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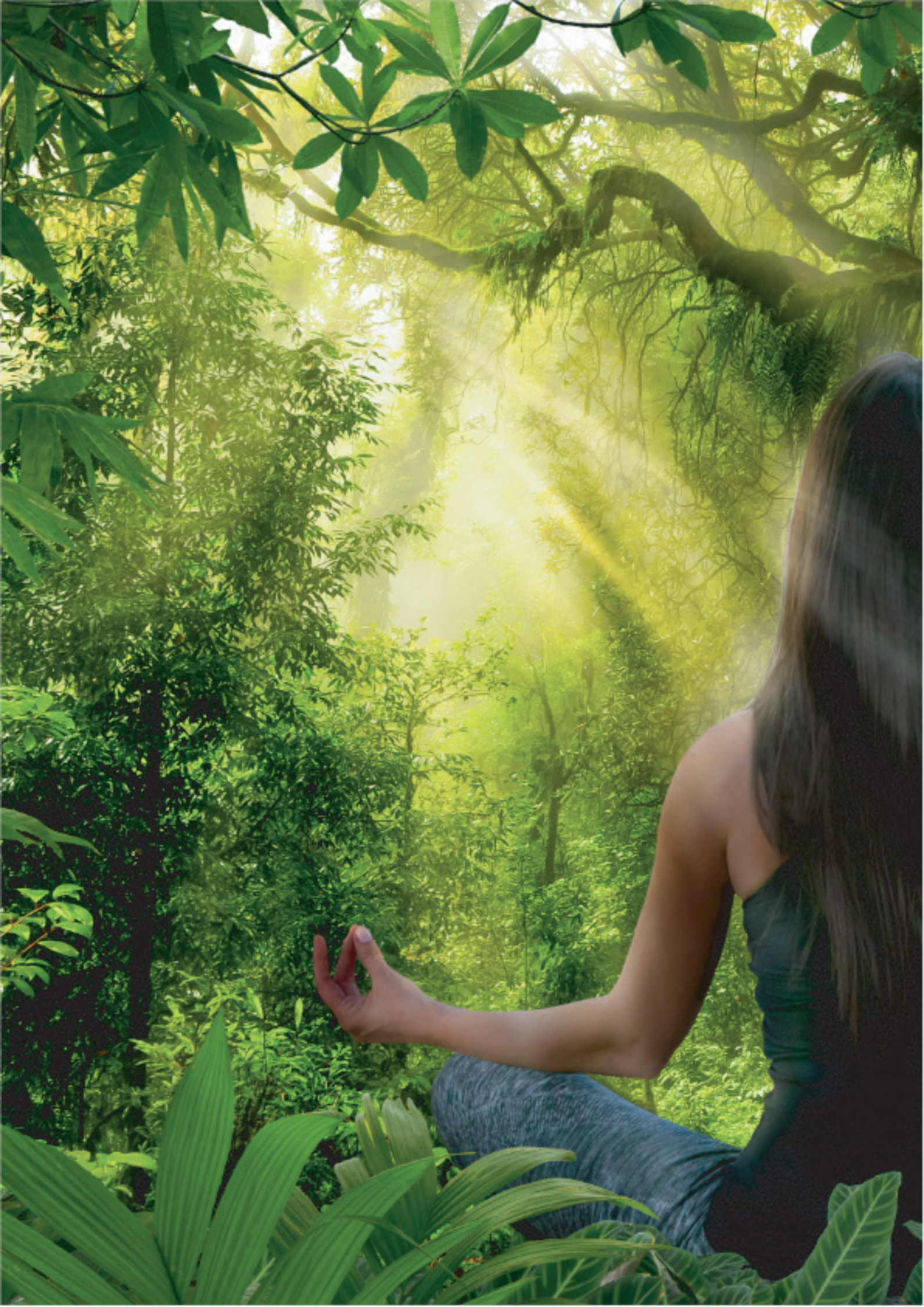


PATIENT Case Studies

Managing Ailment with
Cannabis-based Ayurveda Medicines

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Case Study 1	Dysmenorrhea: Can't dismantle your days anymore - Dr. Kiran Kalyankar	4
Case Study 2	Trailokya Vijaya Vati: A win over menstrual cramps - Dr. Radhika Mohite	7
Case Study 3	Relieving Chronic pain with Ayurveda - Dr. Simeen S Bawadekar	9
Case Study 4	Ayurveda: An effective alternative for Insomnia - Dr. Ankur Kumar Tanwar	12
Case Study 5	Benefits of Trailokya Vijaya Vati in managing post-operative pain in piles patients - Dr Kunal Kamthe	17
Case Study 6	Trailokya Vijaya Vati: An ayurvedic get away from sleeping disorders - Dr. Anchal Maheswari	20
Case Study 7	Effects of Trailokya Vijaya Vati in Gridhrasi (Sciatica) - Dr. Madhav Batra	22
Case Study 8	Trailokya Vijaya Vati: A solution for multiple ailments - Dr. Neeraj Kamathe	25
Case Study 9	Ayurveda has a solution for your Migraine - Dr. Radhika Mohite	27
Case Study 10	Trilokya Vijaya Vati: For managing chronic pain in osteoarthritis - Dr. Pushpa	30
Case Study 11	Kameshwar Modaka: An Answer to your Chronic Cold - Dr. Sameer Paranjpe	32
Case Study 12	Sexual Health Issues? Get them treated with Ayurveda - Dr. Yogeshwar Pawale	34
Case Study 13	Kameshwar Modaka for the treatment of male sexual dysfunctions - Dr. Varun Kumar Goel	37
Case Study 14	Kameshwara Modaka: An ideal formulation for Chronic IBS (GRAHANI) - Dr. Sameer Paranjpe	40
Case Study 15	Ayurveda: A potential therapy for stroke recovery - Dr. Sameer Paranjpe	43



Dysmenorrhea: Can't dismantle your days anymore

Abstract: This case study focuses on the use of Trailokya Vijaya Vati in the treatment of Dysmenorrhea. Dysmenorrhea is defined as difficult menstrual flow or painful menstruation.

Dysmenorrhea is caused by the release of prostaglandins that triggers muscle cramping or minor contraction of the uterus. These in turn reduce the blood supply to the uterus and cause painful spasms. There's not much in the medical armory to help dysmenorrhea. There are oral contraceptives that stop ovulation and therefore prostaglandin production, non-steroidal anti-inflammatory drugs, and paracetamol; but each of these have their enlisted side effects of course! On the other hand, Cannabis serves to be an ideal option as it interacts with the cannabinoid receptors on the lining of the uterus and acts as a muscle relaxant and anti-inflammatory compound altogether.



This is a case of a 22 yr old female with a history of dysmenorrhea for the last 2 years. She would usually take anti-inflammatory and anti-spasmodic medicines to stop the agonizing pain that she experienced in the first 2 days of her period. The 3rd and 4th day would be a little better as compared to the beginning. Due to her condition, she has been missing some of the most important lectures, practicals, or even family events, which she regrets. She always had a feeling of being left off during these days and can hardly leave the room unless extremely important.

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 ARTAVAVAHA SROTASA. The APANA VAYU moves in the upward direction and influences menstrual bleeding by causing pain.

CASE STUDY #1

The chikitsa sutra mentions that yoni never takes place without the vitiation of VATA, hence VATA should be regularized. Vijaya is having 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

For many women, painful periods are all-too-common. When it comes to soothing symptoms, there are a number of over-the-counter and For many women, painful periods are all-too-common. When it comes to soothing symptoms, there are a number of over-the-counter and prescription medications available. However, some of these come with their own side effects, and not all of them are effective for each individual. Therefore, most women turn to natural alternatives like Cannabis in an effort to manage their symptoms. And Cannabis has proven to be extremely effective in it.

Now one may ask, why is cannabis so effective? The answer is enciphered within us. 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 we use cannabis, the cannabinoids bind with the receptors in the body and help to promote homeostasis.

CASE REPORT

Patient description

This is a case of a 22 yr old female with a history of dysmenorrhea for the last 2 yrs.

She would usually take anti-inflammatory and antispasmodic medicines to stop the agonizing pain that she experienced in the first 2 days of her periods. The 3rd and 4th day would be a little better as compared to the beginning.

Case history

The patient had painful periods for the last 2 years, she has a disturbed eat – sleep schedule. The pain is usually confined to the lower abdomen and lower back area and it aggravates even with the slightest of movements. She always dreads to have those 4 days every month due to the unbearable pain it brings. She keeps confined to her room during the first 2 days and then gradually starts coping up with the schedule since the third day.

Treatment plan

Medicines to be used – Trailokya Vijaya Vati. She was prescribed only Trailokya Vijaya Vati twice a day, for the first 2 days and once a day if pain still persists post the second day of cycle. It was also advised that she eats warm and fresh food and takes enough of sleep, all of this on time.

Expected outcome of the treatment plan

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 for a follow up after her menstrual cycle. She was completely satisfied with the treatment. Trailokya Vijaya Vati was the only medicine prescribed to her and she was amazed at how a single tablet could help her so much with her pain (Though she mentioned a little heavy headedness in the morning which would gradually lessen till breakfast). The patient mentioned that 'she had no feeling of having her periods at all'.

CASE STUDY #1

She could attend her college and could also manage throughout the day without any issues. Also, the tablet did not affect the amount of bleeding at all.

Discussion

The treatment was decided on the basis of the predominance of VATA DOSHA involvement. The Vijaya as mentioned has anti-inflammatory properties and is also an effective VATA GHNA 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.



Patient Case Study shared by

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Published by HempStreet





Trailokya Vijaya Vati

A win over menstrual cramps

Abstract: This case study reviews the use of Trailokya Vijaya Vati in the treatment of pain during periods (menstrual pain / cramps). Menstrual cramps or period pain are caused largely by hormones called prostaglandins which are released from the lining of the uterus, the hormone also causes inflammation which aggravates the pain.

Recent studies suggest 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.

This is a case of a 32 yr old female with a history of dysmenorrhoea since the last 12 yrs. She would usually take anti anti inflammatory medicines to cope up with her routine as the excruciating pain she experienced during her periods would not allow her to fulfill even the most simplistic tasks of the day.



Ayurveda Perspective

According to Ayurveda, during the menstrual cycle the APANA VAYU which is connected to the VATA DOSHA and is responsible for downward flow of the energy and mass to pelvis, aggressively works to cleanse uterine lining. The increased VATA DOSHA hence causes SHOOLA (RAJASHOOLA) Vijaya is having Tikta Rasa Ushna Virya it has laghu Tiksnha Guna and Katu Vipaka. Hence it pacifies the Vata Dosha and helps in treatment of VATAJA SHOOLA. Ayurveda Rasatarangini has attributed 29

pharmacological indications for Vijaya in which RAJASHULA is included.

Introduction

With the legalization of cannabis in many countries of the world, more interest has been drawn to discover the potential health benefits of cannabis. Also, there is no shortage of cannabis products out of which more than 50% products claim to ease period pain (menstrual pain).

CASE STUDY #2

In such a case, can cannabis be the ticket to pain relief? The easiest answer is... we don't really know. But there is a growing evidence of effectiveness of cannabis in period pains across the globe.

CASE REPORT

Patient description

A 32 year old female was presented with complaints of severe cramps / throbbing pain in the lower abdomen. Along with lower back pain and pain in her upper thighs.

Case history

She has had the same set of complaints for the past 12 years. Such kind of pain arises 2-3 days before her periods and continues through the first 3 days of menstruation. The patient has been prescribed Meftal Spas tablets (mefenamic acid and dicycloamine Hcl tablets) which she takes twice every day since the day the pain starts till the day the pain stops. The patient is a working woman and hence complained of missing her days of work while on periods as she was unable to cope up with her daily agenda. Also, lately she observed that she would have less menstrual bleeding if she would take the tablet and the duration of bleeding would increase.

Physical examination results

The gait of the patient was quite antalgic and she could not sit in the same position for more than a minute.

Treatment plan

Medicines to be used – Trailokya Vijaya Vati
She was prescribed Trailokya Vijaya Vati only once a day, if the pain would still persist twice a day after food from the day the pain starts till the day the pain stopped. It was also advised that she eats warm and fresh

food, takes good rest and avoids travelling or any rigorous activity during her periods.

Expected outcome

It was expected not immediately but gradually that the patient would find relief with her cramps and also that she should be able to carry out her daily activity with some ease.

Actual outcome

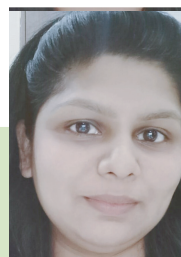
The patient came for a follow up on the 4th day of her menstrual cycle. There was gradual improvement in her lifestyle after opting for Trailokya Vijaya Vati during her periods. There was significant reduction in the amount and duration of pain. She took only 1 tablet a day and could cope up well with her basic daily activities. She would not feel the discomfort for sitting at one position for a long time and taking the tablet did not affect the bleeding.

Discussion

The treatment was decided on the basis of predominance of VATA DOSHA involvement. The Vijaya as mentioned has anti inflammatory properties and is also an effective VATAGHNA herb. It helps in reducing the pain gradually.

Conclusion

This case study shows that Menstrual Cramps can be successfully managed with Trailokya Vijaya Vati. It is supportive for further research, using Vijaya on different types on chronic pains.



Patient Case Study shared by

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Relieving Chronic Pain with Ayurveda

Abstract: This clinical case study signifies the use of Trailokya Vijaya Vati in relieving Chronic pain. Chronic pain is a kind of pain that usually lasts a long time. Chronic pain may originate in the body, or in the brain or spinal cord. It is often difficult to treat. Severe chronic pain is associated with a decrease in the likelihood of survival over the next 10 years of a patient's life, especially the ones with comorbidities.

There is a growing interest among patients and healthcare professionals in the clinical benefits of Cannabis in chronic pain relief. Chronic pain is common, expensive, and challenging to treat. Many individuals with chronic pain have shifted their way of treatment to cannabis as an alternate for pain management

This is a case of a 78 yr old female with a history of Chronic Pain who underwent Spine Surgery 18 months ago and Total Knee Replacement 9 months ago. Her pain prevents her from standing in the kitchen for cooking or any physical activity in general. She is gradually putting on weight and is always stressed over minute things. She also mentioned that her husband complained she is constantly irritable. She has a constant desire to be normal and wants to keep up with life.

Ayurveda Perspective

Ayurveda has explained the origin of chronic pain to be due to vitiated VATA DOSHA and once VATA DOSHA is treated efficiently & effectively, the pain eases up automatically. The TIKTA rasa and USHNA guna of Vijaya makes it a choice of drug for VATA DOSHA.

Introduction

Nowadays, people suffer more from chronic pain than then cancer, heart disease, and diabetes combined. Chronic pain is the most common cause of long term disability in India. However, hearsay evidence suggests that cannabis or its compounds may help relieve chronic pain, including pain resulting from nerve damage and inflammation. The cannabinoid in cannabis interacts with the pain receptors in the brain to exert pain-relieving and anti-inflammatory effects.

Case Report

Patient description

This is a case of a 78 yr old female with a history of Chronic Pain who underwent Spine Surgery 18 months ago and Total Knee Replacement 9 months ago. Her pain prevents her from standing in the kitchen for cooking or any physical activity in general. She is gradually putting on weight and is always stressed over minute things. Recently she has pain and tingling in her hands and neck. She does not get a sound sleep and her pain is easily affected by season/weather change.

Case history

She has been experiencing pain for the last 2-3 years. When she first visited a spine clinic the doctor prescribed her strong pain

CASE STUDY #3

medication, but the medication did little to alleviate her pain. After a few weeks, an MRI revealed that she required spine surgery to fix her issues. She was immediately operated and it helped her extensively. Soon after a few months, the pain re-emerged and this time it was intense and it could be felt at all her joints, especially the knee joint. Another visit to a specialist and she was advised Bilateral Total Knee Replacement, which she readily agreed to and got operated for the same. But the pain never went away. She has been under treatment for her chronic pain and tingling sensation in her extremities for the last 4-5 months. Initially treated with various GUGGULA combinations and other Vatashamana formulations, she always came back and insisted for a change of drugs.

Physical examination results

She was brought to the clinic in a wheelchair on her first visit. She could get up from the chair but standing even for a few seconds was arduous for her. She immediately sat down on the chair and seemed in great pain even after such little activity. She has been on strong analgesics but somehow they no longer provided any relief to her.

Other findings:

- The patient has no other comorbid conditions
- She was tested negative for Rheumatoid Arthritis
- The patient was mildly osteoporotic

Treatment plan

Medicines to be used - Trailokya Vijaya Vati. She was prescribed GUGGUL KALPA as a start and other combinations overtime for the last 4 months, every time she would come back and insist on giving her a stronger formulation. 3 weeks ago she was started Trailokya Vijaya Vati 1 OD along with

Trayadoshank Guggul. She came back after 1 week with better reviews. The combination helped her with pain relief and tingling and also gave her a sound sleep. She did not insist on changing her medicine anymore. Trayadoshank Guggul was omitted 2 weeks ago and she was still better. And for the past 1 week, she has been taking Trailokya Vijaya Vati 1 OD every alternate day.

Expected outcome of the treatment plan

The expected outcome was to relieve her of the pain and that the patient should get a sound sleep. Moreover, there was hope that this formulation could help her with the stress.

Actual outcome

The patient on her last follow up could actually stand for a while and also could stand with little discomfort. Her complaints and irritability have reduced significantly. She was sleeping well and mentioned trying to walk little distances by herself without aid or without the wheelchair. This progress has impacted her life positively and her pain is now "MANAGEABLE".

Discussion

The treatment was decided on the basis of predominance of VATA involvement (Pain and Tingling sensation). The Vijaya as mentioned has anti-inflammatory and analgesic properties and is also an effective VATASHAMANA herb. It helps in reducing the pain gradually and is also an effective muscle relaxant. The VATASHAMANA action of Vijaya eases the pain and the sedative action

CASE STUDY #3

Actual outcome

The patient on her last follow up could actually stand for a while and also could stand with little discomfort. Her complaints and irritability have reduced significantly. She was sleeping well and mentioned trying to walk little distances by herself without aid or without the wheelchair. This progress has impacted her life positively and her pain is now "MANAGEABLE".

Discussion

The treatment was decided on the basis of predominance of VATA involvement (Pain and Tingling sensation). The Vijaya as mentioned has anti-inflammatory and analgesic properties and is also an effective VATASHAMANA herb. It helps in reducing the pain gradually and is also an effective muscle relaxant. The VATASHAMANA action of Vijaya eases the pain and the sedative action

helped the patient cope with her stress and restless sleep.

Conclusion

This case study shows that Chronic pain can be successfully managed with Trailokya Vijaya Vati. However, there is still a need for more research into the area of Cannabis use in Chronic pains, especially into the use of different strains, dosages, and methods of delivery.



Patient Case Study shared by

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Ayurveda: An effective alternative for Insomnia

Abstract: Insomnia is clinically defined as the inability to sleep or difficulty in sleep. Due to urbanization and industrialization, there has been a drastic change in our day by day activities including Lifestyle, Food habits, Sexual life. Now a day; due to increase stress due to competitive life also hampers our physical and mental health. Approx. 30% of the adult population is suffered from insomnia in any of the insomnia symptoms.

In this case study, a male patient of age 35 years with the loss of sleep, difficulty in falling asleep, and other associated symptoms of weakness was selected. Insomnia resembles Anidra in Ayurveda in which nidra is inadequate and not proper. The patient was managed with ayurvedic treatment with medhya rasayana and Trilokya vijya vati. Results are assessed by patient perspective and improvement in the overall duration of sleep quality. Trilokya vijya vati gave satisfactory improvement in insomnia symptoms in this case.



CASE STUDY #4

Introduction

Sleep is one of the important parts of life that why in Ayurveda, its included in one out of three tripods of life. Sleep in a relaxing state of body and mind. It acts as a rejuvenator of body tissues which use during the day time. It's the best elixir and tonic for the mind too. It's also helpful in consolidation for memory. As per different theories of sleep, it removes the toxin accumulated during day activity in the brain. It also repairs the wear and tear of the body tissues. Any variation in terms of quality and quantity of sleep leads to the origination of various. Sleep loss or insomnia is not only the disease but it's a symptom of other physical and psychological diseases. Approx. 30% of the adult population is suffered from any of the symptoms of insomnia. The urban population of India also reported a higher prevalence of sleep disorders among which insomnia prevalence is greater.

In ayurveda, Sleep or Nidra have been explained as the essential factor for life. Imbalance of normal physiology of nidra leads to anidra or nidranash. In classics, the etiological factor behind nidranash is elevated Vata and Pitta in association with depletion of kapha. Normal hemostatis of tridosha lead to normal nidra and condition of swastha. For normal regulation of sleep, the proper function of mana is also an essential factor. Any vitiation of vata and pitta due to dietary, lifestyle, and environmental factors leads to nidranasha or anidra or insomnia.

CASE REPORT

Patient description

Presenting Concern: A 35-year male presented in OPD of my clinic with a complaint of loss of sleep for 2 years, mild headache for 6 months. Associated Complaints of general weakness, sexual weakness, and early ejaculation also presented (Table 01)

Table 01: Timeline of the case

S.No	Complaints	Duration
01	Loss of sleep	2 year
02	Difficulty in falling asleep	1.5 year
03	Decease duration of sleep	1.5 year
04	General weakness	1 year
05	Sexual weakness	6 month
06	Headache	6 month

Past H/o: He had no history of diabetes/ bronchial asthma/T. B and hypertension.

Family H/o: No family history of diabetes/ hypertension/Bronchial asthma/ T.B.

Addiction H/o: He had no addiction history of smoking, tobacco, and alcohol.

Clinical finding

General Examination and Personal history:
 General Condition of the patient was good. No deviation in vital signs. He is a Muslim of Indian ethnicity. He had a good appetite, Normal bladder, bowel habit, and regular sleep pattern. He had a sedentary lifestyle, well-built and well-nourished. He had BMI of 24.5 and waist circumference of 94 cm. His prakruti was pitta Dominant and sarata was meda sarata. He had avara satva.

Clinical Investigation: Investigation was carried out before treatment like routine hematological test complete blood count (CBC), liver function test(LFT), Kidney function test(KFT), lipid profile, blood sugar fasting, and Post prandial, urine routine and microscopic. All investigation was under normal range except blood sugar which was borderline.

Treatment plan (Table 02):

Date	Treatment Given	Dose	Time
10.11.2020	01. Brahmi vati 02. Sarswatarishta	1 tab twice daily 20 ml twice daily	After food After food
17.11.2020 to 27.11.2020	<i>Continue all</i> 04. Trilokya vijya vati 05. Bala ashwagandhadi oil padaabhyanga	1 tab twice daily	After food
17.11.2020 to 27.11.2020	<i>Continue all</i>		



CASE STUDY #4

Table 03: Drug properties

Name of Drug	Herbs present	Rasa	Guna	Virya	Vipaka	Karma
Brahmi Vati	Brahmi	Tikta Kashya	Laghu	Shita	Madhura	Vata-pitta shamaka
	Sankhpushpi	Tikta rasa	Snigdha, picchila	Shita	Madhura	Vata-pitta shamaka
	Marich	Katu	Laghu Tikshna	Ushna	Katu	Vata-kapha shamka
	Vacha	Katu Tikta	Laghu Tikshna	Ushna	Katu	Vata-kapha shamka
	Gohjihwa	Madhura Tikta	Laghu Snigdha	Shita	Madhura	Vata-pitta shamaka
	Suvarna makshika	Madhura Tikta kashya	Laghu	Ushna	Katu	Pitta-kapha shamaka
	Rasasindoor					Tridosh-ashamaka
Sarswatarishta Main ingredients	Brahmi	Tikta Kashya	Laghu	Shita	Madhura	Vata-pitta shamaka
	Shatavari	Madhura Tikta	Guru, snigdha	Shita	Madhura	Vata-pitta shamaka
	Vidarikand	Madhura	Guru, snigdha	Shita	Madhura	Vata-pitta shamaka
	Haritaki	Kashya pradhana	Laghu	Ushna	Madhura	Tridosh-ashamka
	Ushira	Madhura tikta	Laghu Ruksha	Shita	Katu	Vata-pitta shamaka
Trilokya Vijaya Vati	Bhanga	Tikta	Laghu, tikshna	Ushna	Katu vipaka	Vata shamaka
	Vanshlochana	Madhura, Kashaya	Laghu, tikshan, ruksha	Shita	Madhura	Pitta shamaka

Observation

The patient was advised ayurveda medication along with dietary and lifestyle. Modification especially vata and pitta shamak ahara vihara. The patient told Improvement in the duration of sleep but still quality as well as difficulty in falling asleep not

improved so much. After adding Trilokya vijaya vati, quality, quantity as well as difficulty also improved. The patient also told improvement in sexual health and weakness after the addition of Trilokya Vijaya Vati.

CASE STUDY #4

Patient Perspective

During the treatment, I felt very relaxed and felt improvement in my symptoms of headache as well as insomnia. After 20 days of treatment, I felt a marked improvement in quality, the quantity of sleep, sexual weakness as well as in my sexual performance.

Discussion

Anidra called as insomnia in modern terms is vataja natatmaj vikara as per the classical text. Due to the vitiation of vata and pitta, Normal physiology of sleep(nidra) turns into the pathological state called as anidra. All Vata and pitta vardhaka ahara or rasa as well as a lifestyle which enhance the vata and pitta play a vital role in pathogenesis of anidra. So along with medication, the other factor also must be controlled for significant relief.

Brahmi vati is an herbal formulation containing the ingredient having acting on central nervous system as well as the cardiovascular system. The main ingredient Brahmi has anxiolytic effects, anti-stress, sleep producing effect, anticonvulsive action, antioxidant activity as well as a good mental tonic. vacha and sankhpushpi are medhya rasayana which enhance mental functioning, remove the toxic from brain and help in memory improvement. Sankhpushpi is the best medhya rasayana as per acharya charaka.

Other herbomineral formulation is "Saraswatarishta". Ingredients having maximum quantity are vidarikand, Brahmi, and Shatavari. Vidarikand is one of rasayanas that help in the improvement of overall health. Satavari is balya, poshaka and dhatu vardhaka and uses in treating various physical and mental issues. The overall formulation of saraswatarishta are used to improve memory consolidation, cognitive as well as cognitive issues. Saraswatarishta is to be useful to treat acute anxiety, weakness,

fatigue, and insomnia, partial loss of memory, low grasping power, slurred speech, and stress and tissue rejuvenator.

Trilokya vijya vati, the herbal formulation containing the Vijya and Vanshlochana. Vijya(Cannabis sativus) is vata shamaka, dipana, pachana, ruchya, madkari and vyavayi. It is also medhya and rasayana properties as per classical literature. Cannabidiol one of the ingredient found in cannabis is useful in some neuropsychiatric disorders, including epilepsy, anxiety, and schizophrenia as per various scientific literatures. It's also has a calming effect on the central nervous system. Vijaya also has an anti-inflammatory property.

In the classical text, cannabis is indicated in many diseases after proper purification or shodhana karma. Vanshalochana the other ingredient present in trilokya vijya vati is useful as aphrodisiac, acts as a cooling agent for the mind, rejuvenating effect as well as liver and cardiac tonic. So Trilokya vijya vati having vata-pitta shamaka properties which help in balancing the dosha of andira and acts as the herbal formulation useful in sleep deprivation as well as for general and sexual weakness.

Conclusion

Ayurvedic treatment protocol for insomnia could be safe and cost-effective without producing any side effects. The case study shows that Insomnia can be successfully managed by Ayurvedic medicine.



Patient Case Study shared by

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Published by HempStreet

CASE STUDY #5

Benefits of Trailokya Vijaya Vati in managing post-operative pain in piles patients

Abstract: This case study outlines the potential benefits of Trailokya Vijaya Vati in the management of post operative pain in patients having Piles treated by Ksharsutra.

Ksharsutra is a popular minimal invasive Parasurgical treatment modality and time tested Ayurvedic technique in India for the management of Ano Rectal Disorders. It works by the action of excision, scraping, draining, penetrating, debridement and sclerosing as well as healing simultaneously without an actual excision. The conventional method to insert a kshasutra by using a metallic probe through an external opening, it may cause pain and discomfort to the patients. In some patients it is not possible without General Anaesthesia.

The standard post operative treatment of any patient with Piles treated with Ksharsutra includes antibiotics, analgesics, antacids and laxative drugs. In this case study the allopathic analgesic (usually a single drug or combination of paracetamol, tramadol or ibuprofen) is replaced by Trailokya Vijaya Vati.

Five random patients of the age group between 25 – 40 years were selected with no co morbidities and habits with indication of Ksharsutra for this study. Each of them was prescribed a standard dose of Trailokya Vijaya Vati just like the usual line of treatment for a post operative period of 5 days.



Ayurveda Perspective

Piles in ayurveda is called ARSHA. It is defined as “ARIVAT PRANAN SHRINOTI HINASTI ITI ARSHAH” which literally translates to – a disease which tortures a patient vital forces i.e. PRANA as enemy. Neglect of proper diet and lifestyle habits ends in reducing AGNI (digestive fire) or making it abnormal called MANDAGNI.

This results in inability to digest food material with proper pace and time leading to accumulation or stagnation of half digested food material i.e. AMA in the form of stool inside, or expelling it before time in watery or semi solid form, which disturb the doshas in the ano rectal region. This in turn results in MAMASA ANKURAS (fleshy masses) which occur at the opening of GUDA MARGA (anus).

The removal of such masses (piles) is done through Ksharsutra procedure. Vijaya or Cannabis in the Trailokya Vijaya Vati work in as an effective pain killers in post op patients as there is a presence of cannabinoid receptors in the brain. These receptors interact with the cannabinoids in formulation and help to strengthen the body's ability to reduce pain sensation.

Introduction

Going under the knife or other interventional procedures is not fun no matter what type of procedure or surgery you are having, and recovery is indeed painful. Doctors prescribe a heavy dose of painkillers that might lead to side effects, hyperacidity, or even worse... gastritis! The question is ... Is cannabis an effective pain reliever for chronic or long lasting pain, after a surgery or any procedure is Cannabis the right choice for you? The answer is positive overall as it provides an ideal pain relief with fewer side effects and also a nice sedation.

CASE REPORT

Patient description

Five random patients of the age group between 25 – 40 years were selected with no co morbidities and habits with indication of Ksharsutra for this study.

Case history

Taking into consideration the hyperacidity and sometimes gastritis as the side effects of using analgesics in heavy doses (which also lead to increased hospital stay and expenses on patient's part), Trailokya Vijaya Vati was prescribed to these patients as an effective alternative.

Treatment plan

Medicines to be used – Trailokya Vijaya Vati Patients prescribed Trailokya Vijaya Vati only twice a day along with antibiotics, antacids and mild laxatives (as vijaya also has laxative action).

Expected Outcome

The patients were expected to have good analgesic effect as well as good sedative effect.

Actual outcome

3 out of 5 patients had absolutely no complaints regarding the use of the formulation. Trailokya Vijaya Vati had a rapid and also a long lasting effect on the patients with terms of pain relief, reducing inflammation as well as sedation. Moreover, it acted as an excellent muscle relaxant and laxative which helped patients pass stools with ease even in the prior days post procedure. 2 out of 5 patients complained of headache and dizziness every morning after which their dosage was adjusted (reduced) accordingly.

Discussion

The inclusion of Trailokya Vijaya Vati in the treatment was decided with a view of finding a healthy and effective alternative for the existing analgesics in the market with significant side effects. The Vijaya as mentioned has anti-inflammatory properties and is also an effective VATAGHNA / VATASHAMANA herb. Moreover, Vijaya had all the desired properties that could be included in the post-operative treatment of Piles, i.e. Analgesic, Sedative, Anti-inflammatory, Laxative, Muscle Relaxant.

Conclusion

Recovering after a surgery or a procedure can be a lengthy and painful process and

thankfully Trailokya Vijaya Vati can play a big role in making this period more bearable. This case study shows that Post-operative pain can be successfully managed with Trailokya Vijaya Vati. It is supportive for further research, using Vijaya on different types of pains.



Patient Case Study shared by

Dr. Kunal Kamthe

Consultant Ayurvedacharya

Published by HempStreet





Trailokya Vijaya Vati

An Ayurvedic get-away from sleeping disorders

Abstract: This case study reviews the use of Trailokya Vijaya Vati employing cannabis in the treatment of Insomnia. Insomnia is a sleep disorder in which you trouble falling and/or staying asleep. This condition can be short or long term, it may also come and go. This condition is prevalent in more than 40% of adults.

The treatment of insomnia consists of improving sleep habits, behavior therapy, and identifying and treating underlying causes. Sleeping pills or mild sedatives may also be used but they usually have a lot of side effects. Hence, patients, these days come searching for a safer and quicker alternative and Cannabis can be used in such cases as an ideal drug of choice.

This is a case of a 36 yr old female with a history of stress-related insomnia for the last 1 yr. She had tried allopathy as well as homeopathy for the aforementioned condition but she could get very little relief. She was irritable throughout the day and its intensity was increasing every moment. 2 weeks ago she was prescribed Trailokya Vijaya Vati for her insomnia and she has had a quiet and reposeful sleep ever since.



Ayurveda Perspective

According to Ayurveda, NIDRA is one of the most important factors contributing to a healthy and long life. ANIDRA or NIDRANASHA is a VATA VYADHI which degrades the quality of one's life and also affects its longevity. Vijaya is having Tikta Rasa Ushna Virya it has laghu Tiksnha Guna and Katu Vipaka. Hence it

pacifies the Vata Dosha and helps in the treatment of ANIDRA or NIDRANASHA.

Introduction

Sleep is essential for maintaining our mental and physical health, yet it eludes many adults. According to recent researches, 30-40% of the adult population experience symptoms of a

CASE STUDY #6

sleep disorder out of which around 20% deal with chronic insomnia. So if getting shut-eye is becoming harder and harder for you ... You are not alone! With so many people experiencing sleeping disorders, there has been a rise of interest in one controversial cure: CANNABIS. In many countries, Cannabis is an effective drug with little or no side effects for a range of sleeping disorders. Whether you have a sleep disorder or you are having difficulty sleeping after a stressful day ... Cannabis might be a choice for you!

Case Report

Patient description

A 36-year-old female was presented with complaints of insomnia for the last 1 year.

Case Report

She had tried allopathy as well as homeopathy for the aforementioned condition but she could get very little relief. She is a known case of Diabetes Mellitus for the last 3 years and is often stressed due to the early detection of DM and her fluctuating Blood Sugar Levels (which are under control only since the last 2 months or so). Prakruti Analysis - VATA PRADHAN.

Treatment plan

Medicines to be used - Trailokya Vijaya Vati. She was prescribed Trailokya Vijaya Vati only once a day along with her other Diabetes medications along with some lifestyle modification and meditation.

Expected outcome of the treatment plan

It was expected that the patient would get good and undisturbed sleep since the day she takes the tablet.

Actual outcome

As expected the patient has been sleeping well and undisturbed for 6- 8 hours every night she could feel fresh and less irritable throughout the day.

Discussion

The treatment was decided on the basis of the predominance of VATA DOSHA involvement. The Vijaya has sedative properties and is also an effective VATAGHNA herb. It helps in inducing sleep.

Conclusion

This case study shows that Insomnia can be successfully managed with Trailokya Vijaya Vati. It is supportive for further research, using Vijaya on different types of chronic pains.



Patient Case Study shared by

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Published by HempStreet





Effects of Trailokya Vijaya Vati In Gridhrasi (Sciatica)

Abstract: Gridhrasi is one of the most common disorders of Vata, which closely resembles with sciatica. Sciatica is characterized by pain or discomfort associated with sciatic nerve. The prevalence of sciatica varies considerably ranging from 3.8% in the working population to 7.9% in the nonworking population. This case report discusses the effect of Trailokya Vijaya Vati in a case of Gridhrasi. The patient was 56-year-old female with pain in lower back radiating to bilateral lower limbs associated with



swelling in bilateral lower limbs. She was treated with oral ayurvedic medicines and trailokya vijaya vati was added on for pain relief purposes. Patient expressed positive results to the treatment, as her pain has reduced considerably.

Introduction

Gridhrasi is one among 80 types of Nanatmaja Vata vyadhi i.e. it is one of diseases caused by vitiation of Vata (one of the principle dosha in the body, responsible for the movement and functionality of the body). Sometimes even Kapha vitiation along with Vata (vata kaphaj) also causes Gridhrasi. Gridhrasi literally means the change of gait shown by the patients due to extreme pain just like Gridhra (Vulture), this disease not only inflicts pain but also causes difficulty in walking.

The cardinal signs and symptoms are pricking pain (Toda), twitching or trembling sensation (Spandana) due to stretching of sciatic nerve and paresthesia (Supti). Other common symptoms of Gridhrasi are—pain that starts from Sphik (buttock) and then radiates to Kati, Prushta (back), Uru (thigh),

Janu (knee), Jangha (calf) and Pada (foot) along with Stambha (stiffness), Toda (pricking pain), Spandana (twitching).

About 80–90% of people get affected by low back pain and 5% of those become victims of sciatica. Trauma on lumbosacral spine (Abhighata), postural defects (Vishamachesta), overloading (Bharavahana), abrupt unbalanced movements (Atichesta), continuous jerky movements, sedentary lifestyle as well as psychological factors (Chinta, Shoka, etc.,) are considered as causative factors of the disease.

Conventional medicine is completely dependent on analgesics or pain killers for managing this disease. Whereas Ayurveda has multidimensional approach for the ailment, but at times lack in providing instant pain relief. This case study is aimed at finding an ayurvedic pain relief medicine for Gridhrasi.

Case Report

Patient description

A 56 year old Indian female patient of Pittaj Prakriti with madhayam koshtha, pravara satva, madhayam satmaya presented with the complaint of pain in lower back radiating to bilateral lower limbs with swelling in bilateral legs since 5years.

Case history

Patient was initially taking painkillers to relieve her of the pain. She has no other co-morbid conditions.

Physical examination results

Patient was thoroughly examined she had pitting type oedema near both ankle joints. Her SLR (Straight Leg Raising), Faber's and Lasegue's test were positive bilaterally.

Treatment plan

Medicine to be used – Trailokya Vijaya Vati

Expected outcome of the treatment plan

Relief in Pain

Actual outcome

Patient has considerable relief in symptoms especially pain after 3 weeks of treatment. Patient was satisfied with the results of the treatment, even though she developed mild acidity initially due to the ushna virya of the drug, which was easily managed by altering the anupana of the medicine.

Discussion

Sciatica is a crippling disease that causes pain in hip and to the whole path of sciatic nerve; it refers down along the back of the leg and sometimes to the foot. There is a sharp shooting pain along the leg which also causes deformity in one's gait. In this clinical case we have given basic ayurvedic treatment for vata shaman along with trailokya vijaya vati which was exclusively used for pain management purpose.

Trailokya Vijaya Vati, the herbal formulation contains vijaya and vanshlochan. Vijaya (Cannabis sativus) is vata shamak, dipana, pachana and vyavayi, these properties help in quickly distributing the drug throughout the body for instant action. Vijaya also has anti-inflammatory properties, these make the drug a potent analgesic.

Date	Treatment Given	Dose	Anupana	Time
30.11.2020 to 06.12.2020	01. Mahayograj Guggulu 02. Ajmodadi Chruna 03. Maharasnadi Kwath	1 tab BD 5gm BD 1 tab BD 5gm BD 40 ml BD	Luke warm water	After meals
07.12.2020 to 13.12.2020	<i>Continue all</i> 04. Trilokaya Vijaya Vati	1 tab BD	Luke warm water	After meals
14.12.2020 to 20.12.2020	<i>Continue all</i> 04. Trilokaya Vijaya Vati	1 tab BD	Goghrita	After meals
21.12.2020 to 26.12.2020	<i>Continue all</i>			

Trailokya Vijaya Vati was administered with goghrita to curtail the ushna virya of Vijaya which caused hyperacidity in this pittaj prakriti patient

CASE STUDY #7

Ajmodadi churn has deepana and pachana properties which helps in breaking down any of the toxins causing vitiation of vata, in turn resulting in reducing vata vitiation in the body. Mahayogaraj Guggulu is a herbo-mineral formulation which has various pharmaceutical benefits like its anti-inflammatory, antirheumatic, anti-arthritis, anti-spasmodic and a digestive stimulant, these properties make it a useful drug in painful etiologies. Maharasnadi kwath here is used as a vehicle as it has neuroprotective properties and has an affinity towards musculoskeletal system, hence the medicines work efficiently in normalizing vata and relieving pain. Mild acidity can be a side effect in higher doses of the medicine but can easily be treated by changing the vehicle of the drug

to ghrita or various range of ayurvedic antacids can also be used for the same.

Conclusion

Trailokya Vijaya Vati has proven to be effective in the case of Gridhrasi (sciatica) for pain management with minimum side effect of mild acidity which was easily managed by changing the vehicle of administration.



Patient Case Study shared by

Dr. Madhav Batra
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Published by HempStreet





Trailokya Vijaya Vati

A solution for multiple ailments

Abstract: This review summarizes the evidence for the use of Trailokya Vijaya Vati in the Pain encountered in Ureteric Calculi with Hydronephrosis and indigestion.

Stones can cause splitting pain in our bodies. A lot of people suffer from stones and the condition affects a number of people every year due to our unhealthy and improper diet. Research says that 1 out of 10 Indians will experience having a Stone in their lifetime. As far as the stone is in the kidney there are certain complaints, but definitely not alarming.

The real set of complaints arise when the stone starts to pass from the kidney downwards out of the urinary tract. Passing a stone can be very very painful. Small stones may form and pass on their own without causing any symptoms. However, most medium and large stones are extremely painful to pass and require medical attention, especially for pain management.

Indigestion occurs when stomach acid comes in contact with the sensitive and protective lining of the digestive system. The stomach acid breaks down the lining leading to irritation and inflammation which can be very painful.



Patient Details

Patient 1 – This is a case of a 35 yr old male with complaints of ‘jumping pain’ in his lower abdomen radiating towards the groin. He was apparently alright till morning and started experiencing this pain after traveling (for about 50 km). USG suggested that it was ureteric Calculi about 8.4 mm in left ureter.

Patient 2 – A 26 yr old female with the complaint was brought by her husband who complained of indigestion and burning pain in her chest, pain in the back and abdomen. She was vomiting food and water when ingested. She required immediate pain relief.

CASE STUDY #8

Introduction

Pain is the alarm of the underlying diseases. A symptom that announces that something is wrong with our body. Today, pain management in various conditions or diseases is a newer concept with an approach to managing only and only pain in the list of complaints to give a feeling of 'being alright' to the patient and gradually treat the condition without disturbing his/her routine. Medical Cannabis is an increasingly popular alternative against opioids, other traditional drugs, or even against modern medicine.

How does Cannabis work in Pain Management?

The Cannabidiol (a component of Cannabis) stimulates the brain's cannabinoid receptors and reduces inflammation and pain levels. Side effects of Medical Marijuana use are minimal especially as compared to opioids or modern medicines and they are not as addictive as opioids as well. Over years, Cannabis has shown significant promising results in pain management.

Case Report (Patient 1)

Patient description

This is a case of a 35 yr old male with complaints of 'jumping pain' in his lower abdomen radiating towards the groin. He seemed to be apparently alright till morning and started experiencing this pain after traveling (for about 50 km).

Case history: USG was done immediately which showed Left Ureteric Stone 8.4 mm with Hydronephrosis. The patient was a healthy individual with no co-morbidities.

Physical examination results

The gait of the patient was antalgic and he was restless. He represented typical loin to groin pain.

Treatment plan

Medicines used – Trailokya Vijaya Vati. He was prescribed Trailokya Vijaya Vati SOS after the onset of pain, as he insisted on pain relief as a primary expectation. He has also prescribed medicines for the management of Ureteric Calculi.

Expected outcome of the treatment plan

Immediate pain management.

Actual outcome

The patient rested in the clinic until she was free from pain. She was advised to rest and opt for LAGHU AAHAR. After about 30 mins of ingestion, the patient felt relief from pain.

Discussion

Pain management was the only target outcome of the treatment. But in the case of indigestion, Trailokya Vijaya Vati served both the purposes. Pain management Disease management due to its VATAGHNA, DEEPANA, PACHANA, and AGNI VARDHANA properties

Conclusion

As evident from the above case, nature is the best combinatorial chemist and has possible answers to all diseases for mankind. Medicinal plants and their formulations especially Cannabis formulations play a vital role in pain management with minimal, easily manageable, and reversible side effects. Modern medicines give results but come with undesirable side effects that may sometimes cause permanent damage to an organ or a system. To increase the acceptability and awareness amongst the people regarding herbal formulations there is a need for plenteous research.



Patient Case Study shared by

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Published by HempStreet



Ayurveda has a solution for your migraine

Abstract: This case study demonstrates the use of Trailokya Vijaya Vati highlighting its main ingredient cannabis in the treatment or prophylaxis of Migraine. A Migraine is a strong headache that often comes with nausea, vomiting, and sensitivity to light and sound. It can last hours or days. It is a headache of varying intensity and can cause throbbing pain or a pulsating sensation in one particular area. The pain sometimes can be so severe that it interferes with your daily activities.

There is mounting evidence that the endocannabinoid system can directly reduce migraine pain when activated by naturally produced cannabinoids or medical cannabis taken by patients. Cannabis can help to reduce inflammation in the protective dura mater tissue covering the brain and minimize the release of pro inflammatory substances, both of which contribute to the onset of a migraine. Also there is a presence of cannabinoid receptors in the brain. These receptors interact with the cannabinoids in formulation and help to strengthen the body's ability to reduce pain sensation.

This is a case of a 35 yr old female with a history of Migraines since the last 20yrs (from since she was 15-16 yrs old). She has been taking anti migraine medicine every time she has had an attack for relief. Her migraines have changed in nature (intensity has fluctuated) over the last 20 years. In her teens, they were at their worst. She used to panic, her professors in college didn't really understand the severity of it and often would think that she was trying to get out of the class. She was often misunderstood. After trying out many a medicines available in the market for her migraines she decided to opt for Ayurveda / Herbal remedy for her sufferings.



CASE STUDY #9

Ayurveda Perspective

According to Ayurveda, migraine is termed as ARDHAVABHEDAKA and is mainly caused due to imbalance of VATA DOSHA. The increased VATA DOSHA hence causes SHOOOLA. The most defining symptom is ARDHASHIRSHA VEDANA meaning pain in half the region of the head. Vijaya is having Tikta Rasa Ushna Virya it has laghu Tiksnha Guna and Katu Vipaka. Hence it pacifies the Vata Dosha and helps in treatment of any kind of SHOOOLA. The VATASHAMANA action of Vijaya eases the migraine and the sedative action helps the patient with substantial rest required after a triggered panic.

Introduction

For those who regularly experience migraines, life carries unique challenges. Absolutely harmless sensory stimuli like bright lights, strong fragrances or loud noises can trigger unbearable pain. Stress or even jet lag can set a crippling migraine in motion too! This agonizing pain can be accompanied by a loss of sensation, nausea, or alarming visual changes. The disruption associated with chronic migraines can be so persistent it can even erode one's sense of self.

Although drugs commonly prescribed for the prevention and treatment of migraines help some individuals, they don't offer relief for all the ones suffering from migraine! Similar to many heavy hitting medicines, a host of unwanted side effects may evolve with use. However, evidence is accumulating that Cannabis may be an effective treatment for migraines and chronic headaches.

Case Report

Patient description

This is a case of a 35 yr old female with a history of Migraines since the last 20yrs (from since she was 15-16 yrs old). She has been taking anti migraine medicine every time she has had an attack for relief. Her migraines have changed in nature (intensity has fluctuated) over the last 20 years.

Case history

She has had migraines since the last 20 years. The frequency of migraines was more in her teens and gradually decreased and she could go for months without an attack. But in the past 1 year the frequency of attacks has increased to minimum of 1 attack per week. For her the worst aspect of migraines has been their unpredictability – "One moment you could be cycling down the street, the next, I can't see!" she described. She has had aura symptoms and is unable to tolerate light and sound when she had an attack. This was having a huge impact on her professional and personal life. She has been prescribed almost every medicine available in the market from sumatriptan to almotriptan to zolmitriptan and even combinations.

Physical examination results

She was brought by her husband just after she got a migraine attack which was the third attack in the last 10 days. She was unable to open her eyes fully and insist the doctor to speak in a low voice. She was unable to understand the questions asked to her and was dizzy.

Treatment plan

Medicines to be used – Trailokya Vijaya Vati . She was prescribed Trailokya Vijaya Vati only when she would feel migraine like symptoms were aggravating. She was also asked to keep a tap on the factors that were aggravating her migraines. 1 tablet was to be taken when she would experience even mild headaches for the next month and then only when there is a pulsating or throbbing headache or other likely symptoms.

Expected outcome

It was expected not immediately but over the time that the patient would find relief with her migraines and also that frequency of the migraines would decrease gradually.

CASE STUDY #9

Actual outcome

The patient came for a follow up after 15 days. There was improvement in her symptoms. There was significant reduction in the frequency of attacks and duration of pain. She took a tablet every time she left even mildest of the symptoms and would feel relieved within 15-20 minutes of taking the tablet. She has been sleeping well and was not feeling panicky anymore.

Discussion

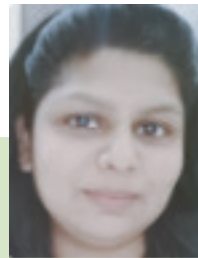
The treatment was decided on the basis of predominance of VATA DOSHA involvement. The Vijaya as mentioned has anti inflammatory properties and is also an effective VATASHAMANA herb. It helps in reducing the pain gradually.

The VATASHAMANA action of Vijaya eases the migraine and the sedative action helps the

patient with substantial rest required after a triggered panic.

Conclusion

This case study shows that Migraine can be successfully managed with Trailokya Vijaya Vati . While the science is supporting the use of Cannabis (Vijaya) in the treatment of migraine's, practical knowledge regarding how – how much and when to dose still requires further research.



Patient Case Study shared by

Dr. Radhika Mohite

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Published by HempStreet





Trailokya Vijaya Vati for managing chronic pain in Osteoarthritis

Abstract: Osteoarthritis is a common joint disorder having the symptoms of pain along with stiffness. It is a degenerative disorder in which degeneration of bone cartilage occurs with age. The symptoms include pain, swelling, stiffness, and difficulty in doing the daily routine work. The most common site of osteoarthritis is the knee joint “the weight-bearing joint”. Obesity exerts extra stress on the joint and progress of the disease.

The use of many anti-inflammatory drugs nowadays to cope with pain result in many adverse effects. So, Use of the herbal anti-inflammatory formulation is the need of today. In this case study, a female patient of age 56 years with pain in knee and ankle joints along with stiffness was selected. The patient was managed with ayurvedic shaman treatment having multiple herbomineral formulations and herbal anti-inflammatory formulation called Trilokya vijya vati. The Results are assessed by patient perspective and improvement in pain and stiffness. Trilokya vijya vati gave a marked improvement in chronic pain in this case.



Introduction

Pain is an unpleasant sensation to the human body. It is a common symptom of many physical and mental diseases. In the case of osteoarthritis, pain is the primary symptom that occurred due to the degeneration of bone cartilage. The bony cartilage gradually degenerates due to wear and tear. Ayurveda described the term sandhi gata vata which is the common Joint disorder. Sandhisotha (swelling) along with Vata

purna druti sparsha (tenderness) is the symptom of sandhigata vata. The treatment of sandhigata vata is vata shamana.

Case Report | Patient description

Presenting Concern:

A 56-year female presented in OPD of my clinic with a complaint of knee joint pain, ankle joint pain along with swelling and stiffness for 2years

CASE STUDY #10

Associated Complaints of general weakness and difficulty in doing daily routine were also present. She had no history of diabetes/ bronchial asthma/T.B/ Hypothyroidism and hypertension. Difficulty in walking upstairs was also present.

Clinical Finding

General Examination and Personal history:

No deviation in vital signs. she was a Hindu of Indian ethnicity. she had a poor appetite, Normal bladder, bowel habit, and regular sleep pattern. she had a sedentary lifestyle and overweight. she had a BMI of 29 . she had avara satva. Menopause occurred 10 years back. Treatment plan: Medicine to be used: started with dashmool kwath, parijat kwath, sarvkalp kwath all mix and taken in 20 ml quality before food. Tryodashang guggulu, Chandra prabha vati, purnana mandoor was given one tab thrice daily after food. Ashwagandharihsta was given 20 ml twice daily after food. After 10 days, trilokya vijaya vati was added one tab at night for pain relief and good sleep. The patient has advised dietary and lifestyle modification especially vata shamak ahara vihara. Some exercise was also prescribed for a better outcome.

Observation

During the first 10 days of treatment, the pain was mildly reduced but still patient not felt better, and swelling persist. After the addition of Trilokya vijaya vati, the pain was reduced, the swelling subsided and now the patient able to do walking upstairs without any support.

Discussion

The treatment of sandhi gatavata include the vata shamaka chikitsa. Kwath formulation containing dashmool, parijata was helpful in vatika shula and shotha(pain and swelling). Tryodashang guggulu is an herbomineral formulation with an anti-inflammatory effect.

Chandraprabha vati is the rasayana and having a rejuvenator effect in bone cartilage. Purnana mandoor containing the purnanava and mandoor helped reduce the swelling and act as a liver stimulant and reduced weakness occurred due to the post-menopausal effect.

Trilokya vijaya vati, the herbal formulation containing the Vijya and Vanshlochana. Vijya (*Cannabis sativus*) is primarily vata shamaka, and vyavayi. Vijaya containing alkaloid cannabinoids that have anti-inflammatory properties. For many centuries, vijaya was used as a medicinal plant for the treatment of many illnesses. Cytokines are the molecules that are released during activation of immune response and act as a factor for inflammation resolution. Many studies showed the effect of alkaloids of medicinal hemp in the treatment of chronic joint disorder included osteoarthritis. The other ingredient of vati is vanshlochana which is having anti-inflammatory effects useful in sore throat, joint pain, indigestion, poor appetite, and respiratory illness. So Trailokya vijya vati having the Vata shamaka properties help in reducing the pain, swelling, and stiffness.

Conclusion

This case study suggests that chronic pain can be managed with trailokya vijaya vati successfully. Trilokya vijaya vati may act as supportive management of chronic pain along with other herbal formulations for the successful treatment of chronic pain.



Patient Case Study shared by

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Consultant Ayurvedacharya

Published by HempStreet



Kameshwar Modaka: An Answer to your Chronic Cold

Abstract: “Pratishyay’ or Common Cold is a disorder where there is a continuous flow of secretions. This case demonstrates the use of Kameshwar Modaka in the management of DHATU-KHSAYJANYA PRATISHYAY commonly known as Chronic Cold.

This is a case of a 30 yr old male with a history of Chronic Cold for the last 1 yr. He has had a very disturbing schedule due to a continuously running nose, heaviness in the head, and other allied symptoms that had developed over time with the current condition.



Ayurveda Perspective

According to Ayurveda, DHATU-KHSAYJANYA PRATISHYAY is a chronic condition that requires ‘vajikar dravya’ that works on the SHUKRADHATU and acts as BALYA, SHOSHAN, and POSHAN dravya. Vijaya is Kameshwar Modak has all the above-desired properties and hence can be a drug of choice in such a typical Cold.

Introduction

Common Cold may not seem like much but if turned chronic it can be quite debilitating - especially if you are one of the many people who get several colds per year or suffer from continuous cold throughout the year. From missed workdays

and reduced productivity to a decline in one’s ability to participate in daily activities, it is important that Chronic Cold should be treated completely through a thorough root cause analysis and treating the root cause itself. There is still a lot of research that needs to be done on the impact of Cannabis in treating common colds but recent shreds of evidence suggested that your symptoms can be managed using Cannabis if you take it responsibly.

Case Report

Patient description

A 30-year-old male was presented with complaints of Chronic Cold for the last 1 year.

CASE STUDY #11

Case history

He had tried all kinds of treatments for the same. But as time went by more complaints started to add up and eventually lead to a very disturbed and uncertain schedule.

Treatment plan

Medicines to be used - Kameshwar Modaka. He was prescribed Kameshwar Modaka only once a day along with some other formulations. The main drug in his entire treatment was Kameshwar Modaka.

Expected outcome of the treatment plan

It was expected that the patient would get good relief from his set of symptoms and gradually this would lead to DHATU POSHAN and lead to SAMPRAPTI BHANGA.

Actual outcome

As expected the patient got little relief within a week and hence concluded that this line of treatment was ideal for the treatment of DHATU-KHSAYJANYA PRATISHYAY.

Discussion

The treatment was decided on the basis of DOSHA and DHATU involvement. The Vijaya works on the SHUKRADHATU and acts as BALYA, SHOSHAN and POSHAN dravya , and VATAGHNA which helps to overcome DHATU-KHSAYJANYA PRATISHYAY.

Conclusion

This case study shows that DHATU KHSAYJANYA PRATISHYAY can be successfully managed with Kameshwar Modaka. It is supportive for further research, using Vijaya on different types DHATU KSHAYJNYA VIKAAAR.



Patient Case Study shared by

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Sexual Health Issues?

Get them treated with Ayurveda

Abstract: This clinical case study demonstrates the use of Kameshwar Modaka in the treatment of Erectile Dysfunction and Premature Ejaculation. Erectile Dysfunction and Premature Ejaculation are the two most prevalent male sexual dysfunctions. These problems are alarmingly rising in the middle aged males due to a disturbed lifestyle and dietary habits, in addition to this the stress one has during this particular age to cope up and balance their personal and professional life and excel in both.

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.

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.

This is a case of a 32 yr old male with complaints of Erectile Dysfunction and Premature Ejaculation. He has been on medications for almost 1 year and tried almost every drug in the market that claimed to help him. Later he tried the allopathic treatment and it was of very little help to him. There was increasing tension between the couple. Meanwhile, he also tried dietary modifications, yoga, counseling with sex therapists, urological consultations but nothing really helped.



Ayurveda 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 Bhangha helps to disseminate and eliminate excess to 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. Bhangha has both the desired properties and hence is an ideal choice of drug in such a case.

Introduction

A sexual problem, or sexual dysfunction, refers to a problem during any phase of the sexual response cycle that prevents the man of the couple from experiencing satisfaction from the activity. While research suggests that sexual dysfunction is common, it is a topic that many people are hesitant to discuss. Fortunately, most cases are treatable, so it is important to share one's concerns with a doctor as soon as you start observing the signs.

There are fewer effective formulations available and used by the current practitioners but they come with a list of side effects that can give rise to various other conditions in the patient. The use of Cannabis in the treatment of PE & ED gives a new ray of hope for the patients and the practitioners for efficacious treatment.

Case Report

Patient description

This is a case of a 32 yr old male with complaints of Erectile Dysfunction and Premature Ejaculation. He has been on medications for almost 1 year.

Case history

He has been on medications for almost 1 year and tried almost every drug in the market that claimed to help him. Later he tried the allopathic treatment and it was of very little help to him. There was increasing tension between the couple. Meanwhile, he also tried dietary modifications, yoga, counseling with sex therapists, urological consultations but nothing really helped. He came to the clinic along with his wife as a last resort to try if Ayurveda could help him with his condition.

Observations

The patient is a healthy individual with a normal BMI and no co-morbidities. He had no other seminal issues as his semen examination result was normal.

Treatment plan

Medicines to be used – Kameshwar Modaka. The patient was given lifestyle and dietary modifications and standard formulations after a thorough prakruti parikshana (PITTA _ VATA) and Kameshwar Modak 1 sachet per day preferably with milk.

Expected outcome of the treatment plan

It was expected that patient could get substantial results with the use of the combination of medicines given to him in a period of 10-15 days.

Actual outcome

The patient was extremely happy with the treatment and reported significant improvement in his condition in a matter of only 5 days only.

There is a standard treatment formula followed in the clinic for all patients and Ayurveda has always given promising results in Male Sexual dysfunction. It usually takes up to 10 days for a patient to revert back for feedback, but in this

CASE STUDY #12

case, the formulation has given a quick result to the patient. He seemed to be very content with the line of treatment. Kameshwar Modaka was the only addition made to his treatment.

Discussion

The treatment was decided on the basis of predominance of DOSHA and affected STROTASA. The Vijaya as mentioned is an effective VATASHAMANA and APHRODISIAC herb.

Conclusion

This case study shows that Kameshwar Modaka has favorable results in the treatment of Male Sexual Dysfunction.



Patient Case Study shared by

Dr. Yogeshwar Pawale

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Published by HempStreet





Kameshwar Modaka: for the treatment of male sexual dysfunctions

Abstract: This clinical case study exemplifies the use of Kameshwar Modaka in the treatment of Erectile Dysfunction and Premature Ejaculation. Erectile Dysfunction and Premature Ejaculation are the two most prevalent male sexual dysfunctions.

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.

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.

The role of Cannabis a.k.a. Bhangas as an aphrodisiac is an unexplored path through the centuries but our traditional literature mentions it as an effective aphrodisiac which opens windows of opportunities for research. Consumption of Cannabis releases Oxytocin which is otherwise known as THE BONDING HORMONE. This mechanism helps one to feel effectively close to partner and perform well during the act.

This is a case of a 35 yr old male with complaints of Erectile Dysfunction and Premature Ejaculation. He has been under treatment since the last 3 months and has had troubles in his married life because of his "situation". He has been on regular follow ups as well as has had very little improvement in his symptoms. A few weeks ago he was prescribed Kameshwara Modaka along with some other formulations. Kameshwara Modaka was the only addition made to his prescription in these 3 months, except that every drug was the same with the same dose and frequency.



Ayurveda 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 to 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 as case

Introduction

Sexual Dysfunctions especially in Males is still considered as a matter of shame in our society. In such conditions most of the patients do not accept the problems and simply choose to ignore them until it's too late. On the other hand there are some who do not continue with regular treatment and exercises as prescribed. Also, there is a lot of impatience in the patients who continue with treatment after long hours of counselling. This situation calls for more effective formulations that can give better results and gradual but significant relief from the symptoms.

There are fewer effective formulations available and used by the current practitioners but they come with a list of side effects that can give rise to various other conditions in the patient. The use of Cannabis in the treatment of PE & ED gives a new ray of hope for the patients and the practitioners for an efficacious treatment.

Case Report

Patient description

This is a case of a 35 yr old male with complaints of Erectile Dysfunction and Premature Ejaculation. He has been under treatment since the last 3 months.

Case history

The patient has had similar episodes in the past on and off but he did not see a doctor for the same. Recently the number of episodes has been increasing and there have been more troubles within the couple over his situation.

Treatment plan

Medicines to be used – Kameshwar Modaka. For the first 3 months the patient was on traditional formulations only. Kameshwar Modaka was added to the prescription only 2 weeks ago. Kameshwara Modaka was the only addition made to his prescription in these 3 months, except that every drug was the same with the same dose and frequency.

Expected outcome of the treatment plan

It was expected that gradually the patient could perform well in the act and would overcome his involuntary difficulties.

Actual outcome

The patient was satisfied with the new treatment and reported of improvement in his symptoms. On asked to describe his improvement on a scale of 1 to 10, 1 being the least and 10 being the most, the patient described his previous standing as 3 out of 10 and current standing as 5 out of 10. He was hopeful that in a course of a few weeks he would definitely get better. He was asked to continue with the same treatment and practice Kegel exercises.

Discussion

The treatment was decided on the basis of predominance of DOSHA and affected STROTASA. The Vijaya as mentioned is an effective VATASHAMANA and APHRODISIAC herb.

Conclusion

This case study shows that Kameshwar Modaka has promising results in the treatment of Male Sexual Dysfunction. Till recent times there has been no strong evidence for the role of Bhanga in the treatment of Male Sexual Dysfunctions but there is a strong literature backing this.



Patient Case Study shared by

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Kameshwara Modaka: An ideal formulation for Chronic IBS (GRAHANI)

Abstract: Irritable Bowel Syndrome is a burden to both patients and the healthcare system as it requires high-cost medicines, frequent clinical visits, disturbed personal and professional schedule, anxiety, and depression in the patient. This chronic disorder causes abdominal pain or discomfort and is characterized by abnormal defecation that presents mainly as either constipation or diarrhea symptoms. There is no standard allopathic treatment available for such a complex condition; the plan of treatment differs from person to person, doctor to doctor.

In such a situation most patients turn to Ayurveda that describes this disorder as “GRAHANI” in its texts as it offers a promising treatment for patients suffering from IBS and improves his/her quality of life. Kameshwar Modaka is one such miraculous formulation that has been long lost in the Ayurveda texts. This study highlights the use of Kameshwara Modaka in the treatment of Chronic IBS (GRAHANI) and also proves how it can be the ideal formulation of choice for GRAHANI treatment.

This is a case of a 32-year-old female with a history of mixed constipation and diarrhea bowel pattern for the last few years and how Kameshwar Modaka helped her overcome her complaints gradually.



Ayurveda Perspective

According to Ayurveda, Grahani is a disorder that affects our Majjadhara and Pittadhara Kala. An ideal formulation for the treatment of Grahani would be having the properties of being 'Grahi' 'Deepana' 'Pachak'. The Vijaya in the Kameshwar Modaka reassesses the inner dialogue in the affected person and induces calm and peaceful sleep. Which in turn helps to cure the 'Mandagni' cause due to mental stress.

The formulation overall serves to give promising results in Grahani as it acts as AGNIVARDHAK and GRAHI for the physical impacts of the disease, and also the MEDHYA guna of cannabis helps the patient to overcome the mental disturbances he/she undergoes while having Grahani (IBS).

Introduction

Irritable Bowel Syndrome is a common disorder that affects the intestine. Signs and symptoms include episodes of unexplained constipation and diarrhea, abdominal pain and cramping, bloating, etc. It is a chronic condition that one needs to manage in long term.

The cause of IBS isn't well understood. A diagnosis is often made based on symptoms. Moreover, there is no test to definitively diagnose IBS either. This makes the diagnosis and management of the disease an arduous task for healthcare professionals.

IBS affects an individual physically as well as mentally as it refrains you from doing even the easiest things on the schedule as you never know when the complaints kick in.

Case Report

Today Vaidyas prescribe Kameshwar Modak in the treatment of Sexual Dysfunction and it has gained popularity in that field due to its promising and instantaneous results.

A very few of us know that Kameshwar Modak has been mentioned as a formulation that can be used in the effective treatment of GRAHANI roga and more analysis suggest that it can be an ideal drug for the treatment of GRAHANI.

Patient description

A 32-year-old female was presented with complaints with a history of mixed constipation and diarrhea bowel pattern. She reported that she 'either can't go or can't stop going to the bathroom'. A few years ago (roughly 5 years) she complained of having long durations of constipations with lower abdominal pain but as time went by her symptoms progressed. The duration of constipation and intensity of pain gradually started to increase and it could turn worse with stress.

Case history

She was referred to a Gastroenterologist by a General Practitioner 2 years ago who did a full workup including blood testing and ultrasound examinations and also colonoscopy. All tests were unremarkable. She was diagnosed with IBS with constipation and started treatment with laxatives.

Over the past year, she has developed intermittent diarrhea every 10 days and followed by a few days of constipation and complaints of having 3-5 episodes of watery or semi- formed stools.

Lately, she has been training and has had a sense of incomplete evacuation with lower abdominal cramping and bloating. She has no celiac disease. She is moderately anxious.

Dietary & Lifestyle Habits

The patient has been eating healthy food but the complaints persist no matter what she eats. She does not consume alcohol nor does she have any other 'habits'. She has a good overall routine and makes sure she gets 8 hours of sleep.

CASE STUDY #14

Previous treatment

She used milk of magnesia or Castor oil when she was constipated and used TAB LOMOTIL (Diphenoxylate and Atropine) on rare occasions when she had diarrhea.

Treatment plan

Medicines to be used – Kameshwar Modaka. She was prescribed Kameshwar Modaka 250 mg every day after food sublingual. She was also asked to make dietary modifications and practice Yoga (certain asanas) as a part of her daily routine.

Expected outcome of the treatment plan

It was expected Kameshwar Modaka would be able to help the patient 'manage her situation' better with time.

Actual outcome

As expected the patient got little relief within a week. She did not have an episode of constipation and she was less anxious overall. She was keen to continue her treatment and felt hopeful for the first time during her treatment period of 2 years that her life would be close to normal again.

Discussion

The treatment was decided considering the mentions of Kameshwar Modaka as one of the treatment drugs for Grahani in the Ayurveda literature.

Grahani Roga should be primarily treated for AGNIVARDHANA CHIKITSA with the help of drugs that have the quality of DEEPANA and PACHANA. Kameshwar Modak as a formulation has the aforementioned qualities and serves to be an ideal drug of choice for the treatment of GRAHANI.

Conclusion

This case study shows that GRAHANI can be successfully managed with Kameshwar Modaka. It is supportive for further research, as Grahani Chikitsa is one of the most challenging chikitsa Vaidyas face even today!



Patient Case Study shared by

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Published by HempStreet





Ayurveda: A potential therapy for stroke recovery

Abstract: For centuries, ayurvedic treatment for PAKSHAGHATA is renowned for helping patients recuperate and recover from Stroke. Stroke is the number 1 cause of severe and complex disability in the human population worldwide but the western treatment options for stroke are very limited. Today, there is an alarming need for effective treatment of stroke which not only gives promising results but is available to all and also affordable. Ayurveda offers us a potential therapy that can be used in the vast majority of stroke patients around the world who are unable to receive appropriate treatment due to various socio-economical reasons.

This is a case of a 60 yr old male brought by his son to my clinic 3 months after having a severe ischemic stroke. The treatment, ICU care, and physiotherapy helped in his motor rehabilitation but the patient had no development in his sensory damage, he could not speak at all and could not remember things very well this condition is commonly known as expressive aphasia.



Ayurveda Perspective

According to Ayurveda, PAKSHAGHATA is a VATAJA DISORDER and hence the VATAGHNA property of BHANGA would be helpful in an effective SAMPRAPTIBHANGA. Moreover, BHANGA is described as “VAAGH VANHI VARDHINI” in BHAVAPRAKASH NIGHANTU which literally translates as it gives BALA to the AGNI and enhances one’s ability or confidence to speak. This is the key reason for using Kameshwar Modak in this case. BHANGA also has the property of HARSHA NIRMITI which helps patients to cope with the emotional disturbances they experience post-stroke.

Introduction

Stroke is a medical emergency that requires immediate attention. A severe stroke has the potential for life threatening complications and deterioration. The survivors of such types of strokes require rigorous rehabilitation techniques, the goals of which are to optimize how the person functions after the stroke and the level of independence he/she can achieve and also to achieve the best possible quality of life. Often, the patients are given motor skill rehabilitation and very little focus is set on sensory rehabilitation but there is growing evidence that sensory impairments affect post stroke motor recovery.

With Stroke becoming a common disorder with our newly adopted lifestyle, emphasis should be put on promoting the traditional methods, formulations and techniques to bring about awareness on the promising results Ayurveda gives in the patients of Stroke (Paralysis) or Post Stroke Rehabilitation.

Case Report

Patient description

This is a case of a 60 yr old male brought by his son to my clinic 3 months after having a severe ischemic stroke. The treatment, ICU care and

ischemic stroke. The treatment, ICU care and physiotherapy helped in his motor rehabilitation but the patient had no development in his sensory damage, he could not speak at all and could not remember things very well this condition is commonly known as expressive aphasia.

Case history

The patient was apparently alright 3 months ago with no co morbid conditions or habits. He suffered a severe ischemic stroke that led to immediate hospitalization and ICU Care. He survived with moderate motor and sensory damage. Post hospitalization the patients extremities were very well rehabilitated with planned physiotherapy and he could walk again with support (walking stick), there was non significant muscle wasting but he could not talk at all.

The patient who was a chatty personality suffered from immense emotional disturbance as he was unable to express himself. He would be irritable for a minute and un responsive for another, he would cry for a minute and turn angry on another, his mood swings were brisk and endless.

Treatment plan

Medicines to be used – Kameshwar Modaka. The patient was prescribed GOKSHURADI GUGGUL and KAMESHWAR MODAKA.

Expected outcome of the treatment plan

It was expected Kameshwar Modaka would be able to help patient fight back the damage caused by stroke motor as well as sensory and Gokshradi Guggul would help him with the SHOTHA.

Actual outcome

After 1 month of treatment the patient was able to speak, the speech was clear and understandable and he could speak sentences.

Discussion

The effects of cannabinoids on limiting the cell damage post stroke cannot be denied. Various studies across the globe support the use of medical Cannabis in managing post stroke complications. Our brain produces Glutamate when it is oxygen deprived, as is the case of arterial bleeding or blood clot.

Cannabinoids work as an effective antioxidant, blocking the glutamate damage without delivering any psychoactive effect in turn providing neuro protective effects following a stroke. This formulation was chosen taking into consideration both modern and Ayurveda literature behind the use of Medical Cannabis or Bhangra in Post Stroke Rehabilitation.

Conclusion

This case study shows promising results of Kameshwar Modak on Post Stroke Rehabilitation (Focused on Sensory Rehabilitation). There is a broad scope for the use of Kameshwar Modaka in patients with Modaka in patients with Mood Swings, Mental Disorders, Epilepsy, Problem of speech and many other disorders and the scope of research seems to be endless.

I further wish to use this formulation on the students experiencing difficulty in performance during VIVAS or in individuals with STAGE FEAR. The DHAIRYA GUNA of BHANGA can be an effective key in overcoming both such conditions.

A word of caution from my side would be – we should be very careful with managing the dosage of Kameshwar Modaka. It should be decided according to the BALA of the patient. Also, the treatment should be well planned and the patient should not develop a habit to be dependent on the formulation for feeling upright.



Patient Case Study shared by

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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>Emblca 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>Terminala chebula</i>	Fruit	43.83 mg
22	Bibhitaka F	<i>Terminala belerica</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:

A sachet once a day with lukewarm water or milk after food 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



CURBS PAIN, INSOMNIA & 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 'Vaat- 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 & 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 & Safety: Trailokya Vijaya Vati is safe when taken orally as a prescription medication with dosage as directed by the physician.





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