



## NEIAH News Letter

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From The Desk of

*Editor-in-chief...*

Pharmacovigilance is the science and activities relating to the detection, assessment, understanding and prevention of adverse effects of drugs or any other possible drug related problem. The major goals of Pharmacovigilance, namely to improve patient care and safety in relation to drug use, and thus promote rational drug use are recurrent themes of Ayurvedic pharmacology ( dravyaguna vigyan ) and therapeutics ( chikitsa ). The use of Ayurvedic medicines is popular in India - and in recent times has become accepted in other countries. For example, a recent survey conducted by the NCCAM in the USA showed that about 751 000 people in the United States had ever used Ayurveda and 154 000 people had used them within the past 12 months. In context of these ; with increased use of drugs of these system, the scope for adulteration, preparation of counterfeit drugs and development of formulations which do not have conceptual basis in these systems has increased and that's why it may have profound impact on the safety and efficacy of the Ayurvedic drugs in the market.

There is a popular misconception that ayurvedic medicines are devoid of adverse reactions. However, the Charaka Samhita , which is a classic text book of ayurveda, describes all the adverse reactions to medicines when they are prepared or used inappropriately. Attention is given to factors like the physical appearance of the part of the plant to be used ( prakriti ), its properties (guna ), actions ( karma; prabhava ), habitat (desh), season in which it grows (ritu), harvesting conditions (grahitam), method of storage (nihitam) and pharmaceutical processing (upaskritam), which must be considered while selecting the starting material that goes to form the medicine. Similarly, Charaka also describes, elegantly, several host-related factors to be considered when selecting medicines in order to minimize adverse reactions like the constitution of the patient ( prakriti ), age ( vayam ), disease ( vikruti ), tolerance (previous exposure) ( satmya ), psychological state ( satwa ), digestive capacity (ahara-shakti ), capacity for exercise (vyayama shakti ), quality of tissues (Sara), physical proportions of the body ( sahanan ) and strength ( bala ).

To summarize, Charaka says, "that even a strong poison can become an excellent medicine if administered properly. On the other hand even the most useful drug can act like a poison if handled carelessly"

In India, National Pharmacovigilance programme under the control of Central Drug Standards Control Organization (CDSCO) has already been started since 2003. World Health Organization has emphasizes that it should include traditional medicines in Pharmacovigilance system and has published guidelines on safety monitoring of herbal medicines in Pharmacovigilance systems in 2004.

**Prof. (Dr.) S. P. Bhattacharjee**  
Director





## GINKGO BILOBA FOR BRAIN FITNESS

Ginkgo Biloba is widely used in the treatment of dementia. Its use is primarily due to its ability to improve blood flow to the brain and because of its antioxidant properties. The evidence that ginkgo biloba may improve thinking, learning and memory in people with Alzheimer's Disease(AD) has been highly promising.

### Benefits of Ginkgo Biloba for people with AD:-

- ◆ Improvement in thinking, learning and memory(cognitive function)
- ◆ Improvement in social behavior.
- ◆ Fewer feelings of depression.

### Therapeutic Efficacy of Ginkgo Biloba Extract (GBE)

- ◆ GBE administration has been shown to bring about improvements in dizziness, headache, tinnitus, anxiety, language function, sensibility, orientation, motor behavior and depressed mood.
- ◆ PDR recommends GB for symptomatic relief of organic brain dysfunction.
- ◆ There is substantial evidence for the therapeutic efficacy of GBE in cerebrovascular insufficiency and cognitive disorder.
- ◆ GBE act as antiplatelet aggravating factor;PAF aggravates neuronal disorder.
- ◆ GBE protects neuronal degeneration followed by hypoxia/ischemia by increasing blood flow, ATP level, glucose and lactate level.

## GREEN TEA FOR HEALTH

- ◆ Drinking of green tea maintains cognitive function and may enhance learning and memory abilities.
- ◆ It controls weight by increasing the metabolism of fats by the liver (thermogenic effect),inhibiting lipase(fat absorption enzyme) in the digestive tract and providing a feeling of safety and fullness.
- ◆ Green tea protect the skin against the adverse effects of ultraviolet .
- ◆ Green tea helps for lowering cholesterol level by reducing lipids absorption in the digestive tract .
- ◆ Studies has shown that daily intake of green tea extract lowers their HbA1c level in people with bordering diabetes.
- ◆ Tea increases body's production of nitric oxide, a vasodilator and thereby reduces blood pressure.
- ◆ Green tea protects brain cells from destructive process following stroke.
- ◆ Green tea catechin polyphenols produce potent antithrombotic effect by inhibition of platelet aggregation.

AYUSH department is revamping its development, potentiality in the line of national and international acceptability by establishing research portal, training its personals from top level to base in IIM Ahmedabad,an Institution of nation's Pride and excellence.

Assam is the first state in the North Eastern region to join the mainstream of India with a seperate AYUSH directory.

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