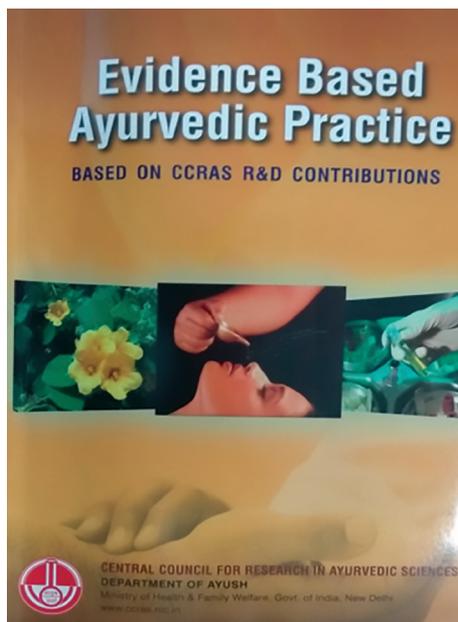


Book Review



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Evidence-based Ayurvedic Practice

This book has been compiled by senior research officers of the Central Council for Research in Ayurvedic Sciences (CCRAS). This book is a very clinician-friendly, scientific compilation of research related with the management of common diseases in Ayurveda. The book provides scientifically validated Ayurveda management in prescription format as a guide for common ailments. The book compiles a total of 18 common diseases as 18 chapters including anemia, bronchial asthma, cardiovascular diseases, diabetes, peptic ulcer, epilepsy, filariasis, fistula-in-ano, hemorrhoids, hemiplegia, hypertension, malaria, obesity and lipid disorders, paraplegia, psoriasis, rheumatoid arthritis, sciatica, and urolithiasis. Each chapter is very concise ranging from 1 to 4 pages. Topic covered in each is the background of the disease and intervention or approach of treatment, which is validated scientifically by the research work of CCRAS. Each chapter also contains a list of photographs of the drug useful in particular disease, with a total of 90 colored photographs of herbs, prepared drugs, and procedure.

Apart from these, the book also provides information of the patents granted for CCRAS, with total of 17 patents along with patent number and date. The book also includes a catalog of books and compact discs published by the CCRAS and a list of three periodicals/journals: Journal of Research in Ayurvedic Sciences, Journal of Drug Research in Ayurvedic Sciences, and Journal of Indian Medical Heritage.

Most of the medicines mentioned in this book are easily available in the market. While prescribing the medicines or procedures, the general guidelines mentioned in the booklet may be followed by the qualified health care provider.