



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

INDEX

Index And Editorial's

Dr. Houserao A Patil Jadhav Editor In Chief (Pages 1 To 3)

**1. "ROLE OF MURCHHANA SAMSKARA IN THE PREPARATION OF
MEDICATED GHRITA W. S. R. TO PANCHAGAVYA GHRITA "**

Dr. Priyanka Dattatraya Tamane¹ (Page No-4-10)

**2. "AYURVEDIC MANAGEMENT AND PREVENTIVE THERAPY FOR
HRIDROGA (HEART DISEASES)"**

Dr. Sonal Shah¹, Dr. Nasir Bagwan² (Page No 11-15)

**3. "A LITERATURE REVIEW OF MANAGEMENT OF AMLAPITTA
(GASTRITIS) THROUGH AYURVED"**

Dr. Sonal Abhijit Shah¹, Dr. Shraddha Anandrao Salunkhe² (Page No 16-22)

**4. "LITERATURE REVIEW OF PANDU ACCORDING TO ACHARYAS W. S.
R. TO ANAEMIA"**

Dr. Sonal Shah¹, Dr. Suhas Kharje² (Page No 23- 31)

5. “A LITERATURE REVIEW OF OSTEOARTHRITIS (SANDHIGATVATA) IN AYURVEDA”

Dr. Sonal Shah¹, Dr. Priyadarshani Ashok Mohite²(Page No 32- 37)

6. “A COMPARITIVE STUDY OF MADHUKSIDDHAGHRITATARPANA AND 0.5% CMC (CARBOXY METHYL CELLULOSE) EYE DROPS IN SHUSHKAKSHIPAKA (DRY EYE SYNDROME)”

*Dr. Vishal V. Patil¹, Dr. Swati V. Patil², Dr. Sunil Walvekar³, Dr. Mushraf Sayyad⁴
(Page No 38- 45)*



Editorials:**AYURVEDA & COVID-19**

Now, the waves of the pandemic COVID 19 are being faded. Since a couple of months, the number of diagnosed patients of COVID 19 is being decreased. The mortality rate is also lessened. The people are continuing the sanitization techniques, social distancing and wearing the masks. Relaxation is initiated regarding the restrictions adopted for pandemic COVID 19 as per regional situations.

The Ayurveda primarily aims towards the maintenance of healthy life. The secondary is to alleviate the disease still occurred. Various herbs, preparations explained in the *Granthas* are very useful to maintain the *Swasthya*, immunity, longevity and a stress free life. In the pandemic COVID 19, we used the Ayurvedic medicines and got benefitted.

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