

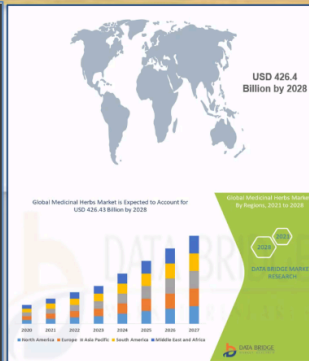


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SERIES 91 & CMBRI Seminar Series FY2024-01

Dr. Shifa Shetty
2024-05-16



- > Plants are exemplary source of Drugs- India >45000 plant species
- > With prediction of sixth mass extinction, there is worldwide concern as majority of these plants, collected from natural stands, are also facing threat of extinction.
- > Only 960/8000 medicinal plants in trade from India

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| RW Renu WADHWA (Host, me | KP Keshava Prasad2 | SS sharmila s n |
| DS Dr shifa shetty p | I lenovo | SY Shi Yang |
| am ajant | DN Dr. Nithya V | MM M Ml |
| PN Pampita | DR Dr. Rajat He | M Malte |
| P Parama | DS Dr. Shanuja | MK Masa |
| P Parithath | FJ Feyba Jijimc | mG meer |
| S sona | AB Aswa | g guruprasad. |
| B Bharathwaj | AS Aswa | hu hanyang uni |
| G Ganesh | A Aviral | HP HARSHITHA |
| M MSLS | d debyr | IC Ishita Chakr |
| Neeharika Narisepal | DS Deep | KS Kanaka Sai I |
| PM Parichita Mishra | D Dhan | K Kausalya |
| PY Pooja YT | DL Dong | KY Keiko Yamada |
| SS Shinji Sugiura | | |

Series - 91

Date and Time - 16 May 2024 (3:30 PM JST)

Venue - Zoom

Speaker - Dr Shifa Shetty P

Affiliation - PhD Scholar, All India Institute of Ayurveda, New Delhi

Email: drsaisha299@gmail.com



Title - Ethnomedicinal evaluation of Averrhoa carambola Linn. Fruit oil in Osteoarthritis of Knee-An Exploratory Clinical trial.

Abstract - The study investigates the therapeutic potential of Averrhoa carambola Linn. fruit oil in managing knee osteoarthritis, within the broader context of ethnomedicine's significance in healthcare. Averrhoa carambola Linn., traditionally holds promise as a natural remedy for various ailments, including osteoarthritis under laboratory conditions. In this clinical trial, thirty patients received internal administration of the oil over a 28-day period. Clinical assessments revealed statistically significant improvements in pain, stiffness, swelling, tenderness, mobility, and functional abilities of the knee. Radiological findings showed no significant changes, the clinical symptoms improved. Averrhoa carambola Linn. fruit oil underscores the importance of ethnomedicinal and complementary approaches to conventional healthcare. By leveraging traditional practices, such as those surrounding Averrhoa carambola Linn., healthcare interventions and culturally relevant interventions for addressing prevalent health conditions like osteoarthritis. Further exploration in larger clinical trials is warranted to validate these findings and harness the therapeutic benefits of ethnomedicine in modern healthcare paradigms.

