

Internship Report (10 March – 31 May 2025)

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Course: MBA in Pharmaceutical Management

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Internship Topic: *Evaluating the Role of Ayurvedic Treatments in Improving the Health of Cardiac Patients*

1. Introduction

Cardiovascular diseases (CVDs) are among the most pressing health concerns in India today. While modern treatments like angioplasty and cardiac stenting have undoubtedly saved lives, they also come with financial burdens, surgical risks, and limitations in addressing the root causes of the disease. This growing concern has led many to explore alternative and complementary therapies—particularly Ayurveda, India’s traditional system of medicine.

During my internship at Vedamrita Hospital, I had the opportunity to explore how Ayurvedic approaches could contribute to improving the health of cardiac patients, especially those diagnosed with coronary artery disease (CAD). The focus was to understand whether holistic Ayurvedic treatments—through herbs, lifestyle changes, and counseling—could potentially help patients avoid or delay the need for invasive procedures like stent placement.

2. Objectives of the Internship

The internship was guided by a few clear objectives:

- To understand how Ayurvedic therapies are practically applied in the management of cardiac conditions.
- To study patient progress and clinical improvements during Ayurvedic treatment.
- To explore how lifestyle and dietary habits influence treatment outcomes.
- To assess whether Ayurvedic care could serve as a viable complement—or even an alternative—to conventional cardiac interventions.

3. About Vedamrita Hospital

Vedamrita Hospital, located in Hisar, is a center of excellence in integrative medicine. The hospital blends traditional Ayurvedic knowledge with modern diagnostic tools to offer personalized care. It has a

dedicated team of Ayurvedic physicians, dieticians, yoga therapists, and pharmacists who work closely with patients suffering from a range of chronic conditions—including cardiovascular diseases.

The hospital is especially known for its work with heart patients using natural interventions like *Terminalia arjuna* (Arjuna), *Commiphora wightii* (Guggul), and *Embllica officinalis* (Amla), supported by yoga, dietary adjustments, and regular monitoring.

4. Key Responsibilities and Activities

During the course of my internship, I was actively involved in the following responsibilities:

- **Patient Onboarding and Profiling**

- Identified and shortlisted cardiac patients who were advised stenting but opted for Ayurvedic treatment.
- Designed and tested a structured patient intake questionnaire to collect demographic and clinical data.
- Conducted interviews to document patients' medical history and reasons for choosing Ayurveda.

- **Treatment Documentation and Analysis**

- Recorded herbal formulations prescribed (e.g., Arjuna, Guggul, Amla) along with dosage forms and frequency.
- Consulted with Ayurvedic physicians to understand the clinical rationale behind patient-specific prescriptions.

- **Symptom Monitoring and Progress Tracking**

- Symptom tracking and maintained weekly follow-up with patients.
- Analyzed patient diaries to monitor progress and identify trends in treatment response.

- **Compliance and Adherence Management**

- Created daily intake logs to track herb consumption and yoga practice.
- Monitored patient adherence levels and addressed minor issues (e.g., aversion to powder forms).
- Achieved and documented over 90% compliance among enrolled patients.

- **Lifestyle Assessment and Counseling**

- Distributed lifestyle questionnaires assessing diet, sleep, stress, and exercise habits.
- Provided individualized dietary counseling based on Ayurvedic principles to encourage healthier habits.

- **Comparative and Strategic Work**

- Conducted a comparative mapping of Ayurvedic herbs to conventional cardiac medications.
- Participated in brainstorming sessions with the R&D and marketing teams for potential product development in preventive cardiology.

- **Data Compilation and Case Reporting**

- Compiled detailed mid-point and final reports summarizing patient progress, compliance, and outcomes.
- Assisted in analyzing clinical data such as blood pressure, lipid profiles, BMI, and exercise tolerance.
- Contributed to drafting content for the final dissertation report and visual data presentation.

- **Patient Feedback Collection**

- Conducted informal interviews to collect qualitative feedback on patient experiences.
- Documented high levels of satisfaction and confidence in Ayurvedic treatment among participants.

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5. Key Learnings from My Internship

This internship was not only educational but deeply transformative. Here's what I gained:

- **Real-World Exposure:** I got to see firsthand how Ayurveda is practiced in a modern healthcare setting and how patients respond to it.
 - **Interdisciplinary Insight:** I collaborated with Ayurvedic doctors, R&D experts, and marketing professionals—broadening my understanding of healthcare from multiple angles.
 - **Patient-Centric Thinking:** Learning how to listen to and support patients beyond just clinical data was a significant takeaway.
 - **Data Skills:** I became comfortable collecting and analyzing clinical data, tracking compliance, and preparing case summaries.
 - **Respect for Traditional Medicine:** I saw how Ayurveda, when used responsibly and scientifically, can offer genuine improvements in health outcomes.
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Conclusion

My internship at Vedamrita Hospital offered me an incredible opportunity to bridge the gap between traditional and modern medicine. I was able to witness, support, and document how Ayurvedic interventions can meaningfully improve the lives of cardiac patients—physically, emotionally, and financially.

This experience strengthened my belief that integrative approaches have a critical role to play in India's healthcare future. As someone pursuing a career in pharmaceutical management, I now feel better prepared to advocate for evidence-based, patient-centered, and holistic solutions in the healthcare industry.