



Case Study Journal

Volume-2



AYURVEDIC
TREATMENT WITH
VIJAYA-LEAF
BASED CLASSICAL
AND PROPRIETARY
MEDICINES

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VIJAYA
विजया

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Clinical Study Report



Post Marketing Clinical Trial
to Evaluate the Safety &
Efficacy of

CannaEase Vijaya Tincture Sleep Well (10% Vijaya Leaf Extract)

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Introduction

Cannabis has been used in traditional medicine since the Vedic ages. There is no complete ban on cannabis under the NDPS act in India as its scientific and medical uses are allowed under the law. The effect of cannabis in healing insomnia is ambiguous and has been the subject of much debate. However, as per a recent meta-analysis by Bhagavan et al., there are data available to establish the positive effect of cannabis in treating people dealing with insomnia, but it is still poor in quality because of the short treatment period and little sample sizes. In addition to chronic pain and mental health-related conditions, sleep disorders are one of the major reasons for which patients report using cannabis for medical purposes. Sleep, which is a pivotal requirement for optimum health, involves various factors such as duration and quality. As per recent research, poor sleep timing and inconsistency in sleep are linked to hazardous health outcomes such as cardiovascular ailment and depression. Sleep problems like insomnia continue to be a major burden on society despite improvements in pharmaceutical therapy and psychotherapy. As medications for the management of insomnia, cannabinoids are gaining popularity on a huge



acceptance in the present time. Often, patients report taking recreational or medical cannabis to get rid of primary sleep disorders like insomnia or as a secondary treatment for other psychiatric and medical issues including anxiety, depression, chronic pain, fibromyalgia, etc.

The most used pharmacologic treatments for insomnia and sleep disorders include benzodiazepines, H1-antagonists, and hypnotics (e.g., zopiclone, zolpidem, etc.). Several other drugs including second-generation antipsychotics and antidepressants (such as trazodone and mirtazapine) are used off-label to improve sleep efficacy in patients. While these drugs help improve the sleep cycle, many of the medications may show unfavourable side effects including weight gain, daytime sleepiness, dizziness, cognitive impairment, metabolic syndromes and the possibility of addiction etc.

More than 120 distinct Phytocannabinoids have been identified in the cannabis flower, with a delta-9 tetrahydrocannabinol (THC) and cannabidiol (CBD) being the most extensively researched cannabinoids. Cannabis, particularly THCrich strains, is known to have a dose-dependent impact on sleep. THC interacts with the CB1 receptors in the brain, which causes it to have a biphasic effect on sleep. When administered in lower doses, THC can significantly decrease sleep latency and has also been linked to easier falling asleep, more slow wave sleep, and longer total sleep duration. At high potency THC dosages in cannabis, rapid eye movement (REM) sleep and REM density have been shown to decrease.

It has been demonstrated that CBD,

the second most prevalent cannabinoid in cannabis, affects sleep latency in two different ways. While CBD, at lower doses, may have a stimulating effect but at greater concentrations, it might be more sedative. It can lengthen total sleep time and reduce the number of night-time awakenings. Overall, it can be said that cannabis may speed up the onset of sleep, which would enhance sleep quality. Studies suggest that THC and THC derivatives, used either alone or in conjunction with CBD, have been demonstrated to enhance self-reported sleep scores. Due to the limitations of current pharmacologic therapy and the preliminary evidence from small-scale randomized controlled trials suggesting cannabis can treat sleep disorders, it is reasonable to review patients who use cannabis for sleep and evaluate their sleep scores as well as other indicators of improvement or negative effects of cannabis use.



Inclusion Criteria

Provide informed consent prior to any study specific assessments being performed

Between 18 and 60 years old, inclusively

Insomnia as defined by an ISI score of 8 or above

Insomnia symptoms for at least 3 months \leq 6.5 hours of sleep per night

Resident of India and currently living in the India for the duration of the trial

Exclusion Criteria

Presence of an active and progressive physical illness (e.g., congestive-heart failure, chronic obstructive pulmonary disease, acute pain), neurological disorder (e.g., epilepsy) or neurological degenerative diseases (e.g., dementia, multiple sclerosis)

Unstable medication schedule (change to dosage or timings within the past 3 months).

Identification of a bipolar disorder, psychotic disorder, or other medical condition contraindicated by sleep restriction.

Have professional or family commitments that prevent them from following a typical sleep schedule, which is defined as going to bed between 8:00 pm and 2:00 am and waking up between 4:00 am and 10:00 am.

Individuals who need to be vigilant or careful to prevent serious mishaps in their daily lives or at work. Examples include: Long-haul truck drivers, Longdistance bus drivers, Air traffic controllers, Operators of heavy machinery, some assembly line jobs.

Pregnant or intending to get pregnant during the trial.

Other untreated sleep disorders that the subject has self-reported (e.g., parasomnias, obstructive sleep apnoea, periodic leg movements)

Took part in an investigational research study in the past 30 days.

Results

Table 1.

Self Reported diagnosed condition at the time of screening

Condition	n
Anxiety/Stress	30
Sleep Disorders	50
IBS	8
PTSD	7
Psoriasis	2

Table 2.

History of Cannabis Administration

Previous Cannabis Use	12
Recreational Cannabis	0
Medical Cannabis	12
Cannabis Naïve	38



Table 3.
Gender Distribution
of Patients

Males	32
Females	18

Table 4.
Age(in Y: Years)
Distribution of Patients

18-20Y	2
21-30 Y	6
31-40 Y	19
41-50 Y	18
51-60 Y	5

Table 5.
Safety and Efficacy endpoints in patients using medical cannabis for sleep disorders

Endpoint	n
Safety Endpoints	
No adverse Affects Reported	39
Mild adverse effects	11

Efficacy Endpoints	n
Subjective improvement in sleep with medical cannabis use	37
Very Significant Subjective improvement in sleep	10
No change in Sleep Disorder	3
Worsening Sleep Disorder	0

Conclusion

Our analysis of cannabis usage in patients with sleep issues reveals some significant benefits including subjective patient-reported improvement in Insomnia. This study provides some important new information about medical cannabis and sleep disorders.

Case Study 1

Treatment of Anxiety, Depression and Insomnia with Trailokya Vijaya Vati & CannaEase Sleep Well

Abstract

The use of Trailokya Vijaya Vati along with Sleep Well and following traditional Ayurvedic principles (Nidan parivarjan, sanshaman and sanshodhan) are beneficial for depression and insomnia. Vyavaayi properties of Vijaya gives route to its transmission throughout the body, while Deepana properties are helpful in quenching appetite. It is also helpful to reduce pain and in elevating the mood, so gives overall beneficial effect if used according to prakriti, desh, kaal etc.

Introduction

Sometime the worst place you can be in your own head. You keep a lot to yourself because it's difficult to find people who understand. In recent times depression is so common in our society & it can be justified. The Luxurious Lifestyle, excess fundraising desires, tensed social environment, shrinking social radius, unfulfilled desires, social, economical, sexual trauma, medicines, relationship failures etc are the reasons behind depression. It is characterized by sadness, loss of interest and pleasure, feeling of guilt, sleep disturbance, poor appetite, mood swings etc. According to Ayurveda Manoavasada is usually thought of as a Kapha imbalance - heaviness, sadness & general stagnation. This imbalanced kapha vitiates the Vata- excessive thinking, mood swings, muscle stiffness, insomnia, and these two imbalanced doshas finally vitiates pitta and cause loss of appetite , nausea, heartburn, etc.



CASE REPORT

• Patient Description

A 34 yrs. male patient from Jammu consulted online with complaints of insomnia, vertigo, excessive anger, repetitive thoughts, body pain, muscle stiffness & photophobia in gradually increasing manner since 2-3 years. He consulted to us on 28th sept 2022. Patient belongs to good socioeconomic environment has a history of continuous drinking and smoking 2-3 years back. No history of physical trauma.

• Case History

The onset was 3-4 years back. Then he was taking excessive alcohol and smoking. Chief Complaints were

- Insomnia
- Excessive anger
- Vertigo

• Previous Treatment

He was treated by allopathic doctor (psychiatrist) and Drugs are -

- Paroxetine 12.5mg 1-0-1 (after food)
- Tab zapiz 0.5mg 0-0-1 (after food)
- Tab zolpidem 12.5mg 0-0-1/2 (after food)
- Tab pregabid d 75+30mg 0-0-1 (after food)
- Tab etilaam CR 1.5mg 0-0-1 (after food)
- Tab venior 75mg 0-0-1 (after food)
- Tab nuhenz 1-0-0 (after food)
- Tab Etilaam Pro 0-1-0 (SOS)

• Treatment Plan

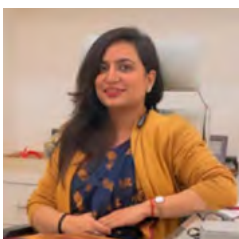
- Nasya With Shadbindo Oil & Dhoompan
- Trailokya Vijaya Vati 2-0-2
- SleepWell 4-5 Drops at Night
- Ashwagandha 1-0-1
- Jatamansi Tablet 0-0-2

• Outcome

- After 15 days of treatment there is no vertigo, anxiety.
- Significant relief in body-ache and stiffness.
- Relief symptoms of migraine. Allopathic medicines reduced (Now he is taking only one Tab Etilaam Pro in SOS basis).
- Improved social activity.

• Conclusion

Significant results have been seen when SleepWell along with lifestyle modification Trailokya Vijaya Vati and Sleep Well was given and Ayurveda treatment demonstrated with conventional medicine. Trailokya Vijaya Vati promising results.



Case Study By
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BAMS

Case Study 2

Joint Pain Management By **Pain Relief Capsule**



Abstract

A clinical case on pain in lower limbs in aged people and its management using PRC. Pain in the lower limbs and weight bearing joints of the body, especially the knee is a common condition faced by the general population especially the old aged and those who are obese. Joint pain is becoming a common malady considering the changes in food habits, Socio-economic and cultural variations and much influenced sedentary lifestyle. Knee being the key joint that maintains weight, are more for prone decalcification and degeneration.

Introduction

According to the theories and principles mentioned in Ayurveda, all pains occur due to a surge in the Vata entity. Old Age is physiologically the forte for this entity and this age group is generally most prone for conditions that occur due to vata aggravation. Knee joint pain and pain in the lower limbs are termed under an umbrella term, Vatavyadhi, a group of diseases which are caused by Vata alone. In this condition the Vata gets aggravated due to physiological or pathological reasons and accumulates on the joints causing pain and stiffness, associated with numbness and swelling.

The clinical presentation of Vatavyadhi is seen as pain and inflammation in the associated site, mostly weight bearing joints. Different types of pain in varying degree, area and other associated complaints are the common presenting complaints seen. Stiffness, swelling, numbness and tingling sensations are the precursor for the Vatavyadhi.



CASE REPORT

• Patient Description

A house maker 60-year old female patient settled in kharkhoda, Sonipat with a sedentary life style has been suffering from all small and large joint pain, backache, stiffness, lethargy, weakness and sleeplessness since 7 year.

• Case History

A 60-year-old female had severe pain in small and large, joints associated with stiffness in early morning combined with improper diet and life style. She had no history of diabetes, hypertension. Due to Inconsistent eating patterns and compromised exercise regimen the patient started developing pain. Over the course of the last seven years, the physiological old age-related conditions and life style had negatively impacted the patient's health and ability to move around without pain.

She was diagnosed with vatavyadhi. All small and large joint pains are termed under an umbrella term, vatavyadhi, a group of diseases which are caused by vata alone. In this condition the vata gets aggravated due to physiological or pathological reasons and accumulates on the points causing pain and stiffness.

• Treatment Plan

- The management involved the uses of Ayurvedic medications with the combination of appropriate diet and lifestyle.
- The medication given included: -
- Arogyavardhivi vati 2 tab twice after food with luke warm water.
- Yoga raj guggulu 2 tabs twice for seven days then, 1 tab twice for next 1 day after food with luke warm water.
- 1 Canna Ease™ Pain relief cap twice a day with water .

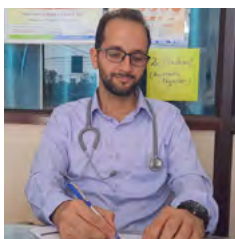
• Outcome

- There is significant reduction in all small and large joint pain and improvement in day to day activities and life style.
- As per the international score of pain management, the pain was considerably decreased on a scale of 2 out of 10. Owing to less pain and body ache, her quality of life was improved.

• Conclusion

By the administration of pain relief cap, the patient showed impressive response to the medication and a massive reduction in her complaints. In this case, the pain relief cap along with dietary. Life style modification and Ayurvedic treatments demonstrated promising result in improving quality of life.

Pain relief cap is therefore proven to be best in joint pain management.



Case Study By

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Case Study 3

Treatment of depression & sleeplessness with **CannaEase Sleepwell**

Introduction

A clinical study of Insomnia, a very common condition arising in every age group as a part of compromised lifestyle and chronic stress alongside associated anxiety. Insomnia is a condition that occurs due to varied levels of stress and associated anxiety related with occupation is a common situation faced by the working population. The drastic change in the pattern of lifestyle combined with the constantly stressful life in terms of workload, family tensions and many life situations are the most common causes for varied frames of mind in different individuals with different intensities of its manifestations.

Ayurvedic Perspective

Insomnia is a common condition that can have a big impact on your life. Not getting enough sleep can lead to irritability, loss of concentration, and even mood swings. As sleep is a natural process that allows your body and mind to replenish, energized, leaving you afresh. As per Ayurveda principles, Nidra is one of the three pillar of Trayastambha and one of the important factors responsible for a healthy body.

To treat insomnia, doctors prescribe tranquilizers like diazepam that may provide temporary relief initially. However, continuous use of these kind of pills can cause severe side effects like, anxiety, mood swings, lack of attention, high blood pressure, dizziness and many more.

As per Charak Samhita (Cha. Su. 21/36), there is a natural phenomenon between sleeping and awakening. The duration of this phenomenon varies from individual to individual. However, in case of inadequate sleep or sleep deprivation, serious health conditions like neurological psychosomatic disease may crop up.



CASE REPORT

• Patient Indication

Patient came to our clinic with complaints of sleeplessness associated with chronic Depression from last 30 years and overthinking, gaseous abdomen and impaired digestive capacity. He is known case of Dm 2 and hypertension with regular intake of medication.

• Patient Description

A Self employed 63-year-old male settled in sec 88, Faridabad with a bad lifestyle has been suffering from sleeplessness over thing, chronic depression due to familial stress and anxiety since 30 years. His highly compressed lifestyle that gave importance to work over mental health combined with the improper consumption of food which is relatively less nutrition's to compensate for the time during work, alongside the constant turmoils of tension and stress condition the body to deprive sleep as a balance mechanism. Which later turned into insomnia or AMDRA. Later on, impaired digestive capacity result into indigestion.

• Case History

Due to sever stress as a part of family responsibilities. He started experiencing gradual mental fatigue, lethargy and tiredness, gradually, stress result into anxiety. The patient then started to experience decreased sleeping pills and antidepressants medicines. He was diagnosed with vitiated tridusha with vata- pitta dominant.

• Treatment Plan

- Shankha vati 250 mg Twice in A Day with Lukewarm water after food.
- Gokshuradi kwath-10ml with 10ml of water before food, Twice in A Day.
- Canna Ease™ Sleep well 5 Drops sublingual Twice in A Day.
- BRAHMI Vati 2-tab HS (before sleep).
- As per his dominant dosha and prakriti, the patient was advised to follow strict diet and life style routine.

• Actual Outcome

We made a call after 10 days of first prescription, there is highly significant improvement in sleep quality and stress management. He told us that he stopped sleeping pills and antidepressant medications as he already taken which he is taking from very long period of time (since 1988).

- Reduce the imbalance in sleep - wake cycle.
- Reduce fatigue and tiredness.

• Discussion

By the administration of Canna Ease™ Sleep Well and Brahmi Vati. The Patient Showed an Impressive response to the medication and a massive reduction in his complaints. His sleep was restored by almost 70% with a complete elimination of fatigue and tiredness by taking this medication for 1 month. His endocrine activities (like circadian rhythm) were also normalized. In this case, we have concluded that sleepwell shows catalytic effect with Brahmi Vati.

In this case, Canna Ease™ Sleep well along with dietary, lifestyle modifications and ayurveda treatments demonstrated promising result in improving his sleep and quality of life.

Canna Ease™ Sleep well is therefore proven to be mitigating ANIDRA (INSOMNIA) and associated symptoms like stress, anxiety, Depression and mood swings



Case Study By
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Case Study 4

Treatment of body pain and general stiffness with CannaEase Pain Relief Capsule and Muscle & Joint Pain Management Oil

Introduction

A clinical case study on general body pain, body stiffness and insomnia a common condition faced by the general old aged public. General body debility, body pain and stiffness are general complaints faced by the greater part of the population especially the senescent group. Due to a completely deranged lifestyle and eating patterns as a result of this face-paced life, Body pain, stiffness and insomnia are common conditions faced by the population. Both body stiffness and insomnia are conditions that occur due to mutual contradictions in the diet and lifestyle.

Cannaease is a combination of hemp seed oil and other herbal medications that helps to normalize the Vata in the body.

Ayurvedic Perspective

According to Ayurvedic principles and philosophies, old age in the time is the most prominent yet physiological surge in the Vata entity. Here the conditions of body stiffness, general body pain and insomnia are caused due to Vata. All these maladies are generally termed as VataVyadhi (diseases due to Vata). A Vata surge occurs due to untimely food consumption combined with improper lifestyle and exercise combinations. Apart from these, the physiological Vata aggravation during aging also further triggers the condition severely.

The clinical presentation of VataVyadhi is shown in the body as body stiffness, general body debility, pain and swelling of the main joints and severe insomnia.

Ayurveda emphasizes on the importance of prevention over cure. According to Ayurveda, the basic principle is to treat the underlying cause and to never yield symptomatic management. Here the main treatment adopted is Vatahara Chikitsa which include oleation, fomentation and Vata curbing methods both locally and internally.



CASE REPORT

- **Patient Description**

A 70 year old female, a homemaker leads a compromised lifestyle with untimely food and irregular exercise. Due to senescence she generally does not do much effort and consumes very little food at improper intervals. The patient did not have much Vata troubles till she began her sedentary life after retirement. Her stiffness and pain reduce on application of heat and reduce on application or exposure to cold.

- **Case History**

The patient was apparently normal before 8 years. Gradually in due course of time, with varied combinations of improper food and lifestyle she started developing stiffness in the main joints followed by pain during movement. Later she started developing insomnia and could not fall back asleep if woken once. The patient does not have any prior history of Diabetes melitus, hypertension or Thyroid complaints.

- **Observation**

The patient shows signs of stomach distress and gas trouble. Her hunger has reduced considerably and shows less interest in taking food. The scalp is dry and covered with white dandruff flakes. Pain is felt on both shoulders while moving the upper limbs. She gasps easily on doing simple tasks like climbing stairs.

- **Treatment Plan**

In Ayurveda the treatment for the cause is given prime importance and not symptomatic relief. Ayurveda also emphasizes the need or rather the importance for prevention rather than cure. For these purposes, the treatment was initiated with herbal combinations that curb the vata. Internally she was administered Rheuma off Gold, Cole V, CannaEase pain relief capsule, Vingolic syrup. She was also given Canna Ease Muscle and Joint Pain Management Oil relief for low back ache externally.

- **Expected Outcome**

- Treat body stiffness
- Reduce body pain
- Treat insomnia

- **Actual Outcome**

Within a course of a month, the patient showed impressive results with on administration of Canna ease. Her pain reduced by a percent of 40%. Her sleep cycle was normalized for almost as much as 60%. Her associated complaints of body stiffness and mild breathlessness were completely eliminated during this timespan.

The action of Canna Ease on the patient showed a wonderful relief of pain to the patient.



Case Study By
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Case Study 5

Treating inflammation with Trailokya Vijaya Vati

Abstract

This clinical case reviews about trailokya vijaya vati in the treatment of inflammation of any body part-inflammation, in its broadest sense, is the immune system's reaction to an irritant.

Rheumatoid arthritis (RA) or Amavatha is an autoimmune and inflammatory disease in which your immune system mistakenly attacks healthy cells in your body, resulting in inflammation (painful swelling) in the affected joints. RA primarily affects multiple joints, which are mostly attacked simultaneously. The hands, wrists, and knees are the most common joints affected by RA. The lining of a joint affected by RA becomes inflammatory, causing joint tissue destruction. Long-term or chronic pain, unsteadiness (loss of balance), and deformity can all result from tissue damage. RA can also affect other tissues in the body, including the lungs, heart, and eyes, causing complications.

This case surrounds a 55 year old male who has been affected with RA rendering him unable to move on with day to day tasks, quite insomniac and low on immunity. He was put on medications to help with inflammation that included trailokya Vijaya vati, habbe azaraqi, habbe Asab, manjo with tab Altria and rokhan surkh. The patient found great relief from his condition as it got cured, and got to experience good sleeping schedules.

Ayurvedic Perspective

The three elements that govern the body's operation are Vata (the wind element), Pitta (the fire element), and Kapha (the water element). When these three are working together, partnering, and cooperating with one another, we are at our healthiest.

Vata Dosha, which is brought on by a buildup of inflammation, causes RA (Ama).

Ama builds up as a result of poor metabolism or poor gut health, causing harm at the tissue level. Ama is pushed into areas of the bones and joints by the buildup of Vata brought on by numerous circumstances such as mutually incompatible foods (Virudhaharam), unwholesome daily routine, sedentary work habits, late night vigil, stress, etc.

The Ama enters the circulatory system after being further vitiated by vata and kapha, where it is later connected to morbid pitta. This imparts a corrosive quality to the combination, which tends to kill any tissue or organ it comes in contact with, they tend to get trapped in joints, back knee and hips causing rigidity and severe discomfort.

Hence the treatment aims at arresting the inflammation and getting rid of ama along with proper channeling of vata dosa.

Allopathic doctors prescribe mostly anti inflammatory drugs and steroids along with over the counter drugs such as pain relievers which may harm the body in a long run.

CASE REPORT

• Patient Description

A case of a 55 year old male who was suffering from severe pain and stiffness in knee and other joints, from the past 7-8 years who had consulted allopathy and was put on steroids only to find temporary relief. The patient also complained about his obesity due to which he could not complete day to day tasks.



- **Clinical Findings**

All vital signs within normal limits .
Patient was found to be of lower immunity .
RA factors were present in detailed test reports.

- **Treatment Plan**

The patient was prescribed medication consisting of trailokya Vijaya vati, to be taken during bedtime ,other medications include habbe azaraqi, habbe azab ,tab altrid - to be taken twice a day , manjo 5mg twice a day and Roghan surkh .

- **Expected Outcome**

It was expected that the patient would be relieved of all the distress and would be free from the pain.

- **Actual Outcome**

After 10 days , the patient experienced comfort in his joints, got cleared of morning stiffness and rewarded him with a good sleep schedule and could complete day to day tasks quite easily .

- **Discussion**

The binary mixture of Cannabis sativa and Bambusa arundianaceae known as Trailokya Vijaya Vati was originally described in Rasa Vigyana, a contemporary text of Ayurvedic Alchemy and Pharmaceutics. Pain due to inflammation is one of the many illnesses for which this potent concoction is known to have extraordinary therapeutic effects (Anxiety, Insomnia and related disorders) Vijaya reduces the cytokines, or immunological signaling proteins produced by cells. When cytokines are disrupted, white blood cell (WBC) production and immune responses are inhibited. It reduces inflammatory responses both inside and outside of the cells.

According to Ayurveda, the medication has a direct impact on motor neurons, or “VaatVaahini Naadi,” making it a “Aashukari” or quick-acting drug. As a result, it offers rapid relief for conditions linked to different kinds of pain.



Case Study By
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BAMS

Case Study 6

This clinical case reviews **Trailokya Vijaya Vati** in the treatment of Cervical Spondylitis

Abstract

This clinical case reviews trailokya vijaya vati in the treatment of cervical spondylitis- Age-related wear and tear in the cervical spine (neck), which can cause neck discomfort, stiffness, and other symptoms, is referred to as cervical spondylitis. The cushioning between your vertebrae (the bones in your spine) is often provided by soft discs. These discs narrow when there is cervical spondylosis. the cartilage that lines the vertebrae where they meet on each side of the disc may begin to erode. When the protecting cartilage between vertebrae wears down, spurs may form where they brush against one another. There may be less space for spinal cord-attached nerves to travel through when exiting the spine between the vertebrae.

This case centers around a 45 year old male patient who was suffering from cervical spondylitis coupled with finger numbness and radiating pain for about 2-3 years for which he considered allopathy for the pain. He was also toiled with insomnia that had taken a toll on his daily activities. The patient was referred to an Ayurveda treatment with the medication that included trilokya vijaya vati for a month. Within 1 month the patient experienced significant relief from neck pain , numbness as well as pain of the hands , the patient was blessed with sound sleep, implying the prominent effectiveness of trailokya vijaya vati in treating cases of cervical disorders as well as sleep disorders and fatigue.

Introduction

Ayurvedic medicine is a comprehensive approach to healing that includes herbal remedies, massage, food, and breathing exercises.

According to Ayurveda, the skeleto-muscular system and the neurological system's major function with the Vata dosha is the principle of movement. The main culprit for issues with these systems is vitiated Vata.

Vatavyadhis is one of a group of illnesses categorised by hetu, sthana, and lakshana that manifest as dhatu kshaya or margavarana. The classification of dhatukshayajanya vatavyadhis takes into account a variety of degenerative diseases. Akin to "Vishwachi," cervical spondylosis can be regarded as one of them. Cervical spondylosis can gravely affect and incapacitate a person's day to day activities .

Normally Allopathic doctors prescribe pain relievers such as Advil, Motrin IB, and naproxen sodium (Aleve) . Corticosteroids, muscle relaxants sleeping pills such as eszopiclone or a stimulant , benzodiazepines , antidepressants etc , however are associated with long term side effects such as memory lapse , brain fog etc.



CASE REPORT

- **Patient Description**

This is the case of a 45 year old male IT professional who came to the clinic complaining of severe numbness as well as pain in the neck , radiating pain in arms with insomnia that has begun to affect his daily activities .

- **Clinical Findings**

All vital signs are within normal limits.

- **Observation**

The patient shows signs of stomach distress and gas trouble. His hunger has reduced considerably and shows less interest in eating food. The scalp is dry and covered with white dandruff flakes. Pain is felt on both shoulders while moving the upper limbs. He gasps frequently on doing simple tasks like climbing stairs.

- **Treatment Plan**

Trailokya vijaya vati- 2 tablets twice a day, cervigest capsules before meal and a local anesthetic to be applied (Roll on)along with dietary and lifestyle modifications.

- **Expected Outcome**

It was expected that the patient would be relieved of cervical spondylitis and an alleviation of numbness as well ,and get to experience a sound sleep.

- **Actual Outcome**

After the intake of prescribed medicines , significant relief from cervical spondylitis was found along with complete riddance of numbness and pain in both the hands .He was also gifted with sound sleep ,and the patient is now perfectly alright .

- **Discussion**

Rasa Vigyana, a modern text of Ayurvedic Alchemy and Pharmaceuticals, is the first source to describe Trailokya Vijaya Vati, a binary preparation of Cannabis sativa and Bambusa arundinacea. This powerful mixture is renowned for having amazing therapeutic effects on a variety of medical ailments,that which is vastly characterised by pain .The same medicine can also work wonders with Anxiety, Insomnia and related disorders)

Dried hemp leaves have anti-inflammatory properties, help in relieving pain, treat the problem of insomnia, since the patient was identified with cervical spondylitis as well as insomnia , the medication consisting of trailokya Vijaya vati worked quite well.

The Vijaya has sedative properties and is also an effective VATAGHNA herb. It helps in inducing sleep.

- **Conclusion**

Vijaya has anti-inflammatory characteristics and aids in soothing the central nervous system, therefore the treatment was chosen based on the prevalence of VATA DOSHA participation. Trailokya Vijaya vati is a good herbal remedy for insomnia because it has vata pitta shamak qualities that balance the doshas effectively .



Case Study By

Dr. Tanuj Veerbhan
BAMS

Case Study 7

This clinical case reviews about **Trailokya Vijaya Vati** in the treatment of fatigue- a feeling of constant tiredness or weakness that could be physical, mental or a combination of both

Abstract

This case centres around a 48 year old male patient who was suffering from restlessness and disturbed sleep that had taken a toll on his daily activities. The patient was referred to an Ayurveda treatment with the medication that included trilokya vijaya vati for a month. Within 7 days the patient was relieved of fatigue and in 10 days, the patient was blessed with sound sleep, implying the prominent effectiveness of trilokya vijaya vati in treating cases of sleep disorders and fatigue.

Introduction

Toxin accumulation causes fatigue, which causes a rift between the mind, body, and spirit. Ayurvedic medicine is a comprehensive approach to healing that includes herbal remedies, massage, food, and breathing exercises. Lack of sleep can cause mood fluctuations, irritability, and loss of concentration. Because sleep is a normal process that enables your body and mind to renew, you wake up feeling refreshed. According to Ayurvedic beliefs, Nidra is one of the three pillars of Trayastambha and a key element in maintaining a healthy body.

Ayurveda's term for weariness is klam. The three doshas and the three primary causes of weariness are related. A dosha imbalance can result from overusing, misusing, or underusing the body, mind, or emotions. The feeling of exhaustion may also be caused by a dosha imbalance.

Normally doctors prescribe over the counter medicines like antihistamine . sleeping pills such as eszopiclone or a stimulant ,benzodiazepines , antidepressants etc ,however these are associated with long term side effects such as memory lapse ,brain fog etc.



CASE REPORT

- **Patient Description**

This is the case of a 48 year old male who came to my clinic who complained of restlessness ,poor appetite a disturbed sleep along with an overall weakness that has begun to affect his daily activities who had a pitta dosha predominant prakruthi.

- **Clinical Findings**

All vital signs are within normal limits.

- **Treatment Plan for 30 days**

Trailokya vijaya vati- 2 tablets twice a day, along with dietary and lifestyle modifications.

- **Expected Outcome**

It was expected that the patient would be relieved of fatigue, have a good appetite and get to experience a sound sleep.

- **Actual Outcome**

a week later, the patient underwent reduced fatigue with an improved appetite and by the end of second week, the patient was blessed with a sound sleep along with complete alleviation of fatigue.

- **Discussion**

Rasa Vigyana, a modern text of Ayurvedic Alchemy and Pharmaceutics, is the first source to describe Trailokya Vijaya Vati, a binary preparation of Cannabis sativa and Bambusa arundinacea. This powerful mixture is renowned for having amazing therapeutic effects on a variety of medical ailments, including Pralapa (Anxiety, Insomnia and related disorders)

Ghrelin, also referred to as the "hunger hormone," is a chemical that exists in humans and controls how hungry we feel. The hormone stimulates and controls appetite, and it is secreted by the stomach, intestines, and brain. Ghrelin levels are raised by cannabis, which increases appetite.

The Vijaya has sedative properties and is also an effective VATAGHNA herb. It helps in inducing sleep.

- **Conclusion**

Vijaya has anti-inflammatory characteristics and aids in soothing the central nervous system, therefore the treatment was chosen based on the prevalence of VATA DOSHA participation. Trailokya Vijaya vati is a good herbal remedy for insomnia because it has vata pitta shamak qualities that balance the doshas effectively .



Case Study By

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Case Study 8

Combined action of CannaEase VJ Vati 75 & Trailokya Vijaya Vati

Abstract

This clinical case reviews about trilokya vojaya vati in the treatment of inflammation of any body part-inflammation, in its broadest sense, is the immune system's reaction to an irritant. A splinter in your finger or other foreign object, such as a bacterium, could possibly be the source of the irritation.

This case centres around a 65 year old female diabetic patient who had been diagnosed with osteoarthritis rendering her with severe stiffness in joints , unable to walk properly,the patient also wasn't unable to stand for long hours .

Ayurvedic Perspective

According to the eternal science of Ayurveda , there are three bio- energies in the body, Vata (Wind element), Pitta (Fire element), and Kapha (Water element), the balance of which leads to the state of health. Ayurveda calls Osteoarthritis as Sandhigata Vata which is considered as a Vata Vyadhi. This means that the disease is influenced by Vata, the wind element of the body. Sandhigata Vata refers to the invasion and localization of morbid Vata in the body's joints, along with the deterioration of Shleshaka Kapha responsible for providing lubrication to the joints ,resulting in pain, swelling, and jerky motions.



CASE REPORT

- **Patient Description**

This is the case of a 65 year old diabetic female patient who came to my clinic and was diagnosed with osteoarthritis , who is not currently under any medication for diabetes as well as the latter .

- **Clinical Findings**

- All vital signs are within normal limits.
- Presence of osteophytes.
- XRay showcased remarkable damage in knee spaces.

- **Treatment Plan**

The patient was prescribed CannaEase™ VJ Vati 75 , other medications included tablets such as ostikot, asthiposhak trailokiya vijaya vati tablet, with varied doses supplemented by VIT D capsules.

- **Expected Outcome**

It was expected that the patient would be relieved of all the distress and would be free from the pain.

- **Actual Outcome**

About 10 days later, the patient could comfortably walk due to alleviation of joint pain, blood sugar levels were found to be optimum .

- **Discussion**

Rasa Vigyana, a modern text of Ayurvedic Alchemy and Pharmaceuticals, is the first source to describe Trailokya Vijaya Vati, a binary preparation of Cannabis sativa and Bambusa arundianaceae. This powerful mixture coupled with Thus, an inflammation doesn't must begin when a wound is already bacterially infected, leaking pus, or not healing properly. It begins as soon as the body tries to combat the toxic irritation.

is renowned for having amazing therapeutic effects on a variety of medical ailments, including Pralapa (Anxiety, Insomnia and related disorders)

The cytokines, or immunological signalling proteins made by cells, are decreased by Vijaya. White blood cell (WBC) generation and immunological responses are slowed down by the disruption of cytokines. It lessens inflammatory reactions inside and around the cells.

- **Conclusion**

Trailokya vijaya vati and VJ Vati 75 showed promising results in cases of inflammation owing to its anti-inflammatory characteristics and aids in soothing the central nervous system, therefore the treatment was chosen based on the prevalence of VATA DOSHA participation.



Case Study By

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Case Study 9

This case reviews the efficiency of **Jatiphaladi Churna Tablet** combined with other respiratory relief drugs in managing respiratory distress such as asthma as well as cough etc.

Introduction

Airways may narrow, swell, and create additional mucus if you have asthma. This may make breathing challenging and cause coughing, wheezing when you exhale, and shortness of breath. Asthma is a mild annoyance for some people. Others may experience a serious issue that interferes with day-to-day activity.

This case revolves around a 50 year old female suffering with asthma coupled with frequent cough and cold for 5 years who found only temporary relief with conclusive Allopathic treatment . She was put on medications that included jatiphaladi churna and breath free capsules with which she was able to completely halt the usage of inhalers and other Allopathic medicines .

Ayurvedic Prespective

According to Ayurvedic principles and philosophies, old age in the time is the most prominent yet physiological surge in the Vata entity. Here the conditions of body stiffness, general body pain and insomnia are caused due to Vata. All these maladies are generally termed as VataVyadhi (diseases due to Vata). A Vata surge occurs due to untimely food consumption combined with improper lifestyle and exercise combinations. Apart from these, the physiological Vata aggravation during aging also further triggers the condition severely.

The clinical presentation of VataVyadhi is shown in the body as body stiffness, general body debility, pain and swelling of the main joints and severe insomnia.

Ayurveda emphasizes on the importance of prevention over cure. According to Ayurveda, the basic principle is to treat the underlying cause and to never yield symptomatic management. Here the main treatment adopted is Vatahara Chikitsa which include oleation, fomentation and Vata curbing methods both locally and internally.

CASE REPORT

- **Patient Description**

This is the case of a 50 year old female who consulted the clinic due to her asthma for 5 years coupled with frequent cough and cold . She was prescribed inhalers to be used 2-3 times a day while consulting Allopathy, for which she only found temporary relief .

- **Case History**

The patient presented with a history of diabetes as well as hypertension.

- **Observation**

All vital signs within normal limits .



- **Treatment Plan**

Medication inclusive of jatiphaladi churna instructed to be taken with breath- free capsules in varied doses both after food .

- **Expected Outcome**

- It was expected that the patient would be relieved completely of her asthma cough and cold .

- **Actual Outcome**

The patient consulted after 21 days of treatment and was reported to be feeling much better. She was put off inhalers and Allopathic medications which included inhalers as she found relief for her breathlessness with prescribed medicines

- **Discussion**

An Ayurvedic churna preparation called jatiphaladi Churna is used to treat major respiratory disorders as it expands lung capacity. A traditional Ayurvedic preparation of nutmeg (*Myristica fragrans*) with cannabis infusion, called jatiphaladi churna, has calming, antispasmodic, and astringent properties in addition to being a potent interior cleanser. It treats respiratory illnesses including asthma and clears up coughs. It cleanses the lungs naturally. Additionally, it improves taste buds and combats foul breath.

Ayurveda preaches its renewing (Rasayana) and balancing characteristics that help strengthen immunity and remove excessive sputum from the lungs, respectively.



Case Study By

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BAMS

Case Study 10

Lifestyle Disorder Management with **CannaEase Sleep Well** & **Jatiphaladi Churna Tablet**



Abstract

A faulty lifestyle is a reason behind several health problems we encounter. Though non-communicable, they can ruin the quality of life and make it miserable. The diet and routine mark the health of a person, and it is important to keep them wholesome. This case study focuses on the impact of lifestyle on health and the effect of CannaEase Sleep Well in managing lifestyle disorders.

Introduction

Lifestyle diseases are the major villains the modern world is facing. These illnesses are a total of what we do and what we eat in a day and can affect any bodily system. Smoking, substance abuse, lack of exercise, following unverified health advice, and an unhealthy reliance on alcohol and junk food are cited as the common reasons for lifestyle disorders. Some of the popular lifestyle disorders are diabetes, polycystic ovarian syndrome, liver cirrhosis, obesity, and mental diseases like depression. Even though they are now prevalent in developed and developing nations, the United Nations estimates that by 2030, the global burden of lifestyle disorders will increase up to 56 percent. The thing with lifestyle is that it is always modifiable in a positive or negative way. One faulty step could be the one-way ticket to endless doctor's appointments and medical bills.



CASE REPORT

- **Patient Description**

The male patient of 56 years is well built and strong. He is not a known case of hypertension, hyperglycemia, or thyroid dysfunction. He maintained a healthy lifestyle and is used to waking up early in the morning. He exercises regularly and never fails to keep his body active. He goes to bed by 10 pm every night. He was generally immune to diseases and had rarely visited a physician for treatment. The patient is found to be of kapha-pitta prakriti.

- **Case History**

The patient, who was physically fit and mentally strong was immune from diseases. A few years back, he started dieting and had to switch to different diet plans as the previous ones were not conducive for him. This frequent experimenting with diet left his digestive fire weak and his stomach susceptible to distress. Now he complains of indigestion, poor appetite, and sticky stool that are eliminated 2-3 times a day. His sleep has become erratic and he feels fatigue by evening. He also noticed some sudden changes in hair health like hair thinning, hair fall, dandruff, and itchy scalp. The patient has also experienced pain in both shoulders for a few months.

- **Observation**

The patient shows signs of stomach distress and gas trouble. His hunger has reduced considerably and shows less interest in taking food. The scalp is dry and covered with white dandruff flakes. Pain is felt on both shoulders while moving the upper limbs. He gasps easily on doing simple tasks like climbing stairs.

- **Treatment Plan**

The patient was given a combination of Ekangveer ras, Yakritham loh, and Kamadudha ras twice a day before food. Periodic Nasya was done with Anu Taila once a day, preceded by a mild face massage and steaming. 1 tablet each of Jatiphaladi churna tab and Virgoliv were given twice a day after meals. 2 tablets of Bhiringrajasava were given as a hepatoprotective and metabolism enhancer. 3-4 drops of CannaEase Sleep Well oil were administered sublingually at night after

- **Expected Outcome**

The medicines were expected to have a positive impact on patient's digestion, sleep cycle, pain, and metabolism.

- **Actual Outcome**

The medicines gave the best results as the patient started feeling better after a few weeks. His digestion was considerably increased. The stools were well-formed and were voided once or twice a day. External and itching. The energy of the patient was gradually restored, sparing him of lethargy and drowsiness. His sleep was improved and he woke up energized in the mornings. The shoulder pain was 80% relieved.

- **Conclusion**

The medicines were given focusing on balancing vata and kapha. Jathiphaladi churna which was intended to alleviate kapha and CannaEase Sleep Well oil, the vata. When vata and kapha were balanced, the heaviness and moodiness were relieved and the digestion was improved. The energy was restored and the complaints were almost fully cured within a month.



Case Study By

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Trailokya Vijaya Vati

त्रैलोक्य विजया वटी

Ayurvedic Classical Formulation

REFERENCE: Ayurved Sara Sangraha

Trailokya Vijaya Vati is a classical formulation that effectively manages pain, insomnia, stress and anxiety. It works well for sciatica pain and menstrual cramps as well.

Composition

Vijaya Dried Leaves 50%
Vansh Lochan 50%
Excipients Q.S

Effective in

- Assists in chronic pain • Menstrual cramps • Anxiety • Insomnia
- Increases appetite • Rheumatoid Arthritis • Spondylitis



CAUTION
Schedule E-1 drug.
To be taken strictly
under medical
supervision only.

Jatiphaladi Churna Tablet

जातिफलादि चूर्ण वटी

Ayurvedic Classical Formulation

REFERENCE: Sharangdhara Samhita

Madhyama Khanda

Jatiphaladi churna is the vijaya-infused classical Ayurvedic formulation which contains nutmeg (Myristica fragrans). It is a sedative, antispasmodic & astringent and also is a powerful internal cleanser.

Composition

(Nutmeg, Clove, Ela, Tejpatta, Dalchini, Nagakesara, Camphor, White sandalwood, Sesame seeds, Vanshlochan, Tagara, Amla, Pippali, Talispatra, Harde, Kalonji, Chitraka, Ginger, Vidanga, Black Pepper) 2.5% Each, Dried Vijaya leaves 50%, Excipients Q.S

Effective in

- Cold & Cough • Asthma • Anorexia



CAUTION
Schedule E-1 drug.
To be taken strictly
under medical
supervision only.



CannaEase™ Sleep Well

Ayurvedic Proprietary Medicine

CannaEase™ Sleep Well formulation is an Ayurvedic plant-based formulation that helps and assists in sleep management. It is a promising solution to the lifestyle disorder and has several other health benefits like reducing anxiety

Composition

Vijaya Leaf Extract 10%
Strawberry Oil 5%
Hemp Seed Oil 85%

Effective In

- Insomnia • Anxiety • Mild Pain Relief



CAUTION

Schedule E-1 drug.
To be taken strictly
under medical
supervision only.

CannaEase™ Muscle & Joint Pain Management Oil

Ayurvedic Proprietary Medicine

CannaEase™ Muscle and Joint Pain Oil is an effective pain management solution for muscles and joints. It reduces inflammation and relaxes soreness while not working on the root cause of the pain to eliminate it. It lubricates the joints and works on the swelling caused by pain or injury.

Composition

Vijaya Leaf Extract 2%
Hemp Seed Oil 98%

Effective In

- Muscle & Joint Pain • Inflammation
- Sprains & Spasms



CannaEase™ VJ Vati 75

Ayurvedic Proprietary Medicine

CannaEase™ VJ Vati 75 (Capsules) is a formulation that is constituted to manage pain, sleep issues and host of other lifestyle disorders. It also works as an anti-depressant and its anti-inflammatory properties assists in management of epilepsy, alzheimers disease.

Composition

Vijaya Leaf Extract-75mg
Hemp Seed Powder-Q.S
Excipients-Q.S.

Effective In

- Insomnia • Anxiety • Chronic Pain Relief



CAUTION
Schedule E-1 drug.
To be taken strictly
under medical
supervision only.

CannaEase™ Pain Relief Capsule

Ayurvedic Proprietary Medicine

CannaEase™ Pain Relief Capsules helps manage Pain, Anxiety, is Anti-Inflammatory in nature, helps inducing relaxation by reducing stress. It ensures controlled and precise dosage and is made in 100% vegetarian capsule, also lifts mood and boosts appetite. Our Full-spectrum (Vijaya Leaf Extract) oil is made with the extract of the leaf of the Hemp plant and is brought to you in its Natural form for maximum benefits.

Composition

Vijaya Leaf Extract-25 mg
Hemp Seed Powder-Q.S
Excipients-Q.S.

Effective In

- Pain • Anxiety • Stress



CAUTION
Schedule E-1 drug.
To be taken strictly
under medical
supervision only.



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