



CASE STUDY JOURNAL

VOLUME 1

AYURVEDIC
TREATMENT WITH
VIJAYA-LEAF
BASED CLASSICAL
AND PROPRIETARY
MEDICINES



About The COMPANY

Ananta Hempworks Solutions Pvt. Ltd. is a hemp-based wellness, personal care and nutrition focused venture. Striving towards becoming the industry leader in providing a variety of products with the goodness of hemp to its customers. Ananta Hemp Works is poised to revolutionize this nascent industry with its structured approach, holistic vision and able leadership. The Company has three ranges of products which include the Hemp Nutritional Range, Hemp Personal Care Range and Hemp Wellness Range.

Know The Founders

Founders Abhinav Bhaskar and Vikram Bir Singh have been passionately pursuing to build Ananta Hemp Works into a market leader in its segment/category.



CORE VALUES

Being Mindful
Accountability
Responsibility
Bold
Resourcefulness
Curiosity
Positive Attitude
Ethical

Message From The CEO

Dear Readers,

I would like to take this opportunity to express my gratitude to all the ayurvedic doctors associated with Ananta for showing their trust in our passion and vision. Ananta is dedicated to improving the quality of life of our clients.

Since, I myself suffer from an Auto-Immune Disease called Ankylosing Spondylitis, I understand the discomfort of individual suffering due to ailments and endeavor to work with utmost passion towards relieving people of their problems.

Currently we are associated with more than 150 doctors, and in the future Ananta plan to connect with close to 500 doctors before the end of this year. Our aim is provide to them with our range of carefully researched and well crafted medicines that can help in treating patients with ayurvedic medicines that can provide immediate relief with little or no side effects. We believe in creating a vibrant ecosystem of innovations and adaptations based on feedback from doctors and their patients to ensure that patients find reliable relief to their problems.

We have initiated our first clinical trial on our tincture CannaEase SleepWell for insomnia and have received an approval for the same from a CDSCO recognized Ethics Committee. The said trial or Phase 4 of the marketing study shall be concluded by the end of this year.

We believe in a transparent model of working and therefore I announce the release of **Case Study Journal Volume 1** which shall be followed up quarterly with other volumes, giving in-depth insight of treatment followed and relief the patients experienced post treatment.

Our Application "Ananta Partners" is available both on IOS and Android, which is specifically designed for Ayurvedic doctors for record keeping and ordering directly through the app online along with various features, schemes and new products that will be launched directly on the app. We believe it is an important tool for all doctors to stay updated with the companies effort to constantly innovate and improve.

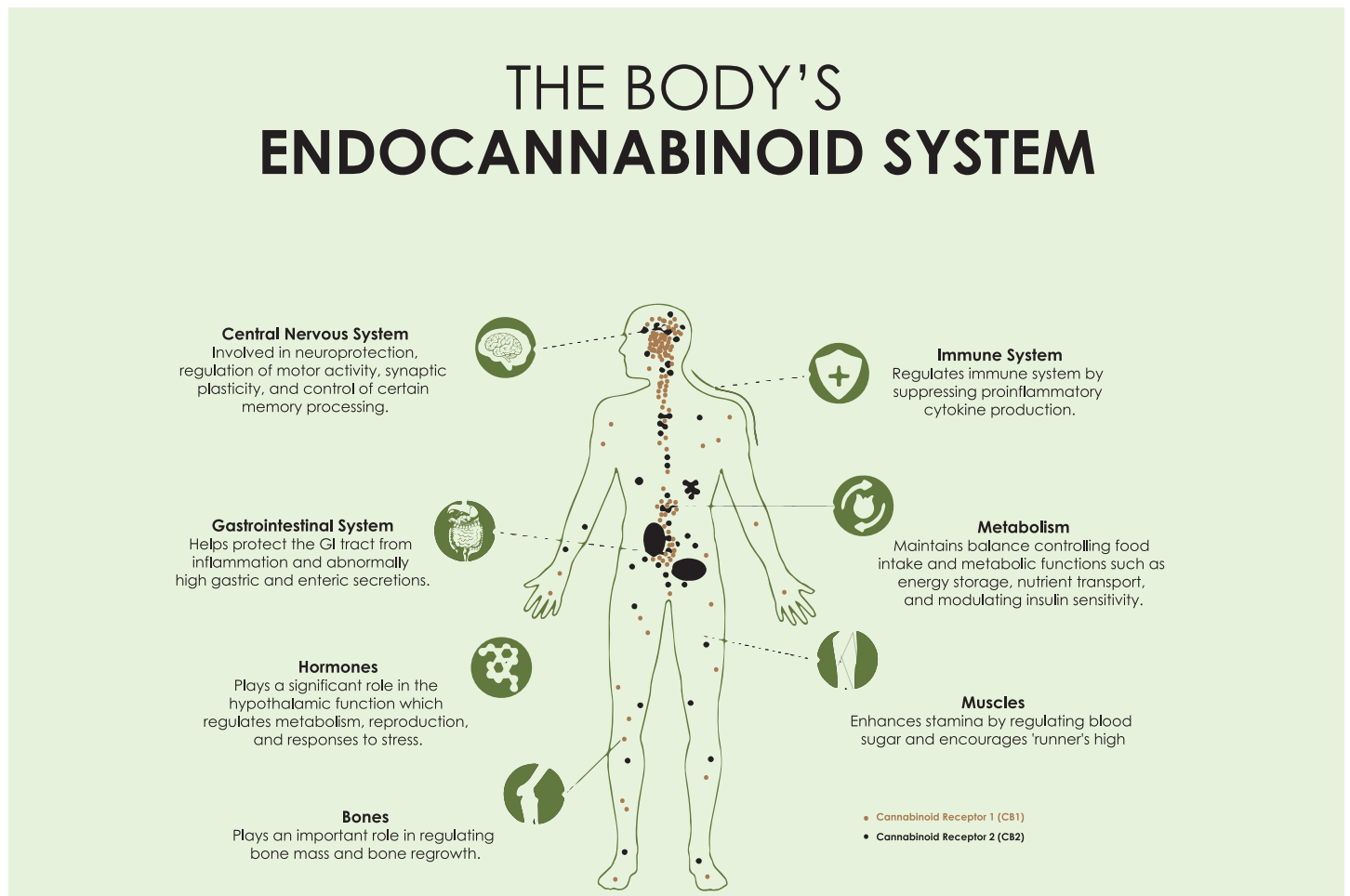


Abhinav Bhaskar
CEO
Ananta Hemp Works

HOW VIJAYA WORKS?

The Endocannabinoid System

An active endocannabinoid system is a complex cell signaling network. Its processing involves a combination of endocannabinoids, enzymes, and cannabinoid receptors that help regulate several functions in the human body.



What are Endocannabinoids?

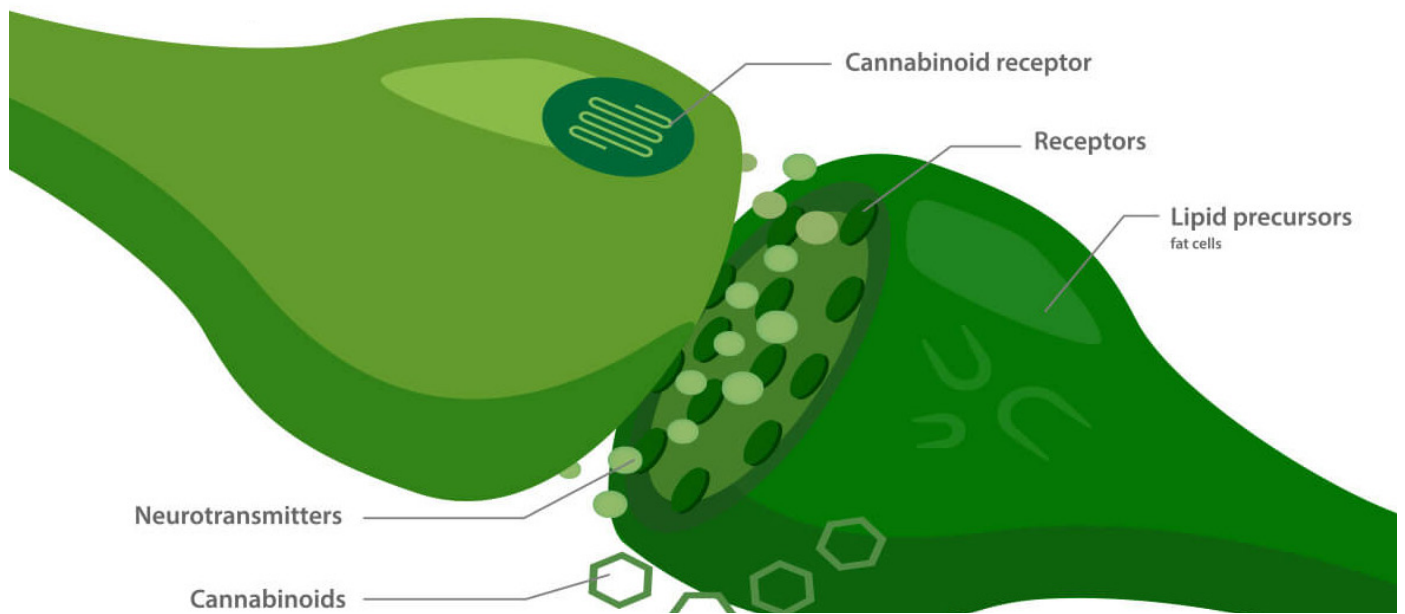
Endocannabinoids are naturally occurring, lipid-based neurotransmitters, also known as Endogenous Cannabinoids.

Two of the main endocannabinoids identified include:
Anandamide (AEA or arachidonoyl ethanolamide)
2-archidonoyl glycerol (2-AG)

THE TWO PRIMARY CANNABINOID RECEPTORS ARE PRESENT THROUGHOUT THE BODY:

CB1 is mainly present in the central nervous system (CNS), which consists of the brain and spinal cord.

CB2 is mainly present in the peripheral nervous system (PNS) and in immune cells.



Why Vijaya?

The answer to this is, simply, what happens when there is deficiency or lack of iron or protein or calcium in one's body? We add substitutes and supplements to level up the deficiency and plan to maintain it as necessary. Similarly, if there is a supposed deficiency of cannabinoids in our body or the endocannabinoid system is not working properly, we will provide it with the necessities.

As Vijaya Leaf Extracts contain naturally occurring plant-based compounds with similar definition and structures to the human body's ECS, it makes it prevalent to understand that it will comparably function well. For example, Tetrahydrocannabinol can bind with CB1 receptors in the brain to mimic anandamide's activity.

Also, intoxicating effects are not produced by Cannabidiol. It is believed by researchers and scientists that instead of binding directly with cannabinoid receptors, it is indirectly increasing one's cannabinoid levels in the body. Thus, Cannabidiol can be a source of multiple therapeutic benefits of the Vijaya plant without the high. This fairly explains why and how this compound is becoming more and more popular.

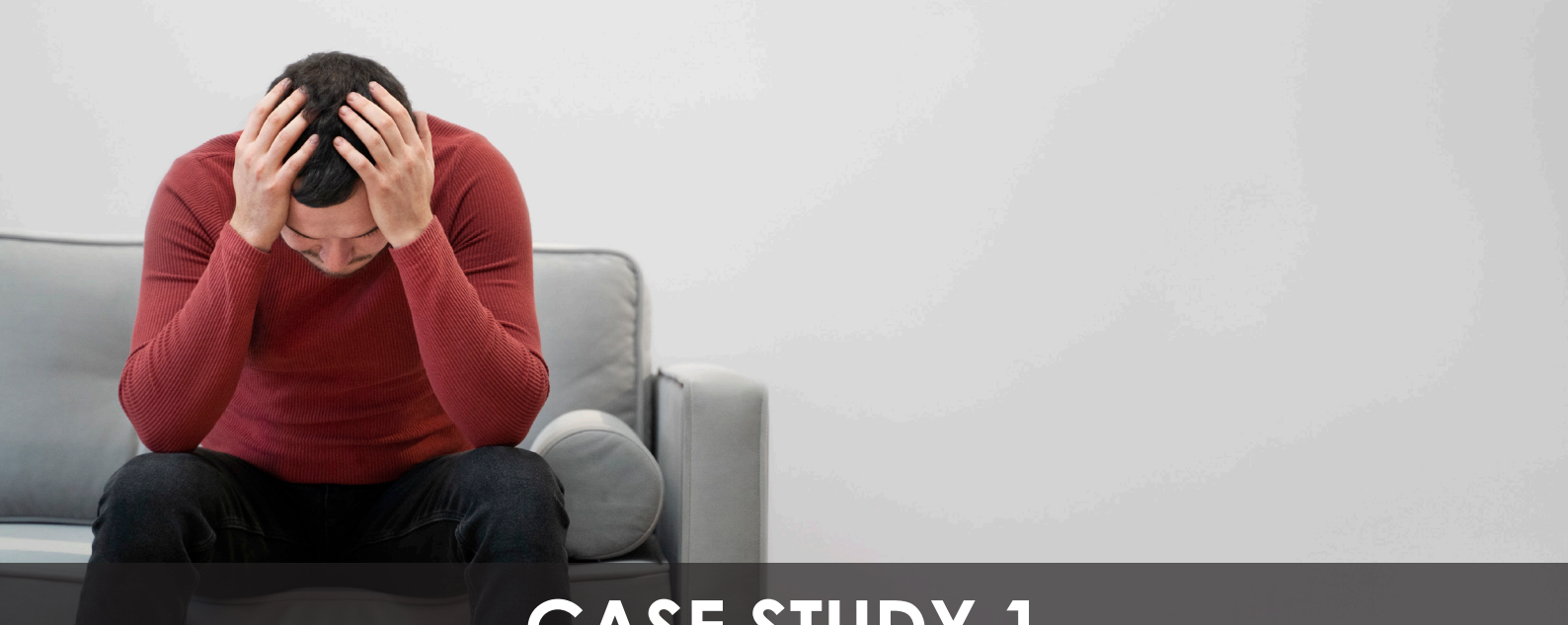
It is also advised and believed by many practitioners and researchers that giving Full Spectrum vijaya leaf extract Medicine will work in a much better way than giving isolates. Additionally, the interaction of all the compounds that are present in the Vijaya leaf extract with the ECS is known as The Entourage Effect. It basically explains that the complete effect or wholesome effect of all the compounds present together is better than individual isolates.

Furthermore, Ayurveda is the best advocate that suggests and promotes the use of medical hemp in its form that is whole, treating this medicine and all the compounds of it together as one complete ingredient.



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CASE STUDY 1

Premature Ejaculation (PE) treatment by classical formulation - **MahaKameshwar Modak Tablet**

ABSTRACT

This case study focuses on the employment of Mahakameshwar Modaka Tablet in the management of Premature Ejaculation (PE). Premature ejaculation is the semen discharge that happens earlier than normal during sexual intercourse. It is a common sexual dysfunction seen in 30-40 % of the global male population. This case report cites the efficacy of Mahakameshwar modaka in a 52-year-old married male patient suffering from premature ejaculation. The medicine was given for a period of 3 months and was proved to be having a notable effect in resolving premature ejaculation.

Introduction

Sexual gratification is the birthright of every organism. But most of the time, this is hindered due to various dysfunctions of one or both partners. Premature ejaculation (PE) is the commonest sex-related complaint among adult men. It is the early release of semen that leads to sudden climaxing in men, leaving the partner sexually dissatisfied. Demographics show that 30-40% of men are globally affected by premature ejaculation. It is considered a psychosomatic disorder, and both biological and psychological factors are pointed out as the reasons.

Ayurvedic Prespective

Shukra is the Ayurvedic counterpart for semen. It is the last one of the seven tissues (sapta dhatus) and is thought to be derived from majja dhatu. Ancient Ayurvedic scholars explain the factors such as harsha (happiness), tarsha (desire), saraswat (the liquidity of semen), paichilya (sliminess), and gurutva (bulkiness of semen), etc as the reasons for normal semen ejaculation. This Shukra can be influenced by vitiated tridoshas, and vata is the common menace-maker. It is the dosha that controls movements, not to mention the semen discharge. Due to a long-term vata aggravating diet and regimen, the Shukra and the channels that transport shukra (shukravaha srotas) can be polluted by the vitiated vata. This is a Shukragata vata and it dries up the Shukra as well as its pathways. This may cause a sooner leak of sperm.



CASE REPORT

I Patient description

A 52-year-old male patient came to the clinic complaining of premature ejaculation. He was working as a shopkeeper and had been married for a long. He was not keen on having a controlled diet and loved fried and dried food items.

I Case History

The patient relied on bakery items and takeouts for a major portion of his life without caring much about it. He found overexercising as a compensatory mechanism for the same and had been engaging in several other unhealthy practices. He was gradually afflicted by problems of multiple body systems and became deprived of sleep. He later lost interest in sex and found himself unable to satisfy his wife during sexual intercourse. He had a normal married life till then.

I Observations

An early discharge of semen was noted with the slightest stimulation of the patient's penile head. The results of blood tests and semen analysis were found normal.

I The treatment plan

Mahakameshwar modaka- 1 tablet HS

The treatment for 3 months was planned. Mahakameshwar modaka, a classical preparation made out of over 60 ingredients and indicated for increasing libido and sexual prowess was given to the patient, one at bedtime for a period of 90 days. The patient was asked to modify his lifestyle into a vata- friendly one, by making necessary changes in his diet and regimen

I Expected Outcome

The result expected was a significant enhancement of libido along with semen ejaculation in the normal time.

I Actual Outcome

The patient could experience substantial changes in his sex routine. The sexual desire was kindled and the ejaculation became proper after 2 months of daily administration of Mahakameshwar modaka. He did not face any difficulty in initiating or climaxing sexual intercourse during the end of the treatment. The patient's mood and overall health were improved.

I Discussion

Premature ejaculation in Ayurveda is considered to be a disease with significant vata influence. Several ingredients of Mahakameshwar modaka curbs vata and restore its natural functions. The ingredients in Mahakameshwar modaka like ashwagandha (*Withania somnifera*) and Shatavari (*Asparagus racemosa*) are sexual stimulants. They increase the libido and help maintain an erection for the normal time period. The results were quick.

I Conclusion

Mahakameshwar modaka showed immediate action on the patient after administering for 2-3 months. The patient was satisfied with the results. Therefore it can be concluded that Mahakameshwar modaka, when combined with a vata pacifying diet and regimen works favorably in the treatment of premature ejaculation and erectile dysfunction.



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CASE STUDY 2

Treatment of Insomnia by **CannaEase™ VJ VATI 75**

ABSTRACT

This clinical case study focuses on the use of VJ Vati in the treatment of insomnia. Sleep disorders, specifically insomnia, are not just a nuisance but a severe medical condition that can have negative effects on the human body. This case is of a 33 years old man who was experiencing insomnia since 2022 and taking antidepressants. The patient was treated with Ayurvedic medication including Ashwagandha, Manasamithravatakam and VJ Vati 75 mg for one month. Within just 15 days of treatment, the patient reported great improvement in both the duration and quality of sleep. In this case, VJ Vati demonstrated excellent effectiveness in treating chronic insomnia.

Introduction

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 description

This is the case of a 33 years old man who came to my clinic in November 2022 with sleeping disorder or insomnia. From January 2022 to October 2022, he was on antidepressant pill diazepam 5 mg. He had to stop taking diazepam in the latter half of October as he was unable to tolerate the side-effects of antidepressants such as drowsiness, nausea etc. After stopping the medication, she experienced a lack of sleep and minimum three times awakening every night. In November 2022, when she started finding it really hard to get even a small nap, he decided to consult me.



I Clinical findings

All laboratory reports including blood sugar, thyroid, and Hba1c were normal. He was non-hypertensive.

I The treatment plan for 30 days

Vj Vati (75mg): 1 capsule every night
Manasamithravatakam: 1 tablet morning
and 1 tablet evening
Ashwagandha (500 mg): 1 tablet
morning and 1 tablet evening

I Expected Outcome

Reduced frequency of awakening and dizziness.

I Actual Outcome

After taking medicine for 10 days, he started finding it easy to fall asleep but used to wake up sometimes at 3 to 4am. After taking medication for one month his sleep quality improved tremendously and awakening between sleep was also reduced to once in 20-25 days. However, in case of awakening in between sleep, he did not face any difficulty getting back to sleep.

I Discussion

The Insomnia, also called Anidra in Ayurveda terms is dominated by Vata. So, consuming Vata increasing 'Aahar' brings imbalance in Vata dosha which aggravates anidra. The herbal properties in Manasamithravatakam calms your mind and helps relive aggravated tridosha, especially vata and pitta.

Manasamithravatakam also acts as a potent anxiolytic, anti-stress, and anticonvulsant. It improves cognitive skill, brain function, speech and grasping power.

Ashwagandha help manage insomnia as it is effective in improving sleep cycle, regulating anxiety and sleep quality. One of the ingredient of VJ Vati 75 mg is Vijaya leaf extract which is effective in relieving chronic pain, balancing the immune system and reducing inflammation across the human body. While the Endocannabinoids found in this Vj Vati 75 mg is found effective in relieving anxiety, enhancing concentration, relaxing the nervous system, the other main ingredient of this medicine, Hemp seed powder, is a good source of nutrients as it full of vitamins, good fat and proteins.

I Conclusion

Vj Vati 75mg combined with other Ayurvedic medicines showed promising results in patients suffering from insomnia and anxiety. In this case, VJ Vati 75 mg along with the other given Ayurveda treatment demonstrated satisfactory result in improving sleep pattern and sleep quality.



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CASE STUDY 3

Trailokya Vijaya Vati - Cannabinoids act as muscles relaxant and help with menstrual pain, Dysmenorrhea



ABSTRACT

Menstruation is never easy. Studies show that 15% of the global women population are suffering from various kinds of menstrual disorders. Dysmenorrhea or painful menstruation is one such condition. This case study intends to assess the effects of Trailokya Vijaya Vati in relieving menstrual cramps, menorrhagia, PCOD, and bilateral renal calculi.

Introduction

Menstruation is a different experience for each menstruator. While some of them go through easy breezy periods, others suffer from various kinds of menstrual disorders. Dysmenorrhea or painful menstruation is one such condition where the menstruator feels severe cramps and aches in the lower abdomen and pelvic region. It starts at the beginning of menstruation and can last for a few days. Back pain, diarrhea, and nausea can be seen associated occasionally. It can range from mild pain to severe one that interferes with day-to-day activities. Dysmenorrhea is usually a result of heavy menstrual bleeding (menorrhagia). Based on the presence and absence of underlying pathology, dysmenorrhea is classified into primary and secondary respectively. Early menarche, stress, genetic factors, and smoking are considered to be the risk factors.

Ayurvedic Prespective of dysmenorrhea

According to Ayurveda, Apana vayu is responsible for the elimination of artava (menstrual blood in this context) from the body. One factor that determines the easy flow of artava is Apana vata. When Apana vata is troubled, it can reflect in artava also. Kashtartava, a condition often correlated to dysmenorrhea, is an outcome of faulty Apana vata. In such conditions, the normal downward course (anuloma gati) of vata is reversed and it starts moving upwards, causing pain and irregular bleeding. Asrigdara which can be read along with menorrhagia has pitta and rakta involvement.



CASE REPORT

I Patient description

A 36-year-old woman was approached for the treatment of dysmenorrhea, menorrhagia, PCOD, and bilateral renal calculi. She was suffering from these for a few years, and her menstrual cycle was pushed to 7 days more in a month. She also suffers from PMS, anxiety, and general weakness. The patient was otherwise healthy. She followed an irregular diet and lifestyle that included baked and fried food items, and an irregular sleep cycle. Menstruation is not regular and is characterized by heavy bleeding.

I Case History

The patient, for a few years, has been experiencing severe menstrual cramps on the days of her menstrual cycle, which extended up to 7 days a month with significant bleeding. She was diagnosed with PCOD and bilateral renal calculi later. The pain was so severe that she was unable to do her daily chores and was confined to a room during those days. The pain was piercing in nature and was felt mainly in the lower abdomen, pelvis, and thighs. This was associated with intense mood swings and the patient had a very tough time dealing with her monthly periods.

I Observations

The menstrual cycle was extended up to 7 days a month, defined by unusually heavy bleeding and intense pain in the lower abdomen, pelvis, and thighs. This affected the patient's physical and mental health and she was forced to withdraw from even the slightest of activities. Appetite and sleep were also affected.

I The treatment plan

Trailokya Vijaya Vati- 2 BD

The patient was given Trailokya Vijaya Vati, the medicine indicated for quick pain management. The medicine is commonly given for chronic joint and muscle pain, lower abdominal and renal colic, poor appetite, and general gut health. Vijaya (*Cannabis sativa*) and bamboo (*Bambusa arundinaceae*) are the key ingredients in this formulation. The cannabinoids create a sense of analgesia by working with multiple pain receptors. She was advised to consume tepid, fresh food and get enough sleep.

I Expected Outcome

The expected outcome after one month of drug administration was pain relief during menstruation and overall well-being.

I Actual Outcome

The patient, after the administration of Trailokya Vijaya Vati for one month, showed a significant reduction in pain on the follow-up. The bleeding was reduced, and the duration was reduced to up to 5 days a month. The patient became able to do her work without periods getting in her way. Substantial improvement in appetite and sleep cycle was also noticed. The patient was fully satisfied with Trailokya Vijaya vati.

I Conclusion

Cannabis (*Cannabis sativa*) is believed to have a miraculous approach towards pain. The body has natural cannabinoid receptors and the cannabinoid supply in controlled quantity will help activate them and promote homeostasis. This acts as a muscle relaxant and facilitates the flow of enough blood to affected places. Thus, it is proven to be effective in managing menstrual cramps or dysmenorrhea.



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CASE STUDY 4

Relieve neck stiffness with **Trailokya Vijaya Vati**

ABSTRACT

Muscle stiffness is a common complaint in many joint-related disorders. It can also occur as a result of strains and sprains, and the muscles and ligaments can be involved. This case study aims at figuring out the efficacy of Trailokya Vijaya Vati in the management of stiffness associated with cervical spondylosis, a condition common in middle-aged and the elderly.

I Introduction

The neck is a constantly used body part. Whatever the posture is, the neck suffers a lot. Cervical spondylosis is an age-related degenerative condition characterized by the thinning of vertebrae and intervertebral discs in the neck region. With age, the discs lose their lubrication and water content and begin to shrink, herniating outside the canal as a spur. The degeneration of vertebrae can lead to severe structural deformities. The spurs can pinch the nerve roots and cause cervical spondylosis. It starts asymptomatic and is a gradual process; but when symptoms appear, it is mostly stiffness, tingling sensation, and pain in the neck region, radiating towards the arms. Age, occupation, neck traumas, smoking, genetic factors, etc can aid cervical spondylosis.

I Ayurvedic Prespective

The degeneration and pain are often related to a common culprit- the vata dosha. Acute or chronic vata aggravating factors in the diet and lifestyle are thought to cause the same. Cervical spondylosis is no different. The treatment is focused on eliminating the vatic vitiation and restoring its normalcy. Vata pacifying diet and regimen along with vata managing herbal formulations are the solutions offered by Ayurveda for cervical spondylosis.



CASE REPORT

I Patient description

A 58-year-old female patient affected with pain and stiffness of the cervical region is the subject. She is married for a long time and has 5 children, all married. She is a housewife and is compelled to cook food for everyone in the house. The patient solely does cleaning and other duties at home. In the meantime, she binge-watches TV for a long time.

I Case History

The middle-aged female patient is one who works tirelessly at home. She was forced to cater and tend to the needs of all the family members, alone. She does all the activities at the home including cooking and cleaning. In the free time she gets, she used to watch television for a long time in the same posture. She suddenly noticed pain and stiffness in the neck 20 days back and wanted to seek Ayurvedic treatment. She is also suffering from general bodily weakness and poor quality of sleep.

I Observations

She was advised an X-ray of the cervical region. The X-ray report had shown signs of cervical spondylosis. The space between the vertebrae was significantly narrowed. The height of the vertebral column was reduced.

I The treatment plan

The patient was advised to make changes in her diet and daily routine, along with taking Ayurvedic medicines and practicing Yoga asanas. The medicines Habbe asgand was given at bedtime, one tablet daily. 5g of Majun falasfa was also given at bedtime on daily basis. 1 tablet of Trailokya vijaya vati was advised after food. Local application of Dazzle oil was administered but without massaging the area. Yoga asanas that benefit the neck were instructed. The diet was changed to a vata-friendly one. A few changes in her daily routine were made in a way that the vata dosha doesn't undergo further aggravation.

I Expected Outcome

The medicines and the diet and regimen changes were expected to give positive results. A significant reduction in pain was anticipated.

I Actual Outcome

As expected, the medicines showed considerable relief in pain and muscle stiffness around the cervical region. The new diet and regimen proved effective in balancing vata dosha. The patient's appetite and sleep were improved. The treatment overall showed good results.

I Conclusion

The given medicines were effective in tackling the muscle stiffness and pain associated with cervical spondylosis. Trailokya vijaya vati did well in calming the nervous system and bestowing a sound sleep to the patient.



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CASE STUDY 5

Treat Klama with **Trailokya Vijaya Vati**

ABSTRACT

The modern world has become quite a hamster wheel spinning between some important stations- career, lifestyle, relationships...the longer you are in it, the longer you are forced to circle back to these things again and again. Exhaustion- both physical and mental-has become an inevitable part of this kind of lifestyle. Changing the system might be difficult, but changing your lifestyle is always a viable option. This case study focuses on the potency of Trailokya Vijaya Vati in curing the signs of physical and mental fatigue.

Introduction

Hustle culture is not an urban legend anymore. It has gotten into the dictionary of every modern-day working individual from developing countries to fully developed ones. Hustle culture is defined as the mentality that one should burn himself out in order to reach the top of a certain hierarchy- let it be money or power or even happiness. This always gets you more ladders to climb, more mazes to solve, and more races to run; leaving you exhausted in a terrible way. This physical and mental breakdown is what we call fatigue, and can harm you silently. Some acute causes of fatigue are dehydration, depression, poisoning, alcoholism, low blood sugar levels, and vitamin deficiencies. Chronic causes include long-standing diseases like autoimmune, endocrine-related disorders, cancer, substance abuse, eating disorders, etc. The tiredness that won't go away with a good night's sleep is a key sign of fatigue. General loss of interest, reduced/increased appetite, sleepiness, procrastination, etc are some other signs.

Ayurvedic Perspective

Ayurveda names fatigue as klama. It is a vata-kapha disease. The chronic overuse, misuse, or non-use of the body and its parts well can lead to tridoshik imbalance, in turn leading to klama. It cuts off the connection between the body and the mind as the toxins accumulate in the system. The treatment of klama spans multiple aspects of one's life, from diet to daily routine. Changing the diet to a more vata-kapha-friendly one, drinking herbal tea, following dinacharya or the daily routine suggested by ancient scholars, doing periodic cleansing therapies called panchakarma, undergoing Rasayana therapy, and practicing mindfulness through yoga and breathing exercises are some of the Ayurvedic ways of battling klama.



CASE REPORT

I Patient description

A 56-year-old male was approached for treatment, complaining of poor appetite, disturbed sleep, and restlessness for a few months. He was otherwise healthy and was not taking any other medication. Fatigue had interfered with almost every one of his activities, leaving him to be on the verge of a breakdown. He is having a vata-predominant prakriti.

I Case History

The patient does not complain of any other illnesses, and his vital signs are within normal limits. He is not a known case of diabetes, bronchial asthma, tuberculosis, hypo/hypertension, or hyperthyroidism. He noticed his enthusiasm for doing things waning off gradually and has been experiencing less sleep, poor appetite, and restlessness ever since. He has not taken allopathic or Ayurvedic treatment previously.

I Observations

The patient was showing signs of fatigue and restlessness at the beginning of treatment. He was unable to sleep for more than a few hours without waking up in between. He expressed a lack of energy and enthusiasm in doing day-to-day chores. Hunger was significantly reduced.

I The treatment plan

Medicine used- 1 Trailokya Vijaya vati and 20 ml Aswagandha twice daily for 2 weeks.

The patient was given 1 tablet of Trailokya Vijaya vati and 20 ml Aswagandha twice daily, along with a few changes in his diet and regimen. He was asked to avoid fried and dried foods, baked goods, snacks, beverages, and cold and refrigerated food items; and instead, choose warm oily, and slightly heavy food, well-cooked food, milk, ghee, yogurt, sour fruits, and other foods with a sweet, salty, and sour taste. He was instructed to do yoga asanas and breathing exercises regularly.

I Expected Outcome

After the above-mentioned changes in diet and regimen and the administration of medicines, the patient was expected to regain his quality of sleep, appetite, and enthusiasm.

I Actual Outcome

The patient was given the medicines for a period of 2 weeks, and the fatigue was reduced in the first week itself. His appetite was improved. Shortly into the second week, the patient was noticed to have sound and continuous sleep. His restless nature was gone, and he appeared more lively and active.

I Conclusion

The vata dosha was relieved following the medication and the changes made in the diet and lifestyle. By chaining the vata, controlling the systems became easy. The Vijaya (*Cannabis sativa*) is known for relaxing the central nervous system and its anti-inflammatory action. Both these properties helped to have smooth communication between the body and the brain. Trailokya Vijaya vati is therefore proven to be mitigating anidra (insomnia) and associated symptoms and can be used as a herbal formulation for sleep deprivation.



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CASE STUDY 6

Favorable results in Sexual Dysfunction by Classical formulation- **MahaKameshwar Modak Tablet**

ABSTRACT

A Clinical case study on Premature Ejaculation (PE) and Erectile dysfunction which is a very common male sexual problem. Sexual dysfunctions are increasingly becoming a major health problem. Premature ejaculation is one such example, resulting in a lot of dissatisfaction.

Sexual dysfunctions especially in males still not accepted by them.

Mahakaleshwar madoka, an Ayurvedic combination of many herbs is a potent source that can cure diminished libido and premature ejaculation, the common problems in sexual dysfunctions.

I Ayurvedic Prespective

According to the philosophies of Ayurveda, premature ejaculation of semen is due to a surge in the Vata entity. The prakupitha Vata enters into Shukra dhatu and causes early ejaculation. The concept of premature ejaculation is expressed within the concept of Gatavata in Vatavyadhi. Other Acharyas have mentioned this concept while among Klaibya and other reproductive disorders.

Sukra disorders are of two varieties, Aivega sukra pravarthanam or premature ejaculation and Avega sukra pravarthanam or delayed ejaculation. The third variety of seminal dysfunction is entitled as Nishphalatva or the inability to produce an offspring or produce an offspring that has abnormalities.

According to the basic principles of Ayurveda, the root cause elimination is considered as a key step, while at the same time, preventing the condition is given primary importance as well.

Since Vata is the key causative factor for this manifestation Vata Hara Chikitsa (methods to cure this surge in vata) is adopted. Along with this Vajikarana chikitsa (Aphrodisiac methods) are also advised to achieve an optimal quality of Sujra. Ayurveda herbs have been conventionally used to cure conditions related to erectile dysfunction, and premature ejaculation.



CASE REPORT

I Patient description

A 31 year old married man who works in an IT company and complains of severe mood swings, sex related anxiety, low libido, premature ejaculation, erectile dysfunction. Erectile dysfunction had severely affected his married life. He was under constant stress from being unable to sustain erection and going for suicide from all the problems he was facing in his life.

I Case History

A patient with a history of premature ejaculation and erectile dysfunction for over four to five months came to my clinic in OPD. He complained of sexual dysfunction and anxiety during sex due to inability to maintain erection. There was no history of any underlying illness and all clinical reports were normal. He was non-alcoholic and his professional sub activity impacted his sexual life. He was going for suicide as he was under stress.

I The treatment plan

The treatment protocol included a set of ayurvedic herbs that can curb the surge in Vata and help to increase the quality of sperm. Along with these a few lifestyle modifications were also advised. The patient was prescribed One cap of ashwagandha and one mahakaleshwar modaka twice a day with milk and stress management treatment & vajkarna chikitsan.

Both these formulations are Vajikarana and helps to relieve sexual problems.

I Expected Outcome

- Reduced stress
- Treating premature ejaculation
- Treating erectile dysfunction to lead a better sexual life

I Actual Outcome

The condition was treated within a month. Once the treatment was achieved, the patient was satisfied and after one month of treatment was happy with the treatment and reported improvement in his condition. The anxiety has been reduced by the stress level treatment & this formulation has given quick results to the patient.

I Conclusion

The Study shows that Mahakameshwar is useful Ayurvedic formulation that helps to relieve sexual Dysfunction in the smallest span of time.



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CASE STUDY 7

Knee Joint Pain management with CannaEase™ VJ Vati 75

ABSTRACT

A clinical case on pain in lower limbs in aged people and its management using VJ Vati 75. 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 in the most key joints that maintain weight, they are most prone for decalcification and degeneration.

VJ Vati 75 is an effective combination of hemp seed oil and other herbal medications that helps to curb the pain associated with senescence and stress.

I Ayurvedic Perspective

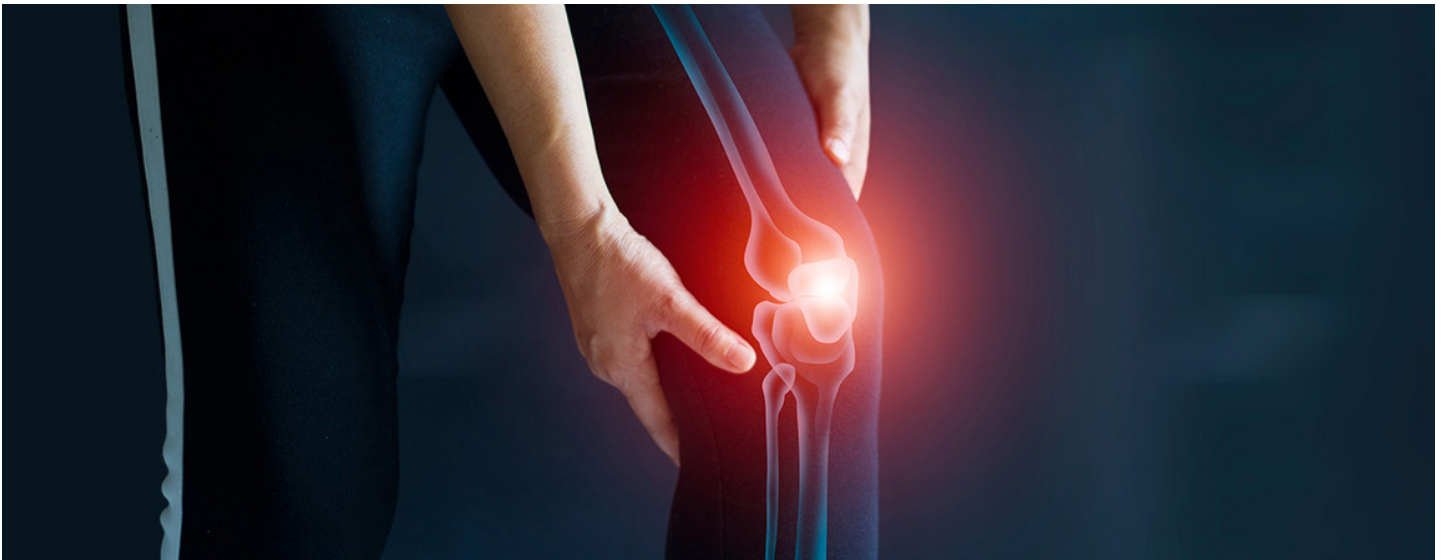
According to the theories and principles mentioned in Ayurveda, all pains occur due to a surge in the Vata entity. Old Age is physiologically the forte for this entity and this age group is generally most prone for conditions that occur due to vata aggravation. Knee joint pain and pain in the lower limbs 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.

Ayurveda being the ancient unique system of medicine aims not only at curing the condition but also preventing the disease too. The line of treatment of Vatavyadhi is Vata Hara Chikitsa (Vata pacifying treatment). Here the medicines that reduce this vata predominance is given both internally and externally to tackle the condition.



CASE REPORT



I Patient description

The patient was apparently normal before 3 years. Gradually the patient had pain in the lower limbs especially the knee joints, more in the right side over left. On examination uric acid was found to be normal. The pain was severe for 2 years and the patient had taken allopathic medication to cure the pain. The patient does not have any history of diabetes mellitus, hypertension or thyroid dysfunctions. The pain aggravates on exposure to winters, rains and cold weather conditions. He has satisfactory relief on application of hot compress.

I Case History

A 69 year old male who is obese for age combined with improper diet and lifestyle had severe pain in the lower limbs especially in the knee joint. Due to inconsistent eating patterns and compromised exercise regimen the patient slowly started developing pain. Over the course of the last three years, the physiological old age related conditions and lifestyle has negatively impacted the patient's health and ability to move around without pain and swelling.

I The treatment plan

The treatment involved the uses of Ayurvedic herbal medications with the combination of appropriate lifestyle modifications. The medications given included Habbe suranjan, Majoon Chobelini, and VJ Vati 75 internally. While locally the paint was given Roghan Surah for pain relief and to stimulate effective movements.

I Expected Outcome

Reduce knee joint pain
Reduce swelling associated with knee

I Actual Outcome

The patient had remarkable relief within a few weeks with the combination of herbal medications and VJ Vati 75.



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CASE STUDY 8

Study of **CanneEase™ SleepWell** in the treatment of Insomnia



I 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.

I Ayurvedic Prespective

According to the principles and theories of Ayurveda, stress triggered insomnia may be most likely linked with Vata surge and associated complaints. Although Vata is the factor that all leads to different maladies, in the case of stress and anxiety, alongside vate , the factor of Manas or mind is also triggered. The Rajas entity of Manas gets activated when the body is constantly undergoing episodes of chronic to mild variation of stress from any environment. The accumulation of Rajas entity further aggravates the actions of vata on the body and transforms into other somatic manifestations like fatigue, tiredness, sleeplessness and others.

The clinical presentation of Vata surge when associated with mental derangements affect the normal functioning of the entire system. This surge is seen in the body as insomnia, restlessness and severe fatigue.

Ayurveda being the branch of science that gives importance on the prevention of a disease rather than cure, here methods to eliminate the root cause are given prime importance. Medications that will both lower the levels of Vata and also normalize the Rajas factor are used here. Although they may be termed as Vatahara chikitsa, Kapha Kara are also used to normalize the sleep-wake cycle.



CASE REPORT

I Patient description

A 32 year old male settled in Delhi with a bad lifestyle has been suffering from insomnia due to stress and anxiety since a year ago. His highly compressed lifestyle that gave importance to work over mental health combined with the improper consumption of food. The untimely consumption of food which is relatively less nutritious 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

I Case History

The patient was apparently normal before 1 year. Due to severe stress as part of occupation, he started experiencing gradual fatigue and tiredness after a day's work. Gradually as the work load increased, the stress he had to take up in the office also increased associated with mild degree anxiety. The patient then started to experience lowered sleep rates and later developed chronic sleeplessness over the period of time. The patient only got relief by taking sleeping pills.

I The treatment plan

The treatment included authentic herbo-mineral combinations given internally along with certain lifestyle modifications ath can help the body cope with the stress. The patient was given Swarna vasant malti Ras and Cannaease SleepWell to compensate for the Vata imbalance.

I Expected Outcome

- Reduce the imbalances in sleep-wake cycle
- Reduce fatigue and tiredness

I Actual Outcome

By the administration of Swarna Vastha Malati Ras and Canna ease sleep well. The patient showed an impressive response to the medication and a massive reduction in his complaints. His sleep was restored by almost 60% with a complete elimination of fatigue and tiredness by taking the medication for 1 month. His endocrine activities were also normalized.



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CASE STUDY 9

Treat Osteoarthritis with **Trailokya Vijaya Vati**



I Introduction

Osteoarthritis is a leading cause of disability in older adults. Osteoarthritis is a condition characterized by progressive degeneration and loss of cartilage in one or more joints. Approximately 30-40% of Indian adults report some kind of arthritis at any point of their lives, with osteoarthritis being the most common type. People with osteoarthritis, may experience pain and stiffness in the joints, as well as muscle weakness, loss of function, limited flexibility and possible deformity. Here, an effort was made to heal a 40 years old male suffering from multiple joints pain associated with inflammation, acute pain. At the completion of 1 month treatment with Trailokya Vijaya Vati, along with other internal herbal medications resulted in significant improvement in the overall effect of treatment.



CASE REPORT

I Patient description

This is a case of a 40 year old male who was suffering from acute joint pain, inflammation and restricted movement for the past 3-4 years due to osteoarthritis. The pain was at around 8 out of 10 as per the international score of pain management. He was taking regular Allopathy medicines to treat the chronic joint pain for quite some time but no significant pain relief was experienced. When his condition became unbearable and severe morning stiffness of joints, he visited our clinic

Age: 40:

Sex: Male

Socio economic status: middle class

Addiction: smoking

Previous History: Hypertension

I Clinical findings

Vitals were normal. Cardiovascular system, respiratory system and per abdomen examinations had shown no deformity. As per laboratory reports, elevated serum CRP and RA factor has been seen in blood. Also, a mild increase in his plasma uric acid levels was also seen. He was diagnosed with Vata predominant dosha in Nadi

I The treatment plan

We started treatment with conservative medical management in which we have given the following medicines.

- Trailokya Vijaya Vati 2 tablets BD
- Swarna Guggulu 1 tablet morning & evening
- Rasna saptak kwath 10 ml three times a day
- Kaishore guggulu 2 tablet three times a day
- Local application of vijaya leaf extract oil

As per his dominant dosha and prakriti, the patient was advised to follow strict diet and lifestyle routine.

I Outcome

After taking prescribed medicines for one month the patient visited the clinic with a significant relief in pain. As per the international score of pain management the pain was considerably decreased at around 3 out of 10. Owing to less pain and body ache, his quality of life was improved.

I Conclusion

Significant healing and pain relief has been seen when Trailokya Vijaya Vati was given combined with conventional Ayurvedic medicines for pain. In this case, Trailokya Vijaya Vati along with dietary/lifestyle modifications and Ayurveda treatments demonstrated promising result in improving his mobility and quality of life.



Case Study By
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CASE STUDY 10

Treating Vaginal Infection with **Trailokya Vijaya Vati**



ABSTRACT

Abnormal/excessive vaginal discharge is a common problem experienced by women irrespective of age. Vaginal infections, be it bacterial or viral or yeast, can trigger the production of discolored vaginal secretion along with itching. Abnormal vaginal discharge is commonly known as pradara in Ayurveda. They are the result of faulty dietary habits and regimens and can mess with the whole system. This case study aims at finding out the efficacy of a combination of Trailokya Vijaya vati and other pittashamak medicines in managing vaginal discharge in an adult female patient.

I Introduction

Vaginal discharge is a normal lubricant that protects the vagina and is typical for a woman around reproductive age. Normal vaginal discharge is colorless, odorless, and occasional. When imbalances occur in the vaginal pH and bacterial growth, the vaginal discharge may become abnormal, leading to the formation of discolored, smelly secretions which are commonly associated with itching and pain. Infections like bacterial vaginosis, yeast candidiasis, and sexually transmitted diseases can trigger this.

I Ayurvedic Prespective

Ayurveda calls abnormal vaginal discharge pradara. Pradara is a result of several aharaja and viharaja nidanas, stemming from a sedentary or stressful life. For instance, physical factors like Viruddhahara (Incompatible food), madya (alcoholism), ajeerna (indigestion), ashuchi (unhygienic practices), and mental factors such as shoka (grief), bhaya (fear), kopa (anger), etc can cause pradara. The above-mentioned etiological factors lead to the vitiation of doshas and their gradual accumulation in the lower body, especially in uru (thighs), sroni (hip), garbhashaya (uterus), and yoni (vagina), which are the prominent seats of Apana Vata. This is the pathophysiology of pradara.



CASE REPORT

I Patient description

The female patient of 35 years is well-built. She is married for 13 years and has two children, both delivered through lower-segment Caesarean sections. She has hyperthyroidism and has been taking medicines for the same for 7 years. The patient is not a known case of hypertension or diabetes.

I Case History

The patient complains of vaginal infection and discharge with itching in the region for three years. For the past few years, her lifestyle had been significantly altered. She had been under a lot of stress and anger, leading to sudden irritability. Her sleep pattern had changed and was unable to maintain continuous sleep ever since. She suffers from excessive hunger and unstable bowel movements. She also complains of a burning sensation all over the body and general body aches.

I Observation

Vaginal discharge without any characteristic odor and yellowish-white color was observed. The patient was sweating excessively even in moderate heat. Quality of sleep was found to be reduced.

I Treatment Plan

As the patient was showing symptoms of pitta vitiation, a treatment focusing on pittashamana and Apana vata samana was planned. A combination of Panchamrit parpati, Sootshekhar ras, and Lakshmi Vilasa ras was given along with Grahayantik syrup after food. Pushyanuga churna and Sitopaladi churna were advised to be consumed once daily. 2 tablets of Niyamit were advised to take at night. 1 tablet of Trailokya vijaya vati was given twice a day. A vaginal wash with Triphala kwath once a day was also prescribed.

I Expected Outcome

The symptoms of pitta vitiation were expected to be cured, giving the patient relief from burning sensation, impaired agni, digestive distress, and vaginal discharge up to a great extent.

I Actual Outcome

As expected, the patient got 70 percent relief from vaginal discharge and itching after a few weeks of internal and external treatment. Burning sensation and body aches were considerably reduced. Hunger and sweating were gone back to normal levels, and the disruptions in the sleep pattern were resolved. With the prescribed medication and a few lifestyle changes, the anxiety levels were shown a substantial drop. The patient is advised a few more weeks of treatment, aiming for complete relief.

I Conclusion

Chaining the increased pitta is a bit challenging, but not impossible. When it is associated with a notoriously vitiated Apana vata, it could be complicated. Most of the medicines given to the said patient, like Pushyanuga churna, Triphala churna, sootashsekhar ras, and Lakshmi Vilas ras are famed for either tridosha samana or pittashamana alone and help in reducing the elevated pitta levels while rectifying the symptoms. Vaginal itching is a result of Kapha dosha vitiation, and medicines like sitopaladi churna were given to relieve Kapha. Trailokya Vijaya Vati is potent medicine for calming the nerves and reducing stress and anxiety. It also shows some pitta-curbing action. The combination of all these helped in relieving Apana vata vitiation, pitta shamana, and ultimately the vaginal discharge, significantly.

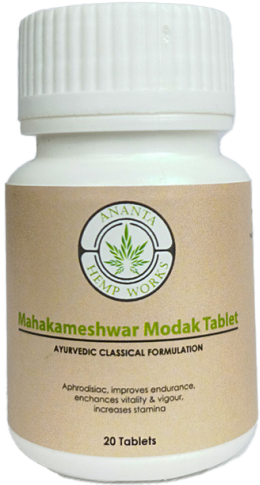


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Mahakameshwar Modak Tablet

Ayurvedic Classical Formulation



Mahakameshwar Modak is an Ayurvedic formula in a tablet form for easier consumption. It is made up of more than 60 ingredients and finds reference in the Bhaishajya Ratnavali text as a formulation that is beneficial for sexual wellness. It increases libido and sexual power, as per the ancient scriptures and can be used for a number of sexual problems.

REFERENCE: Bhaishajya Ratnavali

Effective in

Increasing Vigour and Vitality
Sexual Debility
Male Infertility
Premature Ejaculation
Promote strength, power and stamina
Enhances sexual drive
Boosts immunity and energy
Helps to increase sperm count in men
Promotes arousal, increases pleasure and extends performance

Polyherbal formulations is one of these herbal amalgams that can be used to treat sexual dysfunction including erectile dysfunction impotence, ejaculation dysfunction and hypogonadism.

COMPOSITION

(Abhrak Bhasma Javitri Jayfal Trikatu Triphala Nagarmotha Dalchini Elaichi / ela Tejpatta Nagkeshar Sendha Namak Bhringraj Jeera Kala Jeera Dhaniya Jatamansi Shatavari Kushta Tagar Vardhara	Vanshlochan Draksha Lavang Bala Atibala Chavya Ajwain Shat pushpa / Shatahava Kaunch Beej Bael Fruit Kakoli kshir kakoli Tanaka Shalparni Gokhru Chitrak Shallaki Mura Mansi Shalmali Khajur	Bael Fruit Kakoli kshir kakoli Tanka Shalparni Gokhru Chitrak Shallaki Mura Mansi Punarnava Ashwagandha Mocharas / Rakta Pushpa / Shalmaali Gajippali Katphala Mulethi Saunf Talispatra Saariva Priyangu	Vidarikand Prishniparni Padmakh Talmakhana Beej Methi Rakt Chandan Kali Miri Kala til Kak Shrunji Saralkasth Kapur Sunth) Each 1.05% Loha Bhasma 0.65% Vang Bhasma 0.33% Vijaya leaves 33.92% Excipients q.s
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CAUTION

To be taken strictly under medical supervision only

DOSAGE

As Suggested by the physician

SIDE EFFECTS

No side effects when taken under the supervision of doctor



Trailokya Vijaya Vati

Ayurvedic Classical Formulation



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.

REFERENCE: Ayurved Sara Sangraha

Vijaya Dried leaves

Vijaya possess immense detoxifying and healing properties, mitigates sides of chemotherapy, effectice renal colic and abdominal pains, provides relief from neuropathic pain, improves overall gut health.

Effective in

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

COMPOSITION

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

Vansh Lochan

Vansh Lochan provides strength, flexibility and resilience to collagen and elastin connective tissues. This medicinal plant is useful in preventing osteoporosis.

CAUTION

To be taken strictly under medical supervision only

DOSAGE

As Suggested by the physician

SIDE EFFECTS

No side effects when taken under the supervision of doctor



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.

Our Full-spectrum (Vijaya Leaf Extract) SleepWell oil also has the ability to reduce anxiety, which can be helpful in reducing sleep difficulties and improving sleep quality. It may increase overall sleep amounts and improve insomnia.”

Effective in

Improves Insomnia - Sleeping disorders are common these days. Constant electronic device engagement combined with stress hinders sound sleep and impels disturbed sleep. Vijaya leaf extract aids users in attaining uninterrupted sleep.

Reduces Anxiety and Stress - SleepWell oil also helps relieve many symptoms associated with daily stress and has been shown to promote a strong immune response.

Natural Anti-inflammatory - Vijaya leaf extract is known to have beneficial anti-inflammatory properties, including the ability to reduce the production of inflammatory cells of the immune system called cytokines.

Neuroprotective Properties - A neuroprotective substance is one that protects the nerve cells from damage, degeneration, dysfunction, and toxicity.

COMPOSITION

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

CAUTION

To be taken strictly under medical supervision only

DOSAGE

As Suggested by the physician

SIDE EFFECTS

No side effects when taken under the supervision of doctor



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.

Effective in

Anxiety - Most common Lifestyle Disorder is anxiety and this product can help reduce it. VJ Vati 75 once taken leads to a relaxed mind reducing stress in the body as well.

Inflammation, pain and arthritis - VJ Vati 75 reduces inflammation and works effectively against any kind of muscle and joint pain caused by physical injuries and most importantly arthritis.

Insomnia - VJ Vati 75 helps in regulating the sleep cycle to provide a peaceful and calming effect on the body that helps to naturally fix irregular sleep patterns.

Auto Immune Diseases - It helps balance the immune system and reduces inflammation across the human body, giving the patient relief from pain and discomfort and helps manage all kinds of muscle and nerve related pains.

Balances immune system - ECS keeps the body balance or scientifically it maintains homeostasis by monitoring endocannabinoids. Cannabidiol plays a larger role in the ECS by modifying how the CB1 and CB2 receptors inducing balance in the immune system.

COMPOSITION

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

CAUTION

To be taken strictly under medical supervision only

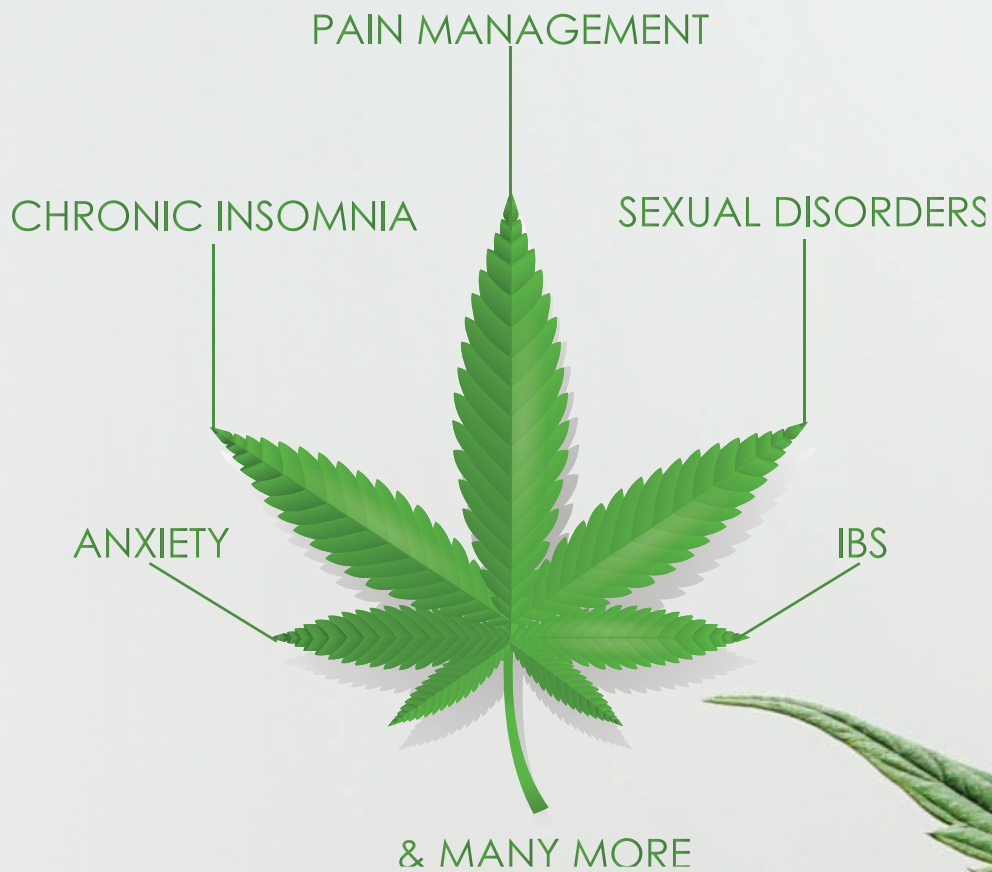
DOSAGE

As Suggested by the physician

SIDE EFFECTS

No side effects when taken under the supervision of doctor





We appreciate the efforts and time devoted by our doctors to provide us with their case studies, which adds credibility to Ananta's well-researched medicines and also provides confidence to other doctors in using Vijaya-leaf based Classical And Proprietary Medicines for ayurvedic treatment to their patients



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