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Observational analytical study to assess Asthikshaya in walkers and in non-walkers with special reference to osteoporosis by evaluating bone mineral density and serum calcium**Bhairav B. Kulkarni***Ayurvedic Medical College, Aurangabad, India*

Ayurveda is known as the science of life. The main aim of Ayurveda is to maintain health of the healthy person and to cure the illness of diseased person. In Ayurveda nidanpanchaka is described as tool of disease diagnosis. Upashaya in nidanpanchaka has described in 18 types. Among that Hetuviparitathkari Upashay is one type which can be also specified as Aharatmak, Viharatmak and Aushadhiupashay. According to Ayurveda; Vat, Pitta and Kapha are the pillars (tristhuna) of human body. Vat and Asthi has Ashrayashrayibhav and inversely proportional to each other so Asthikshaya causes Vatprakopa according to samhitas. But here we are studying walking as a Upashayatmak factor for Asthikshaya. To assess role of walking in prevention of Asthikshaya with special reference to Osteoporosis by evaluating Bone Mineral Density and Serum Calcium (BMD) and Serum calcium levels in Asthikshaya. It is observational comparative analytical study. Duration of study will be 18 months. Total number of 250 subjects will be selected according to criteria, divided in to two groups.

Group A – 125 subjects-active walkers.

Group B – 125 subjects-non active walkers.

Bone densitometry: A bone mineral density (BMD) test measures how much calcium and other types of minerals are in an area of your bone. There are two types of this test. Here I will using the following type. Peripheral DEXA (p-DEXA). These smaller machines measure the bone density in your wrist, fingers, leg, or heel. The most common and accurate way uses a dual-energy x-ray absorptiometry (DEXA) scan. DEXA uses low-dose x-rays.

Measurements: T-score compares your bone density with that of a healthy young women

a) Normal: A T-score is within the normal range if it is -1.0 or above.

Abnormal: T-score- Between -1 and -2.5, you may have early bone loss (osteopenia).

Biography

Bhairav Bhimrao completed his MS in MUHS Nasik in 2010 and started his career as an assistant professor in 2011 and then as associate professor till 2017. He was a member of Yoga international, Honesdale, USA. He became a director of Sri Siddhivinayak ayurveda panchakarma centre, Aurangabad, India. He is renowned expert of ayurvedic medicine he is practicing from last 8 years at Shree Siddhivinayak Ayurveda Panchakarma center as Director. He is running his two branches of keralian panchakarma centers at Aurangabad (MS) successfully. He & his wife Yashashree B. Tawshikar Kulkarni established the Shree Siddhivinayak Ayurveda Panchakarma Center in Aurangabad in Indian cities, which treat thousands of patients every year from these centers over the world. Developed well equipped Panchakarma Unit at Both Centers Center over thousands of panchakarma treatments was done there as per written in Ayurveda classics.