

Clinical Case Studies: The Living Evidence of Ayurveda

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Dear Readers and Esteemed Colleagues,

Following the encouraging response to the inaugural issue of the Journal of Ayurveda Academia (JAA), it gives me immense pleasure to present Volume 1, Issue II of our journal. This issue represents a natural progression in our journey to provide a credible, peer-reviewed platform for the dissemination of scholarly work in Ayurveda and allied sciences.

While the first issue highlighted experimental, review, and conceptual research, the present issue distinctly emphasizes clinical case studies, reflecting the living, practice-oriented nature of Ayurveda. Case studies form the backbone of clinical Ayurveda, where individualized diagnosis (*Rogi-Roga Pariksha*), personalized treatment protocols, and holistic outcomes are documented in real-world settings. By curating a substantial number of well-structured clinical case reports, this issue strengthens the bridge between classical principles and contemporary clinical practice.

Focus of the Current Issue

The articles published in this issue demonstrate the practical applicability of Ayurvedic

interventions in diverse clinical conditions. These case studies meticulously document diagnostic reasoning based on Ayurvedic fundamentals, therapeutic decision-making, procedural interventions, and observed outcomes. Such evidence not only enriches clinical understanding but also contributes to the growing body of practice-based evidence necessary for the wider acceptance of Ayurveda in integrative healthcare.

In addition to clinical reports, this issue continues to uphold JAA's commitment to academic rigor through adherence to ethical guidelines, standardized reporting, and a double-blinded peer-review process. Each manuscript has been carefully evaluated to ensure clarity, relevance, and scientific responsibility.

Strengthening Evidence-Based Ayurveda

Ayurveda has always evolved through observation, experience, and documentation. In the present era, systematically reported case studies play a vital role in translating traditional wisdom into formats acceptable to contemporary scientific discourse. The contributions in this issue exemplify how

classical Ayurvedic knowledge, when applied judiciously, can offer meaningful solutions to present-day health challenges.

By encouraging high-quality case reporting, JAA aims to motivate clinicians, postgraduate scholars, and researchers to document their clinical experiences in a scientifically robust manner. Such efforts will ultimately support larger clinical studies and foster evidence-based integration of Ayurveda into mainstream healthcare.

Gratitude and Acknowledgments

I express my sincere gratitude to our authors for their valuable contributions and to our reviewers for their meticulous evaluations and constructive feedback. I also acknowledge the dedicated efforts of the editorial and technical teams, whose commitment ensures the timely and quality publication of each issue.

Looking Ahead

As JAA continues to grow, we remain committed to promoting scholarly excellence, clinical relevance, and interdisciplinary dialogue. We invite researchers and practitioners from India and across the globe to contribute original research, case studies, reviews, and conceptual articles that advance Ayurvedic science and practice.

I am confident that Volume 1, Issue II will serve as a meaningful resource for academicians, clinicians, and students, and will further reinforce the role of Ayurveda as a scientifically

grounded and clinically effective system of medicine.

With warm regards and best wishes,

Prof. Sushanta Kumar Sahoo

Editor-in-Chief, JAA