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पत्रिका
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Research in
Ayurvedic Sciences



केन्द्रीय आयुर्वेदीय विज्ञान अनुसंधान परिषद् (सीसीआरएएस)
आयुष मंत्रालय, भारत सरकार का आधिकारिक प्रकाशन

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Journal of Research in Ayurvedic Sciences

1. Aims and Scope

Journal of Research in Ayurvedic Sciences (JRAS) is a peer-reviewed, open access journal of Central Council for Research in Ayurvedic Sciences (CCRAS), New Delhi. The Journal is published quarterly and is available in both print and online form. It is devoted to Research in Ayurveda, the Indian traditional health care system. The Journal publishes Editorials, Original Articles, Case Studies, Reviews, Technical reports of projects, Correspondence and Book Reviews, etc. pertaining to Ayurveda with special focus on Original and Review Articles on the following:

- Clinical Research focusing on Clinical safety and Efficacy.
- Fundamental Research on various aspects Viz. diagnosis and development of diagnostic tools, disease course and disease management based on Ayurvedic concepts.
- Health promotion and preventive medicine.
- Studies on Health Seeking Attitude and Medico-Social aspects including medical anthropology.
- Health Systems Research with focus on Ayurvedic and Traditional medicine.
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- Development of methodologies of Clinical Research Related to Ayurveda and Traditional Medicines.
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- Any other areas of related field etc.

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फार्माकोएपिडीमियोलॉजी: साक्ष्य-आधारित आयुर्वेद के लिए आवश्यक

आयुर्वेद अपने समग्र दृष्टिकोण के कारण दुनिया भर में लोकप्रियता हासिल कर रहा है और यह दुनिया के विभिन्न चिकित्सा विषयों के बीच अद्वितीय है। आयुर्वेद की अवधारणा के रूप में परंपरा, नैतिकता और संस्कृति को सम्मिलित किया गया है और यह स्वास्थ्य को एक संतुलन की स्थिति के रूप में मानता है। किसी भी चिकित्सा पद्धति की सफलता के लिए वर्णित चार अवयवों के बीच औषध एक महत्वपूर्ण अवयव है। आयुर्वेद के वैश्वीकरण के साथ, आयुर्वेदिक दवाओं का बड़े पैमाने पर व्यवसायीकरण हुआ है। चिकित्सा की प्रत्येक प्रणाली में औषधियों का उपयोग लाभदायक या हानिकारक, स्वैच्छिक या अनैच्छिक हो सकता है। पूर्वकाल में आयुर्वेदिक वैद्य गुणवत्ता वाली औषधियों का निर्धारण करते थे जो कि आमतौर पर स्वयं द्वारा तैयार की जाती थीं, जो ज्यादातर ताजे रूप में होती थीं और उसी समय वितरित की जाती थीं। लेकिन बड़े पैमाने पर व्यावसायीकरण ने औषधियों की उत्पादकता, गुणवत्ता, सुरक्षा व प्रभावकारिता, आदि से संबंधित मुद्दों को उठाना शुरू कर दिया है। औषधियों की सुरक्षा पर बढ़ती चिंता ने विज्ञान के एक नए क्षेत्र का उद्भव किया है जिसे फार्माकोएपिडीमियोलॉजी के रूप में जाना जाता है, जो आतुरीय औषध विज्ञान (क्लिनिकल फार्माकोलॉजी) और जानपदिक रोग विज्ञान (एपिडीमियोलॉजी) का एक तालमेल है।



आयुर्वेद में फार्माकोएपिडीमियोलॉजी का संभावित उपयोग औषधि की प्रभावकारिता, सुरक्षितता, औषधि के प्रतिकूल प्रतिक्रियाओं/प्रतिकूल प्रभावों, दुर्लभ और विलंबित दुष्प्रभावों, औषधि-औषधि का परस्पर प्रभाव, औषधि-आहार का परस्पर प्रभाव, उपयोग की अवधि, उपयोग पद्धति, अनुपान उपयोग, अनुकूल लागत, रोगी के अनुकूल एवं अप्रत्याशित लाभों के प्रलेखन से संबंधित जानकारी को निर्धारित करना है।

फार्माकोएपिडीमियोलॉजी एक सुदृढ़ शास्त्र के रूप में स्थापित हुआ है और आयुर्वेद में इसके प्रयोग से साक्ष्य-आधारित प्रभावकारिता और आयुर्वेदिक योगों की सुरक्षा से सम्बन्धित रूपरेखा सुनिश्चित हो जाएगी। और प्रतिकूल प्रतिक्रियाओं से संबंधित अनुचित आक्षेपों से आयुर्वेदिक चिकित्सा के संरक्षण हेतु आवश्यक नैतिक और कानूनी आवश्यकताओं को सुनिश्चित करना है। यह भविष्य में आयुर्वेद के एकीकरण और वैश्विक प्रसार को सक्षम करेगा।

आयुर्वेदिक औषधियों की सुरक्षितता का परीक्षण एवम प्रलेखीकरण हमेशा से ही अत्याधिक महत्व का विषय रहा है, जिसके लिये आयुष मंत्रालय के निदेशानुसार केन्द्रीय आयुर्वेदीय विज्ञान अनुसंधान परिषद ने फार्माकोविजिलन्स को अपना अभिन्न हिस्सा बना लिया है। परिषद ने विभिन्न भौगोलिक क्षेत्रों में स्थित अपने २४ संस्थानों के माध्यम से फार्माकोएपिडीमियोलॉजीकल अध्ययन शुरू किया है, जो आमतौर पर उपयोग किए जाने वाले आयुर्वेदिक योगों, मुख्य रूप से रसौषधि (विशेष रूप से औषधि पादप-खनिज/खनिज-धातु आधारित योग) के अप्रत्याशित लाभकारी और अनुचित प्रतिकूल प्रभावों के प्रलेखीकरण एवम औषधि प्रभावकारिता पर ध्यान केंद्रित करता है। इसका उद्देश्य राष्ट्रीय और अंतर्राष्ट्रीय आवश्यकताओं को पूरा करने के लिए आयुर्वेद को सहायक साक्ष्य प्रदान करना है।

प्रो. वैद्य के. एस. धीमान

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नई दिल्ली

Editorial

Pharmacoepidemiology: A Requisite for evidence-based Ayurveda

Ayurveda is gaining popularity across the globe owing to its holistic approach and stands unique amongst various medical disciplines of the world. Tradition, ethics and culture is woven intricately into the very concept of Ayurveda and it approaches health as a state of equilibrium. Aushadha (medicines) constitutes one among the quartet described for success of any medical modality. All aspects/issues related to the drug like propagation, collection (GACP), quality addition, processing, preservation are required to be followed by the Vaidya according to the intended use of the particular formulation. With the globalization of Ayurveda, large scale commercialization of Ayurvedic medicines has come to the fore. As with every system of medicine, use of drugs may be beneficial or harmful, voluntary or involuntary. Initially Ayurveda Vaidya prescribed quality assured medicines which were procured and prepared usually by themselves, mostly in fresh form and dispensed at the same time. But, large scale commercialization has started raising issues related to drug manufacturing, quality, safety and efficacy, etc. The increased concern over safety of drugs has led to the emergence of a field of science known as pharmacoepidemiology, which is a synergy of clinical pharmacology and epidemiology.

The potential use of pharmacoepidemiology in Ayurveda is to quantify information pertaining to efficacy, safety, drug adverse reactions/adverse effects, rare and delayed side effects, drug–drug interactions, drug–diet interactions, duration of use, pattern of usage, Anupana usage, cost effectiveness, patient compliance and documentation of unexpected benefits.

Pharmacoepidemiology has bloomed into a robust discipline and its application in Ayurveda will ensure evidence-based efficacy and safety profiling of Ayurvedic formulations. It is to ensure ethical and legal requirements necessary for protection of Ayurvedic medicines from untoward accusations related with adverse reactions. It will further enable integration and global propagation of Ayurveda.

Proper documentation and analysis of Ayurvedic medicine for its safety have always been considered to be of utmost importance; for the same under the directions of Ministry of AYUSH, the Central Council for Research in Ayurvedic Sciences (CCRAS) has made pharmacovigilance as its integral part. Further CCRAS has initiated pharmacoepidemiological studies through its 24 institutes, located across various geographical regions; focusing on the drug efficacy, safety and documentation of unexpected beneficial and untoward adverse effects of commonly used Ayurvedic formulations particularly Rasaushadhis (herbo-mineral/metal-mineral based formulations). It is aimed to provide supportive evidence for Ayurveda to fulfill national and international requirements.



Prof. Vaidya K. S. Dhiman

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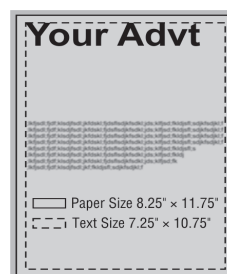
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