

## **Future of ancient system of medicines- multidisciplinary approaches in health sciences**

### **Feasibility and tolerability of *Vardhamaan Pippali Rasayan* and other *Rasayan* drugs with DOT(Direct observed Treatment) in Patient of Tuberculosis under RNTCP**

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In the world of Herbal drugs, Ayurveda has achieved the highest position. Presently it is one of the most popular ancient science in complimentary therapy. The scenario of Ayurveda has changed from treating only very chronic diseases and some cosmetology related problems to global health challenges like HIV and Tuberculosis. The efficacy of modern medicines also has some grey areas such as side effects, untowards or adverse effect which compel the patient to discontinue the treatment. Thus inspite of availability of effective treatment the prevalence of disease is rising. HIV along with tuberculosis aggravates the problem.

WHO has recommended to give supportive therapy which will be useful to reduce side effects like gastritis or severe muscular weakness felt on the day of taking DOT medicines.

Sane Guruji Arogya Kendra is an authorised DOT centre where average 25 to 30 newly diagnosed cases of tuberculosis come annually.

With the objective of reducing the side effects of the DOT the patients have been given supplementary Ayurvedic medicines as mentioned above along with DOT. In a wide range of patients it was observed that side effects were very well controlled. The observations were encouraging and thought provoking. Both the drugs were very well tolerated. Patient showed tremendous improvement in appetite, gained weight, had better quality of life.

The detail analysis of data showed that the given supplementary therapy proved to be beneficial. It is recommended to take up multicentric trial based on this work. This can be a step towards contribution of Ayurveda to National health programme.

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