



**Parul®**  
University



**FACULTY OF AYURVED**

**7TH EDITION**

**AYURVEDA  
NEWS  
BULLETIN**

**AYURDEEP**

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**Dr. Devanshu Patel**  
President, Parul University



**Dr. Komal Patel**  
Director, Paramedical Institutions,  
Trustee and Member (BOG), Parul University



**Dr. Hemant Toshikhane**  
Dean, Faculty of Ayurved,  
Parul University



**Dr. B. G. Kulkarni**  
Principal, PIAR  
Parul University



Parul Institute of Ayurved and Parul Institute of Ayurved and Research are two reputed Ayurved institutions under Parul University which has always set a benchmark in delivering standard Ayurved education and also optimum healthcare to the patients. Being in a health care profession we also now follow very rigid SOP's in our hospitals so that there will not be any hospital acquired infections.

Even during 2nd wave of Covid-19 pandemic with enormous physical and psychological health disturbances Parul Institute of Ayurved and Parul Institute of Ayurved & Research conducted all scheduled activities without interruption.

Even with regular online and later offline classes teachers and physicians along with resident doctors have contributed for the upliftment of the health care among the patients who were getting admitted due to Covid and other health conditions.

Faculties also applied for several research projects, conducted marathon webinars with experts from all over world.

COVID 19 second wave followed by the lockdown globally disturbed the wellbeing of the entire society both physically as well as psychologically bringing many new normal's in day-to-day activities.

Several webinars, seminars, guest lectures, workshops, online courses, camps and research activities were conducted during last 6 months without any interruption so that knowledge and health seekers could take maximum benefits of the same.

We are here with the next bulletin of AYURDEEP which will showcase the activities conducted by Faculty as well as Student community of PIA and PIAR.

● BE HERE....BE VIBRANT....●



# SEMINARS/ WEBINARS/ WORKSHOPS/ DAYS OBSERVED/ CERTIFICATE COURSES CONDUCTED

**WEBINAR ON**  
"Significance of Research and Publications"  
Organized by Institutional Research and Publication Cell  
Parul Institute of Ayurved and Research,  
Vadodra.

**18 FEBRUARY 2021** | 04:00 PM TO 05:00 PM

**DR GIRISH K J**  
MD Ayu. PhD,  
Professor  
Department of Kayachikitsa  
SDM College of Ayurveda & Hospital  
Hassan, Karnataka

STAY TUNED  
<https://meet.google.com/foe-hvov-jgd>  
[www.paruluniversity.ac.in](http://www.paruluniversity.ac.in)

**WEBINAR ON**  
"Research thrust areas in Prasuti Tantra & Strirog"  
Organized by Department of Prasuti Tantra & Strirog,  
Faculty of Ayurved, Parul University, Vadodra, Gujarat.

**25 MAY 2021** | 02:00 PM TO 03:00 PM

Guest Speaker : **Prof. Dr. Mamatha K V**  
Principal  
SDM College of Ayurveda,  
Uttar.

Moderator: **Prof. Dr. Ankan V**  
Department of PG Studies in  
Prasuti Tantra and Stri Roga  
Parul Institute of Ayurved,  
Parul University, Vadodra.

STAY TUNED  
Google Meet Link: <https://meet.google.com/foe-hvov-jgd>  
Facebook Link: <https://www.facebook.com/parulinstituteofayurveda/research/thrust>  
[www.paruluniversity.ac.in](http://www.paruluniversity.ac.in)

**Webinar**

**Informative Talk On**  
Concept of Adhimantha (Glaucoma)  
and its Management in Ayurveda.  
By Department of Shalakya Tantra  
Parul Institute of Ayurved  
Parul University, Vadodra

**Expert Speaker:-**  
**Dr. Shivanand Gavimath**  
Professor and Head,  
Department of Shalakya Tantra,  
JSS Ayurveda Medical College and Hospital,  
Mysuru-58

20th January, 2021 | 11:30 AM Onwards

Live On:  
<https://www.facebook.com/parulinstituteofayurveda/live>

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FACULTY OF AYURVED  
PARUL INSTITUTE OF AYURVED  
At Post - Linda, Tal - Waghodia, Dist - Vadodra

For MD/MS Scholars (2020-21 batch)  
Webinar on  
"Novelty in Research Topics in Ayurved"  
31 May 2021

**Dr. Aakash Kumbhavi**  
Professor and Director of  
PG Studies in MD/MS in Ayurveda  
Medical College and Hospital, Koppal, Karnataka, India.

**Dr. B. S. Prasad**  
Principal, PLE University,  
Borjoli & Ayurveda  
Maharashtra, Maharashtra, India.

Guest Lecture on topic: -  
How to select research topic with its social impact?  
Time: 11:30 AM

STAY TUNED  
Facebook Link: <https://www.facebook.com/parulinstituteofayurveda/live>  
[www.paruluniversity.ac.in](http://www.paruluniversity.ac.in)

**ONE DAY WORKSHOP**  
by Department of Prasuti Tantra & Stri Roga  
Faculty of Ayurved

**07 JANUARY 2021** | 10:30 AM ONWARDS

Topic: Pap smear procedure and its applicability  
in prevention of Cervical Cancer

Guest speaker:  
**Dr. Hrishita Sandeep Dahilekar**  
MD, Rognidan  
HOD & Associate Professor,  
Department of Rognidan evum Vikritivigyan  
Parul Institute of Ayurved & Research, Parul University.

**Dr. B. G. Kulkarni**  
Principal  
Parul University, Vadodra.

**Dr. Jayashree M. Gani**  
Professor & HOD  
Dept of PTDR,  
PMH, Vadodra.

**Dr. Akanksha Chaudhari**  
Reader  
Dept of PTDR,  
PMH, Vadodra.

**Dr. Vinayak Thandabhatti**  
Associate Professor  
Dept of PTDR,  
PMH, Vadodra.

**Dr. Mani Vaidya**  
Associate Professor  
Dept of PTDR,  
PMH, Vadodra.

Venue : Seminar Hall, PIAR Bldg., Ishwarpura, Waghodia, Vadodra, Gujarat.

STAY TUNED : <https://meet.google.com/lookup/bsdggf2d4nj>

Webinars on "Clinical Study Preparation", " Glaucoma- an Ayurvedic Aspect & a Review", " Guidelines for Disinfection and Sterilization", " Concepts of Adhimantha", "Responsibilities of Junior Surgical Resident", " Approach to Thyroid Disorders and Its Management", "Decoding Diabetic Retinopathy", "Novelty in Research Topics in Ayurved" etc. by renowned Ayurved practitioners were conducted during Jan 21-June 21.



Department of Agadtantra, Parul Institute of Ayurveda, has conducted a guest lecture on the topic "understanding of pharmacokinetics and pharmacodynamics of Agad Aushadis" by Dr Harish Babu H, Associate professor, Susrutha Ayurveda college, Bangalore for BAMS 3rd year students.

**Parul University**

**NATIONAL LEVEL SEMINAR ON CARDIAC DISEASES & ITS AYURVEDIC MANAGEMENT**  
on 16<sup>th</sup> March 2021

Organized by **Department of Kayachikitsa, Parul Institute of Ayurved, Parul University**

**SCIENTIFIC SESSIONS**

Timing	Speaker	Topic
9:30 am	Inauguration with proper with lamp lighting	
9:30 am - 10:30 am	Dr. Prakash A Kumbhar MD (Ayur), PhD Scholar, Associate Professor & HOD, Kayachikitsa Department, Parul Institute of Ayurved, Vadodra.	Welcome Speech
10:30 am - 11:30 am	Dr. Satyendra Ojha MD (Ayur), PhD, Interventional Cardiologist, Parul Institute of Medical Science & Research, Parul University.	Cardiac Failure & its Management
11:30 am - 11:45 am		Tea Break
11:45 am - 1 pm	Dr. Satyendra N Ojha MD (Ayur), PhD, Professor, Director, Principal, Ashta Ayurved College & Hospital, Sangli, Maharashtra.	Ayurvedic Approach of Cardiac Diseases & its Management
1 pm - 2 pm		Lunch Break
2 pm - 3 pm		Case Presentation - Success Stories
3 pm - 4:30 pm	Panel Discussion - Question Answer Session with Dr. Satyendra N Ojha	
4:30 pm - 5 pm	Dr. Shubhash Deshpande MD (Ayur), Professor, Kayachikitsa Department, Parul Institute of Ayurved, Vadodra.	Vote of thanks & valedictory function

Venue : Auditorium, PIA Building, Parul Campus, Limda, Waghodia, Vadodra.

Call For Registration : Dr. Rinjin G. Krishna - 89210 93277  
E-mail : kayachikitsa.pia@gmail.com

Registration Fees : Rs. 150/-



Prof.M.S.Baghel Memorial lecture series on Cardiac diseases and its ayurvedic management”, “Holistic Approach in the Management of Common Ano – Rectal Disorders” , “Clinical experience in Obstetrics and Gynaecology”, etc. conducted on 16th March 2021. Dr. Satyendra Ojha, Director and Principal, Ashta Ayurved college, Sangali, delivered guest lecture on the topic of “Cardiac failure and its management”.

**Parul University**

**FACULTY OF AYURVED & WOMEN'S DEVELOPMENT CELL**  
PARUL UNIVERSITY, VADODARA, GUJARAT

Organizing “An Inspirational Guest Lecture”  
On eve of **International Women's Day 2021**

“Women in leadership: Achieving an equal future in a COVID-19 World”

**Captain Nirja Subhash Meshram**  
Commercial Pilot, Indigo Airlines, Mumbai.

Topic - Inspiration for Young Girls for their Dream Career

**President of the Function : Dr. Komal Patel**  
Director – Medical & Paramedical, Member of BOG, Parul University

**Convenor :** Dr Hemant Toshikhane, Dean, Faculty of Ayurved, PU | Dr B G Kulkarni, Principal, Parul Institute of Ayurved

**Coordinated by :** Dr Valdehi Raole, Academic Coordinator & WDC member, PU  
Dr Akashdeep Meshram, HOD and Professor, RS Department, PIA, PU

Date : 02-03-2021 | Time : 11:30 am  
Venue: Seminar Hall, 4<sup>th</sup> floor, Parul Institute of Ayurved, Parul Campus, Limda, Waghodia, Vadodra, Gujarat.

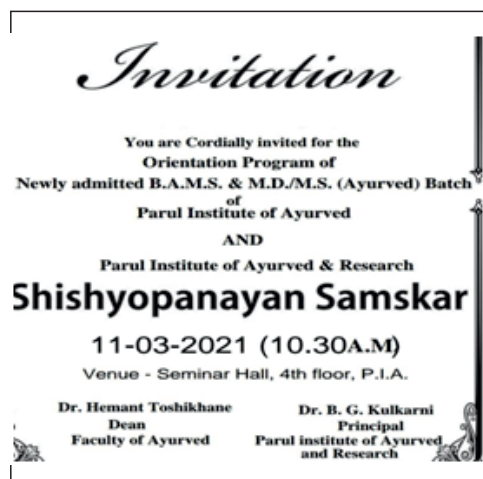


An inspirational guest lecture on the eve of Women’s day by Captain Nirja Shubhash Meshram on “Women in leadership: Achieving an equal future in a COVID-19 world”.





An initiative by Central Council of Indian Medicine- Transitional curriculum activities for the UG fresher students successfully conducted by PIA and PIAR.



Induction and orientation program, “Shishyopanayan” for first year UG and PG students of PIA and PIAR was held on 11th of March.



Covid 19 Diagnosis and Management training was given to PGs and Interns, who were later posted for Covid duty at Parul Sevashram Hospital.

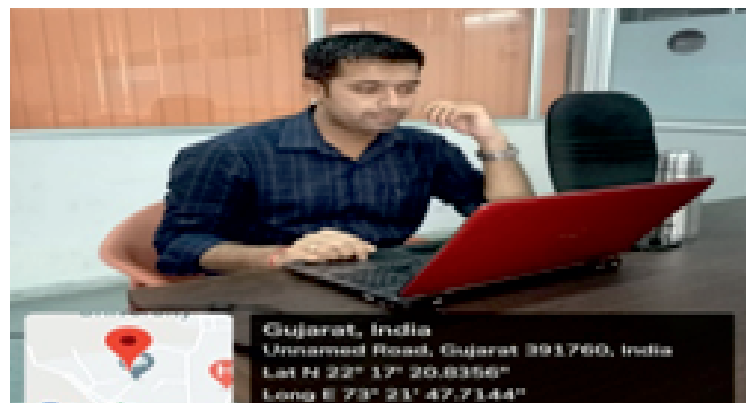
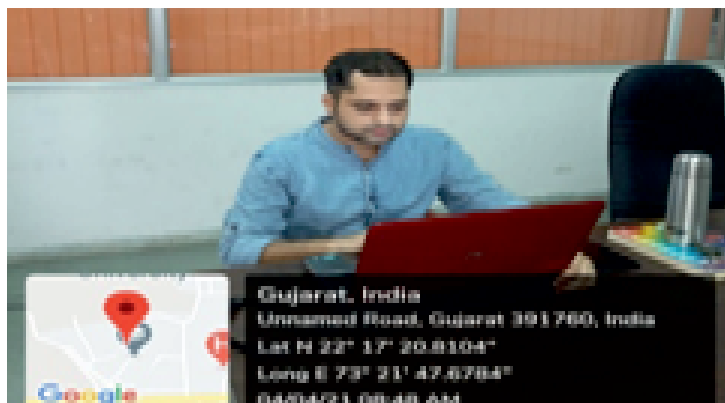


Basic life support and advance cardiac life support training workshop was conducted for PG scholars at PIA from 8th to 15th June, 2021.

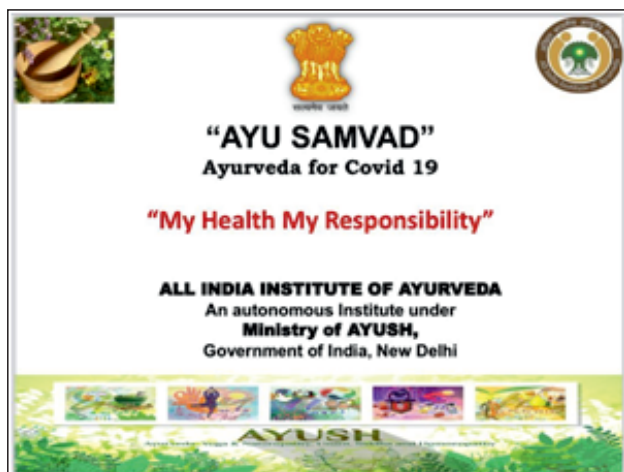




Parul Institute of Ayurved, Parul University in association with Technical Events Cell organised "Photography Competition on Medicinal Plants" in April and June 2021. Participants from all over country took part in this event.



Faculty of Ayurveda is also conducting an online fellowship certificate course classes on multiple topics of "Clinical examination in General practice", "Knowledge of drugs and its administration" and other topics are on the run. Several students and other knowledge seekers from India, Bangladesh and many more countries participated in the same.



Several lectures were conducted by Faculty of Ayurved on the topic of "My health My responsibility- Ayurveda for Covid-19" initiated by AIIA, Ministry of AYUSH, Govt. of India.

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Parul Institute of Ayurved and Parul Institute of Ayurved & Research organized more than 50 health camps in Vadodara City and surrounding villages and distributed immunity boosting Ayurvedic medicines.



PIA and PIAR organized Swarnaprashana camp for overall development of children.







75 Ayurved Corona kit distributed to the International students and other needy students of Parul University.

Interns were deputed at different vaccination & health centres of Vadodara city which served as another learning aspect about public health, communication and also as a service to the humanity.

The NSS unit of Parul Institute of Ayurved, under the guidance of Shri Narayan Madhu (Joint Commissioner of Higher Education) in association with Sant Matadevi Darbar (Shri Kamlesh Wadhwani) distributed 320 free Ayurvedic medicine kits for the protection against covid-19 to homeless and needy people.



## AWARDS

Dr.Hemant Toshikhane, Dean, Faculty of Ayurved, Parul Institute of Ayurved was felicitated by Hon'ble Secretary, Ministry of AYUSH, Government of India at Hassan on January 8, 2021.



4 PhD scholars and more than 70 PG students had their convocation on 13th of March 2021 in the presence of Shri. Milind Soman and Ms. Tisca Chopra.



Dr Shailesh Deshpande, Professor, Dept of Kayachikitsa, PIA, won Research Excellence Award in Parul University.





Entrepreneurship Development Cell of Parul University awarded "EDC Special Recognition Award-2021" for their contribution towards Research & Coordinating students for active participation in M2M Herbal and Ayurveda Innovation Challenge.

Dr. Shailesh Deshpande, Dr. Prassana Matad, & Dr. Bhavin Dhanavade received these awards from Faculty of Ayurveda.



PARUL UNIVERSITY and our Health care hospitals Received "Divyabhaskar Eminence Award" by Deputy Chief Minister of Gujarat & Minister for (Health, Medical Education, Family Welfare, Road and Building, Capital Project) honorable Shri Nitinbhai Patel for "Extraordinary service" and commitment to the people of Gujarat during COVID-19 Pandemic. Award was received by honourable Dr Komal Patel mam, Trustee, Parul University on 06/04/2021.

Dr. Nancy Vagharia, 1st Yr Postgraduate Scholar, Department of RogaNidana, Parul Institute of Ayurveda, Parul University bagged 3rd place in Online Poster Competition held on account of 7th International Yoga Day.





Two teams of UG students of Parul Institute of Ayurved were listed among top 10 participant teams in National level Himalaya Infoline Photo Contest.

Dr. Vedshruti Dongre, PG scholar, PTSR dept. won 2nd prize in the poster making competition organized by Global Institute of Ayurveda Guided by Dr. Rita Makim.

Vaidehi shevale 2nd yr student has won 1st prize in Elocution competition held at PUNE Maharashtra on 07/02/2021

Hitashri prajapati has won 1st prize in Essay competition held at PUNE Maharashtra on 07/02/2021.

## SUCCESS STORIES



In order to fulfill the rising demand of oxygen in Covid Patients, a 20000 liters oxygen tank has been installed at Parul Sevashram Hospital. Hospital managed several Covid Patients including Critical (ICU) patients. This enhanced capacity will help to save more lives in coming days.

Success story of a COVID patient treated at Parul Ayurved Hospital got published in 'OUTLOOK' Magazine in 2021.



Dr. Sanjay Bhoi, Alumni, Parul Institute of Ayurved got appointed as National Spokesperson (Ayurveda) with AIMA.






Dr Varshida Marvadi, PG of Kriya Sharir Department won the 1st prize for presentation in National seminar on cardiac diseases and management held at parul institute of Ayurved.'



Dr. Abhijit Patil, Professor, Dept of Rachana Sharira got felicitated for his 4th book publication in series on Human Anatomy.




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A Teaching Hospital of Parul Institute of Ayurved

**EXPLORATORY LAPAROTOMY AND LEFT OVARIAN CYSTECTOMY**  
Department of our Prasuti Tantra evam Stree rog,  
Parul Ayurved Hospital

- A female patient aged 40 years from Vadodra complaining of recurrent on and off pain at left iliac region since 4-5 months was diagnosed as a case of left simple ovarian cyst after USG approached our Prasuti Tantra evam Stree rog OPD of Parul Ayurved Hospital. She is a k/c/o hypertension under medication since 2 years. Surgical history of LSCS before 14 years present.
- On palpation, hard to soft mass felt on left flank upto umbilicus. On USG a large simple ovarian cyst measuring 13.5 x 10.4 x 10 cm was found in left ovary. On CT well defined cystic lesion noted in left adnexa from which left ovary not seen separately. This was diagnosed as a case of Left large ovarian cyst.
- Patient underwent exploratory laparotomy and left ovarian cystectomy with adhesiolysis under spinal anesthesia at Parul Ayurved Hospital. Patient's stay at the hospital was uneventful and progressive recovery was noted post operatively.

Surgeon: Dr Rita Parekh  
Asst. Surgeons: Dr Luni Bhagat & Dr Shalesh Jaiswal  
Anaesthetist: Dr Aashish Jain

**#SUCCESSTORY**



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**NASYA & NETRATARPAN, A BOON TO DIMINISHING EYE SIGHT**  
Department of Shalaky Tantra , Parul Ayurved Hospital

- A female patient aged 30 years from Ankaleshwar complaining of gradual loss of vision since 14 years who is a k/c/o Pituitary adenoma presented to Shalaky Tantra OPD of Parul Ayurved Hospital.
- On testing visual acuity Right eye 5/60 and Left eye only PL (perception of light) was observed in one quadrant. On fundoscopic examination Optic atrophy was noted. This was diagnosed as a case of Timira (Optic atrophy in left eye).
- She was treated with 7 days course of Nasya & Netra tarpan with medicated ghee along with Paadabhyanga. After seven days, visual acuity was repeated where marked improvement was seen with Right eye 6/60 and left eye PL positive in 3 quadrants noted. She has been asked for few more sittings for better results. Patient's stay was uneventful and comfortable.

Treating Physician: Dr Shivkant Vidhyadhar Sharma

**#SUCCESSTORY**






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**SURGICAL EXCISION OF LIPOMA**  
Department of Shalyatantra, Parul Ayurved Hospital

- A female patient aged 40 years from Vadodara complaining of a painless swelling at left frontal region since 3 years which gradually started increasing in size presented to the Shalya Tantra OPD of Parul Ayurved Hospital.
- On examination, a painless soft mobile mass of 4cm x 3cm was seen at left frontotemporal region. It was diagnosed as a case of Medoja granthi (Lipoma).
- Patient underwent Excision of Lipoma under local anesthesia by a team of Ayurvedic Surgeons at Parul Ayurved Hospital. Patient's stay at the hospital was uneventful and progressive recovery was noted post operatively.

#SUCCESSSTORY 




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**HERNIOTOMY IN CONGENITAL INGUINAL HERNIA**  
Department of Shalyatantra, Parul Ayurved Hospital

- A parent of a female patient aged 11 years from Vadodara complaining of a gradually increasing reducible painless swelling at right inguinal region since birth presented to the Shalya Tantra OPD of Parul Ayurved Hospital.
- On examination, expansile swelling was present at right inguinal region with positive coughing impulse. Ring occlusion test was also positive. Swelling was reducible. On USG a defect of size 1.6cm seen through which bowel loops were herniating. It was diagnosed as a case of Vanishana Antra Vriddhi (Right direct incomplete inguinal Hernia contained with intestine).
- Patient underwent Herniotomy under spinal anesthesia by a team of Ayurvedic Surgeons at Parul Ayurved Hospital. Patient's stay at the hospital was uneventful and progressive recovery was noted post operatively.

Surgeon- Dr Shalish Jaiswal  
Asst. Surgeons- Dr Ekta & Dr Abhilasha  
Anaesthetist- Dr Aashish Jain

#SUCCESSSTORY 





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**CYSTOLITHOTOMY IN YOUNG 14YRS BOY AT PARUL AYURVED HOSPITAL**  
Department of Shalyatantra, Parul Ayurved Hospital

- Patient underwent cystolithotomy under spinal Anaesthesia by team of Ayurvedic surgeon at Parul Ayurved Hospital. Patient's stay at the hospital was uneventful and progressive recovery was noted post operatively. 14 yrs boy from Chota Udaipur, Gujarat complaining of pain and burning during micturition & occasional haematuria admitted at Parul Ayurved Hospital.
- On examination tenderness present above suprapubic region. On USG a 1.8 cm size stone identified in the urinary bladder with mild bladder wall thickening and cystitis. It was diagnosed as a case of Mutrashmari (Vesical Calculus).

Surgeon: Dr Parikshit Shirode & Dr Shalish Jaiswal  
Asst. Surgeons: Dr Durgesh & Dr Shubham  
Anaesthetist: Dr Aashish Jain

#SUCCESSSTORY 



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**SUCCESS STORY**  
A Case Study on Vatarakta (Gouty Arthritis)

A female patient aged 55 years from Vadodara presented to Panchakarma department of Parul Ayurved Hospital (PAH) with severe bilateral knee joint pain, swelling, burning sensation in multiple smaller joints of both Upper limb and Lower limb which hampered her daily movements since one and half year.

She was diagnosed as a case of Vatarakta as per Ayurveda and Gouty arthritis as per contemporary science and was treated with medicated Anuvasana and Asthapana Basti after Sthanika Abhyanga and Nadi Sweda for initial 10 days, after which she was given Dashanga Lepa and Janu basti with medicated oil for next 7 days.

Patient when admitted could not even walk without a walker but after treatment she was able to walk with minimum support and a marked relief in pain was reported.



A case of Pterygium (Left eye) was operated by Dr Shivkant Sharma assisted by Dr Jagruti Richhariya (final year PG scholar). A 52 years old female patient complaining growth of mass, irritation and feeling of foreign body sensation since 1 year came to Shalakyas OPD of Parul Ayurveda Hospital, Limda, Vadodara, Gujarat where she was operated successfully.

## MEDICINE



Herbal Dhoopa sticks are available at Khemadas Ayurved Dispensary at reasonable cost.

## RESEARCH



Faculty of Ayurved submitted more than 140 research projects of students (Mind to Market) initiated by Govt. of Gujarat. Rigorous rehearsal presentations were conducted for the same.



4 Research projects of Post Covid Management were shortlisted for presentation by GSBTM, Govt. of Gujarat.





A Clinical Trial on Herbal Mask-A Medicated PPE, SSIP(SOIC) Research Project got Sanctioned by Govt.of Gujarat,India. The trial got started at Parul Institute of Ayurved on 03/05/2021. Herbal mask were distributed to Postgraduates, Interns, nursing staffs and also Security personals of Parul Hospital serving the Covid patients. Innovators- Meet Shiroya, Dhruv Solanki, Tanish. Mentored by Dr. Sachin Deva, HOD, Associate Professor, Dept. of Rognidana.



The team of innovators and their mentors from the Parul Institute of Ayurved received a grant of Rs. 52,800/- from GISC, Vadodara under the SSIP, Govt. of Gujarat for their innovation- Herbal Inhaler for Bronchial Asthma. Innovators- Prahlad Solanki, Rutvik Mehta, Prahlad Vadhel, Chirag Hadiya. Mentored by Dr. Vaidehi Raole, Professor, Dept. of Kriya Sharir, PIA.

Faculty of Ayurved published more than 40 research articles in SCOPUS/ Web of Sciences/ UGC Indexed journals during these six months.

Presently more than 7 intramural projects sanctioned by CR4D, Parul University are ongoing.

Dr. Shailesh Deshpande and Dr. Vaishali Deshpande, faculties from PIA and PIAR were the recipients of sanctioned research projects entitled –“ Clinical evaluation of Zandu Chyawanprash as an immunity booster for its preventive effect on infections in pandemic of Covid-19”.

Faculty of Ayurved also received SSIP (Govt. Of Gujarat) sanctioned project “Evaluation of effect of Ayurvedic herbal tea in pre-diabetes”.



Multiple clinical trials like-A pilot study of 5 novel herbo-mineral formulations as an adjuvant to modern medicine in patients of COVID 19 pneumonia who required external oxygen therapy.





Ayurvedic treatment of five combinations were tested in 63 patients of COVID 19 pneumonia who required external oxygen therapy. Patients were advised to take Bruhat Kasturi Bhairav Rasa, Jayamangala Rasa, Medicine A, Medicine B, and Medicine C where Medicine A is a combination of Mahalakshmi Vilas Rasa with other drugs, Medicine B is a combination of Sahastraputi Abhrak Bhasma and other drugs, Medicine C is a combination of Swasa kasa Chintamani, Mahalakshmi Vilas Rasa, Shrungarabhra rasa. All patients received medicines as an adjuvant to standard modern treatment. 42 patients out of 63 showed remission. 12 patients out of 23 with co-morbid conditions also recovered. 13 patients out of 21 on high flow O2 (>12 L/min) showed remission. None of the patients showed any adverse effects or needed ventilator support. Hence, Ayurvedic herbo-mineral combinations proved to be helpful in oxygen dependant COVID 19 pneumonia cases as an adjuvant therapy.

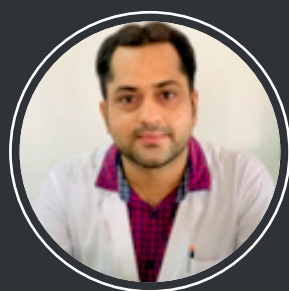
## RESEARCH



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