methylation and non-coding RNAs - parallel subtle metabolic channels (Sukshma Srotamsi) that govern immune vitality (Vyadhikshamatva) and systemic inflammation (Pitta-Rakta Dushti). This paper explores the interplay between tissue metabolism (Dhatvagni), immunity (Ojas), and autoimmune pathogenesis (Vyadhikshamatva-Kshaya) from an integrative perspective.
Materials and Methods A conceptual review of contemporary literature on genetics (Beeja-Anu), immunity (Ojas), and autoimmunity (Ojo-Dushti) was conducted. Evidence regarding cellular modification (Dhatvagni-Kriya), immune regulation (Vyadhikshamatva), and environmental triggers (Nidana-Sevana) was correlated to evaluate their combined role in autoimmune pathogenesis (Ama-Visha Upaddhava).
Observations/Results Subtle metabolic alterations (Dhatvagni-Mandya) directly alter factors governing tissue tolerance (Ojas) and systemic inflammation (Pitta-Rakta Prakopa). Immune-cell dysregulation mirrors the accumulation of metabolic toxins (Ama) and loss of immune stability (Ojo-Visramsa), leading to compromised self-tolerance (Satmya). Unwholesome diet (Apathya Ahara), psychological stress (Manasika Doshas), infections (Krimi), and environmental toxins (Garavisha) modify these cellular metabolic patterns, increasing disease susceptibility (Vyadhi-Bhagitva). Epigenetics provides a crucial link connecting genetic predisposition (Beeja-Dosha), external triggers (Nidana), and immune dysfunction (Ojo-Dushti).
Conclusion An integrated understanding of tissue-level metabolism (Dhatvagni), vital immunity (Ojas), and cellular regulation offers valuable insights into autoimmune pathogenesis (Ama-Visha). This perspective enhances disease prevention (Swastha-Vritta), personalized care (Prakriti-based Chikitsa), and future interdisciplinary research.
Keywords: Dhatvagni, Ojas, Vyadhikshamatva, Beeja-Dosha, Ama-Visha, Apathya, Integrative Medicine

Presentation Type : Poster
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0667
Reg. Category : Undergraduate Student
Author : Ms. AISHWARYA M (0667)
Co- Author/s : Dr. Nandini Hiremath
Institution : Taranatha government ayurvedic medical college and Hospital ballari

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Garbha Sambhava Samagri, Epigenetics and Immunity: An Integrative Perspective on Reproductive Dysfunction

Abstract :
Keywords: Garbha Sambhava Samagri; Epigenetics; Reproductive Immunology; Autoimmunity; Preconception Care
Background and Objectives: Ayurveda views conception as the outcome of a coordinated interaction among Ritu, Kshetra, Ambu and Bija. Sushruta Samhita explains this process through the analogy of seed germination, highlighting the need for favourable reproductive conditions. Charaka Samhita additionally describes Matrija, Pitrija, Atmaja, Satmyaja, Rasaja and Sattvaja factors involved in Garbha formation. Contemporary reproductive biology recognizes epigenetic regulation and maternal-fetal immune adaptation as important influences on gamete quality, implantation and early embryonic development. This review examines these concepts in relation to autoimmune reproductive dysfunction.
Materials and Methods: A conceptual narrative review was conducted by examining classical Ayurvedic literature, with emphasis on Charaka Samhita and Sushruta Samhita, alongside contemporary research on reproductive epigenetics, maternal-fetal immune regulation and autoimmunity. Ayurvedic principles were considered as interpretative frameworks and were not equated directly with specific molecular mechanisms.
Observations and Results: The Ayurvedic concept of Garbha Sambhava Samagri places Bija and Kshetra at the centre of reproductive potential, with Ritu and Ambu contributing to appropriate conceptional conditions. Agni, Dosha, Ojas, Sattva and Satmya offer additional

perspectives on metabolic balance, nourishment, adaptation and physiological resilience. Modern evidence indicates that epigenetic processes participate in gametogenesis, implantation and placental development, while regulated maternal-fetal immune interactions support reproductive success. Disturbances in these pathways may contribute to implantation failure and recurrent pregnancy loss.

Conclusion: A dialogue between Garbha Sambhava Samagri and contemporary epigenetic and reproductive immunological concepts offers a broader framework for understanding reproductive dysfunction and supports the relevance of individualized Ayurvedic preconception care.

Presentation Type : Poster
Theme : Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives
Registration No. : 0735
Reg. Category : P.G and Ph.D Scholar
Author : Dr. DEEPA (0735)
Co- Author/s : Dr Anusha M
Institution : SDM Institute of Ayurveda and Hospital Bengaluru

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Lifestyle Factors in the Risk and Prevention of Amavata (Rheumatoid Arthritis)

Abstract :

Title: Lifestyle Factors in the Risk and Prevention of Amavata (Rheumatoid Arthritis)

Background & Objectives: Rising digestive and metabolic disorders, together with a disease-centred approach to care, have highlighted lifestyle as a key determinant of autoimmune disease. Amavata, which can be correlated with rheumatoid arthritis (RA), is common yet often overlooked, and its resemblance to sandhivata makes careful differentiation essential. This review examines lifestyle factors in the risk and prevention of Amavata, focusing on sedentary lifestyle as a common nidana.

Materials & Methods: A methodical collection of data from classical texts of Ayurveda including Madhava Nidana and Caraka Samhita, were studied for nidana, samprapti, and preventive principles. as well as related clinical research articles

Observations/Results: Mandagni, viruddha ahara, exercise after heavy unctuous meals, irregular routines, and sedentary habits emerged as key nidanas, with sedentary lifestyle common to many other disorders as well. Contemporary literature indicates that physical inactivity may promote systemic inflammation and alter protein-related immune processes, and in genetically susceptible individuals may act at the gene level. Smoking, obesity, poor diet quality, sleep disturbance, and chronic stress are additional modifiable risk factors. Inactivity is also linked to mental state and procrastination. Preventive measures include regular dinacarya, an agni-supporting diet, and daily physical activity or yoga. Following these measures will strengthen our immune system (vyadhikshamatvam) preventing autoimmune diseases

Conclusion: Sedentary lifestyle is a modifiable nidana of Amavata, and regular movement is to be done for prevention. A shift from a reductionist, treatment-oriented approach towards prevention is needed, as global interest in preventive care is growing. However, much of the evidence is observational or textual, so clinical studies are needed for validation.

Keywords: Amavata; Sedentary lifestyle; Rheumatoid arthritis; Nidana; Prevention; vyadhikshamatvam

Presentation Type : Poster
Theme : Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives
Registration No. : 0125
Reg. Category : Undergraduate Student
Author : Mr. AKSHAT PRAJAPATI (0125)
Institution : SDM COLLEGE OF AYURVEDA UDUPI

॥ Om Śrī Mañjunāthāya Namaḥ ॥ ॥ Om Śrī Dhanvantaraye Namaḥ ॥

आ नो भद्राः क्रतवो यन्तु विश्वतः - "Let noble thoughts come to us from all directions"

SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE OF AYURVEDA, HOSPITAL & RESEARCH CENTRE, UDUPI

THE ORGANISING COMMITTEE
requests the pleasure of your esteemed presence at

6th International Conference

KSHAMATVAM 2026

29TH SEPTEMBER – 1ST OCTOBER 2026

THEME: Translational Ayurveda in Autoimmune Disorders : Bridging Classical Wisdom with Global Healthcare

INAUGURAL CEREMONY

30TH SEPTEMBER 2026 | 10:00 AM

Bhavaprakasha Auditorium
Sri Dharmasthala Manjunatheshwara College of Ayurveda, Udupi

Presided over by

Padma Vibhushan Dr. D. Veerendra Heggade Ji
Dharmadhikari, Sri Kshetra Dharmasthala
Hon'ble Chancellor, Sri Dharmasthala Manjunatheshwara University, Dharwad
President, Sri Dharmasthala Manjunatheshwara Educational Society, Ujire

Inaugurated by

Hon'ble Shri U. T. Khader
Minister for Health & Family Welfare, Government of Karnataka

Guests of Honour

Dr. Sunil Panwar, IFS
Commissioner, Department of AYUSH,
Government of Karnataka

Dr. Kousthubha Upadhyaya
Advisor (Ayurveda), Ministry of AYUSH, Government of India

Prof. (Dr.) Manisha Upendra Kothekar
Chairperson, National Commission for
Indian System of Medicine

VALEDICTORY CEREMONY

1ST OCTOBER 2026 | 04:00 PM

Venue

Bhavaprakasha Auditorium
Sri Dharmasthala Manjunatheshwara College of Ayurveda, Udupi

Presided over by

Shri. D. Harshendra Kumar
Secretary, Sri Dharmasthala Manjunatheshwara Educational Society (R), Ujire

Guests of Honour

Dr. Vandana Siroha
Director, Rashtriya Ayurveda Vidyapeeth, Ministry of AYUSH, New Delhi

Prof. (Vd.) Pradeep Kumar Prajapati
Director, All India Institute of Ayurveda,
New Delhi

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Rajiv Gandhi University of Health Sciences, Bengaluru

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SDM Educational Society (R), Ujire

Dr. Mamatha K. V
Principal & Chief Organising Secretary
SDM College of Ayurveda, Hospital & Research Centre, Udupi

PRE-CONFERENCE WORKSHOP INAUGURATION

29TH SEPTEMBER 2026 | 09:00 AM

Venue

Classroom 1
Sri Dharmasthala Manjunatheshwara College of Ayurveda, Udupi

Presided over by

Dr. Sanjaya K. S
Dean of AYUSH, Rajiv Gandhi University of Health Sciences, Bengaluru
Principal, Kundapura Rural Ayurveda Medical College & Hospital

THE ORGANISING COMMITTEE, FACULTY & STUDENTS

cordially invite you to grace the ceremonies
with your esteemed presence and blessings.

भद्रं भद्राभिलाषिणाम्
"May wellness be upon those who desire the well-being of all."

About the Host Institution

Sri Dharmasthala Manjunatheshwara (SDM) College of Ayurveda, Hospital & Research Centre, Udupi, **Established in 1958** and nurtured under the visionary leadership of Padma Vibhushana Dr. D. Veerendra Heggadeji, is one of India's leading institutions dedicated to Ayurveda education, healthcare, research, and innovation. It is affiliated with RGUHS, Bengaluru and recognized by NCISM. The institution has been accredited with **'A' Grade** by the Quality Council of India (QCI) and secured **2nd and 5th ranks** nationally in consecutive assessment cycles.

Spread across a **30-acre campus,** the institution comprises a **310-bedded** teaching hospital, SDM Ayurveda Pharmacy and the SDM Centre for Research in Ayurveda and Allied Sciences (Centre of Excellence). The campus features **14 specialty departments,** a central library with over **30,000 books,** modern digital learning facilities, a manuscript museum, simulation and skill laboratories, 800 Capacity Bhavaprakasha Auditorium and a **7.5-acre herbal garden** housing more than **5,000 medicinal plants** representing over **1,000 species,** including more than **100 endangered species**.

Supported by funding from the **Ministry of AYUSH, CCRAS, DST, RGUHS, IKS,** and **VGST,** the institution actively promotes high-quality research and global academic collaborations. As the proud host of KSHAMATVAM 2026, SDM College of Ayurveda, warmly welcomes delegates from around the world to foster scientific dialogue and advance Translational Ayurveda for global healthcare.

About KSHAMATVAM 2026

KSHAMATVAM 2026 – 6th International Conference on Translational Ayurveda in Autoimmune Disorders, organized by Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hospital & Research Centre, Udupi, will be held from **29th September to 1st October 2026** under the theme **"Translational Ayurveda in Autoimmune Disorders: Bridging Classical Wisdom with Global Healthcare."**

Autoimmune disorders are emerging as one of the most challenging chronic diseases worldwide, demanding safe, holistic and evidence - based therapeutic approaches. KSHAMATVAM 2026 aims to explore the potential of Translational Ayurveda by integrating the classical concepts of Vyādhikṣamatva, Ojas, Agni, Rasāyana and personalized healthcare with contemporary advances in immunology, biomedical sciences and clinical research.

The conference will feature keynote lectures, invited scientific sessions, panel discussions, paper and poster presentations and hands-on pre-conference workshops by renowned national and international experts. An Ayurveda Expo with scientific and industrial exhibition stalls will showcase innovations in Ayurvedic pharmaceuticals, diagnostics, research, healthcare technologies, publications and wellness services, fostering academia – industry collaboration.
Expected to attract more than **2,000 delegates**, the conference will promote interdisciplinary research, international collaboration, evidence generation and the translation of classical Ayurvedic wisdom into globally relevant solutions for the prevention and management of autoimmune disorders.

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Professor,
Dept. of P.G Studies in Roganidana

Dr. Arhanth Kumar A
Associate Professor,
Dept. of P.G Studies in Samhita,
Siddhanta & Sanskrit

Speakers and Topics:

30/09/2026- Wednesday

Dr. Srinivasa Hejmadi Acharya
Professor Emeritus,
All India Institute of Ayurveda (AIIA)
New Delhi, India

Keynote Speaker

1st Scientific Session

Dr. Vishweshwaraiah Prakash

"Padma Shri", Bhatnagar and Rajyotsava Awardee,
Former Director of CFTRI and
Distinguished Scientist of CSIR-India, Mysore, India

Topic : The Science of Traditional Foods (Ahaara Vijnana) and Personalised Nutrition in Understanding Autoimmune Disorder Management

2nd Scientific Session

Dr. Bhushan Patwardhan

Distinguished Scientist & Former Vice Chairman,
UGC Pune, Maharashtra, India

Topic : "Bridging Contemporary Immunology and Ayurveda through Integrative Research."

3rd Scientific Session

Dr. Jorge Luis Berra

Physician & Director,
Fundacion de Salud Ayurveda Prema Argentina

Topic : The Microbiome as One Dimension of Agni: A Translational Model for Intestinal Permeability and Autoimmune Pathogenesis

4th Scientific Session

Dr. Rammanohar Puthiyedath

Director, Amrita Centre for Advanced Research in Ayurveda, Amrita School of Ayurveda, Clappana PO, Vallikkavu, Kollam, Kerala, India

Topic : Translational Research in Immunology and Ayurveda

5th Scientific Session

Dr. Prasanna N Mogasale

Professor,
Dept. of P.G Studies in Roganidana

Topic : Ayurvedic Insights into the Pathogenesis of Immune Dysregulation and Autoimmunity w.s.r to Rheumatology

Speakers and Topics:

01/10/2026- Thursday

6th Scientific Session

Dr. Shashikiran Umakanth MBBS, MD, FRCP Edin

Senior Consultant Physician and Medical Superintendent at Dr. TMA Pai Hospital Udupi, MAHE, Manipal Academy of Higher Education

Topic : When Tolerance Fails: Recent Advances in Diagnosing Autoimmune Disease, with a Live Decision Support Demonstration

7th Session (ONLINE)

Dr. Christian Kessler, MA, MSc

Department of Integrative Health Care and Prevention, University of Augsburg & University Hospital, Augsburg, Germany

Topic : Ayurveda and Autoimmunity: A European Academic Perspective

8th Session

Dr. Yogesh Bendale

Senior Ayurvedic Physician and Researcher
Pune, Maharashtra, India

Topic : "Autoimmune Disorders through the Lens of Rasashastra: Evidence-Based Innovative Rasayanas"

9th Session

Dr. Kishore Kumar

Senior Consultant
National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, India

Topic : Integrative approaches in Neuroimmunological disorders: Perspectives from a tertiary Neuropsychiatry centre.

10th Scientific session (ONLINE)

Dr. Antonio Morandi

Scientific Director of the ICAM 2016,
Chairman & Director, Ayurvedic Point, Milan, Italy.
President, Italian Scientific Society for Ayurvedic Medicine.

Topic : Beyond Integration: A Collaborative Medicine and Science Approach to Autoimmune Disorders Through Ayurveda and Modern Medicine

11th Session

Dr. Anita Karilio Arkas

President of ARIA, Ayurveda Russia – India Association.

Topic : Scope of Ayurveda in the management of Crohn's disease

12th Session

Dr. Prashanth A S

Principal,
Ayurveda Mahavidyalaya Hubballi, Karnataka

Topic : Evidence - Based Evaluation of Ayurvedic Shodhana Therapies in Autoimmunity

Pre-Conference workshop

GROUP - A

COURSE - 1

RESEARCH MODELS IN AUTOIMMUNE DISORDERS

Speaker :

Dr. Ravishankar

Distinguished Professor,
All India Institute of Ayurveda,
New Delhi, India

COURSE - 2

DRUG SURVEY

Speaker :

Dr. Ajayan Sadanandan

President, Centre for Indian Medical Heritage (CIMH), a research wing under the Arya Vaidya Pharmacy (AVP) Coimbatore, Tamil Nadu, India

GROUP - B

COURSE - 1

MARMA CHIKITSA IN AUTOIMMUNE DISORDERS

Speaker :

Dr. N.V. Sreevaths

Chief Consultant Physician:
At Svasthyakshetram Ayurvedic Health Care Centre in Nallepilly, Palakkad, Kerala, India

COURSE - 2

OPD BASED PANCHAKARMA PROCEDURES

Speaker :

Dr. Niranjan Rao

Vice Principal [Clinical], Professor and Head, Dept. of P.G.Studies in Panchakarma, Sri Dharmasthala Manjunatheshwara college of Ayurveda, Hospital and Research centre, Udupi, Karnataka, India

ONLY CONFERENCE REGISTERED PARTICIPANTS CAN PARTICIPATE IN PRE - CONFERENCE WORKSHOP. DELEGATES CAN CHOOSE ANY ONE GROUP DURING REGISTRATION

Paper Presentation Themes:

Abstracts should align with the conference theme. Sub-themes include:

1. Conceptual Integration of Immunology with Ayurvedic Parameters: Prakṛti, Agni, Sātmya, Sattva and Kāla
2. Ayurvedic Foundations of Immunity: Anatomical and Physiological Perspectives on Dhātu Sāra, Ojas, Bala and Vyādhikṣamatva.
3. Immunomodulatory Potential of Medicinal Plants in Autoimmune Disorders.
4. Herbo-Mineral Formulations as Immunomodulators in Autoimmune Disorders.
5. Ayurvedic Diagnostic Perspectives in Autoimmune Disorders.
6. Assessment of Rogi Bala in the Context of Vyādhikṣamatva in Autoimmune Disorders.
7. Conceptual Integration of Asātmya and Viruddha Āhara in the Pathogenesis of Autoimmune Disorders.
8. Epigenetics, Immunology and Autoimmunity: Exploring Integrative Perspectives.
9. Ayurvedic Determinants of Immunity: Role of Āhāra, Vihāra and Ācāra.
10. Impact of Lifestyle and Environmental Toxins on manifestation of Autoimmune Disorders: Preventive Perspectives.
11. Integration of the Concept of Viṣa (Gara and Dūṣī) in the Pathogenesis of Autoimmune Disorders.
12. Śamana Auṣadha and Pañcakarma-Based Clinical Approaches in Autoimmune Disorders
13. Clinical Spectrum and Specialty-Specific Management of Autoimmune Disorders

Abstract Format :

Prepare your abstract strictly as per the format below :

- Title: Concise, maximum 20 words; use Title Case.
- Word Limit: 250 words, excluding title, author details, and keywords.
- Structure: Background & Objectives, Materials & Methods, Observations/Results, Conclusion.
- Keywords: 3–5 keywords provided below the abstract.
- Language: English only. Avoid abbreviations in the title. All Sanskrit terminologies should be presented in standard transliteration.

Author Details:

- Provide full names of all authors along with their affiliations.
- The first author should be the presenting author.
- Include email ID and mobile number of the corresponding author.
- A maximum of four authors is permitted per abstract.

Submission Process:

- Registration for the conference is mandatory for Paper Presentation.
- Select the mode of Paper/Poster Presentation: ONLINE or OFFLINE
- Submit the abstract through the conference website.
- Last Date for Submission : **31st August 2026.**

Review and Selection:

- All abstracts will undergo peer review by the Scientific Committee.
- Acceptance will be communicated via email.
- Best ONLINE and OFFLINE Paper/Poster Presentations will be awarded

PPT/Poster Presentation Details

- Only the official conference template available on the conference website should be used.
- PPTs should contain a maximum of 10 content slides (excluding the title and thank-you slides).
- Presentation time: 4 minutes presentation + 1 minute discussion.
- Tentative online presentation dates: 25th & 26th September 2026.
- E-Posters must be prepared in 16:9 widescreen landscape format using the prescribed template.
- Last date for PPT/ E-Poster submission: 15th September 2026.

Conference registration is mandatory for Pre-Conference Workshop registration.

REGISTRATION DETAILS

Early Bird till 31st August 2026

Category	Registration Fees
Under graduates and Interns	Rs. 2,500 + GST
P.G and Ph.D	Rs. 3,000 + GST
Faculties, Researchers & Practitioners	Rs. 3,500 + GST
International Delegates	USD 60 + GST
BIMSTEC Country Delegates	USD 45 + GST
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Pre-Conference Workshop Registration Fees	Rs. 1,000 + GST

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PROGRAMME SCHEDULE | 29th September – 1st October 2026

DAY 1 – 29th SEPTEMBER 2026 | PRE-CONFERENCE WORKSHOP	
08:00 AM - 09:00 AM	Registration, Breakfast & Networking
09:00 AM - 09:30 AM	Pre conference Workshop Inauguration
09:30 AM - 01:00 PM	GROUP A– Course 1: Research Models in Autoimmune Disorders. GROUP B – Course 1: Marma Chikitsa in Autoimmune Disorders Course 2: OPD Based External Panchakarma Procedures
11:00 AM - 11:15 AM	High Tea
01:00 PM - 02:00 PM	Lunch
02:00 PM - 05:00 PM	GROUP A – Course 2: Drug Survey GROUP B – Course 1: Marma Chikitsa in Autoimmune Disorders Course 2: OPD Based External Panchakarma Procedures
03:30 PM - 03:45 PM	High Tea
05:00 PM - 05:30 PM	Valedictory / Certificate distribution
Workshop faculty: Group A: Dr. Ravishankar and Dr. Ajayan Sadanandan Group B: Dr. N.V. Sreevaths and Dr. Niranjan Rao.	

DAY 2 – 30th SEPTEMBER 2026 - CONFERENCE	
08:00 AM - 09:00 AM	Registration & Breakfast
09:00 AM - 09:45 AM	Keynote Address – Dr. Srinivasa Hejmadi Acharya
10:00 AM - 11:15 AM	Inaugural Ceremony
11:15 AM - 11:30 AM	Tea Break
11:30 AM - 12:15 PM	1st Scientific Session – The Science of Traditional Foods (Ahaara Vijnana) and Personalised Nutrition in Understanding Autoimmune Disorder Management Dr. Vishweshwaraiah Prakash
12:15 PM - 01:00 PM	2nd Scientific Session – Bridging Contemporary Immunology and Ayurveda through Integrative Research. Dr. Bhushan Patwardhan
01:00 PM - 02:00 PM	Lunch
02:00 PM - 02:40 PM	3rd Scientific Session – The Microbiome as One Dimension of Agni: A Translational Model for Intestinal Permeability and Autoimmune Pathogenesis Dr. Jorge Luis Berra
02:40 PM - 03:20 PM	4th Scientific Session – Translational Research in Immunology and Ayurveda Dr. Rammanohar Puthiyedath
03:20 PM - 04:00 PM	5th Scientific Session – Ayurvedic Insights into the Pathogenesis of Immune Dysregulation and Autoimmunity Dr. Prasanna N Mogasale
04:00 PM - 04:15 PM	High Tea
04:15 PM - 06:00 PM	1st Parallel Scientific Session
06:00 PM - 06:30 PM	Networking
06:30 PM - 08:00 PM	S.D.M Kala Vaibhava
08:00 PM Onwards	Dinner

DAY 3 – 1st OCTOBER 2026 | CONFERENCE	
07:45 AM - 09:30 AM	2nd Parallel Scientific Session & Breakfast
09:30 AM - 10:10 AM	6th Scientific Session – When Tolerance Fails: Recent Advances in Diagnosing Autoimmune Disease, with a Live Decision Support Demonstration Dr. Shashikiran Umakanth
10:10 AM - 10:50 AM	7th Scientific Session (Online) – Ayurveda and Autoimmunity: A European Academic Perspective Dr. Christian Kessler
10:50 AM - 11:30 AM	8th Scientific Session – "Autoimmune Disorders through the Lens of Rasashastra: Evidence-Based Innovative Rasayanas" Dr. Yogesh Bendale
11:30 AM - 11:40 AM	High Tea
11:40 AM - 12:20 PM	9th Scientific Session – Integrative approaches in Neuroimmunological Disorders: Perspectives from a Tertiary Neuropsychiatry centre. Dr. Kishore Kumar
12:20 PM - 01:00 PM	10th Scientific Session – Scope of Ayurveda in the management of Crohn's disease Dr. Anita Karilio Arkas
01:00 PM - 02:00 PM	Lunch
02:00 PM - 02:40 PM	11th Scientific Session (Online) - Beyond Integration: A Collaborative Medicine and Science Approach to Autoimmune Disorders Through Ayurveda and Modern Medicine Dr. Antonio Morandi
02:40 PM - 03:20 PM	12th Scientific Session – Evidence-Based Evaluation of Ayurvedic Shodhana Therapies in Autoimmunity Dr. Prashanth A.S.
03:20 PM - 04:00 PM	Panel Discussion
04:00 PM - 05:00 PM	Valedictory
05:00 PM Onwards	Closure and Certification

Venue

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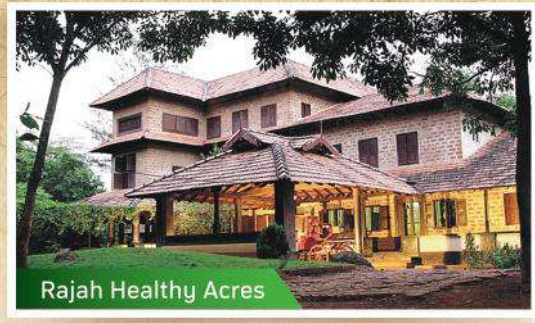
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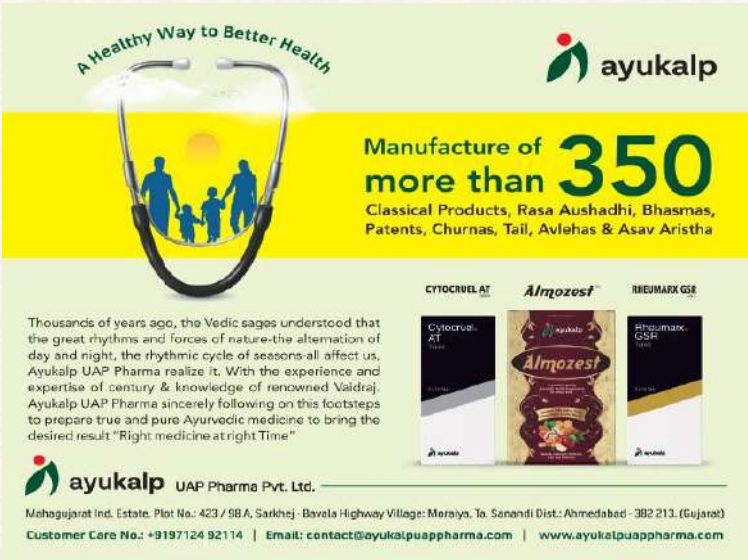
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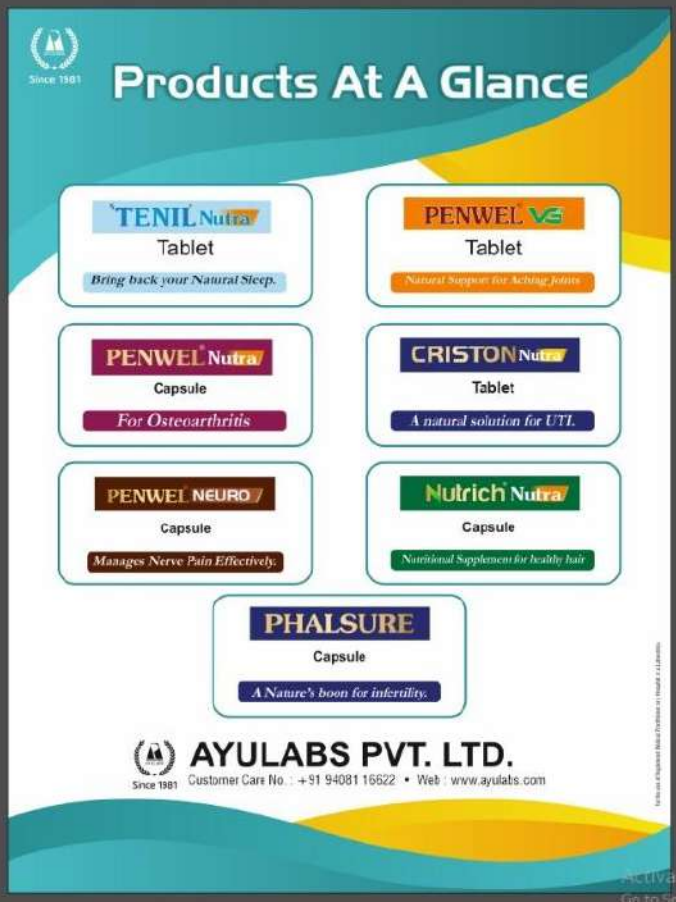
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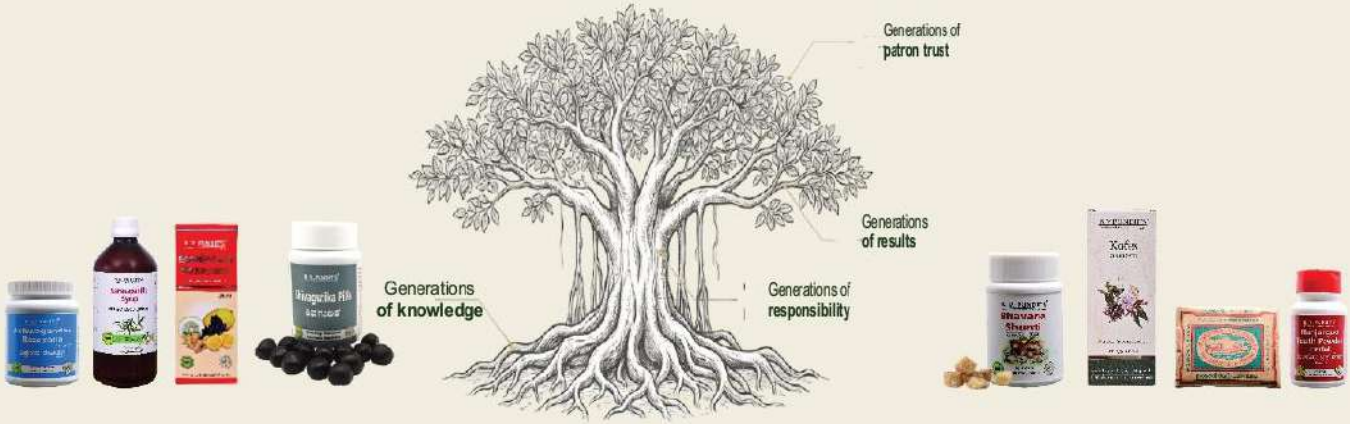

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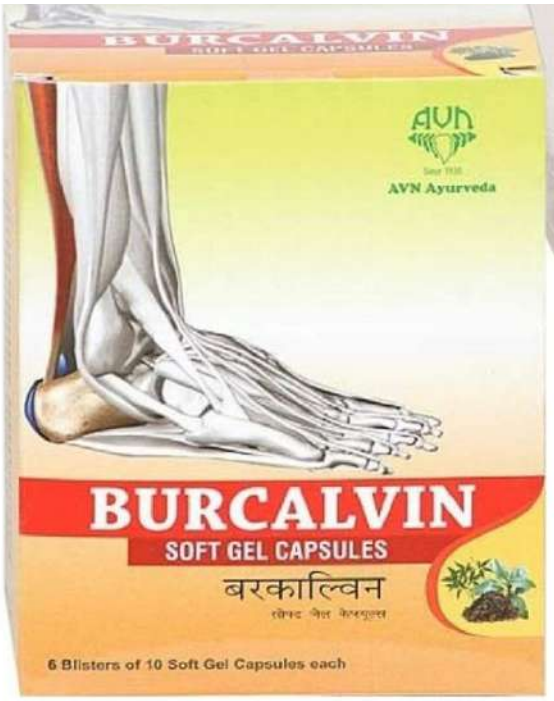

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- Alleviates allergic respiratory disorders
- Clears the airways by promoting expectoration
- Helps to sooth irritation coughs
- Relieves in breathing difficulty
- Prevents (asthmatic) attack

Composition:

Each 500mg prepared out of

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Lavangum	Syzygium aromaticum	0.50 mg
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Karpura	Cinnamomum camphora	0.10 mg
Pippali	Piper longum	0.75 mg
Jathipathri	Myristica fragrans	0.50 mg
Mavaphala	Quercus infectorius	0.50 mg
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Amalaki	Emblica officinalis	0.50 mg
Haritaki	Terminalia chebula	0.50 mg
Tvak	Cinnamomum zeylanicum	0.50 mg

Dosage

1 or 2 tablets twice or thrice a day, after food or as directed by the physician.

Indication

Bronchitis, Allergy, Sinusites, Eosinophilia Sneezing, Wheezing Cold, Cough, Running Nose

Packing : 10 x 10 blisters

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- Prevents (asthmatic) attack

Composition:

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Cinnamomum camphora	(Karpura)	0.10 mg.
Piper longum	(Pippali)	0.75 mg.
Myristica fragrans	(Jathipathri)	0.50 mg.
Quercus infectorius	(Mayaphala)	0.50 mg.
Piper nigrum	(Maricha)	0.50 mg.
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Glycyrrhiza glabra	(Athimadhuram)	0.50 mg.
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Navasadar	(Navasadar)	0.10 mg.
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Ocimum tenuiflorum	(Tulasi)	0.50 mg.
Gorochana	(Gorochana)	0.10 mg.
Mesua ferrea	(Nagakesara)	0.50 mg.
Terminalia chebula	(Amalaki)	0.50 mg.
Termnalia chebula	(Haritaki)	0.50 mg.
Cinnamomum zeylanicum	(Tvak)	0.50 mg.

Dosage

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Adult : 10 - 15ml.
Children : 3 - 5ml.
Available : 200ml.

Indication

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Packing : 200 ml

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