

## INDEX

SR.NO.	CONTENTS	PAGE NO.
•	INTRODUCTION	1
CHAPTER 1	DRUG OVERVIEW	5
SECTION A	Historical Review	
1.1	Drug Description	
	1. Scientific Name	14
	2. Classification	14
	3. Synonyms	15
	4. Ethymological Derivations of Synonyms	18
	5. Vernacular Names	18
	6. Geographical Distribution	18
	7. Cultivation and Propagation	19
	8. External Morphology	23
	9. Macroscopic Characters	26
	10. Microscopic Characters and Histology	26
	11. Types of Bilva	27
	12. Adulterants and Substitutes	27
	13. Chemical Composition	27
	14. Pharmacodynamics (Rasapanchak)	31
	15. Specific action on Strotasa	36
	16. Pharmaco Therapeutics ( Amayik Prayoga )	37
	17. Contraindications	38
	18. Toxicity Study	39
	19. Parts Used	39
	20. Dosage	39
	21. Anupan	40
	22. Trade and Commerce	40
	23. Therapeutic Formulations	41
	24. Research Work done	59 A.
SECTION B	INTRODUCTION	60
1.2	REVIEW OF STRESS	60
	1. Definition	60
	2. Mechanism of Stress	62.

SR.NO.	CONTENTS	PAGE NO.
	3. Physiology of Stress	65
	4. How to handle Stress ?	75
	5. Stress as per Ayurveda	78
	6. Review of work done by others	94
	7. Stress references	94
	8. Drug Review References.	96
CHAPTER 2	MATERIALS AND METHODS	125
	INTRODUCTION	125
SECTION A	COLLECTION, AUTHENTICATION AND STANDARDIZATION OF RAW MATERIAL	125
SECTION B	PREPARATION AND STANDARDIZATION OF APAKWA BILVA AND PAKWA BILVA SHARKER KALPANA ( SYRUP )	137
SECTION C	CLINICAL STUDY	141
	INTRODUCTION	141
	1. Trial Design	142
	2. Ethical clearance	142
	3. Criteria of selection of patients	143
	4. Procedure – Base line assessment	143
	5. Grouping and Randomization	144
	6. Drug delivery – Dose, Duration	144
	7. Route of Administration	144
	8. Criteria of assessment	144
	9. Scale in detail	144
	10. Gradations ( For Modern and Ayurvedic symptoms	145
	11. Statistical analysis	145
	12. Observation	145
	13. Results	150
CHAPTER 3	DISCUSSION	
	1. Review of literature	180
	2. Standardization	181
	3. Clinical Trials	184

<b>SR.NO.</b>	<b>CONTENTS</b>	<b>PAGE NO.</b>
<b>CAHPTER 4</b>	4. Observation and Results	184
	5. Limitations and scope	190
	<b>CONCLUSION</b>	201
	1. Summery	201
	2. Bibliography	203
	3. Annexures	206
	4. Case Record Form ( C.R.F.)	207
	5. Conscent Form	207
6. Modern Scale and Ayurvedic scale	208	