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ABSTRACTS

A CLINICAL TRIAL OF "UPANAHA SWEDA" (ANUBHUTA YOGA) IN THE MANAGEMENT OF LOW BACK PAIN

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Low back pain is a common complication irrespective of age, sex, caste, creed and religion. Even though numbers of causative factors are responsible for Low back pain, Sciatica and Lumbar disc diseases are very common factors available in general practice. There are no specific oral medicines in ayurveda for relieving the low back pain except Pancha Karma therapy. In panchakarma therapy, Upanaha Sweda, Patra pinda sweda, Shastika shali pinda sweda gives good results in such condition. In modern medicine also there is no permanent solution to kill back pain, except pain killers and traction procedures.

In this study an "Anubhuta Yoga" of Upanaha sweda which contains drugs like churna of Rasna, Aswagandha, Erandamula, Shatahva, Devadaru, Sarsapa, Saidhava lavana, Kusta, Sunthi, Vacha and Swarasa of Chinchu and Datura along with Tandulodaka etc. clinically has shown significant result particularly with respect of pain.

EFFICACIOUS HOMOEOPATHIC THERAPY IN HEMIPLEGIA

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Attempts have been made to explain different facets of hemiplegia. It is emphasized that the commonest cause of it is stroke. Epidemiology of the disease, causes of the disease diagnosis, difference between haemorrhagic, thrombotic % & embolic strokes have been delineated. In the management, homoeopathic approach, physical medicine, diet, general management of thrombosis & embolism have been unfurled.

A prospective study of double blind controlled trial of cases of hemiplegia in 242 cases has been conducted. It is statistically established that homoeopathic constitutional medicines do act curatively in cases of hemiplegia. No potency & repetition schedule emerged as the specific for the treatment of hemiplegia. Study of case incidence validates the scientific report of 1980 of WHO. Both sexes are equally affected. Few symptoms under different drugs have been upgraded to first grade symptoms of same medicine.