

HAND BOOK



Patient Case Studies

**MANAGING CHRONIC AILMENTS
WITH CANNABIS-BASED
AYURVEDA MEDICINES**



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AUGUST 2021



ABOUT US

We aim to be at the cutting edge of medical cannabis research and become a globally renowned institution that offers safe and efficacious medication to tackle mass ailments. We believe Ayurveda, with its long association with cannabis, will take the lead in this field by utilizing its vast pharmacopeia coupled with scientific validation.



Abhishek Mohan

Founder and CEO, HempStreet

A warm hello to our readers of this second edition of our case studies publication.

First of all, our prayers for your well-being and that of your families in the wake of what the world has experienced due to the Covid - 19 pandemic.

Less than 7 months after we set out to utilize the powers of ayurveda and cannabis based medication to fight the chronic pain epidemic in India, we are proud to report that we now have over 2,400 partner clinics across 24 states.

Our doctors are our guiding light and this level of faith from them in our mission, gives us the motivation to work harder. We strive to beneficially impact the lives of the tens of millions of people across our country that are in desperate need of a solution for their health problems, starting with chronic pain.

The case studies in this edition are a communication of how certain ailments have been brought to manageable levels using the deep knowledge of our doctors and medicines that have been responsibly formulated and prescribed.

We hope these studies help readers understand the power of the right knowledge combined with the right medication dispensed in the right way.

We will continue our fight against chronic mass ailments in India via responsibly dispensed ayurvedic cannabis medication, and with your support, we will definitely win.

Look forward to hearing back from you on info@hempstreet.in

Thank you!

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अनेकसंशयोच्छेदः, परोक्षार्थस्य दर्शकम् ।
सर्वस्य लोचनं शास्त्रं, यस्य नास्त्यन्ध एव सः ॥

LEGAL STATUS OF MEDICAL CANNABIS IN INDIA



With the immense medicinal uses, health benefits, and industrial applications that medical cannabis possesses, it is no surprise that it has garnered worldwide clinical attention.

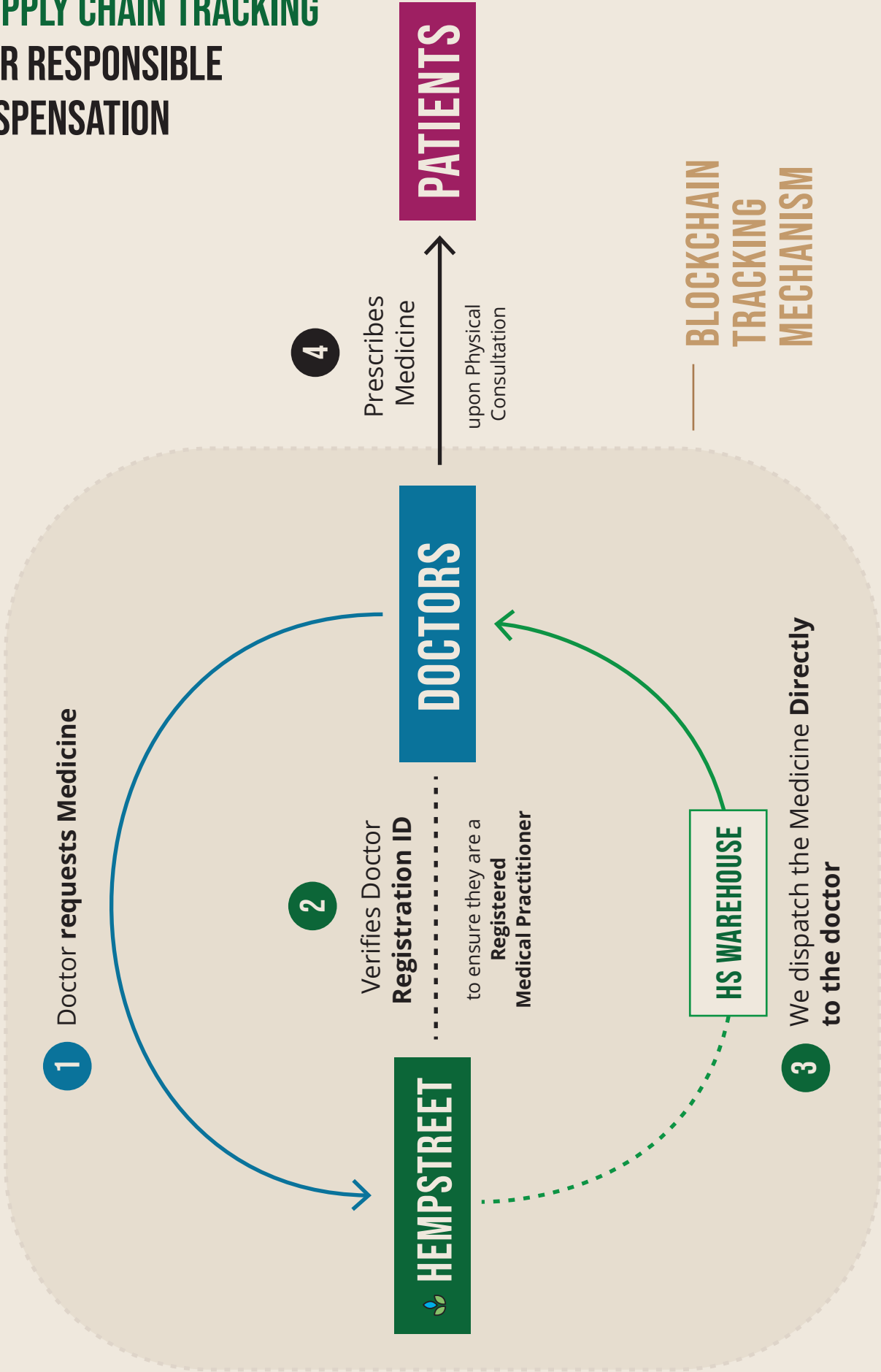
Medical cannabis, as the name suggests, refers to the medicinal use of the cannabis plant to treat various diseases and disorders. It is only made available to the patients through a prescription from a medical practitioner. Owing to its safe and effective profile, doctors can prescribe them in controlled dosages to help patients get the benefit of this ancient medicine.

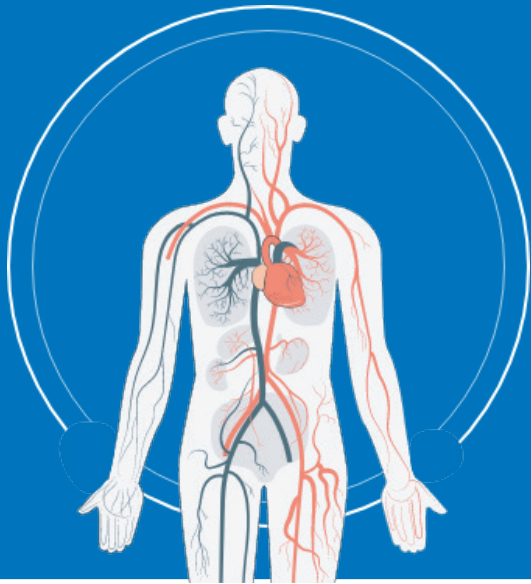
Numerous studies back its immense therapeutic properties, and many developed countries like the US, Germany, Spain, Canada, etc., have reformed their laws to acknowledge cannabis' use for medicinal and research purposes.

In India, medical cannabis has a long history of Ayurvedic use. HempStreet is undertaking research and development of classical as well as proprietary Ayurveda formulations and is working towards amalgamating the age-old science of Ayurveda with modern research, to provide clinical evidence for the efficacies of formulations for a wide variety of ailments. As a registered medical practitioner with a valid registration ID, you can legally prescribe cannabis-based Ayurvedic medicines to your patients.

Furthermore, HempStreet, through its state-of-the-art Blockchain tracking mechanism, ensures that only registered medical practitioners can directly source the medicine from HempStreet and, in turn, dispense the same to their patients only after verifying their individual registration IDs. This is to further ensure that the medicine is dispensed responsibly among both the doctors and the patients.

SUPPLY CHAIN TRACKING FOR RESPONSIBLE DISPENSATION





DECODING THE ENDOCANNABINOID SYSTEM AND ITS FUNCTIONS

Medical professionals and healthcare experts have done lots of studies and research on the extensive therapeutic uses of Medical Cannabis. They have found out that its chemical compounds known as cannabinoids have immense pain-relieving and anti-inflammatory properties. Hence, they can aid in treating various diseases, from chronic pain, spasticity, fatigue, anxiety, insomnia, arthritis, and beyond.

But what makes these cannabinoids work so effectively in the first place? It might be shocking, but the answer lies in our bodies. Our bodies have a dedicated biological system made to respond to cannabinoids and produce therapeutic effects. And that is the endocannabinoid system.

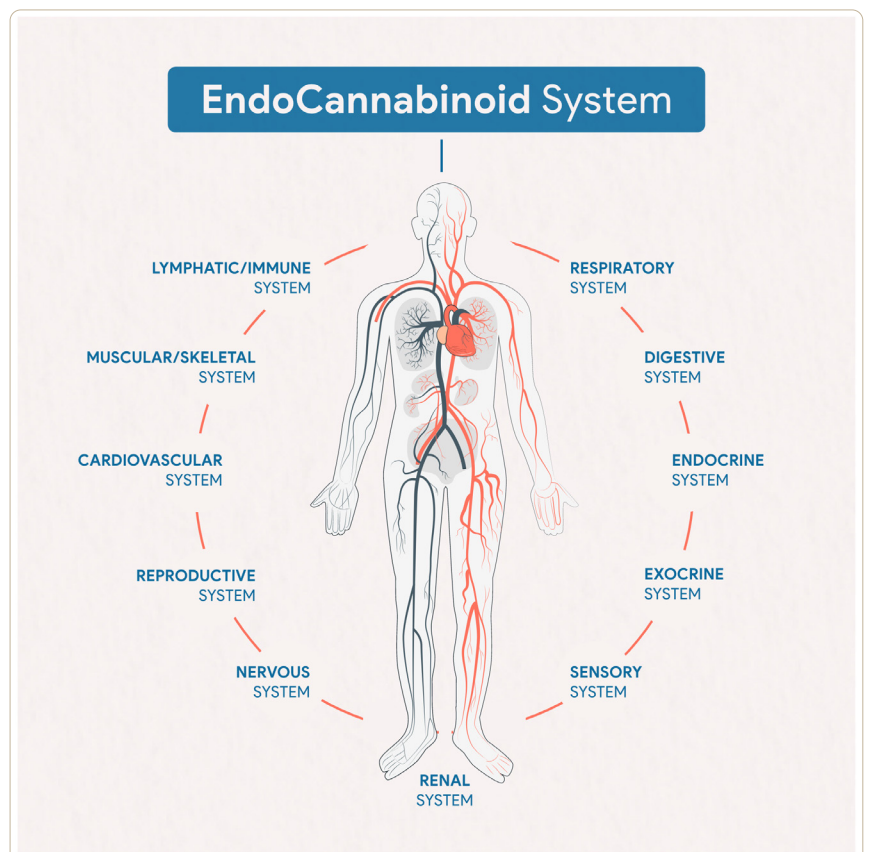
ENTER THE FUNDAMENTALS

The Endocannabinoid System (ECS) exists in the form of neuromodulator receptors. These are designed to bind to the cannabinoids in the body. This system is responsible for regulating the nervous system, the brain, and various other essential organs.

A highly complex network of these receptors is spread throughout the human body's entire central and peripheral nervous system.

THE COMPONENTS

There are three vital components of the ECS, namely:



EVENTS

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1. CANNABINOID RECEPTORS

Like any biological system, ECS has a network of receptors. Without these cannabinoid receptors, the endocannabinoids won't have anything to bind themselves to. Only when they bind with these receptors, they trigger a biological response. There are two vital cannabinoid receptors, CB1 and CB2. The former regulates homeostasis, sleep, pain response, and appetite. At the same time, the latter is responsible for regulating the immune system.

2. ENDOCANNABINOIDS

Endocannabinoids are the organic molecules that bind to the cannabinoid receptors and activate them. Furthermore, these are produced within ("endo") the human body. Plant-based cannabinoids (or phytocannabinoids) are natural cannabinoids derived from plants like cannabis, creating similar effects to endocannabinoids.

The endocannabinoids are essential in maintaining homeostasis, i.e., physical, chemical, and energy balance in the body. The two significant endocannabinoids are:

Anandamide: Anandamide is derived from the Sanskrit word "*Ananda*", meaning bliss. It is so because it positively impacts mood, and hence, is the body's own anti-depressant.

2-AG: It is hugely abundant in the body and connected to regulating the immune system.

3. METABOLIC ENZYMES

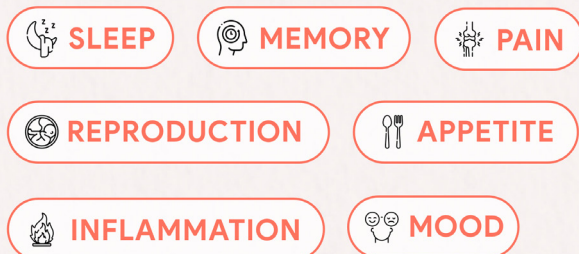
These are organic compounds playing a crucial role in regulating metabolism and homeostasis maintenance. They break down the endocannabinoids in the system once they are used. There are two key such enzymes, FAAH and MAGL, which break down anandamide and 2-AG, respectively.

WHY IS IT NEEDED?

The ECS plays a vital role in maintaining homeostasis. It uses certain tools to help regulate the body's balance. Those tools are cannabinoids, which act as counterbalances. To support homeostasis, our body releases endocannabinoids when needed, in the right amount, and breaks them down after their function is carried out.

In case of external force like injury, pain, or fever causes the body to lose its stability; it is the ECS that helps it return to its ideal working state. Study associates this system with various processes in the body, like:

The Endocannabinoid System
helps regulate vital body
functions including:





- Metabolism
- Immune responses
- Appetite
- Inflammation
- Pain
- Sleep
- Memory and Learning
- Mood
- Stress and Anxiety
- Nervous system function, etc.

HOW DO THC AND CBD INTERACT WITH THE ENDOCANNABINOID SYSTEM?

The cannabinoids from cannabis-based medication interact with the receptors like lock and key; the latter being the lock and the former being the key. When the cannabinoid molecule 'key' attaches itself to the receptor 'lock' on the cell wall, it triggers a reaction. Hence, there are inducing effects on the brain and body which leads to desired health benefits. There are over 100 such cannabinoids that scientists isolated from the cannabis plants. These are naturally occurring and are called Phyto cannabinoids.

Cannabinoids, when ingested, can support the endocannabinoid system in case our body's homeostasis is disrupted. It might be due to an imbalance in our endocannabinoids or due to Clinical Endocannabinoid Deficiency (CED). One of the two major cannabinoids in cannabis is Tetrahydrocannabinol (THC), which is psychoactive in nature. When consumed, it binds with the receptors in the body. It is partly more powerful than CBD because it can bind to both the CB1 and CB2 receptors. It then results in stimulating appetite, inducing sleep, reducing pain, and various other health benefits.

Another major cannabinoid in cannabis is Cannabidiol (CBD). CBD is not psychoactive, unlike THC. Its main function is to prevent the endocannabinoids from being broken down. This helps them to show more of their effect on the body.

Cannabis medicines have various medical uses. But today, numerous medical experts and Ayurveda doctors are attracted by its ability to affect absolute levels of the endocannabinoids in the brain. Furthermore, it also inhibits the metabolic enzyme FAAH. By prohibiting the FAAH enzyme from breaking it down, CBD increases the anandamide levels in the system. Therefore CBD is an effective medication for treating anxiety and other related mental health problems.

SUMMARY

The ECS is a very crucial biological system in the body. It regulates the body's various specific processes, ranging from pain and anxiety to metabolism and immunity. Moreover, cannabis medicines rely on this system and its receptors to show their therapeutic effects.

Moreover, this system is present and functions throughout our body's nervous and immune systems. That is the reason why cannabinoids can aid in treating such a wide variety of ailments. To know more about how you can leverage cannabis medicines in India for treating your ailments and get the best online Ayurvedic consultation, reach out to HempStreet Medicare.



DR. BHUPESH VASHIST
BAMS, PGDPM

Dr. Bhupesh has an extensive experience of 10 years in Ayurveda. He is a consultant and Founder at AAS Ayurveda as well as a management professional and an exemplary demeanour with patient-friendly conduct endearing him to every group and situation. He has his expertise in Pain Management and other Ayurvedic treatments.

CASE STUDY #1



CHRONIC PAIN CAN NOW BE MANAGED WITH AYURVEDA

ABSTRACT

The pain in cancer depends on different factors, including the type of cancer and its stages, so all the cancer patients do not face chronic pain. The pain increases depending on how much it has been spread or recurred.

Cancer pains can be dull, achy, sharp, or burning. Depending on the stages it can be constant, intermittent, mild, moderate, or severe. Most cancer-related pains are manageable and controlling pain is an essential part of cancer treatment. But unfortunately, the medicines available over the counter and on prescription have a long list of side effects such as sleepiness, constipation, gastritis, etc.

AYURVEDA PERSPECTIVE

Vijaya in *Trailokya Vijaya Vati* is an effective compound that helps in pain management and also helps to relax. Both these properties help in the management of cancer patients during their treatment.

INTRODUCTION

Metastatic Spinal Cord Compression (MSCC) is a rare but rather well-recognized complication of cancer. Metastases to the spine occur in 3-5 % of all patients who have cancer and are more common in patients with breast and lung cancer, in whom the incident is approximately 19-20%. MSCC is usually caused by the collapse or compression of a vertebral body that contains metastatic diseases but can also be caused by direct tumor extension in the vertebral column.

The primary complaints in such patients have prolonged back pain and limb weakness. As the disease progresses the patient must be well evaluated and given the best treatment option amongst surgery or radiotherapy. In patients with no neurological function for more than 48 hours, symptom control or palliative care treatment are the preferred options.

Some patients undergoing cancer treatment experience manageable pain, but in certain cases it can be extreme and quite severe to deal with.





In such conditions, alternate medicines are often sought to have incredible effects in pain relief, mental stability, and other allied complications without giving the sufferer unnecessary side effects like gastritis, nausea, vomiting, etc.

CASE HISTORY

The patient underwent radiation therapy for her MSCR and later started chemotherapy for her breast cancer. She had issues with her left hand movement and complained of GERD, indigestion and insomnia due to pain and burning sensation throughout the body. For alternatives, she approached the practitioner in search of a better option other than her existing medicines for her complaints.

CASE REPORT

Patient Description

This is a case of a **23 yr old female** from a village near Kurukshetra, Haryana. She was suffering from metastatic carcinoma of the spinal cord and reported acute pain for the last few weeks. Popping up painkillers was her only solace when the severity of pain was going unbearable. Adding more woes to the existing one, synthetic pain killers' side effects were severe gastritis and GERD. This girl was started on the medication of '*Trailokya Vijaya Vati*'; a classical Ayurvedic formulation mentioned in the ancient Ayurvedic Samhitas.

TREATMENT PLAN AND MEDICINES PRESCRIBED

She was prescribed *Trailokya Vijaya Vati* which she took one tablet three times a day continuously for five days and the other 'Panchkarma' modalities.

EXPECTED OUTCOME

It was expected that the patient would gradually be relieved of her pain and would get better sleep.

ACTUAL OUTCOME

The pain-relieving effects of '*Vijaya*' or '*Bhanga*' were quite remarkable in this case, and she started feeling better from the pain within the first week of taking the medicine. She started to lift her left arm without much restriction, which she was not able to do earlier without any external support or support from her right arm. The patient also started to move her forearm and fingers freely, almost in a state of muscle wasting due to restricted movement because of chronic pain. Her sleep quality improved significantly which helped her in digesting her meals as well. As her pain started subsiding, she started feeling better and started smiling which she had forgotten due to this perennial pain in her arm.

DISCUSSION

The treatment was planned to effectively treat the patient for pain and indigestion and sleep.

CONCLUSION

This case study shows that *Trailokya Vijaya Vati* has effective results in the management of Cancer-related pain.

"Cancer as a disease not only affects the quantity of life but also affects the quality of life! In such a condition effective pain management and mental stability of the patient plays an important role in the overall recovery of the sufferer. Medical cannabis promises the expected result in minimal dosage and within a short period of time without any remarkable side effects."



DR. PREETI CHHABRA

BAMS, MD, MSc,
PGDHHC, DTPN

Dr. Preeti Chhabra is an Ayurvedic Consultant from Delhi who brings with her a vast experience of 29 years. She specializes in Panchkarma Therapies, Ayurvedic Gynaecology, Agnikarma, Jalaukavcharan (Leech therapy), Kshaar Sutra, and pioneer in starting Suvarna Prashan in Delhi.

She has been working with reputed hospitals like Sir Ganga Ram Hospital, Rajender Nagar as Senior Consultant and Director, Shri Krishna Super Speciality Institute of Ayurveda, Janak Puri, New Delhi. She has also been honored as Best Ayurvedic Physician for promotion of Ayurveda and conferred the title of Pranacharya by All India Ayurveda Congress.

TRAILOKYA VIJAYA VATI: PROVIDING RELIEF IN MULTIPLE JOINT PAINS

ABSTRACT

This is a clinical case study of a 72-year-old female with multiple joint pains and rheumatoid arthritis in both upper and lower extremities and how *Trailokya Vijaya Vati* helped her cope with the condition and add quality to her life.

AYURVEDA PERSPECTIVE

The description of *Amavata* dates back to 1500 BC in Rigveda. The main pathogenic event in Rheumatoid Arthritis (RA) is the formation and deposition of AAMA which is the causative factor for inflammation. Restoration of *Agni* and management of *Shoola* are the two basic principles in the treatment of *Amavata*. The *Tikta rasa* and *Ushna guna* of *Vijaya* makes it a choice of drug for the treatment of RA and multiple joint pains.

INTRODUCTION

Rheumatoid Arthritis is a long-term, progressive, and disabling autoimmune disease. It causes inflammation, swelling, and pain in and around the joints and other body organs. It usually affects the hands and feet first but it can occur in any joint. It usually involves the same joints on both sides of the body. The symptoms of RA tend to come and go. During a remission, they can disappear, or they can be mild. However, during a flare, they can be

severe. The joint damage that occurs with RA can make it difficult to perform daily activities.

CASE HISTORY

The lady was on potent painkillers such as Voveran 50mg and Ultracet daily. The adverse side effects of these pain killers were visible on her body with her gut becoming acidic as she presented with severe gastritis pain whenever she took chemical painkillers to combat her pain issues.

To beat gastritis and pain, she also started to take modern anta acids that troubled her digestion.

CASE REPORT

Patient Description

This patient with the **age of 72 years** had rheumatoid arthritis and multiple joint pain in both upper and lower extremities. She was walking with a tremendous amount of pain, and her gait could quickly tell how excruciating the pain was there for her to bear. She also complained of digestive disturbances and disturbed sleep.



TREATMENT PLAN AND MEDICINES PRESCRIBED

After a thorough clinical examination, she was prescribed with *Trailokya Vijaya Vati* one tablet three times a day for a period of seven days initially.

EXPECTED OUTCOME

The expected outcome was to relieve her of the pain, inflammation, improve digestion, and that the patient should get a sound sleep.

ACTUAL OUTCOME

After a week of taking the medicine, she did not have to take synthetic painkillers. Her sleep quality improved with no pain induced during the night, her digestion enhanced during the process. She presented with an improved gait and walk when she walked to the clinic after a period of one week.

DISCUSSION

As mentioned in Ayurveda the line of treatment was decided with an aim of restoration of *Agni* and management of *Shoola*. The patient got relief from most of her complaints within a week of starting the treatment.

CONCLUSION

In the last 50 years, extensive research has been done on RA and multiple joint pains associated with it by modern medicines, but the etiology and a standard line of treatment are still developing. Studies on the subject have revealed various biological agents that have provided relief to a significant number of patients. However, these agents are very expensive, require close monitoring, have side effects, and need to be used indefinitely.

A result from several small studies suggests that in people with RA, cannabis has helped to curb morning pain, improve sleep and lower inflammation in joints. Hence the use of cannabis in the treatment of RA and Multiple Joints Pain can be further promoted as it is also cheaper and an effective alternative to the other available drugs.





DR. P. J. AJEEB

BAMS, Sports Ayurveda

Dr. P.J. Ajeeb is a Chief Physician at Palace Ayurvedics, holding extensive experience of 12 years. He has received various certifications in sports Medicine, Relaxation therapy, Reflexology, Neuropsychiatry, traditional marma treatments, and Yoga.

Dr. Ajeeb mainly deals with stress management and pain relief mental as well as physical.

TRAILOKYA VIJAYA VATI: A POSITIVE OUTLOOK ON ADOLESCENT DYSMENORRHEA

ABSTRACT

Dysmenorrhea in adolescent females can be attributed as one of the leading causes of short-term absence from schools. Increased contractions and lack of blood supply to the uterus due to prostaglandins production result in these unbearable spasms. Dysmenorrhea is often accompanied by gastric symptoms like nausea and vomiting which further deteriorate the health.

Conventional medical treatments have often turned out to be incapable of managing pain associated with menstruation. Even the handful of medicines that are efficient in resolving pain are topped up with side effects. Amidst the unreliability of conventional treatment, *Trailokya Vijaya Vati* as a potent classical ayurvedic formulation represents a glimmer of hope in managing a painful condition like dysmenorrhea.

INTRODUCTION

Dysmenorrhea or Primary Dysmenorrhea is defined as abdominal cramps which occur during menstrual periods without the presence of any pelvic pathology. The cause of dysmenorrhea can be attributed to increased prostaglandins and leukotrienes production which intensifies the contractions in uterine muscles thereby compromising the blood supply to the uterus.

Dysmenorrhea in adolescents is usually accompanied by gastric sequels like bloating, nausea, vomiting, diarrhoea, and headache.

Similarly in Ayurveda, *Kashta-Artava* is a condition associated with painful menstruation. Classical ayurvedic texts define *Kashta-Artava* as a symptom of gynecological disorders rather than a disease. Vitiated *Apana Vata*, a subtype of *Vata Dosha* is responsible for causing disrupted menses associated with severe cramps and pain.

Metabolism of the Endocannabinoid System of the body is managed by three factors namely Endocannabinoids, Receptors, and Enzymes. These three together regulate pain sensation and modulatory actions at all stages of any type of pain manifested in the body. The lining of the uterus is no exception in presence of these endocannabinoid receptors. Natural cannabinoids when consumed, bind with these receptors leading to quick resolution of pain.

CASE HISTORY

The patient was hospitalized with complaints of nausea, vomiting, and severe abdominal cramps during her menstrual periods. Her ultrasound revealed no signs of anomaly and despite the various treatments given to her, there was no relief in any of the symptoms. As a last resort,



CASE STUDY #4



FRACTURE MANAGEMENT WITH TRAILOKYA VIJAYA VATI

DR. NAMRATA KULSHRESTHA

M.S. (Shalya Tantra Samanya)
General Surgery

Dr. Namrata has been practicing as a Consultant Surgeon and Assistant Professor for more than 12 years. Her expertise includes Ksharsutra and Orthopedics.

She has also won Excellence Award by Uttarakhand Ayurved University, Dehradun.

ABSTRACT

Bone fractures is an injury which is very common among all age groups. Locomotion is the basic function of the skeleton which gets hampered with any fracture, primarily due to local pain at the fracture site. Swelling is another hurdle to be managed initially. This clinical case study signifies the solution of both the major clinical features of pain and swelling in fractured patients with *Trailokya Vijaya Vati* to provide ease and comfort.

AYURVEDA PERSPECTIVE

Indigenous drugs are under continuous scrutiny by scientists for their better effect in treating fractures. It is an effort to evaluate the merits and demerits of oral

preparation, its effectiveness, and the percentage of time saved for the union of bones.

INTRODUCTION

A fracture is a structural break which weakens the normal continuity of a bone. Fracture healing is a natural body process but a painful one. Swelling, deformity, ecchymosis, loss of function, tenderness, abnormal movements are some of the associated features. Principle of management of fracture includes pain management, reduction, immobilization, and rehabilitation. During the treatment of fracture, the anatomical union is not only the ultimate aim but also attention must be paid to avoid or minimize the forthcoming complications.

CASE REPORT

Patient Description

A **20 year old girl** visited the clinic with a leg injury. She was able to walk only with her left foot as the other one was flexed above showing an ailment in right one. There was gross swelling over the right ankle including the heel part. She had taken help of a bamboo stick while walking.

CASE HISTORY

The patient was traumatized due to a sudden slip of foot from stairs. She was not able to walk with her right leg due to severe pain and swelling since then.

PHYSICAL EXAMINATION

Swelling and tenderness were present over the right ankle and severe pain at the dorsum of the heel. Flexion and extension of the foot were little.

RADIOLOGICAL FINDING

X-ray showed the fracture of the Calcaneus bone and the fragment is parallel to the ground. This type of fracture is called "Lover's Fracture".



TREATMENT PLAN AND MEDICINES PRESCRIBED

The doctor applied a Plaster of Paris (POP) slab (a temporary –*Kaccha* Plaster) for the swelling to reduce. Since the pain was excessive as the lower limb was bearing all the weight of the body, *Trailokya Vijaya Vati* one tablet twice a day was prescribed for 7 days with POP Slab for 10 days. After 10 days the patient was feeling comfortable as there was no swelling and pain had reduced. The doctor then applied a “Below knee POP cast” (*Pakka* Plaster) for the next 4 weeks to attain proper immobilization. No other drug or supplement was given.

EXPECTED OUTCOME

At least 10-15 days was expected for the swelling to subside.

ACTUAL OUTCOME

The patient was perfectly fine with POP Slab and felt no pain during this course. She took adequate rest both during the day and night times also due to the sedative effects of the medicine. This is an additional effect that was not expected but took place.

CONCLUSION

Trailokya Vijaya Vati acts as an absorbent of discharges and hematoma, reduces swelling, pain, and tenderness, clears the blockage of channels, depresses the wound, and promotes the healing processes, and ultimately unites the fractured bones. As complete rest was required for the fractured fragments to heal, this case study reveals that *Trailokya Vijaya Vati* with its analgesic and anxiolytic effect helped in bone healing without other medicines prescribed.





DR. SUNIL ARYA

B.A.M.S. (Bachelor of Ayurveda
Medicine and Surgery)

Dr. Sunil is the founder and consultant at Jeevniya Ayurveda Panchakarma and Ksharsutra Clinic. He has more than 25 years of experience. He also has a vast no. of awards and achievements under his name.

Dr. Sunil Arya is dedicated and compassionate to provide the best treatment to his patients providing solutions for chronic and stubborn ailments through Ayurveda.

CASE STUDY #5



KAMESHWAR MODAKA: A SOLUTION FOR PREMATURE EJACULATION

ABSTRACT

This is a case study of a patient with the complaint of premature ejaculation. These days many lifestyle-related problems have become prevalent due to our sedentary habits and lifestyle leading to stress and anxiety. Premature Ejaculation is also one of the similar kinds of conditions arising due to the above-mentioned reasons.

Kameshwar Modak is an effective mix of medicinal herbs with cannabis as its main ingredient. It is an ideal miracle drug to reignite one's sexual life due to its aphrodisiac properties and also can be used in the treatment of male sexual dysfunctions as it enhances endurance and performance.

INTRODUCTION

Ejaculation is a reflex involving sensory receptors and regions, afferent routes, brain sensory areas, cerebral motor centers, spinal motor centers, and efferent pathways. Normal antegrade ejaculation involves three main mechanisms: emission, ejection, and orgasm.

According to a study, male sexual problems are more common in the 41-50 and 51-60 age groups than in other age groups. One of the most frequent male sexual problems is premature ejaculation (PE). The World Health Organization (WHO) defines it as "chronic or repeated ejaculation with minimum stimulation before, during, or after sexual activity."

ED is the persistent inability to attain and maintain an erection sufficient to permit satisfactory sexual performance. ED affects physical and psychosocial health and has a significant impact on the quality of life of sufferers and their partners and their families as well. Sometimes it is also referred to as Impotence.

PE is ejaculation with minimal stimulation and earlier than desired, before or soon after penetration, which causes bother or distress, and over which the sufferer has little or no voluntary control.

AYURVEDIC PERSPECTIVE

Shukragatavata is a pathological entity of Ayurveda similar to premature ejaculation. This is a typical condition of *Vata Prakopa* which has been accumulated in the *Shukravaha Strotasa*. The *Vataghna* property of *Bhanga* helps to disseminate and eliminate excess *Vata Dosha* and plays an effective role in PE. Out of the 8 factors responsible for ejaculation, the most important factor is *Drutatvat Marutasya* i.e. the *Vata* influence.



Hence erectile dysfunction is considered as a factor responsible for PE. The standard line of treatment for PE in Ayurveda includes *Vataghna* drugs/herbs along with *Vajikar* drugs/herbs. *Bhanga* has both the desired properties and hence is an ideal choice of drug in such a case.

CASE HISTORY

The patient was in a sedentary job with stress from 10 am to 6 pm for the last few years. His reports of LFT, KFT and testosterone were in normal range, Hb-14.7gm%, fasting Blood sugar- 94 mg%, HBA1C-5.2, VitaminD-14, B12-312. No history of any major illness.

TREATMENT PLAN

The treatment plan was based on stress management and *Vajikarna Chikitsa* in which one *Kameshwar Modaka* sachet twice a day with milk and one capsule of *Ashwagandha* twice a day with milk was prescribed to the patient.

Apart from Medicines, patients were advised to walk briskly in the morning followed by

breathing exercise, early dinner followed by walking for 20 minutes and two liters of fluid intake in the form of fresh fruit juice. The patient was also suggested to avoid the use of gadgets after 10 PM and indulge himself in other activities like music, dance, etc.

FINAL OUTCOME

After one month of treatment, the patient was quite satisfied regarding anxiety, premature ejaculation, and erectile dysfunction. Then tab *Makardwaj* was added to the above treatment for next month.

DISCUSSION

Kameshwar Modak is a potent blend of therapeutic herbs that includes cannabis as the primary component. Its aphrodisiac qualities make it an excellent miracle medication for reigniting one's sexual life and can also be used to cure other male sexual dysfunctions since it improves endurance and performance. A combination of *Kameshwar* and *Ashwagandha* worked well on the patient and after a period of one month, the patient showed quite effective results as per the treatment. (*Kameshwar Modak* is a prescription medication that should only be used under the guidance of an Ayurvedic physician.)

CONCLUSION

This case study shows promising results of *Kameshwar Modaka* in treating premature ejaculation and erectile dysfunction.

CASE REPORT

Patient Description

A **38 year old married man** was presented with complaints of low libido, premature ejaculation, erectile dysfunction from last year on and off. Along with these complaints he was also suffering from anxiety without any cause. The patient is non-alcoholic, Non-smoker, normal appearance with 130/86 mm Hg BP and 90/minute pulse. His appetite was normal, daily motion and urine were normal, clear tongue and sleep were disturbed.





DR. RUCHI BHARDWAJ

B.A.M.S., M.D., A. Med., PHDhS,
PhDCFT, DNHE

Dr. Ruchi has 8 years of experience in Ayurveda and Panchkarma treatments. She has expertise in the treatment of women's health issues including Menopausal disorders, Uterine fibroids, PCOD, Acne, Blemishes, Vaginal infections, Infertility issues etc.

With her clinic - ActivAyuLife Dr. Ruchi intends to sensitize people not only to physical as well as their mental wellbeing.

CASE STUDY #6



VIJAYA FOR PROVIDING RELIEF FROM PAIN IN ENDOMETRIOSIS

ABSTRACT

Endometriosis can lead to painful periods, severe abdominal pain during the menstrual cycle or before that causing discomfort with bowel movements. Endometriosis symptoms differ. Some women have minor symptoms, while others have moderate to severe symptoms. The degree or stage of the illness is not indicated by the severity of discomfort. Even if a patient has a minor type of condition, she may be in excruciating agony. It is also possible to have a severe type while feeling very little pain.

Vijaya can be an effective solution for the pain due to endometriosis. It not only suppresses the abdominal pain but also eradicates it completely after a course of time. *Trailokya Vijaya Vati* worked really well on the patient and could treat her severe abdominal pain with regular usage of the medicine as per the dosage being suggested.

AYURVEDA PERSPECTIVE

According to Ayurveda endometriosis can be correlated to *Vatala Yoni Vyapat*, the causes for this can be vitiation of *Vata dosha* in a woman having *Vata* type of body constitution or having regular food or lifestyle which vitiates *Vata dosha*. The vitiating *Vata* dosha reaches the reproductive system of the female and causes symptoms of *Vatala Yoni Vyapat*.

INTRODUCTION

Endometriosis is a gynecological condition that is often characterized by chronic pain, blood loss, growth of ovarian cysts, formation of scar tissue, and interference with other normal bodily functions. For many women with endometriosis, the emotional side effects can devastate many other areas of their lives leading them to report conditions such as anxiety, depression, irritability, and hopelessness.

CASE REPORT

Patient Description

A **22 year female** patient came to the OPD with complaints of severe lower abdominal pain after and before the menstrual cycle and tremendous pain during the Cycle.

The patient took allopathy and homeopathy treatment earlier and went through laparoscopy too. The patient was underweight with *Niram Jivha* and H/o constipation and hemoglobin level was just 9gm/dL.



TREATMENT PLAN

According to her symptoms treatment was planned with *Sukumār Ghrita*-1 tsp BD, *Trailokya Vijaya Vati* 2 BD, *Avipatikar Ch*- 5gm at bedtime and *Kumariśav* 15ml with an equal quantity of water twice a day .

FINAL OUTCOME

The patient had switched to Ayurveda after the conventional treatment did not work out during the initial period of illness. However, soon after starting Ayurvedic treatment, her symptoms began to subside within seven days and her complete recovery was ensured by her next cycle. She was asked to take *Trailokya Vijaya Vati* 2 BD in addition to other medicines. The patient is now happy and does not feel anxious.

DISCUSSION

Samprapti Vighatana of the *Vatala Yoni Vyapat* is achieved by a combination of herbal formulation, which acts as *Vatashamak* and *Brimhana* and also acts on the central nervous system. *Vata* Vitiation is the chief cause behind the disease which is corrected with the help of *Trailokya Vijaya Vati* and *Sukumār Ghrit*.

These are both medicines that work as anti-inflammatory and help to reduce inflammation and pelvic pain. In addition to all these, *Trailokya Vijaya Vati*, the herbal formulation, has been added in the prescription since the beginning of treatment for working on *Apana Vayu*.

CONCLUSION

This case signifies how effective Ayurveda and *Trailokya Vijaya Vati* are in endometriosis. It is suggested that *Trailokya Vijaya Vati* and Ayurvedic Cannabis preparations be evaluated for potential use in cases of Endometriosis.





VD. PRASHANT TIWARI

BAMS, MD Panchkarma

Vaidya Prashant Tiwari holds the honor of being an M.D. gold medallist Ayurvedic Panchakarma. He has vast experience of 10 years in the field of Ayurveda and Panchkarma with empathy being his core value and strength. He is also the founder of Dharma Ayurved Clinic and Panchkarma Centre and the National President at NASYA.

Vd Prashant has also been awarded Dhanvantari Award 2017 and the Young Achiever Award 2018.

PAIN MANAGEMENT IN MULTIPLE PATIENTS WITH THE USE OF TRAILOKYA VIJAYA VATI

ABSTRACT

The worldwide covid outbreak and the resulting lockdown has changed the human lifestyle to a greater extent. Post lockdown the OPDs started to flood with patients with various complaints. More complaints were from people who were in their late 40s, the elderly age group stuck at home without active treatments for their ailments.

The sample size taken for this case study was 28. It highlights the use of *Trailokya Vijaya Vati* in patients with multiple small joint pains and the insomnia associated with it.

INTRODUCTION

The name multiple small joint pain is quite self-explanatory. In Ayurveda this condition is known as "*Asthimajjagat Vata*" and "*Anidra*" which is insomnia.

It is a very complex diagnosis to cure as it alarms numerous underlying conditions in adults and the elderly. During this, patients often "get going" throughout the day and spend their nights tossing and turning in the bed as the pain takes over.

The treatment given to these patients is the same as Arthritis with high doses of anti-inflammatory medications, anti-rheumatic drugs, and even steroids. The use of such higher medication leads to a lot of side effects that could be avoided by opting for Ayurveda treatment that gives promising results with minimal medicines.

CASE REPORT

Patient Description

A **sample size of 28** was selected with the **least age of 30 yrs.** Both male and female were considered for the study. There were some individuals with co-morbidities. Some patients were taking allopathic treatment and decided to opt for Ayurveda whereas some were already taking Ayurveda treatment with some relief.

CASE HISTORY

All patients had similar complaints of multiple small joint pain (some inflammatory and some degenerative) and insomnia secondary to pain.

TREATMENT PLAN AND MEDICINES PRESCRIBED

All patients were prescribed *Trailokya Vijaya Vati* 2 tablets after food twice a day along with Amrutarishta for initial 16 days. And half the dose for both the formulations for the next 14 days.



EXPECTED OUTCOME

The expected outcome was pain relief and sound sleep in all the patients.

ACTUAL OUTCOME

All patients reported significant pain relief and better sleep on their first follow-up, and they were positive to continue their medications. After a brief evaluation after 30 days of continuous medication, it was observed that the satisfaction ratio in all patients and cure of all symptoms were almost 60 % more and quicker after *Trailokya Vijaya Vati* was added as a part of their treatment.

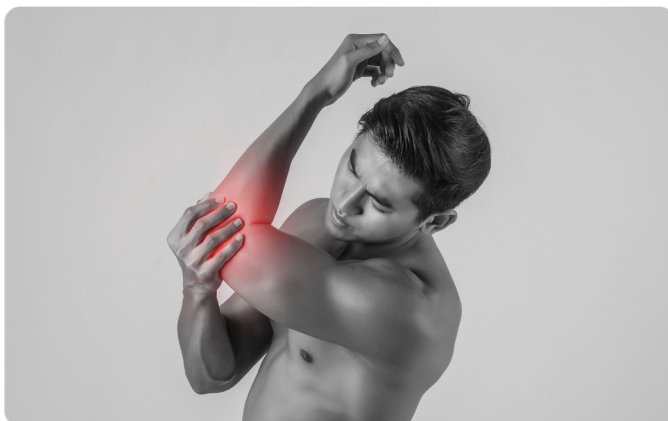
DISCUSSION

In this study, the effective management of *Shoola* and *Anidra* was attained by using *Trailokya Vijaya Vati* as it has *Vataghna* effects. Hence, it is an ideal drug of choice in all types of *Vata Vyadhi* and their complications.

CONCLUSION

Pain management is now an established branch of modern medicines. Pain management experts correct pains with medications and interventional management. Although it is practiced worldwide, there are many complications associated with the medication doses and interventional technology.

The dissatisfaction rate remains to be a concern in this field. In such cases, *Trailokya Vijaya Vati* is a promising formulation in pain management in all individuals with negligible side effects and excellent relief. It withholds a great future in Pain management in all kinds of diseases.





DR. ASHIMA SARDANA

BAMS (DU), MD (AM),
PGP Panchakarma

Owner and Founder of Roots2Heal, Dr. Ashima Gulati Sardana has been doing enormous work which includes conclusive treatment through Ayurvedic procedures and medicines, lifestyle changing workshops, lectures, academic assignments, collaborations and integration with partners from our fraternity.

She has an experience of 22 years in the different verticals of Ayurveda.

CASE STUDY #8



TRAILOKYA VIJAYA VATI IN THE MANAGEMENT OF DYSMENORRHEA

ABSTRACT

This case study focuses on the use of *Trailokya Vijaya Vati* in the treatment of Dysmenorrhea. It is medical terminology for uterine pain around the time of menses. Dysmenorrhea is caused by the release of prostaglandins that triggers muscle cramping or minor contraction of the uterus. This in turn reduces the blood supply to the uterus and causes painful spasms. There is not much help with synthetic medicines for the treatment of dysmenorrhea. Oral contraceptives that stop ovulation and therefore prostaglandin production, nonsteroidal anti-inflammatory drugs, and paracetamol are generally prescribed to all patients that complain of Dysmenorrhoea; but they have a long list of side effects. On the other hand, Cannabis serves to be an ideal drug of choice as it interacts with the cannabinoid receptors on the lining of the uterus and acts as a muscle relaxant and anti-inflammatory compound altogether.

AYURVEDA PERSPECTIVE

According to Ayurveda, when *Vata Dosha* aggravates due to disturbed diet and lifestyle, it creates an obstruction in the functioning of *Vata Dosha*. It vitiates *Rasa Dhatu* and *Astavavaha Srotasa*. The *Apana Vayu* moves in an upward direction and influences menstrual bleeding by causing pain. The *chikitsa sutra* mentions that *yonisukti* never takes place without vitiation of *Vata*, hence *Vata* should be regularized.

Vijaya has *Tikta Rasa Ushna Virya*, it has *laghu Tiksnha Guna and Katu Vipaka*. Hence it pacifies the *Vata Dosha* and helps in the treatment of *Vataja Shoola* and also in *Kashta Artava*. Ayurveda *Rasatarangini* has attributed 29 pharmacological indications for *Vijaya* in which all kinds of *Shoola* are included.

INTRODUCTION

Most teenagers and women experience mild to severe menstrual cramps at some point of life throughout their menstrual age. The worst things about getting periods are the cramps that they go through. Caused due to hormonal fluctuations in the body, menstrual cramps can make people feel horrible. While there are a lot of theories and practices to relieve these cramps right from hot water bags to sleeping positions to yoga, these serve to be only temporarily relieving factors for the condition. Women often try these easy methods and turn towards synthetic medicines when the condition gets severe. For this pain medical cannabis is the newly emerging natural option as an answer to all the worries associated with menstrual cramping.



EFFECTIVENESS OF CANNABIS

Our body carries the Endocannabinoid system, which is a biological system full of cannabinoid receptors that live inside the brain, organs, connective tissue, glands, and immune cells. When cannabis is used, the cannabinoids bind with the receptors in the body and help to promote homeostasis.

CASE REPORT

Patient Description

This is a case study of a working **27 year old lady** who suffered from severe menstrual pain (dysmenorrhea) throughout the days of her menstrual cycle.

CASE HISTORY

The direct impact of this pain was on her work as she was unable to focus on those 4-5 days of intermittent episodes of pain. She took Meftal-spas and other painkillers but the constant thought of adverse side effects of these pain killers was troubling her. She then visited the clinic to try ayurvedic treatment for dysmenorrhea.

TREATMENT PLAN AND MEDICINES PRESCRIBED

She was prescribed '*Trailokya Vijaya Vati*' and was asked to start for the first five days of her cycle.

EXPECTED OUTCOME

It was expected that the patients' pain would subside and allow her to do normal activities for the day throughout the cycle.

ACTUAL OUTCOME

The patient came to the clinic when her period was still going; she immediately took the medicine and the cramps and severe pain subsided within the 20 mins of taking '*Trailokya Vijaya Vati*.'

DISCUSSION

The treatment was decided on the basis of the predominance of *Vata Dosh* involvement. The *Vijaya* as mentioned has anti-inflammatory properties and is also an effective *Vataghna* herb. It helps in reducing the pain effectively.

CONCLUSION

This case study shows that dysmenorrhoea can be successfully managed with *Trailokya Vijaya Vati*.



While there are some trials and studies that promote the use of medical cannabis in the treatment of dysmenorrhea, more studies need to be encouraged to collect strong scientific evidence supporting the same.



DR. RAGHAV SHARMA
Chief Ayurveda Consultant

Dr. Raghav Sharma has completed his BAMS from one of the prestigious institutes of the country - Rajiv Gandhi University of Health and Sciences. He brings with him an extensive experience of 15 years and is serving as a Chief Ayurvedic Consultant at Niramay Clinic. His specializations include chronic diseases, Raktmoksana and Agnikarma.

CASE STUDY #9



TRAILOKYA VIJAYA VATI: AIDING IN THE TREATMENT OF IBS

ABSTRACT

Irritable bowel syndrome (IBS) is a vague term for a variety of diseases causing discomfort in the gastrointestinal tract and causing great morbidity in the population. It is a bowel disorder characterized by pain in the abdomen, bloating, mucous stool, and disturb bowel habits without any organic cause. The exact cause of this disease was still unknown but stress is said to be one of the leading factors behind the illness.

One of the studies revealed that the prevalence of IBS among Indians was approx.15% which showed the seriousness of this issue and the need for the most suitable therapeutic approach for the same. Ayurveda

described this disease under the term "*grahni*" and provided many herbo mineral formulations for the treatment aspect of the disease. Ayurveda also treats all diseases as psycho-somatic which is why the approach of Ayurveda towards the treatment of IBS shows magnificent results.

In this case study, a male patient of age 56 years with complaints of frequent defecation of loose stool, pain in the abdomen with insomnia was selected. Ayurvedic herbs-mineral formulations (included *Trailokya Vijaya Vati*, different *bhasma* and *vati*, etc.) were prescribed to the patients for two months. The improvement was assessed with the reduction in signs and symptoms of the disease.

INTRODUCTION

IBS according to Ayurveda can be considered as a disorder where there is a derangement of *Vata* in *Pakvashaya* especially of *Apana Vayu* leading to symptoms of pain in the abdomen and altered bowel habits. The main cause behind the disorder as per Ayurveda is *mandagni* or low digestive power. Various *Aaharaj*, *Viharaja* as well as *mansika nidan* are the causative factor behind the disease. Studies also revealed that disturbance in the mental health of the individual leads to disturbed *agni*. Hence ideal therapeutic relief is achieved by a combination of formulation, which acts as *Grahi*, *Deepana*, *Pachana* and *Brimhana*, *Vatanulomana* along with action on *mana* or mind.

CASE REPORT

Patient Description

A **56 year male** with a complaint of frequent defecation of loose stool, pain in the abdomen along with insomnia. Associated complaints of mucous discharge with the stool were also present. He had no history of diabetes/bronchial asthma/T.B/ hypothyroidism and hypertension.



CLINICAL FINDING

GENERAL EXAMINATION AND PERSONAL HISTORY

He had a poor appetite, difficulty in digestion of food, heaviness during defecation, and was having irregular bowel habits. The sleep of the patients was disturbed. *Nadi* of the patient revealed *Vata-Pitta* type. During the clinical tests, slight tenderness was also felt during the per abdomen examination through palpitation and sounds of bowel gases were also heard through the stethoscope.

TREATMENT PLAN AND MEDICINES PRESCRIBED

The doctor prescribed *Trailokya Vijaya Vati* 2 tablets during the night after food along with *Chitrakadi* and *Kutaja ghan vati* 2-2 tablets each twice a day after food. The combination of herbal formulations like *bilwadi churna*, *panchamrit parpati*, *giloy churna*, *shankh bhasam*, *ram ban rasa*, and *kutkutand twak bhasma* (all mixed) and given in the dose of 2-3 gm twice daily with lukewarm water. After 30 days, *Chitrakadi Vati* was replaced with *mana sankh vati* and *panchamrit parpati* with *shatpushpadi churna*, *giloy churna* with *hirsadi yog* and *kutkutand twak bhasma* with *kapardak bhasma*. The patient was instructed to avoid dairy products, fast and spicy food articles for proper relief.

OBSERVATION

During the first month of treatment, the pain reduced slightly and the patient reported improvement in sleep as well as in mucous discharge. However, the patient was still feeling uncomfortable and felt discomfort. After the completion of one month of medication, some medicines were replaced for better relief and improvement in the symptomatology of the disease. Post two months of the treatment, the patient showed improvement in sleep quality, reduction in mucous discharge. The pain subsided completely and the frequency of defecation also reduced to normal.

DISCUSSION

The *samprapti vighatana* of IBS is achieved by a combination of herbs-mineral formulation, which acts as *Grahi*, *Deepana*, *Pachana* and *Brimhana*, *Vatanulomana*. It also acts on the *mana* or mind. *Mandagni* is the chief cause behind the disease which is corrected with the help of *chitrakadi vati*. *Kutja ghan vati* acts as *grahi* and contains the *kutaja twaka*. It is *atisara nashaka* that helps in reducing the frequency of defecation as well as helps in improving the stool constituency from loose to solid or semisolid. *Bilvadi churna* has properties like: *Amanashaka*, *Grahi*, and *Vatanulomana* which checks the *Samprapti* and pacifies the symptoms of IBS.

Pancharita Parapti; having the properties of *Dipana*, *Pacana*, *Grahi* is helpful in decreasing the frequency/ improving of *agni* or digestive power which plays a significant role in the management of *Grahani Roga* (IBS). *Kutkutanda twaka bhasma* was the best source of calcium helpful in generalized weakness and fulfilled the calcium demand of the body which was not achieved due to avoidance of dairy products.

Shankh Vati having the properties of *dipaka*, *pachana*, *vatanulomana* helps to reduce abdominal pain and helps in improving the *agni* or digestive power. *Giloy churna* having the *tikta rasa* produced a calming effect on the stomach and reduced the pain. In addition to all these, *Trailokya Vijaya Vati*, the herbal formulation has been added in the prescription since the beginning of treatment for reducing the effect of a mental factor of the disease. The formulation containing the *Vijaya* is called *cannabis* which contains the alkaloid *Cannabidiol* which is present naturally in the plant and helpful in the management of symptoms of IBS.



As per the classics, *Vijaya* has the properties of *vatashamaka*, *dipana* and *pachana* which are helpful in the correction of *agni* and reduction of pain due to abdominal cramps. *Vanshlochana* the other ingredient of the formulation having a calming effect on the mind which is helpful in the reduction of mental factors which is the chief cause behind the IBS. *Vanshlochna* also helps in the rejuvenation of the liver which helps in the maintenance of digestive power.

CONCLUSION

During the first month of treatment, the pain reduced slightly and the patient reported improvement in sleep as well as in mucous discharge. However, the patient was still feeling uncomfortable and felt discomfort. After the completion of one month of medication, some medicines were replaced for better relief and improvement in the symptomatology of the disease. Post two months of the treatment, the patient showed improvement in sleep quality, reduction in mucous discharge. The pain subsided completely and the frequency of defecation also reduced to normal.

DISCUSSION

Trailokya Vijaya Vati is a powerful herbal formation for the treatment of IBS. It acts as a double-edged sword both on the body and mind. On the body through correction of *agni* and on the mind through eliminating the mental factor or stress to a significantly lower level, *Trailokya Vijaya Vati* is the formulation of choice for IBS.





VD. VIKRANT PATIL

BAMS, MD(AYU), MBA, DYA,
DAFE, FWCAM(CANADA), RAS

Dr. Vikrant N. Patil is the founder of The Ayurvedic T.H.Y.R.O.I.D. Clinic, Pune, India. He has specialization in treating conditions like Thyroid, Hypertension, Rheumatic Diseases, Obesity, Infertility, Diabetes, and others. He holds an experience of more than 14years in numerous Ayurveda treatments.

He is associated with many renowned institutions dedicating his life to providing compassionate care to patients. He has also been honored with the Dhanwantari award Ayurved Bhaskar award, Times Pune Visionary Award and Best Ayurveda Doctor by Pune Mirror.

CASE STUDY #10

HOW AYURVEDA HELPS IN MANAGING MENSTRUAL CRAMPS

ABSTRACT

This case study assesses the use of *Trailokya Vijaya Vati* highlighting cannabis in the pain treatment during periods (menstrual pain/cramps) medically termed as Dysmenorrhoea.

Menstrual cramps or period pain is caused largely by hormones called prostaglandins which are released from the lining of the uterus, the hormone also causes inflammation which aggravates the pain. Few studies on Ayurveda say that the female reproductive system has cannabinoid receptors and hence cannabis can prove effective in the treatment of menstrual pains, also that Cannabis has anti-inflammatory properties.

INTRODUCTION

Cannabis is believed to have therapeutic uses for a variety of illnesses, including but not limited to chronic pain, headache, epilepsy, symptoms of multiple sclerosis, and gastrointestinal disorders. The science around cannabis and its ability to relieve menstrual pain are scarce but strongly promoted.

The diversity of approaches for the consumption and use of cannabis might help increase its popularity. Ideally, as more people use cannabis for period pain, researchers will produce more science about the risks and benefits in hopes that we learn all about the amazing herb and the possibility cannot be denied that cannabis might be the only preferred drug/herb available worldwide for Dysmenorrhea in the mere future.

AYURVEDA PERSPECTIVE

According to Ayurveda, during the menstrual cycle, the *Apana Vayu* which is connected to the *Vata Dosha* and is responsible for the downward flow of the energy and mass to the pelvis aggressively works to cleanse uterine lining.





The increased *Vata Dosha* hence causes *Shoola (Rajashoola)*. *Vijaya* has components such as *Tikta Rasa Ushna Virya, Laghu Tiksnha Guna* and *Katu Vipaka*. This pacifies the *Vata Dosha* and helps in the treatment of *Vataja Shoola*. *Ayurveda Rasatarangini* has attributed 29 pharmacological indications for *Vijaya* in which *Rajashula* is included.

CASE REPORT

Patient Description

This is a case of a **21 year old female** with a known case of PolyCystic Ovarian Syndrome (PCOS) with bilateral renal calculus and how *Trailokya Vijaya Vati* helped her assuage the pain in a matter of just 7 days of treatment.

CASE HISTORY

She was also suffering from dysmenorrhea (excessive painful menses) and metrorrhagia (excessive bleeding). Adding to all these troubles were her mood swings and anxiety episodes, making her health a subject of concern to her parents and directly impacting her studies. Her menstrual cycle was extending up to seven days a month with an entire week of pain every month.

SONOGRAPHY RESULT

Her whole abdomen ultrasonography revealed hemorrhagic cysts in her bilateral ovaries.

TREATMENT PLAN AND MEDICINES PRESCRIBED

To overcome the pain and get the cysts removed naturally, she started her treatment at 'The Ayurvedic Thyroid Clinic' Pune, in the month of August 2020. To help her ease her menstrual pain issue, she was prescribed '*Trailokya Vijaya Vati*' in the month of October 2020 and she was prescribed to take the medicine one tablet twice a day.

EXPECTED OUTCOME

It was expected that the medicine would gradually help the patient at ease along with her being able to carry out her daily activities.

ACTUAL OUTCOME

Within a week of taking '*Trailokya Vijaya Vati*', she started to feel better in terms of her menstrual cramps and pain. Although the patient is still on the medication for PCOS, her immediate concern which was menstrual pain started to ease and her pain reduced considerably. She was positive to continue with further treatment as her faith strengthened in the process. She believed firmly with the evidence as to what '*Trailokya Vijaya Vati*' did for her, which even Meftal-Spas could not do.

DISCUSSION

The treatment was decided on the basis of the predominance of *Vata Dosha* involvement and pain management. The *Vijaya* as mentioned has anti-inflammatory properties and is also an effective *Vataghna* herb. It helps in reducing the pain gradually but effectively.

CONCLUSION

Cannabis is believed to have therapeutic uses for illnesses and pains, including menstrual discomfort. Research is still scarce, but some studies show the effectiveness of cannabis on the relief of menstrual pain.



DR. ARUN GUPTA

BAMS (Univ of Jammu), PG Diploma in Health Promotion (NIHFW), PG Diploma in Medicinal Botany (Univ of Hyderabad), PG Diploma in Yoga (Jammu Univ), MS Prasuti Tantra Stree Roga (ITRA, Gujarat Ayurved University, Jamnagar), MSc Yoga (SVYASA- Bengaluru)

Dr. Arun is a BAMS Gold Medalist from Jammu University and currently working as a Medical Officer (Ayurveda). He has 14 years of vast experience in Ayurveda and related therapies. Dr. Gupta has his expertise in Ayurvedic Obstetrics and Gynecology, Garbhasamskar, Yoga, and Medicinal Plants. He has also published more than 8 research papers in different journals of Ayurveda under his name.

CASE STUDY #11

VIJAYA AS A REMEDY FOR MULTIPLE HEALTH CONDITIONS

ABSTRACT

Ayurveda is the safe, cost-effective treatment practiced in India for thousands of years and the need of today's world against covid-19. Two cases were studied to understand the ayurvedic herbal treatment including *Trailokyā Vijaya Vati* with *ashwagadharishta* as *anupana*. *Trailokyā Vijaya Vati* gave a marked improvement in chronic pain in these cases.

INTRODUCTION

Most of the time patients visiting OPD is due to them showing symptoms and signs such as feeling fatigue, body ache and disturbed sleep. The need for a therapeutic approach that is safe, effective, and gives results is the accountability of the scientific world.

Ayurveda is one field where the treatment through its *Rasayana* counterpart may provide a safe, cost-effective therapeutic approach against various illnesses. Ayurveda literature describes *Rasayana* as one of the chief approaches for rejuvenation.

CLINICAL FINDING

GENERAL EXAMINATION

All vital signs within the normal limits. He had a poor appetite, body aches, fatigue, restless legs, and disturbed sleep pattern (shallow and easily wake up) with normal bladder, bowel habits. The patient had pitta predominant *Prakriti* and is currently also complaining of mood swings.

TREATMENT PLAN AND MEDICINES PRESCRIBED

During the first visit, the patient was prescribed *Trailokyā Vijaya Vati* with *Ashwagandharishta* as *Anupana*. A dose of 2 tabs twice a day was prescribed and taken by the patient. *Ashwagandharishta* in the dose of

CASE REPORT

Patient Description

A **47 year male** presented in O.P.D. of my clinic with a complaint of fatigue, restless leg, and disturbed sleep. Associated complaints of generalized weakness and difficulty in doing daily routine were also present. The patient doesn't have any previous illness of diabetes/bronchial asthma/T.B/hypothyroidism and hypertension and has not taken any allopathic and ayurvedic treatment before the visit to the OPD.



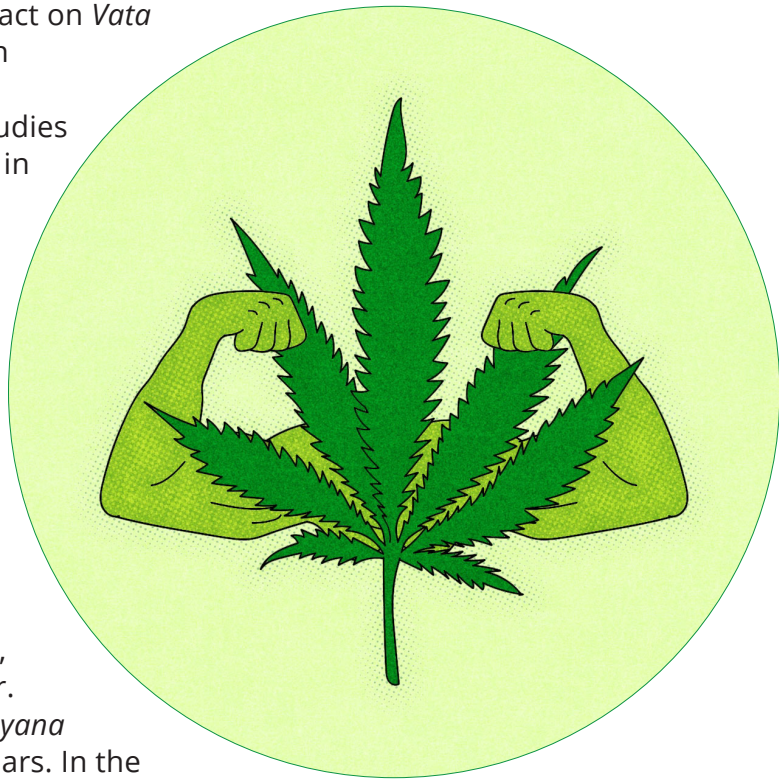
20 ml twice daily along with *Vati* as *Anupana* is prescribed. The patient has advised dietary and lifestyle modification especially *Vata* and *Pitta shamak ahara vihara*. Some *yogasana* were also prescribed to the patient.

OBSERVATION

During the first 5 days of treatment, the patient reported a marked reduction in fatigue and disturbed sleep but still, restless leg symptoms don't show any improvement. But when the patient visited the OPD, 10 days after completing the course of medication, he felt better having sound sleep, fatigue was completely resolved and restless leg symptoms completely subsided. Now the patient is able to do routine work without any difficulty.

DISCUSSION

The treatment includes the *Rasayana* therapy which was helpful in *vata* and *pitta shaman*. The *Trailokya Vijaya Vati* is the ayurvedic formulation described by ancient scholars for the management of *vata* disorders. It contains the *Vijaya* and *Vanshlochana* both of which directly act on *Vata* and showed marked improvement in symptoms of *vata* like pain (*shool*), disturbed sleep (*anidra*). Previous studies reported the usefulness of cannabis in chronic fatigue and sleep disturbance. *Vanshalochana* acts on the mind as a cooling agent for the mind and helpful in insomnia and disturbed sleep patterns. Both the herbs are also helpful in the enhancement of appetite, improvement of weight which are also the associated complaints of the patient.



Ashwagadharishta is the formulation prescribed for mental stress, fatigue, enhancement of stamina, and power. *Ashwagandha* is the well-known *Rasayana* described by ancient Ayurveda scholars. In the present patient, *Ashwagandharishta* as *anupna* enhances the *rasayana* effect of *Trailokya Vijaya Vati* for reducing physical and mental fatigue. The therapeutic approach is also seen to enhance the mood of the patient which leads to improvement in the overall working efficacy of the patient.

CONCLUSION

Trailokya Vijaya Vati can also be used as a therapeutic for reducing the worsening condition of fatigue. *Trailokya Vijaya Vati* is an excellent Non-NSAID alternative for pain, fatigue, and ache management. It also helps in enhancing sleep quality. So, *Trailokya Vijaya Vati* has a great potential to be used in viral illnesses which are hallmarked by fatigue, non-specific pain, and myalgia.

This case study suggests that chronic pain can be managed with *Trailokya Vijaya Vati* successfully. *Trailokya Vijaya Vati* may act as supportive management of fatigue and chronic pain along with other herbal formulations for the successful treatment.



DR. POOJA KOHLI

BAMS, MD Kaya Chikitsa

Dr. Pooja Kohli is a post-graduate in Ayurvedic medicine and specialized in 'Kaya Chikitsa'. She is a renowned and highly skilled Ayurvedic Consultant. She has her expertise in medical counseling and treating patients with 'Ras Aushidhis' and 'Panchkarma' that require immediate medical interventions.

Dr. Pooja has also worked with CCIM (Central Council of Indian Medicine) and her passion for Ayurveda has taken her to explore almost every vertical of it. Her passion to work for Ayurveda makes her a key organizing force of NASYA as National General Secretary.

CASE STUDY #12

TRAILOKYA VIJAYA VATI IN THE PROPHYLAXIS OF PREMENOPAUSAL SYNDROME

ABSTRACT

This case study highlights the use of *Trailokya Vijaya Vati* in the treatment or prophylaxis of premenopausal syndrome. Pre-menopausal syndrome as the name suggests is the condition that females experience just before menopause. The commonest signs are hot sweats, body ache, mood swings, and Fatigue.

AYURVEDA PERSPECTIVE

According to Ayurveda, menopause is termed *Rajonivritti*. The term *Rajonivritti* is made up of two words *Raj* means "Aartava" (menstruation) and *Nivritti* means "Ending" so it is a permanent cessation of menstruation resulting from the loss of ovarian follicular activity. It is confirmed by amenorrhea of consecutive 12 months.

Before menopause, women may have irregular menses, hot flashes, anxiety, palpitation, and a decreased libido (sexual desire), etc. due to fall in estrogen and progesterone hormones in the body. This period is called the perimenopausal period. *Vata, pitta* is dominant while

Kapha Dosha decreases during *Rajonivritti* resulting in *Dhatu Kshaya* (loss of tissues) and other symptoms. Menopause is a physiological phenomenon in a woman's life due to aging so *Vata Pitta Shamak Dravya* helps cope with perimenopause symptoms.

During the entire menopausal period, diet and lifestyle of women changes such as *Shatpushpa* (soya), *Mishreya* (saunf) etc. in diet which is the source of phytoestrogens, and also practicing Yoga are beneficial in managing these symptoms.

INTRODUCTION

Menopause marks the end of the female reproductive cycle. During this phase, a woman not only goes through physical changes but there is an array of mental changes too that occurs in the individual which is often very disturbing and challenging for a woman to manage. Menopause is a journey in a woman's life that has no definitive start or endpoint and every individual has a different story to experience and tell. It is certainly a challenge for every doctor to treat patients with this condition. The treatment also varies differently from woman to woman.

Currently, for the treatment of perimenopausal syndrome, modern medicine offers very limited therapy for women which includes hormone therapy, vaginal estrogen therapy, and antidepressant therapy along with symptomatic treatment. Patients often hesitate to go for such complex treatments mainly due to its side effects and body dependency towards the treatment.



CASE REPORT

Patient Description

This is a case of a **45 year old female** with complaints of irregular periods, severe body ache, fatigue, and mood swings. She was also experiencing excessive sweats during the night for a couple of weeks before her treatment started. She was feeling more tired than her usual pace. Not only this, she experienced 'brain fog' – she found it extremely difficult to focus/concentrate on even the simplest of tasks. She was dull all day long and slower than usual and could not cope up with energy levels throughout the day to get going. She was sleeping earlier than her usual routine and has stopped spending time with her family. The days when she was giving time to her family, she was losing her temper easily and also started crying for no reason. This had been going on for a couple of months before visiting the doctor. She was confused over her condition until she shared it with her daughter who then asked her to meet a doctor as soon as possible.

CASE HISTORY

She had been popping antidepressants for more than a month which were prescribed to her by a doctor for her condition. The medicines helped her with mood swings but the rest of her symptoms were worsening. She continued to have night sweats and severe body aches. She suffered for almost a year and then she developed insomnia perhaps due to overthinking about her situation which was worsening day by day.

TREATMENT PLAN AND MEDICINES PRESCRIBED

She was prescribed *Trailokya Vijaya Vati* 1 BD along with *Avipattikar* and *Suvarnasutshekhar* for her *Vata* and *Pitta dushti*. She was also recommended dietary modifications.

EXPECTED OUTCOME

It was expected that within 30 days of the treatment, she would be able to manage/balance her current symptoms.

ACTUAL OUTCOME

After 10 days of treatment, the patient reported getting a good sound sleep and fewer mood swings. The body ache has subsided. The dose was then tapered to 1 once a day.

DISCUSSION

The treatment was decided based on the predominance of *Vata + Pitta Dosha*. The *Vijaya* is *Vatashamana* herb and it helps in reducing the pain gradually. Also, *Vijaya* has the property of *Harsha Nirmiti* which helped the patient with her mood swings and fatigue.

CONCLUSION

This case study proves that *Trailokya Vijaya Vati* helps in the management of symptoms in pre-menopausal syndrome.

"While some trials and studies promote the use of medical cannabis in the treatment of perimenopausal syndrome, more studies need to be encouraged to collect strong scientific evidence supporting the same."





GLOSSARY

CB1

Cannabinoid
Receptors-1

CB 2

Cannabinoid
Receptors-2

ECS

Endocannabi-
noid System

FAAH

Fatty Acid
Amide
Hydrolase

MAGL

Monoacylg-
lycerol Lipase

2-AG

2-Arachi-
donoylglycerol

CED

Clinical Endo-
cannabinoid
Deficiency

THC

Tetrahydro-
cannabinol

CBD

Cannabidiol

GERD

Gastroesoph-
ageal Reflux
Disease

MSCC

Metastatic
Spinal Cord
Compression

PCOS

PolyCystic
Ovarian
Syndrome

RA

Rheumatoid
Arthritis

T.B.

Tuberculosis

NSAID

Non-steroidal
Anti-inflam-
matory Drugs

BD

Twice Daily

OD

Once a day

IBS

Irritable
Bowel
Syndrome

POP

Plaster of
Paris

CURBS PAIN, INSOMNIA AND ANXIETY

Trailokya Vijaya Vati

'Trailokya Vijaya Vati' is one of the most potent classical medicines in the formulations having Cannabis as its key ingredient. The literal meaning of 'Trailokya Vijaya Vati' is a win over the outer three worlds. The medicine has a direct effect on motor neurons or 'Vaata-Vaahini Naadi' and therefore is a drug providing quick relief or 'Aashukari' as per Ayurveda. Therefore, it provides quick results in the ailments related to various types of pain.

THERAPEUTIC BENEFITS

- Cannabis medicine for chronic pains, joint pains
- Effective for muscular spasms and sciatica pain
- Effective for menstrual cramps, pain associated with dysmenorrhoea
- Provides relief from colic pain, effective in treatment of colitis, IBS and diarrhoea
- Increases appetite
- Curbs insomnia and anxiety
- Improves quality of sleep and controls seizures
- Reduces fatigue and provides relief from neuropathic pain
- Mitigates side-effects of chemotherapy
- Effective for renal colic and abdominal pains

AYURVEDIC CLASSICAL MEDICINE: Reference: Ayurved Sara Sangraha

COMPOSITION: Each tablet of 'Trailokya Vijaya Vati' contains 62.5 mg of Vijaya (*Cannabis sativa* linn) dried leaves, 62.5 mg of Vansh lochan (*Bambusa arundianacea*) and excipients q.s.

DOSAGE: One tablet twice a day or as directed by the Physician. It is advisable to start at low dose as dosage may vary according to disease state and conditions. Dose may also vary from person to person. It is best to follow Physician's advice to find the right dose.

ROUTE OF ADMINISTRATION: Oral

CAUTION: Schedule E-1 drug. To be taken strictly under medical supervision

SIDE-EFFECTS AND SAFETY: Trailokya Vijaya Vati is safe when taken orally as a prescription medication with dosage as directed by the physician.



Kameshwar Modaka

'Kameshwar Modaka' as the name suggests, is a highly potent and time tested herbal formulation for increasing human performance, stamina, and endurance. The reliance of Ayurvedic physicians on this formulation that has the wonder herb of 'Bhanga' or 'Cannabis' makes it a drug of choice to re-energize the sexual life of their health seekers. Other than acting as an anti-ageing and aphrodisiac, the herbs used in it help in muscle strength that make it a drug of choice for the bodybuilders and athletes

THERAPEUTIC BENEFITS

- Improves endurance and performance
- Enhances vitality vigour and increases stamina
- Acts as an aphrodisiac
- Treats problems such as premature ejaculation, erectile dysfunction and loss of libido
- Long term debility
- Low muscle strength

COMPOSITION:

Each **5gm** of 'Kameshwar Modaka' contains

S.No.	HERB	BOTANICAL NAME	PART USED	Qty. by wt. used in preparation of 5gm active ingredient
1	Amalaki	<i>Emblica officinalis</i>	Fruit	43.83 mg
2	Saindhav	Rock salt	-	43.83 mg
3	Kushta	<i>Sassurea lappa</i>	Root	43.83 mg
4	Pippali	<i>Piper longum</i>	Fruit	43.83 mg
5	Sunthi	<i>Zingiber officinale</i>	Rhizome	43.83 mg
6	Yavani	<i>Trachyspermum ammi</i>	Fruit	43.83 mg
7	Ajamoda	<i>Apium leptophyllum</i>	Seeds	43.83 mg
8	Yasthi madhu	<i>Glycyrrhiza glabra</i>	Root	43.83 mg
9	Jeeraka	<i>Cuminum cymnium</i>	Seeds	43.83 mg
10	Krishna Jeeraka	<i>Carum carvi</i>	Seeds	43.83 mg
11	Dhanyaka	<i>Coriandrum sativum</i>	Fruits	43.83 mg
12	Karchura	<i>Curcuma zeodaria</i>	Rhizome	43.83 mg
13	Karkatashringi	<i>Pistacia integerrima</i>	GI	43.83 mg
14	Vaca	<i>Acorus calamus</i>	Rhizome	43.83 mg
15	Nagakeshara	<i>Mesua ferrea</i>	Stem	43.83 mg
16	Talisha Patra	<i>Abies webiana</i>	Leaves	43.83 mg
17	Ela	<i>Elattaria cardamomum</i>	Seeds	43.83 mg
18	Tvak	<i>Cinnamomum zeylanicum</i>	Stem Bark	43.83 mg
19	Patra	<i>Cinnamomum tamala</i>	Leaves	43.83 mg
20	Maricha	<i>Piper nigrum</i>	Fruit	43.83 mg
21	Haritaki	<i>Terminalia chebula</i>	Fruit	43.83 mg
22	Bibhitaka F	<i>Terminalia bellerica</i>	Fruit	43.83 mg
23	Bhanga	<i>Cannabis sativa</i>	Leaves	1.01 g
24	Karpura	<i>Cinnamomum camphora</i>	Sub Ext	43.83 mg
25	Tila	<i>Sessamum indicum</i>	Seeds	43.83 mg
26	Sharkara (Cane Sugar)	-	-	2 g
27	Madhu (Honey)	-	-	440 mg
28	Ghrita (Clarified Butter)	-	-	440 mg

DOSAGE: One sachet twice a day or as directed by the Physician. It is advisable to start at low dose as dosage may vary according to disease state and conditions. Dose may also vary from person to person. It is best to follow Physician's advice to find the right dose.

ROUTE OF ADMINISTRATION:
Oral

CAUTION: Schedule E-1 drug. To be taken strictly under medical supervision

SIDE-EFFECTS AND SAFETY:
Kameshwar Modaka is safe when taken orally as a prescription medication with dosage as directed by the physician.





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