

Contents

Part I: Evidence-Based and Comparative Effectiveness Analysis

1 Fundamentals: Evidence-Based Practice in Complementary and Alternative Medicine—Perspectives, Protocols, Problems, and Potentials 3
Francesco Chiappelli

Part II: Evidence-Based Medicine and Ayurveda

2 Transforming Ayurveda: Stepping into the Realm of Evidence-Based Practice 33
Sanjeev Rastogi and Ram Harsh Singh

3 Diet and Nutrition Concepts in Ayurveda: Gleaming into Opportunities for Evidence-Based Applications in Health Care 51
Devesh Rastogi, Shalini Gupta, Ranjana Rastogi, and Rajiv Rastogi

4 Clinical Evidence in the Tradition of Ayurveda 67
P. Ram Manohar

5 Evidence-Based Traditional Persian Medicine 79
Mahsa Dousti, Manisha Harish Ramchandani, Andre Barkhordarian, Sohrab Danaei, and Francesco Chiappelli

Part III: Substantiating Ayurvedic Theory and Practice Toward Evidence-Based

6 *Prakriti* Analysis in Ayurveda: Envisaging the Need of Better Diagnostic Tools 99
Sanjeev Rastogi

7 *Panchakarma*: Ayurvedic Detoxification and Allied Therapies—Is There Any Evidence? 113
Sivarama Prasad Vinjamury, Manjusha Vinjamury, Sobhana Sucharitakul, and Ingebritt Ziegler

8	Gut and Joint Interconnections: A Reappraisal to Ayurvedic Understanding of Joint Diseases	139
	Sanjeev Rastogi and Ranjana Rastogi	
9	Ayurvedic Approach to Cardiovascular Diseases: Delineating the Literary and Clinical Evidences	159
	Sanjeev Rastogi, Rajiv Rastogi, and P.S. Srivastav	
10	<i>Rasayana</i> Therapy and Rejuvenation	177
	Ram Harsh Singh and Sanjeev Rastogi	
11	Translational Effectiveness in Ayurvedic Medicine: Implications for Oral Biology and Medicine	191
	Manisha Harish Ramchandani, Mahsa Dousti, Andre Barkhordarian, and Francesco Chiappelli	
Part IV: Towards Future Perspectives of Evidence-Based Ayurveda		
12	Safety Aspects of Ayurvedic Drugs	211
	K.K. Pant, C.K. Katiyar, and Arun Gupta	
13	Toward Evidence-Based Practice of Ayurveda: Extrapolating the Challenges in the Current Decade	233
	Sanjeev Rastogi	
Index	247