

CLINICAL RESEARCH METHODOLOGY IN AYURVED

*N.S. Bhatt**

During the last 30 to 40 years large number of Clinical Studies have been conducted in the field of Ayurveda and allied indigenous systems of medicine, both by Ayurvedic and modern scientists. This vast research has generated a good amount of clinical data, which though of variable quality, is definitely of some use in getting further leads. In fact, some of these studies have already resulted into applicable measures to counter specific diseases as in the field of Hepato-biliary Disorders or in cases of Rheumatoid Arthritis.

However, on critical scrutiny one finds the difficulty in designing the clinical trials in this field. At times, it becomes difficult to interpret the results in the right perspective. This particularly is true, while dealing with chronic conditions where efficacy is slow and difficult to monitor for long periods or in cases of degenerative/metabolic disorders where several variables are required to be monitored. This results in difficulty of demonstrating clinical efficacy through objective parameters.

During the last decade or two, there have been remarkable advances in bio-molecular medical-research. These new areas can be of great use. However, this needs better understanding and newer approaches. Also, the basis of such approach needs to be defined in the context of the overall role of traditional system in health care delivery.

**Research Executive (Ayu.), Zandu Pharmaceutical Works Ltd; Bombay 400 025.*

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