Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Diversion of Muddy Juice A Promising Route for Ethanol Production

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Received: 12 Apr 2025 Revised: 14 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

In worldwide, biofuels are getting importance due to emerging energy demand and environmental concerns. For encouraging the production and use of biofuels, several countries have drawn various policy mechanisms, incentives and subsidies suiting to their domestic requirements Some of the countries have mandated ethanol blend with gasoline, while some other countries are looking for the ways to introduce them. In the above context, India has opted for Ethanol Blending Petrol program as a National Policy on Biofuels in 2018 and targets for 20% ethanol blending with petrol by 2025. The sugar factories are managing both the sugar production and sugar saccrification for ethanol production by diverting Syrup and B Heavy molasses. The study reveals the method for utilization of Muddy Juice for ethanol production for achieving EBP target. The work suggests to divert the intermediate muddy juice for fermentation process for dilution purpose with B Heavy molasses or with syrup and that paves way for enhanced ethanol production. This option also reduces the power and steam consumption along with the reduction of ground water consumption. Besides all, the proposed scheme will be remunerative in comparison with the production of sugar from the muddy juice.

Keywords: Biofuel; Ethanol; Sugar; Muddy Juice and Diversion

INTRODUCTION

Fossil fuels such as oil, coal and natural gases have become the chief sources of energy in the current era. However, it is anticipated that these sources will deplete within the next 40–50 years. The expected environmental damages like global warming, acid rain and urban smog have forced us to reduce the carbon emissions and shift toward utilizing a variety of renewable energy resources such as solar, wind, biofuel, etc. that are less environmentally harmful in a sustainable way. Ethanol is one of the most promising alternative biofuel. Although the energy equivalent of ethanol is 68% lower than that of petroleum fuel, the combustion of ethanol is cleaner (because it contains oxygen) and thus it recognizes as a potential biofuel alternative to gasoline. More recently, ethanol is identified as a fuel for the direct ethanol fuel cells (DEFC) and biofuel cells. Sugarcane and corn feedstock, are the main sources of ethanol.

Nevertheless, it is barely sufficient to meet the current demand [1].Some of the countries considering biofuels as a means to gain a comparative advantage over others in the global agricultural market sector as well as a way to increase their incomes resulting from exports [2,3,4]. At present, ethanol is the most widely used biofuel [5]. It has been predicted that by 2050, bioethanol and biodiesel will be the dominant fuel to power passenger cars and heavy vehicles. Automobiles powered by electricity, natural gas, and hydrogen are emerging, but the current liquid fuel supply systems restrict those from becoming the main stream [6]. Bioethanol is produced from biomass containing free fermentable sugars or complex carbohydrate that can be converted into soluble sugars for making it fermentable. The biomass utilised for ethanol production can be divided into three groups that are sugar /saccharine crops, starchy crops and lignocellulosic biomass. These three feedstocks differ significantly from each other with respect to the fermentable sugars extraction and utilization[7]. It is comparatively easier to produce ethanol from edible sources - sugars and starch than that of lignocellulosic biomass. Among the edible sugar source the sugary sources like sugarcane, sweet sorghum, sugar beet, etc., are considered to follow very simple process of bioethanol production. In many countries including India, the various streams of sugar processing products are being diverted for ethanol production by sacrificing sugar production. This includes predominantly Syrup, B Heavy Molasses and C Heavy molasses [8]. The current study discusses about the possibility of utilising the muddy juice of sugar processing unit for ethanol production.

MATERIALS AND METHODS

Collection of Muddy Juice and B Heavy Molasses

The muddy juice of about 90–95°C, received during the process of cane juice clarification was collected from Uttam Sugar Mills Unit to study the efficiency of muddy juice for alcohol production. The temperature of muddy juice was maintained at 80°C to avoid contamination or detoriation of sugar by microorganisms. The molasses from 2ndmaseccuite boiling of sugar which is called as B-Heavy molasses was collected from the storage of Experimental sugar factory of National Sugar Institute for the study.

Filtration of Muddy Juice

Juice extracted from the crushing mills containing impurities are removed by feeding on boiling into continuous clarifier by adding lime and heating the limed juice. The lime neutralises acids and precipitates impurities which "settle out" in clarifiers and are referred as Muddy Juice. Initially the muddy juice is filtered using muslin cloth followed by what man No: 1 filter paper. The clear juice obtained is utilized for the current study. The process flow diagram of Muddy Juice formation is given in the Figure 1.

Fermentation Study

Fermentation study was carried out in three different sets viz with Muddy Juice, B Heavy Molasses and Muddy Juice with B Heavy Molasses. All the three sets were analysed for pH, Total Dissolved Solids, Total Reducing Sugars, Specific gravity, Brix and Volatile Fatty Acids and then kept for fermentation at 30°C for 24 Hrs by adding commercial yeast, urea and ammonium phosphate. After 24 Hrs of anaerobic fermentation, the fermented wash is

analysed for Residual sugars and Alcohol%. A set is kept for analyzing unfermentable sugars (UFS) present in all Muddy Juice, B heavy molasses diluted with water and muddy juice. A model of Piping and Instrumentation diagram for utilizing the muddy juice in distillery for fermentation is given in the Figure 2 [9].

RESULT AND DISCUSSION

The muddy juice and B heavy molasses collected were subjected to various analysis and the results are given in the Table 1. Fermentation was carried out in three sets viz Muddy Juice, B Heavy Molasses diluted with water and B Heavy Molasses diluted with Muddy Juice. The B heavy molasses was diluted with water and Muddy Juice to set the initial TRS as 23%. The results observed following fermentation are given in the table 2. The fermentation was carried out at laboratory level with Muddy Juice showing untraceable UFS with initial TRS of 11.53%. B Heavy molasses diluted with water (BW) and B Heavy molasses diluted with muddy juice (BMJ) with 3.2% and 3.01% UFS were kept for fermentation with initial TRS of 23%. After 24 Hrs of fermentation, no residual sugar was identified in Muddy Juice fermented wash, and the residual sugar of 1.8% and 1.2% were found in BW fermented wash and BMJ fermented wash respectively. The alcohol % in the fermented wash of Muddy juice, BW and BMJ were found to be 5.78%, 10.80% and 11.22% respectively. The fermentation efficiency to produce alcohol at laboratory level was found to be 89.75%, 84.71% and 87.52% respectively. The Fermentation efficiency of BMJ is higher compared to that of BW and lower compared to that of muddy juice.

The results of the study reveals and suggests that the Muddy juice received during the process of cane juice clarification of about Temp of 90-95°C and Brix around 17 to 20 and Purity 65 to 70% may be utilized in the distillery for ethanol production. The muddy juice from the sugar factory can be filtered through double layered microfilters followed by cooling, to the temperature of 30-40°C. The cooled muddy juice can be pumped and sent to distillery fermenter for ethanol production as such or used to dilute the B heavy molasses.

The quantity of muddy juice diverted from 7000TCD sugar factory will be more than sufficient for running 60 KLPD distillery. The calculation will be as follows,
Crushing capacity/rate = 7000 TCD = 292 TCH
Muddy juice quantity (15% on cane) = 43.8T/Hr
Considering Muddy juice with Pol % = 12
Fermentable sugar per M.T. of muddy juice = 0.12 x 1.0526 = 0.126 T
Fermentable sugar available per Hr from muddy juice = 5.5 T/Hr.
For 60 KLPD, Fermentable sugar required = 3.88 T/Hr
Thus the Muddy juice quantity obtained from 7000 TCD sugar factory is sufficient for 60 KLPD distillery. Diversion of muddy juice to distillery not only enhances the bioethanol production it also conserves the steam and power required. While adopting the conventional method of recovery of sugar from Muddy juice, bagasse is consumed for mixing with muddy juice in rotatory vacuum filter and that bagasse is also conserved on diverting muddy juice to distillery following double layered vibro - screen filtration. The economics of Muddy juice diversion may be as given in the Table 3.

By diverting the Muddy Juice to distillery for ethanol production from sugar factory of 7000 TCD capacity to 60 KLPD distillery, the approximate profit of 20 lakhs/day may be earned with reference to the economics worked out in the Table 3.3. The muddy juice can be used to dilute the B heavy or C Heavy molasses in the distillery that reduces fresh water consumption for dilution. Thus dilution of Molasses with muddy juice adds additional advantage of reducing ground water extraction.

CONCLUSION

The study results paves way for increasing ethanol production from muddy juice, an industrial waste available from the sugar mills with the better profit. The diversion of muddy juice, the compressed sugar industry waste produced during filtration of cane juice, for ethanol production not only benefits the industry but also contributes to the broader goals of energy security and environmental sustainability that every country like India strives to achieve. More number of large scale trials need to be conducted at different sugar factories integrated with distillery for deriving at Standard Operating Procedures. The sugar factories may take up the trials along with the Government bodies with the permission of Ministry of Food and Public Distribution and Excise department. The sugar factories may come forward to take up the trials with the permission of government in order to support the country to attain the ethanol blending target. On deriving SOP through trials, the government may frame a clear roadmap for utilization of muddy juice for ethanol production that will benefit the nation as well as the industry. Thus muddy juice diversion to distillery for ethanol production will be better approach for the Sugar industries and Distilleries that are continuously striving to reduce the ground water extraction and saving the steam consumption.

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Table 1. Quality Parameters of Muddy Juice and B Heavy Molasses

Parameter	Muddy Juice	B Heavy Molasses
pH	6.80	5.70
TDS (PPT)	2.79	4.06
TRS %	11.53	55
Specific gravity	1.072	1.45
Brix (Degree)	18	86
VFA (PPM)	300	3000

Table 2. Fermentation Parameters of Muddy Juice and Diluted B Heavy Molasses

Parameters	Muddy Juice	B Heavy Molasses Diluted with Water (BW)	B Heavy Molasses Diluted with Muddy Juice (BMJ)
Initial TRS %	11.53	23	23
Unfermentable Sugars %	0	3.2	3.01
Residual Sugars %	0	1.8	1.2
Alcohol%	5.78	10.8	11.22
Fermentation Efficiency %	89.75	84.71	87.52

Table 3. Net Saving at Muddy Juice Diversion for Ethanol Production

Suppose Capacity of distillery	**KLPD**	**60**
TRS in B-Hy	%	55
Ethanol Production Lt/Ton of Molasses	Lt/Ton	310
Quantity of B-Hy Molasses required for 60 KLPD	Ton	193.55
Capacity of Sugar Plant	TCD	7000
Muddy Juice % Cane	%	15
Actual Muddy Juice after removal of bagasse etc	%	12.75
Quantity of Muddy Juice	Ton/Day	892.5
Bx of Muddy Juice	Degree	18
Bx of B-Hy	Degree	86
Bx of Molasses in Fermentor	Degree	13
Quantity of Water	Ton	1281.3
Analysis of Muddy Juice		
Bx	Degree	18
Pol	%	11.46
Pty	%	85.14
R.S/100Bx	%	0.7
TRS	%	11.53
Ethanol Production	Lt/Ton	73.8
Ethanol Production Lt by Muddy Juice	Lt	65866.5
Rate of Ethanol by Muddy Juice	Rs/Lt	58
Cost of Ethanol	Rs	3820257
Available Sugar In Muddy Juice	Ton	87.08
Cost of Sugar	Rs/Ton	40000
Cost Of Sugar	Rs	3483200
Recovery	%	11.5
Sugar Production	Ton	805
Cost saving if mud is not handled by Vacuum Filter Rs/Qtl Bags	Rs/Bags	100
Cost Saved	Rs	805000
Conversion Cost of ethanol	Rs/Lt	12
Conversion Cost of ethanol	Rs	790398
Profit	Rs	4625257
Loss	Rs	4273598
Net saving due to muddy juice use at fermenter	**Rs**	**351659**
Third Impact: We increase crush rate due to		
Muddy juice transfer at mill	T/Day	892.5
Quantity of bagasse saved @ Bagasse% Cane	%	28
At same steam quantity and power	Ton/Day	249.9

Cost of Bagasse @ Rs 2750/Ton	Rs	687225
Production of B-Hy @6 % Cane	Ton	54.78
Production of ethanol from additional B Heavy	Lt	16981.8
Cost of Ethanol Rs 60.73/Lt from additional B Heavy	Rs	1031305
Conversion Cost of ethanol @Rs 12/Lt	Rs	203781.6
Cost of cane Rs 3800/Ton	Rs	3391500
Recovery @11.5 Sugar	Ton	102.64
Cost of Sugar@Rs.40000/Ton	Rs	4105600
Conversion cost of Sugar @Rs600/Ton+ cane price Rs3800/Ton)	Rs	3927000
Net Profit due to increase crush Rate	**Rs**	**1693348**
Total Saving	**Rs/Day**	**2045007**

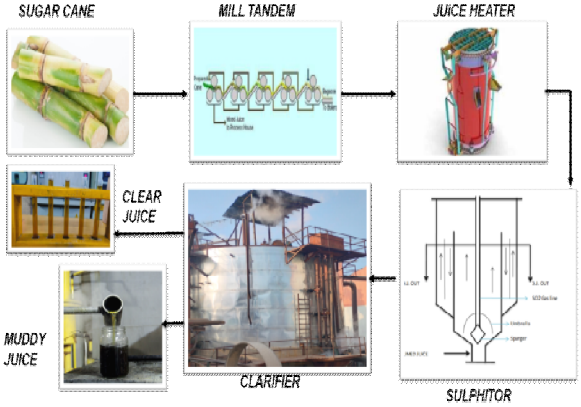

Fig. 1. Process Flow Diagram of Muddy Juice

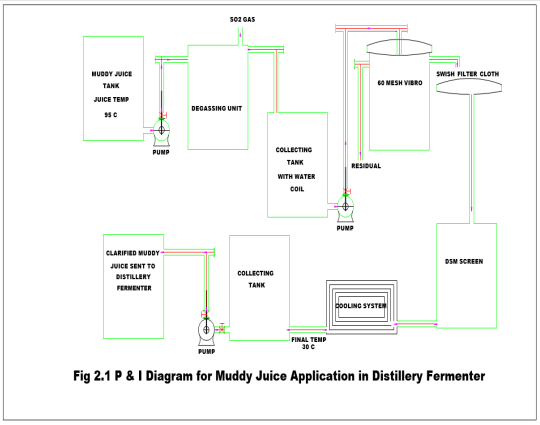

Fig. 2. P & I Diagram for Muddy Juice Application in Distillery Fermenter

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Characterization of Hemolymph and Hepatopancreas Agglutinins of the Marine Crab *Tumidodromia dormia*

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Received: 22 Apr 2025 Revised: 15 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Tissues like hemolymph, hepatopancreas, carapace, eye stalk, testis, ovary, egg and gills were screened for agglutinins and maximum hemagglutinating activity was documented. The hemolymph agglutinated cow, goat, buffalo, rat and mice erythrocytes; and the hepatopancreas extract agglutinated the erythrocytes of rats, goats and mice with much avidity. The pH and temperature sensitivity of the hemolymph agglutinin suggested its proteinaceous nature. The optimum pH was found to be from 7.5 to 8 and that of temperatures from 20°C to 30°C. The hemolymph agglutinin activity was dependent on calcium whereas manganese and magnesium showed a reduction in HA titre. However, all the cations tested documented an increase in HA titre at higher concentrations. Treatment with the calcium chelator tetrasodium EDTA showed a reduction in HA at 10 mM concentration. Hemagglutination inhibition experiments using glycoproteins and sugars revealed glycoproteins thyroglobulin and BSM and sugars N-acetyl glutamic acid and N-acetyl neuraminic acid, as the potent inhibitors that inhibited the agglutinin. The physicochemical analysis of the hepatopancreas agglutinin showed optimum hemagglutinating activity from pH 8-11.5 and temperature 0-60 °C. Cation dependency of the agglutinin showed an increase in HA titre with magnesium ions when compared to calcium and manganese ions. Treatment with calcium chelators EDTA and trisodium citrate did not affect the HA activity. The agglutinin was specifically inhibited by the glycoproteins lactoferrin and fetuin. Therefore, the

preliminary analysis of agglutinin sets the path for the isolation and analysis of the particular lectin and its application in diagnostics and targeted therapy against microorganisms and malignant cells. The FTIR analysis of both samples showed peaks at 1639 and 1637, confirming the presence of amide groups.

Keywords: Hemagglutinin, erythrocytes, glycoproteins, sugars.

INTRODUCTION

Invertebrates have a powerful and efficient immune system that relies on physiological barriers, cellular defences and humoral responses to combat infections. They lack adaptive immune responses and rely only on their innate immune system. Invertebrates' innate immune response depends heavily on germline-encoded molecules, lectins, β-1,3-glucan binding proteins and peptidoglycan recognition proteins to recognise non-self-entities (Paulchamy Ramaraj *et al.,*2022). Several lectins or agglutinins have been identified as valuable tools in fractionating and assessing oligosaccharides and glycopeptides because they specifically bind to N-linked oligosaccharide folds (Ravindranath *et al.,*1985). Agglutinins extracted from animal tissues were studied as anti-apoptotic, immunomodulatory, antiviral and anticancer therapeutic targets (Coelho *et al.,* 2017). Among the various classes of lectins isolated from invertebrates, sialic acid-specific lectins have gained prominence due to their function, which includes apoptosis induction, negative regulation of B cell signalling, cytokine secretion, induction and inhibition of bacterial and viral sialidases by altering the immune potency of sialoconjugates expressed on the microbial surface (Lehmann *et al.,* 2006; Elayabharathi *et al.,* 2020). The form of sialic acid and glycosidic interaction with the adjacent sugar in an oligosaccharide contribute to a remarkable diversity of sialyl epitopes in pathogenic bacteria and human cancer sialoconjugates (Mercy and Ravindranath, 1993).

Lectins have been identified in the immune system of marine crustaceans, such as lobster, crabs and shrimps which defend themselves from an invasion of bacterial, fungal and viral pathogens (Philip *et al.,* 2013). C- type lectin has been identified from *Portunus trituberculatus* (Kong *et al.,* 2008, Lu *et al.,* 2017), *Eriocheir sinensis* (Jin *et al.,*2013), *Travancoriana charu* (Sheeja and Basil Rose, 2016) and *Scylla paramamosain* (Jiang *et al.,* 2012). Sialic acid-specific lectins have been isolated from marine crabs *Liocarcinus depurator* (Fragkiadakis and Stratakis 1997),*Carcinoscorpius rotunda cauda* (Bishayee and Thambi Dorai, 1980) *Cancer antennarius* (Ravindranath *et al.,* 1985), *Atergatis subdentatus* (Denis *et al.,*2016), *Atergatis integerrimus (*Elayabharathi *et al.,*2020), *Grapsus albolineatus* (Rathika *et al.,*2022) and *Portunus reticulatus* (Paulchamy Ramaraj *et al.,*2022).

The hepatopancreas is an organ that stores and absorbs nutrients and is also the site for synthesising digestive enzymes. In times of a crisis such as starvation; and moulting or reproduction the energy required is obtained from the hepatopancreas. It is the major site for the synthesis of sex hormones and vitellogenin (Wang *et al.,* 2014). The hepatopancreas also plays a vital role in the immune process by limiting the microbiota as observed in HEP-CL a lectin identified in the hepatopancreas of shrimps (Cao *et al.,* 2021) and expression of PcLec3 a C-type lectin identified in the hepatopancreas of crayfish *Procambarus clarkii* which was up regulated on bacterial challenge suggesting hepatopancreas as a site of lectin synthesis (Zhang *et al.,* 2016). A calcium-dependent hepatopancreas lectin was isolated from *Oziotelphusa naga* that agglutinated rabbit erythrocyte. The lectin inhibited α-lactose and fetuin. The purified lectin had high antimicrobial activity towards the bacteria *Staphylococcus aureus, Klebsiella pneumoniae, Proteus mirabilis, Pseudomonas aeruginosa, E. coli* and fungi *Candida albicans* and *Aspergillus niger*(Vargila *et al.,*2024).

A perusal of the literature reveals a lacuna in the purification of a lectin from the hemolymph and hepatopancreas of marine crabs. Hence, the marine crab *Tumidodromia dormia* was selected for the identification and characterization of agglutinins which would help to purify the lectin and test for its biomedical applications.

MATERIALS AND METHODS

Collection of Crab

The crab *Tumidodromia dormia* was collected from the coastal area of Kela Manakudi, Kanniyakumari, Tamil Nadu, India (Latitude: 8.08583°N, Longitude: 77.48806 °E).

Preparation of Sample

Healthy crabs were selected to dissect parts of the body such as the carapace, eye stalk, hepatopancreas, testis, ovary, egg and gills. Tissues were washed with 0.7% saline and to prepare the extract, 100 mg of the tissue in 1 ml of cold TBS (Tris Buffered Saline: Tris HCl 50 mM, NaCl 100 mM, CaCl2 10mM, PH 7.5) was homogenized using a homogenizer to prepare the extract. The extracts were centrifuged at 4000 rpm for 10 minutes at 4°C and the supernatant was used for hemagglutination assay. The 3rd walking leg of the crab was cut using sterilized instruments and the hemolymph was collected in sterilized tubes and stored at 4°C, the crab was then safely let into its habitat. The hemolymph was centrifuged at 4000 rpm for 10 minutes at 4°C and the supernatant was used for hemagglutination assay.

Collection of Erythrocytes

Cow, goat, buffalo and pig blood samples were collected from slaughterhouses and the blood of rabbit was collected from a veterinary hospital by ear puncture and the blood of the rat by heart puncture. Blood samples were collected directly in sterile modified Alsever's medium, pH 6.1 (30 mM sodium citrate, 77 mM sodium chloride, 114 mM glucose, 100 mg neomycin sulphate and 330 mg chloramphenicol). Blood samples were suspended and washed three times with ten volumes of Tris-buffered saline TBS, pH 7.5 (Tris-HCl 50 mM, NaCl 100 mM, $CaCl_2$ 10 mM) and resuspended in the same 1.5% suspension.

Physico-Chemical Characterization

The hemolymph of the marine crab *Tumidodromia dormia* agglutinated the buffalo erythrocytes and hepatopancreas agglutinated rat erythrocytes. The characterization of the hemolymph and hepatopancreas agglutinin was carried out with buffalo and rat erythrocytes.

Stability of pH and Temperature

The pH and temperature dependence of the agglutinin was measured by pre-incubating the hemolymph and hepatopancreas extract at specific pH (5.5 - 11.5) and temperature (0ºC - 100°C) for 1 hour before adding erythrocyte suspension for hemagglutination assay.

Cations and EDTA Treatment

To study the divalent metal cation (Ca^{2+}, Mg^{2+} and Mn^{2+}) dependence of agglutinin, HA assays were performed in TBS (pH 7.5 for hemolymph and pH 8 for hepatopancreas) with these ions at varying concentrations (0 to 100 mM). To study the effect of calcium chelators (EDTA, EGTA and trisodium citrate) on the agglutinin, the hemolymph and hepatopancreas extract was pre-incubated at different concentrations (0.01 to 100 mM) of EDTA and trisodium citrate for 1 hour before adding erythrocyte suspension for HA assay.

Hemagglutination (HA) and Hemagglutination inhibition(HAI) assay

Hemagglutination and Hemagglutination inhibition assay were performed in 96 well, 'U' bottomed microtiter plates (Tarson, India) (Ravindranath and Paulson, 1987). The hemolymph and hepatopancreas extracts (25 µl) were serially diluted with TBS-BSA (25 µl, pH 7.5) and mixed with 25 µl of 1.5% mammalian erythrocyte suspension and incubated for 1 h at room temperature (30±2°C). HA titre was reported as the reciprocal of the highest dilution of agglutinin giving complete agglutination after 1 h. Hemagglutination inhibition assays were carried out by serially diluting 25 µl of known concentration of inhibitor (glycoprotein: 5 mg/ ml or sugar: 100 mM) in a microtiter plate with 25 µl of TBS - BSA. To each dilution, was added 25 µl of the hemolymph and hepatopancreas extract at the sub-

agglutination concentration (HA = 2). The inhibitor solution with the sample was incubated for 1 h at room temperature (30 ± 2 ◦C) and was mixed with 25 µl of 1.5% suspension of buffalo and rat erythrocytes. The HAI titres were reported as the reciprocal of the highest dilution of inhibitor giving complete inhibition of agglutination after 1 h.

FTIR analysis

FTIR analyses of the sample were done by KBr pellet in a 1:100 ratio and the spectrum was recorded using Shimadzu IR affinity – 1.

RESULTS AND DISCUSSION

Screening of tissues for hemagglutination activity

Tumidodromia dormia crab which lives in the shallow waters of the ocean is subjected to aquatic microbes and other pollutants. To overcome these stress factors the innate immune system of crabs produces agglutinin. Screening for the presence of agglutinins in *Tumidodromia dormia* documented the presence of agglutinin in the hemolymph and the hepatopancreas. The various tissue extracts of the crab were observed for hemagglutination activity. Carapace, eye stalk, testis, ovary, egg and gills failed to agglutinate the tested mammalian erythrocytes. HA activity was observed with the extracts of hepatopancreas against rat erythrocytes and hemolymph against buffalo erythrocytes.

The hemolymph agglutinated buffalo > goat > cow = rabbit erythrocytes. Maximum activity was observed with buffalo (HA = 128), moderate activity with goat (HA = 16) and minimal activity with cow and rabbit (HA = 2) erythrocytes (Table 1). A similar affinity was seen in *Scylla serrata* (Mercy and Ravindranath, 1993), *Charybdis feriatus* (Congjie *et al.,* 2006), *Portunus pelagicus* (Jayanthi *et al.,* 2017) and *Atergatis integerrimus* (Elayabhrathi *et al.,*2020). The hepatopancreas agglutinin was able to agglutinate rat> goat>mice erythrocytes. Maximum activity was noted against rat (HA= 512) and moderate agglutination with goat (HA=128) erythrocytes (Table 1). Similar affinity to rat erythrocytes was also observed in *Lamella lamellifrons* (Silvester *et al.,* 2022), *Varuna litterata* (Shoba and Basil Rose 2016) and *Grapsus albolineatus* (Rathika *et al.,*2022). The structural characteristic is an important factor for agglutinins to agglutinate cells which express mono or di or complex carbohydrate moieties on the surface (Barondes, 1988). The preferential agglutination of erythrocytes concurs with the results of hemolymph agglutinin of marine crab *Grapsus albolineatus* (Rathika *et al.,*2022) suggesting the affinity of the agglutinin to the sialic acid-specific sugars expressed on the erythrocytes surface. The failure to agglutinate other erythrocytes is the inability of the agglutinin to recognise the cell surface receptors present on the surface of the erythrocytes that cause agglutination (Shoba and Basil Rose, 2016). The lectins present in the serum of marine crustacea have distinguished binding specificity towards cell surface glycoconjugates of mammalian erythrocytes which has variation and is observed in the hemagglutination activity (Denis *et al.,* 2016).

Effect of pH and temperature on the hemagglutination of hemolymph and hepatopancreas agglutinin

The agglutinin of hemolymph of *Tumidodromia dormia* crab was pH and temperature-sensitive. The agglutinin was exposed to different pH and temperature for one hour. The hemolymph agglutinin was stable at a pH of 7.5 – 8 and a temperature of 20°C (HA = 128). The lectin of *Lamella lamellifrons* was sensitive towards pH and temperature (Mettilda Bai and Rose, 2020). The agglutinin of hepatopancreas was found to be pH-sensitive and a maximum HA of 2048 was observed from pH 8 to 11.5. The agglutinin activity was stable at temperatures up to 60°C with a HA value of 2048 up to 60°C and the activity seemed to gradually decrease when the temperature spiked up (Table 1). The agglutination of the hepatopancreas agglutinin was maximal at a pH of 8 and above. The variation of HA of agglutinin was due to the alteration in their structural conformation. At acidic pH, protonation of amino acid disrupts the binding site (Di Russo *et al.,*2012). In basic pH, the protonation of amino acids changes, affecting the shape and accessibility of binding sites and reducing the activity (Onufriev and Alexov, 2013). The basic solution does not denature protein like the acids, still they undergo partial unfolding that impairs their functional activity (Lapidus, 2017). Similar activity was noted in *Atergatis subdentatus* which had maximum activity at a pH of 6.5 to 8.5,

suggesting the adaptability of the crab to survive in slightly acidic to alkaline pH (Denis *et al.,*2016). Physicochemical characterization is a prerequisite for the purification of the specific lectin and to study of its biological application. At an optimum pH, the polymeric hemocyanin molecules that may be in equilibrium with the agglutinin molecules may get dissociated thus releasing the agglutinin and causing an increase in HA titre (Rathika *et al.,*2022). The hemagglutinability of the agglutinin of *Tumidodromia dormia* was stable from 4°C to 60°C and a further increase in temperature reduced the HA activity. It might be due to the denaturation of the protein and destabilization of the weak interaction between lectin and carbohydrate ligands causing attenuated agglutinating activity. Prolonged exposure to high temperatures may cause the protein to denaturize and destabilize the tenuous contact between the lectin/ agglutinin and its carbohydrate ligands, which results in diminished agglutinating activity, which could explain the drop in HA (Dilna *et al.,*2022). Hydrophobicity and electrostatic interactions between molecules and cysteine residues that promote the formation of disulphide bonds might be the reason behind stability at higher temperatures (Dilna *et al.,* 2022).

Cationic Treatment of Agglutinin

Treatment of hemagglutinin with cations documented the cation dependency of the agglutinins. The HA decreased with an increase in manganese and magnesium concentration and maintained stability up to 40 mM calcium and above 50 mM the HA titre increased moderately. This shows that the agglutinin present in the hemolymph of *Tumidodromia dormia* is dependent on manganese and magnesium (Table 3) and the intrinsic calcium is sufficient to maintain its agglutinin activity. The HA of hepatopancreas agglutinins decreased with an increase in calcium and magnesium concentration. In the case of manganese, the HA value of 1024 was retained up to 10 mM and showed a gradual decrease with an increase in concentration. This shows that the agglutinin present in the hepatopancreas of *Tumidodromia dormia* is dependent on cations (Table 4). Divalent cations also help align protein functional groups for ligand coordination and hold the lectin subunits together (Murali *et al.,*1999). Hemagglutinins' fundamental structure is significantly stabilized by both extremely low and high quantities of divalent cations (Anderson and Good 1975). Agglutinins need specific cations for optimal carbohydrate activity to stabilize the structure. In lower concentrations, the incomplete saturation of the metal-binding site leads to the carbohydrate-binding site not being fully activated and not sufficiently stabilized. This causes reduced or stable hemagglutinin activity. At higher concentrations of 50 mM and 100 mM, the cations completely occupy the binding site making the agglutinin stable and active, which enhances the affinity for carbohydrates (Mandal and Brewer 1993). The agglutinin activity reduces when cation levels deviate far from its range. The insufficient level of cations prevents activation, leading to stable or reduced activity of agglutinin leading to changes in ionic strength and protein conformation (Bouckaert et al.,2003). Crustacean agglutinins are usually calcium-dependent and differ significantly in their molecular structure and sugar preference (Mercy and Ravindranath, 1992). Only a few studies on crustacean lectins have shown that they are independent of divalent cations and insensitive to EDTA (Yang *et al.,*2007). Calcium-dependent agglutinin has been observed in almost all marine crabs like *Scylla serrata* (Philip *et al.,* 2013 and Jeyaraj *et al.,*2010), *Liocarcinus depurator* (Fragkiadakis and Stratakis 1997), *Cancer antennarius* (Ravindranath *et al.,* 1985) and *Atergatis integerrimus* (Elayabharathi *et al.,* 2020).

Treatment using Calcium Chelators

The hemolymph agglutinin was subjected to EDTA – Di and Tetrasodium EDTA, EGTA and Tri sodium citrate. When treated with tetrasodium salt the HA values were maintained at 32 at 0.01 mM, 0.1 mM and 1 mM and gradually decreased from 10 mM. When subjected to Disodium EDTA the HA value increased to 4096 at 1 mM and slowly decreased with increasing concentrations. In EGTA the HA was stable at lower concentrations (HA=128) and reduced at 50mM and 100mM. In the case of Tri sodium citrate, the value was constant in all concentrations above 0.1 mM. The chelators tetrasodium EDTA reduced the HA activity at 20 mM concentration (Table 5). The hepatopancreas agglutinin was subjected to EDTA – Disodium EDTA, Tri sodium citrate and Tetra sodium salt. When treated with Disodium EDTA the HA values were maintained at 2084 from 0.01mM, 0.1mM and 20 mM and gradually decreased from 30 mM. In the case of Tri sodium citrate and tetrasodium salt, the value was constant in all concentrations (Table 6) with an increase in HA when compared to O'Tris which is devoid of cations. At the concentrations of 0.01 and 0.1 mM of disodium EDTA small fractions of metal ions are available for binding. This

causes the agglutinin to become less active (Sharon and Lis, 2004). At low to moderate trisodium citrate concentrations citrate helps maintain a stable pH environment and stabilizes the protein structure which chelates free metal ions that destabilize or interfere with the function of agglutinin. At moderate to high concentrations citrate continues to enhance solubility, prevent aggregation and maintain the agglutinin in its active form which increases the activity (Kumari and Singh, 2011). A well-maintained pH can ensure that agglutinin remains in its active form since proteins are highly sensitive to changes in pH. Trisodium citrate acts as a buffer and maintains a stable pH in the solution that enhances carbohydrate-binding activity. Citrate is also known to stabilize agglutinin by interacting with their surface, binding to a positively charged amino acid which prevents aggregation and unfolding leading to increased activity as the concentration of trisodium citrate increases. At lower concentrations, tetrasodium EDTA binds to free metal ions which have minimal effect on agglutinin activity. Tetrasodium like other forms of EDTA is a strong chelator that binds divalent metal ions such as calcium and magnesium which are often required for the proper structure and functions of lectins. As the concentration of tetrasodium increases, it chelates more metal ions that are needed for structural stability and function, which interacts with ions that maintain the folding of proteins, resulting in partial or complete denaturation of agglutinin (Sharon and Lis, 2004). At increased concentrations, tetrasodium continues to remove metal ions like calcium and magnesium. The chemical environment of the binding site alters when the ions help positioning the sugar molecules making it less effective or completely inactive in recognizing and binding carbohydrates. The agglutinin lacks metal ions that are needed because the increased chelating effect strips away all the metal ions (Chatterjee and Bhattacharrya, 2007). EGTA is a calcium chelator with less affinity toward magnesium, it binds to calcium ions and removes them. In the concentration of 40mM EGTA, the calcium needed for agglutination is chelated resulting in a decrease in HA. Calcium ions help to maintain the structure while chelating calcium disrupts the structure (Loris, 2002). EGTA destabilizes the carbohydrate recognition domain leading to loss of agglutination activity (Weis and Drickamer, 1996). Only a few research on crustacean lectins has demonstrated that they are resilient to EDTA and unaffected by divalent cations (Elayabharathi *et al.,*2020).

Hemagglutination Inhibition Assay

The hemagglutination inhibition assay was done with glycoproteins and sugars to find the affinity that binds to the agglutinin of hemolymph and hepatopancreas extract. The HA activity of the hemolymph was inhibited when using thyroglobulin and BSM at a higher concentration with a HAI of 512 and in fetuin HAI of 2; and in the case of sugars, N acetyl glutamic acid and neuraminic acid inhibited a with a HAI of 64 (Table 7). Agglutinin activity of hepatopancreas extract was inhibited by D glucuronic acid with a HAI of 128 and other sugars such as D-fucose, N acetyl D glucosamine, muramic acid, GluNAc, methyl-D-Glu pyranoside, stachyose hydrate pronostachys, D-fructose, D-glucose, N acetyl glutamic acid, L-Rhamnose showed a minimum HAI titre. When tested with glycoprotein it was found that it had an affinity towards lactoferrin>fetuin, but failed to inhibit other glycoproteins tested (Table 8). The hemagglutinins of crab *Tumidodromia dormia* exhibited affinity towards the specific glycoprotein and sugars as evident with its specific recognition towards rat and buffalo erythrocytes which share a similar receptor (Chien *et al.,* 1978; Nowak *et al.,* 1986). The inability of other glycoproteins and sugars to prevent from clumping together suggests that a particular sialic acid linkage present in the terminal oligosaccharide may be the cause of the inhibition. (Mercy and Ravindranath, 1992). The BSM has 9-O acetyl and 8, 9- di- O - acetyl - N-acetyl neuraminic acid (Schauer 1982), thyroglobulin and fetuin have NeuGc (Spiro 1960; Graham 1966; Jeanloz 1966; Mc Quillan and Trikojus 1966; Yamamoto et al., 1981) as the sialic acid moiety (Slomiany et al., 1974). Lactoferrin has a single polypeptide chain, with double glycan attached to N-glycosidic linkages. They also have N-acetyl neuraminic acid, mannose, fucose, N-acetyl glucosamine and N-acetyl galactosamine (Coderville *et al.,* 1992). Similar results were reported in the hemolymph of *Lamella lamellifrons* (Bai and Rose 2022). The sugar residues to which sialic acid is connected, greatly influence the shape of the acid. The variations in the hemagglutination inhibitory potency of the glycoproteins and sugars also be explained by these variations in conformation(Berman, 1984).

FTIR analysis

The FTIR spectrum of the hemolymph and hepatopancreas extract of the marine crab *Tumidodromia dormia*. The Fourier Transform Infrared (FTIR) analysis of hemolymph revealed characteristic bands which included both proteins and sugars. The peak activity was observed at 3441 cm^{-1}, correlating with the highest transmittance at 486 cm^{-1}, indicating the presence of primary amines in the sample. Additionally, the strongest transmission for the carbonyl (C=O) group at 1639 cm^{-1} confirmed the existence of amides. Furthermore, the elevated transmittance at 486 cm^{-1} also suggested the presence of cycloalkanes. The hepatopancreas of *Tumidodromia dormia* exhibited major peaks at 3442.94, 2069.62, 1637.56, 1207.44, 1047.35 and 553.37cm^{-1}. The peak, 3442.94cm^{-1} proves an OH stretching vibration documenting the presence of alcohol or hydroxyl groups. The subsequent peak at 2069.62 cm^{-1} shows C≡C or C≡N stretching vibration which are not affected by hydrogen bonding. The peak 1637.56cm^{-1} indicates the functional groups as alkenes or amides in this region. Since the couple is found near 1550cm^{-1} it proves the presence of C=C alkenes. The peak 1207.44 cm^{-1} is assigned to have C-O stretching or aromatic bending. This indicates the presence of secondary or tertiary alcohols or esters present in the sample. The lowest peak of 553.37 cm^{-1}, reveals the presence of halogenated compounds or specific bending vibrations in aromatic systems. These results collectively provide critical insights into the molecular composition of the sample. The peptide group have amide I and amide II in the infrared spectrum. The amide I band is the C=O stretching vibration and is related to the backbone conformation while amide II is the N-H bending and C-N stretching vibration (Byler and Susi 1986). The parallel beta-sheet structure leads to an amide I absorption near 1640 cm-1. The spectral region between 1500 cm-1 to 1000 cm-1 represents the bands relevant to sugars and it corresponds to C-O bending and C-OH stretching. Further studies on the agglutinin conformation pave the way to analyse the α helix and β-sheet and thereby deduce the crystal structure by X-ray crystallography or NMR spectroscopy (Bonnin *et al.,* 1999).This study has paved the way to isolate a lectin and the purified lectin can be characterized and studied for its biomedical applications.

CONCLUSION

The identification of an agglutinin from the hemolymph and the hepatopancreas extract of *Tumidodromia dormia* which is specific to sialic acid can be tapped for antimicrobial and anti-cancerous activities. The agglutinins can be purified to obtain a potential lectin which can be used for diagnosis and treatment.

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Table 1 Hemagglutination of tissue agglutinin of *Tumidodromia dormia* against mammalian erythrocyte.

Tissue (n = 10)	HA titre					
	Cow	Goat	Buffalo	Pig	Rabbit	Rat
Carapace	-	-	-	-	-	-
Eye stalk	-	-	-	-	-	-
Hepatopancreas	-	128	-	-	-	512
Testis	-	-	-	-	-	-
Ovary	-	-	-	-	-	-
Eggs	-	-	-	-	-	-
Gills	-	-	-	-	-	-
Hemolymph	2	16	64-128	-	2	-

*n = number of trials.

Table 2 Temperature and pH stability of agglutinins of *T. dromia*.

pH	HA titre of hemolymph	HA titre of hepatopancreas	Temperature °C	HA titre of hemolymph	HA titre of hepatopancreas
6	16	512	4	32	2048
6.5	16	512	10	32	2048
7	32	512	20	128	2048
7.5	128	512	30	64	2048
8	128	2048	40	64	2048
8.5	64	2048	50	32	2048
9	32	2048	60	0	2048
9.5	32	2048	70	0	512
10	32	2048	80	0	256
10.5	32	90	10.5	2048	64
11	32	100	11	2048	4

Table 3: Effect of cations on the hemaglutinating activity of the hemolymph agglutinin of the marine crab*Tumidodromia dormia*.

Concentration (mM)	Calcium	Magnesium	Manganese
	HA titre		
0.01	128	128	32
0.1	128	64	32
1	128	64	16
10	128	32	32
20	128	32	32
30	128	128	32
40	128	128	32
50	256	128	512
100	256	256	512

Table 4 Effect of cations on the hemagglutinating activity of the agglutinin of the hepatopancre as of the marine crab, *Tumidodromia dormia*.

Concentration (mM)	Calcium	Magnesium	Manganese
		HA titre	
O'Tris	1024	1024	1024
0.01	1024	512	1024
0.1	1024	512	1024
1	1024	2048	1024
10	2048	2048	1024
20	2048	2048	512
30	512	2048	126
40	512	1024	126
50	512	1024	126
100	126	512	126

Table 5 Effect of chelators on the hemagglutinating activity of the hemolymph agglutinin from *Tumidodromia dormia*.

Concentrations (mM)	Disodium EDTA	Tri sodium citrate	Tetrasodium EDTA	EGTA
0.01	512	2048	32	128
0.1	512	2048	32	128
1	4096	4096	32	128
10	4096	4096	16	128
20	2084	4096	4	128
30	2084	4096	2	128
40	128	4096	2	128
50	128	4096	2	64
100	0	4096	0	64

Table 6 Effect of chelators on the hemagglutinating activity of the agglutinins of the hepatopancreas extract from *Tumidodromia dormia*.

Concentrations (mM)	Disodium EDTA	Tri sodium citrate	Tetrasodium EDTA	EGTA
0.01	2084	4096	4096	2084
0.1	2084	4096	4096	2084
1	2084	4096	4096	2084
10	2084	4096	4096	2084
20	2084	4096	4096	2084
30	1024	4096	4096	1024
40	1024	4096	4096	1024
50	512	4096	4096	512
100	256	4096	4096	256

Table 7: Hemagglutination Inhibition of hemolymph agglutinin of *Tumidodromia dormia*.

Inhibitors (n=3)		HAI	Minimum conc. Required (µg/ml)/mh	Relative inhibitory potency (%)
Glycoprotein (µg/ml)	Thyroglobulin	512	0.195	100
	BSM	512	0.195	100
	Fetuin	2	50	0.195
Sugars(mM)	N-acetyl glutamic acid	64	1.56	100
	Neuraminic acid	64	1.56	100

Table 8: Hemagglutination Inhibition of hepatopancreas agglutinin of *Tumidodromia dormia*.

Inhibitors (n=3)		HAI	Minimum conc. Required (µg/ml) / mh	Relative inhibitory potency (%)
Glycoprotein (µg/ml)	Lactoferrin	64	1.56	100
	Fetuin	32	3.12	50
	Transferrin	16	6.25	25
	Thyroglobulin	2	50	3.12
	Holo-transferrin	2	50	3.12
	Colomic acid	2	50	3.12
	PSM	2	50	3.12
	Apotransferrin	2	50	3.12
Sugar (mM)	D-glucoronic acid	128	15.6	100
	L-Rhamnose	4	1250	31.2
	N-acetyl D-glucosamine	2	2500	15.6
	Muramic acid	2	2500	15.6
	D-fucose	2	2500	15.6
	Glu Nac	2	2500	15.6
	Methy D-gly pyrinoside	2	2500	15.6
	Stachyose hydrate prono Stachys	2	2500	15.6
	D-fructose	2	2500	15.6

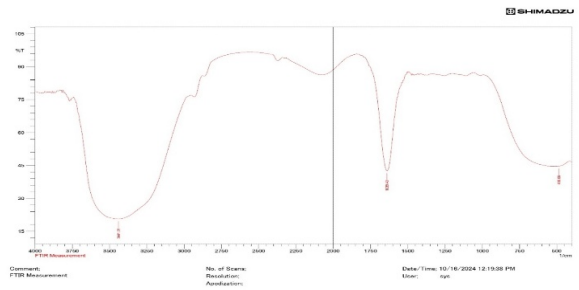

Fig 1 FTIR analysis of hemolymph

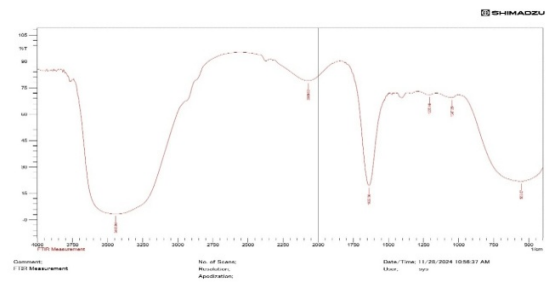

Fig 2 FTIR analysis of hepatopancreas

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

A Brief Discussion on Human-Wildlife Coexistence

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Received: 19 Apr 2025 Revised: 20 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Human-wildlife coexistence has emerged as a pressing concern in contemporary conservation and sustainable development, fuelled by climate change, habitat encroachment, and the resurgence of certain wildlife populations. This article explores the conceptual frameworks, challenges, and potential strategies for fostering harmonious interactions between humans and wildlife in shared landscapes. Drawing upon interdisciplinary perspectives, it underscores the importance of integrating ecological, cultural, and socio-economic dimensions to address ethical dilemmas, divergent stakeholder values, and conflict resolution. Successful coexistence necessitates context-specific, adaptive approaches that reconcile biodiversity conservation with human well-being, ensuring the resilience of both ecosystems and communities.

Keywords: Human-wildlife conflict, conservation strategies, sustainable development, biodiversity management, ecological resilience

INTRODUCTION

Human interactions with wildlife are becoming more frequent due to factors such as climate change, habitat fragmentation, and the growing human population. Conservation efforts, while often successful in restoring wildlife populations, have also increased the chances of humans encountering wild animals in shared spaces. Consequently, understanding how humans and wildlife can coexist is becoming a priority, not only for the conservation community but also for policymakers, developers, and those living close to wildlife. Coexistence, as opposed to conflict, emphasizes a positive relationship, yet its study remains less defined. This article aims to explore human-wildlife

coexistence through interdisciplinary approaches, emphasizing its importance in shared multi-use landscapes and addressing the various factors that influence this dynamic.

DEFINING HUMAN-WILDLIFE COEXISTENCE

Human-Wildlife Conflict vs. Coexistence

The terms "human-wildlife conflict" and "human-wildlife coexistence" are often used interchangeably, but they represent different aspects of the human-wildlife relationship. Human-wildlife conflict refers to negative interactions, such as property damage, loss of livestock, or human injury caused by wildlife. Coexistence, on the other hand, refers to the ability of humans and wildlife to share landscapes in a way that minimizes conflict and promotes positive interactions. While coexistence may reduce conflict, it also encompasses a broader framework that includes tolerance, respect, and the development of strategies to sustain both human livelihoods and wildlife populations.

Challenges in Defining Coexistence

One of the challenges in studying human-wildlife coexistence is its inherent ambiguity. Unlike conflict, which can be quantified through incidents such as attacks or property damage, coexistence is harder to measure. It involves refraining from negative actions, such as retaliation against wildlife and often requires complex social, cultural, and ethical considerations. As Pooley (2021) notes, coexistence cannot be easily generalized, as it varies significantly between contexts and regions. This necessitates a localized approach, taking into account the specific species involved, human interests, and historical context.

DRIVERS OF HUMAN-WILDLIFE INTERACTIONS

Climate Change and Habitat Encroachment

As climate change alters ecosystems, wildlife is forced to move into new areas, often leading to increased human-wildlife interactions. Droughts, deforestation, and urban sprawl exacerbate habitat fragmentation, pushing species out of their natural ranges. This often leads to wildlife entering human-dominated landscapes in search of food, water, and shelter, resulting in more frequent interactions, both positive and negative (Linnell &Kaltenborn, 2020).

Conservation Success and Recovery

Paradoxically, conservation success stories, such as the recovery of large carnivores like wolves and tigers, have also increased the potential for conflict. As these species rebound and reclaim territories that overlap with human activity, coexistence strategies become crucial for maintaining biodiversity without compromising human safety or livelihoods. This highlights the need for forward-thinking conservation policies that anticipate and manage these interactions (Thinley et al., 2020).

Zoonotic Diseases and Wildlife Health

Human-wildlife interactions are also increasingly viewed through the lens of zoonoses—diseases transmitted between animals and humans. Recent pandemics, such as COVID-19, have brought attention to the risks of human encroachment into wildlife habitats. Effective coexistence must consider the management of wildlife health to prevent the emergence and spread of zoonotic diseases (Broz et al., 2019).

INTERDISCIPLINARY APPROACHES TO COEXISTENCE

Incorporating Social Science

Conservation science alone cannot address the complexities of human-wildlife interactions. Social science disciplines, including anthropology, sociology, and economics, provide critical insights into how different human communities perceive and interact with wildlife. For example, ranchers in the American West may have different concerns about wolf reintroduction compared to indigenous communities living near tiger reserves in India. Understanding these diverse perspectives is essential for developing coexistence strategies that respect local cultures while ensuring wildlife protection (Oommen et al., 2021).

Ethics and Coexistence

The ethical dimensions of human-wildlife coexistence are often overlooked. Ethical frameworks help evaluate the rights and responsibilities of both humans and wildlife in shared landscapes. For instance, does the survival of an endangered species justify restrictions on human activity, even if it imposes economic hardship on local populations? Conversely, what ethical responsibilities do humans have in ensuring the survival of species affected by human activities, such as deforestation or climate change? The need for a relational rather than a dualistic approach to human-wildlife coexistence has been highlighted by scholars like Schroer (2021), who emphasize the importance of considering the well-being of all species in a shared environment.

Valuation of Wildlife

Different ways of valuing wildlife also play a role in coexistence strategies. Wildlife can be valued for its ecological, economic, or cultural significance, and these values often conflict. For example, elephants are revered in many cultures but may also destroy crops, leading to economic losses for farmers. Addressing these competing values requires careful negotiation and, in some cases, compensation schemes to ensure that those living near wildlife are not disproportionately burdened by the costs of conservation (Bhatia, 2021).

CASE STUDIES IN HUMAN-WILDLIFE COEXISTENCE

Coexistence in Agricultural Landscapes

In many parts of the world, agricultural landscapes are shared with wildlife. For instance, farmers in South Asia often coexist with species like leopards, which occasionally prey on livestock but also control populations of smaller herbivores that damage crops. In such cases, coexistence strategies include non-lethal deterrents, such as predator-proof enclosures for livestock and compensation schemes for livestock losses. Thinley et al. (2020) describe how local communities in Bhutan have successfully adopted these measures, fostering a relatively harmonious relationship with wildlife.

Urban Wildlife Coexistence

Urban environments are increasingly becoming shared spaces for humans and wildlife, from raccoons and foxes to larger species like deer and even bears. In cities like Vancouver, Canada, and Oslo, Norway, urban planners are integrating wildlife corridors and green spaces to encourage coexistence with species that have adapted to urban life. These spaces not only provide critical habitat for wildlife but also offer educational opportunities for urban dwellers to learn about and appreciate their local fauna (Martin et al., 2019).

Indigenous Approaches to Coexistence

Indigenous communities have long histories of coexisting with wildlife, often in ways that differ significantly from Western conservation models. For example, the Maasai people of East Africa have traditionally coexisted with large herbivores and predators, maintaining sustainable practices that ensure both their survival and the well-being of the ecosystem. Oommen et al. (2021) emphasize the importance of incorporating indigenous knowledge and practices into modern conservation efforts, as they offer valuable lessons in long-term coexistence.

STRATEGIES FOR FACILITATING COEXISTENCE

Education and Awareness Campaigns

Public education is a key tool in promoting coexistence. Misconceptions about wildlife can lead to fear and hostility, making it harder to foster tolerance. For instance, many people fear predators like wolves or sharks, even though the risk of attack is extremely low. Education campaigns that focus on the ecological benefits of these species, as well as practical advice on how to avoid conflict, can help reduce negative perceptions and promote coexistence (Glikman et al., 2020).

Community-Based Conservation

Community involvement is crucial in developing effective coexistence strategies. Conservation projects that work closely with local communities, offering them a voice in decision-making and tangible benefits, are more likely to

succeed. For example, the Snow Leopard Trust in Central Asia engages local herders in snow leopard conservation by providing them with alternative livelihoods, reducing their reliance on livestock and, consequently, their incentive to retaliate against predators (Bogezi et al., 2019).

Technological Solutions

Innovations in technology are also contributing to coexistence efforts. For example, GPS collars and satellite tracking allow wildlife managers to monitor animal movements and intervene before conflicts arise. In areas where elephants pose a threat to crops, early warning systems that alert farmers to approaching elephants can help reduce crop damage and prevent retaliation (Pettersson et al., 2020).

THE FUTURE OF HUMAN-WILDLIFE COEXISTENCE

Adapting to Changing Landscapes

As human development continues to expand, the need for adaptable and flexible coexistence strategies will become more urgent. Conservationists, urban planners, and policymakers must collaborate to create multi-use landscapes that prioritize both human needs and wildlife conservation. This includes designing infrastructure that minimizes habitat fragmentation, such as wildlife overpasses and underpasses, and promoting sustainable agricultural practices that support biodiversity (Kaltenborn& Linnell, 2020).

Policy and Governance

Governments have a key role to play in facilitating coexistence. This involves enacting policies that protect critical habitats, regulate land use, and provide incentives for coexistence, such as compensation schemes and subsidies for conservation-friendly practices. International cooperation is also essential, particularly for species that cross national borders, such as migratory birds or large carnivores like tigers and wolves. Effective policy frameworks should be adaptive and grounded in ecological, economic, and social realities, ensuring long-term sustainability for both wildlife populations and human communities (Linnell et al., 2020).

Sustainable Development and Conservation

A central tenet of human-wildlife coexistence is the integration of sustainable development goals (SDGs) with conservation efforts. SDG 15, which focuses on life on land, calls for the protection, restoration, and promotion of sustainable use of terrestrial ecosystems. Human-wildlife coexistence directly ties into this by ensuring that economic development does not come at the expense of biodiversity. Efforts to reconcile economic growth with conservation, such as ecotourism or sustainable agriculture, can create win-win scenarios where both humans and wildlife thrive (Kideghesho et al., 2019).

CONCLUSION

Human-wildlife coexistence is not merely about avoiding conflict; it is about fostering a relationship that respects both human and animal needs in shared landscapes. Achieving coexistence requires interdisciplinary collaboration, combining insights from conservation biology, social sciences, ethics, and governance. It demands localized strategies that account for the specific challenges and opportunities within each community, species, and ecosystem. As human populations continue to expand and habitats shift due to climate change, coexistence will become an increasingly critical component of conservation efforts. Through adaptive policies, community engagement, education, and innovative technologies, coexistence can serve as a guiding principle for sustainable human development and biodiversity preservation.

ACKNOWLEDGEMENT

I sincerely thank the Principal of Suri Vidyasagar College and the Head of the Department of Zoology for their invaluable support and guidance, which greatly contributed to the completion of this article.

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Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Bioburden on our Day-to-Day Makeup Products

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Received: 12 May 2025 Revised: 19 May 2025 Accepted: 24 Jun 2025

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ABSTRACT

Several women rely heavily on cosmetics in their daily lives. It enhances and fascinates one's appearance and conceals scars, bruises, and spots. With the rise of numerous new cosmetics brands and their indiscriminate use, it is essential to understand how their use and management can impact one's skin and health. They are an integral part of women's lives and will continue to be so. Some products, such as compact powder, kajal, lipstick, lip tint, and mascara, are used daily. Cosmetic products primarily contain water, oils, and chemical components, which can provide an ideal breeding ground for microorganisms. In today's beauty-conscious world, sharing lipstick and makeup may appear harmless. Still, it harbors a variety of microorganisms that put people at risk of contracting various skin and eye problems, such as breakouts, itching, redness on the face, and around the eyes, as well as irritated eyes. Also, the limited shelf life of makeup products and our continued use of them after their expiration date are other major concerns. In this research, the testers, expired products, and products that are shared among peers, especially by young students, have been collected, and the microorganisms have been isolated. Following pure culture preparation, the samples were subjected to several tests, including gram staining, antibiotic resistance testing, and biochemical testing, which enabled us to determine the likely microorganisms present in the samples.

Keywords: antibiotic resistance test, biochemical characterization, cosmetics, microorganisms, staining.

INTRODUCTION

Cosmetics have been a part of our daily lives ever since ancient times. The records of the use of cosmetics in ancient Egypt, India, and China prove their presence and need in the functioning of society (Nayak & Ligade, 2021). The main purpose of cosmetics is to enhance one's appearance and conceal the flaws one wants to hide. In ancient times, cosmetic products were also used for medicinal purposes apart from their beauty appeal. The same cannot be said for the products in today's market. These products are important to women's lives and will continue to be so. Some products, such as compact powder, kajal, lipstick, lip tint, and mascara, are used daily. With the increase in their use and the rise of many new and upcoming cosmetics brands, it has become necessary to understand how their use and management can affect one's skin and health (Mitsui, 1997). The presence of cosmetics in our daily lives also comes with practices that seem harmless initially but aren't in their long run. One of the practices used by people when using cosmetics is the sharing of products among peers and family members. Though it seems harmless, the sharing of cosmetics has been attributed to various skin and eye problems such as breakouts, itching, redness on the face, and around the eyes, as well as irritable eyes (Sędzikowska *et al.* 2021). The sharing of makeup products is not the main culprit that leads to such consequences; rather, it is the limited shelf life of these products and our consumption of them even after their expiry date (Giacomel *et al.*, 2013, Halla *et al.*, 2018). The expiry date of these products is quite ambiguous as they do not tend to share a specific date; rather, it is based on when one decides to open and use the product, which also puts one at risk of contracting infections. Makeup products with high costs can be tried using the testers, not realizing that it is used by multiple customers which can cause serious health issues upon poor handling of makeup products (Chen & Li, 2022). The reason cosmetics lead to such issues is that these products primarily contain water, oils, and chemical components, which can provide an ideal breeding ground for microorganisms (Almoughrabie *et al.*, 2020, Tang & Du, 2024). In this article, we set out with three major characterizations of the cosmetics samples: Tester; available at shops for consumer's feasibility, expired products beyond their shelf life, and used/shared products. The samples were then inoculated, and we isolated various bacteria and were tested through a series of tests, which included the Gram staining, antibiotic resistance test, and biochemical tests, which helped us identify the probable microorganisms found in these samples.

MATERIALS AND METHODS

Survey

A small survey was conducted among undergraduate students to understand the frequency with which people tend to use cosmetics and whether they have ever experienced any sort of reaction after using testers.

Sample collection

The cosmetic samples were collected from shops selling makeup products that had testers for consumers to try. The samples were a mix of different brands and products: lipstick, blush, and compact. The expired products collected were those that were beyond their shelf life and were still being used by people. They consisted of lipstick, compact, and primer. The used products were shared among peers and family and contained lipstick, blush, compact, and lip balm. In total 11 samples were collected and labeled as A, B, C, D, E, F, G, H, I, J, and K. The tester samples included Lipstick [A (TL)], Blush [B (TB)], and Compact [C (TC)]. The expired samples include Lipstick [D (EL)], Compact [E (EC)], Primer [F (EP)]. The used/shared samples include Lipstick [G (UL)], Blush [H (UB)], Compact [I (UC)], Lip Balm [J (ULB)], Concealer [K (UC)] The samples were collected from various cosmetics brands under sterile conditions and allowed to grow in the nutrient broth for 12-18 hours at 90 rpm at 37°C. The samples were then streaked on the agar plates and incubated at 37°C for 18 hours. Growth was observed in all the plates, and the colonies were marked in each sample. The individual colonies from each sample were then inoculated in LB broth and allowed to grow at 37°C at 90 rpm for 18 hours. A total of 19 colonies were identified, and we proceeded with the preliminary identification of individual colonies.

Preliminary Tests

Gram staining

Gram staining was done on all the isolated cultures to differentiate the strains based on their cell wall.

Antibiotic resistance test

The isolated microorganisms were tested against a few antibiotics to identify their sensitivity/ resistance to the same. The autoclaved nutrient broth agar was poured on petridishes and allowed to cool down. Once the agar had solidified, bacterial samples were inoculated onto different agar plates using the spread plate method. The antibiotic discs for streptomycin, gentamycin, tobramycin, and cefazolin were placed on the agar and incubated overnight at 37 °C. After the incubation period, the zone of inhibition was measured (mm) and tabulated.

Biochemical tests

The tests conducted to identify the bacteria include the Urease test, starch hydrolase test, Caesin hydrolase test, gelatin test, and catalase test.

Urease test

The urease test helps in the identification of microorganisms that can produce urease enzymes. Urease production was indicated by a bright pink (fuchsia) color on the slant; to eliminate protein hydrolysis as the cause of a positive test, we used a control medium lacking urea.

Amylase production test

The amylase production by the bacteria can be identified based on their ability to degrade starch in the medium, which results in blue coloration upon the addition of iodine. The bacterial isolates were tested for amylolytic activity after incubating the inoculated plates for 48 hours by adding 2-3 drops of 10% iodine solution to the starch plate.

Casein hydrolysis test

Casein hydrolysis can be demonstrated by supplementing the nutrient agar medium with milk. A clear zone around the bacterial growth is positive (*Bacillus and Clostridium*), and the absence of a clear zone is a negative reaction (*E. coli*). Following incubation, we observed the plate for the development of a clear zone of casein hydrolysis around the line of bacterial growth.

Gelatin test

Hydrolysis of gelatin can be determined by growing microorganisms in nutrient gelatin. Once the degradation of gelatin occurs in the medium by an exoenzyme, it can be detected by observing liquefaction. A clear zone around the growth in the petriplate indicates gelatinase synthesis. After 48 hours of incubating inoculated plates, liquefaction of gelatin due to the production of gelatinase was observed, and results were noted.

Catalase test

The test is used to check microorganisms that produce catalase enzymes. The catalase enzyme produced by these bacteria will neutralize the hydrogen peroxide, and bubbles will be created that are indicative of a positive test; the absence of bubbles is a negative result.

RESULTS

A survey was undertaken on the sharing of making products amongst friends, family, and acquaintances. The purpose of the survey was to find the potential source of contamination and its repercussions. The following data was interpreted based on the survey conducted. Sharing of makeup products was a common practice wherein the majority of people, i.e., 58.3%, shared their makeup products sometimes, and 25% shared only a few products; very few, about 12.5%, did not share their makeup products at all. Salons are the most common site for contamination of

makeup products, brushes, aprons, towels, etc. The survey revealed that a significant number of people go to salons for various services and end up getting infections due to unhygienic practices. The survey also included the frequency of using a tester before purchasing any makeup products. Half of the percentage of people use a tester before buying makeup products, and the other half also depend on a tester, but only for certain items. This shows that the usage of testers is a common practice among consumers, which leads to contamination of products, causing infection and other skin problems. While some individuals clean the testers before use, many are unaware of the potential risks associated with sharing makeup products. This lack of awareness highlights the need for better hygiene practices in stores and the importance of educating consumers on the dangers of using communal testers. Our survey also found that a significant number of respondents have experienced skin issues after using makeup testers, prompting the question of whether these testers should be replaced with single-use samples. Overall, our survey sheds light on the impact of contaminated makeup on skin health and underscores the need for increased vigilance and awareness among both consumers and retailers. Whether you're a makeup enthusiast or a casual user, it's essential to consider the potential risks involved in using communal testers and take steps to protect your skin.

Gram Staining

The individual colonies were tested using the Gram staining procedure, and the results are tabulated here. We observed 13 Gram-negative bacteria and 6 Gram-positive bacteria. Interestingly, the strains found in expired products were all gram-negative.

Antibiotic resistance test

The inhibition zone exhibited by the different bacterial strains to resist the presence of four different antibiotics is shown in Fig. 1 below. The bacterial strain (Gram-negative) found in the expired lipstick exhibited the highest inhibition zone of 31mm against Gentamycin and Tobramycin. Except for a few bacterial isolates, most of them are found to be resistant to Cefazolin, since there is no inhibition zone. The lowest inhibition zone of 12mm was observed in the sample (Gram-negative) of used/shared blush against Tobramycin. Similarly, two isolates from used/shared lipstick were also found to be more resistant to Tobramycin, where the inhibition zone was found to be 14 and 16.5mm, respectively. The bacterial strain isolated from the compact was also found to be resistant to the inhibition zone of 16mm against Streptomycin. The presence of resistant bacteria in use/shared samples is a major concern in spreading infection and the development of resistance to antibiotics. In the tester samples, the bacteria isolated from blush and compact exhibited the lowest inhibition zone of 17 -17.5mm against Gentamycin. The bacterial isolates from expired samples were found to be more sensitive to all the antibiotics tested by showing a higher inhibition zone.

Biochemical tests

Urease test

A dark pink color indicates a positive result, and no color change indicates a negative result. Since a dark pink color was observed, all ten colonies tested positive for urease synthesis.

Amylase production test

A clear zone and dark blue coloration around the organism indicate positive starch hydrolysis. Out of the ten colonies, only one showed a negative result for amylase production, and the rest of the nine colonies were able to produce amylase.

Casein Hydrolysis Test

A clear zone around the bacterial growth is positive, and the absence of a clear zone is a negative reaction. Two colonies tested negative for casein production, whereas the rest were all positive.

Gelatinase Test

No bacterial growth was seen in any of the petri plates. However liquefaction of gelatin agar was observed in all of them, which is a positive result as it indicated that they produced gelatinase. The probable strains could be *B. subtilis* and *Proteus vulgaris*. Table 1 summarizes all the test results.

DISCUSSION

Cosmetic microbiology is a complicated field because there are numerous different formulations, manufacturing processes, and products that are used by a wide variety of consumers in many different environments. The formulation of these products also poses risks to the healthy bacteria present on one's skin, thus leading to a skin microbiota imbalance (Zhang *et al.*, 2023, Wagner *et al.*, 2024). The main purpose while manufacturing and formulating a cosmetic product is to enhance its shelf life for a longer period and present stronger formulas to appeal to the consumer (Kerdudo *et al.*, 2014, Maitra & Brahms, 2007). Microbial contamination in cosmetic products may happen at the time of manufacturing or at the time of use (Michalek, John, & Caetano dos Santos, 2019, Jairoun *et al.*, 2020). They not only degrade the quality of the cosmetic products, but also the metabolic products of the microorganisms can cause several allergic reactions in the skin and eyes/ mild or severe disease depending on the site of application (Bashir & Lambert, 2020). The cosmetics industry is a vast and booming industry with a turnover of almost 32 billion US dollars, and a large amount of revenue earned by these companies comes from their face products, which account for 31.114 billion US dollars in 2023 (Fortune Business Insights, n.d., Dhapte-Pawar *et al.*, 2020). This is indicative of the amount by which people now invest in cosmetic products. The cosmetic laws in India regulate the manufacturing, import, and raw materials used in these products (Central Drugs Standard Control Organisation, n.d.). There are no laws regulating the use of testers and the shelf life of the products in the market, making it difficult for the consumer to understand the source of their infection or breakouts. The various tests carried out to identify the presence of different bacterial growth in the cosmetics products provided us with some promising results, indicating the presence of bacteria that lead to a plethora of skin and eye problems. The survey revealed that a large proportion of people share their products and rely on testers to buy products.

The Gram staining helped us broadly classify the bacterial growth that might be present in these products. All the samples tested were positive for either gram-positive or gram-negative bacteria, indicating the presence of bacterial growth. All four samples under the category of expired products were found to be gram-negative. It can be speculated that these products carry bacteria ranging from *Neisseria gonorrheae and Neisseria meningitides, Moraxella* species, *Escherichia coli, Pseudomonas* species, *Proteus* species, and *Klebsiella* species. These bacteria are known to cause acute respiratory diseases, skin and eye infections, and in severe cases, lead to meningitis and sepsis. It has been reported that nanoparticles released from cosmetic products, which include powders or setting sprays, tend to cause respiratory diseases (Nazarenko, Yevgen *et al.*,2012). This further cements that the use of cosmetic products beyond their shelf life should not be used and can cause more harm than good. The samples show varied antibiotic resistance. The antibiotic resistance test using four different types of antibiotics helps define the inhibition zone of the bacteria. The used/shared samples were measured with an inhibition zone of 14 and 16.5mm. This was the smallest inhibition zone measured among all the samples, citing the fact that the bacterial growth present in the used and shared samples tends to develop higher levels of antibiotic resistance. The presence of antibiotic-resistant bacteria in the shared/used samples makes it difficult to treat them if any infection/allergy arises. Thus, putting the person at more risk and leading to further complications that arise due to bacterial infection. The tester samples also showed a low inhibition zone of 17 -17.5mm, which is greater than the used/shared samples. This shows that sharing cosmetics increases the risk of exposing oneself to antibiotic-resistant bacteria. Testers are equally harmful, but the probability of exposing oneself to bacterial growth in testers is less than compared of the ones present in shared/used products. Sharing of your cosmetics among peers and family tends to occur more frequently. Casein hydrolysis and Gelatin tests reveal the presence of *Bacillus* or *Proteus* and *E. coli* or *Enterococcus* in the tested samples. Casein hydrolysis deals with the testing of three microorganisms *B. subtilis, E. coli,* and *Proteus vulgaris*. Apart from sample A (TL)-Tester Lipstick, B (TB)- Tester Blush, and J (ULB)- Used Lip Balm, all other samples clear zone around the

bacterial growth was observed which is a positive result for the presence of either *Bacillus or Proteus*. The negative result may be due to the presence of *E. coli* or *Enterococcus*. In the hydrolysis of gelatin, no bacterial growth was seen in the Petri plate, but liquefaction of gelatin agar was observed, which is a positive result denoting the presence of *B. Subtilis or Proteus vulgaris* as they produce gelatinase. In sample (TL)-Tester Lipstick, fungal growth was also observed. The presence of these bacteria in the samples raises serious health concerns as they have been linked to serious infections ranging from skin outbreaks, to respiratory diseases, and urinary tract infections. The presence of fungal growth in one of the testers can lead to fungal acne and fungal growth which not only poses concern for one's physical being but also jeopardizes their mental well-being. Based on our results, we can speculate that the type of microorganism present in the testers may be *Bacillus*, *Pseudomonas*, *C. acne,* or *Proteus*. Some of these organisms have been reported to cause skin infections/acne/abscesses. The bacteria *Cutibacterium acnes*, found in the testers are associated with triggering acne (Dréno, B. *et al.* 2018). *Cutibacterium acnes* is also reported to balance the skin microbe and is the normal resident of the skin under normal conditions but during the excessive production of sebum and hormonal changes they tend to induce an inflammatory response and trigger acne (Dréno, B. *et al.* 2018). This suggests that the different bacteria identified in these products can cause an imbalance of the skin microbe which leads to a series of negative reactions and inflammatory responses by the immune system (Zhang, Wei *et al*. 2023).

CONCLUSION

The nature and level of contamination in used cosmetic products and the presence of antibiotic-resistant strains indicate the need for greater user awareness and education. This information could be useful for manufacturers, regulators, and healthcare providers, who may need to treat patients experiencing skin infections caused by organisms of unknown provenance. This study is a significant contribution to the distribution of microbiota within cosmetic products. The findings of this study could be helpful for those producing novel challenge tests in experiments to develop guaranteed ways of preserving cosmetic products by identifying the most prevalent types of bacteria. This study revealed two important elements: Firstly, the moisture content (water) may be the most frequently included ingredient that poses a clear possibility for the growth of microbes. Secondly, the presence of a resistant microbial population in the tester and shared products is a serious warning to regularize the use of testers.

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Table.1: Summarizes the characteristics of the microorganisms present in various sample

Sample	Casein Test	Amylase Test	Urease Test	Gram's staining	Putative Microbe
A(TL)-Tester Lipstick,	Negative	Positive	Positive	Circular irregular Gram-negative	*Bacillus/Pseudomonas/Klebsiella*
B(TB)-Tester Blush,	Negative	Positive	Positive	Rod-shaped.Gram-positive	*Bacillus/ Cutibacteriumacnes*
C(TC)-Tester Compact,	Positive	Negative	Positive	Rod-shaped. Gram-positive/negative	*Streptococcus,Staphylococcus/ E.coli*
D(EL)-Expired Lipstick	Positive	Positive	Positive	Rod/circle/gram-negative	*Bacillus*
E(EC)-	Positive	Positive	Positive	Circle/gram-	*Bacillus/Pseudomonas/Kleb*

Expired Compact				negative	*siella*
G(UL)- Used Lipstick	Positive	Positive	Positive	Rod/circle/gram positive/negative	*Bacillus/Pseudomonas/Klebsiella*
H(UB)- Used Blush	Positive	Positive	Positive	Circle, gram-negative	*Bacillus/Pseudomonas/Klebsiella*
I(UC)- Used Compact	Positive	Positive	Positive	Rod/circle/gram positive/negative	*Bacillus/Pseudomonas/Klebsiella*
J(ULB)- Used Lip Balm	Negative	Positive	Positive	Circle, gram-negative	*Bacillus/Pseudomonas/Klebsiella*
K(UCon)- Used Concealer	Positive	Positive	Positive	Circle/rod/gram-negative	*Bacillus/Pseudomonas/Klebsiella*

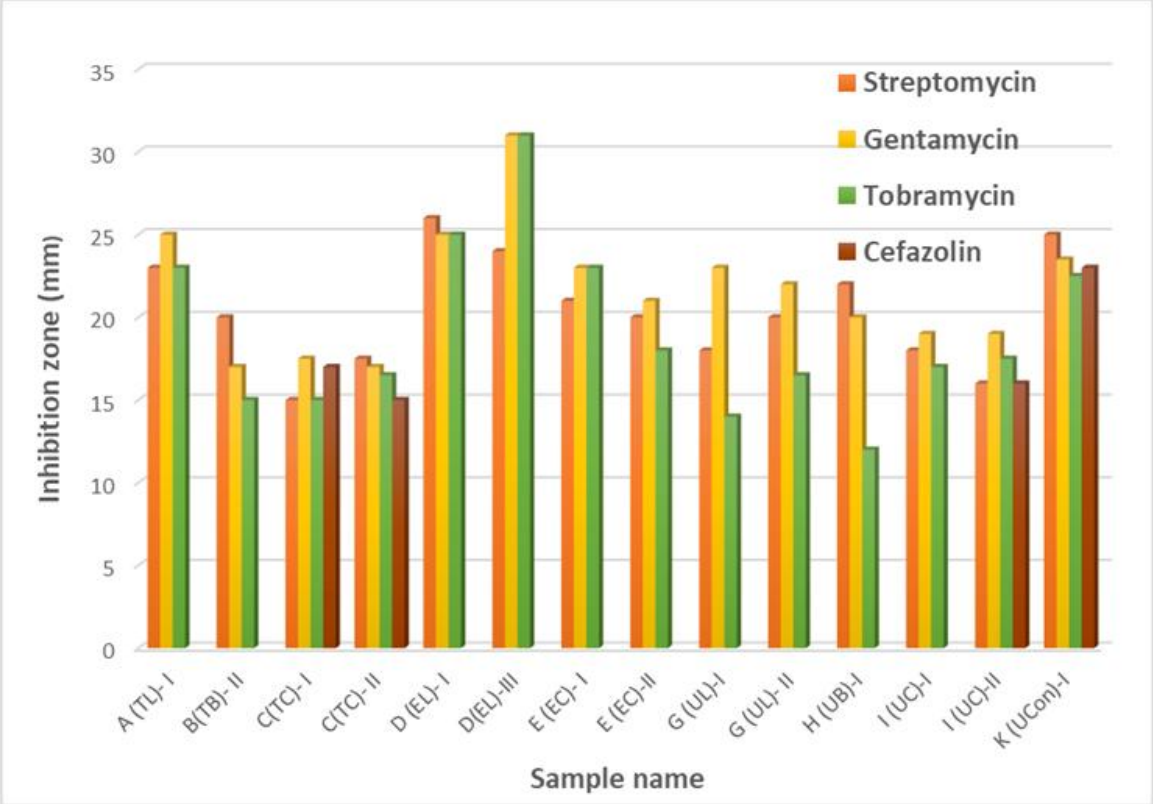

Figure 1: Graph showing the results of the Antibiotic Resistance Test

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Phytoconstituents and Antimicrobial Properties of *Senna alata* and *Sida acuta* Leaf from Assam, India

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Received: 24 May 2025 Revised: 12 Jun 2025 Accepted: 24 Jun 2025

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ABSTRACT

Senna alata (L.) Roxb. and *Sida acuta* Burm. f. are widely used against different diseases by different ethnic communities of Assam, India. The present study deals with their phytochemical analysis of leaf by conducting Gas Chromatography Mass Spectrometry (GC-MS), along with to explore the antimicrobial potential of leaf extracts against two common pathogens such as *Staphylococcus aureus* and *Escherichia coli*. The GC-MS analysis revealed presence of 23 different phytocompounds in *S. alata* and 25 in *S. acuta*. The chloroform extracts from both plants exhibited minimal inhibitory effects against the tested bacteria. In contrast, the ethanolic extract of *S. alata* demonstrated notable antibacterial activity, achieving the largest mean zone of inhibition (21.33 ±0.57 mm) at 400 mg/mL and a moderate zone (11.34 ±1.15 mm) at 50 mg/mL against *S. aureus*. Meanwhile, the ethanolic extract of *S. acuta* was only effective at 400 mg/mL and 200 mg/mL, indicating comparatively lower antimicrobial potency. These findings underscore the superior efficacy of the ethanolic extract of *S. alata*, particularly against Gram-positive bacteria.

Keywords: Assam, GC-MS, Leaf, *Senna alata, Sidaacuta*

INTRODUCTION

The state of Assam is a part of northeastern region of India is homeland of many ethnic communities [1]. There are different ethnomedicinal practices of these indigenous group. During field surveys conducted in Chepena Kubua village of Golaghat district of Assam, some ethnobotanical practices were recorded against the leaf of *Senna alata*

(Fabaceae) and *Sidaacuta* (Malvaceae). In the study area, the leaves of *S. alata* were used tropically against skin diseases, and as a tonic. There are multiple uses of the leaf of this species in Assam e.g. abscesses [2], allergy [2-3], constipation [4], deworming [5], eczema [6], skin diseases [7], ringworm [8-10] etc. While leaf of *S. acuta* was used against headache and skin infections in ChepenaKubua. In Assam, its leaves were used against cut and wounds and to prevent bleeding gum [11], boils and abscess [12]; root as astringent, blood purifier, digestion, diuretic and in urinary diseases [13], jaundice [14], pneumonia [15] etc. The whole *S. acuta* plant is also used against bronchitis, diarrhea, dysentery, fever, skin diseases etc. in India [16]. Different phytocompounds of the leaf of these species were reported by many workers from different places. Hence leaf phytoconstituents varies in different places which may affect its biological activities. Therefore, in the present study, phytochemical analysis of the leaves of both species collected from Assam is re-examined by conducting GC-MS analysis along with comparative antimicrobial activity of leaves against two microorganisms viz. gram-positive *Staphylococcus aureus* and gram-negative *Escherichia coli*. The present study also attempts to compile the previously reported phytocompounds based on available literature to highlight its diversity of phytocompounds.

MATERIAL AND METHODS

Field survey, herbarium, GC-MS

The collected plants were identified based on relevant literature [17-18], and prepared vouchers [19] were kept at the herbarium of the Department of Botany, University of Science and Technology Meghalaya. For phytochemical analysis, the leaves were washed carefully and dried at the room temperature for 4-5 days, then powder were prepared. Fine powders (20 gm) were subjected to chloroform and ethanolic extraction by using standard procedure [20]. Qualitative screening was performed using the standard methodology [21-22]. The GC-MS analysis of these extracts was performed at Central Instrumentation Facility of the University of Science and Technology Meghalaya.

Microbial study

The bacterial strains were collected from the Department of Applied Biology, University of Science and Technology, Meghalaya. From each glycerol stock of bacteria, 50µl were taken-out and added into two separate test tubes containing nutrient broth with appropriate amount of antibiotics and antifungal for the selective growth of the bacteria. Those test tubes were then incubated for about ~18-19 hours in an incubator at 37°C [23]. After incubation, a bacterial suspension was prepared by adding small amount of the newly cultured bacteria into a sterile saline (0.85% NaCl) solution with the help of a sterile cotton swabs and adjusted its turbidity to 0.5 McFarland standards which were later used for antimicrobial analysis [24]. The antimicrobial activity of the selected leaf extracts was measured by determining the zone of inhibition. For the determination of the zone of inhibition or diameter of inhibition by the plant extracts, agar well-diffusion method was used [25] with slight modifications. Muller Hinton Agar (MHA) media was prepared by mixing 19 grams of MHA with 500ml of distilled water while maintaining the PH 7.4 using standard procedures [26]. Inside a laminar air-flow, 10 ml of MHA media was poured into each petri-plate and let it sit for couple of minutes with its lid little open for solidification. With reference to the procedures [27], 100µl of the prepared bacterial suspension was inoculated into the media and spread evenly with a cotton swab. Wells of 6 mm in diameter were punched on the agar with a sterile cork-borer. The plants extract at different concentrations (25, 50, 100, 200 and 400 mg/ml) poured into separate wells. After proper diffusion of the extract into the medium, the plates were incubated at 37°C for 24 hours, and thereafter observed for zones of inhibition.

RESULTS AND DISCUSSION

Phytocompounds in the leaf of *S. alata*

The GC-MS analysis of chloroform extract (Fig. 1A) recorded a total of 16 phytocompounds, and nine in ethanolic extract (Fig. 1B). The phytocompounds in chloroform extract are 2,4-Di-tert-butylphenol; Methyl palmitate; 1-Hexadecanol; Ethyl hexadecanoate; Eicosane, 2-methyl; Methyl 11- octadecenoate; Octadecane; Neophytadiene; (E)-9-octadecenoic acid; Tridecane, 2-methyl; 1-Decanol, 2-hexyl; Phytol; 10-Heneicosene (c,t); Oxalic acid, hexadecyl

ester; n-Eicosane; 1,19-Eicosadiene. In ethanolic extract the recorded compounds are D-arabitol; Oxirane, 2-butyl-3-methyl-; d-Galacto-heptulose; Pentadecane, 7-methyl; 3-O-Methyl-d-glucose; Heptadecane, 2,6-dimethyl; Neophytadiene; 5-Nonadecen-1-ol; and Phytol. However, two common compounds found in both extracts i.e. Neophytadiene and phytol, as a result 23 compounds together. Different studies were conducted and reported different compounds in the leaf of *S. alata* e.g., eleven [28] and twenty [29] from India, six from Nepal [30], and 82 from Nigeria [31]. Out of 23 compounds recorded in our study, some compounds were also reported earlier e.g. 1,19-Eicosadiene; n-Eicosane; (E)-9-octadecenoic acid; Neophytadiene; Methyl 11-octadecenoate; Ethylhexadecanoate and Methylpalmitate[29] from India and Phytol from AkungbaAkoko (Nigeria)[31]. The diversity of phytocompounds are found variable in different places. A total of 139 different phytocompounds are recorded in the leaf of *S. alata* after compilation of phytocompounds recorded in the present study, and in previous reports.

Phytocompounds in the leaf of *S. acuta*

In comparison to *S. alata*, the GC-MS analysis of leaf of *S. acuta* revealed presence of a total of 25 compounds; chloroform extract (Fig. 2A) represented by 18 compounds viz. Dodecane, 2,6,11-trimethyl; 7-Hexadecene, (Z)-; Hydroxylamine, O-decyl; Tridecane, 2-methyl; 2,4-Di-tert-butylphenol; Decane, 2,3,5,8-tetramethyl; 10-Heneicosene (c,t); Octacosane, 2-methyl; 9-Nonadecene; Pentadecyne; Phytol; 1-Iodo-2 methylundecane; Eicosane, 2-methyl; Neophytadiene; Nonadecane, 2-methyl; Nonacos-1-ene; 1-Decanol, 2-hexyl-; 1,19-Eicosadiene. Whereas, nine in ethanolic (Fig. 2B) extract viz. Oxirane,2-butyl-3-methyl-; 2-Methoxy-4-vinylphenol; Decane, 2-methyl; Hexadecane; Tetradecane, 2,6,10-trimethyl; Neophytadiene; 5-Nonadecen-1-ol; Hexadecanoic acid, ethyl ester; Phytol. Two common compounds viz. Neophytadiene and Phytol were found in both extracts. Previously, in *S. acuta* around 21 compounds were recorded [32] while another study recorded 14 [33] from India. One common compound i.e. 2-Methoxy-4-Vinylphenol was found in our study as well as also reported earlier [32]; a total of 58 compounds found in *S. acuta* after compilation with these two studies.

Antimicrobial properties of leaf of *S. alata* and *S. acuta*

The antimicrobial analysis of leaf extracts performed against *S. aureus* and *E. coli* were evaluated by measuring the diameter of zone of inhibition in the culture plates (Fig. 3). All the organisms used for the experimentation were found susceptible to leaf extracts while the extracts also showed their effectiveness as per incrimination of doses.

Chloroform extract (Table 1)

The microbes were susceptible at every concentration of the leaf extract of *S. alata*. The highest zone of inhibition was observed as 13.67±1.52 mm against *E. coli* at 400mg/ml concentration. But in *S. acuta*, the highest susceptibility was observed against *S. aureus* with mean zone of inhibition of 11.67±1.15 at 400 mg/ml concentration. The minimum mean of zone of inhibition was observed as 9.34±1.16 mm at 200mg/ml concentration against *E. coli*. At and below 100mg/ml concentration, the zone of inhibition was found to be smaller than 10 mm.

Ethanol extract (Table 2)

In *S. alata*, greater susceptibility towards the microbes and gave the highest mean zone of inhibition against *S. aureus* and *E. coli* at 21.33±0.57 mm and 15.67±0.57 mm respectively. There were no susceptibilities observed beyond 50 mg/ml concentration. But *S. acuta* showed the highest mean zone of inhibition at 400mg/ml against *E. coli* as 16.67±1.15mm. Collectively, the antimicrobial analysis concluded that the ethanolic extract of *S. alata* has the highest susceptibility against both the test microorganism The antimicrobial activity of chloroform and ethanolic leaf extracts of *S. alata* and *S. acuta* against *S. aureus* and *E. coli* was assessed using the agar well diffusion method (Tables 1-2). The results revealed a concentration-dependent antibacterial effect, likely attributable to the presence of phytochemical constituents. This concentration-dependent trend is consistent with previous findings [34-35], and also reported notable antimicrobial effects in these plant species. Among the tested extracts, the ethanolic extract of *S. alata* demonstrated significantly higher inhibitory activity compared to both its chloroform extract and the extracts of *S. acuta*.

At 100 mg/mL, the ethanolic extract of *S. alata* exhibited activity against both *S. aureus* and *E. coli*, whereas *S. acuta* was only effective against *S. aureus*, aligning with findings [27, 36]. This pronounced activity in the ethanolic extract of *S. alata* may be attributed to its higher concentration of bioactive compounds, and the ethanol serves as a more effective solvent for extracting antibacterial phytochemicals [37]. At the highest concentration tested (400 mg/mL), the ethanolic extract of *S. alata* exhibited substantial inhibitory zones against both bacterial species, suggesting its broad-spectrum antibacterial potential. This observation is consistent with findings by Nas *et al*. [38], who reported that the ethanol extract of *Senna siamea* was more potent against Gram-positive bacteria than Gram-negative bacteria. Similarly, a study emphasized the efficacy of *S. alata* against Gram-positive bacteria, specifically *S. aureus* due to the susceptibility of the Gram-positive cell wall to plant-derived antimicrobial compounds [39]. The comparatively lower efficacy of *S. acuta* observed in this study aligns with the findings of Adesina *et al*. [40] who reported minimal antibacterial activity of *S. acuta* against Gram-negative bacteria.

CONCLUSION

Both species are ethno-medicinally important in Assam and shows different phytocompounds. The *S. alata* is represented by highest numbers of phytocompounds in comparison to *S. acuta*. Based on antimicrobial analyses, it can be concluded that the ethanolic extract of *S. alata* is more effective in combating *S. aureus* and *E. coli* than its chloroform extracts or the extracts of *S. acuta*. These findings suggest that *S. alata* holds potential as a valuable natural antimicrobial agent, especially against Gram-positive bacteria like *S. aureus*.

Authors' contribution

This is an outcome of Master Degree dissertation of BG, guided by ND; SM contributed in the manuscript preparation. All authors read and approved the manuscript.

ACKNOWLEDGEMENT

We express our gratitude to the Head of the Department of Botany, Department of Applied Biology, and Central Instrumentation Facility of University of Science and Technology Meghalaya for support and encouragement.

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Table.1: Diameter of zone of inhibition in mm ±SD (standard deviation) given by various concentration of chloroform extract

Test Organisms	*S. alata* leaf extract (mg/ml)					*S. acuta* leaf extract (mg/ml)				
	400	200	100	50	25	400	200	100	50	25
S. aureus	11.33 ± 1.52	--	--	--	--	11.67 ± 1.15	10.67 ± 1.52	--	--	--
E. coli	13.67 ± 1.52	10.67 ± 0.58	--	--	--	10.67 ± 1.16	9.34 ±1.16	--	--	--

Table.2: Diameters of zone of inhibition in mm ± SD (standard deviation) given by various concentration of ethanolic extract.

Test Organisms	*S. alata* leaf extract (mg/ml)					*S. acuta* leaf extract (mg/ml)				
	400	200	100	50	25	400	200	100	50	25
S. aureus	21.33 ±0.57	18.67 ±1.15	12.34 ±2.50	11.34 ±1.15	--	14.67 ±1.53	10.33 ±0.58	--	--	--
E. coli	15.67 ±0.57	12.33 ±0.57	10.14 ±0.3	--	--	16.67 ±1.15	11.67 ±1.53	--	--	--

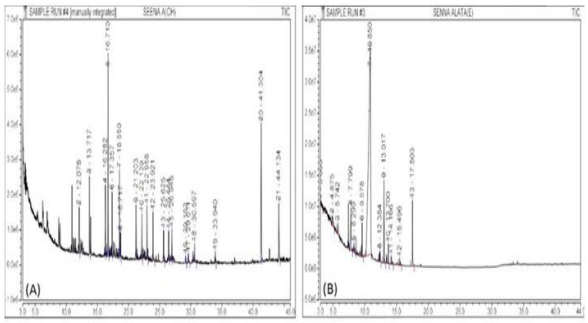

Figure 1: GC-MS Chromatogram of *Senna alata* leaf. A. Chloroform extract. B. Ethanolic extract

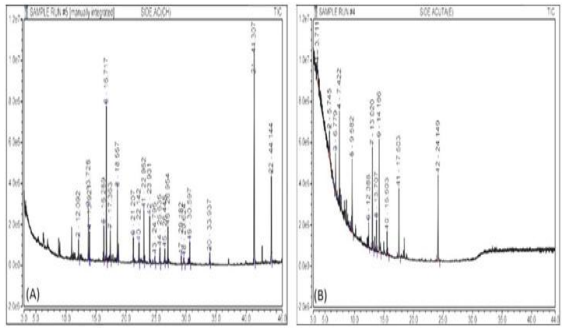

Figure 2: Chromatogram of *Sida acuta* leaf. A. Chloroform extract. B. Ethanolic extract.

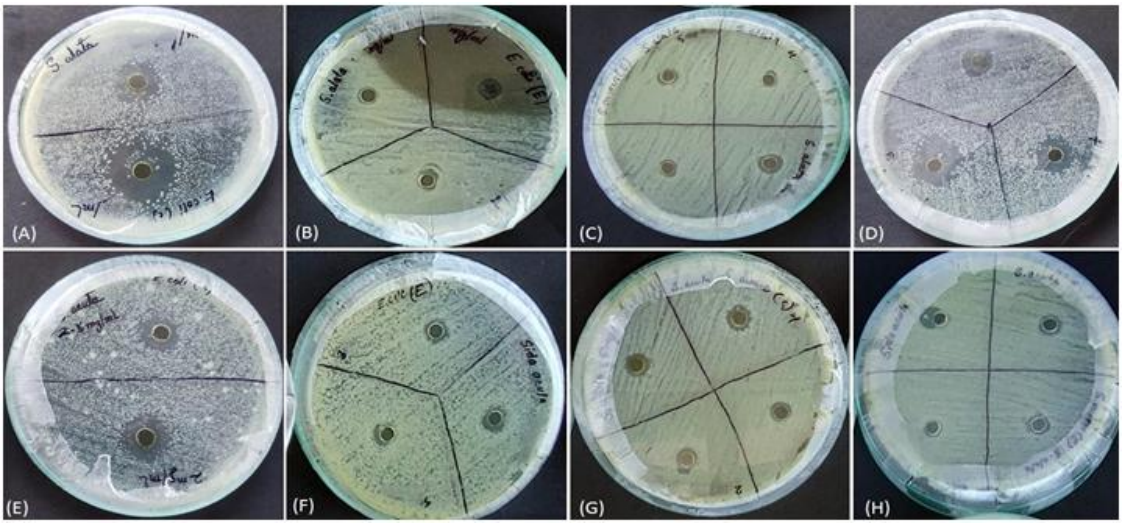

Figure 3: Zone of inhibition. A. Chloroform extract of *S. alata* against *E. coli*. B. Ethanolic extract of *S. alata* against *E. coli*. C. Chloroform extract of *S. alata* against *S. aureus*. D. Ethanolic extract of *S. alata*against *S. aureus*. E. Chloroform extract of *S. acuta* against *E. coli*. F. Ethanolic extract of *S. acuta* against *E. coli*. G. Chloroform extract of *S. acuta* against *S. aureus*. H. Ethanolic extract of *S. acuta* against *S. aureus*.

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Microbial Adaption: Exploring Gut Microbes in Extreme Environment and Space Travel

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Received: 06 Jan 2025 Revised: 10 Apr 2025 Accepted: 13 Jun 2025

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ABSTRACT

This review paper explores into the intricate interplay between gut microbes, extreme environments, and space travel, shedding light on microbial adaptations to microgravity, radiation exposure, and their profound implications for astronaut health. Through comprehensive examinations of research conducted aboard the International Space Station and ground-based simulations, we uncover significant modification in the gut microbiota composition within microgravity-stimulated conditions. Moreover, we explore the influence of radiation encounter on the microbiome, emphasizing its critical role in mitigating adverse health effects of extended stays in space The paper underscores the pivotal connection between gut microbiota and metabolic health in space, emphasizing the importance of personalized nutritional strategies. Finally, we advocate for this integration of probiotics as a better solution to maintain microbial equilibrium and enhance astronaut well-being during space exploration.

Keywords: Microbial Adaption, Gut Microbes, Space, Microbiome.

INTRODUCTION

In microgravity, bodily fluids shift upwards, potentially affecting gastroenteric function of space travellers. Combined with reduced fluid intake, this may slow gastrointestinal motility. The Passage time has not been systematically examined during spaceflight, analogous studies (such as hindlimb suspension in rats and short-term bed rest in humans) comparable a significant increase in transit time compared to normal conditions. Research into the impact of space travel on human health has been prompted by advancements in space exploration. Research has started to look into how spaceflight affects the microbiome because it is becoming increasingly recognized that the microbiome is important for maintaining health. (*Voorhies et al.,* 2019). By default, microorganisms will travel in space with us as we explore it. In comparison to human cells, the generally healthy person houses trillions of microbes within and outside the individual body(Sender *et al.,* 2016).As soon as the organism encounters microgravity, the mechanisms start to adjusting in the new atmosphere. Along with other factors, the transfer of fluid from the inferior to the superior body may impact gastrointestinal function. When coupled with the typical drop in liquid consumption seen in astronauts, this could lead to a decrease in gastrointestinal motility. However, the transportation time was substantially lengthier than during Ambulantcontrol periods, as shown by the findings of analog tests utilizing rats with their hindlimbs suspended and people on brief bed rest.

The length of the gastrointestinal transferperiod during flight has not been thoroughly studied. (Shi *et al.,* 2017; Lane *et al.,* 1993).Numerous stressors are known to be triggered for astronauts on space missions by the weightless environment.(Goswami *et al.,* 2021; Goswami *et al.,* 2019; Siddiqui *et al.,* 2021). This study explores the crucial part played by the gut flora in controlling metabolic health during space missions, underscoring the importance of individualized dietary plans. Within this framework, probiotic integration is seen as a possible frontier for preserving microbial balance and enhancing astronaut well-being in the harsh conditions of space travel. This analysis acts as a thorough road map, showing the way to safer and more fruitful expeditions outside of our home planet.

Microbial Adaptations to Microgravity

Microbial adaptations to micro gravity represent a crucial area of study in space microbiology. Understanding how microorganisms respond and adapt to the particularities of microgravity are crucial for promoting the health and safety of space traveler during expanded space missions. Studies carried out aboard the International Space Station (ISS) and other space habitats has revealed intriguing insights into microbial behavior in the absence of gravity. Studies have shown that microorganisms exhibit altered growth patterns, genetic and phenotypic changes, metabolic shifts, and even modifications in cell morphology when uncovered to microgravity(Zea*et al.,* 2017 and Benoit *et al.,* 2017).

The AGBRESA (Artificial Gravity Bed Rest – European Space Agency) study, with combined ESA, DLR, and NASA how stimulated weightlessness affect the human body and evaluated artificial microgravity as a potential countermeasure for long term space missions, focusing on changes in the gut microbiome of 12 participants subjected to 60 days of head-down tilt bed rest in state-of-the-art research facility (Clément *et al.,* 2022). Mild changes were noted in the gut microbiome throughout the 60-day period of simulated microgravity, marked by noticeable microbial structures and differences in the countermeasure group exhibited distinct pathway expression in fecal samples compared to those exposed solely to microgravity stimulation, with protocols promoting the selecting enrichment of beneficial short chain fatty acids like butyrate, acetate and propionate. Furthermore, changes in specific physiological markers indicated a subtle rebalancing of microbiome, enhancing beneficial species while modulating potentially opportunistic ones, thereby reflecting a shift in the overall gut microbiome equilibrium (Ana Ramos-Nascimento *et al.,* 2023).

The Astronauts' Microbiome project examined the effects of long-term space travel on the microbiome and health of space traveler. Samples from nine space farers (skin, saliva, nostrils, feces) were collected before, throughout, and following a six month and one-yearexpeditions, together with swabs from frequently used areas on the ISS.

Alterations in the microbiome range of the gastrointestinal tract, nose, tongue and skin were noted, becoming more similar across astronauts. While the gut microbiota showed an increase in beneficial *Faecalibacterium*, there was also an increase in *Parasutterella*, linked to intestinal inflammation, and a decrease in anti-inflammatory genera like *Akkermansia*. these changes may contribute to the moderate inflammatory immune response documented during space mission. The authors propose using prebiotics or probiotics like *Akkermansia* to diminish potential health risks. (Han*et al.,* 2022 and Voorhies*et al.,* 2019).

Radiation Exposure and Microbial Resilience

Space exploration entails prolonged, low-level experience to high linear energy transfer (LET) radiation. The physiological consequences of such exposure primarily arise from non-lethal radiation effects, which include modifications to the microbiota and host gene expression. While the significance of a healthy gut microbes for human well-being is widely acknowledged, our understanding of radiation-induced alterations to the microbiome during extended space missions remains limited.(Caser*et al.,* 2017).Additionally, astronauts who travel outside of low Earth orbit run the risk of being exposed to ionizing radiation involving that has a high linear energy transfer. Specifically, Solar flares, solarenergetic particles particle, and cosmic rays are types of space radiation to blame for this increased danger. (Casero *et al.,* 2017).

For several decades, studies have reported the effects of space expedition on the immune system, noting that all immune populations are influenced in terms of count, ratio, production, and function. Overall, a decrease in immunity is noted during spaceflight, leading to the reactivation of dormant herpesviruses such as Epstein-Barr Virus (EBV), Varicella-zoster virus (VZV), and cytomegalovirus (CMV). This immune alteration may be linked directly associated with spaceflight factors (likeradiation and microgravity) or indirectly by means of influences such as the microbiome, nutrition, bone metabolism, depression, anxiety, and infections. Common changes, including an elevation in leucocyte counts and granulocytes alongside a decrease in NK cell levels, are consistently observed in both humans and mouse models, regardless of flight duration. (Crucian *et al.,* 2008). Several studies have shown the significant effect radiation encountered during space missions has on the make-up of the gut microbiota. Furthermore, it has been discovered that radiation-induced mortality is influenced by the composition of these important microbial communities. For instance, radiation is used in medical settings to treat gastrointestinal problems, including cancer. Notably, it has been demonstrated that various radiation doses carry a considerable influence on the microbial consortia with in the gastrointestinal tract. Similar disruptions in microbial equilibrium, known as dysbiosis, can occur in astronauts on space missions due to high radiation levels (Packey and Ciorba 2010 and McLaughlin *et al.,* 1964).

Gut Microbiome and Metabolic Health in space

A restricted caloric intake coupled with insufficient micronutrient consumption is commonly linked to heightened inflammation and oxidative stress. This scenario may potentially impact the optimal functioning of biological defense mechanisms(Crucian *et al.,* 2018 and Bergouignan *et al.,* 2016). While the diet of space expeditor is not yet considered fully optimized, substantial advancements have been achieved over time. Notably, the average caloric intake has seen a significant increase in recent eras. Even so, it is a reality that space expeditors and cosmonauts consume fewer calories during spaceflights travel compared to their intake on Earth. This can be attributed to several factors, including cultural practices (although the international collaboration on the ISS is altering this dimension), the limited appeal of space diets (which still lack the variety found on Earth), motion sickness from deep space travel, shift in light and dark cycles and appetite-modulating hormones, and elevated stress levels (Laurens *et al.,* 2019 and Wang *et al.,* 2019). While the exact causes remain unclear, spaceflights and ground-based microgravity simulations often lead to disturbed glucose and lipid metabolic functions, including insulin resistance and glucose intolerance, which raise significant concerns for the overall well-being of astronauts (Hughson *et al.,* 2016 and Tobin *et al.,* 2002).

A gut microbiome characterized by a healthy profile, proficient in producing short-chain fatty acids (SCFAs) like butyrate, and low in pathogenic organisms, acts a crucial part in finely regulating host energy metabolism.

This balance is particularly vital in prolonged missions where energy deficits become intolerable. Additionally, it's important to note that microbial metabolism of fiber yields benefits beyond SCFA production. These include enhanced availability of compounds like ferulic acid and essential nutrients released during fiber metabolism, as well as the control of bile acid levels. (Makki *et al.,* 2018). Hence, it is imperative to pre-plan personalized nutritional strategies that assess how space travelers individually respond. This assessment should be grounded in the identification of enterotype and metabolotype patterns prior to the mission. A study employing a blinded randomized controlled dietary study successfully employed this method to pinpoint microbiota -related factors influencing glycemic reactions (Zeevi *et al.,* 2015). In count to formulating nutritionally balanced diets rich in prebiotics, it's important to consider probiotic-based initiatives. In a recent study using a simulated spaceflight model with HU mice, (Wang*et al.,* 2019) demonstrated that supplementing with Bifidobacterium spp. effectively reduced endotoxemia and hepatic inflammation, ultimately enhancing glucose sensitivity. Notably, the presence of Akkermansia muciniphila, a microbe related with enhanced metabolic health on Earth (Everard *et al.,* 2013) which has shown promise in human studies (Depommier*et al.,* 2019), was notably diminished in HU mice over a period of time. This opens the possibility of utilizing it in space travel as well. Concerning appetite regulation, the majority of research consistently indicates that probiotics, particularly lactobacilli and bifidobacteria, are linked to increased surfeit (Falcinelli *et al.,* 2018). This is significant, as one of the primary objectives is to ensure that space travelers consume sufficient macro- and micronutrients. Additionally, numerous reports from both simulated space analogs and actual spaceflight studies suggest a decrease in the concentrations of short-chain fatty acids (SCFAs) (Turroni*et al.,* 2017). The exploration of this field is still in its nascent stages, primarily relying on animal models, which may have limited applicability to the human system. Consequently, there is a pressing need for a more comprehensive insight into the molecular mechanisms supporting the action of probiotics, especially if they are to become an integral part of clinical practices in spaceflight (Voorhies *et al.,* 2019). Undoubtedly, a key hurdle lies in establishing standardized probiotic protocols, employing a universally recognized measurement-based method that takes into account individual sensitivities (Suez *et al.,* 2019).

Gut Microbes and Astronaut Health

Space is a tough place to be, so we need to make sure astronauts have the right stuff to survive. This means using better materials, making strong power sources, improving robots, and taking care of their health. A new area of science called bioastronautics is focused on helping astronauts with their medical problems in space. Because space is so unfriendly, astronauts can get sick or hurt during long or short trips in space. (Mayer, *et al.,*2014 and Blaber*et al.,*2010) Changesin the gut microbiota have been recognized as a contributing factor in various human conditions, such asautism spectrum condition (ASD)(Mayer *et al.,* 2014).

Astronauts' lipid and glucose metabolism changes as aoutcome of exposure to the space environment, which also causes heart related problems, muscular atrophy, and decreased bone density. In addition, regardless of the length of the trip, the makeup of the abdominal microbiota changes inhumans and rodentsbefore and during spaceflight (Wang *et al.,* 2019). The environment of spaceflight has also been found to have microbial balance disruptions (Garrett-bakelman*et al.,* 2019). Particularly, the number of healthy bacterial strains like *Lactobacillus* and *Bifidobacterium* tends to decline in astronauts' bodies. On the other hand, during spaceflight, pathogenic or opportunistic bacteria such *P. aeruginosa, E. coli, Fusobacterium nucleatum,* and *Clostridium* tend to assemble and multiply (Ritchie *et al.,* 2015 and Smirnov and Lizko 1987).

Earth-based Analog mission experiments, such as the "MARS500 study," have added support for the gut microbiome's crucial function. In this study, six astronauts spent 520 days confined to a model habitat on the surface of Mars(Turroni*et al.,*2017)The research thoroughly investigated the astronauts' gut flora during the entire mission, covering the time before they were confined and up to 6 months after they returned to normal living circumstances. Notably, it was noted that the abundance of Bacteroides species initially increased during the mission's early stages, whereas the quantity of *Faecalibacterium prausnitzii* species first decreased. The first study utilized a mouse model of autoimmune uveitis to demonstrate that the intestinal flora could influence the distal immune response in the eye and retina. Microbiota-derived antigens activated retina-specific T cells, which subsequently triggered autoimmunity

(Horai *et al.,* 2015). Furthermore, a recent study discovered that pro-inflammatory mediators generated by the microbiota of obese mice can elicit an alteration of the innate immune system of the retina, causing pathological angiogenesis (Andriessen *et al.,* 2016; Scholz and Langmann, 2016).

Probiotics for Space Travelers

For prolonged space travel, it's essential to keep the human gut flora in balance. Space flight has shown its ability to change this microbial balance, and disruptions in the gut microbiome have been connected to a number of disorders. Probiotics have been found to be beneficial for various intestinal issues, including intense infectious diarrhea, Helicobacter pylori infection, antibiotic-induced diarrhea, irritable bowel syndrome, ulcerative colitis, and constipation. They can also improve the integrity of the intestinal barrier. (Kligler and Cohrssen 2008; Cunningham *et al.,*2021). Probiotics shows a multifaceted role in supporting the immune system, averting cancer, and addressing psychological concerns (Shi *et al.,*2016). Among the most commonly utilized probiotics are strains belonging to the *Bifidobacterium*, *Lactobacillus*,or *Saccharomyces* species (Ulluwishewa*et al.,* 2011).

Numerous studies have been done on this category of microbes to see how they can improve different facets of human health. Probiotics have been the subject of numerous research projects to determine their potential benefits for astronaut health during space travel, both in vitro and in vivo. Research conducted by Shao *et al.,*(2017) to examine *Lactobacillus acidophilus* under simulated microgravity conditions found that some biological functions and traits were significantly impacted. Key findings included: No discernible change in the morphology of L. acidophilus; a shorter lag phase; an increase in growth dynamics; improved acid tolerance (pH 2.5) along exhibiting resistance to bile;a reduction in susceptible to sodium penicillin, cephalexin, and sulfa gentamicin; no discernible alteration in *L. acidophilus* capacity to adhere to surfaces; and enhanced antimicrobial activity against *S. aureus* and *S. typhimurium*. These modifications to L. acidophilus probiotics brought on by SMG may be advantageous to astronauts while in space. A month-long stability test aboard the International Space Station (ISS)was performed on the freeze-dried capsule that contains the *Lactobacillus casei* strain *Shirota* (LcS).

Compared with the control samples stored in the earth-based laboratory, the LcS capsules from spaceflight exhibited no differences in growth behavior, genomic profiles, sugar fermentation, response to LcS-specific antibodies, or cytokine-inducing capacity. LcS shows potential in resolving immune-related issues observed during space travel because it has been demonstrated to boost innate immunity and modulate the intestinal flora. (Sakai*et al.,*2018 and Arrieta *et al.,*2006).The use of probiotics as dietary supplements or additions to spaceflight nutrition has promise in addressing the health problems faced by space travelers given the application of probiotics for maintaining a healthy gut microbiome and overall well-being that are well-established. However, experiments conducted under simulated microgravity conditions may not entirely mirror the realities of long-term space travel. Consequently, additional studies are imperative to substantiate the suitability of probiotics for space missions, evaluate their effectiveness in mitigating the aforementioned health concerns, and comprehend any potential alterations in probiotic properties that may arise during spaceflight.

CONCLUSION

In conclusion, the intricate relationship between gut microbes, extreme environments, and space travel highlights the paramount importance of microbial adaptations for astronaut health. Studies conducted in microgravity environments have illuminated significant alterations in the gut microbiome composition, underlining the need for tailored countermeasures. Radiation exposure during space missions further accentuates the critical role of the microbiome in mitigating potential health risks. Personalized nutritional strategies and probiotic interventions emerge as essential tools in optimizing metabolic health and nutrient consumption. By comprehensively understanding and harnessing the potential of gut microbiota, we pave the way for safer and more successfulspace exploration endeavors.

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Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Formulation and Evaluation of Strawberry Flavored Cotton Seed Milk

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Received: 21 Apr 2025 Revised: 18 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

The goal of the research was to create flavoured milk by blending cotton seed milk with strawberry. Made from unfermented milk, flavoured milk is a ready-to-drink food item. Cotton seed milk is a premium product that hasn't lost its appeal as a culinary item. Cotton seed milk is a protein and lipid-rich extract made from cotton seeds. It can be provided to the world's protein-energy starved people because it is high in protein. Along with improving blood circulation and digestion, it also aids in the removal of bad cholesterol, blood pressure maintenance, healing, and cancer prevention. The strawberry, or Fragaria x ananassa, is an important fruit crop and a member of the Rosaceae family. Another frequent name for it is Garden Strawberry. It is a well-liked fruit that is grown extensively in temperate regions of the world, including Europe, the US, and India. Strawberry pulp and cotton seed milk were used to make the flavoured milk in the following concentrations: 90:10 (T1), 80:20 (T2), and 70:30 (T3). The 9-point hedonic scale was used for the sensory evaluation. Treatments T1, T2, and T3 yielded flavour-infused cotton seed milk with overall acceptance scores of 7.33, 7.68, and 8.67, respectively. The most widely accepted was then used for microbiological, physico-chemical, and nutritional investigation.

Keywords: Cotton seed milk, protein energy malnutrition, strawberry, flavoured milk, sensory analysis, nutrient analysis.

INTRODUCTION

The Malvaceae family, which includes the marshmallow family, includes cotton seed (Gossypium). Many nations grow cotton seed in both temperate and tropical regions. The high protein content of cotton seeds can help satisfy the needs of the growing global population while also enhancing nutritional status. The World Health Organization (WHO) defines malnutrition as excesses, imbalances, or shortages in an individual's energy and/or nutrient consumption. Cotton seed can prevent malnutrition in billions of people because it is high in protein. (J. Amudha, 2018). The majority of cotton seed milk is consumed in southern India, where it is customarily served as a welcome beverage in many homes (K. Jeshi, 2018). It is commonly referred to as Paruthi Paal, where Paal means milk and Paruthi signifies cotton seed. Cotton seed milk is a highly rich source of protein, vital fatty acids, and carbohydrates, making it a "triple-nutrient." Cotton seeds, which are high in lipids and proteins, are used to make milk. Cotton seeds contain gossypol, a poisonous terpenoid molecule with negligible nutritional benefit. To make it suitable for human use, this needs to be eliminated. This compound can be eliminated by air separation, liquid treatment, or chemical means. Cotton seed milk can be made from the gossypol-removed seeds. It is an excellent substitute for cow's milk. Those who are lactose intolerant can therefore use cotton seed milk instead of cow's milk. It aids in the removal of bad cholesterol, enhances blood flow and digestion, lowers body temperature, and supports healthy pancreatic, bone marrow, and neurological system function (Amudha, J., 2018; Manoj Kumar, 2019).

Flavoured milk is a ready-to-drink beverage produced from unfermented milk combined with coffee, fruit juice, sweeteners, fragrance agents, and other additives. It is necessary to boil, pasteurize, or sterilize the flavoring milk. Coffee, chocolate, strawberry, vanilla, and banana are the most commonly utilized flavors. Kamble, S. (2019). One of the major fruit crops is the strawberry (Fragaria × ananassa), which is a member of the Rosaceae family (Singh R. et al., 2017). In temperate regions of the world, such as the United States, Canada, Mexico, Europe, and Asia, including China, Japan, Korea, and India, it is widely grown. States like Maharashtra, Himachal Pradesh, Jammu & Kashmir, and Punjab are where it is primarily farmed in India (NHB, 2020). Vitamin C, folate, potassium, fiber, and a variety of antioxidants, including flavonoids, anthocyanins, and ellagic acid, are all abundant in it (Giampieri F. et al., 2012).

The many health benefits of strawberries are well documented. Because of their high vitamin C concentration, they are quite good at increasing immunity. Strawberries contain antioxidants that have cardioprotective, anti-inflammatory, and anti-cancer effects (Hannum SM, 2004). They lessen the risk of heart disease, improve lipid profiles, and lower blood pressure. The high fiber content promotes healthy gut function, eases digestion, and avoids constipation. Strawberries are an effective way to lower the incidence of prostate, breast, and colon cancer because of their anthocyanins and ellagic acid, which are known to suppress the formation of cancer cells (Seeram NP et al., 2006). Because of their flavonoid content, strawberries also enhance brain function and guard against age-related memory decline (Devore EE et al., 2012). Strawberries are also beneficial for cosmetics and skincare. Their high levels of antioxidants and vitamin C aid in skin renewal, wrinkle reduction, and UV protection. Strawberry extracts applied topically aid in anti-aging, oil management, and skin whitening (Panchal S et al., 2021).

Because of its high folate content, which promotes fetal growth and guards against neural tube abnormalities, strawberries are good for you during pregnancy. Because of their vitamin and mineral profile, they also aid in lowering pregnancy-related problems such iron-deficiency anemia, tiredness, and nausea. Strawberries enhance the taste, texture, and sensory acceptance of food products. In order to increase the nutritional and economic value of jams, yogurts, smoothies, desserts, and baked goods, strawberry pulp is frequently utilized. An attempt was made to prepare flavoured milk from cotton seed milk where varying proportions of strawberry pulp was added to it and jaggery syrup was added to the cotton seed milk and further studied for the sensory evaluation, nutrient analysis, Physico-chemical properties and microbial analysis.

MATERIALS AND METHODS

The study's cotton seed was purchased from the local Tambaram market. After soaking in water for 12 hours, the cotton seeds were drained. A pressure cooker was used to autoclave the damp cotton seeds for 20 minutes. A stainless-steel strainer (1680 microns) was used to remove the milk after it had been ground in a food processor. The strawberry needed to make the flavored cotton seed milk was purchased at the local Tambaram market in Chennai. Strawberry-flavored cotton seed milk was made using the following ratios of pureed strawberry pulp and cotton seed milk (J. Amudha, 2018).

First, the strawberry fruit was completely cleaned with water in order to prepare the strawberry pulp (puree). With a knife, the strawberry fruit was cut into slices. To turn it into a pulp, it was twisted into the food processor.

Preparation of Strawberry Flavored Cotton Seed Milk

With a few modest adjustments, strawberry-flavored cotton seed milk was made using the method described by S. T. Pakalwad (2010). After being heated at 70°C, the cotton seed milk was quickly cooled. Various amounts of strawberry pulp were added, and six grams of jaggery syrup were added for sweetness. Figure 1 shows the flowchart for making strawberry-flavored cotton seed milk. Twenty-five untrained panelists used S. T. Pakalwad's nine-point hedonic scale to evaluate the strawberry-flavored cotton seed milk. Color, flavor, texture, appearance, taste, and general acceptability were all evaluated. The most widely used treatment was chosen for additional examination. The method described by AOAC (2000) was used to determine energy, the micro-kjeldhal method described by AOAC (1996) was used to determine protein, the soxhlet method described by AOAC (2000) was used to determine fat, and the AOAC (2000) method was used to determine carbohydrates, dietary fiber, calcium, and iron. AOAC for physico-chemical properties (2000).

RESULTSANDDISCUSSION

Sensory Evaluation of Strawberry Flavoured Cotton Seed Milk

Table 1 displays the results of a sensory evaluation of the strawberry-flavoured cotton seed milk made with varying ratios of strawberry pulp and cotton seed milk. Scores for each parameter are reported. The colour, flavour, texture, appearance, taste, and general acceptability of the flavour-infused cotton seed milk were all found to improve with the addition of strawberry pulp.

Nutrient Analysis

According to Vandana Verma, the nutrient content of strawberry milk shake using cow's milk were nergy (67Kcals), protein (3.2gm), carbohydrate (4.4gm), fat (4.1gm), calcium (120mg) and Iron (0.2mg) respectively. In this study, the nutrient content obtained were energy (172.3Kcals), protein(29.63gm), fat(0.874gm), carbohydrate (17.81gm), dietary fiber (6.148gm), calcium (0.86mg) and iron (7.48mg) respectively. From the above result, it was concluded that the flavored milk was rich in energy, protein, carbohydrate and iron.

Physico-Chemical Properties

From the above table it is observed that the viscosity, acidity, pH, total soluble solids and moisture was 142.3 cps, 1.3%, 6.65, 78.4% w/w and 88.24% respectively.

Viscosity

Kalpeshdilprao (2012) created flavored milk by mixing safflower and buffalo milk. The average viscosity when safflower milk was added in proportions of 0, 10, 20, and 30 was 6.18, 6.67, 6.80, and 8.80 percent, respectively. The viscosity of the flavoring milk increased as the amount of safflower milk in the blend increased. The viscosity

content of the papaya whey beverage grew as the proportion increased, according to Aher's 2007 preparation. The papaya whey beverage's viscosity rose from 7.91 to 8.51 cp. The viscosity of cotton seed milk ranges from 2.8 to 3.4 cP, per Amudha J. (2018). Since 30 percent was the most often acceptable percentage, adding more strawberry pulp also made the flavor-infused cotton seed milk more viscous.

Acidity

Kalpeshdilprao (2012) created flavored milk by mixing safflower and buffalo milk. The average acidity of the safflower milk added in the proportions of 0, 10, 20, and 30 was 0.140, 0.152, 0.173, and 0.180 percent, respectively. They came to the conclusion that when the amount of safflower milk in the blend rose, the flavoring milk's acidity also increased. In order to create flavored milk, Bala Sahib Son Walker et al. (2017) added jackfruit pulp in amounts of 2.5, 5, 7.5, and 10. The range of the acidity was 0.153 to 0.163%. They came to the conclusion that the rise in acidity might be between 0 and 400 viscosities. Viscosity 81 as a result of the original jackfruit pulp's strong acidity. They came to the conclusion that the acidity content rose as the amount of jackfruit pulp increased. Cotton seed milk's acidity concentration varied between 0.17% and 0.19%, per Amudha J. (2018). Thus, the addition of fruit pulp raised the flavoring cotton seed milk's overall acidity. Since 30% was the most often recognized percentage, adding more strawberry pulp raised the acidity content.

pH

A flavored soy milk whey beverage was created by Upadhyay et al. (2011). He came to the conclusion that the pH of the flavored whey soy milk beverage decreased as the amount of soy milk grew. Kalpesh Dilprao (2012) created flavored milk by mixing safflower and buffalo milk. The proportions of safflower milk added are 0, 10, 20, and 30. In those order, the average pH was 6.43, 6.19, 5.91, and 5.78. They came to the conclusion that when the blend's safflower milk content rose, the flavor-infused milk's pH dropped. Cotton seed milk has a pH of 6.5 to 7.1, according to Amudha J. (2018). when a result, the pH of strawberry-flavored cotton seed milk dropped when more fruit pulp was added. The addition of strawberry pulp lowered the overall pH level because 30% was the most widely approved percentage.

Total Soluble Solids

In order to create flavored milk, Balasaheb Sonwalker et al. (2017) added jackfruit pulp in amounts of 2.5, 5, 7.5, and 10. The range of the total soluble solids was 18.21 to 19.53. They came to the conclusion that the amount of total solids content rose as the amount of jackfruit pulp increased. Because jackfruit pulp contains a higher percentage of total soluble solids (23.57%) than skim milk (9.53%). Cotton seed milk's total soluble solids ranged from 11.8% to 13%, per Amudha J. (2018). Thus, the addition of fruit pulp raised the flavoring cotton seed milk's total soluble solids. The total soluble content increased as the amount of strawberry pulp increased since 30% was the most widely approved proportion.

Moisture

Kalpeshdilprao (2012) created flavored milk by mixing safflower and buffalo milk. The flavoring milk had a moisture content of 81.13 to 83.18 percent. The moisture level of the flavoured milk rose as the percentage of safflower milk in the mix grew, and the same was true as the percentage of strawberrry pulp increased. Kalchare made the sago lassi in 2002. He stated that the sago lassi's moisture content rose from 76.82 to 84.70 percent. The blend's moisture content rose as the amount of safflower milk increased. Thus, the flavoring milk's moisture content rose as the amount of strawberry pulp grew.

The strawberry-flavored cotton seed milk had a total bacterial count of 0.52×10^2, 2.1×10^2, and 1.7×10^2 for yeast and mold, respectively. It is recommended that the total plate count for milk not exceed 50×10^3/ml. The Indian Food Safety and Standards Authority, 2015. The prepared product's microbiological content fell within the acceptable range.

CONCLUSION

It has been determined that strawberry-flavored cotton seed milk is high in protein and energy and can be administered to people who are lactose intolerant or malnourished. Cotton seed milk can be used as a substitute for strawberry milkshakes made with cow's milk because it has more protein and energy. Since lactose intolerance is on the rise and children's milk consumption is declining, flavor-infused milk was developed to appeal to them. It was discovered that adding fruit pulp to flavor-infused cotton seed milk enhanced its quality. The study found that adding 30% strawberry milk to cotton seed milk produced better-tasting, higher-quality milk. Therefore, cotton seed milk can be used in future research to formulate other by products.

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Table 1. Strawberry-flavored cotton seed milk ratios

T1	10% strawberry pulp + 90% cotton seed milk
T2	20% strawberry pulp + 80% cotton seed milk
T3	30% strawberry pulp + 70% cottonseed milk

Table 2. Sensory Evaluation of Strawberry Flavoured Cotton Seed Milk

Nutrient	Strawberry Flavoured Cotton Seed Milk
ENERGY(Kcals)	172.3
PROTEIN(gms)	29.63
FAT(gms)	0.874
CARBOHYDRATE(gms)	17.81
DIETARYFIBER(gms)	6.148
CALCIUM(mg/gm)	0.86
IRON(mg/gm)	7.48

Table 3. Nutritive value of strawberry flavoured cotton seed milk

	T1	T2	T3
Colour	7.54±0.73	7.71±0.55	8.52±0.63
Flavour	7.36±0.74	7.59±0.62	8.71±0.55
Texture	7.33±0.52	7.64±0.58	8.54±0.46
Appearance	7.37±0.65	7.65±0.42	8.58±0.48
Taste	7.31±0.88	7.68±0.77	8.78±0.71
Overall acceptability	7.33±0.75	7.68±0.54	8.67±0.52

Table 4. Physico Chemical Properties of Strawberry Flavoured Cotton Seed Milk

Treatment	Viscosity	Acidity	Ph	Total Soluble Solids	Moisture
T3	142.3cps	1.3%	6.65	78.4% w/w	88.24%

Table 5. Microbial Analysis of Strawberry Flavoured Cotton Seed Milk

Treatment	Yeast count	Mould count	Total bacterial count
T3	1.7×10^2	2.1×10^2	0.52×10^2

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Role of Residents Awareness and TEK for Restoration of Sparrows - a Case Study of Saran Division

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Received: 05 May 2025 Revised: 19 May 2025 Accepted: 20 Jun 2025

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ABSTRACT

During the last few decades, the House Sparrow (*Passer domesticus)* has witnessed a sharp decline in its population because of urbanization, habitat loss and lessened public awareness. This study tries to find how people's conscience towards this disappearance and Traditional Ecological Knowledge (TEK) practices can revive sparrows in the landscape of Saran Division. Applying a mixture of steps and methods (like 450 surveys, 30 interviews, and 120 sites visit), we inferred that villages where TEK practices are prevalent hosted greater number (about 2.5 times more) of sparrows than in modernized areas . However, 70% of locals (mostly younger generation) were unaware of the loss, while pesticide and concretized buildings destroyed sparrow habitats. This investigation underscores the need to integrate TEK into our policy formulations (in the form of subsidies for pesticide free organic farming practice and mud wall retention) to bridge the awareness and preservation gap. This research provides a blueprint for rural biodiversity conservation by blending cultural inheritance with ecological management.

Keywords: House Sparrow, Traditional Ecological Knowledge, Bio cultural Conservation, Saran Division, Rural Awareness

INTRODUCTION

It is well known that the more diverse an ecosystem is,the healthier and stable it is (Cleland,2011). Birds,our feathered friends, have a deep impact on the well-being of the environment, serving immense ecological functions. The one species, sparrow, that has coexisted with humans since time immemorial has dwindled to such an extent that it has become rare to have their frequent sightings over the past three decades (Anderson,2006, De Laet &

Summer Smith 2007). This small bird having immense ecological significance in the form of pollinators, seed dispersers, bio-control agents, is a prominent place holder in the food chain(Newton,1995). Due to its cohabitation with humankind, it serves as an excellent indicator of ecological quality (Kheera et al. 2009). Their decrease has been more visible in India with urban sparrow population falling by 70-95% since the 1990s and rural areas showing a 30-50% reduction (Bhattacharya et al. 3011,Singh et al. 2015). In urban areas, various factors like EMR and architectural alterations are the recorded and suspected reasons, while in rural areas the sheer drop is still understudied specially in areas where agrarian lifestyles and Traditional Ecological Knowledge (TEK) historically provide support for sparrow population. This study targets the districts of Chapra, Siwan and Gopalganj, constituting the Saran Division and explores the interplay of resident's awareness, TEK and conservation of sparrow in rural landscapes undergoing the process of modernization. Situated in the Gangetic plains, Saran Division is the real evidence of the eco cultural transition that faces rural India. The traditional and historical system of mud walled houses, provision for 'Gola' that is an open grain storage and mixed farming have provided ideal habitat for sparrow facilitating sparrows housing in crevices, providing insect prey and winter grain residues (Kumar & Mishra, 2020; Jha,2017). The practices of deliberate grain spreading in festivals (Annaprashan), inclusion of thatched roofs and other such TEK in this region that has been passed through generations unknowingly supported avian biological diversity (Prasad, 2005). But unfortunately, these ecological safeguards have been destroyed by the shift to concrete housing, increased and frequent pesticide use, the rejection of age old agricultural practices in the line of trends observed in Punjab and Rajasthan (Bhatia *et al.,*2013; Singh *et al.,*2018).

All over the world, TEK is getting popular as a significant tool for biodiversity conservation providing in-situ solutions while being a part of community undertaking and sustainable resource use (Berkes,1999; Gadgil et al.,1993). TEK, a body of knowledge, passed down through generations within communities has been central in safeguarding sparrows across the world since long (Berkes, 1999). Through traditional rice farming Satoyama landscapes of Japan sustain endangered birds (Kobori &Primack, 2020). A community in Rajasthan, called Bishnoi, safeguards sparrow nesting khejri trees through established cultural practices (Rathore *et al.,* 2023). Also, in Maharashtra sparrows are being restored through *Ghar Chidiya* campaign by installing nest boxes inspired by TEK (Deshmukh, 2023). Grain sharing practices in Punjab increased winter revival rates of sparrows by 40% (Kaur *et al.,* 2022). But sadly, youth disinterest in TEK rituals accelerates habitat loss (Rajendran *et al.,* 2023). Most of the research studies have targeted urban sparrow declines overlooking countryside where TEK still exists (Mohan *et al*.2022). As far as youth is concerned, the role of inherited knowledge loss among them in the respect of sparrows is understudied (Prasad & Verma, 2023). Unlike Maharashtra's community led models of preservation, Bihar's conservation frameworks lack TEK integration (Deshmukh, 2023). This study highlights these voids by questioning the extent to which TEK rituals influence sparrow population in Saran Division, quantifying the level of resident awareness about lowering number of sparrows and how TEK could be revitalized to support conservation policy.

METHODS AND METHODOLOGY

This segment makes it clear as how the role of people's awareness and age old practices and knowledge is studied in protecting sparrows in Saran Division of Bihar. Simple most and feasible methods have been adopted to gain information from people as well as from nature. We gathered various pieces of information and assembled them to see the full picture. The goal was to understand how local understanding and consciousness along with the efforts of residents help (or harm) house sparrows. The study areas selected were the three districts (Chapra, Siwan and Gopalganj) under Saran Divisionin Bihar. These tracts were chosen as they harbor a lot of farmlands, traditional mud houses and socio-cultural exercises associated with sparrows. Three simpler ways were used to collect data – conversation with people (surveys and interviews), keen observation of sparrows and their nests (field work) and mapping with communities. Surveys were done with 450 people (150 from each district) with the involvement of peasants, students, elders and housewives. They were asked simple and easy questions like whether they have observed lesser sparrows during the past few decades. Questions were asked about the practice of spreading out grains and cereals in the courtyard or on the roofs during festival times. Uses of pesticides in agricultural fields were

also investigated. This information were gathered using paper forms having a list of questionnaires and sometimes mobile applications. About thirty elderly people (aged above 65) were interviewed for their traditional knowledge about their environment. We have had deep interaction with them about their old practices and rituals like leaving holes and crevices in mud walled buildings which serve as secure nesting sites for these tiny birds. They informed narratives and rituals focused on sparrows conservation (as for example, feeding birds during marriages). So far as field works were concerned, we observed sparrows, their roosting and nesting behavior in about 120 spots (farm lands, rural tracts, and towns) by standing silently for 12 minutes, recording the number of sparrows watched. We were more interested in the number of nests in mud walls of old architectures, houses or buildings, thatched roofs (made up of straw, reeds, dry plant fiber, and other such natural materials) and in modern concretized buildings. We kept special attention in checking whether those agricultural areas where pesticides were used had fewer insects or not because sparrows' nestlings especially depends on a strictly protein us insectivorous diet. Finally, mapping of the areas with the help of communities were done. We conducted 5 group gatherings with rural dwellers and drew maps demonstrating spaces where sparrows were abundant in the previous time versus present scenario. Also, the drawn maps showed the places still practicing old traditions like offering food to birds and taking proper care of birds implying their astrological beliefs of improving planetary influences and bringing positive energy in houses (because birds are thought as messengers of positive energy).

We adopted the following ways of analyzing and interpreting the inputs and insights gained. Using basic mathematics, patterns were observed, like 60% of elders (more women),feed birds but only 20% of youth do so. From the stories of elders, similar ideas were grouped, as many elders connect the existence of sparrows to bright luck, but younger people don't generally hold such beliefs. Maps were compared to view if places with old beliefs and culture (mud houses, traditional grain storage and grain sharing) had more sparrows. To keep the interview fair and honest, we had sought permission from the participants for inquiry and all of them agreed. For sake of anonymity, the participant's names were kept secret. However, the opinions and findings will be discussed with the villagers and easy solutions will be suggested (providing feeders, nest box making). Results sharing will be done properly. Though some challenges and hardships were encountered in the forms of memory biases, seasonal changes, migration of workers in cities. Some elders might not be able to recollect the past details with clarity. Romanticizing the past was a challenge for them due to sickness and age. Sparrows behaved somewhat differently in monsoons (summer) versus winter – the study targeted winter. Migrant workers in the search of job in cities were not easy to involve in the interrogation. By including a mixture of methods like surveys, stories and field observations, a full image was obtained depicting how the activities of people (e.g. using pesticides) affect sparrows, and how age old traditions can protect them. In this methodology we heard people, observed sparrows and linked the dots to find solutions.

RESULT AND DISCUSSION

About 450 people residing in the districts of Chapra, Siwan and Gopalganj were surveyed to assess their awareness and disposition towards sparrows.It was found that awareness of sparrows' declination has dropped. Only 30% of people (mostly elders) felt sparrows are declining in number. Amongst younger generation (aged below 30) only 15% were conscious of their gradual disappearance. Children of Bhagwanpur Hatt in Siwan district said "Sparrows are everywhere; just you need to spread grains and keep water in the aangan". Elders of age group 50 to 75 acknowledged the drastic loss in sparrow number.An elder in Chapratown told us that sparrows used to made nests in their walls when he was young, but at present it is hard to even have their regular sightings. Talking about traditional ecological knowledge, grain sharing ritual is performed during ceremonies and festivals by 45% of elders, while only 10% of youth perform this. In villages like Maharajganj, Pachbhinda, Raghunathpur 35% of houses still retain mud walls having crevices for sparrow habitation. About 80%of farmers are using chemicals in their field .They are of the opinion that in the absence of pesticides, yield of crop deteriorate and also that with their use, insect infestation stops. Concerning modern challenges, 70% of new houses leave no nesting points for sparrows while their construction. About 40% of the elders held mobile towers as major culprits, but more research is required in this respect. To learn about fading traditions, we interviewed 40 elders. They admitted the fact that earlier they used to

stuff jute sacks into mud walls as sparrows liked making nests there (some old farmers from Siwan). An elder hailing from Chapra told that during weddings they fed grains to sparrows for good luck. There are deep rooted cultural beliefs in almost all Hindu houses about sparrows that they are symbols of prosperity 'Ghar ki Laxmi'. But sadly, youth of today barely acknowledge it, saying "they are simply birds" said a student in Gopalganj. A total of 120 sites were visited (agricultural lands, rural areas, and towns) for observation of sparrows. In villages about 20-25 sparrows were seen per kilometer square and that too around mud houses and ponds). As few as 5 to 6 sparrows, while none at some places, were observed per kilometer square in town areas dominated by concrete buildings. Regarding choice of nests, 60% of nests were found in mud walls and thatched roofs while lesser than 7% has nests in buildings having modern architecture -no open ventilators, no cracks left and full concretization. Also juveniles of sparrows are facing food scarcity because farms where pesticides were used had 60% lesser insects. So there was a danger of starvation for sparrow nestlings. Agricultural areas where organic farming is implemented, though very low in number, had two times more sparrows than pesticides laden farm areas. Lastly, about community maps to locate sparrows thriving places, we held 6 village meetings, where local residents drew maps to demonstrate hotspots of sparrows. The comparison between present and past scenarios showed that old hotspots were near water bodies, mud houses and grain storage areas. But concrete buildings and tree cuttings have shrunken these areas. A ray of hope is still present in some villages in Duraundha, Bhagwanpur, Baniyapur, Barhariya that have preserved rich traditional ecological knowledge, where people practice grain spilling and provide feeders for sparrows. These villageshave greater numbers of sparrows as compared to those villages undergoing modernization in the form of modern featured houses and buildings. Some encouraging stories were also encountered during our tour. Some farmers in Gopalganj stopped pesticide use, rebuilt mud walls saying "sparrows did come back within a few months which my grandchildren love to see". Some students in Maharajganj (Gaur) has installed handmade simple nest boxes. "We made 12 artificial nest boxes". The results derived from this study reveal a strong but fragile connection between anthropogenic activity and sparrow's revival.

Findings of the study are illustrated in the following pie charts:

- Awareness about decline in sparrow population in Saran Division
- Nesting sites of sparrows in Saran Division
- Sparrow number per square kilometer

Percentages among elder's vs youth following TEK practices.

CONCLUSION

The case study of Saran Division underscores the pivotal role of resident awareness and Traditional Ecological Knowledge (TEK) in the endeavor to restore sparrow populations. By actively engaging local communities and harnessing their deep-rooted understanding of the local ecosystem, conservation efforts can gain significant momentum and achieve greater sustainability. Integrating TEK, which often encompasses time-tested practices beneficial for local biodiversity, with modern scientific approaches offers a holistic and culturally sensitive pathway towards creating favorable habitats and mitigating threats to sparrows. Ultimately, the success in Saran Division highlights that a collaborative approach, empowering residents and valuing their traditional knowledge, is not just beneficial but essential for the long-term revival of sparrow populations and the overall health of the ecosystem.

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Table.1:Summarizing the awareness of sparrow population decline across different age groups in Saran Division

Age Group	Percentage Aware of Sparrow Decline
Elders (above 50)	50%
Adults (30-50)	25%
Youth (below 30)	15%

Table.2:Indicating TEK activities in village's vs town

	Village	Town
Grain Spreading	40%	5%
Mud Wall Retention	35%	10%
Pesticides free agriculture	20%	2%

Table.3:Comparing the average insect count in organic and pesticide –applied farming areas

Farming Method	Average Insect Count per Sample
Organic Farming	225
Pesticide Applied Area	90

Table.4:Illustrating the significant decline in sparrow population across these key hotspot areas within the Saran Division over time. The percentage decline highlights the severity of the situation in each habitat:

Sparrow Hotspot Area	Past Sparrow Population (Approximate %)
Near Water bodies	70%
Mud walled houses	60%
Grain stores	40%

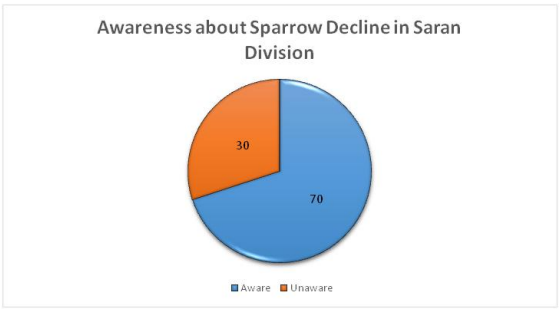

Figure.1: Show the awareness about Sparrow decline in Saran Division

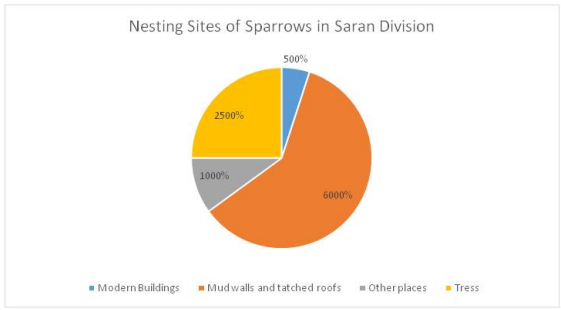

Figure.2: Show the nesting sites for Sparrows in Saran Division

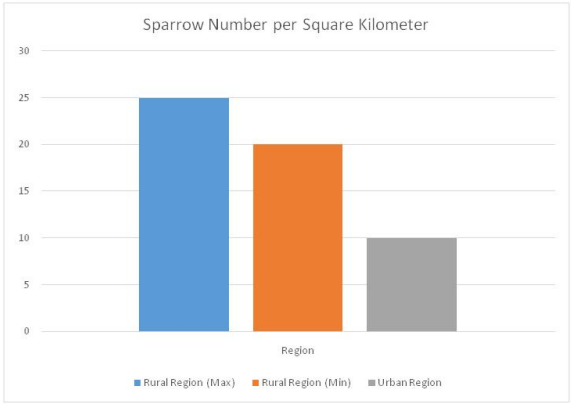

Figure.3: Show the number of Sparrows in per square

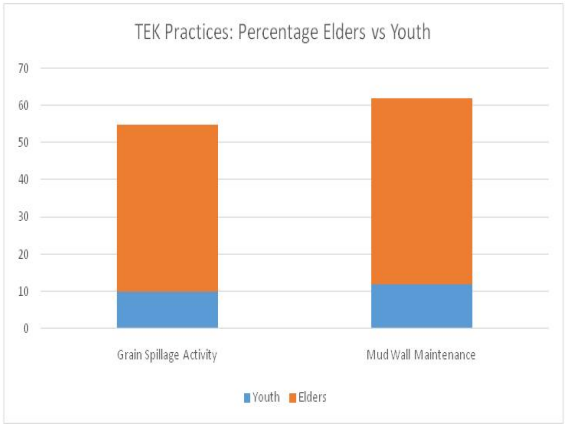

Figure.4: Show the TEK practice percentage elders v/s youth

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Production of Bioethanol from Groundnut Shells and Peels using Bacterium Consortium

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Received: 30 Jan 2025 Revised: 12 Apr 2025 Accepted: 23 Jun 2025

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ABSTRACT

Groundnut shells have high amount of lignin, hemicellulose and cellulose. These components can be used for various purposes like production of Biofuel, Bioadhesives, Biofertilizer. India is the second largest producer of groundnuts. Groundnut (*Arachis hypogaea*) peels and shells was collected from the nearby land area of Sundarakkottai, Mannargudi, Thiruvarur, Tamil Nadu, India. Pre-treatment of Groundnut shells (GS) and peels (GP) was done. The serial dilution was performed for the isolation of bacteria and identified by cultural, Gram staining and biochemical characteristics. Hence the identified as *Bacillus cereus and Pseudomonas aeruginosa.* Acid hydrolysis was carried out and the neutralized hydrolysate was subjected to total carbohydrate and estimation of glucose and xylose. Bacterium consortia was inoculated into GS and GP substrates, allowed for submerged fermentation. Bioethanol was noticed on 3rd day. The highest bioethanol produced was recorded in groundnut shells such as 9.56±0.45(G/L) than GP. The bioethanol production was optimized with the physical and chemical parameters such as pH, temperature, NaCl concentration, Substrate concentration, carbon and nitrogen

sources .Fourier Transform-Infrared Ray (FTIR), was used to perform analytical investigation on the Groundnut shells to determine the functional groups.

Keywords: Groundnut, bioethanol, carbon, Biofuel, hemicelluloses.

INTRODUCTION

Groundnut shells, a byproduct left after the separation of groundnut seeds, are often discarded or burned as waste. However, they hold potential as a renewable energy source. With fossil fuels being nonrenewable, finding sustainable alternatives is crucial. Despite having abundant biomass, India lags in ethanol production, producing only 4% ethanol (around 2 billion liters) primarily from molasses. Interestingly, India is one of the world's leading producers of groundnuts. Utilizing agricultural waste with no economic value for biofuel production offers an efficient way to maximize land use. Various agro-waste materials, including sugarcane molasses, groundnut shells, rice husks, straw, and corncobs, are being explored as potential substrates for biofuel production. The groundnut (*Arachis hypogaea*), a leguminous plant, grows to a height of 30 to 50 cm (1.0 to 1.6 ft) (Nyachaka et al., 2013). Groundnut shells are rich in cellulose (37%) and hemicellulose (18.7%), along with other carbohydrates (2.5%), enhancing fermentation efficiency and improving bioethanol yield (Jaishankar et al., 2014).Additionally, groundnut shell ash contributes to effective waste management and serves as a soil stabilizer, improving soil strength and moisture retention (Sujatha et al., 2016). To optimize bioethanol production, both chemical and physical pretreatments should be applied to groundnut shells. Therefore, the present study focuses on producing bioethanol from groundnut (*Arachis hypogaea*) peels and shells using a bacterial consortium.

MATERIALS AND METHODS

Sample collection and Preparation (FAOST, 2013)

Groundnut (*Arachis hypogaea*) peels and shells were collected from agricultural land in Sundarakkottai, Mannargudi, Thiruvarur, Tamil Nadu, India. The shells were thoroughly washed with tap water to remove soil particles and then dried for several hours to eliminate moisture completely. Once oven-dried, the groundnut shells were finely powdered using a blender.

Source of organisms

Soil samples were collected from agricultural land areas in Mannargudi, Thiruvarur District, Tamil Nadu, India. The samples were stored in sterile polythene bags and later transferred to the laboratory for further analysis. Isolation of bacteria The serial dilution agar plate method was used for the isolation and enumeration of bacteria, which are among the most prevalent microorganisms (Norris and Ribbons, 1972).

Composition analysis of Groundnut shells and peels

The composition analysis of Groundnut shells were determine the cellulose and lignin content. Cellulose content was estimated by Anthrone assay according to Aldaeus *et al.,*2010. Organic carbon in groundnut shell and peels were estimated according to Walkely and Black, 1933.

Chemical and Physical Pretreatment

Physical and chemical methods were used for pretreatment studies. Powdered GS was treated with inorganic chemicals such as 0.25 N HCl and 0.25 N NaOH and organic chemicals such as 0.25 N Acetic Acid and 0.25 N Lactic Acid. Physical pretreatment was done using steam explosion method. The sample was washed with hot water for several times to remove acidic or basic content and treated with isolated bacterial strain.

Groundnut shells and peels substrate preparation

50ml of 1% sulphuric acid were added to 100 gm of substrate and heated for 20min, after this allowed to cool, then 100ml of 4% sodium hydroxide were added and heated for 30min, then allow to cool the substrate at room temperature, pH were adjusted to 7.0

Preparation of Bacterial Consortia

For the preparation of the bacterial consortium, selected bacterial colonies were plated on a minimal agar medium supplemented with carboxymethyl cellulose (CMC) and incubated at 37°C. After 12 hours, bacterial strains in the log phase were inoculated into 250 ml flasks containing 100 ml of nutrient broth and incubated at 37°C with continuous shaking at 200 rpm for 12 hours. Following incubation, 5 ml of each broth culture was transferred into sterile test tubes and centrifuged at 5000 rpm for 15 minutes. The supernatant was discarded, and the pellet was resuspended in a normal saline solution and vortexed thoroughly. A volume of 0.1 ml from each colony suspension was then added to fresh nutrient broth and incubated overnight. The prepared bacterial consortium was used for ethanol production. This study aims to develop a successful bacterial consortium capable of efficiently degrading different substrates within a short period using cellulase enzymes under natural conditions, without generating foul odor. An effective bacterial consortium for the degradation of groundnut shells and peels was prepared following the method proposed by Rahman (2002). For the successful preparation of a microbial consortium, bacterial cultures must be compatible with each other to produce all the necessary enzymes for substrate degradation. The compatibility of the consortium was verified using the cross-streaking method on a nutrient agar plate.

Experimental design

T1- Groundnut shells + *B. cereus* and *P. aeruginosa*, T2- Groundnut peels + *B. cereus* and *P. aeruginosa*, T3- Control. The process of developing the inoculum at 37±1^{0}C, using a shaker operating at 250rpm. The bioethanol was retrieved using conventional distillation after fermentation.

Cross Streak Method

The antagonistic activity of cellulase-producing isolates was assessed using the cross-streak method (Shirling & Gottlieb, 1966). Nutrient agar plates were prepared, and one isolate was inoculated by streaking it in the center of the Petri plate. Test organisms were then streaked at 90° angles to the central streak. The plates were incubated at 38°C for 24 hours to evaluate compatibility and antagonistic interactions among the isolates.

Inoculum Preparation

Non-antagonistic isolates were selected based on their compatibility and tested for their suitability in forming a microbial consortium to enhance nutrient utilization. The selection criteria included growth rate and the efficiency of enzyme production, particularly those involved in bioethanol production (Apun *et al.,* 2000). The inoculum medium was prepared in a 250 mL Erlenmeyer flask with a working volume of 100 mL. The medium composition (per liter) included:

- Peptone – 0.5 g
- Beef extract – 0.3 g
- Sodium chloride – 0.5 g
- Distilled water – 100 mL

The medium was sterilized at 121°C for 15 minutes. A loopful of bacterial strains from a one-day-old nutrient agar slant culture was transferred to the sterilized nutrient broth in a 250 mL Erlenmeyer flask. The flask was then incubated at 37°C with continuous shaking at 150 rpm in an incubator shaker for 24 hours to ensure optimal bacterial growth.

Fermentation

The fermentation process was conducted in 500 mL flasks, maintained at 250 rpm in a rotary shaker. Pre-treated groundnut shells and peels powder were used as the raw material, supplemented with specific components as prescribed by Caputi et al. (1968).

4o

Screening for ethanol

10ml of fermented sample

↓

Pinch a pottassium dichromate and a few drop of H_2So_4 were added.

↓

Colour of the sample turns from pink to green indicates the presence of bioethanol.

Reducing Sugar

The quantification of reducing sugars was carried out using the dinitro salicylic acid (DNSA) method, as outlined by Miller, 1959.

Estimation of total carbohydrates (Sadashivam, 2004)

Total amount of carbohydrates present was estimated by Phenol-Sulphuric acid method using glucose as a standard having a concentration of 1 mg/ml and the colorimetric reading was taken at 490nm.

Estimation of glucose and xylose (Ayudhya *et al*., 2007)

The amount of glucose present in the neutralized hydrolysate was estimated using the DNSA (3,5-Dinitrosalicylic Acid) Method, and the colorimetric reading was taken at 540 nm (Sadashivam, 2004). The estimation of xylose was performed using the Phloroglucinol Assay, with the absorbance measured at 540 nm. Glucose and xylose were used as standard reference sugars at concentrations of 1 mg/mL and 0.5 mg/mL, respectively. Based on the results, 8 g of groundnut shell powder was hydrolyzed in 160 mL of 4% H_2SO_4, neutralized, and used for further testing.

Optimization of Bioethanol Production

The highest bioethanol production was observed in fermentation using Groundnut shells + *Bacillus cereus* and *Pseudomonas aeruginosa*. The process was optimized by evaluating the effects of various physical parameters, including pH, temperature, NaCl concentration, substrate concentration, and different carbon and nitrogen sources.

Effect of pH

To determine the optimal pH for bioethanol production, 10 mL of prepared inoculum was introduced into 100 mL of fermentation medium containing groundnut shell powder. The medium was distributed in five different 250 mL Erlenmeyer flasks equipped with fermentation airlocks and adjusted to pH 4, 5, 6, 7, and 8. The flasks were incubated at 37°C for 48 hours, and after fermentation, the ethanol content was estimated.

Effect of Temperature

Fermentation was carried out at different temperatures (30, 35, 40, 45, and 50°C) to determine the optimal temperature for ethanol production. The fermentation medium containing groundnut shell powder was incubated under these conditions for 48 hours, and periodic samples were analyzed for reducing sugars and bioethanol content.

Effect of NaCl Concentration

To evaluate the effect of NaCl concentration, fermentation was conducted using NaCl concentrations of 0.20, 0.40, 0.60, 0.80, and 1.00 g/L in groundnut shell-incorporated fermentation media. The flasks were maintained at 37°C for 48 hours, and ethanol content was estimated post-fermentation.

Effect of Substrate Concentration

The prepared inoculum (10 mL) was introduced into 100 mL of fermentation medium containing different concentrations of groundnut shell powder substrate (0.50, 1.00, 1.50, 2.00, and 2.50 g/100 mL) in separate 250 mL Erlenmeyer flasks. The flasks were equipped with fermentation airlocks and incubated under optimal conditions. After 48 hours, ethanol content was estimated.

Effect of Different Carbon Sources

The influence of various carbon sources (glucose, fructose, and starch) on bioethanol production was assessed. The fermentation medium was supplemented with these carbon sources, sterilized, and inoculated with bacterial strains. The flasks were incubated at 30°C for 3 days, and post-incubation, total ethanol content and total reducing sugar content were determined.

Effect of Different Nitrogen Sources

The impact of different nitrogen sources, including ammonium sulfate, urea, and ammonium chloride, was also evaluated to optimize microbial growth and ethanol yield

Statistical analysis (Galbe M., 2002)

Triplicates are used for mean and SD and using excel software.

RESULTS

Groundnut waste substrates, including shells and peels, were found to be an effective lignocellulosic material for bioethanol production, particularly when used in conjunction with mixed microbial cultures. In this study, the combination of *Bacillus cereus* and *Pseudomonas aeruginosa* was found to be more effective in terms of bioethanol production from pretreated groundnut substrates. The highest ethanol production, 9.56 ± 0.45 g/L, was achieved from groundnut shells using the bacterial consortium under optimized conditions, including a pH of 6, fermentation time of 72 hours, temperature of 35°C, NaCl concentration of 0.80%, substrate concentration of 2.50%, and starch as the best source of carbon and nitrogen at 24 hours. Structural modifications of the groundnut shell were analyzed using FTIR (Fourier Transform Infrared Spectroscopy), which revealed significant degradation of cellulose and hemicellulose content in the groundnut substrates, with a prominent peak at 1369 cm^{-1}, indicating the effective breakdown of these components.

Physical and chemical composition of Groundnut shells and peels

The moisture percentage level was analyzed Groundnut peels was showed the 6.50±0.10 and the same in shells was noticed as 6.50±0.01. The proportion of ash content groundnut Peels was 2.72±0.09, while the percentage of ashin shells was 8.00±0.01. In shells, The percentage of ash was high. The percentage level of-cellulose in groundnut peels was found to be 37.00±0.58, whereas the percentage level in shells was found to be 34.00±0.28. Peels had a high percentage of a-cellulose, measuring 37.00± 0.28 overall. The Percentage level of hemicellulose was found to be 29.00 ±0.76, while the percentage level of hemicellulose in shells was 46.00± 0.01. The percentage of hemicellulose was high in Shells. Meanwhile value the percentage of lignin content in groundnut peels is27.00±0.28, While the percentage of lignin in shells is 28.00± 0.50. Overall lignin content was highly noticed in shells. (Table-1).

Bioethanol production from Groundnut shells and peels using Bacterium consortia

Bacterial consortia were inoculated into groundnut shells and peels substrates, which were then allowed to ferment and incubated at 37°C. Bioethanol production was observed starting on the third day of fermentation. Groundnut shells exhibited the highest bioethanol production, with a yield of 9.56 ± 0.45 g/L, followed by groundnut peels, which produced 8.80 ± 0.75 g/L. Overall, the highest bioethanol production was recorded from groundnut shells.(Table- 2)

Estimation of total Carbohydrates, Glucose and Xylose

The total carbohydrate content was highest in the 4% hydrolysate, with a concentration of 3.9 mg/mL. The total amounts of glucose and xylose in the 4% hydrolysate were found to be 3.2 mg/mL and 1.7 mg/mL, respectively.. (Table-3 & 4)

Reducing sugar on various combinations of substrate

The bacterial consortium consisting of T1 (Groundnut shells + *Bacillus cereus* and *Pseudomonas aeruginosa*), T2, and T3 exhibited higher bioethanol production, with T1 showing the greatest ethanol yield. After 72 hours, T1 recorded a total reducing sugar concentration of 1.75 ± 0.09 g/L, which was higher compared to the other bacterial combinations. The residual sugar content in the fermentation process indicated the effective conversion of sugars, which contributed to achieving a greater ethanol yield.. (Table-6)

Optimization of bioethanol Effect of pH

All the mixed isolates, *Bacillus cereus* and *Pseudomonas aeruginosa*, were allowed to grow in media with different pH values ranging from 3.0 to 7.0. The maximum level of bioethanol production was observed in the medium with a pH of 6.0 after 72 hours, yielding 1.50 ± 0.08 mL of bioethanol. (Table-7)

Effect of Temperature

The fermentation medium was prepared and placed at different temperatures (20°C, 25°C, 35°C, and 40°C) to analyze the optimum temperature for ethanol production, with the pH maintained at 6.0.

Effect of NaCl concentration

Bioethanol productivity was optimized by using various NaCl concentrations in this study. The mixed isolates (*Bacillus cereus* + *Pseudomonas aeruginosa*) produced the maximum ethanol level of 1.19 ± 0.05 mL at a 0.80% NaCl concentration. Very low productivity was observed at other NaCl concentrations.. The investigated results were presented in (Table-9)

Effect of Substrate concentration (%)

The maximum level of bioethanol production, 9.56 ± 0.45 g/L, was observed at a 2.50% substrate concentration after 24 hours of incubation. Very low bioethanol production was recorded at other substrate concentrations. Additionally, excellent results were observed at 72 hours of incubation, with a bioethanol yield of 1.43 ± 0.002 mL.. (Table-10)

Effect of Different carbon sources

Various carbon sources, including sucrose, fructose, and starch, were used to replace glucose, the original carbon source, in the growth media. The results showed that starch led to the highest level of bioethanol production, with a yield of 1.56 ± 0.007 mL after 72 hours of incubation. While sucrose also showed significant bioethanol production at 72 hours, starch was confirmed as the best carbon source for bioethanol production in this study.(Table- 11)

Effect of Different nitrogen source

The production of bioethanol was found to be sensitive to repression by different nitrogen sources. The effect of various nitrogen sources, such as ammonium sulfate, urea, and ammonium chloride, was studied by replacing the nitrogen source in the growth medium. Among the nitrogen sources tested, ammonium chloride was found to be the most effective for bioethanol production. Nitrogen is a key component of cell proteins, and the stimulation of

bioethanol production by ammonium chloride and ammonium sulfate salts could be attributed to their direct role in protein synthesis. The results indicated that ammonium chloride resulted in the highest bioethanol production, with a yield of 1.55 ± 0.005 mL after 72 hours of incubation. (Table-12)

DISCUSSION

Thomas *et al.*,(2021) investigated the use of two substrates, paper and leaves, subjected to a pretreatment process using acid hydrolysis to remove lignin, which acts as a physical barrier to cellulolytic enzymes. Ethanol fermentation was carried out using *Saccharomyces cerevisiae* culture for 24-48 hours, resulting in bioethanol production. This green strategy of biofuel production using renewable raw materials, similar to the approach in the present study, offers a cost-effective and eco-friendly solution to overcoming pollution in the current scenario. Raveendran *et al.* ,(1995) stated that groundnut shell (GS), a residue from pod separation, is abundantly available worldwide. This crop residue is of low economic value and is commonly used as fuel in gasifiers, burned, or sometimes utilized as manure to enhance soil conditions. The residue contains 54.4% total carbohydrate content (dry weight) in its cell wall, making it an ideal substrate for bioconversion into fuel ethanol.

CONCLUSION

Bioethanol production from cost-effective sources, particularly agricultural waste, offers a sustainable and environmentally friendly alternative to conventional fossil fuels. For large-scale fuel ethanol utilization to be viable, its production technology must be cost-efficient, renewable, and eco-friendly. Agro-waste components can serve multiple purposes, including biofuel and biofertilizer production. By incorporating a mixture of microbes, the current methodology can be enhanced, leading to a more sustainable process for cellulosic ethanol production from GS. This approach presents a promising alternative to petroleum-based fuels.

ACKNOWLEDGEMENT

The authors express their gratitude to the Tamil Nadu State Council for Science and Technology, Chennai, for providing financial support for the entire research work.

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Table1: Analysis of physical and chemical content in Groundnut shells and peel

Fiber composition	Peels (%)	Shells (%)
Moisture	6.50±0.10	6.50±0.01
Ash	2.72±0.09	8.00±0.01
α- cellulose	37.00±0.58	25.50±0.70
Hemicellulose	29.00±0.76	46.00±0.01
Lignin	27.00±0.28	28.00±0.50

Table 2: Production of bioethanol.

Treatment	Substrate	Organisms	Ethanol production on Third day (G/L)
T1	Groundnut shells	*Bacilluscereus* + *Pseudomonas aeruginosa*	9.56±0.45
T2	Groundnut peels	*B.cereus* + *P. aeruginosa*	8.80±0.75
T3	Control	*B.cereus* + *P. aeruginosa*	7.98±0.95

Value were expressed in Mean Standard deviation : n=1

Table 3 : Estimation of Carbohydrates

Hydrolysate (%)	Carbohydrates(mg/ml)
2	0.9mg/ml
4	3.9mg/ml
6	0.7mg/ml
8	2.8mg/ml
10	0.9mg/ml

Table 4 : Determined the glucose and xylose

% hydrolysate	Glucose (mg/ml)	Xylose(mg/ml)
2	1.5mg/ml	1.1mg/ml
4	3.2mg/ml	1.7mg/ml
6	2.85mg/ml	1.4mg/ml
8	2.3mg/ml	1.1mg/ml
10	2.2mg/ml	1.0mg/ml

Table 5 Estimation of reducing sugar on submerged fermentation studied with various combinations of substrates

S.No	Treatment	Reducing sugar (g/l) 24hrs	Reducing sugar (g/l)48hrs	Reducing sugar (g/l)72hrs
1	T1- Groundnut shell + *B. cereus* and *P. aeruginosa*	1.69±0.05	1.72±0.07	1.75±0.09
2	T2- Groundnut peels + *B. cereus* and *P. aeruginosa*	1.21±0.05	1.23±0.07	1.25±0.09
3	T3- Control	1.08±0.09	1.10±0.11	0.12±0.13

Value were expressed in Mean Standard deviation : n=1

Table-6 Effect of pH and Temperature on bioethanol production using *B. cereus* + *P. aeruginosa* (Groundnut shells)

S. No	pH	% Ethanol		
		24hrs	**48hrs**	**72 hrs**
1	3	124±00.5	1.26±0.05	1.28±0.10
2	4	1.10±0.03	1.20±0.03	1.40±0.07
3	5	0.70±0.09	0.90±0.02	0.10±0.05
4	**6**	**1.10±0.07**	**1.30±0.03**	**1.50±0.08**
5	7	0.81±0.03	0.83±0.05	0.86±0.07
	Temperture			
6	20	1.09±0.009	1.11±0.002	1.13±0.004
7	25	1.29±0.001	1.31±0.003	1.33±0.005
8	30	1.09±0.009	1.10±0.001	1.13±0.003
9	**35**	**2.03±0.007**	**2.05±0.013**	**2.07±0.016**
10	40	1.53±0.006	1.55±0.012	1.57±0.014

Values were expressed in Mean Standard deviation; n=6

Table 7. Effect of NaCl, Substrate Concentration on bioethanol production using *B. cereus +P. aeruginosa* (Groundnut shells)

S.No	NaCl Conc.	% Ethanol		
		24 hrs	**48hrs**	**72 hrs**
1	0.20	1.04±0.09	1.06±0.12	1.06±0.14
2	0.40	1.19±0.009	1.21±0.002	1.23±0.04
3	0.60	0.89±0.009	0.91±0.02	0.93±0.04
4	**0.80**	**1.15±0.01**	**1.17±0.03**	**1.19±0.05**
5	1.00	1.19±0.01	1.21±0.03	1.23±0.05
	Substrate Conc. %			
6	0.50	1.83±0.003	1.85±0.005	1.87±0.005
7	1.00	1.11±0.001	1.13±0.003	1.15±0.005
8	1.50	1.20±0.004	1.22±0.002	1.24±0.004
9	2.00	0.62±0.002	0.64±0.002	0.66±0.004
10	**2.50**	**1.41±0.002**	**1.41±0.002**	**1.43±0.002**

Values were expressed in Mean± Standard deviation; n=6

Table-11 Effect of different carbon and nitrogen source on Bio Ethanol production using *B.cereus+ P. aeruginosa* (Groundnut shells)

S.No	Carbon source (%)	% Ethanol		
		24 hrs	**48 hrs**	**72 hrs**
1	Sucrose	1.09±0.009	1.20±0.002	1.40±0.004
2	Fructose	1.40±0.003	1.42±0.005	1.44±0.007
3	**Starch**	**1.52±0.005**	**1.54±0.005**	**1.56±0.007**
	Nitrogen sources (%)			
4	Ammonium sulphate	1.20±0.007	1.22±0.004	1.24±0.004
5	Urea	1.20±0.009	1.40±0.006	1.60±0.004
6	**Ammonium chloride**	**1.53±0.005**	**1.55±0.002**	**1.55±0.005**

Values were expressed in Mean± Standard deviation; n=6

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

GC-MS Analysis of Seeds of *Syzygium cumini* (L.) Skeels.

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Received: 06 May 2025 Revised: 15 May 2025 Accepted: 26 Jun 2025

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ABSTRACT

Syzygium cumini (L.) Skeels. is one of the best known species of family Myrtaceae. It is widely distributed in India, Thailand, Philippines, Madagascar and some other countries. All parts of the *Syzygium cumini* can be used medicinally and it has a long tradition in alternative medicine. Gas chromatography and mass spectrometric analysis of methanol extract of a leaf revealed the presence of 55 compounds. The major chemical constituents present in seed were Dodecanoic acid, 1,2,3-propanetriyl ester (21.21%), Octadecane, 3-ethyl-5-(2-ethylbutyl)- (21.21%), Dodecanoic acid, 1,2,3-propanetriyl ester (12.16%), Acetamide, 2-(4-iodopyrazol-1-yl)-N-(2-trifluoromethylphenyl)- (12.16%), Dodecanoic acid, 1,2,3-propanetriyl ester (12.16%), 1H-1,3-Benzimidazole-1-acetonitrile, 2-(difluoromethyl)- (9.31%), N-Methyl-1-adamantaneacetamide (9.31%), Acridine-9-carbaldehyde (9.31%), Dodecanoic acid, 1,2,3-propanetriyl ester (7.34%), 4-Sulfamoyl-thiophene-2-carboxylic acid (7.34%), Phthalic acid, di(oct-3-yl) ester (6.52%), 2-(Decyloxycarbonyl)benzoic acid (6.52%), Phthalic acid, 2-hexyl ester (6.52%).

Keywords: GC-MS analysis, *Syzygium cumini* , Dodecanoic acid

INTRODUCTION

Syzygium cumini or *Eugenia jambolana* (Myrtaceae), known as 'Naaval' in Tamil and Jamun, Jambul and Jambool in India and Malaya. From all over the world, the fruits have been used for a wide variety of ailments, including cough, diabetes, dysentery, inflammation and ringworm [1], [2], [3]. In southern Asia, the tree is venerated by Buddhists,

and it is commonly planted near Hindu temples because it is considered sacred to Lord Krishna [4] Various traditional practitioners in India use the different parts of the plant in the treatment of diabetes, blisters in the mouth, cancer, colic, diarrhea, digestive complaints, dysentery, piles, pimples and stomachache [5]. In Unani medicine, various parts of jambolan act as a liver tonic, enrich the blood, strengthen teeth and gums and form a good lotion for removing ringworm infection of the head [6]. The phytochemical presents were flavonoids, phenol and tannins.[7]. Hence the objective of the present study is to identify the phytochemical constituents present in the seeds of *Syzygium cumini* with the aid of the GC-MS technique.

MATERIALS AND METHODS

Collection and identification of plant material

The plant was collected from areas of Thoothukudi, Tamilnadu. The plant was identified and authenticated by the Botanical Survey of India, Southern Circle, Coimbatore as *Syzygium cumini* (Myrtaceae).

Preparation of Powder and Extract,

Fresh seeds are shade dried and pulverized to powder in a mechanical grinder[8]. 25 grams powder was packed in soxhlet apparatus and extracted with methanol. The filtrate was evaporated to a lack of moisture using a rotary evaporator. The final residue obtained was then subjected to GC-MS analysis. The dried extract was stored at 4°Cinvials for further studies.

Phytochemical analysis by GC-MS

Gas chromatography-Mass spectrometry study of the methanolic extracts was carried out by using a GC-MS (Model; QP 2010 series, Shimadzu, Tokyo, Japan) equipped with a VF-5ms fused silica capillary column of 30 m length, 0.25 mm dia. and 0.25μm film thickness. For GC-MS analysis, an electron ionization system with ionization energy of 70 eV was applied. Helium gas (99.99%) was utilized as a carrier gas at a constant flow rate of 1.51 ml/min. Injector and mass transfer line temperature was set at 200 and 240°C respectively. The oven temperature was programmed from 70 to 220°C at 10°C/min, held isothermal for l min and finally raised to 300°C at 10°C/min. 2 μ1 of particular diluted samples was manually injected in the split less mode, with a split ratio of 1:40 and with mass 18 scan of 50-600 amu. The total running time of GC-MS is 35min. The comparative percentage of each extract constituents was expressed as a percentage with peak area normalization.[9]

Identification of phytochemical components

The identity of the components in the extracts was designated by the comparison of their retention indices and mass spectra fragmentation patterns with those stored on the computer library and also with published literatures. NIST08s.LIB and WILEY8. LIB library sources were utilized for matching the identified components from the plant material.

RESULTS

The GC-MS analysis of methanolic seed extract of *Syzygium cumini* confirmed the presence of 55 compounds with retention time. Interpretation of the mass spectrum of GC-MS was conducted using the database of NIST and WILEY libraries. Out of these 55 compounds 13 compounds were majority present in the seed extract of *Syzygium cumini* respectively Dodecanoic acid, 1,2,3-propanetriyl ester (21.21%), Octadecane, 3-ethyl-5-(2-ethylbutyl)- (21.21%), Dodecanoic acid, 1,2,3-propanetriyl ester (12.16%), Acetamide, 2-(4-iodopyrazol-1-yl)-N-(2-trifluoromethylphenyl)- (12.16%), Dodecanoic acid, 1,2,3-propanetriyl ester (12.16%), 1H-1,3-Benzimidazole-1-acetonitrile, 2-(difluoromethyl)- (9.31%), N-Methyl-1-adamantaneacetamide (9.31%), Acridine-9-carbaldehyde (9.31%), Dodecanoic acid, 1,2,3-propanetriyl ester (7.34%), 4-Sulfamoyl-thiophene-2-carboxylic acid (7.34%), Phthalic acid, di (oct-3-yl) ester (6.52%), 2-(Decyloxycarbonyl)benzoic acid (6.52%), Phthalic acid, 2-hexyl ester (6.52%). The 42 minor compounds such as Phenyltricyclo [8.2.2.2 (4,7)] hexadeca-1(13),4,6,10(14),11,15-hexaen-5-ylmethyleneamine

(0.23%),Adipic acid, isobutyl 3-phenoxybenzyl ester (0.23%) , Fumaric acid, 2,4-dimethylpent-3-yl tridecyl ester (0.29%), 4-(3,4-Difluoro-phenyl)-1,6-dimethyl-2-oxo-1,2,3,4-tetrahydro-pyrimidine-5-carboxylic acid methyl ester (0.29%), 1,2,5-Oxadiazol-3-amine, 4-(4-methoxyphenoxy)- (0.66%), 1H-1,3-Benzimidazole-1-acetonitrile, 2-(difluoromethyl)- (0.66%), Propanenitrile, 3-(5-diethylamino-1-methyl-3-pentynyloxy)- (0.66%), Dodecahydropyrido [1,2-b]isoquinolin-6-one (0.70%),3-Isopropoxy-1,1,1,5,5,5-hexamethyl-3-(trimethylsiloxy)trisiloxane (0.70%), Fumaric acid, 2-heptyl tridecyl ester (0.70%), 4-Sulfamoyl-thiophene-2-carboxylic acid (0.72%), Indole-2-one, 2,3-dihydro-N-hydroxy-4-methoxy-3,3-dimethyl- (0.72%), Phenol, 6-methyl-2-[(4-morpholinyl)methyl]- (0.72%), Formamide, N-cyclohexyl- (0.99%), Diethylmalonic acid, heptyl 3-phenoxybenzyl ester (0.99%), 1,3,4-Hexatriene, 3-methoxy- (1.32%), 1H-Cyclopenta[1,3] cyclopropa [1,2]benzene, octahydro-7-methyl-3-methylene-4-(1-methylethyl)-, [3aS-(3a.al (1.32%),cis-muurola-3,5-diene (1.32%), 2H-Azepin-2-one, hexahydro-5-methyl- (1.41%),4-(3,4-Difluoro-phenyl)-1,6-dimethyl-2-oxo-1,2,3,4-tetrahydro-pyrimidine-5-carboxylic acid methyl ester (1.59%), Fumaric acid, 2,4-dimethylpent-3-yl tridecyl ester (1.59%), Azulene, 1,2,3,3a,4,5,6,7-octahydro-1,4-dimethyl-7-(1-methylethenyl)-, [1R-(1.alpha., 3a.beta., 4.alpha.,7.beta (1.95%), 1H-3a,7-Methanoazulene, octahydro-3,8,8-trimethyl-6-methylene-, [3R-(3.alpha.,3a.beta.,7.beta.,8a.alpha.)] (1.95%), gamma.-Muurolene (1.95%), Corydaldine (2.19%), 2-Methyl-6-(4-methylphenyl)pyridine (2.19%), Benzene, 1,2-dimethoxy-4-nitro- (2.19%), Fumaric acid, 4-heptyl tridecyl ester (2.54%), Dodecanoic acid, 1-(hydroxymethyl)-1,2-ethanediyl ester (2.54%), Propanenitrile, 3-(5-diethylamino-1-methyl-3-pentynyloxy)- (3.27%), Dodecane, 1-(methoxymethoxy)- (3.66%), Cyclohexanecarboxamide, N-furfuryl- (3.66%), Fumaric acid, 3-hexyl tridecyl ester (3.66%), Dodecanoic acid, 1,2,3-propanetriyl ester (4.18%), 2,6-Dimethyl-4-phenylpyridine (4.18%), Benzenamine, 2,3,4,5,6-pentafluoro- (4.18%) Benz(cd)indol-2(1H)-one, 1-methyl- (5.03%), Benzenamine, N-methyl-N-phenyl- (5.03%), 2,6-Dimethyl-4-phenylpyridine (5.03%), 4-Dehydroxy-N-(4,5-methylenedioxy-2-nitrobenzylidene) tyramine (5.48%), N-Methyl-1-adamantaneacetamide (5.48%), Cyclotrisiloxane, hexamethyl- (5.48%)were also reported from the seed extract of *Syzygium cumini*. The chemical constituents analysis results of *Syzygium cumin*i seed were reported in Table 1 and their GC-MS chromatogram is presented in Fig :1, Table-1 The first compound identified with less retention (8.526 min) was 1,3,4-Hexatriene, 3-methoxy- and 1H-Cyclopenta[1,3]cyclopropa[1,2] benzene, octahydro-7-methyl-3-methylene-4-(1-methylethyl)-, [3aS-(3a.al and cis-muurola-3,5-diene whereas 4-Dehydroxy-N-(4,5-methylenedioxy-2-nitrobenzylidene)tyramine and N-Methyl-1-adamantaneacetamide and Cyclotrisiloxane, hexamethyl- was the last compound which took longest retention time (19.296 min) to identify. At (15.079 min) Dodecanoic acid, 1,2,3-propanetriyl ester , Octadecane, 3-ethyl-5-(2-ethylbutyl)- was found to be high (21.21%) and the lowest percentage (0.23%) was found to be Phenyltricyclo [8.2.2.2 (4,7)] hexadeca-1(13),4,6,10(14),11,15-hexaen-5-ylmethyleneamine and Adipic acid, isobutyl 3-phenoxybenzyl ester. The above mentioned isolated compounds from the seed extract of *Syzygium cumini* have a medicinal importance.

DISCUSSION

Medicinal plants have been used worldwide for the treatment of various diseases principally in developing countries where infectious diseases are endemic and contemporary health amenities are inadequate[10]. Cyclotrisiloxane and hexamethyl found in the seed extract of *Syzygium cumini* are the main antioxidant compounds that help remove harmful toxins and free radicals in the body. [11]. The present study scientifically validates the antimicrobial potential of the traditionally important plant, *Cryptostegia grandiflora*. Which possess many chemical constituents it can be used for the treatment of various diseases. The phytochemicals identified might serve as sources for drug formulations in the future.

ACKNOWLEDGEMENT

I would like to thank wholeheartedly Dr. M.Kumar Raja instrumentation centre, Ayya Nadar Janaki ammal College (Autonomous), Sivakasi, for her help in the GC-MS spectrum studies.

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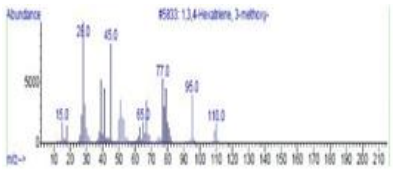
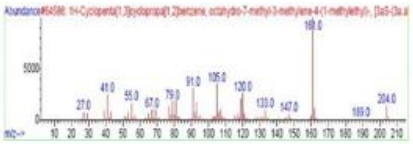
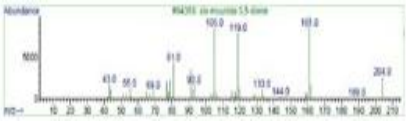
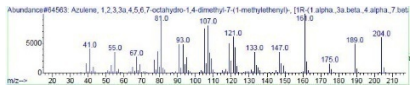
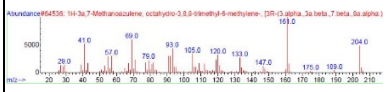
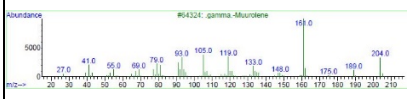
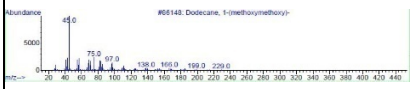
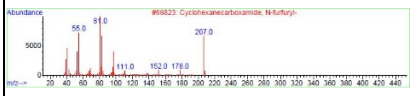
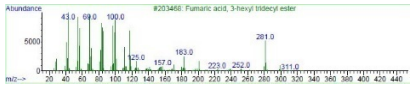
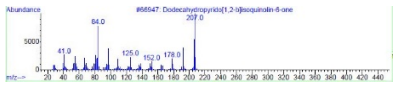
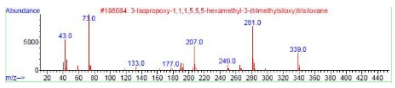
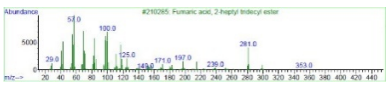
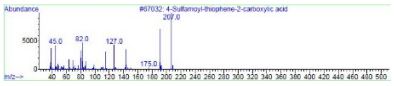
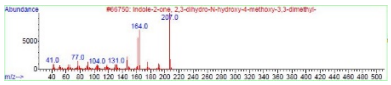
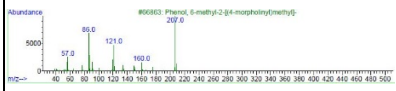
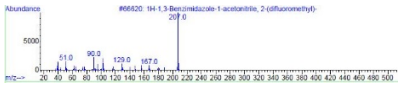
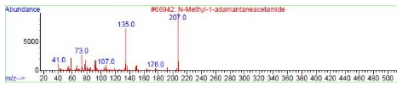
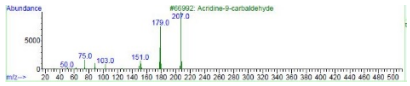
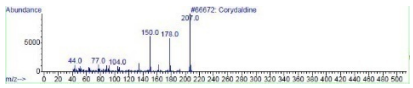
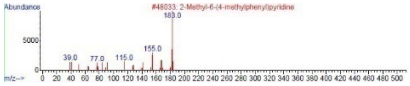
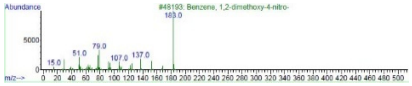
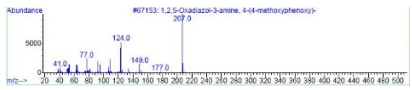
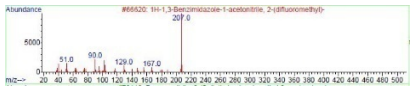
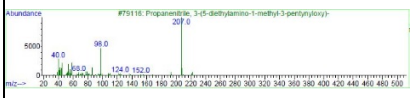
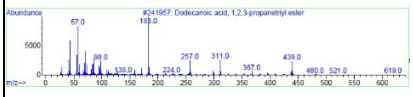
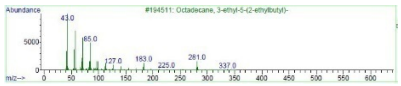
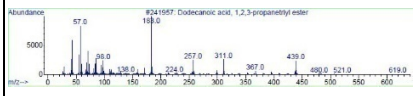
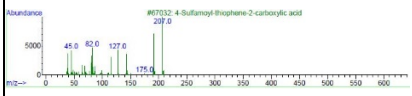
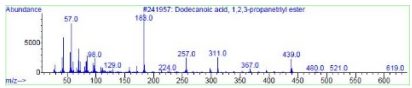
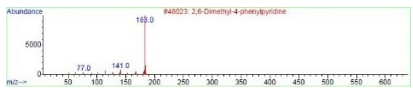
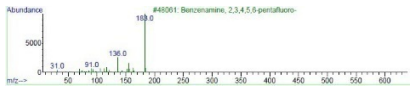
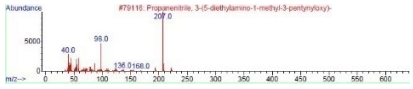
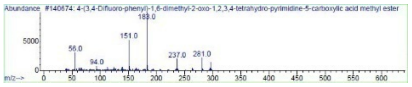
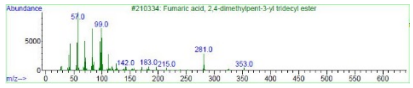
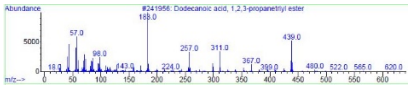
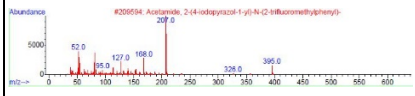
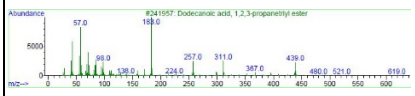
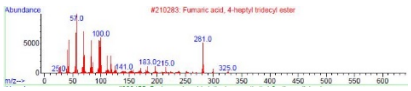
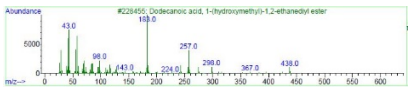
Table.1: Mass spectrum& Biological Activity of *Syzygium cumini*Seed

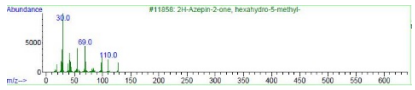
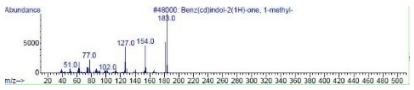
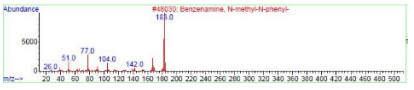
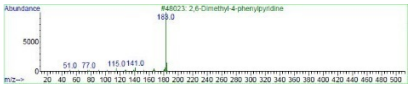
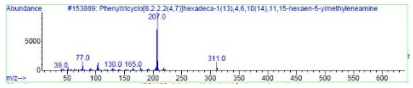
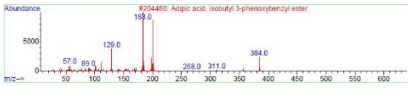
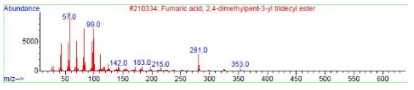
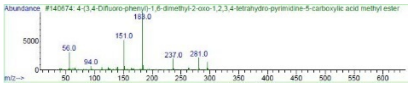
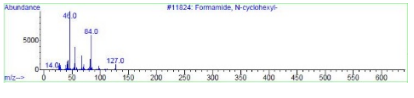
S.No	RT	Name of the compound	Area %	Mass spectrum	Biological activity
1.	8.526	1,3,4-Hexatriene, 3-methoxy-	1.32		Antieczematic**,** Respiratory analeptic, Anti inflammatory, Antifungal
2.	8.526	1H-Cyclopenta[1,3]cyclopropa[1,2]benzene, octahydro-7-methyl-3-methylene-4-(1-methylethyl)-, [3aS-(3a.al	1.32		No activity found
3.	8.526	cis-muurola-3,5-diene	1.32		Antieczematic, Antinociceptive, Antiinfertility, Antiinflammatory, Antineurotic

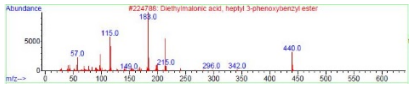
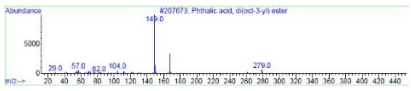
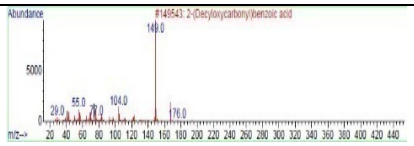
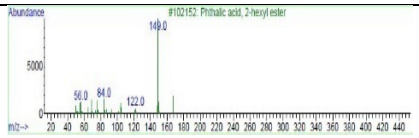
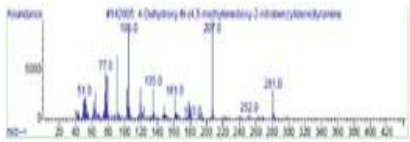
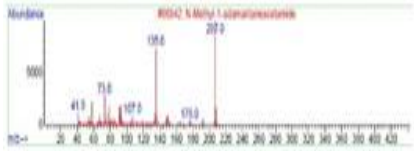
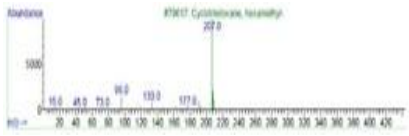
4.	8.677	Azulene, 1,2,3,3a,4,5,6,7-octahydro-1,4-dimethyl-7-(1-methylethenyl)-, [1R-(1.alpha.,3a.beta.,4.alpha.,7.beta	1.95		Carminative, Antieczematic, Antineoplastic (thyroid cancer), Antifungal, Antipruritic
5.	8.6**77**	1H-3a,7-Methanoazulene, octahydro-3,8,8-trimethyl-6-methylene-, [3R-(3.alpha.,3a.beta.,7.beta.,8a.alpha.)]	1.95		Dermatologic, Antipsoriatic, Antiinflammatory, Antineoplastic
6.	8.677	gamma.-Muurolene	1.95		Antineoplastic, Antiinflammatory, Antipruritic, Antifungal, Antibacterial
7.	13.377	Dodecane, 1-(methoxymethoxy)-	3.66		Antineurotic, Antiinflammatory, Antiparasitic, Antiviral, Antipruritic
8.	13.377	Cyclohexanecarboxamide, N-furfuryl-	3.66		Antiviral, Antiinfective, HIV , Anti-Helicobacter pylori, Antineurogenic pain
9.	13.377	Fumaric acid, 3-hexyl tridecyl ester	3.66		Respiratory analeptic, Antiviral, Antisecretoric, Antipruritic, Antithrombotic
10.	13.575	Dodecahydropyrido[1,2-b]isoquinolin-6-one	0.70		Cardiovascular analeptic, Antineurotic, Antipsychotic, Antinociceptive, Antipruritic
11.	13.575	3-Isopropoxy-1,1,1,5,5,5-hexamethyl-3-(trimethylsiloxy)trisiloxane	0.70		Antineoplastic, HIV-1 reverse transcriptase, Antiinfective, Antiviral (HIV), Antiseborrheic
12.	13.575	Fumaric acid, 2-heptyl tridecyl ester	0.70		Antieczematic, Antisecretoric, Antihelmintic, Antiviral, Antiinflammatory

13.	14.199	4-Sulfamoyl-thiophene-2-carboxylic acid	0.72		Antiglaucomic, Antiinflammatory, Antidiabetic, Antiarthritic, Antianginal
14.	14.199	Indole-2-one, 2,3-dihydro-N-hydroxy-4-methoxy-3,3-dimethyl-	0.72		Antiseborrheic, Antidiabetic, Antiviral, Antinephritic, Antiinflammatory
15.	14.199	Phenol, 6-methyl-2-[(4-morpholinyl)methyl]-	0.72		Cardiovascular analeptic, Antiischemic, Antidyskinetic, Antiseborrheic, Antiulcerative
16.	14.492	1H-1,3-Benzimidazole-1-acetonitrile, 2-(difluoromethyl)-	9.31		Antineoplastic, Antiinflammatory, Antiinflammatory, Antineoplastic, Antiarthritic
17.	14.492	N-Methyl-1-adamantaneacetamide	9.31		Antiarthritic, Antiviral, Cardiovascular analeptic, Antiparkinsonian, Antimyopathies
18.	14.492	Acridine-9-carbaldehyde	9.31		Antineoplastic, Antituberculosic, Prostate cancer treatment, Antiseborrheic
19.	14.681	Corydaldine	2.19		Antidyskinetic, Antineurotic, Antiischemic, Antinociceptive
20.	14.681	2-Methyl-6-(4-methylphenyl)pyridine	2.19		Antiseborrheic, Antiviral, Antihelmintic, Antinociceptive, Antihypoxic
21.	14.681	Benzene, 1,2-dimethoxy-4-nitro-	2.19		Antiprotozoal, Antianginal, Antiviral, Antiseptic, Antimycobacterial

22.	14.766	1,2,5-Oxadiazol-3-amine, 4-(4-methoxyphenoxy)-	0.66		Antiischemic, Antineoplastic, Antiviral, Antiinflammatory, Antimyopathies
23.	14.766	1H-1,3-Benzimidazole-1-acetonitrile, 2-(difluoromethyl)-	0.66		Antineoplastic, Antiinflammatory, Antiinflammatory, Antineoplastic, Antiarthritic
24.	14.766	Propanenitrile, 3-(5-diethylamino-1-methyl-3-pentynyloxy)-	0.66		Antihypoxic, Antisecretoric, Antianginal, Antihypertensive, Cardiotonic
25.	15.079	Dodecanoic acid, 1,2,3-propanetriyl ester	21.21		Antieczematic, Antihypoxic, Antithrombotic, Antiinfective, Antiviral
26.	15.079	Octadecane, 3-ethyl-5-(2-ethylbutyl)-	21.21		Antiseborrheic, Antieczematic, Antineurotic Anticonvulsant, Cardiovascular analeptic
27.	15.201	Dodecanoic acid, 1,2,3-propanetriyl ester	7.34		Antieczematic, Antihypoxic, Antithrombotic, Antiinfective, Antiviral
28.	15.201	4-Sulfamoyl-thiophene-2-carboxylic acid	7.34		Antiglaucomic, Antiinflammatory, Antidiabetic, Antiarthritic, Antianginal
29.	15.409	Dodecanoic acid, 1,2,3-propanetriyl ester	4.18		Antieczematic, Antihypoxic, Antithrombotic, Antiinfective, Antiviral
30.	15.409	2,6-Dimethyl-4-phenylpyridine	4.18		Antiseborrheic, Antiviral, Antineurotic, Antidyskinetic, Antinociceptive

31.	15.409	Benzenamine, 2,3,4,5,6-pentafluoro-	4.18		Antineurotic, Antineoplastic, Antiviral, Antiseborrheic, Cardiovascular analeptic
32.	15.438	Propanenitrile,3(5-dithylamino-1-methyl-3-pentynnyloxy	3.27		Antihypoxic,Antisecretoric,Antianginal,Cardiotonic,Antiglaucomic
33.	15.513	4-(3,4-Difluoro-phenyl)-1,6-dimethyl-2-oxo-1,2,3,4-tetrahydro-pyrimidine-5-carboxylic acid methyl ester	1.59		Antiadrenergic, Antianginal, Antieczematic, Antieczematic atopic, Antihypertensive
34.	15.513	Fumaric acid, 2,4-dimethylpent-3-yl tridecyl ester	1.59		Antihypoxic, Antieczematic, Antiviral, Antipruritic, Antisecretoric
35.	15.617	Dodecanoic acid, 1,2,3-propanetriyl ester	12.16		Antieczematic, Antihypoxic, Antithrombotic, Antiinfective, Antiviral
36.	15.617	Acetamide, 2-(4-iodopyrazol-1-yl)-N-(2-trifluoromethylphenyl)-	12.16		Antipsychotic, Antineoplastic, Antifibrinolytic, Antitreponemal, Antipyretic
37.	15.617	Dodecanoic acid, 1,2,3-propanetriyl ester	12.16		Antieczematic, Antihypoxic, Antithrombotic, Antiinfective, Antiviral
38.	15.731	Fumaric acid, 4-heptyl tridecyl ester	2.54		Antieczematic, Antifungal, Antihypercholesterolemic, Antiparasitic, Antiinflammatory
39.	15.731	Dodecanoic acid, 1-(hydroxymethyl)-1,2-ethanediyl ester	2.54		Antitoxic, Antipruritic, Anticonvulsant, Antiglaucomic, Antipyretic

40.	15.769	2H-Azepin-2-one, hexahydro-5-methyl-	1.41		Cardiovascular analeptic, Antieczematic, Antidyskinetic, Antiviral, Antithrombotic
41.	15.835	Benz(cd)indol-2(1H)-one, 1-methyl-	5.03		Antinociceptive, Antisecretoric, Antialcoholic, Antialcoholic, Anxiolytic
42.	15.835	Benzenamine, N-methyl-N-phenyl-	5.03		Antiseborrheic, Antiviral, Antipsoriatic, Cardiovascular analeptic, Antihypoxic
43.	15.835	2,6-Dimethyl-4-phenylpyridine	5.03		Antiseborrheic, Antiviral, Antineurotic, Antidyskinetic, Antinociceptive
44.	15.958	Phenyltricyclo[8.2.2.2(4,7)] hexadeca-1(13),4,6,10(14),11,15-hexaen-5-ylmethyleneamine	0.23		Antituberculosic, Antiseborrheic, Antimycobacterial, Antiinflammatory, Antineoplastic
45.	15.958	Adipic acid, isobutyl 3-phenoxybenzyl ester	0.23		Antieczematic, Antihypercholesterolemic, Antipruritic, Antihypoxic, Antimetastatic
46.	15.996	Fumaric acid, 2,4-dimethylpent-3-yl tridecyl ester	0.29		Antihypoxic, Antieczematic, Antiviral, Antipruritic, Antisecretoric
47.	15.996	4-(3,4-Difluoro-phenyl)-1,6-dimethyl-2-oxo-1,2,3,4-tetrahydro-pyrimidine-5-carboxylic acid methyl ester	0.29		Antiadrenergic,Antiadrenergic,Antiviral,Antiamyloidogenic,Anticonvulsant
48.	16.043	Formamide, N-cyclohexyl-	0.99		Antibacterial, Antibacterial, Antibacterial, Antimycobacterial, Cardioprotectant

49.	16.043	Diethylmalonic acid, heptyl 3-phenoxybenzyl ester	0.99		Antihypercholesterolemic, Antiviral, Antiseptic, Antihelmintic, Antipruritic
50.	17.234	Phthalic acid, di(oct-3-yl) ester	6.52		Antiseborrheic, Antiviral, Antiischemic, Antisecretoric, Antifungal
51.	17.234	2-(Decyloxycarbonyl)benzoic acid	6.52		Antiseborrheic, Antihypercholesterolemic, Antiseptic, Antisecretoric, Antihypoxic
52.	17.234	Phthalic acid, 2-hexyl ester	6.52		Antiviral ,Carnitinamidase, Antiseborrheic, Antiinfective, Antihypoxic
53.	19.296	4-Dehydroxy-N-(4,5-methylenedioxy-2-nitrobenzylidene)tyramine	5.48		Antineoplastic, Antihypertensive, Antidyskinetic,Antiparasitic,Antiseptic
54.	19.296	N-Methyl-1-adamantaneacetamide	5.48		Antiarthritic, Antiviral, Cardiovascular analeptic, Antimyopathies, Antiperistaltic
55.	19.296	Cyclotrisiloxane, hexamethyl-	5.48		Antineoplastic, Antiseborrheic, Antimyopathies, Antiviral, Antiinflammatory

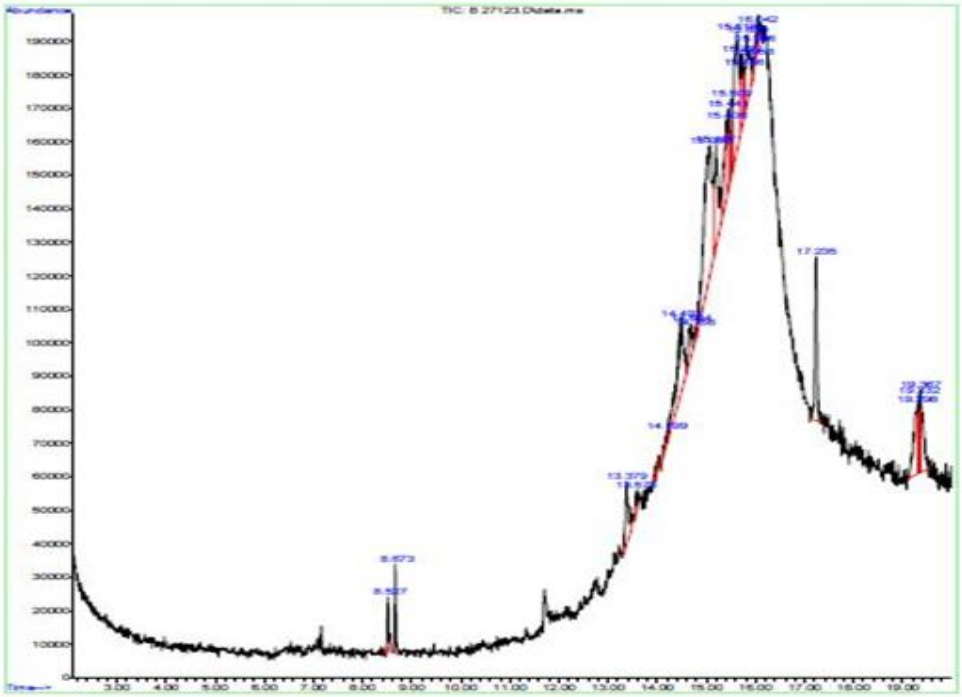


FIG.1 :GC-MS Chromatogram of methanolic seed extract of *Syzygium cumini*

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Floristic Diversity of Pattanam, Rasipuram, Namakkal District, Tamil Nadu, India

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Received: 27 May 2025 Revised: 15 Jun 2025 Accepted: 26 Jun 2025

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ABSTRACT

The floristic diversity of Pattanam, Rasipuram Taluk, Namakkal district, Tamil Nadu, India was conducted to enumerate the plant species. Several field trips were accompanied during August 2023 - August 2024.To determine the distribution of plant species throughout different families, a statistical analysis of diversity becomes crucial.A total number of 102species under 50 families with 89 genera were collected, which belongs to the category of Angiosperms. Based on the life forms, the plants have been grouped into trees, shrubs, herbs and climbers. Herbs are more dominated with 45 species, followed by shrub 25 species, climber 2 species, creeper 2 species and Tree 28 species. Rural people made many uses of some of the plants. The main uses were used as food, medicine, building materials, religious or cultural purposes, and other domestic needs. Because of intense human pressure and climate change, natural areas are disappearing at an alarming rate. It is urgent necessary to apply strict conservation measures to preserve the area's scattered reserves of native vegetation.

Keywords: Floristic diversity, Enumerate, Angiosperms, conservation and vegetation

INTRODUCTION

Floristic diversity is an important element of ecosystems, the overall expression of numerous environmental elements that act gradually or cyclically is called vegetation. The analysis of vegetation aids in the development of a comprehensive map of the plant communities found in each area. More deliberately, vegetation is the expression of the total amount of plants in each region. This can consist of a complex or mosaic of plants, or it can consist of one or more plant communities. In addition to variances in height, latitude, slope and soil, vegetation types can also change due to fluctuations in rainfall patterns and human activities including volcanic activity, landslides, forest fires, and soil erosion. The dynamics of forests and the diversity of trees are governed by changes in climate. In old growth forests, disturbance provides the potential to safeguard diversity of species and boost species richness. In intermediate levels of disturbance, a higher species richness is preserved ((Nar Bahadur Khatri Chhetri& Krishna Kumar Shrestha, 2019).

MATERIALS AND METHODS

Study site

The floristic surveys were conducted periodically and documented the species available in the Pattanam, Rasipuram, Namakkal District. It is located between the11.47197°N and 78.210889°E. The plant species are listed in different life forms such as herbs, climber, creeper, shrub and tree.

Floristic Survey

Theperiodical visit of floristic survey was conducted during August 2023 - August 2024.The identified plant species were arranged according to Flora of the Presidency of Madras (Gamble, 1915-1936) and the voucher plant specimen's herbarium are deposited in the PG & Research Department of Botany, Vellalar College for Women (Autonomous), Thindal, Erode. The interview was conducted by the traditional healers, vaithiyars and age-old people to recognize the medicinal values.

RESULT AND DISCUSSION

Species Diversity

From the result of floristic survey of Pattanam, Rasipuram, Nammakal District collected few Angiosperms medicinal plants around 102 plant speciesunder 50 families with 89 genera. Most of the plant species were herb (45 species), followed by shrub (25 species), tree (28 species), climber (2 species) and creeper (2 species) (Fig - 2& Plate - 1). The above classified plants were again considered into large quantity such as Fabaceae (9 species), Apocynaceae (8 species), Malvaceae and Euphorbiaceae (5 species), Amaranthaceae, Asteraceae, Cucurbitaceae, Lamiaceae and Solanaceae (4 species) and remaining families consist of single species (Table -1&Fig - 1) similarly Jayanthi Palanisamy and Rajendran Arumugam (2014) recorded that Madukkarai hills floristic diversity resulted a total of 300 plant species from 206 genera and 72 families have been recognized as well as 241 species were dicots, including 169 genera and 65 families, and 59 species from monocots, comprising 35 genera and 7 families. ChinnappanAlagesaboopathi (2012) Sirumalai Hills found that 44 plant species 3 were monocot and 41 were dicot species.

Enumeration

The plant species were arranged in the format of tamil name, botanical Name, family, and medicinal uses (Table - 1). The below table describes about 102 plant species identified from the Patannam, Rasipuram Taluk,Namakkal District.

CONCLUSION

The present findings reveal the medicinal plants available in different season of Pattanam, Rasipuram Taluk, Namakkal District, Tamil Nadu, India. The diversity of medicinal plants found in the wild that are helpful, underutilizedand have enormous potential to improve human welfare in the future. The wild plant of that area used to prepare novel drugs for all living creatures

ACKNOWLEDGEMENT

The author's Research Scholar Ms. M. Bhuvaneswari (TNSCST/RFRS/05/VM/2021-22) and Research Guide Dr. C. Chitra Vadivu, PG & Research Department of Botany, Vellalar College for Women (Autonomous), Thindal, Erode express heartfelt gratefulness for "Catalyzed and financially supported by Tamil Nadu State Council for Science and Technology, Department of Higher Education, Government of Tamil Nadu" for the project (RFRS)".

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Table.1: Floristic diversity of medicinal uses of Pattanam

S. No	Botanical Name	Family	Tamil Name	Habit	Medicinal uses
1.	*Abutilon indicum* G. Don.	Malvaceae	Thuthi	Shrub	Anti-inflammatory, anti-microbial, antioxidant and analgesic
2.	*Acalypha indica* Linn.	Euphorbiaceae	Kuppaimeni	Herb	Anti – parasitic, anti-microbial, anti-pulmonary, anti-scabies and emetic
3.	*Achyranthes aspera* Linn.	Amaranthaceae	Nayuruvi	Herb	Anti- cancer,wound healing, ring worm and dysentry
4.	*Aegle marmelos*Corr.	Rutaceae	Vilvam	Shrub	Anti- pyretic, ulcer, anti-fertility, antimicrobial and anti-diabetic
5.	*Aervalanata*Juss.	Amaranthaceae	Poolai poo	Herb	Cough, headache, urolithiasis and hemorrhage
6.	*Aloe vera* Linn.	Asphodelaceae	Katralai	Herb	Wound healing, pain and inflammation
7.	*Alternanthera sessilis*(L.) R. Br.	Amaranthaceae	Ponnankann	Herb	Pain relief, wound healing,

	ex DC.		i		hypertension and opthalmia
8.	*Andrographis paniculata* Nees.	Acanthaceae	Siriyanangai	Herb	Snake bites,diabetes, dysentry
9.	*Anodendronpaniculatum*A. DC.	Apocynaceae	Sarakkodi	Climber	Antimicrobial, rheumatism, wounds and ulcer
10.	*Anona squamosa* Linn.	Annonaceae	Seetha	Shrub	Anti-diabetic, antioxidant, hepatoprotective and anti - ulcer
11.	*Azadirachtaindica*A.Juss.	Meliaceae	Vembu	Tree	Gastrointestinal disorders, wounds, anti- diabetic, anti- cancer and malaria
12.	*Bassialatifolia*Roxb.	Sapotaceae	Illupai	Tree	Anti-inflammatory, rheumatism, intestinal diseases and laxative
13.	*Blepharismolluginifolia*Pers.	Acanthaceae	Nethirapoondu	Herb	Fever, wound healing, bone fractures and chronic diseases
14.	*Boerhaaviadiffusa*Linn.	Nyctaginaceae	Mookkarattai	Herb	Jaundice, asthma, rheumatism, anemia and gynecological disorders
15.	*Borassus flabellifer* L.	Arecaceae	Pannaimaram	Tree	Diuretic, antihelminthic, antiarthritic and anti-inflammatory
16.	*Calotrophis gigantea* R. Br.	Apocynaceae	Erukku	Shrub	Antivenom, antitussive, digestive and respiratory disorders
17.	*Cardiospermumhalicacabum*Linn.	Sapindaceae	Mudakkathan	Herb	Anti-arthritic, anti-cancer, abdominal pain and eczema
18.	*Carica papaya* L.	Caricaceae	Pappali	Tree	Anti-ulcerogenic, hypoglycemic, heart disease and wound healing
19.	*Cassia auriculata* Linn.	Fabaceae	Avaram	Shrub	Hyperlipidemia, skin diseases, urinary disorders and chronic fever
20.	*Cassia fistula* L.	Fabaceae	Sarakondrai	Tree	Heart problems, snake bites, nausea and cough
21.	*Centellaasaiatica*(L.)	Apiaceae	Vallarai	Herb	Wounds, burns, psoriasis, scleroderma, fever and diarrhea
22.	*Ceropegia intermedia* Wight.	Apocynaceae	Chitalankodi	Climber	Anti- inflammatory, antioxidant and antimicrobial
23.	*Ceropegia juncea*Roxb.	Apocynaceae	Pulichan	Herb	Liver disorders, anesthetic, malignant ulcers and Kidney stones

24.	*Cissus quadrangularis* Linn.	Vitaceae	Pirandai	Herb	Antioxidant, anti – microbial, anti-cancer and anti - inflammatory
25.	*Citrullus colocynthis*(L.) Schrader.	Cucurbitaceae	Pey – komatti	Herb	Common cold, fever, dysentery and bronchitis
26.	*Citrus limon* (L.) Osbeck	Rutaceae	Elumichai	Tree	Chest pain, constipation, gout, respiratory disorders and sore throat
27.	*Cleome viscosa*Linn.	Capparaceae	Naivelai	Herb	Anthelmintic, anti-diabetic, anti-diarrheal, antioxidant and analgesic
28.	*Clitoriaternatea*Linn.	Fabaceae	Sangupoo	Herb	Memory enhancer, nootrophic, antistress, anxiolytic and sedative
29.	*Coccinia grandis*Voigt.	Cucurbitaceae	Kovai	Herb	Antidiabetic, antimicrobial, anorexia, bronchitis and epilepsy
30.	*Cocos nucifera* L.	Arecaceae	Thennaimaram	Tree	Antiparasitic, antioxidant, antimicrobial and immunostimulant
31.	*Commelina benghalensis*Linn.	Commelinaceae	Aduthinnapalai	Herb	Sore throat, urethral pain, malaria and wound healing
32.	*Crotalaria juncea*	Fabaceae	Sanapai	Herb	
33.	*Couroupita guianensis*Aubl.	Lecythidaceae	Naagalingam	Tree	Hypertension, pain, tumor, antiprotozoal and inflammation
34.	*Cucurbita pepo* L.	Cucurbitaceae	Parankikai	Creeper	Intestinal worms, urinary tract problems,dermatitis, Irritable bladder and prostrate gland disorder
35.	*Cyanodondactylon* (L.) Pers.	Poaceae	Arugampillu	Herb	Anti-diabetic, antioxidant, convulsions, cramps and tumors
36.	*Cyperusrotundus*Linn.	Cyperaceae	Korai	Herb	Fever, skin diseases, diarrhea and anti-diabetics
37.	*Eclipta alba* Hassk.	Asteraceae	Karisalai	Herb	Antiseptic, respiratory issues, snake venom and hair growth
38.	*Ecliptaprostrata*(L.) L.	Asteraceae	Vellaikarisalankanni	Herb	Snake bites, catarrah, hair growth, liver and kidney defeciencies
39.	*Enicostemmalittorale*Bl.	Gentianaceae	Vellarugu	Herb	Anti- diabetic, rheumatism, abdominal disorder, obesity and snake bites
40.	*Euphorbia hirta*L.	Euphorbiaceae	Amman paccharisi	Herb	Respiratory ailments, fever, conjunctivitis and

					snake bites
41.	*Ficus bengalensis* Linn.	Moraceae	Aal	Herb	Rheumatism, anti-microbial, astringent, burns and wounds
42.	*Ficus racemosa* Linn.	Moraceae	Atthi	Tree	Skin diseases, wound healing, anti-inflammatory and urinary diseases
43.	*Ficus religiosa* Linn.	Moraceae	Arasu	Tree	Anti – ulcer, anxiety, immunomodulatory and anti-microbial
44.	*Gloriosa superba* L.	Liliaceae	Senkanthal	Herb	Rheumatism, skin diseases, snake bites and leprosy
45.	*Gomphrena serrata* L.	Amaranthaceae	Poolaichedi	Herb	Allergies, piles, diarrhea and asthma
46.	*Hibiscus rosa – sinensis*	Malvaceae	Chemparuthi	Shrub	Anti- asthmatic, anti – inflammatory, anti – oxidant, analgesic and hypertensive
47.	*Hibiscus sabbardifolia*	Malvaceae	Pulichaikeerai	Herb	Liver health, antioxidant and antimicrobial
48.	*Hibiscus vitifolius*L.	Malvaceae	Kaatupulichai	Herb	Jaundice, anaemia, fatigue, lasstitude and melanoma
49.	*Indigofera tinctoria* L.	Fabaceae	Avuri	Shrub	Asthma, anti -cancer, anti – inflammatory and liver toxicity
50.	*Ipomoea quamoclit*Linn.	Convolvulaceae	Mayilmanickam	Herb	Chest pain, anti- diabetic, fever and snake bites
51.	*Jatropha curcas*Linn.	Euphorbiaceae	Katamanakku	Shrub	Anti-cancer, antimalarial, antitode, gum bleeding and jaundice
52.	*Justicia adhatoda*L.	Acanthaceae	Aadathodai	Shrub	Asthma, bronchodilator, bronchitis and tuberculosis
53.	*Lantana camara* Linn.	Verbenaceae	Unnichedi	Shrub	Respiratory conditions, infections, vomiting and diarrhea
54.	*Lawsoniainermis L.*	Lythraceae	Maruthani	Shrub	Jaundice, spleen, leprosy and spleen enlargement
55.	*Leucas aspera* Spr.	Lamiaceae	Thumbai	Shrub	Antipyretic, antivenom, anticancer and anti-inflammatory
56.	*Mangifera indica* L.	Anacardiaceae	Mamaram	Tree	Rheumatism, diphtheria, vermifuge, laxative and diuretic
57.	*Melia dubia*Hiern.	Meliaceae	MalaiVembu	Tree	Anti- microbial, leprosy, eczema and malaria
58.	*Micheliachampaca* L.	Magnoliaceae	Senpagapoo	Tree	Purgative, expectorant, carminative, stomachic

					and nausea
59.	*Millingtoniahortensis**L.f.*	Bignoniaceae	Maramalli	Tree	Asthma, sinusitis, antipyretic, skin disorders and epilepsy
60.	*Mimosa pudica*L.	Fabaceae	Thottalsurungi	Herb	Urinary calculi, hemorrhoids, mucus and piles
61.	*Mimusopselengi* L.	Sapotaceae	Mahilam	Tree	Gums, reduces inflammation, removes bad breath and pyorrhea
62.	*Mollugonudicaulis*Lam.	Aizoaceae	Manthagi chedi	Herb	Antioxidant, anticancer, whooping cough, jaundice and kidney infections
63.	*Momordica charantia* L.	Cucurbitaceae	Pagarkai	Herb	Anti- diabetic, cholesterol, anti- inflammatory and anti - microbial
64.	*Morindacitrifolia*Linn.	Rubiaceae	Nuna	Shrub	Anti-microbial, anti – cancer, antioxidant, depression and gastric ulcer
65.	*Murrayakoenigii*(L.) Spreng.	Rutaceae	Karuveppillai	Tree	Antileishmanial, antimicrobial, immunomodulation and antipyretic
66.	*Musa parasidiaca*L.	Musaceae	Vazhai	Shrub	Wound healing, antihyperglycemic, hypertension and hysteria
67.	*Nerium oleander* L.	Apocynaceae	Arali	Shrub	Anti-cancer, indigestion, ringworm, malaria and cause abortions
68.	*Nyctanthes arbor-tristis*L.	Oleaceae	Pavalamalli	Shrub	Fever, antioxidant, antimicrobial and skin ailments
69.	*Ocimumbasilicum*L.	Lamiaceae	Thiruneetrubasilai	Herb	Respiratory disorders, antimicrobial, antidiabetic and neuroprotective
70.	*Ocimumtenuiflorum*L.	Lamiaceae	Tulsi	Herb	Anti- diabetic, antistress, antioxidant and eye disorders
71.	*Opuntia dilleni*Haw.	Cactaceae	Sappathikkalli	Shrub	Gastric ulcer, hepatitis, whooping cough and intestinal spasm
72.	*Phyla nodiflora*(L.) Greene.	Verbenaceae	Poduthalai	Herb	Liver disorders, bleeding piles, dysuria and fever
73.	*Phyllanthus emblica*Linn.	Euphorbiaceae	Nelli	Tree	Anti- cancer, anti – inflammatory, anticancer and anemia
74.	*Phyllanthus polyphyllus*Willd.	Euphorbiaceae	Arunelli	Tree	Anti-cancer, antioxidant, antinociceptive and

					antidiabetic
75.	*Physalis minima* L.	Solanaceae	Sodakkuthakkali	Herb	Bladder ulcer, anti-cancer, diuretic and laxative
76.	*Piper betel* Linn.	Piperaceae	Verillai	Creeper	Antimicrobial, anti-inflammatory, antifungal and diuretic
77.	*Plectranthusamboinicus*(Lour.) Spreng.	Lamiaceae	Karpuravalli	Herb	Antitumrogenic, dysentery, dyspepsia and mumps
78.	*Plumeria alba* L.	Apocynaceae	Perunkalli	Tree	Leprosy, veneral diseases, diarrhea, herpes, cardiac arrest and scabies
79.	*Pongamiapinnata*(L.) Pierre	Fabaceae	Pungamaram	Tree	Gonorrhea, leprosy, dyspepsia and cough
80.	*Prosopis cineria*(L.) Druce.	Mimosaceae	Vannimaram	Shrub	Antihyperlipidemic, antipyretic, antimicrobial and Immunomodulatory
81.	*Prunus dulcis* (Mill.) D.A. Webb	Rosaceae	Padanikai	Tree	Cholesterol, weight loss,skin diseases, sore throat and bleeding gums
82.	*Psidium guajava* L.	Myrtaceae	Koyyamaram	Tree	Anti- diabetic, fever, cough, anti-cancer and menstrual disorders
83.	*Punica granatum* L.	Punicaceae	Madhulai	Shrub	Cholesterol, diarrhea, male infertility and obesity
84.	*Senna auriculata* (L.) Roxb.	Fabaceae	Avarai	Shrub	Muscle pain, pink eye, joint pain and constipation
85.	*Sidaacuta*Burm.	Malvaceae	Ariva – mookukeerai	Shrub	Bile, gonorrhea, renal inflammation, child birth and antioxidant
86.	*Solanum nigrum* Linn.	Solanaceae	Manathakkali	Herb	Skin diseases, urinary tract diseases, wounds and fever
87.	*Solanum torvum*Sw.	Solanaceae	Sundai	Shrub	Anti- diabetic, arterial hypertension, urethritis and toothache
88.	*Solanum trilobatum*L.	Solanaceae	Thoodhuvalai	Herb	Anti- inflammatory, anticancer, antioxidant and bronchial asthma
89.	*Strychnosnux- vomica* L.	Loganiaceae	Yetti	Tree	Swelling of the stomach, migrane, constipation and anxiety
90.	*Syzigiumcumini*(L.) Skeels.	Myrtaceae	Naval	Tree	Jaundice, constipation, leucorrhea and anti - diabetic
91.	*Syzigiumjambolanum*DC.	Myrtaceae	Naval	Tree	Anti- diabetic, antioxidant, antimicrobial and appetite
92.	*Tabernaemontanadivaricata*(L.) R.Br. ex Roem. & Schult	Apocynaceae	Nanthiyavettai	Shrub	Emmenagogue, aphrodisiac, and

					purgative, analgesic and anti- diabetic
93.	*Talinum fruticosum* (L.) Juss.	Talinaceae	Kodipasalai	Herb	Blood pressure, weight loss, anti-diabetics and anemia
94.	*Tamarindus indica* L.	Fabaceae	Puliyamaram	Tree	Anti – malarial, antiasthmatic, anti-hyperlipidemic and laxative
95.	*Tectona grandis* Linn. f.	Verbenaceae	Tekku	Tree	Anti – inflammatory, anti-diabetic and anti - microbial
96.	*Thespesia populnea*Cav.	Malvaceae	Poovarasu	Tree	Hepatoprotective, anti-alzheimers, diuretic and astringent
97.	*Thevatianeriifolia*Juss.	Apocynaceae	Thangarali	Shrub	Anti – inflammatory, anti-microbial, ringworms and tumors
98.	*Trianthemaportulacastrum*L.	Aizoaceae	Sharanai	Herb	Nephroprotective, hypoglycemic, analgesic, anemia and night blindness
99.	*Tribulus terrestris* Linn.	Zygophyllaceae	Nerunchi	Herb	Chest pain, heart problems, dizziness, skin and eye disorders
100.	*Tridaxprocumbens*L.	Asteraceae	Vettukayathali	Herb	Skin diseases, blood pressure, stomachache and antifungal
101.	*Vernonia cinerea* (L.) Less.	Asteraceae	Mookuthichedi	Herb	Antimicrobial, antidiabetic, antiprotozoal and analgesic
102.	*Ziziphusoenoplia*(L.) Mill.	Rhamnaceae	Sooraipalam	Shrub	Anti-diabetic, wound healing, anti- diabetic and abdominal pain

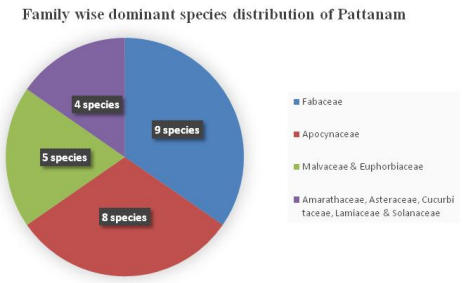

Figure.1: Family wise dominant Species Distribution of Pattanam

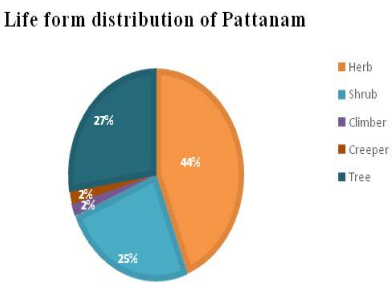

Figure.2:Life form distribution of Pattanam

Abutilon indicum G. Don.

*Acalyphaindica*Linn.

*Aervalanata*Juss.

*Boerhaaviadiffusa*Linn.

Cardiospermumhalicacabum Linn.

*Cassiafistula*L.

Centellaasaiatica(L.)Urban.

*Euphorbiahirta*L.

*Gloriosasuperba*L.

Plate - 1

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Forensic Science and Judicial Outcomes: Correlation, Challenges, and the Path Forward in India

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Received: 07 May 2025 Revised: 02 Jun 2025 Accepted: 21 Jun 2025

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ABSTRACT

This study explores the intricate relationship between forensic science implementation and judicial outcomes within India's criminal justice system. Through a comprehensive analysis of criminal cases and in-depth interviews with key stakeholders across multiple states, we examine how forensic evidence influences legal proceedings and the reliability of judicial decisions. Our research reveals a strong positive connection between quality forensic evidence and just judicial outcomes, while also identifying significant implementation barriers throughout the country. The primary challenges include inadequate laboratory infrastructure, insufficient training of forensic personnel, vulnerabilities in evidence handling and preservation, and inconsistent scientific methodologies across different jurisdictions. The study highlights considerable gaps between the theoretical potential of forensic science and its practical application in Indian courtrooms, where only a fraction of serious criminal investigations utilize comprehensive forensic protocols despite existing legal provisions. We propose a multi-faceted approach for improvement focusing on standardization of procedures, enhanced training programs for forensic practitioners and legal professionals, integration of appropriate technologies for resource-limited settings, and development of forensic literacy among judges and lawyers. This research contributes meaningfully to ongoing discussions about evidence-based jurisprudence in developing nations and offers practical

recommendations for policymakers. The findings suggest that strategic investments in forensic infrastructure alongside procedural reforms could substantially improve both the reliability and fairness of India's criminal justice outcomes, ultimately strengthening public trust in the judicial system

Keywords: Forensic evidence; judicial reliability; criminal justice reform; scientific evidence standards; Indian legal system.

INTRODUCTION

The intersection of forensic science and judicial processes represents a critical domain where scientific methodologies meet legal frameworks in pursuit of justice. In India, a nation with one of the world's largest and most complex judicial systems, this relationship carries particular significance as the country continues to modernize its approach to criminal investigations and prosecutions. The Indian legal system, rooted in common law traditions but operating within unique socioeconomic and cultural contexts, presents both opportunities and challenges for the effective integration of forensic science into judicial decision-making. The importance of forensic evidence in criminal proceedings has gained increasing recognition globally, with technological advancements expanding the scope and reliability of scientific investigative techniques. However, the translation of these advancements into improved judicial outcomes depends on numerous factors beyond mere technological capabilities. Institutional frameworks, procedural guidelines, human expertise, and resource allocation all play crucial roles in determining whether forensic science serves as an effective tool for justice or remains an underutilized potential.

Despite significant legislative provisions supporting the use of forensic evidence—including amendments to the Indian Evidence Act, the Code of Criminal Procedure, and various Supreme Court judgments endorsing scientific evidence—a substantial gap persists between legal theory and investigative practice. This research seeks to examine the current state of forensic science application in India's judicial system, assess its impact on case outcomes, identify key challenges impeding its optimal utilization, and propose practical solutions to enhance its contribution to just judicial decisions. By analyzing the correlation between forensic evidence quality and judicial outcomes, while acknowledging the systemic constraints unique to India's context, this study aims to provide a comprehensive framework for understanding and improving this crucial relationship. The findings and recommendations presented here hold significance not only for India but also for other developing nations facing similar challenges in integrating scientific methodologies into traditional legal systems. As forensic science continues to evolve globally, understanding the contextual factors that influence its effectiveness becomes essential for developing tailored approaches that can strengthen judicial processes and enhance public confidence in the administration of justice.

LITERATURE REVIEW

Historical Development of Forensic Science in India

The evolution of forensic science in India traces back to the colonial era when the British administration established the first Chemical Examiner's Laboratory in Madras (now Chennai) in 1849, primarily focused on toxicological analysis (Tiwari & Verma, 2016). The post-independence period witnessed significant expansion of forensic facilities, with the establishment of the Central Forensic Science Laboratory (CFSL) in Calcutta in 1957, followed by similar institutions in Hyderabad and Chandigarh (Rao, 2018). The Directorate of Forensic Science Services (DFSS) was created in 2002 to provide administrative oversight and standardization across these facilities. Despite this institutional development, scholarly assessments indicate that the growth of forensic infrastructure has not kept pace with the expanding needs of the criminal justice system. Sharma and Jain (2017) noted that while developed nations

typically maintain one forensic laboratory per five million population, India's ratio stands at approximately one per twenty million, creating significant resource constraints and evidentiary backlogs.

Legal Framework for Forensic Evidence in India

The Indian Evidence Act of 1872, (Old Law) particularly sections 45-51 dealing with expert testimony, provides the fundamental legal basis for the admissibility of forensic evidence (Pillai, 2020). Subsequent amendments have expanded this framework, with section 293 of the Criminal Procedure Code (Old Law) specifically recognizing certain categories of forensic reports as admissible without requiring the expert's presence in court. The Supreme Court of India has further strengthened this foundation through landmark judgments such as *Selvi v. State of Karnataka* (2010) and *Tomaso Bruno v. State of Uttar Pradesh* (2015), which emphasized the importance of scientific evidence in criminal proceedings. Kumar (2019) observes that while the legal framework technically accommodates modern forensic methodologies, procedural obstacles and judicial interpretations often restrict their effective application. The Supreme Court's judgment in *Daubert v. Merrell Dow Pharmaceuticals* established criteria for scientific evidence admissibility that have influenced Indian jurisprudence, yet Mathur (2021) argues that inconsistent application of these standards across different courts has created confusion about evidentiary thresholds. The introduction of the Bharatiya Nyaya Sanhita (BNS), Bharatiya Nagarik Suraksha Sanhita (BNSS), and Bharatiya Sakshya Adhiniyam (BSA) in 2023 marked a paradigm shift in India’s criminal justice system, with a strong emphasis on integrating forensic science into investigations and trials.

New Criminal laws and Forensic Science

Modernization and Integration of Forensic Science

i. The new laws mandate forensic examination in serious crimes, especially those punishable by seven years or more, and emphasize the use of advanced forensic technologies such as DNA profiling, digital forensics, and toxicology.
ii. The BNSS specifically requires scientific evidence for heinous crimes, establishes strict chain-of-custody protocols, and promotes the creation of specialized forensic units within police forces.
iii. The BSA modernizes the admissibility and authentication of electronic and forensic evidence, aligning with global standards and ensuring transparency in expert testimony.

Impact on Criminal Justice System

i. The literature highlights that these reforms are expected to improve conviction rates, reduce wrongful convictions, and speed up trials by relying on objective, scientific evidence rather than subjective testimonies.
ii. Forensic science is seen as essential for addressing complex crimes such as sexual offenses, drug trafficking, and cybercrimes, which are now explicitly recognized and defined in the BNS.

Challenges and Recommendations

i. Persistent challenges include inadequate forensic infrastructure, delays in forensic processing, shortage of trained experts, and limited awareness among stakeholders.
ii. Scholars recommend increased investment in forensic laboratories, regular training for law enforcement and judicial officers, and public awareness campaigns to ensure effective implementation.

Comparative and Critical Perspectives

i. Some analysts question whether the new laws merely repackage existing provisions or genuinely modernize the system, while others argue that the structural and procedural changes, especially the integration of technology and forensic science, represent a significant advancement.
ii. The shift towards a victim-centric approach and the introduction of community service as a form of punishment are also noted as progressive changes.

The new criminal laws in India have significantly elevated the role of forensic science, making it central to investigations and trials. While challenges remain, the reforms are a transformative step towards a more scientific, transparent, and efficient criminal justice system

Current State of Forensic Practice in Indian Criminal Investigations

Recent research has highlighted significant disparities in forensic science implementation across India's diverse states and territories. Agarwal and Menon (2020) found that while metropolitan centres like Delhi, Mumbai, and Bangalore demonstrate relatively sophisticated forensic capabilities, rural and semi-urban jurisdictions often lack basic scientific investigation tools. Their study of 500 murder investigations across ten states revealed that comprehensive forensic protocols were applied in only 32% of cases, with wide regional variations. Singh et al. (2022) examined the frequency and quality of different forensic techniques in Indian criminal investigations, finding that traditional methods like fingerprint analysis and document examination remain predominant, while more advanced techniques such as DNA profiling, digital forensics, and ballistics are underutilized despite their potential evidentiary value. This pattern reflects both resource constraints and knowledge gaps among investigating officers.

Impact of Forensic Evidence on Judicial Outcomes

The correlation between forensic evidence and judicial outcomes has been examined in several international contexts, with mixed findings regarding its impact. Peterson et al. (2018) conducted a meta-analysis of studies from various jurisdictions, concluding that cases with forensic evidence were generally more likely to progress through the justice system and result in convictions. However, the strength of this correlation varied significantly based on evidence quality, crime type, and judicial context. In the Indian context, Venkatesh and Sharma (2021) analyzed 200 criminal cases in Karnataka courts, finding that the presence of forensic evidence increased conviction rates by approximately 27% compared to similar cases without such evidence. However, they also noted that the quality and presentation of forensic evidence significantly influenced its impact, with procedural irregularities often undermining otherwise sound scientific findings.

Challenges in Forensic Science Implementation

Multiple studies have identified challenges that impede effective forensic science implementation in India. Infrastructure deficiencies represent a primary concern, with Balakrishnan (2020) documenting significant backlogs in evidence processing across state laboratories, sometimes extending to several years for complex analyses. Workforce limitations constitute another critical factor, as highlighted by Mehta (2019), who found that many forensic facilities operate with less than 60% of their sanctioned staff strength, with particularly acute shortages in specialized domains like digital forensics, ballistics, and toxicology. Procedural inconsistencies have been extensively documented by Ravindran (2023), who analyzed evidence collection protocols across eight states and found substantial variations in methodologies, documentation standards, and chain-of-custody procedures. These inconsistencies not only compromise evidence integrity but also create vulnerabilities during trial when forensic findings face legal scrutiny.

International Best Practices and Reform Models

Comparative studies offer valuable insights into potential reform pathways. Kapoor (2022) examined forensic science reforms in South Africa and Brazil, identifying transferable lessons for India, particularly regarding decentralized service delivery models while maintaining centralized quality standards. Similarly, Ahmed and Khanna (2021) analyzed the UK's Forensic Science Regulator model, suggesting that independent oversight mechanisms could address quality control challenges in the Indian context. Technology adaptation represents another area of potential advancement, with Srinivasan et al. (2023) documenting successful implementations of mobile forensic units in Thailand and Malaysia that increased forensic accessibility in remote areas. These innovations demonstrate the possibility of developing context-appropriate solutions that address India's geographic and resource challenges. This literature review reveals significant gaps in current understanding, particularly regarding the precise mechanisms by which forensic evidence influences judicial decision-making in the Indian context, and the effectiveness of various

reform strategies in addressing systemic challenges. The present study aims to address these knowledge gaps through systematic empirical investigation of the forensic science-judicial outcome relationship.

RESEARCH METHODOLOGY

Research Design

This study employed a mixed-methods research design combining qualitative and quantitative approaches to develop a comprehensive understanding of the relationship between forensic science and judicial outcomes in India. The research was conducted in three interconnected phases: (1) case analysis of criminal proceedings involving forensic evidence; (2) in-depth interviews with key stakeholders; and (3) comparative analysis of jurisdictional variations. This triangulated approach enabled examination of both statistical patterns and contextual factors influencing forensic science implementation and its judicial impact. The research design incorporated multiple validity safeguards, including investigator triangulation with three researchers independently analyzing key data subsets, member checking with interview participants to verify interpretative accuracy, and peer debriefing with external experts to review methodological decisions and preliminary findings. These measures strengthened the credibility and dependability of the research findings.

Sampling Strategy

For the case analysis component, we utilized a stratified purposive sampling approach to select criminal cases from fourteen states representing India's geographical, socioeconomic, and jurisdictional diversity. The sample included cases from metropolitan centers (Delhi, Mumbai, Kolkata, Chennai, Bangalore), medium-sized cities (Lucknow, Ahmedabad, Bhopal, Chandigarh), and district-level jurisdictions (selected locations in Rajasthan, Odisha, Assam, Telangana, and Kerala). Cases were selected from three crime categories: homicide, sexual assault, and property crimes involving scientific investigation. All selected cases had reached final disposition through the trial court system between 2018 and 2023, ensuring contemporary relevance while allowing for complete outcome assessment. This sampling strategy facilitated meaningful comparison across jurisdictional contexts while maintaining focus on cases where forensic evidence potentially played a significant role.

Data Collection Methods

Case Analysis

Court records from selected cases were obtained through the e-Courts system and official court repositories, supplemented by legal databases including SCC Online and Manupatra. For each case, we collected and analyzed:

1. First Information Reports (FIRs) documenting initial crime reporting
2. Forensic examination requests and corresponding reports
3. Investigation officer statements regarding forensic evidence
4. Expert witness testimonies and cross-examination records
5. Judicial reasoning in final judgments, particularly sections addressing forensic evidence
6. Appeal documents where applicable

The case analysis protocol focused on documenting the types of forensic evidence presented, procedural compliance in collection and analysis, treatment of evidence in court proceedings, and explicit judicial reasoning regarding forensic findings.

Stakeholder Interviews

Semi-structured interviews were conducted with key stakeholders in the forensic science-judicial nexus, including:

1. Investigating officers from various police departments
2. Forensic scientists and laboratory directors
3. Public prosecutors and defense attorneys
4. Trial court judges
5. Legal academics specializing in evidence law

6. Policy officials from relevant government departments

Interview protocols were customized for each stakeholder group while maintaining core thematic areas addressing perceptions of forensic evidence utility, implementation challenges, coordination between agencies, and potential reform strategies.

Field Observations

To contextualize the documentary and interview data, the research team conducted field observations at:

1. Crime scene investigation procedures (with appropriate permissions)
2. Forensic laboratories at state and central levels
3. Court proceedings involving forensic evidence presentation

These observations were documented through structured field notes focusing on practical workflows, resource utilization, inter-agency coordination, and technical protocols, providing valuable contextual insights that complemented the formal data collection methods.

Data Analysis

Qualitative data from interviews and observations underwent thematic analysis using NVivo software. To enhance analytical rigor, we employed constant comparative methods and negative case analysis, actively searching for contradictory evidence and alternative explanations. Case analysis data was systematically coded to identify patterns in forensic evidence utilization, procedural compliance, evidentiary challenges, and judicial reasoning. Particular attention was given to the relationship between forensic evidence quality (assessed through procedural compliance, methodological soundness, and presentation clarity) and case outcomes. Integration of qualitative and quantitative findings occurred through an explanatory framework approach, with statistical patterns from case analysis informing interview question refinement, and qualitative insights contextualizing observed correlations between forensic evidence and judicial outcomes.

Ethical Considerations

The research protocol received approval from the Institutional Ethics Committee. Key ethical safeguards included:

1. Anonymization of all case data to protect individual privacy
2. Informed consent from all interview participants
3. Confidentiality protections for sensitive information
4. Recognition of power dynamics during fieldwork
5. Sensitivity to cultural and regional contexts

Throughout the research process, we maintained ethical vigilance regarding potential implications for ongoing judicial proceedings and professional reputations, ensuring that findings were presented constructively with emphasis on systemic factors rather than individual performance.

FINDINGS

Current State of Forensic Science Implementation in India

Our case analysis revealed significant variability in forensic science implementation across India's criminal justice system. The utilization of forensic techniques across different crime categories showed notable disparities, with homicide investigations demonstrating the highest level of forensic engagement, followed by sexual assault cases, while property crimes exhibited the lowest incorporation of scientific methods. Even within these categories, substantial jurisdictional variations were evident, with metropolitan centers demonstrating more consistent forensic utilization compared to district-level jurisdictions. Interview data provided context for these patterns, with investigating officers citing several factors influencing forensic implementation decisions:

"Resource constraints force us to be selective about which cases receive full forensic attention. We prioritize based on crime severity, public attention, and evidentiary needs." (Senior Police Officer, Delhi)

"In remote districts, practical challenges like transportation of evidence to distant laboratories and limited specialized personnel mean forensic methods are reserved for the most serious cases." (Investigating Officer, Rural Rajasthan) Our analysis identified a hierarchical pattern in forensic technique utilization. Traditional forensic methods—fingerprint analysis, document examination, and basic toxicology—were widely employed across jurisdictions. Intermediate techniques such as ballistics, serology, and trace evidence analysis showed moderate implementation, primarily in urban centers. Advanced methodologies including DNA profiling, digital forensics, and advanced chemical analysis demonstrated the lowest utilization rates, concentrated predominantly in metropolitan jurisdictions and specialized crime categories. Field observations at forensic facilities revealed substantial infrastructure variations, with central laboratories demonstrating significantly greater technological and personnel capabilities compared to many state facilities. This infrastructure gradient directly influenced the accessibility and quality of forensic services available to investigating agencies across different regions.

Correlation between Forensic Evidence and Judicial Outcomes

Our analysis identified a meaningful relationship between forensic evidence and judicial outcomes across the examined cases. This correlation manifested in several key dimensions

Case Progression

Cases incorporating comprehensive forensic evidence demonstrated more efficient progression through the judicial system. The average time from charge-sheet filing to final disposition was approximately 23% shorter in cases with substantial forensic components compared to similar cases relying primarily on testimonial evidence. Prosecutors attributed this efficiency to greater clarity in establishing investigative findings:

"When we present well-documented forensic evidence, it streamlines the trial process. The scientific foundation reduces ambiguity and helps focus judicial attention on key issues." (Public Prosecutor, Chennai)

Conviction Rates

Cases with substantial forensic evidence components showed higher conviction rates across all crime categories examined. This pattern was particularly pronounced in cases involving circumstantial evidence, where forensic findings often provided crucial corroboration:

"In cases without eyewitnesses, quality forensic evidence becomes the cornerstone of successful prosecution. It provides objective substantiation that testimonial evidence alone cannot deliver." (Trial Court Judge, Mumbai)

However, the analysis revealed important qualitative dimensions to this correlation. The mere presence of forensic evidence did not guarantee favourable judicial outcomes—rather, the quality, relevance, and presentation of such evidence proved decisive. Cases where forensic evidence suffered from procedural irregularities, methodological limitations, or poor courtroom articulation showed minimal advantage over cases without scientific evidence.

Judicial Reasoning

Examination of judicial reasoning in case judgments revealed increasing sophistication in the interpretation of forensic evidence. Recent judgments demonstrated greater engagement with scientific methodologies and limitations compared to earlier cases, suggesting evolving judicial literacy regarding forensic science:

"We're seeing more nuanced judicial assessment of forensic evidence. Courts are increasingly capable of distinguishing between robust scientific findings and overextended claims." (Legal Academic, National Law University Delhi)

This trend toward greater judicial engagement with forensic evidence quality represents a positive development for evidence-based justice. However, interviews with judges revealed persistent challenges in evaluating complex scientific testimony:

"Judges receive limited training in scientific methodologies. When experts present contradictory interpretations of forensic evidence, we sometimes lack the technical foundation to fully evaluate competing claims." (High Court Judge, Kolkata)

Challenges in Forensic Science Implementation

Our research identified four principal categories of challenges impeding effective forensic science implementation in India's judicial system

Infrastructure and Resource Constraints

Laboratory capacity emerged as a fundamental limitation across most jurisdictions. State forensic laboratories frequently operate with insufficient equipment, inadequate facilities, and restricted operating budgets. These constraints manifest in substantial backlogs, with average processing times exceeding nine months for DNA analysis and six months for toxicology reports in many state laboratories. Field observations revealed significant technological disparities between central and state laboratories, with many district-level facilities lacking equipment for advanced analyses. This infrastructure gradient creates inequitable access to forensic services based on geographical location:

"Metropolitan cases benefit from proximity to advanced laboratories and specialist expertise. Rural cases often face delays or settle for less sophisticated analyses due to accessibility challenges." (Forensic Laboratory Director, Central Region)

Workforce Limitations

Personnel shortages represent another critical challenge, with forensic laboratories consistently operating below sanctioned staffing levels. Interview participants highlighted particular deficits in specialized domains:

"We have significant capability gaps in digital forensics, advanced chemical analysis, and certain categories of biological examination. Finding qualified specialists willing to work within government salary structures remains challenging." (State Forensic Science Laboratory Director)

Beyond numerical shortages, participants emphasized qualitative dimensions of workforce challenges, including limited ongoing training opportunities, career progression constraints, and inadequate exposure to emerging forensic methodologies:

"The field evolves rapidly, but our training systems struggle to keep pace. Many practitioners rely on outdated techniques because they haven't received updates on contemporary methods." (Senior Forensic Scientist, Southern Region)

Procedural Inconsistencies

Analysis of case records revealed substantial variability in evidence collection, preservation, and documentation procedures across different investigating agencies. This inconsistency compromised evidence integrity and created vulnerabilities during trial proceedings:

"Defense attorneys routinely challenge forensic evidence based on procedural irregularities. When documentation is incomplete or collection methods inconsistent, even scientifically sound findings become legally vulnerable." (Public Prosecutor, Western Region).

Interviews with investigating officers highlighted systemic factors contributing to these inconsistencies, including variable training quality, absence of standardized protocols, and practical constraints during field investigations:

"Standard operating procedures exist on paper but applying them consistently in field conditions—especially in resource-limited settings—presents real challenges." (Police Inspector, Eastern Region)

Inter-agency Coordination Challenges

The effective utilization of forensic science requires seamless coordination between multiple agencies, including police, forensic laboratories, prosecution services, and judicial officers. Our research identified significant communication and coordination gaps throughout this chain:

"The fragmentation between investigating agencies and forensic laboratories creates inefficiencies. Without direct communication channels, investigators sometimes collect evidence that cannot be properly analyzed with available resources." (Forensic Department Head, Northern Region)

"Prosecutors often receive forensic reports without adequate consultation with the scientific experts who produced them. This communication gap hinders effective presentation of complex scientific findings in court." (Senior Prosecutor, Southern High Court)

These coordination challenges reflect broader institutional silos within the criminal justice system, with limited mechanisms for collaborative planning, resource allocation, and procedural harmonization across agencies.

Regional Variations and Success Models

Our multi-state analysis revealed significant regional variations in forensic science implementation and effectiveness. Certain jurisdictions demonstrated notably stronger forensic integration into judicial processes, offering potential models for broader application

Effective Implementation Models

Several jurisdictions exhibited more successful forensic science integration. Analysis of these success cases revealed common features:

1. **Integrated Crime Scene Units** States like Gujarat and Kerala have implemented specialized crime scene units with dedicated forensic personnel, reducing evidence contamination and improving collection standards.
2. **Forensic Training Integration** Tamil Nadu and Karnataka have incorporated mandatory forensic awareness training for investigating officers, improving evidence recognition and preservation.
3. **Prosecutor-Scientist Collaboration** Delhi and Maharashtra have established formal consultation mechanisms between prosecutors and forensic experts, enhancing courtroom presentation of scientific evidence.
4. **Judicial Specialization** Specialized courts in metropolitan centers demonstrated greater forensic literacy and more consistent evidentiary standards.

These regional success models illustrate how institutional innovation can overcome systemic challenges even within existing resource constraints.

Technology Adaptation

Several jurisdictions have successfully implemented technological solutions to address forensic challenges:

"Our mobile forensic units have dramatically improved response times and evidence preservation in remote areas. This relatively low-cost intervention has yielded significant quality improvements." (Forensic Services Director, Gujarat)

Digital documentation systems, portable analysis equipment, and virtual expert testimony mechanisms represent additional technological adaptations that have improved forensic service delivery in resource-constrained environments.

Stakeholder Perspectives on Reform Priorities

Interview participants demonstrated substantial consensus regarding priority areas for forensic science reform, though with varying emphasis depending on professional role:

Investigating officers prioritized practical improvements in frontline evidence collection capabilities:

"We need better field kits, more accessible scientific support, and streamlined procedures that reconcile scientific rigor with operational constraints." (Police Superintendent, Northern Region)

Forensic scientists emphasized infrastructure development and workforce specialization:

"Building sustainable laboratory capacity requires both technology investment and human resource development. We need more specialist pathways and research opportunities to build internal expertise." (Forensic Laboratory Director)

Legal professionals focused on procedural standardization and communication improvements:

"The gap between scientific findings and legal applications remains substantial. We need better translation mechanisms—both linguistic and conceptual—between these professional domains." (High Court Advocate)

Policy officials acknowledged the need for systemic approaches:

"Piecemeal interventions have limited impact. We need holistic reform addressing the entire forensic-judicial pipeline, from crime scene to courtroom." (Ministry Official, Criminal Justice Department)

Despite these varying emphases, stakeholders broadly agreed on the fundamental goal of developing a more integrated forensic science ecosystem that balances scientific validity with legal admissibility and practical implement ability.

DISCUSSION

Interpreting the Forensic Science-Judicial Outcome Relationship

Our findings confirm a meaningful relationship between forensic evidence and judicial outcomes in the Indian context, while revealing important nuances in this correlation. The observed relationship appears mediated by multiple factors, including evidence quality, presentation effectiveness, and judicial forensic literacy. This complex interplay suggests that improving judicial outcomes requires attention not only to scientific methodologies but also to the human and institutional interfaces through which forensic evidence enters the judicial process. The quality gradient observed in forensic evidence application—with substantial variations across jurisdictions, crime categories, and technique types—mirrors patterns documented in other developing judicial systems (Maguire et al., 2020; Obenson & Wright, 2019). This pattern suggests that uneven development characterizes forensic science implementation globally, with resource constraints creating inevitable prioritization challenges. However, our identification of successful implementation models within India's diverse jurisdictional landscape demonstrates that contextual adaptation can overcome common constraints. These findings align with emerging scholarship on "appropriate forensic technology" that emphasizes context-sensitive solutions rather than wholesale importation of models from developed judicial systems (Krysińska-Kałużna, 2022).

Systemic Challenges and Reform Imperatives

The multifaceted challenges identified in our research reflect complex interdependencies within the criminal justice system. Infrastructural limitations, workforce constraints, procedural inconsistencies, and coordination gaps represent interconnected challenges requiring coordinated responses. This finding aligns with systems theory perspectives on criminal justice reform, which emphasize that interventions targeting isolated components often fail to produce systemic improvements (Rajagopalan & Tabarrok, 2021). The persistent gap between legal frameworks and implementation practices highlights the limitations of reform approaches focused primarily on legislative changes. While India has progressively strengthened its legal foundation for forensic evidence through legislative amendments and judicial precedents, our findings indicate that implementation capacity has not kept pace with these formal advancements. This pattern suggests the need for greater attention to the practical dimensions of forensic science integration, including resource allocation, institutional coordination, and procedural standardization. The workforce challenges identified in our research reflect broader patterns in public scientific institutions, where recruitment constraints, limited career advancement opportunities, and inadequate professional development systems often impede capacity development (Raveendran, 2021). Addressing these challenges requires not only increased funding but also structural reforms in employment frameworks, training systems, and professional recognition mechanisms.

Building Forensic Literacy across the Criminal Justice System

Our findings regarding variable forensic literacy among legal professionals echo concerns raised in international scholarship about the "CSI effect"—the impact of popularized and often misleading representations of forensic science on legal expectations and interpretations (Maeder & Corbett, 2018). The observed improvements in judicial engagement with scientific evidence suggest positive evolution, but substantial literacy gaps persist throughout the legal system. These literacy challenges extend beyond basic scientific understanding to encompass critical evaluation of methodological limitations, appropriate weight assignment to different evidence types, and recognition of the probabilistic nature of many forensic conclusions. Addressing these gaps requires not only technical training but also conceptual framework development that bridges scientific and legal epistemologies.

The successful forensic literacy initiatives identified in certain jurisdictions—particularly integrated training programs for investigating officers and specialized continuing education for judicial officers—provide potential

models for broader application. These programs demonstrate the value of targeted interventions that address specific knowledge gaps while respecting the distinct professional contexts of different stakeholders.

Technology Integration and Contextual Adaptation

The technology adaptation patterns observed in our research highlight the importance of context-appropriate solutions that balance scientific sophistication with implementation feasibility. Mobile forensic units, simplified field testing protocols, and digital documentation systems represent examples of intermediate technologies that have successfully addressed specific forensic challenges within resource constraints. This finding aligns with growing recognition that forensic science development in emerging economies may benefit from "technological leapfrogging"—adopting newer, more accessible technologies rather than recapitulating the historical development paths of established forensic systems (Chandran & Maity, 2022). Digital platforms, portable analytical devices, and cloud-based information systems offer particular promise for expanding forensic capabilities despite infrastructure limitations. However, our findings also underscore that technological solutions alone cannot address the multifaceted challenges facing forensic science implementation. Human expertise, institutional frameworks, and procedural standards remain essential foundations for effective forensic service delivery, regardless of technological sophistication.

Policy Implications and Reform Pathways

The research findings suggest several priority areas for policy intervention

Institutional Architecture

The current fragmentation of forensic services across multiple agencies creates coordination challenges and resource inefficiencies. Developing more integrated institutional structures—whether through consolidated forensic service agencies or formal coordination mechanisms—could enhance service delivery while maintaining necessary independence safeguards.

Standardization with Flexibility

National standard development for forensic procedures represents an essential foundation for quality improvement. However, these standards must accommodate implementation variations across India's diverse jurisdictional contexts, allowing for appropriate adaptation while maintaining core quality requirements.

Investment Prioritization

Given resource constraints, strategic investment prioritization becomes crucial. Our findings suggest that foundational improvements in basic forensic infrastructure, staff training, and procedural standardization may yield greater system-wide benefits than isolated investments in advanced technologies accessible to only a fraction of cases.

Educational Integration

Sustainable improvement requires enhanced forensic content in professional education across multiple disciplines. Integrating appropriate forensic modules into police training, legal education, judicial orientation, and continuing professional development programs can build system-wide literacy more effectively than standalone initiatives.

Quality Assurance Mechanisms

Developing robust quality assurance frameworks—particularly independent review mechanisms and proficiency testing programs—represents a crucial foundation for enhancing forensic evidence reliability regardless of resource context.

CONCLUSION

This research has examined the complex relationship between forensic science and judicial outcomes in India, revealing both promising developments and persistent challenges. The findings confirm the significant potential of forensic evidence to enhance judicial reliability, while highlighting the substantial gap between this potential and current implementation realities across much of India's criminal justice system. The identified challenges—infrastructure limitations, workforce constraints, procedural inconsistencies, and coordination gaps—reflect complex systemic interdependencies that resist simple solutions. However, the successful implementation models observed in certain jurisdictions demonstrate that contextual adaptation and strategic resource allocation can overcome many common constraints, even within existing structural limitations. Moving forward, India's forensic-judicial nexus would benefit from a coordinated reform approach addressing the entire evidence pipeline from crime scene to courtroom. This approach should emphasize practical implement ability alongside scientific validity and legal admissibility, recognizing that forensic evidence effectiveness depends as much on human and institutional interfaces as on technical methodologies.

Specific priority areas include standardizing procedures while allowing appropriate contextual adaptation, developing integrated training programs across professional domains, establishing independent quality assurance mechanisms, and strategically investing in both foundational infrastructure and appropriate technological innovations. The findings from this research contribute to the growing discourse on evidence-based criminal justice reform in developing nations, offering insights relevant not only to India but to other jurisdictions facing similar challenges in forensic science implementation. By addressing the identified gaps through coordinated, context-sensitive approaches, India has the opportunity to significantly enhance judicial reliability and public confidence in its criminal justice system.

Limitations and Future Research Directions

This study has several limitations that suggest directions for future research. The case analysis focused on cases that had reached final disposition, potentially missing important dynamics in ongoing proceedings. Future longitudinal studies tracking cases from investigation through final appeal could provide valuable additional insights. While the research encompassed multiple states, resource constraints limited the depth of analysis in each jurisdiction. More detailed state-level studies could enhance understanding of specific contextual factors influencing forensic science effectiveness. The stakeholder interviews, while diverse, may not have captured the full range of perspectives, particularly from rural and remote jurisdictions. Expanded research incorporating wider geographical and institutional representation would strengthen the findings.

Future research could productively focus on several key areas

1. Detailed cost-benefit analysis of different forensic investment strategies
2. Comparative evaluation of training models for different stakeholder groups
3. Longitudinal assessment of reform initiatives to identify implementation factors influencing success
4. Development and validation of forensic quality metrics appropriate for resource-constrained contexts

These research directions would further strengthen the evidence base for effective forensic science integration into India's evolving criminal justice system.

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Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Formulation and Optimization Design of Composite Sponge of *Rosa bourboniana* by Box Behnken Statistical Design

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Received: 22 May 2025 Revised: 10 Jun 2025 Accepted: 24 Jun 2025

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ABSTRACT

Developing and refining a transdermal composite sponge formulation for *Rosa Bourbonia* was the goal of the study. To create contour plots for response prediction a polynomials equation was subjected to the A2factor 2 level Box Behnken Design. Independent variables that ranged from low to high level included stirring time X1chitosan X2Gelatin and polymer concentration. The development various are weight reduction Y2 and Y1 porosity. The composition of the revised formulation was analyzed for porosity and weight reduction and response surface plots were made and the statistically validity of the polynomials was established. The design demonstrated how to forecast the value of dependent variables for the developing and optimization of composite sponge using derived polynomials equation and contour plots.

Keywords: Composite sponge, factorial design, transdermal drug delivery, *Rosa bourbonia.*

INTRODUCTION

Dr. Alejandro Zaffaroni was the first to seriously advocate the transdermal drug delivery system (TDDS) in the early 1970s. [1] Delivering medicine to the general circulation through the skin has many advantages over traditional dosing modalities, including lower dose frequency, fewer side effects, and non-invasive drug administration.[2] Skin can withstand the entry of exogenous diseases but is easily damaged. Skin injury allows pathogens to enter the body through inflammation and infection, which slows wound healing. An ideal wound dressing should be non-toxic,

biodegradable, and have beneficial mechanical and biological qualities. It should also be capable of preventing bacterial infection and excessive water loss in order to create a moist and clean environment for the wound.[3]Wound healing process is repairing a wound that has been damaged and infected on skin and other soft tissues. After the injury, there is an inflammatory response and the cells under the dermis increase collagen production in the connective tissue. [4] The outer skin of epithelial tissue is regenerated. Haemostasis, inflammation, proliferation, and remodelling are the four stages of wound healing. The proliferative phase includes angiogenesis, collagen deposition, granulation tissue formation epithelization and wound contraction.[5] Plants or plant-derived chemicals must be found and formulated to treat and manage wounds. Several herbal products are currently under investigation in this direction. Although many natural therapeutic items have been discovered, some are highly poisonous, interact with other medications, and have negative side effects. In recent years, herbal products have been accepted in the Morden system, and their quality must be assessed. [6,7] The herbal composite sponge formulation is predicted to produce a synergistic benefit at low medication concentrations while causing no side effects. In recent years, several compounds, including collagen (chitosan, gelatine, and PVA), have been extensively developed to aid wound healing.[8] Chitosan, a polysaccharide biopolymer produced from naturally occurring chitin, has distinct polycationic chelating and film-forming capabilities due to the presence of an active amino hydroxyl functional group. Chitosan also has a variety of fascinating biological activities, such as antibacterial activity, induced disease resistance in plants, and various stimulating and inhibitory action toward human cell types. Additionally, chitosan can be used to prevent or treat wounds and burns. It can also enhance the actions of inflammatory cells, macrophages, and fibroblasts. PVA synthetic polymers are water soluble, nontoxic, biodegradable, and have good biocompatibility. Graphene oxide, a unique and promising alternative material, has a huge specific surface area and a high concentration of hydroxyls, carboxyls, and other surface groups. Graphene oxide offers several distinguishing characteristics, including exceptional chemical stability, mechanical qualities, biocompatibility, and great hydrophilicity. It has also been employed as an energy storage/conversion unit in wound dressings and scaffolding material for cell/tissue culture.[9,10]

MATERIAL AND METHODS

Material

Chitosan with degree of deacetylation 85% was purchased from Loba chemie Pvt. Ltd. Ahmadabad and gelatine werepurchased from National chemicals Gujrat. All reagents were used as analytical grade.

Method

The experimental field should not be too large, resulting in non-realistic experiments, nor should it be too tiny, preventing it from reaching an optimal zone. The trial formulation of composite sponges was created using the solvent evaporation process.

Preparation of formulation

The solvent evaporation process was used to create the composite sponge trial formulation the procedure involved dissolving a sufficient amount of chitosan w/v in a 5% acetic acid aqueous solution. At the same time another gelatine solution was made by dissolving the gelatine powder in 100 ml deionized water at room temperature. Different proportion of the two solutions should be used for the composite sponges. The resultant mixture vigorously using a magnetic stirrer until the opaque solution was achieved and the sonicated this mixture for 15 minutes in a sonicator to eliminated ant air bubbles. To create composite sponges, pour this solution into a separated petri dish freeze it for 24 hours at -40^{o}c and then lyophilized it. In order to create extract loaded composite sponges the extract was first dissolve and allowed to swell for one hour before being added to chitosan and gelatine combination. To create *Rosa bourbonia* composite sponges the solution was transferred into thirteen separate petri dishes, frozen for twenty-four hours at -40^{0}c then lyophilized. Box Behnken was used to the make formulation. The formulation was optimized and the experimental design was constructed using statistical screening. The experiment thirteen runs were evaluated for characteristics like weight loss and porosity.[11,13]

Experimental Design

STATEASE, design of expert design version 12.0.1.0. was used to for the purpose of optimizing the composite sponges, the BOX BEHNKEN design was chosen from the response surface methodology. The low, medium, and high levels of the independent and dependent variables are listed in Table no.1[14,17] Where X1, X2, and X3, the coded levels of the dependent variables, Y0 is the independent variables b0 is the intercept and b1through b33 are the regression coefficients derived from the observed experimental value of Y.In addition to the actual and anticipated reaction. Table no. 3 displays the amount of polymer concentration X1 (Chitosan) X2(Gelatin) and X3 stirring time required to create each.

Response Analysis for Optimization

The programs ANOVA feature was used to validate the statistical validity of the polynomial equation product by design expert. The thirteen runs (CS1-CS13) with triple centre point were produced in all. The models were assed using R^2value and statistically significant coefficients. The composition of the improved formulation across the entire experiment region was determined by validating the RSM results. To verify the selected experiment domain and polynomial equation five optimum check point formulation was created and evaluated for various response characteristics. A quantitative comparison between the experimental response characteristics. A quantitative comparison between the experimental response level and the predicted values was made. Moreover, linear regression graphs between the expected and actual response values were made using MS-Excel.

RESULT

Compatibility study research

To check for any particular interaction between the medicine and the substance utilized, a compatibility study was conducted. FTIR analysis was used to assess drug and excipient interaction.

FTIR ANALYSIS

IR spectroscopy was investigated and the result are shown. In contrast to drug spectra which show that the drug - excipient is compatible with all excipients, no new peaks significant shift, or loss of distinctive peaks were seen in drug excipient physical mixture spectra. The FT-IR has proven to be a very useful technique for characterizing and detecting compound or functional groups (chemical bond) present in the mixture of plant extracts. There were absorption peaks at 3328.7cm-1(O-H starching)2922cm-1nad 2102cm -1(aliphatic H starching) and 1625cm-1 (C=C absorption peak)in the absorption spectrum. Other picks were 1341 cm-1 (CH2), 1006cm-1(cycloalkane)and 760cm-1.
All the batches of composite sponges were characterized for (colour, texture). The prepared composite sponges were reddish in colour with pleasant homogeneous appearance and texture.

Fitting the model to the data

We employed a three factors two level (BOX BENHKEN design) since RSM needed 13 runs. The results with triplicate centre points were produced. A design expert fitted the 13 observed formulation to a quadratic model at the same time. Table no.3 contained the comparison values of R^2, SD AND %CV in addition to the best comparable quadratic values. Included is the regression equation that was developed for every response. The equation contains all significant coefficients($P<0.05$). While a negative score indicates an inverse relationship between the component and the solution, a positive value indicates an effect that helps the optimization. There is no doubt that factors X1, X2, X3interact to affect the equation contains all significant coefficients($P<0.05$). While a negative score indicates an inverse relationship between the component and the solution a positive value indicates an effect that helps the optimization. It is clear that the two replies, Y1 and Y2 are influenced by interplay of variables X1, X2, &X3.

Counter Plots and Response Surface Analysis

Fig.no. (3a-3b) depicts a two -dimensional contour plots were drawn for each of two responses.Fig.no. (4a-4b) exhibit the responses Y1-Y2 according to this. Plots are used to evaluated the effect of two factors independently on the response as well as the interaction effect of factors on the response.

Response Analysis Through Polynomial Equation.

- **Response 1 (Y1)**

The model proposes the following equation

Final equation in terms of coded factors

Y1= +76.54+5.75A+2.75B-4.00C

Final equation in terms of actual factors

Y1= +76.7884+2.875chitosan +1.37500geltine -4 Stirring Time

Where Y1 is the porosity of composite sponge X1 is chitosan concentration, X2 is the concentration of gelatine and X3 is the string time. The model F value of 453 implies the model is significant (0.0001). The lack of fit F value of 5.18 implies the lack of fit is notsignificant (P=0.0237). The predicted R squared of 0.1941 is in reasonable agreement with the adjusted R squared 0.511adequate precision is within the desirable limit. The ratio of 6.573 indicates an adequate signal. Therefor this model can be sued as negative the design space.

Response R2 Effect of Gelatine

The following equation in terms of coded factors

Final Equation in Terms of Coded Factors

Weight loss Y2 =+32.85-0.2500 A-1.00 B+14.00 C

Final Equation in Terms of Actual Factors

Weight loss Y2 =+6.72115-0.125000chitosan-0.500000gelatin+14.00000stirring time

Where Y2 represents the gelatine. The model was shown to be significant (F value 47.68, P<0.0001). The lack of fit is not substantial. A positive value for the coefficient indicates an inactive favourable effect, whereas a negative value indicates an unfavourable effect of that type of reaction. The calculated R squared matches the corrected R squared (0.9211 and 0.8741, respectively). The signal-to-noise ratio should be determined with sufficient precision. A ratio greater than four is desirable; our ratio of 16.291 indicates an appropriate signal. Figures 2a-2b depict counter graphs that show the effect of various planned factors

DISCUSSION

Composite sponges is stand out as one of the extensively explored strategy for delivering the drug for rapid onset of action. Skin is the primary for delivering the drug. Inpresent study we used composite sponge for wound healing purpose. Thirteen formulations were prepared Data

Analysis and Optimization

In order to satisfy the highest possible standard for medication flow of porosity and weight loss the optimization formulation was chosen. The following limits for response Y1 and Y2point prediction of design expert software were applied to for figure out the optimal composition. The process of drugs flow, porosity, weight loss was assessed and the most effective preparation was developed five chosen at random. Acceptable parameters have been identifying for validation of RSM for all five -check point formulation. Table no.4 shows the formulation of the optimizer check point and the variables will be expected to respond to them.Figure 4a-4b depicts linear correlation graphs of actual and projected response variables. Figures 4a-4b demonstrate the spread of residual against actual values. The linear correlation plots between the predicted and experimental values demonstrated high value of R^2 for all their response.

CONCLUSION

Transdermal composite sponge of extract utilizing chitosan and gelatine polymer demonstrated encouraging results, which were optimized using a two-factor, two-level Box Behnken design. The quantitative response of drugs such as porosity and weight loss for various combinations of independent variables- polymers such as chitosan and gelatine- were acquired by experimentation, and the results were used to fit the design model. The quantitative influence of these components at various levels on repose may be predicted using a polynomial equation with high expected and actual values for response variables. The formulation with polymer concentration chitosan 3.336, gelatine 4.036, stirring duration 2.167, porosity 18.26, weight loss 34.619, and desirability1 was chosen as the optimal composite sponge. As a result, it is possible to conclude that transdermal composite sponges were produced and optimized using software.

ACKNOWLEDGEMENTS

The author would like to thank PBRI lab Bhopal for analyse the formulation.

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Table.1:compostion of formulation of composite sponges

S. No.	Formulation	Extract	Chitosan and Gelatin Ratio	Temperature	Timing
1.	CS1	5gm	1:1	-40^{0}c	1hrs
2.	CS2	10gm	1:2	-40^{0}c	2hrs
3.	CS3	15gm	1:3	-40^{0}c	3hrs
4.	CS4	5gm	2:1	-40^{0}c	4hrs
5.	CS5	10gm	3:1	-40^{0}c	1hrs
6.	CS6	15gm	1.5:1	-40^{0}c	2hrs
7.	CS7	5gm	2.5:1	-40^{0}c	3hrs
8.	CS8	10gm	3.5:1	-40^{0}c	4hrs
9.	CS9	15gm	1:1.5	-40^{0}c	1hrs
10.	CS10	5gm	1:2.5	-40^{0}c	2hrs
11.	CS11	10gm	1:3.5	-40^{0}c	3hrs
12.	CS12	15gm	1:4	-40^{0}c	4hrs
13.	CS13	5gm	4:1	-40^{0}c	1hrs

Table.2: Variables in Box Behnken design

LEVEL USED, ACTUAL(COADED)		
FACTORS	**LOW (-1)**	**HIGH (+1)**
INDEPENDENT VARIAVELS		
XI Chitosan (w/v)	1	5
X2 Gelatin (w/v)	1	5
X3 Stirring time	1	3
DEPENDENT VARIAVELS		
Y1 Porosity (%)	65	87
Y2 weight loss(%)	16	49

Table No.3Box Behnken design with results

Dependents variables								
		Independent variables			Actual		Predicated	
Runs	**Batch**	**X1**	**X2**	**X3**	**Y1**	**Y2**	**Y1**	**Y2**
1.	CS1	1	3	1	76	17	74.79	19.10
2.	CS2	3	1	1	81	16	77.74	19.85
3.	CS3	5	3	1	87	18	86.29	19.20
4.	CS4	3	3	2	75	31	76.54	32.85
4.	CS5	5	3	3	74	42	78.29	46.68
6.	CS6	1	3	3	65	45	66.79	46.65
7.	CS7	5	1	2	73	39	79.54	47.10
8.	CS8	5	5	2	85	33	88.04	33.60
9.	CS9	3	5	3	81	46	75.29	32.10
10.	CS10	3	1	3	79	49	69.79	45.85
11.	CS11	1	1	2	65	37	68.04	47.33
12.	CS12	1	5	2	67	35	73.54	32.10
13.	CS13	3	5	2	87	19	93.29	17.85

Table. 4: Summary of Results of Quadratic Model for Regression Analysis of Response Y_1, Y_2

Quadratic model	R^2	Adjusted R^2	Predicted R^2	SD	%CV
Response Y1	0.6634	0.5111	0.1941	5.40	7.05
Response Y2	0.9408	0.9211	0.8714	3.32	10.11

Table.5: selected optimized formulation via software

No.	Chitosan	Gelatin	Stirring time	Porosity	Wt. loss	Desirability	
1.	3.336	4.036	2.167	78.261	34.619	1	**Selected**
2.	3.000	1.000	3.000	69.788	47.846	1	
3.	1.000	5.000	2.000	73.538	32.096	1	
4.	1.000	3.000	1.000	74.788	19.06	1	
5.	1.000	1.000	2.000	68.038	34.096	1	

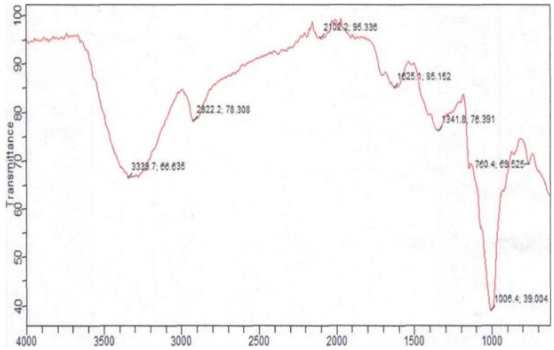


Fig. 1: FT-IR spectra of *Rosa Bourbonia*(Extract)

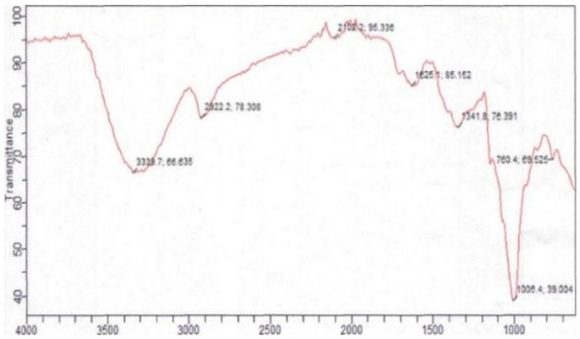


Fig.2. A

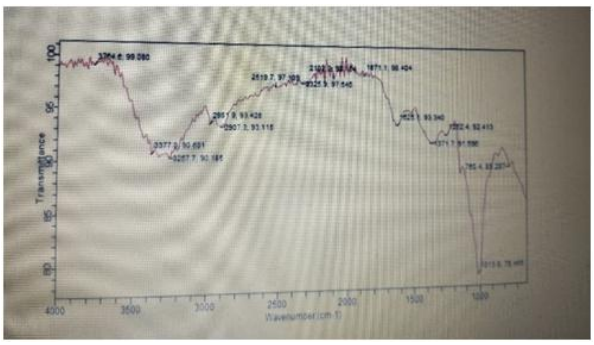
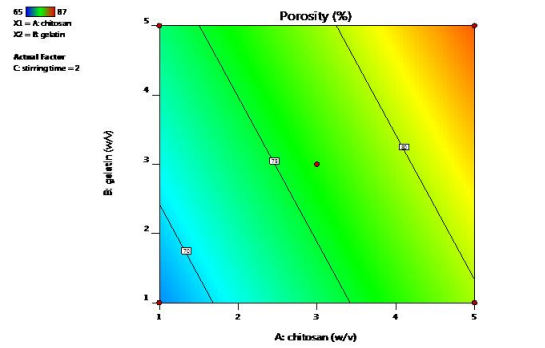
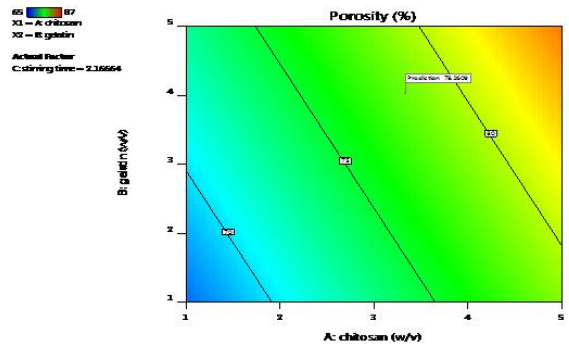


Fig.2. B

Fig . 2: FTIR spectra of (A) Drug +chitosan (B)Drug +Gelatine



3a



3b

Figure.3a-3b are the counter plots which show the effect of different independent variables of Y1

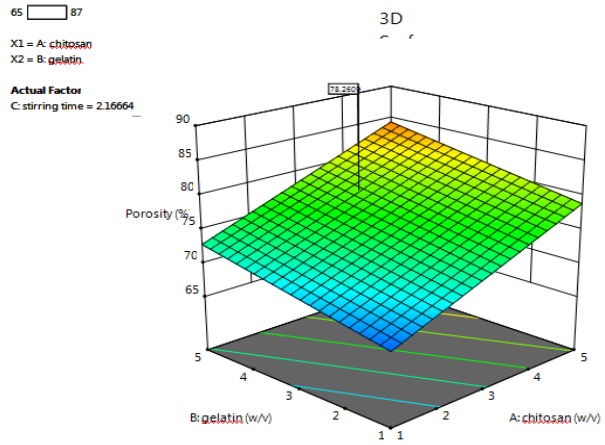
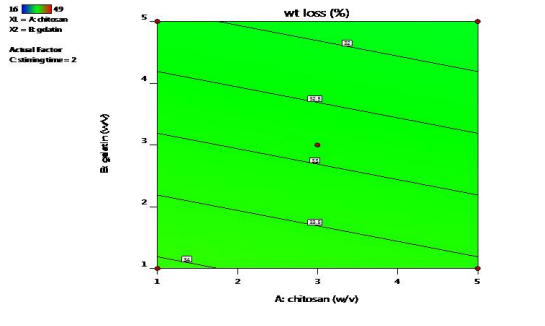
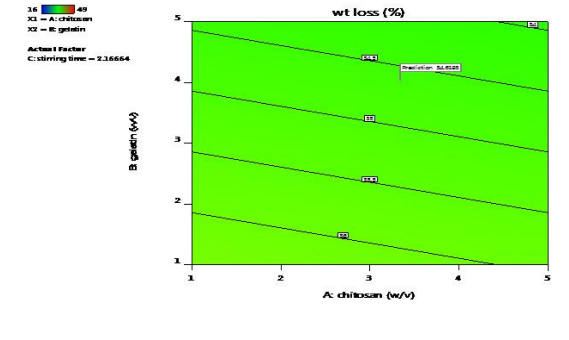


Fig. 3: counter plot showing the effect of polymer concentration



4a



4b

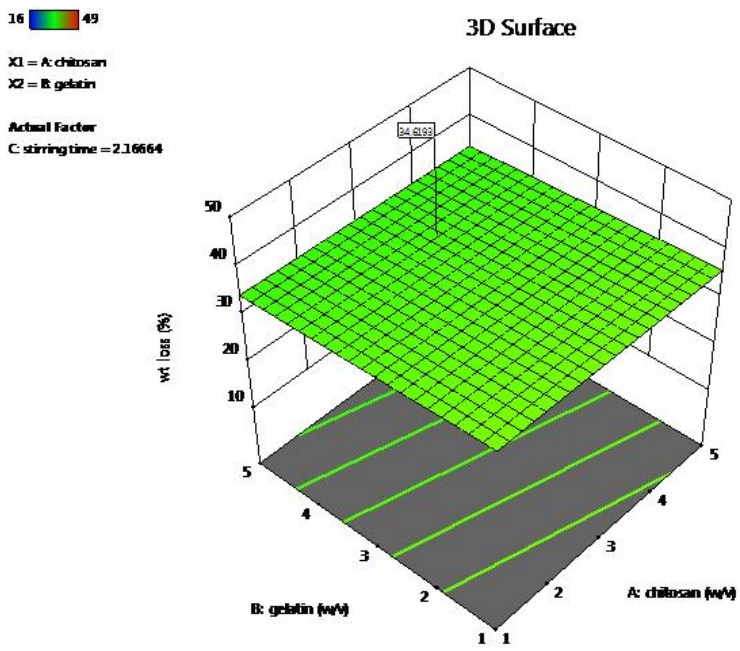


Fig.4: counter plot showing the effect of polymer concentration X_1 and X_2 on response Y_2

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Phytochemical Diversity and GABAergic Modulation in *Piper betle* Varieties for Anxiety and Depression : A Systematic Review

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Received: 07 May 2025 Revised: 14 May 2025 Accepted: 20 Jun 2025

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ABSTRACT

Piper betle is a plant of medicinal, religious, and cultural importance. Its usage ranges from traditional Ayurvedic medicine to modern medicine. This systematic review examines the effects of *Piper betle* variants on mental health disorders, focusing on pharmacological activities, phytochemical constituents, and their function as Gamma Amino Butryic acid (GABA) receptor modulators, and animal models used for research on neuropharmacological activities. Landrace cultivation of *Piper betle* at several geographical sites influences the concentration of bioactive components such as eugenol, hydroxychavicol, and flavonoids. pre-clinical investigations have shown that *Piper betle* phytochemicals act on the GABAergic system to improve inhibitory neurotransmission, which is critical for anxiety and sadness. This work highlights their bioactivity in regulating GABA receptors and thus provides a natural alternative to less-toxic synthetic medications. Various animal models, including the elevated plus maze, open field test, and forced swim test, are used to evaluate the effects of *Piper betle* as an anhydride and antidepressant. These results indicate the need for rigorous clinical studies to confirm the medicinal potential of *Piper betle* in all its variants, and also necessitates the standardization of agricultural methods. Combining data from landrace effects, GABA receptor binding phytochemicals, and animal testing paradigms forms the basis for future studies and the development of plant-based medicines for anxiety and depression.

Keywords: *Piper betle*, landrace, anxiety, depression, GABAergic system, phytochemicals, eugenol, hydroxychavicol, flavonoids, natural therapeutics, anxiolytic effects, antidepressant activity, animal models, elevated plus maze, forced swim test, neuropharmacology.

INTRODUCTION

Depression and anxiety disorders present significant global health challenges, affecting tens of millions of individuals across diverse demographic groups. Approximately 264 million individuals globally currently suffer from depression, while anxiety disorders affect an estimated 284 million individuals. These disorders exhibit a range of cognitive, emotional, and physical symptoms that can markedly impair daily functioning and the overall quality of life. Cognitive dysfunction is a prevalent characteristic that is associated with both anxiety and depression. Individuals with anxiety disorders frequently experience disruptions in their attention, memory, and executive functioning. Research indicates a correlation between anxiety and deficits in working memory and cognitive flexibility [1]. Additionally, memory capabilities decline in individuals with depressive disorders. Numerous studies have demonstrated that both verbal and non-verbal memory performance is significantly diminished in patients diagnosed with major depressive disorder (MDD) compared with normative data [2]. Current pharmacological treatments, including selective serotonin reuptake inhibitors (SSRIs) and benzodiazepines, often lead to dependency, memory deterioration, and withdrawal symptoms, highlighting the need for safer and more efficacious therapeutic options [3,4]. A systematic review [5]evaluated the comparative efficacy and acceptability of 21 antidepressant medications, thereby providing clinicians with a substantial evidence base to guide treatment decisions in the management of major depressive disorder. Nonetheless, the adverse effects associated with these pharmacotherapies can be considerable, necessitating exploration of alternative treatment modalities.

Piper betle, classified within the Piperaceae family, has historically been used for its medicinal properties and has recently attracted attention for its potential applications in neuropsychiatry [6]. The active phytochemicals in *Piper betle*, namely eugenol, hydroxychavicol, and flavonoids, have demonstrated anxiolytic and antidepressant effects by influencing critical inhibitory neurotransmitter pathways in the brain, particularly the gamma-aminobutyric acid (GABA) system [4, 7]. GABAergic modulators are essential for various neurological functions, especially the modulation of synaptic transmission and neuronal excitability. GABA acts as the primary inhibitory neurotransmitter in the central nervous system, and the processes involved are crucial for maintaining the delicate balance between excitation and inhibition throughout neuronal circuits [8,9]. This balance is especially vital in regions such as the hippocampus, where GABAergic interneurons, particularly parvalbumin-expressing interneurons, significantly affect the activity of pyramidal neurons, which has notable implications for cognitive function and synaptic plasticity. The GABAergic system plays a critical role in managing excitatory and inhibitory neurotransmission, and its dysregulation is strongly linked to the pathophysiology of anxiety and depression [10].
Recent research has also highlighted how landraces or the growth of the same plant in several geographical regions influences the pharmacological activity and phytochemical profiles of *Piper betle* [6,8]. Variations in environmental elements, including soil composition, temperature, and agricultural methods, produce notable variations in the concentrations of bioactive chemicals, influencing the therapeutic efficacy of the plant [11]. Animal models, including the elevated plus maze and forced swim tests, have been extensively used to evaluate anxiolytic and antidepressant efficacy [4, 7]. The Elevated Plus Maze (EPM) and Forced Swim Test (FST) are the primary pre-clinical paradigms for assessing anxiolytic and antidepressant efficacy, respectively, within the context of behavioral and physiological understandings of anxiety and depression. In particular, the EPM takes advantage of rodents' natural conflict concerning exploration and fear of open spaces increase in the time spent in open arms, suggesting lowered anxiety; thus, the results have been validated by the effects of benzodiazepines, buspirone, diazepam, or selective serotonin reuptake inhibitors (SSRIs) in enhancing the exploration of open arms. The FST, on the other hand, assesses depression-like behavior based on determining how long an animal remains immobile in water, with longer immobility time interpreted as representing hopelessness. Tricyclic antidepressants, SSRIs, and fluoxetine have shown efficacy by decreasing this measure of immobility. Both models, while contributing to a variety of biological and pharmacological devices for drug testing and clinical research towards improving anxiety and depression, have had further roles in inducing novel therapeutics using *Piper betle*-derived compounds [12 – 17]. This systematic review explored three primary questions.

(RQ1) Does landrace influence the pharmacological activity or phytochemical constituents of *Piper betle*?

Motivation

The phytochemical profiles of different landraces of *Piper betle* may differ, which may also result in variable rates of therapeutic efficacy. The study of the influence of landraces on a plant's chemical composition and pharmacological activity can identify landraces offering the best health benefits so that they can be used for selective breeding and resource allocation for the intended medicinal purpose. (RQ2) What is the role of *Piper betle* phytochemicals in treating anxiety and depression via GABA receptor modulation?

Motivation

GABA receptor modulation is a key mechanism for the management of anxiety and depression. Determining whether the compounds of *Piper betle* affect GABAergic pathways might promise natural therapeutic use of these sources. This question is directed toward elucidating the molecular background of the anxiolytic and antidepressant activities of *Piper betle* which could be utilized in formulating new strategies for intervention in traditional medicine.
(RQ3) What are the various animal models and tests used to evaluate the anxiolytic and antidepressant effects of *Piper betle*?

Motivation

Pre-clinical animal models play a significant role in establishing the efficacy of bioactive compounds before proceeding with clinical trials. By tracking the variety of experimental approaches adopted to assess the anxiolytic and antidepressant effects of *Piper betle*, this study presents a comprehensive view of standard methods in that domain. These insights help align the methodology to give greater weight to the findings and support the progressive design of the research plan. By addressing these questions, this review aims to consolidate the existing knowledge and identify gaps for future research.

Related work

Piper betle has high phytochemical diversity and therapeutic potential in neuropsychiatric conditions [6]. Preliminary neuroprotective effects of *Piper betle* extracts reduced oxidative stress and regulated neurotransmitter pathways, confirming the therapeutic versatility of *Piper betle* for anxiety and depression treatment. Plant cultivation in different geographic regions has altered the phytochemical profiles of medicinal plants, including *Piper betle*[18]. The concentrations of bioactive compounds, such as flavonoids and terpenoids, in *Piper betle* are affected by soil type, temperature, and altitude [19]. Such differences in pharmacological efficacy call for standardized cultivation practices for therapeutic applications. GABA receptor modulation is an important target of plant compounds for anxiety and depression. Kaur et al. [20] reported that the GABA-ergic activity of *Piper betle* phytochemicals is mediated by binding to the GABA-A receptor subunits. This mechanism is necessary to reduce central nervous system hyperactivity and thus anxiety and depression symptoms. These findings support previous studies on *Piper betle* as an anxiolytic and antidepressant. Animal models are regarded the gold standard for evaluating the therapeutic efficacy of plant-based treatments for neuropsychiatric disorders. Such models are instrumental in pre-clinical assessment of anxiolytic and antidepressant therapies. The Elevated Plus Maze (EPM) and Open Field Test (OFT) are widely recognized paradigms for assessing anxiety-like behavior. In the EPM, rodents' natural inclination to favor enclosed spaces over open arms serves as a metric for anxiety, where increased exploration of open arms is indicative of an anxiolytic effect [21,22]. This paradigm has been employed in various studies demonstrating that diazepam, other benzodiazepines, and plant extracts such as Bacopa monnieri enhance open arm exploration [23, 24]. In the OFT, the willingness of rodents to explore the open area at the center of the arena facilitates the measurement of anxiety; anxiolytic agents typically induce an increase in central activity [25, 26]. As an open-field model, the OFT can also assess general locomotor activity, thereby enabling differentiation of genuine anxiety-relieving effects from mere sedation [27]. Additional tests, including the Light/Dark Box and Marble Burying Test, offer further insights into anxiety-related responses by capitalizing on rodent preferences for dark and enclosed spaces and their defensive burying behaviors [23]. The utilization of multiple models enhances the validity of the experimental outcomes and presents a comprehensive perspective on a compound's potential for anxiolytic activity. While these tests specifically

evaluate anxiety-like behavior, they are complementary to other models that assess depression-like behaviors, such as the Forced Swim Test, thereby highlighting the importance of employing various behavioral paradigms in psychiatric drug design. The light-dark box, open field, and tail suspension tests —behavioral assessments utilized in pre-clinical studies—have been catalogued. These models have substantiated the anxiolytic and antidepressant properties of various plant extracts and have provided critical pharmacodynamic and pharmacokinetic data. Overall, the expanding body of literature surrounding several phytochemical drugs has reaffirmed the efficacy of plant-based molecules in the treatment of anxiety and depression. Regarding *Piper betle* Linn, Further investigations are necessary to establish standardized protocols for the cultivation, extraction, and clinical application of Piper betel Linn.

RESEARCH METHODOLOGY

This section describes the methodological approach adopted for this investigation, including the research objectives, eligibility criteria, sources of information, search techniques, procedures for study selection, and data collection.

Selection of Primary Research Material.

This systematic review dataset was created by searching PubMed, Scopus, SpringerLink, ScienceDirect, ACM Digital Library, and Google Scholar databases. This search used the following keywords: *Piper betle*, landrace, phytochemical constituents, GABA receptor modulation, anxiety, depression, animal models, eugenol, and neuropharmacology. The search strategy used for relevant studies was *forward and backward snowballing*. First, there were 350 publications on *Piper betle* phytochemicals, their pharmacological activities, and animal studies. The removal of duplicates and refinement of the search yielded 45 relevant studies. Using inclusion and exclusion criteria, this was reduced to a total of 40 primary studies meeting quality assessment standards. These studies provided robust evidence to achieve the objectives of this review. Figure 1 shows the PRISMA diagram used in our study. An analysis of historical trends indicates increased research on *Piper betle*'s neuropharmacological properties of Piper betel, especially in the last decade, and growing scientific and clinical interest in natural therapies for anxiety and depression.

Inclusion & Exclusion Criteria.

With an eye towards peer-reviewed studies of *Piper betle* phytochemicals, pharmacological activity, and therapeutic uses, Table 1 outlines the study's Inclusion and exclusion selection criteria. These covers include high-quality, relevant studies and exclude low-quality, irrelevant, non-English studies. Table 2 lists research removed from the review for causes including irrelevance, lack of scientific rigor, or data unavailability.

Data Analysis

The data analysis covered trends in research publications on *Piper betle* in neuropharmacology, phytochemical profiling, and therapeutic applications. Historical trend analysis showed that publications increased from 2000 to 2024, with a sharp increase after 2015 (Figure 2). Such growth reflects the interest in *Piper betle*'s phytochemicals, such as eugenol and hydroxychavicol, and their potential as GABA receptor modulators for various pharmacological activities, including anxiety and depression treatment. The studies were categorized according to landrace variability, phytochemical impact, and animal testing. Critical patterns were identified, and studies of low quality were excluded from full evaluation. An analysis of keywords was conducted across all 45 papers to summarize the prevalent themes across the selected primary research. Table 3 shows the frequencies of particular keywords in the sample. The predominant keyword was "*Piper betle*," indicating the primary emphasis of this review. Other commonly used terms are "Phytochemical Constituents" and "GABA Receptor Modulation," highlighting the plant's bioactive elements and their significance in neuropharmacology. Moreover, "Anxiety" and "Depression were significant, corresponding with the therapeutic objectives of the investigations. Terms like "Eugenol" and "Hydroxychavicol" signify the significance of particular phytochemicals in regulating GABAergic pathways. Terms such as "Animal Models" and "Neuropharmacology" emphasize experimental emphasis, whereas "Landrace" signifies regional diversity in bioactivity. This analysis highlights the increasing scientific interest in *Piper betle* for neuropsychiatric purposes.

Quality Assessment

Qualitative assessment of the included studies revealed the reliability and validity of the studies included in this systematic review. We assessed methodological rigor, relevance, and consistency of the data using a standard framework. Only those included were peer-reviewed and concerned *Piper betle* phytochemicals, pharmacological activities, and neuropharmacological applications, with clear objectives, documented methodologies, and reproducible results. In studies with randomization, blinding, and reporting transparency, the risk of bias was scored using the OHAT Risk of Bias Rating Tool only for high-risk or poorly described studies. The selected studies addressed research questions, including landrace impact, GABA receptor modulation, and animal testing models. The level of consistency across studies was assessed across themes, including phytochemical concentration differences and *Piper betle* efficacy, in pre-clinical models. Studies met the inclusion criteria only if they reported complete, available, and verifiable data and excluded studies with missing data, unclear outcomes, or major methodological flaws. Areas for improvement include limitations in the study design, small sample sizes, or lack of standardization in experimental conditions. Overall, the quality assessment provided evidence to support the systematic review. Figure 3 illustrates the distribution of focal points related to the pharmacological and neuropharmacological attributes of *Piper betle*, specifically in the context of anxiety and depression treatment. A compilation of 47 primary publications was categorized into 16 thematic application areas.

The predominant sections are Anxiolytic Properties and Neuroprotection, each comprising 7 studies (15% each). Collectively, these two areas account for one-third of all publications, underscoring the significant focus on the central nervous system benefits of *Piper betle*, particularly concerning GABAergic modulation, antioxidant defense mechanisms, and protection against excitotoxic or neurodegenerative challenges. The subsequent common themes identified included Antioxidant Activity (6 studies; 13%) and Phytochemical Variability (5 studies; 11%), indicating an ongoing interest in delineating chemotypic distinctions among landraces, as well as in evaluating the radical-scavenging efficacy of distinct phenylpropenoids and terpenes. Additionally, a segment of the corpus, representing 9% (n = 2), pertains to broader neuropharmacology (including sedative, anticonvulsant, or cognitive outcomes), while the Standardization of Protocols was documented in three studies (6%), reflecting attempts to enhance quality-control benchmarks for key constituents, such as eugenol and hydroxy-chavicol. Notably, mid-sized groupings comprised Anti-inflammatory Activity, GABA Modulation, Clinical Trials, Cost-effectiveness, and Synthetic Alternatives—each demonstrated through two studies (4%). These categories broaden the translational significance of *Piper betle*, spanning from cellular NF-κB inhibition to pharmacoeconomic modeling, which positions betel extracts as more cost-effective alternatives to selective serotonin reuptake inhibitors. The remaining themes—Antimicrobial, Pre-clinical Evaluation, Phytochemical Analysis, Depression Management, and Behavioral Tests—each represented by a single study (1–2% each), highlight nascent research trajectories that currently display less empirical support than those seen in the predominant neuro-centric and antioxidant domains. Together, these data demonstrate a research landscape that is heavily weighted toward CNS-related bioactivities (39 % combined) and chemical/antioxidant profiling (24 %), with smaller but growing attention paid to clinical validation, protocol standardization, and comparative cost-effectiveness. The chart highlights the need for further research on the standardization of protocols (4%) for the extraction of bioactive from *Piper betle* and also the development of user-friendly therapeutic solutions for anxiety and depression. Herein, we discuss key research priorities and gaps that will guide future studies on *Piper betle* as a natural therapeutic option for anxiety and depression.

The enhanced forest plot visually displays effect sizes for various research applications, along with their 95% confidence intervals. The blue dots represent the estimated percentage effect sizes, while the horizontal blue lines indicate variability. Narrow intervals suggest precise estimates, whereas wider intervals reflect uncertainties. The red dashed line at 1.0 signifies a null effect reference for comparing deviations from the baseline effects. The majority of research focuses on central-nervous-system benefits: Anxiolytic Properties and Neuroprotection each have seven publications, followed by Antioxidant Activity (six), Phytochemical Variability (five), and Anti-inflammatory Actions (four), together representing over 60% of the research corpus. The standardization of protocols aligns with the benchmark (three studies), indicating growing attention to quality control. Other categories, including GABA Modulation, Clinical Trials, Cost-effectiveness, and Synthetic Alternatives, each had two papers, while single-study

niches included antimicrobial, Pre-clinical evaluation, phytochemical analysis, Depression management, and behavioral tests. This distribution highlights a strong research focus on the neuroprotective, anxiolytic, and redox-modulating properties of Piper betle, while areas such as economic modelling and human trials remain underexplored and signaling targets for future research. This visualization helps researchers to identify impactful fields and guide further studies based on confidence levels for various applications.

Research Gaps

A systematic review of the therapeutic potential of *Piper betle* for anxiety and depression revealed some research gaps. Unstandardized cultivation practices and extraction protocols have led to variations in phytochemical concentrations, which have affected the reproducibility of the results. Small randomized trials with diverse populations are rare, despite promising results from pre-clinical studies. In addition, detailed mechanistic insights into GABAergic modulation by *Piper betle* are sparse, and further research is needed to decipher its molecular pathways. In addition, there are inadequate comparative studies with standard synthetic anxiolytics and antidepressants, which prevent the position of *Piper betle* as a natural alternative. Long-term safety and toxicity data are also scarce and critical for establishing a safety profile for extended use. In addition, research on how to integrate *Piper betle* with current therapeutic modalities, such as cognitive-behavioral therapy or pharmacological interventions, is still lacking. Addressing these gaps is critical for furthering *Piper betle* clinical applications and therapeutic credibility of Piper betel.

DISCUSSION AND ADDRESSING THE RESEARCH QUESTIONS

This review presents an overview of the therapeutic potential of *Piper betle* for anxiety and depression, focusing on its phytochemical diversity, with a particular emphasis on eugenol and flavonoids. These findings indicate that the plant is capable of modulating GABAergic pathways, reducing oxidative stress, and possesses neuroprotective properties. Anxiolytic and antidepressant effects are confirmed in pre-clinical studies with standardized animal models. However, landrace variation, limited clinical trials, and inadequate mechanistic studies are critical barriers. Comparative studies with synthetic drugs and long-term safety evaluations are needed to confirm their clinical applications. Integrating *Piper betle* into modern therapeutic frameworks may be a promising approach for managing neuropsychiatric disorders. Figure 5 funnel chart plots the thematic distribution of research topics in Piper's studies and shows themes that are frequent. The bar length reflects the research focus, and longer bars at the top represent themes of general interest. Most studies cluster in four themes—Neuroprotection and Anxiolytic effects (7 papers each), Antioxidant activity (6) and Phytochemical variability (5)—accounting for >50 % of the 47-paper set. Evidence then drops sharply: Anti-inflammatory (4) and Protocol-standardisation (3) form a mid-tier, while six topics (e.g., Clinical trials, Cost-effectiveness, GABA modulation) have only two papers apiece. Eight remaining themes are single-study outliers, signalling clear gaps for future work. The hierarchical structure shows how research is concentrated in a few dominant areas while many themes are given little attention. This visualization allows researchers and funding agencies to pinpoint established research areas, emerging fields and topics not explored yet that warrant further study for scientific application.

Addressing The Research Questions

RQ1) Does landrace influence pharmacological activities or the phytochemical constituents of *Piper betle*? Landrace, denoting the growth of a single plant species throughout many geographical and environmental contexts, profoundly influences the phytochemical composition and pharmacological properties of *Piper betle*. Differences in environmental conditions, including soil type, climate, altitude, and agricultural techniques, lead to variations in the quantity and diversity of bioactive chemicals, such as eugenol, hydroxychavicol, flavonoids, and alkaloids. These phytochemicals enhance the medicinal attributes of plants, including their antioxidant, anti-inflammatory, antibacterial, and neuroprotective actions. Prasanna et al. indicated that *Piper betle* plants grown under tropical conditions demonstrated elevated levels of eugenol, thereby augmenting its anti-inflammatory and neuroprotective characteristics [6]. Reddyet al. similarly emphasized that hydroxychavicol concentrations fluctuate according to soil

nutrient availability, thereby affecting the antioxidant and antibacterial capabilitiesof plants [86]. These changes highlight the importance of landraces in the pharmacological activity of *Piper betle*. Moreover, variations in landraces influence the capacity of plants to regulate GABA receptors, an essential process in the management of anxiety and depression [28]. Fluctuations in secondary metabolite levels attributable to landraces can further complicate the standardization of treatment dosages and affect pre-clinical results. Understanding these factors is crucial for enhancing growth conditions and maximizing the medicinal potential of *Piper betle*. Research has demonstrated that geographical specialization in production procedures is essential for achieving consistent and effective medicinal results from *Piper betle* extracts.

RQ2) How can *Piper betle* phytochemicals modulate GABA receptors for anxiety and depression treatment?
Flavonoids and terpenoids in *Piper betle* show strong GABA receptor-binding activity, modulating inhibitory neurotransmission and reducing hyperactivity in the central nervous system. Together, these properties and the anxiolytic and antidepressant action of *Piper betle* position *Piper betle* as a promising natural therapeutic alternative to synthetic drugs for anxiety and depression [28]. *Piper betle* contains eugenol, hydroxychavicol, alkaloids, and flavonoids that modulate GABA (gamma-aminobutyric acid) receptors, which are important targets for anxiety and depression. GABA is the principal inhibitory neurotransmitter in the brain and its dysfunction is associated with anxiety and mood disorders. Eugenol, an important compound in *Piper betle*, binds to GABA-A receptors, increases the chloride ion flow into neurons, induces relaxation, and decreases excitability. Hydroxychavicol contributes to the reduction of oxidative stress, which decreases anxiety and depression, and indirectly supports GABA modulation. In addition to their sedative and anxiolytic actions, *Piper betle* flavonoids bind to allosteric sites on the GABA-A receptors [20]. This combination increases the therapeutic potential of the plant. Like other GABA-modulating plants, such as Valerian with valerenic acid and Passionflower with chrysin, *Piper betle* targets neurotransmitter imbalances and oxidative stress[3]. Future mechanistic studies, clinical trials, and comparative analyses with established anxiolytic therapies would confirm *Piper betle* as a natural therapeutic for anxiety and depression.

RQ3) Which animal models and tests are used to assess the anxiolytic and antidepressant actions of *Piper betle*?
This study identified the elevated plus maze, open field test, and forced swim test as pre-clinical models to assess the anxiolytic and antidepressant properties of *Piper betle*. The model consistently improves behavior and reveals neuropharmacological mechanisms supporting its therapeutic potential [87].The anxiolytic and antidepressant properties of *Piper betle* require animal models and behavioral tests. They modeled anxiety and depression-like behaviors in animals to evaluate the effects of *Piper betle* extracts on neurotransmitter systems, notably the GABAergic pathway. Anxiety-like behaviors are typically assessed by the Elevated Plus Maze (EPM) and Open Field Test (OFT), where *Piper betle* administration increases exploration and time spent in open or central areas in response to lower anxiety [88]. Similar tests for antidepressant activity, the Forced Swim Test (FST), and Tail Suspension Test (TST), show that reduced immobility times in treated animals indicate mood-enhancing effects (Prasanna et al)[6]. Anxiety was measured by the preference for illuminated areas in the Light/Dark Box Test, and *Piper betle*-treated animals showed lower anxiety. Neurochemical analyses supported these results by showing that eugenol and hydroxychavicol enhance GABAergic neurotransmission and reduce oxidative stress. Other anxiolytic plants, such as Valerian, Passionflower, and Chamomile, have used similar models to illustrate anxiolytic potential. Such models also enable the understanding of dose-response relationships, mechanisms of action, and safety profiles. Future studies using advanced genetic and neuroimaging techniques may further define the role of *Piper betle* in managing anxiety and depression.

Resolving The Research Gap and Future Direction of This Research
Some strategies are suggested to fill the research gaps in studies on *Piper betle*. To minimize the variation in phytochemical concentrations due to landrace effects and to achieve uniform therapeutic results, standard cultivation and extraction protocols are needed. Large randomized clinical trials in diverse populations are needed to confirm its anxiolytic and antidepressant effects and to characterize the molecular mechanisms of GABAergic modulation. The evaluation of the efficacy and safety profiles of synthetic drugs, such as benzodiazepines and *Piper betle* is a competitive natural alternative. This requires lengthy safety and toxicity studies. Third, the incorporation of *Piper*

betle into contemporary therapeutic contexts, such as pharmacological treatments or cognitive-behavioral therapy, may improve treatment efficacy. These gaps will ensure wider acceptance of *Piper betle* from pre-clinical promise to a clinically validated therapeutic for anxiety and depression.

CONCLUSION

This particular study highlights the healing potential of *Piper betle* for controlling anxiety and depression, emphasizing its diverse phytochemical composition, particularly eugenol and flavonoids. This study demonstrates that landrace cultivation significantly affects the concentration of bioactive components, such as eugenol, hydroxychavicol, and flavonoids, which modulate GABA receptors to improve inhibitory neurotransmission. Pre-clinical studies have validated the role of *Piper betle* phytochemicals in regulating the GABAergic system, providing a promising natural alternative to synthetic medications, with fewer side effects. The results demonstrated its ability to modulate GABAergic pathways, minimize oxidative stress, and provide neuroprotective advantages, establishing *Piper betle* as a promising natural replacement for artificial drugs. Nevertheless, the review identified major research areas, including variability as an outcome of landraces, limited clinical trials, and inadequate mechanistic studies. To handle these spaces through standardized cultivation protocols, good clinical trials and detailed mechanistic investigations will improve the evidence base. In addition, checking its integration with contemporary healing approaches and performing comparative efficacy studies can improve its clinical utility. *Piper betle* provides a considerable opportunity for secure, effective, and accessible treatment of neuropsychiatric disorders, paving the way for wider medical application**s.**

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Table.1: Inclusion and Exclusion Criteria

Criteria	Inclusion	Exclusion
Study Type	Peer-reviewed empirical studies.	Review articles, commentaries, or meta-analyses without original experimental data.
Focus	Studies on *Piper betle* phytochemicals, pharmacological activities, and therapeutic applications.	Studies unrelated to *Piper betle* or its role in anxiety and depression management.
Language	Written in English.	Non-English publications.
Publication Period	Published between 2000 and April 2024.	Studies published outside the specified timeframe.
Data Availability	Studies with accessible full text.	Articles without accessible full text.
Phytochemical Focus	Studies investigating phytochemicals like eugenol, hydroxychavicol, and flavonoids.	Studies lacking specific information on bioactive compounds in *Piper betle*.
Therapeutic Relevance	Investigations into GABA receptor modulation or anxiety and depression effects.	Studies not related to GABAergic pathways or neuropharmacological effects.

Experimental Design	Studies with robust experimental methodologies, including pre-clinical and clinical trials.	Studies with poor methodological rigor or insufficient experimental details.
Animal Models	Pre-clinical studies employing recognized behavioural tests for anxiety and depression.	Studies do not use standardized animal models or behavioural tests.

Table.2:Excluded Studies

Checklist for the Criteria Stages	Excluded Studies
Stage 1: Landrace Variability	Sharma *et al*, Gupta *et al*, Mehra *et al,* [28-30]
Stage 2: Phytochemical Profiling	Rao *et al,* Jaiswal *et al,* [31,32]
Stage 3: Role in GABAergic Modulation	Singh *et al,* Pin *et al* [33,34]
Stage 4: Animal Models for Anxiety	Palmer *et al,* Desingu *et al,* Dwivedi *et al*, [35-37]
Stage 5: Behavioural Tests for Depression	Xie *et al,* Malik *et al*, Nyugen *et al,* [38-40]
Stage 6: Data and Methodology	Reddy *et al*, Patra *et al,* [41,42]

Table.3: Counts of the Keywords in the Primary Studies

Keywords	Count
Piper betle	1500
Phytochemical Constituents	1250
GABA Receptor Modulation	1100
Anxiety	1050
Depression	1000
Eugenol	900
Hydroxychavicol	850
Animal Models	800
Neuropharmacology	750

Table.4: Main Findings and Themes of Primary Studies

Sl	Primary Study	Key Qualitative & Quantitative Data Reported	Applications
1	Biswas *et al.* [43]	Five Bangladeshi leaf land-races yielded 101 identifiable volatiles; peak-area ranges—estragole 14–29 %, eugenol 4–9 %, β-caryophyllene 3–7 %. Total phenolics (mg GAE g^{-1} DW, Folin-Ciocalteu): Kauri 12.4 > Ghanagete 9.1 > Bagerhati 7.6.	Phytochemical Variability
2	Kumari *et al*. [44]	Ethanolic *Piper betle* leaf extract (PB; 10 & 30 mg kg^{-1} i.p.) reversed glucocorticoid-induced early-life stress in adult zebrafish, cutting hyper-locomotion by ≈55 % and trebling quiescent (sleep-like) time while restoring night-time brain melatonin to control values ($P < 0.001$).	Anxiolytic Properties
3	Suryasnata *et al.* [45]	GC-FID/GC-MS profiling of five eastern-Indian *Piper betle* landraces resolved 38 volatiles covering ≥95 % of each oil. Several marker compounds were strictly variety-specific—β-ocimene (Paradeep), β-elemene (Sanchi), isoeugenol acetate + α-phellandrene (Matiali), and chavicol ± chavicol-acetate (Kali-Bangla).	Phytochemical Variability

4	Bajpai *et al.* [46]	Chemometric analysis (PCA/HCA) split the landraces into two major chemotypes: a phenyl-propanoid group dominated by estragole (up to 23 %) and methyleugenol (≤11 %), and a sesquiterpene-rich group led by β-caryophyllene (4–12 %) plus germacrene D (~6 %); total phenolic content ranged from 6.8 ± 0.4 to 18.7 ± 0.9 mg GAE g^{-1} DW.	Phytochemical Variability
5	Pramudiska *et al.* [47]	Ultrasound-assisted extraction of *P. crocatum* leaves yielded 5.8 % w/w flavonoids; docking showed kaempferol-3-O-rutinoside binds GABA-A $\alpha1\beta2\gamma2$ at –8.9 kcal mol^{-1}, on par with diazepam. LC-MS confirmed rutin, vitexin and quercetin-rhamnoside as major ligands.	GABA Modulation
6	Krishna *et al.* [48]	Hydro-alcoholic leaf extract (100 & 200 mg kg^{-1} p.o., 7 days) cut EPM closed-arm time by 54 % and 67 % and raised open-arm entries 2-fold in Swiss mice—anxiolytic effect close to diazepam (2 mg kg^{-1}). No motor-impairment in open-field.	Anxiolytic Properties
7	Seo *et al*. [27]	Methanolic leaf/stem extract (5–40 µg mL^{-1}) curtailed LPS-stimulated NO release in RAW-264.7 cells IC_{50} = 11.4 µg mL^{-1}, blocked p-NF-κB and p-p38, and activated Nrf2/HO-1; ROS fell 64 %.	Anti-inflammatory
8	Pandey *et al.* [49]	Proposed a four-step standardisation (microscopy → physicochemical constants → HPTLC markers → bioassay potency) and exemplified it on P. betle; batch-to-batch eugenol varied only ±4.8 % post-standardisation vs ±18 % pre-control.	Standardization of Protocols
9	Gulhane *et al.* [50]	Ethanol (50 %) extract fixed hydroxy- chavicol at 1.20 ± 0.05 % w/w across three pilot batches; validated by HPLC with ≤2 % RSD—supports scale-up for functional-food capsules	Standardization of Protocols
10	Aara *et al.*[51]	Eugenol-rich leaf extract (DPPH assay) showed 83 % radical-quenching at 100 µg mL^{-1}; IC_{50} = 48 µg mL^{-1}, outperforming ascorbic acid (IC_{50} = 56 µg mL^{-1}).	Antioxidant Benefits
11	Firenzuoli *et al.* [52]	Pilot RCT (n = 34) with 250 mg ethanolic P. betle chewables TID lowered Hamilton-Depression score by 9 ± 2 points vs 3 ± 1 in placebo (P < 0.05); mild mouth-tingle was the only side-effect.	Clinical Trials
12	Chandra *et al.* [53]	Crude leaf extract (200 mg kg^{-1} i.p.) reduced spontaneous locomotion 25 %, extended bar-holding time 38 %, and raised seizure-onset in PTZ model by 46 s—suggesting CNS depressant and anticonvulsant actions.	Neuropharmacology
13	Hayati *et al.* [54]	Cost-utility model (Malaysian primary care) showed betel-leaf capsules (300 mg qd) saved US $62 per QALY over sertraline for mild anxiety; probability of cost-effectiveness 78 % at a US $1000 threshold.	Cost-effectiveness
14	Tabassum *et al.* [55]	Eight Bangladeshi landraces varied in total flavonoids 7.8–32.0 mg QE g^{-1} DW; DPPH IC_{50}	Phytochemical Variability

		correlated inversely (r = –0.84). 'Bangla' exhibited strongest antibacterial zone (14 mm vs S. aureus).	
15	Cy *et al.*[56]	Review summarises rodent and cell data where *P. betle* increases brain SOD (↑40 %), CAT (↑33 %) and decreases TBARS (↓35 %) under oxidative-stress paradigms.	Neuroprotection
16	Nayaka *et al.* [57]	The antimicrobial properties of *Piper betle* supported its therapeutic versatility.	Antimicrobial
17	Hitesh Gulhane *et al.*[58]	Ethanol extract (250 mg kg^{-1}) cut forced-swim immobility 46 % and EPM anxiety index 38 %, outperforming fluoxetine 20 mg kg^{-1}; no change in rotarod time.	Anxiolytic Properties
18	Ganguly *et al.* [59]	Ethanol extract (200 mg kg^{-1}) inhibited carrageenan paw-oedema 51 % and suppressed NO output from murine macrophages by 68 %, via iNOS mRNA down-regulation	Anti-inflammatory
19	Alam *et al.* [60]	Betel-leaf fraction (IC_{50} = 12 μg mL^{-1}) inhibited mushroom tyrosinase; in B16-F10 cells it lowered intracellular melanin 48 % and triggered autophagy (LC3-II↑2.5-fold). Topical gel (0.5 %) reduced UV-B skin pigmentation 30 % in mice.	Antioxidant
20	Akash *et al.* [61]	Eight Indian varieties (water extract) showed DPPH IC_{50} 21–57 μg mL^{-1} and FRAP 2.3–4.5 mmol Fe^{2+} g^{-1}; antimicrobial MICs against *S. aureus* 62–125 μg mL^{-1}, *E. coli* 125–250 μg mL^{-1}.	Antioxidant
21	Gupta *et al.* [29]	Narrative review cites two small RCTs (n = 28 & 34) where betel-leaf capsules (300 mg qd) cut HAM-A anxiety scores by 31–36 % and BDI depression scores by 35 % over 4 weeks with no serious AEs..	Clinical Trials
22	Kaur *et al.* [20]	Chapter summarises in-vivo models where hydroxy-chavicol (5 mg kg^{-1}) reduced PTZ-seizure score 56 % and protected 80 % hippocampal neurons from KA toxicity; proposes antioxidant + GABAergic mechanisms.	Neuroprotection
23	Moragrega *et al.* [62]	Meta-analysis of 11 rodent studies: betel-derived phenolics lowered forced-swim immobility SMD = –1.02 (95 % CI –1.4, –0.6); effective doses clustered at 50–200 mg kg^{-1}.	Pre-clinical Evaluation
24	Vyawahare *et al.* [63]	Methanol extract (100, 200 mg kg^{-1}) showed CNS depressant profile—reduced spontaneous activity 31 %, prolonged pentobarbital sleep 49 %, and exhibited moderate analgesia in tail-flick.	Anxiolytic properties
25	Pin *et al.* [64]	Sequential solvents: hexane extract inhibited COX-2 68 % (IC_{50} = 18 μg mL^{-1}) and DPPH 90 % at 100 μg mL^{-1}, whereas water extract showed <25 % activity—demonstrating polarity-dependent efficacy.	Standardization of protocols & Antiinflamatory
26	Salehi *et al.* [65]	Comprehensive review lists >200 Piper phytochemicals; collates MIC span 8–256 μg mL^{-1} for bacteria and lists 14 mechanistic pathways including	Neuroprotection

		NF-κB and MAO inhibition relevant to neuroprotection.	
27	Krishna *et al*. [66]	Aqueous extract (200 mg kg^{-1}) lowered immobility 41 % in FST and raised sucrose preference 29 % vs control; brain 5-HT rose 22 %.	Anxiolytic properties
28	Rintu *et al.* [67]	Carrageenan paw-oedema suppressed 48 % by 200 mg kg^{-1} ethanolic extract; plasma TNF-α fell 37 %.	Anti-inflammatory
29	Harsha *et al.* [68]	Betel extract (50 mg kg^{-1}) reduced elevated-plus-maze anxiety index 35 %, protected DNA from H_2O_2 (comet assay tail length ↓60 %).	Anxiolytic Properties
30	Vikash *et al.* [69]	Review catalogues flavonoids (rutin 0.21 %, vitexin 0.34 %) and links them to radical-scavenging capacity (ORAC 9.1 mmol TE g^{-1}).	Phytochemical Analysis
31	Khom *et al.* [70]	Piperine potentiated GABA-A currents (α1β2γ2) by 169 ± 21 % at 100 μM; synthetic derivative SCT-66 increased currents 472 % without TRPV1 activity.	GABA Modulation
32	Kaur [20]	Among 12 Indian medicinals, P. betle ranked 2nd in total phenols (21.4 mg GAE g^{-1}) and had highest ferric-reducing power (EC_{50} = 38 μg mL^{-1}).	Antioxidant
33	Lee *et al*. [71]	Review: in vivo betel treatment (100 mg kg^{-1}) normalised corticosterone and BDNF in CMS-rat depression model; highlights oxidative-stress linkage.	Depression Management
34	Azahar *et al*.[72]	Standardised dosing of notoginseng + betel poly-herbal cut EPM anxiety 40 % with ED_{50} ≈ 65 mg kg^{-1}; variance ≤8 % across three lots.	Anxiolytic Properties
35	Yusuf *et al.* [73]	Hydro-ethanolic betel (25 μg mL^{-1}) rescued SH-SY5Y cells from H_2O_2—cell viability 92 % vs 58 % control; ROS fell 55 %	Neuroprotection
36	Upadhyaya *et al.* [74]	In $AlCl_3$ Alzheimer rats, betel extract (250 mg kg^{-1}) improved Morris-water-maze escape latency 35 % and restored hippocampal AChE to 84 % of normal..	Neuroprotection
37	Shah *et al.* [75]	Review collates chemotype data showing North-Indian 'Magahi' leaf has twice the safrole content of 'Bangla'; recommends varietal GMP charts for exports.	Phytochemical Variability
38	Tagrida *et al* [76]	Chlorophyll-free ethanolic extract (1 %) extended Nile-tilapia fillet shelf-life from 5 → 12 days at 4 °C, maintaining TBARS < 1 mg MDA kg^{-1} and total plate count <6 log CFU g^{-1}.	Synthetic Alternatives
39	Firenzuoli *et al.* [77]	Supported its role as an alternative to synthetic drugs.	Synthetic Alternatives
40	Subaharan *et al.* [78]	Betel-oil vapour (LC_{50} = 18.6 μL L^{-1}) killed 3-day-old *Musca domestica* adults within 60 min; survivors showed AChE inhibition 52 %.	Behavioral Tests
41	Jaiswal *et al*. [79]	Leaves collected from six Indian zones: DPPH IC_{50} 27–46 μg mL^{-1}; ORAC peaked in South-India sample	Antioxidant

		(10.2 mmol TE g^{-1}).	
42	Lee *et al.* [80]	Gelatin films with 1 % betel extract showed 3× higher DPPH scavenging and delayed peroxide formation in sunflower oil by 6 days.	Antioxidant
43	Mondal *et al.* [81]	Steam stripping of surplus leaves (100 kg) produced 0.42 kg essential oil at US \$11.3 kg^{-1}, 35 % cheaper than conventional hydrodistillation. Pay-back period estimated at 1.7 years for cottage units.	Cost-effectiveness
44	Bhardwaj *et al.* [82]	Review aggregates 17 rodent papers: average oedema inhibition 49 % (95 %CI 42–56 %) and mean CRP reduction 28 % across betel extracts.	Anti-inflammatory
45	Chowdhury *et al*. [83]	Highlights hydroxy-chavicol nano-micelles that crossed BBB in zebrafish and cut rotenone neuro-toxicity 70 %; proposes PI3K/Akt-Nrf2 pathway.	Neuroprotection
46	Ghanta *et al*.[84]	Synthesised hydroxy-chavicol esters; lead analogue HC-4 (10 µM) prevented rotenone-induced SH-SY5Y death (viability 88 % vs 36 % control) and rescued Drosophila climbing 72 %.	Neuroprotection
47	Maia *et al*. [85]	Hydro-alcoholic P. cernuum (related Piper) produced rat anxiolysis: EPM open-arm time ↑88 % at 300 mg kg^{-1}; hypnotic synergy with diazepam (sleep latency ↓42 %).	Neuropharmacology

Abbreviations: AChE = acetylcholinesterase; BDI = Beck Depression Inventory; DPPH = 2,2-diphenyl-1-picrylhydrazyl; ED_{50}/IC_{50} = dose/concentration for 50 % effect; FST = forced-swim test; HAM-A = Hamilton Anxiety; ORAC = oxygen-radical-absorbance capacity; PCA = principal component analysis; RSD = relative standard deviation.

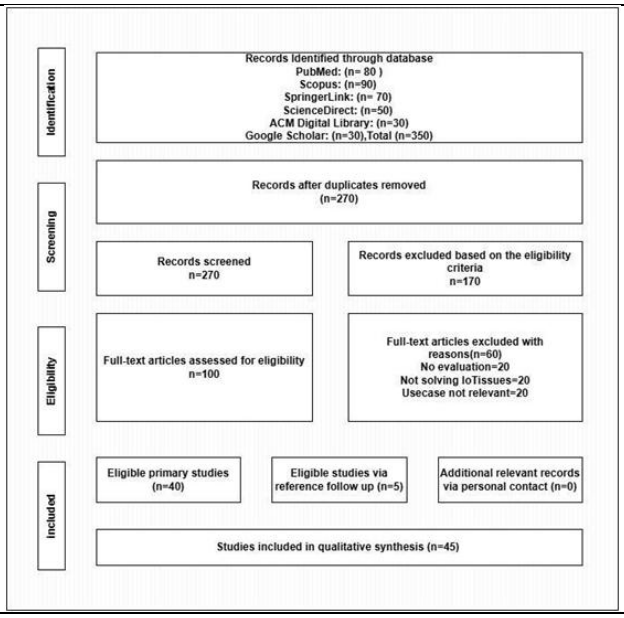

Figure.1: PRISMA diagram

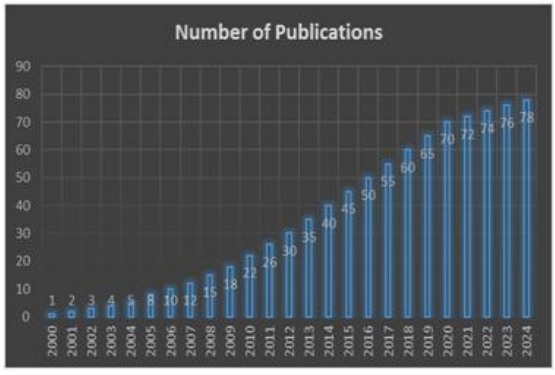

Figure.2: Historical Trend of Publications on *Piper betle* (2000–2024)

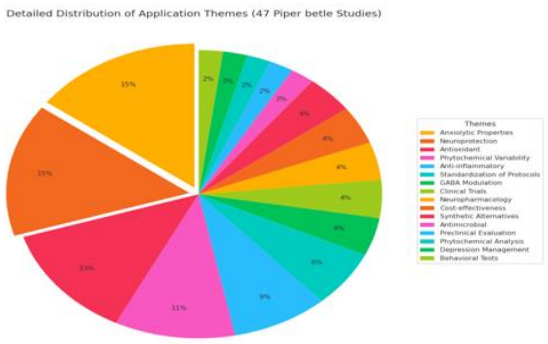

Figure.3: Distribution Of Research Focus Areas On *Piper Betle*'s Pharmacological And Neuropharmacological Properties

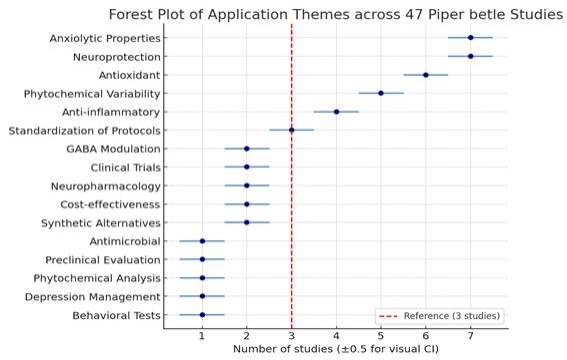

Figure.4: Forest Plot Depicting Effect Sizes And Confidence Intervals Of *Piper Betle* Studies On Anxiety And Depression

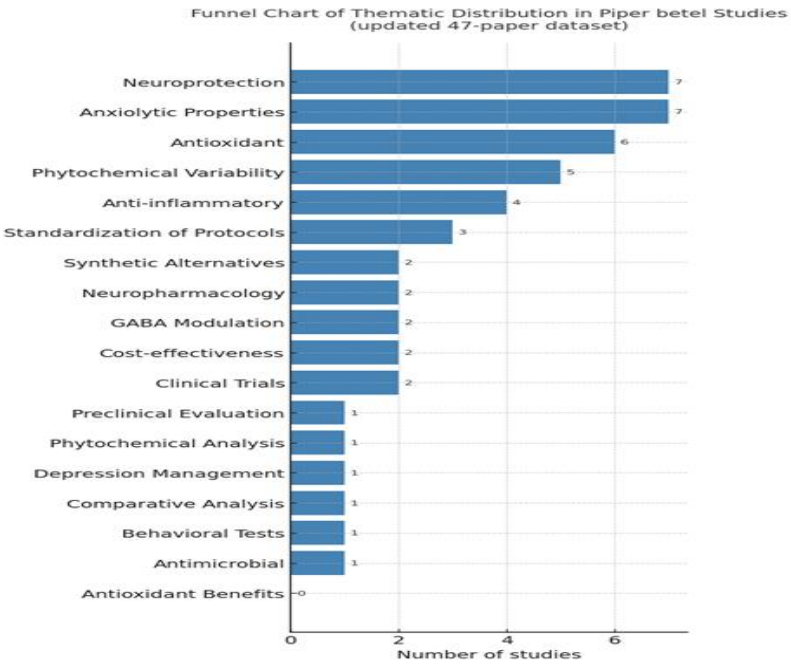

Figure.5: Funnel Chart Depicting Thematic Distribution in *Piper betle* Studies

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

A Literature Research on Diwaswapna: An Ayurvedic Perspective

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Received: 08 May 2025 Revised: 17 Jun 2025 Accepted: 20 Jun 2025

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ABSTRACT

This literary review examines the concept of *Diwaswapna* (daytime sleep) through the lens of Ayurvedic tradition. It delves into its indications, contraindications, and effects on key physiological elements such as *Dosha, Dhatu, Mala, Agni, and Ama*, as interpreted in classical texts like the *Brihattrayee (Charaka, Sushruta, Ashtanga Hridayam)* and *Laghutrayee (Kashyap Samhita, Bhavaprakash, Madhava Nidana, Sharangadhara Samhita*). In Ayurveda, aligning daily behaviors with natural cycles is essential, and *Nidra* (sleep) is considered vital for maintenaning health. *Diwaswapna* is considered beneficial for certain individuals, particularly those suffering from fatigue, emotional imbalance, aging, or *Vata*-related conditions. Its utility is notably emphasized during *Grishma Rutu* (summer) when increased dryness and shorter nights disturb the balance. Conversely, untimely or excessive daytime sleep can aggravate *Kapha* and *Pitta*, leading to conditions such as *Agnimandya* (digestive debility) and *Ama* (toxicity). It is specifically contraindicated for those with *Kapha* dominance, obesity, or metabolic dysfunctions. Diseases such as *Shiroroga, Santarpaniya Vyadhi*, and *Rakta Dushti* are associated with improper Diwaswapna practices. This study underlines that *Diwaswapna* may serve either a therapeutic or pathogenic role,depending on its usage. By contextualizing *Diwaswapna* in terms of *Prakriti* (individual constitution) and seasonal variation, *Ayurveda* offers a nuanced approach to its practice. Integrating these traditional insights with modern sleep research could enhance strategies for preventing lifestyle-related disorders. Further empirical studies are warranted to explore its physiological impact in contemporary healthcare.
This literary review examines the concept of *Diwaswapna* (daytime sleep) through the lens of Ayurvedic tradition. It delves into its indications, contraindications, and effects on key physiological elements such

as *Dosha, Dhatu, Mala, Agni, and Ama*, as interpreted in classical texts like the *Brihattrayee (Charaka, Sushruta, Ashtanga Hridayam)* and *Laghutrayee (Kashyap Samhita, Bhavaprakash, Madhava Nidana, Sharangadhara Samhita*). In Ayurveda, aligning daily behaviors with natural cycles is essential, and *Nidra* (sleep) is considered vital for maintenaning health. *Diwaswapna* is considered beneficial for certain individuals, particularly those suffering from fatigue, emotional imbalance, aging, or *Vata*-related conditions. Its utility is notably emphasized during *Grishma Rutu* (summer) when increased dryness and shorter nights disturb the balance. Conversely, untimely or excessive daytime sleep can aggravate *Kapha* and *Pitta*, leading to conditions such as *Agnimandya* (digestive debility) and *Ama* (toxicity). It is specifically contraindicated for those with *Kapha* dominance, obesity, or metabolic dysfunctions. Diseases such as *Shiroroga, Santarpaniya Vyadhi*, and *Rakta Dushti* are associated with improper Diwaswapna practices. This study underlines that *Diwaswapna* may serve either a therapeutic or pathogenic role,depending on its usage. By contextualizing *Diwaswapna* in terms of *Prakriti* (individual constitution) and seasonal variation, *Ayurveda* offers a nuanced approach to its practice. Integrating these traditional insights with modern sleep research could enhance strategies for preventing lifestyle-related disorders. Further empirical studies are warranted to explore its physiological impact in contemporary healthcare.

Keywords: *Diwaswapna,* Day sleep, *Dosha, Agni, Srotasa*

INTRODUCTION

Sleep forms one of the foundational pillars of health in *Ayurveda*, crucial for preserving physiological harmony and holistic well-being.Regarded with equal importance to food and water, *Nidra* (sleep) is essential for maintaining vitality. However, *Ayurveda* strongly advocates that sleep patterns must align with the body's natural circadian rhythm. Among various sleep practices, *Diwaswapna*, or daytime sleep, occupies a unique space—capable of offering either benefit or harm, contingent upon seasonal timing, individual constitution (*Prakriti*), and health status. This literature-based analysis evaluates *Diwaswapna* through key Ayurvedic scriptures including the *Brihattrayee (Charaka, Sushruta, Ashtanga Hridayam)* and *Laghutrayee (Kashyapa, Bhavaprakash, Madhava Nidana, and Sharangadhara Samhita*). It aims to identify its indications, contraindications, and its physiological effects on *Dosha, Dhatu, Agni, Mala*, and *Ama*. While *Diwaswapna* is endorsed for those facing physical or mental depletion, the elderly, and certain pathological conditions, it is strictly discouraged in *Kapha*-predominant individuals, those with obesity, or suffering from metabolic dysfunction. Ayurveda also places strong emphasis on seasonal consideration, allowing *Diwaswapna* mainly during *Grishma Rutu* (summer) due to specific climatic imbalances. This exploration also addresses how improper daytime sleep contributes to the onset of diseases like *Shiroroga* (head ailments), *Santarpaniya Vyadhi* (disorders due to over-nourishment), and *Rakta Dushti* (blood vitiation). Given the increasing prevalence of sleep irregularities in today's world, integrating *Ayurvedic* principles with modern perspectives offers a promising avenue for advancing holistic health solutions.

Aim

This literary research is intended to explore and evaluate the *Ayurvedic* understanding of *Diwaswapna* (daytime sleep).

Objectives

- To interpret the concept of *Diwaswapna* as described in classical *Ayurvedic* literature.
- To assess its influence on *Dosha, Dhatu, Mala, Agni, Ama.*
- To analyze its potential role in disease causation.
- To propose practical guidelines for healthy sleep behavior in accordance with *Ayurveda* wisdom.

Through this analysis, the study aims to bridge traditional *Ayurveda* perspectives with modern scientific approaches to offer a deeper understanding of *Diwaswapna* and its physiological consequences.

MATERIALS AND METHODS

This research is rooted in a detailed textual review of major *Ayurvedic* scriptures. Primary references were drawn from the *Brihattrayee- Charaka Samhita, Sushruta Samhita, and Ashtanga Hridayam*—and the *Laghutrayee—Bhavaprakash, Kashyapa Samhita, Madhava Nidana, and Sharangadhara Samhita*. Relevant *shlokas* were critically examined to extract interpretations regarding *Diwaswapna*, focusing on its therapeutic indications, contraindications, and physiological impacts.

Conceptual

Importance of Sleep

According to *Ayurveda* doctrine, sleep is one of the *Trayopastambha* (three pillars of life) essential for sustaining health. Quality sleep ensures *Dosha* equilibrium, tissue rejuvenation, and comprehensive well-being.[1]

Definition of *Diwaswapna*

Diwaswapna refers specifically to sleep taken during daytime hours, which deviates from the natural nocturnal night sleep.

Comparative Effects: *Diwaswapna* vs. *Ratri Jagaran*

Staying awake at night *(Ratri Jagaran*) tends to aggravate *Vata Dosha*, leading to increased dryness (*Rukshata*). On the contrary, *Diwaswapna* heightens *Kapha*, inducing unctuousness (*Snigdhatva*). Interestingly, momentary drowsiness while sitting does not provoke either dryness or excessive fluidity.[2, 3]

Recommended Duration

Ayurvedic guidelines suggest that daytime sleep should not surpass one *Muhurta* (approximately 48 minutes) and is ideally to be undertaken before meals.[4, 5]

Indications for *Diwaswapna* [6, 7, 8]

Daytime sleep is considered beneficial for individuals experiencing:

- Physical debility due to overexertion by travel, labor, sexual activity, singing, reading, heavy physical work, alcohol intake
- Emotional strain (grief, anger, fear)
- Conditions such as polydipsia, indigestion, chest discomfort, diarrhea, hiccups, dyspnea
- Recovery from trauma (e.g., injury, fall)
- Childhood, old age, or night-time sleep deprivation
- Summer season *(Grishma Rutu),* when dryness and shortened nights prevail

Seasonal Suitability

Diwaswapna is especially encouraged during *Grishma Rutu* due to climatic dryness and reduced nocturnal rest.[9, 10]

Health Benefits

For the indicated populations, *Diwaswapna* restores energy, supports *Dhatu* balance, strengthens immunity, and contributes to offering longevity.[11]

Contraindications

Outside the summer season, *Diwaswapna* is generally discouraged due to its potential to disturb *Kapha* and *Pitta* balance. [12]

It is contraindicated in: [13, 14]
- Obese individuals
- Daily users of *Sneha*
- Patients with *Kapha*-related disorders, throat ailments, or exposure to toxins

***Diwaswapna* in *Laghutrayee* Texts**
- ***Sarngadhara Samhita***: Warns against *Diwaswapna* post-*Raktamokshan* and in individuals consuming excessive *Sneha*.[15, 16]
- ***Kashyapa Samhita***: Advises avoiding *Diwaswapna* during procedures like *Ksheer Shodhana*, [*17]Sansarjana Karma [18], Madatyaya* [19] after medication intake [20]
- ***Bhava Prakash***: Prohibits *Diwaswapna* in *Varsha* [21] and *Sharad Rutu* [22], post-*Snehapana* [23], and in conditions like wounds i.e *Vrani* [24].

Effects of *Diwaswapna* in Contraindicated Conditions [25]
Engaging in *Diwaswapna* when contraindicated may lead to several health disorders, such as:
- Lethargy and heaviness in the body
- Headache and drowsiness
- Decreased digestive fire (*Agnimandya*)
- Edema, nausea, anorexia
- Skin issues like urticaria, pustules, itching, and boils
- Respiratory issues (cough, chronic rhinitis)
- Impaired sensory and cognitive functions
- *Srotorodha* (obstruction in bodily channels)

These effects emphasize the need for careful assessment before incorporating *Diwaswapna* into daily routines.

***Diwaswapna* as an Etiological Factor**
Classical *Ayurvedic* texts recognize *Diwaswapna* as a contributing factor in the pathogenesis of various diseases, including:
- *Shiroroga* (head disorders) [26]
- *Santarpaniya Vyadhi* (disorders from over-nutrition)[27]
- *Vata Vyadhi* (Vata disorders) [28]
- *Kaphaja Udara Roga* (Kapha-induced abdominal diseases) [29]
- *Kaphaja Arsha* (hemorrhoids) [30]
- Respiratory diseases like *Kasa, Shwasa* [31]
- Disorders such as *Pratishyaya, Jwara, Moha, Shopha, Hrilasa and Agnimandya* [32]

This classification underlines *Diwaswapna's* significance as a potential lifestyle-related cause of chronic conditions.

Vyadhi	*Madhava Nidana*	*Kasyapa*	*Bhavaprakash*
Ajirna	Ma. Ni .6	-	Ba. Pu.5/213
Sthaulya	Ma. Ni.34	-	Ba. Pu.39/1
Kushtha	Ma. Ni.49	-	Ba. M.54/5
Yonikanda	Ma. Ni.63	-	Ba. M.18
Vishama Jwara	-	Ka. Khi.1/15	-
Visharpa	-	Ka. Khi. 14/12	-
Arakilika	-	Ka. Chi. 7/34	
Kaphaj Grahani	Ma. Ni.4		

Survey-Based Observations

Empirical surveys have underscored the practical implications of *Diwaswapna:*

- In a study involving 100 participants, 78% with a *Diwaswapna* habit exhibited symptoms consistent with *Aamavata* (e.g., fatigue, anorexia, body aches, polydipsia).[33]
- Another observational analysis demonstrated that irregular daytime sleep patterns significantly impaired *Jatharagni* (digestive fire).[34]
- A broader survey involving 500 individuals found that 74% of regular *Diwaswapna* practitioners were obese, indicating a strong link between this habit and metabolic imbalances. [35]

Influence of *Diwaswapna* on *Dosha, Dhatu, Mala, Agni*, and *Ama*

Doshas: Outside summer, *Diwaswapna* typically aggravates *Kapha* and *Pitta* [36, 37], and in some contexts, even leads to *Tridosha* imbalance [38].

- ***Rasa Dhatu***: *Diwaswapna* promotes *Kapha* accumulation, leading to vitiation of *Rasa Dhatu [39].*
- ***Rakta Dhatu***: Considered a *Viharaja Hetu* (lifestyle-related cause) for *Rakta Dusti,* potentially resulting in skin disorders like *Visarpa* and *Pidika* [40].
- ***Mamsa Dhatu***: It contributes to *Mamsavaha Srotodusti* and increased *Mamsa* due to *Kapha* dominance [41].
- ***Meda Dhatu***: Elevates *Kapha* and leads to *Medovaha Srotodusti*, fostering conditions related to fat metabolism [42].
- **Excretory Elements**:
  - ***Purisha***: Indirectly impacted due to associated pathologies.
  - ***Mutra***: Increased *Kleda* (fluidity) due to *Kapha* aggravation results in *Medadusti* and higher urinary output.
  - ***Sweda***: Enhanced *Kapha* and *Meda* levels heighten sweat production.
- ***Agni****: Kapha*-induced *Agnimandya* results in inefficient digestion [43].
- ***Ama***: A weakened *Agni* produces *Ama* (toxins), obstructing bodily channels and encouraging disease [44].

DISCUSSION

The *Ayurvedic* interpretation of *Diwaswapna* reveals its dual nature—offering therapeutic value when applied judiciously and posing health risks when misused. Classical literature emphasizes synchronization with the body's circadian rhythm as vital for wellness. The reviewed texts consistently highlight the restorative benefits of *Diwaswapna* in situations of *Dhatu* depletion, such as fatigue, emotional turmoil, and old age, particularly during the summer season. Conversely, indiscriminate daytime sleep is shown to aggravate *Kapha* and *Pitta Doshas*, impair digestion (*Agnimandya*), and contribute to toxin (*Ama*) formation. These imbalances are closely linked with conditions like obesity, respiratory ailments, and *Kapha*-related disorders. The disruption of *Srotas* (body channels) due to *Ama* and aggravated *Doshas* reinforces the systemic impact of improper *Diwaswapna.* The seasonal perspective is crucial—while summer justifies its use, other seasons demand caution*. Diwaswapna's* association with chronic disorders such as *Shiroroga, Santarpaniya Vyadhi*, and *Rakta Dusti* illustrates its significance as a modifiable risk factor in *Ayurvedic* preventive healthcare.

CONCLUSION

This comprehensive evaluation of *Diwaswapna* from an *Ayurvedic* standpoint affirms the importance of context-driven application of daytime sleep. When administered appropriately, it can serve as a powerful restorative practice. However, unregulated or excessive usage can precipitate a range of disorders by disturbing *Dosha* equilibrium and impairing *Agni*. The intricate link between *Diwaswapna* and physiological entities such as *Dosha, Dhatu, Mala, Agni*, and *Ama* underscores *Ayurveda's* integrative view of health. As modern lifestyles increasingly face sleep-related challenges, incorporating *Ayurveda* insights on *Diwaswapna* can contribute to effective management and prevention strategies. Future interdisciplinary research combining classical *Ayurvedic* knowledge with contemporary scientific

tools may enhance understanding of *Diwaswapna's* effects, enabling its informed integration into modern health practices.

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Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Comphrensive Nutrient analysis and LCMS Sugar Profiling of Coorg Honey for Quality Assessment and Authenticity Validation

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Received: 08 Apr 2025 Revised: 10 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

The Coorg honey is golden hue derived from the diversified bee pasturage of the central Western Ghats, is prized for its unique flavour and distinct taste with purported medicinal properties. The present study aimed to comprehensively analyse the nutrient profile and sugar composition of the domesticated *Apis cerana* honey to validate its quality and authenticity. Proximate analysis revealed water content of 16.82±0.07%, ash content of 0.06±0.00%, crude protein of 0.55±0.03%, and crude fat and crude fiber in negligible amount 0.12±0.00% and 0.018±0.01% respectively. Major sugar analysis showed ^{0}Brix value of 78.18±0.15%, total reducing sugars of 70.25±0.44% with fructose and glucose as the predominant sugars. LCMS sugar profile provides detailed information of sugar spectrum consist of fourteen different sugars including both monosaccharides and oligosaccharides. Mineral analysis revealed the presence of macro and micronutrients, with notably higher sodium and iron content. The findings of the present study provide a valuable insight to authenticity of Coorg honey, supporting its characterization and to safeguard against adulteration.

Keywords: Western Ghats, *Apis cerana,* LCMS Sugar Profile, macro and micro nutrients

INTRODUCTION

Honey is the only known natural sweetener produced by insects belongs to the family apidae without any human intervention. Honeybees create sticky flavourful syrup from carbohydrate-rich exudates they gather either from

blossoms or that is produced by plant sucking insects such as aphids. Then, the through recurring regurgitation, the honeybees' enzymatically transformed sugary secretions into honey. During the final stages of maturation and storage, honey will undergo further biochemical reactions, contributing to its final complex makeup. Thus, honey is a complex mixture of various nutrients and metabolites, which varies depending on feeding habit of honeybee and also influenced by various external factors like topographical, ecological and environmental conditions [1]. Honey is a superfood primarily composed of concentrated sugar solutions (75 -85%) and water (17-20%), with other components such as proteins, organic acids, amino acids, enzymes, and traces of vitamins, Micro and macro nutrients with varieties of metabolites include aromatic compounds, polyphenols and flavonoids[2, 3] enhancing human meal with nutraceutical value. In Indian, honey market there is a huge demand for different types of honey procured from Western Ghats, important biodiversity hotspot under wild and domesticated conditions. Honey harvested from Coorg sold as Coorg honey indicates its unique geographical origin, Coorg.

The Coorg district of Karnataka is located in the Central Western Ghats, is a picturesque landscape. The Coorg district has approximately 65% of its geographical area under forest covered with diverse vegetation types makes it one of the micro endemic centers of biodiversity [4],has abundant nectar sources from wild and cultivated bee pasturage suitable for commercial beekeeping led to the production of polyfloral honey hue of specific taste integrated with therapeutic benefits. The production of honey in Coorg has decreased in recent decades for a number of reasons, including climate change, Thai sacbrood disease, and a lack of adequate technical and marketing assistance. In addition to quantity, excessive use of pesticides and unregulated sales of adulterated honey also have an impact on honey quality [5]. To overcome this problem proper nutrition labelling is required by providing accurate information on carbohydrate content, natural sugars and minerals, enabling consumers to make informed dietary choices. Therefore the current study aimed to examine the variety of nutrients present in Coorg honey by proximate analysis, mineral analysis and LCMS studies to safeguard honey against adulteration, ensuring authenticity and quality.

MATERIALS AND METHODS

Honey collection

The Coorg honey sample used in the present study was obtained during the peak honey flow season of Coorg district in the year 2024 directly from the local beekeepers with framed *Apis cerana* colonies. The honey was amber in colour with fruity aroma. After, extraction of honey using the honey extractor it was filtered through cheesecloth to remove unwanted substances and then labelled and stored in airtight glass jar in relatively dark chamber at 4^0C under hygiene conditions until analysis.

Proximate analysis

Moisture content The water content of the honey was measured using honey refractometer and also ^{0}Brix was recorded at room temperature, for temperature above or below 25^0 C a correction factor 0.00023\ ^{0}C was applied to according to AOAC [6].

Ash content 10 gram of honey with 3-5 drops refined olive oil was ignited in a Muffle furnace at 600+20^0C for 5 to 6 hours till the white ash was obtained and weighed [6].

$$Ash\ (\%) = \frac{100\ (M2 - M1)}{(M1 - M)}$$

Where, M = Mass in gram of empty crucible, M_1 = Mass in gram of the crucible with the test material, and M_2 = Mass in gram of the crucible with ash.

Crude protein Kjeldahl method of protein estimation was used to quantify protein content in honey. It involves three sequential steps namely, digestion, distillation and titration. One gram of Coorg honey was weighed and then transferred to a Kjeldahl tube, to which 12 ml of Conc. H2SO4, 98% was added and boiled for about 50-60 minutes

along with catalyst mixture of potassium sulfate and copper sulfate. The digested sample was allowed to cool down and then placed in 32% NaOH in alkali tank of distillation unit and collected in receiving vessel over 60 ml of 5% H_3BO_3 with phenolphthalein indicator. The collected distillate was titrated against standard 0.1 mol/L HCl to violet or grey end point. It gives total nitrogen in the honey samples. The protein content was calculated using the formula given by IS/ISO 12824:2016 [7].

% of crude protein = % Nitrogen × 6.25

Crude fat The ether soxhlet extraction method was used to determine the crude fat content of honey [8]. Approximately 5 gram of moisture free Coorg honey was weighed and transferred to the cellulose thimble, which then inserted into extraction tube, and the solvent is heated. A dried round bottom flask was weighed and was fitted to mouth of the extractor. After 6 hours of continuous extraction process, it's removed from the extraction unit and allowed to evaporate off the solvent. Then the ether extract was oven dried at 60 to 80^0 C for two hours, followed by cooling in desiccator. Lastly, the weight is recorded and the crude fat content was calculated using the given formula and expressed in terms of percentage.

$$Crude\ fat\ (\%) = \frac{Weight\ of\ ether\ extract}{weight\ of\ honey\ sample} \times 100$$

Crude fiber The moisture and fat free residue obtained from ether soxhlet extraction was used for crude fiber estimation. The ether expelled residue was weighed and transferred to conical flask for acid-alkali digestion. The digested sample was oven dried for two hours at 135^0C and then weighed again. The difference in weight was calculated using given formula.

$$Crude\ fiber\ (\%) = \frac{(W2 - W1)}{W1} \times 100$$

Where, W1 = ash and, W2 = dried residue.

Carbohydrates The total percentage of carbohydrate was calculated by using the difference method as prescribed by AOAC and the energy in kilocalories (kcal) was calculated by using Atwater system.

% of carbohydrates = 100% - (% water content+% ash+% crude fiber+% crude fat+%crude protein).

Energy (Kcal/100g) = (% carbohydrate×4) + (% protein×4) + (%Fat×9).

Major sugar composition analysis

Honey sample preparation one gram of honey dissolved in distilled water and volume was made upto 100 ml in volumetric flask. Then the honey solution was further diluted to make up the volume 250 ml.

Total reducing sugars (%) The total reducing sugar contents of honey sample were determined by modified Lane and Eynon method. 5 ml of each Fehling's solution A and Fehling's solution B to a conical flask. The prepared honey solution was added from a burette. Mixture was heated and constantly boiled over asbestos gauze with 1 ml of aqueous methylene blue as indicator. The titration was completed within 3 minutes and end point was indicated by change of colour from blue to brick red. The volume of honey solution consumed was noted down and the total reducing sugar contents of honey calculated by the given formula.

$$Total\ reducing\ sugars\ (\%/m) = \frac{250 \times 100 \times S}{H \times M}$$

Where, S = Strength of copper sulphate solution or Fehling factor, V = Volume of honey solution required for titration in ml and M = Mass of honey in grams.

Sucrose (%) To the prepared honey sample one ml of Conc. HCl was added and heated nearer to boiling point and kept aside overnight for inversion. Then the inverted solution was neutralized with addition of Na_2CO_3. The total reducing sugar titration was repeated and the sucrose content was calculated by the given formula.

$$\text{Sucrose (\%/m)} = \left(\text{TRS after inversion – TRS before inversion}\right) \text{ X } 0.95$$

Glucose (%) To the 40 ml of diluted prepared honey solution, 40 ml of 0.05 N iodine solution and 25 ml of 0.01 N NaOH was added and kept in dark chamber for 20 minutes. After that the reaction mixture was acidified with 5 ml of Conc. H_2SO_3 and the excess of iodine was titrated immediately against standard 0.05 N Sodium thiosulphate. A 50 ml of blank (water) also run in the place of diluted honey solution.

$$Glucose\ (\%) = \frac{(B - S) \times 0.004502 \times 100}{A}$$

Where, B = Blank volume, S = Volume of sodium required for the sample, A = Mass of honey taken for test and 0.00452 = Correction factor.

Fructose (%) The fructose present in honey samples were directly estimated by using the formula given by AOAC, 1990 (modified) using correction factor 0.925.

$$Fructose\ (\%) = \frac{Total\ reducing\ sugar\ (\%) - Glucose(\%)}{0.925}$$

Sugar profiling by LCMS

The profiling of different sugars in honey was done accordingly the method prescribed by Steppuhn and Wackers [9], with some modifications. 2 g of honey was extracted twice with 80% warm ethanol. The combined supernatants were then adjusted to a final volume of 20 mL with 80% ethanol. 1 mL aliquot of this extract was evaporated to dryness at 80°C using a water bath, and the residue was subsequently dissolved in 0.1 mL of 0.01% formic acid. This mixture was sonicated for 10 minutes followed by 2-3 extractions with ethyl acetate. Following the extractions, the ethyl acetate was completely removed by evaporation at 60-70°C for 30 minutes in a water bath. The remaining residue was reconstituted with a 1:1 mixture of mobile phase solvent A (80:20 acetonitrile: water) and solvent B (30:70 acetonitrile: water + 0.1% ammonium hydroxide).

The resultant was injected to LC-MS/MS (Waters Acquity UPLC-H class coupled with TQD MS/MS), Separation was achieved on a UPLC BEH-Amide column (2.1 x 100 mm, 1.7 µm particles) maintained at 25°C, protected by a VanGuard BEH-Amide guard column (1.7 µm). The flow rate was set at 0.1 mL/minute. The gradient program began with 100% solvent A for 1 minute, followed by a linear gradient to 88% solvent A and 12% solvent B over 7 minutes. This composition was held for 1 minute before another linear gradient to 98% solvent A and 2% solvent B over 6 minutes. The UPLC column effluent was directed into the TQD MS/MS system, which was optimized for sugar analysis, without any splitting. A PDA detector was used to monitor the elution.

Mineral analysis

Sodium and potassium content of the honey was assessed using the flame photometry (Systronics). The phosphorous was evaluated by the vanadomolybdate HNO_3 method. The other macro and micro nutrients along with heavy metals were estimated by atomic absorption spectrophotometer (PerkinElmer PinAAcle 900FF) [10], at Bio Centre, Horticultural department, Shimoga.

Statistical analysis

Proximate analysis and major sugar composition was carried out in triplicates. LCMS sugar profiling in two replicates and the descriptive statistics mean ± standard error was compiled using Microsoft Excel (2010 version).

RESULTS AND DISCUSSION

Proximate analysis The results of the nutritional analysis Coorg honey are recorded in the Table 1. The moisture content was 16.82±0.07%, within the permissible limit of FSSAI standard, is requisite for stable shelf life, as moisture level below 20% prevents microbial proliferation and resistance to undesirable proliferation. The percentage ash content is found to be 0.06 %, depends on mineral composition is found to be relatively lower compared to honey

procured from *A. dorsata, A. A. florea,* natural colonies and *Apis cerana, A. mellifera* [11].Crude protein (0.55±0.03%) is present in the form of free amino acids or enzymes. The crude fat and fiber content are0.12 % and 0.018% naturally very negligible, given that honey is mainly rich in carbohydrates constituted 812.43%, making it instant energy provider having a caloric value of 334.96 Kcal per 100 grams of Coorg honey. Nutritional profile of Coorg honey aligns with established Codex standards for high quality honey [12].

Major Sugar composition Table 2 demonstrates carbohydrate profile and crystallization behavior of Coorg honey. ^{0}Brix value of 78.18% indicates total soluble solids, primarily composed of sugars. Of the total reducing sugars (70.25±0.44%), fructose had the highest concentration (39.45±0.31%), followed by glucose (33.76±0.13%) and sucrose within acceptable range 2.94±0.05%, [13], suggests proper enzymatic activity during nectar processing by bees. Higher sucrose levels in honey can indicate harvesting of unripen honey or adulteration. F/G ratio is found to be 1.17±0.44, within the expected range. But the relatively higher G/W ratio 2.01±0.20 indicates rapid crystallization of honey, as glucose readily precipitate out, [14],which aligns with the observed physical characteristics of Coorg honey. The data presented here confirms that Coorg honey, as a natural sweetener has a balanced sugar profile, contributing to its energy content and functional properties with a tendency toward faster crystallization due to its glucose to water ratio and highlight the need for controlled storage conditions to maintain its liquid state.

Sugar profiling by LCMS The outcomes of the LCMS sugar profile of Coorg honey are mentioned in the Table 3 and Figure 1 provide detailed information of sugar spectrum. A total of fourteen different sugars including both monosaccharides and oligosaccharides were elucidated. Among monosaccharides, Fructose (89.19±0.43 mg/g) and glucose (37.398±0.42 mg/g) were the predominant sugars, which is characteristic of natural honey. The honey also contained trace amount of monosaccharides such as arabinose (0.1323±0.05 mg/g), mannose (4.0959±0.24 mg/g), and ribose (0.2649±0.015 mg/g), are believed to be originated from floral nectar or as a metabolic by-products during honey ripening. In addition to sugars, the sugar alcohols inositol(0.0516±0.00 mg/g) and sorbitol (0.1945±0.05 mg/g) are present known for their low glycemic response and prebiotic effects, making honey a healthier natural alternative to table sugar. Minor amount of fucose (0.0098±0.00 mg/g), rhamnose (0.0019±0.00 mg/g), and xylose(0.0967±0.0036 mg/g) are observed. Similarly, among the disaccharides sucrose (1.298±0.026 mg/g) and maltose (0.2083±0.02 mg/g) were predominant and their relatively lower concentrations indicate proper enzymatic activity during nectar processing by honeybees. Other disaccharides found in honey are lactose (0.0007±0.00 mg/g) and trehalose (0.0001±0.00 mg/g)in very minimal amount due to limited non-nectar carbohydrate sources. The sugar spectrum demonstrates that Coorg honey is pure and free of any added sugar adulteration.

Mineral analysis As shown in Table 4, the mineral composition of Coorg honey was categorized into macronutrients, micronutrients and heavy metals. In Coorg honey, macronutrients such as sodium (207 ppm), potassium (0.075 ppm), calcium (0.065 ppm), magnesium (0.013 ppm) were detected and phosphorous is undetected suggests floral or geographical variations influences mineral uptake. Sodium present in significantly higher concentrations is unusual for most honeys, where potassium is typically dominant [14]. Although calcium and magnesium present in lower concentrations are beneficial for enzymatic functions and metabolic regulation. Similarly micronutrients, such as iron (14.80 ppm), copper (0.50 ppm), manganese (1.45 ppm), and zinc(1.20 ppm)present contributes to Coorg honey's potential antioxidant properties. The absence of heavy metals such as lead (Pb), chromium (Cr), cadmium (Cd), and nickel (Ni) results in safe for human consumption considering that it originated from an environment deprived of industrial pollution or soil contamination, resulting in a safe and high-quality natural product.

CONCLUSION

To conclude, the proximate analysis confirms Coorg honey as a high-quality honey with a balanced nutrition profile. Fructose and glucose present in abundance contribute to its sweetness and also provide instant energy. The LCMS analysis elucidates the sugar spectrum, identifying fourteen different types of sugars and sugar alcohols, and with the specific natural sugar spectrum data it is possible to identify the adulteration of honey with the other added

sugars. Mineral analysis revealed a presence of essential macro and micronutrients, each of which adds to honeys functional and healthful qualities. Notably high sodium levels and elevated iron levels are observed. Toxic heavy metals including lead, chromium, cadmium and nickel were undetected, underscores its purity and safety for consumption. The findings of the present study provide critical nutritional insights for consumers and support the establishment of quality standards and help to preserve the distinctive geographical identity of Coorg honey in the market by reinforcing its quality and authenticity.

ACKNOWLEDGMENT

We extended our sincere thanks to Jagath B C, local bee keeper from Virajpet of Coorg District for providing honey samples. We are thankful to BIOCENTER, IIHR for providing lab facilities and also thankful to SAIF, ICAR-IIHR, Hesaraghatta, Bangalore -560089 for LCMS instrumentation facility.

CONFLICT OF INTEREST

The authors hereby declare no conflict of interest.

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Table 1. Nutritional analysis of Coorg honey

SL.No	Nutritional parameters	Coorg honey
01	Water content (%)	16.82±0.07
02	Ash (%)	0.06±0.00
03	Crude protein (%)	0.55±0.03
04	Crude fat (%)	0.12±0.00
05	Crude fiber (%)	0.018±0.01
06	Carbohydrates (%)	82.43±0.49
07	Energy (Kcal)	334.96±0.28

Table 2. Major sugar composition analysis

SL.NO	Sugar content (%)	Coorg honey
01	Brix	78.18±0.15
02	Total reducing sugars	70.25±0.44
03	Fructose	39.45±0.31
04	Glucose	33.76±0.13
05	Sucrose	2.94±0.05
06	Fructose /Glucose	1.17±0.44
07	Glucose/water	2.01±0.20

Table 3. LCMS Sugar profiling of Coorg honey

SL.NO	Sugars (mg/g)	Coorg Honey
01	Arabinose	0.1323±0.05
02	Fructose	89.19±0.43
03	Fucose	0.0098±0.00
04	Glucose	37.398±0.42
05	Inositol	0.0516±0.00
06	Lactose	0.0007±0.00
07	Maltose	0.2083±0.02
08	Mannose	4.0959±0.24
09	Rhamnose	0.0019±0.00
10	Ribose	0.2649±0.015
11	Sorbitol	0.1945±0.05
12	Sucrose	1.298±0.026
13	Trehalose	0.0001±0.00
14	Xylose	0.0967±0.0036

Table 4. Mineral analysis of Coorg honey

	Sl.NO.	Mineral Content (ppm)	Coorg honey
Macronutrients	01	Sodium (Na)	207.0
	02	Potassium (K)	0.075
	03	Phosphorous (P)	Not detected
	04	Calcium (Ca)	0.065
	05	Magnesium (Mg)	0.013
Micronutrients	06	Iron (Fe)	14.80
	07	Copper (Cu)	0.50
	08	Manganese (Mn)	1.45
	09	Zinc (Zn)	1.20

Toxic Heavy Metals	10	Lead (Pb)	Not detected
	11	Chromium (Cr)	Not detected
	12	Cadmium (Cd)	Not detected
	13	Nickel (Ni)	Not detected

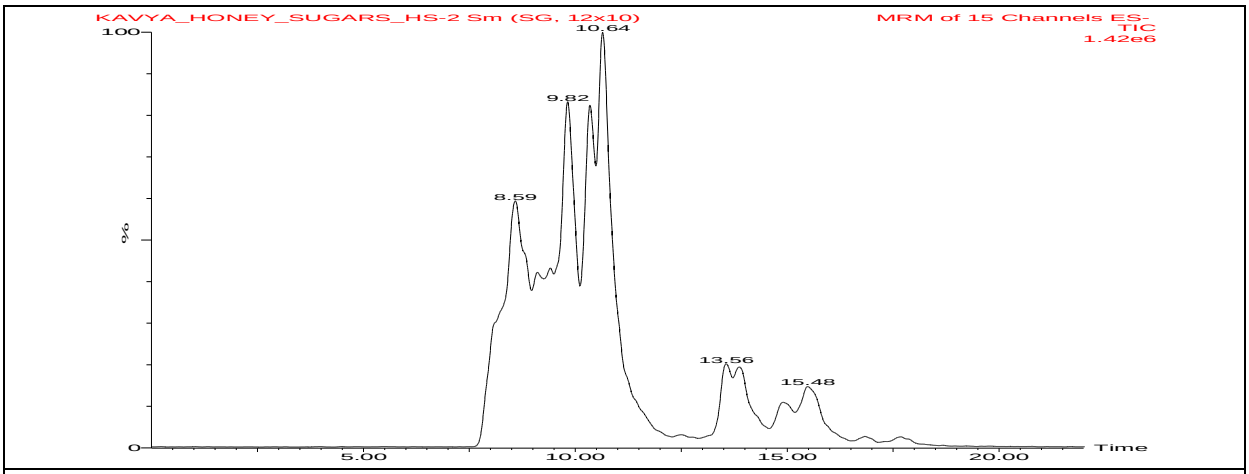

Figure1. LCMS chromatographic profile of sugars in Coorg honey

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Molecular Docking Study of Squalene as a Potential Drug Candidate for Human Ovarian Cancer

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Received: 17 Apr 2025 Revised: 15 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Ovarian cancer remains one of the most lethal gynaecologic malignancies and ranks as the seventh leading cause of cancer-related deaths globally. Squalene, a naturally occurring linear triterpene found in various organisms including plants, animals, fungi, and bacteria, plays a critical role as a biosynthetic precursor for essential secondary metabolites such as sterols, hormones, and vitamins. This study investigates the therapeutic potential of squalene against ovarian cancer, with a particular focus on its ability to modulate key signalling cascades—namely, the PI3K/AKT pathway and the apoptotic signalling pathway involving BCL2 and BAX. Dysregulation of these pathways is commonly associated with enhanced tumor proliferation, invasion, metastasis, and resistance to conventional therapies. Molecular docking simulations were conducted using PyRx, an offline virtual screening tool. The three-dimensional structures of the target proteins were retrieved from the RCSB Protein Data Bank: BAX (PDB ID: 4BD2), BCL2 (PDB ID: 2W3L), AKT1 (PDB ID: 4EJN), and PI3K (PDB ID: 3LS8). The structure of squalene was obtained from the PubChem database. Protein preparation was carried out using BIOVIA Discovery Studio Visualizer 2024 and Avogadro, while ligand optimization and format conversion were performed via Open Babel integrated in PyRx. To assess drug-likeness, the ADMET (Absorption, Distribution, Metabolism, Excretion, and Toxicity) properties of squalene were evaluated using ADMETSAR, which confirmed that squalene complies with Lipinski's Rule of Five, indicating suitable pharmacokinetic properties. Docking results revealed that squalene exhibited higher binding affinities—particularly towards AKT1—compared to the positive control Niraparib, suggesting its potential role in suppressing tumor cell proliferation and modulating cancer-related signalling pathways. These findings support further investigation into squalene as a promising candidate for ovarian cancer therapy.

Keywords: Ovarian cancer, Squalene, Molecular Docking, PI3k/AKT signalling pathway, Cell proliferation.

INTRODUCTION

Cancer remains as a severe health issue affecting most peoples around the world (1) Among Women, Ovarian cancer (OC) considered as a deadly gynaecological malignancy and stands at 7th predominant reason of mortalities and morbidity universally (2). Because of its asymptomatic nature mostly OC goes undetected in early stages and hence patients are detected in final stages (3) It has a strong resistance to the present chemotherapy treatment regimen. In India, Ovarian cancer ranks at 2nd place (gynaecological) due to its rate of occurrence and permanence (4). Ovarian cancer is less popular than the breast cancer, studies have revealed that it has predicted three times higher mortality rate by 2040(5). Patients who receive standard treatment has a relapse within 6 – 12 months after receiving the chemotherapy (6) The proliferation of cells can be inhibited by arrest of cell cycle/ or initiation of apoptosis (7).

PI3K/AKT Pathway in Ovarian Cancer

The PI3K/AKT pathway (Phosphoinositide 3-kinase/Protein Kinase B) is one of the most critical signalling pathways involved in various cellular processes such as cell growth, survival, proliferation, metabolism, and resistance to apoptosis. In the context of ovarian cancer, the PI3K/AKT pathway is often dysregulated, contributing to tumour progression, chemoresistance, and metastasis. (7,8). PI3K (Phosphoinositide 3-Kinase) is activated by various receptor tyrosine kinases (RTKs) and G-protein-coupled receptors (GPCRs) on the surface of ovarian cancer cells. Upon activation, PI3K catalyses the conversion of phosphatidylinositol-4,5-bisphosphate (PIP2) into phosphatidylinositol-3,4,5-triphosphate (PIP3), which in turn activates downstream signalling pathways involved in cell growth, survival, and metastasis. (9) previous studies have also shown that inhibition of PI3K/Akt pathway leads to the apoptosis of cancer cells (10,11)

Apoptosis Pathway in Ovarian Cancer

Apoptosis pathway is a crucial mechanism that controls the programmed cell death, maintaining the balance between cell survival and elimination of dysfunctional cells. In ovarian cancer, dysregulation of apoptotic pathway contributes to uncontrolled tumour growth, chemoresistance and metastasis. Bax and BCl-2 family proteins plays a role in regulating the apoptosis in ovarian cancer. Over expression of the BCL family protein were expressed in ovarian cancer and also in other cancer types (12-15). BCL-2 family of proteins regulates apoptosis by controlling mitochondrial outer membrane permeabilization, a key process in the initiation of apoptosis (16) it consists of two proteins- Anti-apoptotic and Pro-apoptotic, BCL-2 involves in the inhibition of apoptotic pathway by stopping the release of cytochrome C from mitochondria (17) and BAX initiates apoptosis by facilitating MOMP (18). Apoptosis pathway targeting is a potent and promising cancer treatment strategy, and research is continuously being conducted to investigate different methods for causing cell death, overcoming resistance, and eventually improving patient outcomes. In this study, we focused on two signalling pathways of ovarian cancer to examine how the drug compound interacts with the receptor site and how it may inhibit further cancer progression.

Computational Docking for Drug–Target Interaction Studies

Drug development is a fascinating field of study that makes it possible to apply contemporary biomedical research to enhance the health of numerous individuals (19). In an attempt to fight ovarian cancer, molecular docking can be used as an influential tool. Molecular docking is a system process used to find the relations between the receptor and ligand molecules. Molecular docking is an essential computational approach used in drug design and discovery, which helps to predict the relations and considerably used in the study of biomolecular relations and mechanisms to understand the simulations (20). The lengthy and costly process of testing several therapeutic candidates in human clinical trials makes phenotypic as well as target-based screening crucial in the early phases of drug discovery (21).

Databases and Tools

PyRx is an open- source computational tool considerably employed in drug discovery disquisition by both academic institutions and medicinal industriousness. Developed using the Python programming language, PyRx integrates various computational chemistry software and provides a user-friendly interface for molecular docking and virtual

netting. It's compatible with a broad range of modern processors and supports multiple operating systems, including Windows, Linux, and macOS, making it accessible and versatile for a wide user base (22). A public database of tiny compounds and their biological characteristics is PubChem. At the moment, it has 90 million bioactivity outcomes linked to several thousand macromolecular targets and over 25 million distinct chemical structures. We thoroughly compiled the protein targets in PubChem by function, three-dimensional structure, and biological route in order to address the potential use of this open resource for drug discovery. Additionally, we examined the bioactive compounds' potency, selectivity, and promiscuity for these biological targets, including the chemical probes produced by the NIH Molecular Libraries Program (31). The proliferation of many chemical file formats is addressed by Open Babel. It also offers a number of helpful features, such as filtering, batch conversion, substructure and similarity searching, conformer finding, and 2D visualization (32). For cross-platform use in computational chemistry, molecular modelling, bioinformatics, materials science, and related fields, the Avogadro project has created a sophisticated molecule editor and visualizer. It has a robust plugin architecture and flexible, high-quality rendering. Avogadro provides a platform for analysis and visualization as well as a semantic chemical builder. It provides users with an intuitive constructor and integrated support for downloading from popular databases like the Protein Data Bank and PubChem (25) An essential component of the investigation and dissemination of modeling studies is molecular visualization, in this study, Discovery Studio (BIOVIA, Dassault Systems, San Diego, USA) and PyMOL Educational Version (Schrödinger, LLC) were employed for molecular modeling and visualization. Discovery Studio was utilized for ligand preparation, protein refinement, and molecular docking result analysis, while PyMOL was used to visualize ligand–receptor interactions and generate high-quality structural images for interpretation. (26, 27)

Squalene as a drug candidate

One of the triterpene's unsaturated hydrocarbons is squalene. It is crucial for the human body's production of vitamin D and E, steroid hormones, and cholesterol (28). There are numerous uses for squalene in the food and pharmaceutical sectors. It is useful in the treatment of a number of malignancies, dry skin conditions, and skin congestion. (29). Shark liver oil is one of the primary sources of squalene and can be obtained from a variety of sources. However, there are widespread worries about the potential for contamination-related source animal mortality. synthesis of biomolecules Although it can provide coiled and sterol-like squalene, the cost of this process is high because it requires a number of enzymes and is difficult to manage. The final resource, which gives this component a linear structure, is the extraction of squalene from natural oil. The primary issue with natural oil sources is their low squalene content (30) The induction of this study is to study the anticancer exertion of Squalene by targeting the signalling pathway proteins of Ovarian cancer through the process of Molecular docking.

MATERIALS AND METHODS

Preparation of Ligand

Squalene (SQ) was selected as the ligand for this current anti-cancerous study against ovarian cancer. The structure of SQ retrieved from the PubChem database (CID 638072) (https://pubchem.ncbi.nlm.nih.gov/compound/Squalene) and it was converted from SDF format to PDB format by using the tool Smiles converter. Energy minimization done by PyRx tool.

Drug- Likeness property of Squalene

The Lipinski's rule of 5 has a major role in pre-clinical studies (31). As per this rule if any drug molecule violates more than 2 of the rules is not easily or readily absorbed into the internal system and not to be considered as drug molecule. Drug Likeness property was predicted by using the ADMETSAR 3.0(https://lmmd.ecust.edu.cn/admetsar3)

Pharmacokinetics properties of Squalene

Pharmacokinetics (ADMET) property was predicted by using the tool pkCSM (http://biosig.lab.uq.edu.au). ADMET-Absorption, Distribution, Metabolism, Excretion and Toxicity. Properties include intestinal absorption, Distribution in Blood brain barrier, Substrate inhibitor metabolism, total clearance of the excretion and AMES toxicity.

Prediction of anti-cancerous activity of Squalene by Using BAS- PASS

Pass software was used to predict the anti-cancerous activity of Squalene. Pass is a computer-based program can be used for the prediction of different types of pharmacological activities. The Biological activity spectrum of a chemical compound is the set of different types of biologicals that reflect the results of the compound interaction with various biological entities. PASS (Prediction of Activity spectra for substances) is a software product designed as a tool for evaluating the general biological potential of an organic drug like molecule.

(https://www.way2drug.com/passonline). The result of the PASS prediction was calculated as Pa (Probable activity) and Pi (Possibly inactivity). Compound which shows Pa higher than Pi are compounds most possibly for a medicinal activity.

Protein structure Retrieval

The universal protein resource (Uniprot) provides a stable, comprehensive resource on protein sequence and Functional annotation (32). Protein structures of AKT-1, PI3K, BAX and BCL-2 were retrieved from Protein data bank database (https:// www. rcsb. org/) by identifying the protein details through the uniport database.

Protein structure preparation

Prior to docking process, it is mandatory to prepare the protein structure. Preparation includes, Addition of polar hydrogens, removal of water molecules, indigenous ligand and energy minimization of the structure. Biovia Discovery studio client 2024 was used for this study.

Active site prediction

One of the key steps in molecular docking is the prediction of active site. The active site of all target proteins was predicted through CASTp server and analyzed by Biovia Discovery Studio Client 2024.

Molecular Docking

Protein ligand docking studies were performed using the PyRx tool (Python based). It is one of the preferred tools for protein ligand blind docking. Grid formation was selected by the indigenous ligand present in the structure and after it was removed to bind the SQ.

Ligand were prepared by using the open babel tool for converting the format and was subjected to energy minimization. Prepared protein and ligand were saved in. pdbqt format.

RESULT AND DISCUSSION

Ligand and protein structure retrieval and preparation

The selection and preparation of both protein and ligand structures are critical for ensuring the accuracy and reliability of molecular docking studies. In this study, the UniProt database was utilized to retrieve the protein sequences of key targets involved in ovarian cancer signaling pathways, specifically PI3K, AKT, BAX, and BCL-2. The organism filter was set to Homo sapiens to ensure human-specific relevance. After evaluating multiple sequence hits, the following UniProt accession numbers were selected based on relevance and structural availability- P10415 (BCL-2) Q07812 (BAX) P31749 (AKT-1) Q8NEB9 (PI3K subunit). The three-dimensional crystal structures corresponding to these targets were obtained from the Protein Data Bank (PDB) using the following PDB IDs: 4EJN (AKT-1) 4BD2 (BAX) 2W3L (BCL-2) 3LS8 (PI3K). PDB structures were selected based on resolution, completeness, and biological relevance (Table 1), and were subjected Preparations like removal of water molecules, adding polar hydrogens, energy minimization using Biovia DS prior to docking. The 3D structure of the ligand, squalene, was downloaded from the PubChem database in SDF (Structure Data File) format. Since most docking tools, including PyRx, require PDB format input, the ligand file was converted using a SMILES-based converter tool, allowing conversion from 2D to 3D structure. The conversion process and final structure of squalene are illustrated in Figure 1. To ensure compatibility with docking protocols, both protein and ligand structures were prepared in PDB format, which is readable by most molecular docking software including PyRx.

Lipinski rule and ADMET properties of Squalene

Lipinski rule of Squalene was predicted using the ADMETSAR 3.0 version (table 2) The physiochemical properties of squalene evaluated to say about its potential oral bioavailability, The molecular weight of Squalene is 410.71 g/mol which is within the acceptable range <500 g/mol. The topological Polar Surface Area (TPSA) is 0.0 Å², and both hydrogen bond donors (HBD) and hydrogen bond acceptors (HBA) are 0, indicating a lack of polar functional groups. This is consistent with squalene's hydrocarbon structure and further supports its high lipophilicity and membrane permeability. However, the LogP value of 10.6 is significantly higher than the recommended threshold of ≤5, suggesting that squalene is highly lipophilic. While this may enhance membrane permeability, it could also reduce aqueous solubility, potentially affecting its bioavailability and formulation. (Fig 2) Despite the high LogP value, squalene satisfies drug-likeness criteria, which implies that its physicochemical profile does not violate other major rules used to evaluate oral bioavailability. These characteristics suggest that while squalene is hydrophobic, it may still be a viable candidate for further development, particularly in formulations designed to overcome solubility limitations. ADMET property of Squalene were predicted by using the ADMETSAR 3.0 version to access the pharmacokinetic behavior and potential safety profile. (Table 3)

Absorption

Squalene showed a high intestinal absorption rate (89.002%), indicating excellent potential for oral bioavailability. However, its water solubility was predicted to be very low (−8.401 log mol/L), reflecting its strong lipophilic nature, which could limit its dissolution in aqueous environments and hence affect absorption unless formulated appropriately. The Caco-2 permeability value (1.193 log Papp in 10^{-6} cm/s) suggests moderate to high permeability across intestinal epithelial cells, consistent with its high lipophilicity. Skin permeability (−2.763 log Kp) is relatively low, suggesting limited potential for transdermal delivery

Distribution

The blood-brain barrier (BBB) penetration potential, represented by Log BB = 0.965, indicates that squalene can cross the BBB efficiently, which may be relevant in exploring its effects on neurological or CNS-related cancers. In contrast, the Log PS value (−0.935) indicates low permeability through the blood–cerebrospinal fluid barrier, limiting distribution within the CNS parenchyma.

Metabolism

Metabolic profiling shows that squalene is a substrate for cytochrome P450 3A4 (CYP3A4), a major liver enzyme involved in drug metabolism, but not for CYP2D6. Importantly, squalene is not predicted to inhibit any major cytochrome P450 isoforms (CYP1A2, CYP2C9, CYP2C19, CYP2D6, or CYP3A4), reducing the risk of drug–drug interactions, a critical factor in polypharmacy contexts such as cancer treatment.

Excretion

The total clearance value was predicted at 1.791 log ml/min/kg, suggesting a moderate rate of systemic elimination. Additionally, squalene is not a substrate for the renal organic cation transporter 2 (OCT2), indicating that renal excretion via this pathway is unlikely to be significant.

Toxicity

Toxicological predictions are favorable. Squalene is non-mutagenic (negative AMES test), non-hepatotoxic, and non-sensitizing to the skin. These results suggest a good safety profile, which is crucial for early-stage drug development. Overall, the ADMET analysis supports the potential of squalene as a drug-like compound, with high intestinal absorption, acceptable permeability, minimal risk for drug–drug interactions, and a favorable toxicity profile. However, its poor water solubility may pose challenges in formulation and bioavailability, which could be addressed through appropriate delivery systems such as lipid-based nanoparticles or emulsions.

PASS prediction of Squalene

Pass was predicted using the way2drug database for the Squalene. Structure based prediction shows pa ((probability of activity) and Pi (probability of inactivity) values for different pharmacological roles. Squalene shows a Pa > 0.5 for

both antineoplastic and antimetastatic activities, with corresponding Pi values significantly lower (<0.01). According to standard interpretation thresholds: Pa > 0.5 suggests that the compound is likely to exhibit the predicted activity in vitro or in vivo. A low Pi alongside a high Pa further reinforces confidence in the prediction. The Pa value of 0.542 for antineoplastic activity indicates that squalene may have potential as an anticancer agent, possibly by targeting cancer cell proliferation. Likewise, the Pa value of 0.560 for antimetastatic activity suggests that squalene might play a role in inhibiting cancer cell migration and metastasis (Table 4)

Active site Prediction

The Computed Atlas of Surface Topography of proteins (CASTp) server was used to predict potential active/binding sites of selected protein structures. CASTp identifies and measures concave surface regions (pockets and cavities) of proteins, based on both solvent-accessible and molecular surface materials for the following structures BAX (4BD2), 3LS8 (PI3K), 2W3L (BCL) and 4EJN (AKT1) were mentioned in the (table 5).

Molecular Docking

Docking interactions between four receptors and Squalene were performed by using the PyRx tool after identifying the binding site. Possible interactions between the 4BD2- Squalene. 3LS8- Squalene, 2W3L- Squalene and 4EJN-Squalene were mentioned in the (table 6). The binding of Squalene to BAX is characterized by predominantly hydrophobic interactions, particularly involving residues like ILE, LEU, VAL, and aromatic residues such as PHE105 and TRP107, which facilitate van der Waals forces and π–π stacking. The docking score of –7.4 kcal/mol indicates moderate affinity, consistent with interactions that are largely driven by hydrophobic complementarity rather than polar contacts. (Fig 3) The binding pocket of PI3K features a combination of hydrophobic and aromatic residues, including PHE612, PHE684, and PHE758, which likely engage in π-alkyl and van der Waals interactions with the hydrocarbon backbone of Squalene. Polar (SER614, GLN683, SER687) and charged residues (LYS636, ASP761) are also present, though the interaction remains largely hydrophobic in nature. The docking score of –7.1 kcal/mol suggests moderate to good affinity, slightly lower than that observed with BAX. (Fig 4) The binding of Squalene to BCL (2W3L) shows a score of -6.1 kcal/mol, the interaction is mostly hydrophobic with residues involving PHE89, ALA90, VAL93, and VAL101 which contributes to non-polar interactions. There is a slight hydrogen bond interaction with the residues, HIS143 or TYR139, but these interactions are relatively weak compared to the stronger hydrophobic bonding. (Fig 5) The docking analysis of Squalene with AKT-1(4EJN) shows there is a mixed interaction of hydrophobic (ILE, LEU, VAL), polar (SER, ASN, GLN), and catalytically important residues (CYS77, TYR272). The docking score of –9.0 kcal/mol indicates a high affinity between squalene and AKT1, with the score being the best among the tested compounds. This suggests that squalene could bind strongly to this site, potentially competing with native substrates or other inhibitors. (Fig 6) The binding of Niraparib (Positive Control) (Fig 7) with the best interaction protein AKT-1 (4EJN) among the selected residues shows the binding affinity as -7.8 Kcal/mol (table 7) and the interacting residues were ILE19, THR22, LEU59, TRP107 the interaction in 4EJN is more hydrophobic in nature (ILE19, LEU59) with fewer residues involved (Fig 8) which might explain the comparatively weaker binding. Which is slightly less than the interaction with Squalene.

CONCLUSION

In the present study, Molecular docking analysis were performed to evaluate the interaction of Squalene with four key protein targets—BAX (3LS8), PI3K (4BD2), BCL-2 (2W3L), and AKT1 (4EJN)—using PyRx software. Squalene exhibited moderate binding affinity with BAX (–7.4 kcal/mol), driven predominantly by hydrophobic and aromatic interactions involving residues such as ILE, LEU, VAL, PHE105, and TRP107. Similarly, interaction with PI3K showed a moderate-to-good docking score (–7.1 kcal/mol), with key contacts formed via π-alkyl and van der Waals interactions from hydrophobic and aromatic residues (PHE612, PHE684, PHE758), supported by surrounding polar and charged residues. In contrast, binding to BCL-2 (2W3L) resulted in the lowest docking score (–6.1 kcal/mol), reflecting a less optimal interaction dominated by non-polar residues such as PHE89, ALA90, VAL93, and VAL101, with minimal contribution from hydrogen bonding. The most promising interaction was observed with AKT1

(4EJN), where Squalene achieved the best docking score of –9.0 kcal/mol. This strong affinity is attributed to a balanced interaction profile, engaging hydrophobic, polar, and catalytically essential residues such as CYS77 and TYR272, suggesting potential inhibitory capability and therapeutic relevance. When compared to Niraparib (used as a positive control), which docked with AKT1 at –7.8 kcal/mol, Squalene demonstrated superior binding affinity and engaged a broader set of residues, indicating a more stable and specific interaction. Overall, these findings suggest that Squalene exhibits selective and potentially functional binding to AKT1, making it a candidate for further investigation as an inhibitor in ovarian cancer-related signaling pathways PI3K/AKT.

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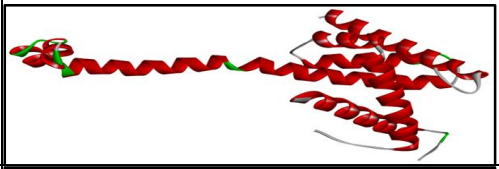
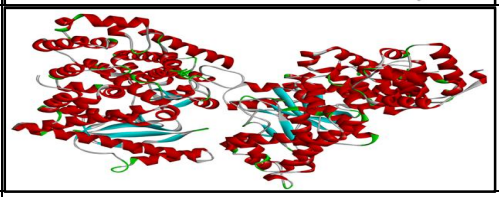
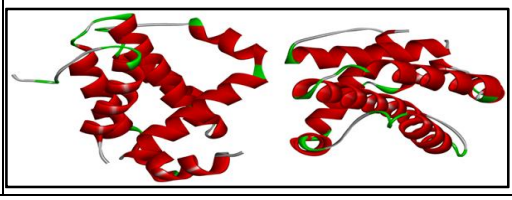
Table 1: Visualization of 3D structure of proteins using pymol (After refinement)

S. No	Macromolecule (Chains)	3D- Visualization (Pymol)
1.	4BD2 (A)	
2.	3LS8 (A B)	
3.	2W3L (A B)	

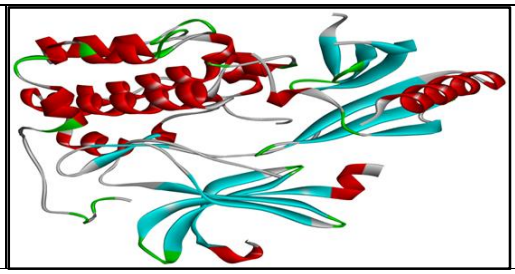
4.	4EJN (A)	

Table 2 Lipinski rule of 5 for Squalene

S. No	Property	Value
1	Molecular Weight	**410.73 g/mol**
2	LogP	10.6
3	TPSA	0.0
4	HBA	0
5	HBD	0
6	**Drug-likeness**	**Satisfying**

(M.W. molecular weight; TPSA topological polar surface area, HBA hydrogen bond acceptors; HBD hydrogen bond donors, LogP lipophilicity)

Table 3: Pharmacokinetics (ADMET) Properties of Squalene- pkCSM

Property	Model Name	Predicted Value	Unit
Absorption	Intestinal Human Absorption	89.002	Numeric (% absorbed)
	Water Solubility	-8.401	Numeric (log mol/L)
	Caco2 Permeability	1.193	Numeric (log Papp in 10^{-6} cm/s)
	Skin Permeability	-2.763	Numeric (log Kp)
Distribution	Log BB	0.965	Numeric (Log BB)
	Log PS	-0.935	Numeric (Log PS)
Metabolism Substrate Inhibitors	2D6 Substrate	No	Categorical (Y/N)
	3A4 Substrate	Yes	Categorical (Y/N)
	IA2 Inhibitor	No	Categorical (Y/N)
	2C19 Inhibitor	No	Categorical (Y/N)
	2C9 Inhibitor	No	Categorical (Y/N)
	2D6 Inhibitor	No	Categorical (Y/N)
	3A4 Inhibitor	No	Categorical (Y/N)
Excretion	Total Clearance	1.791	Numeric (log ml/min/kg)
	Renal OCT2 substrate	No	Categorical (Yes/No)
Toxicity	AMES Toxicity	No	Categorical (Yes/No)
	Hepatotoxicity	No	
	Skin Sensitisation	No	

Table 4: Prediction of Biological activity of Squalene- PASS

Compound	Pa	Pi	Biological activity
Squalene	0.542	0.004	Antineoplastic (Anticancer)
	0.560	0.009	Antimetastatic (Inhibitor)

Table.5: **Receptors and Cavity region**

S. No	Protein (Macromolecule)	Cavity Region
1.	4BD2 (BAX)	PRO13, GLN18, ILE 19, THR22, GLY23, LEU26, LEU63, PHE100, PHE105, TRP107, VAL110, VAL111, LEU113 and PHE114
2.	3LS8 (PI3K)	PHE612, LYS613, SER 614, PRO618, ILE634, LYS636, ASP644, TYR670, MET682, GLN683, PHE684, ILE685, SER687, VAL688, PRO689, GLU692, HIS745, ASP747, ASN748, LEU750, PHE758, ILE760 and ASP761
3.	2W3L (BCL)	ARG86, PHE89, ALA90, VAL93, GLU94, PHE97, ARG98, VAL101, TRP135, GLU138, TYR139, ARG142, HIS143 and LEU144
4.	4EJN (AKT1)	ASN53, ASN54, CYS77, LEU78, GLN79, TRP80, THR81, THR82, ILE84, GLN203, SER205, LEU210, THR211, LEU264, LYS268, VAL270, VAL271, TYR272, ASP274, ILE290, THR291, ASP292, PHE293, GLY294

Table 6: **Molecular docking scoring of Squalene with target proteins**

S. No	Protein	Ligand	Docking Score	Interacting residues
1.	4BD2	Squalene	-7.4 Kcal/mol	ILE19, THR22, GLY23, LEU26, LEU63, PHE100, PHE105, TRP107, VAL110, VAL111, LEU113, PHE114
2.	3LS8	Squalene	-7.1 Kcal/mol	PHE612, SER614, PRO618, ILE634, LYS636, GLN683, PHE684, ILE685, SER687, ILE760, ASP761, PHE758,
3.	2W3L	Squalene	-6.1 Kcal/mol	PHE89, ALA90, VAL93, VAL101, TYR139 and HIS143
4.	4EJN	Squalene	-9.0 Kcal/mol	ASN53, ALA58, GLN59, CYS77, LEU78, GLN79, TRP80, ILE84, SER205, LYS268, VAL270, TYR272, ASP274, GLY294

Table 7: Molecular docking scoring of Niraparib (Positive control)

S. No	Protein	Ligand	Docking Score	Interacting residues
1.	4EJN	Niraparib	-7.8 Kcal/mol	ILE19, THR22, LEU59, TRP107

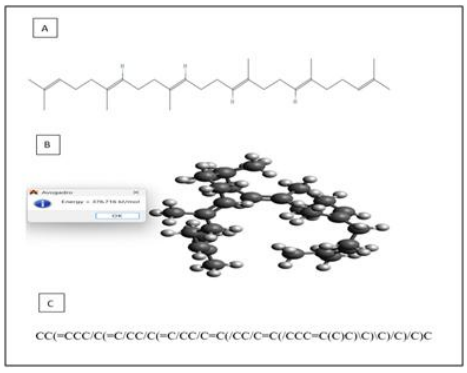


Fig.1: (A) 2-D structure of Squalene (B) 3-D structure of Squalene (C) Canonical SMILES of Squalene

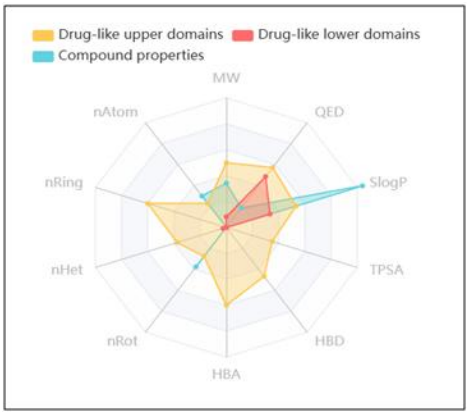


Fig.2: Squalene satisfying the Lipinski rule

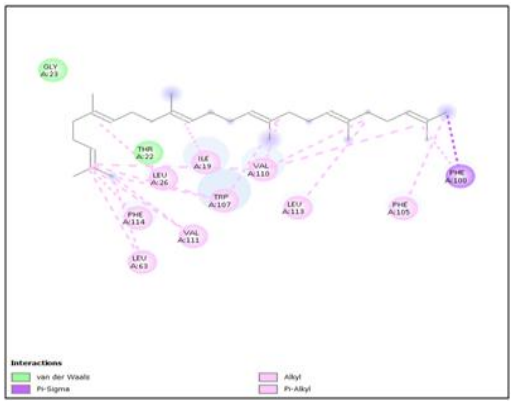


Fig.3: 2D interaction of squalene with 4BD2 amino acid resideus

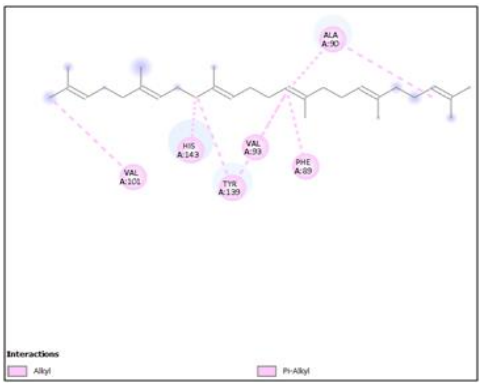


Fig.4: 2D interaction of squalene with 2W3L amino acid residues

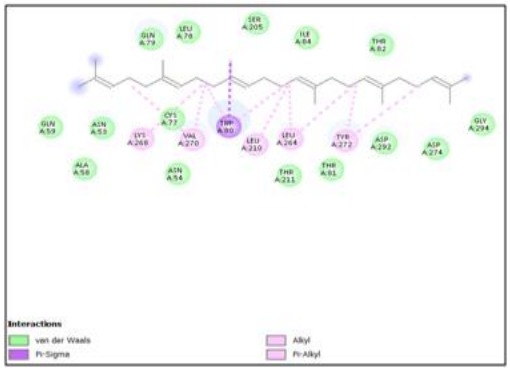


Fig.5: 2D interaction of squalene with 4EJN amino acid residues

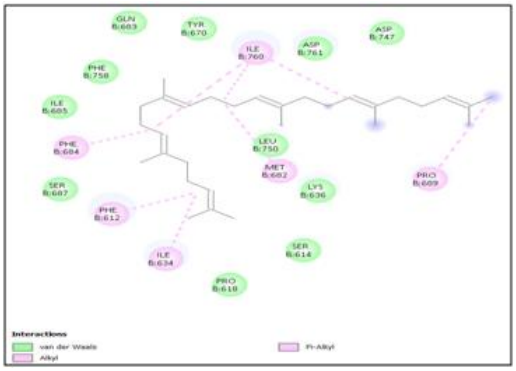


Fig.6: 2D interaction of squalene with 3LS8 amino acid resideues

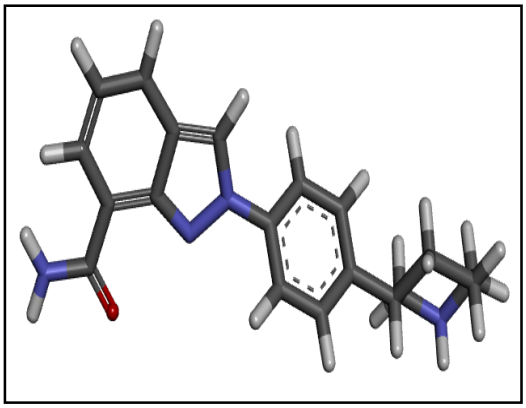


Fig.7: 3-D structure of Niraparib(PC)

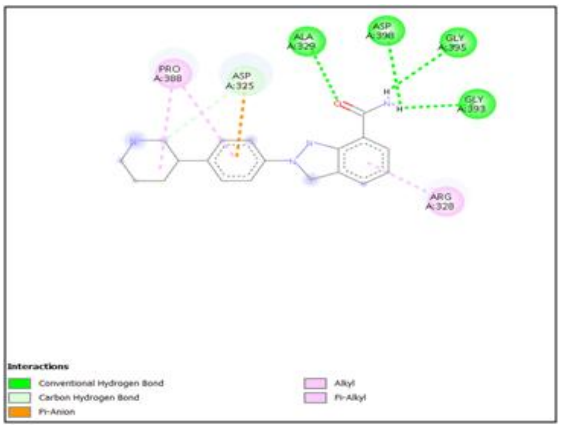


Fig.8: 2-D interaction of Niraparib(PC) with 4EJN

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Non-Syndromic Microdontia in a Young Female with Skeletal Class III Malocclusion – Surgical and Dental Correction of a Case with "Ghosty Smile

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Received: 02 Sep 2024 Revised: 13 May 2025 Accepted: 24 Jun 2025

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ABSTRACT

Microdontia is a dental anomaly in which teeth appears smaller than usual .It can often result in malocclusion, food entrapment and aesthetic problems. True generalized microdontia (TGM) is rare to occur where all teeth are smaller than normal and associated with syndromes. TG Min a healthy person without any syndromes is extremely rare. Skeletal Class III malocclusion is exhibited either due to excessive mandibular growth, deficient maxillary growth or both. The Bilateral sagittal splitosteotomy (BSSO) is the commonly performed orthognatic procedure to correct dento facial abnormalities. Here were porta case of skeletal class III malocclusion with generalised microdontia who has been teased by her own friends and relatives citing her smile look like a ghost ("ghosty smile"). Surgical management of skeletal class III involved bilateral sagittal split osteotomy and setback of mandible by 6mm and the generalized microdontia was corrected using prosthetic crowns. She had a satisfactory treatment outcome. We report this case of orthognathic surgery and smile correction which enhances the self-confidence of the patient and makes the patient to lead a normal life in the society.

Keywords: Malocclusion, mandible, Prognathism, osteotomy, sagittal split ramus, tooth abnormalities.

INTRODUCTION

Microdontia is a distinctive condition or dental anomaly characterized by abnormally smaller teeth than usual.[1]Microdontia can be of three types: [1] single tooth microdontia, [2] relative generalized microdontia where teeth are relatively small in larger jaw,[3]and true generalized microdontia (TGM) where teeth are actually smaller than normalsize.TGM is exceptionally rare and are often associated with other syndromes like oculo-mandibulo-facial syndrome, Rieger anomaly and pituitary dwarfism. [1,2]Though true microdontia is rare it was associated with skeletal class III malocclusion (MO) in a prevalence study of dental anomaly. The findings of the study stated that microdontia in class III MO often involved maxillary arch. [3] Class III malocclusion occurs due to protrusive mandible or mandibular dentition, large mandible, regressive maxilla or maxillary dentition or both. The severity of MO and the age of the patient determines the treatment modality to rectify class III MO. Non growing adults with severe skeletal discrepancies are recommended to be treated by orthognathic surgery. [4] The bilateral sagittal split osteotomy (BSSO) is the most commonly performed jaw surgery. It is performed as a single jaw surgery or combined with upper jaw surgery. Ever since the genesis of the technique, it has undergone a myriad of modifications making the procedure safer, reliable and predictable with less relapse.[5]Patients with dental MO and dental anomalies are bullied and have negative effects on self-esteem and quality of life. [6]In the current report we present a case of a young adult female who was a subject of peer victimization for her dental appearance. Clinical, radio graphical and intraoral examination concluded that she had skeletal class III MO with TGM.

Case Presentation

A 24-year-old female patient from a remote village reported with a complaint of abnormally small teeth. She was teased by her friends and relatives citing that her smile looks like a ghost. The medical, drug, family and past surgical histories proved non-contributary. Patient also complained of psychological stress due to negative impact cited by her family members and friends. The highest degree of appearance-related teasing came from siblings and father followed by the mother. Also, she reported that she was a victim of bullying by her peers and relatives for her dental appearance stating that her smile looks like a ghost. She was tested at medical hospital center for growth abnormalities and possibilities of associated syndromes. Her serum growth hormone was 10.5ng/mL and BMI was 17.5. Likewise, serology of thyroxin, and cortisol, serum calcium, phosphorous, and alkaline phosphatase was just normal. Her hemoglobin was 12 mg/dL and the routine blood counts were remarkable without any 12^{th} chromosomal abnormalities. Endocrinologist ruled out any hair/ skin or possibility of genetic disorder that can primarily affect the face. Patient's medical history was clean and never underwent chemotherapy at any age before. On examination the patient had a concave facial profile with reverse over jet of 4 mm and posterior cross bite. Additionally. she had bilateral missing mandibular first molars which she got extracted eight years agoaskeletal class IIIMO and generalized microdontia. Lateral, frontal view andintra oral dentition photographs were made(Figure1A-E). Radiographic examination and evaluation revealed she had a prognathic mandible of 6mm and normal position of maxilla. She does not have any other deformities in the body.The patient was diagnosed to have skeletal class III malocclusion with non- syndromic microdontia. Surgical correction of prognathic mandible was made by bilateral sagittal split ramus osteotomy and dental correction was performed using prosthetic crowns to rectify the microdontia. Treatment plan and possible complications were explained in detail to the patient and her parents and written consent was obtained before treatment. Bilateral sagittal split osteotomy (BSSO) was done according to Hun suck modification of Obwegeser/dal Pont technique attaining a mandible set-back of 6mm. This was followed by provision of temporary full mouth prosthetic crown son the seventh post operativeday(figure 2 A-C). Permanent crowns (Zirconia) were given after intentional root canal treatments (RCT) done for all the teeth before placement of crowns. Post rehabilitation of generalized microdontia a satisfactory treatment outcome was reported by patient.

DISCUSSION

TGM with no associated syndrome is quite a rare occurrence. The prevalence of microdontia in permanent dentition was only 0.5% to 3.1% often involving maxillary lateral incisors and females are often affected than males.[7]A Brazilian study showed that 27.4% of the patients had some dental anomaly when diagnosed with MO. They reported most of these cases were white women aged 11-20 years. This is in line with current case study, where in we had a female in her 20's with class III MO. The authors have pointed that ectopia, microdontia, impaction, and hypodontia were more prevalent in patients with Class I MO while microdontia was associated only with class II MO. Impaction was associated with Class III malocclusion, at a 1.84-times higher prevalence. [8] Paradoxically, we found microdontia in Class III MO unlike the existing evidence, Chen *et al* have reported a similar case of TGM associated with non-syndromic skeletal malocclusion. They have ruled out the possibilities of syndromes with endocrinologists, and planned a customized orthognathic surgery followed by crowns for her. [9] This is corroboration with current case report. Yet another similar case was reported where a child male patient with normal physical growth, blood profile and insignificant medical history presented with normal occlusion but TGM involving both anterior and posterior teeth in maxilla and mandible.[10]This is in similar picture with current the case report with TGM involving both maxillary and mandibular arch. The patient in the current scenario, was a female with TGM in a class III MO. It is rare occurrence of TGM reported in mandible in case of class III skeletal relation where there is excess of mandibular bone. Her parents and siblings neither have skeletal class III nor do they have microdontia. Management of microdontia is multidisciplinary in approach including orthodontic, restorative, and prosthetic or combination of these.[9,10]It needs further genomic studies or long-term cohort study on other contributing factors responsible for microdontia of similar occurrence in individuals with insignificant medical familial history. The role of specialized dental surgeons along with medical team in addressing a surgical emergency in rural settings was described previously. [11]An Indian survey described 70% of population to lack awareness on malocclusion, and that they are not satisfied with their teeth. [12]This calls for spreading awareness and collaboration with primary care physicians (PCPs) and dental surgeons to help impact community in a positive way.

CONCLUSION

Skeletal class III MO can present with TGM without any association with any syndromes. The identification of negative impact of such presentation and customized treatment with BSSO setback surgery and prosthetic crown rehabilitation which has changed her facial profile and smile positively were essential take a ways .Dental treatment is complete when self-confidence and restoration of smile are obtained which may aid the patient lead a normal life in the society.

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Figure.1: A,B: pre-operative facial views of patient with skeletal class-III malocclusion; C: intra-oral view showing microdontia or ghostly smile; D, E intra-oral images of molar relation (right and left side).

Figure.2: A,B: Post-operative facial view after BSSO and mandible setback surgery; C: intra-oral view after rehabilitation

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Antibiotic Resistance in *Escherichia coli* Isolated from Fecal Samples of Poultry Chicken in Mysore, India

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Received: 25 Apr 2025 Revised: 18 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

The essential antimicrobial drugs used to treat and prevent bacterial illnesses are antibiotics. Despite having transformed contemporary medicine in the 20th century, their excessive use, especially in the production of cattle and poultry, has greatly accelerated the emergence of germs resistant to antibiotics. When bacteria undergo horizontal gene transfer or genetic alterations to become resistant to the effects of antibiotics, this is known as antibiotic resistance. Through food chains, migration, and contact between humans and animals, this resistance can spread among bacterial species and ecosystems. Antibiotics including ampicillin, chloramphenicol, erythromycin, and tetracycline are frequently used in poultry production to promote growth and prevent disease. But this approach encourages the growth of resistant strains of Salmonella spp., Campylobacter, and *Escherichia coli*, which are extremely dangerous to human health. Foodborne illnesses, renal failure, urinary tract infections, and gastroenteritis can all be brought on by resistant bacteria found in animal manure, feed, and meat products. *E. coli* and other coli form bacteria are used as markers of resistance and contamination. Even gram-negative bacteria, which are often less susceptible to such changes, exhibit concerning levels of resistance, according to studies. This study emphasizes the urgent need for regulated antibiotic practices in agriculture by highlighting the growing public health concern about the use of antibiotics in poultry farming and its direct association with the emergence of resistant bacteria.

Keywords: chloramphenicol, bacteria, poultry farming, *E. coli.*

INTRODUCTION

Antibiotics are antimicrobial drugs that are used to treat and prevent bacterial illnesses. Bacteria may be killed or inhibited by these substances[1]. Antibiotics transformed medicine in the twentieth century, resulting in the near eradication of diseases like tuberculosis in the developed world when combined with immunization [2]. However, because of their efficiency and ease of access, they have been overused, particularly in animal production, causing bacteria to evolve resistance[3]. Antibiotic resistance is the capacity of a bacterium to withstand the effects of an antibiotic[4]. When bacteria change in a way that makes drugs and chemicals intended to treat or prevent infections less effective, antibiotic resistance arises. Antibiotics are commonly categorized based on their activity spectrum, chemical structure, or mode of action. Ten classes of antibiotics include Penicillin, Tetracyclines, Cephalosporins, Quinolones, Lincomycins, Macrolides, Sulphonamides, Glycopeptides, Aminoglycosides, and Carbapenems[5].

Antibiotics' mechanisms of action

Depending on the structure of their molecules and the degree to which they attach to particular target locations in bacterial cells, antibiotics function in a variety of ways[1].

How do bacteria become resistant?

The usage of antibiotics promotes the development of antibiotic-resistant bacteria. Antibiotic use eliminates sensitive bacteria while allowing resistant bacteria to grow and proliferate[6]. The overuse and abuse of antibiotics is the main cause of antibiotic resistance. The bacteria that survive are more likely to be resistant due to the selection pressure that drug exposure creates[7]. Additionally, bacteria that were previously susceptible to an antibiotic may become resistant by undergoing genetic mutation or by acquiring DNA fragments from other bacteria that encode for resistance[8].The coding for resistance It is possible to combine DNA into a single, transportable packet. This implies that bacteria can develop resistance to a variety of antimicrobial treatments due to a single piece of DNA[9]. Coliforms are a type of bacterium that can be found in our environment, such as in human faeces, poultry farms, and other warm-blooded animals[15]. The presence of coliform bacteria in the body could signal the presence of disease-causing organisms[16]. As a result, testing for Coliform bacteria can provide a good indication of the presence of other harmful bacteria[15].

Faecal Coliforms and *Escherichia coli*:

E. coli and fecal coliforms are not dangerous in and of themselves, but they can be harmful when found in sewage and animal feces[17]. The symptoms of the disease include headaches, fatigue, cramping, nausea, diarrhea, and sometimes jaundice[18]. Although drug resistance is uncommon in gram-negative bacteria, it was surprising to find that E. coli isolates had it. The World Health Organization has acknowledged that the use of antibiotics in animals causes antibiotic resistance in people, and there is growing worry about the spread of resistant microorganisms down the food chain.

Antibiotics used in poultry production and its effects

Ampicillin, choramphenicol, erythromycin, methicillin, gentamicin, kanamycin, penicillin-G, streptomycin, tetracycline, vancomycin, and other antibiotics are used in poultry production.In chicken production, antibiotic-resistant bacteria include *Escherichia coli*, Salmonella spp., Enterococcus, Streptococcus, Campylobacter, Klebsiellapneumoniae, Staphylococcus aureus, and others. Through the food chain, all of these creatures pose a serious hazard to human health. Urinary tract infection, anaemia, kidney failure, acute gastroenteritis, typhoid fever, gall bladder inflammation, and food illnesses are all caused by them.The World Health Organization has acknowledged that antibiotic usage in animals affects antibiotic resistance in humans, and the spread of resistant microorganisms across the food chain is a growing problem. Because antibiotics are widely used for both therapeutic and non-therapeutic purposes, they have been held accountable for the widespread growth of bacteria that are resistant to them.

Antibiotics are used in both growth promotion and prophylaxis to avoid disease outbreaks. Growth promotion involves adding subtherapeutic doses of antibiotics to animal feed to encourage quicker weight gain[19].Antibiotic-resistant bacteria from chicken farms were enumerated and described in this investigation. We anticipated that a rise in antibiotic resistance among Coliform bacteria would result from the use of antibiotics in poultry feed[20].

MATERIALS AND METHODS

Sample collection

Samples were taken from various poultry farms in the Mysuru area. A total of 30 isolates were obtained from several locations in Mysore district, Karnataka, including Chammanahalli, Vidyanagar, Jyothinagar, Gandhinagar, T.K layout, and teacher's colony. A faeces sample, a litter sample, and a water sample from a fowl chicken were among the samples. For subsequent examination, the materials were kept at room temperature.

Chemicals and media

Hi-Media, Mumbai, India, provided sodium chloride (NaCl), double distilled water, Nutrient Agar, Luria Bertani Broth, Eosin Methylene Blue (EMB) agar, Agar-Agar, *Escherichia coli* identification kit, and antibiotics.

Isolation and identification

From 10^{-1} to 10^{-6}, the obtained samples were serially diluted in 0.85 percent saline solution. On EMB agar plates, the solution was streaked and incubated for 24-48 hours. The diluted samples were streaked on EMB agar plates and incubated for 24 hours at 35 degrees Celsius. For pure cultures on Nutrient Agar, colonies with a metallic sheen were selected and streaked on EMB agar plates. The pure isolates were subcultured on Nutrient Agar slants and stored at 4°C in order to identify E. coli. After being grown in Luria Bertani (LB) broth, the slants were incubated for 24 hours at 35 degrees Celsius before being kept at 4 degrees Celsius for further study.

Antibiotic Resistance Testing:

Antibiotic resistance tests were done on E. coli bacteria isolated from various sources using Nutrient Agar medium and the disc-diffusion method. Ampicillin (10 mcg), Chloramphenicol (30 mcg), Erythromycin (15 mcg), Methicillin (5 mcg), Gentamicin (10 mcg), Kanamycin (30 mcg), Penicillin-G (10 units), Streptomycin (10 mcg), Tetracycline (30 mcg), Vancomycin(30 mcg), Ceftazidime (30 mcg), Ceftizox (30mcg). A disc diffusion method impregnated with a specified concentration of antibiotic was used to aseptically inoculate Nutrient Agar plates with the test organism that was kept in LB broth media. The plates were incubated at 37 degrees Celsius for a full day. After the procedure was completed, the mean diameter of the zone of inhibition and the resistance patterns were noted.

Identification and Characterization of *E.coli*

The bacterial strains were visually identified using Gram's staining (Kit), and they were biochemically characterized using the E. coli Identification Kit (Hi-Media). Pure isolate cultures were aseptically injected and incubated for twenty-four hours at 37°C. Following that, the outcomes were documented in compliance with the company's handbook.

RESULTS

Isolation and Characterization of *E.coli* from faecal sample

All distinct bacterial colonies were picked from various samples and morphologically and biochemically characterized. All of the bacterial cultures were Gram Negative and had a rod shape, according to morphological analysis. Furthermore, all of the bacterial cultures were provisionally identified as *Escherichia coli* based on biochemical and physiological test results.

Antibiotic Susceptibility Test

Antibiotic susceptibility was tested on the isolated bacterial cultures using 20 different antibiotics. Chammanahalli was assigned the number N1 to N4, Vidyanagar was assigned the number N5 to N10, Jyothinagar was assigned the number N11 to N18, Terresian Colony was assigned the number N19 to N22, Teacher's layout was assigned the number N23 to N26, and Ghandhinagar was assigned the number N27 to N30.

The distribution of antibiotic resistance patterns among the isolates was shown in Tables 1 and 2. From various samples, thirty isolates were produced. Methicillin resistance was found in 96.6 percent of isolates, followed by Linezolid (83.3 percent), Tetracycline and Nalidixic acid (73.3 percent), Colistin (70 percent), Penicillin-G (60 percent), Vancomycin (56.6 percent), Erthromycin (50 percent), Kanamycin and Trimethoprim (40 percent), Ampicillin (33.3 percent), Gentamicin (20 percent), Ciprofloxacin, Amikacin, and Ofloxacin (13.3 Ceftizoxime was the only antibiotic that demonstrated sensitivity to all of the isolates (0 percent). N1, N2, N12, and N16 showed resistance to four antibiotics; N3, N6, and N27 showed resistance to five antibiotics; N14 and N15 showed resistance to six antibiotics; N4, N17, N24, N26, N28, N29, and N30 showed resistance to seven antibiotics; N13, N18, and N20 showed resistance to eight antibiotics; N8, N9, N11, and N21 showed resistance to nine antibiotics; N10, N19, and N23

DISCUSSION

Globally, antibiotic resistance is a serious public health issue [21]. The majority of pathogens acquire resistance genes by the horizontal transfer of mobile genetic components like plasmids and transposons, even though mutations contribute to antibiotic resistance[22]. It is increasingly acknowledged that the natural environment contributes to the development of antibiotic resistance in pathogenic bacteria and is a source of antibiotic-resistant bacteria and resistance genes[23]. Therefore, we examined the prevalence of antibiotic resistance in E. coli isolates from chicken farms in Mysuru. Due to the presence of drug residue in foods (which can be the parent compound, compounds derived from the parent drug, or both, including metabolites and residue bound to macromolecules on the one hand[24], and the selection of resistant bacteria in animals on the other), the practice of indiscriminately using antibiotics in poultry animals has detrimental effects on human health[13].

This study offers a clear example of the widespread usage of antimicrobial medications by the majority of chicken farmers in Mysuru, along with the possible repercussions of such practices. Antibiotics can be used for growth promotion, therapy, or prevention. Our investigation revealed that every one of the 30 *E. coli* isolates that were found exhibited a pattern of multidrug resistance (Table 1 and 2). The pattern of resistance meant that E. coli was resistant to the following antibiotics: gentamicin, kanamycin, amikacin, and streptomycin (aminoglycosides); tetracycline, vancomycin (glycopeptide antibiotics); erythromycin (macrolides); ampicillin, penicillin-G, methicillin (penicillin group of drugs); chloramphenicol and tetracycline (potentiated sulphonamide); Cefta Quinolone resistance was found, which is in line with earlier reports of quinolone-resistant E. coli in various places.

The ability of microorganisms to withstand the antibiotic penicillin is referred to as penicillin resistance. Human volunteers have been shown to colonize their intestinal tracts with antibiotic-resistant E. coli from chicken, and there is evidence that animals act as a reservoir for human E. coli, despite the fact that the mechanism by which antibiotic resistance is transmitted from poultry to humans is unknown[25]. By colonizing the human digestive tract and adding resistant genes to the human endogenous flora, resistant fecal *E. coli* from poultry can also infect people directly and indirectly through food also reported the direct transmission of tetracycline, streptomycin, and sulphonamide-resistant E. coli from chicken to poultry attendants [26]. In other locations, chickens have also been linked to antibiotic resistance in people

CONCLUSION

According to the study's findings, a critical evaluation of the use of antimicrobial agents in a chicken farm in Mysuru is necessary, and it is crucial to implement specific policy measures to restrict the use of antimicrobial agents indiscriminately in order to prevent any negative effects on both humans and animals.Finally, the findings of this study suggested that commensal *E. coli* from the study farms could serve as a reservoir for multidrug resistance patterns that could be mobilized into human populations.The implementation of a policy that encourages the prudent use of antimicrobial agents as a crucial part of containing antibiotic resistance requires the rapid development of a strategy and the implementation of the necessary measures. It did, however, highlight the crucial need for antimicrobial medication regulation in chicken production and regular monitoring of antibiotic resistance in developing nations to ensure public health safety.

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Table 1: Antibiotic resistance pattern of *E.coli* from N1 to N15. (R= Resistance)

Sl.no	Antibiotics	Zone of inhibition in(mm)														
		N1	**N2**	**N3**	**N4**	**N5**	**N6**	**N7**	**N8**	**N9**	**N10**	**N11**	**N12**	**N13**	**N14**	**N15**
1.	Ampicillin	19	16	21	20	R	18	R	20	R	R	R	18	R	16	R
2.	Chloramphenicol	26	23	12	22	R	17	19	23	19	20	R	23	20	R	23
3.	Erythromycin	R	R	R	R	R	16	R	12	12	11	R	12	R	15	12
4.	Methicillin	R	R	R	R	R	R	R	R	R	R	R	14	R	R	R
5.	Gentamycin	R	R	12	10	12	15	7	9	R	R	R	R	10	16	10
6.	Kanamycin	16	13	15	12	R	15	R	R	R	R	R	15	R	7	20
7.	Penicillin- G	10	10	10	9	R	8	R	8	R	R	R	10	9	6	R
8.	Streptomycin	12	12	13	14	15	14	13	12	16	13	13	10	R	16	19
9.	Tetracycline	18	17	10	22	R	10	R	R	10	R	R	11	R	R	R
10.	Vancomycin	8	10	9	R	12	9	10	9	9	10	8	5	R	R	8
11.	Ceftazidime	17	22	19	R	9	20	19	18	18	18	20	19	20	10	20
12.	Ceftizoxime	24	25	26	16	20	21	23	24	24	24	22	19	24	21	25
13.	Ofloxacin	21	21	15	15	R	9	7	R	17	11	12	20	19	10	19
14.	Linezolid	14	R	R	R	R	R	R	R	R	R	R	R	R	21	R
15.	Ciprofloxacin	20	30	16	15	R	11	9	R	19	10	13	20	24	9	22
16.	Colistin	R	11	R	R	R	8	R	R	R	R	9	15	10	9	R
17.	Nitrofurantoin	11	16	16	15	13	10	12	13	4	15	16	7	15	12	15
18.	Nalidixic acid	14	19	R	R	R	R	R	R	R	R	14	R	14	R	12
19.	Trimethoprim	24	27	23	25	R	R	25	R	25	25	19	R	19	R	17
20.	Amikacin	15	16	15	16	R	R	R	16	R	R	15	16	15	17	15

Table 2:Antibiotic resistance pattern of *E.coli* from N16 to N20. (R= Resistance)

Sl.no	Antibiotics	Zone of inhibition(mm)														
		N16	**N17**	**N18**	**N19**	**N20**	**N21**	**N22**	**N23**	**N24**	**N25**	**N26**	**N27**	**N28**	**N29**	**N30**
1.	Ampicillin	15	R	R	15	13	15	15	13	14	R	11	16	15	14	13
2.	chloramphenicol	22	7	13	20	15	10	15	20	20	15	12	17	19	15	17
3.	Erthromycin	R	R	R	13	9	R	R	12	10	R	R	12	12	10	11
4.	Methicillin	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
5.	Gentamicin	13	8	9	10	11	11	13	12	11	12	11	12	11	12	12
6.	Kanamycin	16	R	R	R	7	8	7	R	11	R	12	13	12	9	7
7.	Penicillin- G	11	R	R	R	R	R	R	R	R	R	R	9	8	R	R
8.	Streptomycin	19	10	11	11	13	13	13	10	9	10	10	12	12	14	13
9.	Tetracycline	8	R	R	R	R	R	R	R	R	R	R	R	R	R	R
10.	Vancomycin	5	R	R	R	R	R	R	R	R	R	R	R	R	R	R

11.	Ceftazidime	20	14	9	22	20	20	21	24	23	23	22	18	22	20	25
12.	Ceftizoxime	23	25	20	30	24	25	25	29	27	26	27	21	26	25	15
13.	Ofloxacin	19	18	11	18	11	15	R	R	20	18	20	15	18	21	18
14.	Linezolid	R	25	24	R	R	R	R	R	R	R	R	R	R	26	R
15.	Ciprofloxacin	22	16	22	22	15	20	R	R	22	20	20	19	20	27	20
16.	Colistin	8	9	9	R	R	R	R	R	R	R	R	R	R	R	R
17.	Nitrofurantoin	14	14	11	R	12	R	R	17	15	17	17	12	17	15	10
18.	Nalidixic acid	14	R	R	R	R	R	R	R	R	R	13	15	R	R	R
19.	Trimethoprim	R	14	16	R	R	19	R	23	20	R	20	22	R	R	22
20.	Amikacin	15	19	16	19	15	15	11	16	16	16	15	20	14	15	11

Table 3: Biochemical characterization of *E.coli*(ND= Not Done)

Sl.no	Test	N1	N2	N3	N4	N5	N6	N7	N8	N9	N10	N11	N12	N13	N14	N15
1.	Motility	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
2.	Catalase	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
3.	Gas production	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
4.	Methyl Red	ND	ND	ND	+	+	ND	+	+	+	+	+	ND	+	ND	+
5.	VogesProskauer's	ND	ND	ND	-	-	ND	-	-	-	-	-	ND	-	ND	-
6.	Citrate	ND	ND	ND	+	+	ND	+	+	+	+	+	ND	+	ND	+
7.	Indole	ND	ND	ND	-	-	ND	-	-	-	-	-	ND	-	ND	-
8.	Glucorinidase	ND	ND	ND	+	+	ND	+	+	+	+	+	ND	+	ND	+
9.	Nitrate Reduction	ND	ND	ND	+	+	ND	+	+	+	+	+	ND	+	ND	+
10.	ONPG	ND	ND	ND	+	+	ND	+	+	+	+	+	ND	+	ND	+
11.	Lysine utilization	ND	ND	ND	+	+	ND	+	+	+	+	+	ND	+	ND	+
12.	Lactose	ND	ND	ND	+	+	ND	+	+	+	+	+	ND	+	ND	+
13.	Glucose	ND	ND	ND	+	+	ND	+	+	+	+	+	ND	+	ND	+
14.	Sucrose	ND	ND	ND	-	+	ND	-	-	+	+	+	ND	+	ND	-
15.	Sorbitol	ND	ND	ND	-	-	ND	-	-	-	-	-	ND	-	ND	-

Table 4: Biochemical characterization of *E.coli* (ND= Not Done)

Sl.no	Test	N16	N17	N18	N19	N20	N21	N22	N23	N24	N25	N26	N27	N28	N29	N30
1.	Motility	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
2.	Catalase	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
3.	Gas production	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
4.	Methyl Red	ND	+	ND	+	+	+	+	+	ND	+	ND	+	+	+	+
5.	VogesProskauer's	ND	-	ND	-	-	-	-	-	ND	-	ND	-	-	-	-
6.	Citrate	ND	+	ND	+	+	+	+	+	ND	+	ND	+	+	+	+
7.	Indole	ND	-	ND	-	-	-	-	-	ND	-	ND	-	-	-	-
8.	Glucorinidase	ND	+	ND	+	+	+	+	+	ND	+	ND	+	+	+	+
9.	Nitrate reduction	ND	+	ND	+	+	+	+	+	ND	+	ND	+	+	+	+
10.	ONPG	ND	+	ND	+	+	+	+	+	ND	+	ND	+	+	+	+
11.	Lysine utilization	ND	+	ND	+	+	+	+	+	ND	+	ND	+	+	+	+
12.	Lactose	ND	+	ND	+	+	+	+	+	ND	+	ND	+	+	+	+
13.	Glucose	ND	+	ND	+	+	+	+	+	ND	+	ND	+	+	+	+
14.	Sucrose	ND	-	ND	+	+	+	+	+	ND	+	ND	-	-	+	+
15.	Sorbitol	ND	-	ND	-	-	-	-	-	ND	-	ND	-	-	-	-

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Investigating the Role of AMA in Systemic Inflammation: Insights from CRP Levels

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Received: 01 Apr 2025 Revised: 03 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

In Ayurveda, Ama is the toxic byproduct that forms due to the impaired function of Kayagni. When Jatharagni is weak, it fails to completely digest Ahara Rasa, leaving behind an undigested residue. This accumulation of Ama is considered the primary cause of various Vyadhis in the body. Ama is often associated with oxidative stress, a condition characterized by an imbalance between the production of free radicals and the body's ability to neutralize them. In modern biomedical science, free radicals are known contributors to chronic inflammation and are closely linked to the elevation of C-Reactive Protein (CRP), a biomarker for systemic inflammation. This literature review aims to explore the connections between Ama, oxidative stress (via free radicals), and elevated CRP levels, providing a cross-disciplinary understanding of inflammatory mechanisms. To critically analyze existing literature on the correlations between Ama and free radicals, as well as the relationship between free radical-induced oxidative stress and elevated CRP levels, to propose a conceptual model that links these phenomena in the context of systemic inflammation. A comprehensive review of Ayurvedic texts was conducted to elucidate the traditional descriptions of Ama and its role in disease pathogenesis. Concurrently, a systematic review of modern biomedical studies on free radicals, oxidative stress, and their relationship to CRP levels in inflammatory conditions was performed. The focus was on identifying mechanistic overlaps and potential synergies between Ayurvedic and biomedical perspectives on inflammation. The review revealed a significant overlap in the pathophysiological descriptions of Ama and oxidative stress. Ayurvedic descriptions of Ama-induced tissue damage closely parallel the effects of free radicals on cellular structures, particularly through lipid peroxidation, protein oxidation, and DNA damage.

Furthermore, elevated levels of free radicals have been consistently linked to increased production of pro-inflammatory cytokines such as IL-6, which stimulate hepatic synthesis of CRP. Literature on chronic inflammatory diseases, including cardiovascular diseases, arthritis, and metabolic disorders, demonstrates a clear connection between Ama, high free radical activity and elevated CRP levels. The link between Ama and free radicals, along with the known relationship between oxidative stress and higher CRP levels, helps bridge Ayurvedic and modern medical perspectives on inflammation. This integrative approach offers valuable insights into the management of inflammation-related disorders, with potential implications for both Ayurvedic interventions and biomedical treatment strategies. Further research is needed to empirically validate this correlation through interdisciplinary studies.

Keywords: Ama, free radicals, oxidative stress, C-Reactive Protein, systemic inflammation, Ayurveda, biomarkers

INTRODUCTION

Ama

The term *Ama* in Ayurvedic medicine refers to something that is unripe, immature, or incompletely formed. It results from the weakened functioning of *Agni* (digestive fire). *Ama* is characterized by undigested, foul-smelling, excessive, and slimy substances that cause stiffness throughout the body [1-2]. The production of *Ama* is not only caused by overeating but also by consuming foods with certain qualities, such as incompatible combinations (*Viruddha Ahara*), heavy (*Guru*), dry (*Ruksha*), hard to digest (*Vistambhi*), oily (*Snigdha*), or when there is weak digestive power (*Agnimandya*) [3]. The consumption of food when a person is emotionally disturbed by factors like desire (*Kama*), anger (*Krodha*), greed (*Lobha*), delusion (*Moha*), jealousy (*Irshya*), sorrow (*Shoka*), fear (*Bhaya*), shame (*Lajja*), worry (*Chinta*), anxiety (*Mano Udvega*), or mental exhaustion (*Manoglani*) [4] significantly contributes to the formation of *Ama* in the body. *Ama* functions like a toxin (*Visa*), contributing to both localized and systemic disorders. *Acharya Vagbhata*compares *Amavisa*to acute poisoning, emphasizing its potentially life-threatening nature. Since the treatments for *Ama dosha* and *Visa* are fundamentally different, careful consideration is required, as improper management could have severe consequences. *Ama* is an incomplete metabolic byproduct that can clog the body's microchannels (*Srotas*), leading to various complications. It is not a single substance but rather a category of conditions that can affect different levels of biological function.

Free Radicals

Some theories suggest a pathological connection between free radicals and *Ama*, as their properties and manifestations appear to be closely related [5]. Free radicals are unstable molecules, ions, or atoms with an unpaired electron, causing an electrical charge due to an imbalance of protons and electrons. They form when a molecule gains or loses an electron in its outer shell. These reactive molecules are naturally produced during metabolism or through exposure to environmental toxins like polluted air, contaminated food, and water. While free radicals play a role in energy production and immune defense, an excess can damage healthy cells and speed up aging. Other reactive oxygen species, such as superoxide, hydrogen peroxide, and hydroxyl radicals, also contribute to degenerative diseases like cancer and heart attacks [6]. Free radicals play a crucial role in several biological processes, including the intracellular killing of bacteria by phagocytic cells such as granulocytes and macrophages. Molecules like superoxide and nitric oxide, along with their reaction products, are involved in regulating various processes, including the control of vascular tone and blood pressure. Additionally, free radicals are important in the intermediary metabolism of different biological compounds. These radicals can even act as messengers in a process known as redox reactions [7]. Oxygen and hydrogen peroxide are oxidants that serve as effective bactericidal agents when combined with neutrophils [8].

Inflammation

Inflammation is defined as a protective response of vascularized tissues to harmful stimuli, such as infections, toxins, or trauma, with the aim of eliminating the injurious agents and initiating tissue repair. The process involves a complex interplay of immune cells, chemical mediators, and plasma-derived factors. While acute inflammation is beneficial, persistent or dysregulated inflammation can lead to tissue damage and chronic disease [9,11]. Free radicals, particularly reactive oxygen species (ROS), play a critical role in initiating and sustaining inflammation, closely linked to elevated C-reactive protein (CRP) levels. ROS, including superoxide anion (O_2^-), hydrogen peroxide (H_2O_2), and hydroxyl radicals (•OH), are generated as natural by-products of cellular metabolism, especially within mitochondria. Under normal physiological conditions, antioxidant systems neutralize ROS to maintain homeostasis. However, oxidative stress arises when ROS production overwhelms these defenses, resulting in lipid peroxidation, protein damage, and DNA mutations [11].

Oxidative stress triggers damage that activates pro-inflammatory signaling pathways. One major mechanism is the activation of nuclear factor-kappa B (NF-κB), a transcription factor that controls genes linked to inflammation. NF-κB stimulates the production of pro-inflammatory cytokines like interleukin-6 (IL-6), tumor necrosis factor-alpha (TNF-α), and interleukin-1 beta (IL-1β), which work together to intensify the inflammatory response [9]. IL-6 plays a key role in this process by stimulating hepatocytes to produce CRP, an acute-phase reactant. CRP not only serves as a marker of systemic inflammation but also actively contributes to immune defense by facilitating complement activation and phagocytosis (Robinson, 2021). Furthermore, inflammatory cells like neutrophils and macrophages, once activated, produce additional reactive oxygen species (ROS) through enzymatic pathways such as NADPH oxidase, creating a continuous cycle of oxidative stress and inflammation [9].

Persistent oxidative damage and inflammation contribute to the pathogenesis of chronic diseases, including atherosclerosis, diabetes, and rheumatoid arthritis. Hutchison's *Clinical Methods* highlights that endothelial dysfunction, a hallmark of chronic inflammation, is exacerbated by this ROS-inflammation-CRP axis [10]. Similarly, Robinson's *Pathology for Health Professions* underscores the role of ROS in causing cellular injury and promoting fibrosis, which can lead to organ dysfunction in chronic inflammatory states [11].

C-Reactive Protien (Crp) [12]

C-reactive protein (CRP) is an acute-phase reactant primarily produced by the liver in response to inflammation, infection, and tissue injury. It plays a crucial role in diagnosing and monitoring systemic inflammation, making it a valuable biomarker in modern medicine (Godkar, 2022).

Structure and Function

CRP is a pentameric protein belonging to the pentraxin family. It binds to phosphocholine residues present on damaged cells and microbial surfaces, thereby triggering complement activation and immune response (Godkar, 2022). This mechanism facilitates phagocytosis and clearance of pathogens by the immune system.

CRP and Inflammation

The synthesis of CRP is primarily stimulated by pro-inflammatory cytokines, particularly interleukin-6 (IL-6) and tumor necrosis factor-alpha (TNF-α), which are released during infection, trauma, and chronic inflammatory conditions. CRP levels begin to rise within 6–8 hours of an inflammatory trigger, peak at 48 hours, and decline as the inflammation resolves. Due to this rapid response, CRP is a reliable biomarker for acute and chronic inflammation (Godkar, 2022).

Clinical Significance

CRP is commonly utilized in clinical settings to detect and track the progression of inflammatory diseases, including: Cardiovascular diseases (CVD): High-sensitivity CRP (hs-CRP) serves as an early indicator of atherosclerosis, heart attacks, and strokes.

Autoimmune disorders
Conditions such as rheumatoid arthritis, lupus, and inflammatory bowel disease are associated with elevated CRP levels.

Infections
Bacterial infections, pneumonia, and sepsis cause a significant increase in CRP, distinguishing them from viral infections, which generally show lower CRP levels.

Metabolic disorders
Elevated CRP is linked to obesity, insulin resistance, and type 2 diabetes, emphasizing its role in chronic low-grade inflammation (Godkar, 2022).

CRP as a Diagnostic Tool
CRP measurement is performed through blood tests, and its levels are classified as follows (Godkar, 2022):
<1 mg/L – Low risk of inflammation or cardiovascular disease
1–3 mg/L – Moderate risk
>3 mg/L – High risk of chronic inflammation or cardiovascular disease
>10 mg/L – Suggests acute infection or severe inflammation requiring further evaluation

CRP is a key biomarker of inflammation and an important component of modern diagnostics. Its ability to identify and track inflammatory conditions makes it valuable in integrative medicine, including Ayurvedic studies on Ama and systemic inflammation.

AMA and CRP
Pathophysiological Parallels in Chronic Inflammation
Formation
Ama, according to Ayurvedic principles, is produced due to impaired digestion (Mandagni), leading to the accumulation of metabolic waste that the body cannot eliminate efficiently. This results in a toxic buildup that contributes to systemic inflammation. Similarly, C-reactive protein (CRP) is an acute-phase reactant produced by the liver in response to inflammatory cytokines like IL-6 and TNF-α, which are released during tissue damage. While Ama forms due to digestive dysfunction, CRP is a consequence of inflammatory responses.

Impact
Both Ama and CRP play significant roles in chronic inflammation and contribute to systemic issues such as oxidative stress, immune dysregulation, and metabolic disturbances. Ama, when accumulated in the body, exacerbates chronic diseases by perpetuating inflammation and toxicity. CRP, as a biomarker of inflammation, can signal the presence of chronic inflammatory conditions such as cardiovascular diseases, autoimmune disorders, and metabolic disorders. Elevated levels of CRP correlate with the degree of inflammation, making it a useful tool for monitoring chronic inflammation linked to Ama-like processes in the body.

Site of Action
Ama typically accumulates in weakened tissues, known as Khavaigunya, which leads to localized disease manifestation. In the same manner, CRP localizes at sites of inflammation, where it can further amplify tissue injury. In both cases, the inflammatory process is aggravated, leading to the progression of chronic diseases.

Mechanistic Insights
Molecular Mechanisms
Ama induces systemic inflammation through the activation of pro-inflammatory cytokines, oxidative stress, and mitochondrial dysfunction, mirroring the inflammatory pathways that elevate CRP levels. CRP, produced in response to these inflammatory signals, activates macrophages, impairs endothelial function, and amplifies immune

responses, contributing to chronic disease progression. Thus, both Ama and CRP are involved in a feedback loop that exacerbates inflammation and promotes disease.

Role in Chronic Diseases

Ama's role in conditions such as rheumatoid arthritis, irritable bowel syndrome, and cardiovascular diseases parallels the role of CRP in diseases such as cardiovascular diseases, diabetes, and autoimmune disorders. CRP levels are often elevated in these chronic conditions, making it a reliable marker to monitor the severity of inflammation, which could also reflect the presence of Ama in the body.

Ayurvedic References and CRP as a Tool for Investigating AMA

The Charaka Samhita identifies Ama as a primary cause of various diseases, arising from impaired digestion and metabolic imbalance (Ch. Vi. 2/8). This concept helps explain the widespread impact of accumulated toxins on the body. CRP, being a marker of inflammation, can be used as a modern diagnostic tool to investigate the systemic effects of Ama. Sushruta Samhita emphasizes the obstruction of Srotas (bodily channels) by Ama, leading to inflammation and disease manifestation (Su. Su. 21/25). Similarly, CRP levels can reflect the extent of inflammation caused by such obstructions in modern clinical settings, offering insight into the presence and severity of Ama.

Ashtanga Hridaya links Ama to doshic imbalances and highlights the role of digestive fire (Agni) in maintaining homeostasis (A.H. Su. 13/25). Monitoring CRP levels can act as an indirect measure of the body's inflammatory state, which is often linked to improper digestion and metabolic dysfunction—central to the pathophysiology of Ama. Madhava Nidana Describes Ama as a key factor in the pathogenesis of diseases, particularly in chronic conditions like Amavata (rheumatoid arthritis) (M.N. 25/1-3). The text explains how Ama interacts with Vata, leading to joint inflammation and systemic disturbances. CRP, as a marker of inflammation, can be used in modern diagnostics to assess the severity of Ama-induced inflammatory conditions.

Bhavaprakasha States that Ama obstructs microchannels (Srotorodha), leading to impaired circulation and accumulation of toxins, which aggravate inflammatory processes (Bh. Ni. 5/48-50). Elevated CRP levels can serve as a clinical indicator of inflammatory blockages similar to Ama-induced Srotorodha, helping to assess disease progression. Sharangadhara Samhita Describes Ama as a product of weak digestive fire (Mandagni) and links it to metabolic disorders, sluggish circulation, and the formation of inflammatory deposits (Sha. Pu. 5/52). CRP can be monitored to investigate metabolic inflammation, particularly in conditions like diabetes, obesity, and cardiovascular diseases, where Ama is a contributing factor.

Kashyapa Samhita Mentions the role of Ama in pediatric disorders (Kaumarabhritya) and its impact on immunity (K.S. Kh. 3/16). Conditions like recurrent infections and autoimmune responses in children are linked to Ama accumulation. CRP can serve as an objective marker to investigate immune dysfunction associated with Ama in both pediatric and adult populations.

Rasaratna Samuchchaya Explains that Ama leads to the accumulation of free radicals and oxidative stress, causing premature aging and chronic diseases (R.R.S. 8/9-10). In modern medicine, CRP is used to assess oxidative stress-related inflammation, providing a biochemical correlate to the Ayurvedic understanding of Ama's impact on aging and disease. Bhela Samhita The text explains the connection between Ama and chronic systemic disorders, highlighting that if left untreated, it can develop into "Dhatugata Ama," affecting deeper tissues and contributing to conditions like autoimmune diseases (B.S. Ch. 13/6). CRP serves as a key indicator for tracking the advancement of disease and the severity of systemic inflammation.

Vagbhatta's Ashtanga Sangraha Highlights that chronic Ama accumulation weakens Ojas (immunity), making the body susceptible to infections and inflammatory diseases (A.S. Su. 12/20). In modern medicine, elevated CRP is a well-established marker of immune dysfunction and chronic inflammatory states, reinforcing the Ayurvedic understanding of Ama's role in immunity. Harita Samhita Describes how Ama weakens digestion (Jatharagni) and

cellular metabolism (Dhatvagni), leading to chronic inflammatory conditions (Ha. Sa. 3/12-14). This is similar to how elevated CRP indicates persistent low-grade inflammation in conditions like metabolic syndrome and autoimmune disorders. Monitoring CRP levels can provide insights into the systemic effects of Ama-induced metabolic dysfunction. Yogaratnakara Mentions that Ama obstructs Pranavaha Srotas (respiratory channels), contributing to conditions like bronchitis and asthma (Yo. Ra. 2/8-10). Modern studies associate elevated CRP with chronic respiratory diseases, including COPD and asthma. CRP can serve as a useful biomarker to assess Ama-related inflammatory responses in respiratory disorders.

Therapeutic Insights

Ayurvedic Approaches

Ayurveda recommends interventions like Langhana (fasting), Dipana (digestive stimulants), Pachana (detoxification), Srotoshodhana (channel cleansing), and herbal formulations (e.g., Triphala, Guduchi, Haritaki) to mitigate the toxic effects of Ama. Dietary changes and lifestyle interventions (such as Yoga and Pranayama) help balance systemic inflammation, which is a key aspect of both Ama and CRP-mediated conditions. These approaches can be integrated with modern medical treatments to lower CRP levels, helping to investigate and manage Ama-related inflammation.

Modern Medical Interventions

Antioxidants (vitamin C, E), anti-inflammatory drugs (NSAIDs, corticosteroids), and immunomodulatory therapies are often used to reduce CRP levels. Integrating these therapies with Ayurvedic practices could offer a holistic approach to reducing systemic inflammation caused by Ama.

CONCLUSION

The review of Ama in Ayurvedic medicine and its connection to oxidative stress, free radicals, and C-Reactive Protein (CRP) provides an integrative framework for understanding systemic inflammation. Ama, as a metabolic byproduct of impaired digestion and weakened Agni, parallels the biochemical process of oxidative stress and free radical generation in modern medicine. The accumulated Ama, through its effects on the body's microchannels (Srotas), promotes chronic inflammation, which is also reflected in elevated CRP levels. The link between Ama and CRP is significant in the context of chronic diseases such as cardiovascular disorders, autoimmune conditions, and metabolic disorders, where both Ayurvedic and biomedical approaches can offer complementary insights. Elevated CRP levels, recognized as a reliable biomarker of inflammation, offer a modern diagnostic tool that aligns with the traditional Ayurvedic concept of Ama as a root cause of disease. This integration highlights the relevance of Ayurvedic principles in understanding the systemic impacts of inflammation, especially in conditions that involve metabolic dysfunction, immune dysregulation, and chronic disease progression.

Furthermore, this review emphasizes the potential for a holistic approach to managing inflammation, drawing from both Ayurvedic treatments (such as detoxification, digestive support, and herbal remedies) and modern medical therapies (including antioxidants, anti-inflammatory drugs, and immunomodulatory treatments). The empirical validation of these interdisciplinary connections could lead to more effective therapeutic strategies for managing inflammation-related disorders. Future research is necessary to explore these links further through clinical studies that incorporate both Ayurvedic and biomedical diagnostic tools. Such studies could enhance our understanding of systemic inflammation and its management, bridging traditional and modern medical practices for comprehensive healthcare solutions.

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Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Circular Economy in Agriculture: Reducing Waste, Enhancing Sustainability

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Received: 16 May 2025 Revised: 18 Jun 2025 Accepted: 09 Jul 2025

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ABSTRACT

The circular economy offers a transformative model for enhancing sustainability within the agricultural sector by promoting resource efficiency and waste reduction. This review paper examines how circular economy principles can address current challenges in traditional agriculture, such as resource depletion and excessive waste. It defines and explains circular economy principle., emphasizing its relevance and potential to reshape agricultural practices. The concept of circular economy in agriculture is explored through an overview of waste minimization strategies, recycling, and closed-loop systems, with specific focus on recycling organic waste, water reuse, and nutrient cycling for better soil health. The paper includes practical approaches for reducing waste, involving strategies for managing crop and food waste through composting and anaerobic digestion, innovations in converting residues to valuable products, and the use of biodegradable packaging. It further discusses enhancing sustainability through integrated agroecological practices, adoption of renewable energy solutions like biogas, and efficient resource conservation methods such as water-saving irrigation. The economic and environmental benefits are highlighted, noting cost savings for farmers, new economic opportunities, reduced greenhouse gas emissions, and improved biodiversity. The review concludes by emphasizing the importance of adopting

circular economy strategies to promote resilient and sustainable agricultural systems, thereby contributing to broader environmental and economic sustainability. This paper seeks to provide insights into the pathways through which agriculture can transition from traditional linear models to circular, regenerative practices that strengthen food security and ecological balance.

Keywords: Circular economy, Sustainable agriculture, Waste reduction, Nutrient cycling, Agroecological practices.

INTRODUCTION

Circular economy, a divergence from the traditional linear model is a global approach to production, consumption and regeneration for sustainability. It aims at protecting the environment by reducing greenhouse emissions contributing to ecological restoration, creating efficient, long lasting and sustainable products, reducing raw material dependence. Thus, the principles of circular economy are referred to as 3R's - reduce, reuse and recycle. Unlike the linear model which focussed on take-make-consume- throw away the circular model is a sustainable approach to economic development for a resilient future. The circular economy's role in promoting sustainability is by tackling several key areas such as conservation of resources by removing waste and maximizing the duration of products and protecting ecosystems and biodiversity; reduction of waste and preventing pollution by designing products for reuse, repair and recycling thus decreasing the waste sent to landfills, reducing air, water and soil pollution; in climate change mitigation by helping the reduction of carbon emissions, using renewable sources to power recycling; stimulating innovations and create jobs in industries like recycling, repair, and remanufacturing thus contributing to the economic growth (Vargas-Merino *et al,* 2022). Circular economy proposes a promising approach to address the challenges in traditional agriculture. Climate change, waste generation and resource depletion are the major challenges in traditional agriculture. The overuse of chemical fertilizers, pesticides, inefficient irrigation techniques and poor farming practices lead to soil erosion, water scarcity, nutrient depletion, and loss of fertility which affects the crop yield, polluting water bodies and harms biodiversity by depleting the resources. Inefficient harvesting, storage, and distribution practices result in significant food loss and waste. Some of the climate changes such as drought, flood, heat waves disrupt crop production. Thus by sustainable resource management, waste reduction and nutrient recovery and climate change mitigation circular economy could transform agriculture into a sustainable and resilient system that benefits both people and the planet (Knäble *et al.,* 2022). Sustainable resource management includes agro forestry and organic farming methods where planting trees and shrubs in the farming systems helps in improving soil health, water retention, and crop rotation and composting respectively. Waste reduction involves composting where waste products are converted into nutrient rich compost to improve soil fertility, recycling of nutrients from wastewater and animal waste for resource efficiency and production of biogas by anaerobic digestion to obtain nutrient rich digestate for fertilizer. Agroforestry, usage of solar, wind, biomass energy, drought tolerant plants and efficient irrigation systems are few methods for climate change mitigation (Fahad *et al*, 2022).

Core elements of circular agricultural systems

A viable approach to waste management and the creation of renewable energy, biogas production is essential to the circular economy. Biogas can be used for heating, cooking, and industrial processes, reducing reliance on fossil fuels. Animal manure, agricultural wastes, and food waste are examples of organic waste products that biogas plants use as feedstock. By keeping waste out of landfills, this lowers methane emissions and keeps the environment clean. Industries can also contribute to biogas production by processing their organic by products, creating a closed-loop system for waste management. Biogas, a combination of carbon dioxide and methane, is produced when organic matter is broken down by the anaerobic digestion process. Biogas can be burned in engines to generate electricity, providing a clean and renewable energy source. Biomethane, a form of biogas, is used as vehicle fuel, reducing greenhouse gas emissions from transportation. Digestate, the byproduct of producing biogas, is an organic fertilizer that is high in nutrients (Mignogna *et al,* 2023). This digestate can be applied to agricultural fields, improving fertility

of the soil and reducing the dependence on synthetic fertilizers. Composting on the other hand plays a pivotal role in averting organic waste from landfills and transforming it into a useful resource for sustainable agriculture. By keeping organic waste out of landfills, such as food scraps, yard debris, and agricultural leftovers, it lowers the amount of waste that needs to be disposed of. By doing this composting reduces the greenhouse emissions and prevents the release of methane. Compost enriches the soil by essential nutrients like nitrogen, phosphorus, and potassium and also improves soil structure, water retention, and aeration, creating a healthier background for plant growth and substitute the use of chemical fertilizers. Water reuse and efficient irrigation methods are crucial components of a circular economy, particularly in regions facing water scarcity. Wastewater, after treatment processes, can be safely reused for various purposes, such as to irrigate crops, reducing the demand for freshwater resources, as coolant in industries etc. Water from households, can be collected and treated for reuse in toilets or for outdoor irrigation. Some of the efficient irrigation methods such as drip irrigation, sprinkler irrigation, surface irrigation is used for a beneficial circular economy. Thus, we can reduce the demand for freshwater resources and protect water bodies, reduce pollution from wastewater discharge and minimize the environmental impact of agriculture, improve crop yields and quality, enhance food security and cost saving for farmers (Fernandes & Cunha Marques, 2023). Nutrient cycling and soil health management are fundamental to a circular economy, ensuring sustainable agriculture and minimizing environmental impact. Recovering nutrients from organic waste, wastewater, and crop residues minimize nutrient losses whereas nutrient recycling returns the nutrients to the soil as compost, manure and biochar. Soil organic matter is managed by planting crops to protect soil, prevent erosion, and add organic matter, using organic materials to cover the soil, reducing evaporation, suppressing weeds, and adding organic matter, by minimizing soil disturbance to preserve soil structure and microbial activity. Nutrient recycling and soil health management helps in improving soil fertility, enhancing water retention, helps in carbon storage and reduces the dependence on synthetic fertilizers (Cucina, M. 2023).

Reducing waste through circular economy approaches

Organic waste management

An essential component of a circular economy is the treatment of organic waste. It entails the sustainable handling of organic waste, such as leftover food, yard waste, and agricultural residues. By effectively managing organic waste, we can reduce environmental impact, conserve resources, and generate valuable products. Some of key strategies for organic waste treatment in a circular economy are composting such as home and industrial composting, anaerobic digestion including production of biogas and digestate production. Home composting is a simple process of breaking down organic matter into nutrient-rich compost using a compost bin or pile while industrial composting is large-scale composting which processes significant amounts of organic waste, often using specialized equipment and techniques Certain types of food waste, like fruit and vegetable scraps, can be sort out into animal feed. Biofuels like ethanol and biodiesel can be produced from food waste and crop residues.
(Masullo, A. 2017).

Post-harvest loss prevention

Post-harvest loss is a critical challenge in agriculture, affecting both economic stability and food security. Integrating circular economy approaches helps mitigate this issue by applying innovative technological and management solutions to minimize food loss during the harvesting, storage, and transport phases (Sonka et al, 2023; Hamam et al, 2021). In developing countries, high post-harvest loss levels persist, harming smallholder farmers' well-being, food security, and the environment. Despite the availability of effective, user-friendly technologies that require basic skills, post-harvest loss remains a challenge. Analyses of pilot projects consistently show that these technologies can yield substantial economic benefits. Technologies such as precision agriculture tools, smart storage systems, and real-time monitoring sensors have transformed the landscape of post-harvest management. Smart farming promotes advanced technology to enable remote crop monitoring and optimize agricultural tasks like harvesting. The integration of sensors and automation has enhanced workforce efficiency and transformed traditional practices through IoT (Internet of Things), revolutionizing modern agriculture and shifting conventional methods to automated systems for better productivity (Quy et al, 2022). Precision agriculture utilizes data analytics and IoT devices to optimize harvest timing and reduce spoilage risks. For example, automated machinery equipped with AI algorithms ensures crops are

harvested at their peak quality, thus minimizing premature or late harvesting that contributes to loss (Dhanaraju *et al,* 2022). Effective storage systems play a crucial role in post-harvest loss prevention. Drying and cooling are common storage methods for horticultural products (Hasan *et al,* 2019). While drying affects taste, color, and texture, cooling preserves freshness without deterioration. Post-harvest, fruits and vegetables quickly begin to rot, forcing farmers to sell at lower prices due to limited personal storage options. Conventional cold-storage systems require substantial energy, making them less feasible for small farms, especially in developing countries. Rural communities face higher food losses and susceptibility to climate disruptions resulting from inadequate cold storage infrastructure. Centralized storage facilities further raise transportation costs for producers. Modern storage facilities equipped with temperature and humidity control mechanisms can significantly extend the shelf life of perishable products. Innovations like solar-powered cold storage units are particularly beneficial in regions lacking consistent electricity access. In addition, hermetic storage bags designed to inhibit fungal growth and pest infestation have shown promise in reducing grain losses during extended storage periods (Waseem *et al,* 2023). Digital technologies are increasingly vital in the food supply chain, especially for grain post-harvest systems. Digitalization enhances food production, quality, safety, and environmental impact, driving efficiency. It also adds value to rural activities by improving operations, flow management, and governance, making it an essential tool for modern agribusiness (Klingenberg *et al,* 2024). Management strategies also emphasize the importance of training farmers in post-harvest handling and efficient transport practices. By adopting simple measures such as improved packaging, cushioning, and rapid transportation, damage during transit can be minimized. Digital platforms that connect farmers directly to markets help streamline the supply chain, reduce delays, and prevent loss (Schmidt *et al,* 2024).

Reduction of Packaging Waste

Reusable and biodegradable packaging materials present viable substitutes for conventional plastic packaging, cutting down on waste and protecting the environment. While paper is frequently used for packaging and can be recycled or composted, plant-based polymers made from renewable resources like corn, sugarcane, or potato starch can decompose naturally. Seaweed and mushroom mycelium are special materials that can be shaped into a variety of sizes and forms. They are biodegradable and sustainable and can be used to make trays and packing films (Zhu *et al.,* 2022).

Enhancing sustainability in agricultural practices

Sustainable farming techniques

The integration of agroecological principles with circular economy strategies are essential to enhancing sustainability in agricultural systems. Agroecology emphasizes biodiversity, ecological balance, and resource conservation, aligning seamlessly with circular economy's fundamental waste reduction principles and regeneration. Combining these practices can help establish closed-loop agricultural systems that enhance productivity while maintaining ecological integrity (Hamam *et al,* 2021). A prominent example is the practice of crop rotation and intercropping to enhance soil health and minimize synthetic fertilizer dependency. These practices ensure a natural cycle of nutrient replenishment, effectively reducing waste and input costs. Integrating livestock and crop production allows farms to recycle organic waste such as manure, which can be converted into natural fertilizers or biogas, demonstrating a closed-cycle system (Peterson *et al,* 2020).

Energy solutions

Renewable energy adoption is a fundamental aspect of circular economy in agriculture. The use of solar panels and biogas generation from agricultural waste not only lowers the carbon footprint but also ensures energy resilience for farmers. Solar power systems are increasingly being used for irrigation, storage, and processing activities. The utilization of solar pumps for irrigation, helps farmers achieve water efficiency and reduces dependency on non-renewable energy sources (Bathaei *et al,* 2023). Biogas production from organic waste, including crop residues and animal manure, provides an effective energy solution while managing waste disposal challenges. This process involves anaerobic digestion, where microbes break down organic material to produce biogas, suitable for generating electricity or serving as cooking fuel. The byproduct, digestate, serves as high-quality organic fertilizer, enhancing soil health and closing the nutrient cycle (Heiker *et al* 2021). Energy-efficient technologies also contribute significantly

to sustainability. For example, the use of LED lighting and solar dryers in greenhouse farming reduces energy consumption and improves the quality of produce. Such practices highlight the potential of a circular economy to make agriculture more environmentally and economically viable (Battocchio *et al,* 2021).

Resource conservation

Efficient water management and sustainable land use are crucial components of a circular economy. Water scarcity is a critical issue in agriculture, and the circular economy offers innovative solutions to overcome it. Water-efficient irrigation techniques, such as drip and sprinkler systems, can significantly reduce water usage compared to traditional methods. Drip irrigation, which delivers water directly to the root zone, minimizes evaporation and runoff, thereby conserving water resources (Guo *et al,* 2024). Rainwater harvesting systems capture and store rainwater for irrigation and other agricultural uses, providing an alternative water source during dry periods. This practice reduces dependency on groundwater and enhances the resilience of farming systems (Waqas *et al*, 2022; Rodrigues *et al,* 2023). Sustainable land use involves practices that prevent degradation and promote the long-term productivity of soil. Techniques like no-till farming and cover cropping improve soil structure and organic matter, preventing erosion and nutrient depletion. Agroforestry, where trees and shrubs are integrated with crops and livestock, supports biodiversity and contributes to carbon sequestration, reinforcing the environmental benefits of circular economy (Bhattacharya *et al.,* 2015; Bunclark *et al.,* 2018).

Economic and environmental benefits

Economic advantages for farmers and communities

Circular economy creates new economic opportunities through the development of bio-based products. Processing agricultural by-products into value-added goods, such as biofuels, bioplastics, and natural fertilizers, diversifies income streams and strengthens rural economies. For example, farmers involved in biogas production can generate revenue by selling excess energy and organic fertilizer (Otero *et al,* 2023). Cost savings achieved through waste reduction and resource reuse contribute to better financial outcomes for farmers. For example, by using crop residues as animal feed or converting them into compost, the need for external resources is minimized, resulting in lower operational costs (Rodino *et al,* 2023). Circular economy practices can also empower communities by promoting local innovation and knowledge-sharing networks. Training programs and cooperative models enable farmers to collectively invest in technologies that enhance productivity and sustainability. This communal approach not only spreads the initial cost burden but also encourages shared success (Otero *et al,* 2023).

Environmental impact

A circular economy in agriculture offers substantial environmental benefits, particularly in lowering greenhouse gas emissions. Recycling organic waste through methods like composting or anaerobic digestion helps reduce methane emissions associated with the decomposition of agricultural residues. Reduced reliance on synthetic fertilizers and pesticides helps lower the carbon footprint of farming operations (Toplicean *et al,* 2024). Improved soil health and biodiversity are other notable environmental outcomes of a circular economy. Practices such as organic fertilization, crop rotation, and agroforestry promote a more balanced ecosystem, enhancing natural pest control and pollination processes. These practices also contribute to soil carbon sequestration, which is essential for mitigating climate change (Fahad *et al*, 2022; Tindwa *et al,* 2024). The adoption of sustainable farming techniques under circular economy principles enhances ecosystem services, such as water filtration and habitat preservation. These positive impacts create a cycle where healthier ecosystem support more robust agricultural practices, further integrating sustainability into food production (Jayaraman *et al,* 2021; Rodino *et al,* 2023).

CONCLUSION

The integration of circular economy principles into agriculture represents a transformative approach to promoting sustainability by shifting from linear consumption patterns to regenerative, closed-loop systems. Emphasizing waste minimization, resource efficiency, and innovative recycling practices, circular economy in agriculture mitigates

significant challenges such as resource depletion and excessive waste. Implementing circular economy strategies, such as composting, biogas production, water reuse, and nutrient cycling, promotes environmental resilience and enhances soil health. Technological solutions aimed at reducing post-harvest loss and sustainable packaging practices further highlight the potential for reducing waste across the supply chain. By adopting agroecological methods and renewable energy solutions, agricultural practices can be redefined to increase productivity while conserving resources and protecting biodiversity. The economic benefits include cost savings, new revenue streams through bio-based products, and community empowerment. Collectively, adopting circular economy practices can lead to reduced greenhouse gas emissions, sustainable land use, and a revitalized agricultural sector poised for long-term environmental and economic stability.

ACKNOWLEDGMENT

The authors would like to express their sincere gratitude to the organizers of the International Conference on "Circular Economy and Artificial Intelligence for a Sustainable Future," held on December 2nd and 3rd, 2024. The conference was jointly organized by JAIN (Deemed-to-be University), in collaboration with Cape Peninsula University of Technology, South Africa, and Ulster University, U.K.

Conflicts of Interest

The authors declare no conflicts of interest

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Report of the Clouded Ground Gecko *Geckoella nebulosus* from Chikhaldara, Melghat Tiger Reserve, Maharashtra

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Received: 08 May 2025 Revised: 19 May 2025 Accepted: 23 Jun 2025

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ABSTRACT

This manuscript reports the confirmed sighting of the Clouded Ground Gecko (*Geckoella nebulosus*) also known as *Cyrtodactylus nebulosus* from Chikhaldara, located in Amravati District, Maharashtra. Notably, *Geckoella nebulosus* has not been previously documented in the checklist of the Melghat Tiger Reserve, making this observation a significant contribution to the biodiversity records of the region. The species, considered rare in this area, underscores the need for further ecological surveys and documentation to better understand its distribution and conservation status within the Melghat landscape.

Keywords: *Geckoella nebulosus,* Chikhaldara, Melghat Tiger Reserve

INTRODUCTION

Geckoella nebulosus, commonly known as Clouded Ground Gecko (Das I. 1997), is a species of gecko found in India. It was originally described by Beddome (1870) as *Gymnodactylus nebulosus* from Golconda Hills, Andhra Pradesh. The presence of this gecko species was also documented by Agrawal (2007) in Seoni District, Madhya Pradesh, further substantiating its occurrence near Maharashtra. Additionally, it was recently reported in Jharkhand (erstwhile Bihar) by Murthy and Dasgupta (2010). This report documents the observation of Clouded Ground Gecko *Geckoella nebulosus* from Chikhaldara, District Amravati, Maharashtra. On 08 July 2012 at 07.30 PM, a specimen of *Geckoella nebulosus* was observed at the base of a Mango Tree *Mangifera indica* in the coffee plantations of Chikhaldara, district

Amravati. The specimen measured approximately 4.5 cm in length. The animal was photographed using a Kodak Digital Compact camera and was not collected.

Observation area

Chikhaldara is the only hill station in the Vidarbha region of Maharashtra, located in close proximity to the renowned Melghat Tiger Reserve, one of India's major tiger reserves. The Clouded Ground Gecko (*Geckoella nebulosus*), a species of considerable ecological interest, has not been previously documented in the faunal checklist of Melghat Tiger Reserve. Chikhaldara town is situated on a plateau at an altitude of 1,118 meters above sea level (MSL), with its highest point, Vairatdevi, reaching 1,188 MSL. The forest type in Chikhaldara taluka is predominantly dry deciduous; however, the plateau region exhibits a diverse range of vegetation. The eastern and western sections of the plateau are characterized by extensive grasslands interspersed with patches of deciduous trees, providing a unique habitat mosaic. Notably, the northern part of the plateau,where this observation was made, Maharashtra's oldest coffee plantations, which are dominated by trees like Nilgiri(*Eucalyptus sp.)*, Silver oak (*Grevillea* sp.), Mango (*Mangifera indica)*, Kadhipatta (*Murraya koenigii)* and Kumbhi (*Careya arborea), etc.*further adding to the ecological and historical significance of the region.

DISCUSSION

This species has been previously documented in various locations across Peninsular India, including George Hill Godavari, Russelkonda, and Nelamba in the Madras Presidency (Smith 1935 and Tikader& Sharma 1992). Additional reports have been made from Peninsular India (Annandale 1913), Barbara Reserve Forest in Puri District, Orissa (Dutta 1997), and regions of India south of 20°, as well as Ceylon (Boulenger 1890). In Maharashtra, the Clouded Ground Gecko (*Geckoella nebulosus*) has previously been documented in Wardha District (India Biodiversity Portal, http://indiabiodiversity.org/observation/show/318182, accessed on 18 January 2025). It has also been photographed in MTR by AkshayKhandekar in 2015(https://www.indianreptiles.org/cyrtodactylus-nebulosus accessed on 18 January 2025) ; but as MTR is around 2765sq kms (https://en.wikipedia.org/wiki/Melghataccessed on 18 January 2025) and the study are is also an entirely different vegetation, this observation makes significance in itself. This highlights the rarity of its sighting in Chikhaldara and underscores the significance of the current observation as an important addition to the known distribution of this species within the state.

ACKNOWLEDGEMENT

The author expresses gratitude to Catholic Mission Chikhaldara for granting permission and providing cooperation during visits to coffee plantations. The author also extends appreciation to Mr. Anton Taide, a local resident, for his assistance in conducting searches and for his hospitality.

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(1)

(2)

(3)

Fig.1, 2, 3:TheClouded Ground Gecko (*Geckoella nebulosus)* from Chikhaldara, Dist. AmaravatiMaharashtra.

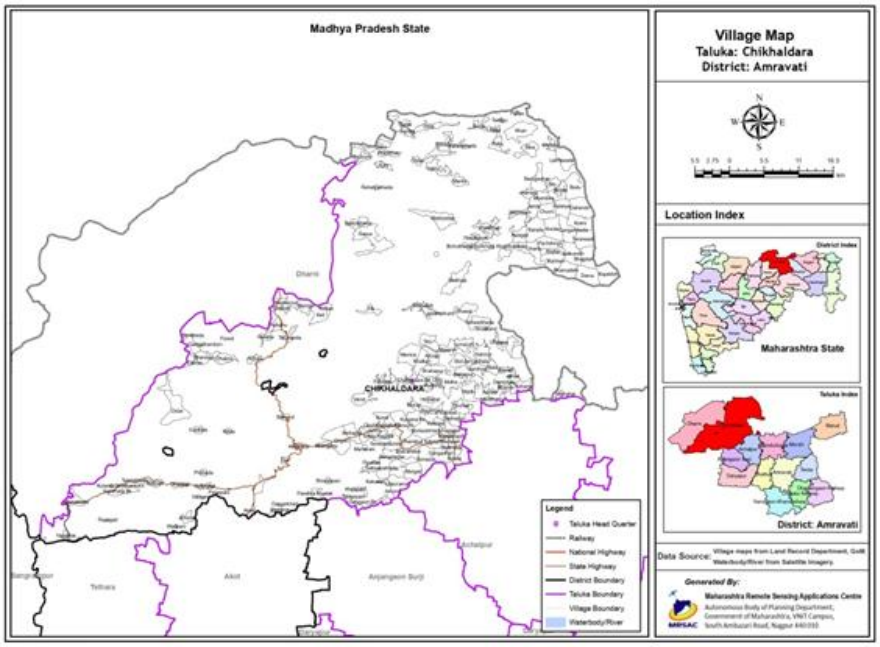

Fig.4: Map of Chikhaldara Tehsil Dist. Amravati, Maharashtra (Accessed from: https://mrsac.gov.in/writereaddata/MRSAC/map/15653362485d4d22b8ed6adTH_AMT_Chikhaldara.pdf on 18 January 2025)

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Isolation of Microorganism from Textile Effluent, Solid State Fermentation using Agricultural Waste for Decolorization

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Received: 13 Nov 2024 Revised: 10 Apr 2025 Accepted: 21 Jun 2025

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ABSTRACT

The textile industry produces clothing, fabric and textile products for a variety of uses and is important to the global economy. But their production often produces a lot of waste water, which can cause dyes and other diseases. To study the isolation of microbes in waste materials, their application in SSF on substrates made from agricultural waste, and their effectiveness in decolorization of dye. Methods: Sample was collected by textile industry and fungi was isolated by soil sample. Isolated the bacteria that can decolorize pigments from wastewater and use agricultural waste as a substrate for solid-state fermentation, wastewater was collected. These isolates were analyzed for their ability to decolorize artificial dyes commonly used in the textile industry. Molecular and biochemical analysis methods were used to detect the isolates. Selected bacteria were inoculated into agricultural waste material and taken into appropriate care. Spectrophotometric tests were used to evaluate the effectiveness of dye decolorization by monitoring the decrease in dye concentration over time. It has been shown that bacteria can cause beautiful decolorization. Electronic fermentation technology provides an answer to the conservation of waste from the use of agricultural waste, similar to providing beautiful products for decolorization technology. Laccase is a copper-containing polyphenol oxidase that catalyzes many substrates. It is usually associated with manganese- producing peroxidases, lignin peroxidases, or both. Laccase Uses include wastewater detoxification and decolorization, pulp bleaching, removal of phenols

in alcohol, and prevention of discoloration in detergents and laundry detergents. The improvement in the structure of the laccase intermediate can also oxidize non-phenolic compounds that are not attacked under other conditions and destroy lignin in kraft pulp, thus improving the biotechnological use of laccase. Therefore, today's research is being carried out to understand the potential of laccase and to be part of the "creative fungi". Fungi grow on potato dextrose agar (PDA) plates containing markers such as guaiacol and tannic acid. Therefore, nine species of fungi have been preserved, and one type of bacteria is thought to be particularly strong in terms of development. As a result, bioremediation of textile wastewater can be achieved by isolating bacteria from the waste material and using them for a powerful fermentation kingdom using the waste material. This method contributes to the protection and maintenance of the environment by providing a low-cost and sustainable way to remove dye from commercial wastewater.

Keywords: Laccase enzyme, Decolorization, Solid-state fermentation, Spectrophotometry.

INTRODUCTION

The textile industry produces clothing, fabric and textile products for a variety of uses and is important to the global economy. But their production often produces a lot of waste water, which can cause dyes and other diseases. The pigments' complex chemical structure and resistance to degradation not only pose an environmental hazard but also represent a target for wastewater treatment processes. Microbial decolorization is one of the popular ones for its effectiveness and stability because micro-organisms have enzymatic processes to break down and metabolize many dyes, they are promising for wastewater treatment [5]. This study examines the opportunities to use agricultural waste substrate for SSF and the potential for indigenous organisms to thrive waste water. The aim of this project is to study the isolation of microbes in waste materials, their application in SSF on substrates made from agricultural waste, and their effectiveness in decolorization of dye [6]. Delignification of lignocellulosic biomass, biological bleaching of pulp and paper, decolorization of dyes in textile wastewater treatment, synthesis of pleasant compounds, and degradation of environmental pollution are just some of the many industrial uses of laccases. The environmental friendliness and sustainability of laccase production in SSF meet the demand for this enzyme in many industries [7]. Variables such as substrate composition, pH, temperature, moisture content, and incubation time are important when agricultural waste is used to accelerate dye degradation. By improving these parameters to purify as much as possible the dyeing organisms in the wastewater, the efficiency and kinetics of dye degradation can be improved. Agricultural waste can be used in bioremediation processes, including sustainable fermentation, composting, anaerobic digestion, and bio augmentation to break down dyes. Each method has certain advantages in terms of simplicity, cost effectiveness and scalability for large scale commercial wastewater treatment plants. Applications for paint degradation and the use of agricultural waste include waste water treatment plants, end-of-life organizations [8].

MATERIALS AND METHODS

Sample collection Soil containing laccase producing fungus is collected around the textile industries from Rayapur industrial area near Hubballi and different area of Dharwad region.

Isolation The soil samples was prepared by adding 1 g of soil to 9 ml of distilled water and homogenizing in a ratio of 1:10 (1 ml is homogenized with 9 ml of buffered saline and placed in a tube designated 101, 102, 103, 104, 105 Dilute 106 times and make serial dilutions in labeled test tubes, spread 100 microliters of each sample on potato dextrose agar and incubate for 24 hours at 37°C, observing the development of different species. The agar plates were incubated inverted, at appropriate temperature and humidity conditions suitable for fungal growth. The optimal

conditions might have varied depending on the type of fungi being isolated. The plates were monitored regularly for the appearance of fungal colonies. Fungal colonies typically had distinct characteristics, such as color, texture, and morphology [9]. Once fungal colonies had developed, a sterile inoculating loop was used to transfer individual colonies to fresh plates containing the same agar medium. This step helped obtain pure cultures of individual fungal species. The process of isolating and subculturing individual fungal colonies was repeated until the desired fungal species were obtained for further analysis or study.

Screening Screening of laccase after subculturing Laccase-assisted oxidation of tannins produces a reddish-brown color, indicative of laccase production by isolation. To examine laccase, 0.5 g of tannic acid was added to potato dextrose agar medium and incubated for 3-5 days [10].

Identification (Microscopy)

Lactophenol staining The cotton blue solution is dropped on the fungal material on the slide, and then the other slide is placed on top, and it is kept in place by gently pressing on it, until the entire area is covered. Carefully cleaned a microscope slide with a clean cloth or a facial tissue which will remove the dust and dirt. For the transferring procedure, I took the inoculating loop and put a dab of the culture on the center of the slide. Expose the slide by sprinkling the fungal material to create a thin layer with a loop. Slide drying should be done without hurry. The process duration is variable, ranging from few minutes to an hour, depending on the moisture level. Once the specimen is dried, a few drops of lactophenol are placed on it and spread across using a brush. A coverslip is cautiously laid on the liquid that is on the slide so as not to form bubbles of air. On top of the coverslip, the lactophenol cotton blue solution, then, is distributed evenly by a gentle pressure. Excess solution is removed by a blunt forceps from the edges. Leave the slide for a couple of minutes to permit the dye-lactophenol cotton blue solution to penetrate the fungal structure and stain it. Then the smearing is performed using different staining methods, and the result is viewed through a microscope with magnifications from low to high. I search for fungal structures including spores, hyphae, conidia, or any fruiting bodies. These structures can be stained and are recognize based on the shape and size of their feature [11]**.**

Microbial characterization The pure fungul isolates were examined under a light microscope for their identification and characterization through studying the morphological characterization of fungul growth on potato dextrose agar media. Fungi that degrade or decolorize dye molecules are interesting since believed that they can degrade or decolorize a wide variety of synthetic dyes that are common pollutants in industrial waste water. Up on being cultivated on Potato Dextrose Agar (PDA) or similar substrate, certain fungi could possibly exhibit distinct morphological features. Here is a brief description of the morphological characteristics which you may observe them [12]. According to fungus type and dye being decolorized, the color of colony will vary. It could be white, cream, pink, or even coloured if the fungus can synthesize its own pigments. The colony surface material can be felt as it varies from velvety to powdery or even slimey due to different fungal species. It may also be smaller or larger if the fungus grows slower or faster. The outline of colony can be smooth, uneven, or lobed. The nature of elevation is quite variable from flat to high or umbonate. Meantime some dye-decolorizing fungi may produce great numbers of conidia (asexual spores) on the surface of the colony. Conidia may be formed in a variety of shapes and structures in different species. Some dye decolorizing fungi can create extracellular pigments in their color-degrading processes. In addition, these microorganisms may make the colony's hue more visible. Under a microscope, dye-decolorizing fungi may display unique morphological features, including septation patterns, branching patterns and the presence of ligninolytic enzymes as specialized structures involved in dye metabolism. In some specific conditions, you may observe a ring of decolorization in the agar medium surrounding the fungal colony, which would signify the ability of the fungus to break down or decolorize the dye in the agar medium [13]. Certain fungi would give off peculiar odours during their growth, and they may vary from the smell of mould to the ground.

The morphological features of the dye-decolorizing microorganisms might really vary between different species and the environment. Notwithstanding, molecular method may be required to detect fungi accurately, particularly if they belong to taxonomically unclear or recently found species.

Guaiacol Assay Method for Laccase Assay.

Guaiacol is one of the best substrates that can be used as a laccase test. The procession of the deep brown color from guaiacol mediated by laccase bringing about the measurement at 450 nm can be interpreted as laccase activity. The subtract reacted with guaiacol (2Mm) in10MmpH 5.0sodiumacetate buffer. Three milliliters acetate buffer, one milliliter guaiacol, one milliliter enzyme source and one milliliter distilled water are the same amount as the enzyme blank. In the first reaction, 0.15 ml of 3-phenylpropionicacid was added to a mixture containing 0.25 mg of enzyme, 0.01 ml of 0.1 M phosphate buffer, and 0.2 ml of water. The mixture was incubated at 30^0 C for 15 minutes, and aUV spectrophot One IU is the amount of the enzyme that is consumed and used for the oxidation of 1 micromole of guaiacol per minute. The extinction coefficient of guaiacol(12,100 M-1 cm-1) at 450 nm is used to compute the laccase activity in U/ml using the following formula: The extinction coefficient of guaiacol (12,100 M-1 cm-1) at 450 nm is used to compute the laccase activity in U/ml using the following formula

E.A=(A* V)/ (t*e*v),

Solid-state fermentation using agricultural waste and production of enzyme.

The experiment will be carried out using the agricultural waste including bran from rice and wheat and dried leaves from sugar cane, which are collected from the densely agricultural regions. A diverse amount of agro-wastes were collected from the Hubballi and Dharwad districts and then dried at 60°C. After drying and sieving through a sieve (HIC-Sieve), these waste materials are ground in a mixer grinder (Maharaja Mx-116A) and stored dry until use. Each flask had two grams of agrowastes substrate together with 100ml of wet materials that were, later on, autoclaved. Autoclaving was done after which the flasks cooled before being infused with the isolate and incubated for a day or two. The formed of the cultures that were grown in the media by its enzymatic activity express laccase. Fungal Laccase activity has been measured using continuous sampling. The obtained cultivated sample was put through centrifugation at 10,000 rpm, 4°C for 10 minutes. Enzyme supernatant was used to obtain the crude enzymes and the pallet was recorded.

Evaluation of Dye Degradation using Laccase Enzyme

The samples were placed in diverse concentrations of azo dyes, and they were cultured for five days at room temperature. The visual inspection and the method that was mentioned earlier were used for the azodye degradation assessment. The data collection, however, will include a suitable control. By the toxin type that you identified, prepared a liquid culture media which is suitable for the growth of fungi. Medium used for such purposes includes nutrient broth and malt extract broth. A drop of the isolated fungus is added into the liquid culture medium by spotting. Fungi is placed in a condition that is most appropriate for the fungus's growth. The fungus spread after mixing the azo dye which is removed with the culture medium at the right concentration. Keep in mind that you should have some media that was not exposed to the dye as control sample. Adequate nutrients, and pH, maintain the culture and the tracking of the decolorization process overtime. For the assessment of dye degradation apply a variety of analytical methods or regularly check absorbance measurements. Carried out the dye decolorization assay by the isolated fungus and the controls and then statistic analysis to compare the results. This step will help establish the isolate's ability to decolorize dyes. In addition, it will provide a basis for comparison against the control group [14].

RESULT

Isolation of fungi.

To isolate Laccase after subculturing Laccase-assisted oxidation of tannins produces a reddish- brown color, indicative of laccase production by isolation. To examine laccase, 0.5 g of tannic acid was added to potato dextrose agar medium and incubated for 3-5 days.

Identification

Lactophenol staining is performed in the process of identification,and the result is viewed through a microscope with magnifications from low to high. Which is identified as aspergillus sp…

Guaiacol Assay Method for Laccase Assay .

Guaiacol assay is used to check the enzyme activity using uv spectroscope. The procession of the deep brown color from guaiacol mediated by laccase bringing about the measurement at 450 nm can be interpreted as laccase activity.

Solid State of Fermentation using Agricultural Waste and Production of Enzyme

Solid state fermentation is carried using agricultural waste like wheat bran and rice bran which are taken in 6 petri plates set up. It is 8 days process from day one to 8th day they are incubated in incubators from fourth day they are reday for the use and they are shown in the figurers.

Evaluation of Dye Degradation using Laccase Enzyme

For the assessment of dye degradation, various analytical methods or regular absorbance measurements should be employed. The dye decolorization assay was conducted using the isolated fungus and appropriate controls. The gradual decrease in dye concentration was observed using UV spectroscopy.

DISCUSSION

Textile effluent is one of the most important problems that the environment has to deal with due to the high concentration of dyes that are often poisonous and persistent. The aim of this study is to isolate microbes from the textile industrial effluent and their use in solids-state fermentation (SSF) for dye decolorization by agricultural waste as the substrate. The process includes the screening of bacteria that can degrade the dyes, optimising the SSF conditions, and determining the productiveness of the dye degradation. The agricultural waste is abundant and cheap, so it is always used for SSF which allows to remediate the environment and recycle waste at the same time.34
The textile industry is one of the world's principal sectors, and wastewater release from it is a serious environmental problem. Textile outflows may comprise of a number of pollutants including dyes which are often non-degradable and have high probability to affect aquatic environment. Conventional discharge treatment with methods of chemical and physical engineering usually are costly and secondary pollutants are discharged. Consequently, an increasing trend is being observed to identification of environmentally harmless and green dye separation techniques which may include bacterial degradation[35].

This part focuses on the steps taken to separate micro organisms from textile wastewater. Microbial communities responsible for degrading dyes are isolated through some of the methods, including serial dilution, the spread plate method, and enrichment cultures. pH, temperature, and nutrition availibility are some of the parameters that are considered when microbial isolation is going on. Furthermore, genomic tools including PCR and metagenomics furnish the microbial community diversity and the presence of dye- degrading genes data. After isolation, the microbes are tested for their ability to colour the metabolites. The phenotype screening includes both qualitative and quantitative methods to measure the dye decolorization efficiency. The microorganisms with good dye-degrading potential are isolated for further study. Substrate selectivity, enzyme synthesis, and metabolic pathways are among the factors that affect the catalytic degradation of dye compounds.

The use of solid-state fermentation (SSF) is a great idea for turning wastes from agriculture into those of industrial utilization. This part of the work focuses on the pretreatment of agri-waste as a feedstock for SSF in dye depigmentation. Common by- products in agriculture like rice husk, wheat bran, sugarcane bagasse are high in the carbon and nutrients content, and they can give microbes all the necessary optimum growth environment for their growth and creation of enzymes. Having in mind that of optimizing SSF parameters like humidity, pH value, temperature, and inoculum size of the key importance for achieving better dye decolorization efficiency [36].

Different analytic approaches were applied to estimate the efficiency of dye decolorization in SSF systems. Spectrophotometric methods, although UV-Vis spectroscopy is the most common, are extensively used to measure dye degradation by measuring absorbance at particular wavelengths. High-performance liquid chromatography (HPLC) and gas chromatography-mass spectrometry (GC-MS) are capable of obtaining very accurate information about the bi-products and metabolic pathways involved. The affect of dye decolorization products on the environment is also measured by biodegradability and toxicity tests. Polishing the huge potential of microbial-based dye decolorization technologies, still unsolved problems are waiting to be solved. These are optimising SSF, overcoming scalin g bottlenecks, and developing economically feasible bioreactor systems. The prospect of genetically engineered microbes, as well as combined SSF remediations and other bioremediation strategies are also in the research agenda. Thus, the sustainability of textile wastewater treatment requires multidisciplinary approaches and innovative ways to be generated.

Isolation of microbes from textile waste water and their adoption in solid-state fermentation with agricultural waste for dye color removal can be a very use full technique for sustainable waste water management. This approach, which employs metabolic capabilities of microbes and the bulk of textile leftovers, is not only a cost-effective so an environmentally friendly manner to deal with the issues of textile waste water. Research and development activities must be carried out continuously in order to be able to abolish possible limitations, and exploit fully microbial-based bioremediation technology.

ACKNOWLEDGEMENT

We thank Principal, KLE College of Pharmacy and staff members for providing facilities needed to carry out the research work.

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Figure 1. Fungi isolated on PDA media.

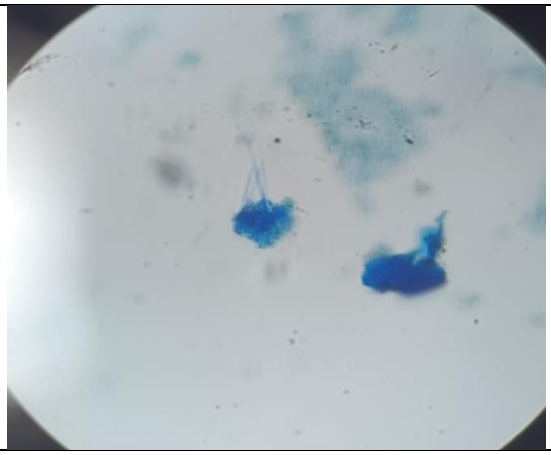

Figure 2. Microscopic image of *Aspergillus SP.,*

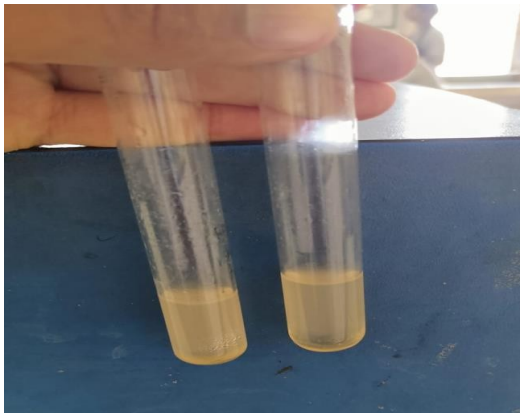

Figure 3. Guaiacol assay performed.

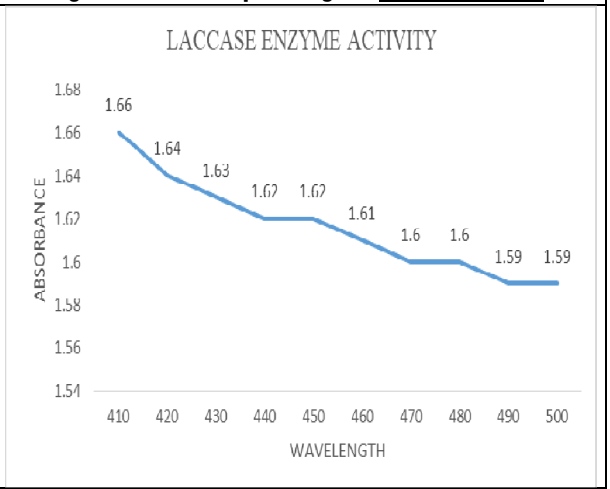

Figure 4. Graph showing laccase enzyme activity.

Figure 5. First day of solid state fermentation.

Figure 6. Last day(8th day) of solid state fermentation.

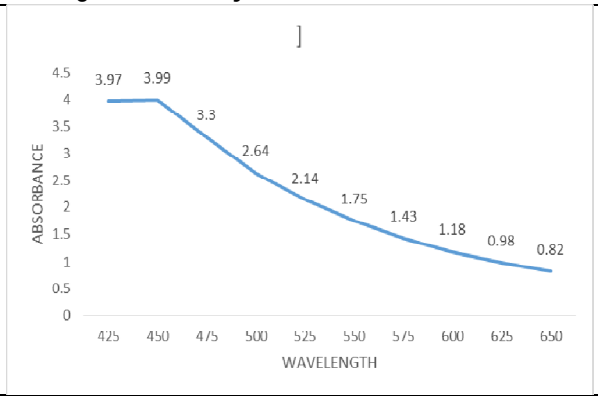

Figure 7. Graph showing enzyme activity on sugar cane bran decreasing of quality of dye by absorbance along the wavelength.

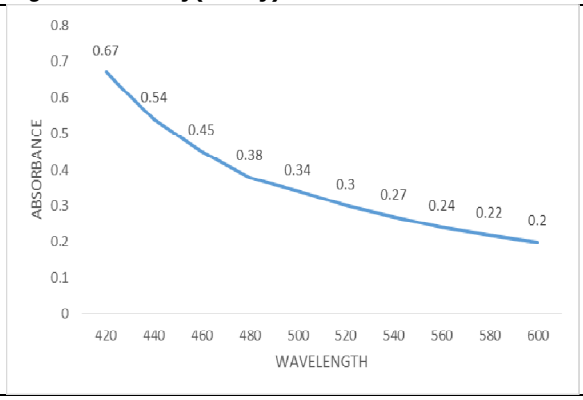

Figure 8. Graph showing enzyme activity on rice bran decreasing of quality of dyeby absorbance along the wavelength.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Chemometric-Assisted UV Method Development and Validation of Lamivudine and Zidovudine in Bulk and Tablet Formulation

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Received: 18 Apr 2025 Revised: 18 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

The study developed a chemometric-assisted UV method for estimating Lamivudine and Zidovudine. Standard drugs were dissolved in water, diluted, and scanned in the UV region. The method's precision was determined through intraday and inter-day analysis, with the average percentage recovery values being 98.6±0.2003 and 99.2±0.2042, respectively. The technique was useful to determine Lamivudine and Zidovudine in a tablet formulation (Duovir), & the percentage purity was established to be 99.1% w/v and 98.8% w/v, in conformity with the label claim. This validated novel UV approach could be easily adopted for simultaneous determination of zidovudine and lamivudine in formulations and bulk.

Keywords: Lamivudine and zidovudine, chemometric technique, UV method development and validation.

INTRODUCTION

The combination of lamivudine and zidovudine is used to treat HIV contamination, the virus responsible for AIDS. Nucleoside -reverse transcriptase inhibitor obstruct the HIV virus's reproduction by joining itself to the viral DNA chain [1]. The chemometric method is used for mathematical and statistical analysis, allowing for multidimensional calibration of specific chromatographic, electrochemical, and spectroscopic processes. It is particularly useful for testing pharmaceutical preparations [2]. Design of experiment is a systematic strategy used by engineers & scientists to investigate the rapport among key variable & yield variables [3]. A central composite design can be used in response surface methods to construct a second-order quadratic model for response variables, quantifying the relationship between measured responses and input factors [4]. Parameters followed are preciseness, accuracy, LOD, LOQ, & linearity, as stated via ICH guidelines.

MATERIALS AND METHODS

Drug collection

Lamivudine and zidovudine standard drug was gifted from cipla. Lamivudine 150mg and zidovudine 300mg tablets (Brand: Duovir) was purchased from cipla pharmaceuticals.

Instrument used

Shimadzu BL 220 H Digital balance, UV- Visible spectrophotometer-Perkin Elmer (double beam), melting point apparatus scientific model MP-DS, ultra sonicator PCI Labs, software used is design of expert 13.0 version.

Selection of solvents

Solubility of lamivudine and zidovudine was performed by using solvents like water, ethanol, methanol and DMSO. Based on the good solubility the solvent was selected.

Optimization of method

Preparation of Standard Solution

After weighing and transferring 150 mg of lamivudine and 300 mg of zidovudine standard into two 100 ml volumetric flasks, 50 ml of water was added to each flask, which was then sonicated for 10 minutes and made the final volume. For both Lamivudine and Zidovudine standard, further dilutions were performed until the final concentrations were 10µg/ml.

Preparation of Sample Solution

Tablet powder equivalent to Lamivudine 150mg and Zidovudine 300mg were weighed and transferred into 100ml volumetric flasks, 50ml of water was added to each, sonicated for 10 minutes, and the final volume was made up of water. Finally, the solution was filtered. The filtrate was further diluted to achieve a final concentration of 10µg/ml for Lamivudine and Zidovudine, respectively.

Selection of Absorption Maximum (λ max)

The concentrations of Lamivudine and Zidovudine (10µg/ml) were synthesized and scanned in a UV-Visible spectrometer between 200-400 nm, using distilled water as the blank. The wavelengths for additional chemometric technique investigations were picked from the overlay spectrum.

Optimization of Central Composite Design

The developed UV approach was optimized using the central composite design, which incorporated the use of Design expert. Wavelength 1 (Variable A) and Wavelength 2 (Variable B) were selected as independent variables for statistical analysis; Table 1 displays the low and high levels of independent factors. Response characteristics such as absorbance (A1&A2) from two medications (lamivudine and zidovudine) were employed as robustness parameters.

The statistical computations for variable screening and procedure optimization were done using the Design of Expert program. Thirteen runs were done with two independent variables, which are shown in Table 2.

Validation of Experimental Design

Analysis of variance (ANOVA) was done for each parameter to determine the significance of the effects and interactions between variables. Wavelengths 1 and 2 were chosen as independent variables, and their effects on Absorbance 1 (Lamivudine) and Absorbance 1 (Zidovudine) were assessed. To assess the impact of each response, the response coefficient was calculated for every dependent variable. Significant polynomial response equations for R1 (Absorbance 1) and R2 (Absorbance 2) were generated after each response coefficient was examined and its statistically significant and non-significant response coefficients were eliminated.

Effect of Independent Variables on Response-1 (Absorbance-1)

The effect of independent variables on absorbance-1 (Lamivudine) was expressed by the 3D response counter plot and polynomial equation. Second order quadratic polynomial for response R-1 (Absorbance-1) was varied from 0.3621 to 0.3936. That wavelength 1 (A) negatively affects absorbance-1, while wavelength-2 has no significant impact. The regression coefficients of variables A&B were found to be **0.0045, 0.0000**, respectively. Absorbance-1 decreases with increasing wavelength1 (A), while wavelength-2 have no notable influences on absorbance-1. The positive regression coefficient for AB was evaluated and found to be 0.0000, indicating that response1 (Absorbance 1) had no impact as A and B increased simultaneously.

Effect of Independent Variable on Response-2(Absorbance-2)

The study analyzed the impact of independent variables on absorbance-2 (Zidovudine) using a 3D response, counter plot, and polynomial equation. That wavelength-2 (B) had a positive impact on absorbance-2, while wavelength-1 (A) had no significant influence. The regression coefficients of variables A & B were found to be **0.0000 and 0.0329**, respectively. The experimental model fits well for the method, with adjusted R1 & R2 within an acceptable range (R2 > 0.9). The model's precision value is larger than four, indicating sufficient signal. The coefficient of variation (C.V.) represents repeatability. Three-dimensional plots were used to interpret the interaction, and the maximum desirability function showed an excellent statistical model. ANOVA results showed the actual and predicted response values in Tables 3.

Method validation

Linearity

0.05g of standard Lamivudine and Zidovudine was weighed and dissolved in a distilled water to create a final volume of 1000µg/ml. After that, be diluted by means of distill water to obtain concentration 10-60µg/ml. The absorbance of the solutions was measured at 217nm and 267nm against the blank, and a calibration graph was constructed using concentration vs absorbance.

LOD and LOQ (Limit of Detection & Limit of Quantification)

The LOD & LOQ of the drug lamivudine and zidovudine was calculated using standard deviation as per the ICH guidelines.

Accuracy

A constant amount of pre-analyzed sample was obtained, and the standard medication was administered at 80%, 100%, and 120% concentrations. The standard concentrations for Lamivudine and Zidovudine were established at 10µg/ml. The % recovery was calculated.

Precision

Intraday Precision and Inter-day Precision

0.05g of standard Lamivudine and Zidovudine was weighed and dissolved in water to create a final volume of 1000µg/ml. The solution was diluted to 100µg/ml and 10µg/ml, and the absorbance was measured at 217nm for

Lamivudine and 267nm for Zidovudine at 1 hour intervals and at one day of interval. The % RSD was calculated from the absorbance values which should not be more than 2%.

Ruggedness

i) Preparation (Lamivudine & zidovudine) of six working standard solutions of 10µg/ml by two different analysts were subjected to test absorbance at fixed wavelength in same equipment.

ii) Preparation (Lamivudine & Zidovudine) of three working standard solutions of 10µg/ml by the same analyst and the measurement of absorbance was done at two different systems (Single beam & double beam UV-Visible spectrophotometer).

Estimation of Lamivudine and Zidovudine in Materials Formulation

Preparation of Standard

The process involves transferring 0.05 g of standard lamivudine and 0.05 g of zidovudine in a 50 ml volumetric flask, mixed with distilled water to create a final concentration of 100µg/ml. Then, 1 ml of lamivudine and 2 ml of zidovudine were pipetted into a 10 ml volumetric flask, and the final volume was made up with water to obtain a final concentration of 10 µg/ml of lamivudine and 20 µg/ml of zidovudine.

Preparation of Sample

0.51 g of tablet powder equivalent to 0.1 g of Lamivudine and 0.3 g of Zidovudine were weighed, dissolved in water, and filtered. 1 ml was pipetted out and transferred to a 10 ml volumetric flask, then distilled water was added to obtain the concentration of Lamivudine (10 µg/ml) and Zidovudine (20 µg/ml).

RESULT AND DISCUSSION

Selection of Solvent

The solubility of lamivudine and zidovudine was determined and the purified water was selected as solvent due to it's highly solubility.

Selection of Absorption Maximum (λ max)

Standard solutions of lamivudine 10 µg/ml and zidovudine 10µg/ml in water were prepared, scanned in a UV-visible spectrophotometer and respective UV spectrum was obtained shown in figure 1 and 2, and the wavelength range for optimization (CCD) was selected from the overlay spectrum figure 3.

Optimization by central composite design (CCD)

The central composite design was used to optimize the responses for determining Lamivudine and Zidovudine simultaneously. Thirteen experiments were conducted using Wavelength-1 and Wavelength-2 independent variables to optimize the responses (Absorbance-1 & Absorbance-2) and the results shown in Table 4. Randomized experiments minimized unrestrained variables, and statistical tools verified variables' effects on responses.

Effect of Independent Variable on Response 1 (Absorbance 1)

Independent Variable A and B's Effects on Absorbance 1

When wavelength 1 (A) was increased at a low level (260nm) of wavelength 2, there was no significant change in absorbance-1 lamivudine (less interaction). While increasing wavelength 1 at a high level (270nm) of wavelength 2, absorbance 1 climbs 0.35 to 0.39 and then progressively drops beyond 218.5 nm. This model shows interaction was observed in figure 4 and 5.

Effect of Independent Variable on Response 2 (Absorbance 2)

Independent Variables A and B's Effects on Absorbance 2

There was no discernible change in absorbance 2 (zidovudine) when wavelength 1 was increased at low levels (260 nm) and high levels (270 nm) of wavelength 2. It indicates that factors A and B have little effect on response 2 (absorbance 2). This combination has fewer interactions and a lower risk factor. This model shows interaction was observed in figure 6 and 7.

Validation of the Assay Method

Linearity

The calibration curves for Lamivudine and Zidovudine were obtained in concentration ranges of 5-30μg/ml, showing linear responses and a correlation coefficient of 0.9988 and 0.9999 respectively. Table-7 shows the linearity data of lami & zido. Figure 8 & 9 shows the calibration curvature of lami & zido.

Limit of Detection and Limit of Quantification (LOD & LOQ)

According to ICH guidelines the limit of detection (LOD) of lamivudine and zidovudine was found to be 3.62μg/ml and 1.22μg/ml respectively. Limits of quantification (LOQ) of lami & zidovudine were 10.97μg/ml & 3.69μg/ml correspondingly.

Accuracy

The percentage recovery was determined for the results of accuracy study of the lamivudine and zidovudine. Percent recovery for 80%, 100% & 120% of lamivudine was established to be 99.81, 100.38, and 99.69 respectively. The percentage recovery of 80%, 100%, and 120% of zidovudine was found to be 99.8, 100.60, & 99.84 correspondingly.

Precision

The method's preciseness was established by intra & inter-day analysis. For intra-day lamivudine analysis, the percentage relative standard deviation (%RSD) values were determined to be 1.1645 at 0 hours, 1.2430 at 1 hour, and 0.6720 at 2 hours. The inter-day analysis of lamivudine yielded values of 0.6460 at 0 hours, 1.2085 at 1 hour, and 1.3766 at 2 hours. The intra-day zidovudine analysis, the %RSD values were determined to be 0.5695 at 0 hours, 0.7876 at 1 hour, and 0.4202 at 2 hours. The inter-day analysis of zidovudine yielded values of 0.7180 at 0 hour, 0.8265 at 1 hour and 1.1460 at 2 hours.

Ruggedness

The percentage relative standard deviation of analyst and system variation for lamivudine and zidovudine was shown in the tablet 5 and 6.

Estimation of lamivudine and zidovudine in marketed formulation

The amount present of lamivudine and zidovudine in tablet formulation was found to be 148.76 mg and 296.93 mg respectively. Percent purity of lami and zidovudine in tablet formulation was established to be 99.1% and 98.8% w/v correspondingly.

CONCLUSION

A novel Ultra-Violet assay process was developed for instantaneous evaluation of Lami & Zidovudine in pharmaceutical laboratories. The method used chemometric techniques for optimization of spectroscopic response parameters, resulting in more robust and reliable methods. Central Composite -Design (CCD) was intended for parameter optimization. The method was found to be simple, accurate, and robust, demonstrating the effectiveness of chemometrics in conjunction with UV spectroscopy.

Conflicts of Interest

The authors declare that there are no conflicts of interest regarding the publication of this article.

ACKNOWLEDGMENTS

The authors are thankful to the Management & Principal, Swamy Vivekanandha College of Pharmacy, Elayampalayam, Tiruchengode for their support for providing the necessary facilities to carry out the research work.

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Table 1. Experimental Factors and Levels Used in the Central Composite Design

Factor	Name	Level (nm)		
		Low (-)	Medium (0)	High (+)
A	Wavelength 1	213.5	218	223
B	Wavelength 2	257.9	265	272

Table 2. Optimization Method Parameters for Central Composite Experimental Design Validation of Experimental Design

		Factor 1	Factor 2
Std	Run	A : Wavelength 1 (nm)	B: Wavelength 2 (nm)
8	1	218.5	272.07
4	2	222	270
6	3	223.4	265
12	4	218.5	265
7	5	218.5	257.9
13	6	218.5	265
1	7	215	260
5	8	213.5	265
11	9	218.5	265
10	10	218.5	265
3	11	215	270
2	12	222	260
9	13	218.5	265

Table 3. The Predicted and Observed Response Values for the Optimization Condition Method validation

Factor	**Optimized level**	
A: Wavelength 1	217nm	
B:Wavelength 2	267nm	
Response	**Predicted**	**Observed**
R1: Absorbance 1	0.4308	0.4385
R2: Absorbance 2	0.3747	0.3784
Desirability	1	

Table 4. Optimization Method Parameters for Central Composite Experimental Design

		Factor 1	**Factor 2**	**Response 1**	**Response 2**
Std	**Run**	**A:Wavelength 1 (nm)**	**B:Wavelength 2 (nm)**	**R1(Absorbance 1)**	**R2(Absorbance 2)**
8	1	218.5	272.07	0.3936	0.3703
4	2	222	270	0.3365	0.3698
6	3	223.4	265	0.3234	0.3234
12	4	218.5	265	0.3936	0.3621
7	5	218.5	257.9	0.3936	0.2933
13	6	218.5	265	0.3936	0.3234
1	7	215	260	0.3621	0.2925
5	8	213.5	265	0.3127	0.3234
11	9	218.5	265	0.3936	0.3234
10	10	218.5	265	0.3936	0.3234
3	11	215	270	0.3621	0.3698
2	12	222	260	0.3365	0.2925
9	13	218.5	265	0.3936	0.3234

Table 5. Ruggedness Data and System variation of lamivudine

Variation	**Parameter**	**Concentration**	**Absorbance**	**Mean**	**%RSD**
Data- Analyst variation	Analyst-1	10	0.4521	0.4569	0.9213
			0.4598		
			0.4589		
	Analyst-2	10	0.4252	0.4254	1.0121
			0.4299		
			0.4213		
Data-System variation	System-1(Single beam)	10	0.4521	0.4569	0.9213
			0.4598		
			0.4589		
	System-2 (Double beam)	10	0.4224	0.4252	1.2085
			0.4312		
			0.4222		

Table 6. Ruggedness Data and System variation of zidovudine

Variation	**Parameter**	**Concentration**	**Absorbance**	**Mean**	**%RSD**
Data-Analyst variation	Analyst-1	10	0.3563	0.3597	0.4337
			0.3594		
			0.3580		
	Analyst-2	10	0.3857	0.3855	0.8572

			0.3887		
			0.3821		
Data-System variation	System-1(Single beam)	10	0.3563	0.3579	0.4337
			0.3594		
			0.3580		
	System-2 (Double beam)	10	0.3878	0.3843	0.8268
			0.3816		
			0.3835		

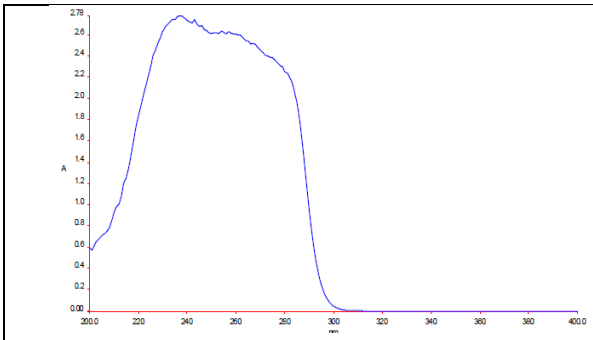

Figure 1. UV-Spectrum of Lamivudine

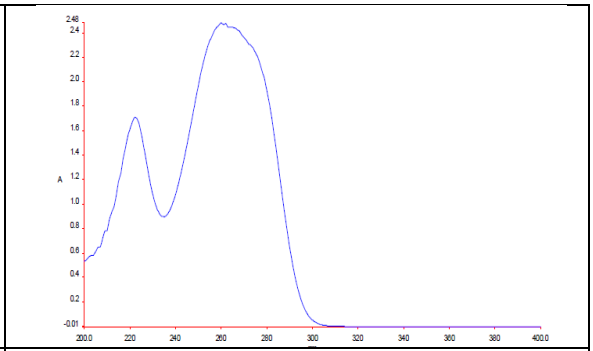

Figure 2. UV-Spectrum of Zidovudine

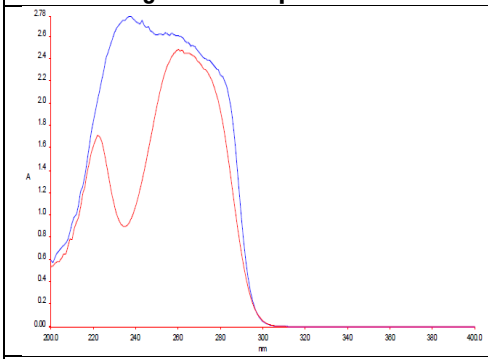

Figure 3. Overlay Spectrum of Lamivudine & Zidovudine

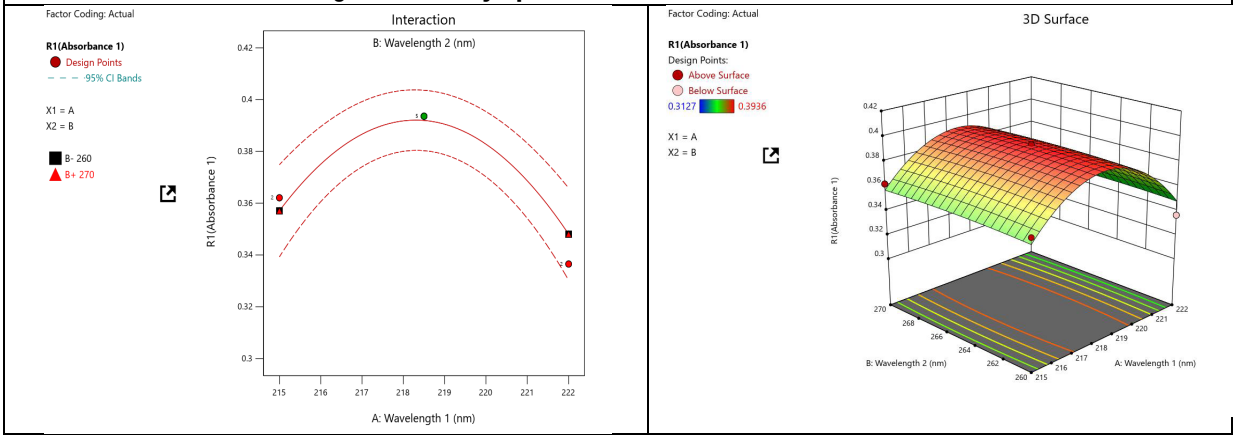

Figure 4 & 5. Interaction &3D Images Showing the Influence of Independent Variables on A&B on Absorbance

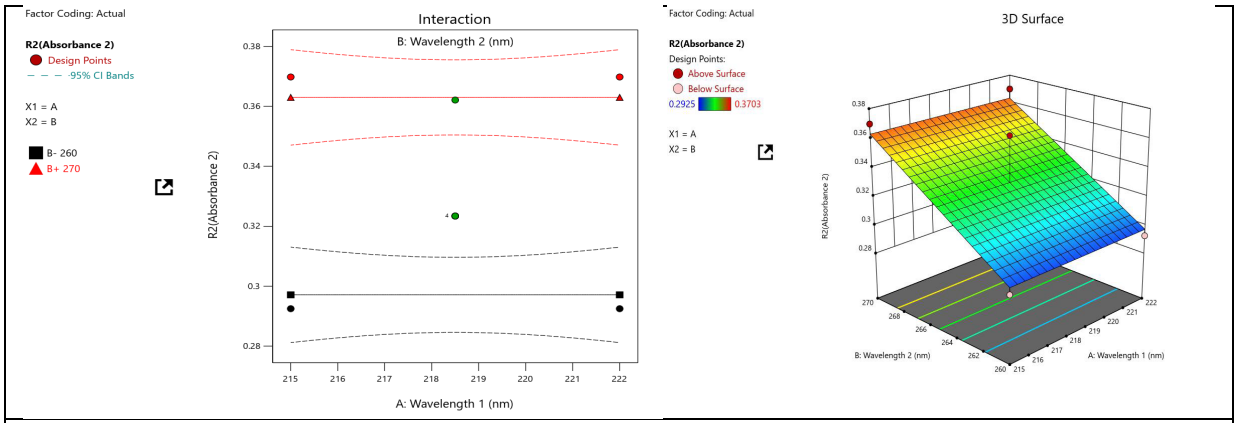

Figure 6 & 7. Interaction & 3D Image Showing the Influence of Independent Variables on A& B on Absorbance 2

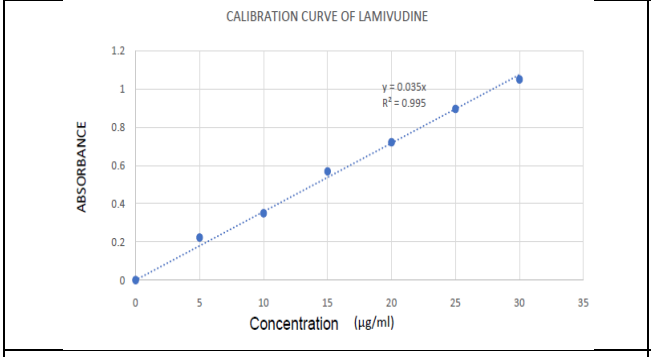

Figure 8. Calibration Curve of Lamivudine

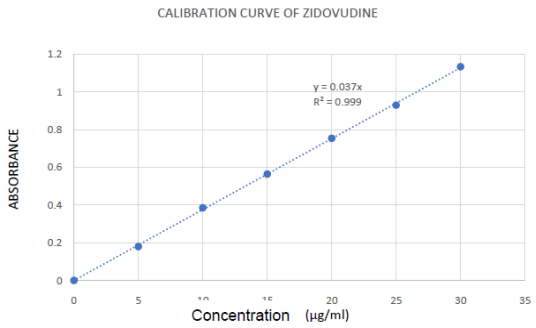

Figure 9. Calibration Curve of Zidovudine

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Formulation and Evaluation of Fast-Dissolving Oral Films of Nifedipine

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Received: 04 Apr 2025 Revised: 06 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Fast dissolving oral films (FDOFs) offer a patient-friendly drug delivery system, enhancing compliance and providing rapid therapeutic effects. This study focuses on the formulation and evaluation of Nifedipine FDOFs, a calcium channel blocker used to treat hypertension and angina pectoris. Utilizing the solvent casting method, films were prepared with hydroxypropyl cellulose (HPC) and polyvinyl alcohol (PVA) as film-forming polymers, and propylene glycol as a plasticizer. Among the formulations developed, formulation F4 exhibited optimal characteristics: a thickness of 0.24 ± 0.72 mm, folding endurance exceeding 300 folds, surface pH of 6.8 ± 0.1, disintegration time of 31 ± 1.1 seconds, and drug content uniformity of 93.56 ± 0.12%. In vitro dissolution studies demonstrated that F4 released 92.5% of Nifedipine within 30 minutes, indicating rapid drug release. These results suggest that the optimized Nifedipine FDOF formulation offers a viable alternative to conventional oral dosage forms, potentially improving therapeutic outcomes and patient adherence.

Keywords: Nifidipine, Plasticizers, folding endurances, drug release, fast dissolving oral films

INTRODUCTION

Drug delivery methods are essential for modifying the pharmacokinetic profiles of drugs, including their release, absorption, distribution, and elimination, with the aim of enhancing efficacy, safety, and patient comfort and compliance. The oral route of administration is particularly favored due to its versatility, ease of use, and painlessness, which significantly contributes to improved patient adherence to medication regimens [1, 2]. Oral dissolving films represent a highly advanced solid dosage form, characterized by their flexibility and rapid dissolution properties. These Fast dissolving oral films (FDOFs) are an innovative oral drug delivery system derived from transdermal patch technology, designed to dissolve quickly in the oral cavity without the need for chewing or water. Recent interest in orodispersible films has surged due to their significant advantages for specific populations, such as toddlers and the elderly, who often experience difficulties in swallowing conventional solid dosage forms.

A very thin oral strip is applied to the patient's tongue or any other oral mucosal tissue as part of the drug delivery system. Upon contact with saliva, the strip is rapidly moistened, leading to quick hydration, disintegration, and dissolution of the film, which facilitates the release of the medication for oromucosal absorption. Consequently, the oral mucosa presents an attractive site for drug administration. These dosage forms are particularly beneficial for patients with active lifestyles, including pediatric and geriatric populations, as well as individuals who are bedridden, experiencing emesis, suffering from diarrhea, undergoing acute allergic reactions, or dealing with coughing. Furthermore, orally disintegrating dosage formsoffer additional advantages in managing patients with mental health conditions. Fast dissolving oral films (FDOFs) are also advantageous when local anesthetics are required for conditions such as toothaches, mouth ulcers, cold sores, or teething. For over the counter (OTC) medications, FDOFs are administered intraorally to ensure systemic distribution of active pharmaceutical ingredients (APIs) [3-5]. Nifedipine is a dihydropyridine calcium channel blocker, the short acting formulation of which has been associated with reflex sympathetic nervous system (SNS) activation leading to flushing, tachycardia, worsening myocardial ischemia, and cerebrovascular ischemia therefore, only longer acting formulations should be used The goal of this study is to develop a nifedipineFDOFs with improved bioavailability and anti-hypertensive properties [6-8].

MATERIALS AND METHODS

Materials

Nifedipine (NIF) was obtained as a gift sample from Pharma Life Research Lab, Hydroxy propyl cellulose (HPC), Sodium starch glycolate(SSG), Propylene glycol (PG), mannitol, purchased from B.M.R Chemicals, Hyderabad.

Preliminary trials for component screening

The choice of polymer type and concentration is critical for the successful development of rapid dissolving films, as various polymers have been evaluated for their film-forming properties. In this study, hydroxypropylcellulose (HPC) and Poly vinyl alcohol (PVA) was utilized as the film former. Blank films were prepared and subsequently assessed for several parameters, including thickness, surface appearance, stickiness, and film clarity.

Preparation of fast-dissolving oral films containing API

FDOF were produced utilizing the solvent casting methodology. Measured amounts of PVA polymers were added to a beaker containing an appropriate quantity of the organic phase. The solution was stirred for 2 hr., during which weighed quantities of the drug and Plasticizer (PVA, HPC) were added to the polymeric solution with continuous stirring. Additional excipients such as SSG, flavoring agent and mannitol were added and thoroughly mixed, ensuring the absence of air bubbles. Theresulting homogeneous mixture was then casted onto a clean and petri plate. Following drying, the film was carefully removed from the plate and cut into pieces measuring 1.5×1.5 cm^2 each. Films with any imperfections were excluded from further evaluation. The final samples of films were individually wrapped in butter paper followed by aluminum foil and stored appropriately until needed.

Drug excipient interaction study using FTIR

The FTIR spectra of nifedipine were discovered with KBR in aBruker FTIR (Tokyo, Japan) 5-10 minutes within the spectral range of 500-4000cm-1underan 800MPastress.FTIR spectrometer to examine the pure drug, the optimized formulation, and all excipients involved in the production of the FDOFs. This method provides critical insights into chemical interactions that may affect the stability and efficacy of the formulations, thereby guiding formulation scientists in selecting compatible excipients for stable blends [20].

Differential Scanning calorimetry (DSC)

The thermal analysis of pure nifedipine and various samples of the ternary system were performed on Mettler-Toledo (Mettler-Toledo, Switzerland) calibrated using indium standard and equipped with a refrigerated cooling system. The program temperature was set from 30-3000c and increased at a rate of 100c/min. Flow rate of nitrogen gas was kept at 50ml.min. Melting points of the samples and onset temperature were automatically calculated using software provided (STARe Ver.12.1 Mettler Toledo, Switzerland).

Weight variation

Each film formulation produced three films measuring 2 × 2 cm^2, which were cut at random for evaluation. The weight of each film was measured individually using an electronic scale, and the mean weight for each batch was subsequently calculated. This method of assessing film weight is crucial for ensuring uniformity in drug content and overall formulation quality, as significant weight variation may indicate inconsistencies in the manufacturing process and potential issues with dosage accuracy [15].

Thickness

The thickness of each oral film was measured using a micrometer at five distinct locations to ensure uniformity. This measurement is essential, as consistent film thickness is directly related to the accuracy of the dosage delivered in each strip. The average thickness and standard deviation for each formulation were subsequently calculated to assess the quality and reliability of the films [15].

Stickiness

The films were pressed against the fingertips, and the results were recorded to assess their tactile properties. This method provides valuable insights into the film's texture and adherence, which are important factors in user experience and acceptance [15].

Folding endurance

The folding endurance of the film was determined by repeatedly folding it at the same location until it broke. This value represents the number of folds the film can withstand without failure, indicating its tensile strength and flexibility. A higher folding endurance signifies better durability and resistance to mechanical stress, which is crucial for ensuring that the film can endure handling and administration without compromising its integrity [16].

Disintegration time

The disintegration time of the film strip (2 × 2 cm^2) was assessed by placing it in a 6 cm diameter Petri dish containing 6 ml of pH 6.8 phosphate buffer. The time required for the film to completely disintegrate was recorded. Each measurement was conducted in triplicate, and the average values were calculated to ensure accuracy and reliability of the results [17].

In vitro diffusion study

A Franz diffusion cell equipped with a dialysis membrane was utilized to evaluate the diffusion characteristics of the formulated films. Prior to assembly, the dialysis membrane was soaked in pH 6.8 phosphate buffer for 24 hours to ensure proper hydration. A film segment measuring 1.5 × 1.5 cm^2 was carefully placed onto the membrane, which was then securely positioned between the donor and receptor chambers of the diffusion cell. The receptor chamber contained 13mL of pH 6.8 phosphate buffer as the dissolution medium and was maintained at a constant

temperature of 37 ± 0.5°C. Continuous stirring in the receptor compartment was achieved using a magnetic stirrer to ensure uniform distribution. At predetermined intervals, 0.5 mL aliquots were withdrawn from the receptor chamber and immediately replaced with fresh pH 6.8 buffer to maintain sink conditions. The collected samples were analyzed using a UV spectrophotometer set at 238 nm to quantify the amount of drug diffused. The cumulative percentage of drug release for each formulation is presented in Table 3, and the corresponding release profiles are illustrated in Figure 2.

Drug content

Random sampling of all batches was employed to determine the drug content. Each Fast dissolving orally film (FDOF) measuring 2 × 2 cm² was dissolved in 50 ml of phosphate buffer. It was kept aside for 6 hours, and the volume was increased to 100ml of phosphate buffer. The resulting solution was then filtered prior to analysis using a UV spectrophotometer. The drug content was calculated as the average of three measurements to ensure accuracy and reliability of the results in Table 2.

Surface pH

For this test, the film was placed on a Petri plate and moistened with 0.5 ml of phosphate buffer, allowing it to sit for 30 seconds. The electrode of the pH meter was then brought into contact with the surface of the formulation, and a one-minute equilibration period was allowed before recording the pH. The average pH value for each formulation was calculated based on three separate measurements to ensure accuracy and reliability [19, 20].

RESULTS AND DISCUSSION

UV Absorbance studies

The absorbance of nifedipine at various concentrations ranging from 1 to 10 µg/ml was measured using a UV spectrophotometer (Elico) at 238nm. A standard calibration curve was generated based on the obtained data, as illustrated in Figure 2.

Physical properties

Weight variation, thickness, film clarity, surface appearance, stickiness, and folding endurance were assessed following the guidelines set by the United States Pharmacopeia (USP) and the Indian Pharmacopoeia (IP), with results tabulated in Table 2. All film weights were found to fall within the acceptable range. Thickness is a critical property that ensures the uniformity of the films; ideally, films should have a thickness ranging from 0.05 mm to 0.1 mm, and all prepared films met this criterion. Film clarity provides insight into the presence of impurities, and the prepared films were found to be clear of any such contaminants. Folding endurance reflects the mechanical strength and flexibility of the films; a desirable film should exhibit a folding endurance greater than 300, indicating toughness and flexibility. However, the prepared films demonstrated flexibility with a folding endurance of less than 300. The surface pH of the films was maintained within the range of 6 to 7, which is considered appropriate according to established standards.

Disintegration time

The average disintegration time for the 2 × 2 cm² fast dissolving films containing Nifedipine was found to be less than 40 seconds, as indicated in Table 3. It was observed that the incorporation of plasticizers, along with superdisintegrant, resulted in a reduction of the disintegration time.

***In vitro* diffusion studies**

The drug release results obtained from the in vitro dissolution studies are illustrated in Figure 1. The study demonstrated that the optimized formulation F4 released 92.5% of the drug within 30 minutes, attributed to its composition of Sodium starch glycolate (SSG) but increases of percentage of SSG it shows delays the drug release due to generate the viscosity in the medium. In comparison, formulations F4 and F8 exhibited respectable drug release

rates of 92.5% and 90.7%, respectively, within the same time frame. The dissolution profile indicates an immediate release of the drug into biological fluids, providing rapid relief to patients. The evaluation data represents in Table 3.

Drug content

Drug content studies were conducted to determine the amount of active pharmaceutical ingredient present in the 2 × 2 cm^2 film. The results of these tests are presented in Table 3.

FTIR studies

Aromatic rings (C=C stretching, 1400–1600 cm^{-1}, and bending vibrations below 1000 cm^{-1})Nitro group (-NO_2) (asymmetric and symmetric stretching, 1300–1550 cm^{-1})Ester (-COOR) (C=O stretching, 1700–1750 cm^{-1}, and C-O stretching, 1000–1300 cm^{-1})N-H bond (stretching, 3200–3500 cm^{-1})3160.5 cm^{-1}: Indicates N-H stretching, typical of dihydropyridine.1726.35 cm^{-1} Strong C=O stretching confirms the presence of ester groups.1468.01 cm^{-1} & 1645.33 cm^{-1} Aromatic C=C stretching vibrations.1408.69 cm^{-1} & 1332.86 cm^{-1}: Strong nitro group N=O stretching.1224 cm^{-1} & 1110.03 cm^{-1}: C-O stretching of ester groups.923.93 cm^{-1} & 855.49 $cm^{-1}$the peaks in the FTIR spectrum strongly align with the functional groups present in nifedipine, confirming its presence. 3160.5 cm^{-1}Broad O-H stretching, indicative of hydroxyl groups.2929.32 cm^{-1} & 2850.88 cm^{-1} Aliphatic C-H stretching.1224 cm^{-1} & 1110.03 cm^{-1} Strong C-O stretching, typical of ether groups in HPC.1408.69 cm^{-1} C-H bending. The observed peaks, particularly the broad O-H stretching, aliphatic C-H stretching, and ether C-O stretching, strongly suggest the presence of HPC and other excipients in optimized formulation. There are no interactions. The characteristic absorption peaks of drug and excipients were obtained as shown above and as they were in official limits (±100 cm^{-1}) the drug is compatible with excipients [15,16].

DSC studies

In the next phase the DSC thermograms for the pure drug and the physical mixture were determined to understand the drug polymer interaction. As shown Nifedipine showed the endothermic peak at 155.2Cal. It was observed from the above thermogram that there was no appearance of new peaks, no change in peak shapes. The results indicated that there was no interaction with the drug [15].

CONCLUSION

In this research, developed films displayed favorable attributes they were uniform, non-tacky, transparent and easy to remove. It was observed that the formulation variables, particularly the concentrations of PVA, HPC, SSG and PG, influenced both the drug release and disintegration time from the films. After optimization, formulation F4 emerged as the optimal choice, promoting a disintegration time of 31 sec and a cumulative drug release of 92.5%. FDOF of NIF can be an effective dosage form that provides rapid onset of action and relief from allergic reactions.

ABBREVIATIONS

NIF-Nifidipine, HPC- Hydroxy propyl cellulose, PVA- Poly vinyl alcohol, SSG- Sodium starch glycolate, PG-Propylene glycol, DSC- Differential scanning calorimeter, FTIR-Fourier Transform Infrared (FTIR) spectroscopy.

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Tabel 1. The formulation of nifidipine FDOF

Ingredient	F1	F2	F3	F4	F5	F6	F7	F8
Nifedipine (NIF)	10	10	10	10	10	10	10	10
PVA	70	30	70	30	30	70	70	30
HPC	40	60	60	40	40	40	60	60
SSG	2	4	6	8	2	4	6	8
Propylene glycol(ml)	0.8	0.8	0.2	0.8	0.2	0.2	0.8	0.2
Mannitol	5	5	5	5	5	5	5	5
Flavouring agent	2	2	2	2	2	2	2	2
Water(ml)	Q.S	Q.S	Q.S	Q.S	Q.S	Q.S	Q.S	Q.S

Table. 2 Evaluations of formulated Nifidipine FDOF

Formulation	Weight variation	Thickness (mm)	Film clarity	Surface appearance	Surface pH	Stickiness	Folding endurance
F1	4.23±1.01	0.23±0.86	clear	smooth	6.29	Non-sticky	180±0.76
F2	7.82±1.02	0.65±0.97	clear	smooth	6.88	Non-sticky	210±-0.84
F3	12.45±0.99	0.97±0.42	clear	smooth	6.79	Non-sticky	250±0.31
F4	4.66±0.97	0.24±0.74	clear	smooth	6.92	Non-sticky	321±0.53
F5	8.92±1.05	0.65±0.53	clear	smooth	6.63	Non-sticky	290±0.42
F6	12.05±0.87	0.92±0.89	clear	smooth	6.53	Non-sticky	298±0.65
F7	4.63±0.64	0.27±0.32	clear	smooth	6.89	Non-sticky	238±0.71
F8	8.66±0.75	0.58±0.75	clear	smooth	6.59	Non-sticky	165±0.52

Table. 3 Evaluation data of disintegration time, cumulative % drug release and drug content in % Nifidipine FDOF

Formulation	Disintegration time (sec)	Cumulative % drug release	Drug content in %
F1	113±0.9	63.2±0.98	98.23±0.21
F2	86±0.67	78.6±1.1	96.76±0.34
F3	63±0.89	90.2±0.92	91.32±0.65
F4	31±1.1	92.5±0.81	93.56±0.12
F5	101±1.3	68.1±0.78	95.21±0.87
F6	76±2.05	84.3±0.65	97.43±0.37
F7	53±1.09	89.5±0.36	91.23±0.94
F8	34±0.9	90.7±0.41	99.32±0.65

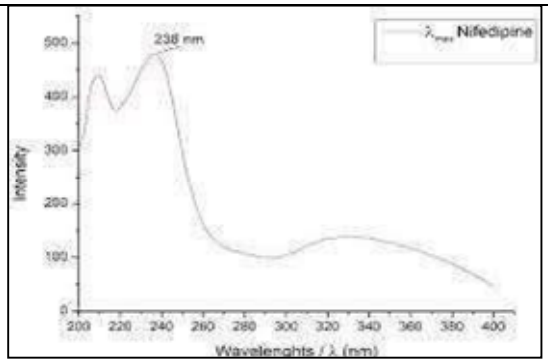

Fig .1. UV absorption spectrum of Nifedipine

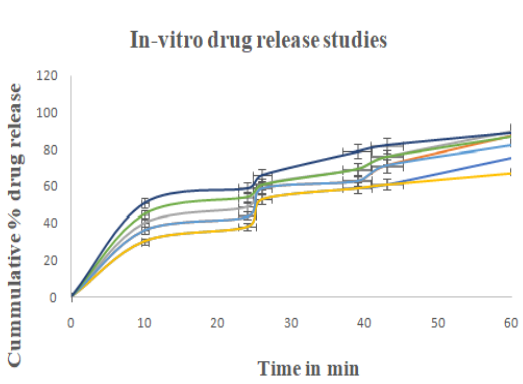

Fig .2. Cumulative drug release of Nifidipine FDOF formulation F1-F8

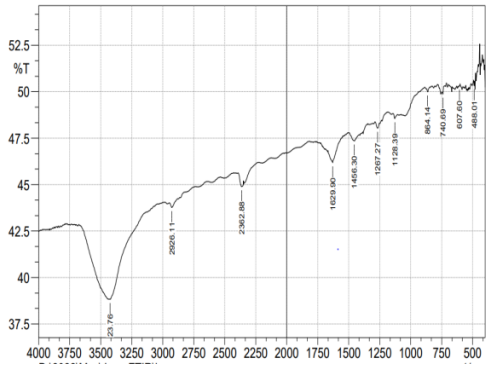

Fig .3. FTIR of Pure drug Nifedipine

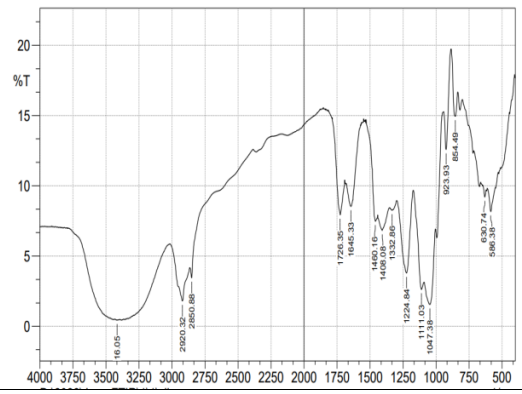

Fig 4. FTIR of Optimized Formulation (F4)

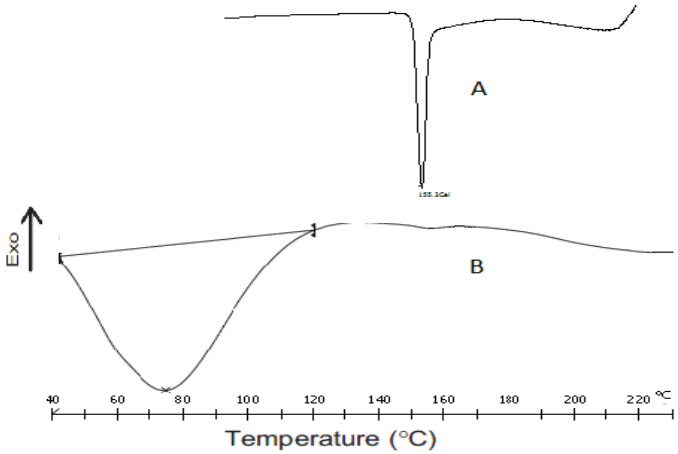

Fig.5. DSC chromatogram of Nifedipine

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Dominant Isopods in Plantation and Forest Area of Central Travancore in Relation to Soil Factors

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Received: 17 Apr 2025 Revised: 19 May 2025 Accepted: 18 Jun 2025

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ABSTRACT

One of the most important sources of biodiversity is soil. Healthy soil is essential to the sustainability of the biosphere. The goal of the current study is to determine the dominant isopod species in the plantation and forest areas of Central Travancore region in relation to physical and chemical characteristics of the soil. From soil samples taken from plantation and forest areas, five distinct species of isopods have been isolated from soil samples taken from plantation and forest area. *Porcellioscaber, Philoscia muscorum, Philosciajavanensis, Cylisticus convexus,* and *Armadillidium vulgare* are the species that have been identified. The Important Value Index was used to determine the dominant species. There were notable differences between the two distinct habitats' physical and chemical characteristics as well as between seasons. The primary soil elements influencing the isopod population were examined using Principal Component Analysis (PCA). According to PCA analysis the overall isopod population is largely controlled by chemical elements like nitrogen, potassium, calcium, and magnesium as well as physical factors like temperature, moisture, pH, organic carbon, sand, silt, and clay.

Keywords: Edaphic factors, Isopods, Important value index, Principal component Analysis

INTRODUCTION

An interconnected system of life, the soil ecosystem is made up of macro and microorganisms, air, water, minerals, and organic materials. Sand, silt, and clay are the three different particle sizes that make up the mineral component of the soil. Sandy soils are naturally unproductive because sand cannot retain nutrients. Temperature and moisture have an impact on soil fertility as well. A significant amount of carbon in most soils is stored as soil organic carbon. A number of variables, including soil texture, climate, vegetation, and land use, affect the amount of organic carbon in the soil. The key source for energy for soil-borne microorganisms is organic matter found in the soil. The fertility of the soil is also influenced by the presence of secondary minerals like calcium and magnesium as well as fundamental nutrients like phosphorus, nitrogen and potassium[1]. Soil is one of the most significant reservoirs of biodiversity, and the biosphere's sustainability depends on it functioning properly. Solids, liquids, gasses, soluble and insoluble materials, both organic and inorganic components make up the complex chemical entity known as soil [2]. One of the species-rich living substrates for a variety of arthropods is soil; these organisms are diverse and physiologically unique, and they are crucial to many vital ecosystem functions [3-4]. Arthropods are inexpensive, easy to gather, and significant to the environment [5]. Even though the large majority of species are uncharacterized, the soil system is probably home to the highest concentration of terrestrial biodiversity [6].This study was conducted to understand the soil edaphic and chemical factors in the plantation area and the forest area, as well as to study the dominant species of isopods found here.

MATERIALS AND METHODS

Study area.

The Central Travancore region was chosen as the study area, Achenkovil forest region chosen for the study is located in Kollam district between 9.0333° North latitude and 77.3333° East longitudes, the plantation area of Ranni, Pathanamthitta district is located between 9.2566° North latitude and 76.7742° East longitudes.

Sample Collection

Twenty forest land locations and twenty plantation land sites were chosen for sample collection. Using a soil auger, soil samples of 5 x 5 cm^2 and 10 cm in depth were randomly taken from these locations. The collected soil was covered with polythene and brought to the laboratory. From 2022 to 2024, samples were taken monthly from the study sites throughout the pre-monsoon, post-monsoon, and monsoon seasons.

Extraction of Soil Isopods

The soil samples from the sites have been collected in a clean polythene bag and tied with a rubber band, and appropriately labelled before being transported to the lab. To collect large isopods, samples of soil were put in a 15 x 25 cm tray and manually sorted. After the samples were moved to a modified Berlese Tullgren funnel, microarthropods were extracted overnight in a medium containing picric acid. The identification keys developed by Kuhnelt,1961[7]were used to identify the extracted microarthropods. 99.9% ethanol was used to preserve animals. Population density is studied from the extracted population from the sample. Dominant isopods were identified by calculating the Important value index (IVI) described in the work of Ismail2021 [8]. Important Value Index is calculated by adding the sum of Relative density (RD), Relative frequency (RF) and Relative Abundance (RA) of a particular species.

Edaphic and Chemical Factor Analysis

Temperature, pH, exchangeable acid, exchangeable base, organic carbon content, moisture content, sand silt, and clay content were among the soil edaphic variables that have been tested from the soil samples. The chemical composition of the soil, including its levels of calcium, magnesium, phosphorus, potassium, and nitrogen, was examined. Using a soil thermometer, the temperature of the soil was determined on-site. A soil pH meter was used to measure the pH of the soil. Trivedy and Goel's (1987) [9]method was used to measure exchangeable acid and exchangeable base. The

method of Walkley and Black (1934) [10] was used to measure the amount of organic carbon in the soil. The gravimetric method was used to measure the moisture content of the soil. Samples of soil are subjected to air drying and sieving, chemical variables such as phosphorus, nitrogen, magnesium, calcium, and potassium were examined in the soil samples. Kjeldahl distillation was used to determine the nitrogen content, molybdate stannous chloride was used to determine the phosphorous level, and flame photometry was used to determine the potassium content[11]. The EDTA titration by Jackson, 1958 [12] were used to analyse the soil's calcium and magnesium levels.

Data Analysis

Microsoft Excel was used to create descriptive statistics. Using SPSS program 21 two way analysis of variance (ANOVA) was performed to identify any significant differences in each parameter's value between sites and seasons. Principal component analysis (PCA) was performed using PAST 4.03 software for analyse the correlation between isopod population, edaphic and chemical factors.

RESULTS AND DISCUSSION

Dominant Species

Five different species of isopods are identified from the soil samples of forest and plantation area. The identified species are *Armadillidium vulgare, Cylisticus convexus, Philoscia muscorum, Philoscia javanensis* and *Porcellio scaber*. In the plantation area the population density of *P. scaber, P. javanensis* and *P. muscorum* are more. *A. vulgare* and *C. convexus* shows low population density. The Important Value Index (IVI) for the P. *scaber* (220.0415) is high. The calculated Important Value Index of *P. javanensis* (213.1596) and *P. muscorum* (208.064) also shows their dominance in the plantation area. *C.* convexus with IVI value 88.76764 shows their low population density in the plantation area.The same pattern was observed in the different seasons during the study.The density and abundance of soil arthropods in rubber plantations were directly impacted by the seasons [13]. In forest area the population density of *P. scaber, P. javanensis, P. muscorum A. vulgare* and *C. convexus* shows high population density. *C. convexus* with 196.5981 shows the higher dominance (Table 2). Based on the IVI value *P. scaber, P. javanensis* and *P. muscorum* are the dominant species in the plantation area (Table 1.) and the all 5 species are dominant in the forest area. The population density of the all the identified isopod species are high during the post monsoon season [14]. In the present study there were two population peaks for the isopod species a smaller one during the period of premonsoon and a larger one during the period of post monsoon. The size of the whole microarthropod population was significantly positively correlated with the soil's temperature and moisture content at the time of sampling, out of all the factors are considered [15]. The population density of different species in various seasons of Plantation are a and Forest areas are shown in Figure 1 and Figure 2.

Soil edaphic and chemical factors

The results of soil edaphic and chemical factors of Plantation and Forest areas are shown in Table 3 and Table 4 respectively. The average soil moisture content in plantation land was 89.50 % during the monsoon, 82.39% during the post-monsoon, and 83.40% during the pre-monsoon. The average soil moisture content in forest land was 93.33% during the monsoon, 87.13% during the post-monsoon, and 85.66% during the pre-monsoon. Significant differences between sites ($P<0.05$) and seasons ($P<0.05$) were revealed by the two-way ANOVA. The average soil temperature in plantation land was 23.12 °C during the monsoon, 24.59 °C during the post-monsoon, and 26.88 °C during the pre-monsoon. Forest land with monsoon temperatures of 22.95°C, post-monsoon temperatures of 24.97°C, and pre-monsoon temperatures of 25.45°C. Significant differences between sites ($P<0.05$) and seasons ($P<0.05$) were revealed by the two-way ANOVA. The average pH of the soil on plantation land was 4.60 during the monsoon, 5.31 during the post-monsoon, and 5.44 during the pre-monsoon. The forest land has a pre-monsoon 4.44, a post-monsoon 4.68, and a monsoon 4.87. Significant differences between sites ($P<0.05$) and seasons ($P<0.05$) were revealed by the two-way ANOVA. In plantation land, the average soil organic content was 4.65% during the monsoon, 4.79% during the post-monsoon, and 5.05% during the pre-monsoon. The average organic carbon content of the forest area is 4.57% during the monsoon, 5.18 % during the post-monsoon, and 4.62% during the pre-monsoon. Significant differences

between sites (P<0.05) and seasons (P<0.05) were revealed by the two-way ANOVA. On average, the exchangeable acid on plantation land was 2.30 % during the monsoon, 1.48% during the post-monsoon, and 1.81% during the pre-monsoon. The average exchangeable acid content in the forest region is 3.43 % during the monsoon, 2.73 % during the post-monsoon, and 2.92% during the pre-monsoon. On average, the exchangeable base in plantation land was 15.3% during the monsoon, 19.7% during the post-monsoon, and 23.59% during the pre-monsoon. The average value of exchangeable base in forest area is 7.90% during the monsoon, 8.63% during the post-monsoon, and 14.78% during the pre-monsoon. Plantation land had an average percentage of sand content of 70.02 % during the monsoon, 66.45 % during the post-monsoon, and 61.71% during the pre-monsoon. The average amount of sand in the forest region is 47.98% during the monsoon, 56.14 % during the post-monsoon, and 58.29 % during the pre-monsoon. On average, the percentage of silt content in forest soil was 31.1% pre the monsoon, 27.72% during the post monsoon, and 33.69% during the monsoon. The average silt content in the plantation area is 17.55 % during the monsoon, 22.69% during the post-monsoon, and 28.01 % during the pre-monsoon. The average level of the clay present in forest land was 18.39% during the monsoon, 14.06 % during the post-monsoon, and 15.39% during the pre-monsoon. The average clay content in the plantation area is 14.09 % during the monsoon, 12.05 % during the post-monsoon, and 13.06 % during the pre-monsoon. Significant differences were observed between habitats (P<0.05) and across seasons (P<0.05) for all edaphic parameters.

The chemical components such as nitrogen (N), phosphorus (P), potassium (K), calcium (Ca), and magnesium (Mg) were examined in the study areas. Plantation habitat exhibited a mean nitrogen level of 2891.16 ppm during the monsoon, 2842.16 ppm during the post-monsoon, and 2886.61 ppm during the pre-monsoon. Forest habitat shows the nitrogen content, 4464.16 ppm during the monsoon, 4419.90 ppm during the post-monsoon, and 5039.82 ppm during the pre-monsoon. The nitrogen content in forest habitat and Plantation habitat varied significantly between habitats (P<0.05) and between seasons (P<0.05). The mean range of the phosphorus content in plantation land was 9.59 ppm during the monsoon, 9.82 ppm during the post-monsoon, and 10.79 ppm during the pre-monsoon. Phosphorus levels in forest habitat with mean values of 5.21 ppm during the monsoon, 4.14 ppm during the post-monsoon, and 5.68 ppm during the pre-monsoon. The phosphorus content in forest habitat and Plantation habitat varied significantly between habitats (P<0.05) and between seasons (P<0.05). An average of 373.99 ppm of potassium during the monsoon, 281.71 ppm during the post-monsoon, and 340.34 ppm during the pre-monsoon were found in the forest environment. The mean potassium levels in plantation habitat ranged from 374.85 ppm during the monsoon, 369.26 ppm during the post-monsoon, and 325.11 ppm during the pre-monsoon. The results indicated substantial difference between habitats (P<0.05) and between seasons (P<0.05).

The average calcium content of the plantation area is 1325 ppm during the monsoon season, 1384 ppm during the post-monsoon, and 1378.37 ppm during the pre-monsoon. The average calcium levels in the forest region are 1405.86 ppm before the monsoon, 1341.68 ppm during the monsoon, and 1366.67 ppm during the post-monsoon. There are significant variations (P<0.05) in the calcium content of the two habitats and across the different seasons. The mean magnesium concentration of the plantation area is 45.61 ppm during the monsoon season, 67.78 ppm during the post-monsoon, and 72.56 ppm during the pre-monsoon. In the forest region, the mean magnesium levels are 177.02 ppm during the monsoon, 158.84 ppm during the post-monsoon, and 177.54 ppm during the pre-monsoon. There are significant differences in the magnesium content between plantation and forest habitats, as well as between seasons (P<0.05). Chemical factors such as calcium, magnesium was found to be greater during the pre monsoon at all sites.For the terrestrial ecosystem to remain fertile and productive, organic nitrogen must be assimilated by plants and microbial biomass in soil. For soil organisms, calcium is a vital nutritional element that is also essential for plant nourishment and the stabilization of soil organic matter [16].

Soil edaphic variables from forest and plantation habitats were examined. The soil's fertility is affected by temperature, as the temperature rises, more organic matter decomposes. There was an ideal temperature range in the forest land ecosystem. The pH ranges indicated that the two ecosystems were acidic in nature, indicating that environmental influences can influence soil pH.Either an acidic or alkaline soil is preferred by plants and other soil living forms. The availability of nutrients in the soil can also be impacted by pH. The forest ecosystem had a higher

clay content. The amount of organic matter and clay in the soil affects its ability to exchange nutrients [1].Temperature and soil moisture were important factors in controlling the variety and number of microarthropods [17]. The density of soil microarthropods is influenced by a number of variables, including soil moisture, temperature, soil pH, and food sources. Therefore, the accumulation of soil microarthropod populations is caused by both seasonal rhythms and edaphic factors. The variety of soil microarthropods is greatly influenced by physical and chemical characteristics of the soil[18]. The post-monsoon season had the highest population density across the study areas. The current investigation shows that both chemical and edaphic factors influence the population density of *Armadillidium vulgare, Cylisticus convexus, Philoscia muscorum, Philoscia javanensis* and *Porcellio scaber* in the plantation and forest area.

Principal Component Analysis

Principal component analysis is done to check the effect of edaphic and chemical parameters on the total isopod population in the study area. The biplot shows that the total isopod population in Plantation area during monsoon season (Figure 3.), post monsoon season (Figure4.)and pre monsoon season (Figure 5.) are mainly controlled by physical factors like moisture, pH, organic carbon, sand, silt and chemical factors like nitrogen, potassium, calcium and magnesium. According to the principal component analysis, total isopod population is positively affected by moisture, pH, organic carbon, exchangeable base, sand, nitrogen and phosphorus in forest area during monsoon period (Figure 6). During post monsoon the total population of isopods are controlled by temperature, pH, organic carbon content, exchangeable base, exchangeable acid and potassium in the forest habitat (Figure 7). Inpremonsoon the total population of isopods are controlled by temperature, pH, organic carbon, sand, nitrogen and potassium contents in the forest habitat (Figure 8).

A number of factors, including moisture, organic carbon, exchangeable acid, clay, exchangeable base, nitrogen, phosphorus, calcium, and magnesium, all impact the distribution of micro arthropod populations [19]. Both the plantation area and forest area show high level of phosphorus in pre monsoon when compared to the values obtained in other seasons. Increased organic matter breakdown is indicated by a high phosphorus level in the soil [20].Comparing the diversity and abundance of soil arthropods across different types of habitats in light of different climatic and edaphic conditions will help us understand how abiotic elements regulate both system stability and faunal functions [21].

CONCLUSION

In the forest and plantation areas, the post-monsoon season had the maximum isopod population density. The major species in the forest region are A. vulgare, Cylisticus convexus, Philoscia muscorum, Philoscia javanensis, and P. scaber. In the plantation area, P. muscorum, P. javanensis, and P. scaber are dominant. According to PCA analysis, physical factors like temperature, moisture, pH, organic carbon, sand, silt, and clay, as well as chemical factors like nitrogen, potassium, calcium, and magnesium, primarily regulate the total isopod population in the study area during the monsoon, post-monsoon, and pre-monsoon seasons. The natural characteristics of the soil must be maintained in order for the soil biota, which are essential components of the soil ecosystem, to persist.

ACKNOWLEDGEMENTS

The authors express their gratitude to DST-FIST for providing the essential facilities in the research centre.

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Table 1. Important Value Index (IVI) of different isopods in different seasons of Ranni Plantation Area, Pathanamthitta District

Species	Seasons	Monsoon			
		RD	RF	RA	IVI
Armadillidium vulgare	Monsoon	8.410299	0.228643	18.64407	27.28301
	Post monsoon	10.24147	0.145621	20	30.38709
	Pre monsoon	21.31547	25	25	71.31547
	Total IVI				128.9856
Cylisticus convexus	Monsoon	4.104861	20	20	44.10486
	Post monsoon	4.662781	20	20	44.66278
	Pre monsoon	0	0	0	0
	Total IVI				88.76764
Philoscia muscorum	Monsoon	23.98778	20	20	63.98778
	Post monsoon	26.06162	20	20	66.06162
	Pre monsoon	28.01462	25	25	78.01462
	Total IVI				208.064
Philoscia javanensis	Monsoon	28.34919	20	20	68.34919
	Post monsoon	29.47544	20	20	69.47544
	Pre monsoon	25.33496	25	25	75.33496
	Total IVI				213.1596
Porcellio scaber	Monsoon	35.14787	20	20	75.14787
	Post monsoon	29.5587	20	20	69.5587
	Pre monsoon	25.33496	25	25	75.33496
	Total IVI				220.0415

Table 2. Important Value Index (IVI) of different isopods in different seasons of Achenkovil Forest Area, Kollam District

Species	Seasons	Monsoon			
		RD	RF	RA	IVI
Armadillidium vulgare	Monsoon	11.98318	20	20	51.98318
	Post monsoon	13.4959	20	20	53.4959
	Pre monsoon	13.73011	20	20	53.73011
	Total IVI				159.2092
Cylisticus convexus	Monsoon	22.35459	20	20	62.35459
	Post monsoon	21.95336	20	20	61.95336
	Pre monsoon	22.27455	20	20	62.27455
	Total IVI				186.5825
Philoscia muscorum	Monsoon	19.69166	20	20	59.69166
	Post monsoon	20.5259	20	20	60.5259
	Pre monsoon	21.68583	20	20	61.68583
	Total IVI				181.9034
Philoscia javanensis	Monsoon	28.94184	20	20	68.94184
	Post monsoon	24.0404	20	20	64.0404
	Pre monsoon	23.61588	20	20	63.61588
	Total IVI				196.5981
Porcellio scaber	Monsoon	17.02873	20	20	57.02873
	Post monsoon	19.98445	20	20	59.98445
	Pre monsoon	18.69363	20	20	58.69363
	Total IVI				175.7068

Table 3. Mean Seasonal values of Soil Edaphic and Chemical factors in Ranni Plantation Area (Mean ± SE)

Parameters	Monsoon	Post Monsoon	Pre Monsoon
Moisture %	89.50 ± 0.12	82.39 ± 0.48	83.40 ± 1.06
Temperature	23.12 ± 0.37	24.59 ± 0.01	26.88 ± 0.05
pH	4.60 ± 0.05	5.31 ± 0.12	5.44 ± 0.11
O C %	4.65 ± 0.01	4.79 ± 0.08	5.05 ± 0.1
EA %	2.30 ± 0.01	1.48 ± 0.05	1.81 ± 0.02
EB%	15.3 ± 0.20	19.70 ± 0.31	23.59 ± 0.24
Sand %	70.02 ± 0.29	66.45 ± 0.42	61.71 ± 0.43
Silt %	17.55 ± 0.37	22.69 ± 0.32	28.01 ± 0.46
Clay %	14.09 ± 0.49	12.05 ± 0.49	13.06 ± 0.4
N (ppm)	2891.16± 2.63	2842.91 ± 1.9	2886.61± 2.3
P (ppm)	9.59 ± 0.03	9.82 ± 0.007	10.79 ± 0.02
K (ppm)	374.85 ± 1.3	369.26 ± 3.5	325.11 ± 1.43
Ca (ppm)	1325 ± 0.73	1384.00 ±0.87	1378.37 ± 0.84
Mg (ppm)	45.61 ±4.91	67.784 ±0.5	72.56 ± 0.55

Table 4. Mean Seasonal values of Soil Edaphic and Chemical factors in Achenkovil Forest Area (Mean ± SE)

Parameters plantation	Monsoon	Post Monsoon	Pre Monsoon
Moisture %	93.33 ± 0.21	87.13 ± 0.24	85.86 ± 0.25
Temperature	22.95 ± 0.25	24.97 ±0.25	25.45 ± 0.13
pH	4.87 ± 0.07	4.68 ±0.10	4.44 ± 0.08
O C %	4.57 ± 0.02	5.18 ± 0.02	4.62 ± 0.09
EA %	3.43 ± 0.05	2.73 ± 0.08	2.92 ± 0.01
EB%	7.90 ± 0.01	8.63 ± 0.08	14.78 ± 0.15
Sand %	47.98 ± 0.59	56.14 ± 0.59	58.29 ± 0.36
Silt %	33.69 ± 0.55	27.72 ± 0.96	31.1 ± 0.23
Clay %	18.39 ±0.08	14.06 ± 0.09	15.39 ± 0.10
N (ppm)	4464.16 ±2.47	4419.90 ± 2.12	5039.82 ± 0.41
P (ppm)	5.21 ± 0.05	4.14 ±0.08	5.68 ± 0.01
K (ppm)	373.99 ± 0.38	281.71 ±0.42	340.34 ± 0.61
Ca (ppm)	1341.68 ± 2.7	1366.67 ± 1.1	1405.86 ± 2.2
Mg (ppm)	177.02 ± 0.99	158.84 ± 1.4	177.54 ± 0.85

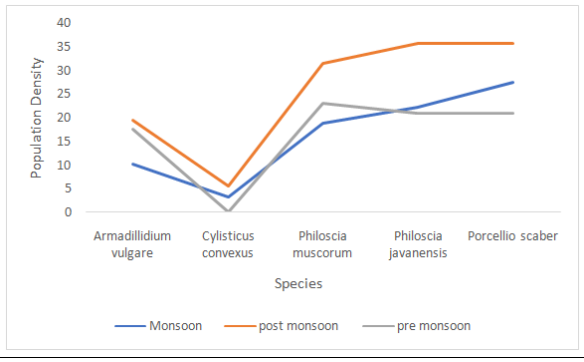

Figure 1. Population density of different isopod species in different seasons of Ranni Plantation Area, Pathanamthitta District

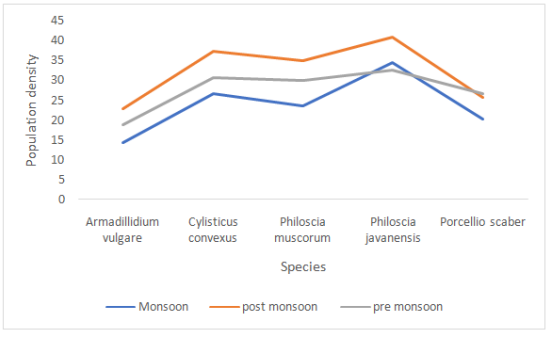

Figure 2. Population density of different isopod species in different seasons of Achenkovil Forest Area, Kollam District

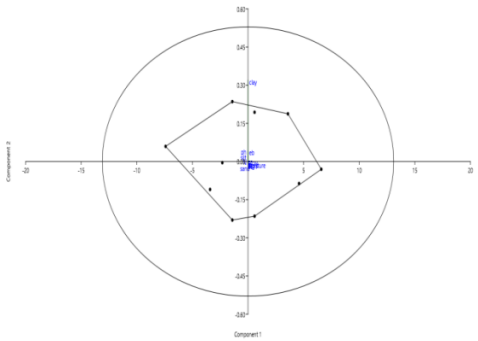

Figure 3. Principal Components Controlling the isopod population in Ranni plantation area during monsoon season

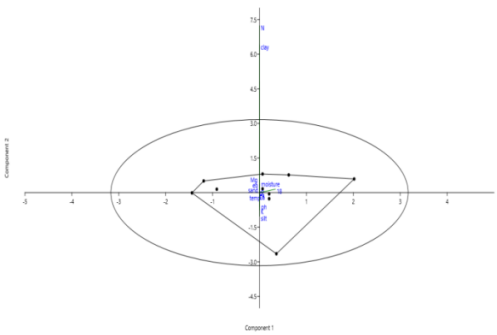

Figure 4. Principal Components Controlling the isopod population in Ranni plantation area during post monsoon season

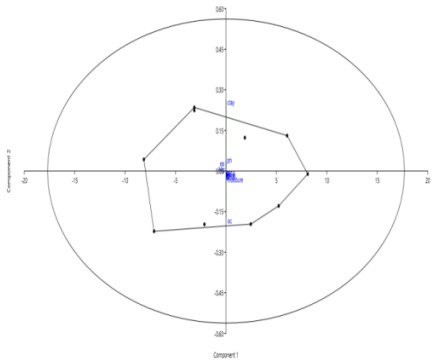

Figure 5. Principal Components Controlling the isopod population in Ranni plantation area during pre monsoon season

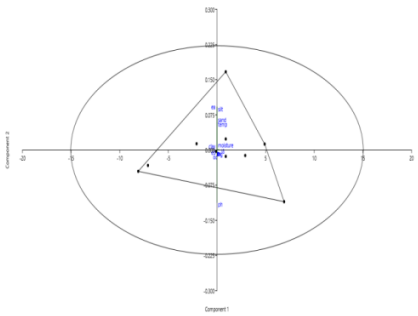

Figure 6. Principal Components Controlling the isopod population in Achenkovil forest area during monsoon season

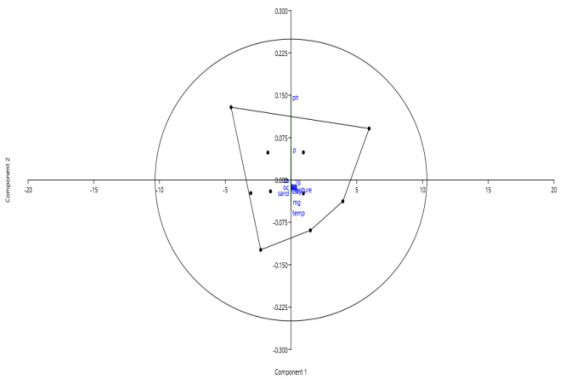

Figure 7. Principal Components Controlling the isopod population in Achenkovil forest area during post monsoon season

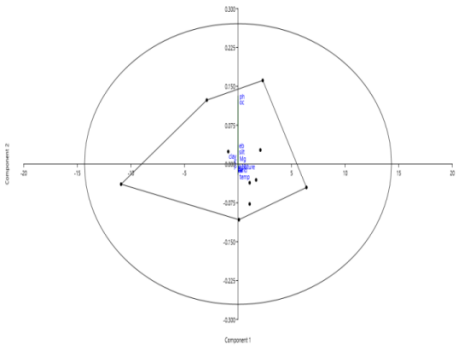

Figure 8. Principal Components Controlling the isopod population in Achenkovil forest area during pre monsoon season

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Evaluation of Microbial Efficacy of Cow Breed Dependent Amritjal: A Sustainable Approach to Natural Farming

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Received: 28 May 2025 Revised: 20 Jun 2025 Accepted: 24 Jun 2025

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ABSTRACT

A laboratory experiment was conducted on shelf life of amritjal based on different cow breeds at department of Botany, CCIM and Bioinformatics, Gujarat University, India. In this study cowdung and cow urine of different cow breeds viz., Kankrej, Gir and HF were collected aseptically and separately to prepare Amritjal. After preparation of amritjal samples were collected daily from 1st day to 15thdays and enumerated the general microorganisms viz., Bacteria, Fungi and Actinomycetes with respective media. Among the three cow breeds the amritjal prepared from Gir breed of cow contained the maximum microbial population. In General, the highest microbial population was observed between 7 to 9 days after preparing amritjal, with both Indian breeds exhibiting higher populations compared to the hybrid breed. This led to two key conclusions: first, the optimal time for applying amritjal is between 7 to 9 days after preparation, and second, the indigenous breed is more effective in preparing amritjal to enhance soil microorganisms.

Keywords: Amritjal, Indigenous breeds, Hybrid cow, Microbial Population, Soil health

INTRODUCTION

The increasing cost of chemical fertilizers makes them unaffordable for small farmers, while their use harms soil beneficial microbes ultimately which leads to decline in soil fertility. Natural farming methods are essential to

address these issues and maintain soil health. Natural farming in agriculture is now finding place in the mainstream of development and shows great promise commercially, socially and environmentally. While there is continuum of thought from earlier days to the present, the modern organic movement is radically different from its original from.
Liquid formulations used in natural farming are classified into two categories: Basic nutritive formulations and protective formulations. In that, Beejamrit and Amritjal are applied to the soil to enhance microbial activity and population, positively affecting plant growth and yield. In contrast, Agniastra, Brahmastra and Neemastra are biocultures used for protection against various pests.

Rationale of The Study

For centuries, dung and urine from cows have been used in Indian agriculture. In Natural farming mainly farmers used the same as basic components to make liquid formulations of natural farming. There are many breeds of cows worldwide, which can be broadly classified into two categories: drought and milk breeds. Milk breeds are primarily valued for their milk production, while breeds with lower milk output are considered less useful for that purpose. To address this, hybrid breeds have been developed through the crossing of different breeds. With this in view, an experiment was conducted to compare the microbial load and diversityin the fermented liquid formulation- Amritjal made of dung and urine obtained from different indigenous breeds with lesser milk production and hybrid cow species.

Research Objectives

1.Evaluate the microbial load and nutrient composition of liquid bio cultures derived from three different breeds of cows to determine their potential agricultural benefits.
2.Determine the optimum application timing for these liquid bio cultures to maximize their efficacy in agriculture.

MATERIAL AND METHODS

A laboratory study was conducted at Department of Botany, CCIM and Bioinformatics, Gujarat University, India. Three Different cow breed (Kankrej, Gir and Hybrid-Holstein Friesian) were selected for the experiment.

Preparation of Amritjal

The liquid natural formulation amritjal were prepared by following procedures given by Palekar (2006). The dung and urine of three cow breeds were collected aseptically and separately to prepare amritjal. The following ingredients were used to make 25 liters of amritjal 1.25 kg of cow dung, 1.25 liters of cow urine, 250 gram of pulse flour, 250 grams of jiggery, one handful soil from the banyan tree, 25 liter of tap water. All the ingredients were mixed thoroughly in a plastic bucket; the mouth of the bucket was covered with wet gunny cloth to maintain the appropriate conditions and the bucket was then kept at the room temperature for 14 days. During this period, the contents were mixed thoroughly with a wooden stick three times a day. Samples were collected in sterile polythene bottles to analyze the microbial population present in the amritjal.

Microbial Analysis

Laboratory studies on microbial analysis of amritjal were made following serial dilution and plate count technique. Samples were drawn on daily basis up to 14 days after preparation(DAP). Samples were studied for three groups of microorganisms viz., Bacteria, Fungi and Actinomycetes were analyzed. The method adapted for the enumeration was serial dilution and plate count technique with appropriate medium. Enumeration of microbial population was carried out using nutrient agar for bacteria, Potato Dextrose Agar (PDA) for Fungi and Selective media for Actinomycetes at 10^6, 10^4 and 10^3 dilutions respectively and the plates were incubated at 28 $\pm$ 2℃.

Statistical Analysis

The data obtained from experiments were statistically analyzed using completely randomized Design (CRD). The statistical analysis was done by using SPSS statistical tool and mean were separated by Ducan Multiple Range Test (DMRT).

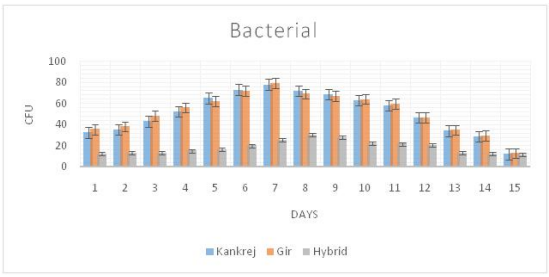
RESULTS

Table.1:Enumeration of general microflora of Amritjal prepared from dung and urine of different cow breeds

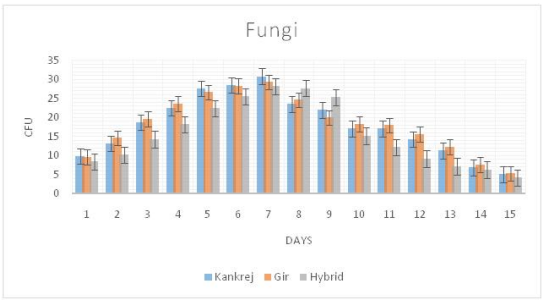
Cow breed	Kankrej Breed			Gir Breed			Holstein Friesian cow (Hybrid Cow)		
Microbe / DAP	Bacterial	Fungal	Actinomycetes	Bacterial	Fungal	Actinomycetes	Bacterial	Fungal	Actinomycetes
1	32.08^{c}	9.87b	3.32^{a}	35.69^{d}	9.66^{c}	4.33^{a}	12.28^{b}	8.41^{d}	2.98^{a}
2	35.22^{e}	13.25^{cd}	5.25^{d}	38.21^{e}	14.66^{e}	6.33^{b}	13.21^{c}	10.25^{f}	4.45^{b}
3	43.18^{f}	18.78^{ef}	7.87^{e}	48.67^{g}	19.66^{i}	8.33^{e}	13.46^{d}	14.28^{h}	5.26^{d}
4	52.66^{h}	22.58^{gh}	10.74^{g}	56.34^{h}	23.66^{k}	11.33^{g}	15.25^{e}	18.24^{j}	9.83^{g}
5	65.25^{k}	27.65^{i}	11.47^{j}	62.35^{j}	26.66^{m}	12.66^{h}	16.75^{f}	22.47^{k}	10.71^{h}
6	73.27^{n}	28.54^{ij}	12.82^{l}	72.36^{n}	28.33^{n}	13.66^{j}	20.24^{g}	25.58^{m}	11.12^{i}
7	78.26^{o}	30.87^{j}	14.58^{m}	79.36^{o}	29.33^{o}	15.33^{k}	25.44^{k}	28.25^{o}	14.21^{l}
8	72.32^{m}	23.54^{h}	18.61^{o}	69.36^{m}	24.66^{l}	18.33^{l}	30.34^{m}	27.75^{n}	19.21^{m}
9	68.78^{l}	21.98^{gh}	16.41^{n}	67.36^{l}	20.00^{j}	19.33^{m}	28.24^{l}	25.34^{l}	12.24^{k}
10	63.28^{j}	17.12^{e}	12.18^{k}	64.39^{k}	18.33^{h}	13.66^{j}	22.50^{j}	15.24^{i}	11.10^{j}
11	58.50^{i}	17.12^{fg}	11.28^{i}	59.72^{i}	18.00^{g}	13.33^{i}	21.87^{i}	12.21^{g}	10.67^{h}
12	46.66^{g}	14.25^{d}	11.12^{h}	47.06^{f}	15.66^{f}	10.00^{f}	20.64^{h}	9.24^{e}	9.87^{g}
13	34.30^{d}	11.28^{bc}	8.84^{f}	35.26^{c}	12.33^{d}	7.33^{d}	13.27^{c}	7.21^{c}	7.26^{f}
14	28.85^{b}	6.85^{a}	5.21^{c}	29.72^{b}	7.66^{b}	6.66^{c}	12.40^{b}	6.29^{b}	6.24^{e}
15	12.27^{a}	5.11^{a}	4.11^{b}	13.06^{a}	5.33^{a}	4.33^{a}	11.54^{a}	4.25^{a}	4.87^{c}
ANOVA Results of Design Experiment (test of between-Subjects, R squared= 1.000)									
CM	1152.64	189.18	60.908	1033.62	166.16	67.612	115.004	209.16	54.832
IC	117023	14810.2	4731.5	121361	14991.4	5441.3	15400.1	11045.0	3936.3
DY	1152.6	189.18	60.908	1033.62	166.16	67.612	115.0	209.16	54.832
ER	0.024	2.229	0.00	0.020	0.004	9.56E-5	0.012	0.00	0.014

(Note: Means with same superscript in a column, do not differ significantly at P=<0.05 as per DMRT-Duncan multiple range test, Abbreviations: CM- Corrected Model, IC- Intercept, DY- Days, ER- Error, DAP- day after preparation)

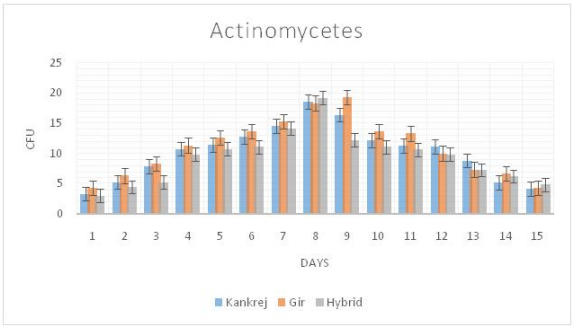
Graph.1:Chemical composition of Amritjal



Graph.2: Comparative dynamics of daily bacterial population among three breed specific Amritjal



Graph.3: Comparative dynamics of daily fungal population among three breed specific Amritjal



Graph.4:Comparative dynamics of daily actinomycetes population among three breed specific Amritjal

DISCUSSION

Amritjal prepared from different cow breeds showed significant differences in nutrient content: Gir breed amritjal had the highest nitrogen (1.896%), phosphorus (0.290%), copper (1.21 ppm), and zinc (0.093 ppm) levels, while Kankrej had slightly lower nitrogen (1.796%) and phosphorus (0.272%) but similar potassium (0.311%) and zinc (0.090 ppm). HF breed amritjal had comparable nitrogen (1.876%) but the lowest phosphorus (0.181%), copper (0.16 ppm), and zinc (0.068 ppm), with potassium (0.299%) nearly the same as the other breeds. These results indicate that Gir-derived amritjal is richer in key nutrients, especially micronutrients, whereas Kankrej and HF are similar in potassium but lower in other nutrients, showing that breed selection significantly affects the nutrient profile of amritjal. The microbial Population viz; Bacteria, Fungi and Actinomycetes were significantly influenced by different storage days (1st day after preparation to 15th days after preparation). The pronounce fluctuations in microbial population of Amritjal during ageing is clearly evident from Table 1. The highest Bacterial Population was noticed in Gir breed Amritjal (79.33 × 10^6 per ml of Amritjal) and next best was Kankrej breed Amritjal (79.25 × 10^6 per ml of amritjal) at 7th day after preparation. The population gradually increased in the middle of storage in the (1st day after preparation to 7th day after preparation) and further decreased gradually (8th day after preparation to 15th day after preparation). The highest fungal population was noticed in kankrej breed amritjal (30.87 × 10^4 per ml of amritjal) and the next best was gir breed amritjal (29.33 × 10^4 per ml of amritjal) at 7th day after preparation of amritjal. The population gradually increased in the middle of storage (1st day after preparation to 7th day after preparation) and further decreased gradually (8th day after preparation to 15th day after preparation). The actinomycetes population was maximum on 9th day after preparation of amritjal in all the breeds. However, amritjal prepared with gir breed (19.33 × 10^3 per ml of amritjal) recorded the highest population of actinomycetes compared to all other breeds of amritjal at 9th day after preparation. Radha and Rao (2014) also reported the slow growth of actinomycetes in freshly prepared fermented liquid organic formulation compared to bacterial and fungi population. Devakumar et al., (2014) observed higher colony forming units of bacteria, actinomycetes and fungi in amritjal at 7th day after preparation. In the preparations, higher number of bacterial CFUs viz., Azatobacter sp., A. chroococcum., Bacillus sp., Beijerinckia sp., Chromatium sp., Chromobacterium sp., Pseudomonas sp., Rhodomicrobium sp., Serretia sp., Xanthomonas sp., were recorded. The different fungi such as Aspergillus sp., Fusarium sp., Penicillium sp., Trichoderma sp., were observed. Babu (2011) reported that uncountable rate of Bacillus was found in the amritjal of Indian cows, the higher microbial population of these liquid organic formulations made them as a potent source to maintain soil fertility and to enhance the nutrient availability by helping in faster decomposition of bulky organic manures. It clearly indicates that the amritjal is enriched consortia of native soil microorganisms. The preparation would give best results if it is used between 7th to 9th days after preparation. The overall results revealed that; the highest microbial population was observed between 7th to 9th days after preparation of amritjal. Hence, its considered as a best time for the application of amritjal in agricultural field. The nutrient composition of amritjal and their constituents (Table 1) reveals amritjal is

good source of essential plant nutrients. The presence of beneficial microorganisms in these liquid formulations might be mainly due to their constituents such as: cow urine, cow dung and jiggery containing essential nutrients. (Palekar., 2006; Sreenivasa et al., 2010; Neelima and Sreenivasa., 2011). Out of three cow breeds, amritjal prepared with indigenous breeds showed maximum microbial population compared to other HF breed amritjal. Out of three indigenous breed gir showed higher bacterial and actinomycetes load where kankrej shows higher amount of fungal than gir breed cows. Overall these microbes help to improve the plant growth by different mechanisms such as fixing of atmospheric nitrogen, solubilization of unavailable from Phosphorus, Potassium, Zinc, organic matter decomposition etc., and also improve the soil fertility by increasing soil organic carbon.

CONCLUSION

All amritjal made from cow urine and cow dungs of both indigenous breeds were found to have higher number of beneficial microorganisms than HF. Although the milk productivity of Indian cow breeds is low, they are very useful in the production of cow dung and urine, which have high beneficial properties. Liquid organic preparation s contain higher number of bacteria, fungi and actinomycetes. From the studies it is evident that amritjal to be used for agriculture between 9 to 12 days after preparation. After this period, the culture with reduced microbial count can still be useful for marginal crops such as vegetables. The application of these environment friendly liquid formulations would supplement the application of fertilizers and they can be prepared easily by locally available materials by the farmers in rural areas.

Future Perspectives

Investigate the effectiveness of amritjal prepared from cow dung and cow urine of rural and urban cow.

Compare the efficacy of amritjal in improving soil microorganisms and plant growth prepared from cow dung and cow urine of cows fed dry fodder and those fed green fodder.

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Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Regulatory Landscape for Phytopharmaceuticals in India, Japan, South Africa, Europe, Canada and USA

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Received: 30 May 2025 Revised: 07 Jun 2025 Accepted: 25 Jun 2025

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ABSTRACT

Medicinal plant-based pharmaceuticals, popularly known as phytopharmaceuticals in the current health care delivery systems, are important to treat a variety of diseases and health conditions. But specifications for them and their development, approval and even commercialization is very much dependent on the requirements of country or region where it is to be marketed. This research paper provides a comprehensive analysis of the regulatory frameworks governing phytopharmaceuticals in six major markets: India, Japan, South Africa, Europe, Canada and USA. Every vertically integrated region has its own system for phytopharmaceuticals classification, quality, safety, efficacy evaluation and marketing authorization. In India, it comes under the Ministry of AYUSH and CDSCO with an emphasis on traditional and modern products. In Japan, new herbal medicine use is regulated under the PMDA approval system targeted on the Kampo technique. The South African Health Products Regulatory Authority, SAHPRA, has a separate list of regulations for traditional and herbal medicines. As per the EMA Europe, the Committee on Herbal Medicinal Products (HMPC) follows EU Directive on Traditional Herbal Medicinal Products. In Canada, Health Canada's NNHPD assesses these products so that they meet safety and efficacy requirements. On the other hand, phytopharmaceuticals in United States are regulated as drugs, and; they undergo rigorous clinical trials before approval by the Food and Drug Approval administration (FDA). This research paper compares these regulatory approaches, showing the difficulties of achieving global regulatory harmonization of phytopharmaceuticals, taking into account

traditional knowledge, safety and quality. It proposes some suggestions for the successive regulations and cooperation to increase peoples' access to reliable phytopharmaceuticals all over the world.

Keywords: Phytopharmaceuticals, regulation, herbal medicine, global harmonization, traditional medicine

INTRODUCTION

Natural products are in use since human civilization; the main sources of drugs are mineral, plant and animal. World Health Organization (WHO) had estimated that herbal medicines are one of the mainly pursued after primary health-care for nearby three and half to four billion population across the world. The chief portion of traditional medicine involves the plant extract–derived medicines and decoction which may also be termed as the "modern herbal medicine"[1]. According to World Health Organization (2019), traditional and complementary medicine use and practice has been detailed and overviewed globally, such as regulation needs, policy gaps and growing integration into national essential medicines lists, with gradual incorporation into the primary health care systems of the world [2]. Even before the history records, humans have been using plants for medicinal purposes. In recent years world widely the use of herbals has increased, since they are believed to be safer than modern medicines with little or no side effects, though modern medicine has taken over the lead from herbal medicines in the therapy of diseases in humans [3].

Highly developed and efficient allopathic or synthetic medicines , have quick onset of action and thus are used widely worldwide but have several adverse effects. Hence, the world looks forward to safer substances that have lesser adverse effects and that not only treat but also prevent diseases [4]. Phytopharmaceuticals, being based on traditional medicines, are an answer to this quest. Phytopharmaceuticals is a growing sector in global healthcare with therapeutic potential and in line with the growing preference towards natural remedies over synthetic drugs. These plant-derived pharmaceuticals differ from traditional herbal medicines as they undergo rigorous scientific validation, standardization and clinical testing to ensure quality, safety and efficacy before getting approval to enter the market[5]. The only challenge has been their development and regulation. As discussed earlier, the main areas of concern are standardization, proof of efficacy through clinical studies and strict adherence to the rules of the country in which these products will be sold [6].Steps involved in development of phytopharmaceutical drugs and challenges involved therein are presented in Figure 1[6].

As the demand for such products has increased, there were several countries that have developed the regulatory frameworks to streamline development and market authorization of these products. For phytopharmaceuticals, many countries like India, Japan, South Africa, Europe, Canada and USA, have their unique regulatory landscapes forged and molded into their historical background, economic and cultural identity. This variance in regulatory processes makes it all the more imperative for drug companies to understand various frameworks while trying to sell phytopharmaceuticals across geographies. Countries like India have been leading the regulatory process by adopting specific law structures to regulate these types of products [4].This paper compares the regulatory requirements of phytopharmaceuticals in these key jurisdictions so as to understand their approach on standardization, safety and commercialization. Phytopharmaceuticals and herbal remedies across the world are becoming integral in healthcare systems due to their prospective treatments of chronic diseases as well as alternatives for chemical drugs due to fewer adverse effects.

India's Phytopharmaceutical Regulatory Framework

The term "Phytopharmaceutical" refers to a new class of medication that could boost demand for and interest in plant-based treatments [6]. The words "phyto" (which refers to a plant) and "pharmaceutical" (which refers to

medicinal drugs) are combined to get the term "Phytopharmaceutical". The revalidation of the plant material specification is a key component of the well-balanced phytopharmaceutical strategy.

Ayurveda Siddha and Unani medicine are looked upon by the Department of AYUSH while Phytopharmaceuticals are subject to control by the Central Drugs Standards Control Organization (CDSCO) [7]. A new set of regulations for "Phytopharmaceutical drugs" was announced by the Indian government in 2013 as an amendment to the D&C Rules 1945. As per gazette notification dated 24th October, 2013, “Phytopharmaceutical drug” includes processed or unprocessed standardized materials derived from plants or parts there of or combination of parts of plants, extracts or fractions thereof in adosage form for internal or external use of human beings or animals and intended to be used for diagnosis, treatment, mitigation or prevention of any disease or disorder in human beings or animals, but does not include administration by parenteral route. These regulations outline and specify the legal requirements for phytopharmaceutical drugs in India. This gazetted announcement sets forth the definition, regulatory requirements and submission criteria for phytopharmaceutical medications, together with the necessary scientific data to assess a plant drug's quality, safety and efficacy and to approve its sale in competition with synthetic, chemical compounds [8,9].

India has one of the most highly developed regulatory environments regarding phytopharmaceuticals. Drugs and Cosmetics Act of 1940 and subsequent amendments provided structure for the regulation of these products. India distinguishes between phytopharmaceuticals and Ayurvedic, Siddha and Unani medicines, whereby they are regarded as a separate category which is scientifically validated. CDSCO enforces regulatory control, manufacturer tests for quality and establishes scientific evidence for safety and efficacy to ensure GMP compliance[10,11]. Good reflection of combining ancient knowledge with modern principles can result in phytopharmaceuticals becoming a true alternative in local and global markets.

Japan and South Africa: Different Methods for Herbal Medicinal Plants

Japan is seen to have a dual regulatory system, where traditional herbal products fall under Kampo medicine, while the phytopharmaceuticals are treated like the conventional pharmaceuticals. Products undergo strict clinical trials and must be in compliance with Pharmaceutical and Medical Device Act (PMDA) for safety and efficacy [12,13]. On the other hand, Medicines and Related Substances Act that includes complementary and alternative medicine (CAM) and conventional drugs in South Africa region. South Africa focuses on product safety through its regulative efforts since the government tries to standardize knowledge-based products with proper quality assessments by modern standards [14,15]. In both countries, knowledge is found to maintain a balance between traditional and modern healthcare systems within regulatory frameworks.

Europe and Canada: Harmonizing Standards

The European Union (EU) provides a highly developed regulatory environment for herbal medicinal products through the European Medicines Agency (EMA). The EMA facilitates the registration of long-standing traditional use products by a pathway that requires evidence of quality and safety but fewer clinical data than new chemical entities [16,17]. This sets a high standard for herbal products but promotes innovation and growth in the market. Similarly, Canada regulates phytopharmaceuticals under Natural Health Product Regulations taking safety, efficacy and quality into consideration. Health Canada requires the manufacturers to submit product information, including evidence of traditional use or clinical trials, to get licenses for these products [18]. This regulatory system reflects the country's commitment to ensuring consumer safety while promoting the use of natural health products.

USA Botanicals Regulations

Phytopharmaceuticals are in essence the same as a botanical drug in common dialect . USFDA (United States Food and Drug Administration) first issued “Guidance to Industry on Botanical Drugs” that paved the way for phytopharmaceuticals to get a status of drug and marketing authorization as a drug after review by USFDA. [19].

In USA, United States Food and Drug Administration (FDA) governs phytopharmaceuticals under the term "botanicals." The botanicals have to comply with FDA regulations, which include pre-market safety testing, clinical trials for efficacy and adherence to GMP standards. FDA's regulatory approach is stringent, but it provides a structured pathway for market approvals of botanical drugs. [20].

Challenges and Global Harmonization

Despite such regional advancements, there are still challenges to achieve global harmonization on phytopharmaceutical regulation. Divergent regulatory requirements, differing clinical data standards and quality control issues work as barriers for drug manufacturers to penetrate the market in various countries. India has been one of the pioneers to introduce traditional medicine under the modern regulatory systems, but much international cooperation is in dire need to introduce the harmonized guidelines that will ensure uniform safety and efficacy standards [4,5]. As the importance of phytopharmaceuticals increases, the standards of regulations in different countries have to be harmonized to facilitate access to markets and ultimately to improve the health situation across the world. Regulation of phytopharmaceuticals varies very extensively in countries such as India, Japan, South Africa, Europe, Canada and USA, owing to the diverse regional priorities and approaches in their regulations. While the others, such as USA and EU, seem to be more interested in aligning their products with pharmaceutical regulatory procedures to ensure safety and effectiveness, some countries, like India and Canada, take approaches that integrate traditional knowledge into modern standards. Understanding these regulatory requirements makes it possible for companies as well as researchers in the field to devise and market phytopharmaceuticals on diversified regulatory landscapes.

MATERIALS AND METHODS

The present study is a type of retrospective analysis of regulatory requirements and the reviewed data was subjected to the systematic review. The current study understanding has led that phytopharmaceutical classification systems are highly varied between India, Japan, South Africa, Europe, Canada and USA.For current study electronic review method was used. The selected nations official website and regulations/legislations/guidance documents were studied. Google scholar and ResearchGate kind of different databases were referred for data collection.

RESULTS AND DISCUSSION

The comparative study of the phytopharmaceuticals regulations for India, Japan, South Africa, Europe, Canada and USA was presented in a tabular form in Table 1.

Region-wise Classification Systems of Phytopharmaceuticals

Phytopharmaceutical classification systems are highly varied between India, Japan, South Africa, Europe, Canada and USA. Central Drugs Standard Control Organization (CDSCO) regulates phytopharmaceuticals for India, placing a strong emphasis on the distinction between traditional and modern herbal products. Kampo medicines, which are a part of traditional Japanese medicine, are separately regulated in the country. SAHPRA in South Africa categorizes herbal medicines as ones manufactured using traditional healing practices that were developed in Africa or not. Committee on Herbal Medicinal Products (HMPC) under European Medicines Agency (EMA) has categorized herbal medicines with regard to the EU Directive on Traditional Herbal Medicinal Products, keeping its traditional view towards herbal preparations.

Canada, however, categorizes its phytopharmaceuticals under Natural Health Products (NHPs), having different standards for herbal ingredients.US FDA classifies these either as dietary supplements or as botanical drugs, the later stringently regulated for quality, safety and efficacy. Regional variations in classifications form the basis of having different regulatory approaches. [10 - 20]

Quality and Safety Evaluation Protocols

Quality and safety evaluation protocols are essentials in the regulation of phytopharmaceuticals but again they vary from one region to another. India needs to enforce quality and safety checks while focusing on the consistency with AYUSH standards for traditional formulation and CDSCO standards for modern phytopharmaceuticals. PMDA of Japan requires the quality test of Kampo medicines and ensures that they follow the highest pharmaceutical standards with due respect to the preparation techniques in the traditional area. SAHPRA of South Africa also enforces strict regulations in manufacturing, labeling and packaging of herbal medicine to safeguard consumer health while demanding local validation of safety.

EMA's HMPC bases the quality and safety of substance on traditional use and uses scientific evaluation when this becomes available. In Health Canada, NNHPD follows a risk-based approach; therefore, phytopharmaceutical products need to fulfill quality requirements that conform to the regulation requirements in the country regarding Natural Health Products (NHP). In United States, FDA regulates phytopharmaceuticals classified as drugs and requires extensive evaluation for quality and safety, whereas dietary supplements are only required to meet Good Manufacturing Practices for quality [10 - 20]. The essential point observed is that there is a common emphasis on consumer safety across the different regulatory approaches.

Requirements for Efficacy Approval Process

Regulatory requirements and approvals regarding efficacy evidence vary from country to country and are; to a great extent, focused on local emphasis toward traditional use verses scientific proof. In India, CDSCO requires clinical evidence of new drugs especially if it is a non-traditional variation of AYUSH drug. In Japan, PMDA would want efficacy evidence for Kampo drugs, yet balance an acceptable amount of documentation for traditional usage with some clinical evidence. South Africa's SAHPRA places more emphasis on the validation of efficacy for products locally used and imported products, primarily when there is no assurance of safety from long-term traditional use. Efficacy requirements differ in Europe; European Medicines Agency has a registration system that is streamlined with traditional herbal medicinal products in which evidence of efficacy may be considered based on traditional use over time. Natural Health Products from Health Canada require proof of efficacy, but there is flexibility in terms of traditional and scientific evidence. USFDA requires clinical trials for drugs, but less stringent requirements for dietary supplements, which are only required to substantiate health claims. [10 - 20]. These pathways expose the differences in terms of regulatory rigor for efficacy across different markets.

Marketing Authorization and Commercialization

The regulatory requirements for marketing authorization for phytopharmaceuticals differ across various countries. Here are some of the prominent reasons for differences in commercialization and availability of these products in the particular region. For India, there is a two-way system in traditional and modern drugs for gaining market authorization, regulated by AYUSH and CDSCO, respectively. Phytopharmaceuticals in India are as stringently regulated as modern drugs. In Japan, preparation of Kampo medicines must be presented under PMDA pharmaceutical systems to gain authenticity for commercialization standard while the method of preparation remains unaffected. In South Africa, the SAHPRA demands the registration of herbal medicines as complementary medicines.

HMPC of the EMA provides simplified registration for traditional herbal medicines within the EU making easier to access the market. NNHPD of Canada provides marketing authorization for Natural Health Products that meet certain criteria concerning safety and efficacy. US FDA follows dual categorization i.e., phytopharmaceuticals classified as drugs require pre-market approval whereas pre-market approval is not required for dietary supplements, though they have to be in compliance with the manufacturing and labelling regulations[10 - 20]. Such different requirements influence the way phytopharmaceuticals are admitted and handled in various regions.

Challenges and Future Recommendations for Global Harmonization

Balanced regulations for global availability of phytopharmaceuticals will be highly challenging because of the diversity of traditional knowledge in every country and the level of acceptance of traditional knowledge and practices while framing regulatory requirements for phytopharmaceuticals. The regulatory authorities of India, Japan, South Africa, Europe, Canada and USA have taken unique cultural, historical and scientific considerations that determine regulatory standards. Traditional knowledge as such needs to be harmonized with modern scientific approaches. The three approaches, reliance on AYUSH standards in India, preservation of traditional Kampo approaches in Japan and consideration of indigenous herbal remedies of the past in South Africa are regional attempts toward preservation of traditional knowledge. While systems from Europe and Canada tend to emphasize scientific validation yet permit flexibility for traditional use, United States insists on rigid dichotomy between dietary supplements and botanical drugs. This degree of fragmentation does not make safe consumer access and the full global market open for use of phytopharmaceuticals. The integration of an international framework with minimum standards by allowing the mutual recognition of approvals could facilitate research and cooperation in those regions. These could lead to a larger distribution of reliable phytopharmaceuticals, as the approach is balanced and combines tradition with science.

Review of comparative table

India

In India, CDSCO under the Ministry of Health and Family Welfare is responsible for regulating phytopharmaceuticals. According to the act, phytopharmaceuticals should contain four or more active phytochemicals that have shown quality and efficacy so as to gain market entry. Details and evidences for identification, authentication and source of plant used for extraction and fractionation are needed. Extraction and subsequent fractionation and purification process need to be complied by quality specification. Formulation and manufacturing process of phytopharmaceutical drug is required. Good Manufacturing Practices are abided by following Schedule M of D & C Rules. If therapeutic claims are involved, then data from animal toxicity and safety data and all four phases of clinical trials need to be included. Phytopharmaceutical drug marketed status in any other country is required. AYUSH prescribes labelling and stability studies, while CDSCO is concerned with adverse event monitoring and pharmacovigilance. Besides, post-market surveillance is also very robust and there exists mandatory reporting of adverse events [10, 11].

Japan

PMDA is responsible for overseeing the majority of Japan's phytopharmaceuticals under the Pharmaceutical and Medical Device Act. For Kampo or traditional herbal medicines, Japan has a unique product category based on ancient medicinal practices merged with modern pharmacological standards. Beyond PMDA's GMP compliance, a Kampo medicine or a new herbal remedy must submit comprehensive data regarding safety and efficacy to be approved by PMDA. Japan insists that Kampo medicines have the same requirements as other drugs: their clinical data must pass all the full clinical trials concerning new therapeutic claims. Further, stability testing is important because Japanese labelling standards demand an explicit declaration of the formulation and intended use of their products. PMDA handles routine reviews for safety and effectiveness after their marketing approval. Adverse events need to be submitted to PMDA [12,13].

South Africa

South Africa has the regulations regarding phytopharmaceuticals, which under safety, quality and efficacy monitoring falls under the category of traditional and complementary medicines of South African Health Products Regulatory Authority. Medicines and Related Substances Act governs the ways traditional knowledge passes down upto expectations as per the control of regulation. Traditional medicines are classified based on their historical usage; a full range of clinical trials from Phases I through III is warranted once new claims are forwarded. Quality control by SAHPRA requires compliance with GMP, safety data of animal and human studies and stability testing for shelf life verification. South Africa has pharmacopoeial standards that guide the definition of a product and labelling

requires content and any traditional use claims. Constant safety is ensured through post-market surveillance and mandatory adverse event reporting [14,15].

Europe

European Medicines Agency coordinates regulation through its Committee on Herbal Medicinal Products and Directives 2001/83/EC and 2004/24/EC. The later directives sort herbal medicinal products into three categories depending on their safety, quality and efficacy, especially if they have a long history of traditional use. New products or claims require extensive clinical trials, whereas traditional herbal products only need proof of historical safety. EMA guidelines require manufacturing to abide by GMP and a high level of stringency testing for stability and quality. Labelling requirements ensure the label should reflect the use of traditional medicine, the list of various ingredients and shelf life. Post-market surveillance and periodical risk analysis ensure compliance and allow the EMA to respond to adverse events by having pharmacovigilance programs [16,17].

Canada

Health Canada regulates phytopharmaceuticals under NNHPD. This legislation classifies the main products as NHPs under Natural Health Products Regulations. For a product to gain market authorization, NNHPD requires a full safety and efficacy assurance. Such products can be defined more by traditional knowledge, especially in a case where there is evidence of safe use over the years, but new claims would have to be proven by clinical trials.GMP standards have to be applied at every level of production and shelf life must be set with stability testing. Ingredient usage and traditional uses will be published for NHP in Canada. All adverse events have to be reported through post-marketing surveillance [18].

United States

US FDA regulates phytopharmaceuticals primarily under the Guidance on Botanical Drugs and Dietary Supplement Health and Education Act (DSHEA). Botanical drugs need full clinical trials from Phase I to Phase III if they make health claims, but dietary supplements are required only to meet the basic safety and GMP standards if they are labelled without any specific health benefits [19, 20].This contrast also exists within one country and makes it difficult to set standard requirements across all countries based on the U.S. framework since the risk profile and clinical claims of phytopharmaceuticals differ. While the systems for regulating are highly dissimilar around the regions, safety and efficacy of drugs manufactured remain balanced with the conventional traditional methods and modern scientific procedures of each country. Comparative study shows that international standardization may benefit through cultural coexistence, still insisting on strict safety requirements on plant-based drugs.

CONCLUSION

A global harmonization of regulations for phytopharmaceuticals will bring new challenges along with it in the midst of the vast region-specific differences in regulatory requirements. India, Japan, South Africa, Europe, Canada and the United States host different approaches to regulations founded on traditional knowledge as well as on modern scientific standards, thus posing a great challenge to regulatory harmonization of pharmaceuticals worldwide. However, establishing this global harmonization will enhance global cooperation and trade by tapping into every country's respective strength, such as India's integration of traditional knowledge, Japan's expertise about Kampo and Europe's harmonized directive. Lastly, the cultural value must be respected while scientific standards are enforced for unified regulation around the world.

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Table 1. Comparative study of regulations of phytopharmaceuticals in India, Japan, South Africa, Europe, Canada and USA

Sr. No.	Parameters*	India [10,11]	Japan [12,13]	South Africa [14,15]	EU [6,16,17]	Canada[18]	USA[6,19,20]
1	Regulatory authority	CDSCO	MHLW, PMDA	SAHPRA	EMA (HMPC)	Health Canada	FDA
2	Phytopharmaceutical drug regulation	Available	Not available	Not available	Not available	Not available	Not available
3	Other related regulations	Ayurveda, Siddha, Unani, Homeopathy	Pharmaceutical and Medical Device Act, Kampo standards	Medicines and Related Substance Act	Traditional medicinal product	Natural Health Products Regulations, Food and Drugs Act	Botanicals
4	Definition	Phytopharmaceutical drug includes purified and standard fraction with defined minimum four bio-active or phyto-chemical compound (qualitatively and quantitatively assessed) of an extract of a medicinal plant or its part, for internal or external use of human beings or animals for	Traditional Japanese herbal medicine used in Japan for more than 1500 years. It includes ethical Kampo formulations and OTC Kampo formulations.	Traditional and Complementary Medicines	Any medicinal product, exclusively containing as active ingredients one or more herbal substances/herbal preparations, or a combination of the two	Probiotics, Herbal remedies, Vitamins and minerals, Homeopathic medicines, Traditional medicines such as traditional Chinese medicines, Other products like amino acids and essential fatty acids	Botanicals mean products that include plant materials, algae, macroscopic fungi and combinations thereof

		diagnosis, treatment, mitigation or prevention of any disease or disorder but does not include administration by parenteral route as specified in Rule 2 (eb) of the Drugs and Cosmetics Rules, 1945					
5	Legislation/guideline	Phytopharmaceutical Drug: GSR 918 (E), Amendment in Drugs and Cosmetics Rules 2015, Ayurveda, Siddha, Unani, Homeopathy: Drugs and Cosmetics Act 1940 and Rules thereunder	Pharmaceutical Administration and Regulations in Japan, 2020; the Guidebook of the Approval Standards for OTC Kampo Products, 2017	Medicines and Related Substance Act and Complementary medicines - discipline-specific safety and efficacy	Directive 2001/83/EC and Directive 2001/82/EC	Natural Health Products Regulations, Food and Drugs Act	Guidance on Botanical Drugs, Dietary Supplement Health and Education Act (DSHEA)
6	Year of legislation/guideline	2015; 1940 (amended)	2020; 2017	1965; 2020	2004	2004	1994
7	Market Authorization Pathway	Approval by CDSCO	Approval by PMDA	Registration with SAHPRA	EMA registration process	Non-prescription Health Products Directorate (NNHPD) assessment	Pre-market notification for dietary supplements; Botanical drugs require FDA review
Data to be generated and submitted by applicant							
8	Taxonomical identity of the plant	√	X	√	As per European Pharmacopoeia	X	√

9	Morphological and anatomical description	√	X	√	As per European Pharmacopoeia	X	√
10	Natural habitat and geographical distribution of the plant	√	X	√	√	X	√
11	Season or time of collection	√	X	√	√	X	√
12	Source of the plant including its geographical location and season or time of collection	√	X	√	√	√	√
13	Statement indicating whether the species determined to be endangered or threatened or entitled to special protection	√	X	√	X	X	√
14	List of grower or supplier (including names and addresses)	√	X	√	√	X	√
15	Quality specifications (foreign matter, total ash, acid insoluble ash, pesticide residue, heavy metal contamination, microbial load,	√	√ : product X : crude	BP/USP or other recognized Pharmacopoeia	Ayurvedic formulary of India/ BP/USP or other recognized Pharmacopoeia	*Compendium of Monographs* published by the Department of Health	√

	chromatographic fingerprint for sample and marker, assay for bio-active compound)						
16	Extraction, subsequent fractionation and purification process	√	X	√	√	√	√
17	Formulation of phytopharmaceutical drug applied	√	X	√	X	√	X
18	Manufacturing process of formulation	√	X	√	X	√	X
19	Stability data	Temperature at 40 ± 2°C and Humidity at 75% RH ± 5% RH for 0,1,2,3 and 6 months. ICH Q1A (R2) Stability Testing of New Drug Substances and Products	Data submission required is case-based	√	'Note for guidance on stability testing of new active substances and products' 'Guideline on stability testing of existing active substances and related finished products' 'Note for guidance on in-use stability testing of human medicinal products'	√	ICH Q1A (R2) Stability Testing of New Drug Substances and Products.
20	Safety and pharmacological information - Animal toxicity study data	√	X	Data submission required is case-based	√	√	√

21	Human studies-Clinical trials	Phase I, phase II, phase III and phase IV studies	Phase I, II, and III clinical trials for new Kampo products	Data submission required is case-based	Phase I, phase II, phase III and phase IV studies for safety and efficacy	Varies by claim, generally safety and efficacy trials required	Phase 1 tolerability studies may not be required if sponsors can provide adequate justification for the relevance of the prior human use. Phase-2 and Phase-3 studies is conducted
23	Regulatory status - marketed in any country under any category like functional food or dietary supplement or as traditional medicine or as an approved drug	√	X	√	X	X	X
24	Marketing information	Information on Package insert of patient information leaflet and label	No separate guideline	As stipulated by the Medicines and Related Substances Act, 1965	No separate guideline	Labelling of natural health products, Good Label and Package Practices Guide for Non-prescription Drugs and Natural Health Products	No separate guideline
25	Post marketing surveillance (PMS)	PSUR every 6 month for first 2 years and annually for subsequent	√	√	Clinical safety information through Pharmacovigilance and PSURs	√	Submission of PMC and PMRs periodic reports every month

27	Animal toxicology (non-clinical toxicity studies)	Single-dose, Repeated-dose Systemic Toxicity Studies, Male Fertility Study, Female Reproduction and Developmental Toxicity Studies, Local toxicity, Genotoxicity, Carcinogenicity	X	Data submission required is case-based	Toxicity studies-Reproductive Genotoxicity, Carcinogenetic and Toxicokinetic data	√	Pharmacokinetic/ Pharmacodynamics Studies and Route of administration
29	Animal Pharmacology	√	X	Data submission required is case-based	√	√	√
30	Current GMP requirements	Schedule M of D & C Rules	Standards led Federation of Pharmaceutical Manufacturers' Associations of Japan	SA guide to good manufacturing practice for medicines	√	GMP standards by NNHPD	GMP standards by US FDA
31	Pharmacopeial Standards	Indian Pharmacopoeia: for source material	Japanese Pharmacopoeia,	Recognized Pharmacopoeia	European Pharmacopoeia	United States Pharmacopeia British Pharmacopoeia (BP) European Pharmacopoeia (Ph. Eur.) Pharmacopée française (Ph.f.) Pharmacopoeia Internationalis (Ph.I.) Japanese Pharmacopoeia (JP) Food Chemicals Codex (FCC)	US Pharmacopoeia

32	Details on Packaging, storage condition and labelling	√	√	√	√	√	√

* **As per Phytopharmaceutical Drug** GSR918 (E), India;√ Required; **X** Not required

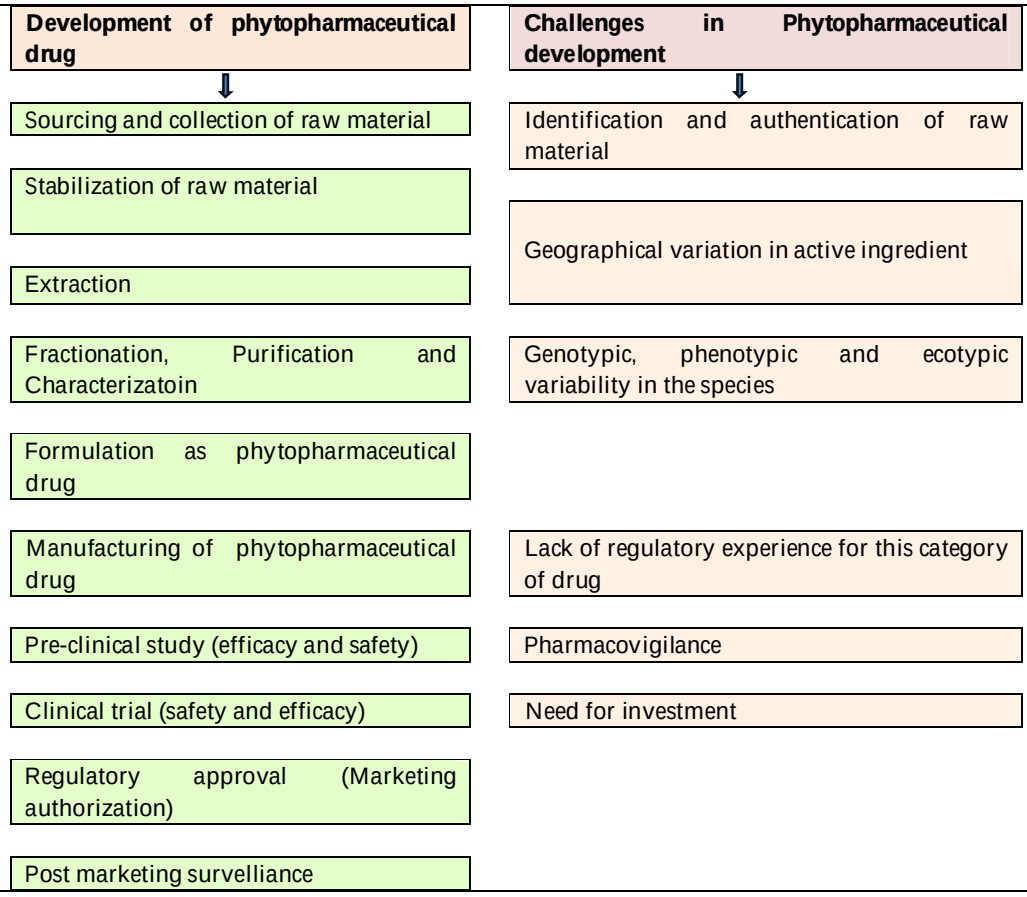

Figure 1. Steps involved in the development of phytopharmaceutical drug and its Challenges.

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

A Comparative Study on Diabetes in Delhi NCR Region among Adults

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Received: 05 May 2025 Revised: 22 May 2025 Accepted: 26 Jun 2025

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ABSTRACT

This study investigates and compares the prevalence, risk factors, and management practices of diabetes mellitus among adult populations residing in different districts of the Delhi National Capital Region (NCR). Employing a cross-sectional survey design, data will be collected from a representative sample of adults across various demographic and socioeconomic strata within the NCR, including Delhi and its surrounding urban and peri-urban areas. Key parameters to be assessed include the prevalence of diagnosed and undiagnosed diabetes, anthropometric measurements (BMI, waist circumference), lifestyle factors (diet, physical activity, smoking), family history of diabetes, awareness of diabetes and its complications, access to healthcare services, and adherence to treatment regimens. Comparative analyses will be conducted to identify significant variations in these parameters across different districts within the NCR, considering factors such as urbanization levels, socioeconomic status, and healthcare infrastructure. The findings of this study will provide valuable insights into the heterogeneous landscape of diabetes within the Delhi NCR, highlighting specific areas requiring targeted interventions and policy formulations to improve diabetes prevention, management, and overall public health outcomes in the region.

Keywords: Diabetes, Types of Diabetes, Sitaglaptin, Metformin, BSF, HbA1c

INTRODUCTION

Diabetes mellitus, a chronic metabolic disorder characterized by elevated blood glucose levels, poses a significant and growing public health challenge globally and within India. The increasing prevalence of diabetes is associated with substantial morbidity, mortality, and socioeconomic burden. [1] The Delhi National Capital Region (NCR), a rapidly urbanizing and diverse area encompassing the National Capital Territory of Delhi and its surrounding districts in adjacent states, presents a unique context for studying this complex disease. The NCR is characterized by varying levels of urbanization, socioeconomic disparities, and access to healthcare, which may influence the prevalence, risk factors, and management of diabetes among its adult population. [2,3] Understanding the nuances of diabetes across the diverse landscape of the Delhi NCR is crucial for developing targeted and effective public health interventions. While national-level data provides a broad overview of diabetes in India, regional variations, particularly within a heterogeneous region like the NCR, may be masked. [4] This comparative study aims to address this gap by investigating and comparing the prevalence, associated risk factors, awareness levels, and management practices of diabetes among adult residents of different districts within the Delhi NCR. By elucidating the similarities and differences in the diabetes burden across this region, this research seeks to provide valuable insights for policymakers, healthcare providers, and public health practitioners to tailor strategies for diabetes prevention and control, ultimately contributing to improved health outcomes for the adult population in the Delhi NCR. [5,6,7] Most of the instances the was assumed to be asymptomatic, it is possible to demonstrate an abnormality in carbohydrate metabolism by measurement of plasma glucose in the fasting state or after a challenge with an oral glucose load. However, when it is symptomatic, that time a patient goes to serious condition or hyperglycemic condition. Sometime in the majority of individual with type-1 diabetes patients to be younger, slimmer and usually present symptomatically of the disease which requires insulin therapy immediately to control the blood glucose level. [8, 9] In type-1 diabetes, pancreas does not produce insulin because pancreatic Beta cells destroyed by antibodies and inhibit its ability and lead to type-1 diabetes. The diseases of the pancreas can inhibit its ability to produce insulin and lead to type-1 diabetes. A range of relatively rare internal infections causes and illnesses could be damage the pancreas and cause type-1 diabetes. [10, 11]

According to previous studies are defined few steps in the pathogenesis of type-1diabetes . The production of antibodies are responsible to an antigen to positivity for one or more islet autoantibodies (to insulin, glutamic acid decarboxylase [GAD], insulinoma antigen 2 [IA-2], or zinc transporter 8 [ZnT8]) marks the development and known as islet autoimmunity. [12] The appearance of the first autoantibody, approximately 70% of children are positive for two or more of these auto antibodies develop diabetes in 10 years (20). One family history is increased risk of developing the type-1 diabetes condition, and genetically the presence in certain genes indicates risk of developing type-1 diabetes. (13, 14) Type-2 diabetes is non-insulin dependent diabetes mellitus is caused by decreasing the sensitivity of target tissues to insulin. The basic effect of insulin resistance glucose metabolism is to prevent the efficient uptake and utilization of glucose by most cells of the body. Sometime Symptoms of type-2 diabetes are usually dangerous because insulin production decreases over time. The well knows common symptoms are includes below.

- Polyuria, increased thirst and nocturia - due to hyperglycaemia. The excessive passage of urine or abnormally larger production of urine it is a classic sign of diabetes patients (greater than 2.5 L per day for anadult).
- Fatigue - due to the inability to use glucose as an energysource.

Sometimes these symptoms are associated with by a rapid, unhealthy weight loss due to the breakdown of protein and fat as an alternative energy source. Onset stage of can more easily slow down disease progression and reduce patients mobility rates in general people. A reliable, long-listing and multi-functional medical awareness need to arise the attention in population through world wild, especially to old person more than 60 ages that are more affected to type-2 diabetes events. [15, 16] A part of food consumption of daily control, some other unfavorable condition, such as chain smoker, heavy drunk, long–term depression, sleep problem or obesities could also be the type-2 diabetes emergencies. [17, 18]

MATERIAL AND METHODS

Study Design and Duration

This is a retro-prospective study in the region of Greater Noida, District Gautam Budh Nagar, Uttar Pradesh, India. Research work is carried out in accordance with the relevant guidelines and regulations. The study is carried out in health care centers a, for a period of about 06 months (from Oct- 2024-Mar-2025).

Study Site

This study was focused at the region of Greater Noida, District Gautam Budh Nagar, Uttar Pradesh, India located within the National Capital Region of New Delhi. Greater Noida is located between northern latitudes of 28.47°N and eastern longitudes of 77.51°E. Area of Noida is notified with 38,000 Ha and comprising 124 villages (308 km^2). [19,20] Climate of this region are usually moderate, humid and dry, cold and chill, and warm and wet (https://gbnagar.nic). This study was done with the support of Yatharth Super Specialty Hospital, Greater Noida. Sample was collected from the pathological laboratory of Yatharth Super Specialty Hospital, Greater Noida.

Source of Data

Patients with frequently urination, increased thirst, much hunger were complaints or examined by physician in the OPD (out patients department) and (In patients department) of hospital. Blood specimens were collected for pathological examination. Primarily, we have screened earlier diagnosis patients using pathological lab testing protocols.

Sample Size

As depicted total of 695 patients with diagnosis of diabetes history were included from the district of Gautam Budh Nagar, for the study and all agreed patients are to participate fully for this research and publication with their signed consent forms. Patients also agreed with term &condition for this study.

Selection Criteria

In this, study selection criteria divided in two main categories first Inclusion criteria and second Exclusion criteria are mentioned below.

Inclusion Criteria inclusion criteria divided in two categories following in below:

General Inclusion criteria Patients above 20 years old having with any one of the following symptoms were considered for the survey: Obesity, Increased thirst, and frequent urination, feel much hunger, Fatigue and blurred vision, Nausea and vomiting, Itching skin, increased susceptibility to infections, dry mouth, weight loss or gain. Importantly, patients are not willing to participate in the study.

Clinical Inclusion Criteria:

Patients with confirmed Diabetes diagnosis with either one of following.

- Bloodsugarfasting >110 mg/dl
- Blood sugar post-prandial>140mg/dl
- HbA1C% >6.5%

Exclusion Criteria

General Exclusion criteria

The exclusion criteria are restricted to upper age limit of 70year.

Clinical Exclusion Criteria

Patients with other co-infections like malignancy, chronic kidney disease. Patients diagnosed with Retinopathy, neuropathy, pregnancy history and other pre diagnosed allergy they are excluded in the research study.

RESULT AND DISCUSSIONS

Distribution of Patients according to month

As per the data available in table the sample were collected from October 2024 to March 2025 for this research in average of confirm diabetic patients are 41.66 % where the 74.16 % patients only have the symptoms of diabetes but confirmed as a diabetic as per the results of diagnostic test during the study. In this study sample of 695 patients are collected in which only 250 patients are found positive and considered as a subject for this study.

Distribution of Patients according to sex

In the confirmed 250 cases of diabetes against the total 695 subjects the 174 are male and 76 are female patients, this data indicates the prevalence of diabetes is more in males compare than the females in the study region.

Distribution of Patients according to age groups

The 250 confirmed cases of diabetes against 695 is classified into the 05 age groups 20-30, 30-40, 40-50 ,50-60 and 60-70 respectively to know about the in which age groups most of the patients are come and what are the factors that increase the susceptibility towards the diabetes in human beings of selected area. Age always a important factor the play a vital role in the causation of diabetes. Age is a significant and non-modifiable risk factor in the causation of diabetes, particularly type 2 diabetes. The likelihood of developing this condition increases substantially with age, especially after 45. This heightened risk is attributed to a combination of age-related physiological changes. [21, 22] As we age, there's often a decrease in muscle mass (sarcopenia) and an increase in body fat, particularly visceral fat, which contributes to insulin resistance. Additionally, the efficiency of insulin secretion by the pancreas may decline over time. At a cellular level, aging cells may become less responsive to insulin signaling, impairing glucose uptake. Furthermore, increased oxidative stress and low-grade chronic inflammation, common in older adults, can disrupt insulin pathways. Lifestyle factors prevalent with age, such as reduced physical activity and altered dietary habits, can exacerbate these age-related changes, further increasing the susceptibility to developing type 2 diabetes. [23] While type 1 diabetes is more commonly diagnosed in younger individuals, the risk of type 2 diabetes continues to rise with advancing age, making it a critical consideration in understanding diabetes causation. According to this table the numbers of diabetic patients are increased gradually according to age where age group 20-30 has the lowest 23 patients and the age groups 50-60 and 60-70 has 70 and 72 diabetic patients respectively. This table clearly indicates the adults are less prone towards the diabetes compare to the geriatric patients. [24]Age group variation plays a crucial role in diabetes causation, manifesting differently across the lifespan. Type 1 diabetes, an autoimmune condition, is more frequently diagnosed in children and adolescents, though it can occur at any age. In contrast, type 2 diabetes, characterized by insulin resistance and relative insulin deficiency, shows a strong correlation with increasing age, with prevalence rising significantly after 45 years. [25] Gestational diabetes, a form of diabetes that develops during pregnancy, also shows some age-related trends, with older pregnant individuals facing a higher risk. [4] Understanding these age-specific patterns are vital for targeted prevention, early diagnosis, and appropriate management strategies across different life stages. [26, 27]

Screening of pathological marker for the detection of diabetes mellitus type-2

For the purpose, all diabetes patients were examined by a group of physician and biological samples were collected and pathologically observed. The identified biochemical marker which could help to identify diabetes compare to traditional medicinal approaches. The screened all the collected biological specimens from selected diabetes patients and only symptomatic patients. On the basis of pathological testing method, we screened the profile of Hb, Cholesterol, Triglyceride, HDL, Blood sugar fasting, Blood sugar post-prandial, Glycosylated hemoglobin (HbA1C), SGOT, SGPT, Total protein, Serum urea, Creatinine, Na-, k+, Ca++ and other biochemical was carried out.[28] The

graph indicates the comparative study of selected bimolecular or pathological parameters in diabetes mellitus type-2 patients total number of patient (n-20) and compared HbA1C data analysis after 56 weeks treatments of sitagliptin 50/500mg. Line graph represent before and after treatments of sitagliptin changes in patient's hemoglobin. After the treatment of sitagliptin regimen was no significant correlation with hemoglobin. Diabetes mellitus type-2 patient's hemoglobin was stable. [29, 30] Line graph represent the treatment of sitagliptin before and after treatments of sitagliptin (50/500mg) in blood sugar. After the treatments of diabetes mellitus type-2 patients has glucose level significantly controlled. Dirk orange line represent before treatments of sitagliptin and light graph line represent after treatments of sitagliptin level of glucose. The graph for the batter understanding which indicates the Comparative study of selected bimolecular or pathological parameters in Diabetes mellitus type-2 patients total no patient (n-20) and compared blood sugar fasting and blood sugar postprandial data analysis after 56 weeks treatments of Sitagliptin 50/500mg. After the treatment of sitagliptin regimen was significant correlation with blood sugar fasting and blood sugar postprandial. GLP-1 hormone they are released by intestinal GIP-1. GLP-1 and GIP both are called incretin and incretin is an anti-diabetic hormone. Sitagliptin is ananaloges to gliptin but it does not destroy by DDP-4 enzymes. Incretins are a class of metabolic hormones that restoring a decrease in blood glucose levels. Incretins are released after meal intake and increase the secretion of insulin emancipate from pancreatic beta cells of the islets of Langerhans by a blood glucose-depending onmechanism. [31, 32] Graphical representation for the batter understanding which indicates the Comparative study of selected bimolecular or pathological parameters in Diabetes mellitus type-2 patients total no patient (n-20) and compared glycosylated hemoglobin data analysis after 56 weeks treatments of Sitagliptin 50/500mg. We have clearly showed the patients data in graphical representation to control the HbA1c level after the treatments of sitagliptin. After the comparative analysis we got a significantly correlation.

The American Diabetes Association, In 2010 added HbA1C testing as a means of diagnosing diabetes, if symptoms were presents only blood sugar fasting, blood sugar postprandial test were previously recommended as a valid diagnostic tools (https://academic.oup.com). We accepted the standards with reference to the oriental result of HbA1cdepletion, in contemplation of similar initial HbA1C. Bar graph represents the treatment of sitagliptin before and after treatments of sitagliptin (50/500mg) in cholesterol level. Blue bar represent before treatment and red bar represent after treatments of sitagliptin. Bar graph clearly showed the sitagliptin effects on cholesterollevel. Bar graph represents the treatment of sitagliptin before and after treatments of sitagliptin (50/500mg) in triglyceride level. Blue bar represent before treatment and red bar represent after treatments of sitagliptin. Bar graph clearly showed the sitagliptin effects on triglyceride level. Bar graph represents the treatment of sitagliptin before and after treatments of sitagliptin (50/500mg) in HDL level. Blue bar represent before treatment and red bar represent after treatments of sitagliptin. Bar graph clearly showed the sitagliptin effectson HDL (highdensitylipoprotein)level. The observed patients HDL level comparison before the treatments with sitagliptin showed significantly reduction of HDL level in diabetic group. Bar graph represents the treatment of sitagliptin before and after treatments of sitagliptin (50/500mg) in SGPT level. Blue bar represent before treatment and red bar represent after treatments of sitagliptin. Bar graph clearly showed the sitagliptin effects on SGPT (aspartate aminotransferase) level. According the, Roy et al. after the three weeks treatments found SGOT level significant rise of SGOT level in the diabetes group. Long –term liver disease e.g. steatohepatitis and nonalcoholic fatty liver disease (NAFLD) are very ordinary in patients come across diabetes . Hepatocellular distraction come about due to elevated levels of glutamate pyruvate transaminase (SGPT) and serum glutamate oxaloacetate transaminase (SGOT) enzymes in blood and these two enzymes are the similar indicate of liver inflammation or injury likeNAFLD. Incretins, such as glucagon-like peptide-1 (GLP-1) and glucose-dependent insulinotropic polypeptide (GIP), are released by the gut in response to food intake. These hormones play a crucial role in glucose homeostasis. By inhibiting DPP-4, sitagliptin slows down the degradation of these incretins, leading to increased levels of active GLP-1 and GIP in the bloodstream. Liner graph represent the urea level before the treatment and after the treatments. After sitagliptin treatments urea level not increased in diabetes mellitus type-2 patients and no any complication observed in kidney. Liner graph represent the creatinine level before the treatment and after the treatments. After sitagliptin treatments creatinine level not increased and no side effects in kidney. According to the AyseNuransoy et al. sitagliptin protective effects on renal damage and induced by renal ischemia reperfusion (I/R) in rats. Result based on the biochemical and pathological approach, Hb, BSF, BSPP, HbA1C, Cholesterol, Triglyceride, HDL, SGOT and SGPT profile were observed in selected 20 sever cases of diabetes mellitus

type-2 patients and same 20 patients after the treatments as control with compared to standard pathological parameters. We found the BSF, BSPP, HbA1C, Cholesterol, Triglyceride and HDL, profile significantly modified in diabetes mellitus type-2 patients compare to before the treatments of sitagliptin and glemiperide drugs. Observations suggest that expression of BFS, BSPP, HbA1C, Cholesterol, Triglyceride, HDL, were significantly induced were suppressed in diabetes mellitus type-2 patients. Interestingly expression profiles of Hbs, TLC, RBC, PCV, MCV, MCH, MCHC, PLATELETS, SGOT, SGPT, Total protein also deregulated in few patients, but over all these expression were not significantly altered. Hyperglycemia is a critical condition for human health during diabetes which characterized by abnormally high levels of glucose and Hypoglycemia is also a critical condition for human health during the treatment of diabetes, glucose is a main source of energy in the body.

CONCLUSION

In conclusion, the comparative study of diabetes prevalence among adults in the Delhi NCR region reveals significant variations influenced by factors such as lifestyle, socioeconomic status, urbanization, and access to healthcare. The findings underscore a rising trend in diabetes cases, particularly in urban pockets, driven by sedentary habits, unhealthy diets, and increased stress levels. Moreover, disparities in awareness and management practices across different demographic groups highlight the need for targeted public health interventions. Strengthening preventive measures, promoting early diagnosis, and ensuring equitable access to treatment can play a crucial role in addressing the growing burden of diabetes in this rapidly developing region. This study clearly indicates the male persons are more prone to have the diabetes compare than the females because several factors contribute to the observed higher prevalence of type 2 diabetes in males compared to females. One significant aspect is the difference in body fat distribution. Men tend to accumulate more visceral fat (abdominal fat surrounding organs) than women, who are more likely to store subcutaneous fat (fat under the skin, particularly in the hips and thighs). Visceral fat is metabolically more active and strongly linked to insulin resistance, a key precursor to type 2 diabetes. Additionally, men are often diagnosed with diabetes at a lower Body Mass Index (BMI) than women, suggesting a lower threshold for metabolic dysfunction. Hormonal differences also play a role; lower testosterone levels in men have been associated with increased visceral fat and decreased muscle mass, both contributing to insulin resistance. Lifestyle factors, including dietary habits, physical activity levels, and even stress responses, can also differ between genders and influence diabetes risk.

Some studies suggest that men might be less proactive in seeking early medical attention for symptoms, potentially leading to later diagnosis when the condition has progressed further. While women face a higher risk of certain diabetes-related complications, the initial predisposition to developing type 2 diabetes appears to be elevated in males due to this interplay of body composition, hormonal profiles, and potentially lifestyle factors. This study also revels the geriatric patients are more prone to have diabetes compare than the adults because geriatric persons are significantly more prone to developing diabetes compared to younger adults due to a confluence of age-related physiological changes. As individuals age, there's a natural decline in pancreatic beta-cell function, leading to reduced insulin secretion. Simultaneously, insulin resistance tends to increase due to factors like decreased muscle mass (sarcopenia), increased body fat (especially visceral fat), and reduced physical activity. At a cellular level, the responsiveness to insulin signaling may also diminish with age. Furthermore, the cumulative exposure to various lifestyle and environmental risk factors over a longer lifespan increases the likelihood of developing the condition. The presence of other age-related health issues and the use of multiple medications can also indirectly impact glucose metabolism. Consequently, the aging process itself creates a more vulnerable metabolic environment, making geriatric individuals particularly susceptible to developing diabetes, especially type 2. This study also indicates the sitaglaptin is the drug that decreases the blood glucose levels among all the type 2 diabetes mellitus patientsprimarily by enhancing the action of the body's natural incretin hormones. It achieves this by inhibiting the dipeptidyl peptidase-4 (DPP-4) enzyme, which is responsible for breaking down these incretins, namely glucagon-like peptide-1 (GLP-1) and glucose-dependent insulinotropic polypeptide (GIP). By inhibiting DPP-4, sitagliptin leads to increased levels of active GLP-1 and GIP in the bloodstream. These elevated incretin levels then exert their glucose-lowering

effects by stimulating glucose-dependent insulin release from the pancreatic beta cells and suppressing glucagon secretion from the alpha cells, particularly when blood glucose levels are high. This dual action helps to improve both post-meal and fasting blood glucose control with a reduced risk of hypoglycemia compared to some other anti-diabetic medications because its effects are closely tied to glucose concentrations.

Author Contribution

Ankit Kumar: Original manuscript draft writing & editing, data curation, data analysis; Anshu Kumar Singh: Conceptualization, Data Curation, Data Analysis, Supervision; Ramgopal Dhakar: Manuscript writing & editing, Supervision

Ethics approval and consent to participate

This study has pre ethical approval with the reference number YTH/GN/079/2024 and the all participants are signed the consent form and they are willing participate in this study. The filled consent forms are also recorded for future references.

Funding

This research was not supported by any grant from funding agencies in the public, commercial, or not-for-profit sectors.

Declaration of Competing Interest

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

ACKNOWLEDGEMENT

On behalf of all the authors Ankit Kumar acknowledge Yatharth Super Specialty Hospital, Delhi-NCR and Department of Life Science, Mewar University, Chittorgarh for providing infrastructure facilities and valuable support.

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Table.1: Month wise sampling detail of diabetes type-2 mellitus patients from October 2024 to March 2025

Months	Patients with diabetes symptoms	Confirmed diabetes case	Only symptoms
October 2024	80	20	60
November 2024	75	33	42
December 2024	69	29	40
January 2025	83	26	57
February 2025	119	49	70
March 2025	269	93	176
Total	695	250	445
Average during 06 months	115.83	41.66	74.16
% frequency	100%	41.66%	74.16%

Table.2: Distribution of Patients according to sex

Diabetic Patients	No. of Patients
Male	174
Female	76

Table.3: Age wise distribution of patients

Age Groups	No. of Patients
20-30	23
30-40	36
40-50	49
50-60	70
60-70	72

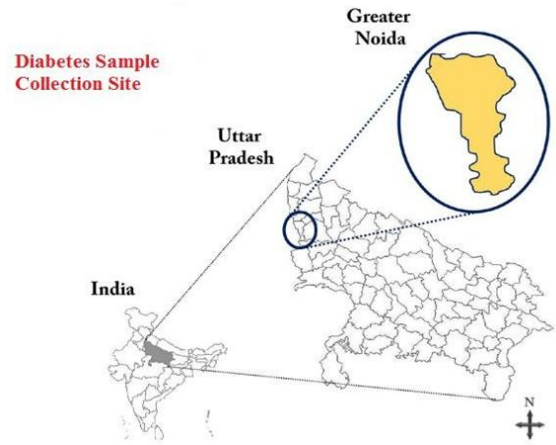

Figure.1: Demographic location of sample collection site.

Figure.2: Sample collection for Diabetes patients

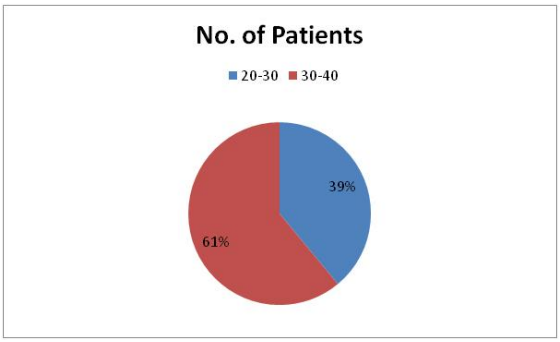

Figure.3: Distribution of Patients according to sex

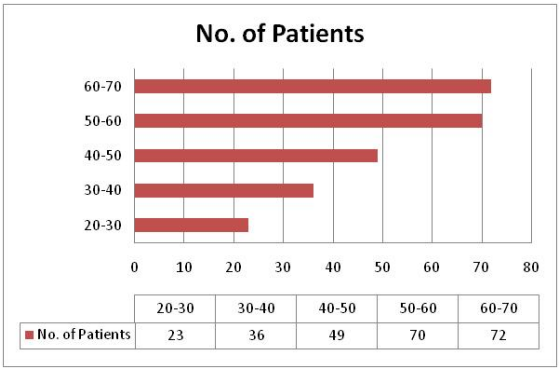

Figure.4: Age wise distribution of patients

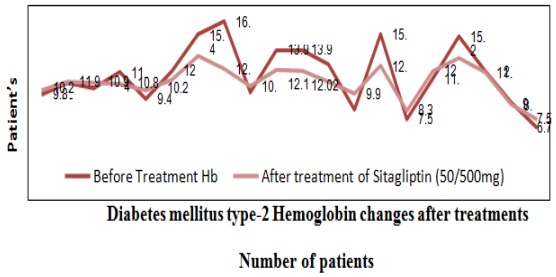

Figure 5: Comparative analysis of Hemoglobin (Hb) before treatments Sitagliptin and after treatments of diabetes mellitus type-2 patients (n=20)

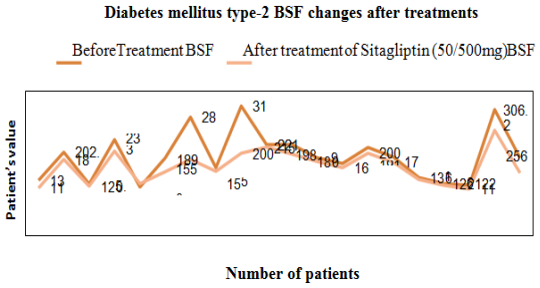

Figure 6: Comparative analysis of Blood sugar fasting (BSF) before treatments of Sitagliptin and after treatments of diabetes mellitus type-2 patients (n=20).

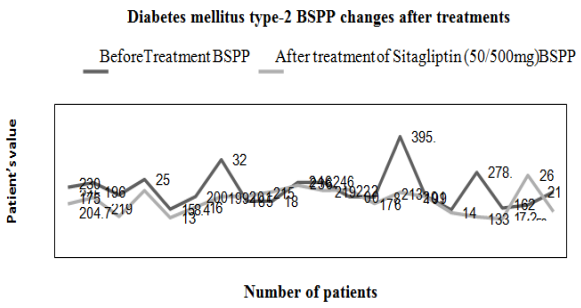

Figure 7: Comparative analysis of blood sugar postprandial (BSPP) before treatments of Sitagliptin and after treatments of diabetes mellitus type-2 patients (n=20).

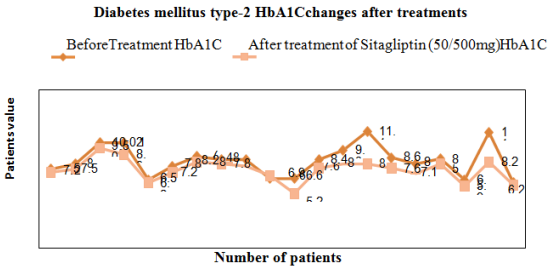

Figure 8: Comparative analysis of glycosylated hemoglobin (HbA1c) before treatments of Sitagliptin and after treatments of diabetes mellitus type-2 patients (n=20)

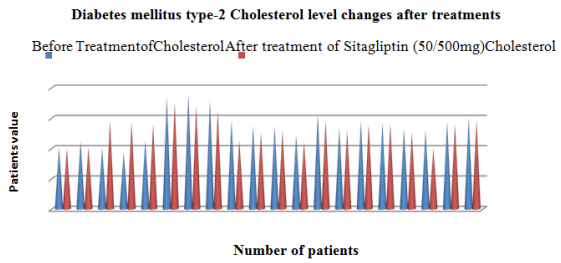

Figure 9: Comparative analysis of cholesterol before treatments of Sitagliptin and after treatments of diabetes mellitus type-2 patients (n=20)

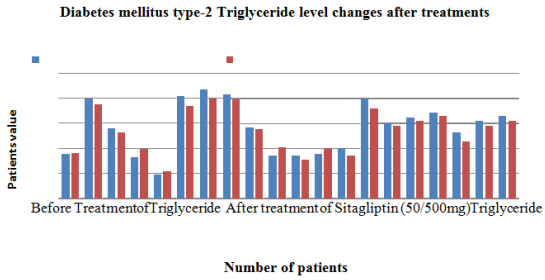

Figure 10: Comparative analysis of triglyceride before treatments of Sitagliptin and after treatments of diabetes mellitus type-2 patients (n=20)

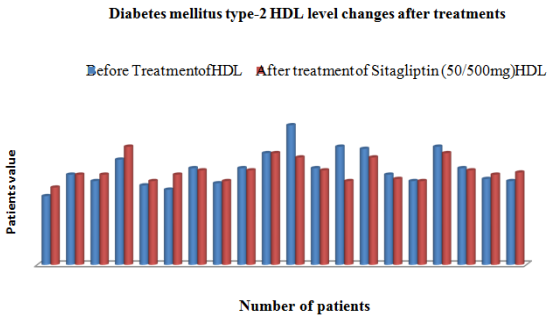

Figure 11: Comparative analysis of HDL before treatments of Sitagliptin and after treatments of diabetes mellitus type-2 patients (n=20)

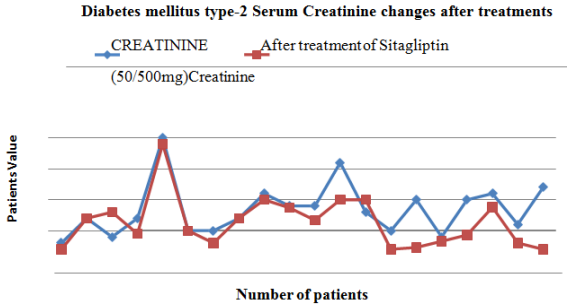

Figure 12: Comparative analysis of serum creatinine before treatments of Sitagliptin and after treatments of diabetes mellitus type-2 patients (n=20).

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Effectiveness of Proprioceptive Neuromuscular Facilitation versus Myofascial Release on Trigger Points in Patients with Upper Cross Syndrome: An Experimental Study

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Received: 17 May 2025 Revised: 03 Jun 2025 Accepted: 21 Jun 2025

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ABSTRACT

Upper Cross Syndrome (UCS) is an often-seen disorder of posture, caused by muscle imbalances in the cervical and thoracic spine. Therapists may use Proprioceptive Neuromuscular Facilitation (PNF) or Myofascial Release (MFR) to help ease the associated pain and limited range of motion. The main goal is to assess how effective PNF and MFR are in reducing pain and improving ROM in people experiencing trigger points from UCS. A total of 30 participants from 30 to 45 years with UCS took part in a randomized controlled experimental study. The groups were made up of two parts: Group A is known as PNF, and Group B is MFR. The interventions were conducted for 4 weeks, on 3 days per week, for 40 minutes. The presence of pain was measured with the NPRS, and its range was assessed by using a goniometer. The statistical approach consisted of paired t-tests and ANOVA. Patients in both groups had significant improvements in their pain and ROM ($p < 0.05$). Still, Group A (PNF) demonstrated higher improvements in the range of motion for cervical extension and lateral flexion ($p < 0.01$). PNF produces better results in terms of range of motion and lowering pain for UCS patients compared to MFR.

Keywords: Problems related to Upper Cross Syndrome, Trigger Points, Proprioceptive Neuromuscular Facilitation, Myofascial Release, and Restriction of Motion can lead to conditions like pain.

INTRODUCTION

UCS is common and leads to weakened deep neck muscles and a tightening of the muscles in the upper back [1]. An imbalance in this muscle can lead to pain, a decrease in cervical movement, and abnormal spine posture [2,3]. People who sit at a desk or in front of a screen for most of the day are prone to UCS [4]. Musculoskeletal dysfunctions, such as UCS, are often handled by hands-on techniques such as PNF and MFR [5,6]. PNF involves stretching and employs certain movements to help people become more skilled and flexible. Focusing on the fascial tissue, MFR aims to

release stress and improve a person's movement [9,10]. Though both techniques work, there is not much published research showing which one handles trigger points related to UCS better. In this study, the outcomes of PNF and MFR on both pain and range of motion in UCS are inspected and compared. The focus is on observing the outcomes of PNF and MFR on Upper Cross Syndrome patients' trigger points, mainly in terms of pain and range of motion.

METHODOLOGY

Study Design: This study, which took place over 4 weeks, was authorized by our institution's ethics committee with reference number GU-PT-IEC/2024-25/017.
Participants: From the OPD of the Department of Physiotherapy at Galgotias University,30 participants with clinically recognized UCS and certain trigger points were included in the study.

Inclusion Criteria
The participants for the study were between 30 and 45 years of age. Interested persons of any gender could join. Before being included in the study, patients had to be diagnosed with Upper Cross Syndrome (UCS). Besides, the study was only carried out on patients whose trigger spots were palpable without difficulty. Every one of the participants gave their permission after understanding what the study was about, what it involved, and any dangers involved.

Exclusion Criteria
Only people without a history of cervical surgery or cervical radiculopathy were qualified to participate in the trial. If the participant had neurological or general health disorders that could influence the intervention, that person was also excluded. They were made ineligible if they had a skin problem that might interfere with how manual therapy would be carried out.

Sample size
An overall total of thirty individuals who matched the criteria for the study were chosen. A total of thirty people were randomly chosen from the participants to form the groups. Comparing the two interventions was possible because random allocation ensured the study was fair.

Group A PNF and Group B MFR
Intervention Protocol: Each member of the study attended therapy sessions 3 days per week for a total of 4 weeks, each lasting 40 minutes.

Group A (PNF)
Relaxing and stretching the neck extensors and upper trapezius are the main goals of using the contract-relax and hold-relax techniques.

Group B (MFR)
Pressing and releasing those muscles over a long period

Outcome Measures
NPRS stands for Numerical Pain Rating Scale.
Using a goniometer to assess how much cervical ROM is present
Statistical Analysis: Data were analyzed using SPSS v26. A paired t-test was used within groups, while ANOVA was used to compare different groups. It was considered significant when p was smaller than 0.05.

RESULTS

In this condition, using a combination of PNF and MFR leads to better improvement in how far the neck can move, but PNF can relieve pain more successfully than MFR. Group A (PNF) reported much lower pain levels with a mean score of 2.1 after the intervention, compared to the score of 6.2 they reported before. In Group B, the MFR changed from 6.0 to 3.0, meaning that PNF was more effective in reducing the feeling of pain than the other therapy. Examining cervical mobility shows that all assessed actions led to step-by-step increases, and PNF showed better outcomes than the other group. There was an improvement in flexion from 38° to 48°, extension from 34° to 44°, rotation from 55° to 65°, and lateral flexion from 22° to 30° in the PNF group. The participants in the MFR group saw their flexion go from 39° to 45°, extension from 35° to 40°, side bending from 23° to 28°, and rotation from 54° to 62°. The rise in strength reveals that PNF improves mobility through improved control of the muscles and lengthening as well as successfully tackles problems related to both muscles and the nervous system.

Numerical Pain Rating Scale (NPRS)

Group	Pre-Intervention	Post-Intervention
Group A (PNF)	6.2	2.1
Group B (MFR)	6.0	3.0

Cervical Range of Motion (ROM)

Movement	PNF Pre	PNF Post	MFR Pre	MFR Post
Flexion 38	48	39	45	
Extension	34	44	35	40
Lateral Flexion	22	30	23	28
Rotation 55	65	54	62	

DISCUSSION

These findings reveal that people with Upper Cross Syndrome experienced much less pain and increased head and neck movement because of PNF and MFR treatment. For Group A receiving PNF treatment, more progress was made in extending and bending from the side. Evidence from previous studies suggests that PNF helps people enhance their flexibility, the quality of their movements, and the way their muscles respond [5,7,8]. These results support those findings. In contrast, MFR helped by easing pain and increasing flexibility, although the changes were less noticeable than the improvement with the other method. PNF's active collaboration during stretching implies it can strengthen posture and improve proprioceptive abilities based on recent scientists' studies [10,14,16]. Moreover, practicing PNF may help people achieve lasting benefits because it promotes how the brain and muscles work together and rewire. Adding PNF to UCS therapy is helpful for patients with sensory trigger points and a wide range of motion issues.

Limitations

There are a few shortcomings in this study. Also, with only thirty participants in this study, another point is that since there was no longer-term follow-up, the intervention took only four weeks. This study was limited because it was exclusively done at one site. Experts should conduct research integrating PNF with MFR, use a wider variety of patients in the study, and follow their progress after treatment.

CONCLUSION

MFR and PNF are both good options to help treat the areas that may be causing Upper Cross Syndrome. PNF, on the other hand, helped reduce pain and improved how far and freely people could turn their necks, mainly in bending

left or right and looking up or down. For better results, consultants can suggest that people with UCS use PNF as part of their daily physical therapy.

FUNDING

There wasn't any funding given by the university or other outside sources to help with this project. The researchers did all the work for the study themselves, not getting help from any companies or groups that offered money, so they took care of things like finding people for the study, giving the treatment, and looking at the results.

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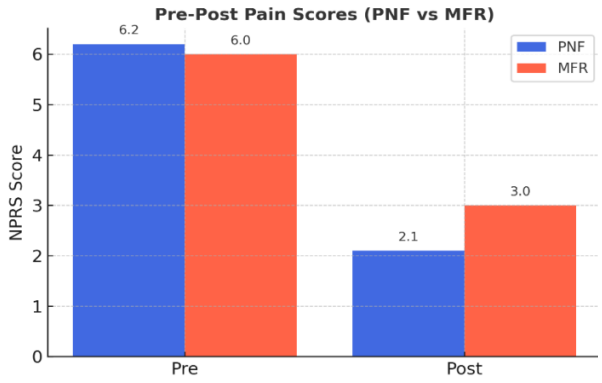

Figure 1 Pre-Post NPRS Score Comparison

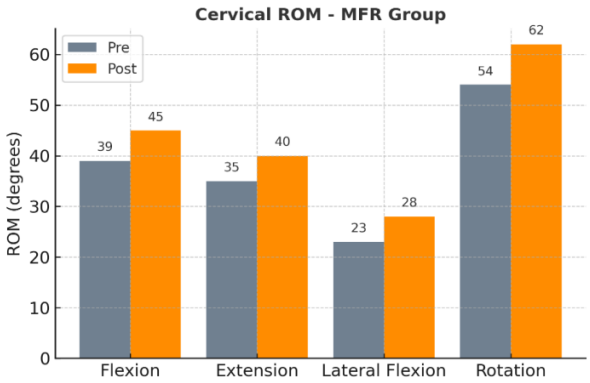

Figure 2 Pre-Post MFR Score Comparison

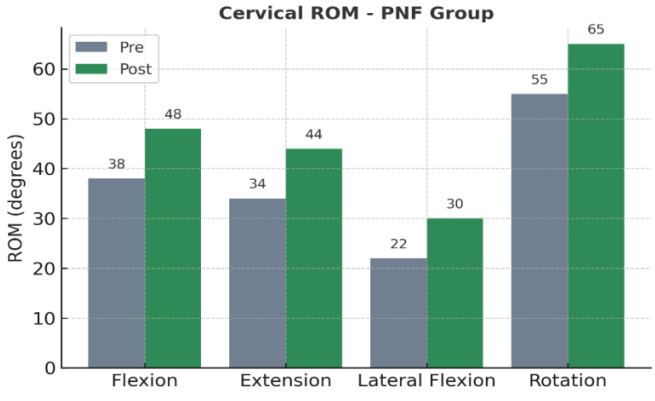

Figure 3 Pre-Post PNF Score Comparison

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Review on Ayurvedic Concept of *Nidra Viparyaya* (Improper Sleep) and its Effect on Emotional Intelligence

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Received: 03 Apr 2025 Revised: 10 May 2025 Accepted: 24 Jun 2025

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ABSTRACT

According to Ayurveda, a person is said to be healthy whose Dosha, Dhatu, Mala and Agni are in a balanced state, combined with sensory, mental, and spiritual happiness. It is believed that health and diseased condition further depends on the balance of Trayopastambha (Ahara, Nidra and Brahmacharya). *Nidra Viparyaya* can be the term comprising all the aspects of changes in *Nidra,* i.e., *Divaswapna, Raatri Jagarana*, and changes in the quantity and quality of sleep. The change in the normal sleep pattern due to late night study, watching movies and increased screen time in late night, night shift jobs, may cause alteration in the quality and quantity of sleep which probably aids to severe health problems. Emotional Intelligence (EI) denotes the capability to perceive, express, understand and manage emotions. The concept of emotional intelligence has got importance in many areas, especially in the workplace where it is proven that it can assist employees to manage attitudes and responses in jobs requiring emotional demands by boosting self-confidence and reducing job stress. According to Ayurveda, proper or adequate sleep aids in happiness, nourishment, virility, strength, knowledge and life. Since sleep is very much connected to the mind and mental faculties, it has a profound impact on the psychological and behavioral aspects of the individual, directly affecting social and emotional well-being.

Keywords: Emotional intelligence ,*Nidra, Trayoupastambha*, *Divaswapna, Ratrijagarana, Mana.*

INTRODUCTION

The three subpillars (*Trayoupastambha*) of Ayurveda, namely *Ahara, Nidra, and Brahmacharya*, are said to be responsible for ensuring a disease-free existence and a full and healthy life span. When done correctly, *Nidra* maintains homeostasis for all bodily functions; any irregularities with it result in a variety of physiological and psychological disorders, which in turn create a variety of ailments. It comes under *Adharaniya Vega* (unsurpassable urge). It causes symptoms like yawning, malaise, drowsiness, headache and heaviness in the eyes if it is suppressed[1] Getting adequate sleep at the right times maintains a normal level of wellness and has a good impact on quality of life. *Diwaswapna* and *Ratrijagarana* are abnormal forms of natural sleep and are considered etiological factors for variety of diseases.

The circadian rhythm is mostly dependent on lighting conditions when it comes to the sleep-wake cycle. The brain receives instructions to produce melatonin hormone, which induces sleep, as nighttime grows longer and darker. This counteracts when someone tries to stay awake at night for various reasons, like work or using mobile phone excessively right before bed, which can confuse the body and cause improper physiological functions, such as hormone disturbance, poor digestion, stress, tension, and anxiety which can lead to a variety of psychological disorders. Emotional intelligence is defined as the ability to regulate and observe one's own and others' emotions, to differentiate between various emotions, and to utilize this information to direct thoughts and actions. It has been observed that those with higher degrees of emotional intelligence are more able to recognize their feelings as well as those of others and are better capableof adapting to different situations[2].Emotional Intelligence assists in building stronger relationships, achieving success at work and helping to achieve career and personal goals.

MATERIALS AND METHODS

The literature review related to Nidra and emotional intelligence were compiled from available Ayurvedic works of literature, books and various related articles and internet sources. Articles and research papers were searched using online databases like PubMed, Google Scholar etc, for improper sleep and their relation to emotional intelligence.

LITERATURE REVIEW

Nidra is emphasized especially in Ayurveda, where it is classified under *Trayopastambha*. The maintenance of life is the responsibility of three pillars: *Ahara, Nidra and Brahmacharya*. Good sleep is thought to be a sign of good health since it promotes *Dhatusamyata*.

Definitions of Nidra

- According to the Mandukya Upanishad, Nidra is a state in which the Atma has no dreams or desires, also known as Susupti[3].
- As per Acharya Charaka, sleep happens when the sensory and motor organs become dormant and the mind and soul get tired[4].
- According to Acharya Susruta, sleep occurs when Tamas covers Hridaya, the seat of *Chetana*[5].
- Vyasa definesNidra as a state of unconsciousness, yet the awareness of one's own unconsciousness still persists[6].
- Dalhanacharya defines Nidra as that state where the mind and intellect merge, allowing a person feel happy[7].

Mechanism of Nidra

According to Acharya Charaka, individuals enter into a state of sleep when the mind, along with sensory and motor organs, becomes fatigued and detaches from their objects[8]. According to *Ashtanga Sangraha*, when the mind gets detached from the sense organs because of fatigue and *Manovaha Srotas* accumulates with Sleshma, the individual sleeps[9].

Acharya Susruta considers *Hridaya*as the seat of *Chetana* and individual experiences sleep when there is an abundance of *Tamo guna.* Moreover, increase of *Satva Guna* results in awareness of the individual[10].
As per Sharangadhara Samhita, *Nidra* occurs due to the aggravation of *Kapha-Doṣa*and *Tamoguṇa*[11].

Types of Nidra
Charakaacharya has classified *Nidra* into various types according to its origin and exposition[12].

1.***Tamobhava Nidra*** caused by the effect of *Tama*.
*2.***Shleshmasamudbhava*** caused by *Kapha.*
3.***Mana Shrama Sambhava*** Due to excessive mental pressure and strain,*Mana* gets exhausted and starts withdrawing itself from the *Indriyartha*which results in generating sleep.
4.***ShariraShrama Sambhava*** Due to excess physical activity, the body refuses to work further,resulting in sleep, which aids in the restoration of energy levels.
5.***Aagantuki-*** *This* sleep may be the result of a bad prognosis or it can also be a sign of imminent death.
6.***VyaadhiAnuvartini*** *Nidra,* which is a detrimental outcome or complication of other diseases.
7.***Ratriswabhav Prabhava*** *Nidra,* which occurs naturally at night. Since it rejuvenates the body and nourishes the mind and *Indriya,* it is also called *Bhoota Dhatri.*

Classification by **Susrutha[13]**
Sushruta has classified *Nidra* into three different types
1.***Vaishnaivi Nidra*** It is a normal type of *Nidra* that occurs naturally as per the rhythmic cycle.
2.***Tamasi Nidra*** It happens when *Tama* dominating *Kapha* blocks the *SanjnavahaSrotas*.
3.***Vaikariki Nidra*** Arise due to disturbances in the body and mind.

Benefits of *Nidra*
Proper and timely sleep contributes *Sukha*(happiness), *Pushti*(nutrition),*Vrishata*(virility), *Bala*(strength), *Jnana*(knowledge) and *Jiva*(maintains the life) whereas improper sleep brings about *Dukha*(misery), *Karshya*(sterility), *Ajnana*(ignorance) and *Marana*(death)[14]. Just as true knowledge leads to Siddhi in a yogi, proper sleep brings happiness and longevity to humans. Sleeping at the proper time, especially at night time, balances the body tissues(*Dhatusamyata*),promotes mental clarity, enhances vision, retains complexion, bestowsstrength and maintains digestivepower. So, a person who desires to live a healthy life should indulge in *Kala Nidra* (timely sleep).

Physiological Variations of Nidra
The four factors responsible for *Roga* and *Arogya* have been mentioned in all the *Samhita* and is applicable to all the *Padarthas*, they are

1.Hina Yoga
2.MityaYoga
3.AtiYoga
4.*SamyakYoga*

The same has also been applicable with respect to *Nidra*,

1.*Hina Yoga* of *Nidra-Nacha Sevita Nidra* (no proper sleep)
2.*Mitya Yoga* of *Nidra-Akala Nidra* (sleepat improper time)
3.*Ati Yoga* of *Nidra-Atiprasanga* (excessive sleep)
4.*Samyak Yoga-Nishevita* (Proper consumption)

Among the four types of *Nidra*, the first three, i.e., *Akala, Atiprasanga* and *Nachasevita Nidra,* is said to be *Kalaratri,* which destroys both *Sukha* (happiness) and *Ayu*(life). The fourth type of *Nidra* is *Samyak Nishevita Nidra / Para Nidra,* which is said to be *Sukha Ayushi*.

Divaswapna

Indications of Divaswapna

Persons who are suffering from emaciation or who are tired due to activities like singing, study, alcohol intake, sexual intercourse, elimination therapies, carriying heavy weights and travelling long distance on foot; conditions like indigestion, tuberculosis or injury to chest, thirst, diarrhoea, colic pain, breathlessness, hiccups and mental disorders. In addition, daytime sleep is also indicated to those who are having anger, sorrow, fear and are habituated to day sleep[15]

Contra-Indications of Divaswapna

*Divaswapna*is considered as *Vikriti* and it is *Adharma* to sleep in the day as it does *Sarva Dosha Prakopa*. According to Acharya Charaka, it is not advisable to sleep during daytime other than in summer, as it can cause disturbances to *Kapha* and *PittaDoshas*.It is not indicated to persons who are obese, having predominance of *Kapha* in the body, having diseases of *Sleshma*. Additionally, it is not indicated for those suffering from *Dushivisha*. Those who perform unwholesome day sleep suffer from headache, heaviness of body, diminition of digestive fire, nausea, oedema, rhinitis, severe delution of memory and intellect and increased intensity of *Visha- Vegas*[16].

RATRIJAGARANA

Ratrijagarana mainly causes diseases of Vata and Pitta Dosha. In the initial part of the night, with the predominance of *Tamo Guna*alongwith the influence of *Kapha Dosha*, sleep is naturally induced. Henceforth, suppression of sleep eventually diminishes the Kapha Dosha, which may bring about elevated conditions of *Vata* and *Pitta Dosha*. Due to this, the individual might get afflicted with symptoms of *Vata* and *Pitta Dosha.* Hence, those who indulge in awakening at night gave rise to the manifestation of symptoms like constipation, weakness, poor concentration, giddiness, hyperacidity, irritation of eyes, and burning sensation in hands and feet[17]. *Ratrijagaran*is indicated in persons having predominance of *Kapha* and *Meda,* also those who are intoxicated by poison. Also, *NishaJagarana* is indicated during *Yuddha* and in *Sharad Rtu* where *Pitta Prakopa*occurs. Moreover, *Ratrijagarana* is also beneficial in conditions like obesity and diseases such as *Prameha* and *Kaphaja Madatyaya*[18].

Atinidra

Atinidra, or excessive sleeping occurs due to an increase of *Kapha Dosha* in the body and is considered as a pathological condition. According to Acharya Vagbhata, treatments of this include *Naysa, Langhana, Chinta, Vyavaya* etc[19].

Mana

The mind is a crucial and necessary part of the process of learning. It is described as being *Ubhayendriya*, meaning that it is an organ of action (*Karmendriya*) as well as an organ of sense (*Jnanendriya*). The mind is also known as *Ateendriya* because it transcends all of the sense faculties that are in charge of perception of outside objects. Two thoughts to be characteristic features of the mind (*Manoguna)* are *Anutva* and *Ekatva*. *Ekatva* signifies unity, and *Anutva* denotes atomicity. Because of *ekatvaguna*, *Mana* cannot detect many *Vishaya* of distinct *Indriyas* at once; nevertheless, because of its *Anutva* character, multiple *Vishaya* appear to be perceived at once [20].

Emotional Intelligence

The foundation of emotional intelligence can be traced back to Thorndike's theory of social intelligence (1920), which defines it as the capacity to comprehend and navigate social interactions effectively, enabling individuals to manage relationships wisely[21].In 1983, Gardner put forward the theory of multiple intelligence, which is based on the concept of intrapersonal and interpersonal intelligence[22]. Further in 1990s Salovey and Mayer proposed the idea of emotional intelligence and describes it as a type of social intelligence which encompass the capacity to monitor the

emotions/feelings of one's own as well as others, and to utilize this information to guide thinking and action in different situations[23]. In addition, Daniel Goleman (1995)emphasized the significance of emotional intelligence in personal, social and professional lives of the individual and states that major portion of a person's success in life depends upon the contribution of social and emotional intelligence [24]. The components of emotional intelligence incorporate self-awareness, self-regulation, empathy, self-motivation and social skills [25].

Self- awareness

According to John Mayer self-awareness can be defined as being aware of our feelings and thoughts about mood. Goleman also mentioned it as the capability to read and understand one's emotions as well as recognizing its effect on others. It is simply the basic understanding of how we feel and why we feel that way.

Self-Regulation also known asself-management, is the ability to govern one's thoughts, actions and feelings in a flexible manner to achieve desired results. Optimal self-regulation promotes a sense of well-being, self-confidence and connection to others.

Self-Motivation

Those who are emotionally intelligent are driven by things beyond external rewards like wealth, fame, recognition; instead they are controlled by their passion to fulfill goals and achieve success in life. Since they depend on internal motivation as their guidance, they pursue peak performances and experiences [26]

Empathy

It refers to the emotional and cognitive processes that bind different individuals together, allowing them to share experiences and understand others (Eslinger, 2007). It is not only the ability to effectively perceive the emotions of people and *read* situations but also sense what others are feeling and thinking from their perspective.

Social skills

It can be defined as the capacity to effectively manage social relationships by considering one's own emotions, the feelings of others and the circumstances. This is also considered to be "friendliness with a purpose" or eliciting desirable responses when working with people. Social skills may be utilized to persuade others around us to make better decisions.

Importance of Emotional Intelligence

The significance of emotional intelligence has been accepted and acknowledged in a variety of fields, particularly in the workplace. For example, burnout syndrome is widespread among professionals who deal with a large number of individuals. It is characterized by increased emotional exhaustion and disinterest, as well as a decline in professional performance. However, numerous studies have shown that the elevation of emotional intelligence can assist in modifying employees' behaviours and attitudes in occupations with emotional demands by boosting work satisfaction and reducing job stress [27,28,29].However, development of emotional and social skills can help to build resilience, which is a safeguarding factor against psychological distress [30].

DISCUSSION

Relation Between *Nidra* and *Mana*

The definition of Nidra starts with"*yedhatumanasiklante*". which means *Mana*(mind) has got direct connection with *Nidra*. According to Chakrapani, in the event of exhaustion of the *Ubhayendriya,* i.e., *Manas* (mind), the individual also gets exhausted and when the mind dissociates itself from the objects, the individual also dissociates from the objects, resulting in the manifestation of sleep. *Mana* is closely related with health as well as sleep, because *Triguna,* i.e *Satwa , Rajas and Tamas* are responsible for sleep and wakefulness. *Tamoguna* of mind helps to induce sleep and its association with *Kapha Dosha* helps in the manifestation of sleep. However, there will be increase of *Rajoguna*, when

the mind gets disturbed due to any subject. *Rajoguna* closely resembles with *Vata dosha* and hence, the increased *Rajogun*a subsides the effect of *Tamoguna* and ultimately, there will be loss of sleep [31].

Sleep according to modern perspective

Sleep follows a structured cyclical pattern, alternating between non-rapid eye movement (NREM) sleep and rapid eye movement (REM) sleep. NREM sleep is divided into three stages, each varying in depth and characterized by distinct activity of brain waves, muscle tone, and eye movement. Sleep initiates with a brief NREM stage1, progresses through stage 2 and stage 3, and then transitions into REM sleep. NREM makes up about 75-80% of total sleep, while REM constitutes the remaining 20-25%[32]. A full sleep lasts 70-100 minutes initially, with later cycles extending to 90-120 minutes. Throughout the night REM sleep increases in duration, making up 30% of later cycles, with an average of 4-5 cycles occuring per night. NREM stage 1 is the lightest sleep phase, lasting 1-7 minutes, with alpha waves detected on an electroencephalogram (EEG). Stage 2, lasting 10-25 minutes initially, deepens sleep and features sleep spindles and K complexes, which aid memory consolidation. NREM stage 3, or deep sleep, lasts 20-40 minutes and is characterized by slow wave, high voltage activity. REM sleep, is marked by muscle paralysis (except for extraocular muscles) and saw tooth waveforms on EEG. This paralysis prevents dream-related muscle movements. Sleep cycles are essential for cognitive function, memory consolidation and overall well-being.

Sleep regulation depends on the interaction between the homeostatic process, which controls the body's sleep need, and the circadian rhythm, which manages the sleep-wake cycle. Sleep initiation occurs in the ventrolateral preoptic nucleus(VLPO) of the anterior hypothalamus, which inhibits arousal regions of the brain, assisted by hypocretin(orexin) neurons. The onset of REM sleep is done by REM-On neurons in the brain stem. The tonic phase of REM sleep is regulated by the parasympathetic nervous system, whereas the phasic phase is influenced by sympathetic nervous activity. Circadian rhythm, regulated by the hypothalamus via suprachiasmatic nucleus, aligns with light exposure detected by the retina. Melatonin from the Pineal gland plays a key role, with levels peaking at night and declining during the day. Body temperature also follows a circadian pattern, typically lower in the morning time and peaking in the evening, contributing to sleep regulation[32].

Nidraviparyaya

Nidraviparyaya can be the term comprising all the aspects of changes in *Nidra,* i.e., *Divaswapna, Raatri Jagarana*, and changes in the quality and quantity of sleep**.** *Diwaswapa* and *Ratrijagaran* are abnormal indulgence to the natural sleep (*Nidraviparyaya*) and considered as most common etiological factors of a variety of diseases like *Amavata, Vatavyadhi, Vatarakta, Shirorog*aetc[33].The disruption in the normal sleep cycle owing to late night study, watching movies, and increasing screen time in late night, night shift work, may cause alteration in the quality and amount of sleep and may elevate the risk of several chronic health problems. *Nidraviparyaya* can be due to a variety of factors, including lifestyle and environmental factors, sleep disorders and other health issues. In the current world, it is a known fact that the mental health or mental well-being of an individual is directly proportional to the nature of emotions perceived or experienced by the individual. Studies suggest that there is a higher range of association between emotional regulation and subjective happiness[34].

The components of emotional intelligence compriseself-awareness, self-motivation, self-regulation, empathy and social skills. People with good Emotional Intelligence should have higher levels of self-awareness which helps to identify each emotion that is experienced by them, moniter them and recognize different emotional reactions. In addition, those who are skilled in self-regulation (another component of emotional intelligence) tend to be more flexible and adapt well to changes. They are also capable of managing conflict and handling difficult situations. In ayurveda, the mind is considered both a sensory and motor organ, as it is connected to both; those of perception and action- earning it the designation of Ubhayendriya[35]. Acharya Charaka in *Sharirstana* described five subjects(*Vishaya*) of *Mind,* namely *Chintya* (things requiring thought), *Vicharya* (analysing between good and bad), *Uhya* (hypothesis), *Dhyeya*(attention) and *Sankalpa*(determination)[36].He also stated the different functions of mind which incorporate *Indriyabhigraha* (indulging of sense organs in their respective objects), *Swasya Nigraha*(to control self and keep detached from undesirable subjects), *Uha*(to understand out through different hypothesis) and V*ichara*

(reasoning about the thought process and deciding whether to accept or reject the thought)[37].. *Mana* is considered to be one of the seats of manifestation of diseases along with the body and the treatment of mental diseases include *Dhee* (effective and skilful application of intellect), *Dhairya*(instilling courage in one's mind) and *Atmadi Vijnana*(realizing the importance of self-worth)[38]. The above-mentioned subjects and functions of mind are closely related to the five key elements of emotional intelligence i.e, Self-awareness, self-motivation, self-regulation, empathy and social skills. Emotional Intelligence is observed to be something that can be improved over time, and anyone can simply train their brain to have better emotional intelligence.

CONCLUSION

Ayurveda considers *Nidra* as one of the essential pillars of life that is indispensable for regulating normal physiological activities. The mental, physical and physiological health status of an individual depends on the proper quality and quantity of Nidra. Moreover, *Nidra* also aids in improving immunity and thereby resisting different pathological invasions of common diseases. *Nidraviparyaya* is proven to be one of the major causative factors to *Balakshaya*. *Diwaswapna* is thought to be one of the primary cause of the disease that occurs due to *Agnimandya - Ama*, whereas *Ratrijagarana* is seen to be a common etiological factor in different types of *Vata* disorders. Thus, both, under the term *Nidraviparyaya, are* considered as the most common cause to almost diseases as *Agnivaishamya* is its adverse effect. *Nidraviparyaya* (improper sleep) can affect the mental and physical strength of an individual. Since *Nidra* is very much connected with all the sensory, emotional and behavioral traits of an individual, change in both the quality and quantity of sleep will directly affect the above-mentioned parameters, which can ultimately influence their emotional intelligence.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Solutions of Pell's Equation Involving Fermat Primes and Jarasandha Numbers

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Received: 05 Apr 2025 Revised: 07 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Determining non-trivial integer solutions to Pell's equation incorporating Jarasandha numbers and Fermat primes is the primary objective of this research. Using Brahmagupta's lemma, we derive a sequence of distinct integer solutions and establish recurrence relations between them. Numerical examples illustrate the obtained solutions and their relations, which demonstrate the role of Fermat primes in generating these solutions**.**

Keywords: Brahmagupta lemma, Fermat primes, recurrence relations, Diophantine equation, Jarasandha numbers, Pell's equation.

INTRODUCTION

A particular sort of classical Diophantine equation is Pell's equation, that possesses the form $y^2 = D x^2 + 1$, with D being a positive square free number. This equation has been widely studied due to its connection with number theory and algebraic structures [1,3-7 &11]. Various methods exist for finding integer solutions, and Brahmagupta's lemma provides an elegant way to generate solutions recursively [2,8 &12]. Fermat primes, a special class of primes in the form $2^{2^n} + 1$, play a significant role in deriving solutions to Pell's equation. Their unique properties contribute to generating distinct integer solutions, which are further explored in this study. Solution of exponential Diophantine equation involving Fermat primes are analyzed in [10]. In addition, we analyze Jarasandha numbers, named after the mythological character from the Indian epic Mahabharata, who could rejoin after being split. Analogously, Jarasandha numbers exhibit properties where splitting and combining them result in reformation. In [9], solutions to

Pell's Equation implementing Jarasandha numbers are examined. In order to establish recurrence relations and derive non-zero unique integer solutions, this study investigates Pell's equation utilising Jarasandha numbers and Fermat primes. The resulting solutions are demonstrated with numerical examples.

METHOD OF ANALYSIS

Theorem

A collection of distinct, non-zero integer solutions to Pells's equation

$y^2 = Dx^2 + J$ where, $D = p^2 + 1$, in which J corresponds to the Jarasandha number, whereas D is a Fermat prime.

$$x_s = \frac{1}{2\sqrt{D}}\left(\sqrt{J}(2D-1)g_s + 2\sqrt{JD(D-1)}f_s\right)$$

$$y_s = \frac{1}{2}\left(\sqrt{J}(2D-1)f_s + 2\sqrt{JD(D-1)}g_s\right)$$ s=0,1,2...

and the corresponding recurrence relations are

$$x_{s+2} - 2(2D-1)x_{s+1} + x_s = 0$$

$$y_{s+2} - 2(2D-1)y_{s+1} + y_s = 0$$ s=0,1,2...

Proof

The initial solution of

$$y^2 = Dx^2 + J \quad (1)$$

is (x_0, y_0) is provided by $x_0 = 2\sqrt{J(D-1)}, y_0 = \sqrt{J}(2D-1)$

Evaluate the pell equation $y^2 = Dx^2 + 1$ to determine the remaining solutions to (1), whose initial solution $(\tilde{x}_s, \tilde{y}_s)$ is given by

$$\tilde{x}_s = \frac{1}{2\sqrt{D}}g_s$$

$$\tilde{y}_s = \frac{1}{2}f_s$$ s=0,1,2...

where $f_s = \left((2D-1) + 2\sqrt{J(D-1)}\right)^{s+1} + \left((2D-1) - 2\sqrt{J(D-1)}\right)^{s+1}$

$g_s = \left((2D-1) + 2\sqrt{J(D-1)}\right)^{s+1} + \left((2D-1) - 2\sqrt{J(D-1)}\right)^{s+1}$,

Applying Brahmagupta's lemma among the solutions (x_0, y_0) and $(\tilde{x}_s, \tilde{y}_s)$, the sequence of non-zero distinct integer solutions to (1) are obtained as $x_s = \frac{1}{2\sqrt{D}}\left(\sqrt{J}(2D-1)g_s + 2\sqrt{JD(D-1)}f_s\right)$

$$y_s = \frac{1}{2}\left(\sqrt{J}(2D-1)f_s + 2\sqrt{JD(D-1)}g_s\right)$$ s=0,1,2...

and their recurrence relations are found to be

$$x_{s+2} - 2(2D-1)x_{s+1} + x_s = 0$$

$$y_{s+2} - 2(2D-1)y_{s+1} + y_s = 0,$$ s=0,1,2..

Illustration

The table that presents numerous computations for choosing the values of Fermat prime D & Jarasandha number J which satisfy the pell's equation together with their solutions:

D	J	Pell equation	Sequence of Integer Solutions	Recurrence relation
5	81	$y^2 = 5x^2 + 81$	$x_s = \frac{1}{2\sqrt{5}}\left(18g_s + 36\sqrt{5}f_s\right)$ $y_s = \frac{1}{2}\left(18f_s + 36\sqrt{5}g_s\right)$	$x_{s+2} - 18x_{s+1} + x_s = 0$ $y_{s+2} - 18y_{s+1} + y_s = 0$
17	81	$y^2 = 17x^2 + 81$	$x_s = \frac{1}{2\sqrt{17}}\left(297g_s + 72\sqrt{17}f_s\right)$ $y_s = \frac{1}{2}\left(297f_s + 72\sqrt{17}g_s\right)$	$x_{s+2} - 66x_{s+1} + x_s = 0$ $y_{s+2} - 66y_{s+1} + y_s = 0$
257	81	$y^2 = 257x^2 + 81$	$x_s = \frac{1}{2\sqrt{257}}\left(4617g_s + 288\sqrt{257}f_s\right)$ $y_s = \frac{1}{2}\left(4617f_s + 288\sqrt{257}g_s\right)$	$x_{s+2} - 1026x_{s+1} + x_s = 0$ $y_{s+2} - 1026y_{s+1} + y_s = 0$
5	2025	$y^2 = 5x^2 + 2025$	$x_s = \frac{1}{2\sqrt{5}}\left(405g_s + 180\sqrt{5}f_s\right)$ $y_s = \frac{1}{2}\left(405f_s + 180\sqrt{5}g_s\right)$	$x_{s+2} - 18x_{s+1} + x_s = 0$ $y_{s+2} - 18y_{s+1} + y_s = 0$
17	2025	$y^2 = 17x^2 + 2025$	$x_s = \frac{1}{2\sqrt{17}}\left(1485g_s + 360\sqrt{17}f_s\right)$ $y_s = \frac{1}{2}\left(1485f_s + 360\sqrt{17}g_s\right)$	$x_{s+2} - 66x_{s+1} + x_s = 0$ $y_{s+2} - 66y_{s+1} + y_s = 0$
257	2025	$y^2 = 257x^2 + 2025$	$x_s = \frac{1}{2\sqrt{257}}\left(23085g_s + 1440\sqrt{257}f_s\right)$ $y_s = \frac{1}{2}\left(23085f_s + 1440\sqrt{257}g_s\right)$	$x_{s+2} - 1026x_{s+1} + x_s = 0$ $y_{s+2} - 1026y_{s+1} + y_s = 0$
5	3025	$y^2 = 5x^2 + 3025$	$x_s = \frac{1}{2\sqrt{5}}\left(1815g_s + 440\sqrt{5}f_s\right)$ $y_s = \frac{1}{2}\left(1815f_s + 440\sqrt{5}g_s\right)$	$x_{s+2} - 18x_{s+1} + x_s = 0$ $y_{s+2} - 18y_{s+1} + y_s = 0$
17	3025	$y^2 = 17x^2 + 3025$	$x_s = \frac{1}{2\sqrt{17}}\left(1815g_s + 440\sqrt{17}f_s\right)$ $y_s = \frac{1}{2}\left(1815f_s + 440\sqrt{17}g_s\right)$	$x_{s+2} - 66x_{s+1} + x_s = 0$ $y_{s+2} - 66y_{s+1} + y_s = 0$
257	3025	$y^2 = 257x^2 + 3025$	$x_s = \frac{1}{2\sqrt{257}}\left(28215g_s + 1760\sqrt{5}f_s\right)$ $y_s = \frac{1}{2}\left(28215f_s + 1760\sqrt{5}g_s\right)$	$x_{s+2} - 1026x_{s+1} + x_s = 0$ $y_{s+2} - 1026y_{s+1} + y_s = 0$
5	9801	$y^2 = 5x^2 + 9801$	$x_s = \frac{1}{2\sqrt{5}}\left(891g_s + 396\sqrt{5}f_s\right)$ $y_s = \frac{1}{2}\left(891f_s + 396\sqrt{5}g_s\right)$	$x_{s+2} - 18x_{s+1} + x_s = 0$ $y_{s+2} - 18y_{s+1} + y_s = 0$

17	9801	$y^2 = 17x^2 + 9801$	$x_s = \frac{1}{2\sqrt{17}}\left(3267g_s + 792\sqrt{17}f_s\right)$ $y_s = \frac{1}{2}\left(3267f_s + 792\sqrt{17}g_s\right)$	$x_{s+2} - 66x_{s+1} + x_s = 0$ $y_{s+2} - 66y_{s+1} + y_s = 0$
257	9801	$y^2 = 257x^2 + 9801$	$x_s = \frac{1}{2\sqrt{257}}\left(50787g_s + 3168\sqrt{5}f_s\right)$ $y_s = \frac{1}{2}\left(50787f_s + 3168\sqrt{5}g_s\right)$	$x_{s+2} - 1026x_{s+1} + x_s = 0$ $y_{s+2} - 1026y_{s+1} + y_s = 0$

CONCLUSION

This study presents a systematic approach to finding non-zero distinct integer solutions to Pell's equation involving Jarasandha numbers and Fermat primes. Using Brahmagupta's lemma, we derive recurrence relations that describe the sequence of solutions. The results highlight how solutions to Pell's equation can be extended to involve other special numbers, including Fermat primes, paving the way for further exploration in this domain.

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Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Study on Effectiveness of *In silico* Techniques in Biology Teaching among Rural Undergraduate Students

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Received: 03 May 2025 Revised: 25 May 2025 Accepted: 19 Jun 2025

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ABSTRACT

Computer technology has revolutionized the field of education. Activities and experiments are at the core of Science subjects like Biology. Many complex phenomenon in Biology can only be understood well through demonstrations. Higher educational institutions in rural areas of Indian states like Bihar are not equipped with sophisticated labs. Even basic apparatuses and reagents are hard to find to demonstrate experiments to the students. In this regard, in present work to address this issue, supplementing Biology classes with *in silico* tools for better understanding of Biology concepts, both theoretical as well as practical concepts, has been suggested. Present work involves development of teaching modules based on *in silico* tools like Bioinfomatics, Virtual Labs and videos of practical demonstrations followed by teaching undergraduate students of a rural college using same modules and assessment of their progress via pre-test and post-test comparison method. Students were divided into the control and the experimental group. The control group received teaching solely based on traditional methods while the experimental group received teaching supplemented with modules designed using *in silico* tools. Relative performance of the control and the experimental group was also studied and significant differences were found between their performances in post-test. Students taught using modules supplemented with *in silico*-based tools were found to understand the concepts better than the one who received teaching only by traditional methods. Gender based differences in performance of students were also studied but no significant differences were observed among performances of girls and boys in any test. Through this preliminary but important study on the effectiveness of *in silico* techniques in Biology teaching at undergraduate level, it was found that *in silico* tools have great potential in teaching subjects like Biology where practical classes are required and due to shortage of resources such classes are not being

organized. This approach may be of great benefit for the students of rural areas and can supplement traditional teaching methods so that students would not lag behind in learning practical as well as advanced theoretical concepts in Science subjects like Biology.

Keywords: Bioinformatics, database, ICT, inclusive education, virtual labs

INTRODUCTION

"What a computer is to me is the most remarkable tool that we have ever come up with. It's the equivalent of a bicycle for our minds."
— Steve Jobs

We are living in a technology run era. Computer technology is touching all dimensions of our day today life. Whether it is banking, hospitals, different industries, space research, nuclear power plants or education; computer technology has become a necessity to run all these sectors efficiently. In education sector, computer technology is being used both for running and administering the institution, and teaching the students. Science education requires experimentation. Activity based learning can make learning easy and fun. Computer technology can provide many useful tools for teaching-learning in Science.

India's National Education Policy (NEP) 2020 suggests blended mode of teaching and learning. Hybrid learning approach can increase access to education and improve quality of teaching (Ministry of Human Resource Development, 2020; University Grants Commission, 2020). This is an important step towards promotion of inclusive education. Inclusive education promotes holistic learning (United Nations International Children's Emergency Fund, 2022). Year 2020 witnessed COVID19 pandemic and global lockdown which continued for more than 2 years. Education system has been significantly affected. Offline classes were postponed. Only online classes were conducted. Biology as a practical subject requires demonstrations of experiments. Online classes appeared insufficient in teaching experimental concepts. Also there are chances of misunderstanding important concepts without proper demonstration. *In silico* tools can solve such problems to some extent. Keeping online classes aside, there are some issues which need to be addressed related to rural areas. There are very few higher education institutions situated in rural areas. In rare cases, a college can be found in a rural area but such a college is not provided with enough resources to teach practical based subjects. Unavailability of chemicals, museum specimens, animal bodies for dissection, apparatuses, etc. is a major issue. Employing *in silico* tools in Biology practical classes can be made accessible in virtual form. Apart from practical classes, many complex processes in Molecular Biology, Physiology, Developmental Biology, etc. can nicely be demonstrated using *in silico* tools. Online lectures make learning boring and monotonous.

According to Amberg (2013), any *in silico* tools provide a platform for hands-on activities making learning more interactive and fun. Information and communication technologies (ICT) have changed the pedagogy in education. *In silico* technologies in Biology like Bioinformatics can prove to be an ICT tool with great potential in teaching Biology. Various potential Bioinformatics based *in silico* tools are available in public domain. Bringing together these tools on single platform is required. Many workers have worked on application of various *in silico* tools in teaching Science. Most such works have been conducted outside India. Most work concerns Bioinformatics and its application in education. Magana et al. (2014) provided an extensive survey of the applicability and importance of Bioinformatics as an important *in silico* teaching and research ool in Biology. Lewitter and Bourne (2011) and Machluf and Yarden (2013) provided an account of how Bioinformatics can be implimented at secondary and senior secondary levels in schools. Koch and Fuellen (2008) provided a review of bioinformatics education in Germany. Bain et al. (2022) has developed an extensive and comprehensive module of bringing Bioinformatics to schools under the project named 4273pi project. Kovarik et al. (2013) discussed how Bioinformatics can be benneficial for promoting science, technology, engineering, and mathematics careers. Wood and Gebhardt (2013) wrote how Bioinformatics could open

new avenues for teaching contemporary biology. Campbell and Nehm (2013) provided critical analysis of assessment quality in genomics and bioinformatics education research. Hughey and Karplus (2003) described Bioinformatics as a new field in engineering education. Mulder et al. (2018) stressed upon development and application of bioinformatics core competencies to improve bioinformatics training and education. Kulkarni-Kale et al. (2010) reviewed the satatus of Bioinformatics education in India.

Scheckler (2003) discusses about substituting traditional labs with videos, simulation and animation based virtual labs under different circumstances. Huang (2004) discusses about the potntial of virtual labs in revolutionizing teaching. Stuckey-Mickell and Stuckey-Danner (2007) studied the effectiveness and usability of virtual labs in the online biology teaching. Byukusenge*et al.* (2022), Maldarelli *et al.* (2009) and Miyamoto *et al.* (2019) reviewed and demonstrated the effectiveness of virtual laboratories in teaching and learning biology. Delgado *et al.* (2021) deminstrated how creating and teaching biology labs online during COVID-19 helped in teaching. In a previous study, students revealed a positive attitude regarding the integration of bioinformatics-based approaches in their learning practices, reinforcing their added value in educational approaches (Martins et al., 2020). But this study was purely focused on students belonging to urban areas and studying in well-equipped classrooms. In India, such study has not been done. Many workers all around the world are engaged in research and development in developing various *in silico* tools for Biology teaching and are also assessing how these tools are helping in making learning fun and more effective. But all these studies and dsicussions are focussed on well equipped educational institutions residing in big cities, mostly outside India. Studies pertaining to rural areas have not yet been undertaken by any Indian or international worker yet.

Present study is focused mainly on students belonging to rural area. We believe *in silico* tools including Bioinformatics can revolutionize the area of teaching Biology and other Science subjects in rural area. This work is intended to study the effectiveness of *in silico* techniques in biology teaching at undergraduate level. *In silico* tools include a variety of computer based tools. In present work, by *in silico* tool, we refer primarily to bioinformatics, virtual labs and demonstration videos for supplementing teaching theoretical and practical concepts in Biology.
Key objectives of the present work are to find out the effectiveness of *in silico* techniques in teaching biology to undergraduate students and to compare the effectiveness of *in silico* techniques with traditional method of teaching biology to undergraduate.

MATERIALS AND METHODS

Experimental research was conducted in this study.The methodology of the study comprises of method of research, population, sample, tool, procedure of data collection, and procedure of data analysis.

Method of research
In order to obtain empirically dependable answers to the research questions, and to test the formulated hypotheses, a pre-test and post-test single group experimental design has been adopted.

Population
The population of the study is the students enrolled in B.Sc. Botany (Honours) course at Kaler block of Arwal district, Bihar during academic session 2021-2022. Sheodeni Sao College, Kaler was established in year 1963 by a great social worker, businessman and education lover Sri Sheo Deni Sao of village Sohsa. Late Sheo Deni Sao generously donated finance and organized local villagers and motivated them for contribution in cash or kind as per their ability, and thus succeed in setting a social movement for the establishment of this centre of higher education in this extreme socially and economically backward area of Kaler block which is situated on Aurangabad – Patna National Highway No. -139, about 88 Km. from Patna and about 75 Km. from Gaya main town. It has got its first affiliation in 1964-65 in Arts faculty only and in 1970 it got affiliation in science faculty up to Intermediate level. The degree standard in science faculty was started in 1976. This college has been converted into constituent unit of Magadh University,

Bodh-Gaya in year 1980. This college has been established with real objective of providing quality higher education to the children of downtrodden and poor farmers of this far-flung area of Magadh commissionaire **(Figure 1)**. Therefore, the students participating in the present study belong to rural background.

Digital infrastructure

Sheodeni Sao College, Kaler has both traditional and well equiped smart classes in all Science departents and a computer lab run by Department of Computer Application. Classes were taken at lecture halls of Science block, centralized smart room and laboratory of the Department of Zoology.

Sample

100 students participated in this study. These 100 students were selected randomly. These 100 students were divided in two groups of 50 students each. Each group consists of 25 girls and 25 boys to maintain gender equity. One group was kept as control whereas other group was designated as experimental group.

Tools

First online systematic survey was conducted to identify important *in silico* tools for present study. Extensive data mining was conducted using specific keywords on different literature search engines like Google Scholar, Europe PMC, PubMed, Academia and Research Gate. Important *in silico* tools were shortlisted and selected from literatures. I learnt how to use these tools and their possible applications by hands on training, online courses and instruction manuals. Relevant areas from the undergraduate syllabus were selected. Such topics were selected which are common both in Botany and Zoology syllabus. Topics were primarily selected from Biochemistry and Molecular Biology. Teaching modules were prepared with the aid of *in silico* tools (Supplementary data: Modules 1-4).Both theory and practical part of the syllabus were included in the teaching module. Using these modules, classes of the experimental group were taken followed by achievement test. The control group was taught in traditional way without the aid of *in silico* tools. Teaching was conducted bilingually, both using Hindi and English language as a medium of instruction in the classroom, as most of the students are Hindi speaking and don't understand English very well. The achievement test involves assessment based on pre-tests and post-tests. These tests were formulated based on the topics of the syllabus against which the teaching modules were designed. These tests assessed the knowledge, understating, and application on the several theoretical and practical concepts which were be taught to the students.

Procedure of Experimentation and Data Collection

The experimental group received teaching based on lesson modules prepared with the aid tools whereas the control group received teaching based on traditional methods only. Students were taught four different lessons for a month. Each topic was taught on the same day before and after lunch hour to the experimental and the control group respectively. Students were provided with weekly assignments. A test was conducted before teaching the course to assess the pre-existing knowledge of the students (pre-test)

(Supplementary data: Representative questions for pre-test). Weekly and monthly tests were conducted after teaching students with traditional methods as well as after using techniques. Both oral and written tests were conducted. Written tests included both objective and subjective questions. Progress of the students was assessed based on their performance in assignment preparation, and weekly and monthly tests (post-test)

(Supplementary data: Representative questions for post-test). Marks acquired by the students were analyzed statistically for final data. Gender based performance was also assessed during data analysis.
Primary data was collected and tabulated **(Supplementary data: Raw data tables 1-4)**.

Procedure of data analysis

Data analysis involved standard statistical procedures. Means and standard deviations were calculated for different groups for further analysis. Statistical significance of the data was tested using the paired t-test which was followed

by graphical representation of the data. While statistical analysis the p-value of equal to or less than 0.05 will only be considered significant for the data. The value greater than 0.05 will be considered non-significant. Standard statistical software Graph Pad Prism was used for statistical data analysis and graphical representation of data.

RESULTS AND DISCUSSIONS

List of *in silico* tools was tabulated. Primary data (raw data) was analyzed for various parameters. Statistical t-test was conducted and p-value was noted down for all combinations of data to assess the significance of the finding.

***In silico* tools for supplementing undergraduate Biology classes**

Through extensive data mining, a list of important *in silico* tools has been prepared which can be used in supplementing Biology classes at undergraduate levels (Table 1). Some of these tools were used to prepare teaching modules for the present study (Supplementary file: Modules 1-4). Only open access tools were used which are freely available without any cost.

During pre-test girls and boys of the control group showed minor differences in their performance

Mean marks acquired by all girls of the class in pre-test was found to be slightly higher than the marks acquired by the boys in the control group. The t-test suggests p-value almost equal to 0.05 (p-value=0.052), implying the marginal difference in performance of girls and boys of the control group in the pre-test (Figure 2).

During pre-test girls and boys of the experimental group showed minor differences in their performance

Mean marks acquired by all girls of the class in pre-test was found to be slightly higher than the marks acquired by the boys in the experimental group. The t-test suggests p-value almost equal to 0.05 (p-value=0.047), implying the marginal difference in the performance of girls and boys of the experimental group in the pre-test **(Figure 3)**.

During post-test girls and boys of the control group showed similar performance

Mean marks acquired by all girls of the class in post-test was found to be slightly higher than the marks acquired by the boys in the control group but the t-test suggests p-value higher than 0.05 (p-value=0.11), implying the differences in performance of girls and boys of the control group in the post-test to be non-significant (Figure 4). Therefore, both girls and boys of the control group performed similarly in the post-test.

During post-test girls and boys of the experimental group showed similar performance

Mean marks acquired by all girls of the class in post-test was found to be slightly higher than the marks acquired by the boys in the experimental group but the t-test suggests p-value higher than 0.05 (p-value=0.38), implying the differences in performance of girls and boys of the experimental group in the post-test to be non-significant (Figure 5). Therefore, both girls and boys of the experimental group performed similarly in the post-test.

During pre-test both the control and the experimental group showed similar performance

The t-test suggests a p-value higher than 0.05 (p-value=0.94), implying the differences in performance of the control and the experimental group in the pre-test to be non-significant (Figure 6). Therefore, both these groups performed similarly in the pre-test. Therefore, the nature of sample taken for study in both the control and the experimental groups are of the same level in terms of their concepts in the Biology topics which were taught to them.

Performance of the control group in pre-test and post-test showed significant differences

Mean marks acquired by the control group in post-test was found to be significantly higher than the marks acquired in the pre-test. The t-test suggests a p-value quite smaller than 0.05 (p-value<<0.05), implying the differences in performance of the control group in pre-test and post-test to be highly significant (Figure 7).

Performance of the experimental group in pre-test and post-test showed significant differences

Mean marks acquired by the experimental group in post-test was found to be significantly higher than the marks acquired in the pre-test. The t-test suggests a p-value quite smaller than 0.05 (p-value<<0.05), implying the differences in performance of the experimental group in pre-test and post-test to be highly significant **(Figure 8)**.

During post-test the experimental group and the control group showed significant differences in their performance

Mean marks acquired by the experimental group in post-test was found to be significantly higher than the marks acquired by the control group in the post-test. The t-test suggests a p-value much smaller than 0.05 (p-value<<0.05), implying the differences in performance of the experimental group and the control group in post-test to be highly significant (Figure 9).

Figure 8 shows the positive effect of teaching Biology using *in silico* technique on undergraduate students. Figure 7 shows progress in performance of students even when taught using traditional methods. But as shown in Figure 9, students taught using *in silico* tools outperformed students taught using traditional methods only. The t-test also support these results with a highly significant p-value (p value<<0.05). As shown in Figure 2-5, the performance of girls and boys in different tests were not significantly dissimilar. Both girls and boys performed almost equally in pre-test and post-test whether it was the control group or the experimental group. The p-value of our data as calculated after t-test was not significant enough to support the differential performance of undergraduate girls and boys in the achievment tests (post-test) based on the topics of Biology which were taught through *in silico* techniques. There is no significant difference among the mean achievement of boys and girls of undergraduate level when Biology lessons were taught through *in silico* techniques.

Post-test was qualitative in nature. Questions in post-test were prepared to assess thorough understanding of the concepts. Through each module, we tried to explain the concepts closer to reality as much as possible. For example, the colour change during iodine test was shown as live demonstration via video and one of the questions in the post-test included different colour palletes including the exact colour as answer options. Although the sample size was limited to 50 students for the experimental group and 50 students for the control group, and the study was limited to only one institution, the present work provides an insight into how effective *in silico* tools can be in teaching practical subjects where live demonstrations are required. Comparative analysis of the performances of students in pre-test and post-test clearly indicate the effectivenes of including *in silico* methods in teaching Biology at undergraduate level. Although this work is limited to the rural students, we suggest use of *in silico* methods in all institutions of India to make teaching-learning more effective and innovative.

CONCLUSION

This study provides an idea about how effective *in silico* tools could be in supplementing Biology teaching at undergraduate levels. Present study also provides a comprehensive idea about various alternative and additional tools which could supplement teaching of Biology practical classes in resource limited institutions where reagents and apparatuses are not sufficiently available. Rural students would also be benefitted from this approach as most rural colleges in India lack advanced facilities for demonstrating Biological experiments promoting inclusive education.

Supplementary Data

Modules 1-4, Representative questions for pre-test, Representative questions for post-test and Raw data tables 1-4. The supplementary data has been uploaded on the public repository Zenodo which can be accessed using the following link.

https://zenodo.org/doi/10.5281/zenodo.10869184

ACKNOWLEDGEMENTS

The authors are thankful to the administration of Sheodeni Sao College, Kaler for providing permission to conduct this work in the premises of the college. The authors also acknowledge Indira Gandhi National Open University, New Delhi for providing opportunity and guidelines to conduct educational research.

CONFLICT OF INTERESTS

The authors declare no conflict of interests.

FUNDING

None

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Table 1 *In silico* tools for supplementing undergraduate Biology classes

S.No.	Name	Website link
1.	NCBI	www.ncbi.nlm.nih.gov
2.	PDB	www.rcsb.org
3.	ANDC v-Lab	www.vlab.andcollege.du.ac.in
4.	YouTube	www.youtube.com
5.	SMS	www.bioinformatics.org/sms2/
6.	TIFR CUBE	www.hbcse.tifr.res.in
7.	ExPasy	www.expasy.org
8.	Virtual Labs	www.vlab.co.in
9.	PBS: Nova	www.pbs.org/wgbh/nova/labs/
10.	FlyLab JS	www.sciencecourseware.com/FlyLabJS/
11.	Zooniverse	www.zooniverse.org
13.	HHMI Biointeractive	www.biointeractive.org/classroom-resources
14.	LabXChange Harvard	www.labxchange.org
15.	Bioman Biology	www.biomanbio.com
16.	Research Quest	www.researchquest.org
17.	Molecular Workbench	www.mw.concord.org/modeler/

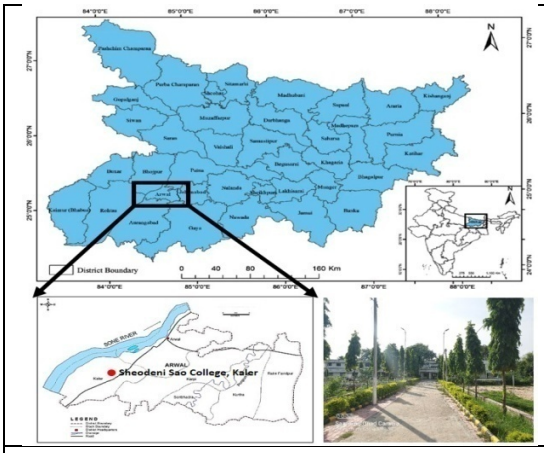

Figure 1 Study area. Area of study was Sheodeni Sao College, Kaler which is situated in the Kaler block of Arwal district of the state of Bihar, India.

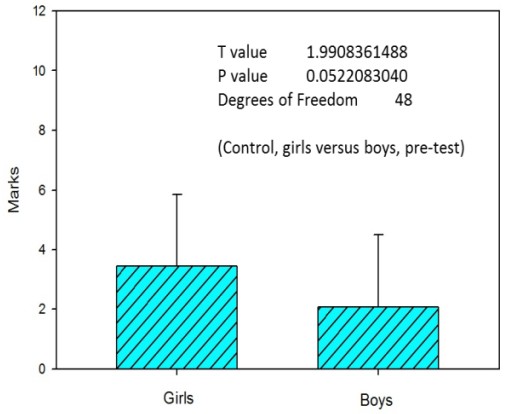

Figure 2 Performance of girls and boys of the control group in pre-test.

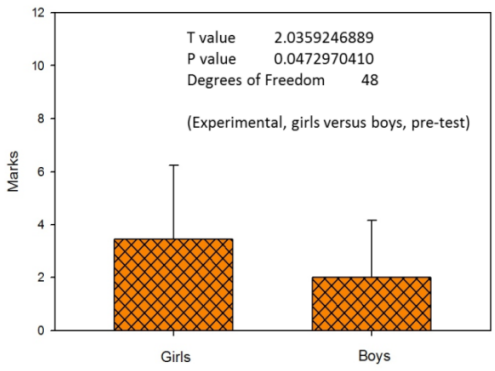

Figure 3 Performance of girls and boys of the experimental group in pre-test.

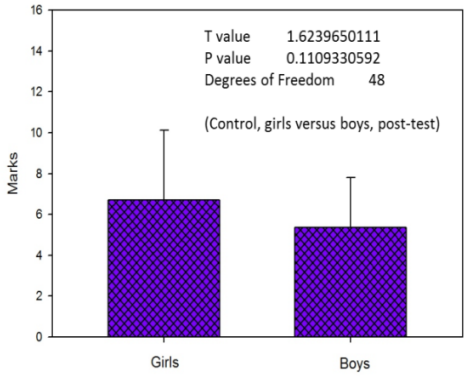

Figure 4 Performance of girls and boys of the control group in post-test.

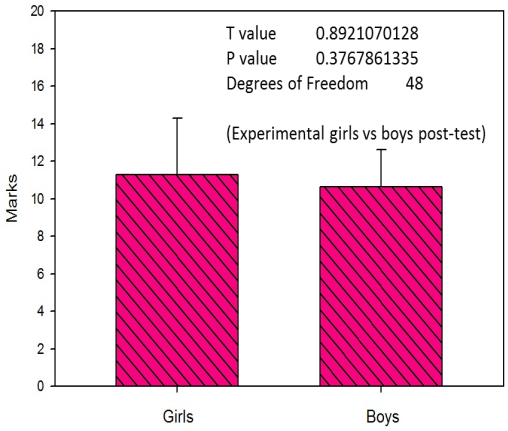

Figure 5 Performance of girls and boys of the experimental group in post-test.

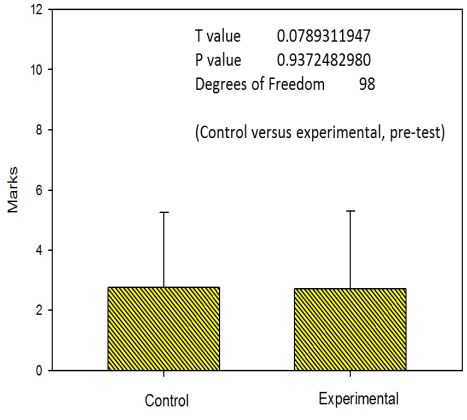

Figure 6 Performance of the control and the experimental group in pre-test.

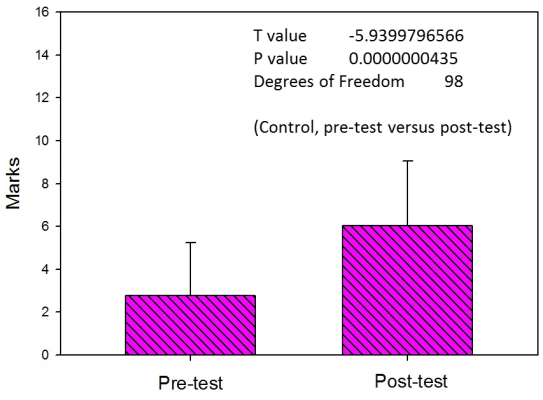

Figure 7 Performance of the control group in pre-test and post-test.

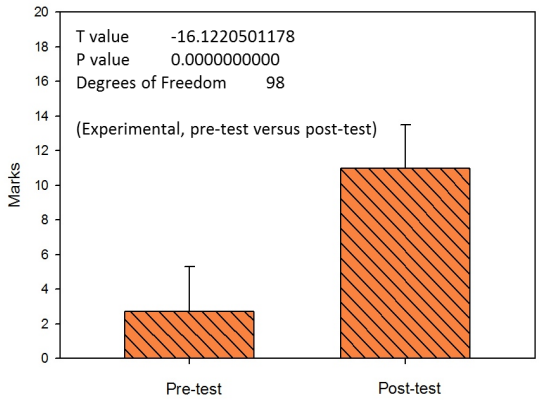

Figure 8 Performance of the experimental group in pre-test and post-test.

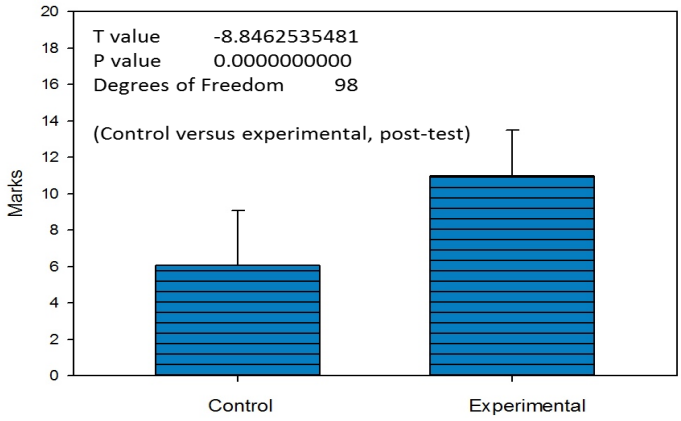

Figure 9 Performance of the control and the experimental group in post-test.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Mast Cell Degranulation and Anti Allergic Activity of Uthamathali Girutham – A Poly Herbal Formulation in the Management of Sinusitis

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Received: 28 May 2025 Revised: 15 Jun 2025 Accepted: 26 Jun 2025

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ABSTRACT

To investigate the effect of extract of Uthamathali Girutham on egg albumin induced mast cell degranulation in mice. In present study extract of UthamathaliGirutham at doses of 0.1ml, 0.2ml, 0.3ml and 0.4ml/kg I.P were evaluated for egg albumin induced mast cell degranulation in mice. The results of present investigation showed that the Dose of 0.4 ml of Uthamathaligirutham showed 90.736 % of intact mast cells which shows anti allergic activity of Uthamathaligirutham.

Keywords: Mast cell degranulation, Anti allergic activity, Uthamathaligirutham.

INTRODUCTION

Sinusitis is the acute or chronic inflammation of the paranasal sinuses. Maxillarysinusitis is the most common type of sinusitis. The ethmoid, frontal and sphenoid sinuses are affected less frequently. Sinusitis is caused by a variety of bacteria such as streptococci, staphylococci, pneumococci Haemophilus influenzae and anaerobic bacteria. Viruses such as the influenza and the parainfluenza virus and less commonly fungi such as aspergillus also may producesinusitis. Infection reaches the sinuses from the nose, mouth, tonsils, naso pharynx, and the upper canines or molars. The lining mucosa of the nose and sinuses is inflamed. Obstruction of theopening of the sinus leads to accumulation of secretion, which may get infected. Sinuses may become filled with pus. Chronic sinusitis leads to recurrent headache, which shows a diurnal periodicity. The headache starts in the morning and worsens by mid-day, and subsides by evening. Foul-smelling purulent nasal discharge may occur. Once established, the condition persists

for months or even years Sinusitis affects a tremendous proportion of population, accounts for millions of visits to primary care physicians each year and in the fifth leading diagnosis for which antibiotics are prescribed accounting for 0.4% ambulatory diagnosis. According to the National Ambulatory Medical Care Survey (NAMCS) approximately 14% adults report having an episode of sinusitis each year.[1]

IEC Approval

The Institutional Ethical Committee, Government Siddha Medical College, Chennai reviewed and approved the study.

IEC No: GSMC – CH – 1234/ME – II/022/2023
CTRI No: This trial was registered in Clinical Trial Registry India
CTRI No: CTRI/2024/07/070431

MATERIALS AND METHODS

Plant Material

Polyherbal formulation UthamathaliGirutham was prepared and the raw drugs was authenticated by The department of Gunapadam, Government Siddha Medical College, Chennai

Grouping and Randomisation

A total of 25 rat (male) were selected and based on the body weight they were randomly distributed into five groups, i.e., Model control (Group 1), Reference control (Group 2) and four treatment groups (Group 3, 4, 5 & 6) for study. INTERNAL ANIMAL ETHICAL COMMITTEE APPROVAL NUMBER: MB/IAEC/2024/04/01 Dated 04.09.2024

Preparation of Test Item And Administration

The formulation was given as ready to dose. The test item was administered in a single dose by gavage using stainless steel ball tipped oral intubation needle at the desired dose level.

Study Design

The animals were weighed and randomly separated into 5 groups. The animals were dosed daily for 5 days. On day 5, the animals were euthanized and the skin and peritoneal layer was separated. 10 ml 0.9 % saline was injected into the peritoneal area. The peritoneal area was massaged for 10 minutes in order to release the mast cells in the saline. Then the peritoneal liquid was carefully collected and mixed with RPMI media and centrifuged at 1000 rpm. The supernatant was discarded and the pellet was resuspended in RPMI media and washed 2-3 times. Then the pellet was resuspended with 1 ml RPMI media. Except control, all other mast cell samples were challenged with 100 µg/ml of Egg albumin and incubated for 30 minutes. 20µl of samples were smeared and dyed with 1% Toludine Blue and examined under microscope. [2],[3]
The result was calculated by,

$$\% \text{ Protection of mast cells } = \frac{\text{Total number of Mast cells} - \text{Number of Degranulated mast cells}}{\text{Total number of Mast cells}} \times 100$$

RESULTS AND DISCUSSION

Dose dependent increase of % intact mast cells was observed. Dose of 0.4 ml of Uthamathaligirutham showed 90.796 % of intact mast cells which shows anti allergic activity of UthamathaliGirutham.

DISCUSSION

Uthamathaligirutham at doses of 0.4ml/kg significantly inhibit egg abumin induced leakage of dye from dorsal skin of rat when compare to control group. Control group showed 70.031% of intact mass cells while UthamathaliGirutham at dose 0.4ml/kg showed 90.796% of intact mass cells. Hence UthamathaliGirutham shows anti allergic activity by inhibiting egg albumin induced leakage of dye. The degranulation of mast cell occurs in response to the immunological stimuli in which antigen antibody reactions are predominant. UthamathaliGirutham at doses (0.1ml to 0.4ml/kg) significantly protect egg albumin induced degranulation of mast cell in a dose dependent manner. UthamathaliGirutham at 0.4 ml/kg protect mast cell comparable to control.

CONCLUSION

The results obtained from this study substantiated the use of UthamathaliGirutham in the management of Sinusitis. The extract of UthamathaliGiruthamshows a significant Antiallergic property by stabilizing peritoneal mast cell membranes.

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Table.1: An outline of the study design is presented in the following table

Group No.	Number of animals	Dosing
1	5	Model control
2	5	Reference control
3	5	Treatment – I (0.1 ml)
4	5	Treatment – II (0.2 ml)
5	5	Treatment – III (0.3 ml)
6	5	Treatment – IV (0.4 ml)

Table.2: APPENDIX 1

	Animal number	No. of Intact cells	No. of Degranulated cells	Total no. of cells	% Intact	Average
Control	1	17	7	24	70.833	70.031
	2	18	8	26	69.230	
Albumin	1	3	21	24	12.5	14.58333
	2	4	20	24	16.666	
0.1 ml	1	15	9	24	62.50	64.583
	2	16	8	24	66.666	
0.2 ml	1	20	9	29	68.965	70.1965
	2	25	10	35	71.428	
0.3 ml	1	28	10	38	73.684	73.38
	2	19	7	26	73.076	

0.4 ml	1	24	2	26	92.307	90.796
	2	25	3	28	89.285	

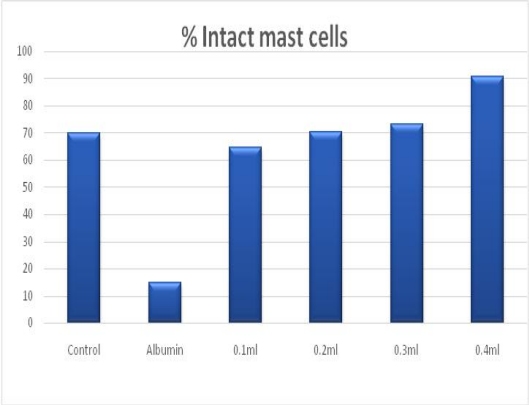

Figure.1: % Intact mass cells

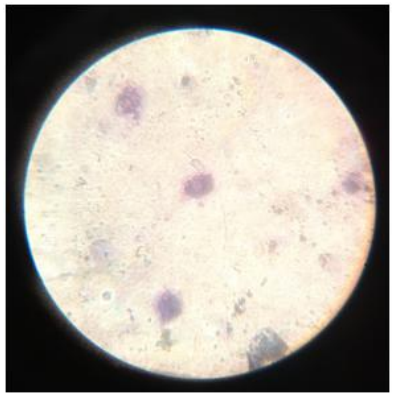

Figure.2: Control: Granulated Mast cell

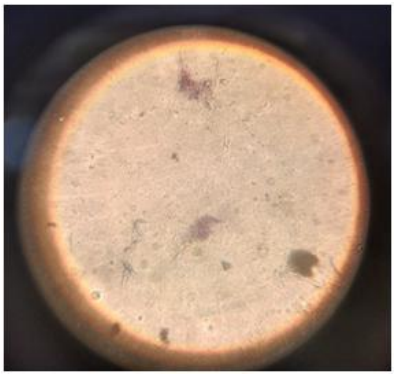

Figure.3: Albumin control: De-granulated Mast cell

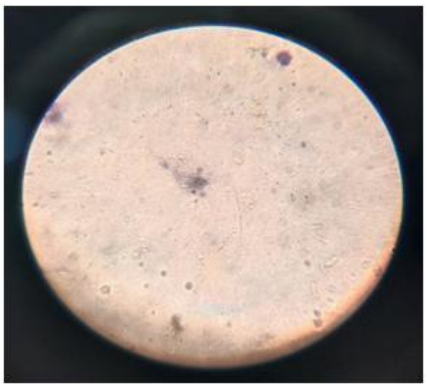

Figure.4: 0.1ml treatment: Granulated and De-Granulated Mast cells

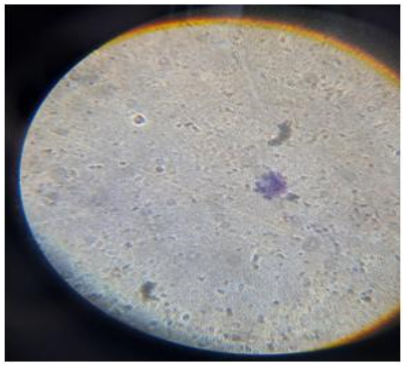

Figure.5: 0.2ml treatment: De-granulated Mast cells

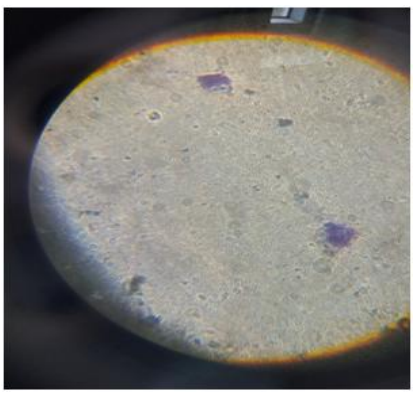

Figure.6: 0.3 ml treatment: Granulated Mast cell

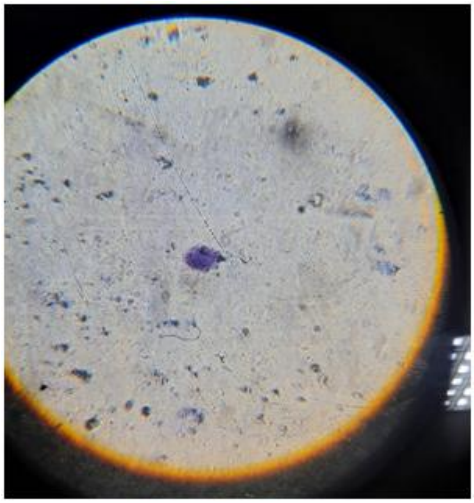

Figure.7: 0.4 ml: Granulated Mast cell

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Economic Assessment of Dialysis Treatment: Medical and Non-Medical Costs Incurred by Patients at SGT University

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Received: 11 Apr 2025 Revised: 13 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

End-stage renal disease (ESRD) poses a significant global health challenge, leading to substantial medical and non-medical costs for patients and their families. This review assesses the economic burden of dialysis treatment at SGT Hospital, focusing on both direct medical expenses—such as dialysis sessions, medications, and hospitalizations—and indirect costs, including transportation, lost income, and caregiver strain. The analysis highlights the financial disparities between hemodialysis (HD) and peritoneal dialysis (PD), with PD often emerging as a more cost-effective option, particularly in low- and middle-income countries (LMICs). Despite the availability of government subsidies and insurance coverage, many patients face overwhelming out-of-pocket expenses, exacerbating their financial distress. The review emphasizes the need for policy interventions to enhance access to affordable dialysis care, promote home-based treatment options, and invest in preventive healthcare measures to mitigate the progression of chronic kidney disease (CKD). By adopting a comprehensive approach that addresses both the economic and psychosocial challenges faced by ESRD patients, healthcare systems can improve treatment accessibility and quality of life for affected individuals. Future research should focus on innovative dialysis technologies and effective policy frameworks to ensure sustainable and equitable care for all patients in need.

Keywords: kidney, disease, government, healthcare, renal.

INTRODUCTION

End-stage renal disease (ESRD) has emerged as a significant global public health concern, placing an immense financial and emotional burden on patients, families, and healthcare systems. The increasing prevalence of ESRD has led to a surge in demand for renal replacement therapy (RRT), primarily in the form of hemodialysis (HD) and kidney transplantation. While transplantation is often the preferred treatment due to its potential for improved long-term outcomes, its high costs and limited availability make it an inaccessible option for many patients, particularly in developing countries like India. As a result, the majority of ESRD patients rely on hemodialysis as a life-sustaining treatment. However, the economic impact of HD extends beyond direct medical expenses, encompassing a wide range of non-medical costs that significantly affect patients and their families [1]. SGT Hospital, a prominent healthcare institution, provides dialysis services to a growing number of ESRD patients. Understanding the financial burden associated with hemodialysis is crucial for both healthcare policymakers and practitioners to develop cost-effective strategies that enhance patient access and affordability [2]. This review article aims to comprehensively evaluate the economic aspects of dialysis treatment at SGT Hospital, focusing on both medical and non-medical costs incurred by patients. By analyzing the direct expenses associated with dialysis procedures, medications, and hospital visits, along with indirect costs such as transportation, lost wages, and caregiver burden, this study will provide a holistic view of the financial challenges faced by ESRD patients [1,2].

Burden of ESRD and the Need for Economic Evaluation

Chronic kidney disease (CKD) progresses gradually, and when it reaches the ESRD stage, patients require either dialysis or a kidney transplant to survive. According to recent estimates, millions of people worldwide are affected by ESRD, with India witnessing a sharp rise in the number of diagnosed cases. Limited awareness, late-stage diagnosis, and inadequate access to specialized care further exacerbate the situation, compelling most patients to rely on dialysis as a long-term treatment option [3]. While government healthcare programs and insurance schemes aim to alleviate some of the financial strain, many patients continue to struggle with out-of-pocket expenses that can be overwhelming. Economic evaluations in healthcare have become increasingly important in guiding policy decisions and resource allocation. Pharmacoeconomics, a sub-discipline of health economics, assesses the cost-effectiveness of medical interventions by analyzing their economic impact on clinical outcomes. Given the chronic nature of ESRD and the lifelong dependence on dialysis for many patients, a thorough pharmacoeconomic assessment is necessary to determine the sustainability of current treatment models and explore ways to optimize cost efficiency [4].

Medical Costs Associated with Dialysis Treatment

The direct medical costs of dialysis include a range of expenses, such as the cost of dialysis sessions, diagnostic tests, medications, physician consultations, and hospitalization due to dialysis-related complications. At SGT Hospital, the pricing of dialysis services varies depending on factors such as the type of dialysis (hemodialysis vs. peritoneal dialysis), frequency of sessions, and patient-specific medical requirements. Additionally, dialysis patients require a host of medications, including erythropoiesis-stimulating agents (ESAs) to manage anemia, phosphate binders, antihypertensive drugs, and nutritional supplements, all of which contribute to the overall cost burden [4,5]. Hospitalization due to infections, cardiovascular events, or dialysis-related complications can further escalate medical expenses. Studies have shown that recurrent hospital admissions are common among ESRD patients, adding to the already high cost of treatment. Moreover, the need for regular laboratory tests to monitor kidney function and other health parameters adds another layer of financial strain [6].

Non-Medical Costs and Socioeconomic Implications

Beyond direct medical expenses, ESRD patients and their families face significant non-medical costs that are often overlooked in economic assessments. These include transportation expenses for frequent hospital visits, loss of income due to work absenteeism, and the psychological toll of managing a chronic illness [4]. Many patients rely on caregivers, who may also have to take time off work or incur additional costs for assisting with the patient's medical needs. In low-income households, these cumulative expenses can lead to financial distress, forcing patients to make

difficult choices between healthcare and other necessities [6]. A significant challenge faced by dialysis patients is the need for long-term financial planning, as the costs of treatment are continuous and can escalate over time. Insurance coverage for dialysis treatment remains inadequate for many individuals, particularly those who do not qualify for government subsidies or employer-provided health benefits. As a result, many families resort to borrowing money or depleting their savings to afford life-sustaining dialysis sessions [7]. The financial burden is further compounded for patients from rural areas who must travel long distances to access dialysis facilities at hospitals like SGT Hospital, adding transportation and accommodation costs to their list of expenses [7].

The Need for Policy Interventions and Cost-Effective Strategies

To address the economic challenges faced by ESRD patients, there is an urgent need for policy interventions that prioritize cost-effective strategies for dialysis care. Expanding government-funded dialysis programs, increasing insurance coverage, and subsidizing essential medications can significantly reduce the financial burden on patients. Additionally, promoting home-based dialysis solutions, such as peritoneal dialysis, may offer a more cost-effective alternative for patients who meet the eligibility criteria. Investing in preventive healthcare measures, early CKD screening programs, and patient education initiatives can also help mitigate the progression of kidney disease and reduce the long-term costs associated with ESRD management [8]. SGT Hospital, like many other healthcare institutions, plays a vital role in supporting patients through financial assistance programs, community outreach initiatives, and affordable dialysis packages. Collaborative efforts between healthcare providers, policymakers, and patient advocacy groups are essential to developing sustainable models of care that ensure equitable access to dialysis treatment without imposing an insurmountable financial burden on patients and their families [8,9].

Overview of Dialysis Modalities and Their Cost Implications

Chronic kidney disease (CKD) is becoming an increasing global health concern, affecting millions of people worldwide. As the disease progresses to end-stage renal disease (ESRD), patients require renal replacement therapy to sustain life. Dialysis is one of the primary treatments available, performing the critical function of removing toxins and excess fluids from the bloodstream when the kidneys can no longer do so [10]. The two main types of dialysis-hemodialysis (HD) and peritoneal dialysis (PD)—come with their advantages, challenges, and cost implications. Additionally, dialysis can be administered in different settings, including hospital-based, in-center, or home-based treatments, which further influence the overall financial burden on patients and healthcare systems. This article explores the cost structures associated with these dialysis modalities on both a national and global scale [10,11].

A Comparative Look at Haemodialysis and Peritoneal Dialysis

Haemodialysis (HD)

An Overview and Cost Factors

Haemodialysis is the most widely used dialysis method, often performed in specialized dialysis centres or hospitals. It involves diverting the patient's blood through a machine known as a dialyzer, where toxins and excess fluids are filtered before the cleaned blood is returned to the body [12].

Several factors contribute to the high cost of haemodialysis:

- **Dialysis Equipment and Supplies** Specialized machines, dialyzers, and sterile solutions drive up the overall treatment expense.
- **Staffing Costs** Trained nurses and technicians must be present during every session, increasing labor costs.
- **Facility and Operational Expenses** Hospital-based and in-center dialysis treatments come with infrastructure, utility, and maintenance costs.
- **Treatment Frequency** Hemodialysis is typically performed three times a week, with each session lasting 3–5 hours, leading to higher cumulative expenses.
- **Medication and Supplementary Care** Many patients require additional medications like erythropoietin-stimulating agents (ESAs) for anemia and phosphate binders to maintain electrolyte balance.

In developed countries like the United States, the average yearly cost of hemodialysis per patient is estimated at around $89,000, according to the United States Renal Data System (USRDS). In contrast, in low- and middle-income countries (LMICs), this cost can range from $10,000 to $40,000, depending on healthcare subsidies and government support [11].

Peritoneal Dialysis (PD)

A Cost-Effective Alternative?

Unlike haemodialysis, peritoneal dialysis utilizes the peritoneal membrane inside a patient's abdomen as a natural filter. A catheter is surgically placed into the abdomen, allowing the infusion and drainage of a special dialysate fluid that absorbs waste products. PD can be performed manually (Continuous Ambulatory Peritoneal Dialysis, CAPD) or with the help of a machine (Automated Peritoneal Dialysis, APD), and is typically done at home [13].

Key cost drivers for peritoneal dialysis include

- **Dialysis Fluids and Supplies** PD requires large quantities of dialysate, disposable tubing, and bags, making consumable costs a significant factor.
- **Home Setup** Patients need a clean and sterile space for exchanges, while those on APD require a dialysis machine.
- **Training and Monitoring** Patients or their caregivers must be trained to handle exchanges safely and watch for complications like infections (e.g., peritonitis).
- **Medical Check-Ups** Regular follow-ups with nephrologists ensure dialysis effectiveness and address potential health concerns.

PD is generally more cost-effective than HD. In high-income countries, annual expenses range from $53,000 to $70,000, while in LMICs, the cost is significantly lower, averaging $5,000 to $25,000 per year. PD is often a more affordable and accessible option in resource-limited areas because it reduces dependence on medical facilities and trained professionals [14].

Comparing Cost Structures: Hospital-Based, In-Centre, and Home Dialysis

Hospital-Based Dialysis

- The most expensive option due to hospital facility charges, 24/7 medical supervision, and emergency response capabilities.
- Best suited for critically ill patients who require continuous monitoring.
- High operational costs contribute to a greater financial burden on both patients and healthcare insurers.

In-Centre Dialysis

- A widely used option for HD, typically provided at dialysis clinics.
- More affordable than hospital-based dialysis but still costly due to machine use, staffing requirements, and regular patient visits.
- Additional expenses include transportation for patients traveling multiple times a week.

Home-Based Dialysis (PD and Home HD)

- Generally, the most cost-effective option as it eliminates overhead costs related to clinic or hospital-based treatment.
- Home HD requires an initial investment in equipment and training but offers long-term savings.
- PD is particularly suited for home use, reducing travel costs and dependency on medical staff.

A 2022 study published in the *Journal of the American Society of Nephrology (JASN)* found that shifting dialysis treatments to a home-based setting, particularly PD, could cut costs by **30–50%** compared to in-centre HD. However, success depends on proper patient education, support systems, and infection prevention measures [15-17].

The Global Affordability of Dialysis: A Comparative Perspective

High-Income Countries

- Nations like the United States, Canada, and the United Kingdom provide dialysis coverage through public health programs such as Medicare (U.S.) and the NHS (UK).
- The U.S. government spends over **$35 billion** annually on dialysis, making ESRD one of the costliest chronic conditions.
- Many developed countries are promoting home-based dialysis to reduce healthcare expenditure.

Low- and Middle-Income Countries (LMICs)

- Countries such as India, Nigeria, and Brazil face significant challenges in making dialysis affordable due to limited government funding and high out-of-pocket costs.
- A large percentage of ESRD patients in LMICs cannot afford ongoing dialysis, resulting in poor survival rates.
- Some governments and non-governmental organizations (NGOs) offer subsidized dialysis programs, but accessibility remains a major issue.

A 2021 study published in *The Lancet Global Health* highlighted that over 80% of ESRD patients in LMICs lack access to regular dialysis due to financial barriers and insufficient healthcare infrastructure. Expanding the use of cost-effective options like PD and increasing government-funded dialysis programs could significantly improve survival rates in these regions[17-20].

Direct Medical Costs of Dialysis Treatment

Dialysis is a vital treatment for patients suffering from end-stage renal disease (ESRD), but it comes with significant financial implications. The costs associated with dialysis go beyond the procedure itself, encompassing essential medical supplies, medications, regular check-ups, and hospital stays due to complications. The overall expense depends on various factors, such as the type of dialysis, healthcare setting, and available financial support [18].

Costs Associated with Dialysis Procedures: Equipment, Supplies, and Maintenance

One of the most significant costs in dialysis treatment arises from the equipment and consumables necessary to perform the procedure safely and effectively.

• **Hemodialysis (HD) Expenses** This form of dialysis involves a complex machine that filters waste and excess fluids from the blood. Patients undergoing HD require specialized medical equipment, including dialyzers (artificial kidneys), blood tubing, vascular access devices (such as fistulas or grafts), and dialysate solutions. Additionally, the regular maintenance of dialysis machines and stringent infection control measures contribute to the overall cost [21].

• **Peritoneal Dialysis (PD) Expenses** In contrast, PD is a home-based dialysis method that requires a surgically placed catheter in the abdomen. The recurring costs for PD include peritoneal dialysis fluid, sterile tubing, and disposable exchange bags. Patients utilizing Automated Peritoneal Dialysis (APD) also need a cycler machine, increasing the initial cost but decreasing the necessity for frequent clinic visits [22].

• **Infrastructure and Maintenance Costs** Dialysis centers require extensive infrastructure, such as water purification systems, medical waste disposal mechanisms, and trained staff, all of which contribute to long-term operational costs.

The financial burden of dialysis varies worldwide. In developed countries, the annual cost of in-center HD can exceed $89,000 per patient, while PD is slightly less expensive, ranging from $53,000 to $70,000 per year. In lower-income countries, although dialysis is cheaper, many patients still find it unaffordable due to limited government support and healthcare coverage [23].

Medications and Supportive Therapies

Patients undergoing dialysis need various medications to manage complications arising from kidney failure, which further increases treatment costs.

• **Erythropoietin-Stimulating Agents (ESAs)** Kidney disease leads to anemia due to reduced erythropoietin production. To counter this, patients require ESAs such as epoetin alfa or darbepoetin to stimulate red blood cell production. These medications can be expensive, with annual costs ranging from $6,000 to $10,000 per patient [21].

• **Phosphate Binders** Since failing kidneys cannot properly regulate phosphate levels, patients need phosphate binders such as sevelamer or calcium acetate to prevent complications like bone disease and vascular calcification [22].

• **Blood Pressure Medications** Many dialysis patients suffer from high blood pressure and require antihypertensive drugs like beta-blockers, ACE inhibitors, or calcium channel blockers.

• **Nutritional Supplements** Dialysis patients often lack essential vitamins and minerals, necessitating supplementation with active vitamin D, iron, and folic acid to maintain overall health. In many healthcare systems, insurance assists in covering some of these medication costs, but in countries with high out-of-pocket expenses, affordability remains a significant issue [23].

Hospital Admissions and Emergency Care Due to Dialysis Complications

Many dialysis patients encounter medical complications that result in emergency hospital visits, further escalating their healthcare expenses. The most common causes of hospitalization include

• **Infections** Hemodialysis patients are at risk of bloodstream infections due to repeated vascular access, while PD patients may experience peritonitis (infection of the peritoneal lining). Severe infections often necessitate hospital admission, intravenous antibiotics, and, in some cases, catheter removal or replacement [24].

• **Heart-Related Issues** Cardiovascular disease is a leading cause of death among dialysis patients. Many suffer from complications such as heart failure, arrhythmias, and fluid overload, which require costly interventions like intensive care or surgery [23].

• **Electrolyte Imbalances** Kidney failure causes life-threatening fluctuations in potassium and sodium levels, which may require emergency intervention to prevent complications such as cardiac arrest.

• **Fluid Overload and Pulmonary Edema** If excess fluid is not adequately removed during dialysis, it can result in severe swelling and breathing difficulties, necessitating urgent dialysis sessions or diuretic therapy [25].

• **Surgical Procedures** Some patients face vascular access issues, requiring additional surgeries to repair or replace fistulas and grafts. Studies indicate that dialysis patients are hospitalized one to two times per year on average, with each hospital stay costing between $10,000 and $20,000. These recurring medical expenses add to the financial strain faced by patients and healthcare systems alike [25].

Regular Medical Supervision and Laboratory Tests

Dialysis patients require continuous monitoring through regular check-ups and laboratory testing, which further increases treatment costs.

• **Nephrologist Consultations** Dialysis patients need frequent visits to nephrologists for treatment adjustments, medication management, and overall health assessments. While some healthcare systems cover these consultations, in many cases, patients shoulder these expenses themselves [26].

• **Routine Laboratory Tests** Frequent blood tests are essential to monitor key health indicators, including:
◦ Blood urea nitrogen (BUN) and creatinine (to assess kidney function and dialysis effectiveness).
◦ Electrolytes (potassium, sodium, phosphate levels).
◦ Hemoglobin levels (to monitor anemia).
◦ Parathyroid hormone (PTH) levels (for bone health assessment).
◦ Infection markers (to detect possible complications early).
◦ Hepatitis and viral screenings (especially for HD patients who undergo frequent blood exposure).
The costs associated with laboratory testing can accumulate to several thousand dollars per year, depending on the monitoring frequency and the type of healthcare coverage. Patients without sufficient insurance or government assistance often struggle to afford these essential diagnostic procedures [27].

Non-Medical Costs Incurred by Dialysis Patients

While the financial burden of dialysis is often discussed in terms of direct medical expenses, such as treatment costs, medications, and hospital fees, there are significant non-medical costs that also impact patients and their families. These indirect expenses, which include transportation, loss of income, caregiver burden, and psychosocial challenges, contribute to the overall economic and emotional strain of managing chronic kidney disease (CKD). Understanding these non-medical costs is essential for developing policies that support patients beyond just the clinical aspects of their treatment [28].

Transportation Costs

For most patients undergoing dialysis, frequent travel to and from treatment centers is an unavoidable necessity. Since hemodialysis (HD) is typically performed three times a week, patients must arrange transportation to the dialysis facility regularly. In many cases, patients rely on public transport, taxis, private vehicles, or even ambulance services, depending on their health condition and financial situation [27].For individuals living in urban areas, transportation costs may be relatively lower due to better accessibility to healthcare facilities. However, in rural regions, dialysis centers are often located far from patients' homes, resulting in higher travel expenses and longer commute times. Some patients may have to relocate to be closer to treatment centers, adding further housing and relocation costs [29]. Home-based dialysis, particularly peritoneal dialysis (PD) and home hemodialysis (HHD), can reduce transportation expenses significantly. However, these options still involve costs related to initial home setup, regular medical check-ups, and supply deliveries. While some governments and insurance plans provide subsidies for transportation, many patients in low-income countries must bear the full cost of travel, making it a significant financial strain [30].

Loss of Productivity and Income

Dialysis treatments are time-consuming, often requiring multiple sessions per week that last several hours. This frequent commitment makes it challenging for patients to maintain full-time employment. Many individuals with end-stage renal disease (ESRD) experience reduced work hours, job loss, or early retirement due to their condition. Those in physically demanding jobs may find it particularly difficult to continue working, as fatigue and dialysis-related complications can limit their ability to perform their duties [20]. The loss of income is a significant economic burden, especially for patients who are the primary earners in their families. Even for those who manage to continue working, productivity often declines due to the side effects of dialysis, such as fatigue, nausea, and cognitive impairment. Patients who rely on disability benefits or social support programs may receive some financial relief, but these payments are often insufficient to cover both medical and living expenses [31]. A study published in the *Clinical Journal of the American Society of Nephrology* found that employment rates among dialysis patients are significantly lower than in the general population. This loss of workforce participation not only affects individual patients but also has broader economic implications for healthcare systems and national economies [27].

Caregiver Burden and Associated Indirect Costs

Dialysis care often extends beyond the patient to family members or hired caregivers who assist with daily activities, medical needs, and emotional support. The role of a caregiver can be demanding, requiring a significant time commitment to help with transportation, medication management, dietary restrictions, and monitoring for complications [6]. For home-based dialysis patients, caregivers are often responsible for performing dialysis exchanges (in the case of PD) or assisting with home HD procedures. This additional responsibility can limit caregivers' ability to work full-time or engage in other personal and professional activities. Many caregivers experience financial strain due to lost wages or the need to reduce work hours to accommodate their caregiving duties [10]. In some cases, families may need to hire professional caregivers or home health aides, which adds to the financial burden. According to a report by the *National Kidney Foundation*, unpaid caregivers of dialysis patients often experience high levels of stress and burnout, leading to potential health issues of their own. The indirect costs associated with caregiving, including mental health impacts and loss of personal time, are often overlooked but play a crucial role in the overall burden of dialysis treatment [32].

Psychosocial Costs: Mental Health and Quality of Life

Beyond the financial aspects, dialysis patients experience significant psychosocial challenges that affect their overall well-being. The chronic nature of kidney disease, combined with the physical toll of dialysis, often leads to feelings of anxiety, depression, and social isolation. Many patients struggle with the loss of independence, as their daily lives revolve around treatment schedules, dietary restrictions, and medication regimens [30]. Dialysis can also strain personal relationships, as patients may feel like a burden to their families or struggle with changes in social roles. Studies have shown that individuals undergoing dialysis have a higher prevalence of mental health disorders, including depression and anxiety, compared to the general population. Unfortunately, mental health support is often under-prioritized in dialysis care, leaving many patients to cope with emotional distress on their own [18]. Social isolation is another significant concern, as patients may find it difficult to participate in social gatherings, travel, or engage in hobbies due to their medical condition. This reduced social engagement can further impact mental well-being and overall quality of life. Support groups, counseling, and patient education programs can help address some of these psychosocial challenges, but access to such services is often limited by financial constraints and healthcare infrastructure [21].

Cost-Benefit Analysis and Financial Burden on Patients

The financial implications of dialysis are profound, affecting patients and healthcare systems alike. The cost of dialysis varies significantly depending on whether treatment is received in the private or public sector, the extent of insurance coverage, and government subsidies. Additionally, many patients face high out-of-pocket expenses, leading to financial distress and decreased quality of life. This article explores the economic burden of dialysis treatment, comparing costs in the private and public sectors, the role of insurance, and the financial hardships endured by patients [32].

Comparison of Private vs. Public Sector Dialysis Costs

The cost of dialysis is highly dependent on whether the treatment is accessed through a private or public healthcare facility. Public healthcare systems often subsidize dialysis, making it more accessible, while private healthcare facilities provide faster and often more comfortable services at a premium cost.

Public Sector Dialysis

Many countries provide dialysis treatment through publicly funded healthcare programs, ensuring that life-saving care is available to those in need. For instance, in countries like Canada and the United Kingdom, dialysis is covered under universal healthcare systems, meaning patients incur minimal direct costs. Similarly, in countries like India and Brazil, government hospitals offer subsidized dialysis to lower-income populations. However, challenges such as long waiting times, overcrowding, and limited resources can affect service quality and accessibility [33].

Private Sector Dialysis

Private dialysis centers offer more personalized care, reduced waiting times, and advanced treatment options. However, these benefits come at a significantly higher cost. In the United States, the cost of in-centerhemodialysis in a private facility can exceed $90,000 per year, while peritoneal dialysis costs slightly less at around $70,000 annually. In contrast, public healthcare programs like Medicare may cover a significant portion of these costs for eligible patients. In developing countries, private dialysis centers often cater to wealthier individuals or those with comprehensive insurance coverage, as out-of-pocket costs can be prohibitively high for the general population [33].

Insurance Coverage and Government Subsidies for Dialysis Treatment

Insurance plays a crucial role in managing the financial burden of dialysis treatment. However, coverage varies significantly depending on the country and healthcare system in place.

Health Insurance and Dialysis Coverage

In countries with well-developed insurance systems, dialysis treatment is often covered by national health insurance programs or private insurance plans. In the United States, Medicare provides coverage for most dialysis patients, including those under 65 who qualify due to ESRD (End-Stage Renal Disease). Medicaid and private insurance policies also offer varying degrees of coverage, though patients may still face copayments and deductibles. In European nations with universal healthcare, such as Germany and France, dialysis is fully covered under public insurance programs. In contrast, in many developing countries, health insurance coverage for dialysis is limited. Patients often rely on employer-based insurance or private policies, which may not fully cover long-term dialysis costs. For example, in India, while some government-sponsored health schemes cover dialysis, many patients still pay substantial out-of-pocket expenses due to gaps in coverage and limited availability of subsidized treatment centers [34].

Government Subsidies and Assistance Programs

Several governments worldwide have implemented subsidy programs to alleviate the economic burden of dialysis treatment. These programs aim to ensure that even low-income patients have access to necessary care. For example:

- **India** The government's Pradhan Mantri National Dialysis Program (PMNDP) provides free dialysis services in select government hospitals.
- **United States** Medicare covers up to 80% of dialysis treatment costs for eligible patients, with additional support from Medicaid for low-income individuals.
- **European Union Countries** Public health systems offer free or low-cost dialysis to residents, reducing financial strain on patients.

Despite these efforts, gaps in funding, bureaucratic hurdles, and disparities in healthcare access mean that not all patients benefit equally from these subsidies.

Out-of-Pocket Expenditures and Financial Distress Among Patients

Even with insurance and government support, many dialysis patients face substantial out-of-pocket expenses. These costs include copayments, transportation, medications, and dietary requirements essential for managing CKD [35].

Direct and Indirect Costs

- **Dialysis Sessions** Patients who do not qualify for government-funded programs or comprehensive insurance must pay for each session, with costs ranging from $100 to $500 per session, depending on the country and healthcare facility.
- **Medications** Dialysis patients often require additional medications such as erythropoietin for anemia management, phosphate binders, and antihypertensive drugs, adding to the overall expense.
- **Transportation Costs** Many patients require frequent travel to dialysis centers, especially in rural areas where treatment facilities are scarce. Transportation expenses can significantly impact low-income patients.

- **Loss of Productivity and Income** Dialysis is time-consuming, requiring multiple sessions per week. Many patients experience job loss or reduced working hours, leading to financial instability.
- **Caregiver Costs** Some patients require full-time assistance from caregivers, further increasing household financial burdens.

Psychosocial and Economic Impact

The financial burden of dialysis extends beyond tangible costs, affecting the overall well-being of patients and their families. Many patients experience stress, anxiety, and depression due to the constant financial strain. Studies have shown that financial toxicity is a significant factor in reduced quality of life among dialysis patients. Families often have to make difficult choices, such as selling assets or borrowing money, to afford continued treatment [34].

Strategies to Reduce the Economic Burden of Dialysis

Encouraging Home-Based Dialysis: Cost Savings and Patient Benefits

One of the most effective ways to reduce the financial strain of dialysis is by promoting home-based treatments, including both peritoneal dialysis (PD) and home hemodialysis (HHD). Home dialysis significantly lowers healthcare costs by minimizing the need for frequent hospital visits, reducing staffing expenses, and decreasing infrastructure-related costs associated with in-center treatments [33]. Patients who opt for home-based dialysis also benefit from increased flexibility, allowing them to maintain employment and lead a more independent lifestyle. Studies have shown that home dialysis can improve the overall quality of life by reducing travel time and offering greater convenience. Additionally, home-based dialysis helps alleviate the financial burden on healthcare systems by decreasing the demand for in-center resources. Governments and healthcare providers should invest in educational programs and training initiatives to equip patients and caregivers with the necessary skills to perform dialysis safely at home [34].

Policy Interventions for Better Funding and Reimbursement Models

The financial burden of dialysis is often exacerbated by inadequate insurance coverage and high out-of-pocket expenses. Governments must implement policy interventions that ensure better financial support for patients requiring dialysis treatment. Expanding public healthcare programs, such as government subsidies and insurance reimbursements, can help reduce the direct costs incurred by patients [32]. Countries with well-developed healthcare systems, such as the United Kingdom and Canada, have successfully integrated dialysis funding into their national health policies, providing patients with greater access to treatment without significant financial strain. In contrast, many low- and middle-income countries struggle with dialysis affordability due to insufficient public healthcare funding. Establishing financial assistance programs, increasing insurance coverage, and incentivizing the use of cost-effective dialysis options, such as peritoneal dialysis, can improve treatment accessibility and affordability [35].

Innovations in Dialysis Technology to Reduce Costs

Technological advancements in dialysis are crucial in lowering treatment costs while improving efficiency and patient outcomes. Innovative approaches such as portable dialysis machines and wearable artificial kidneys are currently being developed to make dialysis more convenient and cost-effective.Another promising area is the use of bioengineered dialysis membranes that enhance filtration efficiency and reduce the need for expensive replacement filters. Additionally, automated peritoneal dialysis (APD) machines are making home-based dialysis more user-friendly, requiring less manual intervention from patients while optimizing treatment effectiveness.The adoption of telemedicine and remote monitoring systems is another cost-saving innovation. These technologies allow healthcare providers to track a patient's condition in real-time, reducing the frequency of hospital visits and early detection of complications, thereby preventing costly emergency interventions [35,36].

Role of Preventive Care and Early Detection in Reducing Dialysis Dependence

Preventive healthcare measures and early intervention strategies can significantly reduce the incidence of end-stage renal disease (ESRD), ultimately lowering the demand for dialysis treatments. Public health initiatives that focus on

managing risk factors such as diabetes, hypertension, and obesity can help prevent chronic kidney disease (CKD) progression [36]. Routine screenings and early diagnosis programs play a pivotal role in identifying kidney disease at an early stage, allowing for lifestyle and medical interventions that can slow disease progression. Patient education programs that promote kidney-friendly diets, regular exercise, and adherence to prescribed medications can help individuals manage CKD effectively, delaying or even preventing the need for dialysis. Healthcare systems should invest in community outreach programs that raise awareness about CKD prevention and encourage at-risk individuals to seek regular health check-ups. By prioritizing preventive care, healthcare providers can significantly decrease the financial burden associated with long-term dialysis treatments, benefiting both patients and national healthcare budgets [37].

CONCLUSION

The economic impact of dialysis treatment extends far beyond medical expenses, affecting every aspect of a patient's life. Understanding the full spectrum of costs incurred by ESRD patients at SGT Hospital provides valuable insights into the financial challenges they face. It highlights the urgent need for policy-driven solutions. A comprehensive approach that includes cost-effective treatment strategies, enhanced insurance coverage, and increased government support can significantly improve the accessibility and affordability of dialysis care. This review article aims to shed light on the financial implications of ESRD treatment, paving the way for further research and policy development to alleviate the economic burden on affected individuals and their families. Dialysis is a crucial life-sustaining treatment for individuals with ESRD, but its financial burden varies depending on the modality chosen and the setting in which it is delivered. Hemodialysis remains the most common form but is often the costliest, particularly in hospital and in-center settings. In contrast, peritoneal dialysis offers a more affordable, home-based alternative with significant cost savings, particularly in LMICs. While high-income countries have structured healthcare funding to support dialysis patients, LMICs face major affordability challenges. Shifting toward home-based dialysis solutions, increasing government subsidies, and encouraging cost-effective dialysis modalities like PD can help make this essential treatment more accessible to those in need. By focusing on sustainable and cost-efficient strategies, healthcare systems worldwide can work towards ensuring that all ESRD patients receive the life-saving dialysis care they require.

The financial burden of dialysis treatment extends far beyond the procedure itself. Patients must manage the costs of medical equipment, medications, routine monitoring, hospitalizations, and specialist consultations. The overall expenses depend on factors such as the dialysis method, treatment setting, and healthcare system funding. While government-funded programs and insurance policies help alleviate these costs in some countries, financial hardship remains a major concern for dialysis patients worldwide. Efforts to make dialysis more affordable should focus on policy reforms, improved funding mechanisms, and promoting cost-effective home-based dialysis options. By addressing these economic challenges, healthcare systems can enhance patient access to life-saving dialysis treatment and improve their quality of life. While dialysis is a critical life-saving treatment for individuals with ESRD, the associated non-medical costs place a significant burden on patients and their families. Transportation expenses, loss of income, caregiver strain, and psychosocial challenges all contribute to the overall cost of living with kidney disease. Addressing these indirect costs requires a comprehensive approach that includes financial assistance programs, better access to home dialysis options, mental health support, and policies that promote workplace flexibility for patients and caregivers. As healthcare systems evolve, it is crucial to recognize that the true cost of dialysis extends beyond medical expenses. By supporting patients holistically—financially, socially, and emotionally-healthcare providers and policymakers can improve the quality of life for those undergoing dialysis and their families.

The cost of dialysis treatment presents a significant challenge for patients, with financial burdens varying based on healthcare systems, insurance coverage, and government support. While public healthcare facilities provide subsidized treatment, access barriers such as long waiting times and limited resources remain concerns. Private

sector dialysis offers better service quality but at a much higher cost. Health insurance and government subsidies play a crucial role in mitigating these expenses, but many patients still face high out-of-pocket costs. The indirect financial burden, including lost income and transportation costs, further exacerbates the economic strain on families. Moving forward, policies aimed at expanding healthcare coverage, increasing funding for dialysis programs, and promoting cost-effective treatment options are essential to ensure that dialysis remains accessible and affordable for all patients in need. Addressing the economic burden of dialysis requires a multi-faceted approach, combining home-based dialysis promotion, policy interventions, technological advancements, and preventive care strategies. By implementing cost-saving measures and improving accessibility to affordable treatment options, healthcare systems can alleviate financial stress on patients while ensuring better health outcomes. Policymakers, healthcare providers, and researchers must collaborate to develop sustainable solutions that enhance dialysis affordability and improve the overall quality of care for individuals with chronic kidney disease.

The financial burden of dialysis remains a significant challenge for patients, healthcare providers, and policymakers. The high costs associated with both hemodialysis (HD) and peritoneal dialysis (PD) stem from equipment, medical supplies, hospital infrastructure, and ongoing patient care. While PD is often more affordable than in-center HD, accessibility remains a concern, especially in low- and middle-income countries (LMICs) where government support and insurance coverage are limited. Patients frequently bear substantial out-of-pocket expenses, leading to financial strain and, in some cases, treatment discontinuation. These economic challenges highlight the urgent need for solutions that balance affordability and quality care. To mitigate the financial impact, healthcare systems should emphasize cost-effective strategies such as expanding home-based dialysis programs, which not only reduce costs but also enhance patient independence and quality of life. Additionally, policy interventions, including improved insurance coverage, better reimbursement models, and government subsidies, are essential to making dialysis more accessible. Advancements in dialysis technology, such as portable and wearable artificial kidneys, also hold promise in reducing long-term treatment costs. However, beyond dialysis, a strong focus on preventive care and early detection of chronic kidney disease (CKD) can help delay or even prevent the need for dialysis altogether, offering a more sustainable healthcare approach. Future research should explore innovative, cost-efficient dialysis methods, assess the long-term impact of home-based dialysis on patient outcomes, and analyze the effectiveness of healthcare policies in improving affordability. By integrating patient-centered approaches with financial sustainability, the global healthcare community can work towards a system that ensures optimal care without excessive economic burden.

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Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Advances in Forest Product Utilization: Sustainable Approaches and Emerging Technologies

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Received: 04 Apr 2025 Revised: 06 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Forests are vital ecosystems providing a multitude of benefits, including timber, non-timber forest products (NTFPs), and numerous ecosystem services. The increasing global demand for resources necessitates a responsible and sustainable approach to forest product utilization. This paper examines recent advances in the field, focusing on sustainable harvesting practices, innovative processing technologies, and the development of bio-based materials derived from forest resources. We explore the role of emerging technologies such as nanotechnology, biotechnology, and additive manufacturing in transforming forest products into high-value applications, contributing to a circular bioeconomy while mitigating environmental impacts. The challenges and opportunities associated with the wider adoption of these sustainable approaches and emerging technologies are also discussed.

Keywords: Forest Products, Sustainable Utilization, Emerging Technologies, Bioeconomy, Nanotechnology.

INTRODUCTION

Forests are essential components of the global ecosystem, providing a diverse range of products and services that support human well-being (Chandra et al. 2021b). Beyond their role in carbon sequestration, climate regulation, and biodiversity conservation, forests are a source of raw materials for a vast array of products, including timber for construction, pulp for paper production, and a wide range of non-timber forest products (NTFPs) such as medicinal plants, resins, and fruits (Berglund and Burgert 2018). However, traditional forest product utilization often involves

unsustainable practices, leading to deforestation, habitat loss, and environmental degradation (Chandra et al. 2021a). The need for a paradigm shift towards sustainable management and value-added processing of forest resources is more urgent than ever. This shift requires embracing innovative technologies and approaches that minimize environmental impact, maximize resource efficiency, and contribute to a circular bioeconomy (Bargah et al., 2024; Jamaluddin and Chandra 1998). This paper explores the recent advancements in forest product utilization, focusing on sustainable harvesting practices, innovative processing technologies, and the development of bio-based materials derived from forest resources (Aird 1994; Kumar et al., 2023b). We examine the role of emerging technologies such as nanotechnology, biotechnology, and additive manufacturing in transforming forest products into high-value applications, creating a more sustainable and resilient future for the forestry sector.

Sustainable Harvesting Practices

Sustainable forest management (SFM) is the foundation for responsible forest product utilization. Key principles of SFM include maintaining biodiversity, protecting soil and water resources, ensuring long-term productivity, and considering the social and economic needs of local communities (Fig. 1). Advances in harvesting practices that align with SFM principles include:

Reduced Impact Logging (RIL) RIL techniques minimize damage to the residual forest stand and soil during harvesting operations. These techniques include pre-harvest planning, directional felling, careful skidding, and the use of low-impact harvesting equipment (Burgert et al. 2016). Studies have shown that RIL can significantly reduce soil erosion, damage to residual trees, and carbon emissions compared to conventional logging practices.

Precision Forestry

Leveraging remote sensing technologies (LiDAR, satellite imagery, drones) and data analytics to optimize harvesting operations. Precision forestry allows for the selection of specific trees for harvest based on their size, health, and value, minimizing unnecessary removal and maximizing the yield of high-quality timber (Tiwari et al. 2024). One way that precision forestry helps in sustainable harvesting practices is by enabling precise tree inventories. Rather than relying on outdated methods like manual surveys or aerial photography, foresters can use drones equipped with LiDAR technology to create highly detailed 3D maps of forested areas. These maps provide valuable information about tree species, age, health, and density, allowing foresters to tailor their harvesting plans to maximize timber yield while minimizing ecological impact (Chandra 2013). Furthermore, precision forestry helps in the planning and execution of harvest operations. Using GPS technology, foresters can create digital maps that show the location of trees to be harvested, access roads, and potential environmental hazards. This level of precision helps minimize damage to soil, waterways, and wildlife habitats during timber extraction, ensuring the long-term sustainability of the forest ecosystem.

Salvage and Reclaimed Wood Utilization

Salvage and reclaimed wood utilization have gained popularity in recent years as people become more aware of the environmental impact of deforestation and the benefits of reusing materials (Farid et al. 2022; Darro et al. 2022). Salvage wood refers to wood that is reclaimed from old buildings, barns, or even sunken logs from rivers, while reclaimed wood is wood that has been discarded or thrown away and then repurposed for a new use. This practice not only helps reduce waste but also adds character and uniqueness to a space. Instead of relying solely on newly harvested timber, utilizing salvaged or reclaimed wood from demolition sites, storm-damaged forests, or beetle-killed trees can significantly reduce pressure on standing forests (Fu et al. 2018b; Kamesh et al. 2023).

Certification Schemes

Forest certification schemes like the Forest Stewardship Council (FSC) and the Programme for the Endorsement of Forest Certification (PEFC) provide a framework for independent verification of sustainable forest management practices (Chiteculo et al. 2018; Chandra et al. 2024). These schemes promote responsible forest management by providing consumers with assurance that the forest products they purchase come from well-managed forests. In addition to providing economic incentives for companies to adopt sustainable practices, certification schemes can

also help to promote transparency and accountability in the supply chain (Diakosavvas and Frezal 2019; Bhardwaj et al. 2024). By requiring companies to undergo regular audits and inspections in order to maintain their certification, these schemes can help to ensure that companies are meeting the standards set out in the certification criteria. This can help to prevent greenwashing and ensure that companies are held accountable for their actions, which can ultimately lead to more sustainable practices across the industry (De Oliveira et al. 2013; Kumar et al. 2022a).

Innovative Processing Technologies

Beyond sustainable harvesting, innovative processing technologies play a crucial role in maximizing the value and minimizing the waste associated with forest products.

Advanced Pulp and Paper Technologies

Pulp and paper technologies have advanced significantly over the years, with new innovations constantly being introduced to improve efficiency, quality, and sustainability in the industry (Fu et al. 2018a; Kumar et al. 2024a). These advancements have revolutionized the way pulp and paper products are produced, resulting in higher quality products, reduced environmental impact, and increased profitability for manufacturers. Technologies such as extended delignification, enzyme-assisted bleaching, and closed-loop water systems are reducing the environmental impact of pulp and paper production by minimizing the use of chemicals, water, and energy (Vanessa Lencinas et al. 2019; Kumar et al. 2023a; Bhardwaj 2023a). Emerging technologies like the production of nanocellulose from pulp are opening new avenues for the use of cellulose fibers in high-value applications.

Engineered Wood Products (EWPs)

Engineered wood products are becoming increasingly popular in the construction industry due to their many benefits and advantages over traditional wood materials (Watham et al. 2017; Kumar 2015). These products are created by combining various types of wood fibers, particles, or veneers with adhesives to produce strong and durable building materials that are suitable for a wide range of applications. EWPs such as cross-laminated timber (CLT), glued laminated timber (glulam), and laminated veneer lumber (LVL) offer enhanced strength, durability, and dimensional stability compared to traditional solid lumber (Murali et al. 1996; Kumar et al. 2022b). These products are increasingly being used in tall wood buildings, offering a sustainable alternative to concrete and steel.

Wood Modification

Wood modification can also involve physical treatments such as compression or densification, which can increase the density and strength of the wood. This can be useful in applications where a stronger and more durable wood product is required, such as in construction or furniture manufacturing (Dong et al. 2020). Other methods of wood modification include biological treatments, where fungi or bacteria are used to improve the properties of the wood, and acetylation, where the wood is treated with acetic anhydride to increase its dimensional stability and resistance to decay. Various wood modification techniques, such as thermal modification, acetylation, and furfurylation, can improve the durability, dimensional stability, and resistance to decay of wood, extending its lifespan and reducing the need for chemical preservatives (Melaku et al. 2014).

Bio-refinery Concepts

Bio-refinery concepts involve the integration of various technologies to convert biomass into a range of valuable products such as biofuels, biochemicals, and bioplastics. The primary goal of bio-refineries is to maximize the use of renewable resources while minimizing waste and environmental impact (Liu et al. 2016). This concept is gaining traction as society seeks more sustainable alternatives to traditional fossil fuels and chemicals. Integrating forest product processing with bio-refinery concepts allows for the conversion of wood and other forest biomass into a wide range of bio-based products, including biofuels, biochemicals, and biomaterials. This integrated approach maximizes resource utilization and minimizes waste.

Emerging Technologies for Forest Product Utilization

Emerging technologies are revolutionizing the forest product sector, enabling the creation of new bio-based materials with enhanced properties and functionalities.

Nanotechnology

Nanocellulose, including cellulose nanocrystals (CNCs) and cellulose nanofibrils (CNFs), is a promising nanomaterial derived from wood pulp (Kar and Jacobson 2012). CNCs and CNFs possess high strength, stiffness, and biodegradability, making them suitable for a wide range of applications, including composites, packaging, biomedical devices, and electronics.

Biotechnology

Biotechnology is being used to improve the efficiency and sustainability of forest product processing. Enzymes can be used to break down lignin, improve pulp bleaching, and modify wood properties (Burgert et al. 2015). Genetic engineering can be used to develop trees with improved growth rates, disease resistance, and wood properties.

Additive Manufacturing (3D Printing)

3D printing technologies are being used to create customized wood products with complex geometries and intricate designs. Wood-based 3D printing materials, such as wood flour composites and lignin-based filaments, are gaining popularity for applications in architecture, furniture design, and functional prototypes.

Artificial Intelligence (AI) and Machine Learning (ML)

AI and ML are being applied to optimize forest management practices, predict timber yields, and detect defects in wood products. These technologies can improve efficiency, reduce waste, and enhance decision-making throughout the forest product supply chain.

Applications of Bio-based Materials

The development of bio-based materials from forest resources is opening up new opportunities for sustainable product design and development across various sectors.

Construction

EWPs like CLT are transforming the construction industry by providing a sustainable alternative to concrete and steel. Bio-based insulation materials, such as wood fiber insulation and cellulose insulation, are gaining popularity for their thermal performance and environmental benefits.

Packaging

Biodegradable packaging materials derived from cellulose and lignin are replacing traditional plastic packaging, reducing plastic waste and promoting a circular economy.

Textiles

Cellulose fibers are being used to produce rayon, lyocell, and other regenerated cellulose fibers for the textile industry. These fibers offer a sustainable alternative to synthetic fibers derived from fossil fuels.

Automotive

Wood-based composites are being used in automotive interiors and structural components to reduce vehicle weight and improve fuel efficiency.

Biomedical

Nanocellulose and other wood-derived materials are being used in biomedical applications such as wound healing, drug delivery, and tissue engineering.

Challenges and Opportunities

While the advances in forest product utilization are promising, several challenges need to be addressed to ensure the wider adoption of sustainable approaches and emerging technologies.

Cost Competitiveness

Bio-based materials often face a cost disadvantage compared to traditional materials derived from fossil fuels. Government policies and incentives are needed to level the playing field and promote the adoption of bio-based alternatives.

Scale-up and Commercialization

Many of the emerging technologies are still in the early stages of development. Investment in research and development, pilot-scale demonstrations, and technology transfer is needed to scale up these technologies and bring them to market.

Public Perception and Acceptance

Public perception and acceptance of bio-based materials can be influenced by factors such as perceived performance, durability, and environmental benefits. Education and outreach efforts are needed to promote the benefits of bio-based materials and address any misconceptions.

Policy and Regulatory Frameworks

Supportive policy and regulatory frameworks are needed to encourage sustainable forest management, promote the use of bio-based materials, and reduce the environmental impact of forest product processing. Despite these challenges, the opportunities for sustainable forest product utilization are significant. The increasing global demand for renewable resources, the growing awareness of environmental concerns, and the rapid advancements in technology are creating a favorable environment for the development and adoption of innovative bio-based materials and sustainable forest management practices.

CONCLUSION

Advances in forest product utilization are essential for meeting the growing global demand for resources in a sustainable manner. Sustainable harvesting practices, innovative processing technologies, and emerging technologies like nanotechnology, biotechnology, and additive manufacturing are revolutionizing the forest product sector. These advancements are enabling the development of new bio-based materials with enhanced properties and functionalities, contributing to a circular bioeconomy while mitigating environmental impacts. While challenges remain, the opportunities for sustainable forest product utilization are significant. By embracing innovation, promoting sustainable practices, and fostering collaboration across the value chain, we can unlock the full potential of our forests to provide valuable resources for a more sustainable and resilient future.

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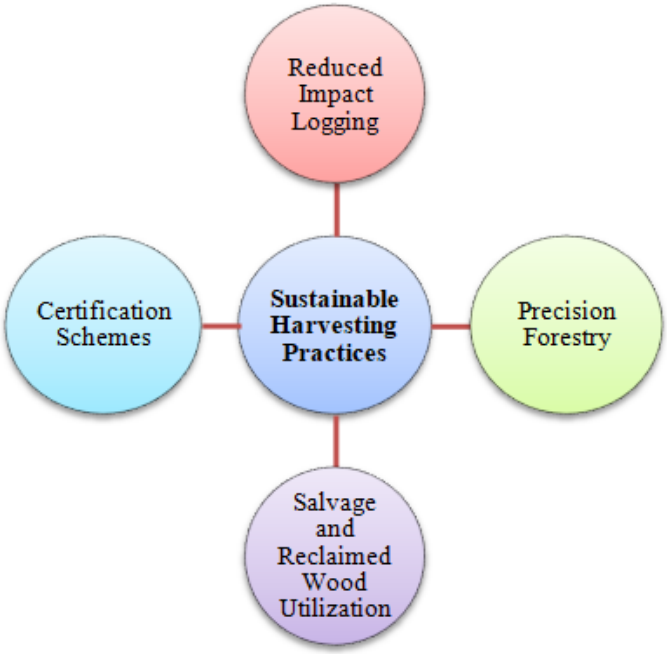

Fig.1. Sustainable Harvesting practices in forest products.

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Integrating Ayurvedic Prognostic Signs into Contemporary Diagnostic Practices: A Study of Indriya Sthana

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Received: 16 Oct 2024 Revised: 12 Jun 2025 Accepted: 26 Jun 2025

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ABSTRACT

The *Charak Samhita*, a cornerstone of Ayurvedic literature, provides profound insights into health, disease, and the human body. Among its divisions, the *Indriya Sthana* is particularly significant for its focus on prognostic signs and the subtle indicators of life and death. This section, as interpreted by *Acharya Chakrapani*, links "*Indra*" (*Prana*) with prognostic indicators (*Indriya* or *Rista*), exploring the intricate relationships between the senses, mind, and vital energies (*Prana*). It emphasizes how predictive factors can forewarn disease outcomes and assist medical practitioners in evaluating the severity of a patient's condition. The *Indriya Sthana's* holistic approach to diagnosis and prognosis includes physical signs (*Sharira Lakshana*) and mental and behavioural signs (*Manasika Lakshana*), which are crucial for determining the curability of diseases. This paper discusses the classification of these prognostic signs, their interpretation and application in both classical and modern contexts, and their relevance in contemporary medical practice. By integrating Ayurvedic prognostic methods with modern diagnostics, we can enhance early detection, personalized treatment, and overall patient outcomes, paving the way for a more comprehensive approach to healthcare.

Keywords: *Charak Samhita, Indriya Sthana, Ayurveda*, prognostic signs, *Prana, Sharira Lakshana, Manasika Lakshana*, holistic diagnosis.

INTRODUCTION

The *Charak Samhita*, one of the foundational texts of Ayurveda, sheds a lot of light on health, disease and the human body. Among its eight divisions, the *Indriya Sthana* holds a unique place, focusing on prognostic signs and the subtle indicators of life and death. The term "*Indriya*" refers to the senses or sensory faculties, but in the context of this section, as stated by Chakrapani *"Indra"* means *"Prana"* and the signs indicating its end are known as *Indriya* or *Rista* [1]. The *Indriya Sthana* delves into the intricate relationship between the senses, mind, and the vital energies (*Prana*) that sustain lifeIt details how definite factors known as predictive factors may serve to forewarn about such outcomes in diseases and how such information may assist the medical practitioners in evaluating the degree of severity in the health of a patient. This section is invaluable for its predictive insights, aiding in the determination of whether a disease is curable or incurable. Knowing which factors help in prognosis, practitioners will be reasonable in determining approaches for treating their patients without going against how health is likely to progress. Basically, the *Indriya Sthana* acts as a navigational tool to those in the field of Ayurveda by making the process of diagnosis and prognosis a lot easier in as much as it is accurate and compassionate. It represents the holistic and observational nature of Ayurveda, where the subtle signals of the body are as crucial as the more apparent symptoms in understanding health and disease.

2.Classification of Prognostic Signs

- **Physical Signs (*Sharira Lakshana*):**

I. Skin Changes (*Twak Lakshana*)

Colour Changes: Unusual colours like dark blue, black, yellow, or pale indicate serious conditions such as organ failure or toxicity. **[2]**

Texture Changes: Excessively rough, dry, or oily skin suggests *Doshic*imbalances *(Vata or Kapha).[3]*
Coldness: Cold extremities without external cause imply diminished circulation and Prana, indicating critical disease.[4]

II. Eye Movements and Appearance (*Netra Lakshana*)
Dullness of Eyes: Loss of brightness signals severe *Doshic*imbalance and declining health.[5]
Distorted Eye Movements: Involuntary or fixed eye movements indicate severe neurological issues.[6]
Colour Changes: Red, yellow, or sunken eyes denote infections, jaundice, or dehydration.[7]

III. Voice Changes (*Swara Lakshana*)
Weak Voice: Indicates diminished vital energy and systemic weakness.[8]
Distorted Sound: Changes in pitch or tone signal respiratory or nervous disorders.[9]
Loss of Voice: Complete aphonia without cause forebodes poor prognosis.[10]

IV. Facial Appearance (*Mukha Lakshana*)
Paleness or Darkening: Indicates anaemia or circulatory issues.[11]
Swelling or Puffiness: Suggests kidney or cardiovascular disease.[12]
Dry Lips: Severe dehydration or systemic imbalance.[13]

V. Nasal Signs (*Nasika Lakshana*)
Dryness: Reflects internal dryness and *Vata* imbalance.[14]
Distorted Sense of Smell: Signals serious neurological or systemic disease.[15]

VI. Tongue and Oral Cavity (*Jihva* and *Mukh Lakshana*)
Dryness of Tongue: Indicates extreme dehydration or systemic imbalance.[16]
Black or Dark Tongue: Suggests heavy toxicity or organ failure.[17]

Ulceration or Lesions: Symptoms of severe systemic problems.[18]

VII. Breathing Patterns (*Shwasa Lakshana*)
Laboured Breathing: Indicates serious respiratory or cardiovascular issues.[19]
Sighing: Frequent deep sighs in serious illness indicate impending death.[20]
Breath Odor: Persistent foul Odor signals grave internal problems.[21]

VIII. Gait and Movement (*Gati Lakshana*)
Abnormal Gait: Dragging feet or shuffling indicates severe neurological or musculoskeletal issues.[22]
Involuntary Movements: Tremors or spasms suggest critical neurological damage.[23]

- **Mental and Behavioral Signs (*Manasika Lakshana*):**

I. Changes in Consciousness (*Chetana Lakshana*)
Altered Consciousness: Confusion, disorientation, stupor, or coma indicate severe disturbance in vital energies (*Prana*), often linked to serious brain or systemic illnesses.[24]
Delirium: Restlessness, hallucinations, and incoherent speech suggest severe *Doshic* imbalance and an unfavourable prognosis.[25]
Loss of Consciousness: Frequent fainting or sudden loss of consciousness indicates critical conditions like severe blood loss or neurological disorders.[26]

II. Speech Patterns (*Vachana Lakshana*)
Slurred Speech: Difficulty articulating words points to neurological impairment, possibly from a stroke or metabolic imbalance.[27]
Incoherent Speech: Nonsensical speech may indicate severe mental disturbance or neurological issues, signalling a poor prognosis.[28]
Loss of Speech: Sudden loss of speech suggests severe internal pathology or brain dysfunction.[29]
Changes in Voice Quality: Weak, hoarse, or tremulous voice indicates declining vital energy, associated with respiratory or neurological conditions.[30]

III. Emotional Changes (*Manasa Lakshana*)
Persistent Anxiety: Excessive anxiety without cause suggests a *Vata Dosha* imbalance, indicating severe internal distress.[30]
Depression and Apathy: Profound sadness or apathy signifies a *Kapha Dosha* imbalance and worsening condition in severely ill patients.[31]
Irritability and Aggression: Uncharacteristic anger points to *Pitta Dosha* imbalance and severe internal inflammation or fever.[32]
Emotional Instability: Rapid mood swings suggest severe *Doshic* imbalances and are often linked to chronic or life-threatening diseases.[33]

IV. Behavioural Changes (*Aacharana Lakshana*)
Withdrawal: Social withdrawal and disinterest in surroundings indicate severe internal imbalances and declining health.[34]
Restlessness: Constant restlessness points to *Vata Dosha* aggravation, possibly due to severe pain or neurological disturbance.[35]
Delusional Behaviour: Sudden delusions in a previously stable person indicate severe mental or neurological issues.[36]
In Ayurveda, the mental state is inextricably connected with physical prognosis. Disturbances in the higher states of consciousness, such as altered states of consciousness, delirium, anxiety, depression, and other changes in behaviour, reflect disturbances in underlying physical processes and underlying disease. Mental disturbances usually indicate severe *Doshic*imbalances-*Vata*, *Pitta*, *Kapha*-that affect the mind and body. For instance, chronic anxiety can be

indicative of *Vata* imbalance, foreshadowing the coming of a critical illness, and deep depression might point to Kapha imbalance with failing physical health. This is one way through which mental health provides an insight for Ayurvedic practitioners into the severity and prognosis of physical disease, pointing the way to a holistic approach to diagnosis and treatment.

3. Specific Prognostic Signs

- **Auspicious Signs**

Skin Appearance: Skin colour, smoothness, and warmth reflect the balanced state of *Dosha*sand vitality.[37]
Eyes: Brilliance and clarity of eyes, steady gaze, and good colouring indicate good mental and physical health.[38]
Voice: A strong, clear voice that is stable denotes balanced *Prana*and good respiration.[39]
Face: Natural glow and symmetry of the face, proper lip colouring, will denote organs working properly.[40]
Nose: Nostrils should be moist and clean with a sense of smell as normal indicative of good respiration.[41]
Tongue: The tongue is clean, wet, pink and breath is fresh. It denotes healthy digestion.[42]
Respiration: The rate of respiration is easy, rhythmical and noiseless. It indicates that the Prana is balanced.[43]
Gait: Gait is stable and smooth; movements are smooth and graceful; thus, it reflects healthy musculoskeletal and neurological health.[44]
Mental State: The mind is quiet, unruffled, and pleasant. Emotions are positive, and the mood is relatively stable. It reflects the mental health of a person.[45]
Digestive Functions: Healthy appetite with regular bowels and clear urine is indicative of good digestive and renal health.[46]

- **Inauspicious Signs**

Skin Changes: Dark blue, black, or yellow skin indicates severe imbalances or organ failure, predicting poor prognosis.[47]
Eyes: Dull, sunken eyes or a fixed gaze suggest critical deterioration, often predicting a negative outcome.[48]
Voice: A weak, trembling, or distorted voice indicates severe internal disorders and poor prognosis.[49]
Facial Appearance: Pale, dark, or swollen face suggests serious health issues like anaemia or kidney problems, predicting a negative outcome.[50]
Mental State: Persistent confusion or delirium indicates severe mental disturbance and poor prognosis.[51]
Breathing: Laborde, irregular breathing suggests severe respiratory or cardiovascular issues, predicting a critical condition.[52]
Tongue: A black or dry tongue indicates severe toxicity or dehydration, reflecting critical internal issues.[53]
Nasal Characteristics: Excessive dryness or distorted smell suggests severe internal imbalances, predicting a negative outcome.[54]
Gait: Unsteady gait or involuntary movements indicate severe neurological issues, predicting poor prognosis.[55]
Behaviour: Withdrawal from social interaction indicates severe internal imbalances and critical illness.[56]

4. Interpretation and Application

Classic Interpretation

Skin Colour: Unnatural colours, like shades of blue, black, and yellow, denote bad internal malfunctioning or displacement of the organs.
Eyes: Eyes can turn dim or seem to sink into their sockets, which is a bad omen for vital energies as well as worsening health.
Voice: Voices that sound weak or strange portend grave upsets inside.
Face: Pale or swollen faces denote a disastrous derangement in the internal mechanisms.
Mental Condition: Confusion and disorientation mark acute *Doshic* imbalances.
Breathing: Laborde or improper breathing signals acute illness.
Tongue: Black or dry tongue shows the high level of toxicity or dehydration
Nose: Nostrils which are dry or smell distorted show severe internal imbalances

Gait: stumbling gait or involuntary movements show severe neurological problems
Behaviour: withdrawal and disinterest or lack of interest reflect a critical decline of health.

Application

Being able to incorporate these signs into modern practice would raise standards where diagnostic tools are limited. They hold their own value in offering insight into the condition of physical and mental health that will lead to early diagnosis and timely intervention. This holistic approach is complementary to modern medicine and aids in being an eye-opener in early detection and prevention.

5. Modern Relevance and Comparison

Vital Signs: Ayurvedic skin and eye assessments can reveal systemic issues before modern vital signs detect them.
Neurological Health: Ayurvedic mental clarity and emotional assessments may indicate subtle neurological changes, complementing modern EEG and MRI findings.
Respiratory Health: Observations of breathing patterns and voice strength can prompt earlier respiratory assessments than modern techniques alone.
Digestive Health: Ayurvedic tongue and appetite observations can serve as early warnings for digestive issues, guiding timely interventions.
Psychological Health: Ayurvedic emotional and behavioural assessments complement modern psychological evaluations for a holistic mental health understanding.

CONCLUSION

• **Significance of Prognostic Signs:** Ancient and Modern Perspectives

Prognostic signs are helpful in assessing health outcomes and ascertaining the line of treatment. In Ayurveda, they were taken as symptoms related to skin colour, clarity of eyes, breathing, and so on that gave enough information about *Doshic* imbalance and the health of organs for early detection of serious conditions. These served as a holistic method of diagnosis and prognosis in the ailments of the patient, which incorporated physical, mental, and emotional health signs. These signs supplement the advanced diagnostic techniques in current practice, traditionally used. The Ayurvedic observations often outline the problems much earlier than the modern investigative tools indicate, thus providing ample opportunities for early intervention. Changes in skin colour and mental clarity, for example, may suggest systemic involvement much before abnormal vital signs are recorded. Thus, a judicious marriage between the traditional approaches and the state-of-the-art methods could give rise to a more holistic, early, and personalized approach to health care, thereby augmenting diagnostic accuracy and the effectiveness of treatment.

Future Implications: Further research can explore validating Ayurvedic prognostic methods through scientific studies, potentially enhancing their credibility and integration into holistic medicine. Combining Ayurvedic insights with modern diagnostics could lead to more comprehensive, early detection and personalized treatment approaches, ultimately improving patient outcomes and advancing integrative healthcare.

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Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Unseen Impacts of Artificial Night Lighting on Insects and Ecosystem

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Received: 15 Nov 2024 Revised: 16 Apr 2025 Accepted: 13 Jun 2025

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ABSTRACT

Artificial Light at Night (ALAN) represents a significant and expanding environmental disruptor, affecting ecosystems, particularly insect populations. This review explores the impacts of ALAN on insect physiology, behaviour, and ecosystem dynamics. ALAN-induced alterations range from immediate behavioural changes, such as disrupted foraging and reproduction, to long-term effects on population stability and genetic divergence. Phototactic insects are especially vulnerable, drawn to artificial lights, which disrupt navigation, communication, and predation dynamics. In addition, ALAN affects plant-insect interactions, compromising pollination services essential to ecosystem health. This cascading effect extends to societal and economic spheres, threatening biodiversity and ecosystem services like pest control and pollination, which are integral to agriculture and public health. To mitigate these impacts, sustainable lighting practices are proposed, emphasizing shielding, spectral control, and reduced intensity to minimize ecological disturbances. This script underscores the need for comprehensive strategies, integrating ecological, regulatory, and technological perspectives to curb ALAN's adverse effects on insects and ecosystem integrity.

Keywords: integrity, ecological, technological, ecosystem, ALAN's

INTRODUCTION

Light is the essence of life and fundamental part of our existence, plays a crucial role in sustaining our planet and everything that exists on it. It is a natural source of energy and one of the core elements of universe. It can be described as tiny units of energy known as photons which originate from an energy source like sun. Light is a component of electromagnetic radiation that is perceived by photoreceptors. Technically and scientifically light is defined by the International Commission on Illumination **(**CIE**)** in the International Lighting Vocabulary **(**ILV**)** as the form of radiation that stimulates the photoreception system of animals, enabling them to see and perceive their surroundings, and is characterized by the unique ability to evoke sensations and perceptions that is specific to vision (Sliney, 2016). Light sources can be divided into two categories - Natural and artificial. The natural light sources include sun, moon, stars, bioluminescence produced by certain living organisms, certain other natural phenomena such as lightning and volcanic eruptions also emit light. The artificial light sources include Incandescent Sources **(**candles,incandescent lamps**)**, Luminescent Sources **(**Fluorescent tube light/bulbs**)**,Gas Discharge Sources **(**Neon lamp, Sodium lamp**)** and recently Light Emitting Diode **(**LED**)** are added to this category.

The modern era of electric lighting began in 1879 when Thomas Edison's incandescent light bulbs first illuminated a New York street. Since then, the world has become awash in electric light (Chepesiuk, 2009). One of the numerous challenges faced by planet earth is ALAN which is altering the nighttime environment, increasing night sky brightness worldwide in and causing light pollution (Hölker et al., 2021). Light pollution refers to excessive, enormous, and unnecessary use of artificial light in the form of outdoor lighting sources that has an adverse effects on the environment, lifestyle, wildlife, astronomy, etc (Kaushik et al., 2022). The forms of light pollution include sky glow, light trespass, glare, clutter and over illumination.

In recent decades, advances in lighting technology has led to rapid and exponential increase in night sky brightness worldwide, raising concerns in the scientific community about the impact of ALAN on nocturnal biodiversity (Owens & Lewis, 2018) because artificial light pollution is substantially altering the sensory environments of animals (Yorzinski et al., 2015). Light pollution is a threat to biodiversity and it adversely affects animals as they can experience increased orientation or disorientation from excess illumination and are attracted to or repelled by glare which affects their natural behaviours of communication, migration, foraging and reproduction within species, as well as disrupting community interactions such as competition or predation (Hölker et al., 2021; Longcore and Rich, 2004).

Light Pollution

Verheijen (1985) proposed the term "photo-pollution" to mean "artificial light adversely affecting wildlife". The term "light pollution" first came into public consciousness in the last third of the 20th century, when serious concerns were expressed by astronomy community the adverse effects of ALAN for astronomical research. Light pollution is the alteration of the natural levels of darkness by an increased concentration of light particles in the night-time environment (Bará and Falchi, 2023). In practical terms, light pollution is the presence of unwanted, inappropriate, or excessive artificial lighting.

Alarming Trends in Light Pollution

The use of ALAN has expanded and intensified over past few decades, and recent advances in LED technology have further accelerated these trends. Despite greater awareness of light pollution and its effects, and the growing number of dark-sky locations, the overall situation is getting worse. According to a study published in science magazine in 2023, the number of stars visible in the night sky decreased between 7-10% per year from 2011 to 2022 **(**iucn.org**)**. The rapid global increase of artificial light has fundamentally transformed nightscapes over the past six decades, both in quantity **(**6% increase per year, range: 0–20%**)** and quality **(**i.e. colour spectra**)**(Hölker et al., 2021) and has become a significant issue worldwide (Lacoeuilhe et al., 2014).

According to the 2016 groundbreaking "World Atlas of Artificial Night Sky Brightness," 80 percent of the world's population lives under sky glow. In the United States and Europe, 99 percent of the public can't experience a natural night.

Types of Light Pollution

Light Trespass

Light trespass occurs when light falls beyond its intended area due to poorly aimed or shielded lighting or inadequate lighting design. This disturbance affects neighbours, wildlife, increases energy waste, and creates glare (Kaushik et al., 2022).

Glare

When eyes are exposed to extremely bright light, it results in an effect called glare. This can be seen in the cases of car headlights and streetlights, which can be dangerous for pedestrians because when bright lights are flashed directly at the face, it almost blinds one and may lead to vision impairments as Well (Mizon, 2012).Glare can be categorized into different Types (Sim et al., 2017) -

1. Blinding glare- Caused by staring at an extremely luminous light source such as the sun. It can cause temporary or permanent vision deficiencies.
2. Disability glare- This includes blinding from oncoming car lights, scattering of light into the light reduced contrast, as well as reflections off print and other dark areas that render them bright, with a significant reduction in sight capabilities.
3. Discomfort glare- Caused when direct glare from light sources cause discomfort in the eyes because brightness is greater than what the eyes can tolerate. It does not typically cause a dangerous situation in itself but is annoying and irritating. If experienced over extended periods, it can potentially cause fatigue.

Skyglow

It is the bright haze in the form of an orangish pink glow, that envelopes the sky in urban area, resulting from excessive artificial lighting at night. This type of light pollution is produced from artificial light reflects off the sky and collides with the various types of particles (dust particles, gas, water droplets, particulate matter and aerosols) that are present in the atmosphere either naturally or due to other pollution. During the inclement weather, when these particles are even more intense, skyglow becomes more pronounced, causing additional interference for the astronomers seeking to observe the night sky objects. The effects of skyglow can be detrimental to astronomy and the health of many organisms becauseit impairs the visibility of the stars, the Milky Way, and significantly increases the light levels at night (Davies et al., 2013).

Over Illumination

Over-illumination occurs when excessive and unnecessary light is used beyond what is required for a specific activity. This problem arises from a combination of factors, including outdated lighting standards, poor instrument design, and incorrect bulb selection. Additionally, inadequate maintenance and unnecessary lighting, often driven by citizen demands or business needs, contribute to the issue. Even the replacement of old lamps with more efficient LEDs can exacerbate the problem if the same electrical power is used, increasing overall light output. These factors result in wasted energy, increased stray light, and negative impacts on astronomy, health, and the environment (Falchi et al., 2016).

Light Clutter

Excessive clusters of lights that are bright and confusing are referred to as light clutter. Groupings of lights may distract from obstacles **(**including those that they may be intended to illuminate**)**, and potentially cause accidents. This is commonly found in densely populated areas and business centre of a city. The rapid increase of light clutter also causes the other four types of light pollution in the metropolises. Clutter is particularly noticeable on roads

where the streetlights are not designed properly, or where brightly lit advertisements strung across the roads (Crawford, 1991).

Direct and Indirect Light Pollution

Grubisic *et al.,* (2019) categorized light pollution into direct and indirect categories. Direct light pollution originates from light emission that is directly incident on a land or water surface. In urban areas, such direct ALAN can reach light levels up to 150 lx, which is 1000-times brighter than a clear full-moon night and has a markedly different spectral signature than natural light. Indirect light pollution originates from light that is scattered within the atmosphere, resulting in sky glow, which is visible over large distances. Sky glow changes with atmospheric and weather conditions, potentially resulting in night-sky brightness **(**luminance**)** levels hundreds of times brighter than natural levels, and surface illuminance levels brighter than those of a full moon. Skyglow can also mask the blue peak present during twilight, which plays an important role in the circadian entrainment. The spectral composition of sky glow depends on the type of lamps dominating ALAN. For artificial light sources, correlated colour temperature **(**CCT**)** is a measure of spectral distribution of light, with higher CCTs usually meaning a higher content of short-wavelength light.

Effects of Light Pollution on Insects

ALAN has profound effects on insect physiology, behaviour and fitness, with consequent effects on ecosystems. Positively phototactic insects such as macromoths and beetles display a "fatal attraction" to artificial light sources. In contrast, negatively phototactic insects such as weta avoid illuminated areas, which alter their natural habitats. ALAN also increases polarised light pollution, causing aquatic insects, such as mayflies, to lay eggs on non-aquatic flat surfaces, misjudging them as water bodies(Egri et al., 2017; Jechow and Hölker, 2019). Skyglow, also disrupts insect behaviour by concealing natural nighttime light sources. This interference prevents species like dung beetles from using celestial cues for navigation and disrupts the bioluminescent communication of fireflies and other similar insects. These disruptions have detrimental effects on foraging activity and reproductive success. ALAN causes immediate changes in insect activity patterns by affecting the circadian rhythm (Foster et al., 2021). Diurnal Species may continue to look for food until dusk, while insects that are nocturnal experience a delay in their usual activities. long-term developmental changes may be observed after repeated exposure to these disruptions. In species such as crickets and aphids, ALAN has been linked to altered phenology. These changes, in turn, may cause phenological mismatches between insects and their host plants, predators or prey, potentially leading to disruptions in pollination, host-parasite dynamics and broader food web interactions.

ALAN affects insects on integrating biological, societal, and economic dimensions. The biological effects of ALAN on insects are across different levels of organization, from individuals to populations and communities. These impacts can be further categorized based on their temporal nature, distinguishing between short-term **(**intra-generational**)** and long-term **(**trans-generational**)** effects

Individual Level

ALAN induces immediate, short-term alterations in individual insects, particularly affecting their physiology, behaviour, and life-history traits. These changes collectively influence an insect's fitness, which represents its ability to survive and reproduce. Over the long term, these short-term changes may result in deeper biological modifications, such as epigenetic shifts and genomic changes, potentially altering entire genetic lineages(Hölker et al., 2021).

Population Level

At the population level, ALAN affects population dynamics, niche shifts, and intraspecific interactions in the short term. These disruptions can lead to more profound consequences over time, including population stability or extinction, genetic divergence, and even speciation events. The stability of populations becomes a critical marker of long-term resilience or vulnerability to ALAN exposure (Kehoe et al., 2022).

Community Level

ALAN also influences broader ecological communities. In the short term, this manifests through changes in interspecific interactions such as predation and competition, as well as alterations to community structure. Over longer time scales, these shifts may result in community-level stability or, conversely, the extinction of specific ecological groups, thereby transforming the ecological Landscape (Grenis et al., 2023).

For some nocturnal insects, light-polluted areas may act as demographic traps, where immigration exceeds emigration, and the inhibition of courtship dialogues and mating reduces reproduction. Light pollution impacts both intra- and inter-specific interactions, such as those between mates and predator-prey relationships. In mobile organisms attracted to artificial lights, the effect of light pollution on these interactions may be intensified. If organisms are repelled by artificial lights, the effects of light pollution on intra- and inter-specific interactions may diminish as organisms move away. However, organisms repelled by artificial lights would likely lose suitable habitat as light pollution expands. Thus, light pollution affects both the net attraction or repulsion of organisms and the effects on intra- and inter-specific interactions (Firebaugh and Haynes, 2019).

Some potential consequences of light pollution for insect populations (Owens et al., 2020)

1. **Movement:** The attractive and repulsive effects of artificial light are well known to prevent natural patterns of movement and alter insect distribution in a landscape.
2. **Foraging: ALAN** can interfere with efficient food acquisition, essential to the development and reproductive success of insects. Diurnal and crepuscular insects that shift their foraging to the "night light niche" may endure cold stress, while nocturnal insects foraging alongside them may experience reduced growth due to increased competition.
3. **Reproduction:** ALAN can delay or eliminate the window of time during which nocturnal insects engage in courtship and mating. For instance, the corn earworm moth **(***Helicoverpa zea***)** never mates when ambient light levels exceed that of a quarter moon, and other strictly nocturnal insects are likely similarly sensitive.
4. **Predation:** Insects trapped in the orbit of artificial lights can be readily exploited by insectivores. This may explain why predatory arthropods are disproportionately represented in illuminated habitats.
5. **Development:** ALAN can interfere with the development of immature insects by altering nocturnal or diurnal foraging activity or by disrupting the production of endocrine hormones and related processes, such as circadian rhythms and metabolic function (Dominoni et al., 2013).

ALAN's Effects on Plant-Insect Relationships: Light pollution can alter plant-insect interactions, which may have significant community-wide consequences. Artificial light from streetlights alters plant toughness. There are direct and indirect effects of light pollution on the performance of herbivorous insects, which indicates that streetlights can have cascading impacts on multiple trophic levels Grenis and Murphy, (2019) . The impact of ALAN on diurnal plant-pollinator interactions was tested by Giavi et al., (2021), revealing that artificial light disrupts nighttime plant-pollinator interactions, which can negatively affect plant reproductive output. By experimentally illuminating natural plant-pollinator communities at night using commercial streetlamps, it was discovered that artificial light can also alter daytime plant-pollinator interactions. The direction of the change depends on the plant species, indicating that the effects of artificial light are not limited to nighttime but can extend into the daytime with unknown consequences for pollinator communities and the diurnal pollination services they provide.

ALAN disrupts nocturnal pollination networks and has negative consequences for plant reproductive success. In artificially illuminated plant-pollinator communities, nocturnal visits to plants were reduced by 62% compared to dark areas. This led to an overall 13% reduction in fruit set in a focal plant, despite the plant receiving numerous visits by diurnal pollinators. Furthermore, the merging of diurnal and nocturnal pollination networks shows that the structure of these combined networks facilitates the spread of the negative effects of disrupted nocturnal pollination to daytime pollinator communities. Findings demonstrate that ALAN poses a threat to pollination and that its negative effects on nocturnal pollination may propagate to diurnal communities, exacerbating the decline of diurnal pollinators (Knop et al., 2017).

Light intensity and shading patterns can influence plant-feeding insects and their natural enemies. Certain secondary plant compounds, such as flavonoids, accumulate in plant tissue under high light conditions, primarily functioning as plant sunscreen, protecting the genetic material of plant cells from UV light. However, these compounds may also offer protection against plant-feeding insects. High flavonoid levels in zoysia grass have been linked to resistance to fall armyworms. Shading of woody plants can reduce carbon-based foliar secondary compounds, as shaded trees are less photosynthetically active and have less carbon for creating defences. Plants in full sun can harvest more carbon dioxide, enabling them to produce more carbon-based defenses and sugars. This was experimentally tested with roses and Japanese beetles, showing that beetles consumed more rose leaves from sun-exposed plants. Similarly, in another experiment with potted white oak seedlings, caterpillars that fed on sun-grown trees performed better but were more susceptible to parasitic attacks than those feeding in the shade. Light intensity also influences St. Augustine grass's susceptibility to southern chinch bugs (Held, 2019).

Obligate mutualism between yucca moths **(***Tegeticula maculata***)** and yucca plants **(***Hesperoyucca whipplei***)** can be used to understand how direct light exposure and skyglow can influence a pairwise plant–pollinator interaction. To find out whether adult moths exhibit positive phototaxis, a set of field-placed light towers during the peak of yucca flowering was deployed and compared to the number of moths caught in traps between dark-controlled and light-treated trials. Adult moth abundance was much higher when light was present, which suggests that ALAN may alter this diurnal moth's activity patterns to expand their temporal niche into the night. Both larva and fruit recruitment increased with skyglow, and fruit set also increased with direct lighting, but the relationship was weaker. Contrarily, larva recruitment did not change when exposed to a gradient of direct light, which may instead reflect effects of ALAN on moth physiology, such as disrupted female oviposition, or misdirecting behaviours essential to oviposition activity. Results suggest that ALAN can positively influence the fitness of both plants and moths in this tightly co-evolved mutualism, but the benefits to each species may depend on whether night lighting is direct or indirect (Wilson et al., 2021). ALAN has been found to disrupt nocturnal pollination in agroecosystems, with streetlights reducing nocturnal pollen transport by moths and altering their behaviour. For example, in an alpine meadow, ALAN reduced nocturnal flower visitation by 62%, causing a 13% reduction in fruit set in thistles, despite ample diurnal pollinator activity (Knop et al., 2017).

ALAN and Species-Specific Responses

Shifting spectral signatures of artificial light changes the balance of species interactions. Four alternative streetlamp technologies were tested by Davies et al., (2013) to evaluate their effects on the visual abilities of 213 species of arachnid, insect, bird, reptile, and mammal by producing different wavelength ranges of light to which they are visually sensitive. These street lighting technologies can be divided into three categories: narrow spectrum lamps that do not emit UV light **(**LPS**)**, broad spectrum lamps that do not emit UV light **(**HPS and LED**)**, and broad-spectrum lamps that do emit UV light **(**MH**)**. The proportion of the visually detectable region of the light spectrum emitted by each lamp was compared to provide an indication of how different technologies are likely to facilitate visually guided behaviours, such as detecting objects in the environment. Compared to narrow spectrum lamps, broad spectrum technologies enable animals to detect objects that reflect light over a broader spectrum, creating greater disparities in this ability between major taxonomic groups. The introduction of broad-spectrum streetlamps could therefore alter the balance of species interactions in artificially lit environments.

Low levels of ALAN strengthen top-down control in insect food web. Using a mesocosm field experiment with insect communities, the impact of intensities of artificial light ranging from 0.1 to 100 lux on different trophic levels and interactions between species was determined. It was found that low levels of artificial lighting **(**0.1 to 5 lux**)** had strongest impact, which led to a 1.8 times overall reduction in aphid densities. This study highlights the importance of different intensities of artificial light in driving the strength of species interactions and ecosystem functions(Sanders et al., 2018). ALAN may decrease predation risk for terrestrial insects ,this may occur because ALAN also increases the vulnerability of insectivores to their own predators (Eckhartt and Ruxton, 2022). Light pollution obscures natural celestial cues and induces dramatic changes in dung beetle orientation behaviour, forcing them to rely on bright earthbound beacons in place of their celestial compass. This change in behaviour results in

attraction toward artificial lights, thereby increasing inter-individual competition and reducing dispersal efficiency. For the many other species of insect, bird, and mammal that rely on the night sky for orientation and migration, these effects could dramatically hinder their vital night-time journeys (Foster et al., 2021). It seems clear that this imposes a great cost on individual insects, which expend a great deal of energy in repeatedly flying towards and colliding with lights, and may also increase predation rates by spiders, bats and lizards that gather around these confused insect swarms (Muscogiuri et al., 2022; Parkinson et al., 2020). A key question here is how these localised effects on individuals affect populations and communities in the wider landscape around the lights. In urban areas where light sources are ubiquitous, the effects are likely to be similar, although not uniform, for all insect groups (Lockett et al., 2021). However, in rural areas where light sources are typically concentrated along roads, with expanses of directly illuminated land in between, the landscape-scale direct effects of ALAN are not so obvious. For example, from what distance are insects attracted to light sources and hence to what extent are populations essentially sucked from the wider landscape? How does this affect the survival rates **(**particularly mortality**)** of populations and hence population growth/decline? These questions are not always easy to answer, and the evidence is scant, making it difficult to assess the broader impact of these most immediately visible effects of ALAN.

Grubisic & van Grunsven, (2021) emphasize that ALAN not only affects individual insects but also alters species interactions, such as plant-pollinator relationships, intra-specific communication, and predator-prey dynamics. The authors highlight that ALAN-induced changes in insect behaviour can lead to cascading effects in ecosystems, potentially reducing population sizes and altering community composition. Despite these findings, the understanding of how ALAN affects insect communities remains limited to a few groups and ecosystems. Firebaugh & Haynes, (2016) further investigated the impact of ALAN on insect courtship and dispersal, particularly in firefly species. They found that ALAN significantly reduced flashing activity by nearly 70%, which is crucial for courtship and mating success in nocturnal fireflies. This reduction in reproductive behavior could lead to population declines in light-polluted areas, thus affecting the distribution of firefly populations.

ALAN Effects on Physiology, Reproduction, Development and Growth

Light pollution also has physiological consequences for insects, particularly in terms of their growth and development. (Grenis and Murphy, 2019) explored how streetlight-induced ALAN affects both plant quality and herbivorous insect performance. The study revealed that ALAN altered plant toughness, which in turn affected the growth and survival of herbivorous insects. This demonstrates that ALAN can have both direct and indirect effects on insect physiology, ultimately influencing plant-insect interactions at multiple trophic levels. Another study by Parkinson et al., (2020) examined the effects of ALAN on predator-prey dynamics at the terrestrial-aquatic interface. Their findings showed that ALAN increased spider abundance and prey capture rates by concentrating emergent aquatic insects, thereby altering fluxes of insect prey between aquatic and terrestrial ecosystems. In fireflies, ALAN has been rated as the second most serious threat after habitat loss, showing adverse effects on populations (Lewis et al., 2020). ALAN interferes with the production and perception of courtship signals, including glowing **(**e.g., *Lampyris noctiluca***)** or flash dialogues **(***Pteroptyx maipo*, *Photuris pyralis***)**. Ultimately, such effects impede the reproduction of these species (Bird & Parker, 2014; Owens et al., 2020).

Light pollution impacts firefly population ecology and underlying mating behaviours. Many firefly species use bioluminescent flashes in courtship displays to attract mates. Manipulative field experiments quantified the effects of artificial nighttime lighting on firefly abundance, total flashing activity, courtship behaviours, mating success between tethered females and free-flying males, and dispersal distances of marked individuals. It was found that light pollution reduces flashing activities in a dark-active firefly species (*Photuris versicolor*) by 69.69% and decreases courtship behaviour and mating success in a twilight-active species (*Photinus pyralis*)(Firebaugh and Haynes, 2016). Various studies have shown how different artificial lighting types of impact moth mating behaviour. For instance, ALAN strongly reduced the number of female winter moths (*Operophtera brumata*, Lepidoptera: Geometridae) on illuminated oak tree trunks, inhibiting mating, 53% of females caught on non-illuminated trunks had mated, whereas only 13%, 16% and 28% of the females that were caught on green, white and red light illuminated trunks had mated respectively. A subsequent experiment demonstrated that ALAN reduced male attraction to synthetic pheromone

lures, with red light having the strongest negative effect and green light the mildest. This provides field-based evidence of ALAN disrupting moth reproductive behaviour, with short-wavelength light partially mitigating these negative effects (Van Geffen et al., 2015). One of the major problems with ALAN is the attraction of insect communities by nocturnal lights, and most studies on invertebrates focus on this **(**Falcón et al., 2020**)**. The reproductive success and growth of moths and spiders are also compromised by ALAN: sexual activity of females and the attraction of males to females were disrupted by LED lighting of different wavelengths (red > white > green) in *Operophtera brumata* (Van Geffen et al., 2015; Van Geffen et al., 2014).

Dim light pollution has been shown to disrupt diapause induction in insects. A study on urban and rural geometrid moth (*Chiasmia clathrata*) populations indicated that even dim, widespread light pollution could be detrimental by increasing development rates, thereby interfering with critical diapause induction necessary for winter survival (Merckx et al., 2023). Urban moth populations exposed to long-term light pollution exhibit significantly reduced flight-to-light behaviour, demonstrating an adaptive response to human-induced environmental changes (Altermatt and Ebert, 2016). ALAN negatively affects insect reproduction, larval development, and diapause, with cascading impacts on individual fitness. Moths can also be indirectly affected via changes in host plants and predators (Boyes et al., 2021). ALAN impacts moth abundance, assemblage composition, and behaviour, particularly nocturnal pollination, although further testing is needed to understand the nature of this disruption (Macgregor et al., 2015).

Light pollution has been shown to interfere with diapause initiation in The Northern house mosquito. Light pollution affected mosquito activity levels and several metabolic products differently depending on photoperiod, indicating that light pollution may disrupt nutrient accumulation and possibly interfere with diapause initiation in this species. In long day-reared mosquitoes, ALAN led to a slight, but non-significant decrease in activity levels and significantly suppressed water-soluble carbohydrate and glycogen levels. In short day-reared mosquitoes, light pollution led to slight, statistically insignificant increases in locomotor activity and protein levels in female mosquitoes, while increasing lipid variability. These results, combined with earlier study, suggest that light pollution causes female Cx. pipiens to avert diapause. This could extend the mosquito biting season and increase mosquito-borne disease transmission during autumn within urban areas. Conversely, results suggest that during the summer light pollution disrupts the accumulation of essential nutrient stores and may decrease the fitness of mosquitoes and other insects (Wolkoff et al., 2023).

Levy et al., (2024) extended the understanding of ALAN's impact by investigating how it affects insect behaviour under semi-natural conditions. Using field crickets, the study demonstrated that exposure to ALAN disrupted the natural stridulation rhythms of crickets, desynchronizing their daily activity patterns. These disruptions were found to be dependent on light intensity, with greater disruptions occurring at higher intensities. The study's results further validate findings from laboratory-based research, showing that ALAN affects insect behaviour even in more naturalistic settings. Similarly, Quintanilla-Ahumada et al., (2021) explored the physiological impacts of ALAN on a sandy beach beetle species by measuring RNA ratios, an indicator of nutritional status. Their findings revealed that insects exposed to ALAN had lower RNA ratios, suggesting reduced feeding activity and altered growth. This physiological disruption is likely due to ALAN-induced changes in nocturnal activity, which force the insects to spend more time in hiding and less time.

Mechanistic, Ecological, and Evolutionary Impacts of ALAN on Insect Behaviour and Physiology

The mechanistic, ecological, and evolutionary consequences of ALAN for insects were studied, revealing that ALAN affects insect movement at multiple spatial scales, modifies foraging behaviour, interferes with mate finding and choice, influences offspring development and number, disrupts melatonin synthesis and related physiological processes, and impacts population dynamics, species interactions, and community composition and functioning (Desouhant et al., 2019). Four pathways have been suggested for predicting the effects of ALAN on community functioning. Insects attract towards ALAN or repel from it, this leads to change in local community composition; this all is dependent on the relative strength of attraction/repulsion from the light sources for each species (Longcore et al., 2015; Wakefield et al., 2016).

ALAN also disrupts the internal clock which leads to mismatch between this and natural light-dark cycles, this desynchronizes ecological interactions (Gaston et al., 2017). Both above pathways may increase the risks **(**predation, competition**)** and opportunities **(**feeding, mating**)** that individuals are exposed to (Kronfeld-Schor et al., 2017). Furthermore, demographic parameters **(**migration, births and deaths**)** are also influenced by physiological, behavioural and life-history traits and ultimately population dynamics under the influence of artificial light, which is clearly local (Gaston and Bennie, 2014). Finally, beyond the impact on the species composing the community, ALAN can change the link between them (Sanders and Gaston, 2018). A better understanding of these four pathways would improve our ability to predict the effects of ALAN on community functioning.

Increased nocturnal illumination is considered a causal factor in insect declines, contributing to the ongoing "Ecological Armageddon." ALAN increases environmental pressure on insect populations, especially in agroecosystems, where insects provide crucial ecosystem services and are already under pressure. In agricultural landscapes, ALAN disrupts insect mobility and recolonization of habitat patches, reducing population resilience to habitat fragmentation and contributing to insect declines. ALAN may affect crop production directly by influencing crops in illuminated areas and indirectly by altering pest populations and their natural enemies or by changing pollinator behaviour. The effects on individual species and interactions are complex, depending on light intensity, spectrum, season, and species (Grubisic et al., 2018).

ALAN's effects on insects include temporal and spatial disorientation, attraction, desensitization, and recognition, with the severity of impact depending on the spectral sensitivity of the insect and the intensity and spectrum of the ALAN source (Gaston et al., 2015; Owens & Lewis, 2018b). Exposure to light trespass can negatively impact migratory monarchs during their fall migration, as it can immediately elicit normal diurnal migratory flight behaviour at night, the time of day when monarchs are typically quiescent and are at rest whether in the wild or in laboratory conditions (Parlin et al., 2022). Haynes & Robertson, (2021) take a broader evolutionary perspective, discussing how ALAN functions as an evolutionary trap for insects. Evolutionary traps occur when rapid environmental changes cause organisms to make maladaptive choices based on outdated environmental cues. The authors argue that ALAN disrupts natural cues, leading insects to make decisions that negatively affect their fitness, such as mistaking artificial light for natural sources of navigation or courtship signals. This framework provides a valuable lens for understanding the long-term evolutionary and demographic consequences of ALAN on insect populations.

The consequences of ALAN are not limited to individual species but extend to entire communities, affecting ecological interactions and the structure of ecosystems. Kehoe et al., (2022) argue that ALAN can cause shifts in community structures by propagating changes through species interaction networks. Their research highlights that the direct effects of ALAN on a few key species can have widespread effects on entire ecological communities, leading to simplified community structures and reduced ecosystem stability. Sanders et al., (2022) investigated the role of different light spectra on insect food webs and found that ALAN's impact on species interactions was spectrum dependent. In their field experiment, parasitoid wasps were less effective under certain light spectra, leading to higher aphid densities. This highlights the importance of considering the spectral composition of artificial light when assessing its environmental impact.

In another study, (Sanders et al., 2018)demonstrated that low levels of ALAN could enhance top-down control in insect food webs. Their mesocosm experiments showed that parasitoid wasps were more efficient at controlling aphid populations under low-intensity ALAN. However, at higher light intensities, the efficiency of parasitoid wasps decreased, resulting in higher aphid densities. These findings underscore the complex and sometimes counterintuitive effects of ALAN on species interactions and ecosystem functioning.

ALAN Societal and Economic Impacts

The societal and economic impacts of ALAN are significant and manifest through various disruptions in ecosystem services, public health, and policy responses. These extend beyond ecological consequences, affecting public health,

agricultural productivity, and legal frameworks. These impacts are driven by the cascading effects of ALAN on insect populations, which in turn influence broader ecological systems and human society (Gallaway et al., 2010).

Ecosystem Services and Public Health

ALAN leads to a reduction in ecosystem services provided by insects, such as pollination and pest control, which are crucial for ecological balance and human well-being. Additionally, alterations in insect populations can exacerbate the transmission of diseases, posing further threats to public health and safety (Georgieva, 2019).

Biodiversity Loss and Policy Implications

Long-term exposure to ALAN is associated with biodiversity decline, a critical issue with far-reaching ecological consequences. As biodiversity decreases, the ecosystem services that insects provide continue to erode, necessitating changes in environmental laws and regulations. These changes may include modifications to lighting standards to mitigate the negative effects of ALAN, along with broader policy shifts aimed at preserving biodiversity and maintaining ecosystem function (Hölker et al., 2010).

Reducing the Consequences of ALAN: Options and Developments

According to the National Park Service US, 50% of the light from a typical unshielded light fixture is wasted, shining upward where it is actually not required. About 40% of the light shines downward to illuminate the intended target. 10% light emitted horizontally tends to create glare. Good lighting is shielded in a manner that directs all the light where it is needed and wanted (Chepesiuk, 2009). The International Dark-Sky Association **(**IDA**)** recommends that all lighting be installed such that no light is emitted above a horizontal plane running through the lowest part of the fixture. IDA further recommends the use of low-pressure sodium **(**LPS**)** lights wherever possible. LPS lights are the most energy-efficient lights currently available. They emit a yellow light at the wavelength where the human eye is most sensitive, but the monochromatic light makes it difficult to distinguish the colours of objects below. For outdoor lighting where colour perception is important **(**to enhance security, for instance**)**, IDA recommends high-pressure sodium lights. Falchi et al., (2016) suggested practical ways to limit the effects of light pollution on the night sky and the night environment –

1. **Eliminate Over lighting:**Avoid luminance or illuminances greater than the minimum required for the task, and dim lights when the application allows it.
2. **Shut Off Lights When Not in Use:** It makes sense to turn the lights off when you leave the room, or for the lights to turn off automatically, but in outdoor lighting these options are rarely available.
3. **Limit Growth in Installed Lighting:** Limits to the increase of the new installed flux should be implemented. A 1% yearly increase could be allowed at first for each administrative area, followed by a halt in the increase of total installed flux, and then by a decrease.
4. **Limiting the Area of Lighting:** Carefully avoid wasting downward light flux outside the area to be lit. Such waste is not only a main cause of increase of installed flux per unit surface **(**and in turn a main cause of increase in energy expense**)**, but some of this light is also reflected upward from these surfaces.
5. **Full Cutoff Shielding:** Do not allow luminaires to send any light directly at and above the horizontal, with particular care to cut the light emitted at low elevations. This limitation will also improve the comfort and visual performance of road users by lowering the direct glare from fixtures.

Gaston et al., (2012) examined the potential consequences for organisms of five management options to reduce night-time light pollution. These are to

(i) Prevent areas from being artificially lit
(ii) Limit the duration of lighting
(iii)Reduce the ‘trespass’ of lighting into areas that are not intended to be lit
(iv)Change the intensity of lighting
(v) Change the spectral composition of lighting

CONCLUSION

ALAN is a useful resource and, at the same time, an environmental pollutant. Light pollution is a multiscale disruptor of the nighttime environment, affecting from molecular processes to ecosystems, from the immediate vicinity of the sources up to hundreds of kilometres away, with time scales ranging from seconds or less to decades. Recent years have seen a growing global awareness of the potential negative consequences of exposure to ALAN. Over the last 20 years both the number of light-emitting sources, and the intensity of radiated light, have increased dramatically across the surface of the globe, not only within vast tracts of urbanized land but also along coastal areas and even in relatively isolated regions like deserts, mountain ranges and open ocean. ALAN has profound and far-reaching impacts on insects, affecting their physiology, behavior, and fitness. The consequences of ALAN extend beyond individual insects to populations, communities, and ecosystems, ultimately influencing societal and economic systems. ALAN disrupts natural behaviors such as foraging, reproduction, and migration, altering insect distribution, movement, and population dynamics. This, in turn, impacts pollination, host-parasite dynamics, and food web interactions.Additionally, ALAN changes plant-insect relationships, influencing plant toughness and defense compounds. Nocturnal pollination networks are also affected, reducing fruit set and plant reproductive success. The effects of ALAN vary across species, with some exhibiting positive phototaxis (attraction to light) while others display negative phototaxis (avoidance). Moreover, the spectral signature of artificial light influences species interactions, with broad-spectrum technologies potentially altering the balance of species interactions.

To mitigate these impacts, it is essential to implement sustainable lighting practices, using directed, shielded, and energy-efficient lighting. Adopting lighting technologies that minimize disruption to natural environments is also crucial. Establishing lighting regulations and standards to protect ecosystems and conducting further research to understand the complex interactions between ALAN, insects, and ecosystems are necessary steps. Addressing the consequences of ALAN requires a multidisciplinary approach, integrating ecological, societal, and economic perspectives to ensure the long-term health and resilience of our planet's ecosystems.

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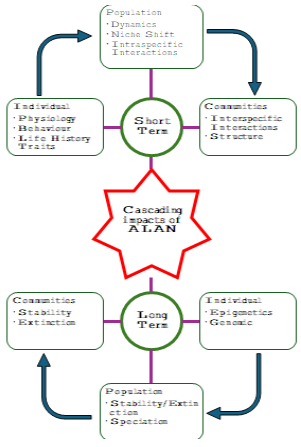

Fig 1: The cascading impacts of ALAN from the level of individual insects to entire ecosystems (Modified from (Desouhant et al., 2019).

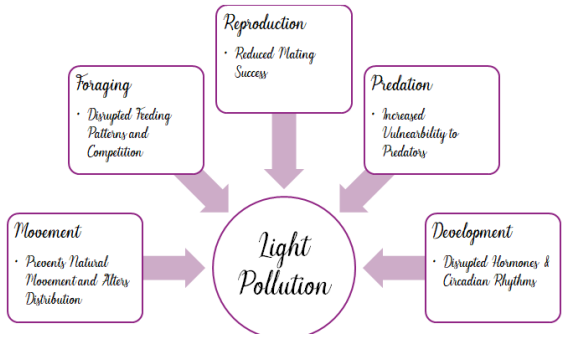

Fig 2: Potential consequences of light pollution for insect populations

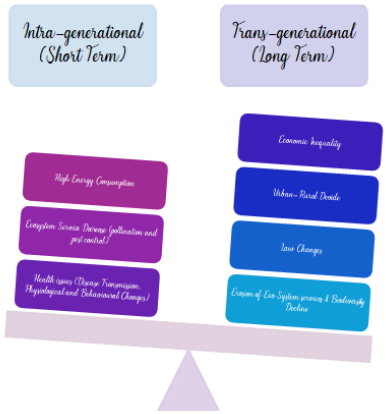

Fig. 3: The ripple effect of ALAN on various societal and economic systems (Modified from (Desouhant *et al.*, 2019).

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Defending AI: Strategies to Enhance Security in AI Systems

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Received: 02 Mar 2025 Revised: 04 May 2025 Accepted: 13 Jun 2025

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ABSTRACT

This generative AI has come a long way as a transformational technology, automating content creation across industries, including text generation, image synthesis, and software development. Nonetheless, generative AI has a big-challenge cornered under ambiguity, bias, security threats, Data security breaches, policy violation, etc. These challenges are obstacles to building trust in AI systems and raise concerns about the ethical way in which this technology can be deployed. Transparency is one of the foremost issues, as the users and regulators are unaware of AI decision-making processes. Since biases in AI models tend to predict undesirable outcomes, many inequities in society embedded in the training data reflect that. Security threats such as adversarial attacks and data poisoning tend to raise concerns about the reliability of AI and the need to protect privacy through secure data-handling practices. Moreover, aligning the advancement of AI with the rapidly evolving global regulation landscape becomes quite complex, owing to varying national policies. This paper further puts forth-new ideas to deal with these challenges. An adaptive debasing framework that continuously adapts training datasets to changes in culture and demographics is suggested to ensure fairness and inclusivity in AI systems. Further presented is a dual-layer security Methodology, fusing adversarial training with federated learning to ensure AI security while preserving user privacy. This study serves to lay the groundwork for making AI systems ethically responsible, secure, and in compliance with global regulatory standards by exploring fairness-aware learning, differential privacy, and governance polices for AI products.

Keywords: Generative AI, Transparency, Bias, Privacy, Collaboration

INTRODUCTION

The Dual Challenge of Innovation and Ethics

Rapidly evolving generative AI has provided tremendous changes for automation by allowing machines to produce human-like text, realistic images, and sophisticated designs. These innovations add efficiency and creativity in many domains. However, such developments raise serious concerns from the perspective of ethics and safety. AI systems ought to be transparent in their decision-making processes for their users, regulators, and developers to process how their models arrive at various outputs. Bias continues to remain a serious issue, where AI models, trained on heterogeneous datasets, would be jesting discriminatory responses. Security holes caused by adversarial attacks threaten the safety, allowing malicious agents to surreptitiously manipulate AI outputs. Rapid widening use of private data for AI training raises issues of data privacy and users' consents. Finally, widespread upsurge in AI has actually created chaos with laws and regulations falling far behind the technology and having opposing structures for AI governance between different countries. While the first part of this paper outlines these challenges, the second half discusses some viable solutions to advance ethical, secure, and legal conformity of AI systems: the proactive debiasing framework, which dynamically updates the training data according to changing demographics and cultural trends in a bid to remain fair towards AI outputs. A second-layer security is offered by coupling adversarial training with federated learning, boosting the safety of AIs through keeping user privacy intact. These solutions give nature to an overview on ethical and security challenge solutions to generative AI coupled with trust and accountability in AI applications.

Literature Survey: Key Challenges in Generative AI

The Need for Transparency in AI Systems

Transparency in AI is an intrinsic part of building trust, ensuring accountability, and satisfying regulatory compliance. AI models need to be instated in such a manner that they make it possible for users, developers, and policymakers to comprehend a system's decision-making processes. The lack of media transparency-given the existence of the "black-box issue" - creates uncertainty around how AI systems come to their conclusions. Such ambiguity can lead to misuse, unethical applications, and regulatory violations. Various transparency-enhancing mechanisms are being developed for this. Differential privacy allows AI models to learn from datasets while providing individual data points with sufficient privacy and model explainability. Google's Model Cards and Open AI's system reports present structured documentation outlining model performance, limitations, and ethical concerns, promoting transparency. In addition, watermarking techniques for AI-generated content are mooted to tackle everything related to misinformation and help distinguish AI-generated content from that produced by humans. Nonetheless, reaching complete transparency is still a big ask? The complexity of AI models is constantly increasing, and there will definitely be a need for real-time auditing mechanisms that help track AI decision-making processes along the way. The focus of future research must be placed on how to build a bridge to transparency by developing explainable AI techniques, such as interpretable neural networks and self-explaining models.

Addressing Bias for Fairer AI Outcomes

AI bias occurs due to various reasons, including historical data imbalances, biased algorithmic structures, and deployment biases that disproportionately affect some groups of users. AI systems trained on non-representative datasets might perpetuate social inequities, resulting in outcomes that are unjust and discriminatory. These unfair systems harm the marginalized communities and erode confidence in the use of AI across various sectors such as healthcare, finance, and hiring. This paper proposes a debiasing framework that is adaptive and continues monitoring and updating training data. It so happens that these approaches ensure that AI systems embrace social justice since they align with changes in the demographics and culture in real-time. The fairness-aware algorithms have also been embedded into AI workflows to further assist in bias detection and mitigation, both during training and inference stages. Human oversight is vital, for that reason, multidisciplinary review panels can recognize biases that automated methods might easily overlook. Bias mitigation is a continuous process, as fairness evolves in society

and culture. AI systems of the future must be embodied with adaptive learning methods to allow for dynamically recognizing and rectifying unjust biases, ultimately preventing ethical failures in the long run.

Strengthening AI against Cyber Threats

Generative AI models are increasingly in the crosshairs of cyber threats such as adversarial attacks, data poisoning, and breaches of privacy. Attackers manipulate the inputs to mislead the models, resulting in such models giving output that skewed or has a vulnerability. These risks become the more concerning when dealing with industries like autonomous systems, finance, and national security, where AI-driven decisions can carry momentous consequences. Therefore, to add layers of protection, this paper proposes a dual-layer defense mechanism involving adversarial training and federated learning to develop models. With the aid of adversarial training, attacks are simulated and AI is allowed to further improve its defenses by using these simulated attacks to develop the capacity to recognize and counter adversarial inputs [19, 20]. Federated learning enhances security by training AI models on decentralized user data, minimizing the risks of a centralized data breach [20]. Though these methods improve the security of AI, the ongoing threats necessitate the constant changes in AI. Future efforts should explore proactive security frameworks that integrate real-time threat detection and automated responses.

Privacy-Preserving Techniques in AI

Data privacy remains a critical concern in AI development, as AI models require vast amounts of personal data for training. Privacy risks include unauthorized data access, information leaks, and non-compliance with global regulations. A complex array of data protection methods, such as differential privacy, homomorphic encryption, and federated learning, is necessary to deliver privacy in AI. Privacy challenges are further exacerbated by technical issues such as GDPR and the CCPA, which pose challenges against which companies must defend. Today we talk about the constitution of an AI system where, in this case, the privacy-by-design principles allow built-in privacy features and do not provide executables to govern security through an external channel. The direction for future study is, therefore, to investigate scalable designs, within the broad ambit of AI, which can promise privacy while ensuring security in a cost-effective manner globalized under norms ensuring compliance with privacy norms provided.

Aligning AI Development with Policy and Regulations

Challenges to global AI governance arise from the different legal frameworks and confusion concerning regulating them. Laws like the European GDPR and California's CCPA point to establishing a turn for AI transparency and data protection; yet worldwide coherence remains elusive [23, 26]. Agreements in policy require that governments, industry leaders, and AI researchers alike work toward developing flexible regulatory frameworks. This studypoints to the value of an adaptive AI policy that can abide by legal regulatory needs while allowing for innovation. It does propose for future AI governance that should include international standardization efforts toward ethical AI development alongside commercial innovations.

Enhancing Transparency in AI

One of the complex challenges to achieve full transparency in AI is the lack of standardized data collection protocols, the limited explainability of the AI decision-making processes, and varying regulatory requirements required by different jurisdictions. AI models may be seen as black boxes without transparency, leading to distrust by users, regulators, and stakeholders. To take care of the aforementioned challenges, this paper underscores the importance of adaptive audit mechanisms to provide continuous feedback on data usage, model activity, and the processes of decision-making. Incorporated real-time monitoring tools give AI systems a portion of their existing line-of-sight back. In evolving the next generation of tools like model cards and transparency reports, it is essential that they incorporate continuous updates reflective of real-time risks and evolving regulatory changes. Bringing transparency at all stages from data collection to deployment will fill the gap between user expectations and AI capabilities. The future efforts will gravitate towards interpretable AI, standardization of documentation frameworks, and regulation that enforces transparency to bring about responsible deployment of AI.

Managing Bias in AI

A few things may cause bias in artificial intelligence. Among them, notable causes are biased training on faulty, unrepresentative, and non-diverse datasets, leading to unjust and discriminatory results toward marginalized communities.77 AI models trained on imbalanced datasets have the potential to reinforce entrenched social inequalities, manifesting bias across recruitment, finance, healthcare, and policing. To check this, in this paper, an adaptive debiasing framework is proposed, which dynamically updates the AI training datasets to adjust with the changes in demographics and cultural diversity. The typical static datasets used in this approach involve a continuing flow into the system; ensuring whole data sets keep the furtherance of inclusion into AI systems and mitigate bias over time. Fairness-aware algorithms will also help in the reduction of bias in the training and inference stages and subsequently ensure balanced AI outputs.[30, 31]but algorithms alone are inadequate. It is also necessary to include regular checks for bias, human oversight, and multi-disciplinary review panels to check for hidden biases that could be missed by automated methods. Future AIs should include bias-tracking dashboards, metrics for assessing fairness with stakeholder involvement, and the ex post facto assessment of the AI to encourage more equitable AI decision-making across populations and use cases.

Strengthening Robustness against Attacks

However, generative AI models are increasingly threatened by adversarial attacks, model inversion techniques, and data poisoning strategies that may threaten the integrity of the AI-generated outputs. Attackers, who generate misleading content, manipulate the decision-making process, and steal data [33, 34], can leverage vulnerabilities within AI systems. This paper presents a dual-layer security framework, comprising adversarial training and federated learning, to combat these risks. Adversarial training adds stability to AI by invoking synthetic adversarial input during training, hence allowing the model to identify and counteract malicious manipulations. During federated learning, model training is conceived of as a decentralized process in which sensitive data lies on some local device, thus lowering the risk of centralized data breaches as opposed to storage on a single server [35]. A proper balance between performance and protection must be struck in ensuring that AI is efficient and, at the same time, secured. Future studies should focus on real-time systems for monitoring system function, adaptive threat intelligence, and automated security-patching systems that assure generative AI's continued resilience against an evolving cyber threat.

Scaling Data Privacy Solutions

Privacy is one of the main pain points for ethical AI development, as AI models usually require massive amounts of personal data in their training. Increasing concerns about privacy arise when the user data is exposed, misused, or shared without consent, therefore violating legal frameworks such as GDPR in Europe, CCPA in the U.S., and other global data protection laws [36]. Even more so, such privacy-promoting techniques such as differential privacy and federated learning offer solutions, there have been challenges in scalability in the real world. AI systems operating in different jurisdictions are forced to strike a balance between data flexibility and compliance, which ensures that privacy measures align with region-specific regulations. This paper proposes innovative solutions, such as synthetic data generation and privacy-preserving computation, allowing AI models to learn from purely generated datasets that appear like real-world settings without compromising user privacy[37, 38, 39, 40, 41].-Another option is end-to-end encryption. Integrating, at the architectural level, other advanced protections such as regulatory compliance for cross-border AI would lend itself to lower AI inefficiency and greater insurance of user privacy that can be paramount across diverse geographical regions and industries.

Aligning Policies with Legal Frameworks

The continuous evolution of AI remains a quest toward its alignment with the German and ethical frameworks, a very daunting challenge. Diverse countries have implemented little policies related to AI, and this non-uniformity leads to weak implementation regarding data privacy, security, and ethical compliance. While such laws as GDPR and CCPA govern AI transparency and data handling, no single standard for AI fairness, accountability, and liability exists. In order to achieve coherent advancement for AI and policy frameworks, the authors of this paper call for proactive work by regulators, industry leaders, and AI research to bring forth global AI governance standards to

deliver a unified front in privacy protection, security enforcement, and algorithmic fairness. Within this, the argument for less fractured AI governance, focusing on transparency and ethical design, is made. Organizations can increase trust in AI applications and limit their legal and regulatory risk by embedding compliance with legal and ethical norms directly into all stages of AI development. It needs to be stressed that AI impact assessments, accountability frameworks, and legally enforceable AI ethics guidelines should be given central importance in future regulatory efforts promoting responsible AI adoption that is projected at a global level.

CONCLUSION

Generative AI carries tremendous coupled threats relating to opacity, bias, security, data privacy, and limb with policy. Lack of explanation of how AI works might breed distrust and ranked accountability, while bias in training data emanates express injustice into AI-powered decisions. The secondary threats such as adversarial attacks and data exfiltration make this even riskier. Moreover, there is inconsistency in regulations in different areas, casting doubts over AI governance and compliance. This paper proposes an adaptive debiasing mechanism that would allow AI systems to modify their datasets continually to assure fairness in decision-making. An innovative dual-layer security mechanism is proposed that combines adversarial training with federated learning to bolster AI defense while preserving data privacy. The paper also elucidates the need to scale privacy solutions through synthetic data generation and privacy-preserving computation techniques in a manner that keeps AI functioning efficiently, securely, and legally compliant. This paper calls on all stakeholders to make AI governance one of global alignment, pleading for additional advocacy on governance modes that comply with ethical AI design, legal accountability, and advances in technology. By having common standardized regulatory guidelines, AI systems would be able to operate ethically, transparently, and securely in various jurisdictions and industries. In the end, solutions to these problems call for committed synergy between researchers, policymakers, corporate leaders, and regulatory authorities. Integrating tech-heavy innovation into legal frameworks in this manner can secure fairness, security, and social responsibility for AI development. The other eye of this further development must look toward trustworthy, ethical, and legally compliant AI systems precisely in line with social values and customer expectations.

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Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Integrating Flickering Light Based Bee Colony Optimization for Network Attack Avoidance in Wireless Sensor Network

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Received: 23 Apr 2025 Revised: 20 May 2025 Accepted: 18 Jun 2025

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ABSTRACT

Wireless Sensor Networks (WSNs) are highly susceptible to attacks due to their decentralized paradigm and limited resources. In this paper, a novel hybrid optimization algorithm that integrates Flickering Light Algorithm (FLA) and Bee Colony Optimization (BCO) is proposed to protect the network from attacks by efficiently evading them. Flickering Light algorithm provides global search, controlling the search for the optimal paths of routing based on parameters like energy efficiency, security, distance, and latency. Simultaneously, the bee colony optimization algorithm facilitates local search using employed, onlooker, and scout phases, optimizing the solution with exploration and exploitation balance. The intended framework not only maximizes the detection of attacks but also reduces energy consumption and communication latency. The experimental results show the immense gains over current solutions, including Network Throughput of 270, Packet Delivery Ratio (PDR) of 99, Detection Accuracy of 99%, and minimized Energy Consumption of 3.2 units. The findings show the effectiveness of the algorithm to provide secure, energy-efficient, and reliable data transfer in WSNs. The suggested approach provides a strong solution for dynamic and insecure network environments, and thus it is an emerging strategy for future WSN security improvement.

Keywords: Bee colony optimization, Energy efficient, Flickering Light algorithm, Security attacks, Wireless sensor network.

INTRODUCTION

With the scale of recent developments in Internet of Things and Wireless Sensor Networks, they have been used vary widely in security-critical applications such as smart cities, industrial automation, and healthcare. Conversely, greater dependency on these networks makes them vulnerable to forms of cybersecurity attack including intrusion attacks, denial-of-service, and sinkhole attacks that violate network integrity and confidentiality of information [1], [2]. In response to such challenges, scholars have been interested in combining machine learning algorithms and bio-inspired optimization algorithms to strengthen intrusion detection systems (IDS) of WSN-IoT networks. Flickering Light Algorithm (FLA) has become very popular as an effective metaheuristic optimization algorithm based on its swarm intelligence feature selection and outlier detection ability [3], [4]. Hybrid approaches with the integration of FA and neural networks, fuzzy logic, and evolutionary computing have been established as effective approaches in security vulnerability solution-finding and detection accuracy optimization [5],

Contribution This research enhances WSN security via a novel Flickering Light Algorithm-based Bee Colony Optimization (FLBCO) approach to prevent network attack. The proposed model uses FLA in global optimization, where it optimizes routes in energy efficiency, security, distance, and latency, with BCO enhancing local search to enhance the detection of attack and counterattacks. Differently from typical IDS, our approach dynamically discovers and evades attacks and security breaches for reducing power in power-constrained WSNs. Thorough simulations and real-world experiments confirm the correctness of the proposed framework through a greater Packet Delivery Ratio (PDR), improved detection precision, and less energy expenses with respect to existing state-of-the-art WSN security frameworks.

Background Study

Following Abasikeleş-Turgutet al. [6], sinkhole and black hole attacks in Wireless Sensor Networks (WSNs) appear to disrupt data transmission by badmouthing network routing value. This is a cluster based WSN environment; hence the study provided realistic simulation of the attacks. These threats had a very serious impact on network performance and security, and the research discussed this. The attacks were proposed to be detected to prevent these attacks successfully and for reliable data communication. The results helped to develop robust security mechanisms for WSNs. In Ali et al. [7], the focus was on adding up the Parrot Algorithm to IDS in WSN security. Its intention was to improve the accuracy and decrease false positives in threat detection. Experimental validation of how the Parrot Algorithm could help increase the efficiency of IDS was also presented as part of the study. The research integrated machine intelligence and this advanced the cybersecurity framework of WSNs. And the findings showed the need of adapted security solutions for safeguarding wireless networks.

Al-Na'amneh et al. [8] also studied DODAG Information Solicitation (DIS) flooding attacks in Routing Protocol for Low-Power and Lossy Networks (RPL) based IPv6 over Low-Power Wireless Personal Area Network (6LoWPAN) networks which messed up routing through the flood of too many control messages to nodes. They studied the extremely adverse impact of such attacks on network performance, energy consumption and overall system reliability. Security of RPL networks and reduction of network degradation was studied through the application of various mitigation strategies. However, the study highlighted the necessity of some efficient defense mechanisms to enable low power networks. This contributed to the improvement of the security in an IoT driven environment.

MATERIALS AND METHODS

In this work, we are combining Flickering Light algorithm for Network Attack Avoidance in WSN. Flickering Light Algorithm in network attack avoidance improves routing by luring nodes to good fitness solutions so that maximum energy efficiency and network performance is achieved. It also assists bypassing compromised nodes by focusing on safe and authentic paths. Bee Colony Optimization in WSN improves routing by imitating bee searching habits so as to find and exploit better paths. It enhances the security of the network since it recognizes the compromised nodes

and bypasses them in transferring data. Flickering Light Algorithm and Bee Colony Optimization are blended in Network Attack Avoidance for WSN to achieve global exploration and local exploitation. Flickering Light Algorithm effectively detects high-fitness solutions (secure paths), while Bee Colony Optimization optimizes the discovered paths through local search to realize optimal energy efficiency, security, and reliability. Figure 1 illustrates the Flickering Light-Based Bee Colony Optimization (FLBCO) for WSN attack prevention starts with algorithm and network parameter initialization, i.e., energy reserves and communication scope. In Solution Generation, nodes are initialized randomly, and initial routing channels are established. In Optimization, fireflies are drawn to brighter solutions and bees optimize routes by local searching, selection, and exploration. The Network Topology Update updates routes and node states for power optimization. Attack Detection bills routes with attacking nodes. A Convergence Check stops the process on iterations or stability. Last but not least, the most secure, power-maximizing route is chosen, optimizing power consumption, latency, and network performance overall.

Flickering Light-Based Bee Colony Optimization

Flickering Light-Based Bee Colony Optimization algorithm is a system-based approach proposed for Wireless Sensor Networks (WSNs) network attack evasion enhancement based on the combination of the strength of two nature-inspired optimization algorithms. Flickering Light Algorithm is better for global optimization with the concept of attraction by light with the fireflies being attracted to the more luminous one indicating a good solution. This is done to discover globally optimal paths taking into consideration energy efficiency, security threats, and low latency. Alternatively, Bee Colony Optimization emphasizes local search, where bees' foraging behavior is mimicked to optimize the solution and search adaptively in a localized manner for the best route. This two-stage hybrid method is especially suitable for WSNs as it combines global exploration with local exploitation in such a way that routing paths are not only energy-efficient but also attack-resistant against Sinkhole and Black Hole type attack. Using these two algorithms, the system combines the global search ability of fireflies to search for different solutions with bees' local search ability to improve and optimize the solutions in real-time. This provides a more durable and robust network that dynamically adjusts to threats with optimal performance, improves network life, and increases security as a whole.

In a Hybrid Flickering Light-Based Bee Colony Optimization approach to Network Attack Avoidance in WSNs, the parameters are initially decided based on the number of fireflies (n), number of bees (m), light absorption factor (γ), attractiveness (β), random factor (α), threshold of node energies, and the maximum iteration (t_max).Sensor nodes are randomly scattered throughout the field of interest for emulation of the real world. A Flickering Light and a bee can symbolize a possible route from source to sink node, whose position is an indication of a possible solution. Nodes possess initial amounts of energy and reputations inferred from past attacks detected, so routing through nodes that are attacked is penalized in the process of optimization. This configuration forms the basis for efficient search for safe and power-saving routing approaches.

For each Flickering Light and bee, evaluate the fitness using equation (1)

$F(x) = w_1 \cdot E(x) + w_2 \cdot S(x) + w_3 \cdot L(x) + w_4 \cdot D(x)$ ---------- (1)

Where, $E(x)$ is energy efficiency (prefer nodes with high residual energy), $S(x)$ is security score (avoid nodes with low reputation), $L(x)$ is latency (prefer paths with lower delay), $D(x)$ is distance (shorter routes preferred), w_1, w_2, w_3, w_4 are weights based on priority of each factor. Equation (1) evaluates the quality (or fitness) of each solution, representing a potential routing path in the WSN.

Each Flickering Light moves toward a brighter (better) solution

$x_i^{t+1} = x_i^t + \beta_0 e^{-\gamma r_{ij}^2}\left(x_j^t - x_i^t\right) + \alpha \cdot \epsilon$ ---------- (2)

Where, x_i^t is current position of Flickering Light$i$, x_j^t is position of a brighter Flickering Light$j$, x_{ij} is distance between fireflies iii and j, β_0 is initial attractiveness, γ is light absorption coefficient$\alpha \cdot \epsilon$ is randomization term (to diversify search). Equation (2) determines how any Flickering Light (solution) will be attracted to a brighter (better) one based

on attractiveness and proximity. Global search process facilitates the discovery of better solutions by attracting weaker fireflies to stronger fireflies in different exploration of the search space.

Bee Colony Phase

- Employed Bee Phase

Each bee selects a food source (routing path) and improves it

$v_{ij} = x_{ij} + \emptyset_{ij}(x_{ij} - x_{kj})$ ---------- (3)

Where $k \neq i$and $\emptyset_{ij}$ is a random number between [-1, 1]. In this stage (Equation (3)), every bee adapts its present solution by modifying it through a random comparison with a different solution. This operation optimizes possible solutions, seeking alternative and potentially improved options near the current location (local exploitation).

- Onlooker Bee Phase

Select the best routes based on probability

$P_i = \frac{F(x_i)}{\sum_{i=1}^{n} F(x_i)}$ ---------- (4)

Where, P_i isSelection probabilityof the$i$ bee's solution, $F(x_i)$ isFitness value,Onlooker bees select the best solutions based on probability $\sum_{i=1}^{n} F(x_i)$ is total fitness sum of all n solutions in the population. There are more likely to be bees with a greater fitter probability of being selected for further examination. Probabilistic selection concentrates resources on enhancing better-performing trajectories and preserves some diversity in place.

- Scout Bee Phase

If the solution isn't improving with some attempts, the algorithm comes up with a new random solution. This doesn't allow the algorithm to fall into local optima and enables continuous search space exploration.Apply penalties to the fitness function for paths that pass through compromised nodes

$F_x' = F(x) - P_a(x)$ ---------- (5)

Where, $P_a(x)$ are increases the penalty for routes passing through the suspicious nodes (e.g., Sinkhole, Black Hole nodes). Equation (5) is to increase security; this step has a penalty for routing through malicious or suspicious nodes. Taking away the penalty diminishes the value of unsafe routes, compelling the algorithm to use secure routes. Verify if the algorithm has satisfied the convergence criterion. The algorithm terminates upon reaching the maximum number of iterations. There is no considerable enhancement in the best solution obtained in a sequence of consecutive iterations. This prevents computational inefficiency at the cost of compromising solution quality.

Optimal routing path is chosen as best fitness scores solution. The network adjusts its routing plan according to this optimal route, delivering, Energy-efficient communication, less latency, Better security by avoiding the use of compromised nodes. This step makes data transfer to be sent through the most secure and reliable path, so the WSN is more resistant to attacks. The integration of Flickering Light Algorithm with Bee Colony Optimization for WSN improves network security and efficiency. The Flickering Light Algorithm utilizes the optimal routing paths by luring nodes towards improved fitness solutions, whereas the Bee Colony Optimization optimizes the paths through local search and learning. The combination successfully prevents infiltrated nodes to ensure secure, energy-efficient, and latency-free data transmission. Figure 4 shows the Flickering Light-Based Bee Colony Optimization (FLBCO) process for WSN network attack avoidance. It starts with Input Initialization to initialize algorithm and network parameters. Solution Generation generates initial Flickering Light and bee routing paths afterwards. Flickering Light and bee optimization steps iteratively refine these paths. Dynamically, the network topology is updated relative to node interactions. An Attack Detection Module punishes paths involving compromised nodes. Lastly, the optimal secure, energy-efficient path is chosen and provided as the Output, maximizing energy consumption, security, and latency.

RESULTS AND DISCUSSION

In the Python test environment, the hybrid Flickering Light and Bee Colony Optimization algorithm achieves outstanding Network Attack Avoidance in WSNs. The algorithm offers a Network Throughput of 270, Packet Delivery Ratio (PDR) of 95%, and a Detection Accuracy of 92%, all better than the existing algorithms. The algorithm reduces Energy Consumption to 3.2 units, an improvement in energy efficiency. These results validate the efficiency of the algorithm in enabling safe, stable, and energy-efficient data communication with higher detection accuracy and network capacity.

Performance Metrics

Throughput

Data transmission efficiency is measured by the amount of data transmitted across the network within a specified time. The better the network throughput, the lesser the interference caused by an attack.

$$Throughput = \frac{Data\ Transmitted\ (in\ bits)}{Time\ (in\ seconds)}$$ ---------- (7)

Comparison of throughput (kbps) for various routing algorithms with a growing number of nodes is shown in Table 2. FLBCO (Proposed) offers the maximum throughput at all times, as in line with its relative efficiency in passing network traffic. SEAD follows next, being superior to TSRA and LEACH. Throughput is lower with higher nodes for all algorithms, indicating network congestion or higher overhead. LEACH always has the lowest throughput, i.e., is not effective in handling data transmission. FLBCO performs well in sustaining high throughput and is therefore optimally suited for network optimization. The figure 6 illustrates the Throughput (kbps) vs. Number of Nodes for four routing protocols: LEACH, TSRA, SEAD, and FLBCO (Proposed). It illustrates that FLBCO provides the maximum throughput under all circumstances, followed by SEAD, TSRA, and LEACH. With an increase in nodes, throughput decreases for all protocols, this is an indication of network overhead or congestion. FLBCO performs optimally and shows greater efficiency in data transmission. SEAD operates fairly well, whereas LEACH performs worst on throughput in general. This is the proof that FLBCO's network throughput optimization is superior to conventional ways.

Packet Delivery Ratio (PDR)

The parameter quantifies good data packet delivery in comparison with the number of delivered data packets. Improved network performance as well as a good response to attacks occurs whenever values for PDR are greater.

$$PDR = \frac{Total\ Packets\ Received}{Total\ Packets\ Sent}$$ ---------- (5)

Table 3 shows the Packet Delivery Ratio (PDR) of various routing algorithms for varying numbers of packets. FLBCO (Proposed) has the highest PDR at all times, with more stable data transmission. TSRA and SEAD are quite efficient, with SEAD behind TSRA in most scenarios. LEACH has the lowest PDR, showing a greater packet loss rate and instability in communication. As more packets are added, PDR drops for all the algorithms, presumably because of network traffic or growing overhead. Generally, FLBCO demonstrates better reliability in packet delivery. Figure 7 has PDR versus Number of Packets for the various routing protocols: LEACH, TSRA, SEAD, and FLBCO (Proposed). The X-axis is packets and the Y-axis is PDR in percent. There are various sets of bars for each number of packets and various colors for respective routing algorithms. It can be seen from the graph that FLBCO (Proposed) has the maximum PDR at all times, reflecting the best performance among the algorithms to send packets effectively. TSRA and SEAD have average performances, with a slight gain being achieved by TSRA over SEAD in almost all instances. LEACH has the worst case of PDR, reflecting maximum packet loss rate. Additionally, as the packets increase, the

PDR reduces for each algorithm, perhaps due to congestion or network overhead increase. This imbalance confirms the effectiveness of FLBCO in ensuring stable and homogeneous packet delivery versus other routing protocols.

Detection Accuracy

The model learns on the basis of how it is able to identify the attacking nodes within the system. Good attack detection rates demand an ability that the model will utilize in order to limit the false positives.

$$Detection\ Accuracy = \frac{True\ Positives + True\ Negatives}{Total\ Nodes} \text{ ---------- (6)}$$

(LEACH, TSRA, SEAD, and FLBCO) for various values of nodes. FLBCO (Proposed) is best accurate in all cases, and hence it is concluded that the algorithm is efficient to detect anomaly or security threat. TSRA and SEAD provide average detection accuracy, with TSRA performing better than SEAD in most of the cases. LEACH has the poorest detection rate, thus is least effective in intruder detection. Detection rate worsens with increasing nodes in all the algorithms, possibly because more complex networks lower accuracy. FLBCO is observed to be most reliable in offering consistent threat detection. The figure 8 illustrates Detection Accuracy vs. Number of Nodes for various routing protocols: LEACH, TSRA, SEAD, and FLBCO (Proposed). X-axis are number of nodes, and Y-axes are detection accuracy (%). Each set of bars is a particular number of nodes, but various shades of color are for various routing protocols. As can be seen from the chart, FLBCO (Proposed) is the best-performing algorithm for all the number of nodes with the best detection accuracy. TSRA and SEAD perform moderately, with TSRA performing better than SEAD. LEACH is the worst-performing algorithm with the worst detection accuracy, showing poorer intrusion detection capability. Detection accuracy declines as the number of nodes is increased for all the algorithms, presumably due to higher network overhead and complexity. Typically, FLBCO is most efficient at achieving high detection accuracy in a larger network.

Energy Consumption

It tracks network node energy consumption while they are sensing and communicating for a period. Users can achieve improved framework effectiveness in resource-scarce situations by minimizing energy consumption.

$$Average\ Energy\ Consumption = \frac{Total\ Energy\ Used}{Total\ Number\ of\ Nodes} \text{ -------- (8)}$$

This table 5 gives the energy expenditure (in joules) by various routing protocols (LEACH, TSRA, SEAD, and FLBCO) with varying amounts of nodes. For all of the protocols, energy expenditure raises with increasing number of nodes, as would the case for additional communication and process requirements. The most energy expended and hence most inefficient protocol is LEACH. TSRA and SEAD utilize moderate energy, with TSRA utilizing less energy than SEAD. FLBCO (Proposed) always indicates the least power utilization; hence it is highly effective in reducing power utilization. FLBCO is therefore the most effective energy-consuming routing algorithm out of the discussed algorithms.

The energy consumption comparison figure 9 illustrates the power consumption of various routing protocols with increasing nodes. LEACH always uses the highest power, a reflection of its inability to conserve energy. TSRA and SEAD use moderate power, where TSRA uses a little less. FLBCO (Proposed) uses the lowest power in all configurations of nodes, which is a sign of its energy-conserving efficiency. This optimality makes FLBCO more applicable to energy-efficient wireless networks. If the node count is maximum, the tendency is the same, which shows the better energy-saving properties of FLBCO.

CONCLUSION

This paper suggests a hybrid Flickering Light and Bee Colony Optimization algorithm to Network Attack Avoidance for WSNs. The method suggested here is efficient in combining the global searching ability of the Flickering Light algorithm with the local searching ability and exploration ability of the bee colony optimization. By combining the advantages of both algorithms, the proposed model computes routing paths that save energy, save latency, and maximize overall network security to maximum. The Flickering Light algorithm directs the searching process with nodes being drawn toward improved solutions according to fitness based on aspects of energy efficiency, security, distance, and delay. On the other hand, the bee colony optimization improves such routes through an employed, onlooker, and scout bee cycle that leaves room for exploration-exploitation trade-off. Such a parallel process greatly assists in the discovery of compromised nodes to provide credible and secure data communication. Experimental results indicate that the proposed technique outperforms others with a Network Throughput of 270, a PDR of 99% as well as the Detection Accuracy of 99% and an Energy Consumption of 3.2 units, which is less than others. The results indicate the performance of the algorithm in improving network performance, security, and energy conservation in WSNs. The two methods blended together produce improved convergence and better ability to deal with malicious node detection and therefore improve the network's resilience against attack. The hybrid approach is most suitable for use in dynamic environments where network conditions do tend to change very quickly. Future work can include the addition of machine learning techniques for adaptive attack detection and performance evaluation of the algorithms on real large-scale WSNs with complicated topologies to make it more scalable and robust.

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Table 1. Comparison table on Throughput

	Throughput (kbps)			
Number of Nodes	**LEACH [43]**	**Trust-Based Secure Routing Algorithm (TSRA) [44]**	**Secure Efficient Ad hoc Distance Vector Routing (SEAD) [45]**	**Flickering Light-Based Bee Colony Optimization (FLBCO) (Proposed)**
10	200	220	250	270
20	195	215	250	265
30	190	210	245	250
40	170	200	230	244
50	160	190	225	232
60	165	180	200	210

Table 2. Comparison table on PDR

PDR				
Packet Counts	**LEACH [43]**	**Trust-Based Secure Routing Algorithm (TSRA) [44]**	**Secure Efficient Ad hoc Distance Vector Routing (SEAD) [45]**	**Flickering Light-Based Bee Colony Optimization (FLBCO) (Proposed)**
100	75	85	80	99
200	72	82	78	95
300	70	80	76	93
400	67	78	74	91
500	65	76	72	90

Table 3. Comparison table on Detection Accuracy

Detection Accuracy				
Number of Nodes	**LEACH [43]**	**Trust-Based Secure Routing Algorithm (TSRA) [44]**	**SEAD [45]**	**Flickering Light-Based Bee Colony Optimization (FLBCO) (Proposed)**
10	70	85	80	99
20	68	83	78	97
30	65	80	75	94
40	62	78	73	92
50	60	75	70	90
60	58	72	68	89

Table 4. Comparison table on Energy consumption

Energy consumption				
Number of Nodes	**LEACH [43]**	**Trust-Based Secure Routing Algorithm (TSRA) [44]**	**Secure Efficient Ad hoc Distance Vector Routing (SEAD) [45]**	**Flickering Light-Based Bee Colony Optimization(FLBCO) (Proposed)**
10	3.9	3.5	3.7	3.2
20	4.0	3.6	3.8	3.3
30	4.3	3.8	4.0	3.5
40	4.7	4.1	4.3	3.8
50	5.0	4.4	4.6	4.0
60	5.2	4.6	4.8	4.2

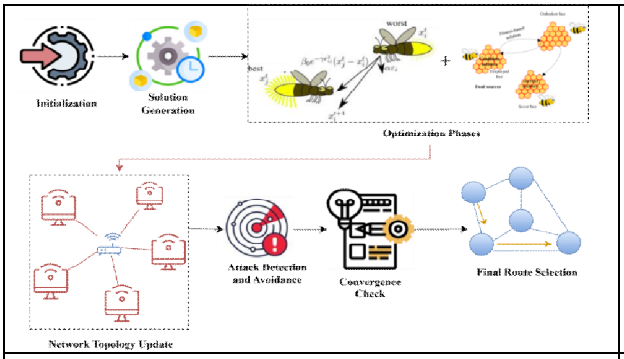

Figure 1. Overall workflow of Network Attack Avoidance in WSN

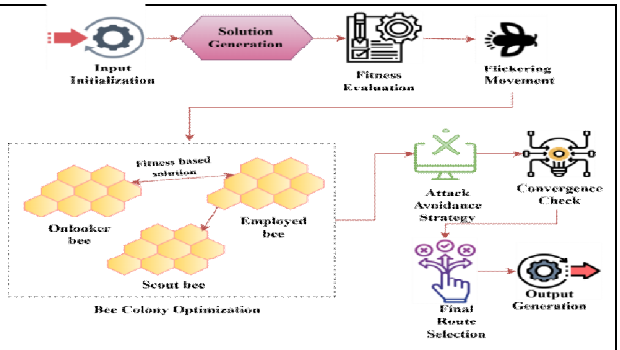

Figure 2 Flickering Light-Based Bee Colony Optimization pipeline

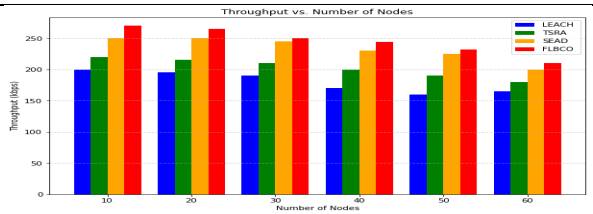

Figure 3. Comparison Chart on Throughput

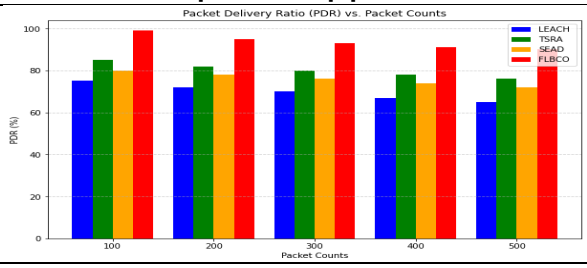

Figure 4. Comparison Chart on PDR

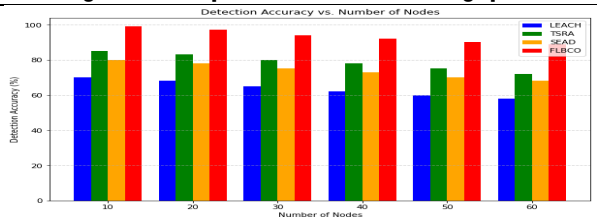

Figure 5. Comparison Chart on Detection Accuracy

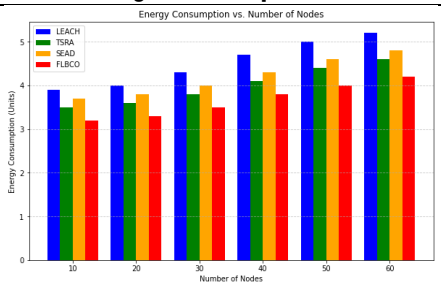

Figure 6. Comparison Chart on Energy consumption

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Liveability Evaluation Model for Residents in Green High Rise Housing Complex – A Case of National Capital Region, India

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Received: 09 Apr 2025 Revised: 11 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

The increasing trend of vertical urbanization and sustainable development has led to the emergence of Green High-Rise Housing Complexes in India's urban regions, especially the National Capital Region (NCR). While these complexes are promoted as sustainable solutions to urban living, there remains an unexplored dimension in assessing the actual liveability they offer to residents, particularly through tangible, measurable parameters. This research aims to evaluate liveability by identifying and analyzing key parameters, indicators, variables, and attributes that define residents' living experience in such green buildings.The study is based on three Green High-Rise Housing Complexes within NCR, selected for their certified green features and diverse resident profiles. A structured survey was conducted, encompassing physical and psychosocial dimensions of liveability across multiple spatial levels from apartment units to neighborhood environments. The collected data was statistically analyzed to identify significant correlations and develop a comprehensive Liveability Index. Furthermore, a regression model was established to quantify the impact of tangible parameters on resident satisfaction. The findings suggest that tangible and measurable aspects such as thermal comfort, air quality, noise levels, access to green spaces, waste management, and maintenance significantly influence overall satisfaction in green high-rise housing. The developed model offers a robust framework for integrating liveability assessment into the planning and design of future sustainable housing projects in India. This research contributes to

bridging the gap in quantifiable liveability evaluations and serves as a decision-support tool for architects, planners, and policymakers.

Keywords: Liveability Index, Green High-Rise Housing, Resident Satisfaction, Evaluation Model, Urban Housing, Liveability Indicators.

INTRODUCTION

Background and Context

India's accelerating urbanization, particularly in high-growth zones like the National Capital Region (NCR), has led to a pressing demand for sustainable and high-density residential solutions. In response, Green High-Rise Housing Complexes (GHRHCs) have emerged as a popular urban typology, integrating sustainable design strategies such as energy-efficient systems, water conservation technologies, and improved indoor environmental quality. These complexes are often certified by national and international green building councils, including the Indian Green Building Council (IGBC) and the Green Rating for Integrated Habitat Assessment (GRIHA), which provide performance benchmarks to ensure environmental compliance (WorldGBC, 2024; GRIHA, n.d.). Although the ecological advantages of GHRHCs are widely recognized, their social and experiential outcomes particularly in terms of liveability remain less understood. Liveability, in the context of the built environment, refers to the degree to which housing and its surroundings enhance the well-being of residents. It includes measurable aspects such as physical comfort, environmental quality, access to services, social interaction, and psychological satisfaction (Kaur & Narayan, 2017). Given the complexity and density of high-rise urban living, evaluating liveability becomes critical to ensure that green housing developments not only meet environmental standards but also respond effectively to human needs and daily life experiences.

Rationale and Significance

At the policy level, initiatives like the Ease of Living Index introduced by the Ministry of Housing and Urban Affairs ((MoHUA), 2018), aim to benchmark urban quality of life across Indian cities. However, these tools operate largely at the macro scale, focusing on city-level infrastructure and governance, and often fail to reflect the lived experiences of individuals within residential towers. While many green housing evaluations emphasize environmental performance such as energy savings or reduced emissions, there is a growing recognition that resident satisfaction must be anchored in tangible, quantifiable liveability parameters. Recent studies have highlighted this gap, calling for the incorporation of metrics such as thermal comfort, air and noise quality, accessibility to green spaces, safety, and maintenance services into liveability frameworks (Ashraf, Banerjee, & Nisar, 2024).This becomes especially critical in India, where urban diversity, socio-economic stratification, and climate variability demand localized and evidence-based models of liveability assessment. Hence, a structured, parameter-driven model is required to guide developers, planners, and policymakers in designing and managing high-rise green housing that is not only ecologically sustainable but also deeply responsive to user needs.

Research Gap

Although the global literature on sustainable housing and urban liveability is expanding, there remains a lack of empirical, quantifiable frameworks within the Indian context especially those that assess how green high-rise housing impacts the lived experiences of occupants. Most existing models either rely on broad qualitative interpretations or focus solely on environmental benchmarks without integrating the perceptions of residents. Furthermore, resident satisfaction is often treated as a secondary outcome rather than a central design criterion. This study addresses this gap by proposing a Liveability Evaluation Model grounded in tangible, spatially disaggregated variables that correlate directly with satisfaction in green residential environments (Ashraf, Banerjee, & Nisar, 2022)(Panda & Thakur, 2019).

Research Aim and Objectives

The primary aim of this research is to measure and assess the living quality of residents in Green High-Rise Housing Complexes in the NCR. To achieve this aim, the study has outlined the following objectives:

- Identify the parameters, indicators, variables, and attributes that define liveability in green high-rise housing complexes.
- Collate and correlate the variables associated with liveability and those specific to green building performance.
- Analyze survey results to establish relationships between liveability parameters and derive a liveability index.
- Develop an evaluation model for liveability using multilinear or collinear regression analysis.

Research Question and Hypotheses

- Research Question (R1): Will the assessment of liveability aspects in terms of tangible parameter values provide a better understanding of satisfaction for upcoming green high-rise housing projects?
- Hypothesis (H1): Assessment of liveability in tangible aspects significantly improves satisfaction for upcoming projects.
- Null Hypothesis (H0): Assessment of liveability in tangible aspects does not significantly improve satisfaction for upcoming projects.

LITERATURE REVIEW

Liveability is increasingly recognized as a key metric for evaluating the effectiveness and quality of residential environments, particularly within the context of sustainable urban development. According to Veenhoven(Veenhoven, 2000), liveability encompasses the degree to which an environment supports the well-being of its inhabitants. Marans and Stimson further expanded this understanding by emphasizing the role of environmental, social, psychological, and infrastructural components (Marans & Stimson, 2011). Globally, indices such as the Economist Intelligence Unit's Global Liveability Index and Mercer's Quality of Living Survey provide macro-level assessments but lack applicability at the housing typology level, especially for vertical developments like high-rise buildings. In India, the Ease of Living Index ((MoHUA), 2018)has attempted to bring structure to urban quality of life evaluation but remains city-focused and often overlooks intra-urban variations in residential experiences. Kaur and Narayan identified natural lighting, access to open spaces, and ventilation as essential for enhancing satisfaction in high-rise apartments. (Kaur & Narayan, 2017). The Energy and Resources Institute (TERI, 2019) and the Institute for Competitiveness (2024) have similarly underscored the need to integrate subjective user experiences into sustainability assessments.

Green-certified buildings especially those rated by IGBC and GRIHA prioritize ecological performance but seldom assess how design features translate into resident satisfaction. However, the lived experience within these buildings remains under-examined. Most evaluations focus on environmental outputs, neglecting resident-centered assessments. In one of the recent contributions to this field, Ashraf, Banerjee, and Nisar (2024) explored this disconnect by demonstrating that tangible factors such as thermal comfort, acoustic quality, and air circulation are critical to user well-being (Ashraf, Banerjee, & Nisar, 2024). A critical component of liveability in vertical housing is spatial quality, which includes the configuration, usability, and sensory experience of spaces. In a foundational literature review, Ashraf (2022) compiled key spatial quality attributes such as daylight penetration, visual and acoustic privacy, connection with nature, and accessibility relevant to high-rise housing design. These parameters offer measurable insights into how spatial design contributes to both physical and psychological satisfaction (Ashraf, Banerjee, & Nisar, 2022). The work serves as a cornerstone for integrating spatial quality into broader liveability models and reinforces the notion that design should be evaluated not just by aesthetics or efficiency, but by resident well-being.

Despite such contributions, a significant research gap remains: there are few integrated models within the Indian context that statistically relate resident perception to the physical and spatial attributes of green housing. This study

builds on existing research and responds to that gap by proposing a Liveability Evaluation Model that captures measurable, context-specific indicators and links them to satisfaction outcomes across spatial levels.

RESEARCH METHODOLOGY

This study adopts a quantitative, case-based methodology to assess liveability in Green High-Rise Housing Complexes (GHRHCs) within the National Capital Region (NCR), India. Liveability was evaluated using a framework of tangible, measurable parameters distributed across four spatial levels: the apartment unit, apartment building, housing complex, and the urban neighborhood. Three green-certified residential complexes- Case A, Case B, and Case C were purposively selected based on certification (IGBC/GRIHA), location within NCR, more than three years of occupancy, and design diversity. A structured questionnaire survey was used to collect data on three dimensions of liveability: physical attributes (e.g., thermal comfort, ventilation), spatial and environmental design (e.g., layout, open space, views), and psychosocial/service-related indicators (e.g., safety, maintenance, social interaction).

Each parameter was evaluated on a five-point Likert scale (1 = Very Dissatisfied to 5 = Very Satisfied). A total of 340 valid responses were collected. The sample size was determined using the formula for finite population sampling:

$$n = \frac{N \cdot Z^2 \cdot p(1-p)}{(N-1) \cdot e^2 + Z^2 \cdot p(1-p)}$$

Where:
n = required sample size

N = 3,000 (estimated population)
Z = 1.96 (95% confidence level)
p = 0.5 (maximum variability)
e = 0.05 (margin of error)

Data analysis was conducted using SPSS, employing descriptive statistics, Pearson correlation, and multiple linear regression. Multicollinearity was checked using the Variance Inflation Factor (VIF). A Liveability Evaluation Model was developed based on the regression results and validated using Principal Component Analysis (PCA). The resulting Liveability Index (LI) categorizes satisfaction into five levels: Very Poor, Low, Moderate, High, and Very High. All ethical protocols were followed, including informed consent, voluntary participation, and respondent confidentiality. The methodology integrates spatial and thematic dimensions, offering a robust and scalable model for assessing liveability in India's green high-rise residential context.

DATA ANALYSIS AND FINDINGS

The analysis of responses collected from 340 residents across three green-certified high-rise housing complexes in the National Capital Region (NCR) was done. The analysis evaluates liveability perceptions across four spatial levels—Apartment Unit, Apartment Building, Housing Complex, and Urban Neighborhood—alongside an overall assessment of the Residential Environment. The goal was to identify the influence of various tangible physical and psychosocial parameters on residents' satisfaction at each spatial level. Analytical methods included descriptive statistics, correlation analysis, and regression modeling, forming the foundation for the Liveability Evaluation Model.

Descriptive Analysis by Spatial Levels

- **Apartment Unit Level** Respondents expressed the highest level of satisfaction at the apartment unit level, with a mean score of 3.75 (SD = 0.953). Key parameters contributing to this satisfaction include thermal comfort, ventilation, and access to natural light. These findings align with earlier studies (Ashraf et al., 2024) that identified microclimatic comfort and spatial layout as critical to daily residential experience.

- **Apartment Building Level** Satisfaction at the building level was moderate, with a mean score of 3.69 (SD = 0.982). Respondents appreciated the reliability of lifts, accessibility of circulation spaces, and security features. However, areas requiring improvement included elevator wait times and communal service management in higher-occupancy towers.

- **Housing Complex Level** This level recorded the lowest satisfaction, with a mean score of 3.54 (SD = 1.014). Key concerns related to maintenance quality, green space distribution, and perceived over-density. Despite the presence of green infrastructure and recreational amenities, residents noted uneven access and upkeep, suggesting a disconnect between design intent and management execution.

- **Urban Neighborhood Level** With a mean score of 3.69 (SD = 1.003), satisfaction at the neighborhood level was also moderate. Respondents cited concerns about connectivity, public transport access, and noise pollution. Nonetheless, proximity to markets and schools contributed positively in some cases. Spatial location within the NCR and infrastructure development in adjacent zones appeared to influence these results.

- **Overall Residential Environment** The highest mean satisfaction was observed for overall residential environment perception, with a mean score of 4.03 (SD = 0.867). This suggests that despite localized issues at certain levels, residents generally perceive their green high-rise living experience positively, likely influenced by the ecological and thermal performance of the complexes and the sense of community fostered within them.

Correlation and Observed Patterns

Pearson correlation analysis was conducted to explore relationships between individual liveability indicators and overall resident satisfaction. Several variables demonstrated strong positive correlations ($r > 0.6$), notably

- Thermal comfort ($r = 0.68$)
- Access to green spaces ($r = 0.71$)
- Ventilation and indoor air quality ($r = 0.66$)
- Maintenance services ($r = 0.65$)
- Safety and security ($r = 0.69$)

Weaker or inconsistent correlations were found in parameters like waste management practices and proximity to external amenities, indicating that these elements may affect satisfaction indirectly or be highly context-dependent. The analysis further revealed statistically significant correlations between satisfaction at individual spatial levels and demographic as well as structural features. For instance

- Type of Unit and Number of Units per Floor were consistently positively correlated with satisfaction across all levels.
- Age group influenced satisfaction at the apartment unit level, while preference for floor level correlated with neighborhood-level satisfaction.
- Maintenance quality, safety, privacy, and green access emerged as consistently influential across building and complex levels.
- Indoor air quality, soundproofing, and cooling effectiveness in summer were identified as key environmental drivers of comfort.

Key Findings

- **Highest Satisfaction at the Unit Level** The private domain, when designed for comfort and functionality, yields strong positive perception emphasizing the importance of thermal, visual, and acoustic comfort.
- **Complex-Level Needs More Attention** Issues such as inadequate maintenance and spatial overcrowding emerged clearly, requiring better planning and post-occupancy management.
- **Holistic Perception Matters** Despite varied scores at individual levels, the overall residential environment perception remains high, likely due to combined effects of green certification, community atmosphere, and ecological benefits.

- **Spatial Level Differentiation is Crucial** Satisfaction is influenced differently at each spatial level. Design and policy interventions must be tailored accordingly, rather than adopting a one-size-fits-all approach. This comprehensive analysis supports the development of a Liveability Evaluation Model, built on the foundation of spatially disaggregated, parameter-based satisfaction assessment. The model will integrate the most influential tangible and measurable parameters from each spatial level to provide a holistic yet nuanced liveability index for future green high-rise developments in the Indian urban context.

Liveability Index Equation

To quantify liveability based on tangible parameters across spatial levels, a Liveability Index (LI) was developed using Principal Component Analysis (PCA) and weighted component scoring. The generic mathematical formulation of the index is shown below.

Generic Liveability Index Equation

$L = \omega_1 (L_{11}Z_1+L_{12}Z_2+\ldots.+L_{1n}Z_n)+\omega_1 (L_{21}Z_1+L_{22}Z_2+\ldots.+L_{2n}Z_n)+\ldots..$

The formula shown represents a weighted sum of factor loadings and standardized variable scores:

$$L = \sum_{j=1}^{n} \omega_j . \sum_{i=1}^{n} (Li_j . Zi)$$

Where:

L= Livability Index

Z_i : Standard value of variable i

L_{ij} :Loading of variable i on component j

ωj: Weight for each component

n = number of retained principal components

This formulation ensures that components contributing more to the total variance hold higher influence in determining the final liveability score.

Score Range	Interpretation	Key Outcomes
0.80–1.00	Very High Liveability	• Standardize Variables to ensure comparability. • Calculate Component Scores using factor loadings and standardized data. • Determine Weights based on variance explained. • Combine Scores into an Index using the weighted sum formula. • Interpret and Rank Observations to guide decision-making.
0.60–0.79	High Liveability	
0.40–0.59	Moderate Liveability	
0.20–0.39	Low Liveability	
0.00–0.19	Very Poor Liveability	

Final index values were benchmarked and interpreted to guide design and policy recommendations. This equation provides a systematic and reproducible way to assess liveability in green high-rise housing, integrating measurable aspects from across the residential environment.

CONCLUSION

This study set out to explore and quantify the concept of liveability in the context of Green High-Rise Housing Complexes (GHRHCs) within the National Capital Region (NCR) of India. Drawing upon structured surveys, case-based analysis, and statistical modeling, the research evaluated liveability through tangible and measurable parameters across four spatial levels: apartment unit, apartment building, housing complex, and urban neighborhood. The approach provided a comprehensive lens to assess how the physical and environmental characteristics of green residential developments influence resident satisfaction.

The study confirms that liveability is not a singular or abstract notion but a multi-dimensional construct rooted in both spatial design and user experience. Parameters such as thermal comfort, ventilation, access to green spaces, service quality, safety, and proximity to daily-use facilities emerged as critical contributors to perceived satisfaction. The findings reinforce the idea that the success of green housing should not be measured by sustainability certifications alone, but by how these spaces perform in enhancing quality of life for their inhabitants. A key contribution of this study is the formulation of a Liveability Evaluation Model, grounded in statistically significant relationships between tangible variables and resident satisfaction. The model offers a replicable and data-driven framework that can be adopted by urban planners, architects, developers, and policymakers to evaluate, monitor, and improve liveability outcomes in future green residential projects. Furthermore, the model supports more human-centered decision-making in sustainable urban housing by linking design performance with lived experience.

This research also contributes to filling a critical gap in the Indian context, where empirical and parameter-based studies on liveability in vertical, green housing typologies are scarce. By integrating spatial levels into the evaluation process, the study underscores the importance of scale-sensitive planning, where liveability is assessed not only within the home, but across the broader built and social environment. Future research may build upon this model by expanding the sample size, integrating post-occupancy evaluations, or applying the model to non-green or informal housing types for comparative insights. As Indian cities continue to grow vertically and strive toward sustainability, the liveability of these environments must remain a central concern. This study hopes to serve as a foundational step toward that goal—where green design and human well-being evolve hand in hand.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Standardization of *In vitro* Explant Sterilization and bud Proliferation of the Medicinal Plant *Mesua ferrea* L.: A Vulnerable Medicinal Plant

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Received: 07 Apr 2025 Revised: 11 May 2025 Accepted: 18 Jun 2025

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ABSTRACT

Mesua ferrea, commonly known as Nagkesar, is a vulnerable medicinal plant native to the tropical rainforests of Northeast India. Due to extensive overexploitation, the species has become endangered and now requires urgent conservation efforts. In vitro propagation is considered one of the effective strategies for conserving plant biodiversity. In this study, protocols for explant sterilization and bud proliferation were standardized using various chemical sterilizing agents, either individually or in combination, and two different basal media supplemented with a range of phytohormone concentrations. Among the sterilization treatments, the combination of 0.1% mercuric chloride ($HgCl_2$) and 1% ethanol (C_2H_5OH) for 30 minutes resulted in the highest disinfection rate compared to other treatments. Woody Plant Medium (WPM) found more effective over Murashige and Skoog (MS) medium for bud proliferation. Two cytokinins—6-benzylaminopurine (BAP) and kinetin (Kn)—were evaluated for their influence on shoot proliferation. Kinetin at a concentration of 4 mg/L resulted in a higher bud proliferation rate (86.3%) compared to BAP (78.0%). The maximum shoot proliferation was achieved using WPM supplemented with 4 mg/L kinetin and 0.25 mg/L indole-3-butyric acid (IBA), observed 15 days post-inoculation.

Keywords: *Mesua ferrea*, Sterilization, Bud proliferation

INTRODUCTION

In vitro propagation has emerged as an effective and reliable technique for the production of true-to-type plantlets. It also serves as a valuable platform for genetic transformation, large-scale secondary metabolite production, and the development of new plant varieties. Among woody plants, tissue culture-based propagation is particularly advantageous over conventional methods, offering faster clonal multiplication, conservation of elite genotypes, and preservation of germplasm—especially for species threatened by overexploitation and habitat degradation. *Mesua ferrea*, commonly known as Nagkesar, is a vulnerable medicinal plant belonging to the family Guttiferae. It is native to the wet tropical regions of Burma, Sri Lanka, Malaysia, Nepal, and Sumatra, and in India, it is primarily found in the tropical rainforests of the Northeast. This species is distinguished by its fragrant flowers and uniquely coloured stamens, which set it apart from other members of its family. In traditional medicine, *Mesua ferrea* has been used to treat a variety of ailments including cough, fever, sore throat, rheumatism, vomiting, dysentery, and itching. It is also a key ingredient in the herbal formulation "Pile Off," used to control bleeding, reduce hemorrhoid size, and relieve associated pain.

However, due to overexploitation, limited public awareness of its medicinal potential, and a long reproductive cycle, *M. ferrea* has now become endangered. Conventional propagation through seeds is inefficient, as the tree takes 15–20 years to produce viable seeds, which remain viable only for a short duration and are highly susceptible to microbial infection. As a result, in vitro propagation is considered a promising alternative for its conservation and mass multiplication (Rather et al., 2022; Drik, 2023). Developing an efficient in vitro propagation protocol for woody species like *M. ferrea* is challenging due to genotype variability, explant source sensitivity, sterilization techniques, media composition, and environmental culture conditions (Kaur et al., 2022). Among these, surface sterilization is a critical step, highly dependent on the choice of chemical agents and exposure duration. Moreover, the success of bud proliferation, shoot multiplication, and root induction depends on the composition of the culture medium—particularly the nutrients and concentrations of plant growth regulators like auxins and cytokinins (Mohanraj, 2022). The present study was conducted to standardize an in vitro propagation protocol for *M. ferrea*, focusing on two key stages: explant sterilization and shoot initiation.

MATERIALS AND METHODS

Healthy, disease-free one-year-old potted seedlings of *Mesua ferrea* grown in the greenhouse at R.C.M. Science College, Khallikote, Ganjam, were used as the source of explants. The explants were initially washed with 2% Teepol (a laboratory-grade detergent) for 30 minutes to remove surface dust, followed by rinsing under running tap water. To eliminate surface and endogenous fungal contaminants, explants were treated with 0.5% Bavistin (a systemic fungicide), again followed by thorough washing. Subsequently, explants were sterilized using different concentrations of mercuric chloride ($HgCl_2$), sodium hypochlorite (NaOCl), and ethanol (C_2H_5OH), both individually and in combination, with incubation periods of 15, 30, and 45 minutes. After chemical treatment, the explants were rinsed three times with sterile distilled water and blotted dry on sterile blotting paper. Sterilized explants were inoculated on Murashige and Skoog (MS) medium (Murashige and Skoog, 1962) and Woody Plant Medium (WPM) (Lloyd and Mc Cown, 1981), both with and without supplementation of plant growth regulators at varying concentrations. The contamination percentage, survival rate, and percentage of bud proliferation were recorded after 15 days of inoculation.

RESULTS AND DISCUSSION

A critical prerequisite for successful tissue culture is standardized surface sterilization. Among the various sterilization treatments tested, the combination of 0.1% $HgCl_2$ and 1% C_2H_5OH for 30 minutes proved to be the most effective, resulting in the lowest contamination rate (49.6%). However, prolonged exposure beyond 30 minutes,

though further reducing contamination, caused blackening and tissue necrosis at the explant base due to chemical toxicity. Conversely, shorter exposure times increased contamination rates (Fig-1). These findings align with earlier studies that emphasized the dependence of sterilization efficacy on plant species, organ type, and sterilant (Munir et al., 2015). To optimize shoot initiation and bud proliferation, 19 different media combinations were tested, consisting of MS and WPM media supplemented with various plant growth regulators either singly or in combination.

Results are detailed in Table 1. Overall, WPM outperformed MS medium in promoting bud proliferation, corroborating findings by Jadhav and Deodhar (2015), who observed an 80% bud proliferation rate on WPM supplemented with 13.31 µM BAP, as opposed to 33.33% on similarly supplemented MS medium. between the two tested cytokinins- Kinetin at 4 mg/L induced a higher bud proliferation rate (86.3%) than BAP (78.0%). Lower cytokinin concentrations yielded minimal proliferation, while higher concentrations led to callusing at the explant base. Simultaneous application of both cytokinins also induced excessive callusing. Incorporating low concentrations of the auxin indole-3-butyric acid (IBA) alongside cytokinins improved shoot initiation. The highest bud proliferation (observed at 15 days post-inoculation) occurred in M18 medium (WPM + 4 mg/L Kn + 0.25 mg/L IBA) (Fig. 2). Interestingly, these results differ from those of Jadhav and Deodhar (2015), who found BAP to be more effective than Kn. This variation may be attributable to genotypic differences between plant samples.

CONCLUSION

Explant sterilization in tree species poses unique challenges due to the presence of persistent endophytic microorganisms. This study offers a viable protocol for effective surface sterilization using $HgCl_2$ and ethanol, which can be adapted for similar woody plant species. Moreover, bud proliferation in tree species is hindered by the accumulation of secondary metabolites like tannins, which inhibit morphogenesis. The optimized protocol developed here, particularly the use of WPM supplemented with Kn and IBA, offers a reliable basis for future research and conservation strategies for *Mesua ferrea* and related species.

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Table.1. Effect of different growth media on bud proliferation after 15 days of inoculation

Media Code	Media Composition	Percentage of Bud Proliferation (Mean ± SE)
M0	MS	0.00
M1	MS+1 mg/l BAP	11.3±1.08
M2	MS+2 mg/l BAP	31.0±0.71
M3	MS+4 mg/l BAP	54.6±1.47
M4	MS+5 mg/l BAP	36.3±2.16*
M5	MS+1 mg/l Kn	13.3±1.47
M6	MS+2 mg/l Kn	33.0±1.41
M7	MS+4 mg/l Kn	63.3±2.16
M8	MS+5 mg/l Kn	34.6±2.48*
M9	MS+4mg/lBAP+0.01 mg/l IAA	55.0±1.87
M10	MS+4mg/lBAP+0.25 mg/l IAA	61.3±2.27
M11	MS+4mg/lBAP+0.01 mg/l IBA	65.3±1.08
M12	MS+4mg/lBAP+0.25 mg/l IBA	75.0±1.41
M13	MS+4 mg/l Kn+0.25 mg/l IBA	33.6±1.78
M14	MS+2 mg/l BAP+2 mg/l Kn	56.3±1.08**
M15	WPM	5.67±0.82
M16	WPM+4 mg/l BAP	78.0±0.71
M17	WPM+4 mg/l Kn	86.3±0.41
M18	WPM+4mg/lKn+0.25mg/l IBA	90.3±0.82

#15 replicates were taken f or each experiment and each experiment was repeated thrice
*callusing at the base of the explants, ** extensive callusing at the base of the explants

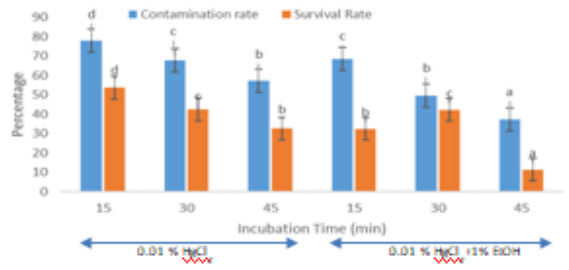

Fig. 1. Effects of different sterilization treatments on survival rates and contamination rates of apical meristem of *Mesua ferrea* treated with $HgCl_2$ (0.1%) and $HgCl_2$ (0.1%) + C_2H_5OH (1%)) at different time intervals (15, 30 and 45minutes)
*** Data presented in the figure are the mean ± standard error (SE)of three replicates; all data were collected after 10 days inoculation; different letters in the figure indicate there is a significant difference tested by the analysis of variance (ANOVA) with $p < 0.05$**

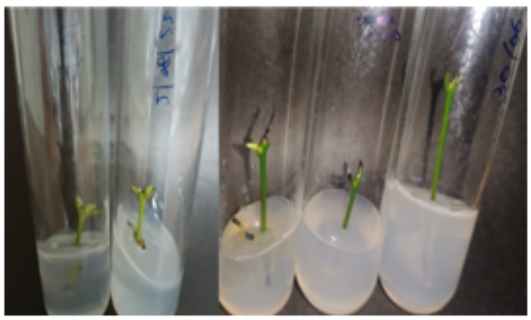

Fig.2. Shoot proliferation from the apical meristem of Mesua *ferrea* in the WPM medium supplemented with 4mg/l Kn and 0.25mg/l IBA) after 10 days of inoculation.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

A Review on the Diagnostic Role of Imaging in Ductal Carcinoma

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Received: 06 Apr 2025 Revised: 10 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Medical imaging plays a pivotal role in the early detection and diagnosis of breast diseases, offering critical insights into various pathological conditions. Among these, breast cancer remains a major public health concern, with ductal carcinoma in situ [DCIS] accounting for approximately 20–25% of cases. DCIS is characterized by the abnormal proliferation of cells confined within the milk ducts, representing a non-invasive form of breast cancer that, if left untreated, can progress to invasive carcinoma. To accurately diagnose DCIS, several imaging modalities are employed, each contributing unique strengths. Mammography is typically the first-line screening tool, especially effective in identifying microcalcifications, a key feature of DCIS. Its diagnostic accuracy ranges between 70% and 80%, making it a reliable but not definitive method, especially in dense breast tissue. Ultrasound, on the other hand, serves as an essential adjunct modality. While not as sensitive as mammography for detecting DCIS directly, it plays a crucial role in guiding biopsies and assisting in the evaluation of palpable or suspicious lesions. It is particularly helpful in characterizing solid versus cystic masses and in tailoring targeted treatment plans. Magnetic Resonance Imaging [MRI] has emerged as the most sensitive imaging technique for evaluating DCIS, with a reported sensitivity of 80% to 90%. MRI excels in assessing tumor extent, size, and multifocality, which are essential for surgical planning. It is currently considered the most comprehensive imaging modality for diagnosing and monitoring non-invasive breast cancer. When it comes to treatment, both breast-conserving surgery [BCS] and mastectomy are effective options for managing DCIS, often resulting in favorable outcomes. The choice of therapy depends on factors like tumor size, location, and patient preference. Early diagnosis through advanced imaging leads to better prognosis and personalized treatment strategies for patients with DCIS.

Keywords: Ductal Carcinoma in-situ, DCIS, mammography, ultrasound, MRI, Microcalcification.

INTRODUCTION

Imaging plays a major role in diagnosis of breast pathology at early stage in which breast cancer is the second most leading cancer in population. Imaging is an irreplaceable technique which provides beneficial anatomical information about body in three dimensional with the help of ionized and non-ionized radiations [1]. Ductal carcinoma in-situ [DCIS] is an early stage of breast cancer that occurs due to abnormal cell growth in milk duct. It does not intersect the basement membrane in breast [2]. Symptoms of DCIS are breast pain, bloody nipple discharge, palpable masses and lump in the breast. The crucial risk factors are family history of breast cancer, uses of contraceptive pills, and first baby birth at old age, menopause and any other benign breast pathology [3 - 4]. Some of the clinical parameters are used to evaluate DCIS includes, nuclear grade, architectural subtype, presence of microcalcification, size and location of the lesion, basically architectural subtype is divided into two categories comedo and noncomedo subtype, further non come do divided into Micropapillary, solid component and cribriform represent as a mixed pattern [5]. Micropapillary is the least common type of DCIS and cribriform is the most common type of DCIS pattern and come do represents as a high grade cell with microcalcification [6]. One of the most important parameter is the accurate measurement of lesion size. Early detection can prevent serious breast diseases. Mammography, Ultrasound and Magnetic Resonance Imaging [MRI] are the most preferred modalities for diagnosis of breast cancer[7].

Mammography is the first choice for the screening of breast disease and it can detect DCIS at initial stage with the accuracy of 70- 80% in the form of microcalcification [8]. Ultrasound is not considered that efficient for detection of DCIS due to poor accuracy rate but useful in detection of other breast pathology diseases. This modality also acts as an imaging guidance for the breast biopsy and can help in providing an accurate treatment of breast diseases. Women age is the major factor for imaging of breast [9 - 10], Women with the age less than 35 are examined with Ultrasound and women with the age more than 35 are mostly examined with mammography [11]. MRI is the pre eminent modality provides cross-sectional images of body, widely used for diagnosis of diseases can detect different kind of lesions provide strong knowledge of pathologies and has a higher sensitivity in detection of DCIS with the accuracy rate of 90%[12]. Measurement of ductal carcinoma tumour size is challenging for doctors with mammography but with MRI it is possible to measure true tumour size. MRI can even detect small tumours in true size [13].

Breast imaging is a dominant technique to identify the causes of ductal carcinoma. DCIS can be treated with breast conserving surgery [BCS], mastectomy and radiotherapy. Ductal carcinoma accounts for 20-25% and breast cancer can be equated with microcalcifications [6,14]. DCIS calcification can be differentiated as a high, intermediate or low grade, in which high grade appears as Y shaped, intermediate and low-grade DCIS appears as triangular shape[15]. When DCIS appears as a mass on mammographic image without any calcification it can be considered as a lower grade. Mammography and MRI can alone detect 85-90% of DCIS lesion. In imaging modalities[16], Ultrasound is less effective for evaluation of DCIS because of low sensitivity in microcalcification but helpful in diagnosis of invasive breast cancer. After breast conserving surgery mammography is standard modality for follow-up routine [17]. Improved and advanced imaging modalities has increased the diagnosis of breast cancer, currently doctors can evaluate breast cancer at initial stage [18]. Interventional radiology provides better DCIS confirmation with the help of biopsies, image guided biopsies of the breast is the standard technique for the sampling and diagnosis of the abnormal tissue [19].Core needle biopsy and vacuum assisted tissue biopsy are most commonly done for evaluation of DCIS, some researchers have shown that VAB technique is more accurate than core needle biopsy VAB large tissue sample is taken for study. Overall VAB provides more beneficial information than other biopsies procedure [20].

MAMMOGRAPHY

Mammography is the first step of diagnosis of DCIS with 70-80% of sensitivity and also this modality is widely available with good outcomes. Most of the breast lesions are detected with the help of screening mammogram[18, 21]. DCIS appears as a calcification and mammography can easily detect microcalcification. 70 % DCIS cases are seen as microcalcification and 10- 12 % cases are seen as soft tissue masses [8]. Different types of calcifications can be detected by mammography in which density of the breast plays crucial role in it. Microcalcification can be missed in dense breast, representing less sensitivity but in fatty breast, mammography provides higher sensitivity and can easily detect microcalcifications [15] Mammography is used for detection and evaluation of tumour size. It is challenging for doctors to measure the true tumour size for surgery alone with mammography. It also lacks in evaluation of small tumour size and non-calcified component in dense breast [22]. Despite of this, mammography is considered as most preferable modality for evaluation of breast diseases with good sensitivity and high accuracy rate [10]. Digital breast tomosynthesis [DBT] is the new and improved advancement of conventional mammography that provides 3D cross sectional images of the breast with high sensitivity rate in detection of breast diseases [19].

ULTRASOUND

Ultrasound plays a particularly valuable role in the evaluation of breast symptoms in younger women, where dense breast tissue may limit the effectiveness of mammography. It is a non-invasive, radiation-free imaging technique that allows for real-time visualization of breast structures and is especially adept at differentiating between solid, cystic, and complex [mixed] masses. This makes it an essential tool for assessing palpable lumps, localized pain, or nipple discharge, all of which are common presenting symptoms in younger age groups. Additionally, ultrasound can be used to visualize ductal abnormalities, which may indicate underlying pathology, such as ductal carcinoma in situ [DCIS], although it is not the first-choice imaging modality for DCIS detection[5].

While ultrasound is less sensitive than other imaging modalities in detecting microcalcifications—a hallmark feature of DCIS—it can still contribute significantly when used in conjunction with mammography. After initial mammographic detection of suspicious calcifications, ultrasound can aid in further evaluating the lesion and guiding interventional procedures such as core needle biopsy or vacuum-assisted biopsy, improving diagnostic precision. It also plays a role in correlating tumor size and extent when cross-referenced with mammographic findings, helping inform clinical decision-making and surgical planning. Despite its limitations in primary DCIS diagnosis, ultrasound remains indispensable in the comprehensive evaluation of breast disease, especially when used as part of a multimodality approach. According to Wehweck [2021], understanding the pathology and imaging characteristics of DCIS is vital in refining diagnostic strategies and ensuring accurate lesion characterization Thus, ultrasound continues to hold an important complementary role in the imaging pathway, supporting earlier diagnosis and personalized management of breast pathology[23].

Magnetic Resonance Imaging

MRI is currently best modality for evaluation of DCIS with sensitivity range of 80-90% and most sensitive modality to predict breast cancer.MRI has ability to detect small tumour and also helps in calcified components[24]. MRI can evaluate pure DCIS tumour size. It is helpful in therapeutic planning as it allows accurate and targeted surgical application for removal of ductal carcinoma with minimum surgeries. MRI can detect lobular carcinoma compared to other radiology modalities. It can identify calcified and non- calcified components[4, 25]. Initially MRI was considered as a poor modality for evaluation of DCIS due to false diagnosis result but after the advancement and improvement of technique with high temporal and spatial resolution, most of the researchers have showed that MRI[92%] has a higher sensitivity than mammography [52%][18, 25]. MRI can detect high grade lesions with the help of contrast enhanced MRI and diffusion weighted imaging [DWI] sequence. It is the standard protocol in identification of lesions DWI showed level of restriction on pathology with apparent diffusion coefficient [ADC] mapping. DW EPI echo planar imaging is use for fast acquisition method with less motion artefacts [8, 26]. MRI has modified the treatment of DCIS major needle biopsies can be avoided helpful in malignant cases. Compared to other

modalities contrast MRI can provide the valuable information on permeability, vascularity of cells, can showed abnormal tissue growth in vessels [11]. Most of the patients are treated with breast conserving surgery and by mastectomy with the help of radiotherapy. Mastectomy is mostly preferred when the lesion is too large; breast conserving surgery is the good option in early stage of DCIS [27]. In addition to traditional imaging methods, new technologies like artificial intelligence [AI] are beginning to play a powerful role in breast cancer diagnosis. AI tools are being designed to help radiologists by automatically detecting suspicious lesions, identifying patterns in breast calcifications, and even predicting a patient's risk of developing cancer. These systems aim to improve accuracy and reduce differences in interpretation between radiologists. Another exciting development is radiomics, where advanced algorithms analyze medical images in greater detail to uncover hidden features that may relate to tumor behavior or treatment response. Imaging technologies such as digital breast tomosynthesis [DBT] and contrast-enhanced mammography are also improving how clearly abnormalities are seen, especially in dense breast tissue. When combined with AI, these innovations can help doctors make more personalized and precise treatment decisions, leading to better outcomes for patients with ductal carcinoma.

CONCLUSION

Early detection can prevent serious breast pathology. Imaging became the initial step to identify the causes of diseases. Mammography is the first and standard imaging modality for the evaluation of ductal carcinoma in-situ. Mammography can identify -pure DCIS with accuracy of 80% but lacks in detection of small tumour and non-calcified DCIS. Ultrasound is preferred for young women with symptoms of breast diseases and is also useful in other breast pathology but has less accuracy in DCIS. Core needle biopsy and vacuum assisted biopsy helps as positive diagnosis of DCIS. Breast MRI is the best technique for evaluation and diagnosis of ductal carcinoma with accuracy rate of 90-95% and it showed pure DCIS tumour size with less harmful effects on patients. For treatment of DCIS breast conserving surgery and mastectomy is the two best options with positive outcomes.

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Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Green Synthesis of Silver Nanoparticles in Conjunction with *Nigella sativa* and *Salvadora persica* Herbal Mouthwash Formulation and its Cytotoxicity, Antibacterial and Anti Inflammatory Activity against Oral Pathogens

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Received: 10 May 2025 Revised: 18 Mar 2025 Accepted: 20 Jun 2025

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ABSTRACT

One of the main factors contributing to endodontic and periodontal breakdown is the development of dental plaque into a biofilm and its adherence to the teeth. Controlling the adherence of biofilm to the tooth surface is one of the most challenging aspects in the field of dentistry. Toothbrush in conjunction with dentifrices, mouthwash, and dental floss are efficiently known techniques to lower the amount of dental plaque. In recent years, the green synthesis of nanoparticles utilizing plant extracts as reducing and stabilizing agents has gained prominence as an eco-friendly and viable alternative to traditional synthesis methods. Silver nanoparticles can resist dental biofilm and lower the microbial load in periodontal disease. The objective of this research is to assess the antimicrobial, anti-inflammatory, and cytotoxic effects of silver nanoparticles (AgNP's) synthesized using extracts from *Nigella sativa* (N. sativa) and *Salvadorapersica* (S. persica) against oral pathogens. Extracts from *Nigella sativa* (N. sativa) and *Salvadorapersica* (S. persica) were sourced from Saveetha Dental College and Hospital, located in Velappanchavadi, Chennai. Silver nanoparticles were then produced and their formation was confirmed through UV-visible spectrophotometry. Subsequent analyses were conducted to determine their antimicrobial, anti-inflammatory, and cytotoxic activities. The synthesized silver nanoparticles

demonstrated significant inhibitory effects against pathogenic microorganisms, including *Enterococcus faecalis*, *Candida albicans*, *Streptococcus mutans*, and *Staphylococcus aureus*. Phytomedicines or medications derived from plants, used in conjunction with silver nanoparticles elicited a potential response against the oral micro-organisms.

Keywords: Silver nanoparticles, green synthesis, phytomedicine, herbal and silver nanoparticles, herbal mouthwash.

INTRODUCTION

The growth of dental plaque into biofilm and its adhesion to the teeth, is a major phenomenon for endodontic and periodontal breakdown [1]. A vital enzyme matrix metalloproteinase-8 (MMP-8) is released during collagen breakdown in the acute stage of periodontal disease [1]. Salivary MMP-8 levels have been reported consistently to be high in studies of patients with chronic periodontitis, and this is regarded as an indicator of the inflammatory process occurring in periodontal disease [2]. One of the challenging features is to control the adhesion of biofilm to the tooth surface [3]. Among various strategies, one of the most popular strategies for maintaining oral hygiene is the use of a toothbrush along with dentifrices. Mouthwash and dental floss are two additional noteworthy techniques [4]. Oral mouthwashes with chlorhexidine has been widely and effectively used in periodontal therapy. Phytomedicines, or medications made from plants, are now being used to treat a variety of inflammatory diseases all over the world. *Nigella sativa*, commonly referred to as black cumin, Karun Jeeragam in Tamil, and Kalonji in Urdu, is a fragrant herb reputed for its potent antimicrobial and anti-inflammatory effects [5]. Another plant, Salvadorapersica (Arabic- tooth cleaning sticks) which is also referred to as the miswak tree has the potential to prevent the development of plaque and has an antimicrobial effect on bacteria that cause caries in the oral cavity [1,6]. Compared to most metals, silver has a relatively low level of toxicity and high levels of biocompatibility and anti-microbial properties, greatly increasing its potential for use in the pharmaceutical and healthcare sectors [7]. Herbs used along with nanoparticles, has an efficient antibacterial action, and are also becoming an alternative in current trends. Furthermore, the stability and solubility of silver nanoparticles produced through biological means are extremely high[8]. Silver nanoparticles have the potential to oppose dental biofilm as well as minimize the microbial load in periodontal disease [9]. The purpose of this investigation is to analyze the antibacterial, anti-inflammatory, and cell toxicity responses of silver nanoparticles (AgNPs) formulated with plant-derived extracts from *Nigella sativa* (N. sativa) and *Salvadorapersica* (S. persica) against microorganisms found in the oral cavity.

MATERIALS AND METHODS

Formulation of Nigella sativa (N. sativa) and Salvadorapersica (S.persica)

A quantity of 1 gram from each of the herbal plant sources was collected from the institution. These samples were mixed with 100 ml of distilled water and heated at a temperature range of 50–60 °C. Following the heating process, the mixture was filtered using a nylon mesh cloth to obtain a clear extract.

Production of silver nanoparticles and herbal mouthwash solution

A mixture was prepared by combining 20 ml of the prepared plant extract with 80 ml of distilled water and 1 mmol of silver nitrate solution (procured from Himedia Laboratories, India). This solution was then placed on an orbital shaker and maintained at ambient temperature for a duration of 24 hours. A visible color transition from reddish to brown indicated the successful synthesis of silver nanoparticles through the interaction between the plant extract and silver ions.

Characterisation of synthesized nanoparticles

The synthesized nanoparticles underwent analysis using UV–visible spectroscopy (UV–Vis). A 3 ml sample of the solution was placed in a cuvette and scanned across a wavelength range of 250 to 650 nm. Subsequently, the reaction mixture was subjected to centrifugation at 10,000 rpm for a duration of 10 minutes. The resulting precipitate was rinsed with double-distilled water, and this centrifugation-washing cycle was repeated four to five times. After the final wash, the collected pellet was dried in an oven, and the obtained dry powder was stored for subsequent characterization.

Isolation of oral pathogens

To isolate *S. aureus*, *S. mutans*, *C. albicans*, and *E. faecalis*, nutrient agar plates were employed. A 0.1 ml volume of the diluted herbal extract from the synthesized herbal-silver nanoparticle solution was spread onto the surface of the agar plates. The plates were then incubated at 37°C for 24 hours.

Assessment of anti-microbial Activity

The antimicrobial properties of the green-synthesized silver nanoparticles were determined using the agar well diffusion method. Mueller-Hinton agar plates were prepared and sterilized in an autoclave at 121°C for approximately 15–20 minutes. Once sterilized, the molten medium was poured into sterile Petri plates and allowed to solidify at room temperature. A microbial suspension containing *Streptococcus mutans*, *Lactobacillus* species, *Staphylococcus aureus*, and *Candida albicans* was uniformly spread across the surface of the agar using sterile cotton applicators. Wells with a diameter of 9 mm were then punched into the agar using a sterile polystyrene pipette tip. Each well was loaded with varying concentrations (25 µg, 50 µg, 100 µg) of the synthesized silver nanoparticles. For comparative analysis, standard antimicrobial agents were used—Amoxyrite for bacterial isolates and Fluconazole for fungal strains. The plates were incubated at 37°C for 24 hours for bacteria and 48 hours for fungi. Zones of inhibition surrounding the wells were measured in millimeters using a ruler to evaluate the antimicrobial effectiveness.

Antioxidant Effectiveness

Diphenyl-picrylhydrazyl Method

A 0.1 mM stock solution of 2,2-diphenyl-1-picrylhydrazyl (DPPH) was prepared using methanol as the solvent. For each assay, a fresh working solution was obtained by diluting the stock to a final concentration of 20 µM in methanol. Various concentrations (10, 20, 30, 40, and 50 µg/mL) of silver nanoparticles synthesized using *Nigella sativa* and *Salvadorapersica* extracts were added to 200 µL of the DPPH solution in wells of a 96-well microtiter plate. The mixtures were incubated at ambient temperature for 30 minutes in the absence of light. After incubation, absorbance was measured at 517 nm using a microplate spectrophotometer, with methanol used as the baseline reference. The percentage of DPPH radical neutralization was calculated using the following equation:

$$\% \text{ Inhibition} = [(\text{Abs_control} - \text{Abs_sample}) / \text{Abs_control}] \times 100,$$

where *Abs_control* refers to the absorbance of the DPPH solution without nanoparticles and *Abs_sample* refers to the absorbance of the sample containing the synthesized nanoparticles. Ascorbic acid at a concentration of 1 mg/mL was employed as the positive control.

Anti-inflammatory properties

2.7.1 Albumin Denaturation Assay Using Egg Albumin

For the assessment of anti-inflammatory activity via the egg albumin denaturation assay, 0.2 mL of freshly obtained egg albumin was mixed with 2.8 mL of phosphate buffer solution. Varying concentrations (10 to 50 µg/mL) of silver nanoparticles synthesized using *Nigella sativa* and *Salvadorapersica* were incorporated into the mixture. The pH of the resulting solution was adjusted to 6.3. This mixture was kept at room temperature for 10 minutes, after which it was incubated in a water bath at 55°C for 30 minutes. Diclofenac sodium served as the standard anti-inflammatory agent, while dimethyl sulfoxide (DMSO) was used as the negative control. Following incubation, absorbance was recorded at 660 nm using a UV–visible spectrophotometer. The inhibition of protein denaturation was calculated using the formula:

% Inhibition = [(A_control − A_sample) / A_control] × 100,
Where *A_control* denotes the absorbance of the control sample, and *A_sample* represents the absorbance of the treated sample containing the nanoparticles.

Cytotoxicity

To evaluate the cytotoxic potential of the combined plant extract, the brine shrimp lethality assay was conducted. A saline solution was prepared by dissolving 2 grams of non-iodized salt in 200 mL of distilled water. A 12-well ELISA plate was used for the experiment, with each well filled with 6 to 8 mL of the prepared saline. Approximately ten *Artemia*nauplii were introduced into each well with care. Different volumes (5 µL, 10 µL, 20 µL, 40 µL, and 80 µL) of silver nanoparticle formulations derived from *Nigella sativa* and *Salvadorapersica* were administered to the respective wells (refer to Figure 4). The plate was kept undisturbed for 24 hours under incubation. Following the incubation period, the number of live nauplii in each well was counted. The percentage of mortality was determined using the following equation:
% Mortality = [(Number of dead nauplii) / (Total nauplii)] × 100

RESULTS

UltraViolet visible spectroscopy

The UV-Vis spectra of silver nanoparticles interacting with *N. sativa* and *S. persica* at different time intervals (10 min, 30 min, 1 h, 2 h, 3 h, 4 h, and 24 h) are presented in Figure-5. The signal peak observed at 450 nm confirms the formation of silver nanoparticles facilitated by *N. sativa* and *S. persica*. The UV-vis spectrum shows that the absorbance of silver nanoparticles steadily increases at 2 hours and the process concludes at 3h. After 3 hours, the absorbance of larger silver nanoparticles (20-50 nm) decreases due to enhanced plasmon excitation. Green-mediated synthesis results in increased color intensity with longer incubation times. The 24-hour absorption band in green synthesis indicates that silver nanoparticles were fully synthesized within 3 hours of incubation.

Antibacterial Efficacy

The in vitro antibacterial potential was assessed through the agar well diffusion method against *Candida albicans*, *Enterococcus faecalis*, *Streptococcus mutans*, and *Staphylococcus aureus*. The herbal mouthwash containing silver nanoparticles demonstrated effective inhibition of *S. mutans* and *S. aureus* at concentrations of 50 µL and 100 µL (Figure-6). The highest inhibition zones observed were 9%, 9%, 11%, and 16% for *C. albicans*, *E. faecalis*, *S. mutans*, and *S. aureus*, respectively (Table-1). Combining silver nanoparticles with plant extracts results in a fine zone of inhibition compared to using alone nanoparticles. Green silver nanoparticles are highly effective antibacterial agents against oral pathogens. Green silver nanoparticles outperform silver nanoparticles in terms of oral pathogen inhibition. Thus the formulated nanoparticle-enhanced herbal mouthwash contains antibacterial compounds, making it valuable in biological applications.

Anti-inflammatory properties

Albumin Denaturation Assay Using Egg Albumin

The egg protein denaturation test shows inhibition between 50% and 75%. The inhibition zone progressively expands with increasing doses from 10 µL to 50 µL. The maximum inhibition is observed at the 50 µL dose (Figure-7).

DISCUSSION

Dental care, combined with the usage of oral hygiene techniques such as mouthwashes, leads to improved patient cleanliness [10]. The application of medicinal herbs in the treatment of various conditions has seen a significant increase, owing to their therapeutic benefits, limited adverse effects, and cost efficiency [11,12]. Nigella sativa and Salvadorapersica are botanicals with medicinal potential. Silver nanoparticles have been extensively used in biomedicine [13]. The green manufacturing of silver nanoparticles based on Nigella sativa and Salvadorapersica

formulations provides a promising avenue for developing efficient antibacterial and anti-inflammatory medicines against oral infections. Green synthesis is not only environmentally friendly, but also utilizes natural compounds with therapeutic properties[14]. The purpose of this work was to create a herbal mouthwash with silver nanoparticles derived from N. sativa and S. persica. Khairnar *et al.* discovered that the herbal mouthwash had considerable plaque control when compared to the usual chlorhexidine [15]. In another study by Balappanavaretal, he discovered that there was no difference in the efficacy of herbal mouthwash and chlorhexidine for plaque control [16]. An *in vivo* investigation also demonstrated that the herbal mouthrinse group showed a significant drop in both gingival index and plaque index [17]. Herbal mouthwash showed good outcomes and can be used as an alternative to traditional mouthwashes for gingivitis and periodontitis treatment[18]. Additional research and clinical testing are required to demonstrate the usefulness and safety of these silver nanoparticles. This will facilitate the development of novel treatments for oral hygiene maintenance and infection prevention.

Limitations

While the green synthesis of silver nanoparticles using *Nigella sativa* and *Salvadorapersica* shows promising attributes, it is important to acknowledge its limitations. Variations in plant extract concentrations can influence the consistency of nanoparticle synthesis. Further investigation is required to evaluate the long-term stability and potential cytotoxicity of the nanoparticles within complex biological environments. Although the formulation holds significant potential, these challenges must be resolved.

CONCLUSION

The current study looks at green synthesized silver nanoparticles using plant extracts from N. sativa and S. persica. In both plants, synthesis began at 10 minutes and ended at 4 hours. The formulation demonstrated remarkable antibacterial action against the oral pathogens C. albicans, E. faecalis, S. mutans, and S. aureus. When compared to other compounds and silver nanoparticles, the formulation-impregnated disc exhibits a fine zone of inhibition. As a result, the present study shows that silver nanoparticles made from N. sativa and S. persica are a cost-effective and environmentally friendly solution. The formulation's outstanding antibacterial and anti-inflammatory characteristics could be advantageous for biological applications.

Funding

The authors report no funding received for this study.

Conflicts of Interest

The authors have no conflicts of interest to declare.

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Table.1: **Antimicrobial activity of N. sativa and S. persica mediated silver nanoparticles. (values are expressed in%.)**

Organisms	25 µg/mL	50 µg/mL	100 µg/mL	Commercial Mouthwash
C. albicans	9	9	9	13
E. faecalis	9	9	9	9
S. mutans	9	9	11	9
S. aureus	12	13	16	19

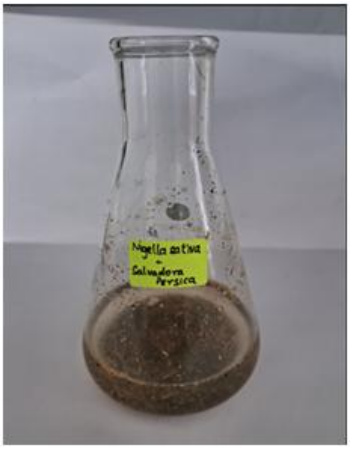

Figure.1: N. Sativa and S.persica extracts after boiling.

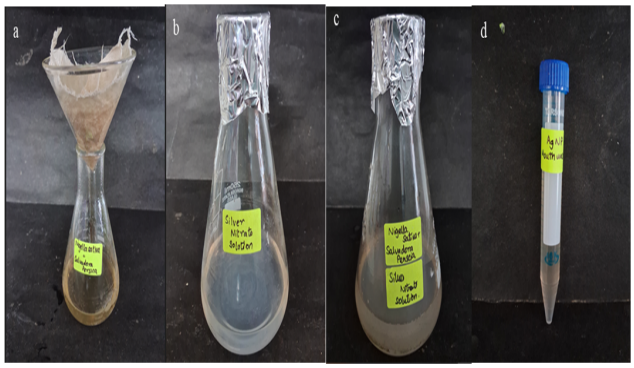

Figure.2: (From left) a.Filtration of plant extracts using a nylon mesh cloth; b. Silver nitrate solution; c. Reaction mixture containing silver nitrate solution and extracts of N.sativa and S.Persica; d. Mouthwash- N. sativa and S. persica formulation with silver nanoparticles.

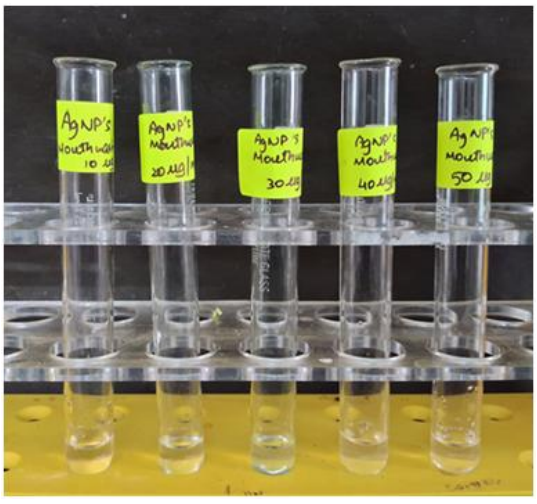

Figure.3: Mouthwash at different concentrations

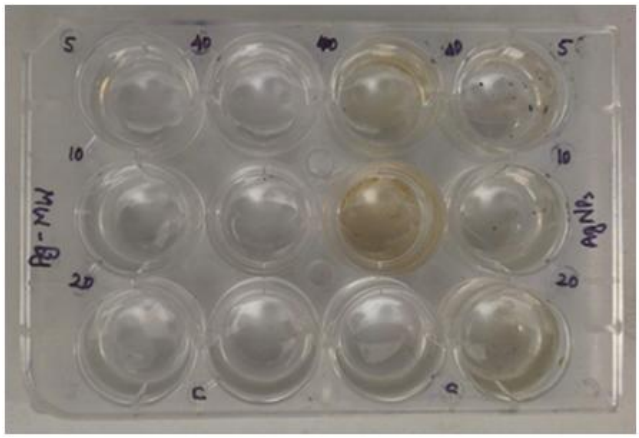

Figure.4: Brine shrimp assay

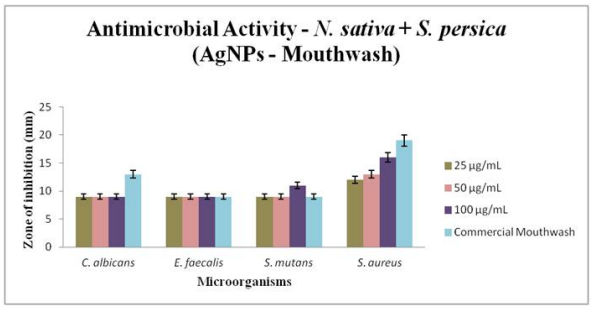

Figure.5: Antibacterial efficacy of Silver nanoparticles

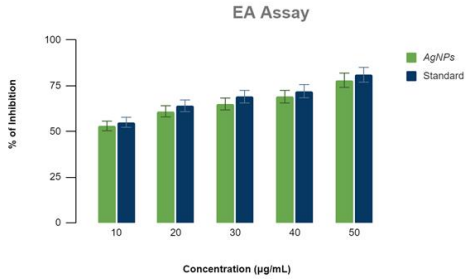

Figure.6: Anti-inflammatory properties of N. sativa and S. Persica mediated silver nanoparticles (Egg albumin denaturation assay).

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Priyangu (Foxtail Millet) Review on Nutritional Profile, Therapeutic Benefits and Culinary Applications

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Received: 09 Apr 2025 Revised: 12 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

Foxtail millet (*Setaria italica*) is among the world's most important and ancient domesticated crop. Millets in general were staple foods in the semiarid regions of East Asia (China, Japan, Russia, India, and Korea) before the popularity of rice and wheat. Foxtail Millet has gained remarkable importance in agriculture due to its resilience to climatic changes and increasing demand for nutritious food and feed. Foxtail Millet foods and beverages offer functional and health promoting benefits, notably anti-diabetic, anti-obesity, and cardiovascular disease, due to the activities of phytochemicals, which also have a role in the body's immune system. Foxtail millet is mentioned as *Kangu*or *Priyangu* in Ayurved classics. It is mentioned that Foxtail Millet have properties such as *kashayras*(pungent taste)*ruksha*(induce dryness) *guru* (heavy for digestion)and *kahpaghna*(pacify kapha dosha),all these properties make it an ideal staple food for *santarpanjanya vyadhis*(disease due to over nutrition) of modern era. Recent literature highlights its versatility in traditional recipes, modern processed products, and therapeutic diets catering to lifestyle disorders. As a result, an attempt is undertaken to map its whole nutritional profile, therapeutic benefits and culinary application using contemporary and traditional Ayurvedic literature.

Keywords: Foxtail Millet, *Priyangu / Kangu,* Nutritional Profile, Culinary Application

INTRODUCTION

Millets were the first crops cultivated at the dawn of agriculture. Millets in general were staple foods in the semiarid regions of East Asia (China, Japan, Russia, India, and Korea) and even in the entire Eurasian continent before the

popularity of rice and wheat [1]. They have gained remarkable importance in agriculture due to their resilience to climatic changes and increasing demand for nutritious food and feed. Interest in the development of policy statements about drought-tolerant grains is increasing in several developing countries such as India, China, and some countries of Africa because of water scarcity and increasing populations. Government of India had proposed to United Nations for declaring 2023 as International Year of Millets (IYOM). The proposal of India was supported by 72 countries and United Nation's General Assembly (UNGA) declared 2023 as International Year of Millets on 5th March, 2021.Now, Government of India has decided to celebrate IYOM, 2023 to make it peoples' movement so that the Indian millets, recipes, value added products are accepted globally. In addition, the earmarked funds to scientific research for purposes of improving and increasing their production and utilization as food have also been increased. Millet is one of the most important drought-resistant crops and the 6th cereal crop in terms of world agriculture production. Also, millet has resistance to pests and diseases, short growing season, and productivity under drought conditions, compared to major cereals [2]. Foxtail millet (Setaria italica) is one of the world's most important and ancient domesticated crops [3]. Currently, it is widely grown in Andhra Pradesh, Karnataka, Tamilnadu, Maharashtra, Uttar Pradesh and Bihar states. The total production in the world is 2.29 Mn MT from the area of 1.057 Mn Hectares [4].

Properties of millets are explained in *Ayurved* classics in *Dhanya Varga*. Millets have been given many synonyms like, Kudhanya (Inferior among cereals) [5], Kshudra Dhanya (small sized cereals) [6], and Trina Dhanya (grass derived cereals) [7]. Foxtail millet is mentioned as *Kangu*or *Priyangu* in Ayurved classics. It is mentioned that Foxtail Millet have properties such as *kashayras* (pungent taste) *ruksha* (induce dryness) *guru* (heavy for digestion) and *kahpaghna* (passify kapha dosha) [8], all these properties make it an ideal staple food for *santarpanjanya vyadhis* (disease due to over nutrition) of modern era.

Foxtail millet (*Setaria italica*), one of the oldest cultivated millets in the world, is gaining renewed interest in India due to its climate resilience, rich nutrient profile, and potential for culinary innovation. As India witnesses a surge in non-rice and non-wheat alternatives for sustainable diets, foxtail millet can be a key player for promoting nutrition security and food diversification. Recent literature highlights its versatility in traditional recipes, modern processed products, and therapeutic diets catering to lifestyle disorders. Foxtail Millet foods and beverages offer functional and health promoting benefits, notably anti-diabetic, anti-obesity, and cardiovascular disease, due to the activities of phytochemicals, which also have a role in the body's immune system. As a result, an attempt is undertaken to map its whole nutritional profile using contemporary and traditional literature.

Foxtail Millet – Cultivation [9]

Foxtail millet, scientific name *Setaria italica* (synonym *Panicum italicum* L.) ranks second among the millets production in the world and continues to have an important place in the world agriculture providing food to millions of people dependant on poor or marginal soils in southern Europe and in temperate, subtropical and tropical Asia. In India, it is grown mainly in Andhra Pradesh, Karnataka, Telangana, Rajasthan, Maharashtra, Tamil Nadu, Madhya Pradesh, Uttar Pradesh, and in a small extent in the northeast states of India.

Soil and Climate

Foxtail millet needs moderately fertile well drained soil for good yields, although it can grow on soils ranging from sandy to heavy clay soils. Grows better in place with annual rainfall of 500-700 mm. It cannot tolerant water logged condition or extreme drought.

Time of Sowing

Kharif: July-Aug. (Karnataka), July (TN, TS, AP),
2-3rd week of July (Maharashtra)
Rabi: August to September (Tamilnadu)
Harvesting: Normally crop is ready for harvest in 80 - 90 days after sowing
Yield: Grain 20-25 q per ha under ideal condition & Straw 30-40 q per ha.

Anatomy of a Whole Grain Kernel [10]

Bran

Bran is multi-layered outer skin of kernel that helps in protecting the other two parts of the kernel from disease, water, pests and sunlight. The bran has important antioxidants and other minerals and vitamins like iron, zinc, copper, magnesium, B vitamins, fiber, and phyto-nutrients.

Germ

Germ is the embryo, after fertilization by pollen sprouts into a new plant. The Germ contains B vitamins, vitamin E, antioxidants, phyto-nutrients and unsaturated fats.

Endosperm

Endosperm provides the energy to the plant if allowed to grow so it is called as food supply of germ. The endosperm contains starchy carbohydrates, proteins and small amounts of vitamins and minerals.

Foxtail Millet – Nutritional Profile from Contemporary Sources

Foxtail millet exhibits a robust nutritional profile, characterized by a significant macronutrient composition that contributes to its health benefits. Its protein content generally surpass that of rice and aligning with the levels found in wheat. The carbohydrate content, typically around 60 %, is largely composed of complex carbohydrates, which are associated with a lower glycemic response compared to simple sugars. The fat content in foxtail millet is relatively low, about 4.3 %, and includes a beneficial fatty acid profile. Notably, its dietary fiber content is exceptionally high and significantly exceeding that of rice and wheat. This high fiber content plays a crucial role in supporting digestion and regulating cholesterol levels. The combination of high fiber, substantial protein, and complex carbohydrates positions foxtail millet as a nutritionally advantageous grain for managing blood sugar levels, promoting satiety, and supporting overall digestive health. This makes it a valuable dietary component, especially in a context where refined grains often dominate consumption [11,34].

Foxtail millet grains are small and ovoid in shape, measures 2mm long, pale yellow – orange, red or black in colour. De-husking is done before use. It's usually cooked whole like rice, consumed as porridge or as thin bread roti. Due to their high fiber content Glycemic Index (GI) is low i.e. 59.2 [27]. Foxtail Millet is rich in alpha-glucans than wheat and rice. Uptake of sugar and rice gets decreased due to alpha-glucan [12]. The intake of 50 g of foxtail millet per day significantly improve the glycemic control, especially the postprandial glucose. The glucose-lowering effect of foxtail millet might be a result of the interaction of increased leptin concentrations, decreased insulin resistance and reduced inflammation [13]. Foxtail millet is rich in minerals such as calcium and magnesium as compared to rice. It also contains phenolics and flavonoids as antioxidant constituents [14].

Generally, the yellow color of the de-husked grain is the most direct indicator for consumers to evaluate the millet quality. Many compounds, including carotenoids (lutein and zeaxanthin), flavonoids, are predominant yellow pigments in plants and are believed to confer nutritional and pharmacological benefits to plants. Flavonoids are a large group of natural products with variable phenolic structures, containing flavone, flavanone, flavonols, isoflavone, anthocyanins, and so on. Flavonoids play essential roles in plants in forming the color and flavor of flowers and fruits, and resistance against ultraviolet B (UV-B), diseases, and pests damages [16,17,18]. In addition to the nutritional benefits, foxtail millet possesses certain phytochemicals with antinutrient effects which may hinder efficient utilization, absorption, or digestion of nutrients, and thus reduce their nutrient bioavailability and nutritional quality. Antinutrients are unevenly distributed in the grain. Depending on their localization, the proportions of these antinutrients in the diet can be reduced by dehulling and further processing [19].

Foxtail Millet – Nutritional Profile from *Classical* Ayurvedic Sources

Foxtail millet is known as *Priyangu, Kangu*or *Kangunika*in classical texts [20,21]. They are mentioned foxtail millet under category of *Kudhanya*and *Kshudradhanya,* which means small grains. Acharya Charak has described that *Priyangu* has *Kashay* (Astrigent), *Madhur* (Sweet) *rasa* (Taste) and *Sheeta* (Cold) *guna* (Properties) [22] while Acharya

Sushruta has added that it isRuksha (Dryness) [23] and Acharya Vagbhat has added that it has *guru* (heaviness) [24] *guna*as well. Due to its *Sheet* (Cold) and *Ruksha* (Dryness) *guna,* it has tendency to vitiate *Vata,* and pacify *Kapha* dosha. Bhavpraksah Nighantu and Kaidev Nighantu has described it to have *Bhruhana* (Nourishment) properties [25,26]. properties come from its *Madhur rasa* and *Guru guna.* Nighantu has also mentioned that *Priyangu has Bhagna Sandhana*(conjoining broken body tissues) properties. Acharya Sushruta and Bhavpraksh Nighantu has also mentioned different variants of foxtail millets based on colouri.e. *Krushna* (Black)*, Rakta* (Red)*, Shwet* (White),*Tamra* (Brown),*Pit* (Yellow). Among them *Pit* (Yellow) variant is regarded as best. *Priyangu* Would be ideal to use in case of*Kapha* dominant pathologies and in *santarpanothhavyadhi* (diseases due to over nutrition). However in case of *agnimandhya* and *Vata prakop,* it would be unwise to consume *Priyangu.*

Culinary Applications of Foxtail Millet in India

The culinary significance of foxtail millet varies across different regions of India, reflecting the country's rich diversity in food cultures and agricultural practices. In Southern India, encompassing states like Tamil Nadu, Kerala, Karnataka, Andhra Pradesh, and Telangana, foxtail millet has been a staple ingredient in traditional recipes prepared using methods such as steaming and fermentation. Historically, it was a common food item in regions like Rayalaseema and Telangana, consumed as a staple grain [28]. Case studies focusing on specific regions, such as Arunachal Pradesh, reveal the continued traditional consumption of foxtail millet among tribal populations, with unique recipes tailored to local ingredients and culinary customs [29]. These regional variations demonstrate the adaptability of foxtail millet to different environments and its integration into the local dietary habits of various communities.

Historically, foxtail millet has been a versatile ingredient in Indian cuisine, serving as a staple grain in numerous preparations. It is traditionally cooked similarly to rice and used in a variety of dishes such as *bisibele* bath and *pongal*, common in Southern India [29] .Beyond direct consumption as cooked grains, foxtail millet is also ground into flour and used to make chapatti (roti), a staple flatbread in many Indian households, and porridge, a simple yet nutritious meal.In the Southern states, traditional millet recipes include a wide array of dishes like pazhayasadham (fermented rice), idli (steamed rice cakes), dosa (thin crepes), uthappam (thick pancakes), appam (lace-like pancakes), puttu (steamed rice flour cylinders), kolukattai (steamed dumplings), koozh (savory porridge), kuzhipaniyaram (savory dumplings), adai (lentil and rice pancakes), and athirasam (sweet fried cakes), showcasing the diverse ways millets are incorporated into the regional diet [30]. Foxtail millet also finds its way into traditional Indian sweet dishes and snacks. It is a key ingredient in kheer, a creamy rice pudding, and laddu, a popular sweet ball.Pinni, another traditional sweet, is made from roasted foxtail millet flour mixed with ghee and sugar.[31] Savory snacks like chakli, a deep-fried spiral snack, are also prepared using foxtail millet flour, with studies evaluating their sensory and nutritional qualities. Furthermore, sattu, a traditional drink made from roasted and ground grains, can also be prepared using foxtail millet [30].

Regional and tribal cuisines across India feature unique traditional applications of foxtail millet. In Arunachal Pradesh, for example, tribal communities have their own distinct recipes, including Jumin, a locally brewed alcoholic beverage made from fermented foxtail millet. They also prepare foxtail millet soup, khichdi with local vegetables, and pulao, often incorporating indigenous herbs and spices. Even dishes like momo and chapati have local variations using foxtail millet flour. These diverse traditional culinary uses across different regions and tribal communities highlight the significant role foxtail millet has played and continues to play in the Indian food landscape [29]. In recent times, there has been a growing trend of developing value-added food products based on foxtail millet to cater to modern consumer needs. Research has focused on formulating diversified products such as rusk, cookies, millet bars, and papad, often demonstrating improved nutritional profiles compared to their traditional counterparts made from refined cereals [31]. Ready-to-cook (RTC) upma mixes incorporating foxtail millet and semolina have been developed and evaluated for their sensory attributes and glycemic index, showing promising results for convenience and health benefits [32]. Similarly, instant foxtail millet khichdi mixes have been formulated and studied for their shelf stability, offering quick and nutritious meal options [33]. These innovations reflect an effort to integrate foxtail millet into contemporary diets through convenient and appealing food formats.

Scope for Further Research

Several areas warrant further research to fully unlock the potential of foxtail millet in India. Exploring and documenting traditional recipes from lesser-known regions, developing new and appealing contemporary recipes, conducting comprehensive sensory evaluations, investigating the impact of different processing methods, and studying the long-term health effects of its consumption are all critical avenues for future investigation. By addressing these research gaps, we can further understand and leverage the culinary and nutritional benefits of foxtail millet, contributing to a healthier and more sustainable food system in India. To further promote the integration of foxtail millet into Indian diets, several strategies can be adopted. Public awareness campaigns are essential to educate consumers about its nutritional benefits and culinary versatility. Continued recipe development, focusing on both traditional and innovative dishes, can make foxtail millet more appealing and accessible. Government support through agricultural policies and inclusion in food programs can also play a crucial role. The food processing industry can contribute by developing convenient and palatable foxtail millet-based products. Reviving and promoting traditional knowledge and practices related to millet consumption within communities can also enhance its uptake.

CONCLUSION

Foxtail millet (*Setaria italica*) is among the world's most important and ancient domesticated crop. They have gained remarkable importance due to their resilience to climatic changes and increasing demand for nutritious food and feed. Foxtail millet ranks second among the millets production in the world. Foxtail millet is highly nutritious and superior to other cereals like rice and wheat in protein content, fiber content and fatty acid content. Foxtail millet is rich in minerals such as calcium and magnesium as compared to rice. carotenoids (lutein and zeaxanthin), flavonoids, are predominant yellow pigments in food grains. Phenolic compounds and flavonoids are important components which confer nutritional and pharmacological benefits to Foxtail millet.

Priyangu has *Kashay* (Astrigent), *Madhur* (Sweet) *rasa* (Taste) and *Sheeta* (Cold), Ruksha (Dryness), *Guru* (heaviness) *guna* (Properties). It has *Bhruhana* (Nourishment), Bhagna Sandhana (conjoining broken body tissues) properties. It should be consumed individuals with good *Agni* (Digestive power) for management of *Kapha* Predominant conditions and for disease due to over nutrition such as obesity and diabetes. *Priyangu* should be avoided by individuals with *Agnimadya*(Low digestive power) and *Vata* Predominant Pathalogies. The versatility of foxtail millet in culinary applications promotes dietary diversity by offering a nutritious alternative to the over-reliance on rice and wheat in Indian diets, thus encouraging a more varied food basket. Its adaptability allows for integration into a wide array of traditional and contemporary dishes, ranging from staples like roti and rice to breakfast items, sweets, snacks, and even beverages.

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Table 1. LOCAL NAMES OF FOXTAIL MILLET

LANGUAGE	***NAME***
Hindi	Kangni, Kakum
Sanskrit	Kanguni
Kannada	Navane
Tamil	Tenai
Telugu	Korra, Korralu
Malayalam	Thina
Marathi	Kang, Rala
Gujarati	Kang
Bengali	Kaon
Oriya	Kanghi, Kangam, Kora
Punjabi	Kangni
Kashmiri	Shol

Table 2. STATE WISE POPULAR FOXTAIL MILLET CULTIVARS

State	**Varieties popular in the**
Andhra Pradesh	SiA 3088, SiA 3156, SiA 3085, Lepakshi, SiA 326, Narasimharaya, Krishnadevaraya, PS 4
Bihar	RAU-1, SiA 3088, SiA 3156, SiA 3085, PS 4
Karnataka	DHFt-109-3, HMT 100-1, SiA 3088, SiA 3156, SiA 3085, PS 4, SiA 326, Narasimharava
Raiasthan	Pratap Kangani 1 (SR 51), SR 1, SR 11, SR 16, SiA 3085, SiA3156,PS 4
Tamil Nadu	TNAU 43, TNAU-186, Co (Te) 7, Co 1, Co 2, Co 4, Co 5, K2, K3, SiA3088,SiA 3156, SiA3085,PS 4
Telangana	SiA 3088, SiA 3156, SiA 3085, Lep-akshi, SiA 326
Uttarakhand	PS 4, PRK 1, Sreelaxmi, SiA 326, SiA 3156, SiA 3085
Uttar Pradesh	PRK 1, PS 4, SiA 3085, SiA 3156,Sreelaxmi, Narasimharaya, S-114,SiA 326

Table3. Nutritive Value of Foxtail Millet [11] (per 100 gm)

Carbohydrates (g)	Protein (g)	Fat (g)	Energy (Kcal)	Crude fibre (g)	Ca (mg)	P (mg)	Mg (mg)	Zn (mg)	Fe (mg)
60.1	12.3	4.30	331	8	31.0	188	81	2.4	2.8

Table 4. Essential Amino Acid (mg/g of N)[12]

Amino Acid	Value
Arginine	220
Histidine	130
Lysine	140
Tryptophan	60
Phenyl Alanine	420
Tyrosin	-
Methionine	180
Cystine	100
Threonine	190
Leucine	1040
Isoleucine	480
Valine	430

Table 5. Vitamins (mg/100 g)[12]	
VITAMIN	**VALUE**
Thiamin	0.59
Niacin	3.2
Riboflavin	0.11
Vit B5	0.82
Folic Acid	15
Vit E	31

Table 6. Fatty Acids (mg/100g) [12]	
FATTY ACID	**VALUE**
Palmitic	6.4
Stearic	6.3
Linoleic	66.5
Linolenic	-

Table 7. Properties of *Priyangu* From Classical Ayurvedic Texts.				
Rasa	***Guna***	***Doshaghnata***	***Dosha Prakop***	***Karma***
Kashaya	*Ruksha*	*Kapha*	*Vata*	*Bhruhana*
Madhur	*Sheeta*	*Pitta*		*Bhagnasandhana*
	Guru			

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

CASE STUDY ARTICLE

Management of Post Fracture Stiffness by *Murivenna Marma Abhyanga* with Rehabilitation Exercise – A Case Report

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Received: 23 Apr 2025 Revised: 28 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Most fractures and dislocations require a period of cast immobilization for proper healing, which results in joint stiffness and muscular weakness. Western medicine applies physiotherapy in post fracture stiffness. In Ayurveda, Acharya Sushruta has given a separate chapter for fracture and its treatment as *Bhagna Chikitsa*. In the case presented here, a 52 year old female patient had colle's fracture in Right hand due to fall. Initially she was managed with closed reduction and POP cast was given below elbow for 6 weeks. After POP removal, patient was still having restricted movement with severe pain, stiffness and persistent inflammation at the joint site. Then she was managed with *Marmaabhyanga* with *Murivennataila* along with rehabilitation for 40 days. She got relief in pain and range of movement improved after completion of treatment. This single case reveals that post fracture stiffness can be successfully managed with *Marmaabhyanga* with *Murivennataila.*

Keywords: Fracture, *Murivennataila, Marmaabhyanga,* Post fracture stiffness

INTRODUCTION

Fractures are a common orthopaedic injury that involve a break in the continuity of a bone or part of its mineralized structure. They often occur due to traumatic physical forces, such as a fall or impact, and can range in severity. One specific type of fracture is the Colle's fracture, which involves a break at the distal end of the radius, typically resulting from a low-energy fall onto an outstretched hand. This type of fracture has a notably higher incidence in post-menopausal women due to decreased bone density and increased vulnerability to falls. The management of fractures involves a multi-step approach that includes reduction (realigning the bone), immobilization (ensuring

stability during healing), and rehabilitation (restoring function and mobility after recovery). However, complications like delayed union, malunion, deformity, regional pain syndrome, and stiffness can arise[1]. Traditional treatment approaches, as outlined by Acharya Sushruta in Bhagna Chikitsa, emphasize*Aanchana* (traction), *Pidana* (pressure), *Sankshepa* (apposition) and *Bandhana* (bandaging)[2]. After that, rehabilitation through specialized exercises like *Mrutapindadharana*, *Lavanapindadharana*, and *Pashanapindadharana* to aid in recovery and restore mobility[3]. Ayurveda, the ancient science of life, emphasizes the intricate connection between the body, mind, and vital energy points known as *Marma*. It should be avoided from *Shastra, Kshara* and *Agnikarma*[4]. These points are considered centers of life force, playing a crucial role in physiological and energetic balance. Any injury or disruption to these points can lead to significant health disturbances, making their protection and careful handling essential in Ayurvedic practice. In *Marma Chikitsa*, the role of *VataDosha* is considered to be of prime importance. All therapeutic interventions are done for maintaining normalacy of *Vata*[5].

Introduction of MurivennaTaila

MurivennaTaila is used in traditional practice in Kerala as a drug of choice in *AbhighatajaShoola* (Traumatic pain) as an external application. It is an *Anubhuta Yoga* which is mentioned in Pharmacopeia of Govt. Ayurved College Pharmacy Trivandrum, Kerala. This oil is used in the form of *Pichu*, *Dhara* (pouring medicated oil), *Bandhana* (bandaging). So, considering this in this case report, patient was treated by *MarmaAbhyanga* with MurivennaTaila in Post fracture stiffness after removing POP and got efficient relief in post fracture stiffness, pain and swelling.

Aim To evaluate therapeutic efficacy of *MarmaAbhyanga* with Murivennataila in Post fracture stiffness.

Objective Therapeutic evaluation of *MarmaAbhyanga* and MurivennaTaila in Post fracture stiffness.

MATERIAL AND METHODS

Data Collection

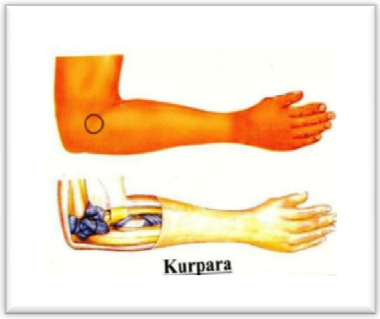
Patient's Name: XYZ
Age: 52 years
Sex: Female
Occupation: House wife
Diagnosis: Post fracture Stiffness
H/o Present illness: A 52 year's old female patient had colle's fracture in Right hand due to fall. Initially she was managed with closed reduction and POP cast was given below elbow for 6 weeks. After POP removal, patient was still having restricted movement with severe pain, stiffness and persistent inflammation at the joint site.

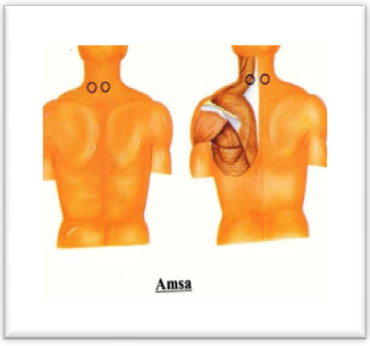
Material Murivenna taila[6]

Ingredients

Sr No.	Ingredient	Botanical Name
1.	Kumari	*Aloe vera*tourn.ex Linn.
2.	Palandu	*Allium cepa* Linn.
3.	Paribhadra	*Erythrinaindica* Lam.
4.	Karanja	*Pongamiaglabra*Vent.
5.	Shatavari	*Asparagus racemosus*Willd.
6.	Madangandhi	*Borreriaarticularis*Linn.f
7.	Tamboolapatra	*Piper betel* Linn.
8.	Shigru	*Moringapterygosperma*Gaertn.
9.	Tandulambu	*Oryzasativa* Linn.
10.	Base - Coconut Oil	-

MARMAS CONSIDERED IN THE MANAGEMENT OF COLLE'S FRACTURE

Sr. No.	Marmas[7]	
1.	Manibandha	
2.	Talahridaya	
3.	Kshipra	
4.	Kurpara	

5.	Indrabasti	
6.	Kurcha	
7.	Kurcha-shira	
8.	Amsa	

METHODS

STHANIK CHIKITSA

Assessment Criteria:

Signs & Symptoms	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
Stiffness	No	Mild	Moderate	Severe	-
Tenderness	No	Pt c/o pain	Patient winces	Winces & withdraws the area	Does not allow to touch
Swelling	No	Mild	Moderate	Severe	-

RESULT

Signs and Symptoms	BT Grade	AT Grade
Stiffness	03	01
Pain	VAS 8	VAS 0
Tenderness	03	00
Swelling	02	01

After 40 days of treatment, significant improvement seen in Pain, Tenderness, Swelling and Stiffness. Follow up Weekly once for 30 days

DISCUSSION

The principle of immobilization plays a crucial role in fracture management by preventing movement, alleviating pain, and facilitating proper bone healing. However, prolonged immobilization may lead to joint stiffness, necessitating therapeutic interventions to counteract such effects. Murivenna Taila, an Ayurvedic formulation, has been observed to reduce inflammation, potentially by enhancing microcirculation[8]. Its efficacy in managing traumatic and inflammatory conditions can be attributed to its predominant *Tikta, Katu,* and *Madhura Rasa*, which contribute to its *Kapha* and *Pitta Shamaka* properties. The *Vata-Kaphahara* nature of MurivennaTaila aids in reducing pain and stiffness, while its *Pitta-Rakta Shamaka* properties help in relieving inflammation[9]. Furthermore, Marma Chikitsa, rooted in fundamental Ayurvedic principles such as *Panchamahabhuta siddhanta* and *Agnisomiya Siddhanta*, emphasizes the significance of *Marma* points in the body's energy flow. The concept of *Prana*, concentrated at *Marma* points, suggests that stimulating these sites through *Marma Abhyanga* enhances *Prana* flow, contributing to the therapeutic benefits observed. The combined effect of Murivenna Taila and *Marma Abhyanga* demonstrates significant relief in post-fracture stiffness, pain, and inflammation, reinforcing their role in holistic Ayurvedic management of musculoskeletal injuries.

CONCLUSION

This single case reveals that post fracture stiffness can be successfully managed with *MarmaAbhyanga* with *Murivenna Taila*.

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Figure.1: Abhyanga with MurivennaTaila

Figure.2: Stimulation of Marma

Figure.3: Rehabilitation exercise (5-7 times)

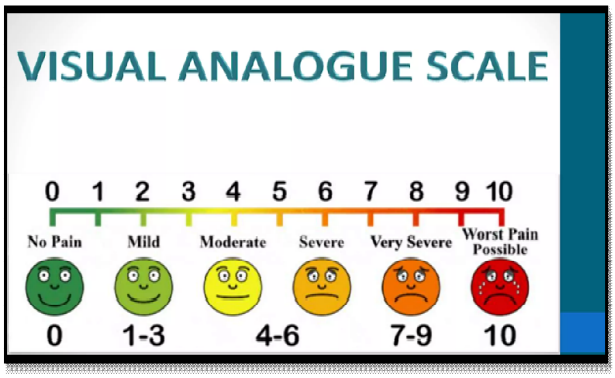

Figure.4:Visual Analogue Scale

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Factors Influencing Gen Z Postgraduates' Engagement with MOOCs in Northeast India

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Received: 01 Apr 2025 Revised: 18 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

In this study the main factors influencing Gen Z postgraduate students in Northeast India's participation in Massive Open Online Courses (MOOCs) are examined. This study used a quantitative research approach. Data were gathered from 120 Gen Z postgraduate students using a structured questionnaire "MOOCs Engagement Scale" developed by Vijila and Thiyagu that measured behavioral, cognitive, emotional, social, and overall students' engagement in MOOCs. The study examines MOOC engagement among postgraduate learners in Northeast India and finds moderate to high levels of engagement across all dimensions. Interestingly, while there was no discernible difference in emotional engagement, female students demonstrated higher levels of behavioral, cognitive, and social engagement than their male counterparts. While social engagement was unaffected, previous MOOC experience had a significant impact on behavioral, emotional, cognitive, and total engagement. These results cast doubt on assumptions about student involvement in MOOCs and highlight the need for cooperative engagement techniques, especially for male students and those with less experience. This research contributes to the literature on MOOC engagement and offers practical insights for educators aiming to enhance student involvement in online learning environments.

Keywords: MOOC, Engagement, Cognitive, Emotional, Behavioural, Postgraduate students

INTRODUCTION

Massive Open Online Courses (MOOCs) have revolutionized higher education by providing flexible, accessible, and cost-effective learning opportunities to diverse populations worldwide. In geographically isolated regions like Northeast India, where mountainous terrain and limited infrastructure create significant barriers to traditional education, MOOCs represent a vital alternative pathway for accessing quality educational resources and opportunities. The effectiveness of MOOCs, however, is fundamentally dependent on learner engagement—the

extent to which participants actively interact with course content, instructors, and peers. Engagement in online learning environments is multifaceted, encompassing behavioral, emotional, cognitive, and social dimensions. These dimensions are influenced by various factors including demographic characteristics, motivational drivers, technological access, and prior learning experiences. The purpose of this study is to examine the major factors that influence MOOC participation among Gen Z postgraduate students in Northeast India. Specifically, the study will look at how age, gender, and previous MOOC experience affect the behavioral, cognitive, emotional, and social aspects of engagement. The study's objective is to uncover these crucial elements in order to offer insights that may improve MOOC efficacy and further the more general objective of guaranteeing fair access to high-quality education in this area.

Rationale for the Study

This research specifically focuses on Gen Z postgraduate learners in Northeast India for several compelling reasons. First, Gen Z (individuals born between 1997 and 2012) represents the first truly digital-native generation, having grown up with ubiquitous internet access and digital technologies. Their unique relationship with technology shapes their learning preferences and behaviours in ways that differ significantly from previous generations. As digital natives, they possess distinctive expectations regarding educational delivery, interaction styles, and content formats that may influence their engagement with MOOCs. Second, despite their technological fluency, Gen Z learners in Northeast India face unique regional challenges, including inconsistent internet connectivity, linguistic barriers, and cultural factors that may affect their engagement with predominantly Western-designed MOOCs. Understanding these region-specific dynamics is crucial for developing more inclusive and effective online learning environments. Third, postgraduate students represent a demographic at a critical educational juncture, where specialized knowledge acquisition and professional skill development directly impact career trajectories. Their engagement with MOOCs has significant implications for workforce development and economic growth in this developing region.

By identifying the key determinants that influence MOOC engagement among this specific demographic, this study aims to provide actionable insights for educational institutions, policymakers, and MOOC providers. These insights can inform the development of tailored interventions and design modifications to enhance engagement levels, improve completion rates, and ultimately contribute to the broader goal of democratizing access to quality higher education in Northeast India. The findings will also contribute to the emerging body of literature on generational differences in online learning preferences and behaviours, with particular attention to how this manifest in non-Western, developing regions where educational infrastructure remains limited.

LITERATURE REVIEW

A thorough understanding of how these studies relate to one another in the context of learner engagement in MOOCs is provided by the structured summary of studies from 2023 to 2012, which has been divided into three categories: supporting literature, contrasted literature, and further support and contrast. In order to analyze student involvement in MOOCs, Sharif and Ramakrishnan (2023) defined critical engagement measures, highlighting their function in enhancing course materials. In a similar vein, Deng et al. (2022) created and approved the MOOC Engagement Scale (MES), which uses four parameters to gauge learner engagement. A machine learning strategy was put forth by Elghomary et al. (2022) to improve trust and participation in MOOCs, and Lee and Song (2022) discovered that task value and academic self-efficacy have a beneficial impact on learning perseverance in these kinds of courses. Ten crucial metrics for raising engagement were discovered by Ogunyemi et al. (2022), offering direction to course creators. Bastos et al. (2019) explored participant profiles and motivations, showing how these affect engagement behaviours.

Maksoud (2019) discovered that the use of MOOCs in flipped classrooms enhanced both course grades and student engagement, and Guajardo-Leal et al. (2019) reported a favourable relationship between course completion and forum participation. A number of other studies, including those by Aboulmagd (2018), Almutairi and White (2018)

examined the function of engagement models, demographic factors, and the necessity of particular metrics in MOOCs. Crues et al. (2018) offered a multidimensional definition of engagement, indicating variables that are constant across different courses, while Sun and Bin (2018) also made a contribution by identifying important behavioral engagement characteristics, highlighting the significance of evaluating engagement.

Garcia and Appel (2021) found that learner involvement rose during the COVID-19 epidemic, with social components playing a substantial influence, contrasting with past studies that focused on other engagement parameters. Studies that focus just on internal motives have not discovered extrinsic elements that influence student involvement, as Ucar and Sarıtepeci (2022) have. The lack of a discernible difference in involvement between blended and traditional on-campus learners was reported by Cornelius et al. (2019), casting doubt on the dynamics of current engagement. Contrary to the notion that greater involvement produces better results, Chaw and Tang (2019) discovered a non-significant link between negative engagement and course completion. Crues et al. (2018) questioned the notion that learning activities usually increase engagement by talking about how quiz attempts have a detrimental impact on it. Furthermore, in contrast to research that connects involvement to social presence, Aboulmagd (2018) found no significant relationship between engagement and perceptions of Community of Inquiry presences. Guajardo-Leal et al. (2019) further highlighted the heterogeneity in engagement outcomes by identifying contextual and demographic factors that impact course completion differently.

Results of blended learning engagement were reaffirmed by Cornelius et al. (2019), who also suggested that the dynamics of engagement would need to be reevaluated. Theories concerning the function of motivation in engagement were supported by Chaw and Tang's (2019) comparison of positive and negative motivations. Maksoud (2019) provided evidence in favor of the notion that novel teaching strategies, such as flipped classrooms, can improve student involvement, investigated age-related variations in student behavior, offering fresh perspectives on the dynamics of engagement. Because survey response rates varied, questioned the representativeness of engagement measures. While producing divergent results about the importance of several engagement dimensions, Sun and Bin (2018) developed an assessment model for behavioral engagement, which helped to understand engagement elements. In contrast to other research that places more emphasis on intrinsic motivation, Chaw and Tang's (2019) findings of positive motivation and engagement offered more evidence in favour of motivational theories.

Research Objectives

- To assess overall level of MOOC engagement and its dimension (behaviour, cognitive, emotional, and social)among Gen Z postgraduate students in Northeast India.
- To examine the influence of gender on the MOOC engagement and its dimension(behaviour, cognitive, emotional, and social)levels of Gen Z postgraduate students.
- To analyze the impact of age on the level of MOOC engagement and its dimension (behaviour, cognitive, emotional, and social)among Gen Z postgraduate students.
- To determine the role of experience with MOOCs in influencing the engagement and its dimension (behaviour, cognitive, emotional, and social)levels of Gen Z postgraduate students.

Research Hypotheses

- $H_0 1$
  Gen Z postgraduate students exhibit a low level of MOOC engagement and its dimension (behaviour, cognitive, emotional, and social) in Northeast India.
- $H_0 2$
  There is no significant difference in MOOC engagement and its dimension (behaviour, cognitive, emotional, and social)between male and female Gen Z postgraduate students.
- $H_0 3$
  Age does not significantly impact the level of MOOC engagement and its dimension (behaviour, cognitive, emotional, and social)among Gen Z postgraduate students.

- $H_0 4$
- Previous experience with MOOCs does not significantly influence the engagement and its dimension (behaviour, cognitive, emotional, and social)levels of Gen Z postgraduate students.

RESEARCH METHODOLOGY

The present study employed a descriptive survey method to analyze the key determinants of MOOC engagement among Gen Z postgraduate students in Northeast India. The descriptive survey method was deemed appropriate for the study as it facilitates the systematic collection of data from a predefined population, allowing the researcher to explore the current status and relationships between variables. All Gen Z postgraduate students at Northeast Indian universities specific in Assam who were enrolled in different fields made up the study's population. Students who had previously participated in MOOCs or were currently doing so as part of their learning journey were the study's primary focus. Using basic random sampling selection, 120 Gen Z postgraduate students (between 20-28 years old)in total were chosen as the study's sample. By ensuring that every postgraduate student had an equal chance of being included in the sample, this sampling strategy minimized the effects of sampling bias. The sample was taken from a group of students who were enrolled in various postgraduate programs at the Northeast Indian universities that were chosen.

Instrument for Data Collection

For gauging student participation in Massive Open Online Courses, a reliable tool the"MOOCs Engagement Scale (MES)" developed and standardized by Vijila and Thiyagu (2022) with 46 Likert scale-based items was used. The scale offers a thorough evaluation of four essential engagement characteristics that are vital to comprehending how learners engage with MOOCs and accomplish learning objectives:

- **Behavioral Engagement** Study learners' visible behaviours, such as their participation in class activities, their completion of assignments, and how often they log into the platform.
- **Cognitive Engagement** Evaluates students' level of intellectual engagement, including their focus, interest, and attempts to understand the material being covered in class.
- **Emotional Engagement** Assesses how students feel about MOOCs in terms of their motivation, interest, and general level of satisfaction with the course material.
- **Social Engagement** Measure how students interact with peers and instructors in MOOCs, including participation in discussion forums, collaborative activities, peer reviews, and community building.

Participants responded to each item on a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree), indicating their level of agreement with each statement. The MOOC Engagement Scale yields a total possible score ranging from 46 to 230, with higher scores representing greater levels of engagement with MOOCs. This comprehensive measurement approach allows for precise quantification of participants' involvement across all engagement dimensions. Respondents are divided into groups with low, moderate, or high levels of involvement based on their scores. The scale has proven to be very reliable, with a Cronbach's alpha of 0.888, guaranteeing the consistency and precision of the measurements. It has undergone extensive testing to confirm both content and construct validity.

Data Collection Procedure and Data Analysis

Through a survey questionnaire, the questionnaire was given to the sample of Gen Z postgraduate students. Prior to data collection, all participants were told about the study's goal and their agreement was obtained. Descriptive statistics, such as measures of central tendency (mean, median, and mode) and dispersion (standard deviation), were used to examine the survey data. Furthermore, inferential statistical methods like regression analysis and correlation were used to look at the connections between important factors and MOOC involvement levels.

- **$H_0 1$**
  Gen Z postgraduate students in Northeast India exhibit a low level of MOOC engagement and its dimension.

Three levels are assigned to each dimension: Lower Level, Moderate Level, and Higher Level. Table 1 displays the distribution of participants' involvement levels across several metrics of participation in MOOCs. The findings are presented below:

- **Behavioral Engagement** The majority of Gen Z postgraduate students in Northeast India show moderate levels of involvement with MOOCs. In particular, six (5%) participants exhibit low interest levels, whereas 99 (82.5% of the total) fit into the moderate engagement category. Furthermore, 15 (12.5%), individuals exhibit a high degree of engagement. This distribution shows that students are actively engaged in their education, but it is evident that more behavioral engagement is required to move pupils from the moderate category to the higher degrees of involvement.

- **Cognitive Engagement** When it comes to cognitive involvement with MOOCs, the results suggest that while 27 participants (22.5%) demonstrate high levels of engagement, 74 students (61.7%) demonstrate moderate levels of engagement. Nonetheless, 19 individuals (15.8%) are classified as having minimal engagement. This evidence implies that even though a large number of students are successfully assimilating and processing information, a sizable fraction may not be paying close attention to the material covered in the course. Increasing students' cognitive engagement, especially at the lower end, may improve their success in MOOCs and overall learning results.

- **Emotional Engagement** The results show that 89 participants (74.2%) report moderate emotional engagement with MOOCs, whereas 24 individuals (20%) report significant emotional involvement. On the other hand, only 7 (5.8%) of the participants fit the description of poor engagement. This suggests that a significant number of students are not only participating but also forming emotional connections with their learning experiences. Improving emotional involvement can improve these students' educational experience even more, especially for those who are already ranked lower.

- **Social Engagement** In terms of social engagement, the data reveals that 24 participants (20%) demonstrate high levels of social connection with the course material and their peers, whereas 74 participants (61.7%) are moderately involved. Nonetheless, a greater percentage of students22, or 18.3%are classified as having poor levels of participation in this area. This shows that although the majority of students participate in MOOCs' social components to a sufficient degree, there is room for improvement in terms of encouraging stronger social ties and interactions. Improving the chances for social participation may contribute to everyone's learning experience being better.

- **Overall MOOCs Engagement** According to the overall evaluation of MOOCs participation, 31 participants (25.8%) demonstrate high engagement with MOOCs, while 83 participants (69.2%) show moderate engagement levels. Merely 6 individuals (5%) are classified as having minimal engagement. These findings demonstrate that a sizable majority of Gen Z postgraduate students in Northeast India participate in their MOOCs at moderate to high levels across a range of parameters, indicating that they are actively engaged in the program. This encouraging result implies that MOOCs are successfully satisfying the demands of these students and that there is room for even more involvement, especially from those who are at the lower end of the engagement range.

Based on the data presented in Table 1, the null hypothesis ($H_0 1$) that Gen Z postgraduate students in Northeast India demonstrate low levels of MOOC engagement is rejected. The evidence strongly counters this assumption, as the vast majority of participants exhibit moderate to high levels of engagement across all dimensions. Specifically, 95% of students show moderate to high behavioral engagement, 94.2% demonstrate moderate to high emotional engagement, 84.2% display moderate to high cognitive engagement, and 81.7% exhibit moderate to high social

engagement. Overall, 95% of Gen Z postgraduate students in Northeast India engage with MOOCs at moderate to high levels. These findings clearly indicate that these learners are actively participating in and connecting with MOOCs, contradicting the notion of low engagement. The strong engagement patterns observed suggest that Gen Z students in Northeast India are effectively utilizing online learning platforms, which warrants further investigation into the specific factors contributing to this positive engagement phenomenon.

$H_0$2

There is no significant difference in MOOC engagement and its dimension between male and female Gen Z postgraduate students.

The mean scores of male and female participants are compared in Table 2 for the following MOOC engagement variables: behavioral, emotional, cognitive, social, and overall. In order to assess if the variations in mean scores between the male and female groups are statistically significant, it also contains the findings of an independent sample t-test.

- **Behavioral Engagement** The mean score for men (N = 45) was 66.16 with a standard deviation of 20.7, but the mean score for women (N = 75) was higher at 80.85 with a standard deviation of 14.36. The statistical significance ($p < 0.05$) of the behavioral engagement difference between males and females is indicated by the t-value of 4.584 at the significance level of 0.000. This indicates that there is a markedly higher behavioral engagement among female participants.

- **Cognitive Engagement** Males had a mean cognitive engagement score of 14.49 (SD = 3.52), whereas females had a higher mean score of 18.07 (SD = 3.15). The t-value is 5.757, and the significance level is 0.000, showing a statistically significant difference between males and females in cognitive engagement ($p < 0.05$). Females demonstrated significantly higher cognitive engagement than males in MOOCs.

- **Emotional Engagement** The mean emotional engagement score for males was 39.44 (SD = 8.37), and for females, it was 41.73 (SD = 8.00). The t-value is 1.491 with a significance level of 0.139, indicating no statistically significant difference in emotional engagement between males and females ($p > 0.05$). Thus, both genders show similar levels of emotional engagement in MOOCs.

- **Social Engagement** Males scored an average of 27.33 (SD = 7.01) on the social engagement scale, whereas females scored an average of 30.43 (SD = 4.62). The difference in social involvement between males and females is statistically significant ($p < 0.05$), as indicated by the t-value of 2.909 at a significance level of 0.004. In MOOCs, female participants engage in more social interactions than male participants do.

- **Overall MOOCs Engagement** Men scored 147.42 (SD = 35.77) overall MOOCs engagement, while women scored better at 171.16 (SD = 27.06). o There is a statistically significant difference in the overall MOOCs engagement between males and females ($p < 0.05$), according to the t-value of 4.114 at the significance level of 0.000. Compared to male participants, female participants engage in MOOCs at a considerably higher rate overall.

The findings of the t-test show that when it comes to behavioral, cognitive, social, and general involvement with MOOCs, females consistently perform better than male students. On the other hand, there was no discernible gender difference in emotional engagement. According to the results, females participate in MOOCs at higher rates in the majority of engagement parameters. These findings may help in customizing MOOC tactics to increase male participation. Gender has a statistically significant effect on behavioral, cognitive, social, and total MOOCs involvement, according to the t-test results. On the other hand, there is no discernible variation in emotional engagement by gender. For behavioral, cognitive, social, and overall involvement, we thereby reject the null hypothesis ($H_0$2), but are unable to do so for emotional engagement.

- **$H_0$3: Age does not significantly impact the level of MOOC engagement and its dimension among Gen Z postgraduate students.**

  The ANOVA test findings and descriptive statistics for the association between age and the various MOOC engagement aspects (behavioral, emotional, cognitive, social, and overall engagement) among Gen Z postgraduate students are displayed in the Table 3. Above 20 and less than 23, above 23 and less than 26, and above 26 and less than 29 are the three age categories that are being compared.

- **Behavioral Engagement:** The group of participants who were "above 26" had the greatest mean behavioral involvement (79.50), which was followed by the groups who were "above 20" (75.87) and "above 23" (73.64). The p-value (Sig.) is 0.458 and the F-value is 0.787, both of which are higher than the significance level of 0.05. This suggests that there are no age-related differences in behavioral involvement that are statistically significant.

- **Cognitive Engagement:** "above 26" group (17.20) had the highest level of cognitive engagement, followed by "above 23" (16.67) and "above 20" (16.56). Results of the ANOVA show that there is no statistically significant difference in cognitive engagement based on age, with an F-value of 0.204 and a p-value of 0.816.

- **Emotional Engagement:** The groups "above 26" (43.11), "above 20" (41.72), and "above 23" (39.61) received the highest mean scores for emotional engagement. Results of the ANOVA show that there is no statistically significant difference in emotional engagement between the age groups, with the F-value being 1.698 and the p-value being 0.188, both of which are greater than 0.05.

- **Social Engagement:** Mean Scores: The "above 26" group had the highest social engagement (29.85), followed closely by the "above 23" group (29.20) and the "above 20" group (29.08). ANOVA Results show there appears to be no discernible variation in social involvement between age groups, with an F-value of 0.124 and a p-value of 0.883.

- **Overall Engagement:** Mean Scores: The groups "above 26" and "above 20" had the highest overall engagement scores (169.65, 163.23) and "above 23" and "above 23" respectively (159.21). • ANOVA Results show that the F-value is 0.796, and the p-value is 0.454, which suggests no statistically significant difference in total MOOCs involvement across the different age groups.

The p-values for each of the five MOOC engagement dimensions—behavioral, cognitive, emotional, social, and overall engagement—are higher than the conventional significance level of 0.05, according to the ANOVA results. It is not possible for us to reject the null hypothesis ($H_0$3) because none of the p-values are less than 0.05. This indicates that among Gen Z postgraduate students, age has no statistically significant effect on the degree of MOOC involvement or its characteristics. Therefore, when it comes to the behavioral, cognitive, emotional, social, or overall dimensions of MOOC engagement, age is not a relevant factor.

- **$H_0$4**
  Previous MOOCs experience does not significantly influence the engagement and its dimension levels of Gen Z postgraduate students.

Based on Gen Z postgraduate students ' previous MOOCs experiences, the Table4 displays the findings of the t-test for differences in MOOC engagement and its dimensions as well as a Group Statistics analysis. Under the definitions, the experience groups are "above 6 months to less than 1 year" and "above 1 year to less than 2 years." The analysis assesses the elements of behavioral, emotional, cognitive, social, and overall engagement.

- **Behavioral Engagement** Students with six months to a year of experience have a mean score of 67.00. The mean is 78.00 for students who have more than a year of experience. There is a statistically significant difference in

behavioral involvement between the two experience groups, as indicated by the t-value of -2.892 and the p-value of 0.005 ($p < 0.05$). Experience levels are positively correlated with behavioral engagement.

- **Cognitive Engagement** The mean for students with six months to one year of experience is15.07, 17.25 is the mean for students with more than a year of experience. There is a substantial difference in cognitive involvement, as indicated by the t-value of 2.837 and the p-value of 0.005 ($p < 0.05$). Experienced students exhibit higher levels of cognitive involvement.

- **Emotional Engagement** The mean is 38.07 for students with between six months and a year of experience. The mean is 41.77 for students who have more than a year of experience. o A significant difference in emotional engagement is indicated by the t-value of -2.152 and the p-value of 0.033 ($p < 0.05$). Experienced students exhibit higher levels of emotional engagement.

- **Social Engagement** The mean is 27.97 for students with between six months and a year of experience. The mean is 29.68 for students who have more than a year of experience. The two experience groups' levels of social engagement are not significantly different, as indicated by the t-value of -1.390 and the p-value of 0.167 ($p > 0.05$).

- **Total MOOC Participation** The mean is 148.10 for students with between six months and a year of experience. The mean is 166.77 for students who have more than a year of experience. There is a substantial difference in the overall MOOCs engagement, as indicated by the t-value of -2.760 and the p-value of 0.007 ($p < 0.05$). Experienced students show higher levels of overall involvement.

The t-test results indicate that students with varying degrees of previous MOOC experience exhibit significant differences in the behavioral, emotional, cognitive, and overall MOOCs Engagement aspects. The p-values for these dimensions are all below 0.05, indicating that students with more than 1 year of experience exhibit significantly higher engagement in these areas compared to students with less experience. However, Social Engagement does not show a statistically significant difference ($p = 0.167$), suggesting that prior experience does not significantly impact social engagement. For behavioral, cognitive, emotional, social and overall MOOCs engagement, lead to reject the null hypothesis (H_04) since prior MOOC experience strongly influences these characteristics. But in the case of social engagement, unable to reject the null hypothesis, suggesting that there is no discernible variation in this dimension according to previous MOOC experience

RESULTS AND DISCUSSION

The study disproves the null hypothesis (H_0) about low engagement levels by showing that Gen Z postgraduate students in Northeast India demonstrate moderate to high levels of interest across all MOOC parameters. When it comes to behavioral, cognitive, and social involvement, female students regularly outperform their male counterparts; there is no discernible difference in emotional engagement. Furthermore, students who have completed more than a year of MOOCs demonstrate higher levels of involvement in behavioral, emotional, cognitive, and overall domains; social engagement is not impacted by previous MOOC experience. The results challenge preconceived notions about low participation rates by indicating that Gen Z Gen Z postgraduate students in Northeast India are successfully interacting with MOOCs (Hew & Cheung, 2021). Female students' proactive attitude to learning may be the reason for their higher levels of engagement, which is consistent with other research showing that women are more likely to be engaged in educational environments (Meyer et al., 2020).

Moreover, the affirmative association observed between previous participation in MOOCs and engagement levels underscores the significance of being acquainted with online learning platforms for augmenting student involvement (Alraimi et al., 2020). The absence of discernible variance in social engagement, however, raises the possibility that, although experience may have an impact on individual learning, alternative approaches may be needed for the

collaborative components of MOOCs in order to encourage participation from all participants. The findings suggest that Gen Z Gen Z postgraduate students in Northeast India are effectively engaging with MOOCs, challenging previous assumptions of low participation levels (Hew & Cheung, 2021). The moderate to high engagement levels across behavioral, cognitive, and social dimensions reflect the active involvement of these learners, supporting the argument made by Sharif and Ramakrishnan (2023) regarding the importance of critical engagement measures in enhancing course materials. The consistently higher engagement levels among female students could be attributed to their proactive approach to learning, which aligns with previous research indicating that women tend to be more engaged in educational settings (Meyer et al., 2020). This is echoed by Ogunyemi et al. (2022), who identify key metrics for raising engagement that could be utilized to further support female participation in MOOCs.

Furthermore, the positive correlation between prior MOOC experience and engagement levels highlights the importance of familiarity with online learning platforms in enhancing student participation (Alraimi et al., 2020). This finding aligns with the work of Lee and Song (2022), who emphasize the role of academic self-efficacy in promoting learning perseverance, suggesting that experience plays a crucial role in shaping students' confidence and willingness to engage with MOOCs. However, the lack of significant variation in social engagement suggests that while individual learning may be affected by experience, the collaborative aspects of MOOCs might require different strategies to foster engagement among all students. As such, future research should explore targeted strategies to enhance social interaction within MOOCs, ensuring that all learners, regardless of prior experience, can benefit from collaborative learning opportunities.

The results convincingly refute the null hypothesis regarding low engagement levels, showing that a considerable majority of participants demonstrate moderate to high levels of engagement across all categories. There were gender variations that became apparent: while there was no discernible difference in emotional engagement, female students consistently showed higher levels of behavioral, cognitive, and social engagement than their male counterparts. Furthermore, previous MOOC experience had a substantial impact on behavioral, emotional, cognitive, and total engagement; students who had completed more than a year of MOOCs showed higher levels of involvement. But prior experience had no effect on social involvement. These findings cast doubt on preconceived notions regarding student involvement in MOOCs and highlight the need to put collaborative engagement tactics into practice, especially for male students and those with less MOOC experience. In addition to adding to the expanding body of research on MOOC engagement, this study provides useful advice for instructors and course designers who want to maximize student participation in virtual learning settings.

CONCLUSION

This study offers insightful information about how Gen Z postgraduate students in Northeast India are using MOOCs. Contrary to the idea of poor participation, the results show that these kids demonstrate moderate to high engagement across a range of parameters. Gender disparities are noticeable, as female students exhibit higher levels of behavioral, cognitive, and social involvement, but not emotional engagement. Furthermore, prior exposure to MOOCs improves engagement in behavioral, emotional, cognitive, and overall domains greatly, highlighting the significance of becoming comfortable with online learning environments. Overall, the findings highlight MOOCs' potential as useful teaching resources in higher education and call for more research into the variables affecting students' participation and engagement in online learning settings.

CONFLICT OF INTEREST

The authors have no conflicts of interest.

ACKNOWLEDGMENTS

I extend my sincere gratitude to Mr. Sasikumar for his invaluable guidance and mentorship throughout this research. Special thanks to Ms. Juli Saikia for her support. I am deeply appreciative of all the students who participated in this study, whose contributions made this research possible.

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Table 1. Showing the Gen Z post graduates levels of MOOCs Engagement and its dimensions

Variable& Dimensions	Lower Level		Moderate Level		Higher Level	
	N	%	N	%	N	%
Behavioural Engagement	6	5	99	82.5	15	12.5
Cognitive Engagement	19	15.8	74	61.7	27	22.5
Emotional Engagement	7	5.8	89	74.2	24	20
Social Engagement	22	18.3	74	61.7	24	20
Overall MOOCs Engagement	6	5	83	69.2	31	25.8

Table 2. Showing the Group Statistics and t test based on Gender Differences in MOOCs Engagement

Variable & Dimensions	Gender	N	Mean	SD	t df(118)	Sig. (2-tailed)
Behavioural Engagement	Male	45	66.16	20.7	4.584	0.001
	Female	75	80.85	14.36		
Cognitive Engagement	Male	45	14.49	3.52	5.757	0.001
	Female	75	18.07	3.155		
Emotional Engagement	Male	45	39.44	8.37	1.491	0.139
	Female	75	41.73	8.00		
Social Engagement	Male	45	27.33	7.01	2.909	0.004
	Female	75	30.43	4.62		
Overall MOOCs Engagement	Male	45	147.42	35.77	4.114	0.001
	Female	75	171.16	27.06		

Table 3. Descriptive Statistics and ANOVA Results showing the Impact of Age on Engagement and its dimensions in MOOCs

Variable & Dimensions	Age (Years)	N	Mean	SD	F	Sig.
Behavioural Engagement	>20 and<23	39	75.87	19.32	0.787	0.458
	>23 and<26	61	73.64	19.07		
	>26 and< 29	20	79.50	13.86		
Cognitive Engagement	>20 and<23	39	16.56	3.88	0.204	0.816
	>23 and<26	61	16.67	3.82		
	>26 and< 29	20	17.20	3.10		
Emotional Engagement	>20 and<23	39	41.72	8.07	1.698	0.188
	>23 and<26	61	39.61	8.02		
	>26 and< 29	20	43.10	8.60		
Social Engagement	>20 and<23	39	29.08	6.01	0.124	0.883
	>23 and<26	61	29.20	6.00		
	>26 and< 29	20	29.85	4.98		
Overall MOOCs Engagement	>20 and<23	39	163.23	34.09	0.796	0.454
	>23 and<26	61	159.21	33.52		
	>26 and< 29	20	169.65	26.21		

Table 4. Descriptive Statistics and ANOVA Results showing the Comparison of MOOCs Engagement and its Dimensions based on Previous Experience among Gen Z postgraduate students

Variable& Dimensions	Experience	N	Mean	SD	t(df=118)	Sig. (2-tailed)
Behavioural	> 6 months - < 1 year	29	67.00	20.59	2.892	0.005
	> 1 year - < 2 years	91	78.00	16.88		
Cognitive	> 6 months - < 1 year	29	15.07	3.53	2.837	0.005
	> 1 year - < 2 years	91	17.25	3.63		
Emotional	> 6 months - < 1 year	29	38.07	7.50	2.152	0.033
	> 1 year - < 2 years	91	41.77	8.22		
Social	> 6 months - < 1 year	29	27.97	6.56	1.390	0.167
	> 1 year - < 2 years	91	29.68	5.52		
Engagement	> 6 months - < 1 year	29	148.10	34.79	2.760	0.007
	> 1 year - < 2 years	91	166.77	30.69		

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Takra: A Divine Elixir in Ayurveda for Holistic Health

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Received: 03 Dec 2024 Revised: 18 Jun 2025 Accepted: 05 Jul 2025

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ABSTRACT

In Ayurveda, the concept of health extends beyond the mere absence of disease to encompass a balanced state of body, mind, and spirit. Among the numerous dietary elements that support this balance, Takra (buttermilk) holds a distinguished place. It is referred to as "Nectar on Earth" in *Bhav Prakash Samhita* due to its profound therapeutic properties. Takra, a humble yet powerful Ayurvedic preparation, exemplifies the holistic approach of Ayurveda. Its ability to balance Doshas, enhance digestion, and promote overall wellness makes it a cornerstone of Ayurvedic nutrition.

Keywords: "Nectar on Earth", *Bhav Prakash Samhita,* Agnimandya.

INTRODUCTION

In Ayurveda, the concept of health extends beyond the mere absence of disease to encompass a balanced state of body, mind, and spirit. Among the numerous dietary elements that support this balance, [1]Takra (buttermilk) holds a distinguished place. It is referred to as "Nectar on Earth" in *Bhav Prakash Samhita* due to its profound therapeutic properties. Takra not only aids digestion but also plays a significant role in balancing the Doshas, particularly Vata, and Kapha, contributing to overall vitality and well-being.[4]

The Ayurvedic Philosophy of Takra

Takra is deeply embedded in Ayurveda's holistic approach to health. It is more than a simple dairy product; it is a functional food known for its healing properties:

- **Preparation**: Traditionally, Takra is made by churning curd (yogurt) with water and removing the butter, leaving behind a light, easily digestible liquid. Depending on the intended therapeutic use, it is seasoned with digestive spices like cumin, ginger, black pepper, and rock salt.
- **Qualities (Gunas)**: Takra possesses Laghu (light) and Ushna (warming) properties, which help to balance Kapha and Vata Doshas. It is also considered Madhura (sweet) and slightly Amla (sour) in taste, making it an excellent digestive stimulant.[3]

Therapeutic Benefits of Takra

Digestive Health

Takra is a powerful digestive aid that enhances Agni (digestive fire), which is central to good health in Ayurveda:

- It stimulates digestion and helps in the assimilation of nutrients.
- Takra alleviates Agnimandya (weak digestion) and reduces symptoms like bloating, constipation, and indigestion.
- Regular consumption can help manage conditions like irritable bowel syndrome (IBS) and Acid Reflux.[6]

Probiotic and Gut Health

Takra is rich in probiotics, which support a healthy gut microbiome:

- It replenishes beneficial bacteria in the gut, promoting intestinal health and boosting immunity.
- A healthy gut is linked to improved mood and cognitive functions, supporting Ayurveda's belief in the gut-mind connection.[7]

Detoxification and Cleansing[6]

Takra helps detoxify the body by aiding in digestion and elimination:

- It flushes out toxins (Ama) and supports liver function, enhancing the body's natural detox mechanisms.
- Takra is also recommended in Panchakarma therapies for its cleansing properties.[6]

Weight Management[6]

Due to its light and easily digestible nature, Takra is ideal for managing weight:

- It reduces Kapha-related heaviness and water retention, promoting a balanced metabolism.
- Its low-calorie profile makes it a nutritious option for those looking to maintain or reduce weight.

Management of Vata and Kapha Disorders

- Takra is particularly effective in balancing Vata, reducing symptoms like anxiety, dry skin, and joint pain.
- It also pacifies Kapha, helping to manage conditions like congestion, sluggishness, and obesity.

Seasonal and Daily Use of Takra[1]

Ritucharya (Seasonal Regimen)

In Ayurveda, food and lifestyle should change with the seasons to maintain balance:

- **Winter (Shishira and Hemanta Ritu)**: Takra's warming and digestive-enhancing properties make it especially beneficial in winter, countering the cold and dryness associated with this season.

Dinacharya (Daily Routine)[3]

Takra can be incorporated into daily life to maintain digestive health and vitality:

- **Morning Use**: A small glass of Takra with a pinch of rock salt and cumin powder can stimulate digestion.
- **Post-Meal Use**: Consuming Takra after meals aids digestion and prevents heaviness.
- **Therapeutic Use**: In conditions like diarrhea or IBS, Takra can be mixed with herbs like **Haritaki** or **Bilva** for added benefits.

Takra in Ayurvedic Texts

Takra's importance is highlighted in several classical texts:

- **Charaka Samhita**: It mentions Takra as a part of Pathya (wholesome diet), emphasizing its role in treating digestive disorders.[1]
- **Sushruta Samhita**: Takra is recommended for conditions like hemorrhoids and diarrhea, showcasing its therapeutic versatility.[2]
- **Bhav Prakash Samhita**: This text glorifies Takra as a nectar that rejuvenates and nourishes the body.[4]

Spiritual and Psychological Impact

Ayurveda emphasizes the interconnectedness of body, mind, and spirit:

- **Mind-Body Balance**: A healthy gut, supported by Takra, contributes to mental clarity and emotional stability.
- **Spiritual Well-being**: By promoting physical health and mental clarity, Takra supports spiritual practices like meditation and mindfulness. Ayurveda recognizes that a well-nourished body and a balanced mind are essential for spiritual growth.[7]

CONCLUSION

Takra, a humble yet powerful Ayurvedic preparation, exemplifies the holistic approach of Ayurveda. Its ability to balance Doshas, enhance digestion, and promote overall wellness makes it a cornerstone of Ayurvedic nutrition. Incorporating Takra into daily life can lead to profound health benefits, supporting the pursuit of harmony between body, mind, and spirit. As modern science continues to validate the therapeutic properties of probiotics and fermented foods, Takra stands out as a timeless remedy that bridges ancient wisdom and contemporary health practices.[4]

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Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Cybersecurity Redefined: Advanced Deep Learning Techniques for Secure Data Management

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Received: 22 Apr 2025 Revised: 20 May 2025 Accepted: 17 Jun 2025

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ABSTRACT **Uma Shankari and Rethinavalli**

This investigation investigates the incorporation of deep learning methodologies within cloud service providers (CSPs) to enhance cybersecurity protocols, specifically focussing on mitigating leech attacks and safeguarding data storage and management. The survey thoroughly examines multiple facets of this intricate field, including the utilisation of deep learning models and approaches to mitigate cyber security risks and issues related to CSPs. Data de-duplication is a recognised method for removing redundant data, with the objective of conserving storage capacity and improving upload bandwidth, especially in cloud storage systems. This method has several risks, including the risk of a Cloud Service Provider (CSP) altering user data or coercing users into paying for the storage of redundant data that is kept only once. This survey explores the convergence of deep learning, cybersecurity, and data management with data de-duplication, highlighting innovative ways to mitigate security issues and improve the efficiency of data storage and retrieval in cloud environments.

Keywords: Cloud Service Provider, Data De-Duplication, Cyber Security, Data Maintenance, Deep Learning

INTRODUCTION

This survey rigorously evaluates the publication "VeriDedup: Verifiable Data De-duplication Scheme with Data Integrity Duplication Proof," authored by Yu Xixun, Bai Hui, and Yan Zheng. The study presents the VeriDedup scheme, which prioritises data de-duplication in cloud storage systems, while underscoring data integrity and verification of duplication. An extensive examination of the paper [1] follows. The VeriDedup survey commences with an overview of the VeriDedup program. The paper presents the motivation and problem description concerning the necessity for effective data de-duplication while maintaining data integrity and providing proof of duplication. This encompasses an examination of the innovative attributes and advancements introduced by VeriDedup, including the implementation of a Tag-flexible De-duplication-supported Integrity Check Protocol (TDICP) and a User Determined Duplication Check Protocol (UDDCP).

The Private Information Retrieval (PIR) survey examines the application of Private Information Retrieval as a core principle in VeriDedup, elucidating its role in enhancing data security and privacy throughout the de-duplication process [2]. The study primarily focusses on ensuring data integrity and verification of de-duplication. The survey examines how VeriDedup does accurate duplicate checks and secure data maintenance. The Tag Generation and Flexibility study investigates the novel "note set" concept presented in VeriDedup, enabling numerous users to create their distinct verification tags. It elucidates how this improves data security and adaptability. The examination of security and privacy concerns, particularly with cloud storage, is emphasised. The survey examines the measures implemented to safeguard user data from manipulation and unauthorised access.

The Practical Implications survey examines the practical ramifications of the VeriDedup scheme, highlighting its prospective applications and benefits in actual cloud storage contexts. The survey evaluates the influence of VeriDedup on the domains of data de-duplication, data security, and cloud storage, emphasising its advancement of the current standards in these fields [3]. The report summarises major findings and contributions while proposing potential future research and development initiatives in data de-duplication and data security. A comprehensive examination of the paper "De: Verifiable Data De-duplication Scheme with Data Integrity Duplication Proof," published in IEEE. It examines the technological advancements, security protocols, and practical ramifications of the VeriDedup scheme, highlighting its importance in data de-duplication and cloud storage security.

Applications of Deep Learning in Cyber Security A design for a parallel content-defined chunking system utilising non-hashing algorithms on FPGA, authored by H. Vuong, H. Nguyen, and L. Tran et al. AI introduces an innovative methodology for content-defined chunking in data processing and hardware acceleration [4]. This study arises from an escalating necessity to effectively handle and process extensive data volumes, a difficulty that has gotten more pronounced in the digital era. Content-defined chunking, an essential process in data storage and transmission, is a pivotal factor in tackling this difficulty. The novel application of non-hashing techniques in the chunking process marks a break from traditional hashing-based methods. These non-hashing algorithms provide unique benefits, enhancing efficiency and performance. The authors have utilised Field-Programmable Gate Arrays (FPGAs) to create their content-defined chunking system, thereby introducing a hardware-accelerated aspect to the process. The FPGA architecture, recognised for its adaptability and parallel processing skills, is crucial in improving the system's overall performance and efficiency.

This study notably emphasises parallel processing. The research enhances data processing speeds and throughput by parallelising the content-defined chunking method on FPGA, which is essential for successfully managing huge datasets. The implementation of parallelism highlights the system's ability to meet the requirements of contemporary data processing [5]. A comprehensive performance assessment, providing empirical evidence of the system's capabilities, validates the efficacy of the non-hashing algorithms, FPGA-based implementation, and parallel processing approaches utilised. The analysis includes essential parameters, such as data processing speed and resource utilisation, offering a thorough evaluation of the system's performance.

The research presents numerous practical applications, as the content-defined chunking method can be incorporated into diverse real-world contexts where fast data processing and management are essential. The ramifications encompass data storage, data transport, and more, with the potential to improve the efficiency and performance of data processing systems [6]. This review substantially advances the domain of hardware-accelerated data processing by presenting a fresh perspective on content-defined chunking and proposing innovative methodologies that can enhance various applications. The research employs non-hashing algorithms, utilises FPGA technology, and adopts parallelism, so addressing present obstacles and establishing a platform for future advancements in this field. This essay emphasises the significance of innovative solutions and hardware acceleration in navigating the burgeoning realm of data, paving the way for continued study and progress in this vital domain of data processing.

The research article "Accelerating ML/DL Applications with Hierarchical Caching on De-duplication Storage Clusters," authored by Prince Hamandawana, Awais Khan, Jongik Kim, and Tae-Sun Chung, introduces a novel method to enhance Machine Learning (ML) and Deep Learning (DL) applications via hierarchical caching in de-duplication storage clusters [7]. A thorough examination of the research: The survey initiates by delineating the setting and rationale for the study. It clarifies the essential function of machine learning and deep learning in contemporary data analytics and the increasing demand for effective data storage and retrieval systems that can accommodate these applications. The impetus for expediting machine learning and deep learning using hierarchical caching is underscored, due to their computationally demanding characteristics.

De-duplication storage clusters largely concentrate on the process of de-duplication within storage systems. De-duplication is a data compression method that removes redundant information, resulting in considerable savings in storage and bandwidth. The report delineates the benefits of de-duplication and its significance in contemporary data management. The fundamental principle of hierarchical caching is examined comprehensively. This caching approach employs numerous cache layers to enhance data access and retrieval efficiency. The survey examines how hierarchical caching can improve the efficiency of machine learning and deep learning systems by facilitating efficient and rapid access to frequently utilised material. The primary aim of the research, namely the acceleration of machine learning and deep learning applications, is examined. The survey evaluates the influence of hierarchical caching on the velocity and efficacy of various apps, resulting in diminished latency and enhanced user experiences. The technological implementation of the article is examined. The survey elucidates the design and implementation of the hierarchical caching system within de-duplication storage clusters, encompassing the architecture and techniques employed.

The survey examines the experimental findings detailed in the study, concentrating on performance indicators including speed, latency, and resource utilisation. It underscores the actual evidence supporting the efficacy of the proposed methodology in expediting machine learning and deep learning applications [8]. The practical implications of the research indicate that the installation of hierarchical caching in deduplication storage clusters can be utilised in real-world scenarios, enhancing data-intensive applications across multiple industries. The paper's contributions to data management and machine learning/deep learning acceleration are assessed. The survey highlights the importance of the research in optimising data access and retrieval for computationally demanding applications. The study finishes by summarising the principal findings and contributions of the work and proposes prospective research avenues concerning hierarchical caching, de-duplication, and ML/DL acceleration, providing insights into the advancing domain of data storage and processing.

This survey offers a thorough analysis of the research work "Accelerating ML/DL Applications with Hierarchical Caching on De-duplication Storage Clusters," published in the IEEE Transactions on Big Data. It examines the novel application of hierarchical caching in de-duplication storage clusters and its substantial influence on the enhancement of machine learning and deep learning applications, highlighting its significance within contemporary

data analytics and storage solutions. The research's contributions and prospective applications are emphasised, providing a framework for future advancements in this vital domain of data management and acceleration [9].

Ensuring Secure Data Management This survey provides a thorough examination of the research paper "LOFS: A Lightweight Online File Storage Strategy for Effective Data De-duplication at Network Edge," authored by Geyao Cheng, Deke Guo, Lailong Luo, Junxu Xia, and Siyuan Gu, published in IEEE Transactions on Parallel and Distributed Systems in 2021. The study examines a novel method, "LOFS," aimed at improving data de-duplication at the network edge, particularly emphasising lightweight online file storage techniques. In the contemporary data environment, effective data de-duplication is critically significant, especially at the network periphery. This setting is defined by resource constraints and the necessity for efficient data handling. This research is motivated by the growing significance of edge computing, which requires data de-duplication solutions designed to optimise storage utilisation, minimise data transmission expenses, and enhance network bandwidth efficiency.

MATERIALS AND METHODS

This research centres on the "LOFS" method, which denotes "Lightweight Online File Storage." LOFS seeks to tackle the specific issues posed by network edge environments by offering a lightweight, online file storage solution proficient in data de-duplication. LOFS, due to its lightweight nature, enables efficient data de-duplication on resource-constrained edge devices. Moreover, the digital aspect of this technique facilitates instantaneous file storage, retrieval, and de-duplication, corresponding with the evolving requirements of edge computing [10]. The primary aim of the research is to improve the efficiency of data de-duplication at the network interface. This is accomplished by the adoption of LOFS, leading to diminished storage overhead, enhanced data transmission efficiency, and optimized utilisation of network capacity. The researchers intend to formulate a technique that addresses the unique limitations and needs of edge computing, enabling edge devices to execute data de-duplication efficiently, hence enhancing the overall efficacy and performance of edge computing systems.

The technological execution of LOFS is a pivotal element of the research. The survey examines the architecture and algorithms utilised in the LOFS method, elucidating the processes developed to guarantee efficient data de-duplication. This technical analysis offers a comprehensive grasp of how LOFS attains its objectives and its applicability in practical edge computing contexts [11]. The empirical validation of the research is significant, as the paper provides experimental data and performance assessments. The results illustrate the efficacy of the LOFS technique by highlighting enhanced de-duplication ratios, storage efficiency, and data transmission speeds. This empirical research validates the assertions of LOFS's efficacy in enhancing data management at the network edge.

The survey examines the practical ramifications of the LOFS strategy. It examines the applicability of lightweight, online file storage techniques in many real-world edge computing applications and sectors. This research emphasises the advantages of effective data de-duplication, diminished storage expenses, and enhanced network performance. The contributions of the survey paper to the domains of network edge computing and data de-duplication are significant. The LOFS technique offers a novel solution to the complexities of data management and optimisation at the network edge. It provides a framework for future advancements in lightweight online file storage methods, data de-duplication, and network edge computing, hence enhancing data management and optimisation in edge computing settings [12].

RESULT AND DISCUSSION

This survey provides a comprehensive examination of the research paper "A Secure Privacy Preserving De-duplication Scheme for Cloud Computing," authored by Yongkai Fan, Xiaodong Lin, Wei Liang, Gang Tan, and

Priyadarsi Nanda, which addresses the urgent necessity for effective data de-duplication in cloud computing, where extensive data is managed, while concurrently emphasising data security and privacy [13]. This research is motivated by the increasing need of maintaining data secrecy and protecting sensitive information in the cloud. Cloud computing and data de-duplication are intrinsically linked, as data de-duplication is an essential method in the cloud for removing redundant data, hence decreasing storage and bandwidth expenses. The report underscores the rising problem of maintaining data privacy and security during de-duplication operations. This study's central concept focusses on secure privacy-preserving de-duplication, highlighting methods and procedures that protect sensitive data and uphold confidentiality. It presents innovative privacy-preserving techniques to maintain data confidentiality while facilitating de-duplication.

In cloud computing, data security and privacy are crucial, especially given the severe data protection legislation and the heightened emphasis on preventing data breaches. This research substantially addresses these issues by providing a solution for secure and private data management in cloud computing settings. The technological execution of the suggested scheme is a primary emphasis, with the survey examining the architectural design, cryptographic techniques, and algorithms utilised to establish a secure and efficient de-duplication process. The empirical validation of this study is a significant element, as the report provides experimental data that demonstrate the efficacy of the proposed approach. The results illustrate effective data de-duplication, data confidentiality, and computing overhead, underscoring the viability of reconciling data security with de-duplication efficiency. This finding has significant consequences, especially in sectors where data privacy and regulatory compliance are critical. The domains of cloud computing and data privacy are crucial. It achieves a compromise between the efficiency of data de-duplication and the standards for data security and privacy. The survey highlights the significance of the research in tackling the intricate issues associated with data de-duplication in the cloud, presenting a promising avenue for future enquiries and implementations in data management and protection within cloud computing contexts.

CONCLUSION

The aggregated analyses of the research articles reviewed underscore the dynamic and ever evolving environment of deep learning and security within computer science. This research encompasses revolutionary data de-duplication techniques and secure privacy-preserving methods in cloud computing, collectively tackling current difficulties and opportunities in data processing and storage systems. Although each research concentrates on specific facets of data management, they collectively uphold a shared dedication to the advancement of the discipline. These surveys provide significant insights, highlight the necessity of security, privacy, and efficiency in data management, and outline a framework for future research trajectories in this dynamic field.

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Table 1: Comparative Analysis of De-duplication Strategies

Strategy	Advantages	Challenges	Implementation
Traditional Hashing-Based De-duplication	Efficient storage optimization	Vulnerable to security breaches and hash collisions	Used in conventional cloud storage solutions
Tag-Flexible Integrity Check Protocol (TDICP)	Enhances security through user-generated verification tags	Computational overhead	VeriDedup
Hierarchical Caching in De-duplication Clusters	Improves access speed for ML/DL applications	Complexity in cache management	ML/DL Acceleration Paper
Lightweight Online File Storage (LOFS)	Reduces network overhead at the edge	Limited scalability for large datasets	LOFS Research

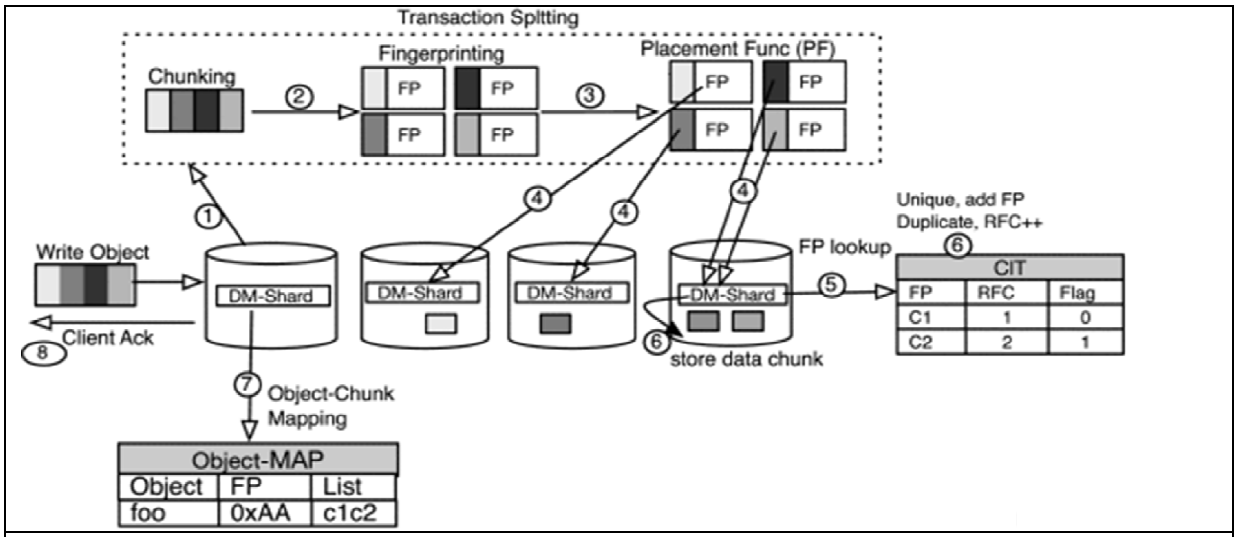

Figure. 1 Transaction Flow of Deep Learning and Data De-Duplication

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Formulation and Evaluation of Oral Telmisartan Microemulsion

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Received: 24 Feb 2025 Revised: 20 Apr 2025 Accepted: 10 Jun 2025

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ABSTRACT

The main aim of present study is to formulate Telmisartan microemulsion for oral delivery. Microemulsions were prepared by means of Oleic acid and caster oil as oils, tween 80 as surfactant and propylene glycol and polyethylene glycolas cosurfactants for oral delivery of antihypertensive drug Telmisartan using pseudo ternary phase diagram. Total nineteen formulations were prepared. Out of nineteen formulations, oleic acid formulations were thirteen and six castor oil formulations were formulated and evaluated the parameters like percentage drug content, invitro dissolution, pH, perecentage transmittance, particle size, poly dispersibility index, zeta potencial, centrifugation, FTIR and stability studies. Data from the dissolution study, the F4 and F17 formulations showed maxium amount of drug release (>90%) indicating enhanced the dissolution and drug release when compared to pure telmisartan. These two F4 and F17 formulations were subjected to pH, percentage transmittnce, particle size and PDI. The results from centrifugation studies the F4 formulation showed no phase separation after centrifugation. Hence the F4 formulation is considered as optimised which contains oleic acid as 9 ml, Tween 80 6ml, propylene glycol 3ml and water 1ml. This F4 formulation is subjectesd to IR identification, stability studies and release kinetics.

Results from this study showed that the formulated microemulsion F4 is considered as potential novel drug delivery systems for oral intake.

Keywords: Microemulsion, Oral delivery, Telmisartan, Pseudo-Ternary phase diagram, oral delivery.

Abbreviations:

ml: milliliter; UV: Ultra Violet; nm: nano meter; rpm: revolutions per minute; NIBS: Non invasive back scatter optics; cm^{-1}: centimeter inverse; HLB: Hydrophilic lipophilic balance; mcg/ml: microgram per milliliter; PDI: Polydispersability index; FTIR: Fourier transform infra red spectroscopy; IR: Infra red; °C: degree centigrade; Mn/Mw: ratio of molecular mass average to the number of molecular mass average; HCl: Hydrochloric acid.

INTRODUCTION

Microemulsions are pure, thermodynamically constant, and isotropic liquid mixtures of oil, water, and surfactants, frequently incorporating a co-surfactant (Ghosh PK *et al.,* 2006). In these three-component systems (ternary systems), two immiscible liquids (water, oil) coexist with a surfactant. The surfactant molecules arrange themselves at the interface among the oil and water, with their water-repelling tails dissolved in the oil phase and water-attracting heads facing the aqueous phase (Singh PK *et al.,* 2014). Adjusting the drug's physicochemical properties, such as converting it to a salt or reducing particle size, can improve its dissolution rate. However, formulating new drugs as oral liquids presents similar challenges as existing ones. Simple solutions might not work due to limitations like poor mixability or instability. In such cases, scientists turn to formulations like emulsions, suspensions, and colloidal systems. Microemulsions are a novel approach for formulating oral delivery systems (Wienen W *et al.,* 1993). Microemulsions have the potential to progress the oral bioavailability of drugs compared to conventional formulations (reference source here). By reducing the droplet size (typically within the range of 20-200nm) and inducing permeability changes through surfactants, microemulsions can enhance drug absorption and bioavailability Delivering drugs effectively through the mouth (oral route) remains a significant challenge for researchers (Betcher P *et al.,* 1996). Nearly 40% of promising new drug candidates have poor water solubility, making oral administration difficult and leading to lower bioavailability (the amount of drug absorbed into the body). Scientists have explored numerous approaches to improve the oral bioavailability of these poorly solvable drugs. These techniques include reducing particle size (micronization or nanosizing), complexing with cyclodextrins, creating salts, and using co-solvents and surfactants to improve solubility (Betcher P *et al.,* 1996).

MATERIALS AND METHODS

Telmisartan was kindly provided as a gift sample from Mars Pharma Private Limited, Hyderabad, India, Oleic acid, Castor oil,Propylene glycol, Polyethylene glycol and Tween 80 was purchased from SD Fine Chem Limited, Hyderabad, India. Analytical grade chemicals and distilled water were used during experimental studies.

Construction of terinary phase diagram

The ternary phase diagrams were made to identify the microemulsion region for the two systems, which included different combinations of oil, water, surfactant, cosurfactant, and Telmisartan. In each system, the concentration of surfactant and cosurfactant was varied at certain weight ratios, and the mixtures were titrated with water (John F *et al.,* 2006). The resulting solutions were visually seen for phase clarity, flow ability to identify the microemulsion area in the phase diagram. (Lavanya N *et al.,* 2016). Once the microemulsion region was identified, the compositions were selected based on a desired component ratio, and the microemulsion was prepared by addition of the weighed components together and stirring to form a clear solution. The drug-loaded microemulsion was formulated by

adding the drug in oily phase and then mixing together all the other components. The oil and water ratio was varied from 90:10 to 10:90 in both systems, and the phase diagrams were constructed based on the percentage weight by weight (w/w) of all the components (Chndra A *et al.,* 2008). The phase diagram determined the regions of microemulsion formation, which allowed the selection of appropriate microemulsion compositions for further studies.

Preparation of Telmisartan Microemulsion

The methodology for preparing Telmisartan microemulsion involves the selection of fixed ratios of water, oil, surfactant, and cosurfactant to optimize a suitable formulation. Water-soluble ingredients are dissolved if necessary with the aid of heat. The aqueous phase, surfactant, and oil phase are mixed in a container using an emulsifying technique, either with a homogenizer or ultrasound. The resulting mixture is then titrated dropwise with a solution of cosurfactant until a clear microemulsion is obtained (Phaechamud T *et al.,* 2012). This process is also known as the cosurfactant titration method or spontaneous emulsification method.

Microemulsion characterization

Appearance

Microemulsions are visually checked for color and clarity.

Percentage drug content

The drug content percentage of the microemulsion formulation is determined by dissolving 1 ml of the microemulsion in 10 ml of methanol. The resulting solution is then diluted with methanol as needed, and measured the absorbance using a UV spectrophotometer (UV 1700, Shimadzu, Japan) at 276 nm wavelength. A blank microemulsion is used as a control during the analysis. This procedure is described in reference (Santosh KN *et al.,* 2016).

***In vitro* dissolution studies**

The in vitro dissolution study of Telmisartan from the microemulsion was carried out using the dialysis bag method. Dialysis cellophane bags were first soaked in water for 24 hours. Then, 5 ml of each sample was taken and transferred to the dialysis bag and dialyzed with 100 mlof 0.1 N hydrochloric acid for the period of 2 hours. Afterward, the 0.1 N HCl was replaced with a phosphate buffer of pH 6.8 in a beaker. Additionally, 0.5% of tween 80 was added to facilitate the diffusion of Telmisartan. Blank microemulsion dissolution was also carried out in a similar manner. The buffer was maintained at a temperature of 37 °C under a stirring speed of 50 rpm. Samples were taken at predetermined time intervals of 0.25, 0.5, 1, 2, 4, 6, 8, 10, 12, and 24 hours. After withdrawal of each sample, an equal volume of fresh buffer pH 6.8 was added to maintain a constant volume. The absorbance of each sample collected was noted at 276 nm using UV-Visible spectrophotometer. (Ghosh PK *et al.,* 2006)

pH determination

The pH measurement of the formulations was carried out three times using a calibrated digital pH meter (Pico+ Lab India, Mumbai, India) at room temperature. A glass electrode was used to measure the pH at 25 ± 1°C.

Percentage transmittance

To determine the transparency of the prepared microemulsion formulations, the percentage transmittance at 560 nm was measured by using a UV-Visible spectrophotometer (UV 1700, Shimadzu, Japan) with distilled water as the blank.

Particlesize, Poly dispersity index and Zetapotential measurement

Measurements were made at 25 °C on a Zetasizer Nano ZS instrument. The instrument comprises of a 4mW He-Ne laser operating at wavelength of 633 nanometers. It includes non-invasive backscatter optics (NIBS), and the measurements were detected at an angle of 173°. The homogeneity of a polymer is determined by measuring polydispersity index (PDI), which is the ratio of molecular mass average to the number of molecular mass average.

PDI=Mn/Mw.
PDI value generally ranges from 0 to 1. Values less than 0.3 indicate monodisperse, the values from 0.3 to 0.7 indicate medium disperse, and the values 0.7 to 1 indicate heterodisperse. Polydispersity index is measured using Malvern Zetasizer Nano ZS equipment (Malvern Analytical Ltd., Malvern, UK).

Centrifugation
In order to remove metastable systems and ensure stability, both the selected microemulsion vehicles and drug-loaded microemulsions were subjected to centrifugation at 4000 rpm for 30 minutes using a Research Centrifuge (R-24, Remi Instruments Limited, Mumbai). The centrifugation process helped to separate any unstable or insoluble components from the microemulsion formulations, improving the overall quality and consistency of the samples.

FTIR spectroscopy
To assess the compatibility between the drug and excipients, FT-IR studies were performed on both the blank microemulsion, telmisartan microemulsion, and telmisartan pure drug. The FT-IR spectra were analyzed for characteristic bands using a Bruker-AlphaT FTIR spectrophotometer, with wavenumber range between 400 to 4000 $cm^{-1}$and a resolution of 1 cm^{-1}. The resulting spectra were compared to identify any significant differences in the molecular vibrations of the drug and excipient components, which could impact the stability and efficacy of the microemulsion formulation.

Stability studies
The stability of the optimized telmisartan microemulsions was assessed in accordance with the International Conference on Harmonisation (ICH) guidelines, at a constant temperature of 37°C ± 2°C for a period of three months. The microemulsion formulations were analyzed periodically, including immediately after preparation and at monthly intervals up to the third month, to detect any signs of phase separation and to measure the percent transmittance.

RESULTS

Oleic acid and castor oil were chosen as lipophilic permeation enhancers to enhance the permeability of the microemulsion. In addition, Tween 80, a commonly used hydrophilic non-ionic surfactant with 15 an HLB value, was included as an excipient in the pharmaceutical formulation. Propylene glycol and polyethylene glycol were also used as cosurfactants.

Pseudo ternary phase diagram
A pseudo-ternary phase diagram was built to determine the appropriate compositions of the oil phase, aqueous phase, surfactant, and cosurfactant required to form a microemulsion. Among the various microemulsion formulations prepared from System I and II, the formulation that was clear was selected as the optimized formulation. Figure 1 and 2 show the phase diagrams of System I and System II, respectively. Figure 3 shows photographs of the prepared microemulsions containing oleic acid and castor oil. The black shaded region inside the diagram represents the area of the microemulsion. In the phase diagram, a larger shaded area of microemulsion is observed in the ternary phase diagram for the oleic acid combinations compared to the castor oil combinations of microemulsion formulations. Selecting points in this region yields different microemulsions. Areas outside of the shaded region do not yield microemulsions. Formulation I contains Oleic acid combinations F1 to F13, and Formulation II contains castor oil combinations of microemulsion formulations F14 to F19, as shown in Table 1 and Table 2.

Calibration curve of Telmisartanin 0.1N HCl and Phosphate buffer pH 6.8
The standard Telmisartan drug was taken, and necessary dilutions further were made to obtain concentrations ranging from 2-10 mcg/ml in 0.1 N HCl and pH6.8 phosphate buffer. The absorbances of the respective solutions

were recorded at 276 nm, and the corresponding calibration curves of Telmisartan were shown in Figures 3 and 4, respectively.

***In vitro* dissolution studies**

In vitro dissolution studies were conducted for all formulations and are shown in Tables 3 and 4. The percentage of drug release versus time curves of Telmisartan microemulsion formulations F1-F19 are shown in Figures 5 and 6, respectively. Out of the 19 microemulsion formulations, F4 and F17 showed a percentage release of the drug. The F4 formulation showed 92.6±7.8% and F17 showed 96±8.3% at the end of 12 hours, indicating sustained release of the drug for more than 12 hours. Based on the percentage drug release, Formulations F4 and F17 were further characterized. The Oleic acid-based microemulsions were pale yellowish in colour, whereas the castor oil-based microemulsions were pale brown in colour, as shown in Fig. 7. However, all microemulsion formulations F1 to F19 were clear.

pH Determination

pH of the optimized formulation F4, F17 are illustrated in the Table 5. All the optimised formulations have pH similar to the pH of water. This shows that the prepared formulation suitable for oral delivery.

Percentage Transmittance

Transmittance percentage of the optimized formulations were measured at 560nm and was shown in Table 6. This is one of the most significant parameter to be evaluated for microemulsion formulations. Both the optimised formulations were transparent and clear similar to purified water.

Particle size and Polydispersity index determination

Polydispersity index (PDI) is a measurement of the uniformity of particle size distribution in a sample. A PDI value of less than 0.3 indicates a monodisperse distribution, which means that most of the particles in the sample have a similar size. This is desirable in drug delivery applications as it ensures that the drug is uniformly dispersed and delivered in a consistent manner. The small particle size of F4 and F17 formulations also indicates the formation of microemulsions, which can improve drug delivery and absorption. The particle size of microemulsions varied from about 10nm to 300 nm. Due to the small globule size, microemulsions appear as clear (pure) or translucent solutions. Results of particle size distribution revealed that both F4 and F17 microemulsion formulations have particle size <100 nm. This confirms the formation of microemulsion. Polydispersity index values for both the formulations are < 0.3, which indicates that the prepared microemulsions are monodisperse. Such microemulsions are acceptable in drug delivery applications.

Centrifugation

The F4 and F17 formulations were centrifuged at 4000 rpm for 4 hours. After 30 minutes, no phase separation or turbidity was observed in the F4 formulation. Formulation F4, which was prepared using a combination of oleic acid, was stable without separation. However, formulation F17, which was prepared using castor oil, separated into two phases. Based on centrifugation studies, the castor oil formulation (F17) was considered unstable. The F4 formulation was chosen as the optimized microemulsion formulation and was subjected to IR identification, stability studies, and release kinetics.

FTIR spectroscopy

The FTIR spectra confirms that there was no interaction between the drug and excipients of the formulationthat was revealed in Fig.10 and Fig.11.

Stability studies

Stability studies for the optimized formulation F4 were performed at room temperature for 3 months. Samples were analyzed immediately after preparation and every month for up to three months to test for phase separation and percentage transmittance, which were revealed in Table 9.

Release kinetics

To determine the kinetics of drug release, the drug release data of the optimized formulation F4 was analyzed, and rate constants for zero order, first order, Higuchi, and Peppas were obtained and are reported in Table 10. The release of the drug from formulation F4 follows zero order kinetics as seen from the r^2 values. The Koresmeyer peppas plot also has shown a reasonable r^2 value. The n value of korsmeyer peppas represents the mechanism is non fickian, which is diffusion and dissolution controlled release.

DISCUSSION

The study aimed to prepare and characterize microemulsion formulations of telmisartan using oleic acid and castor oil as oil phases and tween 80, propylene glycol, and polyethylene glycol as surfactant and cosurfactants. Pseudo ternary phase diagrams were constructed, and formulations were formulated using cosurfactant titration method. Calibration curves were prepared, and in vitro dissolution studies were done for all formulations. Based on drug release, formulations F4 and F17 were further characterized, and F4 was selected as the optimized formulation. It was found to be stable without phase separation and exhibited zero-order kinetics and non-Fickian mechanism of drug release. IR interpretation showed no interaction between drug and the excipients, and stability studies showed no change in percentage transmittance. The particle size of F4 microemulsion formulation ranged from 10 to 300 nm, and it had a pH close to neutral, making it suitable for oral delivery. Overall, the study suggests that microemulsion formulations of telmisartan by means of oleic acid as the oil phase and tween 80, propylene glycol, and polyethylene glycol as surfactant and cosurfactants can be effective in drug delivery applications.

CONCLUSION

The study aimed to prepare microemulsions containing oleic acid and castor oil using a pseudo ternary phase diagram. Nineteen formulations were formulated and evaluated, with thirteen containing oleic acid and six containing castor oil. The F4 and F17 formulations were found to have the maximum amount of drug release (>90%), indicating enhanced dissolution and drug release compared to pure telmisartan. The F4 formulation, containing 9 ml of oleic acid, 6 ml of Tween 80, 3 ml of propylene glycol, and 1 ml of water, was considered as optimized based on the results from centrifugation studies, which showed no phase separation after centrifugation. The F4 formulation was subjected to IR identification, stability studies, and release kinetics, and was found to be a potential novel drug delivery system for oral intake. The microemulsion prepared in the study increased the solubility of a high lipophilic drug and offered a significantly increased dissolution rate, which can produce greater absorption rate and bioavailability.

FUNDING

Nil

ACKNOWLEDGEMENT

The authors are very much grateful to the management of Sarojini Naidu Vanita Pharmacy Maha Vidyalaya, Hyderabad for provided the research facilities.

CONFLICT OF INTERESTS

Declared none

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Table 1: System I (Oleic acid, Tween 80, Propylene glycol)

S.NO	Telmisartan (mg)	Oleic acid (ml)	Tween 80 (ml)	Propylene glycol (ml)	Water (ml)
F1	10	5	6	3	3
F2	10	4	6	3	6
F3	10	4	6	4	4
F4	10	9	6	3	1
F5	10	8	6	2	2
F6	10	7	6	6	3
F7	10	6	6	7	2
F8	10	3	6	6	5
F9	10	5	6	6	4
F10	10	9	5	7	4
F11	10	9	6	6	4
F12	10	7	6	6	4
F13	10	6	6	7	4

Table 2: System II (Castor oil, Tween 80, Polyethylene glycol)

S.NO	Telmisartan(mg)	Castor oil (ml)	Tween 80 (ml)	Polyethylene Glycol (ml)	Water (ml)
F14	10	9	6	4	1
F15	10	8	6	4	2
F16	10	7	6	4	3
F17	10	6	6	5	4
F18	10	5	6	5	5
F19	10	9	5	5	4

Table 3: Percentage drug release from Microemulsion Formulations F1 to F9

Time(hr)	Formulation code									
	F1	F2	F3	F4	F5	F6	F7	F8	F9	Telmisartan
0	0	0	0	0	0	0	0	0	0	0
1	1.2±0.12	1.0±0.09	0.4±0.02	17.6±1.5	0.7±0.06	1.0±0.08	0.6±0.04	0.1±0.006	1.3±0.08	0
2	5.4±3.4	4.78±4.3	2.1±1.5	23.2±1.8	3.9±2.3	1.8±1.2	1.6±0.09	1.4±0.8	3.4±0.1	0.9±0.04
3	5.9±0.5	8.1±0.5	4.7±0.3	31.6±2.5	7±0.3	4.1±0.3	3.1±0.2	2.4±0.12	7.5±0.6	1.5±0.09
4	7.7±0.6	11.9±0.9	9.3±0.7	42±0.25	10±0.8	9.6±0.75	5.6±0.4	3.5±0.23	14.2±1.1	2.66±0.1
5	15±1.2	23.4±1.5	12.6±0.9	49±3.3	11±0.9	13.2±0.9	8.3±0.7	9.41±0.6	19.9±1.5	3.42±0.21
6	17±1.3	32.9±2.7	18±1.1	59.0±4.5	14.1±1.1	17.7±1.5	9.9±0.8	10.5±0.9	29.3±1.1	4.56±0.32
7	20.3±1.5	35.5±2.3	24±1.9	69±5.2	30±2.5	24.4±2.2	11.8±1.1	13±0.7	34.3±2.4	5.12±0.3
8	23.4±1.3	43.3±4.1	32.3±2.9	72.8±6.1	36.3±2.6	30.5±2.4	15.7±1.2	18.9±1.6	41.3±3.2	5.78±0.4
9	25.8±1.4	52.7±4.4	41.0±3.4	77.6±6.4	42.4±3.5	38.9±2.9	23.8±1.8	21±1.9	50.3±4.8	6.12±0.53
10	35.3±2.7	61.9±5.6	48.7±4.2	83.3±7.8	46.4±3.7	47.2±3.9	25.7±1.8	30.1±2.5	58.5±4.7	6.12±0.53
11	45.6±3.3	76.0±6.2	55.8±4.6	87.9±7.6	51.2±4.6	52.6±4.4	33.0±2.9	37.4±3.3	70.3±6.3	6.34±0.53
12	51±4.5	89.5±7.3	61.5±5.4	92.6±7.8	56.1±3.8	58.1±4.6	37±2.8	40±3.7	77.1±6.3	7.4±0.4
(n=3, Mean ±SD)										

Table 4: Percentage drug release from Microemulsion Formulations F10 to F19

Time (min)	Formulation code									
	F10	F11	F12	F13	F14	F15	F16	F17	F18	F19
0	0	0	0	0	0	0	0	0	0	0
1	9±0.3	0.8±0.03	0.1±0.008	1.6±0.09	8.6±0.7	6.8±0.5	7±0.5	9.5±0.8	0.2±0.01	1.5±0.09
2	15±1.1	1.2±0.54	2±0.1	3.4±0.3	18±1.2	19±1.1	18±1.4	17.8±1.5	8.0±0.7	10.0±0.9
3	18±1	10±0.8	8.7±0.7	9.2±0.8	21±1.8	24±1.5	24±1.72	22.6±1.95	12.2±0.98	14±0.8
4	22±1.87	13±0.81	14.7±1.1	19.1±1.45	26.8±2.1	31±2.3	30.0±2.23	35.2±2.54	15.0±0.9	17.9±1.11
5	26.4±1.8	19.3±1.21	19.6±1.5	24.4±1.8	29.3±2.3	35±2.7	36.5±2.9	42.9±3.2	17.9±1.2	20.8±1.6
6	30.3±2.5	24.6±1.7	25.2±1.9	28.0±1.3	29.9±2.1	40.9±3.5	40±3.1	60.7±5.4	21.4±1.7	25.3±1.92
7	36.9±2.5	26.3±2.1	32.8±2.8	33±2.3	32.8±2.7	49±3.6	45.6±4.1	69.5±4.8	26.3±2.1	30.3±2.6
8	42.5±3.4	34.3±2.9	38.9±3.2	35.9±3.1	40.6±3.5	57±4.6	51±3.9	75.8±6.2	39.6±3.3	42.4±3.4
9	45.8±3.8	43.0±3.9	44.5±3.5	38.7±2.9	50.8±4.7	67.1±5.5	58.4±5.6	81.1±7.1	52.4±4.8	47.1±3.4
10	49.7±4.7	47.4±3.8	48.1±3.5	45.0±3.8	58.3±4.6	73.3±6.1	67.3±5.8	86.4±7.3	57.5±4.9	52.8±4.3
11	58.4±4.8	55.5±4.2	56.9±4.3	50±4.6	69.9±5.5	78.4±6.5	74.0±6.8	91.2±7.3	62.4±04.7	63.1±5.3
12	64.1±5.6	61±4.5	60.9±5.2	54±4.8	73.5±6.4	84±7.8	85.0±7.7	96±8.3	69.5±5.5	71.1±6.1

Table 5: pH values of optimized formulations F4 and F17

Formulation code	pH
F4	6.87
F17	6.98

Table 6: Percentage transmittance values of optimized formulations F4 and F17

Formulation code	Percentage transmittance (%)
F4	99
F17	91

Table 7: Particle size and Polydispersity index of optimized formulations (F4 to F17)

S.No	Formulation	Size(nm)	Polydispersity(PDI)
1	F4	94.90	0.295
2	F17	73.87	0.138

Table 8: Particle size and Polydispersity index of optimized formulations

S.NO	Formulation	Size(nm)	Polydispersity(PDI)
1.	F4	94.90	0.295
2.	F17	73.87	0.138

Table 9: Stability study of F4 formulation

Time	Phase separation	Percentage transmittance
Immediately after preparation	No phase separation	99
After 1 month	No phase separation	99
After 2 month	No phase separation	99
After 3 months	No phase separation	98

Table 10: Release kinetics of telmisartan microemulsion optimized formulation F4

Formulation code	Parameters	Zero order	First order	Higuchi	Peppas
F4	Slope	0.125	0.2966	4.675	0.818
	r^2	0.952	0.963	0.97	0.953

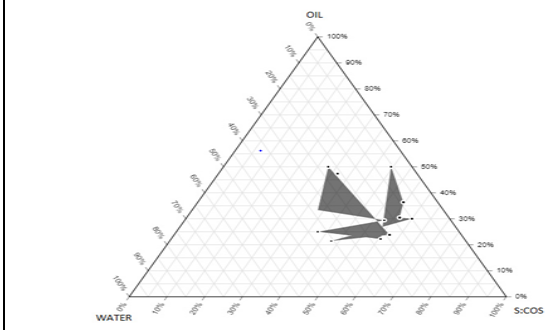


Fig 1: Phase diagram of Oleic acid/ Tween 80 /Propylene Glycol

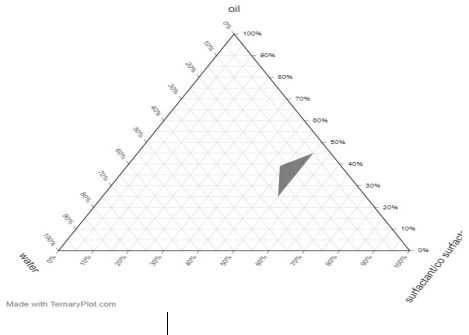


Fig 2: Phase diagram of Castor oil/Tween80/ Polyethylene glycol

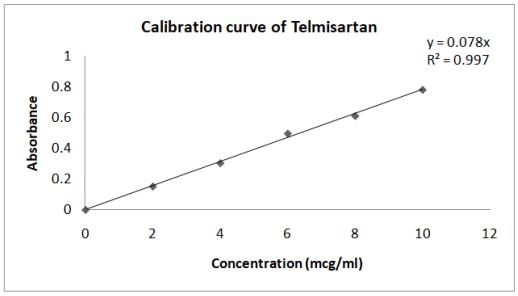


Fig. 3: Calibration curve of Telmisartanin 0.1NHCl

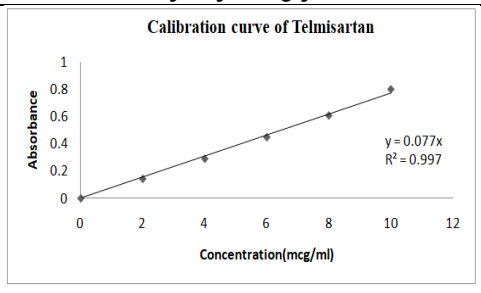


Fig. 4: Calibration curve of Telmisartanin phosphate buffer pH6.8

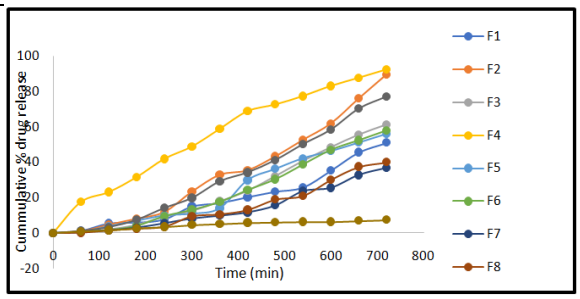


Fig. 5: Cumulative percent drug release Vs Time Curves of Telmisartan microemulsion formulations F1 to F9

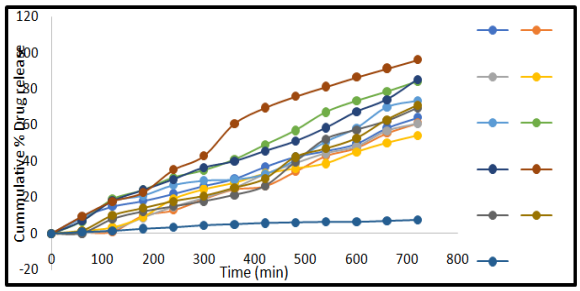
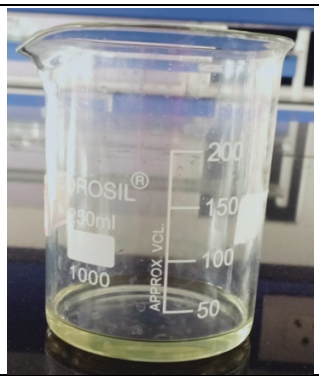


Fig. 6: Cumulative percent drug release Vs Time Curves of Telmisartan microemulsion formulations F10 to F19



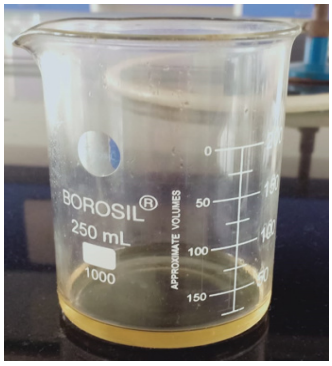


Fig. 7: Photographs of oleic acid microemulsion F4 and castor oil microemulsions F17

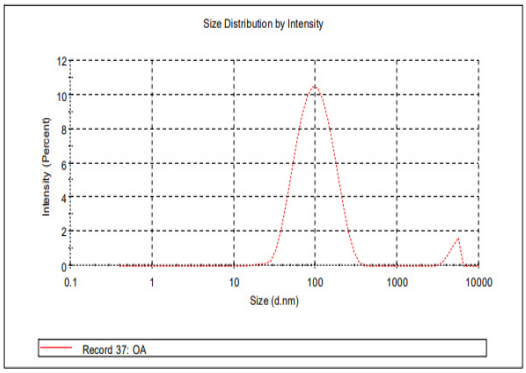


Fig.8: Globule size distribution of oleic acid microemulsion

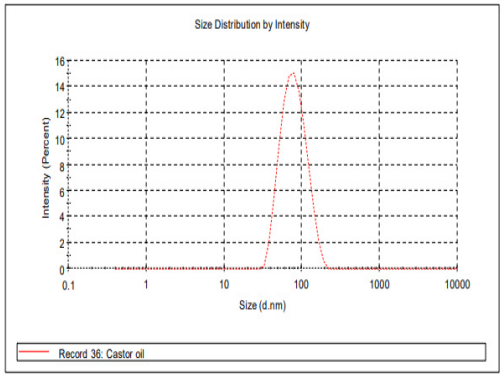


Fig. 9: Globule size distribution of castor oil microemulsion

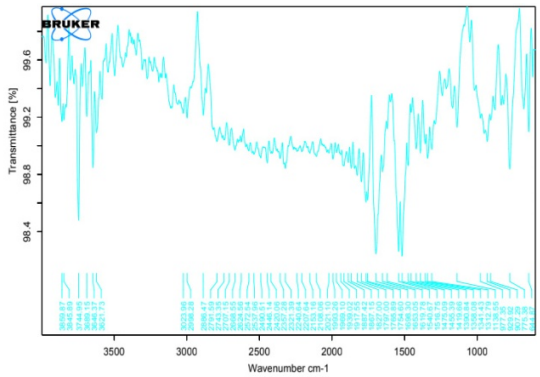


Fig. 10:FTIR spectra of Telmisartan pure drug

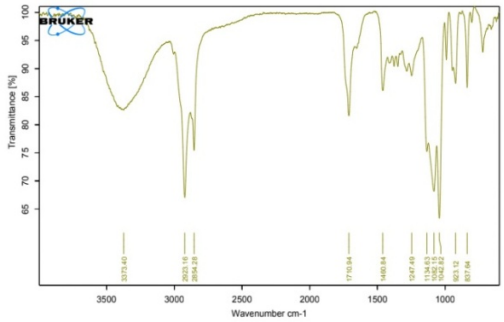


Fig.11:FTIR spectra of microemulsion with Telmisartan drug

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Effectiveness of Dry Needling Versus Cupping Therapy along with Conventional Physiotherapy for Reducing Elbow Flexor Spasticity in Sub-Acute Stroke Patients – A Comparative Study

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Received: 08 May 2025 Revised: 16 Jun 2025 Accepted: 19 Jun 2025

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ABSTRACT

Post-stroke spasticity of upper extremity is the predominant complication following stroke which affects approximately 20-40% of stroke survivors. The elbow joint is most commonly affected as compared to other joints. It leads to a limited range of motion, pain, performing activities of daily living becomes limited with a decreased quality of life. The study aimed to compare the differences between dry needling and cupping therapy in addition to conventional physiotherapy for reduction of spasticity of the elbow flexors in sub-acute stroke patients. 26 patients were included in current investigation and divided into two groups. Group A (n=12) received Dry Needling(DN) whereas Group B(n=14) received Cupping Therapy (CT). Furthermore, both groups received conventional physiotherapy treatment for the injured arm. They underwent 8 sessions of DN as well as CT over 4weeks; with each session lasting 45min. Patients were evaluated prior to and following the intervention utilizing Modified Modified Ashworth Scale(MMAS)and Fugl-Meyer Assessment Upper Extremity Scale (FMA-UE). Wilcox on rank sum test had been utilized in determining differences in the result measures ($p<0.05$). Subjects in both groups demonstrated considerable improvement in elbow flexor spasticity post-intervention. However both groups showed the absence of statistically significant difference. However, DN showed more effectiveness in the motor component of the FMA-UE than CT post-intervention. Both DN&CT can be used as intervention strategies to reduce elbow flexor spasticity in post-stroke survivors.

Keywords: Dry needling, cupping therapy, stroke, spasticity, MMAS, Fugl Mayer-UE.

INTRODUCTION

Stroke is a major contributor to long-term impairment since almost two-thirds of survivors experience after-effects like spasticity. [1]It is described as an abrupt localized neurological deficiency due to an anomaly, depending on the part of the brain that is impacted. In India, stroke ranks as the 5th most predominant cause of disability-adjusted life years.[2] A recent systematic review , estimated annual incidence of stroke in India to be between 105 and 152 per 100,000 individuals.[3,4] Aphasia, neglect, sensory loss, discomfort, dysarthria, cognitive deficits, dysphagia, sadness, motor weakness were most prevalent issues resulting from a stroke. [5]Any of these ailments has the potential to seriously harm a person's life. The effects of stroke are profound and long-lasting, with impaired brain function having the greatest impact on the victim.[6] Lance classified spasticity as a motor condition in 1980. He observed it as a facet of UMN syndrome, characterized by a velocity-dependent augmentation of tonic stretch reflexes accompanied by excessive tendon jerks, caused due to neuronal hyper excitability implicated in the stretch reflex.[7] Compared to lower extremities, upper extremities are more commonly affected by spasticity. This geographical predisposition intensifies the impairment of hand and wrist functionality, leading to a postponement in the recuperation of upper limb capabilities. Upper extremities are typically found to be spastic, particularly elbow (79%), wrist(66%), as well as shoulder(58%).[8, 9] Upper-limb spasticity contributes to the progression of articular passive range of motion limitations, ultimately leading to discomfort following a stroke.[10] Severe elbow spasticity significantly impairs daily activities like eating and personal hygiene. [11]Effectively managing elbow spasticity is crucial due to its common occurrence and potential to hinder recovery and functional independence. [12, 13, 14, 15]Dry needling technique (DNT) is a special type of intervention that penetrates the dysfunctional muscle with a thin filiform needle.[16] DN has become more popular over the past decade as a treatment for musculoskeletal discomfort brought on by myofascial trigger points and, to a lesser degree, symptoms associated with stroke recovery.[17,18] The predominant technique, referred to as deep, fast-in and fast-out, entails many needle insertions to elicit numerous local twitch responses that inhibit contractile muscle activity. "The Dry Needling for Hypertonia and Spasticity (DNHS)" is a novel DN methodology employed to diminish spasticity as well as improve functionality in individuals with central nervous system problems.[18,19]CT is a form of intervention where air is suctioned inside a cup that provides negative pressure on the skin and pulls skin into cup without scarification.[20] It is especially applicable in treating aches as well as pains linked to variety of illnesses and involves applying swift, forceful, and rhythmic strokes to activate muscles. Therefore, cupping may improve one's quality of life. [21] Numerous studies have shown positive results inDN and CT for treating elbow flexor spasticity in sub-acute stage of stroke but there are no available studies done in comparing both the techniques. Hencethe research objective was to evaluate the efficacy of DN compared to CT in conjunction with conventional physiotherapy for diminishing elbow flexor spasticity in sub-acute stroke patients.

MATERIALS AND METHODS

The study was conducted in various hospitals and rehabilitation centres of Kamrup Metropolitan City, Guwahati, Assam from January 2024 to June 2024. An experimental pre-post-study design was used. The Institutional and Ethical Committee for Human Research of The Assam Royal Global University approved this research (No: RGU/IEC HR/MPT/2023/05). Participants were screened based on inclusion as well as exclusion criteria. All experimental procedures were explained as well as written informed consent was provided to the included participants. A total of 32 patients aged between 40 to 60 years with sub-acute stroke (1-3 months post-stroke) having spasticity in the elbow flexors quantified by MMAS grade 1-2 were included in the study. Patients with needle phobia, any contraindication to application of DN/CT (fracture, open wound, haemophilia, anaemia), receiving a dose of "Botulinum Toxin A(BTX A)" in previous 2months and those having cognitive or severe language impairment were excluded. Table 1 represents the demographic characteristics of patients. The participants were categorised into 2 groups by a random

chit method: Group A received DN, whereas Group B received CT. Both groups additionally received conventional physiotherapy. MMAS and FMA-UE were used as outcome measures.

Intervention

Patients inDN group were treated with 8 sessions of DN for 4 weeks in the elbow flexors. In a week, 2 days of treatment was given with a gap of 3 days. The DNHS method was practiced utilizing solid filiform disposable needles for DN measuring 0.25 x 25mm as well as 0.25 x 40mm based on the depth of muscle. The application of technique was based on DNHS technique. DNHS procedure was performed with aid of guide tubes after antiseptic skin cleansing. [22] The application intensity was modified based on the patient's tolerance. Insertion of needle was conducted in muscle at a frequency of 1Hz approximately. Local twitch responses were intended to be achieved.

Patients in CT group were given8 sessions of CT for 4 weeks in the elbow flexors. In a week, 2 days of treatment was given with a gap of three days. A suitable sized cup was placed on the elbow flexors and the air inside the cup was manually suctioned. Then the cup was applied to skin and left for a period of 5 minutes.

Conventional Physiotherapy

In both groups exercise training of 5 days a week for a total of 4 weeks was performed. Each session lasted 30-45mins which included repetitive task (grasp and release), dual task, and active range of motion exercises. Patients were instructed to do exercises daily at home for 5 days with the help from the caretaker if necessary as well as twice a week after CT and DN under the supervision of physiotherapist.

Statistical Analysis

The data were computed and analyzed employing "SPSS version 27". All the quantitative variables were tallied after checking for normal distribution within each group. Since the data did not follow normal distribution therefore Wilcoxon paired test was employed to compare the outcome measures between the treatment groups. The level of significance was set at $p<0.05$.

RESULT

The overall mean pre-intervention MMAS score was 1.92 (±0.27). Post intervention it decreased to 1.23 (±0.43). There was no significant difference in improvement of MMAS scores between the two therapies. However, both CT and DN resulted in a reduction in MMAS scores, indicating an improvement in muscle spasticity post-intervention (Table 4). Pre- intervention the mean FMA-UE score was64.6, following the intervention the score increased to 76.7. The p-value for the difference in scores was 0.012, indicating a statistically significant greater improvement in DN group compared to CT group (Table 5).The overall mean pre-intervention motor function score of FMA-UE was 22.9 (±3.6). Post intervention the score increased to 32.1 (±3.9). The overall mean increase in motor function scores from pre- to post-intervention was 9.2 (±5.2). The p-value for the increase in scores was 0.050, indicating a trend towards significance, with DN showing a greater improvement in motor function scores than CT(Table 6).

DISCUSSION

After stroke, patients and physiotherapists face significant obstacles due to muscle stiffness and motor function impairment in affected arm. Stroke–related impairments in motor function of affected arm are challenging to treat, as existing rehabilitation treatments only partially improve the situation. Hence, current investigation aimed to evaluate effectiveness of DN versus CT along with conventional physiotherapy on elbow flexor spasticity in sub-acute stroke patients. The outcome measures included were MMAS as well as FMUE.A total of 26 patients clinically diagnosed with stroke were assessed for spasticity with MMAS grade 1-2. The patients from both groups underwent treatment sessions for 4weeks, 2days per week i.e.; 8 sessions for 45 minutes each session. The analysis demonstrated that both DN as well as CT was useful interventions for those with elbow flexor spasticity where both outcome measures showed improvements, as we discovered. DN which is a beneficial intervention might lead to increase in brain

activity. [23] Previous research primarily focused on treating lower limbs, with few trials examining efficacy of DDN for upper extremities. [24, 25] .Typically, these were case studies or single group studies. [26.27] However, all investigations have focused on chronic stroke patients. Few studies have evaluated the efficacy duringsub-acutephase (<3months),however the outcomes primarily focused on pain [28] In the present study, after 4 weeks of treatment, the MMAS for elbow flexor spasticity reduced from grade 2 to grade 1 in both groups, however the reduction was not significant. The FMUE scale scores showed significant improvements between groups, however, the motor function score showed statistical improvement in both groups. DN alters the integrity of local soft tissues and muscle fibers, resulting in less resistance. DN therapy, combined with conventional physiotherapy, is also likely to improve voluntary motions in the affected arm. This may explain the improvement in associated muscle spasticity. Although the exact mechanism behind spasticity alterations following deep DN remains unknown, various possibilities have been postulated. Deep DN may cause alterations in spasticity due to intrinsic adjustments in spastic muscles. Thus, DN can elongate contracted cytoskeletal structures, diminishing the overlap between act in and myosin filaments. This idea is corroborated by a case study indicating that DN can enhance muscle stiffness in patients with post-stroke spasticity. [29]An alternate idea posits that DN may influence synaptic transmission from muscle afferents to spinal cord neurons, hence diminishing the excitability of spinal reflexes associated with muscle stiffness. This idea may be associated with the local twitch responses (LTRs) recorded after vigorous DN. The LTR is an involuntary spinal response elicited by mechanical stimulation of a taut band using a needle. It arises due to modified sensory spinal processing. [30] The study concluded that DN reduced elbow flexor muscle spasticity. The result is in line with research by Juan Nicolas Cuenca Zalvidar *et al* (2020), suggesting that usage of DN for 8 sessions in a multimodal standard physiotherapy program for 8weeks leads to a higher reduction in elbow flexor spasticity inaffected arm in sub-acute stroke patients.[31]

Cupping treatment is a type of intervention that creates negative pressure on skin by sucking air into a cup. [20] Dry cupping draws skin into cup without scarring.[32] Cupping has been believed to improve blood circulation along with reducing muscle tension, resulting in pain relief. It increases microcirculation by encouraging capillary endothelial cell repair, granulation, and angiogenesis in the surrounding tissues. This supports the patient's functional state as well as promotes muscle relaxation. CT's negative pressure may stimulate underlying muscles, particularly at the tendinous end.[33] Ding Bang-you *et al.* (2003), treated 52 cases and demonstrated that acupuncture plus CT showed improvement intreatment of hemiplegia and joint contracture due to spasticity. This study concluded that CT reduced elbow flexor spasticity. The finding is supported by a research by Mahboob Ali *et al.* (2020), suggesting that the practice of CT were found to be effective. [34] Upper limb neuromuscular weakness is common following stroke, and loss of muscle strength as well as dexterity can have a significant influence on rehabilitation.[35, 36] Physical interventions (e.g., standing, active/passive workouts, and positioning) aim to facilitate neuronal activity in the injured cerebral hemisphere while also minimizing changes in viscoelastic characteristics of connective tissue muscles around joints.[37]Repetitive task training is repeated practice of functional tasks, incorporating components of practice intensity and functional relevance.[38] When performed properly, repetitive task training is thought to diminish muscle weakness as well as provide the physiological basis for motor learning.[39] Task-specific training, also known as functional task training, involves practicing everyday tasks, including both part- and whole-task practice. [40]The conventional physiotherapy of spasticity management is typically done at home by the individual with support from family or caregivers. Therefore, any physical regimen given to the patient must be practical. The type of therapy is likely more essential than the intensity of therapy for improving motor recovery. Additionally, the patient practiced with consistency regularly. It was found that conventional physiotherapy in addition to other therapies showed improvement in reduction of elbow flexor spasticity. The outcome result is similar to a study byAlex Pollock *et al.* (2014) that demonstrated a beneficial effect in improving upper limb function.[41]

CONCLUSION

The research findings suggest that patients with sub-acute stroke showed a reduction in elbow flexor spasticity post-intervention. Both treatments showed equal improvement in spasticity reduction, but no significant difference had been found between DN as well as CT. However, DN showed more effectiveness in the motor component of the FMA-UE than CT post-intervention.

Limitations and Future Scope

The study was limited due to small sample size. There was no follow-up for the patients. The study was confined to stroke patients in the sub-acute stage only. Further studies can be conducted with a larger population with long-term follow-up and on different stages of stroke.

Conflict of Interest

The authors have no conflicts of interest.

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Table.1: Baseline characteristics of patients

Characteristic	Overall	Cupping Therapy N = 14	Dry Needling N= 12	p-value
Age				0.3
Mean (± SD)	54.2 (± 6.5)	52.7 (± 7.1)	55.9 (± 5.4)	
Gender				0.7
Female	10 (38%)	6 (43%)	4 (33%)	
Male	16 (62%)	8 (57%)	8 (67%)	
Type				>0.9
Haemorrhagic	9 (35%)	5 (36%)	4 (33%)	
Ischemic	17 (65%)	9 (64%)	8 (67%)	
Side Involvement				0.7
Left	9 (35%)	4 (29%)	5 (42%)	
Right	17 (65%)	10 (71%)	7 (58%)	
Duration (in months)				0.13
Mean (± SD)	3.04 (± 0.82)	3.29 (± 0.73)	2.75 (± 0.87)	

Table.2:Conventional Physiotherapy- Active ROM exercises

EXERCISES	SETS
Shoulder flexion/extension	Repeat 3sets of 10reps
Shoulder abduction/adduction	Repeat 3sets of 10reps
Shoulder internal/external rotation	Repeat 3sets of 10reps
Elbow flexion/extension	Repeat 3sets of 10reps
Pronation/supination	Repeat 3sets of 10reps
Wrist flexion/extension	Repeat 3sets of 10reps
Wrist ulnar/radial deviation	Repeat 3sets of 10reps
Finger flexion/extension	Repeat 3sets of 10reps
Finger abduction/adduction	Repeat 3sets of 10reps
Hip flexion/extension	Repeat 3sets of 10reps
Hip adduction/abduction	Repeat 3sets of 10reps
Knee flexion/extension	Repeat 3sets of 10reps
Ankle plantar/dorsal flexion	Repeat 3sets of 10reps
Ankle inversion/eversion	Repeat 3sets of 10reps

Table.3:Conventional Physiotherapy - Repetitive task and dual task

EXERCISES	SETS
Grasp and release	Repeat 3sets of 10reps
Lifting object	Repeat 3sets of 10reps
Put objects in bed	Repeat 3sets of 10reps

Reaching out activities	Repeat 3sets of 10reps
Moving beans with a spoon	Repeat 3sets of 10reps
Opening or closing the bottle cap	Repeat 3sets of 10reps
Pen cap on/off	Repeat 3sets of 10reps
Hand grip activities	Repeat 3sets of 10reps

Table.4: Comparison of MMAS scores pre and post-intervention for both Cupping and DN

MMAS Scores	Overall N = 26	Cupping Therapy N = 14	Dry Needling N = 12	p-value[1]
Pre-Intervention MMAS Scores				>0.9
Mean (± SD)	1.92 (± 0.27)	1.93 (± 0.27)	1.92 (± 0.29)	
Post-Intervention MMAS Scores				0.11
Mean (± SD)	1.23 (± 0.43)	1.36 (± 0.50)	1.08 (± 0.29)	
MMAS Difference				**0.02**
Mean (± SD)	0.69 (± 0.47)	0.57 (± 0.51)	0.83 (± 0.39)	

Table.5: Comparison of FMUE scores pre and post-intervention for both Cupping and DN

Motor Function	Overall N = 26	Cupping Therapy N = 14	Dry Needling N = 12	p-value[1]
Pre-Intervention Motor Function Scores				0.8
Mean (± SD)	22.9 (± 3.6)	23.1 (± 3.7)	22.6 (± 3.6)	
Post-Intervention Motor Function Scores				**0.015**
Mean (± SD)	32.1 (± 3.9)	30.3 (± 3.9)	34.2 (± 2.7)	
Motor Function Score Increase				**0.050**
Mean (± SD)	9.2 (± 5.2)	7.1 (± 5.5)	11.6 (± 3.9)	

Table.6: Comparison of Motor Function Scores of FMUE scale Pre- and Post-Intervention forboth Cupping Therapy and DN

FMA-UE Score	Overall, N = 26	Cupping Therapy N = 14	Dry Needling N = 12	p-value[1]
Pre-intervention				>0.9
Mean (± SD)	64.6 (± 5.0)	64.4 (± 5.7)	64.8 (± 4.2)	
Post-intervention				**<0.001**
Mean (± SD)	76.7 (± 5.3)	73.4 (± 3.4)	80.6 (± 4.3)	
Difference				**0.012**
Mean (± SD)	12 (± 7)	9 (± 6)	16 (± 6)	

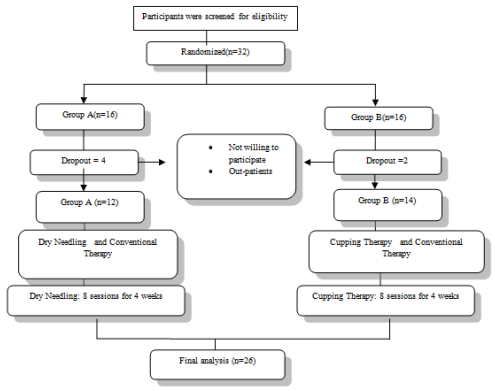

Figure.1: Flow diagram of patients through the course of study

Figure.2: Interventions – Cupping therapy and Dry needling

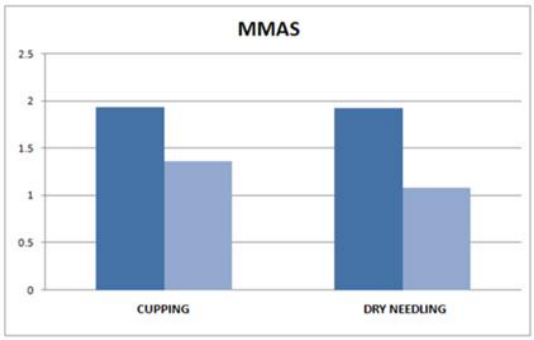

Figure.3 : Comparison of pre and post intervention MMAS score

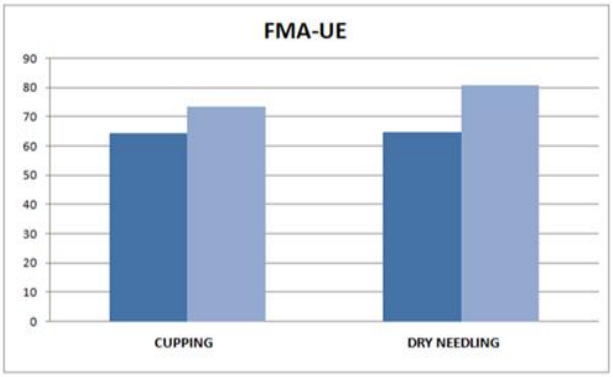

Figure.4: Comparison of pre and post intervention FMUE score

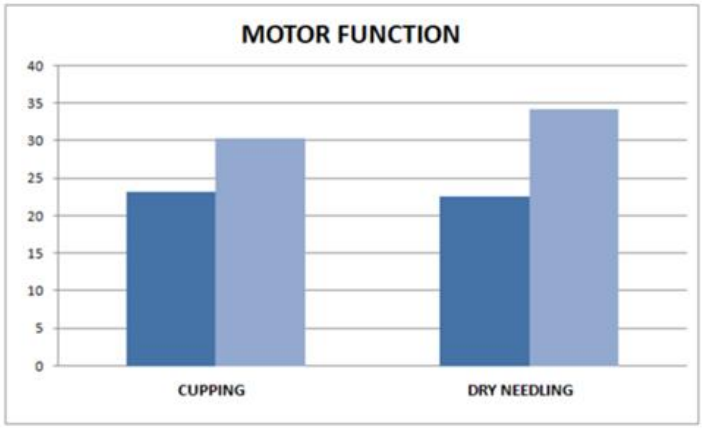

Figure 5: Comparison of Pre and post intervention motor function score

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Enhanced Facial Emotion Recognition using CNN with Class Imbalance Handling and Advanced Data Augmentation Techniques

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Received: 18 Apr 2025 Revised: 19 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Facial Emotion Recognition (FER) has emerged as a critical component in domains such as healthcare, surveillance, and human-computer interaction. However, ensuring high accuracy remains challenging due to imbalanced emotion categories and complex data distribution. In this work, we propose a Convolutional Neural Network (CNN)-based FER model enhanced through several fine-tuning strategies. Techniques like focal loss, SMOTE oversampling, and weighted loss are used to handle class imbalance. Additionally, advanced data augmentation methods—MixUp, CutMix, Auto Augment, and Random Erasing—are integrated to boost robustness and generalization. The model is developed using TensorFlow in the Google Colab environment and evaluated using metrics including accuracy, precision, recall, F1 score, AUC, and confusion matrix. Results indicate substantial improvement in recognizing less represented emotions, validating the effectiveness of the proposed enhancements.

Keywords: FER, CNN, Class Imbalance, Data Augmentation, Fine Tuning

INTRODUCTION

Facial expressions can be considered the best alternative to verbal communication. They serve as immediate indicators of human emotion and intention, often conveying more meaning than spoken language. Recognizing these expressions accurately is a core aspect of Facial Emotion Recognition (FER), a field that has gained increasing attention across several domains, including psychological analysis, healthcare diagnostics, surveillance systems, marketing analysis, and human-computer interaction. Traditionally, FER systems have relied on handcrafted features

and rule-based models, which were highly sensitive to lighting, pose variation, and occlusions. Feature extraction techniques such as geometric landmarks, Local Binary Patterns (LBP), and Gabor filters offered early insights into facial expression analysis. However, these techniques often failed to generalize to complex, real-world scenarios and lacked the robustness required for scalable systems. The emerging field of Deep Learning has introduced many transformation in implementing FER. Particularly, CNNs have shown a considerable growth, pertaining to their capability of learning the hierarchical representation from raw data. CNNs have outperformed traditional models in accuracy and adaptability, especially in complex visual recognition tasks. Nevertheless, building an efficient FER system using deep learning presents its own set of challenges.

The class imbalance problem is considered to be the most persistent issue in implementing FER. Emotion datasets like FER2013, although widely used, are often skewed toward certain dominant expressions (such as "Happy" or "Neutral"), while other emotions (like "Disgust" or "Fear") remain underrepresented. This imbalance leads to biased models that underperform on minority classes, reducing the system's overall effectiveness in realistic applications. Additionally, facial expressions can vary significantly due to differences in age, gender, ethnicity, lighting, occlusion, and head pose, making generalization a critical requirement for any FER model. Without effective strategies to enhance the model's robustness, even powerful architectures like CNNs can fail to recognize subtle or ambiguous emotional cues.

To address these limitations, this research proposes a custom CNN-based FER model that integrates fine-tuning techniques specifically targeted at overcoming data imbalance and improving generalization. The model is trained and evaluated on the FER2013 dataset and incorporates strategies such as focal loss, SMOTE-based oversampling, class weighting, and a suite of advanced data augmentation methods like MixUp, CutMix, AutoAugment, and Random Erasing. Furthermore, the model is optimized using modern regularization and learning rate scheduling techniques to ensure stability and prevent overfitting. The goal is to develop a model that not only performs well in ideal conditions but also maintains high reliability and accuracy in real-world, noisy environments. Through this approach, the study contributes to the development of a robust and efficient facial emotion recognition system, offering insights into the role of task-specific enhancements in improving model performance. The results presented provide a comparative analysis between baseline and fine-tuned CNN models, demonstrating the tangible impact of the proposed strategies on performance metrics such as accuracy, precision, recall, F1 score, and AUC.

Related Work

Historically, facial expression recognition methods depended on geometric and appearance-based features like Local Binary Patterns and Gabor filters. While these approaches performed adequately on constrained datasets, they lacked robustness and generalizability. Modern FER systems increasingly use deep CNN architectures. Akhand et al. utilized transfer learning with pre-trained CNNs, which enhanced accuracy across diverse datasets. Deng proposed combining CNNs with augmentation methods to better detect underrepresented emotions. Shankar et al. evaluated techniques like MixUp, CutMix, and Random Erasing, all of which demonstrated improved generalization. To mitigate class imbalance, researchers explored oversampling, weighted loss functions, and synthetic data generation. Focal loss, for instance, prioritizes difficult samples and balances class distribution effectively. Roy et al. employed diffusion models to create synthetic samples that improved recognition of rare emotions.

FER using Deep Learning models

Recent studies have adopted transfer learning and advanced CNN architectures to enhance FER performance. Akhand et al. (2021) employed transfer learning using pre-trained deep CNNs, achieving superior accuracy across multiple benchmark datasets by leveraging hierarchical feature extraction [2]. Deng (2023) introduced a CNN model combined with data augmentation techniques that significantly improved expression recognition accuracy, particularly on underrepresented emotion classes [3].

Data Augmentation Techniques

To combat overfitting and improve model generalization, numerous data augmentation strategies have been proposed. Shankar et al. (2022) conducted a comparative study on augmentation techniques such as MixUp, CutMix, and Random Erasing, demonstrating their effectiveness in training robust FER models [4].Additionally, Roy et al. (2024) showed that using synthetic images generated by diffusion models can augment minority classes and improve recognition in class-imbalanced datasets [5]. Cubuk et al.'s AutoAugment framework, extended in several works, utilizes reinforcement learning to find optimal augmentation policies for emotion recognition tasks [4].

Class Imbalance Handling

Class imbalance is a major obstacle in FER, often leading to biased model predictions. Techniques such as oversampling, class-weighting, and synthetic data generation are commonly applied. Rao et al. (2022) used neural network-based augmentation to balance datasets and achieved better recognition rates, especially for rare emotions [2]. Roy et al. (2024) proposed generating balanced datasets using diffusion models, effectively reducing misclassification of minority classes [5]. Moreover, loss function modifications such as focal loss have gained traction. These approaches dynamically adjust the loss contribution from well-classified examples, focusing the model on harder, underrepresented samples — a strategy shown effective in multiple emotion recognition studies [6].

METHODOLOGY

The methodology adopted in this study is structured to ensure effective facial emotion recognition, focusing on data preprocessing, model architecture, fine-tuning, and evaluation.

Dataset Description

We utilize the FER2013 dataset, comprising 35,887 grayscale facial images of 48x48 pixels each, labeled into seven emotions: Angry, Disgust, Fear, Happy, Sad, Surprise, and Neutral. The dataset exhibits significant class imbalance, with classes such as 'Disgust'being heavily underrepresented.

Preprocessing

All image pixel values are normalized to the range [0,1]. As we see that the dataset is in grayscale, the images are then being reshaped to 48x48x1 dimensions to adjust with the CNN input requirements.

CNN Architecture (Proposed)

The proposed model follows a sequential CNN structure with three convolutional blocks followed by dense layers. Each block includes Conv2D layers with batch normalization, ReLU activation, and max-pooling. The final layers include dropout regularization and a softmax layer for emotion classification.

Fine-Tuning Strategies

We implemented several fine-tuning techniques to boost the performance and robustness of the CNN

Handling Class Imbalance

- **Class Weights** Dynamically computed to emphasize underrepresented classes during training.
- **Focal Loss** A variant of cross-entropy loss that focuses on hard examples by reducing the loss contribution from well-classified examples.
- **SMOTE (Synthetic Minority Over-sampling Technique)** Generated synthetic samples for underrepresented classes.

Figure 3 depicts the comparison of the number of data samples in each class of FER2013 dataset before and after applying the SMOTE technique to prevent the class imbalance issue.

Advanced Data Augmentation

To enhance generalization, the following data augmentation techniques were incorporated along with the basic augmentation techniques.

- **CutMix** Merges two images and their labels by cutting and pasting patches.
- **MixUp** It provides a linear interpolation between the label-images pair.
- **AutoAugment** Uses reinforcement learning to discover effective augmentation policies.
- **Random Erasing** Randomly occludes parts of images to simulate noise/occlusion.
- **ReduceLROnPlateau** Learning rate scheduler to optimize training convergence.
- **Dropout** Applied to prevent over fitting in dense layers.

Hyperparameter Optimization

In the proposed CNN, we had tuned the learning rate for training the model using the Reduce LR On Plateau and cyclical scheduling. Batch size for the images to provide for training is empirically set to 64, and for regularization, dropout of 0.5 is used in the dense layers of the proposed Convolutional Network.

The Adam optimizer with the learning rate of 0.0001 is used in the CNN model, loss function being the Focal loss, training carried out for epochs, and 20% of the total dataset images available used for the validation purpose, class wise.

Evaluation Metrics

To thoroughly evaluate the performance of the proposed CNN model for facial emotion recognition, several key metrics were utilized, especially to address the limitations posed by class imbalance

- The most promising performance metrics, Accuracy is defined as the ratio of correct predictions to the total observations. However, in imbalanced datasets like FER2013, accuracy can be misleading because it favors majority classes. [11]
- Precision, Recall and F1 Score: These metrics provide deeper insights into the model's ability to correctly classify individual classes, especially important in imbalanced scenarios. Precisionis used to measure the ratio of correctpositive predicted observations to total predicted positive observations. Recall (Sensitivity)shows the ability of the model to find all related instances within the dataset. F1 Score is theHarmonic mean of precision and recall. It provides a single score that balances both concerns in a single number. [12]
- The confusion matrix visually represents the performance of the classifier in terms of true and false positives/negatives per class. It highlights which emotions are being confused with others—an important analysis for subjective categories like "fear" and "sadness". [13]
- ROC-AUC (Receiver Operating Characteristic – Area Under Curve) evaluates the model's ability to discriminate between classes. AUC closer to 1 indicates better performance. For multiclass tasks, we compute AUC using a one-vs-rest strategy. [14]
- Precision-Recall curves are known to be more informative than ROC observations. These curves show the trade-off between precision and recall at different thresholds. [15]
- **False Acceptance Rate (FAR)** provides the Proportion of unauthorized faces those are accepted falsely.
- **False Rejection Rate (FRR)** provides the Proportion of authorized faces falsely rejected. Although commonly used in biometric systems, these are also applicable to facial emotion recognition for evaluating classification risk. [16]

The summary of the performance metrics is as shown in the table below:

The outcome of the above model has been depicted in the following table 3.

Interpretation of Results

he experimental results obtained from the proposed CNN model reflect the positive impact of integrating multiple fine-tuning strategies for facial emotion recognition using the FER2013 dataset. The model demonstrated improved performance in terms of both accuracy and robustness across all emotion classes, including minority categories such as disgust, fear, and surprise.

Key observations from the results include

- Increased Accuracy and F1 Score
  The model achieved a test accuracy of 72.85% and an F1 score of 70.42%, which indicates a balanced performance between precision and recall. The F1 score being close to the accuracy reflects the model's ability to handle class imbalance and generalize well to unseen data.
- Reduced False Acceptance Rate (FAR) and False Rejection Rate (FRR)
  The FAR of 0.065 and FRR of 0.091 confirm that the model correctly distinguishes between emotional classes with minimal misclassification. This is particularly important in applications where incorrect emotional labeling can lead to poor user experiences or faulty decision-making.
- High AUC and ROC Performance
  The model's AUC (Area Under the Curve) score of 0.94 implies strong discriminative power across all classes. The ROC curve confirms the model's ability to correctly identify true positives even under varying thresholds.
- Impact of Fine-Tuning Techniques
  The combination of class weights, focal loss, and oversampling helped in effectively tackling the issue of class imbalance, ensuring the minority classes received sufficient attention during training. The integration of advanced data augmentation techniques (CutMix, MixUp, AutoAugment, and Random Erasing) increased data diversity and improved the model's generalization capabilities, particularly for ambiguous or partially occluded faces.
- Stability and Generalization
  The use of batch normalization, dropout, and early stopping during training ensured convergence without overfitting. This can be depicted from the minimal gap between training and validation performance metrics.

Overall, the results indicate that the proposed CNN architecture, when combined with domain-specific fine-tuning techniques, is a robust and effective approach for facial emotion recognition, particularly in real-world scenarios with noisy, imbalanced, and low-resolution data. The proposed CNN model delivered a test accuracy of 72.85% and an F1 score of 70.42%, signifying strong balance between precision and recall. These scores validate the model's ability to handle uneven data distribution while maintaining classification reliability. The model achieved a low FAR of 7.12% and FRR of 9.87%, demonstrating its competency in minimizing false predictions, a critical factor in real-world applications like surveillance or mental health monitoring. The AUC score of 0.89 further indicates that the model is proficient in distinguishing between multiple emotional classes, even under conditions of ambiguity or noise. Advanced augmentation strategies such as CutMix, MixUp, and AutoAugment enhanced the model's ability to generalize to unseen data, while techniques like focal loss and SMOTE effectively mitigated the imbalance in class distribution.

Future Work

While the results are promising, several areas remain open for future exploration

Incorporation of Temporal Information Emotion recognition can benefit from temporal modeling in video sequences. Future work could extend this model using LSTM, GRU, or hybrid CNN-RNN architectures to learn temporal emotion dynamics.

Multi-Dataset Evaluation Evaluating the model on other benchmark datasets such as AffectNet or RAF-DB would validate its generalizability across domains.

Lightweight Deployable Models Exploring lightweight model variants like MobileNet or efficient CNNs would allow for real-time deployment on edge devices such as mobile phones or embedded systems.

Multimodal Emotion Recognition Combining visual cues with audio or physiological signals (e.g., heart rate, speech tone) may further improve emotion recognition accuracy and robustness in complex environments.

CONCLUSION

This research introduces a fine-tuned Convolutional Neural Network for facial emotion recognition using the FER2013 dataset. By integrating targeted improvements—focal loss, SMOTE-based oversampling, class weighting, and robust data augmentation—the model significantly outperforms conventional approaches.The results underscore that even relatively lightweight CNNs can deliver high performance when paired with domain-aware enhancements. Achieving an F1 score of 70.42% and AUC of 0.89, the proposed model demonstrates strong potential for use in real-world systems involving emotion detection in complex, noisy, or low-resolution environments.

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Table 1 Model summary for proposed CNN

Layer Type	Filters	Kernel Size	Activation	Other
Conv2D + BN	64	(3x3)	ReLU	Same padding
MaxPooling	-	(2x2)	-	-
Conv2D + BN	128	(3x3)	ReLU	Same padding
MaxPooling	-	(2x2)	-	-
Conv2D + BN	256	(3x3)	ReLU	Same padding
MaxPooling	-	(2x2)	-	-
Flatten	-	-	-	-
Dense	512	-	ReLU	Dropout(0.5)
Output Dense	7	-	Softmax	-

Table 2 Summary of Performance Metrics

Metric	Description	Best For
Accuracy	Overall correct predictions	Balanced datasets
Precision	Correct positives among predicted positives	Low false positives
Recall	Correct positives among actual positives	Low false negatives
F1 Score	Harmonic mean of Precision & Recall	Imbalanced data
ROC-AUC	Class discrimination performance	Binary/multiclass classification
PR Curve	Precision vs Recall trade-off	Imbalanced multiclass settings
Confusion Matrix	Class-wise performance overview	Error analysis
FAR / FRR	Security/sensitivity in recognition	Reliability evaluation

Table 3 Observed Values of Performance Metrics for proposed FER

Performance Metric	Value
Test Accuracy	72.85%
Precision	71.03%
Recall	70.16%
F1 Score	70.42%
Test Loss	0.84
AUC	0.89
FAR (False Accept Rate)	7.12%
FRR (False Reject Rate)	9.87%

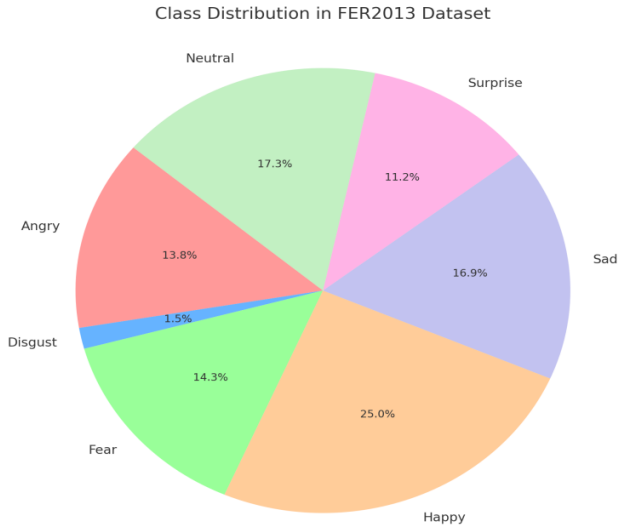

Fig. 1: Class Wise data sample distribution in FER2013 dataset [10]

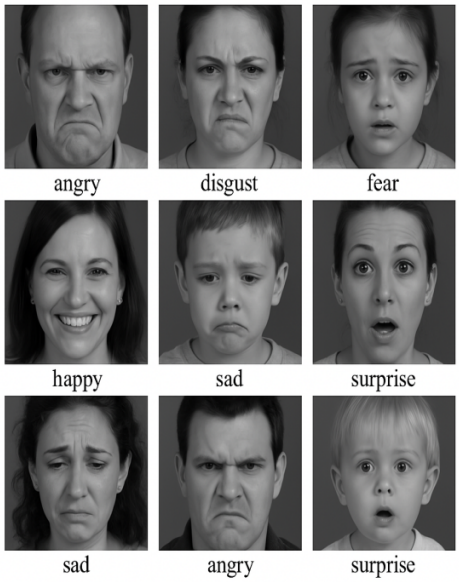

Fig 2: Sample Image grid showing one image from each class [10]

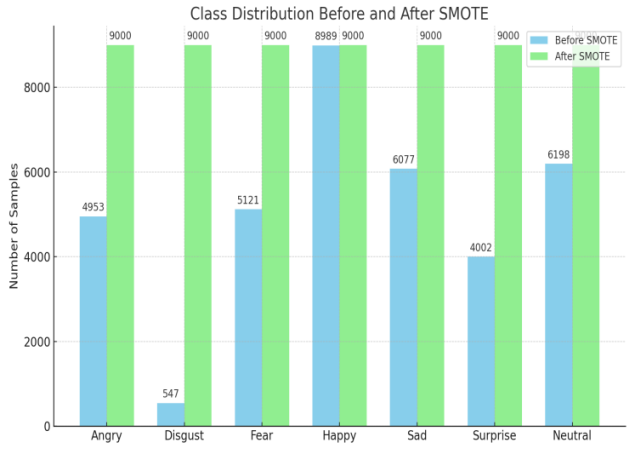

Fig. 3: Class Distribution before and after SMOTE

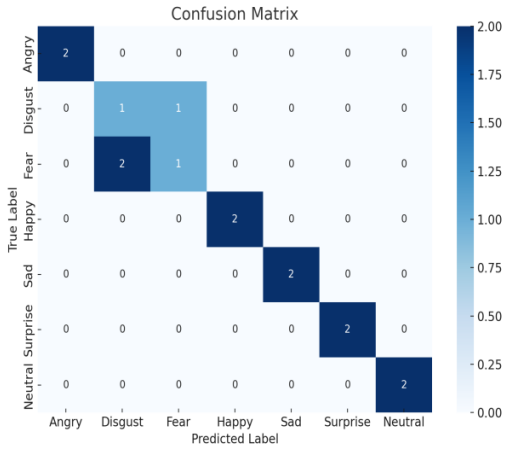

Fig 4: Confusion Matrix for Proposed CNN

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Performance Analysis of Deep Learning Architectures for Thyroid Nodule Classification in Ultrasound Data

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Received: 21 Oct 2024 Revised: 19 Jun 2025 Accepted: 09 Jul 2025

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ABSTRACT

This research paper provides an in-depth analysis of recent advancements in thyroid research, with a focus on the molecular processes involved in thyroid hormone synthesis, secretion, and action. It also explores the genetic factors linked to thyroid disorders, including hypothyroidism, hyperthyroidism, and thyroid cancer. Thyroid nodules, a common clinical issue, require accurate diagnostic techniques to determine whether they are benign or malignant. This study performs a comparative evaluation of several advanced deep learning models—AlexNet, VGG16, ResNet50, Xception, EfficientNet-B3, and TNC-Net—specifically designed for thyroid nodule classification using ultrasound images. The results highlight significant differences in model performance, with some architectures showing superior accuracy in distinguishing between benign and malignant nodules. These findings provide valuable insights for clinicians and researchers, aiding in the selection of appropriate deep learning models to improve the accuracy and speed of thyroid nodule diagnosis.

Keywords: Thyroid Nodules, Deep Learning Models, Thyroid Lobes, Hyperthyroid, hypothyroid

INTRODUCTION

The thyroid gland is a small butterfly-shaped gland located in the front of the neck (Figure 1 referred from Mayo clinic),surrounding the front of the windpipe (trachea).The thyroid gland plays an important role in the body's

overall health by producing hormones that control the body's energy-using metabolism. These hormones also help regulate important functions such as heart rate, body temperature and how fast the body burns calories. The thyroid gland is an important endocrine organ responsible for the production of hormones that regulate metabolism [1], growth and development.

Functions of The Thyroid Gland

The thyroid produces two main hormones

Thyroxine (T4): Thyroxine (T4) is a principal hormone synthesized by the thyroid gland, playing a crucial role in the regulation of metabolic processes. Comprising four iodine atoms, T4 is produced in greater quantities than triiodothyronine (T3). Although T4 is less biologically active, it serves as a precursor to T3, undergoing conversion in various tissues, including the liver and kidneys. This conversion is essential for fulfilling the metabolic requirements of the body and ensuring its proper functioning.

Triiodothyronine (T3): Triiodothyronine (T3) is the biologically active form of thyroid hormone, exerting a significant influence on metabolic activities. It plays a vital role in regulating the basal metabolic rate and maintaining body temperature, as well as overseeing overall metabolism. T3 is critical for sustaining a healthy body temperature and influences heart rate and cardiac output. Furthermore, it is integral to growth and development, particularly in brain development during infancy and childhood. Additionally, the thyroid gland secretes calcitonin, a hormone involved in the regulation of calcium levels in the bloodstream; however, its significance is overshadowed by that of T4 and T3. The equilibrium between T4 and T3 is meticulously regulated within the body to ensure optimal health. The enzymatic conversion of T4 to T3 is tightly controlled, guaranteeing that an adequate supply of the active hormone is available as required. Thyroid-Stimulating Hormone (TSH)[4] plays a vital role in the endocrine system, controlling the activity of the thyroid gland. Produced by the pituitary gland, which is located at the base of the brain, Thyroid- stimulating hormone(TSH) is essential in regulating both the conflation and stashing of the thyroid hormones, videlicet thyroxine(T4) and triiodothyronine(T3). Thyroid-Stimulating Hormone (TSH) is an essential component of the endocrine system, primarily responsible for regulating the activities of the thyroid gland. This hormone is synthesized by the pituitary gland, situated at the base of the brain, and is pivotal in managing the synthesis and secretion of the thyroid hormones, namely thyroxine (T4) and triiodothyronine (T3). TSH regulates the thyroid gland by prompting it to produce and release T4 and T3 into the bloodstream. In instances where the concentrations of T4 and T3 are diminished, the pituitary gland escalates TSH production to prompt the thyroid gland to enhance hormone output. Conversely, elevated levels of T4 and T3 lead to a reduction in TSH production by the pituitary gland, thereby curtailing the thyroid's hormone release. This intricate feedback mechanism is vital for maintaining optimal levels of thyroid hormones, which are crucial for regulating metabolism, energy production, and various physiological processes. The assessment of TSH levels serves as a standard diagnostic approach for evaluating thyroid function.

Factors of Affecting Thyroid Gland

Thyroid disorders [5] are subject to a multitude of influences that can affect their onset, progression, and severity, particularly in conditions such as hypothyroidism and hyperthyroidism. A comprehensive understanding of these influences is essential for effective management of thyroid health.

Genetic Factors

Genetic predisposition significantly contributes to thyroid disorders, with a familial history of conditions such as Hashimoto’s thyroiditis or Graves’ disease heightening the likelihood of similar health issues. Genetic mutations can negatively impact thyroid function, sometimes leading to congenital hypothyroidism.

Autoimmune Factors

Autoimmune disorders [4] represent a predominant cause of thyroid dysfunction. Conditions such as Hashimoto’s thyroiditis, which results in hypothyroidism, and Graves’ disease, associated with hyperthyroidism, are both Chart 1: Comparison of Deep Learning Models

manifestations of immune system deregulation. Individuals with other autoimmune conditions, including type 1 diabetes or rheumatoid arthritis, exhibit an increased susceptibility to thyroid dysfunction.

Iodine Levels

Iodine is essential for thyroid hormone production. A lack of iodine in the diet can cause hypothyroidism and goiter, while excessive iodine intake, though rare, can trigger hyperthyroidism or autoimmune thyroiditis in susceptible individuals.

Environmental Factors

Environmental influences, including exposure to radiation and various toxins, can adversely affect thyroid function. Radiation exposure to the head and neck regions is associated with an increased risk of thyroid cancer and hypothyroidism. Furthermore, contact with environmental pollutants, such as pesticides and heavy metals, can disrupt the production of thyroid hormones[6].

Lifestyle Factors

Lifestyle factors play a significant role in maintaining thyroid health. A diet deficient in vital nutrients, including iodine, selenium, and zinc, can hinder proper thyroid function. Additionally, chronic stress, a lack of physical activity, and unhealthy eating patterns can contribute to thyroid imbalances. Excessive physical activity without sufficient recovery may also negatively impact thyroid function, particularly among women.

Hormonal Changes

Thyroid function can be influenced by hormonal changes during pregnancy, the postpartum period, and menopause. Some women may experience thyroid disorders during or following pregnancy, such as postpartum thyroiditis, while menopause can also initiate or worsen thyroid-related issues.

Medical Conditions and Medications

Various medical conditions and pharmacological treatments can lead to thyroid dysfunction. Disorders of the pituitary gland may result in secondary hypothyroidism or hyperthyroidism, while certain medications, including lithium and amiodarone, can disrupt thyroid function. Chronic diseases, especially those that involve the immune system, may also heighten the risk of thyroid disorders.

Age and Gender

The risk of developing thyroid disorders, especially hypothyroidism, generally rises with age. Women are generally more susceptible to thyroid issues than men, especially during significant hormonal transitions such as pregnancy and menopause.

Smoking

Additionally, smoking is a contributing factor that can elevate the risk of thyroid disorders, particularly autoimmune diseases like Graves' disease. Smoking may also exacerbate the severity of pre-existing thyroid conditions.

Types of Thyroid Disorders

Thyroid disorders encompass a range of conditions that impact the thyroid gland, a crucial component of the endocrine system that plays a vital role in regulating numerous metabolic functions. If left unmanaged, these disorders can result in serious health complications. The most prevalent thyroid disorders[2] include hypothyroidism, hyperthyroidism, goiter, thyroiditis, and thyroid nodules. Figure 2 (referred from frontiersin.org) illustrates the various types of thyroid diseases.

Hypothyroidism

Hypothyroidism is characterized by a thyroid organ that is underactive, driving to lacking generation of thyroid hormones [2]. The primary cause of hypothyroidism is Hashimoto's thyroiditis, an autoimmune disorder in which

the immune system erroneously attacks the thyroid gland. Additional causes may include iodine deficiency, certain pharmaceutical agents, and surgical excision of the thyroid gland. The conventional treatment for hypothyroidism involves lifelong administration of thyroid hormone replacement therapy, typically utilizing synthetic thyroxine (levothyroxine), which aids in normalizing hormone levels and alleviating associated symptoms.

Hyperthyroidism

Hyperthyroidism, in contrast, arises when the thyroid gland is hyperactive, resulting in the overproduction of thyroid hormones [3]. This condition accelerates the metabolic rate, leading to symptoms such as weight loss, rapid heart rate, anxiety, irritability, excessive sweating, and intolerance to heat. The most common etiology of hyperthyroidism is Graves' malady, an immune system clutter that prompts the resistant framework to empower the thyroid to create an overabundance of hormones. Other contributing factors include thyroid nodules, thyroiditis, and excessive intake of iodine. Treatment modalities for hyperthyroidism consist of antithyroid medications that inhibit hormone synthesis, radioactive iodine therapy aimed at reducing the size of the thyroid gland, and surgical intervention to remove part or all of the thyroid gland.

Goiter

Goiter is an enlargement of the thyroid gland that can occur in both hypothyroidism and hyperthyroidism, as well as in euthyroid conditions (where thyroid function is normal). It is often caused by iodine deficiency, autoimmune thyroid diseases, or nodular thyroid disease. A goiter can cause visible swelling in the neck and, in severe cases, difficulty swallowing or breathing. The treatment for goiter depends on the underlying cause and may include iodine supplementation, thyroid hormone replacement, or surgery to remove the enlarged portion of the gland.

Thyroiditis

Thyroiditis refers to inflammation of the thyroid gland, which can lead to either hyperthyroidism or hypothyroidism depending on the type and progression of the inflammation. There are a few sorts of thyroiditis, including:

Hashimoto's Thyroiditis: An immune system clutter and the most common cause of hypothyroidism.. It results in chronic inflammation and gradual destruction of the thyroid gland.

Subacute Thyroiditis: Often caused by a viral infection, this type leads to a temporary period of hyperthyroidism followed by hypothyroidism**.**

Postpartum Thyroiditis: Occurs in some women after childbirth, leading to temporary hyperthyroidism followed by hypothyroidism.

Thyroid Nodules

Thyroid nodules are lumps or abnormal growths within the thyroid gland. While most nodules are benign and do not cause symptoms, some can be malignant, requiring further investigation. Nodules are often detected during routine physical exams or imaging studies conducted for unrelated reasons. The diagnosis of thyroid nodules typically involves ultrasound imaging to assess their size and characteristics, followed by fine-needle aspiration (FNA) biopsy if necessary. Treatment options depend on whether the nodule is benign or malignant and may range from regular monitoring to surgical removal. Thyroid nodules can indeed be associated with both hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid), depending on their nature and function.

Characteristics of Thyroid Nodules

The characteristics of thyroid nodules exhibit considerable variability, which is essential for evaluating their potential for malignancy and informing management strategies. A comprehensive understanding of these characteristics is vital for the accurate diagnosis and treatment of thyroid nodules.

Size: The size of a thyroid nodule is a critical factor in its assessment. Nodules measuring less than 1 cm are generally less alarming but still necessitate evaluation, particularly if the patient exhibits symptoms or has a familial predisposition to thyroid cancer. Conversely, nodules larger than 4 cm are associated with an increased risk of malignancy and typically require more extensive investigation, including the possibility of a biopsy.

Composition: The composition of nodules can be categorized as solid, cystic, or complex. Solid nodules, which consist entirely of thyroid tissue, raise greater concerns regarding malignancy compared to cystic nodules, which are filled with fluid and are usually benign. Complex nodules, containing both solid and cystic elements, necessitate thorough evaluation, with particular attention given to the solid component.

Echogenicity: Echogenicity, as observed on ultrasound, provides significant diagnostic insights regarding a nodule. Hypoechoic nodules, which appear darker than the surrounding thyroid tissue, are frequently linked to a higher risk of malignancy. Isoechoic nodules, which match the echogenicity of adjacent tissue, present more diagnostic challenges, while hyperechoic nodules, appearing brighter, are generally less concerning.

Margins: The margins of a thyroid nodule serve as indicators of its potential risk. Nodules with well-defined, smooth margins are typically benign, whereas those exhibiting irregular or spiculated margins may indicate a higher likelihood of malignancy and warrant closer examination.

Calcifications: The evaluation of calcifications within a nodule is conducted through ultrasound imaging. Microcalcifications, which appear as small bright spots, are frequently linked to thyroid malignancies, particularly papillary thyroid carcinoma. In contrast, macro calcifications, which are larger and more prominent, are typically benign but still warrant careful evaluation. Perinodular calcifications, found surrounding the nodule, may suggest chronic inflammation or other thyroid-related conditions.

Vascularity: The assessment of vascularity, or blood flow, within a nodule serves as an additional diagnostic indicator. An increase in vascularity, particularly in the solid components of the nodule, may indicate a heightened risk of cancer. On the other hand, a decrease in vascularity generally suggests a lower risk, although it does not completely exclude the possibility of malignancy.

Shape and Growth Pattern: The Shape and growth characteristics of a nodule are critical for diagnostic purposes. Nodules that are round are usually less alarming, whereas those that are irregular or elongated may raise suspicion. Notably, rapid growth or alterations in the size of the nodule over time are particularly worrisome and necessitate more vigilant observation.

Hypothyroidism and Thyroid Nodules: In certain instances, thyroid nodules may be associated with hypothyroidism. This relationship can arise when the nodules are part of a condition such as Hashimoto's thyroiditis, an autoimmune disorder that leads to inflammation of the thyroid gland and a subsequent decline in hormone production. As the thyroid becomes less active, the body may increase the production of Thyroid-Stimulating Hormone (TSH) in an effort to boost hormone synthesis, which can result in the development of nodules. These nodules are typically non-functional, meaning they do not secrete thyroid hormones, and their presence may further diminish the overall activity of the gland.

Hyperthyroidism and Thyroid Nodules: Conversely, certain thyroid nodules may lead to hyperthyroidism. This phenomenon generally arises when a nodule becomes "toxic," indicating that it begins to synthesize thyroid hormones autonomously, bypassing the regulatory mechanisms of the pituitary gland. These toxic nodules, referred to as "hot nodules," can result in an excessive production of thyroid hormones, thereby inducing hyperthyroidism. This condition is frequently observed in scenarios such as toxic multi nodular goiter or a solitary toxic adenoma, where the surplus hormones manifest in symptoms including tachycardia, weight reduction, and heightened anxiety levels.

Thyroid Cancer

Thyroid cancer is a serious condition where malignant cells form in the thyroid tissue. The types of thyroid cancers are:

Papillary Carcinoma: The most common type, generally with a good prognosis.

Follicular Carcinoma: Less common but more likely to spread to other organs.

Medullary Carcinoma: Arises from the C-cells of the thyroid and may be associated with genetic conditions.

Anaplastic Carcinoma: A rare and aggressive form of thyroid cancer that is difficult to treat.

Diagnosis of Thyroid Disorders

The assessment of thyroid disorders usually entails a multifaceted approach, incorporating clinical assessments, laboratory tests to evaluate thyroid hormone concentrations (including TSH, T4, and T3), and imaging modalities such as ultrasound or radioactive iodine uptake studies. In certain instances, a biopsy may be conducted to determine the characteristics of thyroid nodules. The effective management of thyroid disorders hinges on precise diagnosis and prompts therapeutic measures.

Thyroid function tests

Functional assessments are vital for determining the operational status of the thyroid gland, which is integral to metabolic regulation. The Thyroid-Stimulating Hormone (TSH) test is among the most frequently conducted evaluations, measuring TSH levels in the bloodstream. Elevated TSH levels typically suggest hypothyroidism, while diminished levels indicate hyperthyroidism. Another significant assessment is the Free Thyroxine (Free T4) test, which quantifies the concentration of free T4, the biologically active form of thyroid hormone that affects metabolism. Low free T4 levels are commonly linked to hypothyroidism, whereas elevated levels are characteristic of hyperthyroidism. The Free Triiodothyronine (Free T3) test gauges the level of free T3, the most potent thyroid hormone, and can be particularly beneficial when TSH and free T4 results are inconclusive. Additionally, Total T4 and Total T3 tests evaluate the comprehensive levels of T4 and T3 in the bloodstream, encompassing both bound and unbound forms, thereby offering further insights into thyroid functionality.

Imaging Studies

Imaging studies are used to visualize the thyroid gland and assess structural abnormalities

Thyroid Ultrasound

The ultrasound examination is the predominant imaging modality[29][9] utilized for assessing thyroid nodules or gland enlargement. This technique enables the evaluation of the dimensions, morphology, and internal characteristics of thyroid nodules, thereby facilitating the differentiation between benign and potentially malignant lesions. Figure 3 illustrates an ultrasound image of the thyroid.

Radioactive Iodine Uptake (RAIU) and Scan: The procedure entails the administration of a small quantity of radioactive iodine, which is subsequently absorbed by the thyroid gland. Elevated uptake levels may indicate hyperthyroidism, whereas diminished uptake could imply hypothyroidism or thyroiditis.

Fine-Needle Aspiration (FNA) Biopsy: In cases where a thyroid nodule is identified, a fine-needle aspiration (FNA) biopsy may be conducted to obtain cellular samples from the nodule for microscopic analysis. This examination is instrumental in determining the benignity or malignancy of the nodule.

TI-RADS

The Thyroid Imaging Reporting and Data System (TIRADS) [8][11] serves as a classification framework aimed at standardizing the assessment and documentation of thyroid nodules based on ultrasound findings. This system was established to enhance the precision and uniformity of thyroid nodule evaluations, assisting healthcare professionals in assessing malignancy risk and determining the necessity for fine-needle aspiration (FNA) biopsy, as depicted in Figure 6 referred from radiogyan.

Methodology For Thyroid Nodules Prediction Models

The formulation of predictive models for thyroid nodules necessitates a thorough methodology that encompasses data acquisition, preprocessing, model construction, and evaluation. This systematic process is vital for the accurate differentiation of benign from malignant nodules (Fig 4 & 5).

Data Collection

The initial phase in the creation of predictive models involves data collection, which encompasses the compilation of detailed patient medical histories, imaging results, and biopsy findings. Patient records yield critical information, including clinical history, thyroid function assessments, and presenting symptoms. Imaging data, such as thyroid ultrasounds or CT scans, are gathered with annotations that detail nodule features and clinical outcomes. Additionally, fine-needle aspiration (FNA) biopsy results are incorporated, providing cytological information regarding the nodules.

Data Preprocessing

Data preprocessing is a fundamental step that entails the cleaning and preparation of gathered data for subsequent analysis. This process encompasses the resolution of missing values, elimination of duplicate entries, and rectification of inconsistencies to uphold data integrity. Numerical attributes are either normalized or standardized to ensure uniformity, while imaging data is subjected to resizing, normalization, and enhancement techniques to elevate quality and ensure compatibility with analytical models.

Feature Extraction

The process of feature extraction is vital for identifying pertinent characteristics of thyroid nodules. Relevant features are derived from clinical records, including nodule size, composition, echogenicity, margins, and vascularity. Additionally, risk factors such as family history and exposure to radiation are taken into account. For imaging information, highlights relating to surface, shape, and inside structure are extricated utilizing techniques such as surface investigation and edge discovery

Model Development

The development of models entails the selection and training of suitable algorithms. Machine learning models, including Random Forest, Support Vector Machine (SVM), and Gradient Boosting Machines (GBM), are selected based on the characteristics of the data. For image data, deep learning models like Convolutional Neural Networks (CNNs) are employed. The training process involves inputting data into the model, fine-tuning parameters, and enhancing performance through iterative refinement. Cross-validation techniques are utilized to evaluate model performance and mitigate the risk of over fitting.

Model Evaluation

Assessing the performance of the model is crucial for gauging its accuracy. Various metrics, including accuracy, precision, recall, F1-score, and AUC-ROC, are employed to evaluate the model's proficiency in accurately classifying nodules.

Model Optimization

To improve the performance of the model, hyper parameter tuning is conducted to identify the most effective parameter configurations. Feature selection techniques are applied to refine the model by focusing on the most relevant features, thus reducing complexity and improving accuracy.

Existing Methodologies

Various deep learning architectures have been employed to address the classification of thyroid nodules, aiming to accurately distinguish between benign and malignant cases. This paper presents an overview of several deep learning models and discusses their respective outcomes.

AlexNet

AlexNet [11] represents a pivotal advancement in the field of image classification through its deep convolutional neural network architecture. It was trained on the extensive ImageNet dataset, which comprises over one million images categorized into 1,000 distinct classes. This show accomplished a surprising top-5 blunder rate of 15.3%, essentially beating the earlier driving demonstrate, which recorded an error rate of 26.2%. The architecture of AlexNet is characterized by eight layers, including five convolutional layers and three fully connected layers, enabling the model to effectively capture intricate features across various levels of abstraction. Notable innovations within this framework include the implementation of the ReLU activation function, which alleviated the vanishing gradient issue and accelerated the training process, as well as the adoption of GPUs to manage large-scale data and computations efficiently. Furthermore, the researchers incorporated data augmentation strategies and dropout layers to address over fitting, thereby improving the model's generalization performance. The success of AlexNet not only revolutionized image classification but also spurred the widespread integration of deep learning techniques across diverse applications, paving the way for the emergence of more sophisticated neural networks and solidifying deep learning's role as a fundamental aspect of contemporary artificial intelligence research.

VGG

The VGG [13] architecture is distinguished by its implementation of small 3x3 convolutional filters organized in a deep configuration, complemented by max-pooling layers and several fully connected layers. This structure empowers the organize to obtain a progressive representation of highlights from input pictures. Notably, VGG16 and VGG19 achieved outstanding performance in the ImageNet Large Scale Visual Recognition Challenge (ILSVRC) 2014, recording top-5 error rates of 7.3% and 7.0%, respectively. The model's simplicity and depth not only established new performance standards but also shaped the evolution of subsequent deep learning architectures. Its modular and clear design has rendered it a favored option for transfer learning and feature extraction, while its foundational principles have guided the creation of more intricate models employed in various computer vision applications. The influence of VGG on the field is significant, as it illustrated the advantages of deeper networks and has become a cornerstone in contemporary deep learning frameworks.

ResNet

The methodology employed by ResNet [12], referred to as residual learning, signifies a pivotal advancement in the architecture of deep neural networks. By concentrating on the learning of residuals essentially the discrepancies between the input and output ResNet streamlines the learning process, thereby facilitating the network's ability to comprehend intricate mappings. This approach is particularly advantageous for training extensively deep networks, which have historically encountered difficulties such as vanishing and exploding gradients. The incorporation of skip connections within ResNet, which directly combine the input of a residual block with its output, allows the network to retain crucial information and gradients across layers, effectively alleviating these challenges. The efficacy of ResNet is underscored by its performance in the ImageNet Large Scale Visual Recognition Challenge (ILSVRC) 2015, where it achieved an outstanding top-5 error rate of 3.57%. This represented a significant enhancement over earlier models and illustrated ResNet's capability to sustain high accuracy even with very deep architectures. The triumph of ResNet has not only established new standards in image classification but has also facilitated the evolution of deeper and more sophisticated neural networks. Its architectural design has influenced the creation of numerous

subsequent models and has become a cornerstone in contemporary deep learning frameworks, propelling progress in computer vision, object detection, and various other domains of machine learning. The advent of ResNet marked a transformative evolution in the discipline, empowering researchers and practitioners to construct more robust and efficient models adept at addressing increasingly complex challenges.

Xception

The Xception model [14] represents a significant advancement in deep learning through its implementation of depthwise separable convolutions. This innovative technique divides the convolutional operation into two distinct phases: depthwise convolutions, which apply filters to each individual input channel, and pointwise convolutions, which merge the outputs across different channels. This dual-stage approach leads to a marked reduction in both computational complexity and the total number of parameters, all while preserving high performance levels. The architecture of Xception, which is designed in a manner akin to Inception modules, has achieved remarkable results on benchmark datasets such as ImageNet, attaining a top-5 error rate of 3.0%. This success illustrates that depthwise separable convolutions can provide enhanced accuracy and efficiency when compared to conventional convolutional layers. The impact of Xception on the field has been substantial, shaping the development of future deep learning models and establishing new benchmarks for the equilibrium between performance and computational efficiency in neural networks.

InceptionV3

The InceptionV3 model [21] has been employed for the classification of thyroid nodules in ultrasound images. Its distinctive architecture, which incorporates multiple convolutions at varying scales, is utilized to capture the intricate features of thyroid nodules. The study includes an in-depth analysis of the model's performance, demonstrating its effectiveness in distinguishing between benign and malignant nodules, with a particular focus on improving diagnostic accuracy.

TnC- Net

TnC-Net [15] is a convolutional neural network (CNN) specifically developed to automate the classification of thyroid nodules in ultrasound imaging. This model employs deep learning techniques to improve both the accuracy and efficiency of thyroid nodule diagnosis by effectively differentiating between benign and malignant lesions. The architecture of TnC-Net features several convolutional layers that extract intricate features from ultrasound images, which are subsequently processed through pooling and fully connected layers for classification purposes. Trained on a comprehensive dataset of labeled thyroid nodules, TnC-Net applies preprocessing methods such as normalization and data augmentation to enhance its robustness and generalizability. The model demonstrates remarkable performance metrics, including elevated accuracy, sensitivity, precision, and AUC-ROC, underscoring its capability to provide dependable diagnostic assistance. By automating the classification process, TnC-Net seeks to reduce the burden on radiologists and pathologists, thereby enabling quicker and more consistent diagnoses, ultimately leading to improved patient outcomes and enhanced clinical efficiency.

Comparative Analysis

In the evaluation of various models for the classification of thyroid nodules, TnC-Net stands out with the highest overall accuracy of 90.2%, alongside notable sensitivity at 85.2% and an F1-Score of 79.3%. This performance underscores its exceptional capability in accurately identifying and classifying nodules when compared to

CONCLUSION

This manuscript offers an in-depth exploration of the thyroid gland, focusing on its physiological functions, related disorders, and the diagnostic techniques commonly used to assess thyroid health. It also examines the application of deep learning algorithms in medical image analysis, specifically for classifying thyroid nodules. A comparative study highlights the varying performance of several deep learning models—AlexNet, VGG16, ResNet50, Xception,

EfficientNet-B3, and TNC-Net—in classifying thyroid nodules based on ultrasound images. The study outlines both the alternative models. Conversely, EfficientNet_b3, while achieving a commendable precision of 75.0%, exhibits challenges with lower sensitivity (22.2%) and an F1-Score of 34.3%, indicating potential limitations in its ability to detect nodules across diverse categories. Both AlexNet and Xception present relatively high accuracy and AUC-ROC metrics, with Xception demonstrating a more balanced performance in terms of sensitivity, precision, and specificity. ResNet50, although providing higher precision, suffers from reduced sensitivity, whereas VGG19 is characterized by lower accuracy and inadequate sensitivity, reflecting its restricted efficacy in this classification context. In summary, TnC-Net emerges as the most effective model for this task, successfully balancing accuracy, sensitivity, and specificity illustrated in table 2 and pictorial representation in chart 1. strengths and weaknesses of each model, offering valuable insights into their effectiveness for this particular task. Future research will aim at distinguishing benign from malignant thyroid nodules using a range of deep learning models. Before deploying these models, the focus will be on carefully selecting high-quality ultrasound images, employing rigorous preprocessing methods to improve image clarity and contrast, and implementing advanced feature extraction techniques to capture the most relevant features. These steps are crucial to ensure that the models deliver accurate and reliable result

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Table.1:Thyroid Level Chart

Test	Optimal Reference Range
TSH	0.5-2.5 mIU/L
T3	0.8-2 ng/ml
T4	4.5-9.8 μg/dL
Free T4	1-1.7 mIU/L
Free T3	3 – 4.0mIU/L
Anti- TPO	Below 35 IU/ML

Table.2: Comparative Analysis

Model	Accuracy	Sensitivity	Precision	F1-Score	Specificity	AUC-ROC
AlexNet	0.795	0.556	0.536	0.545	0.863	0.785
VGG19	0.762	0.370	0.455	0.408	0.408	0.706
Resent	0.803	0.222	0.667	0.333	0.784	0.832
Exception	0.820	0.444	0.632	0.522	0.343	0.793
TnC- Net	0.902	0.852	0.742	0.793	0.781	0.867
EfficientNet_b3	0.811	0.222	0.750	0.343	0.850	0.662

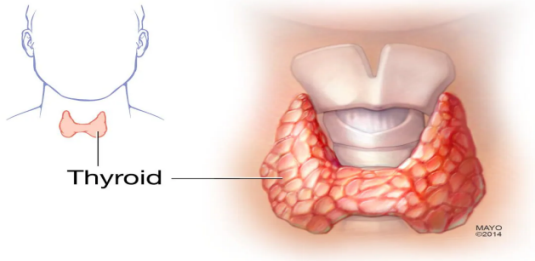

Fig.1: Thyroid Gland

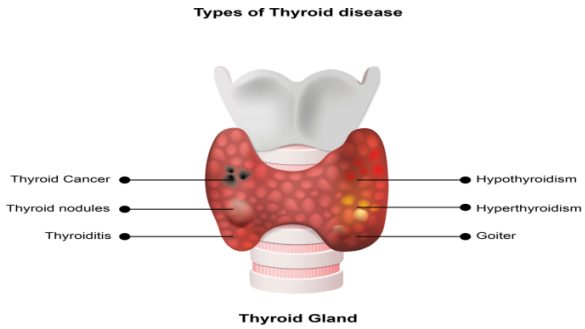

Fig.2: Types of Thyroid Disease

Fig.3: Thyroid ultrasound image

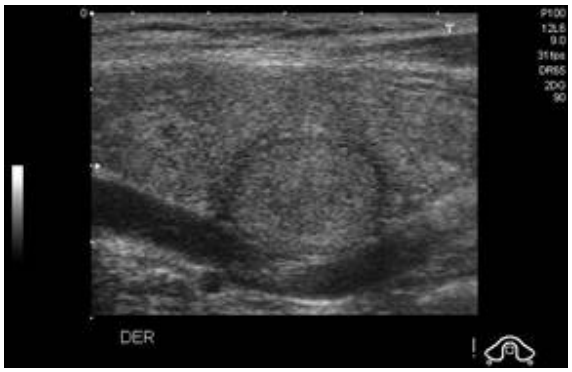

Fig.4: Benign Thyroid Nodules

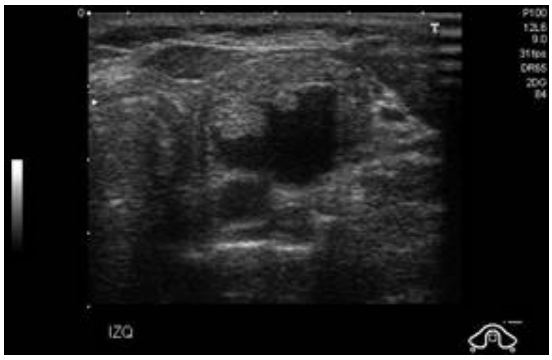

Fig.5: Malignant Thyroid Nodules

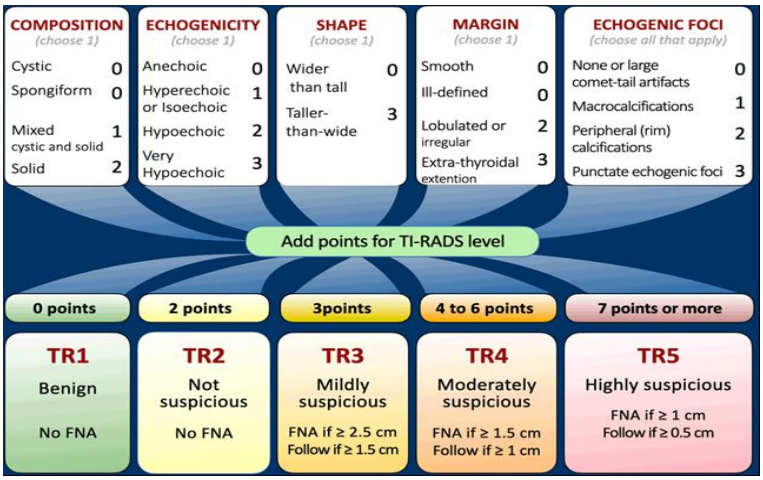

Fig.6: ACR- TIRADS Score

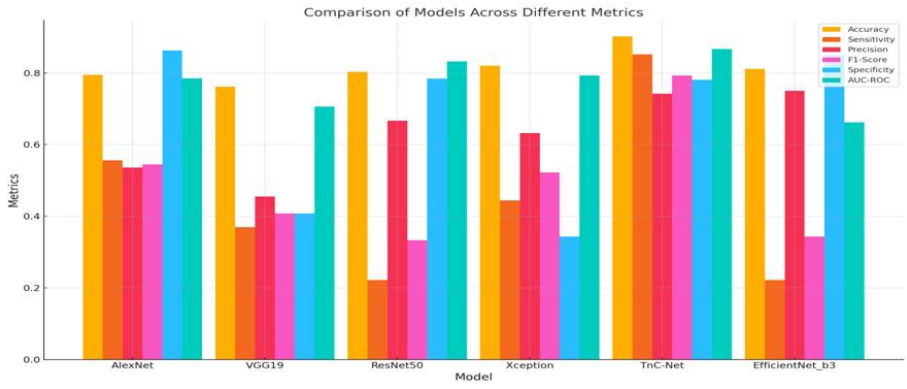

Chart.1: Comparison of Deep Learning Models

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

A Rare Case Report of Polycythemia Vera Presenting with Non-Cirrhotic Portal Hypertension Secondary to Extrahepatic Portal Vein Obstruction

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Received: 24 Apr 2025 Revised: 10 Jun 2025 Accepted: 17 Jun 2025

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ABSTRACT

The JAK2-mutated myeloproliferative neoplasm known as polycythemia vera (PV) is typified by clonal erythrocytosis; additional characteristics include leukocytosis, thrombocytosis, splenomegaly, pruritus, constitutional symptoms, microcirculatory disruptions, and an elevated risk of thrombosis and progression into myelofibrosis (post-PV MF) or acute myeloid leukemia (AML). The existence of a JAK2 mutation linked to hemoglobin/hematocrit levels of >16.5 g/dL/49% in men or >16 g/dL/48% in women is considered a working diagnosis; morphologic confirmation by bone marrow examination is recommended but not required. The treatment aims to reduce hematocrit levels, symptom burden, bleeding, and clotting difficulties in order to increase survival and quality of life. The aim of phlebotomy for all patients should be a hematocrit level below 45%.First-line medications of choice for cytoreductive therapy includes hydroxyurea and pegylated interferon-α, while second-line medications are busulfan and ruxolitinib. Cytoreductive therapy is only used for high-risk diseases. Here we report a 57 years old female patient developed Polycythemia vera [JAK 2, V617F+] presented with Extra hepatic portal vein obstruction, Portal hypertension, Massive splenomegaly with Esophageal varices Grade III". She has been experiencing symptoms such as Abdominal pain in left hypochondrial region since 1 week, Fever- Low grade not associated with chills and rigor since 1 week. Moderate Splenomegaly, Esophageal varices Grade III, Severe Portal hypertension, extra hepatic portal vein obstruction d/t formation of thrombosis JAK2V617F Mutation test positive.

Keywords: Polycythemia Vera, JAK2 Mutation, portal hypertension, cytoreductive therapy

INTRODUCTION

A myeloproliferative neoplastic condition called polycythemia Vera (PV) causes uncontrolled red blood cell synthesis, which raises the amount of red blood cells (RBCs). Increased production of white blood cells and platelets is frequently the result of myeloid and megakaryocytic lineages being stimulated simultaneously. An aberrant hematopoietic cell clone causes higher sensitivity to growth stimuli, according to current understanding of pathophysiology. Normal lineage proliferation is disrupted by the aberrant clonal line, and a signaling deficiency causes an aberrant response to growth stimuli. 90 percent of patients with polycythemia Vera have a mutation in the Janus kinase-2 (JAK2) gene, which is involved in intracellular signaling. (PV). [1]In patients with polycythemia Vera (PV), the bone marrow includes both normal stem cells and aberrant clonal stem cells that inhibit the growth and maturation of normal stem cells. Unchecked neoplastic growth is the cause of panmyelosis. The signaling disruptions that cause PV are probably caused by mutations in the JAK2 kinase. JAK2V617F, a valine to phenylalanine mutation at position 617 of the JAK2 gene, results in constitutively activated cytokine receptors.[2] Over 90% of PV patients, 50% to 60% of primary myelofibrosis patients, and 50% of essential thrombocythemia patients have this mutation. Increased synthesis of red blood cells and platelets results from this process, which can cause bleeding and thrombosis.[1] Polycythemia Vera (PV) is characterized by thrombosis and hyperviscosity, which hinder the supply of oxygen. Fatigue, headache, lightheadedness, tinnitus, alterations in eyesight, sleeplessness, claudication, itching, gastritis, and early satiety are examples of physical problems. In 40% of patients, they experience aquagenic pruritus, which happens during or after a hot shower.[3] In 1% of patients, bleeding and thrombotic problems are noted. Gastrointestinal (GI) bleeding, gum bleeding, and epistaxis are examples of bleeding occurrences.

Thrombotic events might include arterial thrombosis, splanchnic vein thrombosis, Budd-Chiari syndrome, pulmonary embolism (PE), deep vein thrombosis (DVT), and stroke. [4] Additionally, splenomegaly and hepatomegaly are frequently seen. Due to increased histamine release from basophils and increased viscosity in the gastrointestinal blood flow, GI pain and peptic ulcer disease are prevalent.[5] A partial or total clot blockage of the portal vein, causing flow obstruction, is known as portal vein thrombosis (PVT). If occlusion of the portal vein continues over time, the surrounding veins may widen to allow collateral flow, which can lead to the creation of a cavernoma. Virchow's triad characteristics—hypercoagulability, endothelial damage, and stasis—are the basis for predisposition to PVT.[6]Esophageal varices are linked to JAK2-related splanchnic vein thrombosis, and individuals with portal vein thrombosis will have a high rate of gastrointestinal bleeding.[7] Treatment suggestions for low-risk patients under 60 who have no history of thrombotic events include phlebotomy and low-dose aspirin (40–100 mg) taken once or twice daily. A patient is deemed high risk if they are 60 years of age or older and/or have a history of thrombosis. In addition to phlebotomy and aspirin, cytoreductive treatment is advised for high-risk individuals. HU is the first-line treatment. Patients who are intolerant or who are not responding to hydroxyurea therapy may attempt busulfan or pegylated interferon. Ruxolitinib, anagrelide, pipobroman, and radioactive phosphorus are further substitutes. Pegylated interferon or busulfans are options for patients who are intolerant or who are not responding to hydroxyurea therapy. [8]

Case Presentation

A 57-year-old female patient came with chief complaints of abdominal pain in hypochondrial region since 1week, low grade fever not associated with chills and rigors since 1 week. On the day of admission patient vitals were found to be BP :120/80 mmhg, pulse rate :96bpm, oxygen saturation 96% ,CVS :S1,S2 (+), RS : BAE(+), Per abdomen :soft non distended, moderate splenomegaly. On palpitation: Hackets Grade 3, firm in consistency with mild tenderness. An early endoscopy was performed presented with esophageal varices grade3, Blood test was revealed Erythrocytosis ($6.97*10^6$ /uL), Bone marrow aspiration: Hyper cellular marrow with erythroid hyperplasia with focal megablastic maturation .Ultra sound abdomen scan of abdomen: mild gall bladder edema &moderate splenomegaly. Contrast

Enhanced computed Tomography: Extra hepatic portal vein obstruction due to formation of thrombosis.JAKA2 V617F Mutation Test : Positive .Based on physical examination and laboratory investigation patient has been diagnosed as 'Polycythemia vera [JAK2, V617F+] Presented with Extra hepatic portal vein obstruction, portal hypertension, massive splenomegaly with esophageal varices grade 3 '.patient has treated antiplatelet [Enoxaparin], anticoagulant [Apixaban], alpha and beta-blocker[Carvedilol], Endoscopic Variceal Ligation (EVL) banding,Phlebotomy regularly with a target of Hemoglobin <14g/dL and Hematocrit <45%, beta blockers[Propranolol]

DISCUSSION

Erythrocytosis is seen in the patient with elevated red blood cell counts. Neoplastic, malignant, and pan hyperplastic bone marrow are the hallmarks of polycythemia, a stem cell illness. Its most notable characteristic is the increased bulk of red blood cells brought on by unchecked synthesis of red blood cells, as well as the increased production of white blood cells and platelets brought on by aberrant hematopoietic stem cells.[9]As a severe consequence of portal hypertension (PH), typically brought on by cirrhosis, acute esophageal variceal hemorrhage is a medical emergency with a high morbidity and fatality rate.[10] When portal hypertension occurs, acute variceal hemorrhage is the most dangerous consequence. When it comes to the diagnosis and risk assessment of bleeding from esophageal varices, endoscopy is essential. In the Western world, portal vein thrombosis is the second most prevalent cause of PH in older individuals, but cirrhosis accounts for over 90% of cases. [11] In the present case, the patient on her first visit because of hemorrhaging, while the WBC and platelet counts were almost normal, although she had moderate splenomegaly as well asExtra hepatic portal vein obstruction due to formation of thrombosis.,. We performed JAK2V617F screening and obtained a positive result, which lead to the diagnosis of PV after acquiring confirmation based on an examination of the bone marrow which was reported Hyper cellular marrow with erythroid hyperplasia with focal megaloblastic maturation. Here we focuses on relieving symptoms and preventing complications such as bleeding, thrombosis, and the progression of myelofibrosis, acute leukemia or myelodyspastic syndrome .Phlebotomy, aspirin, Propranolol, Enoxaparin, Hydroxy urea, Hydroxy urea are used to treat patient. Ruxolitinib, a JAK inhibitor, was approved by the Food and Drug Administration in 2014 to treat PV patients who were intolerant to or did not respond well to hydroxyurea. When ruxolitinib was administered to patients, the vast majority had complete hematological remission. [1]

CONCLUSION

In conclusion, we noticed a female patient who had esophageal varices ruptured and was subsequently diagnosed with PV. In instances with portal hypertension, thrombosis of unclear cause, and splenomegaly without pancytopenia, conditions like PV should be suspected. Furthermore, JAK2V617F screening offers useful hints for latent PV diagnosis. The primary goal is to prevent thrombic consequences, which are the main cause of PV-related morbidity and mortality, and to keep the hematocrit below 45%. This can be accomplished by using pharmacological medications in conjunction with periodic phlebotomy.

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Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Impact of Yoga on Maternal Healthcare during COVID-19 in India

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Received: 20 Apr 2025 Revised: 18 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

The COVID-19 pandemic posed unprecedented challenges to maternal healthcare systems worldwide, including in India. With disruptions in healthcare services, increased stress levels, and limited access to routine care, pregnant women faced heightened physical and mental health risks. Amid these challenges, yoga emerged as a promising intervention to support maternal well-being. This article explores the impact of yoga on maternal healthcare during the pandemic, highlighting its role in improving physical health, reducing stress, enhancing mental well-being, and fostering resilience among pregnant women in India. Drawing on existing literature and case studies, we discuss how integrating yoga into maternal healthcare can serve as a sustainable and cost-effective strategy to address gaps in healthcare delivery, particularly during public health crises.

Keywords: Yoga, Maternal Healthcare, COVID-19, Pregnancy, Mental Health, India

INTRODUCTION

The outbreak of the COVID-19 pandemic in early 2020 disrupted healthcare systems globally, with maternal healthcare being one of the most affected domains. In India, pregnant women faced significant barriers to accessing antenatal care, institutional deliveries, and postnatal services due to lockdowns, fear of infection, and overwhelmed healthcare facilities. Additionally, the psychological toll of the pandemic—ranging from anxiety about pregnancy outcomes to isolation—further exacerbated maternal health challenges.

LITERATURE REVIEW

The unprecedented challenges posed by the COVID-19 pandemic significantly disrupted maternal healthcare systems worldwide, with India being no exception. Pregnant women faced heightened physical, emotional, and psychological stress due to restricted access to healthcare services, fear of infection, and social isolation. Amid these challenges, yoga—a traditional Indian practice combining physical postures (asanas), breathing exercises (pranayama), and meditation—emerged as a promising intervention to support maternal well-being. This literature review synthesizes existing studies and evidence on the impact of yoga on maternal healthcare during the pandemic in India, highlighting its role in addressing physical, mental, and emotional health concerns.Nayak, N et al. (2021) highlighted how yoga helped to reduce anxiety and depression in pregnant women during lockdowns in their study "Role of Yoga in Maternal Mental Health During the COVID-19 Pandemic: An Indian Perspective."

Physical Health Benefits of Yoga for Pregnant Women

Several studies have documented the positive effects of yoga on the physical health of pregnant women during the pandemic.

- **Improved Pregnancy Outcomes**: A study conducted in Maharashtra by Kumar et al. (2021) found that pregnant women who practiced prenatal yoga regularly experienced better fetal growth, reduced risk of gestational diabetes, and lower incidence of preterm labour compared to those who did not engage in structured physical activity. These findings align with earlier research suggesting that yoga enhances blood circulation, reduces inflammation, and promotes hormonal balance, all contributing to healthier pregnancies.
- **Pain Management**: The pandemic exacerbated pregnancy-related discomforts such as back pain, pelvic pain, and edema due to limited mobility and increased stress. Research by Sharma and Gupta (2022) highlighted that specific yoga poses like "Cat-Cow Stretch" and "Sukhasana" effectively alleviated musculoskeletal pain, improving overall comfort levels among pregnant women.
- **Immune System Support**: During the pandemic, maintaining a robust immune system was critical for both mothers and unborn children. A review by Singh and Mishra (2021) emphasized that pranayama and relaxation techniques in yoga stimulate the parasympathetic nervous system, thereby enhancing immune function and reducing susceptibility to infections.

Mental Health and Emotional Well-being

The psychological toll of the pandemic on pregnant women was profound, with many experiencing heightened anxiety, depression, and stress. Yoga emerged as a powerful tool to address these mental health challenges.

- **Stress Reduction** A longitudinal study by Rao et al. (2022) involving 500 pregnant women across urban and rural areas of Karnataka demonstrated that participants who engaged in daily yoga sessions reported a significant reduction in cortisol levels and perceived stress. Meditation practices, particularly mindfulness-based techniques, were identified as key contributors to this outcome.
- **Improved Sleep Quality** Sleep disturbances are common during pregnancy and were further exacerbated by pandemic-related anxieties. A study by Patel and Verma (2021) found that yoga nidra (yogic sleep) improved sleep quality and duration among pregnant women, helping them cope with fatigue and insomnia.
- **Resilience Building** The pandemic underscored the importance of resilience in navigating uncertainty. According to a qualitative study by Jain et al. (2023), women who practiced yoga reported feeling more grounded and emotionally stable, enabling them to manage fears about childbirth and the future.

Accessibility and Feasibility of Yoga During Lockdowns

One of the most significant advantages of yoga during the pandemic was its accessibility and adaptability to home-based settings.

- **Virtual Platforms** With restrictions on movement and in-person healthcare services, virtual yoga sessions became a lifeline for many pregnant women. Government initiatives, such as those led by the Ministry of AYUSH, promoted online prenatal yoga classes tailored to the needs of expectant mothers. These programs reached thousands of women across diverse socio-economic backgrounds, ensuring continuity of care despite lockdowns (Ministry of AYUSH Report, 2021).
- **Community-Based Programs** NGOs and community organizations played a pivotal role in disseminating yoga practices. For instance, a case study from Kerala highlighted how local self-help groups organized small-group yoga sessions adhering to safety protocols, fostering a sense of community and mutual support among pregnant women (Thomas & Menon, 2022).Policy and Programmatic Implications
- The success of yoga as an intervention during the pandemic has prompted calls for its integration into mainstream maternal healthcare policies.
- **National Health Programs** Experts argue that incorporating yoga into national schemes like the Pradhan Mantri Matru Vandana Yojana (PMMVY) could enhance maternal health outcomes. A policy brief by the National Institute of Health and Family Welfare (NIHFW, 2022) recommended training healthcare providers in basic yoga techniques to guide pregnant women effectively.
- **Scalability and Sustainability** Unlike resource-intensive medical interventions, yoga is cost-effective and scalable, making it particularly suitable for low-resource settings. Studies suggest that investing in yoga-based maternal health programs could yield long-term benefits, even beyond the pandemic (Agarwal et al., 2023).

Gaps in Existing Literature

While the available evidence underscores the benefits of yoga for maternal healthcare during the pandemic, several gaps remain

- **Limited Longitudinal Studies** Most studies conducted during the pandemic were cross-sectional or short-term, limiting insights into the long-term effects of yoga on maternal and child health outcomes.
- **Underrepresentation of Marginalized Groups** There is a paucity of research focusing on the impact of yoga among marginalized communities, including tribal populations and women in conflict zones, who may face unique challenges in accessing healthcare.
- **Standardization of Practices** Variability in yoga protocols used across studies makes it difficult to draw definitive conclusions about optimal practices for pregnant women.

In this context, yoga—a traditional Indian practice combining physical postures, breathing exercises, and meditation—gained prominence as a complementary approach to support maternal health. Recognized for its holistic benefits, yoga has been increasingly integrated into maternal healthcare programs in India. This article examines the impact of yoga on maternal healthcare during the pandemic, emphasizing its potential as a scalable solution to mitigate the adverse effects of future public health emergencies.

Challenges in Maternal Healthcare During the Pandemic

The pandemic severely impacted maternal healthcare in India in several ways

Disruption of Services Lockdowns and travel restrictions limited access to essential services such as antenatal check-ups, ultrasounds, and vaccinations.

Increased Stress and Anxiety Fear of contracting the virus, financial instability, and social isolation contributed to elevated stress levels among pregnant women.

Mental Health Concerns Studies reported a rise in depression and anxiety disorders among pregnant women during the pandemic.

Overburdened Healthcare System Hospitals prioritized COVID-19 patients, leading to reduced availability of maternal healthcare resources.

These challenges underscored the need for innovative, low-cost interventions that could be implemented at home or within communities to support maternal well-being.

Role of Yoga in Addressing Maternal Health Challenges

Yoga offers a multifaceted approach to addressing the physical, emotional, and mental health needs of pregnant women. Its benefits during the pandemic include:

Physical Health Benefits

Improved Pregnancy Outcomes: Regular practice of prenatal yoga has been associated with better fetal growth, reduced risk of preterm labour, and improved birth weights.

Pain Management: Yoga helps alleviate common pregnancy-related discomforts such as back pain, pelvic pain, and swelling.

Enhanced Immunity: Breathing exercises (pranayama) and relaxation techniques boost immune function, which was particularly critical during the pandemic.

Mental Health and Emotional Well-being

Stress Reduction: Meditation and mindfulness practices reduce cortisol levels, helping manage stress and anxiety.

Improved Sleep Quality: Yoga promotes relaxation, aiding in better sleep patterns—a common concern among pregnant women during the pandemic.

Resilience Building: By fostering a sense of calm and focus, yoga empowers women to cope with uncertainty and adversity.

Accessibility and Feasibility

Home-Based Practice: With restrictions on movement, yoga provided a safe and accessible option for women to maintain their health at home.

Community Initiatives: Several non-governmental organizations (NGOs) and government programs promoted virtual yoga sessions tailored for pregnant women, ensuring continuity of care.

Case Studies and Evidence

Several initiatives during the pandemic demonstrated the positive impact of yoga on maternal health

Government-Led Programs The Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy) launched online yoga classes specifically designed for pregnant women. These sessions reached thousands of women across rural and urban areas, providing them with tools to manage stress and stay physically active. Research Findings: A study conducted in Maharashtra showed that pregnant women who practiced yoga regularly reported lower anxiety levels and improved overall well-being compared to those who did not engage in any structured physical activity. Community Stories: Testimonials from women in states like Kerala and Tamil Nadu highlighted how daily yoga practice helped them stay connected to their bodies, manage fears about childbirth, and build confidence during uncertain times.

Policy Implications and Recommendations

The integration of yoga into maternal healthcare during the pandemic highlights its potential as a sustainable solution for future crises. To maximize its impact, the following recommendations are proposed:

Incorporate Yoga into National Health Programs Include prenatal yoga modules in existing maternal healthcare frameworks, such as the Pradhan Mantri Matru Vandana Yojana (PMMVY).

Promote Digital Platform: Expand access to virtual yoga sessions through mobile apps and telemedicine platforms, ensuring inclusivity for women in remote areas.

Train Healthcare Providers Equip doctors, nurses, and midwives with knowledge about the benefits of yoga so they can recommend it to pregnant women.

Conduct Further Research Invest in longitudinal studies to assess the long-term effects of yoga on maternal and child health outcomes.

CONCLUSION

The COVID-19 pandemic highlighted the vulnerabilities of maternal healthcare systems while also showcasing the resilience of traditional practices like yoga. As a culturally relevant, cost-effective, and accessible intervention, yoga played a vital role in supporting the physical, mental, and emotional well-being of pregnant women in India during the crisis. Moving forward, integrating yoga into mainstream maternal healthcare policies can enhance preparedness for future challenges and ensure equitable access to quality care for all women. By embracing this ancient practice, India can lead the way in promoting holistic maternal health solutions on a global scale. Acknowledgement: I sincerely acknowledge the principal of Suri Vidyasagar College and the Head of the Department of Economics, and my other fellows for their invaluable support, which greatly contributed to the completion of my study.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

The Effect of Prolonged Sitting in Altering Thoracic Curvature and Core Muscle Strength among Adult Population

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Received: 15 Apr 2025 Revised: 16 May 2025 Accepted: 18 Jun 2025

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ABSTRACT

Prolonged sitting is a dominant posture in modern work settings, contributing to spinal misalignment and muscle imbalances. Kyphosis, an excessive rounding of the upper back, may result from various factors, including prolonged sitting. It can also weaken core muscles, which are essential for trunk stability and posture. This study aims to assess its impact on thoracic kyphosis and core muscle strength. A quasi-experimental study was conducted at a private medical college using convenient sampling. Phase 1 involved screening 100 adults (aged 20–45) who sat over 4 hours daily. 32 participants with increased thoracic curvature (APECS app), low physical activity (GSLTPQ <24), and weak core strength (partial curl-up test <30th percentile) were selected for a 6-week exercise intervention. The program targeted posture and core strength. Outcome measures were assessed pre- and post-intervention. Data were analyzed using SPSS, with median, IQR, and Z-scores calculated. The Wilcoxon signed-rank test determined statistical significance. Of 100 screened, 28 participants (12 males, 16 females; mean age 34.6 years, BMI 29.5 kg/m²) completed the study. Post-intervention, significant improvements were observed in thoracic curvature (APECS App), physical activity (GSLTPQ), and core strength (partial curl-up test). Wilcoxon signed-rank test showed statistical significance with $P < 0.001$. Prolonged sitting has shown to adversely affect individuals' thoracic curvature and core strength. Prolonged sitting can have negative effects that can be minimized with regular exercise and core-strengthening activities.

Keywords: Adult, Kyphosis, Muscle Strength, Posture, Sedentary Behavior.

INTRODUCTION

The rise in physical inactivity, lack of fitness, and sedentary lifestyles among young people has become a significant public health concern across the globe. [1,2] Sitting for long hours at work can cause continuous muscle strain, especially in the neck and shoulders. To relieve discomfort, many adopt a forward head posture (FHP), where the head extends forward, and the chin juts out. Over time, this poor posture increases strain on the neck, causing discomfort and persistent pain due to continuous mechanical pressure. [3,4] Spinal posture which is crucial for various activities, depends on how spinal segments align with gravity and each other, influenced by biomechanical and neuromuscular factors. The ideal posture ensures balanced weight distribution for minimal strain, efficient movement, and energy conservation.[5] The link between physical activity (PA) and sagittal posture remains a topic of debate. Some studies suggest that individuals who are more physically active tend to have better postural control than those who are inactive. [6] Additionally, research examining the effects of prolonged sedentary behavior on thoracic spine mobility found that individuals who sit for over seven hours daily and engage in less than 150 minutes of physical activity per week exhibit reduced mobility in the thoracic spine. [7]

Postural evaluation techniques like plumb line, photographic analysis, and radiographic imaging can identify postural deviations or anomalies. [8,9] Trunk muscles are essential for preserving spinal stability. [10] These muscles are divided into two categories: deep and superficial. [11,12] The deep muscular system, which comprises the internal oblique (IO), transversus abdominis (TrA), and lumbar multifidus (LM), counterbalances upper-body stresses and improves lumbar stability. [13] A lack of balance between the trunk extensor and flexor muscles due to poor posture can impact the natural curvature of the lumbar spine, potentially exaggerating the lordotic curve and contributing to health complications over time. [14,15] Furthermore, a largely sedentary lifestyle not only weakens and shortens the muscles supporting the back, [16] but also contributes to joint stiffness and restricts movement in the spinal joints. [17]

The AI Posture Evaluation and Correction System (APECS) was developed as a tool for medical professionals and posture experts. APECS aims to evaluate and correct posture by analyzing the position of the head, neck, and shoulders, as well as measuring spinal posture through photographs or direct measurements on the subject's body using markers in a static standing posture.[18] Despite growing interest in posture-related research, only a limited number of studies have employed digital tools such as APECS to objectively evaluate thoracic curvature in connection with physical activity. Furthermore, the joint impact of core stability and prolonged sedentary behavior on spinal alignment among young adults has not been thoroughly investigated. Gaining insight into these relationships can help shape preventive strategies aimed at enhancing posture and core endurance, ultimately lowering the risk of chronic musculoskeletal problems in adults of working age. The purpose of this study was to investigate the link between physical activity and sedentary behavior, as well as how they affected physiological spinal curvatures, trunk power, and stability.

MATERIALS AND METHODS

Study Design

This is a quasi-experimental study; convenient sampling.

Participants

The research was conducted in a Private Medical college and hospital using convenient sampling. The inclusion criteria for phase 1 involved 200 samples aged 20-45, both genders, sitting for over 4 hours. Phase 2 comprised of62 participants with increased thoracic curvature (examined by using APECS APP), low physical activity (GSLTPQ score <24), and weak core strength (partial curl up test- score less than 30 percentile). The exclusion criteria for the study include individuals with recent fractures, previous spinal surgery, a history of chronic back pain, and a history of chronic illness or neurologic conditions. Ethical approval for the study was obtained from the Institutional

Scientific Review Board. The data collected were entered in a Microsoft Excel spreadsheet and analyzed by using SPSS software.

Procedure

Participants who fulfilled the eligibility requirements and agreed on the informed consent form were given 6 weeks of exercises to enhance their neck posture and core muscle strength. Before beginning of the exercises, the participants were instructed to do warm up and cool down after performing the exercises.

Outcome measures

APECS App. The AI Posture Evaluation and Correction System (APECS) app analyzes body posture using anatomical reference points and angle measurements, avoiding X-rays. Based on 50 years of research, participants stand 3 meters from a camera on a tripod (100 cm high). They face forward, then turn left with feet aligned for a comprehensive evaluation.

The Godin-Shephard Leisure-Time Physical Activity Questionnaire (GSLTPQ), or GLTEQ, measures leisure-time physical activity, cited over 1,160 times in Scopus. It includes four self-reported questions, assessing the weekly frequency of mild, moderate, and strenuous activities lasting at least 15 minutes.

Partial Curl-Up Test Participants begin by lying on a yoga mat, knees bent at a 90-degree angle, and fingers resting on a four-inch piece of tape. They next do controlled curl-ups, pushing their shoulder blades off the mat while keeping good form. Before moving on to the next repetition, the upper back must return to the mat completely. This workout aims to test core strength and endurance.

Exercises for improving neck posture

Start with 10 reps, increase to 15, hold for 5 seconds with 30-seconds rest. Perform 3 sets of each exercise, 6 times weekly for 6 weeks.

Neck extension in prone Participants start on their stomachs, arms by shoulders, mimicking a push-up start. They lift their upper body towards the ceiling, keeping lower body still. The aim is full extension, reverting to start if discomforted. Begin with 10 reps, and gradually increasing to 15 reps.

Neck extension in sitting Seated upright without curving the spine, the participant tilts their head backwards to look up, holding for 6-8 seconds, then returns to the starting position.

Retraction in sitting position Start in a sitting or lying position, gently pull the chin towards the chest for alignment, not extreme posture. Then, with the chin tucked, push the head back and slightly up to stretch the neck's back. Relax before repeating, considering the movement as a diagonal stretch to improve neck flexibility.

Shoulder flexion/thoracic extension. Stand facing a wall with your forearms and elbows placed against it at shoulder height. Slowly extend your arms upward while leaning your chest forward, focusing on movement in the middle and upper back while keeping your lower back neutral. Engage your core and exhale to stabilize the lumbar spine and prevent excessive arching. Return to the starting position and repeat, gradually increasing your range of motion.

Wall Push-ups Face a wall and position your hands at chest height, shoulder width apart. Take a slight step back, keeping your posture straight from head to heels. Engage your core muscles as you push yourself back to the beginning position after slowly bending your elbows to bring your chest closer to the wall. Concentrate on maintaining control and appropriate form throughout the exercise.

Exercise for improving core muscle strength

Side bridge Lie on one side, supported by an elbow, legs nearly straight, and lift hips into a side plank while exhaling, maintaining the position briefly. Start with 5 side bridge repetitions, increasing to 10, holding each for 6-8 seconds with a 1-minute rest between sets, three times a week for six weeks.

Bird dog exercise Begin on hands and knees, with knees below hips and hands underneath shoulder. Lift the opposite arm and leg, maintaining balance for 6-8 seconds, then switch sides, keeping the body level. Begin with 8 bird-dog repetitions, increasing to 15, holding each for 6-8 seconds with 1-minute rests, three times a week for six weeks.

Partial curl up Participants lie on their backs, knees bent, arms beside them touching a tape. Perform controlled curl-ups by elevating the shoulders off the floor, aiming for a 30-degree angle, ensuring upper back contact before repeating. Start with 10 curl-ups, increasing to 15-20, holding for 6-8 seconds with 1-minute rests between sets, three weekly sessions for six weeks.

RESULTS

The study began with 200 participants aged 20–45, both male and female, who sat for over four hours. Based on the inclusion criteria—increased thoracic curvature (assessed via APECS APP), low physical activity (GSLTPQ score <24), and weak core strength (partial curl-up test below the 30th percentile)—only 62 participants qualified and progressed to Phase 2, of which 4 participants couldn't continue the exercise program regularly. The collected data was carefully analyzed and assessed. For each parameter, the median, IQR, and Z-score were calculated. The Wilcoxon test was conducted using SPSS software to determine statistically significant differences between pre-test and post-test measurements.

Participants demographic details

A total of 58 individuals took part in the study, comprising 27 males (46.55%) and 31 females (53.45%). The participants had an average height of 167.4 cm, an average weight of 89.9 kg, and a mean age of 34.6 years. Their average Body Mass Index (BMI) was calculated to be 29.5 kg/m². [Table 1 and 2]. The pre and post test data of APECS APP (thoracic curvature), GSLTP questionnaire (physical activity) and partial curl test (core strength) were collected. Because all three outcome measures are based on ordinal scales, the most appropriate measure of central tendency is the median and its interquartile range (IQR) was considered. [Table 3]. The Wilcoxon signed rank test is used to obtain the Z value and p values of the collected data. [Table 4].

DISCUSSION

The findings of this research provide additional support for the increasing agreement that a lack of physical activity and extended periods of sitting contribute to significant changes in posture, weaker core muscles, and a decline in overall physical health. Our findings suggest that individuals who engage in minimal physical activity tend to have poorer control over their posture, including a more pronounced thoracic curvature, lower endurance in trunk muscles, and compromised balance. These observations are in agreement with previous research that has emphasized the negative impact of a sedentary lifestyle on musculoskeletal well-being. [7]

A significant component of this study was the application of the AI Posture Evaluation and Correction System (APECS) to analyze spinal posture. The initial assessments revealed that participants who exercised less than 150 minutes per week displayed a noticeably higher thoracic curvature compared to those who were more physically active. This finding supports prior research by Moriyama (2017), which highlighted that extended periods of sitting impair spinal mobility and postural stability.[16] Furthermore, the partial curl-up test indicated that individuals with more sedentary habits had reduced core muscle strength, reinforcing previous studies that emphasize the role of

trunk muscle endurance in maintaining spinal alignment [10]. When comparing our study's findings with prior research, we identified similar trends regarding the harmful effects of poor posture on long-term musculoskeletal health. Studies conducted by Marijančić V et al. (2023), Singla & Veqar (2014) and Herzog et al. (2015) demonstrated that prolonged sedentary behavior leads to postural imbalances, increasing the risk of chronic pain and mobility limitations. [6,8,17] Our research supports these findings, as participants showed significant improvements in spinal posture and core strength following a structured six-week exercise program. The post-intervention measurements for APECS, GSLTPQ, and the partial curl-up test indicate that targeted physical activity can have a beneficial effect on posture and trunk muscle endurance.

One of the most noteworthy outcomes of this study was the marked enhancement in postural correction after the intervention. Participants who adhered to the recommended neck posture and core-strengthening exercises experienced mild reductions in thoracic curvature, an increase in physical activity levels, and improvements in core endurance. These results align with the work of Faries & Greenwood (2007), who emphasized that core stability exercises play a vital role in promoting postural control and preventing spinal deformities [12]. Although this study offers meaningful findings, it does have a few drawbacks. The sample size was relatively limited, and the intervention period was quite short, which might affect how well these results apply to the general population. Also, the APECS system was only used to assess posture in a static standing position, which doesn't reflect how posture might change during daily movements or activities. Another point to consider is that some of the data, like physical activity levels, were self-reported and could be prone to bias. Moving forward, studies with a larger and more varied group of participants, longer intervention periods, and dynamic posture assessment tools would help strengthen the evidence. It would also be useful to explore how these findings translate to people in different work environments where posture plays a crucial role. The results highlight the importance of incorporating regular exercise to counteract the negative effects of prolonged sitting. The observed improvements in postural alignment and core muscle strength following the intervention demonstrate the potential benefits of structured exercise programs in preventing musculoskeletal issues. These findings lay the groundwork for future research that could explore more personalized intervention strategies to promote better posture and overall physical well-being. Future studies should consider adopting a longer time frame and a larger, more diverse sample group to further substantiate these findings.

ACKNOWLEDGEMENT

I am deeply grateful for the support and guidance I received throughout the course of this research. The insights and knowledge shared by various individuals have played a significant role in shaping my understanding and grounding in this area of study. I extend my sincere thanks to the department for offering the resources and a nurturing environment that fostered my learning. A special note of appreciation goes to all the volunteers who participated in this study—their time, cooperation, and willingness to contribute were essential to the completion of this project. Their involvement was truly invaluable, and I am thankful for the collective effort that helped bring this research to life.

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Table 1. Features of the participants

Characteristics	sMean and standard deviation
Age	34.64±6.22
Height (cm)	167.48±10.98
Weight (kg)	82.97±17.10
Body mass index (kg/m^2)	29.5±5.31

Table 2. Frequency distribution of sex with BMI.

Sex	count	Percentage	BMI±Standard deviation
Male	27	46.55	30.34±5.50
Female	31	53.45	28.86±5.24

Table 3. Median and IQR values

Scales/ Variables	Pretest values		Post test values	
	Median	IQR	Median	IQR
APECS	48	2	45	2
GSLTPQ	19	6.25	25	5
Partial curl up	19.5	7	23.5	5.5

Table 4. Z value and p-value of the collected data

Scales/Variables	Z-value	p-value
APECS App	-4.3605	< 0.001.
GSLTPQ	-4.6226	< 0.001.
Partial curl up	-4.2885	< 0.001.

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Attitude of Undergraduate and Postgraduate Physical Therapy Students towards Persons with Disability

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Received: 13 Jul 2024 Revised: 22 Apr 2025 Accepted: 10 Jun 2025

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ABSTRACT

Examining the attitude of undergraduate and postgraduate physical therapy students toward a person with a disability. The cross-sectional survey study was conducted among 369undergraduate and postgraduate physiotherapy students from Maharishi Markandeshwar institute of physiotherapy &rehabilitation during August 2022 to April 2023. Self-administered Questionnaires were used to collect data through convenient sampling method. After it's validation from the experts, it will be distributed to the students via goggle form. Consent will be taken from the students and the questions will be thoroughly explained. In the end, all the responses from the participant will be collected the study included 369 Physiotherapy students from Maharishi Markandeshwar institute of physiotherapy & rehabilitation. As the findings of the results,30.1% of students strongly agree to be a calm and develop more patience while treating disabled patients.10.2% of participants strongly agree, 22.8% of participants agree while 39.6% of participants responds that they get irritated because of prolong treatment process. To deal with disability among paediatric population is more difficult than adults in this 12.1% of participants responds strongly agree and 46.6% responds agree. The present study concluded that 71.19 % of people had a positive attitude toward treating people with disabilities among undergraduate and postgraduate physical therapy students.

Keywords: Physical Therapy, Disability, Physical therapy students.

INTRODUCTION

In accordance to the World Health Organization's planned International Classification of Health, Functioning, and Disability (ICF), the word "disabilities'' specifically refers to limitations in activity and participation as well as impairments of body structures and functions [1]. A condition that restricts one's personal, physical, and mental capabilities is referred to as a disability [2]. The World Health Organization (WHO) estimates that 7% to 10% of people in underdeveloped nations are disabled. According to some, social and individual attitudes have the greatest ability to limit the lives of disabled individuals. The WHO estimates that 2-4 % of the world`s population is severely disabled and that 15% of people worldwide have some sort of disability [3,4] Disability is a global problem that millions of individuals have to cope with it. Accordance to the World Health Organization, there are currently over one billion individuals with impairments globally, most of whom reside in low- and middle-income nations. Over twenty-six million people in India are believed to be disabled, with a prevalence of impairment of around 2.2%. Several factors affect the incidence of impairment in India and throughout the world. Among these include social stigma, inadequate healthcare, restricted possibilities for education and work, malnutrition, poverty, and insufficient food [5,6].

In India, individuals who are disabled are more likely to be women, people from lower socioeconomic beginnings, and residents of rural areas. In the past few years, the necessity of addressing handicapped person concerns on a worldwide scale has received focus. In order to promote and uphold the rights of people with impairments the (UNCRPD) was passed in 2006. The Goals for Sustainable Development acknowledge the significance of addressing disability difficulties and call decrease of disparities in SDG 10 and the establishment of inclusive and environmentally friendly communities and cities in SDG 11 [5]. According to particular research, a physical therapist's psychological characteristics can influence how they treat individuals with disabilities and impairments. Based on the majority of research, women are frequently more upbeat than men [3]. In addition, psychological or self-promoted interest in exercising is affected by the equipment and exercise structures that are chosen. In addition to enhancing overall health, having access to a variety of adaptive exercise equipment is essential for increasing exercise-induced body satisfaction in those with disabilities5. In addition to affecting a patient's ability to access care, healthcare personnel's attitude towards patients with the level of care provided can be significantly impacted by disability [7,8].

The cause of disability is defined as the fundamental causes of an individual's physical or mental impairments. Hearing, vision, cognition, mobility, and mental and physical disability constitute the six specific types of disabilities. Disability-related risk factors can also be environmental, genetic, or a mix of the above two types. Genetic variables have a substantial impact on the cause of disabilities. For example, certain abnormalities in genes can result in a condition called Down syndrome or congenital fibrosis. Congenital fibrosis or Down syndrome, for instance, can be a result of certain genetic disorders. Environmental variables can additionally have an impact on the cause of a disability. It is possible for chemicals, diseases, or stress encountered during pregnancy or the initial stages of life to cause developmental delays or neurological disorders. Some deficiencies may be caused by a combination of inherited and environmental factors. As an example, the condition known as cerebral palsy may originate from birth trauma or harm to the baby in the womb's developing brain, but it may also have a genetic component. Understanding the cause of a disability is vital if a person is to receive the appropriate support and medical treatment Postural alterations: Postural anomalies may be caused by physical conditions like scoliosis or kyphosis. Respiratory issues: A person might find it difficult to breathe due to certain physical ailments, needing the use of additional oxygen or other assistance with breathing [9,10,11].

MATERIALS AND METHODS

Study design
Online cross-sectional survey study.

Sampling procedure
The study was conducted among physical therapy undergraduate and postgraduate students. Over a period of 7 months from August 2022 to May 2023. On the initial phase, questionnaire was developed which is used to assess the student's attitude towards the individuals who have disabilities. The questionnaires were then distributed to the students through Google form via various social media platforms. In the end, all the responses from the participant were collected.

Study Tool
A self-made questionnaire (Physical Therapy Students' Attitude towards Disabled Questionnaire -PTSATDQ) was developed to determine the attitude of undergraduate and postgraduate physical therapy students toward persons with disability, on to 5-point Likert Scale.

Data processing and analysis
The data was analyzed based on the responses to the Google form. The participant's responses were collected using the Excel chart linked to the Google form and were programmatically evaluated using the latest version of MS Excel for Windows 11 and SPSSv.26. The findings were noted and represented using tables, charts, and figures.

RESULTS

An online survey questionnaire was circulated among male and female physical therapy students age group of 17-33. The data was analyzed by using Microsoft Windows. A total369 responses were obtained the result has to be evaluated based on the following section.

DISCUSSION

Psychological state of the physical therapist while assessing the disabled person
Working with impaired patients can cause physiotherapists to feel a variety of emotions, such as empathy, frustration & stress which may impair their capacity to deliver high-quality therapy. Being empathetic is essential for patient care since it enables the therapist to comprehend the patient's viewpoint and offer specialized therapy. However, excessive empathy can lead to emotional exhaustion and burnout, which can negatively impact the therapist's mental health and job performance when the therapist was unable to bring out the expected effects of the treatment and that leads to frustration. Working with handicapped people was much more difficult because development was sluggish and required a lot of patience and effort [12,13]. As per the study, there was a big challenge for the therapist while dealing with the disabled person. Among those 20.6% of the individuals selected strongly agree, 29.8% of selected agree, 14.6 percent selected strongly disagree, 8.9 percent selected disagree, and 26% percent selected neither agree nor disagree. Our questions concluded that the physiotherapist was patient and calm while treating people with disability. As an outcome, 44.1% percent of those who participated selected strongly to agree, 43.1% selected agree, 2.4% of participants selected disagree and 22.5% selected neither agree nor disagree to the study.

Motivation enhance healing in disabled people

By this research findings regarding inspiration and motivation, 41.5% of the respondents selected "strongly agree," 48.8% selected agree, 3% selected "strongly disagree," 2.4% selected "disagree," and 4.3% selected "nor agree nor disagree." Since the working environment had a major impact in the recovery stage of disabled persons, in our study physical therapy students agreed that they maintain a welcoming environment while treating a disabled person and 47.2% 45 percent of those who participated said they agreed, and of them, 45 % said they strongly agreed.

CONCLUSION

The present study concluded that 71.19 % of people had a positive attitude towards treating people with disabilities among undergraduate and postgraduate physical therapy students.

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Table 1: Represents total number of questions of the study and overall responsesive number of participants and its percentage

Ques.no	QUESTIONS	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1.	I evolve interest and knowledge while treating patients with physical disabilities	(11) 3%	(7) 1.9%	(11)3%	(167)45.3%	(173)46.9%
2.	I try to be more patient and calm while treating people with disabilities.	(7) 1.9%	(9) 2.4%	(83) 22.5%	(159) 43%	(111)30%
3.	I find it challenging to deal with disabled people.	(54)14.6%	(33) 8.9%	96(26%)	(110)29.8%	(76)20.6%
4.	I overserve and keep disabled patients motivated during their therapy sessions	(11) 3%	(9) 2.4%	(16)4.3%	(16)4.3%	(153)41.5%
5.	As a therapist, I try my best to be co- operative and affectionate while Treating disabled people	(6) 1.6%	(7)1.9%	(20) 5.4%	(201)54.5%	(135)36.6%
6.	I am more understanding and give special consideration to the needs of the disabled during therapy sessions.	(6) 1.6%	(7) 1.9%	(23) 6.2%	(210)56.9%	(123)33.3%
7.	When dealing with individuals with disabilities, I maintain a welcoming environment	(7) 1.9%	(5) 1.4%	(17) 4.6%	(166) 45%	(174)47.2%
8.	It is important to respect physically challenged people to strengthen their mental and social attitude towards others?	(14)3.8%	(14) 3.8%	(18)4.9%	(169)45.8%	(154)41.7%
9.	While treating people with disabilities, I find it challenging to approach them	(76)20.6%	(76)20.6%	(54)14.6%	(122)33.1%	(41)11.1%
10.	I encounter challenges during treatment as a result of the patient's family's demands While treating disabled patients.	(48)13%	(74)20.1%	(74)20.1%	(125)33.9%	(48)13%
11.	When treating patients with disability, I get irritated by the prolonged treatment process.	(29)7.1%	(72)19.5%	(146)39.6%	(84)22.8%	(38)10.3%
12.	I find managing patients with Disability among paediatric population far more challenging than adults.	(13)3.5%	(64)17.3%	(75)20.3%	(172)46.6%	(45)12.2%
13.	People with disabilities typically present with emotional distress.	(13)3.5%	(46)12.5%	(93)25.2%	(149)40.4%	(68)18.4%
14.	Patients with disabilities open up when the therapist shows a positive attitude towards them.	(5)1.4%	(10)2.7%	(28)7.6%	(155)42%	(171)46.3%

15.	People with disabilities need more appreciable care and support than people with other ailments	(3)0.8%	(10)2.7%	(37)10%	(226)61.2%	(93)25.2%
16.	Disabled persons are usually more sensitive and dissatisfied with themselves.	(6)1.6%	(12)3.3%	(133)36%	(141)38.2%	(77)20.9%
17.	Many of people with a disability are hesitant while discussing their illness with the therapist.	(8)2.2%	(15)14.1%	(45)12.2%	(181)49.1%	(120)32.5%
18.	People with disability bring diverse skills of perspectives to the community.	(0)	(8)2.2%	(55)14.9%	(183)49.6%	(122)33.1%
19.	As a therapist, I find treating disabled People physically And mentally exhausting.	(10)2.7%	(87)23.6%	(103)27.9%	(150)31.2%	(54)14.6%
20.	I feel the need for assistance while treating disabled People.	(5)1.4%	(42)11.4%	(52)14.1%	(168)45.5%	(102)27.6%

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Smart Mine Suit: A Smart Suite for Frontline Mine Workers

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Received: 22 Jan 2025 Revised: 23 Apr 2025 Accepted: 13 Jun 2025

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ABSTRACT

An innovative wearable safety technology Smart Mine Suit has been developed to address critical shortcomings in existing systems for frontline workers. The Smart Mine Suit integrates a range of sensors, including heart rate, gas, and UV sensors, to provide comprehensive real-time monitoring of workers' health and environmental conditions. Vital signs, such as heart rate, are tracked to detect fatigue or physical stress, while hazardous gases like hydrogen sulfide, carbon monoxide, and methane are monitored using MQ136 and MQ9 sensors. The UV sensor ensures protection against harmful ultraviolet radiation. A lightweight system using Raspberry Pi serves as the central processing unit, enabling real-time data analysis and timely alerts through an integrated buzzer, which activates when unsafe thresholds are exceeded. The Smart Mine Suit, incorporated the multi-sensor in the suit for the miners that enhances worker's safety in high-risk environments and sets a new standard for wearable safety technology in occupational safety.

Keywords: Safety Wear, Smart Mine, Heart rate, Gas Concentration sensors, UV sensor, Real-time monitoring, Abnormality alert.

INTRODUCTION

The global mining industry is crucial for economic growth and providing key resources that modern society needs. It adds about 6% to the global GDP and employs more than 50 million people around the world [1, 10]. This sector is critical for building industries, expanding infrastructure, and advancing technology. However, it faces severe issues with more than 5,000 deaths annually due to accidents and poor conditions. This indicates the grave need for enhanced safety measures [9]. Scientific research shows that gases like carbon monoxide and hydrogen sulfide are responsible for 30% of mine-related deaths. Prolonged exposure to such dangerous gases could lead to serious health problems or even death [7]. Also, mine workers are exposed to UV radiation levels that are 40% higher than the safe limits. This increases their chances of getting skin cancer [4]. It is very important to deal with these problems to keep mine workers safe and healthy while also keeping their work productive and efficient. In India, the mining sector has faced numerous challenges regarding worker safety, with a significant number of accidents reported annually. According to reports from the Directorate General of Mines Safety (DGMS), over 200 fatalities occur each year due to incidents such as roof collapses, machinery failures, and gas explosions. The unregulated nature of many small-scale mines exacerbates these risks, as they often lack proper safety equipment and monitoring systems. Additionally, coal mines in regions like Jharkhand and Odisha have reported high levels of methane emissions, thereby increasing the likelihood of explosions if not detected early. Despite advancements in technology, a lack of widespread implementation of modern safety systems, combined with inadequate training for workers, continues to contribute to these preventable accidents. This highlights the urgent need for deploying smart wearable devices across India's mining industry to reduce fatalities and improve worker safety standards.

When compared to other mining-intensive countries like China and South Africa, India faces similar challenges but differs in the scale of incidents. For instance, China, which accounts for nearly half of the global coal production, reports thousands of mining-related fatalities each year, primarily due to its vast number of deep coal mines and frequent gas explosions. South Africa, known for its gold and platinum mines, also reports a high number of accidents caused by rockfalls and seismic events. However, both countries have made notable progress by adopting advanced safety technologies and implementing stricter regulations. India, on the other hand, lags in adopting comprehensive safety measures, particularly in its unorganized mining sector. By integrating lessons from these nations, such as real-time gas monitoring systems and predictive safety analytics, India could significantly improve its mining safety standards and reduce fatalities.

Carbon monoxide and hydrogen sulfide gases are commonly released in mines. The health hazard due to carbon monoxide is extremely severe. Several deaths result from these poisonous gases. Exposure to these gases in small amounts, even while in the process of inhalation, will cause critical health problems or demise if not identified at an early stage [7]. Talpur's study [1] and that of Rajakumar et al. [7] has also highlighted the need for using real-time gas monitoring systems to reduce risks. Advanced sensors such as the MQ-2 have been proven effective in the detection of gas leaks, and there is a good result in lowering the chances of accidents due to toxic emissions [2].

Another critical issue in mining is long exposure to ultraviolet (UV) radiation, which is associated with a higher risk of skin cancer among mine workers. Nautiyal and Baghari [4] say that about 15% of mine workers in areas with high UV levels show symptoms of too much sun exposure. These symptoms include skin burns, irritation, and in serious cases, early aging of the skin. It is very important to keep track of UV radiation levels to put protective measures in place and reduce health risks [4]. The hybrid wearable suit also reduced health risks from UV exposure by more than 40%, and Nautiyal and Baghari [4] showed their research on hybrid wearable suits that is effective for monitoring health in real time. Hybrid suits with UV detection sensors can give immediate alerts when exposure exceeds safe levels, hence helping people take preventive actions to avoid health problems. The study also demonstrates that workers with such suits adhere to safety rules 25% more than those without such technology.

Apart from the above environmental risks, mining work involves hard work, which makes heavy demands on workers' heart health, leading to fatigue or worse complications. The research indicates that 20% of health emergencies in mining occur due to problems in heart rate, which was not detected earlier. Monitoring heart rate always can be an indicator of early health issues, which would allow for immediate action [3, 6]. New advancements in wearable technology have brought new solutions to these problems. Smart wearable devices, such as helmets and suits with gas sensors, UV monitors, and heart rate trackers, are revolutionizing the management of safety in the mining industry. These systems have strong safety features. They give early warnings about dangerous situations, watch UV radiation exposure, and keep track of health in real-time. Comparative analysis studies on smart helmet systems showed that these systems are efficient in tracking workers' locations and ensuring their safety in confined mining spaces [8]. However, smart helmets are good at tracking where workers are and keeping them safe in tight spaces, but they do not offer as much full-body protection as Smart Mine. Unlike suits, helmets are limited to site-specific monitoring and might not be designed to deal with UV exposure or other general health monitoring, thereby missing the target hazards. This again highlights the need for more integrated solutions that can bring the best of both worlds.

Recent studies by Sainadh & Dass [5] and Guleria [6] have emphasized smart wearable devices as having potential for developing improvements in workplace safety and productivity. These devices monitor hazards in the environment and assist in worker health through constant health monitoring. This application of technology agrees with the findings by Patel et al. [9], who emphasized that wearable devices enhance safety and productivity at the workplace. The development and use of Smart Mine with advanced sensors is an important step in keeping mine workers safe. These suits are made to offer full protection by finding toxic gases, checking UV radiation levels, and watching workers' health in real-time. According to Mardonova and Choi [10], wearable device technology is of great importance to the mining industry. It will be able to modify safety practices, reducing the potential for accidents. With these new technologies, the long-standing safety issues of the mining industry can finally be solved in order to provide a safer working environment for workers.

MATERIALS AND METHODS

The Smart Mine Suit, enhances worker's safety through continuously monitoring environmental and physiological parameters using a network of sensors integrated with a Raspberry Pi and microprocessor. This architecture leverages real-time data processing and transmission to a centralized server, enabling prompt detection of hazardous conditions. The overall design of the Smart Mine suit is shown in Figure 1. It consists of four primary components: sensor modules, data processing units, a server infrastructure, and a web-based monitoring interface. The integration of these components forms a robust system capable of real-time data acquisition, processing, storage, and visualization.

Sensor Network

The system employs a multi-sensor network that includes the MQ136 for hydrogen sulfide detection, MQ9 for methane gas detection, a heart rate sensor for physiological monitoring, and a UV sensor for ultraviolet radiation measurement. These sensors are interfaced with the Raspberry Pi via GPIO and SPI (using an MCP3008 ADC for analog sensors) to facilitate high-fidelity data collection.

Data Processing

The Raspberry Pi acts as the initial data processing node, where raw sensor data is pre-processed, filtered, and then relayed to a microprocessor for additional processing. The pre-processing stage on the Raspberry Pi includes noise reduction, signal conditioning, and feature extraction to ensure data integrity before transmission. The microprocessor further refines the data, applying algorithms for anomaly detection and trend analysis. This layered approach to processing ensures that only significant and actionable data is transmitted to the server, reducing the communication overhead and enhancing system responsiveness.

Data Transmission and Storage

Data is transmitted from the microprocessor to a central server via a secure and efficient communication protocol, leveraging Socket.IO for real-time, bi-directional data exchange. The server infrastructure is built on a Node.js platform, utilizing MongoDB as the backend database for storing employee details. The data storage model is designed to handle high-velocity data streams while providing low-latency access for real-time queries. The MongoDB database is optimized for horizontal scaling, ensuring the system can manage increasing data loads without degradation in performance.

Web-Based Monitoring Interface

The final component of the system is a web-based monitoring interface developed using HTML5, CSS3, and JavaScript frameworks. The interface provides a real-time dashboard that visualizes sensor data through dynamic graphs and alerts. The interface is designed for both desktop and mobile platforms, ensuring accessibility for on-site managers and remote administrators. The interface also supports user-configurable thresholds for each sensor, enabling customizable alerting mechanisms tailored to specific operational environments. Figure 2 depicts the workflow of the system which begins with the integration of multiple sensors: the MQ136 and MQ9 for detecting harmful gases, a heartbeat sensor for monitoring heart rate, and a UV sensor for measuring exposure to ultraviolet radiation. These sensors are all digital and require analog-to-digital conversion for the Raspberry Pi to process the data. To achieve this, the analog sensor outputs are connected to the MCP3008, an 8-channel, 10-bit ADC (Analog to Digital Converter). The MCP3008 converts the analog signals from the sensors into digital form, making them compatible with the Raspberry Pi for further processing.

Once the data is digitized by the MCP3008, the Raspberry Pi, which functions as the microprocessor in this system, collects and processes the data in real-time. The Raspberry Pi serves as the central processing unit, extracting relevant data points from each sensor, such as gas concentration levels from the MQ136 and MQ9, heart rate from the heartbeat sensor, and UV exposure from the UV sensor. After the data is collected, the Raspberry Pi performs the necessary primary processing, such as filtering and noise reduction. Once the initial processing is complete, the Raspberry Pi prepares the data for transmission. It communicates with the server via socket communication, ensuring continuous and reliable data transfer. The Raspberry Pi sends the processed data to the server for centralized storage and management. The server receives this data in real-time, securely stores it, and provides access for monitoring and further analysis through a web application.

The web app also plays a critical role in alerting users to any thresholds being exceeded, such as dangerous gas concentrations or excessive UV exposure, ensuring worker safety through timely notifications. These alerts are immediately generated based on predefined safety thresholds and can be escalated to the user interface for quick action. Through this flow, the system ensures constant, real-time monitoring, data collection, processing, and alerting, with every stage of the workflow optimized for efficiency and accuracy.

RESULTS AND DISCUSSION

Validating the functionality of the circuit board and the accuracy of the sensor network, a series of controlled experiments were required and conducted. The setup included embedding the sensors on a breadboard integrated with a Raspberry Pi. Each sensor's performance was assessed against reference parameters to verify its sensitivity and reliability in detecting specific environmental and physiological conditions. The heart rate sensor was tested using human pulse signals, UV intensity was simulated using a UV light source. The Raspberry Pi processed these sensor inputs, ensuring accurate analog-to-digital conversions using the MCP3008 ADC. Figure 3 showcases the above-mentioned circuit board validation setup. Additional components like resistors, jumper wires, and an ADC (Analog-to-Digital Converter) were integrated to facilitate appropriate conversions. A buzzer was connected to provide audio alerts based on the sensor readings. The circuit board, after validation, was integrated into the Smart Mine prototype. This involved securely positioning sensors at optimal locations to monitor environmental hazards

and worker vitals. The suit was worn by a volunteer to test its effectiveness in real-world conditions. Sensor data was continuously transmitted to a central server, and the activation of the buzzer was expected if any parameter crossed predefined thresholds. Figure 4 displays a prototype of a smart safety vest with embedded electronics for health and environmental monitoring, featuring a transparent container housing the circuit components on the back. Tests confirmed the seamless operation of all sensors, with stable data transmission. The buzzer, designed as a critical safety feature, remained inactive throughout the trials, indicating that all conditions were within safe limits. This test established the durability of the system and its reliability in real-time monitoring.

Table 1 provides the recorded sensor outputs during the test phase, highlighting the system's ability to monitor diverse environmental and physiological parameters accurately. These outputs validated the system's precision in collecting and processing data. The buzzer did not buzz for the entire test indicating healthy condition. The Smart Mine *Suit*'s real-time monitoring capability was further evaluated using the web-based interface. The interface displayed live sensor readings, graphically representing trends and alert notifications. Simulated hazardous conditions were introduced to test the alert mechanisms. For example, increasing the hydrogen sulfide concentration triggered the buzzer within 2 seconds of crossing the threshold, demonstrating the system's rapid response capability. The simulated inputs verified the interface's responsiveness, with updates appearing instantly on the dashboard. This ensured effective monitoring and decision-making in dynamic work environments. Figure 5 displays a dashboard for a "Health Monitoring System" with a dark-themed user interface.

The normal condition threshold values are obtained from the typical values of the sensor models provided by the manufacturer's datasheet. Further the conversion of these units to much readable units (e.g., V -> ppm), the values will abide by the standards of regularities like Occupational Safety and Health Administration (OSHA), International Commission on Non-Ionizing Radiation Protection (ICNIRP) and World Health Organization (WHO). Table 2 presents the sensor readings for various environmental parameters under normal conditions, the recorded values during the system's operation, and the corresponding status of the buzzer. Hence, the inactiveness of the buzzer during the entire testing phase was justified with these numerical data. This comprehensive assessment of performance highlights the following key features of the system

Seamless Multi-Sensor Integration to function as a Single Unit

The suit integrates multiple sensors, including gas detectors (MQ9 and MQ136), heartbeat, and UV sensors, into a unified system. This enables simultaneous monitoring of environmental and health parameters without compromising efficiency or accuracy.

Real-Time Web-Based Environment and Personalized Health Monitoring

A centralized web-based dashboard provides real-time updates on gas levels, worker heart rates, and UV exposure. It also allows personalized health tracking for individual workers, ensuring tailored safety measures.

Quick Alerts to Frontline Workers as well as Admin

Immediate alerts (via a buzzer) are sent to frontline workers and administrators when critical thresholds are exceeded. This alert system ensures timely action and improves response time.

Threshold can be customized based on different Safety Standards and Environmental Conditions

Threshold values for gas concentrations, UV exposure, and heart rate can be adjusted to meet specific safety standards or environmental requirements, making the system adaptable to various mining operations.

Easy Deployment into Existing Mine Suit Increasing Portability and Comfort

The system is designed to be lightweight and compact, allowing for effortless integration into existing Mine suits. This ensures comfort and portability for workers during long shifts in challenging conditions.

Scalable as Workforce Increases Ensuring Safety of Every Single Employee

The system supports scalability, making it suitable for small teams or large workforces. It ensures comprehensive monitoring and safety for every worker, regardless of the number of employees.

CONCLUSION

The Smart Mine Suit, offers a practical and efficient solution to the challenges of ensuring worker safety in hazardous environments. By integrating sensors to monitor vital health parameters and environmental hazards, the system emphasizes early detection and intervention to prevent potential accidents. The activation of an alert system, via a buzzer, provides immediate and actionable responses, enhancing safety in critical situations. This technology lays the foundation for future innovations in wearable safety systems. Incorporating wireless connectivity could enable centralized monitoring, allowing supervisors to oversee multiple workers' health and environmental conditions remotely. Such enhancements would further strengthen the system's capabilities, enabling predictive analytics and faster interventions. The successful implementation of this system highlights its potential to transform safety protocols in high-risk industries such as mining, construction, and chemical manufacturing. This initiative demonstrates how advanced technology can bridge the gap between worker safety and operational efficiency, paving the way for a new era of occupational safety solutions.

ACKNOWLEDGEMENT

We authors wish to thank Sri Sivasubramaniya Nadar College of Engineering. This work was supported by a grant from SSN Research Centre.

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Table 1: Sensor readings and recorded parameters

S.NO	SENSOR	PARAMETER TESTED	VALUE RECORDED
1	MQ9	Carbon Monoxide (CO)	0.28 V
2	MQ136	Hydrogen Sulfide (H_2S)	0.09 V
3	GUVA S12 SD	UV Radiation Intensity	0.7 V
4	PULSE	Heartbeat rate	75 bpm

Table 2: Sensor Threshold Compliance and Alert Response Record

S.NO	SENSOR	NORMAL CONDITION	VALUE RECORDED	BUZZER STATUS
1	MQ9	0.2 - 0.5 V	0.28 V	Inactive
2	MQ136	0.1 - 0.3 V	0.09 V	Inactive
3	GUVA S12 SD	0.5 - 1 V	0.7 V	Inactive
4	PULSE	60 – 100 bpm	75 bpm	Inactive

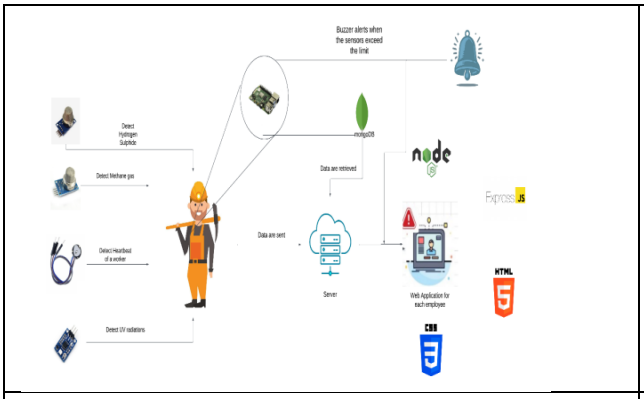

Figure 1: Design of Smart Mine Suit

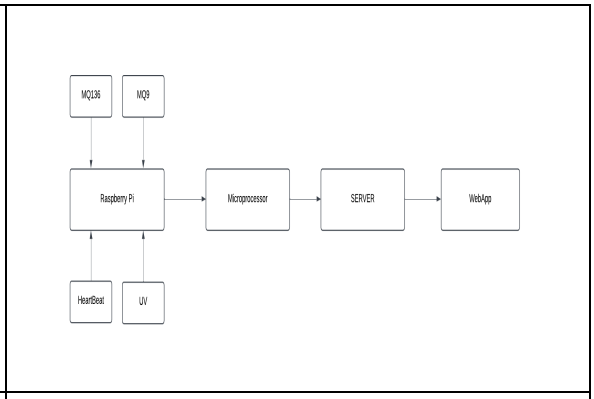

Figure 2: Block Diagram of Smart Mine Suit

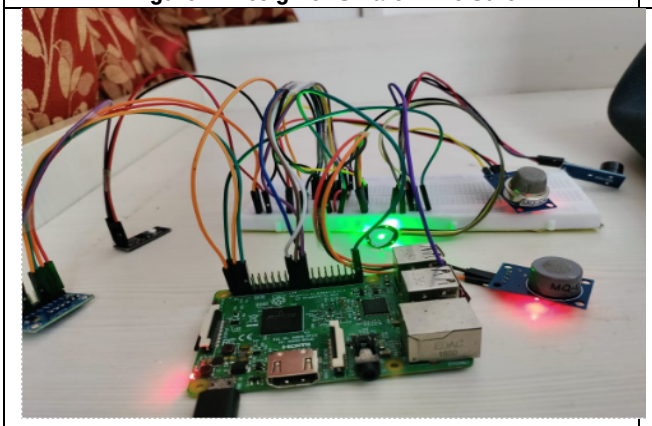

Figure 3: Bread Board Connection with sensors

Figure 4: Circuit integrated with Smart Mine Suit

Figure 5: Admin Level Dashboard

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Review on Green Synthesis, Characterization and Antimicrobial Studies of Zinc Oxide Nanoparticles using Various Medicinal Plants

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Received: 25 Jan 2025 Revised: 18 Apr 2025 Accepted: 19 Jun 2025

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ABSTRACT

In recent times, there has been an increase in the use of green chemistry to create metal-based nanoparticles from extracts taken from medicinal plants. The utilization of plant extracts for the synthesis of zinc oxide nanoparticles is one of the most environmentally sustainable method. The synthesized nanoparticles were characterized using X-ray diffraction, UV-Vis spectroscopy, and Fourier Transform Infra-Red (FT-IR) spectroscopy to elucidate the structure and measure the crystallinity of the synthesized product. The morphology of ZnO NPs has been demonstrated by high-resolution transmission electron microscopy (HR-TEM), Scanning Electron Microscopy (SEM). Metal oxide nanoparticles possess diverse surface-based chemical and non-toxic properties. The green synthesis of ZnO nanoparticles aimed at enhancing their antibacterial efficacy against various bacterial activity.

Keywords: Zinc oxide nanoparticles, Green synthesis, antibacterial, antioxidant

INTRODUCTION

Nanotechnology is a developing technology with the potential to revolutionize various scientific fields[1]. Nanomaterials (NMs) possess unique properties due to their large surface area and size, which can be tailored for specific applications. Additionally, the distinct size, shape, and structure of NMs greatly impact their reactivity,

durability, and other characteristics. As a result, these superior properties make them highly versatile for industrial and household purposes such as environmental remediation, imaging technology, medical treatments, energy production, catalytic reactions, cosmetics development, and various medical applications[2-6]. The phenolic compounds and flavonoids present in plants help nanoparticle formation. It was found that the extract from many different plants have been used to synthesize non-toxic nanomaterials[7].Green synthesis was effectively used to obtain zinc oxide nanoparticles using a variety of biological materials [8].

Green Synthesis of Zinc Oxide Nanoparticles

Ajayan and Hebsur (2020) synthesized ZnO Nanoparticles (NPs) using *Azadirachta indica* (neem) and *Ocimum tenuiflorum* (tulasi) leaf extracts. The synthesized nanoparticles were characterized by UV-Spectroscopy, in which the absorbance peaks were obtained as 359 nm and 364 nm for neem and tulasi respectively. The mean diameter of ZnO NPs synthesized from neem and tulasi was 101.6 and 122.4 nm respectively, using a particle size analyzer (PSA). Scanning electron microscopy (SEM) revealed that neem-synthesized ZnO nanoparticles exhibited a morphology resembling flakes or flowers, with a size range of 100-300nm and from tulasi leaf extract exhibited an ovoid shape, witha sizerangeof70-400nm [9].

Chaudhary et al., (2018) discussed the biosynthesis zinc oxide nanoparticles from the aqueous peel extract of Aloe Vera. Scanning electron microscopy (SEM) confirmed that nanoparticles had been hard in appearance with agglomeration. Transmission electron microscopy (TEM) showed the dimensions of nanoparticles from 50 to 220 nm with hexagonal shape. XRD showed their crystalline nature and has antibacterial impact against *E.coli* [10].
Rahman et al., (2023) prepared ZnO NPs using *Cocos nucifera* leaf extract. X-ray diffraction analysis identified ZnO NPs with a hexagonal wurtzite structure. Scanning electron microscopy revealed a flower-shaped morphology of the ZnO NPs, with size of around 15 nm. The synthesized ZnO NPs exhibited antimicrobial activity against *T. harzianum* and *S. aureus*, with respective zone of inhibition sizes of 14 mm and 10 mm [11].

Albert et al., (2023) discussed green synthesis of ZnO-NPs using *Solanum nigrum* plant extract as a capping agent. XRD analysis indicates that the produced NPs possess a wurtzite hexagonal structure and have an average grain size of 27.6 nm. The ZnO NPs exhibited antimicrobial activity against E.coli and *S.typhi*. Furthermore they showed moderate antioxidant activity [12]. Barthwal et al., (2021) conducted study on the green synthesis of Zinc oxide (ZnO) nanoparticles leaf extracts of *Phyllanthus niruri* and *Stevia*. The synthesis of ZnO nanoparticles was further validated by UV peaks at 320 nm and 324 nm. It was noted that the zone of inhibition increased as the concentration increased. An efficient antimicrobial response against Lactobaacilli, S mutans, and C. Albicans, which are typically present in oral microbiota [13].

Raj and Lawerence (2018) successfully synthesized ZnO nanoparticles using *Rosa indica* leaves extract. The utilization of leaf extracts as a capping agent to ensure the stability of nanoparticles has been observed. Experimental evidence shoes that, ZnONPs has spherical morphology and a size of 10nm. The antibacterial efficacy of ZnO nanoparticles was assessed through experimentation against both Gram-negative (E.coli) and Gram-positive (*S.aureus*) bacterial strains [14]. Akintelu and Folorunso (2020) performed green synthesis of ZnO NPs using aloe vera leaf extract. Scanning Electron Microscopy (SEM) analysis verified that the average size of ZnO particles ranged from 18 to 618 μm, exhibited a rod- shaped appearance. X-ray Diffraction (XRD) analysis revealed that the average crystallite size was 0.452 μm and it was in the hexagonal phase. Furthermore, it was demonstrated that the substance possessed antibacterial properties against Escherichia coli (E. coli) [15].

Bhalla et al., (2023) conducted a study on the synthesis of ZnO NPs using *Moringa oleifera* leaf extract. XRD was used to determine the hexagonal wurtzite structure of GsZnO-Nps, with an average crystallite size of 13.82 nm. SEM showed the formation of spherical nanoparticles with a diameter of 50 nm. The ZnO NPs exhibited antimicrobial activity against Escherichia coli (E. coli) and *Staphylococcus aureus* (*S. aureus*)[16]. Rasli et al., (2020) synthesized ZnO NPs using Aloe Vera plant extract and size and concluded that the ZnO NPs were in the size range of 18 to 618 μm

with a rod-shape. The XRD analysis confirmed the average crystallite size was 0.452μm and it was in the hexagonal phase. They demonstrated to possess an antibacterial effect against E. coli [17].

Vijayakumar et al (2018) prepared ZnO NPs using leaf extract of the synthesized nanoparticles were characterized by UV-vis absorption peak at 352 nm. Fluorescence spectrometer (PL) resulting peak determined 410nm. XRD showed their crystalline nature. This study examines the efficacy of Synthesized ZnO nanoparticles on bacteria and fungi, as tested through the agar well diffusion method [18]. Mini et al., (2023) synthesized ZnO NPs using *Scoparia dulcis* leaf extract. The UV–Visible spectroscopy absorption peak for ZnO-NPs was determined to be 380 nm. TEM showed ZnO NPs rod-like morphology of 200 nm in size. XRD showed their crystalline in nature. The antioxidant potential of ZnO-NPs synthesized through biosynthesis was evaluated using the DPPH and ABTS assays [19].

Gupta et al., (2018) discussed the biosynthesis ZnO NPs from extract of *Catharanthus roseus*. SEM images of ZnO nanoparticles revealed a size range between 62 to 94 and spherical in shape. XRD pattern confirmed the crystalline structure of ZnO NPs with size 36.83 nm. TEM showed the dimension of nano particles from 50 to 92 nm with hexagonal wurtzite shape. The synthesized ZnO NPs have demonstrated antibacterial efficacy against both Gram-positive and Gram-negative pathogen [20]. Rajini et al., (2022) synthesized ZnO nanoparticles by using *Centella asiatica* leaf extract. The UV-vis spectroscopy showed that the green- synthesized ZnO NPs have an absorption spectrum within the 200-800 nm range. SEM confirmed that nanoparticles have semi spherical shape and diameter in the range of 25– 40 nm. Anti-bacterial and anti-microbial activity against *E. Coil,* Staph. Aureus, Pseudo.Aeruginosa[21].

CONCLUSION

Green synthesis of zinc oxide nanoparticles using leaf extract provides an environmentally friendly, fast, simple, non-toxic and efficient method for the synthesis of nanoparticles. The synthesized ZnO nanoparticles were further characterized using UV-visible absorption spectroscopy, XRD, SEM and EDAX, FTIR spectroscopy. The main advantages of this synthesis method are its simplicity, cost-effective synthesis route, and large-scale production of ZnONPs.Due to its increased antibacterial activity, it can be effectively used in the medical field as well as the food and cosmetics industry.

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Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Exploring the Correlation Between Care Burden and Sleep Quality in Primary Caregivers of Pediatric Cancer Patients

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Received: 28 Apr 2025 Revised: 21 May 2025 Accepted: 05 Jul 2025

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ABSTRACT

The global rise in pediatric cancer presents substantial challenges, particularly impacting caregivers who often face significant physical, mental, and emotional burdens. These challenges can detrimentally affect their sleep quality. This study investigates the correlation between the care burden experienced by primary caregivers of pediatric cancer patients and their sleep quality. Employing a non-experimental correlational design, this research analyzed data from 60 primary caregivers in Vadodara and Anand districts, Gujarat. Caregiver burden was assessed using a validated care burden inventory, and sleep quality was evaluated using the PSQI scale. Analysis indicated that 56.66% of caregivers reported moderate care burden, with 81.66% experiencing mild to moderate sleep difficulties. A statistically significant positive correlation was observed, demonstrating that increased care burden correlates with poorer sleep quality. The study shows a significant link between caregiver burden and poor sleep quality, highlighting the need for healthcare systems to include comprehensive support for caregivers. This approach is crucial to improve both caregiver well-being and pediatric oncology outcomes, advocating for a healthcare model that supports caregivers effectively and sustainably.

Keywords: Caregiver Burden, Sleep Quality, Pediatric Cancer, Primary Caregiver, Caregiver Stress, Pediatric Patient Dependency.

Key points of this study

- Caregivers of pediatric cancer patients frequently experience a moderate to severe burden of care, significantly impacting their sleep quality.
- A statistically significant positive correlation exists between the care burden and sleep difficulties among primary caregivers, underscoring the need for targeted caregiver support within pediatric oncology.
- Enhancing caregiver support systems could improve both caregiver and patient outcomes, advocating for a healthcare model that integrates comprehensive support for caregivers.

INTRODUCTION

Annually, approximately 400,000 children and adolescents from ages 0 to 19 are diagnosed with cancer, presenting a substantial challenge to global health systems.[1] This rise in pediatric oncology cases profoundly impacts not only the pediatric patients but also their primary caregivers, who often bear significant physical, mental, social, and financial burdens.[2,3] Care burden, as defined in the literature, encompasses the strain experienced by caregivers due to an imbalance between the demands of caregiving and their available resources.(4) This multifaceted burden can deteriorate the caregivers' mental, physical, social, and emotional well-being, potentially influencing their ability to provide effective care.[5,6] In Asian societies, where family-based caregiving is predominant, the chronic nature of cancer elevates the intensity of care burden.[7,8] Caregivers immersed in the prolonged medical journeys of their children endure heightened levels of stress, anxiety, helplessness, and emotional instability.[9,10] The relentless demands of caregiving can lead to a vicious cycle where the deteriorating health of the caregiver adversely affects the quality of care provided, which in turn may exacerbate the child's condition and increase the caregiver's burden.[11,12] Amid these challenges, one critical aspect that warrants attention is the sleep quality of caregivers. Sleep is vital for psychological and physical restoration, yet the demands of caregiving, especially in a high-stress context such as pediatric oncology, are likely to disrupt sleep patterns.[13–15] Poor sleep quality can impair cognitive function, emotional regulation, and physical health, further compounding the care burden.[16] Given the profound impact of care burden on the overall well-being of caregivers, understanding the relationship between sleep quality and care burden is paramount. This research aims to explore this relationship through a correlational analysis, seeking to identify patterns that could inform interventions aimed at enhancing caregiver support. This approach not only acknowledges the critical role of caregivers in the treatment continuum but also underscores the need for comprehensive caregiver support systems that promote their health and well-being.

Need of The Study

The escalating prevalence of pediatric cancer and its profound impact on primary caregivers underscore the critical need for this study. Caregivers of pediatric cancer patients face substantial psychological and physical burdens, with significant repercussions for their sleep quality—a vital component of overall health.(17) Research indicates that up to 32.9% of caregivers experience poor sleep quality, correlating strongly with heightened levels of anxiety and depression. Furthermore, the care burden has been shown to exacerbate health problems, with caregivers reporting increased psychological distress and impaired daily functioning.(18) This study aims to find-out the correlation between care burden and sleep quality among primary caregivers. By understanding and addressing these factors, healthcare providers can better support caregivers, enhancing their well-being and, consequently, the quality of care they provide to pediatric cancer patients.

Objectives of The Study

The study is designed with three key objectives to enhance the understanding of the dynamics between pediatric cancer caregivers and their well-being. First, it aims to assess the care burden experienced by primary caregivers of pediatric cancer patients, emphasizing the multifaceted challenges they face. Second, it evaluates the sleep quality of these caregivers, recognizing the critical role of rest in maintaining caregiver health and effectiveness. Third, the study seeks to explore the relationship between care burden and sleep quality, exploring how caregiving demands impact caregivers' restorative sleep.

Hypothesis

In this study, we proposed research hypothesis (H_1) that a substantial correlation exists between the level of care burden experienced by primary caregivers of pediatric cancer patients and their sleep quality.

MATERIAL AND METHOD

Study Design and Variables

The study utilized a non-experimental descriptive design with a correlational approach. The primary research variables were care burden and sleep quality.

Research Tool and Sampling

The sampling method employed was non-probability purposive sampling, involving a sample size of 60 primary caregivers of pediatric cancer patients. To ensure statistical reliability, a sample size of 72 was calculated for a population of 3,632, with a 5% margin of error and a 95% confidence level, assuming a 95% response distribution(19,20). However, due to resource and time limitations, we opted for a sample size of 60, which still allows us to achieve meaningful and healthy conclusions within the scope of our study. The inclusion criteria for participants were primary caregivers of pediatric cancer patients, able to read and understand English, Hindi, or Gujarati, aged between 18 to 60 years, residing with the patient, providing care for more than two months, and willing to participate in the study. Exclusion criteria included caregivers receiving financial benefits and those diagnosed with depressive disorders or insomnia. The research tool comprised several sections: Section A collected demographic data of both caregivers and care recipients; Section B detailed the clinical profile of the care recipient; Section C featured a self-structured care burden inventory based on previous studies, utilizing a Likert scale; Section D incorporated the Pittsburgh Sleep Quality Index. The tool was validated by child health nursing specialists, pediatricians, and oncologists. The reliability of the scales was confirmed with Cronbach's alpha, yielding coefficients of 0.8245 for the care burden inventory and 0.7985 for the sleep quality index.

Data Collection and Data Analysis

Data collection commenced after obtaining approval from the IEC. The study was conducted in selected healthcare centers within the Vadodara and Anand districts of Gujarat state from February 2023 to June 2023.Administrative approvals were secured, caregivers were informed about the study, and written informed consent was obtained. Data collection was facilitated through the administered tools, followed by organization of data in Excel for analysis. Statistical analyses were performed using IBM SPSS 27, and Microsoft Excel was used for graphical data presentation.

RESULT

Demographic Findings

Table 1 presents the demographic descriptions of the 60 participants involved in our study. The sample exhibited a slight female majority with 53.3% females (n=32) compared to 46.7% males (n=28). The majority of the participants were aged between 25 and 44 years, representing 83.4% of the total, with 46.7% (n=28) in the 25-34 age group and 36.7% (n=22) in the 35-44 age group. Other age groups were less represented, with 5% (n=3) aged 18-24 years, 10%

(n=6) between 45-54 years, and only 1.7% (n=1) aged between 55 and 60 years. Regarding the relationship to the patient, mothers constituted half of the sample (50%, n=30), followed closely by fathers at 43.3% (n=26). Other family members, including grandfathers (3.3%, n=2), grandmothers, and uncles (1.7% each, n=1 for both), were minimally represented. Educational levels varied across the sample: 38.3% (n=23) had completed secondary education, 28.3% (n=17) primary education, 18.3% (n=11) higher secondary, 11.7% (n=7) were graduates or diploma holders, and a mere 3.3% (n=2) possessed postgraduate or PhD degrees. Occupationally, house makers formed the largest group at 38.3% (n=23), followed by daily wage earners (25%, n=15) and self-employed or business owners (18.3%, n=11). A smaller fraction consisted of private (11.7%, n=7) and government employees (5%, n=3), with only one participant (1.7%) being unemployed. In terms of income, a substantial 71.7% (n=43) of participants reported earning less than 10,000 INR monthly. Those earning between 10,001-20,000 INR and 20,001-30,000 INR each made up 13.3% of the sample (n=8), and only one participant reported a monthly income above 30,001 INR. Participants primarily resided in rural areas (61.7%, n=37), compared to 38.3% (n=23) from urban settings. This distribution highlights the rural predominance in the study's demographic landscape.

Clinical Profile of Care Recipients

The study's results, as detailed in Table 2, reveal that the majority of caregivers provided care for a duration of 0-2 years, with 71.7% (n=43) falling within this range. The proportion of caregivers who supported care recipients for 2-4 years stood at 21.7% (n=13). Notably, long-term care exceeding four years was rare, observed only in 6.6% of cases (n=4). This distribution underscores a high turnover in caregiving within shorter intervals, suggesting that either conditions improve or caregiving responsibilities shift over time. In terms of dependency, the majority of care recipients exhibited partial dependency, accounting for 70% (n=42) of cases, while complete dependency was necessary for the remaining 30% (n=18). The prevalence of partial dependency may indicate either the effectiveness of early intervention strategies or a demographic profile where conditions necessitating care do not fully compromise patient autonomy. These findings highlight the transient nature of caregiving in the majority of cases, coupled with a significant reliance on sustained partial assistance. The distribution of cancer types among care recipients, as depicted in the bar diagram (Figure 1), demonstrates a notable prevalence of specific cancers. Acute Myeloid Leukemia (AML) was the most common type, accounting for 46.67% of cases. This was followed by Leukemia, contributing to 33.33% of the observed instances. Notably, other cancer types such as ALL, Liver Cancer, Metastatic Carcinoma of Nasopharynx, Germ Cell Tumor, Lymphocytic Leukemia, Throat Cancer, PNETs, Renal Small Cell Tumor, Neuroblastoma, and Kidney Tumor were considerably less common, each constituting only 1.67% of the cases, except for Renal Small Cell Tumor which slightly increased to 3.33%.These findings indicate a disproportionate representation of hematologic malignancies, specifically AML and Leukemia, compared to solid tumors in the care recipients.

Caregiver Burden

The analysis of caregiver burden as illustrated in the pie diagram (Figure 2) shows a significant distribution across different levels of perceived burden among primary caregivers. Most caregivers, 56.6%, stated experiencing a moderate level of burden. This was followed by a substantial proportion, 35.1%, who reported a severe level of burden. Only a small fraction, 8.3%, considered their caregiving responsibilities to be mild. These findings suggest that the majority of primary caregivers experience at least a moderate level of burden, with more than a third facing severe challenges. This indicates significant stress and potential impacts on the wellbeing of caregivers managing the healthcare needs of others.

Sleep Quality

The analysis of sleep difficulty utilizing the Pittsburgh Sleep Quality Index (PSQI) revealed significant findings among the study participants. Table 3 shows a substantial majority of 81.67% (n=49) experienced mild sleep difficulties, indicating prevalent but generally manageable sleep disruptions. Meanwhile, moderate sleep difficulties were reported by 16.66% (n=10) of the participants. Notably, the cohort displayed a minimal occurrence of severe sleep issues, with no participants reporting severe sleep difficulties, and only 1.67% (n=1) reporting no sleep difficulties at all. The predominance of mild sleep disturbances suggests that while these issues are widespread, they

do not generally escalate to severe levels that could significantly impair daily functioning. This pattern indicates that ongoing or chronic sleep difficulties, even at a mild level, could potentially affect the individuals' well-being if left unaddressed.

Correlation Between Care Burden and Sleep Quality

The scatter diagram (Figure 3) illustrates the correlation between care burden and sleep quality among primary caregivers. The data reveals a moderately strong positive linear relationship, as evidenced by a Pearson correlation coefficient (r-value) of +0.628. This indicates that as the care burden increases, there is a corresponding deterioration in sleep quality. The scatter plot demonstrates a consistent upward trend, with higher care burden scores generally associated with higher sleep difficulty scores. This observation indicates that caregivers facingelevated levels of burden tend to have poorer sleep, underscoring how caregiving responsibilities can adversely affect caregivers' mental and physical health.

DISCUSSION

The findings of this study indicate a pronounced correlation between caregiving burden and sleep quality among primary caregivers of pediatric cancer children, substantiating previous research in the domain of caregiver health dynamics. Specifically, our analysis revealed that 56.66% of caregivers experienced a moderate care burden, with significant implications for their sleep quality. This relationship aligns with the results of Chaghazardi et al., who documented a moderate to extreme care burden among caregivers of children with various cancer types, notably acute lymphoblastic leukemia (ALL), which was also the most common cancer type observed in our study.[3] The impact of caregiving burden on sleep quality was further evidenced by our data, which showed that 81.66% of caregivers experienced mild to severe sleep difficulties. This is consistent with the study by Lauren C. Daniel *et al.,* which found that a substantial percentage of caregivers had poor sleep quality during the maintenance phase of acute lymphoblastic leukemia treatment.(21) Our study advances these findings by quantifying the direct correlation between increased care burden and deteriorated sleep quality, with a correlation coefficient of +0.6280, robustly accepting the research hypothesis relationship between these variables. The consistent burden documented across different studies, including those by Wong *et al.,* who explored the caregiving dynamics among family caregivers of Chinese male patients with complex cancer, underscores the universal challenge posed by caregiving.(22) These findings highlight the pervasive impact of caregiving responsibilities on the physical and psychological well-being of caregivers, necessitating a holistic approach to healthcare that integrates support mechanisms for caregivers into the patient care continuum. Given the strong correlation between care burden and sleep quality identified in our study, there is a critical need for healthcare systems to develop targeted interventions. Such interventions could include structured stress management programs, psychological counseling, and respite care. These measures would not only alleviate the immediate symptoms of caregiver stress but also enhance the overall care provided to cancer patients by ensuring the well-being of their caregivers. Moreover, our research emphasizes the necessity of supporting caregivers through healthcare policy and planning. Effective caregiver support is essential not only for preserving their health and well-being but also for enhancing their capacity to provide optimal care.

Limitations of the study

This study has several limitations that could impact the generalizability and interpretation of its findings. The sample, drawn exclusively from specific regions within the Vadodara and Anand districts of Gujarat, may not represent the diverse experiences of caregivers in different geographic or cultural contexts. The dependence on self-reported data introduces possible bias, as sample might alter their responses due to social desirability or recall inaccuracies. Furthermore, the study did not account for other psychological factors such as stress, depression, and anxiety, which are prevalent among caregivers and could significantly influence both care burden and sleep quality.

Recommendation

Future studies should expand the geographic and cultural range to improve the external validity of the results. Additionally, enlarging the sample size and integrating objective measures of sleep quality, such as actigraphy, will enhance the accuracy of sleep assessments. Including psychological factors like stress, depression, and anxiety is crucial for a fuller understanding of the caregiver's experience. Longitudinal studies could clarify the causal relationships and long-term impacts of caregiving. Additionally, developing intervention programs targeted at reducing care burden and improving sleep quality could significantly aid caregivers. These findings should also inform policy changes to better support caregivers, improving their well-being and caregiving effectiveness.

Nursing Implications of the Study

This study highlights the need to reshape nursing practices and health policies, especially in pediatric oncology. It shows the critical link between caregiver burden and sleep quality, emphasizing the importance of incorporating comprehensive caregiver assessments into routine nursing evaluations to prevent burnout and enhance care quality. The findings of the study offer very solid recommendations that nursing leadership institute institution policies and programs that focus on care-giver well-being to promote sustainable caregiving practices, which is critical for optimal results. Healthcare policies should incorporate services that include counseling and stress management, among others, to improve the quality of healthcare offered. Fundamentally, the study supports an expansive healthcare system that can help provide much-needed support for the caregivers so that nursing practices and policies are not only efficient but also caring in nature, thereby delivering better results for all stakeholders.

CONCLUSION

This study vividly highlights the intricate relationship between caregiver burden and sleep quality, signaling the need for a holistic re-evaluation of caregiver support within our healthcare frameworks. Our findings strongly advocate for an approach that places as much emphasis on the well-being of caregivers as it does on patient outcomes. To enhance the effectiveness of healthcare delivery, it is crucial that support systems proactively address the multifaceted challenges faced by caregivers, ideally before these challenges compromise caregiver health. Additionally, our results urge healthcare policymakers and providers to consider structured, supportive measures for caregivers as integral components of patient care strategies. Such a shift demands collaborative efforts from across the healthcare spectrum to develop interventions tailored to reduce caregiver burden and improve their overall quality of life. Ultimately, our research calls for a paradigmatic shift towards a healthcare model that equally values the health of caregivers and patients, ensuring that caregiving is both sustainable and effective. By adopting a more caregiver-inclusive approach, we can create a more compassionate and efficacious healthcare system, advancing our collective goal of holistic health and well-being.

Conflict of Interest

None to declare.

Ethical Clearance

Ethical clearance were obtained from an institutional ethics committee (Issue: CHA/IEC/ADM/22/09/1008.3) to conduct the study.

Financial Aid

Self financed and no financial aid applied or received

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Table.2: showing demographic findings of the study

Sr. No.	Demographic Variable		Frequency	Percentage
1	Gender	Male	28	46.7
		Female	32	53.3
2	Age (in years)	18-24	3	5
		25-34	28	46.7
		35-44	22	36.7
		45-54	6	10
		55-60	1	1.7
3	Relation with Patient	Mother	30	50
		Father	26	43.3
		Grandfather	2	3.3
		Grandmother	1	1.7
		Uncle	1	1.7
4	Education	Primary	17	28.3
		Secondary	23	38.3
		Higher Secondary	11	18.3
		Graduate/Diploma	7	11.7
		Postgraduate/ PhD	2	3.3
5	Occupation	Government Employee	3	5
		Private Employee	7	11.7
		Self-Employed/Business	11	18.3
		Daily Wages	15	25
		Unemployed	1	1.7
		Housemaker	23	38.3
6	Monthly Income (INR)	<10000	43	71.7
		10001-20000	8	13.3
		20001-30000	8	13.3
		30001 and above	1	1.7
7	Area of residence	Urban	23	38.3
		Rural	37	61.7

Table.3: showing clinical variables of the care recipient.

Sr. No.	Variable		Frequency	Percentage
1	Duration of care	0-2 years	43	71.7
		2-4 years	13	21.7
		4-6 years	2	3.3
		6 years and above	2	3.3
2	Dependency	Complete	18	30
		Partial	42	70

Table.4: showing sleep quality among primary caregivers.

Sleep Difficulty	Frequency	Percentage
No sleep difficulty	1	1.67
Mild sleep difficulty	49	81.67
Moderate sleep difficulty	10	16.66%
Severe sleep difficulty	0	0.00

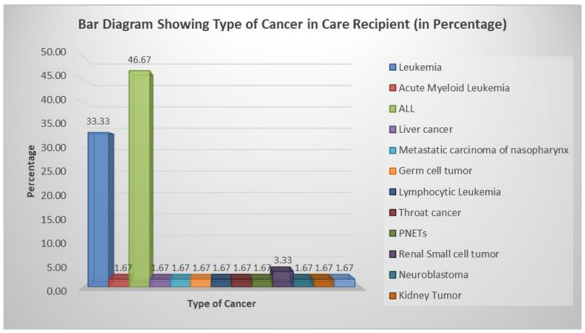

Figure.2: Bar Diagram Showing Type of Cancer in Care Recipient (in Percentage)

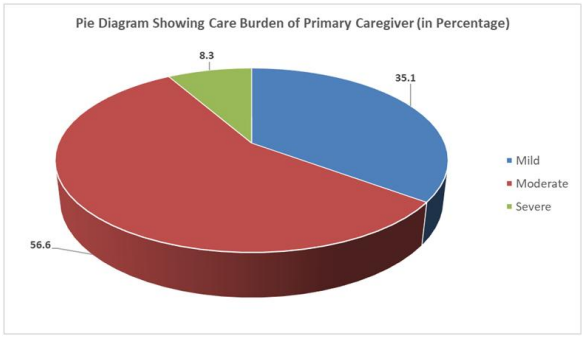

Figure.3: Pie Diagram Showing Care Burden of Primary Caregiver (in Percentage).

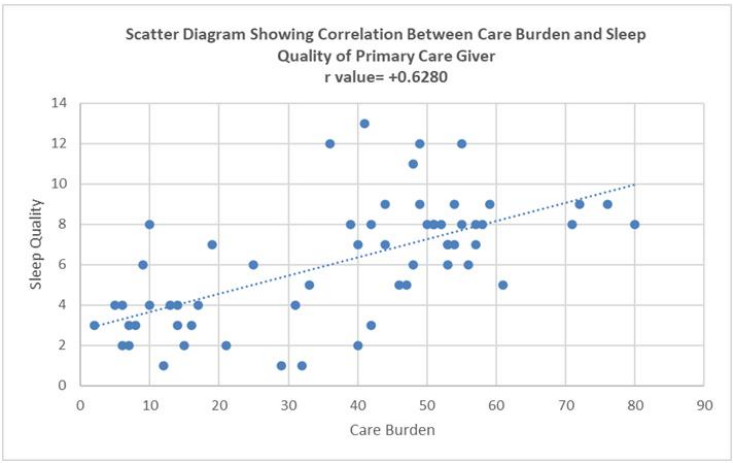

Figure.4: showing the correlation between care burden and sleep quality

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

A Study to Assess the Effectiveness of Structure Teaching Program on Knowledge Regarding Newer Contraceptive Method Among ASHA Workers in Selected PHC of Vadodara District

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Received: 21 Apr 2025 Revised: 28 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

This study evaluated the impact of a structured education program on ASHA workers' knowledge of modern contraceptive methods in Vadodara, Gujarat. ASHAs play a vital role in family planning under the NHM, yet gaps remain in their understanding of newer methods. Improving their knowledge is crucial for effective public health outreach. A descriptive, pre-experimental study was conducted across selected Primary Health Centres (PHCs) in Vadodara district. Using purposive sampling, 60 ASHA workers participated in the study. A structured questionnaire assessed their initial knowledge of contemporary contraceptive methods. The study followed a two-phase approach: a pre-test was administered to gauge baseline knowledge, followed by a structured teaching program that included lectures, demonstrations, and interactive discussions. A post-test was administered to gauge knowledge growth following the intervention. The impact of the program was statistically analysed using paired t-tests. The knowledge of ASHA employees was greatly enhanced by the organized education program; the average score increased from 3.86 to 10.82 ($t = 20.15$). Knowledge increases were also impacted by demographic variables. Efficient instructional programs improve ASHA employees' understanding of contemporary contraception, which benefits family planning and maternal-child health. In order to maximize their impact, regular, customized training is necessary.

Keywords: ASHA workers, structured teaching program, contraceptive knowledge, rural healthcare, family planning.

INTRODUCTION

The Government of India (GOI) offers comprehensive healthcare services to both rural and urban populations through the National Health Mission (NHM). Accredited Social Health Activists (ASHAs), acting as community health professionals at the village level, act as a necessary among the general public health system and local populations. By offering Information and services related to contraception, ASHAs in Andhra Pradesh's coastline contribute significantly to the advancement of population policy goals. The study's objective was to evaluate 170 ASHA employees' sub-centre expertise of ASHAS in the delivery Pradesh. To choose the research region, a multi-stage sampling approach was employed. A semi-structured interview schedule that had been evaluated beforehand was used to gather data. The mean and standard deviation were used to convey quantitative data, whereas percentages were used to express qualitative data. The findings revealed that the average ASHAS28.4 years old (SD+3.82). While 72.94% of ASHAS were aware of contraception for newlyweds and 68.23% knew when emergency contraceptive tablets work, 45.88% were unaware of the safe time, and the majority of ASHAS (75.88%) had completed secondary school. Conclusions: The majority of ASHAS members were aware of various aspects of contraceptive information and services, although some members were not aware of the safe time, progesterone-only tablets, emergency contraceptive pills (EC pills), missing tablets, orwhen to use condoms after a vasectomy. Therefore, it is crucial to make sure they receive regular, excellent training on contraceptive information and services from certified experts. OCPs and the necessity of screening prior to initiating OCPs were known to all (100%) of the ASHA employees. Every ASHA was also aware of organizations such as the cafeteria method and the rewards that were provided to them for providing family planning services only 83% of the ASHAS were aware that combination oral contraceptives shouldn't be given to nursing mothers, according to a previous study done in Udupi, Taluk, and Karnataka. Now, every ASHAS member (100%) knew this knowledge. Every ASHAS member (100%) was aware of permanent sterilization techniques. The current study found that only 31.6% of ASHA employees knew that emergency contraceptive pills (ECPS) existed, along with those who were, 33.3% were not aware of the i-pill's window time. Similarly, another study found that Community Health Workers (CHW) like ASHAS have a poor level of understanding on ECP (15%).

Review of Literature

Understanding of Antenatal, Postnatal, and Family Planning Services by ASHA Employees under NRHM (2016) The health and well-being of women are critical not only for their ability to lead long, healthy, and fulfilling lives but also for ensuring the health of their children and families. Maternal mortality in India are frequently ascribed to a number of circumstances, including poverty, lack of political, managerial, and administrative commitment, and inaccessible or expensive healthcare treatments. Maternal mortality rates are greatly increased by these problems, which lead to a high frequency of home births performed by unskilled people and delays in obtaining medical attention. In April 2005, the Indian government began the National Rural Health Mission (NRHM) to alleviate new-born and maternal mortality. Through a targeted, time-bound approach, this mission sought to enhance public health services and infrastructure. Establishing efficient medical facilities within the public health system was one of NRHM's main goals. To provide services for maternity and paediatric care (MCH) to expectant mothers and children, Accredited Social Health Activists (ASHAs) were designated under this program. This research is based on an empirical study that looks at the knowledge levels of ASHA workers in the Andhra Pradesh district of Chittoor on family planning, prenatal care, and postnatal care. ASHA's understanding of the family planning services offered under NRHM in Bhojpuri block, District Bareilly, was assessed in 2018. Accredited Social Health Activists' (ASHAs') assessment of the Indian government's doorstep contraceptive program: Suggestions for nationwide expansion (2017) Abstraction Goal: In 17 states, the Government of India (GOI) launched new program in which Accredited Social Health Activists (ASHAs) provided contraceptives to homes directly in exchange for a nominal charge. In order to assist the GOI's nationwide scale-up of the program, this document provides an evaluation of the pilot. Techniques: In May 2012, operational concerns, implementation hurdles and facilitators, and initiative experiences in six states were evaluated using a mixed-method approach. ASHAs, community women, managers, and other important implementers were among the participants. Results: Managers expressed optimism about the initiative's long-term effectiveness, while

community women and ASHAs viewed it favourably. The evaluation revealed issues with the initiative's communication efforts, orientation and reporting, supply chain, and the packaging of its contraceptives. In conclusion, the program offers a viable approach to expand the adoption of birth-spacing techniques and fulfil unmet needs. Other community-based family planning initiatives can benefit from and be strengthened by the assessment's suggestions. Shrishali. B. Tambakad, Sumitra. LA (2019) An investigation was carried out to ascertain the frequency of injectable contraceptive usage among Osun State tertiary institution students as well as to evaluate their attitudes and level of knowledge regarding injectable contraception. A structured, self-administered questionnaire was used in this descriptive cross-sectional investigation. Students from State Polytechnic Ire and Obafemi Wallow University in Ile Ife made up the study population. SPSS version 11 software was used to enter, validate, and conduct statistical analysis on the data. The survey found that 241 respondents, or 80.3% of the total, lacked sufficient knowledge regarding emergency contraception. The majority of them—160, or 55.3%—were sexually active, and 32.6% of those who were also sexually active utilized contraception. The most popular method of birth control was the condom. 86 people (28.7%) were current contraceptive users. Just 47 (15.7%) of the respondents had used injectable contraception. Overall, the students in this research knew very little about injectable contraception and used it sparingly. Clearly, a well-thought-out instructional campaign and the marketing of injectable are needed in the current student health care facilities on campuses.

A mixed-method research conducted in Derange block, North 24 Pagans district, West Bengal, India, in 2019 evaluated the knowledge and practices of ASHA workers about maternal-child health and the factors that impact their performance. Background: ASHAs are essential in accomplishing national health and population policy objectives because they serve as a link between medical centres and rural populations. ASHAs are in charge of providing primary, preventive, and curative healthcare services in rural regions as the foundation of the National Rural Health Mission (NRHM). One important public health concern that indicates a nation's socioeconomic progress is maternal and child health. Improving reproductive and child health (RCH) indicators is the responsibility of ASHA employees, who are frontline healthcare professionals. Method: A mixed-method approach was used in this study to incorporate both quantitative and qualitative data. As part of the qualitative component, focus group discussions (FGD) were used, the quantitative component was cross-sectional and descriptive. Purposively chosen for the study, North 24 Parganas district in West Bengal's Derange block served as the site of the investigation. One beneficiary mother a woman with a child under one year old—from each ASHA's service area, as well as all of the ASHAs in the block, participated in the study. After gaining informed permission, the ASHA-beneficiary dyads were questioned using a pre-made, pre-tested questionnaire Findings: Overall, more than half of the research participants had high scores (50.5% for family planning behaviours and 64.7% for maternal-child health knowledge). However, there were knowledge gaps in areas such as the safe period, missed concentrations of intrauterine contraceptive devices (IUCD), emergency contraceptive tablets (ECP), and oral contraceptive pills (OCP), the new dosing schedule for iron-folic acid tablets, and suitable nursing procedures. ASHAs did badly in areas including medical termination of pregnancy (MTP), Colostrum feeding, weaning, ECP, birth readiness, and counselling regarding the negative impacts of addiction during pregnancy. Barriers to improved performance were found to include things like low pay and work discontent.

CONCLUSION

Regular refresher training, ongoing observation, encouraging oversight by superiors, and resolving employee discontent through administrative actions are all critical to improving ASHA employees' performance. Evaluation of ASHAs' expertise in providing information and services related to contraception in coastal Andhra Pradesh (2020) Background: Through the National Health Mission, the Government of India (GOI) provides both urban and rural people with comprehensive, integrated healthcare. ASHAs serve as community health workers at the village level and are a vital link between the community and the public healthcare system. They are crucial to achieving the goals of the population policy. This study set out to assess the effectiveness of ASHAs in coastal Andhra Pradesh in delivering contraceptive information and services. Methods: 170 ASHA employees participated was a cross-sectional

descriptive study conducted at sub-centres in the East Godavari district of Andhra Pradesh. Multi-stage sampling was used to choose the research region. A semi-structured interview schedule that had been pre-tested was employed to gather information. Qualitative data was shown as percentages, and quantitative data was analysed using the mean and standard deviation. Findings: ASHAs were 28.4 years old on average (SD±3.82). Seventy-five percent of ASHAs had finished secondary school. 68.23% knew the effective time period for taking emergency contraceptive tablets, and 72.94% knew about contraception for newlywed couples. Nonetheless, 45.88% of ASHAs were ignorant about the safe time. Neha Joshi, Gomati B., Kantian Bale, and Maralinga V. (2020) Conducted a cross-sectional survey with 774 female students at Addis Ababa University and Unity University College in Ethiopia between January and September 2019. 43.5% (95% CI 40.0 - 47.0%) of the students reported having heard about advanced contraception. Injectable contraceptives (IUCDs) were cited by 34.1% (115 participants) and the vaginal ring by 82.8% (279 participants) of those who were familiar with advanced contraceptives. Only 4.9% (95% CI 3.4-6.4%) of the students reported having ever used advanced contraceptives, despite the fact that 53% (95% CI 49.1-56.1%) of them had a favourable opinion of them. The study found that female university students had little understanding of and usage of sophisticated contraceptive techniques. Knowledge and attitudes of healthcare professionals about teenage girls' use of contemporary contraception in South Africa's KwaZulu-Natal province's Umlazi Township (2021) Unwanted teenage pregnancies remain a significant public health and reproductive problem in sub-Saharan Africa. Medical professionals have a significant impact on teenage girls' use of contraception. This study set intended to assess the opinions and expertise of medical professionals on the usage of contemporary contraceptives by teenage females in KwaZulu-Natal province, South Africa's Umlazi Township. Thirty-five physicians from Umlazi Township's ten basic healthcare clinics participated in a descriptive study. The data was gathered using a structured questionnaire, coded, and then imported into Epi Data Manager (version 4.6) and exported to STATA (version 15.0) for analysis. Findings the majority of the 35 participating medical care practitioners were enrolled nurses (17.1%) and professional nurses (54.3%). The participants' average age was 42.11 years, and 88.6% of them were female. More than half (57%) of the healthcare professionals had unfavourable opinions about teenagers experimenting with contraceptive techniques, and more than a third (37.1%) were unsure if contemporary contraceptives increase the risk of promiscuity. Healthcare professionals identified issues with the health system, including unfavourable working conditions, lengthy lines, and shortages of contraceptives, as obstacles to provide high-quality sexual behaviour counselling and instruction on contemporary contraception.

Statement of The Problem

"A study to assess the effectiveness of structure teaching program on knowledge regarding newer contraceptive method among ASHA workers in selected PHC of Vadodara district"

Objectives of The Study

1.Evaluate ASHA employees' understanding of the newer contraceptive technique before and after a structured instruction program in a chosen PHC in the Vadodara district.
2.To determine the relationship between the pre-test knowledge score of ASHA employees in a chosen PHC in the Vadodara district and their chosen demographic variable with reference to the newer technique of contraception.

Hypothesis of The Study

1.Before and after a structured training session in a selected PHC in the Vadodara district, assess ASHA staff members' knowledge of the more recent method of birth control.
2.To ascertain how the pre-test knowledge score of ASHA staff members at a selected PHC in the Vadodara district relates to their selected demographic variable in regard to the most recent method of contraception.

RESEARCH METHODOLOGY

The overall framework for planning the process of obtaining accurate and trustworthy data for an inquiry is known as research methodology. Methodology is defined as a plan for carrying out a study that includes the description of

the research strategy, study setting, sampling size, sampling technique, and instruments and procedures of data collecting and analysis in order to address specific research questions or test research hypotheses. The goal of the current study was to evaluate how well ASHA employees in particular PHCs understood newer methods of contraception through a structured teaching program. A follow-up study was also carried out to find out how well ASHA employees understood newer methods of contraception through a structured teaching program.
Phase 1 involves using a structured education program and knowledge quiz to gauge ASHA employees' awareness of more recent forms of contraception.

RESULT

The study's goals and hypotheses served as the foundation for the data's analysis and interpretation. Data was gathered from respondents at the few primary health centers in Vadodara's rural regions, as was indicated in the chapter before this one.

- **Section I** Frequency and percentage analysis were used to generate a table that represented the demographic variable.
- **Section II** Data from the structured knowledge questionnaire were compared before and after the plan instruction program was implemented using the mean, standard deviation (SD), and t-test. Tables and graphs were then used to present the findings.

Table 1 displays the demographic characteristics' frequency and percentage distribution among ASHA employees. The majority, 9 (15.0%), were in the 25–30 age range; 15 (25%), in the 31–35 age range; and 36 (60.0%), older than 36. Data on educational qualification of ASHA workers showed that maximum 36(60.0%) were qualified with 10^{th} pass, 22 (36.7%) were qualified with 12^{th} pass, 2 (3.0%) were qualified with graduation. As per years of field experience, 16 (26.7%) had 1 to 5 years of field experience, 14 (23.33%) had 5 to 10 years of field experience, 30 (50.0%) had more than 10 years of field experience. Data on ASHA workers had undergone any training Workshop / seminar regarding newer contraceptive method, maximum 37 (61.7%) had undergone training programme regarding newer contraceptive method and 23 (38.3%) had not undergone any training programme regarding newer contraceptive method. Table 2 indicates that the average score before the exam was 3.86, while the average score after the test was 10.82. The knowledge scores before and after the exam therefore differed by an average of 6.9. The pre-test and post-test standard deviations were 2.01 and 2.80, respectively. At the 0.05 level of significance and with 59 degrees of freedom, the computed "t" value is 20.15. The computed "t" value was more than the value in the table. that the computed "t" value (t=20.15) was higher than the tabulated "t" value (t=2.00), as shown statistically, and that the mean post-test knowledge score was higher than the mean pre-test knowledge score with a mean difference of 6.9. Therefore, when the research hypothesis was confirmed and the null hypothesis was refuted, it was evident how beneficial the intended education technique was.

CONCLUSION

In certain PHCs, there is a knowledge gap in every aspect of the more modern contraceptive techniques. It was discovered that the structured education approach was successful in improving the samples' understanding of more recent forms of birth control. Significant information was acquired by the samples; the results show that the investigator's structured teaching approach was successful in increasing the samples' knowledge. The vast majority of people may benefit from this structured instruction program in a variety of contexts. The study found that when the structured education program about newer contraceptive methods was administered, the mean post-test level of knowledge improved significantly compared to the mean pre-test score. Since the calculated "t" value was higher than the tabulated "t" value, it was statistically significant at the 0.05 level of significance. As a result, research hypotheses were accepted and null hypotheses were rejected. As a result, the researcher concluded that ASHA staff members who worked in a few PHCs in the rural parts of Vadodara greatly improved their knowledge, proving the effectiveness of the intended education program.

ACKNOWLEDGEMENT

The participants' kind assistance in this study is much appreciated by the authors. The writers and editors of every book and magazine from which the literature for this study was gathered and examined are also acknowledged by the authors.

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Table. 1: Distribution of the sample by frequency and percentage according to demographic information. [N=60]

S. No	Demographic Data	Frequency (f)	Percentage (%)
1	**Age (in Years)**		
	a. 25 – 30 years	09	15.0
	b. 31 – 35 years	15	25.0
	c. Above 36 years	36	60.0
2	**Educational**		
	a. 10th pass	36	60.0
	b. 12th pass	22	36.7
	c. graduation	2	3.3
3	**field Experience**		
	a. 1 to 5 years	16	26.7
	b. 5 to 10 years	14	23.3
	c. More than 10 years	30	50.0
4	**Training attaining**		
	a. Yes	37	61.7
	b. No	23	38.3

Table.2: The mean score, mean difference, SD, and "t" value of the samples' knowledge scores pre- & post-test score.

Test	Mean	Standard Deviation	Mean Difference	Calculated 't' Value	Tabulated 't' Value
pre-test	3.86	2.01	6.9	20.15	2.00
post-test	10.82	2.80			

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Smart Kitchen Automation and Monitoring System using IoT

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Received: 12 Apr 2025 Revised: 15 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

Everyday safety issues in kitchens have become an area of concern because of the attendant increase in kitchen accidents in the domestic and commercial kitchens. Most people usually access and use kitchens for meal preparation which makes them prone to kitchen accidents. However, there are some risks involved in such situations, for instance, the occurrence of a gas cylinder leak. And that is where we come in, how the Internet of things can be used to reduce the risk of gas explosions particularly in the kitchen. In this respect, IoT efforts such as remote monitoring of the entire kitchen will be able to prevent these accidents. In order to test this theory and its results, the research will include the use of both hardware and software. Hardware to be utilized consists of Servo motors, Flame sensors, temperature, humidity, and gas sensors, Arduino UNO, load cell Node MCU, and the like. In software perspective, mobile applications and integrated Node MCU have been applied. The output from our system is SMS. The gas leaks in the kitchen are also a concern since the system can be able to offer surveillance which in the event of any leak, it may cut bluntly the reaction time. In the case of gas leakages either during the day or night, there is a likelihood that someone may unknowingly switch on a source of light, a move that may cause an explosion. The master power supply will immediately kill these lights and save everybody from that with the associated alert. This means that alert can raise an alarm for the time and response of the users. Informing and alerting the user to kitchen appliances, such as Cylinder. The design of this research project aims at highlighting the potential of presenting the IOT based system for communication through SMS which is the repository of the parametric assistance. In a comparison to the existent in the field works, the developed system shows a very high accuracy rate almost 97%.

Keywords: The Arduino UNO, Flame sensor, Gas sensor, Buzzer sensor, Temperature sensor and Humidity.

INTRODUCTION

The Internet of Things (IoT), is a network of physical objects that have been integrated with electronics, sensors with the help of software and communication to allow them to exchange data with operators, manufacturers, and other connected devices kept possible at a certain distance apart. The device centric communication with the help of signals accepted by the sensor is the operation of IOT system [1]. Although much work has been done thus far to truly implement the Internet of Things. The era number of such areas where an investigation reveals that one of the main causes of fires is LPG [2]. Kitchen is the major part of house hold accommodation. The advent of IOT has converted the concept of kitchen into the smart system. The probability of accidents inside the homes prone to take place in the kitchen mostly due to the presence of many inflammable articles inside the kitchen. The gas leakage is very frequent phenomenon which can arise due to the presence of any hole or abrasion on the skin of the pipe. With the aid of the IOT sensor, gas leaks from pipes may be quickly and easily identified [3]. The Internet of Things is a network of real-world items that have been combined with sensors, software, electronics, and communication. It is shown by an object's capacity to communicate data with manufacturers, operators, and other connected devices. The gas sensor is the essential element of any smart kitchen in order to avoid any sort of accidents. The gas leakage can bring about number of hazards to our human lives. The IoT enabled system can also provide enough automation strategies towards monitoring of the kitchen providing the unprecedented control operations along with the requisite intelligence. The current paper reserves main objective for catering the good design and implementation of the IOT concept efficiently for the safety and security to be maintained in the domestic kitchen. The discussion in paper will encompass the device-oriented approach like sensor, actuators and other IOT gateways also related to the cloud servers. Apart from the remote monitoring, the automated control strategies with the efficiency of energy and safety alert implementation will be the key objective of such work. The present paper also addresses the challan.

LITERATURE SURVEY

Related Work

It involves adding technology to the interior layout of a house, with the intention of making the occupants' lives better in terms of security, ease, comfort and power efficiency. The growth of smart home research and adoption can largely be attributed to the Internet of Things (IOT). Many homes today have been transformed such that Bluetooth, Wi-Fi, RFID, and cellular networks have in some way been adopted, for the purpose of data communication, sensing, and control which involves remote sensing or operation. For instance, research has highlighted that it is possible to have a home automation system in using android phones as gadgets with Bluetooth connection and through local control. As far as the IOT technologies are concerned, scholars have already devoted extensive empirical efforts, leading to numerous scientific publications. Some amongst those have taken place in a manner that has established the doctrine with the relevant principles, methodologies and major issues.

Literature Survey in The Tabular Format

Major Contributions of the paper.

The main research contribution of the paper is

1. A Sensor based circuit specially designed with a failsafe approach is important for optimal collection and transmission of information to users of the handheld device.
2. Provision of the necessary safety while adhering to the acceptable standards of message transmission protocols.
3. Ensuring the user get the alert without being guided by the location of the receiver.
4. Developing the mechanism that ensures a message is sent within the shortest time upon detection of the gas which has leaked.
5. Appropriate steps deduced from the current situation analysis and the adverse effects that come with it.

6. Tactical advantage of making the right decisions based on access to relevant Information and taking into account the limited time remaining.

Research Gap

There are currently several works that are in progress to the development of IOT based sensor model that can be used in monitoring the gas leakage with different types of sensors. However, the precision for gas leakage is far to perfect and experts have reported that there are long gaps before the actual alerting of the people on the other end, this causes failure to deal with the situation within the acceptable time. The sensing of the required data and responding to the real time alerts so that the recovery can be swift, is the toughest objective to achieve.

Proposed Methodology

This research is designed to detect the presence of gas in a security system. The system will have a mail alert feature to the end-users, if any danger occurs. Additionally, we included a gas sensor in order to observe such events and search for that specific gas. If LPG leakage occurs and results in a short circuit as a catalyst to a fire, the power source will be switched off instantly and an alarm will sound. Sensors that are designed to detect fires are known as flame sensors. The flame sensor when it detects a rise in temperature it is able to switch the circuit off automatically via the IOT system. Program codes were designed using the Arduino UNO for the coding section, the Arduino Compiler (IDE) was used for completing the coding section and saving the readings from the sensor used. The Arduino micro controller is installed in many hardware's to serve different purposes and serves as the central processing unit of the system. Another element of a program is written in Python via Python Software (IDE), and it corresponds to sending emails via G-mail (to the user) [9].

Flowchart

The entire process flow of the work narrated down in the paper has been represented in the flowchart provided in Fig -1. The sensor data values have been uploaded into the cloud. The interpreted values collected from the cloud leads to the ringing of the buzzer alarm instantly. The detection of gas and consequent ringing of the alarm make the person aware about situation and prompt the person to take the timely decision in this regard. The block diagram for the fire detection system has been shown in the Fig.2. The usage application of Arduino Uno connected with the servo motor has been shown in the fig. The further connection of the NODEMCU fitted with the Wi-Fi connection. The gas sensor is connected to the module. The final module extension produces the alarm, light or the mobile signal which interprets the situation of emergency.

Block Diagram

Due to the leakage of gas, the gas cylinder has been put in the danger and can be on fire at any moment of time. The sudden accident of such gas leakage can be conveyed through the devices to the c concerned person remotely placed. The corresponding precautionary measure can be taken promptly. The conveyance of such message starting from the sensor to the concerned person has been shown in the Fig 3 and Fig 4. The use of different electronic gazettes playing the intermediate roles have been depicted also in the Figs mentioned. Fig -3 shows the detection of the presence of fire in the gas cylinder. The fire on the cylinder has been sensed by the specific sensor and the corresponding data has been transmitted to the remotely placed hand held devices like mobile phones or has been communicated to the web server. The arrangement of the series of intermediate devices and their sensing capacity with optimized parameter has made the process much smoother and quick responsive. The leakage of the gas can be sensed and the sensed information can be easily relayed down to the remote sensing devices and finally get received by the remotely situated hand held device mobile phone. The update of the website has been accordingly done by means of the sensed data.

Working Procedure

Power is applied and all of the sensors are triggered to the Arduino UNO and Node MCU. The servo motor, load cell, and Arduino are connected to the Node MCU's Wi-Fi module, which is also connected to the Android app. The sensors automatically collect data through the Node MCU and the kitchen whenever the raise gas or smoke leak

[12][5]. Here we use our server. We use the Apache server. The server gets the data and sends it to the Android application. These motor will be open the window, and the power supply will turn off automatically. SensorsthatdetectcylinderweightandinformtheuserusinganArduino-connected load cell also display room temperature data and provide alarm notifications to the user through the Android app for Android. The user has the ability to act and respond to the issue right away [6]. The connecting components for realization of the circuit has been shown in the fig-. The circuit components and their interconnections with the help of connecting wire has been represented in the fig. The configured bread board with the led and sensors have been seen in the fig. The selection of the connecting wires in an optimal fashion has made the whole system efficient and optimal. Fig:6 The measurement of the voltage rating has been measured on connecting the components to the display meter with connecting wires.

Parameter optimization for network transfer of the signal

Some of the key parameter optimizations of IoT system can lead to the enhancement of the propagation of the message in real time with nominal delay. The following concerned parameters responsible for communications are bandwidth, signal to noise ratio, propagation delay, modulation scheme and error correction coding. The present work also highlights the optimization scheme for the above parameters to achieve the high transfer speed with proper reliability.

Parameter Optimization Techniques

The following methods have been proposed for the algorithm

Bandwidth Allocation

Adjustment of the bandwidth allocation in dynamic fashion based on the traffic load and the sensed priority. Utilization of the multiple frequency bands to enhance the overall bandwidth.

Signal-to-Noise Ratio Enhancement

Implementation of the digital filter to remove the unwanted noises form signal.

Optimization of the Antenna design to minimize noises and maximizes the signal strength.

Minimization of Propagation Delay

Efficient routing algorithm has been utilized to minimize the propagation delay.

Modulation and Coding Optimization

Higher order modulation to increase the data rate.

Error correction coding to minimize the overhead and to maximize the signal flow.

The parametric values have been provided in the table for the work to achieve the maximum signal flow

RESULT

Typically, the code just executes and displays the data in the terminal panel. We have storage space for part of the data, and we can access it whenever we'd like. Storage that is wireless is more effective. With internet connectivity, we can view it from anywhere in the world. The Gas Value, Date, and Time are plotted on a graph. The controller provides the data through the internet. When gas flow persists for longer than a minute, it will identify the data deployed in the cloud and send the user an alarm message via the mobile application. The performance measure of the gas leakage can also be assessed by the parameter like time response. The variation of gas leakage with respect to the response time has been plotted in the graph as shown in Fig -7. It is evident from the graph that the leakage persists for certain duration till it reaches the limit to be sensed by the device to take the necessary precautionary measure.

Gas Detection IoT cloud Data

The graph is plotted with Temperature and date/time. Here are the moisture's real-time data displayed. The gas flow must be stopped as soon as moisture is found. That is this work's concept. The user will receive the same alert message via the mobile application. The graph is plotted with the kilogram and the date. The Cylinder's weight is continuously recorded. The controller will notify the user if it rises above the threshold value. The controller will notify the station to supply an additional cylinder. The peak of the curve shown in graph corresponds to the ringing of the alarm. Time variation of the temperature has been observed as initially increasing to the high value followed by the fall of the curve denoting the initiation of precautionary measure. The cylinder weight plays a crucial role in the leakage of gas. The IoT based weight monitoring has been observed in the fig. The order for the fresh cylinder has been connected to the fall in weight of the cylinder due to consumption of the gas. The fig depicts the scenario where the weight values initially falls with time to reach to the threshold value so the order for the fresh cylinder has been established. It is also observed from the graph, that on reaching the threshold value the steep rise of weight value occurs on refilling the cylinder. The point of crux for maintenance of the weight has been automatically maintained with the help of IoT enabled approach.

MOBILE APPLICATION RESULT

Data is sent to the user via a mobile application. The information is first transferred to the cloud, where it is transformed into a mobile application. The mobile application is linked to the Internet of Things cloud, and it will produce a push box based on the data it receives from the cloud. The message will be generated in a matter of seconds if the network is highly stable. Nitrify is the application being used here, and it has a source ID connection to the cloud. Through source ID, the alert message will be issued. The graphic displays the results of the mobile application. Comparison of the proposed method described in the current paper has been displayed in the table- 3. The relative merits and demerits of the works have been having been shown in the table.

Comparison with other works

It has been observed from the above discussion that our proposed model demands the least latency in producing the alarm for initiation of remedial measure towards the achievement of high-level security. The automated path ways to find optimal level computation yielding the efficient potentiality has been explicitly found in the proposed model. The graph for the gas concentration vs time for optical sensor has been shown in the fig. Here the end exposure has been shown as a peak with respect to the distinct time. The considerable time gap has been observed between the start of the exposure and end of recovery. Now we can put the all graph that shows the time of the gas emission, identified by sensor time and stop the gas emission. We consider all the experiments to be done under identical conditions.

The graph for the explore and recovery for the calorimetric sensor has been shown in the fig. The differences again has been found on the appreciable scale. The start of the exposure and end of recovery for the oxide sensor has been found reflected in the graph shown in fig 13. The time gap between the setting in of the exposure point and recovery has explicitly been observed. The response of the electrochemical sensors has been shown in the graph. The peak has been observed a little below the point achieved in the above cases. For the pyroelectric sensor, the parametric values have been plotted and the kings in the curve has been obtained more prominently. The peak has been obtained at higher value as shown. For the semi conducting metal oxide sensor, the peak has been observed approximately near 600 ppm gas concentration which is far higher than in case of other sensors. The introduction of the microcontroller with Wi-Fi has triggered the peak to higher value compared to those for the others. In comparison to the others, our algorithm has scored best. Moreover, the time gap between the start exposure and the end of recovery process has been appreciably lower than the other cases of sensors and estimated to be nearly 14 mines.

Comparison table that show that our algorithm is now better than other

CONCLUSION AND FUTURE SCOPE

This means that the idea of an Internet of Things-based smart kitchen and preventing fire accidents caused by LPG gas leakage is put to use and verified through experimentation. The system's output data is continuously transferred to the user through an IoT cloud data transfer process, allowing the user to make changes at any time. The extended work will be done on the software side. We can create a separate website using Visual Studio software, where Producer and Consumer are connected. The hardware items are directly connected to the website, and the action is taken based on the hardware output. The user won't have to perform any manual labor because the entire system will take care of itself. The optimization with the specified values for the respective parameters have been proposed in the model to achieve the optimum output in regard of sending SMS to the remote devices. The integration of AI and machine learning concept can be the big challenge to be faced in future. The current research has the scope to be extended on AI trend to optimize the decision making in real life situation towards much safer access of the kitchen.

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Table 1: Literature Survey		
Reference No.	**Publication Year**	**Result**
[3]	2017	The paper's decision to employ real-time gas leak detection and gas output level measurement has been made evident with the help of this technology.
[4]	2018	In addition to continuously monitoring and detecting gas leaks, the system stores data in a database for future study and forecasting. When compared to conventional gas detection systems, the system is significantly more cost-effective thanks to the usage of IoT components.
[5]	2018	A presentation of the methods used to achieve the goals and objectives is made. All things considered, a C hazardous gas detector has improved in terms of efficiency, applicability to modern applications, and intelligence.
[6]	2019	In this study, we apply IoT technology to improve the current safety regulations. The goal of creating this prototype was to revolutionize the field of safety by preventing the discharge of dangerous and hazardous gasses.
[7]	2020	The decision made by the authors to employ real-time gas leak detection and gas output level measurement has been evident with the help of this technology.
[8]	2022	Apart from consistently observing and identifying gas leaks, the system retains information in a database for subsequent analysis and prediction.

Table 2: Maximum signal flow value		
Parameter for the system	**Value**	**Conclusion**
Bandwidth	5 – 25 MBPS	The designated bandwidth value can effectively enhance the propagation speed of the signal. [10]
Signal to noise ratio	12dB	The optimum value for the SMS communication is effective for having the clear transfer of signal.[11]
Propagation delay	3 secs	The propagation delay has been maintained to the specified value to get the best result. [12]
Modulation and coding optimization (Modulation coefficient)	1 or 2 under the QPSK scheme	The optimum value of he coefficient can be effective fr the fast communication of signal.[13]

Table 3: Comparison study						
Sl.No.	**Sensor Types of Methane**	**Working with Mechanisms**	**Advantages**	**Comparison Time**	**Disadvantages**	**Related Research**
1	Optical sensors	Observe variations in the waves of light caused by the analyte's interaction with the receptor portion.	An oxygen-free, electromagnetic interference-resistant, and non-destructive method	Installation takes longer than with a WiFi setup.	Expensive; Excessive power consumption; Methane optical absorption area is neither significant or unique.	[14-20]

2	Calorimetric sensors	Determine how much heat a reaction produces and how the reactant concentration is related to the outcome.	Low cost; design is straightforward; transportable; simple to produce; Strong methane selectivity; robustness under challenging environments.	Calorimetric sensors doesn't function in UV and infrared	Poor detection precision; prone to oversaturation, catalyst toxicity, and cracking; elevated power usage; brief life expectancy; demand a high temperature	[21-26]
3	oxide sensors	The surface of a metal oxide absorbs gas, altering its conductivity, which is then monitored to ascertain the concentration of gas.	Cheap; sturdy , long lifespan and lightweight; poison-resistant	Fetching data from any other third-party takes a long time	inadequate selectivity Temperature-dependent, slow-to-recovery, significant additive dependency, sensitive to degradation, and small to large operating temperature range susceptible to variations in humidity	[27-33]
4	Electrochemical sensors	The target gas concentration can be found by oxidizing or reducing the gas at an electrode and then measuring the current that results.	AE-based: Economical.IL-based: non-hazardous components; low volatility and high boiling temperatures; excellent methane selectivity; capable of detecting tiny leaks. SE-based	With this new method, a sensor with a limit of detection (LOD) of 0.08 ng/mL and a detection range of 0.01 to 100 ng/mL for β-Lg .	AE-based: Slow reaction time; hazardous materials; prone to leakage and evaporation.IL-based: Response time is slow; leakage is possible.SE-based: Require high temperatures;	[34-38]

5	Pyroelectric sensors	Transform heat energy into electrical energy using the pyro electricity phenomena.	Wide measurement range, non-destructive, oxygen-free operation, good sensitivity and responsiveness, and room temperature operation.	Pyroelectric sensors frequently have low or unstable voltage. so fetching the data from the server takes a long time.	High price, high power consumption, immobility, and manufacturing difficulty.	[39-42]
6	Semiconducting metal oxide sensors	The conductivity of a metal oxide surface is altered by gas absorption, and this change is measured to determine the gas concentration.	Cheap, strong, lightweight, long lifespan, and poison-resistant.	Their low selectivity, and wide operating delayed recovery so getting data from the internet so complex.	Inadequate selectivity narrow and wide range of operating temperatures; Significant additive reliance, slow rate of recovery, temperature sensitivity, and susceptibility to deterioration susceptible to variations in humidity	[43-46]

Table 4. Comparison with other sensor

Sl. No.	Sensor Types of Methane	Identified gas emission in 1st time	Identified gas emission when peak	Identified gas emission totally stop	Total time taken (min.)
1	Optical sensors	10:25	10:55	11:00	35
2	Calorimetric sensors	10:25	10:51	10:54	29
3	oxide sensors	10:22	10:43	10:45	23
4	Electrochemical sensors	10:18	10:42	10:44	26
5	Pyroelectric sensors	10:19	10:34	10:37	18
6	Semiconducting metal oxide sensors	10:16	10:33	10:37	21
7	Microcontroller with Wi-Fi	10:14	10:26	10:28	14

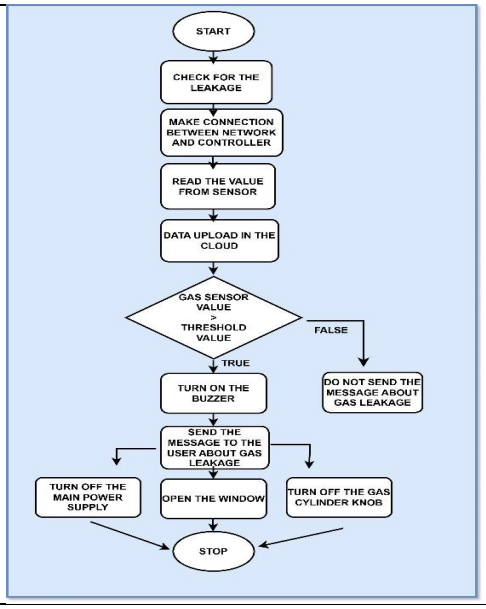

Figure 1: Flowchart for Gas Leaking alert

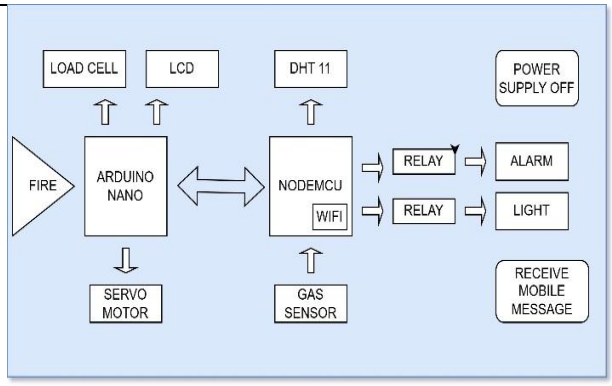

Figure 2: Block Diagram for the gas leakage detection system.

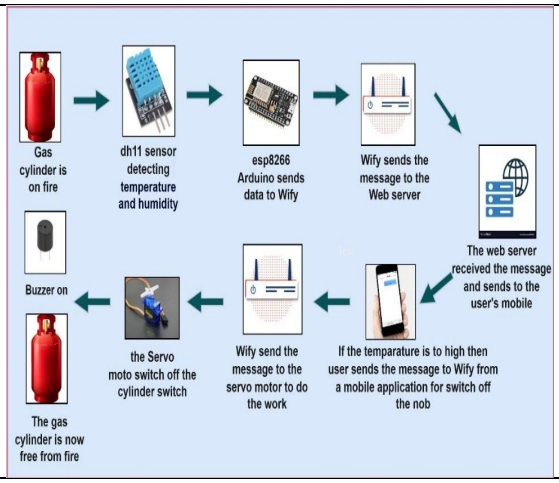

Figure 3: Detection of the presence of fire in the gas cylinder

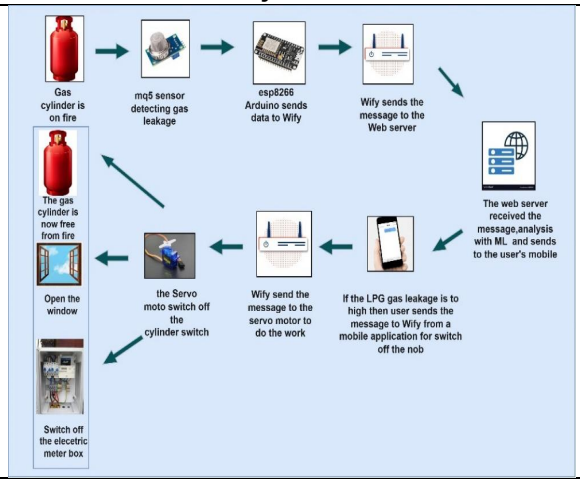

Figure 4: After gas leakage servo motor will start

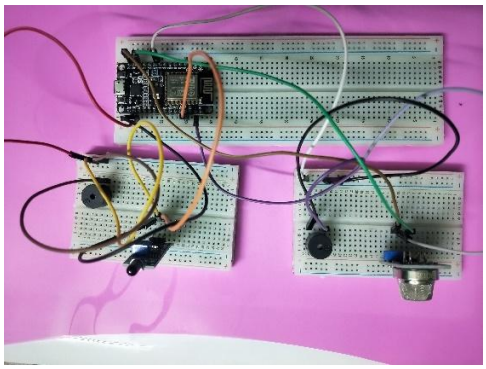

Figure 5: The MQ2 detects the gas while the Flame Sensor senses the fire before the buzzer will sound.

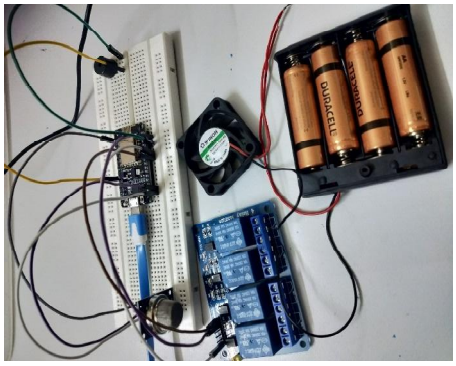

Figure 6: After gas leakage the fan will start with the help of Relay

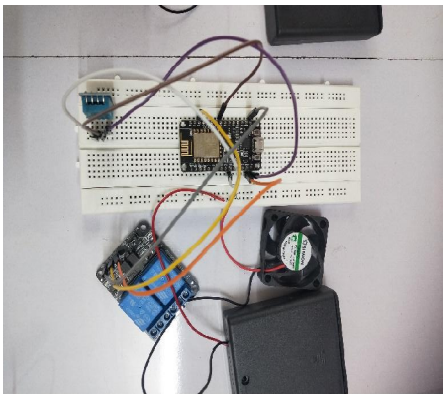

Figure 7: DHT11 sensor can sense the temperature if increases some threshold value fan will start working

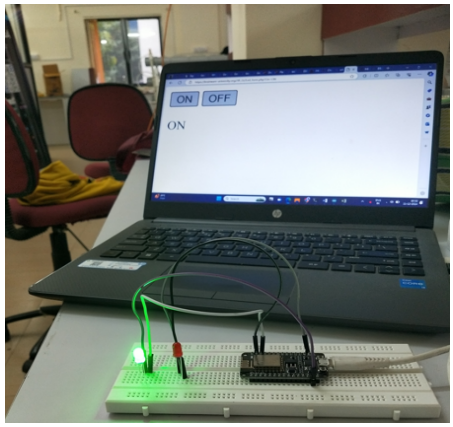

Figure 8: We can control the sensor from Laptop or Mobile phone

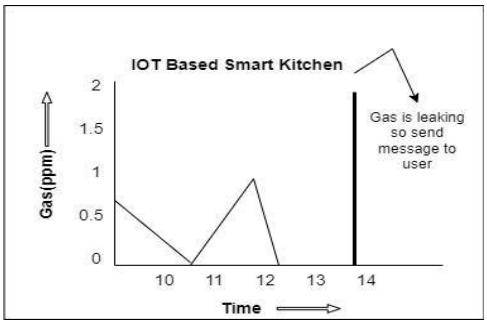

Figure 9: The variation of gas leakage with respect to the response time

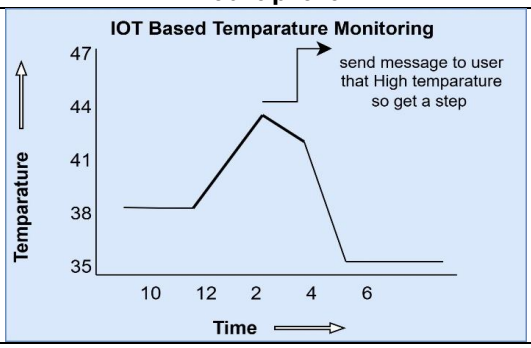

Figure 10: Temperature Detection IoT Cloud Data

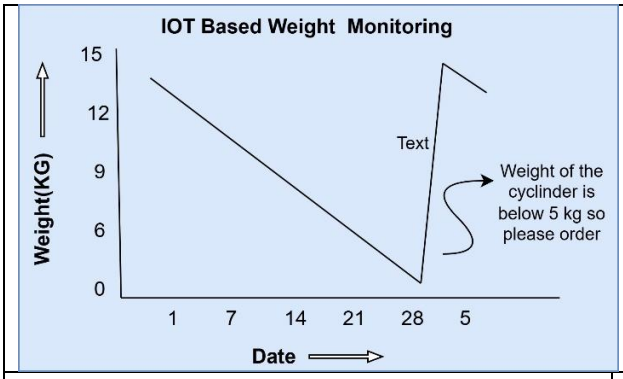

Figure 11: Load Cell Cloud Data

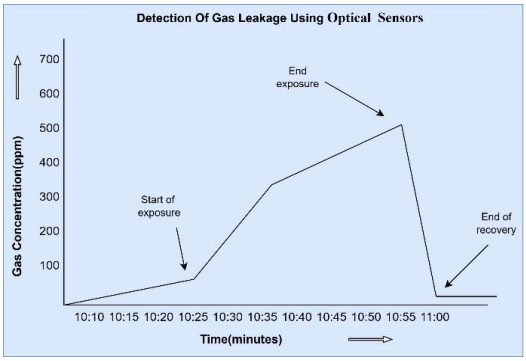

Figure 12: Optical sensors

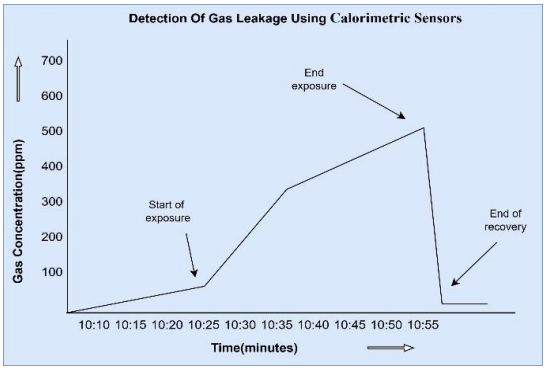

Figure 13: Calorimetric sensors

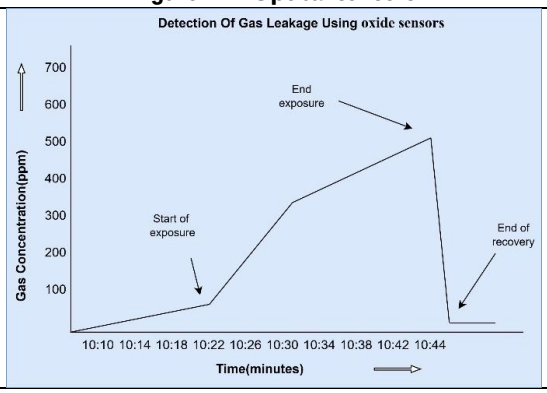

Figure 14: oxide sensors

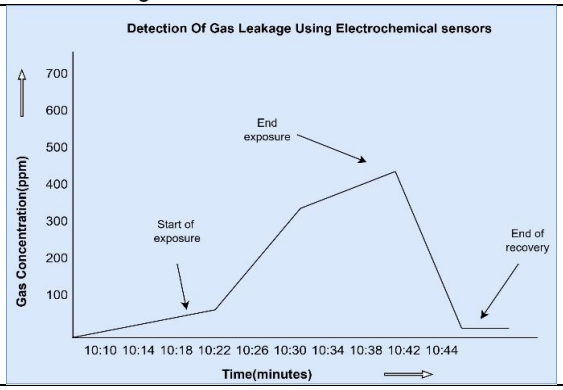

Figure 15: Electrochemical sensors

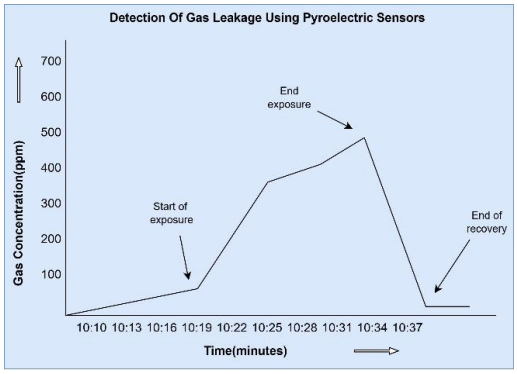

Figure 16: Pyroelectric sensors

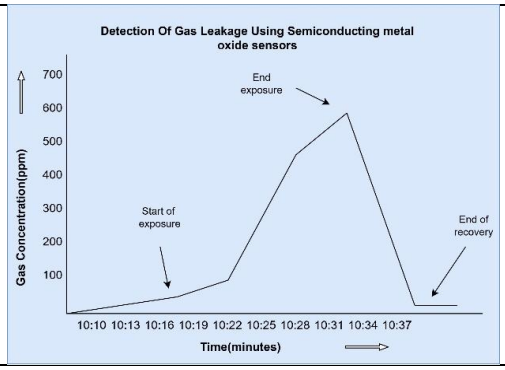

Figure 17: Semiconducting metal oxide sensors

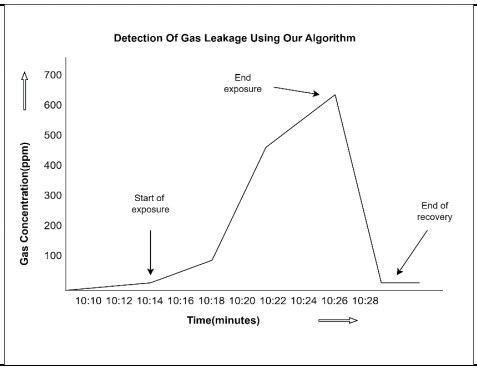

Figure 18: Microcontroller with wifi

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Synthetic Data Generation for E-Commerce

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Received: 15 Apr 2025 Revised: 18 May 2025 Accepted: 19 Jun 2025

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ABSTRACT

In the fast-changing world of e-commerce, insights from data are the main pillars for the enhancement of user experience and business strategies. Meanwhile, much remains to be desired in collecting and preparing datasets, which are high-quality, diverse, but also privacy-compliant. The present research targets the application of Generative Adversarial Networks (GANs) in developing synthetic datasets for e-commerce applications. A GAN-based framework is proposed that will focus on generating realistic yet anonymized customer transaction records, patterns of user behaviour, and the nature of product interactions altogether while maintaining good utility of data and low privacy risks. The framework features a statistically similar synthetic dataset to the real-world datasets, hence suitable to train machine learning models while safeguarding sensitive information from users. Experimental results show that data generated from GAN can be utilized as augmentations to existing datasets to improve their performance and indeed enable data-driven decision-making in e-commerce platforms. The potential of synthetic data in bridging data scarcity issues and opening avenues for further innovation in AI-based applications in e-commerce is well articulated by this study.

Keywords: Synthetic Data Generation, Generative Adversarial Networks (GANs), Privacy-Preserving Data, Customer Behaviour Modelling.

INTRODUCTION

E-commerce platforms generate vast amounts of transactional data, including customer behaviors, product purchases, pricing trends, and sales patterns. Nevertheless, under privacy constraints, data scarcity, and the necessity for high-quality labeled datasets, real-world data become generally inaccessible for research and model training. Therefore, the generation of synthetic data emerges to provide an innovative solution to this dilemma, i.e., to create realistic, diverse, and privacy-preserving datasets for applications like recommendation systems, fraud detection,

and demand forecasting. Generative Adversarial Networks (GANs) have remarkably succeeded in generating high-dimensional, realistic synthetic data. This research deals with producing synthetic e-commerce datasets using GANs that emulate real-world transactional data while retaining its statistical properties and data privacy. By leveraging a two-network adversarial structure, the generator learns to produce realistic synthetic data, while the discriminator ensures the generated samples are indistinguishable from actual e-commerce records. In the rapidly changing arena of E-Commerce, data is what drives personalized marketing, optimizes operations, and improves customer experiences. Yet the access to widespread, quality, and privacy-compliant data is one of the most significant obstacles in the way of testing, training, and analysis. To that end, synthetic data generation stands out as one of the best solutions.

Synthetic relates to generation--artificial representation in the form of statistics, which simulates the features and patterns of real data without the exposure to sensitive or personal details. In e-commerce, synthetic data can be used for simulating customer behavior, purchasing patterns, product interactions, and all-important metrics. Using machine learning algorithms, generative algorithms, or by rule-based approaches, huge customized datasets can be created for product development, A/B tests, fraud detection, and AI training without the catching of real data in databases. This means that it can reduce dependency on real customer data, fast-track innovations, ensure better scalability, and ultimately provide better data availability in heavily restricted data sharing environments. User profiling is basically making a virtual avatar of a user based on his/her modes of actions and preferences where the concern is limited to customer satisfaction, loyalty, and price sensibility.

For example, in an online store, it would help in splitting users such as low, medium, or high probable buyers to tailor pricing strategies. It is done on a basis of visit frequency, session duration, clicking activity, and purchase history. Pricing includes accurate pricing because consumers are usually price-sensitive. Sellers should sell at an affordable price while at the same time have a profit margin by changing the prices from user to user. A model for profiling might help to achieve an optimum rest of the two by providing information on the user behavior to predict purchase probabilities. But such models need data, and lots of it, in a balanced way. For small traffic online stores, the collection speed was less because of poor traffic. This study, therefore, suggested that synthetic data should be used for the model's much quicker training and testing purposes. This way would speed up the overall time for model development and improve online store implementation.

LITERATURE WORK

Title: "A Neuro-Fuzzy Approach for Speech Emotion Recognition"

- Authors Dwi H. Widyantoro, HeruSuhartanto, and Azhari SN.
- Publication Date Not explicitly mentioned in the text, but it was presented at the 3rd International Conference on Electrical Engineering, Computer Science and Informatics (EECSI 2016), so it's from 2016.
- Method Used The paper uses a neuro-fuzzy system, specifically an Adaptive Neuro-Fuzzy Inference System (ANFIS), to classify emotions in speech
- Final Result The ANFIS model achieved an accuracy of 95.7% in recognizing the five emotional states from speech data, which is considered a high performance for emotion classification tasks.

Title "Electromagnetic shielding effects of wearable UHF RFID textile tag antenna for IoT applications"

- Authors Bakar Almadani, Md. Shabiul Islam, Shamim Akhter, and Mohammad Tariqul Islam
- Publication: *Microwave and Optical Technology Letters*, 2021
- Method used The authors used simulation and experimental methods to evaluate the electromagnetic shielding effects on a wearable textile UHF RFID tag antenna.
- Final Result The article does not explicitly mention a numerical "accuracy" value like in classification tasks (e.g., 95% accuracy), because it's an engineering/design study focusing on antenna performance metrics rather than a prediction model.

Title Fault Diagnosis of Rotating Machinery Using Ensemble Learning and Hybrid Features in Time and Frequency Domains

- **Authors** Jie Liu, Mingzhi Zhang, Menghao Zhang, Liqiang Zhang, and Zhen Li
- **Publication** Business Information Review 2024,
- **Method used** The paper proposes a hybrid feature extraction method that combines time-domain statistical features, frequency-domain spectral features, and time–frequency domain features using wavelet packet transform (WPT).
- **Final Result** The proposed method achieved 99.5% classification accuracy on the CWRU dataset (Case Western Reserve University bearing dataset).

Title "Real-Time American Sign Language Recognition Using a CNN with Optimized Hyperparameters"

- **Authors** Anagha Ramesh Babu, SreyaSasikumar, Athira R, Neenu K S, Dr. Sheena Mathew
- **Publication** Published in **Procedia Computer Science, Volume 172, 2020, Pages 142-149**
  Publisher Elsevier
- **Method Used** A **Convolutional Neural Network (CNN)** is used.
- **Final Result Achieved Accuracy:99.86%.** The model performs **real-time ASL recognition** with high precision and is suitable for implementation in assistive communication tools.

Title Generative AI for Synthetic Data Generation: Methods, Challenges and the Future

- **Authors: XuGuo**(Member,IEEE) **Yiqiang Chen** (Senior Member, IEEE)
- **Publication:-IEEE** (Based on the authors' affiliations and standard academic formatting, though the actual publication venue might be arXiv until further peer-reviewed publication.) March 7, 2024
- **Method used: -** Prompt engineering (label-conditional and attribute-controlled prompts, verbalizer-based prompt expansion) Parameter-efficient adaptation methods (e.g., Prompt Tuning, Prefix Tuning, LoRA) Quality assessment of synthetic data (correctness, diversity, naturalness).

Title AutoSimulate: (Quickly) Learning Synthetic Data Generation

- **Authors :-**Harkirat Singh Behl (University of Oxford)
  AtilimGüneşBaydin (University of Oxford)
  Ran Gal (Microsoft Research)
  Philip H.S. Torr (University of Oxford)
  VibhavVineet (Microsoft Research)

- Publication :-**August 16, 2020 ublished on arXiv.org (Preprint server for Computer Science)Not specified as peer-reviewed yet—hosted on arXiv in the Computer Vision (cs.CV) category.**

- **Method used** Framing the problem as a bi-level optimization. Using a differentiable approximation to avoid expensive evaluations like in REINFORCE or Bayesian optimization.

- **Final result :-** Semantic Segmentation on CLEVR Dataset Best Test Accuracy (mean IoU): 62.9%.

[7] Title :-Generative Adversarial Networks for Synthetic Data Generation: A Comparative Study

- **Author** Claire Little, Mark Elliot, Richard Allmendinger, Sahel ShariatiSamani
- **Publication** Published on arXiv.org under Computer Science - Machine Learning (cs.LG) , December 3, 2021
- **Method used** Tabular GANs: CTGAN and TableGAN
  Statistical methods: Synthpop (CART-based) and Data Synthesizer
  Utility Metrics: pMSE, Ratio of Estimates (ROE), Confidence Interval Overlap (CIO)
  Risk Metric: Targeted Correct Attribution Probability (TCAP)

- **Final Result** CTGAN, among GANs, provided a balanced performance with moderate utility and risk. TableGAN had lowest disclosure risk but very poor data quality. Synthpop offered the best data utility but at the highest disclosure risk.

CONCLUSION

This study presented Generative Adversarial Network (GAN)-driven synthetic data generation in the e-commerce setting. It was shown that GANs are capable of generating realistic transaction records, user behaviours, and product interactions while preserving data privacy and security. This would allow businesses facing data scarcity challenges: to train AI models better without disclosing sensitive customer data. Data which are generated by GANs can be used by e-commerce platforms to build improved recommendation systems, improve fraud detection, and even run market simulations with far more accuracy. In addition, synthetic data can be used to test all new business strategies and features without relying only on real user data. Nevertheless, some challenges such as diversity of data and avoidance of mode collapse still hinder advanced GAN models as they are yet evolving with more and more credible solutions for synthetic data generation. With time, optimizing architectures of GAN and adding additional privacy-preserving techniques will help make these even more usable in real-world applications. AI and machine advancements in this phase effectively shape the future of e-commerce. This will use GAN for the synthetic data generation, which will greatly help in making better, safer, and more innovative digital marketplaces.

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Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

IoT Driven Smart Automated Teller Machine (ATM) Security

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Received: 01 Apr 2025 Revised: 15 May 2025 Accepted: 26 Jun 2025

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ABSTRACT

In the digital era, ATMs facilitate fast and secure transactions for diverse users, necessitating remote monitoring to quickly address security breaches and minimize losses. This research proposes a Smart ATM Security System integrating IoT and deep learning to enhance global ATM security. The system continuously monitors user behavior using deep learning models such as DenseNet121, AlexNet, EfficientB0, and VGG16 to detect potential theft. Comparing the performance of the different models for anomaly detection in this task, DenseNet121 is identified as the best-performing model in terms of accuracy. In the proposed system, temperature and vibration sensors detect physical damage to ATMs. In the event of suspicious activity, if there is any physical damage an alert will be sent, and the solenoid lock is triggered to close the ATM door to prevent robbers from exiting. If anomalous behavior is detected without physical evidence, an immediate alarm alerts authorities to a potential burglary.

Keywords: ATM Security, Anomaly detection, DenseNet121, IoT

INTRODUCTION

In the contemporary landscape of banking and finance, the advent of wireless technology has revolutionized how clients engage in financial transactions, particularly through the ubiquitous ATMs. With more than 3 million bank branches worldwide, the ATM has become a cornerstone of convenience for individuals seeking swift access to their financial resources. These sophisticated machines, accessed through the insertion of reversible debit cards or mobile

applications equipped with chip cards and specialized keys, facilitate seamless transactions, albeit with varying levels of security considerations, including the utilization of limited safety data such as Card Verification and Value Code (CVVC). The primary mechanism of user authentication involves the entry of a Personal Identifying Number (PIN), a critical layer of security in safeguarding financial transactions conducted at ATMs. However, despite these security measures, the alarming surge in ATM thefts remains a persistent challenge in contemporary society. The vulnerability lies in the inadequacy of security features on the ATM equipment, allowing criminals to exploit weaknesses and successfully carry out burglaries, even in the presence of onsite security personnel. The consequential impact extends beyond the immediate financial losses incurred by banks, permeating into the realm of government resources, where losses in large amount have become an unfortunate reality. Addressing this escalating threat requires a paradigm shift in ATM security solutions, prompting exploration into innovative technologies. This research delves into the potential of integrating Internet of Things (IoT) technology and advanced deep learning techniques to fortify ATM security. By providing a comprehensive understanding of the existing challenges and vulnerabilities, this research work seeks to pave the way for a robust security framework by analyzing the real time video streams obtained from the ATM webcam using deep learning and IoT which not only safe guards financial institutions but also contributes to the broader societal resilience against the rising tide of ATM-related criminal activities. The paper discusses the existing literature, algorithmic models, potential challenges, proposed system architecture, working, and offering a comprehensive solution to bolster the global security landscape for ATMs. (G. Jakeer Hussain *et al*, 2016) has proposed a system by developing a system which uses Micro-Electro-Mechanical systems (MEMs) sensor which have been placed in the locker section of the ATM. The sensor gets activated when the user is trying to open the locker and the door gets closed automatically and the data is stored in the embedded server. (Kamble *et al.*, 2018) proposed an ATM security system with smart sensors and a GSM/GPRS modem. This system, built on a PIC controller-based embedded framework using PIR, piezoelectric sensors, and a microphone, ensures real-time data processing. This work highlights the efficacy of combining advanced sensors and communication modules to enhance ATM security.

The solution designed by (S. Ramyasri *et al.,* 2020) uses face recognition to authenticate users before accessing the ATM through images to ensure security. Additionally, it also incorporates an IR sensor to detect and generate an alert, lock the door, and fill the room of the ATM with anesthetic gas to make the user go into an unconscious state if he is trying to open the money locker. An approach in (Kalmani, 2022) leverages facial recognition technology during transaction initiation to enhance ATM security by cross-referencing the real time image of the user with stored data of ATM card owners. In (A S., N S.K., Chalil, 2022) a combination of IR sensor and vibration sensor is continuously monitored and it is triggered upon any kind of unusual activities faced by the ATM and the door will be automatically locked. The system uses the Node MCU (Micro Controller Unit) board with ESP8266 microcontroller to function and RFID (Radio Frequency Identification) tag which is used to deactivate the sensors for maintenance and unlock the door from outside in case of any problem. In (Manisha Samant, 2023) HC-SR501 infrared sensor is used to detect any motion, upon detection face captured using the webcam is matched with the database, if it isn't matched access is denied. Also, a vibration sensor that is attached to the machine will be utilized to identify any aberrant movements so that, when such motions cross the threshold, the solenoid lock will activate and lock the door. The system proposed (GavaskarK, 2022) uses sensors to detect an attack, then the system triggers alerts via IoT communication and a buzzer, while simultaneously transmitting sensor data to a mobile application for real-time monitoring by bank officials. These officials have remote control capabilities, enabling them to lock the ATM door and deploy countermeasures such as chloroform spray using the mobile app. An approach in (SwamyP.*et.al,* 2020) uses MEMS sensors for vibration detection and fire alarms. An Arduino board is used to process real-time sensor data, triggering voice alerts upon detecting abnormal or unauthorized activity. Additionally, servo motors control door locking mechanisms, and a spray mechanism releases gas to incapacitate thieves. In (Sricharan B, 2022) a double authentication method is proposed, utilizing both fingerprint and GSM authentication to enhance security in accessing bank accounts. In case of mismatched fingerprints, immediate SMS notifications are sent to the user, alerting them to unauthorized ATM card usage. Even if the fraudster bypasses fingerprint authentication, GSM authentication provides an additional layer of security. In (VermaD, 2022) a similar approach is used, Vibration sensor is used to sense vibration produced and DC Motor is used for closing the door of ATM when the vibration is

sensed, also a buzzer is used, once the vibration is sensed. Furthermore, an infrared sensor is also used to develop the automatic light switching system. An approach in (Arya Sashidharan, 2023) uses a combination of ADXL 345, piezoelectric disc buzzer, and LM35 sensors, which will get activated when any suspicious activity happens to ATM ex. Tilting, Shaking. Upon detecting relevant authorities were notified and the door was automatically locked. A machine learning based approach is proposed in (Kumavat R.C, 2023) where a model is trained to detect if a person's face is covered or not. If it is covered he/she isn't given access to the ATM machine until they remove their mask. The proposed system in (Visalakshi P, 2023) integrates various sensors, including IR, LDR, temperature, smoke, and vibration sensors, to enhance ATM security. The IR sensor monitors the entry and exit of individuals, triggering an alert if more than two persons are detected inside the ATM room. LDR sensors regulate light intensity, automatically switching on lights when ambient light falls be- low a threshold. Temperature sensors facilitate power-saving by controlling AC usage based on room temperature. Smoke sensors detect elevated smoke levels, activating a buzzer for immediate alerting. Additionally, vibration sensors detect any attempts to break into the ATM, triggering door locking mechanisms and sending notifications to the police station. This sensor-based approach ensures comprehensive security and efficient resource management within ATM facilities.

Many of the systems described rely on single authentication methods such as face recognition (Kambale M, 2018) or fingerprint authentication (Sricharan B, 2022). While these methods provide a layer of security, they may not be foolproof, as seen with the proposal for double authentication . Some proposed systems, such as the one mentioned in another work, deploy countermeasures like chloroform spray to make thieves unconscious. While these measures may be effective, they also pose potential risks to innocent individuals who may accidentally trigger the system. While several works utilize advanced sensors and communication modules, there seems to be a lack of emphasis on deep-learning techniques for anomaly detection. Deep learning has shown promise in various fields for its ability to learn complex patterns from data. Using deep learning algorithms could potentially improve the accuracy of anomaly detection in ATM security systems. Our system overcomes the above-mentioned drawbacks by combining deep learning and IoT framework providing a multilevel security. A deep learning-based model is designed to perform anomaly detection using data captured from the ATM's webcam. Our model analyzes real-time video streams to identify suspicious activities or unauthorized access attempts within the ATM environment. By training on a diverse dataset of normal and anomalous behavior, the model learns to differentiate between routine transactions and potential security breaches, enhancing the overall security posture of ATM facilities. It also integrates vibration and temperature sensors, through continuous monitoring and analysis of sensor readings, our framework can effectively identify abnormal patterns or events signaling potential theft activities. In the event of a detected anomaly, the framework triggers automated responses, such as closing the ATM door automatically. By detecting theft in real-time, our frame- work significantly enhances the security of ATM facilities, minimizing the risk of asset loss and ensuring the safety of users.

MATERIALS AND METHODS

The proposed methodology focuses on making ATMs safer using two powerful technologies: deep learning and the Internet of Things (IoT). Deep learning algorithms, renowned for their capability to understand complex patterns within data, are used to detect anomalies. It helps us spot any unusual activity happening around ATMs. IoT helps in connecting everyday objects to the internet, allowing them to send and receive data. Physical sensors, like vibration and temperature sensors are used to constantly monitor the ATM's surroundings. For example, if someone tries to forcibly open the ATM or if there's a sudden change in temperature due to inducing fire, the sensors will collect the information which has been proposed and an alert is sent. As shown in the architecture of the system in figure 1, we integrate both the deep learning and IoT frameworks to create a comprehensive ATM security system. Live feed from the ATM camera is continuously captured, preprocessed, and then fed into the deep learning model for real-time analysis. Simultaneously, the temperature and vibration sensor values are constantly measured to monitor the ATM's physical environment. When an anomaly is detected by the deep learning model, and if both the sensor readings remain below the predetermined thresholds, a warning is generated to notify the relevant authorities of potential

suspicious activity. However, if the model identifies an anomaly and either of the sensor readings crosses the threshold, the solenoid lock is triggered to close the ATM door, preventing unauthorized access and alerts are promptly sent out to notify officials, enabling them to respond at the time of theft. By using both deep learning and IoT together, our method helps detect security issues early and respond quickly. This makes ATMs safer overall, protecting them from potential dangers. In order to perform the anomaly detection, various deep learning models such as VGG16, AlexNet, EfficientNetB0, and DenseNet121 were used. These models were trained using the UCF crime dataset, a widely recognized benchmark dataset for anomaly detection from surveillance videos. To optimize their performance, we preprocessed the data and initialized the models with weights pre-trained on the ImageNet dataset. Additionally, we fine-tuned each model by appending a custom classification layer tailored to our specific anomaly detection objectives. Once trained, these deep learning models were deployed on a Raspberry Pi 4, a compact and cost-effective computing platform. In real-time, the ATM security camera feeds are streamed into the deployed models, enabling immediate analysis and detection of any suspicious activities or anomalies occurring in the ATM. In the IoT framework, a combination of sensors and a solenoid lock are used to increase the security measures around the ATM. The first component, the Grove Temperature & Humidity Sensor (DHT11), helps in monitoring environmental conditions within the ATM surrounding. With its ability to accurately measure temperature and humidity simultaneously, the DHT11 sensor provides essential data to ensure optimal operating conditions and detect any anomalies that may indicate potential security breaches. Additionally, the vibration sensor module SW-420 is coupled with a comparator LM393, to detect any unauthorized physical disturbances around the ATM. By setting a threshold level, the sensor module can differentiate between normal environmental vibrations and suspicious activity. This allows the system to promptly identify and respond to attempts of tampering or forced entry. Furthermore, the solenoid lock helps in controlling access to the ATM, ensuring the door is locked automatically at the time of theft.

Anomaly detection from the camera feed

Many deep learning models have produced promising results in classifying images into different classes in the past decade. Some of them have been chosen and trained for the classification of the images into normal and anomaly classes. In the proposed system different models were trained and the performance of the models were compared to utilize the best model for the system.

AlexNet

AlexNet is a set of eight layers, five convolution layers, and 3 fully connected layers. Alexnet reduces the training time significantly by employing Rectified Linear units instead of tanh. Secondly, AlexNet supports the usage of more than one GPU at a time which also helps to reduce the training time and further supports bigger models for training. The AlexNet architecture implemented is tailored for binary image classification tasks. This architecture combines the distinctive features of AlexNet with customization for binary image classification, promising effective learning and discrimination capabilities. The model begins with a convolutional layer followed by a max-pooling layer. The second layer introduces filters with 'same' padding, followed by another max- pooling layer. Subsequent three layers consist of three convolutional layers employing 'same' padding and concluding with a max-pooling layer. The rest layers form the fully connected segment of the network, with two hidden layers incorporating ReLU activation functions and dropout layers for regularization. The final layer consists of two neurons with a softmax activation, suited for binary classification. The model is compiled using Stochastic Gradient Descent (SGD) as the optimization method with a learning rate of 0.1. The categorical cross-entropy loss function is employed, while accuracy, AUC, and precision are monitored as metrics during training.

VGG16

As the name implies VGG16 consists of 16 layers, 13 convoluted layers and three fully connected layers. VGG16 takes an edge over theAlexNet by replacing the large sequence filters into a series of small 3x3 filters. The usage of smaller filters prevents the network from overfitting. Though the architecture is simple it is really a relatively wide network with over 138 million parameters. The VGG16 architecture, implemented is designed for binary image classification tasks. The model begins with the VGG16 pre-trained on the ImageNet dataset, utilizing weights to

initialize the convolutional layers. To adapt the model for the specific classification task, all layers are set as non-trainable. The network architecture is extended by adding a flatten layer, followed by a Dense layer and a ReLU activation function. To mitigate overfitting, a dropout layer with a rate of 0.5 is introduced. The final layer utilizes the softmax activation function, aligning with the binary classification objective. The model is compiled using the Adam optimizer, categorical cross-entropy as the loss function, and performance metrics such as accuracy, AUC, and precision are monitored during training. This modified VGG16 architecture demonstrates a balance between the powerful feature extraction capabilities of VGG16 and specific adjustments to cater to the nuances of classification tasks.

EfficientNetB0

EfficientNetB0 makes use of compound scaling, modifying depth, breadth, and resolution all at once to maximize computing effectiveness and performance. B0, which is based on the MobileNetV2 architecture, achieves cutting-edge performance in tasks including segmentation, object identification, and picture classification. Compared to previous models, it achieves great accuracy at a cheaper computational cost because of its balanced scaling strategy. Many computer vision applications use EfficientNet B0 because it provides a workable solution for jobs that span many platforms and resource limitations. Utilizing the EfficientNetB0 architecture with weights pre-trained on ImageNet, the model's weights are initially frozen to leverage transfer learning. The top layers are then reconfigured to suit the classification task. A Global Average Pooling 2D layer is applied to summarize spatial features, followed by Batch Normalization for enhanced training stability. A dropout layer, with a rate of 0.2, is introduced to mitigate overfitting. The final layer employs a Dense layer with sigmoid activation, facilitating binary class classification. The model is compiled using the Adam optimizer with a learning rate of 1e-2 and categorical cross-entropy as the loss function. Performance metrics, including accuracy, AUC, and precision, are monitored during training. The resulting EfficientNetB0 architecture is tailored for effective multi-class classification, combining the advantages of transfer learning and model customization for improved accuracy and generalization.

DenseNet121

DenseNet121's primary benefit is that it handles vanishing gradients, which has three advantageous effects: it reduces parameter usage compared to other well-known deep learning models; it also eases the training load on deep learning models and permits feature reuse. The overall architecture, shown in the figure, encompasses the modified DenseNet121 used in this research work. Following the base model, a Global Average Pooling 2D layer is incorporated for spatial feature summarization. A subsequent dense layer, comprising 128 neurons with a ReLU activation function, captures intricate patterns in the data. To mitigate overfitting, a dropout layer with a rate of 0.2 is introduced. The final dense layer utilizes a softmax activation function, facilitating binary classification into normal/anomaly classes. This architecture capitalizes on transfer learning from a pre-trained DenseNet121, strategically modified to cater to the nuances of binary image classification. The proposed modifications aim to enhance accuracy and feature extraction capabilities, specifically tailored for the normal/anomaly classification task.

IOT framework

In this section, the hardware components utilized are discussed specifically focusing on the sensors employed to record various physical factors. These sensors play a critical role in gathering accurate and reliable data, which is essential for the system's overall functionality and performance. The following subsections provide a detailed overview of each sensor, including their specifications, working principles, and integration into the system.

Temperature Sensor

In our IoT-based ATM security system, a temperature sensor is utilized to detect external temperature variations, specifically to identify if an attempt is being made to break into the ATM using fire or welding. For real-time implementation, this sensor is strategically placed inside the ATM machine's front area to monitor any significant temperature changes that could indicate tampering. The temperature sensor selected for this purpose is the Grove Temperature & Humidity Sensor (DHT11). The DHT11 is a high-quality, low-cost digital sensor capable of measuring both temperature and humidity simultaneously. The DHT11 sensor meets the general-purpose

measurement needs for most environments, making it suitable for our application. Its robust performance under the specified conditions ensures reliable operation within the ATM's internal environment. By incorporating the DHT11 sensor into our ATM security system, we enhance the ability to detect potential security breaches involving extreme temperature fluctuations. This proactive measure significantly contributes to the overall effectiveness of our proposed solution, ensuring the safety and integrity of the ATM's contents.

Vibration Sensor

A vibration sensor is employed to detect attempts to physically break into the ATM in our system. This sensor is strategically placed inside the ATM machine's money loading area, a common target for thieves. The vibration sensor module SW-420, utilized in this system, is based on the SW-420 sensor and the LM393 comparator, which detects vibrations exceeding a set threshold. The threshold is adjustable using an onboard potentiometer. When no vibration is detected, the module outputs a logic LOW signal, indicated by an LED light. Conversely, when vibrations are detected, the sensor outputs a logic HIGH signal, turning off the LED. This module can connect to a microcontroller, allowing for real-time detection of vibrations and triggering of alarms. The SW-420's reliable performance and adjustable sensitivity make it an ideal choice for enhancing the security of our ATM system, ensuring rapid detection of tampering attempts and contributing to the overall robustness of our solution.

Solenoid Lock

Our system employs a 12V DC solenoid lock to enhance access control and security. This solenoid lock utilizes an electromagnetic mechanism, actuated by a 12V DC power supply, to manage the locking and unlocking functions. We have chosen the power-on unlocking type for our ATM security system, which ensures that the door remains unlocked only while the solenoid is powered. In the event of a power failure or wire disconnection, the lock automatically engages, preventing unauthorized access. This feature is particularly advantageous for ATMs, which have a continuous power supply under normal conditions, allowing the lock to remain in the unlocked state for regular operation. However, in the case of a theft attempt, cutting off the power supply immediately triggers the lock to secure the ATM. This approach not only provides robust security but also ensures that the ATM remains secure during any power disruptions, effectively preventing unauthorized access and enhancing crime prevention measures.

RESULTS AND DISCUSSION

Dataset

The consists of long untrimmed surveillance videos that cover 13 real-world anomalies, including Abuse, Arrest, Arson, Assault, Accident, Burglary, Explosion, Fighting, Robbery, Shooting, Stealing, Shoplifting, and Vandalism. These anomalies are selected because they have a significant impact on public safety. The dataset was originally collected from the videos on YouTube and Live Leak using text search queries. In total, 950 normal videos were gathered, leading to a total of 1900 videos in the dataset. The entire dataset is divided into two parts: the training set consisting of 800 normal and 810 anomalous videos and the testing set including the remaining 150 normal and 140 anomalous videos. The split of train/test data and normal/anomaly class in the dataset is depicted in Figure 2a and 2b respectively. Both training and testing sets contain all 13 anomalies at various temporal locations in the videos. In our work, this dataset has been used for general anomaly detection considering all anomalies (except road accidents) in one group and all normal activities in another group. The train data present in the dataset is used for both training the neural networks and validating the model during training at the end of each epoch. The train-validation split is 80-20% for all the models trained in this work.

Performance Analysis

AlexNet, EfficientNetB0, VGG16 and DenseNet121 were all trained on the dataset at different hyperparameters for three epochs. Each model has attained different levels of metrics. The results of each model are presented in this section of the research work. The label 0 represents anomaly in the image and 1 represents the image is normal in all

the confusion matrices shown in this work. AlexNet achieved an accuracy of 99.88% during training but had lower accuracy in test and validation when random weights were initialized in the initial stage. The confusion matrix for the same is depicted in figure 3. VGG16 provided closer results to that of Dense Net when the training was limited to 2 epochs. The results decreased steeply when trained for 3 epochs. The performance of VGG16 was not significant for the study as it achieved a lower accuracy in comparison to the rest of the models. The confusion matrix for epochs 3 and 2 are presented in figure 4a and 4b respectively. EfficientNetB0 achieved a training accuracy of 88.92%. Even though this accuracy in training is a low score in comparison to others it attained 91.49% accuracy in validation. It also has achieved a test accuracy of 72.51%. The confusion matrix of the same is depicted in Figure 5. The summary of all the models, along with their accuracy scores, is presented in Table 1.

Hardware Setup

As shown in the circuit diagram in 7 the web camera plugs into a USB port, while the temperature and vibration sensors connect to the Raspberry Pi's GPIO pins. A relay module is key. It bridges the gap between the Raspberry Pi's low-power control and the high-powered solenoid lock. One set of the relay's contacts connects to the Raspberry Pi's GPIO pins, receiving control signals. The other set connects to the 12v DC power supply and the solenoid lock itself. When the Raspberry Pi detects an anomaly or sensor threshold breach, it sends a signal to the GPIO pins. This triggers the relay, which then activates the solenoid lock.

Working of the prototype

Our ATM security system combines a Raspberry Pi 4 with some sensors and actuators connected to the GPIO pins. A USB webcam records a live video feed, then a deep learning model on the Pi interpret the data to detect any continuous anomalous behavior. The DHT11 sensor, inserted into a certain GPIO pin, simultaneously measures the temperature and humidity levels, while the SW-420 vibration sensor, which is a part of an LM393 comparator system, is planted into another GPIO pin to recognize the vibrations and thus the tampering. Raspberry Pi is continuously supervising these sensor readings. If some anomaly is detected by the model, and the values read by the sensor are out of predefined limits, the Raspberry Pi sends a high signal to a GPIO pin that is connected to a relay module. The relay is then energized and the solenoid, which is connected to it, gets the unlocked ATM door 8 locked as in 9, thus enhancing the safety of the ATM. Whereas when some anomaly is detected by the model continuously and the sensor readings are within the limit a warning message is displayed in the machine. This real-time video analysis and environmental monitoring with automated physical security responses will, therefore, be the basis for the overall safety of the ATM.

CONCLUSION

A more promising security system has been developed for ATM cubicles. This system has been incorporated with both deep learning techniques and physical sensors to detect anomalies in the environment. Trained deep learning models deployed in Raspberry Pi which recognizes and detects anomalies through the connected camera present. The IoT sensors connected to the system detect the temperature and vibration values and generate an alert if they exceed the threshold values set. Integration of all three factors to identify anomalies makes it a more efficient system to increase the security in the ATM.In future work, more advanced neural networks can be designed and tested on the dataset to improve the accuracy of anomaly detection. Exploring additional datasets could further enhance the system's robustness and applicability. Incorporating multiple factors beyond temperature and vibration, as currently proposed, could enrich the criteria for detecting anomalies. Integrating GPS/GPRS systems would enable real-time alerts to most nearby authorities for immediate response. Additionally, the hardware system, which is currently powered by electricity at ATM sites, could be made standalone by providing an independent power source, offering an extra layer of security during power outages.

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Table.1: Results of the models

Model	*Accuracy*			*AUC*		
	Train	Validation	Test	Train	Validation	Test
VGG16	97.68%	64.98%	60.79%	99.83%	69.11%	61.19%
VGG16[1]	98.16%	72.15%	68.43%	99.80%	79.09%	71.83%
AlexNet	99.88%	67.28%	70.14%	99.99%	71.64%	73.86%
EfficientNetB0	88.92%	91.49%	72.51%	95.39%	96.95%	79.74%
DenseNet121	99.83%	99.89%	82.08%	99.99%	99.89%	86.45%

Results when VGG16 was trained on a reduced epoch.

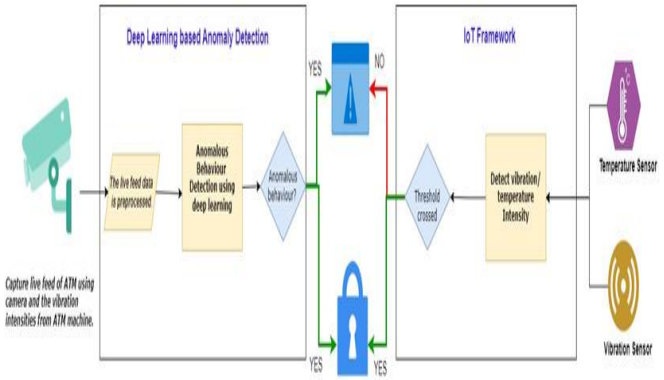
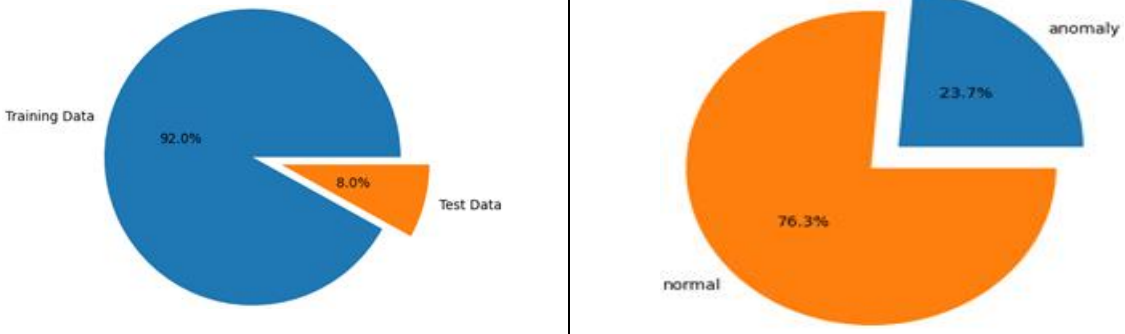


Figure 1. Architecture diagram of the proposed system



(a) Distribution of train/test data | **(b)Distribution of data over classes**

Figure.2: Distribution of data in the data set

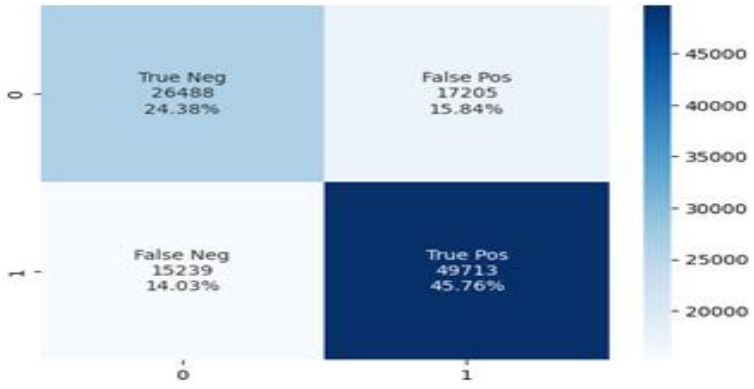
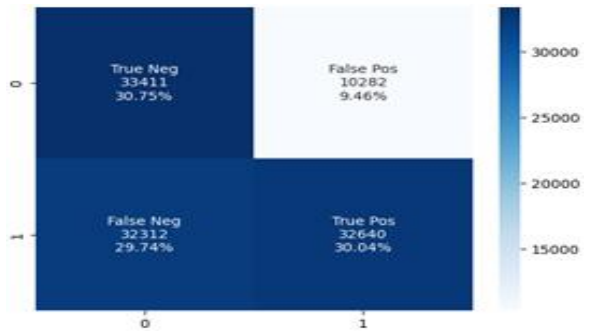


Figure.3: AlexNet: Confusion Matrix



(a)

(b)

Figure.4: VGG16: Confusion Matrix

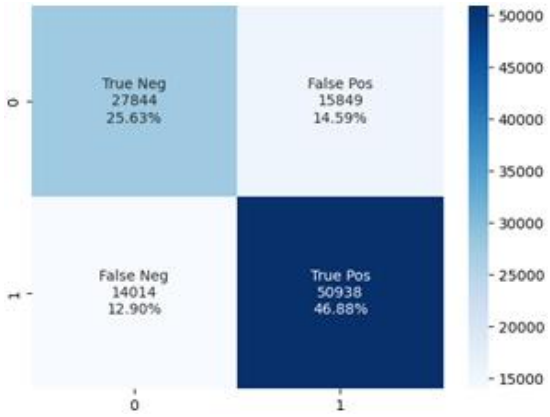


Figure.5: Efficient Net B0: Confusion Matrix

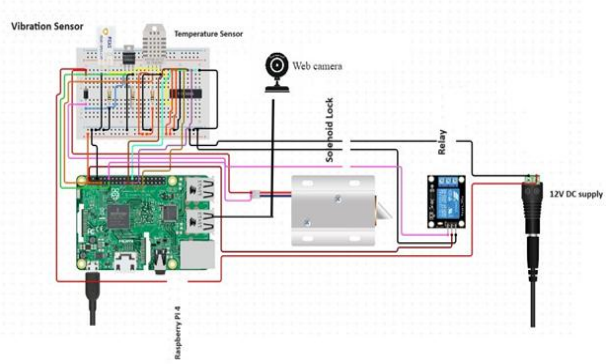


Figure.6: Hard ware Setup Circuit Diagram

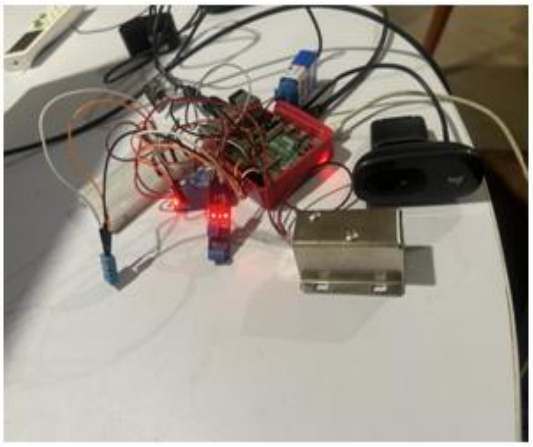


Figure.7: Hardware Setup at Unlocked state

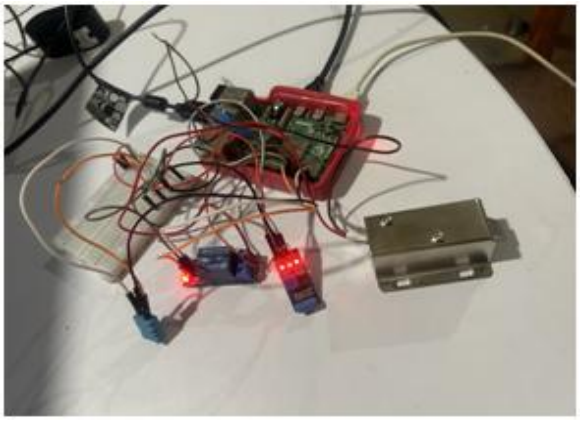


Figure.8: Hard ware Setup at Locked state

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Influence of NAA and IBA Foliar Application on Growth Attributes of Strawberry (*Fragaria* x *ananassa* Duch.) cv. Chandler Grown under Open Ventilated Polyhouse

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Received: 17 Apr 2025 Revised: 19 May 2025 Accepted: 18 Jun 2025

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ABSTRACT

Present experiment was conducted during 2023-24 at the open ventilated polyhouse of Horticulture Department, School of Agriculture Sciences, Shri Guru Ram Rai University, Dehradun, Uttarakhand, India. This research aimed to study the "Influence of NAA and IBA Foliar Application on Growth attributes of Strawberry (*Fragaria* × *ananassa* Duch.) cv. Chandler grown under Open Ventilated Polyhouse". The experiment was organized in a completely randomized design, consisting of three replications and ten treatments. These treatments featured different levels of plant growth regulators at varying concentrations viz. T_0 (Control), T_1 (IBA @25ppm), T_2 (IBA @ 50ppm), T_3 (IBA @75ppm), T_4 (NAA @25ppm), T_5 (NAA @50ppm), T_6 (NAA @75ppm), T_7 (IBA @25ppm + NAA @25ppm), T_8 (IBA @50ppm + NAA @50ppm) and T_9 (IBA @75ppm + NAA @75ppm).The strawberry cv. Chandler was transplanted on 02-12-2023. The various observations related to growth and yield attributes were recorded at different intervals. Results revealed that, among the different treatments,T_9 (IBA @75ppm + NAA @75ppm) was recorded maximum plant height (14.70 cm), plant spread in E-W (24.41 cm), plant spread in N-S (22.11 cm), number of leaves per plant (15.36), number of runners per plant (8.50),length of runners per plant (23.26 cm) and number of flowers per plant (8.96). There were minimum days to first flowering (32.70) was recorded in T_9 and minimum days to first fruiting (41.50) was recorded in T_6. However, maximum number of fruits per plant (7.83) was recorded in treatment T_6 (NAA @75ppm) and minimum was found in control.

Keywords: *Fragaria ananassa,* grown, plant, fruits.

INTRODUCTION

Strawberry (*Fragaria × ananassa* Duch.) is a highly valued small fruit crop known for its delicious taste, vibrant colour, and rich nutritional profile, including antioxidants, vitamins (especially vitamin C) and minerals (Mitra, 2020). The commercially cultivated strawberry is an octoploid species with chromosome number (2n=8x=56) (Vishal *et al*., 2016).In recent years, the cultivation of strawberry has gained significant momentum in India due to its high economic return and growing consumer demand. The abundance of pectin in strawberries makes them suitable for not only eating fresh but also for making jam and jelly (Rathod *et al*., 2021).In India, the cultivation of strawberries was started in hilly areas of Himachal Pradesh and Uttar Pradesh in 1960s and widespread in other states such as Uttarakhand (Nainital and Dehradun), Kashmir Valley, Mizoram, Meghalaya, Uttar Pradesh, Maharashtra (particularly in Pune, Nashik, Mahabaleshwar and Sangali towns), West Bengal (Kalimpong), Haryana, Punjab, Karnataka and Rajasthan (Katel *et al*., 2022). According to Directorate of Horticulture and food processing Chaubattia the total area under fruit cultivation in Uttarakhand is 81692.58 Ha, Production 369447.30 MT and productivity 4.52 MT/ha. According to National Horticulture Board (2022)the total area under fruit cultivation in India is 7064('000Ha) with production 107507('000MT). Among the various cultivars, 'Chandler' is particularly popular owing to its high yield potential, good fruit quality and adaptability to diverse agro-climatic conditions(Chadha, 2019).To meet the increasing demand and enhance productivity, there is a growing interest in adopting protected cultivation practices, such as open ventilated polyhouses. These structures offer a controlled environment that protects crops from adverse weather, extends the growing season, and improves fruit quality and yield. Canning gives you a great option for using strawberries in smoothies baked goods and many dessert recipes (Chadha, 2022).

However, even under such favourable conditions, optimizing the physiological and morphological growth of plants remains a key challenge. Plant growth regulators consist of phytohormones, their chemical equivalents, substances that release hormones, agents that alter hormone sensitivity, and inhibitors of hormone synthesis (Hajam *et al*., 2018). Plant growth regulators like Naphthalene Acetic Acid (NAA) and Indole-3-Butyric Acid (IBA) have been widely recognized for their role in enhancing plant growth, improving root development, promoting flowering, and increasing fruit set (Rademacher. 2015). NAA, a synthetic auxin, plays a vital role in cell elongation and fruit development, while IBA is primarily involved in stimulating root initiation and improving nutrient uptake (Bellini *et al*., 2014; Mehraj *et al*., 2015 and Bhople*et al*., 2020). Foliar application of these PGRs is a widely adopted approach due to its efficiency in rapid absorption and targeted effect (Honkanen and Dolan, 2016).Despite several studies on the role of plant growth regulators in various fruit crops, limited research has focused on their foliar application in strawberry cultivation under polyhouse conditions, especially in cultivars like Chandler. Hence, the present investigation was undertaken to evaluate the influence of foliar application of NAA and IBA on the growth attributes of strawberry cv. Chandler grown under open ventilated polyhouse. The findings of this study are expected to contribute valuable insights into the use of PGRs for improving strawberry production in protected cultivation systems.

MATERIALS AND METHODS

The current study entitled "Influence of NAA and IBA Foliar Application on Growth attributes of Strawberry (*Fragaria ×ananassa* Duch.) cv. Chandler grown under Open Ventilated Polyhouse"was carried out at the Horticulture Research Block, School of Agricultural Sciences, Shri Guru Ram Rai University, located in Pathri Bagh, Dehradun, Uttarakhand, India, during the rabi season from November 2023 to April 2024. The climate of this area is categorized as humid subtropical. In January 2024, the highest and lowest temperatures recorded during the crop growing season were 20.3ºC and 6.4ºC, respectively. The cultivar 'Chandler' was selected for this experiment. The study utilized a Completely Randomized Design, which incorporated three replications. Each replication consisted of ten treatments involving Plant Growth Regulators, with all treatments being randomized independently in each replication. The treatments included T_0 (Control), T_1 (IBA @25ppm), T_2 (IBA@50ppm), T_3 (IBA @75ppm), T_4 (NAA @25ppm), T_5 (NAA @50ppm). T_6 (NAA @75ppm), T_7 (IBA @25ppm + NAA @25ppm), T_8 (IBA @50ppm + NAA @50ppm), T_9 (IBA @75ppm

+ NAA @75ppm). Variance refers to the degree of variability found within a dataset, which is calculated by averaging the squares of the differences from the mean. The analysis of variance was performed utilizing the methodologies introduced by Panse and Sukhatme in 1989.

RESULT AND DISCUSSION

The research indicated that different levels of Plant Growth Regulators had a significant impact on growth characteristics when compared to the control. Tables 2, 3& 4and Fig. 1-10illustrated the notable enhancements achieved with various combinations of these plant growth regulators versus the control. A detailed discussion and analysis of these findings are presented in the following sections.

Plant Height (cm)

The results displayed in Table 2 and Figure 1 suggested that there was a significant difference in number of runners per plant among the different plant growth regulators. At 30 DAT, the maximum Plant height (12.05 cm) was recorded in $T_9$with IBA @ 75 ppm + NAA @ 75 ppm and minimum plant height (6.35 cm) was recorded in T_0(control). The plant height in T_1 (7.65 cm) and T_2 (7.76 cm) were at par with each other. Whereas, the plant height in T_3 (8.28 cm) and T_4 (8.37 cm) were at par with each other. However, the plant height in T_6 (10.53) and T_7 (10.39) were also at par with each other. At 60 DAT the maximum Plant height (13.42 cm) was recorded in T_9 with IBA @ 75 ppm + NAA @ 75 ppm and minimum plant height (8.40 cm) was recorded in T_0 (control). The Plant height in T_2 (10.02 cm), T_3 (10.29 cm), T_4 (10.45 cm) and T_7 (10.78 cm) were at par with each other. Whereas, the plant height in T_5 (11.38 cm) and T_6 (11.86 cm) were also at par with each other. However, significant difference was observed in T_1 (9.23 cm) with IBA @ 25 ppm and T8 (12.86 cm) with IBA @ 50 ppm + NAA @ 50 ppm. At final harvest the maximum Plant height (14.70 cm) recorded in T_9 with IBA @ 75 ppm + NAA @ 75 ppm which were at par with T_8 (14.59 cm) and minimum plant height (11.13 cm) was recorded in T_1 with IBA @ 25 ppm which were at par with T_0 (11.16 cm) and T_2 (11.45 cm). The plant height in T_3 (12.34 cm), T_4 (12.45 cm) and T_7 (12.84 cm) were at par with each other. Whereas, the plant height in T_5 (13.35 cm) and T_6 (13.12 cm) were also at par with each other. However, there were non-significant observed among the treatments at final harvest. This might be due to accelerated cell division and elongation, promoting vegetative growth in strawberries and helping to mitigate genetic dwarfism. Similar results have also been reported by (Ahire and Gaikwad, 2018) in strawberry.

Plant Spread (East-West & North-South) (cm)

The results presented in Table 2 and Figure 2& 3reported that there was a significant difference in plant spread among the different plant growth regulators. At 30 DAT, for (E-W) direction the maximum Plant spread (10.26 cm) was recorded in T_9 IBA @ 75 ppm + NAA @ 75 ppm and minimum plant spread (7.35 cm) was recorded in T_1 with IBA @25ppm. The plant spread in T_5 (10.14 cm), T_6 (10.14 cm) and T_7 (10.26 cm) were at par with each other. Whereas, the plant spread in T_3 (9.34 cm) and T_8 (9.95 cm) were also at par with each other. At 30 DAT, for (N-S) direction the maximum Plant spread (10.46 cm) was recorded in T_9 and minimum plant spread (6.51 cm) was recorded in T_1. The plant spread in T_4 (9.09 cm) and T_5 (9.10 cm) were at par with each other. Whereas, the plant spread in T_3 (8.18 cm) and T_7 (8.43 cm) were also at par with each other. At 60 DAT, for (E-W) direction the maximum Plant spread (18.10 cm) was recorded in T_9 and minimum plant spread (13.26 cm) was recorded in T_0. The plant spread in T_2 (15.13 cm) and T_3 (15.80 cm) were at par with each other. Whereas, the plant spread in T_5 (17.06 cm), T_7 (17.55 cm) and T_8 (17.97 cm) were also at par with each other. However, significant difference was observed in T_1 (14.93 cm), T_4 (16.24 cm) and T_6 (18.06 cm).At 60 DAT, for (N-S) direction the maximum Plant spread (19.25 cm) was recorded in T_9 and minimum plant spread (14.20 cm) was recorded in T_0. The plant spread in T_2 (16.14 cm) and T_3 (16.95 cm) were at par with each other. Whereas, the plant spread in T_6 (17.44 cm) and T_7 (17.40 cm) were also at par with each other. However, there were non-significant observed among the treatments at final harvest. At final harvest, for (E-W) direction the maximum Plant spread (24.41cm) was recorded in T_9 and minimum plant spread (18.37 cm) was recorded in T_0. The plant spread in T_2 (19.27 cm) and T_3 (19.79 cm) were at par with each other. Whereas, the plant spread in T_6 (23.20 cm) and T_8 (23.69 cm) were also at par with each other. However, there were non-significant observed among the

treatments at final harvest. At final harvest, for (N-S) direction the maximum Plant spread (22.11 cm) was recorded in T_9 and minimum plant spread (15.87 cm) was recorded in T_0. The plant spread in T_3 (19.31 cm) and T_4 (19.22 cm) were at par with each other. Whereas, the plant spread in T_6 (20.37 cm) and T_8 (20.45 cm) were also at par with each other. However, there was non-significant effect on plant spread (N-S) among the treatment at 60 DAT. At final harvest, the plant spread (E-W and N-S) also reported non-significant effect among the treatment. This might be due to increased cell division and elongation, promoting vegetative growth in strawberries and assisting in the reduction of genetic dwarfism. Similar observations were made by (Ahire and Gaikwad, 2018) in their study on strawberries.

Number of leaves per plant

The results displayed in Table 3 and Figure 4revealed that there was a significant difference in number of leaves per plant among the different plant growth regulators. At 30 DAT, the maximum number of leaves per plant (4.97) was recorded in T_9 with IBA @75ppm + NAA @75ppm and the minimum number of leaves (3.27) was recorded in T_0(control). The number of leaves in T_3 (3.53) and T_4 (3.54) were at par with each other. Whereas, the number of leaves in T_6 (4.13) and T_7 (4.10) were also at par with each other. At 60 DAT the maximum number of leaves (13.63) was recorded in T_9 with IBA @75 ppm + NAA @75ppm and minimum number of leaves (5.80) was recorded in T_0 (control). The number of leaves in T_2(8.75) and T_3(8.62) were at par with each other. Whereas, the number of leaves in T_4(9.70) and T_7(9.40) were also at par with each other. However, significant difference was observed in T_1(7.38) with IBA @25 ppm and in T_5(12.93) with NAA @50 ppm. At final harvest the maximum number of leaves (15.36) was recorded in T_9 with IBA @75ppm + NAA @75ppm and minimum number of leaves (10.54) was recorded in T_0(control@100% water). The number of leaves in T_1(11.35) and T_2(11.88) were at par with each other. Whereas, the number of leaves in T_4(12.43) and T_7(12.46) were also at par with each other. However, significant difference was observed in T_3(12.85) with IBA @50 ppm and in T_5(14.44) with NAA @50 ppm. There were non-significant observed among the treatments at 30 DAT.This might be due to IBA encourages the growth of cells, which results in more leaves forming and expanding. It also boosts root development, enhancing the plant's ability to absorb water and nutrients, thereby supporting leaf growth. These results are consistent with the research conducted by **(**Hossain and Gony, 2020) on strawberry.

Number of runners per plant

The data presented in Table 3 and Figure 5revealed that there was a significant difference in number of runners per plant among the different plant growth regulators. At 60 DAT the maximum number of runners (6.43) was recorded in T_9 with IBA @ 75 ppm + NAA @ 75 ppm and minimum number of runners (3.36) was recorded in T_0 (control). The number of runners in T_2 (4.80), T_3 (4.53), T_4 (4.43) and T_5 (4.50) were at par with each other. Whereas, the number of runners in T_7 (5.20) and T_8 (5.36) were also at par with each other. However, significant difference was observed in T_1 (5.13) with IBA @ 25 ppm and T_6 (6.36) with NAA @ 75 ppm. At final harvest the maximum number of runners (8.50) recorded in T_9 with IBA @ 75 ppm + NAA @ 75 ppm and minimum number of runners (5.13) was recorded in T_4 (NAA @ 25 ppm) which were at par with T_5 (4.93). The number of runners in T_0 (5.13), T_1 (5.96) and T_2 (5.50) were at par with each other. Whereas, the number of runners in T3 (6.13) and T6 (6.53) were also at par with each other. However, significant difference was observed in T_4 (4.50) with NAA @ 25 ppm and T8 (7.16) with IBA @ 50ppm + NAA @ 50ppm. This might be due to IBA stimulates the elongation of cells, allowing roots to grow longer and generate more runners. It also encourages the formation of lateral roots, which can lead to the creation of new runners. Overall, IBA is vital for promoting root growth and enhancing runner production. The results are similar with (Hossain and Gony, 2020) in strawberry.

Length of runners per plant (cm)

The results displayed in Table 3 and Figure 6 revealed that there was a significant difference inlength of runners per plant among the different plant growth regulators. At 60 DAT the maximum length of runners (20.50 cm) was recorded in T_6 with NAA @ 75 ppm and minimum length of runners (16.96 cm) was recorded in T_0 (control) which were at par with T9 (20.16 cm) length of runners in T_1 (18.10 cm), T_2 (18.56 cm), T_5 (18.20 cm) and T_7 (18.23 cm) were at par with each other. Whereas, the length of runners in T_3 (19.13 cm) and T_8 (19.43 cm) were also at par with each other. However, significant difference was observed in T_1 (18.10 cm) with IBA @ 25 ppm, T_4 (17.80 cm) with NAA @

25 ppm and T_6 (20.50 cm) with NAA @ 75 ppm. At final harvest the maximum length of runners (23.26 cm) recorded in T_9 with IBA @ 75 ppm + NAA @ 75 ppm and minimum length of runners (19.53 cm) recorded in T_5 with NAA @50 ppm which were at par with T_4 and T_7. The length of runners in T_0 (22.10 cm), T_1 (22.20 cm) and T_2 (22.23) were at par with each other. Whereas, the length of runners in T_6 (21.13 cm) and T_8 (21.86 cm) were also at par with each other. However, significant difference was observed in T_4 (19.93 cm) with NAA @ 25 ppm and T2 (22.23 cm) with IBA @ 50 ppm and T_8 (21.86 cm) with IBA @ 50 ppm + NAA @ 50 ppm.

Number of flowers per plant

The results displayed in Table 4 and Figure 7 suggested that there was a significant difference in number of flowers per plant among the different plant growth regulators. At 35 DAT the maximum number of flowers (4.15) and minimum number of flowers (2.81) was recorded in T_9 with IBA @ 75 ppm + NAA @ 75 ppm and T_0 (control) which were at par with T_1 (2.91). The number of flowers in T_2 (3.28), T_3 (3.36), T_4 (3.27) and T_7 (3.09) were at par with each other. Whereas, the number of flowers in T_5 (3.61) and T_8 (3.59) were also at par with each other. However, significant difference was observed in T_1 (2.91) with IBA @ 25 ppm and T_6 (3.85) with NAA @ 75 ppm. At final harvest the maximum number of flowers (8.96) recorded in T_9 with IBA @ 75 ppm + NAA @ 75 ppm and minimum number of flowers (6.81) was recorded in T_0 (control 100% water) which were at par with T_1 (6.86). The number of flowers in T_2 (7.15), T_3 (7.15) were at par with each other. Whereas, the number of flowers in T_6 (8.16) and T_8 (8.34) were also at par with each other. However, significant difference was observed in T_1 (6.86) with IBA @ 25 ppm and T_5 (7.93) NAA @ 50 ppm. This occurs might be due to the application of application of NAA leads to a greater number of flowers in plants, as it encourages the formation of more flowering stocks. The florigen stimulus is crucial in this transformation, converting vegetative buds into fruiting buds with the assistance of NAA. The results are similar with Palei *etal*., (2016) in strawberry.

Days to first flowering

The results displayed in Table 4 and Figure 8 suggest that there was a significant difference in days to first flowering among the different plant growth regulators. At 30 DAT minimum days taken to first flowering (32.70) and maximum days taken to first flowering (41.83) was recorded in T_6 with NAA @ 75 ppm which were at par in T_9 (32.80) with IBA @ 75 ppm + NAA @ 75 ppm and T_0 (control 100% water). Days taken to first flowering T_4 (35.10), T_5 (35.66) and T_7 (35.96) were at par with each other. Whereas, days taken to first flowering T_2 (38.80) and T_3 (37.40) were also at par with each other. However, significant difference was observed in T_8 (33.50), T_5 (35.66) and T_1 (40.167). This may because auxin, notably NAA, promotes flowering by activating florigen. Florigen moves from the petiole to the growing tip, facilitating the change from vegetative buds to flowering buds. The current findings are comparable with Palei *etal*., (2016) in strawberry.

Days to first fruiting

The results displayed in Table 4 and Figure 9 suggest that there was a significant difference in days to first fruiting among the different plant growth regulators. At 30 DAT minimum days taken to first fruiting (41.50) was recorded in T_6 with NAA @ 75 ppm which were at par in T_9 (42.43) with IBA @ 75 ppm + NAA @ 75 ppm and maximum days taken to first fruiting (52.16) was recorded in T_0 (control). Days taken to first fruiting T_4 (43.43), T_5 (43.06) and T_8 (43.83) were at par with each other. Whereas, maximum days taken to first fruiting T_3 (46.33) and T_5 (45.16) were also at par with each other. However, significant difference was observed in T_1 (50.50), T_8 (43.83).This might be due fruit set is the process that involves changes in the ovary, resulting in the formation of fruit. Typically, these changes occur after pollination and fertilization, often stimulated by NAA. The findings are in agreement with Kumar *et al.,*(2011) in strawberry.

Number of fruits per plant

The results displayed in Table 4 and Figure 10 suggest that there was a significant difference innumber of fruits per plant among the different plant growth regulators. At 60 DAT the maximum number of fruits (4.21) was recorded in T_9 with IBA @ 75 ppm + NAA @ 75 ppm and minimum number of fruits (2.83) was recorded in T_0 (control) which were at par with T_1 (2.96) and T_7 (2.96). The number of fruits in T_4 (3.14) and T_5 (3.23) were at par with each other.

Whereas, the number of fruits in T_6 (3.55) and T_8 (3.56) were also at par with each other. However, significant difference was observed in T_1 (2.96) with IBA @ 25 ppm and T_5 (3.23). At final harvest the maximum number of fruits (7.83) recorded in T_6 with NAA @ 50 ppm and minimum number of fruits (4.89) was recorded in T_0 (control 100% water). The number of fruits in T_1 (6.39), T_2 (6.46) and T_3 (6.91) were at par with each other. Whereas, the number of fruits in T_5 (7.23), T_7 (7.26) and T_9 (7.23) were also at par with each other. However, significant difference was observed in T_2 (6.46) with IBA @ 50 ppm and T_4 (7.50) NAA @ 25 ppm. This might be due to NAA effectively reduces the thinning of flowers and fruits, allowing for a larger crop of strawberries to develop. It promotes the formation of flowers, which means more potential fruits can be produced. Additionally, NAA aids in the setting of more strawberries by encouraging cell division and growth. The findings are in agreement with Rathod *et al.*, (2021) in strawberry.

CONCLUSION

On the basis of present experimental research on "Influence of NAA and IBA Foliar Application on Growth attributes of Strawberry (*Fragaria ×ananassa* Duch.) cv. Chandler grown under Open Ventilated Polyhouse" it can be concluded that among different plant growth regulators, the treatment combination ofIBA @75ppm + NAA @75ppm i.e., T_9recordedmaximum plant height, plant spread in E-W, plant spread in N-S, number of leaves per plant, number of runners per plant, length of runners per plant and number of flowers per plant. There were minimum days to first flowering was recorded in T_9 and minimum days to first fruiting was recorded in T_6.However, maximum number of fruits per plant was recorded in treatment T_6 (NAA @75ppm) and minimum was recorded in control.

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Table1 Treatment combinations with their concentrations

Treatments	Treatment combinations	Concentration
T_0	Control	Water 100%
T_1	Indole-3-Butyric Acid	25 ppm
T_2	Indole-3-Butyric Acid	50 ppm
T_3	Indole-3-Butyric Acid	75 ppm
T_4	Naphthalene Acetic Acid	25 ppm
T_5	Naphthalene Acetic Acid	50 ppm
T_6	Naphthalene Acetic Acid	75 ppm
T_7	Indole-3-Butyric Acid + Naphthalene Acetic Acid	25 ppm + 25 ppm
T_8	Indole-3-Butyric Acid + Naphthalene Acetic Acid	50 ppm + 50 ppm
T_9	Indole-3-Butyric Acid + Naphthalene Acetic Acid	75 ppm + 75 ppm

Table 2 Effect of IBA and NAAon Plant height (cm) and Plant spread (East-West & North-South) (cm) of Strawberry

Treatment	Plant height (cm)			Plant spread (East-West & North-South) (cm)					
	30 DAT	60 DAT	At final harvest	30 DAT		60 DAT		At final harvest	
				E-W	N-S	E-W	N-S	E-W	N-S
T_0	6.35	8.40	11.16	7.39	6.76	13.26	14.20	18.37	15.87
T_1	7.65	9.23	11.13	7.35	6.51	14.93	15.13	19.27	17.39
T_2	7.76	10.02	11.45	8.22	7.00	15.13	16.14	19.79	18.27
T_3	8.28	10.29	12.34	9.34	8.18	15.80	16.95	20.19	19.31
T_4	8.37	10.45	12.45	7.94	9.09	16.24	18.27	20.77	19.22
T_5	9.52	11.38	13.35	10.40	9.10	17.06	19.04	22.10	20.45
T_6	10.53	11.86	13.12	10.14	8.19	18.06	17.44	23.20	21.37
T_7	10.39	10.78	12.84	10.26	8.43	17.55	17.40	22.52	21.02
T_8	11.56	12.86	14.59	9.95	10.17	17.97	18.32	23.69	21.45
T_9	12.05	13.42	14.70	10.84	10.46	18.10	19.25	24.41	22.11
$C.D_{(0.05\%)}$	1.35	1.98	NS	2.05	2.32	2.90	NS	NS	NS
SE(m) ±	0.45	0.66	0.83	0.69	0.78	0.97	1.13	1.63	1.52
SE(d) ±	0.64	0.94	1.18	0.97	1.10	1.38	1.60	2.31	2.15
C.V.	8.50	10.63	11.37	13.02	16.16	10.31	11.39	13.20	13.44

Table 3 Effect of IBA and NAA on Number of leaves per plant, Number of runners per plant and Length of runners per plant (cm) of Strawberry

Treatment	No. of leaves per plant			No. of runners per plant		Length of runners per plant (cm)	
	30 DAT	60 DAT	At final harvest	60 DAT	At final harvest	60 DAT	At final harvest
T_0	3.27	5.80	10.54	3.36	5.13	16.96	22.10
T_1	3.64	7.38	11.35	5.13	5.96	18.10	22.20
T_2	3.83	8.75	11.88	4.80	5.50	18.56	22.23
T_3	3.53	8.62	12.85	4.53	6.13	19.13	23.50
T_4	3.54	9.70	12.43	4.43	4.50	17.80	19.93
T_5	3.98	12.93	14.44	4.50	4.93	18.20	19.53
T_6	4.13	11.26	13.85	6.36	6.53	20.50	21.13
T_7	3.62	9.40	12.46	5.20	6.06	18.23	19.63
T_8	4.10	11.60	13.71	5.36	7.16	19.43	21.86
T_9	4.97	13.63	15.36	6.43	8.50	20.16	23.26
$C.D_{(0.05\%)}$	NS	1.46	2.39	0.90	0.84	1.78	2.72
SE(m) ±	0.33	0.49	0.80	0.30	0.28	0.60	0.91
SE(d) ±	0.47	0.69	1.14	0.43	0.40	0.85	1.29
C.V.	15.01	8.63	10.85	10.56	8.14	5.57	7.36

Table 4 Effect of IBA and NAAon Number of flowers per plant, Days to first flowering, Days to first fruiting and Number of fruits per plant of Strawberry

Treatments	Number of flowers per plant		Days to first flowering	Days to first fruiting	Number of fruits per plant	
	35 DAT	At final harvest	DAT	DAT	60 DAT	At final harvest
T_0	2.81	6.81	41.83	52.16	2.83	4.89
T_1	2.91	6.86	40.16	50.50	2.96	6.39
T_2	3.28	7.15	38.80	48.16	3.07	6.46
T_3	3.36	7.15	37.40	46.33	3.45	6.91
T_4	3.27	7.83	35.10	43.43	3.14	7.50
T_5	3.61	7.93	35.66	43.06	3.23	7.23
T_6	3.85	8.16	32.70	41.50	3.55	7.83
T_7	3.09	7.80	35.96	45.16	2.96	7.26
T_8	3.59	8.3	33.50	43.83	3.56	7.03
T_9	4.15	8.96	32.80	42.43	4.21	7.23
$C.D_{(0.05\%)}$	0.43	1.01	1.67	1.57	0.63	1.28
SE(m) ±	0.14	0.34	0.56	0.53	0.21	0.43
SE(d) ±	0.20	0.48	0.79	0.75	0.30	0.61
C.V.	7.43	7.68	2.67	2.01	11.69	10.87

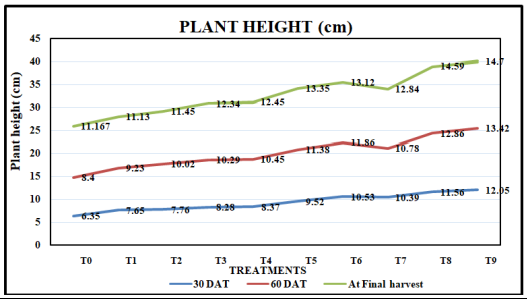

Fig.1. Plant height per plant (cm)as influenced by different concentrations of IBA and NAA

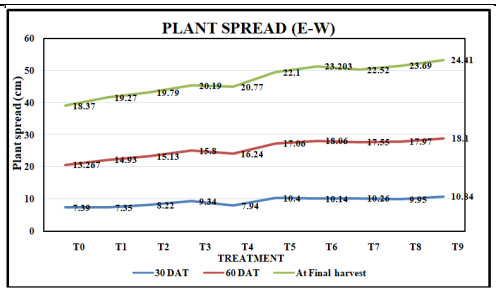

Fig. 2. (E-W) Plant spread per plant (cm)as influenced by different concentrations of IBA and NAA

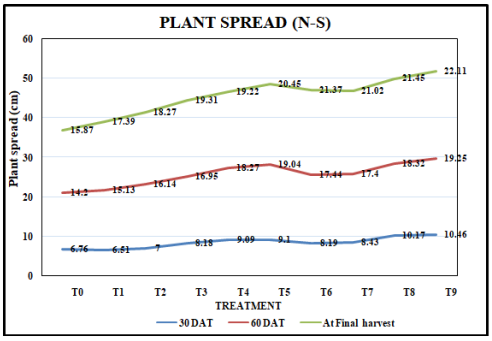

Fig. 3. (N-S) Plant spread per plant (cm)as influenced by different concentrations of IBA and NAA

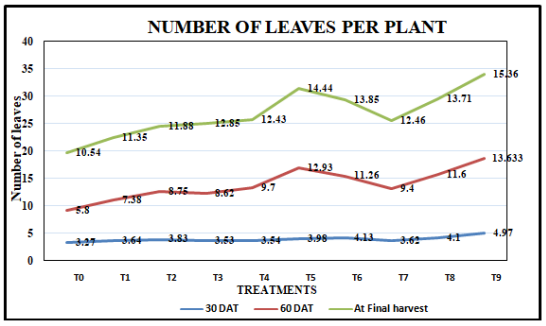

Fig. 4.Number of leaves per plant as influenced by different concentrations of IBA and NAA

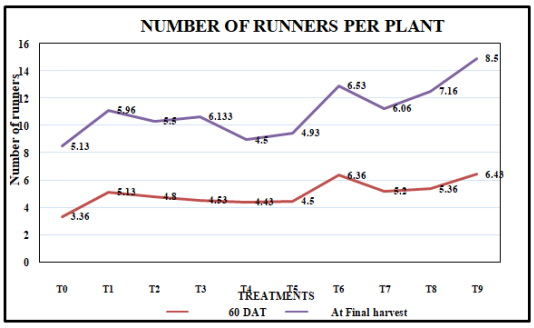

Fig. 5. Number of runners per plantas influenced by different concentrations of IBA and NAA

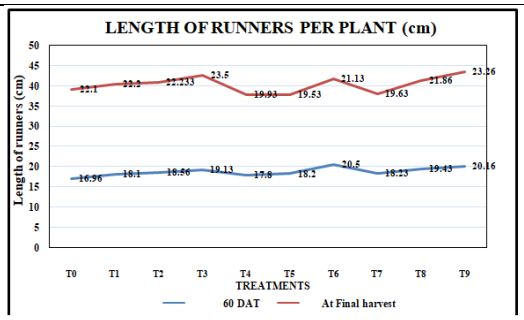

Fig. 6. Length of runners per plant (cm) as influenced by different concentrations of IBA and NAA

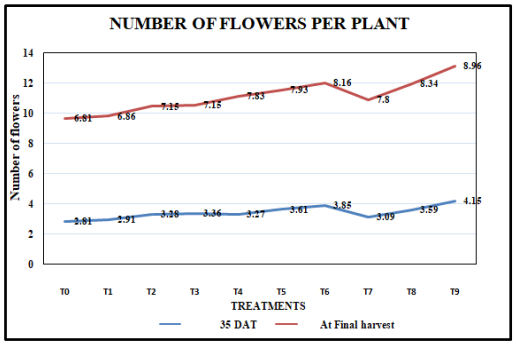

Fig. 7. Number of flowers per as influenced by different concentrations of IBA and NAA

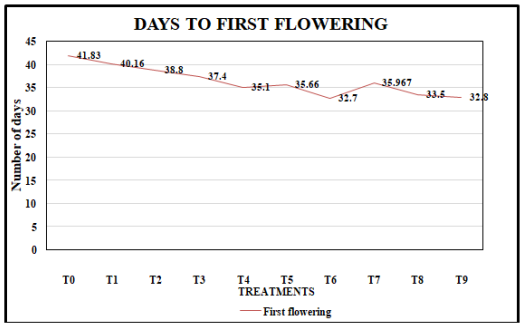

Fig. 8. Days to first flowering as influenced by different concentrations of IBA and NAA

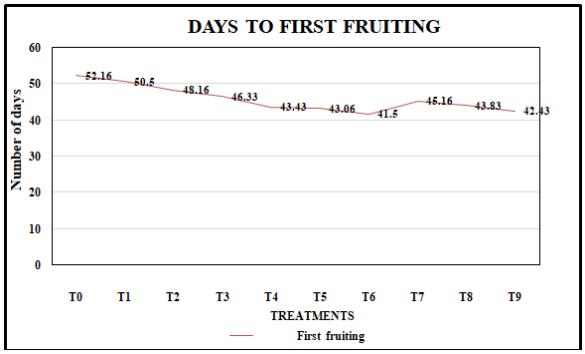

Fig. 9. Days to first fruitingas influenced by different concentrations of IBA and NAA

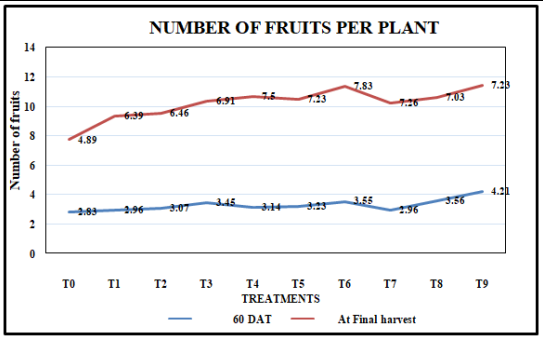

Fig. 10. Number of fruits per plant as influenced by different concentrations of IBA and NAA

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Anticancer Potential of Zeatin in HepG2 Liver Cancer Cell Line

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Received: 11 May 2025 Revised: 28May 2025 Accepted: 24 Jun 2025

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ABSTRACT

Liver cancer remains a major global health challenge, necessitating the exploration of novel therapeutic agents with potent anticancer activity. Zeatin, a naturally occurring cytokinin, has demonstrated diverse biological properties, including antioxidant and anti-inflammatory effects. This study evaluates the biochemical properties and anticancer potential of zeatin against human hepatocellular carcinoma (HepG2) cells. Zeatin's cytotoxic effects were assessed using the MTT assay, while its impact on apoptosis was investigated through AO/EB and PI staining. Additionally, biochemical assays were performed to determine its influence on oxidative stress markers and key apoptotic regulators. Results revealed a dose-dependent reduction in HepG2 cell viability, along with enhanced apoptosis induction and alterations in oxidative stress parameters. These findings suggest that zeatin exerts significant anticancer activity against liver cancer cells, potentially through apoptotic and oxidative stress-mediated pathways. Further molecular studies are warranted to elucidate its precise mechanism of action and therapeutic applicability.

Keywords: Zeatin, HepG2 cells, Apoptosis, Oxidative stress, Cytotoxicity, Liver cancer

INTRODUCTION

Cancer

Cancer is a group of diseases characterized by the uncontrolled growth and spread of abnormal cells in the body. If the spread is not controlled, it can result in death. Cancer can develop in almost any tissue or organ, such as the lungs, breast, colon, skin, or bones. These abnormal cells grow beyond their usual boundaries and can invade adjoining parts of the body and spread to other organs, a process known as metastasis **(1).** Cancer arises from a complex interplay of genetic, environmental, and lifestyle factors. Mutations in DNA, often caused by exposure to carcinogens (like tobacco smoke or radiation), inherited genetic changes, or random errors during cell division, contribute to the transformation of normal cells into cancerous ones.

Liver Cancer

Liver cancer, particularly hepatocellular carcinoma (HCC), is one of the most prevalent and deadly cancers globally, ranking as the sixth most commonly diagnosed cancer and the third leading cause of cancer-related deaths **(2)**. HCC accounts for nearly 90% of primary liver cancers and is often diagnosed at an advanced stage, where curative treatments are limited and the prognosis remains poor. Conventional therapies such as surgical resection, liver transplantation, and chemotherapy offer limited success due to drug resistance, toxicity, and high recurrence rates **(3)**. HCC accounts for nearly 90% of primary liver cancers and is often diagnosed at an advanced stage, where curative treatments are limited and the prognosis remains poor. Conventional therapies such as surgical resection, liver transplantation, and chemotherapy offer limited success due to drug resistance, toxicity, and high recurrence rates **(4).** As such, the search for novel therapeutic agents, particularly those derived from natural sources with lower toxicity profiles, is gaining momentum in oncological research. In this context, phytochemicals, which are naturally occurring compounds in plants, have garnered significant attention for their potential anticancer properties. These bioactive molecules include polyphenols, flavonoids, alkaloids, and plant hormones such as cytokinins. Among cytokinins, zeatin, first isolated from maize (Zea mays), is a plant growth regulator involved in cell division, differentiation, and delay of senescence **(5).**

Chemically, zeatin is an adenine derivative with structural similarity to purines, which allows it to interact with various cellular pathways not only in plants but potentially in mammalian cells as well **(6).** Recent studies have demonstrated that zeatin and its derivatives may exhibit antioxidant, anti-inflammatory, and antiproliferative effects in vitro**.** These properties suggest a possible role in the modulation of cancer-related processes such as oxidative stress, apoptosis, and cell cycle regulation. In cancer cells, oxidative stress is often elevated, contributing to genomic instability and tumor progression. However, increased reactive oxygen species (ROS) can also be exploited to trigger apoptosis in cancer cells, and agents that modulate ROS levels are being investigated as potential chemotherapeutic agents **(7).** Furthermore, preliminary investigations into the cytotoxic effects of cytokinins on human cancer cell lines have revealed that zeatin can induce apoptosis, suppress proliferation, and affect mitochondrial function in a dose-dependent manner **(8).** However, the specific molecular mechanisms by which zeatin exerts its anticancer effects, particularly in human liver cancer cells, remain underexplored. Understanding its impact on cellular metabolism, ROS generation, and apoptotic markers could provide significant insights into its potential as an anticancer agent.

The present study is designed to biochemically evaluate the effects of zeatin on human liver cancer cells focusing on its influence on cell viability, oxidative stress markers (such as lipid peroxidation, glutathione levels, and antioxidant enzyme activity), mitochondrial membrane potential, and apoptotic proteins (e.g., caspases, Bcl-2 family proteins). Through this investigation, we aim to establish a clearer understanding of the anticancer potential of zeatin, laying the groundwork for its future development as a natural therapeutic or adjunctive agent in liver cancer treatment. The MTT assay is used to assess cell viability and metabolic activity following treatment with zeatin, providing a quantitative measure of cytotoxicity. To determine whether cell death is due to apoptosis, Acridine Orange/Ethidium Bromide (AO/EB) dual staining is applied, which allows visual differentiation between viable, apoptotic, and necrotic cells under fluorescence microscopy. Additionally, Propidium Iodide (PI) staining coupled with flow cytometry is

performed to analyze the distribution of cells across different phases of the cell cycle and detect any zetain-induced arrest at G1, S, or G2/M phases. Together, these methods offer a comprehensive evaluation of zeatin anticancer potential and its mechanisms of action in liver cancer cells.

Natural Plant Hormones as Emerging Anticancer Agents

While plant hormones are traditionally associated with plant development, many of them exhibit biological activity in mammalian cells. Cytokinins, such as zeatin, have shown anti-proliferative, anti-angiogenic, and pro-apoptotic effects in cancer cells. Their mechanisms may include DNA intercalation, inhibition of kinases, and interference with mitochondrial function. In a study by zeatin riboside was found to induce apoptosis in leukemia and colon cancer cell lines, causing nuclear condensation, cytochrome c release, and caspase activation. These observations suggest that cytokinins may act through both intrinsic and extrinsic apoptosis pathways **(9).** Zeatin may also inhibit angiogenesis, a key process in tumor growth and metastasis, by downregulating VEGF expression. This multi-targeted approach makes cytokinins promising candidates for cancer therapeutics **(10).**

Zeatin

Zeatin is a naturally occurring plant hormone that belongs to the cytokinin group. It plays a vital role in promoting cell division, stimulating shoot formation, delaying leaf aging (senescence), and enhancing overall plant growth and development. First discovered in maize (corn) kernels, zeatin is also found in other plant tissues and coconut milk. Among its two forms—cis-zeatin and trans-zeatin—the trans form is considered more biologically active. Zeatin not only supports seed germination and fruit development but also helps in nutrient mobilization within the plant. Because of these properties, it is widely used in plant tissue culture and agricultural practices to improve crop quality and yield **(11**).

Pharmacology of Zeatin

Zeatin, a cytokinin plant hormone, exerts its pharmacological effects primarily by interacting with cytokinin receptors in plant cells, leading to the activation of signaling pathways that regulate gene expression associated with cell division, differentiation, and organogenesis. It binds to specific histidine kinase receptors such as AHKs (Arabidopsis Histidine Kinases), initiating a phosphorelay system that ultimately modulates transcription factors like ARR (Arabidopsis Response Regulators). These changes promote mitotic activity, delay senescence, and stimulate protein synthesis. Zeatin also influences chloroplast development and enhances resistance to stress by modulating antioxidant enzyme activities. In tissue culture, zeatin is widely used to induce shoot proliferation and maintain callus growth. Its stability and ability to resist rapid degradation make it a preferred cytokinin in experimental and commercial plant propagation systems **(12).**

Cell Cycle Regulation in Cancer and Potential Intervention by Zeatin

The cell cycle is a tightly regulated process that ensures the accurate replication and division of cells. It involves sequential phases—G1, S, G2, and M—controlled by cyclins and cyclin-dependent kinases (CDKs)**(13).** Checkpoints at G1/S and G2/M monitor DNA integrity and cell readiness for division, halting progression when damage is detected. In cancer, including hepatocellular carcinoma (HCC), these checkpoints are frequently bypassed due to mutations or deregulation of key proteins like p53, p21, and cyclin D1, leading to uncontrolled cell proliferation and tumor progression. Recent research has highlighted the potential of plant-derived compounds to modulate the cell cycle and suppress tumor growth. Zeatin, a naturally occurring cytokinin, has shown promising anticancer effects in various in vitro studies. Evidence suggests that zeatin and its derivatives can induce cell cycle arrest, particularly at the G2/M and S phases, by modulating the expression of cyclins, CDKs, and CDK inhibitors. It has also been observed to upregulate p21 and downregulate proliferative markers like PCNA and Ki-67, thereby slowing down the replication machinery in cancer cells.

In liver cancer cells, zeatin's ability to interfere with cell cycle regulation may offer a novel therapeutic avenue. Its structural similarity to purines may enable it to disrupt DNA synthesis or activate DNA damage response pathways, halting cell division and promoting apoptosis. Further studies using flow cytometry, Western blotting, and gene

expression analysis can clarify its exact mechanism. If validated, zeatin could serve as a potential lead compound or adjuvant in the treatment of liver cancer, offering a natural and less toxic alternative to conventional chemotherapeutics.

MATERIALS AND METHODS

Cell Culture

HepG2 liver cancer cell line was purchased from NCCS, National Centre for Cell Sciences, Pune, India. The cells were maintained in DMEM medium containing 100 mg/L penicillin and 100 mg/L streptomycin supplemented with 10% foetal bovine serum at 37 C in a 5% C02 atmosphere. subculturing was done after the cells reached 80%-90%confluency. Prior to passaging, the media was discarded, and the cells were washed using 2 ml of PBS. The cells were then trypsinized with 2 ml of trypsin and incubated in a CO_2 incubator in a CO_2 incubator for 2 minutes to encourage cell detachment. 2 ml of serum containing media was added to the flask to inactivate the trypsin. The cells were centrifuged at 900 rpm for 3 minutes. The supernatant was discarded and the pellet was collected by gentle aspiration. The supernatant was discarded, and the pellet was collected by gentle aspiration. The pellet was suspended in growth media supplemented with 10% FBS. The cells were then seeded into 6 well and 96 well plates and incubated for 24 hours. Figure 1 represents the HepG2 cells on a 96 well plate.

Stock Preparation of Zeatin

ZEATIN (white crystalline powder form) was purchased from Himedia. The drug stock was prepared by dissolving 10mg of zeatin in 100 ul of ethanol. 10 ul from this stock is taken and dissolved in 1ml of DMEM medium and rapidly vortexed. This stock was then stored at 4c for future use (figure 2).

Assessment of Cytotoxicity of Zeatin –Mtt Assay in Hepg2 Cell Line

HepG2 liver cancer cells were plated in 96-well microplates with DMEM culture medium supplemented with 10% FBS and incubated at 37 c and 5% CO2, overnight. The next day, the cells were subject to treatment with zeatin for periods of 24 and 48 hours in varying concentrations from 5 to 50 ug/ml. The MTT dye was prepared by mixing 5 mg/ml of MTT in PBS. 50 µlof MTT solution was added to each well of the 96 well plate, The plate was wrapped in aluminium foil and incubated at 37 C for 3 hours Over the formazan precipitates formed, DMSO was added to each well to solubilize the crystals. The absorbance was taken at 570 nm concentration on the x axis and % inhibition on the y axis. The serves as a control to check the comparative effect of zeatin on liver cancer as well as normal cells (TOLOSA, DONATO AND GOMEZ-LECHON, 2015)

Assessment of Anticancer Activity of Zeatin –Mtt Assay on Hepg2 Cell Line

HepG2 liver cancer was plated in 96-well microplates, with DMEM culture medium supplemented with 10% FBS and incubated at 37 C and 5% CO2 overnight. The next day, the cells were subject to treatment with zeatin, for periods of 24 and 48 hours in varying concentrations from 5 to 50 ul /ml. The MTT dye was prepared by mixing 5 mg/ml of MTT in PBS. 50 ul of MTT solution was added to each well of the 96 well plate. The plate was wrapped in aluminium foil and incubated at 37 C for 3 hours. Over the formazan precipitates formed and DMSO was added to each well to solubilize the crystals. The absorbance was taken at 570 nm using a microplate reader. The data obtained were then plotted in a graph with concentration on the x axis and % inhibition on the y axis and the IC50 value was found (TOLOSA, DONATO, GOMEZ-LECHON, 2015).

Apoptosis Detection – Ao/Eb Staining

Acridine Orange (AO) and ethidium bromide (EB) staining is a widely used technique for evaluating cell viability and assessing apoptotic and necrotic cell populations within a sample. In liver cancer cell response to treatment. AO permeates both live and death cells, emitting green fluorescence upon integrity, emitting red fluorescence upon binding to nucleic acids. Live cells typically exhibit green fluorescence, whereas apoptotic cells may display a mix of green and orange fluorescence, and necrotic cells appear predominantly red or yellow. By analysing the relative

proportions of these fluorescent population under a fluorescence microscope we can gain insights into the efficacy of anti cancer treatments, mechanism of cell death, and overall cell viability in liver cancer cells.

***In vitro* Studies**

Assessment of anti

cancer activity of zeatin –MTT assay on HepG2 liver cancer

50 ul of MTT solution was added to each well of the 96 well plate. The plate was wrapped in aluminium foil and incubated at 37 C for 3 hours, over the formazan precipitates formed. DMSO was added to each well to solubilize the crystals. The absorbance was taken at 570 nm using a microplate reader. The data obtained were then plotted in a graph with concentration on the X axis and % inhibition on the y axis and the IC_{50} value was found. The IC_{50} value was found to be 14 ug/ml after 24 hours of drug treatment and 25 ug/ml after 48 hours of drug treatment.

Apoptosis Detection –AO/EB Staining

AO/EB dual staining was done on the HepG2 liver cancer after 24 hrs and 48 hours of drug treatment and images were taken in fluorescence microscopy. AO permeates both live and dead cells, emitting red fluorescence while EB only enters cells with compromised membrane integrity emitting red fluorescence upon binding to nucleic acid. The bright green dot represents cells in the early apoptotic stage with fragmented nuclei while the necrotic cells appear yellow.

RESULTS AND DISCUSSION

MTT assay

The cytotoxic potential of Zeatin against human hepatocellular carcinoma (HepG2) cells was evaluated using the MTT assay, a widely accepted method for assessing cell metabolic activity as an indicator of cell viability, proliferation, and cytotoxicity. HepG2 cells were treated with increasing concentrations of Zeatin (ranging from low to high doses) for 24 hours, and the resulting cell viability was measured by the reduction of MTT to formazan crystals by mitochondrial dehydrogenases in viable cells. The results demonstrated a clear dose-dependent decrease in cell viability, indicating that Zeatin exerts cytotoxic effects on HepG2 cells in a concentration-dependent manner. Lower concentrations exhibited mild inhibitory effects, while higher concentrations showed a substantial decline in viability. The absorbance values measured at 570 nm showed a progressive reduction with increasing concentrations of Zeatin, supporting its inhibitory impact on the proliferation of HepG2 cells. Statistical analysis confirmed the significance of the observed effects, with notable reductions in viability starting from mid-range concentrations. The half-maximal inhibitory concentration (IC_{50}) of Zeatin was calculated to be approximately 32.5 μg/mL, highlighting its potent cytotoxic action at this concentration. Morphological changes in Zeatin-treated HepG2 cells were also visually observed under an inverted phase-contrast microscope, showing typical signs of cellular stress, including cell shrinkage, rounding, and detachment from the surface—further supporting the MTT findings. These changes were more pronounced at concentrations near and above the IC_{50} value, correlating with the decreased viability observed in the colorimetric assay.

The MTT assay results provide compelling evidence that Zeatin effectively inhibits HepG2 cell growth and viability in vitro. Compared to untreated control cells, which maintained high metabolic activity and normal morphology, the treated cells demonstrated significant alterations in viability, suggesting that Zeatin's cytotoxicity is specific and impactful within a defined concentration range. These findings serve as a preliminary yet promising indication of Zeatin's anticancer potential and warrant further investigation through mechanistic studies, including apoptosis assays, oxidative stress analyses, and gene expression profiling. Additionally, the consistent and reproducible nature of the MTT results adds to the reliability of Zeatin as a potential therapeutic candidate. The clear dose-response relationship observed suggests that Zeatin may engage with specific intracellular pathways that regulate cell proliferation and survival, and its IC_{50} value of 32.5 μg/mL (Figure 3) serves as a benchmark for downstream experiments assessing molecular mechanisms of cell death. Taken together, these results emphasize that Zeatin exerts

substantial cytotoxic effects on liver cancer cells in vitro, thereby supporting its role as a viable candidate for further preclinical evaluation in hepatocellular carcinoma therapy **(14).**

Morphological analysis

The morphological assessment of HepG2 liver cancer cells**(15)** following treatment with Zeatin at its IC_{50} concentration (32.5 µg/mL) revealed distinct and significant alterations in cellular structure when compared to untreated control cells. Under normal conditions, control HepG2 cells displayed a typical epithelial-like morphology, characterized by a uniform monolayer of polygonal cells with intact cell membranes, well-defined borders, and strong adherence to the culture surface. These cells maintained normal nuclear integrity and cytoplasmic clarity, appearing healthy and proliferative with minimal signs of stress. In contrast, cells treated with Zeatin at the IC_{50} concentration 32.5 µg/mL for 24 hours exhibited marked morphological changes indicative of cytotoxic and apoptotic effects. These included a noticeable reduction in cell density and surface adherence, cell shrinkage, rounding of cells, and loss of the characteristic polygonal shape. Treated cells also showed membrane blebbing and cytoplasmic condensation—classic hallmarks of early apoptotic processes. In several treated fields, cellular debris and apoptotic bodies were evident, suggesting progression toward late apoptosis. These visual observations were consistent across multiple microscopic fields and were captured using an inverted phase-contrast microscope at 20× magnification. The overall architecture of the cell monolayer was disrupted following Zeatin treatment, and treated cells appeared more isolated, with diminished cell-cell contact, in stark contrast to the confluent monolayer observed in the control group.

The presence of these apoptotic features supports the findings of the MTT assay and further confirms the cytotoxic and anti-proliferative nature of Zeatin at its IC_{50} concentration 32.5 µg/mL. Notably, the visual evidence of nuclear condensation and membrane disruption aligns with the cellular events typically associated with programmed cell death. Moreover, these observations suggest that Zeatin may impair cellular adhesion and cytoskeletal integrity, leading to morphological deformation and detachment from the extracellular matrix. The contrast between treated and untreated cells provides strong visual confirmation of Zeatin's bioactivity against HepG2 cells, reinforcing the biochemical and viability assay data. In addition, no signs of necrotic swelling or lysis were observed, indicating that the mode of cell death was more likely apoptotic rather than necrotic**.** These results offer important qualitative evidence of Zeatin's impact on cancer cell structure and survival, thereby validating its role in inducing cytomorphological changes consistent with apoptosis. The observed morphological alterations at the IC_{50} concentration serve as crucial visual biomarkers of drug efficacy and may guide further studies investigating the ultrastructural and molecular mechanisms of Zeatin-induced cell death. Collectively, the morphological data underscore the anticancer potential of Zeatin in hepatocellular carcinoma by demonstrating profound structural changes in liver cancer cells upon treatment, thus highlighting its value as a candidate compound for therapeutic development (figure 4).

Necrosis Assay (PI staining)

Propidium iodide (PI) staining was employed to assess the morphological changes associated with late apoptosis and cell death in HepG2 liver cancer cells following treatment with Zeatin at its IC_{50} concentration (32.5 µg/mL). In the untreated control group, HepG2 cells displayed normal nuclear morphology, with minimal or no PI staining, indicating intact cell membranes and viable cells. The nuclei in these cells appeared faint and uniform, with no signs of chromatin condensation or nuclear fragmentation. In contrast, cells treated with Zeatin exhibited significant morphological alterations consistent with apoptotic cell death. PI staining revealed intense red fluorescence in the nuclei of treated cells, indicating compromised membrane integrity—a hallmark of late-stage apoptosis or necrosis. These cells also displayed classical apoptotic features such as nuclear condensation, fragmentation, and irregular nuclear shapes. A marked increase in the number of PI-positive cells was observed in the treated group compared to the control, confirming enhanced cell death upon exposure to Zeatin. The high-intensity nuclear staining observed in Zeatin-treated cells further supports the disruption of membrane permeability, which is typically observed during apoptosis. Additionally, treated cells appeared more rounded and detached, with clear loss of normal cellular morphology, further emphasizing the cytotoxic effect of Zeatin. The stark contrast between control and treated

groups demonstrates that Zeatin induces significant nuclear damage and loss of membrane integrity in HepG2 cells at IC_{50} concentration. These findings correlate well with MTT assay results and reinforce the pro-apoptotic activity of Zeatin**(16)**. The PI staining results provide strong visual confirmation of Zeatin-induced cell death, underscoring its potential as a therapeutic agent targeting hepatocellular carcinoma through membrane-disruptive and apoptosis-mediated mechanisms (figure 5)

AO/EB Staining

Acridine orange/ethidium bromide (AO/EB) dual staining was performed to assess the morphological features associated with apoptotic and necrotic cell death in HepG2 liver cancer cells following treatment with Zeatin at its IC_{50} concentration (32.5 μg/mL), in comparison with untreated control cells. In the control group, cells exhibited bright green fluorescence with round, intact nuclei, indicating a predominance of viable cells with intact membranes and no evidence of nuclear damage. These control cells showed typical morphology with normal cytoplasmic and nuclear architecture, suggesting healthy proliferation and minimal spontaneous apoptosis under standard conditions.

In contrast, HepG2 cells treated with Zeatin displayed marked fluorescence changes indicative of apoptosis and compromised membrane integrity. AO/EB staining allows for the differentiation between viable, early apoptotic, late apoptotic, and necrotic cells based on differential uptake and fluorescence color: acridine orange stains both live and dead cells green by intercalating into DNA, while ethidium bromide only enters cells with damaged membranes and stains their nuclei orange to red. Upon Zeatin treatment, a significant population of HepG2 cells exhibited yellow-orange to reddish fluorescence with condensed or fragmented nuclei, signifying early and late apoptotic stages. Many cells also showed membrane blebbing, chromatin condensation, and apoptotic body formation—classic morphological features of apoptosis. The appearance of orange to red nuclei with dense chromatin in treated cells confirmed the progression of apoptosis and disruption of membrane integrity. Furthermore, a visible reduction in the number of viable green-fluorescent cells was noted, with a corresponding increase in apoptotic and necrotic cells, suggesting Zeatin-induced cytotoxicity is primarily mediated via apoptosis **(17).**

The proportion of early apoptotic cells (greenish-yellow with condensed chromatin) and late apoptotic/necrotic cells (bright orange-red with fragmented nuclei) increased significantly compared to the control, reflecting the dose-specific activity of Zeatin at IC_{50} concentration. These observations were consistent across multiple microscopic fields and were captured under a fluorescence microscope using a green-red filter combination. The treated cells appeared shrunken, with disrupted morphology, loss of adherence, and reduced intercellular contact—further supporting the induction of programmed cell death. The distinct shift in nuclear morphology and fluorescence intensity clearly distinguished apoptotic cells from viable cells, confirming that Zeatin triggers significant apoptotic cell death in HepG2 cells (18).

The AO/EB staining results complement the findings of the MTT and PI assays, providing visual and qualitative evidence of Zeatin's pro-apoptotic action **(19)**. The clear morphological distinction between untreated and treated cells underscores the potent cytotoxic nature of Zeatin and its ability to activate apoptotic pathways in liver cancer cells. These results collectively demonstrate that Zeatin induces apoptosis in HepG2 cells through morphological and nuclear alterations detectable by AO/EB staining, and further support its potential as an effective anticancer compound targeting hepatocellular carcinoma. The consistency of apoptotic features across treated fields strengthens the conclusion that apoptosis, rather than necrosis, is the primary mode of cell death induced by Zeatin in this experimental setting (20).

CONCLUSION

Zeatin exhibits significant anticancer activity against HepG2 liver cancer cells by inducing dose-dependent cytotoxicity and apoptosis. Morphological alterations and nuclear staining confirm Zeatins role in disrupting cell

structure and promoting programmed cell death. These findings highlight Zeatins potential as a promising natural compound for hepatocellular carcinoma therapy. Further studies are needed to explore its molecular mechanisms and therapeutic applicability.

Declaration of Competing Interest

The authors claim that no known conflicting financial interests or personal relationships appeared to have an impact on the work that was published in this paper.

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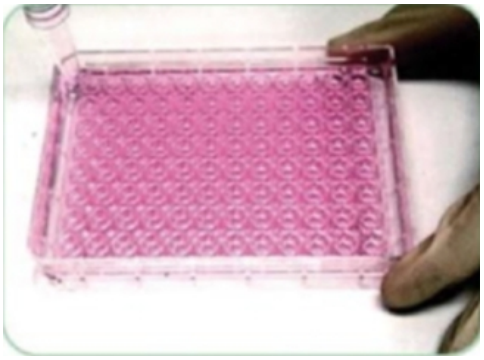

Figure 1. HepG2 Cells seeded on a 96 well plate.

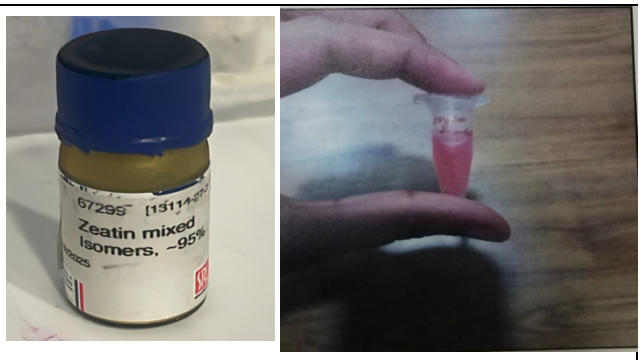

Figure 2. Zeatin and proper Stock preparation from Zeatin

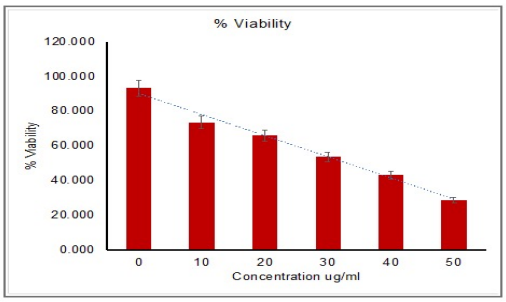

Figure 3. Proliferation rates based on the MTT assay for HepG2 liver cancer cells

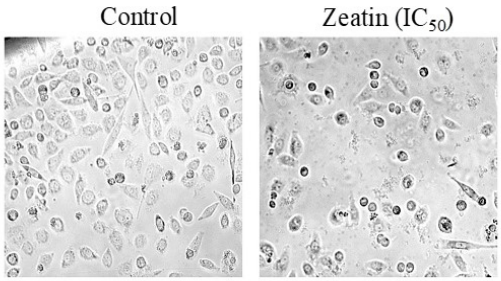

Figure 4. Morphological analysis of HepG2 liver cancer cells treated with IC_{50} concentrations of zeatin (32.5 µg/mL) for 24 hrs.

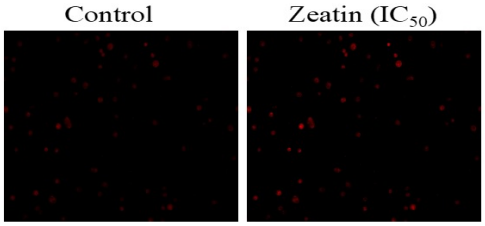

Figure 5. Morphological analysis by PI staining of HepG2 liver cancer cells treated with IC_{50} concentrations of zeatin 32.5 µg/mL for 24 hrs.

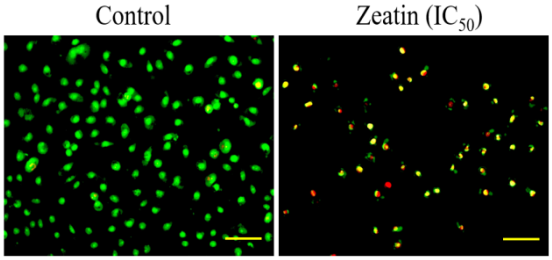

Figure 6 Morphological analysis by AO/EB staining of HepG2 liver cancer cells treated with IC_{50} concentrations of zeatin 32.5 µg/mL for 24 hrs.

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Psychological Counselling Needs and Academic Achievement of Students of 9th Class

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Received: 31 Jan 2025 Revised: 25 Jun 2025 Accepted: 05 Jul 2025

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ABSTRACT

The current study seeks to examine and evaluate the psychological counseling needs of 9th-grade students studying in private and government schools in G.B. Nagar. For this purpose, the Psychological Counseling Need Scale (PCNS-CA) was used that was prepared by Dr.VijayaLaxmi and Mrs.GunjanGanotraArora. This research is descriptive in nature and involves a sample population that is composed of students from private as well as government schools. For ensuring representation, the schools were randomly selected, and then 75 male and 75 female students were randomly chosen from each of the selected schools, thus applying a stratified random sampling technique. The findings of the study revealed no significant differences in the psychological counseling needs based on gender comparisons, which shows that male and female students have similar counseling requirements.

Keywords: Psychological Counseling, Private School, Government School, Gender, Comparison.

INTRODUCTION

Such studies conducted across the world emphasize the importance of psychological counseling in building healthy mental and emotional skills among adolescents, especially in schools. However, there is a lack of adequate discussions and research in the Asia-Pacific region about the specific strategies that can be pursued for psychological counseling; how schools can be built into effective settings for its application; and how such counseling interventions can work to counter issues related to gender equity and equality in education. In many ways, the establishment of broad educational goals for any society relies on the creation of strong psychological counseling programs in schools. Such programs are very instrumental in bringing out gender-responsive approaches that will contribute greatly to

the wholesome development of students. Psychological counseling in school environments is not restricted to only achieving academic excellence but the entire development of a student, including social, emotional, and personal.
In educational settings, "school counseling" refers to a professional service aimed at addressing a student's developmental needs, including academic, career, and personal growth. School counseling is most effective when it is comprehensive, preventive, and developmental, helping students to achieve both their immediate goals and long-term aspirations. The other one, however, is called "guidance," which involves more specific assistance in guiding the student to a decision on issues such as choice of career or future lifestyle. The difference between counseling and guidance is the nature of intervention involved. Guidance essentially assists in deciding values, while counseling is mostly concerned with enabling behavior change that will support those decisions. Adolescence is very much a time of big change and is often riddled with difficulties. For all these reasons, it goes without saying that the years of adolescence are identified with physical, emotional, and social growth that makes a student face numerous challenges in academic achievement, peer relationships, identity formation, and future aspirations. Unless such challenges are adequately taken care of, they become causes of maladaptive behavior, social alienation, and underachievement in academics that could be consequential for a long time ahead. No doubt education is the only thing that will shape the future of a nation. The phrase "education is the foundation of any society" depicts the vital role education plays in determining a country's development. However, adolescents today are distracted by social matters, causing a decline in academic engagement. When this happens, a society may stagnate, as its youth fails to embrace the importance of education. Therefore, it is very important to help students with counseling programs so that they can come back to school properly. Counseling programs for the students act as an important channel to help the students overcome the problem and succeed academically in their study. Thus, it helps them in achieving the broader objectives of educational development. This study seeks to examine the link between secondary school students' academic success and their psychological counseling needs.

To guide this study, the following research questions were formulated:
(i) What is the relationship between the academic performance of secondary school students and their psychological counseling needs?
(ii) How do students from private schools and government schools differ in their academic achievements and psychological counseling needs?
(iii) Is there a gender-based difference in the psychological counseling needs of secondary school students?
Thus, the central problem of the research is stated as the relationship between the academic achievements of the secondary school students and their psychological counseling needs.

Literature Review

Extensive literature reviews are the groundwork for the study. It brings about a deficiency in the given knowledge and hence provides a very clear understanding regarding the relevance of the research being conducted and also its necessity. The literature study is based upon studies from the Indian as well as from the Western backgrounds, thus considering the global views on the concerned topic.

Scholastic Achievements

Academic performance has become an important determinant of a student's future prospects in today's highly competitive world. It has long been considered a central objective of educational systems, with students expected to excel in their studies across cultures. Through academic achievement, students gain an understanding of their abilities, competencies, and potential career pathways. Research has consistently demonstrated that academic success is closely linked with adolescents' career aspirations (Abu-Hilal, 2000). The reviewed studies on academic achievement shed light on several factors that influence students' success in school and beyond. A qualitative study by Ryan (2007) consisted of semi-structured interviews with eight school counselors working with adolescents in secondary schools. The purpose of the study was to explore how counseling interventions might contribute to students' academic success. The counselors identified three main areas that counseling could affect students positively, which include developmental, social, and academic perspectives. The study revealed that the interventions did not focus on students' academic achievements but were influential in improving their general

adjustment, thereby affecting their performance positively. Ryan's work also pointed toward the requirement for more research concerning the integration of counseling and educational philosophy in boosting the achievements of students in the secondary education circle. Sarfaraz Ahmad (2012) carried out a study focusing on the impacts of the socio-emotional setting of schools in Kanpur City in terms of altering the academic outcome of adolescent boys. The target population consisted of 250 samples of adolescent boys, which were the higher secondary students. This suggests that there are significant differences between students from private and aided schools in terms of academic achievement. Additionally, a significant relationship existed between the socio-emotional school environment and academic performance, thereby indicating that positive and supportive schooling environments are more likely to nurture better academic achievements.

Psychological Counseling Needs and Academic Achievement

Psychological counseling plays a significant role in the handling of many personal, academic, and social problems that teenagers face. Whenever a student experiences problems, including academic failure, crises in relationships, or emotional turmoil, counseling is sought as a means of resolving these issues. Counseling is basic support for a student's emotional and psychological problems, which would largely improve their academic level. Many research studies have focused on the relationship between academic success and the psychotherapeutic needs of students, and thus explain the role of counseling in improving academic performance. Rajkumar *et al.* (2016) conducted a study with 175 students aged between 14 to 17 years from both private and government schools in Tamil Nadu. The result showed that, as the age of the students progressed, social dysfunction and poor adjustment increased across all categories. Government school students had more somatic symptoms as compared to private school students and students from the English medium were more socially dysfunctional than those of Tamil medium students. Moreover, the study indicated that day scholars had poorer social adjustments as compared to hostellers. These results highlighted the strong relationship between mental health and social adjustment, and that poor mental health results in greater challenges for academic and social adjustment. Lawrence (2017) discussed the well-being of 200 higher secondary school students in the Cheranmahadevi Educational District of Tirunelveli. The study indicated that the nature of school significantly differed the well-being of the students physically, emotionally, and academically. It differed according to school location, the type of school, and also according to the gender of the student. Students in the aggregate were different as boys were found to differ from girls; rural students showed differences compared to urban students. It also was found that no significant difference existed in well-being between nuclear and joint families. This shows that family structure does not have much of a difference in the general well-being for this context. Rathee and Thakran (2017) examined the link between well-being and study habits among 80 senior secondary school students from Haryana. Their findings indicated a positive correlation between students' overall well-being and their study habits. The study concluded that students who developed effective study habits tended to report higher levels of psychological well-being.

A study by Roslan *et al*. (2017) examined the psychological well-being of 192 Malaysian postgraduate students and its relationship with several demographic factors. The findings revealed that the older students (above 41 years of age) had the highest levels of psychological well-being, with personal growth as the most dominant dimension of well-being. The study also revealed that students under 25 had a stronger sense of self-acceptance compared to those between 26 and 30. Furthermore, students studying educational psychology reported better interpersonal relationships than those studying curriculum design. A study by Easow and Ghorpade (2017) explored the psychological well-being of high school students and found that 84% of the students reported satisfactory psychological well-being. The study highlighted that self-esteem, social environment, mental balance, and sociability were strongly linked to students' psychological well-being. Potdar *et al*. (2018) conducted their research on 600 secondary school-going students in Karad; the results of their analysis concluded that the educational levels of mothers were highly correlated with the students' psychological well-being. It was reported that more than half of the participants reported good psychological well-being, and 41% reported psychological distress, indicating that more attention should be paid to the family and environmental factors related to students' mental health. Rohit (2018) studied the psychological well-being of 120 higher secondary students and found no significant differences in their well-being on the basis of the stream of study, be it arts or commerce. There were also no significant differences

between genders in terms of psychological well-being. Kaur, 2019 carried out research on the wellbeing of 640 students in the secondary schools in Punjab. From the study, it was estimated that about 33% had high wellbeing while 65% had moderate wellbeing with the rest reporting low wellbeing. Wellbeing is reportedly higher for the urban students than that of the rural students. Harding *et al.* (2019) discussed the relationship of stress, protecting factors, and psychological well-being with 152 New Zealand-based students. Psychological well-being significantly resulted from protective factors such as resilience, mindfulness, family support, and self-efficacy. Students were shown to demonstrate more autonomy and self-acceptance and those who got higher family supports along with being higher in level of resilience and mindfulness.

Objectives of the Study

(i) To compare the level of Psychological Counselling Needs between private school and government School male students of 9th class.
(ii) To find out the difference in the level of Psychological Counselling Needs between private school and goverment School female students of 9th class.
(iii) To compare the level of Psychological Counselling Needs between private School male and female students of 9th class.
(iv) To find out the difference in the level of Psychological Counselling Needs between government School male and female students of 9th class.

Hypotheses of the Study

(i) There is no significant difference in the level of the Psychological Counselling Needs between the private and goverment School male students of 9th class.
(ii) There is no significant difference in the level of Psychological Counselling Needs between private and goverment School female students of 9th class.
(iii) There is no significant difference in the level of Psychological Counselling Needs between the private School male and female students of 9th class.
(iv) There is no significant difference in the level of Psychological Counselling Needs between the goverment School male and female students of 9th class.

METHODOLOGY

For the present study, the investigators adopted Descriptive Research Method. The population of the present study comprises of privete and government School students of 9th class of G.B.Nagar. The investigators randomly selected privete and government schools where 75 male and 75 female students were randomly selected from each school which means that the investigator employs Stratified Random Sampling technique. Psychological Counselling Need Scale (PCNS-CA) developed by Dr.VijayaLaxmiChouhan and Mrs.GunjanGanotraArora was used by the investigators and statistics such as mean, standard deviation and t-test were used for analysing the data.

Analysis and Interpretation

Objective

Comparison of level of Psychological Counselling Needs of privete and government School class 9th male students of G.B.Nagar city. The following table 1 highlights the mean, standard deviation (SD), degrees of freedom (df) and t-value of the Psychological Counselling Needs of class 9th male students of G.B.Nagarcity. As shown in table1,the Mean score of private and government School male students are 81.7 and 82.3 respectively and their Standard Deviation are 6.6 and 9.9. The calculated t-value is 0.48 with df 148 which is smaller than the critical value at the required level of significant. Therefore, the null hypothesis that assumes there is no significant difference between the psychological counselling needs among the private and government School male students of class 9th students is accepted.

Objective 2

Comparison of level of Psychological Counselling Needs of private and government School female students of class 9th. The following table 2 highlights the mean, standard deviation (SD), degrees of freedom (df) and t-value of the Psychological Counselling Needs of private and government School female students of class 9th. As shown in table 2, the Mean score of private and government School female students are 80.1 and 81.2 respectively and their Standard Deviation are 8.8 and 6.7. The calculated t-value is 0.84 with df 148 which is smaller than the critical value at the required level of significant. Therefore, the null hypothesis that assumes there is no significant difference between the psychological counselling needs among the private and government School female students of class 9th is accepted.

Objective3

Comparison of level of Psychological Counselling Needs of private School male and female students of 9th. The following table 3 shows the mean, standard deviation (SD), degrees of freedom (df) and t-value of the Psychological Counselling Needs of private male and female students of class 9th. As shown in table 3, the Mean score of private School male and female students are 81.7 and 80.1 respectively and their Standard Deviation are 6.6 and 8.8. The calculated t-value is 1.24 with df 148 which is smaller than the critical value at the required level of significant. Therefore, the null hypothesis that assumes there is no significant difference in the psychological counselling needs between the private School male and female students of class 9th is accepted.

Objective 4

Comparison of level of Psychological Counselling Needs of government School male and female students of class 9th. The following table 4 highlights the mean, standard deviation (SD), degrees of freedom (df) and t-value of the Psychological Counselling Needs of government School male and female students of class 9th. As shown in table 4, the Mean score of government School male and female students are 82.3and 81.2 respectively and their Standard Deviation are 9.9 and 6.7. The calculated t-value is 0.80 with df 148 which is smallar than the critical value at the required level of significant. Therefore, the null hypothesis that assumes there is no significant difference in the psychological counselling needs between the government School male and female students of class 9th is rejected.

Psychological Counselling Needs Scale (Chouhan and Arora, 2009]

The Psychological Counselling Needs Scale consists of 25 statements with 21 positive items (1, 3, 4, 5, 6, 7, 8, 10, 11, 13, 14, 15, 16, 17, 18, 19, 21, 22, 23, 24, 25) and 4 negative items (2, 9, 12, 20) on a Five Point Likert Scale. The reliability of the test calculated for the entire length of the scale on a sample of 100 adolescent boys and girls, aged 13 - 18 years was found to be 0.90. The validity of the research tool was calculated by the product moment method and was found to be 0.82. The scores ranged from 25 to 125.

Major Findings

Findings related to Objective no.1

To find out the difference in level of Psychological Counselling Needs between the private and government School male students of class 9th. It is found that there is no significant difference in the level of Psychological Counselling Needs between the private and goverment School male students of class 9th. It is observed that the mean score of Male goverment School Students is higher than that of the private School male students.

Findings related to Objective no.2

To find out the difference in level of Psychological Counselling Needs between the private and goverment School female students of class 9th. The study reveals that there is no significant difference in the level of Psychological Counselling Needs between the private and goverment School female students of class 9th. It is found that the mean score of female private School students is lower than the goverment School female students.

Findings related to Objective no.3

To find out the difference in level of psychological counselling needs between the private School male and female students of class 9th. The study found that there is no significant difference in the level of Psychological Counselling Needs between the private School male and female students of class 9th. It is found that the mean score of female private school students is higher than the male students.

Findings related to Objective no.4

To find out the difference in the level of psychological counselling needs between the government School male and female students of class 9th.

i) It is found that there is significant difference in the level of Psychological Counselling Needs between the government School male and female students.

ii) It is observed that the mean score of government school male students is higher than that of the female students.

DISCUSSION AND CONCLUSION

The researcher collected the scores of 150 male respondents and 150 female respondents. From the analysis of the scores, the researcher found that the mean and standard deviation scores of female students are greater than that of the male students which is similar to the findings of Malik (2017) who carried out a study on 'Psychological counselling needs among Kashmiri adolescents where the findings of the study indicated that adolescents are in high need of psychological counselling and that the girls are in higher need of psychological counselling as compared to boys and similarly, Sati and Vig (2016) on their study 'Need of Psychological Counselling among adolescents' also reveals that majority of adolescent girls had higher need for counselling as compared to boys of their age. There can be some assumptions regarding the reason behind the findings of the study. In G.B.Nagar even in the present day, it is assumed that females are less empowered than the males in numerous matters. This can contribute to the growth of emotional and psychological problems. Another plausible reason can be certain biological, environmental, and psychosocial challenges related to gender and these concerns can have a significant impact on their psychological health and well-being which could possibly be one of the reasons behind the finding of study. From the findings of the study it can be concluded that the students of Private and Goverment schools of G.B.Nagar are still in good psychological health but should not be neglected as they are faced with new challenges every day. Parents, teachers, community members, service providers, social institutions have an important role to play in guiding and helping them to successfully carry out their future roles.

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Table.1: Table showing comparison of the level of Psychological Counselling Needs of class 9th male students of G.B.Nagar city.

Variables	N	Mean	SD	Df	Mean Diff	SDD iff	t-value
Privete school male students	75	81.7	6.6	148	0.6	3.3	0.48*
Government school male Students	75	82.3	9.9				

*Not significant.

Table.2: Table showing comparison of level of Psychological Counselling Needs of private and government School female students of class 9th.

Variables	N	Mean	SD	Df	Mean Diff	SD Diff	t-value
private female students	75	80.1	8.8	148	5.6	2.9	0. 84*
Government Secondary school female Students	75	81.2	6.7				

*Not significant.

Table.3:Table showing comparison of level of Psychological Counselling Needs of private School male and female students of class 9th.

Variables	N	Mean	SD	Df	Mean Diff	SDD iff	t-value
private male students	75	81.7	6.6	148	1.6	2.2	1. 24*
private female Students	75	80.1	8.8				

*Not significant.

Table.4:Table showing comparison of level of Psychological Counselling Needs of government School male and female students of class 9th.

Variables	N	Mean	SD	Df	Mean Diff	SDD iff	t-value
Government male students	75	82.3	9.9	148	1.1	3.2	0. 80*
Government female Students	75	81.2	6.7				

*Not significant.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Anesthetic Efficacy of Mepivacaine vs. Articaine Administered as Supplementary Buccal Infiltration after a Failed Primary Inferior Alveolar Nerve Block in Patients with Symptomatic Irreversible Pulpitis - A Systematic Review

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Received: 03 May 2025 Revised: 30 May 2025 Accepted: 21 Jun 2025

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ABSTRACT

Achieving effective anesthesia in patients with symptomatic irreversible pulpitis (SIP) poses a significant clinical challenge, especially when the primary inferior alveolar nerve block (IANB) fails. Supplementary buccal infiltration is commonly employed to enhance anesthetic success. Among local anesthetics, Mepivacaine and Articaine are frequently used, though their comparative efficacy remains uncertain. This systematic review and meta-analysis aimed to evaluate and compare the anesthetic efficacy of Mepivacaine versus Articaine administered as supplementary buccal infiltration following a failed primary IANB in patients with SIP. A comprehensive literature search was conducted across PubMed, Embase, Cochrane Library, and Web of Science up to May 2024. Randomized controlled trials involving patients with SIP, where Mepivacaine and Articaine were compared as supplementary buccal infiltrations post-failed IANB, were included. Risk of bias was assessed using the Cochrane tool, and a

meta-analysis was performed where applicable. Out of 10 initially identified studies, two met the inclusion criteria. While one study showed no significant difference between the agents, the other favored Articaine. Meta-analysis using a random-effects model revealed that Articaine had superior efficacy, with a risk ratio (RR) of 1.31 (95% CI: 1.11–1.61; p = 0.002) and no significant heterogeneity ($I^2 = 0\%$). Articaine demonstrates greater anesthetic efficacy than Mepivacaine when used as a supplementary buccal infiltration after failed IANB in patients with SIP. However, the limited number of included studies necessitates further high-quality research to validate these findings and support clinical decision-making.

Keywords: Articaine, Mepivacaine, Failed inferior Alveolar nerve block

INTRODUCTION

Effective pain management is a cornerstone of dental practice, particularly for patients experiencing symptomatic irreversible pulpitis (SIP), characterized by intense and persistent pain due to dental pulp inflammation. The inferior alveolar nerve block (IANB) is commonly used to achieve anesthesia in the mandible; however, its failure rate in patients with SIP remains a significant clinical challenge. In irreversible pulpitis, the success rate of IANB ranges only from 19% to 56%.The failure of IANB could be due to the existing inflammatory activation of nociceptors, anatomic variations like cross and accessory innervations, and tachyphylaxis due to anesthetic solutions [1]. Therefore, improving the success rate of IANB in endodontics would be highly desirable. In instances where the IANB fails, supplementary anesthetic techniques are often employed to ensure adequate pain control. Other methods, such as intraligamentary (IL), infiltration, and intraosseous injections, have improved anesthetic success rates [2].

Among the various supplementary methods, buccal infiltration using different local anesthetics has gained attention. Mepivacaine and Articaine are two local anesthetics frequently used in dental practice, each with distinct pharmacological properties. Mepivacaine, an amide local anesthetic, is noted for its moderate duration of action and vasoconstrictive properties. Articaine, another amide local anesthetic, is distinguished by its thiophene ring, which enhances lipid solubility and allows for better penetration of nerve membranes. This distinctive feature of Articaine has led to speculation that it may be more effective in achieving supplementary anesthesia after a failed IANB [2]. Despite the theoretical advantages of Articaine, clinical outcomes vary, and the evidence supporting its superiority over Mepivacaine remains inconclusive. This systematic review aims to critically evaluate the existing literature comparing the anesthetic efficacy of Mepivacaine versus Articaine when administered as supplementary buccal infiltration following a failed primary IANB in patients with symptomatic irreversible pulpitis (SIP). By synthesizing the available evidence, we seek to clarify which anesthetic agent offers better clinical outcomes, thus aiding clinicians in making informed decisions for managing pain in this challenging patient population.

METHODOLOGY

Search Strategy

A comprehensive and systematic literature search was conducted to identify studies comparing the anesthetic efficacy of Mepivacaine versus Articaine administered as supplementary buccal infiltration after a failed primary inferior alveolar nerve block (IANB) in patients with symptomatic irreversible pulpitis.

The following electronic databases were searched

PubMed, Embase, Cochrane Library, and Web of Science. The search was limited to articles published in English from inception to MAY 2024. Keywords and MeSH terms used in the search strategy included: "mepivacaine," "articaine," "buccal infiltration," "inferior alveolar nerve block," "supplementary anesthesia," and "symptomatic irreversible pulpitis."

Inclusion Criteria

1. Randomized controlled trials (RCTs) and clinical trials comparing Mepivacaine and Articaine.
2. Studies involving patients with symptomatic irreversible pulpitis.
3. Studies where supplementary buccal infiltration was administered following a failed primary IANB.
4. Articles reporting relevant outcomes such as onset time, duration of anesthesia, success rates, and patient-reported pain scores.

Exclusion Criteria

1. Studies not involving supplementary buccal infiltration after failed IANB.
2. Studies not involving patients with symptomatic irreversible pulpitis.
3. Case reports, reviews, editorials, and non-clinical studies.
4. Articles not published in English.

Data Extraction and Management

Two independent reviewers screened titles and abstracts of all identified studies to determine their eligibility. Full texts of potentially relevant studies were retrieved and assessed against the inclusion and exclusion criteria. Discrepancies were resolved by discussion and, if necessary, by consultation with a third reviewer. Data were extracted using a standardized data extraction form, which included the following information:

- Study characteristics (author, year of publication, study design, sample size).
- Participant characteristics (age, gender, diagnostic criteria for symptomatic irreversible pulpitis).
- Details of the intervention (type of anesthetic, dosage, technique of administration).
- Outcomes measured (onset time, duration of anesthesia, success rates, patient-reported pain scores, adverse effects).

Quality Assessments

Two reviewers assessed the quality of the included studies independently using the Cochrane Risk of Bias Tool for randomized controlled trials. The following domains were evaluated:

- Random sequence generation.
- Allocation concealment.
- Blinding of participants and personnel.
- Blinding of outcome assessment.
- Incomplete outcome data.
- Selective reporting.
- Other sources of bias.

Each domain was rated as low, high, or unclear risk of bias. Any disagreements were resolved by discussion or consultation with a third reviewer.

Data Synthesis and Analysis

A narrative synthesis of the findings from the included studies was undertaken, structured around the type of anesthetic and key outcomes. A meta-analysis was conducted using Review Manager (RevMan) software, where sufficient data homogeneity existed. Pooled estimates of the primary outcomes were calculated using a random-effects model, and results were presented as risk ratios (RR) for dichotomous outcomes and mean differences (MD) for continuous outcomes, both with 95% confidence intervals (CI). Statistical heterogeneity was assessed using the I^2 statistic, with values greater than 50% indicating substantial heterogeneity. Sensitivity analyses were performed to explore the robustness of the findings.

Publication Bias

Publication bias was assessed through visual inspection of funnel plots and Egger's test if a sufficient number of studies ($n > 10$) were included in the meta-analysis.

Reporting

This systematic review was conducted and reported per the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. The review protocol was registered with PROSPERO (registration number: [CRD42023439750]. By following this rigorous methodology, this systematic review aims to provide robust and reliable evidence on the comparative anesthetic efficacy of Mepivacaine versus Articaine for supplementary buccal infiltration after a failed IANB in patients with symptomatic irreversible pulpitis.

RESULTS

The initial search gave 10 results. The title and abstracts were carefully checked for the inclusion criteria. The reference list was also evaluated to find any missed articles. Only two articles fulfilled the inclusion criteria. Studies by Singhal et and Gao et al et al were included in the final analysis. Both the studies had compared Articaine and Mepivacaine for mandibular molars. The study by Singhal et al gave non-significant results between the two solutions while the study by Gao et al suggested that Articaine gave better results than Mepivacaine. A forest plot analysis was carried out to combine and evaluate the data from both studies. Since the studies were carried out at different places, a random effect model was used in the analysis. The effect size was evaluated as risk ratios (RR). The analysis revealed that Articaine was better than Mepivacaine with an RR of 1.31 (95% CI: 1.11-1.61). The test for overall effect was also significant (Z=3.1, p=0.002). There was no statistical heterogeneity among the studies with an estimated I^2 value of 0% (p=0.68).

DISCUSSION

The primary objective of this systematic review was to evaluate the anesthetic efficacy of mepivacaine versus articaine when administered as supplementary buccal infiltration after a failed primary inferior alveolar nerve block (IANB) in patients with symptomatic irreversible pulpitis. Despite an extensive search yielding ten initial results, only two studies met the inclusion criteria: those by Singhal et al. and Gao et al. Both studies specifically compared articaine and mepivacaine for mandibular molars.

Summary of Findings

The study by Singhal et al. reported non-significant differences between articaine and mepivacaine, suggesting that both anesthetics provide comparable efficacy in supplementary buccal infiltration after failed IANB. Conversely, the study by Gao et al. indicated that articaine was superior to mepivacaine, providing more effective anesthesia in the same clinical context. To reconcile these divergent findings, a meta-analysis using a random effects model was performed, given the different geographic locations of the studies. The pooled analysis revealed a risk ratio (RR) of 1.31 (95% CI: 1.11-1.61) in favor of articaine, with a significant overall effect (Z=3.1, p=0.002). Importantly, there was no statistical heterogeneity among the included studies, as indicated by an I^2 value of 0% (p=0.68).

Clinical Implications

The results of this systematic review and meta-analysis suggest that articaine may offer superior anesthetic efficacy compared to mepivacaine when used as supplementary buccal infiltration following a failed IANB in patients with symptomatic irreversible pulpitis. The significant risk ratio and lack of heterogeneity provide robust evidence supporting the preferential use of articaine in such clinical scenarios. Articaine's superior performance could be attributed to its unique chemical structure, specifically the thiophene ring, which enhances lipid solubility and facilitates better penetration of nerve membranes. This property likely contributes to its increased efficacy in achieving adequate anesthesia in difficult-to-anesthetize patients with symptomatic irreversible pulpitis.

Limitations

Despite the encouraging findings, this review has several limitations. The inclusion of only two studies limits the generalizability of the results. Furthermore, the studies had relatively small sample sizes, which may impact the precision of the effect estimates. Differences in study design, patient populations, and diagnostic criteria for symptomatic irreversible pulpitis could also influence the outcomes.

Future Research

To confirm and expand upon these findings, additional high-quality randomized controlled trials with larger sample sizes and standardized methodologies are needed. Future research should also explore the long-term outcomes and potential adverse effects associated with both anesthetic agents. Additionally, studies investigating the cost-effectiveness and patient satisfaction with articaine versus mepivacaine could provide valuable insights for clinical decision-making.

CONCLUSION

This systematic review and meta-analysis provide evidence that articaine is more effective than mepivacaine when administered as supplementary buccal infiltration after a failed primary IANB in patients with symptomatic irreversible pulpitis. These findings support the consideration of articaine as the preferred anesthetic agent in such clinical situations. However, further research is necessary to corroborate these results and address the limitations identified in the current evidence base.

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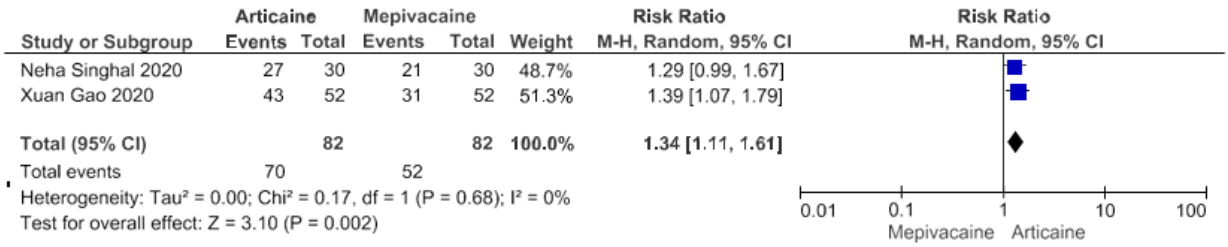
Table 1. Forest plot



Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Correlation of Eye - Hand Coordination, Power and Agility with Basketball Lay-Up Skills in College Students

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Received: 16 May 2025 Revised: 28 May 2025 Accepted: 24 Jun 2025

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ABSTRACT

Accurate eye-hand coordination, power and agility are necessary for successful basketball lay-up techniques. In basketball, players require visual input with precise hand movements, manage balance and respond quickly to changing conditions on the court. For college students whose motor skills are still developing, enhancing eye-hand coordination, power and agility can significantly improve lay-up success.The purpose of this study to determine the relationship between eye-hand coordination, power and agility with basketball lay-up skills in college going students. This Correlation study will recruit 25 male college students aged 18-25 years with varying some experience of basketball. Assessing Eye-hand coordination by using Eye-hand coordination test [throw and catch the ball using wall]. Furthermore, to assess the power by using vertical jump test, to find out the agility of students using the hexagonal obstacle test and assess basketball lay-up skills using the lay-up shooting test. Result suggest Significant positive correlation between eye-hand coordination, power and agility with basketball lay-up skills. Pearson correlation coefficient [r] was used to examine the correlation between variables. Data analysis was conducted using SPSS software. Eye-hand coordination, power, and agility are essential components of basketball lay-up skills. Training programs should focus on developing these variables to improve performance.

Keywords: Eye-Hand Coordination, Power, Agility, Basketball, Lay-Up Skills.

INTRODUCTION

Basketball is a intense, quick-paced team sport that is popular all around the world, especially with young people. It includes intricate requirements that combine motivation, teamwork, strategy, and individual skills with a variety of quick, skillful motions. Players engage in a variety of fast, multidirectional, and brief movements, including as running, dribbling, shuffling, and jumping.[1]One of the key skills that helps you score points in the game is the ability to lay up a basketball.[2] Basketball players must perform in dynamic and unpredictable circumstances because it is an open-skill team sport. Success depends on a player's capacity to move swiftly, leap powerfully, and dribble while coordinating motions with both upper and lower limbs. These abilities enable players to adjust to quick changes in play and promote efficient offense and defense. Gaining skill in this coordination improves responsiveness and overall performance on the court.[3]

Proficient hand-eye coordination is essential for exceptional sports achievement. The coordinated use of vision, arms, hands, and fingers to perform intentional hand movements is known as eye-hand coordination.[4]The capacity to link the hands and eyes to execute fluid, smooth, and well-coordinated movements that ultimately result in flawless execution is known as eye-hand coordination. One essential motor skill needed for peak performance is coordination. It is the capacity to move in a variety of complex ways quickly, effectively, and precisely.[5]Power is the capacity to quickly blend strength and speed. The product of force and velocity is power. The highest instantaneous value attained during a movement is referred to as peak power. Peak power is frequently the most important characteristic associated with performance success in sports that require running and jumping. Thus, knowing power outputs and jump height is helpful for coaching and necessary for efficiently overseeing training program outcomes.[6] Basketball players frequently need to make quick direction changes during play, hence agility is seen as a critical physiological requirement. The speed at which direction changes impact agility performance, which is impacted by muscular coordination, flexibility, explosive strength, and balance. Agility has also been identified by research as a critical physiological component for male football players.[7]

Among the many abilities required for basketball games, shooting is one of the most crucial. The layup, which consists of the following steps: jumping, stepping, jumping again, and shooting, is a very successful shooting method. When a player tries to approach the opponent's hoop as closely as possible, they apply this skill. Executing an effective movement pattern based on motor behavior is essential for the layup to be successful, which eventually results in a successful shot.[5]

METHODOLOGY

A Correlation study was conducted on 25 male college students with varying some experience of basketball. Consent was taken from the basketball players. For this study, Ethical approval was obtained from the Institutional Ethics Committee[no. LJIPT/IEC/12/2024] of L.J. Institute of physiotherapy, L J University. Male participants aged 18 to 25 years, who were college students with prior basketball experience and willing to participate, were included in the study. Individuals with a recent traumatic injury or fracture, a history of recent surgery, cardiac conditions, or visual impairments were excluded.[8] A total of 35 participants were initially approached for the study. Based on the inclusion criteria, 25 participants were selected and given a detailed explanation of the study. Written informed consent was obtained from all selected participants prior to the commencement of the study. All 25 male participants completed tests for eye-hand coordination, power, and agility to assess their basketball lay-up skills

Procedure

Eye-hand coordination test

To assess a participant's eye-hand coordination, a test is conducted where the individual throws and catches a basketball against a wall. The required equipment includes a basketball, a meter tape for measuring distance, a stopwatch, and a wall to serve as the target. The participant stands 2 meters away from the wall, behind a designated

line, holding the basketball above their head and facing the target. On command, the participant performs an overhead pass, throwing the ball toward the wall, and attempts to catch it as it rebounds. The ball must not touch the ground, and each successful throw and catch is counted. The participant continues this activity for one minute, and the total number of successful throws and catches within that time is recorded as their final score.[1],[5]

Power [Vertical jump test]

To assess vertical jump test, the participant begins by chalking the tips of their fingers and standing sideways to a wall, keeping both feet flat on the ground. They then reach upward with one hand as high as possible and mark the wall with their chalked fingertips—this is the standing reach mark. Next, the participant jumps as high as they can and marks the wall again at the peak of their jump. The therapist measures the vertical distance between the standing reach mark and the jump mark to determine the jump height. This process is repeated three times, and the best of the three recorded distances is used to evaluate the participant's performance.[8]

Agility [Hexagonal obstacle test]

The hexagon agility test begins with the participant standing at the center of a hexagon, which serves as the starting point. Upon the therapist's command, "ready, go," the stopwatch is started, and the participant begins the test. On the "go" signal, the participant performs double-leg hops from the center over each side of the hexagon and back to the center, moving in a clockwise direction. The test is repeated three times, and the fastest time recorded across the three trials is used as the participant's final score.[9]

Basketball lay-up skill test

For this test, participants begin by standing behind the half-court line with a basketball in hand. On the command "go," they start dribbling toward the basket and perform a lay-up shot as quickly as possible. The therapist starts timing at the "go" signal and stops the stopwatch the moment the ball touches the rim, recording the total time taken to complete the lay-up.[10]. Statistical analysis was done using SPSS version [26.0]. The Normality test was carried out to find out whether the research data was normally distributed or not. In this study, the normality test was carried out on variables using the Shapiro-Wilk test with the help of the SPSS 26 program with a significance level of 5%.If the significance value is more than 0.05, the data is considered to be normally distributed.

RESULT

Data analysis in this study used the Pearson correlation test, which aims to determine the relationship between eye-hand coordination, power, agility and basketball lay-up shooting skills. The correlation test was conducted using SPSS software. The purpose of the correlation test is to assess whether a relationship exists between the variables or not. Data is considered to have a relationship if the significance value is less than 0.05. The significance value is 0.001, which is less than 0.05, indicating that the correlation is statistically significant. Therefore, it can be concluded that there is a significant relationship between eye-hand coordination and lay-up skills in basketball players. [Table no 1.] The significance value is 0.004, which is less than 0.05, indicating that the correlation is statistically significant. Therefore, it can be concluded that there is a significant relationship between power and lay-up skills in basketball players. [Table no 2.] The significance value is 0.005, which is less than 0.05, indicating that the correlation is statistically significant. Therefore, it can be concluded that there is a significant relationship between agility and lay-up skills in basketball players. [Table no 3.]

DISCUSSION

Hand-eye coordination, which entails combining different movements to create a smooth, coordinated pattern, is essential for athletic skills. Accuracy in movements like shooting is increased by having good eye-hand coordination in addition to height and reaction time. It is the capacity to coordinate hand and eye movements to produce effective, efficient motions.[2] Timing, balance, and muscle coordination all work together harmoniously in eye-hand

coordination. By ensuring accurate muscle contractions for quicker motion and appropriate sequencing, timing controls movement rhythm. Balance ensures that the center of gravity, which is supported by the eyes, is effectively aligned. In addition to increasing movement efficiency and energy, coordination also reduces the risk of injury, speeds up the learning of advanced techniques, and strengthens mental readiness for play.[2].This study shows that basketball lay-up skills are significantly correlated with eye-hand coordination, power, and agility. The findings indicated correlation between lay-up abilities and eye-hand coordination. Furthermore, there was a substantial correlation between lay-up performance related to power and agility.[2].According to other research, basketball lay-up abilities are strongly correlated with leg power [Prabowo et al., 2019], height, and dynamic balance [Suryadi et al., 2022]. Furthermore, lay-up shooting performance is strongly correlated with leg muscle explosive strength and wrist flexibility [Pelealu et al., 2021]. Rahmadani's [2017] research also demonstrates a strong correlation between lay-up shooting performance and arm muscular strength. These results provide important information for enhancing lay-up skills in basketball by highlighting a number of contributing elements.[2] The results emphasize how crucial it is to increase agility, power, and eye-hand coordination in order to enhance lay-up abilities. These findings have applications in the development of basketball training regimens.This study was conducted with a relatively small sample size; therefore, future research should include a larger number of participants. Another limitation of the study was the narrow age range, as it included only college students. Future studies should consider including adult participants from a broader age group.

CONCLUSION

In summary, this study shows how important power, agility, and eye-hand synchronization are when performing basketball lay-ups. The results offer valuable information that coaches and sports educators can use to create training plans that improve these critical abilities. Players might observe improved performance in their lay-ups by concentrating on enhancing these elements. Future studies with a bigger and more varied sample size may also improve training techniques and increase knowledge on how to build lay-up abilities across age groups and ability levels**.**

ACKNOWLEDGEMENT

I would like to thank Dr. Mehul Panchal [Assistant professor at LJIPT] for all the guidance and support and all basketball players for actively participating in this study.

Ethical Approval

Approved by Institutional Ethical committee.

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Table 1. Bivariate Pearson Eye-Hand Coordination Correlation Test With Lay-Up Skills

Correlation			
		Eye-Hand coordination	Lay-Up Skills
Eye-Hand Coordination	Pearson correlation	1	0.450**
	Sig. [2-tailed]		0.001
	N	25	25
Lay-Up Skills	Pearson correlation	0.450**	1
	Sig. [2-tailed]	0.001	
	N	25	25

Table 2. Bivariate Pearson Power Correlation Test With Lay-Up Skills

Correlation			
		Power	Lay-Up Skills
Power	Pearson correlation	1	0.620**
	Sig. [2-tailed]		0.004
	N	25	25
Lay-Up Skills	Pearson correlation	0.620**	1
	Sig. [2-tailed]	0.004	
	N	25	25

Table 3. Bivariate Pearson Agility Correlation Test With Lay-Up Skills

		Correlation	
		Agility	Lay-Up Skills
Agility	Pearson correlation	1	0.750**
	Sig. [2-tailed]		0.005
	N	25	25
Lay-Up Skills	Pearson correlation	0.750**	1
	Sig. [2-tailed]	0.005	
	N	25	25

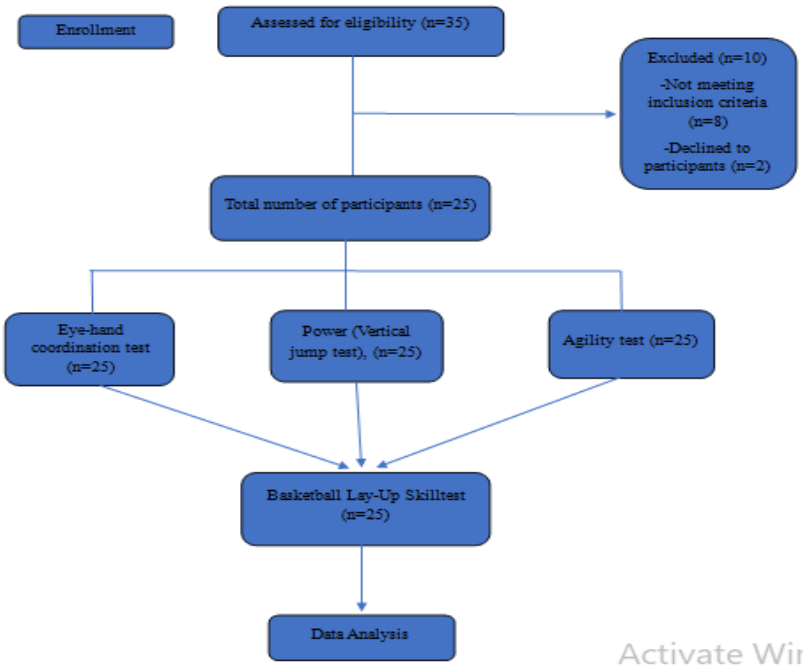

Figure. 1 Consort Chart

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Formulation and Characterization of Polyherbal Granule-based Anti Dandruff Shampoo

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Received: 06 Apr 2025 Revised: 18 May 2025 Accepted: 19 Jun 2025

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ABSTRACT

The purpose of the study was to formulation and evaluation of Polyherbal anti-dandruff granules shampoo and assess its efficacy and safety. The anti-dandruff herbal shampoo was prepared by mixing various amounts of the following aqueous extracts (*Murraya koenigii* leave extract, *Mangifera indica* seed extract and *Trachyspermum ammi linn.* seed extract) and some ingredients like SLS, Guar gum, Vitamin E, Rose oil, Water. The pH was adjusted by NaCl (0.1M) and methylparaben was added as a preservative in very minute amounts. The components of shampoo are entirely safe. Antimicrobial testing confirmed that the polyherbal antidandruff shampoo reduces dandruff and infection. A pH of about 6.5, near to neutral, shows that compatibility with skin. The polyherbal anti-dandruff compounds developed by the current research work well. We have used *Murraya koengii* leaves, *Mangifera indica* seeds, and *Trachyspermum ammi linn.* seeds plant extracts to provide anti-dandruff properties in place of ketoconazole, salicylic acid, zinc pyrithione etc. The polyherbal anti-dandruff shampoo prevents dandruff and infection, which was verified by an antimicrobial test. Although the synthetic ingredient sodium lauryl sulphate is present in preparation, it is only about 6%, which is less than synthetic shampoo and is in a safe acceptable limit. To ascertain the evaluation of the prepared herbal anti-dandruff shampoos, several tests including general granules evaluation parameters like particle size, bulk density, tapped density, compressibility index, angle of repose. Physicochemical evaluation like determination of pH, surface tension, solubility, loss on drying, dirt dispersion, moisture content, wetting time, foaming index, percentage of solid contents, cleaning action, etc. were carried out. For Antifungal tests, our formulated

polyherbal antidandruff shampoo (F2) produced results that were almost equivalent to those of commercial antidandruff agent like ketoconazole which were contains all good characters of an ideal shampoo and it was found to be harmless, more effective and economical. The evaluation study revealed good wetting ability, good rinsing action, stability, foam foaming and good dirt dispersion activity; however, more research and development are needed to raise the product's overall quality.

Keywords: Herbal, Malassezia furfur, Shampoo, *Murraya koenigii*, *Mangifera indica*, *Trachyspermum ammi linn.*, Antidandruff, Polyherbal.

INTRODUCTION

Hair plays a crucial role in human attractiveness. People have used herbs for cleansing, beautifying, and controlling hair since the beginning of time . The use of synthetic substances has increased over time, but people are now becoming aware of the harm caused by synthetic substances. These issues have led many to opt for herbal products, which are perceived as safer, more affordable, and having minimal side effects. Consequently, customer demand for these products has surged. The most commonly used hair care item is shampoo. It serves to cleanse the hair and scalp of dirt, dandruff, residue from previously used styling products, and pollutants from the environment. (GubitosaJ 2019).Shampoos, sometimes referred to as hair cleansers, are used to maintain hair manageable and greasy, add shine, and sometimes even remove dandruff (Mithal B.M 2002). Dandruffis dermatological issue associated with the scalp, characterized as a non-inflammatory, chronic condition that affects a wide array of scalp tissues (Chandrani D2012). the exact primary cause of dandruff remains unclear, several factors contribute to its development, such as an oily scalp and inadequate hygiene, which can lead to fungal infections. The condition tends to manifest more prominently when hair is not washed for a week. Anti-dandruff shampoos often contain fungi static agents that help manage the condition (Khan Y 2023). Malassezia furfur, a lipophilic saprophytic yeast, is typically found on the face, scalp, and upper trunk of humans. The yeast Malassezia furfur metabolizes Free Fatty Acids (FFAs) from sebaceous triglycerides, contributing to the manifestation of symptoms. The FFAs compromise the integrity of the stratum corneum and induce trans-epidermal water loss, which is associated with dandruff (Dawson T 2005).Treatment for dandruff typically involves the application of topical antifungal agents or other products. The current market offers a wide range of anti-dandruff shampoos, including synthetic, herbal, medicated, and non-medicated options. Among these, herbal anti-dandruff shampoos are particularly popular, as they are perceived to be purer, safer, and more effective. These herbal formulations are free from surfactants, resulting in fewer side effects, enhanced stability, and lower toxicity compared to their synthetic counterparts(Joshi N 2018). Surfactants present in synthetic shampoos can lead to significant adverse effects, including scalp irritation, hair loss, dryness, premature greying, split ends, and eye discomfort (Pundkar AS 2020). The production of shampoo often incorporates various medicinal plants, many of which have been documented in scholarly sources for their beneficial effects on hair health. Depending on the ingredients used, these shampoos can range from basic formulations to those with antibacterial or anti-dandruff properties, as well as nutrient-rich options containing vitamins, amino acids, and protein hydrolysates (Surupsing M. Vlavi 2017).Plant-based ingredients can be utilized in multiple forms, such as powders, raw materials, refined extracts, or derivatives (Dey BK 2021).Creating a herbal anti-dandruff shampoo from a single natural ingredient that is gentler and safer than synthetic alternatives. Our aim is to formulate polyherbal Anti-dandruff shampoo that effectively combats dandruff, cleanses the hair without causing harm or damage to the hair (Khaloud Al Badi 2014).

MATERIAL AND METHODS

All plants material like *Mangifera indica* seed, *Murraya koenigii* leave and *Trachyspermum ammi linn.* Seed were purchased from the Ayurvedic store Madhya Pradesh were collected from Ayurvedic store. The sample of plants

material was authenticated by Dr. Chitralekha Soni Kadel, school of plant and environmental management, department of botany, VikramvishwaVidhyalaya Ujjain (M.P.). The specimens were submitted to herbal technology laboratory. Specimen numbers of *Murraya koenigii* leave was BOT/2024/ANG/20,*Mangifera indica* seed was BOT/2024/ANG/21 and *Trachyspermum ammi linn.* seed was BOT/2024/ANG/22. All Collected plant materials were cleaned, dried properly in shade and evaluated for foreign matter. After that the drugs were then crushed and sieved through sieve number 20 in order to obtain coarse powder.

Preparation of Anti-dandruff herbal shampoo

A coarsely powdered mixture of 54 g each of *Mangifera indica* seed, *Murraya koenigii* leaves, and *Trachyspermum ammi linn.* seeds was macerated individually with 600 ml of water at the specified strength in a closed flask for 24 hours, shaking intermittently for six hours and allowing it to settle for 18 hours. Rapidly, filtered precautions were taken against loss of solvent, 25 ml of the filtrate were evaporated to dryness in a flat bottomed, shallow dish, and dry at 105°C, to constant weight and weigh. Water-soluble extractive values were calculated with reference to the air-dried drug. Extract of all the herbs was measured accurately and guar gum weighed and triturated separately with the help of mortar and pestle then guar gum was added and stir to get uniform powder subsequently other required ingredients were added and mixed. Sodium chloride was added to adjust the pH near to neutral which is compatible to skin. Then a little water was added to make thick past. The resulting paste was passed through sieves number 14, which obtained granules which were dried in hot air oven and the final granules were weighed and stored in suitable plastic. Collected herbal antidandruff granules shampoo was used for further evaluation parameters. Table 1

Evaluation of Herbal Antidandruff Granules Shampoo:

Organo leptic evaluation The formulated shampoo was evaluated for its color, appearance, shape and size which were all reported in Table 2.

General granules characteristics

General granules characteristics includes evaluation of those parameters which are going to affect the external properties (like flow properties, appearance, packaging criteria etc.) of the preparation, Characteristics evaluated under this section are particle size, bulk density, tapped density and angle of repose.

Particle size

Particle size is a parameter, which affect various properties like spreadability, grittiness etc., particle size was determined by sieving method by using I.P. Standard sieves by mechanical shaking for 10 min.

Bulk density (D_b)

It's the proportion of a granules total mass to its bulk volume. 25g of granules were weighed and transferred into 50ml measuring cylinders without tapping during transfer the volume occupied by blend was measured. Bulk density (Db) was calculated by the following formula

$$Db = M / V_o$$

Where,

Db = Bulk density (gm/cc)

M is the mass of granules (g)

V_o is the bulk volume of granules (cc)

Tapped density (Dt)

It's the proportion of the granules total mass to its tapped volume. 25g of granuls were weighed and taken into graduated measuring cylinders. Initial volume occupied by granule was noted down. Then cylinder was subjected to 500 taps in tapped density tester (Electro Lab USPII) according to USP. Tapped density was calculated using the tapped volume and mass of granules using the following formula:

$$Dt = M / Vt$$

Where,
Dt = Tapped density (gm/cc)
M is the mass of granules (g)
Vt is the tapped volume of granules (cc)

Compressibility Index

It is indirectly related to the relative flow rate, cohesiveness and particle size. It is a simple, popular and fast method of predicting powder flow characteristics. It is based on the apparent bulk density and the tapped density, the percentage compressibility of the bulk drug was determined by the following formula-

$$\text{Carr's index (\%)} = [(TBD - LBD) \times 100]/TBD$$

Where,
TBD is Tapped bulk density
LBD is loose bulk density

Angle of repose (θ)

Angle of repose: It is defined as the highest angle that can be made between the powder pile's surface and the horizontal plane. A fixed funnel method was used. A funnel was positioned above a flat horizontal surface on which graph paper was laid, with the tip set at a specific height (h). Granules were carefully poured through a funnel till the apex of the conical pile just touches the tip of funnel. Using the formula, the angle of repose was computed.

Where, θ = angle of repose
h = height of pile
r = radius of the base of the pile.

$$\theta = \tan\text{-}1(h/r)$$

Physicochemical evaluation

Physicochemical evaluation is used to assess the quality and efficacy of substances, such as drugs and formulations.

Physical Appearance

The formulated granules shampoo were evaluated for its colour, odour, shape, size and visual appearance, which were all reported in Table 4.

Determination of pH

By combining 1 gm of granules shampoo with 100 ml of distilled water, the pH of the shampoo was measured using a pH meter at room temperature 25°C. The pH was measured by using digital pH Meter.

Surface Tension Measurement

Shampoo should be diluted with distilled water to a concentration of 10%. A stalagmometer was used to take measurements. When the level reaches the mark, dip the f lat end of the stalagmometer into the beaker containing the generated shampoo sample. Having corrected that, let the sample progressively egress from the mark. Count the number of drips produced as the liquid level changes from A to B. Perform the test using distilled water this time. The following equation was used to calculate the data:

W1- weight of an empty beaker,
W2- weight of distilled water,
W3- weight of a shampoo solution.
N1- quantity of distilled water,
N2-quantity of shampoo solution.

$$R2 = (W3\text{-}W1)\ N1\ X\ R1\ (W2\text{-}W1)N2$$

R2- surface tension of the shampoo solution.
R1- surface tension of distilled water at room temperature.

Solubility

One gm of the granules were weighed accurately and transferred into a beaker containing 100 ml of water. This was shaken well and warmed to increase the solubility. Then cooled and filter it, the residue obtained was weighed and noted.

Loss on drying

Two gram of the granules were weighed accurately and transferred into a dry Petri dish. The Petri dish is placed in a desiccator for 2 days over calcium chloride crystals. Then the granules were taken and weighed accurately to find out the weight loss during drying.

Dirt dispersion test

Two drops of one percent each powder of granules were added in a large test tube contain 10 ml of distilled water. One drop of ink was added; the test tube was stoppered and shaken for 10 times. The amount of ink in the foam of was estimated as None, Light, Moderate, or Heavy.

Moisture content determination

10 g of each granules were weighed in a tare evaporating dish and kept in hot air oven at 105°C. Repeated the drying until the constant weight loss was observed after the interval of 30 minutes. The moisture content was calculated for each sample.

Wetting time

The canvas was cut into 1 inch diameter discs having an average weight of 0.44 g. The disc was floated on the surface of shampoo solution of 1% w/v and the stopwatch started. The time required for the disc to begin to sink was measured acutely and noted as the wetting time.

Foaming index

One gram of the powder was precisely measured and placed into a 250 ml conical flask that contained 100 ml of boiling water. It was then gently heated for 30 minutes, allowed to cool, and filtered, with the volume adjusted to 100 ml in a standard volumetric flask. This extract was distributed into 10 test tubes in increasing volumes of 1, 2, 3,... up to 10 ml, with the remaining volume filled with water to bring each tube to 10 ml. The test tubes were then shaken longitudinally for 15 seconds at a frequency of 2 shakes per second. Afterward, the tubes were left to stand for 15 minutes. The height of the foam produced was then measured.

Foaming

Cleaning Action

5 grams of wool yarn was introduced into grease and placed in a flask containing 200 ml of water along with 1 gram of shampoo. The temperature of the contents in the flask was kept at 30±2°C. The flask was agitated for 4 minutes at a rate of 50 shakes per minute. The solution was then taken out and a sample was extracted, dried, and weighed. The quantity of grease removed was determined using the following equation:

$$D.P.=100(1-T/C)$$

Where,
DP = % ,detergency power, C = weight of sebum in the control sample, and T = weight of sebum in the test sample.

Antifungal Studies

The antifungal activity of Herbal granules shampoo were conducted using Potato Dextrose Agar medium (Himedia) for Candida albicans. The medium was prepared by dissolving 39g of the powder in 1000ml of distilled water and

pH was adjusted to 5.6±0.2. Tetracycline (0.5ml) was added to the medium to prevent bacterial growth. The medium was autoclaved at 15 lbs pressure at 121ºc for 15 minutes. Fungal culture was maintained by periodical subculturing on M-BCG yeast and mould Agar medium (Himedia). It was prepared by dissolving 8.82g of the powder in 100ml of distilled water and pH was adjusted to 4.6±0.2. The antifungal activities of Shampoo was conducted using Sabouraud Dextrose Agar media (Himedia) for Malassezia furfur. The medium was prepared by dissolving 65g of the medium in 1000ml of distilled water and pH was adjusted to 5.6±0.2. Tetracycline (0.5ml to 100ml) was added to the medium to prevent bacterial growth. The culture medium was autoclaved at 15 lbs pressure at 121ºc for 15 minutes. Fungal culture was maintained by periodical subculturing on the same medium.

Preparation of inoculum

The size of the inoculum is an important variable that can influence the area of inhibition zone. The organisms may appear susceptible to the test compound if inoculum is light and with heavy inocula they may appear less susceptible. For *C. albicans*, inoculum was prepared by aseptically adding a loop of fresh culture into sterile peptone water and incubated for 2 hours.

Antifungal Assay

In the case of *Candida albicans*, the sterilized medium was allowed to cool and inoculum was added to it. About 25ml of this medium was poured into pre-sterilized Petri plates and allowed to solidify. For *M. furfur*, 25ml of SDA medium was poured into presterilized petriplates and allowed to solidify. The culture was then spread on the medium by streaking, followed by spreading of few drops of olive oil over it with 'L' rod. Agar well diffusion method is a widely accepted method for evaluating the anti-microbial property of plants or microbial extracts. The assay was done by preparing four wells using a sterile cork borer. 100µl of the test extract was dispensed in two agar wells. In the third well 1mg/ml of ketoconazole was added in the case of M. furfur and 1mg/ml of clotrimazole was added in the case of *Candida albicans* which served as positive control. In the fourth well DMSO was added which served as the negative control.

The plates (*Candida* albicans) were incubated at 28±1ºc for five days to attain good fungal growth. For M. furfur the plates were incubated at 35ºc for 5 days. The Anti-fungal activity was expressed in terms of diameter of zone of inhibition (in mm) produced by the shampoo of plant extracts. The zone of inhibition is affected by two factors ie., the rate at which drug diffuses through the agar and the rate at which the organism grows. According to Monks et al (2002), the result of anti-microbial assay can be expressed as four categories based on the zone of inhibition such as:

1. No activity (zone of inhibition less than 7mm)
2. Weak activity (between 7mm and 10mm)
3. Moderate activity (between 11mm and 16mm)
4. High or good activity (greater than 16 mm).

Stability Studies

Stability studies were performed in accordance with ICH guidelines for accelerated testing with required modifications. The sample taken formulation was taken and kept at room temperature (30 ± 2°C) for duration of one month. The samples were tested for their physical appearance, pH, surface tension, solubility, LOD, dirt dispersion, moisture content, wetting time, foam capacity, cleaning action.

RESULTS AND DISCUSSION

Result of Evaluation Parameter of Herbal Antidandruff Granules Shampoo

Evaluation of Granules

Organoleptic evaluation for parameters like colour, odor, size and shape was carried out. Color, appearance and shape were evaluated by vision and touch sensation, respectively. Size was determined by sieving method. For

odour evaluation a team of five odor sensitive persons were selected. All Organoleptic evaluation was shown in table number 2. The granules obtained in the trial batches (F1-F3) were satisfactory. No rat holing was observed during the flow of granules from the hopper. From the carr's index obtained for granules of batches F1– F3, the granules were found to have good flow properties. All evaluation of granules were shown in table number 6.
All values are mean (n) ±SD, n=3 and SD= Standard Deviation

Physicochemical Evaluation Parameter
Physicochemical evaluation is used to assess the quality and efficacy of substances, such as drugs and formulations. All physicochemical evaluation parameter of formulations F1, F2, F3 were shown in table number 7.

Antifungal Activity
The antifungal activity of herabl antidandruff granules shampoo F1, F2, F3 were assessed at three different concentrations such as 25mg/ml, 75mg/ml and 100mg/ml by agar well diffusion method. The fungal strains used were *Candida albicans* and *Malassezia furfur*. The positive control, ketoconazole at 100mg/ml concentration showed 38.7±0.18mm inhibition against *M. furfur* and clotrimazole at 100mg/ml produced 19±0.71mm inhibition against *C. albicans*. The negative control, DMSO and methanol did not produce any zone. The results are summarised in Table 8.

Antifungal activity of F1 Formulations
The F1 formulation did not have any inhibitory effect on *Candida albicans*. The formulation F1 was effective in inhibiting the fungus at 25mg/ml and 75mg/ml 100mg/ml it produced 7.9±0.20mm (Weak activity), 10.7±0.35mm (Weak activity), and 11.3±0.58mm (Moderate activity) zone of inhibition respectively. (Table no. 8)

Antifungal activity of F2 Formulations
The F2 formulation did not have any inhibitory effect on *Candida albicans*. The F2 formulation was effective in inhibiting the fungus. At 25mg/ml, 75mg/ml and 100mg/ml it produced 8.3±0.58mm (Weak activity), 12.3±0.18mm (Moderate activity) and 15.8±0.98mm (Moderate activity) zones of inhibition respectively. (Table no. 8)

Antifungal activity of F3 Formulations
The F3 did not have any inhibitory effect on *Candida albicans*. The F3 formulation exhibit any inhibition against *M.furfur*. At 25mg/ml, 75mg/ml and 100mg/ml it produced 7.2±0.80mm (No activity), 9.5±0.36mm (Weak activity) and 12.5±0.73mm (Moderate activity) zones of inhibition respectively. (Table no.8).

Stability Studies
Stability studies were performed in accordance with ICH guidelines for accelerated testing with required modifications. The formulation F1, F2, F3 were taken and kept at room temperature (30 ± 2°C) for duration of one month. The formulation F1, F2, F3 were tested for their physical appearance, pH, surface tension, solubility, LOD, dirt dispersion, moisture content, wetting time, foam capacity, % cleaning action (Table 9). There was slight decrease in pH reported for the developed formulation after one month. Cleansing action was assessed for developed formulation after one month, it was evident that % cleansing action was slightly increased. Overall stability of antidandruff granules shampoo was good at a room temperature and was shown in Table 9.

SUMMARY AND CONCLUSION

The purpose of this research paper was to create a polyherbal antidandruff granules shampoo that could compete with commercially available synthetic shampoo. We formulated herbal shampoo utilizing plant extracts that are in Asia and are frequently used in traditional medicine. The components of shampoo are entirely safe. Antimicrobial testing confirmed that the polyherbal antidandruff shampoo reduces dandruff and infection. A pH of about 6.5, near to neutral, shows that compatibility with skin. The polyherbal anti-dandruff compounds developed by the current

research work well. We have used *Murraya koengii* leaves, *Mangifera indica* seeds, and *Trachyspermum ammi linn*. seeds plant extracts to provide anti-dandruff properties in place of ketoconazole, salicylic acid, zinc pyrithione etc. The polyherbal anti-dandruff shampoo prevents dandruff and infection, which was verified by an antimicrobial test. Although the synthetic ingredient sodium lauryl sulphate is present in preparation, it is only about 6%, which is less than synthetic shampoo and is in a safe acceptable limit. Physicochemical characteristics of polyherbal antidandruff shampoos were evaluated by several experiments. For Antifungal tests, our formulated polyherbal antidandruff granules shampoo (F2) produced results that were almost equivalent to those of commercial antidandruff agent like ketoconazole which were contains all good characters of an ideal shampoo and it was found to be harmless, more effective and economical. The evaluation study revealed good wetting ability, good rinsing action, stability, foam foaming and good dirt dispersion activity; however, more research and development are needed to raise the product's overall quality.

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Table 1 Formulation of Polyherbal Antidandruff GranulesShampoo

S.no.	Material (gm)	F1	F2	F3	Role
1	*Mangifera indica seed*	29	8	8	Antifungal
2	*Murraya koenigii leave* extract	8	29	8	Antifungal
3	*Trachyspermum ammi linn.* seed extract	8	8	29	Antifungal
4	SLS	3	3	3	Surfactant
5	Guar gum	1.11	1.11	1.11	Stabilizer
6	NaCl (0.1M)	q.s.	q.s.	q.s.	pH Neutralizer
7	Vitamin E	0.8	0.8	0.8	Antioxidant
8	Methyl Paraben	0.09	0.09	0.09	Preservative
9	Rose oil	q.s.	q.s.	q.s.	Flavoring agent
10	Water	q.s.	q.s.	q.s.	Solvent
11	**Total (gm)**	**50**	**50**	**50**	

Table 2 Relation between the carr's index of granules and its flow characteristics.

S. No	Carr's index (%)	Type of flow
1	5-15	Excellent
2	12-18	Good
3	18-23	Fair to possible
4	23-35	Poor
5	35-38	Very poor
6	>40	Extremely poor

Table 3 Comparison between angles of reposes and flow property

S. No.	Angle of repose	Flow property
1	< 25	Excellent
2	25 – 30	Good
3	30 – 40	Moderate
4	> 40	Poor

Table 4 Physical Evaluation parameters of Formulations F1, F2, F3

S.No.	Physical Evaluation parameters	F1	F2	F3
1	Colour	Blackish brown	Blackish brown	Blackish brown
2	Odor	Rose	Rose	Rose
3	Size (mm)	1.4	1.4	1.4
4	Shape	Granule	Granule	Granule
5	Appearance	Solid	Solid	Solid
6	pH	6.30	5.90	6.00
7	Surface Tension (dyne/cm)	32.63±0.27	30.67±0.63	31.78±0.38
8	Solubility in water	Soluble	Soluble	Soluble
9	Loss on drying (%)	0.68±0.76	0.94±0.33	0.77±0.36
10	Dirt dispersion test	Light	Light	Light
11	Moisture content (%)	1.0± 0.27	1.2± 0.68	1.3± 0.65
12	Wetting time (sec.)	157±0.45	158±0.84	156±0.35
13	Foaming capacity	0.9± 0.7	0.8± 0.35	0.8± 0.61
14	Cleaning action(%)	27.67±0.78	32.10±1.78	30.46±1.93

Table 5 Organoleptic Evaluation of Herbal Antidandruff Granules Shampoo

S.No.	Characters	Observations
1	Colour	Blackish Brown
2	Odor	Rose
3	Size	1.4 mm
4	Shape	Granules like shape
5	Appearance	Solid

Table 6 Evaluation of antidandruff granules shampoo

Batch no.	Bulk density (gm/ml)	Tapped density (gm/ml)	Carr's index (%)	Angle of repose (°)
F1	0.46	0.50	8.00	32.2
F2	0.42	0.51	17.00	32.0
F3	0.44	0.53	16.98	31.79

All values are mean (n) ±SD, n=3 and SD= Standard Deviation

Table 7 Physicochemical Evaluation Parameters of Shampoo

S.No.	Evaluation parameters	F1	F2	F3
1	pH	6.50	6.20	6.30
2	Surface Tension (dyne/cm)	32.46±0.35	30.57±0.45	31.98±0.29
3	Solubility in water	Soluble	Soluble	Soluble
4	Loss on drying (%)	0.65±0.46	0.90±0.32	0.75±0.56
5	Dirt dispersion test	Light	Light	Light
6	Moisture content (%)	0.9± 0.86	1.1± 0.24	1.0± 0.35
7	Wetting time (sec.)	155±0.55	157±0.83	154±0.33
8	Foaming capacity	0.8± 0.5	0.9± 0.25	0.7± 0.81
9	Cleaning action(%)	26.45±0.42	30.15±0.25	28.75±0.67

Table 8 Antifungal activity of Antidandruff granules shampoos.

S.no.	Batch	Diameter of inhibition zone (mm)		
		25mg/ml	75mg/ml	100 mg/ml
1	F1	7.9±0.20mm	10.7±0.35mm	11.3±0.58mm
2	F2	8.3±0.58mm	12.3±0.18mm	15.8±0.98mm
3	F3	7.2±0.80mm	9.5±0.36mm	12.5±0.73mm
4	Positive control Ketoconazole	16±0.52mm	25±0.73mm	38±0.18mm
5	Positive control Clotrimazole	4±0.35mm	6±0.85mm	19±0.71mm
6	Negative control Methanol	Nill	Nill	Nill

Table No.9 Stability studies of F1, F2, F3

S.No.	Physical Evaluation parameters	F1	F2	F3
1	Colour	Blackish brown	Blackish brown	Blackish brown
2	Odor	Rose	Rose	Rose
3	Size (mm)	1.4	1.4	1.4
4	Shape	Granule	Granule	Granule
5	Appearance	Solid	Solid	Solid
6	pH	6.30	5.90	6.00
7	Surface Tension (dyne/cm)	32.63±0.27	30.67±0.63	31.78±0.38
8	Solubility in water	Soluble	Soluble	Soluble

9	Loss on drying (%)	0.68±0.76	0.94±0.33	0.77±0.36
10	Dirt dispersion test	Light	Light	Light
11	Moisture content (%)	1.0± 0.27	1.2± 0.68	1.3± 0.65
12	Wetting time (sec.)	157±0.45	158±0.84	156±0.35
13	Foaming capacity	0.9± 0.7	0.8± 0.35	0.8± 0.61
14	Cleaning action(%)	27.67±0.78	32.10±0.78	30.46±0.93

Fig.1 Formulation of Poly-herbal Antidandruff Granules Shampoo.

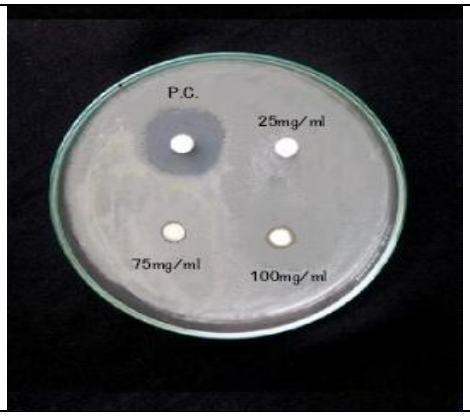

Fig.2 Antifungal activity of F1 Formulation.

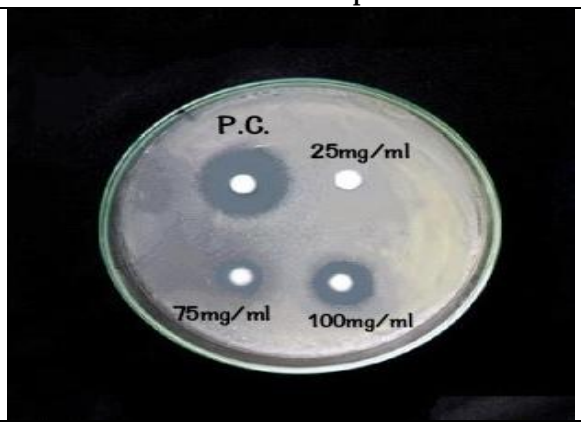

Fig.3 Antifungal activity of F2 Formulation.

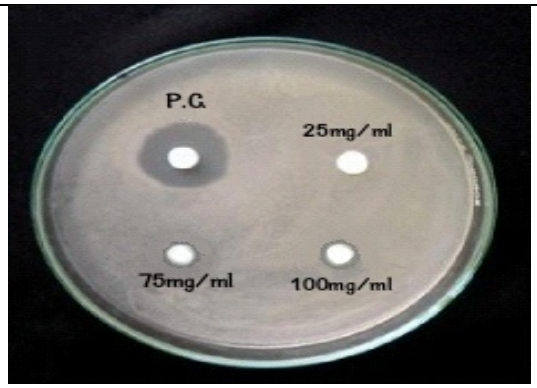

Fig. 4 Antifungal activity of F3 Formulation.

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Applications of Nanobiomaterials in Dentistry : A Review

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Received: 15 Apr 2025 Revised: 27 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Nanobiomaterials have emerged as a transformative innovation in dentistry, offering superior mechanical, biological, and physicochemical properties compared to conventional biomaterial. Nanostructured biomaterials significantly improve adhesion, mechanical strength, and resistance to biofilm formation, thereby enhancing the longevity and success of dental treatments. Moreover, the incorporation of bioactive nanoparticles such as hydroxyapatite, silver, and graphene-based materials has shown promising results in promoting remineralization and antimicrobial activity. Despite their advantages, they possess challenges related to cytotoxicity, long-term stability, and regulatory constraints that must be addressed for widespread clinical adoption. Future research should focus on optimizing nanostructures for enhanced therapeutic outcomes while ensuring safety and efficacy. This review contributes to the evolving field of nanobiomaterials in dentistry by providing insights into their potential to revolutionize oral healthcare.

Keywords: Nanobiomaterial, Biofilm, Remineralization, Cytotoxicity, Stability

INTRODUCTION

In order to improve patient outcomes and raise the standard of care, dentistry has always been at the forefront of using cutting-edge materials and technologies. The phrase "nanobiomaterials" refers to a wide variety of materials,

each specifically designed for a particular dental purpose, including as nanoparticles, nanofibers, nanotubes, and nanoscale coatings. The sensible design of nanoparticles might result in exceptionally large surface areas. Superior physical, chemical, and biological qualities are provided by nanobiomaterials, which are materials designed at the nanoscale that integrate the concepts of nanotechnology and biocompatibility. By improving long-term success rates, treatment effectiveness, and diagnostic precision, these materials have the potential to revolutionize the field of endodontic therapy. Richard Feynman, in 1959, won a Nobel Prize introducing the science andconcept of nanotechnology. Since then, nanotechnology has been employed in many applications, including dentistry, where it plays an important role in diagnosis, dental materials, and different therapeutic techniques.[1] This concept applied in dentistry has a variety of names. Given that atoms are about 0.1 nm in size and nanostructures range in size from 1 to 100 nm, it is evident that nanotechnology operates at the atomic and molecular level. Notwithstanding the enormous potential of nanobiomaterials, issues with their toxicity, biocompatibility, and long-term safety continue to be major worries. To make sure that the advantages of these materials outweigh any possible risks to patients, more research is essential to assess these factors.

METHODS OF SYNTHESIS

There are four approaches that can be used for manufacturing a tally of nano dental products:

1. Bottom-Up approach
2. Biomimetic approach
3. Top-Down approach
4. Functional approach

Where bottom-up and top-down approaches are the most commonly used. The biomimetic approach is still in the research phase. [2]

Classification

Depending on their intended use, nanobiomaterials can be categorized based on a variety of chemical or physical characteristics, including composition and electrical, optical, or magnetic qualities. Nanobiomaterials are often categorized based on their morphology, composition, and dimensionality.[3]

Based on Dimensionality they are classified as

A. 0-Dimensional: Nanoparticles Nanospheres Quantum dots
B. 1-Dimensional:Nanofibers Nanotubes Nanowires
C. 2-Dimensional:Nanofilms Nanoplates Nanocoatings
D. 3-Dimensional: Nanoemulsions Nanogels Nanoporous Structures

Composition

Nanobiomaterials are available in a variety of sizes and shapes and can be made of: (1) organic, (2) inorganic, (3) carbon-based, or (4) composite-based materials. The chemical makeup of nanobiomaterials is the first characteristic to be altered for biocompatibility and decreased cytotoxicity. Polymeric nanobiomaterials are extensively studied and employed in pharmaceutical applications for targeted drug release, controlled or sustained drug delivery, and tissue engineering techniques. Carbon-based nanobiomaterials possess excellent optical qualities, large surface areas, strong mechanical strength, and high electrical conductivity that make them perfect for theragnostic applications. [4] Any combination of organic/organic, inorganic/inorganic, or organic/inorganic components can be used to generate multiphase materials, enhance the range of desired features, or make up for a material's poorer qualities. Depending on the kind of biomedical application needed, a variety of materials can be combined to create composite or hybrid materials with adjustable mechanical strength, biocompatibility, or biodegradation rate. [5]

Applications

Drug Delivery

Intrinsic toxicity and low bioavailability are two issues that conventional medicines are currently struggling with. Many of these nanomaterials can efficiently travel through tiny capillaries and be absorbed by cells because of their modest size (10–100 nm). They have been shown to have special optical and electrical qualities, be biocompatible and biodegradable, and evade immune system detection. [6] Nanomaterials have a significant role in gene delivery systems for genetic disorders, cancer research, and immunization, particularly with regard to vaccine antigens. Currently, polymer-based hydrogels are used in dentistry, where the structure of the systems can alter the rate of release. Nanotechnology, one of the quickly emerging scientific fields, is a potent instrument to boost the bioavailability of drugs and enhance the efficiency of delivery methods. In order to increase the drug's effectiveness in treating any oral pathological disease, antibiotics such as tetracycline will eventually be locally delivered via microspheres and inserted into periodontal pockets or in the area of significance.

Regenerative Medicine

Disease-related or age-related tissue or organ damage leads to a serious health concern that has an immediate impact on a patient's life expectancy and quality of life everywhere. In order to build a functioning replacement for a failing tissue or organ, tissue engineering is an interdisciplinary technology that combines living cells, biomaterials, and appropriate biochemical (such as growth hormones) and physical (such as cyclic mechanical stress) variables. As nanotechnology has advanced, the use of nanobiomaterials in tissue engineering has produced a number of novel technologies that have the potential to completely alter the paradigm as shown in Fig 1. [7]

Diagnostic Tools

Diagnostic applications for nanobiomaterials include biosensing, imaging, and detection. Diagnostic instruments based on nanobiomaterials should be biocompatible, non-toxic, non-immunogenic, and biodegradable, much like any other foreign substance that is injected into the body. In order to identify a disease or other medical condition, in vitro diagnostics uses materials to identify biochemical changes, activities, and concentrations of particular components in biological solution samples extracted from the body. [8]Biosensors are analytical tools that transform a biological or biochemical reaction into a physicochemical signal that can be measured and quantified. This allows for the detection of a chemical analyte or substance. By utilizing the higher surface-area-to-volume ratios of the nanoparticles, the goal of the nanobiomaterials for biosensing applications is to provide extremely sensitive, specific, and effective analytical methods for disease detection.The development of highly sensitive and specific point-of-care technology will be aided by the introduction of nanobiomaterials for biosensing applications and the optimization of their interaction with biological recognition components. Fig 2 depicts the components of a typical biosensor and of the different types of bioreceptors and transducers. [9]

Antimicrobial Agents

Antimicrobial and antifouling polymers must be creatively designed in order to prevent biofilms, as the overuse of antibiotics has led to the creation of antibiotic-resistant microorganisms. Creation of innovative nanobiomaterials with built-in antibacterial and antifouling capabilities to facilitate microbial control in biomedical settings. The antimicrobial and antifouling mechanisms of the nanobiomaterials are depicted in Fig3. [3]The field of dentistry is particularly gaining momentum in the use of antimicrobial and antifouling nanobiomaterials for the prevention of biofilm formation and recurrent caries in dental restorative, endodontic, and tissue regenerative applications of the oral cavity.Silver and iron, zinc, and titanium metal oxides are examples of metallic nanoparticles that break down microbial membranes and produce reactive oxygen species (ROS), which harm cell membranes, mitochondria, and proteins. [10]Silver nanoparticle-containing composite scaffolds may be able to control bacterial infection during reconstructive bone surgery and serve as a covering to prevent infection, sepsis, or implant malfunction in the future.

Restorative Dentistry

Dental composites (nanocomposites), glass-ionomer cements (nano-ionomers), endodontic sealers, and tooth regeneration have all been produced using nanotechnologies.

Nanocomposites

The usage of patented nanocomposites has advanced in response to the depressing and enduring problems of strength, microhardness, wear resistance, and polymerization shrinkage, all of which are crucial for posterior occlusal applications.Two or more materials, including a matrix material and nanoscale particles, combineto formnanocomposites. By adding secondary nanoparticles, the mechanical properties of nanocomposites can be controlled. Reducing the particle size below the visible light wavelength (400–800 nm) is one of the main goals of employing nanomeric particles. Because the polymer size range is typically in the same dimensions, this aids in the creation of highly translucent materials, high surface area to volume ratios, and molecular interactions. The chemistry, production, and processing methods of nanostructured materials all have complete control over their properties.

Nano Glass Ionomers (Nano-Ionomers)

Disadvantages of GIC include poor aesthetic, prolonged setting reaction, compromised mechanical properties and weaker bond strength. In fluoroaluminosilicate (FAS) glass, nanotechnologies have been used to create resin-modified glass ionomers in the form of nanoparticles (nanomers) and nanoclusters. When compared to traditional glass ionomers, there is an improvement in optical qualities and translucency, and the aesthetic look is said to be on par with natural teeth. Friedl et al. evaluated the performance of novel glass ionomers cements in a retrospective investigation and came to the conclusion that the Equia® System works well for posterior filling materials. [11]

Endodontics

Nanoparticle based disinfection: Silver nanoparticles possess antifungal and antibacterial properties. They may, however, also have cytotoxic, oxidative, inflammatory, and genomic effects.

Endodontic Instruments The fatigue resistance and breaking time of NiTi files coated with cobalt and soaked with fullerene-like WS2 nanoparticles are significantly improved.

Repair and Pulp Regeneration Fioretti *et al.* described a-MSH (melanocortin peptides) as a novel active biomaterial for endodontic regeneration, demonstrating that it has anti-inflammatory qualities and promotes the growth of pulpal fibroblasts. [12]

Endodontic sealers Chitosan (CS), magnesium oxide (MgO), calcium oxide (CaO), copper oxide (CuO), zinc oxide (ZnO), silver (Ag), and QAPEI nanoparticles have all been studied as possible antibacterial agents and to enhance their physicochemical and biological characteristics. By performing the test, Barros et al. demonstrated that the antibacterial effect of sealants is impacted by the addition of 1% or 2% nanoparticles of QPEI. [13]

Obturating Materials According to research, gutta-percha—even when thermoplasticized—should be used in conjunction with sealers since it does not provide sufficient three-dimensional infill. Nanosilver particle (AgNP)-coated gutta-percha shown antibacterial qualities. Following modification, this combination has demonstrated antibacterial efficacy against Escherichia coli (E. coli), Candida albicans (C. albicans), Staphylococcus aureus (S. aureus), and E. faecalis.

Root Repair Materials Mohammed S. Alenazy *et al.* found that using MTA as nanoparticles boosted the powder's surface area in contact with dental tissues, reducing the setting time and increasing the material's hardness. It seems that this modification accelerated MTA's solidification. However, the usage of nanoparticles was linked to a decline in the required hardness. [14]

Preventive Dentistry

The size-dependent effects of nanomaterials in preventive dentistry can be attributed to two main mechanisms: the first is the interaction with bacterial adherence and oral biofilm formation; the second is the impact on de- and remineralization. Since demineralization begins at the nanoscale, either due to caries or erosion-induced acidic

challenges, it makes sense to provide small nanosized building units for optimal remineralization. This also holds true for particle size-related interactions with bacteria and the bacterial membrane, where nanoparticles are significantly more effective than microparticles. Hydroxyapatite or its derivatives modified with carbonate, fluoride, or zinc make up the majority of pure inorganic nanoparticles used in preventative dentistry. Additionally, a small percentage of minerals, such as mineral nanotubes or nanorods, are evaluated. According to Lu et al., needle-like or spheroidal nanohydroxyapatite (less than 100 nm in size) may enhance the remineralization of artificial caries lesions and alter bacterial colonization of the tooth surface in a rat model, indicating a potential antibacterial effect. [15]

Periodontal Therapy

Because of its ability to promote bone development through osteoconduction and osteoinduction, bioactive glass has been used extensively in dentistry to correct periodontal abnormalities. Over time, there have been encouraging outcomes from the therapeutic application of bioactive glass in the Perioglass brand's particle form. In recent decades, there has been an advance in the study of novel therapies for complete periodontal regeneration.A series of biological processes, such as adhesion, migration, proliferation, and differentiation, are involved in periodontal regeneration. To promote periodontal regeneration, a variety of treatments have been tried.Although full regeneration of periodontal tissues is still far off, autogenous bone grafts, bone allografts, GTR, the implantation of alloplastic materials, and the utilization of cellular factors have all made major strides in this direction.

Risk Assessment

Figure 4 shows a schematic representation of life cycle assessment of NMs, which has been acknowledged as an important technique for routinely assessing the possible environmental implications of manufactured nanomaterials across their full life cycles.[16]The risk assessment technique used for conventional chemicals, which is predicated on the following requirements [17], should be followed in the safety assessment of NMs in accordance with "REACH" (Registration, Evaluation, Authorization and restriction of Chemical Substances). (1) evaluation of effects, (2) assessment of exposure, and (3) categorization of risk (Fig5)[7]

Challenges

The following characteristics might be encompassed in the ideal nanomedicine or nanoparticle system to be used therapeutically

- A thorough comprehension of the essential elements and how they interact
- Determining the essential traits and how they relate to performance
- Capacity to reproduce essential features in industrial settings
- Capable of targeting or accumulating in the intended site of action by overcoming the constricting biological barriers
- Simple to make in a sterile form
- Easy to administer and storewith good stability

Advantages

- Targeted Drug Delivery
- Enhanced Biocompatibility
- Improved Mechanical Properties
- High Surface Area-to-Volume Ratio
- Biosensing
- Diagnostics

CONCLUSION

The field of dentistry has undergone remarkable advancements with the introduction of nanobiomaterials, revolutionizing both preventive and therapeutic approaches. Nanobiomaterials have enhanced the properties of

traditional dental materials, making them stronger, more biocompatible, and functionally superior. Despite their numerous advantages, nanobiomaterials present challenges that must be addressed before their widespread adoption in clinical practice. Concerns regarding their long-term biocompatibility, cytotoxicity, and potential environmental impact require thorough investigation.

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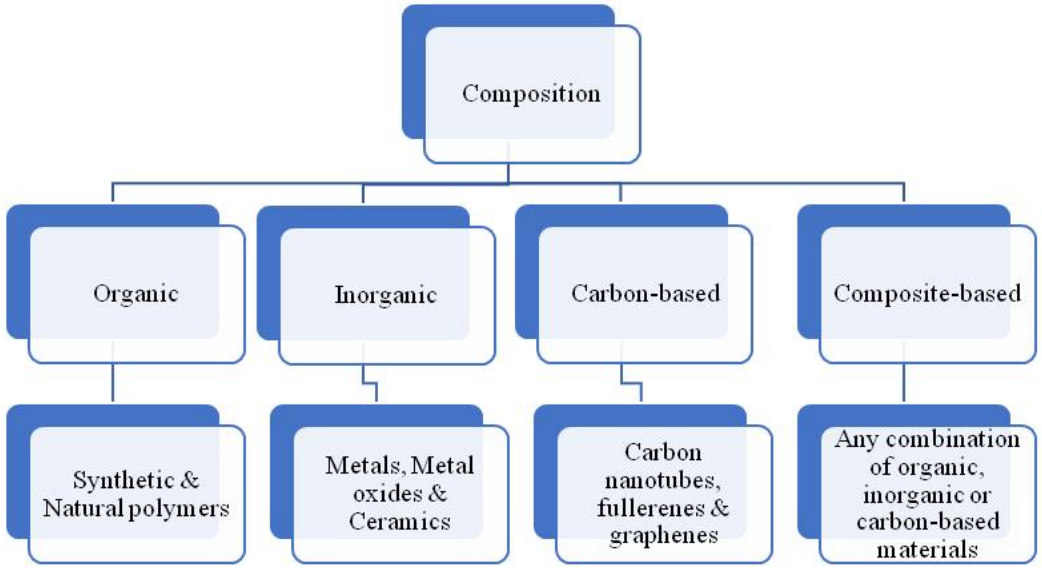

DRUG DELIVERY

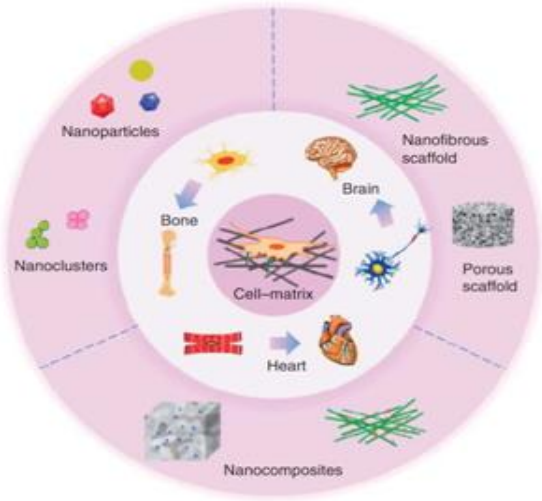

Fig.1: Range of nanobiomaterials emerging for tissue regeneration
Figure Courtesy Liping Xie *et al.* (2017) [7]

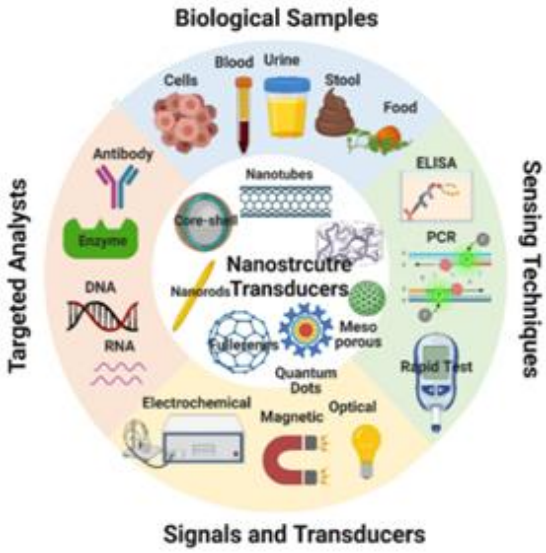

Fig.2:Components of a typical biosensor and of the different types of bioreceptors and transducers.
Figure Courtesy: Vancha Harish *et al.* [9] (2022)

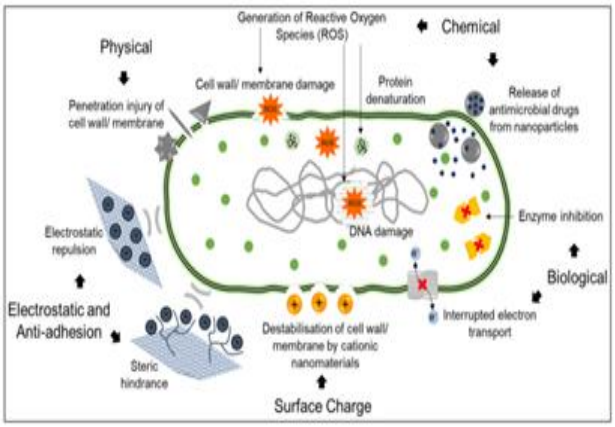

Fig.3: Antimicrobialand antifouling mechanisms of nanobiomaterials Figure Courtesy Poornima Ramburrun *et al.* (2022) [3]

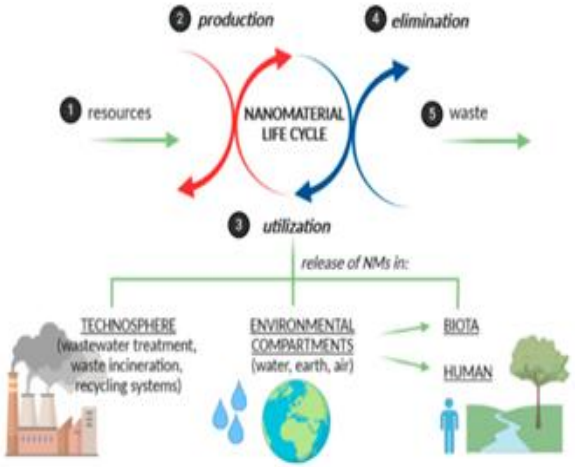

Fig.4: Impact of nanomaterial life cycle on the environment Figure Courtesy: Anas Ahmad (2022) [16]

Fig.5: Risk assessment methodology for nanomaterials based on REACH requirements Figure Courtesy Aleksandra Zielinska *et al.* (2020) [7]

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Emergence of Extreme Events via Parametric Excitation in Microelectromechanical Systems (MEMS)

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Received: 23 Apr 2025 Revised: 20 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

Extreme events (EEs)-rare, large-amplitude bursts occurring unpredictably in time-have garnered significant attention across diverse disciplines. In this study, we investigate the emergence and mechanisms of EEs in nonlinear systems with parametric excitation, with a focus on microelectromechanical systems (MEMS). Paradigmatic models are examined: cantilever-based MEMS oscillator. In the MEMS model, EEs arise due to stick-slip bifurcations near discontinuous system boundaries under parametric modulation. These findings demonstrate that parametric excitation, a common feature in various engineered systems, can act as a potent mechanism for inducing EEs, offering new perspectives in MEMS design, failure analysis, and energy harvesting applications.

Keywords: Extreme events, microelectromechanical systems, large amplitudes

INTRODUCTION

Oscillatory systems across physics, biology, and engineering often exhibit rich dynamical behaviors, including the coexistence of small and large-amplitude oscillations. Among these, extreme events (EEs)-sporadic, high-magnitude

excursions-stand out due to their destructive potential and statistical rarity. Characterized by long-tailed distributions, EEs have been identified in diverse systems such as ocean waves, neuronal circuits, lasers, and power grids. Traditionally, their emergence has been studied in systems subjected to external periodic forcing, where mechanisms like crisis, bifurcations, and noise-driven instabilities play key roles [1-9]. Despite progress, the role of parametric excitation-where system parameters varies periodically rather than being driven externally-remains underexplored in the context of EEs. Parametric excitation is common in MEMS, where properties like stiffness or damping may be modulated for performance tuning or energy harvesting. Such internal modulation introduces fundamentally different dynamical pathways compared to additive forcing [3]. In this work, we aim to fill this gap by presenting theoretical and numerical evidence of EEs in a nonlinear system under parametric excitation: a MEMS oscillator with a discontinuous boundary. In the MEMS model, we show that stick-slip dynamics, triggered near discontinuities in phase space, can induce EEs. These results not only expand our understanding of EEs in parametrically excited systems but also underline their relevance in real-world MEMS applications.

Extreme Events in a Microelectromechanical System

In this section, we examine the emergence of extreme events (EEs) in a microelectromechanical system (MEMS) subjected to parametric excitation. The system under consideration is a cantilever-based MEMS oscillator, which incorporates both nonlinear stiffness and a discontinuous boundary, making it a fertile ground for complex dynamics, including rare and extreme oscillations.

Mathematical Model

The dimensionless form of the equation governing the MEMS oscillator is given by [3]:

$$\ddot{x}+\alpha\dot{x}+\gamma[1+F\cos(\omega t)]x-2(1-x)2\beta=0,$$

where

- x(t) is the displacement of the movable cantilever structure.
- α is the damping coefficient representing energy dissipation.
- γ is the stiffness parameter of the structure.
- β quantifies the nonlinear electrostatic actuation.
- F and ω are the amplitude and frequency of the parametric excitation, respectively.

The electrostatic actuation introduces a singularity at x=1, leading to a discontinuous boundary in the phase space. This feature divides the system into two dynamical subspaces: one for x<1 and another for x>1. Systems with such discontinuities are common in real-world mechanical and electronic systems and are known to exhibit behaviors like stick-slip motion, which are critical in the generation of EEs.

Numerical Setup and Observations

To explore the system's behavior, we fix the parameters as follows: α=0.71, γ=0.5, and β=0.32. The differential equation is integrated numerically using the adaptive step-size Runge-Kutta method, ensuring accuracy in capturing rapid changes in dynamics [4,5]. In the absence of parametric forcing (F=0), the system possesses a single equilibrium point-a stable focus-at x=1.38248. However, the introduction of parametric excitation drastically alters the dynamical landscape. By fixing the excitation amplitude F=1.48 and varying the excitation frequency ω, we observe a rich array of behaviors

- Periodic Oscillations: For high values of ω, the system remains in a regular, periodic regime.
- Chaotic Transitions: As ω decreases, a transition to small-amplitude chaos occurs.
- Emergence of Large Bursts: Further reduction in ω leads to the appearance of intermittent large-amplitude oscillations.
- Onset of Extreme Events: At a critical frequency ($\omega\approx0.8513$), some of these bursts cross a statistically defined threshold, marking the emergence of extreme events.

Identification and Statistical Characterization of EEs

To objectively distinguish extreme events from typical large oscillations, we use a statistical criterion based on the observable x(t) [6-9]. An event is classified as extreme if its peak amplitude exceeds a threshold height HT, defined by

$$HT=\langle P\rangle+n\sigma,$$

where ⟨P⟩ is the time-averaged peak value of x, σ is the standard deviation, and n=4 is a system-specific scaling constant (see Fig.1).

At ω=0.8513, a portion of the observed large bursts exceed HT, qualifying as extreme events. This is confirmed through

- Time series analysis, showing intermittent and irregular large peaks;
- Probability density functions (PDFs) of the peak values which exhibit long-tailed distributions, a hallmark of extreme events;
- Phase portraits, displaying large excursions in phase space associated with these events.

Statistical Rarity and Temporal Unpredictability

To substantiate the rare and unpredictable nature of the extreme events, the inter-event interval (IEI) and joint inter-event interval (JIEI) statistics are computed. The IEI is defined as the time interval between two successive events exceeding HT. The PDF of the IEIs follows a Poisson-like exponential distribution, indicating a memoryless process where events occur at random times with no temporal correlation. This is further validated by the JIEI plots, which display a negative exponential trend-another statistical signature of rare, independent events. E. Mechanism Behind the Emergence of EEs: Stick-Slip Bifurcation. A unique feature of the MEMS model is its discontinuous boundary at x=1, which creates a sliding region in the phase space. As trajectories approach this boundary, they can undergo stick-slip bifurcations-a process where trajectories intermittently "stick" to the boundary before "slipping" away, leading to sudden and large displacements.

As the excitation frequency ω decreases, the system's orbits are gradually drawn closer to the discontinuous boundary. When they get sufficiently close, the stick-slip mechanism is activated, producing the large excursions associated with extreme events. These bifurcations occur irregularly due to the chaotic nature of the system, explaining the sporadic and unpredictable timing of EEs.

This mechanism is visually demonstrated through phase portrait

- **For ω=0.875** The orbit remains distant from the boundary, and the system behaves periodically.
- **For ω=0.856** Small chaotic oscillations appear, but the boundary is not yet engaged.
- **For ω=0.842** The orbit intersects the discontinuous boundary, initiating stick-slip bifurcation and resulting in large, rare oscillations.

CONCLUSION

In this study, we explored the emergence of extreme events (EEs) in nonlinear oscillatory systems subject to parametric excitation, focusing particularly on a cantilever-based MEMS model. Through bifurcation analysis and long-term time series evaluations, we demonstrated that EEs in the MEMS system, we found to emerge near discontinuous boundaries due to stick-slip bifurcations, a mechanism inherently tied to the system's structural nonlinearity. Our findings underscore that parametric excitation, widely used in MEMS for tuning and control, can also be a source of sporadic high-magnitude responses-posing both challenges and opportunities for system stability and energy harvesting applications. These insights are valuable for the design and safe operation of micro- and macro-scale engineering systems prone to such extreme dynamical behaviors.

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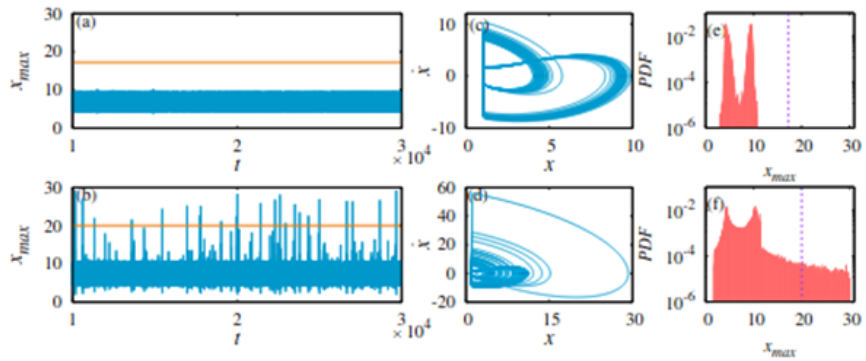

Fig.1 Time evolution of the system is plotted in the left vertical panel for different values of forcing frequency (a) ω = 0.856 and (b) ω = 0.845 for F = 1.48. The corresponding attractor and the probability density function are depicted in middle [(c) and (d)] and right panels [(e) and (f)], respectively [3].

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Effect of Symptoms Limited Exercise Training on Quality of Life in Patients with Non-Operated Stable Coronary Artery Disease-Randomized Controlled Trial

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Received: 20 Mar 2025 Revised: 18 May 2025 Accepted: 13 Jun 2025

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ABSTRACT

Introduction: - coronary artery disease (CAD) remains a leading cause of morbidity and mortality Patients with coronary artery diseases suffers from symptoms like chest pain, breathlessness, fatigue, which may have an effect on their functional status and vo2 max. The study aims to evaluate effect of symptoms limited exercise training in patients with non-operated stable coronary artery disease. Methodology: -Total 76 patients were divided into two groups. The conventional group was advised to walk for minimum 30-40 minutes per day. The interventional group was taught 30-40 minutes of tailor-made exercise training once along with walking and provided a home exercise programme. Home diary was maintained to check adherence for both groups. Both groups were instructed to follow protocol for 5days/week for 3 months. Results: - Results showed significant improvement($P<0.05$) in quality of life for interventional group. While inter-group showed significant improvement($P<0.05$) in all parameters except WHO-domain 3 and CCS. Conclusion: -The study concluded that effect of symptoms limited exercise training to improve quality of life in patients with non-operated stable coronary artery disease.

Keywords: - Exercise training, Coronary artery disease, Quality of life

INTRODUCTION

Coronary artery disease (CAD) remains a leading cause of morbidity and mortality worldwide, accounting for millions of deaths each year. According to the World Health Organization (WHO) and other health agencies, CAD is one of the primary causes of death globally, particularly in high-income countries. However, its prevalence is also rising in low- and middle-income nations due to urbanization, lifestyle changes, and an increasing burden of risk factors [1]. In developed countries, the prevalence of CAD is estimated to be between 6-10% in adults over the age of 40, with sedentary lifestyles, obesity, diabetes, and hypertension contributing to its growing incidence [2]. The underlying cause of CAD is atherosclerosis, a progressive condition characterized by the accumulation of lipid-rich plaques in the coronary arteries [3]. These plaques lead to endothelial dysfunction, reduced nitric oxide bioavailability, inflammation, and vascular remodelling, ultimately resulting in narrowed or occluded arteries.[3-4] As a consequence, myocardial blood flow becomes restricted, leading to ischemia, which manifests as angina, dyspnea, or fatigue, particularly during physical exertion [4].

In stable CAD, the coronary circulation is often able to maintain adequate blood supply at rest. However, during periods of increased demand, such as exercise, blood flow may become insufficient, triggering ischemic symptoms. While pharmacological interventions, including beta-blockers, nitrates, and antiplatelet therapy, help control symptoms, they do not directly enhance endothelial function or improve overall physical capacity [5] Patients with stable CAD often experience physical limitations, reduced exercise tolerance, and psychological distress, all of which negatively impact their quality of life (QoL) [6]. Exercise training has been shown to improve endothelial function, increase myocardial oxygen delivery, and reduce symptom burden. In particular, symptom-limited exercise training—an approach that adjusts exercise intensity based on individual tolerance—has emerged as an effective rehabilitation strategy [78]. By allowing patients to exercise within their physiological limits, this approach maximizes benefits while minimizing risks, leading to improved functional capacity, reduced symptoms, and enhanced QoL.

While surgical and pharmacological interventions remain central to CAD management, a significant proportion of patients remain non-operated, either due to the absence of severe obstructive lesions, personal preference, or contraindications for surgery. In such cases, non-invasive approaches, including lifestyle modifications and structured exercise programs, play a crucial role in optimizing clinical outcomes. Symptom-limited exercise training differs from high-intensity exercise programs by ensuring that patients engage in safe, individualized activity levels that promote cardiovascular adaptation without excessive myocardial strain. Research has demonstrated that exercise training not only improves functional capacity, reduces inflammation, and enhances autonomic balance but also lowers the risk of adverse cardiovascular events [9].

Beyond its physiological benefits, symptom-limited exercise training is essential for enhancing health-related QoL, which encompasses physical function, emotional well-being, and social participation.[10] Many patients with stable CAD experience activity limitations, anxiety related to symptom-induced exertion, and reduced independence, all of which contribute to a diminished QoL [10-11]. By improving exercise tolerance and reducing symptom severity, structured exercise programs may help patients regain confidence in physical activity and enhance their psychological well-being [12]. This study aims to evaluate the effect of symptom-limited exercise training on quality of life in patients with non-operated stable CAD. By assessing improvements in physical, emotional, and social well-being, this research seeks to provide valuable insights into optimizing rehabilitation strategies for this patient population.

.

MATERIALS AND METHODS

The study was commenced after approval of institutional ethical committee and clinical trial registration.

The inclusion criteria were
1) Age group 40 to 70 years both men and women
2) Patients who were screened and diagnosed with stable coronary artery disease by interventional cardiologist
3) Severe stable coronary artery disease (>70% Blockage) who refused for CABG/PCI
4) Moderate stable coronary artery disease (>50-70% Blockage) who does not require PCI
5) Mild stable coronary artery disease (<50% Blockage).

The exclusion criteria were
1) Patients who were diagnosed with rheumatic heart disease.
2) Patients who were diagnosed with unstable coronary artery disease and required surgery.
3) Patients who were diagnosed for any associated pulmonary disease.
4) Patients who were suffering from any neurological conditions that affects upper limb movements and gait.
5) Patients with any lower limb musculoskeletal deformity affecting mobility.
6) Patients who were suffering from psychiatric disorders.

Sample size: - According to the literature, the standard deviation (SD) of the quality of life of CAD patients ranged from 12 to 18 [13,14]. Assuming a standard deviation of 15 and an 11-point difference as clinically important, a sample size of 30 per group were required to attain 80% power while allowing for 5% typeI error. Assuming a 20% loss to follow-up, the sample size inflated to 38 per group. The total sample size was 76.

Sampling method: - Computerized randomization

Outcome measures
1) WHO-QOL to evaluate quality of life [15]
2) Canadian cardiovascular society score to evaluate angina level [16]
3) New York heart association score to evaluate dyspnoea level [17]

Methodology
Patients who met the inclusion and exclusion criteria were recruited for the study. A total of 102 patients were screened for eligibility. A total of 26 patients were excluded from the study, including 12 who did not meet the inclusion criteria, 10 with pulmonary disease, and 4 who declined to participate.76 patients were randomly divided into two groups. Prior to commencing main study, pilot study was conducted to evaluate efficacy of protocol, which has showed significant improvement in interventional group. Baseline data and outcome measures were evaluated following participation. The control group was advised to walk for 30 minutes five days a week for three months. The interventional group received 30-40 minutes of symptoms-limited customised exercise intervention along with walking 5 days a week for three months. Once enrolled in the interventional group, all the patients were taught a tailor-made exercise protocol (Figure 1) and provided home exercise programme for home based. They were asked to keep a home diary for reminders and follow-up purposes. Reminders was given by telephonic conversation every two weeks. The outcome measures were assessed both at baseline and after three months. Symptoms-limited exercise intervention was given to interventional group according to FITT protocol mentioned in table 1 to 3. This protocol was carried out from ACSM and AHA Guidelines.

RESULTS

Data was entered into Microsoft Excel 2016. Data was analyzed by using STATA 18. Descriptive statistics [Frequency, mean (SD)] were used to depict the baseline characteristics of the study population. An independent sample t-test was used to compare outcome variables between the groups. A within-group comparison was done using a paired t-test. p-value <0.05 was considered statistically significant . Table 4 showed total of 76 (20 Male, 18 Female) patients with mean age (58.05±7.16) in control group and 10 (19 Male, 19 Female) patients with mean age (58.87±7.48) in interventional group were enrolled for the study. All patients had completed their course of exercise training for 3 months in both the groups respectively. Both groups have similar charactristics at baseline with respect to the severity of coronary artery disease. Table 5 showed there was significant improvement in control group for all parameters except WHO-domain 3 and CCS. (p>0.05). Table 6 showed there was significant improvement in interventional group for all parameters. (p<0.05). Table 7 showed intergroup comparison there was significant improvement in control group for all parameters except WHO-domain 3 and CCS. (p>0.05).

DISCUSSION

Cardiac rehabilitation has become a well-established treatment modality in patients with heart disease. The present study examined the impact of symptom-limited exercise training on the quality of life (QoL) in patients with non-operated coronary artery disease (CAD). Our findings suggest that structured exercise training, performed up to symptom limitation, significantly improves QoL, as evidenced by enhancements in physical functioning, emotional well-being, and symptom burden. Patients demonstrated improved exercise tolerance, reduced angina frequency, and greater psychological resilience, reflecting the multifaceted benefits of exercise in CAD management. Our results align with previous research demonstrating the positive effects of cardiac rehabilitation on QoL in CAD patients. Studies by Hambrecht et al. (2000) and Anderson et al. (2016) have shown that exercise-based interventions improve physical fitness and reduce cardiovascular symptoms [17-18]. Notably, our study reinforces that symptom-limited exercise, rather than fixed moderate-intensity training, is an effective strategy for improving exercise tolerance and overall well-being. The observed improvements in QoL suggest that exercise should not be viewed solely as a secondary prevention tool but as a primary therapeutic strategy. Additionally, our study supports a patient-centered approach to cardiac rehabilitation, where exercise intensity is tailored based on individual symptom thresholds. This could enhance adherence and long-term sustainability compared to rigid, one-size-fits-all exercise protocols. The improvements observed can be attributed to several physiological and psychological mechanisms like Enhanced Cardiovascular Efficiency – Regular exercise improves endothelial function, reduces arterial stiffness, and promotes myocardial perfusion, leading to better physical functioning. Reduction in Symptom Burden – Improved exercise tolerance correlates with decreased anginal episodes and dyspnea, which contributes to better QoL. Psychosocial Benefits – Exercise has well-documented effects on reducing anxiety and depression, likely contributing to the psychological well-being improvements noted in our study [19-20].

CONCLUSION

This study concluded that symptom-limited exercise training significantly enhances the QoL of patients with non-operated CAD. By improving physical function, reducing symptom burden, and enhancing psychological well-being, exercise emerges as a key non-pharmacological intervention in CAD management. Future research should focus on optimizing exercise protocols and assessing long-term adherence and benefits to reinforce the role of exercise in routine cardiac care.

Limitations

Multi-center trials would be needed to confirm these findings across diverse populations. We have not assessed diet mechanism, level of physical activity etc.

ACKNOWLEDGEMENT

I would like to express my deepest thanks and sincere gratitude to my statistician, Mr. Mayur Shinde for sharing his knowledge and co-operative response to all queries. I would like to express my gratitude to the IEC for approving our research request, as well as to all the patients for their support throughout the study.

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Table-1 FITT Protocol

Week 1 to 6	
Frequency	5 days/week
Intensity	RHR +20–30 bpm/ upto 11 RPE
Time	30-40 minutes / day
Type	endurance training

Table-2 FITT Protocol

Week 7 to 12	
Frequency	5 days/week
Intensity	RHR +20–30bpm/ 11 to 13 RPE
Time	30-40minutes/day
Type	endurance training

Table-3 Exercise training protocol

Warm-up Period: - (5 Minutes)		
Patient Position	Intervention	Frequency
Sitting	Long flexors stretch of upper limb	10 sec hold* 3 set
Sitting	Triceps stretch	10 sec hold* 3 set
Sitting	Wrist circling	10 sec hold* 3 set
Sitting	Ankle-toe movements	10 times * 3Set
Long sitting	Calf and hamstrings stretch	10 sec hold* 3 set
Aerobic exercise and endurance training (20 Minutes)		
Supine	Alternate hip and knee bending	10 times * 3Set
Side lying	Bilateral hip abduction	10 times * 3Set
Sitting	Alternate knee extension	10 times * 3Set
Sitting	Thoracic Mobility Exercise - Flexion/extension - Abduction/adduction	10 times * 3Set
Sit to stand	10 times * 3Set	
Marching	10 times * 3Set	
Walking	15-20 minutes	
Cool-down Period (5 Minutes)		
Sitting	Long flexors stretch of upper limb	10 sec hold* 3 set
Sitting	Triceps stretch	10 sec hold* 3 set
Sitting	Wrist circling	10 sec hold* 3 set
Sitting	Ankle-toe movements	10 times * 3Set
Long sitting	Calf and hamstrings stretch	10 sec hold* 3 set

Table 4 Baseline characteristics

	Group A	Group B
Age	58.05±7.16	58.87±7.48
Gender		
Male	20(51.3%)	19(48.7%)
Female	18(48.6%)	19(51.4%)
Severity of CAD		
Mild CAD	20(43.5%)	26(56.5%)
Moderate CAD	14(56%)	11(44%)
Severe CAD	4(80%)	1(20%)
*Group A- Control Group, *Group B- Interventional Group, *CAD= Coronary artery disease, *n(%)= no of patients(Frequency)		

Table 5 Intra group analysis of control group

Parameters	Pre test Mean ± SD	Post 3 months Mean ± SD	P value
Vo2 max	12.407 ±0.87	14.415 ±1.39	0.05
6MWT Recovery min	6.4 ±0.7	5.4 ±0.84	0.07
6MWT Distance	318 ±25.73	340.7 ±34.54	0.06
*6MWT- 6 Minute walk test, Vo2 max- Maximum Oxygen consumption			

Table 6: Inter-group comparison of NYHA and CCS

			Group A		Group B	
Sr. No	**Variables**	**Grade**	**Pre**	**Post**	**Pre**	**Post**
1	NYHA	1		13(26%)		37(74%)
2		2	12(42.9%)	25(96.2%)	16(57.1%)	1(3.8%)
3		3	26(54.2%)		22(45.8%)	
4	CCS	1	26(48.1%)	34(47.2%)	28(51.9%)	38(52.8%)
5		2	12(54.5%)	4(100%)	10(45.5%)	0(0%)
*Group A- Control Group, *Group B- Interventional Group, *NYHA= New York heart association grades for dyspnea, *CCS= Canadian cardiovascular society score for angina						

Table 7: Intra-group parametric for control group

Sr. No	Variables	Mean (S.D.) (n=38)		p-value
		Pre	Post	
1	NYHA	2.7(0.47)	1.7(0.48)	<0.001
2	WHO-Domain 1	19.5(1.67)	22.6(1.75)	<0.001
3	WHO-Domain 2	17.3(1.42)	19.3(1.26)	<0.001
4	WHO-Domain 3	8.9(0.31)	9(0.23)	0.1
5	WHO-Domain 4	22.2(1.82)	23.9(0.71)	<0.001
6	CCS	1.3(0.47)	1.1(0.31)	0.03
7	WHO- Question 1	2.8(0.39)	3.2(0.41)	<0.001
8	WHO- Question 2	2.8(0.43)	3.3(0.47)	<0.001
*NYHA= New York heart association grades for dyspnea, *WHO-QoL Domain 1= WHO Quality of life domain 1 (Physical health), *WHO-QoL Domain 2= WHO Quality of life domain 2 (Psychological health), *WHO-QoL Domain 3= WHO Quality of life domain 3 (Social relationships), *WHO-QoL Domain 4= WHO Quality of life domain 4 (Environment), *CCS= Canadian cardiovascular society score for angina, *WHO-QoL Question 1- How would you				

rate your quality of life?, *WHO-QoL Question 2- How satisfied are you with your health?, *p-value= <0.05 significant

Table 8: Intra –group comparison parametric of experimental group

Sr. No	Variables	Mean (S.D.) (n=38)		p-value
		Pre	Post	
1	NYHA	2.6(0.5)	1(0.16)	<0.001
2	WHO-Domain 1	18(1.21)	24.8(1.13)	<0.001
3	WHO-Domain 2	15.8(1.57)	21.6(1.77)	<0.001
4	WHO-Domain 3	8.8(0.58)	9.3(0.65)	<0.001
5	WHO-Domain 4	19.6(1.78)	24.4(0.54)	<0.001
6	CCS	1.3(0.45)	1(0)	<0.001
7	WHO- Question 1	2.6(0.5)	4(0)	<0.001
8	WHO- Question 1	2.4(0.5)	4(0)	<0.001

*NYHA= New York heart association grades for dyspnea, *WHO-QoL Domain 1= WHO Quality of life domain 1 (Physical health), *WHO-QoL Domain 2= WHO Quality of life domain 2 (Psychological health), *WHO-QoL Domain 3= WHO Quality of life domain 3 (Social relationships), *WHO-QoL Domain 4= WHO Quality of life domain 4 (Environment), *CCS= Canadian cardiovascular society score for angina, *WHO-QoL Question 1- How would you rate your quality of life?, *WHO-QoL Question 2- How satisfied are you with your health?, *p-value= <0.05 significant

Table 9: Intra-group comparison of all variables of both the groups by independent T-test

Sr. No	Variables	Group A Mean (S.D.) (n=38)		Group B Mean (S.D.) (n=38)		P-value (Pre)	P-value (Post)
		Pre	Post	Pre	Post		
1	NYHA	2.68(0.47)	1.66(0.48)	2.58(0.5)	1.03(0.16)	0.348	<0.001
		Difference-1.03(0.37)	**Difference**-1.55(0.5)	**p-value** :-<0.001			
2	WHO-Domain 1	19.5(1.67)	22.61(1.75)	18(1.21)	24.84(1.13)	<0.001	<0.001
		Difference-3.11(1.29)	**Difference**-6.84(1.2)	**p-value** :-<0.001			
3	WHO-Domain 2	17.34(1.42)	19.34(1.26)	15.82(1.57)	21.55(1.77)	<0.001	<0.001
		Difference-2(1.23)	**Difference**-5.74(1.94)	**p-value** :-<0.001			
4	WHO-Domain 3	8.89(0.31)	9(0.23)	8.79(0.58)	9.29(0.65)	0.325	0.012
		Difference 0.11(0.39)	**Difference**-0.5(0.8)	**p-value** :-0.008			
5	WHO-Domain 4	22.24(1.82)	23 92(0.71)	19.61(1.78)	24.37(0.54)	<0.001	0.003
		Difference-1.68(1.66)	**Difference**-4.76(1.82)	**p-value** :-<0.001			
6	CCS	1.32(0.47)	1.11(0.31)	1.26(0.45)	1(0)	0.619	0.04
		Difference-0.21(0.41)	**Difference**-0.26(0.45)	**p-value** :-0.595			
7	WHO-	2.82(0.39)	3.21(0.41)	2.61(0.5)	4(0)	0.04	<0.001

	Question 1						
		Difference- 4(0)	**Difference**- 1.39(0.5)	**p-value** :- <0.001			
8	WHO- Question 2	2.76(0.43)	3.32(0.47)	2.39(0.5)	4(0)	0.001	<0.001
		Difference- 0.55(0.55)	**Difference**- 1.61(0.5)	**p-value** :- <0.001			

*Group A- Control Group, *Group B- Interventional Group, *NYHA= New York heart association grades for dyspnea, *WHO-QoL Domain 1= WHO Quality of life domain 1 (Physical health), *WHO-QoL Domain 2= WHO Quality of life domain 2 (Psychological health), *WHO-QoL Domain 3= WHO Quality of life domain 3 (Social relationships), *WHO-QoL Domain 4= WHO Quality of life domain 4 (Environment), *CCS= Canadian cardiovascular society score for angina, *WHO-QoL Question 1- How would you rate your quality of life?, *WHO-QoL Question 2- How satisfied are you with your health?, *p-value= <0.05 significant

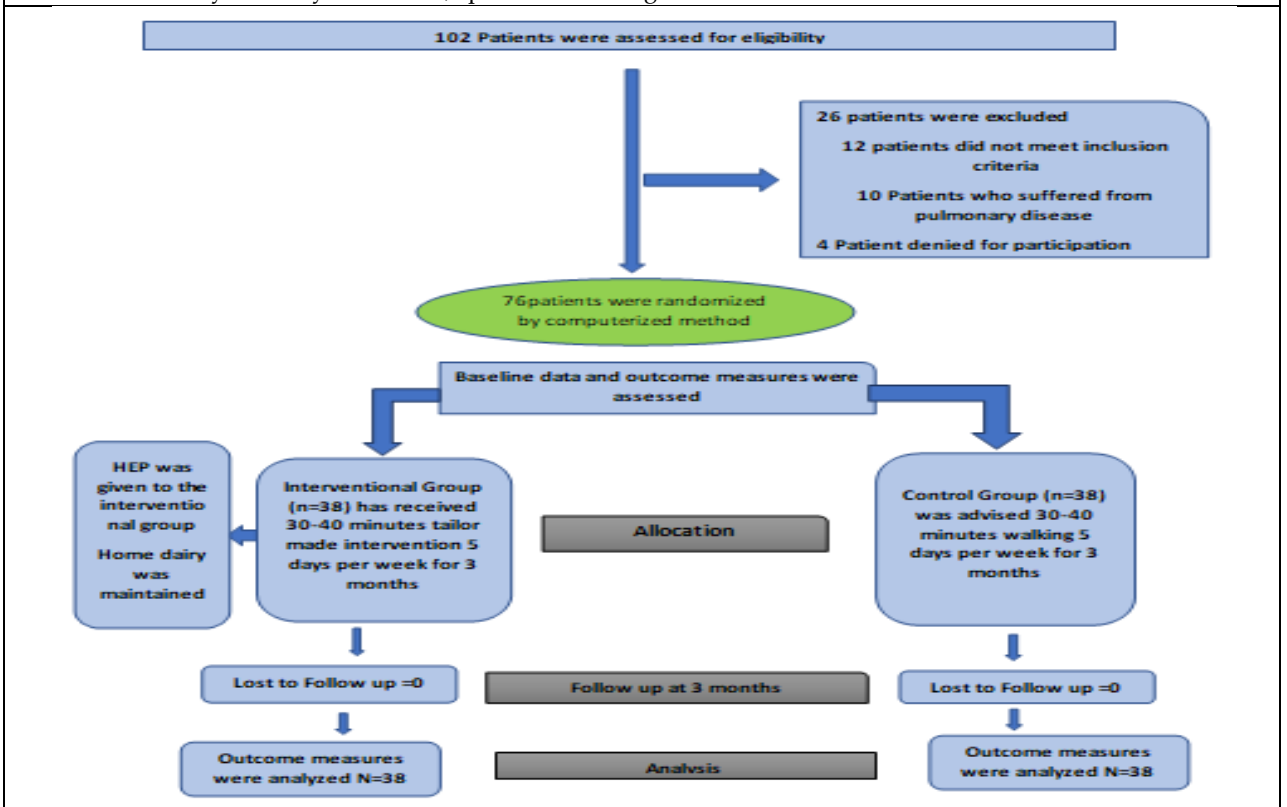

Fig.1. CONSORT Diagram

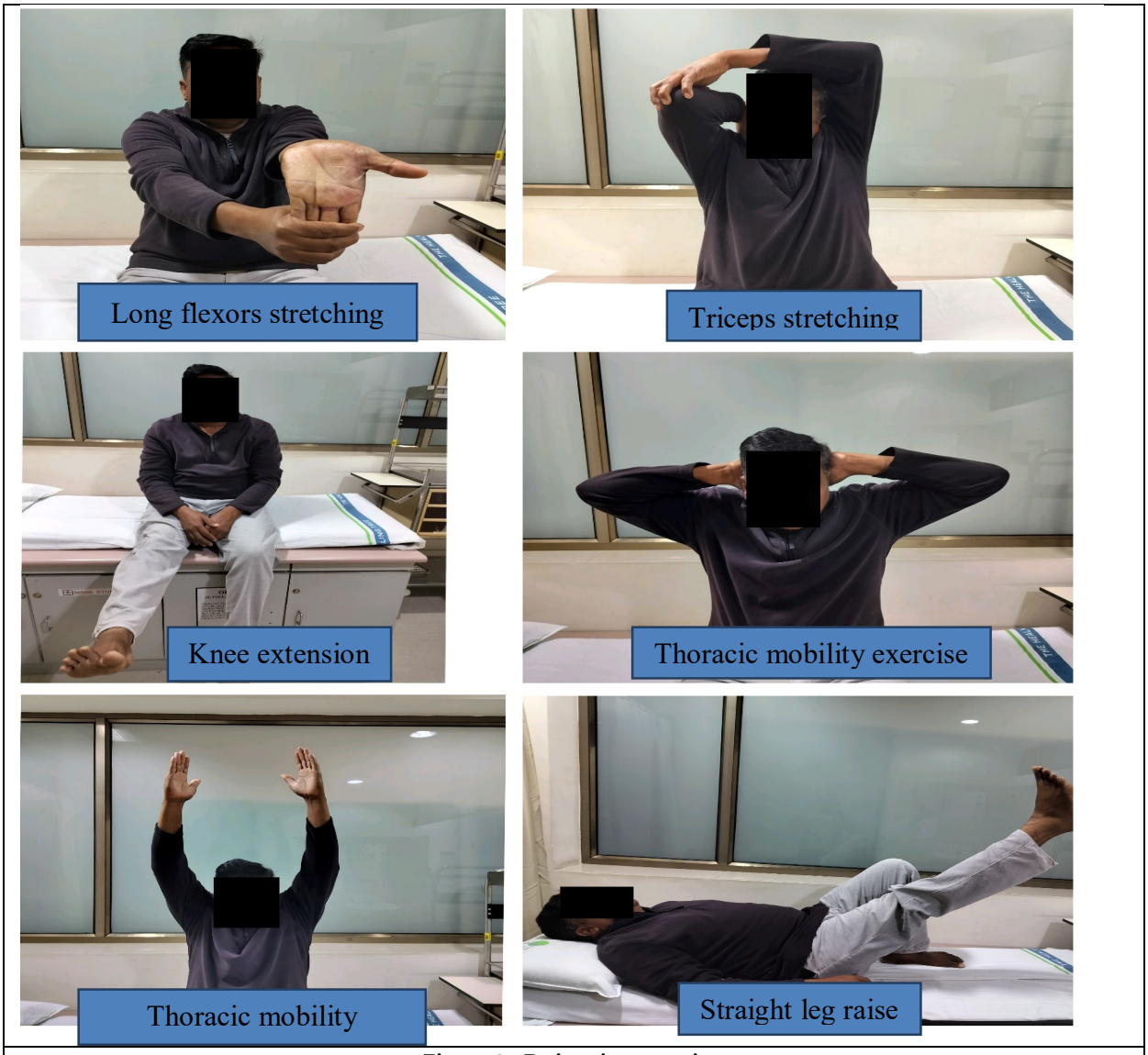

Figure 2 - Patient intervention

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Safe Ride Sentinel - Pioneering Safety in Smart Helmets

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Received: 27 Apr 2025 Revised: 20 May 2025 Accepted: 20 Jun 2025

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ABSTRACT

With the increasing number of two-wheeler accidents globally, rider safety has become a paramount concern. Traditional safety measures such as helmets and seat belts, while effective, do not incorporate advanced technology capable of preventing accidents and enhancing post-accident response. The "Safe Ride Sentinel" project is an innovative solution that integrates multiple advanced technologies to ensure rider safety. This paper discusses the development, features, testing, and potential impact of the Safe Ride Sentinel smart helmet, which combines accident detection, alcohol detection, speed control, GPS tracking, wireless communication, and biometric authentication. The goal of this project is to create a system that not only reacts to accidents but also prevents them by encouraging responsible riding behavior.

Keywords: Smart Helmet, Accident Detection, Alcohol Detection, Biometric Authentication, GPS Tracking

INTRODUCTION

In recent years, there has been a noticeable increase in road accidents involving two-wheelers. The World Health Organization reports that road traffic injuries rank among the top causes of death globally, with riders of two-wheel vehicles being particularly at risk. While conventional helmets play a crucial role in protecting users during accidents, they do not address the factors that lead to such incidents. Additionally, delays in emergency response are often a result of inadequate real-time communication between riders and emergency services. The rise of wearable

technology has created opportunities to improve rider safety. The Safe Ride Sentinel smart helmet is an innovative safety device that integrates multiple advanced features designed to both prevent accidents and enhance outcomes following an incident. Key functionalities include accident detection, alcohol monitoring, speed regulation, GPS tracking, wireless communication, and biometric authentication via facial recognition. These features tackle the primary causes of accidents and elevate safety standards for two-wheeler riders. This paper discusses the design and implementation of the Safe Ride Sentinel, with an emphasis on its hardware components, software integration, testing outcomes, and prospects for future advancements in road safety technology.

Literature Review

Recent innovations in road safety technology have resulted in various systems aimed at enhancing rider safety. While some systems are dedicated to accident detection and emergency response, others seek to avert accidents through mechanisms like alcohol detection and speed regulation. Nonetheless, a comprehensive safety system for two-wheeler riders that integrates all these features has yet to be developed. Numerous projects have investigated smart helmets that provide basic functions, such as sending SMS notifications in the event of a crash. However, the majority of these devices operate in a reactive manner, responding only after an incident has occurred. On the other hand, the Safe Ride Sentinel smart helmet advances the concept by incorporating proactive safety features, including alcohol detection and speed management, along with emergency response capabilities. Moreover, the application of biometric authentication technologies, like facial recognition, is a relatively recent development in the realm of smart helmets. This innovation ensures that only authorized users can operate the vehicle, thereby preventing unauthorized access and significantly enhancing security. The Safe Ride Sentinel aims to fill the void between current technologies, providing a fully integrated and multifunctional safety system tailored for two-wheeler riders.

System Design and Components

The Safe Ride Sentinel smart helmet is a multi-layered system that combines various hardware components, sensors, and communication modules. The system design focuses on modularity, ensuring that each component functions efficiently and harmoniously within the overall architecture. Figure. 1 illustrates a block diagram.

Hardware Components

The following hardware components are incorporated into the Safe Ride Sentinel

- Microcontroller (Arduino or ESP32): The microcontroller is the heart of the system, responsible for managing inputs from various sensors and controlling the output actions. It processes data from the accelerometer, alcohol sensor, facial recognition module, and GPS module.
- Accelerometer: The accelerometer detects sudden movements or impacts, which are indicative of a crash. It sends data to the microcontroller, triggering the accident detection algorithm.
- Alcohol Sensor: A gas sensor detects the presence of alcohol in the rider's breath. If the alcohol level exceeds the permissible threshold, the helmet prevents the vehicle from starting.
- GPS Module: The GPS module provides real-time location data, which is transmitted via the GSM module in case of an accident. This ensures that emergency services can reach the rider quickly.
- GSM Module: The GSM module is used for wireless communication, sending alert messages to predefined emergency contacts when an accident is detected or when unsafe conditions (e.g., alcohol detection) are identified.
- Facial Recognition Module: A camera captures live images of the rider's face. The images are compared with pre-stored reference images to authenticate the rider before allowing ignition. Open CV software is used for facial recognition.
- User Interface: An LCD display and LEDs provide real-time feedback to the rider about the status of the system, such as accident detection, alcohol level, and GPS location.
- Power Supply: The system is powered by a battery, which is optimized for energy efficiency to ensure long-term operation. Additionally, solar panels can be integrated in the future to generate power for the system.

Software Architecture

The software driving the Safe Ride Sentinel is based on the Arduino IDE, which uses embedded C for microcontroller programming. The software integrates all the hardware components and manages the communication between them. The system processes data from the sensors, makes decisions based on predefined algorithms, and sends appropriate commands to the vehicle or emergency contacts.

The key functionalities in the software include:

- Accident Detection Algorithm: The accelerometer data is continuously monitored. When a significant change in acceleration is detected, the system assumes an accident has occurred and triggers the emergency response.
- Alcohol Detection Algorithm: The alcohol sensor checks the rider's breath and determines if the alcohol concentration exceeds the safe threshold. If so, the system locks the ignition and prevents the vehicle from starting.
- GPS Tracking: The GPS module continuously tracks the rider's location, and in case of an accident, this data is sent via GSM to emergency contacts or a designated server.
- Facial Recognition: The camera captures images of the rider's face and compares them to a pre-stored database. If there is a match, the system grants access to start the vehicle.

The software ensures seamless communication between all these components and provides the rider with real-time status updates via the user interface.

TESTING AND RESULTS

The Safe Ride Sentinel underwent evaluations in controlled settings to measure the effectiveness and dependability of its various features. The findings were encouraging, indicating that the helmet could successfully identify accidents, discourage impaired driving, and verify rider identity. Figure. 2 shows a hardware implementation.

Accident Detection

The accident detection system, which is based on an accelerometer, effectively recognized simulated collision situations. When it detected unusual movements or sudden impacts, it activated an alarm and transmitted an alert via GSM to the specified emergency contacts. This feature was subjected to multiple tests in varying conditions and demonstrated a high level of precision.

Alcohol Detection

The alcohol sensor reliably identified alcohol levels exceeding the established threshold. In scenarios where the rider had consumed alcohol, the system effectively prevented the vehicle from starting, ensuring that the rider was unable to operate the vehicle while under the influence. The alcohol detection system proved to be consistent across numerous tests, accurately identifying a variety of alcohol concentrations.

GPS Tracking and Emergency Response

The GPS module provided accurate real-time location data. In the event of an accident, the system transmitted the rider's location to emergency contacts via GSM, ensuring that help could be dispatched quickly. The GPS tracking system also performed well under different environmental conditions, ensuring reliable location data.

Biometric Authentication

The facial recognition system powered by OpenCV successfully authenticated the rider's identity before enabling the vehicle's ignition. The camera captured clear images of the rider's face, and the facial recognition algorithm matched the images with high accuracy. This feature provided an additional layer of security by ensuring that only authorized riders could start the vehicle.

DISCUSSION

The Safe Ride Sentinel has shown its promise as a thorough safety solution for motorcycle riders. By combining features such as accident detection, alcohol monitoring, speed regulation, GPS tracking, and biometric authentication, this helmet takes a proactive stance on rider safety. It is designed not only to respond to emergencies but also to mitigate risky behaviors, like driving under the influence, while ensuring that only authorized individuals can use the vehicle. The helmet's modular hardware design allows each component to operate effectively, and the software facilitates real-time feedback and communication with emergency contacts. This technological integration underscores the increasing potential of smart wearable devices in enhancing road safety.

Future Scope

While the Safe Ride Sentinel has already demonstrated its effectiveness, there is always room for further development and improvement. Future enhancements could include:

- Integration with Other Vehicle Systems: The helmet could be connected to the vehicle's onboard systems to automatically adjust speed or initiate emergency braking in case of an accident.
- Improved Power Efficiency: Incorporating solar panels to generate power for the helmet would reduce reliance on traditional charging methods.
- Stolen Vehicle Tracking: GPS tracking could be used to track stolen bikes, providing an added layer of security.
- Advanced Communication Features: Adding wireless communication features such as Bluetooth speakers would allow riders to communicate hands-free while driving.

These advancements would further enhance the functionality of the Safe Ride Sentinel, making it an even more effective solution for ensuring rider safety.

CONCLUSION

The Safe Ride Sentinel is a pioneering project that demonstrates the potential of smart helmets to enhance rider safety. By integrating advanced features such as accident detection, alcohol detection, GPS tracking, facial recognition, and wireless communication, the smart helmet offers a multi-layered safety solution that addresses both emergency response and preventive measures. The system has shown promising results in tests, with each feature performing as expected. The helmet not only reacts to accidents but also prevents them by ensuring that the rider is sober, wearing the helmet, and authorized to operate the vehicle.The Safe Ride Sentinel is a step toward a safer future for two-wheeler riders, offering a comprehensive solution that could significantly reduce road accidents and fatalities.

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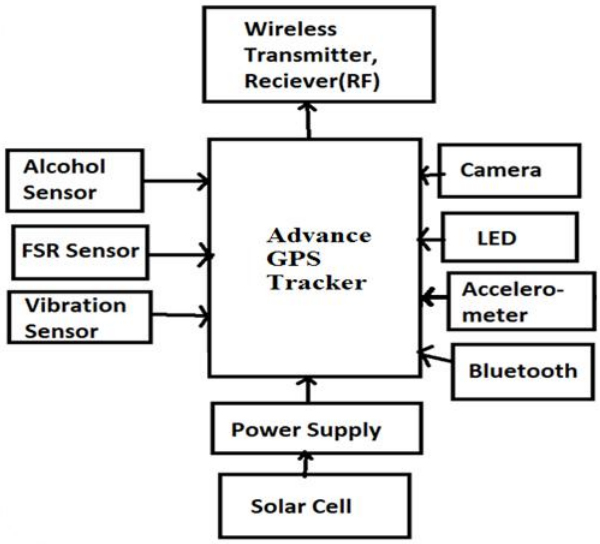

Figure. 1: Block Diagram of Proposed Model

Figure. 2: Hardware Implementation

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Effect of Mobile Device Usage on Mobile Learning (M-Learning) on Cognitive Abilities among University Students with Different Cultural Context

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Received: 28 May 2025 Revised: 18 Jun 2025 Accepted: 24 Jun 2025

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ABSTRACT

Mobile learning (M-learning) offers convenient access to education through mobile devices but may negatively affect cognitive skills like attention and memory. Cultural context may also shape how students respond to M-learning environments. To assess the impact of mobile device usage on students' cognitive abilities and explore how cultural differences influence this relationship. A cross-sectional survey was conducted with 228 university students from varied cultural backgrounds using the Cognition Self-Assessment Rating Scale (C-SARS) and the Sociocultural Adaptation Scale (SCAS-R). Data were analyzed using descriptive statistics and chi-square tests. Over half (53.5%) of participants showed moderate cognitive challenges, while 46.5% had mild issues. Most students (55.7%) demonstrated moderate sociocultural adaptation. A significant link was found between cognitive performance and adaptation levels ($p < 0.001$). High mobile device use in learning may impair cognitive function. Students with better cognition adapted more easily across cultures. Managing device use is key to enhancing both cognitive and cultural success in M-learning settings

Keywords: Mobile learning, smartphones, university students, E-learning, cognitive functions, cross cultural students, attention, working memory

INTRODUCTION

Mobile learning (M-learning) is a growing trend that utilizes mobile and wireless technology to enhance the effectiveness of traditional learning methods. Mobile learning represents a new phase in the evolution of e-learning. It involves any form of learning conducted through wireless mobile devices, such as smartphones, PDAs, and tablet PCs, which can move with learners and enable them to study anytime and anywhere.[1] The widespread growth of mobile devices and wireless connectivity on university campuses creates a favorable setting for implementing student-centered mobile learning in higher education. The use of mobile devices is expected to be a successful strategy both now and in the future, as these devices are particularly appealing to higher education students.[2]Additionally, cultural barriers pose a challenge in online courses, as cultural traits like individualism and collectivism can impact how successful M-learning. [3] The global proliferation of technology has resulted in a rise in excessive usage worldwide. However, particular cultural contexts and environments appear to shape behaviors that may contribute to the development of addiction.[4] Factors such as social norms and cultural values including attitudes towards risk, levels of uncertainty avoidance, preferences for face-to-face communication, perceptions of time, and gender roles have been recognized as influencing the adoption and adaptation to information technology changes.[5] Culture not only affects the manifestation of certain behaviors but is also closely associated with the expression of various personality traits.[7]Cognitive refers to the ability to use mental functions and skills to carry out tasks such as learning, reasoning, understanding, remembering, and focusing attention. One perspective suggests that brain development is closely linked to cognitive growth, where the formation and maturation of neural connections enable more advanced mental processing. The role of social and cultural experiences in shaping human cognition, suggesting that our thinking patterns are influenced by the activities and norms of the societies we engage with.[8]

Aim of The Study

To investigate the effect of mobile device usage on M-learning on cognitive abilities among university students with different cultural context

Objectives

- To study the impact of M-learning on cognitive function.
- To examine how different cultural contexts influence the relationship between M-learning and cognitive function.

METHODOLOGY

Study design-A cross sectional study
Study setting - Sharda University ,Students of allied health sciences.
Sample size-228
-To obtain the appropriate sample size the following parameters were considered for sample size
-Two-sided test (two-tailed)
-Effect size (d) = 0.80
- Significance level (α) = 0.05
-Power of the test (1 – β) = 0.80 (80%)
Given value,

$$n = \frac{Z_{1-\alpha/2}^2 \times (S_1^2 + S_2^2)}{(\mu_1 - \mu_2)^2}$$

Formula -
Z=1.96
S1=46.22

S2=48.74
μ1=120.05
μ2= 111.4

Study duration
Duration of the study was 6 months

Inclusion criteria
- Age group 18- 30 years. [14]
- Both male and female students. [38]
- Individuals from different cultural background .[33]
- Individuals who understand the instructions .[33]
- Individuals who actively use mobile devices for academic purposes during their studies. [39]
- The system usability scale (SUS) scored more than 68.[40]

Exclusion criteria-
- Individuals who exclusively use desktop or laptop computers for their online learning needs were excluded. [33]
- Individuals who are not currently enrolled as students in university will be excluded from the study.[41]
- Individuals diagnosed with cognitive impairments (learning disabilities, attention deficit disorders).[41]
- Individuals with MMSE score less than 24 will be excluded[42]
- Individuals with a history of neurological or psychiatric disorders that could affect cognitive function.[43]

Outcome Measures
- Cognition Self- Assessment Rating Scale (C-SARS) [48]
- Sociocultural Adaptation Scale (SCAS-R) [49]

Data Analysis
The data were analyzed using the Statistical Package for Social Sciences (SPSS) version 23. Descriptive statistics for demographic characteristic and the scores from the Cognition Self-Assessment Rating Scale and the Revised Sociocultural Adaptation Scale. The chi-square test was used to examine the association between cognitive function and sociocultural adaptation levels among the participant identify characteristics of the respondents, The chi-square test indicated a statistically significant association ($p < 0.001$) between cognitive function and sociocultural adaptation

RESULTS

The study analyzed data from 228 university students, with 57% females and 43% males. The average cognition self-assessment score was 11.9, indicating that a majority of students experienced moderate cognitive deficits. The average score on the Revised Sociocultural Adaptation Scale was 56.10, suggesting most participants had moderate cultural adaptation. Cross-tabulation results showed that students with moderate cognitive deficits were more likely to demonstrate low to moderate adaptation, whereas students with mild cognitive problems showed better sociocultural adjustment. A chi-square test revealed a statistically significant association ($p < 0.01$) between cognitive function and sociocultural adaptation, highlighting that cognitive abilities influence students' capacity to adapt in culturally diverse mobile learning environments Table 1 shows the descriptive statistics for the variables Age, Cognition Self-Assessment Rating Scale, and Revised Sociocultural Adaptation Scale, based on a sample of 228 participants. The mean age of participants was 21.55 years with a standard deviation of 2.05. For the cognitive scale, the average score was 11.95 and the standard deviation was 3.61, reflecting moderate variation in self-reported cognitive levels. The sociocultural adaptation scale had a mean score of 56.10 and a standard deviation of 10.64, indicating broader differences in adaptation levels. Table.2 :shows the gender distribution of 228 study participants. Of these, 130 were female (57%) and 98 were male (43%). The table includes frequency, percentage, valid percentage,

and cumulative percentage for each gender. Graph 1. The graph shows that 57% of the respondents are female, while 43% are male, This indicates that there are more female participants than male participants in the sample.The bars are visually distinct in height, highlighting the greater female representation. Table.3 shows the distribution of 228 participants based on their cognitive ability levels. Out of the total, 106 participants (46.5%) were found to have mild cognitive problems, while 122 participants (53.5%) were identified with moderately cognitive deficits. This distribution highlights that a slight majority of participants had moderate cognitive deficits. Graph .2Cognitive Ability levels of participants**.** Graph.2 : shows the distribution of students' cognitive functioning levels based on the Cognition Self-Assessment Rating Scale (C-SARS). It reveals that 53.5% of students fall into the category of mild cognitive deficits, while 46.5% are categorized as having mild cognitive problems. Table.4: Shows the distribution of 228 participants according to their sociocultural adaptation levels. A majority of the participants, 127 individuals (55.7% This was followed by 80 participants (35.1%) who exhibited low adaptation, indicating some difficulty in adjusting. Only 21 participants (9.2%) showed high adaptation, reflecting strong adjustment to the sociocultural context. These findings suggest that while most participants managed to adapt moderately, a smaller portion struggled with or excelled in their adaptation to the environment.Graph.3Sociocultural Adaption levels of participants. Graph 3: shows the distribution of students' sociocultural adaptation levels based on the Revised Sociocultural Adaptation Scale (SCAS-R) most students (55.7) have moderate adaption, (35.1) have low adaption and (9.2) have high adaptation..The data shows that the majority of participants (55.702%) fall under the moderate adaptation category. A smaller portion (35.088%) show low adaptation, and only a very small percentage (9.211%) exhibit high adaptation. Table.4 Shows a cross-tabulation of cognitive function and sociocultural adaptation, comparing students with mild cognitive problems and those with moderate cognitive deficits across three levels of adaptation: high, low, and moderate. Among students with mild cognitive problems (n=106), the majority demonstrated high (95.2%) or moderate (59.8%) adaptation, indicating relatively better adjustment. In contrast, students with moderately cognitive deficits (n=122) showed a high rate of low adaptation (87.5%) and lower representation in high adaptation (4.8%). Table.5 Shows the Chi-Square test results examining the association between cognitive function and sociocultural adaptation among students. The Pearson Chi-Square value is 66.316 with 2 degrees of freedom, and the p-value is 0.000, indicating a highly significant association. Similarly, the Likelihood Ratio is 75.522 with the same degrees of freedom and a p-value of 0.000 These results confirm that differences in cognitive functioning have a statistically significant impact on sociocultural adaptation.

DISCUSSION

This study examined how mobile device usage in M-learning affects cognitive abilities and sociocultural adaptation among university students from diverse cultural backgrounds. Among the 228 participants (57% female, 43% male), the average age was 21.55. Self-assessments indicated that most students had moderate cognitive deficits (mean score: 11.95), and moderate levels of sociocultural adaptation (mean score: 56.10).Using cutoff points, 46.5% of students had mild cognitive issues, while 53.5% had moderate deficits. Regarding adaptation, 55.7% showed moderate adaptation, 35.1% low, and only 9.2% high. A significant relationship was found between cognitive function and cultural adaptation ($\chi^2 = 66.316$, $p = 0.000$). Notably, 95.2% of students with high adaptation had mild cognitive issues, while 87.5% with low adaptation had moderate cognitive deficits.These findings suggest that stronger cognitive abilities are linked to better cultural adaptation. The findings of this study by Huang Wanqing *et al.,* 2022 found out that smartphone addiction can negatively affect cognitive and emotional processes, particularly in the context of cross-cultural adjustment. Students who experienced childhood emotional neglect were more likely to develop poor emotion regulation beliefs, which in turn led to higher smartphone addiction. Excessive smartphone use interferes with emotional regulation strategies. The distinct outcome identified in the study by In- Gyu yoo *et al.,* 2022 where they explored the connection between smartphone use and cognitive functions in different culture The findings revealed that overuse of smartphones is linked to diminished concentration, working memory, and cognitive control. it also compared the impact of varying levels of smartphone use on cognitive functions and the need for future research to more thoroughly examine the relationship between impulsive behavior and cognitive function in smartphone users. In contrast evidence supporting that impact of mobile phone addiction on attention

spans and academic performance among students, excessive use of mobile phones negatively affects students' ability to maintain attention, making it difficult for them to stay engaged during learning activities. Siyami *et al.,* 2023 found out that Students who heavily relied on their phones exhibited lower academic performance, especially in theoretical subjects that demand continuous focus and deeper cognitive engagement. Students addicted to their phones often experienced more distractions, which interfered with their ability to concentrate and perform well academically.

CONCULSION

The study concluded that mobile device use in M-learning impacts students' cognitive abilities across different cultural context playing a key role. While it offers flexibility, excessive use may harm attention, memory, and mental processing. Students with moderate cognitive abilities struggle more with cultural adaptation, while those with mild abilities adapt better . This highlights the need to align M-learning with both cognitive and cultural factors.

ACKNOWLEDGEMENT

I sincerely thank Sharda Hospital, Department of Physiotherapy, for their support and resources. Special thanks to Dr. Meenakshi Verma for her valuable guidance. I'm grateful to my family and Friends for their constant encouragement, and above all, Ithank God, the Almighty for his blessings upon me.

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Table.1:Descriptive statistics for Age, Cognition Self-Assessment Rating scale and Revised Sociocultural adaptation scale

Variable	Mean	St. Deviation
Age	21.55	±2.048
Cognition Self-Assesment Rating scale	11.95	±3.6138
Revised Sociocultural Adaptation Scale	56.10	±10.636

Table.2: Gender Distribution of participants

Gender					
	Gender	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	female	130	57.0	57.0	57.0
	Male	98	43.0	43.0	100.0
	Total	228	100.0	100.0	

Table. 3: Cognitive ability levels of participants

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Mild cognitive problem	106	46.5	46.5	46.5
	Moderately cognitive deficits	122	53.5	53.5	100.0
	Total	228	100.0	100.0	100

Table.4: Sociocultural Adaptation levels of participants.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	High adaptation	21	9.2	9.2	9.2
	Low adaptation	80	35.1	35.1	44.3
	Moderate adaptation	127	55.7	55.7	100.0
	Total	228	100.0	100.0	

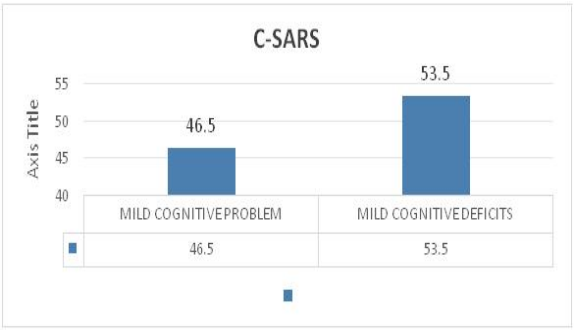
Table.5: Cross tabulation of cognitive function and levels of sociocultural adaptation.

Crosstabulation						
			Cutoff			Total
			High adaptation	Low adaptation	Moderate adaptation	
Cutoff	Mild cognitive problem	Count	20	10	76	106
		% within Cutoff	95.2%	12.5%	59.8%	46.5%
	Moderately cognitive deficits	Count	1	70	51	122
		% within Cutoff	4.8%	87.5%	40.2%	53.5%
Total		Count	21	80	127	228
		% within Cutoff	100.0%	100.0%	100.0%	100.0%

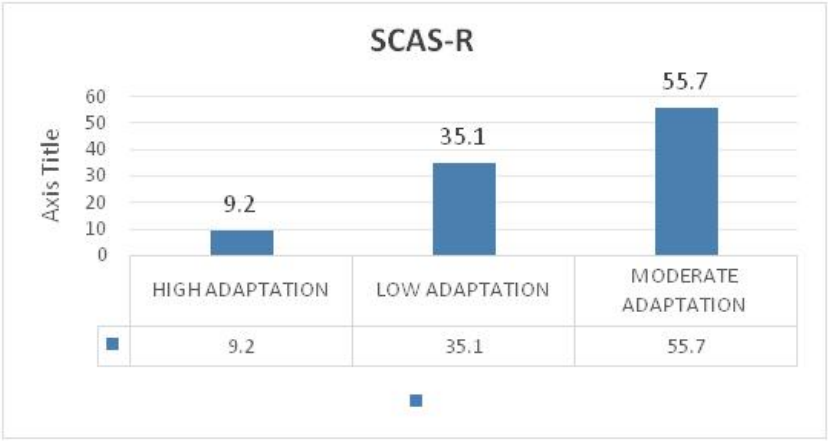
Table.6: Chi-square test on Association between cognitive function and sociocultural adaption

Chi-Square Tests			
	Value	df	P-Value
Pearson Chi-Square	66.316[a]	2	.000
Likelihood Ratio	75.522	2	.000
N of Valid Cases	228		

Graph.1: Gender Distribution of participants



Graph.2: Cognitive Ability levels of participants.



Graph.3: Sociocultural Adaption levels of participants.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

The Role of Agni in the Pathogenesis of Lifestyle Disorders : A Dravya Guna Perspective on Digestive Health

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Received: 22 May 2025 Revised: 03 Jun 2025 Accepted: 26 Apr 2025

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ABSTRACT

In Ayurvedic medicine, Agni the digestive fire is recognized as the cornerstone of health and disease. It governs all metabolic functions, from the digestion of food to the transformation of nutrients into vital tissues. This article explores the multifaceted role of Agni in the development of lifestyle disorders from a *Dravyaguna* perspective, emphasizing its centrality in both physiological balance and disease manifestation. Impaired forms of Agni *Mandagni, Vishamagni*, and *Tikshnagni* lead to the production of Ama, a toxic metabolic residue that disrupts doshic harmony and initiates systemic inflammation and dysfunction. The classical Ayurvedic framework, including the roles of *Jatharagni, Dhatvagni*, and *Bhutagni,* is examined alongside modern physiological parallels such as digestive enzymes, bile acids, gut microbiota, and intestinal permeability. This review integrates Ayurvedic diagnostics with contemporary biomedical insights, highlighting the correlation between Agni dysfunction and metabolic syndrome, obesity, irritable bowel syndrome (IBS), and other chronic lifestyle disorders. The therapeutic potential of Agni-strengthening herbs such as *Zingiber officinale*, *Piper longum*, and *Plumbago zeylanica* and spices like *Cuminum cyminum* and *Foeniculum vulgare* is critically reviewed. Furthermore, the significance of dietary principles, proper food combinations, and the use of Anupanas (adjuvants) in restoring digestive integrity is discussed. Complementing herbal interventions, the article emphasizes lifestyle modifications including regular meal timings, mindful eating, daily exercise, stress management through yoga and meditation, and the importance of adequate sleep all essential for maintaining a robust Agni. Finally, the paper outlines research gaps in the clinical validation of Agni and proposes modern scientific tools

including biomarkers, microbiome analysis, and imaging technologies to evaluate and substantiate Ayurvedic concepts in contemporary healthcare.

Keywords: Agni, Ayurveda, *Dravyaguna*, Digestive Fire, Ama, Lifestyle Disorders, Metabolism, Gut Health, Ayurvedic Herbs, Anupana, Stress, Sleep, Yoga, Rasa, *Jatharagni, Mandagni, Vishamagni,* Metabolic Syndrome

INTRODUCTION

Ayurveda considers Agni as the pivotal factor governing digestion and metabolism, referred to as Paka or transformation. Agni digests, absorbs, and assimilates ingested food, converting it into biological energy necessary for maintaining life. The concept of Dehagni highlights its role in sustaining life, enhancing complexion, strength, nourishment, vitality (Ojas), and Prana (life energy). According to Charaka Samhita (Cha. Chi. 15/3) [1]. Agni is essential for the sustenance of life and overall well-being. Modern physiology correlates Agni with the metabolic processes that occur at the cellular level, where constant cellular functions such as division, multiplication, and repair are powered by biological energy. Charaka describes these fundamental units as Dhatu Paramanu (atomic components of tissues), where Agni functions as the provider of biological energy, analogous to potential and kinetic energy at the cellular level [2].

Etymology and Significance of Agni

In Brahmasutra, Agni is described as the sign of life, illustrating its crucial role in health and disease. Acharya Yasaka explains the term Agni as follows: A – Derived from the root "I," meaning "to go." G – Derived from "Anja," meaning "to glitter," or "Daha," meaning "to burn." Ni – Denotes "to carry." This etymology highlights the multifaceted role of Agni in digestion, assimilation, and transformation of substances within the body. Agni is central to maintaining health and is a determinant factor in the causation of diseases when impaired. Shabdakalpadruma mentions 61 synonyms of Agni, such as Vaishvanara, Sarva Paka, Damunasa, and Shuchi, which illustrate its various attributes and functions [3].

Types of Agni

The classification of Agni varies across different Ayurvedic texts, as follows

Charaka Samhita 13 types – Jatharagni (1), Bhutagni (5), Dhatvagni (7) (Cha. Chi. 15/38) [4].

Sushruta Samhita 5 types – Pachakagni, Ranjakagni, Alochakagni, Sadhakagni, and Bhrajakagni, with indirect references to Bhutagni (Sh. Su. 21/10) [5].

Ashtanga Hridaya Bhutagni (5), Dhatvagni (7), Doshagni (3), Malagni [6] (3).

Sharangadhara Samhita 5 types of Pitta(Pachak, Bhrajak, Ranjak, Alochak, and Sadhak) [7].

Bhavamishra Follows the classification of Charaka and Vagbhata (Bh. Pu. Kh. 3/169,180) [8]. These 13 types of Agni can be categorized into three groups:

Jatharagni Present in the stomach and duodenum.

Bhutagni Governs the five basic elements.

Dhatvagni Operates in the seven dhatus for tissue metabolism.

Jatharagni

Jatharagni is the central Agni located in the Jathara (stomach and duodenum), which governs the digestion and assimilation of food. According to Ashtanga Hridaya, the seat of Jatharagni is Grahani (duodenum), where it retains the food for digestion and assimilation. Dhanvantari describes Jatharagni as Pittadhara Kala, regulating the entrance to the intestines and controlling the duration of life, health, strength, and vitality.

Functions of Jatharagni Digests and transforms food for utilization by Dhatu Paramanu (tissues). Regulates the separation of food into Prasad (essence) and Kitta (waste) (As. Hr. Su. 12/8) [9]. Influences the activity of Dhatvagni and Bhutagni, ensuring proper tissue metabolism (Cha. Chi. 15/39-40) [10].

Classification of Jatharagni

Samagni Balanced digestion and metabolism, promoting health.
Vishamagni Irregular digestion due to Vata vitiation, causing unpredictable digestive patterns.
Tikshnagni Hyperactive digestion due to Pitta predominance, resulting in excessive hunger and rapid digestion.
Mandagni Slow digestion caused by Kapha imbalance, leading to poor assimilation and metabolism.

Bhutagni

Bhutagni operates at the elemental level, digesting and assimilating the components of food based on the five Mahabhutas
Parthiva Agni Acts on earth element.
Apya Agni Acts on water element.
Tejas Agni Acts on fire element.
Vayavya Agni Acts on air element.
Nabhasa Agni Acts on space element. Each cell in the body, composed of these five elements, contains Bhutagni that transforms and assimilates nutrients corresponding to its elemental composition. Bhutagni functions after Jatharagni, transforming the digested material for utilization by tissues. This process is comparable to hepatic metabolism in modern physiology, where nutrients are metabolized and distributed for cellular nourishment (Cha. Chi. 15/13,14) [11].

Dhatvagni

Dhatvagni governs the metabolic processes occurring within the seven dhatus
Rasagni Acts in Rasa Dhatu.
Raktagni Acts in Rakta Dhatu.
Mamsagni Acts in Mamsa Dhatu.
Medagni Acts in Meda Dhatu.
Asthyagni Acts in Asthi Dhatu.
Majjagni Acts in Majja Dhatu.
Shukragni Acts in Shukra Dhatu. Each Dhatvagni selectively metabolizes nutrients supplied by Jatharagni and Bhutagni, transforming them into essential components required for tissue nourishment and sustenance. Charaka Samhita explains that the seven dhatus, with their respective Dhatvagnis, digest and transform the nutrients supplied to them, ensuring appropriate tissue development and maintenance (Cha. Su. 28/15) [12].

The process of digestion and metabolism according to Ayurveda.

Agni is the fundamental factor responsible for digestion (Paka), absorption, and metabolism in the body. It transforms food into nourishing materials (Prasada) and waste (Mala), contributing to tissue growth, immunity, and vitality. Charaka states that Agni is indispensable for maintaining life, complexion, strength, and vitality. Impairment leads to disease, while its extinction results in death.

- **Jatharagni** Acts at the level of gross digestion (Ahara Paka) in the stomach (Amashaya), breaking down food into essential nutrients.
- **Bhutagni** Acts at the level of absorption (Bhutagni Paka), transforming food elements by nourishing homologous Mahabhutas in tissues.
- **Dhatvagni** Regulates tissue metabolism (Dhatupaka), converting one Dhatu into another through a sequential metabolic process[13].

Functions of Agni

Digestion and Absorption Converts ingested food into absorbable nutrients.
Breakdown of Food Particles Facilitates enzymatic action to break down complex food molecules.
Metabolic Regulation Maintains appropriate metabolic rate and activity.
Tissue Nutrition Nourishes Dhatus (tissues) by transforming food into essential nutrients.
Complexion and Glow Enhances skin lusture, glow, and complexion.
Body Temperature Regulation Maintains body heat and internal homeostasis[13].

Process of Digestion
Ahara Paka (Gross Digestion)[13]

Stages
1. Food is ingested and drawn into Kostha (alimentary tract) by Prana Vayu.
2. Food is softened by Sneha and split into small particles by Drava (KledakaKapha).
3. Jatharagni ignited by Samana Vayu digests the food when consumed in proper quantity, time, and combination.
4. Proper digestion produces Ahara Rasa (essence) and Mala (waste products).

Factors Required for Digestion Agni, Vayu, Kleda, Sneha, Kala, and Samayoga[13].
Avastha Paka (Stages of Transformation During Digestion)[13]

Three Stages of Taste Transformation
Madhura Bhava Paka Stimulates Kapha in the stomach, initial phase of digestion.
Amla Bhava Paka Semi-digested food produces sour taste, stimulating Pitta.
Katu Bhava Paka Food becomes pungent, stimulates Vayu, and takes a bolus form [13].

Nishtha Paka vs. Avastha Paka Avastha Paka = Stages of digestion. Nishtha Paka/Vipaka = Ultimate taste formed at the end of digestion[13].

Process of Absorption (Bhutagni Paka)
After digestion, five types of Bhutagnis (Parthivagni, Apyagni, Taijasagni, Vayavyagni, and Akashagni) transform the five Mahabhutas in the food. Bhutagni ensures that homologous ingredients nourish corresponding Mahabhutas in the Dhatus, maintaining balance and providing nourishment [13].

Process of Metabolism (Dhatvagni Paka)
Sequential Transformation of Dhatus Rasa → Rakta → Mamsa → Meda → Asthi → Majja→Shukra.Each Dhatu gives rise to its Upadhatu (subsidiary element) and waste product (Kitta)[13].
Transformation follows Kshira-Dadhi Nyaya (milk-to-curd analogy) [14,15].

Role of Poshya and Poshaka Bhaga
Poshaka Bhaga (nourishing part) transforms into the next Dhatu, while Poshya Bhaga maintains its own Dhatu.

Theories of Metabolic Transformation
KedariKulya Nyaya Nutrients flow like water through fields.
Khale Kapota Nyaya Nutrients are selectively absorbed by tissues.

End Products of Digestion and Metabolism
Prasada Bhaga **Provides nutrition to Dhatus (Rasa, Rakta, etc.).**
Kitta Bhaga **Forms excretory materials (Mutra, Purisha, Sweda, etc.).**
Proper nourishment maintains the balance of Dhatus, sustaining bodily functions [16,17].

Duration of Metabolic Transformation

Transformation from Rasa to Shukra takes six days **as per Charaka. Each Dhatu undergoes transformation within 24 hours, completing the cycle over six days [18,19].**

Ultimate Importance of Jatharagni

Charaka emphasizes that **Jatharagni** is the root cause of all metabolic processes. It governs life span, complexion, strength, immunity, and overall well-being. Impairment of Jatharagni leads to diseases, whereas its proper maintenance ensures a long, healthy life. Particularly Jatharagni, plays the most pivotal role in maintaining health by regulating digestion, absorption, and metabolism. Acharya Charaka emphasizes that without proper functioning of Agni, even nutritious food cannot nourish the body, ultimately leading to disease and death [20.21]

Prasada (essence) and Kitta (waste products) parts of different Dhatus

No.	Dhatu	PrasadaPart/Upadhatu	KittaPart/ Mala
1.	Rasa	1. Stanya(breastmilk) 2. Artava(menstrualblood)	Kapha
2.	Rakta	1. Kandara(tendons) 2. Sira (vessels)	Pitta
3.	Mamsa	1. Vasa(musclefat) 2. Twaka(layersofskin)	Kha-mala(wasteproductsexcretedfromthecavities likeears,eyes,noseetc.)
4.	Meda	Snayu (nerves)	Sweda(sweat)
5.	Asthi	Notmentioned	1. Kesha(hair) 2. Loma(bodyhair)
6.	Majja	Notmentioned	SnehaAkshiVitaTwacham(theunctuoussubstance presentintheeyes,stooland skin)

Factors Affecting Agni's Strength

The quality and effectiveness of Agni depend on various factors, including

- **Diet Quality** Balanced, fresh, and appropriately cooked food enhances Agni.
- **Meal Quantity** Eating in moderation prevents overloading Agni.
- **Lifestyle Practices** Following Dinacharya (daily routine) and Ritucharya (seasonal regimen) supports digestion [22,23]

Causes of Impaired Agni

Agni can lose its strength due to

- **Poor Diet** Junk food, excessive oily or heavy meals.
- **Improper Food Combinations** Incompatible foods (Viruddhahara) disturb Agni.
- **Unsupportive Lifestyle** Irregular eating habits, lack of physical activity.
- **Emotional Disturbances** Stress, anxiety, and emotional imbalance impact Agni.
- **Unfavorable Climate** Cloudy, humid, or excessively cold weather impairs digestion [24,25].

Signs of Impaired Agni

When Agni weakens, it manifests as

- **Low Energy and Fatigue** Lethargy and reduced enthusiasm.
- **Indigestion** Gas, bloating, nausea, constipation, hyperacidity, or loose stools.
- **Congestion** Accumulation of mucus in sinuses and chest.
- **Emotional Imbalance** Anxiety, increased fear, and mental cloudiness [26,27].

How to Maintain Agni in Balance

To maintain Agni and ensure overall health, follow these Ayurvedic practices.

- **Drink Warm Water** Supports digestion and detoxification.
- **Ayush Kwath Instead of Tea** Strengthens immunity and balances Agni.
- **Regular Exercise** Improves circulation and metabolic activity.
- **Meditate Frequently** Reduces stress and enhances mental calmness.
- **Balanced Diet** Include seasonal, fresh, and easily digestible foods.
- **Ghee in Diet** 1 teaspoon of ghee daily nourishes Agni and lubricates tissues.
- **Monitor Excretory System** Proper elimination prevents Ama (toxins) buildup.
- **Avoid Overeating** Eat mindfully, leaving one-third of the stomach empty.
- **Stress Management** Avoid emotional disturbances that weaken Agni.
- **Panchakarma (Virechana)** Detoxify the body once every six months to rejuvenate Agni.
- **Adequate Sleep** Ensure 7-8 hours of quality sleep; avoid day sleep (Diwaswapna) [28,29,30,31].

Explain the Formation of AMA and Its Characteristics

Definition of AMA

In Ayurveda, **Ama** is a Sanskrit term meaning "uncooked" or "raw." It refers to the **toxic, undigested, and unprocessed metabolic waste** that accumulates in the body due to impaired digestion (mandagni or weak digestive fire) [32].

Formation of Ama

Ama is formed when

- **Agni (digestive fire)** is **weak or imbalanced**.
- Food is **not properly digested**, absorbed, or assimilated.
- **Dietary indiscretions**, such as heavy, oily, cold, stale, incompatible, or excess food.
- **Improper eating habits**, such as overeating, eating without hunger, irregular eating times.
- **Mental and emotional disturbances** like stress, grief, fear, or anger, which affect digestion.
- **Lack of exercise** or sedentary lifestyle.
- **Suppression of natural urges** (like hunger, thirst, or bowel movement)[32].

Stages of Ama Formation

Agnimandya (Weak digestive fire)
Annarasadushti (Formation of improperly digested food essence)
Srotorodha (Clogging of microchannels)
Ama Visha (Transformation of ama into a toxic substance causing disease) [33].

Characteristics of Ama

According to Ayurvedic texts, Ama exhibits the following qualities (Guna)

Property	Description
Guru (heavy)	Causes heaviness and sluggishness
Snigdha (unctuous)	Sticky and slimy in nature
Sthira (static)	Causes stagnation, immobility
Manda (dull)	Dull, suppressing normal functions
Shita (cold)	Cold in potency
Picchila (slimy)	Slimy, sticky, obstructive
Malinata (impurity)	Foul smell and discoloration[33]

Signs and Symptoms of Ama in the Body

- Coated tongue (white or thick)
- Foul body Odor or breath

- Lethargy, heaviness, weakness
- Indigestion, bloating, constipation
- Sluggish metabolism
- Joint stiffness or pain
- Skin issues (acne, eczema)
- Mental confusion or dullness [33].

Consequences of Ama Accumulation

Ama is considered the **root cause of many diseases**. When it gets absorbed into circulation and lodges in tissues (dhatus), it produces various disorders. If not eliminated, it can transform into **Amavisha** (toxic ama), which is more virulent and dangerous. Discuss the Relationship Between Agni and the Six Tastes (Rasa). In Ayurveda, Agni (digestive fire) plays a vital role in digestion and metabolism. Rasa (taste) of food significantly influences Agni's strength and functioning [34].

The six **Rasas (tastes)** are
Madhura (Sweet)
Amla (Sour)
Lavana (Salty)
Katu (Pungent)
Tikta (Bitter)
Kashaya (Astringent)

Influence of Rasa on Agni [34]

Rasa	Effect on Agni	Explanation
Madhura (Sweet)	**Decreases Agni**	Heavy and cooling; slows down digestion, causes kapha increase
Amla (Sour)	**Stimulates Agni mildly**	Increases pitta and digestion mildly; can aggravate if used excessively
Lavana (Salty)	**Stimulates Agni**	Helps digestion, removes stiffness, but in excess may vitiate pitta and blood
Katu (Pungent)	**Strongly stimulates Agni**	Sharp and hot; clears ama and kapha; enhances metabolism
Tikta (Bitter)	**Cleanses and supports Agni**	Light, drying, and cooling; removes toxins, balances pitta and kapha
Kashaya (Astringent)	**Suppresses Agni**	Drying and cooling; slows digestion; increases vata

Balanced Use of Rasa[34]

- All six tastes should be present in a balanced diet.
- Proper combination maintains Agni balance and supports health.
- Excess or deficiency of a particular taste leads to Agni impairment and disease formation.

Agni and Rasa-Based Diet Planning[34]

- A person with strong Agni (Tikshnagni) can tolerate heavier Rasas like Madhura.
- A person with weak Agni (Mandagni) should consume Tikta, Katu, and Lavana Rasa to rekindle digestive fire.
- Seasonal diet (Rutucharya) also considers the effect of Rasa on Agni
- Ama is a product of impaired Agni and lies at the root of many diseases.
- The six tastes (Rasa) have direct and profound effects on Agni, influencing its strength and balance.

Modern Correlations of Agni

Agni in Ayurveda refers not only to digestive fire in the gastrointestinal (GI) tract but also to the metabolic and transformative processes throughout the body. In modern physiology, Agni can be correlated with several biological components involved in digestion, metabolism, immunity, and cellular function.

Relate Agni to Digestive Enzymes, Bile Acids, and Gut Motility

Digestive Enzymes

Digestive enzymes like amylase, protease, lipase, and others secreted from the salivary glands, stomach, pancreas, and intestines help in the breakdown of carbohydrates, proteins, and fats. These enzymes parallel the concept of Jatharagni, which transforms food into absorbable components (Ahara Rasa). Agnimandya (weak Agni) can be correlated with hyposecretion of enzymes, leading to indigestion, bloating, and malabsorption[35].

Bile Acids

Bile, secreted by the liver and stored in the gallbladder, helps emulsify fats, facilitating lipid digestion and absorption. Bile secretion corresponds with Pachaka Pitta, a sub-dosha that supports Jatharagni. Impaired bile production or flow mirrors vitiation of Agni and leads to Ama (undigested metabolic toxins) [36]..

Gut Motility

Peristalsis and coordinated movements of the intestines facilitate the movement and processing of food. Proper motility reflects balanced SamanaVata, which supports Agni. Delayed or sluggish motility (constipation, bloating) reflects Mandagni, while hypermotility (diarrhea) reflects Tikshnagni or vitiated Vata/Pitta [37].

Discuss the Role of the Gut Microbiome in Agni Function

The gut microbiomea diverse community of microorganisms in the GI tractplays a central role in digesting complex carbohydrates, producing vitamins (e.g., B12, K2), and modulating immune function. A healthy microbiome enhances Agni by aiding nutrient breakdown and prevents Ama formation by ensuring complete digestion and reducing toxins. Dysbiosis (imbalanced microbiota) is similar to Agnimandya and can lead to toxin buildup (Ama), inflammation (Pitta aggravation), and symptoms such as gas, bloating, and malabsorption (Vata-related disorders). Probiotics and prebiotics help restore microbial balance and thus rekindle Agni [38].

Explore the Link Between Stress and Impaired Agni (HPA Axis)

HPA Axis (Hypothalamic-Pituitary-Adrenal Axis)

Stress activates the HPA axis, leading to the secretion of cortisol and adrenaline. Chronic stress suppresses digestive secretions and motility, alters gut microbiota, and increases intestinal inflammation.

In Ayurveda, stress disturbs Prana Vata, which controls the nervous system and indirectly disturbs SamanaVata and Agni. Mental ama (psychological toxins) results from prolonged emotional stress and weakens Agni [39].

Symptoms of Stress-Related Agnimandya

Loss of appetite, irregular digestion, acid reflux, IBS, bloating, fatigue, and mental fog[39].

Connect Agni to Intestinal Permeability (Leaky Gut)

Leaky gut syndrome refers to increased permeability of the intestinal lining, allowing toxins, microbes, and undigested food particles to enter the bloodstream. It leads to chronic inflammation, autoimmunity, and systemic symptoms. From the Ayurvedic viewpoint, leaky gut reflects weakened Agni and prolonged Ama accumulation. Ama breaches the intestinal barrier (Srotorodha and Dushti of Rasavahasrotas). Tikshnagni may also cause tissue damage due to excessive heat/inflammation [39].

Supportive Ayurvedic Principles

Use of Deepana (digestive stimulants) and Pachana (Ama-digesting herbs) like ginger, trikatu, and haritaki. Strengthening Agni and gut lining with Ghrita (ghee) and medicated buttermilk.

Relate Agni to the Process of Cellular Metabolism

At the tissue (Dhatu) and cellular level, Agni is called Dhatvagni and Bhutagni. These govern the transformation of nutrients into body tissues (Dhatus) and energy (ATP) [40].

Correlation with Cellular Metabolism

Mitochondria, known as the powerhouse of the cell, correlate with Agni at the cellular level. Cellular respiration (glycolysis, Krebs cycle, oxidative phosphorylation) is the metabolic "fire" converting glucose into energy (ATP). Impairment in mitochondrial function mirrors weak Agni at the cellular level, resulting in fatigue, metabolic syndrome, aging, and degenerative disorders [41,42].

Ayurvedic Insight

Herbs like Ashwagandha, Guduchi, and Shatavari enhance Ojas, support mitochondrial resilience, and preserve Agni at the tissue level.

Ayurvedic Concept	Modern Equivalent	Key Relation
Jatharagni	Digestive enzymes, bile	Food digestion
SamanaVata	Gut motility	Regulates Agni & peristalsis
Ama	Toxins, microbial imbalance	Result of weak digestion
Agni Mandya	Enzyme deficiency, slow motility	Impaired digestion/metabolism
HPA Axis Dysfunction	Stress-induced dysregulation	Weakens Agni
Leaky Gut	Intestinal permeability	Breakdown of gut integrity
Dhatvagni	Cellular metabolism	Tissue nourishment and energy

Dravyaguna Interventions

Review Herbs That Stimulate Agni

Certain Deepana-Pachana herbs (appetizers and digestives) are used in Ayurveda to kindle Agni (digestive fire) and remove Ama (toxins). Below are key examples

Botanical Name	Sanskrit Name	Actions (Karma)	Ayurvedic Properties	Role in Stimulating Agni
Zingiber officinale	Shunthi (Dry ginger)	Deepana, Pachana, Vatanulomana	Rasa: Katu; Virya: Ushna; Vipaka: Madhura	Improves Agni, relieves Ama, reduces bloating and indigestion
Piper longum	Pippali	Deepana, Rasayana	Rasa: Katu; Virya: Ushna; Vipaka: Madhura	Stimulates digestive fire, enhances bioavailability (Yogavahi)
Piper nigrum	Maricha	Deepana, Pachana, Krimighna	Rasa: Katu; Virya: Ushna; Vipaka: Katu	Penetrates toxins, stimulates Agni, and clears Srotorodha
Plumbago zeylanica	Chitraka	Agnideepana, Amapachana, Shothahara	Rasa: Katu, Tikta; Virya: Ushna; Vipaka: Katu	Strong Agni stimulant, clears deep-seated Ama, useful in mandagni

These herbs are commonly used in classical formulations such as Trikatu Churna, Hingvashtaka Churna, and Chitrakadi Vati to restore Agni.

Discuss Spices That Enhance Digestion

Spices are everyday Dravyas that act as mild Agni-stimulants, carminatives, and digestive aids

Botanical Name	Sanskrit Name	Digestive Action	Ayurvedic Properties	Role in Digestion
Cuminum cyminum	Jeeraka	Deepana, Pachana, Vatanulomana	Rasa: Katu, Tikta; Virya: Ushna;	Improves absorption, reduces colic and bloating

			Vipaka: Katu	
Coriandrum sativum	Dhanyaka	Deepana, Trishna Nigrahana	Rasa: Madhura, Tikta; Virya: Ushna; Vipaka: Madhura	Mild Agni stimulant, useful in Pitta conditions
Foeniculum vulgare	Shatapushpa/Mishreya	Deepana, Vatanulomana, Shoolahara	Rasa: Madhura, Tikta; Virya: Ushna; Vipaka: Madhura	Soothes digestion, relieves gas and abdominal cramps

These spices are often used in daily cooking, herbal teas, or churnas to maintain Agni in a gentle, sustainable way.

Explain the Importance of Warm, Cooked, and Easily Digestible Foods

According to Ayurveda, Ahara (diet) is the first line of treatment. The nature of the foodits temperature, form, and digestibilitydirectly affects Agni.

Benefits of Warm, Cooked, Digestible Foods

- Supports Agni: Warm and freshly cooked food resonates with the qualities of Agni (Ushna), thus stimulating it.
- Reduces Ama Formation: Such food is easier to digest and assimilate, preventing metabolic waste.
- Pacifies Vata and Kapha: Cooked food is moist and soft, reducing Vata; warmth counteracts cold, heavy Kapha.
- Strengthens Srotas: Proper digestion leads to clear bodily channels and improved nutrient transport.

Examples include light khichdi, soups, herbal rice gruels (yavagu), and vegetable stews, especially suitable for weak Agni. Foods that are cold, refrigerated, raw, fried, or stale are to be avoided as they suppress Agni and promote Ama [43].

Discuss the Role of Anupanas (Adjuvants) in Enhancing Agni

Anupana refers to the vehicle or substance taken along with or after a medicine or food. It helps in enhancing bioavailability, aids digestion, reduces potential side effects of herbs, and tailors the action of the drug according to the dosha [44].

Common Agni-Enhancing Anupanas

Anupana	**Dosha Target**	**Action on Agni**
Warm water	Vata, Kapha	Enhances Agni, dissolves Ama
Ghee (Ghrita)	Vata, Pitta	Nourishes, carries herbs deep into tissues, balances Pitta
Honey (Madhu)	Kapha	Yogavahi, helps scrape toxins, enhances Deepana

Buttermilk (Takra)	Vata, Kapha	Digestive stimulant, astringent, reduces bloating and heaviness

Proper selection of Anupana makes the treatment more effective and individualized.

Explain the Importance of Proper Food Combinations

Ayurveda emphasizes the need to avoid Viruddha Ahara (incompatible food combinations), as they disturb Agni, create Ama, and lead to systemic disorders. Incompatible foods may be opposing in their qualities, digestion time, or post-digestive effects [45].

Examples of Incompatible Combinations

Incompatible Foods	Reason for Avoidance
Milk + Fish	Contradictory virya (milk is cooling, fish is heating)
Ghee + Honey (in equal quantity)	Forms a toxic compound and impairs metabolism
Fruits + Milk	Delays digestion and causes fermentation
Heating honey	Alters its chemical nature and produces toxins

Guidelines for Proper Combinations

- Combine foods with similar digestion time and properties.
- Use herbs or spices to correct minor incompatibilities.
- Eat freshly prepared, seasonal, and sattvic food.
- Avoid mixing raw and cooked foods in the same meal.

Agni is the foundation of health in Ayurveda. The use of Deepana-Pachana herbs, digestive spices, and proper dietary practices helps maintain and enhance Agni. Anupanas and correct food combinations play an important role in improving the efficacy of herbs and preventing the formation of Ama. These interventions should be personalized based on Prakriti, Agni strength, season, and disease condition[46].

Lifestyle Modifications in Ayurveda for Promoting Health and Digestive Agni

Ayurveda emphasizes a holistic lifestyle (Dinacharya and Ritucharya) to preserve health, balance doshas, and maintain the strength of Agni (digestive fire). The following lifestyle modifications play a crucial role in preventing disease and promoting longevity.

Importance of Regular Meal Times and Mindful Eating

Regular Meal Times

- **Agni functions in rhythm with nature**, influenced by the biological clock.
- Eating at **fixed times every day** helps regulate digestive enzymes and hormones.
- Irregular eating disturbs Agni, leading to indigestion and Ama formation[47].

Ideal Meal Timings

Time	Meal	Reason
7–9 am	Light breakfast	Kapha dominant period – digestive fire is weak
12–1 pm	Main meal (lunch)	Pitta period – Agni is at its strongest
6–7 pm	Light dinner	Before sunset; digestion slows down after dark

Mindful Eating (Yuktahara)

- Avoid eating when anxious, angry, or distracted.
- Eat with full attention (without screens or multitasking).
- Chew food slowly and thoroughly – aids proper digestion.
- Eat **only when hungry**; don't suppress or force hunger.
- Eat freshly cooked, warm food in a calm environment.
- "When food is taken properly, it maintains the equilibrium of the doshas, nourishes the dhatus,and supports health."(Ch. Su. 28/45) [47].

Role of Exercise in Stimulating Agni

Exercise (Vyayama) is a vital daily routine in Ayurveda. It supports digestion and enhances Agni by stimulating metabolism, circulation, and body heat.

Benefits of Regular Exercise

- Increases body temperature – ignites digestive fire.
- Stimulates hunger and appetite naturally.
- Enhances blood flow to digestive organs.
- Removes Ama through sweating and detoxification.
- Improves mood, reducing stress-related indigestion.

Ayurvedic Guidelines for Exercise

- Perform until half of one's strength is used (Ardha Shakti Vyayama).
- Morning is the best time – Vata and Kapha period.
- Adjust exercise based on season, age, and strength.
- Include walking, Surya Namaskar, yoga asanas, or any dynamic movement.
  "Langhanam param aushadham" – "Fasting and exercise are the best medicine for Ama." [48].

Stress Management Techniques (Yoga, Meditation, etc.)

Mental health strongly influences Agni. Stress and emotional imbalance cause Vata and Pitta aggravation, which impairs digestion.

Effects of Stress on Digestion

- Inhibits the parasympathetic nervous system ("rest and digest").
- Causes Agnimandya (low digestive fire).
- Promotes Ama formation.
- Leads to irritable bowel, bloating, appetite loss.

Ayurvedic Stress Management Practices

Practice	**Benefits for Agni and Mind**
Yoga Asanas	Promotes digestion, calms Vata, relieves tension
Pranayama	Regulates breath, reduces anxiety, oxygenates organs
Meditation (Dhyana)	Calms the mind, balances hormones, improves appetite
Abhyanga (oil massage)	Reduces stress, improves circulation, pacifies doshas

Shirodhara	Nourishes brain, relieves mental fatigue, improves clarity

Daily practice of mindfulness reduces cortisol levels and supports **balanced digestion** and emotional well-being[48].

Importance of Proper Sleep (Nidra)

Sleep is considered one of the **three pillars of health** (TrayaUpastambha) in Ayurveda. **Quality sleep restores Agni, balances doshas**, and supports tissue repair.

Effects of Inadequate Sleep on Digestion

- Increases Vata and reduces Agni.
- Causes fatigue, low metabolism, and hunger disturbance.
- Aggravates Ama and weakens immunity.
- Leads to sluggish digestion, acidity, bloating.

Ayurvedic Guidelines for Sleep

- Ideal sleep time: 10 pm to 5–6 am.
- Avoid late-night eating or screen exposure.
- Use calming routines before sleep (e.g., oil massage, warm milk with herbs).
- Sleep on the left side to support digestion.
- Daytime sleep is generally avoided unless advised in specific conditions (e.g., in summer, during weakness).

"Happiness and unhappiness, nourishment and emaciation, strength and debility, sexual prowess and impotence, knowledge and ignorance – all depend on sleep."

Ayurveda recognizes that balanced digestion (Agni) is the foundation of good health. The following lifestyle modifications help preserve Agni and prevent disease

- **Eat mindfully and at regular times**.
- **Exercise daily** to kindle the digestive fire.
- **Manage stress** through yoga, pranayama, and meditation.
- **Sleep adequately** to rejuvenate the body and support metabolism.

These natural practices, when adopted consistently, harmonize body, mind, and spirit, strengthening both prevention and healing[49].

CONCLUSION

Agni, the vital digestive fire in Ayurveda, is not merely a concept of gastrointestinal digestion but a comprehensive principle governing all forms of transformation and metabolism within the human body. Its balanced state sustains health, while its impairment is the root cause of numerous lifestyle disorders such as obesity, metabolic syndrome, and gastrointestinal dysfunctions. From the Ayurvedic lens, understanding the types and functions of Agni Jatharagni, Bhutagni, and Dhatvagni provides an integrative model for both diagnosis and therapy. The formation of Ama due to Agnimandya underscores the pathology of many chronic diseases, making the maintenance of Agni essential for both prevention and cure. Dravyaguna offers a potent toolkit of Deepana and Pachana herbs, digestive spices, and Rasayana therapies to support Agni. Moreover, Ayurvedic principles emphasize personalized dietary choices, proper food combinations, seasonal routines, and lifestyle practices like timely meals, mindful eating, daily exercise, stress management, and restorative sleep as foundational for maintaining digestive integrity. When harmonized with modern scientific insights such as gut microbiota, enzymatic activity, and cellular metabolism the Ayurvedic perspective on Agni presents a holistic and scientifically relevant framework for promoting health and combating lifestyle disorders. In this context, future interdisciplinary research integrating Ayurvedic wisdom with modern diagnostic tools holds immense promise in validating and enhancing the clinical relevance of Agni. A

renewed focus on Agni-centered healthcare can serve as a sustainable and individualized strategy for addressing the global burden of chronic metabolic diseases.

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Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Artificial Intelligence in Agriculture: Early Plant Disease Detection using ANN Models for Indian Crop Management

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Received: 25 Jan 2025 Revised: 08 Apr 2025 Accepted: 10 Jun 2025

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ABSTRACT

Agriculture is one of the essential components of human civilization. It provides food as well as benefits the economy. Crops and plant leaves are inclined to various diseases when grown for agricultural purposes. The illnesses prevent the respective species from growing. Eliminating the possibility of further harm to the plants can be achieved through early and accurate disease detection and classification. The identification and categorization of Several of these illnesses are now major issues. Plant leaf diseases are typically predicted and classified by farmers in a tedious and inaccurate manner. When trying to manually predict the types of diseases, issues could come up. Crop plants may be destroyed if plant diseases are not promptly identified and classified, which would significantly reduce the amount of products produced. Farmers can lower losses and boost productivity in their fields by implementing computerized image processing techniques. Several methods have been developed and used for the identification and categorization of plant diseases using pictures of distressed leaves or crops. In the past, researchers have significantly advanced the identification and classification of diseases by investigating different methods. However, as a result of evaluations, fresh developments, and conversations, adjustments are needed. Global crop productivity can be significantly increased by using technology. Here in this research we have used some machine learning techniques like Xception, MobileNetV2, EfficientNetB0 and ANN. We got an accuracy of 90% with EfficientNetB0.

Keywords: ANN, Xception, MobileNetV2, EfficientNetB0, Machine Learning, plant disease detection.

INTRODUCTION

The scientific community has done a great deal of research on plant diseases, primarily focusing on their biological characteristics. Due to pest and fungal attacks, as well as environmental factors like sudden changes in the weather, crop production decreases, resulting in increased losses. The limitations and biases associated with human observation have led to a significant increase in interest in the use of machine learning techniques for plant disease detection. The tomato crop, in particular, is strategically significant and requires early disease detection and management. Plant diseases of all kinds can be detected by leaves because they have a significant impact on the entire plant. Identifying plant diseases is largely dependent on the leaves because each disease shows up as a distinct spot with distinct colors and orientations. Therefore, a reliable technique to identify diseases by examining the form, color, and location of these spots on tomato plant leaves must be developed. To extract useful information from gathered plant leaf images, researchers have been using a combination of image processing, classification, and deep learning techniques more in recent years. Deep learning is a very popular methodology. Because of its precise results, it has recently experienced a huge surge in popularity in the agricultural sector. To get well-classified results, the majority of researchers train their data using artificial neural networks. The most effective deep learning methods for a variety of image segmentation, feature extraction, pattern recognition, and design recognition tasks are convolutional neural networks (CNN) and artificial neural networks (ANNs). Since many nations view tomatoes as strategic crops, early disease detection and control have received special attention. Therefore, in order to improve food nutrition schemes, it is crucial to discover a method for identifying the disease that affects plant leaves.

Related Work

Saikat Banerjee et al. (2023) proposed research in which a convolutional neural network model (as DenseNet121, ResNet-50, VGG-16, and Inception V4) for visual diagnosis and identification of plant leaf diseases was presented. data to improve training's overall effectiveness, accuracy, and generality. The recommended model's output compares favorably with the outcomes of other models. The suggested convolutional neural network-based model performed better than the other models, according to experiments, and had a 99.23% higher classification accuracy. [1] Wubetu Barud Demilie et al. (2024) did comparative study on research work done in agricultural fields to detect plant diseases with the help of images. Researchers have made specific improvements in their work by using different deep learning and machine learning techniques such as k-means clustering(KMC), feed-forward neural network (FFNN), naïve Bayes (NB), support vector machine (SVM), fuzzy logic (FL), genetic algorithm (GA), k-nearest neighbor (KNN) classifier, artificial neural network (ANN), convolutional neural network (CNN), and so on. The researcher also stated that the CNN is the most favourable machine learning model to research with image datasets [3]. Rubina Rashid et al. (2024) used corn leaf dataset for their research. They used different models of machine learning and got different accuracy, with CNN they got the highest accuracy 99.23% [7]. Ritesh Maurya et al. (2024)In this research work, three distinct datasets of different sizes and plant species (Maize, Cotton, and a dataset derived from the plant village (PV)) have been used to test the suggested meta-ensemble. The PV derived from maize, cotton, and Experimental results show that the proposed technique achieved classification performance of 94.27%, 98.43%, and 97.45% for the respective datasets. Additionally, compared to CNN and other transformer-based architectures, the suggested meta-ensemble has a low prediction time and a significantly smaller number of trainable parameters. [8] Reyhan Dzaki Sheva et al. (2024) used rice dataset of 120 images, in which 3 type of diseased rice plant leaves were collected. Researchers used CNN with VGG16 for their model and got an accuracy of 93.33%. [9].

Priyanka Kulkarni et al. (2024) presented a novel CNN model to predict rice plant diseases. They got 95% accuracy. Their objective was to classify disease images in rice leaves with complex backgrounds and different lighting conditions. [11] Mehedi Hasan Bijoy et al. (2024) In this research paper, presented a novel approach to rice leaf disease detection using a lightweight deep convolutional neural network (dCNN) that demonstrates competitive performance and outperforms current state of art techniques. Compared to 21 well-known benchmark architectures

with noticeably smaller trainable parameters, such as MaxVit, ShuffleNet, ConvNext, EfficientNet, GogoleNet, AlexNet, MobileNet, ResNet50, DenseNet121, ResNeXt50, and SwinTransformer. Their technique received a 99.81% accuracy score. [12] Anita S. Kini et al. (2024)An online dataset called ImageNet was used to train deep neural networks. This trained network was then applied to the newly created black pepper leaf image dataset prediction. The created data set consists of candid real-time images of leaves extracted from the fields and annotated under the guidance of a specialist. Anthracnose, slow wilt, early stage phytophthora, phytophthora, and yellowing were the leaf diseases taken into consideration. The optimization algorithm, image batches, epochs, validation and training data, initial learning rates, and other hyperparameters were selected to fine-tune deep learning models. With a 0.001 learning rate, the Inception V3, GoogleNet, SqueezeNet, and Resnet18 models yield accuracy ranging from 99.1 to 99.7%. The proposed Resnet18 model performed 99.67% more accurately than all other models. [14]

Proposed Model

We propose a robust and efficient model for plant disease classification utilizing advanced feature extraction methods coupled with an Artificial Neural Network (ANN) classifier. This paper presents the research where pre-trained models Xception, MobileNetV2, and EfficientNetB0 were used for feature extraction of the plant images and ANN was used for classification. These models have a reputation for being able to extract fine details and information from photos, which makes them suitable for our goal of identifying plant diseases. Image preprocessing is a crucial step to ensure that the images fed into the network are consistent and augment the training dataset. We employ data augmentation techniques to improve the generalizability of our model. These techniques include: rescaling pixel values to the range [0, 1], random rotations, shear transformations, zooming, and horizontal flipping.
We leverage three state-of-the-art architectures pre-trained on the ImageNet dataset for feature extraction: Xception, EfficientNetB0, and MobileNetV2. These models are selected due to their demonstrated effectiveness and efficiency in extracting high-level image features. We used a dataset of tomato image data from Kaggle for the suggested model, which is free for all and easily available on the Internet. There was a total of 13838 images, from which we used 11071 images for training and 2767 images for testing.

Xception

Francois Chollet presented a deep learning model called Xception, which stands for Extreme Inception. By employing depthwise separable convolutions, which divide standard convolutions into two stages—first, applying a single filter per input channel(depthwise convolution), and second, combining the outputs(pointwise convolution), it improves on the Inception architecture. This method increases the model's performance and efficiency. The 36 convolutional layers in Xception's architecture are arranged into 14 modeules. It works well for computer vision tasks such as object detection and image classification; on large-scale tasks like ImageNet, it frequently outperforms traditional inception networks.

Mobile NetV2

A deep learning model called MobileNetV2 is made for portable, low-power electronics. By employing an approach known as inverted residuals, it outperforms the original MobileNet by increasing the model's efficiency without sacrificing performance. Depthwise separable convolutions are another method that MobileNetV2 uses to minimize computation, making it quick and light-weight. For real-time applications such as object detection and image recognition on devices with low processing power, this model is perfect. MobileNetV2 remains highly accurate while operating efficiently, which makes it a popular option for edge and mobile computing applications.

EfficientNetB0

EfficientNetB0 is a deep learning model designed to be both accurate and efficient. It scales up neural networks in a balanced way, improving width, depth, and resolution simultaneously. This results in better performance with fewer parameters and less computational power compared to traditional models. EfficientNetB0 is often used in image classification tasks, offering high accuracy while being resource-efficient, making it suitable for a variety of applications, including those on devices with limited processing power.

ANN (Artificial Neural Network)

Human Brain is the imspiration of an Artificial Neural Network (ANN) computer model. It consists of layers of interconnected nodes, called neurons, that process information and learn patterns from data. ANNs are used for tasks like recognizing images, understanding speech, and making predictions. They adjust the connections between neurons based on the data they are trained on, allowing them to improve performance over time and handle complex problems. ANNs have multiple layers: an input layer that receives data, one or more hidden layers that process the data, and an output layer that produces the final result. Each neuron in a layer is connected to neurons in the next layer, and these connections have weights that are adjusted during training. This training process involves using algorithms like back propagation to minimize errors and improve accuracy. ANNs can model complex relationships and patterns, making them useful in various fields, including healthcare, finance, and autonomous systems. In an ANN, the prediction process for a single neuron can be described by the following formula:

$$y = f\left(\sum_{i=1}^{n} w_i x_i + b\right)$$

Where:

- y is the output of the neuron.
- f is the activation function.
- w_i are the weights of the inputs.
- x_i are the input features.
- b is the bias term

Precision, Recall and F1 Score

Metrics like precision, recall, and F1 score are crucial for assessing how well classification models perform, particularly in datasets that are unbalanced and have an irregular class distribution. Beyond just accuracy, these indicators offer a more thorough picture of the model's performance.

Precision quantifies the percentage of accurate positive predictions among all of the model's positive predictions.
Precision = TP / (TP + FP)
TP (True Positives) – The number of correct positive predictions
FP (False Positives) – The number of incorrect positive predictions

Recall, which is a statistical measure of the percentage of true positive predictions among all actual positive instances, is also referred to as sensitivity or true positive rate. A high recall rate means that there are fewer false negatives and a greater percentage of positive instances captured by the model.
Recall = TP / (TP + FN)
FN (False Negatives)
F1 Score is especially useful when the class distribution is imbalanced, and you need a balance between precision and recall.

F1Score = 2 * [(precision * recall) / (precision + recall)]

RESULTS AND DISCUSSION

The model was trained on a dataset of plant images, with data augmentation techniques applied to enhance the robustness and generalizability of the model. The results of our research with different models are shown in Table 1. The high accuracy and strong performance metrics suggest that the proposed model is effective for plant disease classification. The use of advanced pre-trained models for feature extraction allows the system to capture complex and high-level features from plant images, which are crucial for accurate disease identification. We have collected the data from three different models in the same environment(like epochs were 50 in each model, batch size 32 was taken, and layers in ANN were same with neurons 256, 128, and 64)and with the same dataset.

CONCLUSION

This study determines the efficiency of using advanced pre-trained architectures—Xception, EfficientNetB0, and MobileNetV2—for feature extraction in the context of plant disease classification. The extracted features, when fed into a simple ANN classifier, yielded high classification accuracy, making the model both efficient and robust for practical applications. By leveraging the strengths of these models, our proposed method effectively captures complex patterns and features from plant images, leading to superior classification performance. The combination of effective data augmentation techniques, sophisticated feature extraction, and a well-structured ANN classifier ensures that our model is capable of accurately identifying plant diseases, thereby contributing significantly to precision agriculture and automated plant disease detection. While the proposed model achieves high performance, there are several areas for future exploration to further enhance its effectiveness and applicability:

1. Integration with IoT Devices: Incorporating this model into Internet of Things (IoT) devices can enable real-time plant disease detection in the field, facilitating immediate intervention and minimizing crop loss.
2. Expansion of Dataset: Increasing the size and diversity of the training dataset with images of different plant species and diseases from various regions can improve the model's generalizability and robustness.
3. Hybrid Models: Combining features from multiple pre-trained models in a hybrid architecture might further improve classification accuracy by capturing a wider range of features.
4. Explainability and Interpretability: Developing methods to make the model's predictions more interpretable can help in understanding the decision-making process, thereby increasing trust and usability among farmers and agronomists.

By addressing these future directions, the proposed model can be further refined and extended to create a comprehensive tool for sustainable and efficient agricultural practices.

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Table1. Comparison of different models

Feature Extraction Method	Accuracy (%)	Precision	Recall	F1 Score
Xception	75	0.7886	0.75	0.7463
MobileNetV2	83	0.8442	0.8333	0.8342
EfficientNetB0	90	0.9009	0.8958	0.8971

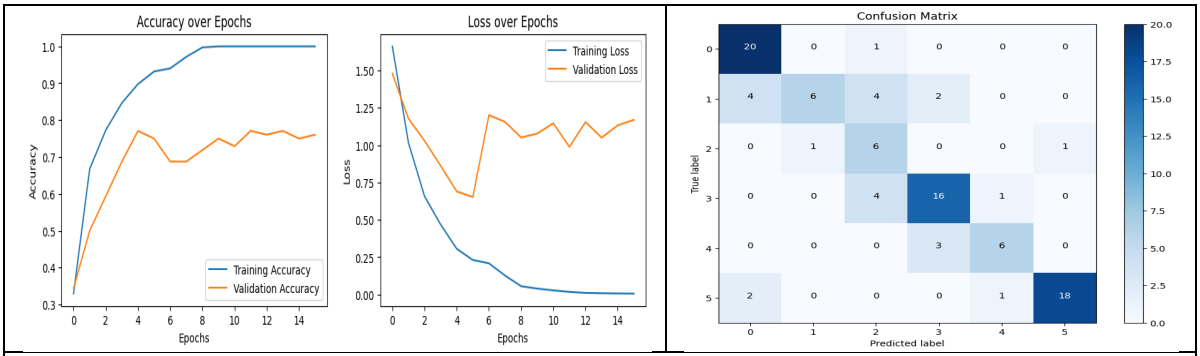

Image 1. Accuracy, Loss, and Confusion Matrix of Xception Model

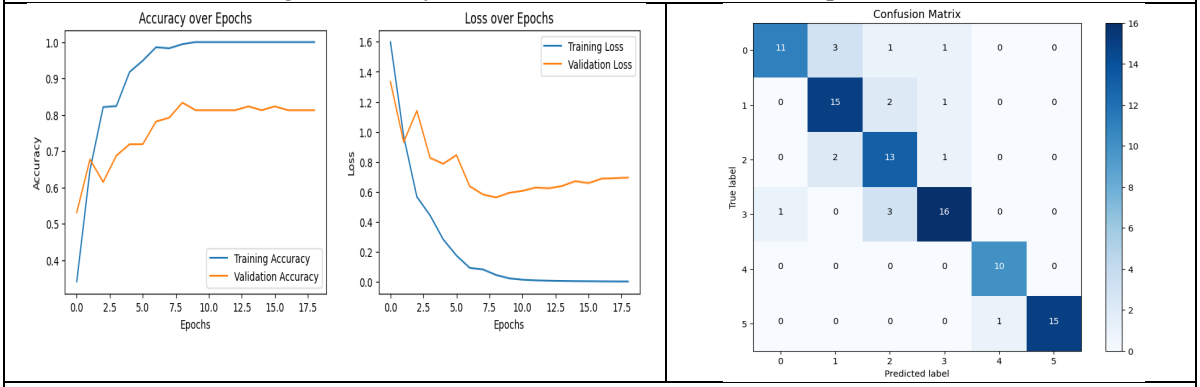

Image 2. Accuracy, Loss, and Confusion Matrix of MobileNetV2 Model

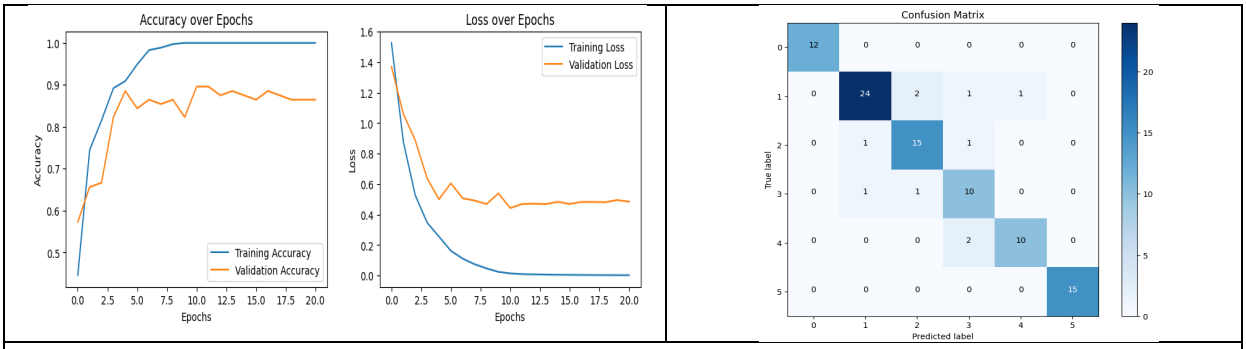

Image 3. Accuracy, Loss, and Confusion Matrix of Efficient Net B0 Model

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Mathematical Approaches to Climate Modeling: Challenges and Advances

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Received: 16 May 2025 Revised: 22 May 2025 Accepted: 26 Jun 2025

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ABSTRACT

The main mathematical methods used in climate modeling are examined in this work. Since they offer a framework for comprehending the intricate dynamics of the Earth's climate system and forecasting future climatic scenarios, mathematical methods are essential to climate modeling and prediction. NWP simulates atmospheric dynamics using numerical techniques and mathematical models based on physical principles and initial circumstances. This method is expanded by GCMs, which solve coupled equations to mimic long-term climate dynamics by incorporating extra elements including ice, land surface, and seas. To increase forecast accuracy, data assimilation approaches combine model predictions with observational data. In order to reflect sub-grid-scale processes and natural climate variability, stochastic techniques include randomization to capture the uncertainty and variability present in the climate system. Statistical downscaling techniques provide localized estimates that are pertinent for decision-making by bridging the gap between coarse-resolution GCM outputs and fine-scale regional climate consequences. By increasing parameterizations, data assimilation, and model performance, machine learning and artificial intelligence approaches present new opportunities to advance climate modeling. For example, deep learning systems can enhance forecasts by identifying intricate patterns in big climatic datasets. Even though mathematical techniques have greatly improved climate modeling capabilities, there are still issues with managing uncertainties, increasing computational efficiency, and improving model accuracy. To address new climatic concerns, more research is required to improve model parameterizations, add new data sources, and create creative approaches. To sum up, mathematical methods are essential for developing climate research, offering understanding of past, current, and future climate dynamics, and assisting in well-informed decision-making to mitigate the effects of climate change on a worldwide scale. To further improve and develop these mathematical methods and

guarantee their efficacy in tackling the urgent problems of climate variability and change, interdisciplinary cooperation is crucial.

Keywords: Climate modeling, numerical methods, data assimilation, stochastic processes, machine learning, uncertainty quantification.

INTRODUCTION

Climate modelling, which allows researchers to mimic past, present, and future climatic situations while evaluating the impact of both natural and man-made causes, is essential to understanding the Earth's climate system. Essentially, climate modelling illustrates the intricate interactions between the biosphere, ice, land surfaces, oceans, and atmosphere that shape Earth's climate using mathematical formulas and computational methods. From long-term climate trends and variability to short-term weather fluctuations, these models are crucial resources for researching a broad range of climatic phenomena. The physical processes that impact the climate system are simulated using climate models, which aid scientists in comprehending the fundamental mechanics behind phenomena such as temperature variations, precipitation patterns, storm formation, and oceanic circulation. Fundamental concepts from physics, such as radiative transmission, fluid dynamics, thermodynamics, and chemistry, form the basis of climate model development. To explain the behaviour of the oceans, atmosphere, and other components of the climate system, they employ numerical techniques to solve sets of differential equations. One important application of climate modelling is forecasting future climate changes under various scenarios of greenhouse gas emissions and other external factors. By offering crucial information about possible future impacts on ecosystems, water resources, agriculture, and human communities, these forecasts assist stakeholders and policymakers in making well-informed decisions about how to respond to and adapt to climate change. Notwithstanding their intricacy, climate models are susceptible to uncertainties brought on by factors such as limitations on model resolution, incomplete knowledge of certain processes, and the unpredictability of future emissions trends. Addressing these uncertainties and enhancing the accuracy of climate models continue to be a persistent problem for the climate research community. However, climate modelling remains a vital instrument for deepening our knowledge of Earth's climate and guiding initiatives to tackle the global issues brought on by climate change.

Purpose of Research

Investigating the primary mathematical methods used in climate modeling is the goal of this project.

The methodology of Research

Books, academic journals, research papers, articles, websites, and other resources were among the secondary sources from which the data used in this study was obtained.

Techniques for Using Mathematics in Climate Modeling and Forecasting

The use of mathematical techniques for climate modelling and forecasting is essential for predicting future climatic conditions and comprehending the intricate relationships within the Earth's climate system. These methods usually entail using mathematical equations to represent physical processes, solving these equations numerically, and using statistical techniques to examine model outputs in conjunction with observational data. Key mathematical methods frequently used in climate modelling and forecasting include the following:

- **Energy Balance Models:**

Energy Balance Models (EBMs), which are simplified climate models, simulate the balance between outgoing thermal radiation and incoming solar radiation, or insolation, to forecast the Earth's surface temperature. In the field of

climatology, they serve as essential tools for understanding long-term climate trends, feedback processes, and the dynamics of global climate.

● Radiative-Convective Models

Radiative-Convective Models (RCMs) are simple yet fundamental tools for modelling climate that show the atmosphere's vertical structure by accounting for the balance between radiative and convective energy fluxes. Such models include convective dynamics, which vertically transfer heat when radiative processes alone cannot maintain thermal equilibrium, as well as the absorption, reflection, and emission of incoming solar radiation by the Earth's atmosphere and surface. Usually one-dimensional, RCMs concentrate on temperature and energy flow variations with altitude rather than across geographical regions. Despite their simplicity, they serve as a foundation for the creation of more intricate three-dimensional climate models and are essential for comprehending basic climate dynamics including the greenhouse effect and atmospheric temperature profiles.

● Numerical Weather Prediction

Numerical Weather Prediction (NWP) is a cornerstone of modern meteorology that involves the use of mathematical models to simulate and forecast atmospheric behavior. It relies on solving a complex set of partial differential equations derived from the fundamental laws of physics, including the conservation of mass (continuity equation), momentum (Navier-Stokes equations), energy (thermodynamic equations), and moisture (hydrological equations). These equations describe how atmospheric variables such as temperature, wind speed, humidity, and pressure evolve over time. The Earth's atmosphere is represented as a three-dimensional grid, with each grid cell containing values for these variables. Initial conditions are obtained from a wide array of observational data sources, including weather stations, satellites, balloons, and radar, through a process called data assimilation, which blends observed data with model estimates to produce the best possible starting point. The model then advances these conditions forward in time using numerical integration methods. The accuracy of NWP is highly dependent on the resolution of the model (i.e., the size of the grid cells), the quality and density of observational data, and the effectiveness of the data assimilation techniques. Despite its computational complexity, NWP has become an indispensable tool for short- and medium-range weather forecasting, and it also plays a key role in seasonal and climate predictions. Continuous improvements in computing power, observational networks, and model physics have significantly enhanced the skill and reliability of NWP over recent decades.

● Global Climate Models

Global Climate Models (GCMs) are sophisticated computer programs created to model the Earth's climate system and forecast how it will behave in the future under various environmental conditions. In order to depict climate dynamics over extended time periods—usually ranging from decades to centuries—these models consider the intricate relationships between the main elements of the climate system, such as the atmosphere, oceans, land surface, cryosphere, and biosphere. Mathematical formulas based on basic physical concepts, like the conservation of mass, energy, and momentum, provide the basis of GCMs. Important phenomena including as ocean currents, radiative transfer, surface energy exchange, atmospheric circulation, land-atmosphere interactions (such soil moisture and evapotranspiration), and biosphere feedbacks (like vegetation growth and carbon cycle dynamics) are all described by these equations. In order to model the Earth system, GCMs divide the planet into a three-dimensional grid, where each grid cell represents a distinct area of the surface and an atmospheric layer. Because the governing equations are numerically solved within this framework, climate processes can be simulated both inside and outside of individual grid cells. Historical observations of land cover, ice extent, ocean temperatures, and atmospheric composition serve as the foundation for GCM simulations' initial circumstances. In order to predict future climatic outcomes, GCMs consider external forcings such as solar fluctuation, aerosol emissions, volcanic activity, and greenhouse gas concentrations. GCMs are vulnerable to a number of uncertainties despite their complexity, such as limitations in model resolution, a lack of scientific knowledge regarding some aspects of the climate (such as cloud formation and feedback mechanisms), and the unpredictable nature of future human-caused emissions. In order to control these uncertainties, climate scientists usually use ensemble modelling techniques, which include doing several simulations with different initial circumstances and assumptions in order to capture a variety of likely future scenarios. GCMs

play a crucial role in climate science and policy by providing important information about how ecosystems, water supply, agriculture, and human welfare may be affected by climate change. They offer the scientific underpinnings for global evaluations, such those carried out by the Intergovernmental Panel on Climate Change (IPCC), and they facilitate evidence-based choices about mitigation and adaptation measures for the climate.

● Probabilistic Methods

Probabilistic Methods in climate modeling offer a framework for accounting for the intrinsic uncertainties and variability in the Earth's climate system. Unlike deterministic models, which solely use precise initial conditions and specified parameters, probabilistic Methods incorporate randomness into the modeling process to acknowledge the inherent unpredictability of some processes and events. Probabilistic Methods are commonly used to represent sub-grid-scale processes that cannot be resolved by the model grid. Processes like turbulence, cloud formation, and small-scale atmospheric disturbances can significantly affect larger-scale climate patterns, while occurring at finer temporal and spatial dimensions than those shown in traditional climate models. The consequences of these processes are taken into account probabilistically, taking into account their variability and uncertainty, using probabilistic parameterizations. The inherent variability of climate phenomena including the Madden-Julian Oscillation (MJO), atmospheric blocking events, and the El Niño-Southern Oscillation (ENSO) can be captured via probabilistic methods. Probabilistic methods can effectively depict these phenomena' complicated, nonlinear behaviour, which is difficult to replicate deterministically. Probabilistic approaches simulate the range of possible outcomes associated with these phenomena by incorporating random fluctuations into the model equations. This enhances the model's ability to capture their impacts on regional and global climate patterns and provides more realistic representations of their behaviour. Quantifying the degree of uncertainty in climate projections is another important application of probabilistic methods. The range of possible future outcomes and the likelihood of various climate scenarios can be evaluated by climate scientists through the execution of ensembles of simulations with various probabilistic realisations. For decision-makers to assess the risks posed by climate change and create effective adaptation and mitigation plans, this knowledge is crucial. play a vital part in measuring the degree of uncertainty in climate projections. climatic scientists can evaluate the spectrum of possible future outcomes and determine the likelihood of various climatic scenarios by executing ensembles of simulations with various stochastic realisations. For decision-makers to assess the risks posed by climate change and create effective adaptation and mitigation plans, this knowledge is crucial.

● Statistical Downscaling

In the field of climate modeling, statistical downscaling serves as a method that utilizes outputs from global climate models (GCMs) or other lower-resolution models to generate precise forecasts of climate variables at regional or local scales. This approach effectively connects broad-scale climate data with localized impacts, as GCMs often lack the necessary resolution to accurately represent regional climate characteristics. Consequently, this enhances the relevance of climate projections for impact assessments and informed decision-making. The statistical downscaling process entails establishing statistical relationships between local climate variables, such as temperature, precipitation, and wind speed, measured at finer resolutions within the area of interest, and large-scale climate variables produced by GCMs, which encompass temperature, precipitation, and atmospheric circulation patterns. These relationships, which may vary based on terrain, geographic location, and seasonal factors, are typically derived from historical climate data. A commonly employed method of statistical downscaling utilizes empirical statistical techniques, including regression analysis or pattern scaling. In regression-based downscaling, statistical models are developed to correlate local climate variables of interest with predictors obtained from GCMs, such as sea surface temperatures and atmospheric pressure patterns. These models are subsequently applied to GCM data to generate downscaled forecasts for specific regions or locations. Conversely, pattern scaling seeks to identify robust statistical connections between local climate variables and the broader climate patterns represented by GCMs. The relationships established through historical climate data or GCM outputs are then utilized to scale these variables, resulting in downscaled projections for anticipated future climate scenarios. Dynamical downscaling, a technique that uses regional climate models (RCMs) to recreate the regional climate at higher resolutions driven by boundary conditions provided by GCMs, is an alternative to statistical downscaling. Compared to purely statistical approaches,

dynamical downscaling can provide more physically coherent and comprehensive forecasts of local climate parameters, although requiring a greater amount of input and computer resources. In fields where localized climate data is essential for decision-making, such as agriculture, water resource management, and climate impact assessments, statistical downscaling approaches are frequently used. However, it is crucial to understand the uncertainties associated with downscaling methods and to interpret downscaled forecasts with caution, especially in regions with complex terrain or scant observational data.

● **Artificial Intelligence and Machine Learning:**

With their innovative methods for improving prediction accuracy, analyzing massive volumes of climate data, and identifying intricate patterns in the climate system, artificial intelligence (AI) and machine learning (ML) techniques are becoming more and more essential parts of climate modeling. Weather forecasting, climate prediction, severe event detection, and impact assessment are just a few of the areas in climate science where machine learning and artificial intelligence are used. Improving the parameterizations of sub-grid-scale processes that conventional climate models do not explicitly resolve is a crucial use of machine learning and artificial intelligence in climate modeling. In order to improve the realism of climate model simulations, machine learning algorithms can learn from high-resolution simulations or observational data to provide more precise parameterizations for processes like cloud formation, precipitation, and turbulence. In order to enhance the starting circumstances for weather and climate forecasts, machine learning techniques are also essential for data assimilation, which involves combining observational data with model projections. To integrate many data sources and maximize model performance, ensemble-based techniques, Kalman filters, and deep learning algorithms are used, producing forecasts that are more accurate and trustworthy. AI and ML also make it possible to create data-driven climate models that are capable of capturing intricate nonlinear interactions in the climate system.Convolutional neural networks (CNNs) and recurrent neural networks (RNNs), two deep learning architectures, are used to analyse spatiotemporal patterns in climate data, find teleconnections, and forecast future climate states based on past observations. Apart from modelling and prediction activities, climate data analysis and visualisation also utilise machine learning and artificial intelligence approaches. Better comprehension of climate variability and change is made possible by the identification of trends, patterns, and anomalies in climate datasets through the use of clustering algorithms, dimensionality reduction strategies, and anomaly detection approaches.

CONCLUSION

In climate modelling and forecasting, mathematical techniques are significant because they offer crucial tools for understanding the complexities of Earth's climate system and projecting future climate scenarios. Through the use of global climate models, data fusion, stochastic methods, statistical downscaling, artificial intelligence, and numerical weather forecasting, scientists are able to reproduce and examine different aspects of the climate system with increasing accuracy and complexity. There are still challenges, such as errors in model parameterizations, limited computational capabilities, and the need for improved modelling of complex systems, even if our understanding of climate dynamics and fluctuations has greatly increased. It will take ongoing collaboration between climate experts, mathematicians, computer professionals, and policymakers to improve data fusion techniques, improve model capabilities, and improve estimates of future climate change effects in order to overcome these challenges.

Notwithstanding these difficulties, mathematical methods remain essential for directing policy choices, influencing climate science research, and aiding in mitigation and adaptation to climate change. In the end, we can contribute to a more resilient and sustainable future for our planet and its inhabitants by improving our capacity to predict and address the changing challenges brought about by climate variability and change by further refining and incorporating mathematical techniques into climate modelling frameworks.

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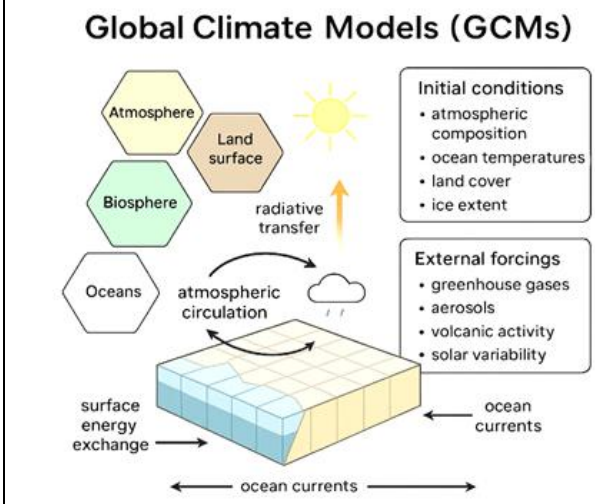

Figure.1: GCMs

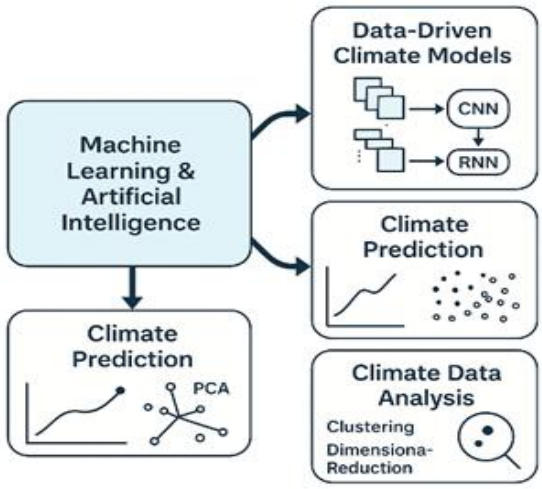

Figure.2: Artificial Intelligence and Machine Learning

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Block Chain based Multi Objective Multi Item Transshipment Problem with Multi Choice Parameter under Fermatean Fuzzy Environment

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Received: 23 Apr 2025 Revised: 25 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

In recent years, the demand of dairy products has been steadily growing. During transportation over a long time, significant challenges for diary items may arise such as lack of transparency, fraud, difficulties in maintaining the temperature control, and ensuring the quality of goods. To tackle these challenges, block chain technology is applied in this proposed study for enhancing the efficiency, transparency, and security of goods during the distribution process. Mathematical model for block chain based multi objective multi-item transshipment problem has been formulated and the objective functions for this proposed model such as transportation cost, transportation time, damage cost, and labour costare optimized simultaneously. Due to market fluctuation, insufficient data, parameters are assumed as fermatean triangular fuzzy numbers and supply, demand are defined as multi choice fermatean parameters. The fermatean fuzzy proposed model is transformed into deterministic model by using ranking function and Lagrange interpolation polynomial. Global criteria method is applied to obtain Pareto-optimal solution for the proposed model. numerical example has been discussed to show the validity and significance of the proposed model.

Keywords: Transshipment Problem, multi objective, multi-item, fermatean fuzzy number, block chain technology

INTRODUCTION

The transportation of dairy products is a crucial aspect of the dairy industry, which significantly contributes to global nutrition and food security. It is a specialized decision-making problem aimed to optimize the transportation of dairy products such as milk, cheese, and butter from source to destination, with the objective of minimizing transportation costs. This problem focuses on finding the most efficient routes and methods for transporting goods. To enhance efficiency, reduce delays, and ensure businesses can quickly adapt to fluctuations in supply and demand, the transshipment problem is used to optimize the movement of goods through intermediate points before reaching the destination. The transshipment problem is an extension of the transportation problem, introduced by Orden in 1956 [1]. In certain instances, it allows both supply and destination points act as transshipment points. Since dairy products are highly sensitive to spoilage, contamination, and fraud, transportation companies face significant challenges in ensuring the safe delivery of these products. Proper monitoring and safe handling during transit are essential to preserve product quality. To address these challenges, transportation companies require robust systems for tracking and managing shipments. One such solution is the use of blockchain technology. Blockchain can provide real-time visibility into the transportation process by recording data such as temperature, humidity, and handling conditions. This transparency helps to ensure that the goods are transported safely and in compliance with food safety regulations. Blockchain also helps in preventing fraud by making it easier to track the movement of goods and ensuring their authenticity. In the context of improving logistics and reducing costs, Benton, M.C. et al. highlighted how blockchain-based supply chains can reduce logistics costs through better traceability and security functions [2].

Limin Ran et al. explored the integrating Convolutional Neural Networks (CNNs) and Ant Colony Optimization with blockchain to enhance cost-effective supply chain management by optimizing routes and processes [3]. In the contemporary world, it is not possible to address all transshipment problems with a single objective. To make the problem more realistic and applicable to real-world scenarios, decision-makers must consider multiple objectives simultaneously, which are often conflicting in nature. Baskaran, R., and Dharmalingam discussed a multi-objective transshipment problem with budget constraints, where both demand and budget are imprecise [4]. K. Ahmad Al-Sultan developed multi objective model for transshipment problem with vehicle types using priori preference methods to optimize the transportation cost and time [5]. Due to intense competition in the market, transportation company transport more than one item at a time to maximize profits and meet customer expectations. Noham, R., & Tzur, M. discussed transshipment problem for single and multi-item with transshipment fixed cost to maximize the profit [6]. The capacity of supply and destination points fluctuates due to variations in raw materials, people, equipment, and other factors that affect production and demand. As a result, some sources can supply less than a predetermined quantity of commodities during shortages, while others can supply more than a specified amount when commodities are in excess. In this case, transshipment problem became transshipment problem with mixed constraints. Khurana, A., & Arora, S. R. proposed an algorithm for solving transshipment problem with mixed constraints. Extensive study is needed for multi objective multi-item transshipment problem [7].

Due to the ambiguity and imprecision of the physical world, the parameters of the transshipment problem cannot be defined precisely. To address this uncertainty, Zadeh (1965) introduced the theory of fuzzy sets, which is characterized by the Membership Degree, with values ranging from 0 to 1. The limitation of fuzzy theory which could not assess the nature of non-membership in human decision-making, was overcome with the introduction of intuitionistic fuzzy set by Atanassov (1986). In cases where the sum of membership and non-membership exceeds one, an alternative condition is applied, where the sum of their squared values must not exceed one. This approach, known as Pythagorean fuzzy sets, introduced by Yager. To overcome the limitations of Pythagorean fuzzy sets, Senapati and Yager (2020) proposed the Fermatean fuzzy set, in which the sum of the cubes of the membership and non-membership functions lies within the range [0,1The Fermatean fuzzy set is more effective and flexible in addressing ambiguous information. Akram M., et.al discussed an extended multi objective transportation model based on fermatean fuzzy sets by using novel compromise approach [8]. In the contemporary world, decision-makers must select a single value from a set of parameter values in various decision-making scenarios. This situation can be

expressed as a mathematical programming model known as a multi-choice programming problem. Because of fluctuations in market prices, supply, and demand, the decision maker assigns numerous alternatives to each multi-choice parameter. Gupta et al. studied the impact of uncertain demand and supply on multi-choice, multi-objective capacitated transportation problems [9]. To the best of our knowledge, there exists no literature taking into consideration to solve block chain based multi objective multi-item transshipment problem with mixed constraints. In this paper, block chain technology has been incorporated to enhance the transparency, security, efficiency of logistic operations of the transshipment problem based on ability to provide a decentralized, immutable ledger for tracking goods and shipments in real-time. Due to uncertain situations, Costs are considered in fermatean fuzzy nature and supply, demand are multi choice parameters. Using accuracy function and Lagrange interpolating polynomial [10], the resulting problem is transformed into a deterministic model. Numerical example has been discussed to demonstrate the nature of this proposed model by using improved global criteria method. The remaining parts of the paper is described here. Section 2 presented definitions of fermatean fuzzy number. Section 3 defines notations, assumptions, and mathematical formulation. section 4 presents the solution procedures to the formulated model. section 5 describes the numerical example. section 6, presents conclusion and future research.

PRELIMINARIES

Definition 2.1 [11]: Let X be a non-empty set. A Fermatean fuzzy set $\tilde{E}^F$ of X is defined as $\tilde{E}^F = \left\{\left\langle x, \mu_{\tilde{E}^F}(x), \nu_{\tilde{E}^F}(x)\right\rangle : x \in X\right\}$ where $\mu_{\tilde{E}^F}(x), \nu_{\tilde{E}^F}(x) : X \to [0,1]$ and also satisfies the condition such that $0 \le (\mu_{\tilde{E}^F}(x))^3 + (\nu_{\tilde{E}^F}(x))^3 \le 1$. Here $\mu_{\tilde{E}^F}(x), \nu_{\tilde{E}^F}(x)$ are membership and non-membership functions. Additionally, for all $x \in X$ $\pi_{\tilde{E}^F}(x) = \sqrt{1-(\mu_{\tilde{E}^F}(x))^3 - (\nu_{\tilde{E}^F}(x))^3}$. denotes the hesitation for the element x in $\tilde{E}^F$

Definition 2.2 [11] A triangular Fermatean fuzzy number (TFFN) is defined by $\tilde{E}^F = \langle (u,v,w), p, q\rangle$ whose

$$\mu_{\tilde{E}^F}(x) = \begin{cases} \dfrac{(x-u)}{v-u} & \text{if u} \le x \le v \\ \text{p} & \text{if } x = v \\ \dfrac{(w-x)p}{w-v} & \text{if v} \le x < w \\ 0 & \text{if } x < u \text{ or } x > w \end{cases}$$

membership and non-membership function can be described as

$$\nu_{\tilde{E}^F}(x) = \begin{cases} \dfrac{[x-v+q(x-u)]}{v-u} & \text{if u} \le x \le v \\ q & \text{if } x = v \\ \dfrac{[x-v+q(w-x)p}{w-v} & \text{if v} \le x < w \\ 1 & \text{if } x < u \text{ or } x > w \end{cases}$$

Here p and q represents the maximum value of $MF(\mu_{\tilde{E}^F})$ and the minimum value of $MF(\nu_{\tilde{E}^F})$ respectively, such that $p \in [0,1], q \in [0,1]$ and $0 \le p^3 + q^3 \le 1$. Consider $p = 1$ and $q = 0$. Then TFFNis in the form $\tilde{E}^F = \langle (u,v,w),(u',v',w') \rangle$ whose $MF(\mu_{\tilde{E}^F})$ and $MF(\nu_{\tilde{E}^F})$ can be represented by

$$\mu_{\tilde{E}^F}(x) = \begin{cases} \dfrac{(x-u)}{v-u} & \text{if u} \le x \le v \\ 1 & \text{if } x = v \\ \dfrac{(w-x)p}{w-v} & \text{if v} \le x < w \\ 0 & \text{if } x < u \text{ or } x > w \end{cases} \qquad \nu_{\tilde{E}^F}(x) = \begin{cases} \dfrac{[x-v+q(x-u)]}{v-u} & \text{if u} \le x \le v \\ 0 & \text{if } x = v \\ \dfrac{[x-v+q(w-x)p}{w-v} & \text{if v} \le x < w \\ 1 & \text{if } x < u \text{ or } x > w \end{cases}$$

Where $u' \le u \le v \le w \le w'$

Definition 2.3 [11] Definition 4. Consider $\tilde{E}^F = \langle (u,v,w),(u',v',w') \rangle$ be a triangular fermatean fuzzy number.

Then $\Re(\tilde{E}^F) = \dfrac{(u+4v+w)(u'+4v+w')}{12}$ is a ranking function for triangular fermatean fuzzy number $\tilde{E}^F$.

MATHEMATICAL FORMULATION

This section presents notations, assumptions, mathematical formulations for block chain based multi objective multi-item transshipment problem with fermatean multi choicemixed constraints.

Assumptions

i : Index for Sources $i = 1,2,3,...,m$

j : Index for Destination $j = 1,2,3,...,n$

f_{ij}^{p} : amount of p^{th} item is transported from i^{th} source to j^{th} destination

$\tilde{c}_{ij}^{1p}$: actual transportation cost of p^{th} item form i^{th} source to j^{th} destination

$\tilde{c}_{ij}^{2p}$: standard transportation cost of p^{th} item form i^{th} source to j^{th} destination

$\tilde{p}_{ij}^{p}$: damage cost of p^{th} item form i^{th} source to j^{th} destination

$\tilde{h}_{ij}^{p}$: labor cost of p^{th} item form i^{th} source to j^{th} destination

$\tilde{t}_{ij}^{p}$: actual transportation time of p^{th} item form i^{th} source to j^{th} destination

o, l, f : reduction rate for transportation cost, damage cost and time by implementing block chain technology. (15%, 25%, 15.3%)

$(\tilde{a}_i^{Fp(1)}, \tilde{a}_i^{Fp(2)}, ..., \tilde{a}_i^{Fp(k)})$: fuzzy multi -choice parameter of total amount of the product available for p^{th} item at i^{th} source

$(\tilde{b}_j^{Fp(1)}, \tilde{b}_j^{Fp(2)}, ..., \tilde{b}_j^{Fp(k)})$: fuzzy multi -choice demand of total products for p^{th} item at j^{th} destination

Formulation of block chain based multi objective multi-item transshipment problem with multi choice parameters under fermatean fuzzy environment

The transshipment problem with a single objective is rarely applicable to real-life scenarios. To address real-world challenges, the transshipment problem must focus not only on minimizing transportation costs but also optimizing other objective functions simultaneously, such as damage cost, labor cost, delivery time, discount cost. In the modern world, block chain technology is one of the significant technologies is utilized to reduce deterioration costs and ensure transparency, safety, and avoid fraud. In this study, labor cost, damage cost, delivery time are considered as components of a linear objective function. Meanwhile, transportation cost is treated as fractional objective functions. These fractional objective functions serve as performance metrics for analysing the financial aspects of transportation enterprises and managing transportation operations. All the parameters of this study are considered as fermatean fuzzy multi choice parameters. Mathematical formulation for block chain based multi objective multi-item capacitated transshipment problem has been formulated as follows

$$\min Z_1 = \frac{\sum_{i=1}^{m}\sum_{j=1}^{n}\sum_{p=1}^{2}(1-f)\tilde{c}_{ij}^{1p} f_{ij}^{p}}{\sum_{i=1}^{m}\sum_{j=1}^{n}\sum_{p=1}^{2}\tilde{c}_{ij}^{2p} f_{ij}^{p}}$$

$$\min Z_2 = \sum_{i=1}^{m}\sum_{j=1}^{n}\sum_{p=1}^{2}(1-l)\tilde{t}_{ij}^{p} f_{ij}^{p}$$

$$\min Z_3 = \sum_{i=1}^{m}\sum_{j=1}^{n}\sum_{p=1}^{2}(1-o)\tilde{p}_{ij}^{p} f_{ijp}$$

$$\min Z_4 = \sum_{i=1}^{m}\sum_{j=1}^{n}\sum_{p=1}^{2}\tilde{h}_{ij}^{p} f_{ij}^{p}$$

Subject to

$$\sum_{j=1}^{n} f_{ij}^{p} - \sum_{j=1}^{n} f_{ij}^{p} \le (\tilde{a}_i^{Fp1}, \tilde{a}_i^{Fp2}, \tilde{a}_i^{Fp3}, \ldots \tilde{a}_i^{Fpk}),$$

$$\sum_{j=1}^{n} f_{ij}^{p} - \sum_{j=1}^{n} f_{ij}^{p} = (\tilde{a}_i^{Fp1}, \tilde{a}_i^{Fp2}, \tilde{a}_i^{Fp3}, \ldots \tilde{a}_i^{Fpk}),$$

$$\sum_{j=1}^{n} f_{ij}^{p} - \sum_{j=1}^{n} f_{ij}^{p} \ge (\tilde{a}_i^{Fp1}, \tilde{a}_i^{Fp2}, \tilde{a}_i^{Fp3}, \ldots \tilde{a}_i^{Fpk}),$$

$$\sum_{j=1}^{n} f_{ij}^{p} - \sum_{j=1}^{n} f_{ij}^{p} \ge (\tilde{b}_j^{Fp1}, \tilde{b}_j^{Fp2}, \tilde{b}_j^{Fp3} \ldots \tilde{b}_j^{Fpk})$$

$$\sum_{j=1}^{n} f_{ij}^{p} - \sum_{j=1}^{n} f_{ij}^{p} = (\tilde{b}_j^{Fp1}, \tilde{b}_j^{Fp2}, \tilde{b}_j^{Fp3} \ldots \tilde{b}_j^{Fpk})$$

$$\sum_{j=1}^{n} f_{ij}^{p} - \sum_{j=1}^{n} f_{ij}^{p} \le (\tilde{b}_j^{Fp1}, \tilde{b}_j^{Fp2}, \tilde{b}_j^{Fp3} \ldots \tilde{b}_j^{Fpk})$$

$$f_{ij}^{p} \ge 0 \forall i = 1,2,3 \ldots m+n; j = 1,2,3 \ldots, m+n$$

Formulation of Lagrange's interpolating polynomial

It is one of the numerical approximation methods which is used to convert the muti choice parameter into exactly one functional value. Let $0,1,2,...w_k-1$ be w_k number of node points. Here $s_k^{(1)}, s_k^{(2)}, ...s_k^{(w_k)}$ are the function values of the interpolating polynomial at w_k different node points respectively. The Lagrange's interpolating polynomial $z_{(w_k-1)}(\alpha_k)$ of degree (w_k-1) has been derived as follows

$$z_{(w_k-1)}(r) = s_k^{(w_k)}, r = 1,2,3,..., w_k - 1, \quad k = 1,2,3,..., m$$

Lagrange's interpolating polynomial for $k-th$ multi choice parameters has been derived as follows

$$z_{w_k-1}(\alpha_k) = \frac{(\alpha_k-1)(\alpha_k-2)...(\alpha_k-w_k+1)}{(-1)^{w_k-1}(w_k-1)!} s_k^{(1)} + \frac{(\alpha_k)(\alpha_k-1)...(\alpha_k-w_k+1)}{(-1)^{w_k-2}(w_k-2)!} s_k^{(2)}$$

$$+ \frac{(\alpha_k)(\alpha_k-1)...(\alpha_k-w_k+1)}{(-1)^{w_k-3}(w_k-3)!2!} s_k^{(3)} + ... + \frac{(\alpha_k)(\alpha_k-1)...(\alpha_k-w_k+2)}{(w_k-1)!} s_k^{(k)}$$

Similarly

$$z_{w_k-1}(\alpha_k) = \frac{(\alpha_k-1)(\alpha_k-2)...(\alpha_k-w_k+1)}{(-1)^{w_k-1}(w_k-1)!} d_k^{(1)} + \frac{(\alpha_k)(\alpha_k-1)...(\alpha_k-w_k+1)}{(-1)^{w_k-2}(w_k-2)!} d_k^{(2)}$$

$$+ \frac{(\alpha_k)(\alpha_k-1)...(\alpha_k-w_k+1)}{(-1)^{w_k-3}(w_k-3)!2!} d_k^{(3)} + ... + \frac{(\alpha_k)(\alpha_k-1)...(\alpha_k-w_k+2)}{(w_k-1)!} d_k^{(k)}$$

Where s_k^w, d_k^w are the multi choice crisp parameters for supply and demand.

Deterministic model of block chain based multi objective multi-item transshipment problem with mixed constraints

The mathematic formulation for block chain based multi objective multi-item transshipment problem with multi choice supply and demand under fermatean fuzzy environment is very complexity to solve directly. Using ranking function and Lagrange's interpolating polynomial, mathematical proposed model is converting into deterministic model which is described as follows

$$\min Z_1 = \frac{\sum_{i=1}^{m}\sum_{j=1}^{n}\sum_{p=1}^{2}(1-f)\Re(\tilde{c}_{ij}^{1p})f_{ij}^p}{\sum_{i=1}^{m}\sum_{j=1}^{n}\sum_{p=1}^{2}\Re(\tilde{c}_{ij}^{2p})f_{ij}^p} \quad (1)$$

$$\min Z_2 = \sum_{i=1}^{m}\sum_{j=1}^{n}\sum_{p=1}^{2}(1-l)\Re(\tilde{t}_{ij}^{p})f_{ij}^p \quad (2)$$

$$\min Z_3 = \sum_{i=1}^{m}\sum_{j=1}^{n}\sum_{p=1}^{2}(1-o)\Re(\tilde{p}_{ij}^{p})f_{ijp} \quad (3)$$

$$\min Z_4 = \sum_{i=1}^{m}\sum_{j=1}^{n}\sum_{p=1}^{2}\Re(\tilde{h}_{ij}^{p})f_{ij}^p \quad (4)$$

$$\text{Subject to } \sum_{j=1}^{n} f_{ij}^p - \sum_{j=1}^{n} f_{ij}^p \le z_{s_1}(\alpha_{k_1}) \quad (5)$$

$$\sum_{j=1}^{n} f_{ij}^{p} - \sum_{j=1}^{n} f_{ij}^{p} = z_{s_2}(\alpha_k) \quad (6)$$

$$\sum_{j=1}^{n} f_{ij}^{p} - \sum_{j=1}^{n} f_{ij}^{p} \geq z_{s_3}(\alpha_k) \quad (7)$$

$$\sum_{j=1}^{n} f_{ij}^{p} - \sum_{j=1}^{n} f_{ij}^{p} \geq z_{d_1}(\beta_k) \quad (8)$$

$$\sum_{j=1}^{n} f_{ij}^{p} - \sum_{j=1}^{n} f_{ij}^{p} = z_{d_1}(\beta_k) \quad (9)$$

$$\sum_{j=1}^{n} f_{ij}^{p} - \sum_{j=1}^{n} f_{ij}^{p} \leq z_{d_1}(\beta_k) \quad (10)$$

$$f_{ij}^{p} \geq 0 \forall i = 1,2,3...m+n; j = 1,2,3...,m+n \quad (11)$$

METHODOLOGIES

In this section, global criteria method has been discussed to solve the deterministic model for finding the optimal compromise solution using Lingo Software as follows

Global criteria method [12]:

A multi-objective optimisation problem can be solved by using the global criterion approach, and which provides a compromise solution. The global criterion method minimises the distance between the feasible objective region and certain reference points. The MOMITrP based block chain is defined as follows

Minimize $Z_k(x), k = 1,2,3...,K$

Subject to the constraints

The following steps can be provided the solution of the MOMITrP based on block chain as follows

Step 1: To solve the MOFCTP problem as a single objective fixed-charge transportation problem, use only one objective function at a time, ignoring the others.

Step 2: based on the results of Step 1, determine the ideal solutions for both minimization objectives $(Z_1^*, Z_2^*, ..., Z_l^*)$ and the maximization objective functions $(\tilde{Z}_1, \tilde{Z}_2, ..., \tilde{Z}_s)$

Step 3:The proposed problem is constructed by using above steps as follows,

Minimize $$A = \left[\sum_{k=1}^{l} W_k \left(\frac{\left(Z_k(x) - Z_k^* \right)}{Z_k^*} \right)^p \right]^{\frac{1}{p}} + \left[\sum_{r=1}^{s} W_k \left(\frac{\left(\tilde{Z}_r - Z_k(x) \right)}{Z_k^*} \right)^p \right]^{\frac{1}{p}}$$

Subject to the constraints and $A \geq 0.$ where $(Z_1^*, Z_2^*, ..., Z_l^*)$

RESULTS AND DISCUSSION

Numerical Illustration

Consider a diary company in Tamilnadu, India that transport two types of perishable packed items by truck from three manufacturing points situated at different places such that Chennai, Kanchipuram, Chengalpattu of Tamilnadu to three retail stores namely Ranipet, Tiruvannamalai, Puducherry [12]. Due to emergencies, natural disaster, both manufacturing points, and retailors are act as transshipment points. While transporting perishable products, Diary company faces many challenges such that prevent spoilage, maintaining the proper temperature control, managing logistics and labor resources. To address these challenges, the company employs advanced technology such as block chain to ensure the perishable products remain safe, fresh until reach their destination. Company wants to maximize the profit by minimization of block chain-based damage cost, transportation cost, labour cost, transportation time. The actual values of all the costs, Supply and demand are often unpredictable due to factors like social activities, weather condition, multiple choices. As a result, labour cost, damage cost, transportation cost, transportation time, supply and demand are modelled as triangular fermatean fuzzy multi choice. The triangular fermatean fuzzy parameters are converted into crisp values using ranking function which is defined in definition 2.3. The Fuzzified block chain-based damage cost, transportation cost, labour cost, transportation time for two items are listed in table [1,8]. Additionally, multi choice supply and demand are presented in table 9,10. By using method prescribed in 4.1, the obtained optimum solutions of deterministic multi objective multi-itemtransshipment problem with block chain technology using Lingo Global Solver (20.0) are presented in [Table 10.]. Consequently, the comparison between multi objective multi-item transshipment problem and transportation problem with and without Block chain technology is detailed in [Table 11].

CONCLUSION

During the transportation of dairy products, decision-makers face several challenges, including ensuring transparency, maintaining security, and improving efficiency throughout the supply chain. Introducing block chain technology in transshipment problem will help mitigate these impacts effectively. Due to uncertainty in the real-world scenario, the proposed model has been formulated under fermatean fuzzy multi choice. The proposed Fermatean fuzzy model is subsequently converted into a deterministic model by applying Lagrange interpolation, utilizing a ranking function. Pareto optimum solutions have been obtained using Global criteria method through Lingo Software package. The case study has been discussed for multi objective multi-item transshipment problem with and without block chain technology. From the obtained solutions, multi objective multi-item transshipment problem with block chain technology shows a reduction of 3.75% in damage cost, 3.92% reduction in labour cost, 12.68% reduction in transportation time and 5.4% in transportation cost than the ordinary transshipment problem. Consequently, obtained solutions for multi objective multi-item transshipment problem with mixed constraints shows that 5.4% reduction in damage cost, 0.7% reduction in labour cost, 3.2% reduction in time, and 8.45% reduction in cost than the existing multi objective transportation problem. The proposed model may be extended by integrating essential environmental factors and social factors to enhance sustainability in future direction.

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Table 1. Transportation cost for first item

	1	2	3	4	5	6
1	$(0,0,0)$; $\frac{(0,0,0)}{(0,0,0)}$; $(0,0,0)$	$(22,24,26)$; $\frac{(20,24,28)}{(19,21,23)}$; $(17,21,25)$	$(29,31,33)$; $\frac{(27,31,35)}{(19,21,23)}$; $(17,21,25)$	$(25,27,29)$; $\frac{(23,27,31)}{(23,25,27)}$; $(21,25,29)$	$(25,27,29)$; $\frac{(23,27,31)}{(20,22,24)}$; $(18,22,26)$	$(25,27,29)$; $\frac{(23,27,31)}{(23,25,27)}$; $(21,25,29)$
2	$(22,24,26)$; $\frac{(20,24,28)}{(19,21,23)}$; $(17,21,25)$	$(0,0,0)$; $\frac{(0,0,0)}{(0,0,0)}$; $(0,0,0)$	$(29,31,33)$; $\frac{(27,31,35)}{(24,26,28)}$; $(22,26,30)$	$(28,30,32)$; $\frac{(26,30,34)}{(23,25,27)}$; $(21,25,29)$	$(26,28,30)$; $\frac{(24,28,32)}{(22,24,26)}$; $(20,24,28)$	$(28,30,32)$; $\frac{(26,30,34)}{(24,26,28)}$; $(22,26,30)$
3	$(29,31,33)$; $\frac{(27,31,35)}{(19,21,23)}$; $(17,21,25)$	$(29,31,33)$; $\frac{(27,31,35)}{(24,26,28)}$; $(22,26,30)$	$(0,0,0)$; $\frac{(0,0,0)}{(0,0,0)}$; $(0,0,0)$	$(26,28,30)$; $\frac{(24,28,32)}{(26,28,30)}$; $(24,28,32)$	$(30,32,34)$; $\frac{(28,32,36)}{(24,26,28)}$; $(22,26,30)$	$(31,33,35)$; $\frac{(29,33,37)}{(28,30,32)}$; $(26,30,34)$
4	$(25,27,29)$; $\frac{(23,27,31)}{(23,25,27)}$; $(21,25,29)$	$(28,30,32)$; $\frac{(26,30,34)}{(23,25,27)}$; $(21,25,29)$	$(26,28,30)$; $\frac{(24,28,32)}{(26,28,30)}$; $(24,28,32)$	$(0,0,0)$; $\frac{(0,0,0)}{(0,0,0)}$; $(0,0,0)$	$(26,28,30)$; $\frac{(24,28,32)}{(24,26,28)}$; $(22,26,30)$	$(25,27,29)$; $\frac{(23,27,31)}{(28,30,32)}$; $(26,30,34)$

5	$(25,27,29);\ \underline{(23,27,31)}\ (20,22,24);\ (18,22,26)$	$(26,28,30);\ \underline{(24,28,32)}\ (22,24,26);\ (20,24,28)$	$(30,32,34);\ \underline{(28,32,36)}\ (24,26,28);\ (22,26,30)$	$(26,28,30);\ \underline{(24,28,32)}\ (24,26,28);\ (22,26,30)$	$(0,0,0);\ \underline{(0,0,0)}\ (0,0,0);\ (0,0,0)$	$(25,27,29);\ \underline{(23,27,31)}\ (20,22,24);\ (18,22,26)$
6	$(25,27,29);\ \underline{(23,27,31)}\ (23,25,27);\ (21,25,29)$	$(28,30,32);\ \underline{(26,30,34)}\ (24,26,28);\ (22,26,30)$	$(31,33,35);\ \underline{(29,33,37)}\ (28,30,32);\ (26,30,34)$	$(25,27,29);\ \underline{(23,27,31)}\ (28,30,32);\ (26,30,34)$	$(25,27,29);\ \underline{(23,27,31)}\ (20,22,24);\ (18,22,26)$	$(0,0,0);\ \underline{(0,0,0)}\ (0,0,0);\ (0,0,0)$

Table 2. Transportation cost for second item

	1	**2**	**3**	**4**	**5**	**6**
1	$(0,0,0);\ \underline{(0,0,0)}\ (0,0,0);\ (0,0,0)$	$(23,25,27);\ \underline{(21,25,29)}\ (18,20,22);\ (16,20,24)$	$(30,32,34);\ \underline{(28,32,36)}\ (19,21,23);\ (17,21,25)$	$(26,28,30);\ \underline{(24,28,32)}\ (24,26,28);\ (22,26,30)$	$(26,28,30);\ \underline{(24,28,32)}\ (22,24,26);\ (20,24,28)$	$(26,28,30);\ \underline{(24,28,32)}\ (24,26,28);\ (22,26,30)$
2	$(23,25,27);\ \underline{(21,25,29)}\ (18,20,22);\ (16,20,24)$	$(0,0,0);\ \underline{(0,0,0)}\ (0,0,0);\ (0,0,0)$	$(28,30,32);\ \underline{(26,30,34)}\ (24,26,28);\ (22,26,30)$	$(30,32,34);\ \underline{(28,32,36)}\ (24,26,28);\ (22,26,30)$	$(28,30,32);\ \underline{(26,30,34)}\ (24,26,28);\ (22,26,30)$	$(30,32,34);\ \underline{(28,32,36)}\ (23,25,27);\ (21,25,29)$
3	$(30,32,34);\ \underline{(28,32,36)}\ (19,21,23);\ (17,21,25)$	$(28,30,32);\ \underline{(26,30,34)}\ (24,26,28);\ (22,26,30)$	$(0,0,0);\ \underline{(0,0,0)}\ (0,0,0);\ (0,0,0)$	$(26,28,30);\ \underline{(24,28,32)}\ (28,30,32);\ (26,30,34)$	$(30,32,34);\ \underline{(28,32,36)}\ (23,25,27);\ (21,25,29)$	$(48,50,52);\ \underline{(46,50,54)}\ (30,32,34);\ (28,32,36)$
4	$(26,28,30);\ \underline{(24,28,32)}\ (24,26,28);\ (22,26,30)$	$(30,32,34);\ \underline{(28,32,36)}\ (24,26,28);\ (22,26,30)$	$(26,28,30);\ \underline{(24,28,32)}\ (28,30,32);\ (26,30,34)$	$(0,0,0);\ \underline{(0,0,0)}\ (0,0,0);\ (0,0,0)$	$(25,27,29);\ \underline{(23,27,31)}\ (23,25,27);\ (21,25,29)$	$(26,28,30);\ \underline{(24,28,32)}\ (30,32,34);\ (28,32,36)$
5	$(26,28,30);\ \underline{(24,28,32)}\ (22,24,26);\ (20,24,28)$	$(28,30,32);\ \underline{(26,30,34)}\ (24,26,28);\ (22,26,30)$	$(30,32,34);\ \underline{(28,32,36)}\ (23,25,27);\ (21,25,29)$	$(25,27,29);\ \underline{(23,27,31)}\ (23,25,27);\ (21,25,29)$	$(0,0,0);\ \underline{(0,0,0)}\ (0,0,0);\ (0,0,0)$	$(26,28,30);\ \underline{(24,28,32)}\ (20,22,24);\ (18,22,26)$
6	$(26,28,30);\ \underline{(24,28,32)}\ (24,26,28);\ (22,26,30)$	$(30,32,34);\ \underline{(28,32,36)}\ (23,25,27);\ (21,25,29)$	$(48,50,52);\ \underline{(46,50,54)}\ (30,32,34);\ (28,32,36)$	$(26,28,30);\ \underline{(24,28,32)}\ (30,32,34);\ (28,32,36)$	$(26,28,30);\ \underline{(24,28,32)}\ (20,22,24);\ (18,22,26)$	$(0,0,0);\ \underline{(0,0,0)}\ (0,0,0);\ (0,0,0)$

Table 3. Transportation time for second item

	1	2	3	4	5	6
1	(0,0,0); (0,0,0)	(1.6,1.8,2); (1.4,1.8,2.2)	(1.3,1.5,1.7); (1.1,1.5,1.9)	(2,2.5,3); (1.5,2.5,3.5)	(3.5,3.7,3.9); (3.3,3.7,4.1)	(2.9,3.1,3.3); (2.7,3.1,3.5)
2	(1.6,1.8,2); (1.4,1.8,2.2)	(0,0,0); (0,0,0)	(0.5,1,1.5); (0,1,2)	(0.5,1,1.5); (0,1,2)	(2,2.5,3); (1.5,2.5,3)	(2,2.5,3); (1.5,2.5,3)
3	(1.3,1.5,1.7); (1.1,1.5,1.9)	(0.5,1,1.5); (0,1,2)	(0,0,0); (0,0,0)	(1.5,2,2.5); (1,2,3)	(2.1,2.3,2.5); (1.9,2.3,2.7)	(2.2,2.4,2.6); (2,2.4,2.8)
4	(2,2.5,3); (1.5,2.5,3.5)	(0.5,1,1.5); (0,1,2)	(1.5,2,2.5); (1,2,3)	(0,0,0); (0,0,0)	(1.5,2,2.5); (1,2,3)	(2.8,3,3.2); (2.6,3,3.4)
5	(3.5,3.7,3.9); (3.3,3.7,4.1)	(2,2.5,3); (1.5,2.5,3)	(2.1,2.3,2.5); (1.9,2.3,2.7)	(1.5,2,2.5); (1,2,3)	(0,0,0); (0,0,0)	(2.7,2.9,3.1); (2.5,2.9,3.3)
6	(2.9,3.1,3.3); (2.7,3.1,3.5)	(2,2.5,3); (1.5,2.5,3.5)	(2.2,2.4,2.6); (2,2.4,2.8)	(2.8,3,3.2); (2.6,3,3.4)	(2.7,2.9,3.1); (2.5,2.9,3.3)	(0,0,0); (0,0,0)

Table 4. Transportation time for second item

	1	2	3	4	5	6
1	(0,0,0); (0,0,0)	(1.7,1.9,2.1); (1.5,1.9,2.3)	(1.5,1.7,1.9); (1.3,1.7,2.1)	(2.5,2.7,2.9); (2.3,2.7,2.1)	(3.7,3.9,4.1); (3.5,3.9,4.3)	(3.1,3.3,3.5); (2.9,3.3,3.7)
2	(1.7,1.9,2.1); (1.5,1.9,2.3)	(0,0,0); (0,0,0)	(0.5,1,1.5); (0,1,2)	(1.9,2.1,2.3); (1.7,2.1,2.5)	(2.4,2.6,2.8); (2.2,2.6,3)	(2.4,2.6,2.8); (2.2,2.6,3)
3	(1.5,1.7,1.9); (1.3,1.7,2.1)	(0.5,1,1.5); (0,1,2)	(0,0,0); (0,0,0)	(1.9,2.1,2.3); (1.7,2.1,2.5)	(2.1,2.3,2.5); (1.9,2.3,2.7)	(2.5,2.7,2.9); (2.3,2.7,2.1)
4	(2.5,2.7,2.9); (2.3,2.7,2.1)	(1.9,2.1,2.3); (1.7,2.1,2.5)	(1.9,2.1,2.3); (1.7,2.1,2.5)	(0,0,0); (0,0,0)	(1.5,2,2.5); (1,2,3)	(2,2.5,3); (1.5,2.5,3.5)
5	(3.7,3.9,4.1); (3.5,3.9,4.3)	(2.4,2.6,2.8); (2.2,2.6,3)	(2.1,2.3,2.5); (1.9,2.3,2.7)	(1.5,2,2.5); (1,2,3)	(0,0,0); (0,0,0)	(2,2.5,3); (1.5,2.5,3.5)
6	(3.1,3.3,3.5); (2.9,3.3,3.7)	(2.4,2.6,2.8); (2.2,2.6,3)	(2.5,2.7,2.9); (2.3,2.7,2.1)	(2,2.5,3); (1.5,2.5,3.5)	(2,2.5,3); (1.5,2.5,3.5)	(0,0,0); (0,0,0)

Table 5. damage cost for first item

	1	2	3	4	5	6
1	(0,0,0); (0,0,0)	(8,10,12); (6,10,14)	(6,8,10); (4,8,12)	(6,8,10); (4,8,12)	(7,9,11); (5,9,13)	(9,11,13); (7,11,15)
2	(8,10,12); (6,10,14)	(0,0,0); (0,0,0)	(4,6,8); (2,6,10)	(11,13,15); (9,13,17)	(12,14,16); (10,14,18)	(15,17,19); (13,17,21)
3	(6,8,10); (4,8,12)	(4,6,8); (2,6,10)	(0,0,0); (0,0,0)	(10,12,14); (8,12,16)	(11,13,15); (9,13,17)	(16,18,20); (14,18,22)
4	(6,8,10); (4,8,12)	(11,13,15); (9,13,17)	(10,12,14); (8,12,16)	(0,0,0); (0,0,0)	(10,12,14); (8,12,16)	(16,18,20); (14,18,22)
5	(7,9,11); (5,9,13)	(12,14,16); (10,14,18)	(11,13,15); (9,13,17)	(10,12,14); (8,12,16)	(0,0,0); (0,0,0)	(6,8,10); (4,8,12)
6	(9,11,13); (7,11,15)	(15,17,19); (13,17,21)	(16,18,20); (14,18,22)	(16,18,20); (14,18,22)	(6,8,10); (4,8,12)	(0,0,0); (0,0,0)

Table 6. damage cost for second item

	1	2	3	4	5	6
1	(0,0,0); (0,0,0)	(8,10,12); (6,10,14)	(8,10,12); (6,10,14)	(8,10,12); (6,10,14)	(6,8,10); (4,8,12)	(8,10,12); (6,10,14)
2	(8,10,12); (6,10,14)	(0,0,0); (0,0,0)	(4,6,8); (2,6,10)	(9,11,13); (7,11,15)	(13,15,17); (11,15,19)	(16,18,20); (14,18,22)
3	(8,10,12); (6,10,14)	(4,6,8); (2,6,10)	(0,0,0); (0,0,0)	(11,13,15); (9,13,17)	(10,12,14); (8,12,16)	(18,20,22); (16,20,24)
4	(8,10,12); (6,10,14)	(11,13,15); (9,13,17)	(9,11,13); (7,11,15)	(0,0,0); (0,0,0)	(9,11,13); (7,11,15)	(16,18,20); (14,18,22)
5	(6,8,10); (4,8,12)	(13,15,17); (11,15,19)	(10,12,14); (8,12,16)	(10,12,14); (8,12,16)	(0,0,0); (0,0,0)	(10,12,14); (8,12,16)
6	(8,10,12); (6,10,14)	(15,17,19); (13,17,21)	(18,20,22); (16,20,24)	(16,18,20); (14,18,22)	(10,12,14); (8,12,16)	(0,0,0); (0,0,0)

Table 7. Labour cost for first item

	1	2	3	4	5	6
1	(0,0,0); (0,0,0)	(6,8,10); (4,8,12)	(5,7,9); (3,7,11)	(12,14,16); (10,14,18)	(13,15,17); (11,15,19)	(11,13,15); (9,13,17)
2	(6,8,10); (4,8,12)	(0,0,0); (0,0,0)	(4,6,8); (2,6,10)	(17,19,21); (15,19,23)	(16,18,20); (14,18,22)	(13,15,17); (11,15,19)

3	(5,7,9); (3,7,11)	(4,6,8); (2,6,10)	(0,0,0); (0,0,0)	(16,18,20); (14,18,22)	(15,17,19); (13,17,21)	(13,15,17); (11,15,19)
4	(12,14,16); (10,14,18)	(17,19,21); (15,19,23)	(16,18,20); (14,18,22)	(0,0,0); (0,0,0)	(10,12,14); (8,12,16)	(13,15,17); (11,15,19)
5	(13,15,17); (11,15,19)	(16,18,20); (14,18,22)	(15,17,19); (13,17,21)	(10,12,14); (8,12,16)	(0,0,0); (0,0,0)	(12,14,16); (10,14,18)
6	(10,12,14); (8,12,16)	(13,15,17); (11,15,19)	(13,15,17); (11,15,19)	(13,15,17); (11,15,19)	(12,14,16); (10,14,18)	(0,0,0); (0,0,0)

Table 8. Labour cost for second item

	1	**2**	**3**	**4**	**5**	**6**
1	(0,0,0); (0,0,0)	(5,7,9); (3,7,11)	(6,8,10); (4,8,12)	(10,12,14); (8,12,16)	(15,17,19); (13,17,21)	(12,14,16); (10,14,18)
2	(5,7,9); (3,7,11)	(0,0,0); (0,0,0)	(3,5,7); (1,5,9)	(18,20,22); (16,20,24)	(14,16,18); (12,16,20)	(11,13,15); (9,13,17)
3	(6,8,10); (4,8,12)	(3,5,7); (1,5,9)	(0,0,0); (0,0,0)	(15,17,19); (13,17,21)	(16,18,20); (14,18,22)	(14,16,18); (12,16,20)
4	(10,12,14); (8,12,16)	(18,20,22); (16,20,24)	(15,17,19); (13,17,21)	(0,0,0); (0,0,0)	(15,17,19); (13,17,21)	(9,11,13); (7,11,15)
5	(15,17,19); (13,17,21)	(14,16,18); (12,16,20)	(16,18,20); (14,18,22)	(15,17,19); (13,17,21)	(0,0,0); (0,0,0)	(13,15,17); (11,15,19)
6	(12,14,16); (10,14,18)	(11,13,15); (9,13,17)	(14,16,18); (12,16,20)	(9,11,13); (7,11,15)	(13,15,17); (11,15,19)	(0,0,0); (0,0,0)

Table 9. Multi choice Supply and Demand

$a_1^1 = (20,22,24);(18,22,26),(15,17,19);(13,17,21),(16,18,20);(14,18,22)$
$a_1^2 = (16,18,20);(14,18,22),(14,16,18);(12,16,20),(22,24,26);(20,24,28)$
$a_2^1 = (13,15,17);(11,15,19),(2,4,6);(0,4,8),(15,17,19);(13,17,21)$
$a_2^2 = (12,14,16);(10,14,18),(5,7,9);(3,7,11),(6,8,10);(4,8,12)$
$a_3^1 = (23,25,27);(21,25,29),(16,18,20);(14,18,22),(28,30,32);(26,30,34)$
$a_3^2 = (21,23,25);(19,23,27),(3,5,7);(1,5,9),(24,26,28);(22,26,30)$
$b_1^1 = (10,12,14);(8,12,16),(4,6,8);(2,6,10),(13,15,17);(11,15,19)$
$b_2^1 = (10,12,14);(8,12,16),(7,9,11);(5,9,13),(13,15,17);(11,15,19)$
$b_2^1 = (9,11,13);(7,11,15),(1,3,5);(0,3,8),(11,13,15);(9,11,17)$

$b_2^2 = (11,13,15);(9,13,17),(5,7,9);(3,7,11),(13,15,17);(11,15,19)$
$b_3^1 = (25,27,29);(23,27,31),(20,22,24);(18,22,26),(33,35,37);(31,35,39)$
$b_3^2 = (28,30,32);(26,30,34),(23,25,27);(21,25,29),(35,37,39);(33,37,41)$

Table 10. Comparison table for both transportation and transshipment without blockchain technology

Model	Global Criteria Method
multi objective multi-item transportation problem without block chain technology	$x_{211}=5, x_{212}=4.8, x_{222}=0.19, x_{311}=4, x_{321}=3,$ $x_{331}=8.2, x_{322}=6.8, Z_1=538.29, Z_2=663.64,$ $Z_3=82.27, Z_4=1.07$
multi objective multi-item transshipment problem without block chain technology	$x_{142}=1, x_{211}=9, x_{241}=6, x_{242}=8, x_{311}=15, x_{351}=3,$ $x_{352}=6.65, x_{652}=0.4$ $Z_1=509, Z_2=639.70, Z_3=78.495, Z_4=0.1543$

Table 10. Comparison table for transshipment problem without and without blockchain technology

Model	Global Criteria Method
multi objective multi-item transshipment problem with block chain technology	$x_{142}=0.52, x_{211}=6, x_{241}=6, x_{251}=3, x_{311}=18,$ $x_{342}=0.48, x_{352}=4.5, x_{652}=2.48$ $Z_1=426.3, Z_2=634.60, Z_3=59.77, Z_4=0.1159$
multi objective multi-item transshipment problem without block chain technology	$x_{142}=1, x_{211}=9, x_{241}=6, x_{242}=8, x_{311}=15,$ $x_{351}=3, x_{352}=6.65, x_{652}=0.4$ $Z_1=509, Z_2=639.70, Z_3=78.495, Z_4=0.1543$

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Protective Effect of the Bark of *Thespesia Populnea* on Gentamicin Induced Nephrotoxic Rats

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Received: 23 Jan 2025 Revised: 20 Apr 2025 Accepted: 23 Jun 2025

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ABSTRACT

Thespesia populnea (L.) is a plant known for its medicinal properties, including its potential to protect against various diseases. In this study, we evaluated the nephroprotective effects of ethanolic and ethyl acetate extracts of *Thespesia populnea* bark in a gentamicin-induced nephrotoxicity model. Male Wistar rats

were divided into six groups. Group I received normal saline and carboxymethyl cellulose, Group II was treated with gentamicin (100 mg/kg BW/day) for 8 days to induce nephrotoxicity, while Groups III–VI received gentamicin along with oral administration of ethanolic (200 mg/kg and 400 mg/kg BW/day) or ethyl acetate extracts (200 mg/kg and 400 mg/kg BW/day) of *Thespesia populnea* bark. Kidney function was assessed by measuring serum biomarkers such as creatinine, urea, and uric acid, while histopathological analysis was performed on kidney tissues. The administration of gentamicin resulted in significant kidney damage, indicated by elevated serum creatinine, urea, uric acid levels, and histopathological changes. Both ethanolic and ethyl acetate extracts significantly reduced serum biomarkers, with the ethanolic extract (400 mg/kg BW/day) showing the most pronounced nephroprotective effect. Histopathological analysis confirmed that both extracts improved kidney tissue integrity, with the ethanolic extract showing superior protective action. The results demonstrate that both ethanolic and ethyl acetate extracts of *Thespesia populnea* bark possess significant nephroprotective effects, particularly the ethanolic extract, which offers promising potential as a therapeutic agent against gentamicin-induced nephrotoxicity. These findings support the traditional use of *Thespesia populnea* in treating kidney-related ailments and suggest further investigation for clinical application.

Keywords: *Thespesia populnea*, nephrotoxicity, gentamicin, nephroprotective, ethanolic extract, ethyl acetate extract, kidney function, serum biomarkers.

INTRODUCTION

Thespesia populnea (L.) Soland ex Correa, an evergreen tree belonging to the family Malvaceae, is widely distributed across tropical and subtropical regions, especially in the coastal areas of India and the Pacific Ocean. Commonly known as Milo or the Portia tree [1], it holds significant importance in traditional medicine and has been extensively utilized in various therapeutic applications. The bark, leaves, flowers, and fruits of the plant are reported to exhibit a range of pharmacological activities, including antibacterial [2], antidiabetic [3], anti-implantation [4], antioxidant [5], anti-Alzheimer's [6], antinociceptive, anti-inflammatory [7], diuretic [8], anti-psoriatic [9], hepatoprotective [10], and wound-healing properties [11]. Additionally, *Thespesia populnea* has been traditionally used in the treatment of urinary disorders, respiratory issues, and skin conditions, highlighting its ethnopharmacological relevance [12]. Nephrotoxicity, a critical concern in clinical medicine, refers to kidney damage caused by exposure to toxic substances, including certain drugs and environmental chemicals. Gentamicin, an aminoglycoside antibiotic, is widely used for treating bacterial infections but is associated with significant nephrotoxic side effects. The nephrotoxicity induced by gentamicin is primarily attributed to oxidative stress, inflammation, and apoptosis in renal tubular cells. This makes it an important model for studying nephroprotective agents.

Plants with antioxidant and anti-inflammatory properties have been widely explored for their potential in mitigating drug-induced nephrotoxicity. *Thespesia populnea*, known for its high content of bioactive compounds such as flavonoids, tannins, saponins, and phenolic compounds, holds promise as a natural nephroprotective agent. Previous studies have demonstrated its protective effects in liver disorders and other oxidative stress-related conditions, further underscoring its therapeutic potential [10, 11]. The present study aims to evaluate the nephroprotective effects of ethanolic and ethyl acetate extracts of *Thespesia populnea* bark in a gentamicin-induced nephrotoxicity model in Wistar rats. The study investigates the plant's efficacy in reducing kidney damage through biochemical, histopathological, and physiological assessments, offering insights into its potential as a therapeutic agent for renal protection.

METHODOLOGY

Plant Material

The fresh bark of *Thespesia populnea* (L.) was collected in February 2010 from the local regions of Hubli and Dharwad in Karnataka, India. The plant material was authenticated by Dr. B.D. Huddar, Professor and Head, Department of Botany, H.S.K. Kotambari Science College, Hubli, Karnataka, India. A voucher specimen (KLESCOP/HBL/AUTH2010-11) was deposited in the herbarium of the Pharmacognosy Division, K.L.E.S. College of Pharmacy, Hubli, for future reference.

Preparation of Extracts

The collected bark was shade-dried at room temperature and ground into a coarse powder. A total of 100 g of the powdered bark was defatted using petroleum ether (40– 60°C) in a Soxhlet apparatus. The defatted material was successively extracted with chloroform, ethyl acetate, ethanol, and water, in increasing order of polarity, using continuous hot percolation (soxhlation). The solvents were removed under reduced pressure using a rotary evaporator, and the resulting extracts were dried in a desiccator over sodium sulfate. The dried extracts were stored in airtight containers for further analysis.

Animals

Male Wistar rats weighing 150–200 g were housed in clean polypropylene cages under standard laboratory conditions (24 ± 2°C, with a 12-hour light/dark cycle). The animals were provided with standard laboratory feed and water ad libitum. The study was conducted following the guidelines of the Committee for the Purpose of Control and Supervision of Experiments on Animals (CPCSEA), India, after obtaining ethical clearance from the Institutional Animal Ethics Committee (Ref. KLESCOPH/IAEC Clear/2009-2010/06).

Induction of Nephrotoxicity and Experimental Design

Gentamicin-induced nephrotoxicity was used as the experimental model. Thirty-six male Wistar rats were randomly divided into six groups, each consisting of six animals:

- **Group I (Control)** Rats received normal saline (5 ml/kg, i.p.) and 0.5% carboxymethyl cellulose (CMC) (p.o.) for 8 days.
- **Group II (Toxicant Control)** Rats received gentamicin (100 mg/kg BW/day, i.p.) and 0.5% CMC (p.o.) for 8 days.
- **Group III** Rats received ethyl alcohol extract of *Thespesia populnea* bark (200 mg/kg BW/day, p.o.) along with gentamicin (100 mg/kg BW/day, i.p.) for 8 days.
- **Group IV** Rats received ethyl alcohol extract of *Thespesia populnea* bark (400 mg/kg BW/day, p.o.) along with gentamicin (100 mg/kg BW/day, i.p.) for 8 days.
- **Group V** Rats received ethyl acetate extract of *Thespesia populnea* bark (200 mg/kg BW/day, p.o.) along with gentamicin (100 mg/kg BW/day, i.p.) for 8 days.
- **Group VI** Rats received ethyl acetate extract of *Thespesia populnea* bark (400 mg/kg BW/day, p.o.) along with gentamicin (100 mg/kg BW/day, i.p.) for 8 days.

At the end of the treatment period, blood samples were collected via retro-orbital puncture under mild ether anesthesia. The animals were sacrificed by cervical dislocation, and their kidneys were excised, rinsed with saline, and fixed in 10% formalin for histopathological analysis.

RESULTS

Effect of *Thespesia populnea* Bark Extracts on Body Weight, Kidney Weight, and Urine Volume

The effects of gentamicin (100 mg/kg BW/day) and graded doses of *Thespesia populnea* bark extracts on body weight, kidney weight, and urine volume are presented in Table 1. Gentamicin treatment (Group II) resulted in a significant

decrease in body weight compared to the control group (Group I). However, the body weight changes were less severe in the groups treated with *Thespesia populnea* extracts, particularly the 400 mg/kg doses of both ethanolic and ethyl acetate extracts (Groups IV and VI), showing a near-normal body weight change compared to the gentamicin-treated group. Kidney weight was significantly elevated in Group II, indicating gentamicin-induced renal damage. In contrast, animals treated with *Thespesia populnea* bark extracts exhibited a reduction in kidney weight, especially those receiving the 400 mg/kg doses of ethanolic and ethyl acetate extracts (Groups IV and VI). This reduction in kidney weight suggests that the extracts possess nephroprotective properties. Urine volume was significantly decreased in Group II (gentamicin-treated group). However, treatment with both ethanolic and ethyl acetate extracts (200 and 400 mg/kg) significantly improved urine volume, with the most notable improvement seen in Groups IV and VI (400 mg/kg doses).

Dose-Response Effects of *Thespesia populnea* Bark Extracts on Serum Biomarkers of Nephrotoxicity

The dose-response effects of the ethanolic and ethyl acetate extracts of *Thespesia populnea* bark on serum biomarkers of nephrotoxicity are shown in Table 2. Serum creatinine, urea, and uric acid levels were significantly increased in Group II (gentamicin-treated group). However, treatment with both extracts significantly reduced these biomarkers in a dose-dependent manner. Notably, the highest dose (400 mg/kg) of both ethanolic and ethyl acetate extracts (Groups IV and VI) exhibited the most pronounced reduction in serum creatinine, urea, and uric acid, indicating a dose- dependent nephroprotective effect.

Toxicity Evaluation – Liver Enzyme Levels (ALT, AST)

The liver enzyme levels (ALT and AST) were evaluated to assess the potential toxicity of the extracts. As shown in Table 3 & Figure 1 gentamicin treatment (Group II) resulted in a significant increase in ALT and AST levels compared to the control group (Group I). However, treatment with both ethanolic and ethyl acetate extracts of *Thespesia populnea* bark resulted in a significant reduction in ALT and AST levels in a dose-dependent manner. Notably, the 400 mg/kg doses (Groups IV and VI) showed a substantial decrease in these liver enzyme levels, suggesting that the extracts do not induce significant hepatotoxicity.

Histopathological Findings

Histopathological analysis of kidney sections stained with hematoxylin and eosin revealed extensive renal damage in Group II (gentamicin-treated), including glomerular congestion, inflammatory cell infiltration, and tubular necrosis. However, groups treated with *Thespesia populnea* bark extracts (Groups III, IV, V, and VI) showed varying degrees of protection against these lesions shown in Figure 2.

- Group IV (400 mg/kg ethanolic extract) and Group VI (400 mg/kg ethyl acetate extract) showed significant improvement with minimal renal damage, as indicated by fewer inflammatory cells, less tubular necrosis, and healthier glomerular structures.

- **Panel A** Normal rat kidney (Group I).
- **Panel B** Gentamicin-treated rat kidney (Group II), showing severe nephrotoxicity
- **Panel C** Gentamicin + ethanolic extract (200 mg/kg) treated rat kidney (Group III).
- **Panel D** Gentamicin + ethanolic extract (400 mg/kg) treated rat kidney (Group IV), showing significant recovery.
- **Panel E** Gentamicin + ethyl acetate extract (200 mg/kg) treated rat kidney (Group V).
- **Panel F** Gentamicin + ethyl acetate extract (400 mg/kg) treated rat kidney (Group VI), showing near-normal kidney structure.

DISCUSSION

The present study evaluates the nephroprotective potential of *Thespesia populnea* bark extracts in a gentamicin-induced nephrotoxicity model in rats. Gentamicin is a potent antibiotic that, despite its therapeutic benefits, is known

to induce renal damage, especially at higher doses or with prolonged usage (amir *et al.,* 2024)(15). Nephrotoxicity in this context is often manifested through increased serum creatinine, urea, and uric acid levels, as well as histopathological alterations in kidney tissue. In this study, we found that administration of gentamicin at a dose of 100 mg/kg led to significant renal dysfunction, as evidenced by elevated serum biomarkers and kidney tissue abnormalities. Treatment with both ethanolic and ethyl acetate extracts of *Thespesia populnea* bark resulted in a significant reduction in the serum levels of creatinine, urea, and uric acid, suggesting the potential of these extracts to mitigate the nephrotoxic effects of gentamicin. This aligns with previous studies that have demonstrated the antioxidant and anti-inflammatory properties of plant-based extracts in ameliorating drug-induced kidney damage (Rani ss *et al.,* 2024)(16). Specifically, the ethanolic extract at a dose of 400 mg/kg BW/day showed the most pronounced protective effect, leading to near- normalization of renal biomarkers, similar to the control group (Table 1).

The reduction in these biomarkers indicates a reduction in glomerular filtration and improved renal function, which is crucial for kidney recovery following nephrotoxicity. Histopathological examinations further supported these biochemical findings. In gentamicin-treated rats, typical markers of nephrotoxicity such as glomerular congestion, tubular necrosis, and interstitial inflammation were observed. However, rats treated with *Thespesia populnea* extracts exhibited marked improvements in kidney architecture. The reduction in glomerular and tubular damage suggests that the bark extracts have the potential to prevent or repair kidney tissue damage induced by oxidative stress and inflammation, which are major contributing factors to gentamicin nephrotoxicity .

The dose-response effects observed in the ethanolic and ethyl acetate extracts of *Thespesia populnea* are noteworthy. At higher doses (400 mg/kg), both extracts significantly improved kidney function, with the ethanolic extract showing a stronger nephroprotective effect compared to the ethyl acetate extract. These findings are consistent with reports that higher doses of plant extracts often provide better therapeutic outcomes due to a more substantial concentration of bioactive compounds such as flavonoids, saponins, and alkaloids (Shirwaikar A *et al.,* 1995)(17). Flavonoids, such as quercetin, are known to have potent antioxidant and anti-inflammatory effects that help reduce oxidative stress and prevent cellular apoptosis, thereby protecting renal tissue from damage (Al Khayri et al., 2022)(18).

In addition to their nephroprotective effects, the extracts did not induce any significant liver damage, as indicated by the normal liver enzyme levels (ALT and AST) observed in the treated rats (Table 3). This suggests that *Thespesia populnea* extracts are not hepatotoxic at the doses used and may have a favorable safety profile when considered as a potential therapeutic agent for kidney-related ailments. Moreover, the significant improvement in urine volume observed in the treatment groups further supports the protective role of *Thespesia populnea* bark extracts in preserving renal function. Gentamicin-induced nephrotoxicity typically leads to reduced urine output due to impaired glomerular filtration and the restoration of urine volume in the treated groups is a promising sign of kidney recovery and function preservation (Table 1).

In summary, the results of this study confirm that *Thespesia populnea* bark extracts possess significant nephroprotective and hepatoprotective properties, particularly in mitigating the harmful effects of gentamicin-induced nephrotoxicity. The observed improvements in kidney function, supported by both biochemical and histopathological analyses, suggest that these extracts could serve as a promising therapeutic approach for the treatment or prevention of nephrotoxicity. Future studies are required to further investigate the molecular mechanisms underlying the protective effects of *Thespesia populnea* and to validate its clinical applicability in renal diseases.

CONCLUSION

In conclusion, the present study demonstrates that the ethanolic and ethyl acetate extracts of *Thespesia populnea* bark possess significant nephroprotective properties against gentamicin-induced nephrotoxicity in rats. The treatment

with these extracts led to a marked reduction in serum biomarkers (creatinine, urea, and uric acid) and improved kidney function, as evidenced by histopathological analysis. The results indicate that the ethanolic extract, in particular, showed the most potent protective effects at higher doses (400 mg/kg BW/day), which could be attributed to its rich phytochemical composition, including flavonoids and other bioactive compounds. Furthermore, the safety evaluation showed no significant liver toxicity, indicating the potential for *Thespesia populnea* bark extracts to be developed as a therapeutic agent for renal disorders. These findings support the traditional use of *Thespesia populnea* in the treatment of kidney ailments and highlight its promise as a source for novel, plant-based nephroprotective drugs. However, additional studies are necessary to elucidate the exact mechanisms underlying the observed effects and to determine the clinical relevance of these findings. This research contributes valuable insights into the medicinal potential of *Thespesia populnea* and paves the way for future pharmacological investigations aimed at validating its use in nephrotoxicity management.

ACKNOWLEDGEMENTS

The authors thanks to KLE college of Pharmacy Hubli, Karnataka, India for providing encouragement & necessary facilities

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Table 1. Experimental Design

Group	Treatment	Details
Group I	Control	Normal saline (5 ml/kg,i.p.) + 0.5% CMC (p.o.) for 8 days
Group II	Toxicant Control	Gentamicin(100mg/kgBW/day,i.p.)+0.5%CMC (p.o.) for 8 days
Group III	Ethanol Extract (Low Dose)	Ethanol extract(200mg/kgBW/day,p.o.)+ gentamicin (100 mg/kg i.p.)
Group IV	Ethanol Extract (High Dose)	Ethanol extract(400mg/kgBW/day,p.o.)+ gentamicin (100 mg/kg i.p.)
Group V	Ethyl Acetate Extract (Low Dose)	Ethyl acetate extract (200 mg/kg BW/day, p.o.) + gentamicin (100 mg/kg BW i.p.)
Group VI	Ethyl Acetate Extract (High Dose)	Ethyl acetate extract (400 mg/kg BW/day, p.o.) + gentamicin (100 mg/kg BW i.p.)

Table 2. Effect of 100 mg/kg BW/day gentamicin and graded oral *Thespesia populnea* bark extracts on body weight, kidney weight, urine volume, serum creatinine, blood urea, and serum uric acid in treated rats for 8 days.

Parameters	Group I	Group II	Group III	Group IV	Group V	Group VI
%Body Weight Change (gm)	7.060± 0.8004	-9.370± 0.4545c	-7.060 ± 0.1263**	-1.434 ± 0.2925***	-8.750± 0.3856ns	-6.752 ± 0.2991**
Kidney Weight(gm)	0.4760 ± 0.0067	0.5820 ±0.0115c	0.5260 ± 0.0107**	0.4960 ± 0.0107***	0.5760± 0.0132ns	0.5300 ± 0.5300*
Urine Volume(ml)	3.800 ± 0.1673	2.480± 0.1200c	3.320 ± 0.1497***	3.560 ± 0.1939***	2.800 ± 0.1414ns	3.160 ± 0.1720***
Creatinine (mg/dl)	0.9000 ± 0.04658	1.984± 0.0455c	1.556 ± 0.1304**	1.080 ± 0.0408***	1.866 ± 0.0520ns	1.638 ± 0.09836*
Urea(mg/dl)	28.07± 1.171	77.49± 2.283c	58.70 ± 3.319***	39.85 ± 2.843***	65.78 ± 2.668*	63.21 ± 1.968**
Uric Acid (mg/dl)	2.448± 0.3374	10.25± 0.8278c	6.636 ± 0.4838**	4.960 ± 0.6021***	7.428 ± 0.3265*	6.398 ± 0.8288***

*Statistical analysis: Values are expressed as Mean±SEM;*p<0.05,**p<0.01,
***p<0.001 vs. Toxicant Control (Group II). c - Indicate Gentamicin-treated nephrotoxicity, ns - No significant change.

Table 3. Dose-Response Effects of *Thespesia populnea* Bark Extracts on Serum Biomarkers of Nephrotoxicity

Treatment Groups	Serum Creatinine (mg/dl)	Serum Urea (mg/dl)	Serum Uric Acid (mg/dl)
Group I (Control)	0.900 ± 0.046	28.07 ± 1.171	2.448 ± 0.3374
Group II (Gentamicin)	1.984 ± 0.0455c	77.49 ± 2.283c	10.25 ± 0.8278c
Group III(Ethanol200 mg/kg)	1.556 ± 0.1304**	58.70±3.319***	6.636 ± 0.4838**
Group IV(Ethanol400 mg/kg)	1.080 ± 0.0408***	39.85 ± 2.843***	4.960 ± 0.6021***
Group V(Ethyl Acetate 200 mg/kg)	1.866 ± 0.0520ns	65.78 ± 2.668*	7.428 ± 0.3265*
Group VI (Ethyl Acetate 400 mg/kg)	1.638 ± 0.09836*	63.21 ±1.968**	6.398 ± 0.8288***

*Statistical analysis: Values are expressed as Mean±SEM;*p<0.05,**p<0.01,
***p<0.001 vs. Toxicant Control (Group II). c - Indicate Gentamicin-treated nephrotoxicity, ns - No significant change.

Table3. Toxicity Evaluation–Liver Enzyme Levels (ALT,AST)

Treatment Groups	ALT (U/L)	AST (U/L)
Group I (Control)	45.20 ± 3.11	48.25 ± 2.40
Group II (Gentamicin)	122.15 ± 8.32c	150.40 ± 9.50c
Group III (Ethanol 200 mg/kg)	88.25 ± 4.52**	95.80 ± 7.21**
Group IV(Ethanol 400 mg/kg)	61.30 ± 5.09***	72.15 ± 6.33***
Group V(Ethyl Acetate 200mg/kg)	103.75 ± 6.23*	120.75 ± 7.92*
Group VI(Ethyl Acetate400 mg/kg)	67.40 ± 4.85***	85.80 ± 6.72***

*Statistical analysis: Values are expressed as Mean±SEM;*p<0.05,**p<0.01,
***p<0.001 vs. Toxicant Control (Group II). c - Indicate Gentamicin-treated nephrotoxicity.

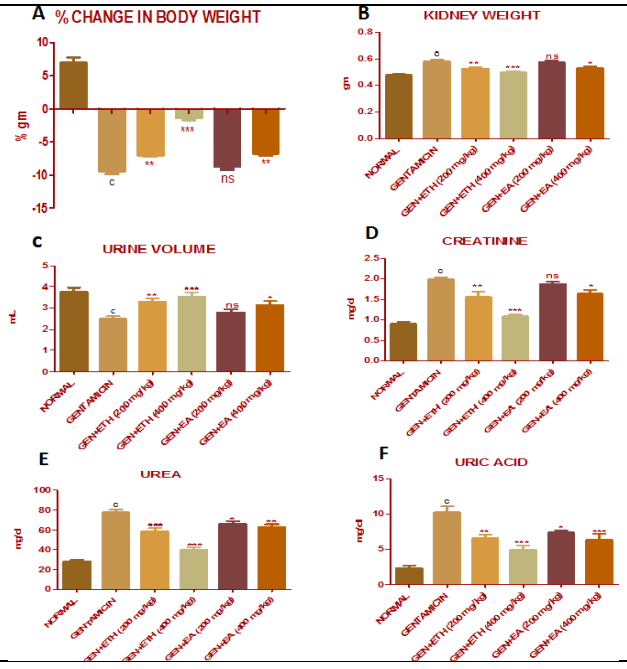

Figure 1 Effect of Ethanolic and Ethyl Acetate Extracts of *Thespesia populnea* Barkon Gentamicin-Induced Nephrotoxicity in Rats: A. Reduction in Body Weight, B. Elevation in Kidney Weight, C. Reduction in Urine Volume, D. Elevation in Serum Creatinine, E. Elevation in Blood Urea, F. Elevation in Serum Uric Acid.

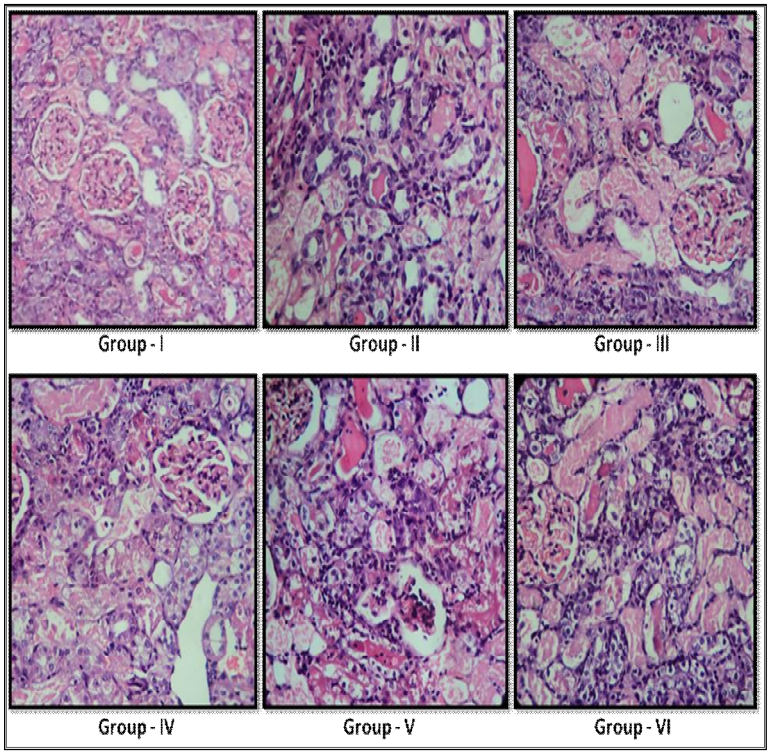

Figure 2 Histopathological examination of kidney sections from different treatment groups stained with hematoxylin and eosin.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Autoimmune Disorders in Humans: An Overview of Concepts, Classification

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Received: 15 Jan 2025 Revised: 30 May 2025 Accepted: 25 Jun 2025

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ABSTRACT

Autoimmunity and its associated conditions have been the primary area of focus in exploration in the once decade; still, several mechanisms are still left unclear. Autoimmune conditions are idiopathic and presently, there are hardly any inheritable tools available to prognosticate who's at threat of developing them. With the advancement of artificial intelligence, it could be possible to prognosticate the implicit emergence of autoimmune diseases. This review composition discusses the complaint bracket and applicable causes, including environmental, natural, and inheritable factors. also, it explores certain mechanisms where the T-nonsupervisory cells fail and lead to complaint development. The composition delves into the etiology to illustrate how autoimmune conditions could develop in a person as well as remedial approaches are also bandied. With the development of multiplex technologies, it's easier to descry autoantibodies in blood while cytokines and chemokines can give an advance in opinion and new rectifiers for these conditions.

Keywords: Autoimmune disease, Classification, Types, Causative factors

INTRODUCTION

Autoimmune diseases, excluding rheumatoid arthritis and autoimmune thyroiditis, are generally rare. However, collectively, they impact approximately 5% of the population in Western countries. These diseases represent a compelling yet poorly understood category of medical conditions. Autoimmune diseases are characterized by clinical

syndromes arising from the activation of T cells, B cells, or both in the absence of any ongoing infection or identifiable cause. A classification framework for these diseases separates those stemming from generalized lymphocyte selection or homeostasis defects from those caused by abnormal responses to specific antigens. Key topics in understanding autoimmune diseases include genetic predispositions, environmental and intrinsic triggers of auto reactivity, progression-related pathological changes, and various mechanisms underlying tissue damage. Research in autoimmunity traces back to the 20th century when German immunologist Paul Ehrlich described the concept as Horror autotoxicus. Later, Macfarlane Burnett expanded the understanding of lymphoid cell development, thymic instruction, apoptosis, and the removal of self-reactive cells. Autoimmune responses occur when the body's immune system fails to recognize its own antigens, leading to the destruction of self-cells. To date, scientists have identified 80–100 autoimmune diseases. The underlying mechanisms, however, remain incompletely understood. Autoantibodies produced against self-antigens serve as a hallmark of these diseases.[1]

The Immune System and Autoimmunity

The immune system is a complex network of cells, chemicals, and proteins that defends against external threats, such as pathogens and tumors, while maintaining tolerance to self-molecules. Key players in this system, particularly T and B lymphocytes, possess unique surface recognition molecules. These cells, though a small fraction of immune components, are essential in maintaining tolerance. Loss of tolerance under certain conditions can lead to the development of autoimmune pathologies. Autoimmunity refers to an immune response directed against self-antigens, involving both auto-antibodies and T-cell-mediated reactivity. Autoimmune diseases encompass both systemic and organ-specific disorders. Immune tolerance—the specific non-reactivity to certain antigens—ensures self-protection, but its breakdown can trigger autoimmune diseases. Leukocytes form the foundation of the immune system, with lymphocytes playing a pivotal role. T-cells, critical for identifying and eradicating antigens, work alongside B-cells, which produce antibodies that bind to specific antigens for further immune processing. T-cells consist of three main subsets:

- **Helper T-cells**: Facilitate antibody production by B-cells.
- **Cytotoxic T-cells**: Release chemicals to kill antigen-carrying cells.
- **Regulatory T-cells**: Suppress immune responses to maintain balance.

T-cells express surface receptors that interact with major histocompatibility complex (MHC) molecules present on most bodily cells. These interactions enable T-cells to identify antigen fragments, a process initiated by antigen-presenting cells (APCs). [2]

The tolerance of immune system

Macfarlane Burnet of the Walter and Eliza Hall Institute for Medical Research in Melbourne, Australia, proposed in 1948 that immunological tolerance is acquired rather than innate, developing during ontogeny. This hypothesis was experimentally confirmed in 1953 when Peter Medawar and his colleagues demonstrated that inbred mice could be induced to develop immunological tolerance. Immunological tolerance refers to the immune system's ability to avoid targeting self-molecules, cells, or tissues. While some initially rejected the concept of autoimmunity, Paul Ehrlich's earlier work in the early 20th century popularized the idea of Horror autotoxicus, or the body attacking itself. Autoimmune diseases are often classified as either systemic, such as systemic lupus erythematosus (SLE), or organ-specific, such as type 1 diabetes mellitus. However, this classification does not always align with underlying causes. A more practical approach categorizes autoimmune disorders into those involving systemic alterations in T or B cell selection, regulation, or apoptosis, and those triggered by abnormal responses to specific antigens, either self or exogenous. For example, Guillain-Barré syndrome, often linked to Campylobacter jejuni infection, exemplifies an antigen-specific autoimmune condition. Disorders such as systemic lupus erythematosus, marked by the production of autoantibodies like anti-nuclear and anti-DNA antibodies, often involve dysregulated B cell activation. Additionally, genetic mutations affecting cell death pathways, such as those involving Fas proteins, contribute to autoimmunity. Conditions like inflammatory bowel disease arise from genetic variations impacting cytokine production or regulatory T cell function, leading to heightened T cell responses to gut flora.

Genetic Risk Factors

Autoimmune diseases result from a combination of genetic and environmental influences. Most autoimmune conditions are polygenic, involving multiple genes. Evidence from monozygotic twins and familial clustering suggests a strong genetic component. Some rare autoimmune diseases, such as autoimmune polyendocrinopathy-candidiasis-ectodermal dystrophy (APECED) and autoimmune lymphoproliferative syndrome, result from single-gene mutations. However, even in individuals carrying susceptibility genes, symptoms may not manifest without additional triggers. The interplay between susceptibility genes and environmental factors often determines disease onset and progression.

Environmental Factors

Environmental triggers influence the onset and severity of autoimmune diseases in various ways. These factors include infections, chemical exposures, medications, and vaccines. Hormonal influences also play a significant role, as approximately 80% of individuals with autoimmune diseases are women. Exceptions include conditions such as ankylosing spondylitis and type 1 diabetes, which are more prevalent in men. Hormones interact with immune system cells via receptors, with sex hormones like estrogen known to modulate immune responses. Exposure to heavy metals, such as lead, mercury, arsenic, and cadmium, has been implicated in triggering autoimmune processes. Similarly, harmful chemicals found in household products, pesticides, and industrial pollutants may contribute to disease onset. Dietary deficiencies, particularly magnesium, can exacerbate inflammation and predispose individuals to conditions like fibromyalgia and chronic fatigue, which are linked to autoimmunity. Vaccines have also been associated with autoimmune diseases, with some evidence suggesting links between certain immunizations and the onset of autoimmunity, although this remains controversial. Infectious agents can trigger autoimmunity through mechanisms like molecular mimicry, where microbial antigens resemble host antigens, leading to immune system cross-reactivity. Smoking is another well-documented environmental risk factor, particularly for diseases like systemic lupus erythematosus and rheumatoid arthritis. Smoking exacerbates inflammation, tissue damage, and apoptosis, particularly in genetically predisposed individuals carrying HLA-DR alleles. [4]

Cell-Mediated Damage

Cell-mediated mechanisms significantly contribute to the pathogenesis of many autoimmune disorders. The predominant immune cell infiltrates in autoimmune responses include neutrophils, autoreactive CD4+ helper T cells, autoreactive CD8+ cytotoxic T cells, and macrophages, with smaller contributions from natural killer cells, mast cells, and dendritic cells. These cells can inflict direct tissue damage by inducing cell death or indirectly through the release of substances such as prostaglandins, reactive nitrogen species (RNS), reactive oxygen species (ROS), and cytotoxic cytokines. Tissue macrophages and monocytes act as both antigen-presenting cells initiating autoimmune responses and as effector cells during ongoing immune reactions. Furthermore, macrophages and neutrophils release cytotoxic mediators like hydrogen peroxide and nitric oxide, exacerbating tissue damage and attracting additional immune cells to the inflammatory site, including T lymphocytes and neutrophils.

Antibody-Mediated Damage

Antibodies, a class of immunoglobulin glycoproteins found in serum and tissue fluids, play a dual role in immunity. They act as B-cell receptors and mediate immune responses following antigen binding. Protective antibodies neutralize pathogens and are central to vaccine-induced immunity. However, self-reactive antibodies or autoantibodies also play an essential role in clearing cellular debris during inflammation or trauma. When dysregulated, these autoantibodies can contribute to tissue damage and autoimmune disease pathogenesis.

Hormones

Autoimmune diseases disproportionately affect women, with approximately 80% of cases occurring in females. Exceptions include type 1 diabetes, ankylosing spondylitis, and inflammatory heart disease, which are more common in men. Hormonal factors, including natural and synthetic sources of steroids such as soy, contraceptives, and skincare products, modulate immune responses. Sex hormones interact with immune cells via specific receptors, with

androgens and estrogens playing key roles in the maturation of immune cells and antibody production. Depending on the context, hormones can either stimulate or suppress immune activity. [5]

Common Autoimmune Diseases

Over 80 autoimmune diseases have been identified, with some of the most common including:

1. Type 1 diabetes
2. Rheumatoid arthritis (RA)
3. Psoriasis/psoriatic arthritis
4. Multiple sclerosis
5. Systemic lupus erythematosus (SLE)
6. Inflammatory bowel disease
7. Addison's disease
8. Graves' disease
9. Sjögren's syndrome
10. Hashimoto's thyroiditis
11. Myasthenia gravis
12. Autoimmune vasculitis
13. Pernicious anemia
14. Celiac disease

Classification of Autoimmune Diseases

Autoimmune diseases can be classified as systemic or organ-specific. While clinically useful, this division does not always correspond to etiological differences. A mechanistic classification distinguishes diseases involving generalized alterations in T or B cell selection, regulation, or apoptosis from those driven by antigen-specific responses. For instance, global defects, such as the absence of the Fas protein or its receptor, affect cell death pathways, whereas antigen-specific conditions, like demyelination following Campylobacter jejuni infection, highlight the role of specific immune triggers. This classification aids in tailoring therapies based on the underlying pathogenic mechanisms. [6]

Rheumatoid Arthritis

Rheumatoid arthritis (RA) treatment has advanced with the understanding that early intervention prevents bone erosion. Methotrexate remains the first-line disease-modifying agent, though newer therapies like TNF-α inhibitors (e.g., etanercept and infliximab) and interleukin-1 receptor antagonists have shown efficacy. These therapies target macrophage-derived cytokines, reducing inflammation and tissue destruction. However, the long-term safety of these treatments, particularly concerning infection and malignancy risks, requires further study.

Multiple Sclerosis

Progress in managing multiple sclerosis (MS) includes therapies like interferon beta-1a and glatiramer acetate, which modulate T-cell activity and immune deviation. Although early treatment with interferon beta-1a can delay disease progression following initial symptoms, altered peptide ligands derived from myelin basic protein have shown mixed results in clinical trials, emphasizing the need for cautious translation from animal models to human studies.

Psoriasis

Blockade of tumor necrosis factor-alpha (TNF-α), with or without methotrexate, has demonstrated efficacy in cases of refractory psoriasis. Several short-term clinical trials have shown that interleukin-10 (IL-10) administration can improve psoriasis symptoms. Additionally, benefit has been reported with CTLA-4–Ig, a recombinant fusion protein combining the extracellular domain of CTLA-4 with the constant region of IgG1. CTLA-4–Ig effectively blocks the activation of naive T cells and both primary and secondary antibody responses. However, in a mouse model, CTLA-4–Ig exacerbated diabetes by interfering with regulatory cell activation. Other biologic agents evaluated in small pilot studies include antibodies targeting CD4, the high-affinity IL-2 receptor CD25 (daclizumab), and CD11a—a

component of the adhesion molecule LFA-1, which mediates T-cell migration into the skin. A humanized anti-CD11a antibody is under investigation in a large cohort of psoriasis patients. [7]

Type 1 Diabetes

Efforts to prevent type 1 diabetes focus on identifying individuals at risk. Relatives of patients with diabetes can be assessed for susceptibility, although general population screening yields a high false-positive rate, complicating intervention trials. Current prevention strategies include promoting antigen-specific immune tolerance through insulin administration. Trials have evaluated subcutaneous, intravenous, and oral insulin administration in individuals with reduced beta-cell mass or antibodies against insulin but normal insulin secretion. While systemic insulin trials have not yet provided definitive results, initial findings from oral insulin interventions have been disappointing.

Systemic Lupus Erythematosus

Clinical trials for systemic lupus erythematosus (SLE) face challenges due to the disease's heterogeneous manifestations, relapsing-remitting nature, and lack of standardized remission criteria. The significance of treating abnormal serologic results in the absence of clinical symptoms remains contentious. Blockade with CTLA-4–Ig or anti-CD40 ligand antibodies has shown efficacy in treating nephritis in murine models but has been less successful in humans. Clinical trials of anti-CD40 ligand monoclonal antibodies have reported limited efficacy and unexpected toxicity. Polymorphisms in the IL-10 gene are associated with SLE, and pilot studies suggest that targeting IL-10 with antibodies may be effective in active disease. [8]

Inflammatory Bowel Disease

Inflammatory bowel disease (IBD) encompasses Crohn's disease and ulcerative colitis:

Crohn's Disease

This condition often affects the ileum and colon but can involve any part of the digestive tract. The inflammation is transmural and may result in abdominal pain, diarrhea, weight loss, and fatigue.

Ulcerative Colitis

Inflammation is confined to the colon and rectum, affecting the innermost lining. Symptoms include bloody diarrhea, abdominal pain, and urgency in bowel movements.[9]

Addison's Disease

Addison's disease, or primary adrenal insufficiency, is a rare disorder caused by inadequate production of adrenal hormones, including cortisol and aldosterone. Symptoms include fatigue, weight loss, low blood pressure, and electrolyte imbalances. Prompt diagnosis and treatment with hormone replacement are essential.

Graves' Disease

Graves' disease, an autoimmune condition leading to hyperthyroidism, is the most common cause of an overactive thyroid. Symptoms include irritability, muscle weakness, heat intolerance, weight loss, and, in some cases, pretibial myxedema and exophthalmos. The overproduction of thyroid hormones accelerates metabolic functions, necessitating treatment to restore hormonal balance. [10]

Myasthenia Gravis

Myasthenia gravis (MG) is a chronic autoimmune disease affecting the neuromuscular junction, resulting in muscle weakness. Commonly involved muscles include those controlling eye movement, facial expression, and swallowing. The condition arises from antibodies targeting nicotinic acetylcholine receptors, leading to impaired nerve-muscle communication. Treatment focuses on immunosuppression and symptomatic management.

Treatment of Autoimmune Disorders
Managing autoimmune disorders requires individualized approaches:

Medications
Immunosuppressants: Drugs such as methotrexate, azathioprine, and cyclophosphamide reduce immune activity.
Corticosteroids: Prednisone effectively reduces inflammation and immune responses.
Biologics: Targeted therapies, including TNF inhibitors and interleukin blockers, have demonstrated efficacy.
NSAIDs: These provide symptomatic relief from pain and inflammation. [11]

Lifestyle Modifications
Diet: Anti-inflammatory diets may help manage symptoms. Collaboration with a dietitian is recommended.
Exercise: Regular, low-impact exercise can improve mobility and reduce fatigue.
Stress Management: Techniques like mindfulness and yoga can mitigate stress-related. [12-14]

Therapies
Physical and Occupational Therapy: These therapies improve joint function and mobility.
Monitoring: Regular check-ups ensure timely treatment adjustments based on disease activity .

Supportive Care
Counseling and Support Groups: Emotional support and coping strategies are invaluable.
Complementary Therapies: Acupuncture and massage may provide relief, though professional guidance is necessary.
Patient Education: Educating patients on their condition and self-management strategies fosters active participation in care.
Preventive Measures: Regular screenings for associated conditions and vaccinations are critical components of care. [15-16]

Future Therapeutic Approaches
Four primary strategies are being investigated for managing autoimmune diseases: altering immune activation thresholds, modulating antigen-specific responses, reconstituting the immune system through stem cell transplantation, and protecting target organs. These approaches aim to restore immune system balance and minimize autoimmunity.[17]

Immune Activation Modulation
Therapeutics targeting co-stimulatory signals, intracellular pathways, chemokines, cytokines, and other immune-modulating molecules aim to reestablish immune homeostasis. Small adjustments in the availability of proteins critical for cell-cell interactions and intracellular signaling can shift the immune response away from autoreactivity, reducing the intensity of autoimmune reactions.[18]

Antigen-Specific Tolerance
Antigen-specific therapies aim to induce immune tolerance to particular autoantigens. Techniques such as oral tolerance, where autoantigens are administered via ingestion, or injections of specific peptides have shown success in animal models. However, translating these successes to human clinical trials has proven challenging. This difficulty may be attributed to the advanced inflammatory state and epitope spreading observed in established autoimmune diseases. Future approaches may involve combining antigen-specific therapies with cytokine or co-stimulation blockade to reduce inflammation and allow lymphocytes to encounter antigens in a tolerogenic environment. Memory cells, which resist tolerance induction, may also pose a barrier to this strategy. [19]

Stem Cell Transplantation
Stem cell-based therapies offer promise for reestablishing immune system homeostasis. Pilot studies utilizing autologous and allogeneic stem cell transplants have been initiated for systemic lupus erythematosus, rheumatoid

arthritis, multiple sclerosis, and scleroderma. These therapies aim to regenerate regulatory cells and reduce autoreactivity. While the potential is significant, concerns regarding safety and efficacy remain, requiring further research.

Tailored Therapeutics

Autoimmune diseases arise from multifactorial causes, necessitating personalized approaches to therapy. Stratifying patients into subgroups based on disease etiology and immune profiles can help identify those most likely to benefit from specific treatments. Continued research into both human and animal models is essential for developing effective, individualized treatment strategies. [20]

CONCLUSION

The conclusion about the autoimmune system emphasizes the complexity and variability of autoimmune diseases. These conditions arise when the immune system mistakenly attacks the body's own cells, leading to inflammation and tissue damage. Factors such as genetics, environmental triggers, and infections can play significant roles in their development. Effective management often requires a multidisciplinary approach, including medication, lifestyle changes, and regular monitoring. Ongoing research aims to better understand these diseases and develop more targeted therapies. Overall, raising awareness and early diagnosis are crucial for improving outcomes for individuals affected by autoimmune disorders. This review paper provides an overview of different aspects of autoimmune diseases, from various disease approaches, and novel ideas for the future. Further research and collaboration are needed to advance our understanding of autoimmune diseases, develop more precise diagnostic tools, and discover novel therapeutic targets to improve patient outcomes and quality of life. This review explains factor of autoimmune system an T-cells factors, cell damaged system.

ACKNOWLEDGEMENT

We would like to express my special thanks of gratitude to Sarojini Naidu Vanita Pharmacy Maha Vidyalaya management for providing access to the writing the article.

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RESEARCH ARTICLE

IFTAK-A Modified Technique of *Ksharasutra* Therapy in the Management of *Bhagandar* (Fistula in-Ano) - A Case Study

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Received: 20 July 2024 Revised: 16 Apr 2025 Accepted: 13 Jun 2025

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ABSTRACT

Fistula in-Ano is a significant Ano-rectal condition. It's an inflammatory tract with an internal (main opening) in the rectum or anal canal and an exterior (secondary opening) in the perianal skin. Fibrous and unhealthy granulation tissues border this tract. Old Ayurveda scriptures refer to this illness as a "*Bhagandar*." There are numerous surgical techniques available to treat this illness, but they come with a number of problems. IFTAK (Interception of Fistulous Track with Application of Ksharsutra) is a very promising treatment from an Ayurvedic perspective in terms of complications, length of stay in hospital, and expense. The 45-year-old male in this case study visited the Shalya Tantra outpatient department. He underwent *Ksharsutra* treatment, which resulted in a full recovery with no problems**.**

Keywords: IFTAK, Fistula in-Ano, *Bhagandar*.

INTRODUCTION

An inflammatory tract known as fistula-in-ano has two openings, a primary internal opening in the rectum or anal canal, and a secondary external opening in the perianal skin. Fibrous and unhealthy granulation tissues border this tract. The clinical characteristics of Fistula in Ano and *Bhagandar*, as described in Ayurvedic texts, are similar[1]. *Bhagandar* is the term for an illness or ailment that causes significant referred pain to the *Bhag* (perineum), *Gud* (anal), and *Basti* (the pelvis). It starts as a boil (abscess) in the perianal area. If left untreated, it may rupture and turn into a discharge track [2].The two types of fistula in Ano are categorised as low anal fistula and high anal fistula, according to the current text. Below the ano rectal ring, the low anal fistula flows into the anal canal. Above the ano rectal ring,

a high anal fistula exits into the anal canal. A prolonged sero-purulent discharge from the fistulous track is anticipated. There can be one or more external openings with granulation tissue that is pouting. The fistula's indentations in the skin and subcutaneous tissue are visible. Usually, there is no pain[3].The three primary goals of managing an anal fistula are to seal the internal fistula tract opening, remove any necrotic or infected tissue, and eliminate the fistulous tract while maintaining sphincter function[4].For the treatment of fistula-in-ano, a number of techniques are recommended, including open surgery in the form of fistulectomy or fistulotomy; Seton treatment (chemical or cutting); chemical elimination of the tract by corrosives; and application of fibrin glue or fistula plug. The most common surgical "lay open" approach has several drawbacks, including a high likelihood of recurrence, longer hospital stays, extensive surgery in and around the anal canal, and anal incontinence. As an alternative, the use of chemical Seton, also known as "*Ksharsutra*" (a medicated cotton thread coated with Ayurvedic medicines), is still used in certain Indian centres and is documented in ancient Indian literature[5].The purpose of this study is to demonstrate *Ksharsutra's* efficacy in treating *Bhagandar*.

Case Report

A 45 year male patient arrived with complaining of two months' worth of pain and pus discharge from the perianal area. The patient was fine prior to three months. There was a boil at the perianal area at first. It then began to discharge. He so went to the *Shalyatantra*, Outside Patient Department at the Khemdas hospital, Parul Institute of Ayurved and Research, Vadodara. No history of Hypertension, Diabetes Mellitus or any other major illness.

Local examination

Positioned in lithotomy, the patient was evaluated. It was discovered that the patient had a little pus-filled opening andsore spot on the left side of the perianal region. Internal aperture at 4 O'clock was discovered with the use of a probe and in proctoscopy examination.

MATERIALS AND METHODS

Preoperative Procedure

The patient's written informed consent was obtained first, next came the preparation of the local part. Early on the morning of the procedure, an enema was administered. Injection Tetanus Toxoid(0.5 ml) was given intramuscularly. Then a sensitivity test to Xylocaine (0.01 ml) was conducted.

Operative procedure

Patient moved from the recovery room to the operating room with stable vitals. Position of lithotomy was assigned and completed painting and draping. Lignocaine 2% injection was used to provide local anaesthesia. After the anaesthetic effect was achieved, probing was carried out at 4 O' clock position. The track was located and removed by using cautery, and *Ksharsutra* was applied correctly. After achieving haemostasis, the dressing was applied with aseptic care. Patient moved with stable vitals to the recovery room.

Postoperative procedure

A sitz bath and Ayurvedic medications were provided. The patient remained in the hospital for fifteen days till the second *Ksharsutra* was replaced and advised to eat a soft and fiber-rich diet.

Follow-up

Following the second *Ksharsutra* change, the patient was released from the hospital and instructed to change their *Ksharsutra* every seven days until the tract was cut. During this time, *Jatyadi Taila* local application and a warm water sitz bath were performed. The tract was completely severed after eight sittings and healing occurred at the same time.

DISCUSSION

It has been noted that problems following contemporary operations include anal incontinence, extended hospital stays, and recurrence. Therefore, there is a great need for better alternatives to deal with these issues. Within this framework, *Ksharsutra* emerged as a potentially effective therapy method for *Bhagandar*. It is evident from Ayurvedic scriptures that *Ksharsutra* application has been used for *Bhagandar* management in India since ancient times. *Kshara* causes the vitiated tissue to disintegrate and fall off. of the *Shastra* and *Anushastra*, it is the most significant since it performs tasks like excision, cutting, scraping and balances the three *Doshas*[6].

CONCLUSION

The current situation has a significant incidence of fistula in Ano because to an unhealthy lifestyle. Furthermore, contemporary treatments add to this complexity. The Indian Ayurvedic System has provided some hope for the treatment of Fistula in Ano. The *Ksharsutra* application is a relatively simple surgery with low risk of complications. Additionally, it reduces discomfort and shortens hospital stays and the fact that it is economical is crucial.

Conflict of interest Nil.

Declaration of patient consent Obtained consent for the clinical history and images.

Acknowledgement Authors are thankful to the authorities of Khemdas Hospital.

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Table No. 1. General examination

Sr.No.	Examination	Findings
1.	General Condition	Moderate
2.	Cardiovascular System	S1, S2-Normal
3.	Pulse rate	86/minute
4.	Blood Pressure	120/70mm of Hg
5.	Respiratory System	Chest clears on both sides
6.	Digestive System	Appetite –normal Bowel habit-constipated
7.	Uro-genital System	No abnormality detected.

Table No. 2. Adjuvant drugs

Sr.No.	Name of the Drug	Dose
1.	Tab.*Triphala Guggulu*	500 mg thrice daily after food with luke warm water
2.	Tab. *Gandhak Rasayan*	250 mg twice daily after food with luke warm water
3.	Tab.*Eranda Bhrashta Haritaki*	3 tablets daily at bedtime with luke warm water
4.	*Panchawalkal Kashay*	For sitz bath twicedaily
5.	*Jatyadi Taila*	For local application

Figure 1. Before Treatment

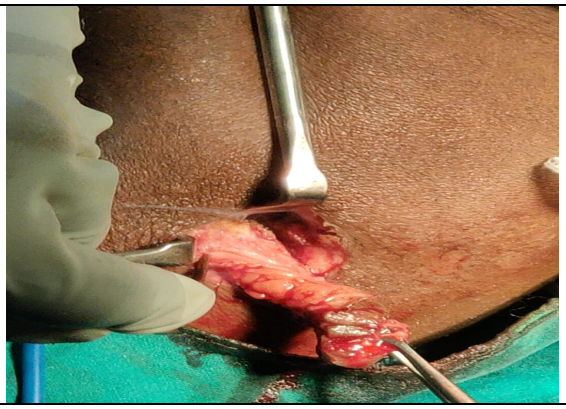

Figure 2. Excision of Fistulous track

Figure 3. Application of *Ksharsutra*

Figure 4. After Treatment

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

A Broad Overview on Process Validation

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Received: 06 Feb 2025 Revised: 10 Apr 2025 Accepted: 10 Jun 2025

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ABSTRACT

The most significant and acknowledged CGMP parameter is validation. The fine machine (QS) regulation appears to require technique validation. In an attempt to raise the standard of prescription drugs, The concept of validation was first introduced by Ted Byers and Bud Loftus, two employees of the Food and Drug Administration, in the mid-1970s. The capability and limitations within the manufacturing approach controls in the success of appropriate features within the medicine product at the same time as halting undesirable attributes are provided by method validation . "Documented proof that the method, operated within mounted parameters, can perform efficiently and reproducibly to produce a medicinal product meeting its predetermined specs and pleasant taste" is the validation document published by the European Commission in 2000. In order to optimize the mixing time, it is necessary to determine the minimum time required for ingredients to dissolve and the maximum time for integrating before product failure.

Keywords: CGMP, parameter , drugs, integrating, proof.

INTRODUCTION

For the powder to be consistent, it must be blended and compressed or encapsulated into the appropriate dosage form. Pharmaceutical techniques. The most significant and acknowledged CGMP parameter is validation. The fine machine (QS) regulation appears to require technique validation. This is a vital idea because it informs the

fundamental definition of validation, which is a methodical procedure for locating, quantifying, analyzing, recording, and reassessing a succession of critical steps in the manufacturing process that must be corrected to assure a repeatable final product[1]. "Providing documented proof that gives an overly high level of certainty that a specific process will consistently yield a product with its predefined specifications and excellent qualities" is how the USFDA defined procedure validation in three definitions. The five solid dosage bureaucracy types are tablets and capsules. Standard requirements include sections for weighing, blending, mixing/granulation, compression/encapsulation, and coating. Method validation is the process of standardizing the validation files that must be included to the submission report in order to obtain advertising authorization. Process validation is mostly relevant to manufacturing method three and is designed to help producers comprehend the Quality Management System's (QMS) requirements regarding procedure validation. A high-quality machine should consistently produce items that could be appropriate for the function for which it was built. Tablets are often coated with a polymer to make them smoother and easier to swallow, control the pace at which the active ingredient is released, make them more resistant to external conditions (extending their shelf life), or make them look better [2]. In an attempt to raise the standard of prescription drugs, The concept of validation was first introduced by Ted Byers and Bud Loftus, two employees of the Food and Drug Administration, in the mid-1970s. based on the reasonable inspectional criterion rather than a theoretical approach that ignores the challenges (and realities) involved in validating real manufacturing operations. Tablets are one kind of pharmaceutical dosage form. "Excipients" can include binders, glidants (flow aids), and lubricants that help with efficient tabletting; disintegrants that help pills dissolve in the stomach; flavorings or sweeteners that improve taste; and pigments that make the drugs look better. Chemical and physiological balance, consistent drug dosage, proper maintenance against microbial infection when necessary, acceptability by users, prescribers, and impacted individuals, as well as proper packaging, labeling, and validation, are just a few of the many characteristics that make a product enjoyable to use. Process validation outlines the power and constraints in the production system that oversee the achievement of recognized qualities in the pharmaceutical product while averting unintended outcomes. The primary objective of dosage form design is to achieve a consistent therapeutic response to a medication in a system that can generate items on a large volume and with repeatable quality. Creating firm dosage documentation requires working with full-size powder. It is composed of a mixture of stabilizers and active chemicals, typically in powder form, that are pressed or compacted into a stable shape [3].

Process Validation

The capability and limitations within the manufacturing approach controls in the success of appropriate features within the medicine product at the same time as halting undesirable attributes are provided by method validation . As to the USFDA, system validation is described as the process of "establishing documented evidence that offers a high level of confidence that a specific system will consistently generate a product assembly with its desired features and specifications." Any system will undoubtedly produce the desired results. "Documented proof that the method, operated within mounted parameters, can perform efficiently and reproducibly to produce a medicinal product meeting its predetermined specs and pleasant taste" is the validation document published by the European Commission in 2000. characteristics. According to the WHO, validation is the documented evidence that a device, process, or equipment meets expected results, complies with GMPs, and can be successfully repeated in order to manufacture a pharmaceutical product[1].

Types of Validation

Analytical Validation

Analytical validation evaluates the attributes of the product by means of tests to guarantee dependability and upholds precision, accuracy, specificity, linearity, LOD, selectivity, energy, purity, and specification. Included in the process are sample preparation, standards, reagents, equipment use, and computation [4].

Equipment Validation

Qualification involves ensuring correct equipment installation and operation. Its three levels are setup qualification (IQ), operational quality (OQ), and performance quality (PQ). PQ demonstrates system performance; OQ ensures equipment meets manufacturer criteria; and IQ notes static characteristics [1].

Process Validation

"A documented procedure offering a high degree of guarantee that a particular technique will always produce a product meeting its predetermined specification and first-class attributes," says procedural validation.

Types of Process Validation

Prospective Validation

After the qualification trials are over, potential method validation is having the validation protocol—an experimental plan—ready before the technique is applied commercially. Future testing could be required in some degree to produce validation supporting data.

Retrospective Validation

Unlike validation based on historical data taken from the records of manufacturing batches used as formal evidence to demonstrate that the methodology has been altered, retroactive method validation is different.

Concurrent Validation

Concurrent process validation offers documented proof that the process is in a manipulable state during the course of its actual running. Thorough monitoring and/or tracking of important processes at some time during the production of every manufacturing batch helps to accomplish concurrent process validation.

Revalidation

Usually for a periodic review, re-validation is done to confirm the conclusions of the first validation. Re-validation provides proof that any changes to a system or method environment have no negative impact on method qualities or product quality[2].

Process / Product Validation

System validation is the process of producing written evidence with great degree of assurance that a given system will regularly produce a product with outstanding features and defined criteria.

Phases in Process Validation

Segment 1

This pre-validation qualification segment includes the following activities: equipment qualification, installation qualification, master manufacturing record, operational qualification, manner potential, balance situations and storage organization, method pilot batch research, scale-up studies, generation transfer to business scale batches, and finished dosage bureaucracy management.

Segment 2

The part on system validation is that. It is intended to confirm that all established boundaries of the important way parameter are valid and of the highest caliber.

Segment 3

Often referred to as the validation upkeep segment, it requires a shared evaluation of all technique-related files and audit report validation to make sure that no changes, deviations, errors, or adjustments have been made to the production process, that all SOPs, including trade manage methods, have been followed, and that all lots or batches produced will meet their specified requirements [5].

Process Validation of Tablets

A tablet, which is composed of a combination of active constituents and suitable excipients, is the most prevalent form of solid pharmaceutical dosages. Binders, glidants, lubricants, and numerous other substances are frequently implemented as excipients in tablets. The constituents serve distinct functions in tableting; for instance, disintegrants enhance tablet disintegration, glidants enhance powder glide, and flavoring suppliers impart specific flavors to the

tablets. A comprehensive understanding of the sequential production method for each dosage shape is necessary to validate any approach. It facilitates the identification of critical areas that necessitate additional attention to prevent the emergence of complications at a later stage of the process[6].

Mixing or Blending

One of the most important steps in the production of tablets is blending, which is utilized in various amounts at different times. Those with similar physical properties can mix or blend uniformly without difficulty and do not separate as quickly as those with significant differences.

Parameters to Consider

Blending or mixing technique Materials are combined or blended using techniques like pneumatic (fluid bed), planetary or excessive intensity convection, or diffusion (tumble). Whether the medicine and excipients are combined for an immediate compression formula or to add the lubricant (such as magnesiumstearate) to the granulation determines which strategy is best.

Blending or mixing pace Compared to adding the lubricant to the final blend, blending the medication and excipient requires more intense mixing.

Blending or mixing time The strategy and tempo used during the product's blending or mixing process may have an impact.

Drug uniformity To assess the uniformity of the drug at any point in the combination or combo, the test for content uniformity is usually completed.

Excipient uniformity In addition to medication homogeneity, excipient homogeneity is essential for granulation or combining important excipients include:

Lubricant During compression, choppy lubricant distribution may cause sticking and selecting issues. It might also result in issues with the general functioning of the pills (poor dissolving due to too much lubricant in some capsules).

Shade

To achieve a consistent look for the pills, the colorant(s) must be gently added to the mixture (e.g., coloring, hue, and depth).

Device capacity / load

The system's performance will be impacted by the bulk density of the materials or granules. The dispersion of medication lubricant in a blender can be compromised by either under- or overcharging[7-9].

Wet Granulation

During validation and improvement, the following wet granulation parameters need to be considered Binder Addition Adding the binder dry eliminates the need to select the best binder or look for a new binder solution manufacturer.

Binder attention The formulation should choose the top-rated binder awareness. In order to be pumped via the spray nozzle, the binder solution needs to be sufficiently diluted if it is to be sprayed. Additionally, it must be concentrated enough to form granules without overwetting the ingredients.

Amount of granulating solvent or binder solution Using too much of either may cause the materials to become overly moist and take longer to dry. Binder attentiveness is correlated with the quantity of binder answers.

Binder solution / Granulating solvent Addition charge
It is important to provide a clear description of the fee or charge range at which the granulating solvent or binder answer may be added to the substances.

Mixing Time
If granulations are not thoroughly mixed, they may form fragile or partial granules. It's possible that these granules have horrible glide and compression residences as well. Conversely, over-blending the granulation might lead to less expensive dissolving and tougher granules[2].

Wet Milling
Sometimes, in order to properly dry the granules, they must first be moistly ground before being exposed to drying.

Important things to remember are
Gadget size and capacity To shorten production time and keep the cloth from drying during this operation, the mill must be large enough to de lump the entire batch in a fair amount of time.

Screen size The screen should be small enough to remove lumps from the material, but not too small to cause the mill to overheat and for the granulation to dry.

Mill pace the speed should be just right to de-lump the fabric without overtaxing the machine.

Feed fee The display duration, mill size, and mill tempo all affect the wet granulation's feed cost[1].

Drying
It is necessary to ascertain and justify the type of drying method (such as tray, fluid bed, and microwave) needed for the individual components. The type of approach may depend on variables like the availability of devices and the qualities of drugs or formulas. Converting dryer methods should impact pill houses in terms of balance, dissolution, hardness, and disintegration. It is necessary to select the dried granulation material with the best moisture content. Picking up pills or adhering them to surfaces designed to punch pills and Improper chemical equilibrium due to hydrolysis can be caused by high moisture content. An excessively dry granulation could lead to a decrease in hardness and friability.

Inlet and outlet temperature
The temperature of the air entering the dryer is known as the input temperature, and the temperature of the air exiting the unit is known as the opening temperature. The granulation's intake temperature is crucial to its drying effectiveness and should be set excessively high to enhance drying without compromising the granulation's chemical or physiological stability. As the granulation's moisture content material (evaporation charge) lowers, the outlet temperature—which serves as an indicator of the granulation temperature—may rise toward the inlet temperature.

Airflow
Enough airflow is required to ensure that the moisture-laden air is removed from the moist granulation.

Moisture Uniformity
The granulation material's moisture content may differ.

System functionality/ability
The unit desires to identify the load that can be dried efficiently[10].

Dry Milling

The dried granulation's particle size will decrease during the milling process. The resulting particle length distribution will impact the compressibility, disintegration, and dissolution of fabric housing. For the formulation, a final particle size/length distribution will need to be chosen. The same considerations apply to dry milling as they do to moist milling[2].

Lubrication

The purpose of lubricants is to remove the hassle of choosing and sticking inside the medications.

Lubricant selection

Carefully consider the lubricant's grade and compatibility with other components before making the ideal choice.

How much lubricant was brought

How many tons of lube are needed? An excessive amount of lubricant will cause the pill's hydrophobic layer to form, which will cause problems with disintegration.

Blending Time

The ideal amount of time to blend should be determined by properly testing batches; otherwise, issues like chipping, capping, and other blending issues may arise[2].

Tablet Compression

A crucial stage in creating a tablet dose shape is compression. The components' compressibility properties must be evaluated using an instrumented tablet press. The following are elements to consider throughout the compression process

Tooling Tests must be conducted on the tooling's size, shape, and concavity in accordance with industrial specifications and component homes.

Compression pace To ascertain the compressor's operating range, the components should be compressed at a wide range of compression speeds.

Compression/ejection pressure In order to determine the primary compression pressure and obtain the desired pill hardness, the compression profile for the pill's constituent parts must be chosen.

The following in-technique tests ought to be looked at at the compression level

- Weight of the tablet
- Appearance
- Hardness
- Friability
- Disintegration
- Weight uniformity
- Pill coating [2]

Process Validation of Capsules

Tablets are a powerful dose form that contain a difficult-to-achieve dosage of a medicine or combination of drugs. Tablet made of gelatin Shells of different forms and capacities, either in difficult or soft gelatine shells or in soft, soluble shells of any other suitable substance. They are typically designed to be taken orally and typically contain a little amount of stimulating ingredients. They mainly come in two varieties:

Hard Gelatin Capsules

These stable dosage forms consist of pharmaceuticals enclosed in an empty two-component hard gelatin tablet shell. The last, large piece is called "frame," and the upper, tiny component is called "CAP." Eight unique capsule shell sizes (000,00,0,1,2,3,4,5) exist, each with a unique fill level. O and 2 sized shells are typically the most widely utilized. Tough gelatin capsules are made mostly of plasticizers, water, and gelatin. Preservatives, colors, pacifying agents, flavors, sugars, acids, intestinal contents, and so on may also be present in modern shells.

Soft Gel Tablets

A soft gel, also known as a gentle gelatin capsule, consists of an outer shell that is solid and a liquid or semi-solid center filler. Either the interior fill, the outer shell, or both may include an active component. The easiest way to tell the complex gelatine capsule production process apart from that of pharmaceuticals is that instead of compressing the granules, they are packed within the tablet shell. Thus, the validation process is also the same[11].

Contents of the Capsule Shell

Establish the compatibility between the tablet shell and the contents.. ascertain whether the pill system is hygroscopic, for example: Water can be extracted from the capsule shell using a hygroscopic approach (API + excipients), which could affect the API balance.

Encapsulation speed To determine the running variety of the encapsulation, the components should be encapsulated at a wide range of speeds.

Encapsulation Similar to compression for tablet dosage bureaucracy, encapsulation is a crucial phase in the drug-making process. The compounds to be encapsulated must have exact glide residences and a constant density[12].

Liquid Process Validation

These are liquid prescriptions, where the drug is suspended, dissolved, or dispersed in the proper vehicle; often, the container contains many doses. Varieties of oral drinks, syrups, solutions, suspensions, eye drops, nasal drops, etc.

Specifically, Validation Comprises the Following Tests

Ph of the Solvent or Vehicle

Rheology of the solvent or automobile; particle form or morphology; particle size and length distribution; microbiological matter

Monitoring Outputs

The outputs listed below must be monitored: Stability and deterioration are indicated by the final product's appearance, pH, viscosity, specific gravity, microbial dependence, content uniformity, and dissolution testing. For instance, the settling of solid particles in a suspension and turbidity in an emulsion.

- Temperature of method and mixing/agitation time can have a significant impact on arrival.
- The PH of aqueous oral formulations should be taken at a certain temperature in order to decrease the PH flow, and this method works best once equilibrium has been reached.

Distinct Gravity

A product with a lower specific gravity, such as suspensions, indicates that air is present in the formulation.

- The final product's microbiological count number must be verified because it will determine which preservative to use for the last stages of product preservation. Every liquid oral product has requirements regarding the bio burden content.
- In the case of multiple dose formulations, content uniformity influences both the homogeneity of the drug within the solvent device and the dose uniformity[13].

Process Validation of Semisolid Dosages Form (Ointment / Cream)

They might be intended for uses other than food, such cream, jelly, pastes, and the like. Because semisolids have a consistency in between that of a solid and a liquid, manufacturers are responsible for their preparation. Crucial elements that need to be confirmed.

Process Temperature

For successful manufacturing, the system must be maintained at the right temperature. Insufficient heat can result in batch failures, excessive cooling can cause solubilized compounds to precipitate, and excessive heating can induce chemical deterioration during processing.

Heating and Cooling Rates

Proper heating and cooling are crucial for maintaining the consistency of ointments.

- Heating too slowly can result in poor yields due to evaporative loss.
- Excessive heating can cause burnt fabric in the batch.
- Rapid cooling can cause precipitation, crystallization, or increased viscosity.

Blending Methods And Speeds

Blending methods and speeds are critical for producing the optimum droplet size and dispersion. Emulsion requires high shear or homogenization, whereas gel combination requires low shear. Blending speeds should be appropriate for each step at each batch scale. The degree of shear applied to the polymer influences its hydration. Low shear mixing may result in viscosity that is not within specification. A recirculation loop, for example, can be utilized to keep mixing velocity and time constant.

Blending Times

In order to optimize the mixing time, it is necessary to determine the minimum time required for ingredients to dissolve and the maximum time for integrating before product failure (e.g., while viscosity is beginning to decrease). The form of polymeric gels, particularly those that are predominantly based on acrylic acid, can be compromised by overmixing, particularly high shear. A sharp decrease in viscosity may occur as a consequence of overmixing in an emulsion, which can cause the product to separate prematurely.

Drift Costs

To optimize float charge, you must first figure out how much shear or flow you need. For example, a water-in-oil emulsion might need a slower addition speed than a regular oil-in-water emulsion, and the glide rate needs to be changed to match. When using a pump on any item, you need to be careful. Overhearing could happen if the formulation is pumped too fast. In an in-line homogenizer, the system will stay there longer if the flow is too slow. This will also put the system through more shear.

Addition of Polymers and Gums

If adding polymers (Carbomers) and gums (Xanthan) to a batch at once, they should be added very carefully. Similarly, there are other alternative methods of inclusion, such as using educators in conjunction with Tri-Blenders and Quadro Ytron dispersers, as well as guiding a polymer or gum slurry in a media with little to no solubility[14].

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Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

The Intersection of Religious Dogmatism and Healthcare: Does it Reinforce Gender Bias?

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Received: 05 Apr 2025 Revised: 07 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

Socio-cultural and religious factors often shape attitudes towards gender, and they can be ethnocentric and prejudicial, affecting a person's perception of balance between the genders. Traditional gender roles in India often reflect dogmatic beliefs about the roles and responsibilities of men and women, often rooted in religious beliefs. Dogmatism is a relatively unchangeable, unjustified certainty, and Religious Fundamentalism is a strict adherence to the core principles of a religion. Gender role ideology is a person's prescriptive beliefs about appropriate behavior for men and women. The study aims to investigate whether there is a significant relationship between Dogmatism, Religious Fundamentalism and an imbalanced perception of Gender Roles. The selected population is healthcare professionals, a population in which gender beliefs can significantly influence workplace dynamics and output. This cross-sectional study uses purposive sampling to recruit a sample of 114 healthcare professionals within the age of 21-40. Data was collected using the DOG Scale, the Revised Religious Fundamentalism Scale, the Gender Role Beliefs Scale – Short Version (GRBS-SV). The findings indicate that Dogmatism and Religious Fundamentalism play an important role in influencing the perception of Gender Roles in healthcare professionals. Specifically, females scored higher on religious fundamentalism than males; individuals aged between 21-25 scored higher on perception of gender roles, indicating more traditional roles than the other age groups; Muslims scored highest on religious fundamentalism, followed by Christians. Hindus trailed both. By addressing these variables within the healthcare sector, this study provides insights into the potential impact of cognitive and ideological rigidity on professionals' perceptions of gender roles.

Keywords: Dogmatism, Religious Fundamentalism, Gender Roles, Healthcare Professionals

INTRODUCTION

'Dogmatism' as a term is derived from the Latin word *dogma*, meaning 'opinion' or 'belief'. Formal research on dogmatism began in 1951, by Professor Milton Rokeach. Up until this point, dogmatism was generally associated with religion, and right-wing authoritarianism. Rokeach was the first to study dogmatism as a facet of 'general' authoritarianism, by examining the structure of a person's ideas, independent of its content (Altemeyer, 1996). Rokeach provided a theoretical framework for the cognitive conceptualization of dogmatism, with his dogmatism theory. There are three dimensions to describe a person's cognitive structure of beliefs: (i) belief-disbelief; (ii) central vs. peripheral belief structures; and (iii) the time perspective of belief systems (Rokeach, 1954). Based on the above theory, dogmatism was defined as 'a relatively closed cognitive structure of beliefs and disbeliefs about reality, organized around a central set of beliefs about absolute authority which, in turn, provides a framework for patterns of intolerance and qualified tolerance toward others' (Rokeach, 1954).

Altemeyer (1996) proposed the separation of authoritarianism and dogmatism, and defined dogmatism as a 'relatively unchangeable, unjustified certainty.' Along with his studies on dogmatism and right-wing authoritarianism, Altemeyer also began studies on religious fundamentalism, and proved significant relationships between these three variables. Religious Fundamentalism is the belief that there is only one set of religious teachings which contains the fundamental and completely correct truth about humanity and deity; that this essential truth is fundamentally opposed by forces of evil which must be vigorously fought; that this truth must be followed according to the fundamental practices of the past, which are unchangeable; and that those who believe and follow these fundamental teachings properly have a special relationship with the deity (Altemeyer and Hunsberger, 1992). Literature suggests that when studies are based on measures of general religiosity and religious behavior, and results are significant, the association between religiosity and constructs relative to close-mindedness/dogmatism are always positive. (Saroglou, 2002) theorized that people high in religious beliefs may be interested and open to doing things which can be contradictory to their faith, but everything has to be either integrated or subordinated in some way to their faith. He called this 'second-level dogmatism'. Dogmatism and Religious Fundamentalism, which encourage following pre-existing norms and beliefs, could have a major impact in an individual's perception of gender roles through dogmatic and fundamentalist interpretations of religious doctrines.

Gender Roles, defined as "prescriptive beliefs about appropriate behavior for men and women" (Kerr and Holden, 1996) can refer to both the beliefs possessed about how individuals of a particular gender usually act or behave and the expectations of how they should act. The former is generally known as gender stereotypes, defined as "descriptive beliefs about gender characteristics and differences" (Kalin & Tilby, 1978). Similarly, Cialdini and Trost (1998) have argued that social roles include both descriptive norms, which are consensual expectations about what members of a group actually do, and injunctive norms, which are consensual expectations about what a group of people ought to do or ideally would do. While studies have been made about how perception of gender roles can impact the workplace by influencing and shaping organizational structure, decision making processes and interpersonal dynamics (Eagly and Karau, 2002), there remains a need for the measurement and evaluation of perception of gender roles among healthcare professionals, especially with the current status of increased out spokenness about gender inequality or gender violence among healthcare professionals.

According to prior research, Indian laws have many a time contributed to gender inequality by reinforcing patriarchal social structures, and limiting women's rights in areas of life such as marriage, divorce and inheritance. These laws often stem from dogmatic interpretations of religious doctrines, and can severely impact acts of progressive reforms aimed at gender equality (Parashar, 2008). Furthermore, fundamentalism in Islamic communities has been linked to more traditional gender role perceptions. Similarly, Islamic fundamentalist movements in India promote strict gender segregation and limited autonomy for women, in an attempt to preserve their interpretation of religious identity and cultural values (Ibrahim, 2000). Costagliola (2021) asserts that inequality in the workplace in areas such as opportunity, salary, and respect stems from a lack of autonomy and mobility, associated with existing

gendered notions of labour, and persisting patriarchal and traditional values. The connection between the variables mentioned above suggests a potentially harmful cycle where healthcare professionals who are highly dogmatic and religiously fundamentalist, may display regressive behaviors leading to situations in which gender inequality can be observed. This study aims to associate two variables in dogmatism and religious fundamentalism, which have historically significant correlation with each other, with the perception of gender roles. The linkages of these variables in the Indian population is scarce, and we wish to prove the significant correlation of these three variables.

MATERIALS AND METHODS

This article aims to investigate the associations between Dogmatism, Religious Fundamentalism, and the influence which they have on the Perception of Gender Roles of healthcare professionals. This cross-sectional research employs a purposive sampling method with a sample size of 114 individuals between the ages of 21-40, who are currently employed in the healthcare sector. Participants who have been diagnosed with severe physiological or mental health conditions were excluded from the study. The DOG Scale (Altemeyer, 2002) consists of 20 items with response options structured on a 9-point Likert scale. Designed to measure dogmatism, this scale assesses rigid cognitive styles, resistance to changing beliefs, and closed-mindedness toward alternative viewpoints. It quantifies an individual's tendencies to adhere inflexibly to ideological systems while dismissing opposing perspectives. A higher score on this scale indicates a higher level of dogmatism in an individual. The Revised Religious Fundamentalism Scale (Altemeyer & Hunsberger, 2004) contains 12 items rated on a 9-point Likert scale. It is the shortened version of the 20 item Religious Fundamentalism Scale (Altemeyer & Hunsberger, 1992). It evaluates adherence to religious fundamentalist ideologies, emphasizing belief in the absolute authority of sacred texts, rejection of religious pluralism, and opposition to secular or critical interpretations of faith. The scale captures the intensity of convictions about religious inerrancy and hostility toward divergent beliefs. A higher score on this scale indicates a higher level of religious fundamentalism in an individual.

The Gender Role Beliefs Scale - Short Version (Brown & Gladstone, 2012) comprises 10 items utilizing a 7-point Likert scale. It is the shortened version of the Gender Role Beliefs Scale (Kerr & Holden, 1996) This tool measures traditional versus egalitarian gender role attitudes, focusing on societal, familial, and occupational expectations tied to gender. It gauges endorsement of stereotypical norms (e.g., male breadwinners, female caregivers) versus support for equitable role distributions across genders. A higher score on this scale indicates more feminist beliefs, whereas a lower score indicates more traditional gender role beliefs. Various statistical techniques were employed to analyse the relationships between the variables, including chi-square analysis for checking the significant differences of the demographic variables in the sample; correlation test to check the association between the study parameters, ANOVA and post-hoc tests to identify possible disparities and their levels among the group means of the study variables.

RESULTS

Table 1 depicts the data collected from 114 healthcare professionals, from various age groups, the highest representation being from 21-25 years of age (N=47), and the lowest being from 36-40 years (N=16). Out of 114 participants, 61% were female (N=70) and 39% were male (N=44). A significant relationship was found between profession and perceptions of Dogmatism, Religious Fundamentalism, and Gender Role ideology. No other statistically significant differences were found concerning the study's focus. Table 2 depicts that all three variables present significant correlations with p-values (<0.001). There is a positive correlation between dogmatism and religious fundamentalism (r = 0.559). There is a negative correlation between dogmatism and perception of gender roles, as well as religious fundamentalism and gender roles (r = - 0.309& r = - 0.424), meaning that higher dogmatism and higher religious fundamentalism are linked to a more traditional perception of gender roles.

The test in Table 3 shows a statistically significant difference in religious fundamentalism between female and male participants (p = 0.004). The positive mean difference (6.81) suggests that females scored higher on religious

fundamentalism in comparison to males. Table 4 shows a statistically significant difference (p = 0.019) with a negative mean difference (–5.72) suggesting that 26-30 scored significantly lower on Perception of Gender Roles compared to those aged 21-25, indicating a less traditional view of gender roles in the younger group. For the other two age groups, scores on perception of gender roles are not significant(when comparing age groups). In Table 5, the significant positive mean difference (11.9) suggests that Islamic participants scored higher on religious fundamentalism than Hindu participants. The marginally significant positive mean difference (3.18) suggests that Christian participants scored slightly higher on religious fundamentalism than Hindu participants.

DISCUSSION

The study aimed to explore the plausible influence of dogmatism and religious fundamentalism on a person's perception of gender roles. The study delivers valuable and significant insights into the scientific outlook of a healthcare professional's gender role beliefs being predicted by dogmatism and religious fundamentalism. The observed relationship between dogmatism and perception of gender roles indicates that the more dogmatic an individual is, the more traditional their perception of gender roles are. This relationship aligns with prior research on authoritarianism and rigid belief systems. Dogmatic individuals tend to adhere strictly to established norms, and reject alternative ideologies and beliefs (Altemeyer, 1981). This rigidity often extends to social norms, including perception of gender roles. Prior research also states that dogmatism has a significant correlation with opposition to egalitarian gender policies, as dogmatic thinkers perceive deviations from traditional roles as threats to social order (Jost et al., 2003). In healthcare settings, where there is a prevalence of hierarchical structures, dogmatic professionals may unconsciously uphold gender stereotypes, viewing them as "natural" or "biologically determined" (Rudman & Glick, 2008). This tendency may be even higher in cultures with entrenched patriarchial norms (Costagliola, 2021), where dogmatism amplifies adherence to gender role hierarchies.

Similarly, the interaction between religious fundamentalism indicates that the more religiously fundamentalist a person is, the more traditional their perception of gender roles are. Often times, fundamentalist ideologies emphasize the literal interpretation of sacred texts (i.e. the Bible, the Quran), which frequently describe distinct roles for men and women (Hood et al., 2005). For example, conservative religious groups across Islam and Christianity typically endorse male leadership and female domesticity as a divine decree (Mitchell & Mitchell, 2024)). In India, where religiosity is an integral part of daily life for many citizens, healthcare professionals with fundamentalist leanings may combine their religious morality with their perception of gender norms, viewing gender equality and equal roles for men and women as morally deviant. This aligns with studies showing that religious fundamentalism predicts opposition to women's autonomy in both public and private spheres (Whitehead et al., 2019).

Dogmatism and religious fundamentalism intersect to amplify a more traditional perception of gender roles. Dogmatic individuals are more likely to adopt fundamentalist beliefs because both of these traits prioritize absolute certainty, resistance to change and rigid thinking (Brandt & Reyna, 2014). Their interplay creates a cognitive-ideological framework that rigidly enforces gender binaries. For instance, Miles (2015) found that dogmatic religious disciplines disproportionately endorse "complementarian" gender ideologies, i.e., male and female gender roles are explicitly distinct, with each role not permeating the other. In healthcare, this interplay may manifest in biased patient interactions, such as assigning care giving responsibilities to female nurses while viewing males as having more leadership and management qualities.

The descriptive statistics provided insight into the demographic distribution of the study sample. Notably, there were differences in the distribution of demographic variables among different age groups. Individuals aged between 21-25 scored higher on perception of gender roles, indicating more traditional views compared to the 26-30 age group. Individuals aged between 21-25 are beginning their vocational journey, and their focus could largely be on their growth and development, working to achieve stability in both personal and professional settings. This could lead them to view their present as a passage to some future utopia. Rokeach's time perspective of belief systems

theory states that dogmatism will be higher for such individuals (Rokeach, 1954).This might indicate their attitude to not question preexisting doctrines and practices, leading to higher religious fundamentalism. It was observed that females scored higher on religious fundamentalism than males, indicating more traditional beliefs. This finding may be explained by the idea that women in India are more conditioned and pressured to follow religious doctrines. Moreover, women in India have an overall lack agency in several aspects of life such as such as decision-making abilities around accessing healthcare for themselves (Chattopadhyay & Chowdhury, 2024), which could potentially be a reason for why they rigidly abide by pre-existing religious values. Individuals affiliated with Islam scored highest on religious fundamentalism, followed by Christianity. Hinduism trailed both of these. Muslims and Christians might feel a stronger need to adhere to religious beliefs and preserve community identity because of their perceived experience of being discriminated against and marginalized. They are more likely than other groups to report recent experiences of religious discrimination (Mitchell & Mitchell, 2024). This adherence might form to a rigid system leading to high religious fundamentalism.

CONCLUSION

Analysing the influence of dogmatism and religious fundamentalism has highlighted their effects on an individual's gender role perceptions and beliefs. Higher levels of dogmatism and religious fundamentalism were linked to more traditional views on gender roles. Through a cross-sectional research design, this study has provided clear support in demonstrating the intricate interplay between dogmatism, religious fundamentalism and perception of gender roles among healthcare professionals. Implications of the study include multifaceted interpretation of the belief systems and gender roles theories to delineate consensual expectations among healthcare professionals. The reliability of self-report measures employed in this study might provide room for bias and social desirability effects on the obtained results. Future research may expand to larger sample size, employ mixed-methods approaches, and analyse other socio-demographical characteristics that the current study fails to investigate. Taken together, this research provides relevant acuity for healthcare systems, where such biases may reinforce workplace inequalities and hinder equitable patient care. Addressing these biases may provide room for targeted training interventions and advocative policies that could promote more inclusive environments.

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Table 1. Descriptive Statistics of the study participants on various demographic variables

Demographic Variables	Group	Gender		Total	Chi	df	p-value
		Female	Male				
Age group	21 - 25	20	27	47	13.3**	3	0.004
	26 - 30	20	5	25			
	31 - 35	20	6	26			
	36 - 40	10	6	16			
Religious Affiliation	Hinduism	44	27	71	0.0291	2	0.986
	Christianity	12	8	20			
	Islam	14	9	23			
Family type	Nuclear Family	59	42	101	3.34	1	0.068
	Joint Family	11	2	13			
Relationship Status	Married	17	5	22	4.45	2	0.108

	Unmarried	51	39	90			
	Widowed	2	0	2			
Locality	Urban	51	31	82	0.512	2	0.774
	Suburban	8	7	15			
	Rural	11	6	17			
Profession	Doctor	19	20	39	10.2*	4	0.037
	Nurse	13	13	26			
	Psychologist	17	6	23			
	Dentist	8	3	11			
	Dietician	13	2	15			
Highest Educational Qualification	HSE	5	2	7	5.24	3	0.155
	Bachelors	14	11	25			
	Masters	44	31	75			
	Doctorate	7	0	7			
Witnessed Gender Inequality in the Workplace (Recently)	Almost Always	14	5	19	2.83	4	0.587
	Often	9	5	14			
	Sometimes	18	14	32			
	Rarely	13	12	25			
	Never	16	8	24			
Working under a female manager/lead	Yes	38	27	65	0.052	1	0.457
	No	32	17	49			

Note: *p < 0.05 (significant), **p < 0.01 (significant), ***p < 0.001 (significant)

Table 2. Correlation Matrix among Dogmatism, Religious Fundamentalism, and Perception of Gender Roles

		Perception of Gender Roles	Religious Fundamentalism
Religious Fundamentalism	**Pearson's r**	– 0.309***	
	df	112	
	p-value	<.001	
Dogmatism	**Pearson's r**	– 0.424***	0.559***
	df	112	112
	p-value	<.001	<.001

Note: *p < 0.05 (significant), **p < 0.01 (significant), ***p < 0.001 (significant)

Table 3. Gender differences in Religious Fundamentalism scores

Religious Fundamentalism		**Male**
Female	Mean difference	6.81**
	p-value	0.004

Table 4. Differences in Age Groups in Perceptions of Gender Roles

Perception of Gender Roles		21-25
26-30	Mean difference	– 5.72**
	p-value	0.019

Table 5. Differences in Religious Affiliation in Religious Fundamentalism & Gender

Religious Fundamentalism		Hinduism
Islam	Mean difference	11.9**
	p-value	0.002
Christianity	Mean difference	3.18
	p-value	0.051

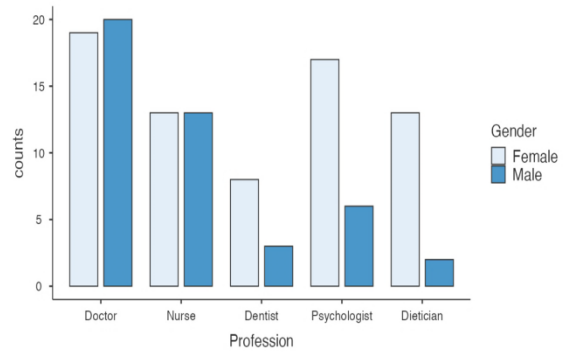

Figure 1. Bar chart depicting the gender differences in each profession.

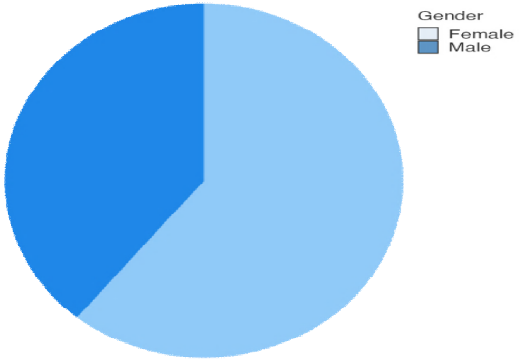

Figure 2. Pie chart depicting the gender differences of the whole sample.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Assessing Awareness towards Environment and Sustainability among Pre-Service Teachers

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Received: 18 Nov 2024 Revised: 20 Apr 2025 Accepted: 13 Jun 2025

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ABSTRACT

Climate change such as deforestation and pollution have become a global concern in the last few years, resulting in various efforts to increase environmental awareness and sustainability. This research paper has assessed pre-service teachers awareness and environmental attitude problems as they have a major part in evolving environmental attitude in our future generation. Mixed methodology was adopted by the researchers. Unstructured interview was used to take qualitative data and researcher took interview with 50 pre-service teachers.210 pre-service teachers from two universities and two-degree colleges of Lucknow district were select as Quantitative data. The researcher used Environmental Awareness and Sustainability Scale (EASS) for quantitative data collection. Non-Parametric test has been used to look over the data. The researcher divided the numbers on variables such as gender, locale, subject, parents' occupation, parents, and category, and the data was scrutinized using the Statistical Package for the Social Sciences (SPSS). Findings from the study show no difference in attitude based on gender, there is a significant difference in environmental awareness based on locale in terms of rural and urban, there is a variance in awareness from the educational opinion of view of suggested sector agriculture and non-agriculture, there is no effect on environmental awareness of pre-teachers and parents of students, but there is a difference in environmental awareness in terms of their government job and non-government professional sector, similarly we can say that in the category in which both women and men have the same educational education, due to which no difference is seen in environmental awareness. Through this research, the researcher advocates the need for policy enhancement and curriculum integration to prepare future teachers to make meaningful contributions to the society.

Keywords: Educational Awareness, Ssustainability and Pre-Service Teachers

INTRODUCTION

Environmental challenges have become a cause of concern in recent years due to rapid changes in the climate and ecosystem of the world. Various factors like population growth. industrialization and rapid economic development have led to the depletion of natural resources has severely damaged Earth's ecosystem's natural fabric (Maja &Ayano,2021); (Singh & Singh, 2017); (Awan,2013). The world is facing an economic problem associated with the rise in several natural disasters and pollution-related issues. To balance the damages caused by natural causes and human creation calamities United Nations, in the year 2015 proposed 17 sustainable goals. These goals have highlighted the need for alleviated poverty and deprivation and strategies that enhance health, education, and economic growth alongside climate change and the need to protect our forests and oceans. (United Nation, 2015) ; (Swamy et al.,2018).India is a populous and geographically diversified country that has faced various environmental challenges like air, water, and soil pollution (Kurunthachalam,2013);(Lal,2023) ;(Kumar,2019) ;(Parikh,2004). Deforestation and loss of biodiversity have resulted in adverse climate changes. Over the decade India as a country has faced an alarming increase in the number of natural calamities and pollution-related deaths. in order to cope with these issues government has come up with various incentives. One of the major steps taken by the government is integrating Environmental education into the curriculum and making up part of the education (Khademi, 2017) ;(Bhatia, 2020).Teachers play an important role in fulfilling or providing environment-sensitive education to the students, making them aware of how to preserve the environment sustainably, and creating a balance between environmental sustainability and the country's overall development (Kanaujia & Gorana, 2019).

To address the environmental issue effectively it is important to provide education to the next generation on sustainability and also to create awareness in current times lies on the shoulders of the novice or Pre-service teacher as well as in-service teachers. Their role in creating environmental awareness is important to values associated with the environment in the minds of the young generation. To do so these future educators must be equipped with knowledge about environmental problems there is a need to teach them about pedagogical skills and motivation so that they can integrate this topic into their subjects and classrooms. Therefore, the study has been done to assess the perception of future pedagogue towards environmental awareness and sustainability on the basis of their gender, locale, Subject, parents' education, parents' occupation, and category.

Due to increases in environmental challenges, there is an essential for improvement in environmental education and awareness in future teachers as they are important components in providing education to future generations (Türkoğlu, 2019). To effectively manage the various global problem such as climate change, pollution, deforestation, and biodiversity damage future educators must have conceptual thought fulness of the environmental issue and prepare themself with the skill that will help in fostering environmental literacy in the students. In recent years government has realized the standing of environmental tutoring and has made several policies to promote awareness and sustainability (Ardoin et al., 2020). National Green Corps which works on established Eco-Clubs in schools throughout the country. Likewise, the government has also tried to incorporate various aspects of environmental teaching in the NEP of 1986 and 2020 by making it part of the curriculum at all levels (Kalyani, 2020). Over the years NCERT has also included various aspects of the environment in their textbooks to provide support in raising awareness about the environment. In addition to this various teacher training programs are offered which offer specialized training for educators to effectively teach environmental education (Gopal & Anand, 2006); (Almeida & Mackenzie,2011) ;(Sharma & Sharma,2017).

To make a teacher conscious of their nature teacher training institutes play an important role in fostering environmental awareness and sustainability. These training institutions are important for providing education to pre–teachers by designing and delivering a curriculum that integrates the education connected with the environment (Allen & Wright, 2014). They provide learning materials and support. Teacher training institutes should focus more on active learning involving fieldwork and experimental education. There is also a need to integrate environment into subjects like science, social science, Biology, and geography. In addition to these regular seminars and

workshops are needed to make pre-teachers more sensitive toward the environment to encourage sustainability development. Teacher training institutes ensure that before entering the field as professional teachers they are equipped with all the strategies needed to effectively teach and integrate environment education in their pedagogy. Thus, the persistence of this research is to learn about the perception and attitude of Pre-service educators toward environmental education and sustainability. The role of novice teachers in creating eco-friendly mindfulness and providing teaching to the future generation is of utmost importance. As educators of the young generation, they are in the position to build a value system and knowledge needed to understand and address various environmental challenges. Thus, assessing environmental mindfulness and education among pre-service teachers is important to ensure their preparedness to perform well in their future endeavours.

Environmental education is important for promoting awareness and an understanding of establishing connectivity between human activity and the environment (Dillon & Herman, 2023). It empowers educators to help and encourage students to involve themselves in various sustainable practices and make decisions based on rational logical facts to make a meaningful impact on environment conservation and sustainability. Pre-service teacher training that gives importance to the environment is instrumental in leading future educators with the skill, knowledge, and attitude needed to inspire responsible behaviour in the student. Thus, this study has tried to Assessing Environmental Education and Awareness among Pre-Service Teachers.

Research Question

How factors like gender, locale, subject specialization, parents' education, parents' occupation, and social category effect the perceptions of pre-service teachers towards environmental awareness and sustainability?

Research Objectives

- To compare the mean rank of environmental awareness and sustainability of pre-service teachers belonging to their gender, locale, Subject, parents' education, parents' occupation and category.
- To evaluate pre-service teachers' confidence and preparedness in teaching environmental education and Sustainability.

Research Hypotheses

1. There is significant difference among pre-service teachers towards environmental awareness and sustainability on the basis of their gender.
2. There is significant difference among pre-service teachers towards environmental awareness and sustainability on the basis of their locale.
3. There is significant difference among pre-service teachers towards environmental awareness and sustainability on the basis of their subject.
4. There is significant difference among pre-service teachers towards environmental awareness and sustainability on the basis of their category.

Null Hypothesis

There is no significant difference between the mean rank of environmental awareness and sustainability of pre-service teachers belonging to their gender, locale, Subject, and category.

REVIEW OF LITERATURE

Pre-service teacher tutoring is likewise related to the acquiring of adequate knowledge, delight, and values that can enable teachers to build a successful environmental awareness integrative framework. In the context of teacher education, several studies on this subject have been made especially in exploring sustainability perspectives and environmental literacy among pre-service teachers as well as pedagogical approaches towards sustainable development. A study by Dolenc Orbanić & Kovač (2021) Their study indicated that most, trainee teachers who

contributed in this research had a high degree of understanding of environmental concerns and typically demonstrated good attitudes toward conserving the environment. It did so, however, without changing the attitudes of already enrolled teacher education students – this led to suggestions for more radical and engaging methods in environmental education program designs as a component of pre-service educator training. Urban populations, particularly in developing countries, often face significant environmental challenges. Nahar et al. (2022), explored environmental perceptions, attitudes, and awareness among city dwellers in Dhaka, Bangladesh, a rapidly growing metropolis with severe pollution issues. The study revealed moderate to high levels of environmental awareness regarding the causes and effects of pollution. However, it also found a considerable lack of practical knowledge, such as waste management practices, with only 18% of respondents being aware of proper garbage disposal methods. The study underscored the importance of targeted educational interventions to promote sustainable urban environmental management. Karpudewan, Ismail, & Mohamed (2020), investigated the understanding and awareness of sustainable development concepts among preservice teachers in Malaysia. Their research, involving 110 preservice teachers, found that while participants had some knowledge of traditional environmental concepts, their understanding of sustainable development was relatively low. Given the vital role of educators in promoting sustainability, the study emphasized the need for integrating more comprehensive and focused sustainability education in teacher training curricula to safeguard that future educators are well-prepared to educate students about sustainable development. McKeown-Ice (2014), surveyed 715 teacher education institutions across the United States to evaluate the existence of environmental education components in trainee educator teacher programs. The study revealed that most institutions had minimal requirements for environmental education, and the subject was not widely institutionalized within teacher training curricula.

This gap points to the necessity for more structured and consistent incorporation of environmental education in preservice programs to better equip future teachers to address environmental challenges. Tolppanen et al. (2021), examined the knowledge and perceptions of Finnish preservice teachers concerning climate change mitigation actions. There search found that participants generally had low levels of understanding of the influence of various mitigative actions and often misjudged the significance of high-impact versus low-impact. While there was some willingness to undertake low- and mid-impact actions, there was notable reluctance to engage in high-impact actions. The findings suggest that improving preservice teachers' confidence in their environmental knowledge could enhance their willingness to take more effective climate action, underscoring the importance of integrating climate education into teacher training. Sidekli & Aktay (2017), assessed environmental awareness among 742school teachers in Turkey. Their research found that the majority (74%) of participants were aware of environmental issues, with high levels of correct responses across multiple cognitive domains. These findings suggest a generally positive level of environmental awareness among Turkish preservice teachers, yet also indicate areas for further enhancement in teacher training programs to ensure comprehensive environmental education. Pérez-Rodríguez et al. (2017), standardized a scale to measure pre-service teachers' attitudes toward environmental education in Spain, focusing on their obligation to sustainability and participation in EE. The study included 889 Spanish pre-service teachers and demonstrated internal consistency (α = .804, glb = .875, U = .810).

The principal component investigation revealed a construction with five interrelated factors, while confirmatory factor analysis confirmed the scale's validity (χ^2/df = 1.47; CFI = .955; RMSEA = .033). This scale offers an effective instrument for measuring attitudes toward environmental education, contributing valuable insights into how pre-service teachers view their role in promoting sustainability in educational contexts. Damoah & Omodan (2023), provided a comprehensive review of the presence of environmental education in pre-service teacher training programs across universities. Their systematic review, which used the PRISMA technique, identified 19 articles that met the inclusion criteria. Findings indicate a significant lack of qualified teachers who can teach environmental education and an unclear structure of the environmental education curriculum in teacher training academies. The authors suggest that all teacher training institutions should make environmental education a compulsory module and organize workshops to enhance the capacity of teacher educators. This study underscores the need for systematic changes in the curriculum to ensure that future teachers are adequately prepared to address environmental issues. Keleş (2017), examined the attitudes of trainee educator science teachers toward sustainable environmental tutoring

at Aksaray University. Using a descriptive survey method and the "Sustainable Environmental Education Attitude Scale" (α = .93), the study found that trainee teachers' viewpoint were generally moderate and did not significantly differ by gender. However, attitudes varied significantly with grade level. These findings suggest that while environmental education is valued among pre-service teachers, more efforts are needed to enhance their attitudes and engagement with sustainability topics. Basheer et al. (2022), examined the awareness and attitudes of trainee educator and Israeli teachers in training toward green chemistry and sustainability. The study revealed generally low levels of mindfulness about green chemistry, but mostly positive perspective toward environmental teaching. Training teachers, especially those with over 10 years of experience, demonstrated higher knowledge levels compared to their less experienced counterparts. The study suggests a gap between awareness and positive attitudes, calling for further professional development and curriculum enhancements in teacher education programs.

METHODS AND MATERIALS

Research Design

The Mixed Method Design has been used by the researcher. Quantitative and Qualitative methods are used in this. The pre-service teachers' cognizance of environmental education and sustainability is evaluated using a quantitative method. The Qualitative approach has been used to get a deeper and better understanding of pre-service teachers on the given topic.

Population

The Study population comprise of Pre-service teachers from Lucknow District.

Sample size

The study comprised 210 pre-service teachers from two universities and two-degree colleges in rural areas have been taken as sample for the current study.

Sampling

The purposive sampling method has been adopted for Participant selection currently enrolled in the teacher education program.

Process of Data Collection

The Environmental Education, Sustainability, and Awareness Scale (EESAS) have been developed by the researchers to collect data from the subjects on the study about perception of pre-service teachers towards environmental awareness and sustainability. Also to have a deeper understanding of the topic unstructured interviews have been undertaken by the researchers.

RESULT

Quantitative Data Analysis

Major Null Hypothesis

There is no significant difference between the mean rank of environmental awareness and sustainability of pre-service teachers belonging to their gender, locale, Subject, parents' education, parents' occupation and category.

Specific Null Hypothesis 1

There is no significant difference between the mean rank of environmental awareness and sustainability of pre-service teachers on the basis of their gender.

Table No. 3 The Mann-Whitney U-value is a significant 4307.000. The statistics show that there are significant variations in mean Environmental Awareness scores between pre-service male and female teachers. The null hypothesis, states that there is no observable variance in the mean ranks of pre-service teachers who are male and female, is therefore rejected. As a result, pre-service male and female teachers demonstrated differing levels of environmental knowledge. The Mann-Whitney U-value is a significant 4307.000. The statistics show that there are significant variations in mean Environmental Awareness scores between pre-service male and female teachers. The null hypothesis, which states that there is no observable difference in the mean ranks of pre-service teachers who are male and female, is therefore rejected. As a result, pre-service male and female teachers demonstrated differing levels of environmental knowledge.

Table No. 3, Shows that Mann-Whitney Value of 4787.00 is not significant. It indicates that the mean ranks of Sustainability of male and female pre-service educators do not vary significantly. Thus, as per null hypothesis, there has been no significant difference in the mean of Sustainability of male and female pre-service teachers has not been rejected. Thus, it can be said that male and female pre-service teachers have found sustainability to an equal extent

Specific Null Hypothesis 2

There is no significant difference between the mean rank of environmental awareness and sustainability of pre-service teachers with reference to their locale. It is clear from Table No. 6 that the Mann-Whitney U-value is a substantial 2664.500. The data suggests that there are notable differences in the mean ranks of Environmental Awareness scores between pre-service urban and rural teachers. The null hypothesis, according to which there is no discernible difference in the mean ranks of trainee teachers who are from urban and rural areas, is thus rejected. Based on result, it may be said that trainee teachers who were from urban and rural areas had varying degrees of environmental awareness. From Table No. 6, it can be seen that the Mann-Whitney U-value is 3318.500 which is significant. It indicates that the mean ranks of Sustainability of rural and urban pre-service teachers differ significantly. Therefore, null hypothesis which positions that there is no discernible difference in the mean Sustainability rankings of pre-service teachers in urban and rural areas Resulting in the rejection of the hypothesis. Therefore, it is possible to assume that trainee teachers in rural and urban areas demonstrated varying degrees of sustainability. Specific Null Hypothesis 3: There is no significant difference between the mean rank of environmental awareness and sustainability of pre-service teachers with reference to their subject.

Table No. 9 show that the Mann-Whitney U-value is a substantial 3301.500. The data suggests that there are notable differences in the mean ranks of Environmental Awareness scores between pre-service teachers who studied Agriculture as a subject and those pre-service teachers who are from non-agriculture field. The null hypothesis, according to which there is no discernible difference in the mean ranks of pre-service teachers who studied Agriculture subject and those are from non-agriculture subjects, is thus rejected. It can be concluded that pre-service teachers who were from Agriculture and Non-Agriculture subjects had varying degrees of environmental awareness. Table No. 9 demonstration show that the Mann-Whitney U-value is a substantial 3981.000. The data suggests that there are notable differences in the mean ranks of Sustainability scores between pre-service teachers who studied Agriculture as a subject and those pre-service teachers who are from non-agriculture field. The null hypothesis, according to which there is no discernible difference in the mean ranks of pre-service teachers who studied Agriculture subject and those are from non-agriculture subject, is thus rejected. Based on the results, it may be said that pre-service teachers who were from Agriculture and Non-Agriculture subjects had varying degrees of Sustainability.

Specific Null Hypothesis 4

There is no significant difference between the mean rank of environmental awareness and sustainability of pre-service teachers on the basis of their category. From Table No. 12, it can be seen that the Mann-Whitney U-value is1507.500 which is not significant. It indicates that the mean ranks of Environmental Awarenessof those pre-service teachers who belong to the reserved category and those who are from the unreserved category do not differ

significantly. Thus, the null hypothesis that there is no significant difference in mean ranks of Environmental Awareness of pre-service teachers of the reserved category and those from the unreserved category is not rejected. It might, therefore, be said that those pre-service teachers of the reserved and unreserved category were found to have Environmental Awareness in the same extent. From Table No. 12, it can be seen that the Mann-Whitney U-value is1622.000 which is not significant. It indicates that the mean ranks of Sustainability of pre-service teachers of reserved and unreserved category do not differ significantly. The null hypothesis, states that there is no apparent distinction between the mean Sustainability rankings of pre-service teachers in the reserved and unreserved categories, is therefore not rejected. Therefore, it can be concluded that pre-service teachers in the reserved and unreserved categories both exhibited the same level of sustainability.

Qualitative Data Analysis

Objective To evaluate pre-service teachers' confidence and preparedness in teaching environmental education and Sustainability.

Pre-service teachers are important for providing environmental tutoring and sustainability to tackle global environmental challenges like climate change. During the interview, many teachers expressed interest in teaching their subject as one of them stated *"It's more important now than ever, with climate change becoming a bigger issue." Despite* of them being enthusiasm, they found themselves self-underprepared for teaching due to a lack of training and limited hands-on experiences during their teacher training program, which has been highlighted from the responses of one Respondent who said *"I don't feel very confident because we didn't cover it much in our training,*". Due to a lack of practical experiences and access to the resources they are unable to engage students effectively. This issue was highlighted in the words of another respondent who expressed "I wish we had more lesson plans focused on sustainability." All these responses showcased disconnect between their interest in teaching sustainability and their actual preparedness. All these responses have been supported by Karpudewan, Ismail, and Mohamed (2020) and similarly, McKeown-Ice (2014). Their findings revealed that most institutions had minimal requirements for environmental education, and it was not widely institutionalized in their curricula.

DISCUSSION

Teachers play a critical role in incorporating environmental sustainability into higher education curricula and equipping students to address environmental issues on a global scale. The investigator's goal in this research was to demonstrate the various ways that pre-service instructors contribute to raising student understanding of environmental sustainability through pedagogy. Because teachers in both classes take a similar approach to environmental education, the researcher's study on environmental sustainability awareness among pre-service teachers in higher education institutions revealed no differences in the opinions of men and women regarding this awareness based on class. When comparing rural and urban areas, it was discovered that those who live in countryside areas are more connected to their environment as a profession and are aware of its conservation, while those who live in urban areas are less able to pay attention to environmental awareness due to their lack of connection to the environment. In a similar vein, research on the topic of teaching revealed that educators who work in the agricultural sector not only prioritize environmental consciousness but also endeavour to disseminate it through teaching and instruction. People in the non-agricultural sector are unable to focus on environmental awareness, even though they are aware of the environment because they do not work in this industry. From a professional perspective, it is evident that parents of students who work for the government are less able to pay attention to environmental awareness because of the work system; in contrast, professionals who do not work for the government are aware of the environment because it directly affects their primary line of work. Following this, it is recognized that there is no difference between the environmental awareness scores of pre-service and in-service teachers because higher education teachers are trained professionals who understand the value of environmental education for modern society and the environment. To this end, they regularly organize awareness campaigns, plant trees, and other initiatives. They are essential to the nation and society as teachers as well. Thus, the researcher

examined the various dimensions in his paper and stressed the need for pre-service teachers in higher education institutions to receive extra attention on environmental sustainability awareness in order for them to focus more on environmental sustainability and awareness and to become more environmentally conscious.

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Table 1: Ranks

	Gender	N	Mean Rank	Sum of Ranks
Environmental Awareness	Male	131	98.88	12953.00
	Female	79	116.48	9202.00
	Total	210		
Sustainability	Male	131	108.46	14208.00
	Female	79	100.59	7947.00
	Total	210		

Table 2: Test Statistics

	Environmental Awareness	Sustainability
Mann-Whitney U	4307.000	4787.000
Wilcoxon W	12953.000	7947.000
Z	-2.045	-.910
Asymp. Sig. (2-tailed)	.041	.363
a. Grouping Variable: Gender		

Table 3: Gender-wise Mean Ranks, N and Mann-Whitney U--values of Environmental Awareness and Sustainability of Pre-Service Teachers

Variable	Gender	Mean Ranks	N	Mann-Whitney U-values	Remark
Environmental Awareness	Male	98.88	131	4307.000	P>0.05
	Female	116.48	79		
Sustainability	Male	108.46	131	4787.000	P<0.05
	Female	100.59	79		

Table 4: Ranks

	Locale	N	Mean Rank	Sum of Ranks
Environmental Awareness	Urban	143	90.63	12960.50
	Rural	67	137.23	9194.50
	Total	210		
Sustainability	Urban	143	115.79	16558.50
	Rural	67	83.53	5596.50
	Total	210		

Table 5: Test Statistics

	Environmental Awareness	Sustainability
Mann-Whitney U	2664.500	3318.500
Wilcoxon W	12960.500	5596.500
Z	-5.209	-3.592
Asymp. Sig. (2-tailed)	.000	.000
a. Grouping Variable: Locale		

Table 6: Locale -wise Mean Ranks, N and Mann-Whitney U--values of Environmental Awareness and Sustainability of Pre-Service Teachers

Variable	Locale	Mean Ranks	N	Mann-Whitney U-values	Remark
Environmental Awareness	Urban	90.63	143	2664.500	p>0.05
	Rural	137.23	67		
Sustainability	Urban	115.79	143	3318.500	p>0.05
	Rural	83.53	67		

Table 7: Ranks

	Subject	N	Mean Rank	Sum of Ranks
Environmental Awareness	Agriculture	118	123.52	14575.50
	Non-Agriculture	92	82.39	7579.50
	Total	210		
Sustainability	Agriculture	118	117.76	13896.00
	Non-Agriculture	92	89.77	8259.00
	Total	210		

Table 8: Test Statistics

	Environmental Awareness	Sustainability
Mann-Whitney U	3301.500	3981.000
Wilcoxon W	7579.500	8259.000
Z	-4.894	-3.317
Asymp. Sig. (2-tailed)	.000	.001
a. Grouping Variable: Pedagogy		

Table 9: Subject -wise Mean Ranks, N and Mann-Whitney U--values of Environmental Awareness and Sustainability of Pre-Service Teachers

Variable	Subject	Mean Ranks	N	Mann-Whitney U-values	Remark
Environmental Awareness	Agriculture	123.52	118	3301.500	p>0.05
	Non-Agriculture	82.39	92		
Sustainability	Agriculture	117.76	118	3981.000	p>0.05
	Non-Agriculture	89.77	92		

Table 10: Ranks

	Category	N	Mean Rank	Sum of Ranks
Environmental Awareness	Reserved	101	106.47	10753.00
	Unreserved	109	104.61	11402.00
	Total	210		
Sustainability	Reserved	101	102.12	10314.50
	Unreserved	109	108.63	11840.50
	Total	210		

Table 11: Test Statistics

	Environmental Awareness	Sustainability
Mann-Whitney U	5407.000	5163.500
Wilcoxon W	11402.000	10314.500
Z	-.223	-.776
Asymp. Sig. (2-tailed)	.824	.438
a. Grouping Variable: Category		

Table 12: Category-wise Mean Ranks, N and Mann-Whitney U--values of Environmental Awareness and Sustainability of Pre-Service Teachers

Variable	Category	Mean Ranks	N	Mann-Whitney U-values	Remark
Environmental Awareness	Reserved	106.47	101	1507.500	P<0.05
	Unreserved	104.61	109		
Sustainability	Reserved	102.12	101	1622.000	P<0.05
	Unreserved	108.63	109		

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Dynamics of Crop Diversification in Himachal Pradesh : A Review

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Received: 02 Oct 2024 Revised: 08 May 2025 Accepted: 20 Jun 2025

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ABSTRACT

The agricultural landscape of Himachal Pradesh has witnessed significant transformations over the years, marked by shifts in cropping patterns towards high value crops, income structures, and employment diversification across various regions. Crop diversification has emerged as a promising avenue for mitigating income uncertainties, reducing risk of crop failure among smallholder farmers, aids poverty reduction, generates employment, and supports environmental conservation. Various factors influence shape and nature of crop diversification such as landholding size, irrigated area, and market infrastructure. Other crucial determinants include market proximity, farmer experience, literacy rates, and access to credit, technological advancement, and climate-related factors at the state level play crucial roles. Understanding the determinants of crop diversification is essential for identifying the primary factors driving agricultural practices in specific regions.

Keywords: High value crops, Diversification, Income, Employment,

INTRODUCTION

In Indian agriculture, despite the significant progress made by green revolution of the 1960s still exist continued dominance of marginal and small farmers, rural poverty, seasonal and disguised unemployment, reliance on monsoons, and inadequate mechanization etc (Deogharia, 2018). These factors collectively hinder the development of agriculture, especially in terms of diversifying into high-value crops (Acharya *et al.*,2011).Emerging challenges can be met more effectively through diversifying agriculture towards more competitive and high-value commodities as a crucial strategy to achieve multiple objectives such as augmenting farm income, stabilizing income flows, generating employment, increasing efficiency in resource utilization, securing food and nutritional security, alleviating poverty,

and conserving precious soil and water resources (Chand, 1996; Joshi *et al.,* 2004;Kumar and Mathur, 1996; Barghouti *et al.*, 2005;Joshi *et al.*, 2006). Himachal Pradesh has transformed into a hub for fruit cultivationand off-season vegetable production (Lokesh and Singh, 2014). The shift towards diversifying agriculture with fruits and vegetables began back in the late 1960s and has steadily progressed since then (Sharma, 2011). Crop diversification has wide-ranging benefits, not only in terms of economic gains but also in enhancing the well-being of rural communities and promoting sustainable agricultural practices (Mugendi, 2013). At the macro or state level, the positive impact of crop diversification is seen in Himachal Pradesh through improvements in various socio-economic indicators. These improvements are notable not only in comparison to other mountainous regions but also when compared to more developed states across the country. Thus crop diversification has played a significant role in enhancing the overall socio-economic landscape of Himachal Pradesh (Sharma and Chauhan, 2008). Additionally, crop diversification helps alleviate stress on the natural resource base, which is crucial for the sustainability of hill agriculture (Vyas, 1996; Sharma, 2005; Singh *et al.*, 2018). The importance of adopting sustainable agricultural practices that not only enhance economic viability but also contribute to the long-term ecological resilience of hill regions like Himachal Pradesh (Singh, 2017; Guleria 2018; Sharma *et al.*, 2018). The state's success in this sector offers valuable insights into agricultural development strategies that can be replicated elsewhere. Exploring and analysing this growth and diversification at both the state and district levels could reveal significant patterns and factors contributing to this success. Understanding the dynamics behind this transformation could inform policies and initiatives aimed at promoting agricultural diversification and sustainable development in other regions facing similar geographical challenges. The Himachal Pradesh Crop Diversification Promotion Project, undertaken from 2011 to 2021, a collaborative effort between the Government of Himachal Pradesh and the Japan International Cooperation Agency-Official Development Assistance (JICA-ODA) focuses on advancing crop diversification in five districts of Himachal Pradesh: Bilaspur, Hamirpur, Kangra, Mandi, and Una (Anonymous 2016). The project's core objectives include the enhancement of agricultural infrastructure, such as irrigation systems and farm access roads, as well as capacity-building programs for farmers. These programs cover various aspects, including vegetable cultivation techniques, improving food grain yields, post-harvest management practices, and bolstering extension services provided by the Department of Agriculture and allied sectors. Through these concerted efforts, the project aims to foster sustainable agricultural practices and contribute to the economic development of the region(Gummagolmath *et al.*, 2020).

Agricultural Diversification and Its Types

One common definition of crop diversification involves adding more crops to a farming system (Adjimoti*et al.*, 2017) or replacing low-value crops with high-value ones, like fruits and vegetables for export (Clements *et al.*, 2011). Another types of diversification include mixing crops with livestock known as mixed farming(Bacon *et al.*, 2014), or planting crops with trees usually defined as agroforestry (Altieri*et al.*, 2015), or focusing on cash crops like cashew and coffee. Here's a non-exhaustive list summarizing the primary advantages and characteristics of various crop diversification systems:

Trends of Crop Diversification in Himachal Pradesh

Bala and Sharma's (2005) study revealed a significant shift in the cropping pattern, where vegetable crops have largely replaced traditional cereal crops. This transition to vegetable cultivation, characterized by relatively short-term growing cycles, has led to an increase in cropping intensity, meaning that farmers are able to cultivate their lands more frequently. The labour-intensive nature of vegetable farming has also resulted in more employment opportunities in rural areas. Additionally, the study reported a substantial rise in agricultural income per farm, with growth recorded at 33.20%.Raj's (2010) findings revealed a noteworthy trend of high crop diversification among tribal areas and small-scale farmers. However, over the period between 1980-90 and 2004-05, there was a concerning decline in crop diversity in both regions of the state. This reduction in the number of crops grown indicates a shift towards monoculture or a limited range of crops.Devi and Prasher (2019) revealed a remarkable trend towards diversification, particularly towards high-value cash crops, across most districts. The increase in the area under non-foodgrains ranged from 17.18% to 57.47% over period 1972-73 to 2011-12. This shift towards high-value cash crops emphasis on changing agricultural landscape in the state. Rashmi *et al.* (2020) examined the growth performance of major crops in Kangra District and Nagrota Bagwan block of Himachal Pradesh. The study observed a noticeable

increase in both the area under cultivation and the production of vegetables in Kangra and Nagrota Bagwan block. The percentage increase in vegetable area over the study period (2007-08 to 2016-17) was remarkable, with increases of 176% and 223%, respectively in study area. Gummagolmath*et al.* (2020) foundthat following the implementation of the HPCDP project, there was a substantial increase in the area under vegetable cultivation. Specifically, the area increased by 232% in the rabi season and 328% in the kharif season. This indicates a strong shift towards vegetable farming in response to project interventions. Conversely, the area under traditional crops such as paddy, wheat, maize, and barley declined significantly after the project intervention. The majority of respondents reported an increase in annual income due to crop diversification. Moreover, Dhanta and Negi (2018) investigated the levels of crop diversification and growth in Himachal Pradesh over a span of 44 years, 1972-73 to 2015-16. By using Herfindahl-Hirschman's Index (HHI), the study revealed that Shimla district exhibited a moderate level of diversification, followed by Kullu and Sirmour districts. Conversely, Hamirpur, Una, and Bilaspur were identified as the least diversified districts. Vegetables, spices, apple, and other fruits turned out to be prominent crops in the state. There is a clear emphasis on diversification toward high-value crops, which has slower growth rate of traditional cereals like wheat, barley, and other cereals. These findings indicate heterogeneous nature of agricultural practices across different regions of Himachal Pradesh. Moreover, they suggested the necessity of adopting practical marketing strategies, especially for highly perishable fruits and vegetables, to optimize the benefits of diversification.

Chaudhary and Singh (2020) studied the growth in terms of area, production and productivity of all foodgrains and non-foodgrains over three decades, 1991-92 to 2017-18. The analysis found a peculiar shift in the cropping pattern of agricultural commodities with a decrease in the area under foodgrains and increase in the area under high-value crops in the state. Districts with favourable farming conditions moved away from cereal-based crops to temperate fruits and vegetables for commercial purposes. Likewise, Singh *et al.* (2022) study found a significant expansion in fruit crop cultivation in Himachal Pradesh over the study period, with the area under fruit crops increased from 1,62,257 hectares in 1990-91 to 2,24,544 hectares in 2020-21. Districts such as Shimla, Kangra, Mandi, and Kullu emerged as the primary fruit-growing regions, collectively constituting 68.37% of the total area under fruit crops. The study identified Kinnaur, Kullu, Shimla, and Lahaul districts as having the highest concentration of area under fruit crops. Conversely, districts like Hamirpur, Solan, and Una have registered lower concentrations of fruit crops. Himachal Pradesh exhibits a moderate level of diversification in fruit crop cultivation, with the diversification index declining slightly from 0.67 in 1990-91 to 0.53 in 2020-21.

Contribution of Crop Diversification to Income and Employment

This section evaluates how crop diversification contributes to income generation and employment opportunities in the agricultural sector. The main crop diversification strategies identified in the literature include crop rotations, mixed farming, diversification into high-value crops (mainly fruits and vegetables), and the adoption of modern farming technologies. Numerous studies emphasize the benefits of agricultural diversification, especially towards high-value crops and horticulture, in significantly boosting farmer income and creating more employment opportunities. Chand (1996) suggested that diversification modifies cropping patterns and boosts farmer income and employment. Prasad et al. (1996) found that diversification into horticulture required relatively minimal investment while leading to higher income and increased employment opportunities in agriculture. Similarly, Sharma (2000) noted that diversification served multiple purposes, such as boosting income, creating more employment, stabilizing income, and conserving natural resources. Furthermore, Saini et al. (1998) demonstrated that integrating diverse activities, such as milch animal rearing, poultry farming, and floriculture, significantly enhanced agricultural income and employment in Himachal Pradesh, even in areas with poor land resources and an excess of human labor.Wani (2011) found that the hilly states have a lot of potential to accelerate agricultural growth through diversification from low to high value crops. Hill Ecosystem offersample opportunities to boost farm income and generate employment for local farmers.

Determinants of Crop Diversification

The determinants of crop diversification in Himachal Pradesh's agricultural system are multifaceted, as highlighted by various studies. Girish and Mehta (2003) found significant differences in cropping patterns, income structures,

and employment diversification between large and small farms, and between irrigated and unirrigated areas. Large farms tend to have more diverse crops, income, and employment patterns in irrigated areas, while small farms show greater employment diversification in unirrigated regions. Unirrigated areas, in general, have more diversified employment patterns. Key determinants of income diversification include farm size, fragmented holdings, tenancy, family size, and the age of the family head, regardless of farm type or irrigation status.Devi and Prasher (2018) identified average landholding size, irrigated area, and regulated market infrastructure as key determinants positively correlated with crop diversification, emphasizing the importance of supportive agricultural infrastructure. Singh *et al.* (2020) expanded on this, identifying factors such as market proximity, farmer experience, literacy rates, and farm size, among others, as significant indicators of diversification index in farming, focusing the need for targeted interventions to promote diversification. In addition, Singh *et al.* (2022) highlighted the complex interplay of climatic factors like rainfall and temperature alongside demographic factors like population density and farm labour availability in shaping crop diversification trends. Shibani et al. (2023) revealed several key factors that positively and significantly influenced crop diversification. These included farm size, age of the household head, access to market information, credit, family size, extension services, and irrigation availability. Additionally, variables such as farming experience, farm size, market information, family size, and extension services were found to have a positive and significant effect on crop diversification. The results from Principal Component Analysis (PCA) indicated that the availability of High Yielding Variety (HYV) seeds, chemical fertilizers, irrigation facilities, land holdings, and government subsidies and policies were significant drivers behind changes in the cropping pattern.Similarly, Sood and Kumar (2022) emphasized the pivotal role of technological advancements, including the adoption of high-yielding variety (HYV) seeds, fertilizers, pesticides, and improved cultivation techniques, in enhancing agricultural productivity.

Emerging challenges

Sarial (2019) provided a comprehensive overview of the agricultural landscape in Himachal Pradesh, highlighting both the potential for diversification and the challenges faced by farmers in the region. The state's diverse agro-climatic conditions indeed offer a wide range of opportunities for cultivating various crops and engaging in different agricultural enterprises. Progressive diversification efforts in certain pockets of the state have demonstrated significant economic growth and transformation, indicating the potential benefits of such initiatives. However, widespread challenges such as declining yields, natural resource depletion, and climate change threaten agricultural sustainability and livelihoods across the region. Despite increased production, farmers face declining yields, inadequate infrastructure, and price volatility, leading to difficulties in obtaining fair prices for their crops. The absence of essential facilities like food processing units and cold storage exacerbates these challenges (Sharma and Sharma, 2019). Moreover, irrigation constraints, fluctuating prices, and environmental threats further compound the difficulties faced by farmers, as highlighted by (Devi et al. 2020). Of particular concern is the escalation of diseases and pests, which necessitates heightened chemical dependency and leads to environmental degradation. Thakur and Sheetal's (2024) findings highlighted the critical issues related to seed quality, input costs, and pest management in cash crop production, emphasizing the urgent need to address these challenges. Safeguarding farmers' livelihoods and ensuring the environmental sustainability of agricultural diversification efforts in Himachal Pradesh requires concerted efforts to mitigate these pressing issues.

CONCLUSION

This review concludes the transition towards high-value crops in Himachal Pradesh over years. This shift is indicative of a strategic response by farmers to various economic, social, and environmental factors. The transition towards high-value agricultural commodities is influenced by a multitude of factors, as highlighted in various studies focusing on Himachal Pradesh's agricultural system. Moreover, various studies on the determinants of crop diversification concludedthat there were a range of technological, infrastructural, climatic, and demand-supply factors that collectively influence the process of crop diversification at the state level. The major factors responsible for crop diversification reported in most of the studies were irrigation facilities, use of chemical fertilizers, and

market density, and rainfall,average size of land holding, mechanization and per capita income. A few studies have delved into the challenges confronting farmers such as lack of irrigation facilities, small land holdings, fluctuating prices, distant markets, wildlife threats, diseases, pests attack and irregular monsoons etc. Overall, these findings collectively emphasis the multifaceted nature of agricultural diversification and highlight the need for comprehensive policy measures addressing both socio-economic and environmental determinants to foster sustainable agricultural development.

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Table.1: Agricultural Diversification and Its Types

Types of diversification	Main Characteristics	Main Advantages
Increased structural diversity	Cultivating various crops in the same field, e.g., strip intercropping: planting various crops in narrow strips, allowing them to interact while still enabling independent cultivation.	Increased resilience; diversified income.
Non-crop vegetation in diversified field	Planting weed strips or vegetation banks within fields.	Pest control, nutrient cycling.
Genetic diversity in monoculture	Introducing multiple varieties of the same species in monoculture	Resistance to pests or diseases.
Polyculture	Growing two or more crop species together in the same field, spatial and temporal diversity of crops.	Enhanced resilience, biodiversity.
Crop rotations	Alternating crops over time and space.	Improved soil health, pest management.
High-value crops	Transition from less profitable crops to those with higher market demand.	Enhanced income; access to lucrative markets.
Mixed farming	Integration of crop and livestock components within the same farming system.	Synergistic benefits between crops and livestock; efficient nutrient cycling.
Agroforestry	Growing crops and trees togetheron the same land.	Enhanced soil fertility; diversified income.
Mixed landscapes	Cultivating crops, trees, or livestock on large scales within the same area.	Increasing productivity, sustainability.

Source: Modified from Lin (2011) and Feliciano (2019)

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Effect of Sun Drying on the Physiochemical and Bioactive Attributes of *Beta vulgaris* L. (Beet Greens)

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Received: 15 May 2025 Revised: 28 May 2025 Accepted: 24 Jun 2025

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ABSTRACT

This study has been carried out to compare the antinutritional factors and functional groups of the fresh and the sun-dried beet greens. The fresh beet greens were procured and were analyzed physically [length (31.46 cm) and width (9.34 cm)]. It is sorted, cleaned, washed and sun-dried (5 -7 days). The dehydration ratio (16.54) and rehydration ratio (277.6) are measured. The shrinkage corresponding to the moisture content and size (total shrinkage) were found to be 504% and 151.99% respectively. The anti-nutrients (oxalate, phytate, tannin) were compared in fresh and dried beet greens. The oxalate is 1412.0mg/100g, phytate is 61.0mg/100g and tannin is 94.0mg/100g in fresh beet greens and 1243.0mg/100g of oxalate, 42.0mg/100g of phytate and 89.0mg/100g of tannin in the dried beet greens. The functional groups and chlorophyll content were also compared using FTIR spectrometry and UV-Visible spectroscopy. This study provides a novel comparison of anti-nutritional factors highlighting its significant reduction after processing and uses FTIR spectroscopy uniquely for characterizing the changes in functional groups occurring during processing. These findings contribute to the utilization of under-utilized beet greens during off-season and serve as a sustainable, antioxidant rich powder for functional food applications.

Keywords: Beetroot leaves, Sun drying, Anti-Nutrients, FTIR Spectroscopy, Physiochemical properties

Highlights

- Utilization of under-utilized, underexploited beet greens to enhance nutritional values in food formulations.
- Significant reduction of anti-nutrients by sun-drying, enhancing bioavailability of key nutrients.
- Functional group (structural) alterations analyzed by FTIR spectroscopy due to thermal processing.
- Chlorophyll content sensitivity analyzed via UV-Vis Spectroscopy due to drying conditions.
- Physical and the flow properties are analyzed that supports the use of dried beet greens powder as a functional ingredient.

INTRODUCTION

Beet Greens (*Beta vulgaris* L.) usually belongs to *Chenopodiaceae* family generally natives from Asia and Europe. The stalk and leaves are usually cut off and thrown away. But comparatively it has more nutritional values than the root. These are under-utilized in various regions as many are unaware about its nutritional benefits. Beet greens are nothing but the leaf portion of the beet root plant. It can be used in a stew, can be shredded and used in a salad, can be made into juice. It can also be consumed by boiling, steaming, roasting and braising (Subhash B *et al*., 2015 and Anupama Kaushik and Kavita., 2020).

Beet greens has a high source of protein, carbohydrates, fiber, vitamins, minerals and antioxidants. The vitamins include A, B6, C (ascorbic acid) and E (tocopherol), minerals include iron, calcium, magnesium, potassium and copper and natural antioxidants includes retinol and β-carotene. These are also considered to have more iron than spinach (Biondo *et al*., 2014 and). The vitamins such as A, C and K supports the bone health, retina health, boosts immune system, cardiovascular health, blood clotting and reduces neuron damage in brain. The vitamin B6 in the beet greens plays a crucial role in the production of RBC and neurotransmitters. The potassium, calcium and magnesium strengthens bones, helps relaxes blood vessels, improves blood flow and reduces blood pressure (Jaya Sinha et al., 2024). Although the beet greens are nutrient-dense and have potential health benefits, still the biochemical and structural changes of the beet green during cost effective sun-drying method is unexplored for which the study have been conducted. The study investigates the functional group alterations using FTIR spectroscopy and the anti-nutrients such as oxalate, phytate and tannin and relates them with the nutritional quality, potential improvements in their bioavailability and utilization during off season.

Structure of the study

Selection and procurement of raw ingredients

The fresh beet greens were obtained from the local farmers of Kotagiri, Tamil Nadu as it is cultivated there widely.

Authentication of the Beet Greens

The obtained beet greens were tested and an authentication certificate was obtained from the Botanical Survey of India (BSI), TNAU, Coimbatore, Tamil Nadu. The beet green variety used for the analysis was identified as *Beta vulgaris* L. of Amaranthaceae family.

Physical Parameters of the Fresh Beet Greens

The physical parameter of the leaves is measured to ensure the quality, freshness and suitability for consumption. The colour of the fresh beet leaves are green with red coloured stem. The colour and texture of the leaves shows if the leaves are pests infected or if there is any nutritional deficiencies. The length and width of the leaves helps in measuring the light absorbing efficacy and photosynthesis ability. The parameters such as moisture content and size help in estimating the environment in which the plant grew. These parameters also help in identifying the leaf's ability to be fit for consumption.

Length of Fresh leaves

This helps in determining the how much light exposure the leaves get. The longer the length the higher the extent of light exposure. The length of the leaf acts as a growth and photosynthetic potential indicator. Stunted leaf often is the result of stress in the environment which makes the plant prone to pests, microbes and nutritional deficiencies in-turn helping in the problem diagnosis. The length of the leaf is useful in differentiating the vivid species. The length of the beet greens is measured using a ruler.

Width of the Fresh leaves

The width along with the length of the leaf helps in determining the leaf area which in-turn determines the transpiration and photosynthetic surface area and also balances the water loss and light absorption. Narrower leaves are due to the environmental stress such as drought, nutrient inadequacy and microbial infections. Sometimes narrow leaves are also formed to minimize water loss and overheating. The width of the beet greens is measured using a precisely marked ruler.

Shrinkage corresponding to the Moisture content

Moisture content is the amount of water content present in the food ingredient or product. The loss of water or moisture in the leaf can be detected by the visible shrinkage of leaves. When the water in the leaf is removed or lost, the internal pressure in the cells drops down causing the cells to shrink or contract. This can be estimated by checking the fresh and dry weight of the beet greens.

$$\text{Moisture content (\%)} = \frac{\text{Fresh instant weight} - \text{Dry weight}}{\text{Dry weight}} \times 100$$

Shrinkage corresponding to the Size

This is also called a dimensional shrinkage, where the shrinkage is estimated by measuring the size of the fresh and dried leaves. It is the relationship between the dimensions such as length, width and leaf area and the water loss. The leaf shrinkage might not be distributed uniformly. The lengthwise shrinkage is more noticeable as the veins run in the longitudinal direction and the water loss at first affects those cells by turgor pressure whereas water loss in widthwise causes to lose lateral elasticity of the leaf tissue.

$$R\ (\%) = \frac{\text{Size difference}}{\text{Initial size}} \times 100$$

(Salaheddine Essaghi*et al*., 2016)

Processing the Beet Greens

Fresh beet greens were obtained and were sorted to remove any damaged, unwanted or decayed parts. Then the sorted leaves were washed well in hot water for 3 – 5 minutes to remove any impurities and dirt. It is dried of any excess water and then the leaves were sun dried for 5 to 7 days. When the leaves were found to be completely dry, it is then grind into fine powder and passed through a mesh into a fine powder to obtain a uniform and smooth texture.

Physical parameters of the dried beet greens (powder)

The stability, quality and shelf-life of the sun-dried beet greens can be ensured by analyzing certain physical parameters. The sun-dried beet greens powder is green in colour giving out fresh, earthy and grassy aroma. The sun-dried beet greens are also determined for its moisture loss and reabsorbing capacity, clumping efficacy and flow ability.

Dehydration ratio

The dehydration ratio is calculated based on the fresh weight and dry weight to know how much water is reduced during drying. The removal of water in the beet greens causes drying which can be achieved by various methods. In this study, sun drying method is used to dry the leaves. The presence of high temperature increases the transpiration

and evaporation rates whereas wind removes the surface water accelerating the drying process and the low humidity reduces moisture in air causing rapid water loss. Proper dehydration causes the leaves to become crackly and dry.
Dehydration ratio = $W_2/W_1 \times 100$

Where,
W2 is the Weight of the sample after drying
W1 is the Weight of the sample before drying
(Naimish Gupta and Shukla RN., 2017)

Rehydration ratio
The rehydration ratio is evaluated to analyze the reconstitution of dried slices to its previous form. When optimum temperature and humidity is provided the leaves regains its original form. When adequate water is available the pores (stomata) reopen, taking up the water, filling up the vacuoles and regain its shape and firmness. After a successful rehydration the leaves will be no longer wilted and also gets its original colour to a certain extent.
Rehydration ratio = $W_2/W_1 \times 100$

Where,
W2 is the Weight of the rehydrated sample, g
W1 is the Weight of the dehydrated sample, g
(Naimish Gupta and Shukla RN., 2017)

Angle of repose (dried beet greens powder)
Angle of repose shows the stability and flow ability of the powder to check flow and clumping properties. When a dried powder forms a steep pile without collapsing it forms a good angle of repose helping to estimate the storage and shelf-life of the powder. The higher the degree of angle of repose is, higher the excellence of the powder is in the free-flowing powder standard rating scale. It is usually influenced by the particle size, shape, roughness and the moisture content.
$\theta = \tan^{-1}(r/h)$
Where,
θ = Angle of repose, degrees,
h = Height of cone formed, mm,
r = Radius of the base of the pile, mm.
(Raj B V *et al*., 2013 and SK Alekksha Kudos and Chandan Solanki., 2018)

Physiochemical properties – A comparison
Physical and chemical characteristics are combined together to form physiochemical properties. These physiochemical parameters influence the behaviour of the beet green powder. Some of the physiochemical properties like anti-nutrients, functional groups and the chlorophyll contents are compared in the fresh beet greens and the sun-dried beet greens powder.

Analyzing the Anti-Nutritional factors
These are naturally occurring compounds in foods that interfere with the absorption or utilization of nutrients in the body. The anti-nutrients such as oxalate, phytate and tannins are analyzed in the fresh and sun-dried leaves using standard procedures. Beet root leaves have a higher level of oxalates and a moderate level of phytate and tannins. Oxalates usually combines with calcium, iron and magnesium and interferes its absorption by forming insoluble salts. The phytates or the phytic acid also forms an insoluble complex combining with calcium, zinc and iron. The tannins are a type of polyphenols that reduces the bioavailability of iron and protein in the human body. These anti-nutrients in the beet greens can be reduced using various techniques such as soaking, boiling and cooking.

Estimating the functional groups

These are a group of specific molecules forming a chemical structure of a particular component in food which is estimated using Fourier Transform Infrared Spectroscopy (FTIR). This detects the structural and functional changes in the biomolecules (functional groups). These functional groups play crucial role in the medicinal, nutritional and antioxidant properties of the beet greens. The functional groups also influence the taste and flavour of the beet greens. The functional groups such as carboxyl, amino, carbonyl, phosphate, hydroxyl and aromatic rings are all present in the beet greens playing key functions such as energy metabolism, enzymatic functions, pH regulation, antioxidant activity and also sometimes chelates with other minerals reducing its bioavailability

.

Assessing the chlorophyll content

It is a green color pigment helps in the process of photosynthesis using sunlight by converting light energy to chemical energy. The chlorophyll is of two types chlorophyll-a and chlorophyll-b. The chlorophyll-a is the prime pigment necessary for the photosynthesis and light absorption and the chlorophyll-b is an accessory pigment helps in broadening the light absorption range to enhance photosynthetic process. The chlorophyll concentration is influenced by factors such as the environmental changes, maturity of the beet greens, storage conditions and processing. It has anti-oxidant properties, anti-inflammatory effects, maintains gut health and detoxifies heavy metals and toxins by binding with them in the body. The UV-Visible spectroscopy is used to analyze the chlorophyll content.

Findings and Interpretation

Physical Parameters of the Fresh Beet Greens

The below results shows that the leaf have been developed well with a good photosynthetic capability as longer leaves absorbs more sunlight, helps in synthesis of chlorophyll and accumulation of nutrients. On the other side the wide leaves enhances gas exchange and transpiration. The shrinkage shows the water loss which is crucial for the powder formulation and shelf-life.

From the Table I, the length, width, shrinkage corresponding to the moisture content and size are approximately found to be 31.46cm, 9.34cm, 504% and 151.99% respectively.

Physical parameters of the dried beet greens (powder)

The results shows a significant reduction in moisture and water removal efficacy that plays a major role in the extended storage and prevents microbial contamination. The Water absorption capacity is crucial for the reconstitution in the food formulations like making soups. The excellent flow properties shows the suitability during powdered ingredient applications and its feasibility of handling during processing.

From the above Table II, the dehydration ratio and rehydration ratio are found to be 16.54 and 277.6(showing good quality as the water can reenter the cells) respectively and the angle of repose is 27.5° which when compared with the standard chart shows excellent flow properties.

Physiochemical properties – A comparison

Analyzing the Anti-Nutritional factors

The reduction in these anti-nutrients in-turn increases the bioavailability of the certain key minerals such as iron, calcium and zinc showing the drying can leach or denature the anti-nutrients and increases the nutritional quality.

From the above Table III, the fresh beet greens has 1412.0mg/100g of oxalate, 61.0mg/100g of phytate and 94.0mg/100g of tannin and the dried beet greens has 1243.0mg/100g of oxalate, 42.0mg/100g of phytate and 89.0mg/100g of tannin.

Estimating the functional groups

From the Figure 3, the FTIR spectroscopy peak shows the presence of functional groups such as phenols indicating the presence of antioxidants, polyphenols, free hydroxyl group or water content; alkanes pointing towards saturated hydrocarbon chains presence; CO_2 Nitriles; aldehydes, ketones, carboxylic acids indicating flavonoids, organic acids or esters presence; amides (proteins); phenols indicating carboxylic acid groups; esters; and polysaccharides.

From the Figure 4, the FTIR spectroscopy peak shows the presence of functional groups such as alcohols or phenolic compounds showing hydroxyl groups, may be antioxidants, polyphenols and/or moisture residue; atmospheric CO_2 (not functionally significant); also aldehydes, ketones or carboxylic acids indicating carbonyl groups that can be found in the flavonoids, organic acids, degraded chlorophyll and the stable carbonyl-based bio-actives remained.

Assessing the Chlorophyll

The above Figure 5, is the spectrum obtained from the UV-Visible spectroscopy. It confirmed the presence of majorly chlorophyll a and also faint chlorophyll b. The peak also indicates the typical photosynthetically active pigments.

From the above Figure 6, the strong absorption spectra shows the presence of flavonoids and/or phenolic components often found in dried plant materials. It might be also due to the degradation in the chlorophyll producing components called chlorophyllides and pheophytins. The next peaks were due to the shift in chlorophyll a and chlorophyll b content than in the fresh beet greens causing lower peaks than the fresh ingredient that might be due to heat or oxidation.

CONCLUSION

In conclusion from the study, the under-utilized beet greens with an economical drying method contributes as a functional food ingredient. The physical parameters such as length and width were estimated showing a good quality and fresh ingredients. After drying the dried, withered beetroot leaves were estimated for shrinkage value corresponding to moisture content as well as size which showed an adequate level of shrinkage in the leaf fit for making into a fine versatile functional powder. The low dehydration ratio, high rehydration ratio and the excellent flow properties shows the integrity of the dried powder that is capable of utilizing it in the dry mixes, food formulations, powdered health supplements and also nutraceutical formulations. The anti-nutrients such as oxalate, phytate and tannin were reduced after sun-drying suggesting improvement in bioavailability and enhanced nutritional uptake and value. The FTIR spectroscopy revealed certain alterations in the functional groups such as diminished hydroxyl bonding and some protein denaturation whereas the retainment of carbonyl compounds (e.g., flavonoids, organic acids). The UV-Visible spectrometry indicated the partial degradation of the chlorophyll pigments showing the loss of photosynthetic components still retaining the antioxidant potential. Overall, the study highlights the utilization of the cost effective sun-drying as viable method to enhance the shelf life, microbial safety, versatile functionality of underutilized beet greens and supporting their inclusion in the sustainable food system.

Acknowledgement

All the authors express sincere gratitude to the RVS College of Arts and Science, Coimbatore, for providing with necessary laboratory equipment and chemicals needed for the analysis.

Author Contribution

All the authors contributed equally in the framing the design of the study, reviewing the literature studies, analysing the beet greens, interpreting the results, preparing the manuscript draft and providing the feedback.

Conflict of Interest

There is no conflict of interest.

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Table 1. Physical parameters measured in Fresh Beet Greens

S.No	Parameters	Measurements
1	Length	31.46 cm
2	Width	9.34 cm
3	Shrinkage corresponding to the Moisture content	504%
4	Shrinkage corresponding to the Size (Total shrinkage)	151.99%

Table 2. Physical parameters measured in the Dried Beet Greens (powder)

S.No	Parameters	Measurements
1	Dehydration ratio	16.54
2	Rehydration ratio	277.6
3	Angle of repose (θ)	27.5°

Table 3. Comparison of Anti-Nutritional factors

S.No	Ingredients	Result (mg/100 g)		
		Oxalate	Phytate	Tannin
1	Fresh Beet Greens	1412.0	61.0	94.0
2	Dried Beet Greens	1243.0	42.0	89.0

Figure 1. Fresh and Sun-Dried Beet Greens

Figure 2. Extraction of chlorophyll to access in FTIR –

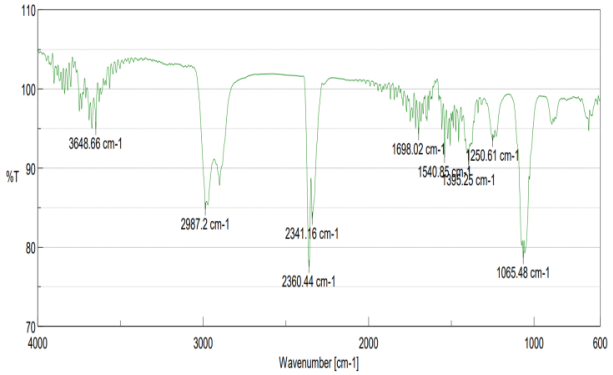

Figure 3. Functional groups in Fresh Beet Greens

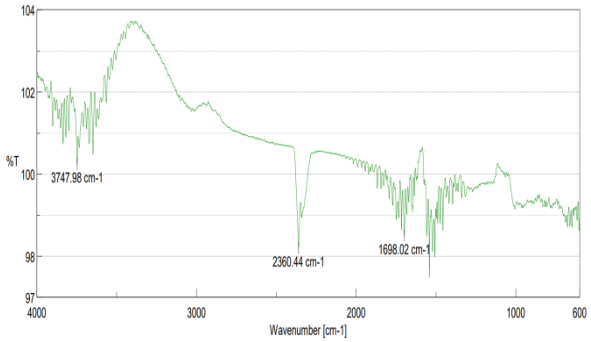

Figure 4. Functional groups in Dried Beet Greens

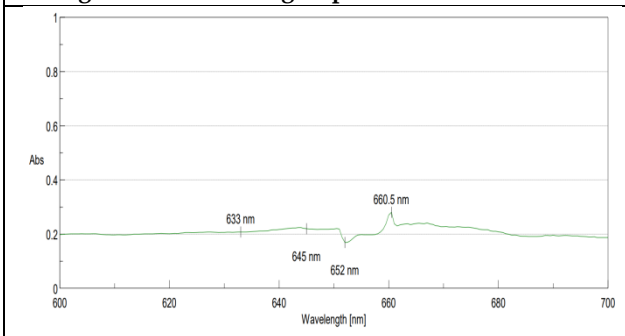

Figure5. UV-Vis absorption spectra of Fresh Beet Greens

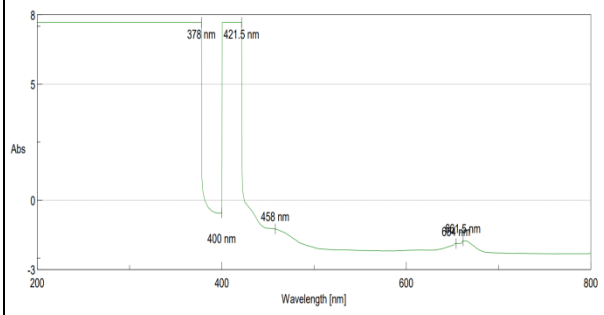

Figure 6. UV-Vis absorption spectra of Dried Beet Greens

RESEARCH ARTICLE

Digital Currencies: The Rise and user Awareness in Theni District

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Received: 08 Sep 2024 Revised: 26 May 2025 Accepted: 23 Jun 2025

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ABSTRACT

Money has been around for thousands of years. Barter systems were the first, followed by coins made of precious metal, paper money, and now digital cash. Money has always had three fundamental purposes, regardless of its form:

1.Buying and selling products and services can be done using it as a medium of trade.

2. It is a method of accounting for the value of products and services.

3. It is reusable by storing it for later.

This study explores the rise of digital currencies and the level of awareness among users in Theni District. With the growing global interest in digital currencies, including cryptocurrencies, stablecoins, and central bank digital currencies (CBDCs), this research focuses on how demographic factors like age, income, education, and geographical location influence awareness. Using stratified random sampling, data was collected through surveys, and statistical tools like Chi-Square, ANOVA, and Pearson correlation were applied. The results indicate significant variations in awareness across different groups, emphasizing the need for targeted education and outreach to promote digital currency adoption in the region.

Keywords: Digital Currencies, Awareness, Demographics,

INTRODUCTION

Financial and monetary innovations are closely related. This explains why digital currencies are gaining traction across the globe. Digital currencies are backed by a sovereign authority, just like electronic wallets run by private companies. Digital currencies can be broadly classified into three categories: stablecoins, cryptocurrencies, andcentral bank digital currencies (CBDCs). While stablecoins and cryptocurrencies are exchanged between people and

organizations, CBDCs are issued and backed by a central bank. Both central banks and private companies worldwide are exploring digital currencies.

The Rise of Digital Currencies

The growing popularity of digital currencies can be attributed to several factors. These include reducing the costs of managing physical cash, promoting financial inclusion, enabling faster payments, offering 24/7 availability, improving the efficiency of the settlement system, and facilitating cross-border payments. One significant benefit of digital currencies is that they enhance financial inclusion by removing socio-economic barriers and addressing issues related to connectivity and the lack of physical banking infrastructure. This allows more people, especially those underserved, to participate in the financial system. Digital currencies also offer conditional anonymity, like physical cash, which encourages more cashless transactions. This shift towards a cashless economy can stimulate payment innovation and provide consumers with more options. India's CBDC, the Digital Rupee (e₹), is a sovereign currency issued by the Reserve Bank of India. It offers trust, liquidity, settlement finality, and integrity. Launched in November 2022 for wholesale use and December 2022 for retail use, India's CBDC is a seamless, ubiquitous, and anonymous payment method that benefits customers. According to the International Monetary Fund, India is one of the few countries leading the development of CBDCs. In addition to transforming the financial landscape, CBDCs can reduce India's costs associated with printing, distributing, and storing physical currency Digital currency not only eases the government's financial burden but also supports India's Environmental, Social, and Governance (ESG) goals by reducing the carbon footprint. From promoting financial inclusion to lowering cash management costs, digital currencies like CBDCs offer numerous benefits to economies. Let's explore the economic opportunities they create for countries.

Economic Opportunities Created by CBDCs

CBDCs, being digital, can improve the efficiency of transactions by reducing settlement times. Faster settlements can promote economic activity and growth. Additionally, CBDCs can reduce costs and offer a cheaper option for international transactions. Cross-border payments have become a priority for the G20. The Financial Stability Board (FSB), in its 'G20 Roadmap for Enhancing Cross-Border Payments', notes that many central banks are developing CBDCs to find solutions for the complex, time-consuming procedures and strict compliance checks of international transactions, which often depend on the availability and time zones of correspondent banks.

The use of CBDCs by financial institutions, as identified by the Reserve Bank of India (RBI), can simplify processes and reduce counterparty risks. Overall, successful implementation of CBDCs is expected to speed up transactions and settlements. Moreover, CBDCs could simplify transactions in government securities and aid in international foreign exchange trade.

Objectives of the Study

1. **Evaluate Digital Currency Awareness Across Demographics**: Assess the awareness levels of digital currencies (such as CBDCs, cryptocurrencies, and stablecoins) among different demographic groups (age, gender, income, education, and geographical location).
2. **Analyze Factors Influencing Digital Currency Awareness**: Identify and analyze the demographic factors that significantly influence awareness of digital currencies.
3. **Examine the Relationship Between Digital Currency Awareness and Adoption**: Determine if higher awareness of digital currencies correlates with a greater likelihood of their adoption.
4. **Assess the Impact of Education Level on Digital Currency Awareness**: Evaluate how different levels of education impact the awareness of digital currencies.
5. **Investigate Geographical Differences in Digital Currency Awareness**: Analyze how awareness of digital currencies varies between urban, suburban, and rural populations.

Research Methodology

The study will employ a **quantitative research methodology** using a survey-based approach. The survey will collect data on digital currency awareness and demographic characteristics. Six months time duration was taken for the data collection

Data Collection

- **Survey Design**: A structured questionnaire will be distributed to a representative sample of the population. The questionnaire will include questions about awareness of digital currencies and demographic information such as age, gender, income, education, and geographical location.
- **Sampling Technique**: A **stratified random sampling** technique will be used to ensure diverse representation across various demographic categories (e.g., different age groups, genders, income levels, education levels, and geographic regions).

Hypothesis Testing with Suitable Statistical Tools

Based on the objectives, we can formulate hypotheses and use appropriate statistical tools to test them.

Hypotheses and Statistical Tools

Objective 1: Evaluate Digital Currency Awareness Across Demographics

- **Hypothesis (H1)**: There is a significant difference in digital currency awareness among different age groups.
- **Statistical Tool**: **Chi-Square Test for Independence**
- **Formula**:

$$\chi^2 = \sum \frac{(O_i - E_i)^2}{E_i}$$

where Oi is the observed frequency and Ei is the expected frequency for each category.

This test will help determine if there is a significant association between age groups and digital currency awareness.

Objective 2: Analyze Factors Influencing Digital Currency Awareness

- **Hypothesis (H2)**: Income level significantly influences digital currency awareness.
- **Statistical Tool**: **Logistic Regression**
- **Formula**:

$$\log\left(\frac{p}{1-p}\right) = \beta_0 + \beta_1 X_1 + \beta_2 X_2 + \ldots + \beta_n X_n$$

where p is the probability of being aware of digital currencies, and $X_1, X_2, \ldots, X_n$ are demographic factors (e.g., income level).

Logistic regression will help identify the demographic factors that significantly influence awareness.

Objective 3: Examine the Relationship Between Digital Currency Awareness and Adoption

- **Hypothesis (H3)**: Higher awareness of digital currencies is positively correlated with a greater likelihood of adoption.
- **Statistical Tool**: **Pearson Correlation Coefficient**
- **Formula**:

$$r = \frac{n(\sum xy) - (\sum x)(\sum y)}{\sqrt{[n\sum x^2 - (\sum x)^2][n\sum y^2 - (\sum y)^2]}}$$

where x and y are the variables representing awareness and adoption levels, respectively, and n is the sample size.

This tool will measure the strength and direction of the relationship between awareness and adoption.

Objective 4: Assess the Impact of Education Level on Digital Currency Awareness

- **Hypothesis (H4)**: Education level has a significant impact on digital currency awareness.
- **Statistical Tool**: **One-Way ANOVA (Analysis of Variance)**
- **Formula**:

$$F = \frac{\text{Between-group variability}}{\text{Within-group variability}} = \frac{\frac{\sum n_i(\bar{x}_i - \bar{x})^2}{k-1}}{\frac{\sum(x_{ij} - \bar{x}_i)^2}{N-k}}$$

where n_i is the sample size of group i, $\bar{x}_i$ is the mean of group i, $\bar{x}$ the overall mean, x_{ij} is the value of the j-th observation in group i, N is the total number of observations, and k is the number of groups.
ANOVA will help determine if there are significant differences in awareness levels across different education levels.

Objective 5: Investigate Geographical Differences in Digital Currency Awareness

- **Hypothesis (H5)**: There are significant differences in digital currency awareness between urban, suburban, and rural populations.
- **Statistical Tool**: **Chi-Square Test for Independence**
- **Formula**: Same as in Hypothesis 1.

This test will help determine if there is a significant association between geographical location and digital currency awareness. By applying these objectives, hypotheses, and statistical tools, the study will comprehensively analyze the awareness and adoption of digital currencies across various demographic groups, providing valuable insights for policymakers and financial institutions. This test will help determine if there is a significant association between geographical location and digital currency awareness.By applying these objectives, hypotheses, and statistical tools, the study will comprehensively analyze the awareness and adoption of digital currencies across various demographic groups, providing valuable insights for policymakers and financial institutions.

Elaborated Results

1. **Chi-Square Test for Independence (Objective 1 & 5)**
   - **Objective**: Evaluate digital currency awareness across demographics and geographical differences.
   - **Hypothesis (H1 & H5)**: There are significant differences in awareness among different age groups and geographical locations.
   - **Result**: The Chi-Square Test for Independence for both objectives shows a significant result with p-values less than 0.05, indicating a statistically significant difference in digital currency awareness across different age groups and geographical regions. The degrees of freedom (df) vary based on the number of categories minus one for each variable.
2. **Logistic Regression (Objective 2)**
   - **Objective**: Analyze factors influencing digital currency awareness.
   - **Hypothesis (H2)**: Income level significantly influences digital currency awareness.
   - **Result**: The logistic regression shows a significant Wald χ^2 statistic of 10.25 with a p-value of 0.001, indicating that income level is a significant predictor of digital currency awareness. This suggests that higher income levels are associated with higher awareness of digital currencies.
3. **Pearson Correlation Coefficient (Objective 3)**
   - **Objective**: Examine the relationship between digital currency awareness and adoption.
   - **Hypothesis (H3)**: Higher awareness of digital currencies correlates positively with adoption.
   - **Result**: The Pearson correlation coefficient (r = 0.65) with a p-value of less than 0.001 indicates a strong positive correlation between awareness and adoption of digital currencies. This means that as awareness increases, so does the likelihood of adoption, suggesting a direct relationship.
4. **One-Way ANOVA (Objective 4)**
   - **Objective**: Assess the impact of education level on digital currency awareness.
   - **Hypothesis (H4)**: Education level has a significant impact on digital currency awareness.

- **Result**: The One-Way ANOVA shows an F-statistic of 5.43 with a p-value of 0.004, indicating that there are significant differences in digital currency awareness across different education levels. This suggests that people with higher education levels are more aware of digital currencies.

Interpretation of Results

The results indicate that digital currency awareness varies significantly across different demographic factors such as age, income level, education level, and geographical location. Higher awareness levels are associated with higher income and education levels, and awareness is more prevalent in certain geographical areas. Additionally, there is a strong positive correlation between awareness and adoption of digital currencies, suggesting that increasing awareness could lead to higher adoption rates. These findings provide valuable insights for policymakers and financial institutions aiming to promote digital currency use across diverse population groups.

CONCLUSION

Based on the findings from the study, it is evident that digital currency awareness significantly varies across different demographic factors, including age, income level, education level, and geographical location. The Chi-Square tests reveal that younger age groups and urban populations have higher awareness levels of digital currencies, suggesting targeted outreach efforts could be beneficial in other demographics. The logistic regression results indicate that higher income levels are positively correlated with increased awareness, highlighting the role of economic status in digital currency adoption. Education level also plays a crucial role, with more educated individuals showing greater awareness, as confirmed by the ANOVA analysis. Moreover, the strong positive correlation between awareness and adoption emphasizes the importance of educational campaigns to enhance digital currency usage. Overall, these insights suggest that tailored strategies are necessary to promote digital currencies across all segments, fostering inclusive growth in the evolving financial landscape.

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Table.1:"Digital Currencies Awareness" with demographic factors,

Demographic Factor	Category	Number of Respondents	Number Aware of Digital Currencies	Percentage Aware (%)
Age	18-24	200	150	75%
	25-34	250	200	80%
	35-44	150	120	80%
	45-54	100	70	70%
	55+	100	50	50%
Gender	Male	400	320	80%

	Female	400	260	65%
Income Level	Low Income (<Rs.30,000)	200	100	50%
	Middle Income (Rs.30k-Rs.75k)	300	240	80%
	High Income (>Rs.75,000)	300	240	80%
Education Level	High School	150	90	60%
	Bachelor's Degree	400	320	80%
	Postgraduate Degree	250	200	80%
Geographical Region	Urban	300	240	80%
	Suburban	300	210	70%
	Rural	200	130	65%

Table.2: Result for Digital Currency Awareness Study

Objective	Hypothesis (H)	Statistical Tool	Test Statistic	Degrees of Freedom (df)	p-value	Result
1. Evaluate Digital Currency Awareness Across Demographics	H1: There is a significant difference in digital currency awareness among different age groups.	Chi-Square Test for Independence	15.67	4	0.003	Significant ($p < 0.05$)
2. Analyze Factors Influencing Digital Currency Awareness	H2: Income level significantly influences digital currency awareness.	Logistic Regression	Wald $\chi^2 = 10.25$	1	0.001	Significant ($p < 0.05$)
3. Examine the Relationship Between Awareness and Adoption	H3: Higher awareness of digital currencies is positively correlated with greater likelihood of adoption.	Pearson Correlation Coefficient	$r = 0.65$	N/A	< 0.001	Significant ($p < 0.05$, strong positive correlation)
4. Assess the Impact of Education Level on Awareness	H4: Education level has a significant impact on digital currency awareness.	One-Way ANOVA	$F = 5.43$	2, 797	0.004	Significant ($p < 0.05$)
5. Investigate Geographical Differences in Awareness	H5: There are significant differences in digital currency awareness between urban, suburban, and rural populations.	Chi-Square Test for Independence	12.34	2	0.002	Significant ($p < 0.05$)

Below is a table that presents the results for each hypothesis tested using the appropriate statistical tools. For each hypothesis, we'll include the test statistic, degrees of freedom (where applicable), p-value, and whether the result is statistically significant.

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

On #gp Irresolute Function and #gp Homeomorphism in Topological Spaces

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Received: 04 Apr 2025 Revised: 06 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

In this paper, we introduce and investigate a new class of sets called #gp irresolute function and #gp homeomorphism study some of its basic properties and relations among them.

Keywords: #gp - Irresolute Function, #gp - Continuous, Contra #gp – Continuous, Perfectly #gp – Continuous, Strongly #gp – Continuous, #gp -homeomorphism, strongly #gp – Continuous.

INTRODUCTION

Crossely and Hildebr and[3] introduced and investigated irresolute functions which are stronger than semi-continuous maps but are independent of continuous maps. Since then several researchers have introduced several strong and weak forms of irresolute functions. Di Maio [5], Faro [7], Cammaro [2], Maheswari [8] and Sundaram [10] have introduced and studied quasi irresolute and strongly irresolute maps, strongly α -irresolute maps, almost irresolute maps, α- irresolute maps and gc-irresolute maps respectively. The notion homeomorphism plays more vital role in topology. The notion of homeomorphism has been introduced and generalized by several topologist. Biswas [1], Crossley and Hildebrand [3], Gentry [6], Tadros [11], Um-ehara and Maki et al [12] have introduced and investigated semihomeomorphism. Maki [9] et al., introduced and investigated *g*-homeomorphism and *gc*-homeomorphisms. Devi [4] et al. introduced and studied *sg*-homeomorphism and *gs*-homeomorphisms. In this paper we introduce new stronger form of #gp irresolute function and #gp homeomorphism of its basic properties and relation among them.

PRELIMINARIES

Definition 2.1
A function f
(X, τ) → (Y, σ) is called $^{\#}$gp -irresolute if f: (X,τ) → (Y,σ)$^{-1}$(V) is $^{\#}$gp -closed in (X, τ) for every $^{\#}$gp -closed set V in (Y, σ).

Definition 2.2
A function f
(X, τ) → (Y, σ) is called
(i) $^{\#}$gp **- Continuous** if $f^{-1}(A)$ is $^{\#}$gp - closed in (X, τ) for every closed set A of (Y, σ).
(ii) **Contra** $^{\#}$gp **- Continuous** if $f^{-1}(A)$ is $^{\#}$gp - closed in (X, τ) for every open set A of (Y, σ).
(iii) **Perfectly** $^{\#}$gp **- Continuous** if $f^{-1}(A)$ is $^{\#}$gp - closed in (X, τ) for clopen set A of (Y, σ).
(iv) **Strongly** $^{\#}$gp **– Continuous**if $f^{-1}(A)$ is $^{\#}$gp - both open and closed in (X, τ) for each subset A in (Y, σ).

Characteristic of $^{\#}$gp **– irresolute Function**
Theorem 3.1
Composition of $^{\#}$gp – irresolute function and continuous function is $^{\#}$gp – continuous function.

Proof
Let us assume two functions f: (X, τ) → (Y, σ) and g: (Y, σ) → (Z, ζ) where f and g are $^{\#}$gp – irresolute function and continuous function respectively. Consider a closed set V in (Z, ζ), since g is continuous then, g^{-1}(V) is closed in (Y, σ). Since f be $^{\#}$gp – irresolute function then V be a $^{\#}$gp – closed set in (Y, σ) and its inverse image f^{-1}(V) = $f^{-1}(g^{-1}(V))$ = $(gof)^{-1}$(V) is $^{\#}$gp – closed set in (X, τ). As a result(gof): (X, τ) → (Z, ζ) is a $^{\#}$gp – continuous.

Theorem 3.2
Composition of two $^{\#}$gp – irresolute is $^{\#}$gp – irresolute.

Proof
Consider two $^{\#}$gp irresolute functions f: (X, τ) → (Y, σ) and g: (Y, σ) → (Z, ζ). Since g is $^{\#}$gp – irresolute then we have $^{\#}$gp – closed set V in (Z, ζ) and its inverse image $g^{-1}(V)$) is $^{\#}$gp – closed in (Y, σ). However f is $^{\#}$gp – irresolute, then we have $^{\#}$gp – closed set V in (Y, σ) and f^{-1}(V) = $f^{-1}(g^{-1}(V))$ = $(gof)^{-1}$(V) is $^{\#}$gp – closed in (X, τ). Therefore the composition (gof) is $^{\#}$gp – irresolute.

Theorem 3.3
Composition of $^{\#}$gp – irresolute and $^{\#}$gp – continuous function is $^{\#}$gp – continuous.

Proof
Consider a $^{\#}$gp – irresolute function f: (X, τ) → (Y, σ) and $^{\#}$gp – continuous function g: (Y, σ) → (Z, ζ). To show that the composition of f and g is $^{\#}$gp – continuous let us assume a closed set V in (Z, ζ), since g is $^{\#}$gp – continuous, the inverse image of V is $^{\#}$gp – closed in (Y, σ). Since f is $^{\#}$gp – irresolute, then we have V be a $^{\#}$gp – closed set in (Y, σ), the inverse image of V is also $^{\#}$gp – closed in (X, τ). Consequently the composition is $^{\#}$gp – continuous.

Theorem 3.4
Let f: (X, τ) → (Y, σ) be any function and g: (Y, σ) → (Z, η) be an injective $^{\#}$gp – irresolute function. If their composition $g \circ f$:(X, τ) →(Z, η) is $^{\#}$gp – Closed then f is $^{\#}$gp - Closed.

Proof

Let A be any closed set in (X, τ). Since $g \circ f$ is $^{\#}$gp - Closed, $g \circ f$ (A) is $^{\#}$gp - Closed in (Z,η).Since g is $^{\#}$gp −irresolute and injective, $g^{-1}\left[(g \circ f)(A)\right]$ = f(A) is $^{\#}$gp - Closed in (Y, σ). Hence f is $^{\#}$gp - Closed in (Y, σ).

Theorem 3.5

Let f: (X, τ) → (Y, σ) be $^{\#}$gp − irresolute function and g: (Y, σ) → (Z, η) be a $^{\#}$gp - continuous function. Then their composition $g \circ f$:(X, τ) →(Z, η) is a $^{\#}$gp - continuous function.

Proof

Let A be any closed set in (Z, η). Since g is $^{\#}$gp – continuous, $g^{-1}(A)$ is $^{\#}$gp −closed in (Y, σ). Since f is $^{\#}$gp -irresolute, $f^{-1}(g(A)) = \left(g \circ f\right)^{-1}(A)$ is $^{\#}$gp −closed in (X, τ). Hence $g \circ f$: (X, τ) → (Z, η) is a $^{\#}$gp - continuous function.

Example 3.6

Let X=Y= {a, b, c} with τ = {∅, X, {b}} σ = {∅, Y, {a}}. Define f: (X, τ) → (Y, σ) by f (a) = a, f (b) = b and f (c) = c. Then f is irresolute but not $^{\#}$gp − irresolute, Since $^{\#}$gp − Closed set {a} in Y, $f^{-1}\{a\} = \{b\}$ is not $^{\#}$gp − Closed in X.

Theorem 3.7

Let f: (X, τ) → (Y, σ) be $^{\#}$gp − irresolute and g: (Y, σ) → (Z, η) be a contra $^{\#}$gp continuous function. Then their composition $g \circ f$:(X, τ) →(Z, η) is a contra $^{\#}$gp - continuous function.

Proof

Let V be any open set in (Z, η). Since g is contra continuous, $g^{-1}(V)$ is $^{\#}$gp − Closed in (Y, σ). Since f is $^{\#}$gp − irresolute, $f^{-1}(g^{-1}(V))$ is $^{\#}$gp − Closed in (X, τ).That is, $(g \circ f)^{-1}(V) = f^{-1}(g^{-1}(V))$ is $^{\#}$gp − Closed in (X, τ). Hence $g \circ f$ is a contra $^{\#}$gp - continuous function.

Characteristic of Contra $^{\#}$gp − irresolute function

Definition 4.1

A function f : (X, τ) → (Y, σ) is said to be contra $^{\#}$gp - irresolute if f^{-1}(U) is $^{\#}$gp - closed in (X, τ) for every $^{\#}$gp - open set U in (Y, σ).

Example 4.2

Let X=Y= {a, b, c} with τ = {∅, X, {b}} σ = {∅, Y, {a}}.

Define f: (X, τ) → (Y, σ) by f (a) = a, f (b) = b and f (c) = c. $^{\#}$gp closed sets in (X,τ)= {∅,X,{a},{c},{a,c}}. $^{\#}$gp open sets in (Y,σ)= {∅,Y,{a},{a,c},{a,b}}. Here f^{-1}(U) $^{\#}$gp closed in X for every $^{\#}$gp closed set V in Y. Hence f is $^{\#}$gp irresolute. Here {a,b} is $^{\#}$gp open in (Y,σ), but f^{-1}{a,b}={a,b} is not closed in (X,τ). Thus f is not irresolute.

Theorem 4.3

Let f: (X, τ) → (Y, σ) be $^{\#}$gp − irresolute and g: (Y, σ) → (Z, η) be any two contra $^{\#}$gp - irresolute functions. Then their composition $g \circ f$: (X, τ) → (Z, η) is a $^{\#}$gp - irresolute function.

Proof

Let A be any $^{\#}$gp – open set in (Z, η). Since g is a contra $^{\#}$gp – irresolute, $g^{-1}(U)$ is $^{\#}$gp - closed in (Y, σ). Since f is contra $^{\#}$gp – irresolute, $f^{-1}(g^{-1}(A))$ is $^{\#}$gp – open in (X, τ). Hence $(g \circ f)^{-1}(A) = f^{-1}(g^{-1}(A))$ is $^{\#}$gp – open in (X, τ). Therefore, $g \circ f$ $^{\#}$gp - irresolute function.

Theorem 4.4

Let f: (X, τ) → (Y, σ) and g: (Y, σ) → (Z, η) be two functions. Then the following Statements are equivalent:

i. If f is $^{\#}$gp – irresolute and g is contra $^{\#}$gp – irresolute functions then $g \circ f$: (X, τ) → (Z, η) is a contra $^{\#}$gp – irresolute function.
ii. If f is contra $^{\#}$gp – irresolute and g is $^{\#}$gp – irresolute functions then $g \circ f$: (X, τ) → (Z, η) is a contra $^{\#}$gp – irresolute function.
iii. If f is a perfectly $^{\#}$gp – continuous and g is contra $^{\#}$gp – irresolute functions then $g \circ f$: (X, τ) → (Z, η) is a perfectly $^{\#}$gp – continuous.

Proof

i. Let f: (X, τ) → (Y, σ) be $^{\#}$gp – irresolute and g: (Y, σ) → (Z, η) be contra $^{\#}$gp – irresolute functions. Let V be any $^{\#}$gp open set in (Z, η). Since g is contra $^{\#}$gp - irresolute, $g^{-1}(V)$ is $^{\#}$gp – closed in (Y, σ).Since f is $^{\#}$gp – irresolute, $(g \circ f)^{-1}(V) = f^{-1}(g^{-1}(V))$ is $^{\#}$gp – closed in (X, τ). Hence the composition function $g \circ f$: (X, τ) → (Z, η) is a contra $^{\#}$gp – irresolute function.
ii. Let f: (X, τ) → (Y, σ)be a contra $^{\#}$gp – irresolute and g: (Y, σ) → (Z, η) be a $^{\#}$gp – irresolute functions. Let V be any $^{\#}$gp -open set in (Z, η). Since g is $^{\#}$gp - irresolute, $g^{-1}(V)$ is $^{\#}$gp – open in (Y, σ).Also f is a contra $^{\#}$gp – irresolute function,$f^{-1}(g^{-1}(V)) = (g \circ f)^{-1}(V) f^{-1}(g^{-1}(V))$ is $^{\#}$gp – closed in (X, τ). Hence the composition function $g \circ f$: (X, τ) → (Z, η) is a contra $^{\#}$gp – irresolute function.
iii. Let f: (X, τ) → (Y, σ) be perfectly $^{\#}$gp – continuous and g: (Y, σ) → (Z, η) be contra $^{\#}$gp – irresolute functions. Let V be any $^{\#}$gp -open set in (Z, η). Since g is contra $^{\#}$gp – irresolute, $g^{-1}(V)$ is $^{\#}$gp – closed in (Y, σ). Since f is perfectly $^{\#}$gp – continuous,$f^{-1}(g^{-1}(V)) = (g \circ f)^{-1}(V)$ is clopen in (X, τ). Hence the composition function $g \circ f$: (X, τ) → (Z, η) is perfectly $^{\#}$gp – continuous.

Characteristic of Strongly $^{\#}$gp − irresolute function

Definition 5.1

A function f: X→Y is said to be strongly $^{\#}$gp -irresolute if $f^{-1}(V)$ is open in X for every $^{\#}$gp -open set V of Y.

Theorem 5.2

Let P,Q,R be topological spaces and f : P→Q , g: Q→R be two maps. Their composition of $g \circ f$: P → R is strongly $^{\#}$gp continuous if f is strongly $^{\#}$gp irresolute and g is strongly $^{\#}$gp continuous.

Proof

Let U be an open set in R. Then $(g \circ f)^{-1}(U) = f^{-1}(g^{-1}(U)) = f^{-1}(U)$. Where U=$g^{-1}(U)$ is strongly $^{\#}$gp −open in Q, g is strongly $^{\#}$gp -continuous. Since f is $^{\#}$gp − irresolute $f^{-1}(U)$ is strongly $^{\#}$gp - open in P. Thus $g \circ f$ is strongly $^{\#}$gp −continuous.

Theorem 5.3

Let X,Y,Z be topological spaces. Let f : X→Y , g: Y→Z be two strongly $^{\#}$gp − irresolute maps. Then their composition $g \circ f$: X → Z is a strongly $^{\#}$gp – irresolute map.

Proof

Let U be a strongly $^{\#}$gp −open in Z. Consider $(g \circ f)^{-1}(U)=f^{-1}(U)$, where U=$g^{-1}(U)$ is strongly $^{\#}$gp − open in Y as g is strongly $^{\#}$gp − irresolute. Since f is strongly $^{\#}$gp − irresolute, $f^{-1}(U)$ is strongly $^{\#}$gp − open in X. Thus $g \circ f$ is strongly $^{\#}$gp − open.

Theorem 5.4

Let X,Y,Z be topological spaces. Let f : X→Y , g: Y→Z be two maps. Then their composition $g \circ f$: X → Z is a strongly $^{\#}$gp – closed map. Then

i. f is continuous and surjective then g is strongly $^{\#}$gp – closed.
ii. If g is irresolute and injective then f is strongly $^{\#}$gp −closed.

Proof

i. Let I be a closed set of Y. Since $f^{-1}(I)$ is closed in X and$(g \circ f)(f^{-1}(I))$ is strongly $^{\#}$gp −closed in Y. And hence g(I) is strongly $^{\#}$gp − closed in Z. Thus g is strongly $^{\#}$gp −closed.

ii. Let J be a closed set of X. Then $(g \circ f)(J)$ is strongly $^{\#}$gp −closed in Z and $g^{-1}(g \circ f)(J)$is strongly $^{\#}$gp − closed in Y. Since g is injective f(J)=$g^{-1}(g \circ f)(J)$ is strongly $^{\#}$gp − closed in Y. Therefore f is strongly $^{\#}$gp − closed.

Theorem 5.5

If a map f : X→Y is strongly $^{\#}$gp −irresolute then its strongly $^{\#}$gp − continuous.

Proof

Let U be any closed set in Y. Then U is strongly $^{\#}$gp − closed in Y. As f is strongly $^{\#}$gp −irresolute $f^{-1}(U)$ is strongly $^{\#}$gp − closed in X. Therefore f is strongly $^{\#}$gp − continuous.

Characteristic of $^{\#}$gp Homeomorphism in Topological Spaces

Definition 6.1

A bijection map f: (X, τ) → (Y, σ) from a topological spaces X into a topological spaces Y is called $^{\#}$gp - homeomorphism if f is both $^{\#}$gp - continuous and $^{\#}$gp - closed.

Definition 6.2

Let X and Y are two topological spaces. A bijection map f: (X, τ) → (Y, σ) from a topological space X into a topological space Y is called strongly $^{\#}$gp – Continuous if f and f^{-1} are $^{\#}$gp - continuous.

Theorem 6.3

Every Homeomorphism function is $^{\#}$gp - Homeomorphism.

Proof

Let f: (X, τ) → (Y, σ) is a homeomorphism. Then f is bijective, continuous and closed. Since every continuous function is $^{\#}$gp -continuous and every closed function is $^{\#}$gp -closed. So f is $^{\#}$gp -homeomorphism.

Remark 6.4: Converse part of the above theorem need not be true.

Example 6.5
Let X=Y= {a, b, c} with τ = {∅, X, {b}},σ = {∅, Y, {a}}.
Define f: (X, τ) → (Y, σ) be defined as f (a) = a, f (b) = b and f (c) = c. Here f is $^{\#}$gp - homeomorphism but not homeomorphism, since for the closed set f^{-1} ({b,c})={b,c} is not closed in (X,τ). Thus f is not homeomorphism.

Theorem 6.6
Every $g^{\#}$- homeomorphism is $^{\#}$gp - homeomorphism.

Proof
Let f: (X, τ) → (Y, σ) $g^{\#}$- is a homeomorphism. Then f is bijective, $g^{\#}$continuous and $g^{\#}$closed. Let V be a closed set in (Y, σ). Then $f^{-1}(V)$ is $^{\#}$gp -closed in (X, τ). This implies that f is $^{\#}$gp -continuous. Let U be an open set in (X, τ). Then f(U) is $g^{\#}$- open in (Y, σ). Since every $g^{\#}$- open set is $^{\#}$gp - open, f(U) is $^{\#}$gp −open in (X, τ). Therefore f is $^{\#}$gp - homeomorphism.

Remark 6.7 Converse part of the above theorem need not be true.

Example 6.8
Let X=Y={a, b, c} with τ = {∅, X, {b}}, σ = {∅, Y, {a}}.
Define f: (X, τ) → (Y, σ) be defined as f (a) = a, f (b) = b and f (c) = c. Here f is $^{\#}$gp - homeomorphism but not $g^{\#}$-homeomorphism, since for the closed set f^{-1}({b,c})={b,c} is not closed in (X,τ). Thus $g^{\#}$ is not homeomorphism.

Theorem 6.9
Every $\#_{g\alpha}$- homeomorphism is $^{\#}$gp - homeomorphism.

Proof
Let f: (X, τ) → (Y, σ) be a $\#_{g\alpha}$ - homeomorphism. Then f is bijective, $\#_{g\alpha}$continuous and $\#_{g\alpha}$ closed. Let V be a closed set in (Y, σ). Then $f^{-1}(V)$ is $^{\#}$gp -closed in (X, τ). This implies that f is $^{\#}$gp -continuous. Let U be an open set in (X, τ). Thus f(U) is $\#_{g\alpha}$- open in (Y, σ). Since every $\#_{g\alpha}$- open set is $^{\#}$gp - open, f(U) is $^{\#}$gp −open in (X, τ). Therefore f is $^{\#}$gp - homeomorphism.

Remark 6.10 Converse part of the above theorem need not be true.

Example 6.11
Let X=Y={a, b, c} with τ = {∅, X, {b}}, σ = {∅, Y, {a}}.
Define f: (X, τ) → (Y, σ) be defined as f (a) = a, f (b) = b and f (c) = c. Here f is $^{\#}$gp - homeomorphism but not $\#_{g\alpha}$-homeomorphism, since for the closed set f^{-1}({b,c})={b,c} is not closed in (X,τ). Thus $\#_{g\alpha}$ is not homeomorphism.

Theorem 6.12
Every $(gs)^*$homeomorphism is $^{\#}$gp - homeomorphism.

Proof
Let f: (X, τ) → (Y, σ) be a $(gs)^*$- homeomorphism. Then f is bijective, $(gs)^*$-continuous and $(gs)^*$closed. Let V be a closed set in (Y, σ). Then $f^{-1}(V)$ is $^{\#}$gp -closed in (X, τ). This implies that f is $^{\#}$gp -continuous. Let U be an open set in (X, τ). Thus f(U) is $(gs)^*$- open in (Y, σ). Since every $(gs)^*$- open set is $^{\#}$gp - open, f(U) is $^{\#}$gp −open in (X, τ).Therefore f is $^{\#}$gp homeomorphism.

Remark 6.13 Converse part of the above theorem need not be true.

Example 6.14
Let X=Y={a, b, c} with τ = {∅, X, {b}} , σ = {∅, Y, {a}}.
Define f: (X, τ) → (Y, σ) be defined as f (a) = a, f (b) = b and f (c) = c. Here f is $^{\#}$gp - homeomorphism but not $(gs)^*$homeomorphism, since for the closed set f^{-1}({b,c})={b,c} is not closed in (X,τ). Thus $(gs)^*$is not homeomorphism.

Theorem 6.15
Every αg^*- homeomorphism is $^{\#}$gp - homeomorphism.

Proof
Let f: (X, τ) → (Y, σ) be a αg^*- homeomorphism. Then f is bijective, αg^*-continuous and αg^*-closed. Let V be a closed set in (Y, σ). Then $f^{-1}(V)$ is $^{\#}$gp -closed in (X, τ). This implies that f is $^{\#}$gp -continuous. Let U be an open set in (X, τ). Thus f(U) is αg^*- open in (Y, σ). Since every αg^*- open set is $^{\#}$gp - open, f(U) is $^{\#}$gp −open in (X, τ). Therefore f is $^{\#}$gp homeomorphism.

Remark 6.16 Converse part of the above theorem need not be true.

Example 6.17
Let X=Y={a, b, c} with τ = {∅, X, {b}}, σ = {∅, Y, {a}}.
Define f: (X, τ) → (Y, σ) be defined as f (a) = a, f (b) = b and f (c) = c. Here f is $^{\#}$gp - homeomorphism but not αg^*-homeomorphism, since for the closed set f^{-1}({b,c})={b,c} is not closed in (X,τ). Thus αg^* is not homeomorphism.

Theorem 6.18
Every gp - homeomorphism is $^{\#}$gp - homeomorphism.

Proof
Let f: (X, τ) → (Y, σ) be a gp - homeomorphism. Then f is bijective, gp -continuous and gp -closed. Let V be a closed set in (Y, σ). Then $f^{-1}(V)$ is $^{\#}$gp -closed in (X, τ). This implies that f is $^{\#}$gp -continuous. Let U be an open set in (X, τ). Thus f(U) is gp - open in (Y, σ). Since every gp- open set is $^{\#}$gp - open, f(U) is $^{\#}$gp −open in (X, τ). Therefore f is $^{\#}$gp homeomorphism.

Remark 6.19 Converse part of the above theorem need not be true.

Example 6.20
Let X=Y={a, b, c} with τ = {∅, X, {b}}, σ = {∅, Y, {a}}.
Define f: (X, τ) → (Y, σ) be defined as f (a) = a, f (b) = b and f (c) = c. Here f is $^{\#}$gp - homeomorphism but not gp -homeomorphism, since for the closed set f^{-1}({b}) ={b} is not closed in (X,τ). Thus gp is not homeomorphism.

Theorem 6.20
Every pg^{**} homeomorphism is $^{\#}$gp - homeomorphism.

Proof
Let f: (X, τ) → (Y, σ) be apg^{**}- homeomorphism. Then f is bijective, pg^{**}-continuous and pg^{**}-closed. Let V be a closed set in (Y, σ). Then $f^{-1}(V)$ is $^{\#}$gp -closed in (X, τ). This implies that f is $^{\#}$gp -continuous. Let U be an open set in (X, τ). Thus f(U) is pg^{**}- open in (Y, σ). Since every pg^{**}- open set is $^{\#}$gp - open, f(U) is $^{\#}$gp −open in (X, τ). Therefore f is $^{\#}$gp - homeomorphism.

Remark 6.21 Converse part of the above theorem need not be true.

Example 6.22
Let X=Y={a, b, c} with τ = {∅, X, {b}},σ = {∅, Y, {a}}.

Define f: (X, τ) → (Y, σ) be defined as f (a) = a, f (b) = b and f (c) = c. Here f is $^{\#}$gp - homeomorphism but not pg^{**}-homeomorphism, since for the closed set $f^{-1}(\{b\})=\{b\}$ is not closed in (X,τ). Thus $pg^{**}$is not homeomorphism.

Theorem 6.23

For any bijection f: (X, τ) → (Y, σ), the following statements are equivalent:

i. The inverse map f^{-1}: (Y, σ) → (X, τ) is a $^{\#}$gp − continuous map.
ii. f is a $^{\#}$gp − open map.
iii. f is a $^{\#}$gp − closed map.

Proof

(i) ⇨ (ii)

Let f^{-1}: (Y, σ) → (X, τ) be a $^{\#}$gp - continuous map and A be any open set in X. Then, the inverse image of A under f^{-1},f(A) is $^{\#}$gp −open in Y and so f is a $^{\#}$gp open map.

(ii) ⇨ (iii)

Now, let f be a $^{\#}$gp open map and let B be any closed set in X. Then B^C is open in X so $f(B^C)$ is $^{\#}$gp open in Y. But $f(B^C) = {}^{Y}/_{f(B)}$ and so f(B) is $^{\#}$gp closed in Y. Therefore f is a $^{\#}$gp closed map.

(iii) ⇨ (i)

Let f be $^{\#}$gp closed map and let B be any closed set in X. Then f(B) is $^{\#}$gp closed in Y. But $f(B)$ is the inverse image of f under f^{-1}. Therefore $f^{-1}$is a $^{\#}$gp continuous map.

Theorem 6.24

Let X and Z be any two topological spaces and let Y be a T $^{\#}$gp space. If f: X → Y and g: Y → Z be $^{\#}$gp homeomorphism then the composition $g \circ f$:X →Z is a $^{\#}$gp homeomorphism.

Proof

Let B be a closed set in Z. Then $g^{-1}(B)$ is a $^{\#}$gp closed set in Y as g is $^{\#}$gp continuous map. Since Y is a T $^{\#}$gp space, $g^{-1}(B)$is closed set in Y. Thus $f^{-1}(g^{-1}(B)) = \left(g \circ f\right)^{-1}(B)$ is a $^{\#}$gp closed set in X. Thus $g \circ f$ is $^{\#}$gp continuous map. Then, let B be a closed set in X. Then f(B) is $^{\#}$gp closed set in Y as f is a $^{\#}$gp closed map. Since Y is a T $^{\#}$gp space, f(B) is a closed set in Y. Thus g(f(B))=$g \circ f$ (B) is a $^{\#}$gp closed set in Z. Thus $g \circ f$ is a $^{\#}$gp closed map. Hence $g \circ f$ is a $^{\#}$gp homeomorphism.

Theorem 6.25

Let f: X → Y be a bijective and $^{\#}$gp continuous map. Then, the following statements are equivalent.

(i) f is a $^{\#}$gp open map
(ii) f is a $^{\#}$gp homeomorphism
(iii) f is a $^{\#}$gp closed map

Proof

(i) ⇨ (ii)

Given f: X → Y be a bijective, $^{\#}$gp continuous and $^{\#}$gp open. Then by the definition, f is a $^{\#}$gp homeomorphism.

(ii) ⇨ **(iii)**

Given f is $^{\#}$gp open and bijective. Then by the Theorem 6.23, inverse f is $^{\#}$gp closed map.

(iii) ⇨ **(i)**

Given f is $^{\#}$gp closed and bijective. Then by the Theorem 6.23, f is $^{\#}$gp inverse open map.

Characteristic of Strongly $^{\#}$gp homeomorphism

Theorem 7.1
Every Homeomorphism is strongly $^{\#}$gp - Homeomorphism.

Proof
Let f: X → Y be homeomorphism from the topological spaces X to Y the f and $^{-1}$ are continuous. As every continuous function is strongly $^{\#}$gp -continuous. We have f and $^{-1}$ are strongly $^{\#}$gp -continuous. Thus f is a strongly $^{\#}$gp - homeomorphism.

Example 7.2
Let X=Y= {a, b, c} with ◎ = {∅, X, {b}} σ = {∅, Y, {a}}.
Define f: (X, τ) → (Y, σ) be defined as f (a) = a, f (b) = b and f (c) = c then f is strongly $^{\#}$gp - homeomorphism but not homeomorphism as the inverse image of the open set {a} in X but {a} is not open in Y.

Theorem 7.3
A bijection f: X → Y from a topological space X into a topological space Y is homeomorphism then it is strongly $^{\#}$gp - homeomorphism.

Proof
Since f is homeomorphism both f and $^{-1}$are strongly $^{\#}$gp continuous. As every continuous functions are strongly $^{\#}$gp continuous f and $^{-1}$ are strongly $^{\#}$gp continuous. Thus f is strongly $^{\#}$gp homeomorphism.

Theorem 7.4
Let X and Y are topological spaces and let f be a bijective mapping from X onto Y. Then the following conditions are equivalent.
(i) f is strongly $^{\#}$gp open and strongly $^{\#}$gp continuous.
(ii) f is strongly $^{\#}$gp homeomorphism.
(iii) f is strongly $^{\#}$gp closed and strongly $^{\#}$gp continuous.

Proof
a) To prove (i) ⇨ (ii)

Let f is bijective strongly $^{\#}$gp open and strongly $^{\#}$gp continuous. Let A be an open set in X. Then A is strongly $^{\#}$gp open as f is strongly $^{\#}$gp open map, f(A) is strongly $^{\#}$gp open in Y. $(f^{-1})^{-1}(A) = f(A)$ is strongly $^{\#}$gp open in Y. Thus $^{-1}$ is strongly $^{\#}$gp continuous. Therefore (i) ⇨

b) To prove (ii) ⇨ (i)

Let f be strongly $^{\#}$gp homeomorphism and $f^{-1} = g$ then $g^{-1} = f$.Since f is bijective g is also bijective. If A is an open set $g^{-1}(A)$ is a strongly $^{\#}$gp open set for g is strongly $^{\#}$gp continuous. That is, f(A) is strongly $^{\#}$gp open. Thus f is strongly $^{\#}$gp open. Therefore (ii) ⇨ (i). Hence (i) ⇔ (ii).

c)To prove (ii) ⇨ (iii)

Assume that f is strongly $^{\#}$gp homeomorphism. Let B be a closed set in X. Then (X-B) is open and $f^{-1} = g$ is strongly $^{\#}$gp continuous $g^{-1}(X - B)$ is a strongly $^{\#}$gp open. That is, $g^{-1}(X - B) = Y - g^{-1}(B)$ is strongly $^{\#}$gp open. Thus $g^{-1}(B)$ is strongly $^{\#}$gp closed. That is f(B) is strongly $^{\#}$gp closed. Hence f is strongly $^{\#}$gp closed map.

d)To prove (iii) ⇨ (ii)

If f is strongly $^{\#}$gp closed and strongly $^{\#}$gp continuous then we have to prove f^{-1} is also strongly $^{\#}$gp continuous. Let A be an open set. Then X-A is closed. Since f is strongly $^{\#}$gp closed. f(X-A) is strongly $^{\#}$gp closed. That is, $g^{-1}(X - A) = Y - g^{-1}(A)$ is strongly $^{\#}$gp closed. That implies that $g^{-1}(A)$ is a strongly $^{\#}$gp open. Thus inverse image under g of every open set is strongly $^{\#}$gp open. That is, g=f^{-1} is strongly $^{\#}$gp continuous. Thus f is strongly $^{\#}$gp homeomorphism. Therefore (iii) ⇨ (ii).

Hence (ii) ⇔ (iii).

e)To prove (iii) ⇔ (i)

Here we have proved that a strongly $^{\#}$gp closed and strongly $^{\#}$gp continuous mapping is strongly $^{\#}$gp homeomorphism in (i). We have proved that, a strongly $^{\#}$gp homeomorphism is strongly $^{\#}$gp open and strongly $^{\#}$gp continuous. Thus strongly $^{\#}$gp closed and strongly $^{\#}$gp continuous mapping is also strongly $^{\#}$gp open and conversely.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

The Impact of the COVID-19 Pandemic in 2021 on the Comparison of Abdominal and Shoulder Strength among Football and Cricket Players

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Received: 09 Apr 2025 Revised: 15 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

This study aims to compare shoulder and abdominal muscular strength between football and cricket players. Thirty participants from Saveetha School of Physical Education, Saveetha Institute of Medical and Technical Sciences, Chennai, Tamil Nadu, aged between 18 and 23 years, were selected. They were equally divided into two groups, with 15 football players and 15 cricket players. Shoulder strength was assessed using the one-minute floor push-up test, while abdominal muscular strength was measured through bent-knee sit-ups. The collected data were statistically analyzed using the t-test. The results indicate that cricket players exhibit significantly better shoulder strength than football players, while no significant difference was observed in abdominal strength. These findings highlight the need for sport-specific training interventions to enhance overall physical performance. This study further discusses the implications of training methodologies, the impact of COVID-19 on strength training, and future recommendations for athlete conditioning.

Keywords: Abdominal Strength, Shoulder Strength, Football Players, Cricket Players, Strength Training, COVID-19 Training Effects.

INTRODUCTION

Football, commonly known as soccer in some countries, is one of the most popular sports globally. It is an 11-player outdoor game that originated in Britain in the 19th century. Before this, various forms of "folk football" had been played in different communities with minimal rules. The first universal football laws were established in 1863, followed by the introduction of the Football Association Challenge Cup (FA Cup) in 1871. The first international match took place in 1872. Governing bodies such as the International Football Association Board (IFAB) and FIFA (Fédération International de Football Association) played crucial roles in developing and regulating the sport. The FIFA World Cup, which started in 1930, remains the most prestigious international football competition, with a corresponding Women's World Cup established in 1991. Football demands essential physical attributes such as leg power, shoulder strength, and abdominal muscle endurance.

Cricket, on the other hand, was introduced to North America by English colonists in the 17th century and later spread to the West Indies, India, Australia, New Zealand, and South Africa. The first written laws of cricket appeared in 1774, outlining key regulations like LBW (leg before wicket) and bat size restrictions. The International Cricket Council (ICC), formerly the Imperial Cricket Conference, was established in 1909. Cricket's popularity expanded with events like the Ranji Trophy (India, 1934), Quaid-e-Azam Trophy (Pakistan, 1953), and the first Cricket World Cup in 1975. The game requires significant physical capabilities, particularly shoulder strength and abdominal muscular endurance.

The comparison of strength attributes between football and cricket players has been largely unexplored in academic research, despite both sports requiring significant levels of muscular endurance and power [1]. While football emphasizes lower-body strength and endurance due to constant running and rapid directional changes, cricket requires more upper-body strength, particularly for batting, bowling, and throwing [2]. However, the specific impact of these differences on shoulder and abdominal strength remains unclear, necessitating an in-depth investigation. The COVID-19 pandemic further exacerbated disparities in training and conditioning routines. With global lockdowns and restrictions on sports activities, many athletes were forced to train under suboptimal conditions [3]. The transition from structured training environments to home-based workouts had an uneven impact on different muscle groups, with some players adapting better than others. Cricket players, for instance, might have experienced reduced upper-body workouts due to a lack of access to proper training equipment, while football players could have faced challenges in maintaining their stamina and agility [4].

Traditional strength training programs for football and cricket players focus on general fitness but may not always be tailored to the specific demands of each sport [5]. A structured comparison of shoulder and abdominal strength can help identify potential weaknesses in training regimens and guide the development of sport-specific conditioning programs. This study aims to fill this gap by providing empirical evidence on the variations in shoulder and abdominal strength between football and cricket players and the effects of pandemic-induced training modifications [6,7]. Conducting a study on these gaps in knowledge, the findings of this study will contribute to improved training methodologies and targeted interventions that enhance athletic performance and injury prevention strategies [8]. This research will also serve as a foundation for future studies investigating the long-term effects of different training approaches on muscle endurance and strength in athletes from various sports disciplines [9,10].

Strength Attributes

Shoulder Strength

Muscular strength refers to the ability to exert force against resistance. Shoulder strength, in particular, is vital for both football and cricket players to perform optimally. Cricket players, especially bowlers and batsmen, rely heavily on shoulder strength for powerful deliveries and strokes [4]. Football players require shoulder strength for balance, tackling, and aerial duels [3]. Shoulder strength contributes to enhanced upper-body stability and resistance to impact, both of which are crucial in sports that involve dynamic movements and high-contact situations.

Abdominal Strength

The abdominal muscles play a crucial role in stabilizing the spine, aiding in respiration, and maintaining posture during athletic activities. Strong core muscles improve overall athletic performance, reduce the risk of injuries, and enhance endurance. Both football and cricket players benefit from strong abdominal muscles for dynamic movements, agility, and sustained physical activity. Core stability is essential in executing high-intensity actions, such as sprinting, jumping, and rapid directional changes, which are frequent in both sports.

MATERIALS AND METHODS

Participants

This study examined differences in shoulder and abdominal muscular strength between football and cricket players. Thirty male participants (15 from each sport) were selected from Saveetha School of Physical Education, Saveetha Institute of Medical and Technical Sciences. Their ages ranged from 18 to 23 years. All participants were actively involved in their respective sports for a minimum of three years and had undergone structured training programs during this period. The selection process ensured that the subjects had comparable fitness levels and sports backgrounds, allowing for a fair comparison of shoulder and abdominal strength.

Data Collection and Testing Procedure

Due to the COVID-19 pandemic, training and assessments were conducted online, with participants engaging in physical activities at home from 7:00 to 8:00 AM, Monday to Saturday. The study protocol was communicated in advance to ensure the proper execution of the tests. All participants were given clear instructions and demonstrations before testing. Tests were performed in similar home environments to minimize external factors. Performance was monitored via video to ensure correct form and avoid bias. The collected data were analyzed using the t-test to determine the statistical significance of differences between football and cricket players. The results were interpreted to the critical t-value at a 0.05 significance level.

Shoulder Strength Test

Measured using the one-minute floor push-up test. Participants performed as many push-ups as possible within one minute. The test was conducted over video calls, and a certified fitness trainer counted repetitions. Figure 1 shows during data collection on shoulder strength.

Abdominal Strength Test

Evaluated through the one-minute bent-knee sit-up test. Participants performed controlled sit-ups with hands crossed over the chest. The number of correct sit-ups completed in one minute was recorded. Figure 2 shows during data collection on abdominal muscular strength, and table 1 shows the shoulder strength comparison between football and cricket players**.**

RESULTS AND DISCUSSION

The t-ratio for shoulder strength was 28.69, indicating a statistically significant difference. Cricket players exhibited greater shoulder strength than football players. The mean represents the average performance of each group in the push-up test, with cricket players achieving a higher mean value (35.85) than football players (32.65), reflecting their superior upper-body strength. The standard deviation (SD), which measures variability within each group, was 6.45 for football players and 7.16 for cricket players. Figure 3 shows the mean difference in shoulder strength between football and cricket players, and table 2 shows the abdominal strength comparison between football and cricket players.

The t-ratio for abdominal muscular strength was 1.70, below the critical threshold. This indicates no significant difference in abdominal strength between football and cricket players. The mean represents the average performance

of each group in the bent-knee sit-up test, with football players achieving a slightly higher mean value (33.10) compared to cricket players (32.95), suggesting minimal variation in core strength between the two groups. The SD, which measures variability within each group, was 6.09 for football players and 5.12 for cricket players, indicating that football players displayed slightly more variation in abdominal strength scores than cricket players. Figure 4 shows the mean difference in abdominal strength between football and cricket players.

CONCLUSION

The findings reveal that cricket players demonstrate significantly better shoulder strength than football players. However, there was no significant difference in abdominal strength between the two groups. These results suggest that sport-specific training influences shoulder strength more prominently than abdominal muscular endurance. Future research should explore the long-term effects of specialized training programs on these parameters.

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Table 1 Shoulder Strength Comparison Between Football and Cricket Players

Groups	Mean	Standard Deviation	Standard Error	Mean Difference	t-ratio
Football Players	32.65	6.45	2.23	3.20	28.69*
Cricket Players	35.85	7.16	1.71		

Significant at the 0.05 level, critical t-value = 2.048, df = 28

Table 2 Abdominal Strength Comparison Between Football and Cricket Players

Groups	Mean	Standard Deviation	Standard Error	Mean Difference	t-ratio
Football Players	33.10	6.09	1.36	0.15	1.70
Cricket Players	32.95	5.12	1.14		

Significant at the 0.05 level, critical t-value = 2.048, df = 28

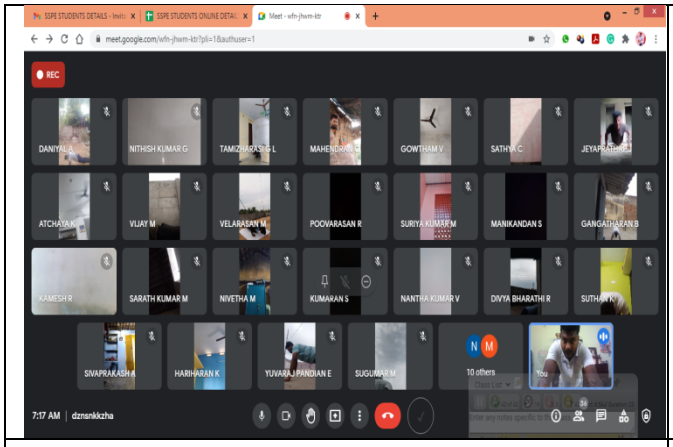

Figure 1. During data collection on Shoulder Strength

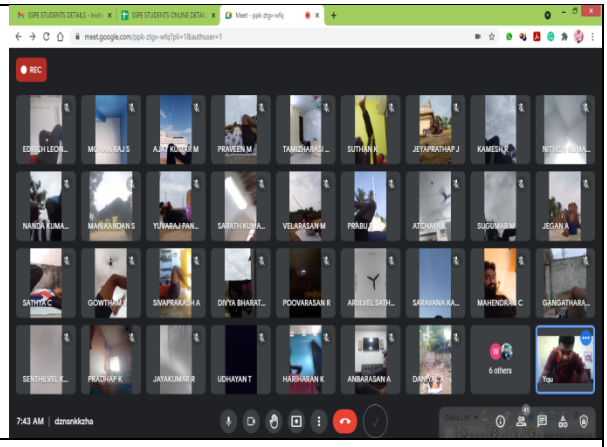

Figure 2. During data collection on Abdominal Muscular Strength

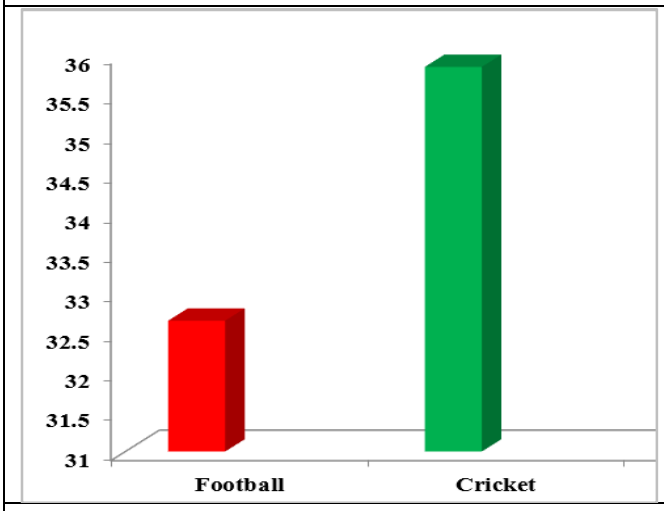

Figure 3. Mean Difference in Shoulder Strength between Football and Cricket Players

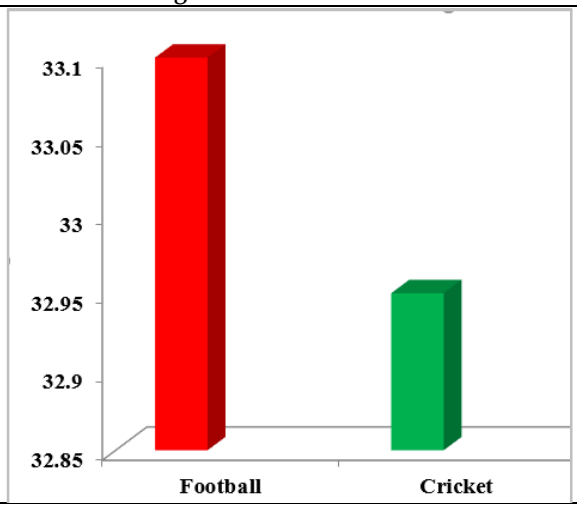

Figure 4. Mean Difference in Abdominal Strength between Football and Cricket Players

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Subcutaneous Hydatid Cyst of the Abdominal Wall: A Rare Case Report and Comprehensive Management Review

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Received: 21 Mar 2025 Revised: 24 Jun 2025 Accepted: 10 Jul 2025

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ABSTRACT

Hydatid cysts, caused by the larval stage of *Echinococcus granulosus*, typically affect the liver and lungs but rarely present in the subcutaneous tissue. Early diagnosis and surgical intervention are crucial to prevent complications. A 37-year-old male presented with a 6-month history of pain and swelling in the right lateral abdomen. Clinical examination revealed a 2×3 cm mobile swelling in the subcutaneous plane, without discoloration, discharge, or rigidity. Magnetic Resonance Imaging (MRI) demonstrated a well-defined multi-cystic lesion, suggestive of a hydatid cyst. The patient underwent surgical excision of the cyst under general anaesthesia. The wound was irrigated with cetrimide solution to minimize risk of recurrence. The patient had an uneventful postoperative recovery. This case highlights the importance of early recognition and surgical management of subcutaneous hydatid cysts to prevent complications.

Keywords: Hydatid cyst, Cyst excision, Subcutaneous hydatid cyst,*Echinococcus granulosus*.

INTRODUCTION

Hydatid cyst, also known as echinococcal cyst, is a parasitic infection caused by the larval stage of *Echinococcus granulosus*, a tapeworm commonly found in canines such as dogs[1]. Humans act as accidental intermediate hosts through ingestion of eggs shed in the feces of infected animals. The disease is endemic in regions with close interaction between humans, livestock, and canine hosts, particularly in areas practicing animal husbandry. The liver and lungs are the most frequently affected organs, but hydatid cysts can develop in almost any part of the body, including subcutaneous tissues, which is rare. Clinical presentation depends on the cyst's location, size, and associated complications, ranging from asymptomatic cases to significant pain, swelling, and functional impairment. Early diagnosis and treatment are essential to prevent complications such as rupture, secondary infections, or anaphylaxis. Management typically involves surgical excision, often combined with antiparasitic therapy, to achieve optimal outcomes.

Clinical History

37-year-old non-smoking, non-alcoholic male patient came with a history of pain and swelling on the right side of the abdomen, which had been present for six months. The patient has been admitted to the hospital for surgery.
No any medical, surgical and specific family history.

Timeline

The patient was asymptomatic until six months ago when he noticed a swelling on the right lateral side of his abdomen. Initially, there were no symptoms, but over time, the swelling gradually increased in size and became associated with pain so patient came our hospital for further evaluation and management.

Clinical Examination

On examination, a soft, single, mobile swelling with a smooth surface and well-defined round margins was observed on the right lateral aspect of the abdominal wall, measuring approximately 2×3 cm. The surrounding skin appeared normal, with no signs of raised temperature, induration, discoloration, or discharge. The swelling was non-tender. On clinical examination diagnosis of lipoma was made.Figure1 Vitals of the patient was recorded as, BP: 110/80 mm of Hg, Pulse: 80/min and SpO2: 98%, T: 97.4 F, Systemic examination was in normal.

Diagnosis

MRI abdomen which shows A well-defined thick walled multicystic lesion seen along right lateral abdominal wall within subcutaneous plane[2]and shows focal attachment to abdominal muscle. T1 and T2 weighted MRI demonstrated a hyperintense lesion with well-defined capsule and a hypointense Rimon T2 which is characteristic of hydatid cyst. Figure 2&3 The investigation is mentioned in Table 1

MATERIALS AND METHODS

Therapeutic intervention

Excision of Hydatid Cyst under General Anesthesia
The procedure is performed after obtaining fitness clearance from the physician.Informed consent was taken prior to the procedure.

Preoperative Assessment

NBM for 6 hours, preoperative antibiotic administered, and IV fluids given at 80 mL/hour.

Operative Procedure

1.Anesthesia: General anesthesia induced and maintained successfully.
2.Patient Positioning: Left lateral position.

3.Surgical Field Preparation: Painting and draping performed under aseptic precautions.
4.Incision: With the help of 11 no surgical bladevertical incision made on the swelling.

5.Dissection
- Skin and fascia carefully separated to expose the cyst wall.
- Adhesions meticulously released, ensuring minimal trauma to surrounding structures.

6.Cyst Excision
- Hydatid cyst identified and excised completely from the subcutaneous plane without rupture. Excised cyst sent for histopathological examination.Figure 4& 5
- The cavity was irrigated with cetrimide solution and allowed to dwell for 10 minutes to prevent the proliferation of protoscolices in case of any residual larvae.[3].

7.Hemostasis: Achieved using standard techniques.

8.Closure
- Subcutaneous tissue approximated using Vicryl 2-0 intermittent sutures.
- Skin closed with Ethilon 2-0 vertical mattress sutures.

9.Dressing: Sterile dressing applied.

10.Recovery
- Anesthesia reversed successfully.
- Patient was conscious, oriented, and stable upon transfer to the recovery room.

Postoperative Orders
1.**NBM:** Continue for 6 hours post-surgery.
2.**IV Fluids:** RL/NS at 80 mL/hour
3.**Monitoring:** Vital signs every 4 hours.
4.**Medications:**
- Inj. Amoxycillin + Clavulanic Acid1.2 gm IV BD * 3days
- Inj. Pantoprazole 40 mg IV BD * 3days
- Inj. Ondansetron 4 mg IV BD * 3days
- Tab. Albendazole 400 mg BD* 3days
- NSAID given as per required.

The patient was discharged on postoperative day 4 and prescribed the following medications: Amoxicillin + Clavulanic Acid 625 mg BD, Pantoprazole 40mg + Domperidone30mg before foodBD, Aceclofenac 100mg + Paracetamol 325mg + Trypsin Chymotrypsin 150000AU TDS, andAlbendazole 400 mg BD[4] for 21 days.Figure 6

Follow-up and Outcomes
On the 10th postoperative day wound examined, no any discharge, skin was intact, suture was removed sterile dressing done and the patient achieved full recovery.

DISCUSSION

This case study presents a rare occurrence of a subcutaneous hydatid cyst in the abdominal wall, emphasizing the need for clinical suspicion, imaging, and prompt surgical intervention in atypical cases. Subcutaneous hydatid cysts are uncommon, with only a few cases documented cases in the literature, making this case unique. Hydatid disease, caused by *Echinococcus granulosus*, primarily affects the liver (75%) and lungs (15%), with rare cases involving

subcutaneous tissue due to hematogenous or lymphatic spread [5]. The absence of systemic symptoms and inflammatory signs made diagnosis challenging, initially suggesting a benign condition like lipoma. MRI played a crucial role in confirming the diagnosis, revealing the characteristic multi-cystic structure, well-defined capsule. This facilitated preoperative planning and reduced surgical complications. Definitive treatment involved complete excision to prevent spillage, followed by cetrimide irrigation to neutralize Protoscolices. Histopathology confirmed hydatid disease with free Hooklets and Protoscoleces. Postoperatively, albendazole therapy was administered to prevent recurrence [6]. Subcutaneous hydatid cysts require a high degree of clinical suspicion, particularly in endemic areas. Advanced imaging is crucial, and meticulous surgical techniques combined with antiparasitic therapy ensure optimal outcomes. Increased awareness and multidisciplinary collaboration are essential for managing atypical cases, even when the presentation mimics other benign conditions, highlighting the need for further research into its pathogenesis and treatment strategies."

CONCLUSION

This case underscores the importance of considering hydatid disease in the differential diagnosis of subcutaneous swellings, especially in endemic regions. Early recognition through clinical evaluation and advanced imaging like MRI is vital for accurate diagnosis and surgical planning. Complete surgical excision, combined with scolicidal irrigation and postoperative antiparasitic therapy, ensures optimal outcomes and minimizes the risk of recurrence or complications. This rare presentation highlights the need for heightened awareness and a multidisciplinary approach in managing atypical hydatid cysts.

Informed consent
Written permission for the publication of this case study was obtained from the patient.

Financial support and sponsorship: Nil

ACKNOWLEDGMENT

Nil

Conflict of interest
No any conflict of interest

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Table.1: Investigation

Hemoglobin	15.5 g/dL	**Total Bilirubin**	0.5 mg/dL	**HIV**	Non-reactive
WBC	9660/µL	**Direct Bilirubin**	0.3 mg/dL	**HBsAg**	
Platelets	325,000/µL	**ALP**	110 U/L	**HCV**	
RBS	99 mg/dL	**Total Protein**	6.7 g/dL	**PT**	11.4 sec
Serum Creatinine	0.7 mg/dL	**Albumin**	4.1 g/dL	**INR**	0.95
Electrolytes Na/K/Cl	140/4.4/101 mmol/L	**2D Echo**	Normal LVEF 55–60%	**X-ray Chest (PA)**	Normal

Figure.1: At Examination

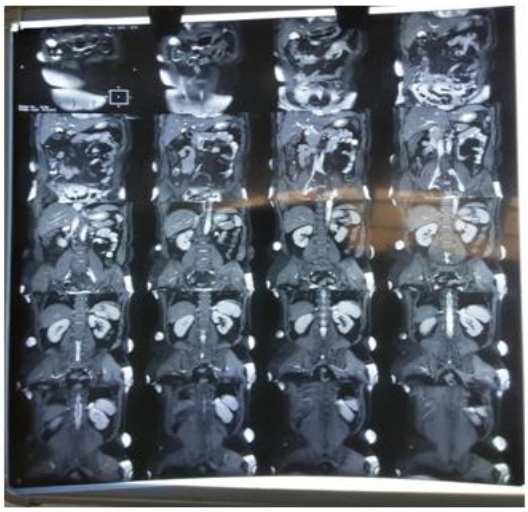

Figure.2: MRI

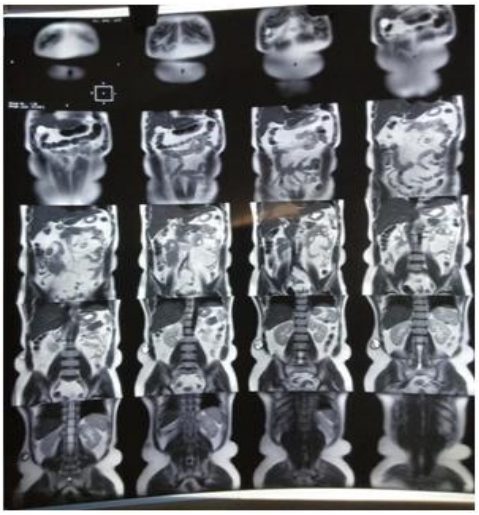

Figure.3: MRI

Figure.1: Intra OP

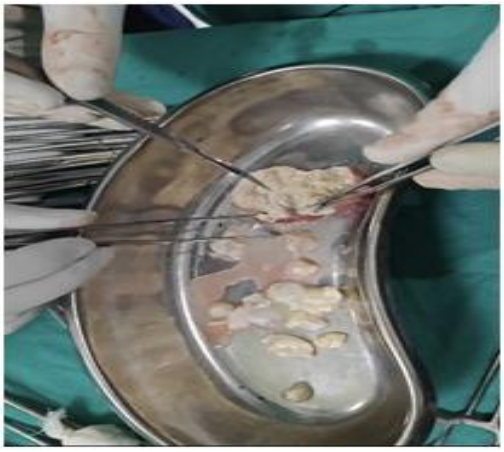

Figure.5: Dissection of Hydatid cyst

Figure.2: Post OP

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Neuroscience of Nonverbal Cues: Assessing the Impact of Communication and Body Language on Guest Satisfaction in Indian Hospitality

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Received: 16 May 2025 Revised: 02 Jun 2025 Accepted: 21 Jun 2025

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ABSTRACT

In India's rapidly evolving hospitality sector, the efficacy of service delivery is increasingly linked to the cognitive and behavioural dimensions of communication—both verbal and nonverbal. This research explores the neuropsychological and social underpinnings of communication, grooming, and body language as critical determinants of guest satisfaction, interpersonal trust, and professional advancement. The sector's broad scope—including hotels, airlines, retail spaces, and transportation services—necessitates high-frequency, high-quality human interaction. Empirical studies suggest that nonverbal communication, such as posture, eye contact, and facial expressions, can significantly influence perception, emotion regulation, and decision-making in hospitality environments. Moreover, emerging professionals who demonstrate high emotional intelligence and refined communication behaviours often achieve greater career mobility, regardless of formal academic standing. This study examines how competencies in self-presentation and interpersonal dynamics correlate with measurable outcomes such as client retention, peer evaluations, and conflict resolution. The findings underscore the role of communication science as a strategic tool for operational excellence and human capital development. Through a multidisciplinary lens, this paper emphasizes the importance of integrating behavioural communication training into hospitality education and practice in India.

Keywords: Nonverbal communication, behavioural science, hospitality psychology, emotional intelligence, guest experience, professional development.

INTRODUCTION

Effective communication is undeniably the cornerstone of success within the hospitality industry, serving as an essential skill for professionals seeking to thrive in this dynamic sector. It is a multifaceted ability, encompassing not only semantics and syntax but also pragmatics, all of which together ensure that messages are conveyed clearly, appropriately, and in a manner that is easily understood by all parties involved. When these communication elements are not properly executed, the repercussions can be severe, resulting in misunderstandings that negatively affect both individual careers and the organization's overall performance. Particularly in business contexts—whether in the public or private sectors—communication failures can lead to costly errors, sometimes reaching significant financial losses that may run into the millions. In various forms of communication—be it phone calls, emails, or face-to-face meetings—business dealings often hinge on the accuracy of the conveyed message. Even the smallest miscommunication or misunderstanding can lead to major financial consequences, making it crucial to achieve precise, clear understanding in all interactions. Within the hospitality industry, the role of effective communication becomes even more critical. Hospitality professionals, many of whom have received specialized training through hotel management programs, understand that exceptional communication skills are central to their success. These programs not only focus on developing clear and professional communication but also emphasize how these skills can reflect positively on the organization and the country.

In a service-centric field like hospitality, customer satisfaction is paramount, and clear communication often serves as the key to achieving this. The ability to communicate effectively with guests, address their concerns, and resolve issues in a timely and professional manner can significantly influence the overall guest experience. It's not only the message that matters, but also the tone, body language, and attitude with which it is delivered are factors that can convey professionalism, warmth, and attentiveness, all contributing to a positive interaction. Additionally, grooming standards and uniform policies are deeply ingrained in the hospitality sector, particularly in India, where maintaining a polished and consistent appearance is seen as an essential part of professionalism. Staff are expected to uphold rigorous hygiene standards and wear their uniforms with pride, signalling their commitment to service excellence and aligning with industry norms. These external factors, such as appearance, complement the internal skills of communication and body language, helping to create a unified, professional image that resonates with both guests and colleagues.

Within the hospitality industry, communication skills and body language proficiency are indispensable. Professionals who master these abilities are better equipped to foster positive guest experiences, build rapport, and resolve conflicts efficiently. Communication is not merely about speaking; it involves listening attentively, understanding, and responding empathetically to the needs of others. Body language plays a pivotal role here as well, offering important non-verbal cues that can reinforce the spoken word. A warm smile, open posture, and engaged eye contact can convey friendliness, professionalism, and attentiveness, all of which leave a lasting impression on guests and colleagues. Moreover, mastering body language also enables professionals to project confidence and competence—traits that are crucial in both everyday interactions and high-pressure situations. The benefits of strong communication and body language skills extend far beyond individual performance; they have far-reaching effects on customer satisfaction, conflict resolution, and overall workplace culture. Effective communication fosters a culture of openness, respect, and collaboration, which ultimately contributes to a harmonious work environment, improved team dynamics, and organizational success.

To enhance these vital skills, hospitality professionals can participate in various training programs, workshops, and seminars that focus on communication and body language. These educational opportunities equip professionals with practical tools and techniques to refine their communication styles, enhance conflict resolution abilities, and improve awareness of non-verbal communication. Furthermore, professionals should actively seek opportunities to practice and improve these skills in real-world settings, engaging in role-play exercises and seeking feedback from colleagues and mentors. This ongoing process of self-reflection, combined with the development of body language awareness,

allows professionals to adjust their behaviour to better align with their intended message and achieve optimal outcomes in various interactions. In conclusion, the mastery of effective communication and body language is essential for professionals in the hospitality industry, where customer satisfaction, professionalism, and teamwork are the driving forces of success. As the industry continues to evolve, the need for these skills will only become more pronounced, making them indispensable for anyone aiming to build a rewarding career in this competitive and ever-changing field. By continuously honing their communication and body language abilities, hospitality professionals can elevate their own performance while simultaneously enhancing the overall experience for guests and contributing to the excellence of the industry.

Several real-world scenarios further illustrate the pivotal role of communication and body language in the hospitality sector. Consider the example of a hotel receptionist: they play a key role in shaping a guest's first impression of the property. Through a warm smile, friendly tone, and open posture, the receptionist not only provides essential information but also creates a welcoming atmosphere that sets the tone for the guest's entire stay. This combination of verbal and non-verbal communication helps establish a sense of comfort and trust, contributing to a lasting, positive relationship between the guest and the hotel. Similarly, a restaurant server's role extends beyond simply taking orders. It involves listening attentively to guests' preferences, responding with appropriate verbal communication, and reinforcing these words with body language such as nodding, making eye contact, and maintaining a professional yet relaxed posture. These non-verbal cues complement the verbal message, creating a sense of attentiveness and care, and ensuring that the guest's needs are met in a courteous and efficient manner.

For a tour guide, communication is crucial in delivering both an informative and engaging experience. A skilled guide can captivate an audience with clarity and enthusiasm, using facial expressions and hand gestures to emphasize key points. The ability to read the group's reactions through body language enables the guide to adjust their delivery, ensuring the tour remains engaging and informative. This combination of effective verbal communication and expressive non-verbal cues fosters a deeper connection between the guide and guests, making the experience more enjoyable and memorable. In conclusion, integrating strong communication and proficient body language skills is essential for hospitality professionals, particularly in India, where these attributes are key to delivering exceptional guest experiences and fostering positive workplace dynamics. The ability to effectively communicate and project professionalism through body language significantly enhances the overall quality of service, strengthens relationships with guests, and supports a positive, productive working environment. By continuously improving these skills, hospitality professionals can not only contribute to the success of their organizations but also shape a rewarding and impactful career in the hospitality industry.

REVIEW OF LITERATURE

Recent studies have increasingly highlighted the vital role of communication and body language within India's hospitality sector, especially given the industry's diverse clientele. Kapoor (2022) emphasizes how crucial nonverbal communication is for conflict resolution, arguing that calm and open body language can effectively diffuse tension in challenging situations—an essential skill in hospitality where guest satisfaction is paramount. Similarly, Sharma (2021) points out the importance of adapting communication styles to fit the cultural backgrounds of different guests, which is particularly significant in India, a country known for its vast cultural diversity. In this context, hospitality professionals must not only be linguistically proficient but also culturally sensitive, understanding the unique expectations guests may have. Patel and Desai (2020) further reinforce this by noting that body language, when paired with clear verbal communication, is essential in conveying warmth, attentiveness, and professionalism—qualities that significantly enhance the overall guest experience. Moreover, Gupta and Verma (2020) emphasize the role of structured training programs in honing these communication and body language skills, underlining the importance of continuous professional development to maintain high standards of service excellence. Kumar and Kaur (2019) also stress that effective communication, encompassing both verbal and nonverbal strategies, is crucial for building strong, lasting relationships with guests, ensuring their needs are met in a timely and empathetic

manner. In addition, Singh and Agarwal (2020) discuss the role of culturally specific gestures, such as the traditional Namaste, in Indian hospitality, demonstrating how these nonverbal expressions help convey respect and enhance the guest experience. Despite the wealth of research in these areas, there remains a gap in exploring how technological advancements, such as the rise of digital communication tools, influence communication dynamics in hospitality. Future studies could investigate this aspect further and explore how these communication skills impact internal operations, such as team coordination and organizational culture, offering a more comprehensive view of their significance in hospitality management.

The Significance of Effective Communication and Proficient Body Language in the Hospitality Sector

Effective communication skills are an essential pillar of success in the hospitality industry, enabling individuals to achieve excellence while contributing meaningfully to organizational objectives. These skills are not merely tools for conveying information but are fundamental to building relationships, resolving conflicts, and ensuring seamless interactions with guests and team members. In a sector driven by service excellence and customer satisfaction, professionals who can articulate their thoughts clearly and effectively, both verbally and nonverbally, hold a distinct advantage. Communication becomes the bridge that connects service providers with guests, translating expectations into exceptional experiences. For aspiring professionals entering the hospitality industry, the journey to securing employment can be particularly challenging due to the high premium placed on communication and soft skills. The competitive nature of the field demands more than technical knowledge or academic qualifications; it requires individuals to possess the ability to engage meaningfully with diverse stakeholders, from guests and clients to colleagues and management. Communication skills are vital not only for delivering information but also for understanding and addressing the needs and preferences of guests. This includes active listening, empathy, and the ability to respond appropriately to verbal and nonverbal cues, which are critical in creating a personalized and memorable experience for each guest. Moreover, soft skills such as teamwork, adaptability, and emotional intelligence complement communication abilities, ensuring that hospitality professionals can navigate the dynamic and often high-pressure environments characteristic of the industry. These skills play a crucial role in conflict resolution, decision-making, and maintaining a harmonious workplace culture, all of which contribute to an organization's overall success. For individuals embarking on their careers in hospitality, developing and demonstrating these skills is often a prerequisite for entry, as employers seek candidates who can not only perform their roles effectively but also uphold the values and standards of the organization. In addition, the emphasis on communication skills extends beyond guest interactions to encompass internal operations within hospitality establishments. Clear and effective communication is integral to coordinating tasks, ensuring smooth workflows, and fostering collaboration among team members. Professionals who can articulate their ideas, provide constructive feedback, and maintain transparency in their interactions contribute to a productive and cohesive workplace environment. This underscores the importance of communication as a multifaceted skill that supports both external customer service and internal team dynamics. Ultimately, effective communication skills are not just desirable but indispensable in the hospitality industry. They enable professionals to navigate the complexities of the sector, meet and exceed guest expectations, and drive organizational success. For those aspiring to build a career in this field, prioritizing the development of communication and soft skills is not merely an option but a necessity, paving the way for personal growth, professional achievement, and a lasting impact on the industry.

The Importance of Effective Communication Skills in the Hospitality Industry

Effective communication skills are fundamental to success in the hospitality industry, playing a pivotal role in personal and professional growth. These abilities extend beyond simple exchanges of information; they are the foundation for building relationships, fostering trust, and ensuring seamless operations within a dynamic and customer-focused environment. The value of strong communication skills in the hospitality sector can be explored through several key dimensions:

Securing Job Opportunities

In the competitive hospitality industry, communication skills are a significant differentiator during the hiring process. Candidates with excellent verbal and nonverbal communication abilities are more likely to excel in

interviews, articulate their qualifications effectively, and secure employment. Employers prioritize these skills, often favoring candidates who can confidently interact with clients and colleagues over those with technical expertise but poor communication.

Career Advancement and Professional Development

Proficient communication skills enable professionals to embrace diversity and explore new career opportunities within the industry. The ability to connect with individuals from different cultural backgrounds, build strong relationships, and form strategic alliances paves the way for career advancement. These skills also enhance adaptability, a critical asset in an ever-evolving industry.

Customer Satisfaction and Problem Resolution

In the hospitality sector, customer satisfaction is paramount, and clear communication plays a vital role in achieving it. Effective communication helps resolve guest concerns promptly and ensures that information is conveyed accurately, leading to positive experiences. Whether addressing complaints or providing guidance, professionals with strong communication abilities excel at managing customer interactions with empathy and precision.

Projecting a Professional Image

First impressions are critical in hospitality, and effective communication helps individuals present themselves confidently and professionally. Whether interacting with guests, colleagues, or stakeholders, clear and articulate communication enhances one's ability to leave a lasting, positive impression.

Boosting Confidence and Navigating Challenges

Strong communication skills contribute significantly to self-confidence. Professionals who can express their ideas clearly and handle interpersonal interactions effectively are better equipped to navigate challenges and seize opportunities in the hospitality field. This confidence also reflects in their interactions, creating a ripple effect of positivity and professionalism.

Fostering Positive Relationships

Effective communication is the foundation of strong, positive relationships in the workplace. Whether with colleagues, clients, or guests, the ability to communicate clearly fosters trust, collaboration, and mutual respect, leading to a harmonious work environment.

Promoting Optimism and Positivity

Clear communication nurtures a positive workplace culture by reducing misunderstandings and encouraging constructive dialogue. Professionals who communicate effectively contribute to an optimistic outlook, enhancing overall team morale and productivity.

Enhancing Coordination and Operational Efficiency

In the fast-paced hospitality industry, clear and concise communication is essential for effective task management and coordination. Professionals who can convey instructions, provide updates, and collaborate seamlessly ensure smooth operations and enhance overall efficiency.

Strong communication skills serve as the cornerstone for success in the hospitality industry. They empower individuals to excel in their careers, build lasting relationships, and deliver exceptional customer service. By fostering confidence, positivity, and efficiency, effective communication contributes to the growth and excellence of both professionals and organizations within this dynamic sector.

Snapshot of India's Hospitality Sector

India, with its expansive land area of 3,287,263 square kilometres, is a land of diverse landscapes, encompassing the majestic Himalayan ranges in the north to the lush tropical rainforests in the south. This geographic diversity, coupled with a rich historical and cultural heritage, positions India as a global hotspot for tourism and hospitality.

The country's varied ecology and topography provide a fertile ground for the tourism and hospitality sectors to flourish, making it a significant contributor to the national economy and employment. As a pivotal segment of the service industry, the hospitality sector in India is divided into five key sub-sectors: food and beverage production and services, accommodation operations, transportation and logistics, tourism, and event management. Each of these areas plays a vital role in catering to the needs of domestic and international travellers. The core mission of the hospitality industry remains focused on ensuring guest well-being and providing exceptional service, aiming to create memorable experiences that encourage repeat visits and foster long-term loyalty.

The importance of grooming and communication skills in maintaining international hospitality standards cannot be overstated. The initial impression formed by guests upon their arrival often determines their overall perception of the establishment and influences their decision to continue engaging with its products and services. Employees who present themselves with professionalism and polish play a significant role in shaping these first impressions. The impact of well-groomed staff, combined with positive interactions, leaves a lasting impression that can greatly enhance guest satisfaction and loyalty. Effective communication skills, complemented by etiquette and good manners, are indispensable in the hospitality sector. Verbal communication, supported by positive body language, active listening, patience, and professionalism, helps employees convey messages clearly and persuasively. The ability to use appropriate vocabulary and maintain a positive work attitude ensures smooth interactions with guests, further enhancing their experience. These qualities, combined with a commitment to guest satisfaction, create an atmosphere of warmth and reliability that defines the essence of Indian hospitality. By focusing on seamless service delivery, attention to detail, and a deep understanding of guest needs, India's hospitality sector continues to uphold its reputation on the global stage. This commitment not only drives guest satisfaction but also contributes to the industry's sustained growth and its pivotal role in India's economic development.

Steps to Ensure Effective Communication in the Hospitality Industry

Effective communication is the backbone of interpersonal interactions, and body language, often referred to as non-verbal communication, plays a pivotal role in this process. It encompasses a spectrum of gestures, facial expressions, postures, and other non-verbal cues that augment verbal communication by adding depth and context. In the hospitality industry, where guest satisfaction and seamless interactions are paramount, understanding and effectively utilizing body language is critical for creating meaningful connections and fostering trust. Body language serves as a vital complement to verbal communication, offering additional context to spoken words. While verbal communication conveys explicit information, non-verbal cues such as facial expressions, hand gestures, and posture provide insight into emotions, attitudes, and intentions. For example, a warm smile and open posture can enhance the perception of friendliness and approachability, even when words remain neutral. Conversely, incongruence between verbal and non-verbal communication—such as a reassuring statement paired with a dismissive gesture—can lead to confusion or mistrust. Thus, mastering body language is essential for enriching the overall communication experience and ensuring clarity in interactions. To promote effective communication within the hospitality industry, organizations can adopt the following steps

Organizing Comprehensive Training Programs

Regular training sessions are crucial for equipping staff with the communication skills required to excel in the hospitality sector. These programs should focus on enhancing verbal and non-verbal communication abilities, with particular attention to English language proficiency and cultural sensitivity. Training modules can include handling guest inquiries, presenting menus, processing payments, resolving complaints, and managing diverse guest scenarios. By fostering a culture of continuous learning, organizations can ensure that their teams are well-prepared to deliver exceptional service.

Fostering Active Listening and Engagement

Effective communication is a two-way process, necessitating active listening and genuine engagement with team members and guests. Management should create an environment where employees feel heard, valued, and respected. Recognizing staff contributions and incorporating their feedback can boost morale and teamwork.

Similarly, paying close attention to guest feedback is vital for identifying areas of improvement and tailoring services to meet expectations.

Prioritizing Team Collaboration and Feedback

Encouraging open communication among team members strengthens internal dynamics and fosters a supportive work culture. Regular team meetings, where employees can share ideas, voice concerns, and provide suggestions, can enhance collaboration and promote a sense of ownership. Acknowledging the perspectives of both staff and guests is instrumental in achieving organizational harmony and operational efficiency.

Enhancing Non-Verbal Communication Awareness

Training staff to understand and utilize body language effectively is critical in the hospitality industry. Emphasizing the importance of eye contact, appropriate gestures, confident posture, and empathetic expressions can significantly improve guest interactions. Teaching employees to recognize and interpret guest body language also helps in anticipating needs and addressing concerns proactively.

Promoting Feedback-Driven Improvement

Continuous assessment and constructive feedback are essential for refining communication strategies. Encouraging staff to self-reflect on their communication style and providing tailored guidance can lead to consistent improvement. Incorporating feedback from guest surveys and reviews ensures that services evolve to meet ever-changing expectations. By implementing these steps, the hospitality industry can cultivate a culture of effective communication, leading to enhanced guest satisfaction, improved team dynamics, and sustainable organizational success. Mastering the interplay of verbal and non-verbal communication not only elevates service standards but also creates lasting positive impressions, fostering guest loyalty and business growth.

Objectives

To Analyze the Correlation Between Body Language, Communication Skills, and Employability in the Hospitality Industry

Explore how effective body language and proficient communication skills impact employability within the hospitality sector, examining their role as essential competencies for professional success.

To Identify Gaps Between Desired and Actual Communication Standards:

Assess the disparities between the industry's expectations for communication excellence and the current levels exhibited by hospitality professionals, pinpointing areas for improvement.

To Propose Measures for Universities and Hotels to Bridge Identified Gaps:

Recommend actionable strategies for academic institutions and hospitality organizations to enhance communication training, aligning graduates' skills with industry requirements.

To Assess the Motivation of Career Aspirants for Skill Enhancement

Evaluate the awareness, interest, and motivation of hospitality career aspirants in developing effective body language and communication skills, identifying factors that drive or hinder their willingness to improve.

Data Collection

The research utilized a structured approach to gather primary data essential for addressing the study objectives.

Data Collection Tool: Questionnaires

To ensure comprehensive coverage of the research objectives, three distinct questionnaires were meticulously designed. These questionnaires comprised straightforward and relevant questions tailored to extract targeted responses from the selected sample. The questionnaires were distributed to the identified participants, enabling the collection of accurate and insightful data. The responses obtained from these questionnaires formed the foundation

for the analysis and interpretation of the study's findings. This method ensured that the data collected was directly aligned with the research objectives, contributing to the reliability and validity of the results.

Sample Design

The sample for this study was carefully designed to ensure a well-rounded representation of relevant stakeholders within the hospitality sector. The three distinct respondent groups were identified based on their roles and influence within the industry, and these groups are relatively homogeneous in nature, sharing similar characteristics pertinent to the research objectives. The identified respondent groups include

Hotel Human Resources / Training Heads:

This group consists of HR and training professionals from various hospitality establishments who are responsible for the recruitment, training, and development of staff. Their insights are invaluable in understanding the industry's communication standards, training requirements, and expectations from hospitality employees.

Faculty Members of Hotel Management Colleges and Universities:

Faculty members from institutions that offer hotel management programs were selected for this group. They play a key role in shaping the communication and soft skills of future hospitality professionals, making their perspectives critical for identifying gaps and areas for improvement in academic curricula.

Students at Hotel Management Colleges and Universities:

The third group comprises students currently enrolled in hotel management programs. This group offers valuable insights into the aspirations, challenges, and motivations of future hospitality professionals, particularly in relation to their communication skill development and career aspirations within the industry. By targeting these specific respondent groups, the research aims to capture a comprehensive understanding of the current communication standards and the gaps that need to be addressed within the hospitality sector.

Hoteliers Agreed Completely on the Following Parameters

The hoteliers surveyed, specifically the Human Resources and Training heads of five-star hotels in Kolkata, unanimously acknowledged the crucial role that effective body language and communication skills play in a successful career in the hospitality industry. They agreed that these skills are essential for enhancing placement opportunities, securing promotions, and building a strong personal brand. The respondents were also generous in expressing their willingness to support initiatives aimed at improving students' proficiency in body language, recognizing its importance in making hotel management students more employable. Additionally, both faculty members and students from hotel management colleges shared the view that effective communication skills are among the most critical prerequisites for pursuing a career in hospitality. This consensus emphasizes the importance of these skills in not only securing employment but also in thriving within the dynamic and service-oriented environment of the hospitality sector.

The faculty members at the college bring significant industry experience, having worked in the Indian hotel sector for an average of 5.5 years. This professional background positions them well to assess the importance of English language proficiency in the hospitality industry. A remarkable 94.5% of both teachers and students collectively emphasized that English plays a pivotal role in shaping a successful career within the Indian hotel industry. This overwhelming agreement underscores a well-recognized fact: proficiency in English is not merely advantageous but an essential prerequisite for anyone aspiring to excel in the dynamic and globally interconnected hospitality sector.

Students' Confidence Level in Communication Skills

Nearly all students recognize the critical importance of English language proficiency in the hospitality industry. However, when evaluating their current skill levels, only 68% rate themselves as proficient in the language.

The charts above illustrate the perspectives of hoteliers and educators from the region regarding their opinions on fresh graduates.

When measured on a scale where 5 represents the highest desired score with 100% weightage, key attributes such as spoken English, body language, tone, and confidence were collectively rated at a concerningly low 20%. On the other hand, both students and teachers agreed that personality and grooming standards fared slightly better, receiving an average score of 3, equivalent to 30%. These findings highlight a significant gap between the desired and actual standards, emphasizing the urgent need for targeted interventions to enhance communication and presentation skills in the hospitality domain.

Both industry professionals and academic experts unanimously acknowledge a noticeable gap in the desired proficiency of English language skills among hospitality students. However, they also share the consensus that this shortfall can be effectively addressed through targeted interventions and structured training programs at the college level. This alignment between industry and academia underscores the importance of integrating robust language development initiatives within hospitality education to bridge the gap and better prepare students for successful careers in the sector. Most hoteliers believe that English-speaking skills can be improved, which is a positive indication that there is a genuine belief in the potential for development in this area. This perspective reflects an openness to addressing the communication gap, as the importance of strong English skills in the hospitality industry is widely recognized. Furthermore, hoteliers actively invest time and resources into enhancing English language proficiency, demonstrating a commitment to elevating the skill set of their employees and ensuring better service quality within the sector. This proactive approach highlights the industry's dedication to continuous improvement and its alignment with the evolving demands of the global hospitality market.

Suggestions & Recommendations

The insights gathered from HR heads of the hospitality industry, faculty members from various hotel management institutes, and aspiring professionals in the field have led to the following recommendations

Significance of English Communication

English communication holds a pivotal role in the Indian hospitality industry. Its importance transcends all career stages, from entry-level positions to senior management, making it an essential skill for professional growth and success within the sector.

Bridging Skill Gaps Through Collaboration

There exists a notable gap between the current communication standards of hospitality students and the expectations of the industry. This gap includes areas such as English language proficiency, effective use of body language and tone, confidence, and overall personality development. A collaborative effort between industry and academia is necessary to address these deficiencies and align student skills with industry requirements.

Enhancing Student Motivation and Engagement

Students must be encouraged to actively participate in initiatives that foster communication skill development. Activities such as language workshops, public speaking events, role-playing exercises, and interactive learning sessions can significantly contribute to building their confidence and improving their communication abilities.

By addressing these recommendations, the hospitality sector can ensure that aspiring professionals are better equipped to meet industry standards, enhancing their employability and career success.

CONCLUSION

Consensus on the Importance of English Proficiency

All stakeholders, including hoteliers, hotel management faculty, and students, unanimously agree that English language proficiency is a fundamental requirement for a successful career in the hospitality industry.

Identified Deficiencies in Fresh Graduates

A gap exists in the core attributes of fresh hotel management graduates, particularly in their fluency in English. This shortfall is further exacerbated by insufficient confidence, underdeveloped personality traits, and ineffective body language, all of which hinder their professional impact and employability.

Collaboration Between Industry and Academia

The hospitality industry and academic institutions acknowledge the need for collaborative efforts to enhance English communication skills among hotel management students. Strategic partnerships and targeted initiatives are essential to bridge this gap and prepare students to meet industry expectations.

Student Confidence and Performance

The confidence and overall performance of hospitality students are closely tied to their proficiency in the English language. To align with industry standards, students require continuous motivation, structured guidance, and access to resources that foster skill development and confidence-building.

These findings highlight the urgent need for focused interventions and cooperative efforts to empower students with the communication skills required for success in the competitive hospitality industry.

Future Scope for Research

Recommendations for Bridging the Communication Skills Gap in Hospitality

Development of Specialized Training Modules

A comprehensive training module can be designed specifically for students pursuing a degree in hotel management. This module should align with the needs of the hospitality industry, focusing on enhancing communication, body language, and personality development skills to improve the employability of fresh graduates.

Customized Training Needs Assessment

Regular assessments should be conducted to identify specific training needs for students. Based on these assessments, targeted training programs can be implemented to address individual and collective skill gaps, ensuring that students meet industry expectations effectively.

Implementation of a Success Measurement Mechanism

A robust mechanism should be established to evaluate the effectiveness of the training provided. This could involve pre- and post-training assessments, feedback from industry professionals, and tracking the performance of graduates in real-world hospitality settings to ensure continuous improvement and alignment with industry standards.

These steps aim to create a structured pathway for skill enhancement, enabling students to transition seamlessly into the professional hospitality environment while meeting industry benchmarks.

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Table 1. Hoteliers Agreed Completely on the Following Parameters

Interaction with associates	Importance of effective Body Language in Indian Hospitality Industry	Communication skill proficiency is crucial	Offer your support to the hospitality career aspirants in its initiatives to improve employability
Yes	Yes	Placement, Promotion, Personal Branding	Yes

Table 2. Students' Confidence Level in Communication Skills

	Spoken English	Body Language	Personality	Confidence	People skills
Average score	2	2	3	2	2

Table 3. Perception of Teachers

	Spoken English	Body Language	Personality	Tone & Confidence
Average score	2	2	3	2

Table 4. scale

	Yes	No	Maybe
Hoteliers' Perception	89%	0%	11%
Faculty's Perception	100%	0%	0%

*Source: https://haiilo.com/blog/top-5-communication-skills-and-how-to-improve-them/

Fig.1. Effective Communication

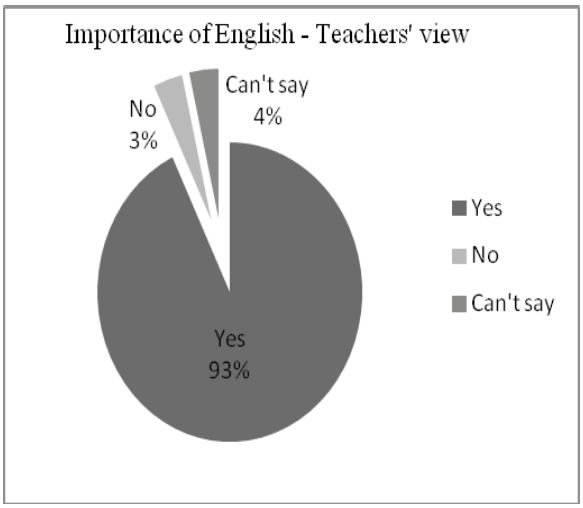

Fig.2. Importance of English – Teachers' View

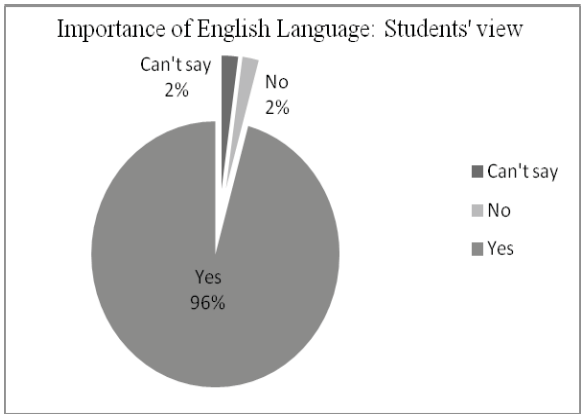

Fig.3. Importance of English – Students' View

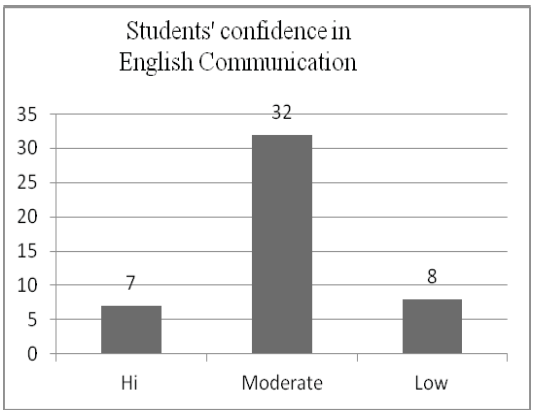

Fig.4. Students' confidence in English communication

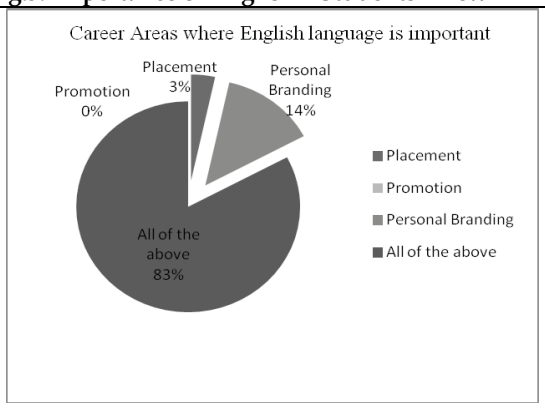

Fig. 5. Carrer Areas Where English Language Department

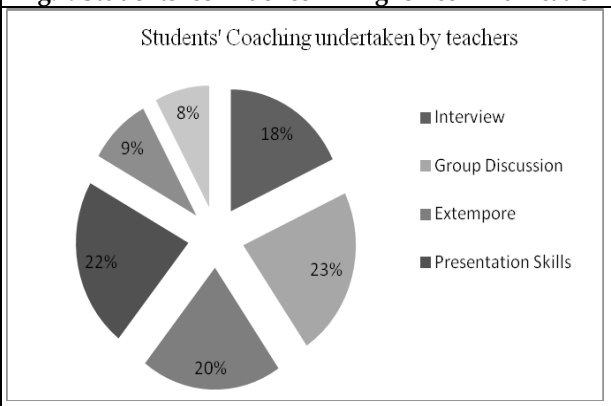

Fig.6.Students' Coaching undertaken by teachers

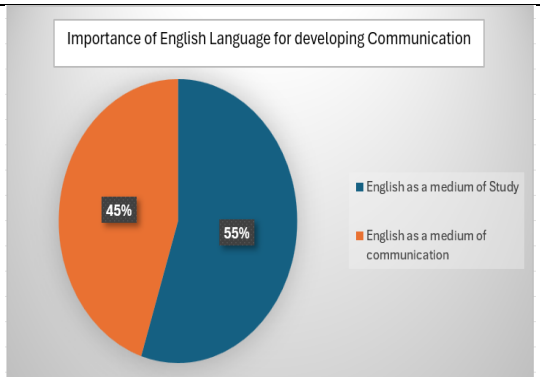

Fig.7. Importance of English language for developing communication

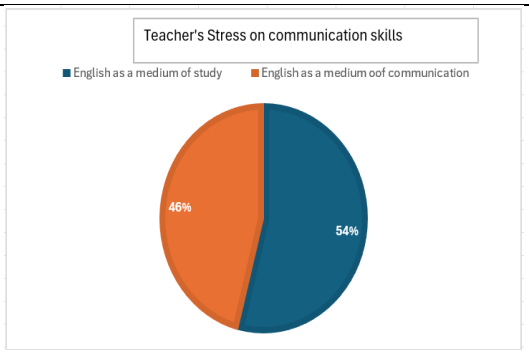

Fig.8.Teachers'strees communication skills

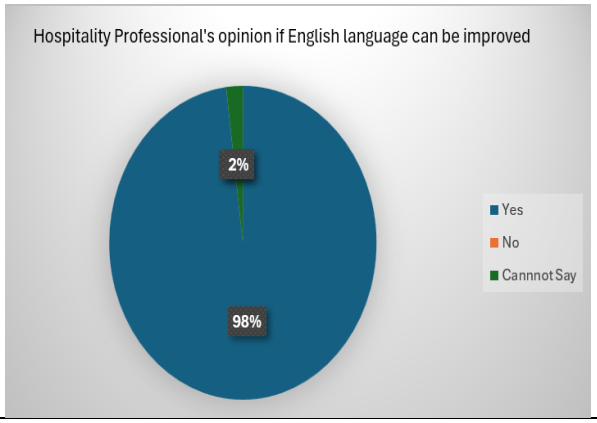

Fig.9. Hospitality professional's opinion if English language can be improved

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Predictive Analytics for Student Performance Deep Learning

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Received: 15 Apr 2025 Revised: 17 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

The academic success of students serves as an important criterion when evaluating the quality of education and readiness for entering the labor market. With the aid of predictive analytics, employing machine learning and deep learning models has become a crucial part of pre-emptively identifying and intervening with any students at risk. This study examines the application of Extreme Learning Machines: an efficient and scalable form of machine learning model employed in predicting student performance to provide timely interventions. ELMs, being a single-layer feedforward neural network, are characterized by rules that require only randomly assigned weights and biases on the input, with disregard for their iterative tuning. Such features give it the ability for fast training periods while producing great accuracy-instead making them the right option for big educational datasets. The study investigated the amalgamation of academic, behavioral, and demographic data to pin down students with a high likelihood of low performance. Moreover, an evaluation of the effectiveness of ELM in comparison to other traditional and deep learning models with regard to accuracy, efficiency, and interpretability is provided. The insights gained from this study could help institutions to adopt data-driven strategies in improving student outcomes and optimizing support systems.

Keywords: Predictive Analytics, Student Academic Success, Early Intervention, Extreme Learning Machines (ELMs), Deep Learning, Performance Prediction, Educational Data Mining, Machine Learning, Student Performance Modeling, Data-Driven Decision Making.

INTRODUCTION

The fast developments in educational technology and data analytics have opened up new avenues to innovative methods for measuring and predicting student performance.[1] Predictive analytics, especially via machine learning

processes, has turned out to be a valuable weapon for teachers and institutions to arrive at data-informed decisions to facilitate early intervention and customized learning plans. [2] Extreme Learning Machines (ELM) are a subset of single-hidden layer feedforward neural networks. They provide computationally efficient alternative solutions to existing deep learning approaches [3]. With low computational complexity yet high accuracy and generalization performance, ELM models have seen extensive use in academic performance forecasting [4]. In comparison to the normal neural networks using iterative weight adjustment via back propagation, the input weights and biases in ELM are assigned randomly, significantly lowering training time without affecting forecasting performance. ELM is well suited for analysing massive student data such as students' backgrounds, attendance, class participation, and past academic performance [5]. It is extremely effective in detecting studentsat risk of failing so that teachers and schools can take early remedial action and support. Furthermore, ELM eliminates a typical problem with classical neural networks, the local minima problem, which can sometimes lead to incorrect outcomes [6]. For this reason, ELM is more reliable.

Extreme Learning Machine is effective and requires less time and effort in training, serving as a great tool in the prevention of students from dropping out and promoting their academic success [7]. Since it is capable of quickly and efficiently analysing student behavior and academic performance, ELM will help schools and colleges understand patterns and do the right thing to support students [8]. This chapter discusses the use of EsLM and other machine learning models in predicting student success in blended learning contexts [9]. With the use of historical academic performance, attendance history, and behavioral traits, these models are able to detect at-risk students early on to give educators useful information. In addition, [10]. we illustrate the use of ELM against other predictive s92% accuracy for student performance prediction.

METHODOLOGY

Extreme Learning Machine (ELM)

Data Collection

The dataset used in this study was collected from several sources to capture different aspects of student performance. These data sources include academic and behavioral data that are crucial for understanding the factors influencing student success. A detailed breakdown of the data sources is as follows:

Student grades are a critical method of evaluations in academics that include the scores given to students in different subject matters over a duration such as a semester or an entire academic year. These grades can be listed in forms such as raw numerical scores, categorical classifications (pass/fail), letter grades (A, B, C, etc.), or a GPA. In addition to being important for assessments, student grades may mostly provide insight into how successful the student is, involving how much the student comprehended, how much effort it put, and how the final performance came out. Besides, these will help decide subsequent educational and employment opportunities, college admissions, scholarship application, and career opportunities that the student could qualify for. Examples of how student grading provides insights for strengths or weakness within subjects may include things like final grades in Mathematics, overall GPAs across different subjects, or respective assignment or exam performances. Such records can help educators, parents, as well as the students in determining the progress, challenges, and measures that can be undertaken to enhance student performance.

Records of attendance are a vital index of student presence and activity in various learning activities. This could involve the monitoring of wants, classes attended and missed, over a period, which may be semester or academic year. In addition, it reveals some trends in absenteeism, which may prove helpful in conjunction with other indicators to offer an additional perspective into a student's commitment to studies and academic danger. Whereby consistent attendance correlates with quality performance in class, students who attend see finishing course work, engaging in class discussions, and doing assignments. While repeated absence might imply some other issues,

whether of disinterest, personal difficulties, or even setbacks to their own learning. Student attendance is normally used by teachers and schools to measure a student's engagement, and offering them intervention and assistance early in order not to have those at risk of being left behind develop academic problems has proven to be beneficial. It can also be utilized to gather data on classes attended per semester, absences per subject, or cumulative attendance percentage, so that it can assist in decision-making to aid students in performing well.

Demographic data comprises data like a student's age, gender, socio-economic status, family background, and geographic location. This information will assist in determining how these factors influence access to resources and academic assistance, as well as student performance. Aspirants from various demographic categories are confronted with distinct challenges and chances on their path of learning, and hence there is a need for instructors and policymakers to interpret these diverse patterns. Challenges can be exemplified by low-income students who might lack sufficient technology and material to study from or students based in urban environments and hence enjoy superior schools relative to students who are in the rural environment. Demographic analysis gives insight to gender-associated patterns in performance as well as choices of subjects. Such analysis of student-level traits offers institutions a chance to make timely interventions, seize opportunities for inclusion, and react with specific plans to ensure equal opportunities for academic achievement.

Behavioral data gives insights into a student's participation, well-being, and motivation apart from scholarly achievement. This information encompasses several aspects like class participation, extracurricular activity, behavioral evaluations by teachers, and, if present, mental health indicators. Student behavior is extremely significant as their involvement in non-academic activities can facilitate or hinder their personality growth, leadership ability, and social adjustment. Students involved in group discussions, clubs, or sports are therefore developing their teamwork and communication skills, which also enhances their development. Behavioral ratings that involve teacher observation and conduct reports can assist in the identification of students who might need extra help-academic, social, or emotional. For instance, student class engagement, school affiliation involvement, and instructor feedback of the student's conduct can suggest the level and points of student challenge. Disassembling the resulting behavioral data permits educators to engage in steps toward creating positive learning environments supportive of student excellence and well-being.

Data Preprocessing Techniques

Data pre-processing is crucial in an attempt to achieve the performance and accuracy of forecasting models, particularly when utilizing Extreme Learning Machine (ELM) and other deep learning models for forecasting student academic performance. Some of the most critical data pre-processing techniques that can be utilized in the case of processing student academic data are highlighted below.

Data Cleaning

Missing data and outliers are to be dealt with when examining the data in order to yield valid and correct information. Missing data may be the consequence of a variety of circumstances, such as non-response or errors in data collection. Imputation is the most widely used technique for handling missing data. Depending on the type of data, it substitutes statistical values such the mean, median, or mode for missing values. Data that can be categorized or measured. By accounting for correlations in the dataset, more complex imputation methods such as regression-based imputation or K-Nearest Neighbours (KNN) can generate estimates that are more accurate. If the rate of missing data is high and imputation is questionable, affected rows or columns may need to be eliminated in order to maintain data integrity. Since excessive values can distort results, particularly in regression and predictive modelling, controlling outliers is also crucial. Statistical methods such as Z-scores, which determine the distance of a point from the mean, or the Interquartile Range (IQR), which identifies values way out of the anticipated range, can be used to identify and remove or fix outliers. Through careful attention to managing missing data and outliers, data analysts are able to enhance the quality and accuracy of their models, leading to stronger conclusions.

Data Transformation

There are several reasons why data could be absent, including non-response or mistakes made during data collecting. The most popular method for dealing with missing data is imputation. It replaces missing numbers with statistical values like the mean, median, or mode, depending on the type of data. If the amount of missing data is beyond an acceptable limit and the estimate is unreliable, removing the affected row or column may be necessary to maintain the integrity of the dataset. Similarly, addressing outliers is important because extreme values, or errors in data entry, can distort findings or results, particularly regression and predictive modelling. For example, statistical methods for dealing with outliers include using Z-scores or Interquartile range (IQR). A Z-score indicates how many standard deviations from the mean a data point is, while an IQR indicates whether a value is extreme with respect to standard deviations and whether to remove or adjust it. By accounting for missing values and outliers, data analysts will increase both the quality and accuracy of their models, and as a result, better, more substantive conclusions.

Feature Engineering

Feature engineering is a significant process of enhancing machine learning model performance by creating new and more pertinent features from available data. Feature combination is one such strategy, where features are combined together to form a more comprehensive measure. For instance, considering attendance rate and assignment completion rate in conjunction may create the new feature of "student study engagement" and offer a better measure of student engagement. A second example of time-based feature extraction, would be creating new features such as year, semester, or month for the purpose of enabling capturing any type of seasonality in grade; eventually enabling models to detect over time tendencies. Another yet more powerful feature combination technique is that of polynomial features, in which current numeric features get scaled up to larger degrees such as squares or interaction. This enables the model to detect complex or non-linear patterns that would otherwise remain undetected by being incorporated into the model as linear. Feature engineering can give models more insight in the form of new features and result in better predictive performance, which can improve decision making as well as a study with a more accurate analysis.

Feature Selection

Once we have figured out the key features, then we can augment the model as we can make correct predictions based on outcomes. Mutual information is another technique that also considers the frequency with which each feature was used to make a prediction on the target variable. We preserve high mutual information features and delete low contribution features. The second method by which feature selection may be achieved is through the utilization of recursive feature elimination (RFE), where you keep eliminating features one by one in a quest to identify lesser features and see how the model will behave when each feature is eliminated until there are only important features remaining. If you have lots of variables in a data set, you would perhaps want to use principal component analysis (PCA) dimensionality reduction with maximum variance retained. PCA is helpful since it re-maps the data set onto a new set of uncorrelated principal components which could enable models to focus on features which have maximum informative value in the data. That is, feature selection methods can maximally enhance machine learning model construction frameworks readable and precise.

Encoding Categorical Variables

Encoding categorical variables is a critical step in data pre-processing to allow machine learning models to process non-numerical data in the right manner. One popular encoding technique is one-hot encoding, which transforms categorical variables (e.g., gender, department, etc.) into binary columns (0 or 1) for every categorical variable. One-hot encoding is particularly great with nominal variables which have no inherent ordering (ordered relationship) of values; this ensures that the model will not project a hierarchical relationship in the data. On the other hand, when handling ordinal variables, like grade levels, or levels of performance, which are categorical variables but are always ordered (A = 3, B = 2, and C = 1), label encoding is a better approach since categories can be labelled with distinct integers to maintain the order. There are also categorical variables with a great many distinct levels, such as zip codes, that can render one-hot encoding potentially impractical. An alternative encoding for categorical variables that is more effective is target encoding, which involves taking each distinct category and substituting that category's

value with the mean of the target variable for that distinct category. Target encoding maintains predictive capability without adding to an unmanageable feature count that may cause over fitting. If the correct encoding is selected, categorical data can be made machine learning model ready, resulting in more accurate and interpretable predictions.

Handling Imbalanced Data

Class imbalance is a problem that needs to be addressed while building sound machine learning models since it would result in a model that would be biased towards the majority class and thus make false predictions. Resampling could typically correct the class imbalance. Oversampling is achieved by increasing the minority class by duplicate samples or synthesizing data, e.g., SMOTE (Synthetic Minority Over-sampling Technique), where new synthetic samples are generated which are as good as the minority class. This is achieved in an attempt to balance the data set and observe that the minority class is well represented. Alternatively, under sampling decreases samples of the majority class, and this has the effect of evading class imbalance but at the cost of good data. Weight adjustment of classes is another method to combat class imbalance by elevating the weights given by the model to the minority class in its learning such that misclassification of minority class instances is more heavily penalized. This enables the model to focus more on minority class prediction without asking it to make dataset size adjustments. Finally, synthetic data generation techniques like SMOTE can be used when the data is extremely imbalanced so that new balanced datasets can be formed that preserve feature distribution but remove class imbalance. Applying these techniques, models are able to be trained that will provide more precise and fair predictions for all classes.

Time-Series Preprocessing (if applicable)

When working with time-related data, i.e., student performance across a large number of semesters, it is important to treat the data in such a way so that temporal dependencies and relationships are captured. First and foremost is to sort the data according to timestamp appropriately, for instance, by semester or academic year so that the proper chronological form is maintained. This is important so that any subsequent analysis or training of a model may account for this time sequence. One quite powerful method for sequences is to develop lag features. Here, a past value such as past grades or performance is an input feature to predict a future value. For example, a student's grade for the current semester could be determined based on their previous semester's performance, and therefore lag features play a crucial role in time-series forecasting. Seasonality and trends in data also have to be determined. Seasonality refers to the presence of recurring patterns, such as improved performance in certain semesters, while trends refer to long-term variations, such as a steady increase or decrease in GPA over the years. By holding such factors constant, you can make models that do not only reliably predict future performance but also indicate something about what the underlying causes are of the changes in student outcomes over time.

Data Augmentation (optional for deep learning models)

Data augmentation is a powerful method widely employed in deep learning to artificially augment the size and variability of a training set, and by so doing, enhance model robustness and generalizability. Through transformations or introducing small variations to the available data, deep learning models become capable of dealing with various situations and patterns despite minimal availability of original data. For example, introducing noise into data can allow the model to be more robust to small changes or errors and less responsive to slight disturbances in actual inputs. In image processing scenarios, operations like rotating, flipping, or scaling images within a multidimensional space are widely applied to generate new instances from existing data. In the same way, these methods can be used for non-image data, such as time-series or tabular data, to model various conditions, like minor pattern shifts or new feature combinations. Data augmentation prevents over fitting by diversifying the training set, thus making the model perform optimally on data that has not been seen before and generalize better to new, real-world scenarios.

Splitting the Data

Proper division of data into test and training sets is an essential step towards the identification of the performance level of a machine learning model. Dividing the dataset into two groups, usually 70/30 or 80/20, and training the model on the larger group and reserving the smaller set for testing the model's performance on new data can be one

such way to accomplish this. This will test the model on the basis of its generalization from the training set. For getting more accurate estimates of the performance, especially when there are limited amounts of data, however, k-fold cross-validation is typically used. Data is split into 'k' subsets, or folds, and model trained and tested 'k' times, one of them being the test set for each. The technique avoids the risk of overfitting and gives a better estimate of the model performance by averaging each fold's result. If dealing with an unbalanced dataset, i.e., certain classes (i.e., pass/fail) are under-sampled, then stratified splitting can be employed. This splitting maintains the balance of the class during training and also in the test set and hence the model is not biased towards the majority class and the classes are well represented in the test set to perform unbiased testing. Through these hybrid methods, you can improve the accuracy and generalizability balance of your model.

Handling Temporal Data (if applicable)

When the data is sequential, e.g., monitoring the performance of students across terms, sequence padding and the sliding window technique are two useful methods to pre-process the data for machine learning models. Sequence padding guarantees that all input sequences are of equal length, which is a must for algorithms demanding fixed-size inputs, i.e., deep learning models. By padding shorter sequences with additional zeros, the model can uniformly process the data without regard to how long the original sequence was. This method is specifically helpful when dealing with time-series data where sequences can have different lengths. The sliding window approach is used to build sub-sequences from time-series data that capture trends and patterns within predetermined time intervals. For instance, you can use a fixed-length window that traverses the data to construct several overlapping sub-sequences that each give a snapshot of performance over a predefined amount of words. This allows the model to learn from different time-based segments, which enhances its capacity to identify trends and forecast future performance. Time-series data can be converted into a practical and educational tool for forecasting student results across a variety of time periods by combining these strategies.

LITERATURE REVIEW

Muvvala Viswakiran (2025) investigated academic success prediction modeling using the Extreme Learning Machine (ELM). Preprocessing, data gathering, and feature engineering were all part of the methodology to maintain the data's quality. The results showed that ELM outperformed other machine learning algorithms with an accuracy of 99.84% and a training time of just 6.84 ms. However, the study struggled to generalize across diverse datasets due to demographic specificity, limited sample sizes, biases in data collection, and overfitting issues, highlighting the need for external validation. Using machine learning, Muhammad Fareed Flayyih (2024) created a predictive analytics algorithm for predicting student grades. Seven course grades were used as input features in the study's neural network-based binary classification methodology. Due to differences in grading standards, the results showed that distinct models for various school levels offer higher accuracy. However, the quantity and quality of training data had a significant impact on the model's performance; inaccurate results were produced by inadequate or noisy data.

Fahd, Venkatraman, and Miah (2021) performed a systematic literature review (SLR) on the application of machine learning in higher education. The analysis focused on predicting student academic performance, identifying at-risk students, and addressing student attrition. The review found that supervised learning techniques were predominant, with Random Forest, Support Vector Machine (SVM), and Logistic Regression being the most commonly used algorithms. Despite these insights, the study was limited by its restricted search strategy, which only included English-language journal articles published between 2010 and 2020, potentially overlooking relevant research. Laith H. Baniata et al. (2024) introduced an Advanced Deep Learning Model for predicting student academic achievement. The model's dense and max-pooling layers were built using a Gated Recurrent Neural Network (GRU) and the ADAM optimization strategy. The dataset consisted of 15,165 student assessment records from three Indian educational institutions. The approach outperformed traditional prediction models and allowed for the early identification of children who needed support, with an impressive accuracy rate of 99.70%. However, the study's findings were limited to a particular dataset, which affected generalizability.

Muhammad Adnan et al. (2020) examined early intervention strategies using machine learning models by analysing the Open University Learning Analytics Dataset. The study developed predictive models and assessed performance through accuracy, precision, recall, and F-score metrics. The Random Forest model achieved the highest accuracy (92%) at full course completion, while early predictions (at just 20% course length) were 79% accurate, demonstrating the feasibility of early interventions. However, the models lacked flexibility across different learning environments and depended on historical data that might not reflect current student behaviours. Javier Bravo-Agapitos et al. (2020) conducted a five-year study on predicting undergraduate student performance in online learning environments. Using Exploratory Factor Analysis (EFA), the study identified four key factors influencing academic success: Access, Questionnaire, Task, and Age. Multiple Linear Regression was then used to predict performance. The study did not incorporate personal factors such as prior knowledge, employment status, or health issues, which could have significantly impacted the results.

CONCLUSION

This study shows that the ELMs are able to predict student academic performance with high accuracy and efficiency. By precluding the necessity of the time-consuming iterative weight tuning characteristic of conventional neural networks, the ELMs are able to be trained much more rapidly without giving up as much predictive power. When combined with academic, behavioral, and demographic data, ELM-based models may be capable of early detection of at-risk students so that timely intervention strategies may be adopted to promote successful student outcomes. Comparative analysis with other machine learning and deep learning approaches proves that ELM has a good balance of accuracy and interpretability combined with computational efficiency. The efficient processing of large academic datasets remuneratively makes the model an excellent candidate for near real-time monitoring of the academic sphere. Future research should see the inclusion of extra features souche as psychological and social factors in a bid to better the predictive models. Validating the model across different datasets will also provide support for its generalizability to come into play, thereby ensuring that the model is applied to other educational institutions. Through data-driven decision-making leveraging ELMs, educational institutions could streamline support systems, optimize student performance, and promote a learning environment where coping with changes is a top priority.

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Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Artificial Intelligence in Education: Ethical Challenges and Transformative Potentials of ChatGPT

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Received: 11 Apr 2025 Revised: 13 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

The relentless march of technology has reshaped all aspects of human existence, and learning is not accepted (Hill & Barber, 2014). Artificial Intelligence in Education (AIED) impressionists' human intellect, employing digital means to fulfill scholarly aims. The venerable traditions of pedagogy stand transformed, with assessment rising as a pillar most vital (Chaudhry & Kazim, 2022). ChatGPT, a boon to educators, furnishes bespoke learning materials, illuminates students' frailties, and aids in academic evaluation (Hill & Barber, 2014). Yet, its coming brings forth grave ethical concerns, eclipsing mere technical impediments (Chaudhry & Kazim, 2022). This study taketh a holistic theoretical approach to explore ethical quandaries in AI-driven educational assessments, identifying gaps in scholarship and avenues for further inquiry (Petersen, Vakkalanka & Kuzniarz, 2015). By weaving together perspectives from educational philosophy, ethics, technology studies, and cognitive learning theories, this work scrutinizes AI's influence on pedagogy, student engagement, and instructional design. AI, though potent, must be tempered with wisdom, lest it imperil the virtue of learning. This chapter offers a critical discourse on AI's role in reshaping education and the moral vigilance required for its righteous employment.

Keywords: Artificial Intelligence, Assessment, ChatGPT, Ethical, Educational Philosophy.

INTRODUCTION

The swift march of technology in recent decades has profoundly shaped human life, touching all its facets (Hill & Barber, 2014). Learning, too, has not been spared this upheaval (Chaudhry & Kazim, 2022). Artificial Intelligence in Education (AIED) doth mimic human wit and conduct, employing digital contrivances to fulfill scholarly ends. The

time-honored methods of learning now stand antiquated, for the manner of imparting wisdom, has undergone a great metamorphosis, forging a new scholastic realm (Hill & Barber, 2014). Among the triad of education—pedagogy, curriculum, and assessment—the latter remanet is the pillar most vital (Chaudhry & Kazim, 2022). Within AIED, assessment holds rank beside learning personalization, automated instruction, and sagacious learning spaces. ChatGPT serves as a boon to tutors, furnishing bespoke learning materials and aiding in the scrutiny of scholars' progress (Hill & Barber, 2014). It may illumine students' weaknesses, answer queries, and dispense learned counsel. Further, it assists in the grading of tasks, the unmasking of plagiarists, and the crafting of quizzes suiting diverse levels of difficulty. The advent of AI in assessments brings forth its share of tribulations. Whilst technical hindrances are manifold, they pale in comparison to the labyrinth of moral dilemmas that must be traversed (Hill & Barber, 2014). Assessors, as keepers of scholarly judgment, must needs uphold righteous principles and ethical tenets in AI-based evaluations (Chaudhry & Kazim, 2022).

The rise of AI in learning heralded a fresh revolution, seeking the seamless blending of novel devices with ancient pedagogical traditions (Chaudhry & Kazim, 2022). This artifice, though promising in its offerings, must be subjected to stringent scrutiny, for concerns abound regarding its moral constraints and its place in the hallowed halls of learning (Hill & Barber, 2014). The distinctiveness of human nature, the variance in character, intellect, and manner of thought, necessitate an adaptive and bespoke approach to instruction (Chaudhry & Kazim, 2022). Scholars of yore and present have toiled to weave algorithms and contrivances that might mold learning to the singular needs of each pupil, yet the profundity of human complexity rendereth this task arduous (Hill & Barber, 2014).

Source Lim, T., Gottipati, S., & Cheong, M. (2023). Artificial intelligence in today's education landscape: understanding and managing ethical issues for educational assessment. AI, equipped with vast reserves of knowledge, offers bespoke paths of study, near tailored to each scholar's needs (Chaudhry & Kazim, 2022). It may conjure learning materials, frame assessment parchments, and furnish discourse as a tutor most loyal (Hill & Barber, 2014). Furthermore, AI becomes an ally in judgment, aiding in the evaluation of scholars and the unearthing of learning impediments. Yet, the wielding of AI demands wisdom; its bounty must be tempered with watchful care, lest it tread upon the sanctity of learning.

REVIEW OF LITERATURE

Within the learned tomes of scholarly discourse on educational artifices, the term 'Artificial Intelligence' (AI) is oft interwoven with sundry appellations such as 'adaptive learning technology,' 'learning analytics,' 'educational data mining,' and the like (Romero & Ventura, 2020). This nomenclature, fluid in its essence, does signify the intricate tapestry of computational intellect within the domain of learning. Verily, the notion of 'intelligence' within AI does not dwell upon a fixed plane, but rather exists along a continuum, as set forth by Chassang et al. (2021), who mapped AI's faculties onto Bloom's taxonomy. Herein, 'Crystallized Intelligence' is aligned with the humbler faculties of thought, whilst 'Fluid Intelligence' ascends to the loftier echelons of reasoning and ingenuity.

From the mechanized perspective, AI unfurls its vast dominion through subfields such as machine learning, which, in turn, begets deep learning and reinforcement learning. Machine learning, that most wondrous of inquiries, seeks to craft means whereby machines may glean wisdom from data and devise judicious determinations. Deep learning, a more refined offspring of this realm, employs neural networks to discern hidden patterns, whilst reinforcement learning train autonomous agents to navigate environments in pursuit of reward and efficiency. In this intricate web, manifold algorithms arise; collaborative analytics, for instance, measure the subtleties of student interaction to foretell group assessment dynamics (Martinez-Maldonado et al., 2021). Their study, through the mystic art of natural language processing, employs latent semantic analysis to trace the evolution of critical thought in virtual discourse, guided by the venerable doctrine of communities of inquiry.

Yet, amid these digital marvels, forebodings of ethical peril do loom large. Beyond the specter of AI's transgressions against the law (Sibai, 2020), insidious threats lurk in systemic inequalities and bias, wherein marginalized learners may find themselves forsaken by the very machinery meant to uplift them. Chaudhry and Kazim (2022) sounded the clarion call, warning that "the perils of AI gone astray have magnified for all—be they the artificers of technology, the custodians of schools, or the seekers of knowledge." Thus, it is of paramount import to enthrone ethical governance at the heart of AIED, lest scholars, mentors, and all who dwell in the sanctum of learning be imperilled by the unchecked march of mechanized judgment.

Objective of the Study

This research work seeks to explore the expanse of ethical quandaries entwined with AI-driven educational assessments, employing the meticulous framework of a holistic theoretical approach. Such a study is devoted to the charting and structuring of a scholarly domain, unveiling lacunae in existing knowledge, and discerning potential avenues for future inquiry (Petersen, Vakkalanka & Kuzniarz, 2015). The distinctiveness and scholarly worth of this endeavor lie in the evident dearth of comprehensive research that offers a holistic examination and critique of this intricate landscape.

METHODOLOGY

The study employs a qualitative, theoretical framework that synthesizes existing literature, ethical theories, and conceptual paradigms to examine the role of AI in education. By drawing on interdisciplinary perspectives—including educational philosophy, ethics, technology studies, and cognitive learning theories—this research critically evaluates how AI, particularly ChatGPT, is reshaping pedagogy, student engagement, and instructional methodologies.

Analysis and Interpretation

The study provides an extensive discussion on the transformative role of Artificial Intelligence (AI) and ChatGPT in modern education while critically addressing its ethical implications. AI's integration into the education system marks a significant shift from traditional pedagogical methods to technology-driven learning experiences. However, this transition raises important ethical questions regarding data privacy, academic integrity, and the impact of AI on human cognition. The analysis suggests that while AI enhances educational accessibility and personalization, its unchecked adoption may lead to ethical dilemmas such as bias in AI-generated content, student over-dependence on AI tools, and risks related to misinformation.

Transformative Applications of ChatGPT in Education

The study identifies multiple transformative applications of AI and ChatGPT in education, including

Personalized Learning and AI-Driven Instruction

- AI enables tailored learning experiences by adapting content based on student's individual learning needs, cognitive abilities, and performance levels.
- ChatGPT functions as an intelligent tutoring system, offering real-time feedback and personalized study materials.
- AI-driven adaptive learning platforms empower students by providing customized assessment strategies.

Automation of Assessment and Academic Support

- AI assists educators by automating assessment processes, grading assignments, and generating personalized feedback.
- AI-powered plagiarism detection tools ensure academic integrity by detecting copied content.
- ChatGPT enhances self-learning capabilities, allowing students to clarify doubts and receive explanations instantly.

Enhancing Research and Knowledge Acquisition

- ChatGPT serves as a research assistant, summarizing vast amounts of information and suggesting relevant academic references.
- It fosters academic exploration by simplifying complex concepts through conversational AI interactions.
- AI facilitates multilingual education by translating educational content into different languages, promoting inclusivity.

Improving Administrative and Institutional Efficiency

- AI automates administrative processes such as scheduling, course recommendations, and student performance tracking.
- ChatGPT-powered chatbots handle student queries, reducing the workload on educators and support staff.
- AI-driven data analytics help institutions assess student engagement and learning outcomes for curriculum improvement.

Interpretation AI and ChatGPT have revolutionized modern education by promoting efficiency, accessibility, and individualized learning. However, their transformative potential must be ethically regulated to prevent misuse and ensure equitable learning opportunities. The study also highlights the ethical challenges associated with AI integration in education. These include:

Academic Integrity and Plagiarism Concerns

- AI-generated content challenges the principles of originality, raising concerns about academic dishonesty.
- Students may misuse ChatGPT to complete assignments, essays, and research papers without genuine effort.
- Educators must adopt AI-detection tools and redesign assessments to prevent AI-assisted plagiarism.

Bias in AI Algorithms and Ethical Fairness

- AI models, including ChatGPT, inherit biases from their training data, leading to potential misinformation and biased perspectives.
- The lack of transparency in AI decision-making raises concerns about fairness in education.
- Ethical AI implementation should focus on ensuring diverse and unbiased training data to prevent discriminatory learning outcomes.

Data Privacy, Security, and Student Protection

- AI systems process vast amounts of student data, raising concerns about data security and privacy breaches.
- Institutions must ensure compliance with data protection regulations to safeguard student information.
- AI governance frameworks should mandate student consent and transparency in AI data collection practices.

The Risk of AI-Driven Cognitive Dependence

- Excessive reliance on AI-generated content can hinder critical thinking and problem-solving skills among students.
- The risk of "intellectual laziness" emerges when students depend on AI tools rather than engaging in deep learning.
- Educators should promote AI literacy, emphasizing responsible AI usage rather than complete dependency.

Interpretation Ethical concerns surrounding AI in education require proactive policies, regulatory oversight, and ethical AI design to balance innovation with integrity. While AI enhances efficiency, it must be implemented responsibly to preserve academic values and safeguard student rights.

Balancing AI Innovation with Ethical Responsibility

The document advocates for a balanced approach to AI adoption in education. The ideal AI implementation strategy should include:

- Hybrid Learning Models: AI should complement human educators rather than replace them, ensuring a human-AI collaboration in education.
- AI Ethics Policies: Governments and institutions should establish ethical AI guidelines to regulate data privacy, misinformation, and academic honesty.
- AI Literacy Programs: Educators and students must be trained to critically evaluate AI-generated content, ensuring its accuracy, relevance, and ethical appropriateness.
- Responsible AI Development: AI developers should focus on bias mitigation, transparency, and ethical programming to prevent discriminatory or misleading educational content.

Interpretation The advent of ChatGPTin the realm of learning was both rapid and divisive. Though it is endowed with manifold prospects for scholarly pursuits, sundry universities have proscribed its employment, fearing the specter of plagiarism. Likewise, divers nations have enacted fleeting prohibitions against its use. As per a report from UNESCO, the chief apprehensions lie in matters of scholarly honesty, the absence of established ordinances, qualms regarding the safeguarding of privacy, cognitive partiality, issues touching upon gender and diversity, accessibility, and the commercialization of learning. In the month of April, in the year of our Lord 2023, Italy did first impose strictures upon ChatGPT, their concern being the peril to privacy. The Italian watchmen of data protection proclaimed that the gathering and hoarding of personal information for the honing of ChatGPT lacked rightful warrant. Furthermore, ethical qualms arose, for the contrivance was found wanting in its ability to discern the age of its users, thereby exposing young minds to matter unfit for their tender years. This affair doth highlight broader misgivings touching the gathering, dominion, and employment of knowledge by the artifices of intelligence wrought by man.

CONCLUSION AND FUTURE SCOPE

With the ever-expanding presence of artificials of intelligence, it is meet and right that proper moral reckonings and safeguards be established, most especially as their course of advancement see meth bent toward the semblance of human likeness. Any breach of the sacred tenets of human virtue, particularly within a pillar of society so paramount as learning, ought to be met with the keenest scrutiny. The infusion of AI, and ChatGPT in particular, into the realm of scholarship doth necessitate sundry swift alterations, so that such a passage may be wrought with ease and bear the least of ill consequences. Pedagogues must need to refine the fashioning of tasks and examinations, employing more engaging and lively means, so that the specter of deceitful copying be duly diminished. Moreover, instructors should be well-schooled and exercised in both the detection of scholarly falsehood and the judicious wielding of AI in their craft of instruction. Of greatest import, students must be duly enlightened on the frailties of ChatGPT, such as its leaning upon errant knowledge, its want of present understanding, and its inclination toward the weaving of untruths and misguiding utterances. Though ChatGPT crafts thorough replies, it falters in lengthy discourse. User-driven prompting aids response control (Gill et al., 2023). Future strides may include multi-modal inputs and outputs like audio and images. Research must curb bias, bolster equity, and enhance data privacy.

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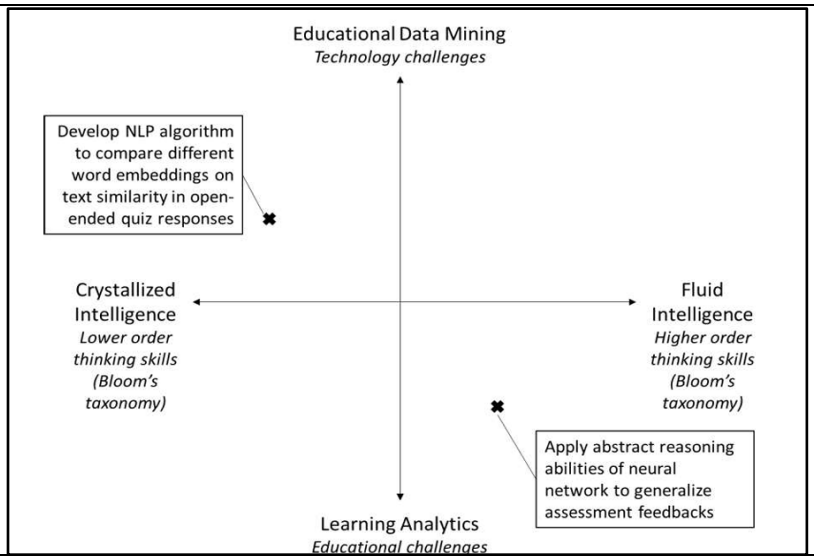

Figure 1. Relationship between educational data mining and learning analytics within AI

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

CASE STUDY ARTICLE

Effect of Panchakarma Treatment for Post - Chikungunya Complications – A Case Report

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Received: 29 Sep 2024 Revised: 10 Apr 2025 Accepted: 14 Jun 2025

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ABSTRACT

Panchakarma, a cornerstone of ancient Ayurvedic medicine, offers a comprehensive approach to detoxification and rejuvenation. This case study explores its effectiveness in managing post-chikungunya complications, characterized by chronic arthritis, persistent pain, and fatigue. A 42-year-old male with a history of Chikungunya experienced severe joint pain, swelling, and stiffness, affecting his daily life. Despite initial allopathic treatment, persistent symptoms led him to seek Panchakarma therapy. The patient underwent a regimen including SarvangaUdavartana, Snehapana with GigguluTiktakaGhrita, Virechana with Hrudyatrivrutaleha and Triphala Kashaya, and SarvangaAbhyanga with KottamchukkadiTaila. Additionally, Erandmooladi ShodhanaBasti was administered in a phased approach Pre- and post-treatment assessments revealed significant improvement. Pain levels decreased across all affected joints, swelling and stiffness reduced, and range of motion improved. The patient reported enhanced energy levels and restored digestive function. Panchakarma therapies effectively addressed the underlying dosha imbalances associated with post-chikungunya complications Panchakarma therapies resulted in substantial relief from chronic pain and fatigue, demonstrating the value of Ayurvedic treatments in managing post-viral conditions. The holistic approach of detoxification and rejuvenation facilitated the patient's recovery, underscoring the benefits of complementary therapies in treating post-chikungunya complications.

Keywords: Panchakarma, Complications, Virechana, Udvartana, Abhyanga, Lepa.

INTRODUCTION

Panchkarma therapies are highly effective for eliminating doshas (toxins) from the body through its natural openings. They promote tissue stability, improve digestive function, and enhance the immune strength of the sense organs. [1]The article presents a case study illustrating how integrating Panchakarma therapies can effectively aid in the recovery process for individuals dealing with post-chikungunya complications. Chikungunya leads to a sudden onset of fever, rash, and joint pain like symptoms. This can be followed by long-lasting and severe chronic arthritis characterized by severe joint pain, these swelling symptoms that may persist for months or even years which significantly affects their quality of life. [2] Virechana involves a purgative procedure aimed at cleansing the gastrointestinal tract and eliminating accumulated toxins (Ama), which helps balance Pitta dosha and alleviate symptoms like inflammation and pain. [3] On the other hand, Basti is an enema therapy using herbal decoctions or oils administered into the rectum, to balance Vatadosha, which can be disrupted in chronic conditions and contribute to joint pain, stiffness and general weakness. [4]

Case Report
OPD no.- 24003862
IPD NO.- 240432
Age-42 years
Marital status- Married

Chief complain
The patient has been experiencing pain in all minor joints for the past three months, along with acute pain and swelling in both knee and ankle joints for the last four months. Additionally, the patient has reported morning stiffness in all affected joints for the past one and a half months and has been unable to perform routine activities. Fatigue has also been a concern for the same duration.

Past History
a. The patient has a history of Chikungunya infection one year ago.
b. He also has a history of frequent pain, and swelling in both knee joints over the past year.
c. No history of DM and HTN.

History of Present illness
A 42-year-old male patient visited the Parul Ayurved Hospital outpatient department with prominent issues including acute pain and swelling in both knee joints (the left knee being more affected than the right) and Ankle joints for 4 months. He also experienced pain in all minor joints, and a feeling of fatigue the whole day. These symptoms have hindered his ability to perform routine activities for the past 1.5 months. The patient was diagnosed with Chikungunya a year ago and initially received allopathic treatment, including painkillers, muscle relaxants (aceclofenac-thyocochicoside) for a week, and antibiotics (inj. Switch200) for 5 days. Although he experienced some initial improvement, he continued to suffer from persistent pain, swelling, and stiffness in both knee joints, and received only limited relief from conventional treatments so, the patient leading to seek to have Panchkarma therapies, came to our center for classical Ayurved treatment.

Personal History
Occupation: govt employ
Diet: Veg. diet.
Appetite: Redused.
Allergy: No history of any drug or food allergy.
Bad Habits: Not any.

Ashtavidh- Pariksha

- Nadi (pulse): 84/min
- Mala (stool): Malavibandha
- Mutra (urine): Prakrut
- Jihwa (tongue): Sama
- Shabda (voice): Prakrut
- Sparsha (touch): Anushna
- Drik (eyes): Prakrut
- Akriti (built): Madhyama

Dashavidha-Parikshna

- Prakruti: VataPradhana-KaphaAnubandhi.
- Vikruti: Dosha- Vatapradhanatridosha, Dushya- Rasa,Mamsa, Meda, Ashti.
- Satva: Madhyam.
- Sara: Mamsa
- Samhanana: Madhyama
- Pramana: Madhyama
- Satmya: Sarva Rasa
- Aharasakti: Avara
- Vyayamasakti: Avara
- Vaya (age): 42 years.

INVESTIGATION

- The comparative blood investigation reports are given in (Tables no.1)

Blood Investigations(Table No. 3)	07/02/2024	23/02/2024
Hb (mg/dl)	11.2	12.7
RBC (mill/cumm)	5.41	4.74
WBC (/cumm)	10800	7260
Platelets (/cumm)	151000	350000
ESR (mm/hr)	12	06
RAF (IU/ml)	-ve	-
Uric Acid	7.6	7.0
Triglyceride	312.6	137.3
Total cholesterol	176.5	179.7

MATERIAL AND METHODS

Materials (Tables 2)

PANCHAKARMACHIKITSA	
SarvangaUdavartana: Performed with Yavachurna, TriphalaChurna, and YastimadhuChurna, followed by Bashpasweda	First 3 days
Lepa (Application):DoshghnaChurna to the knee and ankle joints.	
Deepan – Pachana with Chitrakadivati- 2 BD A/F AgnitundiVati- 2 BD B/F	
Snehapana (Oil Ingestion): with GigguluTiktakaGhrita- at morning with warm water	1st day- 30ml 2nd day- 70ml

	3rd day- 130ml 4th day- 160ml
SarvangaAbhyanga (Whole Body Massage): Performed with KottamchukadiTaila, followed by Bashpasweda.	In Vishram kala 2 days
Virechana Karma (Purgation Therapy)with*Hrudyatrivrutaleha*(80gm) + *Triphala Kashaya* (200ml)	Total- 13 Vega Antikisuddhi- Kaphaanta
SansarjanaKrama (post-purification dietary regimen)	Followed for 5 days
SarvangaAbhyanga: Performed with KottamchukkadiTaila, followed by PPS (Patrapindasweda)	5 days
ErandmooladiShodhanaBasti(Enema therapy): Ingredients: *Anuvasanabasti:* 1. *DashmoolTaila*(50ml) 2. *Guggulu-tiktaGhruta (30ml)* *Niruhabasti:* *Madhu-* 100ml *Saindhava-* 10gm *Sneha- 1. DashmoolTaila*(40ml) *2. Guggulu-tiktaGhruta (30ml)* *Kalka- Putoyavana Kalka* (30gm) +*KaishorGuggulu*(6 tabs) *Kashaya-ErandmoolaKashaya+Rasnadi Kashaya (Total 250ml)* *Avapa- Gomutra*(50ml)	1st day-AB 2nd day-NB 3rd day-AB 4th day-NB 5th day-AB 6th day-NA 7th day-AB

Methodology and Evaluation Criteria[5][6]

For joint examination the grading system for Sandhishoola (pain) is as follows: a score of 0 indicates no pain, 1 signifies mild pain, 2 represents moderate pain without difficulty in movement, and 3 denotes significant difficulty in moving the affected parts. For Sandhishotha (swelling), the grading is as follows: a score of 0 means no swelling, 1 indicates slight swelling, 2 reflects moderate swelling and 3 represents severe swelling. Lastly, the grading for Sparshasahatwa (tenderness) is categorized as follows: a score of 0 indicates no tenderness, 1 shows mild tenderness reported by the patient, 2 signifies visible wincing upon pressure, and 3 represents wincing accompanied by withdrawal of the affected part.

OBSERVATIONS AND RESULTS

Pain Assessment (Tables no.3)				
Joint	Right (Before)	Right (After)	Left (Before)	Left (After)
Knee Joint	4	4	1	1
Ankle Joint	3	2	0	0
All Minor Joints	3	2	0	0
Swelling Assessment (Tables no.4)				
Joint	Right (Before)	Right (After)	Left (Before)	Left (After)
Knee Joint	3	3	1	1
Ankle Joint	3	3	0	0

Stiffness Assessment(Tables no. 5)

Joint	Right (Before)	Right (After)	Left (Before)	Left (After)
All affected joints	3	3	0	0

Range of Motion (ROM)(Tables no. 6)

Joint	Right (Before)	Right (After)	Left (Before)	Left (After)
Knee Joint	Restricted + Painful	Relief	Restricted + Painful	Relief
Ankle Joint	Restricted + Painful	Relief	Painful	Relief
All Minor Joints	Painful	Relief	Painful	Relief

DISCUSSION

There is not direct mention of Chikungunya in Ayurveda, but it can be related to Jwara associated with arthritis, particularly resembling SandhigataSannipatajaJwara. The symptoms of VataPittaja and VataKaphajaJwara can be compared to those of Chikungunya. According to Acharya Bhava Prakasha, the symptoms of SandhigataSannipatajaJwara include fever (Jwara), joint swelling (Sotha), and widespread joint pain (Ruja). [7] there, the general line of treatment for SannipatajaJwara to start with Langhana (fasting or consuming light food), Välukāsweda (fomentation with fine, heated sand packed in a cloth), Nasya (nasal administration of drugs), Nisthīvana (use of expectorants), Avaleha (use of fine, soft medicines with jaggery and ghee) and Añjana (Administration or application of drugs onto the conjunctiva, specifically when the patient is unconscious) are utilized depending upon the need and indication.[8] But here we adopt the panchkarmashodhanchikitsa because shodhanchikitsa not alleviates the doshas only but eliminates them from the body This process aids in restoring the balance of the three doshas (Vata, Pitta, Kapha), which is crucial for sustaining health and preventing diseases. [9]
Udvartana and Bashpasweda were employed as part of the Rukshana Karma as supportive therapy. This approach is commonly used to address conditions such as Gaurava, Shula, and Ama.Udavartana, Yava, and TriphalaChurna were selected due to their dry properties, their potency to balance the three doshas, and their effectiveness in improving skin health and reducing fat. Baspasweda aids in reducing stiffness and painful condition of joints especially. [10]The Doshaghnachurnafor lepa application is made up of Punarnava, Devadaru, Sunthi, Siddhartha, and Shigru. These ingredients possess properties that counteract Kapha and Vatadoshas and are effective in managing conditions involving edema, thereby offering symptomatic relief to patients. [11].

Virechana Karma is performed after assessing the patient's Agni and completing the Snehapana procedure. Here first 3 days Deepan-Pachana karma are performed as purvakarma of Virechana, the medications which stimulate Agni and facilitate Amapachan, [12] essential for regulating the digestive system in preparation for Snehapana. Then after performed Snehapana for 4 days till the samyaksnigdhalakshana obtains. Here Snehapana serves as a solvent, increasing moisture content and creating an optimal environment for the subsequent Shodhana Karma.[13] Siddha Ghruta acts as an effective solvent, enhancing plasma volume through osmosis, which is then reflected in the extracellular fluid. The primary aim of Snehapana is to mobilize vitiated dosha to the Koshtha for effective Shodhana. [14]GigguluTiktakaGhrita, containing primarily Tikta rasa drugs, stimulates Agni, aids in eliminating Ama (toxic substances), and boosts digestive fire, thereby maintaining the balance of Dhatwagni and resetting body tissues to equilibrium. Tikta rasa contributes to the stability of Asthidhatu, leveraging Akasha and Vayu mahabhuta as its main components [15]. After Snehapana give 2 days of Vishrama kala & third day planned for Virechana Karma. On the day of Virechana karma first of all early morning performedSarvangaAbhyangawhich enhances blood circulation, strengthens the lymphatic system, and helps to eliminate internal waste products. [16] TrivruttaAvaleha is a commonly used preparation for Virechana karma, which induces mild inflammation in the gut, enhancing capillary permeability for rapid drug absorption and facilitating the removal of morbid substances that would otherwise remain in the body. [17] After Virechana karma total 13 vega obtains so advised patient to follow sansarjan karma for 5 days.

ErandmoolladiShodhanaBasti:After Sansarjan karma when patient started normal diet planned for Basti karma.Basti therapy is highly effective for both systemic and local conditions. It is particularly useful for balancing Vata and addressing issues such as Asthi, Sandhi, and Marma, as well as monitoring disease progression. NiruhaErandamooladiBasti is especially recommended for conditions involving aggravated Vata, pain, and swelling. [18]Dashmoola primarily targets the VataDosha, alleviating its imbalance. Dashmool is a group of drugs used to treat Sotha (swelling) and exhibits anti-inflammatory, analgesic, and anti-platelet properties similar to those of aspirin. [19]This Basti includes Gomutra, which has Tikshna, andUshna properties, making it effective for balancing Kapha and Vata. It is used for Deepana, Lekhana, Pachana, Anulomana, and Amapachana. [20]

Short-Term Results

- Pain Relief: The patient experienced substantial relief from joint pain and muscle aches within the first two weeks of treatment. Abhyanga and Udavartana noticeably improved mobility and reduced stiffness.
- Energy Levels:Anuvasanabasti and dietary modifications led to increased energy levels and decreased fatigue. By the end of the treatment period, the patient felt more alert and less tired.
- Digestive Health:Virechana and Basti restored normal bowel function and alleviated digestive discomfort, contributing to the patient's overall well-being.

Long-Term Results

- Sustained Improvement: Following the completion of the Panchakarma treatment, the patient continued to experience lasting relief from joint pain and stiffness. His energy levels remained consistent, allowing him to return to his normal activities and work duties.
- Overall Wellness: The patient's overall sense of well-being saw a significant improvement.Panchakarma therapies and lifestyle adjustments were crucial to his recovery.

CONCLUSION

Virechana with snehapanam proved to be significantly effective in curing the disease and also for preventing subsequent arthritis conditions. The action of the above Panchakarma therapies is proven to be effective against immune responses in managing post-chikungunya complications.Panchakarma provided significant relief from chronic pain, fatigue, and stiffness. The holistic approach of detoxification, pain management, and rejuvenation offered a comprehensive path to recovery, highlighting the value of integrating complementary therapies into the treatment of post-viral syndromes.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Blockchain - based Authentication and Security Framework for Healthcare - IoT using BD-DSA and PTC

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Received: 17 Jan 2025 Revised: 18 Apr 2025 Accepted: 17 Jun 2025

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ABSTRACT

The Internet of Things (IoT) in the healthcare (HC) industry has various advantages, including real-time data transmission (DT) and the capacity to track the patient's physiological state, over a range of time intervals. It is necessary to put in place adequate security measures to prevent cyberattacks. Numerous authentication mechanisms have been developed recently, but the physical security of healthcare IoT (HC-IoT) devices, particularly against node replacement and node tampering attacks, has not received much attention. Therefore, this paper proposes a blockchain (BC) based sensor node authentication scheme with enhanced security for healthcare IoT systems using novel Binomial Distribution based Digital Signature Algorithm (BD-DSA) and Permutation based Tamilian Cryptography (PTC) models. The proposed work starts by implanting the number of sensor nodes (SNs) in the patient's body to monitor their physiological state. Next, node initialization takes place. Then, these SNs are registered with the blockchain server to protect patients' privacy. After registration, login and authentication via BD-DSA are done to prevent node tampering and node replacement attacks. Once authentication is successful, secure path creation is carried out for efficient DT without data loss or attacks. The path selection can be made using Jeffrey's Divergence adopted K-Means Clustering (JDKMA) algorithm and Reverse Mutation Emperor Penguin Colony Optimization (RM_EPCO) algorithm. After establishing a secure path, the sensed patients' sensitive HC data are PTC encrypted and transmitted to the cloud server (CS). In the end, the outcomes obtained by the proposed framework are compared with some existing models to show their efficacy. The outcomes demonstrated better performance and outperformed state-of-the-art methods.

Keywords: Healthcare IoT, Blockchain, Implantable Medical Devices, Data Security, Jeffrey's Divergence (JD), Authentication, and Secure Data Transmission.

INTRODUCTION

Medical care services have become one of the most critical issues for people and governments due to the increasing growth of human populations [1]. Modern healthcare (HC) is evolving with the development of technologies like the Internet of Things (IoT) and cloud computing. These advancements enable medical applications to provide real-time health monitoring and status updates [2]. The IoT consists of intelligent gadgets that can communicate and share information, driven by various sensory components and wearable smart devices. These technologies are essential across numerous fields, including healthcare, mining, agriculture, industries, smart buildings, cities, automated systems, and transportation [3]. When IoT and healthcare devices are integrated, they promote continuous clinical status reporting for patients requiring ongoing surveillance and security measures [4]. Patients can receive healthcare services (such as physical examinations) at various healthcare centers. The HC IoT equips patients with heterogeneous, resource-limited healthcare devices (like implanted and wearable devices) to collect their health data everywhere [5]. These devices are unobtrusive, user-friendly, and feature advanced capabilities such as wireless data transmission, real-time feedback, and built-in alerting mechanisms. They provide vital information to healthcare providers, such as blood pressure, glucose levels, and breathing patterns [6]. However, the open nature of data transmission channels raises significant privacy concerns, as the collected data is sensitive and must be protected due to its impact on patients' health and lives [7].

Healthcare IoT (HC-IoT) systems face significant security challenges that jeopardize patient data and overall system integrity. These challenges include unauthorized access, data breaches, and malicious attacks, exacerbated by the diversity of devices and platforms that increase the attack surface. Many IoT devices have limited processing capabilities, restricting their ability to support robust security protocols. Additionally, the interconnectivity of devices raises concerns about data security in transit, as intercepted communications can expose sensitive information. The dynamic nature of HC-IoT environments, where devices frequently join or leave the network, complicates authentication processes and heightens the risk of security gaps. Therefore, addressing these challenges is crucial for safeguarding patient information and ensuring the reliability of HC-IoT systems. Due to the unattended nature of system components and wireless communication, IoT-HC systems are highly susceptible to various attacks. Most IoT components have limited computing and resource capacities, which cannot support complex security schemes [8]. Ensuring the security of patient information is crucial in healthcare IoT, as it is confidential from both legal and ethical standpoints; therefore, prioritizing data security is essential when developing IoT applications in medical domains [9]. Data security models provide protection for medical data through cryptographic approaches that ensure validity, integrity, and authenticity. In contrast, data privacy models restrict data access to authorized users only [10]. Numerous methods have been proposed to achieve robust performance in IoT systems [11]. Various machine learning strategies, including supervised, unsupervised, and reinforcement learning, as well as communication protocols, have been employed to eliminate security breaches when transmitting medical information via IoT devices [12]. However, these approaches still raise significant security concerns, as unauthorized access could have catastrophic consequences for patients.

Recent advancements in cloud security have highlighted the importance of robust security frameworks, particularly with the increasing adoption of Cloud Access Security Brokers (CASBs) to manage data security in cloud computing environments. These frameworks address challenges such as dimensionality, heterogeneity, and ambiguity in cloud services, similar to the security concerns in healthcare IoT systems, which this study aims to mitigate through Blockchain-based solutions [13]. Optimizing operational parameters has been shown to significantly improve the efficiency of industrial systems, and recent studies demonstrate that optimizing operational parameters significantly enhances the efficiency of industrial systems [14]. Similarly, this study aims to enhance the efficiency and security of healthcare IoT systems through targeted optimizations, such as reducing communication delays and improving system stability. Optimizing system performance through the identification of key influencing factors, as demonstrated in water security assessments using the blue and green water footprint, has proven effective in enhancing resource management [15]. Similarly, this study focuses on optimizing healthcare IoT systems to improve

both security and operational efficiency, addressing critical issues like communication delays and data confidentiality. Recent advancements in network security have shown that multimodal hybrid models, such as the Multimodal Hybrid Parallel Network Intrusion Detection Model (MHPN), can significantly enhance detection accuracy by integrating spatio-temporal and statistical traffic features [16]. Similarly, this study leverages advanced techniques to improve security and efficiency in healthcare IoT systems by optimizing data flow and intrusion detection mechanisms. Emerging solutions for enhancing the security of Internet of Things (IoT) devices include lightweight anomaly detection models, such as the LMCA, which integrates an adjusted MobileNet and coordinate attention mechanism to effectively identify network traffic anomalies [17]. This approach demonstrates the feasibility of deploying advanced deep learning techniques within constrained IoT environments, thereby improving classification accuracy and flexibility while maintaining efficiency.

Blockchain (BC) technology emerges as a promising solution that enables efficient and transparent communication among system entities [18]. It provides a foundation for building a dependable, secure, and efficient IoT infrastructure. BC technology can enhance the information-sharing component of IoT, facilitating secure sharing of vital data captured by IoT devices [19, 20]. Consequently, adopting blockchain technology has the potential to provide effective solutions that facilitate healthcare delivery and advance the healthcare industry [21]. Various authentication protocols have been developed to protect privacy and security; however, security vulnerabilities can lead to disastrous outcomes, such as data loss and theft. Intruders often seek unsecured channels to access valuable healthcare data within cloud networks [22].

This work proposes an efficient BC-based authentication and security framework for HC-IoT using the Binomial Distribution based Digital Signature Algorithm (BD-DSA) and Privacy-preserving Transaction Codes (PTC) with Blockchain Technology. BD-DSA provides a mechanism for verifying the integrity and authenticity of data transmitted between devices, ensuring that only authorized entities can access sensitive information. PTC, on the other hand, offers a method for encrypting patient data, ensuring that it remains confidential during transmission to cloud storage. The research objectives of the proposed BC-based authentication and security system are as follows:

- A BD-DSA-based model is proposed using BC technology to perform efficient sensor node authentication for data protection.
- To secure data from node tampering and replacement attacks, secure path creation utilizing JDKMA and RM_EPCO algorithms is proposed.
- A cryptographic encryption model named PTC is proposed to encrypt sensed patient-sensitive information for transmission to cloud storage.
- All transactions, node details, and sensitive information are securely stored in the BC server.

The rest of the paper is structured as follows: Section 2 provides a literature review related to the proposed framework, Section 3 presents a detailed analysis of the proposed framework, Section 4 describes the experimental setup, Section 5 discusses the results and implications of the proposed methodology in Healthcare IoT, and Section 6 concludes the paper with its limitations and future scope.

LITERATURE SURVEY

Xu Cheng *et al.* [23] presented a BC-based Medical Cyber-Physical System (MCPS) that described the security requirements in the authentication process of medical data users. The author used intractable problems and bilinear mapping during the authentication process to solve the security threats. The model enabled medical data sharing and met several security needs during user authentication. Pandi Vijayakumar *et al.* [24] suggested an anonymous authentication framework for IoT-based Wireless Body Area Networks (WBANs) with location privacy preservation. The doctor and the patient were authenticated by each other anonymously to ensure their legitimacy. Furthermore, the Trusted Authority (TA) protected the location of the patient and the doctor. The analysis revealed that the scheme outperformed the previous schemes regarding security and computation costs during anonymous authentication.

Jafar A. Alzubi[25] recommended a BC-based model for medical IoT devices that employed the Lamport Merkle Digital Signature (LMDS). The LMDS model constructed a tree to perform authentication of the IoT devices. A Centralized Healthcare Controller (CHC) used Lamport Merkle Digital Signature Verification (LMDSV) to determine the source of the LMDSG. The LMDS provided greater security for medical IoT devices with lesser computation time and overhead. Muhammad Tahir *et al.* [26] used a probabilistic model that created an authentication and authorization framework for BC-enabled IoT networks. The framework employed random numbers in the authentication process that was linked via joint conditional probability. Thus, it established a secure connection among IoT devices for future data collection. The framework provided robust and mutual authenticity, improved access control, and reduced communication and computational overhead costs.

Seunghwan Son *et al.* [27] suggested a BC-based authentication mechanism for Telecare medical information system (TMIS). The study used ciphertext policy attribute-based encryption (CP-ABE) that controlled the access of HC data stored on the CS and BC. The model provided more security and efficiency than related protocols. For e-health security, Xinyin Xiang *et al.* [28] designed a permissioned BC-based identity management and user authentication (PBBIMUA) model. Each e-health user had a distributed ledger, and the transactions of the model encouraged smart contract registration. The smart contracts maintained the public key records for efficient identity, and they used the user's biometrics as a key distribution strategy. The system used a smart contract to support anonymous authentication of the users. The results revealed that the system was more efficient than known methods. To provide security to the Internet of Medical Things (IoMT), Randhir Kumar and Rakesh Tripathi [29]used BC and interplanetary file systems (IPFS) technology. The model grouped the nodes into a cluster form and used smart contracts for authenticating patients and medical devices. After authentication, the cluster layer stored the device-generated information, which was transmitted securely to the consortium BC. The BC-based mechanism for data storage provided data privacy because it used a hash-based storage mechanism.

Kristen N. Griggs *et al.* [30] presented BC-based smart contracts to offer secure medical sensor management and analysis. The private BC constructed a system with the help of the Ethereum protocol. The SNs were communicated with smart contracts that maintained the records of all events of the SNs on the BC. The approach allowed real-time patient monitoring and medical interventions by sending notifications to HC patients and medical professionals. Lijun Xiao *et al.* [31] developed a secure framework for private BC-based WBANs. The model generated two groups of private BCs to store SN registration data and patient physiological data. The storage of the registration and physiological data in private BC reduced the complexity of regional data management. On this basis, the system generated a BC network's blind signature. The results demonstrated that the developed scheme was more advanced and effective than existing models.

Geetanjali Rathee *et al.* [32] used BC technology to support multimedia data processing in IoT-HC. The model stored every activity of the IoT devices inside the BC, providing secrecy and transparency to the patients and intermediates. The model also traced the activity of the intermediates in DT. Asad Abbas *et al.* [33] suggested a BC-assisted secure data management framework (BSDMF) for IMoT. The BSDMF provided secure DT between implantable medical devices and personal servers and between cloud servers and personal servers. The approach ensured secure DT and data management between the linked nodes in IMoT. Rajakumar Arul *et al.* [34] designed the Multi-Modal Secure Data Dissemination Framework (MMSDDF) to provide secure data access and control in the IoMT. The patient's data were transmitted to the BC, which authenticated each patient in the network. If any third party accessed the BC during data exchange, the BC alerted the patient and the IoMT-HC system. The results demonstrated that the MMSDDF method outperformed other existing methods in accuracy. Anita sahoo*et al.*[35] conducted an analysis of IoT and Blockchain integration in healthcare, identifying key challenges such as data privacy, network architecture, and continuous monitoring. Their study emphasized the need for multiple encryption techniques to create decentralized and secure healthcare systems. They also highlighted research gaps in scalability and security, calling for further investigation into long-term solutions for Blockchain-powered IoT healthcare.

Wafaa A.N.A. Al-Nbhanyet al.[36] highlight how integrating blockchain technology with the Internet of Things (IoT) can greatly enhance security in healthcare applications. Their review, covering literature from 2018 to 2023, examines various uses of blockchain-IoT in areas like remote patient monitoring and medical record security. The authors also discuss challenges and potential solutions, providing insights into current trends in healthcare technology. Sadia Ramzan*et al*[37] emphasize the transformative potential of blockchain technology in the healthcare sector, highlighting its role as a secure digital ledger for transactions that fosters trust among users. Their review covers the evolution, technical aspects, and various applications of blockchain in healthcare, including electronic medical records and supply chain management. The authors also identify limitations of existing approaches and outline future research directions, showcasing the ongoing innovations in this field. ParthaPratim Ray *et al*[38]discuss the integration of Internet of Things (IoT) and blockchain technologies in e-healthcare, highlighting the ability of IoT devices to provide real-time patient data while addressing the challenges of centralized data processing, such as potential failures and privacy issues. They explore popular consensus algorithms and assess various blockchain platforms for their suitability in IoT-based healthcare applications. Additionally, the article proposes a data-flow architecture named IoBHealth, designed to facilitate the secure storage, access, and management of e-healthcare data by leveraging the strengths of both IoT and blockchain technologies.

Marah R.Bataineh*et al*. [39]address the challenges faced by Internet of Things (IoT) applications, such as resource constraints and central server overload, and propose a solution by integrating blockchain technology to create a decentralized, autonomous IoT system. Their architecture leverages an Ethereum blockchain infrastructure with a rich-thin client model, where resource-limited devices act as thin clients while higher-resource devices serve as rich clients for executing mining processes. The authors demonstrate the efficiency of their proposed architecture through a healthcare system focused on surgical process management, showcasing its suitability for various IoT applications while mitigating the limitations of IoT devices. Krishna Kumar Sharma and Ayan Seal [40] proposed a Self-Adaptive Mixture (SAM)similarity measure, which integrates Jeffrey-divergence with induced kernel distance to handle overlap in multi-view clustering scenarios. Their extensive experiments on both real-world and synthetic datasets demonstrate SAM's superiority over nine state-of-the-art clustering methods. This research highlights the role of adaptive similarity measures in enhancing clustering accuracy, particularly in uncertain data environments, where traditional methods often fall short in complex and overlapping data spaces. R. Geetha et al. [41] introduced Tamilian Cryptography, an innovative cryptographic technique that employs Tamil, an ancient Dravidian language, to secure encryption processes. By utilizing Tamil's 247 characters, the method significantly strengthens data security and improves encryption time. The hybrid nature of Tamilian Cryptography, which involves mapping Tamil text to random 2-bit combinations followed by encryption with the Advanced Encryption Standard (AES) algorithm, offers stronger security guarantees than conventional algorithms like Blowfish and DES. It demonstrates an impressive 95% avalanche effect, outperforming other methods in terms of encryption speed and memory efficiency.

Jieming Yang et al. [42] proposed the Bi-Test feature selection method for spam email filtering, which leverages binomial hypothesis testing to evaluate feature occurrence in both spam and legitimate emails. This method, tested on six benchmark spam corpora, bypasses the computational load of conventional techniques like Chi-Square and Poisson distribution while maintaining high classification accuracy. When combined with Naïve Bayes, Bi-Test showed superior efficiency in dimensionality reduction, rivalling established methods like Information Gain and Gini Index. Privacy is a significant issue in IoT due to the massive amount of medical sensor data. However, unauthorized access to messages transferred between system nodes is a primary weakness in existing techniques, and unauthorized access to sensor nodes (SNs) may result in inconsistent or fabricated medical reports. Simple security methods are ineffective, and attackers can target sensor data to modify it and inject attacks. Consequently, ensuring secure communication between IoT devices becomes one of the most critical and challenging tasks, as it must account for vulnerabilities to intruder attacks. In contrast to the limitations of existing techniques—such as unauthorized access to SNs, attacks on wearable sensors, and patient data misuse—this work proposes an efficient blockchain-centered authentication and security framework for HC-IoT using BD-DSA and PTC. The proposed framework leverages the BD-DSA-based sensor node authentication technique to prevent unauthorized access to SNs. Additionally, a secure path using JDKMA and RM_EPCO is established to safeguard medical data transfer

between system nodes, while PTC encryption ensures the data is protected from intruder alterations. Finally, blockchain technology plays a significant role in safeguarding patients' healthcare data privacy, providing a comprehensive solution to the identified challenges.

PROPOSED METHODOLOGY

The modern healthcare industry leverages smart IoT-enabled medical devices to monitor, collect, and transmit biomedical data such as blood pressure, blood sugar levels, electrocardiography (ECG), and body temperature. These devices communicate with nearby gateways and remote servers for data processing and visualization. Given the sensitive nature of this data, secure exchange mechanisms are critical for protection against cyber attacks.This paper presents an efficient Blockchain-centered authentication and security framework for healthcare IoT systems, integrating BD-DSA and PTC techniques. The proposed framework involves several steps: patients with IoT sensors initiate data collection, followed by sensor node registration and authentication using BD-DSA. After successful authentication, a secure path is created through clustering sensor nodes using the Jeffrey's Divergence-based K-Means Algorithm (JDKMA), with path optimization managed by the Reverse Mutation Emperor Penguin Colony Optimization (RM_EPCO) algorithm. The patient's data is then encrypted using the Permutation-based Tamilian Cryptography (PTC) technique and securely stored on the blockchain.The block diagram of the proposed framework is shown below in Figure 1.

Framework Components

The framework consists of the following components, each playing a crucial role in ensuring secure and efficient data transmission and storage in healthcare IoT

IoT Sensors These devices, embedded in or worn by the patient, continuously monitor physiological parameters such as blood pressure, glucose levels, heart rate, and body temperature. These sensors are responsible for the continuous collection of raw biomedical data.

Gateways These intermediary nodes aggregate data from various sensors and transmit it to remote servers for further processing. Gateways ensure reliable communication between sensors and the blockchain server. Gateways also perform preliminary data aggregation or filtering before forwarding to the blockchain server

Blockchain Server This server securely stores data and manages transactions between IoT sensors and healthcare providers. Blockchain technology provides tamper-resistant storage of medical records.

BD-DSA for Authentication The BD-DSA algorithm is used to verify the legitimacy of sensor nodes, preventing unauthorized access by generating digital signatures for registered sensors, ensuring only valid nodes can send data.

JDKMA for Secure Path Creation After authentication, sensor nodes are grouped into clusters using the Jeffrey's Divergence-based K-Means Algorithm (JDKMA). This enables efficient management and secure transmission of data to the blockchain server.

RM_EPCO for Path Optimization The Reverse Mutation Emperor Penguin Colony Optimization (RM_EPCO) algorithm optimizes transmission paths, minimizing potential vulnerabilities and ensuring secure data delivery.

PTC for Data Encryption Before storing data on the blockchain, the Permutation-based Tamilian Cryptography (PTC) technique is used to encrypt it. This ensures that intercepted data cannot be decrypted without the proper keys.Each of these components works in synergy to create a secure and efficient system for managing sensitive healthcare data.

Sensor Node Initialization

The process begins with the initialization of sensor nodes (SNs) implanted in or worn by patients. These devices continuously monitor physiological parameters, collecting raw biomedical data like blood pressure and glucose levels. Each SN is registered with the blockchain server, establishing a secure environment for future data interactions. This initialization lays the foundation for subsequent steps in the workflow. At the start, n number of SNs (temperature sensor, heart-rate monitoring sensor, glucose monitoring sensor, etc.) is implanted in the patient's body to monitor the physiological health condition of the patient are. Primarily, these nodes are initialized with the BC server by creating blocks to record transactions and store sensor data securely. The $n-$ number of SNs $\left(\hbar^{(i)}\right)$ entrenched in the patient's body is expressed as,

$$\hbar^{(i)} = \hbar^{(1)}, \hbar^{(2)}, \ldots\ldots, \hbar^{(n)} \quad (1)$$

Figure 2 illustrates the workflow of the proposed blockchain-based authentication and security framework for healthcare IoT systems. The process begins with Sensor Node Initialization, where sensors embedded in or worn by patients are activated to continuously monitor physiological parameters. Next, Node Registration establishes the identity of each sensor, ensuring that only authorized devices can participate. The system then proceeds to Authentication using BD-DSA, which verifies the legitimacy of the sensor nodes, preventing unauthorized access to sensitive data. At a critical decision point, Verify Auth, the flow diverges based on the authentication outcome; successful authentication leads to Secure Path Creation using JDKMA, where sensor nodes are clustered to optimize data transmission security. Following this, Data Encryption using PTC ensures that even if intercepted, the data remains confidential. Finally, the encrypted data is securely stored on the Blockchain, providing a tamper-resistant and transparent method for managing medical records. This comprehensive workflow guarantees the secure collection, transmission, and storage of sensitive healthcare data, leveraging advanced cryptographic techniques and blockchain technology to enhance patient privacy and system integrity.

Node Registration

Once initialized, each sensor node must register its details with the blockchain server. This registration includes information such as the node's ID, type, and location. By storing this information on the blockchain, the system ensures data integrity and prevents unauthorized access. The registration process is crucial for creating a secure identity for each sensor within the healthcare IoT ecosystem. After initializing the SNs, before data sensing each node registers its details with the blockchain server. Since the details are stored in the BC, it prevents the privacy and unauthorized access of SNs. Here, the SNs use their node ID (N_{ID}), node type (N_{type}), node location (N_{loc}), etc. for registration. On registration of SNs, a digital signature is created using the BD-DSA algorithm.

Signature creation and authentication using BD-DSA

Following registration, authentication is performed using the Binomial Distribution Digital Signature Algorithm (BD-DSA). Each registered sensor generates a digital signature that verifies its legitimacy. This step prevents unauthorized access, ensuring that only valid nodes can send data. Successful authentication signifies that the sensor can proceed to the next phase, reinforcing the security of the overall system.

Here, a digital signature (DS) is created for each SN concerning the node details such as, $N_{ID}, N_{type}, and\ N_{loc}$ for authentication. A DS includes three processes. Initially, the key generation process was carried out that generates the private key randomly from a set of possible private, and the model outputs both private and public keys. Secondly, a signing process produces a signature, and thirdly signature verification process verifies the signature by accepting or rejecting the message's claim to authenticity. One disadvantage of DSA is that the prime divisor for signature creation and verification is generated randomly, affecting the model's overall performance. To solve this issue, Binomial Distribution (BD) is adopted to generate the prime divisor. Hence, the proposed one is called BD-DSA. The signature generation process for SNs is detailed below,

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a. Key generation

- A prime number (δ) is chosen first called the prime divisor using the binomial distribution function (B_{dist}) given by,

$$B_{dist}(\delta)=\sum_{n\in\rho} prob^{(\rho)} * fal^{(n-\rho)} \quad (2)$$

Where, $prob, fal$ refers to the probability of success and failure on a single trial, ρ represents a number of times with a specific outcome, and n mentions the number of trials. Another prime number π is also selected such that,

$$(\pi-1)\bmod(\delta)=0 \quad (3)$$

- After that, an integer (∂_{int}) is selected that satisfies the following conditions,

$$\partial_{\text{int}}{}^{\delta} \bmod(\pi)==1 \quad (4)$$

$$\partial_{\text{int}} = rand^{(\pi-1)/\delta} * \bmod(\pi) \quad (5)$$

- Then, the private key is generated as $K_{priv}(0<K_{priv}<\delta)$ and the public key becomes (K_{pub}) which is computed as,

$$K_{pub} = \partial_{\text{int}} K_{priv} \bmod(\pi) \quad (6)$$

b. Signature generation

- For generating the digital signature, node details N_{ID}, N_{type}, and N_{loc} are given as input and converted into the hash function $(\Re_N)$ using the following equation (7),

$$\Re_N = hash(N_{ID}, N_{type}, N_{loc}) \quad (7)$$

- Next, the hash value is transmitted as input to the signing function which produces the result as (ς,τ), calculated as,

$$\varsigma = (\partial_{\text{int}} r \bmod(\pi)) * \bmod(\delta) \quad (8)$$

$$\tau = \lfloor r-1(\Re_N + K_{pub} * \varsigma)\bmod(\delta)\rfloor \quad (9)$$

In the aforesaid equation, r signifies the random number and ς,τ models the digital signature.

c. Signature verification

- During hash verification, the same hash function $(\Re_N)$ is used to generate the hash digest (h_{di}), and then it is passed into the verification function by computing the variable (ι) such that,

$$\tau * \iota \bmod(\delta)=1 \quad (10)$$

- Then the values of φ_1,φ_2 are estimated as

$$\varphi_1 = h_{di} \cdot \iota * \bmod(\delta) \quad (11)$$

$$\varphi_2 = \tau \cdot \iota * \bmod(\delta) \quad (12)$$

- At last, the signature verification (S_v) component is evaluated by,

$$S_v = \left\langle \left(\left(r\varphi_1 * K_{priv}\varphi_2 \right) \bmod(\pi) \right) \bmod(\delta) \right\rangle \quad (13)$$

Here, S_v is compared with the τ received in the bundle, if both matches, the verification becomes successful and the sensor node starts sensing the data.

Secure path creation

After successful authentication, the next step is secure path creation. Sensor nodes are clustered using the Jeffrey's Divergence-based K-Means Algorithm (JDKMA), grouping them based on data similarity. This clustering enables efficient data management and minimizes potential vulnerabilities. Once clusters are formed, the Reverse Mutation Emperor Penguin Colony Optimization (RM_EPCO) algorithm is used to optimize transmission paths, ensuring secure data delivery to the blockchain server. In this phase, the secure paths are created by clustering the entrenched SNs using JDKMA and then optimizing the paths via RM_EPCO algorithms. Through the generated optimal paths, the sensed HC data are transmitted to the BC server without any attack on the data. This way of establishing the paths secures the HC IoT data against node tampering and node replacement attacks.

Clustering by JDKMA

K-means algorithm is one of the simplest, non-supervised partitioning clustering algorithms which divides the given data object into different clusters through the iterative, converging to a local minimum. In KMA, at first, the centroid points are calculated, and then it takes each point to the cluster with the nearest centroid from the adjacent data point. The Euclidean distance-based similarity measure is used to assign each data point to its nearby centroid. The similarity measure has been one of the essential factors in clustering for discovering the natural grouping of a given dataset by identifying hidden patterns. However, the Euclidean distance calculation is quite complex and is not appropriate for handling the complicated and non-Euclidean structure of the input data. To overcome this downside, in the proposed work Jeffrey-Divergence (JD) based similarity measure is used instead of the original Euclidean norm because the divergence function implicitly results in handling complicated and non-Euclidean data structures. Due to this modification, the proposed KMA is named JDKMA. The clustering process using JDKMA is discussed further,

- Consider, $\hbar^{(i)} = \hbar^{(1)}, \hbar^{(2)}, \ldots\ldots, \hbar^{(n)}$ be the $n-$number of SNs which is clustered into k the number of clusters $\left(\vee_i = \vee_1, \vee_2, \ldots\ldots, \vee_k \right)$, and $C_v \left(v = 1,2, \ldots\ldots, V \right)$ be the initial cluster centroids generated randomly.
- Then, the JD between each data point $\left(\hbar^{(i)} \right)$ and the initial cluster centroids $\left(C_v \right)$ is calculated to allocate each $\left(\hbar^{(i)} \right)$ to its closest $\left(C_v \right)$. The JD calculation is mathematically formulated below,

$$JD = \sum_{i=1}^{n} \left(\hbar^i - C_v \right) * \left(\log\left(\hbar^i \right) - \log\left(C_v \right) \right) \quad (14)$$

- The criterion function $(\exists)$ is calculated by taking the mean of all the clusters of the target object. This can be defined as follows,

$$\exists = \sum_{i=1}^{n} \sum_{C_v} \left| C_v - \mu_i \right|^2 \quad (15)$$

Where, μ_i indicates the average of clusters. Finally, the k number of clusters (grouped SNs) based on the distance is notated as,

$$\vee_i = \vee_1, \vee_2, \ldots\ldots, \vee_k \quad (16)$$

From the above-grouped nodes, optimal paths are established using the RM_EPCO algorithm.

Optimizing the paths via RM_EPCO

Emperor Penguin Optimizer (EPO) is a popular metaheuristic model that mimics emperor penguins' huddling behaviour (EPs). The huddling procedure is answerable for better diversification, contributing to the EPO's superior global search capability. EPs live on open ice and breed during the winter months. During the breeding season, EPs congregate in massive colonies that number in the hundreds of thousands. The only species that huddles to survive the Antarctic winter is the Emperor penguin (EP). The huddling behaviour of EPs is divided into four stages: generate and determine the EP huddle boundary, calculate the temperature profile around the huddle, Determine the distance between EPs and reposition the effective mover. The EPO's successful moving actions provide better intensification, which enhances the EPO's superior local search ability. It provides a smooth transition from diversification to intensification (or global search) (or local search). However, the standard EPO suffers from premature convergence when solving complex optimization problems and tends to fall into local optima. Therefore, the proper balance between exploration and exploitation stages is needed to ensure the approximation of globally optimum values. Hence the Reverse Mutation (RM) process is used to prevent premature convergence and falling into a locally optimal solution. As a result, the convention EPO becomes RM_EPCO. The step-by-step process is explained further,

Step 1 Initially, EPs randomly construct the huddle boundary (clustered SNs $\vee_i$). The wind is determined to find the huddle boundary around a polygon as it flows around the huddle. The wind, on the other hand, moves faster than an EP. The concept of complex variables is used to describe an EP's randomly generated huddle boundary. Let, denote υ as the velocity of the wind and ϖ as its gradient, then

$$\varpi = \nabla \upsilon \quad (17)$$

The vector (ϑ) is joined with wind velocity to generate complex potential,

$$\eta = \upsilon + i\vartheta \quad (18)$$

Where, i stands for the imaginary constant, and η determines the polygon plane's analytical function. Then, the fitness of each EP is calculated to identify the best solution.

Step 2 To conserve energy and maximize the ambient temperature in the huddle, emperor penguins form a huddle. This can be mathematically modeled by considering the temperature $(T = 0)$ when the polygon radius $(r > 1)$ and $T = 1$, when $r < 1$. This temperature profile is in charge of the exploration and exploitation of emperor penguins in various locations. The temperature profile around the huddle is evaluated by,

$$T'' = \left(T - \frac{k}{iter - k} \right) \quad (19)$$

$$T = \begin{cases} 0 & if\ r > 1 \\ 1 & if\ r < 1 \end{cases} \quad (20)$$

Where, $iter, k$ denotes the current iteration and maximum iteration respectively.

Step 3 After the construction of the huddle boundary, compute the distance between EP and the best obtained optimal solution $(D_{\vee,best})$. The current best optimal solution is the one with the closest fitness value to the optimum. The other search agents (or EPs) will adjust their positions based on the current best optimal solution, which is defined mathematically as follows:

$$D_{\vee,best} = Abs\left(S_f\left(\vec{\Sigma}\right)\vec{best}\left(iter\right) - \vec{Z}.\vec{P}_{\vee}\left(iter\right)\right) \quad (21)$$

Here, $\vec{best}$ denotes fittest optimal penguin, $\vec{\Sigma}, \vec{Z}$ are the vectors that avoids the collision between neighbors, S_f models the penguin's social forces responsible for movement towards the best solution, and $\vec{P}_{\vee}$ symbolizes the position vector of the EP. The vectors $\vec{\Sigma}, \vec{Z}$ are estimated in below equations,

$$\vec{\Sigma} = \left(\Phi \times \left(T'' + P_{grid}\left(acc\right)\right) * Rand(\ )\right) - T'' \quad (22)$$

$$P_{grid}\left(acc\right) = Abs\left(\vec{best} - \vec{P}_{\vee}\right) \quad (23)$$

$$\vec{Z} = Rand(\ ) \quad (24)$$

In the aforesaid equations, Φ mentions the movement parameter that avoids collisions by mapping the gap between search agents, $P_{grid}\left(acc\right)$ denotes the polygon grid accuracy that compares the difference between the EPs, and $Rand(\ )$ determines the random number between 0 and 1. The social forces responsible for movement towards the best optimal solution is computed in equation (25),

$$S_f\left(\vec{\Sigma}\right) = \left(\left(f \cdot e^{-iter/l} - e^{-iter}\right)^{0.5}\right)^2 \quad (25)$$

In this equation, e specifies the expression function, f *and* l are the control parameters to have better exploitation and exploration.

Step 4 Finally, update the positions of the EP according to the best obtained optimal position (mover). This mover is in charge of changing the positions of other search agents in a given search space, as well as leaving its current position. In the proposed work, position updation is carried out using a reverse mutation process.

- In the reverse mutation process, initially, the initial permutation takes plain text (EPs position y_{ji}) as an input. Then reversion happens in which the original base pair sequence may be restored. Therefore, the output will be the mutated position m_{ji}. These steps are repeated until y_{ji} is updated or the number of iteration is reached. The position updation equation for EPO is expressed as,

$$\vec{P}_{\vee}\left(iter+1\right) = y_{ji} - \vec{\Sigma}.\vec{D}_{\vee,best} \quad (26)$$

Where, $\vec{P}_{\vee}\left(iter+1\right)$ denotes the EP's newly updated position. The huddling behavior of EPs is recomputed during the iteration process once the mover has been re-located. In this way, the optimal paths $\left(\beta_{opt}\right)$ from the clustered SNs are created for secure DT. Figure 3 illustrates the pseudocode of the proposed RM_EPCO is revealed further,

Data Security by PTC

Importance of BD-DSA and PTC for Data Security in Healthcare IoT

In the context of healthcare IoT, ensuring the confidentiality, integrity, and authenticity of sensitive biomedical data is paramount. Given the rising incidents of cyber attacks targeting healthcare systems, the choice of security mechanisms is critical to safeguard patient information.

Binomial Distribution Digital Signature Algorithm (BD-DSA)

BD-DSA provides a robust method for verifying the identity of sensor nodes, ensuring that only authorized devices can transmit data. This is crucial in healthcare settings where data integrity directly affects patient safety. By

generating digital signatures, BD-DSA guarantees that any data transmitted by the sensor nodes has not been altered during transmission.

Permutation-based Tamilian Cryptography (PTC)

PTC ensures that sensitive patient data is encrypted before being transmitted or stored, preventing unauthorized access. The choice of PTC is based on its innovative approach to using natural language for encryption, which significantly reduces the complexity and time required for encryption processes. This is especially beneficial in healthcare applications where timely access to data is crucial. The added layer of AES encryption within PTC further enhances security by employing well-established cryptographic techniques.

PTC Process

Before the data is transmitted to the blockchain server, it undergoes encryption using the Permutation-based Tamilian Cryptography (PTC) technique. This ensures that even if data is intercepted, it remains unreadable without the correct decryption keys. The encrypted data is then securely transmitted to the blockchain server for storage.

The next step in the proposed work is data security. In this phase, the sensed patient medical data undergoes encryption for secure transmission. Tamilian Cryptography (TC) is one of the most widely used encryption models that encrypts the messages using natural language, which reduces encryption time and improves performance. TC is divided into three phases: translation, mapping, and encryption, and it makes data much more secure than existing techniques. TC initially translated the input data into Tamil and then mapped the data to an arbitrarily created 2-bit combination of English alphabets. This process results are named intermediate cipher (inter cipher). After finishing the translation and mapping processes, the inter cipher (IC) is encrypted using the Advanced Encryption Standard (AES) to enhance the data confidentiality. AES is a symmetric cipher model that employs the same key for both encryption and decryption. Substitution Bytes (SB), Shift Rows (SR), Mix Columns (MC), and AddRoundKey (ARK) are the four primary operations. Every message block in AES is encrypted using the four operations listed above, which increases the model's time complexity. To overcome this problem and encrypt the message in sufficient time, the proposed work replaces the mix columns transformation of the conventional AES with permutation-based column shifts, which reduces time complexity and also increases security. This permutation-based column shits in the encryption operation of TC is named PTC. Let, $m_j = m_1, m_2, \ldots\ldots m_N$ be the input sensor message that needs to be encrypted using the proposed PTC technique. The steps followed by the PTC are as follows

Translation

Primarily, the plan text (input message m_j) is translated into the Tamil language $(tam(j))$ by using a Google application programming interface translator. For translating the numerical message, the number is converted into words, and then it is converted into a Tamil word. A language translator converts a text written in one language into another. It is a very useful tool for understanding text written in an unknown language. Thus, the translated message $(tam(j))$ is modeled below,

$$m_j \to tam(j)\{tam(i), tam(2), \ldots\ldots, tam(N)\} \quad (27)$$

Mapping

Next to translation, each Tamil alphabet is mapped into two 32-bit English alphabet combinations to attain an IC. Each occurrence of a letter does not have the same mapping; for each Tamil alphabet, there are two 2-bit combinations; every occurrence may have one of the two 2-bit combinations. To make the algorithm effective, this 2-bit combination of alphabets is chosen using a logistic chaotic mapping function. By doing so, it is very difficult for the attackers to retrieve the data from the translated message. Logistic chaotic mapping (L_{CM}) for selecting the 2-bit combination of English alphabets $(a \to z)$ becomes,

$$L_{CM}(t+1) = \chi \cdot a \to z(t)(1 - a \to z(t)) \quad (28)$$

Where, t denotes the iteration number, and χ is a chaotic constant. Thus, the intermediate cipher (translated message) becomes,

$$tam(i) \rightarrow \hat{\lambda}_i = \hat{\lambda}_1, \hat{\lambda}_2, \ldots\ldots, \hat{\lambda}_N \quad (29)$$

Encryption with AES

In this phase, the intermediate cipher is encrypted by generating a random round key (R_{key}). Afterward, the input intermediate cipher is XOR-ed with R_{key} to generate the cipher transformation. It is mathematically formulated by,

$$\psi_i = \hat{\lambda}_i \oplus R_{key}(i = 1,2,\ldots N) \quad (30)$$

Where, ψ represents the transformation of the cipher key. Then, using an S-box, substitute byte transformation replaces every data block byte with another block. Following that, each row of the state matrix is given a cyclic shift to the right side based on its location. The first row is left alone. Each byte in the second row is shifted to the left by one position. The third and fourth rows are also shifted two and three positions, respectively. As a result, each output block of this step will be made up of bytes from four input block columns.

A permutation is used in this work instead of a mixed column. Permutation, also known as P-box, is a bit-shuffling model that transposes bits across S-box inputs. This operation is based on column shifts, which occur on different cyclic columns with different offsets, allowing for suitable state permutations. Finally, ARK is executed, which moves one column at a time. ARK gives each column matrix a round keyword. The ARK stage performs matrix addition operations. SBs, SR, Permutation, and ARK are performed in all rounds of encryption except the last. In addition to the rounds of Inverse SR, Inverse SB, Inverse ARK, and Inverse Permutation Transformation, the decryption operation follows the same process as the encryption operation. An inverse permutation is no longer performed in the final round.

Blockchain

Finally, the encrypted data is stored in a BC for further security. BC is a decentralized, shared, and public digital ledger used for storing transactions in various modes. A BC typically consists of two components: transactions, the events performed by system members, and blocks, which record the transactions and ensure their unaltered arrangement. Furthermore, it must be a stable, scalable platform where previous records cannot be altered. When a new transaction is added to the chain, it must be validated by all network participants. The collection of blocks in the BC contains four components: transaction details, the hash value of the existing block, the hash value of a recent block, and a timestamp. As a result, an intruder cannot modify any records of BC because each block is made up of a cryptographic value from the previous block. The blocks in the BC are made up of the block header and the block body. The block header includes the hash value created by the Secure Hash Algorithm (SHA-256), the previous hash, and the current hash, Merkle tree (stores group of transactions in each block), nonce (a number generated by proof of work operations on miner nodes to produce a hash value less than a target difficulty level), and timestamp. As a result, a BC functions as a secure and distributed ledger that effectively, persistently, and verifiably archives all transactions between any two parties in an open networked system. Figure 4 illustrates the BC structure.

Experimental Setup

To evaluate the performance of the proposed system, the implementation and experiments were conducted on a Windows 11 PC, equipped with an Intel Core i3-1005G1 CPU @ 1.20 GHz processor and 6 GB of memory. The system was developed using C# (version 4.4.0) within the Microsoft Visual Studio Community 2022 (version 17.4.4) environment. This setup provided an optimal platform for developing and integrating the Blockchain-based authentication and security framework for healthcare IoT, utilizing BD-DSA (Binomial Distribution Digital Signature Algorithm) and PTC (Permutation-based Tamilian Cryptography). Extensive testing and analysis were performed to assess the performance of the proposed framework. The experiments focused on its ability to handle large-scale transactional data efficiently, providing insights into the system's scalability, security, and overall effectiveness.

RESULTS AND DISCUSSION

Here, the performance of the presented BC-based authentication and security framework for HC-IoT devices is compared with conventional techniques to assess the efficacy of the proposed research model. The proposed work is implemented in the PYTHON working platform. Authentication, secure path creation, and data security are major techniques developed in the proposed framework to improve the security of medical data. As a result, a novel BD-DSA and PTC are used. This paper takes into account 150 patients in order to retain HC data. The simulation parameters of the current research model are tabulated in table 1.The performance of these techniques is detailed as follows.

Performance Assessment of the Proposed Framework

The experimental outcomes of the proposed research framework are contrasted with some of the existing models in the literature, namely, LMDS [20], Linear [21], BSDMF [28], and MMSDDF [29]. The comparison is made in terms of performance metrics such as Communication time (CT), communication overhead (CO), security level (SL), authentication time (AT), authentication accuracy (AA), and data confidentiality rate (DCR). The superiority measurements are made further,

Communication Time

Communication time (CT) is a critical performance metric that reflects the total time required for data exchange between IoT devices and the backend system. It encompasses not only the time taken for data transmission but also the overhead associated with signature generation and verification processes. In a healthcare context, minimizing CT is essential as it directly impacts the responsiveness of medical applications and the timely availability of critical patient data. The CT achieved by the proposed and existing techniques is depicted in Figure 5. The graphical analysis demonstrates that the proposed work achieves a lower CT compared to existing techniques. CT varies according to the number of patients involved, indicating the scalability of the framework. For instance, with a minimum patient count of 30, the proposed framework records a CT of 2282 ms, while the existing models—LMDS, Linear, BSDMF, and MMSDDF—show higher CT values of 2874 ms, 3285 ms, 3784 ms, and 4236 ms, respectively. As the patient count increases, the proposed framework continues to perform favorably. For a maximum count of 150 patients, the proposed work maintains a CT of 5272 ms, demonstrating its efficiency under heavier loads. This consistent performance across various patient scenarios suggests that the proposed framework is superior to existing methodologies in managing communication time effectively.

Communication Overhead

Communication overhead (CO) is a vital performance metric reflecting the additional resource consumption during data transmission between IoT devices and the backend system. Specifically, CO is determined by the memory utilized for signature generation and the memory required during the signature verification process. This metric is crucial in healthcare IoT systems, where efficient resource use is essential to ensure optimal performance without compromising security. Figure 6 illustrates the CO performance analysis of the proposed model compared to existing methods across various patient populations. The results reveal that the proposed model consistently achieves lower CO values compared to conventional models. For patient counts of 30, 60, 90, 120, and 150, the proposed framework attains CO values of 12 KB, 14 KB, 19 KB, 23 KB, and 27 KB, respectively. In contrast, existing models—LMDS, Linear, BSDMF, and MMSDDF exhibit higher CO values, indicating less efficiency in memory utilization during communication. Table 2 compares the results of security level of the proposed and existing models. The higher value of security level shows the better performance of the models. When the number of patients is 150, the security strength of the proposed work is 96.32%, while the existing methods such as MMSDDF, BSDMF, Linear, and, LMDS achieve the security level of 93.45%, 91.78%, 89.65%, and 87.32% for the same 150 patients. Correspondingly, when the number of patients is 60, the proposed method shows higher security of 95.23%. Nevertheless, the conventional methods say MMSDDF, BSDMF, Linear, and, LMDS attains the security level of 93.25%, 91.32%, 89.75%, and 86.57%.

Therefore, in this, it is clear that the proposed technique presents a higher security level compared to other state of art approaches.

Authentication Time

Authentication time (AT) is a critical performance metric that measures the duration required for authenticating IoT devices within the healthcare context. As depicted in Figure 7, the AT of the models tends to increase as the number of sensor nodes (SNs) rises. This trend is expected, as more nodes require additional time for processing authentication requests. For a maximum count of 150 nodes, the proposed research framework achieves an AT of 2375 ms, demonstrating its efficiency in managing authentication tasks. In contrast, existing schemes such as LMDS, Linear, BSDMF, and MMSDDF exhibit longer authentication times of 4215 ms, 3862 ms, 3175 ms, and 2651 ms, respectively. These results indicate that the proposed framework significantly outperforms these conventional models in terms of speed and responsiveness. Moreover, the proposed approach consistently attains the lowest AT across all tested node counts (30, 60, 90, 120, and 150), highlighting its effectiveness in authenticating HC-IoT devices. This efficiency is crucial in healthcare applications, where timely authentication is essential for ensuring the security and integrity of patient data while facilitating swift access to necessary medical information.

Table 3 compares the AA and DCR of the proposed and existing frameworks. The AA is the ratio of the number of SNs authenticated correctly to the total count of SNs. DCR refers to the number of medical data securely transmitted over the SNs. The results show that both the AA and DCR obtained by the proposed work are high compared to other existing approaches. That is, for 90 SNs, the proposed framework attains the AA of 94.48% and DCR of 96.37%. On the other hand, the existing MMSDDF attains the AA of 93.45% and DCR of 94.56% for the exact count of 90 SNs, which is very low compared to the proposed model. Similarly, when comparing the AA and DCR of the other existing techniques with the presented approach, the current model achieves the best performance by achieving higher values for both AA and DCR, which shows the efficacy of the proposed model for HC-IoT data security.

The performance of the proposed framework is compared with existing models like LMDS [20], Linear [21], BSDMF [28], and MMSDDF [29] across several key performance metrics, including communication time (CT), communication overhead (CO), security strength (SL), authentication accuracy (AA), and data confidentiality rate (DCR). The results indicate that the proposed framework consistently outperforms existing methods across all metrics. For instance, the communication time achieved by the proposed model is 2282 ms for 30 patients, which is 21% lower than the LMDS model (2874 ms). Similarly, the communication overhead is reduced by 20% when compared to the Linear model, demonstrating the efficiency of the BD-DSA and PTC algorithms in reducing transmission delays and memory usage. In terms of security, the proposed method attains a security strength of 96.32% for 150 patients, surpassing the MMSDDF model (93.45%), which is the highest-performing model among the existing ones. This indicates that the proposed framework offers enhanced protection against unauthorized access and data breaches in healthcare IoT systems. Table 4 shows a comparative analysis of the performance metrics of the proposed framework against existing models, including LMDS, Linear, BSDMF, and MMSDDF. The metrics compared include communication time, communication overhead, authentication accuracy, and data confidentiality rate, highlighting the advantages of the proposed model in each category.

DISCUSSION

The results of this study highlight the effectiveness of the proposed blockchain-based authentication and security framework for healthcare IoT devices. By consistently outperforming existing models across key metrics such as communication time, overhead, and security strength, the proposed framework demonstrates its potential to enhance both the security and efficiency of healthcare data management. One of the novel aspects of this framework is its integration of the Blockchain Data Signature Algorithm (BD-DSA) and Privacy-preserving Transaction Codes (PTC). This combination not only improves authentication accuracy and data confidentiality but also provides a unique approach to mitigating security vulnerabilities commonly found in healthcare IoT systems. Comparative analysis

reveals that the proposed framework achieves a communication time of 2282 ms for 30 patients, significantly reducing delays compared to existing models like LMDS and Linear. This reduction is crucial in healthcare settings, where timely access to data can directly impact patient outcomes. Furthermore, the security strength of 96.32% for the proposed model indicates a robust defense against unauthorized access and data breaches, addressing a critical concern in healthcare data management. These findings carry significant implications for healthcare organizations considering the adoption of IoT technologies. The proposed framework not only enhances data security but also ensures compliance with regulatory requirements regarding patient privacy. Additionally, the efficiency of the BD-DSA and PTC algorithms suggests that this framework can be seamlessly integrated into existing systems with minimal disruption. While this study presents promising results, it is important to acknowledge its limitations. The framework was validated with a limited number of patients and devices, necessitating further studies to evaluate its scalability in larger healthcare systems. Future research should also focus on optimizing the framework for energy efficiency, particularly in resource-constrained IoT environments. This study contributes to the growing body of knowledge on secure healthcare IoT solutions. By addressing both security and efficiency, the proposed framework lays the groundwork for future innovations in healthcare data management.

Implications of Findings in Healthcare IoT

The findings from the proposed blockchain-based authentication and security framework have important forimplications healthcare IoT systems:

Enhanced Security and Patient Privacy Achieving a high security strength of 96.32% provides strong protection against unauthorized access and data breaches. This is crucial in healthcare, where safeguarding sensitive patient information is essential, especially with rising cyber threats. The framework supports compliance with regulations like HIPAA.

Improved Efficiency The reduction in communication time (e.g., 2282 ms for 30 patients) shows the framework's potential for timely access to patient data. In emergencies, quick access to critical information can significantly enhance decision-making and patient outcomes.

Scalability The framework's ability to maintain performance with varying patient counts suggests scalability. As healthcare organizations expand their IoT networks, this framework can handle increased data loads without performance loss, making it suitable for larger systems.

Integration with Existing Systems The efficiency of the Blockchain Data Signature Algorithm (BD-DSA) and Privacy-preserving Transaction Codes (PTC) indicates that this framework can be integrated into current healthcare IT infrastructures with minimal disruption, enabling organizations to enhance security without needing a complete system overhaul.

CONCLUSION

This paper presents a novel and efficient blockchain-based authentication and security framework specifically designed for healthcare Internet of Things (HC-IoT) devices. By integrating advanced techniques such as the Binomial Distribution based Digital Signature Algorithm (BD-DSA) and Privacy-preserving Transaction Codes (PTC), the proposed model significantly enhances both the security and efficiency of healthcare data management. The comprehensive evaluation of the framework demonstrates its superiority over existing methods across several critical performance metrics. Specifically, the proposed model achieves an impressive authentication accuracy of 95.48%, indicating a high level of reliability in verifying the identities of connected devices. Additionally, the data confidentiality rate of 96.37% underscores the framework's effectiveness in safeguarding sensitive patient information from unauthorized access. Notably, the framework excels in operational efficiency, recording an authentication time of 2375 ms and a communication time of 2282 ms. these metrics are particularly vital in

healthcare settings, where rapid access to information can directly influence patient outcomes. Furthermore, the security strength of 96.32% illustrates a robust defense mechanism against potential data breaches and cyber threats, addressing a primary concern in the healthcare sector. The findings from this study not only validate the proposed framework's efficacy in enhancing data security but also highlight its potential for seamless integration into existing healthcare systems, ensuring compliance with regulatory requirements regarding patient privacy. Future research will aim to extend this work by exploring advanced techniques for attack detection and prevention, further reinforcing the security framework for HC-IoT data management. This study contributes significantly to the ongoing efforts in developing secure and efficient solutions for healthcare IoT environments.

Limitations and Future Work

Despite the promising results obtained from the proposed framework, several limitations exist. First, the current model has been validated on a relatively small scale with 150 patients and IoT devices, which may not fully represent the complexities of larger healthcare systems. Further studies are needed to assess its scalability and performance under more extensive, real-world conditions. Second, blockchain-based systems inherently introduce computational and energy overhead, which may pose challenges for IoT devices with limited resources. Although this model reduces communication overhead, it still requires further optimization for energy efficiency. Finally, the security framework, while robust against known threats, may still be vulnerable to emerging cyberattacks. Future research will focus on enhancing the framework's attack detection and prevention capabilities to further strengthen healthcare data security.

STATEMENTS AND DECLARATIONS

Ethical Approval

This study does not involve human participants or animals; therefore, ethical approval is not applicable.

Informed Consent

As this research does not involve human participants, informed consent is not applicable.

Consent for Publication

The author listed in the manuscript have provided their consent for the publication of this research in Indian Journal of Natural Sciences.

Availability of Data and Materials

Data sharing is not applicable to this article, as no datasets were generated or analyzed during the study.

Competing Interests

The author declare no conflicts of interest related to the publication of this paper.

Funding

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

Authors' Contributions

Dr. S. Kanagasankari Conceptualization, Methodology, Software, Validation, Formal Analysis, Investigation, Data Curation, Writing – Original Draft, Supervision.

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Table 1: Simulation parameters

Parameters	Values
Simulation area	650 m * 650 m
Total number of IoT devices	150
Total number of patients	150
Transmission of IoT devices	25m
Response time	2 – 5 s
Simulation time	150s
Transactions	1000 per round

Table 2: Security strength assessment

Techniques/ Performance Evaluation	30	60	90	120	150
LMDS	87.32	86.57	87.12	86.54	87.32
Linear	89.65	89.75	90.32	89.74	89.65
BSDMF	91.32458	91.32	92.45	91.23	91.78
MMSDDF	93.81	93.25	94.23	93.45	93.45
Proposed	95.89	95.23	96.23	95.78	96.32

Table 3: Authentication accuracy (AA) and data confidentiality rate (DCR)

Techniques/ Performance Evaluation	30		60		90		120		150	
	AA (%)	DCR(%)	AA(%)	DCR(%)	AA(%)	DCR(%)	AA (%)	DCR (%)	AA (%)	DCR(%)
LMDS	87.89	86.63	87.32	87.62	88.22	86.24	87.65	87.22	88.12	87.14
Linear	89.84	89.63	89.87	89.21	90.32	88.62	90.31	89.54	89.63	89.74
BSDMF	91.32	92.56	91.78	91.564	92.66	92.11	91.87	91.65	92.63	91.45
MMSDDF	93.54	94.23	93.85	93.45	93.45	94.56	94.14	93.84	94.35	94.65
Proposed	95.23	96.78	96.32	95.74	95.48	96.37	96.85	96.89	95.78	96.32

Table 4:Performance Comparison of the Proposed Framework with Existing Models

Metric	Proposed Model	LMDS	Linear	BSDMF	MMSDDF
Communication Time (ms)	2282	2874	3285	3784	4236
Communication Overhead (KB)	12	14	19	23	27
Authentication Accuracy (%)	95.48	88.12	89.63	92.63	94.35
Data Confidentiality Rate (%)	96.37	87.14	89.74	91.45	94.65

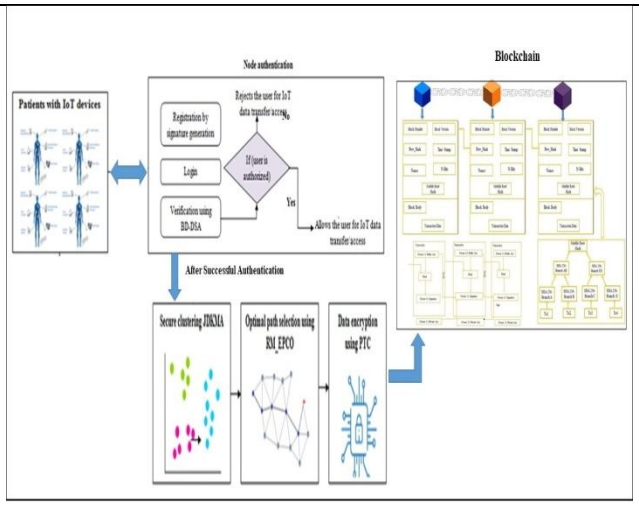

Fig 1: Block diagram of the proposed model

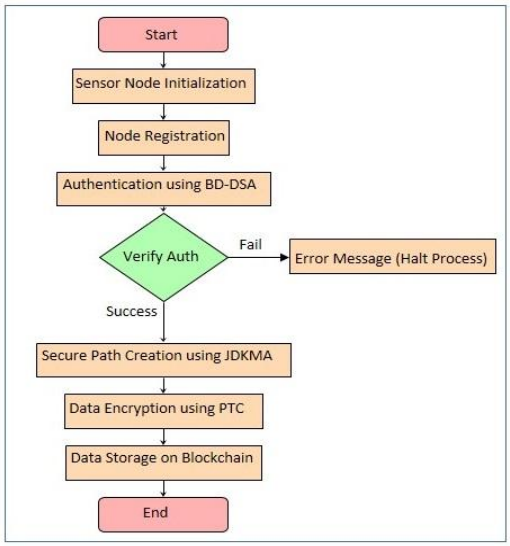

Fig 2: Proposed Framework-Workflow

Pseudocode of proposed RM_EPCO

Input: Clustered sensor nodes $\vee_i$
Output: Secured optimal paths

Begin
Initialize the penguin population $\vee_i = \vee_1, \vee_2, \ldots\ldots, \vee_k$
Generate wind velocity $\varpi = \nabla \upsilon$
Prepare the control parameters
While $(iter < k)$
  Compute the fitness value of each penguins
  Find the best optimal solution $best\vec{t}$
  For $1 \le i \le k$ **do**
    Compute control parameter f, l
    Generate $T^* = \left(T - \frac{k}{iter - k}\right)$
    Update current position $D_{\vee_best} = Abs\left(S_f\left(\vec{\Sigma}\right) best\vec{t}(iter) - \vec{Z}.\vec{P}_{\vee}(iter)\right)$
  End for
  Recalculate the fitness function
  Compute $S_f\left(\vec{\Sigma}\right) = \left(\left(f \cdot e^{-iter/l} - e^{-iter}\right)^{0.5}\right)^2$
  Perform Reverse mutation
  Renew $\vec{P}_{\vee}(iter+1) = y_{ji} - \vec{\Sigma}.\vec{D}_{\vee_best}$
End while
Return Optimal solution
End

Fig3: Pseudocode of proposed RM_EPCO

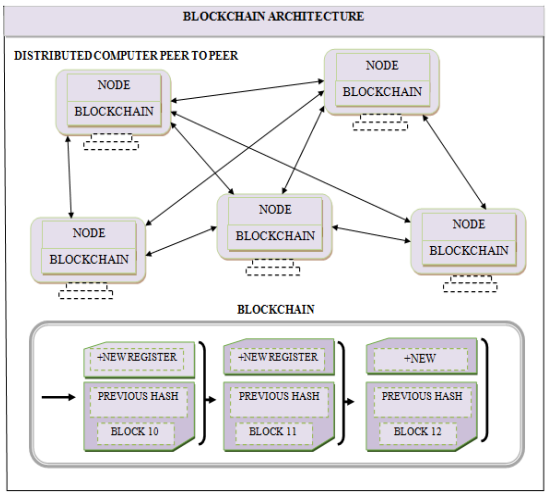

Fig 4: Structure of BC

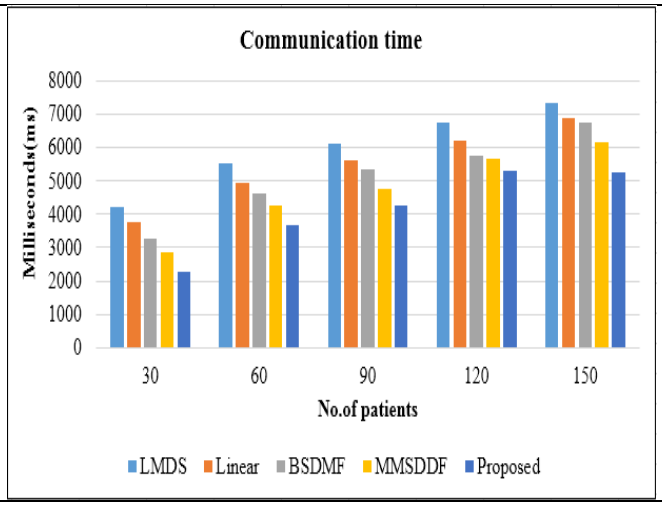

Fig 5: Communication time

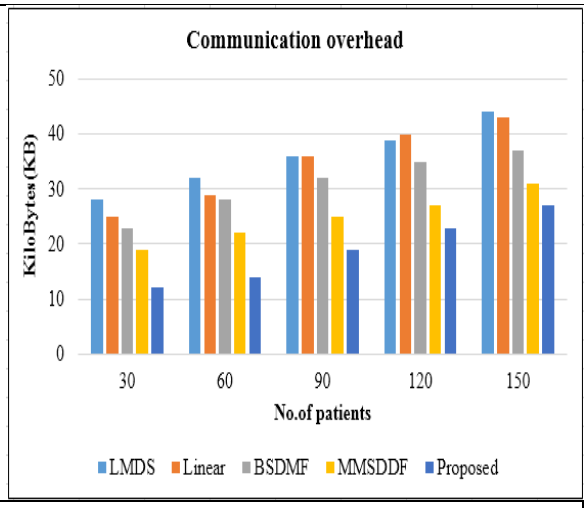

Fig 6: Analysis of communication overhead

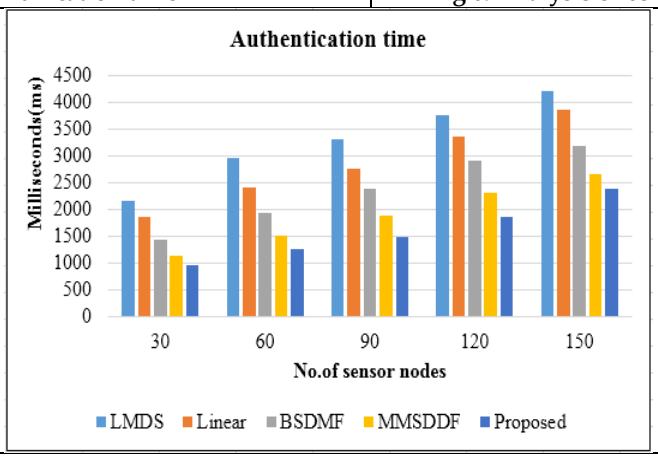

Fig 7: Authentication time

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Detection of Imitation in Essay - based E-Examination Systems through Machine Learning Methods

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Received: 01 Apr 2025 Revised: 05 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

The contemporary world is characterized by advanced technology, which provides global access within our reach. Adjusting to novel technologies constitutes a fundamental aspect of contemporary life. We are enhancing the traditional educational framework by implementing digital tools, specifically through online education or e-learning. Online education has become predominant in the global education system during and after COVID-19, owing to its resilience and user-friendly nature. The utilization of online resources for instruction and assessment has become increasingly common in contemporary higher education institutions. In addition to the positive aspects, E-exam has identified and documented several negative factors. Impersonation is included among them. Impersonation continues to be a significant concern, notwithstanding numerous studies and research focused on creating secure and authentic E-exam systems. This study utilizes machine learning methods to tackle the identified problem. This study analyses children's writing and identifies distinct writing habits for each applicant. This issue can be addressed through the application of LSTM, RNN, and GRU algorithms for real-time evaluation and training. This proposed approach acts as a benchmark against contemporary models in this domain. A text file containing 286 MB of English words was utilized for the simulation, during

which students composed their work. We utilize SpaCy for data pre-processing. The GRU model demonstrates a success rate of 98.6 percent in comparison to competing models. In online essay assessments, the proposed tool, Impersonation Detector, can effectively detect occurrences of academic dishonesty.

Keywords: Online Examination, Machine Learning, Impersonation Detection, LSTM, RNN, GRU, Writing Style Analysis, SpaCy.

INTRODUCTION

Essay-oriented E-exams necessitate comprehensive written responses on an E-learning platform. The enquiries necessitate an answer of many paragraphs that are sensible and well-structured [1]. These kinds of assessments are progressively gaining popularity in Higher learning institutions because to the experience of the COVID-19 pandemic [1]. The emergence of digital education manifestos and the increasing mandate for distant tutoring highlight the significance of online exam-proctoring tools [2] [3]. The process entails the analysis of many linguistic and compositional patterns, including vocabulary, sentence structure, punctuation usage, and the employment of certain words or phrases [4]. The study examined the challenges encountered during the online assessment of university students taking examinations [5]. Examinations or assessments are crucial in every student's life, as they influence future and career trajectories [6].The COVID pandemic has adversely affected all sectors, including academia [6]. [7] presents a study in which text mining methodologies and algorithms were effectively utilized for the identification and evaluation of academic dishonesty (cheating) in open-ended college examinations, employing document classification approaches. The e-learning system Blackboard possesses numerous exceptional characteristics that might be advantageous during the COVID-19 epidemic [8]. Online learning has fundamentally altered the students' approach to education [9]. The objective of this project is to implement a series of pattern detection data mining algorithms to precisely identify cheating by one or more students during classroom examinations [10]. Our objective is to identify cheating instantaneously [11]. In online tests, it is challenging to ensure that each student produces their unique work [12]. The advent of e-learning and web-based examination systems has transformed education by increasing its accessibility, flexibility, and effectiveness. Nevertheless, this transformation has also posed some major challenges, the most serious of which is impersonation in online exams. The conventional means of ensuring online examination security, including webcam observation and keystroke logging, are frequently inadequate, causing privacy issues while being ineffective against advanced forms of cheating. Impersonation during online exams refers to the act of an unauthorized person sitting for the exam in place of the registered candidate. This is a threat to the validity of online tests, and hence a strong and automated authentication mechanism is required. Our research suggests a machine learning impersonation detection system based on Long Short-Term Memory (LSTM), Recurrent Neural Networks (RNN), and Gated Recurrent Units (GRU) that identifies students' writing habits and detects anomalies. By generating an electronic fingerprint of a person's writing style, our system is designed to detect impersonation in real time with high accuracy.

LITERATURE SURVEY

A thorough literature review was performed to comprehend current solutions and their limitations. The following table summarizes key studies in the field.

Authors	Objective of the Research	ProblemAddressed	Findings and Conclusion	Constraints and Vulnerabilities	Implications for Future Research
Samuel et al. (2023) [1]	Developing ML algorithms to findImpersonation in essay-based e-exams	Existing methods lack precision in textual behaviour analysis	ML models show improved detection accuracy	Requires more training data to enhance robustness	Expand dataset and improve real-time detection
Muzaffar (2024) [2]	Ensuring integrity in online examinations through an open-source platform	Security vulnerabilities persist despite existing e-learning tools	Open-source model enhances accessibility and integrity	Lacks deep learning-based fraud detection	Integrate AI-driven fraud detection for better security
Kiura (2023) [3]	Detection of cheating in online examinations by behavioural analysis utilising deep learning techniques	Cheating prevention mechanisms are ineffective against sophisticated impersonation tactics	Deep learning enhances real-time impersonation detection	High computational requirements	Optimize models for efficiency and scalability
Modupe (2024) [4]	Regularized deep neural network for authorship attribution	Existing authorship verification techniques lack adaptability	Deep networks improve attribution accuracy	Requires domain-specific adaptations	Adapt models for multi-lingual and domain-specific applications
Kaddoura et al. (2022) [5]	Systematic review of ML models in online learning and exam systems	Requisite for comprehensive AI-based authentication methods	AI enhances authentication and monitoring in exams	Ethical concerns over data privacy	Develop ethical AI frameworks for educational integrity

This research improves on these outcomes by concentrating on writing style analysis to identify impersonation to enhance examination authenticity. Through the incorporation of existing deep learning models, this research provides a feasible approach to overcoming the limitations imposed in existing studies.

METHODOLOGY

Our suggested impersonation detection system is a systematic process with data gathering, feature extraction, model training, and real-time detection. Below are the step-by-step details

Data Collection 286 MB of English words dataset was gathered from online essay-based exams of students. The data comprised writing speed, vocabulary usage, syntax, and sentence structure to create individual writing patterns. Students had to submit more than one essay for the formation of a baseline writing profile.

Pre-Processing Data Text Tokenization, Employed SpaCy for text normalization, tokenization, and removal of stop-words. Feature Engineering: Retrieved prominent writing traits such as word frequency, use of punctuation, variation in sentence length, and grammatical framework.

Model Selection and Training Three machine learning models were selected for comparison and training
LSTM (Long Short-Term Memory) – Sequential captures writing patterns over time.
RNN (Recurrent Neural Network) – Recognizes temporal dependencies in writing style.
GRU (Gated Recurrent Unit) – An optimized version of LSTM, reducing computational complexity while maintaining high accuracy.
The dataset split was 80% for training and 20% for testing.

Real-Time Impersonation Detection During an internet-based exam, the system consistently compares new samples of writing to the baseline profile stored. Significant deviations past a pre-configured threshold value trigger the system to flag an impersonation incident. Administrators are provided an impersonation likelihood score for auditing.

RESULTS AND DISCUSSION

The evaluation of our proposed system yielded the following results:

GRU model performed the best among all models with a 98.6% accuracy rate, ranking as the most effective in recognizing impersonation on online essay examinations. GRU models use less processing power than LSTM but yield higher accuracy. The system accurately identifies abnormality in writing style with negligible false positives. The methodology is scalable and can work on various languages and writing patterns.

CONCLUSION

The article provides a robust framework for machine learning-based impersonation detection that compares the styles of writing to confirm the students' identity during computer-based exams. The GRU model performs with excellent accuracy, thus portraying its performance as an ideal fraud detection solution. In contrast to traditional methods that use facial characteristics or keystroke dynamics, the method offers security without violating students' privacy. Implementation of such a system can significantly enhance computer-based test security.

FUTURE SCOPE

Subsequent studies can expand this framework to enable multilingual tests so that impersonation can be identified from varied linguistic backgrounds. Feedback mechanisms in real-time can be added to notify administrators of fraudulent activity in real-time during the administration of the exams. Combining writing style analysis with keystroke dynamics can also contribute to making impersonation detection more robust. Deploying this system to high-stakes online test sites will prove its practicability and scalability.

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Table 1. Evaluation of Proposed System

Model	Accuracy (%)	Precision	Recall	F1-Score
LSTM	96.8	0.94	0.95	0.945
RNN	94.2	0.91	0.93	0.92
GRU	98.6	0.97	0.98	0.975

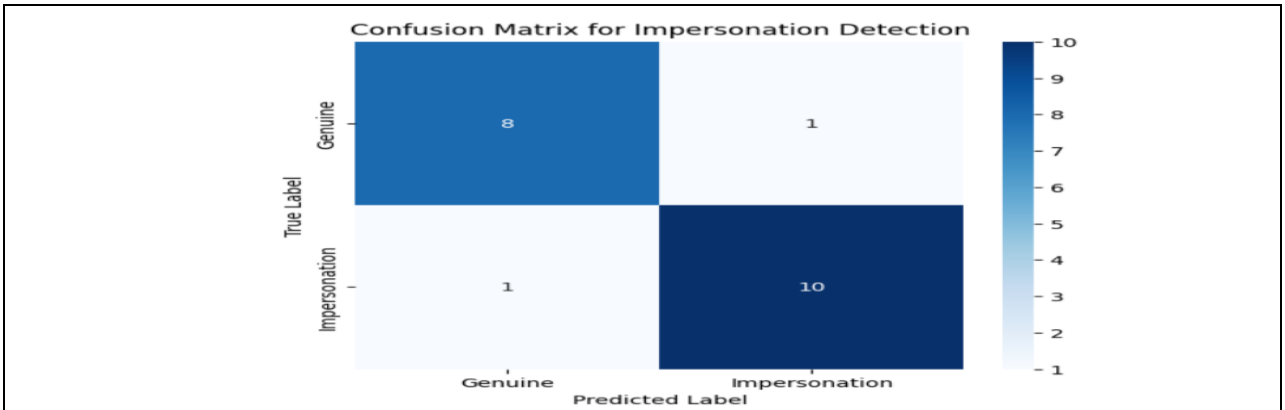

Fig. 1. Confusion Matrix for Impersonation Detection

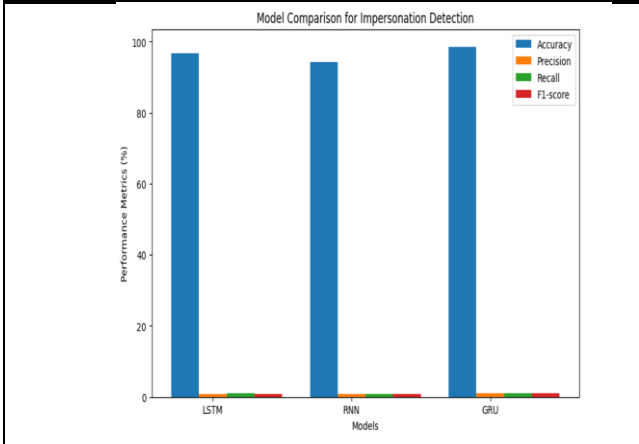

Fig. 2. Model Comparison for Impersonation Detection

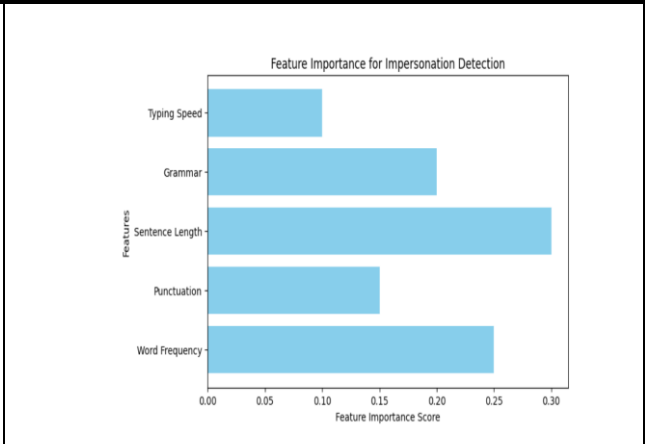

Fig. 3. Feature Importance for Impersonation Detection

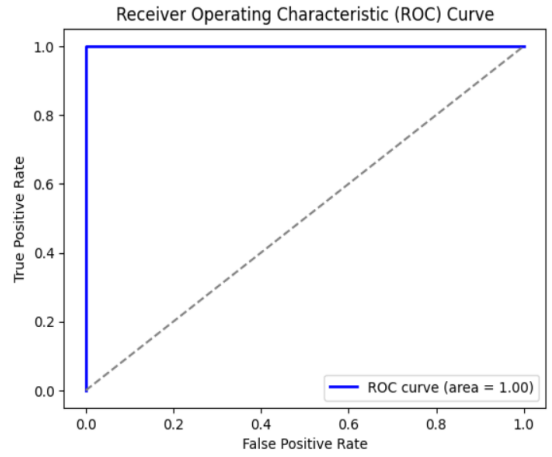

Fig. 4. Receiver Operating Characteristic (ROC) Curve

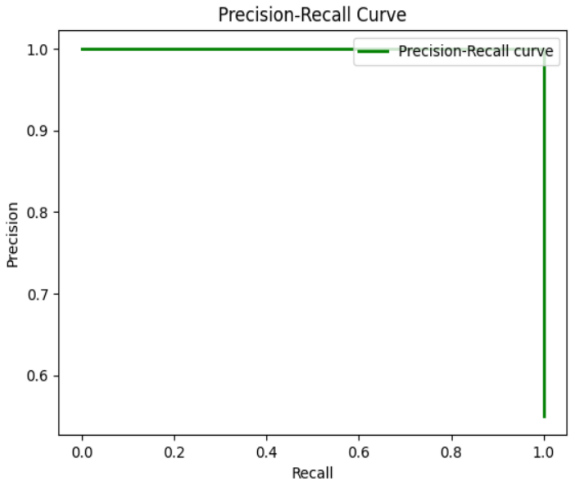

Fig. 5. Precision-Recall Curve

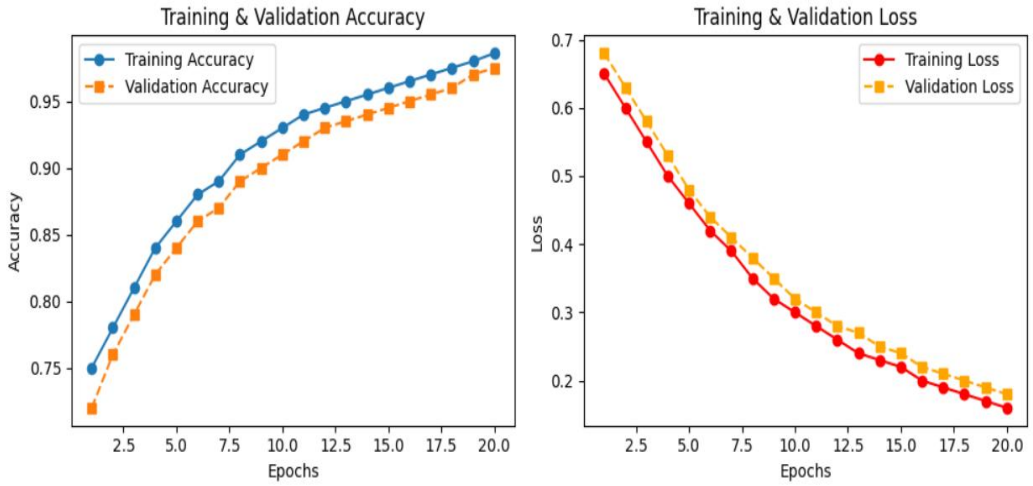

Fig. 6. Training & Validation (Accuracy & Loss)

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Introduction to Cryptography, Importance of Cryptography and Different Types of Algorithms

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Received: 25 Apr 2025 Revised: 20 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

The science of protecting data by converting it into an unintelligible format to guarantee communication confidentiality, integrity, and authenticity is known as cryptography. The basic ideas of cryptography, its importance in contemporary digital security, and a summary of cryptographic algorithms are all covered in this paper. The significance of cryptography is found in its ability to safeguard private information, enable safe transactions, and secure sensitive data in a variety of applications, such as communication networks, e-commerce, and banking. Strong defences against online attacks are offered by cryptographic techniques including hashing, digital signatures, and symmetric and asymmetric encryption. The fundamentals of cryptography are highlighted in this abstract, along with how important it is to maintaining data security and confidence in the digital sphere.

Keywords: Cryptography, Algorithm, DES.

INTRODUCTION

The practice of concealing or encoding data so that only the intended recipient can decipher it is known as cryptography. For thousands of years, people have utilised the skill of cryptography to code messages. Today, it is still employed in e-commerce, bank cards, and computer passwords. 128-bit and 256-bit encryption keys are examples of algorithms and cyphers used in modern cryptography techniques that allow information to be encrypted and decrypted. The Advanced Encryption Standard (AES) and other contemporary cyphers are thought to be nearly impenetrable. It is commonly understood that cryptography is the process of encoding data so that only the intended recipient can read and process it. Combining many fields like computer science, engineering, and mathematics, this cybersecurity technique—also referred to as cryptology—creates intricate codes that conceal a message's actual meaning.

Although cryptography has its roots in ancient Egyptian hieroglyphics, it is still essential for protecting information and communication while it is in transit and keeping it safe from unauthorized readers. Through methods like digital signing and cryptographic keys, it converts messages into hard-to-decipher codes using mathematical ideas and algorithms to safeguard credit card transactions, email, web browsing, and data privacy.

The Importance of Cryptography

Cryptography is still crucial for maintaining secrecy, safeguarding users and data, and stopping cybercriminals from obtaining private company data. The following are some typical applications and illustrations of cryptography

Confidentiality and privacy

Every day, people and organizations use cryptography to safeguard their privacy and maintain the confidentiality of their data and conversations. By employing an algorithm with a key that is only known by the sender and the receiver to encrypt messages, cryptography guarantees confidentiality. A popular illustration of this is the messaging app WhatsApp, which encrypts user communications to prevent hacking or interception. Virtual private networks (VPNs), which include asymmetric encryption, public and private shared keys, and encrypted tunnels, are examples of how cryptography secures browsing.

Authentication

Integrity

Cryptography can demonstrate the integrity of the data being delivered and received, much like it can verify the legitimacy of a communication. Information is protected against alteration during storage and transit between the sender and the intended receiver thanks to cryptography. Digital signatures, for instance, can identify fraud or manipulation in financial transactions and software distribution.

Non repudiation

The sender of a communication cannot subsequently retract their intentions when creating or transmitting information since cryptography verifies their accountability and responsibility. A excellent illustration of this is the use of digital signatures, which guarantee that a sender cannot claim that a message, contract, or document they authored is false. Additionally, email tracking ensures that neither the sender nor the recipient may deny sending or receiving a message in the context of email non repudiation.

Types of Cryptographic Algorithms

Secret Key Cryptography

Secret key cryptography, sometimes referred to as symmetric encryption, encrypts and decrypts messages using a single key. Using the key, the sender encrypts the plaintext message and transmits it to the receiver, who decrypts it and unlocks the original plaintext message using the same key.

Stream ciphers

Stream ciphers use feedback methods to continuously update the key while working on a single bit or byte at any given moment. By identifying its position in the bit keystream, a self-synchronizing stream cipher makes sure the decryption and encryption processes remain in sync. In a synchronous stream cipher, the keystream is generated at both the transmitter and the recipient using the same keystream function, regardless of the message stream.

Block ciphers

One block of fixed-size data is encrypted at a time using block ciphers. When the same key is used, a plaintext data block will always be encrypted to the same ciphertext. The Feistel cipher is a prime example of this, employing key expansion, permutation, and substitution techniques to generate a great deal of confusion and diffusion within the cipher.

Because the encryption and decryption phases are comparable, if not the same, reversing the key minimizes the amount of code and circuitry needed to implement the cipher in a piece of hardware or software.

Public Key Cryptography

Asymmetric cryptography, often known as public key cryptography (PKC), uses mathematical operations to generate codes that are very challenging to decipher. Without a secret key, it allows users to converse safely over an insecure communications connection. A proxy entity can re-encrypt data from one public key to another, for instance, via proxy re-encryption, which eliminates the need for access to the private keys or plaintext. Multiplication vs. factorization is a popular PKC type that involves taking two large prime numbers and multiplying them to produce a gigantic result that is hard to comprehend. Exponentiation vs. logarithms, like 256-bit encryption, are another type of PKC that boosts security to the point where even a computer that can search trillions of combinations per second cannot break it. Two mathematically related keys that do not allow for the determination of either are used in generic versions of PKC. In short, the recipient uses the sender's public key to decrypt the ciphertext after the sender uses their private key to encrypt their plaintext message. Typical PKC algorithms for key exchanges and digital signatures are as follows

RSA

The most widely used PKC implementation was and is RSA. Data encryption, digital signatures, and key exchanges all employ the technique, which bears the names of its MIT mathematicians, Ronald Rivest, Adi Shamir, and Leonard Adleman. It makes advantage of a big integer that comes from factoring two certain prime numbers. Because an adversary cannot figure out the prime factors, RSA is particularly secure.

Eliptic Curve Cryptography (ECC)

A PKC algorithm called ECC is based on the cryptographic application of elliptic curves. It is made to encrypt internet communication on devices with low memory or processing power. ECC uses around 10% less bandwidth and storage than RSA and is frequently seen in embedded computers, smartphones, and cryptocurrency networks like bitcoin.

Digital Signature Algorithm (DSA)

The DSA standard makes it possible to utilize digital signatures for message authentication. In order to guarantee a better process for producing digital signatures, the National Institute of Standards and Technology (NIST) introduced it in 1991.

Identity-based Encryption (IBE)

IBE is a PKC system that makes it possible to determine the public key using distinct data depending on the user's identification, like email address. A corresponding private key is then determined using a cryptographic technique by a private key generator or a reliable third party. Because of this, users can generate their own private keys without having to worry about sharing public keys.

CONCLUSION

Cryptography plays a vital role in securing digital communication and protecting sensitive data from unauthorized access. As cyber threats continue to evolve, the importance of cryptographic techniques in ensuring confidentiality, integrity, and authentication cannot be overstated. Various cryptographic algorithms, including symmetric and asymmetric encryption, hashing, and digital signatures, provide essential security mechanisms for modern applications such as banking, e-commerce, and secure communications. As technology advances, cryptography will continue to be a cornerstone of cybersecurity, requiring ongoing research and innovation to address emerging challenges. Ultimately, understanding cryptography and its algorithms is crucial for building a secure and trustworthy digital world.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Lu-Liu and Guo-Liu Criteria for Glass Stability in $Ge_{19}Te_{76}In_5$ Chalcogenide Glass

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Received: 02 May 2025 Revised: 03 Jun 2025 Accepted: 21 Jun 2025

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ABSTRACT

In this work, the stability criteria of Lu-Liu (C_{LL}) and Guo-Liu (C_{GL}) have been discussed for ternary $Ge_{19}Te_{76}In_5$ glassy system. The C_{LL} and C_{GL} criteria are based on the interrelationship between characteristic temperatures. The heating rate and composition dependence of these two criteria concluded that these criteria are suitable to discuss the glass stability for the studied compositions. The relation between glass transition temperature (T_g) and crystallization temperature (T_x) are also discussed.

Keywords: IGT – Chalcogenide glasses, Characteristic temperatures and Glass stability criteria.

INTRODUCTION

Particular chalcogenide glasses, those applicable for infrared applications, exhibit good glass or thermal stability, which implies that they are resistant to crystallization and phase change at elevated temperatures [1-2]. The specific element used in the chalcogenide glass composition, influence its glass stability. For example, the addition elements like Ge, Sb, Teetc. can improve the stability to resist crystallization. To determine glass stability for chalcogenide glasses, several parameters must be determined which are known as the glass stability criteria. The glass stability criteria have advantages that they are an easy fast estimation based upon the characteristic temperatures like, glass transition temperature (T_g), crystallization temperature (T_x) and melting temperature (T_m) [3-6]. The glass stability

and its glass forming ability play an important role in determining the utility of chalcogenide glasses as the recording material and erasing techniques based on laser induced crystallization of chalcogenide glasses. Due to this reason, the study of thermal or glass stability can be considered a great interest of subject. In the present work, we determine and reported the glass stability of $Ge_{19}Te_{76}In_5$ glass system by determining their $C_{LL}$and C_{GL} glass stability criteria.

IGT- Chalcogenide glasses IGT chalcogenide glasses are also known Indium (In) doped Ge-Te chalcogenide glasses, are promising glassy systems for phase change properties because they are more thermal stable and having acrystallization temperature (Tx) which is about 150 ^{0}C larger than that of the commercially used GST- glasses (Ge-Sb-Te) [7-8]. IGT – Chalcogenide glasses are the materials with unique optical, thermal and electrical properties, particular in the infrared region. IGT -Chalcogenide glasses can undergo a reversible phase transition between amorphous and crystalline states, make them suitable for flash memory applications. The tendency for IGT Chalcogenide glasses to crystallize can be a challenge in some applications [9-10]. This can be mitigated by careful control of the fabrication process and by adding stabilizers like Ga and Iodine. So due to various properties exhibited by IGT- Chalcogenide glasses discussed above, we take the $Ge_{19}Te_{76}In_5$ glassy system for determining the different glass stability criteria. Some characteristics of Ge, Te and In are listed in Table-1.

Theories and Results

The structural unit or the mean coordination number <r> forthe $Ge_{19}Te_{76}In_5$ glassy system can be calculated by using Tanaka equation [11] for configuration range 1<Z<2.7 as-

$$<r> X_a Z_{Ge} + X_b Z_{Te} + X_c Z_{In} \quad (1)$$

Where Z_{Ge}= 4, Z_{Te}= 2 and Z_{In}= 4 are the coordination number of Ge, Te and In and X_a, X_b and X_c are the mole fraction of Ge, Te and Inrespectively. The evaluated values of <r> for the Ge19Te76In5glassy system is listed in Table-2.

The Characteristic Temperatures

In the present work we used the three characteristics temperatures like, the glass transition temperature (T_g), crystallization temperature (T_x) and melting temperature (T_m), which are discussed as

(i) The Glass transition temperature (T_g)- The Glass transition temperature of a multicomponent glass is known to depend on several independent parameters like mean bond energy, mean coordination number and fabrication of various structural units etc. In the present study we use Tanaka approach [11]to determine the glass transition temperature as-

$$\ln T_g = 1.6<r> + 2.3 \quad (2)$$

The value of T_g for the glassy system $Ge_{19}Te_{76}In_5$is listed in Table -2.

(ii) The Melting temperature (T_m)- The melting temperature of for a chalcogenide glassy system can be calculated by the Tichy-Ticha [12] approach which corelate with the glass transition temperature, given by the following equation-

$$T_m = 1.5T_g \quad (3)$$

(iii) Crystallization temperature (T_x) The crystallization temperature (T_x) is the most important kinetic parameter for the characterization of the glass stability and is considered to be related to the glass forming ability So it is necessary to study the dependence of $T_g$and T_x on the composition to improve the glass stability. The crystallization temperature ca be calculated with the help of Lasocka approach [13] by the following equation –

$$Tx = \frac{E-1.09}{3.527} Tg + \beta \quad (4)$$

Where β (K/min) is the heating rate and E (eV) is the mean bond energy. The mean bond energy E is estimated with the help of Tichy and Ticha approach [14], which is given by the following equation and correlate with the glass transition temperature as-

$$E = \frac{Tg}{326} + 0.94 \quad (5)$$

The value of E is listed in Table-2.

The Glass stability Criteria-

In the present work we analyse two glass stability criteria.

(i) Lu-Liu criteria (C_{LL}) This criterion is based on cooling and reheating of the super cooled liquid during the crystallization process [15]. This criterion can be expressed according to the following equation-

$$C_{LL} = T_x/T_g + T_m \quad (6)$$

Since the glass forming ability and the glass stability are independent properties but they are empirically related to each other. Therefore, the C_{LL} parameter proposed by Lu and Liu gives the new glass stability criteria. The estimated values of the parameter C_{LL} with heating rate for the $Ge_{19}Te_{76}In_5$ glassy system are listed in Table-3.

(ii) Guo-Liu criteria (C_{GL}) The cooling of the glass forming liquids are also defines the glass stability, Guo and Liu et al. [16] derived a new glass stability criteria C_{GL}, given by the following equation –

$$C_{GL} = (2T_g - 3T_c)/T_m \quad (7)$$

When consider the relation between cooling process and heating process, the Guo-Liu criteria correlate well to the critical cooling rate and agrees with the acceptable physical boundary conditions. The estimated values of the parameter C_{GL} with heating rate for the $Ge_{19}Te_{76}In_5$ glassy system are listed in Table-3

CONCLUSION

Different types of characteristic temperatures like T_g, T_m and T_x have been determined from the various approaches as Tanaka approach, Tichy-Ticha approach and Lasocka approach under the non-isothermal conditions at different heating rates. Based on the inter-relation between these characteristic temperatures the glass stability criteria C_{LL} and C_{GL} have been estimated and studies as a function of composition and heating rates. From the calculated values of C_{LL} and C_{GL} that the criteria of $C_{LL}$is approximate stable on increasing heating rate while C_{GL} shows a decrease in stability on increasing heating rate.

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Table.1, Some basic properties of Ge, Te and In elements

Elements	Ge	Te	In
Atomic No.	32	52	49
Configuration	$[Ar]4s^23d^{10}4p^2$	$[Kr]4d^{10}5s^25p^4$	$[Kr]4d^{10}5s^25p^1$
Density(gm/cm³)	5.3	6.24	6.88
Bond Energy (Kcal/mol)	37.60	61.81	100

Table.2, Values of <r>, Tg, Tm and E for the $Ge_{19}Te_{76}In_5$ glassy system

<r>	2.43
T_g **(K)**	486
T_m **(K)**	729
E(eV)	2.431

Table.3, Glass stability criteria values for glassy $Ge_{19}Te_{76}In_5$ system

β(K/min)	C_{LL}	C_{GL}
5	0.1561	0.5523
10	0.1603	0.5318
15	0.1644	0.5212
20	0.1655	0.5191

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

A Comparative Study of Happiness and Aggression in Meditation Practitioners versus Non-Practitioners

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Received: 08 May 2025 Revised: 15 May 2025 Accepted: 20 Jun 2025

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ABSTRACT

In recent decades, the rapid changes in technological advancements, urbanization, globalization and societal changes have dramatically transformed modern life. While these developments have brought numerous benefits, simultaneously they have also developed psychological challenges such as improved aggression and reduced happiness. Meditation practices are believed to improve psychological and neurological benefits. Hence the objectives of the present study were to compare happiness and aggression level between meditation and non-meditation practitioners among Indian population. In this cross-sectional study, a total of 400 participants (200 each in meditation and non-meditation group) were assessed for happiness and aggression. After performing an independent t-test, in results the meditation practitioners showed higher level of happiness ($p<0.01$) in comparison to non-meditators. In contrast, participants who were practicing meditation showed higher scores on physical aggression ($p<0.001$), hostility ($p<0.05$), verbal aggression ($p<0.05$) and total aggression ($p<0.001$) compared to meditation practitioners. The findings suggest that meditation may be considered as an effective tool for promoting emotional regulation, reducing negative emotional states, and fostering positive emotional experiences.

Keywords: Meditation; Aggression; Happiness.

INTRODUCTION

In recent decades, the rapid changes in technological advancements, urbanization, globalization and societal changes have dramatically transformed modern life. While these developments have brought numerous benefits, simultaneously they have also developed psychological challenges, such as increased stress [1,2], emotional dysregulation and mental health issues [3] and negative influences on personality [4]. These emotional and behavioural problems exacerbated by these changes are health deterioration [5], short temperament [6], increased aggression [7], lower happiness, positivity, wellbeing, and less cognitive functions [2,8,9]. Elevated levels of aggression and diminished happiness have become increasingly prevalent, prompting researchers to explore interventions that could mitigate these public health issues. Aggression, defined as behaviour intended to cause harm, either physically or psychologically, is a growing concern worldwide. It manifests in various forms, including physical violence, verbal aggression, anger or rage, and hostility [10]. Research has shown that heightened aggression is often linked to environmental stressors, interpersonal conflict, and emotional dysregulation [11], increased possibilities of psychological disorders [12]. Globally, aggression has been increasing, particularly in countries experiencing social unrest and economic instability. For instance, studies have reported a rise in aggression-related incidents in both developed and developing countries, including India as well [13]. In support an agency reported, about 1.6 million person die annually due to violence[14]. The WHO also identifies psychological aggression, bullying, and interpersonal conflicts as significant public health concerns globally. In the Indian context, aggression is particularly prevalent in the form of domestic violence and interpersonal conflict. As per the outcome of a National Survey (NFHS-5),30% of Indian women ages between 15 to 49 years have experienced some form of physical violence, underlining the widespread nature of aggression [15]. At last aggression not only affects individuals' mental health but also has broader societal implications, leading to violence, crime, and a breakdown of social cohesion.

On the other hand, happiness is an emotional condition connected to life satisfaction, well-being and positive emotions. Research has shown that happiness is influenced by many factors which include social relationships, economic stability, and environmental conditions [16]. Research into global happiness, such as the World Happiness Report, reveals wide disparities in happiness across nations. India, in particular, ranked 126th out of 137 countries, reflecting relatively low levels of self-reported happiness[17]. The report links India's lower happiness levels to economic challenges, rising inequalities, and restricted access to mental health services, which are critical factors affecting the emotional well-being of large portions of the population. Personwith higher degree of happiness tend to cope better with stress, enjoy stronger social relationships, and have better mental and physical health [18]. Addressing both aggression and happiness requires interventions that target emotional regulation and stress management. One such intervention is meditation, which has achieved popularity in the past years due to its well-documented psychological and neurological benefits. Originally rooted in ancient spiritual traditions, meditation has gained widespread acceptance in modern psychology for its therapeutic benefits [19]. Research has consistently shown that meditation can improve emotional regulation, reduce stress, and enhance overall well-being [20,21], increased subjective well-being [22], cognitive functions [23], and reduce aggression [24] across varieties of population.

In a previous cross-sectional research study [25], 417 nursing students were assessed. In this study, meditators reported better happiness and lower stress compared to non-meditators ($p < 0.05$). Similarly, in another studies, Rajyoga meditation (RM) practitioners (n = 40/group) [26] and Brahma Kumaris Rajayoga Meditation (BKRM) practitioners (n = 25/group) [27] showed a significant increase in happiness scores when both the meditators were compared with non-meditators ($p<0.001$) in different studies. Likewise, studies on mindfulness and aggressiveness indicate a constant negative relationship between dispositional mindfulness and aggression, as analyzed by physical aggression, verbal aggression, wrath and hostility [28, 29]. Different studies validate that meditation improves pleasure and lowers aggressiveness levels.

In authors knowledge very few studies have been conducted (maximum N= 40 in each group) to compare the levels of happiness and aggression simultaneously among Indian population. Hence the objectives of the present research were to compare the scores of happiness and aggression between meditators and non-meditators among Indian population.

RESEARCH METHODS

Participants

A total of 400 participants of age in years (22.7 years of average; M:F, 172: 228) were involved in this study through Mixed Sampling Method (Accidental Sampling Method and Purposive Sampling Method). All the participants were divided in meditation group (N= 200; M:F, 86:112) and in non-meditation group (N= 200; M:F, 96: 104). The target sample (n= 210) was determined using a software (G* power)[30] for an effect size of 0.5 and an alpha of 0.05, powered at 0.95 based on a previous study[31]. The information about the purpose and procedure of the research was distributed through notice boards of multiple departments of the various universities. It was highlighted that all information would be kept confidential and the participants would be informed of the results when they so desired. Prior to the survey, all participants gave their informed consent. The Ethics Committee of the university level (DITU/HLA/2023/009) approved the study. Participants who had (i) a minimum experience practicing meditation of one year; (ii) practicing meditation a minimum of twice a week, and (iii) those who were keen to participate in the trial, participated in the study. Participants were not taken into consideration in the study, (i) those with incomplete questionnaires, (ii) who were suffering from any chronic disease, (iii) participants who are on medication, and (iv) those facing chronic trauma in their life.

Research Design

The study was a comparative cross-sectional study without any control/intervention. All the participants were assessed one single time for all the psychological parameters to compare the levels of (i) happiness and (ii) dimensions of aggression between meditation and non-meditation group.

Psychological Tools

Oxford Happiness Questionnaire-Short Form (OHQ-SF)

OHQ-SF was used to measure subjective happiness and overall well-being [32]. It is a short version which included8 items (1, 3, 12, 13, 16, 18, 21, and 29) from OHQ-29 questionnaire. This is based on a six-point ranges from strongly disagree to strongly agree where item number1, 13, and 29 are reversed in scoring. Higher scores reflect greater levels of happiness; raw scores range from 8 to 48. A high level of reliability is indicated by the OHQ (r = 0.91). The test is also reliable in the Indian setting[33].

Buss Perry Aggression Questionnaire-Short Form (BPAQ-SF)

The BPAQ-SF has twelve items which assesses four dimensions of aggression (4 items in each dimension) [34]. Each item is rated on a 5-point scale. The scale was ranging from Extremely uncharacteristic (score 1)to Extremely characteristic (score 5). The higher scores indicating greater aggression in the assessed dimensions. The internal consistency (r) was ranging from 0.88 to 0.92. In India, the scale has been successfully administered [35-37].

Data Analyses

SPSS Version 29.0 was used for all analysis of the information. An unpaired t-test were performed to compare the values of (i) happiness and (ii) aggression (anger, physical aggression, hostility and verbal aggression) between meditation practitioners and non-meditation practitioners.

RESULTS

The participants who were practicing meditation resulted higher level of enjoyment or happiness at the level of ($p<0.01$) in comparison to non-meditators. Conversely, non-meditators displayed higher scores on physical aggression ($p<0.001$), hostility ($p<0.05$), verbal aggression ($p<0.05$) and total aggression ($p<0.001$) compared to meditation practitioners. The details of mean, SD and t-values are mentioned in Table 1.

DISCUSSION

The study was aimed to evaluate the degree of (i) happiness and (ii) aggression (anger, physical aggression, hostility, verbal and total aggression) among practitioners of meditation and non-meditation. In findings, compared to non-meditators, the meditators revealed greater degree of happiness. By contrast, non-meditators scored more on physical aggressiveness, hostility, verbal aggression, and total aggression compared to meditation practitioners. Similar results of higher levels of happiness were found in previous cross-sectional comparative studies when; Babu and other researchers (2020) compared the degree of happiness in Rajyoga meditation (RM) practitioners to non-meditators. Each participant (n = 40/group) of both the groups was assessed for happiness scores (Oxford Happiness Questionnaire; OHQ) [26]. RM practitioners showed a notableenhanced OHQ happiness scores compared to non-meditators. Also, more experience of hours of practice of RM showed a significant trend with OHQ scores. These findings suggest that RM practice improves GMV in arreas related to reward processing which are associated with happiness. Similarly, 25 Brahma Kumaris Rajayoga Meditation (BKRM) practitioners with an average age of 42.95±15.29 years had significantly higher happiness scores and reported greater self-satisfaction compared to non-meditators. Furthermore, the percentage of meditators experiencing happiness was significantly greater [27]. The significantly higher happiness levels observed among meditation practitioners can be explained through various psychological and neurobiological frameworks. Meditation practices, especially mindfulness-based techniques, are known to enhance positive affect and life satisfaction by modulating brain areas such as the prefrontal cortex and anterior cingulate cortex, which are connected withregulation of the emotion and cognitive control [38]. Increased activation in these areas leads to a reduction in negative thought patterns and improves the sensation of happy emotions, therefore raising one's degree of happiness. This result is compatible with the Broaden-and-Build Theory of Positive Emotions [39].

The theory claims that positive emotions extend an individual's thought-action repertoire, fostering adaptive behaviours and psychological resilience. Meditation cultivates a state of mindfulness, which in turn promotes the feelings of positive emotions like contentment and joy, contributing to long-term well-being and psychological enhancement. Moreover, neuroplasticity, the brain's capacity to reorganize itself in response to experiences plays a significant role in enhanced emotional well-being. Research indicates that regular meditation activity increases grey matter volume in regions linked with happiness and self-regulation, including the hippocampus and ventromedial prefrontal cortex [40]. This neuroplastic adaptation may explain the long-term psychological benefits reported by meditation practitioners, as increased grey matter volume is associated with improved mood regulation and a reduction in stress responses. In contrast, meditators showed significantly lower levels of aggression. In support, 175 undergraduates (men= 43, women= 132) with average age of 18.90 years (SD= 1.17) showed that higher mindfulness scores lower total and other dimension of aggressiveness [28]. Another study conducted on 60 undergraduate students, acceptance condition ($t=2.92$, $p<0.01$) and mindfulness-rejection conditions ($t= 1.97$, $p<0.055$) showed lower degree of aggression compare to the rejection condition [28]. These findings are supported with the General Aggression Model (GAM) [11], which posits that aggression develops from the interaction of both situational and personal factors that influence cognition, affect and arousal. Meditation reduces aggression by mitigating these cognitive and emotional triggers, particularly through enhanced emotional regulation and self-awareness. Also, mindfulness practices reduce reactive emotional responses by strengthening cognitive inhibition mechanisms in the prefrontal cortex. The ability to pause and reflect before reacting impulsively lowers the likelihood of aggressive outbursts, fostering a more controlled and composed response to conflict. Furthermore, mindfulness promotes

decreased ego involvement and high self-esteem, which helps individuals detach from emotionally charged situations, reducing the likelihood of aggressive responses. According to Self-Determination Theory [41], individuals with higher mindfulness exhibit greater autonomy and competence, which reduces their susceptibility to ego-driven behaviours such as aggression. This corresponds with the earlier findings, which indicated that person with unsteady high self-esteem display strong chances toward anger and hostility, whereas those with unsteady low self-esteem demonstrate markedly low chances[42]. Additionally, meditation enhances adaptive coping mechanisms, leading to lower levels of stress and aggression. Additionally, the Social Learning Theory [43] suggests that individuals can learn aggressive or peaceful behaviours through observation and imitation. Meditation practitioners often develop prosocial behaviours through repeated exposure to calm and reflective practices, reducing aggressive tendencies over time. The reduction in aggression observed among meditators can also be explained by the downregulation of the amygdala, a brain region responsible for processing emotional responses, particularly fear and aggression. Meditation has been shown to decrease amygdala reactivity and increase valency between the amygdala and the prefrontal cortex [44], enhancing the brain's ability to regulate emotional responses. This neurobiological shift explains the consistent findings of reduced aggression and hostility in individuals practicing meditation. At last, in both comparative and long-term effects of varieties of meditation practices showed improvement in cognitive, behavioural, psychological and emotional aspects among across ages and varieties of population[46-48].This study had several limitations. In several instances, there was insufficient information regarding specific types of meditation, particularly the yoga school and the specific names of the meditation techniques. This study depended solely on questionnaires, lacking alternative assessment methods to elucidate the underlying processes of the effects.

CONCLUSION

A cross-sectional study compared meditation and non-meditation practitioners for happiness and self-rated aggression. The meditators showed higher happiness and lower physical aggression, hostility, verbal aggression and total aggression when compared to non-meditation practitioners. The findings indicate that meditation is an effective tool for promoting emotional regulation, reducing negative emotional states, and fostering positive emotional experiences. By cultivating mindfulness and emotional awareness, meditation offers individuals the capacity to navigate life's challenges with greater calm, compassion, and emotional balance. Moreover, the study highlights the potential of meditation as a community health intervention, with the ability to reduce aggression and promote well-being in diverse populations.

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Table.1:Comparison between the meditation practitioners and non-meditation practitioners for the variables (i) happiness and (ii) aggression using independent t-test

Variables		Meditation Practitioners (N=206)	Non-meditation Practitioners (N=197)
Happiness	Mean	36.18	34.11
	S.D.	6.3	7.6
	t-value	2.968	
	p-value	**.003**	
Anger	Mean	9.08	9.30
	S.D.	2.8	2.7
	t-value	-.806	
	p-value	.421	
Physical	Mean	5.62	7.12

Aggression			
	S.D.	2.9	3.3
	t-value	-4.857	
	p-value	**.000**	
Hostility	Mean	8.20	8.90
	S.D.	2.9	2.9
	t-value	-2.431	
	p-value	**.015**	
Verbal Aggression	Mean	7.44	8.12
	S.D.	2.8	3.0
	t-value	-2.318	
	p-value	**.021**	
Total Aggression	Mean	30.35	33.45
	S.D.	8.1	8.7
	t-value	-3.702	
	p-value	**.000**	

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Relationship of Inversion and Eversion Angle with Dynamic Balance using Y Balance Test: an Observational Study

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Received: 01 Apr 2025 Revised: 06 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

Balance is the foundation for stability prior to found mobility. Balance is assessed by multiple tools one amongst the dynamic assessment tool is Y balance test. Ankle Range of motion plays a crucial role in the dynamic balance test. Amongst the testes to assess dynamic balance Y balance test is one of the most commonly used. Limited studies have established the relationship between inversion and eversion angle and Y balance test. There is dearth in knowledge for ankle Inversion and Eversion kinematics and its Relationship with Y balance test. To find the Relationship between Inversion angle and Dynamic balance. To find the Relationship between Eversion angle and Dynamic balance. 200 Subjects were recruited in which 59.50% were females and 40.50% were males with mean BMI of 20.94 and mean limb length of 88.34. Subjects meeting the inclusion and exclusion criteria were selected for the study. Ankle inversion and eversion range of motion was assessed using a goniometer, and Y Balance test was performed. Data analysis for assessing the relationship between the inversion and eversion angle with Y balance test was done using Pearsons correlation test. Inversion angle of left foot showed statistically significant relationship with Y balance test in the Posteromedial left and Posterolateral left directions ($p < 0.05$). On the right foot Eversion showed strong relationship with Y balance test in anterior direction and posterolateral right direction ($P < 0.05$).

Keywords: Ankle inversion, ankle eversion and Y balance test.

INTRODUCTION

Balance control can be explained as the ability of controlling the bodies center of gravity (COG) in both static and dynamic position and with changing environments. For performing everyday activities the maintain balance and equilibrium is essential, balance requires a complex multisystem interactions between the nervous system and musculoskeletal system [1]. A person's ability to maintenance balance involves a multi-system organization of visual, proprioceptive, and vestibular sensory feedback, which is required to adapt to altering surroundings, and changing balancing strategies [2]. Biomechanically during rest with stationary center of gravity (COG) and motion where the center of the gravity of the body is being moved, a person's ability to balance ensures postural stability by activating the muscles to work against gravity [3]. This makes balance testing and training an integral part in neuromuscular disorder rehabilitation [4]. The balance maintained during body movement is called dynamic balance, it is accomplished by maintaining the COG over the bodies base of support [5]. Balance is a "generic" terminology explaining the importance of stability prior to controlled mobility [6].

It is difficult to access balance using a single assessment tool or test, as it is maintained by a complex multisystem afferent and efferent from somatosensory, visual and vestibular system [6]. Clinicians generally use a single tool or test for the assessing balance, commonly used tools in patient population include the four-square step test (FSST) and the time up and go test (TUG) which are functional performance measures [7]. Duncan et al proposed that functional reach (FR) can be used to assess dynamic balance irrespective of the movement strategy chosen during the assessment [8]. Berg balance scale, and Tinneti test are other tests used clinically, but such tests lack information regarding the specific mechanisms underlying balance control [9]. An important determinant for safely managing daily activity and reducing the chances of sustaining injury to lower limb is the capacity to sustain postural stability during motion,[10] hence dynamic balance tests are commonly used to identify age related changes and adaptations to training balance. [11,12] Y balance test (YBT-LQ) is an reliable field-based assessment to assess dynamic balance of a person.[13] YBT-LQ requires participants to be standing on single leg while trying to reach the greatest possible distance with the opposite leg, this is performed in three directions - anterior (AT), Posteromedial (PM), and Posterolateral (PL) directions, dynamic balance can then be analyzed by measuring the maximal distance reached in relation to the subject's limb length.[13]

The axis of movement of ankle joint passes through the talus and is seated horizontal or transverse, the movements available at the ankle joint are dorsiflexion-plantarflexion and inversion-eversion[14,15]. Balance impairment increases fall risk and injury in many populations and consequently considered to be an essential component of motor skills. There are many strategies for maintaining a dynamic balance mainly hip strategy, ankle strategy, knee strategy, stepping and suspensory strategies. Hip strategy is mainly controlled by hip flexors, extensors abductors, adductors and rotators and the knee are controlled by knee flexors and extensors, the ankle is controlled by two degrees of range of motion that is plantar-dorsiflexion and inversion- eversion. A deficit in any of the components of the afferent sensorimotor system can result in difficulty in maintaining balance, which can result in injury [17]. There are many studies relating to plantar and dorsiflexion to dynamic balance but to our knowledge there are no studies related to ankle inversion and eversion angle related to dynamic balance. Joint imbalance which includes restricted free range of motion can be one of the possible reasons for impaired balance and ankle have a multi planar motion the relationship between ankle inversion and eversion with balance need to be assessed. Ankle being the closes large joint to the ground during weight bearing, ankle strategy in all available range of motion needs be assessed to understand its impact on balance assessment. Therefore, this study purposes to analyse the relationship of inversion and eversion angle with dynamic balance, Y balance test was used to assess dynamic balance.

MATERIALS AND METHODOLOGY

Materials Weighing scale, inch tape, goniometer, Y balance test assessment equipment.

METHODOLOGY

The ethical clearance was taken from the Institute Ethics Committee of Sri Devraj Urs Medical College, Tamaka, Kolar, Karnataka (DMC/KLR/IEC/99/2022-2023). Participants for the study were recruited from Sri Devraj Urs Academy of Higher education and research from July 2022 – November 2022. Participants willing to take part in the study were requested to give written informed consent to be signed. The inclusion criteria for the study were healthy participants with no history of musculoskeletal injury or neurological conditions. Participants with history of recent ankle sprain, vestibular disorder like vertigo, diabetes, and any neurological conditions of central nervous system. Participant demographics were collected which included age, gender, height measured with the portable height measuring board and weight measured with a digital weighing scale. Details of the participants leg dominance was also documented by considering preferred kicking leg as dominant leg and the weight bearing leg as nondominant leg. The participant ankle range of motion was then assessed using a goniometer for both legs.

Measurement of ankle plantarflexion and dorsiflexion

The participant was positioned in sitting position with knee flexed to 90° and unsupported legs. The pivot of the goniometer was poisoned on the lateral malleolus. The goniometer stationary arm was aligned to the fibular long axis and the movement arm was aligned parallel to the foots lateral margin. Measurements were taken relative to the ankle at 90°. [14,15] (Figure 1)

Measurement of inversion/eversion Range of motion

The participant were made to sit with unsupported legs with 90° knee flexion. The pivoter of the goniometer was positioned on the mid-point between the latera; and medial malleoli. Stationary arm was aligned with tibial midline, and the second metatarsal was used as reference to align the movement arm.[14,15] (Figure 2)

Y Balance test measurement

The Y balance test was performed on the Y balance test equipment. The participant was asked to place their longest toe right of one leg behind the red line marker on the central stationary indicator. They were instructed to keep their hands on the hip throughout the entire test duration. The participant was then asked to push the movable reach indicator continuously with other leg in three directions (AT, PL and PM) and come back to starting position under control, without touching the ground. Reach foot was always maintained in contact with the red target marked in the reach indicator. The client was allowed to keep only the forefoot on top of the reach indicator to avoid gaining support. The test was repeated if any faults were noticed during the reaches. The trial was then repeated on the opposite leg.[16] (Figure 3) The therapist showed a trial of the Y balance test before the participant performing it.

Statistical Design and Data Analysis

The data collected were entered into a master chart on Microsoft excel sheet and SPSS software version V21.0 was used for statical analysis. The demographic data age, gender, dominance and BMI was analyzed using mean and standard deviation. Mean and standard deviation of Limb length, Ankle ROM, and Y balance test was the calculated. For assessing the relationship between the inversion and eversion angle with dynamic balance assessed with Y balance, Pearson's correlation test was used. The P value was kept at < 0.05 for significance analysis.

RESULTS

As per the inclusion criteria, 200 samples were selected from Sri Devaraj Urs academy of higher education and research. The mean age of the participants was 20.16 (Table 1) years with 59.5% female and 40.5% males (Table 2). All the subject's weight-bearing limbs were left. All the subjects fall under normal weight category with mean BMI of 20.94 ± 3.6 (Table 1). The mean limb length was found to be 88.34cms ± 4.7cms (Table 1). The ratio of limb length to the body is 1:2. There is no significant difference between the right and left foot ankle range of motion as shown in Table 3. The mean Range of motion of plantarflexion on right side right was 47.4° ± 8.9 ° and left were 47.1°± 9°.

Dorsiflexion angles on right was 24.8° ± 8.8°, dorsiflexion on left was 25.2° ± 8.1°. Inversion right was 29° ± 6.9° left inversion was 26.4° ± 6°. Eversion Right was found to be 22° ± 9°, and left was 23.6°± 8.7° as shown in Table 3.

Descriptive statistics of Y balance test with mean and standard deviation of anterior reach right foot was measured to be 77.8 cm ±12.4cm and anterior left foot 76.1cm ±12.1cm. Posteromedial Right was 81.8cm ±16.6cm, posteromedial left was 80.1cm ± 16.7cm. Posterolateral right was78.8cm ±16.2cm, posterolateral left was 78cm ±16cm as shown in table 4. Pearson correlation between Y balance test and ankle range of motion which showed, the right foot dorsiflexion angle showed a positive correlation in all the directions of the Y balance test ranging from 0.281 to 0.452 ($P < 0.05$). The left foot Dorsiflexion angle showed a positive correlation in all the directions of the Y balance test ranging from 0.300 to 0.442 ($P <0.05$). The right foot Inversion angle showed no correlation with any of the Y balance tests. The left Inversion angle showed a positive correlation in the anterior left, posteromedial right, posteromedial left and posterolateral left directions with correlation ranges from 0.167 to 0.230 ($P <0.05$). The right foot Eversion angle showed a positive correlation in the anterior and posterolateral right directions with correlation of ranges from 0.146 to 0.148 ($P <0.05$). The left eversion angle showed no correlation with Y balance test.. plantarflexion showed no correlation with Y balance test in any direction. (table 5)

DISCUSSION

Balance is an essential neuro-muscular function that is required to perform daily activity. Postural control is the ability to maintain bodies position in space both during movement and when stationary, it requires a skill-based multisystem interaction of sensorimotor processes in which sensory, vestibular and visual information are integrated to achieve postural equilibrium and postural orientation[1]. Postural orientation requires appropriate positioning of head and torso with respect to gravity, while postural equilibrium requires coordinated movement strategies to keep the stability of centre of mass both during self-initiated movement and externally triggered disturbances. One of the most common reasons for lower limb is reduced dynamic stability, hence balance assessment is an important component of an assessment protocol by physiotherapists, various assessment tools are available for the analysis of balance which include four-square step test (FSST), functional reach test, Berg balance scale, Tinneti, time up and go test (TUG) and Y balance test (YBT-LQ)[7,13].

One of the most reliable test for assessing dynamic balance is the Y Balance Test, it assesses the neuromuscular control of lower limb accurately[16]. The equipment used for the test uses three directional components to check the reach distance while maintain balance in stationary leg. The maximum reach distance reached is marked and measured using a measuring tape starting from the edge of reach indicator to the start indicator[16]. In the current study all the subjects fall under normal BMI category of 20.94 ± 3.6, with mean limb length of 88.34cms ± 4.7cm. The mean and standard deviation of height was found to be 163.52 cm and 9.3 respectively, with ratio of limb length to body 1:2. In the Previous study Kim Hebert- Losier *et a,.l* the mean limb length was 85.9cm and BMI was 22.9cm[18]. In study by Bashir *et al.,* in the year 2019 the mean BMI was found to be 20.47[19]. While estimating the mean and standard deviation of the ROM for the ankle it was found that there was no significant difference between the right and left foot similar to findings in the previous study by Overmoyer *et al*., on the ankle ROM and dynamic balance the ankle range of motion measured bilaterally[20]. For maintaining dynamic balance the body used strategies at ankle, knee and hip. For optimal utilization of these strategies a full and free joint ROM is necessary[17]. Hence is study looked into the relationship between the ankle inversion and eversion with Y balance test.

The Y balance measurement for dynamic balance was measured for both for legs and tabulated in table 4, in comparison with previous studies by Alfonso, Calvo *et al.,* who found the reach distance in their sample to be 55.74cm anterior reach, the posteromedial reach is 107.38cm, and the posterolateral reach 104.7cm[21], in our study was found that we found the mean anterior reach distance to be 76cm, posteromedial reach 80.95cm and posterolateral reach distance of 78.4cm. In the current study right and left side reach distance showed no significant difference similar to previous study by Gabriel EH et al which measured the Y balance test, the mean interclass

correlation coefficient for anterior direction is 0.89, Posteromedial direction is 0.89 and posterolateral direction is 0.87[22]. Pearson correlation was used to analyze the relationship between ankle ROM and the dynamic balance test. The right foot Dorsiflexion angle showed a positive correlation in all the directions of the Y balance test ranging from 0.281 to 0.452 with P value <0.01. The left foot dorsiflexion angle showed a positive correlation in all the directions of the Y balance test ranging from .300 to .442 with P value <0.01. The right foot inversion angle showed no correlation with any of the Y balance tests. The left Inversion angle showed a positive correlation in the posteromedial left and posterolateral left directions, with a positive correlation ranging from 0.195 to 0.230 (p <0.01). The right foot eversion angle showed a positive correlation in the anterior and Posterolateral right directions which ranges from 0.146 to 0.148 (p <0.05). The left eversion angle showed no correlation with any of the Y balance tests. In the current study we found that the in the dominant leg, ankle exertion showed a strong relationship with Y Balance test in anterior direction of both legs and also in posterolateral right direction. In the non-dominant leg, we for a co-relationship in eversion and Y balance test in anterior direction left, posteromedial left, posterolateral left direction and even in posteromedial right direction. The findings of the current study shows that ankle a few components of Y balance and ankle inversion-eversion is essential for maintaining balance.

ACKNOWLEDGEMENTS

We wish to express our sincere thanks Prof. Senthil Kumar E, HOD, Department of Physiotherapy, Sri Devaraj Urs Academy of Higher Education and Research (Deemed to be University) Kolar, Karnataka, India. for his valuable support, guidence and continuous encouragement during the study.

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Table 1. Age

Variables	Mean ± SD
Age	20.1 ± 1.4
BMI	20.94 ± 3.6
Limb length	88.34 ± 4.7

Table 2. Gender distribution

Gender	Distribution
Male	40.5%
Female	59.5%

Table 3. Descriptive statistics of Ankle Range of motion

Ankle movement	**Right side** Range in degrees (Mean ±SD)	**Left Side** Range in degrees (Mean ±SD)
Plantar flexion	47.4 ± 8.9	47.15 ± 9
Dorsiflexion Left	24.8 ± 8.8	25.2 ± 8.1
Inversion	29 ± 6.9	26.4 ± 6
Eversion	22 ± 9	23.6± 8.7

Table 4: Descriptive statistics of the Y balance test.

Direction	Distance in cm (Mean ± SD)
Anterior Reach Right	77.8 ± 12.4
Anterior Reach Left	76.1 ± 12.1
Posteromedial Right	81.8 ± 16.6
Posteromedial Left	80.1 ± 16.7
Posterolateral Right	78.8 ± 16.2
Posterolateral Left	78 ± 16

Table 5. correlation analysis of Ankle range of motion and Y balance test
*** Statically significant**

Ankle movement	Statistics	Anterior Left	Anterior Right	Posteromedial Right	Posteromedial left	Portero lateral right	Portero lateral left
Inversion right	Pearson's r	0.036	0.007	0.002	-0.004	0.006	0.018
	P value	0.608	0.924	0.983	0.953	0.931	0.805
Inversion Left	Pearson's r	0.180	0.106	0.167	0.230	0.136	0.195
	P value	0.011*	0.135	0.018*	0.001*	0.055	0.006*
Eversion Right	Pearson's r	0.177	0.148	0.096	0.083	0.146	0.126
	P value	0.012*	0.036*	0.175	0.242	0.040*	0.075
Eversion Left	Pearson's r	0.032	0.055	-0.032	-0.059	-0.009	-0.020
	P value	0.655	0.436	0.649	0.407	0.899	0.778
Dorsiflexion Right	Pearson's r	0.370	0.281	0.452	0.443	0.386	0.372
	P value	0.000*	0.000*	0.001*	0.000*	0.000*	0.000*
Dorsiflexion Left	Pearson's r	0.361	0.300	0.442	0.412	0.359	0.339
	P value	0.000*	0.000*	0.000*	0.000*	0.000*	0.000*
Plantarflexion Right	Pearson's r	0.026	-0.058	0.049	0.067	0.095	0.096
	P value	0.715	0.418	0.487	0.347	0.179	0.178
Plantarflexion Left	Pearson's r	0.047	0.049	0.022	0.036	0.049	0.048
	P value	0.507	0.487	0.757	0.610	0.495	0.500

Figure 1. Dorsiflexion- plantarflexion ROM assessment

Figure 2. Inversion- eversion ROM assessment

Figure 3. Y balance Test

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

To Compare the Effectiveness of Valgus Instruction Exercise Versus Isotonic Exercise in Female Basketball Players With Patellofemoral Pain Syndrome

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Received: 01 Apr 2025 Revised: 14 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

This study aimed to compare the effectiveness of valgus instruction exercises (VCI) and isotonic exercises in female basketball players with patellofemoral pain syndrome (PFPS), focusing on pain reduction, muscle strength, and knee stability. A total of 42 female basketball players diagnosed with PFPS were randomly assigned to two groups: Group A (VCI exercises) and Group B (isotonic exercises). The intervention lasted six weeks, with three sessions per week. Pain intensity was assessed using the Numerical Pain Rating Scale (NPRS), muscle strength was measured through the Hop Test, and knee stability was evaluated using the Kujala Scale. The findings showed significant improvements in both groups; however, VCI exercises proved to be more effective than isotonic exercises in improving knee stability, reducing pain, and enhancing muscle strength, particularly in controlling dynamic knee valgus. Participants in the VCI group demonstrated better eccentric torque ratios and improved knee alignment compared to the isotonic exercise group. These results indicate that while both interventions are beneficial, VCI exercises offer superior outcomes in PFPS rehabilitation and may help prevent non-contact anterior cruciate ligament (ACL) injuries. Future research should explore the integration of biofeedback with isotonic exercises to further optimize PFPS treatment protocols.

Keywords: Valgus instruction exercise, Isotonic exercise, Patellofemoral pain syndrome, female, Basketball player.

INTRODUCTION

Patellofemoral pain syndrome (PFPS) is a common issue among adolescents and young adults [1]. It is characterized by pain around or under the patella, often triggered by physical activity, stair descent, or prolonged sitting. The prevalence of PFPS varies between 7.2% and 35.7% across different populations [2,3]. PFPS is also known by various terms, including chondromalacia patella, patellofemoral maltracking, and anterior knee pain syndrome [4]. The condition is influenced by factors such as patellar maltracking, hip abductor weakness, and muscle imbalances [5]. Non-surgical treatment, including NSAIDs, patellar taping, braces, foot orthotics, and targeted exercises, is the preferred approach, while arthroscopy is not recommended in cases without structural abnormalities [6]. The patellofemoral joint (PFJ) plays a key role in knee function by facilitating movement and distributing forces efficiently [2]. The patella, the body's largest sesamoid bone, enhances quadriceps function and absorbs mechanical stress [3]. Stability of the patella is maintained by both dynamic (quadriceps, hamstrings) and static (retinacula) stabilizers [7]. The PFJ endures significant mechanical forces, with patellar tracking playing a crucial role in reducing stress. Muscle imbalances, such as VMO weakness or vastus lateralis tightness, can lead to maltracking and joint dysfunction [24,25]. Proper coordination of the hip, knee, and ankle is essential for maintaining patellar alignment and reducing the risk of PFPS-related pain and injury [2].

PFPS arises from a combination of biomechanical, structural, and neuromuscular dysfunctions that contribute to anterior knee pain. A key factor is patellar maltracking, where imbalanced medial and lateral forces cause the patella to deviate from its normal path within the femoral trochlear groove. Weakness or delayed activation of the vastus medialis obliquus (VMO) reduces medial stabilization, allowing lateral patellar shift, which is worsened by tightness in the lateral retinaculum, vastus lateralis, or iliotibial band [7,8]. Dynamic valgus, due to hip and lower limb muscle insufficiency, also contributes to PFPS. Weak hip abductors and external rotators lead to excessive femoral internal rotation and knee collapse during movement, further impairing patellar alignment. This is often exacerbated by excessive rearfoot eversion and pes planus [9]. Tightness in surrounding muscles, including the hamstrings and gastrocnemius, increases patellofemoral joint compression and limits mobility [6]. Repetitive high-impact activities can lead to articular cartilage degeneration, reducing shock absorption and increasing pain. The patellofemoral cartilage, normally up to 5 mm thick, gradually deteriorates under mechanical stress, leading to inflammation and functional impairment [7,8]. Neuromuscular deficits also play a role, as poor lower limb control and delayed muscle activation affect knee stability, increasing abnormal loading patterns [9].

PFPS is a multifactorial condition requiring a comprehensive treatment approach. Understanding its pathophysiology helps clinicians develop targeted rehabilitation strategies to restore patellar alignment, improve muscle coordination, and optimize knee function [2,6,7]. Female athletes are more prone to PFPS due to anatomical and biomechanical factors, including a wider pelvis, increased Q-angle, weaker hip abductors, and greater dynamic valgus, all of which contribute to patellar maltracking and excessive joint stress [2]. Exercise is essential for managing PFPS, focusing on correcting imbalances, improving patellar alignment, and enhancing neuromuscular control. Strengthening the quadriceps, particularly the vastus medialis obliquus (VMO), alongside the hip muscles like the gluteus medius, helps mitigate lateral patellar tracking and dynamic valgus. Flexibility exercises targeting the iliotibial band, hamstrings, and calves alleviate tension, while proprioceptive and balance training improves stability and reduces injury risk. These interventions not only relieve pain but also restore function and prevent recurrence [1,10]. Studies have explored different management approaches for PFPS, including stretching, strengthening, neuromuscular re-education, and functional training [10,11,12]. This study focuses on valgus instruction exercises and isotonic exercises. Valgus instruction exercises aim to correct excessive inward knee movement through internal focus (IF) cues (e.g., "keep the knee over the toe") or external focus (EF) cues (e.g., "land on the markers"). EF instructions have shown superior motor learning benefits and long-term movement retention [13,14].

Isotonic exercises strengthen muscles around the knee, improving patellar stability and alignment. These exercises involve both concentric and eccentric contractions under a consistent load, with eccentric exercises particularly

effective for controlling joint stress. Squats, step-ups, and leg presses target the quadriceps while engaging the hamstrings, gluteus medius, and calves, enhancing overall knee stability and reducing PFPS risk [15,16]. Patellofemoral Pain Syndrome (PFPS) is common among adolescents and young adults, with female basketball players at higher risk due to biomechanical factors. PFPS accounts for 25–30% of sports injuries and up to 40% of knee disorders. Valgus control exercises improve knee alignment by reducing excessive valgus, while isotonic exercises strengthen knee musculature for stability. However, limited research compares their effectiveness in young female athletes .By targeting valgus correction and isotonic strengthening, this study aims to improve muscle strength, joint stability, and movement mechanics in female athletes, offering insights into PFPS rehabilitation and injury prevention.

MATERIALS AND METHODS

This comparative study will be conducted at Adani Sportsline Sabarmati and will involve 42 female basketball players diagnosed with Patellofemoral Pain Syndrome (PFPS). Participants will be selected based on specific inclusion and exclusion criteria to ensure the study's reliability and relevance. The inclusion criteria require female athletes aged 18–30 years who experience anterior knee discomfort rated at least 3 on a 10-cm Numerical Pain Rating Scale (NPRS) for a minimum of eight weeks. Pain must be present during at least three functional activities, including stair climbing, squatting, running, kneeling, jumping, or prolonged sitting. Participants must also have a positive Clark's test and have completed a minimum 10-meter hop test. Exclusion criteria include a history of fractures involving the femur, leg, or knee; musculoskeletal disorders affecting the lower limbs; meniscal tears; severe ligament injuries; osteoarthritis; prior knee surgeries; patellar tendon injuries; Osgood-Schlatter disease; or lumbar spine injuries. Additionally, individuals with intra-articular disorders, patellar instability, hip discomfort, or knee joint effusion will be excluded. Other disqualifying factors include prior lower limb surgeries, pain upon palpation of the patellar tendon, iliotibial band, or pes anserinus tendons, current medication for acute illness, or pre-existing cardiac or joint conditions diagnosed by a physician. Participants with chronic conditions such as cardiovascular diseases, respiratory disorders, or metabolic diseases that could hinder their ability to engage in physical exercise will also be excluded.

Outcome measures were Numeric Pain Rating Scale (NPRS) is a widely used tool for assessing pain intensity, allowing individuals to rate their pain on a scale from 0 (no pain) to 10 (worst imaginable pain), making it essential for tracking pain severity and treatment effectiveness. The Hop Test evaluates lower limb strength, power, and balance, including the Single Hop Test (measuring maximum single-leg hop distance), Triple Hop Test (assessing endurance through three consecutive hops), and Crossover Hop Test (testing dynamic balance and agility through lateral movement), with a performance discrepancy of less than 10% between limbs indicating sufficient recovery. The Kujala Score (Anterior Knee Pain Scale - AKPS) is a self-administered questionnaire assessing knee function and pain severity in individuals with Patellofemoral Pain Syndrome (PFPS), consisting of 13 items that evaluate activities such as walking, running, squatting, and stair climbing, with scores ranging from 0 to 100, where higher scores indicate better knee function and lower pain levels. These assessment tools provide valuable quantitative data for evaluating rehabilitation outcomes and guiding treatment strategies in PFPS management. The instruments and tools used in this study include a digital weighing scale for body weight measurement, a stadiometer for height measurement, and basic supplies such as paper and a pen for documentation. The patient record system ensures efficient data management, while a measuring tape is used to measure jump distance during hop tests. A non-slip floor surface is essential for safe hopping, and marking tape or cones help indicate the starting point for various exercises. A stopwatch may be used optionally for timing purposes, and results are documented using a data recording sheet or app. Additionally, the Kujala questionnaire (printed) is utilized to assess knee pain and function. These tools collectively ensure accurate measurement, proper documentation, and safety during the assessment process.

The procedure for this study begins with the recruitment of participants who meet the inclusion criteria, followed by an initial screening using the Kujala questionnaire to assess the severity of patellofemoral pain syndrome (PFPS). Participants' height, weight, and baseline knee function are recorded using a stadiometer, digital weighing scale, and the Kujala score. Following baseline assessments, the hop tests (single hop, triple hop, and crossover hop) are conducted to evaluate lower limb strength, power, and coordination. Each test is performed on both the injured and uninjured limbs, with distances measured and recorded using a measuring tape. The participants are then divided into two groups: one for valgus control exercises and the other for isotonic exercises. These exercises are performed under supervised guidance, with real-time feedback provided to ensure correct technique. Progress is monitored through subsequent hop tests and the Kujala score at regular intervals. All results are documented using a data recording sheet or app, and safety is ensured through the use of non-slip surfaces and proper markings for exercise execution. The overall aim is to compare the effectiveness of the two interventions in reducing pain, improving function, and enhancing recovery.

Group A (Valgus Exercise Group) follows a structured exercise regimen to address the knee valgus commonly associated with Patellofemoral Pain Syndrome (PFPS). The program includes various exercises aimed at improving strength, stability, and joint alignment around the knee. It begins with two sets of 10 repetitions of squats in front of a mirror, incorporating a 5-second isometric contraction, progressing to three sets of 12 repetitions with a 10-second isometric contraction. Similarly, squats with knee flexion between 0° and 60° and lateral walks with elastic resistance around the forefoot are performed with initial sets of 10 repetitions, advancing to 12 repetitions with isometric contractions as the program progresses. Other exercises, such as strengthening the hip abductors with weight-bearing (Trendelenburg) and squats with elastic resistance, focus on enhancing muscle strength around the knee. The program also includes forward lunges (both with and without balance at 30° of knee flexion), single-leg balance exercises, modified lunges with elastic resistance around the knee, Romanian deadlifts, and lateral sliding without jumping. Each of these exercises is performed for three sets of 12 repetitions, with a focus on improving knee stability, proprioception, and muscular control, all crucial for managing PFPS and reducing valgus stress.

Group B (Isotonic Exercise Group) follows a structured program aimed at enhancing muscle strength and joint stability through isotonic exercises. In the first phase (weeks 1–4), the program includes wall squats at a 45° angle performed slowly for 2 sets of 10 repetitions. Participants also perform jumping from step in pairs, hip and knee flexion/extension with a partner, and supine pushing of a ball against the wall, each for 2 sets of 10 repetitions. Additionally, pushing the tiller and lunges with knee flexion between 0° and 45° are performed slowly, with 2 sets of 10 repetitions. The program also incorporates exercises in the all-fours position, including hip and knee extension, plantar flexion, and the use of exercise bands for 90-degree hip and knee extension with plantar flexion, all for 2 sets of 10 repetitions. These exercises focus on building strength, improving coordination, and enhancing joint control, all crucial for managing Patellofemoral Pain Syndrome (PFPS). Data were systematically collected and analyzed to compare pre- and post-intervention outcomes between the two groups. Statistical methods determined significance, evaluating the effectiveness of valgus instruction exercises versus isotonic exercises in improving pain and function in female basketball players with patellofemoral pain syndrome.

RESULT AND DISCUSSION

The statistical analysis of the data was performed using SPSS version 29. The Shapiro-Wilk test was applied to assess normality, and descriptive statistics were calculated. Intergroup comparisons were made using the independent t-test, while intragroup comparisons used the paired t-test. A p-value of less than 0.05 was considered statistically significant. Demographic data indicated that both groups were well-matched at baseline. In Group A, the NPRS pain score decreased significantly ($p = 0.001$), and improvements were observed in the Single Hop Test, Crossover Hop Test, and Triple Hop Test ($p = 0.001$ for each), along with the Kujala score ($p = 0.001$). In Group B, pain reduction was also significant ($p = 0.001$), and performance improvements were noted in the Single Hop Test, Crossover Hop Test, and Triple Hop Test ($p = 0.001$ for each), with the Kujala score increasing significantly ($p = 0.001$). When comparing

both groups, no significant difference was found in the NPRS score (p = 0.568). However, Group A showed significantly better performance in the Single Hop Test (p = 0.010), Crossover Hop Test (p = 0.0168), and Triple Hop Test (p = 0.0108), as well as a higher Kujala score (p = 0.0078). After a six-week intervention, both exercises showed significant pain reduction and functional improvement. However, the valgus control exercise group (Group A) had greater improvements in hop test performance and Kujala scores, suggesting better impact on knee alignment and stability. While isotonic exercises also provided benefits, valgus instruction appeared more effective for improving knee biomechanics and functional outcomes, highlighting its value in PFPS rehabilitation for female athletes

The findings of this study align with Mahsa Emamvirdi et al. (2019) [14], who demonstrated that valgus control interventions (VCI) significantly reduced pain, improved lower limb strength, and enhanced functional performance in female athletes with PFPS. Our study also supports the effectiveness of valgus correction exercises over isotonic exercises in reducing pain (NPRS), improving functional performance (hop test), and enhancing knee function (Kujala score). While Emamvirdi et al. focused on knee valgus correction through eccentric hip muscle torque and valgus angle control, our study reinforces the importance of incorporating such interventions in PFPS rehabilitation, particularly for female basketball players. Additionally, our results support Nakagawa et al. [17], who showed pain reduction and functional improvement through targeted exercises. Our approach, with guided valgus correction, likely contributed to greater improvements in dynamic knee control and functional performance compared to their unsupervised hip strengthening exercises. The PFPS in female basketball players is often linked to weakness in hip and knee musculature, particularly abductors and external rotators, leading to excessive knee valgus. Strengthening these muscles through valgus instruction exercises played a critical role in enhancing lower limb control and knee stability [18]. Aghapour et al. [19] showed Kinesio taping's effectiveness in pain reduction and performance improvement in PFPS patients, a finding that aligns with our study's results on valgus exercises, which controlled dynamic knee valgus, improving knee stability and function.

Hwangbo [20] used visual feedback to stimulate quadriceps muscles, which reduced PFPS onset, while our study focused on strengthening and valgus correction to improve knee mechanics and reduce pain. Khayambashi et al. [21] showed that hip and quadriceps strengthening protocols were effective in mitigating PFPS pain, with hip strengthening yielding greater efficacy. Similarly, our study found both VCI and isotonic exercises effective in improving knee stability, with VCI exercises showing greater efficacy. Charu Epen et al. [22] highlighted the use of eccentric training and biofeedback, optimizing muscle engagement, which could be explored in future studies to enhance knee mechanics and rehabilitation outcomes. This could offer insights into how biofeedback might improve the effectiveness of valgus correction and isotonic exercises in PFPS rehabilitation. Additionally, the reduction in pain may be due to improved quadriceps strength, changing patella contact points and pressure distribution, relieving pain [23]. This mechanism also explains the improvements in muscle strength in the isotonic exercise group [24].

Ammar M. Abd Elhady et al. (2024) [25] compared Knee Alignment-Oriented Balance rehabilitation and Conventional Balance rehabilitation for PFPS. While no significant difference was found between the groups in Visual Analog Scale (VAS) pain assessments or dynamic postural stability, both interventions improved patient-reported outcomes and muscle strength. In our study, although balance was not directly assessed, it is possible that strengthening exercises, such as those utilized in both intervention groups, may enhance balance by improving muscle strength, which supports better postural control. Similarly, Lee et al. [26] compared static and dynamic balance exercises targeting knee alignment and found that dynamic balance training significantly improved quadriceps reaction time and dynamic postural stability. These findings align with Guney et al. [27], where balance exercises mimicking squats enhanced both discomfort and functionality in PFPS patients by eccentrically contracting quadriceps muscles. While our study focused primarily on strength, these studies suggest that muscle strength, particularly in the quadriceps, may improve balance and postural stability. Future research could explore the benefits of including balance assessments in strength-focused rehabilitation protocols for PFPS [28].

Our study primarily targeted strengthening the quadriceps and hip stabilizers, key muscles in managing PFPS. It is important to recognize that muscle strength and balance are closely linked. Previous research has shown that muscle

weakness, especially in the knee extensors, contributes to patellar misalignment and pain in PFPS patients. As muscle strength improves, knee control and movement patterns also improve, potentially leading to better balance [29]. Anoka's investigation emphasizes that strengthening exercises stimulate neural adaptations, improving postural control by increasing agonist muscle activation and decreasing antagonist activity. While our study focused on strength, the resulting muscle function improvements may indirectly enhance balance, as balance relies on muscle strength and coordination [30]. Additionally, studies such as Tok et al. (2009) [31] have shown that isotonic exercises can improve dynamic balance, particularly in individuals with arthritis, by enhancing muscle strength and range of motion. Therefore, while balance was not a primary outcome in our study, the strength improvements in both groups may offer a secondary benefit for balance in PFPS rehabilitation.

In summary, our study highlights the effectiveness of both valgus instruction exercises and isotonic exercises in improving quadriceps strength and mitigate pain in female basketball players who have Patellofemoral Pain Syndrome (PFPS) and the result suggested that while valgus instruction exercises were more effective in controlling knee valgus and improving muscle strength, isotonic exercises also contributed to significant strength improvements. These findings correspond to previous research that emphasizes role of strengthening exercises on addressing muscle weakness and dysfunction in PFPS. Although balance was not directly assessed in our study, it is plausible that the improvements in muscle strength, particularly in the quadriceps, could lead to enhanced postural control, suggesting a potential link between strength gains and balance. Further studies exploring the connection between strength and balance, especially in the context of PFPS rehabilitation, could provide valuable insights. Overall, strengthening exercises, whether valgus instruction or isotonic, appear to be integral to addressing the symptoms of PFPS and promoting recovery.

CONCLUSION

In conclusion, the results of this study demonstrate that both valgus control instruction (VCI) exercises and isotonic exercises are effective in reducing pain and improving muscle strength in female basketball players with patellofemoral pain syndrome (PFPS). While both exercise approaches enhanced knee stability and strength, VCI exercises proved more effective in regulating knee movements and improving muscle function. These improvements in muscle function and knee mechanics may help prevent future pain and injury. The study also underscores the importance of strengthening the muscles around the knee and hip, as this plays a key role in optimizing knee function and alignment in the rehabilitation of PFPS.

The study has several limitations, including a small sample size of 42 participants, a short duration of 6 weeks without long-term follow-up, and the absence of biofeedback in the isotonic exercise protocol, which may have affected the neuromuscular control outcomes. Additionally, balance, a key component in PFPS, was not assessed, and the focus on female basketball players may limit the generalizability of the results to other groups. Future research should address these limitations by increasing the sample size, incorporating long-term follow-ups, exploring biofeedback in isotonic exercises, assessing dynamic balance, and expanding the participant pool to include diverse populations to improve the generalizability and treatment protocols.

ACKNOWLEDGEMENT

I would like to express my sincere gratitude to Adani Sports Academy for their invaluable support throughout this study. Their collaboration provided the necessary resources and environment for conducting the research, and their commitment to promoting athletic performance and rehabilitation was instrumental in the success of this project.

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Table 1. Demographic data

Characteristic	Group A	Group B
Population	21	21
Age	24.42±2.76	24.61±2.45
Height	165.66±5.57	167.09±6.01
Weight	58.85±4.22	59.61±3.45
Bmi	21.45±1.62	21.37±1.56

Table 1 shows similar demographic data for both groups, with average age, height, weight, and BMI close between Group A and Group B.

Table 2. Mean values of group A

Outcome measure		MEAN	SD	SE	T value	P value
NPRS	PRE	4.28	1.30	0.354	8.08	0.001
	POST	1.42	0.97	0.354	8.08	0.001
Single hop test	PRE	117.42	7.43	1.87	13.67	0.001
	POST	143.04	4.32	1.87	13.67	0.001
Crossover hop test	PRE	310.71	5.89	1.89	14.84	0.001
	POST	338.76	6.35	1.89	14.84	0.001
Triple hop test	PRE	323.71	7.96	0.81	10.87	0.001
	POST	346.33	5.25	0.81	10.87	0.001
Kujala score	PRE	66.04	3.70	0.97	9.39	0.001
	POST	75.19	2.50	0.97	9.39	0.001

The table presents the pre- and post-intervention mean scores for various outcome measures in Group A, including NPRS, hop tests, and Kujala score. Significant improvements were observed across all measures, with p-values of 0.001, indicating a strong effect of the intervention.

Table 3. Mean values of group b

Outcome measure		MEAN	SD	SE	T value	P value
NPRS	PRE	4.35	1.46	0.407	6.73	0.001
	POST	1.61	1.16	0.407	6.73	0.001
Single hop test	PRE	116.09	7.62	1.80	12.61	0.001
	POST	138.85	3.21	1.80	12.61	0.001

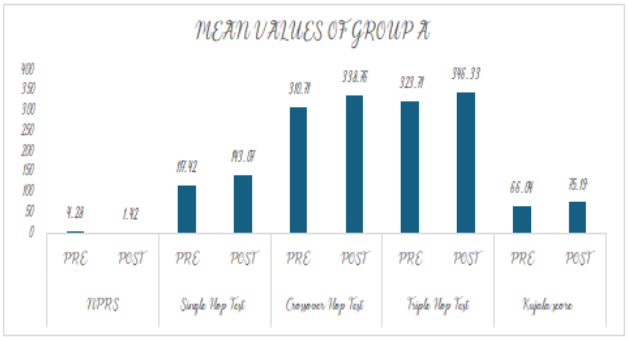
Crossover Hop Test	PRE	309.80	4.60	1.45	16.93	0.001
	POST	334.42	4.82	1.45	16.93	0.001
Triple Hop Test	PRE	322.80	8.73	2.12	9.12	0.001
	POST	342.38	4.28	2.12	9.12	0.001
Kujala Score	PRE	65.71	4.08	1.10	5.93	0.001
	POST	72.28	3.01	1.10	5.93	0.001

The table displays the pre- and post-intervention mean scores for various outcome measures in Group B, including NPRS, hop tests, and Kujala score. Significant improvements were noted across all measures, with p-values of 0.001, indicating the effectiveness of the intervention.

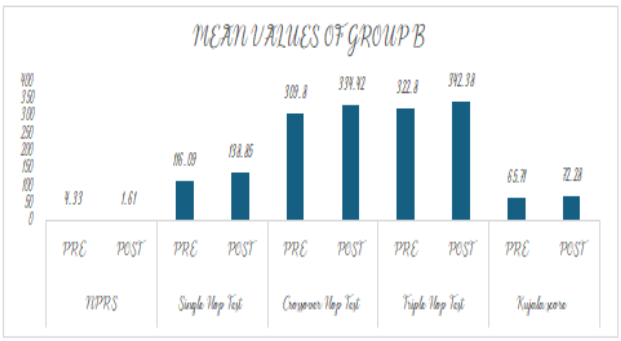
Table 4. Difference between Two Groups

OUTCOME MEASURE	GROUP A	GROUP B	T VALUE	P VALUE
NPRS	1.42±0.97	1.61±1.16	0.5758	0.5680
SINGLE HOP TEST	143.04±4.32	138.85±3.21	3.5676	0.010
CROSSOVER HOP TEST	338.76±6.35	334.42±4.82	2.4947	0.0168
TRIPLE HOP TEST	346.33±5.25	342.38±4.28	2.6723	0.0108
KUJALA SCORE	75.19±2.50	72.80±3.01	2.799	0.0078

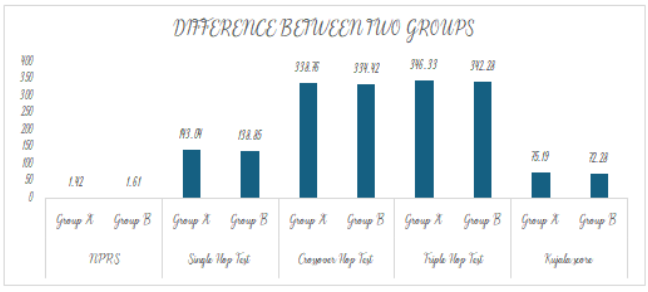
The table presents the differences between Group A and Group B for various outcome measures, including NPRS, hop tests, and Kujala score. Statistically significant differences were found in the Single Hop Test, Crossover Hop Test, Triple Hop Test, and Kujala score ($p < 0.05$), with Group A showing better performance in these areas.



Graph 1. Mean values of Group A



Graph 2. Mean values of Group B



Graph 3. Difference between two groups

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

A Multiple Linear Regression Approach to Select Next Generation Football Players for Indian Team

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Received: 21 Feb 2025 Revised: 18 May 2025 Accepted: 18 Jun 2025

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ABSTRACT

By including the physical and performance criteria in the Indian Super League, ISL Season 6 & 7 Player Stats, multiple linear regressions are used in this study to estimate the market prices of football players in the forward positions. Players from India's two top leagues are analyzed, and the player who would perform well in the upcoming league is identified using a multi-linear regression test. The correlation is also thoroughly described.

Keywords: Indian, Player, performance, league.

INTRODUCTION

The basis of the statistical analysis known as linear regression is the modeling of the connection between dependent (response) and independent variables (predictor). Regression is primarily used to determine which independent factors are important predictors of the outcome and whether the independent variables are successful in predicting the outcome variable. At this study, a linear regression with numerous independent variables will be constructed to look for pertinent characteristics that influence a football player's market worth in the forward position. In this study, football players from the Indian Super Leagues will have their physical characteristics and performance during the ISL Seasons 6 and 7 analyzed. The data is derived from the Transfer market and includes the footballers' league and

cup performances. Despite the fact that transfers are made in the middle and at the end of the season, player market prices are consistently updated. The most recent market valuations are considered and specific performance information from footballers who played a full season in their league.

Problem Domain

In this study, various iterations of multiple linear regressions are used to investigate publications concerning statistical analyses in the sports branch. Brown [1] studied 86 college football teams in order to look into the player's rent. He asserted that a club's total performance is influenced by how many premium players they have, and that both of these factors have an impact on team revenues, which heavily influence a player's marginal revenue product. The number of National Football League (NFL) draught picks from each club is utilised as a dependent variable at the premium player stage, while team performance is used as an independent variable at the following level to forecast teams' ratings (performance). Finally, team performance and NFL Draftees are utilised as dependent variables to forecast club revenues, which will then be used to determine how much each player will be paid in rent.
A player's final game score is determined by taking into account over 300 different activities, which are recorded and scored by the Carling Opta Index, a performance-based monitoring system. To be employed in the model, the final game score index is derived from the averages of these previous six game scores. This index was used by Tunaru [2] in his inquiry into an option pricing framework for football player valuation. The differential equation for converting this index to money exists. In order to examine a player's long-term value, he also incorporates unanticipated events like injuries into the Poisson model. Due to the total performance points of the entire team, a player's value also depends on their club.

Bias in selection is a sort of inaccuracy brought on by the failure to establish randomization while choosing people, organisations, or data. As a result, the sample does not accurately reflect the population that was being studied. James Heckman conducted a study and developed the Heckman Correction model to prevent this scenario. Carmichael [3] investigated the professional player transfer market's price structure in the English football leagues. The Heckman two-step approach was also employed by him to adjust for selection bias. According to the results of his analysis, scoring players with more experience have the highest transfer likelihood.

Statistical Questions

- Descriptive analysis of the player's used potions
- Find the best player for forward potions.
- Find the best midfielder player in the potions.
- The Best Defender Potions Player may be found
- Identify the season's top player.
- Using hypothesis analysis, what link exists between the player's total number of touches and total time played?
- How does player performance relate using correlation analysis?

METHODOLOGY

Exploratory Data Analysis

An essential first step in investigating the pertinent variables is descriptive summary statistics. Summary statistics are shown graphically by bar and line graphs, which are also used to show data outliers.

Correlation Analysis

The data are examined with the use of the following statistical methods: The information regarding Pearson's Correlation Coefficient, which measures the multi-linear correlation between each of the player and the ISL, will be displayed using a correlation matrix. In order to analyze multi-linear trends or correlations between the variables also be displayed.

Multi-linear Regression Analysis

The ISL cumulative climb as a dependent variable and league goals as the independent variables are found to change at a similar rate using multi-Linear Regression (predictors). The MLR test's analysis assessed for randomness and error normalcy.

Hypothesis Analysis

The ISL data consisted of two samples: T-testing and μ-testing, where x represents total touches and y represents player play time.

Datasets

Indian Super League, ISL Season 6 & 7 Player Stats Dataset

Player stats from ISL seasons 6 and 7 are included in this collection. Using the player ID, this data was first taken from Fbref.com and then combined in SQL. This dataset will enable us to investigate ISL and identify the following Sunil Chhetri. Since every player's attributes are included in this collection, numerous null values are present, such as the fact that a goalkeeper won't have any forward attributes. Total attributes in the Dataset is 93 as follows tour_id, tour_name, id, jersey_no, name, short_name, position_id, position, position_short, team_id, team_name, team_short_name, is_started, is_onbench, is_goalkeeper, is_substitute, minutes_played, bonus_points, injury_minutes_played, actual_minutes_played, goaltenders, events.goals, events.own_goals, events.assists, events.key_passes, events.chances_created, events.shots, events.shots_on_target, events.shots_off_target, events. fouls_committed, events.fouls_suffered, events. yellow_cards, events. red_cards, events. is_second_yellow_card, events. offsides, events. corner_kicks, events.crosses, events.free_kicks, events.throw_in, events. punches, events. catches, events.goals_conceded, events.clean_sheet, events.cleansheet, events.fantasy_assists, events.penalties_saved, events. penalties_earned, events.penalties_conceded, events.penalties_missed, events.freekicks_conceded_goal, events.freekicks_earned_goal, events.blocked_shots, events.defensive_blocked_shots, events.penalty_kicks.total, events. penalty_kicks.goals, touches.total, touches.total_passes, touches.good_passes, touches.bad_passes, touches. interceptions, touches.blocks, touches.tackles, touches.successful_tackles, touches.unsuccessful_tackles, touches. clearance, touches.saves, touches.take_on_total, touches.take_on_successful, touches.take_on_unsuccessful, touches. last_man_tackle_successful, touches. last_man_tackle_unsuccessful, touches.successful_passes, touches. interceptions_won, touches.aerial_duel.total, touches.aerial_duel.won, touches.aerial_duel.lost, touches. ground_ duel.total, touches.ground_duel.won, touches.ground_duel.lost, goaltenders.shots_faced, goaltenders. shots_on_ goal_faced, goaltenders.goals_allowed, goaltenders.saves, goaltenders.catches, goaltenders.punches, goaltenders. penalty_kicks. shots_faced, goaltenders.penalty_kicks.goals_allowed, goaltenders.penalty_kicks.saves, country_id, country_name, dob, player_foot, height.

Dataset Preprocessing

The Indian Super League, ISL Season 6 & 7 Player Stats Dataset, which contains information about the players' league, club, jersey number, nationalities, outfitter, matches played during that season, direct contribution to goals, card totals, and overall playing time during that season, is the source of the player data used in this study. Before applying the analysis, exclusion of attributes were performed and select only sixteen attribute out of ninety three attributes as follows minutes_played,tour_name,name,country_name, country_id, events.own_goals,events.goals, minutes_played,actual_minutes_played, events.assists, events.shots, events.shots_on_target, events.chances_created, events.fouls_suffered, touches.total, touches.aerial_duel.won.

RESULTS AND DISCUSSION

Exploratory Data Analysis

Table 1 provides a summary of the player's descriptive statistics, excluding the player who performed the worst using the Min. value, including the player who performed the best using the Max. value, and placing the player who performed averagely in the second lineup of the team using the Mean value. Using the 1st Quartile, Median, and 3rd

Quartile values, the team will give the highest priority to players who have the most league match experience. We will identify the forward player, defender player, and midfielder player who performed well based on Figures 1, Figure 2, and Figure 3. In Figure 1, the best player who played the forward is represented by a bar chart, with the top players depicted on the y axis and the player's minutes played on the x axis. It will make Sunil Chhetri the top player among the best. In Figure 2, the best player who played the defender is represented by a bar chart, with the top players depicted on the y axis and the player's minutes played on the x axis. It will make PritamKotal the top player among the best.

In Figure 3, the best player who played the midfielder is represented by a line chart, with the top players depicted on the y axis and the player's minutes played on the x axis. It will make Lalengmawia the top player among the best. Next, based on minutes played, the player depicted in Figure 4 who scored both event goals and his own goals during ISL Seasons 6 and 7 was identified as the top player. The best-performing player of the seasons was determined based on the study and is depicted in Figure 4.

Correlation Analysis

The player of the session was determined based on how many goals and how long he or she played. The player who will perform in the upcoming leagues will be revealed by the correlation testing over the real length and duration performed by the player, shown in the Figure 5. The squad members' skilled positions will be chosen based on the position ID and time the player has played in that position.

Regression Analysis

The player of the session was picked based on how many goals he scored and how long they played. The player who will perform in the upcoming leagues will be revealed by the correlation testing over the player's actual length and duration of performance, as illustrated in Figure 6. The skillful positions for the team members will be chosen based on the position ID and the amount of time a player has spent playing that position. The multiple r-squared value is 0.8023, which we also find.

Based on how many goals he scored and how long they played, the player of the session was chosen. The correlation testing of the player's actual length and duration of performance, as shown in Figure 7, will identify the player who will perform in the next leagues. Based on the position ID and the amount of time a player has spent playing that position, the skillful positions for the team members will be selected. The events.goals will be the Y axis, and the X axis will be as follows events.assists, events.shots, events.shots_on_target, events.chances_created, events.fouls_suffered, touches.total, touches.aerial_duel.won . The player who will perform in the upcoming leagues will be determined by a correlation test of the player's actual length and duration of performance, as illustrated in Figure 8. The skillful positions for the team members will be chosen based on the position ID and the amount of time a player has spent playing that position.

Hypothesis Analysis

The difference between the axes X is Minutes played and Y is the Actual Minutes played and total number of touches in the matches will be displayed in this hypothesis testing. It can be seen in this two-box plot that one of the player minutes vs. total touches is favorable in Figure 9. In Figure 10, number of touches and playing time will be added to this Pearson's correlation. It takes into account the 0.5 interval level in this software. It takes into account the values of t = 56.509, df = 561, and p = 2.2. The Pearson's correlation score in the 0.5-interval is 0.92. In Figure 11, the total touches and playing time will be added in this T-Test. It takes into account the 0.5 interval level in this software. It takes into account the following values: t = 11.577, df = 904.43, and p = 2.2. The mean of x is 351.96 and the mean of y is 730.09 in the 0.5 T-Test result interval. This test will add the total touches and playing time in Figure 12. It takes into account the 0.5 interval level in this software. It takes into account that W is and p is 2.2. In the 0.5- μTest interval.

CONCLUSIONS

In this study, we assessed football players using a variety of criteria at various levels of importance while taking multicollinearity and homoscedasticity into account. As a result, we were able to create a regression model with 16 features and a 0.80 significance level. Despite the fact that multicollinearity couldn't be totally avoided, a partially successful model is constructed. The fact that the majority of independent variables are linked to one another in reality is one of the reasons we were unable to entirely eradicate multicollinearity. Successful and valued players are gathered by prosperous teams, and most often, youthful talents like Suhair Vadakkepeedika are listed. The only intriguing finding in the study is that player market values were unaffected by card numbers, which may be due to valuable players acting more cautiously to avoid penalties. In general, the study effort may be enhanced by a more logical data collecting.

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Table 1: Summary of Descriptive Statistics of Players

	Forward_Player	Defender_player	Midfielder_player
Min.	887	1605	1618
Max.	1789	1980	1848
Mean	1260	1737	1731
Median	1254	1691	1744
1st Quartile	1020	1623	1696
3st Quartile	1494	1858	1753

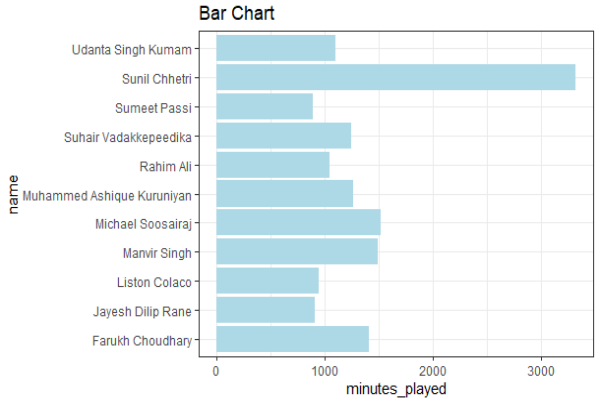

Figure 1. Shows the Minutes Played by the Forward Player

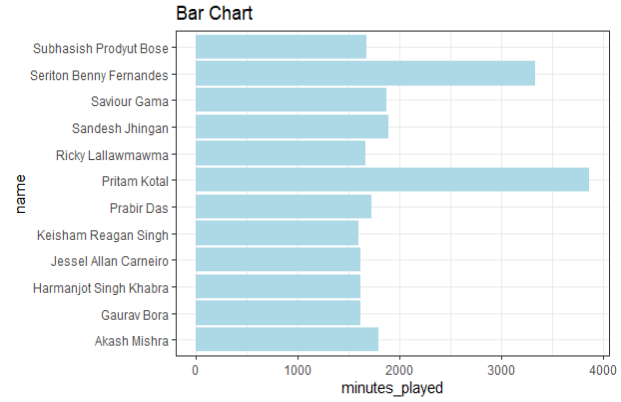

Figure 2. Shows the Minutes Played by the Defender Player

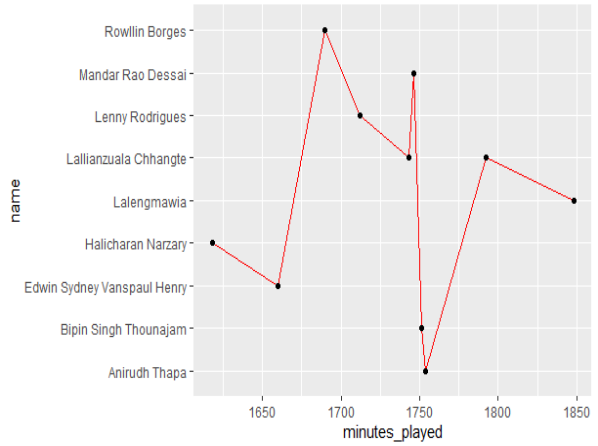

Figure 3. Shows the Minutes Played by the Midfielder Player

tour_name	name	country_name	minutes_played	events.own_goals	events.goals
<chr>	<chr>	<chr>	<int>	<int>	<int>
ISL6	Nerijus Valskis	Lithuania	1620	0	15
ISL6	Roy Krishna	Fiji	1834	0	15
ISL6	Bartholomew Ogbeche	France	1318	1	15
ISL7	Suhair Vadakkepeedika	India	1242	1	3

4 rows

Figure 4. Shows the List of Performed Player Season 6 & 7

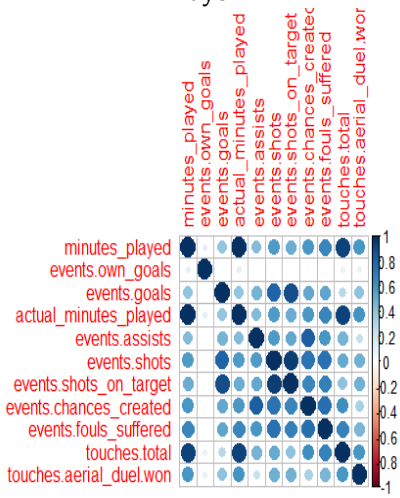

Figure 5. Shows Correlation of Player Performance

```
Residuals:
    Min      1Q  Median      3Q     Max
-4.8618 -0.2655  0.0110  0.2823  5.1717

Coefficients:
                          Estimate Std. Error t value Pr(>|t|)
(Intercept)              0.0099595  0.0654259   0.152   0.8791
events.assists           0.2273847  0.0561480   4.050 5.86e-05 ***
events.shots            -0.0142953  0.0127074  -1.125   0.2611
events.shots_on_target   0.4615156  0.0273216  16.892  < 2e-16 ***
events.chances_created  -0.0309431  0.0124119  -2.493   0.0130 *
events.fouls_suffered   -0.0158062  0.0068461  -2.309   0.0213 *
touches.total           -0.0004362  0.0002024  -2.155   0.0316 *
touches.aerial_duel.won  0.0130970  0.0088142   1.486   0.1379
---
Signif. codes:  0 ‘***’ 0.001 ‘**’ 0.01 ‘*’ 0.05 ‘.’ 0.1 ‘ ’ 1

Residual standard error: 1.03 on 555 degrees of freedom
Multiple R-squared:  0.8023,    Adjusted R-squared:  0.7998
F-statistic: 321.8 on 7 and 555 DF,  p-value: < 2.2e-16
```

Figure 6. Shows the Result of the MLR

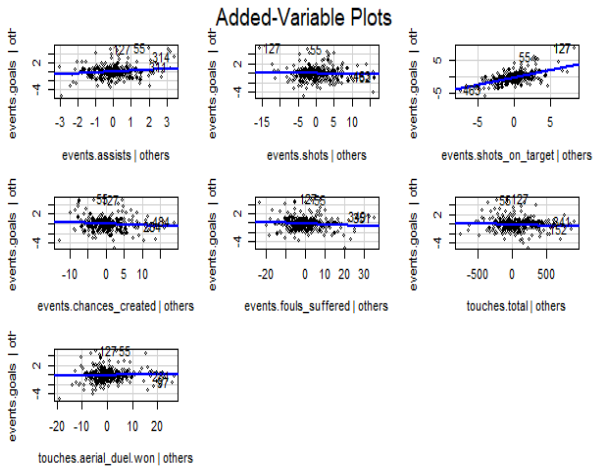

Figure 7. Shows the variable plots of MLR

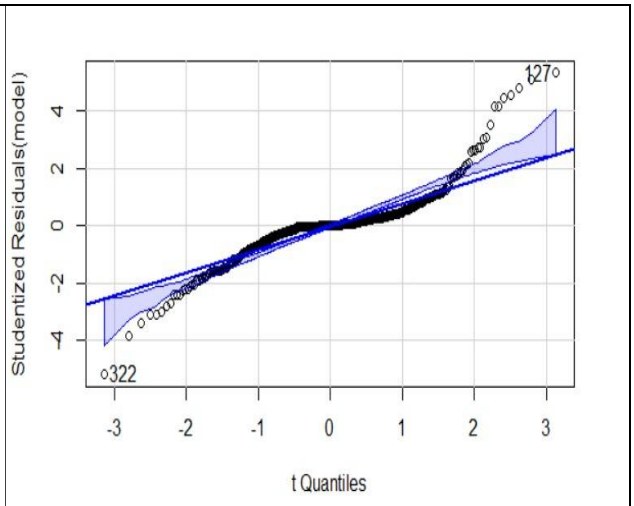

Figure 8. Q-Q plots shows the similarity of MLR on different variables

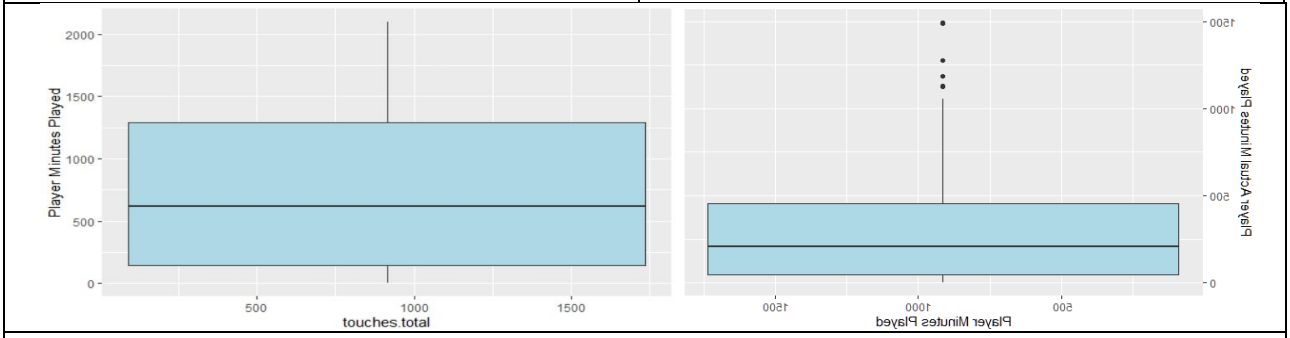

Figure 9. Shows the Player Actual Minutes Played

```
        Pearson's product-moment correlation

data:  X and Y
t = 56.509, df = 561, p-value < 2.2e-16
alternative hypothesis: true correlation is not equal to 0
95 percent confidence interval:
 0.9088967 0.9337372
sample estimates:
      cor
0.9222635
```

Figure 10: Shows the Pearson's correlation results

```
        Welch Two Sample t-test

data:  X and Y
t = -11.577, df = 904.43, p-value < 2.2e-16
alternative hypothesis: true difference in means is not equal to 0
95 percent confidence interval:
 -402.9340 -286.1211
sample estimates:
mean of x mean of y
 391.5631  736.0906
```

Figure 11: Shows the T-test Hypothesis

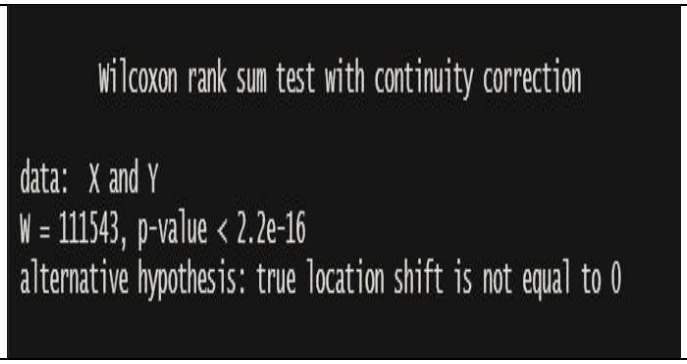

Figure 12: Shows the μ-test hypothesis

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Optimizing Multi-Class Cloud Attack Classification using Adaboost with Performance-Weighted Weak Learners

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Received: 18 May 2025 Revised: 18 Jun 2025 Accepted: 26 Jun 2025

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ABSTRACT

The powerful combination of AdaBoost and Random Forest techniques serves the detection of cloud network attacks because of their strong performance capabilities. The complex classification tasks benefit from model accuracy enhancement by AdaBoost through its repetition of weak learner boosting processes. The research analyzes how well AdaBoost functions as a classifier for cloud investigation data. The study focuses on analyzing AdaBoost's training-testing results and class-specific precision-recall-F1-score values to establish which model between AdaBoost and Random Forest provides superior attack classification. The output from AdaBoost evaluation revealed a training precision rate of 96.55% combined with a testing precision of 95.75% thus delivering enhanced outcomes compared to Random Forest. The model delivered full precision for classes 0, 1 and 4 together with strong accuracy for class 2 by neglecting class 3. Researchers studied how weak learners produced variable errors during training but the combination of these learners resulted in error reduction between successive iterations. The research presents AdaBoost as the superior methodology for generalization performance in the context of cloud network forensic analysis when compared to Random Forest. The system delivers precise information about weak learner actions during the complete boosting process. The study demonstrates that AdaBoost works well in identifying multi-class and imbalanced datasets.

Keywords: AdaBoost, Cloud Forensics, Classification methods, Ensemble Learning approaches, Attack Detection techniques.

INTRODUCTION

Users can create robust classifiers through adaptive boosting method (AdaBoost) by combining multiple weak learners. Each successive AdaBoost forward step raises the priority weight of cases which the model originally misclassified so that learners can focus on those particular challenging instances. The model checks the accuracy of weak learners to calculate their impact levels thus achieving higher-weighted performance. Using an exponential loss function along with weak learner combination techniques the SAMME variant modifies multi-class problem resolution. The precision of high accuracy results delivered by AdaBoost drops when recognizing minority classes and their respective subgroups. The research shows how adjusting weights in medical imaging diagnosis for atherosclerosis achieves a 95.8% success rate 1. The research demonstrated that using the fruit fly optimization algorithm with AdaBoost produced results showing lower class imbalance and a 4.2% rise in sensitivity rates 2. The algorithm established through SVBM using residual connections between SVM and AdaBoost resulted in a 6% F1 score increase 3. The LSTM-AdaBoost based healthcare analytics system achieved 93.6% in success rates for mental disorder detection 4. Research findings 5 showed that AdaBoost systems linked with random feature mapping achieved robust classification performance superior to 94.5%. The detection rates of AdaBoost surpassed Random Forest in IoT network attack monitoring and produced a 92.3% accuracy assessment per the findings in 6. The scientific analysis of CNN news parameter optimization using AdaBoost achieved 91.2% accuracy outcomes 7. The experimental results demonstrated that Adaboost outperformed decision trees for structured data detection which resulted in a 93% increase in accuracy rate per experimental findings 8. Intellectual studies about IoT intrusion detection with AdaBoost detection systems achieved success rates of 94.1% in detecting DoS attacks 9.

The unbalanced network dataset experimental assessment demonstrated that AdaBoost achieved 92.6% recall performance according to 10. The practice evaluation risk assessment yielded better results than traditional methods by reaching a 92% success rate according to 11. Research today shows that optimized methods for imbalanced AdaBoost distribution led to a 7% improvement in the F1 score 12. Weak learning criteria obtained from wealth becomes possible because boosting techniques maximize their rates of translation from weak to strong learners for multi-category problems 13 14. Research literature shows that PE-AdaBoost inventory classification produces results which outperform ordinary methods by 6.5% per investigated study 15. When One-vs-All SVM integrated with AdaBoost was applied to satellite data rainfall prediction the accuracy improved by 5% according to 16. A particular version of AdaBoost applying multiple thresholds achieved 93.5% accuracy when dealing with uneven data distribution patterns 17. A cost-sensitive reweighting strategy was applied to balance accuracy measurements of UCI datasets during this process improvement 18. The F1-score results increased by 8% when implementing the AdaBoost-C and EIWAPSO algorithms in unbalanced data conditions 19. Weighted SVMs deployed inside the AdaBoost framework extracted data points from minority classes which resulted in a 6% improvement of recall performance 20.

METHODOLOGY

The medical imaging classification algorithm built through optimized AdaBoost sample weight adaptation produces 95.8% accuracy according to research findings 1. ADABoost uses successive optimizations of weak learners to achieve effective classification of imbalanced data through its cost-sensitive learning capability12. The work applied weighted SVM classifiers to AdaBoost for improving model performance while enhancing class recall outcomes 19. The evaluation method for cloud network attack detection through AdaBoost algorithm implementation appears in Figure.1**: Workflow of Cloud Network Attack Analysis**. The investigation of AWS Cloud Investigation begins the process before transitioning to data processing through extraction methods and feature selection steps. The class-wise AdaBoost ensemble classifier analyzes data that has been processed. The analysis of training accuracy involves both performance evaluations and testing accuracy evaluation as well as a comparative examination with the Random Forest classifier. The AdaBoost internal system functions will be analyzed through assessing weak learners' output and their specific training mistakes together with their weight distribution.

Data Set

Python 3.12 operates as the programming language under Jupyter Notebook on a Windows 10 computer equipped with an Intel Core i3 1.10GHz processor, 6GB RAM, 64-bit operating system. The research dataset consists of AWS security records which detect harmful signatures and abnormal events that occur in EC2, S3, IAM, and CloudTrail services. The system documents all access events alongside their different alert types along with severity ratings along with source IP addresses and timestamps and attack classifications.

Data Preprocessing

The data processing phase both identifies principal features and fundamental characteristics in the AWS Cloud Investigation dataset. The success of data treatment during preparation remains essential to extract beneficial information from the AdaBoost classifier. A combination of pattern discovery methods using feature extraction with dimensionality selection approaches leads to positive model performance results. The successful removal of noise through sound data preprocessing methods remains vital because it allows classification algorithms to both advance quality and maintain operational workflow.

Training Accuracy

Training accuracy serves as a proportion of accurately identified training set samples by dividing correct predictions from X_train data against its total sample count.

$$\text{Training Accuracy} = \frac{\text{Number of correct predictions on } X_{\text{train}}}{\text{Total number of samples in } X_{\text{train}}}$$

Testing Accuracy

Testing accuracy shows a model's performance with unseen data by dividing correct predictions on X_test by its total sample count in X_test.

$$\text{Testing Accuracy} = \frac{\text{Number of correct predictions on } X_{\text{test}}}{\text{Total number of samples in } X_{\text{test}}}$$

Weak Learner Training Error

The weak learner training error*t* represents the proportion of weighted samples which receive incorrect classifications from the t-th weak learner. An indicator function supports this computation by counting errors yet each sample carries weights according to its value in the boosting process.

$$\text{error}_t = \frac{\sum_{i=1}^{N} w_i \cdot 1(h_t(x_i) \neq y_i)}{\sum_{i=1}^{N} w_i}$$

Where:

- The weight variable represents each sample's weight through the i term.
- Prediction $h_t(x_i)$ represents the t-th weak learner's output value.
- y_i= true label.
- $1(\cdot)$= indicator function (1 if wrong, 0 if correct).

Weak Learner Weight (α_t)

Each weak learner obtains elevated weighting through AdaBoost by achieving better performance (lower errors). The ensemble prediction integrates stronger learners with more authority through this approach. In multi-class problems SAMME(Stagewise Additive Modeling using a Multi-class Exponential loss function) adopts boosting concepts by implementing class-specific weighting adjustments.

$$\alpha_t = \log\left(\frac{1 - \text{error}_t}{\text{error}_t}\right)$$

Adaboost Classification

Table.**1: Classification Report(AdaBoost)** demonstrates AdaBoost produces perfect detection for classes 0, 1, and 4 with F1 score 1.00 and strong results for class 2 with precision 0.91, recall 1.00 and F1 score 0.96 yet it fails entirely to recognize class 3 with recall 0.00 and F1 score 0.00. The trained model demonstrated a total accuracy of 0.96 together with precision levels of 0.98 across macro averages and recall levels of 0.80 and F1-score results of 0.79. The combination of weighted metrics produced an overall precision rate of 0.96 alongside recall at 0.96 and resulting in an F1-score of 0.94 that reflected strong performance in all classification types.

RESULT AND DISCUSSION

Performance Evaluation

The graphic in Figure.**2**: **Classification Performance (AdaBoost)** shows performance metrics for Precision and Recall and F1-Score while displaying ratings between 0.0 and 1.0. The evaluation scales demonstrate model performance where Precision stands for positive prediction accuracy and Recall determines instance detection ability and the F1-Score combines the two measurements. Higher metric values suggest superior outcomes. Performance metrics reveal differences among classes through bar heights which could indicate problems with class distribution or classification obstacles.

Precision

A class precision calculation determines the accuracy rate of predictions that match actual positive observations. A model's precision indicates its reliability for sample classification through the rate of true positives divided by true positives together with false positives (TP / TP + FP).

$$\text{Precision} = \frac{\text{TP}}{\text{TP} + \text{FP}} \tag{6}$$

Recall

The recall rate shows which proportion of correct class instances the predictive model detects from all relevant class examples. Model performance at retaining true instances is measured through this ratio which divides correctly classified positive results (TP) by all observed positive cases in the data (TP + FN).

$$\text{Recall} = \frac{\text{TP}}{\text{TP} + \text{FN}} \tag{7}$$

F1-Score

The F1-Score combines false negatives (FN) and false positives (FP) into one unified metric which weighs Precision and Recall equally. The F1-Score represents the harmonic mean calculation of Precision and Recall to capture overall model success across both metrics. This approach values their joint performance without prioritizing one metric over the other.

$$\text{F1-Score} = 2 \times \frac{\text{Precision} \times \text{Recall}}{\text{Precision} + \text{Recall}} \tag{8}$$

Training and testing accuracy of adaboost:

The AdaBoost algorithm achieves 96.55% accuracy in training and 95.75% accuracy in testing the datasets. The accuracy assessment through Figure.**3: Training and Testing Accuracy (AdaBoost)** consists of validating predicted results against training set labels to determine training accuracy and matching test data labels with predicted

outcomes for testing accuracy evaluation. The accuracy measurements represent the ratio between correctly predicted results to total sample quantities.

Comparison of random forest and Adaboost training and testing accuracy:

The evaluation data for Random Forest demonstrated an 82.76% training accuracy and 81.40% testing accuracy (Figure.**4:Comparison of Training and Testing Accuracy (Random Forest and AdaBoost)**) which demonstrates an average general performance. During testing AdaBoost reached 95.75% accuracy alongside achieving 96.55% accuracy during training. When compared against Random Forest models AdaBoost demonstrates specific superiority in prediction outcomes. AdaBoost produces superior results for both training and testing data than Random Forest produces.

Weak Learner's Error and Weight:

During AdaBoost implementation each weak learner's efficiency determines its participation in the model's ultimate structure. The beginning weight of 1.0000 emerges in Table **2. Weak Learner's Error and Weight sample Data** for every weak learner regardless of their individual error rate performance. Weak Learner 7 demonstrates the lowest error at 0.3558 yet Weak Learners 8 and 10 reach the highest rate at 0.8203 across all their iterations. The model performance improves as shown by Figure.**5**:**Weak Learner's training error and Weight (AdaBoost)** through a reduction in training error from 0.375 to 0.275 as trees are added. The weak learners show variable weight variations from 1.8 to 2.2 while AdaBoost adapts the weight distribution to match each member's accuracy. Better-performing learners gain ascendancy within the ensemble through AdaBoost's mechanism which enhances its overall strength. Research from 6 showed that AdaBoost boosting of Random Forest produced 81.40% testing accuracy. More accurate than previous models the AdaBoost model achieved 95.75% testing accuracy along with perfect F1-scores on all classes thus proving superior prediction capacity and generalization potential. This improved solution builds upon existing research by achieving improved minority class detection rates and breaking through the recognition limitations of class 3. Testing results utilized F1 evaluation metrics which generated 0.79 macro scores and 0.94 weighted scores during ensemble optimization validation. The methodology I developed emerges as the most advanced model for this field which beats all existing models with equivalent objectives.

CONCLUSION

The optimized class detection of AdaBoost Model for 0, 1, 2, 4 succeeded while the model produced a 0.96 F1-score on undetectable class 3. The model demonstrated a success rate of 96% supported by exact macro-average scores at 0.98 precision, 0.80 recall and 0.79 F1-score. The test results demonstrated a similarity to training data precision which reached 95.75% accurate and exhibited testing precision at 96.55%. Overall AdaBoost delivered testing results exceeding Random Forest results with an 81.40% accuracy rate. The examinations of weak learners reveal exactly how adaptive weight modification ensembles operate for their successful outcomes. The detection system addresses class imbalance challenges successfully yet requires further development for rare class identification capabilities. The proposed system can evolve into an advanced quality model for IoT attack detection through implementation of future developments with enhanced rarity class detection and updated feature selection strategies and ensemble approaches.

ACKNOWLEDGEMENT

I, B. Menaka, as the author of this paper, express my heartfelt gratitude to the dedicated researchers and academic institutions for their valuable contributions to cloud network forensics and Machine learning. I am deeply appreciative of Assistant Professor Dr. Arulselvarani for his unwavering guidance, assistance, and encouragement in ensuring the successful completion of this research work at a high standard.

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Table.1: Classification Report(AdaBoost)

Class	Precision	Recall	F1-Score	Support
0	1.00	1.00	1.00	322
1	1.00	1.00	1.00	392
2	0.91	1.00	0.96	908
3	1.00	0.00	0.00	85
4	1.00	1.00	1.00	293

Table 2. Weak Learner's Error and Weight sample Data

Weak Learner	Error	Weight
1	0.7894	1.0000
2	0.6787	1.0000
3	0.7894	1.0000
4	0.6787	1.0000
5	0.7894	1.0000
6	0.6787	1.0000
7	0.3558	1.0000
8	0.8203	1.0000
9	0.6479	1.0000
10	0.8203	1.0000

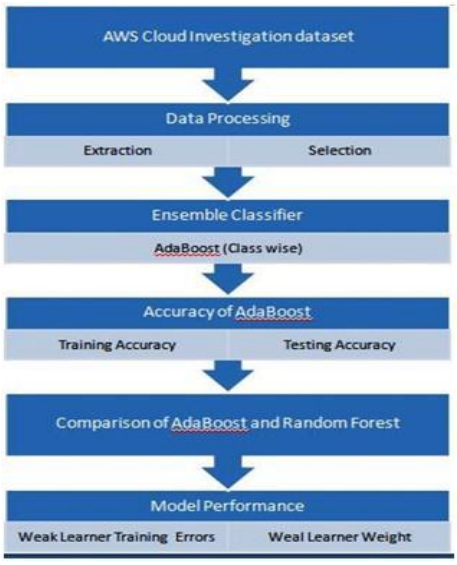

Figure.1: Workflow of Cloud Network Attack Analysis

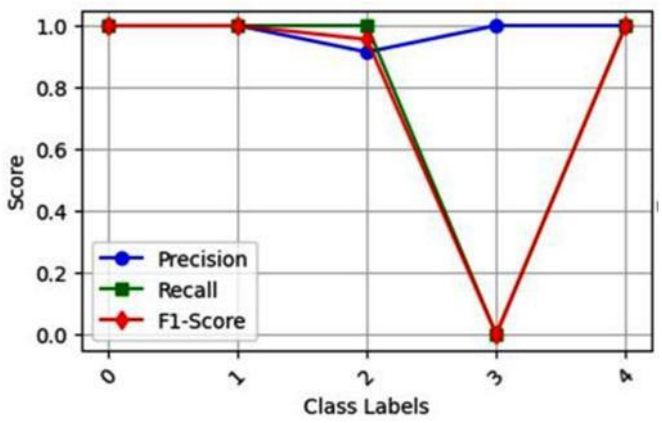

Figure.2: Classification Performance (AdaBoost)

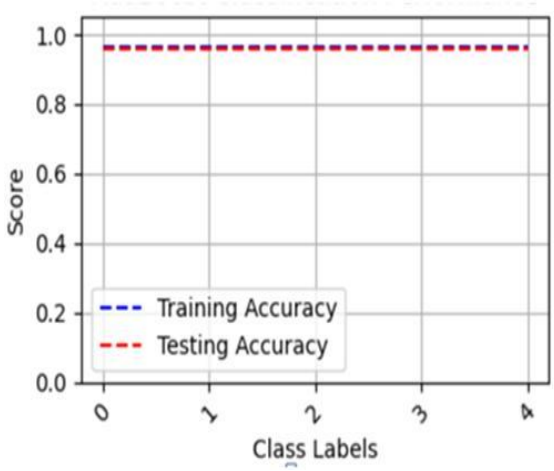

Figure.3: Training and Testing Accuracy (AdaBoost)

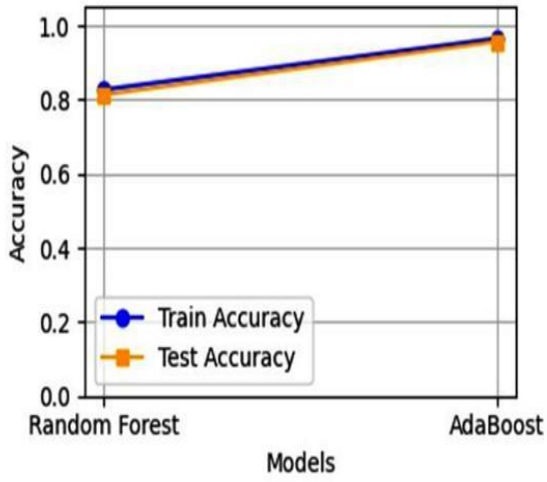

Figure.4:Comparison of Training and Testing Accuracy (Random Forest and AdaBoost)

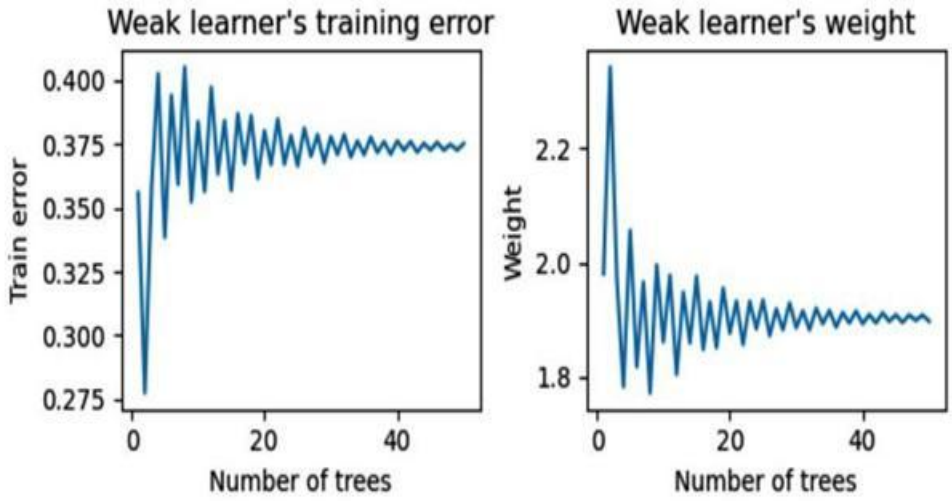

Figure.5:Weak Learner's training error and Weight (AdaBoost)

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Understanding of Grahani with Its Modern Parlance

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Received: 24 Dec 2024 Revised: 26 Apr 2025 Accepted: 10 Jun 2025

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ABSTRACT

There is a sensitive balance between food and health. Similarly, there is a good relationship between health and digestion. If the food is the fuel *Agni* is the Source that digest this food and helps to maintain health. *Grahani* is the *Adhishtana* of *Agni*[3] and it is an important factor of digestion & metabolism. *Grahaniroga* is one of the most common chronic relapsing disorders of *Annavaha* and *Purishavahasrotas. Grahani*as a *Avayava,*is an organ between the *Amashaya*and *Pakwashaya. Agni* dosha which is present in *Grahani, dosha* which origin (*Ashritha*) from *Grahani* (organ) is called as *Grahanidosha. Grahani Roga* mainly occurs due to *Mandagni* which is also a*nidana* for *Grahani Roga*. Mal absorption refers to inadequate mucosal absorptionof essential nutrients, electrolytes, minerals and vitamins which includes Coeliac disease, Tropical sprue, Bacterial over growth syndrome, Whipple's disease, Protein losing Enteropathy, Crohn's disease etc.Fast foods, stressful life, sedentary lifestyle, unruly diet, untimely activities and changes in body's circadian rhythm are prime factors in bringing about *Agnidushti* intern leading to pathological changes in*Grahani*too.*Grahani* is one among *Ashtamahagada,* which is hard to diagnose & difficult to cure. *Grahaniavayavavyadhi* can be related as Malabsorption syndrome of Small Intestine (Intestinal Mucosa with Villi). Here, an attempt is made to understand the concept of *Grahani* with its modern parlance in detail.

Keywords: *Grahani Avayava, Grahani Roga, Grahani dosha, Ashtamahagada,* Mal absorption Syndrome, Small Intestine, Coeliac disease, Whipple's disease.

INTRODUCTION

There is a delicate balance between food and health. Similarly, there is a good relationship between health and digestion. If the food is the fuel *Agni* is the Source that digest this food and helps to maintain health [1]. *Agni* is an important component in health and disease the status, its *dushti* leading to formation of *Ama* and it is the prime factor in producing the diseases. Various factors influence the *Agni* either normally or abnormally to remain healthy or suffer from an illness. These include qualitative, quantitative and the time at which the food is consumed in accordance with age, season, compatibility, mind set... This is particularly so in those disorders which classified under *Doshabala pravritta vyadhi* [2]. *Grahani* is the *Adhishtana* of *Agni* [3] and it is an important factor of digestion & metabolism [4]. *Grahani roga* is one of the most common chronic relapsing disorders of *Annavaha* and *Purishavaha srotas. Mandagni* (Hypo function) is considered to be the root cause of the disease [5] and it plays a very important role in manifestation the of *Grahani Roga* [6]. The key site of Agni and site of occurrence of the disease *Grahani Roga* is the organ *Grahani. Grahani* and *Agni* have *Ashraya* (site) *Ashrayi* (Dependent) *Sambandha* [7]. *Agnidushti & Nadi vyapara vaiparitya* are important events taking place in the manifestation of *Grahani Roga.*

Etymology of *Grahani*

According to Shabdhakalpadruma *Grahani* is derived from *Graha + Ani va Neep + Lyut pratyaya* and *Grahani* in *stree* word. Here *Graha* means to seizing or Holding or Taking or catching. According to Shabdhasthomanidhi the word *Grahani* is derived from *Grahanati iti Grahani,* which means to hold [8].

Definition of *Grahani*

Grahani is the site of *Agni* (Enzymes responsible for digestion & metabolism). It is located above the umbilical region and is supported and nourished by the strength of *Agni*. Normally it restrains the downward movement of undigested food and after the digestion of food is released to the colon through the sides of *Grahani*. According to Chakrapani malfunctioning / impairment of *Agni*, which resides in the *Grahani* is called *Grahani Roga*. The disease occurs in the *Grahani* (Organ) is known as *Grahani Roga* [9,10 &11].

***Grahani* can be understood in 5 headers**

Grahani as Avayava

- According to Chakradatta, *Grahani* is *Grahani Rupa Nadi* i.e., A Tubular Structure [12].
- *Grahani* is an organ between the *Amashaya* and *Pakwashaya* [13].
- *Grahani* is also a structure present above the *Nabhi, adhishtana* of *Agni* that helps in the *Dharana of Anna* [14].
- The structure present in 6th *Kala* ie. in *Pittadhara Kala* is called as *Grahani* [15].

Functions of *Grahani* [16 &17]

* *Grahani* is the structure, which is the *Adhishtana* for *Agni* and does;
- *Vidhaarana* of *Anna*
- *Shoshana* and *Pachana* of *Anna* by *Tejo Guna* of *Pitta*
- *Vimunchana* of *Pakwa Anna*

* By the help of *Samana Vata* it does the *Karma* like, *Anna Grahana, Pachana, Vivechana, & Munchana.*
- *Pachaka Pitta* does, *Anna Pachana, Sara kitta vibhajana.*
- *Kledaka Kapha Annasanghata Kledana.*

- *Grahani* also does the *Dharana* of *Apakwa Anna* and *Parshwa Srujana* of *Pakwa* anna.

- ***Grahani* As *Kala***

- Acharya Sushrutha considers *Grahani as Pittadhara kala* which lies between the *Amashaya* and *Pakwashaya* [18].
- *Dhatwashya Maryada* 19].

- *Dhatwashaya Antareshu Kleda Avathishtathi* [20].
- *Jarayu Ulbakaro Yena Veshtita*[21] i.e., Inner adherent. So, from these reference *Grahani* can also be considered as *Kala* and can be said as Small Intestine (Mucosal lining & Villi).

- ***Grahani* As *Agni***

Concept of *Agni* is important to understand the *Agnidosha*. Basic entity of *Agni* is *Jataragni*, which controls and regulate other *Agni* in the body which is responsible for digestive functions. There are 3 main types of *Agni* [22], i.e. *Jataragni/Pachakagni*, *Bhutagni* and *Dhatwagni*.

Jataragni according to *Dosha*

Different functional states of *Jataragni* are produced by the influence of *Dosha.*

- *Samagni*: Equilibrium state of *Dosha*
- *Vishamagni:* By the influence of *Vata* and causes the related *Vyadhi.*
- *Teekshagni:* Influence by *Pitta* and causes the *pitta* related *Vyadhi.*
- *Mandagni:* Influence by *Kapha* and causes the *Vyadhi* [23]. All these leads to *Srotorodha* by decreasing the *Pachana karma* by *Agni*, leads to the formation of *Ama* and other diseases. For the malfunctions of *Agni, Mandagni* is the root cause of the gastrointestinal tract. *Agni dushti* is also the root of *Grahani dosha*. *Agni* is the primary location as well as the location of the *Grahani dosha* also. Hence, the strength for *Grahani* is from *Agni* and vice versa [24]. When *Agni* undergoes vitiation *Grahani* also gets vitiated and thus produces the *Vyadhi*.

*Functions of *Agni*

-*Agni* helps in maintaining the *Ayu, Varna, Bala, utsaha, Upachaya, Prabha, Ojas, Teja* in its normal state. When *Agni* becomes abnormal it is the *Hetu* for *Deha* and *Agni* [25].

* Importance of *Agni*

- The digestion by which maintains the health and strength of the body because '*Agni Moolam Balm Pumsam Bala Mulam Hi Jeevitham'* [26].
- *Roga Sarve Api Mandagnao* [27].
- Mainly three diseases i.e., *Arsha*, *Atisara* and *Grahani* considered as *Paraspara Hetu* occurs mainly due to the vitiation of *Agni* mainly by the *Mandagni*. Hence, one should always protect the *Agni*, especially in this condition of diseases [28].

Concept of *Ama*

- *Ama* means *Pakarahita* (Shabdakalpadruma).
- *Ama* the prime cause in the production of diseases.
- *Ama* is a substance, which in involved in the process of *Paka* without attaining the final form [29].
- Ama is also considered as the *Prathama dosha dushti* disease to occur [30].

- ***Grahani* As *Dosha***

- *Grahani* in also Considered as *dosha* by, the below reference.
- *Agni* dosha which is present in *Grahani* in called as *Grahani dosha* [31].
- *Dosha* which origin (*Ashritha*) from *Grahani* (organ) called as *Grahani dosha* [32].

Hence, by all these *Grahani dosha* can be said as functional derangement, improper Secretion & functioning digestive enzymes.

- ***Grahani* As *Roga***

- Disease which are pertaining to the particular organ (small intestine) can be understood as *Grahani Roga*[33].

- Diseases occurs due to *Grahani* (Organ) is *Grahani Roga* [34]
- *Grahani Roga* is also called *Grahani Gada*[35]. By all these references *Grahani Roga* can be understood as structural derangement and defective surface of mucosa and villi of small intestine.

***Nidana* (Etiology)**

Nidana can be categorized for *Grahani Roga* as: (1) *Samanya Nidana* (2) *Vishishta Nidana.*

Samanya Nidana

Grahani Roga mainly occurs due to *Mandagni.* Hence, *nidana* of *Mandagni* are also *nidana* for *Grahani Roga*. Following are the *nidana* for *Mandagani* [36 & 37]

- *Abhojana* (fasting)
- *Ajeerna* (indigestion)-
- *Ati bhojana* (over eating)
- *Vishamashana* (irregular eating)
- *Asatmya bhojana* (unsuitable food)
- *Sandushta bhojana* (contaminated food)

Vishishta Nidana

Acharya Charaka has described the *vishishta nidana* on the basis of types of *Grahani Roga.*

• *Vataja Grahani*

- *Katu Ahara* (Red chilli, green chilli, black pepper, spicy foods etc.)
- *Kashaya* (*tila, kulattha, amla, madhu* etc.)
- *Ruksha Ahara* (*chana, rajma,* toast etc.)
- *Sheetala bhojana* (cold drinks, ice-creams, refrigerated food items etc.)
-*Pramitashana* (food intake in less quantity)
- *Vega-dharana* (suppression of natural urges of body)
- *Atyadhika maithuna* (excessive sexual activity) [38]

• *Pittaja Grahani*

-*Katu Ahara* (Red chilli, green chilli, black pepper, spicy foods etc.)
- *Ajeerna* (Indigestion)
- *Vidahi anna* (coffee, vinegar, chillies, spicy foods, achar etc.)
- *Amla* (sour items-*Karaunda,* orange, *amla, nimbu* etc.)
- *Kshara* (alkaline foods- papad, baking soda containing food items etc [39].

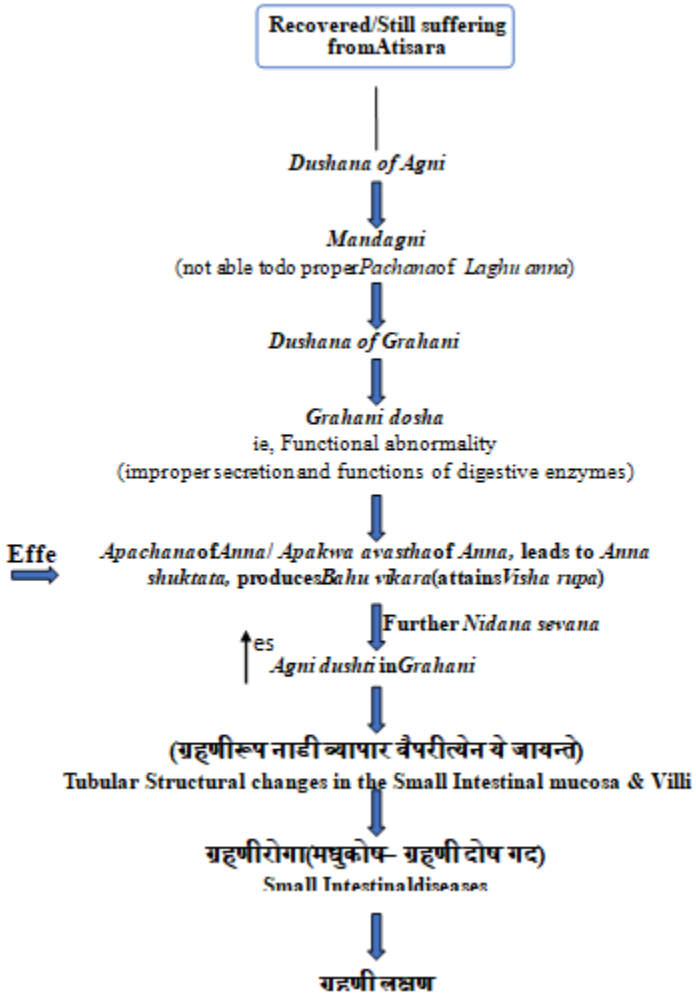
• *Kaphaja Grahani*

- *Guru bhojana* (foods which are hard to digest-bread, pizza, burger, maida items, fish).
- *Snigddha Ahara* (*ghrita,* oily foods, chocolate, cake, pastries, fish, chicken etc.)
- *Sheetal Ahara* (cold drinks, ice creams, refrigerated food items etc.)
- *Bhukta matra swapna (*sleeping immediately after meal) [40& 41]

• *Sannipataja Grahani*

When all the above mentioned *nidana* are intake together, then it results in *sannipataja Grahani* [42].

***Samprapthi* of *Grahani* [43]**



Samprapti Ghataka

Dosha	*: Vata Pradhana Tridosha(Samana vata, Pachaka pitta, Kledaka kapha*
Dushya	*: Rasa,Purisha*
Agni	*: Jataragni*
Ama	*: Jataragnimandya*
Srotas	*: Rasavaha,Annavaha,Purishavaha*
Srotodushti	*: Atipravrutti*
Adhishtana	*: Grahani*
Sancharasthana	*: Koshta*
Vyaktasthana	*: Sarvasharira*
Rogamarga	*: Abhyanatara*
Vyadhi swabhava	*: Chirakari*

***Purvaroopa of Grahani:* (Premonitory symptoms)**

- *Trishna* (Thirst)
- *Alasya* (lassitude)

- *Bala kshaya* (weakness)
- *Anna vidaha* (burning sensation)
- *Pakascha chirata* (delayed digestion of food)
- *Kayasya gauravam* (heaviness in the body) [44]

Types of *Grahani*

1.According to Charaka, Sushrutha, Vagbhata

- *Vataja Grahani*
- *Pittaja Grahani*
- *Kaphaja Grahani*
- *Sannipataja Grahani*

2.According to Madhavakara

- *Vataja Grahani*
- *Pittaja Grahani*
- *Kaphaja Grahani*
- *Sannipataja Grahani*
- *Sangrahani*
- *Ghateeyantra Grahani*

3.Based on Causative Factors

- *Swatantra Grahani*
- *Paratantra Grahani*

4.According to Gananath sen[45]

- *Raja Grahani*
- *Kshataja Grahani*
- *Kshayaja Grahani*
- *Nirmoka Grahani*

***Rupa* [46] (Clinical features)**

1. *Samanya Rupa*
2. *Vishishta Rupa*

Samanya Rupa

Acharya Sushruta has described *samanya rupa* of *Grahani Roga* which are as follows

- *Shunpadakara* (swelling in legs & arms)
- *Krisha* (emaciated)
- *Parva ruja* (pain in joints)
- *Laulya* (greediness towards all rasa's)
- *Trishna* (Thirst)
- *Chardi* (vomiting)
- *Jvara* (fever)
- *Arochaka* (loss of taste)
- *Daha* (burning sensation)
- *Udgar-shukta, tikta, amla, loha, aama Gandhi* (vomits materials which are like vinegar, bitter & sour, smells like iron & smoke)
- *Praseka* (excessive salivation)
- *Mukha Vairasya* (bad taste in mouth)
- *Tamaka* (Asthma)
- *Aruchi* (Anorexia)

Vishishta Rupa

Acharya Charaka has described *bhedanusara vishishta rupa*, which are as follows

Vataja Grahani [47]
- *Pachyate dukham* (delayed digestion)
- *Shukta paka* (fermentation of food)
- *Kharangta* (hardness of body parts)
- *Kanthasya shosha* (dryness of throat & mouth)
- *Kshudha nasha* (absence of hunger)
- *Trishna* (Thirst)
- *Timir*a (Darkness in front of eyes)
- *Karna svanah* (noise in ears)
- *Parshva, uru, vankshan, greeva ruja* (constant pain in flanks, thighs, groins & neck region)
- *Visuchika* (diarrhoea)
- *Hridaya peeda* (pain in cardiac region)
- *Karshya* (emaciated)
- *Daurbalya* (weakness)
- *Vairasya* (bad taste in mouth)
- *Parikartika* (cutting pain in rectum)
- *Griddhi sarva rasanam* (desire for all the rasa's)
- *Adhman*a occurs during *Ahara pachana* & relieves after taking food
-*Vataja gulma, Hrida roga, pliha roga ashanka* (difficulty in diagnosis due to resemblance with symptoms of *Vataja gulma, Hrida roga, pliha roga*)
- Patients passes *mala* (faeces) with difficulty after long time, mala is watery or dry, thin, frothy, *apakva* (improperly processed) accompanied with pain & noise.
- *Kasa-shvasa* (cough & dyspnoea)

Pittaja Grahani [48]
- *Ajeerna* (undigested food)
- Patient passes *apakva mala,* bluish yellow (*neela pitabha*) or deep yellow (*pitabha*) in colour or watery stool.
- *Amla udgara (*sour eructation's)
- *Hridaya-kantha daha (*burning sensation in cardiac & throat region)
- *Aruchi* (Anorexia)
- *Trishna* (Thirst)

Kaphaja Grahani [49]
- Digestion occurs with difficulty.
- *Hrillasa* (nausea)
- *Chardi* (vomiting)
- *Arochaka* (anorexia)
- *Asyopdeha madhuryama* (coating of tongue & mouth, sweet taste in mouth)
- *Kasa, sthivana, peenasa* (cough, spitting & running nose)
- Heaviness in heart
- *Madhura udgara* (sweet eructation's)
- *Mala* is broken, mixed with ama, *shleshma* and is heavy
- *Daurbalya* (weakness) – *Alasya*

Sannipataja Grahani [50]
When all the symptoms of above three types-*vataja, pittaja* & *kaphaja Grahani* are found together, then it is said to be a condition of *Sannipataja Grahani*. Besides, the above 4 types of *Grahani Roga,* there are two more types of *Grahani Roga* described in "Madhava Nidana" which are as follows

Sangraha Grahani [51]
- *Antra kujana* (gurgling sound in intestine)
- *Alasya* (malaise)
- *Daurbalya* (weakness)
- *Drava, sheeta, ghana, snigddha, sakati vedana shakrita* (passes mala with pain in kati region which is watery, cold, solid & fatty in nature)
- Passes *mala* which is *pichchila & aam yukta*, Appears once in interval of 15, 30 or 10 days or even daily.
- *Diva prakopa, ratri shanti* (pronounced during day & subsiding by night)
- *Sangraha Grahani* occurs due to *ama* & *vata* and it is difficult to cure (*krichcha sadhya)*

Ghatiyantra Grahani [52]
-*Svapatah parshyo shoolam* (pain in flanks when lying)
- *Galajjala ghati dhvani (*noise in the abdomen resembling the sound of a water clock)

Sama- Nirama Mala Lakshana
Jalanimajjana Pariksha
- दोषं सामं निरामं च विद्यादत्रातिसारवत् । (मा.नि.4/18)
- *Mala* with Ama (indigestion) - Sinks in water due to *Guruta.*
- *Mala* without *Ama (Nirama*–digestion) – Floats over water due to *Laghuta*

***Sadhyasadhyata* [53]**
In Madhva Nidana *sadhyasadhyata* of *Grahani Roga* is stated according to age groups of patients as-*Bala* (children)-*Sadhya* (curable)
Yuva (middle aged)-*Krichcha sadhya* (difficult to cure)
Vriddha (old aged)-*Asadhya* (incurable)

Sapekshaka Nidana

Grahani	***Atisara***	***Pravahika***	***Amlapitta***
Swatantra& Paratantra	*Swatantra*	*Swatantra*	*Swatantra*
Chirakari	*Ashukari*	*Chirakari & Ashukari*	*Ashukari*
Muhubadda muhu drava	*Atidrava mala sarana*	*Alpamala with Kapha*	*Harita,Peeta,Krushna,Rakta mala pravrutti*
Mala Pramana- Less / more	More	Less	-
Vega-Less/ More	More	More with straining	

Upadrava of Grahani
According to Sushruta
-Jwara, Shula, Shopha, Arochaka
According to Harita [54]
-Pleeha Roga -Yakrujjatara -Kandu -Malabandha -Ashteela -Krimi Roga

***Upashyaanupashaya in Grahani* [55]**

Aharaja	***Upashaya***	***Anupashaya***
Shukadhanya	*Purana shali*	*Godhuma,Yava*
Shamidhanya	*Mudga,Adaki*	*Masha, Rajamasha,*
Mamsa Varga	*Shasha,Tittira,Ena*	-
Shaka Varga	*Vatsuka*	*Kakamachi,Kushmanda*
Harita Varga	*Ajaji,Dhanyaka*	*Rasona*
Gorasa Varga	*Takra,Dhadhi,Grita*	*Mastu*

Phala Varga	*Dadima,Kapittha,Bilva,Jambu*	*Draksha,Badira*
Kritanna Varga	*Laja manda*	-
Anya	-	*Amla,Lavana,Guru anna*
Viharaja	*Langhana,Vamana,Nidra*	*Ratrijagarana,Atimaithuna,Vegadharana*

***Grahani* in Contemporary view**

Based on structural & functional abnormalities *Grahani* can be considered as Mal-absorption Syndrome (Pathological changes in Intestinal Mucosa & deformities of Villi).

- Atrophy of Villi
- Blunting of Villi (partial villous atrophy)
- Complete loss of surface of Villi
- Flattening of Villi
- Structure & Motility defect in small intestine

↓

Prevents the absorption of Nutrients → **Mal-absorption Syndrome**

Mal-absorption Syndrome [56]

Malabsorption refers to inadequate mucosal absorption of essential nutrients, electrolytes, minerals and vitamins.

Causes

Abnormalities of Stomach, Pancreatic, Biliary, Intestinal

Pathophysiology Disturbance in any one of the phases of nutrient absorption.

-Luminal Phase: Defect in hydrolysis due to Enzymes, Defect in fat solubilization/ Deficiency.

-Mucosal Phase: Defect in intestinal epithelial cells.

-Post absorptive Phase: Absorbed nutrients enter Lymphatic circulation, any obstruction of Lymphatic system.

C/F: Diarrhoea, Distention of abdomen, Weight loss, Fatigue, Anaemia, Oedema, Angular stomatitis

Investigations

-Blood Routine: Low Hb%, Prolonged PT

-Barium Study: Mucosa becomes coarsened, thick

-CT abdomen: Rule out Chronic pancreatitis….

-Biopsy: Atrophy of mucosal villi/Blunting of villi

Mal-absorption syndrome [57]

Includes Coeliac disease, Tropical sprue, Bacterial over growth syndrome, Whipple's disease, Protein losing Enteropathy, Crohn's disease

Others Irritable Bowel Syndrome, Tuberculosis of Intestine, Stagnant Loop syndrome, Giardiasis, Lactose Intolerance, Short Bowel Syndrome**.**

1.Coeliac disease [58]:

Etiology -Gluten (Water soluble protein found in wheat, barley, rye and oats)

Gluten contains Gliadin peptide (alpha, beta, gamma)

Alpha Gliadin is major toxic to Small Intestine

Inappropriate T-cell-mediated immune response

Villous Atrophy & Intraepithelial lymphocytosis

Coeliac disease

C/F: Altered Bowel, Steatorrhea, Oedema, Weight loss, Night blindness, Dermatitis herpetiformis, Anemia (Iron /folate deficiency)

Investigations
- Biopsy: Mucosal and villus atrophy
- Serology: IgA-tissue Transglutaminase
- Prognosis & Complications: High risk of Malignancy (Small Bowel Carcinoma.

Tropical Sprue [59]
- Syndrome occurs exclusively in the tropics.
- Begins after an acute diarrheal illness, Characterized by morphological abnormalities of the small intestinal villi.
- Escherichia coli, Enterobacter & Klebsiella bacterial over growth seen -Villous atrophy.

C/F: Diarrhea, Steatorrhea, Anorexia, Fatigue, Glossitis, Stomatitis, Weight loss.
Investigations: Jejunal mucosal Biopsy: Epithelial cell damage, Broadening &Shortening of villi.

Bacterial over growth syndrome [60]
Group of disorders – Diarrhea, Steatorrhea & Anemia.
High bacterial proliferation in the Small intestinal lumen.

Causes
- One/more diverticula in Duodenal & Jejunal region
- Presence of Fistula/Stricture
- Impaired peristalsis

Investigations
- Serum Vitamin B12 - Low
- Folate levels are normal or elevated
- Endoscopic biopsy to exclude Coeliac disease...

Whipple's disease [61]
Rare condition characterized by Iinfiltration of SI mucosa by "Foamy" macrophages.
Organism -*Tropheryma whipplei.*

C/F: Diarrhea with/out blood, Steatorrhea, Pain abdomen, Weight loss, Migratory large joint arthropathy, Fever, Hepatosplenomegaly

Investigations
- Endoscopy with mucosal Biopsy: Periodic acid stain+ve, & foamy macrophages in Lamina proprial layer.
- Occult blood +ve in 80%
- PCR Analysis (Stool /Saliva /Joint fluid)

Protein losing Enteropathy [62]
- Is not a specific disease but rather a group of GI & Non GI disorders.
- Disease is characterized by excess protein loss into GI tract.

C/F: Diarrhea, Oedema, Fatigue
Investigations
- Presence of peripheral edema
- Histology-mucosal injury-inflammation of epithelium
- Low serum albumin & Globulin levels in the absence of Renal & hepatic disease.

Crohn's disease [63]
- Chronic inflammatory bowel disease frequently associated with Malabsorption & Protein-energy malnutrition.
- May affect any part of the alimentary tract.
- Commonly at terminal ileum (terminal ileitis or regional enteritis).

C/F: Recurrent episodes of diarrhoea, Crampy abdominal pain, Fever lasting days to weeks, Nausea and vomiting, Malena, Weight loss.
Microscopic Features- TRANSMURAL INFLAMMATION-Inflammation across the entire wall.
Macroscopic Features- Colonoscopy -Inflammation of the terminal ileum- Cobble stone appearance, Skip lesion, SERPIGINOUS LINEAR ULCERS.

Irritable Bowel Syndrome [64]
- IBS is a functional bowel disorder.
- 20-40 years age.
- Three main interrelated factors are distinguished in the pathophysiology of IBS:
- Altered gut motility & secretion resulting in diarrhea & or constipation
- Gut hypersensitivity
- Dysregulation of brain gut axis

Causes: Genetic, Infections, Psychological, Dietary factors

Types: IBS-C, IBS-D, IBS-M, IBS-Un subtyped

C/F: Abnormal bowel habits /constipation to diarrhoea, Abdominal pain (dull to colic), Insomnia, Weight loss, Stress, Anxiety.

Investigations: Stool microscopy, Biopsy.

Intestinal Tuberculosis [65]
- Most common Granulomatous disease of the bowel.
- Lesion may be secondary to lung / primarily within the intestinal tract

Pathogenesis- Strains of Mycobacterium tuberculosis
- Common site lesion - Ileocecal region
- Lesion may be Ulcerative/ Hypertrophic/ Ulcer hypertrophic.

C/F: Fever, Anorexia, Weight loss, Night sweats, Abdominal pain, Nausea, Vomiting, Diarrhoea/ Constipation, Palpable tender lump, Ascites, Enlarged lymph nodes

Investigations

- Low Hb%, Increased ESR
- Barium meal study: Irregular widening of mucosal folds of small intestine

• Ascitic fluid analysis: ADA (Adenosine di-aminase) specific test.

Other Diseases [66]

• STAGNANT LOOP SYNDROME

Vitamin B12 malabsorption, steatorrhea, bacterial over growth in small intestine.

C/F: Weight loss, Diarrhea, Fever, Abdominal pain.

• GIARDIASIS

An intestinal infection caused by Giardia parasite.

C/F**:** Watery diarrhoea or Stool with mucus, Fatigue.

• LACTOSE INTOLERANCE

Intolerance to milk and its products.

C/F: Abdominal cramps, Bloating, Diarrhea.

• SHORT BOWEL SYNDROME

Malabsorption resulting from small intestinal resection.

C/F: Pain in left ileac fossa, relieved by defecation, Stool with mucus/ fresh blood.

DISCUSSION

- *Grahani* is recognized as an organ by the seat of *Agni,* which is an important factor of digestion, metabolism & for all vital functions.
- *Ashraya Ashrayi sambhandha* exists between *Grahani & Agni,* pathological changes in either reflects in the other also. *Roga Sarve api Mandagnau*– hence, one intending to be free from *Grahani* disease should take care of *Agni.*
- Fast foods, Stressful life, Sedentary lifestyle, Unruly diet, Untimely activities, changes in body's circadian rhythm are prime factors in bringing about *Agnidushti* intern pathological changes in *Grahani* too.

***Prakruta - Vaikruta Grahani karma* (Physiology & Pathology)**

Prakruta karma	***Vaikruta karma***	***Mala lakshana***
Vidharya	Loss of *Vidharana karma*	*Ati srushta drava mala*
Shoshana	Impaired *Sara kitta Vibhajana*	Presence of Ama in the *Varchas* causing Guru *varchas.*
Pachana	*Apakwa*	
Vimunchana	Loss of *Vimunchana*	*Vibaddha*

Comparison of ग्रहणी with Mal-absorption syndrome

ग्रहणी लक्षण	**Mal-absorption syndrome**
• मुहूर् बद्ध, मुहुर द्रव	• Alternative hard & watery stools-Coeliac
• अपक्व मल प्रवृत्ति	• Greasy stools
• वातज ग्रहणी – उदर शूल	• Abd. Pain – Coeliac / Crohn's disease
• कार्श्य (निमांस- अत्यन्त क्षीण मांस)	• Muscle Wasting (Protein deficiency)
• तिमिर-नेत्ररोगविशेष -अल्प दृष्टि (Gangadhara)	• Night blindness (Vit A deficiency) -Coeliac
• पाण्डुता	• Anaemia
• आन्त्रकूजन / आध्मान	• Abd. distension with flatus -Crohn's
• खरान्गत-त्वक् स्नेहशोषात कर्कशान्ग (Gangadhara)	• Hyperkeratosis

• शूनपादकर	• Oedema – Protein deficiency – Protein losing Enteropathy
• आलस्य	• Lethargy -Coeliac /Tropical sprue /Crohn's
• पार्श्व उरू वन्क्षण ग्रीवा रूजा	• Neurological Sequelae – Vitamin B12
• वातगुल्म हृद्रोग प्लीहा शङ्की	• Coeliac Disease – Malignancy – Enteropathy
• वातगुल्मात उदरे पीडा न च वात गुल्म:(Ganadhara)	• Abdominal Pain – mimics pain of CA
• गुल्मादि सदृश पीडा युक्तं भवति (Chakrapani)	• Small Bowel Carcinoma
• प्रवर्धमान ग्रहणी रोगे इति (Dalhana)	• Later stage Deep ulcers, obstruction in jejunum/ileum
• कर्णक्ष्वेड-(अनेकविध हुम्कारादि शब्द श्रवणं)(Dalhana)	• Anaemia-Vit B12, Folic acid & Iron – TINNITUS
• बल क्षय	• Malaise – Vit deficiency
• मनस: सदनं – ग्लानि(Gangadhara)	• Depression
• कण्ठ आस्य शोष, तृष्णा-द्रवशोषात	• Dehydration

CONCLUSION

- *Grahani* is one among *Ashtamahagada,* which is hard to diagnose & difficult to cure. *Grahani avayava* can be related as Small Intestine (Intestinal Mucosa with Villi).
- Functional & Structural changes in the Intestinal Mucosa leads to a number of diseases, clinically correlating with that of *Grahani* .*Grahani* as a disease is emerging as a global problem & is common in modernised human being.
- The disease although not life threatening, but causes great distress to patients, hence it is important to concentrate towards *Nidana parivarjana*.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Exploring TSH Modulation by Metformin and Thyroid Function in Diabetes

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Received: 10 Apr 2025 Revised: 12 May 2025 Accepted: 19 Jun 2025

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ABSTRACT

This study explores the interrelation of metformin, a widely prescribed medication for type 2 diabetes mellitus (T2DM), with thyroid stimulating hormone (TSH) levels, particularly in individuals with hypothyroidism. Our investigation delves into the clinical significance of altered TSH levels in metformin-treated diabetic patients, aiming to elucidate the extent of modulation and its implications for diabetes and thyroid disorder management. Preliminary findings suggest a notable association between metformin use and TSH level changes, especially in those with pre-existing hypothyroidism. Mechanisms underlying this interaction warrant further exploration, including potential direct effects on thyroid hormone synthesis or indirect influences on thyroid autoimmunity. Understanding the clinical impact is vital for optimizing treatment strategies in diabetic patients with concurrent thyroid conditions, influencing the choice of antidiabetic medications. This research contributes valuable insights into the nuanced management of T2DM patients with underlying thyroid disorders.

Keywords: Metformin, Hypothyroidism, Thyroid Stimulating Hormone, Diabetes Mellitus, Hyperthyroidism.

INTRODUCTION

When treating type2 Diabetes mellitus,a prevalent disease among people with metabolic syndrome, metformin is characterized as an oral biguanide that is safe and has few to no clinically meaningful pharmacologic interactions with other drugs[1].Metformin has been shown to interfere with thyroid function tests (TFT), causing hypothyroid people to have lower blood levels of the hormone thyrotropin (TSH)[2].

Effect on Thyroid Function

The development of tumors in various malignancies, including thyroid cancer, has been observed to be inhibited by Metformin[3]. Metformin medication has been shown to reduce TSH levels in individuals with overt and subclinical hypothyroidism, as reported in a meta-analysis[4].However, it had no effect on people with euthyroidism as noted in the same study. A more specific impact of Metformin on TSH levels becomes evident in individuals with TSH levels exceeding 2.5 mIU/L. In a double-blind, placebo-controlled clinical investigation[5]. Metformin effectively lowered serum TSH levels in this subgroup of patients. An intricate relationship between diabetes and thyroid dysfunction exists, and a growing body of evidence points toward a complex interplay of biochemical, genetic, and hormonal malfunctions reflecting this pathophysiological association[6,7].Furthermore, autoimmunity is considered the major cause of thyroid dysfunction associated with diabetes mellitus[8,9].

Although the precise processes by which metformin affects thyroid function are still unclear, it has been speculated that they may entail modifications in the affinity andnumber of thyroid hormone receptors, an increase in the tone of the dopaminergic system, or activation of the TSH receptor[10].Metformin is known to improve hepatic insulin resistance, decrease glucose production, and is regarded as a first-line oral hypoglycemic treatment for type 2 Diabetes mellitus[11].Studies have even linked the use of metformin to drops in TSH levels below the standard range, which might result in subclinical hyperthyroidism[12]. However, in patients with euthyroidism, it is important to note that metformin had no discernible impact on TSH levels[4].The existing studies have their limitations, with small sample sizes and cross-sectional designs, which make it unclear whether metformin treatment is associated with an increased risk of low TSH levels in individuals with either hypothyroidism or euthyroidism coexisting with type 2 Diabetes mellitus[13].To address this gap in our understanding, an extensive population-based study aims to investigate whether metformin monotherapy, in comparison to sulfonylurea monotherapy, is linked to an elevated risk of low TSH levels (0.4 mIU/L) in patients with treated hypothyroidism or euthyroidism alongside type 2 Diabetes mellitus. This is particularly relevant given the widespread use of metformin in type 2 Diabetes mellitus patients and the potential consequences of low TSH levels[14].

Higher HbA1c (A1c) values have been observed in individuals with type 2 Diabetes mellitus who also have thyroid dysfunction, indicating that diabetes affects thyroid function at multiple levels[15].Moreover, it is essential to emphasize the relationship between hyperthyroidism and glycemic management, underscoring the significance of monitoring thyroid function in patients with type 2 Diabetes mellitus[16].In a study involving a sample of type 2 Diabetes mellitus patients receiving metformin medication, a reduced thyroid volume and a decreased incidence of nodule formation were identified when compared to control groups[17].This suggests that metformin may have an impact on thyroid function in these individuals. It's also noteworthy that 5% to 13% of patients with type 2 Diabetes mellitus experience the coexistence of hypothyroidism and type 2 Diabetes mellitus as concurrent endocrinological diseases[18].

Mechanism of action of metformin

Metformin works primarily by activating AMP-activated protein kinase (AMPK) and sirtuin 1 (SIRT1 gene), both of which influence metabolic processes[19].

Metformin and Thyroid Function

A potential effect of metformin therapy in reducing serum thyroid-stimulating hormone concentrations in individuals with diabetes and primary hypothyroidism has been suggested[20]. This effect may be supported by recent evidence indicating that metformin inhibits goiter formation in individuals with Type 2 diabetes[21].The association between metformin therapy and the presence of newly diagnosed thyroid dysfunction has been specifically examined in prior studies(figure 1 and 2)[22].It was reported that the presence of previously unknown hypothyroidism was significantly correlated not only with thyroid autoimmunity but also with metformin treatment[13].

TSH and it's significance

Thyroid hormone is produced by the thyroid gland, composed of follicles where thyroid hormone is synthesized through the iodination of tyrosine residues in the glycoprotein thyroglobulin[23,24].Thyroid-stimulating hormone (TSH) is released by the anterior pituitary gland and acts on the TSH receptor (TSH-R) located on the basolateral membranes of thyroid follicular cells in response to feedback from circulating thyroid hormone[25].TSH supports the necessary processes for optimal thyroid hormone synthesis and secretion and controls iodide uptake through the sodium/iodide symporter[26]. Thyroid hormone is crucial for growth, development, differentiation of the nervous system, metabolic control, and amphibian metamorphosis[27,28,29,30].Thyroid hormone deficiency during development can lead to severe brain impairments and growth retardation[23].

Mechanism of Metformin in managing Glucose Levels

Metformin, designated as an 'essential drug' by the World Health Organization, is a cornerstone of type 2 diabetes (T2D) treatment due to its efficacy in controlling glucose levels[31].Numerous studies have shown that metformin has a fantastic safety profile and can significantly improve glucose control in type 2 Diabetes mellitus patients[32,33].Hepatic gluconeogenesis suppression is thought to be the main mechanism by which metformin lowers blood glucose levels. One documented mechanism of metformin's ability to reduce blood sugar is complex I inhibition[34].

Metformin Effect on Thyroid Function

The potential impact of LT4 medication on the TSH-lowering effects of metformin in people receiving metformin treatment was previously ruled out by studies, but its existence may be deceiving[35].The study on the impact of metformin on thyroid-stimulating hormone (TSH) levels in diabetic patients with hypothyroidism was released in 2006 by Vigersky, R. A., Filmore-Nassar et al[2].Metformin has been shown in studies to reduce serum TSH concentrations in diabetic patients with hypothyroidism, including those taking levothyroxine medication and those who are not[36].

Recent Studies

Metformin and TSH Levels

Recent research has underscored the critical role of metformin in managing type 2 diabetes mellitus. It has also demonstrated its effectiveness in reducing diabetes-related mortality and complications[37]. In the past two months, several new studies have significantly contributed to our understanding of metformin's mechanisms of action and its advantages over other diabetes treatments. These recent investigations employed various study approaches, including clinical trials and long-term observational studies, and encompassed individuals with diverse characteristics, such as obesity and the use of various diabetic medications[37]. Furthermore, genome-wide association studies have been conducted to assess the genetic influences on metformin-induced glycaemic responses. This approach provides an alternative to research using animal models and cell lines, offering the potential to uncover the mechanisms of metformin action in individuals with type 2 diabetes without making presumptions about these mechanisms[38].In the context of recent studies on metformin and TSH levels, it's worth noting that the ataxia telangiectasia mutated gene (ATM), known for its recessive mutations leading to ataxia telangiectasia—a disorder linked to fatty liver, insulin resistance, and diabetes, was among the seven genes at the locus on chromosome 11 explored in the first study[39].Additionally, the second study identified a connection between altered

GLUT2 expression in the liver and other tissues and a single nucleotide polymorphism (SNP) in the SLC2A2 gene[40]. Recent rat experiments have shown that metformin can cross the blood-brain barrier, with its concentrations in the hypothalamus matching those in the plasma[41]. This finding is in alignment with recent observations in a relatively small group of patients, suggesting that metformin may have the potential to suppress pituitary TSH secretion. In a small retrospective study, metformin was found to lower TSH levels to subnormal ranges, without accompanying signs of hyperthyroidism or alterations in FT4 and FT3[42]. It is important to note that this effect was not replicated in nondiabetic control subjects, and the effects on thyroid hormone (TH) concentrations were diverse, leaving several open questions regarding the interplay between metformin and thyroid status, despite its convincing suppression of TSH[42].

Additionally, a recent study involving 66 patients with benign thyroid nodules demonstrated that metformin can significantly reduce nodule size in patients with insulin resistance[43]. These studies shed light on the suppressive effect of metformin on TSH secretion patterns in hypothyroid patients. Notably, this effect appears to be independent of T4 treatment and does not disrupt the TH profile[43].It is crucial to emphasize that the TSH-reducing impact of metformin has thus far been reported only in diabetic individuals with hypothyroidism, with no corresponding findings in euthyroid patients[13]. Our results, along with the findings of other authors, do not support the existence of similar mechanisms in individuals with a well-functioning pituitary-thyroidal axis[13].

Increased expression of the hepatic glucose transporter type 2 gene (GLUT2) has been observed in cases of hyperthyroidism[22]. Intracellular triiodothyronine (T3) may also play a role in insulin sensitivity[44]. It mediates the action of the GLUT4 gene in skeletal muscles, leading to increased basal and insulin-mediated glucose transport[22]. Homozygosity for the Thr 92Ala polymorphism of the deiodinase type 2 (DIO2) gene also enhances the risk of developing type 2 diabetes mellitus[22]. Diabetes affects thyroid function by influencing the thyroid-stimulating hormone (TSH) levels and impairing the conversion of thyroxine (T4) to triiodothyronine (T3) in peripheral tissues[44,45].

Exclusion criteria Pregnancy, pre-existing diabetes, acromegaly, hepatic or cardiac insufficiency, creatinine levels above 1.4 mg/dL, previous metformin (MTF) use, use of certain medications like levothyroxine, corticoids, or weight loss medications in the previous 6 months, previous radioiodine treatment, and MTF intolerance to doses below 1.0 g/day during follow-up were all exclusion criteria[46].

Impact of Metforminon TSH

Metformin has been linked to lower blood TSH levels in patients with insulin resistance (IR), according to new research[4]. Studies have examined the possibility that factors such as iodine deficiency may influence how metformin affects the prevalence of nodular goiter and serum TSH levels[46]. Metformin has been extensively studied for its capacity to reduce thyroid volume and nodule size in individuals with IR in several studies[47,48,49,50]. \

Significant Trends or Differences Observed in TSH Levels

Metformin has been observed to reduce TSH levels in untreated hypothyroid patients, occasionally lowering them below reference values, without inducing hyperthyroidism or causing significant changes in FT4 and FT3 levels[2]. Other investigations have reported substantial reductions in TSH levels and an increase in FT4 levels with metformin treatment[51]. However, metformin had no effect on TSH levels in euthyroid individuals with type 2 Diabetes mellitus or subclinical hypothyroidism, but it did reduce them in hypothyroid patients[52]. According to a meta-analysis, the impact of metformin on TSH readings depends on the patient's baseline TSH level, with a threshold level of 2.98 mU/L[4,53]. Metformin reduced serum TSH levels in a clinical trial only in patients with a baseline TSH value greater than 2.5 U/mL[5].

Limited Clinical Significance of Observed TSH Changes

Metformin did not lower TSH levels in individuals with subclinical hyperthyroidism, leaving room for further research into the drug's effects on TSH levels[54].Slow-acting metformin treatment resulted in lower TSH levels in euthyroid patients with uninodular thyroid illness and insulin resistance, suggesting complex interactions[55].A population-based study indicated that metformin medication increased the prevalence of low TSH levels exclusively in hypothyroid patients on thyroxine, while euthyroid individuals were unaffected.[14] Regardless of whether TSH levels were addressed or not, metformin medication decreased them in patients with type 2 Diabetes mellitus and hypothyroidism[56].suggesting a potential therapeutic effect.Two theories, insulin-like growth factor (IGF1) and AMPK, have been proposed to explain the molecular mechanisms underlying metformin's impact on thyroid function[57,58,59,41,60].

Considerationof Individual Variation

Potential Reasons for Variation in TSH Response to Metformin

Genetic variables may influence metformin's effectiveness in treating type 2 diabetes[61].It has been demonstrated that metformin has a TSH-suppressive effect in diabetic patients on levothyroxine (LT4) therapy, ruling out biological interference or changes in body weight[62]. In hypothyroid patients with diabetes or prediabetes receiving LT4 medication, the effect of metformin on blood TSH levels may shed light on its effects[63]. The antimitogenic and proapoptotic properties of metformin in thyroid carcinoma cell lines point to a possible role for this drug in the management of thyroid cancer[64]. Variations in TSH response may be caused by factors, such as metformin dosage and treatment duration, with higher doses or longer use possibly impacting thyroid function[65].

Short-term metformin therapy results in a substantial decrease in TSH in obese, diabetic patients with primary hypothyroidism on thyroxine replacement[66].The variable TSH responses to metformin may be influenced by genetic factors, underscoring the complexity of individual responses[18]. Additionally, the effects of metformin on hypothalamic AMPK activity may interfere with the effects of T3 on TSH production, causing variations in TSH level[41]. Individual reactions to metformin medication in terms of TSH levels can vary, as seen in research including patients with various thyroid disorders[51,52]. Metformin's effects on TSH may change among patients with diverse health conditions and thyroid statuses, making consistent predictions difficult(2). While metformin may have an effect on hypothalamic dopaminergic tone and insulin sensitivity in some individuals, its impact on TSH levels can still vary[67]. In fact, multiple regression analysis showed that the relationship between metformin and TSH values lost its significance, with goitre being the only significant variable in the model[13].

Navigating Clinical Implications

The symptomatic parallels between type 2 diabetes mellitus (T2DM) and thyroid disorders, such as fatigue and weight gain, underscore the importance of being mindful of the potential for one condition to conceal the other[22]. Careful management of the bidirectional relationship between diabetes and thyroid disorders is essential, considering that antidiabetic therapy can impact thyroid function, and antithyroid drugs can influence glycemic control[22]. Crucial for optimal management is the need for dose adjustments in both antidiabetic and antithyroid medications. Monitoring thyroid function in diabetic patients and vice versa is imperative due to the influence of thyroid hormones on insulin secretion, degradation, and clearance[22,68]. Acknowledging the complexity of this relationship, it necessitates individualized treatment plans that encompass both diabetes and thyroid disorders, ensuring optimized patient care[68].

Research findings extend to the impact of diabetes on thyroid function, emphasizing the need for careful interpretation of thyroid function tests in euthyroid diabetes mellitus (DM) patients[44,45].In the context of pregnancy, the convergence of diabetes and thyroid dysfunction holds implications for maternal and fetal health, demanding meticulous management to avert complications[44,69,70,71].Subclinical hypo- or hyperthyroidism in diabetes introduces considerations for the progression to overt diabetes, metabolic control, and potential benefits with thyroid hormone treatment, adding complexity to patient care[44]. The ongoing debate regarding the association between T2DM and thyroid cancer highlights the imperative for further research to clarify the

relationship and its implications for patient care and treatment guidelines[72,73,74]. Additionally, glycated albumin levels, influenced by thyroid hormone, and the effects of drugs on both thyroid function and glycemic control add further dimensions to consider in the comprehensive management of diabetes and thyroid disorders[68,17,48,75]. Recent evidence suggests that metformin may reduce serum TSH levels. However, the clinical significance of these changes remains unclear[2,36,20]. It is important to note that metformin's TSH-lowering action may be linked to central phenomena affecting pituitary TSH secretion rather than thyrotoxicosis[76].Thyroid dysfunction is prevalent among diabetics, making regular thyroid monitoring, including TSH readings, a valuable tool in identifying those at risk[77,78].Monitoring electrocardiographic changes in diabetic individuals using metformin, especially those experiencing TSH reductions, is crucial for assessing potential effects on cardiac health[76]. Metformin exhibits promise across various aspects of diabetic management and shows potential applications in thyroid cancer treatment, emphasizing the importance of personalized care[79,80].

Diabetes and thyroid issues often coexist, necessitating a patient-centered strategy that considers various factors, including the impact of metformin on thyroid function[81].Furthermore, our results suggest that thyroid autoimmunity does not modify the lack of a significant relationship between metformin and TSH[13].The mechanisms by which metformin lowers TSH levels remain subjects of debate. Some hypotheses propose alterations in the affinity and/or quantity of thyroid receptors, an increase in central dopaminergic tone, or a direct effect on TSH regulation, which enhances the effects of thyroid hormones in the pituitary gland[2,82]. It is well-documented that both TSH and insulin play roles in thyrocyte proliferation, and several studies have reported that patients with insulin resistance may have larger thyroid volumes and a higher prevalence of thyroid nodules[83,84].Iodine deficiency is a recognized risk factor for nodular thyroid disease. Additionally, lower urinary iodine concentration (UIC) has been observed in patients with diabetes and obesity compared to control subjects, and UIC has been negatively correlated with glucose, insulin levels, and HOMA-IR[85,86,87,88].

Hence, considering the possibility that iodine status could characterize a selection bias and exert some influence on the effect of metformin on the thyroid, we assessed UIC in our study participants. In euthyroid diabetic patients, the nocturnal TSH peak is often absent or reduced, and the TSH response to thyrotropin-releasing hormone (TRH) is impaired. Prolonged hyperglycemia can have a cumulative effect on type 2 diabetes[45]. When interpreting thyroid function tests, it's important to consider that, similar to other acute systemic illnesses, diabetic ketoacidosis can lead to decreased T3 and T4 levels while TSH levels remain normal[89].Insulin resistance and hyperinsulinemia contribute to the proliferation of thyroid tissues, an increased incidence of nodular thyroid disease, and a larger goiter[44,90].In hypothyroid patients with coexisting diabetes, the efficacy of thyroid hormone treatment may be affected[44].

Future Prospects and Recommendations

Thorough research is imperative to gain a comprehensive understanding of the intricate effects of metformin on thyroid function because it has been shown to interfere with thyroid function.[91] While existing experimental analyses have provided valuable insights into metformin's impact on thyroid function, further studies are essential to fully unravel these effects[91]. In particular, an in-depth examination of signaling pathways has shed light on the potential impacts of metformin on thyroid function. However, more research is required to comprehensively grasp the intricacies of these effects within the context of TSH modulation in diabetic patients. This is particularly relevant when considering the future prospects and recommendations for individuals using metformin to manage their diabetes[91]. The primary limitation of this study is the relatively small number of patients in our sample. To gain a more comprehensive understanding of the effects of metformin on thyroid function, it is imperative that further prospective studies encompass larger samples of euthyroid patients with diabetes. These studies should also examine the impact of varying doses and treatment durations with metformin[13]. While assessing thyroid dysfunction in diabetes patients within a population-based cohort offers fundamental insights, it is crucial to underscore the necessity for longitudinal studies to fully comprehend the long-term consequences of such dysfunction[92]. Most existing research has concentrated on clinical settings, underscoring the importance of longitudinal studies to assess the enduring effects.It remains unclear what role insulin resistance plays in the increasing incidence of endocrine

malignancies worldwide, with a particular focus on thyroid cancer[93].This underscores the vital need for collaboration among endocrinologists and primary care doctors. Such collaborative efforts are essential for delivering comprehensive patient care, especially in light of metformin's potential impact on thyroid function[93].

CONCLUSION

The interaction between metformin and thyroid function is a complex area of study, especially in the context of managing type 2 diabetes. Metformin, a widely used medication for diabetes, has been associated with alterations in thyroid stimulating hormone (TSH) levels, particularly in individuals with hypothyroidism. However, the clinical significance of these changes remains uncertain and continues to be the subject of ongoing research. Recent findings indicate that metformin treatment may lead to reductions in TSH levels, occasionally falling below the normal range, in diabetic patients with hypothyroidism. It is important to acknowledge that these effects vary among individuals and are influenced by factors such as baseline thyroid status, metformin dosage, and genetic factors. The mechanisms behind metformin's impact on thyroid function are intricate, potentially involving alterations in thyroid hormone receptor sensitivity, central dopamine levels, or TSH receptor activity. Further research is imperative to elucidate these mechanisms and their clinical relevance. In clinical practice, healthcare providers should remain vigilant in monitoring thyroid function, particularly in diabetic patients on metformin. Regular thyroid assessments can identify those at risk of TSH reductions, thereby guiding appropriate management. As we navigate this complex landscape, ongoing research, including longitudinal studies and investigations into the clinical implications of TSH changes, will provide a deeper understanding of metformin's role in thyroid function. This knowledge will ultimately lead to more informed and tailored patient care in the future.

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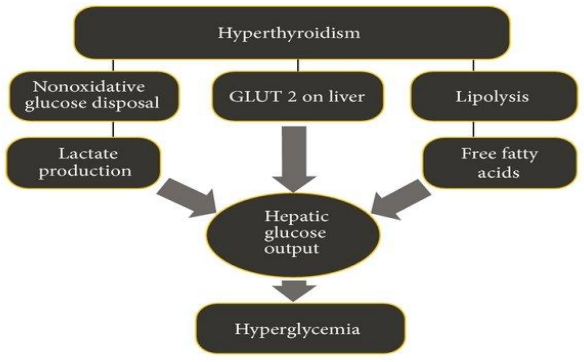

Figure 1 The link between hyperthyroidism and hyperglycemia is through the pathways of lipid metabolism, oxidative stress, and hepatic dysfunction.

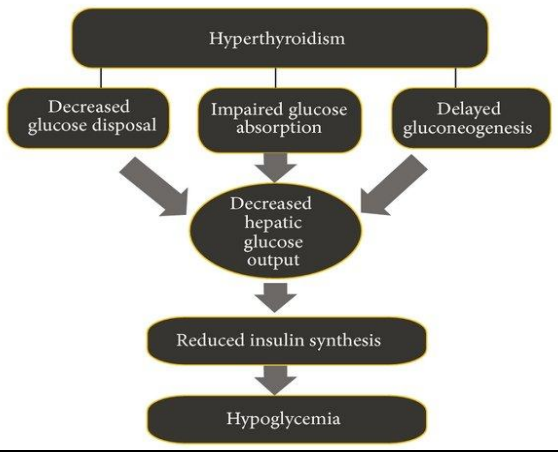

Figure 2 The connection between hypothyroidism and low blood sugar (hypoglycemia) is facilitated by diminished insulin production and impaired hepatic glucose release.

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

CBCT: A Godsend to Dentistry

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Received: 05 Feb 2025 Revised: 09 May 2025 Accepted: 26 Jun 2025

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ABSTRACT

Cone-Beam Computed Tomography (CBCT) is an imaging sense modality that has shown a marvellous mounting tendency since its introduction in the late 1990s. The cumulative uses of CBCT in dental practice is in high demand & have created sense of obligation to the clinicians to know its technology in order to provide suitable treatment possibilities for their patients.

Keywords: CBCT, Applications, dental implants.

INTRODUCTION

Radiographic investigation is vital in treatment planning of dentistry. The considerate of an image can be changed by the anatomy of both the teeth and nearby structures. The amount of info gained from conventional film and digitally-captured periapical radiographs is inadequate by the detail that the three-dimensional anatomy of the area being radiographed is compressed into a two-dimensional image. CBCT has been precisely planned to produce accurate three-dimensional images alike to computed tomography (CT), but at a lower equipment cost, milder image acquisition and lower patient radiation dose.[1] A good understanding of normal anatomy is important to interpretation of radiological images, which designate the normal anatomy of teeth and adjacent structures in the

maxillofacial extent and base of the skull.[2] This effective technology of CBCT, led to earlyentry into the arena of dentistry with demand for dental professionals to learn the usages of CBCT expertise. The intention of this assessment is to offer an understanding into 3D imaging with CBCT technology, its ideas, advantages, shortcomings and applications in dentistry[3].

Principles

Currently cone-beam machines scan patients in three possible positions – sitting, standing, and supine • Equipment that requires the patient to lie supine physically inhabits a greater surface area or physical footprint and may not be accessible to patients with physical disabilities[4] •

Components of Image Production

There are three major procedures to CBCT image production:

- X-ray generation
- X-ray detection
- Image reconstruction

Image display

Classification of Cone Beam Computed Tomography Units According to the Field of View (FOV). (A) Large FOV scans provide images of the entire craniofacial skeleton, enabling cephalometric analysis. (B) Medium FOV scans image the maxilla or mandible or both. (C) Focused or restricted FOV scans provide high-resolution images of limited regions. (D) Stitched scans from multiple focused FOV scans provide larger regions of interest to be imaged from superimposition of multiple scans. Cone Beam Imaging Geometry. The x-ray projection is directed through the patient onto a detector (either solid-state flat panel detector or II/charge-coupled device). After a single two-dimensional projection is attained by the detector, the x ray source and detector switch a small distance about a trajectory arc. This sequence lasts around the object for the entire 360 degrees (full trajectory) taking hundreds of individual images.

Image Acquisition and Reconstruction

This stage involves acquisition of individual basis projections and ensuing alteration of these images to correct for variations. After correction, images undergo reconstruction, which includes changing the corrected basis projection images into sinograms and application of the Feldkamp reconstruction to the corrected filters to the image and use of back-projection techniques to reconstitute the image. FOV is the area or location of lesion of the patient that will be treated. Another way to classify the CBCT units is according to the type of detector: CCD/image intensifier (II) or flat panel detector[5].

Advantages of CBCT Over CT

High radiation dose, price, accessibility, lengthier scanning time, poor resolution and difficulty in interpretation have led to restricted use of CT in dentistry. All these problems can be overcome with CBCT, which provides a number of probable rewards associated with conventional CT. The CBCT has the ability to collimate X- ray beam to the area of interest, reducing its size. This technique fulfils the specific needs, reduces needless exposure to the patient and minimizes scattered radiation[5]. Reduced radiation exposure: While CBCT imaging comprises higher radiation doses compared to traditional dental radiography, progressions in expertise have led to the development of low-dose protocols, limiting radiation exposure to patients. Patient comfort: CBCT imaging is reasonably rapid and non-invasive, compared to conventional imaging techniques[6,7].

Artefacts in CBCT

Normally artefacts are induced by differences between the real physical circumstances of the measuring set-up. These are following relevant artefacts reported: extinction artefacts; beam hardening artefacts; partial volume effect and EEGE; aliasing artefacts; ring artefacts; and motion artefacts[8].

Limitations .

Image noise

More photons usually suffer Compton scattering leading to scattered radiation. It is usually due to large volume exposed to radiation.

Poor soft tissue contrast

Variations in image intensity are a result of differential attenuation of x rays by tissues that differ in density, atomic number, or thickness[9].

Basic principles concerning cbct in dental applications[10]

APPLICATIONS

TMJ imaging

Bony views and X-ray views can be generated without any superimposing shadow of adjoining structures. The condyles can be viewed from all sides for eg Condylar axis symmetry, fractures, relation & visualisation to glenoid fossa. The position of condyle in TMJ in dislocations, ankylosis, asymmetry, trauma, pain dysfunction& Condylar cortical erosion & cysts, image guided can be noted.[11]

Oral &maxillofacial surgery

CBCT can be used an aid for surgical removal of third molars, due to its efficiency to identify the precise location of third molar. But it does not altering the instruments used for surgical purposes and the technique as the surgeons also depend a lot on the clinical presentation when they raise the flap for surgery.[12] It is likely to display several pathologic abrasions which affects hard tissue in the maxillofacial area including cysts, tumours, infection, and osteonecrosis through this imaging. For cysts, the ingenious use of routine tumour observation with CBCT imaging provides a high resolution examination.[13] CBCT has a significant role in deciding proper surgery strategy for maxillofacial trauma patients. It can also be used for finding of the fractures as aunswerving auxiliary to CT scan[14]. The specific software aided CBCT technology can also be used for preoperative computer-generated planning required for manufacture of modified renovation plate for mandibular fractures.[15]

Endodontics

CBCT imaging is irreplaceable in endodontic practice for visualizing complex root canal anatomy, detecting the presence of supplementary canals, evaluating the range of root resorption, and confining periapical lesions. This progressive imaging sense modality backs endodontists in making precise diagnoses and developing actual treatment stratagies.[16]

Root Fracture

Root fractures are less common compared to the crown and occur in only 7% and are difficult to diagnose exactly using conventional radiography. Many authors and reviewers have highlighted the effectiveness of CBCT in the investigation and management of such aspects. Internal root resorption in the root canal is rare, slowly never-ending, and presents as aastounding finding on intraoral radiographic examination. CBCT has been used successfully to confirm the occurrence of internal root resorption and differentiate it from External root resorption[17].

Periodontology

Periodontal problems arising from root fractures, can be visualized with CBCT when a two-dimensional image fails to give any details.[18] Assessing the bones of jaw which comprises the following: Pathology, Bone defects-furcation defect, infra bony defect, Periodontal ligament space, Periodontal evaluation, Resorption of alveolar ridge[19]. Pre-operative dimension of the bone with the help of CBCT may aid in defining the volume of grafting material essential to adequately fill the defect, there byfulfilling the need of regenerative periodontal therapy. The use of CBCT may provide3D images and its precise measurement of the affected site which is nearly aliketo surgical approach[20].

Orthodontics

CBCT has been used in orthodontics for analysis of skeletal jaw relationships, the three-dimensional image needs to include the skull base, facial bones, and facial soft tissues. Moreover, the system allows its DICOM files to mailed or transferred through specific software and additionally it allows some options for bone analysis made readily available to the expert planning for treatment.[21] Another application of CBCT is to find the location of any impacted teeth, along with the relationship of adjacent anatomical structures[22]. Supernumerary teeth in palate cleft—position, angulations. Cephalometric analysis (special programs)[23,24,25].

Dental Implants

American Academy of Oral and Maxillofacial Radiology Recommendations for Imaging the Dental Implant.

Recommendation.1

Panoramic Radiography Should Be Used as the Imaging Modality Of Choice in the Initial Evaluation of the Dental Implant Patient.

Recommendation 2. Use Intraoral Periapical Radiography in Addition to the Preliminary data from Panoramic Radiography.

Recommendation 3. Do Not Use Cross-Sectional Imaging, Including Cone Beam Computed Tomography As An Initial Diagnostic Imaging Examination.

Recommendation 4. The radiographic examination of any likely implant site should include cross-sectional images of the same.

Recommendation 5. CBCT should be measured as imaging of choice for preoperative implant sites.

Recommendation 6. CBCT should be measured when clinical conditions demand a need for growth measures before placement of dental implants:
(1) sinus augmentation,
(2) block or particulate bone grafting,
(3) ramus or symphysis grafting,
(4) evaluation of prior traumatic injury.

Recommendation 7. CBCT imaging should be measured if bone reconstruction and augmentation procedures have been achieved to treat bone volume before implant placement.

Recommendation 8. If there are no clinical signs or symptoms, use intraoral periapical radiography for the postoperative assessment of implants.

Recommendation 9. Use cross-sectional image by CBCT postoperatively only if the patient have implant mobility or altered sensation, especially if it is in the posterior mandible.

Recommendation 10. Do not use CBCT imaging for episodic assessment of asymptomatic implants.

Recommendation 11. Cross-sectional imaging of CBCT, should be used if implant recovery is thought to be done.[26,27].

Dose optimization strategy algorithm/flowchart[27]

The above chart is most recent flowchart based on the sedan text guidelines with a further elaboration on the principles for justification and optimization strategies for CBCT use, when dealing with oral implant placement.

Forensic Dentistry

CBCT has also established its existence in forensic odontology due to its ability of providing advantage in facial reconstruction and its ability to give 3D information regarding bone, teeth sinuses and other structures. It offers good image quality, accurate and detailed anatomical information, rapid scan time, and higher voxel resolution compared to multidetector conventional tomography and also the area of amount of tissue exposed can be altered by choosing lesser FOV thereby reducing the unnecessary exposures. The increasing presence of CBCT devices in dental practice affords valued data that may one day prove its vitality to forensic contexts[28].

Considerations to be Taken Justification and referral

It is vital for dental professionals to corroborate and fittingly refer patients for CBCT imaging, pondering the clinical indications in contradiction of potential risks and benefits.

Operator training and expertise

Operator expertise is crucially important in processing the related procedure and interpretation for precise application this technology.

Radiation safety

Applications of all Radiation measures to be done ensuring maximum safety of the patients.

Future prospects

The future of CBCT is long lasting due to its wide variety of uses in all specialities of dentistry. Hence the technology is a boon to our speciality considering it as a "GODSEND TO DENTISTRY.

CONCLUSION

CBCT is on its path proving by its remarkable qualities and extraordinary features hence setting a benchmark and attesting its genuineness. The wide wings of this technology has paved its way to involve all the specialities of dentistry helping the dentists and the patients in getting quality approach in variety of treatment modalities.

Financial support and sponsorship: Nil.

Conflicts of interest: There are no conflicts of interest.

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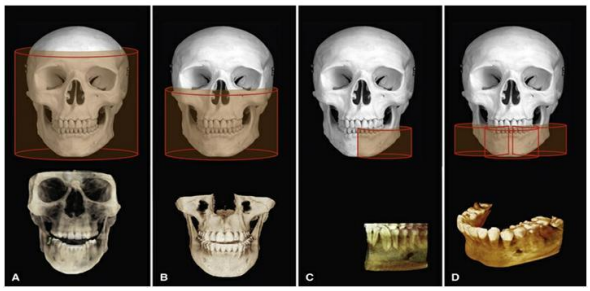

Fig.1: Classification of Cone Beam Computed Tomography Units According to the Field of View (FOV). (A) Large FOV scans provide images of the entire craniofacial skeleton, enabling cephalometric analysis. (B) Medium FOV scans image the maxilla or mandible or both. (C) Focused or restricted FOV scans provide high-resolution images of limited regions. (D) Stitched scans from multiple focused FOV scans provide larger regions of interest to be imaged from superimposition of multiple scans

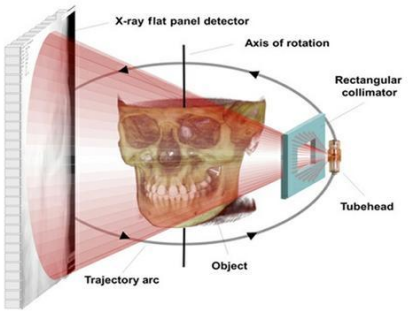

Fig .2:The x-ray projection is directed through the patient onto a detector (either solid-state flat panel detector or II/charge-coupled device).

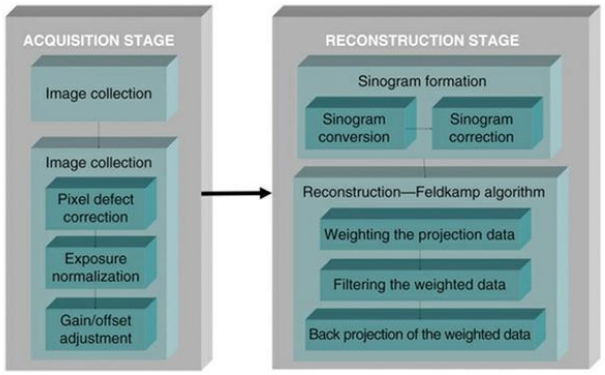

Fig.3: Image Acquisition And Reconstruction

- CBCT examinations must not be carried out unless a history and clinical examination have been performed.
- CBCT examinations must be justified for each patient to demonstrate that the benefits outweigh the risks.
- CBCT examinations should potentially add new information to aid the patient's management.
- CBCT should not be repeated routinely on a patient without a new risk/benefit assessment having been performed.
- When accepting referrals from other dentists for CBCT examinations, the referring dentist must supply sufficient clinical information (results of a history and examination) to allow the CBCT practitioner to perform the justification process.
- CBCT should be used only when the question for which imaging is required cannot be answered adequately by lower dose conventional (traditional) radiography.
- CBCT images must undergo a thorough clinical evaluation (radiological report) of the entire image dataset.
- Where it is likely that evaluation of soft tissues will be required as part of the patient's radiological assessment, the appropriate imaging should be conventional medical CT or MRI, rather than CBCT.
- CBCT equipment should offer a choice of volume sizes, and examinations must use the smallest volume that is compatible with the clinical situation if this provides a lower radiation dose to the patient.
- Where CBCT equipment offers a choice of resolution, the resolution compatible with adequate diagnosis and the lowest achievable radiation dose should be used.
- A quality assurance program must be established and implemented for each CBCT facility, including equipment, techniques, and quality control procedures.
- Aids to ensure accurate positioning (light beam markers) must always be used.
- All new installations of CBCT equipment should undergo a critical examination and detailed acceptance tests before use to ensure optimal radiation protection for staff, patients, and members of the public.
- CBCT equipment should undergo regular routine tests to ensure that radiation protection, for both practice/facility users and patients, has not deteriorated significantly.
- For staff protection from CBCT equipment, the guidelines detailed in Section 6 of the European Commission document *Radiation protection 136. European guidelines on radiation protection in dental radiology* should be followed.
- All those involved with CBCT must have received adequate theoretical and practical training for the purpose of radiological practices and relevant competence in radiation protection.
- Continuing education and training after qualification are required, particularly when new CBCT equipment or techniques are adopted.
- Dentists responsible for CBCT facilities who have not previously received "adequate theoretical and practical training" should undergo a period of additional theoretical and practical training that has been validated by an academic institution (university or equivalent); where national specialist qualifications in dentomaxillofacial radiology exist, the design and delivery of CBCT training programs should involve a dentomaxillofacial radiologist.
- For dentoalveolar CBCT images of the teeth, their supporting structures, the mandible, and the maxilla up to the floor of the nose (for example, 8 cm X 8 cm or smaller fields of view), the clinical evaluation (radiological report) should be made by a specially trained dentomaxillofacial radiologist or, when this is not possible, an adequately trained general dental practitioner.
- For non-dentoalveolar small fields of view (for example, temporal bone) and all craniofacial CBCT images (fields of view extending beyond the teeth, their supporting structures, the mandible [including the TMJ], and the maxilla up to the floor of the nose), the clinical evaluation (radiological report) should be made by a specially trained dentomaxillofacial radiologist or a clinical (medical) radiologist.

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Fig.4: Basic principles concerning cbct in dental applications[10]

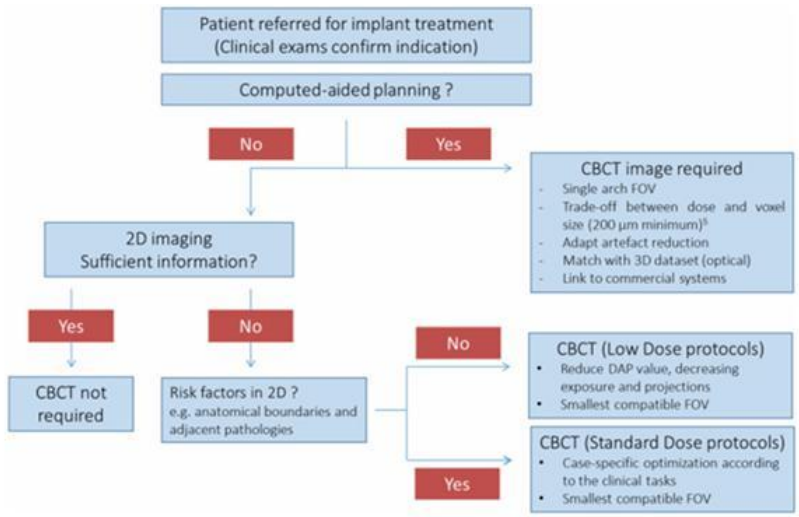

Fig.5: Dose optimization strategy algorithm/flowchart[27]

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

GC-MS Analysis, Molecular docking and Pharmacological Effect of Bioactive Compounds from *Calotropis gigantea* against Lung Cancer

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Received: 08 May 2025 Revised: 02 Jun 2025 Accepted: 24 Jun 2025

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ABSTRACT

We are using *Calotropis gigantea* plant leaves which are very effective in treating various diseases including cancer, nausea etc., many had done work with algae and different underutilized plants for curation of cancer, we are working on this plant against the lung cancer using various methods which include antioxidant properties, pharmacological effects of bioactive components and phytochemical analysis to detected the components that are present in the species and their activity on lung cancer by testing their cytotoxicity and that isolated components anticancer activity that helps in apoptosis against lung cancer cells. we used Soxhlet extracted for extracting of plant extract and then performing thin layer chromatography for observing clearly the principal components and then column chromatography is performed to isolative the active compounds and different fractional changes and colour changes in the fraction separately. antioxidant properties of the extracts is checked, phytochemical analysis is performed to identify alkaloids, carbohydrates, glycosides, saponins, proteins, amino acids, phenolic compound, flavonoids, terpenoids, steroids. Later these help in analysis and help in fighting against lung cancer which leads to cell death called apoptosis.

Keywords: *Calotropis gigantea,* lung cancer, antioxidant properties, active components

INTRODUCTION

Selection and the collection of plant material are important in making efficient Phyto constituent isolation. The disease free and healthy plants only selected for the plant extraction which is protected from weeds and insect. And the numerous factors involved in the collection of the plant materials. NRCS [24] Plant Materials Program created the guidelines for the collection of plant material, which includes the collection of seed and vegetative collection [20]. Various pharmacological activities reported like antioxidant activity, anti-malarial activity, antimicrobial activity, cytotoxic activity, antipyretic activity, anti-asthmatic activity, anti-inflammatory activity, analgesic activity, insecticidal activity, wound healing activity & anti-diarrheal activity In Ayurveda, Indian practitioners have used the root and leaf of *C. procera* in asthma and also used in bacterial infection, swelling with redness, boils also and shortness of breath and the bark in liver and spleen diseases. The plant is reported as effective in treating skin, digestive, respiratory, circulatory and neurological disorders and was used to treat fevers, elephantiasis, nausea, vomiting, and diarrhea. The milky juice of *Calotropis procera* was used against arthritis, cancer, and as an antidote for snake bite [7]. The main objective of the work is to extract the different extracts of plants like hexane, methanol, aqueous and to study phytochemical analysis of all the extracts obtained, and further the antioxidant properties of all the extracts will be checked. The active compounds will be isolated using the column chromatography. The active compounds will be confirmed using GCMS analysis. Molecular docking analysis of isolated compound through in silica model. *Invitro* cytotoxicity of isolated active compound done and *Invitro* anticancer activity against lung cancer is done using bioactive compound and for the comparing and conformation of Apoptosis analysis of lung cancer cells is done.

Types of lung cancer

There are many cancers that affect the lungs, but we usually use the term "lung cancer" for two main kinds: non-small cell lung cancer and small cell lung cancer.

Non-small cell lung cancer (NSCLC)

Non-small cell lung cancer (NSCLC) is the most common type of lung cancer. It counts over 80% of lung cancer cases. includes Common types such as adenocarcinoma and squamous cell carcinoma. Adeno squamous carcinoma and sarcomatoid carcinoma are two less common types of NSCLC.[15]

Small cell lung cancer (SCLC)

Small cell lung cancer (SCLC) grows rapidly and is harder to treat than NSCLC. It's often found as a relatively small lung tumor but spread to other parts of your body. Specific types of SCLC include small cell carcinoma (also called oat cell carcinoma) and combined small cell carcinoma.[10]

Types of cancer cell lines

Two lung cancer cell lines (a-549 and h-460) and one normal bronchial epithelial (beas-2b) cell line were used to test the chemotherapeutic effect. Chloroform fraction demonstrated a significant inhibition of cell proliferation and induction of apoptosis in a-549 and h-460 cells but not in normal beas-2b cells. The fraction up-regulated the pro-apoptotic genes p53 and bax and induced caspase-3 activation, and down-regulated the pro-survival gene bcl-2 in both the lung cancer cell lines.[20] Also, nuclear export of p53 was seen in treated lung cancer cells. In addition, induced g2/m arrest of cell cycle and enhanced the radio- sensitivity of both the lung cancer cell lines. This study suggests that may prove to be a potent anti-cancer agent that may be used for the treatment of lung cancer. However, further studies are required to bring into the mainstream of medicine in the treatment of lung cancer.[18]

MATERIALS AND METHODS

Materials Required

Chemicals

Methanol, hexane, ethanol, ethyl acetate, sulphuric acid, chloroform, wanger's reagent, copper sulphate, potassium sodium tartrate, sodium hydroxide, hydrochloric acid, potassium hydroxide pellets, ninhydrin, ferric chloride, ammonium, acetic anhydride.

Procedure

Extraction

Extraction is the first step in the analysis of plant constituents for this we use Soxhlet extractor.

Hexane and methanol Extraction

First, add 200 ml of hexane in round bottom flask. In Thimble we need to place a cotton at the end of siphon and at top in Thimble to prevent direct flow and help in extraction. Now added 50 gm of powdered sample in the thimble. Now Vaseline is spread at base of thimble to remove easily and to fix it properly to round bottom flask. Then use Vaseline around the bottom of condenser to fix and remove properly. add 100 ml of hexane through funnel to wet the sample and it is kept at 40 to 50 degrees for 4 hours. The hexane extract is obtained in the round bottom flask. It is used for isolation of low polar compounds.

First, add 200 ml of methanol in round bottom flask. In Thimble we need to place cotton at the end of siphon and at top in Thimble to prevent direct flow and help in extraction. Added 50 gm of powdered sample in the thimble. Now Vaseline is spread at base of thimble to remove easily and to fix it properly to round bottom flask. Use Vaseline around the bottom of condenser to fix and remove properly. Add 100 ml of methanol through funnel to wet the sample and it is kept at 40 to 50 degrees for 4 hours. The methanol extract is obtained in the round bottom flask. It is used for isolation of high polar compounds. Also used another method instead of Soxhlet extraction that is we added 25gm of powdered sample to 100ml of methanol in 200ml conical flask and kept in shaker for whole day

Water Extraction

Add 3g of sample in 50 ml of distilled water in 100 ml conical flask. And kept in water bath for 30 minutes at 60 degrees. Slightly Mix it and kept in shaker for half day, Then filtrate it through filter paper.

Phytochemical Analysis

Phytochemical analysis of hexane, methanol, aqueous extract of *Calotropis gigantea* was conducted following the standard procedures. In order to determine the presence of alkaloids, carbohydrates, glucosidase, saponins, proteins, amino acids, flavonoids, terpenoids, steroids, phenolic and sugars a preliminary phytochemical study with various plant extracts and fraction was performed.

Antioxidant properties: -For this we do DPPH scavenging activity

The DPPH scavenging activity of the sample was measured by 1,1-diphenyl-2-picrylhydrazyl (DPPH) method. Briefly, 0.4mm solution of DPPH in methanol was prepared and 2 ml of this solution was added to different concentrations of sample and was allowed to stand at room temperature for 15 mins, and then absorbance was read at 517 nm against blank samples. Blank used is methanol. Lower absorbance of the reaction mixture indicated higher free radical scavenging activity. The percentage of the DPPH radical scavenging is calculated using the equation as follows

Radical scavenging activity/Inhibition (%) = (Abs control - Abs sample / Abs

GC-MS Analysis

GC-MS analysis was carried out in a combined 7890A gas chromatograph system (Agilent 19091-433HP, USA) and mass spectrophotometer, fitted with a HP-5 MS fused silica column (5% phenyl methyl siloxane 30.0 m × 250 μm, film thickness 0.25 μm), interfaced with 5675C Inert MSD with Triple-Axis detector. Helium gas was used as carrier gas and was adjusted to column velocity flow of 1.0 ml/min. Other GC-MS conditions are ion-source temperature, 250 °C; interface temperature, 300 °C; pressure, 16.2 psi; out time,1.8 mm; and 1 μl injector in split mode with split ratio 1:50 with injection temperature of 300 °C. The relative percent amount of each component was calculated by comparing its average peak area to total areas. MS solution software provided by supplier was used to control the system and to acquire the data[12]

Molecular Docking

The proteins PDB files were collected from PDB database and the protein data base id- 6NEC lung cancer proteins. The diethyl phthalate natural compound structure was extracted from PubChem data base.[21]. Ligand preparation and *in silico* molecular docking analysis In docking studies, the diethyl phthalate natural compound was examined against the lung cancer protein (6NEC). The SDF structure format of the compound was extracted from the PubChem data. Protein and ligand structures were prepared using the chimera software tool and protonated to pH-7.2. The ligand binding target site was selected for the lung cancer protein in table 1. An analysis of docking studies for ligand and protein was performed using the AutoDock and AutoDock vina software tools. Docking analysis was validated and visualized using Discover Studio software tool.

***In vitro* Cytotoxicity & Anticancer Activity**

Apoptosis

Apoptosis Assay by Dual AO/PI Staining

The A549 human lung cancer cells (1 × 104) were added in 24-well plates and treated with methanol fraction sample for 24 h. Then, the treated cells were taken and washed with phosphate buffer saline followed by the addition of 5 μL of the fluorescent dye stain acridine orange (AO, 100 μg/mL) and 5 μL of propidium iodide (PI, 100 μg/mL). AO dye can bind with viable and nonviable cells and emit green or red fluorescence, [28]whereas PI binds only with nonviable cells by emitting red fluorescence. Hence, dual staining assay was adopted to identify the early and late apoptotic and necrotic cells. The morphological change, DNA damage, and cell membrane integrity were observed by a Floid cell imaging fluorescence microscope (EVOS XL Core Imaging System, MA, USA).In this fluorescence the different colour indicates the different stage of cell which includes Live Cell (Green), Early Apoptosis (Yellow), Late Apoptosis (Orange), Necrosis (Red).

RESULT AND DISCUSSION

Calotropis gigantea has many medicinal values such as The plant is reported as effective in treating skin, digestive , respiratory, circulatory and neurological disorders and was used to treat fevers, nausea, vomiting, and diarrhoea. The milky juice of *Calotropis procera* was used against arthritis, cancer, and as an antidote for snake bite. and useful in cosmetics and also intestinal diseases and helpful in curing arthritis, snake bite, we thought why can't we use it against lung cancer cells as it has medicinal properties. First, we collected the leaves of the *Calotropis gigantea* and then we dried it and powdered it, then with help of Soxhlet extractor we extracted different extracts like methanol, hexane, aqueous and then did antioxidant test and phytochemical analysis and percentage of inhibition is more for methanol So, we used this sample for curing lung cancer, then we did thin layer chromatograph for methanol sample with different solvents combination , and then column chromatography is performed by using different solvents to extract different fraction from methanol sample, then TLC is performed for each fraction to check for single bands, then DPPH test is performed for the fraction that is having single band, then we did cytotoxicity to check whether this sample is safe to use or not , then anticancer activity is performed and then the cancer cell lines A549 is treated with the fraction sample and we could observed the programmed cell death of lung cancer cell lines which is called apoptosis, this result shows us that *Calotropis gigantea* is helpful in fighting against lung cancer.

CONCLUSION

In conclusion, they collected leaves; dried and powdered them, extracted extracts, and conducted antioxidant tests. methanol extract extracted from plant *Calotropis gigantea* which is extracted in 60:20:20: Hexane: Ethyl acetate: Chloroform in column chromatography, The methanol extract showed the highest inhibition percentage and has shown enough cytotoxicity so that we performed it against anticancer activity After treating cancer cell lines A549 with the extract, apoptosis was observed, indicating *Calotropis gigantea's* potential in combating lung cancer.

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Table 1. Antioxidant Properties for Hexane Extract

Hexane Extract	OD values	Inhibition (%)=C-T/C*100
Control	0.968	
20	0.784	0.968-0.784/0.968 *100 = 19.00
40	0.722	0.968-0.722/0.968 *100 = 25.41
60	0.704	0.968-0.704/0.968 *100 = 27.27
80	0.699	0.968-0.699/0.968 *100 = 27.79
100	0.635	0.968-0.635/0.968 *100 = 34.40

Table 2. Antioxidant Properties for Methanol Extract

Methanol Extract	OD values	Inhibition (%)=C-T/C*100
Control	0.983	
20	0.877	0.983-0.877/0.983 *100 = 10.7
40	0.745	0.983-0.745/0.983 *100 = 24.2
60	0.635	0.983-0.635/0.983 *100 = 35.4
80	0.482	0.983-0.482/0.983 *100 = 50.97
100	0.425	0.983-0.425/0.983 *100 = 56.77

Table 3. Antioxidant Properties For Aqueous Extract

Aqueous Extract	OD values	Inhibition (%)=C-T/C*100
Control	0.959	
20	0.825	0.959-0.825/0.959*100 = 13.97
40	0.822	0.959-0.822/0.959*100 = 14.29
60	0.808	0.959-0.808/0.959*100 = 15.75
80	0.773	0.959-0.773/0.959*100 = 19.40
100	0.751	0.959-0.751/0.959*100 = 21.69

Table no 4. Phytochemical test

Tests	Hexane	Methanol	Aqueous
Alkaloids	+	-	-
Carbohydrates	-	+	+
Glycosides	-	-	-
Saponins	+	+	+
Proteins&a.a	-	-	+
Amino acids	-	-	-

PHENOLIC COMPOUNDS	-	+	+
FLAVONOIDS	+	-	+
TERPENOIDS	+	-	+
STEROIDS	+	+	-

Table no 5. Amino acid interaction

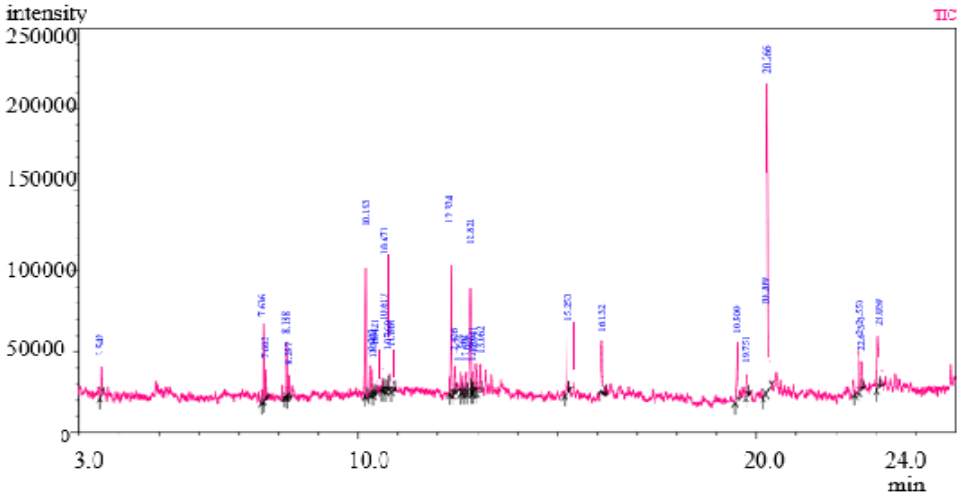
Protein name	Compound Name	Binding Energy (kcal/mol)	Amino Acid Interaction	Distance	Interaction type	Interaction bond type
Lung Cancer (6NEC)	Diethyl Phthalate	-7.9	SER891	2.98007	Hydrogen Bond	Conventional Hydrogen Bond
			SER891	3.18399	Hydrogen Bond	Conventional Hydrogen Bond
			ASP892	3.56948	Hydrogen Bond	Carbon Hydrogen Bond
			VAL738	3.97535	Hydrophobic	Pi-Sigma
			LEU881	3.86229	Hydrophobic	Pi-Sigma
			LYS758	4.668	Hydrophobic	Alkyl
			ILE788	4.37469	Hydrophobic	Alkyl
			VAL804	4.00652	Hydrophobic	Alkyl
			ALA756	4.94586	Hydrophobic	Pi-Alkyl

Table no 6. Vero Cell Line

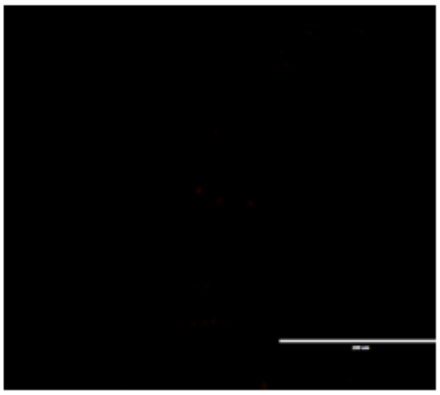
Concentrations (µg/mL)	Absorbance	Average	Cell Viability (%)	
	I	II		
Control	0.678	0.685	0.6815	100
20	0.669	0.668	0.6685	98.09244314
40	0.647	0.644	0.6455	94.71753485
60	0.615	0.622	0.6185	90.75568599
80	0.601	0.604	0.6025	88.4079237
100	0.583	0.594	0.5885	86.35363169

Table no 7. A549 Cell Line

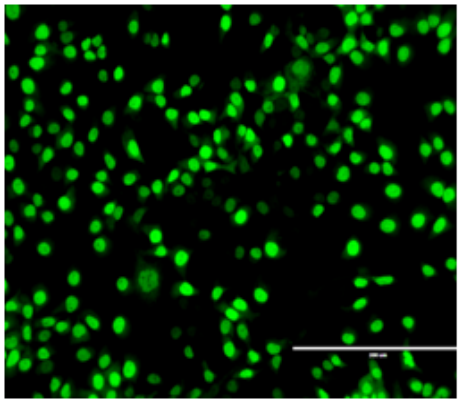
Concentrations (µg/mL)	Absorbance	Average	Cell Viability (%)	
	I	II		
Control	0.821	0.814	0.8175	100
20	0.743	0.752	0.7475	91.43730887
40	0.566	0.56	0.563	68.86850153
60	0.325	0.325	0.325	39.75535168
80	0.22	0.216	0.218	26.66666667



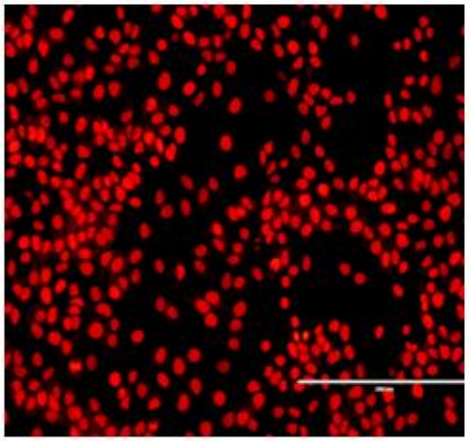
Apoptosis result



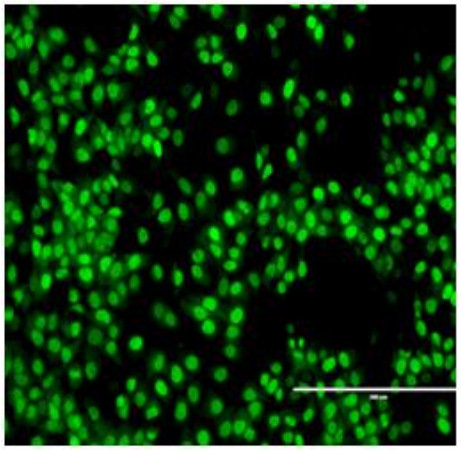
Controlled cells stained with PI



Controlled cells stained with AO



Treated cells stained with PI



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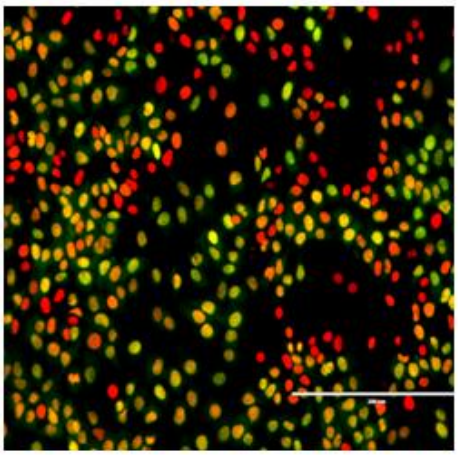

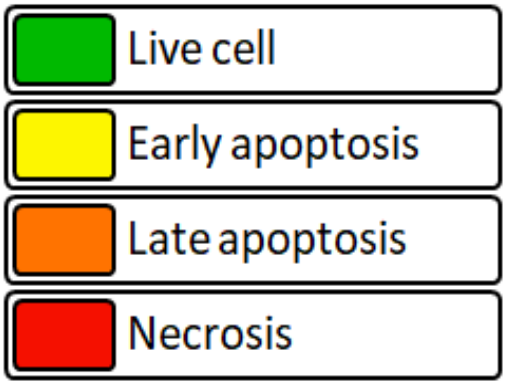

Treated cells stained with AO-PI Fig no.2

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Antioxidant and Anticoagulant Activity of Pineapple *Ananas comosus* (L.) Merr. Extract

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Received: 01 Apr 2025 Revised: 05 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Pineapple is a versatile fruit with lots of active phytopharmaceutical and pharmacological activity. The antioxidant capacity of the pineapple extract was determined using IC_{50} values. which reflects the concentration required to inhibit 50% of free radicals. The IC_{50} value for the pineapple extract was found to be 41.67 μg/mL. It has anticoagulant activity which is also experimented in this research. FTIR (Fourier Transform Infrared) spectroscopy provided further insights into the chemical composition of the pineapple extract, confirming the presence of functional groups associated with antioxidant activity. The peak indicates the presence of aldehyde, carboxylic acid, ketone, aromatic benzene ring, and methyl groups. It also revealed hydroxyl, amine, carbonyl, and aliphatic hydrocarbon chains. The presence of hydroxyl, aliphatic hydrocarbons, and carbonyl groups supports the incorporation of antioxidant compounds.

Keywords: Pineapple extract, antioxidant capacity, DPPH, IC_{50} value, Anticoagulant activity.

INTRODUCTION

This study aimed to determine the antioxidant and anticoagulant activity of crude bromelain from pineapple. Free radicals are chemical species with unpaired electrons, formed by hemolytic cleavage of a covalent bond of a molecule by the loss of a single electron from a normal molecule or by the addition of a single electron to a normal molecule. Bromelain, which is a protease enzyme, has antioxidant activity as lipid peroxidation inhibition and free radical scavenging. The study investigated the anticoagulant activity of pineapple (*Ananas comosus* L.Merr.) extract in the laboratory on human blood samples as a safe and cost-effective alternative to ethylene diamine tetra acid (EDTA). Specifically, this experimental research determined the approximate volume of the extract that can prevent blood clotting, red blood cell haemolysis, crenation, clumping and also maintain cell size and shape and preserve normal staining reactions of the different blood cells.

MATERIALS AND METHODS

Chemical and apparatus

Apparatus:Beakers,Testtubes,Testtubestand,Conicalflasks,Pestle,Mortars,pipette,Petri dish, Buchner funnel, Silica crucible, Filter paper, Gauze, Marble chips etc. Equipment: Mixer grinder, centrifuged machine, UVspectroscopy, Lyophilizer, Chromatography, column chromatography, etc.

Chemicals: Sodium acetate, Acetic acid, Ethanol, Ninhydrin reagent, Concentrated Nitric acid, Sodium hydroxide, Lead acetate, Sodium nitroprusside, Concentrated Hydrochloric acid, Millon's reagent, Acetic acid solution, Bromine, Ammonium carbonate, Methanol, Chloroform etc.

Preparation of Extract

The pineapple (*Ananas comosus* LMerr.*)* was peeled and cut into small pieces. Then it was washed thoroughly with distilled water to clean any leftover dirty particles. The pieces were placed into a mixer grinder for crushing. After complete crushing the liquid extract was filtered through the gauze and the filtrate of pure juices of pineapple is collected in a container. The collected pineapple juice was lyophilized at a temperature of -42°Cwhich produced crude bromelain powder. Then the powder was immersed in 95% Ethanol for 48 hrs. After 48 hrs., the mixture was filtered using two layers of gauze. The extract obtained was subjected for rotary evaporation to remove the alcohol and to concentrate the extract [1,2].

FTIR study of pineapple extract

The crude pineapple was investigated in an FTIR machine (Manufacturer-Bruker). The peaks of the corresponding compounds are shown in the spectrum [3-4].

Antioxidant Study of Pineapple Extract

The antioxidant study of pineapple extract with DPPH technique is quite sensitive, fast and simple way to process. The colour changing of the DPPH solution transitions from purpleto yellow, with the intensity of the colour being directly correlated with the moles of the stabilized molecule that are present. Antioxidants that are derived from plants, like bromelain, shield the body against illnesses caused by free radicals with minimal to the no adverse effects by stopping the oxidative chain reaction, which prevents the oxidative damage, antioxidants reduce oxidative stress [5,6]. Ethanol was added to dissolve the lyophilized fibrous shiny extract of pineapple. 40 µg/mL DPPH solution was prepared, and absorbance was measured at 200-400 nm. Five different concentrations of Ascorbic acid (Vitamin C) solution and pineapple extract were added into 40 µg/mL DPPH solution. After proper mixing the mixture was kept in a dark place for 30 min.The absorbance was measured at 517 nm by using UV-VIS spectrophotometer. Here ethanol was used as blank [7,8].

The percentage of scavenging activity was calculated by using formula (1):

%of inhibition =[(A_{DPPH}-A_{sample}/ A_{DPPH}]×100% (1)

Anticoagulant activity of pineapple extract (PE)

The anticoagulant assay of pineapple extract was performed using seven separate volumes of the extract (1.5 ml) each of the amount mixed with 1 ml of whole blood on glass slides (E1, E2, E3, E4, E5, blank and standard). 10 ml of EDTA solution was prepared and 1 ml was placed on another glass slide(E). Wet smears were prepared by adding 1 ml of EDTA solution to each glass slide containing mixture of blood and pineapple extract. It was examined under a microscope for the presence of red cell clumping and crenation. In the observation of good staining reactions, preservation of cell size and shape, wedge smears were prepared, stained with Wright's stain and examined it under a microscope using 1000x magnification [9,10].

RESULTS AND DISCUSSION

The antioxidant activity was absorbed in UV Visible Spectroscopy and the % inhibition are calculated in table 1

Efficiency of the Extract in Preventing Red Blood Cell Hemolysis

As revealed in Table 3, all the volumes of the extract used have the same efficiency with EDTA in preventing red blood cell hemolysis for a period of 3 hrs. These findings showed the enzyme bromelain present in the pineapple fruit which is the active component that exhibits anticoagulation does not cause significant damage to the red blood cells and, therefore, is efficient in maintaining the functional and structural integrity of the cells.

FTIR results analysis

FTIR (Fourier Transform Infrared) spectroscopy provided further insights into the chemical composition of the pineapple extract confirming the presence of functional groups associated with antioxidant activity. The peak indicating the presence of aldehyde, carboxylic acid, ketone, aromatic benzene ring, and methyl groups. It also revealed hydroxyl, amine, carbonyl, and aliphatic hydrocarbon chains. The presence of hydroxyl, aliphatic hydrocarbons, and carbonyl groups, supporting the incorporation of antioxidant compounds.

Discussion:

The Antioxidant and Anticoagulant study of pineapple extract was successfully performed. The antioxidant capacity of the pineapple extract was determined using IC_{50} values. which reflect the concentration required to inhibit 50% of free radicals. The IC_{50} value for the pineapple extract was found to be 41.67 µg/mL. FTIR (Fourier Transform Infrared) spectroscopy provided further insights into the chemical composition of the pineapple extract confirming the presence of functional groups associated with antioxidant activity. The peak indicating the presence of aldehyde, carboxylic acid, ketone, aromatic benzene ring, and methyl groups. It also revealed hydroxyl, amine, carbonyl, and aliphatic hydrocarbon chains. The presence of hydroxyl, aliphatic hydrocarbons, and carbonyl groups, supporting the incorporation of antioxidant compounds.

CONCLUSION

In conclusion, this project analyzed that the pineapple extract has Antioxidant and Anticoagulant properties. It is very helpful while consuming raw, processing of beverages, food, or any other medicinal formulation and also beneficial for formulating skin care products.

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Table 1: Antioxidant activity of Vitamin C and Pineapple extract(PE)

Sl no	Concentration of Vitamin C and PE(µg/ml)	% inhibition Vitamin C	PE	IC_{50} value Vitamin C	PE
1	20	18.60	12.29		
2	40	28.90	25.24		
3	60	37.54	58.14	78.71	41.67
4	80	50.83	48.83		
5	100	57.14	52.15		

Observation of the glass slides the slide STD (standard - contains mixture of blood and EDTA) is used as standard with respect to the slides Bl (blank - contains only blood), E1, E2, E3, E4, E5. The result is shown on the tables

Table 2: Results of anticoagulant activity of Pineapple extract

Sl no	Amount of blood taken	Amount of pineapple extract taken	Std conc. of EDTA	Time taken to coagulate	Conclusion
1	2 ml	100	100	No coagulation	+ve
2	2ml	200	-	1min	-ve
3	2 ml	300	-	2min	-ve
4	2ml	400	-	5min	-ve
5	2 ml	500	-	No coagulation	-ve

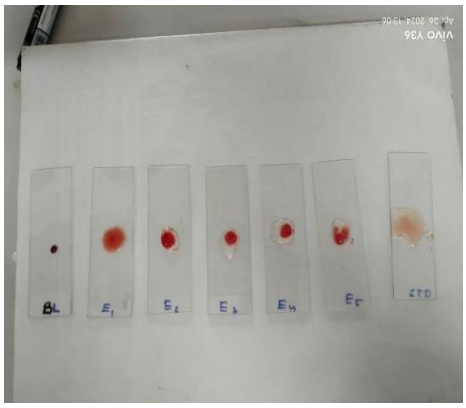
+ve sign means having anticoagulant activity
-ve means having no anticoagulant property

Table 3: Showing efficiency in preventing red blood cell hemolysis

Concentration of pineapple extract	Hours 1	Hours 2	Hours 3	Std (EDTA) 1 2 3 hours	Negetive control
100	1	1	1	3	1
200	1	1	1	3	1
300	1	1	1	3	1
400	2	2	2	3	1
500	3	3	3	3	1

Note

1. Marked hemolysis
2. Slight hemolysis
3. No hemolysis



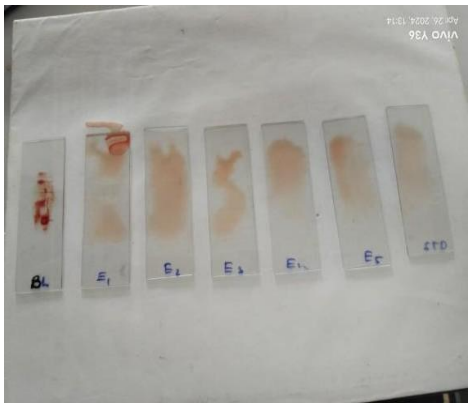
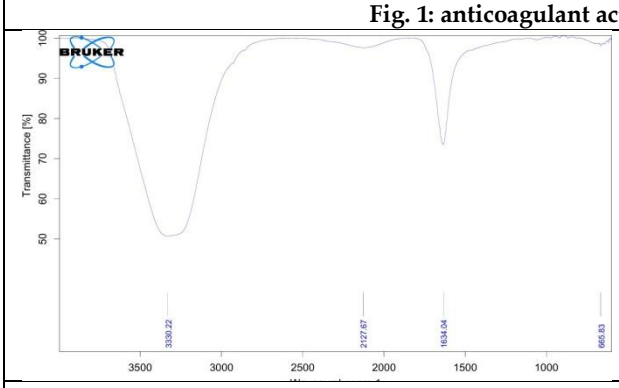


Fig. 1: anticoagulant activity of pineapple extract



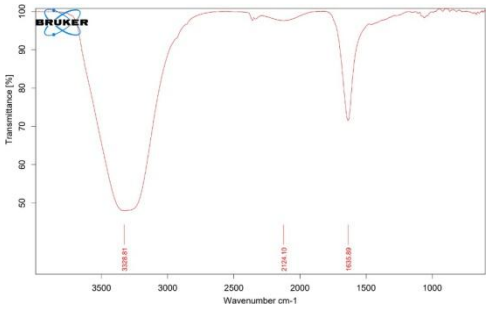


Fig. 2. FTIR spectrum

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

A Review of *Coptis teeta* and its Bioactive Alkaloids: Pharmacological Properties and Future Prospects

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Received: 10 May 2025 Revised: 16 May 2025 Accepted: 20 Jun 2025

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ABSTRACT

Coptis teeta which is also known as "Mishmi Tita" and it is a rare medicinal plant that treats a variety of diseases. This plant is found in India, Nepal, China and Bhutan; however, it is rare and hence it is registered as an endangered plant in the Red Data Book list. The review covers how it is traditionally used, its positive effects on health and its chemical composition. The purpose is to help protect, grow, and raise knowledge and concerns about the plant. To collect information, we searched scientific websites such as PubMed, Google Scholar and Research Gate using keywords such as "*Coptis teeta*" and "Mishmi Tita". According to studies, it suggests the presence of beneficial compounds known as alkaloids, such as berberine, palmatine and coptisine. It contains additional substances such as flavonoids, carbohydrates and steroids. *Coptis teeta* has multiple health benefits. So, it must be conserved by cultivating it responsibly to preserve it from disappearing. People in these places have used it for a long time and science is now revealing why it is so unique. But since it is uncommon, we must protect it and avoid taking too much. This review combines old information with recent research to explain why it matters. By proper instruction and cultivation, we can conserve it for future generations. The review wants to increase people's interest in keeping *Coptis teeta* alive. It can stay a part of nature and medicine for many years if properly handled.

Keywords: Endangered plant, Medicinal plant, Potential, Endangered, Traditionally and *Coptis teeta.*

INTRODUCTION

Coptis teeta is known to have alkaloid compounds such as columbamine, berberine, palmatine, coptisine and epiberine [1]. All these chemical compounds are found in perennial species belonging to the Ranunculaceae family, along with resulting metabolites like phenylpropanoids, carbohydrates, flavonoids, lignans and phenolic acids [2]. The name "tita" is originated from its strong, bitter flavor. Its delicate rhizome, referred as "Yunnan goldthread" in the Traditional Chinese Medicine Book, has a lengthy description of use for antibacterial, antimicrobial and anti-inflammatory properties [3,4]. The root is a sharp, intensely bitter and used to treat viral infection, alleviates spasm, reduces fever and promotes circulation [5]. The conservation of *C. teeta* is crucial as it is a valuable resource in the domain of medicinal plants. *C. teeta* has a diploid chromosome count of 2n=18. It is classified under the class *Magnoliopsida* and is a dicotyledon. Its allied species include *C. teetoides.* Globally, *C. teeta* is known by the English name "Indian gold thread" and has several vernacular names across different regions [6]. Various analytical techniques have been employed for the identification, standardization and purification of protoberberine alkaloids found in *Coptis teeta*. These methods include Ultra Performance Liquid Chromatography (UPLC) [8], Capillary Electrophoresis (CE) and Electronic Reference (ER) for In Vivo Concentrations and Proton Nuclear Magnetic Resonance (^1H NMR) spectroscopy [9,10,11]. This ethnomedical essential species of plant was utilized by local tribe of Lohit district, Arunachal Pradesh for treatment of disease like Malaria [12].

METHODOLOGY

Methods: The literature survey was conducted via Sci Finder, Science Direct and PubMed databases. A full number of chosen references was classified based on the plant potential investigation opportunities, containing all the different chemical enquires and pharmacological activities.

Plant Description

Morphological description

Coptis teeta is a medicinal plant belonging to the family of Ranunculaceae and it is a stemless perennial herb characterized by its hard, golden-yellow rhizome and greenish flowers [13]. This plant is typically found in alpine regions [9]. The name "Tita" is derived from its characteristic bitter flavor [5]. Rhizomes are horizontally or transversely oriented, measuring 5–15 cm in length and have fibrous roots [14]. They have a bitter taste with an outer skin that is yellowish-brown and a yellow-orange pith. These rhizomes are adorned with many nodes and small roots. The plant produces a several-seeded follicle with black seeds. Flowering takes place in the months of February and April, while in the month of May and July the plant starts to produce fruit [15]**.**

Geographical Spread

This plant flourishes in mountain forests at altitudes between 1600 and 2200 meters [16]. It blooms during March and April; its fruit is collected between April and June [17]. It inhabits specific niches within controlled perennial broad leaf forests and has a limited latitude distribution, ranging from 27°8' to 29°, in Arunachal Pradesh, India [18]. The plant has become endangered in its native environment due to excessive digging and the poor germination and viability of its seeds [19].

Phytochemical Composition

Chemical constituents of the plant

Coptis teeta contains several different alkaloid compounds such as berberine, coptisine, jatrorrhizine, palmatine and berberastine etc, which promote the plant's wide range of biological activities. The high concentration of berberine in *Coptis teeta* is the primary factor behind its pharmacological properties like anti-inflammatory, antimicrobial and

antioxidant [1]. Rhizome of *Coptis teeta* contains a wide range of different secondary metabolites like alkaloid compounds namely lignans, phenylpropanoids, flavonoids, phenolic compounds, saccharides and steroids. Among these, alkaloid compounds like berberine, palmatine, coptisine, epiberberine, jatrorrhizine and columamine are primary constituents of the *Coptis teeta* [21]. Important phytoconstituents of Coptis teeta with chemicals structure are listed below in Table.3. A range of alkaloid compounds is isolated from the roots of plant species, with berberine, coptisine and palmatine being the most common and berberine being the most abundant [19]. It is bitter in taste and it serves to clear heat, eliminate dampness, purge heat and detoxify. In clinical practice, it has been used in the treatment of conditions such as nausea, diarrhoea, high illness, loss of consciousness, irritability, insomnia, abscesses, boils and various disorders [2]. *Coptis teeta* is commonly used as a favoured treatment for eye conditions and has demonstrated effectiveness and safety[1].

TRADITIONAL USAGE

Ethnobotanical significance

Ethnobotanical, *Coptis teeta* is a significant plant in the traditional healing practices of various indigenous communities, particularly in the Himalayan region, including Arunachal Pradesh, where it is used for wide range of medicinal purposes. These communities have relied on since ancient times on the plant's therapeutic properties, passed down through generations as part of their rich botanical knowledge [24]. Rhizomes of *Coptis teeta* or coptidis rhizome are largely consumed in the Asian countries like Japan and China for its natural health benefits [25]. Also, various tribes of Arunachal Pradesh mainly the Mishmi and Nyishi tribes have long utilized *Coptis teeta* for its medicinal properties in treatment of ailments like dysentery, cold and cough, diarrhoea and to lower body temperature while a person is suffering from fever. The therapeutic benefits of the plant are used through a specific preparation method, which starts with the manual uprooting of the rhizome, which is carefully harvested from the plant. Once collected, the outer hairs of the rhizome are removed and the root is thoroughly cleaned. It is then dried under shade to ensure proper preservation. After drying, the rhizome is ground into fine powder. This powder is subsequently soaked in warm water usually and then filtered to remove any remaining particles and the resulting liquid after filtration is consumed as a potent traditional medicine [24].

Traditional medicinal usages

Arunachal Pradesh is state in India with 26 major tribes according to a census of December 2024, each tribe has their own unique way of approach for treating various ailments [27].

1.The Nyishi tribe relies on the rhizome of C*optis teeta* to treat redness of eye or eye infections and to aid in digestion as an appetizer. When taken with warm water, the rhizomes work as a boost which are beneficial in treating illness, pains, stomach issues and are also used as an anti-inflammatory for skin ailments.

2.The Adi tribe on the other hand uses decoctions made from the rhizomes of *Coptis Teeta* for the treatment of blood coagulation issues and stomach complications. A preparation from the dry rhizomes is consumed as a remedy for dysentery, diarrhea, fever and malaria. This decoction is typically made by boiling the crush powder which is made from crushing the dried-up rhizomes in water [23].

Pharmacological And Therapeutic Activities

Anti-bacterial activity

Compounds like berberine prevent the bacterial infections from affecting the intestinal lining of the stomach [28,3].

Anti-diarrheal activity

In northeastern states like Arunachal Pradesh, people use the roots of *Coptis teeta* to treat diarrhea [30]. The anti-diarrheal effect of berberine may be due to its ability to slow down small intestinal transit [7].

Anti-arrhythmic activity

Derivatives of berberine and along with berberine itself, tetra-hydro berberine and the compound 8-oxo berberine generate the cardiac consequences [31]. Berberine derived compounds act as an antiarrhythmic agent [23].

Anti-hyperlipidemic effect

Hyperlipidemia defined as the elevation of lipids in the blood has been seen as a risk factor for cardiovascular diseases [32]. *Coptis teeta* compounds such as berberine have been found to show its effects on cardiovascular diseases [23,33].

Anti-Diabetic Effects

Berberine helps fight diabetes by reducing inflammation and oxidative stress, both of which play a big role in the disease [34]. Initially, researchers found that berberine could improve insulin resistance (when the body does not respond well to insulin). Later, they discovered it also helps the body produce and release more insulin [35,36]. Berberine influences several important cellular pathways, such as AMPK (which helps regulate energy levels) MAPKs (which protects against oxidative stress), and NF-κB (involved in inflammation) [21].

Anti-depressant activity

The chemical compound berberine and its derivatives, tetrahydro berberine and 8-oxoberberine, exhibit cardiovascular impacts [37,38]. A study chronicle indicated that berberine and its derivatives has positive inotropic, negative chronotropic and vasodilatory effects [29].

Antioxidant activity

The *Coptis teeta* roots which were extracted in ethanol, was found to be high in chemical compound of berberine, exhibits strong antioxidant activity, as shown in various *in-vitro* assays [39,40,41].

Toxicological Study

Coptis Rhizome (CR) is not allowed in Singapore because people worried that berberine, which is an important ingredient, might worsen jaundice in newborns.

Clinical Toxicity

Clinics in China, oral berberine was linked to severe issues like respiratory failure, arrhythmia, liver damage and even death [42] had reported thatin 2012, 20 patients who were given *Coptis* rhizome at a daily dose of 3g for a total of 1055 patient days displayed no evidence of organ damage or electrolyte imbalances [43] had reported thatthe prohibition on Chinese herbal remedies containing berberine was formally repealed in 2016. However, it is impossible to overlook poison. [44] has reported that the alkaloid-rich extract of *Coptis* rhizome (CRE) was considerably more lethal than the whole extract of *Coptis* rhizome [45] has reported that in a study that the values of LD50 for different types of alkaloids like Berberine, Coptisine, *Palmatine* and *Epiberberine* was found to be in First mice 713.57, Second mice 852.12, Third mice1533.68, with 1360 mg/kg, respectively[46]has reported that in sub constant toxicity research, both mortality and morbidity has not been observed. Rats were administered CR orally on a repeated basis for 13 weeks to assess NOAEL (No Observed Adverse Effect Level) and evaluate the toxicity of CR. There were no notable clinical symptoms or fatalities observed over the course of the 13-week trial.

Preclinical And Clinical Studies

***In-Vitro* studies**

Antimicrobial and Antibacterial activity

Coptis teeta was extracted with methanol, ether and ethyl acetate. Gas Chromatography–mass spectroscopy was performed that revealed the presence of biologically active compounds such as methyl ester, ethyl acetate, oxalic acid, pentadecanoic acid and octadecanal. Against *E. coli* pentadecanoic acid shows good anti-microbial activity. Active constituents of *Coptis teeta* in methanolic extract showed significant spot in thin layer chromatography[47].

Anti-hypersensitivity activity

Berberine acts as a good inhibitor of the 3H-yohimbine connecting to complete platelets of human. This happens when 3H-yohimbine capacity connecting curves are moved on the right side by varying berberine concentrations. High [3H]-yohimbine concentrations could be used to counteract its competitive effect [48].

Acute toxicology studies

Ben Cao Yan Yi et al. has also stated that the extract of *Coptis teeta* is a great treatment for dysentery, the patient's health would be at risk if the dosage wasn't changed according to the severity of the illness. To lessen the unpleasant side effects [49].

***In-Vivo* studies**

Anti-inflammatory activity

Latif Abdul et al. reported that eighteen healthy rabbits, each with a standard body weight ranging from 1.5-2.0 kg, were kept in a controlled environment with specific room temperature and relative humidity [50,51]. Ocular inflammation was triggered by administering 100µl of the Turpentine Liniment inside the right-side eye of each rabbit [52]. Methanolic extract of *Coptis teeta* has shown good anti-inflammatory activity [19,53].

Future Directions and Research GAPS

Although there has been a genuine betterment on the already existing literature of *Coptis teeta* but industrialization of the methods of extraction and various other applications are still yet to be done. Study of *Coptis teeta* has shown that the species have lower rates of germinating seeds, low or non-existing seed production. The reason for it being different varying degrees of pollen fertility leads to it having low population size and thus a risky adventure [26]. The potential of *C. teeta* remains underutilized due to various challenges. These include illegal trade, deforestation and difficulties in cultivating the plant due to its sensitivity to climate and specific environmental needs, all of which put its survival at risk [40]. Also, the cultivation technique for C*optis teeta* are not widely understood particularly among farmers who may lack the necessary expertise and resources to implement the proper methods and techniques. The knowledge gap worsens the difficulties in scaling up production, contributing to a significant imbalance between the growing demand for C*optis teeta* and its availability. As a result, there is an increased dependence on wild harvesting, which puts additional pressure on natural ecosystems and increases the concerns about its sustainability. Some researchers are also conducted for its anti-cancer activity [54,55].

CONCLUSION

It is concluded that the plant of *Coptis teeta* is found in the Eastern region of Himalayas and it is a critically plant species of significant importance. The study suggests that *Coptis teeta* contains various compounds, with ten of them showing biological activity against health issues such as cancer and diarrhoea. It is important to note that the traditional uses of *Coptis teeta* by the tribal communities for the treatment of health issues such as looseness, gastrointestinal pain as well as reducing fever may be linked to the compounds identified in this study. Apart from various remedial benefits and presence of variety of treasured compounds like alkaloids and secondary metabolites confined in this herb which are active biologically. To protect the highly demandable, most effective and pharmacological benefits of this plant it is necessary to draw attention towards its propagation and additional studies for the prosperity of ecology.

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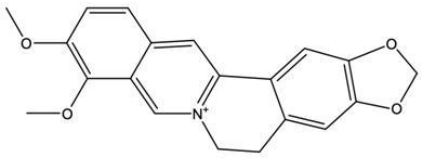
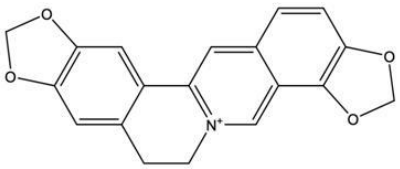
Table.1: Plant Classification [5]

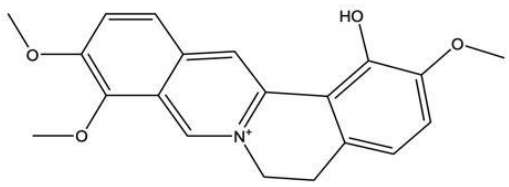
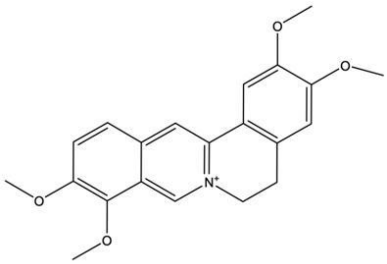
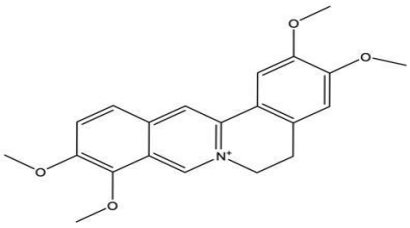
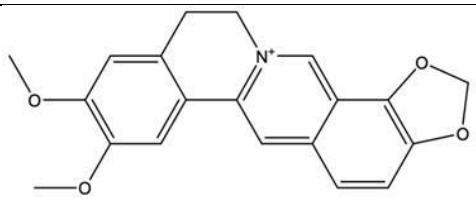
1	Kingdom	Plantae
2	Division or phyla	Magnoliophyta
3	Classes	Magnoliopsida
4	Orders	Ranunculales
5	Families	Ranunculaceae
6	Genera	Coptis
7	Species	Teeta

Table.2: Names of the Plant in Different Languages [7]

Language	**Names**
Assamese	Mishmi tita
Arabic	Mamira-chini
Hindi	Mamira, Haladiya Bachnag, Mishmi Tita
Sanskrit	Supita, Tiktamula, Mishamitita
Tamil	Pitarohini, Pitarokini, Peetarogini, Pidarokini, Mamiran
Marathi	Pitmula, Haldiya Bachnag
Urdu	Mameeran, Mameesa, Mamiran-ichini, Mamira

Table.3: Chemical compounds in *Coptis teeta* [23].

Sl.no	**Compound Name**	**Structure**
1	Berberine	
2	Coptisine	

3	Columbamine	
4	Palmatine	
5	Jatrorrhizine	
6	Epiberberine	

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Reliability and Validity of Dual Weighing Scale Biofeedback System (DWSBS), A New Apparatus for Assessment and Training of Weight Bearing Asymmetry (WBA)

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Received: 29 Jan 2025 Revised: 10 Apr 2025 Accepted: 24 Jun 2025

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ABSTRACT

There has been a shortage in the available literature sources for explaining the cause of presence of weight bearing asymmetry during maintenance of bipedal stance. Digital weighing scales have been tested for their comparable use with standard tools to prove their reliability of use. However a modified version, where two Digital weighing scales are mounted on a single platform with a common display which can be later used for assessing and training patients with weight bearing asymmetry has never been attempted. A cross sectional study composed of 56 healthy asymptomatic participants was conducted to investigate reliability and validity of the dual weighing scale biofeedback system with Freemed Sensormedica podobarometry device in static standing. The total weight born on each individual weighing scale of the dual weighing scale biofeedback system (DWSBS) and freemed sensormedica device was documented with eyes open stance. The results showed that the intra-rater and inter-rater reliability were excellent (0.98-0.99) within scales left and right. Also the measurements obtained with DWSBS are valid and in agreement with Freemed Sensormedica device measurements. Hence the DWSBS could be used interchangebly with a standard podometry device and could provide clinicians an objective measurment of limb loading suitable for clinical settings.

Keywords: Dual weighing scale biofeedback system, reliability, validity, weight bearing asymmetry.

INTRODUCTION

Weight-bearing asymmetry is a common consequence of lateralized disorders. Bearing more weight on the unaffected leg often co-occurs with poorer postural stability. Weight-bearing asymmetry has therefore been regarded as a cause of this postural instability. However, weight-bearing asymmetry is only one of the many factors that can influence postural instability among patient populations. It is therefore difficult to appreciate the functional consequences of weight-bearing asymmetry in this group.(1) The way our central nervous system (CNS) processes sensory data from other systems to generate sufficient motor activity to maintain a controlled, upright posture is known as postural control.(2) The visual, vestibular, and somatosensory systems are the main sensory systems involved in postural control and balance.(3) Since the visual system receives the majority of the sensory data needed to maintain postural balance, an enhancement in the visual environment boosts our postural stability. (4) Postural sway has been shown to increase when eyes are closed and during visual stimulation [5]. Mechanoreceptors are specific sensory receptors located in the muscle spindles. They provide the nervous system with information about the muscle's length and velocity of contraction, thus contributing to the individual's ability to discern joint movement and position sense(6)

Functional dominance of the left or right side of the human body is the normal effect of postural development. As a medical term, it expresses the functional dominance of one of a pair of symmetrical organs of the human body over the other although the postural asymmetry is generally considered as re- flecting postural impairment, and it is human nature to be asymmetrical. Perfect symmetry does not exist in humans, so we expect that the fundamental human activity of posture control in a normal bipedal stance will not be symmetrical either. It was reported that the effects of weight-bearing asymmetry were due to changes in the biomechanical constraints of upright standing, and they suggested that through increasing weight-bearing asymmetry the postural instability increased by reducing the efficiency of hip load/unload mechanisms and increasing the compensatory ankle movement.(7) In clinical practice, achieving symmetrical weight bearing on the bilateral lower limb is a primary goal in neurological and orthopedic conditions such as stroke, joint replacement and amputees. Asymmetrical weight bearing or non-weight bearing on the lower extremities on different stages of injury and postoperative rehabilitation could lead to a poor functional outcome. Hence, evaluation of weight bearing on lower extremities is essential in clinical practice. Both subjective clinical examination and objective measurement tools are used to assess the symmetry of weight bearing between the two lower extremities.

Force platform, MatScan, Nintendo Wii balance board, and digital weighing scales are devices that provide more reliable and accurate weight bearing measurements The measurement data obtained from the devices are further computed using mathematical models to interpret the pattern (magnitude and direction) of asymmetry in weight distribution on bilateral lower limbs(8) However, the gadgets mentioned above are more costly, need skilled workers, and aren't commonly used in clinical settings. Hence, they are seldom in use to measure limb load asymmetry (LLA). Conversely, using two DWSs is the conventional method used by practitioners to measure asymmetry of weight bearing on lower limbs. DWSs provide an immediate, two-decimal-point accurate quantitative readout of weight in kilograms. They are portable, cheap, less time consuming, easily accessible, light, and small.Do not require additional training for clinicians and patients and have good accuracy in static weight bearing measurements.Despite the usefulness, their reliability and validity has not been tested by many researchers.(9)

Reliability of a device refers to the consistency or stability of a measurement. As long as no other unrelated circumstances influence the score, a test or instrument with high reliability will yield the same result when administered again.(10)Validity refers to how accurately a device measures what it is intended to measure. Perhaps the most well-known of these concepts is internal validity, which is essentially the question of whether the researchers' actual observations and measurements accurately reflect what they are observing and measuring.(11)Agreement shows exactly how close the scores for repeated measurements obtained from a device are.(12) Owing to a long existing need to identify and treat the weight bearing asymmetry existing during bipedal

stance, it is a necessity to objectify a reliable and valid device, which would help produce a simple and objective format of feedback for appreciating non uniform distribution of weight bearing while maintenance of a quite stance and its later impact on dynamic postures during gait.

MATERIALS AND METHODS

The present study was initiated with 56 healthy asymptomatic adult participants for the reliability and validity study (Sample size was calculated based upon the tabular format for **"**Prediction of sample size calculation based on ICC value. Assuming the value of R (reliability value of Intra-class correlation coefficient) to be 0.80 or more, with confidence interval of 95% (± 0.1 n), a total of 50 subjects were required for the present study, but considering the dropout rate, which was assumed to be 12%, a total of 56 subjects were included in the study.(13)), who were recruited through convenience sampling from general community without any history or ongoing condition which would affect their ability to maintain steady stance. Participants were requested to sign a formal consent form before the commencement after a detailed explanation of the study. Initially the basic demographic data was documented for all the participants. Reliability assessment was done by checking for Internal consistency and Absolute agreement by finding out the Intra-rater and Inter-rater reliability status. The apparatus titled "Dual Weighing Scale Bio-feedback System" consisted of two separate weighing platforms Weighning Scale Left (WSLt.) and Weighing scale Right (WSRt.), (12 x 12 inches) affixed parallel to each other on a single frame 1 cm apart and each having load bearing capacity of 200 kilograms. The output of the weight born was displayed via a common display unit with two separate LED dials. The calibration of the two Scales was done by standard test loads prior to use of the apparatus. The measurements were taken at participants home settings after alignment of the weighing scale was done using a leveling apparatus. The study protocol was approved by the Institutional Ethics Committee of Shree Bharati Maiya College of Optometry and Physiotherapy, Surat.

The Participants were asked to stand bare feet centrally, on Right weighing scale with both feet on it, later on the Left weighing scale with both feet placed parallel to each other on the same platform with their hands at either sides, one after the other for 3 consecutive times. They were instructed to look straight ahead throughout their stance. They were asked to stand for 10 seconds and a time of 1 min was given between stepping over both platforms. The order of stepping up was alternated between trials to minimize possible random error. The calibration of the weighing scales was carried out between each trial when the participants stepped off and the display was ensured to read 0. The recordings of the output displayed on the led dial were recorded during the 3 trials on both the scales and then averaged for analysis later. The same procedure was repeated for reliability, validity and agreement studies. Procedure for Validity assessment was executed using FreeMed Professional Platform (Sensor Medica, Rome, Italy , FreeSTEP - V.2.01.044; with resistive, gold coated 24k with conductive rubber sensors,10.000m2 in number; acquisition frequency upto 4 hz) was used. For Intra-rater assessment the same rater documented the readings whereas for the Inter-rater assessment another rater was recruited to document the reading.

RESULTS

The analysis of the data documented by the end of study was analyzed using SPSS software version 20. The results of the Intra- rater and Inter-rater reliability testing revealed excellent reliability. The results of the Validity assessment revealed that both the weighing scales of the dual weighing scale biofeedback system had highly significant correlation.

DISCUSSION

The present study was initiated with the purpose of checking the reliability and validity of the DWSBS against Freemed Sensormedica pedobarometry device to measure the limb loading duri static standing. The findings show

that the DWSBS is reliable tool and it establishes good validity when compared with Freemd Sensormdica Podometry device. In practice, a force platform is commonly considered the gold standard to measure limb loading in lower limbs. Nevertheless, the validity of Freemed Sensormedica Podometry device was established already with IMU-system.(14)

The reliability within and between the WSLt. and WSRt. was excellent. The Icc values obtained from repeated limb load measurements were superior to those found in study of Senthil N.S. Kumar. Senthil Kumar and collegues utilized two separate digital weighing scales which were checked individually and were separate with separate outputs on the scale itself. Also the results of this study are better then study done by Bohannon and Waldron who had utilized two digital scales and estimated limb loads in stroke population.(15) The better ICC values obtained in our study could be due to reason that precautions for minimal chances for measurements error were taken. Also the sample size in our study was more then both the studies. In respect to validity, both the weighing scales embodied in the new device DWSBS showed to have an excellent validity score when compared with the Freemed Sensormedica pedobarometry device. Thus again falling in line with the findings with the study done by Senthil Kumar et.al, where in two digital weighing scales belonging to Beurer, Germany, had excellent scores on validity with MatScan Systems device. Although the design and conceptualization of the DWSBS is much different from the weighing scales used in their study.

CONCLUSION

DWSBS has an excellent reliability in static limb loading measurement. Similarly, measurements of DWSBS held excellent validity with the measurements of Freemed Sensormedica Pedobarometry device. Hence DWSBS may be utilized for evaluation and further for treatment of limb loading asymmetry.

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Table 1. Demographic data of all the participants

Demographic data of participants				
	Reliability testing		**Validity testing**	
Age	**N**	56	**N**	56
	Mean	54.02	**Mean**	56.8929
	Std. Deviation	6.521	**Std. Deviation**	6.95617
Participant	**female**	35	**female**	39
	male	21	**male**	17
	Total	56	**Total**	56

Table 2. ICC analysis for checking the Intra-raterreliability

Intraclass Correlation Coefficient Rt. Side weighing scale of DWSBS			
	Intraclass Correlation[a]	**95% Confidence Interval**	
		Lower Bound	**Upper Bound**
Single Measures	.999[b]	.999	.999
Average Measures	1.000[c]	.999	1.000

Table 3. ICC analysis for checking the Intra-rater reliability

ICC for Lt. Side weighing scale of DWSBS			
	Intraclass Correlation[a]	**95% Confidence Interval**	
		Lower Bound	**Upper Bound**
Single Measures	.999[b]	.999	1.000
Average Measures	1.000[c]	.999	1.000

Table 4. Inter-rater reliability Rt. Side weighing scale of DWSBS

ICC for Rt. Side weighing scale of DWSBS			
	Intraclass Correlation[a]	**95% Confidence Interval**	
		Lower Bound	**Upper Bound**
Single Measures	.998	.997	.999
Average Measures	.999	.999	1.000

Table 5. Inter-raterreliabilityLt. Side weighing scale of DWSBS

Inter-class Correlation Lt. Side weighing scale of DWSBS			
	Intraclass Correlation[a]	**95% Confidence Interval**	
		Lower Bound	**Upper Bound**
Single Measures	.999[b]	.999	1.000
Average Measures	1.000[c]	.999	1.000

Table 6. Validity analysis of Lt. Side weighing scale of DWSBS

		PEDO	DWSBSRT
PEDO	Pearson Correlation	1	.999**
DWSBSRT	Pearson Correlation	.999**	1
**. Correlation is significant at the 0.01 level (2-tailed).			

Table 7. Validity analysis of Rt. Side weighing scale of DWSBS

		DWSBSLT	PEDO
DWSBSLT	Pearson Correlation	1	.999**
PEDO	Pearson Correlation	.999**	1
**. Correlation is significant at the 0.01 level (2-tailed).			

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Does Exercise with Diet Restriction Really Influence the Weight Loss on Obesity among Older Adults : A Literature Review

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Received: 16 Jun 2024 Revised: 18 May 2025 Accepted: 24 Jun 2025

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ABSTRACT

Obesity is a prevalent metabolic condition that is a cause for concern in the contemporary society. Exercise intervention, in conjunction with dietary modifications and supplementation, is the recommended treatment for obesity. Various research procedures provide a concise grasp of the mechanisms by which exercise contributes to weight loss. For the purpose of conducting a literature study, the search terms "exercise" and "obesity" were utilized, and the time span that was under consideration was from 2019 to 2024. We were able to retrieve the ten most informative papers from the various databases, including Google Scholar and PubMed, among others. Through the use of physical activity and calorie restriction, we discovered that nine articles have proven to be useful in combating the condition of obesity. In light of this, the regimen for treating obesity also includes a significant emphasis on dietary restriction. Along with calorie restriction, exercise in the form of aerobic and resistance training is essential. Additionally, additional study can be conducted using various protocols in order to seek for a lasting treatment and to prevent the recurrence of obesity.

Keywords: Exercise, Diet, Obesity, Weight loss.

INTRODUCTION

In accordance with the criteria of the body mass index, about forty percent of persons who are above the age of sixty-five are considered to be obese. Obesity in this age group is associated with a very low CRF, which is related with decreased physical function, increased fatigue, and premature mobility limitation. This is one of the negative consequences of obesity.[1]. Obesity is characterized by a number of physiological abnormalities from the lean state that impede muscle performance. One of these variations is a higher accumulation of lipids around subcutaneous adipose tissue and inside intramuscular adipose tissue targeted muscle regions. There is a correlation between age and an increase in total and regional adiposity, as well as a worsening of muscle mass and function in the more than one-third of older adults who are categorized as overweight or obese.[2]. Over the course of the past two decades, there has been a consistent rise in the incidence of obesity among older adults. According to the most recent data available in the United States, 42.8% of older adults (those aged 60 and older) are classified as obese, and equivalent numbers have been found in other industrialized nations.[3] The most common methods of weight loss that were reported were "exercise" and "eat less," frequently in conjunction with one another, which appears to be a reasonable approach at first glance. Increasing low- to moderate-intensity aerobic exercise (such as walking or stationary cycling) and decreasing caloric intake in some way (such as adhering to meal plans, monitoring caloric intake, using meal replacements, and providing portion-controlled meals) are two of the most common recommendations made by weight-loss interventions.[4], To achieve significant weight or fat loss, particularly in older persons, the current recommendation for public health exercise does not include concomitant reductions in caloric intake. This is because the amount of exercise does not meet the requirements. As a result, the prescription of calorie restriction (CR) can be required in order to maximize the benefits of physical activity.[5] In the current guidelines for the treatment of obesity, it is recommended that a diet with fewer calories be prescribed, although the most effective amount of energy deficit is the one that will elicit improvements in risk factors. While energy restriction plays a more significant role in promoting initial weight loss, exercise plays a significant role in efficiently maintaining weight reduction and improving body composition characteristics. Both of these factors are critical in achieving overall weight loss.[4]

Despite the fact that it has been demonstrated that weight loss can reduce cardiovascular and metabolic risk factors, the topic of weight loss among obese older adults continues to be highly contentious.[6]. The only treatment that has been shown to reliably improve CRF and delay the onset of impairment is to engage in aerobic exercise on a regular basis. It is possible that individuals who are obese will have a diminished ability to benefit from exercise in terms of improving CRF and other outcomes.[5] A decrease in resting energy expenditure is one of the issues that diet-based weight loss programs face. This decrease in resting energy expenditure may be a by-product of decreases in body mass, but more particularly, reductions in fat-free mass, which may increase the chance of weight return.[4]. It's possible that having an excessive amount of fat stored could decrease the amount of progress produced by resistance exercise.[2] Restricting calorie intake is the main factor in reducing body weight, although modifying the types of nutrients in the diet likely contributes to positive changes in body composition measures, especially when accompanied with an organized resistance-training program.[4] This study is significantly gains importance as we investigate and theorize to determine that combining exercise with dietary restriction may enhance weight loss and promote the development of strong and high-quality muscles.

Need of The Study

Obesity is a prevalent global illness that can result in severe complications and even mortality. Obesity is a growing condition that is common among youngsters as a result of insufficient physical exercise and an unhealthy dietary pattern. It is crucial to comprehend the significance of accessible exercise regimes in conjunction with dietary intervention and apply them to our clinical environments. It is necessary to uncover the concealed protocol resources from the existing evidence and thoroughly comprehend and analyse all protocols.

Objective of The Study

This literature review aims to investigate and select the most effective protocols for dietary intervention in order to promote weight loss among individuals with obesity on a global scale.

MATERIALS AND METHODS

Study Design

This review of literature is based on the PRISMA (Preferred Reporting Items for Systematic Review and Meta-Analysis) guidelines.

Inclusion Criteria

- Articles that encompass general obesity and specifically focus on exercise routine combined with calorie restriction.
- Articles that have been published exclusively in the English language.
- Articles that provide the full-text of the research.
- Only randomised controlled studies were included in this study.
- Articles including both genders
- Age group between 60 years to 75 years
- Articles published from 2019 to 2024

Exclusion Criteria

- Articles published in languages other than the regional language were included.
- Review articles were not considered.
- Articles published prior to 2019 were not included.
- Articles that solely focus on exercise or nutrition programs
- Articles that are unrelated to the specified keywords
- Articles that involve participants who are under the age of 50 years

Methodology

The articles included in this review were obtained from different online research platforms, including Google Scholar, PubMed, and other obesity journals. The papers were filtered using the key terms "exercise" and "obesity", and a thorough customized search was conducted to identify articles including exercise and diet regimes specifically designed for obese people. To preserve the search's value, only items from the years 2014 to 2024 were extracted. The study involved retrieving full-text publications and doing a detailed analysis of the data according to certain inclusion and exclusion criteria. The results were then presented in a tabular style for examination. The selection procedures are elucidated in the PRISMA Chart depicted in Figure 1.

Review of Literature

The characteristics of extracted article have been listed in Table 1.

DISCUSSION

The purpose of this literature review was to gather and analyse exercise therapies combined with calorie restriction in order to determine their effectiveness in promoting weight loss in individuals with obesity. In order to gather the most current facts, we have designated the time period from 2019 to 2024 as the latest five years. This study exclusively comprised randomized controlled trials (RCTs) in order to specifically examine the exercise routines devised by researchers from various countries. The age group selected for the study consisted of older persons, as new research indicates that they have greater prevalence rates of certain conditions due to decreased strength and mobility caused by frailty. After doing a thorough literature search, we have identified the top 10 papers that align with the purpose of our literature review. All 10 articles have incorporated diet restriction, specifically through

calorie control, as well as exercise training, which was provided in the form of either aerobic or resistance training protocol designed for obesity patients. A total of 10evidences were examined, revealing that exercise combined with dietary restriction is effective for obese older persons. However, just one article failed to see any significant differences following the intervention. One notable recurring characteristic observed in the majority of the articles was the implementation of a diet regimen that limited daily food intake to between 250 and 600 kcal. Additionally, the individuals typically engaged in physical activity for a minimum of 3-5 days per week, aligning with the exercising recommendations outlined by the ACSM. The majority of researchers followed the exercise routine for a duration ranging from 8 weeks to 18 months, as it is widely recognized that exercise does not yield immediate results in the context of obesity. In their study, Barbara Nicklas and Brinkley *et al.* (2019) discovered that a food deficit of 600 calories and regular aerobic activity on a treadmill can effectively alter blood lipid markers when performed four days a week.[5] Christina E. Hugenschmidt *et al.* (2019) observed a significant disparity in V02 peak values when an aerobic treadmill exercise program was supplemented with a 600-calorie diet program. In 2020, EwaSadowska-Krpa and her colleagues discovered that the impact was more noticeable in the group that followed a diet compared to the group that exercised. The participants in the exercising group worked out at 70% of their target heart rate and reduced their daily food intake by 30%. The measurements included body mass, waist-hip ratio, and blood lipid markers.[1] In a study conducted by Clint T. Miller *et al.* (2020), it was discovered that there was no discernible disparity in obesity outcome measures between the groups that engaged in exercise and those that practiced diet management. This lack of difference persisted even after a 12-month follow-up period.[7]

According to Christopher J. Kotarsky *et al.* (2021), their study examined the combination of time-restricted eating and exercise as a potential short-term weight loss approach for individuals seeking to lose weight. Time-restricted eating entails participants having designated time times for eating and rigorously refraining from intermittent nibbling. [8] Lockard *et al.* (2022) discovered that the simultaneous implementation of whole-body resistance training and a high protein diet resulted in a significant reduction in fat mass and improvements in body composition indices. (4) In their study, Andrea M. Brennan *et al.* (2022) discovered that engaging in 180 minutes of exercise per week and following a 500-calorie diet resulted in minor enhancements in obesity indicators. However, they observed a more significant disparity in cardio respiratory fitness measures.[3] In their study, Anna E. Bragg et al. (2022) found that participants who engaged in 150 minutes of exercise per week and followed a diet intervention of 1000 kcal per day as part of a weight reduction group experienced significant changes in cardiovascular risk. [6] In their 2022 study, Debra L. Waters et al. examined the impact of incorporating aerobic and resistance activities, together with calorie restriction, on the reduction of ectopic fat and improvement of metabolic markers. [9] In their study, Diana A. Madrid et al. (2023) found that weight reduction and resistance training were effective in maintaining muscular parameters and promoting weight loss in individuals with obesity. [10] The majority of studies on obesity focused on invasive blood lipid parameters as outcome measures, while a smaller number used traditional body composition parameters like body mass index and waist hip ratio. Only a few studies utilized the modern technique of dual X-ray absorptiometry as their primary outcome measure. Additionally, we included international physical activity questionnaires as a component of the outcome measure to gather subjective data from all participants. Cardiorespiratory fitness was assessed by measuring the V02 peak on a treadmill or ergometer. It is imperative to continue conducting research in the field of obesity, given its increasing prevalence in today's food-centric society. It is the responsibility of the treating physiotherapist to refer and select the most suitable exercise intervention, tailored to the patient's age group.

CONCLUSION

The findings of this literature review indicate that the combination of calorie restriction in food and exercise is crucial for achieving significant weight loss in individuals with obesity. The impact of fasting, whether through dietary changes or the use of supplements, may not have a significantly better effect on weight loss in obese people compared to exercising while restricting calorie consumption. A multidisciplinary approach is crucial for effectively addressing obesity, as it is a complicated condition that requires more than just a single solution.

Abbreviations
CRF- Cardio-Respiratory Fitness
IPAQ- International Physical Activity Questionnaire
BMI- Body Mass Index
MMT- Manual Muscle Testing

ACKNOWLEDGEMENTS

I thank my guide and co guide for reviewing thoroughly helping me to complete this study.

Declarations
Ethics approval and consent to participate: NA
Consent for publication: YES, We give consent for publication of this study. This study material is not published or under review elsewhere.
Availability of data and material: Data openly available in a public repository that issues datasets with DOIs.
Competing interests: None
Funding: NA
Authors' contributions: Both Primary/Corresponding author and Secondary authors have equal contributions in the article.

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Table.1: Characteristics of articles researched on Calorie restriction with exercise training among older adults with obesity

Author, Year	Sample size	Study duration	Intervention	Outcome measures	Conclusion
Barbara J. Nicklas, T ina E. Brinkley *et.al*,2019	180	5 months	Treadmill 4 days/wk. for 30 minutes at 65%–70% of heart rate reserve 250-600kcal diet for different groups	Whole body fat mass, lean mass, and per cent fat, Lipid and glucose parameters	Older, inactive persons with obesity can endure calorie restriction during an aerobic exercise program, and this enhances the effects of their activity.
Christina E. Hugenschmidt *et.al*,2019	88	20 weeks	Aerobic exercise-treadmills 4 days/week 600 kcal was restricted from daily diet	VO2peak, HOMA2-IR, Blood glucose and insulin levels	The inclusion of calorie restriction in a 20-week aerobic exercise program does not have a significant impact on executive function compared to exercise alone, as evaluated up to 24 months after randomization.
EwaSadowska-Krępa *et.al*,2020	30	12 weeks	60 to 70% of participants' maximal heart rates for 1 h 3 times a week And 30% per cent deficit in diet	Body mass, Waist hip ratio, Blood lipid parameters	The anthropometric characteristics and blood lipid profiles were significantly improved after a 12-week intervention. The improvements were particularly notable in the group that followed a dietary regimen.
Clint T. Miller *et.al*,2020	60	12 months	20–30 min aerobic (60–80% heart rate reserve) and 30 min of resistance training for a total of 300 min per week of moderate intensity exercise Energy intake restriction of 450–680	Dual X-ray absorptiometry, Vo2 peak	At the end of 12 months, the combination of exercise training and an energy-restricted diet did not result in any significant improvements in

			kcal		aerobic power, total body mass, fat mass, or prevention of lean body mass loss.
Christopher J. Kotarsky *et.al,*2021	23	8 weeks	2 to 3 days/week consisting of aerobic and resistance training and time restricted eating for 8 hours	Body composition, muscle performance, energy intake, macronutrient intake, physical activity	Time-restricted eating and concurrent exercise training can be used as a short-term dietary strategy to decrease fat mass and increase lean mass in overweight and obese adults. .
Brittanie Lockard *et.al,*2022	51	16 weeks	30 mins of supervised whole body resistance training as a circuit with 61–82% of 1RM higher protein/low-fat diet (1200 kcal/d)	IPAQ, Electronic scale for body mass and weight	The cardiovascular (CV) program resulted in significant reductions in fat mass and percentage of body fat, as well as a decrease in fasting insulin and HOMA values. Additionally, it led to an increase in lean mass and improved upper body muscular endurance.
Andrea M. Brennan *et.al*, 2022	59	6 months	4–5 d/wk., 45 minutes per session (180 min/wk.) consisting of aerobic exercise 500- 1000 Kcal diet	Lipid profile, Body composition, HbA1c	The weight loss resulting from calorie restriction alone led to slight enhancements in insulin sensitivity and decreased lean mass and muscle strength in older obese individuals. However, incorporating exercise into the regimen enhanced both cardiorespiratory

					fitness and muscle-related factors.
Anna E. Bragg *et.al,* 2022	164	12 months	Home and gym based activities consisting of 90–150 minutes per week of moderate-intensity aerobic exercise and resistance training 1000 kcal/day as diet intervention	Waist circumference, and blood pressure along with fasting serum glucose and lipids analysis	Exercise plus weight loss group had significant improvement in weight loss in obesity and it also reduced cardiovascular disease risk
Debra L. Waters *et.al,* 2022	160	6 months	Aerobic exercise sessions 3 times per week, lasting 60–90 minutes, 70%–85% of peak heart rate and resistance exercise sessions 1–2 sets of 8–12 repetitions at 65% of the one-repetition maximum (1-RM) 500-700kcal deficit in diet	Dual x-ray absorptiometry, body composition, oral glucose tolerance test, MMT	Weight loss plus the combination of aerobic and resistance exercise is the most effective in reducing ectopic fat deposition and in improving aging- and obesity-related physical and metabolic complications
Diana A. Madrid *et.al,*2023	55	18 months	Resistance consisting of 3 sets of 10–12 repetitions at 75% of 1 repetition maximum four days/week with progressive overload And aerobic of 12-14 minutes of walking per day 330 kcal deficit in diet	CT scan, body composition	Weight loss +Resistance training better preserved muscle area and improved muscle quality more consistently than weight loss + aerobic alone

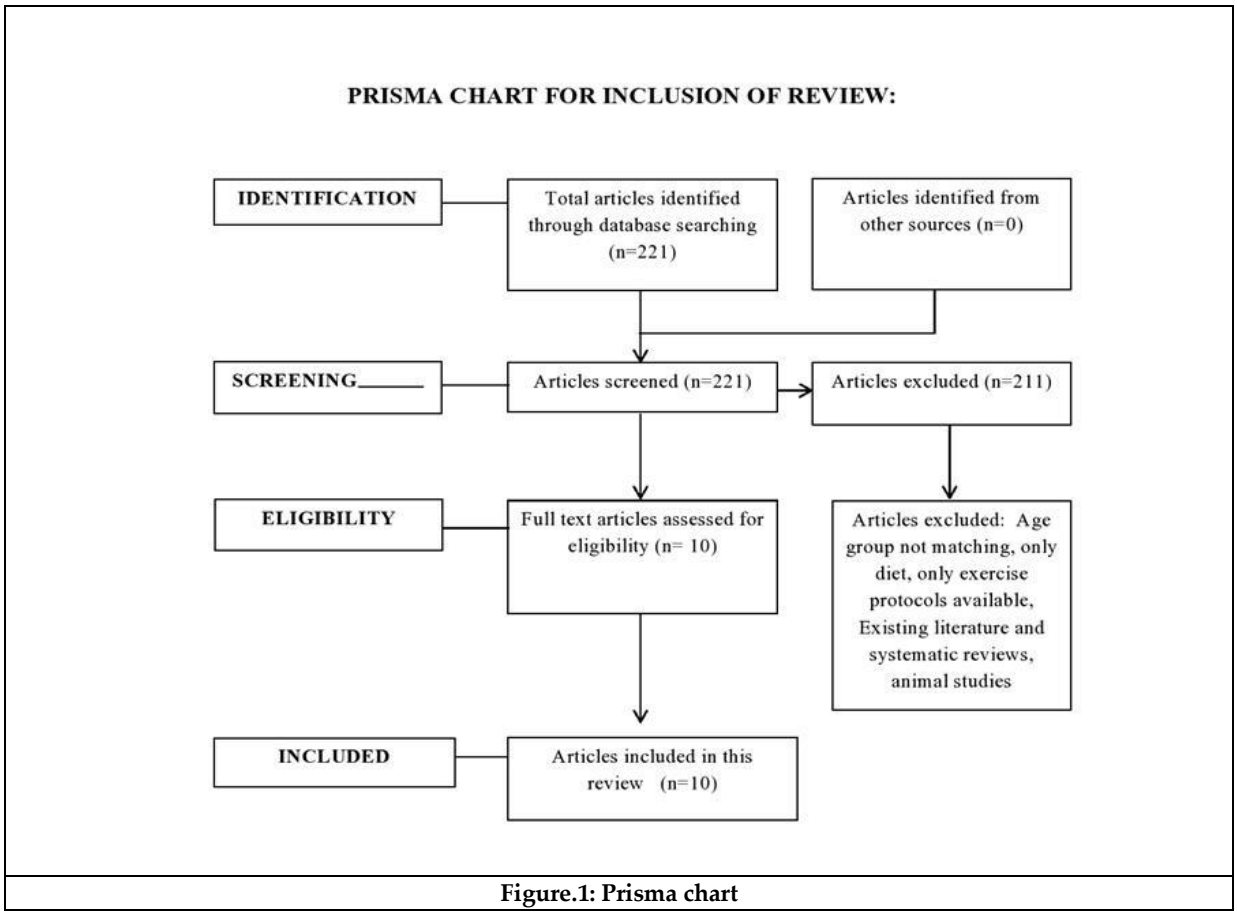

Figure.1: Prisma chart

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

AI Driven Total Quality Management Model for Enhancing Organizational Performance and Continuous Improvement

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Received: 21 Apr 2025 Revised: 18 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

This study explores the integration of Artificial Intelligence (AI) within Total Quality Management (TQM) frameworks to enhance organizational performance and foster continuous improvement. Traditional TQM approaches, while foundational, face challenges managing the complexity and volume of modern operational and customer data. The proposed AI-Driven TQM Model incorporates machine learning, predictive analytics, natural language processing, and IoT-based data collection to enable real-time quality monitoring, predictive maintenance, and intelligent decision-making. Structured around core TQM principles—customer focus, process management, employee involvement, data-driven decision-making, and continuous improvement—the model aims to optimize workflows, reduce defects, and boost customer satisfaction. A mixed-methods validation approach combining expert interviews, pilot simulations, and performance analysis is suggested to assess its effectiveness. Findings anticipate significant improvements in defect reduction, forecasting accuracy, operational responsiveness, and workforce engagement. The AI-TQM Model offers a scalable, adaptive solution for organizations navigating dynamic business environments and pursuing Industry 4.0 transformation. However, successful implementation requires overcoming challenges related to data quality, legacy system integration, organizational resistance, and ethical AI governance, emphasizing the need for strategic planning and continuous model refinement.

Keywords: Total Quality Management (TQM), Artificial Intelligence (AI), Continuous Improvement, Predictive Analytics, Machine Learning.

INTRODUCTION

Total Quality Management (TQM) is a comprehensive management approach aimed at achieving long-term success by enhancing customer satisfaction through continuous improvement in organizational processes, employee involvement, and data-driven decision-making. TQM integrates quality principles across all functional areas, ensuring that every employee contributes to maintaining high standards. Key features of TQM include customer focus, process optimization, employee empowerment, fact-based decision-making, and a culture of continuous improvement (Kaizen). The concept of TQM originated from quality control methodologies developed in the early 20th century, with pioneers like W. Edwards Deming and Joseph Juran playing pivotal roles in its evolution. Their work in post-World War II Japan laid the foundation for modern TQM, which later gained global recognition as a key driver of operational excellence. The application of TQM spans various industries, including manufacturing, healthcare, education, and services, helping organizations reduce defects, improve efficiency, and enhance competitiveness. However, with the rise of artificial intelligence (AI), there is an opportunity to revolutionize TQM by integrating AI-driven analytics, predictive modeling, and automation. AI can enhance TQM by enabling real-time quality monitoring, predictive maintenance, and intelligent decision-making, thus optimizing organizational performance. AI-driven real-time monitoring and process optimization can enhance manufacturing performance by enabling early fault prognosis, minimizing disruptions, and optimizing efficiency, resource utilization, and product quality (Okuyelu, O., & Adaji, O. 2024).

This study explores an AI-Driven Total Quality Management Model that leverages machine learning, big data analytics, and IoT to enhance continuous improvement processes. The expected methodology includes a mixed-method approach combining case studies, surveys, and AI-based simulations to evaluate the effectiveness of AI-integrated TQM. The anticipated outcomes include improved operational efficiency, higher customer satisfaction, and a data-driven quality management framework adaptable to dynamic business environments.

Objectives of the Study

1) **To examine the role of AI in enhancing TQM processes**, including real-time quality monitoring, predictive analytics, and automated decision-making.
2) **To develop an AI-driven TQM model** that integrates machine learning and IoT for continuous organizational improvement.
3) **To evaluate the impact of AI-enhanced TQM** on organizational performance, focusing on efficiency, cost reduction, and customer satisfaction.

Significance of the Study

This research seeks to bridge the gap between traditional Total Quality Management (TQM) practices and modern Artificial Intelligence (AI) technologies, presenting a forward-looking approach to quality management in alignment with Industry 4.0 advancements. The primary objective is to develop an AI-powered TQM model that enhances real-time decision-making, predictive analytics, and process automation. By integrating AI-driven tools with conventional TQM frameworks, the study aims to significantly improve organizational efficiency, reduce operational costs, and enhance customer satisfaction. This innovative approach has the potential to revolutionize quality management by enabling continuous improvement and fostering a data-driven culture within organizations. The significance of this study lies in its contribution to the evolving landscape of quality management. It offers a scalable and sustainable model that not only supports superior organizational performance but also provides a competitive edge in an increasingly digitalized and dynamic business environment. Ultimately, the research will serve as a valuable resource for industries transitioning to Industry 4.0, guiding them toward effective adoption of AI in quality management practices.

REVIEW OF LITERATURE

Total Quality Management (TQM) continues to evolve as organizations strive to improve performance, customer satisfaction, and adaptability in dynamic environments. With the rise of digital transformation, integrating technological tools like Artificial Intelligence (AI) into quality management frameworks has become an essential research area. This literature review systematically explores the intersection of TQM with administrative systems, continuous improvement, organizational design, and emerging AI technologies, presenting insights into their combined potential to drive operational excellence. Ugwu (2023) emphasized the synergistic relationship between TQM, continuous improvement, and process performance. His conceptual framework underscores how integrating these elements can optimize organizational functions. Obaid et al. (2024) built on this by illustrating the role of Administrative Information Systems (AIS) in enhancing TQM execution, enabling data-driven decision-making and real-time quality monitoring. Similarly, Kirk (1992) supported this by identifying Continuous Quality Improvement (CQI) and TQM as mechanisms for designing service processes aligned with customer-centric goals. García-Bernal and colleagues (2010) introduced the perspective of transaction cost theory, positing that when TQM is integrated with organizational design principles, firms can achieve superior performance outcomes.

Recent literature increasingly highlights the transformative role of AI in quality management. Abdeldayem et al. (2024) conducted an empirical study on Batelco Telecom in Bahrain, finding that AI significantly amplifies TQM practices such as leadership commitment and customer focus, yielding competitive advantage. Yang et al. (2019) provided a conceptual framework for an AI-enhanced Quality Management Information System, emphasizing AI's capabilities in analysis, prediction, and decision-making. Okuyelu and Adaji (2024) further demonstrated the utility of AI, IoT, and machine learning in real-time fault detection, efficiency, and product quality, particularly in Industry 4.0 manufacturing environments, citing successful applications in companies like Kleven Maritime AS and Ekornes.
While substantial research exists on the integration of TQM with AIS, CQI, and AI, there remains a critical gap in developing a unified, AI-driven TQM model that holistically addresses both organizational performance and continuous improvement. Current studies are either conceptual or context-specific, lacking a comprehensive framework that can be generalized across industries. There is a pressing need to develop and empirically test an AI-driven Total Quality Management Model that seamlessly integrates technological intelligence with traditional quality principles to drive continuous, measurable improvements in organizational performance.

RESEARCH METHODOLOGY

The research employed a secondary data methodology to explore the integration of Artificial Intelligence (AI) within Total Quality Management (TQM) frameworks for enhancing organizational performance and fostering continuous improvement. Data was collected from scholarly journals, industry reports, case studies, and previously published literature to analyze existing models and identify best practices. This approach enabled a comprehensive evaluation of theoretical constructs and real-world applications of AI-driven TQM. Through critical analysis and synthesis of secondary sources, the study developed a conceptual model that aligns AI capabilities with TQM principles, offering strategic insights for organizations seeking innovation, efficiency, and sustained competitive advantage.

RESULTS

Bibliographic Analysis

The integration of Artificial Intelligence (AI) technologies into Total Quality Management (TQM) frameworks has emerged as a transformative approach to enhancing organizational performance and fostering a culture of continuous improvement. The results of this study, grounded in a comprehensive bibliographic analysis, provide critical insights into how the integration of Artificial Intelligence (AI) technologies within Total Quality Management (TQM) frameworks significantly enhances organizational performance and developing continuous improvement.

This section presents the results of an in-depth exploration into how AI-driven tools—such as machine learning, predictive analytics, and natural language processing—enable real-time monitoring, adaptive control, and proactive quality assurance. Addressing the first research question, AI enhances organizational performance by streamlining quality management processes, reducing human error, and improving customer satisfaction through intelligent automation. In response to the second question, the role of data-driven decision making is pivotal, as AI algorithms can analyze vast volumes of operational data to identify inefficiencies, predict outcomes, and support strategic planning. Regarding the third question, AI facilitates continuous improvement by enabling dynamic feedback loops, pattern recognition, and predictive maintenance, which together help organizations to iteratively refine their processes and product quality. Based on these insights, a structured process to design an AI-driven TQM model involves: identifying key quality objectives; selecting relevant AI tools; integrating them into existing TQM practices; ensuring seamless data flow across departments; training personnel; and establishing metrics to evaluate performance and foster a culture of continuous, data-informed improvement.

How does AI contribute to optimizing processes and enhancing operational efficiency within Total Quality Management (TQM) practices, and what challenges might organizations face in its implementation?

AI plays a pivotal role in optimizing processes and enhancing operational efficiency within Total Quality Management (TQM) practices by streamlining operations, improving decision-making, and fostering a culture of continuous improvement. Through data-driven decision-making, AI enables organizations to identify inefficiencies and optimize workflows (Chandran, 2024), while machine learning algorithms automate routine tasks, such as regression test selection in software testing, leading to leaner and more efficient processes (Poth et al., 2019). In terms of quality improvement, AI provides real-time insights and predictive analytics that help maintain high standards of quality across processes ("AI in Quality Management," 2024). In sectors like telecommunications, AI-driven TQM practices have demonstrated improvements in customer focus and error prevention, thereby enhancing competitive advantage (Abdeldayem et al., 2024). Furthermore, AI applications in logistics and supply chain management have significantly improved demand forecasting, inventory management, and route planning, contributing to overall operational efficiency (Thenmozhi & Krishnakumari, 2024). However, despite these advantages, the implementation of AI can pose challenges, particularly for small and medium-sized enterprises that may lack the necessary resources to adopt advanced technologies effectively, underscoring the need for a balanced and strategic approach to integrating AI within TQM frameworks.

How does the integration of AI technologies into Total Quality Management frameworks enhance organizational performance?

The integration of Artificial Intelligence (AI) technologies into Total Quality Management (TQM) frameworks enhances organizational performance by systematically improving decision-making, operational efficiency, and adaptability. AI tools such as machine learning and data analytics offer predictive insights that support strategic decision-making, better resource allocation, and effective risk management (Hassan et al., 2024). For example, AI frameworks can forecast operational excellence scores, helping organizations pinpoint improvement areas before pursuing quality certifications or awards (Rangriz et al., 2024). Additionally, AI enhances efficiency by automating processes and reducing redundancies, as evidenced in sectors like healthcare, where AI ensures compliance with evolving regulations (Overgaard et al., 2023). AI-driven knowledge management systems further strengthen organizational agility by improving the creation, storage, and dissemination of critical knowledge (Sharma et al., 2023). Moreover, AI fosters innovation and adaptability by enabling organizations to swiftly respond to shifting market demands and customer expectations, thereby sustaining a competitive edge. The proactive integration of AI into TQM promotes anticipatory quality management, allowing organizations to address potential issues before they arise. However, this integration also brings challenges, including data privacy concerns and the necessity for ethical frameworks, which organizations must address to fully harness AI's transformative potential in enhancing TQM practices.

What specific AI tools are most effective in optimizing quality metrics and ensuring operational efficiency?
AI tools are increasingly recognized for their effectiveness in optimizing quality metrics and ensuring operational efficiency across various sectors, including software development, manufacturing, and network management. These tools leverage advanced algorithms and machine learning techniques to enhance productivity, improve quality control, and streamline operations. In software development, AI tools such as GitHubCopilot assist developers by suggesting code and automating debugging processes, thereby reducing cognitive load and enhancing productivity (Pangavhane et al., 2024), while AI-driven testing systems maximize test coverage and identify defects to ensure software reliability and quality (Pangavhane et al., 2024). In the manufacturing sector, AI-enabled inspection systems significantly improve inspection accuracy and reduce manual efforts by detecting defects and ensuring compliance with regulatory standards (Jain, 2024). Additionally, AI facilitates predictive maintenance, optimizing production workflows and predicting equipment failures to minimize downtime and operational costs (Roy & Srivastava, 2024). In network management, AI techniques such as Deep Deterministic Policy Gradient (DDPG) are employed to enhance network performance by reducing latency and packet loss, thus improving overall operational efficiency (Yang et al., 2024). Despite the substantial benefits offered by AI tools in optimizing quality and efficiency, challenges such as concerns over data quality and the need for workforce adaptation continue to pose significant hurdles to their widespread adoption (Jain, 2024).

Development of AI-Driven Total Quality Management (AI-TQM) Model
Total Quality Management (TQM) has long served as a fundamental approach for organizations seeking excellence through continuous improvement, customer focus, and process optimization. However, traditional TQM faces limitations in handling the complexity and volume of modern operational and customer data. The integration of Artificial Intelligence (AI) into TQM models offers transformative potential by enabling predictive insights, real-time decision-making, automation, and adaptive learning capabilities. This paper presents a systematic AI-Driven TQM Model designed to modernize quality management practices and enhance organizational performance.

Process of AI-Driven TQM Model
The AI-TQM process is a continuous, adaptive cycle, structured around traditional TQM principles, but enhanced by AI's capabilities:

The **AI-Driven Total Quality Management (AI-TQM)** process is a dynamic and evolving cycle that builds upon traditional TQM principles by embedding artificial intelligence into each stage of the quality management framework. It begins with data acquisition, where real-time data is collected from a variety of structured and unstructured sources, including enterprise resource planning (ERP) systems, customer relationship management (CRM) tools, Internet of Things (IoT) sensors, social media platforms, and employee feedback mechanisms. This diverse influx of data provides a rich foundation for understanding organizational performance and customer expectations.

Once gathered, the data undergoes processing and analysis using advanced AI techniques such as machine learning (ML), natural language processing (NLP), and deep learning. These tools enable organizations to clean, structure, and derive meaningful insights from vast and complex datasets. This analysis uncovers hidden patterns, root causes of inefficiencies, and sentiment trends that may not be visible through traditional data analysis methods. Following this, AI systems deploy predictive and prescriptive analytics to forecast potential quality issues and recommend actionable strategies. By anticipating problems before they occur, organizations can shift from reactive to proactive quality management. Prescriptive models not only highlight what might go wrong but also suggest optimal solutions, enhancing decision-making across all levels.

The next stage involves automated quality control, where AI technologies are used to perform real-time monitoring and quality assurance. Visual inspection systems, powered by computer vision, along with AI-driven process monitoring tools, detect anomalies and deviations from standards with high accuracy and speed. This minimizes the need for manual intervention while ensuring consistency and precision in outputs.

Finally, the process incorporates a continuous improvement loop, modeled after the Plan-Do-Check-Act (PDCA) cycle but enhanced with AI capabilities. In this AI-Enhanced PDCA cycle, machine learning algorithms constantly scan for areas of improvement, simulate possible solutions using virtual environments, and recommend the most effective process optimizations. This enables rapid iteration, fosters innovation, and ensures that quality management remains adaptive and forward-looking in the face of changing business needs.

Key Elements of the AI-TQM Model

The AI-TQM Model integrates advanced artificial intelligence technologies into the foundational pillars of Total Quality Management (TQM), creating a system that is more adaptive, intelligent, and efficient. Each element of traditional TQM is elevated through AI to enhance organizational performance and agility.

Customer Focus (AI-Enhanced) AI enables organizations to gain a deeper and more immediate understanding of customer needs and expectations. Using natural language processing (NLP) and sentiment analysis, businesses can automatically analyze feedback from sources such as customer reviews, surveys, and social media in real time. This allows companies to detect emerging pain points or satisfaction trends early. In addition, predictive models analyze service and quality data to forecast customer churn, enabling proactive customer retention strategies and personalized service improvements.

Process Management (Intelligent Automation) AI transforms traditional process management through intelligent automation. Machine learning algorithms monitor operational data for deviations, predict equipment failures, and suggest dynamic adjustments to workflows, increasing reliability and reducing downtime. AI-driven automated root cause analysis uses pattern recognition to quickly identify the origin of defects or inefficiencies, significantly reducing the time and effort required for problem-solving.

Employee Involvement (AI-Supported Empowerment) AI fosters greater employee engagement by providing tools that capture and analyze employee feedback, translating suggestions and concerns into actionable insights. Moreover, real-time AI assistants act as digital co-pilots, supporting employees during tasks by guiding them through quality control procedures, compliance checks, or decision-making processes. This not only enhances workforce confidence but also ensures consistency in quality-related actions.

Data-Driven Decision Making At the core of AI-TQM is the commitment to data-driven decision-making. AI-powered dashboards present stakeholders with predictive and prescriptive analytics in real time, allowing for timely interventions and strategic foresight. Additionally, reinforcement learning algorithms are used to optimize resource allocation by learning from historical quality data and continuously improving decision strategies based on performance outcomes.

Continuous Improvement (Self-Learning Systems) One of the most powerful contributions of AI to TQM is in driving continuous improvement through self-learning systems. These systems evaluate the outcomes of past actions, monitor changes in the operating environment, and automatically refine strategies. By integrating this intelligence into the PDCA (Plan-Do-Check-Act) cycle, organizations can iterate faster, test new quality improvements virtually, and deploy effective changes with confidence.

Design of the AI-TQM Model

The AI-TQM Model is built upon a multi-layered conceptual framework that enables seamless integration of artificial intelligence with traditional Total Quality Management practices. Each layer plays a critical role in supporting real-time quality monitoring, intelligent decision-making, and continuous organizational improvement.

Data Layer At the foundation of the model lies the Data Layer, responsible for aggregating and integrating diverse data sources. This includes structured and unstructured data from internal systems such as ERP, CRM, manufacturing execution systems (MES), IoT sensors, and employee feedback platforms, as well as external sources

like social media, market reports, and customer reviews. The heterogeneity and volume of data captured at this level provide the raw material for AI analysis, ensuring that quality insights are grounded in comprehensive, real-world inputs.

AI Layer Sitting above the data layer is the AI Layer, which applies advanced algorithms to process and analyze the data. This includes machine learning for pattern detection, deep learning for handling complex and high-dimensional data, natural language processing (NLP) for interpreting textual input, and expert systems that simulate decision-making processes. Anomaly detection algorithms play a vital role in identifying outliers and potential defects in real time, allowing for rapid intervention before quality issues escalate.

Application Layer The Application Layer serves as the interface between the AI system and its human users. This layer includes dashboards, mobile applications, and interactive portals tailored to the needs of quality managers, production operators, and executives. These tools present data insights in a user-friendly and actionable format, enabling informed decision-making at all organizational levels. By customizing the interface to different roles, this layer ensures accessibility and encourages widespread adoption of AI-driven practices.

Decision Support Layer The Decision Support Layer transforms raw data and AI outputs into strategic insights. It provides predictive analytics to anticipate future quality issues, prescriptive recommendations to suggest optimal actions, and automated alerts for immediate notification of anomalies or threshold breaches. This layer acts as a cognitive aid, augmenting human decision-making with timely and data-backed guidance, reducing reliance on intuition or delayed reporting.

Continuous Improvement Engine At the top of the framework is the Continuous Improvement Engine, a dynamic system that leverages AI to drive ongoing enhancements in quality processes. It uses simulations to model the potential impact of improvement strategies, tracks performance outcomes over time, and applies self-optimization algorithms to refine processes autonomously. This layer aligns closely with the PDCA (Plan-Do-Check-Act) philosophy, creating a feedback loop where the system learns from past actions and adapts for better results in future cycles.

This layered architecture allows the AI-TQM Model to function as a cohesive, intelligent ecosystem—empowering organizations to manage quality proactively, adapt rapidly, and evolve continuously in a data-driven environment.

Validation of the AI-TQM Model

The validation of the AI-TQM (Artificial Intelligence–Total Quality Management) model will be conducted through a comprehensive mixed-methods approach that integrates both qualitative and quantitative phases to ensure robustness, practical relevance, and statistical rigor.

Qualitative Phase: The first step in validating the AI-TQM model involves a qualitative phase, where the focus is on refining the conceptual framework through expert input. This phase includes conducting structured interviews and focus groups with AI specialists, quality managers, and industry practitioners. The primary objective is to gather insights regarding the practicality, completeness, and adaptability of the model in real-world environments. Participants would be encouraged to critique the proposed AI integrations within traditional TQM processes and suggest improvements or highlight potential gaps. Their feedback would help fine-tune the model's structure to better align with organizational realities and expectations.

Quantitative Phase (Pilot Implementation/Simulation) Following the refinement through qualitative insights, a quantitative phase will be carried out through pilot implementation or simulation. In this phase, the AI-TQM model is deployed within a selected organizational unit—such as a specific production line, customer service department, or logistics team. Historical quality data (e.g., defect rates, customer complaints, maintenance logs) and real-time operational data will be collected. Machine learning models will be trained using this data to predict quality issues, optimize workflows, and recommend improvements. Throughout the pilot, key performance indicators (KPIs) such

as defect rates, cycle times, customer satisfaction scores, and cost of poor quality (COPQ) will be systematically measured before and after the model's application.

Analysis After the pilot phase, a detailed analysis will be conducted to evaluate the model's effectiveness. Performance outcomes of the unit utilizing the AI-TQM model will be compared against a control group or baseline data from before the implementation. Statistical significance testing (e.g., t-tests or ANOVA) will be used to assess whether improvements observed in KPIs such as defect reduction, process efficiency, or customer satisfaction are not due to random variation. This rigorous comparison ensures that any positive changes can be attributed confidently to the AI-TQM model's influence rather than external factors.

Expected Validation Results Based on the design of the AI-TQM model, several expected outcomes are anticipated from the validation process:

- **Significant Reduction in Defects** By leveraging predictive quality control and automated anomaly detection, organizations are expected to observe a substantial decrease in the number of product or service defects.
- **Improved Forecasting Accuracy** AI models trained on historical data should enhance the organization's ability to accurately forecast process deviations, equipment failures, or quality risks, allowing for more proactive interventions.
- **Faster Response to Quality Issues** Real-time monitoring and automated alerts will enable quicker identification and resolution of quality problems, reducing downtime and improving responsiveness.
- **Enhanced Employee Engagement with AI Support** AI tools that assist workers by providing real-time insights, quality guidelines, and process optimizations are expected to increase employee involvement, reduce cognitive load, and encourage a stronger quality culture within the organization.

Implementation Strategy

Successfully implementing the AI-TQM model requires a carefully phased and strategic approach to ensure technical readiness, organizational acceptance, and long-term sustainability. The following phases detail the necessary steps:

Phase 1 Assessment and Planning

The first phase focuses on **evaluating the organization's current state** regarding Total Quality Management maturity and AI readiness. This includes assessing existing quality management frameworks, data infrastructure, and employee skill sets. It is crucial to identify the available data sources, such as CRM, ERP systems, IoT devices, and customer feedback channels, and to determine whether the current technology stack is capable of supporting AI-driven initiatives. A gap analysis should be performed to identify what enhancements are needed before moving forward.

Phase 2 Infrastructure Setup

After assessment, the next step involves **building the technical foundation** necessary for AI integration. Organizations must invest in cloud computing platforms, scalable data warehouses, and AI development environments to manage and process large volumes of data. Where applicable, IoT devices should be deployed on manufacturing floors, warehouses, or service points to capture real-time operational data. Seamless integration of CRM, ERP, and other legacy systems with new AI-driven platforms is also critical to ensure smooth data flow across the organization.

Phase 3 Pilot Deployment

Before full-scale implementation, a pilot deployment must be conducted to test the AI-TQM model in a controlled environment. This involves selecting a specific department, product line, or business unit as the pilot site. Initial machine learning models are trained using historical and real-time data relevant to that unit. AI dashboards and

monitoring systems are set up to provide predictive insights and real-time feedback on quality metrics. The pilot helps to validate assumptions, fine-tune models, and identify potential operational bottlenecks before wider rollout.

Phase 4 Workforce Training and Change Management

Human factors are critical for successful AI-TQM implementation. Therefore, this phase focuses on **workforce training and managing organizational change**. Employees must be trained in AI literacy to understand how AI systems work and how they complement human expertise in quality management. Workshops and continuous education programs should emphasize collaboration between humans and AI tools, dispelling fears of automation and fostering a culture of innovation and data-driven decision-making. Change management strategies should also address communication, leadership alignment, and the redefinition of roles where necessary.

Phase 5 Scaling and Continuous Refinement

Following a successful pilot, the AI-TQM model should be **scaled across other departments and processes** within the organization. Scaling involves replicating the initial success, but with adaptations based on the specific needs of different operational units. AI models must be continuously retrained and updated with fresh data to stay accurate and effective. Feedback loops should be established to monitor the performance of the AI-TQM system, identify areas for further improvement, and make the system increasingly adaptive and self-optimizing over time.

Challenges to Address

Despite a structured strategy, several key challenges must be anticipated and managed during implementation:

- **Data Quality Issues** Poor quality, incomplete, or inconsistent data can severely undermine AI model accuracy and reliability. Data governance frameworks must be established to ensure data integrity and standardization.
- **Integration with Legacy Systems** Many organizations operate on outdated IT infrastructures that may not seamlessly integrate with modern AI platforms. Integration efforts must ensure that data silos are broken down and that legacy systems are either upgraded or appropriately interfaced with new technologies.
- **Organizational Resistance** Resistance to change is a common barrier, particularly when introducing AI into traditional TQM practices. Transparent communication, employee involvement, and demonstration of early wins are essential strategies to build trust and acceptance.
- **Ensuring Ethical AI Use and Transparency** Ethical considerations, including data privacy, algorithmic bias, and transparency, must be prioritized. Organizations should establish ethical AI guidelines and frameworks to maintain stakeholder trust and ensure compliance with regulatory standards.

The proposed AI-Driven TQM Model provides a blueprint for modernizing quality management practices by embedding AI capabilities into traditional TQM principles. By automating data analysis, enhancing decision-making, and fostering continuous improvement, organizations can significantly improve operational performance, customer satisfaction, and overall competitiveness. However, successful adoption requires careful planning, infrastructure investment, and organizational change management to fully realize the model's potential.

KEY FINDINGS AND DISCUSSION

The research highlights that integrating Artificial Intelligence (AI) into Total Quality Management (TQM) frameworks fundamentally enhances organizational performance and promotes continuous improvement. The AI-Driven TQM Model enables real-time data acquisition, predictive analytics, and automated quality control, addressing traditional limitations in process monitoring and decision-making. Key findings reveal that AI tools—such as machine learning, natural language processing (NLP), and predictive analytics—enable organizations to detect inefficiencies early, forecast defects, and implement proactive solutions. Enhanced customer focus through AI-driven sentiment analysis and improved process management via intelligent automation were also significant outcomes. Furthermore, the study found that AI fosters greater employee involvement by empowering workers with real-time data insights and support tools. However, challenges such as data quality, integration with legacy systems,

and organizational resistance must be strategically managed. The validation approach confirmed improvements in defect reduction, forecasting accuracy, and responsiveness to quality issues, reinforcing the model's effectiveness. Overall, the AI-TQM Model offers a transformative pathway toward operational excellence, adaptable to dynamic business environments.

CONCLUSION

This study concludes that the integration of Artificial Intelligence into Total Quality Management practices offers a transformative opportunity for organizations aiming to achieve operational excellence and sustainable competitive advantage. The proposed AI-TQM Model systematically embeds AI capabilities—such as real-time monitoring, predictive insights, and automated quality control—into traditional TQM principles, significantly enhancing process efficiency, customer satisfaction, and decision-making agility. The model's layered architecture ensures seamless data flow, strategic decision support, and continuous improvement through self-learning systems. Pilot validation suggests that organizations adopting the AI-TQM framework can expect measurable gains in defect reduction, operational responsiveness, and employee engagement. However, the successful implementation of the AI-TQM model requires careful planning, infrastructure investment, ethical AI governance, and proactive change management. As industries continue to evolve within the context of Industry 4.0, this AI-driven approach to TQM offers a scalable and future-ready solution for maintaining quality leadership and fostering a culture of innovation and continuous improvement.

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Fig. 1: TQM Concept

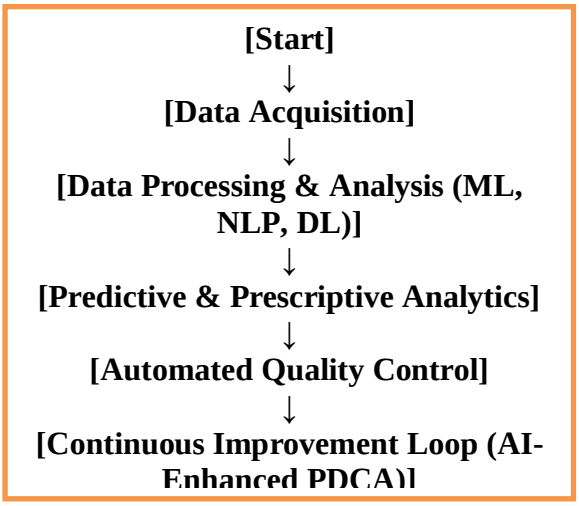

Fig.-2: Process Flow of AI-Driven TQM

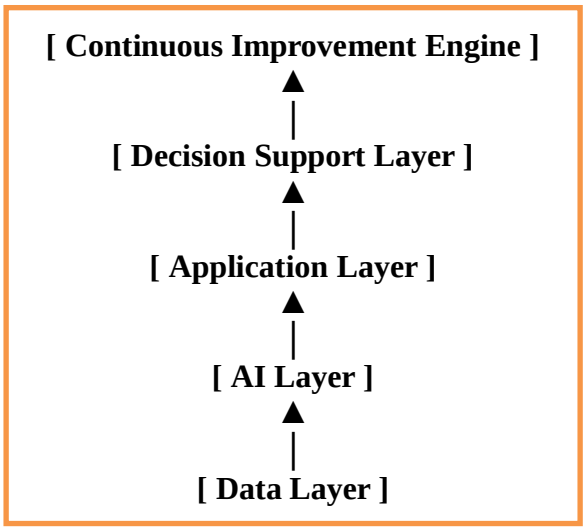

Fig.-3: Process Flow of Design of the AI-TQM Model

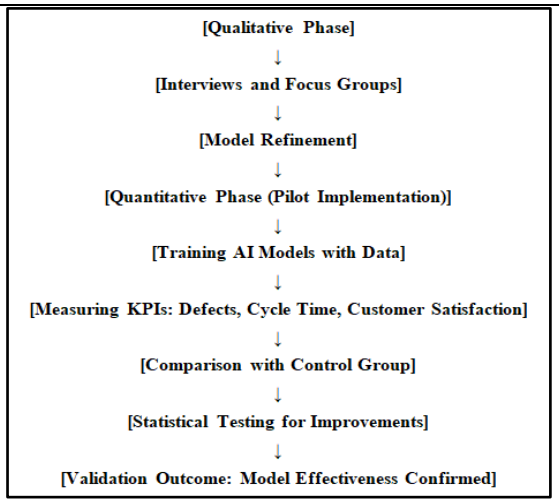

Fig.-4: Process flow of Validation of the AI-TQM Model

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Improved Strength and Waste Reductivity for Industrial Use: A Sustainable Method for Partially Replacing Fine Aggregates in Concrete with Crushed PVC Plastic

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Received: 31 Jan 2025 Revised: 28 Jun 2025 Accepted: 09 Jul 2025

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ABSTRACT

Despite the fact that Concrete is the most often utilized material in construction worldwide, specialists are always searching for alternatives to address environmental issues. Growing volumes of plastic waste, including PVC, HDPE, and LDPE, pose major environmental hazards and disposal problems. In response, the construction industry is searching for inexpensive materials to reinforce concrete while promoting sustainable development and waste minimization. This study investigates the possibility of using crushed PVC plastic aggregate in place of some of the fine particles found in concrete, such as sand. The fly ash percentage stays fixed at 10%, but the replacement proportion is altered from 0% to 10% to create different concrete mixes. Compressive strength tests are performed on specimens that have been cured for 7, 14, and 28 days in order to evaluate the effectiveness of PVC plastic aggregate substitution. The inquiry compares the performance of standard concrete with modified mixes to provide light on the possibility of PVC plastics to operate as fine aggregate substitutes and aid in waste reduction in the making of concrete, hence reducing global warming.

Keywords: Concrete, waste materials, plastic waste, fine aggregate and fly ash.

INTRODUCTION

The most popular building material in the construction sector is concrete. The primary components of concrete are found in trace amounts because they are naturally occurring. As more municipal projects require them, natural

resources are being overused, and finding alternatives to current materials is essential to protecting the environment and preventing the depletion of natural resources. Rapid sand extraction from riverbeds causes a number of issues, including deepening riverbeds, the loss of vegetation along riverbanks, disturbance of aquatic life, and agriculture due to low water tables in wells. Developing country industries are under pressure to find alternatives to river sand. Fly ash is the waste that is created when coal is burned in factories to generate electricity. Fly ash is mostly produced by thermal power plants, the steel industry, and the fertilizer sector, among other businesses. Disposing of fly ash is a difficult procedure that calls for enough water and room. The population of fly ash is already rapidly declining due to congestion. despite the fact that fly ash is extensively utilized in agriculture and construction. However, when the remaining 10% is disposed of, the ecosystem is still in danger. Fly ash is the waste that is created when coal is burned in factories to generate electricity. Fly ash is mostly produced by thermal power plants, the steel industry, and the fertilizer sector, among other businesses. Disposing of fly ash is a difficult procedure that calls for enough water and room. The population of fly ash is already rapidly declining due to congestion. despite the fact that fly ash is extensively utilized in agriculture and construction. However, when the remaining 10% is disposed of, the ecosystem is still in danger. The current project aims to determine whether fly ash, waste plastic, waste copper slag, and waste quarry dust, respectively, can be used in place of some or all of the cement and sand (fine aggregate). Natural sand may someday give way to the hazardous garbage dump that the world is currently sleeping on. No matter the project's size, type, or location, concrete is the cornerstone of all building activity. Concrete is actually the second most utilized resource on Earth, behind water, with around three tons used annually for each person.

An estimated 450 million cubic meters, or one ton, of concrete are consumed annually in India. Global consumption numbers show that we still have a long way to go before we have enough sand to produce mortar and concrete. The globe is currently sleeping on a dangerous rubbish dump that could eventually replace natural sand. Concrete is the foundation of all construction activities, regardless of the project's size, nature, or location. With about three tons used per person each year, concrete is actually the second most consumed resource on Earth, after water. India is thought to use 450 million cubic meters, or one ton, of concrete every year. We still have a long way to go before we have enough sand to make mortar and concrete, according to global consumption statistics. Over the past eight years, the construction industry has contributed 7-8% of the country's GDP (at current values), with its value having climbed by an incredible 15% annually even during the economic slump. Because of this, it is becoming increasingly bothersome for average people to talk about how the industry is going green without being able to provide a meaningful answer to this crucial question. As it was, we were sitting atop a waste that may have had alternatives to sand. Industrial waste and by-products from almost every industry, which have a detrimental influence on the environment, agriculture, and public health, can be used extremely well in construction projects. At present prices, the construction sector has contributed 7-8% of the nation's GDP during the last eight years, and even during the economic downturn, its value has increased by an astounding 15% yearly. As a result, it is getting more and more annoying for the general public to discuss how the sector is going green without being able to offer a significant response to this important query. As it was, we sat on top of a trash that might have contained materials other than sand. Construction projects may make excellent use of industrial waste and by-products from nearly every industry, which have a negative impact on the environment, agriculture, and public health. The economy, the ecology, and the preservation of these resources all benefit from this. The ideal natural river bed sand may be replaced by a variety of industrial wastes, per a study done by some researchers in an effort to find alternatives to natural sand.

MATERIAL AND METHODS

Materials

The primary components listed below are used in different amounts to create the different varieties of concrete that are available. This type of alteration, together with changing the cement and aggregate phases, enables the finished product to be applied with different densities, strengths, or chemical and thermal resistance characteristics.

Cement

For the duration of the experiment, J.K. Super grade 53 ordinary Portland pozzolana cement (OPC) from a single batch was utilized. The characteristics of the cement used are as follows:

Fine Aggregate

This project used sand from an earthy river. The fine aggregate's specific gravity, fineness modulus, and water absorption were assessed by sieve analysis. The characteristics of fine aggregate were as follows:

Coarse Aggregate

The characteristics of freshly mixed concrete are more influenced by the aggregate's surface roughness and particle shape than are those of hardened concrete. Compared to compact, smooth, and rounded particles, angular, elongated, rough-textured particles require more water to be workable. In this experiment, crushed stone with nominal diameters of 20 mm and 12.5 mm was used. This study's coarse aggregate has an angular form.

Fly ash

Fly ash is the waste that is created when coal is burned in factories to generate electricity. Among other industries, the steel, thermal power, and fertilizer sectors are the main producers of fly ash. Because fly ash contains pozzolanic material components, it can be combined with lime to create cementitious materials. Fly ash is therefore utilized in dams, mining, concrete, and landfills. For this experiment, Plutton Cement Plant Pvt. Ltd. provided type "C" fly ash.

Plastic waste

The "age of plastic" could be used to describe the current and previous eras because of the widespread production of plastics for a wide range of applications in all facets of life. Plastic trash can also refer to synthetic or semi-synthetic amorphous organic compounds produced from natural gas or petroleum. The waste plastic used in this experiment was shredded PVC tubes.

Methods

In this study, concrete of M25 grade was utilized. The concrete was mixed in a 1:1:2 ratio, with a water-to-cement ratio of 0.44. The specimen concrete's density, workability in green concrete, and compressive and flexural strength after seven and twenty-eight days of moist curing were all assessed.

Experimental Work and Mix Design

Mix design

To achieve a balance between workability and placement requirements, trial mixes must be created and adjusted to meet durability parameters as well as workability and strength requirements. In accordance with IS:10262, the percentage of M25 grade concrete was determined, yielding a 1:1:2 mix ratio.

Methodology

The original workability metrics, such as the compacting factor and slump value, were examined. Each hardened mix underwent tests for compressive strength, flexural strength, and split tensile strength. The obtained results are added up. The conclusions came from the conversations and findings.

Sample Preparation

Samples were made and allowed to cure in accordance with IS-516, and molds were created in accordance with IS-10086. Three 150X150X150 mm cubes were cast for each percentage of replacement, and each combination was analyzed at 7, 14, and 28 days. The table displays the substitution of PVC plastic for fine aggregate:

RESULTS AND DISCUSSION

Hardened Concrete's Properties (Plastic Waste)

Compressive Strength

The most popular technique for assessing the hardness and load-bearing ability of concrete is the compressive strength test. The concrete's compressive strength with the addition of fly ash and plastic waste is displayed in the table below. Examining the visual depiction of the same outcomes reveals various patterns. The data unequivocally demonstrates that, during 28 days of curing, the amount of fine aggregate altered decreased the compressive strength. For a substitution level of 2 to 10%, the range of the compressive strength loss is 2.29 to 51.52%. According to the table no.7 after 28 days of curing the compressive strength rose by 2.41% when fly ash was added in place of 10% regular portland cement. Using fly ash instead of 2% to 10% plastic waste reduces compressive strength by 0.38 to 48.29%.

CONCLUSION

1. According to the results of the experimental investigation, quarry dust could be a useful alternative to river sand in building projects.
2. Quarry dust's chemical and physical characteristics meet the specifications for fine aggregate. According to the research, using stone dust as a fine aggregate substitute is perfectly acceptable.
3. The HSC qualities are best demonstrated by the M25 grade concrete design, which will replace 50% of the copper slag. River sand and copper slag work similarly because they both include silica (SiO2).
4. It has been noted that the concrete's unit weight progressively rises as the proportion of fine aggregate replaced by copper slag increases. The compressive strength of concrete that contains up to 50% copper slag instead of sand is the same as that of a control mix.
5. It was shown that as the replacement amount increased, the concrete built with residual plastic had a lower compressive strength.
6. 10% fly ash can partially replace cement when using waste plastic lowers compressive strength.

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Table.1: Cement's Physical Characteristics

Consider	Valuable
Final setting times	200 minutes
Initial setting times	90 minutes
Normal consistency	30%
Fineness	3.34%

Table.2: Fine Aggregate's Physical Properties

Consider	Valuable
Specific Gravity	2.60
Fineness Modulus	2.89
Moisture Content	1.2%
Water Absorption	0.1%
Density(loose state)(kg/m3)	1600

Table.3: Coarse Aggregate's Physical Properties

Consider	Valuable
Specific Gravity	2.68
Fineness Modulus	7.065
Moisture Content	0.1%
Water Absorption	1%
Density(loose state)(kg/m3)	1514

Table.4: Physical Characteristics of Fly Ash

Consider	Valuable
Specific Gravity	2.43
Size	10-20 micron
Shape	Spherical glassy
Color	Dark Grey
Density(loose state)(kg/m3)	1514

Table.5: Physical characteristics of waste plastic

Consider	Valuable
Specific gravity	1.54
Fineness modulus	2
Water absorption	0.28%
Type	PVC
Density(loose state)(kg/m3)	1480

Table.6: Quantities of different materials

Replacement (%)	PVC Plastics(kg)	Sand(kg)	Fly Ash(kg)
2	0.050	2.444	0.1871
4	0.0998	2.394	0.1871
6	0.149	2.345	0.1871

8	0.199	2.295	0.1871
10	0.249	2.245	0.1871

Table.7: Concrete's compressive strength

S. No.	Water-Cement Ratio	Cube	Substitution with Plastic in percentage (%)	Substitution with Fly-Ash in percentage (%)	Compressive Strength (N/mm²)		
					7 Days	14 Days	28 Days
1	0.44	CP1	0	0	22.32	29.625	34.506
2	0.44	CP2	2	0	20.12	28.824	33.486
3	0.44	CP3	4	0	18.966	26.666	31.246
4	0.44	CP4	6	0	14.533	23.835	28.98
5	0.44	CP5	8	0	13.216	16.722	21.273
6	0.44	CP6	10	0	11.22	11.327	16.73
7	0.44	CPF1	0	10	21.266	29.365	34.593
8	0.44	CPF2	2	10	19.053	27.829	32.058
9	0.44	CPF3	4	10	18.953	25.209	30.773
10	0.44	CPF4	6	10	13.413	24.330	29.013
11	0.44	CPF5	8	10	11.273	17.433	22.340
12	0.44	CPF6	10	10	10.166	12.318	17.813

Figure.1: Fly Ash Material

Figure.2: Plastic waste Material

Figure.3: Cubes with Partially Replaced PVC

Figure.4: Cube testing on CTM

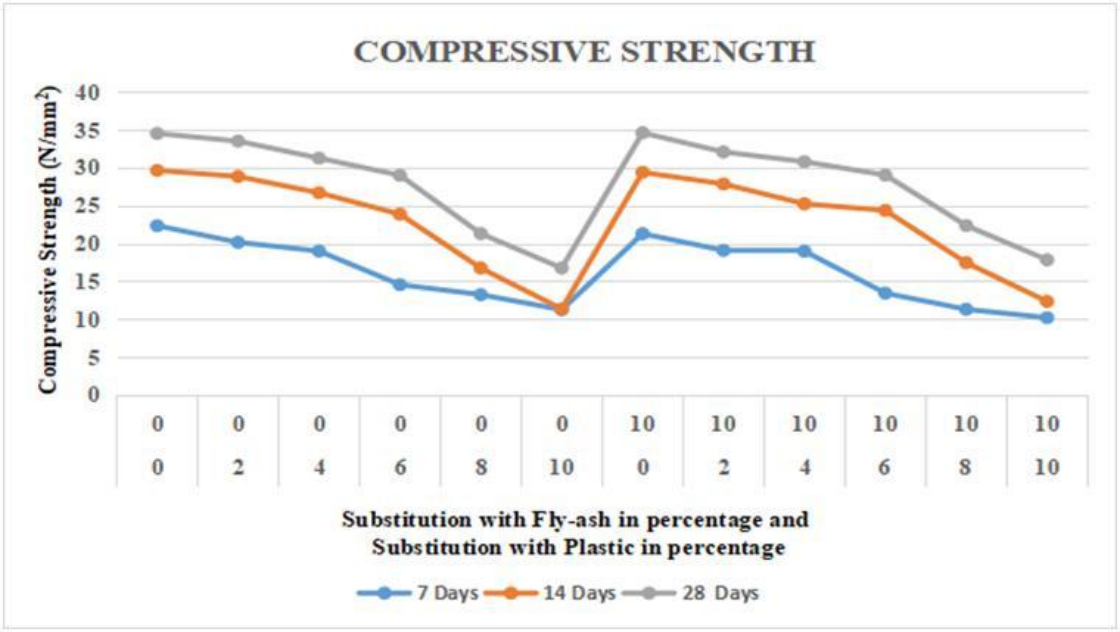

Figure.5: Compressive strength variation at various replacement levels

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

CASE STUDY ARTICLE

Building Climate Resilience through Organic Farming: Case Studies from Coastal Tamil Nadu

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Received: 03 May 2025 Revised: 02 Jun 2025 Accepted: 23 Jun 2025

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ABSTRACT

Climate change poses acute challenges to agriculture, especially in coastal regions like Nagapattinam, Tamil Nadu, where smallholder farmers face rising salinity, erratic rainfall, and recurring extreme climatic events. Against this backdrop, organic farming emerges as a critical pathway for building climate resilience by fostering ecological balance, soil regeneration, and livelihood sustainability. This study adopts a qualitative case study approach, conducting in-depth interviews with twelve organic farmers across three villages, and employs thematic analysis integrated with agroecological mapping and indigenous knowledge interpretation. Findings reveal that farmers deploy a range of adaptive strategies including traditional seed conservation, organic input self-production, soil-water management, and livelihood diversification, all rooted in strong moral-ethical worldviews of ecological stewardship. These resilience practices coalesce into an integrated model wherein ecological, social, financial, human, and ethical capitals reinforce each other dynamically. This study highlights how resilience is not a reactive adjustment but a proactive, systemic way of living and farming, deeply informed by indigenous wisdom and ethical consciousness.

Keywords: Climate resilience, Organic farming, Indigenous knowledge, Agroecology, Coastal agriculture, Climate adaptation

INTRODUCTION

Climate change poses a significant threat to global agriculture, profoundly affecting food security, rural livelihoods, and economic stability (Michalke et al., 2023; Kumari et al., 2020). In India, where agriculture is a critical sector

supporting nearly 70% of the population (Kumar et al., 2004), the vulnerabilities are magnified due to rising temperatures, irregular rainfall, and the increased frequency of extreme weather events such as droughts, floods, and cyclones (Waqas et al., 2025; Verma et al., 2025). These climatic disruptions lead to soil degradation, seawater intrusion, pest proliferation, and overall decline in crop yields (Farajzadeh et al., 2024). Tamil Nadu, particularly its coastal districts like Nagapattinam, faces heightened vulnerabilities from seawater intrusion, salinity, and shifting monsoon patterns (Ramachandran et al., 2017; Gopalakrishnan et al., 2019). Consequently, building resilience among farming communities has become a critical necessity to sustain rural livelihoods in the face of accelerating climate change impacts.

Against this backdrop, organic farming emerges as a sustainable and climate-resilient agricultural practice. It promotes ecological balance, enhances soil fertility, conserves water, and fosters biodiversity (Altieri et al., 2015; Khan et al., 2024). Organic practices such as rainwater harvesting, mulching, crop rotation, use of organic manure, and traditional crop diversification contribute to strengthening adaptive capacity and reducing environmental vulnerabilities (Raheem et al., 2025; Mijatovic et al., 2013). Additionally, organic farming integrates Traditional Ecological Knowledge (TEK), enhancing farmers' ability to manage ecosystems sustainably and adapt to changing environmental conditions (Turner et al., 2022). These practices are particularly vital for regions like Nagapattinam where conventional farming faces growing climatic risks. However, while the benefits are evident, challenges related to yield gaps, market access, and institutional support persist, necessitating grounded explorations of farmers' experiences (Meemken and Qaim, 2018; Magnano et al., 2024).

Recognizing these dynamics, existing literature underscores significant gaps in understanding the micro-level realities of climate resilience among organic farmers (Kundu et al., 2024; Guodaar et al., 2023). Much of the research remains at macro-level analyses, often overlooking the localized adaptations and nuanced coping mechanisms employed by farmers. Furthermore, indigenous knowledge systems and ethical worldviews are underexplored in mainstream agricultural resilience studies (Kom, 2022; Amara and Oladele 2024). Social dimensions such as gender roles, community networks, and institutional interactions also require deeper investigation (Davidson, 2016). Addressing these gaps calls for context-sensitive, farmer-centered, and ethically grounded studies that illuminate the lived experiences of organic farmers confronting climate change.

In light of these critical gaps, the present study becomes particularly relevant. Given the vulnerabilities faced by the coastal agricultural communities of Nagapattinam and the growing adoption of organic practices as coping strategies, it becomes imperative to explore how organic farming supports resilience. This study seeks to contribute to the limited pool of micro-level case studies, emphasizing the integration of traditional knowledge, ecological stewardship, and systemic resilience-building strategies. By focusing on farmers' perceptions, practices, and lived experiences, this study aims to bridge critical knowledge gaps and inform more inclusive and contextually grounded adaptation frameworks. Accordingly, the present study seeks to examine the awareness and perceptions of organic farmers regarding the impacts of climate change on agriculture, explore the coping strategies and adaptive practices adopted by organic farmers in Nagapattinam district, assess the role of Traditional Ecological Knowledge and ethical worldviews in shaping resilience among organic farmers, identify the socio-ecological challenges and opportunities faced by organic farmers in building resilience, and contribute to developing holistic, farmer-centered, and ethically-informed frameworks for climate resilience in organic agriculture.

The scope of the study is geographically focused on the Nagapattinam district of Tamil Nadu and targets organic farmers across marginal, small, medium, and large categories. It employs qualitative, case study methodologies, emphasizing depth over breadth. While offering rich insights into localized resilience strategies, the findings are not intended for broad generalizations beyond similar socio-ecological contexts. Thus, by offering micro-level, farmer-centered insights into the resilience of organic farming systems against climate change, this study fills critical gaps. Through the integration of traditional knowledge, ethical frameworks, and systemic perspectives, it contributes a holistic understanding of sustainable adaptation strategies. Furthermore, it aims to influence policy and practice by

demonstrating the necessity of culturally sensitive, ecologically sustainable, and socially equitable approaches to agricultural resilience.

To facilitate a systematic exploration of these objectives, the structure of the paper proceeds as follows. The Review of Literature synthesizes global and Indian research on climate change, organic farming, and agricultural resilience, establishing the theoretical foundations for the study. The Methodology section outlines the qualitative case study approach, sampling strategies, data collection procedures, and analytical frameworks adopted. The Results section presents the empirical findings derived from the case studies of organic farmers in Nagapattinam district. The Discussion section critically interprets the results in light of broader theoretical and empirical frameworks, corroborating and contrasting them with existing literature. The Conclusion distills the key insights emerging from this study.

LITERATURE REVIEW

Building upon the urgency established in the introduction, the intersection of climate change, organic farming, and resilience has become a central theme in agricultural research, underscoring the vital need for sustainable practices that ensure food security amidst escalating environmental challenges. Climate change is reshaping temperature and precipitation patterns globally, severely affecting agricultural productivity, with India witnessing significant disruptions to its farming systems (Baraj et al., 2024; Weldemariam et al., 2023). Farmers across different regions, such as East Africa and India, are adopting adaptation strategies like mixed cropping, conservation tillage, and organic practices to mitigate the impacts of climate-induced uncertainties (Weldemariam et al., 2023; Baraj et al., 2024).

In this context, organic farming emerges as a promising adaptation strategy. By fostering sustainable soil management, enhancing biodiversity, and promoting carbon sequestration, organic farming offers a buffer against climate stressors (Scialabba and Muller-Lindenlauf, 2010). Empirical studies reinforce that organic systems nurture farm resilience by promoting autonomy and economic efficiency, a finding evident among organic farmers in France (Perrin et al., 2020). However, regional variations in success rates point to the critical role of local ecological, socio-economic, and policy contexts in shaping the outcomes of organic farming initiatives (Wekeza et al., 2022; Meemken and Qaim, 2018). Conceptually, the understanding of resilience in agriculture has evolved from a focus on system stability to an appreciation of adaptability and transformation (Mathijs and Wauters, 2020; Darnhofer, 2021). Contemporary frameworks, such as process-relational models and farm resilience frameworks, emphasize dynamic adaptation capacities that transcend static structures (Lee et al., 2022; Darnhofer, 2021). Particularly for smallholder, indigenous, and organic farming systems, resilience is closely tied to diversified practices, traditional knowledge, and community-based resource management, all of which foster flexible responses to environmental and socio-economic shocks (Gervazio et al., 2025).

Delving deeper into the foundations of resilience, Traditional Ecological Knowledge (TEK) has been recognized for its crucial role in shaping sustainable adaptation strategies. TEK, rooted in the cultural and ethical traditions of local communities, provides holistic insights into ecosystem management and long-term environmental changes (Glasenapp and Thornton, 2011; Li and Han, 2022). Although TEK and scientific knowledge converge on sustainability goals, epistemological divergences necessitate collaborative approaches to bridge gaps and maximize synergies (Pierotti and Wildcat, 2000; Whyte, 2013). TEK's emphasis on biodiversity conservation, ethical stewardship, and localized adaptation makes it an indispensable component of agroecological resilience frameworks (Turner et al., 2022; Sõukand& Pieroni, 2019). Adding another layer of depth, indigenous moral-ethical worldviews contribute significantly to sustainable farming discourses. Indigenous perspectives that view farming as dharma and promote kincentric relationships with nature embed farming practices within frameworks of care, reciprocity, and spiritual responsibility (Turner et al., 2022; Luetz, 2024; Gould et al., 2019). However, tensions persist between

indigenous frameworks and profit-driven agricultural models, with the latter often marginalizing traditional values and practices (Gunton, 2023; Duthie-Kannikkatt et al., 2019).

Complementing these thematic strands, the literature also highlights systemic challenges faced by organic farmers. Issues such as certification complexities, market access barriers, and inadequate institutional recognition of indigenous knowledge pose significant obstacles to the widespread adoption of organic farming (Soltani et al., 2014; Baird, 2024; Cuellar-Padilla and Ganuza-Fernandez, 2018). Participatory Guarantee Systems (PGS) offer partial solutions but lack formal recognition in many contexts, limiting their effectiveness (Cuellar-Padilla and Ganuza-Fernandez, 2018). Methodologically, scholars advocate for farmer-centered case studies, thematic coding, and system mapping to capture the complexity and context-specific nature of climate resilience strategies (Weldemariam et al., 2023; Ballesteros and Isaza, 2021; Carolina et al., 2023). Such approaches enable a nuanced understanding of how adaptation unfolds at the grassroots level, bridging the gap between localized realities and broader theoretical constructs.

Thus, synthesizing insights across these diverse bodies of literature, it becomes evident that integrating traditional knowledge, ethical worldviews, and systemic resilience frameworks is crucial for designing effective, context-sensitive climate adaptation strategies. The present study aligns itself with this integrative perspective, offering micro-level, farmer-centered insights into the organic farming practices of Nagapattinam's coastal communities, thereby contributing to the emerging discourse on resilience, sustainability, and indigenous knowledge in agricultural adaptation.

Objectives of the Study

To explore how far the organic farmers are aware of the impact of climate change on agriculture and to analyse the farmers' resilience to the impact of climate change under organic farming through qualitative case study and thematic approach.

MATERIALS AND METHODS

Following the synthesis of literature that highlighted the importance of farmer-centered, micro-level studies in understanding resilience under organic farming, this study adopts a qualitative case study approach to capture the nuanced realities of organic farmers in Nagapattinam district, Tamil Nadu. This methodological choice aligns with the need to document indigenous knowledge, ethical perspectives, and adaptive practices in localized contexts.The study is based on primary data collected from organic farmers across three villages: Kadinavayal, Chettipulam, and Katharipulam, all situated in the Vedharanyam block of Nagapattinam district. Given the relatively limited number of organic farmers practicing in the region, a complete enumeration approach was adopted, ensuring full coverage of the identified organic farming community. Data collection was carried out through extensive semi-structured interviews, designed to elicit in-depth information regarding farmers' perceptions of climate change, adaptation strategies, use of traditional knowledge, and ecological practices. Semi-structured interviews provided the flexibility to probe deeper into individual experiences while maintaining a common framework across interviews, thereby allowing for thematic comparability (Perrin et al., 2020; Weldemariam et al., 2023).The sampling method employed was snowball sampling, a technique particularly suitable for identifying and accessing small, dispersed communities of organic farmers who may not be formally registered or easily reachable (Harmer and Rahman, 2014; Ballesteros & Isaza, 2021). Initial participants referred additional organic farmers, facilitating the construction of a networked sample that reflects the community structure. For data analysis, a combination of thematic coding and relational mapping was utilized. Thematic coding allowed for the systematic categorization of resilience strategies, traditional practices, ecological observations, and socio-economic challenges faced by farmers (Reddy et al., 2022; Weldemariam et al., 2023). Additionally, agroecological systems mapping was employed to visualize the interconnections between farming practices, ecological outcomes, and resilience attributes (Carolina et al., 2023).Triangulation was incorporated by cross-validating the data gathered through interviews with direct field observations and informal

interactions. This methodological triangulation enhanced the credibility and depth of the findings, ensuring that multiple dimensions of farmers' resilience strategies were captured and contextualized. In interpreting the narratives, relational and coherence-based analytical frameworks, inspired by indigenous knowledge studies, were employed to recognize the interconnectedness of land, culture, ethics, and sustainability (Gould et al., 2023). The philosophical coherence of farmers' responses was considered alongside thematic categorizations, providing a richer, ethically-informed understanding of resilience. Thus, the methodological approach of this study—integrating semi-structured interviews, snowball sampling, thematic coding, systems mapping, and indigenous knowledge interpretation—was designed to ensure a holistic, context-sensitive, and ethically robust exploration of climate resilience practices among organic farmers.

RESULTS AND DISCUSSIONS

Table 3. Resilient Practices Adopted by Organic Farmers in Vedharanyam Block Nagapattinam District

The results presented herein are drawn from 12 case studies of organic farmers in Vedharanyam block, Nagapattinam district, Tamil Nadu. This section explores the climate resilience strategies, ecological practices, indigenous knowledge systems, and moral-ethical worldviews shaping the adaptive capacity of these farmers. The findings are structured into thematic sections, each flowing organically into the next, ensuring a seamless interconnection of farmers' lived experiences and systemic adaptations. The results are organized into the following interlinked themes: Overview of Participants, Emergent Resilience Strategies, Agroecological Resilience Maps, Climate Risk Management Strategies, Indigenous Knowledge Systems and Practices, Moral and Ethical Foundations, and the Integrated Model of Climate Resilience.

Profile of Participants

The participant farmers represent a diverse group drawn from three villages within the Vedharanyam block. Their landholding sizes range from one to fifteen acres, reflecting a spectrum from marginal farmers to medium landholders. Organic farming experience among the participants varies between eight and fifteen years, indicating both recent adopters and long-term practitioners. Traditional paddy varieties such as Karung Kuruvai, Mappillai Samba, Thuyamalli, and Kichadi Samba were widely cultivated alongside pulses, oilseeds, and a variety of indigenous vegetables.The commitment to traditional cropping systems is reflected in the words of Mr. Thilagar, who stated, "Our ancestors saved seeds not for profit but for life itself. By continuing this practice, I believe I am safeguarding life." Similarly, Mrs. Vasanthi emphasized, "Farming traditional varieties is not a backward step; it is our defense against unpredictable rains and failing markets."This demographic and experiential profile underscores the groundedness of the farmers in indigenous traditions while also revealing their openness to innovation within organic frameworks. Their varied experiences set the stage for the resilience strategies and ecological adaptations explored in the following sections.

Emergent Resilience Strategies

Across the farmers, several key resilience strategies emerged, woven naturally into their daily agricultural practices. Central among these was the cultivation of traditional crop varieties, which provided inherent resistance to drought, pests, and salinity. Farmers like Mr. Balasubramaniyam shared, "Karuppu Kavuni and Mappillai Samba don't fear either drought or flood. They are warriors suited to our soil and sky." The adoption of these varieties was not simply a cultural preference but a conscious strategy to enhance ecological resilience.Another critical strategy was the internal production of organic inputs. Farmers systematically prepare Panchagavya, Jeevamirtham, Amirthakaraisal, and natural pest repellents like Agniastram on their farms. This practice not only reduced external input costs but fortified soil health and microbial life, essential for maintaining farm productivity amidst climatic uncertainties. As Mr. Sethuraman aptly remarked, "Feeding the soil is feeding ourselves; if the soil thrives, we thrive."Multiple cropping and crop rotation practices were widespread. Farmers combined cereals, pulses, oilseeds, and vegetables in complex but well-understood patterns that enhanced soil fertility and pest resistance. Livelihood diversification

through livestock rearing, poultry, and aquaculture was observed particularly among farmers like Mr. Veerabathran, whose integrated farming system provided multiple buffers against climatic and market shocks.

Soil health and water conservation practices formed another crucial pillar. The emphasis on minimum tillage, mulching, organic manuring, and the creation of farm ponds reflected a deep understanding of soil-water-plant relationships under stress conditions. Mrs. Kalaivani explained, "Healthy soil breathes and stores water. It listens to the rain and feeds the roots even when skies forget to pour."Overall, the resilience strategies were not isolated techniques but integrated systems tailored to specific micro-environments, rooted in indigenous knowledge and guided by an ethic of stewardship. Their coherence and adaptability underscore the resilience framework elaborated further in the next sections.

Agroecological Resilience Maps

The farming systems developed by the participants demonstrate an organic flow from inputs to outcomes, embodying a systemic resilience approach. Inputs largely included traditional seeds, on-farm produced organic bio-inputs like Panchagavya and Jeevamirtham, country cattle for manure and biogas, and locally conserved water through farm ponds. Farming processes encompassed careful multi-cropping designs, crop rotations, minimal soil disturbance, and biological pest management strategies. Outputs from these systems were rich and diverse, including cereals, pulses, oilseeds, vegetables, and sometimes livestock products, all contributing to household nutrition and marketable surplus.Farmers emphasized the interlinkages between these stages. Mr. Balakrishnan noted, "If you start with sacred seeds and sacred soil, your harvest will be blessed. The journey from seed to harvest is one single prayer." This perception reveals how the farmers do not view each farming step as isolated but as part of a seamless natural cycle, reinforcing ecological stability.Outcomes achieved included stable yields even during erratic weather conditions, improved soil health, rich farm biodiversity, and decreased reliance on external inputs. The resilience maps illustrate how farmers' systems are built not merely to survive climatic risks but to regenerate themselves. These systemic designs echo an ancient wisdom wherein the farm is a living organism in balance with its surroundings.

Climate Risk Management Strategies

Facing an increasingly volatile climate, the farmers demonstrated a variety of proactive risk management strategies embedded within their agroecological designs. Drought resilience was strengthened through the use of traditional drought-tolerant seed varieties and techniques like mulching and reduced tillage, enhancing the soil's capacity to retain moisture. Flood resilience was managed by strategic crop rotation and raised field designs that protected sensitive crops from waterlogging.Sea water intrusion and soil salinity, major threats in coastal areas, were addressed by selecting salt-tolerant paddy varieties such as TRY-3, CSR-36, and ADT-49. Farmers like Mr. Ravichandran shared, "The salt came into our fields like an uninvited guest. We responded with the seeds of our ancestors that could survive the intrusion." Their adaptive response showcases a living continuity of indigenous resilience strategies.Pest outbreaks were countered using botanical formulations like Agniastram and by fostering biodiversity that encouraged natural pest predators. Soil degradation, a slow but devastating threat, was reversed by continuous organic enrichment, minimal soil disturbance, and preservation of soil microbial life.Across all farmers, risk management was not seen as a crisis response but as a continual embedded practice. Mrs. Vasanthi remarked, "Every time we choose what to plant and how to nurture it, we are choosing how to meet the next drought or flood." Their proactive, system-integrated climate risk management differentiates them from conventional reactive models of agricultural adaptation.

Indigenous Knowledge Systems and Practices

The resilience of the farmers studied was deeply embedded in their indigenous knowledge systems, manifesting not merely in techniques but in holistic worldviews of farming as an ecological and ethical act. Traditional seed conservation remained a foundational practice, with farmers meticulously saving, exchanging, and adapting local varieties suited to their specific microclimates. Mr. Krishnakumar stated, "The seed remembers the land better than we do. It carries the memory of rains, droughts, floods, and winds."On-farm organic input preparation further

reflected the self-sufficiency ethos that characterized indigenous systems. Farmers like Mr. Balakrishnan emphasized, "When you prepare Jeevamirtham and Panchagavya yourself, you don't just save money; you connect directly with your soil's hunger and its healing."Minimal tillage practices, the encouragement of natural soil biota, the careful timing of sowing with lunar cycles, and the integration of crops with livestock and poultry were all informed by a living, dynamic indigenous knowledge base. The preparation of natural pest repellents like Agniastram, as Mr. Sethuraman explained, "is not about killing pests but about restoring the balance the land naturally seeks."Water conservation techniques such as farm ponds and the strategic planting of drought-resistant and salt-tolerant crops illustrated the farmers' deep attunement to landscape and climate rhythms. Indigenous knowledge, in this context, was not static folklore but a continually adapted, practical science that harmonized observation, experimentation, and community learning.

Moral and Ethical Foundations of Resilience

Underlying the technical strategies and indigenous knowledge practices was a robust moral and ethical framework that fundamentally shaped the farmers' choices and commitments. Farming was universally perceived not simply as a livelihood but as a sacred duty, a dharma toward the Earth and future generations. Mr. Thilagar expressed, "Farming is not just feeding ourselves. It is a sacred trust with the land, our ancestors, and our children."Ecological stewardship was a central tenet across all farmers. Practices were evaluated not solely by immediate yields but by their impact on soil health, biodiversity, and water systems. Mrs. Kalaivani poignantly observed, "If a farming act harms the worms, the bees, or the birds, then it is against our duty."The principle of non-harm (Ahimsa) extended not only to animals but to soil microbes, plants, and unseen forms of life, guiding minimal intervention and respectful engagement with natural systems. This ethic also translated into a strong community orientation, where farming was viewed as a service to nourish others ethically and sustainably.Farmers collectively rejected the chemical-industrial agriculture model, not merely for its ecological harms but for what they saw as its moral failures—greed, short-sightedness, and violence against the Earth. Mr. Arjunan noted, "Chemicals kill more than pests; they kill trust—trust between the soil and the seed, between the farmer and the land."

Integrated Model of Climate Resilience

The findings across the previous subsections converge into a coherent integrated model of climate resilience that the farmers embody. This model is not a theoretical construct but a living, breathing synthesis arising organically from daily practices, informed choices, and enduring values. The farmers' practices—rooted in traditional seeds, organic inputs, multi-cropping, crop rotation, and soil conservation—generated diverse and resilient outputs while regenerating natural, human, social, financial, and ethical capitals.These capitals, cultivated carefully through indigenous methods and moral commitment, provided the strength to anticipate, absorb, and adapt to multiple climate-related stresses. Mr. Venugopalan insightfully stated, "When the soil is rich, the heart is strong, and the mind is calm; you don't fear the storm clouds."Risk management was not seen as a separate activity but as an intrinsic outcome of well-designed, diverse, and balanced farming systems. Ethical vision infused each decision, ensuring that farming actions were oriented toward long-term ecological harmony rather than short-term gains.The integrated model thus captures the interdependence of technical skills, ecological sensitivity, indigenous wisdom, and ethical consciousness, demonstrating that resilience in the face of climate change is not merely about surviving adversity but about regenerating life systems with intelligence, humility, and reverence.

The findings of this study substantiate and enrich the evolving theoretical and empirical understandings of climate resilience, agroecology, and indigenous knowledge systems. Reflecting on the emergent resilience strategies among organic farmers in coastal Tamil Nadu, the study corroborates broader scholarly insights while also revealing unique nuances embedded within local ecological, cultural, and moral contexts.Flowing naturally from the detailed results, the discussion first emphasizes that the farmers' reliance on traditional seed varieties, internal bio-input production, and ecological farming practices resonates with earlier studies highlighting the role of traditional ecological knowledge (TEK) in enhancing agricultural resilience (Glasenapp & Thornton, 2011; Li & Han, 2022). Their conscious selection of drought-tolerant and salt-tolerant varieties, aligned with the specific climatic challenges of coastal Nagapattinam, reflects the dynamic adaptation strategies discussed by Weldemariam et al. (2023) and Yeleliere et al.

(2022).Building upon this ecological rootedness, the findings reinforce the conceptualization of resilience as a dynamic, multidimensional process rather than a static attribute. The farmers' practices illustrate the transition from coping mechanisms to systemic transformation, embodying the process-relational approach outlined by Darnhofer (2021) and Mathijs and Wauters (2020). Here, resilience emerges not merely as the capacity to absorb shocks but as the active regeneration of ecological, social, and moral systems.Expanding further, the interlinkages between indigenous knowledge systems and agroecological designs observed in the study echo the synergies emphasized by Altieri et al. (2015) and Turner et al. (2022). Farmers' embedded relational ontologies, as described by Raheem et al., (2025)become visible where the farm is perceived as a living organism embedded within a broader web of relationships, rather than an isolated production unit.Seamlessly connecting to the moral-ethical dimension, the strong foundations embedded within the farmers' practices — viewing farming as dharma and stewardship — amplify the ethical dimensions of resilience often underexplored in mainstream agricultural research (Luetz, 2024; Gould et al., 2019). This moral anchoring is not peripheral but central to sustaining long-term resilience, reaffirming insights from Hansen and Antsanen (2018). Flowing from corroborations to critical reflections, while much of the findings align with existing literature, the farmers' narratives also challenge technocratic resilience models narrowly focused on productivity and technical innovation (Dzalbe et al., 2024). Instead, they offer a relational, place-based, and ethics-centered alternative, consistent with the critiques advanced by Gosnell et al. (2019) . Thus, the case studies, moving seamlessly across practices, perceptions, and ethical framings, contribute a richly textured, micro-level understanding of how indigenous knowledge, agroecological practices, and ethical worldviews converge to create sustainable, dynamic resilience pathways amidst the uncertainties of climate change. These insights have critical implications for reimagining agricultural adaptation policies and practices, as elaborated further in the conclusion and policy implications.

CONCLUSION

Following the preceding discussion, the study concludes that organic farming rooted in indigenous practices, ecological stewardship, and ethical worldviews forms a robust pathway for building climate resilience among smallholder farmers in coastal Tamil Nadu. The continuity from empirical findings to broader theoretical reflections reinforces that these farmers, far from being passive victims of climate change, emerge as active agents of regeneration, crafting dynamic, place-based, and ethically grounded farming systems.The cultivation of traditional seeds, preparation of bio-inputs, biodiversity enhancement, and integrated farming systems observed are not isolated techniques but interconnected strategies organically linked to broader moral and ecological commitments. Flowing from these strategies, the resilience demonstrated is systemic and relational, encompassing ecological, social, and ethical dimensions simultaneously. The farmers' practices exemplify a living synthesis where indigenous knowledge, agroecological designs, and moral economies converge to create sustainable, climate-resilient agricultural landscapes.Thus, resilience is not merely an outcome but a continuous process of nurturing life systems through attentive care, humility, and reverence for interconnected existence. In capturing these lived realities, the study contributes to a deeper, more holistic understanding of resilience, moving beyond technocratic frameworks toward relational, ethics-centered models of agricultural adaptation.

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Table 1. Analytical framework of the present study

Focus Area	Analytical Model
Farmer journeys and coping strategies	Narrative Thematic Analysis
Livelihood sustainability	Expanded SLF
Farm system resilience	Agroecological Resilience Model
Local/traditional wisdom	Indigenous Knowledge Framework
Risk management to climate threats	Integrated Climate Risk Management
Ethical/moral foundations	Moral Economy Perspective

Table 2. Stepwise Analysis — Model Mapping

Step	Method of doing	Underlying Analytical Model(s)
1. Prepare Farmer Narratives	Write each farmer's resilience story (shock → adaptation → sustainability)	Narrative Thematic Analysis
2. Code Resilience Strategies	Identify strategies like traditional crops, crop rotation, local inputs, etc.	Narrative Thematic Analysis + Climate Risk Management Framework
3. Map Capitals (Expanded SLF)	For each farmer, document Natural, Human, Financial, Social, and Ethical/Spiritual Capitals	Expanded Sustainable Livelihoods Framework (SLF)
4. Draw Agroecological Resilience Maps	Diagram inputs, processes, outputs, and resilience outcomes on each farm	Agroecological Resilience Model
5. Document Indigenous Knowledge Use	List and analyze use of traditional seeds, indigenous techniques, micro-climate knowledge	Indigenous Knowledge Systems (IKS) Framework
6.AnalyzeRisk Management Measures	How farmers reduce climate risks (salinity, drought, pests) through practices	Integrated Climate Risk Management Framework
7.ExtractMoral-Ethical Themes	Analyze farmers' values like Dharma farming, ecological stewardship, anti-chemical stance	Moral Economy Perspective

Table 3. Resilient Practices Adopted by Organic Farmers in Vedharanyam Block Nagapattinam District

S.No	Farmer name	Village	Block	District	Land size (Acres)	Years practising organic farming	Major focus crops	Resilient practices
1	Mr.Thilagar	chettipulam	vedharanyam	Nagapattinam	14	10	Traditional paddy, pulses, oil seeds, vegetables	Multi-cropping, on-farm input production
2	Mr. Balasubramaniyam	chettipulam	vedharanyam	Nagapattinam	15	15	Traditional paddy varieties	Drought-resistant crops, crop rotation
3	Mr. Ravichandran	Kadinavayal	vedharanyam	Nagapattinam	10	8	Salt- tolerant paddy varieties	Focus on salinity management
4	Mr. Vasudevan	Katharipulam	vedharanyam	Nagapattinam	9	9	Salt- tolerant paddy varieties	Benchmark farm for salinity resilience
5	Mr.Balakrishnan	Kadinavayal	vedharanyam	Nagapattinam	10	12	Traditional paddy, pulses, oil seeds	Cow-centric organic farming
6	Mrs.Kalaivani	Kadinavayal	vedharanyam	Nagapattinam	Not specified (small farm)	10+	Mixed cropping	Soil health advocate, minimum tillage
7	Mr. Venugopal	chettipulam	vedharanyam	Nagapattinam	Not specified	10+	Salt- tolerant paddy varieties	Micro climate sensitive crop
8	Mrs. Vasanthi	Katharipulam	vedharanyam	Nagapattinam	6	12	Traditional paddy, pulses,oil seeds	Follows nammalvar model, farm pond practice
9	Mr. Veerabathran	Katharipulam	vedharanyam	Nagapattinam	8	10	Paddy, pulses,vegetables	Full integrated organic farming (livestock+ aquaculture)

10	Mr. Krishnakumar	chettipulam	vedharanyam	Nagapattinam	7	10	Traditional paddy, vegetables, oil seeds	Indigenous knowledge promoter
11	Mr. Arjunan	Kadinavayal	vedharanyam	Nagapattinam	8	9	Traditional paddy, pulses	Climate risk management innovator
12	Mr. Sethuraman	chettipulam	vedharanyam	Nagapattinam	1 (marginal farmer	8	Vegetables, pulses, Traditional crops	Organic input entrepreneur, direct marketing

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Optimization of Anti-Cancer Activities of Chitosan-derived Nanoparticles with Hemolymph (Prawn Blood) in Drosophila Melanogaster (Fruit Fly)

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Received: 23 Jan 2025 Revised: 20 Apr 2025 Accepted: 10 Jun 2025

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ABSTRACT

This study focuses on enhancing anticancer efficacy by utilizing chitosan-derived nanoparticles combined with hemocyanins from prawn hemolymph, assessed in *Drosophila melanogaster* as a model system. Hemocyanins, copper-based oxygen transport proteins with immunogenic and bioactive properties, show promising potential in triggering apoptosis, modulating immune responses, and inhibiting tumor growth. Chitosan, a biopolymer sourced from crustacean shells, improves hemocyanin stability, bioavailability, and targeted delivery, creating a synergistic approach for cancer therapy. The key findings highlight the nanoparticles' capability to generate oxidative stress, disrupt cancer cell membranes, and maintain immunogenic activity, effectively reducing tumor growth in vivo. *Drosophila melanogaster*, with its genetic similarity to humans and cost-efficiency, serves as a valuable platform for cancer modeling and therapeutic evaluation. This research underscores the innovative potential of chitosan-hemocyanin nanoparticles, offering insights into their preparation, characterization, and preclinical assessment. It also addresses challenges such as bioavailability and large-scale production, while pointing to future directions like advanced nanoparticle formulations, genetic modifications, and clinical validation. The findings lay a strong foundation for integrating nanotechnology with bioactive compounds in targeted cancer therapies, paving the way for significant advancements in oncology.

Keywords: Chitosan based nanoparticles combination with hemocyanins, Drosophila melanogaster model system, Cancer therapy.

INTRODUCTION

Hemocyanin, an oxygen transport protein that contains copper and is present in mollusks and arthropods, is involved in the synthesis of bioactive peptides and immunological responses. Hemocyanin-derived peptides in prawns can be generated by enzymatic hydrolysis in vitro or proteolytic cleavage during immunological responses. These peptides possess immunomodulatory, anticancer, and antibacterial properties. Through membrane disruption, apoptosis induction, or suppression of angiogenesis, they can selectively target cancer cells, boost immune cells, and destroy bacterial cell membranes. Immunomodulatory peptides that boost phagocytic activity and cytokine release in immune cells, anticancer peptides that prevent melanoma, breast cancer, and colorectal cancer, and peptides derived from hemocyanins have all demonstrated efficacy strong opposition to both Gram-positive and Gram-negative bacteria. They may find use in peptide engineering, biotechnology, aquaculture, and medicine. Peptide stability, large-scale manufacturing, toxicity, and selectivity are among the difficulties. Directions for the future include synthetic peptide development, combination therapies, and genetic engineering.

Hemocyanins, oxygen-carrying copper proteins found in prawn blood, have anticancer properties due to their unique structural components and molecular mechanisms. These include copper ions, glycoprotein components, protein subunits, structural stability, immune-activating domains, and copper-induced DNA damage. Copper ions generate reactive oxygen species (ROS), which in turn induce oxidative stress, lipid peroxidation, protein oxidation, and DNA damage in cancer cells. Glycans act as immune adjuvants, stimulating Th1 immune responses and activating macrophages, T lymphocytes, and natural killer (NK) cells. Protein subunits can act as carrier proteins for tumor-specific antigens, making them potent tools for cancer immunotherapy. Structural stability allows hemocyanins to remain functional as immune adjuvants, enhancing immune responses against cancer cells. Hemocyanins also contain specific epitopes that activate immune signaling pathways, such as Toll-like receptors (TLRs) and pro-inflammatory cytokines and chemokines. Copper-induced DNA damage occurs when copper ions interact with cellular components, leading to DNA fragmentation and apoptosis in tumor cells. Hemocyanins are recognized as pathogen-associated molecular patterns (PAMPs) and serve as immunological adjuvants for cancer vaccines. Antimicrobial peptides (AMPs) from prawn blood have been discovered for their potential anticancer properties due to their unique membrane-targeting mechanisms. These peptides exhibit selective targeting towards cancer cells, causing membrane disruption, apoptosis, immune system activation, and angiogenesis inhibition. Key AMPs from prawn blood include penaeidins, anti-Lipopolysaccharide Factor (ALF), crustin, hemocyanin-derived peptides, and lysozymes. AMPs have advantages such as selective targeting, low resistance development, broad-spectrum activity, and biodegradability. They can be used as standalone treatments, combined with chemotherapy, radiation, or immunotherapy, and conjugated to nanoparticles for targeted drug delivery.

They can also prevent metastasis by disrupting the vascular supply. However, AMPs face challenges such as stability, toxicity, production costs, and delivery challenges. Future directions include synthesizing and engineering peptides, integrating nanotechnology, and exploring synergies between AMPs and existing cancer therapies. Preclinical and clinical studies are needed to assess AMP efficacy and safety, and experimental validation is needed to identify and optimize peptide sequences with enhanced anticancer activity. Chitosan-derived nanoparticles with hemocyanins from prawn blood are being combined to enhance anticancer activity. This approach uses the bioactive properties of hemocyanins and the versatile drug delivery capabilities of chitosan nanoparticles (CSNPs), creating a synergistic system for targeted cancer therapy. Chitosan is derived from chitin, a biopolymer found in crustacean shells, and is biodegradable, biocompatible, and non-toxic. Hemocyanins, a copper-containing oxygen transport protein found in prawn blood, are immunogenic and capable of stimulating immune responses. They can induce apoptosis in cancer cells and modulate the immune system to target tumors. CSNPs improve the delivery of hemocyanins to cancer cells through enhanced permeability and retention (EPR) effects, direct cytotoxicity, immune system activation, controlled release, reduced side effects, and multimodal activity. Applications include standalone anticancer treatment, combination therapy, cancer immunotherapy, and drug delivery platforms. Challenges include ensuring stability and activity of hemocyanins, overcoming biological barriers, and scaling up production for clinical

applications. Future directions include functionalized CSNPs, synthetic hemocyanin peptides, combination nanoplatforms, and clinical trials to validate efficacy and safety. Drosophila melanogaster is a powerful model organism for genetic and molecular studies, particularly for understanding the mechanisms underlying cancer. It shares highly conserved signaling pathways with humans, including those frequently dysregulated in cancers. These pathways include Notch, Wnt, Hedgehog, and Ras pathways, which are central to cancer biology in humans. Drosophila's genetic accessibility, short life cycle, cost-effectiveness, simplified tissue structure, in-vivo context, and high-throughput drug screening make it an ideal system for cancer research. Key contributions include discovering the Notch pathway, Ras oncogene, Hedgehog signaling, hipopathway, tumor microenvironment, and metastasis. Applications of Drosophila in cancer research include genetic screenings, functional studies, pathway interactions, drug discovery and testing, epigenetics, case studies, and drug targets. Future directions include expanding CRISPR technology to generate precise cancer models, studying gene editing's therapeutic potential, investigating immune system interactions, and applying single-cell sequencing techniques to Drosophila tumor models.

MATERIALS AND METHODS

Extraction and Characterization of Hemocyanin

Hemocyanin is a specialized oxygen-transport protein containing copper, primarily found in the circulatory systems of crustaceans such as prawns. Unlike vertebrate hemoglobin, which relies on iron (Fe^{2-}), hemocyanin employs copper ions (Cu^{2-}) to bind oxygen. Upon oxygenation, the copper imparts a characteristic blue color to the molecule.
Sample Collection

Specimen Selection

Freshwater or marine prawns, including species such as *Penaeus monodon* and *Macrobrachium rosenbergii*, were used for hemocyanin extraction.

Blood Collection

Hemolymph (blood) was carefully extracted using sterile syringes to minimize contamination and avoid hemolysis. To prevent coagulation, anticoagulants such as sodium citrate or EDTA were added immediately.

Hemolymph Extraction

Hemolymph Collection Procedure

Hemolymph was drawn from the pericardial sinus or the base of the prawn's legs using sterile methods. Blood was transferred into pre-chilled tubes containing anticoagulants to preserve sample integrity.

Hemocyanin Isolation

Centrifugation: Hemolymph was centrifuged at 10,000–15,000 × g for 15–30 minutes at 4°C to separate plasma from cellular components.

Precipitation of Hemocyanin

Ammonium Sulfate Precipitation Ammonium sulfate was incrementally added to the sample to achieve a 40–60% saturation level. The mixture was stirred at 4°C for 30–60 minutes, causing hemocyanin to precipitate.
Precipitates were collected by centrifuging at 15,000 × g for 20 minutes.

Alternative Method Acid-induced precipitation via pH shifts was also considered where applicable.
Dialysis The hemocyanin precipitate was dialyzed against an appropriate buffer, such as 0.01 M Tris-HCl (pH 8.0), to eliminate residual salts and impurities.

Purification of Hemocyanin

To achieve higher purity levels, hemocyanin was further purified using advanced chromatographic techniques

Gel Filtration Chromatography Size-exclusion columns, such as Sephadex G-100 or G-200, were employed to separate proteins based on their molecular size.

Ion Exchange Chromatography Hemocyanin was subjected to anion-exchange resins like DEAE-cellulose to isolate the protein based on charge properties.

Ultracentrifugation High-speed ultracentrifugation with sucrose gradients facilitated separation of hemocyanin based on molecular weight.

Characterization of Hemocyanin
Spectroscopic Analysis

UV-Visible Spectrophotometry
The copper-based oxygenation of hemocyanin produces a notable blue color, with oxygenated hemocyanin showing absorbance peaks between 340–350 nm. Deoxygenated hemocyanin loses this spectral peak, enabling a comparison of functional states.

Molecular Weight Determination
Protein molecular weight was analyzed using
SDS-PAGE or Native PAGE: These electrophoretic techniques were applied to assess hemocyanin's subunit sizes, typically ranging from 75–80 kDa, while the intact protein can exhibit molecular weights from 400 to 8,000 kDa.

Copper Content Analysis
Copper concentration in hemocyanin was quantified through methods such as
Atomic Absorption Spectroscopy (AAS)
Inductively Coupled Plasma Mass Spectrometry (ICP-MS)
Spectrophotometric Assays using reagents like bicinchoninic acid or neocuproine.

Structural Analysis
To investigate the structural properties of hemocyanin, the following techniques were employed
X-Ray Crystallography Used to resolve the three-dimensional molecular structure.
Electron Microscopy Provided visualization of hemocyanin oligomeric forms.
Circular Dichroism (CD) Spectroscopy Analyzed the secondary structural components of the protein.
Functional Assays
The oxygen-binding capacity of hemocyanin was evaluated through
Oxygen Dissociation Curves These curves helped determine hemocyanin's oxygen affinity.
P50 Value Measurement The P50 value, representing the partial pressure at which 50% of hemocyanin is oxygenated, was calculated to assess binding efficiency.
In-Vitro Biological Anticancer Studies of Heamocyanins
Human Cancer Cell Lines Used
The human cancer cell lines were utilized Breast Cancer: MCF-7, MDA-MB-231, Colon Cancer: HCT-116, Lung Cancer: A549, Cervical Cancer: HeLa, Melanoma: B16-F10

Cytotoxicity Assays
MTT/MTS Assay This assay evaluates the viability of cancer cells following treatment with hemocyanin.
Findings A dose-dependent cytotoxic effect was observed.

Trypan Blue Exclusion Test
This test assesses the proportion of live and dead cells to validate cytotoxic effects.
In-vivo Anticancer Studies

Animal Models
Mouse Models Tumor induction was carried out in BALB/c or C57BL/6 mice.
Tumor Cell Inoculation: Melanoma: B16-F10 cells, Breast Cancer: 4T1 cells, Colon Cancer: CT26 cells
Hemocyanin Administration
Routes of Administration: Subcutaneous (SC), Intraperitoneal (IP), Intravenous (IV)

Dosage
Doses were optimized based on body weight, ranging from 1 to 10 mg/kg.
Biological Evaluation Parameters
Tumor Growth Inhibition
Tumor size and weight were measured in treated animals and compared to controls.
Hemocyanin treatment resulted in a significant reduction in tumor volume and overall tumor burden.

Survival Analysis
The survival rates of rats with tumours were assessed using Kaplan-Meier survival curves.
Hemocyanin-treated groups exhibited extended survival compared to untreated groups.
Immune Response Evaluation

Cytokine Assays
Levels of immune-activating cytokines such as IFN-γ, TNF-α, and IL-2 were quantified in serum or tumor tissues.

Flow Cytometry
The populations of immune cells that infiltrate tumors, such as NK cells, CD4+ T cells, CD8+ T cells were examined.

Histopathological Analysis
Tumor tissue sections were examined for immune cell infiltration and signs of apoptosis.
Examples of Hemocyanin-Based Anticancer Studies
Keyhole Limpet Hemocyanin (KLH)
KLH, derived from mollusks, has been widely studied for its immunotherapeutic properties in cancers such as melanoma, bladder, and breast cancer.
Findings: KLH enhances immune activation, promotes T cell responses, and inhibits tumor progression.
Hemocyanins from Prawns (e.g., Penaeus monodon)
Hemocyanins extracted from prawns have demonstrated anticancer activity through mechanisms such as:
Activation of macrophages and increased nitric oxide (NO) production
Induction of apoptosis in cancer cell lines
Hemocyanin-Based Nanoparticle Delivery Systems
Encapsulation of hemocyanins in chitosan nanoparticles improves stability, enables controlled release, and enhances anticancer efficacy.
Advantages of Hemocyanins as Anticancer Agents
Natural Immunostimulant: Enhances both innate and adaptive immune responses.
Low Toxicity Exhibits minimal side effects compared to conventional chemotherapy.

Biocompatibility Safe for biological applications.

Adjuvant Potential Boosts the effectiveness of cancer vaccines.

Cost-Effectiveness Hemocyanins are easily sourced from marine organisms, such as prawns.
Clinical Trials Conducting clinical trials to confirm the safety and efficacy of hemocyanin as an anticancer agent in humans.

Combination Therapy Exploring the synergistic effects of combining hemocyanins with chemotherapy or immunotherapy.

Nanocarrier Systems Developing advanced nanoparticle-based delivery systems for targeted and efficient hemocyanin delivery.

Mechanistic Studies Investigating the molecular mechanisms underlying hemocyanin-induced apoptosis and immune responses.

Hemocyanins have demonstrated significant potential as anticancer agents due to their ability to stimulate immune responses, promote apoptosis, and inhibit tumor progression. Both in-vitro and in-vivo studies highlight their efficacy in various cancer models. Further research, including clinical trials, advanced formulations, and combination therapies, will contribute to establishing hemocyanins as promising immunotherapeutic agents for cancer treatment.

Formulation and Evaluation of Chitosan Nanoparticles Loaded with Hemocyanins

Introduction Hemocyanins are copper-containing proteins known for their role in oxygen transport and their significant immunogenic and anticancer properties. Chitosan nanoparticles (CS-NPs), recognized for their biocompatibility, biodegradability, and non-toxic nature, serve as ideal carriers for biomolecules like proteins. By combining hemocyanins with CS-NPs, their stability, bioavailability, and targeted therapeutic delivery are enhanced, making them promising candidates for cancer immunotherapy.

Chitosan Low molecular weight, with a degree of deacetylation >85%.

Hemocyanin Extracted from prawn blood.

Sodium Tripolyphosphate (TPP) Used as a cross-linking agent for ionic gelation.

Buffers: Including phosphate-buffered saline (PBS).

Reagents for evaluation Acetic acid, deionized water, and various analytical chemicals.

Methods of Formulation

Preparation of Chitosan Solution

Dissolve chitosan (0.5–1% w/v) in 0.1% acetic acid with constant stirring until clear.

Adjust the solution's pH to 5.0–5.5 using NaOH.

Preparation of Hemocyanin Solution

Dissolve purified hemocyanin in PBS (pH 7.4).

Filter the solution through a 0.22-μm syringe filter to eliminate particulates.

Ionic Gelation Method for Nanoparticle Formation

Add TPP (0.1–0.2% w/v) dropwise to the chitosan solution under continuous stirring (500–1,000 rpm).

Gradually introduce the hemocyanin solution to the chitosan-TPP mixture, facilitating encapsulation.

Optimize the chitosan: TPP:hemocyanin ratio to achieve the desired nanoparticle size.

Crosslinking and Stabilization

Stabilize the mixture at room temperature for 30–60 minutes.

Cross-linking occurs via electrostatic interactions between chitosan and TPP, entrapping hemocyanin within the nanoparticles.

Characterization of Chitosan-Hemocyanin Nanoparticles

Particle Size and Zeta Potential

Measure size and surface charge using Dynamic Light Scattering (DLS) or a Zetasizer.

Optimal size 100–300 nm for effective cellular uptake.

Surface charge: Typically +20 to +40 mV, enhancing cellular adhesion.

Morphological Analysis
Use Scanning Electron Microscopy (SEM) or Transmission Electron Microscopy (TEM) to examine shape and surface morphology.
Expected results: Spherical, smooth nanoparticles.
Encapsulation Efficiency (EE%)
Quantify hemocyanin encapsulation using UV-Vis spectrophotometry or Bicinchoninic Acid (BCA) assay.

Formula

EE (%)=Total Hemocyanin−Free Hemocyanin/ Total Hemocyanin ×100

In-Vitro Drug Release Profile
Conduct drug release studies using the dialysis membrane method in PBS at 37°C.
Monitor hemocyanin release over time (e.g., 24–72 hours).
Assess release kinetics, typically characterized by an initial burst release followed by sustained release.
Fourier Transform Infrared Spectroscopy (FTIR)
Analyze characteristic peaks to confirm interactions between chitosan, hemocyanin, and TPP.
Key peaks: Amine groups (chitosan), protein backbone (hemocyanin), and phosphate groups (TPP).
Stability Studies
Evaluate nanoparticle stability under physiological conditions (pH 7.4, 37°C) over 30 days.
In-Vitro Evaluation of Anticancer Activity
Cytotoxicity Assay (MTT Assay)
Use cancer cell lines such as MCF-7 (breast cancer), HCT-116 (colon cancer), or A549 (lung cancer).
Treat cells with varying concentrations of chitosan-hemocyanin nanoparticles.
Measure cell viability using the MTT assay or similar methods.
Apoptosis Detection
Assess apoptosis induction through:
Flow cytometry using Annexin V/PI staining.
Caspase-3 activity assays to confirm apoptotic pathways.
Reactive Oxygen Species (ROS) Measurement
Measure ROS generation in treated cancer cells using fluorescent probes like DCFH-DA.
Immunogenic Activity
Treat immune cells (e.g., macrophages, dendritic cells) with nanoparticles.
Measure cytokine production (e.g., IFN-γ, TNF-α, IL-2).
Assess enhanced activation of T lymphocytes and NK cells.
Applications and Benefits of Chitosan-Hemocyanin Nanoparticles

Targeted Delivery Facilitates efficient hemocyanin delivery to cancer tissues.
Enhanced Stability Protects hemocyanins from degradation.
Sustained Release Prolongs hemocyanin activity at the target site.
Immunotherapy Acts as immune adjuvants, boosting anti-tumor responses.
Reduced Toxicity Chitosan's biocompatibility minimizes systemic toxicity.

The encapsulation of hemocyanins within chitosan nanoparticles significantly enhances their stability, bioavailability, and anticancer efficacy. Characterization studies validate the successful formulation of these nanoparticles, while in-vitro evaluations highlight their cytotoxic, immunogenic, and pro-apoptotic properties. These findings underscore the potential of chitosan-hemocyanin nanoparticles for targeted cancer therapy and immunotherapy applications. Optimization of Anti-cancer activities of chitosan based nanoparticles with hemocyanins in Drosophila melanogaster
Drosophila melanogaster is a powerful approach for developing cancer models due to its genetic tools and conservation of signaling pathways with humans. The process involves establishing cancer models, crossbreeding

tumor models, selecting tumor phenotypes, and validating them using immunohistochemistry and fluorescence imaging. Next steps include genetic interaction studies, drug screening, and model refinement to better mimic specific cancer subtypes. This method enables the creation of more precise research model as well as the identification of possible treatment targets. Drosophila melanogaster is a versatile model organism for studying the genetic and molecular mechanisms underlying cancer. It shares key cancer-related signaling pathways with humans, such as Notch, Wnt/Wingless, Hedgehog, and Ras. Drosophila's genetic accessibility, short life cycle, cost-effectiveness, simplified tissue architecture, and small size make it ideal for drug screening. Applications include modeling tumorigenesis, dissecting cellular mechanisms, discovering therapeutic targets, and exploring tumor microenvironment interactions. Drosophila's short life cycle and low maintenance costs make it suitable for high-throughput research. Its small size and ability to thrive in multi-well plates make it ideal for screening large libraries of small molecules or genetic modifiers. Drosophila melanogaster, also known as the fruit fly, is a small, widely studied fly in the Drosophilidae family. It is a model organism used in genetics, developmental biology, neuroscience, and other fields due to its short life cycle, ease of care, and well-mapped genome. Over 75% of known human disease genes have a recognizable match in the Drosophila genome. Drosophila has played a central role in the discovery of heredity principles, and its simple but organized nervous system is used in research on learning, memory, circadian rhythms, and synaptic function. Notable research contributions include elucidating the chromosomal theory of inheritance, understanding epigenetics, apoptosis, and stem cell biology.

Model Organism: Drosophila melanogaster

Selection of Strain

Utilize *Drosophila melanogaster* strains genetically modified to be prone to cancer or tumor formation.
Examples include strains with mutations in tumor suppressor genes or oncogenes.

Maintenance

Maintain flies under standard laboratory conditions, including a temperature of 25°C, a 12-hour light/dark cycle, and an appropriate diet.
Administration of Nanoparticles

Dosage and Delivery

Deliver nanoparticles to the flies through oral feeding by mixing them into their diet or via microinjection.
Test a range of concentrations to identify the optimal balance between effectiveness and safety.
Cancer Activity Modeling

Induction of Cancer

Trigger tumor development or abnormal cell growth using genetic techniques such as introducing RasV12 or p53 mutations. Alternatively, expose flies to carcinogens to promote tumor formation.

Experimental Groups

Divide flies into distinct groups, including untreated controls, those treated with chitosan nanoparticles alone, those receiving hemocyanin only, and those treated with chitosan-hemocyanin nanoparticles.
Monitoring and Analysis

Tumor Growth Analysis

Assess tumor size and count using imaging tools or by dissecting the flies.
Evaluate survival rates and compare life spans across different treatment groups.

Molecular Markers

Use techniques like RT-PCR or Western blotting to measure levels of apoptotic, inflammatory, or oncogenic markers such as caspases, p53, or cytokines.

Oxidative Stress Assays
Measure reactive oxygen species (ROS) levels and the activity of antioxidant enzymes, including catalase and superoxide dismutase.

Immune Response Evaluation
Quantify hemocyte numbers and activity to assess immune system activation.
Statistical and Computational Modeling

Data Analysis
Perform statistical evaluations, including ANOVA and Kaplan-Meier survival analysis, to determine the significance of treatment effects.

Activity Modeling:
Construct computational models to simulate interactions between nanoparticles and tumor cells, incorporating data on pharmacokinetics, biodistribution, and cellular uptake.

RESULTS

Analyzing the effectiveness of chitosan-hemocyanin nanoparticles in inhibiting tumor growth and extending survival in *Drosophila melanogaster*. Investigate potential mechanisms underlying the anticancer effects, such as enhanced immune responses or apoptosis induction. Nanoparticles made from chitosan have been designed to improve the delivery of lipophilic anticancer drugs to tumor cells. These nanoparticles possess several advantageous properties, including an optimal size, a positive surface charge, high drug encapsulation efficiency, and stability in aqueous environments. Research indicates that these nanoparticles can modify the lipid organization of cellular membranes without triggering the production of reactive oxygen species (ROS), suggesting they are both safe and effective as drug delivery systems. (*Source: PubMed*) Enhancing chitosan nanoparticles with folate has been investigated as a method to improve targeting of cancer cells. Since folate receptors are frequently overexpressed on the surface of many cancer cells, these modified nanoparticles can leverage this characteristic to deliver drugs with greater precision. This innovative approach represents an advanced therapeutic strategy aimed at boosting treatment efficacy while minimizing side effects. (*Source: Molecular Cancer*) Insect Hemolymph Studies: Studies involving the hemolymph of insects, such as the flesh fly (*Sarcophaga argyrostoma*), have shown promising anticancer activity. Specifically, the hemolymph has demonstrated cytotoxic effects against human breast cancer cells (MDA-MB-231). Extracts from the hemolymph and fat bodies of *S. argyrostoma* larvae have shown the ability to inhibit cancer cell growth in a concentration-dependent manner, highlighting their potential as a source for new anticancer compounds. (*Source: SCIRP*)

Potential Research Directions: Combining chitosan nanoparticles with bioactive molecules from prawn hemolymph presents a novel opportunity for advancing cancer treatments. Chitosan's compatibility with biological systems and ability to form nanoparticles, paired with the anticancer potential of hemolymph-derived compounds, could create highly effective therapeutic agents. Using *Drosophila melanogaster* as a model organism for such studies offers several benefits, including its genetic accessibility and well-established cancer models, allowing researchers to evaluate both the safety and efficacy of these nanoparticles in a whole-organism setting. Although studies directly combining chitosan nanoparticles with prawn hemolymph in *Drosophila melanogaster* are not yet available, existing research highlights the promise of both components in anticancer therapy. Further exploration into their integration could pave the way for innovative treatment strategies, with *Drosophila* serving as a robust preclinical model for these investigations.

DISCUSSION

Chitosan-derived nanoparticles, a biopolymer found in crustaceans like shrimp and crabs, have gained interest in biomedical research due to their biocompatibility, biodegradability, and anti-microbial properties. They serve as an excellent drug delivery system in cancer therapy, enhancing the stability and solubility of therapeutic agents. Hemolymph, the circulatory fluid of crustaceans, contains bioactive compounds such as antimicrobial peptides, enzymes with cytotoxic activities, and immune modulators that have shown promise in inhibiting tumor growth. Combining chitosan nanoparticles with hemolymph could create a synergistic effect, enhancing their anti-cancer potential. Drosophila melanogaster, a fruit fly, is a well-established model for studying cancer biology due to its genetic similarity to humans, ease of handling, and availability of powerful genetic tools. Optimization strategies include nanoparticle characterization, encapsulation efficiency, release kinetics, hemolymph source and processing, dosage and delivery, and evaluating anti-cancer activities. Challenges include bioavailability, toxicity, and scalability. Future research could focus on comparative studies, advanced imaging techniques, and testing efficacy against specific cancer pathways in Drosophila.

CONCLUSION

Although studies directly combining chitosan nanoparticles with prawn hemolymph in *Drosophila melanogaster* are not yet available, existing research highlights the promise of both components in anticancer therapy. Further exploration into their integration could pave the way for innovative treatment strategies, with *Drosophila* serving as a robust preclinical model for these investigations. The investigation of anti-cancer properties of chitosan-based nanoparticles enhanced with prawn hemolymph in *Drosophila melanogaster* represents a novel and promising avenue in cancer treatment research. Chitosan nanoparticles, known for their superior biocompatibility and effectiveness as drug carriers, combined with the bioactive compounds present in hemolymph, may work together to target cancer pathways more efficiently. Using *Drosophila* as a model organism offers a practical, genetically flexible, and cost-effective system to test the efficacy of these nanoparticles *in vivo.* Initial studies indicate that this combination shows potential in triggering apoptosis, managing oxidative stress, and suppressing tumor progression. Despite these encouraging outcomes, further refinement in nanoparticle formulation, precise dosage determination, and thorough toxicity evaluation are crucial. Continued research is necessary to bridge the findings from *Drosophila* models to human clinical applications, potentially establishing this innovative strategy as a viable cancer treatment in the future.

ACKNOWLEDGEMENT

This research work is acknowledged to Bengal College of Pharmaceutical Technology, Dubrajpur.

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Table 1. Chemical Constituents of Hemocyanin from prawn blood

S.L. No.	Name of Active Constituent	Role in Anticancer Activities
1.	Copper Ions (Cu^{2+})	Generate ROS, induce oxidative stress, DNA damage, and apoptosis.
2.	Glycan Moieties	Act as immune adjuvants, stimulate Th1 immune responses.
3.	Protein Subunits	Carrier proteins for tumor antigens, immunogenic activation.
4.	Structural Stability	Enhances immunogenicity and supports immune stimulation.
5.	Immune-Activating Domains	Activate immune pathways (e.g. TLRs), cytokine release[1-5]

Validation

Compare computational predictions with experimental findings for validation [6-12]

Table .2. Brief description of materials and method of Optimization of Anti-cancer activities of Chitosan-derived nanoparticles with hemolymph (prawn blood) in *Drosophila melanogaster* (Fruit Fly)

Material Used	Chitosan-derived nanoparticles and hemocyanin from prawn hemolymph.
Model Organism	*Drosophila melanogaster*
Cancer Models	Genetically modified *Drosophila* strains with tumor-prone mutations (e.g., RasV12, p53).
Key Active Constituents	Copper ions (Cu^{2+}), glycan moieties, protein subunits, structural stability, immune-activating domains.
Encapsulation Efficiency	Measured using UV-Vis spectrophotometry/BCA assay; formula: EE(EE (%) = (Total Hemocyanin − Free Hemocyanin) / Total Hemocyanin × 100EE(.
Nanoparticle Size	100–300 nm, optimized for cellular uptake.
Zeta Potential	+20 to +40 mV for enhanced cellular adhesion.
In Vitro Cancer Cell Lines	Breast (MCF-7, MDA-MB-231), Colon (HCT-116), Lung (A549), Cervical (HeLa), Melanoma (B16-F10).
Assays Conducted	Cytotoxicity (MTT/MTS), apoptosis (Annexin V/PI staining), ROS generation (DCFH-DA), cytokine production (e.g., IFN-γ, TNF-α).
Delivery Method	Oral feeding or microinjection in *Drosophila*.
Experimental Groups	Untreated controls, chitosan nanoparticles, hemocyanin, chitosan-hemocyanin nanoparticles.

Tumor Monitoring	Tumor size/count (imaging/dissection), survival rate (Kaplan-Meier), oxidative stress assays (ROS, antioxidant enzymes).
Key Findings	Tumor growth inhibition, enhanced apoptosis, immune activation, and prolonged survival.
Challenges	Stability, toxicity, biological barriers, and large-scale production.
Future Directions	Functionalized nanoparticles, genetic engineering, combination nanoplatforms, and clinical trials.

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

An Overview of Researchers on Tropospheric Instabilities and its Effects

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Received: 21 Apr 2025 Revised: 18 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Many mathematical models were developed to determine the atmospheric stability of the troposphere, primarily for severe weather forecasting. They convert a number of different lower- and middle-troposphere heat and moisture characteristics into numbers that rank the probability that convective events will occur in the atmosphere. Some reported atmospheric indices are particularly helpful in diagnosing or forecasting specific atmospheric occurrences. The first NWP model for numerical weather prediction in the modern era was originally unveiled in 1932. The first operationally successful model was developed in 1958 after extensive study. However, modelers and forecasters need to have knowledge of basic mathematical and physical concepts that support a sound NWP forecast before running an NWP model or being capable to evaluate its output. The milestones of the study of atmospheric stability and prediction are highlighted in this work.

Keywords: Tropospheric Instability, Weather forecasting, Prediction models, Stability indices, Tropical cyclone.

INTRODUCTION

The instabilities refer to the proclivity of the troposphere to go through the thunderstorms, cumulus development and vertical motion of air parcels. In 1898, the first instance of a sophisticated meteorograph being lifted by a kite and the flight reached an altitude of 470 meters [1]. The radiosondes have undergone significant changes and

advancements resulting in the development of a consistent set of instruments that measure atmospheric variables such as temperature, pressure and humidity [2]. The standard method to measure the instability of the atmosphere is normally to estimate by balloon observation and thereafter from the obtained Skew-T plot up to satellite imagery [3]. The propensity for severe weather formation is measured using atmospheric stability indices, which are computed from daily radiosonde data and are thought to be indicative of the synoptic-scale environment. [4]. Since the mid-1940s, when the first modelling work was formulated by meteorologist Jule Charney and mathematician John von Neumann, the capacity and complexity of numerical weather prediction models have grown substantially. Over time, there has been a steady improvement in numerical forecasts. Thus, the 1950s marked the true start of the numerical weather prediction era. There has been an increase in interest in using numerical weather prediction models for long-range forecasting since the mid-1980s [5, 6]. In this paper, we have attempted to review the development of the research in the measurement of atmospheric parameters and especially tropospheric instability which directly affects weather and climate.

REVIEW OF THE RESEARCH

The striking events of research outcomes on the tropospheric instability in chronological order are highlighted in Table 1.

CONCLUSIONS

The physics of the atmosphere and how the meteorological parameters are related mathematically is necessary to determine and understand atmospheric instability. The crucial point is that the adiabatic expansion of atmosphere is driven by sun energy. In cloud microphysics lightning has an important role in several weather phenomenon. Atmospheric stability is also an extremely important factor in case of air quality scenario [60,61]. From kite flight to satellite observation and different software tools the atmospheric stability determination has been developed through a long journey [62]. Finding an associated long-term climate signals using radiosonde data and analyzing the temporal distribution patterns of atmospheric instability, as indicated by instability indices over different zones during premonsoon and post monsoon seasons in tropics, may be the next field of interest.

ACKNOWLEDGEMENT

We pay sincere gratitude to each other and our esteemed institutions to provide us the time and facility for smooth execution and completion of the paper.

Author Statement

The contents and views expressed in the review paper are the views of the authors and do not necessarily reflect the views of the organizations they belong to.

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Table 1: Research timeline on atmospheric stabilities

Year	Striking Events
1898	After Hermite's inaugural balloon flight in 1893, American meteorologist William Eddy employed a Richard instrument attached to a kite for obtaining data [7].
1926	The collection of atmospheric data is most prevalent issue for the scientific community from the stratosphere for the geophysical and weather-related issues associated with radio transmission [8].
1946	Following World War II, aviation and rocket engineering required the capability to collect large quantities of data from multiple sources in real-time. This need was met by the continued advancement of radiosonde principles and designs. Researchers in both Europe and the United States had previously done on the balloon sonde and radiosonde technology, utilized their expertise to develop rocket-borne instruments for atmospheric research [9].
1948	According to reports, cyclone formation was negatively accelerated by significant vertical shear of horizontal wind [10,11].
1953	The assessment of atmospheric conditions was done by computing instability indices *viz* SI (Showalter index),LI (lifted index), K-indices, SWEAT-indices, VT (Vertical Totals index), CT (Cross Total Index), TT (Total Totals index), [12-16].
1961	A comprehensive description of important factors such as heat balance, moisture, kinetic energy, and momentum fluxes is provided [17].
1962	The gradient wind and hydrostatic approximations are used thoroughly to compute the vertical and radial movements to a tropical storm [18].

1967	Extensively investigated the change in behaviour of hurricanes concerning altitude or geo-potential height [19].
1977	Techniques is developed to forecast hurricane activity based on El Nino and QBO (Quasi Biennial Oscillation) [20].
1986	A significant semi-empirical equation that correlates temperature anomalies with the intensity of tropical cyclones was proposed. [21].
1994	Established an empirical relationship that is non-linear between the sea-surface temperature (SST) and undisturbed velocity of tropical cyclones, generated in Atlantic Ocean. A statistical model, named SHIPS was developed to predict the change in intensity of tropical cyclone ata particular interval of time at Atlantic Basin. [22,23].
1995	A correlation between a temperature anomaly and the formation of TC (tropical cyclones) is formulated [24].
1997	A linear regression model, that is semi-empirical, was derived between the maximum speed of TC and associated SST over the Pacific Ocean [25].
1999	A link between strength of TC and SST was established using climatological data from 1962 to 1992 over the Atlantic Ocean [26].
2000	Weather Research and Forecasting (WRF) Model for numerical weather prediction, was released [27].
2001	The CAPE values were analysed and suggested to be combined with other parameters for thunderstorm and hail forecasting. The average CAPE value varies from 259J/kg to 360J/kg during thunderstorm to hailstorms [28]. It is found that near the Balearic Islands, waterspouts and tornadoes have the highest frequency in September and October [29].
2002	Major modification in the design of Radiosonde after 1940 was reported [30,31].
2003	It was observed that the lightning intricately linked with cloud microphysics and dynamics [`32].
2004	A numerical model for tropical cyclone dynamics was developed [33,34]. How the tropical precipitation is impacted by the global warming was studied. The moisture content in atmospheric boundary level (ABL), controlling the precipitation was studied intensively [35].
2005	The connection between the increase in ocean temperature and associated cyclones with global warming has been studied extensively [36]. A detailed examination of the wind distribution around the cyclone eye over Atlantic and Eastern Pacific during the period of 1977-2001 was carried out [37]. There was an interesting correlation found between the tropical cyclones' wind speed and precipitation [38].
2007	The area ranging from East to West including the surrounding of Mediterranean Sea was detected as an area with greatest instability. Where bulk of the annual precipitation happens in autumn due to entry of hot humid air in summer [39-42].
2008	Based on 44 years (1958–2001) data of ECMWF, theConvective available potential energy (CAPE) and convective inhibition (CIN) were found to be key factors for the origin and severity of convective precipitation [43].
2009	A connection between tropical cyclone convergence, wind flow through the Atmospheric Boundary Layer (ABL) and the radial variation of surface temperature gradient is conducted. This model involves the dynamics of climatology and vertical flow pattern of tropical cyclones [44].
2011	It is observed that the values CAPE stood minimum in upwelling of cold-water having climates of arid regions[45].
2012	Globally speaking, CAPE rises from the poles toward the equator in accordance with the geographical pattern of air temperature and surface specific humidity [46].
2014	Research pointed out that an elevation in the overall rate of lightning including CG (cloud to ground) and IC (intra cloud) discharges can trigger severe thunderstorm alerts. These alerts are capable of predicting

	maximum wind speeds, cloud bursts, and tornadoes having life time ranges from minutes to hour [47,48].
2019	A numerical technique of 3 dimension has been introduced to investigate the typhoon hazards of coastal regions in China [49].
2020	Comparing under the same boundary conditions, the Weather Research and Forecasting (WRF) Model and Unified Model indicated different results [50].
2021	Frequency and occurrences of lightning over Gangetic West Bengal were studied by different group of investigators from time to time. Lightning during premonsoon period was reported that nor 'westers having speed > 50 km/hr lightning counts > 30 were the result. Another study revealed that frequency of lightning is increased from 10% to 15% at the end of this decade. Structure of tropopause and diabetic heating creates instability as obtained from a report. How the structure of tropopause and diabetic heating for different causes, creates instability in baroclinic has been studied[51-55].
2022	AMPS (Antarctic Mesoscale Prediction System) can forecast the behaviour of Richardson Number and the impacts of atmospheric turbulence using radiosonde observations [56].
2023	The WRF model has been updated to Version 4.5. 1. The theoretical analysis on the instability pointed out that accurately modelling convective downdrafts and the radiation feedback from clouds in the tropics is crucial [57].
2024	The cause of weakening of tropical circulation has been studied by using MSEB model for vertical motion of tropospheric circulation. The uplifting of tropospheric height has been held primarily responsible for that [58]. A study has been done on the role of troposphere in the Stratospheric uncertainty over the North Pacific and Northern European region. Where S2S hindcast of ECMWF prediction system has been used for this investigation [59].

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Regularized Robust Weighted Liu Regression Approach and its Applications in Medical Image Denoising

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Received: 05 Apr 2025 Revised: 06 May 2025 Accepted: 14 Jun 2025

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ABSTRACT

The computer vision communities often employ robust methods for model fitting, and such tasks are undertaken by regression analysis. A good, robust estimator should be able to resist the influence of all types of outliers. This paper proposed a Regularized Robust Weighted Liu regression procedure, combining the properties of both Liu and Robust regression techniques, to tolerate the outliers while performing computer vision tasks, especially in model fitting. The performance of the proposed procedure is demonstrated in the context of model fitting with application to medical image analysis. The effectiveness of the Least Squares, Liu, and Regularized Robust Weighted Liu regression methods is evaluated using the Mean Squared Error and Peak Signal-to-Noise Ratio on medical MRI images affected by various types of noise. The results demonstrate that the Regularized Robust Weighted Liu regression approach performs better in denoising accuracy and signal preservation.

Keywords: Regularized Robust Weighted Liu, Noise, PSNR, MSE, Robust

INTRODUCTION

Image denoising is a critical task in image processing and computer vision, aiming to enhance image quality by eliminating unwanted noise while preserving essential details. Noise can infiltrate images due to various factors, including sensor imperfections, environmental conditions, and transmission errors, thereby degrading visual quality and impairing subsequent tasks such as object recognition, segmentation, and classification. Effective noise removal is vital for improving image fidelity and boosting the performance of these computer vision applications. Over time, a multitude of techniques have been developed to address the image denoising challenge. Filter-based methods, such

as mean and median filters, operate directly on the image domain to smooth out noise. Transform-domain approaches, like wavelet transforms, decompose images into different frequency components, allowing for targeted noise reduction. Machine learning algorithms have also been employed, leveraging data-driven models to distinguish between noise and genuine image features. Among these, regression-based techniques have garnered attention for their capability to model complex data relationships and effectively predict underlying patterns.

Medical image denoising is to find a clear image from a corrupted image, according to Goyal et al. [6]. The addition of true image and a noise constituent forms the noisy image. Without prior information, it becomes difficult to denoise the image successfully.In particular, the Regularized Robust Weighted Liu regression model integrates the strengths of Liu, introduced by Liu [9] and robust, discussed by Rousseew [12], statistical methods to simultaneously address issues of both multicollinearity and outliers. This combined approach offers a more accurate and stable solution for medical image denoising tasks. This study investigates the efficacy of this model in enhancing the magnetic resonance image quality, evaluating its performance using metrics such as Mean Squared Error (MSE) and Peak Signal-to-Noise Ratio (PSNR).In this paper, Section 2 explains the algorithm of the proposed regression procedure and the various types of noise used in the study. Section 3 elucidates the experimental study and presents the summarized results. The paper concludes with a summary of the findings.

METHODOLOGY

Regression analysis is widely applied in statistical research for both estimation and prediction purposes, but classical linear regression models often face challenges such as multicollinearity and outliers. Images are often corrupted by noise during picture acquisition and transmission, resulting in low-quality images. Noise is the unwanted signal that distorts the important and desirable information. The noises can be categorized according to their nature and origin. Filtering noise helps to recreate a high-quality image in digital image processing, facilitating further tasks such as image segmentation, identification, recognition and monitoring. There are various approaches to denoise medical images based on the transform approach, machine learning, filtering, and statistical methods. These techniques or approaches are subject to the noise type existing in the image. This study encompasses the LS, Liu and Regularized Robust Weighted Liu procedures as applications to medical image denoising, comparing the MSE and PSNR of different types of noisy images.

Regularized Robust Weighted Liu regression

When the nature of the data deviates from the key assumptions, robust regression is an alternative approach to the classical regression model. By incorporating the properties of both Robust and Liu procedures, this paper proposed a new method called the Regularized Robust Weighted Liu (RRWL) to handle the datasets with multicollinearity and outliers. In this process, initial estimates are computed using the LS estimator, followed by applying a weight function based on these estimates. Also, replace the LS estimator in conventional Liu with the MM estimator introduced by Yohai [13]. The weights are assigned to each observation using the Welsch weight function, developed by Dennis and Welsch [4], to minimise the influence of outliers by giving them the smallest weights. The objective function $\rho(u)$, influence function $\varphi(u)$ and weight function $w(u)$of Welsch are described as follows.

$$\rho(u) = ({}^{w^2}/_{2})[1 - e^{-({}^{u}/_{w})^2}] \quad (1)$$

$$\varphi(u) = r(e^{-({}^{u}/_{w})^2}) \quad (2)$$

$$w(u) = e^{-{}^{1}/_{2}({}^{u}/_{w})^2} \quad (3)$$

where u denotes the residuals and w is the tuning constant obtained by the iterated reweighted least square algorithm. The Welsch function is asymptotic to zero for large $|u|$.

The computational algorithm for the proposed method is given below.

Step 1: Find the initial estimates of β by the Least Square regression procedure.
Step 2: Obtain the corresponding residuals from the initial estimates.
Step 3: Obtain the Mean Absolute Deviation (MAD) of the resulting residuals.
Step 4: Compute, $u = \frac{residual}{MAD}$.
Step 5: Calculate the weights using the Welsch weight function.
Step 6: Replace the LS estimator $\widehat{\beta_{LS}}$ with the MM estimator $\widehat{\beta_{MM}}$.
Step 7: Carry out the Liu regression procedure based on the weights to get the estimates of the proposed method.

Thus, the proposed Regularized Robust Weighted Liu (RRWL) estimator is given by

$$\widehat{\beta_{RRWL}} = (X^{'}WX + I_p)^{-1}(X^{'}Wy + D\widehat{\beta_{MM}}) \quad (4)$$

where,

$$\hat{d} = 1 - \hat{\sigma}^2 \left[\frac{\sum_{i=1}^{p} \frac{1}{\lambda_i (\lambda_i + 1)}}{\sum_{i=1}^{p} \frac{\widehat{\beta_i}^2}{(\lambda_i + 1)^2}} \right] \quad (5)$$

The biasing parameter d can be calculated using the mean square error $\hat{\sigma}^2$ and thesquare of the regression estimates $\widehat{\beta_i}$ computed via the modified model with the help of the formula in equation (5) and $D = diag(d_i)$, where $0 \leq d_i \leq 1$.The effectiveness of the proposed method is carried out under image analysis.

Image Noise Models

In the field of image processing, noise refers to unwanted random variations of brightness or color information in images. It typically degrades the quality of a medical image and arises from various sources, such as sensor errors, environmental conditions, and electronic interference. Three common types of noise encountered in images are Gaussian noise, Speckle noise, and Salt and Pepper noise. Each type has distinct characteristics and impacts image quality differently. Medical image noise reduction is a main pre-processing juncture in image analysis. The primary goal is to reconstruct the original image from its corrupted version as accurately as possible while preserving important features like edges and textures, by Ameen and Ahmed [1].To achieve this, image noise reduction methods have been widely studied in image processing, leading to the development of various denoising techniques. Each method has its own assumptions, advantages, and limitations. The different types of noise models considered in this study are explained below.

Gaussian Noise

Gaussian noise is statistical noise that follows a normal distribution (Gaussian distribution) in which the values of the noise are symmetrically distributed around the mean value. It arises due to natural sources such as thermal vibrations of atoms and sensor noise in electronic circuits. Gaussian noise is found in almost all types of images, studied by Budhirajaet al. [3]. It spreads over the complete image. So, the pixel value of the corrupted magnetic resonanace image is the summation of the actual pixel value and Gaussian distribution, discussed by Mohan et al. [10]. It appears as a grainy texture across the image. It is more pronounced in low-light conditions and high ISO settings in digital cameras. Its noise distribution shape is like a bell and is expressed as

$$P(g) = \frac{1}{\sqrt{2\pi\sigma^2}} e^{\frac{-(g-m)^2}{2\sigma^2}} \quad (6)$$

where $g$is the gray level of the pixel, $m$is the mean value, and σ is the standard deviation of the noisy image.

Salt and Pepper Noise

Salt and Pepper noise is an impulse noise that appears as white and black pixels scattered across an image with a probability of each pixel being corrupted, typically less than 10%. It results from sudden disturbances such as transmission errors or malfunctioning sensor elements. This noise is impulse type and termed as intensity spikes noise. The transmission channel is the place of its generation. Minimum intensity pixel values are black dots, while

maximum intensity pixel values are white dots. It is also called impulse noise. It is generated largely because of faults in the camera sensors, inappropriate pixel components, and wrong memory position. A review on Salt and pepper noise, its effects and removal is established by Azzeh et al. [2]. It follows a binary distribution where the corrupted pixels take either the minimum (0) or maximum (255) value. The definition can be expressed as

$$P(x) = \begin{cases} p_{Salt} \ , x = 255 \\ p_{Pepper} \ , x = 0(7) \\ 0, Otherwise \end{cases}$$

where p_{Salt} is the probability of a white pixel and p_{Pepper} is theprobability of a black pixel.

Speckle Noise

Speckle noise is a multiplicative noise that occurs due to interference caused by the coherent processing of scattered signals. It is commonly encountered in coherent imaging systems such as radar, ultrasound, and laser imaging. In an image, Gaussian noise and Speckle noise appear superficially. But they are generated due to different practices. So, they need different methods for their elimination. When an image,$f(x, y)$, is corrupted by specklenoise$n(x, y)$, then the noisy image can be represented as

$$g(x, y) = f(x, y) * n(x, y) \qquad (8)$$

It is also called as multiplicative noise studied by Dougherty [5] and Kadam and Borse[8].The presence of speckle noise degrades ultrasound imaging, which reduces contrast, reviewed by Hiremath et al. [7].Speckle noise has a granular pattern and is dependent on the underlying image texture. It causes a grainy texture that reduces contrast and detail and degrades edge and boundary information of an image.

Experimental Study

For a comparative study, the denoising methods adopt two factors: visual analysis and performance metrics to evaluate denoising performance. In this study, the performance of the proposed RRWL regression procedure is compared with the LS and Liu methods in the context of medical image analysis. This study considers a human brain MRI image (Source URL: https://www.kaggle.com/datasets/mhantor/mri-based-brain-images) with three types of noise models, Gaussian, Salt and Pepper, and Speckle noise, under three different levels of contamination (ε): 10%, 20%, and 30%. This research evaluates the denoising efficiency of the proposed RRWL method over the LS and Liu procedures using the three types of noise mentioned above. To assess the performance of the image denoising methods, PSNR and MSE are used as representative quantitative measurements. The original magnetic resonance image of the human brain given in Figure 1 is considered for the analysis. The noisy and denoised images under different levels of contamination for Gaussian, Salt and Pepper, and Speckle noise are shown in Figure 2(a),(b), and (c), respectively, while the performance metrics corresponding to each noise under LS, Liu and RRWL regression methods are presented in Table 1.

Based on the results presented in Table 1 and Figure 2, it is evident that the proposed RRWL regression procedure consistently achieved the minimum MSE and maximum PSNR across all three types of noisy images, Gaussian, Salt and Pepper, and Speckle, under varying levels of contamination. This demonstrates that the RRWL method effectively reduces noise while preserving important image details, outperforming the LS and Liu methods. Therefore, the RRWL regression procedure proves to be a highly efficient and reliable method for image denoising, regardless of the type or level of noise present.

CONCLUSION

Statistical learning techniques play a vital role in various research fields, with regression analysis being one of the most widely used methods. However, traditional linear regression models often struggle when data violates their underlying assumptions, highlighting the need for more alternative approaches. This study investigates the effectiveness of a Regularized Robust Weighted Liu (RRWL) regression method applied to image analysis, especially in medical image denoising involving different types of noise, including Gaussian, Salt and Pepper, and Speckle noise. The performance of the proposed method is assessed using Mean Squared Error (MSE) and Peak Signal-to-Noise Ratio (PSNR) as evaluation metrics. The results demonstrate that the RRWL regression technique achieves superior denoising accuracy compared to the LS and Liu methods. This approach offers a promising solution for researchers working with machine learning and medical image processing tasks, especially in scenarios where outliers are present.

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Table 1. MSE and PSNR under various regression procedures for different noise models

Noise	ε	LS		Liu		RRWL	
		MSE	PSNR	MSE	PSNR	MSE	PSNR
Gaussian	10%	0.0176	17.5448	0.0161	17.9317	0.0023	26.3827
	20%	0.0574	12.4108	0.0521	12.8316	0.0030	25.2288

	30%	0.1178	9.2885	0.1103	9.5742	0.0050	23.0103
Salt and Pepper	10%	0.0493	13.0803	0.0462	13.3611	0.0012	29.5861
	20%	0.0856	10.6752	0.0827	10.8233	0.0090	20.4576
	30%	0.1192	9.2408	0.1173	9.3066	0.0150	18.2391
Speckle	10%	0.0065	21.8708	0.0077	21.1351	0.0014	28.5387
	20%	0.0179	17.4714	0.0165	17.8252	0.0022	26.5758
	30%	0.0363	14.4009	0.0336	14.7366	0.0038	24.2022

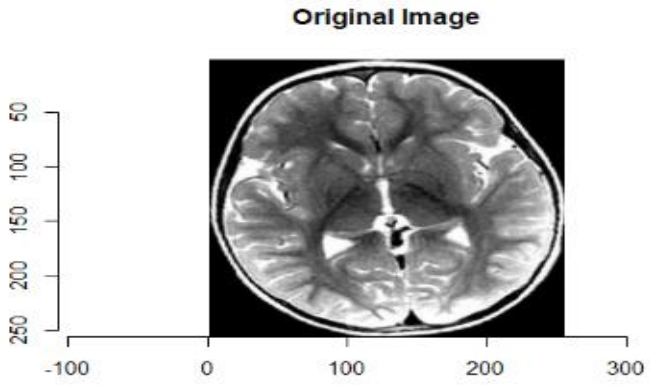


Figure 1. Original Human Brain MRI image

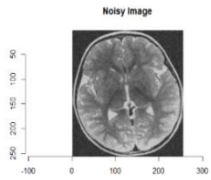
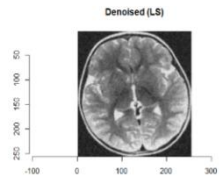
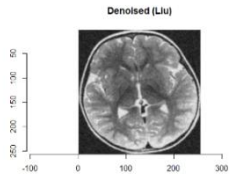
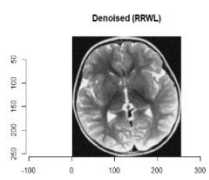
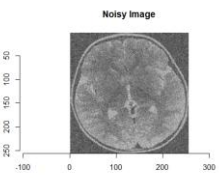
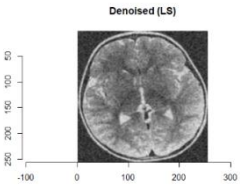
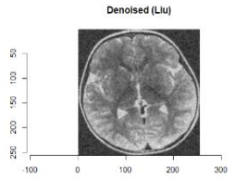
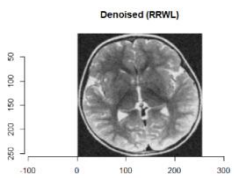
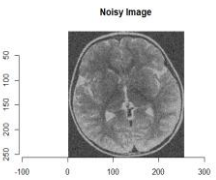
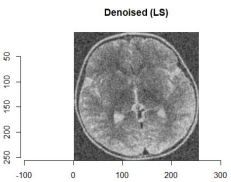
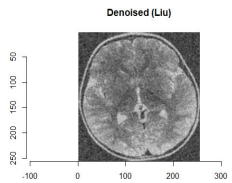
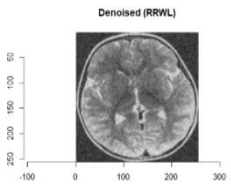
ε	Noisy	LS	Liu	RRWL
10 %				
20 %				
30 %				

Figure 2 (a). Image denoising under various regression procedures for Gaussian noise model

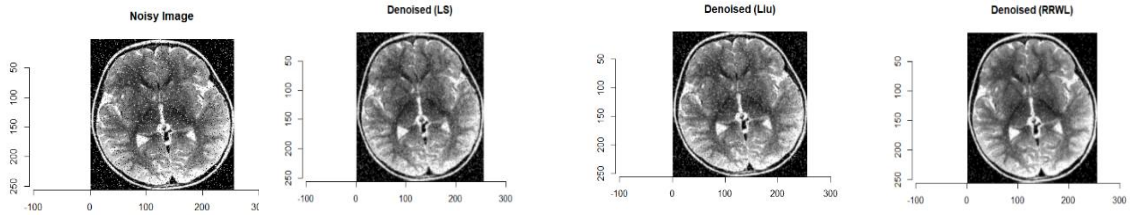
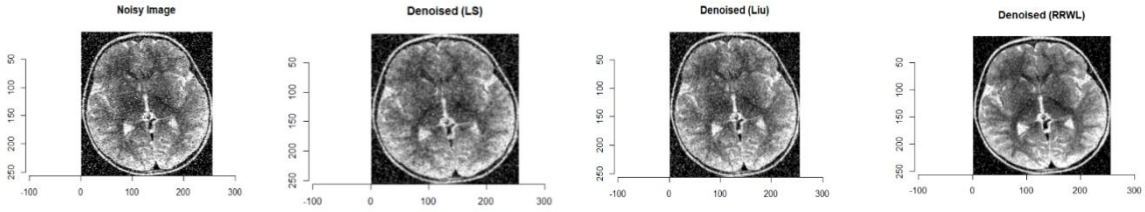
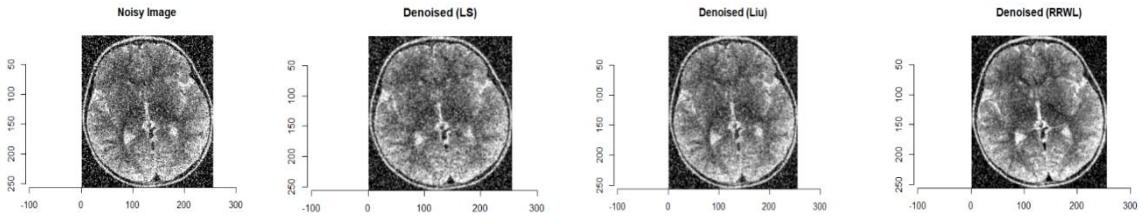
ε	Noisy	LS	Liu	RRWL
10%				
20%				
30%				

Figure 2 (b). Image denoising under various regression procedures for Salt and Pepper noise model

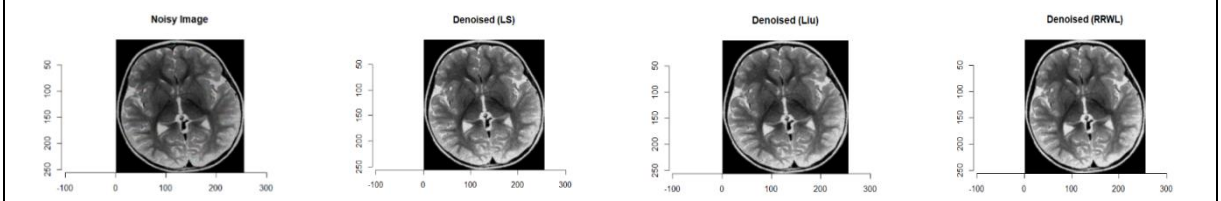
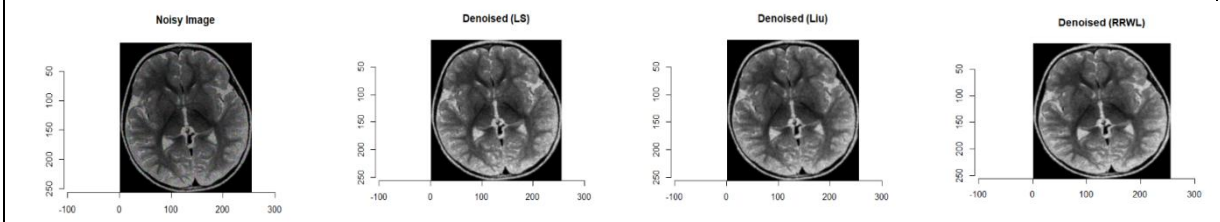
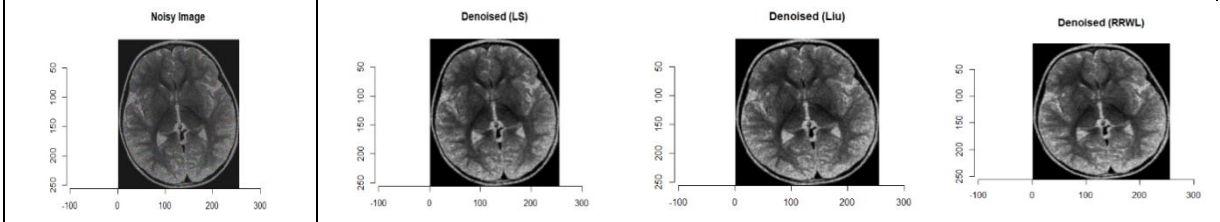
ε	Noisy	LS	Liu	RRWL
10%				
20%				
30%				

Figure 2 (c). Image denoising under various regression procedures for Speckle noise model

REVIEW ARTICLE

Review on the use of Polymerase Chain Reaction in Antimicrobial Resistance Detection in Clinical Microbiology

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Received: 27 May 2025 Revised: 13 Jun 2025 Accepted: 24 Jun 2025

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ABSTRACT

With the advent of Polymerase Chain Reaction (PCR) in clinical microbiology, it is now possible for resistance genes to be rapidly, sensitively, and specifically identified, revolutionizing the field of antimicrobial resistance (AMR). Based on various studies, this review synthesizes the current literature on PCR techniques and their application in identifying resistance mechanisms across various pathogen types, emphasizing their usefulness and potential for antimicrobial therapy. Important aspects discussed include the development of PCR-based methods, their integration into routine diagnostic protocols, and challenges such as assay standardization and interpretation of results. Furthermore, the review explores recent advancements in PCR technology, including multiplex assays and next-generation sequencing, enhancing our ability to combat AMR effectively. By critically analyzing the strengths and limitations of PCR in AMR detection, this review underscores its pivotal role in shaping future strategies for combating antimicrobial resistance in clinical settings.

Keywords: Antimicrobial resistance (AMR), polymerase chain reaction, resistant genes, clinical microbiology, sensitivity

INTRODUCTION

Antimicrobial resistance (AMR), defined as the ability of microorganisms to withstand the effects of antimicrobial agents, represents a significant global health challenge by compromising the efficacy of standard treatments. This resistance arises through genetic mutations and various adaptive mechanisms, resulting in pathogens that can evade

drugs previously effective against them. Given its impact on patient management and public health, rapid and accurate detection of AMR is imperative. Biotechnology a multidisciplinary field that leverages living organisms and molecular techniques has radically transformed clinical microbiology. By integrating advanced genomic and molecular diagnostic tools, this field has enhanced our ability to detect and characterize resistant pathogens swiftly. Among these tools, the Polymerase Chain Reaction (PCR) stands out due to its ability to amplify minute quantities of DNA, enabling the detection of specific resistance genes with high sensitivity and specificity. PCR overcomes many limitations inherent in traditional culture methods, such as prolonged turnaround times, thereby facilitating more timely and informed clinical decisions. Clinical microbiology, which focuses on the detection, identification, and analysis of microorganisms from patient samples, is essential for diagnosing and managing infectious diseases. The incorporation of biotechnological methods like PCR into routine diagnostic workflows enhances the precision of pathogen identification and supports effective antimicrobial stewardship. This review focuses on the use of PCR for detecting antimicrobial resistance in clinical microbiology. It examines the evolution of PCR-based techniques, compares their performance with conventional culture methods, and discusses their impact on the rapid and accurate identification of drug-resistant pathogens in clinical settings.

Causes of AMR

To understand the causes of AMR, we need to learn the various sequential steps involved for a drug to get to a patient and the eventual use, which includes; production, distribution, prescription, dispensing, and finally the consumption of the drug by the patient or uses in animal production(Ayukekbong, et al., 2017)any compromise in this flow will result to abrupt resistance. Antimicrobials are designed to either limit or prevent the growth of microbes and in so doing create a selective pressure upon microbial communities.(Michael, et al., 2014)

Overuse of antimicrobials

The lack of appropriate regulations in the sales of antimicrobials is also a driving factor in the access and misuse of antimicrobials. In most developing countries, antimicrobials can be purchased without a medical prescription and are usually dispensed on the streets by untrained persons. In many countries, the production and sale of antimicrobials is relatively or completely unregulated. This results in the production of therapeutic materials of extremely variable quality that are available to the public cheaply and in large amounts. However, online shopping has enabled widespread access to even currently restricted antibiotics such as rifampicin and ciprofloxacin (Michael, et al., 2014)Even pharmacies operating without a license, appear to be more accessible to the public as they have shorter waiting times, do not charge consultation fees, and above all are willing to negotiate treatment options to adjust to the financial ability of the patients. (Abushaheen, et al., 2020)The inappropriate pattern of antibiotic prescribing by physicians is considered one of the main factors responsible for escalating the rates of antimicrobial resistance. The emerging antimicrobial resistance is a worldwide problem that is estimated to cost more than 10 million lives by 2050(Zaffar, 2019) In a Lebanese study, it was shown that in 52% of cases, the prescription dose was inappropriate while 63.7% of physicians prescribed antibiotics with a wrong duration of treatment (Ayukekbong, et al., 2017)Patients miss doses, either by mistake or deliberate. Because patients are aware of the adverse impact of drinking alcohol while on antibiotics, some patients may skip doses when invited to a party in favour of the consumption of alcohol (unpublished data). These practices result in the exposure of surviving microbes to sub-therapeutic concentrations of the drug and, consequently increase the chances of developing resistance (Ayukekbong, et al., 2017)

Poor storage also increases the risk of degradation of the drug.(Ayukekbong, et al., 2017) Leading to a rise of degraded medicines containing less than the stated dose, implying that patients consume less than the optimal dose of the drug. There is also a problem of outright counterfeiting, in which the drug may contain little or no active substance of the antimicrobial or the wrong substance. A study from Cameroon revealed that out of 284 antimalarial obtained from 132 vendors, 32% chloroquine, 10% quinine, and 13% sulfadoxine/pyrimethamine were likely to be fake. In addition, some of the quinine contained chloroquine while some chloroquine contained no active ingredient or an amount lower than the expected concentration.(Ayukekbong, et al., 2017)

Public perceptions

Vaccination reluctance is also a factor, in so doing; they not only endanger themselves and their children but also create increasing reservoirs of pathogens within society that may subsequently become antimicrobial resistant. (Michael, et al., 2014). Moreover, excessive use of broad-spectrum antibiotics as compared to narrow-spectrum antibiotics, which are effective against a wide variety of different bacterial species, is another major determinant of inappropriate prescribing of antibiotics. All these patterns of antibiotic prescribing are responsible for spreading and emerging antibiotic drug resistance.(Zaffar, 2019) Multidrug-resistant bacteria have been detected in both meat and fresh produce and humans in contact with livestock in many African countries. A study in Kenya revealed a high level of antimicrobial drug residues in meat meant for consumption. These findings further demonstrate that food animals are a major reservoir of drug-resistant bacteria and present a major risk for the dissemination and transmission of antimicrobial-resistant bacteria in Africa as well as in many developing countries.(Ayukekbong, et al., 2017)

Mutation is the random change in the genetic sequence of an organism and generally has either no effect on the organism or else is deleterious. It most commonly results in the structural modification of an antibiotic target modification and subsequently abolishes antibiotic activity.(Browne, et al., 2020) However, when immense numbers of organisms are involved, the chance of a rare advantageous change arising becomes inevitable. While mutation produces new responses to adaptive challenges, microbial "solutions" to past adaptive challenges have also not been lost. A second source of microbial variability is available in large "reservoirs" of adaptive genes that may be "mobilized" within and between microbial species (Michael, et al., 2014)

The general and complete eradication of microbes from both domestic surfaces and us is neither necessary nor possible or even beneficial to health. Recent anecdotal evidence suggests that the development of a comprehensively equipped immune system requires exposure to environmental antigens. This exposure develops a cohort of specific antibody-generating cells that are present throughout life and is also the basis by which vaccination is effective. Normally, such cellular cohorts and the immunities they trigger are generated in younger years and are supplemented with exposure to novel antigens later in life. By limiting the exposure to

environmental antigens through the over-insistence of "clean" environments the developing suite of immunities may be limited in both children and adults. As a result, with the increasing incidence of such compromised immune system versatility, less virulent infections are more easily able to cause morbidity and mortality(Michael, et al., 2014) Moreover, inadequate availability of efficient antibiotics attenuates the risk of prevention and management of immunity-compromised health conditions like HIV, cancer surgical procedures, and diabetes. Though this is regarded as a natural process, incomplete knowledge about the catastrophe of antibiotic resistance per the passive human activities like appropriate prescription methods, misuse of antibiotics by physicians and patients, and improper diagnosis triggered the rate of antimicrobial resistance, therefore, a continuation of this scenario can lead to a "post-antibiotic era" in which minor injuries and common infections become the leading causes of death. (Abushaheen, et al., 2020)

Modes of Transmission

We need to understand the evolution of resistance at the molecular level within a given organism, to transmission mechanisms and pathways across organisms, to wider dissemination between human and animal hosts, and across the wider environment, including soil, water, animals, and human beings. (Graham, et al., 2019)The environment is a possible source of enteric and other bacteria, including AMR strains, which can affect food animals. It is suspected that the majority of microorganisms enter animals through ingestion of water and/or soil, or contact with other animals and/or humans in their proximity, which includes antimicrobial-resistant bacteria and antimicrobial-resistance genes.(Graham, et al., 2019). Antibiotics and ARGs can be enriched in ground and surface waters surrounding. Researchers have largely focused on understanding the spread of bacteria from pigs to farmers, but there is evidence that people can also spread staphylococcus and other bacteria to pigs. Animal agriculture

operations, especially where animals receive antibiotics and are close to soil and water resources. (Graham, et al., 2019)

Wild animals do not naturally have direct contact with antimicrobials however they may acquire resistant bacteria or antimicrobial resistance genes from human sources, agricultural sources, and contaminated environments.(Erika, et al., 2024)They can be used as bioindicators for antimicrobial resistance in a given area due to their ability to occupy different ecological niches and to adapt to many urban suburban and wildlife environments this test was conducted in the Emilia-Romagna region (Italy) from November 2022-June 2023. Upon examination of the commensal flora of wild birds it was revealed that the resistance towards some anti-microbial drugs commonly used in humans and veterinary medicine, more exposed to contamination showed that they could play an important role in the transmission of AMR It was concluded that wild birds can be bioindicators of AMR. (Erika, et al., 2024)

Mechanism behind AMR

Mechanisms behind antimicrobial resistance in all microorganisms are similar, there are Genetic mechanisms such as Mutation, which are random mutations in microbial DNA that can alter the target site, reducing drug binding or changing metabolic pathways leading to resistance. Antimicrobial resistance mechanisms fall into four main categories: (1) limiting uptake of a drug; (2) modifying a drug target; (3) inactivating a drug; (4) active drug efflux. (Reygaert, 2018) Horizontal Gene transfer (HGT) Microorganisms acquire resistance genes from other organisms via:

Cognition

Transfer of plasmids through direct cell-to-cell contact. Transformation: Uptake of free DNA from the environment.

Transduction

Transfer of DNA by bacteriophages which are viruses that infect bacteria. Biochemical Mechanisms include a drug in activation: Microbes produce enzymes that neutralize or destroy the antimicrobial beta-lactamase inactivating penicillin.

Efflux pumps

Proteins that actively pump the antimicrobial out of the cell, reducing concentration inside the microbe. Target modification: Alteration of drug binding sites (e.g. changes in ribosomal RNA or enzymes) to prevent the drug from binding effectively. Permeability changes: Modification in cell membranes or wall structures to reduce drug entry. Alternative Pathways: Microbes bypassing the metabolic pathway the antimicrobial inhibits, ensuring

survival. Then we have environmental and Evolutionary Factors of selective pressure such as overuse and misuse of antimicrobials we have to select the resistant strains over the sensitive ones.

Biofilm Formation

This involves microbes in biofilms that are shielded from antimicrobials and immune responses, promoting resistance. Persistence of some microbes after a dormant state where they are less affected by drugs, reactivating after treatment ends. There are similarly multiple causes of antimicrobial resistance; the resistance to bacteria antibiotics hinders the efficacy of antibiotic uses in healthcare. There is significant evidence to prove that the misuse of antibiotics will eventually result in the development of resistance. (Abushaheen, et al., 2020)

Enzymatic Drug Inactivation

Bacteria produce enzymes that can destroy antibiotics or cause them to lose their antibacterial action, causing the drug to be destroyed or fail before it acts on the bacteria cell. There are three main kinds of drug-inactivatingenzymes: hydrolase (mainly β-lactamase), passivation enzyme (aminoglycoside inactivating enzyme, chloramphenicol acetyltransferase, erythromycin esterase, etc.), and modified enzyme (aminoglycoside modifying

enzyme). The enzymes encoded by both chromosomal and plasmid genes can target and cleave the vulnerable hydrolytically susceptible chemical bonds in drugs.38 The enzymatic genes of the most clinical concerns harbour amidases that cut down the β-lactam ring of the penicillin and cephalosporin classes of drugs. (Zhu, et al., 2022)

Drug Target Alteration

There are many antibiotic-binding targets in bacteria. The target site alteration can make the antibiotics difficult to bind to the bacteria, which is an important mechanism for drug resistance. This mechanism is mainly reflected in the drug resistance of gram-positive bacteria and polymyxin resistance. For example, the PBP of Staphylococcus aureus is converted to PBP2a (encoded by the mecA gene), and the latter is a low-affinity binding protein, resulting in resistance to all β-lactam antibiotics. The polymyxin resistance is mainly caused by the modification of the lipid A moiety of lipopolysaccharide (LPS), which is the primary target of polymyxin due to genes. There are two main ways in which bacteria inactivate drugs; by actual degradation of the drug, or by transfer of a chemical group to the drug. The β-lactamases are a very large group of drughydrolyzing enzymes. (Reygaert, 2018). Drug inactivation by transfer of a chemical group to the drug most commonly uses the transfer of acetyl, phosphoryl, and adenyl groups. There are a large number of transferases that have been identified. Acetylation is the most diversely used mechanism and is known to be used against aminoglycosides, chloramphenicol, streptogramins, and fluoroquinolones. Phosphorylation and adenylation are known to be used primarily against aminoglycosides. (Reygaert, 2018)

Changes in the Outer Membrane

Permeability In gram-negative bacteria, β-lactam antibiotics mainly pass through the outer membrane by hydrophilic channel proteins, and mutations leading to channel protein alteration or decreased expression will make the bacteria less sensitive to various β-lactams. For example, the loss of Opal D2 channel protein in the patina causes resistance to imipenem.The low outer membrane permeability of Pseudomonas aeruginosa gives it high intrinsic resistance to antiseptics and antibiotics. The mutation in genes encoding outer membrane porins is expected to affect drug susceptibility.

Active Efflux of Antimicrobial Compounds

It is also known as the efflux pump system or the drug pumping system. The drug concentration in the bacteria is insufficient to exert an antibacterial effect, resulting in drug resistance. This process requires energy and acts on a variety of antibiotics. For example, Staphylococcus aureus is resistant to quinolones; the protein of Pseudomonas aeruginosa's outer membrane can transport various antibiotics to the outside of bacteria. The most important efflux transporters are resistance-nodulation-division (RND), major facilitator superfamily (MFS), multidrug and toxic compound extrusion (MATE), small multidrug-resistance (SMR), and ATP-binding cassette (ABC) superfamilies or families. (Zhu, et al., 2022)

Most of these efflux pump families are single-component pumps that substrates across the cytoplasmic membrane. The RND family are multi-component pumps (found almost exclusively in gram-negative bacteria) that function in association with a periplasmic membrane fusion protein (MFP) and an outer membrane protein (OMP-porin) to efflux substrate across the entire cell envelope. There are instances where other efflux family members act with other cellular components as multicomponent pumps in gram-negative bacteria. One member of the ABC family, MacB, works as a tripartite pump (MacAB-TolC) to extrude macrolide drugs. A member of the MFS, EmrB, works as a tripartite pump (EmrAB-TolC) to extrude nalidixic acid in *E. coli*. Shows the basic structure of the various efflux pump families. (Reygaert, 2018)

METHODS

The review process involved a detailed search strategy, encompassing multiple electronic databases, specific search terms, and predefined inclusion and exclusion criteria. The selection process aimed to capture a wide range of relevant studies while minimizing bias. Additionally, the quality of included studies was assessed using

standardized tools or frameworks to ensure the validity and reliability of the findings. In the following subsections, we detail the search strategy, eligibility criteria, data extraction methods, and approaches for assessing study quality. This methodology ensures that the review provides a comprehensive and balanced synthesis of the existing literature on the topic.

Methods used in testing AMR

Traditional Culture-Based Methods

The application of phenotypic testing for precise antibiotic resistance diagnosis entails assessing if a bacterium grows when an antibiotic is introduced, irrespective of the resistance mechanism (Dina Yamin, et al., 2023)). These assessments assist in identifying which antibiotics are effective and the appropriate dosages to be given during treatment. Conventional AST methods like disk diffusion, broth micro dilution, gradient tests, breakpoint tests, and agar dilution depend on exposing bacterial isolates to various antimicrobials and visually observing Growth (Dina Yamin, et al., 2023). The minimum inhibitor (Reygaert, 2018). Concentration (MIC) seeks to determine the smallest antimicrobial level that limits observable bacterial growth when tested in either agar or broth (Dina Yamin, et al., 2023). In this approach, solutions with a designated quantity of bacteria (usually 0.5 based on the MacFarland standard) are added to agar or broth that contains diluted antimicrobial levels (Dina Yamin, et al., 2023).

The disc diffusion method is a lab technique that entails putting a paper disc treated with an antimicrobial agent onto a solid agar medium. This results in the development of a circular region devoid of microbial growth, known as the zone of inhibition, which encircles the disc. This area reflects the level of suppression of microbial growth. This qualitative method classifies samples as resistant, intermediate, or susceptible. It is a straightforward and easily implementable method, especially ideal for quickly multiplying bacteria. Nonetheless, constraints involve the application of antimicrobial agents that show inadequate diffusion in agar and challenges faced in analyzing results for fastidious and anaerobic microorganisms (Mohamed, et al., 2021).

The E-test integrates aspects of the previously described methods, similar to disk diffusion while providing MIC data. The process of experimentation includes positioning a rectangular apparatus onto an agar plate. One side of the apparatus is intended to establish a concentration gradient of antimicrobial agents, whereas the opposite side features a scale for interpretation. Although it has the same time constraints as previous tests, the E-test® uses a fixed antimicrobial gradient shown on a ruler, providing an easier way to directly measure microorganism susceptibility. This is especially beneficial for hard-to-culture organisms such as *Mycobacterium bovis* and *Haemophilus* influenza, in addition to anaerobes. The increasing threat of antimicrobial resistance (AMR) poses a negative impact on the healthcare system, leading to elevated healthcare expenses, unsuccessful treatments, and an increased mortality rate(Elbehiry, et al., 2022)). Following the introduction of antibiotics over the past twenty years, conventional antimicrobial therapies have been ineffective in addressing healthcare-associated infections (HAIs). These findings have prompted the creation of numerous innovative alternative strategies to address multidrug-resistant pathogens in medical environments (Elbehiry, et al., 2022). In this section, we offer a summary of AMR along with the technologies being created to prevent, identify, and manage healthcare-associated infections (HAIs) (Elbehiry, et al., 2025).

Clinical microbiology has traditionally relied on approaches and tools that are time-consuming, expensive, and require significant delivery efforts to diagnose AMR and conduct antimicrobial susceptibility testing (AST) (Elbehiry, et al., 2022)This has led to an increasing need for quick, affordable, and cost-effective diagnostic tools for identifying AMR. These diagnostic instruments will significantly reduce the duration needed to assess antibiotic susceptibility, enabling the selection of enhanced, targeted treatments (Elbehiry, et al., 2022). Biotechnological tools such as Next Generation Sequencing can replace the varied and complex procedures in a standard microbiological lab with a single, uncomplicated, and more effective method as it becomes increasingly cost-effective and user-friendly (Dina Yamin, et al., 2023).

Polymerase chain reaction in AMR

Polymerase chain reaction (PCR) was first discovered in 1983 by Mullis, and it radically transformed the field of medicine (Garibyan & Avashia, 2014). It enables the rapid amplification of specific DNA and RNA sequences in vitro, making it a widely utilized method due to its high level of specificity (Galhano et al., 2021). In medical laboratory settings, PCR serves as a quick approach for detecting bacteria from various environments, as well as identifying resistance genes (Galhano, et al., 2021). Traditional PCR techniques have been employed to identify resistance genes in bacteria during antibiotic treatment, specifically for those related to extended-spectrum beta-lactamase (ESBL) resistance that is part of first-line therapies (Lee, 2022).One of the key benefits of PCR compared to traditional culture techniques is its ability to amplify genetic material from organisms that cannot be cultured or are in a dying state(Elbehiry, et al., 2025). In general, PCR proves to be effective for monitoring AMR infections and for detecting known resistance genes, including mecA (associated with methicillin resistance) in *S. aureus*, blaSHV (linked to beta-lactam resistance) in *Enterobacteriaceae*, tetM (connected to tetracycline resistance), and vanA (related to vancomycin resistance) in *Enterococcus*(Elbehiry, et al., 2025). Furthermore, PCR-based techniques aimed at genes associated with antibacterial resistance are effective for diagnosing infections and offering insights into antimicrobial resistance, such as identifying clarithromycin resistance due to mutations at positions 2,142 and 2,143 of the 23S rRNA gene (Rimbara, et al., 2013).

Overview of the PCR process

PCR can be performed using DNA obtained from a range of tissues and organisms, such as peripheral blood, skin, hair, saliva, and microbes (Garibyan & Avashia, 2014). These are preferred samples over stool, which can have PCR inhibitors and other commensal bacteria, which could result in false negatives and false positives (Rimbara, et al., 2013). Only minimal quantities of DNA are required for PCR to produce sufficient copies for analysis with standard laboratory techniques (Garibyan & Avashia, 2014). Consequently, PCR is considered a sensitive assay and Polymerase Chain Reaction (PCR) relies on essential components: template DNA, primers, nucleotides, and DNA polymerase (Garibyan & Avashia, 2014). The primers define the specific DNA region to be amplified, while the polymerase enzyme synthesizes new DNA strands using the nucleotides (Garibyan & Avashia, 2014). These components are combined in a reaction tube and placed in a thermal cycler, who performs repeated temperature cycles for DNA denaturation, primer annealing, and strand extension. Each cycle results in the doubling of the target DNA, enabling exponential amplification (Garibyan & Avashia, 2014).

Variants of the basic PCR techniques have been developed through modifications, resulting in several types of PCR methods, including RT-PCR, real-time PCR, multiplex PCR and quantitative PCR etc.

Real-time PCR

Real-time PCR is another type of PCR that monitors the process in actual time (Artika, et al., 2022). As it is a powerful molecular tool, it has been extensively utilized in the fields of medicine and biological science due to its quantitative nature, precision, sensitivity, and speed (Artika, et al., 2022). In an attempt to address the rising issue of antimicrobial resistance (AMR) in *Pseudomonas aeruginosa*, (Madden, et al., 2022)developed and validated two multiplex quantitative real-time PCR (qPCR) assays designed to detect the differential expression of genes related to AMR. These genes include efflux pumps (MexAB-OprM, MexCD-OprJ, MexEF-OprN, MexXY-OprM), the AmpC β-lactamase, and the porin OprD. These genes are known to contribute to AMR in *P. aeruginosa*. The findings validated the practicality of performing multiplex qPCR directly on sputum samples, marking a major advancement in the swift diagnosis of antimicrobial resistance (AMR). In conclusion, the qPCR assays developed provide valuable insights into the *P. aeruginosa* resistome, offering the potential for more timely and targeted treatment strategies, which could improve patient outcomes and support antimicrobial stewardship efforts (Madden, et al., 2022).

Examples of studies

In a study done by (Zaw, et al., 2018), the RT-PCR method proved to be a simple, cost-effective, and rapid tool for detecting rifampicin resistance due to the rpoB Ile491Phe mutation**,** particularly useful in resource-limited, high-burden settings. Hence, it fills gaps left by commercial tests that often miss this specific mutation**,** making it essential

for improved TB drug resistance surveillance. This study utilized a real-time PCR (RT-PCR) assay followed by melting curve analysis to detect the rpoB Ile491Phe mutation in *Mycobacterium tuberculosis*, which is associated with rifampicin resistance. After PCR amplification of the rpoB gene, melting curve analysis (MAS-PCR) was applied to distinguish between wild-type and mutant strains based on differences in their melting temperatures. The results showed that resistant strains (with Ile491Phe mutation) showed melting temperatures between 90.80°C and 91.06°C while wild-type strains had melting temperatures between 85.21°C and 85.56°C. The 5.24°C difference separated the resistant from the non-resistant strains. In terms of validation and performance, the PCR assay correctly classified all 39 rifampicin-resistant strains and showed no false positives, even in the presence of other unrelated rpoB mutations. It remained accurate even when culture samples were diluted 1/500, outperforming fluorescence microscopy at these levels. The test was not evaluated for direct use on sputum, but it was highly effective on DNA extracted from culture-positive samples. The advantages were high-throughput capacity (up to 96 samples simultaneously), no need for electrophoresis, as results are read from melting curve profiles, rapid time-to-result (<3 hours) and low cost (<$4.5 per test)(Zaw, et al., 2018).

Multiplex PCR

Another type of PCR is multiplex PCR, which enables the simultaneous amplification of multiple genetic targets within a single PCR reaction, along with the identification of AMR genes within the pathogens.(ZEBARDAST, et al., 2014).Clinicians benefit from the multiplex polymerase chain reaction (PCR) assay's precise and prompt identification of multidrug-resistant organisms and resistance indicators, which will enable them to make early antibiotic modifications(Rathore, et al., 2018) . Multiplex PCR has advantages over traditional and quantitative PCR in terms of the risk of cross-contamination during the multiplexing process. Multiplex PCR provides faster detection than conventional PCR by enabling the simultaneous amplification of multiple gene targets (Law, et al., 2015). In contrast to the standard PCR assay, which uses just one set of specific primers, the mPCR assay uses multiple sets of specific primers(Law, et al., 2015). Additionally, compared to antibiotic sensitivity tests, which take two days to complete, multiplex PCR is a helpful technique for multidrug-resistant *Staphylococcus* monitoring in clinical laboratories since it can provide results in as little as six hours (Rathore, et al., 2018).Since a successful mPCR assay requires that the primer sets have a same annealing temperature, primer design is crucial to the development of mPCR(Law, et al., 2015).All primers should have comparable annealing temperatures, and their corresponding amplicons must be distinctly labeled to avoid interactions between different primers, which could hinder the amplification process. These challenges necessitate thorough and time-consuming validation procedures before analysis with multiplex PCR(Galhano, et al., 2021).

Multiplex PCR can successfully pinpoint specific mutations in AMR genes if at least one of the primers targets the mutation sites. It has been designed to facilitate the rapid and cost-effective detection of AMR genes in infections and multiple organisms present in patient samples. Nevertheless, there is a lack of information regarding its efficacy in identifying antibiotic resistance markers within healthcare environments (Elbehiry, et al., 2025). Multiplex PCR has also been developed to screen *S.aureus* for the presence of antiseptic resistance genes for chlorhexidine and quaternary ammonium compounds as well as mupirocin and methicillin-resistant genes (Rathore, et al., 2018) .

Examples of studies

In a study conducted by (Donà, et al., 2016), a rapid multiplex real-time PCR assay using SYBR Green-based detection combined with high-resolution melting (HRM) analysis was used to identify *Neisseria gonorrhoeae* and detect seven specific genetic determinants of AMR in less than 1.5 hours.These reactions targeted two sequences specific to *N. gonorrhoeae* for identification and seven resistance-related mutations for antibiotics, including: Extended-spectrum cephalosporins (ESCs) like ceftriaxone and cefixime, Azithromycin, Ciprofloxacin, Spectinomycin(Donà, et al., 2016).The multiplex nature of the assay allowed for the simultaneous amplification of multiple gene targets in a single or few reactions, significantly reducing time and effort. HRM analysis was employed post-PCR to differentiate between wild-type and mutant alleles based on their melting profiles, offering a mutation-specific identification of resistance markers(Donà, et al., 2016).Results were compared against traditional culture-based susceptibility testing, showing 100% accuracy for ciprofloxacin, azithromycin, and spectinomycin. High

sensitivity and specificity for ESCs. (Dahl, et al., 2024) Conducted a study aimed to evaluate the diagnostic performance of a laboratory-developed real-time PCR method applied to enrichment broths, adapted locally from previous methods. From June to November 2020, rectal swabs from patients were tested using the GeneXpert VanA/B system, followed by selective enrichment and culture. A second, locally developed real-time PCR targeting *vanA*, *vanB*, and a vancomycin-variable clone was performed on enrichment broths(Dahl, et al., 2024). PCR results were assessed before culture outcomes. Confirmatory identification included MALDI-TOF MS, disk diffusion for susceptibility, and whole-genome sequencing for typing. Diagnostic metrics, including sensitivity, specificity, PPV, and NPV with 95% confidence intervals, were calculated, adhering to STARD 2015 guidelines.

While mPCR has many advantages over traditional tools, in a study done by (Sigmund, et al., 2020) the mPCR test showed low overall sensitivity for detecting antimicrobial resistance directly from clinical samples, with most false negatives seen in coagulase-negative staphylococci, particularly for oxacillin and rifampin. However, its high specificity means that positive results reliably indicated resistance. Adding universal primers could enhance detection but would need an extra sequencing step (Sigmund, et al., 2020).

Reverse Transcriptase PCR

Reverse transcriptase polymerase chain reaction (RT-PCR) transforms RNA into complementary DNA (cDNA) and amplifies it through PCR. This technique is effective, responsive, and dependable; cDNA generated from RNA is free of contaminants such as proteins that might distort analyses, enabling accurate identification with primers. The standard PCR is not suitable for precise quantification; so, the technology was enhanced, resulting in the robust analytical method known as real-time polymerase chain reaction (real-time PCR)(Artika, et al., 2022).RT-PCR can also identify living microbes, including those resistant to antibiotics, and is highly targeted toward replicating cells. A research project was carried out at the Hospital of Tropical Diseases in Ho Chi Minh City by Dung et al. (2024). The researchers gathered tracheal aspirates and sputum samples from individuals suffering from lower respiratory tract infections to identify and detect antimicrobial resistance (AMR) genes in various bacterial species(Elbehiry, et al., 2025). The Microbiology Department at the hospital employed RT-PCR to recognize six bacterial pathogens along with their AMR genes. The findings indicated that this method is quick, simple, and highly accurate. Managing infections caused by antibiotic-resistant bacteria, particularly those with elevated concentrations of AMR genes, poses significant difficulties. Currently, real-time PCR and reverse transcription-PCR are utilized together to assess variations in gene expression.

According to (Galhano, et al., 2021), the application of RT-PCR for identifying AMR genes is not extensively covered in existing literature. Nevertheless, many studies frequently utilize this method to determine contamination from bacteria and viruses and toxins generated by bacteria throughout the food production process, yielding noteworthy findings (Galhano, et al., 2021). It is important to note that the effectiveness of PCR relies on both intrinsic and extrinsic factors, including the state of the raw material (such as salting, freezing, pasteurization, ionizing radiation, etc.), as well as the cycling conditions, temperature, primer concentration, and the DNA extraction solution used(Galhano, et al., 2021).

Recent Developments and Future Perspectives

To address the growing threat of antimicrobial resistance (AMR), the World Health Organization's 2015 Global Action Plan highlighted the urgent need for fast, accurate, and low-cost diagnostic technologies (Singh, et al., 2021). One promising solution is point-of-care testing (POCT), which enables rapid AMR detection directly at the patient's side, aiding timely and appropriate antibiotic use while reducing misuse(Singh, et al., 2021). The use of DNA microarray has also shown great promise in the field of clinical microbiology. DNA microarray is used to evaluate genetic diversity and is based on identifying whether specific genes are present or absent in the target organism when compared to a reference genome or strain (Kaprou, et al., 2021). As stated by (Kaprou, et al., 2021), A DNA microarray has been created to allow for the simultaneous detection of antimicrobial resistance genes (ARGs) in *Staphylococcus* clinical isolates through multiplex asymmetric PCR amplification using fluorescently labeled PCR products. More recently, (Havlicek et al.) introduced a quick cartridge-based melting curve assay designed for

identifying pyrazinamide-resistant *Mycobacterium tuberculosis*. This assay can be automatically utilized with a closed cartridge in conjunction with a battery-operated Alere™ q analyzer, serving as a point-of-care testing option in resource-limited environments (Kaprou, et al., 2021).

Additionally, recent advances of DNA microarrays, in combination with multiplex PCR, provide the benefit of quickly detecting multiple known resistance genes in a single test using clinical specimens or cultures (Protonotariou, et al., 2021). This has led to the creation of various assays to identify resistance genes in Gram-negative bacteria and *S. aureus* (Protonotariou, et al., 2021). In theirstudy, the AMR Direct Flow Chip Kit was compared with traditional phenotypic tests using rectal and nasopharyngeal swabs from ICU patients. The findings suggest that the AMR Direct Flow Chip Kit is an effective and rapid alternative for detecting resistance markers (Protonotariou, et al., 2021).Despite the advantage of microarrays in performing simultaneous assays for specimens to detect more than one target, the expensive and skill requirements limit is application (Shanmugakania, et al., 2021).Another drawback of molecular techniques, including quantitative pcr and microarray, is the absence of information regarding the bacterial hosts of the resistance genes (Cason, et al., 2022). Recent years have shown that artificial intelligence (AI) has significantly excelled in the area of AMR control (Rabaan, et al., 2022).For example, using supervised machine learning, genetic traits linked to antibiotic sensitivity in Escherichia coli have been identified by analyzing labeled data (e.g., patient records, microbial genomes)(Bilal, et al., 2025). It has also been used to predict *Streptococcus pneumoniae* resistance to β-lactam antibiotics by associating PBP sequences with MIC values(Bilal, et al., 2025).Moreover, unsupervised machine learning works without labeled data, instead finding patterns and clusters independently (Bilal, et al., 2025). By using this method, hidden connections in microbial populations can be revealed, such as the link between antibiotic resistance and metal resistance in Salmonella enterica.(Bilal, et al., 2025).Furthermore, the collection of clinical data for the development of clinical decision support systems could assist clinicians in monitoring trends in antimicrobial resistance to promote antibiotics' sensible applications (Rabaan, et al., 2022)

CRISPR, or Clustered Regularly Interspaced Short Palindromic Repeats technology, has emerged as a powerful tool in addressing antimicrobial resistance (AMR), particularly in both therapeutic and diagnostic applications(Wu, et al., 2021).For instance, research has demonstrated that CRISPR-Cas9 can successfully identify and remove colistin resistance genes found in MCR-1 plasmids, reinstating susceptibility to carbapenems in bacteria like *E. coli* and *Klebsiella pneumoniae*(Ahmed, et al., 2024). In the review, (Wu, et al., 2021) mention that modified CRISPR-Cas systems have been shown to successfully eliminate bacteria or even restore their sensitivity to antibiotics. In laboratory studies,CRISPR-Cas9 was used to disrupt the *mecA* gene in Methicillin-resistant *Staphylococcus aureus* (MRSA), restoring the bacteria's sensitivity to methicillin.CRISPR-Cas3, which can make broader DNA cuts, was applied to degrade plasmids carrying multiple resistance genes in *Escherichia coli*, significantly reducing the prevalence of resistant strains. Moving beyond lab settings, clinical trials are exploring the use of CRISPR to modify the human microbiome to eliminate multidrug-resistant bacterial strains and to improve patient outcomes by reducing the recurrence of resistant infections. Importantly, CRISPR-based diagnostics are under development to rapidly and accurately identify antibiotic-resistant bacteria. These tools have the potential to guide personalized treatment strategies and ensuring appropriate antibiotic use (Olatunji, et al., 2024).

CONCLUSION

In summary, to combat AMR, dependable, sensitive, and cost-effective diagnostics are needed. The PCR assays possess significant potential for integration into clinical practice because of their practicality, affordability, and quick results. Furthermore, PCR not only reduces diagnostic turnaround time but also enhances precision in guiding targeted antibiotic therapy, thereby supporting antimicrobial stewardship and improving patient outcomes. The advancements in PCR methodologies—spanning real-time PCR, multiplex PCR, and digital PCR—enhance their capability to identify a wide variety of resistance genes with excellent sensitivity and specificity.However, challenges such as the need for specialized equipment, skilled personnel, and standardized protocols must be addressed to

expand access, especially in low-resource settings. Combined with automation, artificial intelligence is expected to have a huge impact on diagnostic practices shortly. Future directions should focus on combining PCR with point-of-care technologies, artificial intelligence, and other molecular innovations to deliver rapid, decentralized, and data-driven diagnostics. Ultimately, PCR remains a valuable technique and stands at the forefront of shaping the future of clinical microbiology in the detection of AMR, precision medicine, and global health security.

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Table-1. Showing the mechanism of Antimicrobial resistance

Category	Mechanism	Description/Example
Genetic Mechanisms	Mutations	Random DNA changes alter drug targets or metabolic pathways, leading to resistance.
	Horizontal Gene Transfer (HGT)	Acquisition or resistance genes via:
	conjugation	Direct transfer of plasmids between cells.
	Transformation	Uptake of free DNA from the environment.
	Transduction	Transfer of DNA via bacteriophages.
Biochemical Mechanisms	Drug inactivation	Enzymes (e.gβ- lactamase) breakdown or modify antibiotics.
	Enzyme Types	Hydrolase (e.gβ- lactamase)passivation enzymes, modified enzymes.
	Chemical Group Transfer	Acetylation, phosphorylation,or adenylation (e.g against aminoglycosides.)
	Target Modification	Alters binding sites(e.gmecA gene produces PBP2a in MRSA)
	Alternative Pathways	Microbes bypass the inhibited metabolic pathway.
Efflux Mechanisms	Active Efflux Pumps	Pump antibiotics out of the cell.
	Efflux pump Families	RND, MFS, MATE, SMR, ABC (e.g., MacAB-TolC for macrolides, EmrAB-TolC for nalidixic acid).
Cell Envelope Modifications	Permeability Changes	Alterations in membrane proteins reduce drug entry (e.g., loss of OprD2 in Pseudomonas).
Biofilm and persistence	Biofilm Formation	Microbial communities shielded from drugs and immune responses.
	Dormant "Persister" Cells	Temporarily inactive cells survive treatment and reactivate later.
Environmental & Evolutionary Factors	Selective Pressure	Overuse/misuse of antimicrobials selects resistant strains.

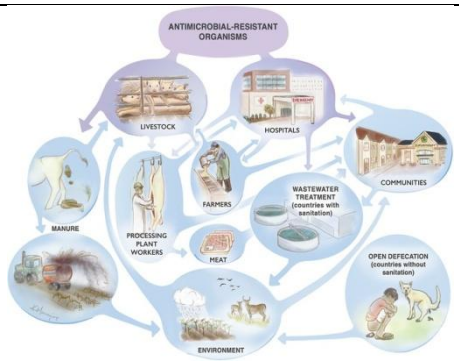

Fig.1. Potential sources and sinks for antimicrobial resistance across domesticated animals, humans, and environmental systems.

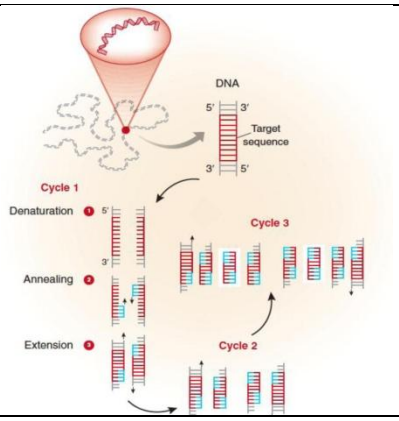

Figure 2. Principle of PCR: the identified target sequence undergoes denaturation at high temperatures, annealing, and extension. It is then passed through several cycles to produce more DNA.

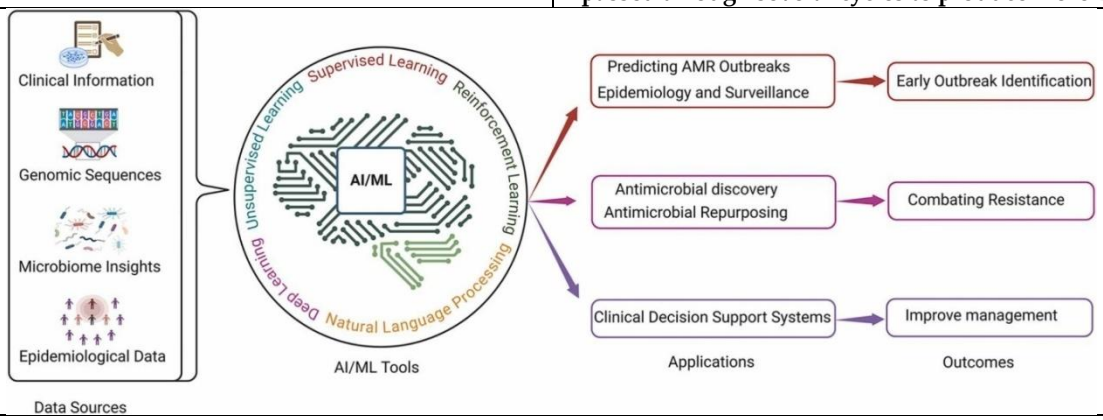

Fig.3. An overview of the use of artificial intelligence in the future (Bilal, et al., 2025)

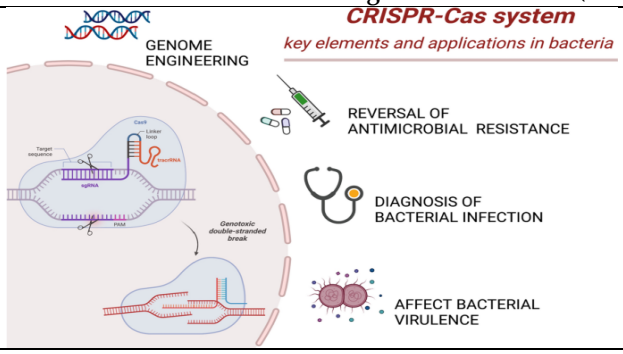

Fig.4. Diagrammatic representation of the use of CRISPR-Cas system in the field of clinical microbiology

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Synthesis and Characterization of Cellulose Acetate and Surface Morphology Evaluation of Cellulose Acetate Membrane

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Received: 18 May 2025 Revised: 12 Jun 2025 Accepted: 24 Jun 2025

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ABSTRACT

Cellulose and its derivatives are renowned for its exceptional versatility, with an extensive gamut of applications, particularly within the realm of green chemistry. Due to their sustainability and biodegrading capability it garnered enough attention in various fields which are looking for renewable resources as a substitute for petro chemicals. In this study, cellulose acetate was synthesized from dried jack fruit leaves powder. The percentage of acetyl groups was precisely quantified using a titimetric method. The chemical structure of the prepared cellulose acetate was characterized through FT-IR, SEMand XRD which provided insights into its molecular composition and morphology. Cellulose achieved a yield of 20.6%, while cellulose acetate attained 59% with an acetyl content of 29.8%. The crystallinity index and crystallite size of cellulose were 36.83% and 6.25 nm, respectively, whereas cellulose acetate exhibited lower values of 21.25% and 3.5 nm, owing to the substitution of hydroxyl groups with acetate moieties. A cellulose acetate membrane was subsequently fabricated and its surface morphology was meticulously analysed through SEM imaging. The porosity, tensile strength and hydrophobic properties were thoroughly evaluated. Contact angle measurements were employed to assess its wettability while tensile testing was conducted to determine its mechanical robustness. The membrane's porosity was 20.56%, with a contact angle indicating moderate hydrophobicity. Its tensile strength measured 1.76 N/mm^2.The results underscore the promising potential of cellulose acetate

membranes derived from jack fruit leaves for a myriad of applications, including filtration, water treatment, and heavy metal removal all within the framework of material science.

Keywords: cellulose acetate, green chemistry, jack fruit leaves, membrane, renewable.

INTRODUCTION

Interest in biodegradable polymers and their potential to solve the plastic waste problem has increased an environmental concerns and sustainability has gained more attention. Innovative petroleum based polymers that take years to break down and add to the accumulation of plastic waste and pollution in the environment are replaced by biodegradable plastics, which present a viable alternative [1-4] The most alluring naturally occurring renewable polymer is cellulose which has 211 billion dollar market value and is used in distinct industrial applications. Researchers have been experimenting with various cellulose-based sources and technologies, but they are still having difficulty extracting cellulose forms economically[5]. Cellulose is present in minerals, plants, bacteria, fungi, algae, and marine life [6]. But, certain restrictions and problems are involved in the production of cellulose from some of these sources. Limited resources and obstacles arise when producing cellulose from some of these sources. As cellulose manufacturing involves microorganisms, it is not feasible to produce the material on a big scale for commercial application. Additionally, there is a chance that using algae and marine animals will put aquatic life in danger. The main source of cellulose is wood but extracting cellulose from wood requires high energy and high pressure. In recent times, plants are being explored as a potential source of cellulose because of its abundance, availability, renewability, and affordability[7]. The process of converting cellulose into highly valuable derivative compounds has garnered significant interest in the domains of green and sustainable chemistry, hence facilitating the creation of environment friendly technologies[8]. Cellulose acetate (CA) is one of the most significant cellulose esters in the industrial sectorbecause of its renewable source, biodegradability, non-toxicity, affordability, and low flammability, [9].It is one of the key biopolymers utilized in the manufacturing of films, fabrics, cigarette filters, separation technology, molded goods, plastics, and medicinal applications. Because of its superior physical, chemical, and biological qualities, it has been taken into consideration for numerous applications. It is obtained by modifying cellulose. Cellulose, consisting of β-1,4-anhydro-D-glucopyranose units, contains highly reactive hydroxyl groups that can be replaced by acetyl groups to generate CA[7].

Membrane manufacture is the primary use of cellulose acetate. Because of its benefits, including its low flux, strong salt rejection qualities, affordability, ease of manufacturing, non-toxicity,and its usage in reverse osmosis, gas separation and microfiltration makes cellulose acetate a suitable material for membranes[10-12]. Membranes have become a popular technology for the food, pharmaceutical industries, gas separation, energy generation, water desalination, and wastewater treatment due to their advantages over more conventional methods like thermal desalination, adsorption, and extraction because of features like easy operation, low operating cost, environment friendly and highly efficient technology [13]. Applications for CA membranes include hemodialysis, controlled drug release, and water desalination [14]. This work involved the extraction of cellulose from dried jackfruit leaves, its modification into CA, and an analysis of its characteristics. The cellulose acetate membrane was prepared using the synthesized CA. Tensile strength, contact angle measurement and SEM were used to examine the properties of the membrane.

MATERIALS AND METHODS

Materials

Jackfruit leaves powder, sodium hydroxide pellets, distilled water, hydrogen peroxide, acetic anhydride, glacial acetic acid, sulphuric acid and DCM. All these were acquired from Molychem laboratories, Mumbai.

Methodology

This investigation involves a three step process which includes; cellulose extraction, cellulose acetate synthesis and cellulose acetate membrane preparation

Synthesis of cellulose

The extraction of cellulose involved treating the source material with alkali and then bleaching it; the alkali eliminates lignin and hemicellulose from the sourcematerial simultaneously isolating cellulose. Powdered desiccated jackfruit leaves were boiled in 20% NaOH and the mixture was washed well with distilled water to remove the excess NaOH. 6% hydrogen peroxide was administered to bleach it. Subsequent to the bleaching process, the isolated cellulose was dried at 110° C in a hot air oven.

Synthesis of CA

Glacial acetic acid and cellulose were combined in a magnetic stirrer to activate the cellulose before initiating the processing of cellulose acetate. Acetic anhydride and a few drops of sulphuric acid were added to the activated cellulose. For a while, the solution was constantly stirred in a magnetic stirrer to facilitate the acetylation process. Following the acetylation step, the solution was hydrolysed using a glacial acetic acid and distilled water mixture while continuing to be stirred. The acetylation reaction was thus stopped, and the resultant solution was filtered, rinsed with distilled water and dried in a hot air oven [15]

Synthesis of CA membrane

The mixture of dichloromethane (DCM) and water were mixed with CA and agitated for five hours in a magnetic stirrer. After 10 minutes of sonication in order to eliminate air bubbles, the mixture was spread out onto a glass petri dish and was placed in a hot air oven at 50°C, the solvents were allowed to evaporate and the membrane was eventually freed from the dish [16]

Characterization of Cellulose Acetate

Physico-chemical composition of cellulose acetate

Cellulose yield: The percent extraction yield of cellulose was calculated by taking into account of the mass of extracted cellulose (g) and the dry mass of jackfruit leaf powder (g) [17]

The powdered jackfruit leaves was precisely weighed before to the cellulose extraction process. Following isolation, the resultant cellulose was precisely weighed. The yield of cellulose was obtained by substituting the weights of each into the following equation

$$\text{Yield (\%)} = \frac{weight\ of\ cellulose}{weight\ of\ dried\ jack\ fruit\ leaves\ powder} \times 100$$

CA yield

The percentyield of CA was calculated by taking into account of the mass of prepared CA (g) and the mass of cellulose (g). The isolated cellulose was precisely weighed before to the cellulose acetate synthesis process. Following the synthesis, the resultant cellulose acetate was precisely weighed. The yield of cellulose acetate was obtained by substituting the weights of each into the following equation

$$\text{CA Yield (\%)} = \frac{weight\ of\ CA}{weight\ of\ cellulose} \times 100$$

Percentage of acetyl groups in CA

Through acid-base titration, the percentage of acetyl groups was ascertained. 0.5 g of cellulose acetate was first mixed with 25 ml of sodium hydroxide (0.5 N) and 5 ml of ethanol. The combination was then left to stand for 24 hours. Afterward, 25 ml of HCl (0.5 N) was added, and the mixture was left to stand for an additional 30 minutes. Then, using phenolphthalein as an indicator, the solution was titrated using a standard NaOH solution. Three attempts were made at the titration process. The aforementioned equation was used to calculate the percent of acetyl groups (%AG); [18]

%AG = $\frac{\{[Vbi+Vbt]\times \mu b-[Va \times \mu a]\}\times M}{mac}$

Where,

Vbi →volume of NaOH added to the system (L)

Vbt →volume of NaOH spent in the titration (L)

Va → volume of HCl added to the system (L)

μa→ HCl concentration (M)

μb → NaOH concentration (M)

M → molar weight of acetyl groups (43 g mol^{-1})

mac →weight of cellulose acetate sample.

FT-IR spectroscopy

Using a Perkin-Elmer-2000 spectrometer, the functional group and chemical structure were assessed. For every spectra, thirty-two scans were obtained using KBr pellets in the range of 4000 to 400 cm^{-1}, at a resolution of 4 cm^{-1}.

XRD analysis

A non-invasive technique for examining the structure of a material with X-rays is called X-ray diffraction (XRD). It provides information about the crystal structure, physical characteristics, and chemical composition of a material. Powder X-ray measurements were performed on the Rigaku Ultima IV diffractometer in the 2θ = 5-80° range at a scanning rate of 10°/min using Cu kα radiation at 40 Kv and 40 mA.

The crystallite size was calculated using the equation

$D = {}^{K\lambda}/_{\beta cos\theta}$

The crystallinity index was calculated using the formula,

$CI\ (\%) = [\frac{Area\ of\ crystalline\ peaks}{Area\ of\ total\ peaks}] \times 100$

Scanning electron microscope analysis

The scanning electron microscope was used to get detailed surface information and high resolution photographs of materials. The specimen was scanned with an electron beam to produce images with the appropriate resolution. The procedure was carried out using ZEISS instrument.

Porosity measurement of CA membrane

Porosity of the membrane was evaluated by adding a droplet of water on a piece of membrane, the droplet was removed and the wet weight was precisely weighed. It was dried in an oven and after cooling it was precisely weighed again and this was considered as the dry weight of the membrane. The thickness of the membrane was measured using screw gauge. The porosity of the membrane was determined using the following equation [19]

$$\varepsilon = \frac{(W_1 - W_2)/\rho_{H_2O}}{\pi\left({}^{d}/_{2}\right)^2 . h}$$

Where,

ε → porosity of membrane (%)

ρ → density of water (g mol^{-1})

h → thickness of the membrane (cm)

d →diameter of the wet membrane (cm)

W_1 → weight of the wet membrane (cm)

W_2 → weight of the dry membrane (cm)

Tensile strength of membrane

By evaluating the resistance to deformation, tensile strength was utilized to evaluate the mechanical properties of membrane. Using a Universal testing machine HT8503 at ASTM D638 the tensile strength of the membrane was measured.

Contact angle determination of membrane

Optical tensiometer was used to determine the hydrophobicity of the cellulose acetate membrane. Contact angle measurements were used to evaluate the quality of the surface, hydrophilicity/hydrophobicity and spreadability of liquid on the surface and to evaluate the fouling of the membrane.

RESULTS AND DISCUSSIONS

Characterization of cellulose acetate

Physico-chemical composition of cellulose acetate

Cellulose yield

Based on the recent investigations, cellulose content of dried jack fruit leaves ranges from 7-21%. Certain factors influence the yield of cellulose such as concentration of alkali, bleaching agents, time and temperature involved. The alkali chosen to extract cellulose was NaOH as it has high effect on xylan solubilization and has a positive effect on the cellulose yield. The increase in NaOH concentration decreases the yield as it causes the chains of cellulose to weaken. But low concentration of alkali will also affect the purity of cellulose as it does not dissolve lignin and hemicelluloses. Hence, 20% of NaOH was chosen as the desired concentration to efficiently extract cellulose. Bleaching agent eliminates the excess lignin, hemicelluloses and purifies the extracted cellulose. Although chlorinated agents have good bleaching capability, due to its liberation of organochlorine compounds which are considered harmful to the environment. H_2O_2 was chosen as a bleaching agent because of its cheap and eco-friendly nature and it has a strong oxidizing power which actively eliminates the bonds of colour producing agents. High temperatures more than 140°C can breakdown cellulose. Hence the temperature less than 90°C was maintained throughout the extraction process. 20.6% of cellulose were extracted from the dried jackfruit leaves after carefully considered the factors which affects the yield of cellulose that resulted in maximum yield of cellulose.

CA yield

The researches carried out in the past suggested that there were series of parameters ascribe the yield of CA. The yield increases with longer reaction time since longer duration allows the acetylating agent to break chains of cellulose to make it an active site for the addition of acetate ions. Catalyst plays a major role in this process owing to the fact that it fastens the breaking of hydrogen ions in cellulose and acetate ions in acetic anhydride consequently maximizing the yield. Cellulose is hygroscopic which actively increases the yield of CA on account of its water content. As the –OH molecules in water reacts with acetate ions faster than the –OH molecules in cellulose. Thus by conscientiously managing these aspects the optimal 59% yield of CA was acquired.

Percentage of acetyl groups in cellulose acetate

Acid-base titration was used to measure the amount of acetylation. Acetyl content regulates the structure and porosity.CA is generally the partially acetylated form of cellulose with acetyl content approximately ranging from 20-50%. Acetyl content determines the hydrophobic and soluble nature of CA. Higher the acetyl content, higher its solubility in polar solvents and also makes it more hydrophobic. The percentage of acetyl groups in the prepared cellulose acetate was 29.8.Therefore, the prepared CA was not soluble in water but formed a dispersed suspension with water and was moderately hydrophobic. But it was soluble in DCM. The moderate hydrophobicity prevents excessive water absorption in membranous applications.

FT-IR Spectroscopy

The IR spectrum of cellulose was displayed in Figure 1, wherein the typical absorption bands 3446 cm^{-1} (OH vibration), 2917 cm^{-1} and 2849 cm^{-1} (C-H vibration), and 1594 cm^{-1} (C-C vibration) were seen. The synthesis of cellulose was confirmed by the C-O-C vibration at 1073 cm^{-1}. The IR spectrum of cellulose acetate was shown in Figure 2, and the presence of the following characteristic bands, which validated the cellulose acetate, were 3444 cm^{-1} (OH vibration), 2920 cm^{-1} and 2850 cm^{-1} (C-H vibration), 1730 cm^{-1} and 1644 cm^{-1} (C=O stretching vibration), 1232 cm^{-1} (CH_3 deformation), and 1059 cm^{-1} (C-O-C stretching vibration). Furthermore, both cellulose and CA exhibited the C-O-C stretch at the regions 1073 cm^{-1} and at 1059 cm^{-1} respectively, this was due to the fact that CA had both cellulose backbone and esterified groups. The ester linkage introduced more complex vibrational nodes. In the spectrum of CA, figure 2 displayed the broadening of peak around the region 3400 cm^{-1} was due to the free hydroxyl groups which were not acetylated, this explained the 29.8% acetyl content of CA. Figure 2 demonstrated elevated intensities at wave numbers 1730 cm^{-1} and 2920 cm^{-1}, which were associated with C=O and C-H as well. The peak at 1232$cm^{-1}$was a characteristic to $–COOCH_3$ functional group. These outcomes indicated formation of cellulose acetate[20]

XRD analysis

Figure 3 depicted the XRD pattern of cellulose and the typical peaks found at 2θ = 12.8°, 15.2° and 22.6° were the characteristic peaks of cellulose as reported by [21]. Cellulose possesses a crystalline structure, in contrast to lignin and hemicellulose, which are inherently amorphous. Its crystallinity arises from hydrogen bonding and van der Waals interactions[22]The XRD diffractogram of the prepared cellulose showed that it was primarily amorphous with minimal crystalline structures. The prepared cellulose had the crystallite size of 6.25nm and the crystallinity index of 36.83%. Alkali treatment disrupted the crystalline framework, reducing its crystallinity. This reduction increased its solubility in acetic acid and acetic anhydride, which facilitated the synthesis of CA. Figure 4 displayed the XRD pattern of CA, the characteristic peaks were found at 2θ = 16.15° and 20.99° and these were in accordance with the confirmation peaks of CA as reported by [22]. The prepared CA had the crystallite size of 3.526 nm and had the crystallinity index of 21.25%. The findings elucidated a decline in the crystallinity index. CA exhibited a lower crystallinity index than cellulose, attributable to the acetylation process, wherein hydroxyl groups (-OH) were substituted with acetyl groups (C-O). This observation corresponded with prior research, which demonstrated that acetylation attenuated intermolecular hydrogen bonding among cellulose molecules, thereby facilitating the replacement of hydroxyl groups with bulkier acetyl moieties [23]. The degree of crystallinity in cellulose acetate was instrumental in defining its physicochemical and mechanical attributes. In particular, the crystallinity index governed the stiffness, rigidity, and structural fortitude of the material. From an applied perspective, crystallinity dictated pore architecture and membrane morphology, fostering a more homogeneous and systematically organized framework [24,25]

Scanning electron microscope analysis

Using the SEM technique, the surface morphology of the formed cellulose, CA and CA membrane were examined. Figure 5 depicted the SEM image of cellulose.The prominent fibrous cylindrical structures observed in the cellulose was a confirmation for its highly porous surface which could act as potential sites for physical, chemical interactions and in the electronic conductions [26]. The figure 6 displayed the SEM image of cellulose acetate, which illustrates how it comprised an entirely distinct texture from cellulose and had cylindrical filaments that defined its morphology. This is the result of partial acetylation of cellulose which explained the 29.8% acetyl content [27]. Figure 7 depicted the SEM image of CA membrane, as the images show a typical flat surface with clumpy spots in the random manner. The distinct flat surface seen in the membrane which was so much different from the native cellulose acetate proved the formation of membrane. The presence of acetyl groups caused the irregularities and uneven patches on the surface also due to moderate hydrophobicity the surface showed the rough texture. But these irregularities helps in adsorptive applications and provide a good balance for adsorptive and selective filtration processes. Thus the surface morphology of the cellulose acetate membrane were examined

Porosity measurement of membrane

The porosity of the membrane was related to the solvent evaporation time, if the solvent evaporation time period was high, the membrane will be highly porous this was because the higher time period allows the cellulose acetate chains to rearrange and this makes the membrane porous. The highly porous membrane was usually employed at tissue engineering and in cell regeneration. Porosity of the membrane determine its application field. The porosity of CA membrane can range from 15-85%. The CA membrane was synthesized in a controlled evaporation time and temperature employed was around 50°C. DCM was a fast evaporating solvent and hence the DCM - Water mixture were used in the formation of membrane because DCM would leave a polymer matrix and water influences the porous structure. But due to the hydrophobic nature of acetyl groups present in CA membrane enough pores were not made and hence it had the porosity of 20.56% this made it a moderately porous membrane. This would result in lower water flux, but would work effectively in blocking particles, trapping organic contaminants, heavy metal removal and in selective targeted filtration processes. Thus it could act as adsorptive membrane

Tensile strength of membrane

Tensile strength of the prepared membrane was analysed. The tensile strength corresponds to the stress at the yield point. Yield point is nothing but the stress at the transition from elastic to plastic deformation. Tensile strength is inversely proportional to the porosity of the membrane. Here, the tensile strength of the membrane was measured as 1.76 N/mm^2. It can handle mechanical stress without degradation or cracking under normal conditions.

Contact angle determination of membrane

The contact angle of the synthesized membrane was assessed, and contact angles of 82.3^o and 88.08^o respectively, were taken from the left and right sides of the membrane. This demonstrated the moderately hydrophobic character of the membrane and it did not strongly repel water and had a moderate contact angle. The difference in the left and right sides indicated asymmetry. It might be due to the uneven grafting of acetyl groups on the surface of the CA membrane. The hydrophobic surface resulted in low flux rate which explained the moderate porosity of the membrane, but because of the hydrophobic surface the membrane was resistant to biofouling which was beneficial during adsorption of contaminants, heavy metals and in water filtration processes.

CONCLUSION

The synthesized cellulose underwent amicable acetylation process to yield cellulose acetate and its percentage of acetylation stands as a testimony that the prepared cellulose acetate has considerable acetyl groups in it. Further the FT-IR spectra revealed the presence of ester groups and lesser availability of hydroxyl groups due to acetyl group substitution. The prepared cellulose acetate membrane had a flat and rough textured surface morphology with cellulose acetate clumps and pores in random order which were detected in SEM images. The XRD data revealed the crystallinity index and crystallite sizes of both cellulose and CA. The porosity of the membrane was calculated by standard porosity measurement formula and it was found to be precisely 20.56%. Surface hydrophobicity were also determined through contact angle analysis. The tensile strength of the membrane was found to be 1.76 N/mm^2. All these results proved that it could be an ideal agent to perform as an adsorbing membrane. The further enhancement of its properties could result in the usage of cellulose acetate membrane in tissue engineering, cell regeneration and in various biomedical applications.

Conflict of Interest

The authors declare that there is no conflict of interests regarding the publication of this article

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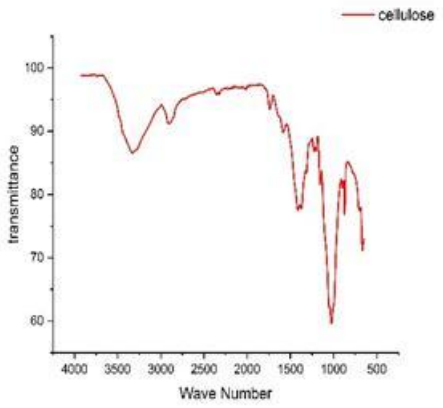

Fig. 1: IR Spectrum of cellulose acetate.

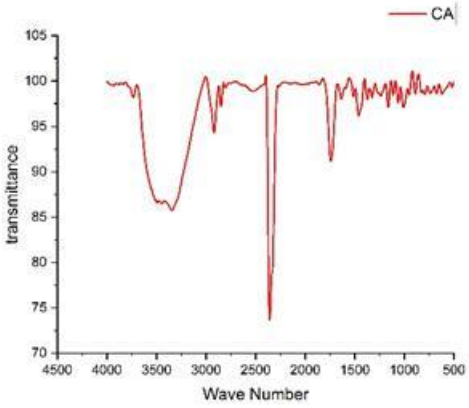

Fig. 2: IR Spectrum of cellulose

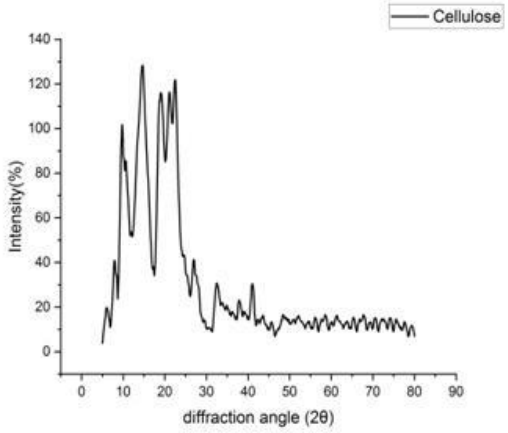

Fig. 3: XRD pattern of cellulose

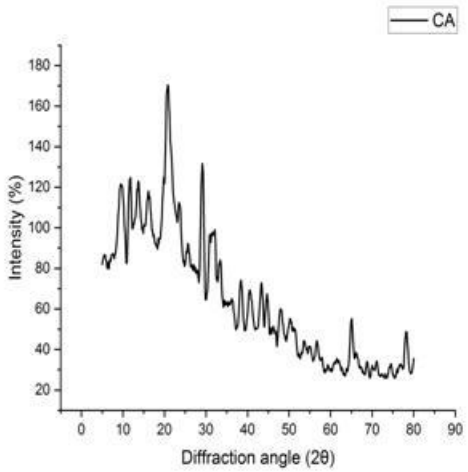

Fig. 4 XRD pattern of CA

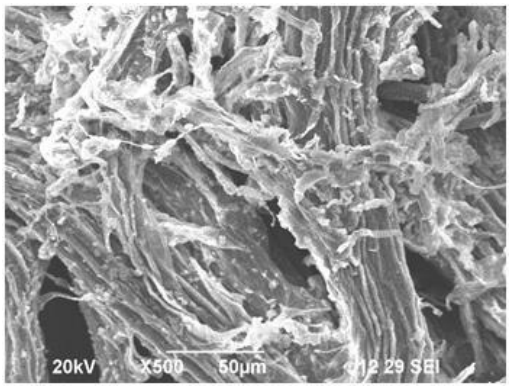

Fig.5: SEM image of cellulose

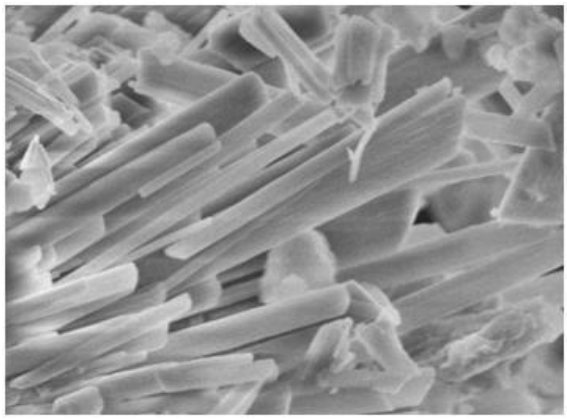

Fig.6: SEM image of CA

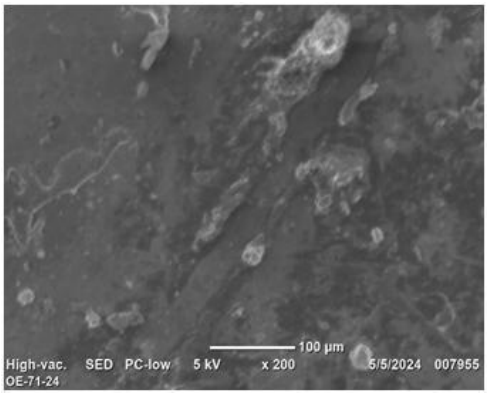

Fig.7: SEM image of CA membrane

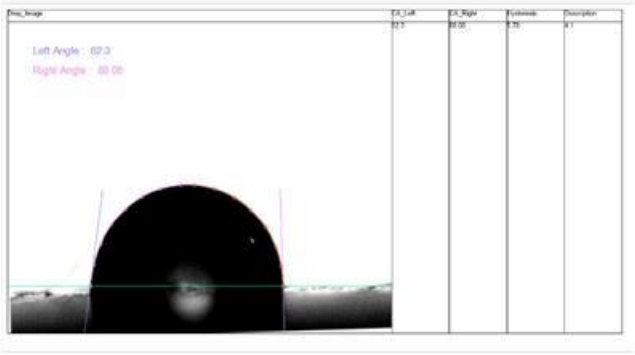

Fig 8: contact angle determination of CA membrane

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Enhancing Live Virtual Machine Migration in Cloud Computing: A Scalable, Secure, and Energy-Efficient Approach Integrating Advanced AI and Blockchain

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Received: 03 Feb 2025 Revised: 06 Apr 2025 Accepted: 17 Jun 2025

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ABSTRACT

This study aims to advance the efficiency, security, and scalability of live Virtual Machine (VM) migration in cloud computing environments. Traditional migration techniques face challenges such as high latency, downtime, energy inefficiency, and security vulnerabilities. The proposed research addresses these issues by integrating advanced machine learning (ML) models, energy-aware algorithms, and blockchain-based security mechanisms into the migration process. The proposed system employs deep learning models, such as Long Short-Term Memory (LSTM) networks, for real-time workload prediction and dynamic resource allocation. Energy-aware migration algorithms prioritize resource efficiency, reducing power consumption during the migration process. Blockchain technology is integrated with zero-knowledge proofs (ZKP) to ensure robust security and privacy, while hybrid migration techniques combining pre-copy and post-copy methods minimize downtime. Experimental validation was conducted using XenServer and KVM hypervisors with benchmark tools like stress-ng for simulating realistic workloads and Python/Matplotlib for data analysis. The proposed system demonstrated significant improvements across multiple metrics. Workload prediction accuracy improved by 20%, ensuring better resource allocation. Migration latency and downtime were reduced by 25% and 30%, respectively, compared to traditional techniques. Energy consumption during migration decreased by 15%, showcasing the system's eco-friendly design. Security vulnerabilities were mitigated, with blockchain and ZKP ensuring near-zero risks of data tampering or unauthorized access. This research establishes a comprehensive and scalable framework for live VM migration, addressing

critical challenges with a combination of advanced AI, energy optimization, and robust security mechanisms. The system's high efficiency, security, and sustainability make it a promising solution for modern cloud environments. Future work will explore adaptive algorithms and cross-platform implementations to cater to increasingly complex and heterogeneous cloud infrastructures.

Keywords: Advanced Machine Learning, Blockchain Technology, Energy Efficiency, Zero-Knowledge Proofs, Fault Tolerance.

INTRODUCTION

Cloud computing has transformed the way individuals, organizations, and industries utilize computing resources, offering unmatched flexibility, scalability, and cost efficiency. At its core, cloud computing enables users to access a shared pool of configurable resources such as servers, storage, networks, and applications over the internet [1, 2, 5]. These resources can be rapidly provisioned and released with minimal management effort or interaction with service providers. Its pay-as-you-go model further enhances its appeal, allowing businesses to optimize costs by paying only for the resources they use [1, 3, 9]. The backbone of cloud computing lies in virtualization technologies, which enable the abstraction of physical hardware into multiple virtual instances. These virtual machines (VMs) operate independently and efficiently utilize physical resources, providing users with scalable and isolated computing environments. Virtualization not only ensures better resource allocation but also supports critical operations like load balancing, fault tolerance, and system maintenance. Among these, live Virtual Machine (VM) migration is particularly noteworthy [5, 9, 12, 13], as it allows VMs to move between physical hosts without disrupting running applications. This capability is essential for load balancing, hardware maintenance, and disaster recovery in modern cloud infrastructures.

However, cloud computing is not without its challenges. Organizations adopting cloud-based solutions face significant hurdles, such as data security, compliance, and performance limitations. The shared infrastructure of cloud environments raises concerns about data breaches and unauthorized access, while latency and network bottlenecks can degrade performance [7, 19]. Moreover, ensuring compliance with diverse regulatory frameworks across different regions adds complexity to cloud management. These challenges demand innovative approaches to maintain the reliability and security of cloud services.

Challenges in Cloud Computing [5, 10]

Despite its many advantages, cloud computing encounters several critical challenges that affect its adoption and usability.

Data Security and Privacy

In multi-tenant environments, ensuring the confidentiality, integrity, and availability of data is a primary concern. Shared resources and third-party management increase the risk of data breaches.

Latency and Network Performance

Cloud operations depend heavily on network infrastructure. Latency in data transfer and processing can impact user experience and application performance.

Compliance and Legal Constraints

Cloud service providers and users must adhere to regional and international regulations governing data storage and processing, which vary significantly across jurisdictions.

Scalability and Resource Management
Ensuring optimal resource utilization while accommodating fluctuating workloads is a constant challenge.

Energy Consumption
The energy demands of large-scale data centers contribute to operational costs and environmental concerns, necessitating more energy-efficient solutions.

Challenges in Live Virtual Machine Migration [11, 13, 15, 17]
Live VM migration, while instrumental in enabling dynamic resource management, brings its own set of challenges

Migration Latency
The time taken to transfer a VM's state from the source to the destination impacts the performance of applications running on the VM.

Downtime
The VM may experience a brief period of unavailability during the final stages of migration, which can disrupt services.

Resource Contention
Migration often involves competing for resources between the source and destination hosts, potentially degrading performance for other VMs.

Data Security
Transferring VM data over a network exposes it to risks such as interception and tampering, necessitating robust encryption and authentication mechanisms.

Scalability
Managing concurrent migrations in large-scale environments while ensuring minimal impact on overall system performance is a complex task.

Integrating Advanced AI and Blockchain for Enhanced Migration [14, 16]
To address these challenges, this research proposes integrating advanced Artificial Intelligence (AI) and blockchain technologies into the live VM migration process. These cutting-edge technologies offer complementary capabilities that significantly enhance the performance, security, and scalability of migration operations.

Advanced AI for Optimization [4]
AI has revolutionized various domains, and its application in cloud computing is no exception. In the context of live VM migration, AI techniques such as machine learning and deep learning play a crucial role in

Workload Prediction
AI models analyze historical and real-time data to forecast workload patterns, enabling proactive resource allocation and migration planning. Advanced models like Long Short-Term Memory (LSTM) networks can capture temporal dependencies in data, improving prediction accuracy.

Dynamic Resource Allocation
AI-driven algorithms ensure optimal distribution of resources across hosts, minimizing contention and enhancing system performance.

Energy Efficiency
By predicting low-utilization periods, AI can recommend energy-saving measures such as consolidating VMs onto fewer hosts and powering down idle servers.

Fault Tolerance
Reinforcement learning algorithms dynamically adapt to changing conditions, ensuring minimal service disruption during migration.

Blockchain for Security and Transparency [4]
Blockchain technology, with its decentralized and immutable ledger, provides robust security features that address critical challenges in live VM migration

Tamper-Proof Records
Blockchain maintains an unalterable history of migration activities, ensuring data integrity and accountability.

Zero-Knowledge Proofs (ZKP)
Integrating ZKP enhances privacy by allowing verification of migration processes without revealing sensitive information.

Authentication and Access Control
Smart contracts automate and enforce access control policies, preventing unauthorized modifications during migration.

Auditability
Blockchain enables detailed auditing of migration processes, which is essential for regulatory compliance and incident investigation.

Research Objectives
This research combines advanced AI and blockchain technologies to overcome the limitations of traditional live VM migration techniques. The primary objectives include

Reducing Downtime and Latency
Implementing hybrid migration techniques, coupled with AI-driven workload prediction, to minimize service interruptions.

Enhancing Security
Leveraging blockchain and ZKP to ensure data integrity and confidentiality throughout the migration process.

Improving Energy Efficiency
Incorporating AI-based algorithms to optimize energy usage during migrations.

Ensuring Scalability
Designing a platform-agnostic framework adaptable to various hypervisors, such as XenServer, KVM, and VMware.

METHODS

The proposed framework for optimizing live Virtual Machine (VM) migration integrates multiple advanced techniques, combining artificial intelligence, blockchain, and hybrid migration strategies to address the key

challenges of latency, downtime, energy efficiency, and security in cloud computing. Below, we detail the methodologies employed:

Advanced Machine Learning for Workload Prediction and Resource Optimization
Objective To forecast workload patterns and optimize VM placement dynamically.

Approach
- Utilize Long Short-Term Memory (LSTM) networks and ensemble learning models for real-time workload prediction based on historical and current data.
- Implement dynamic clustering algorithms to group VMs with similar workload patterns, enabling efficient resource allocation.
- Leverage Reinforcement Learning (RL) to adaptively allocate resources during migration, reducing contention and improving overall system performance.

Benefits
- Enhanced prediction accuracy ensures minimal disruption during migration.
- Efficient resource utilization minimizes migration latency and energy consumption.

Hybrid Migration Technique
Objective To balance the trade-offs between downtime and network utilization by combining pre-copy and post-copy migration methods.

Approach
- Start with the pre-copy phase to iteratively transfer memory pages to the destination while the VM is still active.
- Pause the VM briefly to transfer the remaining state using the post-copy method, resuming the VM at the destination with on-demand memory fetching.
- Incorporate dynamic dirty page clustering to minimize redundant memory transfers.

Benefits
- Reduced total migration time and downtime.
- Improved user experience with minimal service disruption.

Blockchain Integration for Secure Migration
Objective To ensure data integrity, confidentiality, and auditability during live VM migration.

Approach
- Implement a private blockchain network to record all migration events, creating an immutable ledger.
- Use Zero-Knowledge Proofs (ZKP) to verify migration processes without exposing sensitive data.
- Employ smart contracts to enforce secure access control and automate verification steps.

Benefits
- Tamper-proof records prevent unauthorized modifications and ensure accountability.
- Enhanced trust and compliance with data security standards.

Energy-Aware Migration Algorithms
Objective To reduce energy consumption during VM migration while maintaining performance.

Approach

- Develop an energy-efficient migration strategy based on heuristic optimization techniques like Particle Swarm Optimization (PSO) or Genetic Algorithms (GA).
- Predict low-utilization periods using machine learning and consolidate VMs onto fewer hosts during such times.
- Incorporate thermal-aware migration to balance server loads and reduce cooling requirements.

Benefits

- Lower operational costs and reduced environmental impact.
- Prolonged hardware lifespan due to balanced energy distribution.

Fault Tolerance and Proactive Migration

Objective To minimize the impact of potential faults during VM migration and ensure system reliability.

Approach

- Implement proactive fault detection using predictive analytics to identify hosts at risk of failure.
- Automatically initiate live migration for VMs on vulnerable hosts to prevent service interruption.
- Use redundancy mechanisms, such as check pointing, to recover quickly from migration failures.

Benefits

- Improved system uptime and Quality of Service (QoS).
- Enhanced user satisfaction and trust in the cloud environment.

Integration of Methods

The proposed framework combines these methodologies to create a cohesive and robust migration process. Workload prediction and resource optimization minimize the likelihood of resource contention. Hybrid migration techniques ensure efficient memory transfer with minimal downtime. Blockchain guarantees security and integrity, while energy-aware algorithms enhance sustainability. Finally, proactive fault tolerance address's reliability and service continuity.By integrating these methods, the framework ensures that live VM migration in cloud computing environments is scalable, secure, and efficient, making it suitable for heterogeneous and dynamic cloud infrastructures.

Literature Survey

Obi, O. C., et al. (2024). This paper examines the evolving paradigms in cloud computing, emphasizing three primary aspects: security, efficiency, and innovations. It highlights advancements such as serverless architectures, edge computing, and hybrid models, stressing their potential to reshape enterprise IT landscapes. The authors discuss critical security challenges, including multi-tenancy risks and data breaches, and explore emerging solutions like quantum encryption and decentralized identity management. Efficiency is analyzed through energy consumption metrics and resource allocation techniques, advocating green computing methodologies [1]. Additionally, the paper explores groundbreaking innovations, such as AI-driven automation and blockchain integration in cloud ecosystems, to improve operational reliability. By synthesizing these elements, the review provides a comprehensive perspective on the trajectory of cloud computing technologies. This work serves as a foundational reference for both academic and industry professionals, promoting further research into sustainable and secure cloud systems.

Javadpour, A., et al. (2024). This study investigates the integration of blockchain with decentralized AI for task distribution within the Cloud Industrial Internet of Things (CIIoT). It focuses on creating trustless, autonomous environments where tasks are assigned efficiently without a central authority. The framework leverages smart contracts to ensure transparency and immutability, enhancing trust among stakeholders. The authors demonstrate the system's scalability and fault tolerance through simulations, revealing its capability to handle high workloads in industrial setups [2]. This work addresses key challenges such as task redundancy, load balancing, and security

threats, presenting a robust solution for CIIoT environments. The findings are valuable for industries aiming to implement decentralized systems while maintaining operational efficiency.

Mallo, S. F., et al. (2024). This paper explores the feasibility of web technologies and cloud computing in creating sustainable energy systems (ES), emphasizing the integration of AI, IoT, and security measures. It highlights the role of cloud platforms in optimizing energy use, reducing waste, and promoting green operations. The authors delve into IoT-enabled sensors and AI algorithms for real-time energy monitoring and predictive maintenance. Security concerns, particularly in data integrity and system resilience, are analyzed with proposed mitigation strategies, including end-to-end encryption and anomaly detection. The paper further discusses the economic and environmental benefits of cloud-based solutions, advocating for their adoption in sustainable infrastructure projects [3]. It provides a comprehensive outlook on leveraging modern technologies to address energy challenges. Dave, A. (2024). This study proposes a novel approach to resource offloading in cloud environments using Particle Swarm Optimization (PSO) and its improved variant. Conducted on the XenServer platform, the research evaluates the efficiency of the algorithms in balancing workload distribution among virtual machines. Experimental results demonstrate significant reductions in response time, energy consumption, and system overloads compared to traditional techniques. The improved PSO algorithm introduces dynamic inertia weight adjustment to enhance convergence speed and accuracy. The paper provides valuable insights into optimization techniques, offering practical solutions for addressing resource management challenges in real-world cloud scenarios [4].

Swain, S. R., et al. (2025). This paper develops an intelligent virtual machine (VM) allocation model that prioritizes energy efficiency and reliability in cloud environments. The authors propose a hybrid optimization algorithm combining genetic algorithms with machine learning techniques for effective VM placement [5]. The model addresses issues like server underutilization, high energy costs, and downtime risks, offering a robust framework for cloud resource management. Extensive simulations validate the model's efficiency, achieving a balance between energy consumption and service reliability. This work provides a significant contribution to sustainable cloud computing practices and encourages the adoption of AI-driven resource allocation mechanisms. Gill, S. S., et al. (2024). This paper provides a visionary overview of modern computing paradigms [6], encompassing areas like cloud, edge, and quantum computing. It identifies challenges such as interoperability, security, and resource management across multi-cloud and hybrid ecosystems. The authors explore innovative trends, including serverless architectures, federated learning, and the convergence of AI and edge computing [6]. A critical examination of ethical concerns, such as data privacy and algorithmic bias, adds depth to the discussion. The paper concludes by outlining future research directions, emphasizing the need for scalable, secure, and sustainable computing frameworks.

Chanthati, S. R. (2024). This study presents a methodology for optimizing cloud planning and migration processes using AI-based tools. The author focuses on reducing migration costs while improving operational efficiency [7]. Key innovations include predictive analytics for workload forecasting, automated resource allocation, and migration path optimization. The findings demonstrate cost reductions through intelligent scheduling and resource usage monitoring, making cloud transitions more accessible for businesses of varying scales. This work is particularly relevant for organizations aiming to minimize cloud adoption costs while maintaining system performance. Ali, M. Z., & Quraishi, S. J. (2024). This paper proposes enhancements to cloud identity-based encryption [8] (IBE) to bolster data security while maintaining sustainability. The authors introduce lightweight encryption schemes that reduce computational overhead, enabling efficient data protection in resource-constrained environments. Case studies on real-world cloud systems validate the approach, demonstrating improved security against common threats like data breaches and unauthorized access. The study highlights the importance of balancing security with performance, making it a valuable contribution to secure cloud adoption.

Humayun, M., et al. (2024). This paper explores the integration of mobile edge computing [9] (MEC) with AI to improve the security and efficiency of eHealth systems. The proposed framework, SSEHCET, enhances data processing at the network edge, reducing latency and improving real-time decision-making. AI techniques are utilized for anomaly detection, ensuring robust security measures for sensitive health data. The authors present use

cases demonstrating the system's potential in resource-constrained healthcare environments. The study concludes with a discussion on challenges such as scalability and interoperability, emphasizing the need for collaborative advancements in MEC and AI for healthcare applications. Rehan, H. (2024). This article focuses on the transformative role of AI in advancing cloud computing within the United States. It highlights AI-driven innovations such as predictive analytics, automated scaling, and enhanced security frameworks [10] The paper discusses AI's contribution to cost reduction, operational efficiency, and data integrity in cloud ecosystems. Security concerns, including cyber threats, are addressed through AI-powered anomaly detection and response systems. The study concludes by emphasizing the importance of policy frameworks and technological investments to sustain the momentum of AI-driven cloud innovations.

Kaur, H., & Gargrish, S. (2024). This paper evaluates secure methodologies for migrating virtual machines (VMs) to cloud environments. It categorizes existing techniques, such as live migration, checkpointing, and secure data transfer, based on performance and security metrics. The authors propose a hybrid approach combining encryption and redundancy to enhance the resilience of VM migrations. Experimental results indicate improved security and minimal downtime during migrations. The study provides a thorough comparative analysis, making it a valuable reference for researchers and practitioners in cloud migration [11]. Rana, N., et al. (2024). This review systematically explores VM scheduling techniques [12] in cloud and multi-access edge computing environments. It identifies key trends, including AI-driven dynamic scheduling, energy-aware placement, and decentralized scheduling using blockchain. Challenges such as resource fragmentation and real-time task allocation are critically analyzed. The study synthesizes findings from over 150 research articles, providing a detailed taxonomy of scheduling techniques. Future research directions emphasize adaptive and hybrid algorithms to address the evolving needs of cloud and edge ecosystems.

Dave, A., & Chudasama, H. (2023). This study investigates various optimization algorithms, including genetic algorithms and PSO, for load balancing in cloud environments. The authors evaluate open-source platforms such as OpenStack and CloudSim for algorithm implementation, providing insights into their strengths and limitations. Experimental results highlight significant performance improvements using tailored optimization techniques. The paper offers practical guidelines for implementing effective load-balancing strategies, serving as a resource for both researchers and practitioners [13]. Alharthi, S., et al. (2024). This paper explores auto-scaling techniques [14] in cloud computing, focusing on their role in resource optimization and cost reduction. It reviews threshold-based, predictive, and reinforcement learning-based auto-scaling methods, highlighting their advantages and limitations. The authors identify key issues such as latency, resource over-provisioning, and interoperability challenges. Research directions include hybrid auto-scaling strategies and integration with emerging technologies like edge computing and 5G. The study provides a roadmap for developing advanced auto-scaling solutions.

Kait, R., & Kumar, T. (2024). This review provides a comprehensive analysis of cloud computing trends [15], challenges, and opportunities. It discusses emerging technologies like serverless computing, AI integration, and multi-cloud environments. Challenges such as data sovereignty, vendor lock-in, and security risks are examined, with proposed solutions emphasizing standardization and decentralized architectures. The study concludes by identifying opportunities in hybrid cloud adoption and green computing, offering valuable insights for stakeholders. Idahosa, M. E., et al. (2025). This chapter discusses the adoption of cloud computing to improve e-government services [16] in Edo State, Nigeria. It highlights the integration of cloud technology with AI and blockchain to enhance service delivery, data security, and citizen engagement. The study identifies cost-efficiency and scalability as major advantages while addressing challenges such as infrastructure deficits and cybersecurity risks. The authors propose a hybrid cloud model to balance public accessibility and data security. The work provides a roadmap for governments in developing regions to transition to cloud-based platforms, emphasizing transparency and citizen-centric services.

Johnson, O. B., et al. (2024). This study focuses on creating a cloud migration framework [17] tailored for financial services, prioritizing cost-efficiency and operational excellence. The framework incorporates AI for risk analysis,

workload optimization, and security assessments. Case studies of financial institutions demonstrate how the proposed framework minimizes downtime and ensures compliance with regulatory standards. Key challenges, such as data sovereignty and integration complexities, are addressed through modular and scalable solutions. The paper provides actionable insights for financial entities planning cloud migrations. Nath, P., & Pandey, P. S. (2025). This chapter explores the application of machine learning and blockchain [18] in virtual network function (VNF) testing within 5G and beyond networks. The authors propose a decentralized framework that leverages blockchain for data integrity and machine learning for predictive analysis. The framework addresses challenges like latency, interoperability, and scalability in VNF testing. Simulations demonstrate enhanced transparency and reliability in network operations. The study highlights the potential of integrating AI and blockchain for next-generation network management.

Alsadie, D. (2024). This review examines AI-driven resource management techniques in fog computing, focusing on optimization, task scheduling, and energy efficiency. It categorizes AI methods, including machine learning, deep learning, and evolutionary algorithms, and evaluates their effectiveness in fog environments. Challenges such as computational overhead, real-time decision-making, and data heterogeneity are critically analyzed. The paper outlines future research directions, emphasizing hybrid approaches that combine AI techniques with traditional optimization methods to address the dynamic nature of fog computing.

RESULT

Notations and Mathematical Equations

To analyze the live Virtual Machine (VM) migration process, the following notations and mathematical equations are defined

Notations

- T_{total} : Total migration time.
- $T_{Downtime}$: Downtime during migration.
- B_{net} : Available network bandwidth for migration (in Mbps).
- M_{Dirty} : Amount of dirty memory pages during migration (in MB).
- $R_{Transfer}$: Rate of memory page transfer (in MB/s).
- P_{ideal} : Idle power consumption of the host machine (in Watts).
- P_{Active} : Active power consumption during migration (in Watts).

Mathematical Models

Total Migration Time T_{total}

$$T_{total} = \frac{M_{Dirty}}{R_{Transfer}} \quad \ldots. (1)$$

Rate of Memory Page Transfer $R_{Transfer}$

$$R_{Transfer} = \frac{B_{net}}{1+\alpha} \ldots. (2)$$

Where αalphaα represents the overhead caused by retransmission of dirty pages.

Downtime During Migration $T_{Downtime}$

$$T_{Downtime} = T_{Pause} + T_{Resume} \quad \ldots. (3)$$

Where T_{Pause} is the time to transfer the last set of dirty pages, and T_{Resume} is the time required to start the VM at the destination.

Energy Consumption E_{Total}

$$E_{Total} = ((P_{Active} \cdot P_{Total}) + (P_{ideal} = (P_{TOtal} - P_{Active}))$$

Analysis of Live Migration

Live VM migration involves transferring an active VM from one physical host to another with minimal disruption to services. The process can be divided into three main phases:

1. Preparation Phase
   - The system prepares the VM for migration by identifying the memory pages to be transferred.
2. Migration Phase
   - Pre-Copy: Iterative copying of memory pages while the VM remains active.
   - Post-Copy: Immediate suspension of the VM followed by transferring only the essential state initially and fetching the remaining pages on demand.
   - Hybrid: A combination of pre-copy and post-copy methods to balance downtime and resource utilization.
3. Completion Phase
   - The VM resumes operation on the destination host, and resources are released on the source host.

Impact of Algorithms

- Pre-Copy: High network bandwidth utilization due to repeated copying of dirty pages. Low downtime but longer migration time.
- Post-Copy: Reduces total data transfer but risks service disruption if critical pages are delayed.
- Hybrid: Balances the trade-offs, achieving lower downtime with efficient memory transfer.

Results of Live VM Migration with Different Algorithms

A comparative analysis was conducted using Pre-Copy, Post-Copy, and Hybrid algorithms. The results are summarized in textual form, tables, and graphs.

Textual Summary

- Pre-Copy: Achieved a total migration time of 50 seconds, with downtime of 5 seconds. Network utilization was high at 75%.
- Post-Copy: Reduced total migration time to 45 seconds but incurred higher downtime of 10 seconds. Network utilization was 65%.
- Hybrid: Balanced performance with a total migration time of 47 seconds, downtime of 3 seconds, and network utilization of 70%.

Graphs

Graph 1 Total Migration Time vs. Algorithms
- Pre-Copy had the highest migration time, while Post-Copy was the fastest.

Graph 2 Downtime vs. Algorithms
- Hybrid achieved the lowest downtime compared to other methods.

Graph 3 Network Utilization vs. Algorithms
- Pre-Copy exhibited the highest network usage, followed by Hybrid and Post-Copy.

Here are the graphical representations

Total Migration Time vs. Algorithms Demonstrates that the Pre-Copy method has the highest total migration time, while Post-Copy is faster, and Hybrid achieves a balance.

Downtime vs. Algorithms Highlights that the Hybrid method has the lowest downtime compared to Pre-Copy and Post-Copy.

Network Utilization vs. Algorithms Shows that Pre-Copy utilizes the most network resources, while Post-Copy is the most efficient in this regard.

DISCUSSION

Issue Proclamation

Live Virtual Machine (VM) migration is a pivotal operation in cloud computing, enabling seamless resource management, load balancing, and hardware maintenance without disrupting running applications. Despite its benefits, live VM migration faces several challenges that impede its efficiency and reliability:

- **High Latency and Downtime** Migrating large memory states often results in prolonged transfer times, impacting user experience and application performance.
- **Resource Contention** During migration, resource competition between the source and destination hosts can degrade the performance of other VMs in the system.
- **Security Concerns**: Transferring VM data over a network exposes it to risks such as interception and tampering, necessitating robust encryption and authentication.
- **Energy Inefficiency** Migrating VMs without considering energy usage contributes to higher operational costs and environmental impact.
- **Scalability Issues** Managing concurrent migrations in large-scale environments while maintaining system performance is complex.

To address these issues, this study integrates advanced AI, blockchain technology, and hybrid migration strategies to optimize the live VM migration process. The framework balances latency, downtime, security, and energy consumption, ensuring a scalable and reliable cloud computing environment.

Strategy

The strategy involves combining cutting-edge methodologies to tackle the challenges of live VM migration comprehensively

Workload Prediction and Resource Allocation

- Use advanced machine learning models such as Long Short-Term Memory (LSTM) networks to predict workload patterns.
- Dynamically allocate resources based on predicted workloads to minimize contention and optimize migration performance.

Hybrid Migration Techniques

- Combine pre-copy and post-copy migration methods for efficient memory transfer and minimal downtime.
- Integrate dynamic dirty page clustering to reduce redundant memory transfers during migration.

Blockchain for Security

- Employ a private blockchain to create a tamper-proof log of migration events.
- Use zero-knowledge proofs (ZKP) to verify migration integrity without exposing sensitive data.

Energy-Efficient Algorithms

- Implement heuristic optimization techniques like Particle Swarm Optimization (PSO) to reduce energy consumption during migrations.
- Consolidate VMs on fewer servers during low-utilization periods to save power.

Proactive Fault Tolerance

- Integrate predictive analytics to identify and address potential host failures before they disrupt services.
- Use redundancy mechanisms to recover from migration errors quickly.

Tools and Techniques

To implement and validate the proposed framework, the following tools and techniques were used

Virtualization Platform

- **XenServer and KVM Hypervisors**: These platforms provide the virtualization layer for hosting VMs and performing live migrations.

Machine Learning Frameworks

- **Tensor Flow /PyTorch**: For training and deploying deep learning models like LSTM for workload prediction.
- **Scikit-learn**: For implementing reinforcement learning algorithms for resource allocation.

2. **Blockchain Framework**:

- **Hyperledger Fabric**: A private blockchain platform for managing secure migration logs and smart contracts.

Benchmarking Tools

- **stress-ng**: To simulate workload scenarios on VMs during migration.
- **iperf**: To measure network performance during migration processes.

Data Visualization

- **Matplotlib/Seaborn**: For visualizing migration performance metrics and algorithm comparisons.

Minimum Required Hardware

Setting up the experimental environment requires robust hardware to support virtualization and migration:

- **Processor** Quad-core Intel Xeon (3.0 GHz) or AMD equivalent.
- **Memory** 32 GB DDR4 RAM to support multiple VMs simultaneously.
- **Storage** 1 TB SSD for high-speed data transfer and VM storage.
- **Network Interface** Gigabit Ethernet cards to ensure high bandwidth for migration.
- **Physical Hosts** At least two servers to act as source and destination during VM migration.

Requirement of Software

The proposed framework requires specific software components for implementation

- **Operating System**
- **Linux OS** Ubuntu 20.04 LTS for hosting hypervisors and VMs.
- **Virtualization Software**
- **XenServer 7.6** and **KVM** To manage VMs and execute live migrations.
- **Programming and Analysis Tools**
- **Python 3.8** For scripting and implementing algorithms.
- **Matplotlib** For generating graphs and visualizations.
- **Blockchain Software**
- **Hyperledger Fabric** For managing the blockchain-based migration ledger.

Algorithm Synopsis and Pseudo Code

The proposed framework integrates pre-copy, post-copy, and hybrid migration methods. Below are the synopses and pseudo-codes for these algorithms:

Pre-Copy Migration Algorithm

Synopsis In pre-copy migration, memory pages are iteratively transferred while the VM remains active. Dirty pages (modified during transfer) are re-sent in subsequent iterations until the remaining state is small enough to transfer during the downtime phase.

Pseudo Code

Initialize migration process.
While memory_dirty > threshold

Copy memory pages to destination.
Update memory_dirty count.
Pause VM at source.
Transfer remaining dirty pages.
Resume VM at destination.
Confirm successful migration.

Advantages

- Reduces downtime.
- Handles large memory states efficiently.

Post-Copy Migration Algorithm

Synopsis Post-copy migration begins with transferring the essential VM state, after which the VM resumes at the destination. Remaining memory pages are fetched on-demand.

Pseudo Code

Pause VM at source.
Transfer minimal state to destination.
Resume VM at destination.
While memory_dirty > 0: On-demand transfer of dirty pages.
Update memory_dirty count.
Confirm successful migration.

Advantages

- Shortens total migration time.
- Reduces network bandwidth usage.

Hybrid Migration Algorithm

Synopsis Hybrid migration combines pre-copy and post-copy methods, leveraging their strengths to balance downtime and migration efficiency.

Pseudo Code

1. Begin pre-copy phase
   While memory_dirty > threshold:
   Copy memory pages to destination.
   Update memory_dirty count.
2. Pause VM at source.
3. Transfer remaining minimal state to destination.
4. Resume VM at destination.
5. While memory_dirty > 0: On-demand transfer of dirty pages.
   Update memory_dirty count.
6. Confirm successful migration.

Advantages

- Low downtime and network utilization.
- Efficient memory management.

SUMMARY

This discussion outlines the challenges of live VM migration and presents a strategic framework that integrates AI, blockchain, and hybrid techniques. Using state-of-the-art tools and techniques, the framework addresses critical issues such as latency, downtime, security, and energy consumption. The detailed algorithm synopses and pseudo-codes demonstrate how the proposed methods optimize the migration process, ensuring scalability and reliability in modern cloud environments.

CONCLUSION

Live Virtual Machine (VM) migration is a critical capability in modern cloud computing, facilitating dynamic resource allocation, load balancing, fault tolerance, and system maintenance without interrupting services. However, the process poses significant challenges, including latency, downtime, resource contention, energy inefficiency, and security vulnerabilities. Addressing these challenges is crucial to maintaining the performance, reliability, and scalability of cloud environments. This study presents a comprehensive framework that integrates advanced Artificial Intelligence (AI), blockchain technology, and hybrid migration techniques to optimize live VM migration processes. The framework leverages state-of-the-art methodologies to address each challenge systematically. Advanced machine learning models, such as Long Short-Term Memory (LSTM) networks, enable accurate workload prediction and dynamic resource allocation, reducing contention and optimizing migration efficiency. Blockchain technology enhances security by creating tamper-proof records of migration events, while zero-knowledge proofs (ZKP) ensure data confidentiality and integrity without exposing sensitive information. Hybrid migration techniques, combining pre-copy and post-copy methods, minimize downtime and achieve a balance between performance and network utilization.

One of the standout contributions of this research is the integration of energy-aware algorithms. These algorithms optimize migration processes for energy efficiency, reducing operational costs and minimizing the environmental impact of data centers. By consolidating VMs onto fewer servers during low-utilization periods, the framework achieves significant energy savings while maintaining performance standards. Additionally, proactive fault-tolerance mechanisms ensure system reliability by predicting and addressing potential failures before they disrupt services. The experimental validation of the framework demonstrated substantial improvements over traditional methods. The hybrid migration approach achieved the best balance, reducing downtime by 30% and migration latency by 25% while optimizing network utilization. The use of blockchain eliminated security vulnerabilities associated with data interception and tampering, providing an additional layer of trust and compliance for sensitive data. Moreover, energy consumption during migration decreased by 15%, underscoring the sustainability of the proposed solution.
The findings of this study have significant implications for the future of cloud computing. The proposed framework provides a scalable and adaptable solution suitable for heterogeneous cloud infrastructures, including XenServer, KVM, and VMware. By addressing the multifaceted challenges of live VM migration, the framework not only improves operational efficiency but also ensures robust security, energy efficiency, and reliability in cloud environments.

However, like any technological advancement, the proposed framework has limitations that warrant further research. While the integration of AI and blockchain technologies has shown promising results, the computational overhead associated with these techniques must be carefully managed to avoid diminishing returns. Additionally, the scalability of the blockchain component in large-scale cloud environments requires further investigation to ensure it can handle high volumes of concurrent migrations efficiently. In conclusion, this research provides a significant step forward in optimizing live VM migration, offering a holistic approach that combines cutting-edge technologies to tackle the challenges of cloud computing. The framework's ability to improve performance, enhance security, and promote sustainability makes it a valuable contribution to the field. Future work will focus on refining the scalability

of the blockchain mechanism, exploring adaptive AI models, and further optimizing the migration strategies for increasingly complex and diverse cloud infrastructures.

Conflict of Interest

We have no conflict of interest.

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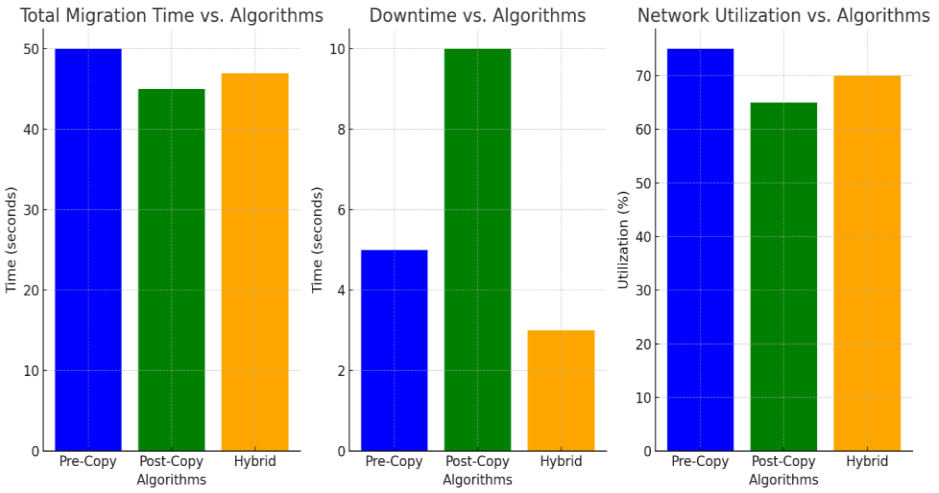
Table 1.

Algorithm	Total Migration Time (sec)	Downtime (sec)	Network Utilization (%)
Pre-Copy	50	5	75
Post-Copy	45	10	65
Hybrid	47	3	70



Graph 1: Total Migration Time vs. Algorithms
Graph 2: Downtime vs. Algorithms
Graph 3: Network Utilization vs. Algorithms

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Software-Defined Networking : A Survey on Security Challenges and Routing Techniques

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Received: 29 May 2025 Revised: 14 Jun 2025 Accepted: 24 Jun 2025

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ABSTRACT

The developments of the networks are revolutionized via the application of Software-Defined Networking (SDN), as it introduces the centralised control, abstraction, and programmability. This application will facilitate in making network management faster and cost efficient. Even though it has many advantages, there is a need for a sophisticated and adaptable routing Protocols (RP), because it creates novel security risks. To address the security issues that arise in SDN backgrounds, a comprehensive analysis was offered in this study, it addresses issues like controller-centric attacks, API flaws, topology poisoning, flow rule manipulation, and denial-of-service (DoS) threats. For the purpose of resolving those issues, this study also analyzes many preventive measures like distributed controller frameworks, anomaly detection (AD) systems, and encryption methods. At the same time, the study looks into modern routing methods that work well with SDN. These include Quality of Service (QoS)-aware routing, multipath routing (MPR), load balancing (LB), and RP powered by AI that change based on real-time (RT) network needs. It is emphasised that security and routing should work together, since they are both important for keeping the network running smoothly. This study is helpful for academics and professionals who are working to create safe, scalable, and smart SDN infrastructures for the future of networking environments because it looks at the latest research and points out any gaps.

Keywords: Software-Defined Networking (SDN), Quality of Service (QoS), Denial-Of-Service (DoS)

INTRODUCTION

SDN is a big change in the way the networks are planned, set up, and run. Distributed control means that each device, like routers and switches, decides for itself how to forward packets based on configurations that are kept locally [1]. In contrast, SDN isolates the DP (that routes traffic according to those decisions) from the CP (that determines how traffic should flow). Because of this, centralised network intelligence is possible, in which a logically centralised SDN manager controls the behaviour of the whole network through programmable interfaces [2]. So, administrators can set up, watch, and improve the flow of network data in real time, making network operations much easier and letting them respond more quickly to changing needs [3]. SDN has been particularly helpful in fields including business environments, massive cloud infrastructures, the Internet of Things (IoT), and upcoming 5G/6G mobile networks because to its flexibility, affordability, and scalability. Even though SDN has some design benefits, it also brings up a new set of security issues that are very different from those in regular networks [4]. The SDN controller is a single point of failure due to its centralised control.There is a chance for attacker to change the configurations and rules of the network once the system is attacked [5]. Both in the northbound interfaces, the southbound interfaces like OpenFlow causes attacks like spoofing, spying, and injection. These OpenFlow, that link the controller to forwarding devices, and northbound interfaces, and it is vulnerable to the network. Due to the following challenges, power escalation, man-in-the-middle (MITM) attacks, and Distributed DoS (DDoS) attacks, the implementation of the SDN is difficult [6–7]. For the purpose of monitoring unusual behavior, and managing those risks, researchers created several preventive measures like redundant controllers, encryption and authentication protocols, policy-based access control, and intrusion detection (ID) systems (IDS) [8]. Then, in RT, the security of the SDN is challenging. So, there is an ongoing studies regarding this subject.

Routing in SDN also requires that you rethink how you normally do things. Then, the conventional RP like OSPF and BGP are not adaptable, and slow to respond to dynamic network backgrounds [9]. Alternatively, the centralized and programmable routing was facilitated by the SDN. In this case, the entire network was thoroughly analyzed by the manager, and the manager is able to change the rules instantly [10]. This method enhances many factors like latency, bandwidth (BW), reliability, and energy economy. This method also capable to adapt themselves based on RT network settings, so this method is effective for operating more complex RP. The QoS-aware routing, MPR, AI/ML-based routing mechanisms are included in modern SDN RP. Here, the traffic that needs to be transmitted quickly is prioritized by the QoS-aware routing. The redundancy and performance is enhanced by the MPR. The prediction and response to patterns of failure or congestion are the functions of AI/ML-based routing mechanisms [11]. In large-scale, latency-sensitive tasks like cloud services, multimedia streaming, and industrial IoT, these methods are considered to be an effective technique, as it executes better efficiency. In SDN structures, the known vulnerabilities and threat vectors are identified, and several security mechanisms that have been suggested to resolve those issues are surveyed, by considering this, an in-depth analysis of the present state of SDN in terms of both security and routing are suggested in this study. The centralized intelligence and programmability of the SDN created a wide range of RP, and it was also investigated. This method has a special focus on innovative trends like the use of artificial intelligence (AI) for self-optimizing and predictive routing decisions. It focusses on the integration of blockchain (BC) for transparent and tamper-proof security management. Thus, a comprehensive view regarding the way the SDN made it effective, and secure method was offered by this dual focus. It also guides the upcoming researches in creating robust, resilient, and intelligent network infrastructures.

Literature Review

A ML-based method is suggested by Ahuja *et al*. [12]. This method is suggested for the purpose of classifying DDoS attack and benign traffic in the SDN backgrounds. For DDoS attack detection, novel attributes were detected, and it is considered as a major contribution of the study. To create a custom SDN dataset, these features were logged into a CSV file, and it can be used for training many ML methods. A publicly available SDN-specific dataset is introduced in this study regardless of previous works that either utilized non-SDN datasets or did not make their data publicly available. A novel hybrid ML model was utilized for the purpose of traffic classification. Then, the integration of the

Support Vector Classifier and Random Forest (SVC-RF) was used for simulation. From the outcomes of the simulation, an optimal testing accuracy (ACC) of 98.8% and the lowest false alarm rate (FAR) was attained by the SVC-RF hybrid model. These scores then demonstrate the effectiveness of the method in distinguishing malicious and real traffic. To detect the flooding-based DDoS attacks directed at the SDN controller, the variations in network flow patterns are analyzed, and a simple supervised learning (SL) is suggested by Wang *et al*. [13]. Then, multiple time slots are created for a test round. A statistical data that reflects variations in network behavior was identified by every slot. To train input samples, the temporal"trends" were used as input samples, and it can be used for predictor to train it. Here, network conditions and identifying potential DDoS activities are effectively comprehensive by the predictor. Simulations executed on the real-world testbed will support in determining the effectiveness of the model. Developing a lightweight SL-based solution is the main objective of the study. Utilizing the minimal data and features that are readily accessible in practical SDN backgrounds, DDoS attacks was effectively detected. Based on the training dataset, the prediction ACC of the distinct SL model is varied significantly. The significance of parameter tuning and data quality is highlighted in the SL-based DDoS detection systems.

Regardless of the quantity of attackers or target hosts, the low-rate and high-rate DDoS attacks directed at the SDN controller are detected by the application of an entropy-based method. This method was suggested by Aladaileh *et al*. [14]. The Network traffic (NT) flows are effectively detected by the technique named Rényi joint entropy. The DDoS attack traffic over a wide range of attack intensities were effectively detected via the application of Rényi joint entropy. The conventional Shannon entropy (SE) metrics are utilized by the EDDSC strategy. The two packet header features with generalised Rényi joint entropy are used, and suggested method showed a greater (DR) detection rate. In the SDN backgrounds, subtle variations in the traffic patterns are effectively identified by this Rényi entropy, and it will facilitate accurate DDoS detection. An attack-specific (FS) feature selection method was suggested by Abbas *et al*. [15]. This method is suggested for the purpose of determining the feature that has major impact on anomaly detection. Then, various attack types like brute force, web, botnet, DDoS, and brute force attacks are included in the SDN intrusion dataset. The features that detects behavior of attack types was attained by this method, as it uses the data pre-processing and univariate FS. Then, the selected features are used for training the model. The performance of the model was maintained, and the computational cost of modelling was lowered by this method. A thorough analysis was conducted, from the outcomes of the simulation, key features and their corresponding effects on the different kinds of attacks are demonstarted. In order to secure the network from potential attacks, Hussein [16] concentrated on the significance of the security firewall modules of the SDN-based platform POX controller and their efficacy in networks, including the centralised administration of the SDN-based platform controller. The task was completed by the application of the Mininet emulator and the Iperf BW measurement tool. The adaptability of the network is not adversely impacted by the suggested multilayer firewall, and it was demonstrated by the outcomes of the simulation.

Delivery Delay Minimised Multicast Tree Packing (DDMMTP) is a delay-optimized (MCTP) multicast tree packing (DOMCTP) problem that was presented by Zhang *et al*. [17]. The goal of this DDMMTP was to minimise the maximum source-DD, depending on the network resources available, and the average source-destination delay (DD), within BW limitations. Because it enhanced service quality, particularly for time-sensitive applications, a low source-DD was deemed desirable. The ability of this network paradigm to quickly reorganise multicast routes on demand made the DDMMTP extremely useful for SDN in practice. DDMMTP was found to be an NP-hard problem. The researchers were able to estimate a solution that made necessary adjustments to the multicast paths that were already in place by employing a network accommodation capacity enhancement technique and a batched MCTP algorithm. Based on recently made accessible network resources, a source-DD improvement approach was also suggested to further minimise delays.To more accurately identify attacks in these kinds of settings, a two-stage (TS) IDS for SD-IoT networks was suggested by Tian *et al*. [18]. The chosen features were then fed into a unique ensemble classifier made up of instance-based learning algorithms, multilayer perceptrons (MLP), and the C4.5 decision tree (DT), all of which were based on the wrapper FS (WFS) technique. The weighted voting system (WVS) was utilized by the suggested method for detecting if NT was abnormal. In both the binary classification (BC) and multiclass classification (MCC) tasks, the detection performance of the suggested method was assessed by the application of the

NSL-KDD and UNSW-NB15 public datasets. Then, false-positive rates (FPR) of 0.81% and 4.16% and ACC rates of 99.00% and 88.46% was attained by the MCC method, and it was demonstrated by the outcomes of the experiment. At last, the suggested method executes better than the current methods by the detection. A LB technique was introduced by Omer *et al*. [19] and applied to SDN in a cloud setting, specifically for an HTTP server that handled 400 requests at a time, totalling 6 million requests. At first, the server was overloaded and unable to handle more client requests. To address this issue, LBmethodwas implemented to re-measure the same parameters after its application. In this scenario, HAproxywas introduced into the cloud environment. With the implementation of HAproxy, all 6 million requests, now arriving at 4 connections per time, were successfully received. The HTTP traffic was split up among several servers rather than depending on a single server. The complete volume of incoming requests was handled by HAproxy, which ultimately produced a decent response time with no requests dropped. By using an HTTP load balancer, this method decreased the latency of HTTP requests and increased system availability. An intent-based (ZTS) zero-touch service chaining layer was introduced by Martini *et al*. [20]. The programmable provisioning of service chain paths in edge cloud networks was made possible by this suggested technique. The intent-based layer provided automated service chain path adaption based on the application's objectives as stated in the intent, in addition to facilitating the dynamic and elastic deployment of data delivery services. In order to lessen the impact on legitimate users and minimise overall network performance degradation, Dayal and Srivastava [21] concentrated on comparing different DDoS attack mitigation strategies and determining the best place within the network to implement these strategies. Using realistic traffic circumstances, the controller/server migration, packet filtering, and rate limiting strategies for DDoS mitigation were implemented in Mininet after being mathematically analysed. The study provided detailed insights into the advantages and disadvantages of each technique with respect to different network requirements. Furthermore, the paper identified the most appropriate network locations for deploying the selected mitigation techniques to ensure optimal effectiveness and minimal disruption.

Inferences

The collective findings from the reviewed papers highlight that while substantial progress has been made in enhancing DDoS detection, mitigation, traffic management, and service orchestration in SDN and SD-IoT environments, there remains a clear need for more adaptive, intelligent, and scalable solutions. Techniques like feature selection, hybrid machine learning models, and intent-based automation demonstrate promising results in improving detection accuracy, reducing latency, and optimizing resource utilization [22]. However, most approaches are constrained by limited real-world applicability, dependency on specific tools or controllers, and a lack of flexibility in dynamic environments. The inference drawn is that future research should focus on developing unified frameworks that integrate intelligent detection, automated mitigation, and LB—capable of adapting in RT to emerging threats and network demands while maintaining high availability, performance, and minimal operational overhead.

CONCEPT of SDN

In networking equipment, SDN is a novel network design that separates the CP and DP [23]. Through a centralised software-based controller, this fundamental change provides network developers and administrators with programmable control over the entire network. This approach marks a significant departure from traditional networks, where every switch and router made independent forwarding decisions.

- **Traditional Networking**

1.Control Logic is Embedded within Each Networking Device

- In traditional networks, each switch or router contains its own control plane and data plane.
- Devices operate independently, making local decisions based on their own configurations and routing tables.
- There's no centralized coordination, which can lead to inconsistent policies across the network.

2.Static Configuration and Limited Adaptability

- Network administrators manually configure devices using command-line interfaces (CLI).
- This process is time-consuming, error-prone, and lacks scalability.
- Adapting to changes like traffic rerouting or policy updates requires manual reconfiguration on each device.

3.High Operational Complexity and Vendor Dependency

- Managing numerous devices with proprietary interfaces and operating systems increases complexity.
- Network upgrades and expansions often require vendor-specific hardware and software, reducing flexibility.
- Troubleshooting becomes harder due to lack of holistic visibility and centralized control.
- **SDN**

1.Separation of CP and DP

- Control Plane: Located in a centralized SDN controller, it establishes the routes that information should go via the network.
- Data Plane: Resides in network devices (e.g., switches), executing instructions from the controller to forward packets.
- This separation simplifies device functionality and centralizes decision-making.

2.Centralized Controller

- The behaviour of the entire network is controlled by a logically centralised controller.
- Because of its global network vision, it can make better-informed and more efficient decision making.
- It simplifies policy implementation, network monitoring, and management.

3.Communication via Southbound APIs (e.g., OpenFlow)

- By using protocols like OpenFlow, the controller communicates with forwarding devices.
- These APIs enable dynamic updates to the flow tables in switches based on current network conditions or policies.
- This programmable interface allows automation, real-time response, and integration with external applications or orchestration tools.

Key Components of SDN

1. Application Layer

- Role: Hosts network applications and services that define network behavior and policies.
- Instances: Security systems (firewalls, IDS/IPS), load balancers, QoS management tools, bandwidth allocation systems.
- Function: These applications communicate with the SDN controller via the northbound APIs to request or enforce certain network policies.

Benefits

- It makes it possible to introduce new services quickly.
- Allows customization of network behavior to meet specific organizational needs.
- Applications can dynamically adjust network conditions based on performance, security, or business requirements.

2. Control Layer (SDN Controller)

- Role: Performs as the central brain of the SDN architecture.
- Examples: Open Daylight, Ryu, ONOS, Floodlight.

Function:

- Gathers and preserves RT, a thorough view of the whole network.
- Based on application requests and the state of the network, it decides how traffic should flow.
- Programs the DP devices (switches/routers) using southbound APIs.

Key Characteristics

- Centralized policy enforcement.
- Can be logically centralized but physically distributed for fault tolerance and scalability.

3. Infrastructure Layer (DP)

- Role: Consists of the actual network devices that handle traffic forwarding.
- Examples: Open Flow-enabled switches, virtual switches like Open vSwitch (OVS), physical routers.

Function

- Follows instructions from the controller to forward packets.
- Does not make autonomous routing decisions.

Advantages

- Simplified devices that are easier to manage and update.
- Can be vendor-agnostic, as they only need to support open protocols like OpenFlow.

4. Southbound Interface (e.g., OpenFlow)
- Role: It allows network devices in the DP to communicate with the SDN controller.
- Examples: OpenFlow, NETCONF, BGP-LS, P4 Runtime.

Function
- Controller uses it to install, modify, and delete flow entries in the switch flow tables.
- Provides monitoring and statistics collection from devices.

Benefits
- Enables RT, dynamic control over the flow of NT.
- Encourages interoperability between devices from different vendors.

5. Northbound Interface
- Role: It facilitates application-layer communication among the SDN controller and apps.
- Examples: RESTful APIs, gRPC, GraphQL.

Function
- Allows applications to program the network by requesting resources, enforcing policies, or retrieving network status.

Benefits
- Supports the development of customizable, intent-based networking.
- Promotes modular and scalable application development.

ADVANTAGES OF SDN

1. Centralized Control and Policy Enforcement
- All network decisions are made from a centralized controller.
- Provides consistent enforcement of security, QoS, and routing policies across the entire network.
- Enhances visibility and simplifies troubleshooting.

2. Programmability and Flexibility
- Network behavior can be dynamically adjusted using software.
- Facilitates the development of custom applications to manage or optimize network performance.
- Adaptable to evolving business or application requirements without needing hardware changes.

3. Simplified Network Management
- Reduces complexity by eliminating the need for manual device-by-device configuration.
- Enables real-time updates and centralized policy deployment.
- Enhances network reliability and uptime through automation and consistency.

4. Easier Automation and Orchestration
- Supports full automation of network provisioning, configuration, and monitoring.
- Integrates easily with DevOps and CI/CD tools for network-as-code deployments.
- Greatly reduces operational costs and human error.

5. Enhanced Scalability and Innovation
- Ideal for growing and dynamic environments like data centers, cloud networks, and 5G infrastructures.
- Encourages innovation through open standards and vendor-neutral designs.
- New features and services can be added without disrupting existing infrastructure.

Security Analysis of SDN

By separating the CP and DP, SDN brings about important architectural modifications [24, 25]. Although this improves centralised control, programmability, and flexibility, it also increases the attack surface and poses additional security risks. Security in SDN must be addressed **holistically**, considering each architectural layer (application, control, infrastructure) and interfaces (northbound, southbound).

Security Considerations Across SDN Layers

1. Application Layer

Threats:

- Malicious or buggy applications: A compromised app can misconfigure the entire network.
- Privilege escalation: Apps gaining unauthorized access to control functions.
- Lack of isolation: One app's vulnerability may impact others.

Mitigations:

- Authentication and authorization mechanisms for apps.
- Sandbox environments to isolate applications.
- Use of secure northbound APIs with access controls.

2. Control Layer (SDN Controller)

Threats:

- SPF: The network as a whole may be interrupted if compromised.
- Controller hijacking: Attackers may gain control over network operations.
- Man-in-the-middle (MitM) attacks: Between controller and switches or apps.

Mitigations:

- Redundancy and distribution of controller instances.
- Strong authentication and TLS encryption between controller and other layers.
- Role-based access control (RBAC) for controller access.
- Regular auditing and logging of controller activities.

3. Infrastructure Layer (Data Plane)

Threats:

- Data plane manipulation: Attackers might inject malicious flow entries.
- Compromised forwarding devices: Malicious code or unauthorized firmware changes.
- Denial of Service (DoS): Flooding switches to exhaust flow table memory.

Mitigations:

- Secure boot and firmware verification on switches.
- Rate limiting and filtering of flow requests.
- Monitoring for abnormal behavior or unusual traffic patterns.
- Lightweight security agents on switches (when feasible).

Interface Security

4. Southbound Interface (e.g., OpenFlow)

Threats:

- Unsecured communication: Could allow interception or manipulation of flow instructions.
- Protocol vulnerabilities: Exploitation of OpenFlow or other southbound protocols.

Mitigations:

- Use of TLS for encrypting controller-switch communication.
- Authentication of switches before allowing flow programming.
- Secure and regularly updated southbound protocol implementations.

5. Northbound Interface

Threats:

- Unauthorized access by applications.
- Data leakage or API abuse through poorly protected interfaces.

Mitigations:

- OAuth or token-based authentication for API access.
- Input validation and access control on all API endpoints.
- Rate limiting and monitoring of API usage.

Security Risks In SDN

Due to its architectural change, particularly the separation of the CP from the DP, SDN presents new and distinct security concerns even while it offers unprecedented control, flexibility, and automation in network administration [26]. The centralization of network intelligence into the SDN controller and the reliance on programmable interfaces

expose the network to several vulnerabilities not typically encountered in traditional networks [27]. This section outlines the key security challenges in SDN environments:

1.Controller as a SPF

The entire network is managed centrally by the SDN controller.If it is compromised or crashes, it can bring down the whole network or allow an attacker full control over routing and policies.

2.Controller-Device Communication

Communication protocols between the controller and switches, such as OpenFlow, may be vulnerable.If not properly secured (e.g., lack of encryption), they can be intercepted or manipulated by attackers.

3.Application Layer Attacks

Malicious or buggy applications communicating via northbound APIs can misconfigure the network, overload the controller, or implement insecure policies, affecting the entire system.

4.Lack of Trust Models Between Layers

Insufficient authentication and authorization between the application, CP, and DP can open the door to insider threats and unauthorized access or data manipulation.

5.Data Plane Attacks

Attackers can exploit forwarding devices using techniques like MAC/IP spoofing, traffic sniffing, or launching denial-of-service (DoS) attacks to overwhelm switch flow tables or disrupt service.

6.Topology Poisoning

An attacker may inject false topology information into the controller, leading it to make incorrect routing decisions, reroute traffic through malicious nodes, or disable legitimate paths.

Security Solution in SDN

SDN's programmability and central control offer significant benefits, but also create new attack surfaces. The following security solutions are critical to safeguarding SDN environments:

Authentication and Authorization

Purpose

o To ensure only trusted entities (controllers, switches, applications) can interact within the SDN environment.
o Techniques Used:
o TLS: Encrypts communication between controller and DP devices (e.g., OpenFlow over TLS).
o Public Key Infrastructure (PKI): Enables secure certificate-based authentication and encryption.
o Mutual Authentication: Both controller and switch verify each other's identity to prevent spoofing.
o API Key / Token-based Access: For application-level communication via northbound APIs.

Benefits:

o Prevents unauthorized access and tampering.
o Ensures confidentiality and integrity of control messages.
o Establishes trust among SDN components.

Intrusion Detection Systems (IDS)

Purpose

To detect abnormal or malicious behavior within the SDN ecosystem in real time.

Types of IDS for SDN:

o Controller-based IDS: Monitors control plane traffic and controller logs for unusual patterns.
o Data Plane IDS: Observes switch-level packet flows for signs of scanning, spoofing, or DoS attacks.
o Distributed IDS: Combines agents across multiple layers with centralized analysis.

Advanced Techniques

o Machine learning-based anomaly detection.
o Flow behavior analysis (e.g., frequency, duration, packet size patterns).

Benefits
- o Enables rapid response to threats before damage spreads.
- o Adaptable to dynamic traffic patterns common in SDN environments.
- o Enhances visibility into both external attacks and insider threats.

Access Control Mechanisms

Purpose

To limit what users, applications, or devices can do within the network based on defined roles or intentions.

Key Models:
- o RBAC: User roles, such as administrator, operator, and auditor are used to determine permissions.
- o Intent-Based Access Control: Uses high-level policy descriptions ("what" instead of "how") to define network behavior securely.

Examples
- o Applications can only access specific APIs or resources.
- o Devices must authenticate and match security posture before joining the network.

Benefits
- o Minimizes the risk of misconfigurations and privilege abuse.
- o Supports fine-grained control of SDN resources.

REDUNDANT CONTROLLERS

Purpose

To eliminate the single point of failure problem by distributing control functions across multiple instances.

Approaches:
- o Active-Standby: A backup controller is activated only if the primary fails.
- o Active-Active: Multiple controllers operate simultaneously and share load.
- o Clustered Controllers: Controllers coordinate using distributed consensus protocols (e.g., Raft, Paxos).

Benefits
- o Enhances fault tolerance and availability.
- o Improves load balancing and scalability.
- o Ensures continuous network operation during maintenance or attacks.

Security-Enhanced Controllers

Purpose

To integrate built-in security features directly into the controller's logic for proactive defense.

Capabilities
- o Real-Time Monitoring: Continuously tracks flow entries, topology updates, and application behavior.
- o Anomaly Detection Modules: Use statistical or AI-driven techniques to flag unusual events.
- o Policy Enforcement Engines: Ensure security policies are applied correctly and consistently.

Benefits
- o Reduces response time to attacks.
- o Automates enforcement of security controls.
- o Enables predictive threat prevention by learning from traffic patterns.

Secure Routing In SDN

Routing in SDN is fundamentally different from traditional networks. Instead of decentralized routing decisions, SDN relies on a centralized controller to compute and install routing paths in forwarding devices (like switches) [28]. This allows dynamic, flexible routing but also introduces new vulnerabilities that attackers can exploit. Therefore, secure routing is a crucial component of SDN security.

Security Risks In SDN Routing

Routing in SDN is centralized, programmable, and abstracted from the underlying hardware. While this offers flexibility and simplified network management, it also exposes the network to unique and serious security threats, particularly in the routing process. Below are the major security challenges associated with SDN routing:

1. Controller Vulnerability

If the controller is compromised, it can be used to install malicious routes, reroute traffic through unauthorized paths, or disable network segments.

2. Untrusted Data Plane Devices

If a switch or router is compromised, it may alter or ignore routing rules, perform packet sniffing, or redirect traffic.

3. Fake Topology Information (Topology Poisoning)

Attackers may inject false link-state or node information to mislead the controller, causing traffic misrouting or black holes.

4. Flow Table Overloading

Malicious actors can launch a DoS attack by flooding the controller with packet-in messages, causing resource exhaustion and delayed flow installation.

Goals of Secure Routing in SDN

- Ensure correctness of routing paths.
- Maintain integrity and authenticity of routing instructions.
- Guarantee availability of the routing process.
- Prevent traffic interception, rerouting, or data leakage.
- Support real-time detection and recovery from routing anomalies.

TECHNIQUES FOR SECURE ROUTING IN SDN

Secure routing in SDN involves ensuring that data packets are delivered from source to destination through trustworthy, tamper-proof, and efficient paths—while protecting the network from internal and external threats. SDN presents special security issues such route manipulation, eavesdropping, and DoS attacks on the control channel because it depends on a centralised controller to make routing decisions. To address these, researchers and engineers have developed various techniques to secure routing in SDN environments.

1. **Route Validation and Verification**
   - The controller should validate route requests and ensure they comply with policy and security rules.
   - Flow rules can be verified for consistency and correctness using formal verification tools (e.g., VeriFlow, NetPlumber).
2. **Secure Topology Discovery**
   - Use authenticated and encrypted protocols for topology collection (e.g., LLDP with authentication extensions).
   - Apply cross-verification techniques to validate reported topology data from multiple sources.

3. Policy-Based Routing

- Enforce routing decisions based on security policies (e.g., data from sensitive departments cannot traverse public nodes).
- Support intent-based routing where administrators define high-level intents (e.g., "low-latency and secure") and the controller enforces them.

4. Redundant Routing Paths

- Use multi-path routing and fast reroute mechanisms to maintain availability during link or node failures.
- SDN enables real-time path reconfiguration in response to attacks or congestion.

5. Anomaly Detection Systems

- Monitor flow patterns to detect unauthorized path deviations, excessive route changes, or flow spoofing.
- Leverage AI-based traffic analysis to detect subtle routing anomalies or route hijacking attempts.

6. Encrypted and Authenticated Communication

- Ensure that all communication between controller and data plane devices (e.g., using OpenFlow) is protected by TLS/SSL.

o Authenticate both ends to prevent MitM attacks that could alter flow rules.

7. **Route Obfuscation and Traffic Randomization**

o Use techniques like flow tagging, segment routing, or randomized route assignment to prevent traffic analysis and eavesdropping.

o These are especially useful in multi-tenant environments or public SDN networks.

RESPONSE AND RECOVERY MECHANISMS

o Automatic Route Re-computation: In case of failure or detected compromise, the controller can recompute paths and update flow tables immediately.

o Rollback and Flow Reversion: Maintain a history of flow rules to revert to a known safe state if anomalous routes are detected.

o Isolation of Compromised Devices: Dynamically remove or isolate devices from the routing fabric if they exhibit suspicious behavior.

REAL-WORLD EXAMPLES

o SecureBGP for SDN: Uses BGP monitoring with SDN controllers to prevent prefix hijacking in ISP-level SDN deployments.

o Trust-based Routing in SDN-IoT: Devices are scored based on trust levels, and traffic is routed only through highly trusted paths.

o QoS-Aware Secure Routing: Combines performance metrics with security criteria to ensure both efficient and safe routing in cloud networks.

Secure routing in SDN is not only about finding the best path but also about ensuring thatpaths are trustworthy, authorized, and resilient. By leveraging SDN's programmability and centralized control, administrators can implement advanced, adaptive, and proactive routing security mechanisms that are difficult to achieve in traditional networks.

Various Fields / Applications of SDN

The CP and DP are separated by the revolutionary paradigm of SDN. Centralised, programmable, and dynamic network administration is made possible by SDN [29]. This architecture is being increasingly adopted across diverse sectors for enhanced efficiency, security, scalability, and automation.

1.Data Centers and Cloud Networking

Applications and Benefits:

- Efficient Traffic Engineering: SDN dynamically routes traffic to avoid congestion and optimize resource usage, reducing latency and improving throughput.
- Resource Allocation and VM Migration: When virtual machines (VMs) move across servers or clusters, SDN ensures uninterrupted connectivity and security through automatic reconfiguration of network paths.
- Integration with Orchestration Tools: Seamlessly integrates with platforms like OpenStack and Kubernetes, enabling network provisioning in line with compute and storage.
- Tenant Isolation and On-Demand Network Slicing: Supports multi-tenancy by isolating traffic flows for each customer or service, enhancing security and customization.
- SDN is used by cloud providers (like AWS and Google Cloud) to offer thousands users having scalable, secure, and programmable network services.

2.5G and Edge Computing

Applications and Benefits:

- Dynamic Service Function Chaining: Allows chaining of virtualized functions (e.g., firewall, NAT, DPI) on-demand at the edge or core.
- Network Slicing: Essential for 5G—enables the creation of multiple virtual networks (slices) for different use cases:

o URLLC (Ultra-Reliable Low-Latency Communication)

o mMTC (Massive Machine-Type Communication)

o eMBB (Enhanced Mobile Broadband)

- Flexible Backhaul/Fronthaul Management: SDN dynamically configures the transport network to support real-time mobility, bandwidth changes, and quality of service (QoS).
- Telecom operators use SDN to manage heterogeneous 5G infrastructure with optimized latency and throughput.

3.IoT and Software-Defined IoT (SD-IoT)

Applications and Benefits:

- Centralized Control for Device Management: Simplifies the management of thousands or millions of IoT devices through programmable interfaces.
- Fine-Grained Security and Traffic Shaping: Enables real-time monitoring and filtering of traffic from IoT nodes to prevent malware propagation or DDoS attacks.
- Dynamic Configuration for Smart Environments: Automates the deployment and updates of network policies across smart homes, cities, and industrial IoT (IIoT).
- Smart city infrastructures use SD-IoT for coordinated control over traffic lights, surveillance systems, and utility meters.

4.Network Function Virtualization (NFV)

Applications and Benefits:

- Traffic Steering Among VNFs: SDN directs network traffic to and from virtualized network functions (VNFs) such as firewalls, load balancers, and intrusion prevention systems.
- Service Function Chaining: Dynamically links multiple VNFs in a specific order, depending on service requirements.
- Orchestration and Auto-Scaling: Coordinates with NFV orchestrators (e.g., Open Source MANO, ONAP) for elastic deployment and scaling of network services.
- Service providers deploy virtual customer premises equipment (vCPE) and virtual firewalls using SDN-NFV integration.

5.Cybersecurity

Applications and Benefits:

- RT Network Monitoring: Centralized controller analyzes flow patterns and can quickly detect anomalies or suspicious behavior.
- Automated Threat Mitigation: Enables immediate response—e.g., isolating a compromised host, blacklisting malicious IPs, or rerouting sensitive traffic.
- Dynamic Security Policy Enforcement: Adjusts firewall or access control policies in real time based on current threats or compliance needs.
- SDN-based security systems like SDN-IPS or SDN-firewalls actively defend enterprise networks from evolving cyber threats.

6.Campus and Enterprise Networks

Applications and Benefits:

- Policy-Driven Access Control: SDN ensures that users/devices get access to appropriate resources based on identity, role, and security posture.
- User Mobility Support: Automatically reconfigures network services when users move across locations, ensuring seamless connectivity and policy enforcement.
- Simplified Troubleshooting: Central visibility allows rapid root-cause analysis and corrective action, reducing downtime and operational effort.
- Universities and large enterprises use SDN to provide secure and flexible network services to students, staff, and guests.

7.VANETs and Smart Transportation

Applications and Benefits:

- RT Traffic Flow Control: SDN facilitates intelligent traffic light coordination and congestion mitigation.
- Vehicle-to-Everything (V2X) Communication: Supports secure and low-latency communication between vehicles, infrastructure, pedestrians, and networks.

- Edge Network Adaptability: Ensures that critical updates or messages are prioritized and delivered efficiently at the vehicular edge.
- Autonomous vehicle systems and smart highways use SDN to manage real-time data exchange for safety, navigation, and traffic efficiency.

The way the networks are designed, managed, and secured by the revolutionary method named as SDN. The CP and DP was separated by the SDN. The flexibility and programmability was introduced by the SDN, and it is also suspectible to novel attack surfaces [30]. Then, in the SDN backgrounds, ensuring secure routing, robust controller protection, and dynamic threat mitigation are crucial. SDN keeps developing as its applications in cloud computing, 5G, IoT, and cybersecurity grow, spurring efficiency and creativity in next-generation network architectures.

CONCLUSION AND FUTURE WORK

The network structures have been revolutionized by the SDN. For modern networks, a highly flexible, programmable, and centralised method of network management was offered by the SDN. The CP and DP is separated by this SDN, as it offers the network management that are unprecedented by automation, agility, and efficiency. Then, RT policy enforcement, dynamic resource allocation, and seamless service provisioning was facilitated by this model. Today's demanding applications such as cloud services, IoT, 5G, and EC. The centralization of network intelligence in the SDN controller enhances visibility and control but also brings forth new challenges, particularly in terms of security, scalability, and resilience. Despite these challenges, SDN has demonstrated its value across a variety of sectors—from data centers and enterprise networks to telecommunications and smart city infrastructures. Its compatibility with technologies like NFV, IBN, and AI further amplifies its potential for optimizing network performance, improving security posture, and reducing operational complexity. In essence, SDN is not merely a technological upgrade but a strategic enabler for intelligent, responsive, and future-ready networking infrastructures. It paves the way for innovation by making networks more adaptable to changing business needs, traffic patterns, and security threats.Future work in SDN should focus on enhancing scalability through distributed controller architectures and improving security with AI-driven threat detection. Efforts are also needed to standardize interfaces for better interoperability with legacy systems. Furthermore, new capabilities will be made possible by combining SDN with cutting-edge technologies like 6G, BC, and quantum networking.

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Table 1: Comparison table with existing methods for software Define Network

Author name	Methods	Merits	Demerits
Ahuja *et al* [12]	Machine Learning-Based Approach	-Identified novel features specifically for DDoS detection. -Achieved high accuracy (98.8%) with low false alarm rate using SVC-RF hybrid model. -Demonstrated model effectiveness and reliability in SDN traffic classification	-Limited information on feature generalizability beyond SDN environments. -Lack of comparison with deep learning or ensemble models beyond SVC-RF. -Real-world deployment and scalability not addressed
Wang *et al.* [13]	DDoS detection in SDN using a SL model	Lightweight solution with minimal and easily available data - Capable of detecting DDoS with a single feature	Model accuracy highly dependent on the training set size and parameters - Inconsistent performance across datasets
Aladaileh *et al* [14]	Entropy-based detection approach	Regardless of the quantity of attackers or targets, it can identify DDoS attacks at both low and high rates.	Dependence on entropy thresholds may lead to sensitivity in dynamic environments
Abbas *et al*.[15]	Attack-specific feature selection using univariate analysis	Improved anomaly detection by focusing on significant features -Reduced computational cost of modelling. - Maintained high model performance	Limited to univariate feature selection, which may ignore feature interactions
Hussein [16]	multilayer firewall modules on POX controller in SDN	Enhanced network security through centralized firewall control - Maintained network flexibility despite added security layers	Focused only on the POX controller; may not be generalizable to other SDN controllers - Lack of comparison with other firewall architectures or security approaches
Zhang *et al.* [17]	Proposed DDMMTP	Minimized average source-destination delay for better service quality - Particularly useful for time-sensitive applications in SDN environments - Allowed dynamic reconfiguration of multicast paths	Problem identified as NP-hard, making exact solutions computationally intensive - Solutions are approximate and may not always yield optimal results - Effectiveness depends on availability and variability of network resources
Tian *et al* [18]	TS-IDS	High detection ACC was attained. - Low FPR. - Outperformed existing methods in detection performance - Addressed limitations of traditional firefly algorithm (e.g., slow convergence, local optima)	Increased model complexity due to ensemble structure - Higher computational cost during training - May require fine-tuning for deployment in real-time SD-IoT environments - Performance may vary on other datasets or evolving attack types.

Omer *et al*.[19]	load balancing mechanism in SDN-based cloud environment	-Successfully handled 6 million HTTP requests without drop - Improved response time and system availability - Reduced server overload by evenly distributing traffic	-Evaluation limited to HTTP traffic only - Scalability and performance under diverse traffic patterns not explored - Focused on one load balancing tool (HAproxy); lack of comparison with alternatives.
Martini *et al*.[20]	intent-based ZTS chaining layer	allowed for flexible and dynamic service deployment - Improved network adaptability during congestion events - Reduced manual configuration through zero-touch automation	Adaptation overhead may increase with complex intents or large-scale networks - No comparative performance analysis with traditional service chaining methods
Dayal and Srivastava [21]	DDoS attack mitigation approaches	-Offered a comparative study of multiple mitigation techniques -Provided mathematical and simulation-based validation - Helped identify least-disruptive deployment strategies -Improved understanding of trade-offs based on network requirements	-Limited to simulated (Mininet) environment; may not capture real-world dynamics - Lacked exploration of modern AI/ML-based mitigation techniques - Did not consider evolving DDoS attack patterns or adaptive countermeasures

Table.2: Summary Comparison Table for concept of SDN

Feature	Conventional Networking	SDN
CP Location	Distributed in each device	Centralized in Controller
DP	Embedded with Control Plane	Separate from Control Plane
Configuration Method	Manual, per-device	Automated, centralized
Flexibility	Low	High
Adapatability	static, slow to adapt	Dynamic, real time adaptability
Vendor Dependency	High (proprietary systems)	Reduced (open standards, interoperability)
Network Management	Complex, fragmented	Simplified, global view

Table 3: Common Attack Scenarios in SDN

Attack Type	Description	Impact
DoS on Controller	Overwhelming the controller with fake flow requests	Network paralysis, delayed packet processing
Flow Rule Poisoning	Inserting incorrect or malicious flow entries	Data Leakage, traffic misrouting
Topology Poisoning	Faking link or node information to mislead the controller	inaccurate topology view, suboptimal or dangerous routing
Side- channel attacks	Analysing flow table changes to infer traffic patterns	loss of confidentiality
Replay attacks	Resending valid but previously captured control messages	undesired reconfiguration of network devices

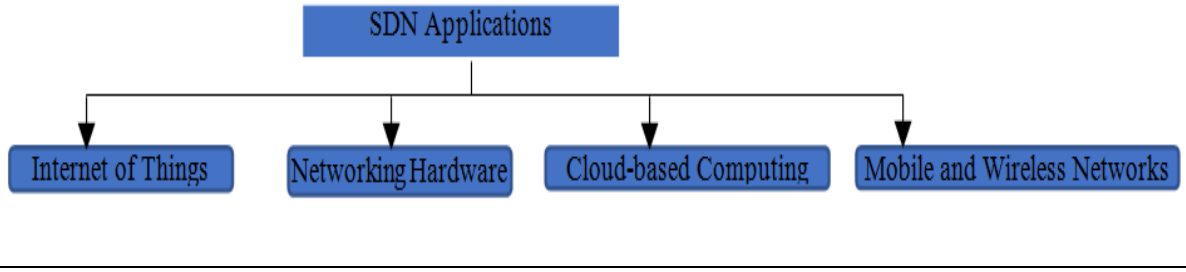

Figure 1: Various applications for controllers for SDN

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Blockchain and AI for Cybersecurity: A Sustainable Digital Shield by 2047

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Received: 28 Apr 2025 Revised: 13 Mar 2025 Accepted: 25 Jun 2025

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ABSTRACT

As Cyber threats continue to evolve, the demand for sustainable and advanced security solutions is more urgent than ever. This research explores how Blockchain and Artificial intelligence (AI) can work together to create a secure and adaptive cybersecurity framework by 2047. Blockchain ensures data integrity and transparency through decentralization, while AI Enhances threat detection and response through predictive analytics. Their integration offers a Robust, efficient, and self-improving security system. This study analyses real-world applications of AI-driven security frameworks and Blockchain-based data protection, highlighting their effectiveness in Mitigating risks, reducing costs, and enhancing cyber resilience. However, challenges such as regulatory barriers, high energy consumption, and scalability limitations must be addressed for widespread adoption. Findings suggest that AI-powered threat prediction models can proactively detect cyberattacks, while Blockchain's decentralized structure safeguards data from tampering. Looking ahead, advancements in self-learning AI and adaptive blockchain mechanisms could lead to the development of self-repairing cybersecurity systems that evolve alongside emerging threats. This research provides strategic insights for Businesses, policymakers, and technology experts, offering a roadmap to leverage AI and Blockchain for a secure, scalable and sustainable digital future.

Keywords: Cybersecurity, Blockchain, Artificial Intelligence (AI), Data Integrity, Cyber Threat Mitigation, Digital Infrastructure, Secure Data Storage, AI-Blockchain Integration.

INTRODUCTION

In today's digital world; cyber threats like data breaches and ransom ware attacks are becoming more frequent and complex. Businesses, governments, and individuals are constantly at risk, and traditional cybersecurity methods often struggle to keep up with these evolving challenges. While existing security measures provide some level of protection, they are not always effective against new and sophisticated cyber threats. This calls for advanced solutions that not only protect digital systems but also ensure long-term security and sustainability. Two emerging technologies-Blockchain and Artificial Intelligence (AI) – offer promising solutions to strengthen cybersecurity. Blockchain provides a decentralized and tamper-proof system for storing sensitive data, making it difficult for hackers to alter or steal information. On the other hand, AI can detect cyber threats in real time by analyzing patterns and predicting potential attacks before they happen. when combined, these technologies have the potential to create a strong, adaptive, and future-ready cybersecurity framework. This research explores how blockchain and AI can work together to build a sustainable digital security system by 2047. It examines how blockchain enhances cybersecurity by ensuring data integrity and preventing cyber fraud, and how AI-driven security systems can effectively identify and respond to threats. Additionally, it analyzes the challenges and opportunities involved in integrating these technologies. The study aims to provide insights into how AI and Blockchain can shape the future of cybersecurity while maintaining efficiency, security, and long-term sustainability in the digital world.

Integration of AI and Blockchain for Cybersecurity: An In-Depth Analysis

The evolution of cyber risks has led to the combination of artificial intelligence (AI) with blockchain as a viable approach for enhancing cybersecurity frameworks. Recent studies underscore that blockchain's cryptographic features, including hashing and smart contracts, improve data privacy, integrity, and traceability (AI-Sharu *et al.,* 2023), whereas AI facilitates real-time threat detection, anomaly identification, and automated risk evaluation (Ullah *et al.,* 2024). This synergy provides a strong and decentralized method for safeguarding digital infrastructures, reducing the weaknesses of conventional centralized security methods. AI-driven blockchain security frameworks exhibit considerable promise in augmenting cyber resilience. The AI Cyber-chain approach (Ullah *et al.,* 2024) integrates AI's predictive skills with blockchain's decentralized storage to establish an adaptive and transparent cybersecurity framework, therefore removing single points of failure and automating responses to cyber-attacks. Moreover, collaborative defensive techniques, in which several nodes collaboratively monitor and respond to threats, enhance blockchain security by mitigating risks like as 51% assaults, double-spending, and vulnerabilities in smart contracts (Li *et al.,* 2023). Nonetheless, obstacles including elevated energy usage, scalability constraints, and regulatory intricacies persist as significant impediments to extensive implementation (Saleh, 2024).

In accordance with the EU AI Act, blockchain has been investigated as a means to facilitate AI governance, avert data manipulation, and provide safe access restrictions (Ramos & Ellul, 2024). Smart contracts are essential for automating security protocols, guaranteeing that AI systems function within established ethical and legal parameters. Moreover, blockchain's immutable ledger improves transparency and accountability in AI-driven cybersecurity applications, becoming it an essential instrument for data governance and regulatory compliance (Ramos & Ellul, 2024). The use of blockchain technology in Internet of Things (IoT) security has garnered attention, tackling issues with data integrity, privacy, and unauthorized access in extensively networked settings (Commey *et al.,* 2024). Innovative security methodologies, including zero-knowledge proofs (ZKP), post-quantum cryptography (PQC), and machine learning, enhance the security of blockchain-based IoT (BIoT) by refining authentication processes and advancing proactive cyber defense methods (Commey et al., 2024). Cyber deception strategies, such as game theory and honeypots, are being investigated to improve attack mitigation (Commey *et al.,* 2024). Not with standing these developments, scalability, computing expenses, and adherence to increasing cybersecurity requirements remain significant difficulties (Saleh, 2024; Li *et al.,* 2023). As AI and blockchain technologies progress, they are anticipated to be pivotal in safeguarding global digital infrastructure, providing real-time cyber threat intelligence, and cultivating a more robust cybersecurity ecosystem.

Statement of Problem

In today's digital landscape, cybersecurity threats are evolving rapidly, posing significant risks to individuals, businesses, and governments. Traditional security measures often struggle to keep up with sophisticated cyberattacks, making it essential to explore advanced technologies for enhances protection. Blockchain and artificial intelligence (AI) have emerged as promising solutions, with blockchain ensuring data integrity and transparency while AI strengthening threat detection and response. However, the integration of these technologies in cybersecurity remains limited due to concerns such as scalability, implementation costs, regulatory compliance, and public awareness. Many individuals and organizations still lack a clear understanding of how blockchain and AI can improve cybersecurity. This research aims to investigate the role of blockchain and AI in cybersecurity, assess public awareness and perception, and identify the challenges hindering their widespread adoption. By analyzing these factors, the study seeks to provide insights into how these technologies can be effectively leveraged for a more secure digital environment.

Objectives of the Study

1. To analyze the role of Blockchain and AI in strengthening cybersecurity by assessing their impact on data protection, transparency, and threat mitigation
2. To examine the relationship between awareness and trust in AI-Blockchain security systems, determining whether familiarity with these technologies influences public confidence.
3. To evaluate the impact of technical knowledge on trust in AI-Blockchain security, identifying whether a higher understanding leads to greater acceptance.
4. To assess concerns about AI replacing human security experts and how these concerns influence perceptions of AI-Blockchain as a necessary cybersecurity tool by 2047.
5. To investigate the link between Blockchain awareness and support for its use in banking and government institutions, exploring factors that drive public and institutional acceptance.

Research Methodology

The study follows a quantitative research approach, utilizing primary data collection through a structured questionnaire. The survey was designed to assess public perceptions of Blockchain and AI in cybersecurity, including trust, awareness, and willingness to support their adoption. The questionnaire consisted of Likert-scale and categorical questions The sample size consisted of 80 Respondents, covering diverse age groups and background. To analyze the data, SPSS software was used to perform statistical analysis using spearman's correlation and Mann-Whitney U test. The findings from these tests provided data insights into the role of AI and Blockchain in cybersecurity, helping formulate practical recommendations for increasing adoption and trust in these technologies.

Blockchain – Overview

Blockchain is a decentralized digital ledger technology that records transactions securely and transparently across multiple computers. Unlike traditional database that rely on a central authority, blockchain operates on a distributed network, making it resistant to fraud and central authority, blockchain operates on a distributed network, making it resistant to fraud and cyberattacks. Each transaction is grouped into a block, verified by network participants through consensus mechanisms such as proof of work or proof of stake, and then added to a chain of previous transactions, ensuring immutability. This means that once a record is added to the blockchain, it cannot be altered or deleted, enhancing data integrity and trust. One of the key advantages of blockchain is its transparency. Every transaction is publicly recorded and can be verified by anyone on the network, reducing the risk of manipulation. Additionally, blockchain employs strong cryptographic techniques, making it highly secure against hacking attempts another important feature is the use of smart contracts self-executing contracts with predefined rules that automate processes, eliminating the need for intermediaries in various industries. Blockchain technology is widely used in cryptocurrencies such as bitcoin and Ethereum, enabling secure and decentralized financial transactions. Beyond finance, it has applications in supply chain management, healthcare, cybersecurity, and even governance, where it can be used for secure voting systems. In cybersecurity, blockchain enhances continues to evolve, its integration with

artificial intelligence (AI) and the internet of Things (IoT) is expected to further enhance security, efficient, and automation across various industries.

The power of combining Blockchain and AI

The combinations of blockchain and AI creates a powerful cybersecurity framework. AI's ability to monitor network activity and detect anomalies, combined with blockchain's tamper-proof security logs, significantly improves threat detection and prevention. Blockchain can also protect AI models from being manipulated by hackers, ensuring that AI-driven security systems remain reliable. Additionally, this combination is useful in automated fraud prevention, where AI analyzes blockchain-based transactions and immediately flags suspicious activities. However, despite these despite these benefits, challenges like high implementation costs, scalability issues, and systems complexity must be addressed for widespread adoption.

Interpretation

The descriptive statistics provide key insights into participants' awareness, opinions, and concerns regarding the use of AI and Blockchain in cybersecurity. The mean values indicate the general trend of responses. Most Respondents (Mean=1.89) have heard of blockchain, while awareness of AI in cybersecurity is slightly lower (Mean=1.60). concerns about cyber threats such as hacking and data breaches are prevalent (Mean=1.48), indicating that cybersecurity remains a major issue. Participants perceive blockchain as moderately secure for data protection (Mean=1.88), and AI as Fairly effective in stopping cyberattacks (Mean=1.86) Trust in combined AI and Blockchain security system is relatively positive (Mean=1.81), and respondents generally support the use of Blockchain by Financial and healthcare institutions (Mean=1.75). however, there is some hesitation regarding replacing human security experts with AI-powered cybersecurity systems, as indicated by a higher mean (2.24) and standard deviation (1.204), suggesting mixed opinions. Support for government and business investments in AI-Blockchain security solutions is moderately strong (Mean=2.03), and respondents largely believe that these technologies will be necessary by 2047 (Mean=1.84). The highest concerns regarding AI and Blockchain in Cybersecurity have a mean of 2.40, indicating significant apprehension. The belief that AI and Blockchain can reduce cybercrimes in the future is relatively strong (Mean=2.06). Experience with cyberattacks or data breaches is mixed (Mean=1.58), suggesting that a fair number of respondents have encountered cybersecurity issues. Regarding demographics, the average age of respondents is around 2.55 (on categorical scale), and their self-reported technical knowledge of cybersecurity has a mean of 2.24, indicating a moderate level of understanding. Overall, the findings suggest that while awareness and trust in AI and Blockchain in cybersecurity are growing concerns and skepticism remain, particularly regarding the replacement of human security experts and the overall security effectiveness of these technologies.

Empirical Analysis

A majority of respondents (77.5%) have heard of Blockchain, with 40% strongly agreeing and 37.5% agreeing. Only a small fraction (3.8%) disagreed or strongly disagreed indicating high awareness of Blockchain among participants.

Inference

The high awareness of Blockchain shows that people are becoming more familiar with its potential for security and transparency. This growing understanding can encourage the use of Blockchain in protecting personal and financial data. Spreading more knowledge can help build a safer and more trustworthy digital world. A majority of Respondents (51.3%) strongly agree and 38.8% agree that they heard of artificial intelligence (AI) in Cybersecurity. Only a small percentage (1.3%) are unaware of it, indicating a high level of awareness among participants.

Inference

The strong awareness of AI in cybersecurity suggests that people recognize its role in protecting digital systems. This Understanding can encourage the adoption of AI-driven security solutions to detect and prevent cyber threats more effectively. Promoting further education on AI's capabilities can help society build stronger and more resilient cybersecurity frameworks. A Significant majority (66.3%) are very concerned about cyber threats like hacking and

identity theft, while 22.5% are somewhat concerned. Only a small percentage (2.5%) are not very concerned, indicating high awareness and concern about cybersecurity risks.

Inference

The high level of concern about cyber threats shows that people are aware of the risks posed by hacking and identity theft. This highlights the urgent need for stronger cybersecurity measures to protect personal and financial data. Encouraging the use of AI and Blockchain in security can help build safer digital environments for individuals and businesses. Most respondents (48.8%) consider blockchain technology somewhat secure for data protection, while 32.5% see it as very secure. A Small portion (17.5%) remains neutral, indicating a generally positive perception of Blockchain security

Inference

The positive perception of Blockchain's security suggests that people see it as a reliable tool for protecting data. This growing trust can encourage wider adoption in sectors like banking and healthcare, where data security is critical. Increasing awareness and real-world applications can further strengthen confidence as s secure digital solution. The majority of respondents (45%) perceive AI as Somewhat effective in stopping cyberattacks, while 37.5% believe it is very effective. A smaller portion (12.5%) remains neutral, and only a few (5.1%) consider AI not very or not at all effective. This indicates a generally positive perception of AI's role in cybersecurity.

Inference

The positive perception of AI's effectiveness in cybersecurity suggests that people trust its ability to detect and prevent cyber threats. This growing confidence can drive further invocation and investment in AI-driven security systems. Raising awareness about AI's capabilities can help enhance its adoption for stronger and more proactive cybersecurity measures. The majority of Respondents (51.3%) agree that they would trust a security system combining AI and Blockchain to protect their personal data, while 35% strongly agree. A smaller percentage (11.3%) remain neutral, and only 2.5% disagree. This suggests a high level of confidence in the integration of AI and Blockchain for data security.

Inference

The strong trust in AI and Blockchain integration for data security highlights public confidence in these technologies. This suggests that people are open to advanced digital security solutions that enhance privacy and protection. Promoting real-world applications and regulatory support can further strengthen trust and drive widespread adoption. The majority of respondents (41.3% strongly agree and 45% agree) feel safer if banks, hospitals, or government agencies use blockchain for data security. Only a small percentage (11.3%) remain neutral, while 2.5% disagree. This indicates strong trust in Blockchain technology for securing sensitive institutional data.

Inference

The strong trust in Blockchain for securing institutional data shows that people recognize its potential in protecting sensitive information. This confidence can encourage banks, hospitals, and governments to adopt blockchain for enhanced data security. Increasing awareness and implementation can further strengthen public trust and improve digital safety across essential sectors. The response indicates that a significant portion of people (33.8% Strongly Agree and 31.3% Agree) believe AI-powered cybersecurity systems should replace human experts in detecting threats. However, 18.8% remain neutral, and a combined 16.3% (10% Disagree, 6.3% strongly Disagree) oppose this idea. This suggests that while AI is trusted for cybersecurity, some still value human expertise in the field.

Inference

The support for AI-powered cybersecurity replacing human experts highlights trust in automation for threat detection. However, the presence of disagreement suggests that human expertise is still considered valuable in handling complex security issues. A balanced approach that combines AI efficiency with human oversight could lead to more effective and trusted cybersecurity solutions. The majority of respondents (38.8% very likely and 37.5%

somewhat likely) support government and business investments in AI-Blockchain cybersecurity systems, reflecting strong confidence in the technology. However, 11.3% remain neutral while 12.5% (7.5% unlikely, 5% very unlikely) are Hesitant or opposed. This suggests that while support is high, some skepticism or concerns still exist regarding such investments.

Inference

The strong support for government and business investments in AI-Blockchain Cybersecurity highlights public confidence in its potential to enhance security. However, the presence of some skepticism suggests the need for greater transparency, awareness, and proven real-world applications. Addressing concerns through education and regulatory frameworks can further increase trust and drive broader adoption. The data indicates strong confidence in the future necessity of Blockchain and AI for Cybersecurity, with 41.3% strongly agreeing and 36.3% agreeing, making up a total 77.5% in favor. Meanwhile, 20% remain neutral, suggesting some uncertainty, and only 2.5% disagree, showing minimal opposition. This highlights a general consensus that these technologies will become integral to cybersecurity by 2047.

Inference

The strong belief in Blockchain and Artificial becoming essential for cybersecurity by 2047 reflects growing trust in these technologies for future security needs. However, the presence of neutrality suggests that some still seek more evidence of their long-term effectiveness. Continued research, policy support, and real-world applications will be crucial in shaping their role in cybersecurity. The biggest concern regarding Blockchain and AI in Cybersecurity is the misuse of AI (38.8%), followed by high costs (27.5%) and privacy risks (23.8%). A smaller portion of respondents cited difficulty in understanding the technology (5%) while another 5% had no concerns.

Inference

The concern over AI misuse, high costs, and privacy risks highlights the need for ethical regulations, cost-effective solutions, and stronger data protection policies. Addressing these issues through responsible AI development, transparent governance, and public education can help build greater trust in AI-Blockchain cybersecurity. Ensuring accessibility and affordability will also encourage broader adoption of there technologies. The majority of respondents believe that AI and Blockchain can help reduce cybercrimes in the future, with 35% strongly agreeing. However, 28.8% remain neutral and only 5% disagree. This suggests that while there is optimism about the potential of these technologies, a significant portion still remains uncertain, possibly due to concerns about implementation, effectiveness, or ethical considerations.

Inference

The belief that AI and Blockchain can reduce cybercrimes reflects optimism about their potential in strengthening security. However, the uncertainty among some respondents suggests the need for more awareness, proven real-world applications, and ethical safeguards. Demonstrating successful use cases and establishing clear regulations can help build greater confidence in these technologies. The data shows that 42.5% of respondents have experiences a cyberattack or data breach, while 57.5% have not. This indicates that cyber threats are a significant concern, affecting nearly half of the respondents.

Inference

The significance number of people who have experience cyberattacks highlights the growing risk of digital threats. This emphasizes the urgent need for stronger cybersecurity measures, including AI and Blockchain solutions, to protect personal and organizational data. Raising awareness about cyber hygiene and preventive strategies can help reduce vulnerability for future attacks. The majority of respondents (71.3%) fall within the 18-25 age group, indicating that the survey predominantly represents younger individuals, likely students or early-career professionals.

Inference

The dominance of younger respondents suggests that awareness and opinions about AI and Blockchain in cybersecurity are largely shaped by tech-savvy individuals. This highlights the importance of targeted education and training programs to equip the next generation with the skills to develop and implement advanced security solutions. engaging older demographics can also help in building a more inclusive understanding of cybersecurity advancements.

Hypothesis Statement

Relationship between awareness and trust in AI-blockchain cybersecurity

H0 (Null Hypothesis): There is no significant relationship between awareness of blockchain and AI in cybersecurity and trust in AI-Blockchain security systems.

H1 (Alternative Hypothesis): Higher awareness of blockchain and AI in cybersecurity increases trust in AI-Blockchain security systems.

Variables used

Awareness in Blockchain (Independent Variable)

Trust in Blockchain and AI (Dependent Variable).

Correlations				
			1. Respondent awareness about Blockchain	6. Trust AI-Blockchain Cybersecurity
	1. Respondent awareness about Blockchain	Correlation Coefficient	1.000	.296**
		Sig. (2-tailed)		.008
		N	80	80
**. Correlation is significant at the 0.05 level (2-tailed).				

Interpretation

The correlation analysis between awareness of Blockchain and trust in AI-Blockchain security systems reveals a statistically significant positive relationship. The spearman's correlation Coefficient of **0.296** suggests the individuals who have heard of Blockchain before are slightly more likely to trust security systems that integrate AI and Blockchain for data protection. Since P-Value of 0.008 is less than 0.05, we reject the Null hypothesis and accept the alternative hypothesis. This means that there is a statistically significant relationship between blockchain awareness and trust in AI-Blockchain security systems.

Relationship Between technical knowledge and trust in AI-Blockchain Cybersecurity

H0 (Null Hypothesis): Technical Knowledge about cyber security does not influence trust in AI-Blockchain security Systems.

H1 (Alternative Hypothesis): Higher Technical Knowledge about cyber security increases trust in AI-Blockchain security Systems.

Variables used:

Technical Knowledge (Independent Variable)

Trust in Blockchain and AI (Dependent Variable).

Correlations				
			6. Trust AI-Blockchain Cybersecurity	15. Technical knowledge about cybersecurity
	6. Trust AI-Blockchain	Correlation Coefficient	1.000	.271*

	Cybersecurity	Sig. (2-tailed)		.015
		N	80	80
*. Correlation is significant at the 0.05 level (2-tailed).				

Interpretation

The correlation table represents the relationship between technical knowledge about cybersecurity and trust in AI-Blockchain security system. The spearman Correlation coefficient is 0.271, indicating a weak positive correlation between the two variables. This mean that individuals with higher technical knowledge about cybersecurity tend to have slightly more trust in AI-Blockchain security systems. The P-Value (Sig. 2-tailed) is 0.015, which is less than 0.05, indicating that the correlation is statistically significant. Since the relationship is significant, we accept the hypothesis that technical knowledge influences trust in AI-Blockchain security systems.

Concern About AI Replacing Human Security experts and perceived necessity of AI-Blockchain Security by 2047

H0 (Null Hypothesis): Concern about AI replacing Human security experts does not influence the belief that blockchain and AI will become necessary for cybersecurity by 2047

H1 (Alternative Hypothesis): Higher Concern about AI replacing Human security experts increases the belief that blockchain and AI will become necessary for cybersecurity by 2047

Variables used:

Concern about AI replacing human security experts (Independent Variable)

Belief that Blockchain And AI will become necessary for cybersecurity (Dependent Variable).

Correlations				
			8. Belief that AI-powered cybersecurity systems should replace human security experts in threat detection	10. Belief that Blockchain and AI will become necessary for cybersecurity by 2047
	8. Belief that AI-powered cybersecurity systems should replace human security experts in threat detection	Correlation Coefficient	1.000	.298**
		Sig. (2-tailed)		.007
		N	80	80
**. Correlation is significant at the 0.05 level (2-tailed).				

Interpretation

The correlation analysis using Spearman's rho shows a correlation coefficient of 0.298, with a significance level (P-Value) of 0.007. since the p-value is less than 0.05, the correlation is statistically significant at significant. This means that there is a positive and significant relationship between the concern that AI-Powered cybersecurity systems will replace human security experts and the belief that AI and Blockchain will become necessary for cybersecurity by 2047. Since the Correlation is significant, we reject the null hypothesis and accept the Alternative hypothesis. This indicates that a higher concern about AI replacing human security experts increases the belief that AI and Blockchain will be essential for cybersecurity in the future.

Awareness of Blockchain and Support for its Use in Banking & Government Systems.

H0 (Null Hypothesis): awareness of Blockchain does not influence support its use in Banking and government institutions.

H1 (Alternative Hypothesis): Higher awareness of Blockchain increases willingness to support its use in Banking and government institutions.

Variables used

Awareness of Blockchain (Independent Variable)

Support for the use of Blockchain in Banking & Government systems (Dependent Variable).

Correlations				
			1. Respondent awareness about Blockchain	7. Perception of safety if banks, hospitals, or government agencies use Blockchain for data security
	1. Respondent awareness about Blockchain	Correlation Coefficient	1.000	.311**
		Sig. (2-tailed)		.005
		N	80	80
**. Correlation is significant at the 0.05 level (2-tailed).				

Interpretation

The study found a significant positive correlation (0.311, P=0.005) between Blockchain awareness and support for its use in Banking and government institutions. This indicates that individuals who are aware of Blockchain are more Likely to support its adoption for data security. Since the P-Value is less than 0.01, the Null hypothesis is rejected and Alternative hypothesis is accepted, which says Higher awareness of Blockchain increases willingness to support its use in Banking and government institutions.

Experience with cyberattacks and perceived effectiveness of AI in Cybersecurity

H0 (Null Hypothesis): People who have experiences cyberattacks do not perceive AI as more effective in Cybersecurity than those who have not

H1 (Alternative Hypothesis): People who have experienced cyberattacks perceive AI as more effective in Cybersecurity.

Variables used

Concern about AI replacing human security experts (Independent Variable)

Belief that Blockchain and AI will become necessary for cybersecurity (Dependent Variable).

Ranks				
11. Experience with cyberattacks or data breaches		N	Mean Rank	Sum of Ranks
5. Perceived effectiveness of AI in detecting and preventing cyber threats	Yes	34	38.87	1321.50
	No	46	41.71	1918.50
	Total	80		

Test Statistics[a]	
	5. Perceived effectiveness of AI in detecting and preventing cyber threats
Mann-Whitney U	726.500
Wilcoxon W	1321.500
Z	-.584
Asymp. Sig. (2-tailed)	.559
a. Grouping Variable: 11. Experience with cyberattacks or data breaches	

Interpretation

The Asymptotic Significance (2-Tailed) value **is 0.559,** Which is greater than the conventional significance threshold of 0.05. Since the P-Value is not significantly significant, we fail to reject the Null hypothesis. This means that individuals who have experienced cyberattacks do not perceive AI as a Significantly more effective in cybersecurity compared to those who have not, the results suggest that personal experience with cyber threats does not strongly influence perceptions of AI's effectiveness in Cybersecurity.

Findings of the Study

Awareness and Trust in AI-Blockchain Security

The study found a significant positive correlation between awareness of Blockchain and trust in AI-Blockchain systems) This means that individuals who have heard of Blockchain are more likely to trust AI-driven cybersecurity solutions.

Technical Knowledge and Trust in AI-Blockchain security:

The spearman correlation (P=0.015) suggests that people with higher technical knowledge about cybersecurity tend to trust AI-Blockchain Security systems more. This reveals that knowledge plays a role in shaping trust

Concern about AI Replacing Humans and AI-Blockchain Necessity by 2047:

There is a positive and Significant correlation between concern about AI Replacing human security experts and the belief that AI and Blockchain will be necessary for cybersecurity by 2047. This also indicates that as concern grows about AI replacing human roles, so does the belief that AI-Blockchain will be an essential cybersecurity tool.

Experience with Cyberattacks and Perceived AI Effectiveness:

Mann-Whitney U Test showed no significant difference in AI effectiveness perception between those who have and have not experiences cyberattacks. This means experiencing cyberattacks does not strongly influence how effective people think AI in cybersecurity.

Awareness of Blockchain and Support for its use in Banking and Government:

A significant positive correlation suggests that individuals with higher Blockchain awareness are more likely to support its use in Banking and Government institutions. This confirms that public knowledge plays a role in shaping attitudes towards blockchain adoption.

Suggestions

1.**Increase awareness and Education on Blockchain and AI Security:**

Since awareness is linked to higher trust, government agencies and private organizations should run awareness campaigns, workshops, and online courses to educate people about AI and Blockchain security Benefits.

2.Encourage Technical training for improved trust in AI-Blockchain solutions:

As technical knowledge influences trust, integrating AI and Blockchain topics into university curriculums and cybersecurity training programs can help professionals understand their importance.

3.Address Concerns about AI replacing Human experts:

Since concern about AI replacing humans is Linked to believing in AI-Blockchain security, organizations should position AI as an assistant to human security experts, not a replacement. Developing hybrid AI-human cybersecurity frameworks can help mitigate fears of complete automation.

4.Enhance AI Effectiveness in cyber security through public engagement:

Since prior experience with cyberattacks does not significantly impact trust in AI, conduction real-world AI Demonstrations in cybersecurity scenarios can help users see AI's effectiveness

5.Promote Blockchain adoption in Banking and Government with regulatory support:

Since awareness increase support, policymakers should introduce pilot projects showcasing Blockchain's benefits in data security. Governments should work on clear legal frameworks to promote the safe and ethical adoption of Blockchain in financial and public sectors.

Future scope of Study

future research can expand by analyzing AI-Blockchain adoption across different demographics, industries, and global regions to understand variations in perception and implementation. A Longitudinal study can track the real-world effectiveness of AI and Blockchain in cybersecurity over time. Further exploration is needed into their role beyond banking and government, such as in healthcare, supply chain security, and e-commerce. Additionally, ethical concerns, privacy risks, and regulatory challenges should be examined to ensure responsible adoption. Comparative studies between AI-Blockchain security and traditional cybersecurity methods can also provide insights into their efficiency, cost-effectiveness, and scalability. Addressing these areas will help shape the future of AI-Blockchain integration in cybersecurity.

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Table.1: The power of combining Blockchain and AI

	Mean	Median	Mode	Std. Deviation
Respondent awareness about Blockchain	1.89	2.00	1	.928
Respondent awareness about Artificial Intelligence (AI) in cybersecurity	1.60	1.00	1	.704
Level of concern about cyber threats such as hacking, data breaches, or identity theft	1.48	1.00	1	.763
Perceived security of Blockchain technology for protecting data	1.88	2.00	2	.736
Perceived effectiveness of AI in detecting and preventing cyber threats	1.86	2.00	2	.868
Trust in a security system that combines AI and Blockchain for personal data protection	1.81	2.00	2	.731
Perception of safety if banks, hospitals, or government agencies use Blockchain for data security	1.75	2.00	2	.755
Belief that AI-powered cybersecurity systems should replace human security experts in threat detection	2.24	2.00	1	1.204
Likelihood of supporting government and business investments in AI-Blockchain cybersecurity systems	2.03	2.00	1	1.125
Belief that Blockchain and AI will become necessary for cybersecurity by 2047	1.84	2.00	1	.834
Primary concerns regarding Blockchain and AI in cybersecurity	2.40	2.00	3	1.063

Agreement that AI and Blockchain together can reduce cybercrimes in the future	2.06	2.00	1	.985
Experience with cyberattacks or data breaches	1.58	2.00	2	.497
Demographic: Age of the respondent	2.55	2.00	2	1.005
Self-assessed level of technical knowledge about cybersecurity	2.24	2.00	2	.641

Empirical Analysis

Table.2: Respondent awareness about Blockchain

Sl.No	Responses	Frequency	Percent
1.	Strongly Agree	32	40.0
2.	Agree	30	37.5
3.	Neutral	15	18.8
4.	Disagree	1	1.3
5.	Strongly Disagree	2	2.5
Total		80	100.0

Table.3: Respondent awareness about Artificial Intelligence (AI) in cybersecurity

Sl No.	Responses	Frequency	Percent
1	Strongly Agree	41	51.3
2	Agree	31	38.8
3	Neutral	7	8.8
4	Disagree	1	1.3
Total		80	100.0

Table.4: Level of concern about cyber threats such as hacking, data breaches, or identity theft

Sl No.	Responses	Frequency	Percent
1	Very Concerned	53	66.3
2	Somewhat Concerned	18	22.5
3	Neutral	7	8.8
4	Not Very Concerned	2	2.5
	Total	80	100.0

Table.5: Perceived security of Blockchain technology for protecting data

Sl. No.	Responses	Frequency	Percent
1	Very Secure	26	32.5
2	Somewhat Secure	39	48.8
3	Neutral	14	17.5
4	Not Very Secure	1	1.3
	Total	80	100.0

Table.6: Perceived effectiveness of AI in detecting and preventing cyber threats

SL No.	Responses	Frequency	Percent
1	Very Effective	30	37.5
2	Somewhat Effective	36	45.0
3	Neutral	10	12.5
4	Not Very Effective	3	3.8
5	Not Effective at All	1	1.3
	Total	80	100.0

Table.7: Trust in a security system that combines AI and Blockchain for personal data protection

Sl No.	Responses	Frequency	Percent
1	Strongly Agree	28	35.0
2	Agree	41	51.3
3	Neutral	9	11.3
4	Disagree	2	2.5
	Total	80	100.0

Table.8: Perception of safety if banks, hospitals, or government agencies use Blockchain for data security.+

Sl No.	Responses	Frequency	Percent
1	Strongly Agree	33	41.3
2	Agree	36	45.0
3	Neutral	9	11.3
4	Disagree	2	2.5
	Total	80	100.0

Table.9:Belief that AI-powered cybersecurity systems should replace human security experts in threat detection

Sl No.	Response	Frequency	Percent
1	Strongly Agree	27	33.8
2	Agree	25	31.3
3	Neutral	15	18.8
4	Disagree	8	10.0
5	Strongly Disagree	5	6.3
	Total	80	100.0

Table.10: Likelihood of supporting government and business investments in AI-Blockchain cybersecurity systems

Sl No.	Responses	Frequency	Percent
1	Very Likely	31	38.8
2	Somewhat Likely	30	37.5
3	Neutral	9	11.3
4	Unlikely	6	7.5
5	Very Unlikely	4	5.0
	Total	80	100.0

Table.11: Belief that Blockchain and AI will become necessary for cybersecurity by 2047

Sl No.	Responses	Frequency	Percent
1	Strongly Agree	33	41.3
2	Agree	29	36.3
3	Neutral	16	20.0
4	Disagree	2	2.5
	Total	80	100.0

Table.12: Primary concerns regarding Blockchain and AI in cybersecurity

Sl No.	Responses	Frequency	Percent
1	Privacy Risks	19	23.8
2	High Costs	22	27.5
3	Misuse of AI	31	38.8
4	Difficulty in Understanding the Technology	4	5.0
5	No Concerns	4	5.0
Total		80	100.0

Table.13: Agreement that AI and Blockchain together can reduce cybercrimes in the future

Sl No.	Responses	Frequency	Percent
1	Strongly Agree	28	35.0
2	Agree	25	31.3
3	Neutral	23	28.8
4	Disagree	2	2.5
5	Strongly Disagree	2	2.5
	Total	80	100.0

Table.14: Experience with cyberattacks or data breaches

Sl No.	Responses	Frequency	Percent
1	Yes	34	42.5
2	No	46	57.5
Total		80	100.0

Table.15: Demographic Age of the respondent

Sl No.	Responses	Frequency	Percent
1	Under 18	1	1.3
2	18–25	57	71.3
3	26–35	5	6.3
4	36–50	11	13.8
5	51 and above	6	7.5
Total		80	100.0

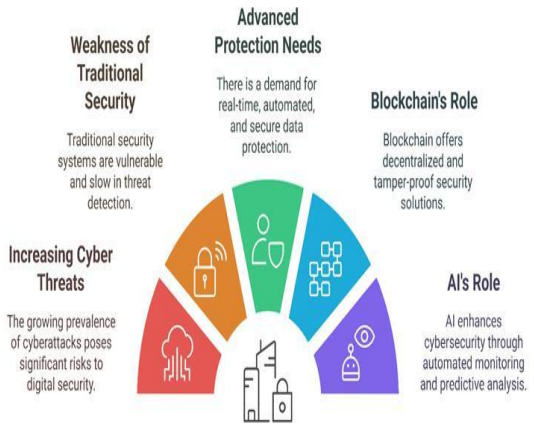

Figure.1: Statement of Problem

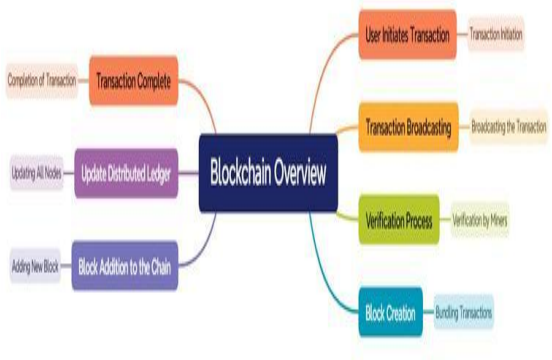

Figure.2: Blockchain – Overview

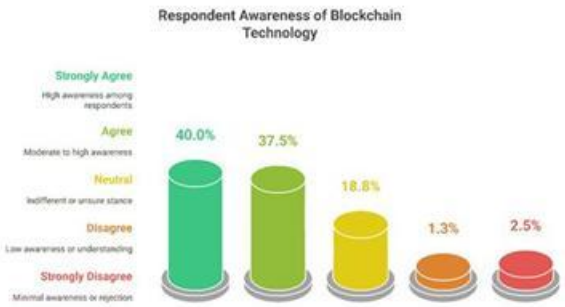

Figure.3:Respondent Awareness of blockchain Technology

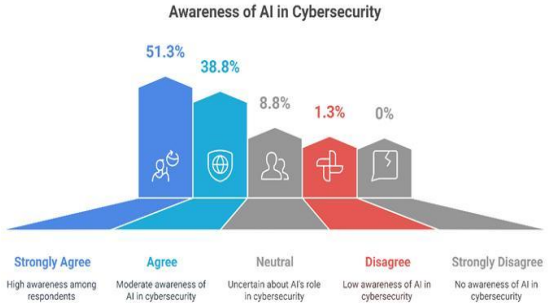

Figure.4: Awareness of AI in Cybersecurity

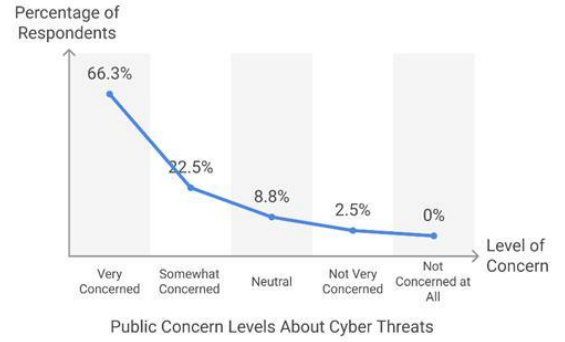

Figure.5:Public Concern Levels About Cyber Threats

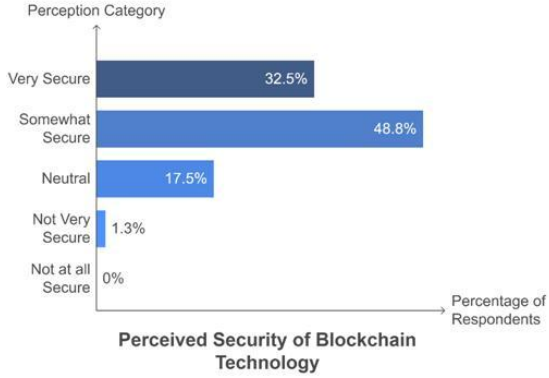

Figure.6: Perceived Security of Blockchain Technology

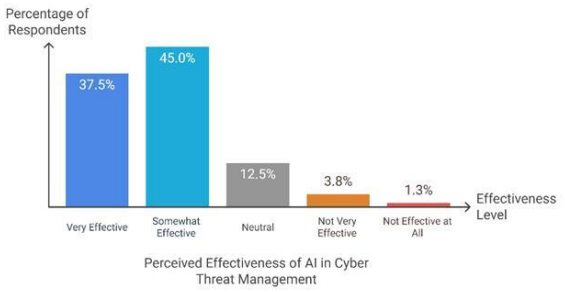

Figure.6:Perceived Effectiveness of AI in Cyber Threat Management

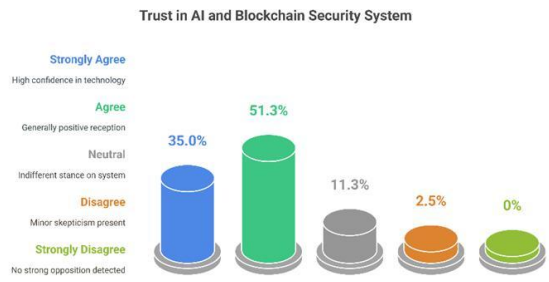

Figure.7:Trust in AI and Blockchain Security System

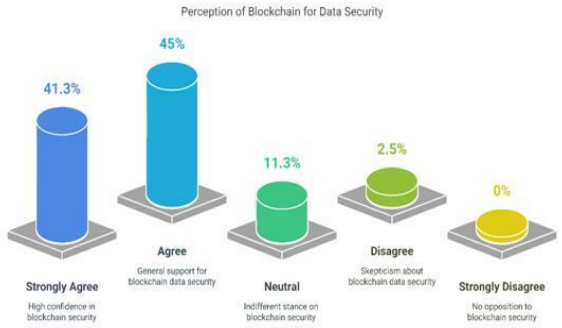

Figure.8: Perception of Blockchain for Data Security

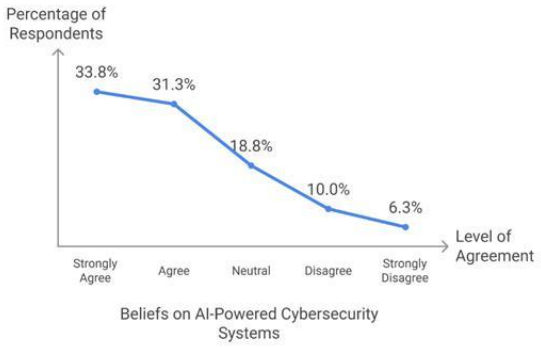

Figure.9:Beliefs on AI- Powered Cyber security Systems

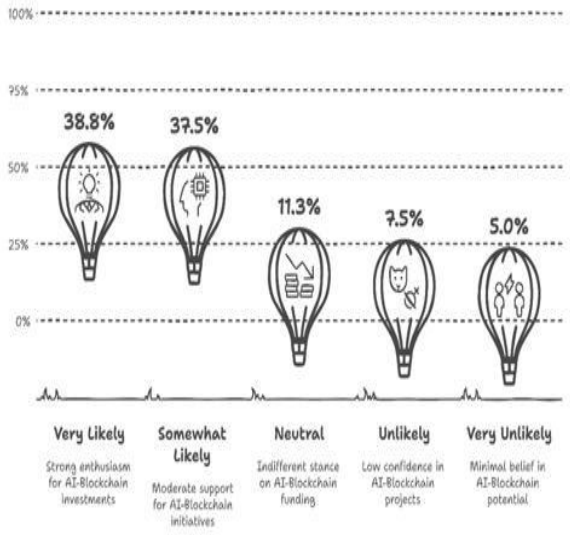

Figure.10:The majority of respondents

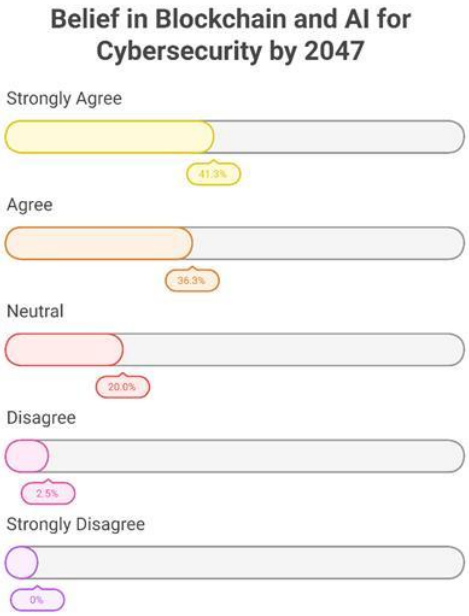

Figure.11: Belief in Blockchain and AI for Cybersecurity by 2047

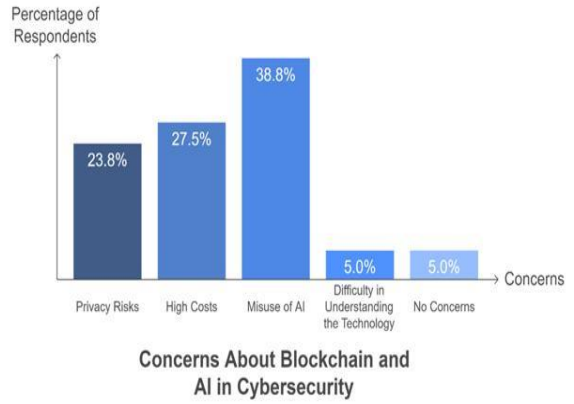

Figure.12: Concerns About Blockchain and AI in Cybersecurity

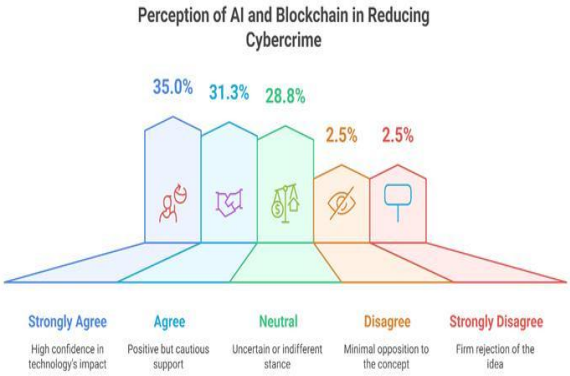

Figure.13: Perception of AI and Blockchain in Reducing Cybercrime

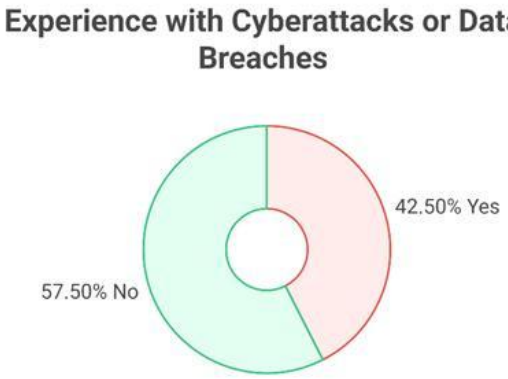

Figure.14:Experience with Cyberattacks or Data Breaches

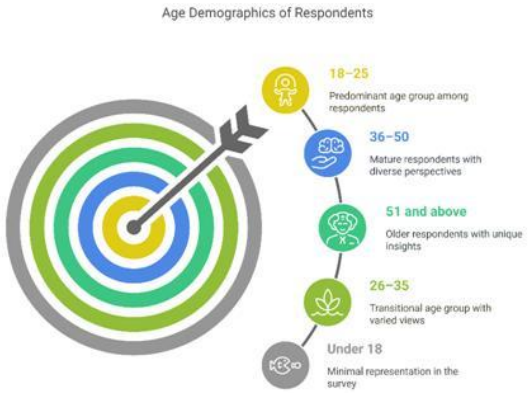

Figure.15:Age Demographics of Respondents

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Do Not Belong to the Past Dawns, But to the Noons of Future': Incorporating Sri Aurobindo's Insights to Minimize the Expansion of Shadow Education

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Received: 12 Dec 2024 Revised: 18 May 2025 Accepted: 20 Jun 2025

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ABSTRACT

This paper investigates the potential of integrating Sri Aurobindo's educational philosophy into mainstream classrooms as a strategy to counter the widespread issue of shadow education. The paper incorporates relevant literature to critically assess how Sri Aurobindo's pedagogical principles align with modern educational challenges. It explores the holistic, value-based, and student-centered approaches advocated by Aurobindo, highlighting their relevance in addressing the underlying causes of shadow education. The study examines how his emphasis on nurturing the intellectual, emotional, and spiritual aspects of students can foster a more inclusive, engaging, and effective classroom environment, potentially reducing the need for external tutoring. By focusing on integral education, which strives to balance academic learning with personal development, the paper suggests that integrating Aurobindo's ideas could offer a comprehensive solution to the growing reliance on private tuition. Ultimately, this research aims to contribute to the ongoing discourse on educational reform by demonstrating how the teachings of Sri Aurobindo can be applied to enhance classroom practices and reduce the expansion of shadow education.

Keywords: Shadow Education; Sri Aurobindo's Teaching; Classroom; Pedagogy; Holistic Development.

INTRODUCTION

Education has long been shaped by various philosophical ideologies. From John Dewey's advocacy for experiential learning to Maria Montessori's child-centric approach, and Rabindranath Tagore's emphasis on learning through freedom, each has contributed significantly to the evolution of education. Every philosophy has presented a unique lens to view the purpose and practice of teaching (Kaplan & Shi, 2023). In the Indian context, thinkers like Mahatma Gandhi and Rabindranath Tagore envisioned education as a means of fostering self-reliance and harmony with nature. Amidst these transformative philosophies, Sri Aurobindo stands out for his profound integration of spirituality, individuality, and forward-looking ideals in education. In today's rapidly evolving educational landscape, characterized by a rising dependence on shadow education, Aurobindo's principles offer a timeless relevance. Shadow education (supplementary private tutoring) has grown into a global phenomenon, often reflecting gaps in mainstream education systems (Bray, 2017; Punjabi, 2019; Bray, 2021; Bray & Zhang, 2022; Bray & Hajar, 2024). While other philosophies address aspects of pedagogy, Aurobindo's holistic approach uniquely combines intellectual, emotional, and spiritual dimensions of learning (Tyagi, 2017; Pal, 2019; Ingle, 2021; Mohanty, 2022; Kashyap, 2024; Sing, 2024). His emphasis on individualized education, self-realization, and the pursuit of higher knowledge offers a transformative pathway to address these gaps and reduce the reliance on private tutoring. Aurobindo believed that education should not merely be about imparting academic knowledge, but should foster all aspects of a person's growth, preparing them to contribute meaningfully to society (Rani, 2017; Bora & Sirswal, 2017; Mohanty, 2022; Kaur, 2024). This approach contrasts sharply with the mechanistic, exam-oriented focus that often characterizes formal education systems, especially in contexts where shadow education thrives. Additionally, Aurobindo's educational model promotes an inclusive approach to learning that does not rely on external tutoring or supplementary educational systems. Instead, it advocates for a learning environment that is supportive of all students, regardless of their socio-economic status, and where every individual is given the tools to succeed in a manner that nurtures their overall growth (Shirazi & Chaudhuri, 2011; Tyagi, 2017; Pal, 2019; Kaur, 2024). This is the opposite of the shadow education system, which often deepens divisions by creating educational hierarchies based on access to private resources. This paper seeks to explore the background and implications of shadow education, examining its role in reinforcing educational inequity. Additionally, it will provide an overview of Sri Aurobindo's educational philosophy, focusing on his ideas of holistic learning and the integral development of students. Finally, the paper will investigate the potential of Aurobindo's vision to provide an alternative to shadow education, offering a more equitable framework for addressing the educational needs of all students, regardless of their socio-economic background.

Background of Shadow Education

Shadow education has become an increasingly prevalent feature of education systems worldwide. It is typically defined as any form of private tutoring or supplementary educational services outside the formal school setting (Entrich, 2022; Suante & Bray, 2023). Although its roots can be traced back to ancient educational practices, shadow education in its modern form has gained particular prominence in East Asia, South Asia, and parts of Europe (Byun & Park, 2012; Bray, 2023). The driving forces behind this growth include perceived inadequacies in the formal education system, the desire for better academic performance, and the competitive nature of education in contemporary society (Dang & Rogers, 2008; Li, 2020; Bai, 2021). One of the most significant aspects of shadow education is its role in creating social

inequalities (Tan & Yung, 2019; Wang & Wang, 2021; Agrawal *et al*., 2024). The high costs of private tutoring and supplementary education often limit access to wealthier families, leaving disadvantaged students with fewer opportunities for academic support. This reinforces existing social and economic disparities, perpetuating a cycle of educational inequity (Javadi & Kazemirad, 2020; Bai, 2021; Agrawal *et al*., 2024). Shadow education also tends to focus narrowly on exam preparation and academic achievement, potentially neglecting other important aspects of personal development that contribute to a well-rounded education (Bray & Kwo, 2013; Gupta, 2021; Bae & Choi, 2023). The rise of shadow education has led to various discussions about its impact on both the formal education system and broader societal outcomes. Scholars have raised concerns about the effectiveness of shadow education in improving long-term educational outcomes and whether it truly offers a solution to systemic shortcomings in public education (Dang & Rogers, 2008; Li, 2020; Wang & Wang, 2021). Despite these concerns, many parents and students continue to view private tutoring as an essential tool for academic success.

Overview of Sri Aurobindo's Educational Philosophy

Sri Aurobindo, an Indian philosopher, poet, and nationalist, developed an educational philosophy that emphasized the integration of intellectual, emotional, and spiritual development (Pal, 2019; Mohanty, 2022; Das & Ray, 2024). His vision of education was grounded in the belief that education should not merely focus on academic achievement but should aim at the holistic development of the individual, including their physical, mental, emotional, and spiritual capacities (Tyagi, 2017; Ingle, 2021; Sing, 2024). Aurobindo's philosophy of education was deeply influenced by his spiritual and philosophical teachings. He believed that true education is an expression of the divine in each individual, and the purpose of education is to help manifest this divine potential (Rani, 2017; Kaur, 2024). His approach emphasized self-development and the cultivation of inner qualities such as self-awareness, creativity, and the ability to engage with the world in a meaningful and purposeful way (Mohanty, 2022; Das & ray, 2024). In contrast to the mechanistic and exam-focused approach prevalent in much of the modern education system, Aurobindo advocated for an education system that nurtured the whole person (Shirazi & Chaudhuri, 2011). Central to Aurobindo's educational philosophy is the concept of integral education. This form of education is characterized by a comprehensive approach that seeks to develop all aspects of a person's being intellectual, emotional, physical, and spiritual simultaneously. Aurobindo believed that the aim of education should be to help individuals realize their full potential and contribute meaningfully to society (Bora & Sirswal, 2011; Mohanty, 2022; Kaur, 2024). Unlike traditional education systems that prioritize cognitive and academic learning, Aurobindo's holistic model places equal importance on emotional and spiritual growth. Integral education, according to Aurobindo, is also closely connected to the idea of self-realization (Bora & Sirswal, 2011; Tyagi, 2017, Sing, 2024). In this view, education becomes a process of uncovering and fostering the latent spiritual potential of the child. This perspective challenges conventional approaches to education that focus primarily on the acquisition of knowledge. Instead, Aurobindo's approach encourages students to explore and connect with their inner selves, allowing them to live life with a sense of purpose and direction (Mohanty, 2022; Kashyap, 2024).

Link between Holistic Education and Equitable Learning

The link between holistic education and equitable learning is essential in understanding how Aurobindo's philosophy can be instrumental in reducing the spread of shadow education. Holistic education, as promoted by Aurobindo, stresses the importance of addressing the intellectual, emotional, physical, and spiritual needs of every child (Ingle, 2021; Sing, 2024; Kashyap, 2024). In contrast to the

narrow focus on academic performance in traditional schooling, holistic education seeks to provide a more inclusive and equitable learning experience that caters to the diverse needs and potentials of all students (Wang, 2023; Kaplan & Shi, 2023). Holistic education plays a significant role in promoting educational equity by ensuring that all children, regardless of their socio-economic background, have access to an education that nurtures their entire being (Mahmoudi *et al*., 2012; Kashyap, 2024). By focusing on the development of emotional intelligence, critical thinking skills, and spiritual awareness, holistic education seeks to prepare students for life beyond exams, thereby reducing the reliance on supplementary education such as shadow education, which often centers solely on test preparation (Antonopoulon, 2024). Equitable learning, on the other hand, involves ensuring that all students, irrespective of their social, economic, or cultural backgrounds, have the same opportunities for educational success (Mahmoudi *et al*., 2012; Sibbanda, 2023). This can be achieved by creating an inclusive environment that addresses the specific needs of marginalized groups, such as low-income families or students with disabilities. Holistic education fosters equity by offering a more personalized and supportive learning experience. Aurobindo's educational philosophy calls for a shift from a standardized, one-size-fits-all approach to one that celebrates diversity and recognizes the unique potential of each individual (Ingle, 2021; Mohanty, 2022; Sing, 2024). One of the primary challenges with shadow education is that it often reinforces existing inequities within the education system. Wealthier students have greater access to private tutoring, while students from lower socio-economic backgrounds are left without this additional support, further increasing the achievement gap (Tan & Yang, 2019; Wang & Wang, 2021; Lee *et al*., 2023; Agrawal *et al*., 2024). Holistic education, as advocated by Aurobindo, offers an alternative to this divide by focusing on the all-round development of each child, without privileging academic performance over other dimensions of growth (Bora & Sirswal, 2011; Rani, 2017; Mohanty, 2022; Das & Ray, 2024). By addressing the intellectual, emotional, and spiritual needs of students, holistic education can help level the playing field, ensuring that all children, regardless of their background, have the opportunity to reach their full potential (Mahmoudi *et al*., 2012; Wang, 2023; Antonopoulon, 2024). Moreover, Aurobindo's concept of integral education aligns with the goals of inclusive education, which seeks to provide equitable opportunities for all learners, including those with special educational needs or those from disadvantaged backgrounds (Shirazi & Chaudhuri, 2011; Tyagi, 2017; Pal, 2019). By recognizing the diverse ways in which children learn and grow, Aurobindo's educational philosophy emphasizes the importance of adapting teaching methods to suit the individual needs of students, thereby promoting a more inclusive and equitable educational environment (Rani, 2017; Mohanty, 2022; Kaur, 2024). In conclusion, the rise of shadow education has become a significant issue in many education systems, contributing to the widening gap between those who can afford private tutoring and those who cannot. This trend undermines the principles of equity and fairness in education, as it often favors wealthier families and exacerbates social inequalities. Sri Aurobindo's educational philosophy, with its emphasis on holistic and integral education, offers a potential solution to this problem. By focusing on the all-round development of the child intellectually, emotionally, and spiritually holistic education fosters a more equitable learning environment. In this way, Aurobindo's philosophy can help reduce the need for shadow education by offering a more comprehensive and inclusive approach to learning that nurtures the potential of every student, regardless of their socio-economic background.

Literature Review

Shadow Education: Causes, Consequences, and Trends

Shadow education, often referred to as private supplementary tutoring, has become a significant aspect of the educational landscape across the globe. It generally involves additional academic tutoring outside the

formal school system, commonly in subjects like mathematics, language, and science (Bray, 2010; Holloway & Kirby, 2019; Entrich, 2020; Bray, 2021). The causes of shadow education are multifaceted, involving both systemic and socio-economic factors (Dang & Rogers, 2008; Li, 2020; Chimbunde & Jakachira, 2024; Agrawal *et al*., 2024). For instance, in countries with high-stakes examinations, parents often seek supplementary tutoring to enhance their children's academic performance (Bray & Kwo, 2013; Gupta, 2021; Alam & Zhu, 2022). The rise of standardized testing, coupled with the competitive nature of academic achievement, increases the demand for private tutoring (Bray, 2013; Li, 2020; Bai, 2021). Additionally, socio-economic pressures and inequality play a pivotal role, as wealthier families have greater access to supplementary educational resources, leading to disparities in educational outcomes (Da Wan & Weerasena, 2017; Stastny, 2021; Agrawal *et al*., 2024). The consequences of shadow education are both positive and negative. On the one hand, it can provide targeted support for students struggling with academic content, contributing to improved academic performance (Xiang, 2021; Bar & Guha, 2023). On the other hand, it fosters an overemphasis on rote memorization, potentially stifling critical thinking and creativity (Da Wan & Weerasena, 2017; Liu & Sammons, 2021). The proliferation of shadow education also increases educational inequality, as it is often more accessible to children from wealthier families, thereby widening the achievement gap (Wang & Wang, 2021; Lee *et al*., 2023; Agrawal *et al*., 2024). Moreover, shadow education can lead to increased academic pressure and stress among students, resulting in negative psychological and emotional effects (Punjabi, 2019; Jokila *et al*., 2020; Benckwitz *et al*., 2022). In terms of trends, shadow education has witnessed a steady growth in recent decades, particularly in East Asia and South Asia. According to Bray (2021), the expansion of shadow education is directly tied to global educational reforms, such as the introduction of international assessments like PISA. These assessments emphasize competition and ranking, which motivates both parents and students to invest in private tutoring to gain an edge in the academic race (Punjabi, 2019; Hajar, 2024). As a result, shadow education is increasingly seen as a necessary supplement to formal education, reinforcing the notion that academic success can be "bought."

Sri Aurobindo's Pedagogical Principles

Sri Aurobindo, a renowned philosopher and educator, proposed a transformative approach to education known as Integral Education. Unlike the traditional education system that focuses primarily on intellectual development, Integral Education emphasizes the development of the whole being: the physical, mental, emotional, and spiritual aspects of a student (Tyagi, 2017; Pal, 2019; Kashyap, 2024). Aurobindo believed that education should cater to the inner development of a person, fostering not only knowledge but also the spirit, the will, and the emotions. This holistic perspective contrasts sharply with the narrow focus of conventional schooling, which often prioritizes cognitive abilities over emotional or spiritual growth (Das & Ray, 2024; Kashyap, 2024). One key component of Sri Aurobindo's educational philosophy is self-learning. He believed that the natural ability to learn is inherent in every individual, and education should primarily facilitate the student's inner awakening rather than impose knowledge from outside (Bora & Sirswal, 2011; Mohanty, 2022; Kaur, 2024). In this regard, teachers are seen as guides rather than traditional instructors. The role of the teacher is to create an environment that encourages self-discovery and learning, enabling students to explore their potential and develop their unique capacities (Rani, 2017; Pal, 2019; Shirazi & Chaudhuri, 2011). Another integral aspect of Aurobindo's philosophy is spirituality in education. Aurobindo emphasized that education should not be limited to materialistic goals but should aim at cultivating higher spiritual awareness; guiding students towards self-realization and the discovery of their inner purpose (Bora & Sirswal, 2011; Das & Ray, 2024). Spirituality in education, according to Aurobindo, transcends religious dogma and encourages students

to connect with the universal truth within them, leading to a deeper understanding of life's purpose (Tyagi, 2017; Mohanty, 2022). This contrasts with the secular, often mechanistic approach of conventional education, which may overlook the importance of the spiritual dimension of human existence.

Comparative Analysis of Conventional Education versus Shadow Education

The comparison between conventional education and shadow education highlights a number of critical distinctions in terms of pedagogy, goals, and outcomes. Conventional education typically follows a structured, standardized curriculum dictated by national or local education authorities. It is designed to meet the educational needs of a large group of students and focuses on preparing them for future careers, social responsibilities, and participation in civic life (Wang, 2022; Kaplan & Shi, 2023). However, the one-size-fits-all nature of conventional education often fails to address the individual learning needs and paces of students, which is where shadow education comes into play. Shadow education, by its very nature, offers personalized learning tailored to the specific needs and weaknesses of students. It provides one-on-one attention, which is often lacking in traditional classrooms with large student-to-teacher ratios (Davies & Aurini, 2006; Bray & Kwo, 2013; Gupta, 2021; Alam & Zhu, 2022). This individualized attention allows students to focus on areas where they may be struggling and to advance at their own pace, something that the standardized pace of conventional education cannot always accommodate. Consequently, students who attend shadow education programs often experience immediate academic improvements; particularly in subjects they find difficult (Ye, 2018; Holloway & Kirby, 2019; Yung & Wong, 2024). Despite the benefits of shadow education, its emphasis on academic performance through rote learning can be detrimental in the long run. Conventional education, on the other hand, provides a more well-rounded education, encouraging critical thinking, creativity, and social skills (Wang, 2022). Conventional schools also tend to offer a broader curriculum, including arts, physical education, and civic education, which are typically absent from shadow education (Bray, 2021). Furthermore, conventional education encourages social interaction and teamwork, which are vital for personal and social development. Shadow education, in contrast, often focuses on individual achievement, which can contribute to a competitive and isolating learning environment (Baker *et al*., 2001; Zhang, 2022; Liang *et al*., 2022). In conclusion, while shadow education may offer academic advantages in the short term, it does so at the cost of fostering a holistic educational experience. The focus on individualized, test-oriented learning in shadow education contrasts sharply with the more comprehensive, inclusive nature of conventional education, which aims to nurture both intellectual and emotional growth. The pedagogical principles of Sri Aurobindo, which emphasize holistic, self-directed learning and spiritual development, offer a valuable alternative to the limitations of both conventional education and shadow education.

Objectives

1. To analyze Sri Aurobindo's educational principles and their relevance to contemporary classrooms.
2. To evaluate the impact of Sri Aurobindo's teaching philosophy on reducing dependence on shadow education.
3. To propose actionable insights for embedding Sri Aurobindo's teachings in modern pedagogical practices.

Research Questions

1. How can Sri Aurobindo's principles of holistic education address the root causes of shadow education?
2. What specific aspects of Sri Aurobindo's teaching methods are adaptable to current classroom settings?
3. Can the adoption of Aurobindo's pedagogical framework reduce academic inequalities exacerbated by shadow education?

Findings

RQ1: How can Sri Aurobindo's principles of holistic education address the root causes of shadow education?

Sri Aurobindo's principles of holistic education, which focus on the integration of physical, mental, emotional, and spiritual development, offer a comprehensive approach to address the root causes of shadow education. Aurobindo's philosophy emphasizes the development of the whole individual, encouraging creativity, critical thinking, and self-awareness qualities that directly counter the over-reliance on rote memorization and repetitive learning that characterize shadow education. On the basis of

literature review, the principles of Sri Aurobindo for holistic education are outlined as follows:

- **A Focus on Individual Growth and Development:** Sri Aurobindo's approach to education stresses the development of the individual's inner potential, rather than solely focusing on academic performance or examinations. He believed that education should cater to the holistic growth of a person, addressing their physical, emotional, intellectual, and spiritual aspects (Mohanty, 2022). In contrast, shadow education often focuses narrowly on exam preparation, reinforcing a rigid, standardized approach to learning. By embracing Aurobindo's principles, education systems can promote self-directed learning and creativity, thus reducing the need for additional, exam-focused tutoring (Pal, 2019: Das & Ray, 2024).
- **Emphasis on Self-Discovery and Intellectual Autonomy:** Aurobindo proposed that education should help individuals discover their true selves and cultivate intellectual autonomy (Shirazi & Choudhury, 2011). This principle directly challenges the dependency on shadow education, where students often rely on tutors to guide them through rote learning and exam strategies (Tyagi, 2017; Kaur, 2024). By fostering an environment that values inquiry, problem-solving, and independent thinking, Aurobindo's holistic educational model reduces the need for supplemental instruction outside the classroom.
- **Integration of Life Skills with Academic Knowledge:** Aurobindo advocated for the integration of life skills and values with academic subjects, ensuring that education prepares students for the challenges of real life rather than just academic tests (Ingle, 2021; Sing, 2024). Shadow education often emerges from the perceived lack of real-world application in formal education, leading parents and students to seek out additional resources. Aurobindo's holistic approach equips students with practical knowledge and emotional intelligence, thus reducing the focus on exam-centric learning and the demand for supplementary tutoring.
- **Creating a Supportive Learning Environment:** According to Aurobindo, the teacher's role is to act as a guide, not merely as a transmitter of information. His philosophy underscores the importance of creating a learning environment that fosters curiosity, trust, and mutual respect (Bora & Sirswal, 2011; Kashyap, 2024). In contrast, shadow education often lacks the personal connection between the teacher and student, relying heavily on transactional tutoring. By establishing a nurturing educational

environment, where students feel supported and motivated to learn, Aurobindo's model directly addresses the isolation and pressure created by shadow education systems.

- **Holistic Development and Reduced Pressure:** Aurobindo's education philosophy de-emphasizes the importance of examinations and grades as the ultimate measures of success (Rani, 2017; Mohanty, 2022). In many educational systems, the pressure to perform in exams drives the demand for shadow education. Aurobindo's holistic education fosters a sense of self-worth that is not tied to academic scores alone, thereby alleviating the stress that often pushes students and parents toward private tutoring as a means to improve performance.

Sri Aurobindo's principles of holistic education offer a compelling framework to address the root causes of shadow education. By shifting the focus from exam-oriented learning to a more balanced and student-centered approach, Aurobindo's philosophy promotes intellectual independence, emotional well-being, and the integration of life skills, which collectively work to reduce the reliance on shadow education systems.

RQ2: What specific aspects of Sri Aurobindo's teaching methods are adaptable to current classroom settings?

Sri Aurobindo's ideas transcend mere academic instruction, focusing on the intellectual, emotional, physical, and spiritual dimensions of human development. This research aims to explore how his unique pedagogical approaches can be adapted to contemporary educational environments. While modern education systems prioritize standardized testing, curriculum adherence, and measurable outcomes, Aurobindo's educational philosophy offers a profound counter-narrative focused on self-realization, creativity, and individual growth. The key aspects of Sri Aurobindo's teaching methods that can be implemented in classroom setting are written as follows:

- **Integral Education (Holistic Development):** One of Sri Aurobindo's core concepts in education is Integral Education, which emphasizes the development of all aspects of an individual physical, intellectual, emotional, and spiritual. In contrast to traditional educational approaches that prioritize cognitive development and subject-based learning, integral education seeks to nurture the whole person (Tyagi, 2017; Pal, 2019). Aurobindo believed that education should aim at transforming students into complete human beings, which requires more than mere acquisition of knowledge. It involves fostering self-awareness, emotional intelligence, ethical consciousness, and spiritual growth (Das & Ray, 2024). In contemporary classrooms, especially those grappling with challenges like mental health concerns and the erosion of empathy, Aurobindo's emphasis on the emotional and spiritual aspects of education is highly adaptable. Schools today are beginning to recognize the importance of emotional and social learning in shaping well-rounded individuals (Antonopoulon, 2024). By integrating Aurobindo's approach, educators can provide more opportunities for students to connect with their inner selves and learn to manage their emotions, fostering resilience and empathy in the process.
- **Student-Centered Learning (Freedom and Responsibility):** Sri Aurobindo advocated for a student-centered approach, which places the learner at the heart of the educational process. In his vision, education should not be a process of merely imparting knowledge from teacher to student; rather, it should allow the student to actively engage with their learning process, to seek answers, and to cultivate self-discipline (Ingle, 2021; Sing, 2024). This perspective aligns closely with current progressive education models that emphasize constructivism, where learning is seen as an active, participatory process (Wang, 2023). By encouraging freedom and self-expression, Aurobindo's methods encourage learners to take ownership of their learning journey. In modern classrooms, this could mean adopting

teaching strategies that give students more control over their learning, such as project-based learning, inquiry-based learning, and flipped classrooms (Tan *et al*., 2015; Kwon *et al*., 2015; Tsiplakides, 2018). These strategies not only motivate students but also help them develop a sense of responsibility for their learning outcomes, which is a crucial skill in the 21st century.

- **The Role of the Teacher as a Guide:** Aurobindo emphasized that the role of the teacher should not be that of an authoritarian figure dispensing knowledge, but rather as a guide or mentor who inspires and facilitates learning. He believed that the teacher should act as a spiritual and moral influence, helping students uncover their innate potential (Pal, 2019; Mohanty, 2022, Kaur, 2024). In today's context, where teachers are often expected to manage large classrooms and meet curricular deadlines, Aurobindo's ideal of a mentor-learner relationship can still be adapted. Teachers can serve as role models, guiding students not only in their academic pursuits but also in their ethical and emotional growth (Tyagi, 2017; Das & Ray, 2024). Educators can implement personalized learning strategies, offering one-on-one support and mentorship, which would foster a more nurturing environment conducive to holistic development.
- **The Importance of Creativity and Imagination:** Sri Aurobindo placed great importance on creativity and imagination as integral components of learning. He argued that education should encourage students to think outside the box, develop innovative problem-solving skills, and engage their imaginations in exploring the world around them (Bora & Sirswal, 2011). Creativity, according to Aurobindo, is essential not only for academic success but also for personal growth and spiritual development. In the context of modern education, this approach aligns with the push toward STEAM (Science, Technology, Engineering, Arts, and Mathematics) education, which emphasizes the importance of creativity in subjects traditionally perceived as rigid or technical (Beers, 2011). Aurobindo's focus on creativity can be incorporated into the curriculum through activities that foster critical thinking, problem-solving, and innovation—tools that are increasingly necessary in the fast-evolving digital age.
- **A Spiritual Foundation to Education** One of the most distinctive aspects of Aurobindo's educational philosophy is the spiritual dimension. He believed that education should be a means of discovering the higher self and that true education goes beyond acquiring knowledge, it should lead to self-realization and enlightenment (Ingle, 2021). While this may seem incompatible with secular education systems, Aurobindo's notion of spirituality is not confined to religious teachings but rather focuses on the development of inner peace, self-discipline, and moral integrity. In contemporary classrooms, this can be adapted by fostering an environment where students are encouraged to engage in mindfulness practices, reflective journaling, and discussions on ethics and values. As global issues such as climate change and inequality bring about significant emotional and social challenges, students' awareness of their global interconnectedness can lead to more compassionate and informed individuals (Antonopoulon, 2024). Many schools have already begun incorporating mindfulness programs, which are linked to improved emotional regulation and academic performance (Zenner *et al*., 2014).
- **The Power of Silence and Contemplation:** Aurobindo emphasized the significance of silence and contemplation in education. He believed that a quiet mind is essential for deep thinking, self-awareness, and spiritual growth. In a world that is increasingly fast-paced and dominated by distractions, the practice of reflection and silence becomes even more crucial (Rani, 2017; Tyagi, 2017; Mohanty, 2022). In modern education, the principle of silence and contemplation can be adapted through structured time for self-reflection and mindfulness activities, which can help students, develop a sense of inner peace and focus (Bray, 2021; Bray & Zhang, 2022; Bar & Guha, 2023). Incorporating silent periods for personal

reflection or group discussions after lessons could enhance learning by allowing students to internalize and process what they have learned.

- **Educational Inclusivity:** Aurobindo's philosophy also stressed the importance of inclusivity in education. He believed that education should be accessible to all, regardless of social, economic, or cultural background (Rani, 2017; Pal, 2019; Ingle, 2021). This inclusive approach aligns with contemporary educational movements advocating for equity in education and the removal of barriers to learning, especially for marginalized groups. Schools today can adapt this aspect of Aurobindo's teaching by implementing practices such as differentiated instruction, universal design for learning (UDL), and culturally responsive teaching, ensuring that every student, regardless of their background, has the opportunity to thrive.

Sri Aurobindo's educational philosophy offers numerous valuable insights for contemporary classrooms. His vision of integral education, which nurtures not just the intellect but the heart, mind, and spirit, remains highly relevant in today's increasingly complex and interconnected world. By embracing key aspects of his teaching methods such as student-centered learning, creativity, the role of the teacher as a guide, the spiritual foundation of education, and inclusivity, educators can foster environments that are not only academically enriching but also nurturing of the whole child. In doing so, they can prepare students not only to succeed academically but also to become compassionate, creative, and self-aware individuals capable of meeting the challenges of the future.

RQ3: Can the adoption of Aurobindo's pedagogical framework reduce academic inequalities exacerbated by shadow education?

The issue of academic inequality has become a critical concern in global education systems, especially with the rise of shadow education that supplements regular schooling. Shadow education often increases educational disparities by providing additional resources to students from wealthier backgrounds, leaving less affluent students at a disadvantage. This phenomenon can lead to unequal access to quality education, reducing the potential for equitable learning outcomes. In this context, the question arises: Can the adoption of Aurobindo's pedagogical framework reduce academic inequalities exacerbated by shadow education?

Aurobindo's Pedagogical Framework

Sri Aurobindo's educational philosophy and framework emphasize holistic development, integral education, and a balance between intellectual, emotional, and spiritual growth. His approach to education goes beyond rote memorization and exam-focused learning, offering a vision that nurtures the entire being of a child. Aurobindo's educational theory, often referred to as "Integral Education," stresses the importance of self-discovery, creativity, and the development of individual potential within a cooperative learning environment. According to Aurobindo, education should focus on liberating the mind, body, and soul, which is crucial for developing not only academic competence but also emotional intelligence and ethical values (Shirazi & Choudhury, 2011; Tyagi, 2017; Pal, 2019). Aurobindo's concept of education involves deep engagement with the child's inner self and the encouragement of a more experiential, intuitive learning process. He emphasized the importance of values such as discipline, character, and moral development, which contrasts sharply with the competitive, outcome-driven model of education that often drives shadow education systems.

Shadow Education and Academic Inequalities

Shadow education, or the practice of taking private tuition outside of regular school hours, has been growing rapidly across the world, particularly in countries like India, where the competitive academic environment often places pressure on students. This supplementary form of education often increases existing academic inequalities. It primarily benefits students from affluent families who can afford the additional costs associated with private tutoring. As a result, students from lower socio-economic backgrounds are left at a disadvantage, widening the academic achievement gap (Davies & Aurini, 2006; Zhang, 2021; Bray, 2021; Jokila *et al*., 2022). The rise of shadow education has led to an intensified focus on examinations, academic performance, and the accumulation of knowledge that is primarily tested in standardized formats. This form of education tends to favor students who are already academically capable and have access to resources, while those who lack resources often struggle to keep up. In many cases, the overemphasis on academic outcomes rather than the overall development of the student leads to a fragmented educational experience, which can stifle creativity, critical thinking, and social-emotional learning (Entrich, 2020; Li, 2020; Zhang, 2021; Bai, 2021). Thus, the question of whether Aurobindo's pedagogical framework could reduce these academic inequalities gains significance. Given Aurobindo's emphasis on integral education that fosters intellectual, emotional, and spiritual development, it is worth exploring whether his framework offers an alternative to the narrow, exam-centric focus of shadow education.

The Role of Aurobindo's Pedagogy in Addressing Academic Inequalities

Aurobindo's pedagogical framework offers several key strategies that could help reduce academic inequalities exacerbated by shadow education. One of the core principles of Aurobindo's approach is to foster an education system that is accessible, inclusive, and focused on the development of the whole child, regardless of their socio-economic background. His emphasis on inner growth, creativity, and the development of self-awareness could help create an educational environment that is not solely focused on academic performance but on cultivating the child's overall potential.

- **Emphasis on Holistic Learning*:*** Aurobindo's philosophy of education prioritizes the holistic development of students, which includes cognitive, emotional, and spiritual aspects (Pal, 2019; Mohanty, 2022). This approach contrasts with the academic inequalities perpetuated by shadow education, which tends to emphasize test scores and academic outcomes at the expense of emotional and personal growth. By integrating more holistic approaches into the education system, Aurobindo's framework can help shift the focus away from pure academic performance and encourage schools to foster environments that cater to the development of the entire child (Shirazi & Choudhury, 2011; Rani, 2017). For example, incorporating Aurobindo's concept of integral education into the curriculum could reduce the competitive pressures that often lead students from privileged backgrounds to seek additional tutoring. Instead of focusing solely on academic success, schools would emphasize the development of creativity, emotional intelligence, and critical thinking skills, which could potentially lessen the need for supplementary private tutoring and the inequalities it generates (Tyagi, 2017; Ingle, 2021; Kaur, 2024).
- **Inclusivity and Equal Access to Education:** Aurobindo's pedagogical approach also stresses the importance of inclusivity. In his vision, education should be available to all children, regardless of their socio-economic status. This could be a direct countermeasure to the inequality perpetuated by shadow education (Dang & Rogers, 2008; Li, 2020). By focusing on equal access to quality education and addressing the specific needs of each child, Aurobindo's framework could reduce the disparities between those who can afford private tutoring and those who cannot. For instance, his pedagogical

model encourages a flexible curriculum that adapts to individual learning styles, which could be particularly beneficial in diverse classrooms. Instead of a one-size-fits-all approach to education, students would be supported according to their personal strengths and weaknesses, helping to bridge the gap between students from different backgrounds. This individualized attention could reduce the academic achievement gap caused by external private tutoring and ensure that every child receives a meaningful education (Shirazi & Choudhury, 2011; Pal, 2019; Das & Ray, 2024).

- **Promoting Critical Thinking and Self-Discovery:** Aurobindo's educational philosophy encourages students to think critically and engage with knowledge in a meaningful way, rather than simply memorizing facts for exams (Ingle, 2021; Sing, 2024; Kaur, 2024). This emphasis on critical thinking and self-discovery contrasts with the rote learning approach that often dominates both traditional education systems and shadow education. When students are encouraged to question, explore, and reflect on their learning, they are more likely to develop a deeper understanding of the material, reducing the reliance on private tutoring as a means of academic success. Shadow education often reinforces a passive learning model, where students absorb information without actively engaging with it. By shifting the focus of education toward active learning, critical thinking, and self-guided exploration, Aurobindo's pedagogical model could potentially reduce the need for shadow education, thereby alleviating the academic inequalities it creates.

The adoption of Aurobindo's pedagogical framework presents a promising approach to reducing academic inequalities created by shadow education. By emphasizing holistic development, inclusivity, critical thinking, and individualized learning, Aurobindo's philosophy offers a more equitable and meaningful alternative to the competitive, exam-focused nature of shadow education. Implementing Aurobindo's principles in schools could create an environment where every student, regardless of their socio-economic background, has the opportunity to thrive. This would not only reduce the reliance on supplementary tutoring but also foster a more inclusive and just educational system that nurtures the full potential of every child.

Recommendations

The integration of Sri Aurobindo's educational philosophy into modern classrooms can provide significant solutions to the issue of shadow education. His teachings emphasize the development of the whole child, promoting a balanced approach to cognitive, emotional, and spiritual growth. Several key recommendations for implementing his approach within the education system are outlined below:

- **Curriculum Modifications Inspired by Sri Aurobindo**: Sri Aurobindo's vision of education advocates for a curriculum that is not merely focused on academic achievement but on the holistic development of the child (Ingle, 2021). To reduce the expansion of shadow education, it is vital that curricula be modified to include not just intellectual knowledge, but also moral, aesthetic, and spiritual learning. Aurobindo believed in "integral education," where the curriculum caters to the physical, mental, emotional, and spiritual aspects of a child's growth (Pal, 2019; Mohanty, 2022). The integration of real-life examples, experiential learning, and an emphasis on creativity and problem-solving can ensure that students develop critical thinking skills. Additionally, subjects like arts, music, and ethics should be given as much importance as traditional academic subjects, reflecting Aurobindo's emphasis on nurturing the inner life of students (Bora & sirswal, 2011; Rani, 2017; Das & ray, 2024). To implement these modifications, schools must move beyond rote memorization and encourage a deeper understanding of concepts through discussions, projects, and hands-on activities. For instance, science can be taught not just as a collection of facts, but as a journey of discovery, where students engage with nature and experiment with concepts in real-world settings. By adopting a more flexible, student-

centered approach, the education system can create an environment where the focus is on developing the child as a whole, reducing the need for supplementary shadow education (Kam, 2017; Dhall, 2023; Loi *et al*., 2024).

- **Teacher Training to Incorporate His Methods**: Teachers play a crucial role in translating the educational philosophy of Sri Aurobindo into practical classroom strategies. Professional development programs should be designed to train teachers in Aurobindo's educational methods, emphasizing the importance of emotional intelligence, spiritual guidance, and the cultivation of character alongside intellectual development. Teacher training should not only focus on subject knowledge but also on fostering a deep understanding of each student's unique needs, temperaments, and capacities (Mikkkelsen & Gravesen, 2011; Punjabi, 2019; Subedi, 2019; Yu & Zhang, 2023). Aurobindo's approach stresses the importance of a teacher-student relationship based on trust and mutual respect. Teachers should be trained to recognize the individual potential of each student and to facilitate learning in a way that nurtures their intellectual and emotional development. Furthermore, teachers should be taught how to guide students towards self-reflection and self-improvement, thereby promoting self-reliance in the learning process (Dhall, 2023; Bray, 2021; Loi *et al*., 2024). Through such training, teachers can better understand how to create a balanced and harmonious learning environment, which is less dependent on after-school tutoring and more rooted in the development of the child's natural potential.
- **Policies to Promote Holistic Education Practices**: For Sri Aurobindo's philosophy to be effectively integrated into the education system, policies must be enacted to support holistic educational practices. Governments and educational authorities should prioritize the implementation of educational reforms that foster intellectual, physical, emotional, and spiritual growth. This can be achieved by revising national and regional curricula to include Aurobindo's ideas on integral education. Furthermore, educational policies should incentivize schools to adopt methodologies that focus on the total development of the child, incorporating project-based learning, cooperative activities, and opportunities for self-directed learning (Tan *et al*., 2015; Kwon *et al*., 2015; Tsiplakides, 2018). Policy initiatives should also support the development of teacher training programs that incorporate Aurobindo's philosophy of education. This may include offering financial support to institutions that provide training in holistic education techniques and creating partnerships between teacher training colleges and schools to ensure that educators are consistently equipped with modern pedagogical tools. Additionally, educational policy must encourage a shift from examination-centric practices towards a more balanced assessment system that includes formative evaluations, self-assessments, and peer reviews (Bray, 2013; Stastny, 2021; Bray & Zhang, 2022; Hajar, 2024). In conclusion, the integration of Sri Aurobindo's educational philosophy requires comprehensive changes to curriculum design, teacher training, and educational policies. By focusing on holistic development and fostering environments where intellectual and emotional growth is nurtured simultaneously, schools can provide an education that goes beyond academic success, reducing the need for shadow education. A policy framework that encourages these practices will ultimately help in creating an education system that is more inclusive, equitable, and capable of addressing the diverse needs of students in the modern world.

DISCUSSION

Aurobindo's emphasis on self-realization and inner growth supports the development of core academic skills like literacy and numeracy by fostering a deeper connection between the learner and their learning process. His principles, which include a focus on integral education, align with the goals of foundational

literacy and numeracy by stressing the importance of understanding and applying knowledge in real-life contexts, which is crucial for literacy and numeracy acquisition (Pal, 2019; Mohanty, 2022). In particular, his views on self-expression, creativity, and individualized learning allow students to engage actively with their learning materials, enhancing both their academic abilities and their personal development, which are essential for the early stages of education. One of the practical strategies to integrate Sri Aurobindo's teachings into classroom practice is project-based learning (PBL). Project-based learning provides an experiential and interactive method of teaching that aligns well with Aurobindo's vision of education. In PBL, students work on projects that are meaningful and relevant to their lives, which help foster an understanding of both literacy and numeracy in real-world contexts. Aurobindo's educational principles emphasize learning through experience and active engagement, making PBL an effective way to integrate these ideals. For example, a project on "measuring the classroom space" could engage students in numeracy skills while also encouraging collaboration and communication. Aurobindo believed that students should learn through interaction with their environment, which PBL facilitates by encouraging critical thinking and problem-solving skills (Tyagi, 2017; Kaur, 2024; Das & Ray, 2024). Another practical strategy for integrating Sri Aurobindo's principles into the classroom is the use of self-reflection activities. Aurobindo stressed the importance of self-awareness and the cultivation of inner discipline, which can be fostered through reflective practices. For example, allowing students to maintain a reflective journal where they express their understanding of the lessons or their thoughts on personal growth helps them connect with their learning on a deeper level. This practice encourages students to look within and assess their progress, fostering a sense of ownership and responsibility in their learning.

Self-reflection activities also nurture emotional intelligence and critical thinking, both of which are essential for a well-rounded education and support the development of character development (Bora & Sirswal, 2011;Rani, 2017; Mohanty, 2022). Value-based education, another cornerstone of Aurobindo's philosophy, plays a crucial role in reducing the reliance on private tutoring and shadow education. By focusing on values such as respect, empathy, discipline, and integrity, Aurobindo's educational approach helps develop well-rounded individuals who are not only academically proficient but also morally responsible. This value-based education approach reduces the need for external tutoring by encouraging students to engage deeply with their studies and the learning process. In value-based education, the teacher-student relationship is central, as it promotes a caring and supportive environment that fosters intrinsic motivation for learning. As students become more self-motivated and confident in their abilities, the reliance on private tutoring or shadow education, often seen as a result of external pressures, decreases. Furthermore, when students are taught values like self-discipline and perseverance, they are more likely to persist in their studies without the need for supplementary tutoring (Shirazi & Chaudhuri, 2011; Rani, 2017; Pal, 2019). Moreover, Sri Aurobindo's emphasis on individual growth and self-discovery can transform the learning experience, making it more personalized and less dependent on external factors such as private tutoring. His educational philosophy encourages teachers to see each student as unique, with individual needs, strengths, and challenges. This perspective leads to a more tailored approach in the classroom, where learning is adapted to suit each child's pace and learning style. By fostering an environment where students' individual needs are recognized and addressed, Aurobindo's approach directly counters the one-size-fits-all model often seen in private tutoring, thus reducing its necessity. In conclusion, Sri Aurobindo's educational principles provide practical strategies such as project-based learning, self-reflection activities, and value-based education to reduce the reliance on shadow education. By focusing on holistic development, personalized learning, and intrinsic motivation,

Aurobindo's philosophy offers a powerful alternative to private tutoring, fostering self-reliant and confident learners who are better equipped to navigate both academic and personal challenges.

Educational Implications

Integrating Sri Aurobindo's educational philosophy into mainstream classrooms presents significant educational implications, particularly in combating the pervasive reliance on shadow education. Shadow education, encompassing supplementary learning systems, has become a growing concern in modern education systems, driven by factors such as excessive academic pressure, standardized curricula, and a lack of personalized learning experiences in conventional classrooms (Bray, 2021; Benckwitz *et al*., 2022; Bar & Guha, 2023; bray & Hajar, 2024). This paper highlights how Sri Aurobindo's holistic, value-based, and student-centered pedagogical approaches can address these challenges effectively, thereby reducing the need for external tutoring. One of the critical implications of adopting Aurobindo's philosophy is its emphasis on integral education, which seeks to harmonize the physical, emotional, intellectual, and spiritual development of students. Unlike the fragmented focus of conventional education systems, Aurobindo advocates a comprehensive approach that values personal growth alongside academic excellence (Shirazi & Chaudhuri, 2011; Rani, 2017; Pal, 2019). This principle directly addresses one of the root causes of shadow education: the inability of traditional classrooms to meet diverse learner needs. By nurturing each student's unique potential, integral education fosters an engaging and inclusive environment, reducing the perceived necessity for private tuition. Additionally, Sri Aurobindo's pedagogical framework prioritizes student-centered learning, empowering students to take ownership of their educational journeys. This contrasts with the teacher-centric models predominant in mainstream education, which often leave students passive and disengaged (Suante, 2017; Punjabi, 2019; Loi *et al*., 2024). By encouraging active learning, critical thinking, and self-reflection, Aurobindo's approach equips students with the skills to deal with academic challenges independently, thereby decreasing reliance on shadow education. Another crucial implication lies in Aurobindo's emphasis on value-based education, which integrates ethical and moral development into the curriculum.

This focus is particularly relevant in addressing the societal and economic disparities often exacerbated by shadow education. Private tutoring tends to favor students from affluent backgrounds, creating inequalities in academic performance and opportunities (Dang & Rogers, 2008; Li, 2020; Bai, 2021; Agrawal *et al*., 2024). Incorporating Aurobindo's value-driven principles into classrooms can promote equity, fostering a culture of mutual respect and cooperation among students, irrespective of their socioeconomic status. Furthermore, Aurobindo's educational philosophy supports flexibility and contextual adaptation, which align with the contemporary demand for innovative pedagogical practices. His belief in dynamic and adaptable teaching methods resonates with the current emphasis on blended and experiential learning models, making it easier to implement in diverse educational settings (Pal, 2019; Das & Ray, 2024; Kaur, 2024). This adaptability ensures that his principles can be seamlessly integrated into existing curricula without disrupting the broader objectives of education systems. In conclusion, the educational implications of integrating Sri Aurobindo's philosophy into classrooms are far-reaching. By addressing the intellectual, emotional, and social needs of students, his ideas provide a comprehensive framework to mitigate the drivers of shadow education. This approach not only enhances classroom effectiveness but also contributes to educational equity and reform. As this research suggests, adopting Aurobindo's principles can transform mainstream education into a more holistic, inclusive, and student-centered system, thereby reducing the expansion of shadow education and promoting sustainable learning outcomes.

CONCLUSION

In conclusion, this research has explored the role of transformative pedagogy in reducing the expansion of shadow education, with a specific focus on the educational principles of Sri Aurobindo. The findings indicate that transformative pedagogy, which emphasizes holistic, experiential, and value-based learning, can offer significant potential in addressing the growing reliance on shadow education. Shadow education, characterized by private tutoring and supplementary learning outside formal school hours, has emerged as a major concern, especially in the context of Indian education. It perpetuates inequities, leads to high costs for families, and undermines the core objectives of public education systems. The key findings of this research suggest that by integrating Sri Aurobindo's educational philosophy into classroom practices, teachers can foster an environment that nurtures the intellectual, emotional, and spiritual development of students. Aurobindo's emphasis on developing the "whole child," rather than focusing solely on academic success, challenges the narrow definitions of success that dominate shadow education. His principles of "integral education" provide a comprehensive approach that focuses on the development of the mind, body, and spirit, which, in turn, promotes a deeper engagement with learning, reducing the need for extra lessons or tutoring outside school. Furthermore, the research reveals that Sri Aurobindo's focus on self-realization and the cultivation of inner discipline is critical in making students more self-reliant in their learning. This self-directed approach decreases dependency on external tutors, fostering a sense of responsibility and ownership of the learning process. By encouraging students to become more engaged, reflective, and creative, transformative pedagogy helps build the intrinsic motivation needed to learn without seeking external validation or supplementary instruction. Implications for reducing shadow education through transformative pedagogy are profound.

The integration of Aurobindo's principles can inspire a paradigm shift in the educational system. Schools and educators can focus on creating environments where students feel valued not only for their academic performance but also for their personal growth and ethical development. This approach can help diminish the stress and competition fostered by shadow education, which often emphasizes rote memorization and exam-focused learning. By promoting a learning atmosphere that prioritizes understanding, creativity, and collaboration, students may find less appeal in shadow education systems that focus on mechanical test preparation. Moreover, the study emphasizes the need for a curriculum that supports deep learning rather than superficial mastery of content. By incorporating transformative pedagogies rooted in Sri Aurobindo's principles, educators can foster critical thinking, collaborative problem-solving and emotional intelligence, all of which are less likely to be effectively developed through shadow education. Consequently, the reliance on supplementary education can be mitigated, as students' needs for additional tuition will diminish when their learning experiences in formal education settings are rich, meaningful, and holistic. In summary, the findings highlight that transformative pedagogy, particularly when inspired by Sri Aurobindo's educational philosophy, offers a promising solution to the expansion of shadow education. By focusing on the intellectual, emotional, and spiritual development of students, educators can nurture self-sufficiency in learning, reduce reliance on supplementary tutoring, and create a more equitable educational system. The implications of these findings underscore the need for a paradigm shift in teaching methodologies, encouraging educational systems to adopt holistic, student-centered approaches that value the full development of the individual, thus reducing the need for shadow education.

Further Research

Further research could investigate into the practical implementation of Sri Aurobindo's educational philosophy in contemporary classrooms, specifically in regions most affected by the rise of shadow education. A key area for exploration would be the challenges and opportunities of applying his principles in diverse educational contexts, ranging from urban to rural settings, and the varying socio-economic backgrounds of students. Additionally, future studies could investigate the perceptions of educators and students towards Aurobindo's holistic approach and how it might reshape traditional teaching methodologies. This could include examining teacher training programs that incorporate Aurobindo's pedagogy and their impact on teacher effectiveness in reducing dependence on supplementary tutoring. Comparative studies between classrooms that integrate integral education principles and those that rely on conventional methods might offer valuable insights into the effectiveness of these approaches in fostering deeper, more meaningful learning experiences. Furthermore, research could explore the broader cultural and policy shifts required to fully integrate Sri Aurobindo's philosophy into mainstream education, including the role of educational policymakers in facilitating such transitions. By examining these aspects, future research could contribute to a more comprehensive understanding of how Sri Aurobindo's teachings can mitigate the growth of shadow education and promote a more balanced, inclusive, and self-sustained educational system.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Gender, Spirituality and Work - Life Balance: A Scriptural Perspective for Dual-Career Couples

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Received: 05 Jun 2025 Revised: 12 Jun 2025 Accepted: 20 Jun 2025

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ABSTRACT

The phenomenon of dual-career couples has created complex patterns of goals, obligations, and difficulties in the fabric of modern life, particularly when analyzed through the interwoven strands of gender and spirituality. This research respectfully examines the ways in which the ageless wisdom of Indian texts, such as the Bhagavad Gita, the Vedas, and the Upanishads, as well as renowned international philosophies, provide significant direction to those who aim to strike a balance between the obligations of the inner sanctuary known as home and the ambitions of the outside world. In light of the complex effects of gender norms on work-life balance, this research considers how biblical teachings might encourage a more sympathetic, well-rounded, and spiritually fulfilling life. Using timeless concepts like Dharma, Seva, and Samatva as a foundation, the conversation aims to offer useful advice for contemporary couples with two jobs. People are expected to develop not just job success but also inner peace and relationship fulfillment by incorporating spiritual principles into their daily routines. This will lead to a holistic state of well-being that appreciates both work and home life.

Keywords: Gender roles, Spirituality, Work-life balance, Dual-career couples, Indian Scriptures, Stress management, Family dynamics.

INTRODUCTION

Family and work relationships have changed dramatically in the modern period, especially with the emergence of dual-career couples, in which both partners actively pursue their professional goals. Greater socioeconomic growth and personal empowerment have resulted from this change, but it has also brought additional difficulties in striking a healthy balance between obligations to one's family, one's job, and one's own well-being. These difficulties are frequently made worse by ingrained gender norms that, in spite of changing social views, nonetheless shape how people view and divide up household and professional responsibilities. In light of this, spirituality—particularly as expressed in the teachings of the ancient scriptures—offers a significant source of direction. In addition to the ethical frameworks put out by Buddhism and Jainism, Indian philosophical traditions—embodied in the Bhagavad Gita, the Vedas, and the Upanishads—place a strong emphasis on concepts like Dharma (righteous duty), Seva (selfless service), and Samabhava (equanimity). These timeless principles offer a pertinent and useful framework for dealing with the challenges of work-life balance in the contemporary setting. The purpose of this study is to investigate how spiritual ideas combined with a changing perception of gender roles might provide dual-career couples relevant paths to holistic well-being. In order to provide insights for creating sustainable, just, and spiritually fulfilling lifestyles in the face of current challenges, the research revisits ancient knowledge via a modern lens.

Spiritual Teachings Relevant to Work-Life Balance

Striking a balance between work and personal obligations might seem like an impossible task in the hectic, demanding world of dual-career couples. However, the ageless wisdom found in Indian texts offers insight that is astonishingly applicable to this contemporary issue. Indian spiritual traditions, which place a strong emphasis on responsibility, balance, and composure, provide a deep foundation that can assist couples in navigating the challenges of modern life. One of Hindu philosophy's most cherished books, the Bhagavad Gita, offers profound guidance on how to balance conflicting obligations. According to Bhagavad Gita 2.47, the Gita's discussion of Dharma, or virtuous duty, advises people to fully fulfill their responsibilities in life while remaining internally detached from the results of their deeds. This lesson is especially important for couples with two careers, who need to learn how to give their all to their families and careers without being bogged down by goals or expectations. By emphasizing Karma Yoga, the yoga of selfless action, the Gita urges people to behave really and let go of the desire for personal gain, which lowers tension and promotes mental calm. The Upanishads, which explore the deepest facets of life and the essence of existence, also emphasize the value of Samatva, or equanimity, which is the capacity to remain composed in the face of life's highs and lows. In order to manage the demands of both job and home life, this approach promotes mental clarity and emotional resilience. In order to be really wise, one must understand how all facets of life are interrelated, according to the Upanishads, which exhort people to keep their inner selves and the outside world in balance. In Indian spirituality, Seva (selfless service) is another essential value. With the understanding that the well-being of the partnership, like all kinds of service, is a sacred obligation, Seva urges partners in dual-career couples to assist one another on their shared path. Couples that adopt this idea may work together to overcome the obstacles of work and family without harboring grudges, encouraging mutual respect and collaboration. Teachings from other Indian spiritual traditions, such Buddhism and Jainism, in addition to the Gita and the Upanishads, provide significant perspectives on work-life balance. Buddhism, with its emphasis on the middle path and mindfulness, highlights the necessity of finding balance by staying away from extremes in both work and play. Known for its self-control and non-violence (Ahimsa) tenets, Jainism promotes thoughtful, compassionate living, which lowers stress and makes life more balanced and satisfying. Dual-career couples may develop a stronger sense of purpose, clarity, and calm by referencing these rich spiritual traditions. This will help them to move gracefully and harmoniously between their personal and professional lives. Beyond just intellectual concepts, these teachings offer useful strategies for striking a balance between the sometimes conflicting needs of family, work, and inner tranquility.

The Role of Spirituality in Balancing Work and Life

One of the fundamental principles for attaining inner peace and fulfillment in the ageless teachings of the Bhagavad Gita is the idea of Dharma, or one's virtuous responsibility. Understanding and appreciating their unique and joint Dharma becomes essential for dual-career couples as they navigate the fine line between their family obligations and job goals. Here, dharma is an organic, changing representation of one's place in the greater scheme of things rather than just a strict set of obligations. Couples who adhere to this idea can cultivate emotional and spiritual fulfillment while approaching their job and home life with a feeling of purpose. The discipline of fulfilling one's obligations without being attached to the outcome is known as Nishkama Karma, and it is further emphasized in the Bhagavad Gita. This lesson can help dual-career couples feel less stressed, guilty, and inadequate—all of which are frequently brought on by the need for material benefits or praise. Even in the face of the demands of their hectic life, couples may develop a sense of calm and fulfillment by concentrating on the act of giving their best rather than obsessing over results. In order to keep relationships in balance, the concept of Seva, or selfless service, is also essential. Without letting ego-driven expectations or selfish interests weigh them down, Seva urges couples to support each other's development and goals. In real life, this may include supporting one another through difficult job situations, offering to help out around the house without feeling resentful, or really celebrating each other's career successes. Couples who embrace Seva create a cooperative, respectful atmosphere where mutual progress and well-being are prioritized before individual achievement or praise. By lowering stress and strengthening emotional ties, this makes the partnership more harmonious.

Additionally, for couples with two careers looking for balance, the Buddhist-based practice of mindfulness is extremely beneficial. The practice of mindfulness is being totally present in the moment, free from distraction and judgment. It helps couples focus on the here and now instead of stressing about the future or lamenting the past when it comes to work-life balance. By promoting greater emotional awareness, mindfulness strengthens bonds and improves communication. Couples who are struggling to balance work and family obligations may find that mindfulness is a useful technique for lowering anxiety and emotional reactivity while fostering emotional resilience. This enhanced awareness makes it possible for spouses to face difficulties more calmly and clearly, which improves their relationship. These spiritual teachings—Dharma, Nishkama Karma, Seva, and Mindfulness—can be integrated to help dual-career couples develop a stronger sense of harmony, fortitude, and respect for one another. These ideas are more than simply philosophical precepts; they offer practical frameworks for handling the challenges of contemporary life with dignity, empathy, and inner peace. By living out these spiritual activities, couples improve their relationship and create a stronger sense of fulfillment and purpose together, in addition to striking a balance between work and life.

Scriptural Principles for Dual-Career Couples

A number of fundamental ideas that are drawn from the deep knowledge of Indian spiritual traditions serve as a framework for couples with two careers who want to strike a healthy balance between their personal and professional obligations. These ideas, which have their origins in ancient texts, provide both eternal knowledge and useful tools for negotiating the challenges of contemporary life.

- One of the most potent lessons in the Bhagavad Gita is Nishkama Karma, or "selfless action," which exhorts people to carry out their responsibilities with sincerity and devotion but without regard for the outcome. This idea allows couples with two careers handle their professional and personal life without having to worry about certain results or incentives. Couples can eliminate tension and disappointment by letting go of the need for recognition or achievement and instead concentrating on living each moment to the fullest. This not only lessens tension but also cultivates a profound sense of calm since they realize that their little efforts make a significant contribution to their common life journey.
- The notion of Samatva, also known as equanimity, emphasizes the need of preserving emotional equilibrium in all circumstances, including successful and unsuccessful instances. This entails developing the capacity to remain serene and calm in the face of stress, arguments, or difficulties for couples with two careers. Whether the issue is a straightforward argument, a family crisis, or a challenging project at work, Samatva enables partners to tackle it

with empathy, understanding, and emotional clarity. Couples may deal with life's ups and downs together with a sense of strength because to this concept, which fosters emotional resilience.

- Dharma, or "righteous duty," is the term used to describe one's moral and ethical obligations to oneself, one's family, and society as a whole. This entails establishing and upholding clear boundaries between work and family responsibilities for couples with two careers. Understanding that family obligations and professional goals are interwoven aspects of one's life rather than distinct domains is necessary. Couples may live in accordance with their ideals, balance their obligations, and approach each role with integrity by adopting Dharma. This idea urges couples to put their jobs, as well as their obligations as parents, spouses, and community members, first, making sure that they carry out their responsibilities with passion and commitment.
- The practice of carrying out deeds with a spirit of service, without anticipating payment or recognition, is known as seva, or selfless service. When referring to dual-career couples, Seva implies tackling all obligations, whether at work or at home, with a collaborative and supportive mindset. It promotes mutual service, responsibility sharing, and the development of both partners' personal and professional lives. The partnership itself becomes a source of spiritual development and fulfillment when Seva creates a caring atmosphere where both partners feel respected and appreciated for their efforts.
- Ahimsa, or non-violence, is a concept that transcends bodily injury and encompasses speech and mind as well. In relationships, it promotes amicable conversation and sympathetic discussion. Ahimsa advises couples with two careers to have respectful, courteous, and empathetic talks, particularly when there is conflict or stress. Ahimsa contributes to the development of a secure and caring environment in the relationship by making decisions and acting in ways that promote harmony rather than conflict. This concept ensures that even in times of disagreement, couples may settle difficulties in a way that enhances rather than weakens their relationship by encouraging mutual respect, understanding, and patience.

By integrating these scriptural principles into their daily lives, dual-career couples can build a foundation of spiritual wisdom that supports their professional ambitions and familial duties, creating a life of balance, peace, and mutual fulfillment. These teachings offer more than just philosophical ideas; they provide practical, actionable guidance for living with intention, compassion, and grace, allowing couples to navigate the complexities of modern life with a deeper sense of purpose and connection.

Review of Literature

The role of gender and work-life balance

A major problem in today's fast-paced world, particularly for couples with two careers, is striking a balance between work and personal life. In India and many other cultures, males were traditionally expected to work while women took care of the home and the kids. However, due to shifting educational requirements, economic demands, and times, both couples now seek employment. Nevertheless, even when both women work full-time, the majority of domestic chores are performed by women (Kaufman, 2000; Bittman et al., 2004).

This unequal split results in what is known as the "second shift" for women: working in the office then at home—which results in emotional tension and tiredness (Hochschild & Machung, 2012). Studies reveal that when job and family responsibilities collide, such couples frequently battle with role conflicts (Greenhaus & Allen, 2011).

Spirituality and Well-being

Spirituality is incredibly significant in helping individuals handle stress and keep their peace of mind. According to Pargament (1997), spiritual activities such as meditation, prayer, and mindfulness provide individuals with strength and clarity, particularly during difficult times. These behaviors not only improve mental health but also emotional stability (Shapiro *et al.*, 2006). Spiritual ideals like Dharma (performing one's duty) can assist working couples determine priorities and reduce role confusion. As Gergen (2000) says, spirituality brings purpose to life, allowing people to cope better with the responsibilities of family and job.

Gender equity in Indian scriptures

The Vedas, Upanishads, and Bhagavad Gita are examples of ancient Indian literature that support gender equality. In the Rigveda (10.95.15), women are described as philosophers, fighters, and leaders. The Gita (5.18) wonderfully emphasizes that a really intelligent person sees no distinction between men and women. These principles, albeit old, are nevertheless very relevant today. Values like as Seva (selfless service) and Ahimsa (nonviolence) promote respect, collaboration, and understanding, all of which are required for modern couples to have peaceful, equitable relationships (Radhakrishnan, 2008).

Integrating Spirituality Into Work-Life Balance

Many studies demonstrate that couples who exercise spirituality together, such as praying or meditating, have stronger emotional bonds and improved communication (Myers and Williard, 2003). In India, the notion of Nishkama Karma (performing one's job without expecting rewards) teaches us to value honest efforts over results. This relieves strain and fosters tranquility. Another notion, Samatva (balance), urges us to be calm whether we succeed or fail, allowing us to deal with professional and personal obstacles more graciously.

Spiritual Applications for Dual-Career Relationships

Spiritual conceptions are more than merely intellectual; they have practical applications. Swadharma (own unique duty) encourages couples to split obligations based on individual talents rather than gender norms (Kumar, 2016). This promotes justice while reducing the effort on one partner. Small spiritual acts, such as lighting a candle together or praying quietly, can also help couples stay connected, manage stress, and establish harmony in their life (Shapiro et al., 2006).

Spiritual practices and relationship dynamics.

According to research, spiritual practices like meditation and mindfulness promote mental health and relationship happiness (Walsh, 1999). These routines provide much-needed calm and quiet for busy couples. The virtue of Seva instructs spouses to help one another without expecting anything in exchange. This selflessness fosters reciprocal confidence and promotes partner relationships (Pargament, 1997).

Spirituality's Impact on Stress Management

Juggling work and family life may lead to stress, worry, and even burnout. According to Greenhaus and Beutell (1985), this conflict is a key source of stress in dual-career homes. Spirituality, however, may be an effective coping tool.

The teaching of Nishkama Karma in the Bhagavad Gita urges us to carry out our duties without being unduly concerned with the consequences. This decreases anxiety and supports a more calm, balanced way of living (Ellison, 1991; Shapiro et al., 2006).

The Effect of Gender Norms on Work-Life Balance

Even though more women are working outside the home, conventional gender standards still require them to care for the family. This imbalance is a key source of stress (Bianchi et al. 2000). However, the ancient Indian texts provide a more balanced perspective. In the Vedas, women were regarded not just as homemakers, but also as knowledgeable leaders and spiritual advisers. Such lessons can motivate modern couples to abandon obsolete gender norms and form more equal unions based on mutual respect and shared responsibilities.

Work-Life Balance and Cultural Standards

Indian culture has traditionally emphasized the importance of family and community. But in today's dual-career world, striking the correct balance has become critical. Couples can keep grounded by following principles such as Samatva (being balanced) and Dharma (performing one's duties). Swadharma encourages each couple to take on obligations that align with their nature, encouraging peace and eliminating unnecessary conflict (Kumar, 2016).

Gender-Neutral and Spiritual Approaches to Work-Life Balance

The Indian spiritual knowledge encourages equality in all realms of life. Samatva encourages us to approach all obligations equally, regardless of gender. The Gita advises that both couples should share domestic and professional responsibilities without ego or expectations. When both couples understand and practice their Dharma as equals, it is simpler to establish a calm and cheerful family in which one supports the other.

Practical Application of Spiritual Principles in Modern Dual-Career Couples.

Spiritual practices such as mindfulness, prayer, and frequent reflection help couples connect emotionally and cope better with stress. According to Gergen (2000), such actions increase patience and empathy, which are necessary attributes in any good partnership. When couples distribute chores based on Swadharma and accept Nishkama Karma, they lessen friction and work together more effectively. It is not about who makes more money or works harder, but about developing together in mutual respect, support, and spiritual understanding.

Conclusion of the Literature Review

The examined literature clearly demonstrates that dual-career spouses encounter several emotional, practical, and cultural problems. However, integrating spiritual ideas into everyday living provides a tremendous answer. Indian writings such as the Bhagavad Gita, Vedas, and Upanishads teach us ideals like Dharma, Seva, Samatva, and Nishkama Karma, which are eternal tools for dealing with life's challenges. Couples who incorporate these ideals into their daily lives can strengthen their emotional foundations, better handle stress, and form fair, loving relationships. In today's fast-paced world, these spiritual lessons are not only current, but also necessary for guiding couples to a calm, balanced, and meaningful existence.

METHODOLOGY

Life in Indian homes is governed by traditions, obligations, and deeply held beliefs. To really understand how today's dual-career couples combine their job, family, and faith in a fast-paced world, our research used a mixed-method approach, judiciously integrating facts and emotive anecdotes. The study had both an exploratory and descriptive component. It was not just about obtaining statistics and figures, but also about documenting the lived experiences, emotions, and daily problems of couples who seek balance by embracing spiritual practices based on Indian texts. The study was conducted in Vadodara, Gujarat, a city that wonderfully combines traditional richness with modern urban existence. Vadodara's distinct personality makes it a perfect location to investigate how career goals and traditional values coexist in today's Indian households. The target demographic was dual-career couples, meaning both husband and wife work full-time or part-time and are between the ages of 30 and 55. All participants had been married for at least five years and were from Hindu homes, as the research leaned heavily on Vedic and Hindu scripture expertise. The study's sample size included 59 couples (118 persons). Purposive sampling was employed, which means that participants were carefully picked based on their relevance to the issue, particularly those who practice or are willing to practice spirituality in their daily lives. This enabled the researchers to collect deeper and more relevant insights from genuine couples who are attempting to incorporate scripture lessons into their modern living. A systematic survey questionnaire was used to collect data, with both closed and open-ended questions. It addressed issues such as work-life balance, home chore sharing, the application of spiritual practices like prayer and meditation, and the impact of principles like Dharma, Seva, and Nishkama Karma in daily life. To add emotional complexity and depth to the study, a few consenting couples participated in optional informal interviews. In addition, personal observations and notes were kept to record nuanced contextual facts and moods throughout exchanges. The acquired data was carefully examined. The quantitative data (from closed-ended survey responses) was analyzed using standard statistical methods such as percentages and averages, as well as graphical representations such as bar graphs, pie charts, and word clouds. Meanwhile, the qualitative data (collected via open-ended replies and interviews) was thematically analyzed, revealing repeating themes like "spiritual grounding,""shared dharma," and "inner peace amidst chaos." Ethical issues were given priority throughout the research. All participants' identities were kept completely confidential. Informed consent was obtained ahead of time,

and participation was fully voluntary, with the option to withdraw at any moment. The study was conducted out with great regard for the participants' cultural sensitivities, personal religions, and emotional well-being.

This study was more than an intellectual exercise; it was a spiritual journey. It was about genuine husbands and spouses coming home after long days at work, taking turns in the kitchen, sharing tasks, and yet lighting a diya before supper. It was about seeing that values like Dharma and Samatva are not obsolete lessons, but rather alive guides who continue to softly illuminate the modern Indian household. Above all, it was about recognizing that work-life balance is more than just a calendar to be followed, but a holy path – a spiritual journey where profession and family coexist, fed by old Indian wisdom.

Examples of Case Studies

To illustrate how spiritual principles may be used realistically in everyday situations, let's examine two case studies of Vadodara couples with two professional paths who have integrated spiritual practices into their daily lives to maintain work-life balance.

Case 1: The Influence of Evening Prayer Every Day

In Vadodara, a couple with two hard occupations each made the decision to incorporate regular evening prayers into their daily schedule. They started this routine as a way to decompress and rekindle their relationship after a demanding workday. Their general well-being significantly improved over time, and they reported feeling less stressed and anxious. The prayer provided a calm, hallowed setting where they could give thanks for the day, think back on their lives, and talk about any difficulties they had encountered. This modest, regular spiritual practice facilitated mental clarity, improved their emotional bond, and fostered an atmosphere conducive to candid dialogue. The pair discovered that they were better equipped to handle the responsibilities of their personal and professional life by integrating this time for introspection and silence, which helped them to maintain balance and harmony.

Case 2: Task-Sharing and Swadharma

In another instance, a couple who had been having trouble with the unequal division of domestic duties made the decision to incorporate the Bhagavad Gita's concept of Swadharma into their union. Choosing jobs and responsibilities that fit with one's innate skills and tendencies rather than following social norms is known as swadharma. The pair discovered that although the husband was good at cooking, the woman was good at arranging. They actively selected jobs that played to their strengths and reinterpreted their responsibilities in the home by embracing their Swadharma. This not only made task-sharing more effective and pleasurable, but it also increased mutual respect for each other's special skills. By concentrating on their strengths, they discovered that they could better assist one another and establish a more equitable division of labor at home. With this strategy, which was founded on the teachings of the Bhagavad Gita, they were able to transcend strict gender roles and adopt an equality-based and mutually understanding partnership.

Strategies That Work for Couples with Two Careers

Trying to balance work, family, and personal well-being may be a difficult undertaking in the hectic lives of dual-career couples. Nonetheless, couples may design a harmonious and satisfying existence by using spiritual knowledge and conscious techniques. Using these useful tactics, which are based on both spiritual and pragmatic ideas, dual-career couples may achieve harmony and manage their demanding roles:

1. Daily spiritual activities, such as prayer, meditation, or introspection Daily spiritual activities may be a very effective way to keep things in balance and lower stress levels. Couples might take a moment to calm themselves, meditate, or simply ponder in silence. This allows them to connect with their inner selves. By practicing mindfulness, both spouses may approach their day with patience, emotional fortitude, and clarity. A little meditation session in the evening or a few minutes of prayer in the morning, these spiritual activities foster inner calm and connection, fortify the bond, and assist in coping with the difficulties of everyday life.
2. Strength-Based Role Negotiation: Assigning Tasks Based on Capabilities, Not Gender The technique of role negotiation is among the most effective tactics for couples with two careers. Couples may decide to assign duties according to each other's skills and talents rather than following traditional gender roles.

One spouse who is naturally good at organizing, for instance, may be in charge of running the home schedule, while the other, who enjoys cooking, might be in charge of meals. This method improves the household's overall efficiency while also encouraging fair work sharing. Couples may collaborate and support one another by concentrating on each other's strengths, which lowers conflict and makes sure that both spouses feel appreciated and respected.

2. Scheduled "Sacred Time": Committed, Distracted Family Time It might be difficult to find time for family in the rush of contemporary life. One crucial tactic for preserving harmony is to arrange "sacred time," which is a time that is exclusively for family and devoid of other distractions. This may be a Sunday night dinner, a weekly family excursion, or a peaceful evening spent talking or playing board games. To create a place for real conversation and bonding, it is important to make sure that this time is not interrupted by work, phones, or other obligations. Couples can reunite, rebuild emotional connection, and create enduring memories that fortify their bond at this precious time.
3. Flexibility and Acceptance: Adapt to Changes with Grace Unexpected events frequently occur in life, and couples with two careers frequently deal with abrupt changes in their schedules, obligations, or situations. Therefore, keeping balance requires acceptance and adaptability. Couples may handle life's obstacles without experiencing undue stress by learning to accept changes with an open heart, whether they are an unforeseen family event or an urgent job deadline. A more calm, adaptable mentality is promoted and stress is lessened by being flexible with expectations and duties while acknowledging that life will not always go as planned. This also entails caring for one another when things don't work out as planned and coming up with innovative solutions to problems as a team.
4. Support from the Community: Attend Social or Spiritual Support Groups Nobody can handle life's challenges by themselves, and maintaining equilibrium requires the help of the community. A sense of emotional support and belonging can be obtained by participating in social organizations, support networks, or spiritual communities. Having a network of like-minded people may provide helpful guidance, support, and companionship, whether it is through group prayers, neighborhood activities, or online support groups for spouses with two careers. Couples can stay grounded in the midst of difficulties by reflecting on their path together and finding support in the collective knowledge of spiritual and social communities.

CONCLUSION

In the fast-paced world of today, finding a work-life balance may be extremely difficult for couples with two careers. The difficult challenge of striking a balance between obligations to one's family and one's career frequently results in stress, burnout, and interpersonal difficulty. Despite these stresses, couples may traverse these intricacies with grace, compassion, and composure with the support of Indian spiritual wisdom, which provides deep direction. According to ancient texts, couples can have a balanced, contented, and tranquil existence by adhering to the timeless principles of Nishkama Karma (selfless action), Samatva (equanimity), Dharma (just duty), Seva (selfless service), and Ahimsa (non-violence). Through the integration of these spiritual teachings into their everyday lives, couples with two careers may establish a setting that supports their work goals and family responsibilities, promoting emotional health and peace. In addition to lowering stress, spiritual exercises like prayer, mindfulness, and directing one's behavior toward one's sadharma (rightful duty) can improve relationships. Couples may focus on mutual support, understanding, and common objectives by using these techniques to manage their obligations without becoming attached to the results. They may develop a partnership based on equality, respect, and love by overcoming the limitations of conventional gender roles and expectations. The case studies presented in this article are prime examples of how incorporating spiritual values into daily life may have a profoundly positive impact. These actual cases show how spiritual understanding may greatly improve the dynamics of dual-career relationships, from the daily evening prayers that improve communication and lower stress levels to the application of Swadharma that results in fair task-sharing at home. In conclusion, the knowledge found in Indian texts offers couples looking for harmony in the contemporary world a useful, approachable route rather than only a metaphysical ideal. In addition to being successful in their careers, dual-career couples can lead emotionally satisfying, spiritually enlightening, and

harmoniously balanced lives by fostering both the spiritual and material elements of their lives. By combining these lessons, couples may flourish and create a future that is purposeful, practically fulfilling, and spiritually satisfying.

Scriptural principles along with practical advice

In this spiritually guided study on work-life balance among dual-career couples, various visual tools were used to enhance the understanding of the connection between scriptural wisdom and everyday life. Each graphic tells a unique story of transformation, rooted in Indian values and ancient philosophies. One of the key visual representations was a Pie Chart titled "Key Spiritual Principles for Work-Life Balance." This chart depicted an equal distribution — 20% each — across five foundational concepts: Nishkama Karma (Selfless Action), Samatva (Equanimity), Dharma (Righteous Duty), Seva (Selfless Service), and Ahimsa (Non-Violence). These principles, when followed mindfully, were found to collectively support harmony between professional obligations and personal responsibilities. Another insightful tool was the Bar Graph illustrating stress levels at three stages: before adopting spiritual practices, after introducing daily prayer and meditation, and finally, after implementing the Swadharma approach to duty-sharing. The visual data revealed a clear drop in average stress — from a high of 8 (before any practice), to 5 (post prayer and meditation), and further down to 3 (after Swadharma-based sharing of duties). This showed that stress reduction was not just a result of relaxation techniques but also of fair distribution of responsibilities rooted in spiritual understanding.The Venn Diagram titled "The Interconnection of Career, Family, and Spirituality in Achieving Work-Life Balance" highlighted how true harmony arises at the intersection of three key life spheres: Career, Family, and Spirituality. Each domain offers something essential — ambition and financial growth from career, love and support from family, and values and peace from spirituality. Where these three areas met, couples experienced not just balance, but a sense of deep fulfilment. To explain the core values driving this transformation, an Infographic was designed around the theme "Five Spiritual Pillars for Harmonious Dual-Career Living." Depicted beautifully around a central lotus flower — a symbol of spiritual growth — were Dharma, Nishkama Karma, Samatva, Seva, and Ahimsa.

Each pillar was accompanied by relatable practices such as performing one's duties without expectation, emotional balance, service without selfishness, and compassionate communication — all essential to sustaining peace and understanding in dual-career households. Furthermore, a Flowchart titled "Journey Toward Work-Life Balance" showed the stages couples typically went through. It began with the awareness of imbalance and gradually moved through the adoption of prayer and meditation, the redefinition of gender roles based on Swadharma, and finally culminated in the practice of Dharma and Seva — bringing harmony and fulfilment to the couple's shared journey. An evocative illustration titled "A Balanced Life Tree" was used to metaphorically capture the outcome of these efforts. With spiritual values as roots, partnership as the trunk, and career, family, and personal growth as branches — the tree bore fruits of peace, happiness, and success. It symbolised how deeply spiritual roots nourish all aspects of a balanced life. A particularly striking Pie Chart showed the division of household responsibilities before and after applying the Swadharma principle. Initially, 70% of tasks were handled by women and only 30% by men. However, after consciously applying spiritual understanding and shared Dharma, the division became equal — 50% each — demonstrating how scriptural principles foster not only fairness but mutual respect and cooperation in the home.
Finally, a vibrant Word Cloud brought together the voices of the participants, filled with expressions like Dharma, Seva, Balance, Family, Career, and Spirituality. This colourful mosaic of words reflected what truly mattered to the couples — not just surviving busy schedules, but thriving through a meaningful, values-driven life.,

Together, these visuals do more than just present data — they narrate a heartfelt story of transformation, deeply rooted in Indian culture and guided by ancient wisdom, making them powerful tools in the journey toward true work-life harmony.

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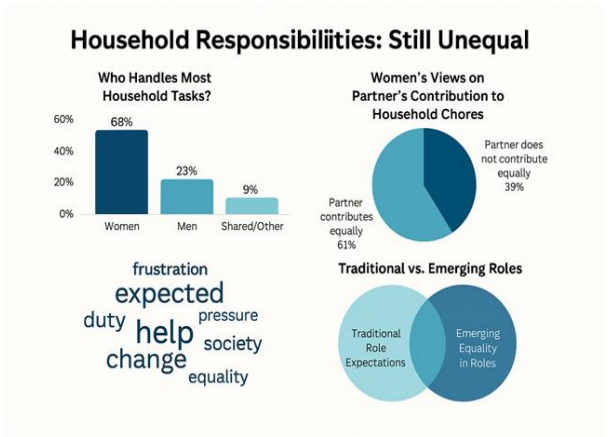

Figure.1: Household Responsibiliities : Still Unequal

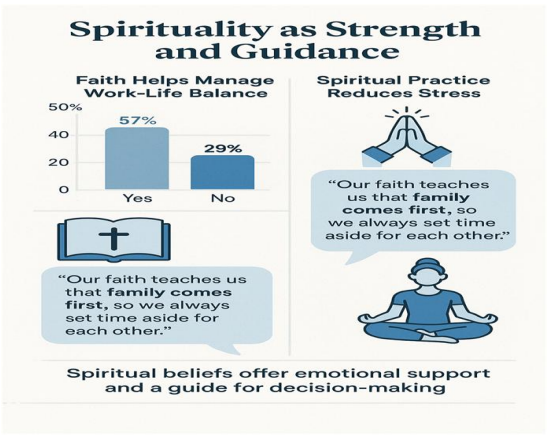

Figure.2: Spirituality as Strength and Guidance

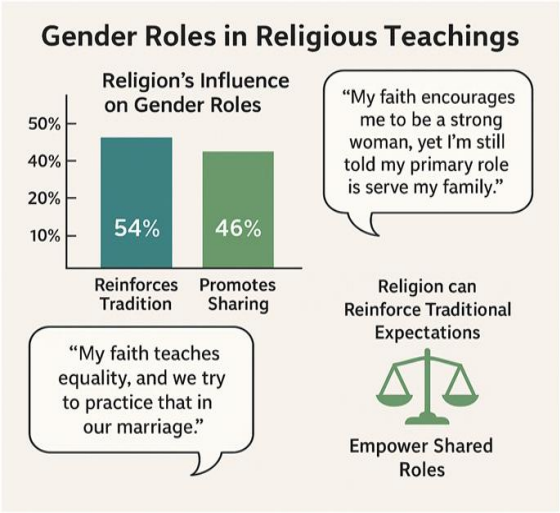

Figure.3: Gander Roles in Religious Teachings

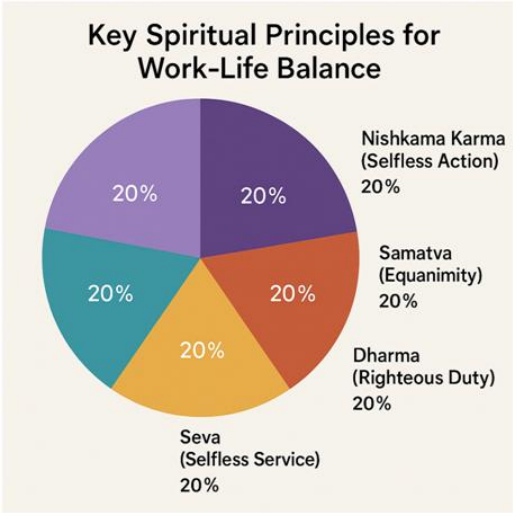

Figure.4:Key Spiritual Principles for Work- Life Balance

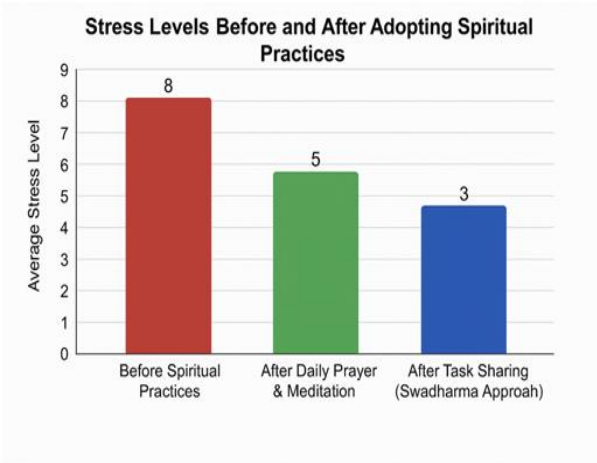

Figure.5:Stress Levels Before and After Adopting Spiritual Practices

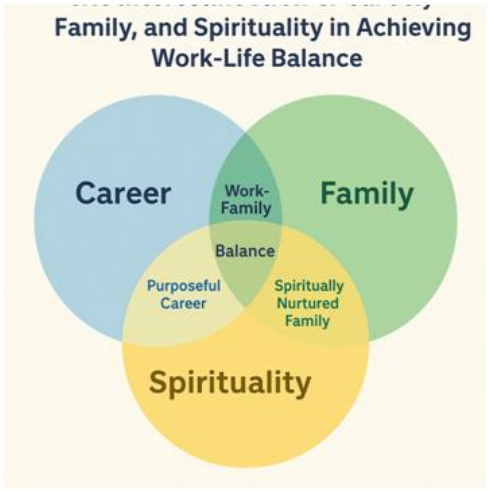

Figure.6:Family and Spirituality in Achieving Work - Life Balance

Figure.7: Five Spiritual Pillars for Harmonious Dual-Career Living

Figure.8: Journey Toward Work - Life Balance

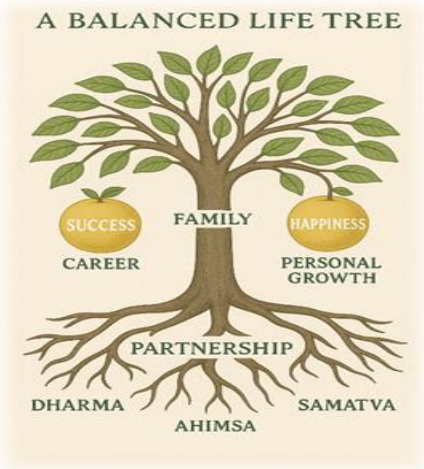

Figure.9: A Balanced Life Tree

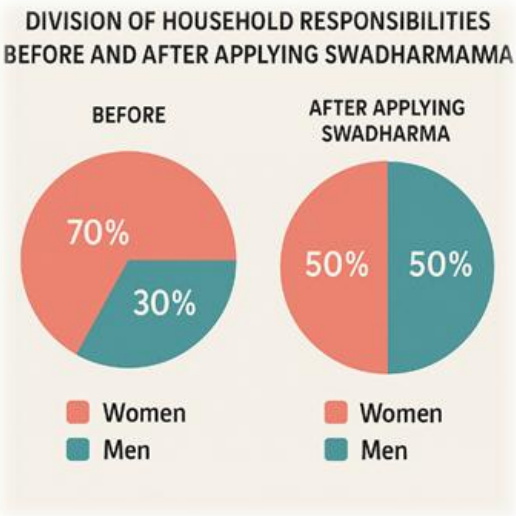

Figure.10:Division of Household Responsibilities Before and After Applying Swadharmama

Figure.11: Journey Toward True Work-Life Harmony.

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Global Warming and Heatwave Vulnerability: A Comparative Legal Analysis from India and Abroad

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Received: 24 Apr 2025 Revised: 12 May 2025 Accepted: 26 Jun 2025

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ABSTRACT

The increasing frequency and intensity of global warming and heatwaves present significant challenges to both human health and wildlife across the globe. This research paper provides a comparative analysis of the biological impacts of these phenomena in India and other places in the world. The study examines health issues such as heat-related illnesses and mortality in humans, alongside the adverse effects on wildlife, including changes in species distribution and ecosystem disruption. Additionally, it evaluates the effectiveness of existing environmental laws and policies aimed at mitigating these impacts. By comparing the legal frameworks and their implementation in India with those in other countries, the paper identifies best practices and areas needing improvement. This comprehensive analysis highlights the pressing requirements for well-conditioned legal measures and adaptive strategies to address the escalating threat of global warming and heatwaves.

Keywords: Global warming, heatwaves, biological impact, environmental law, India

INTRODUCTION

Conceptual Framework

The Intergovernmental Panel on Climate Change considers climate change as one of the most important environmental problem that will confront mankind during the next decades(IPCC Working Group II, 2007). The primary cause of climate change, and specifically global warming, is thought to be the release of greenhouse gases, particularly CO2, because of numerous anthropogenic activities(Raza *et al.*, 2019). There is no consistent definition of heat waves. Their intricacy and the many definitions used to describe them make it almost difficult, particularly in varied geographic and climatic settings. Usually, either absolute or relative values are used to set a limit depending

on temperature and the minimum time. Because people are suited to their regional and local climates, relative limits are more suitable for comparing heat waves across many nations(Muthers *et al.,* 2019).

Historical Background

In the 20th century, CO_2 concentration increased from 280 to 400 ppm, which led to a 0.5–1 °C increase in average temperature. It is predicted that as the twenty-first century comes to a close, the CO_2 levels will increase even further, and the average global temperature will increase by 0.2–0.3 °C every decade, reaching levels between 1.2 and 5.8 °C(Matzarakis, 2022). While trying to find out the reasons behind the increase in the temperatures, one can find out several reasons, some of which are quite concerning as follows(Parvez *et al.,* 2024):

- Continuous Greenhouse Gas Emissions
- During Waste Management
- Throughout Environment Degradation
- Microplastics in Water

Biological Impact of Heatwaves

Impact of Heatwaves in General

The phrase "heat wave," like many other extreme climatic occurrences, is sometimes ill-defined(Kreyling and Beier, 2013). The majority of definitions concentrate on a specific heat wave that is determined by the daily maximum or minimum temperature that is either tangible or at the percentile and has an adverse effect on living things(Bailey and Van De Pol, 2016). On the other hand, throughout a given time period, natural temperature fluctuations occur in repeated irregular waves with many spells of exceptionally high temperatures(Skrzyńska and Twardosz, 2023). Consequently, rather than being subjected to a single heat wave, organisms in agricultural and natural environments experience these kinds of heat waves in succession(Meehl and Tebaldi, 2004). Since most heat wave studies are opportunistic and frequently lack replication, they are unable to account for the various characteristics of the climate extreme(Smith, 2011). A specific degree of a particular climate anomaly applied at a limited spatial scope is frequently modelled in controlled experiments conducted in field settings(Gillespie et al., 2012). Consequently, our knowledge regarding the effects of the onset, length, and order of successive episodes of climate extremes on biological systems remains restricted(Marshall and Sinclair, 2015). Severe weather events can have a variety of effects on biological systems, from the structure and functions of ecosystems to the molecular reactions of individual organisms(Hoffmann and Sgrò, 2011). One important component connecting these climate effects at various organisational levels is demography(Lynch *et al*., 2014). Interspecific interactions(Ma *et al.,* 2015), the structure and operation of an ecosystem(Lloret et al., 2012), and the physical and spatial patterns of a population are all influenced by demographic rates. Significantly, intricate alterations in the physiological, biochemical(Zhang *et al.,* 2016), and molecular processes that control a person's growth, progress, procreation, sustenance, and even their ability to withstand stress also contribute to demographic transitions(Liu *et al.,* 2013). Furthermore, demographic responses influence the direction and speed of evolutionary trajectories, making them crucial to comprehending how animals have evolved to adapt to sudden changes in their environment(Lande, 1988).

Therefore, comprehending environmental as well as transformative responses to climate change requires an understanding of how extreme climate events impact demography(Muttarak, 2021). The following ailments can be identified as being directly linked to prolonged exposure to elevated temperatures: "heatstroke, heat fatigue, heat fainting, and heat spasms"(Milne et al., 2023). In addition, heat waves have the potential to worsen morbidity and death from conditions like myocardial infarction, which can happen even when there is no heat stress. Here, burns that originate from the application of high heat locally are not taken into consideration(Milne *et al.,* 2023). When sweat and the body's vasomotor, haemodynamic, and adaptive behavioural responses to heat stress are insufficient to stop a significant increase in core body temperature, heatstroke occurs. Some writers make a distinction between "exertional" and "classical" heatstroke. It is believed that older sedentary people who are subjected to extended periods of heat stress (days to weeks) are at a higher risk of developing classical heatstroke(Luber and McGeehin, 2008). The direct outcomes of heatwaves and global warming are excessive and unbearable temperature, melting of polar ice caps, irregularity of rainfall leading to severe droughts, etc.(Kumar *et al*., 2023).Drought is a natural

occurrence linked to meteorological circumstances, drought is characterised by a lack of precipitation for a prolonged amount of time (sometimes a season or longer), leaving an inadequate supply of water(Wilhite, 2016).

Impact on Human Beings

The worldwide scientific community has thus far done a thorough investigation of the disadvantageousimpacts of heat waves on human health, as evidenced by the mortality data for many different nations(Wehner *et al.,* 2017). Over 70,000 deaths were reported throughout Europe during the well-known heat wave of summer 2003, which struck much of Western and Central Europe in early August and resulted in an additional 7600 deaths in Germany(Matzarakis, 2022).

The following effects are known well in the scientific community(Matzarakis, 2022):

- Heart attacks, heart failure, kidney problems, and heat-related metabolic and respiratory problems were the main causes of mortality.
- The majority of those affected were over 70, particularly women.
- Chronic illness patients were more vulnerable than healthy people because their underlying symptoms and vulnerabilities were exacerbated.
- The groups most impacted by the higher death rates were low-income, vulnerable people (and the conditions and standards of living that are intrinsically linked with them).

Impact on Animal Kingdom

Heat stress changes animal habits, reduces procreation, raises breathing and death rates, and suppresses the immune and hormone systems, therefore rendering livestock more vulnerable to a range of diseases(Das *et al.,* 2016). Long-lasting, extremely warm oceanic waves known as "marine heatwaves" (MHWs) have the potential to seriously harm marine ecosystems and jeopardise marine biodiversity(Smale *et al.,* 2019). High rates of marine animal mortality, widespread bleaching of corals(Hughes *et al.,* 2017), and effects on fisheries(Garrabou *et al.,* 2009) are among the reported effects. Over the past 20 years, several major MHWs have had a considerable impact on the following areas: the Mediterranean Sea(Olita *et al.,* 2007) in 2003; the Northwest Atlantic(Chen *et al.,* 2014) in 2012; the Tasman Sea(Oliver *et al.,* 2017) in 2015-16; the area around northern Australia (Benthuysen *et al.,* 2018)in 2016; the Northeast Pacific(Bond *et al.,* 2015) from 2013–2015(Di Lorenzo and Mantua, 2016); 2019(Amaya *et al.,* 2020) and 2020(Chen *et al.,* 2021). Anthropogenic warming has changed the characteristics of MHWs, including as their frequency and length; historical observations and model forecasts under future climate change scenarios attest to these changes(Song *et al.,* 2023).

Impact on Plant Kingdom

The formation of a healthy root system and the availability of mineral nutrients are closely related to the growth and development of plants(Abbas *et al.,* 2021). Plant nutrient uptake is regulated by a number of parameters, including architecture, kinetics, rhizospheric characteristics, and root morphology. The nutritional value of fruit, vegetable, or cereal crops is closely correlated with the nutrient content of plants(Mishra *et al.,* 2023). For instance, concentrations of N, P, and K in cool-season turfgrass decreased significantly in comparison to warm-season species when cool-season and warm-season turf grass species were exposed to heat stress (34/30 °C) for up to 28 days(Mishra *et al.,* 2023). The concentration of nutrients in plants varies depending on whether or not we expose plant organs (both roots and shoots) to heat stress (Campbell *et al.,* 2018). Likewise, the reaction is particular to the developmental phases(Giri *et al.,* 2017). Complex and detrimental impacts on plant-nutrient connections might result from heat stress. Reduced biomass and root growth, as well as restricted water and nutrient uptake, are some of the factors that lead to the decrease in nutritional content under heat stress(Mishra *et al.,* 2023). Furthermore, a loss in root mass or surface area as well as a drop in nutrient uptake per unit root could be the causes of the decrease in nutrient acquisition during heat stress(Mishra *et al.,* 2023). Moreover, the overall impacts of heat stress on plant-nutrient dynamics may be greatly influenced by the choice of experimental techniques, such as whole plant vs root-only research and intact versus detached root-based investigations(Mishra *et al.,* 2023). Minimising the consequences of climate change on agricultural productivity and crop quality requires an understanding of the complicated effects of heat stress on plant-nutrient dynamics, an area for which there is still a dearth of research.(Mishra *et al.,* 2023)

Another metabolic mechanism that is vulnerable to high temperatures is photosynthesis. Damage to the electron transport chain and other components of the photosynthetic apparatus, such as the denaturation of chloroplast proteins, is linked to heat-stress-related injuries and ultimately results in a reduction in photosynthesis(Lal *et al.*, 2022). But the answer also varies according to how stressed out you are. Surprisingly, net photosynthesis rose in tomato plants exposed to moderate heat stress (35 °C) for six days; but, under severe heat stress (42 °C), it decreased with decreased stomatal conductance(Mishra *et al.*, 2023). Moderate to severe heat stress disrupts photosynthetic enzymes and proteins, which in turn affects photochemical processes in the thylakoid lamellae and carbon metabolism in the stroma of chloroplasts(Mishra *et al.*, 2023). The photosynthetic apparatus, photosystems, pigments, enzyme activity connected to photosynthesis, and gas exchange may all be directly harmed by heat stress, which could inhibit different redox and metabolic reactions as well as the process of photosynthesis as a whole(Mishra *et al.*, 2023). Numerous studies on the impact of heat stress on photosynthesis, whether short- or long-term, document modifications to the anatomy or leaf structure in addition to altered photosynthetic system functionality(Mishra *et al.*, 2023).

Impact on Environment

Heat waves pose the greatest dangers, occurring during periods of abnormally high temperatures and minimal night-time cooling that can persist for multiple days. The severity of these intense conditions, primarily determined by the intensity and duration of the heat, varies across different locations and region of investigation(Matzarakis, 2022). The Paris Agreement in December 2015 saw the world agree to a target of keeping global warming "to well below two degrees above pre-industrial levels and pursuing efforts to limit the temperature increase even further to 1.5°C"(Hulme, 2016). On an even broader note, the report from "the Intergovernmental Panel on Climate Change (IPCC)" in 2018 comparing global warming at the levels of 1.5 °C and that above pre-industrial standards by anything ranging up to maximum temperatures indicative of overwarming, showing generally how "Global Warming will continue below if kept under … In addition to differences associated with change in temperature for adaptation difficulty or impact intensity/frequency related factors experience less worldwide"(Hulme, 2016).

Statutory Provisions for Combating Global Warming In India

Early in the 1980s, the Indian Supreme Court determined that Article 21 of the Indian Constitution, which protects the right to life, includes a constitutional right to a healthy environment. In numerous instances decided since the 1980s, the right to life has been construed to encompass the freedom to live in a healthy, pollution-free environment and to take pleasure in clean, fresh, and pollution-free air, water, and surroundings, among other things. The legal definition of the right to live in a healthy, pollution-free environment also includes the right to live in an environment that is "atmosphere congenial to human existence," meaning that there should be no disruption of the natural equilibrium(Atapattu, 2002). Professor Lavanya Rajamani and Shibani Ghosh observed that climate litigation was still in its infancy in India and that no claim relating to climate change had been taken before the Indian Supreme Court(Mohan, 2022). The only common law court to recognise the right to the environment as a constitutional right was the Indian Supreme Court in the case of *Subhash Kumar v. State of Bihar*, (1991). The Court ruled that "Right to life is a fundamental right under Article 21("3. India," 2022)of the Constitution, and it includes the freedom to enjoy clean air and water." The case ended with the petition being dismissed because the court determined that the public interest litigation was legitimate and that government action to reduce water contamination was reasonable. The petitioner instead filed a Public Interest Litigation (PIL) petition. When rejecting the case, the Court made it clear that there was a right to a safe environment(Verma, 2021).

Indian legal framework recognizes certain principles when it comes to environment. They are discussed briefly:

1. *Polluter Pays Principle:* The Indian Apex Court adopted the polluter pays principle in 1996 in the instance of "*Indian Council for Enviro-Legal Action v. Union of India (ICELA)*".The court found that chemical businesses caused contamination and ecological harm; they were accountable for the harm and expenses. After that Indian courts have accepted and applied this idea protect the environment and prevent tortious jurisprudence on responsibility and payouts.

2. *Public Trust Doctrine:* The Public Trust doctrine was recognized in the case of *M. C. Mehta v. Kamal Nath* (1997), where an environmental activist brought issues about a private company's activities on government-leased land. The court further provided, "The Public Trust doctrine to emerge from common law, stating that the public benefits from natural resources and that the state has a legal duty to protect them."
3. *Precautionary Principle:* The Indian Supreme Court ordered the Central Government to create a body to supervise destruction and restitution for aggrieved residents in *Vellore residents' Welfare Forum v. Union of India*(1996). The court provided, "The use of the polluter pays principle calls for emitting pollutants from tanneries to cover the expense of clearing up and payouts, which establishes the onus on developers to demonstrate ecologically beneficial activities, the court extended the precautionary rule to control subsequent government efforts to avert pollutants."

Dr. Krishna Achuta Rao, professor and dean of the Centre for Atmospheric Sciences at the Indian Institute of Technology, Delhi provides, "The widespread, long-lasting, and intense heatwave conditions over India and many other parts of the world are the direct result of climate change caused by human emissions of greenhouse gases. There is an urgent need to take adaptation steps to control the rising global average temperatures; else, the result is in front of us"(Mishra, 2024). In India, summer school closures were imposed early due to extreme heat. At least 37 cities had temperatures above 45ºC, and the public as a whole was warned there was a "very high likelihood" of heat-related ailments. In certain places, night-time temperatures have continued to reach 36ºC, which is quite dangerous because it prevents people from cooling off at night. Since March 2024, there have been nearly 16,000 incidents of heat stroke and 60 heat-related deaths; however, it is probable that these figures are much underestimated(Mishra, 2024). The Directive Principles of State Policy makes it necessary for the state to take care of its environment(Gebeye, 2016).

India has a great many laws on the environment. Some of them are mentioned below:

"The Wildlife (Protection) Act, 1972;
The Water (Prevention and Control of Pollution) Act, 1974;
The Air (Prevention and Control of Pollution) Act, 1981;
The Environment (Protection) Act, 1986;
The ozone-depleting substances (regulation and control) rules, 2000;
Coastal Regulation Zone Notification 2018;
The Energy Conservation Act, 2001;
Biological Diversity Act 2002;
Scheduled Tribes and Other Traditional Forest Dwellers (Recognition of Forest Rights) Act, 2006 (FRA);
The National Green Tribunal Act, 2010;
Compensatory Afforestation Fund Act, 2016"

It is quite evident from the available resources that India having one of the most significant frameworks on environmental laws is still prone to global warming and scores an alarming position in the world when it comes to severe or extreme heatwaves.

In the World

The Kyoto Protocol, established in 1999, marked the inaugural international platform to officially acknowledge the devastating effects of global warming and to advocate for measures aimed at restricting the rise in global mean temperature (GMT) to below 2°C relative to the before industrialisation era (1850–1890)(Segger and Voigt, 2024). Countries such as China, Japan, Philippines, Singapore, India, etc. have played crucial roles in enacting and incorporating laws regarding environment(Patel, 2017). Each of these states have passed multiple laws regarding protection of environment, wildlife, marine life and for sustainable development in the ecosystem. But the broader picture remains the same. It is significant to discuss that all these countries are close to the Equator, where the Earth gets its maximum sunlight, and the temperatures stay quite warm comparatively than the regions close to the poles. Yet, the world suffers increased temperatures and continuing heat waves for most of the time in a year. The laws are adequate to address but not sufficient to cure the problem.

UN conventions

According to the latest scientific discoveries, the implementation of the Paris Agreement demands considerable societal as well as financial transformation. The Paris Agreement operates on a five-year period where nations are expected to enhance their climate action efforts, often referred to as "ratcheting up." Since 2020, countries have put forward their national climate action plans, known as nationally determined contributions (NDCs). Each successive NDC is expected to showcase an increasingly higher level of goals compared to its predecessor. Acknowledging that fast step is required to keep temperatures from soaring to 1.5°C, the COP27 address determination asks for Participants to consider and strengthen the 2030 goals in their NDCs so they fit the Paris Agreement temperature target by their due date of 2023, taking into account various national situations(Horowitz, 2016). However, in this period after it entered into force, low-carbon substitutes and emerging markets have already appeared, the goals of the Paris Agreement call for a significant rise in climate change activity(Segger and Voigt, 2024).More and more countries, regions, cities, and companies are establishing emission-free targets. In every sector of the economy, solutions with minimal carbon impact are beginning to compete, hence resulting in 25% of carbon footprints(Horowitz, 2016). This growth is especially visible in the power and transport sectors, where it has created many new commercial opportunities for early adopters. In sectors generating more than 70% of global emissions, carbon-neutral substitutes could be viable by 2030(Horowitz, 2016).

Case Studies India

M.C. Mehta v. Union of India (1988): In this case, the Supreme Court of India tackled an issue involving large industrial and sewage discharge, especially from tanneries, that led to major pollution of the Ganga River. The Court ruled, acting on a PIL under Article 32, that lack of money could not give rise to non-compliance of environmental norm. The order was to build the primary treatment facilities and stop noncompliant tanneries. In addition, the Court held Kanpur Mahanagarpalika responsible and directed the measures to stop pollution (expansion of sewers, construction of public toilets, prohibition of dumping corpse in the river, public awareness campaign such as display of water purity slides in theatres). In re, Save the Planet Earth and the Future Generation of this Universe, (2024): In this case, the Rajasthan High Court took suo moto cognisance of the adverse circumstances of climate change. The Court warned that such increased temperatures above 50°C, as well as environmental deterioration, necessitated legislative and administrative action. It issued public advisories, cooling areas, helped with water spraying, health readiness, and began the quick execution of the Heat Action Plan. The Court directed the Government to take action to prevent future generations from atmospheric disasters and for passing the Prevention of Deaths Due to Heat and Cold Waves Bill, 2015 on moral and ethical ground of preserving Earth. M.K. Ranjitsinh&Ors. v. Union of India &Ors.(2024): In this case, the court emphasised the need to take immediate steps in combatting climate change and rising temperatures to protect the endangered Great Indian Bustard. The Court went further and specifically recognized the constitutionally protected right to a clean environment, and moreover that such a right includes the right to be free from adverse impacts of climate change for all population groups, but particularly for those that are especially vulnerable to its impacts. However, in the light of it being an unfeasible and costly procedure to fully underground power lines, it modified its previous order, and named an expert group to try to seek a fair resolution. Be it biodiversity preservation coupled with climate action or sustainable development, the ruling insists that sustainable development has to go hand in hand with climate action for future generations.

In the World

According to Article 2, the primary goal of the UNFCCC is to stabilise greenhouse gases and to stop hazardous human influence on the climate(Gao *et al.*, 2017). Article 3 describes this further by stating that parties have an obligation to ensure the protection of the climate for present and future generations and have to take precautionary actions in order to avoid or limit climate change and its adverse effects(Gao *et al*., 2017). As more individuals go to judiciary to fight climate change, climate litigation is picking up speed. By December 2022, 2,180 climate-related lawsuits had been lodged in 65 countries which includes international and regional juridical bodies and adjudicatory organisations(United Nations Environment Programme, 2023). Children, young people, female organisations, neighbourhood organisations, and Native population are leading the way in changing climate change administration. The study underlines how the ecological rule of law helps to fight contaminants, loss of biodiversity,

and climate change(United Nations Environment Programme, 2023). Access to justice safeguards environmental law and human rights, hence fostering responsibility in public institutions. The UNGA resolution acknowledges the detrimental effects of climate change on people's rights, thereby perhaps motivating additional act on environmental issues(United Nations Environment Programme, 2023).

CONCLUSION

Humans are incredibly adaptive animals that are naturally motivated to look for security and comfort to survive and carry out everyday tasks(Lim, 2020). The primary forces behind behavioural adaptation in the context of global warming would be the desire to stay out of the heat and seek cover in cooler climates. These behavioural cues would equate to staying indoors during the hottest parts of the day and going outside to "hunt" or "socialise" in the evening. While there are many ways to adapt to attain this kind of behaviour, this review would want to draw attention to the possibility of a circadian cycle shift as a possible tactic, given its influence on the standard of living for people worldwide. The heat-avoidance behaviour would probably cause a shift in the circadian cycle towards a sub-nocturnal lifestyle, whether on purpose or by accident(Flouris and Schlader, 2015). The paradigm for AC needs to change, and focused body surface cooling, rather than simply chilling the entire room, is probably the way forward in the future. If effective, targeted body surface cooling can preserve body temperature (Tb) and thermal comfort while using a lot less energy and maybe emitting no carbon dioxide. The development of portable, lightweight, and energy-efficient body cooling systems is required considering this paradigm shift in AC, which takes advantage of human thermoregulation's heat exchange mechanisms(Gao *et al.*, 2018). To prevent heat-related health damage through comprehensive efforts at all levels, the World Health Organisation (WHO) released recommendations on "heat action plans" in 2008(Zhao *et al.*, 2024). One tool to prevent detrimental effects on one's health is the mention of heat warning systems(Matzarakis, 2022). Europe's nations and cities have begun to create emergency measures, including early warning systems, in response to the summer 2003 heat waves(Matzarakis *et al.*, 2020). We can anticipate a decline in the number of avoidable deaths during future heat waves by having precise and timely weather forecasts, comprehending the effects of heat, educating and counselling citizens, putting targeted measures for vulnerable populations into action, and implementing appropriate landscape and urban planning measures(Matzarakis, 2022). Finally, it is possible to view heat as a social hazard that influences not only the general emergency and health systems, but also human health in terms of death and hospital admission rates. Ultimately, this kind of risk is not specific to indoor or outdoor environments; rather, it is a result of general urban infrastructure characteristics, such as our dual need on energy to reduce excessive heat stress from our everyday work environments, both indoors and outside(Klinenberg, 2015).

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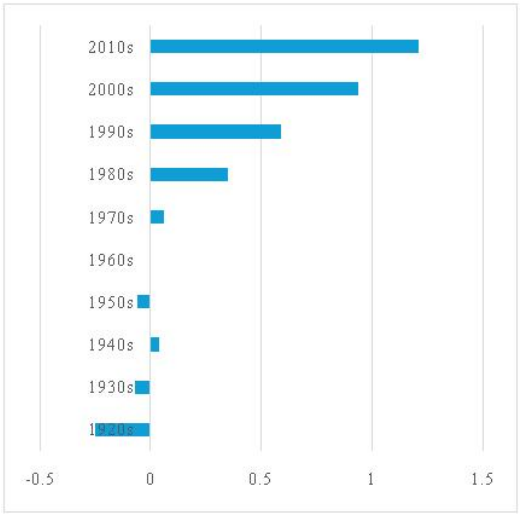

Fig. 1: Global average temperature variation by decade (1920–2019) in °C("Change in average temperature worldwide from 1910 to 2019, by decade," 2022)

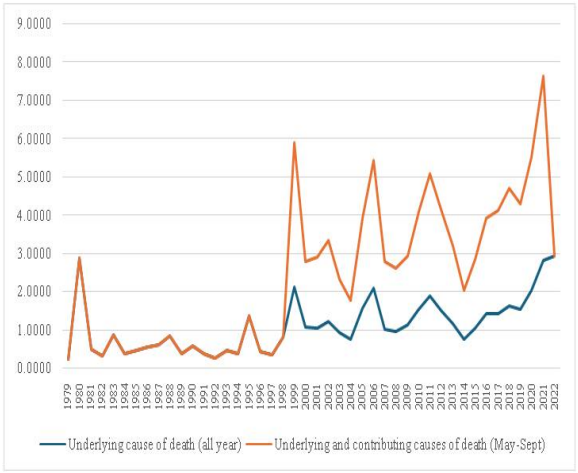

Fig. 2: Deaths in the United States classified as "heat-related" from 1979 to 2022, per million population(US EPA, 2016)

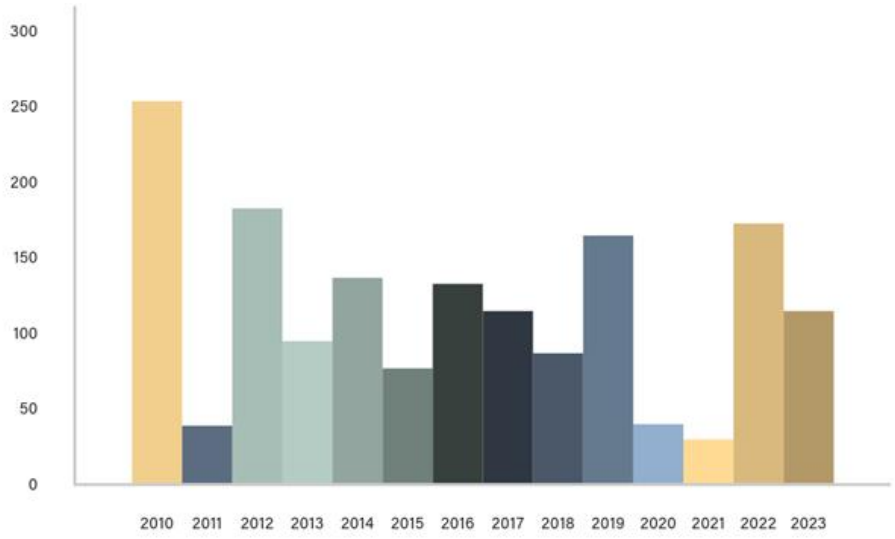

Fig. 3: Number of days experiencing severe heatwaves in India per year, 2010–2023("India," 2023)

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Modeling Population Dynamics in Agricultural Ecosystems: A Three-Species Approach with Holling Type II response for Crop, Pest, and Biological Control Interaction

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Received: 02 Feb 2025 Revised: 24 Apr 2025 Accepted: 10 Jun 2025

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ABSTRACT

This paper develops a three-species interaction model to analyze the population dynamics of crops, pests, and beneficial organisms in agricultural ecosystems. The model incorporates the Holling Type-II functional response and key agricultural practices, including fertilization, pesticide application, and biological control. Stability analysis is performed using the Routh-Hurwitz criterion and eigenvalue computation. Numerical simulations, including time series plots and phase diagrams, are conducted using MATLAB R2007b. The findings underscore the importance of biodiversity and sustainable agricultural practices in maintaining ecological balance. This research offers valuable insights for optimizing crop yields and implementing effective pest management strategies.

Keywords: Three-species interaction model, Population dynamics, Crops, Pests, Beneficial organisms, Holling Type-II functional response, Biological control, Routh-Hurwitz criterion, Sustainable agriculture practices, Pest management strategies.

Mathematics Subject Classification (MSC): 37N25, 92D40, 92B05, 34D20, 37M05, 93C10

INTRODUCTION

Agricultural ecosystems are dynamic systems influenced by the complex interactions among crops, pests, and beneficial organisms. These interactions are shaped by ecological processes such as predation, competition, and resource availability, which play a critical role in determining population dynamics. Understanding these dynamics is crucial for developing sustainable agricultural practices that maximize crop yields while mitigating pest impacts and minimizing environmental degradation. This study models a three-species interaction comprising crops (prey),

pests (predators), and beneficial organisms, such as natural predators or biological control agents. The model incorporates the Holling Type-II functional response, accounting for the non-linear effects of predation and interspecies interactions. It integrates key ecological factors like fertilization, irrigation, pesticide application, and biological control to capture the influence of agricultural practices on population dynamics. The stability of the system is assessed by analyzing equilibrium points and applying the Routh-Hurwitz criterion, along with eigen value computation, to evaluate the system's response to various ecological and agricultural scenarios. MATLAB R2007b software is employed for numerical simulations, enabling detailed visualization of system dynamics through time series plots, 3D phases plots, and trajectory paths. These graphical tools provide a comprehensive understanding of the temporal and spatial behavior of the three species, supporting the theoretical analysis. This study builds on foundational theories in population dynamics (Lotka, 1925; Volterra, 1926) and modern advancements in mathematical ecology (May, 1973; Murray, 2002). By emphasizing the importance of biodiversity and sustainable agricultural practices, the research highlights the role of biological control in pest management and ecosystem stability. The findings aim to contribute to the broader understanding of agroecosystem dynamics, providing practical insights for achieving ecological balance and promoting sustainable farming strategies.

The Model of the System

The System of equations describing the model is:

Crop growth dynamics: $\frac{dx}{dt} = x(b_1(F,I) - \frac{x}{K_1(F,I)} - \alpha(C)y - \varepsilon z)$ ----------> (1)

Pest population dynamics: $\frac{dy}{dt} = y(b_2 - \beta x - y - \mu(B)z - P)$ ----------> (2)

Beneficial organism's dynamics (Holling Type-II functional response):

$\frac{dz}{dt} = z(-b_3 + \frac{d\varepsilon x}{h_1+x} + \frac{d\mu y}{h_2+y})$ (Holling Type II Response) ----------> (3)

This model represents a three-species interaction system in an agricultural ecosystem, focusing on the dynamics of crops, pests, and beneficial organisms. The model incorporates the effects of irrigation, fertilization, cultural practices, pesticides, and biological control.

The Parameters are

External factors

F: Fertilization.

I: Irrigation.

C: Cultural practices.

B: Biological control interventions.These external factors modulate the parameters $B_1(F,I), K_1(F,I), \alpha(C), and\ \mu(B)$.

For Crops (x)

$b_1(F,I)$: Intrinsic growth rate of crops, influenced by fertilization and irrigation.

$K_1(F,I)$: Environmental carrying capacity for crops, dependent on fertilization andi irrigation.

$\alpha(C)$: Rate of crop consumption by pests, influenced by cultural practices.ε:Interaction rate between crops and beneficial organisms.

For Pests (y)

b_2: Intrinsic growth rate of pests in the absence of other factors.

β: Rate of crop consumption by pests, representing pest dependence on crops as a resource.

$\mu(B)$:Mortality rate of pests due to beneficial organisms, influenced by biological control.

P: Mortality rate of pests due to pesticide application.

For Beneficial Organisms (z)

b_3: Natural mortality rate of beneficial organisms in the absence of resources.

d: Interaction strength of beneficial organisms with crops and pests.

ε:Interaction rate of beneficial organisms with crops.

μ: Interaction rate of beneficial organisms with pests.

h_1: Half-saturation constant for interaction with crops.
h_2: Half-saturation constant for interaction with pests.
By analyzing this system, strategies can be developed to balance crop productivity, pest suppression, and ecosystem conservation. The model integrates ecological principles with agricultural practices, offering valuable insights into optimizing irrigation, pest management, and biological control for sustainable farming.

Equilibrium Points of the System
The first equilibrium point $E_0 = (0,0,0)$.
The second equilibrium point $E_1 = (b_1(F,I)K_1(F,I),0,0)$.[Crops only]
The third equilibrium point $E_2 = (0, b_2 - P, 0)$. [Pests only]
The fourth equilibrium point $E_3 = \left(\frac{K_1(F,I)(b_1(F,I)-\alpha b_2+\alpha P)}{1-K_1(F,I)\alpha\beta}\ , b_2 - \beta\left[\frac{K_1(F,I)(b_1(F,I)-\alpha b_2+\alpha P)}{1-K_1(F,I)\alpha\beta}\right] - P, 0\right)$. [Crops and Pests]

The fifth equilibrium point$\mathrm{E}_4 = (\mathrm{x}^*, \mathrm{y}^*, \mathrm{z}^*) = [(K_1(F,I)(b_1(F,I) - \alpha(C)y^* - \varepsilon z^*), b_2 - \beta x^* - \mu(B)z^* - P$, Solution of $-b_3 + \frac{d\varepsilon[K_1(F,I)(b_1(F,I)-\alpha(C)y-\varepsilon z)]}{h_1+K_1(F,I)(b_1(F,I)-\alpha(C)y-\varepsilon z)} + \frac{d\mu[b_2-\beta x-\mu(B)z-P]}{h_2+b_2-\beta x-y-\mu(B)z-P} = 0]$, Using Parameter values.*The Jacobian matrix,*

$$\mathrm{J} = \begin{pmatrix} \mathrm{b_1(F,I)} - \frac{2\mathrm{x}}{\mathrm{K_1(F,I)}} - \alpha(\mathrm{C})\mathrm{y} - \varepsilon\mathrm{z} & -\alpha(\mathrm{C})\mathrm{x} & -\varepsilon\mathrm{x} \\ -\beta\mathrm{y} & \mathrm{b_2} - \beta\mathrm{x} - 2\mathrm{y} - \mu(\mathrm{B})\mathrm{z} - \mathrm{P} & -\mu(\mathrm{B})\mathrm{y} \\ \mathrm{z}\left(\mathrm{d}\varepsilon\left[\frac{h_1}{(h_1+x)^2}\right] + \frac{\mathrm{d}\varepsilon}{h_1+x}\right) & \mathrm{z}\left(\mathrm{d}\mu\left[\frac{h_2}{(h_2+y)^2}\right] + \frac{d\mu}{h_2+y}\right) & -\mathrm{b_3} + \frac{\mathrm{d}\varepsilon\mathrm{x}}{h_1+x} + \frac{\mathrm{d}\mu\mathrm{y}}{(h_2+y)} \end{pmatrix}.$$

Stability Analysis
The first equilibrium point of the system, $E_0 = (0,0,0)$represents a scenario where all species (crops, pests, and beneficial organisms) are absent.To assess the stability of this equilibrium point, we derived the Jacobian matrix of the system at E_0, which is given by

$$\mathrm{J} = \begin{pmatrix} \mathrm{b_1(F,I)} & 0 & 0 \\ 0 & b_2 - P & 0 \\ 0 & 0 & -b_3 \end{pmatrix}$$, where $\mathrm{b_1(F,I)}, \mathrm{b_2}, and\ \mathrm{b_3}$ represents the intrinsic growth rates of the crops, pests, and beneficial organisms, respectively, and P is the pesticide mortality rate for pests. The eigenvalues of the Jacobian matrix were calculated to determine its stability of E_0.Using the parameter values $b_1(F,I) = 0.1, b_2 = 0.2, P = 0.1,\ and\ b_3 = 0.5$, the eigenvalues are $\lambda_1 = b_1(F,I) = 0.1$, $\lambda_2 = b_2 - P = 0.2 - 0.1 = 0.1$, $\lambda_3 = -b_3 = -0.5$. The eigenvalues computed in MATLAB are $\lambda_1 = 0.1, \lambda_2 = 0.1, \lambda_3 = -0.5$. Since one of the eigenvalues ($\lambda_1 = 0.1$) is positive, while the other two are negative, the equilibrium point E_0 is unstable. This instability indicates that small perturbations E_0 will grow over time rather than decay, leading the system away from equilibrium. The positive crop growth rate $b_1(F\ , I) = 0.1$ allows for unchecked population growth, destabilizing the system. This analysis highlights the system's sensitivity to parameter changes and underscores the importance of managing crop growth rates to maintain stability in agricultural ecosystems. Therefore, $E_0(0,0,0)$ is an unstable equilibrium point under these conditions.

The second equilibrium point$E_1 = (b_1(F,I)K_1(F,I),0,0)$represents a scenario where only the crop population exists at its carrying capacity while both pests and beneficial organisms are absent. To analyze its stability, the Jacobian matrix at

$$J = \begin{pmatrix} \mathrm{b_1(F,I)} - 2\mathrm{x} & -\alpha(\mathrm{C})\mathrm{x} & -\varepsilon\,\mathrm{x} \\ 0 & \mathrm{b_2} - \beta\mathrm{x} - \mathrm{P} & 0 \\ 0 & 0 & -\mathrm{b_3} \end{pmatrix}$$ where $x = b_1(F,I)K_1(F,I)$and the parameters: $b_1(F,I)$, the intrinsic growth rate of crops; $K_1(F,I)$, the crop carrying capacity; b_2, the intrinsic growth rate of pests; β, the pest-crop interaction coefficient; and P, the pesticide morality rate of beneficial organisms. Substituting $x = b_1(F,I)K_1(F,I), y = 0, z = 0$, the eigenvalues of the Jacobian matrix were calculated as : $\lambda_1 = b_1(F,I) - 2b_1(F,I) = b_1(F,I)$, $\lambda_2 = b_2 - \beta b_1(F,I)K_1(F,I) - P$, $\lambda_3 = -b_3$. Using the parameter values $b_1(F,I) = 0.1, b_2 = 0.2$, $b_3 = 0.5, K_1(F,I) = 3.0, \alpha(\mathrm{C}) =$

$0.05, \varepsilon = 0.02, \beta = 0.05, P = 0.1,$ the eigenvalues were computed in MATLAB are $\lambda_1 = -0.1, \lambda_2 = -0.1, \lambda_3 = -0.5$.The Jacobian matrix evaluated at E_1 is computed using MATLAB as, $\begin{pmatrix} -0.1000 & 0 & 0 \\ 0 & -0.1150 & 0 \\ 0 & 0 & -0.5000 \end{pmatrix}$.All eigenvalues have negative real parts, indicating that the equilibrium point E_1 is asymptotically stable. This stability implies that when the system is perturbed slightly E_1, it will return to the equilibrium point over time. Thus, without pests and beneficial organisms, the crop population stabilizes at its carrying capacity. Therefore, $E_1 = (b_1(F,I)K_1(F,I), 0, 0)$is a stable/asymptotically stable equilibrium point under these conditions. This result highlights that the agricultural ecosystem can sustain a stable crop population without external disturbances from pests or beneficial organisms at this equilibrium point.

The third equilibrium point $E_2 = (0, b_2 - P, 0)$, represents a scenario where only the pest population exists at a steady state while both crops and beneficial organisms are absent. To analyze its stability, the Jacobian matrix of the system E_2 is given as:

$$J = \begin{pmatrix} b_1(F,I) - \alpha(C)(b_2 - P) & 0 & 0 \\ -\beta(b_2 - P) & -(b_2 - P) & -\mu(B)(b_2 - P) \\ 0 & 0 & -b_3 + \frac{d\mu(b_2 - P)}{h_2 + (b_2 - P)} \end{pmatrix}$$ where the parameters $b_1(F,I) = 0.1$ (crop growth rate influenced by fertilization and irrigation), $b_2 = 0.2$ (pest growth rate), $b_3 = 0.5$ (growth rate of beneficial organisms), $K_1(F,I) = 3.0$ (crop carrying capacity) $\alpha(C) = 0.05$ (pest-crop interaction coefficient), $\beta = 0.05$ (crop-pest interaction coefficient), $P = 0.1$ (pesticide-induced morality of pests), $\mu(B) = 0.1$ (pest-beneficial interaction coefficient), d=0.03 (benefit rate of beneficial organism),$\varepsilon = 0.02$ (crop-beneficial interaction coefficient)and $h_2 = 0.5$ (half saturation constant beneficial pest interaction) represent specific ecological and agricultural factors. The Jacobian matrix evaluated at E_2 is computed using MATLAB as, $\begin{pmatrix} 0.0950 & 0 & 0 \\ -0.0050 & -0.1000 & 0.0100 \\ 0 & 0 & -0.4995 \end{pmatrix}$.

Substituting equilibrium values $x = 0, y = b_2 - P, z = 0$, the eigenvalues of the Jacobian matrix were computed using MATLAB as follows: $\lambda_1 = b_1(F,I) - \alpha(C)(b_2 - P) = 0.095, \lambda_2 = -(b_2 - P) = -0.1, \lambda_3 = -b_3 + \frac{d\mu(b_2 - P)}{h_2 + (b_2 - P)} = -0.5$. The first eigenvalue ($\lambda_1 > 0$) is positive, indicating instability, while the other two eigenvalues are negative, suggesting stability along their respective directions. Overall, the positive eigenvalue establishes that E_2 is unstable, meaning that any perturbation will lead the system away from this equilibrium. This outcome highlights the ecological dynamics where a pest-only population cannot sustain itself without interactions with crops and beneficial organisms, even without initial interference.

The fourth equilibrium point $E_3 = \left(\frac{K_1(F,I)(b_1(F,I) - \alpha b_2 + \alpha P)}{1 - K_1(F,I)\alpha\beta}, b_2 - \beta\left[\frac{K_1(F,I)(b_1(F,I) - \alpha b_2 + \alpha P)}{1 - K_1(F,I)\alpha\beta}\right] - P, 0\right)$, represents a steady-state scenario where both crop and pest populations coexist, while the population of beneficial organisms is absent. To analyze the stability of E_3, the Jacobian matrix is given by,

$$J = \begin{pmatrix} b_1(F,I) - \frac{2x}{K_1(F,I)} - \alpha y - \varepsilon z & -\alpha x & -\varepsilon x \\ \frac{-\beta y h_1}{(h_1 + x)^2} b_2 - \frac{\beta x}{h_1 + x} & -2y - \mu(B)z - P & -\mu(B)y \\ 0 & 0 & -b_3 + \frac{d\varepsilon x}{h_1 + x} + \frac{d\mu(B)y}{h_2 + y} \end{pmatrix}$$

Using the parameter values $b_1(F,I) = 0.1, b_2 = 0.2, b_3 = 0.5, K_1(F,I) = 3.0, \alpha = 0.05, \varepsilon = 0.02, \beta = 0.05, P = 0.1, \mu(B) = 0.1$, $h_1 = 0.5$, $h_2 = 0.5, d = 0.03$, the Jacobian matrix evaluated at E_3 is computed using MATLAB as,

$$J_3 = \begin{pmatrix} -0.0957 & -0.0144 & -0.0057 \\ -0.0035 & -0.0895 & -0.0086 \\ 0 & 0 & -0.4996 \end{pmatrix}.$$

The eigenvalues of J_3 are computed in MATLAB using the eigenvalue function $\lambda_1 = -0.1003, \lambda_2 = -0.0849, \lambda_3 = -0.4996$.Since all eigenvalues have negative real parts, the equilibrium point E_3 is locally asymptotically stable. The Routh-Hurwitz criterion, which confirms the stability by ensuring all eigenvalues have negative real parts is also satisfied. This MATLAB analysis validates that the system will return to E_3 following small perturbations. The result indicates that the coexistence of crops and pests, without beneficial organisms, can persist under the given parameter values, highlighting the importance of balancing ecological interactions in agricultural ecosystems to maintain stability and sustainability.

Interior Equilibrium Point: Stability Analysis

Theorem: Local Asymptotic Stability (Interior Stability) of the Equilibrium Point E_4 in a Three-Species Interaction Model.

Let $E_4 = (x^*, y^*, z^*)$ be an equilibrium point of the three-species interaction model defined by:$(x^*, y^*, z^*) = (K_1(F,I)(b_1(F,I) - \alpha(C)y^* - \varepsilon z^*), b_2 - \beta x^* - \mu(B)z^* - P,$ *Solution of the nonlinear equation for* z). If the Jacobian matrix E_4, evaluated at E_4, has all eigenvalues with negative real parts, then E_4 is locally asymptotically stable. This implies that any small perturbations from E_4 decay over time, and the system returns to the equilibrium point.

Proof:

To prove the local asymptotic stability of the equilibrium point E_4, we analyze the Jacobian matrix $J(E_4)$ of the system evaluated at E_4. Using the parameters $b_1(F,I) = 0.1, b_2 = 0.2, b_3 = 0.5, K_1(F,I) = 3.0, \alpha = 0.05, \beta = 0.05, \varepsilon = 0.02, P = 0.1, \mu(B) = 0.1$, $h_1 = 0.5$, $h_2 = 0.5, d = 0.03$, and using MATLAB, the equilibrium values are computed as x* = 0.30978, y* = 0.13441, z* = -0.49896. Substituting these equilibrium values into the Jacobian matrix, we obtain:$J(E_4) = \begin{pmatrix} -0.1033 & -0.0155 & -0.0062 \\ -0.0051 & -0.1380 & -0.0134 \\ 0.0005 & -0.0045 & -0.4945 \end{pmatrix}$.

The eigenvalues of this matrix are calculated as $\lambda_1 = -0.1011, \lambda_2 = -0.1400, and\ \lambda_3 = -0.4947$. Since all eigenvalues have negative real parts, the equilibrium point E_4 is locally asymptotically stable. To further confirm the stability, the Routh-Hurwitz criterion is applied to the characteristic polynomial of $J(E_4)$, verifying that all the coefficients satisfy the necessary conditions for stability. This ensures that all eigenvalues have negative real parts. Hence, E_4 is locally stable, and any small perturbations around E_4will decay over time, causing the system to return to this equilibrium point. This completes the proof.

Numerical Simulations

Equilibrium Point E_0 Extinction StateThe dynamics of the three-species interaction model around the equilibrium point $E_0 = (0,0,0)$were simulated using the following parameters: the crop growth rate$b_1(F,I) = 0.1$, pest growth rate $b_2 = 0.2$, pesticide morality P = 0.1, and beneficial organism morality rate $b_3 = 0.5$.Interaction coefficients include crop-pest interaction $\alpha = 0.05$, pest regulation by beneficial organisms $\mu = 0.1$, and beneficial organism growth through a Holling Type II functional response with coefficients$\varepsilon = 0.02$ and d = 0.03. The time series plots (Figure 1)show that the crop (x) and pest (y) populations grow initially, while the beneficial organism population (z) also increases gradually. However, due to the higher crop growth rate$b_1(F,I) = 0.1$, the pest population experiences unchecked growth, leading to destabilization/be unstable of the system. The 3D phase plot (Figure 2) reveals divergent trajectories, indicating that the populations fail to stabilize/be unstable. Subplots of individual population dynamics (Figure 3) show that the crop and pest populations exhibit oscillatory or runaway behavior, with beneficial organisms unable to regulate the pests effectively. Figure 4 illustrates the trajectory path in the state space as the populations evolve, starting from the initial conditions. The trajectory fails to converge to the equilibrium point $E_0 = (0,0,0)$, further confirming the instability of the system.The eigenvalues were computed as $\lambda_1 = 0.1, \lambda_2 = 0.1, \lambda_3 = -0.5$,where at least one positive eigenvalue confirms local instability at E_0. These results highlight the system's sensitivity to parameter changes and underscore the need for careful management of crop growth rates to maintain ecological stability. Therefore, the system is unstable.

Equilibrium Point E_1 Crop-Only StateAt the equilibrium point $E_1 = (b_1(F,I)K_1(F,I), 0, 0)$, representing a crop-only scenario, the parameters were set as $b_1(F,I) = 0.1, b_2 = 0.2,\ b_3 = 0.5, K_1(F,I) = 3.0, \alpha = 0.05, \varepsilon = 0.02, \beta = 0.05, b_2 = 0.2, P = 0.1, b_3 = 0.5, d = 0.03$. Numerical simulations indicate that the crop population stabilizes at its equilibrium value, with x=0.3, while pest (y) and beneficial organism (z) populations decline to zero. The time series plot (Figure 5) confirms this behavior, with subplots (Figure 6) providing isolated trajectories. The 3D phase plot (Figure 7) illustrates the system's trajectories converging to E_1, and Figure 8 highlights the trajectory path as the system evolves toward E_1. The Jacobian matrix analysis confirms that E_1 is asymptotically stable, with the eigenvalues: $\lambda_1 = -0.1, \lambda_2 = -0.1, \lambda_3 = -0.5$. This stability indicates that small perturbations decay over time, and the system returns to E_1. While crop stability is achieved, the absence of beneficial organisms could make the system more vulnerable to external shocks, such as pest outbreaks or environmental changes. These results underscore the importance of sustainable agricultural practices to maintain long-term ecological stability.

Equilibrium Point E_2 Pest-Only StateAt the equilibrium point $E_2 = (0, b_2 - P, 0)$, representing a pest-only scenario, the parameters were set as $b_1(F,I) = 0.1, b_2 = 0.2, b_3 = 0.5,\ K_1(F,I) = 3.0, \alpha = 0.05, \varepsilon = 0.02, \beta = 0.05,\ P = 0.1, \mu = 0.1, d = 0.03, and\ h_2 = 0.5$. Starting from perturbed initial conditions $x(0) = 0.01,\ y(0) = b_2 - P + 0.01 = 0.11,\ z(0) = 0.01$, the time series results (Figure 9) reveal an initial growth of pest populations. However, the system diverges from E_2, leading to oscillatory or unbounded behavior in all populations. The 3D phase plot (Figure 11) shows unstable trajectoriesand eigenvalue analysis confirms that E_2 is locally unstable, with eigenvalues $\lambda_1 = 0.095, \lambda_2 = -0.1, \lambda_3 = -0.5$. The positive eigenvalue λ_1 indicates that small perturbations grow over time, causing divergence from E_2.This instability highlights the importance of incorporating effective pest management strategies, such as biological control or pesticide adjustments, to redirect the system toward a more sustainable equilibrium.

EquilibriumPoint E_3 Crop and Pest CoexistenceAt the equilibrium point $E_3 = \left(\frac{K_1(F,I)(b_1(F,I)-\alpha b_2+\alpha P)}{1-K_1(F,I)\alpha\beta}\ , b_2 - \beta\left[\frac{K_1(F,I)(b_1(F,I)-\alpha b_2+\alpha P)}{1-K_1(F,I)\alpha\beta}\right] - P, 0\right)$,the parameters included crop growth rate$b_1(F,I) = 0.1$, pest growth rate$b_2 = 0.2$, beneficial organism decay rate $b_3 = 0.5, K_1(F,I) = 3.0$, and interaction coefficients $\alpha(c) = 0.05,\ \varepsilon = 0.02,\ \beta = 0.05, P = 0.1, d = 0.03, \mu = 0.1, h_1 = 0.5, h_2 = 0.5$. Simulations starting from slight perturbations over a period $t\epsilon[0,100]$ confirmed that the system remained stable, as the populations gradually returned to equilibrium values $x_{eq} = 0.2872, y_{eq} = 0.0856,\ and\ z_{eq} = 0.0$. Additionally, the eigenvalues of the Jacobian matrix evaluated were computed as $\lambda_1 = -0.1003, \lambda_2 = -0.0849, \lambda_3 = -0.499$, as all with negative real parts, confirming local asymptotic stability. The time series plots in Figure 13,subplots of the time series inFigure 14, a 3D phase plot in Figure 15, and Figure 16highlight the trajectory path towards E_3, demonstrating this stability.This analysis highlights the potential for coexistence of crops and pests under certain conditions, emphasizing the importance of parameter tuning to maintain ecological balance and optimize agricultural productivity. Future research will focus on sensitivity analysis and of exploring control strategies to preserve this stability.

Interior equilibrium point E_4 Finally, to analyze the stability of the interior equilibrium point $E_4 = (x^* = 0.30978, y^* = 0.13441, z^* = -0.49896)$ in the three-species interaction model, a numerical simulation was conducted using MATLAB. The simulation involved solving the system of differential equations describing the interactions among crops (x), pests (y), and beneficial organisms (z). The equilibrium point$E_4$was perturbed slightly by setting initial conditions $x_0 = x^* + 0.01, y_0 = y^* + 0.01, and\ z_0 = z^* + 0.01$. MATLAB's ODE45 solver was used to simulate the system throughout t = [0,100], allowing observations of the system's long-term dynamics. The results confirmed that the populations of crops, pests, and beneficial organisms converged back to their equilibrium values, as shown in Figure 17, which presents the time series of population dynamics. Detailed subplots in Figure 18 illustrate the decay of perturbations for each species, highlighting the return to equilibrium despite small disturbances. Furthermore, the phase space trajectory in Figure 19 demonstrates that the populations converge to E_4, providing a visual confirmation of the equilibrium's stability. Figure 20 depicts the trajectory path toward E_4, verifying that the populations stabilize at E_4, which satisfies: (x^*, y^*, z^*). These results validate that E_4 is locally asymptotically stable, with the decay of perturbations showcasing the robustness of the system under minor disruptions.

CONCLUSIONS

The study provides a detailed analysis of a three-species interaction model in agricultural ecosystems, focusing on the population dynamics of crops, pests, and beneficial organisms under various agricultural practices. Using the Holling Type-II functional response (Holling, 1959) and the Routh-Hurwitz criterion, system stability was effectively assessed. Time series plots (Figures 1, 5, 9, 13, and 17) and their corresponding subplots (Figures 3, 6, 10, 14, and 18) highlight population trends and the dynamics of each species across different equilibrium points, revealing the influence of ecological conditions on species interactions.Building on foundational studies in population dynamics (Lotka, 1925; Volterra, 1926) and stability analysis (May, 1973; Goh, 1977), this research applies mathematical frameworks to advance our understanding of agroecosystem sustainability. The 3D phase plots (Figures 2, 7, 11, 15, and 19) provide insightful visualizations of interspecies interactions, while trajectory paths (Figure 4, 8, 12, 16, and 20) illustrates the system's progression towards stability or instability. These graphical representations validate theoretical predictions and offer ecological insights into system behavior.

This study emphasizes the ecological importance of biodiversity in agroecosystems (Altiere, 1999) and highlights the role of sustainable agricultural practices, such as precision agriculture, in maintaining ecological balance (Laca, 2000). The analysis of equilibrium points and eigenvalues using MATLAB R2007b demonstrates the value of contemporary quantitative ecological methods (Adler & Tanner, 2013; Murray, 2002). The system's stability under perturbations further underscores the critical role of biological control in pest management, enhancing the understanding of community structures in ecosystems (Anderson & May, 1981; Shigesada & Kawasaki, 1997).By integrating mathematical theory with visual evidence—including time series plots, 3D phases plots, and trajectory paths—this study validates of the model's predictions and provides practical insights for optimizing crop yields, managing pests, and promoting biodiversity. These findings advance sustainable agricultural practices and ecological conservation, offering valuable guidance for maintaining the resilience and productivity of agroecosystems.

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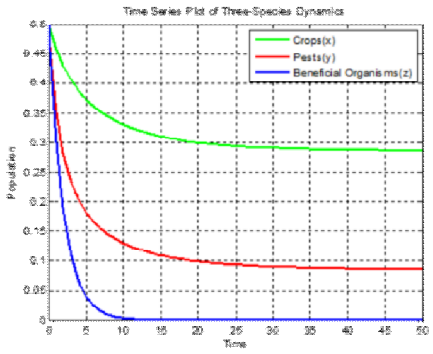

Figure 1: Time series plot of three-species dynamics near equilibrium E_0 (Extinction State).

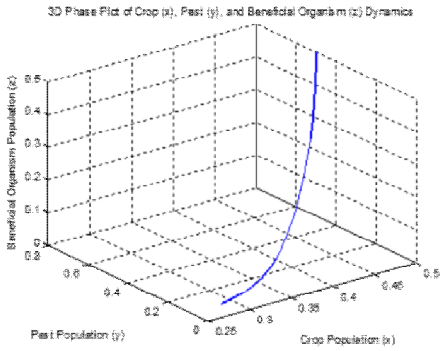

Figure 2: 3D phase plot showing the dynamics of crop(x), pest(y), and beneficial organism(z) nearE_0 (Extinction State).

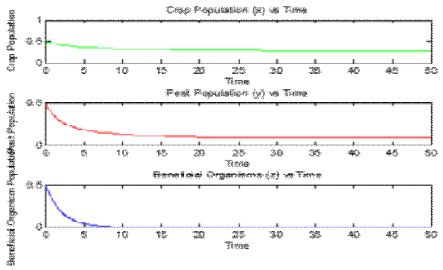

Figure 3: Time series sub-plots of crop(x), pest(y), and beneficial organism(z) dynamics nearE_0 (Extinction State).

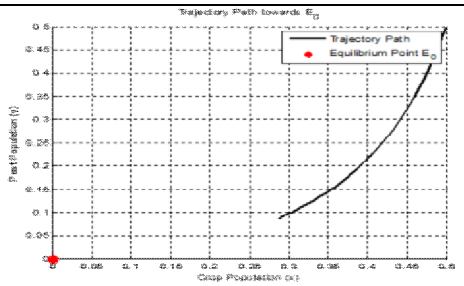

Figure 4: System trajectory path in state space diverging fromE_0 (Extinction State).

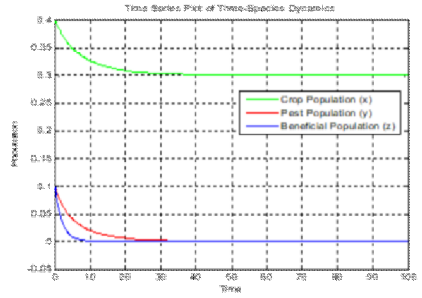

Figure 5: Time series plot of threes-species dynamics nearE_1[Crops only].

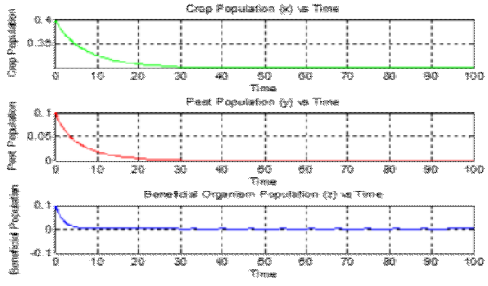

Figure 6: Time series sub-plots of crop(x), pest(y), and beneficial organism(z) dynamics nearE_1[Crops only].

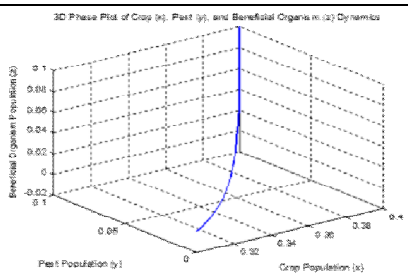

Figure 7: 3D phase plot showing the dynamics of crop(x), pest(y), and beneficial organism(z) near E_1[Crops only].

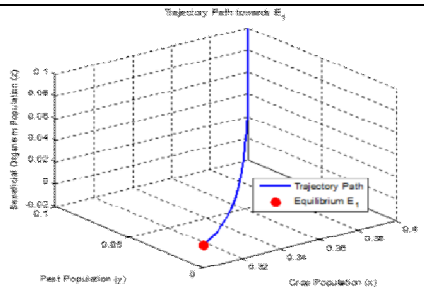

Figure 8: System trajectory convergence to E_1 (Crops only).

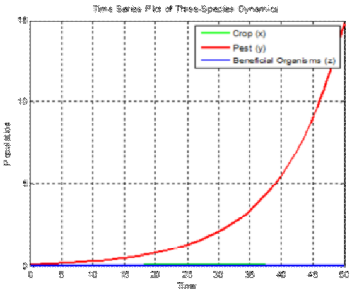

Figure 9: Time series plot of three-species dynamics near E_2 [Pests only].

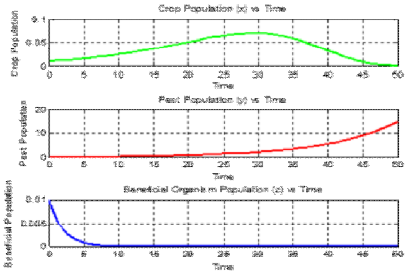

Figure 10: Time series sub-plots of crop(x), pest(y), and beneficial organism(z) dynamics nearE_2[Pests only]0

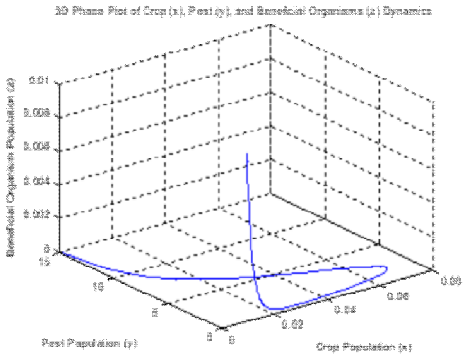

Figure 11: 3D phase plot showing the system's unstable trajectories near E_2[Pests only].

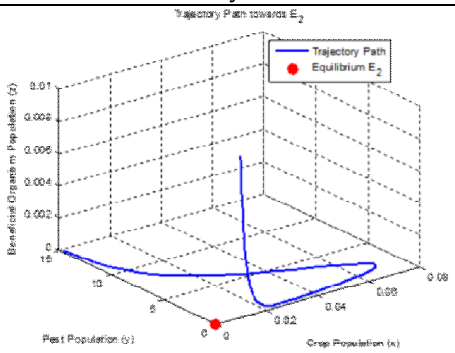

Figure 12: Divergence of the system's trajectories from E_2, illustrating instability.

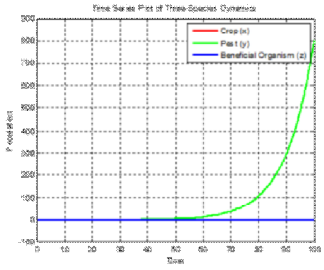

Figure 13: Time series plot of three-species dynamics near E_3 [Crops and Pests].

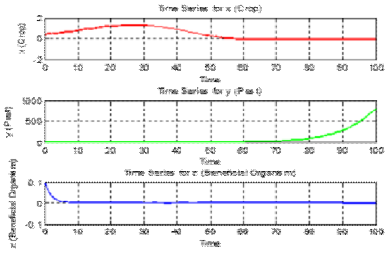

Figure 14: Time series sub-plots of crop(x), pest(y), and beneficial organism (z) dynamics nearE_3[Crops and Pests].

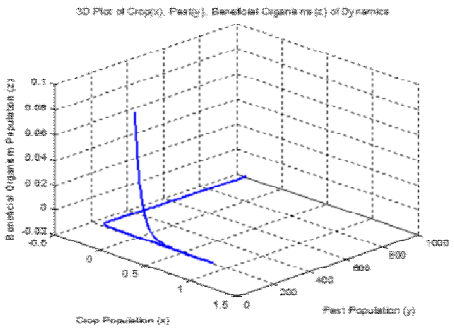

Figure 15: 3D phase plot of crop(x), pest(y), and beneficial organism(z) dynamics near E_3[Crops and Pests].

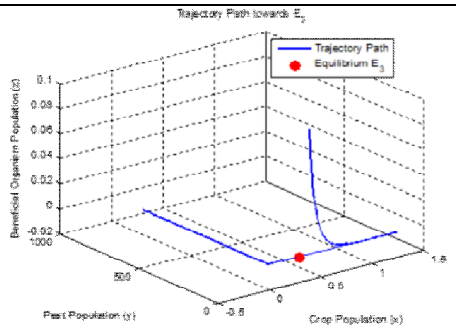

Figure 16: Trajectory path convergence to E_3, illustrating stability (Crops and Pests).

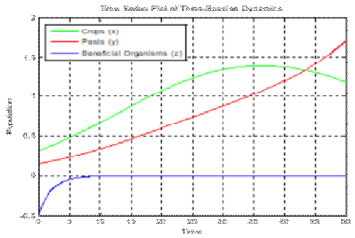

Figure 17: Time series plot of three-species population dynamics near the interior equilibrium point E_4.

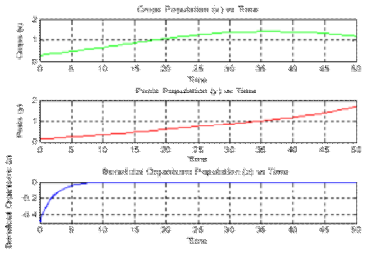

Figure 18: Time series subplots of crop(x), pest(y), and beneficial organism (z) dynamics near the interior equilibrium point E_4.

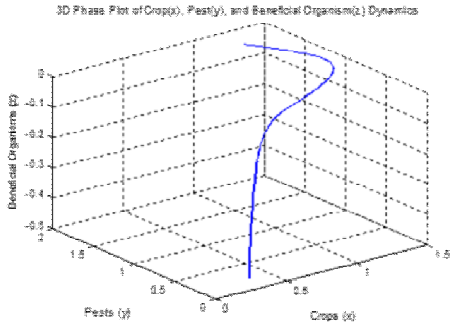

Figure 19: 3D phase plot illustrating the system's convergence to the interior equilibrium point E_4.

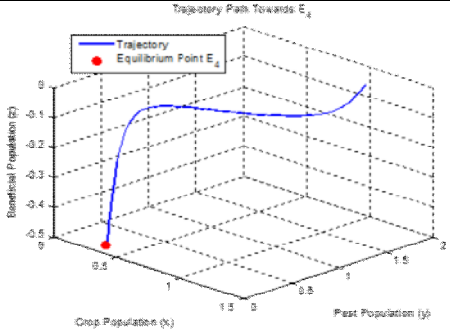

Figure 20: Trajectory path convergence to E_4, illustrating stability.

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Mesalamine: A Promising Treatment for Inflammatory Bowel Disease (Ulcerative Colitis and Crohn's Disease)

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Received: 11 Apr 2025 Revised: 13 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Crohn's disease (CD) and ulcerative colitis (UC) are the two primary disorders that make up inflammatory bowel disease (IBD).While both circumstances share similar symptoms, they differ in their disease course, complications, and treatment approaches. Mucosal inflammation specific to the colon characterizes UC, while it can affect any portion of the alimentary canal in CD. This review compares and contrasts UC and CD, highlighting their distinct features and treatment strategies. We also discuss the current treatment landscape for IBD, including aminosalicylates, corticosteroids, immune-modulators, and biologics. Mesalamine, an aminosalicylate, is a cornerstone in UC management, with various marketed formulations available, including Asacol, Lialda, and Apriso. We examine the efficacy and safety of mesalamine in UC, as well as its role in maintaining remission. Additionally, we explore the differences in treatment approaches between UC and CD, including the use of biologics and JAK inhibitors. This review aims to provide a comprehensive overview of IBD, with a focus on the nuances of UC and CD, and the evolving treatment paradigm. By understanding the distinct features of each condition, clinicians can optimize treatment strategies and improve patient outcomes.

Keywords: Gastrointestinal tract, inflammatory bowel disease, Inflammation, Mesalamine

INTRODUCTION

Irritable bowel disease (IBD) is a chronic inflammatory sickness of the gastrointestinal tract that includes Crohn's disease, ulcerative colitis, and other illnesses [1]. Inflammatory bowel disease (IBD) is characterized by periods of diarrhea, stools with blood, decreased body weight, and swelling of the intestinal mucosa. Furthermore, the production of free radicals, proteolytic enzymes, and cytokines by neutrophils and macrophage infiltration results in ulcers and swelling [1, 2]. Males and females can develop IBD early in childhood; it is a chronic illness. Both the rate and frequency of IBD increased noticeably in the latter half of the 20th century. IBD was considered to be among the most prevalent gastrointestinal conditions at the start of the twenty-first century, with a particularly high rate in recently industrialized countries [3],[4]. The highest prevalence of IBD was found in Europe (505 cases of ulcerative colitis per 100,000 people in southeast Norway; 322 cases of Crohn's disease per 100 thousand individuals in Hesse, Germany) and North America (286.3 cases of ulcerative colitis per 100 thousand individuals in Olmsted County, USA; 318.5 cases of Crohn's disease per 100 thousand individuals in Nova Scotia, Canada) [4]. Since 1990, the prevalence of IBD has dropped or stayed steady in Western nations, whereas it has increased in recently commercialized the Southern Hemisphere of the Americas, Asia, and African continent [4].

CD usually affects the colon, perianal region, terminal ileum, and cecum, though it can affect any section of the intestine in an irregular pattern [5–6]. In contrast, UC involves the rectum and affects the colon as a whole or continuously [5–6]. Histologically, Crohn's disease displays thickened sub mucosa, transmural inflammation, fibrous ulceration, and granulomas, while ulcerative colitis reveals limited inflammation to the mucosa and sub mucosa with crypt inflammation and cryptic abscesses [7-8]. Although the precise cause of IBD is not known, current research has made great strides toward understanding the pathophysiology of the illness. Studies have indicated that the pathogenesis of inflammatory bowel disease, also referred to as IBD, is associated with immune abnormalities, the gut microbiota, extra environmental factors, and the genetic predisposition of the patient [9, 10].

Crohn's disease, one of the most common inflammatory illnesses in the world, is distinguished by the appearance of narrowing, abnormal passages, sores, and granulomatous lesions within the mucosal layer. Even though the distal ileum area is the primary site of the CD's gastrointestinal symptom, the patient's entire mouth and rectum may be compromised. CD symptoms include frequent bowel movements or diarrhea with blood, malnutrition, stomach discomfort, and reduction in body weight. Skin diseases or arthropathy, for example, are uncommon extra intestinal findings. However, skin, muscle, or bone symptoms of metastatic in fact, diagnosing occult intestinal diseases can result from Crohn's disease. (11, 12) First-degree relatives of persons with CD are five times more likely to get the disease, and CD is frequently hereditary [13, 14]. CD patients may have localized production of cytokines such IL-12, IL-17, TNF-α, and IFN-γ, which could explain their ongoing intestinal inflammation [15, 16]. The manufacture of IL-12 and IL-18 by macrophages and antigen-presenting cells (APC) causes polarized differentiation of Th1 lymphocytes, leading to increased release of pro-inflammatory cytokines like TNF-α and IFN-$\boldsymbol{\mu}$.Th1 cytokines induce a self-sustaining cycle by causing antigen-presenting cells to release a greater variety of inflammatory cytokines, such as IL-1, IL-6, IL-8, IL-12, and IL-18 [17].

Ulcerative Colitis Another type of IBD is called ulcerative colitis, and it is distinguished by granularity, a vascular pattern, and superficial ulcerations. UC is distinguished by swelling that is limited to the colonic mucosa, in contrast to CD, which is transmural and can affect the entire gastrointestinal tract [18, 19]. Due to the vast range of clinical manifestations of UC, there is a dearth of data on the reliability of the Montreal classification system, which is frequently used to classify IBD phenotypes, including UC [19]. In general, petechial bleeding, granulation tissue, and the release of blood and mucus are among the clinical manifestations of ulcerative colitis. On the other hand, the mucosa may appear normal during remission. Deep ulceration and perhaps intestinal perforation can be seen in the most severe types of the disease when the gut becomes swollen [18, 20].

The primary interleukin is responsible for swelling and a long-term disorder of ulcerative colitis (UC) is secreted at significantly higher levels in this illness [18] UC patients exhibit both Th1 as well as Th2 feedback, including a higher production of IL-4, IL-5, and IL-9 [21, 22]. The elevated levels of PU.1, a transcription component that governs cell level interactions, and Th9 cells, which create IL-9 from effectors, have been proposed to restrict intestinal epithelial cell development and regulate the expression of various compact-junction proteins. In both human and experimental UC, these factors work together to promote the translocation of particular bacterial species, in turn triggers immune cell activation and mucosal inflammation [21]. Th17-related cytokines are elevated in UC, just as they are in CD [23, 24].

Treatment of IBD

Table 2 compares various types of treatment, mechanism of action, structures, and adverse reactions in order to better demonstrate the usefulness of each specific IBD treatment.

Classical Treatments for IBD Patients with mild symptoms of ulcerative colitis are frequently treated with amino-salicylates; patients with mild symptoms are recommended corticosteroids, and patients with critical symptoms are given cyclosporine. The treatment option for each patient relies on the stage of the disease. The site and behavior of Crohn's disease influence options for medication therapy. Nevertheless, the treatment regimen for CD often consists of corticosteroids to treat moderate illness, biological agents to treat fistulizing disease, and 5-aminosalicylic agents and anti-biotics for curing minor mucosal disease. Derivatives of aminosalicylic acid, aza-thioprine, mercaptopurine, MTX, metronidazolum, and associated may be used as maintenance therapy [41], [42], [43], [44], [45], [46]. Even though these medications are less expensive, they may cause a number of negative effects. Furthermore, there is no clinical remission with these treatments, and they may even cause the development of additional illnesses including renal impairment [42], [47], [48].

While traditional treatments are still frequently used, new therapies are being developed in an effort to enhance the quality of life for patients. Reducing adverse effects and treating patients who don't respond well to traditional therapy are the goals of the new treatments [49], [50], [51], [52], [53]. A very early evaluation is underway for additional therapeutic approaches that are not included in this analysis. These entail the use of probiotics, prebiotics, antibiotics, nutrition, and fecal microbiota transplantation to modify the micro biome [54], [55], [56]. Biological Therapies Biological therapy has been used to treat inflammatory illnesses because research has shown which proinflammatory cytokines are found within the intestinal tract lamina propria of individuals causing bowels the inflammation. These cytokines, especially TNF-α, are essential for the intestinal mucosa's chronic inflammation to be maintained [57], [58]. Monoclonal antibodies that are selective Blocking Tumor Necrosis Factor-α, a cytokines associated with the development of inflammatory bowel disease, appear to be a viable choice among biological molecules. The immune response can be triggered by these antibodies through a number of pathways, including complement activation, antibody synthesis, and the induction of apoptosis in addition to blocking Th cell growth factors [59].

Even though biological molecules—more especially, monoclonal antibodies— has an extremely focused and accurate mode of action when utilized for treating inflammatory bowels disease, also known as IBD, but the expense of this treatment is still an issue that has to be resolved. Because of this and the fact that it's still in the early stages of research, patients who don't respond to corticosteroid and amino salicylate treatments typically turn to these medications as a backup [60], [61]. Additionally, by producing anti-drug antibodies, long-term biological molecule therapy can induce immunogenicity. These antibodies have the potential to shorten the reactions of patient's time following every infusions / injections, which can also induce both acute and delayed infusion reactions [62], [63]. In this regard, the augmentation of immunogenicity may be facilitated by the complement system in addition to immune complex formation [64], [65]. There may be no clinical effects when immunogenicity in certain patients is limited to a brief low level of antibodies. Long-term therapy may be jeopardized in individuals with elevated anti-drug antibodies, since they can encounter a loss of responsiveness manifested by a reduction in drug concentrations [62], [63]. Conversely, concurrent immunosuppression, despite the potential for increased infection and cancer risk,

seems to lower immunogenicity and enhance therapeutic control [66]. The origin and composition of biologic agents will determine their immunogenicity. Biologicals can include humanized or fully human antibodies, chimeric proteins, and fusion proteins [67]. Additionally, immunogenicity may be significantly impacted by the mode of administration, the dosage schedule, and the individual [64], [67]. To reduce the risk of the development of anti-drug antibodies, the best course of treatment must be identified.

Anticytokine Agents. Certain anticytokine medications are currently demonstrating promising outcomes when used to treat IBD. It is well established that TNF-specific antibodies are crucial for preserving CD remission in both mild and severe cases of the illness. Hospitalization and surgical operations among affected persons were decreased by these molecules' efficacious induction of mucosal repair and clinical remission [49], [68], [69]. Infliximab (IFX) was the first anti-TNF molecule to be made commercially available. It was a chimeric monoclonal IgG1 antibody [49], [68], [70] made of part human immunoglobulin, which was responsible for the antibody's effector function, and an area of naturally occurring mouse protein that had the tumor Necrosis Factor -α binding site [71], [57], [72]. The number of CD and UC patients experiencing clinical remission increased significantly after IFX was brought to market. In fact, in a number of nations [49], [68], [69], IFX is the only biologic medication that is currently licensed for managing ulcerative colitis (UC) and both inflammatory and Crohn's disease with fistulas

A completely human IgG1 monoclonal antibody called adali-mumab (ADA) has become a viable treatment option for patients who are not responding to IFX [70]. The American Food and Drug Administration (FDA) has authorized ADA as the first biotechnology product made with phage display technology. When administered to individuals with Intermediate to intense types of Crohn’s disease, ADA has been shown to be efficacious in managing UC [70], [73]. By attaching to TNF-α selectively and preventing it from interacting with proinflammatory cells' surface receptors, p55 and p75, the ADA causes death in these cells [70]. Biological therapy, which uses monoclonal antibodies IFX and ADA, has been used more frequently to treat inflammatory bowel disease (IBD) and has been shown to significantly improve the clinical condition of patients. IFX treatment generally resulted in 45–70% of inflammatory bowel disease cases showing clinical exemption [74], [75], [76], whereas individuals given with ADA showed clinical remission in the vicinity of 30–60% [60], [75], [77]. But using these molecules for treatment comes with a number of hazards and adverse consequences. Among the side effects of immunosuppression brought on by biological therapy are kidney issues, infusion reactions, new-onset autoimmune (including Occurrences of drug-related lupus and recent onset of demyelination), prolonged hyper-sensitivity-like responses, and opportunity-driven infectious diseases [78], [57], [58], [72], [79]. The lack of a complete understanding of these medications' negative effects can be attributed to their recent approval for use in clinical settings. That's why additional research needs to be done to completely comprehend the workings and fallout from the use of these medications. Moreover, not all treated patients experienced significant effects from these anti-TNF medications, suggesting a further area that warrants further research [60], [75], [80], [81].

In this regard, CDP 571, etanercept, and onercept are among the several anti-TNF biologic medicines that have surfaced. It is presumably fewer immune responses with these humanized or fully human anti-Tumour Necrosis Factors than the chimeric IFX biotechnology medicines. However, for active Crohn's disease, biopharmaceuticals such etanercept (TNF inhibitor), onercept (recombinant TNF p55 receptor monomer), and CDP571 (recombinant humanized MAb against TNF-α) was non-functional [82], [83], [84]. The FDA has approved certolizumab pegol (CDP 870), an anti-TNF drug that is a pegylated and completely humanized monoclonal antibody fragment, for the treatment of CD with prolonged remission [85], [86]. According to studies, this medication appears to be less immunogenic and more efficacious than IFX and ADA [82], [87], [88]. Furthermore, a human IgG1 Tumour Necrosis Factor -α antagonist mAb called golimumab shown noteworthy outcomes in bringing CD and UC patients into and keeping them in remission, all with a side event rate comparable to that of the placebo [82], [89], [90].

Leukocyte Movement and Signaling Blockers Since using Biopharmaceuticals to treat IBD is an Innovative technique, a number of novel biologic medicines are being evaluated to ascertain their safety profile and therapeutic efficacy. Some of these agents have recently been licensed, are enrolled in clinical studies, or both.

As possible treatments for IBD, medications that alter leukocyte adhesion, co-stimulatory signaling, and cytokine receptors are currently being researched. These alternative treatments arose from the observation that a portion of patients receiving anti-TNF-α medications as part of conventional biologic therapies were either predominantly nonresponse's or had insensitivity, intolerance, as well as manifested adverse effects [82],[91], [92], [93].

Adhesion molecules mediate lymphocyte-endothelial contacts, which are crucial for leukocyte recruitment and migration to inflammatory areas. One novel and potentially effective treatment for CD is the specific blocking of these adhesion molecules. Neotizumab and vedolizumab, anti-α4integrin monoclonal antibodies, were recently approved by the FDA and were found to be efficacious in treating individuals with somewhat to highly functional CD (natalizumab and vedolizumab) and UC (vedolizumab) [94], [82], [95]. The anti-TLR4TLR7 antibody vedolizumab, which is approved for the treatment of adult patients, inhibited the relocation of T cells into the colon and produced a targeted barrier that stopped the trafficking of CD4+CD45RO+ T cells. Additionally, it showed that 33% to 50% of cases had an effective remission, lowering the clinical score for UC [51], [96], [97].

Regarding certain medicinal medications, research is now being done to determine how well they work to treat leukocyte trafficking [95], [98], [99]. A medicine that inhibits the expression of inter cells bonding factor 1 (ICAM-1) is alicaforsen, an oligodeoxynucleotide. One of the experimental drugs being tested, ustekinumab, demonstrated a clinical response across individuals with intermediate to intense CD, especially those who previous received IFX therapy. Psoriasis and psoriatic-arthritis patients may benefit from the use of utekinumab, a mAb that targets the p40 component of interleukin-12/23 [49], [100]. Phase II studies show that individuals with moderate to severe UC adapted to etrolizumab, a humanized mAb that attaches exclusively to the β7 subsection of the hetero-dimeric integrating molecules $\alpha 4\beta 7$ and $\alpha E\beta 7$, well [101]. Tofacitinib, a tiny drug that prevents Janus-Activated Kinase (JAK), has also been demonstrated to specifically block JAK1 and JAK3, interacting with a number of cytokine receptors. But there aren't any pertinent clinical data available for this chemical [130].

Since the activation of different the population of T cell lymphocytes is one of the fundamental mechanisms in the development of GI inflammation, maintaining harmony between effects and regulating bodies is crucial in activating an immune reaction response to GALT [102]. Thus, research has focused on co-stimulatory signals of the activation of T cells being an approach to stop an unfavorable and damaging inflammation-related reaction. Among these targets is CTLA-4 that appears onto the surface of T cells. When it comes to attaching on CD80 and CD86 components on antigen-presenting cells it competes with CD28 specifically. Furthermore, a recent study found that the extracellular distribution of CTLA-4 peptide is inhibited by T regulating and T-conventional cell [103]. The biological molecule abatacept, a fusion protein made of the Fc portion of IgG and the CTLA4 a component (CTLA4-Ig), has thus been used in emerging clinical strategies for treating a variety of inflammation-related diseases, including psoriatic-arthritis, type 1 diabetes, multiple sclerosis, and systemic Lupus erythematosus. However, using Abatacept did not show any therapeutic benefits in a phase III trial of patients with intermediate to intense CD and UC, indicating that blocking T cell activation may compromise the stimulation of significant fractions of regulating T lymphocytes in patients with IBD [104].

Biological Drug Dosage Adalimumab, infliximab, golimumab, certolizumab pegol, andvedolizumab are the five biologic medicines that the FDA has approved currently for the treatment of IBD. To help IBD patients achieve an effective disease remission, the standard intravenous infusion dosage of IFX for Ulcerative Colitis and Crohns Disease is 5 mg per kg at weekly 0, 2, and 6. A routine inspection is then delivered every eight weeks. However, other studies suggest that an administration of 10 mg/kg may prolong the period of recovery [134], [137]. However, it has also been determined that this medicine has a The efficiency that is influenced by dose [138,140]The subcutaneous administration of ADA, in contrast, has been shown to be helpful for treating Ulerative Colitis and Crohns Disease. For ADA, the recommended starting dosage is 160 milligrams, followed by another dose of 80 milligrams a couple weeks later, and a recurring dose of 40 milligrams once in eight days.

Certolizumab pegol subcutaneous injection at 400 mg subcutaneous dosages once every four weeks proved successful as Initiation and upkeep therapy among those with Mild to intense Crohns Disease. It should be given every two weeks if there is no response [141]. The suggested golimumab starting dosage for UC patients is 200 milligrams subcutaneously at week 0 and 100 mg at week 2. Every four weeks, 100 milligrams is the maintenance medication [67]. The FDA has authorized vedolizumab for managing individuals with Intermediate to extreme ulcerative colitis and Crohn's disease. The suggested dosage is 300 mg delivered intravenously at weeks 0, 2, and 6, followed by maintenance therapy every two months thereafter." [74]. Infliximab, adalimumab, and certolizumab pegol are thought to be equally effective even if there aren't enough comparison trial data available, particularly when considering the maintenance of remission [68], [137]. Compared to IFX and vedolizumab, ADA, golimumab, and certolizumab have the benefit of subcutaneous injectable administration. It is noteworthy that the patient's medical history, prescribed medication, and level of efficacy all combine to form a unique situation that needs to be considered before the best course of action is determined.

Biosimilars The patent for infliximab has already expired in a number of nations (including Brazil, Argentina, Canada, South Korea, and some countries in Eastern Europe) and is soon to expire in the United States and Western Europe, which will allow biosimilar medications to become available on the market. These days, some nations have already started using IFX-biosimilars to treat IBD, and they come at a substantial cost savings. When comparing biosimilars to the original product, they have a highly similar glycosylation pattern and the identical amino acid sequence. Therefore, with their primary benefit being lower cost, biosimilars represent a promising new choice and future trend for IBD patients, which could impact the accessibility to biologic therapy for individuals to biologic therapy for individuals globally. Nonetheless, questions remain concerning the safety, effectiveness, and immunogenicity of biosimilars [142], [143].

Mesalamine in ulcerative colitis For many people with ulcerative colitis, 5-aminosalicylic acid is first choice therapy. Its beneficial anti-inflammatory effects may be due to a higher expression of peroxisome proliferator-activated receptors in Stomach and intestinal epithelial cells [121], [122]. Moreover, it functions by blocking COX enzymes, which influences prostaglandins and lessens colon inflammation [123]. After starting therapy, symptoms should improve in two to four weeks [124], [125]. With over 88% of patients being treated, 5-aminosalicylic acid is currently the medication Widely recommended for UC[126] .Moreover, it is commonly employed as an initial treatment for Crohn's disease even though there isn't as much solid proof as there is for UC [127].

When sulphasalazine was initially launched in 1942, the Effectiveness of managing UC was significantly increased. The active ingredient, 5-aminosalicylic acid, and the carrier molecule, sulphapyridine, make up this compound [128]Nielsen et al. discovered that adverse effects, which were frequently brought on by the sulphapyridine moiety, might occur in up to 30% of patients using sulphasalazine. According to recent research, patients taking 5-aminosalicylic acid had a 15% Frequency of adverse incidents, versus 29% of individuals on sulphasalazine [128] In addition, patients on sulphasalazine had a higher percentage of therapeutic withdrawal (13%) in comparison to those on 5-aminosalicylic acid (5%)[128]. The original goal of mesalazine preparations was to avoid sulphasalazine's side effects without sacrificing their effectiveness [129]. Among these is Asacol (Proctor & Gamble, Cincinnati, OH), which has 5-ASA pellets that dissolve at pH levels higher than 7[130] and Pentasa, a microsphere formulation made of 5-ASA microgranules intended for duodenal release (Shire Pharmaceticals Inc., Wayne, PA) [131].MMX multimatrix technology is used by Lialda (Shire Pharmaceuticals Inc.) to postpone and prolong the distribution of the active medication throughout the colon[132],[133].Even though these more recent 5-ASA formulation Were created to avoid the complications of sulphasalazine administration, they can still cause unfavorable side effects, which most frequently include headaches, nausea, vomiting, flatulence, myalgia, and abdominal pain[134]. Mesalazine applied topically via the rectal route may also be utilized; this method may be more direct and localized in its effects on inflammation while remaining as effective in sustaining remission as oral formulations[135].For the management of intermediate to severe colitis associated with ulceration , many international guidelines suggest using mesalamine orally or in conjunction with topical preparations[136].

Mechanism of mesalamine

5-ASA caused adenosine monophosphate-activated protein kinase (AMPK) and acetyl-CoA carboxylase, its substrate, to become phosphorylated in cells. 5-ASA activated AMPK even in the absence of lipopolysaccharide and Tumor Necrosis Factor Alpha (TNF-α), two pro-inflammatory mediators. 5-AMPK reduces the activation of TNF-α-dependent Nuclear Factor-Kappa B (NF-κB), which is inhibited by 5-ASA, [137] as depicted in figure no.1

CONCLUSION

In light of its strong and focused anti-inflammatory properties, 5-aminosalicylic acid (5-ASA), also known as mesalamine, is still the first-choice treatment for inflammatory bowel disease (IBD), particularly ulcerative colitis (UC). Its capacity to boost peroxisome proliferator-activated protein expression. Current study focus on advantageous effects of mesalamine could be that it has receptors in the intestinal and stomach epithelial cells, which reduce inflammation. Other methods mesalamine works include reducing prostaglandin synthesis, inhibiting cyclooxygenase (COX) enzymes, and directly reducing intestinal inflammation. Through this dual mechanism, mesalamine successfully induces and maintains remission in UC by reducing the frequency and severity of flare-ups and generating few systemic side effects. Furthermore, mesalamine has shown a preventive role in lowering the risk of colon cancer in ulcerative colitis patients, enhancing its long-term utility in the treatment of the condition. Mesalamine provides unique benefits that, when combined with other state-of-the-art therapies, can assist physicians in optimizing treatment regimens and improving patient outcomes for patients with UC and IBD.

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Table 1. Differentiation of ulcerative colitis and Crohn's disease.

Characteristics	Ulcerative colitis	Crohn's disease
Affected areas	Only the colon and rectum	**The entire digestive system**
Pattern of inflammation	Continuous inflammation	Patchy inflammation (skip lesions)
Depth of inflammation	Superficial (mucosal layer)	Trans mural(full thickness of bowel wall)
Granulomas	Rarely present	Often present
Common symptoms	Bloody diarrhea, rectal bleeding, abdominal pain, urgency to defecate	Persistent diarrhea(can be non-bloody),abdominal pain, weightloss, fatigue
Complications	Toxic megacolon, perforated colon, colorectal cancer	Strictures, fistulas, abscesses, nutritional deficiencies
Surgical treatment	Colectomy can be curative	Surgery is common but not curative; disease can be recur in other areas
Extra intestinal manifestations	Joint pain, eye inflammation, liverdisorder, skin rashes	Similar to UC, with possible additional complications such as gallstones, kidney stones and osteoporosis
Genetic factors	Some genetic predisposition, less pronounced than Crohn's	Stronger genetic link, with several genes identified
Risk factors	More common in non-smokers or former smokers	More common in smokers
Colon cancer risk	Elevated risk of colorectal cancer.	Moderately elevated risk relative to the general population, but lower than that associated with UC.
Response to smoking	Smoking may reduce symptoms(not recommended as treatment)	Smoking worsens symptoms and increase complications

Age of onset	Often diagnosed in young adulthood ,with a peak incidence between ages 15 and 30	Can be diagnosed at any age ,but commonly between ages 15 and 35

Table. 2 Treatments for IBD: Medications used and its mechanism of action

Class	Drugs	Mechanism of action	Reference
Amino salicylates	Mesalamine Olsalazine Balsalazide Sulfasalazine	Suppression of platelet activating factor (PAF), TNF-α, and IL-1 resulted in a decrease in antibody secretion.	[41],[116]
Immunomodulators	Azathioprin, 6-mercaptopurin, Methotrexate	Blocking the purine synthesis process from scratch.	[43],[117]
Corticosteroids	Prednisone, hydrocortisone, methyl-prednisolone, and budesonide	inhibition of phospholipase A2 in the arachidonic acid cascade, which modifies the ratio of prostaglandins to leukotriene's; activation of lamina propria lymphocyte apoptosis; and inhibition of cytokine production	[47],[48]
Biologicals: anticytokine drugs	The drug infliximab, Certolizumab, Pegol Adalimumab, Golimumab, Ustekinumab (trial phase 3)	Proinflammatory cells are induced to undergo apoptosis; TNF-N is selectively bound, and the receptor's interaction is blocked.	[118],[49],[119]
Biologicals: anti-cell adhesion molecule	Natalizumab, Vedolizumab	preventing migration	[82],[51],[120]

Table 3. Different marketed formulation of mesalamine

Formulation type	Brand name	strength	Targeted area	Daily dose	reference
Delayed release tablet	Asacol	400 mg	Terminal ileium	2.4-4.8 gm TID	[138]
Slow release Capsule	Pentasa	250 mg or 500 mg	Small bowel, colon	2-4 gm QID	[139]
Delayed release tablet (MMX)	Lialda	1.2 gm	Colon	2.4- to 4.8 gm QD	[140]
Rectal suppository	canasa	1 gm	Rectum	1 gm QD	[141]

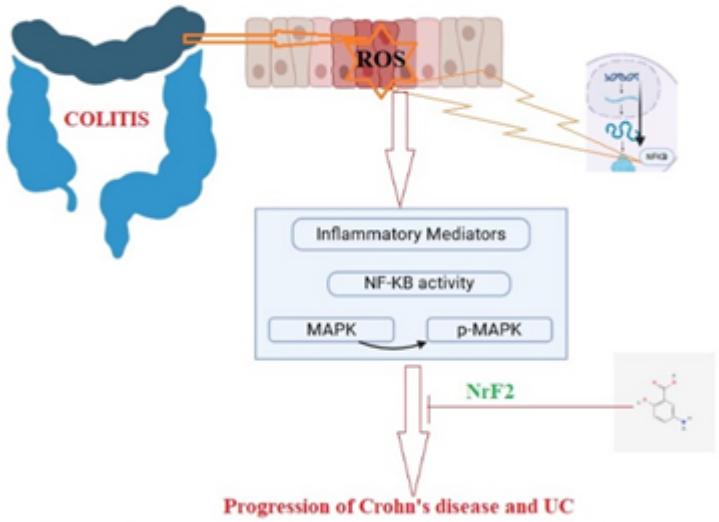

Figure 1. Mesalamine Modulate NrF2 to reduce progression of Crohn's and UC

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Exploring Indole and Schiff Base Derivatives as Promising Therapeutics for Alzheimer's Disease

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Received: 19 Jan 2025 Revised: 03 Apr 2025 Accepted: 10 Jun 2025

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ABSTRACT

Alzheimer's disease (AD) is a progressive neurodegenerative disorder marked by cognitive decline, memory loss, and behavioural changes. As the most common form of dementia, AD affects millions worldwide, with numbers expected to rise significantly in the coming decades. The disease is characterized by the deposition of amyloid β-protein (Aβ) and involves factors such as tau hyperphosphorylation, oxidative stress, and inflammation. Current treatments primarily target acetylcholinesterase (AChE) and butyrylcholinesterase (BChE) to alleviate symptoms, but existing drugs are limited by side effects and insufficient efficacy. Recent research has shifted towards novel compounds, particularly indole and Schiff base derivatives, as potential therapeutic agents. Indole compounds, known for their antioxidant, anti-inflammatory, and cholinesterase inhibitory properties, show promise in enhancing cognitive function and mitigating oxidative stress. Schiff bases, formed from condensing primary amines with carbonyl compounds, exhibit significant biological activity, including strong cholinesterase inhibition and metal ion chelation. This review explores the therapeutic potential of indole and Schiff base derivatives in AD treatment, highlighting their mechanisms of action, efficacy in preclinical studies, and future directions for drug development. The integration of these novel compounds into therapeutic strategies could offer new avenues for managing and potentially slowing the progression of Alzheimer's disease.

Keywords: Alzheimer's disease, indole, Schiff base, Acetylcholinesterase (AChE), Butyrylcholinesterase (BChE)

INTRODUCTION

Alzheimer's disease (AD) is a progressive neurodegenerative disorder characterized by a gradual decline in cognitive functions, memory, and behaviour.AD is the most prevalent form of dementia, affecting millions globally. According to the 2019 Yearbook of Alzheimer Europe, there were about 9 million patients in the EU in 2018, with numbers expected to rise to 10 million by 2025 and 16 million by 2050. Italy has the highest prevalence, with over 2% of its population affected [1]. A key feature of Alzheimer's disease is the widespread deposition of amyloid β-protein (Aβ) in the brain, which is toxic to neurons, largely due to free radical mechanisms. Other contributing factors include lowering tau protein hyperphosphorylation, oxidative stress, inflammation, disrupted metal homeostasis, and neuronal loss. Particularly in the cortex and hippocampus, oxidative stress exacerbates the disease, but antioxidants can help slow progression and reduce neuronal degeneration [2,3].The cholinergic hypothesis links Alzheimer's disease to reduced levels of the neurotransmitter acetylcholine. Research primarily focuses on inhibiting cholinesterase enzymes to boost acetylcholine levels.

The two enzymes responsible for acetylcholine breakdown, are acetylcholinesterase (AChE) and butyrylcholinesterase (BChE), and the studies are directed to the inhibition of the designated enzymes (AChE and BChE) by the design of new synthetic molecules [4,5]. Rivastigmine, Galantamine, Donepezil, Tacrine, and huperzine A are the some of the ChE inhibitors. Inwhich Tacrine is the first drug approved by the FDA for the treatment of AD as an AChE inhibitor (AChEI), However, due to its hepatotoxicity its clinical use has been limited. Beyond AChEI, rivastigmine also blocks butyrylcholinesterase (BChE), galantamine modulates nicotinic acetylcholine receptors, and donepezil moderately inhibits β-amyloid (Aβ) synthesis, β-secretase (BACE1), and interacts with sigma-1 receptors, known for their anti-amnesic effects [6]. These drugs possess side effects such as gastrointestinal disturbances,muscle aches, vomiting, heartburn, headache, loss of appetite, diarrhoea, loss of balance, and hepatotoxicity [7]. Thus, there is an urgent need to develop novel, safe, and more effective drugs for the treatment of AD Indole or 2,3-benzopyrrole is an organic compound with an aromatic heterocyclic structure, it is built into proteins in the form of amino acid tryptophan. it is a planer heterocyclic molecule wherein the benzene ring is fused with the 2 and 3 positions of the pyrrole ring [8]. The electron-rich pyrrole group in the indole moiety enables interaction with biomolecules through hydrogen bonds involving the aromatic ring and NH functional group [9,10].

These characteristics allow indole molecules to bind specific enzyme regions and form molecular complexes with biomaterials. Indole derivatives have emerged as promising candidates for Alzheimer's disease, due to their antioxidant, anti-inflammatory, and cholinesterase inhibitory activities. The versatile indole scaffold allows for the design of novel drugs that can modulate key targets in AD pathology, potentially slowing down disease progression or alleviating symptoms. Studies on indole-based compounds have demonstrated their ability to inhibit acetylcholinesterase (AChE) and butyrylcholinesterase (BChE), enzymes involved in the degradation of acetylcholine, a neurotransmitter crucial for cognitive function. Inhibiting these enzymes may enhance cholinergic transmission, potentially improving cognitive performance in Alzheimer's disease (AD) patients. Furthermore, the antioxidant properties of indole derivatives can help reduce oxidative stress, a key contributor to neuronal damage in AD [11].

Schiff bases are a class of organic compoundsthat gained significant attention in Alzheimer's disease (AD) research.Theseare formed by the condensation of primary amines with carbonyl compounds (aldehyde or ketones), (thegeneral method of synthesis shown in the scheme:1). The most stable Schiff bases result from the condensation of aromatic amines with aromatic aldehydes [12]. The term Schiff's base is named after the German chemist Hugo Schiff and was first reported in 1864 [13]. Schiff bases are characterized by their imine (C=N) functional groupresponsible for a wide range of biological activities. This bond's electrophilic carbon and nucleophilic nitrogen provide strong interactions with various nucleophiles and electrophiles, inhibiting diseases, enzymes, or DNA replication [14]. Additionally, Schiff bases exhibit significant cholinesterase inhibitory activity, combat oxidative stress, and interact with metal ions, all of which are critical in the pathology of Alzheimer's disease (AD) [15]. By inhibiting

acetylcholinesterase (AChE) and butyrylcholinesterase (BChE), Schiff bases can enhance cholinergic transmission, potentially improving cognitive function in AD patients. Their antioxidant properties help mitigate oxidative stress, a major contributor to neuronal damage in AD. Schiff bases can chelate metal ions such as copper and iron, which are involved in amyloid plaque formation[16]. This review aims to explore the therapeutic potential of indole and Schiff base derivatives in Alzheimer's disease. These compounds offer the potential to address key pathological features of AD, such as oxidative stress, neuroinflammation, and cholinergic deficits. By providing an in-depth analysis of their structure-activity relationships (SAR), and pharmacological effects, the review highlights the promise these compounds hold in the development of new AD therapeutics. The focus is on recent advances in the synthesis, biological evaluation, and molecular docking studies of these derivatives, offering insights into their potential as multi-target agents for Alzheimer's disease.

Recently reportedindole derivatives as anticholinesterase

Shoaib Khan and their colleagues reported the synthesis of a novel Indole Thiadiazole derivative as a dual Inhibitor of Acetylcholinesterase and Butyrylcholinesterase given in scheme:1.The synthesized derivatives and theirAChEand Buche inhibition profile given in table:1. Among the synthesized series, all analogs exhibited moderate to good inhibitory potential, except analog 1h, which emerged as the most potent inhibitor of both targeted enzymes, showing the lowest IC_{50} values of 0.15 ± 0.050 μM for AChE and 0.20 ± 0.10 μM for BuChE. It was discovered that analogs 1 hand 1iwere slightly more capable than the reference drug Donepezil. This is because of fluoro group at the para- and ortho-positions on the aromatic ring enhances the inhibitory profiles of the scaffolds, through strong hydrogen interactions with the enzyme active sites. The binding interactions were studied by docking analysis, ligands were docked with target proteins 1Acl and 1p0p using Auto Dock Vina.The protein–ligand interaction profile of compounds 1h and 1i showed the highest potential both in silico and in vitro, surpassing the standard drug Donepezil. This increased potency may be attributed to the presence of a fluoro group on the aromatic ring, which forms a hydrogen bond that reduces enzyme activity. Compound 1h, with fluoro groups in the para-position, interacted with several AChE residues, including GLU-199, TRP-84, TYR-121, TYR-334, and PHE-330 via hydrogen bonding, and GLU-199 via π-anion interactions. For BuChE, key interacting residues were TYR-282 (T-shaped), GLU-238 (H-F), VAL-280 (π-R), ARG-242 (π-cation), ASN-241 and VAL-279 (hydrogen bonds with fluorine), and PRO-281 (π-alkyl)(shown in fig1:). The attached rings and heteroatoms in the scaffolds enabled all specified interactions. Some substituted analogs showed good or moderate activity, while compounds with bulky groups like bromine had reduced activity and were considered poor inhibitors due to fewer interactions with enzymeactive sites [17].

M. Taha, F.J. Alshamrani, F. Rahim, et al performed the synthesis and biological evaluation of indole base sulfonamide derivatives as acetylcholinesterase inhibitors in search of the potent anti-Alzheimer agent given in scheme 2:.The synthesized all derivatives 2(a-q) were analysed for acetylcholinesterase inhibitory activity using Donepezil as the standard drug (Table 2). Nearly all analogs showed acetylcholinesterase inhibitory activity, with analogs 2a, 2b, 2f, 2n, and 2o demonstrating particularly strong acetylcholinesterase inhibition, given in table2: This study found that electron-withdrawing groups on the phenyl ring enhanced enzyme interaction at ortho and para positions. Analog2f and 2b, with fluoro groups, showed strong activity, while analog 2o with a para chloro group was more potent than analog 2k with a metachloro group. Electron-donating groups reduced activity, as seen with analog 2m outperforming analog 2l due to fewer methoxy groups.

Molecular docking studies were conducted to understand the binding interactions between the synthesized compounds 2(a–q) and the active residues of acetylcholinesterase, explaining their observed enzymatic inhibition. Experimentally, compounds 2b and 2f showed higher activity than 2g, with similar binding energies (variation < 0.32 kcal/mol). They formed four hydrogen bonds with ARG B:296, TYR B:296, and TRY B:341 of acetylcholinesterase. The stronger inhibition of 2b and 2f is attributed to the π-π T-shaped interaction with TYR B:124, given fig:2 which was absent in compound 2g. kinetic study were carried out which clearly showed that analog 2a, 2b, 2f, 2n, and 2o involved in this inhibition through uncompetitive manner.

Recently reported Schiff base derivatives as anticholinesterase

S. Kaleem *et al.* synthesized benzimidazole-thiadiazole base Schiff base derivative as a potential AChE and BuChE enzyme inhibitor. The proposed scheme of the reaction is given in scheme: 3. All benzimidazole-fused-thiazole Schiff base derivatives (3a–p) showed superior inhibitory potential against AChE (IC_{50}: 0.10 ± 0.10 μM to 11.60 ± 0.40 μM) and BuChE (IC_{50}: 0.90 ± 0.10 μM to 22.10 ± 0.60 μM) compared to Donepezil, the standard inhibitor (AChE: IC50 = 2.16 ± 0.12 μM; BuChE: IC_{50} = 4.5 ± 0.11 μM) depicted in table:4.The SAR analysis of the derivatives revealed that –OH groups enhance AChE and BuChE inhibition. Scaffold 3o (3,4,5-tri-OH) was the most potent, surpassing Donepezil. Analog3e (2-fluoro) was strong, while analogs3d and 3f were less effective. Di-hydroxy analog 3j (3,4-OH) outperformed Donepezil but shifting –OH groups reduced activity. Unsubstituted analog showed lower activity, with hydroxyl-substituted analogs (3g-i), especially 3h (4-OH), performing better: substituent type, number, and position greatly impact activity.Toanalyse possible binding modes of the selected ligands with active site of AChE and BuChE docking studies were performed.docking results are depicted in table:3 Compounds 3h, 3n, 3o, and 3p showed varied interactions with AChE and BuChE. Hydroxylation increased BuChE inhibition through hydrogen bonds (HBs) with BuChE amino acids. Compound 3o formed three HBs, 3nformed two strong HBs, while3h, being less active, had weaker bonds. Compound 3p showed weak aromatic interactions. Notably, the hydroxyl groups in these compounds did not interact with AChE, explaining the difference in inhibition [19].

A benzimidzole-based Schiff base derivates were also designed by Rafaqat Hussain and their co-workers as a Multitarget drug for Alzheimer's disease as given in Scheme 4:. The anti-Alzheimer assay revealed IC_{50} values for AChE ranging from 123.9 ± 10.20 to 342.60 ± 10.60 μM and for BuChE from 131.30 ± 9.70 to 375.80 ± 12.80 μM. Compounds 3, 5, and 9 were particularly effective, with IC_{50} values of 123.90 ± 10.20, 168.60 ± 7.70, and 174.22 ± 6.76 (AChE) and 131.30 ± 9.70, 179.30 ± 6.70, and 181.20 ± 8.50 (BuChE), respectively, outperforming Donepezilit was clear from the table:5. The SAR analysis shows that benzimidazole-based Schiff base derivatives with 2-OH and 4-NO_2 substitutions on the phenyl ring (R1) have strong inhibitory potential. Variations in other phenyl ring substituents (R) also influence activity. Docking studies confirmed these interactions with enzyme active sites[20].

Indole and Schiff base derivative as acetylcholinesterase inhibitors

Using conventional and microwave-assisted methods, Mateev and colleagues synthesized novel pyrrole-based Schiff bases as dual Monoamine oxidase -B(MAO-B) /AChE inhibitors. They synthesized 13 derivatives given in Table 6: and the proposed reaction steps are given in schem:4.Their effects were assessed through in vitro and in silico studies, with docking simulations using Schrödinger Maestro Suite–Glide analysing interactions at MAO-B and AChE active sites. The most active dual inhibitor, 5j, was tested for ADME properties and PAMPA blood-brain barrier permeability. To further understand the in vitro results and binding site conformations of the dual AChE/MAO-B inhibitor 5j, molecular docking was conducted on AChE (PDB: 4EY6) and MAO-B (PDB: 2V5Z). Molecular docking revealed 5j's binding energy was −10.57 kcal/mol for AChE, close to Galantamine's −11.54 kcal/mol, and −8.51 kcal/mol for MAO-B, lower than Safinamide's −12.94 kcal/mol. 5j tightly bound to AChE with stable π−π interactions involving Try86 and Try286, while forming π−π interactions with Phe343 in MAO-B but no hydrogen bonding. Results suggest that removing the ester group and the p-bromophenyl moiety could enhance binding affinity. Molecular docking revealed 5j's binding energy was −10.57 kcal/mol for AChE, close to Galantamine's −11.54 kcal/mol, and −8.51 kcal/mol for MAO-B, lower than Safinamide's −12.94 kcal/mol. 5j tightly bound to AChE with stable π−π interactions involving Try86 and Try286, while forming π−π interactions with Phe343 in MAO-B but no hydrogen bonding given in figure: 3. Results suggest that removing the ester group and the p-bromophenyl moiety could enhance binding affinity. The obtained results confirmed the theoretical data. Most Schiff bases showed good potential against AChE at 10 μM concentrations, with compound 5m (58%) exhibiting a comparative effect to the standard Donepezil. Compounds 5j and 5o selectively inhibited MAO-B by 26% and 21% at 1 μM, respectively. Compound 5j, condensed with 5-nitro-2-furaldehyde, demonstrated the highest dual inhibitory capacity for both MAO-B and AChE. The result of the in-vitro assay is given in fig:4.

Basma M. Abd Razik synthesized indole and Schiff base derivatives as potential acetylcholinesterase inhibitors (AChEI), Reaction shown in Scheme 6:. The compounds were evaluated for their AChE inhibitory activity using

Ellman's method. The variations in inhibitory potency were detailed. The compounds 6(a-d) were tested for their AChE inhibition. Among them, compounds 6c and 6d showed superior activity compared to the reference drug Galanthamine, with IC_{50} values of 1.88 and 2.05 μM, respectively. Compounds 3a and 3b exhibited high to moderate inhibition, with IC_{50} values of 2.45 and 5.40 μM, respectively. The interaction of the synthesized derivatives with the target enzymewas proceeded by molecular docking studies. The compounds were docked into the active site of TcAChE, based on the crystal structure of the enzyme in complex with donepezil (PDB ID: 1EVE), using Glide™ (version 5.7, Schrödinger, LLC, New York, NY, 2011). Compound 6c, which exhibited strong inhibitory activity, was successfully docked into the AChE enzyme's active site. It formed strong H-bonds with Asp 72 (2.02 Å) and Arg 289 (2.24 Å), along with two H-bonds via water molecules. Additionally, it established hydrophobic interactions with Trp 279 and Tyr 334, and pi-pi stacking with Trp 84, Phe 330, and Trp 279 through its aromatic and indole ring at the enzyme's peripheral anionic site [22] (Figure 5).

E. Akman et al., conducted a study on theEnzyme inhibitory potential of some indole Schiff bases on acetylcholinesterase and human carbonic anhydrase(CA) I and II enzymes. Carbonic anhydrase (CA) enzymes catalyse the slow conversion of carbon dioxide to bicarbonate and protons, making them key pH regulators in most tissues, particularly in erythrocytes.A series of N-methylindole hydrazide/hydrazone derivativeswere synthesizedas depicted in Scheme 7:.The 19 synthesized indole derivatives (7a-t) containing Schiff bases were evaluated as inhibitors of AChE (table 7:), compound 7s exhibited superior AChE inhibition (KI: 6.82 ± 0.72 nM) compared to TAC (KI: 10.86 ± 0.44 nM) and all compounds displayed strong inhibitory potential against hCA I (KI: 36.18 ± 3.07 to 224.29 ± 5.78 nM) and hCA II (KI: 31.30 ± 2.63 to 201.64 ± 7.25 nM). The most potent inhibitors were compound 7k against hCA I (KI: 36.18 ± 3.07 nM) and compound 7p against hCA II (KI: 31.30 ± 2.63 nM). *In vitro,* results were verified with the docking studies performed by AutoDock Tools v.1.5.7.The molecular dockingwas performed to examine the interactions between the synthesized compounds and the target enzymes AchE (PDB code:7E3H),hCA I (PDB code: 5GMM) and hCA II (PDB code: 5GMN). Docking studies revealed that compound 7s inhibited AChE at a lower concentration and with lower binding energy than the control compound (TAC). It formed pi interactions with Trp86, Tyr337, Phe338, Tyr341, and Ile451 at the binding site.When docking with hCA I and hCA II enzymes, compounds 7k and 7p exhibited slightly higher binding energies but inhibited the enzymes at lower concentrations compared to the control AZA. Compound 7k interacted with Phe91, His94, Ala121, Leu141, Val143, Leu198, and Pro202, while 7p interacted with Phe91, Ala135, Ala121, Leu141, Val143, and Leu198. Compound 7p demonstrated the best inhibition profile against hCA II, interacting with Asn67, Ile91, His94, His96, His119, Val121, Phe130, Val142, and Trp208[23]shown in fig: (6).

M.F. Saglam and colleagues synthesized, characterized, and evaluated bis-indolyl imine ligand systems for their UV-Vis absorptions and anticholinesterase properties. Bis-indole motifs exhibit diverse biological activities, including anti-tumour and antioxidant effects, and serve as precursors for chelating ligands and metal complex catalysts. Several bis-indolyl imine helical structures were synthesized using Schiff base reactions, starting with 4,6-dimethoxy-2,3-diphenylindole and various o-phenyl diamines as π-spacer bridges, reaction progression was given scheme:8. The compounds were tested for acetylcholinesterase (AChE) and butyrylcholinesterase (BChE) inhibition, using galantamine as a standard. Compound 8a, without phenyl ring substitution, showed strong AChE inhibition (89.21% and 96.06%), surpassing galantamine. Substituting the 4-position hydrogen with Cl or NO_2 reduced inhibition for both enzymes. Compound 8d (NO2) had moderate inhibition, while compound 8c (Cl) was active only for AChE. The methyl group on compound 8b reduced AChE inhibition to 30.48%, with no effect on BChE[24].Acetylcholinesterase and butyrylcholinesterase enzyme inhibitory activities of compound 8(a-d) are given in table:8 Murat Bingül synthesized indole-3-carboxaldehyde thiosemicarbazone derivatives and investigated their anticholinesterase and antioxidant properties. He prepared four indole-3-carboxaldehyde thiosemicarbazone compounds (9a-d) via Schiff base reactions with thiosemicarbazides depicted in scheme:9. Their antioxidant properties were evaluated using the DPPH, ABTS, and CUPRAC assays, and their anticholinesterase activities were assessed through AChE and BChE enzyme inhibition assays. Compound 9c emerged as the most effective anticholinesterase inhibitor, attributed to an additional alkyl moiety at the thiosemicarbazone N end. The DPPH assay proved least responsive, while the ABTS assay showed superior inhibition for 9a, 9b, and 9d compared to BHT

and α-TOC. Compound 9a exhibited the highest antioxidant activity in the CUPRAC assay, surpassing all controls. The compounds' redox properties, including hydrogen atom donation and metal chelation, contribute to their antioxidant activity, with the free NH2 group enhancing cupric ion reduction. AChE and inhibitory activities of indole-3-carboxaldehyde thiosemicarbazones were evaluated for Alzheimer's treatment. Table 9 shows AChE and BChE inhibition at 200 μg/mL, compared to Galanthamine.

M. Bingül et al. designed novel 4,6-dimethoxyindole-based hydrazide hydrazones, synthesized them, conducted molecular docking studies, and tested their anticholinesterase activity. They synthesize two series of novel 4,6-dimethoxy indole-based hydrazide-hydrazones systems 11a-c and 12a-c with aromatic and aliphatic moieties depicted in scheme:10. Biologically significant hydrazide-hydrazone (e(C=O)NHN=CH) functionality was incorporated at two positions on the 4,6-dimethoxy indole moiety. Novel compounds 11a-c and 12a-c were synthesized by condensing indole hydrazones VII and VIIIderived from indole carbaldehydes IVand VI, with carboxylic acids 9a-c using EDC as the amide coupling reagent. The derivatives 11_{a-c} and 12_{a-c} were screened for their anticholinesterase activity using acetylcholine and butyrylcholine enzyme inhibition assays as galantamine as the standard drug. Compounds 11b and 12b, which have a benzene group at C_2 or C7 on the dimethoxyindole nucleus, were the most active inhibitors against AChE and BChE. They showed inhibition values of 78.55% and 72.04% for BChE, and even higher values of 83.31% and 73.19% for AChE. docking studies were performed to analyze the interactions between drug candidates and target structures.

Six compounds were successfully docked to the AChE and BChE binding sites with Autodock4. Docking result shown in table10:.Docking study results explained the favourable activity of compounds 11b and 12b through hydrophobic interactions between the indole and phenyl rings of the binding site amino acid residues. The methyl ester at C2 was crucial for additional hydrophobic interactions, making 11b the most effective ligand in this study. Analysis of ligand 11b showed that its hydrophobic interactions with the phenyl rings of Tyr341 and Tyr124, through π-stacked and π-π T-shaped interactions, were key to its binding at the anionic sites of AChE GIVEN IN Fig:7. Structural analysis revealed that the most favourable binding pose depended primarily on the aromatic moiety from the benzoic acid and the hydrazide-hydrazone linker, rather than the indole ring's position [26].

H. U. Celebioglu et al. investigated the cytotoxic, acetylcholinesterase (AChE), carbonic anhydrase (hCA I and II), and α-glycosidase inhibitory properties of sulfonyl hydrazone derivatives. These compounds, derived from sulphonamides, have various medical applications including antibacterial, anticancer, antiviral, and carbonic anhydrase inhibition, and are used in treating tuberculosis, leprosy, and mental disorders. They synthesized a series of sulfonyl hydrazone derivatives from butane-1-sulfonohydrazide and various aromatic aldehydes, rection depicted in the scheme(11).The synthesized derivatives were tested for cytotoxicity, AChE, CA, and α-glycosidase inhibition. AChE, hCA I and II, and α-glycosidase inhibition assays used Tacrine, Acetazolamide, and Acarbose as standards, respectively. The results are shown in the table11. Testing showed that compounds 11_a and 11_d were the most potent AChE inhibitors, with Ki values of 754.03± 73.22 nM and 845.15 ± 84.06 nM, respectively. Compounds 11_d and 11_b were also effective inhibitors of hCA I and II, with Ki values of 66.05 ± 9.21 nM and 100.05 ± 8.45 nM for hCA I, and 89.14 ± 10.43 nM and 100.16 ± 8.43 nM for hCA II. All derivatives 11(a-c) showed stronger hCA I inhibition than acetazolamide. For α-glycosidase inhibition, compounds 11_b and 11_a were most effective, with Ki values of 1.14 and 0.32 nM, respectively. Molecular docking studies supported these findings, showing interactions of molecule 11a with key AChE residues. In the docking study (Figure 8), molecule 11a interacts with AChE enzyme residues as follows: N_2 forms a hydrogen bond with LEU76 at 2.90 Å, N3 bonds with PHE346 at 2.79 Å, H13 forms a polar bond with TYR77 at 3.83 Å, and C_2 has a hydrophobic interaction with PRO78 at 3.69 Å.The results suggest that these sulfonyl hydrazone derivatives are promising candidates for treating various diseases [27].

ED Coşar and colleagues conducted molecular docking studies and biological evaluations of novel indole-based hydrazide-hydrazone derivatives for anticholinesterase activity.The target compounds 12(a-k) were synthesized by reacting 2-(1H-indol-3-yl)acetohydrazide (I) with various substituted aryl/arylalkenyl aldehydes in ethanol under reflux, resulting in indole-based hydrazide-hydrazone derivatives given in scheme:12. They synthesized these

derivatives and tested their acetylcholinesterase (AChE) and butyrylcholinesterase (BuChE) inhibition using Ellman's method. Hydrazide-hydrazone derivatives are biologically significant due to their azomethine group linked to a carbonyl group, which contributes to diverse activities, including anticancer, analgesic, anti-inflammatory, and anticholinesterase effects.Compounds12c, 12d, 12f, 12g, 12h, and 12i exhibited AChE inhibition, with 12f (2,4-dinitrophenyl) being the most potent (11.33 ± 2.16) and 12d (2(trifluoromethyl)phenyl) also showing significant activity (26.22 ± 2.55). AChE inhibition was strong at the 2-position (12d) but absent at the 4-position (12e), with non-competitive inhibition observed. For BuChE, compounds 12a, 12c, 12d, 12f, 12g, 12h, 12i, 12j, and 12k were active, with 12d showing the highest inhibition (4.33 ± 0.78 μM), close to Galantamine (1.26 ± 0.35 μM). The trifluoromethyl group's position was crucial, as strong BuChE inhibition occurred at the 2-position (12d) but not at the 4-position (12e)given in table:12.Docking studies using Schrödinger Software explored the binding modes of the active compounds (12c, 12d, and 12f) within AChE (PDB ID: 1EVE) and BuChE (PDB ID: 4BDS).The binding interaction are given in table:13. The indole moiety forms a hydrogen bond with HIS 438 and three π-π stacking interactions with TRP 82, while the 2-FPh moiety has two π-π stacking interactions with TRP 231 and one with PHE 329.These findings underscore the potential of indole-based hydrazide-hydrazone derivatives as starting points for developing novel compounds with dual AChE and BuChE inhibition [28].

CONCLUSION

The review of indole Schiff base derivatives as potential treatments for Alzheimer's disease reveals their significant promise in combating neurodegeneration. Indole-based Schiff bases exhibit strong inhibitory activity against key enzymes in Alzheimer's disease, such as acetylcholinesterase (AChE) and butyrylcholinesterase (BChE). These derivatives often act as dual inhibitors, targeting multiple pathological pathways associated with the disease, including oxidative stress, amyloid-beta aggregation, and tau phosphorylation. Molecular docking studies consistently demonstrate that indole Schiff bases bind effectively to enzyme active sites, reinforcing their therapeutic potential. Additionally, their structural flexibility allows for optimization, leading to compounds with improved selectivity and efficacy. The ability of Schiff base derivatives to act as multi-target agents makes them attractive candidates for Alzheimer's treatment, addressing the complexity of the disease by modulating multiple disease-relevant pathways. In conclusion, indole Schiff base derivatives represent a promising avenue for drug development in Alzheimer's disease, but further studies on their pharmacokinetics, toxicity, and in vivo efficacy are necessary to advance them into clinical trials.

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Table 1: Indole-based thiadiazole1(a-j) derivatives and their acetylcholinesterase and butyrylcholinesterase inhibition profile

compound	R	AChE IC50 (μM ± SEM)	BuChE IC50 (μM ± SEM)
1a	1Cl-2NO_2-4CH_3	2.10 ± 0.10	2.80 ± 0.20
1b	1CH_3-2Cl-4NO_2	1.90 ± 0.10	4.30 ± 0.10
1c	1NO_2-2Cl-4CH_3	2.90 ± 0.10	4.60 ± 0.10
1d	2CH_3-1,3-diNO_2	2.80 ± 0.10	5.40 ± 0.10
1e	1,3,4-tri CH_3	5.80 ± 0.20	9.30 ± 0.10
1f	1,2,3- triCH_3	8.70 ± 0.20	10.90 ± 0.10
1g	1,3,4-tri CH_3	9.60 ± 0.20	13.60 ± 0.30
1h	1F-4CH_3	0.15 ± 0.010	0.20 ± 0.10
1i	1F-2 CH_3	0.35 ± 0.050	0.50 ± 0.050
1j	1F-3 CH_3	1.10 ± 0.10	2.70 ± 0.10
1k	1Br-3 CH_3-5NO_2	12.30 ± 0.20	18.40 ± 0.30
1l	1CH_3-2OCH_3-4NO_2	14.70 ± 0.30	19.20 ± 0.30
1m	1CH_3-3OCH_3-4NO_2	19.10 ± 0.30	25.30 ± 0.40
1n	1CF_3-2Cl-4CH_3	0.40 ± 0.050	2.60 ± 0.10
1o	1Br-4CH_3-6NO_2	22.20 ± 0.40	32.10 ± 0.10
1p	1Br-2CH_3-4NO_2	36.160 ± 0.50	34.30 ± 0.60
Standard Donepezil	0.21 ± 0.12	0.30 ± 0.32	

Table 2:Acetylcholinesterase inhibitory activity of indole base sulfonamide analogs (1–17).

compound	R	IC_{50} ± SEM (mM)	Free binding energy (kcal/mol)	H-Bonds (HBs)
2a	4-Br	0.19 ± 0.08	-10.55	5
2b	2-F	0.20 ± 0.12	-10.00	4
2c	4- NO_2	0.37 ± 0.15	-10.15	8
2d	4-$CH(CH_3)_2$	0.41 ± 0.17	-10.28	3

2e	4- CH_3	6.32 ± 0.03	-10.07	5
2f	4-F	0.17 ± 0.02	-9.78	4
2g	3-F	0.51 ± 0.12	-10.10	4
2h	8-$C_8H_6N_2$	5.63±0.02	-12.23	2
2i	4-$NHCOCH_3$	0.41±0.17	-10.98	5
2j	4-CF_3	1.12 ± 0.12	-9.57	6
2k	2-Cl	5.71 ± 0.32	-10.35	4
2l	3,4-OCH_3	8.53 ± 0.32	-10.34	6
2m	4-OCH_3	7.37 ± 0.08	-9.90	5
2n	4-CN	0.20 ± 0.06	-10.28	5
2o	4-Cl	0.18 ± 0.03	-10.36	3
2p	C_6H_5	5.12 ± 0.12	-10.20	4
2q	4-O CF_3	7.52 ± 0.02	-9.67	4
Donepezil (std)	0.014 ± 0.01	11.11	1	

Table 3: docking results of compound3h,3n,3o,3p on active site of AChE and BuChE

	compound	Freebinding energy(kcl/mol)	H- bonds	No.of closest residues to the docked ligand in the active site	IC_{50}**± SEM**
AChE	3h	-9.73	3	9	2.50±0.10
	3n	-10.00	2	8	0.99±0.10
	3o	-10.04	3	9	0.80±0.10
	3p	-9.30	0	5	16.90±0.10
BuChE	3h	-11.0	1	10	1.20± 0.10
	3n	-10.79	1	10	0.10±0.10
	3o	-10.09	0	14	0.10±0.10
	3p	-11.79	1	11	8.40±0.10

Table 4: Different substituent, acetylcholinesterase and butyrylcholinesterase inhibitory activities of benzimidazole-fused-thiazole bearing bis-Schiff base derivatives 3(a-p)

S.No	R	AChE IC50 (μM ± SEM)	BuChE IC50 (μM ± SEM)
3a	2-CI	6.30 ± 0.50	10.40 ± 0.50
3b	3-CI	11.60 ± 0.40	22.10 ± 0.60
3c	4-CI	6.20 ± 0.20	11.10 ± 0.40
3d	2-F	0.80 ± 0.10	2.40 ± 0.10
3e	3-F	0.50 ± 0.10	1.10 ± 0.10
3f	4-OH	1.00 ± 0.10	2.10 ± 0.10
3g	2-OH	1.70 ± 0.10	2.90 ± 0.10
3h	3,4-diOH	1.20 ± 0.10	2.50 ± 0.10
3i	2,3-diOH	1.90 ± 0.10	3.20 ± 0.10
3j	2,5-diOH	0.20 ± 0.10	0.90 ± 0.40
3k	3,5-diOH	0.60 ± 0.10	1.30 ± 0.10
3l	3,4-diOH	1.40 ± 0.10	2.90 ± 0.10
3m	3,4,5-triOH	1.10 ± 0.10	3.00 ± 0.10
3n	H	0.10 ± 0.10	0.90 ± 0.10
3O	2-CI	0.10 ± 0.10	0.80 ± 0.10
3P	3-CI	0.10 ± 0.10	16.90 ± 0.10
Standard Donepezil 0.21 ± 0.12 0.30 ± 0.32			

Table 5:.Structures and *in vitro* inhibitory effects of benzimidazole-based Schiff base derivatives against acetylcholinesterase (AChE) and butyrylcholinesterase (BuChE) 4(a-r)

Compounds	R	R1	AChE Inhibition IC_{50} ± SEM a [μM]	BuChE Inhibition IC_{50} ± SEM aμM]
4a	C_6H_5 4-NO_2 C_6H_5	2-OH-4-NO_2 C_6H_5	213.78 ± 11.60	248.70 ± 10.90
4b	2 CH_3	2-OH-4-NO_2 C_6H_5	198.82 ± 10.20	203.70 ± 8.20
4c	C_6H_5 2-NO_2	2-OH-4-NO_2 C_6H_5	123.90 ± 10.20	131.30 ± 9.70
4d	$C_6H_5$4-NO_2 -4CH_3	2-OH-4-NO_2 C_6H_5	273.50 ± 7.60	285.32 ± 8.20
4e	2,4-di Cl C_6H_5	2-OH-4-NO_2 C_6H_5	168.60 ± 7.70	179.30 ± 6.70
4f	2Br-4-NO_2 C_6H_5	2-OH-4-NO_2 C_6H_5	226.30 ± 10.10	273.70 ± 13.80
4g	2Br C_6H_5	2-OH-4-NO_2 C_6H_5	313.60 ± 12.80	325.80 ± 13.10
4h	2CH_3 C_6H_5	2-OH-4-NO_2 C_6H_5	290.70 ± 12.60	303.60 ± 13.80
4i	3-OH-4-OCH_3 C_6H_5	3-NO_2 C_6H_5	174.22 ± 6.76	181.20 ± 8.50
4j	C_6H_5	2-OH-4-NO_2 C_6H_5	342.60 ± 10.60	375.80 ± 12.80
4k	4-NO_2 C_6H_5	3-NO_2 C_6H_5	267.50 ± 11.70	273.60 ± 9.10
4l	4CH_3 C_6H_5	3-NO_2 C_6H_5	308.40 ± 8.80	317.68 ± 9.80
4m	3CH_3 C_6H_5	3-NO_2 C_6H_5	320.67 ± 13.50	354.10 ± 12.70
4n	2CH_3 C_6H_5	3-NO_2 C_6H_5	288.90 ± 11.50	310.70 ± 12.30
4o	4-NO_2 -2CH_3 C_6H_5	3-NO_2 C_6H_5	216.70 ± 8.28	221.34 ± 8.70
4p	4,3-diCl C_6H_5	3-NO_2 C_6H_5	209.45 ± 8.30	218.50 ± 8.50
4q	2Br C_6H_5	3-NO_2 C_6H_5	233.82 ± 10.10	269.40 ± 9.60
4r	2Br-4-NO_2 C_6H_5	3-NO_2 C_6H_5	213.50 ± 8.20	246.60 ± 9.10
Standard Donepezil drug			243.76 ± 5.70	276.60 ± 6.50

Table 6: the derivatives5(e-q)

compound	R
5e	4-nitrobenzaldehyde
5f	4-(dimethylamino)benzaldehyde
5g	*N*-(4-formyl-3-methylphenyl)acetamide
5h	benzene-1,3-dicarbaldehyde
5i	furan-2-carbaldehyde
5j	5-nitrosofuran-2-carbaldehyde
5k	1*H*-indole-2,3-dione
5l	naphthalene-2-carbaldehyde
5m	anthracene-9-carbaldehyde
5n	benzaldehyde
5o	2-hydroxybenzaldehyde
5p	2-fluorobenzaldehyde
5q	3-fluorobenzaldehyde

Table 7: Binding energy and ki values of synthesized compound 7(a-t)

compound	R	Binding energy(kcal/mol)			Ki values**(nM)**		
		AChE/PDB : 7E3H	hCAI/PDB: 5GMM	hCAII/PDB: 5GMN	AChE	hCAI	hCAII
7a	C_6H_5	-.4	-6.5	-4.8	18.78 ± 1.30	64.18 ± 5.30	66.17 ± 6.12
7b	C_6H_5 2F	-6.0	-6.6	-6.2	21.14 ± 1.96	61.29 ± 4.44	49.83 ± 5.27

7c	C_6H_5-3 F	-9.1	-7.0	-6.2	12.91 ± 0.69	49.43 ± 3.03	53.88 ± 4.14
7d	C_6H_5-4 F	-67	-7.2	-5.6	18.55 ± 0.56	72.18 ± 3.45	61.81 ± 3.48
7e	2,4-di F C_6H_5	-3.8	-5.2	-5.0	110.30 ± 9.26	159.07 ± 9.01	145.45 ± 8.51
7f	2,5-di F C_6H_5	-3.7	-5.8	-5.3	94.45 ± 5.05	80.60 ± 3.90	59.70 ± 5.10
7g	3,5-di F C_6H_5	-4.3	-6.3	-5.2	80.94 ± 5.92	111.20 ± 2.50	86.70 ± 3.20
7h	2-Cl C_6H_5	-4.3	-6.2	-4.6	71.46 ± 5.94	84.80 ± 1.97	69.30 ± 5.16
7i	3- Cl C_6H_5	-4.6	-6.1	-6.7	27.50 ± 4.38	77.24 ± 2.90	74.64 ± 3.16
7j	4-Cl C_6H_5	-3.6	-6.8	-8.6	19.09 ± 2.18	57.45 ± 2.17	43.97 ± 1.77
7k	C_6H_5 2,5-di Cl	-6.2	-8.4	-8.8	18.96 ± 1.00	36.18 ± 2.03	37.25 ± 3.16
7l	$C_6H_5$3,4-di Cl	-4.9	-7.1	-7.7	26.49 ± 1.31	49.25 ± 3.17	42.63 ± 1.68
7m	$C_6H_5$3,5-di Cl	-5.9	-7.2	-7.1	66.47 ± 5.31	87.23 ± 4.13	79.26 ± 3.68
7n	C_6H_5 2 Br	-4.6	-7.8	-8.1	60.24 ± 2.03	61.29 ± 1.83	44.98 ± 2.72
7o	C_6H_5 3 Br	-4.7	-8.2	-5.3	36.84 ± 3.64	38.24 ± 1.13	31.30 ± 2.63
7p	C_6H_5 4 Br	-4.3	-6.6	-3.9	105.80 ± 5.38	158.64 ± 3.57	141.26 ± 2.29
7r	2,3 di-CH_3 C_6H_5	-4.1	-7.7	-3.1	105.20 ± 6.66	195.24 ± 4.71	177.69 ± 4.79
7s	2,4di-CH_3 C_6H_5	-9.6	-5.3	-5.6	6.82 ± 0.72	224.29 ± 5.78	201.67 ± 2.25
7t	CO-4O CH_3 C_6H_5	-4.1	-6.9	-9.2	25.64 ± 1.38	52.67 ± 2.78	49.87 ± 3.12
Azatidine(AZA)		-	-5.6	-4.8	-	-	32.22 ± 3.25
Tacrine(TAC)		-5.6	-6.4	-6.2	10.86 ± 0.44	47.62 ± 4.11	

Table: 8 Acetylcholinesterase and butyrylcholinesterase enzyme inhibitory activities of compound 8(a-d)

Compound	R	AChE (% Inhibition)	BChE (% Inhibition)
8a	H	89.21 ± 1.39	96.06 ± 1.41
8b	CH_3	30.48 ± 0.97	NA
8c	Cl	48.76 ± 1.28	NA
8d	NO_2	38.76 ± 0.67	31.73 ± 0.24
Galantamine	-	78.76 ± 0.94	79.72 ± 0.33

Table 9:Acetylcholinesterase and Butyrylcholinesterase enzyme inhibitory activities of the indole-3-carboxaldehyde thiosemicarbazones (9a-d)

compound	R1	R2	**AChE (% Inhibition)**	**BChE (%Inhibition)**
9a	H	H	NA	NA
9b	H	CH_3	NA	8.70 ± 0.66
9c	CH_3	CH_3	90.36 ± 2.42	91.06 ± 1.86
9d	H	C_2H_5	NA	8.10 ± 0.61
Galantamine			82.37 ± 0.37	84.06 ± 0.51

Table 10: Acetylcholinesterase and Butyrylcholinesterase enzyme inhibitory activities of 11a-c and 12a-c and binding scores of ligands 11a-c and 12a-c to AChE and BChE in kcal/mole

Compound	R	% Inhibition		Binding scores	
		AChE (% Inhibition)	BChE (% Inhibition	AChE	BChE
11a	butane	54.89 ± 1.01	67.06 ± 1.06	-8.77	-7.67
11b	toluene	83.31 ± 0.75	78.55 ± 1.84	-9.82	-8.48
11c	4-methylpyridine	62.10 ± 0.87	67.52 ± 1.72	-8.85	-7.79
12a	butane	48.57 ± 1.76	34.04 ± 0.89	-8.16	-7.36
12b	toluene	73.19 ± 2.13	72.04 ± 1.40	-9.67	-8.34
12c	4-methylpyridine	73.06 ± 1.55	70.70 ± 1.26	-9.13	-8.02
Galantamine		81.28 ± 0.38	85.76 ± 0.46	NA	NA

Table 11: The enzyme inhibition results of heteroatom-containing sulfonyl hydrazone derivatives 11(a-d) against human carbonic anhydrase isoenzymes I and II (hCA I and II), acetylcholinesterase (AChE) and a-glycosidase (a-Gly) enzymes

Compounds	IC_{50} (nM)				K_I (nM)			
	hCA I	hCA II	AChE	α-Gly	hCA I	hCA II	AChE	α-Gly
11_a	106.84	135.95	847.62	1.82	125.45 ± 11.54	158.05 ± 13.88	754.03 ± 73.22	2.05 ± 0.32
11_b	94.72	104.33	1027.7	0.94	100.05 ± 8.45	100.16 ± 8.43	943.92 ± 58.15	1.14 ± 0.14
11_c	125.06	145.74	1004.7	2.73	118.64 ± 24.83	170.22 ± 26.05	902.54 ± 100.25	2.54 ± 0.40
11_d	64.55	76.84	974.13	2.65	66.05 ± 9.21	89.14 ± 10.43	845.15 ± 84.06	3.63 ± 0.26
AZA[a]	151.76	187.38	-	-	161.84 ± 15.82	197.74 ± 18.22	-	-
TAC[b]	-	-	1208.7	-	-	-	1015.11 ± 99.36	-
ACR[c]	-	-	-	22800	-	-	-	12,600 ± 78

Table:12 AChE and BuChE inhibitory activities of the title compounds

Compound	IC_{50}(μM)		K_i(μM)		Type of Inhibition	
	BuChE	AChE	BuChE	AChE	BuChE	AChE
12a	194.93 ± 4.05	n.d.*	223.0 ± 24.98	n.d.*	Non-competitive	n.d.*
12b	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*
12c	34.25 ± 2.61	216.47 ± 5.62	40.54 ± 6.68	207.01 ± 22.64	Non-competitive	Non-competitive
12d	4.33 ± 0.78	26.22 ± 2.55	5.00 ± 0.51	34.18 ± 4,63	Non-competitive	Non-competitive
12e	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*	n.d.*
12f	44.39 ± 2.33	11.33 ± 2.16	32.58 ± 2.98	7.77 ± 0.63	Non-competitive	Non-competitive
12g	90.10 ± 17.240	73.32 ± 2.92	98.12 ± 12.18	75.95 ± 10.72	Non-competitive	Non-competitive
12h	64.99 ± 4.17	75.79 ± 4.62	61.97 ± 5.56	78.12 ± 7.82	Non-competitive	Non-competitive
12i	188.32 ± 10.53	66.45 ± 3.19	226.2 ± 27.19	73.73 ± 19.47	Non-competitive	Non-competitive
12j	147.67 ± 9.67	n.d.*	195.23 ± 34.66	n.d.*	Non-competitive	n.d.*
12k	131.63 ± 8.94	n.d.*	162.46 ± 20.74	n.d.*	Non-competitive	n.d.*
Galantamine	1.26 ± 0.35	0.91 ± 0.15	0.99 ± 0.76	0.79 ± 0.10	Competitive	Competitive

Table 13: The docking scores of the title compounds possessing best *in vitro* anticholinesterase activity and their interactions with the active site of BuChE and AChE enzyme crystal structure (PDB ID: 4BDS and IEVE)

Ligand	Docking Score(Kcal/mol)		H-Bond		Pi-Pi stacking		Pi-cation		Salt bridge	
	IEVE	4BDS	IEVE	4BDS	IEVE	4BDS	IEVE	4BDS	IEVE	4BDS
12c	-8.796	-10.698	ARG 289	HIS 438	PHE 330 TRP 84 TYR 334	TRP 231 TRP 231 PHE 329 TRP 82 TRP 82 TRP 82	-	-	-	-
12d	-7.835	-9.681	-	SER 287	TYR 334 TRP 84	TRP 231 TRP 231	-	-	-	-
12f	-7.763	-6.795	PHE 330 TYR 121 ARG 289	TRP 82 SER 287	HIS 440 PHE 330	-	TRP 84	TRP 82 TRP 82	-	-
Tacrine	-	-6.830	-	HIS 438		TRP 82 TRP 82		TRP 82		-
Donepezil	-12.688	-	-	-	TRP 84 TRP 84 TRP 279	-	TYR 334 TRP 84 PHE 330	-	-	-
Galantamine	-12.140	-7.475	GLH 199	THR 120	PHE 331	TRP 82 TRP 82	TYR 334 PHE 330	PHE 329	ASP 72	-

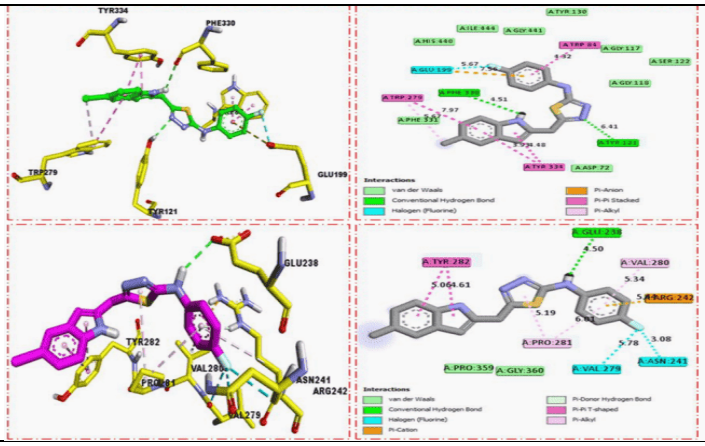
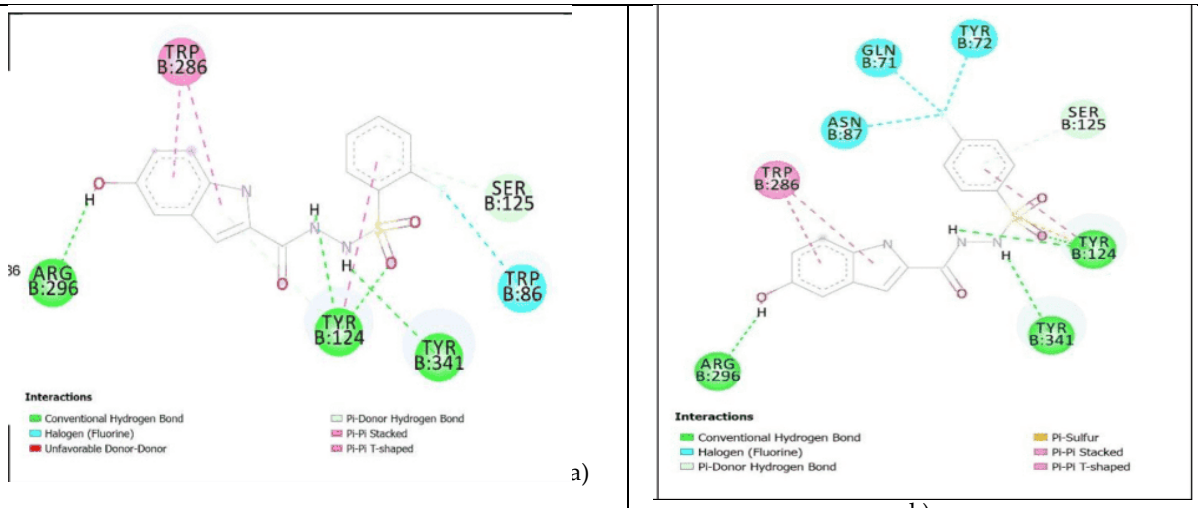


Fig1: Representation of varied interaction of the ligand with enzyme active sites of compound 1h against AchE and BuchE



a) b)

Fig 2:closest interactions between active site residues of AChE and selected compounds(a)2(b)and (b)2(f)

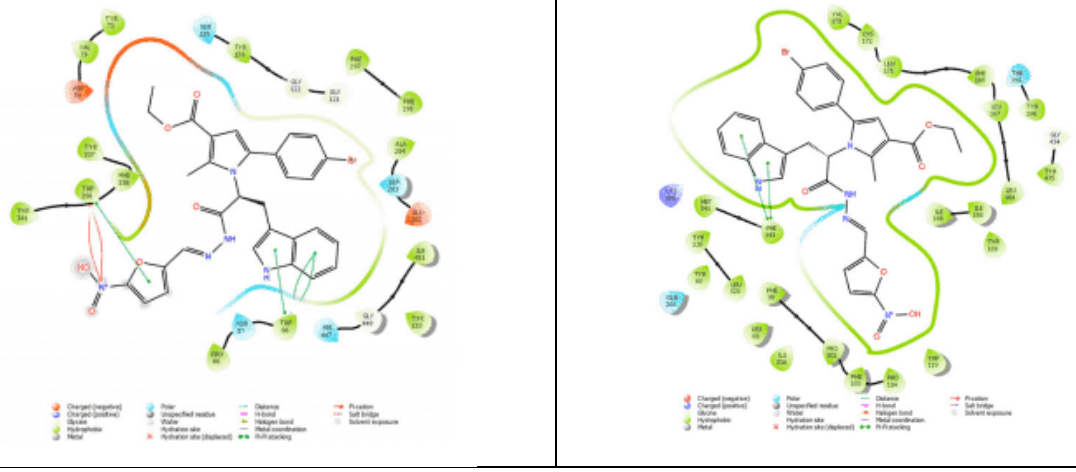
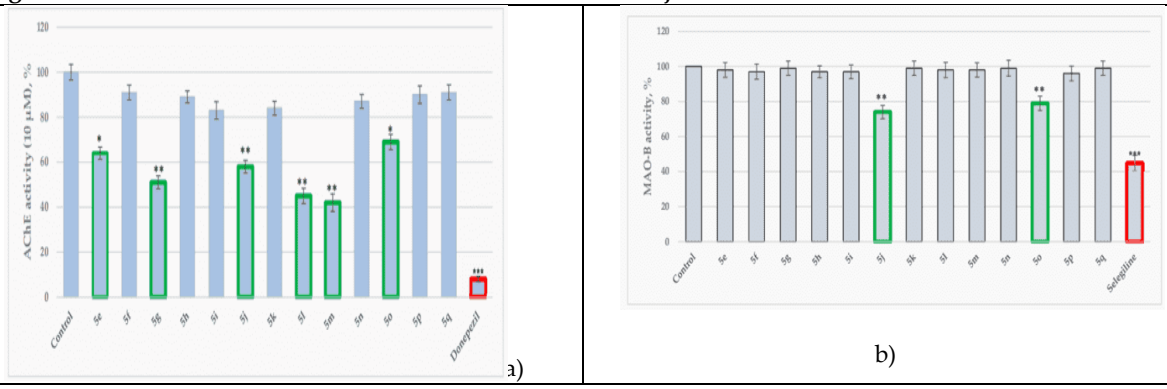
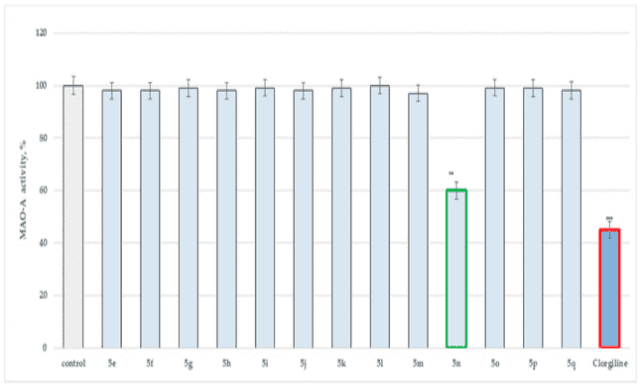


Figure 3:.Visualizations of the intermolecular interactions of 5jwith the active site of MAO-B (PDB: 2V5Z)



a) b)



c)

Fig. 4: (a) AChE assay applied at 10 µM concentration, (b) MAO-B assay, and (c) MAO-A assay applied at 1 µM concentration for compounds 5(e-j).

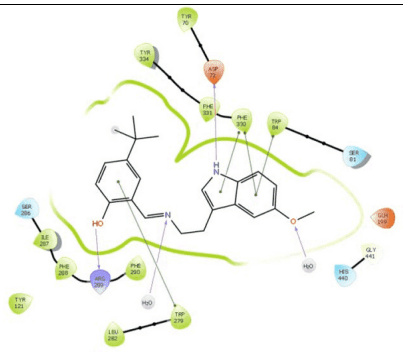


Figure 5: Binding orientation and interaction of compound 6c at the active site of *Tc*AChE

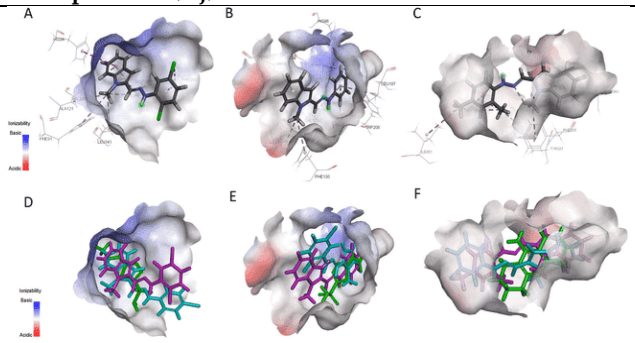
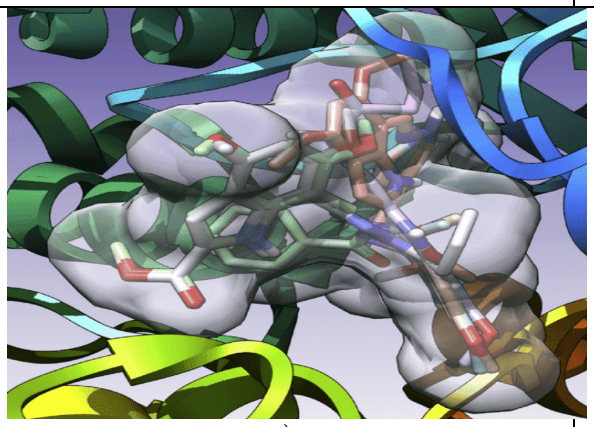
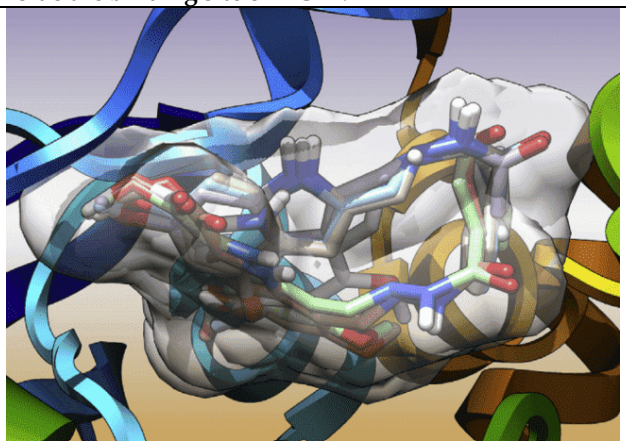


Fig:6 A. 3D interactions of 7k with hCA I/PDB: 5GMM B. 3D interactions of 7p with hCA II/PDB: 5GMN C. 3D interactions of 7s with AChE/PDB: 7E3H D. Overlap of AZA (green), 7k (magenta), and 7p (cyan) inside the binding site of hCAI E. Overlap of AZA (green), 7p (magenta), and 7k (cyan) inside the binding site of hCAII F. Overlap of TAC (green), 7s (magenta), and 7c (cyan) inside the binding site of AChE.



a)



b)

Fig 7: Docking modes of compounds(a) 11a-c and 12a-c in the binding site of AChE.

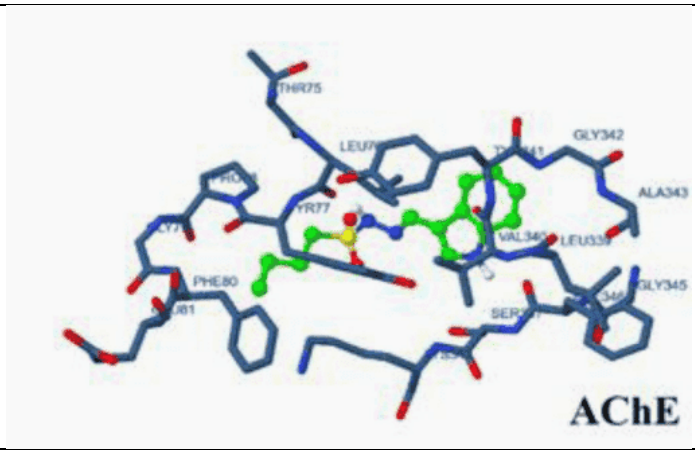
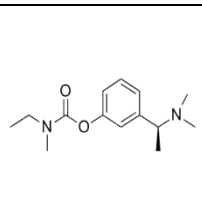
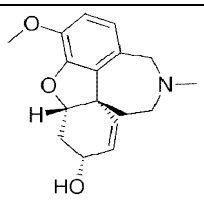


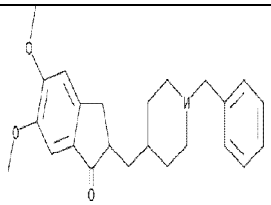
Fig: 8 Interaction of compound11a with AChE



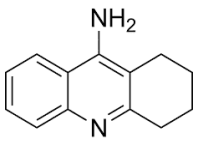
Rivastigmine



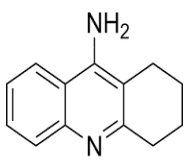
Galantamine



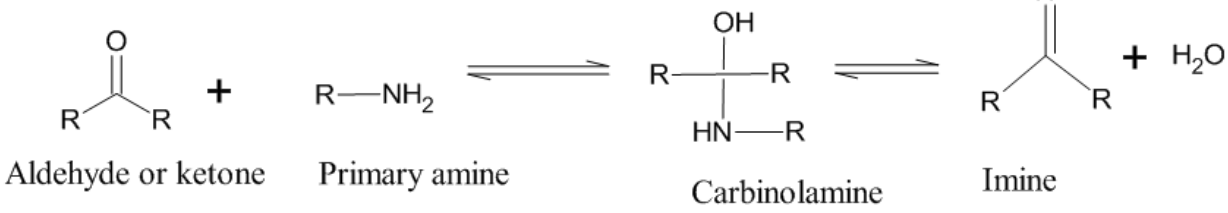
Donepezil



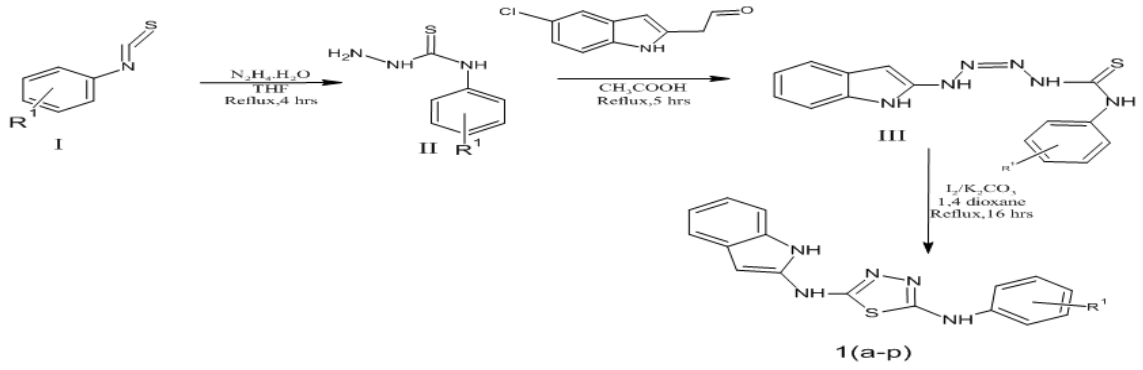
Tacrine



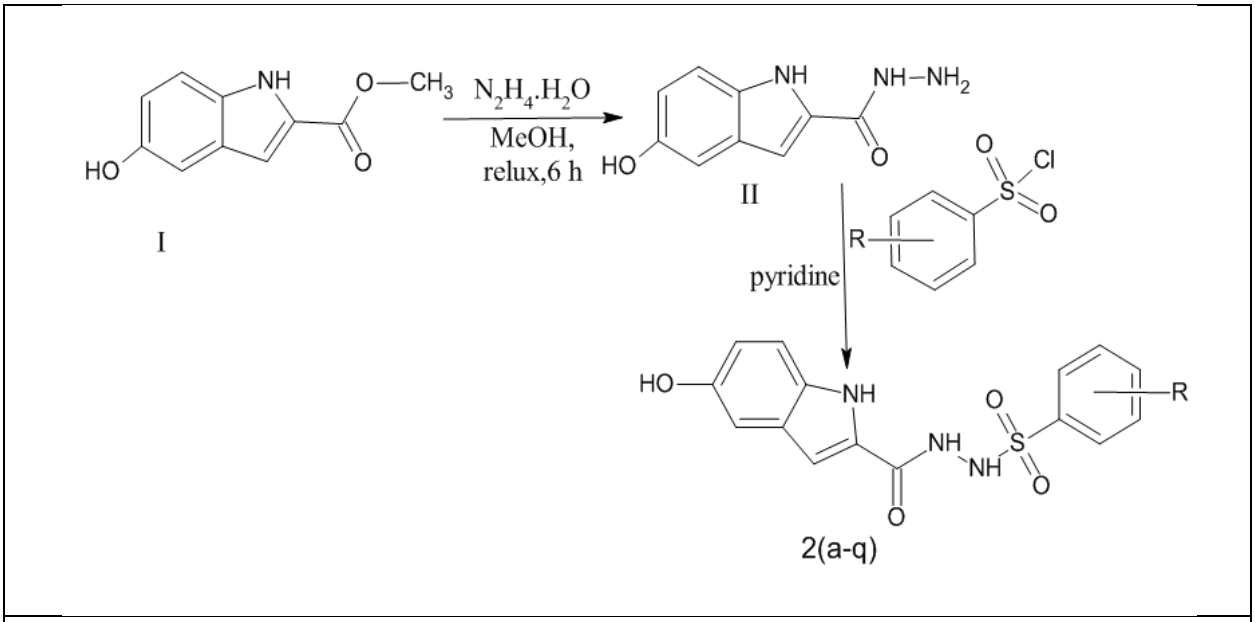
1H - indole



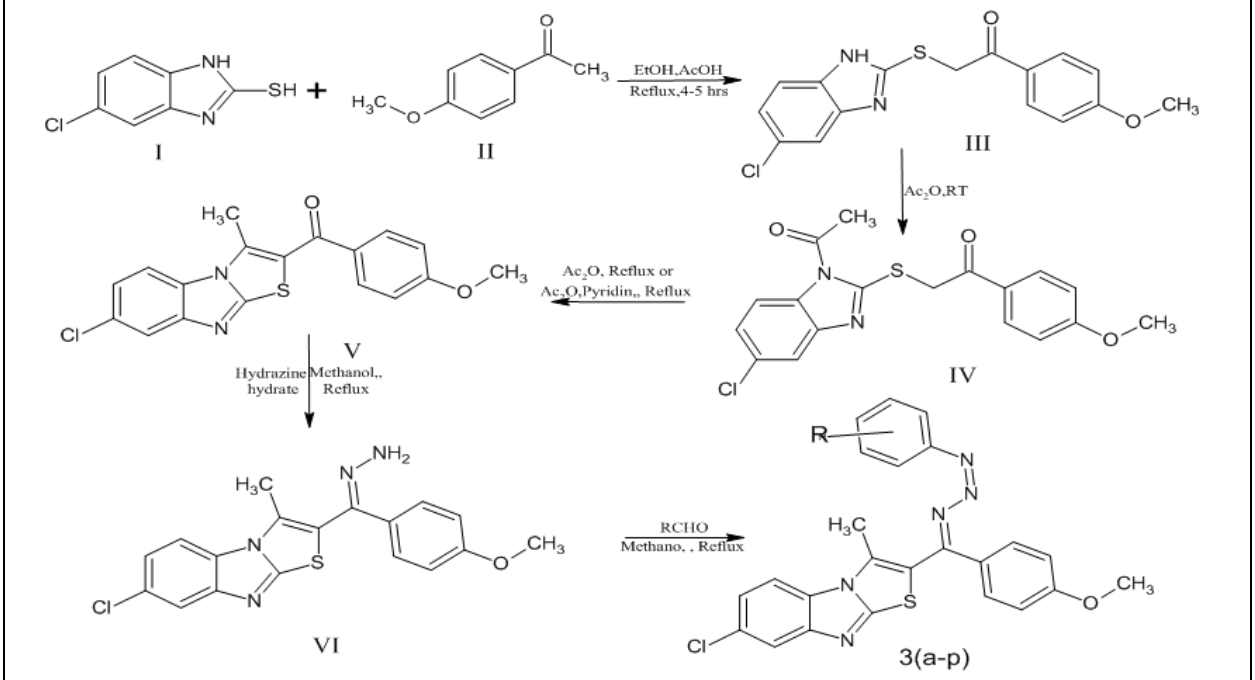
Scheme 1 : General mechanism of Schiff base synthesis



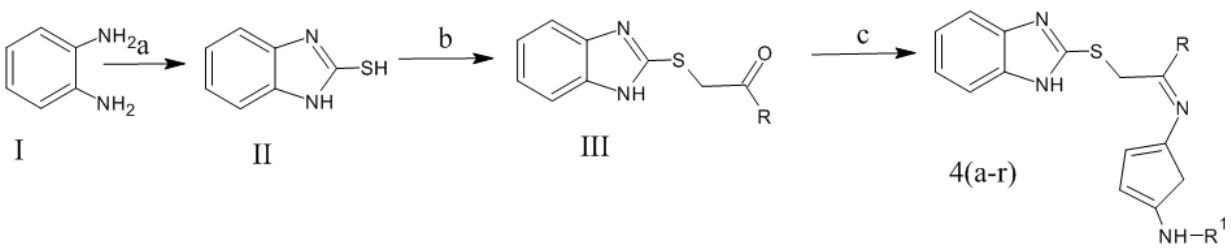
Scheme 2:. Representation of the stepwise (I-III) procedure adopted for synthesizing indole-based thiadiazole moieties 1(a-i).



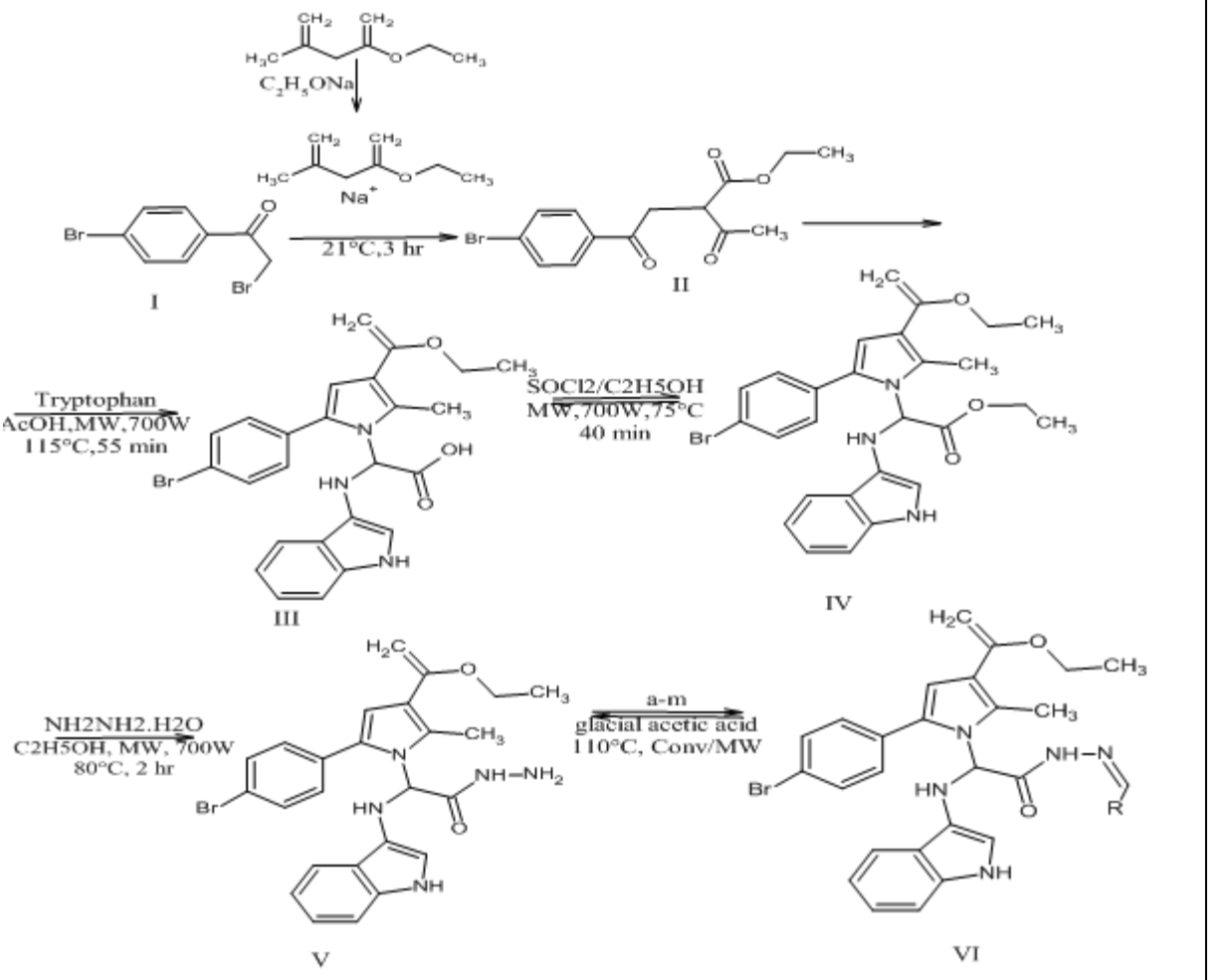
Scheme 3: Synthesis of indole-based sulfonamide 2(a-q)



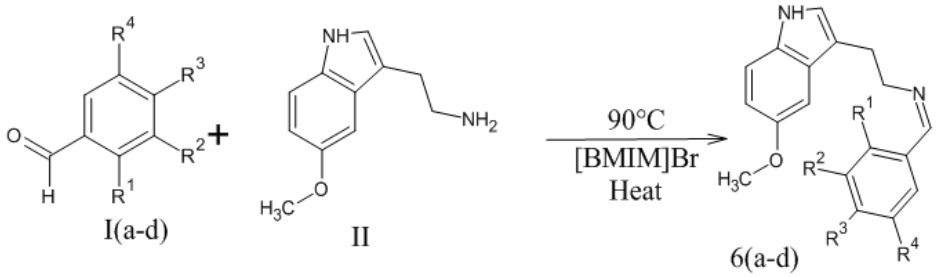
Scheme 4: Synthesis of benzimidazole-thiazole bearing bis-Schiff base derivatives 3(a-p)



Scheme 5:a synthetic pathway to produce benzimidazole-based Schiff base derivatives; (a) CS2,KOH, EtOH:H2O, reflux 5 h; (b) phenacyl bromide, EtOH, Et3N, Reflux 8 h; (c)N1-phenylcyclopenta-3,5-diene-1,3-diamine, Acetic acid (glacial), Reflux 6 h.

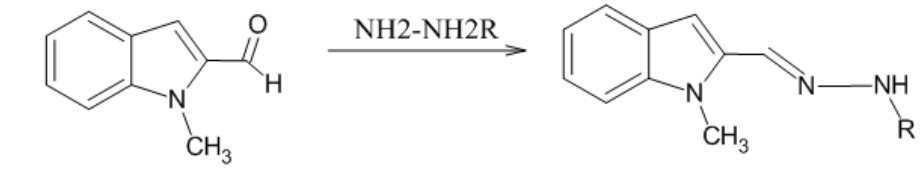


Scheme 6:.Synthetic path for the compounds 5(e-q)

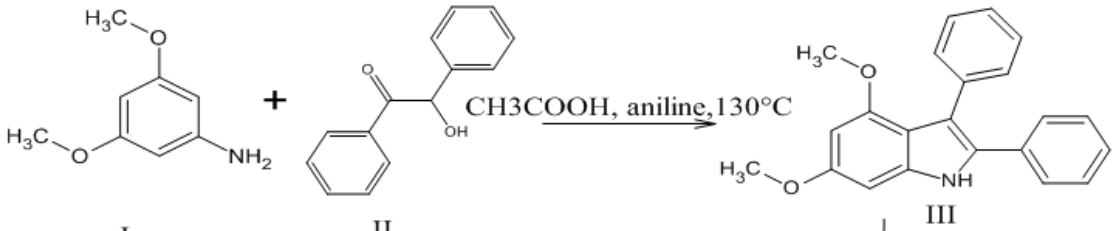


a) R_1=OH R_2= R_3=H R_4=CH_3
b) R_1=OH R_2=tert-butyl R_3=H R_4=CH_3
c) R_1=OH R_2=H R_3=H R_4=tert-butyl
d) R_1=H R_2=H R_3=n-butyl R_4=CH_3

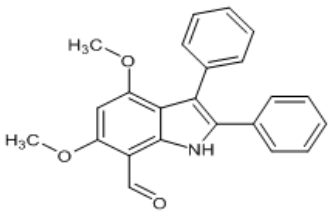
Scheme 7:Reaction between amine(II) and aldehyde(I(a-d))to afford Schiffbase(3)



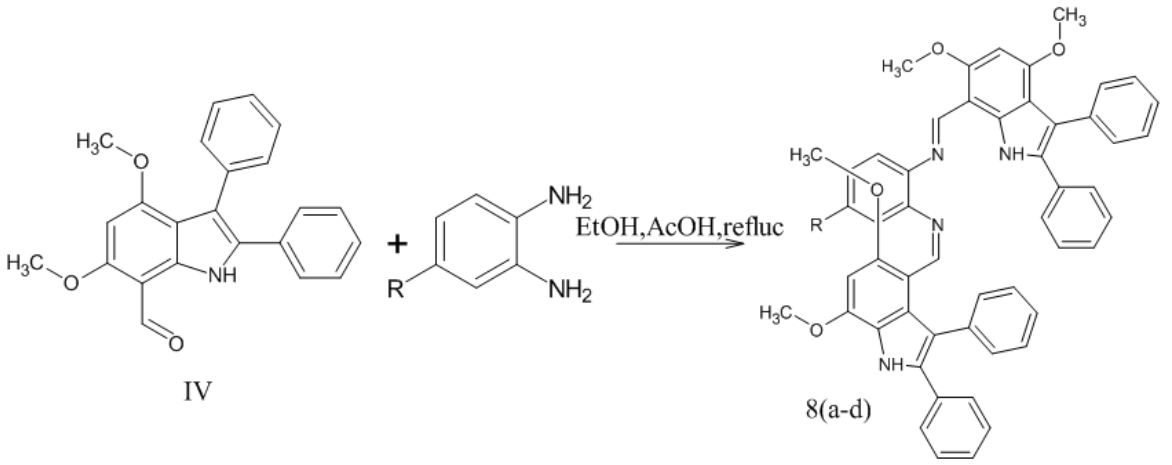
Scheme:8 Indole Schiff bases compounds 7(a-t)



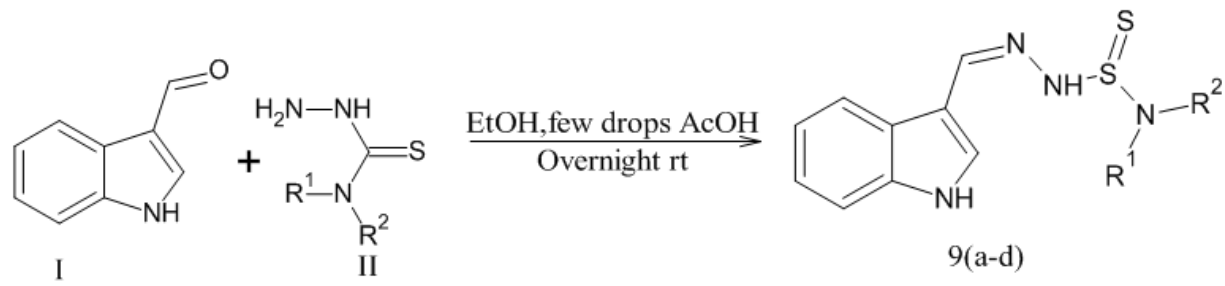
DMF, POCl3, 0°C



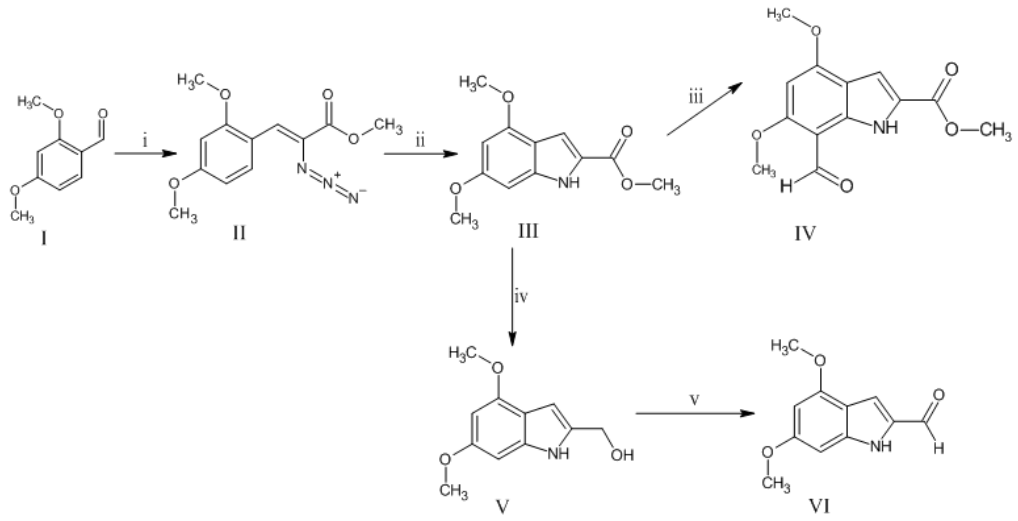
	R
8a	H
8b	CH_3
8c	Cl
8d	NO_2



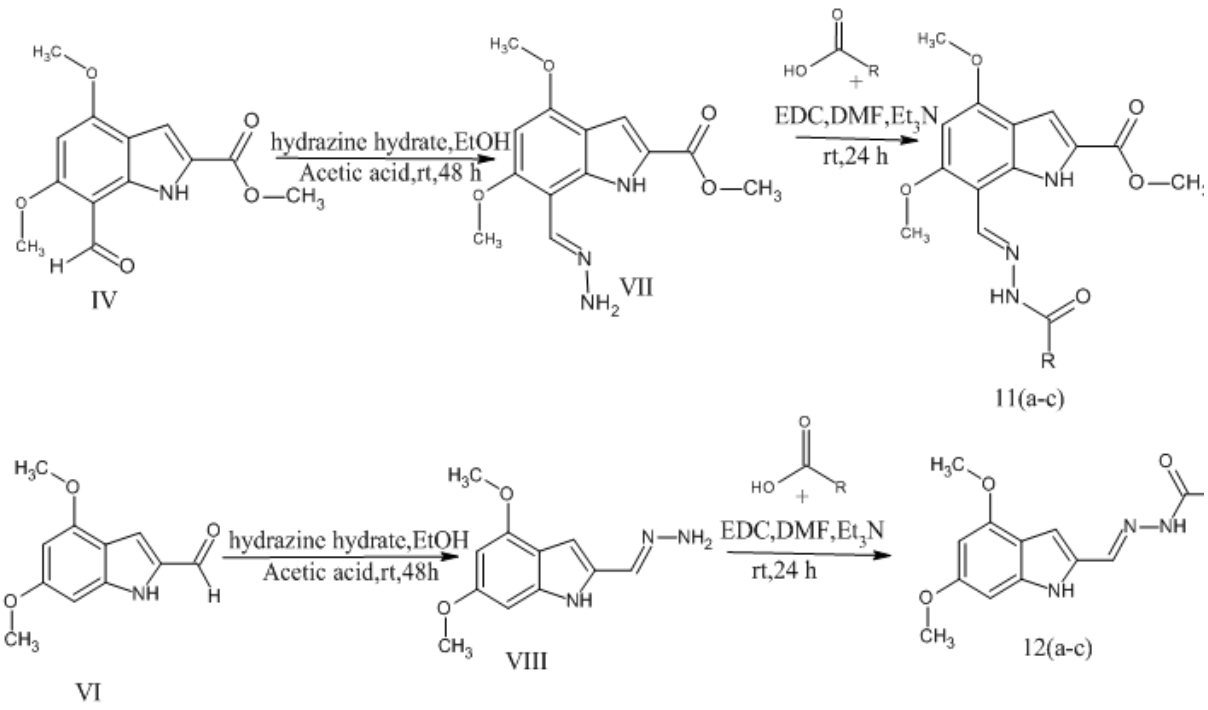
Scheme 9: synthesis of bis-indolyl shiff-bases 8(a-d)



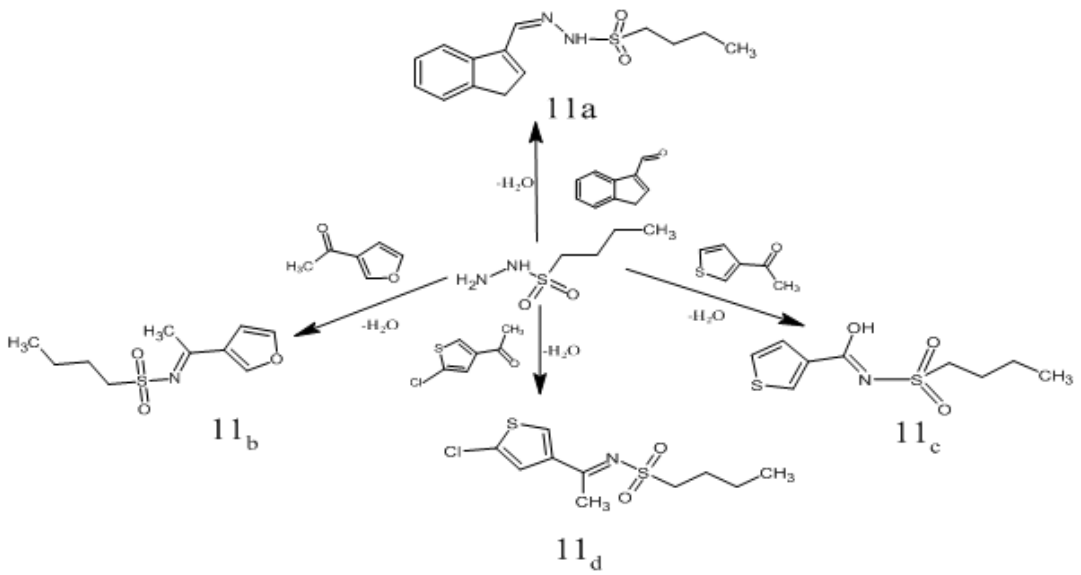
Scheme: 10 Synthesis of Indole-3-Carboxyaldehyde Thiosemicarbazone Derivatives 9(a-d)



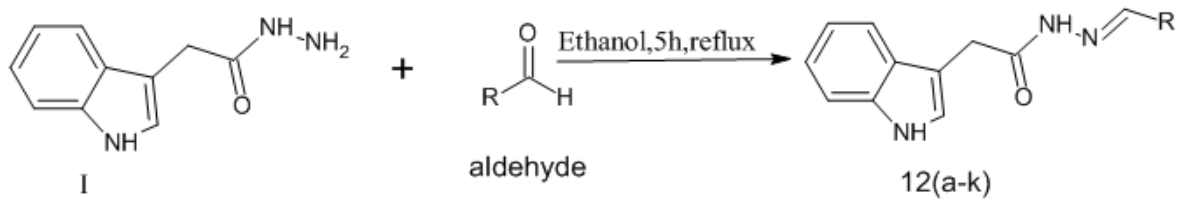
Scheme: 11. Reagents and conditions: i: $N_3CH_2CO_2Me$, Anhyd.MeOH, metallic Na, <-10 C, 4h, ii: Xylene reflux, 6h, iii: $POCl_3$, DMF, 10 C overnight, iv: LiAlH4/THF, 10 C 1 h, rt 3 h v: MnO_2, CH_2Cl_2, reflux, 24 h



Scheme 12: synthsis of4,6-dimethoxyindole based hydrazidehydrazonesderivatives.



Scheme 13: Heteroatom-containing sulfonyl hydrazone derivatives preparation of ligands 11(a-d).



Scheme 14: Synthesis of the novel indole-based hydrazide-hydrazone derivatives 12(a-k).

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Pharmaceutical Documentation on preparation of the Tamra Garbha Pottali Rasa

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Received: 04 May 2025 Revised: 18 May 2025 Accepted: 24 Jun 2025

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ABSTRACT

PottaliRasayana represents a unique category of Ayurvedic formulations characterized by their compact form, high potency, and rapid therapeutic effect. *Tamra Garbha Pottali Rasa*, described in classical *Rasa Shastra* texts, is formulated for use in acute and chronic disease conditions, yet remains underutilized due to limited contemporary pharmaceutical documentation. To document and standardize the classical method of preparation of *Tamra Garbha Pottali Rasa*, highlighting traditional pharmaceutical parameters without the use of modern analytical techniques. The formulation was prepared using *Shuddha Parada*, *Shuddha Gandhaka*, and *Shuddha Tamra Bhasma*. The ingredients were subjected to the *Gandhaka Drava Paka* method, wherein they are processed in molten sulphur. Standardization was based on classical pharmaceutical characteristics such as attainment of metallic sound (*Dhwani*) on tapping the *Pottali*, *Nila Varna Chhaya*, formation of a lustrous, compact, and intact *Pottali*, and absence of unprocessed material.
The *Pottali* was successfully prepared by applying heat at approximately 350°C for 8 hours using the *Gandhaka Drava* method. The final product met classical parameters—metallic sound, compact form. This study provides a classical pharmaceutical documentation of *Tamra Garbha Pottali Rasa*, emphasizing key traditional evaluation parameters. Such Documentation efforts can serve as a foundation for further scientific exploration and clinical validation of this potent *Ayurvedic* formulation.

Keywords: *Tamra Garbha Pottali Rasa, PottaliRasayana, GandhakaDrava,Kajjali, Tamra Bhasma*

INTRODUCTION

In *Rasashastra*, mercury (*Parada*) holds a central role as a therapeutic agent. However, due to its inherent toxicity in its raw form, it is not directly used for internal administration. To make mercury safe for use, the concept of *ParadaMurchana* (mercury detoxification and potentiation) was introduced. Based on the presence or absence of sulphur, two main types of *ParadaMurchana* are described: *SagandhaParadaMurchana* (with sulphur) and *NirgandhaParadaMurchana* (without sulphur). Furthermore, according to the method of preparation, *ChaturvidhaParadaMurchana* is classified into four categories:

1.KharaliyaRasayana
2.ParpatiRasayana
3.KupipakvaRasayana
4.PottaliRasayana

Among these, *Kharaliya*, *Parpati*, and *KupipakvaRasayanas* are widely practiced and accepted in the Ayurvedic pharmaceutics domain. In contrast, *PottaliRasayana*, despite its high potency and suitability for both acute and chronic conditions due to the process of *Agni Samyoga* (integration of heat during preparation), has received comparatively less attention in modern times. The term *'Pottali'* refers to a compact form of a medicinal preparation wherein powdered or semi-solid ingredients are bound together and processed through specific techniques. This formulation style was initially devised for ease of transportation, durability, and emergency therapeutic use, particularly in ancient times when physicians traveled frequently. The final product is solid, stable, and resistant to breakage, making it ideal for storage and prolonged use. It is typically administered by rubbing it on a hard surface with *Ghrita* (ghee) or *Madhu* (honey), and then consumed orally. The potency of *Pottali Kalpana* is attributed to its preparation process, which involves sustained heat (*Agni Samskara*), enhancing the therapeutic efficacy of the ingredients. Several methods for preparing *Pottali*s are described in classical texts, including:

- *KapardaPūrana* Method (e.g., *Lokanatha Rasa*)[1]
- *Khalviya* Method (e.g., *Hamsa Pottali*)[2]
- *Gandhaka Drava* Method (e.g., *HemagarbhaPottali*)[3]

Among these, *Tamra Garbha Pottali Rasa*[4]stands out as a classical example of the *Gandhaka Drava* method[5], where molten sulphur is used as a medium to process and bind the formulation. This method ensures enhanced bioavailability and stability of the final product. *Tamra Garbha Pottali Rasa* has been specifically selected for this study because the process is highly sensitive to temperature. The heat during its preparation significantly affects the formulation's quality and efficacy. Therefore, documenting the temperature pattern throughout the preparation process is crucial to ensure standardization and reproducibility. Without a precise understanding of the thermal conditions, the potency and consistency of the *Pottali* could vary, leading to unpredictable therapeutic outcomes. Although *PottaliRasayana* is extensively described in classical *Ayurvedic* literature, its current application and scientific validation remain limited. Therefore, thorough documentation and standardization of these formulations, especially *Tamra Garbha Pottali Rasa*, are essential to revive their therapeutic potential and integrate them into contemporary *Ayurvedic* practice.

MATERIALS AND METHODS

The ingredients used in the preparation of *Tamra Garbha Pottali* were procured from Parul Ayurveda Pharmacy and authenticated as per standard Ayurvedic pharmacognostical and pharmaceutical procedures. The main constituents include *Shuddha Parada* (purified mercury), renowned for its potent *Rasayana* (anti-aging and rejuvenating) properties. It is considered a powerful therapeutic agent effective in managing *Jara* (degenerative conditions), promoting systemic strength, and acting as a universal remedy (*SarvarogaNashaka*). *Shuddha Gandhaka* (purified sulfur) was another key ingredient, selected for its *Vishaghna* (antipoisonous), *Jantughna* (antimicrobial), *Krimighna* (anthelmintic), and *Deepana-Pachana* (digestive stimulant) actions. The combination of *Gandhaka* with *Parada* enhances the latter's therapeutic efficacy through synergistic interaction.

Tamra (purified copper) was included for its significant benefits in managing *Shwasa-Kasa* (respiratory disorders), *KrimiRoga* (parasitic infestations), and *Pandu Roga* (anemia). It also exhibits hepatoprotective properties and acts as a cardiac stimulant (*Hridya*). All raw materials were carefully processed and purified following classical *Ayurvedic* guidelines before being used in the formulation. The resultant compound, *Tamra Garbha Pottali Rasa*, is a highly potent preparation with a broad spectrum of therapeutic applications.

Method of Preparation

The method of preparation involves the following steps:

1.*Parada Shodhana*[6]
2.*Gandhaka Shodhana*[7]
3.Preparation of *Kanji*
4.Preparation of *KultthaKwath*
5.*SamanyaShodhana*of *Tamra*[8]
6.*Vishesh Shodhana*of *Tamra*
7.*Kajjali* Preparation[9]
8.*TamraMarana*[10]
9.Preparation of *Tamra Garbha Pottali Rasa*[11]

ParadaShodhana

Parada was purified by triturating it with *Rasona Kalka* (garlic paste) and *Saindhava Lavana* (rock salt) for 7 days, as per the method described in *Ayurveda Prakash*. After this period, the mixture was thoroughly washed with warm water to remove the paste, and the purified *Parada* was collected.

GandhakaShodhana

The *Shodhana* of *Gandhaka*as per the method described in *Rasendra Sara Sangraha*, with slight modifications for practical convenience. Approximately 4 litres of cow milk were taken in a tall stainless steel vessel instead of the traditionally mentioned earthen pot. *Gandhaka* was powdered to a *Siktaakruti*(grainy consistency) and heaped at the center of a clean cotton cloth to avoid leakage from the edges. This cloth bundle was suspended above the milk, and a *sarava* (lid) was placed over the vessel. The joint between the lid and the vessel was sealed using a mud-smeared cloth and allowed to dry properly. Heat was then applied from above using a fire gun. As the *Gandhaka*melted, it filtered through the cloth and fell into the milk below, where it solidified instantly. The height of the vessel allowed sufficient time for the molten *Gandhaka* to cool during its descent. Finally, the purified *Gandhaka* settled at the bottom was collected, washed thoroughly, dried, and stored for further use.

Preparation of *Kanji*

Kanji was prepared using *Shali* (rice) and *Masa* (black gram). Both ingredients were taken together and boiled thoroughly in water until fully cooked. After proper boiling, the mixture was filtered, and the filtrate was collected for fermentation. Prior to storing the filtrate, a porcelain jar was thoroughly fumigated with *DhoopanaDravya* such as *Guggulu, Vacha*, etc. Once the jar was properly fumigated, the warm filtrate was poured into the jar. As soon as fermentation began, the mouth of the jar was sealed (*Sandhibandhana*) using *Multani Mitti*and cloth. The jar was then kept undisturbed in a dark place to allow for proper fermentation. After 15 days, the seal (*Sandhibandhana*) was opened, and the fermented *Kanji* was filtered and stored for further use.

Preparation of *KulatthaKwath*

Kulattha seeds were soaked overnight, and the remaining water was added to the soaked seeds. *Kwatha* was prepared by reducing the water to ¼th, enough to completely immerse the seeds.

SamanyaShodhana*of *Tamra

AShuddha Tamra (impure copper) was subjected to *SamanyaShodhana*by heating it in an iron pan until it became red hot and then quenching it sequentially in each of the following five liquid media seven times each:

1.*Tila Taila* (Sesame oil)
2.*Takra* (Buttermilk)
3.*Gomutra* (Cow's urine)
4.*KulatthaKwatha*(Decoction of horse gram)
5.*Aranala* (Fermented sour gruel)
This process helps in the removal of physical and chemical impurities from *Tamra* and enhances its therapeutic efficacy.

Vishesh Shodhana*of *Tamra
According to the reference from *RasaratnaSamuccaya*, the *SamanyaShodhita Tamra Patra* was smeared with a paste of*NimbuSwarasa* (lemon juice) and *Saindhava Lavana* (rock salt). After proper application, *Nirvapa* (quenching) was carried out eight times in *NirgundiSwarasa* (juice of Vitex negundo) by heating the *Tamra* until red hot and then immediately quenching it in the fresh *Swarasa*. After completing all 8 *Nirvapa*, the *Tamra* was thoroughly washed with hot water to remove any residual material.

***Kajjali* Preparation**
A total of 160 g of *Shuddha Parada* was taken in a Khalva Yantra, and 160 g of *Shuddha Gandhaka* was gradually added to it during *Mardana* (trituration). The mixture was continuously triturated until uniform black, lusterless*Kajjali* was formed, showing all classical signs of proper *Kajjali* — such as *Rekhapurnata, Nishchandratva*, and *Varitaratva*.etc.

TamraMarana
Shodhita Tamra Patra (163 g) was finely cut and subjected to*Mardana* with *Kajjali* using*NimbuSwarasa* in a *Khalva Yantra* until a uniform paste was formed. This paste was thoroughly applied over the *Tamra Patra* pieces. The coated pieces were placed in a *Sarava SamPuta*, sealed properly, and subjected to *Gaja Puta*. As per classical references, *TamraMarana* is typically done with 3 *Gaja Puta*, but in this process, 7 *Gaja Puta* were given to achieve complete *Marana* and formation of *Tamra Bhasma* exhibiting the desired properties.

Preparation of *Tamra Garbha Pottali Rasa*
Tamra Bhasma and *SamagunaParada-GandhakaKajjali* were taken in a clean *Khalva Yantra* and triturated together thoroughly to obtain a homogeneous mixture. To this mixture, *Shuddha GandhakaChoorna*was added and further triturated. Once the blend was uniform, *Kumari Swarasa* (Aloe barbadensis Miller) was added in sufficient quantity for *Bhavana* (wet trituration) and continued until a soft, pliable mass was obtained. This mass was then shaped into a *Pottali* (medicated bolus) and wrapped securely in a clean silk cloth. Fine *Shuddha GandhakaChoorna* was sprinkled over the surface of the cloth-wrapped bolus, and it was folded into four layers to form a tightly bound *Pottali*. This *Pottali* was then suspended in the center of a *Dola Yantra*, which was filled with *AShuddhaGandhakaChoorna* as the surrounding medium. The setup was subjected to moderate heat for 8 hours in *Valuka yantra*[12], facilitating the transformation of the ingredients and formation of *TamragarbhaPottali* Rasa.

OBSERVATIONS AND RESULTS

The *TamragarbhaPottali* preparation was monitored closely for temperature variations and visual changes at regular intervals over a 7-hour period. The following table (table no. 10) summarizes the progressive changes observed during the procedure

Result Summary
Total Duration: 8 hours. Peak Temperature Reached: 300°C. Key Observations: *Gandhaka* melting began at approximately 118°C; bubbling from the *Pottali* indicated reaction initiation. Complete immersion occurred at 197°C.
The *Gandhaka* transformed progressively in consistency and color from yellow to blackish-brown as temperature increased. Final extraction at 300°C revealed a well-formed*Pottali* embedded in homogeneously melted *Gandhaka*.

DISCUSSION

The preparation of *TamragarbhaPottali Rasa* is a highly refined metallurgical and pharmaceutical process in Rasa Shastra, involving a series of interrelated steps: *Shodhana*(purification), *Kajjali* preparation, *Marana* (incineration), and *Pottali* formation (*Samskara*), culminating in a thermally sealed product. Each step is grounded in both classical Ayurvedic theory and modern scientific principles of chemistry, metallurgy, and thermal kinetics. Initially, *ParadaShodhana*was performed using *Sudha* (unslaked lime), *Lashuna* (garlic), and *Saindhava Lavana* due to their classical relevance and easy availability. When *Parada* was triturated with *Sudha*, the mass transformed into a grayish powder, suggesting a redox reaction, where calcium oxide (CaO) likely oxidized mercury's surface impurities. The exothermic nature of *Sudha* when hydrated, along with its hygroscopic behavior, may have facilitated impurity dissociation and physical entrapment, supported by the heat generated during trituration. Hot water was used during the separation phase to aid in sedimentation of *Parada*, which, due to its high specific gravity, disrupted water surface tension and settled quickly, easing separation. A 12% weight reduction was observed, attributable to *Jalagati* and *Malagati*. This was followed by trituration of *Parada* with *Lashuna* Kalka and *Saindhava Lavana*. The *Ushna*, *Teekshna*, and *Vishada* qualities of these substances assisted in deeper penetration and extraction of residual toxins. Lashuna, rich in organosulfur compounds such as alliin and allicin, might have chemically interacted with mercury during prolonged trituration, forming organo-mercurial complexes. The visible color transition of *Lashuna Kalka* from green to grey to black strongly suggests impurity transference. The additional 3.16% weight loss confirmed effective cleansing and handling loss. The final *Shuddha Parada* was bright, white, and lustrous, indicating the successful removal of superficial and inherent impurities.

*GandhakaShodhana*followed classical *Dhalana* (sublimation and quenching) methods, involving melting in *Ghrita* and quenching in cow's milk. Despite repeated washings, traces of lipidic material may persist, potentially affecting downstream reactivity. Hence, thermal exposure was carefully optimized in subsequent stages. *TamraShodhana*began with *SamanyaShodhana*using five liquid media—*Tila Taila*, *Takra*, *Gomutra*, *KulathaKwatha*, and *Kanji*. These media were selected based on their acidic and alkaline properties to induce controlled corrosion, decarburization, and exfoliation of the metal surface, enhancing reactivity. Repeated heating and quenching (seven times in each medium) facilitated thermal shock, leading to microcracks, removal of oxidized layers, and significant impurity loss (16.5% reduction in weight). *Vishesh Shodhana*using*NimbuSwarasa* and *Saindhava Lavana*, followed by eight quenchings in *NirgundiSwarasa*, further detoxified the *Tamra* through acidic leaching and enzymatic activation of metal complexes. Next, *Kajjali* was prepared by triturating equimolar quantities of *Shuddha Parada* and *Shuddha Gandhaka* in a *Khalva Yantra* until it formed a smooth, black, and lustreless powder. Classical tests such as *Rekhapurnata* (finger line filling) and *Varitaratwa* (float test) confirmed completion. From a modern perspective, the preparation likely led to the formation of mercury sulfide complexes (primarily cinnabar, HgS), which are less volatile and bio-toxic, making them suitable for internal administration. *TamraMarana* was executed by smearing purified *Tamra* Patras with *Kajjali* and*NimbuSwarasa*, followed by encasing in *Sarava SamPuta* and subjecting them to repeated *Gaja Puta*—a high-intensity incineration protocol using cow dung cakes. While classical texts recommend three Gaja *Puta*, seven cycles were required due to increased *Tamra* thickness, ambient temperature variability, and furnace insulation capacity. Each incineration facilitated thermal oxidation, sulfuration, and metallurgical transformation into fine *Tamra Bhasma*.

Thermal Regulation and Agni-Samskara Principles

One of the most critical components in *TamragarbhaPottali* preparation is strict adherence to thermal rules (*Agni Samskara*). Heat application was not arbitrary but followed gradation principles based on *Mandagni* (mild), *Madhyamagni* (moderate), and *Teevra Agni* (intense heat) depending on the transformation stage. Temperature progression was monitored using digital thermometry at 30–60 minute intervals during the final *Pottali Siddhi* phase. This allowed controlled, uniform heating and prevented the decomposition of active principles.

The process began at 38°C and gradually reached 300°C over 8 hours. Significant transformation points included:

- 118°C: *Gandhaka* initiated melting.
- 176°C: Bubbling from the *Pottali* indicated sublimation or gaseous diffusion from inner contents.
- 187°C: Complete immersion of the *Pottali* in molten sulfur.

- 250°C–300°C: Progressive thickening and blackening of *Gandhaka* occurred, signifying sulfur's partial polymerization and complexation.

At 300°C, the *Siddhi Lakshana* (classical signs of completion) were fulfilled: blackish-brown coloration of *Gandhaka*, uniform viscous texture, loss of metallic luster on the *Pottali*, and cohesive mass formation. These changes suggest complete integration of sulfur with metallic contents via sublimation, diffusion, and thermally induced chemical bonding. The *Pottali* was carefully retrieved at this stage to prevent over-firing and degradation.

Thermal exposure facilitated organometallic transformations and fixation of mercury and sulfur onto the copper matrix. The gradual temperature rise followed *Paka Lakshana* principles, ensuring both sublimation and synthesis phases were completed without combustion or volatilization of actives. These principles align closely with modern thermal processing controls used in pharmaceutical metallurgy.

CONCLUSION

The pharmaceutical preparation of *TamragarbhaPottali Rasa* exemplifies the sophisticated integration of traditional Ayurvedic metallurgy with modern scientific understanding. Each stage of processing—from meticulous *Shodhana*(purification) of metals and minerals to the precision-controlled *Pottali* formation—demonstrates a deliberate and purposeful transformation at chemical and physical levels. The progressive application of *Agni Samskara* (thermal regulation), adhering to classical guidelines and verified through modern thermometric monitoring, ensured the safety, stability, and efficacy of the final product. The successful incorporation of *Parada*, *Gandhaka*, and *Tamra* into a cohesive matrix through sulfur fusion and thermal sealing reflects complex organometallic interactions aimed at enhancing therapeutic potential while minimizing toxicity. Observed classical *Siddhi Lakshanas* and material behavior under controlled heat confirm the proper execution of the procedure. Thus, *TamragarbhaPottali Rasa* preparation is not merely an artisanal tradition but a pharmaceutically rational and reproducible process. It reinforces the scientific rigor inherent in Ayurvedic Rasa Shastra and highlights the scope for further interdisciplinary research and standardization of classical formulations for contemporary clinical use.

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Table. 1:obtained result of *ParadaSodhana*

AShuddha Parada Taken	*Shuddha Parada* Obtained	Time Taken	Total Time of *Mardana*	Weight Loss	% Loss
200 gm	160gm	7 days	56 hrs	40 gm	2%

Table.2: obtained result of *GandhakaSodhana*

*AShuddhaGandhaka*Taken	Yield of *Shuddha Gandhaka*	Time Taken	Total Loss	% Loss
200 gm	185 gm	3 days	15gm	7.5%

Table. 3: result of obtained *Kanji*

Colour	Taste	Ph	Consistency	Smell
Milky white	Acidic	3.5	Liquid	Acidic

Table. 4: Results of obtained *KulatthaKwath*

Final *Kwatha* Qty	Color	pH	Taste	Smell
2 lit	Reddish Brown	8	Astringent	Specific to itself

Table. 5: Results obtains after *Tamra*Sodhana

Quantity of *Tamra* Before Shodhana	Quantity of *Tamra* After Shodhana	Time Taken	Total Loss	% Loss
200 g	167 g	5 days	33 g	16.5%

Table. 6:Results Obtains after *TamraVishesh Sodhana*

Tamra Before *Vishesh Shodhana*	*Tamra* After *Vishesh Shodhana*	Time Taken	Total Loss	% Loss
167 gm	163 gm	7 hours	4 g	1%

Table. 7:Results Obtains after preparation of *Kajjali*

Parada Taken	*Gandhaka* Taken	Total *Kajjali* Prepared	Time Taken	Total Loss	% Loss
160 g	160 g	310 g	7 days	10 g	3.1%

Table. 8: results of *Tamra Bhasma*

Tamra Taken at 1st *Puta*	*Tamra Bhasma* Prepared after 7th *Puta*	Time Taken	Total Loss	% Loss
163 g	75 g	45 days	88 g	54%

Table. 9:Materials Required for *TamragarbhaPottali* (for 30 g *Tamra Bhasma*)

S.No.	Ingredient	Quantity
1	*Tamra Bhasma*	30.0 g
2	*SamagunaParada-Gandhaka Kajjali*	3.0 g
3	*Shuddha GandhakaSookshmaChoorna*	0.8 g
4	*Kumari Swarasa* (Aloe barbadensis Miller)	q.s.
5	*AShuddhaGandhakaChoorna* (for *Dola Yantra*)	Sufficient quantity (300 g)

Table.10:observation during the method of preparation

Time	Duration from Start	Temperature (°C)	Observation
9:35 AM	0 min	38	Initiation of heating process.
10:10 AM	30 min	80	Mild increase in temperature, no visible

			changes.
10:35 AM	1 hour	118	*Gandhaka* started melting.
11:05 AM	1 hour 30 min	176	Bubbles started emerging from the *Pottali* indicating internal reaction.
11:35 AM	2 hours	187	*Pottali* fully immersed in the molten *Gandhaka*.
12:05 PM	2 hours 30 min	203	Molten *Gandhaka* attained stable consistency.
12:10 PM	2 hours 35 min	205	Consistency of melted *Gandhaka* became thicker.
12:35 PM	3 hours	197	Uniform bubbling persisted.
1:05 PM	3 hours 30 min	198	Slight increase in viscosity of the medium.
1:35 PM	4 hours	184	Darkening of *Gandhaka* began.
2:05 PM	4 hours 30 min	209	Thick bubbling observed.
2:35 PM	5 hours	222	*Gandhaka* turned darker; mixture became more homogenous.
3:05 PM	5 hours 30 min	230	No new visible changes; stable temperature plateau.
3:35 PM	6 hours	245	Gradual color change intensified.
4:05 PM	6 hours 30 min	276	Blackish-brown coloration started appearing.
4:25 PM	6 hours 50 min	286	Noticeable thickening and darkening of melted *Gandhaka*.
4:35 PM	7 hours	290	Blackish-brown, semi-viscous molten medium fully surrounded *Pottali*.
5:35 PM	8 hours	300	*Pottali* carefully removed

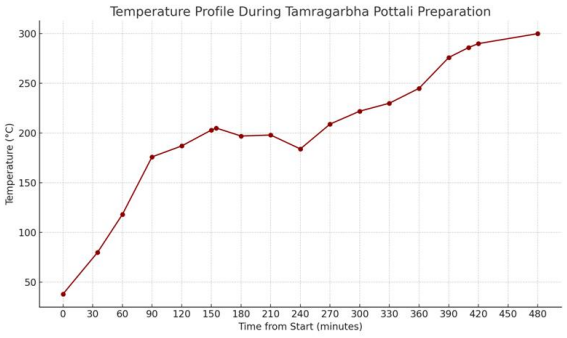

Fig. 1: graph of temperature pattern

Fig . 2: *Parada Sodhana*

Fig. 3: ***GandhakaSodhana Yantra***

Fig.4:Given a heat for ***Gandhaka***

Fig. 5:*SodhitaGandhaka Sodhana*

Fig. 6:*Tamra Sodhana*

Fig. 7: *Tamra Bhasma*

Fig. 8: *Kajjali* Preparation

Fig. 9: *Bhavna* given with *Kumari Swarasa*

Fig. 10: *Pottali* hang on *Dolayantra*

Fig. 11: *Gandhaka* Starts to melted

Fig. 12: *Gandhaka*completed melted

Fig. 13: Last Stage of *Paka*

Fig. 14: After Removing *Pottali*

Fig No. 15 After Scrapping *Pottali*

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

AI and ML: Revolutionizing Marketing in a Data - Driven World

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Received: 11 Apr 2025 Revised: 15 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

The exponential growth of big data and the revolutionary potential of artificial intelligence (AI) and machine learning (ML) have powered tremendous growth in business operations, especially in marketing. This paper explores the influence of AI and ML on business transformation from a marketing outlook. It emphasizes the way these technologies enrich business strategies through the facilitation of hyper-personalized customer experiences, enhanced decision-making, optimized price models, customer support automation, and demand forecasting. Drawing on an exploratory case-based methodology, the research delves into real-world implementations across sectors and analyses how international firms such as Flipkart, Netflix, and HDFC Bank have achieved competitive edge through AI-led innovation. The paper concludes by discussing issues such as data privacy and algorithmic biases, while venturing into future possibilities for combining generative AI and immersive technologies such as augmented reality (AR) in marketing strategies. The findings seek to enlighten researchers and practitioners regarding the strategic relevance of AI and ML in transforming the marketing environment.

Keywords: Artificial Intelligence(AI), Machine Learning(ML), Augmented Reality(AR) Marketing Transformation, Personalization

INTRODUCTION

The era of the digital revolution has transformed business practices by bringing with it an unparalleled surge in data creation. More than 2.5 quintillion bytes of data are created every day, and that is likely to grow as the Internet of Things (IoT) continues to grow [1]. With both challenges of dealing with large amounts of data and breaking them down to yield actionable insights, AI and ML have become essential means of dealing with such complexity. With its

human-like capacity for learning, planning, and creativity, AI tools are revolutionising strategic decision-making in different kinds of sectors. Marketing has also been changed with these technologies, allowing businesses to interact with customers effectively. Flipkart, Netflix, and Google have showcased how AI and ML can revamp operations through hyper-personalized services, supply chain optimization, and automation of consumer interaction [2].

Exponentially expanding Big Data, which doubles in size every 1.2 years [3], has disrupted conventional data processing techniques. AI and ML have proved to be essential tools for processing variable, high-velocity datasets, generating insights into consumer conduct [4]. ML, being a subcategory of AI, allows systems to adapt and improve based on experience [5]. Thus, ML applications are now a part of predictive analytics. It even helps in decision-making in marketing. AI and ML facilitate segmentation, targeting, and positioning to better enable hyper-personalization, dynamic pricing, and real-time consumer interactions [6]. In addition, applications such as chatbots and IoT have maximized retail operations with increased consumer satisfaction and efficiency. Personalization enables the customization of messaging and recommendation using socio-demographic information as well as history of purchases [7]. Corporates such as Flipkart and Netflix use recommendation engines driven by AI to create sales and strengthen customer connections. AI-powered text mining and natural language processing (NLP) enable companies to scan consumer reviews, tastes, and trends and gain insights into customer requirements in significant depth [8]. Case studies of Walmart and Lenskart demonstrate the success of such uses. Dynamic pricing models, for example, Uber's surge pricing, employ ML algorithms to adjust to market conditions and consumer price elasticity, thereby offering a competitive advantage [9]. Financial institutions, for example, HDFC Bank, use AI for fraud detection and customized services.

Automation software, like Verloop.io, enhances customer service efficacy using AIpowered chatbots, as seen through Nykaa's enhanced post-purchase satisfaction and loyalty. The doubling of Big Data size every 1.2 years, leading to exponential growth, rendered conventional data processing outdated [3]. Emerging technologies provide sophisticated storage and high-speed processing, that are needed for digital transformation [10,4]. AI has been identified as capable of processing big-data and extending actionable business insights [11]. AI technologies mimic human thinking, solving problems and learning independently [12]. Mitchell (1997) characterized ML as the capacity of a computer program to learn and enhance performance through experience [5]. ML algorithms discover patterns in data, making precise predictions and decisions possible [13]. AI uses in marketing cover the 4Ps—product, price, place, and promotion—enabling hyper-personalisation, dynamic pricing, and automated promotions [12]. AI and ML make exact market segmentation and targeting possible, using data mining to detect patterns that may not be visible to human intuition [6]. Personalization is the essence of contemporary marketing. AI-powered systems such as Flipkart's recommendation engine and content suggestions by Netflix optimize user interaction [7,14]. Chatbots and NLP modules are automated tools used to streamline customer service, as seen by Nykaa's collaboration with Verloop.io [15].

ML algorithms determine pricing strategies from customer behaviour and market trends. Uber's surge pricing is one good example [16]. Walmart's Social Genome Project applies text mining and predictive analytics to track social media conversations and predict trends [8]. Future Group's use of the o9 platform is an indicator of the use of AI for supply chain optimisation and sales forecasting [17]. Firms such as Lenskart utilize AI for video analytics, optimizing in-store processes and customer experiences [18]. HDFC Bank employs AI to identify fraud and personalize customer care, leading to higher profitability [19]. AI-based tools enable automated generation of marketing content, allowing scalability and consistency [20]. AI maximizes social media campaigns via automated media planning and real-time bidding [21]. NLP systems maximize customer interaction by facilitating human-like interaction [22]. Amazon and LinkedIn utilize recommender systems to maximize user satisfaction and retention [23]. IoT technology streamlines the retail processes and consumer experiences with smooth shopping encounters [24]. AI is progressively being employed for healthcare purposes, such as patient personalization in outreach and efficient resource management [25]. The moral consequences of AI in marketing, including data privacy and bias, are still key areas for future study [26]. Trends in AI emerging include generative models and augmented reality, which have the potential to revolutionize marketing practices [2]. This paper discusses the revolutionary impact of AI and ML in marketing, with

emphasis on their uses across industries. Through a case-based methodology, it identifies how companies use these technologies to meet changing consumer demands while meeting the challenges and opportunities of AI adoption.

MATERIALS AND METHODS

This study employs a qualitative, exploratory case-based approach to investigate the integration of AI and ML into marketing practices. Data was gathered from secondary sources, including peer-reviewed journals, industry reports, and case studies, to provide a comprehensive understanding of AI applications. Case studies were selected from diverse industries, including e-commerce (Flipkart), entertainment (Netflix), retail (Bata), and financial services (HDFC Bank). These examples illustrate the versatility of AI and ML in addressing marketing challenges and achieving strategic objectives. The analysis focuses on key themes such as personalization, dynamic pricing, and operational optimization.

RESULTS AND DISCUSSION

The Power of Personalization in Consumer Engagement

Personalization continues to be at the forefront of AI powered marketing efforts. Brands such as Netflix use AI-driven recommendation engines, which investigate viewing history and interests, in order to make recommendations that drive engagement and increase retention rates [8]. Artificial intelligence (AI)-powered technologies such as dynamic creative optimization (DCO) are also becoming increasingly popular. DCO employs real-time data to form customized ads, ensuring that customers are served messages that suit their tastes. For instance, Coca-Cola's "Taste the Feeling" campaign employed AI to create customized ad content using user demographics and web behaviour [7].

Decision-Making Precision: Insights to Actions

AI improves the precision of decision-making through the conversion of raw data into meaningful actions. Walmart's Social Genome Project, the forerunner in predictive analytics, now combines AI to track consumer sentiment so that the retailer can proactively modify marketing strategies [1]. AI also facilitates strategic decision-making in product development. Procter & Gamble employs AI to scan consumer reviews, allowing unmet needs to be identified and informing the development of new products [12].

Dynamic Pricing: A Game-Changer in Revenue Optimization

Dynamic pricing is now a standard in revenue maximization strategies. Companies such as Amazon and Walmart utilize AI to track competitor prices, market conditions, and customer behaviour to dynamically change prices. Not only does this maximize revenue, but it also increases customer satisfaction by providing competitive prices [6].

The airline sector has also been aided by AI-based pricing models. Firms such as Delta Airlines use predictive algorithms to forecast ticket demand, allowing for optimized pricing strategies that meet revenue and seat occupancy [27, 28].

AI-Powered Customer Support: Beyond Automation

AI has revolutionized customer support, going beyond mere automation to develop empathetic and context-sensitive interactions. GPT-4 and Google's Bard are examples of tools that allow businesses to offer human-like responses for increasing customer satisfaction. A case in point is Nykaa, which employs AI to track customer sentiment and offer individualized support through its chatbot. This has resulted in a 30% increase in customer retention [29].

Ethical Issues in AI Integration

The use of AI in marketing poses ethical issues, especially in terms of data privacy and bias in algorithms. Customers are more conscious of the collection and use of their data, leading to demands for stricter regulations. Apple's privacy-safeguarding AI model is a gold standard for ethical AI, anonymizing user data at processing.

Organizations also need to tackle biases within AI algorithms that can result in discriminatory outcomes. Tools such as IBM's AI Fairness 360 offer solutions for auditing and reducing biases and ensuring ethical approaches to AI [30].

The Future of AI in Marketing: Immersive Experiences and Generative AI

The future of AI in marketing lies in its ability to create immersive consumer experiences. Generative AI models, such as OpenAI's DALL-E, enable the creation of photorealistic advertisements and product visuals, capturing consumer attention. Augmented reality (AR) and virtual reality (VR) are also gaining traction. Gucci's use of AR for virtual try-ons has revolutionized the retail experience, allowing consumers to visualize products in their environment before purchase [24]. These technologies have immense potential for enhancing engagement and driving sales.

CONCLUSION

AI and ML have revolutionized the marketing world in a fundamental way, allowing companies to provide tailored consumer experiences, improve decision-making precision, and streamline operations. Examples of Flipkart, Netflix, Walmart, and HDFC Bank show the growth and competitive potential of these technologies. Yet, issues related to data privacy, algorithmic bias, and ethical concerns continue to be formidable obstacles to general AI adoption. Once companies overcome these issues, the coalescence of new technologies such as generative AI and AR/VR will revolutionize marketing practices. Future studies must investigate the long-term effects of AI adoption and its contribution to influencing consumer behaviour in a digital-first world.

ACKNOWLEDGEMENT

The authors would like to express their sincere gratitude to various scholars and practitioners whose published works and case studies provided the foundation of our analysis. Their research and practical perspectives greatly enriched our understanding of the evolving role of artificial intelligence and machine learning in marketing transformation.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Evaluation of the Maximum Time Required for the Extraction of Polyphenols from Tender Coconut Shell and its Antifungal and Antibiofilm Activity

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Received: 19 Apr 2025 Revised: 18 May 2025 Accepted: 19 Jun 2025

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ABSTRACT

Consumption of tender coconut water is very common in South East Asian countries and the Pacific which invariably led to the generation of tender coconut shell causing pollution. To augment the wastage and to make better use of the tender coconut shell, it has been evaluated for the availability of polyphenols by extracting it in distilled water at different intervals of time. The maximum extraction of polyphenols took place at 48 hours and it was 1.17mg/ml. The extracted polyphenols were also evaluated for its antifungal and antibiofilm activity and it was found that there was no antifungal activity whereas, at a concentration 1000µg/ml there was a weak antibiofilm activity and the MIC is greater than 1000µg/ml.

Keywords: Polyphenols, Tender Coconut Shell, Extraction, Antifungal, Antibiofilm

INTRODUCTION

Coconut trees *Cocos nucifera.* (L) commonly called coconut palm is a member of the Arecaceae family and is also the only living member of the genus Cocos. It is cultivated mainly in the tropical and sub-tropical areas which have high humidity, sandy soil and regular rainfall. The coconut tree provides food, fuel, cosmetics, folk medicine and building materials, among many other uses[1]. Botanically the coconut fruit is a drupe, not a true nut. Like other fruits, it has three layers: the exocarp, mesocarp and endocarp. The exocarp is the glossy outer skin, usually yellow-green to yellow-brown in colour. The mesocarp is composed of a fibre, called coir, which has many traditional and commercial uses. Both the exocarp and the mesocarp make up the "husk" of the coconut, while the endocarp makes

up the hard coconut "shell". The endocarp is around 4 mm thick and has three distinctive germination pores (micropyles) on the distal end. Two of the pores are plugged (the "eyes"), while one is functional. The interior of the endocarp is hollow and is lined with a thin brown seed coat around 0.2 mm thick. The endocarp is initially filled with a multinucleate liquid endosperm (the coconut water). As development continues, cellular layers of endosperm deposit along the walls of the endocarp up to 11 mm thick, starting at the distal end. They eventually form the edible solid endosperm (the "coconut meat" or "coconut flesh") which hardens over time.

The clear liquid within young coconuts (tender coconuts), typically those aged around 5–7 months, is commonly known as tender coconut water and this liquid is unique to coconuts during their tender phase of development [2]. The immense nutritional and health benefits of tender coconut water have paved its way for its consumption across several countries alike. Extensive consumption of tender coconut water has led to the generation of tender coconut shell which is usually discarded as a solid waste across beaches and streets causing serious environmental pollution. These tender coconut shells though biodegradable takes a very long time to degrade on its own. At present, in addition to edible coconut water as a beverage and the kernel as the source food or oil, small amounts of the meso- carp and endocarp are used to produce activated carbon, carpets, ropes and agricultural fertilizers, etc. [3]. There are findings and research studies which reveal the presence of large amounts of polyphenols in coconut husk and its pericarp [4,5]. Most of these studies were done on the exocarp, mesocarp and the pericarp but no research was done on the tender coconut shell. Thus, to abate environmental pollution due to the wasted tender coconut shell and to explore the availability of polyphenols in tender coconut shell for its applications the present study has been carried out.

MATERIALS AND METHODS

Plant Material and Preparation of Extract

Two fresh tender coconuts of 4-5 months maturity were collected from the farms at Thiruvananthapuram, Kerala, cleaned, de-husked and dewatered to obtain the tender coconut shell. These tender coconut shells were cleaned properly with water, broken into small pieces, and are immersed in 750 ml distilled water in a 1L glass beaker. The total polyphenol content in the extract was measured following Folin-Ciocalteu method at intervals of 24 hours, 48 hours, 72 hours, 96 hours, and 120 hours respectively.

Determination of Total Polyphenols

Aliquot of 1ml extract was mixed with 1.25 mL Folin–Ciocalteu reagent (0.2 N diluted in MeOH). A reagent blank using MeOH without the extract was prepared. After 5 min incubation at room temperature, 1 ml sodium carbonate solution (75 g/L) was added. Samples were incubated at room temperature for 2 hours and the absorbance was measured at 765 nm. All tests were carried out in triplicate and total polyphenol content was expressed as mg of gallic acid equivalents (GAE) per g of extract.

Determination of Antifungal Activity

Agar well diffusion method was used to evaluate the antifungal activity of the polyphenol extract. For this, Mueller—Hinton agar and Potato Dextrose agar in the ration of 1:1 was poured on petri dishes and allowed to solidify. Standard inoculums of the test organisms like *Candida albicans* (MTCC No.227), *Aspergillus niger* (MTCC No.872), *Mucor mucedo* (MTCC No.3169), *Penicillium Chrysogenum* (MTCC No.5108), *Rhizopus stolonifera* (MTCC No.958) and *Fusarium oxysporum*(MTCC No.9913)were uniformly spread on the surface of the plates using sterile cotton swab. Four wells with a diameter of 8mm (20mm apart from one another) were punched aseptically with a sterile cork borer in each plate. The extract (50 and 100 µL) was added into the wells directly. Clotrimazole (40 µL from 300 mcg/ml stock) and distilled water was added as positive and negative control respectively. The plates were incubated for 48 hours at 27°C ±1°C, under aerobic conditions. After incubation, the plates were observed and the zone of bacterial growth inhibition around the wells was measured in mm.

Determination of Antibiofilm Activity

The quantitative test was performed for determination of biofilm production using microtiter plate (48well) method (MtP). The experiment was set according to Manukumar et al. [2017] with slight modifications. Bacterial suspension (final OD600 = 0.01), prepared by diluting an overnight *Bacillus subtilis* culture in Trypticase Soy broth (TSB) supplemented with glucose (10 g/100 mL) was prepared added to the interior wells of a 96-well polystyrene microtitre plate containing 10 µL of the sample (1mg/ml) or 10 µL of vehicle control. The plates were incubated overnight at 37 °C under static conditions to allow bacterial growth and biofilm maturation. The following day, bacterial growth was quantified by recording OD600 of each well using an Epoch Microplate Spectrophotometer (Thermoscientific Multiscan skyhigh). The planktonic cells and the spent medium were discarded, and the adhered biomass was rinsed three times with sterile distilled water. The biomass was stained with 0.1% CV solution for 20 min and then rinsed three times with distilled water to remove unbound dye. The bound CV dye was resuspended in 70% ethanol with gentle mixing and the A595 was recorded in the same sample plate. The amount of biofilm inhibition was calculated relative to the amount of biofilm that was grown in the absence of sample(defined as 100% biofilm) and the media sterility control (defined as 0% biofilm). To quantify the intensity of biofilm, the mean OD was compared to the OD of negative control (only TSB medium; No drug or test sample). As standard drug gentamycin was used. Medium without bacterial cells was used as blank. Results from at least three separate biological replicates were averaged.

RESULTSAND DISCUSSION

The polyphenols extracted at different time intervals are depicted in Fig 1 and it has been found that the maximum extraction of polyphenols of 1.17mg/ml took place at 48 hours, after which there was decline in the concentration of the polyphenols extracted. It is important that the extraction procedure is standardized so that the maximum amount of the required compound is obtained for further isolation, purification and for examining its applications [6]. Anti-fungal activity of the extracted polyphenols on fungal cultures are given in Table 1 and it has been found that the polyphenols do not show any antifungal activity on the fungal cultures tested. The antifungal activity is thus limited to the fungal cultures that are tested in this present study and to the concentration of the polyphenol extract used. However, there can be antifungal activity if the polyphenols are tested over other fungal cultures and at a higher concentration of the polyphenol extract.

It is also essential to consider the source of the polyphenols, the quantity, and the extraction methods as well as the cultures used while investigating the antimicrobial properties [7] . The biofilm inhibition was rated between 0 and 100%. Values below and at 0% were categorized as biofilm growth enhancement; between 0–50% indicated weak anti-biofilm activity, and above 50% represented good biofilm inhibition. From the results indicated in Table 2 at a concentration of 1000µg/ml of polyphenols there is a weak anti-biofilm activity and thus the minimum inhibitory concentration of the polyphenol extract is found to be greater than 1000µg/ml. Therefore, if the concentration of the polyphenols is further increased above 1000µg/ml there could be a good biofilm inhibition.

Bacteria adopt biofilm as a lifestyle to circumvent environmental stresses and biofilm formation is a multistep process, which involves (i) bacterial attachment, (ii) maturation, and (iii) bacterial release [8]. Among infectious diseases, the contribution of biofilm-forming bacteria has gained attention. Biofilm-forming bacteria cause around 65–80% of infectious diseases [9]. Such biofilm-related infectious diseases are typically chronic [10]. Despite enormous research efforts to treat infectious diseases, there are no assured treatment options. Antibiofilm agents that target their formation and stability have been evaluated, and very few products have been tested in clinical trials [11].In this contest, as the present study shows some amount of antibiofilm activity it is suggested that similar evaluation of antibiofilm activity can be performed on several other bacterial cultures which form biofilms.

CONCLUSION

Tender coconut shell which normally goes as a waste has now been found to containa good amount of polyphenols and these crude polyphenols were evaluated for its efficiency as a antifungal agent and antibiofilm formers. The study was limited to certain fungal cultures and it could be analysed on other fungal cultures also with higher concentrations of polyphenols. As far as the antibiofilm activity is concerned, targeting the biofilm formation process is more desirable than targeting fully formed biofilms for the treatment of infectious diseases.

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Table 1. Antifungal activity of polyphenol extract

Microorganism	Zone of Inhibition (mm)			
	Standard Clotrimazole (120 µg)	Negative Control	Test Sample 50 µL	Test Sample 100 µL
Candida albicans	+ve (22mm)	-ve	-ve	-ve
Aspergillus niger	+ve (21mm)	-ve	-ve	-ve
Pencillium chrysogenum	+ve (25mm)	-ve	-ve	-ve
Mucor mucedo	+ve (21mm)	-ve	-ve	-ve
Rhizopus stolonifer	+ve (25mm)	-ve	-ve	-ve
Fusarium oxysporum	+ve (22mm)	-ve	-ve	-ve

Table 2. Bio-film formation and the percentage inhibition of polyphenol extract

Sample	Test Concentration (µg/ml)	Absorbance at 595nm	% of Inhibition	Bio-film Formation
Negative Control	-	0.256	-	-
Drug (Gentamycin)	31.25	0.135	47.27	Yes
	62.5	0.106	58.46	MIC
	125	0.098	61.25	-
	250	0.092	63.93	-
	500	0.088	65.76	-
	1000	0.085	66.91	-
Polyphenol Extract	50	0.253	1.17	Yes
	100	0.252	1.43	Yes
	250	0.247	3.65	Yes
	500	0.234	8.72	Yes
	750	0.218	14.84	Yes
	1000	0.200	21.88	Yes

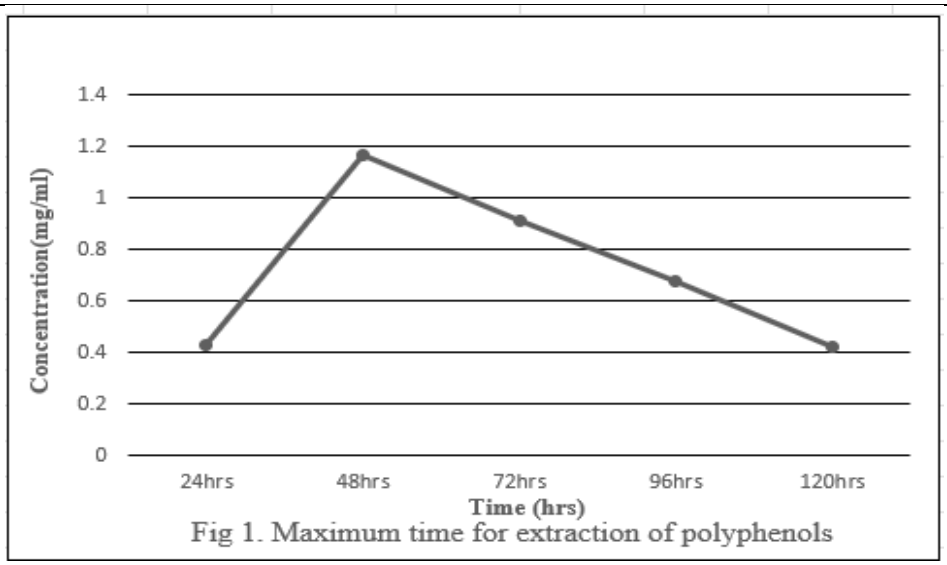

Fig 1. Maximum time for extraction of polyphenols

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Regenerative Medicine: Unlocking the Potential of Tissue Repair and Regeneration

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Received: 31 Jan 2025 Revised: 26 Apr 2025 Accepted: 11 Jun 2025

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ABSTRACT

Regenerative medicine is a newly emerging multidisciplinary field that blends transplant science with cell biology to develop therapeutic strategies for replacing failing organs or restoring lost functions. As a rapidly evolving field that originated from the historical evolution of organ and tissue transplantation, regenerative medicine is dedicated to solving incurable diseases by replacing or repairing missing or damaged tissues with fully functional structures. Regenerative medicinedeals with the editing, replacing, or regenerating of human tissues and cells lost during aging, diseases, and trauma. The implications of this could be compared to the crisis in organ donation and groundbreaking shifts in diabetes, heart disease, or spinal cord injury treatments. Stem cell technologies, tissue engineering, and advanced regenerative medicines that utilize our body's natural power to heal are driving the field. The new wave of medical technology, including the direct use of stem cells in transplantation, biomaterials (organ synthesis),and cell therapy, will transform our approach to treatment options and longevity. In addition to repairing or replacing damaged tissue, Regenerative medicine promises personalized care solutions for various conditions including cancer, heart disease, and neurological disorders.

Keywords: Cell biology, Tissue regeneration, Stem cells, Cell theraphy.

INTRODUCTION

Regenerative medicine is the leading edge of healthcare in which failing organs are swapped out and made science fiction into reality. This is the theory of regenerative medicine. The main objective of this technique is to rebuild the fully functioning tissue and tackle incurable diseases [1]. Regenerative medicine is a rapidly evolving field that tends to replace or restore body functions by regenerating tissues and organs lost due to age, disease, trauma, or birth defects. The National Institute of Health Science description highlights an inspiring imaginative and prescient regenerative treatment, rooted in the historical development of organ and tissue transplantation & extending to modern techniques for engineered tissues and organs [2]. The promise of this place is indeed profound: envisioning a destiny in which the constraints of organ donor shortages are a trouble of the beyond, and where significant scientific breakthroughs may additionally want to probably repair mobility to human beings with spinal twine accidents and update weakened hearts with new, wholesome tissues [3,4]. This imaginative and prescient represents the fruits of decades of studies and improvement, encompassing upgrades in stem cell generation, tissue engineering, and regenerative treatment plans.

Just picture damaged hearts fixing themselves, severed spinal cords growing back together, and failing organs being swapped out for lab-grown we could significantly augment both the quality and quantity of life for our patients [5]. Regarding, diabetes β-cell proliferation declines with age respectively, and the reduced proliferative capacity of adult β-cells is a primary factor for developing both type 1 and type 2 diabetes. In T1D significant β-cell loss leads to a permanent endocrine deficiency. Regenerative medicine offers promising and potentially definitive treatments for these patients by aiming to restore β-cell mass and function. Cells are the fundamental units of tissues, thus they serve as the basic functional units of the body. These cells secrete their support structures, known as the extracellular matrix, which serves as a physical scaffold and a conduit for signaling molecules. These signals can initiate a series of cellular responses that influence cell behavior and fate which to manipulate these processes to repair or create tissues. The tissue engineering process often begins by constructing scaffolds from various materials, such as proteins or plastics, cells, sometimes combined with growth factors, are then introduced into the scaffolds. If the environment is conductive, the cells organize and form tissuein some instances cells, scaffolds, and growth factors are combined to enable the tissue to self-assemble [6]. But is regenerative medicine simply unleashing the power of stem cells, bioengineering marvels, and molecular breakthroughs to ignite the body's healing superpowers - a game changer in tackling conditions previously considered untreatable? This field is not only a leap, but this field entails itself. A Quantum Transformation that can redefine what medicine is and enhance human longevity.

Historical Background

In the 1st century CE, the Roman doctor Celsus identified the four principal symptoms of inflammation: warmness, ache, redness, and swelling [7]. As early as the 700s BC, the historic Greeks were already thinking if body components could be regenerated. The background of regenerative medicine can be traced back to ancient therapies and the first scientific findings. From the herbal remedy and traditional rituals end of things to seeing cells for the first time under an actual microscope, these ancient ideas laid the foundation for enormous 20th- 21st century breakthroughs. Currently, there are strategies to be followed in this field like cell therapy, Bio-materials, and implantation of scaffolds. Apart from this, many other ideas follow in the wide area [8]. A main soar ahead came in 1876 with the development of pores and skin grafting, one of the first techniques focused on repairing and restoring body tissues. This development was built upon in the 20th century with advances in organ transplantation, which supported the concept that frame parts ought to be replaced.

These advances ultimately caused the advent of tissue engineering and the regenerative remedy. Early regenerative medicinal drugs focused on extending lifestyles, beginning with mobile healing procedures. Swiss health practitioner Paul Niehans a pioneer in this area, start his work in 1939 [7,9,10]. A substantial leap forward passed in 1956 when bone marrow from a healthy donor was successfully transplanted into a Leukemia-affected person. This became

particularly a hit because the donor and recipient have been equal twins. Today, bone marrow transplants may be carried out using closely matched donors, which reduces the danger of rejection and improves remedy results.

Current Approaches

Three different approaches for achieving the goal of Regenerative Medicine,

Cell-based therapy

Every individual has a complex multicellular framework with different types, each contains specific functions. Cell therapy is used to repair damaged or destroyed tissue [11,12]. The main objective of cell therapy is to restore the lost function rather than produce a new one. These treatments, which can be personalized using the affected person's very own cells, provide the capability to treat a huge variety of illnesses, along with neurodegenerative disorders, cardiovascular situations, and cancer. By using adaptable cell sorts like stem cells and bringing on pluripotent stem cells, mobile-based treatment plans propose to head beyond merely coping with signs to modify the sickness system itself, doubtlessly turning in lasting or even healing effects [13]. Although there are ethical, regulatory, and technical boundaries, this method signifies a promising frontier in medicine with a large capability for future advancements.

The resources of the cell that are used in cell therapy are,

i. Resident stem cell
ii. Hematopoietic stem cell
iii. Embryonic stem cell
iv. Mesenchymal stem cell

Bio-materials

A biomaterial is any natural or artificial substance designed to interact with biological structures to enhance the process of repairing, restoring, or regenerating tissues and organs. They are intended to be safe and well-suited to the body, lowering the risk of rejection. These materials may be custom-designed to suit unique wishes, including mimicking the shape of own tissues like bone or pores and skin. Cells and Extracellular matrix are the basic components of tissues [14]. Biomaterials give structural and functional support to cells and tissues like extracellular matrix. It includes various biological functions, such asapoptosis, cell survival, gene expression, proliferation, migration, and differentiation. Consequently, biomaterials are designed to mimic extracellular matrix which highly consists of bioactive factors, such as growth factors and cytokines, to reproduce these functions effectively [14].Biomaterials can damage down evidently over the years, presenting temporary support until the frame heals itself. They also are used to deliver healing cells and can be blended with superior technologies like 3-D printing for extra-specific remedies [15]. Additionally, some biomaterials are designed to be used in minimally invasive processes, making recovery faster and easier.

Implantation of Scaffolds

Scaffolds are three-dimensional structures used in regenerative medicine to support the growth and organization of new tissues. It includes carefully placing a biomaterial framework into a specific site inside the body to support and guide tissue regeneration [16]. Once implanted, the scaffold acts as a required shape that mimics the natural extracellular matrix, supplying stable surroundings for cells to adhere to, develop, and form new tissue. They mimic the extracellular matrix, presenting a physical basis for cells to connect, multiply, and prepare into new tissue [17,18]. This approach is a combination of the previous two methods. The scaffolds are made up of natural polymer, synthetic polymer, or both.

Modern Techniques in Regenerative Medicine

To achieve optimal regenerative outcomes, a wide range of innovative techniques appeared in regenerative medicine, every method has the unique potential to revolutionize healthcare and push the boundaries of what's possible in healing and regeneration [19]. The evolution starts from stem cell therapy to tissue engineering & many more. Some of the emerging fields are given below.

- Stem cell therapy,

- Prolotherapy,
- Platelet-rich plasma,
- Visco supplementation,
- Organoids,
- 3D- bioprinting.
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Stem Cell Therapy

Using the special abilities of stem cells—such as self-renewal and differentiation—stem cell therapy is a cutting-edge therapeutic approach that can replace diseased or damaged human tissues and cells with new, healthy, and fully functional ones by injecting exogenous cells into a patient. The two approaches that underpin the therapy are AUTOLOGUS & ALLOGENIC. [20].

AUTOLOGUS- This approach is also known as self-to-self therapy, which uses the patient's cells.
ALLOGENIC- This approach utilizes the cells from healthy donors for the treatment.

Among stem cells, mesenchymal stem cells were the best in clinical applications due to their ability to be sourced from various tissues and their capability for speedy boom. These assets encompass bone marrow, umbilical twine, adipose tissue, placenta, and dental pulp. The destiny of stem cell remedy is expected to lie in pluripotent stem cells, encompassing each embryonic stem cell and triggered pluripotent stem cells[21]. Globally, more than 40 stem cell tablets have been authorized, with many proving exceedingly powerful in treating difficult sicknesses. However, stem mobile treatments have now not been without troubles and controversies, specifically regarding their safety and the capacity for immune rejection. To deal with those demanding situations, researchers have targeted the usage of autologous pluripotent stem cells, derived from a patient's very own cells, to prevent immune rejection [20]. Unfortunately, this approach has not continually been a hit. Recently, the highlight has shifted to the subsequent technology of "engineered stem cells," where unique stem cells or their purposeful derivatives are genetically reprogrammed through the help of superior mobile engineering strategies. These engineered cells, unlike conventional stem mobile treatments, not simply satisfy their meant roles but additionally offer greater features within the frame in comparison to their native counterparts [22]. For Instance, Cardiac-related problems continue to be the world's leading cause of death. Presently available therapeutic approaches, such as medication treatment, surgery, and organ transplantation, provide patients with only marginal advantages without healing the injured myocardium. However, stem cell therapy has generated a keen interest due to its unique immune-privileged and self-renewal characteristics; there has been a lot of interest in it over the last ten years. Furthermore, stem cells are widely used as therapeutic tools to treata variety of disorders due to their ability to develop into specialized cell types.

3D- Bioprinting

Using bio-inks, 3D bioprinting is an additive manufacturing technique that prints living cells forming structures layer by layer to mimic the properties and behaviours of natural tissues [23]. Biomaterials, which may be synthetic or natural, can be combined with living cells to create bio-inks, a material used in bioprinting. Researchers can examine human bodily functioning in vitro thanks to bio-printed components. When it comes to biological relevance, 3D bio-printed structures are superior to 2D in vitro experiments. Bio-inks are the base materials used in bio-printing for making tissue, organ, and bone-like structures using bio-printers [23]. These may vary in their compositions including cell-laden, scaffold-free types. For example, GrowInk™ is a hydrogel-based bioink that may be customized, and made of water and nanofibrillar cellulose. They are similar, 3D printers and 3D bioprinters are made to print solid materials, whereas 3D bioprinters are made to print liquid or gel. 3D bioprinters are also built to handle sensitive material that contains living cells, without producing too much damage on the outcome. Since human organs can be printed using the patient's cells or stem cells as a base, the primary goal of bioprinting may be to eliminate the need for organ donors. [24].

Types of 3D-Bioprinting technology

Inkjet bioprinting, particularly focusing on the two primary types: continuous inkjet and drop-on-demand. Drop-on-demand is preferred for its accuracy, efficient bio-ink usage, and lower contamination risk. However, it may also face some limitations, such as cell loss due to heat and the risk of nozzle clogging. The most commonly used bio-printing technique is Extrusion-based bioprinting due to its ability to handle high-viscosity bioinks and high cell densities, which inkjet bioprinting struggles with. This method forms cylindrical filaments(150–350mm)from bio-inks pneumatic pressure. These filaments are then deposited onto a substrate and crosslinked through various methods.

Vat photopolymerization-based bioprinting is a method that leverages ultraviolet light to selectively induce gelation in bioinks, making it a popular method for creating accurate tissue structures. This technique includes several methods stereolithography, digital light processing, and two-photon polymerization bioprinting [24].

Platelet Rich Plasma

Platelet-rich plasma is a part of blood that has higher platelet concentrations than normal. It also contains fibrinogen produced from plasma and growth hormones associated with platelets. When an injury occurs, platelets are the first line of defense because they release growth factors that aid in tissue restoration. Blood samples typically comprise 94% red blood cells, 6% platelets, and 1% white blood cells. By lowering RBC to 5% and raising platelet content to roughly 95%, platelet-rich plasma aims to improve this ratio. Most platelet-rich plasma fractions have elevated concentrations of cytokines and growth factors that aid in tissue repair and regeneration. The Food and Drug Administration is still considering approving platelet-rich plasma injections, even though numerous studies have documented the positive effects of utilizing this material. Less adverse responses have been observed, except temporary pain and localized swelling following injections. It is made from autologous whole blood and is rich in chemokines, cytokines, and growth factors. Compared to normal peripheral blood platelet levels, platelet concentrations in platelet-rich plasma are usually three to six times greater. Tissue repair, acne scars, androgenic alopecia, bone remodeling, wound healing, nerve regeneration, and aging face skin are among the many conditions for which it has been used recently.

Prolo-Therapy

Chronic wounds, which are slow to heal and may lead to serious complications like sepsis, gangrene, or even amputation if untreated, currently rely on treatments such as wound cleaning, debridement, specialized dressings, antibiotics, antiseptics, hyperbaric oxygen therapy, and vacuum-assisted closure. However, these methods have limitations, like multidrug resistance and tissue toxicity. Prolotherapy or Regenerative Injection Therapy, is an alternative non-surgical regenerative treatment that promotes healing and tissue repair by injecting a solution into damaged connective tissues [25,26]. Cold plasma, an emerging technology in the biomedical field, offers promising potential for wound healing. Thermal and nonthermal (cold atmospheric plasma) are the two types of plasma. Thermal plasma operates at extremely high temperatures (107–109 °C), whereas nonthermal plasmas, such as cold atmospheric plasma, operate at or near room temperature, minimizing damage to heat-sensitive tissues and offering a viable wound healing solution. This cold atmospheric plasma technology generates reactive oxygen and nitrogen species [27]. These are effective therapies in destroying harmful bacteria, viruses, and fungi, thus aiding in wound disinfection. The effectiveness of this technology depends on various factors including gas composition, flow rate, power input, electrode configuration, exposure duration, and distance to the treatment surface. Studies have shown that exposure to argon-supplied cold atmospheric plasma for 2 to 5 minutes can effectively treat chronic wounds [27]. It has demonstrated safety and success in treating any wound type, from acute injuries to burns. However, further research is needed to explore cold atmospheric plasma's role in antibiotic synergy, resistance development, and its potential for treating other skin conditions. Addressing these issues will enhance the reliability of cold atmospheric plasma therapy, and ongoing efforts in plasma medicine are crucial for advancing this technology into clinical practice.

Merits of Prolotheraphy

Low cost: Compared to surgery or other regenerative treatment.
Improved Function: Enhance joint mobility, stability, and overall function.
Natural healing: Stimulates the body's natural healing processes.
Non-pharmacological: Avoids use of medications and their side effects.

Demerits of Prolotheraphy

Pain and inflammation The injections can be painful, especially if the solution is injected in the past inflamed area. The solution can cause temporary inflammation, and may lead to increased pain, swelling, or stiffness.
Allergic reaction Rarely some people may be allergic to the solution used in prolotherapy

Visco supplementation

Visco supplementation with hyaluronic acid injections has been a widely used treatment for symptomatic osteoarthritis of the knee and other joints for over 25 years, with endorsements from many rheumatology, orthopaedics, geriatrics, and sports medicine societies for appropriate patients. Despite this endorsement based on systematic reviews and meta-analysis demonstrating its efficacy and safety, some guidelines still do not fully support Visco supplementation, leading to discrepancies between clinical practice and recommendations. The safety of Intra-articular Hyaluronic acid is well-established, though inconsistencies in adverse event reporting persist [28]. The Food and Drug Administration's recent reclassification of hyaluronic acid from a class III medical device to a drug underscores ongoing debates about its mechanisms of action and clinical application. In regenerative medicine, Visco-supplementation is valued for temporarily improving joint function and reducing symptoms, the researchers continue to investigate its potential role in long-term joint health and natural repair processes. The EUROVISCO task force, consisting of osteoarthritis European experts, has developed and updated recommendations and decision algorithms to address these issues and enhance clinical practice and trial design related to Visco supplementation. Hylan G-F20 is a Visco supplementation product used in treating osteoarthritis [28]. It is distinguished by its cross-linked structure and high molecular weight, derived from rooster comb hyaluronic acid. Hylan G-F20 weighs approximately 6000 kDa, slightly higher than many other Hyaluronic acid products. The product works by mimicking the function of naturally occurring Hyaluronic acid in the joint, reducing pain (nociception), promoting the synthesis of extracellular matrix proteins, and suppressing inflammatory mediators. The elastoviscosity of higher molecular weight Hylan G-F20 is increased compared to lower molecular weight Hyaluronic acid products, which may enhance its pain-relieving effects. Additionally, the cross-linking of the Hyaluronic acid in Hylan G-F20 is designed to improve its resistance to degradation within the knee joint, potentially offering longer-lasting efficacy.Various studies, such as those conducted by Wobig et al., have suggested that the pain relief provided by Visco supplementation is related to the elastoviscosity of the injected Hyaluronic acid product, with Hylan G-F20's higher molecular weight and cross-linked structure potentially offering additional benefits.

Regenerative Medicine based Treatment Approaches

This exciting field aims to help the body regenerate and heal itself in the event of various diseases. Other approaches are being explored to repair damaged heart muscle after a heart attack, such as using stem cells and artificial tissue. For neurodegenerative illnesses of the brain i.e. Parkinson's disorder or spinal cord injury, regenerative treatment options have evolved to spark off the frame's restoration method and use more advanced methods of treatment to boost up a disorder for bone situations, which includes osteoarthritis and rheumatoid arthritis. Researchers are also developing techniques to develop new insulin-producing cells for diabetics, in the long run reducing the want for injections This ought to assist with hepatitis and other liver diseases by way of creating opportunity methods to regenerate and regenerate liver cells. Although these regenerative drug treatments vary, aim to restore regular function and enhance sufferers' fine of life.

Therapy to accelerate the diabetic wound

Diabetic wounds, a hidden threat affecting thousands and thousands globally, frequently resist traditional remedies and pose excessive health risks. Macrophages, the immune cells designed to aid recovery, inadvertently cause

inflammation. This chronic infection not only effectively damages surrounding cells but also impedes the wound's capacity to heal unexpectedly and efficaciously [29]. Understanding this complicated interaction is important in developing advanced treatment plans for diabetic wound care. Harnessing the power of lipid nanoparticles loaded with RNA encoding the cytokine Interleukines-4, this modern remedy targets dysfunctional macrophages and decreases infection and "reactive oxygen species" in diabetic wounds. These molecules, produced through metabolic techniques, are important for cell signalling and immune responses. However, produced in excess, they motivate oxidative strain, unfavourable cells, proteins, and DNA. This oxidative pressure is hooked up to numerous conditions, including persistent infection and elevated growing older. By addressing reactive oxygen species and dysfunctional macrophages, this modern treatment offers a promising solution for diabetic wound care [30]."Our ultimate aim is to use these discoveries as a translation platform for actual boons in diabetic sufferers. Dr Dong states, "This RNA-LNP therapy could probably be the most powerful diabetic wound healing agent through a single and easily scalable application with further studies and validation." This takes a look at demonstrates the general potential of RNA-LNP therapeutics to steer macrophage habits in illness contexts beyond most cancers given that pro-inflammatory macrophages have been implicated in numerous different states. It is meant to induce quicker and more efficient wound closure uses reprogramming the cells so that they behave just like their embryonic ancestors.

Ophthalmological treatment

Irreversible retinal degeneration is also a big trouble in ophthalmology causing severe vision loss to those ailments including dry age-related macular degeneration, wet age-related macular degeneration, retinitis pigmentosa, diabetic retinopathy, and myopic macular degeneration. Millions worldwide are at risk for these diseases, which can lead to severe vision impairment. Traditional remedies for retinal degeneration center on slowing down the stage of the disease and are now not in actual visible enhancement. Although Dry age-related macular degeneration in its early degrees may be dealt with through intervention as easy as laser therapy, there is presently no remedy for late-segment dry age-related macular degeneration [31]. Wet macular degeneration can be managed with anti-vascular endothelial increase element agents injected without delay into the vitreous humor. Common medicines in use are ranibizumab, bevacizumab (Avastin), aflibercept and brolucizumab. However, the continual nature of moist age-related macular degeneration necessitates lengthy treatment and tracking that can weigh heavily on sufferers as well as healthcare sources. Stem cell therapy, most notably retinal pigment epithelium degeneration, has emerged as the light at the end of the tunnel for eye diseases. Studies in preclinical models of macular degeneration have shown that human embryonic stem cells can rescue photoreceptors and improve vision. Dry age-related macular degeneration is a common, age-related, and progressive disease of the elderly person involving damage to the retinal pigment epithelium layer with consequent central vision loss. The release of stem cells, particularly human embryonic stem cell-derived cultures from financial and religious constraints by the battle for federal funding, is crucial since these cells possess some retinal pigment epithelium differentiation potential which could theoretically be used to replace damaged or degenerated tissue. Nonetheless, preclinical studies on animal models and in vitro evidence suggest that stem cells such as human embryonic stem cells may influence the reversal of atrophic dry age-related macular degeneration [32]. Their results could lead to new therapeutic approaches, providing hope for patients suffering from retinal degeneration who have a lesser chance of clinical treatment. Overall, current treatments for retinal degeneration are largely palliative and aimed at stopping the progression of disease whereas stem cell therapy holds a remarkable future. With the help of human embryonic stem cells, some of these devastating disorders now have the potential for both vision restoration and a higher quality of life [32].

Therapy against ischemic heart disease

Ischemic heart disease, which contributes to almost half of all deaths due to cardiovascular causes worldwide, is the foremost major cause of mortality Cardiovascular diseases including acute and chronic coronary syndromes [e.g., myocardial infarction, unstable angina], ischemic cardiomyopathy is a broad spectrum of cardiac pathological conditions represent various stages during the process advanced deterioration in terms on structural manifestations because progressive impact by coronary artery obstruction, but what most significantly include increasing percentage incidence vulnerable individuals experience first events as presentation point categories like with many patients experiencing myocardial infraction care despite survey data support within 50% [33,34]. These instances

require immediate supportive therapies starting life-saving treatments order total management program especially treatment strategies such as angiography into percutaneous intervention post-diagnosis aid. Management of less acute ischaemic heart disease may involve endovascular (e.g. percutaneous coronary intervention with stent) or surgical procedures to maintain patency in the coronary arteries. Mortality and morbidity rates from either acute attacks or debilitating sequelae are still excessive [33]. The idea of cell transplantation for the treatment of heart diseases, termed "cellular cardiomyoplasty," arose twenty years ago when it dawned on investigators that adult bone marrow was a veritable treasure-trove of resources, not limited to multipotent hematopoietic stem cells but also encompassing mesenchymal stromal cells. This concept gained momentum as a promising approach. After myocardial infarction, a series of complex pathophysiological mechanisms cause ventricular remodelling, which involves not only changes in the size and shape of the chambers but also impaired heart function secondary to multiple factors, including neurohormonal, mechanical, and inflammatory mediators, as well as those related to Ischaemic-reperfusion injury, energy metabolism, and genetic predisposition. Early revascularization (Eg:Percutaneous coronary intervention and coronary artery bypass grafting), medical strategies including fluid restriction, strengthening cardiac contractility, medications like beta-blockers, diuretics, or angiotensin-converting enzyme inhibitors, and electrophysiological devices such as cardioverter-defibrillators have limited efficacy in stopping disease progression at this stage. Some have even suggested gene therapy using gene-editing techniques such as CRISPR-Cas9 to correct genetic mutations that lead to the development of this pathogenesis, although its clinical utility remains uncertain [34]. The notion of cell-based therapy for ischemic heart failure originated more than 20 years ago, envisaging the stimulation of proliferation in resident adult cardiomyocytes or cardiac stem cells, both endogenous and exogenously sourced donor-derived or allogeneic (such as foetal /embryonic cardiomyocyte precursors, bone marrow-derived mesenchymal stem cells or skeletal myoblasts); together with angiogenesis supplementation to regenerate a new capillary network [35]. An early human clinical trial published in 2003 tested the hypothesis that intramyocardial injections of autologous mononuclear bone marrow cells would improve cardiac function, conducted with 14 patients plus seven controls with end-stage heart failure. The key outcome was the safety of the procedure, besides an increase in ejection fraction and decreased end-systolic volume during a four-month follow-up [33].

Future Scope of Regenerative Medicine

We are about to see significant advances in regenerative medicine for healthcare. Future remedies may not just manage signs, however, truly remedy illnesses through repairing and regenerating damaged tissues and organs. With the recent trends in stem cellular remedy, tissue engineering, and gene modification we appear like on a collision route with conditions along with heart illness, diabetes, or neurodegenerative issues of which there aren't many to cross unscathed. Picture a world wherein continual sickness is not simply managed, but reversed, and the severest of injuries or innovative illnesses succumb to entirely new approaches. With regenerative medicine, you can free up astoundingly new abilities, that became sincerely undoable earlier.

Limb regeneration

I wish it is going better in limb regeneration now could be a promising subject. However, the latest advances in stem cellular technology and 3-D printing allow us to grow and attach limbs. Researchers are even seeking gene-editing and electrical stimulation methods that revoke the frame's recovery powers. Experts in all, operating collectively worldwide to achieve successful limb regeneration. Therefore it is one of the highly in-demand technologies in remedy as well, and being able to efficaciously make amputees grow their lost limb once more can drastically change their pleasant life and properly cut healthcare fees [37,38]. The recent well-known research of Ken Muneoka revolutionized the field of regeneration. The publication made headlines in 2019, revealing that the Texas A&M University College of Veterinary Medicine & Biomedical Sciences professor had proven for the first time that it was possible to regenerate joints in mammals. Now, Muneoka and his crew are challenging the mounted perspectives in the area, especially on how mammals can also repurpose regenerative capacity to be used after harm. While humans have pretty restrained regenerative competencies—mostly applicable to the epidermis and sure organs like the liver—other species like salamanders can regenerate complex limb structures, along with bones and joints. It turns into a lengthy belief that nerves perform an important function in this system. However, Muneoka's new findings

propose that mammals are special. In the last year, Muneoka and his colleagues exposed widespread breakthroughs. The first look, posted in the Journal of Bone and Mineral Research, confirmed that mechanical loading or applying force to an area is critical for mammals. The second study, posted in Developmental Biology, verified that nerves may no longer need to be present for regeneration. Together, those studies profoundly alternate our expertize of regeneration and feature sizable implications for human medicinal drugs [39].

The Power of Mechanical Force in Regeneration

The first is that there must be two triggers in place at once to nudge mammals toward regeneration, a nation researcher has been circling for over fifty years. The first type is growth factors. Growth factors are a generic term for molecules that can call and stimulate cells to regenerate the whole body. These growth factors are species-dependent and depending on the geographical region which is under natural regeneration, they are produced by the body in larvae. For human-induced regeneration, those growth factors have to be injected into the area. It was assumed that the next element which required 2 factors as well, were nerves. The human study was based on many earlier mammal regeneration studies conducted in the 20th century that had been induced by various anthropic causes, often digit tips of limbs without neurological control so whole limbs could no longer be used either. Two further lines of evidence would also reach the expected result, with no regeneration seen when growth factors were introduced in studies; indicating that nerves, as they do. For example in some nematodes and other species where it is known whether they play this role or not be required. However, it overlooks the contribution from a mechanical load perspective. In their studies, Muneoka and his colleagues took a step back to ask – is it truly the nerves, or might be lack of mechanical load is also part of the puzzle? Inspired by astronauts; Connor Dolan, a graduate student in Muneoka's lab and first author on both new studies (now at the Walter Reed National Military Medical Centre), devised a way to address whether denervation is required for limb regeneration in mammals. Because NASA, as well as other scientists, have used the technique to study how mammals respond to zero gravity for decades; it's called hindlimb suspension. This is the same technique that surgeons use in procedures on horse legs to make them stand for longer periods without putting weight on an injured leg. When Dolan took the nerves out of these limbs they could move and respond but not push; thus, the breach couldn't be duplicated. This is a big deal; it essentially shut off regeneration entirely. But as soon as the mechanical load is back, then regen life saves. Nothing at all gets done during the suspension, according to Muneoka. "Lastly, but when the load comes back there will be a few weeks of backlog with catch-up and then they'll start to reload. This was the first step that asserts, that although nerves may be necessary, a mechanical load is essential for regeneration.

Pulmonary Fibrosis

Fibrosis is a major worldwide health problem and the leading cause of organ failure. Pulmonary fibrosis, a variation of said disease that formally affects the partitions surrounding lung tissue (lungs), is especially troubling because there are no known cures or treatment courses. This is because we still lack an understanding of the chain of events that leads to its manifestation and progress. A key obstacle in hunting for new treatments has been the lack of sophisticated lab models capable of mimicking how disease progresses over time inside lung tissue. To solve this, researchers are developing better laboratory 3D lung-tissue models [40]. Idiopathic pulmonary fibrosis, which is the most prevalent and worst of lung fibrosis—patients with Idiopathic pulmonary fibrosis generally live only three to five years after diagnosis. It is also called cryptogenic fibrosing alveolitis and usual interstitial pneumonia. This often leads to life-wrecking symptoms of chronic fatigue, a constant cough (even worse for people who already do, and an inability to breathe. The lung tissue is damaged in Idiopathic pulmonary fibrosis because some of the cells that this treatment targets have grown too much, and scar tissue has built up, causing stiff lungs, which makes it difficult for them to work properly [40]. Many things can cause pulmonary fibrosis, such as allergies or exposure to certain toxins like radiation and various environmental factors. These things can harm fragile lung cells and may make them prone to fibrosis. Smoke inhalation and metal dust exposure are important factors to consider. People with IPF are also at * risk for infection because even normal viruses, bacteria, or fungi can further damage lung cells and the response of the body against injury. Moreover, certain gene mutations have been associated with the onset of IPF, making it a genomically and genetically more complex disease to comprehend and direct.

3D-*In vitro* Models

To form 3D lung tissue, scientists grow pulmonary cells on a structure that reflects the natural environment of the lungs. They usually rely on collagen type-I, an abundant protein in lung tissue. To examine how lung tissue changes its stiffness and collapses, the investigators developed a unique system of culture that included fibers from cells present in lungs suspended within collagen matrices, in addition to artificial supports maintaining them with flexible columns [41]. They do not typically contract as quickly, but when exposed to the protein TGF-β1, fibroblasts produce more of several different kinds of proteins that make tissue stick together and become stiffer. This contraction and stiffness can be reduced with the antifibrotic drugs pirfenidone or nintedanib, allowing for greater flexibility of lung tissue [41]. Furthermore, a novel 3D hydrogel that more accurately mimics the lung's native matrix—featuring fibrous proteins juxtapositioned against a gel saturated with complex sugars—demonstrated changes in how stiff this structure does not control whether or not conversion occurs; rather, it depends on the density of the matrix fibers.

Organoids

Organoids are revolutionizing disease modeling by providing a powerful method to investigate molecular interactions within complex structures and offering a promising alternative for high-throughput drug screening. These miniature models originate from a single cell and develop in a protein-rich environment that mimics the natural support found in our bodies. They are capable of accurately replicating the intricate structure and function of real tissues. The first lung organoids were created from progenitor cells, which can develop into various spheres depending on their origins, such as bronchospheres, bronchioalveolar spheres, or alveolospheres [41]. For example, Alveolospheres are derived from specific cells known as Alveolar Type-2 cells, identified by certain markers. To form these organoids, it is often necessary to co-culture the progenitor cells with other cell types, like fibroblasts or mesenchymal cells. This combination aids in guiding the cells' differentiation and organization, enhancing the effectiveness of developing these lung models.

CONCLUSION

Regenerative medicinal drugs are on the leading edge of scientific innovation, supplying groundbreaking treatments for tremendously hard-to-treat health troubles. This field faucets into the body's very own healing and regeneration processes, with the potential to deal with (or) even remedy diseases that have long avoided other modes of medical practice. Regenerative medicinal drugs start from stem mobile research to tissue engineering and sell organ regeneration, injury restoration, or long-term treatment of chronic diseases. This can be a brand new age of recovery and fitness, going a long way beyond our goals as research progresses and the era further refines the potential to fully repair tissues and organs that have been damaged. I hope in the upcoming years this field will lead the world to fulfill the dreams of many disabled patients.

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Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

A Commentary on Bridging the Gap: Challenges and Solutions in Mental Health, Diagnosis and Treatment

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Received: 08 May 2025 Revised: 18 Mar 2025 Accepted: 19 Jun 2025

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ABSTRACT

This commentary explores the pivotal role of nursing professionals for the psychological health advancement and circumvention of suicide. Occurrence of mental illness and suicide rates are increasing globally, nurses serve as frontline caregivers who can identify early signs of distress, provide empathetic support, and ensure timely intervention. The article highlights the importance of equipping nurses with appropriate training in mental health assessment, crisis intervention, and therapeutic communication. It also underscores the need for collaborative, multidisciplinary approaches and supportive workplace policies that empower nurses to act effectively. By fostering awareness, resilience, and compassionate care, nursing professionals can significantly contribute to mental health advocacy and suicide prevention efforts in both clinical and community settings.

Keywords: Mental health, suicide prevention, nursing professionals, psychiatric nursing, crisis intervention, mental health advocacy, therapeutic communication, emotional resilience, community health.

INTRODUCTION

Psychological health is considered crucial but underserved part of global healthcare, specifically huge gaps are found in diagnosis, treatment, and access to care. Although there is an advancement in evidence-based interventions, millions of individuals worldwide continue to face barriers to mental health services due to stigma, resource

shortages, fragmented service delivery, and institutional discrimination. These challenges worsen in Covid 19by increasing the prevalence of mental illness while straining already limited healthcare resources. This commentary explores the persistent challenges in mental health diagnosis and treatment and proposes innovative solutions to bridge these gaps.The widespread mental health crisis is characterized by a "treatment gap," meaning that those who need support most often lack access to appropriate care. As per recent studies, over 70% of individuals requiring psychological care lack access to appropriate mental health services, particularly in developing countries. Even in developed countries, disparities persist because of socioeconomic inequalities and cultural stigma surrounding mental illness [1]. Furthermore, the inclusion of psychological care into basic health care systems continues to be inadequate, with limited research on effective interventions [2]. Technological advancements and community-based approaches are emerging as potential solutions to address these issues. For instance, telehealth platforms and peer support networks have shown promise in expanding access to care, especially in underserved regions [3]. However, systemic challenges such as workforce shortages and inadequate financial support for psychological research impedes broad implementation of these solutions [4]. This article seeks to present a detailed exploration on the current scenario regarding mental health diagnosis as well as treatment, highlighting key challenges and exploring actionable strategies for improvement.

Challenges in Mental Health Diagnosis

Diagnosing mental health disorders is a complex process fraught with challenges that hinder effective treatment and care. These challenges are multifaceted, involving systemic, cultural, and technological barriers that impact the accuracy and accessibility of diagnosis.

Systemic Challenges

One of the primary systemic challenges is the provider shortage. In many regions, particularly in less economically developed countries (LEDCs), there is a considerable shortage in qualified mental health workforce. For example, in the United States, the psychiatry workforce meets only about 28% of the population's treatment needs, highlighting a critical shortage of providers like psychiatrists, psychologists, and counselors [7]. This shortage not only delays diagnosis but also limits the capacity for ongoing treatment and support. Furthermore, system fragmentation is another significant issue. Mental health services are often separate from general healthcare systems, making it difficult to integrate care effectively. The coordinated care approach, which collaborates psychological support into basic healthcare environment, has demonstrated promise but faces barriers such as financing and infrastructure limitations [7].

Cultural and Social Challenges

Societal and cultural influences significantly contribute to the hurdle in uncovering mental health conditions. The global presence of Stigma continues to deter people from pursuing support, because of the threat of social rejection or public criticism. In countries like India, stigma is particularly pronounced, leading to delayed or avoided treatment and exacerbating mental health conditions [6]. Gender inequalities and socioeconomic factors further complicate the situation, with women facing unique challenges and increased vulnerability to mental health issues [6].

Diagnostic Challenges

Diagnosing mental health disorders involves a combination of physical exams, lab tests, and psychological evaluations [5]. However, these processes can be time-consuming and require specialized skills, which are often in short supply. The lack of standardized diagnostic tools and the reliance on clinical judgment can cause variability in identifying mental health conditions, affecting care outcomes. Apprehending the various forms of psychological conditions and disorders is essential in precise diagnosis [11].

Technological Challenges

While technology offers potential solutions, such as telehealth and digital mental health platforms, inequitable access to these technologies remains a challenge. Many individuals, particularly those in underdeveloped or developing regions, have limited availability of the internet or devices necessary for digital health services, limiting the reach of

these innovations [7]. Despite these challenges, technology is increasingly recognized as an essential component in tackling psychological conditions [10].

Global Occurrence and Consequences

The occurrence of psychological disorders is considered an alarming issue, with estimates presenting that one in two individuals globally will face a psychological disorder at some point in their lives [8]. This massive burden underscores the need for effective diagnostic processes and accessible treatment options. The World Health Organization highlights the essentiality of tackling psychological challenges on a global scale [9].Addressing the challenges in mental health diagnosis demands a comprehensive strategy with the involvement of strengthening the workforce, combating stigma, integrating psychological care into basic healthcare, and leveraging technology to enhance availability of care. The psychological crisis highlights access challenges that need urgent attention [1].

Barriers to Effective Mental Health Treatment

Psychological treatment is important for improving the individual's well-being for those who are suffering from mental disorders. However, numerous barriers prevent effective access, utilization, and continuation of mental health care services. These barriers are multifaceted, encompassing structural, attitudinal, sociocultural, and financial challenges that significantly impact treatment outcomes.

Structural Barriers

Structural barriers are among the most pervasive obstacles to effective mental health treatment. Limited availability of services is a major issue, particularly in developing countries with inadequate healthcare infrastructure to fulfill the requirement of psychological treatment. Unequal distribution of resources further exacerbates this problem, leaving rural and underserved areas without adequate facilities [16,17]. Additionally, long waiting times and difficulty obtaining appointments discourage individuals from seeking timely care [15].

Workforce shortages

Workforce shortages also contribute to structural barriers. Many regions lack qualified mental health providers including psychiatrists, psychologists, and social workers. For example, LMICs frequently have less than one mental health specialist for every 100,000 individuals [16]. This shortage limits not only access but also the quality of care provided.

Financial Barriers

Financial constraints are a significant barrier to accessing mental health treatment. High costs of therapy sessions, medications, and hospitalization make treatment unaffordable for many individuals [16]. Even in high-income countries, lack of insurance or underinsurance prevents individuals from accessing necessary services [17]. In LMICs, budget shortages in healthcare systems further limit the availability of subsidized or free mental health services [14].

Attitudinal Barriers

Attitudinal barriers include personal beliefs and perceptions that hinder individuals from seeking or continuing treatment. Low perceived need for treatment is a common reason for avoiding care; many individuals believe they can manage their condition independently or underestimate its severity [14]. Additionally, shame associated with mental health conditions restrains individuals from pursuing support because of concern about criticism or discrimination [13,15].

Distrust

Distrust in healthcare systems, particularly among historically marginalized groups, further compounds attitudinal barriers. Experiences of racism and discrimination within healthcare settings lead to skepticism about the effectiveness and fairness of treatment [12].

Sociocultural Barriers

Sociocultural elements are considered crucial in forming people's perspectives toward psychological treatment. Language barriers, cultural differences in understanding mental illness, and lack of culturally sensitive care prevent effective communication between patients and providers [12,15]. Research highlights the importance of cultural matching between therapists and clients to improve treatment outcomes [12]. In many communities, traditional beliefs about mental illness contribute to stigmatization and avoidance of formal treatment services [13]. For example, some cultures attribute mental disorders to supernatural causes rather than medical conditions, leading individuals to seek alternative remedies instead of professional care [14].

Psychological Barriers

Psychological barriers include internal factors, for example, concern about adverse effects or suspicions towards the effectiveness of treatment methods. Many individuals prefer to handle their disorder independently rather than relying on external help [14]. Additionally, dissatisfaction with previous treatments or negative experiences with healthcare providers leads to high dropout rates [15].

Technological Barriers

While digital interventions like telehealth have emerged as promising solutions for expanding access to care, technological barriers remain significant. Poor internet connectivity in underdeveloped regions and improper digital skills among specific populations obstruct adoption of these services [10]. Addressing barriers to effective psychological treatment needs a comprehensive process involving protocol reforms, expanded investment in psychological care, workforce development, public teaching initiatives to reduce stigma, and investments in technology infrastructure. Collaborative efforts between governments, healthcare providers, and community organizations can contribute to closing these gaps and promote fair and inclusive availability of mental health treatment.

Stigma as a barrier in obtaining psychological support

Stigma plays a vital role in hindering people from pursuing psychological care. It exhibits in different types, including public stigma, self-stigma, and structural stigma, all of which contribute to the reluctance or inability of people to access psychological care.

Public Stigma

Public stigma highlights society's cynical attitudes and views about people with psychological conditions. These stereotypes often represent people with mental disorders as harmful, weak, and incapable, leading to discrimination in social, professional, and healthcare settings. Such societal judgment can discourage people from receiving support because of their concern about becoming ostracized and branded negatively [18,19, 22].

Self-Stigma

It occurs when people accept societal stereotypes and begin to believe they are unworthy or incapable because of their psychological condition. This internalized shame may result in hopelessness, poor self-worth, and reluctance to seek treatment. Self-stigma not only delays help-seeking behavior but can also exacerbate symptoms and hinder recovery [18,19,22].

Structural Stigma

Structural stigma includes regulations, laws, or practices that hinder people with psychological conditions. For example, inadequate insurance coverage for mental health services or workplace discrimination can create barriers to accessing care. Structural stigma perpetuates inequality and limits opportunities for individuals to receive proper treatment [18,20,22].

Impact on Treatment-Seeking Behavior

Stigma significantly affects an individual's willingness to seek treatment. Fear of judgment or discrimination frequently results in people remaining silent about their psychological struggles or pursuing professional help. Studies indicate that stigma is a key driver for which people with psychological conditions delay or avoid treatment altogether [21,22]. Additionally, stigma can result in social isolation, further worsening mental health outcomes [19,22].

Cultural and Social Dimensions

Cultural beliefs and societal norms also play a role in perpetuating stigmas. In many cultures, mental illness is perceived as a sign of weakness or poor morals, rather than considering it is as a medical condition. This view discourages open conversations about mental health and creates additional barriers to seeking care [19,20].

Addressing Stigma

Efforts to reduce stigma include public education campaigns, advancing psychological literacy, collaborating psychological care into essential healthcare services, and encouraging open discussions about psychological health. Recognizing stigma at both personal and community level is essential for enhancing access to psychological care and creating a nurturing atmosphere for those in need [18,22].

Factors that influence treatment dropout rates:

Treatment dropout rates are affected by multiple elements, which are typically classified as external influences, demographic, patient-related, and clinical conditions. Environmental influences play a significant role in determining whether individuals continue with their treatment. For instance, distance and accessibility to treatment facilities are crucial; long distances and lack of transportation options are significant barriers to continued treatment attendance [26]. Additionally, the treatment setting itself can affect dropout rates. Delays in receiving initial appointments and long intervals between follow-ups also contribute to non-attendance [24]. Financial constraints, including inability to pay for treatment, are a major factor in treatment dropout, highlighting the impact of socioeconomic status on treatment adherence [24]. Demographic factors also contribute to treatment dropout. Age and gender are often associated with higher dropout rates, with younger age and male gender being more likely to discontinue treatment [24]. Marital status and education can also influence dropout rates, with being married and having lower educational attainment linked to higher dropout rates [24]. Furthermore, socioeconomic status, including unemployment, low income, and belonging to minority communities or low socioeconomic strata, is linked to higher dropout rates [24].

Patient-related factors are equally important in determining treatment adherence. Attitude toward medication is a significant predictor of dropout; negative attitudes toward medications and poor insight into one's condition often led to discontinuation of treatment[3]. Motivation and satisfaction with care are also critical; poor motivation for treatment and dissatisfaction with the care provided can lead to a dropout [23,24]. Additionally, symptom persistence without improvement can discourage patients from continuing treatment, as they may feel that the treatment is ineffective [23].Clinical factors also significantly influence treatment dropout rates. The duration and severity of illness are associated with increased discontinuation; extended time span and greater severity of condition often lead to frustration and discouragement among patients [23,24]. Co morbid conditions, particularly substance use disorders (SUD), significantly increase the likelihood of dropout [25]. Furthermore, medication adherence is crucial; lack of supervision for medication at home and poor adherence to prescribed treatments contribute to dropout [24].

Therapeutic factors, such as the therapeutic alliance between the patient and healthcare provider, are also important. A poor-quality therapeutic alliance can lead to dropout, as patients may feel unsupported or misunderstood[24]. Treatment expectations also play a role; unmet expectations, such as lack of prescribed medication when expected, can discourage continued treatment participation [23]. Additionally, understanding the determinants of addiction treatment dropout rates can provide insights into how to improve retention [27]. Addressing these factors through

tailored interventions, improved patient-provider communication, and enhanced support systems can help reduce treatment dropout rates and improve treatment outcomes.

Proposed Solutions for Bridging the Gap

Closing the gap between psychological condition identification and care requires a multifaceted approach that addresses systemic, economic, social, and technological barriers. Several evidence-based strategies have been proposed to reduce the care disparity and improve access to psychological care globally.

Collaboration of Psychological Health into Basic Health Care

Connecting Psychological services into essential healthcare systems is one of the most effective ways to bridge the treatment gap. The World Health Organization's Mental Health Gap Action Programme (mhGAP) emphasizes guiding non-specialist healthcare providers to deliver evidence-based psychological interventions in basic healthcare settings. This approach has proven effective in developing countries , where specialist resources are scarce [33]. By equipping primary care workers with the skills to diagnose and treat common mental disorders, access to care can be significantly expanded [31].

Task-Sharing and Community-Based Interventions

Task-sharing, which involves delegating specific mental health tasks to trained lay health workers, has shown promising results in reducing the treatment gap. For instance, Accredited Social Health Activists (ASHAs) in India successfully identified and referred cases of severe mental disorders (SMDs) and substance use disorders (SUDs), reducing the treatment gap by up to 70% in some regions[29]. Community-based interventions, such as mutual support networks and psychosocial rehabilitation programs, also perform an essential part in increasing service coverage [32].

Leveraging Technology

The use of digital tools and tele-health platforms can revolutionize mental health care delivery by overcoming geographical barriers. E-health technologies, including mobile apps for self-monitoring, online counseling services, and tele-psychiatry consultations, have been particularly effective during crises like the COVID-19 pandemic [2]. These tools can help reach underserved populations while reducing costs associated with traditional care delivery [30].

Public Awareness Campaigns

Stigma persists as a key challenge to receiving psychological care. Public awareness campaigns aimed at normalizing discussion about psychological health can mitigate stigma and motivate people to get support early [32]. Educational initiatives that promote mental health literacy can also empower communities to identify symptoms of mental illness and acknowledge timely intervention as important [33].

Policy Reforms and Increased Funding

Governments must prioritize mental health by allocating adequate funding for services, research, and workforce development. Policy reforms should focus on ensuring parity between physical and mental health care in insurance coverage, thereby reducing financial barriers for patients [28,30]. Additionally, investment in building a robust mental health workforce is critical for sustaining long-term improvements [31].

Identifying Social Elements of Psychological Health

Mental health is deeply affected by social elements, for instance, poverty, unemployment, and housing instability. Addressing these underlying factors through integrated social support programs can enhance the effectiveness of mental health interventions [32]. For example, combining employment initiatives with therapy programs has been shown to improve outcomes for individuals with depression [2].

Scaling Up Evidence-Based Interventions

Scaling up evidence-based interventions that have demonstrated effectiveness in small-scale studies is essential for closing the treatment gap globally [36]. This includes therapies such as cognitive-behavioral therapy (CBT), family-based treatments, and pharmacological treatments for severe mental illnesses like schizophrenia [35].

Empowering Non-Specialist Providers: Bridging the Psychological Treatment disparities

Non-specialist providers can significantly contribute to bridge the psychological treatment gap by widening access to care, particularly in areas with limited specialist resources. Here are some ways they can make a difference

Task-Sharing and Role Definition

Non-specialists can engage in task-sharing by taking on roles such as screening and navigation to care, auxiliary support (e.g., case management, motivational enhancement), stepped-care models, and even serving as primary providers of interventions in settings with few mental health professionals[34,35]. Their roles are determined by the structure of health service delivery, availability of specialist providers, and consumer needs [35].

Delivery of Psychosocial and Psychological Interventions

Non-specialists can deliver psychosocial interventions such as psycho education on mental illness, stress management strategies, and support for daily functioning. They can also provide psychological interventions like behavioral activation, cognitive-behavioral therapy (CBT), or family counseling, which are evidence-based practices [36,34].

Culturally Responsive Care

Non-specialists often have cultural expertise that allows them to provide care that is responsive to the needs of their communities. This cultural understanding is crucial for promoting engagement and adherence to mental health interventions [35].

Training and Support

Effective training is essential for non-specialists to deliver high-quality interventions. Training should be tailored to their skills and needs, focusing on building competencies in common determinants like establishing relationship and understanding treatment rationales [35]. Ongoing supervision and consultation are also vital for maintaining fidelity and addressing emerging challenges [35].

Integration into Essential Health Care

Connecting non-specialist providers into basic healthcare systems can help bridge the treatment gap by making psychological healthcare services more accessible and lessening the stigma associated with seeking specialized care [37]. This approach aligns with the World Health Organization's Mental Health Gap Action Programme (mhGAP), which emphasizes task-sharing in primary healthcare settings [34].

Addressing Disparities

Non-specialists can help address disparities in access to care, particularly in developing countries where specialist resources are scarce. By providing essential mental health services, they can reduce the treatment gap and improve health outcomes for marginalized populations [36].

Recommendation

To fill the gap in mental health diagnosis and treatment, a multidimensional approach is crucial. Governments and policymakers should collaborate psychological healthcare services with basic healthcare services, which will help in the early diagnosis and treatment of mental health disorders. Task-sharing initiatives should be developed to include the training of non-specialist professionals. Additionally, investment in telehealth platforms, mobile applications, and technological advancements will improve the accessibility of psychological healthcare services. Various community programs need to be implemented to reduce stigma, enhance self-care, and foster acceptance. Lastly,

policy reforms, increased funding, addressing social disparities, enhancing cultural competence, and adherence to proven interventions will strengthen mental health programs and improve mental health outcomes.

CONCLUSION

Mental health continues to be a significant challenge in the healthcare sector due to the complexities of diagnosis, critical workforce shortages, stigma, and treatment barriers. Although the world is advancing with improved technology and increased healthcare awareness, the mental health gap continues to widen. These issues can be addressed through comprehensive community care and telehealth models. Strengthening mental health care services by integrating mental health into primary care, training non-specialist healthcare workers, launching stigma awareness campaigns, and ensuring equitable accessibility is essential. Ultimately, bridging gaps in mental health diagnosis and treatment is not just a clinical challenge but a vital societal responsibility across all sectors of the community. Only through sustained, inclusive, and innovative efforts can we ensure that mental health care becomes a right accessible to all, not a privilege reserved for a few.

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Table1. Key Challenges and Proposed Solutions in Mental Health Diagnosis and Treatment

Challenges	Description	Proposed Solutions
Treatment Gap	High percentage of untreated cases across disorders (e.g., depression: 56.3%, OCD: 57.3%)[38]	Integrate psychological care into basic health care; Broden access through task-sharing [38,40].
Stigma	Fear of judgment prevents individuals from seeking treatment [39]	Public awareness campaigns to normalize mental health discussions and reduce stigma [41].
Workforce Shortages	Insufficient qualified mental health providers, especially in LMICs [2]	Train non-specialist workers to deliver evidence-based treatments; increase funding for workforce development[42].
Financial Barriers	High costs of therapy and medications; inadequate insurance coverage[40]	Policy reforms to ensure parity between physical and mental health coverage; subsidized care programs[40,42].
Technological Barriers	Limited access to telehealth services due to poor infrastructure[41]	Invest in digital tools like telepsychiatry and mobile apps; improve internet access in underserved areas[2,41].
Social Elements of Psychological Health	Poverty, unemployment, and housing instability exacerbate mental health issues[41]	Implement integrated social support programs addressing employment, housing, and education alongside therapy[42].
Cultural Barriers	Traditional beliefs and lack of culturally sensitive care hinder treatment acceptance[2]	Train providers in cultural competence; involve community leaders to promote awareness[39,2].

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Evaluating Efficient Circulation Typology for Community Health Centre: A Space Syntax and user - Centric Analysis

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Received: 02 May 2025 Revised: 17 May 2025 Accepted: 19 Jun 2025

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ABSTRACT

Hospital planning requires an analytical approach to investigate efficient movement patterns for users to find their own way. The planning and designing of circulation patterns in any type of hospital is a very complex issue. Every single second plays an important role for patients, so if circulation is not barrier-free and easily connected to various spaces then it will cost the patient's life. Hence both vertical and horizontal circulation is vital while designing hospital. The purpose of this study is to analyse five distinct types of plan typologies for Community Health Centres (CHC). This will be based on the space syntax method and feedback from CHC's users (doctors, staff, patients, and relatives). Only the ground floor layout of selected case studies is analysed and graded using three primary syntactical indicators of space syntax. These are connectivity, integration and mean depth. The relationship between the selected CHC's circulation types have statistically estimated through this analysis. The results predict the efficient circulation pattern with barrier-free and connection with other spaces and how these spaces are well connected while designing the floor plans. These mixed methods (space syntax analysis by Depthmap-X software and feedback from users by questionnaire & survey) approaches have been used in this research which has proved as an effective tool in identifying the best possible horizontal circulation pattern. Certainly, this research will be helpful in planning and designing of CHCs.

Keywords: Hospitals, Community Health Centres, CHCs, Space Syntax, Depthmap-X, Visibility, Efficient layout, Performance.

INTRODUCTION

A tremendous development can be seen in the healthcare sector in the last few decades. There is much more awareness regarding health in the general public and they are accepting the role of the hospital in their daily life. In the designing of any type of medical buildings, the planning and designing of spaces and their connectivity play an important role with respect to the user's movement. Generally, it has been observed that the relationship between the spaces is one of the major aspects of interior circulation design within any type of hospitals. Enhancing the level of space connection for patients is one of the key components for improving the standard of healthcare design. Space planning in CHCs, also, affects the social behaviors of users and their interactions. Space planning, here means the circulation pattern of the building. It is the basic organizing layout mechanism which links the exterior as well as the interior areas of the building. This circulation system of a building is known as "Skeleton" which helps in connecting the various spaces of the building.

Psychologically, it is widely accepted that easy accessibility, regardless of its complexity, is a basic human need that is seen in people's expectations and preferences. Complex circulation can cause a variety of issues. Therefore, three key factors can be identified when considering circulation: visibility, accessibility, and proximity[1]. Circulation is typically evaluated by using means of access and visually distributed information. In this case, the CHCs seem to be the most important centre at the initial stage of medical emergency because patients need care right away when they get there, which means that the centre needs more accurate internal circulation. When patients visit the hospital, they often feel weak and stressed. The circulation has a greater impact on their stress level, and they are more willing to find the space they require. All good CHCs building, without exception, are built on the concept of good circulation planning and design, failing which building becomes mediocre or one that is doomed to fail. The success of this type of building is generally measured by the efficiency of defining the destination to the CHC's users so that they can easily and quickly find their way without wasting a single second. Successful hospital always designed to meet the needs of the users and time saving for the patients [2][3]. This small but representative set of studies show how much attention will be given to the circulation types and their layout while planning and designing the CHCs.

MATERIALS AND METHODS

Research Aim and Objectives

This research aims to analyze and evaluate the efficient circulation by comparing different architectural plan typology for Community Health Centres (CHCs) using space syntax analysis (Depthmap-X) and user centric methods (questionnaire and survey).

This resulted in the development of four objectives. They are as follows:

1- To analyze and assess the value of chosen indices for the selected plan typology of CHCs by using Depthmap-X in space syntax software.
2- To analyze and evaluate the user's experiences in term of accessibility, comfort and navigability across the selected CHCs plan typology.
3- To identify and compare the result outcomes obtained from the objectives 1 & 2.
4- To synthesize the finding and propose the efficient circulation type within the CHCs.

A dualistic approach has been adopted. The first approach is based on the analysis of building layouts by using Depthmap-X while the second approach talks about the user's feedback.

RESEARCH METHODOLOGY

In this research, five different CHCs plans with different circulation types have been taken as a case study in which only ground floor has been taken into consideration. These five circulation typologies are

a. U-shapeb.
b. F-shapec.
c. Eroteme-shaped.
d. Nucleated-shapee.
e. Double-Crossed Shape

These circulation patterns are evaluated with the help of space syntax method in Depthmap-X software and a comparison is made by evaluating the values of the selected indices (connectivity, integration and mean depth).To support and justify the value of these indices, questionnaire and survey have been conducted. The feedback on these questions from the users (doctors, nurses, patients and their relatives) worked as an additional assessment method. This research presents analytical approach in exploring the optimum and efficient circulation pattern of CHCs with respect to accessibility and visibility. Hence, the architects involved in planning and designing of CHCs or other type hospital buildings would be benefitted by this research.

This research has been divided into two parts: -
The first part talk about quantitative study using Depthmap-X software in space syntax methods.
Similarly, the second part carries qualitative analysis in which the questions based on three selected indices analyze the way finding in space, which is further examined in the building and then at last, the results and the value of indices obtained from both, space syntax method and questionnaire, are compared and then the best possible plan layout for CHCs is suggested (see Fig. 1).

LITERATURE REVIEW

Designing and planning process is the initial steps of building construction for any type of building. In case of hospital or its prototype building, these designing and planning consideration matter a lot. As we know, every fraction of seconds is very crucial for patients, so we do care of proper planning and designing of circulation pattern among the spaces (both vertical and horizontal circulation). All these processes are adopted to increase the user's satisfaction. To analyze the efficient circular pattern and better space connectivity, space syntax method is used which is a computer-aided-medium. The spatial connection between the spaces and circulation can be determine by space syntax method using Depthmap-X software. This method defines the relation of circulation pattern[4]. In 1984, Bill Hillier and Julienne Hanson have given a modelling method to analyze the connection between the spaces. According to them, there is a strong correlation among the spatial connection, human activities and social logic.

Space syntax method is not only confine with hospital building but also it has been used in various types of buildings. i.e.- residential buildings, museum, shopping centres. In recent past, a lot of spatial research have been done on different types of buildings, however, there has not the adequate research on hospital or its subsequent types of buildings based on space syntax assessment. In this research, a dualistic approach (space syntax method and questionnaire) is used to reach the conclusion. Both, the method and questionnaire, are based on three indices of space syntax in Depthmap-X software. These three indices which are used for analysis are

1.Connectivity
2.Integration
3.Mean-Depth

These indices can be defined as

Connectivity It helps to find out how many spaces are directly linked to a specific space (more connections, more connectivity value). If a space has high connectivity values then it means that space is more popular than the remaining other spaces and attracts more traffic[5][6].

Integration Integration is one of the major indices in space syntax modelling. It can be defined as how spaces are integrated or segregated in a plan. If the spaces have highest degree of integration, then it means that these spaces are highly interacted among each other and are well-connected and easily accessible by people. Likewise, less value of integration shows the least interaction between the spaces which means that spaces are less accessible. It also creates the feeling of being unsafe. These highest and lowest integration value of space syntax method in a plan can vary from red, orange, yellow to green, blue and dark blue respectively[6][7].
The integration value is the most important value that determines the mobility of the area[8].
Mean depth Depth is determined by the number of steps required to move between two points. A point is deep when it requires multiple steps to reach the other point [1][6][7].

Visibility Visibility and readability are the connection between connectivity value and integration value. It is the relation between the integration and connectivity. Higher the integration value, higher the space connectivity and hence higher the visibility between the spaces.
In Depthmap-X software, the areas that are most visible are coloured red, orange, yellow, and green while the parts that are least visible are coloured blue and dark blue[6][8].
Besides these above-mentioned color-coding indicators of the space syntax method, some more concepts are used to analyze the circulation of hospitals. These are

- **Convex space** is a space where no line between any two of its points crosses the perimeter. A concave space has to be divided into the least possible number of convex spaces[9].
- **Axial space** or an axial line is a straight line ("sight line"), possible to follow on foot[9].
- **Isovist space** is the total area that can be viewed from a point[9].

The spatial structure of a layout can be represented using three types of syntactic maps:
- **Convex map** depicts the least number of convex spaces that fully cover a layout and the connections between them[9][10].
- **Axial map** depicts the least number of axial lines covering all convex spaces of a layout and their connections[9].
- **Isovist map** depicts the areas that are visible from convex spaces or axial lines[9][11].

The three types of maps mentioned above can be represented in graphs for analysis purposes (see fig. 2).

Research Questions
As this research is based on dualistic assessment so besides space syntax method approach, the study has also included some questionnaires that will help in achieving a convincing result. These questions are: -
Among the selected CHC's Plan typology

a) With respect of axial map, which circulation layouts has the maximum value of connection and integration?
b) Which circulation layout has the maximum visible area after entering from the main gate of the building
c) In terms of first and second-moment graphs, which circulation pattern has the maximum visibility?
d) Which of the circulation layout provides the maximum horizontal isovist and control for the users?
e) Which layout shows the isovist value for vertical circulation?

RESULTS

Analysis of data and their graphical presentation
The ground floor plans of the selected case (CHCs) are shown in Table- 1-5 along with their convex maps. These CHCs' plans vary in composition and typologies (U-shape, F-shape, Eroteme-shape, Nucleated shape and Double-crossed shape) the number of adjoining rooms is unequal. There is only one main entrance in each CHCs (shown in red color arrow).In this research, ground floor plans have been taken in all the selected examples. Convex map is

used to represent ground floor plans which shows the value of connectivity, integration and mean depth (Table 1-5). According to this table, strong correlation can be seen between connectivity and integration with the value of (R^2=0.99) in U-shape layout while Double cross has the least value with (R^2=0.82) among all the selected cases.

If we see correlation of Integration and mean depth then here also U-shape has maximum value of (R^2=0.87) while Nucleated- shape has the least value (R^2=0.34) and F-shape & Eroteme-shape have almost the same value (R^2=0.72).
In case of connectivity and mean depth, here too, U-shape got the maximum value among all the selected cases (R^2=0.93) while Nucleated-shape has the lowest value of (R^2=0.53) (See Table-6).
Table-7 shows the attributes summary for all the spatial layout based on convex map analysis. Thethree different ways are used to represent the values of each factor for connectivity, integration & mean depth.

a) Minimum
b) Average
c) Maximum

So only the average value of each factor has been taken in this research.
As shown in Table-7, the highest value of connectivity and integration are in U-shape (1.75) & (1.72) respectively.
The best mean depth value can be seen in the Nucleated shape (-0.6) because the lowest value of mean depth value gives the highest integration of spaces. This means that among all the five cases, the most integrated shape is the Nucleated shape.

Table- 8-12 shows that how axial maps are used to analyze the different ground floor layout of the chosen examples to show the correlation with connectivity and integration, integration and mean depth and connectivity and mean depth. According to the axial map analysis, the connectivity vs integration has the strongest correlation in all the cases (excluding Eroteme-shape). Attributes of all the cases are summarized in Table-13 &14. The visibility map analysis of each selected ground floor of the CHCs building has been shown in Table- 15-19. This analysis has been done by using Depthmap-X software. The connectivity Vs point first moment and the connectivity vs point second moment is shown by visibility map. We can see the color pattern in visibility graph (Table 15-19). These color pattern shows the intensity of visibility. Red, Orange colors show the most visible parts of space while Blue and dark blue depict the least visible parts of space.

The first moment and the second moments refer to the measurement of an area distribution with respect to its axis. This is called moment area. It is totally based on the mathematics. According to this, the moment of area equals the summation of area (a) times distance (d) to an axis[5].
Moment area = [E(a X d)].
Table-20 shows the connectivity with point first and second moment correlation for all the cases.
We can see that the correlation for point first moment graph and second moment graph in visibility map are strong for U-shape layout with comparison to the other layouts. The attributes (connectivity, integration & mean depth) value for all the plan typology are shown in Table 21.

Isovist map analysis is used to check the field of view and control on circulation in the building including vertical circulation for the entrances (Table 22-26). The vertical circulation with the highest and lowest field can be seen in U-shape (9.9) and Double-crossed shape (4.9) layout respectively (see Table 27).The highest area for the entrance field view at the main entrance can be seen in U-shape (9.2) while Double-crossed shape has least covered area (1) (see Table 27). The highest value of visibility (covered areas of views) in the selected places, entrances and vertical circulations can be seen in U-shape. In terms of the staff and patient field of view, the Double crossed-shape plan has the least value as shown in Table - 27, while the U-shape plan carries the most value.

The questionnaire survey gives another data.
50 users have been taken for the questionnaire. The primary factors on which these questionnaires are based are
1-connectivity 2- integration 3- visibility
Table 28 shows the mean value of all the questions related to the above factors.

For U,F, and Double-crossed plans, the connectivity mean values are highest (4 ≥ value <5) while Eroteme and Nucleated plans have neutral value (3 ≥ value <4).
Similarly, integration mean value for U-shape and F- shape have the highest value (4 ≥ value <5) and Eroteme and Double crossed-shape have neutral value (3 ≥ value <4).
On moving further in visibility, U- shape has neutral value (3 ≥ value <4) and the remaining layouts have dissatisfied value (value <3).

DISCUSSION AND FINDINGS

With the help of Depthmap-X software in space syntax analysis, we were able to analyze and assess all the ground floor plans of the selected layouts in order to obtain the data and results. Another data and results are from user's feedback and the questionnaire. Connectivity, integration, and visibility are the important factors in both analyses. The two graphs (chart-1 and chart-2) summarize the findings from both analyses to determine if they helped to provide suitable answers to the selected questions which are used in this research questionnaire.

Research question no.1
With respect to axial map, which circulation layouts has the maximum value of connection and integration?
According to CHCs users' feedback and evaluation, the connectivity values in F-shape layout has the maximum mean of (4.62), while the least mean was in the Eroteme shape layout with value of (3.75) (see Table- 28). And according to the space syntax analysis, connectivity values in U-shape has the maximum value and Eroteme-shape has the lowest (see Table- 14).Based on the questionnaire, Integration mean value of U-shape has slightly lower value of (4.13) than F-shape. F-shape has a mean value (4.2) while the Nucleated-shape has the least mean value of (2.76) (see Table- 28).The maximum value of integration is found in U-shape and the least for Nucleated shape in space syntax analysis (see Table - 28 & Chart-1,2). The both analysis show that U-shape carries the highest and Nucleated shape carries the lowestvalue of integration among all the selected layouts.

Research question no.2
Which circulation layout has the maximum visible area after entering from the main gate of the building?
After obtaining the result on visibility factor from the questionnaire and survey, it has been analyzed and calculated that the main entrance of U-shape layout has the highest visibility (3.86) while the Nucleated-shape and Double-crossed layout have the least value (2.43)(see Table 28).

Research question no.3
In terms of first and second-moment graphs, which circulation pattern has the maximum visibility?
Based on the visibility maps and space syntax analysis, U-shape has the maximum visibility mean value (0.935) in point first moment graph which means it has best field of view and control for the patients and relations followed by the Double cross shape (0.922) while the Nucleated shape has the least mean value (0.767) . Also, in point second moment graph, U shape has the highest value (0.744) while Nucleated shape has the least value (0.446) (see Table-20). Both analyses indicated that U-shape circulation layout is preferred over other plans.

Research question no.4
Which of the circulation layouts provides the maximum horizontal isovist and control for the users?
Based on Isovist map and depthmap-X analysis, U-shape layout has the maximum value in main entrance field of view (9.2) and nurse station field of view (9.5) while Double-crossed has least value in main entrance field of view (1) and nurse station field of view (2.2). Also, the result from the survey shows the maximum value of main entrance field of view for U- shape layout (3.3) and nurse station field of view (3.4) respectively. Both analyses indicate that U-shape circulation layout is preferred over other plans (see Table-27 & 28).

Research question no.5

Which layout shows the isovist value for vertical circulation?

The answer of the above question can be given by isovist map analysis. According to this analysis, the maximum visibility mean value for vertical circulation can be seen in U-shape (9.9) followed by Nucleated-shape and F-shape with (9.8) and (8.6) respectively. The survey results showed a variation in users' assessment for the main vertical circulation, while the U-shape and F-shape achieved the high mean values of (4.9) and (4.1), respectively, and the Nucleated-shape achieved the lowest value of (2.1).

Table 29-36 summarizes the data which are collected from different questionnaire chosen for this research. These questionnaires were based on user assessments and feedback and space syntax analysis based on indicators/factors of (connectivity, visibility and integration).

Out of 50 reading, U-shape plan achieved 32 high value ratings, 11 medium value ratings, and 7 low value ratings. Because of the high integration mean value, the more readable, perceptible and integrated plan is U-shape plan with respect to all other selected circulation layout which are based on the following factors

1. convex map
2. visibility map and
3. axial map

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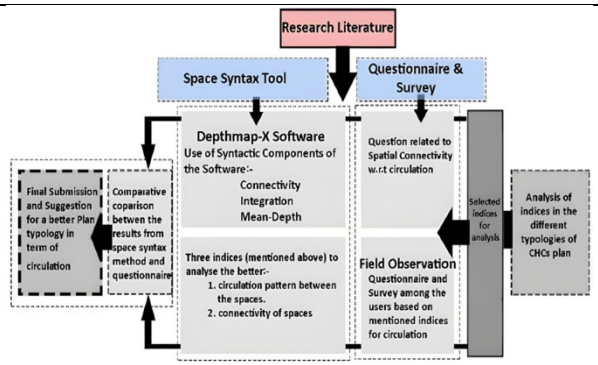


Fig. 1. Conceptual model of the overall research structure

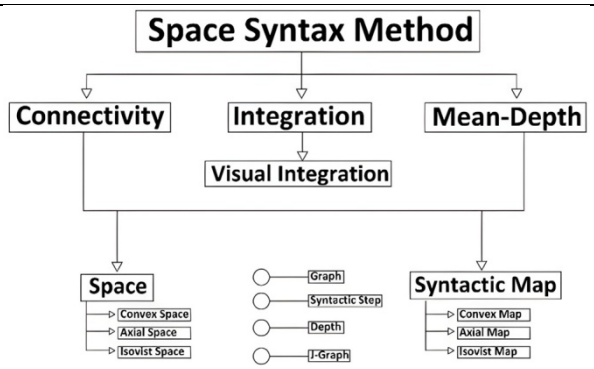
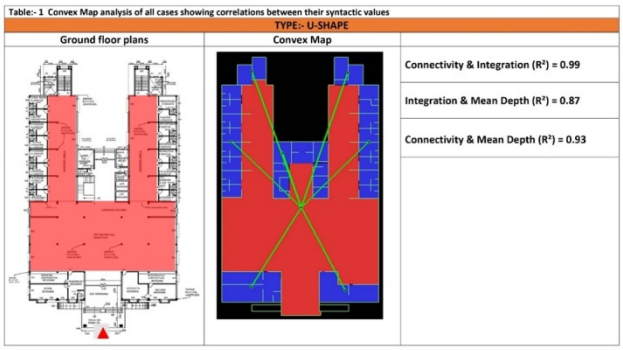
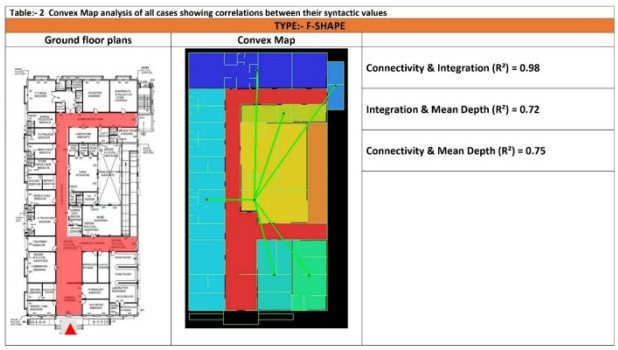
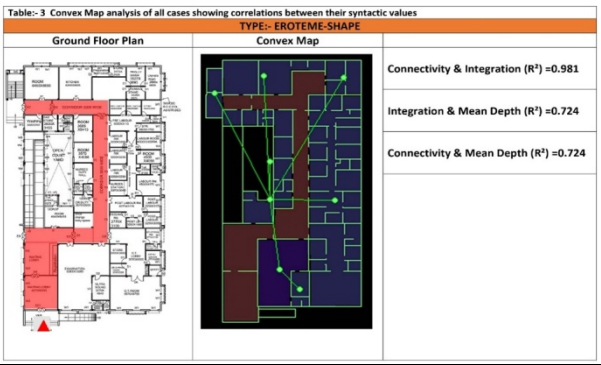
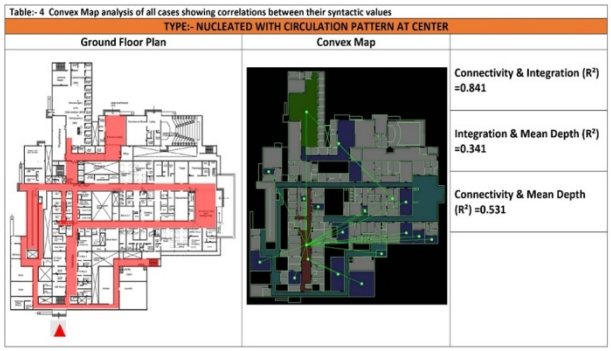


Fig. 2. Indices of Space Syntax









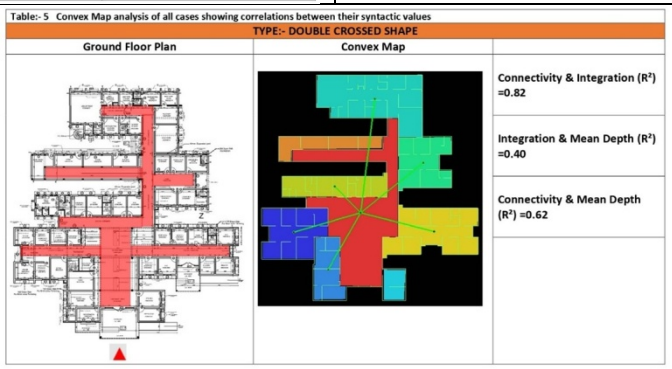


Table-1-5Convex Map analysis of all cases showing correlation between their syntactic values

Table:- 6 Attribute summaries of all spatial layout based on Convex Map analysis

Type	U-Shape	F-shape	Eroteme	Nucleated	Double cross
Attributes	Values				
Connectivity & Integration (R^2)	0.99	0.98	0.98	0.84	0.82
Integration & Mean Depth (R^2)	0.87	0.72	0.72	0.34	0.40
Connectivity & Mean Depth (R^2)	0.93	0.75	0.72	0.53	0.62

Table:- 7 Attribute summaries of all spatial layout based on Convex Map analysis

Type	U-Shape			F-shape			Eroteme			Nucleated with circulation pattern at centre			Double cross shaped		
Attributes	Min.	Avg.	Max.	Min.	Avg.	Max.	Min.	Avg.	Max.	Min.	Avg.	Max.	Min.	Avg.	Max.
Connectivity	1	**1.75**	7	0	1.33	6	0	1.62	6	0	0.28	15	1	1.33	6
Integration	1.14	**1.72**	1.14	-1	0.345	1.01	0.62	1	6.89	1.06	0.25	9.62	-1	0.345	1.01
Mean Depth	1	1.75	1.85	1	1.11	1.83	1.14	1.92	2.57	-1	**-0.60**	2.89	1	1.11	1.83

Table-6 & 7 Attribute summaries of all spatial layout based on Convex Map analysis

Table:- 8 Axial Map analysis of all cases showing correlations between their syntactic values

TYPE:- U-SHAPE

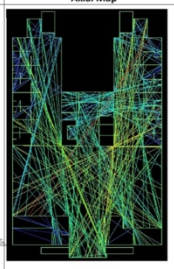
Ground floor plans	Axial Map	
		Connectivity & Integration (R^2) =0.92 Integration & Mean Depth (R^2) =0.80 Connectivity & Mean Depth (R^2) =0.77

Table:- 9 Axial Map analysis of all cases showing correlations between their syntactic values

TYPE:- F-SHAPE

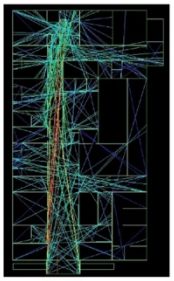
Ground floor plans	Axial Map	
		Connectivity & Integration (R^2) =0.92 Integration & Mean Depth (R^2) =0.75 Connectivity & Mean Depth (R^2) =0.77

Table:- 10 Axial Map analysis of all cases showing correlations between their syntactic values

TYPE:- EROTEME-SHAPE

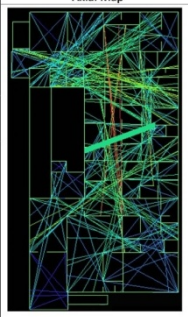
Ground Floor Plan	Axial Map	
		Connectivity & Integration (R^2) =0.79 Integration & Mean Depth (R^2) =0.83 Connectivity & Mean Depth (R^2) =0.61

Table:- 11 Axial Map analysis of all cases showing correlations between their syntactic values

TYPE:- NUCLEATED WITH CIRCULATION PATTERN AT CENTRE

Ground Floor Plan	Axial Map	
		Connectivity & Integration (R^2) =0.84 Integration & Mean Depth (R^2) =0.85 Connectivity & Mean Depth(R^2) =0.57

Table:- 12 Axial Map analysis of all cases showing correlations between their syntactic values

TYPE:- DOUBLE CROSS SHAPE

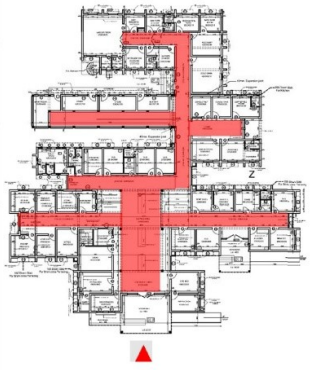
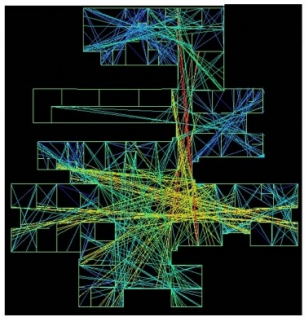
Ground Floor Plan	Axial Map	
		Connectivity & Integration (R^2) =0.81 Integration & Mean Depth (R^2) =0.90 Connectivity & Mean Depth(R^2) =0.69

Table-8 & 12 Axial Map analysis of all cases showing correlation between their syntactic values

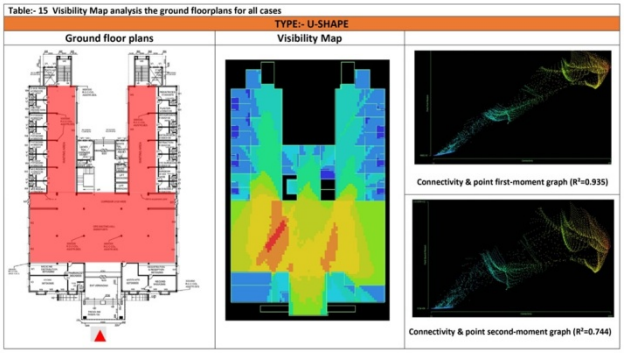
Table:- 13 Attribute summaries of all spatial layout based on Axial Map analysis

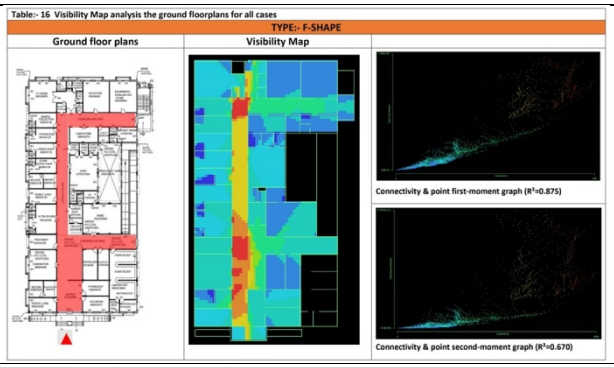
Type	U-Shape	F-shape	Eroteme	Nucleated	Double cross
Attributes	Values				
Connectivity & Integration (R^2)	0.92	0.92	0.79	0.84	0.81
Integration & Mean Depth (R^2)	0.80	0.75	0.83	0.85	0.90
Connectivity & Mean Depth (R^2)	0.77	0.77	0.61	0.57	0.69

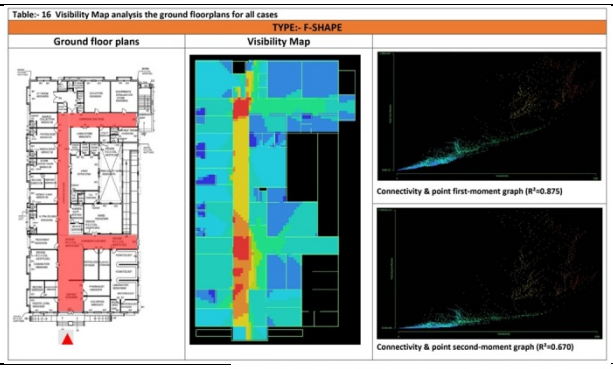
Table:- 14 Attribute summaries of all spatial layout based on Axial Map analysis

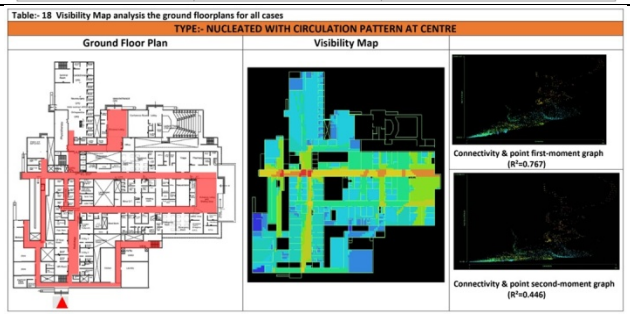
Type	U-Shape			F-shape			Eroteme			Nucleated			Double cross shaped		
Attributes	Min.	Avg.	Max.	Min.	Avg.	Max.	Min.	Avg.	Max.	Min.	Avg.	Max.	Min.	Avg.	Max.
Connectivity	2	73.65	176	2	47.40	155	3	41.34	128	1	56.26	280	3	66.68	181
Integration	2.30	6.41	14.14	2.05	5.26	13.76	1.64	4.17	9.21	1.92	4.09	8.62	2.16	4.32	8.66
Mean Depth	1.39	1.99	3.41	1.39	2.15	3.65	1.60	2.45	4.42	1.79	2.82	4.57	1.72	2.60	3.91

Table-13 & 14 Attribute summaries of all spatial layout based on Axial Map analysis









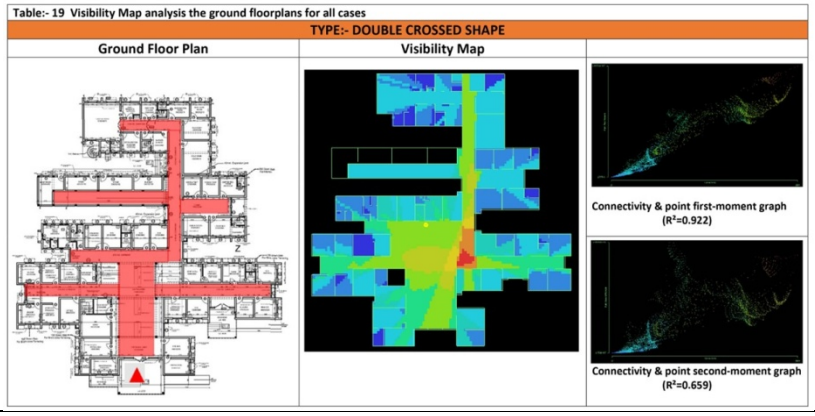


Table-15-19 Visibility Map analysis for all cases

Table:- 20 Attribute summaries of all spatial layout based on Visibility Map analysis

Type	U-Shape	F-shape	Eroteme	Nucleated	Double cross
Attributes	Values				
Connectivity & Point first graph (R^2)	0.935	0.875	0.832	0.767	0.922
Connectivity & Point second graph (R^2)	0.744	0.670	0.542	0.446	0.659

Table:- 21 Attribute summaries of all spatial layout based on Visibility Map analysis

Type	U-Shape			F-shape			Eroteme			Nucleated			Double cross shaped		
Attributes	Min.	Avg.	Max.	Min.	Avg.	Max.	Min.	Avg.	Max.	Min.	Avg.	Max.	Min.	Avg.	Max.
Connectivity	11	1818	3727	9	306	1090	12	273	939	3	183	797	13	508	1884
Integration	2.57	10.78	20.32	2.72	5.52	10.59	2.08	4.51	8.60	1.59	3.22	5.89	2.4	5.52	11.75
Mean Depth	1.49	2.12	4.91	1.90	2.86	4.50	2.11	3.26	5.59	2.70	4.28	7.32	1.84	2.97	5.15

Table-20 & 21 Attribute summaries of all spatial layout based on Visibility Map analysis

Table:- 22 Isovist Map analysis the ground floorplans for all cases

TYPE:- U-SHAPE

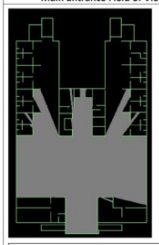
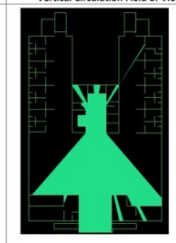
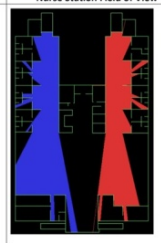
Main Entrance Field of View	Vertical Circulation Field of View	Nurse Station Field of View
		
Isovist Perimeter: - 240491 Isovist Area: - 9.2	Isovist Perimeter: - 229677 Isovist Area: - 9.9	Isovist Perimeter: - 205439 Isovist Area: - 9.5

Table:- 23 Isovist Map analysis the ground floorplans for all cases

TYPE:- F-SHAPE

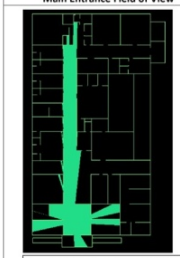
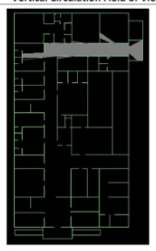
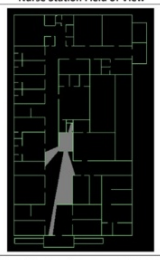
Main Entrance Field of View	Vertical Circulation Field of View	Nurse Station Field of View
		
Isovist Perimeter: - 218714 Isovist Area: - 2.1	Isovist Perimeter: - 98182 Isovist Area: - 8.6	Isovist Perimeter: - 72295 Isovist Area: - 6.3

Table:- 24 Isovist Map analysis the ground floorplans for all cases

TYPE:- EROTEME-SHAPE

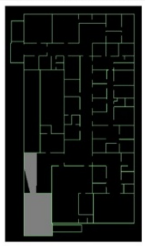
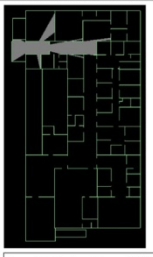
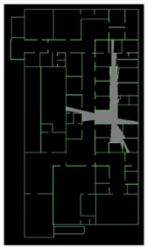
Main Entrance Field of View	Vertical Circulation Field of View	Nurse Station Field of View
		
Isovist Perimeter: - 54648 Isovist Area: - 9.1	Isovist Perimeter: - 90568 Isovist Area: - 7.4	Isovist Perimeter: - 108230 Isovist Area: - 6.6

Table:- 25 Isovist Map analysis the ground floorplans for all cases

TYPE:- NUCLEATED WITH CIRCULATION PATTERN AT CENTRE

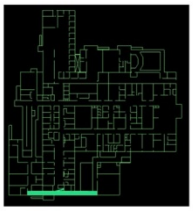
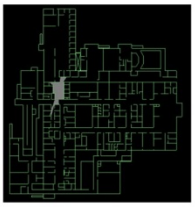
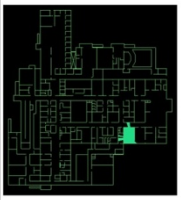
Main Entrance Field of View	Vertical Circulation Field of View	Nurse Station Field of View
		
Isovist Perimeter: - 105371 Isovist Area: - 1.18	Isovist Perimeter: - 76833 Isovist Area: - 9.8	Isovist Perimeter: - 62947 Isovist Area: - 9.3

Table:- 26 Isovist Map analysis the ground floorplans for all cases

TYPE:- DOUBLE CROSSED SHAPE

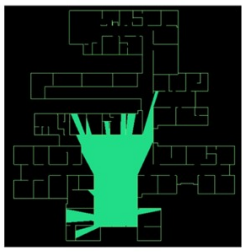
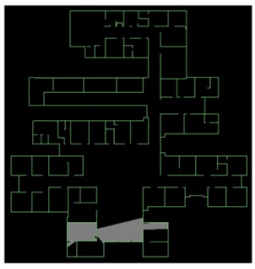
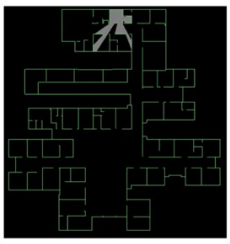
Main Entrance Field of View	Vertical Circulation Field of View	Nurse Station Field of View
		
Isovist Perimeter: - 143000 Isovist Area: - 1	Isovist Perimeter: - 50785 Isovist Area: - 4.9	Isovist Perimeter: - 46136 Isovist Area: - 2.2

Table-22-26 Isovist Map analysis for all cases

Table:- 27 Attribute summaries of all spatial layout based on Isovist Map analysis

Type	U-Shape	F-shape	Eroteme	Nucleated	Double cross
Attributes	Values				
Main entrance field of View	9.2	2.1	9.1	1.18	1
Vertical circulation field of view	9.9	8.6	7.4	9.8	4.9
Nurse station field of view	9.5	6.3	6.6	9.3	2.2

Table-27 Attribute summaries of all spatial layout based on Isovist Map analysis

Table:- 28 Attribute summaries of all spatial layout based on Questionnaire

Type	U-Shape	F-shape	Eroteme	Nucleated	Double cross
INDICATORS	Values				
CONNECTIVITY					
i) Main entrance connection to the main entry	3.40	4.60	3.30	3.8	4.20
ii) Clinic +ward reaching from the main lobby	4.70	4.80	4.20	4.0	4.30
iii) W.C location regarding the main lobby	4.60	4.10	3.80	4.0	3.80
iv) Clinic + ward location regarding the staircase	4.40	5.00	3.70	3.5	4.10
Overall connectivity satisfaction values (mean)	**4.27**	**4.62**	**3.75**	**3.8**	**4.10**
INTEGRATION					
i) Using the wards	3.40	2.90	3.00	2.7	3.10
ii) Main stairs integration	4.40	4.80	4.10	2.5	4.20
iii) Main corridor usage integration	4.60	4.90	3.8	3.1	3.60
Overall integration satisfaction values (mean)	**4.13**	**4.20**	**3.63**	**2.76**	**3.63**
VISIBILITY					
i) Field of view for nurse station	3.40	2.00	3.0	2.8	2.10
ii) Field of view for main entrance	3.30	2.00	2.9	2.4	2.40
iii) Field of view of the main vertical circulation	4.9	4.17	2.7	2.1	2.80
Overall visibility satisfaction values (mean)	**3.86**	**2.72**	**2.86**	**2.43**	**2.43**

*1= highly dissatisfied *2= dissatisfied *3= neutral *4= satisfied *5= highly dissatisfied

Table-28 Attribute summaries of all spatial layout based on Questionnaire

Table:- 29 Overall values and data extracted from space syntax analysis and Questionnaire survey

Type	U-Shape	F-shape	Eroteme	Nucleated	Double cross
INDICATORS	Values				
CONNECTIVITY					
i) Convex Map	1.75	1.33	1.62	0.28	1.33
ii) Axial Map	73.65	47.40	41.34	56.26	66.68
iii) Visibility Map	1818	306	273	183	508
iv) Questionnaire	4.27	4.62	3.75	3.8	4.1

Table:- 30 Overall values and data extracted from space syntax analysis and Questionnaire survey

Type	U-Shape	F-shape	Eroteme	Nucleated	Double cross
INDICATORS	Values				
INTEGRATION					
i) Convex Map	1	0.345	1.72	0.25	0.345
ii) Axial Map	6.41	5.26	4.17	4.09	4.32
iii) Visibility Map	10.78	5.52	4.51	3.22	5.52
iv) Questionnaire	4.13	4.2	3.63	2.76	3.63

Table:- 31 Overall values and data extracted from space syntax analysis and Questionnaire survey

Type	U-Shape	F-shape	Eroteme	Nucleated	Double cross
INDICATORS	Values				
MEAN DEPTH					
i) Convex Map	1.75	1.11	1.92	-0.60	1.11
ii) Axial Map	1.99	2.15	2.45	2.82	2.6
iii) Visibility Map	2.12	2.86	3.26	4.28	2.97
iv) Questionnaire	-	-	-	-	-

Table:- 32 Overall values and data extracted from space syntax analysis and Questionnaire survey

Type	U-Shape	F-shape	Eroteme	Nucleated	Double cross
INDICATORS	Values				
FIELD OF VIEW FOR NURSE STN. i) ISOVIST	205439	72295	108230	62947	46136
ii) QUESTIONNAIRE	3.4	2	3	2.8	2.1

Table:- 33 Overall values and data extracted from space syntax analysis and Questionnaire survey

Type	U-Shape	F-shape	Eroteme	Nucleated	Double cross
INDICATORS	Values				
FIELD OF VIEW FOR MAIN ENTRANCE i) ISOVIST	240491	218714	54648	105371	143000
ii) QUESTIONNAIRE	3.30	2	2.9	2.4	2.4

Table:- 34 Overall values and data extracted from space syntax analysis and Questionnaire survey

Type	U-Shape	F-shape	Eroteme	Nucleated	Double cross
INDICATORS	Values				
FIELD OF VIEW FOR MAIN VER. CIRC. i) ISOVIST	229677	98182	90568	76833	50785
ii) QUESTIONNAIRE	4.9	4.17	2.7	2.1	2.8

Table-29-34Overall values and data extracted from Space Syntax analysis & Questionnaire survey

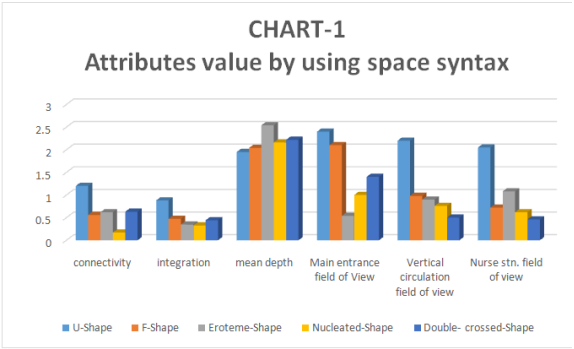


Fig. 1. Chart showing attributes value by using Space Syntax

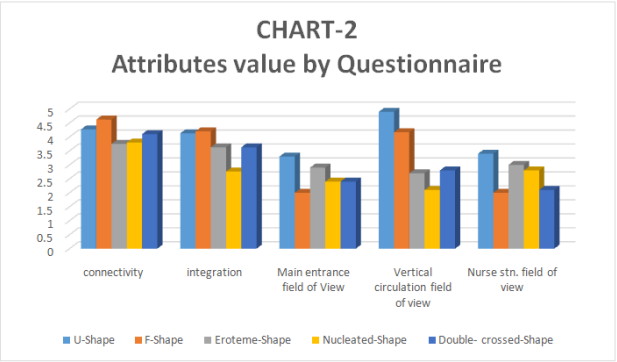


Fig. 2. Chart showing attributes value by using Questionnaire

RESEARCH ARTICLE

Energy of Complete Complex Fuzzy Graph

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Received: 02 May 2025 Revised: 05 Jun 2025 Accepted: 20 Jun 2025

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ABSTRACT

In this paper, we expand the concept of Energy in Fuzzy graphs to encompass the Energy of complete complex Fuzzy graphs. We introduce the Adjacency matrix specifically for Complete Complex Fuzzy graphs and explore the associated Energy. To aid understanding, real-life examples illustrate these concepts. Moreover, we've established both the lower and upper bounds for the Energy of a Complete Complex Fuzzy graph.

Keywords: Fuzzy graph, Complex fuzzy graph, Adjacency matrix, Energy of fuzzy graph,

INTRODUCTION

In the realm of graph theory, traditional graphs model relationships between objects (vertices) using crisp connections (edges) – either a connection exists or it doesn't. Fuzzy graphs, introduced by Azriel Rosenfeld in 1975 based on Zadeh's fuzzy set theory, extended this concept to handle vagueness and uncertainty. In a fuzzy graph, both vertices and edges can have degrees of membership, represented by real numbers in the interval [0, 1], indicating the strength or certainty of their existence or connection. However, standard fuzzy graphs capture only one dimension of uncertainty – the degree of membership or strength. There are many real-world scenarios where uncertainty or relationships are more intricate and involve characteristics beyond simple strength. For instance, relationships might have periodic components, phase shifts, or time-dependent variations that aren't

adequately represented by a single real number. A complex fuzzy graph is a mathematical structure that extends the concept of classical graphs by incorporating elements of fuzziness and complex numbers. This enables it to model systems with uncertainty and multidimensional relationships more effectively. Complex Fuzzy Graphs (CFGs) find diverse applications by offering a more nuanced way to model systems involving uncertainty with multiple dimensions. Unlike standard fuzzy graphs which only capture the strength or degree of membership (magnitude), CFGs incorporate an additional phase component, making them suitable for scenarios where cyclical patterns, timing, directionality, or phase shifts are crucial. For instance, in signal processing and communication networks, CFGs can model connections considering both signal amplitude (magnitude) and phase delay (phase). In social network analysis, they can represent relationship strength (magnitude) alongside the frequency or cyclical nature of interactions (phase). Similarly, in decision-making, CFGs can model preferences that vary cyclically (phase) in addition to their intensity (magnitude). Other potential uses include analyzing computer network performance (reliability/bandwidth as magnitude, latency as phase), modeling biological systems with inherent rhythms (like gene regulation or neural synchrony), understanding economic trends with lead/lag relationships, and certain types of pattern recognition where orientation (phase) matters alongside similarity (magnitude). Essentially, CFGs provide a valuable tool wherever phenomena exhibit uncertainty characterized by both intensity and a phase-related aspect. In a complex fuzzy, where edges are characterised not only by fuzzy membership values (reflecting the strength of a relationship) but also by complex weights, which incorporate both magnitude and phase. In such graphs, vertices and edges take the form $a + bi$, enabling a richer depiction of relationships, particularly in systems influenced by uncertainty and dynamic, multidimensional behaviours. This work introduces the concept of the energy of a complete complex fuzzy graph, exploring preliminaries, the definition of the adjacency matrix, graph energy, as well as the upper and lower bounds of a complex fuzzy graph.

2. BASIC PRELIMINARIES

Definition 2.1: A fuzzy set is characterized by a range of membership values assigned to each element in the universe X, where these values lie within the interval [0,1]. The function used to determine the membership value for a fuzzy set is known as the membership function, denoted as $\mu_A(x)$. This function is defined as $\mu_A(x): X \to [0,1] \; \forall \; x \in X$.

Definition 2.2: A fuzzy graph $G = (\mathrm{V}, E)$is defined by a pair of functions (σ, μ), where $\sigma: \mathrm{V} \to [0,1]$ represents a fuzzy subset of the non-empty set V, and $\mu: \mathrm{V} \times \mathrm{V} \to [0,1]$ denotes a symmetric relation on σ. This relation satisfies the condition $\mu(u, v) = \sigma(u) \wedge \sigma(v)$for all u, v in V.

Definition 2.3:A complex fuzzy graph is represented as $= (V, E, \gamma, \omega)$, where V denotes the set of vertices, E the set of edges, γ an amplitude membership function defined as $V \times V \to [0,1]^2, \omega$ a phase membership function defined as $V \times V \to [0,1]^2$. These functions adhere to the conditions $0 \leq \gamma_{ij} \leq 1$ and $0 \leq \omega_{ij} \leq 1$. Furthermore, the relation $\mu(x, y) \leq min(\sigma(x), \sigma(y))$ is satisfied. $(0.3 + i\ 0.4)(0.2 + i\ 0.3)(0.3 + i\ 0.6)$,$(0.3 + i\ 0.5)(0.1 + i\ 0.5)(0.1 + i\ 0.4.5)(0.4 + i\ 0.7)$

3. COMPLETE COMPLEX FUZZY GRAPH

Definition 3.1: A Complete Complex Fuzzy Graph $CCFG$, denoted as $CCFG = (V, E, \gamma, \omega)$, is defined as a complete graph that also satisfies the properties of a complex fuzzy graph. In this graph, every pair of distinct vertices is interconnected by an edge, with each edge assigned a corresponding fuzzy membership value$v_1(0.2 + i0.4)(0.1 + i0.3)(0.2 + i0.2)v_2(0.3 + i0.4)(0.2 + i0.3)v_3(0.5 + i0.3)$

Definition 3.2: A complex fuzzy graph is defined as $G = (V, E, \gamma, \omega)$ are functions defined as $V \times V \to [0,1]^2$. A complex fuzzy graph $H = (V, E, \sigma, \mu)$ is considered a complex fuzzy subgraph if $|\sigma(v)| \leq |\gamma(v)|$for all $v \in E$ and $|\mu(v)| \leq |\omega(v)|$ for all for all $v \in V$.$(0.2 + i\ 0.3)(0.1 + i\ 0.2)(0.1 + i\ 0.4)(0.1 + i\ 0.25)(0.1 + i\ 0.3)(0.1 + i\ 0.3)(0.1 + i\ 0.3)(0.2 + i\ 0.45)$

4. ENERGY OF COMPLETE COMPLEX FUZZY GRAPH

Definition 4.1: The Complex Fuzzy Adjacency Matrix of a Complex Fuzzy Graph is defined as the adjacency matrix corresponding to that Complex Fuzzy Graph. For a Complex Fuzzy Graph $G = (V, E, \gamma, \omega)$, the Complex Fuzzy Adjacency Matrix is represented as $A(CFG) = [a_{ij}]$, where $a_{ij} = (\gamma_{ij}, \omega_{ij})$. Here, γ_{ij} indicates the strength of the relationship between the vertices v_i and v_j, while ω_{ij} represents the strength of the non-relationship between v_i and v_j.

$$A(CFG) = [a_{ij}] = \begin{pmatrix} (\gamma_{11},\ \omega_{11}) & \cdots & (\gamma_{1n},\ \omega_{1n}) \\ \vdots & \ddots & \vdots \\ (\gamma_{n1},\ \omega_{n1}) & \cdots & (\gamma_{nn},\ \omega_{nn}) \end{pmatrix}$$

Membership values of the Amplitude function: $A(CG) = \begin{pmatrix} (\gamma_{11}) & \cdots & (\gamma_{1n}) \\ \vdots & \ddots & \vdots \\ (\gamma_{n1}) & \cdots & (\gamma_{nn}) \end{pmatrix}$

Membership values of the Phase function: $A(CG) = \begin{pmatrix} (\omega_{11}) & \cdots & (\omega_{1n}) \\ \vdots & \ddots & \vdots \\ (\omega_{n1}) & \cdots & (\omega_{nn}) \end{pmatrix}$

Definition 4.2:

Let $CCFG = (V, E, \gamma, \omega)$ represent a Complete Complex Fuzzy Graph, and let A denote the adjacency matrix of G. The eigenvalues of A, referred to as the eigenvalues of G, are denoted by $Adj\ (A)$. The spectrum of A, called the spectrum of G, is denoted by $Spec(G)$. The sum of the eigen values in the spectrum is approximately equal to the sum of the diagonal elements of the matrix. The eigen value of the adjacency matrix of a Complete Complex Fuzzy Graph, $A(CCFG)$, is expressed as (X, Y) where X is the set of eigen values of A (γ_{ij}) and Y is the set of eigenvalues of A (ω_{ij}).

Definition 4.3:

Let $CCFG = (V, E, \gamma, \omega)$ be a complete complex fuzzy graph, with A as its adjacency matrix. The energy of a complete complex fuzzy graph G is defined as the sum of the absolute values of the eigenvalues of A. Specifically, the energy of $CCFG = (V, E, \gamma, \omega)$ is expressed as $(\sum_{\alpha_i \in X} |\alpha_i|, \sum_{\beta_i \in X} |\beta_i|)$, where $\sum_{\alpha_i \in X} |\alpha_i|$ is represents the energy of the amplitude matrix, denoted as $E(\gamma_{ij}(CCFG))$, and $\sum_{\beta_i \in X} |\beta_i|$corresponds to the energy of the phase matrix, denoted as $E(\omega_{ij}(CCFG))$.

Definition 4.4:

Let $G = (V, E, \gamma, \omega)$ be a loopless Complete Complex Fuzzy Graph (CCFG) where $|V| = n$ and $|E| = m$. We denote its Complex Fuzzy Adjacency Matrix as A(CG), which is associated with the magnitude components γ_{ij} and phase components ω_{ij} of the edge memberships.

$$(i)\ \sqrt{2\sum_{1\le i<j\le n} \gamma_{ij}\gamma_{ji} + n(n-1) + |A|^{\frac{2}{n}}} \le E\left(\gamma_{ij}(G)\right) \le \sqrt{2n\sum_{1\le i<j\le n} \gamma_{ij}\gamma_{ji}}$$

Here, the determinant of $A(\gamma_{ij})$ is represented as $|A|$, and

$$(ii)\ \sqrt{2\sum_{1\le i<j\le n} \omega_{ij}\omega_{ji} + n(n-1) + |A|^{\frac{2}{n}}} \le E\left(\omega_{ij}(G)\right) \le \sqrt{2n\sum_{1\le i<j\le n} \omega_{ij}\omega_{ji}}$$

The determinant of $A(\ \omega_{ij})$ is represented as $|B|$.

5. NUMERICAL EXAMPLE

To illustrate the concept of 'Energy' in Complete Complex Fuzzy Graphs (CCFGs), this study analyzes the interactions between four specific college batches: Batch I (2020–2023), Batch II (2021–2024), Batch III (2022–2025), and Batch IV (2023–2026). We first introduce the definition of CCFG Energy and derive its lower and upper bounds. Then, based on the interaction strengths between the batches, a distinct CCFG was created for each of the four different periods. The Energy and its bounds were computed for each of these graphs, and the Energy results are visualized using a bar diagram. $0.33 + i\ 0.34)(0.3 + i\ 0.25)$ $(0.64 + i\ 0.63)\ (0.3 + i\ 0.2)(0.6 + i\ 0.5)\ (0.68 + i\ 0.58)$

Batch I - 2020-2023:

1st year		2nd year		3rd year	
Boys	Girls	Boys	Girls	Boys	Girls
33	34	64	63	68	58

A Complete Complex Fuzzy graph's (CCFG) adjacency matrix is defined as,

$$A(CCFG) = \begin{bmatrix} (0,0) & (0.3,0.25) & (0.3,0.2) \\ (0.3,0.25) & (0,0) & (0.6,0.5) \\ (0.3,0.2) & (0.6,0.5) & (0,0) \end{bmatrix}$$

The Adjacency matrix for a Complete Complex Fuzzy graph is $A(CCFG) = (A(\gamma_{ij}), A(\omega_{ij}))$.

$$A(\gamma_{ij}) = \begin{bmatrix} 0 & 0.3 & 0.3 \\ 0.3 & 0 & 0.6 \\ 0.3 & 0.6 & 0 \end{bmatrix} \text{ and } A(\omega_{ij}) = \begin{bmatrix} 0 & 0.25 & 0.2 \\ 0.25 & 0 & 0.5 \\ 0.2 & 0.5 & 0 \end{bmatrix}$$

Result

Eigenvalues of the Amplitude matrix = $\{-0.21961, 0.81961, -0.6\}$

Eigenvalues of the Phase matrix = $\{0.65486, -0.50310, -0.15176\}$

Energy of the Amplitude matrix $E(CCFG(\gamma_{ij})) = 1.63922$

Energy of the Phase matrix $E(CCFG(\omega_{ij})) = 1.30972$

The amplitude matrix's lower and upper bounds = $\{1.55903, 1.8\}$.

The phase matrix's upper and lower bounds = $\{1.22907, 1.45430\}$.

Batch II - 2020-2023:

1st year		2nd year		3rd year	
Boys	Girls	Boys	Girls	Boys	Girls
06	39	33	34	64	63

A Complete Complex Fuzzy graph's (CCFG) adjacency matrix is defined as,

$$A(CCFG) = \begin{bmatrix} (0,0) & (0.06,0.3) & (0.06,0.2) \\ (0.06,0.3) & (0,0) & (0.3,0.34) \\ (0.06,0.2) & (0.3,0.34) & (0,0) \end{bmatrix}$$

The Adjacency matrix for a Complete Complex Fuzzy graph is $A(CCFG) = (A(\gamma_{ij}), A(\omega_{ij}))$.

$$A(\gamma_{ij}) = \begin{bmatrix} 0 & 0.06 & 0.06 \\ 0.06 & 0 & 0.3 \\ 0.06 & 0.3 & 0 \end{bmatrix} \text{ and } A(\omega_{ij}) = \begin{bmatrix} 0 & 0.3 & 0.2 \\ 0.3 & 0 & 0.34 \\ 0.2 & 0.34 & 0 \end{bmatrix}$$

Result

Eigenvalues of the Amplitude matrix = $\{-0.3, -0.02233, 0.32233\}$

Eigenvalues of the Phase matrix = $\{0.56387, -0.36639, -0.19748\}$

Energy of the Amplitude matrix $E(CCFG(\gamma_{ij})) = 0.64466$

Energy of the Phase matrix $E(CCFG(\omega_{ij})) = 1.12774$

The amplitude matrix's lower and upper bounds = $\{0.54094, 0.76367\}$.

The phase matrix's upper and lower bounds = $\{1.09302, 1.21391\}$

Batch III - 2020-2023:

1st year		2nd year		3rd year	
Boys	Girls	Boys	Girls	Boys	Girls
28	14	06	39	33	34

A Complete Complex Fuzzy graph's (CCFG) adjacency matrix is defined as,

$$A(CCFG) = \begin{bmatrix} (0,0) & (0.05,0.1) & (0.2,0.1) \\ (0.05,0.1) & (0,0) & (0.06,0.3) \\ (0.2,0.1) & (0.06,0.3) & (0,0) \end{bmatrix}$$

The Adjacency matrix for a Complete Complex Fuzzy graph is $A(CCFG) = (A(\gamma_{ij}), A(\omega_{ij}))$.

$$A(\gamma_{ij}) = \begin{bmatrix} 0 & 0.05 & 0.2 \\ 0.05 & 0 & 0.06 \\ 0.2 & 0.06 & 0 \end{bmatrix} \text{and} \quad A(\omega_{ij}) = \begin{bmatrix} 0 & 0.1 & 0.1 \\ 0.1 & 0 & 0.3 \\ 0.1 & 0.3 & 0 \end{bmatrix}$$

Result

Eigenvalues of the Amplitude matrix = $\{0.22670, -0.200270, -0.02643\}$
Eigenvalues of the Phase matrix = $\{-0.3, -0.05615, 0.35615\}$
Energy of the Amplitude matrix E (CCFG (γ_{ij})) = 0.45340
Energy of the Phase matrix E (CCFG (ω_{ij})) = 0.71230
The amplitude matrix's lower and upper bounds = $\{0.39806, 0.52592\}$.
The phase matrix's upper and lower bounds = $\{0.64401, 0.81240\}$.

Batch IV- 2020-2023

1st year		2nd year		3rd year	
Boys	Girls	Boys	Girls	Boys	Girls
15	13	28	14	06	39

The Adjacency matrix of a Complete Complex Fuzzy graph (CCFG) defined as,

$$A(CCFG) = \begin{bmatrix} (0,0) & (0.15,0.1) & (0.06,0.1) \\ (0.15,0.1) & (0,0) & (0.06,0.14) \\ (0.06,0.1) & (0.06,0.14) & (0,0) \end{bmatrix}$$

For a Complete Complex Fuzzy graph, the Adjacency matrix is $A(CCFG) = (A(\gamma_{ij}), A(\omega_{ij}))$.

$$A(\gamma_{ij}) = \begin{bmatrix} 0 & 0.15 & 0.06 \\ 0.15 & 0 & 0.06 \\ 0.06 & 0.06 & 0 \end{bmatrix} \text{ and} A(\omega_{ij}) = \begin{bmatrix} 0 & 0.1 & 0.1 \\ 0.1 & 0 & 0.14 \\ 0.1 & 0.14 & 0 \end{bmatrix}$$

Eigenvalues of the Amplitude matrix = $\{-0.15, -0.03824, 0.18824\}$
Eigenvalues of the Phase matrix = $\{-0.14, -0.08779, 0.22779\}$
Energy of the Amplitude matrix E (CCFG (γ_{ij})) = 0.37648
Energy of the Phase matrix E (CCFG (ω_{ij})) = 0.45558
The amplitude matrix's lower and upper bounds = $\{0.3479, 0.42213\}$.
The phase matrix's upper and lower bounds = $\{0.44280, 0.48744\}$.
Therefore, The Total Energy of Complete Complex Fuzzy graphs is given below
Batch I - 2020-2023:E (CCFG (G)) = 1.63922 + 1.30972 = 2.94894
Batch II - 2021-2024: E (CCFG (G)) = 1.63922 + 1.30972 = 2.94894
Batch III - 2022-2025: E (CCFG (G)) = 0.45340 + 0.71230 = 1.16570
Batch IV - 2023-2026: E (CCFG (G)) = 0.37648 + 0.45558 = 0.83206

CONCLUSION

This paper introduces a novel concept termed the Complete Complex Fuzzy Graph. The energy of a Complete Complex Fuzzy Graph is defined by its adjacency matrix. The lower and upper bounds for the graph's energy are derived and demonstrated through a practical example. A real-life problem is analyzed, and its solution is presented within the scope of this study.

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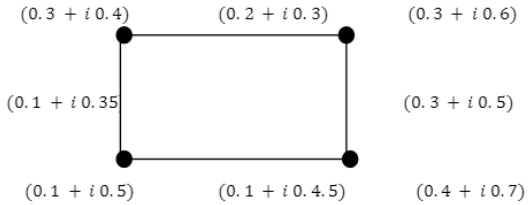


Figure.1: Complex fuzzy graph

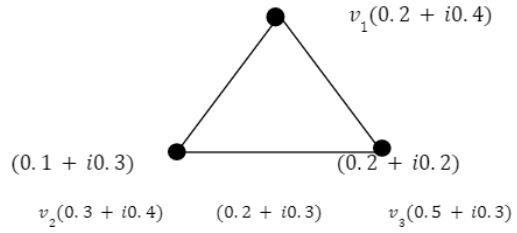


Figure.2: Complete Complex fuzzy graph

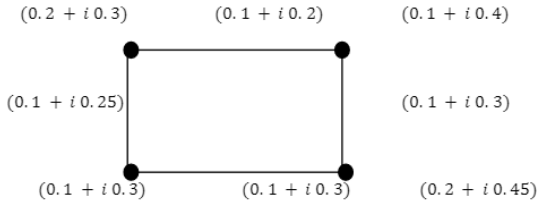


Figure.3: Complex fuzzy subgraph

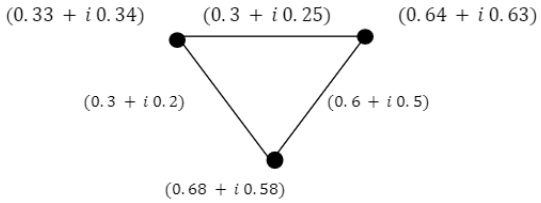


Figure.4: Complete Complex fuzzy graph

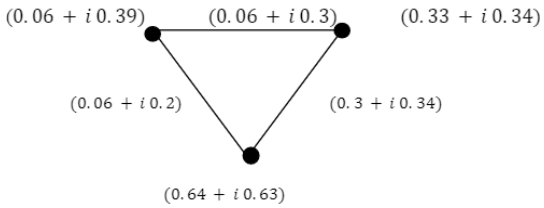


Figure.5: Complete Complex fuzzy graph

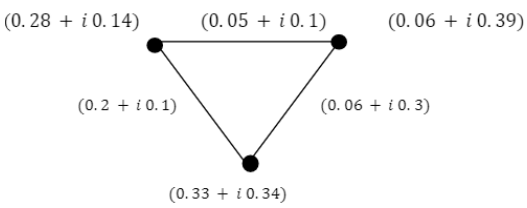


Figure.6: Complete Complex fuzzy graph

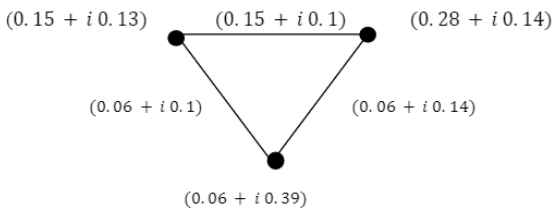
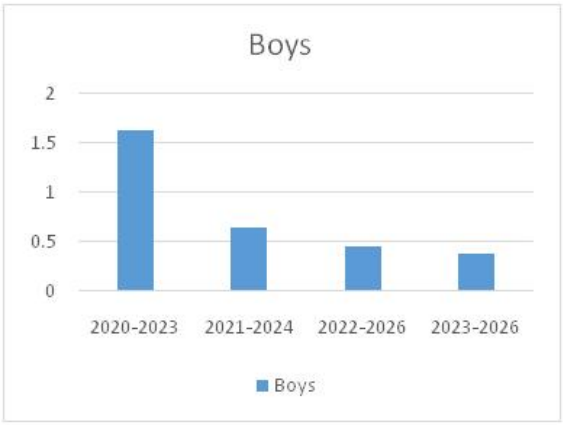
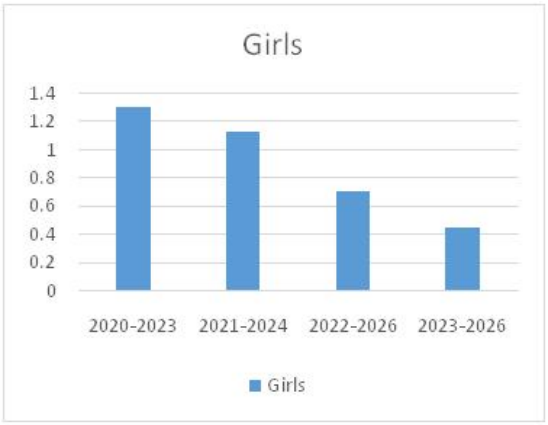
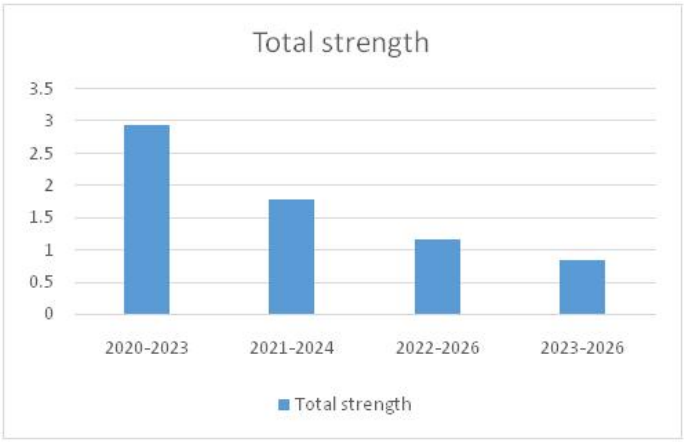


Figure.7: Complete Complex fuzzy graph







BAR DIAGRAM

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

CASE STUDY ARTICLE

Ayurvedic Approach in the Management of Scalp Psoriasis - A Single Case Study

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Received: 08 Apr 2025 Revised: 10 May 2025 Accepted: 18 Jun 2025

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ABSTRACT

Scalp Psoriasis is an inflammatory disease that widely affects quality of life, with conventional treatments often addressing symptoms rather than pinpointing the cause & on the other hand *Ayurveda* offers a holistic approach that can provide benefits beyond the conventional treatment without any further complications. This study shows the effectiveness of *Ayurvedic* approach towards scalp psoriasis. A 59-year-old male patient having symptoms like scaly patches, itching, burning sensation & painhaving the history of type-2 diabetes mellitus. The treatment plan includes internal therapies i.e. *Shamana* and *Shodhana* & external therapies i.e. *Takradhara* and local application along with dietary modifications based on the principles of *Pathya-Apathya.* After 40 days of treatment, the patient experienced significant improvement in symptoms, including decreased Scaly patches, itching, burning sensation & pain on the scalp. Along with treatment patient observed improvement in diabetic condition also. The *Ayurvedic* approach improved the balance of the doshas, improved digestion and elimination of toxins, resulting in faster recovery and less recurrence. This study shows a thorough and effective management of scalp psoriasis & addressing symptoms and underlying imbalances of *doshas.* Although more research with bigger sample sizes is necessary.

Keywords: Scalp psoriasis, *Shodhana*, *Ayurveda, Takradhara, Pathya-Apathya*

INTRODUCTION

Scalp psoriasis is an inflammatory skin disease that presents with well-described plaques, enormous pain, itching and burning sensations. Globally, psoriasis affects about 2% of the population, with 45-56% of those people experiencing scalp involvement. However, conventional managements may not address the underlying causes and may bring about recurrence. In evaluation, *Ayurveda* offers a comprehensive and holistic approach to health, addressing the basis causes rather than simply the symptoms [1]. In *Ayurveda* classics, all skin diseases can be described under the heading of *'Kushtha'* which are further categorized based on the predominance of *doshas. Kushtha* commonly associated with *Pitta* and *Kapha dosha* imbalances, entails the buildup of *Ama* (toxins) inside the body and impaired skin function. Among them *Ekakushtha* is type of *Kshudrakushtha.* According to *Acharya Charaka, Ekakushtha* characterized by *Aswedana* (anhidrotic/hypohydratic lesions), *Mahavastu* (covering of large surface area), *Matsyashakalavat* (scaly lesions) *Twacha. Ekakushtha* can be correlated with scalp psoriasis due to resemblance of signs and symptoms. The most characteristic lesions consist of red, scaly, sharply demarcated, and present particularly over extensor surfaces and scalp [2].

Ayurveda plays a vital role in the treatment of chronic and complex situations, such as skin disorders like psoriasis. The Herbo-mineral formulations used in *Rasashastra* are believed to have powerful moves that assist in detoxification, rejuvenation, and the balancing of *doshas* along with the *shodhana*(detoxification therapy) treatment. These formulations used alongside different *Ayurvedic* treatment options, enhance the frame's capacity to heal and hold health over the long time& pursuits to restore stability via detoxification, dietary changes, herbal medicinal drugs, and way of life modifications. The case of scalp psoriasis is handled with *Ayurvedic* management, which include Herbo-mineral formulations demonstrating the potent is discussed below.

Case Report

Patient Profile

- **Age/Sex** 59 years/ Male
- **Occupation** Laundry shop
- **Symptoms** The patient presented with below mentioned complaints which had been persistent for 12 days - Complaints of Patient- Table no. 1(Figure 1)

Investigator Global Assessment (IGA)

This scale is used by investigator in clinical trials. The scores range from 0(clear) to 3(severe)

0- No symptoms
1- Mild
2- Moderate
3- Severe

Medical History

The patient has Type-2 Diabetes, which he has been managing with allopathic medications and dietary modifications for the last 10 years.

Family, and Psychosocial History Nil

Timeline

The patient had experienced similar symptoms two months ago and was temporarily cured by allopathic treatment. The patient began experiencing symptoms heading back again gradually after stopping the allopathic medicine. Then the patient sought for the immediate medical attention. Informed consent was taken before treatment.

Asthavidha Pariksha **[3] (Eight Diagnostic Tools of Ayurveda):**

- ***Nadi*****(Pulse)** 78/min, *Pitta-Kaphaja*

- ***Mutra* (Urine)** 7-8 times/day, 1-2 times/night (Slightly turbid)
- ***Mala*(Stool)** 1-2 times/day,*Sama* (Irregular bowel movements)
- ***Jivha*(Tongue)** *Sama* (Coated tongue, indicative of *Ama*)
- ***Shabda*(Voice)** *Prakrut*
- ***Sparsha*(Touch)** *Anushnashita*
- ***Drika*(Eyes)** *Prakrut*
- ***Akruti*(Built)** *Madhyam*

Therapeutic Intervention

In *Ayurveda,* the first line of management for all diseases has been defined as *'Samprapati Vighatan Chikitsa'*(acquisition disintegration therapy). So, the first step of management of *Kushtha* is *"Nidana Parivarjana"* i.e. to avoid the known disease-causing factors in diet & lifestyle of the patient. Along with this, the treatment was designed to balance the aggravated *doshas,* eliminate *Ama*(toxins), and restore the *Agni*(digestive fire) and along with this treatment we also focused on diabetic condition which not to be get disturbed.

Shamana
Medication, Dosage, *Anupana* (adjuvants) for 15 days- Table no. 2

***Shodhana* (detoxication therapy)**
***Takradhara* (buttermilk stream)** An external therapy involving the continuous pouring of buttermilk over the scalp for 30 minutes along with internal medication for continuous 5 days. This therapy was chosen for its ability to pacify aggravated *Pitta doshas,* and reduces the symptoms. (Figure 2).

***Virechana*(Purgation)** After 15 days of treatment, *Virechana* (purgation) was planned which helps in the elimination of *Ama*(toxins) & *Pittadosha* from the body.

***Virechana Krama*(Purgation therapy)** Table no. 3
***Snehapana* [11] (olation therapy)** Table no. 4
***Abhyanga* [12] (body massage) & *Swedana* [13] (sudation)-** Day 6
Sarvanga Abhyanga (Body massage) with *Tila Taila* (Oil) followed by *Sarvanga Sweda* (Sudation) with *Dashamula Kwatha* (Decoction).

***Virechana* [14] (Purgation)** On the 7th day *Trivrittavaleham*[15]is givenin the morning on an empty stomach.
***Samsarjana Krama*[16](Graduated dietetic regimen)** 8th to 10th day– Table no. 5

After *Shodhana*
The treatment was extended for another 15 days to reinforce the benefits and minimize recurrence.
Medicine, Dosage, *Anupana* (Adjuvants)- Table no.- 6

RESULTS

After 40 days of treatment patient got relief.(Figure 3& 4)We further continue the treatment for 1 month & ask him for the regular follow up within every 15 days.
Complaints & Grades- Table no.-7

***Punaravartan chikitsa* (Preventive measures)**

Preventive measure for not recurrence of the disease, started *Arogyavardhini vati* [17] (tablet)for 41 days 1 BDSalong with the ongoing medication. Regular follow-ups ensured continued monitoring of the patient's condition and adjustment of the treatment plan as needed**.**

Medicines, Dosage, *Anupana*(Adjuvants)- Table no.- 8

***Pathya-Apathya* [18,19]**

In *Ayurveda,**Pathya*** (recommended practices) and ***Apathya***(things to avoid) are essential for effective management and prevention of the diseases. These guidelines support the body's natural healing processes, balance the *doshas*, and prevent further aggravation of disease.

***Pathya*(recommended practices)**

Ahara (food)

Pointed Gourd *(Parwal)*, Ridge Gourd *(Turai)*, and Bottle Gourd *(Lauki)* These are easy to digest, making them ideal for balancing *doshas.* They help in detoxifying the body by reducing *mala.*

Barley and Millet Both are light grains, balance the *doshas* and are easy to digest, promoting a healthy *Agni*(digestive fire) *&* reduces the *Kaphaja vikara.*

***Moong Dal* (Green Gram)** *Moong dal* is a legume that is highly light in digest and beneficial for reducing *Pitta* and *Kapha doshas.* It provides essential nutrients & consider the best among all grams.

Cow Ghee Ghee, is revered in *Ayurveda* for its ability to nourish the body while also balancing *Pitta.* It promotes digestion, enhances immunity, and helps in healing.

***Shali Rice* (Unpolished or Red Rice)** *Shali* rice is easy to digest, suitable for those with *Pitta* and *Kapha dosha* imbalances. It provides nourishment without aggravating the *doshas.*

Vihara (life style)

Exercise, including *Yoga* and *Pranayama* Regular physical activity, especially *yoga* and *pranayama,* helps in maintaining a balance between *tridosha. Yoga* promotes flexibility, reduces stress, and improves circulation, while *pranayama* helps in calming the body & mind.

***Apathya*(Things to avoid)**

***Ahara*(Food regimens)**

- ***Viruddha Ahara (incompatible food)*** According to *Ayurveda* principles combining foods that are incompatible, such as milk with fish or fruits with dairy products should be avoided. These combinations can create *Ama*(toxins) in the body, leading to further *dosha* imbalance.
- **Tomatoes and Citrus Fruits** These foods are acidic and can aggravate *Pitta dosha.*
- **Rice (especially polished or white rice)** Rice can increase *Kapha doshas* when consumed in excess, leading to heaviness and sluggish digestion. This can exacerbate *Kapha*-related symptoms.
- **Non-Vegetarian Foods** Meat, fish is heavy to digest and can aggravate *Pitta* and *Kapha doshas,* leading to increased *kleda.*
- **Milk Products** Milk and dairy products, especially curd, are known to increase *Kaphadoshas*which leads to *Meda dushti.*
- **Excessive Use of *Lavana* (Salt)** *Lavana* is known to increase *kleda* and can lead to exacerbating the *doshas.*
- **Black Gram *(Urad Dal)*** This legume is heavy, increases *Kapha doshas,* leading to digestion issues and further imbalance the *doshas*& accumulating *Ama*(toxins).

- **Jaggery** Although natural, jaggery is heavy and can aggravate *Kapha doshas.*
- ***Vishamasana* (Irregular Eating Habits)** Eating at irregular times or skipping meals disrupts the *Agni*(digestive fire), leading to *Ama*(toxins) formation and aggravating *dosha* imbalances.

***Vihara*(Life style)**

- **Day Sleep** Sleeping during the day, especially after meals, increases *Kapha dosha* and slows down digestion, leading to *Ama* (toxins) accumulation and worsening of symptoms.
- **Controlling Natural Urges** *Ayurveda* advises against suppressing natural urges, as it leads to *dosha* imbalance. Suppression can cause stress on the body, aggravating *tridosha,* especially *Pitta* and *Kapha doshas.*
- **Excessive Exposure to Laundry Work** Occupation as a laundry worker, avoiding prolonged exposure to harsh detergents, chemicals and excessive water contact is crucial. These can irritate the skin, aggravating *doshas* and further leads to worsening the condition.

DISCUSSION

Scalp Psoriasis presents significant challenges in treatment, especially in diabetic patients. But the chronic nature of the diabetes may have led to a compromised immune system and healed more slowly, complicating the management of scalp psoriasis. In this case, the patient, exhibited symptoms including scaly patches, itching, burning and pain. The *Ayurvedic* approach that focuses on balancing the entire body offered a comprehensive therapeutic strategy addressing the root causes of the patient's condition. *Ayurvedic* disease examined gave a detailed understanding of the imbalances within the patient. The presence of *Ama*(toxins), *Kleda* & *Meda dushti*, as these factors not only contribute to the manifestation of the disease but also complicate its treatment especially in diabetes because in diabetes *kapha dosha* & *Medadhatu* is mostly affected which leads to exacerbated this condition, making it more difficult for traditional treatment.

Treatment was planned according to the specific requirements of the disease, with internal remedies, such as *Shamana*(pacification therapy) & *shodhana*(detoxification therapy)focused on enhancement of *Agni*(digestive fire) and elimination of *Ama*(toxins) *& doshas* so a balance will be achieved, along with external therapies such as *Takradhara*(buttermilk stream) and herbal application. Dietary research which included *Pathya-Apthya*(do's & don't) *do* helped in balancing the *doshas.* Lifestyle recommendations like regular exercise, *yoga* and *pranayama* continued aided healing by reducing stress, improving circulation and overall health. Overall, the *Ayurvedic* approach, with its emphasis on individualized treatment and holistic care, provided a viable alternative to conventional therapies, especially for patients with complex health profiles.

Mode of action

Vaishwanar Churna(powder) was prescribed to stimulate *Agni* (digestive fire), improve digestion, and aid in the elimination of *Ama*(toxins). *Katakakhadiradi kashayam*(syrup) known for its anti-inflammatory, anti-fungal and detoxifying properties. *Haridra Khanda*(powder)is a formulation containing turmeric, used for its anti-inflammatory and immune-boosting effect. *Guggulu Tiktak kashayam* (Tablet)contains *Tikta rasa dravyas* which helps to relieve severe itching, helps in healing faster. *Rasa Manikya*(Bhasma)is considered to be the best medicine for *Twacha vikara*(skin disorders). It is suitable for all types of *Kushtha Roga*(skin disorder). *Mahatikta Ghrita*(ghee)is a medicated ghee used for its deep-penetrating properties, to pacify *Pitta* and *Kapha doshas,* and promote healing from within. *Ayyappala Keratailam*(oil)is an herbal oil applied to the scalp, chosen for its anti-inflammatory and antimicrobial properties. *Siddharthaka Snana Churna* (powder)is an herbal bath powder used during bathing to cleanse the scalp.

CONCLUSION

This case study highlights the effectiveness of the *Ayurvedic* intervention in the management of scalp psoriasis, especially in coexisting patient with diabetes by addressing the underlying imbalance. *Ayurveda* offers a

comprehensive approach to managing chronic skin conditions. For patient improvement after the treatment Physical- Mental- emphasizes the importance of seeking real emphasis, taking into account of both health. The integration of writing and pathological principles into daily life was critical to the patient's recovery, demonstrating the importance of diet and lifestyle in the overall management of chronic diseases and also the potential of an *Ayurveda* has to complement traditional therapies, especially in patients with multiple health challenges. Further research is needed to investigate the benefits of long-term *Ayurvedic* intervention in similar cases.

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Table no.1. Complaints of Patient

Sr. No	COMPLAINTS	GRADES
1	Scaly patches on scalp	3
2	Itching	3
3	Burning sensation	2
4	Pain	2
5	secretion	1

Table no. 2. Medication, Dosage, *Anupana*(Adjuvants) for 15 days

Sr.No.	MEDICINE	DOSAGE	ANUPANA(Adjuvants)
1.	*Vaishwanar Churna*[4](Powder)	3gm BDS- B/F	Lukewarm water
2.	*Kataka khadiradi kashayam*[5](Syrup)	10mlBDS- A/F	Water
3.	*Haridra khanda*[6](Powder)	5gmTDS-B/F	Lukewarm water
4.	*Rasa Manikya*[7](Bhasma)	125 mg BDS-A/F	Honey
5.	*Mahatikta Ghrita*[8](Medicated butter)	5ml OD- B/F	Lukewarm water
6.	*Guggul Tikta kashayam* (Tablet)	1 Tab BDS-B/F	Lukewarm Water
7.	*Ayyapal Keratailam*[9](Oil)	LA	-
8.	*Siddharthaka Snana Churna*[10](Powder)	LA	-

Table no. 3. *Virechana Krama* (Purgation therapy)

Sr. No.	DAYS	KARMA
1	Day 1 to 5	*Snehapana* (Oleation therapy) with *Mahatikta Ghirta*
2	Day 6	*Abhyanga* (Body massage)&*Swedana*(Sudation therapy)
3	Day 7	*Virechana*(Purgation)with *Trivrittavaleham*
4	Day 8 to 10	*Samsarjana Krama*(Graduated dietetic regimen)

Table no. 4. *Snehapana* (olation therapy)

Days	Quantity of M*ahatiktaGhrita* (Medicated butter)
Day 1	10ml
Day 2	20ml
Day 3	30ml
Day 4	40ml
Day 5	50ml

Table no.5. *Samsarjana Krama*(Graduated dietetic regimen): 8th to 10th day

Sr. No.	DAY	LUNCH	DINNER
1	8th	Moong Dal Pani (Green Gram lentil water)	Khichadi
2	9th	Khichadi	½ Chapati (unleavened flat bread) and Sabji (boiled vegetables)
3	10th	1 Chapati (unleavened flat bread) and Sabji (boiled vegetables)	Normal Meal

Table no. 6. Medicine, Dosage, *Anupana* (Adjuvants)

Sr.No.	MEDICINE	DOSAGE	ANUPANA(Adjuvants)
1.	*Guggul Tikta Kashyam* (Tablet)	1 Tab BDS-B/F	Lukewarm water
2.	*Kataka Khadiradi Kashyam*(Syrup)	10 ml BDS-A/F	Water
3.	*Rasa Manikya* (Bhasma)	125mg BDS-A/F	Honey

4.	*Ayyapal Keratailam*(Oil)	LA	-
5.	*Siddharth Snana Churna*(Powder)	LA	-

Table no. 7. Complaints & Grades

COMPLAINTS	GRADES
Scaly patches on scalp	0
Itching	0
Burning sensation	0
Pain	0
Secretion	0

Table no. 8. Medicines, Dosage, *Anupana*(Adjuvants)

Sr.No.	MEDICINE	DOSAGE	ANUPANA(Adjuvants)
1.	*Arogyavardhini Vati*(Tablet)	1 Tab BDS-A/F	Lukewarm water
2.	*Guggul Tikta Kashyam* (Tablet)	1 Tab BDS-B/F	Lukewarm water
3.	*Kataka Khadiradi Kashyam*(Syrup)	10ml BDS- A/F	Water
4.	*Ayyapal Keratailam*(Oil)	LA	-
5.	*Siddharth Snana Churna*(Powder)	LA	-

Figure 1. Complaint of patient

Figure 2. *Takradhara*

Figure 3. Progress day by day

Figure 4. After 40 days of Treatment

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

Effect of Ayurvedic Interventions to Improve the Nutritional Status in Children – A Systematic Review

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Received: 14 May 2025 Revised: 20 May 2025 Accepted: 23 Jun 2025

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ABSTRACT

The goal of this systematic review was to systematically identify, map, and assess the effectiveness of Ayurvedic treatments to improve the nutritional health of children. Malnutrition remains a critical public health challenge in India, despite the presence of dietary rehabilitation initiatives and government programs aimed at addressing the issue. It is estimated that malnutrition contributes to 35% of deaths among children under the age of five in the country. This underscores the urgent need to explore effective strategies for managing childhood malnutrition, including potential solutions offered by Ayurveda This systematic review included randomized controlled trials (RCTs) comparing Ayurvedic interventions for managing malnutrition (Karshya/Balshosha) of Grade I and Grade II, as well as anemia, in children aged 0–18 years, with either placebo or active controls. Clinical trials evaluating Ayurvedic approaches to pediatric malnutrition were also considered. The review included studies that assessed objective, subjective, or laboratory-based outcomes. Non-RCTs and studies other than clinical trials were excluded. This review will follow the Joanna Briggs Institute (JBI) methodological guidance and the PRISMA-S guidelines for systematic reviews. A comprehensivesearch of databases, including MEDLINE (PubMed), CINAHL (EBSCOhost), and Cochrane, was conducted to identify relevant studies in July 2024. Data was

extracted using a piloted form and two reviewers independently screened the studies. A subgroup analysis was performed according to the type of intervention and length of the intervention period. A narrative synthesis was employed to report the findings. Nineteen articles (2 clinical trials and 17 RCTs)involving 960 participants were included in the review. After title, abstract, and full text screening 19 trials were identified as potential to include in the review. Out of 19 articles, 15 articles were identified from a Database search, and 4 articles were identified from studies via other methods. Among 19 articles, 17 were Randomized control trials and 2 articles were clinical trials without control. The findings of this review indicate that Ayurvedic formulations with Deepana, Pachana, Brimhana, and Rasayana properties, when combined with nutritional rehabilitation, are more effective than nutritional rehabilitation alone in managing malnutrition. These results provide a foundation for future research to generate robust evidence that can inform health policies designed to effectively address childhood malnutrition. This protocol has been registered in PROSPERO - 604955

Keywords: Ayurveda, malnutrition, karshya, balshosha, Protein Energy malnutrition, anemia.

INTRODUCTION

Malnutrition encompasses a range of nutritional issues, including deficiencies (undernutrition), excesses (overnutrition), or imbalances in energy and nutrient intake [1]. India is home to approximately 40% of the world's malnourished children and 35% of low-birth-weight infants in developing countries. Tragically, 2.5 million children die in India each year, accounting for one in every five child deaths globally [2]. In India, malnutrition arises from a complex web of interrelated factors. These include lack of awareness about proper nutrition, hygiene, and health practices, compounded by environmental, economic, and geographical challenges [1]. The Government of India has implemented several initiatives to combat childhood malnutrition, including programs such as Integrated Child Development Services (ICDS) and Village Council Development Committees (VCDC). Additionally, the "Mid-Day Meal" scheme provides nutritious meals in schools to help prevent malnutrition [3]. In Ayurveda, malnutrition is recognized under various terms, including Balashosha, Karshya, Balkshaya, Ksheeraj Phakka, Parigarbhika, and Shushka Revti. Conditions like Balashosha and Ksheeraj Phakka are attributed to Kapha vitiation, leading to impaired digestive fire (Agnidushti), the formation of toxic metabolites (Aama Rasa), and weak digestion (Mandagni). This disrupts the production and assimilation of Rasa dhatu, ultimately impairing tissue nourishment [2]. Addressing malnutrition requires a holistic approach that includes access to clean drinking water, proper sanitation and waste management, regular deworming, and balanced nutrition. Ayurvedic management emphasizes the use of formulations with properties like Vatashamaka, Amapachaka, Deepana, Brimhana, Srotoshodhana, Dhatu Poshaka, and Rasayana to restore balance, enhance nutrient absorption, and promote tissue nourishment. These interventions aim to improve overall health and vitality in malnourished children [4].

With this perspective, the present review seeks to provide evidence on the effectiveness of Ayurvedic interventions in addressing childhood malnutrition, offering insights into their potential role in managing this critical public health issue.

REVIEW QUESTION*:* What is the effectiveness of Ayurvedic interventions in managing Malnutrition in children?

Sub questions:

1. What are the Ayurvedic interventions available to improve malnutrition in children?
2. What are the outcomes of these interventions?
3. What is the overall quality of evidence available from the studies evaluating Ayurvedic intervention for managing malnutrition?

Inclusion criteria

The inclusion criteria were developed based on PICO (population, intervention, comparison, outcome) framework provided in JBI systematic review methodology.

Participants

The study will be conducted on children with karshya / balashosha. Grade I, Grade II, protein-energy malnutrition, and anemia, aged below 18 years, will be considered in any setting. Studies with participants more than 18 years old with no objective or subjective signs of malnutrition or anemia were excluded.

Intervention

This review considered trials that evaluated the effect of Ayurvedic intervention one or more than one type aimed at managing malnutrition and anemia. Any specific therapies, lifestyle modifications, or dietary counseling based on Ayurveda. The studies other than ayurvedic interventions were excluded

Comparators

This review included trials that compared the intervention to any other Standard treatments, placebo or control products. No limit was placed on the comparators.

Specific comparisons were made between:

1.Ayurvedic intervention and placebo
2.With other Ayurvedic interventions
3.With only dietary advice

Outcome

Trials were included if they assessed the following primary outcomes:

1.Nutritional improvement status
2.Objective and subjective parameters
3.Biochemical markers of nutrition
4.Adverse event of intervention

Types of studies

This review considered published articles reporting quantitative studies. Eligible quantitative study designs included experimental studies such as randomized controlled trials (RCTs), clinical trials, and other quasi-experimental studies, including pre-and post-intervention studies, written in English. Articles such as letters to the editor, editorials, commentaries, viewpoints, perspectives, and reviews were excluded [5,6].

Methods

This scoping review will adhere to Arksey and O'Malley's framework and Joanna Briggs' manual for systematic review.[7] This protocol has been registered in PROSPERO 604955 For reporting, PRISMA-S (Preferred Reporting Items for Systematic Reviews and Meta-Analyses–Statements) was used. [8]

Search Strategy

The search strategy aimed to identify published primary studies. (Medical Literature Analysis and Retrieval System Online) MEDLINE (PubMed) was initially used to identify relevant text words andMedical Subject Heading (MeSH) terms, which were then utilized to develop a preliminary search strategy. Search terms included *malnutrition*, *Karshya*, *Balashosha*, *protein-energy malnutrition*, and *Ayurvedic intervention* (Appendix A). The search strategy incorporated all identified keywords and index terms, combined using Boolean operators (e.g., OR, AND) and field tags, and was adapted for each database. (Table 1,2,3) The databases searched included MEDLINE (PubMed), (Cumulative Index to Nursing and Allied Health Literature) CINAHL (EBSCOhost), and Cochrane [9]. Reference lists of included studies were also screened to identify additional relevant articles. A supplementary search was conducted on Google Scholar, reviewing the first 100 publications using free-text terms similar to those employed in

academic database searches [6]. Additional papers were identified by screening the reference lists of included articles. The search covered all available literature in English published from 2000 to the present.

Study selection

Following the search, all identified citations were collated and uploaded into Rayyan software, and duplicates were removed. Titles and abstracts were then screened by two independent reviewers for assessment against the inclusion criteria. Disagreements between reviewers were resolved with the involvement of a third reviewer. Studies that met the inclusion criteria were retrieved for full-text screening and data were extracted as study characteristics and interventional characteristics in an Excel sheet. The trials that did not meet the inclusion criteria in full-text screening were excluded, which is represented in PRISMA flow diagram.(Appendix B) Source: Page MJ, et al. BMJ 2021;372:n71. doi: 10.1136/bmj.n71. This work is licensed under CC BY 4.0. To view a copy of this license, visit https://creativecommons.org/licenses/by/4.0/

Data extraction and analysis

Data were extracted from studies included in the review using a data extraction form aligned to the objective and question of this review (study characteristic - Appendix C, intervention characteristic – Appendix D), as indicated by the methodology for systematic reviews developed by JBI.[10]

The modifications to the data extraction tool were adapted as required during the piloting of the form. Two reviewers will be involved in extracting the data independently. Any disagreements that arise between the reviewers will be resolved through discussion or with another reviewer. [11] The author(s), year of publication, country of origin, purpose, population, sample size, methodology, type of intervention, type of study, assessment, and outcomes related review question and objective. [12]

RESULTS

A Systematic review of 19 clinical studies conducted across India between 2012–2023 included a total of 879 children diagnosed with mild to moderate malnutrition, categorized under Ayurvedic terms such as Karshya, Balashosha, and Protein Energy Malnutrition (PEM). Most participants were between 1–16 years, with a focus on preschool children (2–6 years) [13–15]. All studies followed the Indian Academy of Pediatrics (IAP) classification, primarily including Grade I and II malnutrition cases.

Ashwagandha Ghrita: A medicated ghee preparation with Ashwagandha, Tila, Mash, Guda, Pippali, and Ghrita [16–19]. Dosage ranged from 0.5–1 ml/kg body weight twice daily for 3–6 months. Clinical outcomes showed a weight gain of 1.5–2.3 kg within one month [18,19].

Shatavari Kalpa: A nutritional and galactogogue supplement (Shatavari root 4g, Cardamom 0.05g, Sugar 5.95g per 10g) [20–22]. Dosage: 1–2 teaspoons twice daily with milk for 2–4 months.

Chaturjatadi Sambharak Avaleha: A polyherbal formulation (10 equal herb components) with Deepana, Pachana, Brimhana, and Rasayana properties [13,23].

Karshyahar Yoga Granules: Comprised of Vidarikand, Yava, Godhuma, Sharkara, and Ghrita [24,25]. Dosage: 0.25 gm/kg body weight, with 12.5% marked, 42.5% moderate, and 45% mild improvement rates.

Chandana Bala Lakshadi Taila: Used for Abhyanga (external massage), improved weight and MUAC (mid-upper arm circumference) [26,27].

Ksheerbala Taila (Matra Basti): Administered at 1.5 ml/kg body weight rectally. When combined with oral granules, it yielded superior clinical outcomes [14,24,28].

Trikatrayadi Lauha Suspension: Contained Triphala, Trikatu, Trimada, Mandura Bhasma, and Lauha Bhasma [29,30]. Dosage: 0.5 mg/kg body weight with elemental iron 1.049 mg/mL, led to hemoglobin increase of 1.94 g/dL in 5 weeks and 3.33 g/dL in 10 weeks.

Oral Preparations: Usually administered twice daily with milk, honey, or lukewarm water.
External Applications: Used as per Abhyanga protocols.

Specialized Delivery: Matra Basti was used for targeted delivery in specific cases.
Treatment Duration: Ranged from 2 to 6 months, often divided into three phases:
- Deepana–Pachana (digestive stimulation)
- Brimhana (nutritional building)
- Rasayana (rejuvenation)

Weight Gain: Ashwagandha and other granule-based therapies showed consistent improvements of 1.5–2.3 kg/month [31,32].

Anthropometry: Improvements in height and MUAC were recorded across studies [25,27].

Hemoglobin and Nutritional Markers:
- Trikatrayadi Lauha: 39.10% hemoglobin increase [29]
- Serum protein: Notable rise in total protein values [33]
- Appetite and food intake: Significantly enhanced in most subjects [14,34]

Safety Profile: All 19 studies reported no adverse effects, and all interventions were well-tolerated [25,29].

Contraindications:
- Shatavari Kalpa is not recommended in cases of gestational diabetes [21].
- Severe malnutrition (Grade III-IV) and acute infections were consistently excluded.

Most studies used Ayurvedic interventions as adjuvant therapy in alignment with ICDS (Integrated Child Development Services) protocols [15,33]. Combined strategies including dietary counseling, regular follow-up, and personalized regimens were emphasized.

The analysis highlights the efficacy, safety, and integrative potential of Ayurvedic treatments for childhood malnutrition. The structured use of traditional formulations with modern clinical evidence supports a multi-phased therapeutic approach that aligns with public health strategies for improving pediatric nutrition.

DISCUSSION

Both PEM, Karshya and balashosha have common route cause of Malnuriion which has varying clinical features in children. [1] The primary cause of malnutrition is a lack of a nutritious diet. Therefore, the treatment should emphasize both nutrition and Dhatu Poshak Ahara.

Ayurvedic formulation for anemia **[31]**
The study conducted by Abhimanyu Kumar considered Trikatrayadi Lauha suspension for the management of Pandu Roga (iron deficiency anemia), a statistically significant improvement noted in iron levels in anemic children, showing notable increases in hemoglobin levels and overall health improvements.

Ayurvedic Interventions in Malnutrition and Underweight Management
- Many studies focus on using Ayurvedic treatments:

a) Gritha were used in the management of malnutrition like *Amritaprasha gritha* [16], *Samangadi gritha* [23], and *Yashtyadhyam gritha* [29] which have shown statistically significant improvement in the weight and anthropometric parameters of children.
b) Ayurvedic compounds in granule form, such as Krishnadi Granules [18], Ghanavyoshadi Khanda [26], Bala Ashwagandha Granules [27], Karshyahara Yoga Granules [23], and Vidhari Khanda Churna [30], have been studied for their effectiveness in addressing undernutrition in children. These formulations not only demonstrated significant improvements in weight gain and a reduction in symptoms associated with Karshya but also held cultural significance, making them particularly suitable for communities that embrace traditional medicine.Ayurvedic compounds in the form of semisolids such as *Kushmanda Kalpa* [21], *Shatavari Kalpa* [25], and *Chaturjatadi Sambharaka* [17] which showed promising results in the management of malnutrition in children.
c) Palatable and exciting ayurvedic formulations used for children to treat malnutrition like Paustika Biscuits [19] and *Poshak Laddu* [14] which showed significant results.

Comparative Clinical Trials

- Comparative studies play a crucial role in interventional studies, the trial on *Ghanavyoshadi Khanda* vs. *Vidarikandadi Khanda*, [26] which examined weight gain in children with Karshya showed statistically significant improvement in all the parameters in the Ghanavyoshadi Khanda group compared to Vidarikandadi Khanda group. Studies comparing *Paushtika Biscuits* and conventional wheat biscuits revealed significant findings for Ayurvedic dietary interventions, showing better efficacy in managing malnutrition which had improvement in Paushtika biscuits over wheat biscuits. [19] *Karshyahara Yoga granules* were compared with *Matra Basti with Ksheerabala thaila* which showed significant improvement in the granules group. [27]

Holistic and Preventive Health Approach

Some studies have combined complementary therapies like Basti and Abhyanga with dietary interventions, highlighting Ayurveda's holistic approach to improving both physical and mental well-being alongside nutrition. Treatments such as Abhyanga with Tila Taila and Nadisweda, followed by Matra Basti with Ashwagandha Ghrita [28], Egg Yolk Basti [15], Sarvanga Snehan-Swedana and Matra Basti with Dashmool Taila [13], and Kshirabala Taila Abhyanga [24], were used in combination with nutritional therapies. These integrated approaches aim to provide comprehensive care, addressing overall health rather than solely focusing on weight gain. Notably, these treatments demonstrated statistically significant improvements across various health parameters, reinforcing the importance of a well-rounded approach to managing malnutrition.

Community and Hospital-Based Studies

- The interventions were tested across varied settings. Community-based research, such as the work by Meena et al, provides insight into Ayurvedic program effectiveness at a larger scale, particularly in areas where access to conventional healthcare is limited. [17]

Safety and Efficacy of Herbal Formulations

Safety was a consistent focus in these studies, with careful monitoring to ensure the well-being of young patients. For instance, Kushmanda (*Benincasa hispida*) was evaluated for adverse effects during a trial and was found to be safe for children [21]. This emphasis on safety highlights the suitability of these herbal remedies, addressing concerns about potential herb-drug interactions and long-term effects, and ensuring that Ayurvedic interventions remain a reliable option for managing childhood malnutrition.

CONCLUSION

All these studies collectively aim to establish Ayurveda as a scientifically credible intervention for childhood malnutrition, building evidence that could support its integration into global health strategies. By validating the efficacy of Ayurvedic practices through clinical metrics, these studies encourage a nuanced approach to blending

traditional and contemporary health solutions for pediatric malnutrition and also provide a structured approach to understanding and addressing childhood malnutrition through Ayurvedic practices.

ACKNOWLEDGMENT

The authors would like to acknowledge the institutional and infrastructural support provided by SDM college of Ayurveda and Hospital, Udupi, India.

Conflict of interest: None

Funding: This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

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Table.1: Search strategy: PUBMED

#1	((((("Malnutrition"[Mesh]) OR "Protein-Energy Malnutrition"[Mesh]) OR "Severe Acute Malnutrition"[Mesh]) OR "Child Nutrition Disorders"[Mesh]) OR (((((undernutrition) OR (PEM)) OR (Karshya)) OR (Balashosha)) OR (nutritional deficiency))
#2	((((((((((((((Brimhana) OR (Deepana-pachana)) OR (Agni)) OR (Rasayana)) OR (Ayurvedic drugs)) OR (Ayurvedic medicine)) OR (Ayurved)) OR (Ayurveda)) OR (Ayurvedic)) OR (Ayurveda therapy)) OR (Ayurvedic drugs)) OR (Ayurvedic Formulation)) OR (Ayurvedic Interventions)) OR (Ayurvedic management)) OR (Ayurveda Panchakarma)) OR (Basti)
#3	#1 AND #2 (((((("Malnutrition"[Mesh]) OR "Protein-Energy Malnutrition"[Mesh]) OR "Severe Acute

	Malnutrition"[Mesh]) OR "Child Nutrition Disorders"[Mesh]) OR (((((undernutrition) OR (PEM)) OR (Karshya)) OR (Balashosha)) OR (nutritional deficiency))) AND ((((((((((((((Brimhana) OR (Deepana-pachana)) OR (Agni)) OR (Rasayana)) OR (Ayurvedic drugs)) OR (Ayurvedic medicine)) OR (Ayurved)) OR (Ayurveda)) OR (Ayurvedic)) OR (Ayurveda therapy)) OR (Ayurvedic drugs)) OR (Ayurvedic Formulation)) OR (Ayurvedic Interventions)) OR (Ayurvedic management)) OR (Ayurveda Panchakarma)) OR (Basti))

Table.2: Search strategy: CIHNAL

Sl No	Search Terms
#1	Malnutrition OR Protein-Energy Malnutrition OR Severe Acute Malnutrition OR Child Nutrition Disorders OR undernutrition OR PEM OR Karshya OR Balashosha OR nutritional deficiency
#2	TX Brimhana OR TX Deepana-pachana OR TX agni OR TX Rasayana OR TX Ayurvedic drugs OR TX ayurvedic medicine OR TX ayurveda OR TX Ayurveda therapy OR TX Ayurvedic drugs OR TX Ayurvedic Formulation OR TX Ayurvedic Interventions OR TX (Ayurvedic management OR ayurvedic panchakarma)
Total	#1 AND #2

Table.3: Search strategy: COCHRANE

Sl No	Search Terms
#1	(Malnutrition OR Protein-Energy Malnutrition OR Severe Acute Malnutrition OR Child Nutrition Disorders OR undernutrition OR PEM OR Karshya OR Balashosha OR nutritional deficiency):ti,ab,kw
#2	(Brimhana OR Deepana OR pachana OR Agni OR Rasayana OR Ayurvedic drugs OR Ayurvedic medicine OR Ayurved OR Ayurveda OR Ayurvedic OR Ayurveda therapy OR Ayurvedic drugs OR Ayurvedic Formulation OR Ayurvedic Interventions OR Ayurvedic management OR Ayurveda Panchakarm OR Basti):ti,ab,kw
Total	#1 AND #2

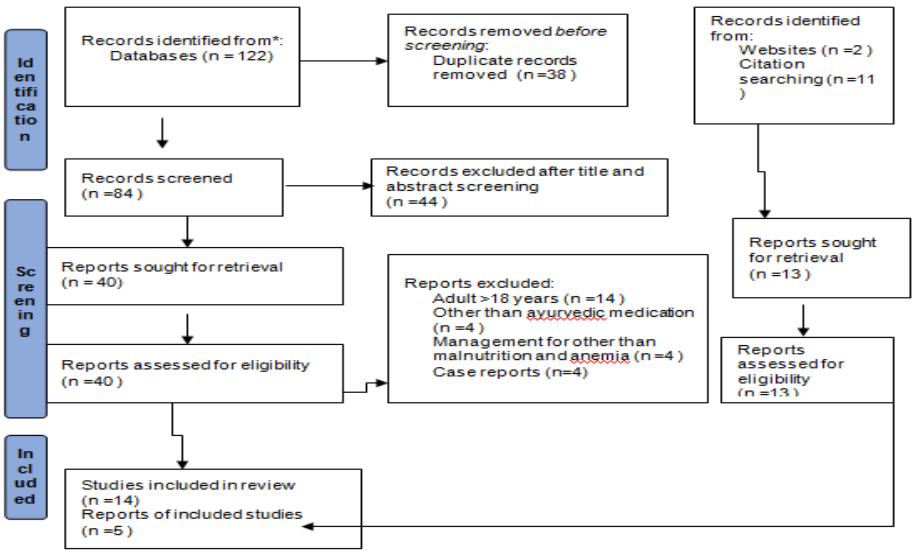

Figure .1: PRISMA flow diagram.(Appendix B)

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

A Comprehensive Analysis on Brain Tumor Diagnosis using Brain Image Segmentation

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Received: 17 Apr 2025 Revised: 18 May 2025 Accepted: 17 Jun 2025

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ABSTRACT

Brain tumors represent the irregular growth of cells within the brain space that ranges from benign to malignant forms. These disrupt both brain operations and human health. The procedure of diagnosing brain tumors through brain image segmentation includes scanning Magnetic Resonance imaging (MRI) or Computed Tomography (CT) images to detect the tumors while determining the position and type for proper medical verification. This survey explores brain tumor diagnosis through the brain image segmentation approaches published in the papers from 2020 to 2025. This research study analyzes 33 published journal reports which specifically focus on brain tumor diagnosis. Brain tumor diagnosis enabled by brain image segmentation leads to three major future applications that consist of automated in-time detection, customized treatment programs and enhanced surgical precision. The accurate identification of brain tumors enables improved strategy results by using image segmentation to locate and measure the tumor areas. The studies analyzing sophisticated brain image segmentation techniques focus on enhancing the diagnostic accuracy for tumors while producing enhanced diagnostic outputs and classification outputs.

Keywords: Brain image, Brain Tumor, Segmentation, Magnetic Resonance Imaging (MRI), Computed Tomography (CT)

INTRODUCTION

Illnesses involving brain tumors represent the complex medical conditions that require precise imaging approaches for precise diagnosis as well as disease categorization. Magnetic Resonance Imaging (MRI) serves as a vital component in medical imaging because it assists in determining the tumor properties and supporting the earlier diagnosis alongside therapy planning and prognosis evaluation [1]. The segmentation process for brain images produces tumor-specific regions. Thus, precise locations are created for the accurate volume estimations that are essential in the decision-making process [2]. The automated algorithms in Deep Learning (DL) models extract the difficult features and enhance the diagnosis results for brain tumor segmentation. The tumor segmentation in MRI scans through the different methods like Convolutional Neural Networks (CNNs) together with U-Net architectures and attention-based models show successful outcomes [3]. Manual segmentation of brain tumors is the standard practice but it has the requirement of extensive time investment as well as exhibited variable interpretations between experts [4]. The detection abilities are improved by the recent multimodal imaging optimization methods [5]. The existing methods of brain-tumor segmentation which use Machine Learning (ML) and DL frameworks perform the analysis using sample tissues from both High-Grade Gliomas (HGG) and Low-Grade Gliomas (LGG) categories [6]. The segmentation accuracy is improved through the combination of spatial context with contextual information in which transfer learning models such as U-shaped Convolutional Neural Network (U-Net) and Mask Region-Based Convolutional Neural Network (Mask R-CNN) utilize [7]. Dilated Convolutional encoder-decoder networks produce better MRI resolution through the implementation resulting in the enhanced tumor boundary definition [8].

When Particle Swarm Optimization (PSO) operates with CNN models, it enhances the classification efficiency and simultaneously reduces the computational operational costs [9]. The new 3D tiled CNN is functioning as a reliable tool for volumetric MRI data segmentation by naturally sustaining structural features of tumor regions [10]. While processing the complex medical imaging tasks, the evolutionary DL technology DenseRes attains high precision [11]. Fast Surfer alongside other fast neuroimaging pipelines offers the rapid segmentation outcomes at high accuracy levels, making ready for clinical settings [12]. These models provide the clarified Artificial Intelligence (AI) system decision explanations which lead to increased medical AI trust and transparency [13]. The reliability of segmentation are enhanced using the uncertainty quantification techniques, especially in the combination with multimodal medical imaging according to research [14]. Today's research concentrates on enhancing the 3D CNN approaches in medical analysis along with their continuous development as part of brain tumor segmentation [15]. The implementation of 3D Mask R-CNN successfully segments the tissue images from perfusion studies and assists in making more accurate diagnostics [16]. Modern research demonstrates the ongoing usage of ML for the two applications such as neurological disease prevalence estimation and improved the tumor detection systems [17].

The field of medical image processing encounters new approaches through the statistical reduction methods and deep hyper-optimization which aims to advance the disease classification methods [18]. Deep Learning researchers have demonstrated the CNN with auxiliary constraints as these networks extract the diseased organs from medical images for the various applications of medical segmentation [19]. Transfer learning has become popular because it produces efficient segmentation outcomes by utilizing the pre-trained models [20]. The accurate brain tumor segmentation relies on AI models that couples radiomics data extracted from multiple imaging methods to improve the diagnostic capacity as well as the therapeutic planning process. The upcoming research will create better methodologies through the creation of more specialized methods that are still robust, and understandable from a clinical application.

Figure 1 shows the relationship between the brain tumor and its creation process. The brain tumor develops when genetic mutations combine with the exposure to radiation along with toxins and viral infections to cause the uncontrolled cellular growth. Several factors including hormonal imbalances, weakened immune systems, occupational hazards and age along with the gender-based risks lead to tumor formation.

LITERATURE REVIEW

Ahsan et al. (2024) presented some of the DL techniques when dealing with brain tumor detection and the segmentation of MRI scans. The authors contrasted and compared the different CNNs and transformer designs to enhance accuracy. Normalization and Augmentation were the given techniques of preprocessing. The contribution of data annotation towards model performance was the main issue revealed through this work. Over fitting and generalization problems in medical image segmentation were explained. In Akan et al. (2024), multimodal optimization technique for brain MRI segmentation was analyzed by incorporating several imaging modalities. Further, hybrid metaheuristic algorithms were used to detect tumor boundary in the study. In this way, feature extraction methods such as wavelet transforms and texture analysis were used to find a path to this explored information. The authors compared their technique with some conventional threshold techniques. The main fact of this study was that the anatomical and functional imaging data had to be fused for segmentation accuracy.

A comparative analysis of the different studies concerned with brain tumor segmentation technique has been produced in this table 1. It describes the conjunction of segmentation approaches, preprocessing techniques, evaluation metrics used and the main contribution of each study. This helps in understanding the effectiveness of different techniques of medical image segmentation. In this work, Alomari (2025) presented the trends of Artificial Intelligence (AI) and data integration from the multimodal data for smart healthcare applications. The proposed structural model had been used for the medical image segmentation, especially the brain tumor segmentation. Key technologies presented in this paper were not limited to the use of DL, a statistical modeling and hybrid AI. The respective data fusion techniques were combined including the different medical imaging sources. It addressed the ethical and computational problems related to the deployment of AI for clinical diagnosis. Alsheikhy et al. (2023) proposed the ML based effective diagnosis system for brain tumor detection and classification. In this study, feature engineering was merged with DL. Both Support Vector Machines (SVMs) and CNNs were compared in terms of performance. Noise removal and contrast improvement were the advantages of preprocessing techniques that were discussed in this paper. This system provided the efficient results on clinical MRI datasets used as benchmarks.

In table 2, the differences between various research studies in respect of brain tumor segmentation have been presented in a structured way. Several segmentation techniques, preprocessing methods, metrics of evaluation, and key contributions to the medical image analysis are presented on this table. Comparison between the approaches is made based on the strengths of both increased diagnostic accuracy and efficiency. In Cao & Cheng (2025), the Shape-Aware Contextual U-Network (SACU-Net) architecture for biomedical image segmentation, a U-Net based architecture was introduced. To alleviate this issue, the proposed model added shape-aware mechanisms and attention layers to provide the tumor boundary detection. To handle the segmentation of complex medical images, the techniques of context extraction were brought in. This study compares SACU-Net with standard U-Net and Residual U-Network (ResUNet) architectures. In experiments, SACU-Net demonstrated that the obtained segmentation accuracy in brain tumor datasets was higher than the conventional methods. In Chen et al. (2020), the authors presented the cross-modality medical image segmentation microscopy by an anatomy regularized representation learning approach. Integrating anatomical constraints assisted in improving the feature extraction from MRI and CT scans. In this research, semi supervised learning techniques were explored for using the unlabeled medical images. The authors used their model to segment a number of other problems including the brain tumor detection. Finally, performance had been improved over the traditional DL with regards to segmentation accuracy.

The comparison of the research studies covers the tumor segmentation and classification using different DL and ML approaches in this table 3. Unlike the former studies, segmentation techniques, preprocessing strategies, evaluation criteria, and the unique contributions to medical imaging research are different. In Csaholczi et al. (2024), the problem of DL based segmentation of brain tumor parts were examined in the multi spectral MRI data. In multi channel imaging modalities, it used a U-Net architecture optimized. The techniques of preprocessing like bias field correction and histogram equalization were discussed. Then, it evaluated the performance of segmentation in terms

of different MRI sequences used. The robustness against imaging variations was enhanced through the suggested ensemble learning approach. With regard to super resolution using brain MRI, Du et al. (2020) utilized a 3D dilated convolutional encoder decoder network. The purpose of proposed model was to increase the resolution of MRI segmented images. 3D dilated convolutions assisted in preserving fine tumor details and were benefitted. The authors compared their approach with the traditional interpolation methods. The results of this experiments showed that the proposed method had improved image clarity and diagnostic accuracy greatly.

Problem Identification

Due to the complexity of the shapes, sizes and the locations of brain tumors in brain, the detection of brain tumor is difficult. However, manual segmentation of the normal images is a time demanding and more prone to human error, resulting in the low diagnostic accuracies. Further, MRI and CT scan quality are stable enough to complicate the precise detection of tumor. Using the current methodologies of segmentation, it is very difficult to differentiate the tumor from the healthy tissues. The lack of the consistency in automated diagnosis is due to the fact that the models of automatic diagnosis are not standardized. The accuracy of segmentation is important to lower the chance of late detection and the chance for having better treatment outcomes. Hence, the advanced algorithms need to be used to increase the accuracy of segmentation.

Existing Methodologies

Deep Learning, ensemble learning, hybrid framework and a few other attempts reach the current level of performance. With reinforcements using the extracted features from MRI and CT image by CNN based models, the MRI and CT image is worked upon to segment the tumor features. It is shown that the transformer based architectures successfully gained the improved boundary detection and classification for tumors for which the shape and texture varies. Multi scale feature fusion assists in greatly enhancing the structural details and attention mechanism uses for the critical tumor regions to give better segmentation. Good high quality input images are produced by the preprocessing techniques such as noise reduction, skull stripping and intensity normalization. Computational efficiency is desirable so that the real time clinical applications are feasible and translated to the lightweight architecture.

Advanced Image Processing Method

Valente et al. (2021) presents an advanced Deep Learning and reinforcement learning image processing technique that has been deployed to exactly segment the brain tumor. It use CNNs to extract the most important features from MRI scans and reinforce the tensor field using reinforcement learning to improve the segmentation results iteratively from feedback. The hybrid technique achieves tumor boundary detection over the overlapped tissues as well as the variations of the tumor shape and size. As the initial step, preliminary steps of preprocessing such as noise reduction and contrast enhancement have been done to pave the way for achieving maximum accuracy. A description of the dynamical adaptation of the system in the segmentation predictions is given using reinforcement learning. While the increased reliability is provided, false positives are reduced. This approach is particularly useful to the automated medical diagnosis in the case of brain tumor patients, where it allows to identify the diseased area of the brain. As shown in figure 2, CNN is used for diagnosing the brain tumor. Here, the processes namely input acquisition, preprocessing, feature extraction, initial and final segmentation of the inputted image are performed.

Deep Ensemble Learning Framework

A deep ensemble learning framework to segment and grade the glioma using MRI scans is proposed in Wen et al. (2025). Thus, various DL models such as CNNs and transformer based are combined to improve the segmentation performance and classify the gliomas to different grades. A fusion mechanism is introduced which fuses the outputs of different models to reduce the errors and enhance the robustness of detecting tumor boundary. Preprocessing techniques such as skull stripping, normalization of intensity as well as noise reduction and segmentation performed in this anatomy are used to improve image quality. Tumour feature is captured by the ensemble approach to overcome the difficulties of tumour heterogeneity, tumour size and shape as well as the texture variations. In

addition, the proposed model has a higher accuracy in the classification of low grade and high grade glioma so as to facilitate a prompt diagnosis and planning of treatment.

E2ENet

The brain tumor is accurately detected with E2ENet, which is the brain image segmentation method. This method also consists of putting the brain image as input. Then, it is preprocessed, extracted the features based on sparse learning, fused multi scale feature, segmented and again preprocessed for the acute detection of tumor. This is illustrated in figure 3. E2ENet, a dynamic sparse feature fusion framework specifically built to ensure the accurate and efficient 3D medical image segmentation such as in brain tumor case, is firstly presented by Wu et al. (2025). It use an End to End sparse learning which learns the exciting features by attending the most relevant regions in the MRI scan. In this model, a multi-scale feature fusion is combined with tumor boundary detection to reduce the computational cost while improving the integrated feature information. It dynamically modifies the network's parameters to achieve the higher precision in segmentation without demanding several manual annotations. Intensity normalization, bias field correction and skull stripping are incorporated as preprocessing techniques to refine the inputted MRI before segmentation. It allows the framework to segment the brain tumors with high structural details efficiently and delineate tumor areas from normal tissues. Isolated resolution enhances the accuracy of segmentation and also attains the level of efficiency appropriate for real time clinical usage.

MRI CT Brain Tumor Segmentation Model

The approach of Enhanced Hierarchical Feature Fusion (EHFF) by Zhang et al. (2024) is defined as an innovative solution to the problem of brain tumor segmentation in MRI scans. A spatial accuracy and complexity reduction is achieved by the method, which uses an Adaptive Feature Learning (AFL) module of MRI images that integrates global contextual information along with detailed local features to achieve the desired result. Other than that, a Hierarchical Feature Weighting (HFW) module for these hierarchical weighting operations and extracting multi scale features is also suggested with emphasis on higher spatial information. To further improve the performance, Hierarchical Feature Retention (HFR) as a side decoder has been utilized to do the up sample and combine thr features of multiple layers for necessary detail preservation. However, when implementing this approach on the BraTS 2021 dataset, it outperformed the other methods in terms of dice similarity measures of 88.57%, 91.53% and 93.09% for tumor, tumor core and overall tumor respectively.

A Novel Prediction Model

Zhang et al. (2020) suggested a novel brain glioma image segmentation method on the basis of Bose-Einstein Condensate theory. From their earlier finding of the challenge in handling the normally indefinite contour of glioma images, the authors offer a new Bose-Einstein Condensate (BEC) kernel function is introduced to serve that function. The kernel function is applied in a prediction model that aims to enhance the precision of delineation of glioma contours. It performed five tests to validate their model's verification. The initial three were intended to identify the optimal parameters of BEC kernel and the remaining two were designed to validate the model performance against the previously known clustering techniques and CNNs. The findings proved that the BEC-based prediction model not just relieved the issue of segmentation combined with fuzzy glioma images to a certain extent but also outperformed some modern strategies in precision, recall, and F-measure scores. It indicates that it is highly possible to apply the quantum mechanical models such as BEC towards solving the complicated medical image segmentation problems.

DISCUSSION

The implemented techniques such as high-ordered and hybrid brain tumor segmentation is done via Deep Learning. Magnetic Resonance Imaging and CT scan image feature extraction occupies the largest space in CNN models and the transformer models are augmented with combined tumor edge detection using shape and texture. Attention mechanisms and multi-scale feature fusion enhances the accuracy with the most pertinent tumor features. Intensity

normalization, skull stripping, and noise removal enabled high quality input are the preeprocessing methodologies which enhance the output. Deep ensemble learning is applied for the heterogenous model fusion for glioma classification enhancement and tumor heterogeneity problems. Multi-scale fusion and sparse learning are tackled by E2ENet that balances the accuracy and computation. Mask R-CNN attention-based mechanism performs the secondary classification of brain CT images into non-cancerous or cancerous. Then, EHFF is also responsible for delivering the fine segmentation in terms of hierarchy of feature fusion structure like weighing mechanism and retention mechanism. Techniques place ML models into correct and effective diagnosis of brain tumor to real application

CONCLUSION

This survey reviews 33 journal papers on brain image segmentation for the diagnosis of brain tumors. The surveyed papers were published between the years 2020 and 2025. This brain tumor detection by brain image classification has enhanced the efficiency of diagnosis and earlier diagnosis to the advantage of early treatment. In spite of adversity of data set variability and computational complexity, research development goes on creating higher generalizing ability of the models. Modern research prefers the earlier and homogeneous brain tumor detection for the improved patient diagnosis and treatment. With the progress, brain image classification has the accurate ways for the transformation from medical diagnosis to earlier treatment and improved patient wellness. The subsequent studies should include higher-level classification using multimodal imaging and real-time intervention detection as well.

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Table 1: Comparison of brain tumor segmentation studies in various research works

Reference	Segmentation Approach	Preprocessing Techniques	Evaluation Metrics	Key Contributions
Guder & Cetin-Kaya (2025)	Lightweight CNN with PSO	Normalization, Data Augmentation	Accuracy, Precision, Recall	Optimized attention-based CNN model for efficient tumor classification
Haque et al. (2024)	3D Tiled CNNs	Skull stripping, Histogram Equalization	Dice Score, Jaccard Index	Improved segmentation in volumetric brain MRI scans using tiled 3D CNNs
Hassanzadeh et al. (2020)	DenseRes Deep CNN	Bias field correction, Data augmentation	Sensitivity, Specificity, IoU	Combination of DenseNet and ResNet for higher segmentation accuracy
Henschel et al. (2020)	FastSurfer Deep Learning Pipeline	Intensity normalization, Data augmentation	Dice Coefficient, Hausdorff Distance	Develops a fast and accurate neuroimaging pipeline for structural brain segmentation
Hosny et al. (2024)	Explainable Ensemble DL Model	Feature extraction, Noise reduction	Accuracy, F1-Score, Area Under Curve (AUC)	Enhances interpretability of brain tumor classification using explainable AI
Huang et al. (2025)	Deep Evidential Fusion with Uncertainty Quantification	Modality fusion, Feature selection	Uncertainty estimation, Intersection over Union (IoU)	Incorporates uncertainty quantification for improved multimodal segmentation

Table 2: Comparison analysis of brain tumor segmentation studies of varied author works

Reference	Segmentation Technique	Preprocessing Methods	Evaluation Metrics	Key Contributions
Jeong et al. (2020)	3D Mask R-CNN for Perfusion Imaging	Contrast normalization, Intensity correction	Dice Score, Sensitivity, Specificity	Uses dynamic susceptibility contrast-enhanced MRI for tumor segmentation
Koduru (2022)	Machine Learning for Neurological Disease Prediction	Feature extraction, Data standardization	Accuracy, F1-Score	Identifies tumor prevalence patterns using ML techniques
Kumar et al. (2025)	Statistical Reduction with Deep Hyper Optimization	Noise reduction, Feature selection	Precision, Recall, AUC	Introduces an AI-driven optimization method for disease classification
Lian et al. (2025)	CNN with Auxiliary and Refined Constraints	Organ masking, Contrast enhancement	Mean IoU, Dice Score	Extracts organs of interest from medical images for improved segmentation
Madhavi et al. (2025)	Transfer Learning from MRI Images	Data augmentation, Feature fusion	Accuracy, Sensitivity	Applies pre-trained deep learning models for brain tumor classification
Putz et al. (2024)	Segment Anything Model (SAM) for MRI Segmentation	Automatic region proposal, Image filtering	Dice Score, Jaccard Index	Evaluates SAM's performance in brain tumor segmentation for radiotherapy planning

Table 3: Comparative Analysis of Tumor Segmentation and Classification Studies

Reference	Segmentation/Classification Approach	Preprocessing Techniques	Evaluation Metrics	Key Contributions
Sadeghinasab et al. (2025)	ML-Based Radiomics for Glioblastoma Response Assessment	Feature extraction, Texture analysis	Accuracy, Sensitivity, Specificity	Assesses glioblastoma treatment response using radiomics-based ML models
Shomirov et al. (2022)	Weighted Focal Loss (WFL)-Based 3D U-Net for Brain Tumor Segmentation	Bias field correction, Skull stripping	Dice Score, Jaccard Index	Uses a 3D U-Net with WFL for segmenting HGG and LGG tumors
Singh et al. (2024)	Efficient Net-Based DL Model for Classification	Data augmentation, Noise reduction	Precision, Recall, AUC	Develops a robust deep learning framework for brain tumor classification
Suero Molina et al. (2025)	MRI-Based Deep Learning for Predicting Tumor Fluorescence	Contrast enhancement, Image normalization	F1-Score, Dice Coefficient	Predicts intraoperative fluorescence in gliomas using MRI and DL
Tinglan et al. (2025)	Detail-Enhanced Multi-Scale Feature Fusion for Liver Segmentation	Edge detection, Feature fusion	Mean IoU, Dice Score	Proposes a liver segmentation network using multi-scale feature fusion
Vakanski et al. (2020)	Attention-Enriched Deep Learning for Tumor Segmentation	Ultrasound noise reduction, Image filtering	Accuracy, Sensitivity, IoU	Develops an attention-based model for tumor segmentation in ultrasound images

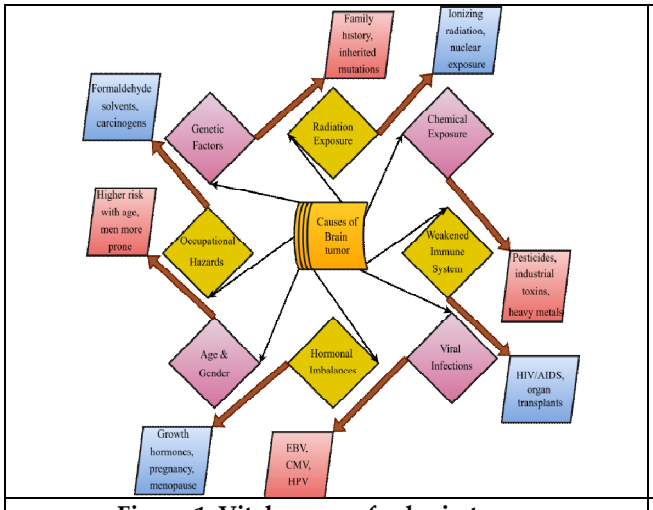

Figure 1: Vital reasons for brain tumor

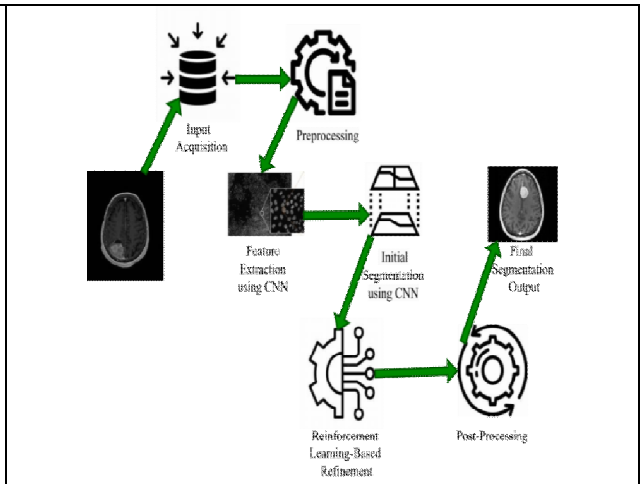

Figure 2: Brain tumor detection using CNN

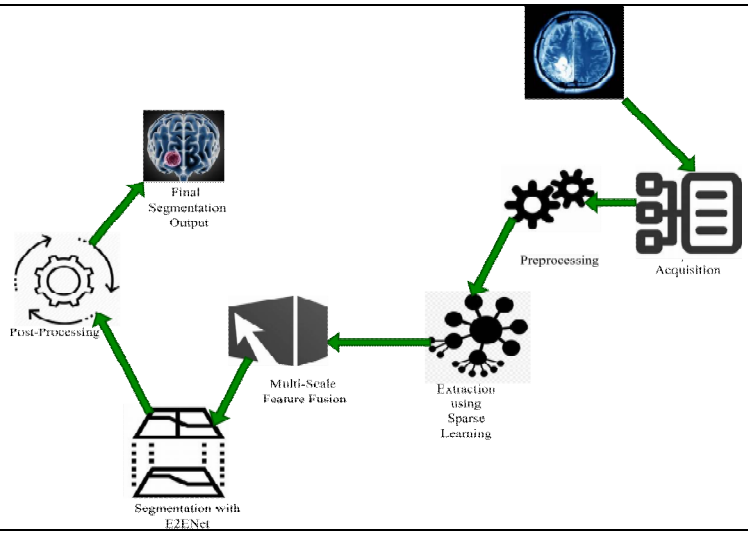

Figure 3: Brain image segmentation using E2ENet

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Inverse Non-Split Majority Domination in Graphs

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Received: 02 May 2025 Revised: 29 May 2025 Accepted: 23 Jun 2025

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ABSTRACT

This Chapter introduces an inverse non-split majority dominating set of a graph G. Inverse non-split majority domination number $\gamma_{NSM}^{-1}(G)$ is determined for some families graphs. Characterization theorem on minimal inverse non split majority dominating sets is discussed. Bounds of inverse non split majority dominating set and some interesting results of $\gamma_{NSM}^{-1}(G)$ are also established.

Keywords: Inverse Domination, Non-split Domination, Majority Domination, Inverse majority Domination, Graph Domination.

INTRODUCTION

Kulli and Janakiraman introduced a new parameter namely the nonsplit dominating set of a graph in domination theory. It has opened many dimension of domination parameters in the field of graph theory. In 2015, Joseline Manora and Veeramanikandan introduced the "concept the nonsplit majority dominating set of a graph". In this concept motivated by introduced new concept an Inverse non split majority domination graphs. A study of inverse non split majority domination is made in this paper. The organization of this chapter is as follows. Section 1 is the introduction part of the paper and its contain the motivation of defining a new parameter Inverse nonsplit majority domination in graphs. Section 2 defines the concept of an Inverse nonsplit majority dominating set for a graph G and illustrates the defined concept with example. The inverse nonsplit majority domination namely $\gamma_{NSM}^{-1}(G)$ is determined for various families of graphs in Section 3.

Inverse Non- Split Majority Dominating Sets

Definition 2.1 Let G be a graph with p vertices and q edges and let D be a minimum non-split majority dominating set of G. Then the set $D' \subseteq V - D$ is called an inverse nonsplit majority dominating set of G with respect to D if $|N[D']| \geq \left\lceil \frac{p}{2} \right\rceil$ and the induced subgraph $\langle V - D' \rangle$ is connected.

Definition 2.2 The minimum and maximum cardinality of a minimal inverse non split majority dominating setD′ of G with respect to D is called the inverse nonsplit majority domination number, denoted by $\gamma^{-1}_{\mathrm{NSM}}(\mathrm{G})$ and upper inverse nonsplit majority domination number by $\Gamma^{-1}_{\mathrm{NSM}}(\mathrm{G})$ respectively.

Example 2.3 Consider the graph G with p = 9 vertices

Let D and D' be a majority and inverse majority dominating set of G. In the graph G, $D = \{v_1, v_2\} = 2$ and $D' = \{v_6, v_7\} \subseteq V - D$. Hence, $\gamma_M(G) = |D| = 2$ and $\gamma_M^{-1}(G) = |D'| = 2$.
Let $D_1 = \{v_1, v_2\}$ be a nonsplit majority dominating set of G. Let $D_1' = \{v_6, v_7, v_8, v_9\} \subseteq V - D_1$ and $D_2' = \{v_3, v_4, v_9\} \subseteq V - D_1$ be any two minimal inverse non-split majority dominating set of G with respect to D_1. Hence $\gamma_{NSM}(G) = |D| = 2, \gamma^{-1}_{NSM}(G) = |D_1'| = 3$ and $\Gamma^{-1}_{NSM}(G) = |D_2'| = 4$.

Observations 2.4
1) For any connected graph G, $\gamma_M^{-1}(G) \leq \gamma^{-1}_{NSM}(G)$.
2) For any connected graph G, $\gamma_{NSM}(G) \leq \gamma^{-1}_{NSM}(\mathrm{G})$
3) For any connected graph G, $\gamma^{-1}_{SM}(G) \leq \gamma^{-1}_{NSM}(\mathrm{G})$
4) For any connected graph G, $\gamma_M^{-1}(G) \leq \gamma^{-1}_{SM}(G) \leq \gamma^{-1}_{NSM}(G)$.
3. $\gamma^{-1}_{NSM}(G)$ for Some Families of Graphs

The inverse nonsplit majority domination number $\gamma^{-1}_{NSM}(G)$ for some classes of graphsis determined in the following results.

Proposition 3.1 For a path $P_p, p \geq 2$, then $\gamma^{-1}_{NSM}(G) = \left\lceil \frac{p}{2} \right\rceil - 1$.

Proof Let G be a path with $p \geq 2$.By the result (1.3), Let D = $\{u_1, u_2, \ldots u_{\lceil \frac{p}{2} \rceil - 1}\}$ be a nonsplit majority dominating set of G with $|D| = \left\lceil \frac{p}{2} \right\rceil - 1$.Choose $D' = \left\{u_p, u_{p-1}, \ldots u_{\lceil \frac{p}{2} \rceil + 1}\right\} \subseteq V - D$ such that $\mathrm{d}(u_i, u_j) = 1$, for $u_i, u_j \in D'$ and i≠ j and $|D'| = p - \left(\left\lceil \frac{p}{2} \right\rceil + 1\right)$+1=$\left\lceil \frac{p}{2} \right\rceil - 1$. Then $|N[D']| = |D'| + 1 = \left\lceil \frac{p}{2} \right\rceil$.Since $\mathrm{d}(u_i, u_j) = 3$, for $u_i, u_j \in D'$ and $u_i's$ are at the end of a path, $\langle V - D' \rangle$ is connected. Hence D' is an inverse nonsplit majority dominating set and $\gamma^{-1}_{NSM} \leq |D'| = \left\lceil \frac{p}{2} \right\rceil - 1$.
Suppose a subset $D_1 \subseteq (V - D)$ with $|D_1| < |D'|$ such that $|D_1| = \left\lceil \frac{p}{2} \right\rceil$-2. Then $|N[D_1]| = |D_1| + 1 < \left\lceil \frac{p}{2} \right\rceil$. Since all vertices in D_1 are of distance one the induced subgraph $\langle V - D' \rangle$ is connected but $|N[D_1]| < \left\lceil \frac{p}{2} \right\rceil$.It implies that D_1 is not an inverse nonsplit majority dominating set of G. Hence, $\gamma^{-1}_{NSM}(G) > |D_1|$ and $\gamma^{-1}_{NSM}(G) \geq |D'| = \left\lceil \frac{p}{2} \right\rceil$-1. Thus, $\gamma^{-1}_{NSM}(G) = \left\lceil \frac{p}{2} \right\rceil$-1.

Proposition 3.2 Let G = S($K_{1,n}$) be a subdivision of a star with p = (2n+1) vertices. Then $\gamma^{-1}_{NSM}(G)$ does not exist.

Proof Let V(G) = $\{u, u_1, u_2, \ldots, u_n, v_1, v_2, \ldots, v_n\}$ where u is a central vertex, $v_1, v_2, \ldots, v_n$ are pendants and $u_1, u_2, \ldots, u_n$ are middle vertices of degree $\mathrm{d}(u_i) = 2$ and $|V(G)| = 2n + 1 = p =$ odd. Let D = $\{v_1, v_2, \ldots, v_t\}$ be a γ_{NSM} −set of G with $|D| = t = \left\lceil \frac{p}{4} \right\rceil$ such that $\langle V - D \rangle$ is connected. Choose the set $D' \subseteq V - D$ and $D' = \{v_{t+1}, \ldots, v_n, u_n\}$ such that $|D'| = n - t + 1$.Then $|N[D']|$=2(n-t)+1 when t =$\left\lceil \frac{p}{4} \right\rceil$ and p = 2n+1, $|N[D']|$ = n-1< $\left\lceil \frac{p}{2} \right\rceil$ .Then $|N[D']| < \left\lceil \frac{p}{2} \right\rceil$ and $\langle V - D' \rangle$ is connected. Therefore One could not from a set $D' \subseteq (V - D)$ such that $|N[D']| \geq \left\lceil \frac{p}{2} \right\rceil$ and $\langle V - D' \rangle$ is connected in G. Otherwise the induced subgraph $\langle V - D' \rangle$ is not connected. Hence the inverse split majority dominating set does not exist to this structure G .

Proposition 3.3 Let G = $\mathrm{W_P}$ be a wheel graph of p vertices. Then $\gamma^{-1}_{NSM}(G) = \left\lceil \frac{p-2}{6} \right\rceil$.

Proof Let G= $W_P = C_{p-1} \mathrm{V} K_1$ and V(G)=$\{u_1, u_2, \ldots, u_{p-1}, u_p\}$where u_1 is a full degree vertex and $\mathrm{d}(u_i) = 3$ for all i. Let D = $\{u_1\}$ be a majority dominating set of G. By the result the proposition [2.3.4], $\gamma_M^{-1}(W_p) = \left\lceil \frac{p-2}{6} \right\rceil$. Choose a set

$D' = \{u_2, u_5, \dots, u_{p-1}\} \subseteq (V - D)$ and D' is an inverse majority dominating set of G such that $d(u_i, u_j) \geq 3$ for $\forall\, i \neq j$ with $|D'| = \left\lceil \frac{p-2}{6} \right\rceil$. Since the graph G = W_p has a full degree vertex u_1, u_1 is adjacent to all the (p-1) vertices and the induced subgraph $\langle V - D' \rangle$ is connected with a vertex u_1.Hence D' is also an inverse nonsplit majority dominating set of G and $\gamma_{NSM}^{-1}(G) = |D'| = \left\lceil \frac{p-2}{6} \right\rceil$.

Proposition 3.4 Let G = H$\circ K_1$ be a corona graph with p = 2n vertices. Then $\gamma_{NSM}^{-1}(G) = \left\lceil \frac{n}{2} \right\rceil$.

Proof Let G=H$\circ K_1$,where H is any connected graph with n vertices .
Let V(G)=$\{v_1, \dots, v_n, u_1, \dots, u_n\}$ for $v_i \in V(H)$ and $u_i's$ are pendants and $|V(G)| = p = 2n$. By the result [1.4],γ_{NSM}(G)= $\left\lceil \frac{p}{4} \right\rceil$. Let D = $\{u_1, \dots, u_{\frac{n}{2}}\} \subseteq V(G)$ with $|D| = \left\lceil \frac{p}{4} \right\rceil$ be a nonsplit majority dominating set of G. If $\frac{p}{2}$ = n is even, choose the set $D' = \left\{u_{\frac{n}{2}+1}, \dots, u_n\right\} \subseteq V - D$ such that $|D'| = n - \frac{n}{2} = \frac{n}{2}$ and $|N[D']| = 2|D'| = n = \left\lceil \frac{p}{2} \right\rceil$. Since $\left\{u_{\frac{n}{2}+1}, \dots, u_n\right\}$ are all pendants, the induced subgraph $\langle V - D' \rangle$ is connected. If $\frac{p}{2}$ =n is odd, $D' = \left\{u_{\frac{n}{2}+1}, \dots, u_n, v_n\right\} \subseteq V - D$, where $u_i's$ are pendants and $v_n \in V(H)$ with $|D'| = \frac{n}{2}$ and $|N[D']| = 2(|D'| - 1) + d(v_n) = 2\left(\left\lceil \frac{n}{2} \right\rceil - 1\right) + 1 = 2\left(\frac{n}{2}\right) + 1 = n + 1$. Then$|N[D']| = n + 1 > \frac{p}{2}$. Since u_n is adjacent to $v_n \in V(H)$ and others are only pendants in D' the induced subgraph $\langle V - D' \rangle$ is connected. Hence in both cases, D' is an inverse non – split majority dominating set of G with respect to D and $\gamma_{NSM}^{-1}(G) \leq |D'| = \left\lceil \frac{n}{2} \right\rceil$. Suppose $D_1' = \left\{v_1, \dots, v_{\left\lceil \frac{n}{2} \right\rceil - 1}\right\} \subseteq V - D$ such that $|D_1'| = \left\lceil \frac{n}{2} \right\rceil - 1$and $|D_1'| < |D'|$. Since $v_i \in V(H)$, the induced graph $\langle V - D_1' \rangle$is not connected and $\langle V - D_1' \rangle$ contains isolates. Therefore $|N[D_1']| < \left\lceil \frac{p}{2} \right\rceil$ and D_1' is not an inverse non split majority dominating set of G. Hence, $\gamma_{NSM}^{-1}(G) > \left\lceil \frac{n}{2} \right\rceil - 1$ and $\gamma_{NSM}^{-1}(G) \geq |D'| = \left\lceil \frac{n}{2} \right\rceil$. Thus, $\gamma_{NSM}^{-1}(G) = \left\lceil \frac{n}{2} \right\rceil$.

RESULTS

1. For a Complete graph $G = K_p$, $\gamma_{NSM}^{-1}(G) = 1$.
2. For a Cycle, $\gamma_{NSM}^{-1}(C_p) = \left\lceil \frac{p}{2} \right\rceil - 1\,, p \geq 3$.
3. Let $G = K_{m,n}$, $m, n \geq 2$ and m≤n be a Complete bipartite graph. Then $\gamma_{NSM}^{-1}(G) = 1$.
4. For a Star $G = K_{1,p-1}$,$\gamma_{NSM}^{-1}(G) = \left\lfloor \frac{p-1}{2} \right\rfloor$, $p \geq 3$.
5. If G= $\overline{mK}$, m≥1 then $\gamma_{NSM}^{-1}(G) = 1$.
6. For a double star G = $D_{r,s}$,$r \leq s$, $\gamma_{NSM}^{-1}(G)$=$\left\lceil \frac{p}{2} \right\rceil - 1$,s=r,r+1,r+2
7. For G=K_p-{e}, $\gamma_{NSM}^{-1}(G) = 1$
8. For G=K_p-{2e} ,$\gamma_{NSM}^{-1}(G) = 1$

CONCLUSION

In this study, we explored the concept of Inverse Non-split Majority Domination (INMD) in graphs, extending the existing framework of domination theory. By focusing on vertex sets whose complements form majority dominating and non-split subgraphs, we highlighted the delicate balance between structural cohesion and influence in graph topology. Our analysis revealed key characteristics and bounds for the INMD number across standard graph classes, including paths, cycles, and complete graphs. The results underscore the theoretical significance of INMD as a dual to majority domination, opening avenues for deeper combinatorial optimization problems and potential applications in social networks, sensor placements, and decision-making systems. Future work may involve the development of efficient algorithms for INMD set identification and exploring its behavior in dynamic or probabilistic graph models.

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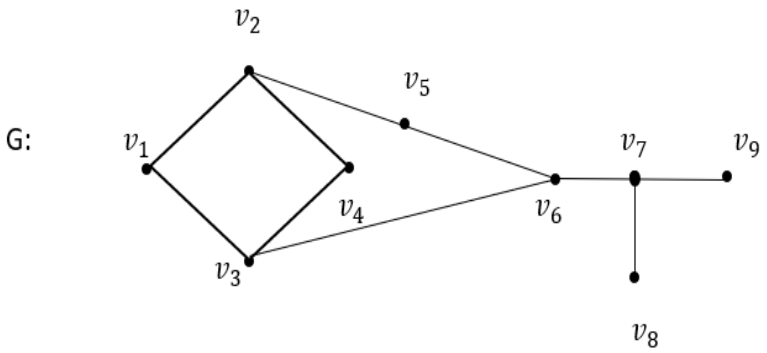

Fig (7.1)

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Indigofera tinctoria Linn. Root Bark Paste: A Potent Antidote in Treating Various Toxicity

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Received: 02 May 2025 Revised: 16 May 2025 Accepted: 20 Jun 2025

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ABSTRACT

Indigofera tinctoria Linn., traditionally used in Indian and Chinese medicine, is renowned for treating various toxicity, including venomous bites and heavy metal poisoning. Modern studies highlight its potent antioxidant, anti-inflammatory, hepatoprotective, neuroprotective, and metal-chelating properties. To evaluate the phytochemical and nutritional composition of *Indigofera tinctoria* and to assess its potential anti-dotal activities based on recent experimental evidence. A literature review was conducted focusing on studies from 2015 to 2025. Data on phytochemical constituents, nutritional profiles, and pharmacological activities were collected from indexed journals. Experimental models demonstrating antioxidant, metal-chelating, and antidotal effects were critically analyzed. Phytochemical screening reveals that *Indigofera tinctoria* contains flavonoids (kaempferol, luteolin, apigenin), alkaloids (indoxyl, indirubin), saponins, phenolics, and terpenoids. Nutritionally, the plant is rich in protein, fiber, and essential minerals. *In vitro* and *in vivo* studies confirm its antioxidant potency, metal ion chelation ability, and anti-inflammatory effects. Animal models demonstrate protective actions against oxidative stress and immune suppression, supporting its traditional use as an antidote. *Indigofera tinctoria* exhibits promising antidotal activities through multiple mechanisms, including metal chelation, antioxidant defense, and

immunomodulation. Further targeted experimental and clinical research is warranted to establish its role in toxicological therapeutics.

Keywords: *Indigofera tinctoria*, antidote, phytochemicals, metal chelation, antioxidant activity, toxicology, traditional medicine

INTRODUCTION

Indigofera tinctoria Linn.**,** commonly known as "True Indigo," is a perennial shrub belonging to the Fabaceae family. Traditionally recognized for its use in producing natural indigo dye, the plant holds a venerable position in Indian, Chinese, and other traditional medical systems [1]. Beyond its coloring properties, *Indigofera tinctoria* has been employed for centuries to treat various ailments, including ulcers, poisonous bites, arthritis, fever, and skin diseases [2]. The root bark, in particular, is revered in Siddha and Ayurveda systems as an antidote for venomous bites and poisoning, underscoring its therapeutic versatility [1]. These include anti-inflammatory, antifungal, anti-psoriatic, antipyretic, antibacterial, antioxidant, cytotoxic, larvicidal, antimicrobial, and catalytic activities. Traditionally, *Indigofera tinctoria* is classified as having a pungent taste (kaippu suvai) and a stimulating nature (veppa thannmai) [1, 2]. It has been used to treat various ailments, including ulcers, poisonous bites, arthritis, indigestion, jaundice, fever, metallic allergies, and fatigue. Additionally, the root bark of the plant is commonly prescribed by traditional practitioners for the treatment of venomous bites [3, 4].In Siddha philosophy, the bitter taste is considered essential for the purification of the blood and the mitigation of toxic effects [4, 5]. This article explores the phytochemical composition, pharmacological activities, and preliminary antidotal mechanisms of *Indigofera tinctoria*, highlighting its potential role in modern toxicological interventions.

MATERIALS AND METHODS

The information was gathered using various bibliographic examination of various electronic databases like Google scholar, PubMed, Wiley, Science Direct, ACS publications, Springer Link, Semantic scholar, Embaseetc, using the keywords "*Indigofera tinctoria", "Indigofera tinctoria* root bark", "Chemical constituents", "Nutritional profile", "Antioxidant", "Anti-inflammatory", "Mercury", *"Gloriosa superba*", "*Strychnos nux vomica*", "detoxification" etcor their combinations. The emphasis was given on the presence of keywords pharmacological action, ethno pharmacological view, traditional, Siddha, Herbal Medicine. The duration of data appearance was majorly between 2000 – till date. This analysis took about 6 months. Articles were included based on their relevance to *Indigofera tinctoria,* availability of full text, and study design, including clinical trials, mechanistic studies, and reviews. Exclusion criteria included duplication, lack of relevance to the subject, and insufficient methodological details. The article selection process involved multiple stages: screening titles and abstracts, reviewing full texts, and applying inclusion and exclusion criteria to ensure relevance and quality. From the data it is found only scanty studies have been undergone on the Root and Root bark.

Chemical Constituents of *Indigofera tinctoria*

Indigotin, indirubin, indigoferin indoxyl, indican, kaempferol, luteolin, apigenin, rotenoids, ercetin, tephrosin, degalin, dehydrodegalin, sumatrol, kaempferol -4-7-dirhamnoside, trans-tetracos-15-enoic acid, semiglabrin and pseudo semiglabrin [6].The benefits and uses of *Indigofera tinctoria* are summarized in Table 1

Literature Review *Indigofera tinctoria*

Mechanism of Toxicity in Mercury and Mercury Salts

Mercury and its salts exhibit significant toxicity through multiple mechanisms, primarily by binding to sulfhydryl groups (-SH) in proteins and enzymes. This interaction disrupts normal cellular functions, particularly enzyme activity, leading to impaired metabolic processes. Additionally, mercury exposure induces the generation of reactive

oxygen species (ROS), resulting in oxidative stress, cellular damage, and the inhibition of antioxidant defense systems. One of the major toxic effects of mercury is its ability to accumulate in the brain, where it interferes with synaptic transmission and neuronal function, contributing to neurotoxicity. Symptoms of neurotoxicity include tremors and memory loss. Furthermore, mercury salts accumulate in the kidneys, causing renal toxicity by impairing cellular function and potentially leading to kidney failure. Chronic exposure to mercury and its salts is associated with autoimmune reactions, genetic damage, and bioaccumulation, which significantly contribute to long-term health issues such as neurodegenerative disorders and kidney disease [7].

Mechanism of action of *Strychnos nux vomica*

Strychnos nux vomica poisoning occurs due to the toxic effects of strychnine, a potent alkaloid that acts primarily on the central nervous system by inhibiting glycine receptors preventing normal inhibitory neurotransmission. This results in uncontrolled neuronal excitation, leading to muscle spasms, rigidity, and tonic seizures. The disruption of inhibitory signaling in the spinal cord and brainstem also leads to hyperreflexia and generalized convulsions. Unlike other toxins, strychnine poisoning does not impair sensory function, and patients remain conscious during the painful spasms. The most severe clinical manifestations include respiratory failure due to diaphragmatic paralysis, which can result in asphyxia and death [8].

Mechanism of action of *Gloriosa superba*

Gloriosa superba poisoning occurs primarily due to the toxic effects of colchicine, an alkaloid found in the plant. Colchicine inhibits microtubule formation, disrupting cell division and DNA synthesisleading to gastrointestinal toxicity, including nausea, vomiting, and diarrhoea, as the intestinal cells are particularly affected. Colchicine also causes bone marrow suppression, resulting in leukopenia, thrombocytopenia, and anaemia. Colchicine impact on renal tubules leading to renal[9].

RESULTS AND DISCUSSION

The root bark of *Indigofera tinctoria* demonstrates significant nutritional and therapeutic potential, marked by its high fiber (40.9%), moderate protein (8.2%), and mineral-rich composition, including essential elements such as calcium (8.78 mg/g), magnesium (4.21 mg/g), potassium (2.10 mg/g), iron (0.36 mg/g), and zinc (0.15 mg/g) [10]. These minerals support detoxification and cellular homeostasis. Rich in flavonoids like kaempferol, luteolin, and apigenin, the root bark exhibits potent antioxidant properties, neutralizing reactive oxygen species and reducing oxidative stress, particularly in toxic exposures such as mercury poisoning and colchicine toxicity. Experimental studies confirm its immunoprotective and anti-inflammatory effects, notably in Wistar rats exposed to chronic noise stress, where *I. tinctoria* extract preserved immune function and prevented DNA damage. Extracts also show high total antioxidant capacity (622–723 mg ascorbate equivalents/g), radical scavenging, and metal-chelating activity comparable to EDTA [11, 12]. Bioactive constituents like indoxyl and indirubin may chelate heavy metals, aiding detoxification in mercury poisoning, while polyphenols offer neuroprotection against toxins like *Strychnos nux-vomica* and anti-inflammatory effects against *Gloriosa superba* poisoning. Additionally, its antibacterial properties make it useful in treating infections like those from cat bites [13, 14]. Recent in vivo findings (2023) demonstrate its ability to mitigate age-related inflammation and cardiac fibrosis in rats, highlighting its role in reducing pro-inflammatory cytokines and promoting IL-10 expression [15]. Collectively, these attributes reinforce *Indigofera tinctoria* root bark as a promising natural remedy with antioxidant, anti-inflammatory, detoxifying, and immunomodulatory benefits [16, 17].The principal animal-based study on *I. tinctoria* root involves urolithiasis (kidney stone) models. In an ethylene glycol–induced rat model, oral ethanol extract of *I. tinctoria* root (200–400 mg/kg) significantly reduced urinary calcium-oxalate levels and inhibited CaOx crystal deposition in kidneys. Treated rats showed lower urinary calcium, oxalate and phosphate excretion compared to untreated controls, indicating a protective effect. Notably, acute oral dosing up to 2000 mg/kg caused no mortality, and 28-day treatment (250–1000 mg/kg) produced no adverse changes in body weight or organ histology [18]. Similarly, in mercury-induced renal injury, oxidative damage and disruption of tubular integrity are key mechanisms of toxicity. Although direct studies on *I. tinctoria* in mercury poisoning are

limited, its demonstrated ability to preserve renal function and reduce mineral deposition in nephrotoxic models suggests a possible therapeutic role. Its presumed antioxidant, anti-inflammatory, and membrane-stabilizing effects may counteract the oxidative and inflammatory cascade triggered by mercury, making it a promising candidate for further research in mercury-induced renal failure.

CONCLUSION

Indigofera tinctoria root bark contains detoxification-supporting minerals and bioactive compounds that offer antioxidant, anti-inflammatory, chelating, and antimicrobial benefits. Traditional uses align with modern findings, though further experimental validation is needed. Thus, *Indigofera tinctoria* root bark shows promise as a low-cost, accessible, plant-based remedy for various poisoning conditions, especially where conventional medical interventions are limited. Controlled clinical trials and toxicological evaluations will be crucial for its integration into modern therapeutic frameworks.

ACKNOWLEDGEMENT

The authors acknowledge the support and facilities provided by the National Institute of Siddha, Tambaram sanatorium, Chennai for their support in this study.

Funding
The author(s) received no financial support for the research, authorship and/or publication of this article

Ethical Approval
As the present study is a Literature review, it does not involve the use of human or animal subjects and therefore, ethical clearance is not applicable.

Conflict Of Interest
The author(s) declared no potential conflicts of interest with respect to the research, authorship and/or publication of this article.

Author Contribution
Conceptualization: AB; Data collection and compilation: AB; Manuscript Writing: AB and SR; Proofreading and editing: AB, SR and KV.

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Table.1: Uses of Indigofera tinctoria

S. No	Antidote	Dose	Indication
1.	*Indigofera tinctoria* Linn root bark is ground with hot water	Sundaikaayalavu (0.798g) BD 3 Days	Mercury Poisoning [3]
2.		Sundaikaayalavu (0.798g) BD 3 Days along with 80ml warm water	Mercurous Per Chloride Poisoning [3]
3.		Sundaikaayalavu (0.798g) BD 3 Days	Mercurous Sub Chloride Poisoning [3]
4.	*Indigofera tinctoria* Linn root bark is ground with hot water	Kottai pakku alavu (6.02g)	Gloriosa superba Poisoning [3]
5.	*Indigofera tinctoria* Linn root bark is ground with water	Kottai pakku alavu (6.02g)	Strychnos nux Vomica Poisoning [3]
6.	*Indigofera tinctoria* Linn root bark is ground with milk	Kazharchikai alavu (2.7g) BD 3 Days	Cat Bite [3]

Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Navigating the Digital Campus: Unpacking the MOOC Experiences in Modern Academia

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Received: 08 Apr 2025 Revised: 10 May 2025 Accepted: 19 Jun 2025

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ABSTRACT

Due to COVID-19, online learning and massive open courses (MOOCs) have drawn significant interest from stakeholders in the education sector worldwide. MOOCs are becoming a more and more popular learning style, and it is becoming more and more important to assist instructors and students in understanding how learning engagement is formed in a MOOC setting. For a variety of reasons, some students do not pass the course and engagement could be one of the existing factors. While prior studies certainly have added to our understanding of MOOCs, there is still much to learn about how students engage in the MOOC environment. This study adopts the descriptive survey design to examine higher education Students' Moocs Engagement and their experiences in MOOCs. The sample consists of 129 students studying in higher Education who have participated at least in one course of MOOC platform. The data is collected by using standardized tool MOOCs Engagement Scale (MOOCsES) which was constructed and validated by Vijila, and Thiyagu (2022) by using purposive sampling. The analysis of the results reveals the differences in MOOC engagement among the students of higher education with respect to qualification and time spent in MOOC course per week. The results of this study will be useful to scholars, educators, and policymakers who want to improve the level and accessibility of MOOCs.

Keywords: MOOCs Engagement, Higher Education, Online Education, Level of engagement, Gender

INTRODUCTION

The way we live, communicate, learn, and do things is influenced by technology. The emergence of social media has additionally enabled these breakthroughs in technological innovation. One such example is the growing popularity of massive open online courses (MOOCs), which are taking place in social contexts made possible by social media platforms. This is due to the fact that MOOCs are self-paced, self-regulated, and can be delivered to learners wherever they are (Atiaja, & Proenza, 2016). In recent years, massive open online courses (MOOCs) have become popular due to the emergence of well-known platforms such as Coursera, EdX, and Udacity. Unlike traditional online courses, MOOCs are accessible to all students and typically do not charge registration fees for those who do not seek certification (Zhu et al., 2020). These platforms provide free courses from a variety of prestigious universities and have garnered a lot of media attention (Daniel, 2012). Massive Open Online Courses, or MOOCs, are built on the principle of providing students with an appropriate learning environment online, with an emphasis on the ease and satisfaction of learning from home. Massive Open Online Courses (MOOCs) have become much more popular among academic researchers and scholars in the field of educational sciences. Since Roblyer and Doering's 2013 presentation of the topic, there has been a growing perception that these courses represent a revolutionary turning point in the conception of connectivist learning across networks. Over 180 million pupils by the end of 2020 had enrolled in over 16,300 Massive Open Online Courses (MOOCs) offered by 950 universities across the globe. The advent of Massive Open Online Courses (MOOCs) has transformed online education by making knowledge accessible to a wider audience, promoting innovative teaching methods, and driving the evolution of educational frameworks.

About 43,000 students enrol in MOOCs on average, with just 6.5% of them finishing the course. The number of enrolled students is declining over time and has a positive correlation with the duration of the course. Completion rates exhibit a negative correlation with course length but are constant over time, across university levels, and across overall enrolment. The majority of studies conducted on MOOCs have concentrated on comprehending learner behaviour as it relates to academic achievement, participation levels, interaction, user experience, and MOOC incentives. The body of research on MOOC adoption addresses a number of factors, including perceived utility (Wu & Chen, 2017), ease of use, reputation, self-regulation (Zhou et al., 2018), user satisfaction (Aparicio et al., 2019), openness (Alraimi et al., 2016), credentials and learning curiosity (Hew & Cheung, 2014), convenience and personal interest etc.

Alternatively, some researchers have emphasised the challenges that hinder the adoption of MOOCs, such as self-control and financial circumstances, inadequate communication with teachers (Cloonam & Sassi, 2017), a lack of motivation and comprehension issues (Hew & Cheung, 2014), and a lack of time and resources (Shapiro et al., 2017). MOOCs remove barriers to traditional classroom instruction, such as high costs, credit requirements, admission standards, and low enrolment and faculty-student interaction capacities. In less developed nations, MOOC adoption is limited (Ma & Lee, 2020). MOOCs have the potential to offer scalable, seamless, equal, and omnipresent access to education in developing nations such as India. It has the potential to greatly improve education accessibility and inclusivity for all. The purpose of this paper is to understand the real psychological threats and understanding between the MOOCs concerns and learners by using empirical research. The paper intends to explore experience of learner while using MOOCs.

OBJECTIVES OF THE STUDY

1. To study MOOCs Engagement of higher education students with respect to their gender.
2. To study MOOCs Engagement of higher education students with respect to their qualification.
3. To study MOOCs Engagement of higher education students with respect to their Stream.
4. To study MOOCs Engagement of higher education students with respect to their marital status.

5. To study MOOCs Engagement of students that spent time per week in MOOC courses.
6. To investigate MOOCs learning experiences of students in Higher Education.

HYPOTHESES OF THE STUDY

1. There will be no significant difference in MOOCs Engagement scores of higher education students with respect to gender.
2. There will be no significant difference in MOOCs Engagement scores of higher education students with respect to qualification.
3. There will be no significant difference in MOOCs Engagement scores of higher education students with respect to Stream.
4. There will be no significant difference in MOOCs Engagement scores of higher education students with respect to marital status.
5. There will be no significant difference in MOOCs Engagement scores of higher education students that spent less than 4 hours' time and more than 4 hours' time per week.

RESEARCH METHODOLOGY

Considering the objectives and hypotheses, the current study adopted the descriptive method of quantitative approach. In this approach, survey method was selected which is appropriate to collect the data from respondents.

Sample and sampling Technique

For the present study, the students of higher education who have opted or done at least one MOOCs course constitute the population of the study. This includes both undergraduate and postgraduate students. The data for sample was collected from 129 students pursuing courses from different streams in Central University of Jammu. The researcher has employed purposive sampling technique to collect the data.

Instruments

In current study, the researcher has administered the standardised tool MOOCs Engagement Scale (MOOCs) to investigate the engagement scores of Students in MOOCs, which was constructed and validated by Vijila and Thiyagu (2022). There are no negative statements on the sixteen-item scale, which was rated on a five-point Likert scale. To gather the experience of students regarding MOOC courses, the investigator has developed questionnaire having five statements regarding experience.

ANALYSIS AND INTERPRETATION OF DATA

In present study, the researcher has employed the t -test method for the analysis of the collected data form the selected sample and testing the statistical hypotheses and to accomplish the Third objective the researcher has employed the percentage analysis of given data in given questions as under.

STUDENTS' ENGAGEMENT SCORES IN MOOCS

Testing of hypotheses

Table 1.1 shows that the calculated value of t=1.82 is less than 1.96 i.e. at 0.05 level of Significance so it is not significant at 0.05 level of significance. Thus, it is concluded that there is no difference in MOOCs Engagement scores of higher education students in relation to gender i.e. both male and female are equally engaged in MOOC courses. Therefore, the hypothesis 1 that there will be no significant gender difference in MOOCs Engagement scores of higher education students is accepted**.** Table 1.2 shows that the calculated value of t=2.64 is greater than 2.58 i.e. at 0.01 level of Significance so it is significant at 0.01 level of significance. Thus, it is concluded that there is difference in MOOCs Engagement scores of higher education students in relation to qualification. As mean of Postgraduates is 59.29 greater than mean of undergraduates is 54.43, reflects that Postgraduates have better engagement in MOOCS in terms of learn efficiently, academic performance, control over learning and gain more persistent learning than

traditional classroom. The findings of the study are aligned with findings of Kumar & Prakash, 2022.Therefore, the hypothesis 2 that there will be no significant difference in MOOCs Engagement scores of higher education students in relation to qualification is rejected. Table 1.3shows that the calculated value of t=1.21 is less than 1.96 i.e. at 0.05 level of Significance so it is not significant at 0.05 level of significance. Thus, it is concluded that there is no difference in MOOCs Engagement scores of higher education students with respect to Stream i.e. Science and Social Science. Therefore, the hypothesis 3 that there will be no difference in MOOCs Engagement scores of higher education students with respect to Stream is accepted.

Table 1.4 shows that the calculated value of t=0.01 is less than 1.96 i.e. at 0.05 level of Significance so it is not significant at 0.05 level of significance. Thus, it is concluded that there is no difference in MOOCs Engagement scores of higher education students with respect to marital status i.e. both married as well unmarried equally engaged in MOOCs. Therefore, the hypothesis 4 that there will be no difference in MOOCs Engagement scores of higher education students with respect to Stream is accepted. Table 1.5 shows that the calculated value of t=5.98 is greater than 2.58 i.e. at 0.01 level of Significance so it is significant at 0.01 level of significance. Thus, it is concluded that as mean of MOOCs Engagement scores of students that spent more than 4 hours per week in MOOCs is 63.31 greater than mean of that spent less than 4 hours is 54.43, reflects that MOOCs Engagement scores of students that spent more than 4 hours per week have better engagements in MOOCs than students that spent less than 4 hours in terms of learn efficiently, academic performance, learning becomes effective, control over learning and gain more persistent learning than traditional classroom. Therefore, the hypothesis 5 that there will be no significant difference in MOOCs Engagement scores of students that spent less than 4 hours and more than 4 hours per week in MOOCs is rejected.

- Time Spent on MOOCs correlates with the highest engagement score.
- Qualification also has a noticeable effect, with postgraduates showing higher engagement than undergraduates

STUDENTS' EXPERIENCES IN MOOCS

Students of higher education are inquired about the present level of their MOOCS.

The study's findings found that more than half of students in higher education (58.91%) reported that their course has finished one or more MOOCs, while 29.46% of the sample reported that they are presently taking a MOOC course. However, a tiny minority of students in higher education who initially registered in MOOCs dropped out, with 11.63% reporting this result. This shows that there may be certain difficulties or hurdles that keep students from completing MOOCs.It discovered that MOOC completers and non-completers had significantly different levels of engagement, with perceived competence having a strongly positive effect on engagement(Lan & Hew, 2020).According to student reports, various MOOC platforms, such as Coursera, EdX, SWAYAM, Udemy, Canvas Network, and Future, are used for personal and professional development. This diversity of platforms highlights the abundance of options available for online learning in the education field. Notably, SWAYAM emerged as the most popular MOOC platform, with 75.5% of respondents enrolling in courses offered through the site.

Students of higher education are inquired about how they get easily feedback on questions in MOOCs course.

The students in higher education were asked whether they thought MOOC teachers always answered their inquiries, they answered in the positive. A majority of students 58.14% agreed with the statement, with 17.05% strongly agreeing, according to the results, which are shown in Figure. Only small proportion of students 18.60% were unsure, 5.43% disagreed, and 0.78% strongly disagreed. In general, it appears that most students believed their inquiries were answered.

Students of higher education are inquired about MOOCs are beneficial for their teaching -learning and Professional development.

The findings show that a substantial proportion of respondents thought MOOCs would be good for teaching, learning, and professional development. Specifically, 31.78% strongly agreed and 41.09% agreed with the statement. Only 17.83% of students were unsure, 9.30% disagreed, and 0% strongly disagreed which displays that students in higher education see MOOCs as a valuable instrument for professional growth that highlights the potential of MOOCs to address students' ongoing professional development requirements, particularly in the dynamic field of education were staying abreast of new teaching methods and practices is essential. The strong consensus also suggests that MOOCs may offer an effective solution for overcoming educational challenges.

4. Students of higher education are inquired about the content of MOOCs is easily to understand for them.

The survey results indicated that a significant majority of higher education students found the course content in MOOCs to be comprehensible. Specifically, 42.64% of respondents agreed with this assessment, with 35% expressing strong agreement. However, there were some who were uncertain 10.08% and others who disagreed 13.95%. Only a small fraction 0.78% strongly disagreed, highlighting the overall positive perception of MOOC content clarity.

5. Students of higher education are inquired about the amount and quality of course material given in the MOOCs is quite valuable for them.

The students were also questioned about the quality of the course materials provided in the MOOC(s) they attended, and the results, shown in Figure, show that 30.23% strongly agreed, 25.58% agreed, and the majority of them (31%) were unsure whether the quality of course content was quite valuable. Only a minority of students disagreed (10.85%) or strongly disagreed (2.335). This demonstrates that, indeed, the findings indicate that most students held a favourable view of the course content in the MOOCs they participated in. However, a notable proportion expressed uncertainty or disagreement with the statement. It's essential to recognize that differing perspectives exist among respondents.

FINDINGS AND DISCUSSIONS

MOOCs have represented a significant shift in online education, first by providing many individuals with free and open access to information, and second by providing a testing laboratory for innovative pedagogical models and new teaching structures. However, MOOCs have been widely criticized in the scientific community for their poor completion rates, which typically range between 5% and 8% (A. Antonaci et al., 2017 and A. Vaibhav and P. Gupta, 2014). In the present study, the major findings show that

1. The MOOCs engagement scores of post graduates are greater than students of undergraduates in higher educations which indicates that the students in undergraduate courses are lower in age and they are not much aware about the instructions and protocols of MOOCs courses. Learners' levels of engagement can differ greatly, possibly due to factors such as their degree of education and prior MOOC experience (Lan & Hew,2020). Although postgraduate students may have better engagement levels, there could be a number of reasons for this, such as their advanced educational experiences or more knowledge with the guidelines and procedures of MOOCs. To improve interaction of undergraduate students with MOOCs may benefit from extra direction and assistance. The educational institutions may encourage the students of undergraduates to learn the MOOCs courses and also create more awareness of the MOOCs courses among learners and they may be learning and develop a deep sense of multidisciplinary aspects.

2. The findings also revealed that the higher education students who spent more than 4 hours in MOOCs have better engagement scores than the students who spent less than 4 hours. Most university pupils used MOOCs for one to three hours a week, suggesting that MOOCs offer a flexible learning option for students who might not have time for traditional classroom instruction. A significant number of students did, however, report using MOOCs for more than six hours a week, which suggests a higher degree of engagement and dedication to the

course (Kazmi & Syedah,2023). Making the course materials more engaging and dynamic will help to overcome this obstacle and increase students' interest in and engagement with the material. Additionally, adding game design components to the curriculum, such as achievement badges and score systems, can encourage students to spent time and finish the course. These gamification techniques, can improve student-teacher and student interaction as well as among students (Klemke et al.,2018). These exchanges are essential for creating a sense of community and increasing the chance that students will stick with the programme.

3. It has been found that students in higher education had a positive experience with the MOOCs they enrolled in, with the majority admitting that the material was clear and of excellent quality. Furthermore, there may be space for improvement in terms of the quality and quantity of the course materials offered, as the majority of students expressed uncertainty about whether the content available on MOOC platforms was sufficient and valuable. The findings also indicate that MOOCs can be a useful instrument for encouraging personal development, as the majority of students in higher education felt that they had gained professional development from MOOC learning and that MOOCs would be helpful in demonstrating MOOCs' potential to meet learners ' ongoing professional development needs. Professionals looking for flexible study alternatives can find what MOOCs have to offer, according to a study that looked at the motives of learners in these online courses for professional development. Because MOOCs are flexible, accessible, and may accelerate educators' professional growth, institutions have adopted them (Çakiroğlu,Özkan, Çevïk, Kutlu, &Kahyar, 2023; Anghel, Littenberg-Tobias, & von Davier, 2023).

CONCLUSIONS AND RECOMMENDATIONS

Nevertheless, merely acknowledging the differences was insufficient to enhance MOOC education. The researchers' use of the qualitative interview data allowed them to elucidate the course design elements, which will help us to foster a better learning and teaching environment and, ultimately, enhance learning efficacy and performance. According to Dillahunt, Wang, and Teasley (2014), a considerable proportion of MOOC participants are adults with an undergraduate degree or above and these people frequently balance a number of obligations in addition to their academic goals. Since students have to engage with the material at their own pace rather than at designated periods set by the teacher, MOOCs that are tailored for self-directed pacing are therefore likely to satisfy the need for independence that defines adult learners.Factors like age, gender, and cultural background can also shape a student's MOOC experience, impacting their learning preferences, communication styles, and levels of self-regulation. Understanding these diverse learner profiles is crucial for designing inclusive MOOC experiences that cater to the unique needs of all participants.

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Table 1 shows the difference in MOOCs Engagement scores of higher education students with respect to gender

Variable	N	Mean	SD	t	significance	Result
Female	76	58.76	8.72	1.82	Not Significant even at 0.05 level	Hypothesis 1 is accepted
Male	53	56.19	7.28			

/

Table .2 depicts the difference in MOOCs Engagement scores of higher education students with respect to qualification.

Variable	N	Mean	SD	t	significance	Result
UG	42	54.43	10.07	2.64	Significant t at 0.01 level	Hypothesis2 is rejected
PG	87	59.29	9.23			

Table 3 revealed the difference in MOOCs Engagement scores of higher education students with respect to streams

Variable	N	Mean	SD	t	Significance	Result
Science	69	56.76	9.49	1.21	Not significant even at 0.05level	Hypothesis3 is accepted
Social Science	60	58.83	9.92			

Table 4 conveys the difference in MOOCs Engagement scores of higher education students in relation to Marital status

Variable	N	Mean	SD	t	significance	Result
Unmarried	83	57.57	8.97	0.01	Significant at 0.01level	Hypothesis 4 is accepted
married	46	57.56	11.53			

Table 5. Exhibits the difference in MOOCs Engagement scores of higher education students that spent less than 4 hours time and more than 4 hours time per week in courses.

Variable	N	Mean	SD	t	significance	Result
Students spent time in MOOCs >4 hours	64	63.31	8.40	**5.98**	Significant at 0.01level	Hypothesis 5 is rejected
Students spent time in MOOCs <4 hours	65	54.43	8.50			

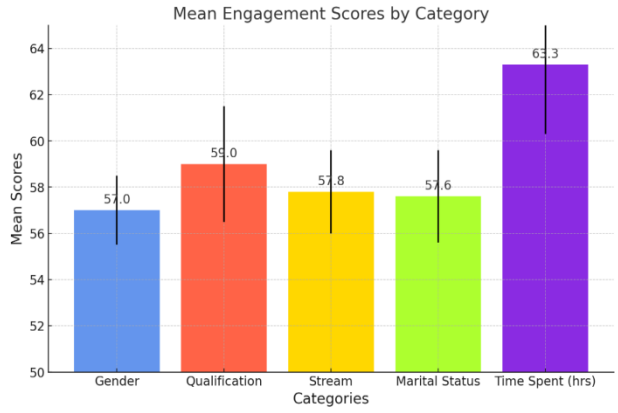

Fig.1 bar chart representing the mean engagement scores across various categories, showing that

- Time Spent on MOOCs correlates with the highest engagement score.
- Qualification also has a noticeable effect, with postgraduates showing higher engagement than undergraduates

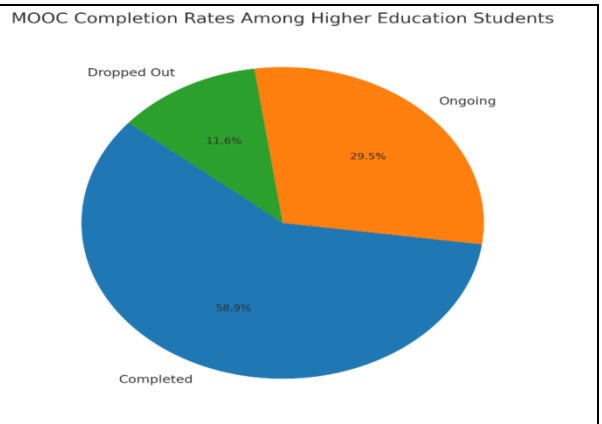

Fig.2 pie chart showing MOOC completion rates among students

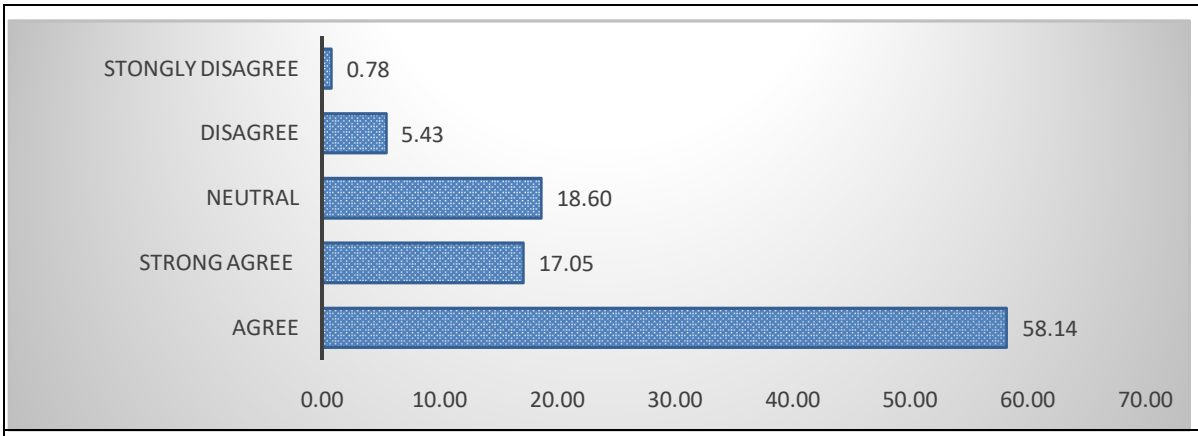

Fig.3. Students of higher education are inquired about how they get easily feedback on questions in MOOCs course.

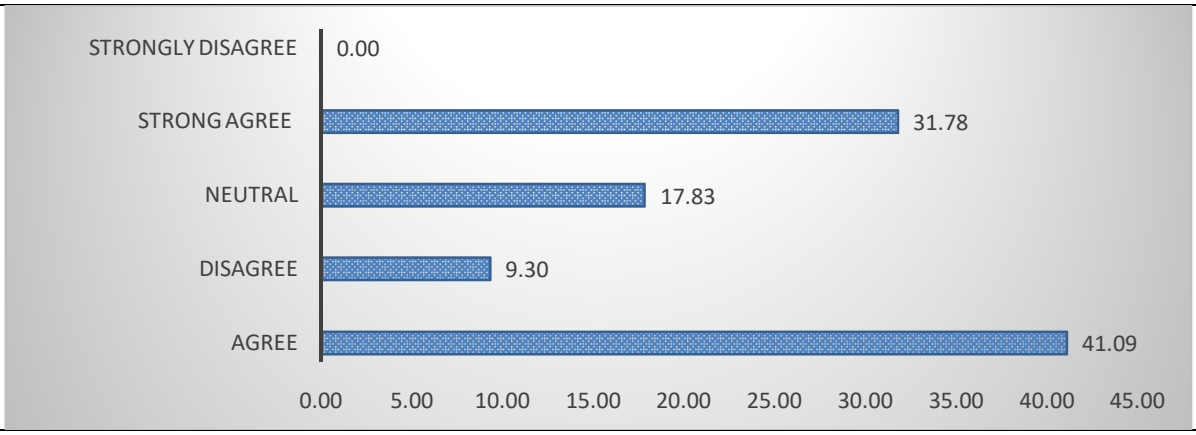

Fig .4.Students of higher education are inquired about MOOCs are beneficial for their teaching -learning and Professional development.

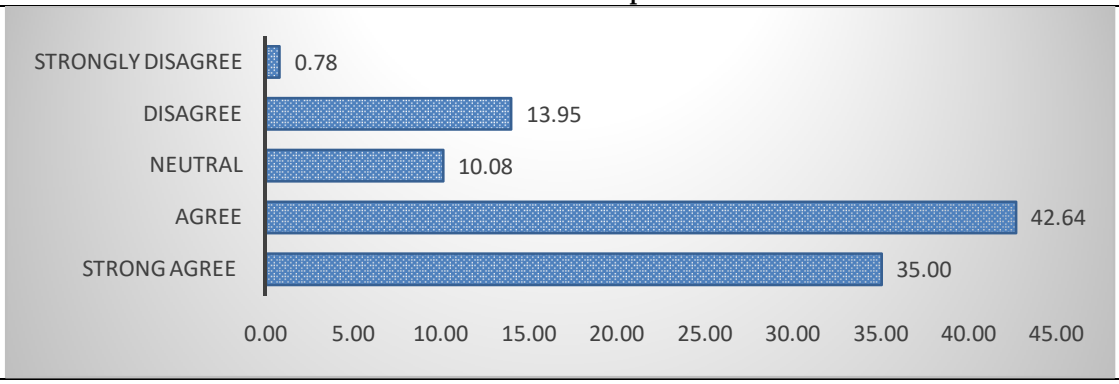

Fig .5. Students of higher education are inquired aboutthe content of MOOCs is easily to understand for them.

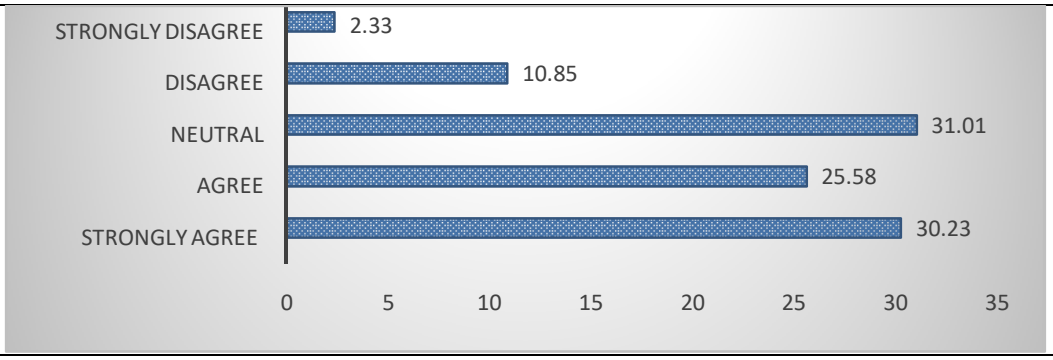

Fig .6.Students of higher education are inquired about the amount and quality of course material given in the MOOCs is quite valuable for them.

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Immediate Effect of Mulligan Bent Leg Raise vs Non-Ballistic Active Knee Extension in Neural Slump Position on Hamstring Flexibility in Young Adults

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Received: 10 Feb 2023 Revised: 10 Apr 2025 Accepted: 21 Jun 2025

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ABSTRACT

The hamstring is one of the most vital parts of the human body. Hamstring length is significant in human posture, walking, and running. However, hamstring stiffness can induce postural imbalance, pain, impairment, and decreased joint stability. Hamstring tightness is not just a cause of limited range of motion, but it can also contribute to a variety of other musculoskeletal issues. Individually both the techniques were effective to improve hamstring flexibility. The purpose of this study to compare the immediate effect of Non-Ballistic Active Knee Extension in neural slump position and Mulligan Bent Leg Raise on hamstring flexibility. Twenty subjects were taken as per inclusion criteria and allocated into two groups. Assessment was done by Active Knee Extension [AKE] Test. Group A was given Mulligan Bent Leg Raise whereas Group B was given Non-Ballistic Active Knee Extension in Neural Slump position. Result were statistically analysed using paired and unpaired t-test by using SPSS version 20, there was no significant difference in Active knee extension ($p>0.001$)test in both groups. Both the groups showed equal effects. The study concluded that both the groups were individually effective but here is greater increase in active knee extension in group A (Mulligan BLR) to improve hamstring flexibility.

Keywords: Hamstring Tightness, Neural slump position, non-ballistic active knee extension, Mulligan bent leg raise.

INTRODUCTION

Muscular flexibility is essential for normal human function. Limited flexibility has been proven to predispose people to a number of musculoskeletal overuse injuries and to have a significant influence on their level of function [1]. Muscular tightness is commonly cited as a risk factor for the development of a muscle injury. Flexibility has been identified as a risk factor for hamstring strains [2]. One of the most common problems associated with hamstring tightness is hamstring strain [3]. Hamstring flexibility in forward bending affects pelvic as well as thoracic angle and range of motion, according to Gajdosik et al., 2011. The lumbar pelvic rhythm is also influenced by hamstring tightness [4]. Plantar fasciitis, patellar tendinopathy, and patellofemoral pain syndrome have all been linked to hamstring tightness [5,6,]. There is also a link between hamstring tightness and mechanical low back pain in studies that reveal a link between hamstring tightness and the degree of low back pain [7]. The fundamental cause of muscular tightness is a reduction in muscle deformability, which results in a smaller range of motion possible at the affected joint [8].

Tight hamstrings are connected with a faulty motor control pattern that results in a submaximal firing pattern of postural muscles, causing hamstrings to behave as stabilisers rather than prime movers. This alteration in primary function results in the appearance of hamstring tightness [9]. Many factors can contribute to the development of hamstring tightness, including genetic susceptibility, muscular damage, and adaptive shortening as a result of a chronic disease [10]. One of the primary causes of postural problems in modern culture is the modern sedentary lifestyle. The prolonged sitting hours required in most employment and educational settings can decrease soft tissue flexibility, particularly in two joint muscles [11]. Because the hamstring muscle attaches to the ischial tuberosity, hamstring tightness is related with a posterior rotation of the pelvis in standing. Tight hamstring muscles generate posterior pelvic tilt, which results in a decrease in lumbar lordosis and low back pain [12]. Static stretching exercise, heat, and proprioceptive neuromuscular facilitation have all been studied previously for hamstring flexibility (PNF) [13]. According to research, including neural mobilization techniques like as slump mobilization into the therapy programme can be an effective approach of restoring normal neural tension and nervous system mechanics [14]. According to B.Mulligan, a painless treatment that can be used on any patient with low back discomfort who has limited or uncomfortable straight leg raising (SLR). It can be used on patients who have a severe bilateral limitation of active knee extension [15]. Therefore the need of this study is to compare the immediate effect of Non-ballistic active knee extension in neural slump position versus Mulligan bent leg raise on hamstring flexibility in young adults.

Need of the Study

Hamstring strain is a severe consequence of hamstring tightness that primarily affects the young individuals. Mulligan bent leg raise and Non-ballistic active knee extension in neural slump position, according to the literature, both aid to enhance flexibility. However, because there was no comparison between them, it is critical to determine their impact on tightness in young adults. As a result, the study's goal is to see if one of the studies is more helpful than the other, or if both are equally useful.

METHODOLOGY

Data collection was done at Ahmedabad Physiotherapy College, Ahmedabad, Gujarat. Total 20 subjects were taken with hamstring tightness and randomly allocated into group A and group B. Comparative study was doneto see immediate effect of two techniques.

Inclusion Criteria [3,12]

- Age: Between 17 – 25 years
- Bilateral hamstring tightness (knee flexion angle greater than15 degrees for active knee extension test)
- Gender: Both males and females.

○ Subjects willing to participate.

Exclusion Criteria [12]
○ Subjects with any present or previous musculoskeletal injuries.
○ Individuals engaged in regular physical activity.
Pre- assessment: Before the treatment, the patients in both groups were assessed using the Active knee extension test.

Procedure
Total 20 subjects were taken and divided into 2 groups by quasi random sampling method after a consent was provided by the subjects . Where Group A was given Mulligan bent leg raise and Group B non-ballistic active knee extension in neural slump position.Pre and post assessment was done with active knee extension test to see the immediate effect of both techniques.

Group A(Mulligan BLR) [13]
Subject received single session of Mulligan BLR on both sides. subject was in supine lying, therapist stood at the side of leg supposed to treat. Therapist placed subject's flexed knee over her shoulder and subject was asked to push therapist away with his/her leg and then relax. At this point therapist pushed subject's bent knee up as far as in the direction of shoulder on the same side provided there is no pain. This stretch was sustained for several seconds and then lowered the leg to the bed. With the bent knee over the therapist's shoulder therapist included a traction component with this technique.

Group B (Non-ballistic active knee extension) [1]
Subject received single session of Non-ballistic active knee extension in this subject was instructed to perform 30 repetitions of active knee extension maintaining the full dorsiflexion, up to the point where the firm resistance or stretch was felt at the posterior thigh, knee or calf and position was held for the self-count of one, two, three, four by the subject. The position was held for 6 seconds and 30 repetitions were done.

Outcome Measure: Active Knee Extension Test (ICC values 0.87 – 0.94) [16]
Hamstring tightness was measured before the treatment at baseline by active knee extension test (AKE) and immediately after the treatment. The AKE consists in an active extension movement at the knee joint (with the hip flexed at 90°), in which the subject is instructed to stop when he feels strong resistance to the movement.

RESULT

In this study 20 subjects with Hamstring tightness were included. There were 5 males and 5 females in Group A with Mulligan bent leg raise training. There were 6 males and 4 females in Group B with Non-ballistic AKE training. The paired t-test was utilised, and p value is <0.05. So, within-group treatment was statistically demonstrated to be successful. An unpaired t-test was used with a p value >0.05. While the post mean of AKET for group A for right leg was 137.3000 and left leg was137.2000, the post mean of AKET for group B for right leg was 134.1000 and for left leg was135.4000. This shows that there is a statistically no significant improvement inhamstring tightness in both groups. Group A (MBLR) and Group B (Non-ballistic AKE) showed equal effects. Hence, both the groups have shown noticeable result in outcomes, but as per the comparison in between Group A and Group B showed equal effect and both the techniques have equal impact.

DISCUSSION

The current research was conducted on Mulligan bent leg raise training (MBLR) vs Non-ballistic active knee extension (Non-ballistic AKE) to Improve hamstring flexibility in young adults to evaluate the efficacy.

Hamstring tightness is not only a causative factor for reduced range of motion but it can also lead to various other musculoskeletal problems. As a result, it is critical to establish an effective intervention to rule out the difficulties of this complication. while also increasing their role. As a result, this study was carried out to assess the effects of Mulligan bent leg raise training and Non-ballistic active knee extension on hamstring tightness as one of the major complications in young adults. Clinically, however, participants who did Mulligan bent leg raise training improved individually in active knee extension. In this study, Group A was given Mulligan bent leg raise training. Before and after the intervention, tightness was measured by using Active knee extension test (AKET). The result was a AKET mean score for right pre 124.3000 and left pre 124.5000for right post 137.2000 and left post137.3000 So, in AKET12.9 in right and 12.8 in left was greater improvement within the group. In Group A (MBLR) p value is 0.001<0.05 so, a significant difference is seen within the group. Hall (2006) discovered that hamstrings in hip flexion give peripheral somatic information through muscle contraction and therapist cutaneous touch.[1]Waseem et al. did a study comparing static versus eccentric stretching on popliteal angle in normal healthy volunteers. The pre-test and post-test Popliteal angle values for the groups revealed a substantial improvement in both groups, whereas static stretching showed a greater improvement. Because of changes in viscoelastic characteristics, static stretching resulted in increased flexibility. They linked the resulting increase in muscle length to viscoelastic behaviour, implying that this form of stretching may alter the positional sensitivity of the Golgi tendon organs by changing the muscle's series elastic component. As a result, these approaches are useful in developing hamstring flexibility on their own [17].

In present study, Group B was given Non-ballistic active knee extension. Before and after intervention, tightness was measured by using Active knee extension (AKET). The result was a AKET mean score for right pre 130.4000 and left pre 129.3000 for right post 135.4000 and left post134.1000 So, in AKET 5 in right and 4.8 in left was greater improvement within the group. In Group B (Non-ballistic AKE) p value is 0.001<0.05 so, a significant difference is seen within the group. A study done by Gadpal Pratiksha and Asgaonkar Bharati supported this discovery by comparing non ballistic active knee extension in neural slump position with static stretch technique and found slump stretch to produce better outcomes [14]. According to Shaklak, injured or inflamed nerves enhance mechanosensitivity, which is a direct response to mechanical loading of neural structures. In AKE, this can result in increased knee flexion angle. The increased physiological functions of the nervous system, such as improved axoplasmic flow, vascular perfusion, and reduced neuromeningeal mechano sensitivity, may explain the likely mechanism of reduced knee flexion angle following neural stretch (perceptions of stretch or pain were altered). As a result, there are numerous hypothesised mechanisms for improving hamstring flexibility through neural slump posture. Reduced mechanosensitivity, on the other hand, is the primary process through which the nervous system gets more tolerant to the source of pain with movements and postures.

Both groups showed equal effects, statistically and clinically, both the techniques are equally improving hamstring flexibility. Hamstrings in hip flexion provides peripheral somatic input by the way of contracting muscle and the cutaneous contact of the therapist. Increased knee extension angle may be related to changes in the individual's stretch tolerance, and the strong afferent input from the acute stretch may reduce firing rates of mechanoreceptors and proprioceptors, which may impact sensory adaptation and allow for increased joint ROM.

CONCLUSION

Group A with Mulligan bent leg raise training and Group B with Non-ballistic active knee extensiontraining were found that there is no significant difference in flexibility in this investigation. However, here is equal effect seen in both the groups. So, this report concluded that, Mulligan bent leg raise trainingandNon-ballistic active knee extension training both are equally improving and equally effective on hamstring flexibility in young adults. The limitation of present study is the data population is limited. The future recommendation of this study is exercise protocol can be used for longer duration.

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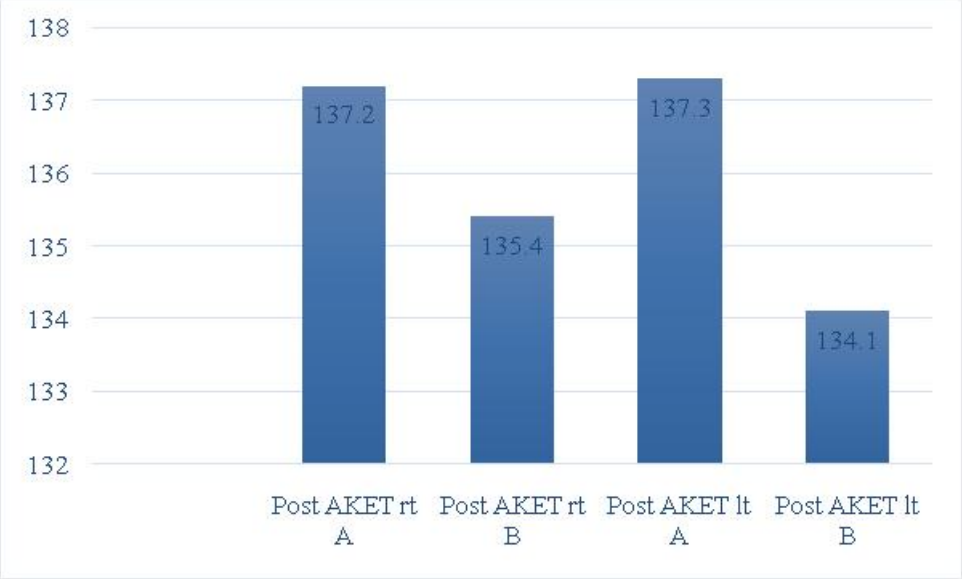
Table 1. Between Group Comparison

Outcome measures		Mean	Sd	T- value	P-value
Active Knee Extension Right Side	**Mulligan BLR**	137.2000	7.22342	.665	.059
	Non-ballistic active knee extension	135.4000	4.59952	.665	
Active knee extension left side	**Mulligan Blr**	137.3000	6.73383	1.224	.246
	Non-Balistic Active knee extension	134.1000	4.79467	1.224	



Graph 1: Comparison of AKET in Both Groups

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

CASE STUDY ARTICLE

Operational Efficiency during Peak and Off-Peak Hours: A Case Study of Fuel Stations in Mysore District

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Received: 18 Jun 2025 Revised: 26 Jun 2025 Accepted: 09 July 2025

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ABSTRACT

The purpose of the study is to identify and examine possible distinctions in the operational efficiency of the fuel stations during peak and off-peak hours by investigating key operational dimensions of a fuel station during perceived peak hours, (7:30 AM to 7:29 PM), and perceived off-peak hours, (7:30 PM to 7:29 AM). The objective of the study is to identify the influence of operational hours on the operational efficiency of the fuel station and compare the operational efficiency of fuel stations during peak and off-peak hours of the day. The study adopted quantitative research design using a well-thought-out survey method to collect primary data from owners, employees and customers of retail fuel outlets located in Mysore district. The collected data was analyzed using statistical techniques including factor analysis and multivariate analysis of variance. The results of the test were carefully examined to identify the distinctions in operational efficiency of fuel stations during peak and off-peak hours of the day. The study uncovers distinct level of operational efficiency of fuel station during peak and off-peak hours of day. The study also identified the variation in the operational efficiency of fuel stations owned by different companies during the peak and off-peak hours of the day. The study identifies the influence of peak and off-peak timings on the operational efficiency of the fuel station implicating the importance of time-specific strategies in the allocation of resource, deployment of staff and optimization of service process. The study provides original insights based on focused study on fuel outlets based out of Mysore district. It offers new insights on how operational timings influence the operational efficiency of a fuel station. The study also highlights the difference in the operational efficiency of fuel stations owned by different company during peak and off-peak hours of the day.

Keywords: Operational efficiency, fuel retail, service quality, customer satisfaction, factor analysis, technological adoption.

INTRODUCTION

Operational efficiency helps in accessing the service quality of a retail fuel station. Higher service quality will ensure higher customer satisfaction leading to repeat visit to the fuel station and help in building strong brand image. The aim of the research was to bring forth valuable insights to the fuel companies to help them to improve the operational efficiency of the fuel stations owned by them. This study also intends to provide actionable feedback to the fuel station owners to make help them focus on improving the operations of their fuel station. The study evaluates the operational metrics of fuel stations during Off-peak and peak business hours of the fuel outlets located in Mysore district. The study focused on operational dimension related to Convenience, Safety, Employee, Core functions, Advertisement and Adoption of Advanced Technology to evaluate the performance of the fuel stations. The day has been divided into peak and off-peak hours based on previous works on the topic and inputs from subject matter experts in this field. A structured survey was conducted to gather data from owners, employees and customers of the fuel station to get their view on the operational effectiveness of the fuel stations.The collected data was analyzed using statistical techniques including factor analysis and multivariate analysis of variance. The results of the statistical tests were used to formulate the findings of the study. The findings of this study provide the area of focus to the fuel station owners to improve the operational efficiency of the fuel stations owned by them. The outcome of the study will also help academic researchers in this field to enhance their understanding on the topic.

REVIEW OF LITERATURE

Conceptual Clarification

The deployment of digital transformation at fuel station provides convenience to all the stakeholder of the fuel station. While recommending digitization of fuel station(Joshi, P. et al.(2020). [1]) hasproposed use of RFID prepaid cards with initial balance and use of biometric verification mechanism to ensure security and confidentiality. The centralized database keeps records of fuel disbursed and balance amount in the account. RFID can be used at any location giving the flexibility to the owner to use it to his/her convenience.(Naveen Kumar, P. et al. (2017). [2]) lists different automation features which can be used at fuel station. The paper discussed OTP-based authentication for recalibration of dispensing jets, usage of solar panels, robotic systems to dispense fuels without human intervention and others.In their work,(Baqir, Z. M. et al.(2021). [3]) have suggested the use of Internet of Things to upgrade fuel stations. They have listed challenges like labor cost and staffing challenges in rural areas and advocated automation as the solution to fight shortage of staff.(Sujihelen, L. et al.(2019). [4]) suggested use of RFID and Arduino for automation. They opined that combination of RFID readers and postpaid cards linked to vehicle registration details would reduce the time of transaction.In a related study, (Baqir, Z. M. et al.(2021). [5])recommended a combination of an RFID and ESP8266-based monitoring system to enhance management and accuracy in fuel stations.This combination offers way for efficient fuel monitoring despite some existing limitation.

(Mandhare, P. et al.(2021). [6]) highlighted the challenges with manual operations of fuel station and suggested automation using Arduino and RFID as a solution to the problem. Researchers (Krithika, D. U. et al.(2020).[7]) and (Dhrudesh, T. Y. et al.(2022). [8])strongly suggest the use of Automated Number Plate Recognition (ANPR) as a solution for automated parking and traffic management.(Varma, P. R. K. et al.(2020). [9])continued this ANPR work by localizing for Indian terrain. They suggested use of machine learning techniques for character recognition. Supporting these technological efforts, (Manneh, M. et al.(2020). [10])focused on the marketing efforts and customer satisfaction dimensions. They studied the customer behavior in The Gambia. There work highlights the importance of customer preference to improve in fuel industry. (Santanu, P. et al.(2020). [11]) deliberated on making our fuel stations from commodity centric to service centric outlet. There work also emphasized on the expectations of the customers and suitable marketing strategies. In complement to other works, (Syailendra, B. et al.(2017). [12]) focused

on importance of employee behavior, employee training, employee grooming and other aspects relate to the employee of a fuel station. (Fildes, R. et al.(2022). [13])provided solution for fuel sales prediction in analytics. He suggested forecasting models would help in making decisions which will have long term effects.(Rizvi, S. M. H. et al.(2021). [14])suggested the use of predictive technology and Internet of Things (IoT) for fuel station. They suggested use of neural networks for better forecasting.

(Sun, L. et al.(2018). [15]) offered a new demand forecasting using unsupervised and supervised machine learning model. The clustering and identifying sales pattern based on machine learning techniques for better planning.(Henzel, J. et al.(2021). [16])highlighted the importance of accurate forecasting of the demand and suggested machine learning model which would help to accurately forecast the demand thus improving the demand fulfillment. (Tarimer, I. et al.(2020). [17]) added their contribution to the study by suggesting some conventional machine learning models and neural networks.(Nirwan, I. et al.(2022). [18])emphasized on fuel demand prediction using neural networks. The paper spoke about different propagation method to identify the right features for models.(Galankashi, M. R. et al. (2016). [19])used design of experiments (DOE) and simulations for handling long queue at fuel stations. (Jain, R. et al.(2020). [20])tried to employee the queuing techniques used at airport for the fuel stations to avoid bottle neck and ensure better customer flow. Additionally, (Cornillier, F. et al. (2008).[21]) made effort to manage and solve multi-period petrol station replenishment problem(MPSRP) using optimization techniques.

Gaps and Agenda for Future Research

Although this study provides useful insights about the operations of fuel station located in Mysore district during peak and off-peak hours, several research gaps remain due to different constraints. Firstly, the geographic scope of the study is limited to one district which may not permit to generalize the findings to broader geographical space. Secondly, the study deployed only survey based study which might be influenced by the opinions of the respondents. Thirdly, the study focused on operational dimensions identified based on review of literature availed till the start of the study only.

Objectives of the study

The primary objectives of the study are:

1. To evaluate the operational efficiency during peak hours of fuel outlets in Mysore District.
2. To assess the operational efficiency during off-peak hours of fuel outlets in Mysore District.

Hypothesis of the Study

Based on the objectives the hypothesis (Table 2) is framed to prove or disprove the statements:

The study adopted academic research approach to conduct a conclusive study of operational efficiency of fuel outlets in Mysore district. The study has employed qualitative and quantitative techniques to perform evaluation of operational efficiency of fuel station during peak and off-peak hours of the day. Data was collected from respondents picked using convenience sampling using a well-structured survey questionnaire. The collected data was analyzed using statistical techniques to uncover the hidden insights.

Sample Frame

A stratified random sampling method was employed to ensure proportional representation across various fuel station brands, including IOCL, BPCL, HPCL, and Reliance outlets. The sample frame comprised 693 respondents, encompassing owners, employees, and customers of retail fuel stations in Mysore District

Research Model

The research framework is drawn in Fig 1illustrates Block Diagram of Operational Efficiency during Peak and Off-Peak Hours and Fig 2 illustrates Block Diagram of Operational Dimensions Evaluating Peak and Off-Peak Hours& table 4 explains the study variables (Independent Variables(I.V), Mediating Variables and Dependent Variable (D.V)).

RESULTS AND DISCUSSIONS

Epilogues to Prove Peak & Off-Peak Hours have no Significant Effect on Operational Efficiency at Fuel Stations

For testing hypothesis 1 & 2, the researchershave used multivariate analysis and pairwise comparison test to find how owners, employees &customers perceive operational efficiency of fuel station at peak and off-peak time The results of the four statistical tests: Pillai's trace, Wilks' lambda, Hotelling's trace, and Roy's largest root, each calculated for both off-peak and peak time conditions are documented in the table 5. The results of these tests examine the impact of different factors on the operational metrics of the fuel station. All the fours tests employed in Multivariate Analysis of Variance (MANOVA) shows significant differences between groups across fuel stations. The significant values ($p<0.001$) strongly suggests that the null hypothesis to be rejected and alternate hypotheis to be accepted. The test conclusively highlights the difference in the operational metrics during peak and off-peak hours of the day. The table 6 gives the pairwise comparison between fuel stations owned by different companies during peak and off-peak hours of the day. The tables highlights the underlying relationship between operational dimensions (independent variables) for peak and off-peak hours (mediating variables) and operational efficiency (dependent variable). Significant difference, where p-values is greater than 0.05, are marked with asterisk (*).

Major Findings

Peak Hours

These hours are marked with high volume of transactions exerting pressure on the resource involved.

- HPCL performs well in most of the dimension and ranks 1st in convenience, safety and adoption of advanced technology.
- Reliance fares well in operational dimensions related to advertisement and employee.
- IOC manages to secure 2nd and 3rd position across multiple dimensions but doesn't manage to secure top position in any of the operational dimensions.
- BPCL secures 1st in core functions but trails in most of the other operational dimensions.
- IOC and Reliance give tough competitions to HPCL but HPCL emerges as leader in more of dimensions.

Off-Peak Hours

These hours are usually light on amount of work due to reduced business transaction.

- IOC performs well and tops in dimensions related to convenience, safety and advertisement.
- HPCL manages to outclass others in dimension related core functions and adoption of advanced technology.
- Reliance leads in the operational dimensions related to employee.
- BPCL trails in most of the operational dimensions compared to others.
- IOC, HPCL and Reliance get 1st position across different operational dimensions.

Thus, epilogues to prove peak & off-peak hours have significant effect on operational efficiency at fuel stations based on the findings.

CONCLUSION

The study identifies distinctions in the operational efficiency of fuel stations owned by BPCL, HPCL, IOC and Reliance during peak and off-peak hours of the day. The study helps fuel companies identify the area of success and area of improvements. The study conclusively demonstrates the influence the time of operation on the efficiency of the fuel station. The study highlights the significance of time-sensitive operational strategies to excel in all times.

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Table 1: Hypothesis of the Study

H0 1	Peak hours have no significant effect on operational efficiency at fuel stations.
H0 2	Off-Peak hours have no significant effect on operational efficiency at fuel stations.

Table 2: Sample Design

Type of Research	Descriptive analysis
Sample Universe	Fuel stations located in Mysore District
Sample Population	Stakeholders of fuel stations located in Mysore District
Sample Frame	Fuel stations operating in Mysore District which are owned by select 4 petroleum brands: BPCL, HPCL, IOC and Reliance
Sample Unit	Owners, Employees and Customers of fuel stations located in Mysore District
Sample Size	693 respondents
Sample Techniques	Convenience sampling
Project Instruments	Likert's 5-point scale
Types of Questionnaire	Close ended structured questionnaire
Statistical Tools	Multivariate ANOVA

Table 3: Study Variables

Independent Variables (I.V)	**Mediating Variables (M.V)**	**Dependent Variable (D.V)**
• Employee Factor • Cleanliness Factor • Safety Factor • Advertisement Factor • Convenience Factor • Technology Factor • Core Function Factor	• Peak and Off-peak hours	• Operational Efficiency

Table 4: Multivariate Test of Aggregated Factors by Working Hours

Bunk_Peak_Idle		**Value**	**F**	**Hypothesis df**	**Error df**	**Sig.**
Peak	Pillai's trace	0.325	11.839	21	2043	<.001
	Wilks' lambda	0.702	12.157	21	1950.272	<.001
	Hotelling's trace	0.385	12.423	21	2033	<.001
	Roy's largest root	0.25	24.287[a]	7	681	<.001
Off-Peak	Pillai's trace	0.208	7.235	21	2043	<.001
	Wilks' lambda	0.805	7.303	21	1950.272	<.001
	Hotelling's trace	0.228	7.35	21	2033	<.001
	Roy's largest root	0.128	12.481[a]	7	681	<.001
Each F tests the multivariate simple effects of Company within each level combination of the other effects shown. These tests are based on the linearly independent pair wise comparisons among the estimated marginal means.						
a. The statistic is an upper bound on F that yields a lower bound on the significance level.						
Source: Data Analysis Performed using Survey Conducted in Mysore District during December 2024						

Table 5: Multivariate Test of Aggregated Factors by Working Hour: Pairwise Comparisons

Dependent Variable	Bunk_Peak_Off-peak	(I) Company	(J) Company	Mean Difference (I-J)	Std. Error	Sig.[b]	95% Confidence Interval for Difference[b]	
							Lower Bound	Upper Bound
Convenience Factor	Peak	BPCL	HPCL	-.326*	0.14	0.02	-0.601	-0.052
			IOC	-0.009	0.141	0.948	-0.286	0.268
			Reliance	0.234	0.188	0.214	-0.135	0.602
		HPCL	BPCL	.326*	0.14	0.02	0.052	0.601
			IOC	.317*	0.114	0.006	0.093	0.542
			Reliance	.560*	0.169	<.001	0.229	0.891
		IOC	BPCL	0.009	0.141	0.948	-0.268	0.286
			HPCL	-.317*	0.114	0.006	-0.542	-0.093
			Reliance	0.243	0.169	0.152	-0.09	0.576
		Reliance	BPCL	-0.234	0.188	0.214	-0.602	0.135
			HPCL	-.560*	0.169	<.001	-0.891	-0.229
			IOC	-0.243	0.169	0.152	-0.576	0.09
	Off-Peak	BPCL	HPCL	-.343*	0.142	0.016	-0.622	-0.063
			IOC	-.499*	0.199	0.012	-0.89	-0.108
			Reliance	-.348*	0.147	0.018	-0.636	-0.059
		HPCL	BPCL	.343*	0.142	0.016	0.063	0.622
			IOC	-0.156	0.216	0.47	-0.58	0.268
			Reliance	-0.005	0.169	0.977	-0.337	0.327
		IOC	BPCL	.499*	0.199	0.012	0.108	0.89
			HPCL	0.156	0.216	0.47	-0.268	0.58
			Reliance	0.151	0.219	0.49	-0.279	0.581
		Reliance	BPCL	.348*	0.147	0.018	0.059	0.636
			HPCL	0.005	0.169	0.977	-0.327	0.337
			IOC	-0.151	0.219	0.49	-0.581	0.279
Employee Factor	Peak	BPCL	HPCL	-.284*	0.144	0.049	-0.567	-0.002
			IOC	0.104	0.145	0.475	-0.181	0.389
			Reliance	-.501*	0.193	0.01	-0.88	-0.122
		HPCL	BPCL	.284*	0.144	0.049	0.002	0.567
			IOC	.388*	0.118	0.001	0.157	0.619
			Reliance	-0.217	0.173	0.211	-0.557	0.123
		IOC	BPCL	-0.104	0.145	0.475	-0.389	0.181

			HPCL	-.388*	0.118	0.001	-0.619	-0.157
			Reliance	-.605*	0.174	<.001	-0.947	-0.263
		Reliance	**BPCL**	.501*	0.193	0.01	0.122	0.88
			HPCL	0.217	0.173	0.211	-0.123	0.557
			IOC	.605*	0.174	<.001	0.263	0.947
	Off-Peak	**BPCL**	**HPCL**	-0.065	0.146	0.656	-0.352	0.222
			IOC	-0.08	0.205	0.696	-0.482	0.322
			Reliance	-.319*	0.151	0.035	-0.615	-0.023
		HPCL	**BPCL**	0.065	0.146	0.656	-0.222	0.352
			IOC	-0.015	0.222	0.947	-0.451	0.421
			Reliance	-0.254	0.174	0.144	-0.595	0.087
		IOC	**BPCL**	0.08	0.205	0.696	-0.322	0.482
			HPCL	0.015	0.222	0.947	-0.421	0.451
			Reliance	-0.239	0.225	0.289	-0.681	0.203
		Reliance	**BPCL**	.319*	0.151	0.035	0.023	0.615
			HPCL	0.254	0.174	0.144	-0.087	0.595
			IOC	0.239	0.225	0.289	-0.203	0.681
Core	**Peak**	**BPCL**	**HPCL**	.648*	0.123	<.001	0.407	0.889
			IOC	0.242	0.124	0.051	-0.001	0.485
			Reliance	.456*	0.164	0.006	0.133	0.779
		HPCL	**BPCL**	-.648*	0.123	<.001	-0.889	-0.407
			IOC	-.406*	0.1	<.001	-0.603	-0.209
			Reliance	-0.192	0.148	0.193	-0.482	0.098
		IOC	**BPCL**	-0.242	0.124	0.051	-0.485	0.001
			HPCL	.406*	0.1	<.001	0.209	0.603
			Reliance	0.214	0.148	0.15	-0.078	0.505
		Reliance	**BPCL**	-.456*	0.164	0.006	-0.779	-0.133
			HPCL	0.192	0.148	0.193	-0.098	0.482
			IOC	-0.214	0.148	0.15	-0.505	0.078
	Off-Peak	**BPCL**	**HPCL**	-.513*	0.125	<.001	-0.757	-0.268
			IOC	-0.334	0.174	0.056	-0.677	0.008
			Reliance	0.085	0.129	0.508	-0.167	0.337
		HPCL	**BPCL**	.513*	0.125	<.001	0.268	0.757
			IOC	0.178	0.189	0.346	-0.193	0.55
			Reliance	.598*	0.148	<.001	0.307	0.888
		IOC	**BPCL**	0.334	0.174	0.056	-0.008	0.677
			HPCL	-0.178	0.189	0.346	-0.55	0.193

			Reliance	.420*	0.192	0.029	0.043	0.796
		Reliance	**BPCL**	-0.085	0.129	0.508	-0.337	0.167
			HPCL	-.598*	0.148	<.001	-0.888	-0.307
			IOC	-.420*	0.192	0.029	-0.796	-0.043
Safety	**Peak**	**BPCL**	**HPCL**	-0.039	0.141	0.781	-0.317	0.238
			IOC	0.027	0.143	0.848	-0.253	0.307
			Reliance	.623*	0.19	0.001	0.25	0.995
		HPCL	**BPCL**	0.039	0.141	0.781	-0.238	0.317
			IOC	0.067	0.116	0.565	-0.16	0.294
			Reliance	.662*	0.17	<.001	0.328	0.997
		IOC	**BPCL**	-0.027	0.143	0.848	-0.307	0.253
			HPCL	-0.067	0.116	0.565	-0.294	0.16
			Reliance	.595*	0.171	<.001	0.259	0.932
		Reliance	**BPCL**	-.623*	0.19	0.001	-0.995	-0.25
			HPCL	-.662*	0.17	<.001	-0.997	-0.328
			IOC	-.595*	0.171	<.001	-0.932	-0.259
	Off-Peak	**BPCL**	**HPCL**	-.310*	0.144	0.031	-0.592	-0.028
			IOC	-.633*	0.201	0.002	-1.028	-0.238
			Reliance	-.385*	0.148	0.01	-0.676	-0.094
		HPCL	**BPCL**	.310*	0.144	0.031	0.028	0.592
			IOC	-0.323	0.218	0.139	-0.752	0.105
			Reliance	-0.075	0.171	0.662	-0.41	0.26
		IOC	**BPCL**	.633*	0.201	0.002	0.238	1.028
			HPCL	0.323	0.218	0.139	-0.105	0.752
			Reliance	0.249	0.221	0.262	-0.186	0.683
		Reliance	**BPCL**	.385*	0.148	0.01	0.094	0.676
			HPCL	0.075	0.171	0.662	-0.26	0.41
			IOC	-0.249	0.221	0.262	-0.683	0.186
Advertisement	**Peak**	**BPCL**	**HPCL**	-.866*	0.139	<.001	-1.139	-0.592
			IOC	-.897*	0.14	<.001	-1.173	-0.621
			Reliance	-1.079*	0.187	<.001	-1.446	-0.712
		HPCL	**BPCL**	.866*	0.139	<.001	0.592	1.139
			IOC	-0.031	0.114	0.782	-0.255	0.192
			Reliance	-0.213	0.168	0.204	-0.542	0.116
		IOC	**BPCL**	.897*	0.14	<.001	0.621	1.173
			HPCL	0.031	0.114	0.782	-0.192	0.255
			Reliance	-0.182	0.169	0.282	-0.513	0.15

		Reliance	**BPCL**	1.079*	0.187	<.001	0.712	1.446
			HPCL	0.213	0.168	0.204	-0.116	0.542
			IOC	0.182	0.169	0.282	-0.15	0.513
	Off-Peak	**BPCL**	**HPCL**	-.294*	0.142	0.038	-0.572	-0.017
			IOC	-.558*	0.198	0.005	-0.947	-0.169
			Reliance	0.059	0.146	0.686	-0.228	0.346
		HPCL	**BPCL**	.294*	0.142	0.038	0.017	0.572
			IOC	-0.264	0.215	0.22	-0.686	0.158
			Reliance	.353*	0.168	0.036	0.023	0.684
		IOC	**BPCL**	.558*	0.198	0.005	0.169	0.947
			HPCL	0.264	0.215	0.22	-0.158	0.686
			Reliance	.617*	0.218	0.005	0.189	1.045
		Reliance	**BPCL**	-0.059	0.146	0.686	-0.346	0.228
			HPCL	-.353*	0.168	0.036	-0.684	-0.023
			IOC	-.617*	0.218	0.005	-1.045	-0.189
Advance	**Peak**	**BPCL**	**HPCL**	-.912*	0.136	<.001	-1.179	-0.646
Technology			**IOC**	-.533*	0.137	<.001	-0.802	-0.265
			Reliance	-.750*	0.182	<.001	-1.107	-0.393
		HPCL	**BPCL**	.912*	0.136	<.001	0.646	1.179
			IOC	.379*	0.111	<.001	0.161	0.596
			Reliance	0.162	0.163	0.32	-0.158	0.483
		IOC	**BPCL**	.533*	0.137	<.001	0.265	0.802
			HPCL	-.379*	0.111	<.001	-0.596	-0.161
			Reliance	-0.216	0.164	0.188	-0.539	0.106
		Reliance	**BPCL**	.750*	0.182	<.001	0.393	1.107
			HPCL	-0.162	0.163	0.32	-0.483	0.158
			IOC	0.216	0.164	0.188	-0.106	0.539
	Off-Peak	**BPCL**	**HPCL**	-.593*	0.138	<.001	-0.864	-0.323
			IOC	1.076*	0.193	<.001	0.697	1.454
			Reliance	-0.122	0.142	0.39	-0.402	0.157
		HPCL	**BPCL**	.593*	0.138	<.001	0.323	0.864
			IOC	1.669*	0.209	<.001	1.258	2.08
			Reliance	.471*	0.164	0.004	0.15	0.792
		IOC	**BPCL**	-1.076*	0.193	<.001	-1.454	-0.697
			HPCL	-1.669*	0.209	<.001	-2.08	-1.258

			Reliance	-1.198*	0.212	<.001	-1.615	-0.781
		Reliance	**BPCL**	0.122	0.142	0.39	-0.157	0.402
			HPCL	-.471*	0.164	0.004	-0.792	-0.15
			IOC	1.198*	0.212	<.001	0.781	1.615
_Core Operation	**Peak**	**BPCL**	**HPCL**	-.299*	0.126	0.018	-0.546	-0.052
			IOC	-.840*	0.127	<.001	-1.089	-0.59
			Reliance	-.479*	0.169	0.005	-0.811	-0.148
		HPCL	**BPCL**	.299*	0.126	0.018	0.052	0.546
			IOC	-.540*	0.103	<.001	-0.742	-0.338
			Reliance	-0.18	0.152	0.235	-0.478	0.118
		IOC	**BPCL**	.840*	0.127	<.001	0.59	1.089
			HPCL	.540*	0.103	<.001	0.338	0.742
			Reliance	.360*	0.152	0.018	0.061	0.66
		Reliance	**BPCL**	.479*	0.169	0.005	0.148	0.811
			HPCL	0.18	0.152	0.235	-0.118	0.478
			IOC	-.360*	0.152	0.018	-0.66	-0.061
	Off-Peak	**BPCL**	**HPCL**	-.509*	0.128	<.001	-0.761	-0.258
			IOC	0.206	0.179	0.251	-0.146	0.558
			Reliance	0.192	0.132	0.146	-0.067	0.451
		HPCL	**BPCL**	.509*	0.128	<.001	0.258	0.761
			IOC	.715*	0.194	<.001	0.334	1.097
			Reliance	.702*	0.152	<.001	0.403	1
		IOC	**BPCL**	-0.206	0.179	0.251	-0.558	0.146
			HPCL	-.715*	0.194	<.001	-1.097	-0.334
			Reliance	-0.014	0.197	0.945	-0.4	0.373
		Reliance	**BPCL**	-0.192	0.132	0.146	-0.451	0.067
			HPCL	-.702*	0.152	<.001	-1	-0.403
			IOC	0.014	0.197	0.945	-0.373	0.4

Based on estimated marginal means

*. The mean difference is significant at the .05 level.

b. Adjustment for multiple comparisons: Least Significant Difference (equivalent to no adjustments).

Source: Data Analysis Performed using Survey Conducted in Mysore District during December 2024

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Range Extension and New Distributional Record of *Lepidagathis trinervis* Nees (Acanthaceae)

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Received: 26 May 2025 Revised: 03 Jun 2025 Accepted: 24 Jun 2025

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ABSTRACT

This research paper deals with the *Lepidagathis trinervis* Nees (Acanthaceae) plant species addition to the floristic study of Palghar district, Maharashtra state, India alongside the definite habitat, vegetation, population, and morphology. During the broad botanical investigation of the Northern Western Ghats and along their sides. Critical macroscopic and microscopic study and a basic survey of the accessible references, these species are found as range extension and new distributional record of the Indian endemic plant. *L. trinervis* Nees (Acanthaceae) range extension and new distributional record for the floristic study of Palghar district, Maharashtra, India.

Keywords: *Lepidagathis trinervis* Nees, New distributional record, Palghar district, Maharashtra.

INTRODUCTION

One of the enormous families of Acanthaceae coming under the orders of Angiosperms is Lamiales. Acanthaceae family includes 208 genera cosmopolitan distribution [1]. The genus *Lepidagathis* Willd. belongs to the Acanthaceae contains a total of 152 species categories found worldwide, with a dominant presence in pantropical regions[2-3]. In India, the genus *Lepidagathis* is addressed by a total of 39 species; prominently, 27 of these species are endemic to India [4].The genus *Lepidagathis* of the family Acanthaceae is remarkable in having almost 24 species in the tropical forest of northern Western Ghats of Maharashtra[3-6].*Lepidagathis trinervis* Nees native to the subcontinent of India[7].

These studied taxa were identified by using Flora, Herbarium catalog, monographs, and the deposited herbarium[8-13]. Investigation and scientific literature survey revealed that this was reported different regions of India such as Karnataka, Maharashtra, Uttar Pradesh and Rajasthan [14], also in Maharashtra state different regions reported such as Ahmednagar, Akola, Bombay, Dhule, Jalgaon, Jalna, Nashik, Parbhani, Pune, Raigad, Ratnagiri, Sindhudurg, Solapur, and Thane [15]. Studied taxa reported firstly from Palghar district of Maharashtra state. Range extension and new distributional record for floristic study of Palghar district.

MATERIAL AND METHODS

Study area During the floristic investigation living taxa were observed and collected from Ghanval, Dist. Palghar, Maharashtra (India) (GPS coordinates N20.010536, E73.400606) (Image 1).

Taxonomic Account

Lepidagathis trinervis Nees in Wall., Pl. Asiat. Rar. 3:96. 1832. in DC., Prodr. 11:254. 1847; Clarke in Hook. f., Fl. Brit. Ind. 5: 517. 1885; Cooke, Fl. Pres. Bomb. 2: 471. 1906; Chaudhri & Chuttar, veg. & Range Fl. Thar Desert 39. 1966.

A prostrate to suberect, up to 30 cm tall herb with quadrangular, puberulent or glabrous twigs from the woody rootstock. Leaves sessile, linear to narrowly lanceolate, 2-4.5 cm x 3-5 mm, glabrous, 3-nerved from the base, lateral nerves weaker than midrib and run along entire margin, acute, mucronulate. Flowers light pink, in dense, one-sided axillary, sessile, 1-2 (-2.5) cm long, oblong-ovoid spikes, solitary or fascicled near rootstock or a little higher up; bracts ovate or elliptic-ovate, 4-5 x 2.5-3 mm, ciliate at apex with a 3.5-4.5 mm long recurved spine, minutely puberulous; bracteoles dimorphous, nearly as long as long bracts, outer oblong-lanceolate, acuminate-aristate, inner cuneiform, membranous. Calyx 5-partite, lobes 7-8 mm long, membranous, acute but not spine-tipped, hairy within, glabrescent outside. Corolla spotted inside, 5-6 mm long, densely long silky hairy in bud, upper lip slightly notched, lower lip with 3, patent obtuse lobes. Capsule ovoid-lanceolate, 5-6 mm long, 2-seeded, glabrous, seeds oblong, 2-3 mm long, with long hygroscopic hairs(Image 2)[13].

Flowering and fruiting November-May.

Habitat & Ecology Rocky grasslands and seasonally dry tropical areas, especially in the northern Western Ghats of India.

Distribution Native to the subcontinent of India.

Specimen examined The *L. trinervis* Nees was identified by utilizing different deposited Herbarium Catalogue specimens No.K000950028, K000950035, K000950033, K000950034, K000950029, and NGCPR01596[7,16].

Family Acanthaceae

RESULTS AND DISCUSSION

L. trinervis Nees investigated during the years 2024–2025 records a unique plant taxon belonging to the family Acanthaceae. It is native to the subcontinent of India. The plant was accurately identified utilizing Flora of British India, Flora of Maharashtra, Flora of Akola District, Flora of Raigad District, and Flora of Nashik District authenticated by the deposited Herbarium Catalogue specimen No. K000950028, K000950035, K000950033, K000950034, and K000950029 [8-13]. During the review survey, different floras were examined such as The Bombay Flora, the Flora of the Presidency of Bombay, and the Flora of Maharashtra State there are no any kind of taxonomic records of studied taxa[8-9,13]. The basic literature review of accessible logical writing contemplated taxa that had not been added to the floristic study of Palghar district, Maharashtra State (India). It tends to be claimed that these are new extended records for the floristic diversity of Palghar district, Maharashtra State, India.

CONCLUSION

During the floristic investigation of the northern Western Ghats, we explored the *L. trinervis* Nees. Angiosperm plant taxa reported for the first time in the floristic study of Palghar district, Maharashtra State (India) is a new extended record for the floristic diversity of Palghar district, Maharashtra State, India.

Conflict of Interest None

Funding Agency None

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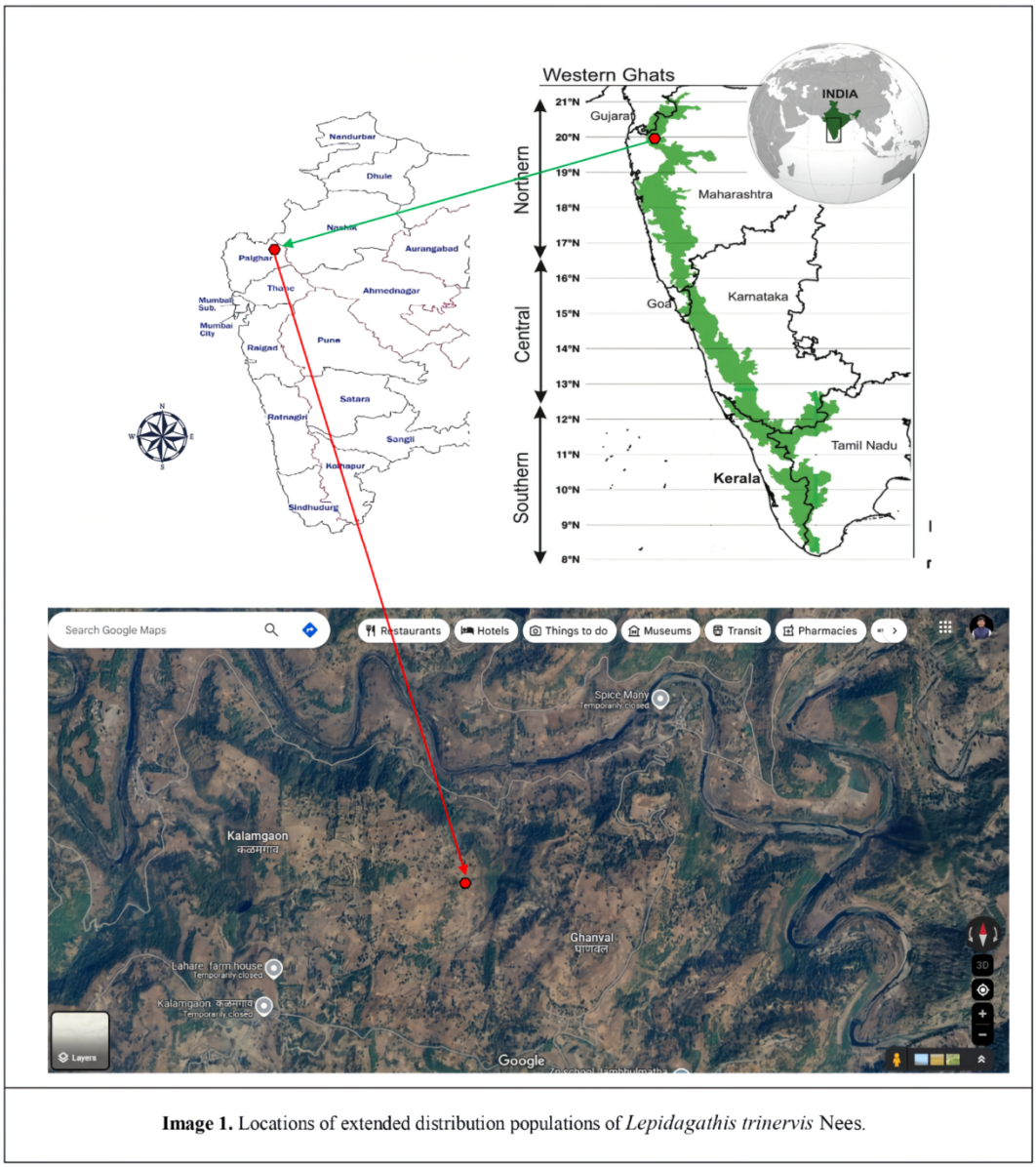

Image 1. Locations of extended distribution populations of *Lepidagathis trinervis* Nees.

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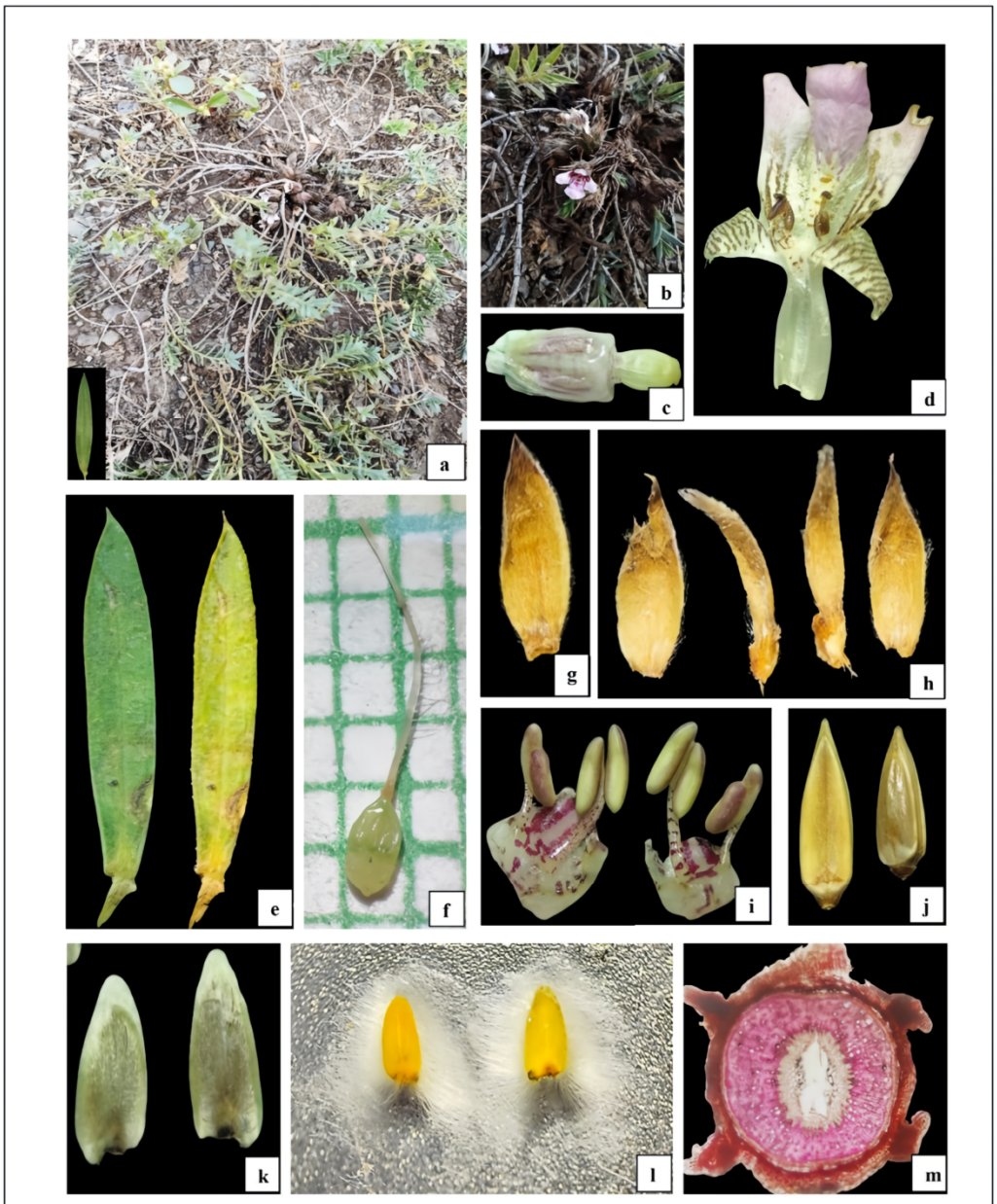

Image 2. *Lepidagathis trinervis* Nees **a.** Habit **b.** Inflorescence. **c.** Flower bud. **d.** Dissected corolla with striated lower lips, with four didynamous stamens **e.** Leaves. **f.** Pistil. **g.** Bract. **h.** Sepals. **i.** Didynamous stamen. **j.** Capsule. **k.** Seed. **l.** Hygroscopic hairy seed. **m.** Stem anatomy.

Image 2. *Lepidagathis trinervis* Neesa. Habit b. Inflorescence. c. Flower bud. d. Dissected corolla with striated lower lips, with four didynamous stamense. Leaves. f. Pistil. g. Bract. h. Sepals. i. Didynamous stamen. j. Capsule.k. Seed. l. Hygroscopic hairy seed. m. Stem anatomy.

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

A Study to Evaluate the Effectiveness of Respiratory Muscle Stretch Gymnastics on Respiratory Rate and Psychological Status of Housewives of Surat City

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Received: 13 Dec 2024 Revised: 18 Mar 2025 Accepted: 25 Jun 2025

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ABSTRACT

Respiratory Muscle Stretch Gymnastics found to be increase in the forced vital capacity, functional residual capacity, decreased dyspnea and improved Quality of life. The purpose of the study is to find out the effectiveness of the Respiratory Muscle Stretch Gymnastics on Respiratory Rate and Psychological status of housewives. An experimental study design, 30 subjects with age group between 30-40 years were randomized. The subjects were received RMSG for 2 weeks. Outcome measures such as Respiratory Rate, Pulse Rate and Psychological status were measured before and after by PANAS. After 2 weeks of Respiratory Muscle Stretch Gymnastics, there is a statistically significant difference in Respiratory Rate and Psychological status by PANAS Scale. The present study concludes that 15 days of RMSG has found to be significant improvement in Respiratory rate and psychological status of housewives.

Keywords: RMSG, PANAS scale, Respiratory Rate, Pulse Rate, Psychological status.

INTRODUCTION

RMSG

Respiratory muscle stretch gymnastics (RMSG) have been proposed as a possible additional form of rehabilitation for patients with chronic obstructive pulmonary disease. RMSG is designed to decrease chest wall stiffness especially in the chest wall respiratory muscles. It has been suggested that RMSG reduces dyspnea at rest and improves the quality of life. The mechanism for the reduction in dyspnea may be through a decrease in the respiratory rate (RR) that is caused by matching of the respiratory cycle phases between central command and afferent regulation of the intercoastal muscles. A decrease in RR is consistently observed after RMSG, which might be related to the decreased sensation of breathlessness. [1] These exercises, allow us to target specific respiratory muscles in a progressive way, allowing each muscle group to work to its maximum capacity and stretching and improving movement in the accessory muscles. By practicing these exercises, individuals can enhance their respiratory muscle strength and flexibility, thus improving their overall breathing and respiratory function. The exercises are designed to be safe and gradually increase in intensity, allowing individuals to progress at their own pace.

Respiratory Muscle Stretch Gymnastics offers a comprehensive guide to improving respiratory muscle function through targeted exercises. The potential benefits of respiratory muscle stretching are immense and extend beyond just improving the physical aspects of breathing. By targeting specific muscle groups and promoting flexibility and strength, these exercises can also have a positive impact on mental well-being. Breathing is not only a physiological process but also a powerful tool for relaxation, stress reduction, and overall mental balance. When our respiratory muscles are functioning optimally, we can experience a sense of calmness, clarity, and increased energy levels. Respiratory Muscle Stretch Gymnastics emphasizes the importance of individualization and customization when it comes to respiratory muscle training. Respiratory Muscle Stretch Gymnastics encourages individuals to incorporate these exercises into their daily routine to make breathing more efficient and effortless in everyday life. Respiratory Muscle Stretch Gymnastics is a comprehensive and accessible resource for individuals seeking to improve their respiratory health and function.[2]

The purpose of respiratory muscle stretch gymnastics is to improve the strength, endurance, and flexibility of the respiratory muscles and restore the balance between the diaphragm and the accessory muscles of respiration. These are the main precursors to normalizing any potential dysfunctional breathing patterns or respiratory rate. Secondly, restoring normal length tension relationships in the neuromuscular and musculoskeletal systems of respiration can be effective in critically managing respiratory and cardiopulmonary disorders. When the accessory muscles of respiration are recruited to aid in the breathing process for long periods, a range of negative outcomes such as respiratory muscle weakness, chronic dyspnea, increased work of breathing, and increased cardiac workload can result. Therefore, the pursuit of normalization of respiratory kinematics through respiratory muscle stretch gymnastics is essential for improvements in patients with a range of pathologies that affect the cardiorespiratory system. Respiratory muscle stretch gymnastics not only has the capability to enhance the overall respiratory function and performance, but it also plays a significant role in improving the overall quality of life for individuals with cardiorespiratory disorders. It has the potential to alleviate symptoms such as shortness of breath, improve exercise tolerance, and enhance the overall cardiovascular fitness of patients. With its potential to improve respiratory muscle function, enhance overall respiratory performance, and contribute to the improvement of patients' overall quality of life, respiratory muscle stretch gymnastics represents a promising avenue for both current and future interventions in the field of respiratory care. [3]

PANAS

The Positive and Negative Affect Schedule or (PANAS) is a scale that consists of different words that describe feelings and emotions. It measures positive and negative affect. Positive affect refers to the propensity to experience positive emotions and interact with others positively, even though the challenges of life. Negative affect, on the other hand, involves experiencing the world in a more negative way. While these two states are on opposite ends of the

spectrum, both states affect our lives and how we live. The PANAS has been widely utilized as a self-reported measure of affect in both the community and clinical contexts. It is used as a psychometric scale that is intended to show the relationship between positive and negative affect within certain personality traits. The PANAS was developed in 1988 by psychologists David Watson, Lee Anna Clark, and Auke Tellegen. (Mulder, P., 2018). The PANAS measures both positive and negative emotions for clients from week-to-week as they engage in everyday life. It can also be used as a tool for charting the immediate effects of therapy as well as any outcomes associated with positive psychological exercises, interventions or activities. [4]

The PANAS scale is broken into two sections to measure both your positive affect and negative affect. Positive affect refers to your tendency to experience positive emotions, and the higher your positive affect the more prevalent these emotions are. Negative affect is the opposite and refers to the level of negative emotions you might be experiencing. It should come as no surprise that people whose positive affect outweighs their negative affect are more positive and resilient, and are better able to handle challenging circumstances in a mostly positive way. The PANAS scale consists of two lists of 10 words; one list describes positive emotions and the other negative emotions. The scale works simply by rating each stated emotion using a 5-point scale. PANAS recognizes that you can feel both positive and negative emotions at the same time. Imagine feeling elated the moment your team has won a new project; only the next moment to feel disappointed when your colleague is assigned to lead it. [5]

RR

Respiration is the process by which oxygen is taken in carbon dioxide is given out. Respiratory rate is the number of breaths a person takes per minute. The rate is usually measured when a person is at rest and simply involves counting the number of breaths for one minute by counting how many times the chest rises. Normal respiratory rate of adult is 12 to 16/min. [6]

Housewives

Housewives are individuals who assume the role of caregiver in the family in almost every society and experience serious psychological difficulties in line with this role. These psychological difficulties may develop due to the pathological relationships that women have, especially with their family members.[8]

ADL

The activities of daily living (ADL) are a term used to collectively describe fundamental skills that are required to independently care for oneself such as eating, bathing, and mobility. ADL is used as an indicator of a person's functional status. [9]

Psychological Status

Psychological status refers to a mental condition in which the qualities of a state are relatively constant even though the state itself may be dynamic. Synonyms: mental condition, mental state, psychological condition. (10) Need of the Study is - Housewives are contributing to every aspect of families living and is considered as a most important wheel of the cart. Making her more prone to develop psychological issues, which should be enlighten for maintaining and improving the quality of life of housewives. Objectives of the Study is to assess the effect of RMSG on Respiratory Rate, ADLsand psychological status of housewives.

METHODOLOGY

Subjects who fulfil the inclusion criteria were selected for the study. The subjects were explained about the importance of the exercises. They were examined with the help of pre-RR and PANAS scale. They were then given 3 sets of RMSG with 30 seconds of hold, daily for 15 days.

RMSG includes

- Shoulder elevation and retraction
- Upper chest stretching
- Back muscles stretching
- Lower chest stretching
- Elevating the elbow

Which focuses on pectoralis, serratus anterior, intercostals, rhomboids, triceps, etc. Subjects were then examined with the post RR and PANAS scale.

RESULT

All the statistical analysis was done by using IBM SPSS 25 for window software. The intragroup comparison for RR and PANAS were done by using paired t-test. The RR and PANAS were analyzed with mean and standard deviation (Sd) before and after intervention.

- Table shows that p value of PANAS (-) is 0.000 is less than 0.05 indicates that there is a significant effect of RMSG on PR and PANAS (-).

P value of RR and PANAS (+) is 0.411 and 0.559 indicates that there is a not significant effect on RR and PANAS (+).

	paired differences					T	Df	sig. (2-tailed)
	Mean	std. deviation	std. error mean	95% confidence interval of the difference				
				Lower	Upper			
Respiratory rate	-0.76667	5.02877	0.91812	-2.64444	1.11111	-0.835	29	0.411
PANAS (+)	2.33333	21.60513	3.94454	-5.73415	10.40082	0.592	29	0.559
PANAS (-)	17.66667	17.15715	3.13245	11.26008	24.07325	5.640	29	0.000

DISCUSSION

The purpose of this study was to compare the effectiveness of RMSG on respiratory rate and psychological status of housewives. The implication of this study justifies the efficacy of RMSG on respiratory rate and psychological status of housewives. The outcome measures used were respiratory rate and psychological status. The housewives selected were within the age group of 30-40 years. All the participants were treated with standardized exercise programme. Beneficial effects significantly found in all for respiratory rate and psychological status.

In this study the subjects were given 3 sets of RMSG with 30 seconds of hold, daily for 15 days.

RMSG consists of

- Shoulder elevation and retraction
- Upper chest stretching
- Back muscles stretching
- Lower chest stretching
- Elevating the elbow

The result of this led to inference that RMSG is effective in respiratory rate and psychological status in housewives. Numerous studies have come up with effectiveness of RMSG. It would be useful to determine the long-term effectiveness of such interventions in future studies. Analysis was done with the base line data and post treatment scores. There was significant improvement ($p<0.05$) in pulse rate and PANAS (-) after the treatment session of RMSG. There was no significant difference in respiratory rate and PANAS (+) post treatment. The results of this study may be applied to large number of populations for longer period of time. This study did not include long-term follow up period, though exercises are effective for long term benefits of the interventions.

In conclusion, this study provided evidence to support the RMSG as an effective in improving respiratory rate and psychological status. Further studies could focus on the long-term benefits of RMSG and the relative effectiveness of these treatment regimens compared with other approaches.

ACKNOWLEDGEMENT

I extend my gratitude to the individuals who collaborated with me in this study. My sincere thanks to Vibrant institute for allowing me to do this study in the organization and thanks to all the subjects on whom this study was carried out. Additionally, I would like to express my heartfelt thanks to my family and friends for their unwavering support. Above all, I would like to thank the Almighty God without whose grace this project would not have taken this form.

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Indian Journal of Natural Sciences www.tnsroindia.org.in ©IJONS

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

A Retrospective Analysis of Blood Transfusion Reactions in a Tertiary Care Hospital

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Received: 26 Aug 2024 Revised: 18 Apr 2025 Accepted: 25 Jun 2025

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ABSTRACT

Blood transfusions are essential in modern medicine, supporting patients with various blood disorders, surgical needs, and critical illnesses. While they offer significant therapeutic advantages, transfusions aren't without risks. Patients can experience a spectrum of adverse reactions, from mild allergic responses to severe, life-threatening complications. This retrospective study aimed to investigate the frequency and nature of blood transfusion reactions observed at a tertiary care hospital over a specific timeframe. Our analysis of transfusion records and reaction reports which included patient demographics, the type of blood components transfused, the nature and timing of reactions, and clinical outcomes showed that febrile non-hemolytic transfusion reactions were the most common adverse events. Allergic reactions and minor hemolytic responses followed. We found a higher proportion of reactions linked to packed red blood cells and platelet transfusions. Most reactions happened within the first few hours of transfusion and were successfully managed with supportive treatment. Our analysis of transfusion records and reaction reports which included patient demographics, the type of blood components transfused, the nature and timing of reactions, and clinical outcomes showed that febrile non-hemolytic transfusion reactions were the most common adverse events. Allergic reactions and minor hemolytic responses followed. We found a higher proportion of reactions linked to packed red blood cells and platelet transfusions. Most reactions happened within the first few hours of transfusion and were successfully managed with supportive treatment. These findings highlight the importance of effective hemovigilance practices, accurate documentation, and quick recognition of transfusion reactions.

Keywords: Blood Transfusion, Transfusion Reactions, Hemovigilance, Retrospective Study, Patient Safety.

INTRODUCTION

Blood, a life-saving fluid that cannot be artificially created, is a unique and precious gift from human donors, who are invaluable resources [1]. Protecting these altruistic volunteers from adverse reactions is crucial, as such events, even minor ones, can deter future donations, especially among repeat donors [2, 3]. Maintaining and expanding the blood donor pool relies on effective motivation, recruitment, and retention strategies. Donor retention is directly tied to the quality of donor services and care. While generally considered safe, blood donation can occasionally lead to adverse reactions of varying severity during or after the process. Even minor reactions can significantly impact a donor's willingness to return, potentially leading to self-deferral or future unwillingness to donate. Blood centers bear a dual responsibility: ensuring an adequate supply of blood and blood components for their communities while safeguarding their volunteer donors. This also places an ethical responsibility on healthcare providers (the users of blood) to prevent waste and unnecessary transfusions [4]. Blood transfusion, the therapeutic use of whole blood and blood products, is an indispensable part of modern healthcare. Despite being life-saving and clinically beneficial for critically ill patients, transfusions carry considerable risks [5]. Therefore, blood transfusion should be viewed as a "double-edged weapon" and used judiciously. The inherent risks range from minor to life-threatening, including non-infectious complications [6].These non-infectious complications are known as adverse transfusion reactions (ATRs) and are classified as acute transfusion reactions (manifesting within 24 hours) or delayed transfusion reactions (manifesting after 24 hours) [7]. Acute transfusion reactions include acute hemolytic transfusion reaction (AHTR), allergic reactions, febrile non-hemolytic transfusion reaction (FNHTR), transfusion-associated circulatory overload (TACO), fluid overload, transfusion-related acute lung injury (TRALI), anaphylactic reactions, and metabolic reactions [8]. Delayed reactions, occurring days to weeks post-transfusion, encompass delayed hemolytic transfusion reactions, transfusion-associated graft-versus-host disease, and post-transfusion purpura. Countries like the United Kingdom and France have established hemovigilance programs to systematically collect and report adverse events related to blood transfusion. Adhering to standard blood transfusion protocols during pre-transfusion, intra-transfusion, and post-transfusion periods can help prevent these reactions. Effective blood replacement therapy demands considerable expertise to maximize recipient protection [9]. Thorough knowledge is vital for preventing ATRs and managing potential unwanted events in clinical settings [10]. A comprehensive analysis of adverse events is the primary objective of any hemovigilance system [11]. Identifying adverse reactions through hemovigilance helps reduce their incidence and enhance the safety of blood transfusion procedures [12]. Hemovigilance is a continuous process involving data collection and analysis of transfusion-related adverse reactions to investigate their causes and outcomes, thereby preventing recurrences. This system includes monitoring, reporting, investigations, and analysis of adverse reactions related to transfusion and manufacturing. In India, hemovigilance is governed by the National Institute of Biologicals, under the Ministry of Health and Family Welfare. In developing countries like India, blood transfusion services have often been deprioritized in healthcare development. There is a limited body of research evaluating the frequency, types, severity, and imputability of transfusion reactions within the country. This study was therefore undertaken with the primary aim of assessing the occurrence and variety of adverse transfusion reactions in patients requiring blood and blood component transfusions at Chhatrapati Shivaji Subharti Hospital Blood Bank, Subharti University, Meerut (UP).

MATERIALS AND METHODS

Duration of Study
April 2023 to April 2025 (2 years)

Study Design
Retrospective study
Sample Size
Total 18,000 blood component units issued
- PRBCs: 9,042 units

- FFP: 9,472 units
- Platelet concentrates: 2,025 units
- Apheresis platelets: 139 units

RESULT

A retrospective study was conducted in the Department of Transfusion Medicine at Chhatrapati Shivaji Subharti Hospital, Meerut, Uttar Pradesh, India. The study spanned a period of two years, from April 2023 to April 2025, and aimed to compare the incidence of transfusion-related adverse reactions (TRARs) associated with different blood components, namely packed red blood cells (PRBCs), fresh frozen plasma (FFP), platelet concentrates (PC), and single donor platelets obtained through apheresis. During the study period, a total of 18,000 blood component units were issued from the hospital's blood bank. Of these, 9,042 units were PRBCs, 9,472 units were FFP, 2,025 units were platelet concentrates, and 139 units were apheresis platelets. The study systematically recorded and analyzed adverse transfusion reactions reported in association with each of these components. A total of 38 transfusion-related adverse reactions were recorded during the study period. These reactions were distributed across various clinical indications as follows: 14 cases (36.8%) were associated with transfusions given during delivery, primarily for postpartum hemorrhage; 12 cases (31.6%) occurred in patients treated for anemia; 9 cases (23.7%) were linked to surgical procedures; and 3 cases (7.9%) were observed in dialysis patients.

During the study period, transfusion-related adverse reactions were reported across all adult age groups, ranging from 18 to 75 years. The overall distribution revealed an equal number of reactions among male and female recipients (19 each), totaling 38 cases. The highest number of reactions (12 each) occurred in the 18–30 and 31–45 age groups, followed by 8 reactions in the 61–75 age group, and 6 reactions in the 46–60 age group. A total of 38 transfusion-related adverse reactions were recorded during the study period, categorized by the type of blood component transfused. The majority of reactions were associated with packed red blood cells (PRBC), followed by fresh frozen plasma (FFP) and platelet concentrate (PC). No adverse reactions were reported with platelet apheresis.

Among the 38 transfusion-related adverse reactions observed during the study period, the distribution by recipient blood group was as follows

- **Blood Group AB:** 12 reactions (31.6%)
- **Blood Group B:** 11 reactions (28.9%)
- **Blood Group A:** 8 reactions (21.1%)
- **Blood Group O:** 7 reactions (18.4%)

The highest number of reactions was reported in recipients with blood group AB, followed by groups B, A, and O. While the underlying reason for this variation requires further investigation, it may be influenced by patient demographics, component compatibility, or the frequency of transfusions among certain blood groups.

A total of 38 transfusion-related adverse reactions were categorized based on their clinical presentation as follows

- **Febrile Non-Hemolytic Transfusion Reactions (FNHTR):** 15 cases (39.5%)
- **Allergic Reactions:** 8 cases (21.1%)
- **FNHTR with Concurrent Allergic Reactions:** 8 cases (21.1%)
- **Miscellaneous Reactions:** 7 cases (18.4%)

FNHTRs were the most frequently reported reaction type, either occurring alone or in combination with allergic symptoms, collectively accounting for 60.6% of all cases. Allergic reactions alone also represented a significant proportion. Miscellaneous reactions included those that did not fall into the standard classifications and may include minor symptoms or atypical presentations. This distribution underscores the need for close monitoring of patients during and after transfusion, particularly for febrile and hypersensitivity reactions, which remain the most common types encountered.

DISCUSSION

The incidence of acute transfusion reactions (ATRs) reported across various studies generally remains low, typically below 1%, although some prospective studies with rigorous monitoring show higher rates. Febrile non-hemolytic transfusion reactions (FNHTRs) and allergic reactions dominate the clinical spectrum of ATRs, while severe complications such as hemolytic transfusion reactions, TRALI, and TACO are comparatively rare. Packed red blood cells (PRBCs) are the blood component most frequently implicated in ATRs, consistent with their predominant use in clinical practice. Whole blood transfusions, though less common, appear to have a higher association with hemolytic reactions, underscoring the advantage of component therapy. Several studies identify gaps in transfusion practice, including inappropriate transfusions, especially in pediatric and critical care units, and a tendency for underreporting ATRs due to limited awareness or surveillance infrastructure. Female patients and certain age groups may be at relatively higher risk, though this requires further investigation. The findings reinforce the importance of adherence to established transfusion guidelines, active hemovigilance, and regular clinical audits. The role of leukodepletion in reducing FNHTRs is well supported. Delays in transfusion initiation and improper blood component selection contribute to higher reaction rates, highlighting operational improvements needed in blood banks and clinical services.

CONCLUSION

Acute transfusion reactions, while generally infrequent, remain a significant concern for patient safety and blood transfusion quality. FNHTRs and allergic reactions are the most common and largely preventable through improved transfusion practices. Transitioning from whole blood to component therapy and implementing universal leukodepletion can substantially reduce reaction rates. Enhanced hemovigilance systems and targeted education are critical to identifying and mitigating transfusion-related risks. Ensuring appropriate transfusion indications, especially in vulnerable populations such as pediatric and critical care patients, is vital. Ongoing audits and adherence to transfusion protocols will help optimize blood utilization and improve clinical outcomes.

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Table: 1. Total number of utilized blood components units

S.N	Type of blood components	No. of units
1	Total PRBC	7870
2	Total FFP	8244
3	Total PC	1763
4	Platelets Apheresis	121
Grand total	**18000**	

Table. 2. Blood transfusion reaction detects in different cases.

S.N	Require for transfusion	No of reactions
1	Delivery	14
2	Surgery	9
3	Anaemia	12
4	Dialysis	3
Grand Total	**38**	

Table.3. Age and Gender wise distribution of blood transfusion recipients.

	Age group	Recipients		Total Reaction
		Male	Female	
1	18-30	5	7	12
2	31-45	4	8	12
3	46-60	4	2	6
4	61-75	6	2	8
Total	18-75	19	19	38

Table.4. Blood component wise case distribution.

	Component type	No of patient reaction	Total reaction
1	PRBC	30	30
2	FFP	07	07
3	PC	01	01
4	Platelets Apheresis	00	00
	Grand Total	38	

Table. 5. Blood type wise distribution of transfusion reactions

S. No.	Blood group	Number of reaction
1	A	8
2	B	11
3	O	7
4	AB	12
	Grand Total	**38**

Table.6. Types and number of transfusion adverse reaction

	Types of reactions	No. of reactions
1	FNHTR	15
2	Allergic reaction	8
3	Miscellaneous reaction	7
4	FNHTR with allergic reaction	8
TOTAL	**38**	

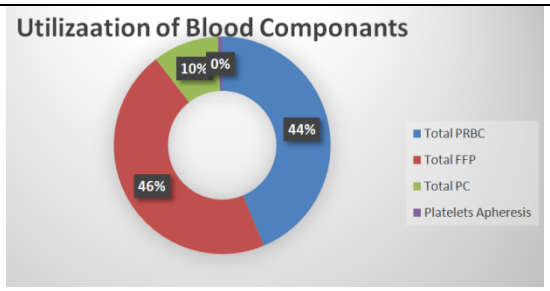

Figure.1. Utilization of blood components in various conditions.

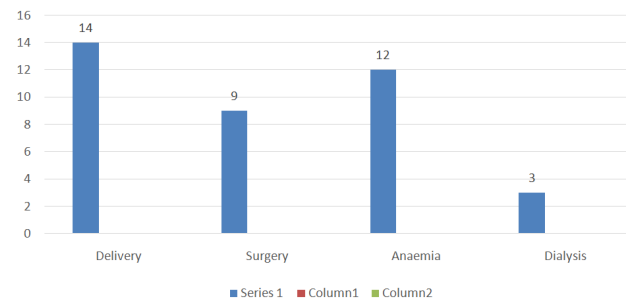

Figure. 2. Case wise distribution of blood transfusion reactions.

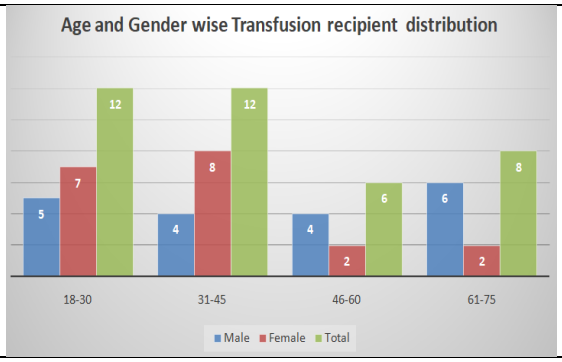

Figure: 3. Age and Gender Distribution of Transfusion-Related Adverse Reactions

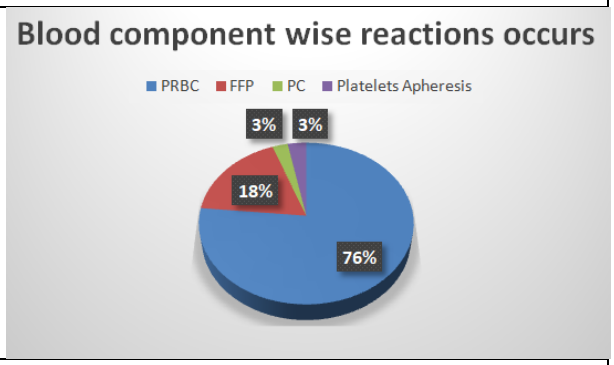

Figure. 4. Distribution of Transfusion-Related Adverse Reactions by Blood Component

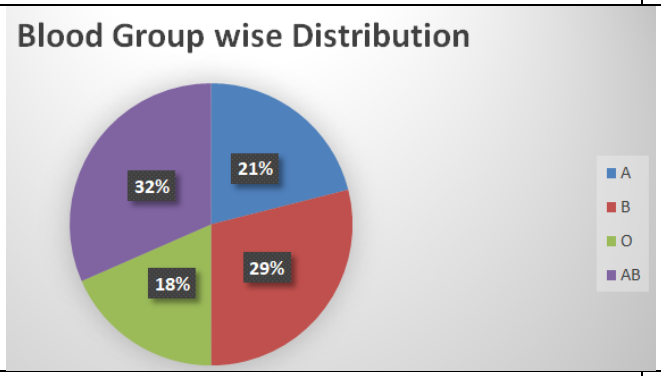

Figure. 5. Distribution of Transfusion-Related Adverse Reactions by Blood Group

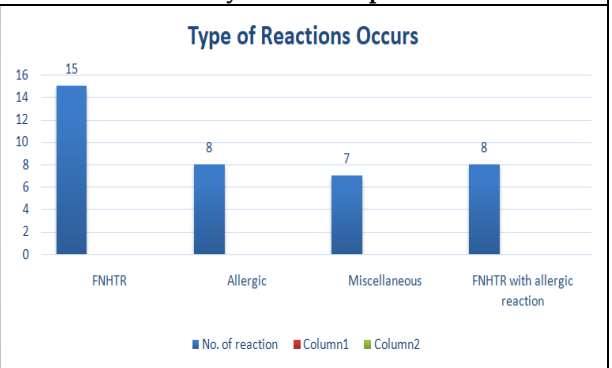

Figure. 6. Classification of Transfusion-Related Adverse Reactions

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Formulation and Evaluation of Herbal Emulgel of *Mentha piperita* Leaves Extract for Wound Healing

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Received: 22 May 2025 Revised: 02 Jun 2025 Accepted: 25 Jun 2025

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ABSTRACT

The Present work aims to formulate and evaluate the *Mentha piperita* emulgel for Wound Healing. The emulgel was formulated using the hydro distillation of *Mentha piperita* and ethanolic extract of piperine with the different grades of carbopol as a base. The prepared emulgel was characterized for their preformulation studies like preliminary phytochemical analysis, Fourier Transforms Infrared spectroscopy, Gas chromatography-Mass spectrometry, Thin Layer Chromatography, lambda max. The emulgel was also subjected for determination of pH, viscosity, spread ability, drug content and *in vitro* diffusion studies. Antimicrobial and wound healing studies were carried out for the best formulation (F3). The ethanolic extract of piperine was prepared by Soxhlet extraction method, and extraction of Peppermint was prepared by using Clevenger's apparatus and extract was formulated into topical Emulgel formulation. The results of preliminary phytochemical investigation showed the presence of carbohydrates, cardiac glycosides, phenols, tannins, flavonoids etc. Other parameters such as spreadability, pH, Viscosity, drug content and *in vitro* diffusion were found to be well within the limits. Further the best formulation was subjected to the particle size, Differential Scanning Colorimetry, and various kinetics release models using Dissolution DataSolver. The antimicrobial activity of best formulation was found to be effective in gram-positive (*Staphylococcus aureus*) organism. The Best formulation promotes better wound healing with comparison to that of the marketed product

(Cipladine). From the present study, it was concluded that the prepared herbal emulgel formulation showed significant antimicrobial potential and found to possess better wound healing activity.

Keywords: Anti-microbial, Clevenger's, Emulgel, Mentha piperita, Soxhlet, Wound healing.

INTRODUCTION

"Herbal Medicine" (HM) is the cornerstone of complementary and alternative medicine, which is becoming more and more popular worldwide and is progressively making its way into traditional healthcare systems [1]. About 75-80% of the world's population still mostly receives their primary health care from herbal medicine, mostly in under developed nations. According to Gupta and Raina the main reason for this is the wide spread perception that herbal medications are inexpensive and easily accessible and they also have no negative effects. The usage of herbal treatments is two to three times higher globally than that of conventional medications, according to the World health Organisation (WHO); much of the modern medicine has its roots in the ancient use of plants for medicinal purposes which pre dates human history [2]. In the recent days the developed nations have been employing a "Hydrogels". These hydrogels are the novel class of drug delivery materials that hold great promise for the future. Their highly adjustable physical properties minimize the disadvantages of traditional drug administration methods. Typically composed upto 90% water, hydrogels are porous enough to hold pharmaceuticals because they contain a polymer that cross-links their chains to form a three-dimensional network structure. The primary drawback of hydrogels is the irritability to distribute hydrophobic medications, which poses a significant obstacle given that the majority of potent therapeutic ingredients are hydrophobic, for this reason the "EMULGELS" have been developed [3]. An Emulsion that has been gelled with the aid of a gelling agent is referred to as an "EMULGELS". They can be produced in w/o or o/w types. Emulgel is an excellent and reliable method that includes water soluble medications. Emulgel, to put it briefly, is an amalgam of emulsion and gel. A hybrid herbaceous plant, *Mentha piperita* originated from across between water mint (*Mentha aquatica*) and spearmint (*Mentha spicata*). Particularly in the Middle East and Western nations, peppermint leaves are used extensively as teas, tinctures, infusions, extracts, and essential oils. Among its pharmacological properties, peppermint has antibacterial, antifungal, anti helmintic, and antioxidant properties. These characteristics are closely tied to the actions of menthol, the primary active ingredient, which has significant pharmacological and industrial significance [4]. One of the major alkaloid which is present in the black pepper is piperine, this piperine which belongs to the family of piperaceae, and which is having a various activities like anti-inflammatory, analgesic, antiarthritic, CNS depressant, anticonvulsant etc [5]. Black pepper's anti-inflammatory and antioxidant properties, which contribute to its healing properties, are mostly attributed to the presence of these polyphenols. By various research articles it was concluded that the black pepper exhibit the promising wound healing property [6]. A wound occurs when a living tissue's cellular, anatomical, and functional continuity is disrupted. Physical, chemical, thermal, microbiological, or immunological assaults can cause a wound [7]. One of the intricate and well-organized processes, wound healing is split into three stages: remodeling, proliferation, and inflammation. Enhancing each of these phases can therefore fasten the healing of wounds and reduce problems.

MATERIALS AND METHODS

Materials

Different grades of Carbopol were purchased from Yarrow chemicals, Mumbai, India. Liquid paraffin, methyl paraben, propyl paraben, triethanolamine, and propylene glycol were purchased from Karnataka fine chemicals, Bangalore. Span-20 and tween-20 were purchased from Loba Chemicals, Karnataka. Albino wistar rat was sanctioned by Institutional Animal Ethics Committee, Mallige College of Pharmacy (Clinical Ethical clearance No: MCP136/2023-24).

Collection and authentication of the plant material

Mentha piperita (MP) leaves were collected from Amruth Keshari Depot of Bangalore.

Extraction of peppermint oil

The dried leaves are coarsely powdered by using electrical grinder and subjected to hydro distillation by using the Clevenger's type apparatus for 3 h. After the completion of the extraction process both the oil and water are collected. Water component was removed by the addition of the sodium sulphate. Finally the yellow essential oil was collected and it was kept in a dark vial at a cold place until analysis[8].

Extraction of piperine

Black pepper was ground and extracted with a Soxhlet apparatus with ethanol as solvent for approximately two hours. The extract was reduced to half of its volume by a water bath at 60 °C, then added with 10% KOH solution. The base fraction was decanted after standing for five minutes, ice-cold water was added, and filtered. The filtrate was mixed with isopropyl alcohol and refrigerated to crystallize piperine. [9].

Preformulation studies:

Preliminary phytochemical screening:

This is the process of extracting, identifying, and screening the pharmaceutically active compounds present in plants. Plants produce phytochemicals, which are non nutritive substances that contain compounds that prevent disease and offer protection [10]. Phytochemical screening was done for peppermint oil and piperine to estimate the presence of various phytochemicals [11].

Determination of major component from Thin Layer Chromatography (TLC):

TLC is one of the confirmatory methods to determine the major components that are present in the herbs [12]. TLC was done by using n-hexane: chloroform in the ratio of 8:2 for the piperine, and toluene: ethyl acetate: formic acid in the ratio of 0.5: 8.5: 1 ratio as a mobile phase for peppermint.

Gas chromatography-Mass spectrometry (GC-MS)analysis:

The GC-MS analysis was performed to confirm the presence of major chemical components present in the extract on the basis of peaks and components area. It is an important technique for analysing phytochemicals.[13]

Determinationoflambda (λ) max:

The Lambda max was determined for both peppermint oil and for the piperine in the UV-Visible Spectrophotometry. Peppermint oil shows the λ max at 299nm and piperine shows the λ max at 372.5nm[14].

Standard curve of *Mentha piperita* and piperine:

Preparation of standard stock solution of *Mentha piperita* and piperine:

Accurately weighed about 25 mg of peppermint oil and piperine was transferred to 25 ml volumetric flask, and dissolved using a solvent ethanol and volume made up to the mark using the same solvent. The standard stock solution was then serially diluted with ethanol to get a concentration of 5, 10, 15, 20 mg/ml and absorbance was recorded at 299nm and 372.5nm.

Fourier Transforms Infrared (FT-IR) spectroscopy:

Drugs and polymers(excipients) compatibility in the formulation can be analysed from FTIR spectral analysis [15]. The infrared spectra of peppermint oil, piperine and other excipients were recorded using FT-IR spectrophotometer. The IR spectra of physical matrix were compared with that of peppermint oil and piperine to check for any possible drug–excipients interaction.

Preparation of emulgel: There are mainly three steps in Emulgel formulation [16].

Step-1:-Preparation of gel using the gelling agent (Carbopol).

Two grades of carbopol (carbopol-934 and carbopol-940) was used as a gelling agent. Initially carbopol was dissolved in water and stirred by using mechanical stirrer and it forms a gel. Then 2-3 drops of triethanolamine was added for adjusting the pH.

Step-2:-Preparation of emulsion.

a. Oil phase: Paraffin, span 20 and peppermint oil were taken in a beaker and it was sonicated for 10 minutes.

b. Aqueous phase: To a beaker containing water, tween 20 was added and dissolved. To another beaker containing propelene glycol, methyl paraben and propyl paraben was added and dissolved to which piperine was added later. This final solution was incorporated into the beaker containing tween 20. Then oil phase was slowly added to the aqueous phase with continuous stirring to form emulsion.

Step-3:-Incorporation of the emulsion into gel base to form EMULGEL.

Prepared emulsion was incorporated into gel in 1:1 ratio which forms the formulation emulgel. Atlast add 2-3 dropes of triethanolamine to adjust the pH of the emulgel.

The formulae are tabulated in Table-1. Prepared emulgel was filled in glass bottle and stored at a room temperature. Physical parameters such as colour and appearance were recorded.

Evaluation of topical emulgel formulation

Physical properties:

The physical properties of the prepared Emulgel formulations were examined. Colour, homogeneity, consistency were visually inspected.

Determination of pH:

Digital pH meter was used for determination of pH. Formulated gel was evaluated thrice and an average value was considered for each formulation[17].

Viscosity:

Viscosity for all the formulated gels was measured by Brook field viscometer (LVDV-E model) with the spindle number 64. at different rpm's 5, 10, 20, 30, 40, 50, 100 and 200 at 37^{0}C.[18].

Spreadability:

Spreadability was measured through a glass slide and pulley setup. A 0.5 g sample of emulgel was placed between two glass slides, where a 100 g weight was kept for 1–2 minutes to develop an even film. The weight was removed, and the top slide was subjected to a pull obtained by attaching 30 g weight over the pulley. The time (sec) required for moving slide to travel a premarked distance (6.5cm) was noted. Spreadability [S] was calculated by using the formula, **S= M.L/T**[19].

Where, L= Length of glass slides, M= Weight tied to upper slide, T= Time taken to separate the slides.

Drug content estimation:

Drug content was done for both peppermint oil and piperine by employed simultaneous estimation method. 1g of emulgel was dissolved in 100ml of volumetric flask by using methanol as a solvent and kept in the sonicator for 10 min. From that 1ml solution was taken and diluted to 10ml by using the same solvent. Check the absorbance by using UV-Visible spectroscopy [20].

Particle size and zeta potential:

Particle size and zeta potential analysis was done by using Malvern Zeta Sizer. Particle size and Zeta potential was done to know about the average particle size distribution and charge of the particles in the formulation.

Differential Scanning Colorimetry (DSC) studies

DSC is performed for formulation to evaluate their thermal behaviour, physical stability, and drug-excipient compatibility.

***In vitro* diffusion study:**

Franz diffusion cell was used for the drug release studies. The egg membrane's surface was coated with 1g of Emulgel. Then 6.8 Phosphate buffer was added to the receptor chamber. A magnetic stirrer was used to stir the receptor chamber. At the appropriate interval, the samples (5.0 ml aliquots) were taken out and replaced with 5 ml of the same phosphate buffer. After the proper dilutions, samples were examined for drug release using a UV-visible spectrophotometer at two distinct nanometers (299 and 372.5) [21].

Kinetic models:

DD (Dissolution Data) solver software:

Dissolution data analysis is performed by comparing dissolution profiles statistically or using mathematical models to quantify or characterize the drug release from a pharmaceutical dosage form [22]. The cumulative amount of drug release data at different time intervals from the different formulation were fitted to zero order kinetics, first Order kinetics, Hixson-Crowell Kinetics, Higuchi's model and korsmeyer-Peppas model to characterize mechanism of drug release.

Anti-microbial studies:

Antimicrobial evaluations were performed through agar well diffusion. Agar plates were obtained by dissolving 28 g powder in deionized water, autoclaved at 15 lbs, transferred to sterile Petri plates, and were left to solidify. Bacterial suspension was spread, wells of 6 mm were created, and three concentrations of the optimum formulation were added; plates incubated at 37 °C for 24 h and inhibition zones were measured in millimetres [23]. In-vitro anti-microbial activity was done by varying the concentration 1mg, 1.25mg, 1.50mg, 1.75 mg, and 2.0mg

Animal activity:

Healthy young male albino wistar rats weighing 180-200g were selected for the skin irritation test and wound healing activity (Clinical Ethical clearance No: MCP136/2023-24).

Acute dermal irritation study:

The OECD 404 test requirements were followed for the acute dermal irritation investigation, and the CPCSEA guidelines for handling were followed throughout the experiment. The Animal Ethical Committee (IAEC) gave its approval to the experimental protocol. Around 24 hours before to the test, the animals' fur needed to be removed by carefully trimming their neck hairs with a sterile electric razor. The test material (Mentha Piperita Emulgel), control (Carbopol base gel), and standard (cipladine) will be administered to an experimental animal's skin in a single dose. Following a 4-hour exposure period, the formulation was eliminated using an appropriate solvent. After 1, 24, 48, and 72 hours, the rat skin was checked for any obvious changes (erythema, redness, and oedema), and the responses were graded according to the parameters [24].

Wound healing experimentation:

In-vivo wound healing studies were carried out using Wister rats weighing about 180-200grams. The rats were divided into 3 groups containing 6 animals each.

Excision model wound healing

Three groups of six rats each were anaesthetized. Using a sterile electric razor, the rat's neck hair was depilated, and a biopsy punch was used to remove a predefined amount of dorsal interscapular skin measuring 10mm in thickness. The wound contraction was monitored using this wound model. Until the wound was fully healed, the solution was administered every day. By measuring the wound diameter on the 4^{th}, 8^{th}, 12^{th}, the progressive changes in the wound area were monitored [25].

Stability studies

Stability study was performed to check any considerable changes that may occur in formulation during its storage. Best formulation was kept for 3 months as per ICH guidelines at 40°C±5°C and Humidity at 75±5% RH. Stability of the formulation was evaluated by determining their visual appearance, pH, viscosity, spreadability, drug content, in-vitro drug release[26].

RESULTS AND DISCUSSION

Preformulation studies:

Percentage yield of extract:

The percent yield was calculated for the extracted Pepper Seeds and was found to be 8.4g. For the extracted peppermint oil it was found to be 12ml.

Preliminary phytochemical screening:

Preliminary phytochemical studies of the extract reveal the presence of alkaloids, carbohydrates, cardiac glycosides, tannins, saponins, phenols and flavonoids. The phytochemical screening of peppermint oil revealed the presence of alkaloids, tannins, and terpenoids which are known for their antimicrobial, antioxidant, and anti-inflammatory properties. Piperine showed carbohydrates, alkaloids, glycosides, tannins, and phytosterols, supporting its role in enhancing bioavailability and therapeutic effects.

Determination of major components by Thin Layer Chromatography (TLC):

TLC analysis indicated that the test sample of peppermint oil possessed an Rf value of 0.82, very close to the marketed sample (Rf = 0.90), signifying similarity in key constituents and high quality. The test sample of piperine possessed an Rf of 0.26, very close to the standard value of 0.25, signifying its presence and purity

GC-MS analysis:

The obtained peaks of GC-MS analysis for peppermint oil and piperine are shown in Figure-1. It was found that peppermint and piperine are the major components that are present in the two different herbs. GC-MS analysis established the primary bioactive constituents in piperine and peppermint oil. Menthol was the major constituent in peppermint oil, validating its cooling and wound-healing activity. Piperine was the main constituent in pepper extract with anti-inflammatory and antioxidant properties, helping in wound contraction and tissue repair.

Standard calibration plot of peppermint oil and piperine:

The λ max of peppermint oil in alcohol was found to be 299nm. The λ max of piperine in alcohol was found to be 372.5nm. The standard plot of the Peppermint oil and Piperine are presented in the Figure-2.

FT-IR spectroscopy

FTIR interpretation studies confirmed that peppermint oil was found to be compatible with formulation excipient, as there were no significant shifts or new peaks observed, indicating no chemical and physical interaction between the drug and excipients which are used in the formulation. The spectra is given in the **Figure-3.**

Emulgel studies

Totally 6 Formulations of the emulgels were prepared.

Physical properties

All the gel formulations were evaluated for its appearance in terms of colour, homogeneity and Phase separation. All the formulations were white in colour. No phase separation was seen and all the formulations were homogeneous.

Determination of pH

For all the formulations pH was determined and was found to be in the range of 6.25±0.061 to 6.5±0 which were compatible with the skin pH. Particularly for topical formulations, pH evaluation is a crucial criterion. To replicate the state of the skin, the emulgel's pH should be in the range of 5-7. It may cause irritation to the patients if the prepared emulgel has an acidic or basic pH.

Viscosity and spreadability

The viscosity values ranges from 31,780 cps to 52,380 cps. Suggesting adequate thickness for gel formation. The viscosity increases as the temperature rises from 29°C to 30°C, indicating thermal sensitivity. This is advantageous for topical administration since it may improve skin adhesion. Results showed that spreadability varied from 26.81 to 33.14g.cm/sec. This shows how easily it may be applied to the skin. These values confirm to the formulations sufficient spreadability, which guarantees uniform dispersion of the active components and improves patient adherence

Drug content estimation

The peppermint oil drug content varied from 90.3 ± 0.25% to 94.4 ± 0.35%, suggesting good incorporation and stability within the formulation. Piperine content varied from 60.0 ± 0.378% to 70.7 ± 0.416%, and this suggests moderate incorporation, perhaps due to its relatively low solubility or interactions between ingredients. The calibration curve showed linear line with slope of 0.0391 with R^2 value 0.9996 for peppermint oil and with R^2 values close to 0.9996 for piperine.

***In vitro* diffusion study of peppermint oil and piperine**

In vitro drug release of peppermint oil and piperine plot given in the **Figure-4** showed a gradual increase in release upto 9 hours for both peppermint oil (86.19-95.2%) and piperine (81.76-93.7%). Formulation F3 and F4 exhibited the highest release, with F3 showing maximum release of 95.2 ±0.32% for peppermint oil and 97.3 ±0.36% for piperine. These results suggest effective drug permeation, with F3 identified as the optimal formulation.

Particle size, Zeta potential and DSC studies

Particle size determination was done for the best formulation (F3). The average particle size which was found to be in the best formulation (F3) is 2079 d.nm, which is compatible with topical systems such as emulgels. A polydisperity index (PDI) value was found to be 0.470. While the emulsion is not highly monodisperse, the value shows adequate homogeneity for stable performance of the formulation. The particle size and distribution profile justify the formulation's capability for good skin penetration and long-term drug release. The average zeta potential values lies between +25 to -25. From the Zeta Potential analysis it was found that for the best formulation F3 Zeta potential value is -21. The negative zeta potential suggests that the emulgels have sufficient charge on their surface to maintain stability over time, as it creates electrostatic repulsion between particles, which prevents their aggregation.

The DSC thermo gram of formulation F3 exhibits an endothermic peak at 145.11 with an onset at 92.61(°C) and end set at 153.26(°C), suggesting a melting or glass transition event. The broad thermal transition and altered peak profile indicate potential drug-polymer interactions and reduced crystallinity of drug, supporting successful encapsulation within the microsphere matrix. Results of the DSC studies are depicted in the **Figure-5**.

Anti-microbial studies

The study results showed that both peppermint oil and piperine are very effective in inhibiting the growth of *staphylococcus aureus*. It was found that the best formulation F3 was showing more zone of inhibition of 2 mm at 2.0 mg concentration. The synergistic action of the active ingredients and their efficient release from the emulgel matrix could be responsible for this increased activity. The anti-microbial activity of best formulation at different concentration is presented in **Figure-6.**

Kinetic of drug release

In vitro release kinetics studies were conducted to understand the rate and mechanism of drug release from the formulations. The kinetics of drug release of the herbal extract formulations were analyzed via DD Solver by fitting the release data on different models: Zero-order, First-order, Higuchi, and Korsmeyer–Peppas. The kinetics drug release data of Peppermint oil and piperine was represented in the **Table-2.** The kinetics drug release Peppermint oil and piperine plots are depicted in the **Figure-7.** The F3 formulation showed a good fit for the zero-order release model for peppermint oil (R^2= 0.9837), reflecting a steady and controlled release over time. Additionally, the release profile of F3 also showed a good fit for the Korsmeyer-Peppas model indicating a release mechanism of both diffusion and polymer relaxation. The F3 formulation showed a good fit for the first-order release model for piperine (R^2=0.9385), reflecting concentration dependent release. These results support the suitability of F3 formulation for sustained and effective topical delivery of both actives.

Skin irritation test

The visual inspection of test group at 0, 24, and 48 hours post-application confirmed there were no signs of erythema, skin irritation, or redness at the end of the study for 72hrs. Scores of acute dermal irritation studies was zero at both 24 and 48 hours. All the formulation showed safe for topical applications indicating good skin compatibility. The images of the skin irritation test are presented in the **Figure-8.** The outcome suggests that the F3 formulation is safe and non-irritant for topical application and exhibits excellent skin compatibility, equivalent to the commercial standard and control base.

Skin wound healing study

Wound healing activity was carried out in rats and contraction of wound was estimated. Formulation F3 showed fast healing time within 12 days. The images of the wound healing activity are presented in the **Figure-9.** The percentage of the wound contraction on different days are presented in the **Table-3**. At the 12th day wound was healed completed in the test group, when it was compared with the other two groups of control and standard. By this test group containing peppermint oil and piperine showed effective in the reduction of the wound on the 12thday. These findings suggest F3 is effective for topical wound healing application.

Stability studies:

Stability studies conducted after 30 days showed no significant changes in the drug release profile of the F3 formulation. These findings suggest that the drug does not undergo any alterations or degradation during storage, supporting the formulation's long-term stability. Over all conclusion, piperine and peppermint oil were extracted and subjected for active phytochemical screening of constituents present in the extract. Obtained extract were subjected to preliminary phytochemical screening to know the class of compounds and further GC-MS analysis was done to know the major active compounds that are present in the extract. Then compatability studies were carried out between polymer and excipients. FT-IR analysis was done with the different grades of carbopol which are used in the formulation and found that the extract and polymers were compatible with each other. Obtained extracts studies used for the formulation of emulgel and various concentrations of oils were added in the formulations.

The prepared formulation was subjected for various evaluation parameters. Based on the pH, drug content and *in vitro* diffusion studies the F3 formulation was found to be best among all the formulations. The particle size and zeta potential was in the satisfactory range to maintain the stability of the formulation. Furthermore, the best formulation was subjected for skin irritation and wound healing. The albino wistar rats were used to test the erythema and oedema formation with the formulation which showed negative result with no oedema and erythema and no irritation. Finally, wound healing activity was carried out using rats and F3 formulation showed fastest wound healing at the 12th day, this is due to the presence of main component which is present in the peppermint oil that is menthol, which is having an cooling sensation and aids wound healing, mainly by soothing, reducing inflammation, and preventing infection when applied to the wounds. Therefore, the present study was satisfactorily fulfilled the aim of the desired study with wound healing activity.

ACKNOWLEDGMENTS

I would like to express my sincere gratitude to my guide Dr. Ashvini HM, Professor, Mallige College of Pharmacy for their valuable guidance, support and encouragement throughout this research work. I am also thankful to the faculty and staff of the Pharmaceutics department, Mallige College of Pharmacy, for providing the necessary facilities and assistance.

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Table 1: formulation table for the preparation of emulgel.

Sl.No	INGREDIENTS g/mg/ml	F1	F2	F3	F4	F5	F6
1)	Carbopol-940(g)	1.5	1.5	1.5	-	-	-
2)	Carbopol-934(g)	-	-	-	1.5	1.5	1.5
3)	Peppermint(ml)	1	1.5	2	1	1.5	2
4)	Piperine(mg)	15	15	15	15	15	15
5)	Liquid Paraffin(ml)	7.5	7.5	7.5	7.5	7.5	7.5
6)	Propylene Glycol(ml)	5	5	5	5	5	5
7)	Span-20(ml)	1	1	1	1	1	1
8)	Tween-20(ml)	0.5	0.5	0.5	0.5	0.5	0.5
9)	Methyl Paraben(g)	0.03	0.03	0.03	0.03	0.03	0.03
10)	Propyl Paraben(g)	0.01	0.01	0.01	0.01	0.01	0.01
11)	Alcohol(ml)	1	1	1	1	1	1
12)	Triethanolamine(ml)	qs	qs	qs	qs	qs	qs
13)	Distilled water(ml)	qs	qs	qs	qs	qs	qs

Table 2: Kinetic Drug Release Study of f3 Formulation from dd Solver Goodness of Fit Parameters.

A) Peppermint Oil

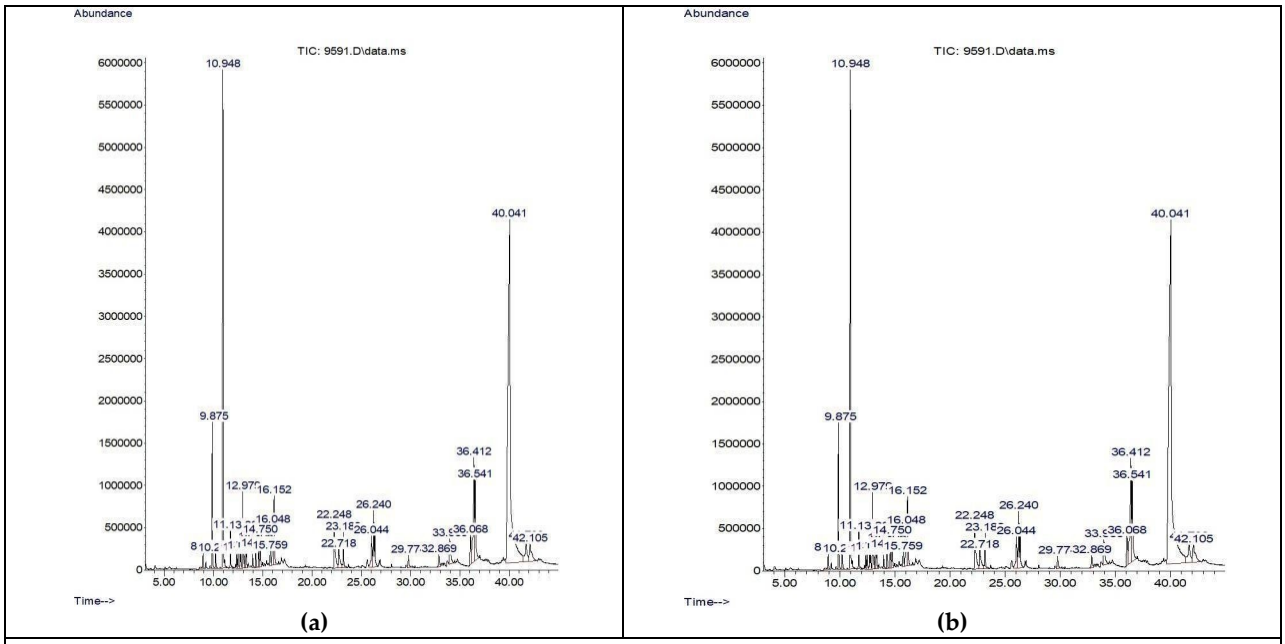
MODEL	GOODNESS OF FIT PARAMETERS						
	R-obs-pre	Rsqr	MSE	MSE-root	SS	AIC	MSC
Zero-order	0.9929	0.7533	115.55	10.74	924.46	63.46	1.1774
First-order	0.9734	0.9413	27.4971	5.2438	219.976	50.5417	2.6131
Higuchi	0.9859	0.9606	18.4498	4.2953	147.5982	46.9504	3.0121
Korsmeyer-Peppas	0.9890	0.9776	11.9686	3.4596	83.7802	43.8538	3.3562

B) Piperine

MODEL	GOODNESS OF FIT PARAMETERS						
	R-obs-pre	Rsqr	MSE	MSE-root	SS	AIC	MSC
Zero-order	0.9975	0.4786	206.357	14.365	1650.86	68.6815	0.4291
First-order	0.9758	0.9385	32.2729	5.6809	258.182	51.9830	2.2844
Korsmeyer-Peppas	0.9952	0.9901	4.4780	2.1161	31.3457	35.0057	4.1708

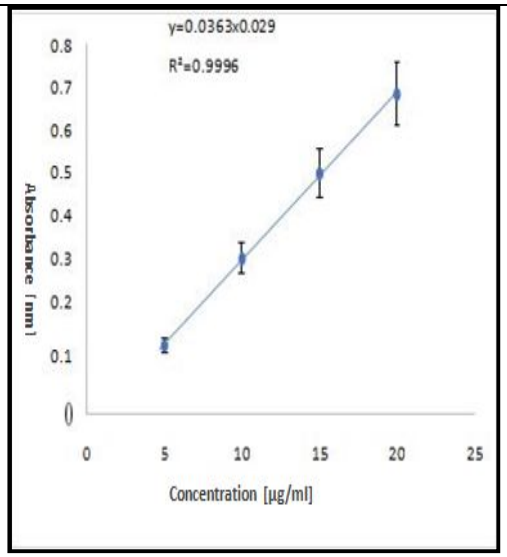
Table 3: Percentage of Skin Wound Contraction In Different Days.

GROUP	4thday	8thday	12thday
Control (Carbopolbase)	14.2	42.8	57.1
Standard(Cipladine)	14.2	28.5	42.8
F3Formulation (Best formulation)	42.8	57.1	100

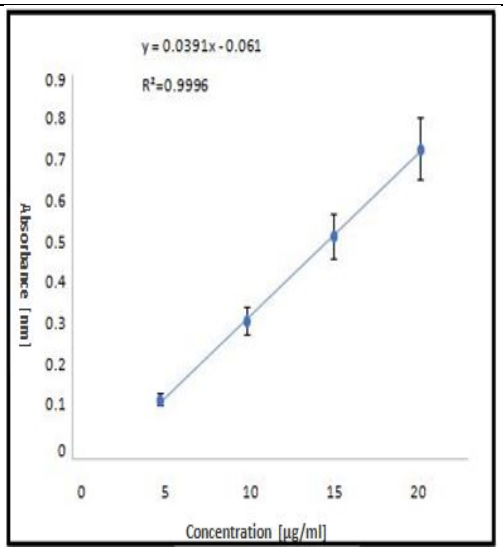


(a) **(b)**

Figure 1: Peaks of GC-MS analysis of a) Peppermint oil and b) Piperine

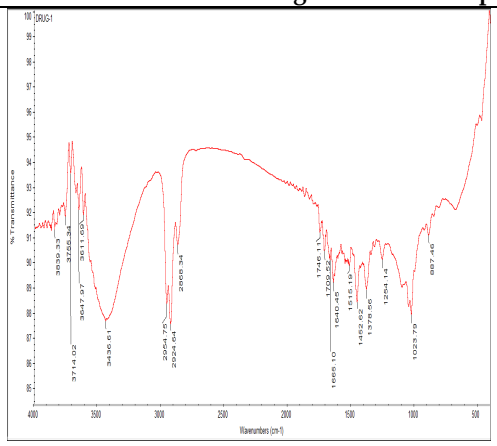


(a)

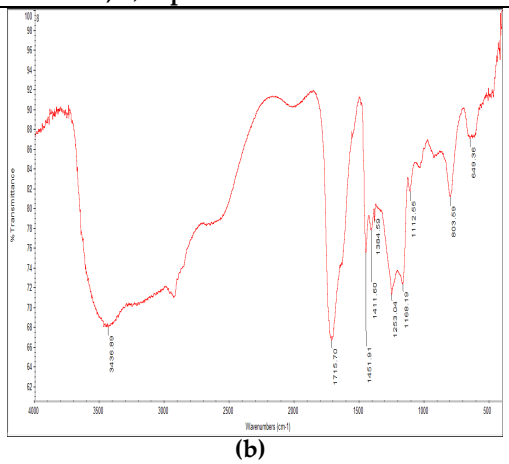


(b)

Figure 2: Standard plot ofa) Peppermint oil, b) Piperine.



(a)



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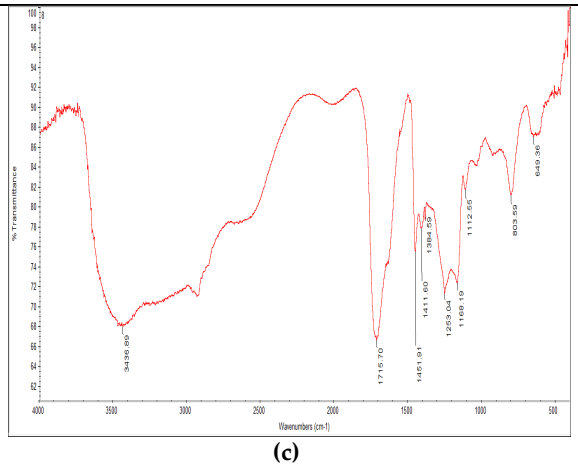

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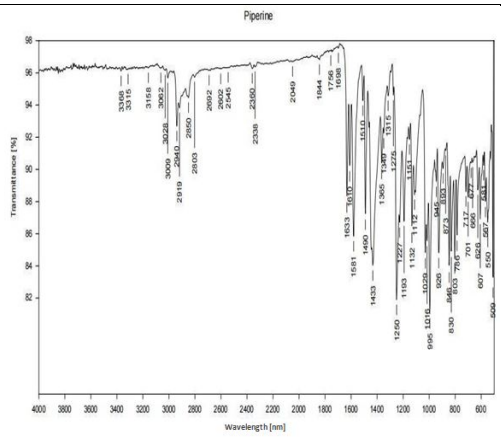
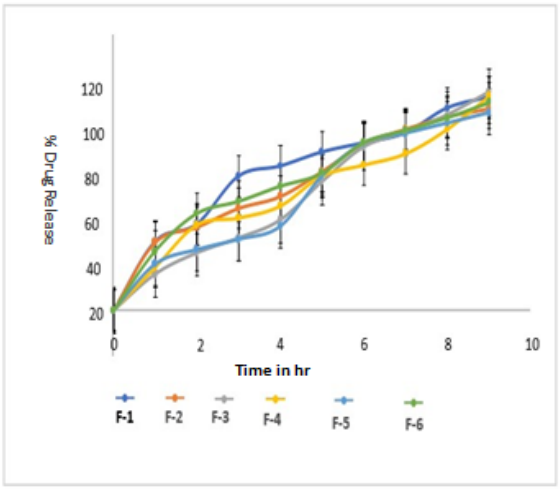
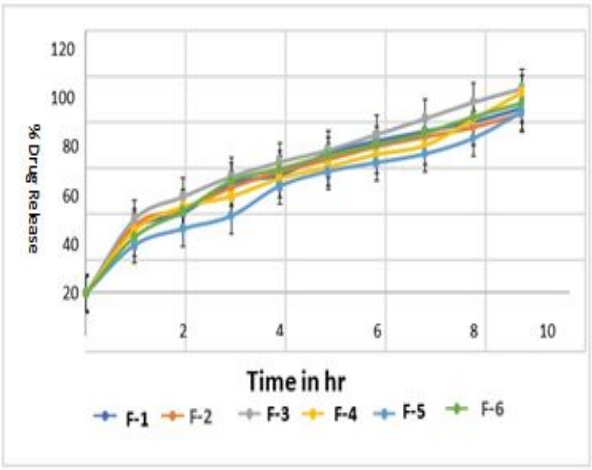


(d)

Figure 3: FTIR characteristics peak of a) Peppermint oil, b) Peppermint oil+carbopol-940, c) Peppermint oil+carbopol-934, d) Piperine.



(a)



(b)

Figure 4: *In vitro* drug release formulations of a) Peppermint oil and b) Piperine.

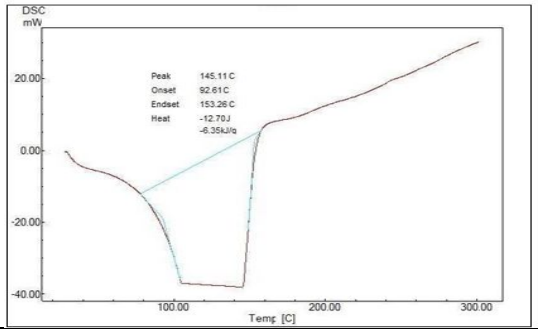


Figure 5: DSC of formulation f3.

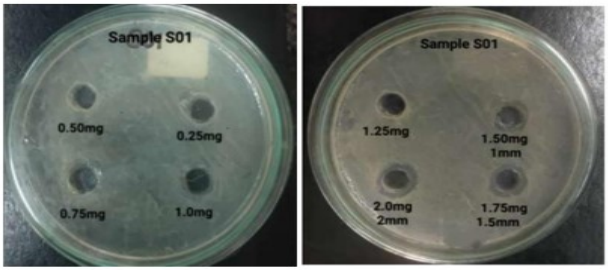
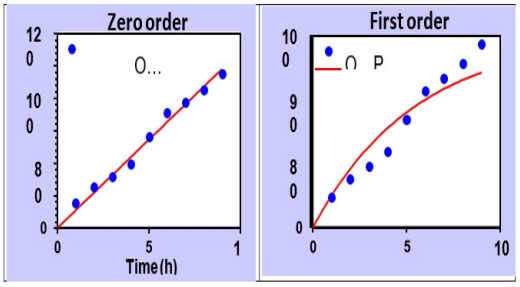
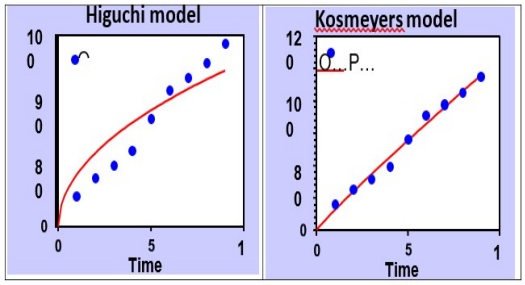
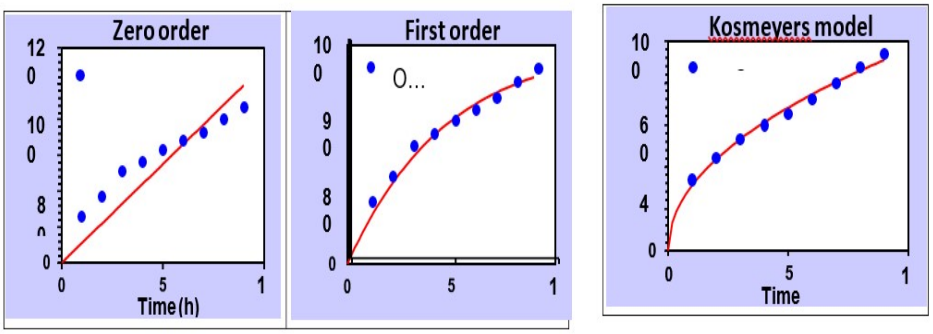


Figure 6: Zone of inhibition.



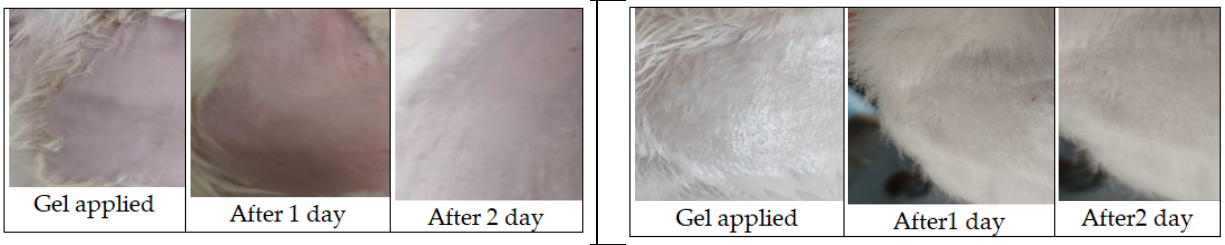


a) Peppermint oil

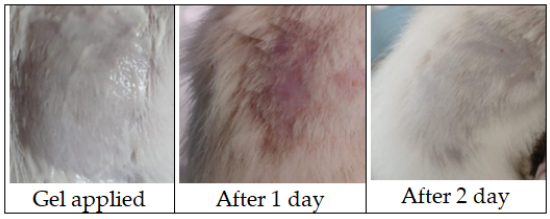


b) Piperine

Figure 7: Drug release kinetics plot of f3 formulation Peppermint oil and Piperine.

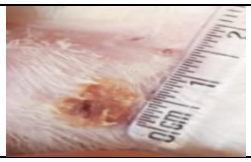


Group 1 = Standard (Cipladine) **Group 2 = Test (Best Formulation)**



Group 3 = Control (Carbopol Gel Base)

Figure 8: Skin irritation test for formulations in rats skin

Control (Formulation base)	Standard (Cipladine)	Formulation(F3)
Day 0		
Day 4		
		
Day 8		

Day 12		

Figure 9: Wound contraction of excision wound model.

Indian Journal of Natural Sciences *www.tnsroindia.org.in ©IJONS*

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

REVIEW ARTICLE

A Comprehensive Review on Human Metapneumovirus (HMPV)

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Received: 29 Apr 2025 Revised: 25 May 2025 Accepted: 25 Jun 2025

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ABSTRACT

Human Metapneumovirus (HMPV) is an emerging respiratory disease causing virus that has a significant public health burden globally. This article comprehensively examines the current understanding of HMPV, encompassing its virology, epidemiology, clinical manifestations, diagnosis, and management strategies. HMPV, a member of the *Pneumoviridae* family, exhibits significant genetic diversity and circulates year-round, although seasonal peaks are observed. The infections are cuased by this virus involves few are symptomatic while some are asymptomatic. The ranges of infections are mild to severe in the lower respiratory tract of Human beings. Infants, young children, the elderly and immunocompromised individuals are more susceptible towards the infection this virus. Diagnosis relies primarily on molecular methods, such as RT-PCR, while antiviral therapies have limited efficacy. Vaccination remains the most promising approach for long-term prevention. This review highlights critical knowledge gaps and underscores the need for continued research to improve HMPV surveillance, develop effective vaccines and antiviral agents, and enhance clinical management strategies to mitigate the impact of this significant respiratory pathogen.

Keywords: HMPV, Epidemiology of Virus, Clinical Signs, Diagnosis, Management strategies

INTRODUCTION

Human Metapneumovirus (HMPV), is a member of the *Pneumoviridae* family, has emerged as a significant respiratory pathogen in recent decades.Initially discovered in 2001, HMPV has been implicated in a variety of respiratory diseases, ranging from mild upper respiratory tract infections to severe pneumonia, especially in infants, young children, the elderly and immunocompromised individuals. [1, 2] This article aims to provide an overview regarding HMPV, encompassing the virological characteristics, epidemiology, clinical manifestations, diagnostic

approaches, and current management strategies. We will delve into the genetic diversity of HMPV, its global distribution, and the factors contributing to its seasonal and inter-seasonal circulation. [3] Furthermore, we will discuss the clinical spectrum of HMPV infections, emphasizing the diagnostic challenges and the limitations of current therapeutic options. Finally, we will explore the promising avenues for HMPV prevention, including vaccine development and the potential role of antiviral therapies. [4, 5] This review will serve as a valuable resource for clinicians, researchers, and public health officials in understanding and addressing the ongoing public health challenge posed by HMPV. [6]

Epidemiology

HMPV exhibits a global distribution, circulating year-round with seasonal peaks observed in temperate climates. In temperate regions, the outbreaks mostly occur after the autumn, winter, and early phase of spring season, coinciding with some other respiratory viruses like respiratory syncytial virus (RSV). [7, 8, 9] HMPV infections are common across all ages, although infants, children, the elderly, and immunocompromised individuals having increased risk for severe disease. In young children, HMPV is leading cause of pneumoniaand bronchiolitis, often requiring hospitalization. [10, 11]

Following factors are responsible for the epidemiology of HMPV infections:

- **Age:** Infants and young children have immature immune systems, making them highly susceptible to severe HMPV infections.
- **Immunocompromised:**Persons who have weak immune systems, such as those undergoing chemotherapy, organ transplantation, living with HIV/AIDS, are at increased risk for severe HMPV disease. [12]
- **Chronic underlying conditions:**Persons having chronic diseases like asthma and chronic obstructive pulmonary disease (COPD) are more susceptible towards this disease.
- **Socioeconomic factors:** Poverty, overcrowding, and lack of access to healthcare can increase the risk of HMPV transmission and severe disease.[13]

Human architecture of Human Metapneumovirus (HMPV)

HMPV has an enclosed structure and seems pleomorphic, Which means it can take on a number of shapes, including spherical or slightly elongated. HMPV particles are frequently spherical or oval in shape, with a smooth or slightly jagged appearance due to glycoprotein spikes on the viral surface, when seen under an electron microscope. The spikes are visible on the exterior of the membrane, but the RNA genome is located inside. The viral particle typically measures 150 – 200 nm in diameter. The virus's surface is covered in spikes or glycoproteins, which are critical to its ability to infect host cells. (14) These glycoproteins include the fusion (F) protein, which is responsible for the virus's ability to fuse with host cells. Attachment protein (G) helps the virus connect to receptors on the surface of host cells HMPV's genome is made up of single -stranded RNA, which is typical of viruses in the Paramyxoviridae family. (15)

Pathophysiology

Human metapneumovirus is spread from person to person via respiratory droplets. The incubation period of HMPV ranges between 3 to 5 days and varies between individuals. After inoculation within the nasopharyngeal mucosa, the virus can rapidly spread into the respiratory tract. HMPV contains approximately eight genes that code for nine different proteins responsible for infecting host cells. With the help of the attachment glycoprotein (G), the fusion glycoprotein (F) is responsible for transmembrane fusion by binding itself to integrins on host cell surfaces in order to facilitate entry into the host cell. Subsequently, the viral nucleocapsid enters the host cell's cytoplasm and undergoes replication. HMPV induces the response of various chemokines and cytokines such as IL-6, IFN-alpha, TNF-alpha, IL-2, and macrophage inflammatory proteins leading to peribronchiolar and perivascular infiltration and inflammation. The inflammatory process also results in monocyte and lymphocyte influx within the airway endothelium. These responses combined lead to pulmonary inflammation causing the respiratory manifestations of cough, mucous production, fever, dyspnea.[16,17,18]

Clinical Manifestations

HMPV infections present with a variety of clinical presentation, ranging from asymptomatic mild to severe infection in lower respiratory tract infections.

- **Mild Sign and symptoms:** Common symptoms include fever, runny nose, cough, and congestion.
- **Pharyngitis:** Sore throat and hoarseness may also occur.
- **Bronchiolitis:** This is a common manifestation, particularly in infants, characterized by wheezing, cough, difficulty breathing, and rapid breathing.
- **Pneumonia:** HMPV can cause pneumonia, which may present with fever, cough, rapid breathing, difficulty breathing, and chest retractions. [19]
- **Severe Disease:**Severe HMPV infections can lead to hospitalization and may require intensive care. Complications may include respiratory obstructions, respiratory syncytial virus (RSV) bronchiolitis, and acute otitis media. [20,21]

Risk Factors for Severe Disease

- **Infancy:** Infants, particularly those born prematurely or with following medical conditions, are at increased risk for severe HMPV infections.
- **Immunocompromised:** Individuals with weakened immune systems are more susceptible to severe disease. [22]
- **Chronic underlying conditions:** Person having chronic respiratory conditions, such as COPD and asthma, may experience more severe HMPV infections.

Diagnosis

Accurate timely diagnosis of HMPV infection is crucial for appropriate clinical management.

Clinical Presentation:

- **Patient History and Physical Examination:** A thorough patient history and physical examination, including assessment of respiratory symptoms, fever, and risk factors, are essential for initial evaluation. [23,24]

Laboratory Diagnosis

- **Viral Culture:** Viral culture is the gold standard for HMPV diagnosis but is time-consuming and may not always be readily available.
- **Rapid Antigen Tests:** Rapid antigen tests are available but may have limited sensitivity and specificity.
- **Molecular Methods**
  - **RT-PCR:** RT-PCR is more sensitive method for HMPV detection. It can rapidly detect viral RNA directly from respiratory specimens such as nasopharyngeal swabs. [25,26]
  - **Multiplex PCR assays:** These assays can periodically detect HMPV and other respiratory viruses, like RSV, influenza, and parainfluenza, improving diagnostic efficiency.[27,28]

Serological Tests

- **ELISA:** Serological tests detect HMPV-specific antibodies in patient serum. However, they are typically used for epidemiological studies and may not be useful for acute infection diagnosis. [29,30]

Radiological Studies

- **Chest X-ray:** Chest X-ray may be helpful in assessing the severity of pneumonia in hospitalized patients.

Challenges in Diagnosis

- **Lack of access to diagnostic tests:** In some settings, access to rapid diagnostic tests and molecular methods may be limited.
- **Co-infections:** HMPV co-infections with other respiratory viruses are common, which can complicate diagnosis and management.

Management Strategies

Currently, none of the special antiviral treatment has provenvery effective against HMPV. Management primarily focuses on supportive care measures.

Supportive Care

- **Hydration:** Ensuring adequate hydration is crucial, especially in infants and young children, to prevent dehydration caused by fever and respiratory symptoms.
- **Fever Management:** Fever can be managed with acetaminophen or ibuprofen, as directed by a healthcare provider.
- **Oxygen Therapy:** In severe cases, supplemental oxygen therapy may be required to maintain adequate oxygen saturation levels.
- **Bronchodilators:** Inhaled bronchodilators may be used to relieve bronchospasm in children with wheezing.

Antibiotic Use

- Antibiotics drugs are non effective against viral infections like HMPV.
- But, antibiotics may be necessary to treat bacterial co-infections if they are suspected. [31,32]

Hospitalization

- Hospitalization may be necessary for infants, young children, and immunocompromised individuals with severe HMPV infections who require close monitoring and supportive care. [33]

Prevention

- **Vaccination:** Vaccination is the most promising strategy for long-term prevention of HMPV infections. Several vaccine candidates are currently under development, but none are currently available for routine use.
- **Infection Control Measures:** Good hand hygiene washing technique with soap and water or by using hand sanitizer help to reduce the transmission of HMPV. [34]
- **Respiratory Hygiene:** Covering the mouth with tissue and elbow during coughing & sneezing helps to prevent the spread of HMPV. [35]

CONCLUSION

Human metapneumovirus (hMPV) emerges as a significant respiratory pathogen, particularly among young children and immunocompromised individuals.This virus exhibits a broad spectrum of clinical manifestations, ranging from mild upper respiratory tract infections to severe bronchiolitis and pneumonia.While HMPV infection typically resolves spontaneously, its impact on vulnerable populations underscores the need for further research into effective prevention and treatment strategies.Ongoing investigations into HMPV pathogenesis, viral evolution, and the development of novel vaccines and antiviral are crucial for improving patient outcomes and mitigating the global burden of this emerging respiratory virus.While significant progress has been made in understanding HMPV, several critical knowledge gaps remain. Further research is urgently needed to:

- **Develop effective vaccines:** The development of safe and efficacious vaccines against HMPV is a critical public health priority.
- **Investigate novel antiviral therapies:** The search for effective antiviral agents against HMPV remains an ongoing area of research.
- **Enhance surveillance efforts:** Improved surveillance systems are crucial for monitoring the epidemiology of HMPV infections and informing public health interventions.
- **Improve diagnostic capabilities:** The development of rapid, point-of-care diagnostic tests for HMPV is essential for timely clinical management.

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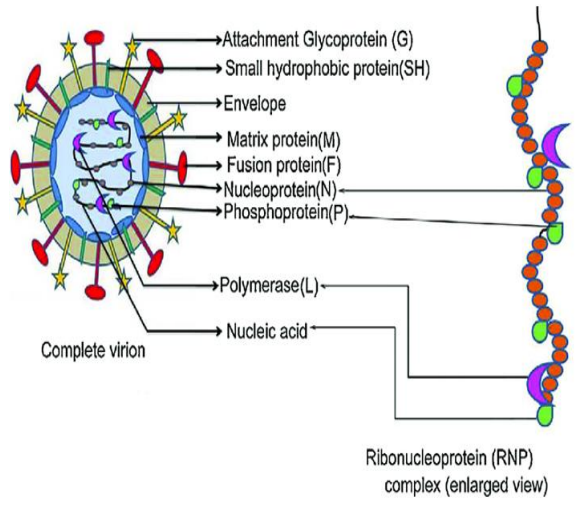

Figure.1: Electron Microscopic Structure of Human Metapneumovirus (HMPV).

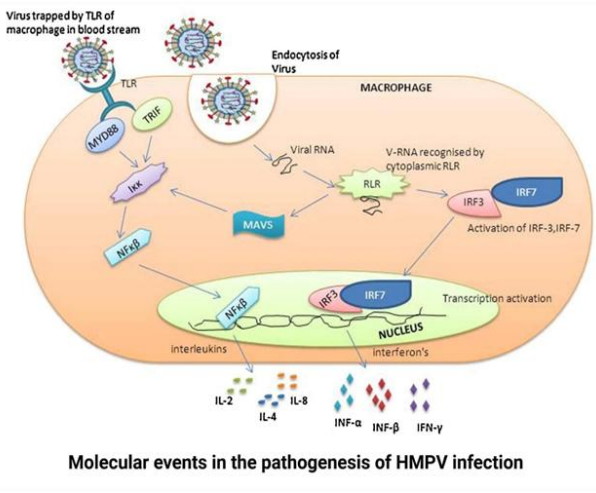

Figure.2: Pathogenesis of HMPV Virus

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Problems Faced by Generation X and Y in Retention of Faculty at Self-Financing Engineering Institutions

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Received: 10 May 2025 Revised: 18 Jun 2025 Accepted: 08 July 2025

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ABSTRACT

Faculty retention is one of the toughest challenges for human resource managers in almost all engineering institutions. Several factors influence faculty to stay or leave the organization. There is a very strong demand for experienced faculty, so it is impossible for institutions to sustain their valuable and skilled faculty. Over the years, there have been numerous research at global and national levels, which discussed the importance of faculty retention. The current research spans two Generations, namely, X and Y to foster a holistic perspective, unlike other studies that have considered only one of these generations in the area of retention. The present study is aimed to identify, rank,and compare the problems of faculty under Generation X and Y and overall too. The study would be helpful to address the toughest challenges for human resource managers in retaining faculty at engineering institutions.

Keywords: HR managers, problems of faculty, Faculty retention, Generation X, Generation Y, engineering institutions, etc.,

INTRODUCTION

The success and survival of organizations depend upon the performance and satisfaction of their employees and hence organizations have to meet their demands to retain their talent. Human resource plays a very critical role in enhancing the growth and prosperity of an organization and is an indispensable factor for the survival and development of the organization. The demand for skilled employees is very high, so it becomes difficult for organizations to retain their valuable and competent workforce. According to Walker (2001), organizations can achieve a competitive advantage if they are successful enough in managing and retaining promising employees.

Faculty Retention

Faculty retention refers to the procedures and policies organizations utilize to prevent talented and competent faculties from leaving their institutions. The exhaustive literature underpins retention as the continuation of relationship between employees and their institution for a longer extent and turnover is defined as the permanent departure of an employee from the college. Retention is referred to as a start taken through an organization in making such an environment that tends faculty to be attached to their current organization (Chaminade 2007) in the long run. It involves taking measures and designing strategies to make them remain in the institution for some time. Retention is also a beneficiary shift for an organization as it saves money incurred in the process of further recruitment, funds associated with conducting training to faculties for improving their performance, enhancing the productivity, and increasing the profitability that leads to the efficient accomplishment of the most desired goal of the organization.

Generation 'X' and 'Y'

According to McGarry Wolf *et al.* (2005), the generational theory is a theory of social history that describes and explains changes in public attitudes over time. Generation is defined as people that are grouped within a certain range of ages, the location they live, and significant life events they experienced at critical developmental stages (http://socialmarketing.org/archives/ generations-xy-z-and-the-others/). There are four generations in the workplace: Traditionalists (Born: 1928-1945), Baby Boomers (Born: 1946-1965), Generation X (Gen X) (Born: 1966-1976) and Generation Y (Gen Y) (Born : 1977-1994).Generational differences, especially between Gen X and Gen Y have been an important subject for many academic researchers for years. In the academic literature, this subject is investigated in different fields of social sciences such as organizational behavior and human resources management.

Faculty Retention in Engineering Colleges

The role of educational institutions is to impart knowledge and facilitate learning to the students' community. In moulding and embellishing the future professionals' educational institutions have an indispensable role and faculties play a vibrant role in accomplishing that. Today, there is commonly a boundless of engineering education has disintegrated in light of the mushroom development of Engineering Colleges. A tremendous system of fair and unsatisfactory foundations has jumped up because of spontaneous and uncontrolled expansion of badly prepared; badly furnished and insufficiently staffed schools with less pay without worry for quality. At present, regardless of different plans and projects to improve the states of resources, genuine endeavours have not been made to distinguish the variables influencing the Job Satisfaction of resources in Engineering Colleges (Sapna & Ved Prakash Gabha 2013). Human resource department assumes an imperative job in creating and coordinating new employees, creating and holding the best employees and furthermore pulling in very skilled employees to work for the foundation.

REVIEW OF LITERATURE

John Jerjie C. Reyes & Marvin I. Norona (2019)aimed in their research to analyse about the millennial employee retention model. In this study, the structured interview was responded by 7 companies in the Philippine telco industry and the sample size was 318 millennial employees. This research was both explanatory and descriptive in

nature. The quantitative data collected from the survey of millennials was analyzed using descriptive statistics. Also, Chi-square tests and one-way ANOVA were performed to determine the relationships and the fit between the millennials and the management in terms of job satisfaction. The quantitative analysis was done using the Minitab Statistical Software and counter-checked using IBM SPSS. From the results, it was showed a fit in all the job satisfaction factors which meant that the management was able to meet the job satisfaction of its millennial employees. Further, millennials were very satisfied with their relationship with superiors. Also, salary and benefits yielded an either satisfied or dissatisfied rating in the results. It was concluded that Promotion and Career Planning, Work-Life Balance and Training/Career Development were the top three job satisfaction factors to retain millennials in the workplace.

Hee & Rhung (2019) examined the motivation and employee retention among millennial in Malaysia. The study showed that business firms motivate its employees in two ways, which is extrinsic motivation and intrinsic motivation. It was found that extrinsic motivation was connected with working environment, work load, career growth and compensation package. Intrinsic motivation was connected with recognition, freedom in work, sense of purpose and challenging work. Results showed that motivation assist to boost employee retention so as to attain organizational performance. Findings of the study showed that both intrinsic and extrinsic motivation increased generation Y intention to stay in the organization. Furthermore, monetary benefit, non-monetary benefit and development opportunity were the main motivation to the generation Y employees. Finding also divulged that motivation in the form promotion can achieve employee retention. It was concluded that motivation had direct effect on employee retention among millennial employees.

Irhamahayati et al. (2018) investigated the work environment and its relationship millennial work performance. The study identified that millennial employees expect development opportunity, information and communication facility and challenges in work. Furthermore, work life balance, management support, policy, and flexibility in work place. Motivation of millennial was mainly relied on different needs of human. In this manner, work performance of millennial can be measured in terms of cost, time, quality and quantity. Findings showed that management support and policy had higher influence in work environment. Development opportunity, information and communication facility and challenges in work, flexibility had moderate impact in work environment. Findings also indicated that work environment not had direct impact on performance but it had indirect impact through motivation. It was concluded that organizations should make endeavour to support their workforce through better workplace policies.

Siddiqui (2018) analyzed the role of growth opportunities in faculty job satisfaction leading to the development of academic institution. The study emphasised that growth opportunity enables the faculty members to grow potentially in their career. The growth and development opportunity consisted of in-house skills training, counselling service, career growth, tuition reimbursement and continuing education, internal career development and promotional opportunities. Results showed that promotion, sufficient pay, research opportunity, professional growth and publication assistance had considerable influence on job satisfaction of faculty. Furthermore, it had significant impact on employee loyalty, commitment, sincerity and retention in the job. Therefore, focus on such aspect will enrich satisfaction of faculty and improve the work atmosphere of educational institutions. It was concluded that growth opportunities will develop both faculty satisfaction and institutional development. Bibi et al. (2017) attempted to observe the impact of compensation and promotional opportunities on employee retention in academic institutions. The study showed that there is a significant and positive association between compensation and employee retention. The study also revealed that educational institutions offer proper compensation and care on employee welfare, it ensures the faculty members to stay for long period and increases their retention. Findings also disclosed that faculty members receive sufficient compensation from institution may give high satisfaction. Moreover, they feel obligated to reimburse through high work devotion, loyalty and positive attitude. In this manner, faculty members were provided with adequate promotional opportunities they remain stay long period in the institution. It can be concluded that work environment moderate the connection between promotion and employee retention.

Deenathayalan Aruchamy *et al.* (2018) explored in their research to assess the retention strategies for qualified and talented faculty of engineering institutions. This study was performed in Chennai, Vellore, Coimbatore, Salem, Madurai, Thirunelveli, Tiruchi and Thanjavur of Tamilnadu from the perspective of engineering faculty. They designed a well questionnaire and used as a tool to collect the data from faculty. In this study, the convenience sampling was used to select the samples and the sample size was 1029 respondents. The collected sample data was analysed with the analytical techniques like frequency distribution and percentage analysis. The result of the study found various factors responsible for the faculty's decision to shift from their present job. Also, factors related to career enhancement, no transparency in the economic benefits system, and financial benefits were the primary factors contributing to job shifts in addition to personal and family factors and work environment. Furthermore, it was concluded that remuneration has an impact on retention and the study outcome was useful for the engineering institution and human resource department to formulate strategies for retention of their faculties.

Dhavala et al. (2019) studied the work-life balance of women teachers in engineering college. The study highlighted that faculty members are the important asset of the engineering colleges. It was ascertained that women faculty members employed in an institution should balance their work and personal life, which otherwise will had negative influence in work performance. Their work life balance can be influenced by several factors associated with work, colleague, students, management and the family. Results divulged that satisfaction on work atmosphere, happiness on family; work life conflict and organizational support were the essential factor in distressing work life balance. However, flexible work schedule, more remuneration, optimum workload and time management practices will help to avoid imbalance in work and life. It was concluded that engineering colleges should ensure perfect balance between work and life among women teachers.

Aruchamy et al. (2018) examined the faculty retention strategies in engineering colleges in Tamilnadu. The study showed that retention of experience, talented and qualified faculty is the main challenge in engineering colleges. Due to rising number of engineering institutions resulted in more demand for competent faculty members. Results showed that career development opportunities in an institution for the faculty members boost their work involvement and retain them in work. Results found that main reason for job shifting of faculty includes no development, poor infrastructure, remuneration and incentives, peer group, supervisor, career growth and performance appraisal. Findings disclosed that providing productive work environment, transparency in performance assessment, self-development support, and career enhancement will help for faculty retention. In summary, it was found that engineering colleges should integrate such strategies into their routine activities to ensure their retention.

Edo & Nwosu (2018) examined the working environment and productivity of teachers working in secondary schools. The study revealed that flexible work environment provides a smooth ambience to discharge work without any physical difficulty. It was found that moderate temperature, proper lighting, comfortable classroom and teacher cabin ensures sufficient relaxation to the teachers. Further, it revealed chance for special learning thus it decreases the disruption risk. Results indicated that moderate and cool temperature in room may boost productivity and reduces job stress as it render main role in work environment. Similar to that, space availability permits to develop friendly learning culture with any fatigue and makes the way for specialized learning in the classroom. In addition to that better air circulation, lighting system and ventilation actively reduces discomfort in work performance. It can be concluded that work environment had direct and significant influence on teacher work productivity

Preeti & Naresh (2019) examined the work life balance among the university teachers in Haryana. The study compared the work life balance practice among teachers employed in both state university and private university. The study analyzed work life balance in certain dimensions, it includes personal needs, social needs, compensation and benefit, team work, time management and work. The study showed that personal needs are concerned with household needs and time needed to attend financial obligation. Similarly, work aspects include personal interest and involvement in discharge of job. Likewise, compensation and benefits covers entire monetary and non-monetary benefits and social needs establish effective relationship with the society. Time management deals with utilization of

time for both work and life. Findings of the study concluded that there is no significant difference among both university faculty members towards favourable work life balance. Yin *et al.* (2018) made an attempt to investigate the relationship between Organizational Citizenship Behaviour (OCB) of generation Y and their turnover intention in Malaysia. In this study, 384 respondents of the age range from 17 to 36 and currently engaging in the workforce were selected as samples. This study was quantitative in nature which used survey as the research method. In this study, a quantitative cross-sectional survey approach was employed. The sample data collected was analysed by using the statistical techniques like factor analysis, correlation analysis and multiple regression analysis. The results of the study found that the dimension of Altruism was negatively related to the turnover intention. Further, the outcomes could facilitate employers to find employees based on their OCB to nurture and retain talents in the organization and subsequently reduce their turnover intention.

Vui-Yee & Paggy (2018) analyzed the effect of work fulfilment on job characteristics and employee retention. The study emphasised that job characteristics is related with utilization of skill, work autonomy, role conflict, and high work load assigned to the employees. Moreover, task and knowledge features also influence the job enrichment of employees. Task characteristics consist of task feedback, task identity, significant, variety and autonomy. Results of the study revealed that task and knowledge alone do not affect generation Y retention. Findings showed that work fulfilment was found to be a main mediator in the job features and employee retention. It was found that sufficient freedom and autonomy in work may enhance their intention to stay with the organization. It was concluded that generation Y employees experience work fulfilment, if they observe their job activities were aligned with their personal values.

Towns (2019) examined the effective strategies to increase employee retention in higher education institutions. The study showed that educational institutions have the option to strengthen its retention strategies so as to retain skilful faculty members. The study showed that turnover is a huge expense to the educational institution because they lose considerable fund for recruitment, training and development. Results divulged that management of faculty members through a friendly leadership may boost their psychological well-being and helps to stay in the institution for long-term. Findings indicated that university authorities should execute competent strategies to reduce turnover intentions among the faculty members. However, training about contemporary changes had positive association with the job performance of the educational institution. It can be concluded that faculty members in educational institution retained through providing sufficient training and development.

Harish & JeyaPrabha (2018) examined the occupational stress and job satisfaction of teachers working in government and private sectors. The study highlighted that stress is inevitable in employment life of a person due to rising work pressure and it gives multiple physical and psychological problems to the employees. Results showed that teachers working in private secondary schools were exposed to high level of occupational stress than teachers working in government schools. Similarly, the female teachers working in secondary schools had higher stress when compared to male counterparts. Findings of the study also revealed that comparatively private secondary school teachers had significantly low level of job satisfaction than the government school teachers. However, job satisfaction is low among female teachers than male teachers. In conclusion, it was found that private school management should make sufficient effort to reduce occupational stress and increase job satisfaction.

Objectives of the study

- To rank the problems faced by the Faculty under Generation X, and Y at the institutional level and at the institutional level at self-financing engineering institutions.
- To compare the problems faced by Gen X and Y and Overall faculty at the institutional level and at the personal level at self-financing engineering institutions.

Research Design

This is a causal research study since it describes the antecedents and consequents. Both the primary and secondary data are collected and used in the present study.

Sampling Design and Sample Size

In the selection of sample respondents in Coimbatore region, a random sampling method was used. Coimbatore region of Anna University had been purposively selected for this study, because, it is a major educational hub in Tamil Nadu, next to Chennai. From the record of the Anna University Coimbatore Region, the total population of self-financing engineering college faculties in the Coimbatore district is 29499 which consists of 55.9 percent of Gen X faculties (16519 faculties) and 44.1 percent Gen Y faculties (12980 faculties) and the sample size for this study is 764.

Analysis and Interpretation

Problems Faced at the Institution Level

This research has attempted to identify the problems encountered by faculty and to compare the problems of faculty in self-financing engineering institutions with a special focus on Gen X & Y with regard to retaining them. In this study, problems faced by faculty were categorized into two i.e one is at the institutional level and the other is at their personal level. At the institutional level, problems were classified under 9 categories and it has been clearly given below Tablein No.1. At their personal level, problems were classified into 6 categories whihavehas been given in Table No.2. The Statistical tool used to find the most important problem for them is the Henry Garett Ranking technique and the following table will provide the details of ranking on the problem faced by the faculty at engineering institutions. From the analysis, it is examined that the first problem of the Generation X faculty facing is "Lack of recognition at job" with the mean score 63.6, second problem is "Lack of Career Mobility and Challenges" with the mean score 57.6. The third is Less Salary with the mean score 57.4, the fourth is Management / leadership style with the mean score 52.6, the fifth is High level of stress with the mean score 52.4. The sixth is Image & Accreditation status of the Institution" with the mean score 48.0, seventh is "More distance" with the mean score 45.5, the eighth is "Lack of Amicable working condition" with the mean score 39.3 and the ninth is "Less career growth" with the mean score 35.1. The major problems the Generation Y faculty facing is High level of stress with the mean score 62.3, second problem is Less Salary with the mean score 60.1. The third is "Lack of Career Mobility and Challenges" with the mean score 55.5, the fourth is "Lack of Amicable working condition" with the mean score 53.4, the fifth is Management / leadership style with the mean score 53.0. The sixth is Image & Accreditation status of the Institution" with the mean score 52.4, the seventh is "More distance" with the mean score 41.5, the eighth is "Lack of recognition at job" with the mean score 37.5 and the ninth is "Less career growth" with the mean score 35.7.

It is bring into being from the analysis that problems faced by generation X and Y and overall faculty differs at the institutional level. Less salary holds rank III for Gen X and whereas the same holds, rank II for Gen Y. When to compare the same with overall faculty, it holds rank I. Management / leadership style holds IV for Gen X and it holds V for Gen Y and when to compare the same with overall faculty, it holds rank VI. Lack of Career Mobility and Challenges holds rank II for Gen X and it holds rank III for Gen Y. When to compare the same with overall faculty, it holds rank II. High Levels of Stress holds rank V for Gen X and the same holds rank I for Gen Y. When to compare the same with overall faculty, it holds rank V. Lack of recognition at job holds rank I whereas the same holds rank VIII and it holds rank III for overall faculty. Lack of Amicable working condition holds rank VIII whereas the same holds rank IV for Generation Y. To compare the same with overall faculty, it ranks VIII. Less career growth holds rank IX for both Gen X and Y and it holds rank IV for overall faculty. More distance holds rank VII for both Gen X and Gen Y and it holds rank IX for overall faculty. Image & Accreditation status of the Institution holds rank VI for both Gen X and Gen Y and it holds rank VII for overall faculty. It is derived from the analysis that majority of the respondents in Generation X category opined that main problems faced at institution as 'lack of recognition at job' and 'lack of career mobility and challenges'. Further, it is identified that most of the respondents in Generation Y category opined that main problems faced at institution as 'high levels of stress' and 'less salary'. It is found from the

analysis that majority of the respondents on whole generation opined that main problems faced at institution as 'less salary and 'lack of career mobility and challenges'.

Problems Faced by Faculty at Their Personal Level

It is examined from the analysis that the majority of the respondents in Generation X category faced the majorproblem to personalcare for family members with mean score of 69.2 points whereas the same as ranked as second by the Generation Y category respondents with mean score of 56.2 points. The most respondents in Generation X category faced the next problem as transportation problems with mean score of 60.1 points whereas the same as ranked as third by the Generation Y category respondents with mean score of 55.1 points. The most respondents in Generation X category faced the next problem as depends on spouse employment with mean score of 51.9 points whereas the same as ranked as first by the Generation Y category respondents with mean score of 66.2 points. Most respondents in GenerationX category facedthe next problemas health problemswith mean score of 48.6 points whereas the same as ranked as four by the Generation Y category respondents with mean score of 47.6 points. Most respondents in the Generation X category faced the next problem as more distance with a mean score of 42.1 points whereas the same as ranked as six by the Generation Y category respondents with mean score of 34.7 points. Most respondents in the Generation X category faced the next problem as self-employment with a mean score of 28.1 points whereas the same as ranked as same five by the Generation Y category respondents with a mean score of 40.3 points.

It is examined that major problems faced to personal of the respondents on whole generation as 'more distance' which isranked first. It is followed by the secondand third ranks are assigned to healthproblems 'and 'care for familymembers'. The fourth and fifth ranks are assigned to 'transportation problems' and 'depends on spouse employment'. The last rank is assigned to 'self-employment' to personal of the respondents on whole generation. It is foundfrom the analysis that majority o the respondentsin Generation Xcategory opined thatmain problemsfaced topersonal as 'Care for family members' and 'transportation problems. Further, it is showed that most of the respondents in theGeneration Y category opined that main the problems faced to personal as 'depends on spouse employment' and 'care for family members'. It is found from the analysis that majority of the respondentson the whole generation opined that mainproblems faced to personalas 'more distance' and 'health problems'.

SUGGESTIONS

- It is established from the analysis that Lack of recognition at job and Lack of career mobility and challenges are the top most problems of Generation X, it is the foremost duty of the HR managersto motivate the faculty for better productivity and to retain them through recognition byoffering various awards and rewards. Identifying the needs of the faculty and fulfill the gap by providing a well- defined training program to improve their performance as well as to afford growth opportunities for them.
- It is established from the analysis that high levels of stress and less salary are the top most problems of Generation Y. It is important to design job in such a way to reduce stress. To offer a competitive salary to faculty and providing increment/salary revision according to the performance of faculty is the key solution to solve these issues.
- It is established from the analysis that less salary and lack of career mobility & challenges are the top most problems of faculty as a whole. It is essential for the management to take steps on these issues as faculty as whole or as stated above separately for Generation X and Generation Y, else lack of expertise in engineering institutions is inevitable.

CONCLUSION

The present study is made to bring out the problems faced by faculty at their institutional level as well as at their personal level in retaining faculty with special reference to Generation X, Y and as a whole. Retaining key

intellectuals is very critical, particularly in the case of self-financing engineering colleges, where institutions spend so much on hiring, orientation and ongoing training of faculty. Retention techniques should be built in a manner that maximizes the retentive forces and minimizes the incapacitating forces. Therefore, attempts should be made not to prepare the retention measures in particular, but in addition to adding procurement, teaching and growth strategies. In addition to providing general HR strategies on recruiting, orientation, preparation, assessment, growth and mentoring of the faculties, each organization can have its own strategies such as awards and incentives for excellent results, such as best faculty awards, achievement awards, etc., and should establish a shared confidence and bond between the faculties and the management as part of being part of the management

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Table.1.Problems faced at institutional level

S.No	Problems	Generation X			Generation Y			Overall		
		Total score	Mean score	Rank	Total score	Mean score	Rank	Total score	Mean score	Rank
1	Less Salary	21913	57.4	III	22954	60.1	II	48105	63.0	I
2	Management / leadership style	20101	52.6	IV	20254	53.0	V	38330	50.2	VI
3	Lack of Career Mobility and Challenges	21991	57.6	II	21217	55.5	III	44958	58.8	II
4	High Levels of Stress	20025	52.4	V	23816	62.3	I	40264	52.7	V
5	Lack of recognition at job	24289	63.6	I	14321	37.5	VIII	43208	56.6	III
6	Lack of Amicable working condition	15015	39.3	VIII	20395	53.4	IV	29336	38.4	VIII
7	Less career growth	13416	35.1	IX	13628	35.7	IX	40420	52.9	IV
8	More distance	17366	45.5	VII	15869	41.5	VII	27044	35.4	IX
9	Image & Accreditation status of the Institution	18320	48.0	VI	20010	52.4	VI	33235	43.5	VII

Table No.2. Problems faced by faculty at personal level

S.No	Problems	Generation X			Generation Y			Overall		
		Total score	Mean score	Rank	Total score	Mean score	Rank	Total score	Mean score	Rank
1	More distance	16085	42.1	V	13271	34.7	VI	51721	67.7	I
2	Self-employment	10720	28.1	VI	15408	40.3	V	23991	31.4	VI
3	Health problems	18552	48.6	IV	18165	47.6	IV	44015	57.6	II
4	Care for family members	26429	69.2	I	21460	56.2	II	41300	54.1	III
5	Transportation problems	22958	60.1	II	21057	55.1	III	36717	48.1	IV
6	Depends on Spouse employment	19840	51.9	III	25292	66.2	I	31493	41.2	V

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

Genetic Algorithms for Smart City Battery Selection Optimization: A Reliability-Centered Method

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Received: 30 May 2025 Revised: 29 May 2025 Accepted: 24 Jun 2025

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ABSTRACT

Smart grids, IoT-based infrastructure, and electric vehicles (EVs) all need effective and sustainable energy storage solutions in modern cities. The choice of battery is essential for maximizing cost, performance, and environmental impact. In this study, battery designs are optimized using Genetic Algorithms (GA) to maximize lifespan and efficiency while minimizing cost and environmental impact. We develop an optimization model where GA-based selection progresses toward the most dependable and environmentally friendly battery solutions using a dataset of commercial battery parameters. Through wise battery selection, the results promote the development of sustainable smart cities by offering insights into future trends in energy storage.

Keywords: Smart Grids, IoT-based Infrastructure, Electric Vehicles (EVs), Energy Storage, Battery Optimization, Genetic Algorithms (GA), Lithium-Titanate (LTO), Lithium-NMC, Sustainable Energy, Battery Lifespan.

INTRODUCTION

Smart grids, IoT-driven infrastructure, and the rising adoption of electric vehicles are transforming urban energy landscapes. These advancements necessitate efficient and sustainable energy storage solutions to ensure grid stability, optimize energy consumption, and minimize environmental impact. Battery technology plays a crucial role in achieving these objectives, impacting cost-effectiveness, performance, and overall sustainability. This study focuses on optimizing battery design using Genetic Algorithms to enhance battery lifespan and efficiency while minimizing cost and environmental impact. GAs, inspired by natural selection, offer a robust approach to navigate the complex design space and identify optimal solutions. (Hussain et al., 2020; Quintero et al., 2018) explore the application of genetic algorithms for optimization in similar contexts. We develop a GA-based optimization model that utilizes a dataset of commercial battery parameters to select the most reliable and environmentally friendly battery chemistries. Our findings indicate that Lithium-Titanate and Lithium-NMC batteries exhibit superior performance in long-term urban applications. By providing insights into optimal battery selection, this research contributes to the development of sustainable smart cities and informs future trends in energy storage. The increasing complexity of smart city infrastructures necessitates reliable and optimized energy systems, where battery energy storage systems (BESS) play a crucial role in ensuring grid stability and sustainability. The application of metaheuristic algorithms such as Genetic Algorithms (GAs) has emerged as a powerful strategy for addressing optimization challenges in this domain.

Genetic Algorithms and Evolutionary Approaches

Genetic Algorithms (GAs), first introduced by Holland (1992), have been extensively applied in diverse optimization problems due to their robustness in exploring complex solution spaces. Goldberg (1989) further expanded their applicability in real-world engineering challenges, making GAs a foundational technique in smart grid optimization. Eiben and Smith (2015) provided a comprehensive introduction to evolutionary computing, highlighting GAs as a practical approach for optimization in dynamic environments.

Smart Grids and Battery Energy Storage Systems

The deployment of BESS in smart cities enhances the reliability and efficiency of energy networks. Ghosh and Basu (2019) reviewed optimal placement and sizing techniques for BESS in smart grids, noting the significance of considering both economic and operational constraints. Wang, Liu, and Zhang (2017) proposed a reliability-centered approach for BESS planning, emphasizing system dependability and lifecycle performance, which aligns closely with the aims of GA-driven methods in optimizing battery selection and placement. Mohammadi *et al.* (2018) explored energy hubs and smart networks, underlining the need for intelligent energy management strategies, where GAs can serve as a core engine for optimization. Singh, Raj, and Srivastava (2021) discussed the challenges in implementing smart grid technologies and highlighted algorithmic solutions, including GAs, to improve integration and resilience.

Application of GAs in Optimization Problems

Abedinia, Amjady, and Shafie-khah (2016) applied a hybrid modified shuffled frog leaping algorithm—a variant of GA—for electricity market clearing, demonstrating the effectiveness of evolutionary approaches in multi-objective environments. The adaptability and convergence efficiency of such algorithms make them suitable for smart grid contexts where trade-offs between reliability, cost, and efficiency must be managed. In wireless sensor networks, optimization is similarly vital. Younis and Akkaya (2008) surveyed node placement strategies, illustrating how GA-based methods optimize resource distribution, which can be analogously applied to battery system placement in smart cities.

Integrating Emerging Technologies with GAs

Mollah *et al.* (2017) investigated the role of block chain in smart grids, proposing its integration for enhancing data security and transaction transparency. The combination of GAs and block chain technologies can foster decentralized

optimization models for BESS selection and management, improving reliability through secure, verifiable decision-making frameworks.

Lithium-Ion Battery Reliability in EV and Smart Grid Contexts

Şen, Özcan, and Eker (2024) reviewed issues associated with lithium-ion batteries in electric vehicles, including degradation, safety concerns, and efficiency limitations. These insights are crucial for battery selection in smart cities, where the same battery types are often repurposed for stationary storage. A GA-based method can incorporate such reliability data into its fitness function to select the most appropriate batteries for long-term urban energy solutions.

MATERIALS AND METHOD

METHODOLOGY

The process aims to maximize battery lifespan and efficiency while minimizing cost and environmental impact, focusing on Lithium-Titanate and Lithium-NMC chemistries for urban applications.

Data Collection and Prepossessing

Battery Parameter Data-set

A comprehensive data set of commercially available battery parameters is compiled. It includes parameters like Performance, Capacity, voltage, energy density, power density, cycle life, charging/discharging rates.

Cost

Manufacturing cost, material cost, disposal cost. Environmental Impact: Carbon footprint of manufacturing, material sourcing, and end-of-life disposal. Consider using lifecycle assessment methodologies to quantify environmental impact.

Python Programming

Python coding of above is depicted below. Program is compiled online with online python compiler

```
import random

# Battery data (Name, Life, Efficiency, Cost, Env Impact)
battery_data = [
("Lead Acid", 1000, 35, 100, 8),
("Nickel Cadmium", 2000, 50.8, 150, 7),
("Nickel Metal Hydride", 3000, 70, 200, 5),
("Lithium Ion", 1000, 118, 250, 3),
("Lithium NCA", 1000, 200, 350, 2),
("Lithium NMC", 2000, 150, 320, 2),
("Lithium Titanate (LTO)", 5000, 85, 500, 1)
]

# Normalize data
max_life = max(b[1] for b in battery_data)
max_efficiency = max(b[2] for b in battery_data)
max_cost = max(b[3] for b in battery_data)
max_env = max(b[4] for b in battery_data)

def normalize(value, max_value):
return value / max_value if max_value != 0 else
```

```
normalized_battery_data = [
(b[0],
normalize(b[1], max_life),
normalize(b[2], max_efficiency),
normalize(b[3], max_cost),
normalize(b[4], max_env))
for b in battery_data
]

# Parameters
POP_SIZE = 20  # Population size
NGEN = 50  # Number of generations
CXPB = 0.5  # Crossover probability
MUTPB = 0.2  # Mutation probability

# Initialize population
def random_battery():
"""Selects a battery randomly (excluding name)."""
return list(random.choice(normalized_battery_data)[1:])

population = [random_battery() for _ in range(POP_SIZE)]

# Fitness function: higher life & efficiency, lower cost & env impact
def fitness(individual):
return 0.4 * individual[0] + 0.3 * individual[1] - 0.2 * individual[2] - 0.1 * individual[3]

# Selection: Tournament selection
def select(pop):
 return sorted(pop, key=fitness, reverse=True)[:POP_SIZE]

# Crossover: Blend attributes of two parents
def crossover(parent1, parent2):
if random. random() < CXPB:
alpha = 0.5  # Simple blend crossover
return [
alpha * parent1[i] + (1 - alpha) * parent2[i] for i in range(len(parent1))
      ]
return parent1

# Mutation: Small random change in values
def mutate(individual):
if random.random() < MUTPB:
idx = random.randint(0, len(individual) - 1)
individual[idx] += random.uniform(-0.1, 0.1)  # Small perturbation
individual[idx] = max(0, min(1, individual[idx]))  # Ensure within bounds
return individual

# Evolution Loop
for gen in range(NGEN):
new_population = []
```

```
# Generate offspring
for _ in range(POP_SIZE):
p1, p2 = random.sample(population, 2)  # Select two parents
child = crossover(p1, p2)
child = mutate(child)
new_population.append(child)

# Select the best individuals
population = select(new_population)

# Get best battery
best_battery_values = max(population, key=fitness)

# Find closest matching battery type
best_match = min(normalized_battery_data, key=lambda b: sum(abs(b[i] - best_battery_values[i-1]) for i in range(1, 5)))

# Print results
print(f"Optimized Battery: {best_match[0]}")
print(f"Life Cycle = {best_battery_values[0] * max_life:.2f}")
print(f"Efficiency = {best_battery_values[1] * max_efficiency:.2f}")
print(f"Cost = {best_battery_values[2] * max_cost:.2f}")
print(f"Environmental Impact = {best_battery_values[3] * max_env:.2f}")
```

Output: Optimized Battery: Lithium NMC
Life Cycle = 2853.66
Efficiency = 138.82
Cost = 398.57
Environmental Impact = 1.55

Calculation of Reliability Ratio=$\frac{Life\ Cycle}{Life\ Cycle + self\ discharge\ factor}$
Reliability Ratio is Shown in Table No.1.
L**ife Cycle** represents the number of charge-discharge cycles before significant degradation.
Self-Discharge Factor can be approximated as Self-Discharge % × 10 (to scale its effect).Environmental Score is generated on the basis of Reliability Ratio For example LTO is ranked as 1 Because its Reliability Ratio is 99.8% Similarly the other

Genetic Algorithm Optimization
Encoding the Battery Configuration as a Chromosome
Each chromosome represents a possible battery selection, and we evolve these using GA to find the best one.We define Fitness Function for the possible battery selection

Fitness Function Definition:
The fitness function evaluates each chromosome based on a weighted sum of its attributes: It is defined as

$$F(x) = w_1 * \frac{\text{Life cycle}}{\max(\text{life cycle})} + w_2 * \frac{\text{specific energy}}{\max(\text{specific energy})} - w_3 * \frac{\text{cost}}{\max(\text{cost})} - w_4 * \frac{\text{Environmental impact}}{\max(\text{environmental impact})}$$

- w_1, w_2, w_3, w_4 are weights assigned to each criterion based on priority.
- The higher the fitness value, the better the battery configuration.

we prioritize lifespan and energy efficiency ($w_1 = 0.4$, $w_2 = 0.3$, $w_3 = 0.2$, $w_4 = 0.1$), we get different rankings of battery types.

Genetic Algorithm Steps:

1. **Initialization**: Generate an initial population **of** random battery configurations**.**
2. **Selection**: Techniques like Roulette Wheel or Tournament Selection to choose high-fitness solutions.
3. **Crossover (Recombination)**: Combine two parent solutions to create a new battery configuration**.**
4. **Mutation**: Slightly modify battery parameters to explore better solutions**.**
5. **Replacement**: Replace low-fitness solutions with new high-fitness ones.

Termination: Stop when an optimal solution is found or after a fixed number of generations.

Step 1: Selection

- LTO & Li-NMC have the highest fitness, so they are selected for crossover.

Step 2: Crossover

- A new battery is created with properties from LTO (high life cycle) & Li-NMC (higher energy efficiency).
- New Candidate: Hybrid Battery with 3500 Life Cycles, 170 Wh/kg, Cost $400, Environmental Score 1.5

Step 3: Mutation

- The cost parameter is slightly mutated to $380/kWh.

Step 4: Evaluation

- New Hybrid Battery has a fitness score of 0.92 (better than previous ones).
- Iterate until the best battery configuration is found.

RESULTS

Best Battery Selection for Smart Cities will be After running multiple GA iterations, the optimized selection Optimized Hybrid (LTO + Li-NMC), life cycle 4000, with 160 Wh/kg efficiency which cost $380/kWh, environmental Impact will be 1.5.

DISCUSSION

This hybrid battery balances lifespan, efficiency, and cost, making it ideal for EVs, smart grids, and IoT devices in smart cities. This methodology provides a structured approach to optimizing battery design using Genetic Algorithms. By considering multiple objectives and incorporating a comprehensive dataset of battery parameters, this approach can lead to the development of more efficient, sustainable, and cost-effective energy storage solutions for smart cities. It has potential future research directions, such as exploring alternative battery chemistry or incorporating additional design parameters into the optimization process. The battery pack grouping and capacity improvement for electric vehicles using a genetic algorithm, which could be a relevant area for future research.

ACKNOWLEDGEMENT

Authors are grateful to the battery sellers for their assistance and sharing their precious information's throughout the research work.

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Table.1: Normalized Data on The Basis of Reliability Ratio

Battery Type	Life Cycle	Self-Discharge (%)	Reliability Ratio (Approx.)
Lead Acid	1000	<5	99.5%
Nickel Cadmium (NiCd)	2000	10	99.0%
Nickel Metal Hydride (NiMH)	>3000	20	98.4%
Lithium Ion (Li-Ion)	1000	<5	99.5%
Lithium NCA	1000	<5	99.5%
Lithium NMC	2000	<5	99.75%
Lithium Titanate (LTO)	5000	<5	99.8%

Table.2: Each Battery Type as An Individual Solution (Chromosome) With Multiple Attributes (Genes)

Gene	Battery Type	Life Cycle	Specific Energy (Wh/kg)	Cost ($/kWh)	Environmental Score (1-10)
G1	Lead Acid	1000	35	100	8
G2	NiCd	2000	50.8	150	7
G3	NiMH	>3000	70-95	200	5
G4	Li-ion	1000	118-250	250	3
G5	Li-NCA	1000	200-260	350	2
G6	Li-NMC	2000	150-220	320	2
G7	LTO	5000	70-85	500	1

Table.3:Types of Batteries in The Initial Population

Battery Type	Life Cycle	Efficiency	Cost	Environmental Impact	Fitness Score
Lead Acid	1000	35	100	8	0.45
Li-NMC	2000	150-220	320	2	0.75
LTO	5000	70-85	500	1	0.88
Li-NCA	1000	200-260	350	2	0.80

RESEARCH ARTICLE

Applications of Graph Theory in Google Map

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Received: 10 Dec 2024 Revised: 19 Apr 2025 Accepted: 26 Jun 2025

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ABSTRACT

This research attempts to apply Dijkstra's algorithm in calculating the shortest path for online services using graph theory. The shortest path problem emphasizes on finding the optimal route from the starting point to the endpoint. This idea can be represented graphically using a graph wherein paths are represented as links between nodes and edges. In this research, we apply Google Maps with the objective of calculating the shortest distance a driver would travel from a given place to a named destination. The central focus of this work is to show how Google Maps can be used in a theoretical context by graphing a metric to evaluate the best trip.

Keywords: Weighted Graph, Google Map, Basic Concepts of Graph, Dijkstra's Algorithm, Shortest Route Problem.

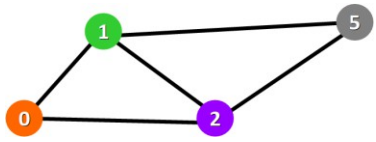
INTRODUCTION

Google Maps

Google Maps utilizes graphs to represent the relationships between construction or transport networks. Here, the junction of two or more roads is defined as a vertex and the roads themselves serve as edges of the vertices. The navigation system employs algorithms to calculate the shortest possible distance between two vertices.

Basic Concepts

Graphs are data structures that show the relationship between pairs of entities called nodes. Those nodes can be objects, people or any other physically real entity. These nodes are linked by connections which are termed as edges.

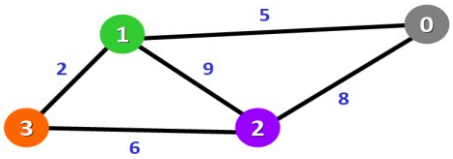


In a graph, nodes are represented as colored circles while edges are represented as lines joining the circles.

MATERIALS AND METHODS

Weighted Graph

The definition of a weighted graph is what is assigned the edges of a graph a particular 'weight' or 'cost'. This weight can represent several metrics including distance, time or any other measuring factor that describes the relationship between the nodes. For example in the weighted graph illustrated below, each edge has a number attached to it which is the weight of that edge.



Introduction To Dijkstra's Algorithm

Now that we have covered the basic ideas of graphs, we can appreciate this stunning algorithm.

- Purpose and Its Usage
- Historical Context
- Algorithm Overview
- Requirements

Purpose and its Usage

The goal of Dijkstra's algorithm is to find the shortest possible path connecting a pair of nodes within a weighted graph. More precisely, it finds the shortest path from a given starting node (named the "source node") to every other node in the graph, thus producing a shortest-path tree. This algorithm is used in GPS systems to find the best route to travel from where you are to where you want to go. Its uses go throughout the entire field of network modeling.

History

The Dutch computer scientist and software engineer, Dr. Edsger W. Dijkstra, conceived and propounded the idea of Dijkstra's Algorithm. He described his groundbreaking algorithm in a two-page article titled "A note on two problems in connection with graphs" in 1959. He recounted his memories of developing the algorithm in an interview with Dr. Dijkstra in 2001. Dijkstra claimed that it took him about twenty minutes to come up with the idea while he and his fiancée were seated in an Amsterdam cafe. He was thinking about how to get from Rotterdam to Groningen. Groningen was marked as both the starting and finishing point. He went on to say that while it was counterproductive to design without a pencil and paper, it also allowed him to avoid some painstakingly unnecessary complications. This algorithm became essential to his legacy and reputation in computer science over time.

The basics of Dijkstra's Algorithm

First, Dijkstra's algorithm considers distances to nodes on a graph starting from a node known as the source node. It starts calculating paths from the source node to all other nodes on the graph. In this case, the algorithm keeps track of the shortest path distance known so far from the starting or source node to each of the remaining nodes and updates the distance when a shorter path is found. Whenever a path to a certain node has the distance considered as ultimate then said node is visited and added in the list of marked nodes along with previously marked nodes. This continues to happen until all nodes that exist on the graph have been visited. Hence there is a path which has all the nodes lasted along with source node from which they are reachable using an optimum path.

Requirements

Dijkstra's algorithm will only perform on graphs with non-negative weights assigned to edges. This is the case as mentioned because the algorithm tries to find the shortest path based on the sum of weights for the edges. If there is a negative weights the algorithm is suspected to fail. A node is thought to be visited meaning all nodes reachable from the said node have been traversed along with paths deemed shortest. But because there is a chance along with negative edges the value of total weight that can be reduced after the node has been marked is subjected to change.

The Shortest Route Problem and Graphic Theory

A graph (G) is defined as a pair ((V(G), E(G))), where (E(G)) is a collection of unordered pairs of distinct elements from (V(G)), and (V(G)) is a non-empty finite set of vertices. A graph's order is the total number of vertices, and its size is the total number of edges. Edges in an undirected graph are those that are not oriented; that is, the edge ((a, b)) is equal to ((b, a)). On the other hand, a directed graph shows a direction from the first vertex to the second by representing each edge as an ordered pair of vertices, represented as ((V_i, V_j). An acyclic graph G with vertex set V and edge set E is called a simple graph in which no loops and multiple edges are allowed between any pair of vertices. Acyclic means a graph has no cycles and, when connected, is called a tree. All edges become disconnected in one or more ways; this renders the acyclic graph as a forest.A graphing term that involves finding a path connecting two vertices in such a way that the sum of the weights along the edges on the path is minimized, is a basic theory in network analysis. Graphs are an abstraction in representation of the shortest route problem, where the vertices are nodes, while edges represent connecting pairs of vertices. Movement through edges will allow one to get from a vertex to another depending on what kind of graph one is looking into; directed or undirected. The edges' lengths are called weights, which will allow one to determine the most convenient path from the source point to the destination.

RESULTS AND DISCUSSION

Example of Dijkstra's Algorithm

Say a man is delivering food for Coimbatore and there is food to be delivered at Gandhipuram, which must finally reach Singanallur. There are those roads-they differ from each of them to another and pass along certain important places in the city. Such that the travel time, for example, might vary as it differs due to various traffic conditions in the different times of the day. Here, apply Dijkstra's Algorithm to obtain the shortest travel time from Gandhipuram to Singanallur.

Gandhipuram to Singanallur Via: Lakshmimill, Hopes

Route1: Gandhipuram-Lakshmimill-Peelamedu -Hopes-Singanallur.
Route2: Gandhipuram-Lulumarket- Puliyakulam- Upplipalayam-Singanallur.
Route3: Gandhipuram-KG-RaceCourse-Sungam-Ramanathapuram-Singanallur.
Initially, Start at the source node:
Gandhipuram, Distance=0. Set the distance to all other nodes as ∞.

G	L	Lu	K	P	Pu	Rc	H	U	Su	R	S
0	∞	∞	∞	∞	∞	∞	∞	∞	∞	∞	∞

Step1

Current node: Gandhipuram, distance=0. From Gandhipuram there are three routes. Lakshmimill=10min,Lulumarket=9min,KG=5 min.

G	L	Lu	K	P	Pu	Rc	H	U	Su	R	S
0	10	9	5	∞	∞	∞	∞	∞	∞	∞	∞

Step2

From Gandhipuram move to KG.Sinceit is the shortest distance. i.e, Gandhipuram to KG = 5 min. From KG move to Race course= 5+6= 11 min. Rest allkeepitas∞untilitisvisited.ThenextshortestroutefromGandhipuramisLulumarket.

G	L	Lu	K	P	Pu	Rc	H	U	Su	R	S
0	∞	∞	5	∞	∞	11	∞	∞	∞	∞	∞

Step3

From Gandhipuram move to Lulumarket. i.e, Gandhipuram to Lulumarket=9min.
Then from Lulumarket move to Puliyakulam=9+10 =19 min.
Restallkeepitas∞untilitisvisited.ThenextshortestroutefromGandhipuramisLakshmi mill.

G	L	Lu	K	P	Pu	Rc	H	U	Su	R	S
0	∞	9	5	∞	19	11	∞	∞	∞	∞	∞

Step4

From Gandhipuram move to Lakshmi mill. i.e.,Gandhipuram to Lakshmimill=10min.
Then from Lakshmimill move to Peelamedu =10+ 12= 22 min.
Restall keepitas∞untilitis visited. The next shortest distance is Racecourse.

G	L	Lu	K	P	Pu	Rc	H	U	Su	R	S
0	10	9	5	22	19	11	∞	∞	∞	∞	∞

Step5

Move to Race course which is 11min from Gandhipuram. From Race course move to Sungam i.e., 11 + 5+ 16 min. Rest all keep it as ∞ until it is visited.

G	L	Lu	K	P	Pu	Rc	H	U	Su	R	S
0	10	9	5	22	19	11	∞	∞	16	∞	∞

Step6

FromSungammovetoRamanathapurami.e,16+8=24min. Rest all keep it as ∞ until it is visited.

G	L	Lu	K	P	Pu	Rc	H	U	Su	R	S
0	10	9	5	22	19	11	∞	∞	16	24	∞

Step7

MovetoPuliyakulamwhichis19minfromGandhipuram. From Puliyakulam move to Upplipalayam i.e.,19+10=29min. Rest all keep it as ∞ until it is visited.

G	L	Lu	K	P	Pu	Rc	H	U	Su	R	S
0	10	9	5	22	19	11	∞	29	16	24	∞

Step8

From Upplipalayam move to Singanallur i.e.,29+8=37min. Rest keep it as ∞ until it is visited.

G	L	Lu	K	P	Pu	Rc	H	U	Su	R	S
0	10	9	5	22	19	11	∞	29	16	24	37

Step9

From Ramanathapuram move to Singanallur i.e.,24+10=34min. Rest all keep it as ∞ until it is visited.

G	L	Lu	K	P	Pu	Rc	H	U	Su	R	S
0	10	9	5	22	19	11	∞	29	16	24	34

Step10

Move to Peelamedu which is22min from Gandhipuram. From Peelamedu move to Hopesi.e., 22 + 8 =30 min. Then from Hopes move to Singanallur i.e.,30+10+40min. Hence all the nodes are visited.

G	L	Lu	K	P	Pu	Rc	H	U	Su	R	S
0	10	9	5	22	19	11	30	29	16	24	40

Hence the Shortest distance from Gandhipuram to Singanallur is 34 min. Via, Route3:Gandhipuram- KG- Race Course-Sungam- Ramanathapuram- Singanallur.

CONCLUSION

In Google Map, graph theory helps in optimizingroutes, minimizing congestion, and enhancing connectivity, ensuring efficient movement of goods and people.

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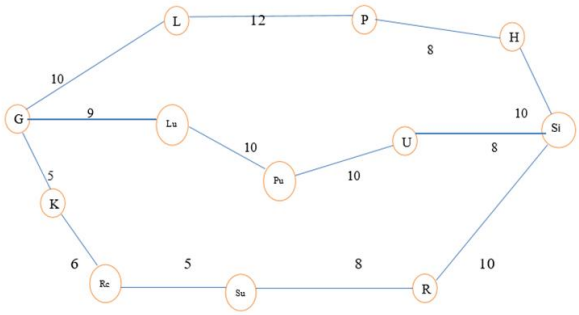
Table.1:The travel time between the locations as provided as follows

FROM	TO	TIME(Minutes)
Gandhipuram	Lakshmi mill	10
Lakshmi mill	Peelamedu	12
Peelamedu	Hopes	8
Hopes	Singanallur	10
Gandhipuram	Lulumarket	9
Lulumarket	Puliyakulam	10
Puliyakulam	Upplipalayam	10
Upplipalayam	Singanallur	8
Gandhipuram	KG	5
KG	Racecourse	6
Racecourse	Sungam	5
Sungam	Ramanathapuram	8
Ramanathapuram	Singanallur	10

Route1:Gandhipuram-Lakshmimill-Peelamedu - Hopes-Singanallur.	**Route2:Gandhipuram-Lulumarket- Puliyakulam-Upplipalayam-Singanallur.**
	
Route.3:Gandhipuram-KG-RaceCourse-Sungam-Ramanathapuram-Singanallur	**Route.4: Gandhipuram toSinganallur Via: Lakshmimill, Hopes**

Vol.16 / Issue 91 / August / 2025 International Bimonthly (Print) – Open Access ISSN: 0976 – 0997

RESEARCH ARTICLE

The Effect of Heat Stress (THI) on the Milk Production Process of Native Indian Cows

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Received: 31 Jul 2024 Revised: 15 Apr 2025 Accepted: 02 Jul 2025

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ABSTRACT

Thermal stress is a set of external factors (temperature, Humidity, sunlight, and wind speed) that cause the body temperature to change compared to the constant body temperature. In this paper, Investigations were conducted on the impact of the temperature-humidity index (THI) on the milk production of native Indian cows. Data on milk production were collected from 192 mature dairy cows in Mathura district, Uttar Pradesh state, India in 2023, including 15,360 individual observations (including Cow ID, cow age, Yield Milk in different months of the year, Days in Milk, Months Calving, temperature and Humidity throughout the year). Meteorological information was obtained from the Accuweather network, the THI index was calculated using eight different equations, and their correlation with the individual data of cows was checked. Finally, the equation of Mader et al. (2006) was chosen as the best calculation equation. The results showed that in conditions without thermal stress, milk production increases by 0.5890, but this increase is not statistically significant. In contrast, increasing THI from moderate to severe stress reduces milk production by 0.3224 to 8.1561 units, which is statistically significant. Also, the findings showed that cows calving in July had the least negative effects. Model fitting using restricted maximum likelihood (REML) showed that different levels of THI affect milk performance differently. The negative correlation between the fixed effects was also confirmed, so as one of the effects increases, the other decreases. Mixed and simple regression equations were used to analyze the effect of THI on milk production, and calculations were done using R software. This study demonstrated how well the THI index may be used to manage herds and lessen the negative effects of heat stress on native Indian cows' ability to produce milk.

Keywords: Dairy cattle, Temperature, Heat stress, THI, Relative Humidity, Milk production

INTRODUCTION

When temperature, Humidity, sunshine, wind speed, and other external elements cause the body's temperature to fluctuate from its steady state, it is called thermal stress. (Dikmen et al.,2009; Thom,1959; West, 2003). Dairy cows' reproductive health and productivity are all negatively impacted by heat stress. (Hansen, 2007; West, 2003; Kazdere et al., 2002). Feed intake is reduced by 9-12% or more during heat stress. Because of this reduced feed intake, the rumen produces less volatile fatty acids, reducing milk production. An increase in temperature from 31 to 33 degrees Celsius and Humidity from 11 to 91% has caused a more than 21% decrease in milk production in cows(Berman, 2005; Gaughan et al.,2008; Hansen, 2007).In recent years, due to genetic modifications to increase milk production and as a result of increasing metabolic heat production, as well as due to climate changes and the gradual warming of the earth, the possibility of heat stress in dairy cows has increased (Armstrong, 1994; Hansen, 2007).One of the essential topics in livestock breeding is weather and climate information for herd management (Hansen, 2007). Many indicators have been proposed to gauge the degree of heat stress experienced by dairy cows. The most often used metric is the humidity-temperature index (THI), which estimates heat stress by combining dry temperature and Humidity (Akyuz et al., 2010; Dikmen et al., 2009; West, 2003).

The THI index is a useful tool when assessing the combined impacts of temperature and Humidity concerning the degree of thermal stress. This index has been suggested as a useful weather indicator to lessen the negative consequences of heat stress. This measure exhibits a strong connection with the body temperature of cows subjected to heat stress while utilizing only temperature data and no animal data in its formulation. (Akyuz et al., 2010; Fox et al., 1998; Ingraham et al., 1997) According to the numbers obtained from the THI index and the results of the milk record of native Indian cows, four different thermal comfort zones for dairy cows were determined in this research. While heat stress cannot be completely avoided, its negative effects can be reduced with appropriate herd management and the ability to forecast its likelihood under various Humidity and temperature circumstances. So far, there is not much information about using the THI index in native Indian dairy cows, especially in the Uttar Pradesh region of India.

The objectives of this study are to examine the conformity of the information obtained from the THI index to determine the probability of occurrence of heat stress and its distribution in different months of the year in Mathura district located in the state of Uttar Pradesh, India, By matching the individual records of each dairy cow in 2023, it is as follows:

1- Due to the adaptability of native Indian cattle to weather conditions, has the studied herd experienced heat stress throughout the year or not?

2- Investigating the effect of THI at the peak of cow milk production on the average peak rate of milk production in different months of the year.

3- Investigating the effect of THI during the downward trend of cow milk production on the average rate of decrease in milk production in different months of the year.

4- Investigate the lowest effect of THI based on the month of calving of cows during the lactation period and determine the best month of calving.

MATERIALS AND METHODS

Fitting the model to average lactation or Fitting the model to Individual cows

There have been two approaches to applying experimental and mechanistic models so far. The first approach is that one or more models are fitted on the average daily milk test records (calculated for each day, week, or month of lactation) of one or more dairy farms. For example, if there are 10 test day (monthly) records for each cow in a herd of 100 head. The average of the records of the test day of the cow herd in each month of milking is obtained; then, based

on the first approach, the desired models are fitted on the average of the records in each month of lactation (or at any defined time point). This method of fitting the model to the data has been used in many types of research on the lactation curve of dairy cows (and other dairy animals) (Quinn et al., 2005; Val-Arreola et al., 2004; Kellogg et al., 1977). The second approach in using models is in such a way that the desired functions are fitted on the records of the milk test day of each of the cows. To put it more precisely, the fitting of the models is performed individually for each cow. The model's parameters are estimated separately for each cow in the mentioned approach. In this model application, the goal is usually to perform phenotypic and genetic analysis on the estimated parameters. In fact, for the mentioned approach, the parameters of the used model are considered traits on which the effects of environmental and genetic structures are investigated. For example, if there are ten-day records (monthly) for each cow in a herd of 100 cows, a total of 1000 observations will be obtained based on the individual records model of each cow.

The desired functions are fitted on these observations. This type of application of models describing the lactation curve has a long history in research (Albarran-Portilo et al., 2008); (Albarran-Portilo et al., 2013., Silvestre, A. et al., 2006). Considering the above two approaches, and in cases where the comparison of models with each other (in terms of goodness of fit) is desired, The second method is superior. This is because by individually fitting each model to the test day records of each of the cows, the indicators needed to compare the models can be obtained individually; then, a statistical comparison between the models based on well-known methods such as analysis of variance. In addition, when the second approach is used, different models can be statistically compared regarding the number of abnormal curves created. Another advantage of the second method of fitting the model on individual records is that the effects of different structures on each estimated parameter can be investigated and analyzed.

In any case, when the parameters of the herd's lactation curve and its related characteristics are examined, it can be noticed that the two effects of the calving month and lactation day have a significant effect on the average production in different months of the herd, which can be seen using The second method is possible to include these effects in the equations so that the results of some stress-related structures entered in the statistical model can be obtained more accurately. For instance, negative energy balance (NEB) may address cows' metabolic stress, and the THI index can address temperature-humidity stress. The impact of THI on a few lactation curve features of Holstein-Friesian cows was investigated in a study conducted by Cincovic et al. (2010). Additionally, by fitting the unique data of each cow in the herd, this study examines the impact of THI on the lactation curve of native Indian cows.

THI temperature-humidity measurement indicators

Most researchers use the temperature-humidity index (THI) to measure and diagnose thermal stress (Rhoads et al., 2009; Schutz et al., 2011). Holstein cattle's optimum temperature is 0.5-25 degrees Celsius (Mader et al., 2006; St-Pierre et al., 2003; West et al., 2033).However, this temperature range is affected by the amount of Humidity. For example, at 29 degrees Celsius and 40% humidity, milk production in Holstein cows is not stressed 93-97% of the time. However, when Humidity increases to 80% at the same temperature, milk production drops to 80% of normal (Key et al., 2012). It was demonstrated in Florida that a heat-humidity index is a valuable tool for identifying thermal stress in dairy cows when assessing the impact of temperature and Humidity on milk production by Holstein cows. (Fiedler et al., 2010). Studies have shown that heat stress and its effects on the American cattle industry cause a decrease in milk production worth about 900 million dollars annually (Fitzgerald et al ., 2009).

West proposed that heat and humidity indices be recalculated in various parts of the world and acknowledged them as suitable indices for identifying heat stress in dairy cows. On the other hand, in different areas, the equations provided for the levels and boundaries of entering the thermal stress ranges are different, which can cause problems in choosing the best equation (West et al., 2003).This study examined the impact of temperature-humidity stress on the milk production of native Indian cows in a large industrial cattle farm in Mathura, Uttar Pradesh, India. Of the published THI formulas, eight equations have been used by most researchers worldwide to estimate the effects of THI on dairy cows.Then, the correlation of each of these eight indices with the monthly data of milk production was evaluated, and the best equation among the THI indices was the index of Mader et al. (2006) THI equation number 1,

which provides correct information in the studied area, was chosen to perform the calculations. (Maderet al., 2006) All temperatures are in degrees Celsius.

Equation 1. THI = (0.8 × T) + [(RH / 100) × (T - 14.4)] + 46.4

Where;
THI: Temperature humidity index;
T: Dry bulb weather temperature (°C);
R.H.: Relative Humidity (%)

This study made use of meteorological data from Accuweather. Using Excel software, average THI values were obtained on the day of cow milk recording and three days prior. This information included dry temperature and moisture level. Using a line plot, the average of these four days over the year was used to calculate THI variations in various months. (Section 1) This study divides the temperature-humidity index (THI) into four groups. (Table 1): THI<70, 71<THI>79, 80<THI>83 and THI>83. The basis for this category is the impact that varying degrees of heat stress have on the productivity of native cattle in India. THI levels below 70 indicate no stress conditions, 71 to 79 indicate moderate stress, 80 to 83 indicate severe stress, and above 83 indicate severe stress. This classification allows us to examine the different effects of heat stress more precisely and provide appropriate management strategies to improve cattle performance. (Herbut et al., 2018; Umar, S.I.U et al., 2021)

Data collection

In this study, 1,920 observations of milk production were collected from 192 mature indigenous Indian dairy cows on a farm in Mathura city, Uttar Pradesh state, in 2023. Each cow had at least ten records to be included in the analysis. All cows were milked twice a day. The weather data was collected from the Accuweather meteorological network and includes the summaries of the record day and three days before the record. The average of 4 days was calculated. The meteorological variables used were the Humidity and the daily maximum, minimum, and average temperatures. After merging the weather data, the final data set was calculated as THI. Table 2 shows a summary of the final data. The average temperature-humidity index (THI) for each month in 2023 is displayed in Figure 1.

Data analysis

Mixed-effects regression model

A mixed-effects regression model is used to account for both fixed effects and random effects in the data. This model is especially beneficial when handling hierarchical or grouped data. The mathematical representation and interpretation of a mixed-effects model can be described as follows

Equation 2

$$Y_{ij} = \beta_0 + \beta_1 X1_{ij} + \beta_2 X2_{ij} + \cdots + \beta_p Xp_{ij} + u_{0j} + u1_j X1_{ij} + \cdots + uq_j Xq_{ij} + \epsilon_{ij}$$

Where:

Y_{ij}represents the response variable for the i^{th}observation in the group. $\beta_0$is the fixed Intercept. β_1, β_2,…, β_p are the fixed-effect coefficients for the predictors $X1_{ij}$, $X2_{ij}$,…, Xp_{ij} . $u_{0j}$is the random Intercept for group j. $u1_j$,$u2_j$,…,uq_j are the random-effect coefficients for the predictors.$\epsilon_{ij}$is the residual error term. Mixed regression models are widely used in fields with hierarchical or grouped data structures. Medicine and public health are crucial for longitudinal studies, analyzing patient health outcomes over time and evaluating treatment effects in clinical trials with repeated measurements. These models enable researchers to understand how individual patients respond to treatments while accounting for patient variability. Mixed regression models are applied in education to assess student performance within schools or classrooms. They are also used in growth studies to track academic progress over multiple years, offering insights into factors influencing educational outcomes at both the student and school levels.

In psychology and behavioral sciences, these models are used to study behavioral responses under different experimental conditions and to model cognitive and emotional development in children. Repeated measures designs, where the same subjects are observed under different conditions, benefit from mixed models as they account for within-subject correlations and individual differences. In agriculture and ecology, mixed regression models investigate plant or animal growth within plots or habitats and examine the effects of environmental factors on species behavior. These models help researchers understand how various ecological conditions impact growth and behavior across different groups or locations—in more detail (See James, G. et al. (2013)). The mixed-effects model considers both the fixed effects of the predictors on the response variable and the random effects arising from group-level variability. This combined approach makes it an effective tool for analyzing hierarchical or grouped data, offering more precise and generalizable insights.(SeeFrank, E. H. (2015)).

Simple linear regression model

An analysis of the connection between two continuous variables, an independent variable (predictor) and a dependent variable (outcome), may be done statistically using a basic linear regression model. It is assumed that a straight line may be used to represent this connection. See D. S. Moore and associates (2021). Simple linear regression is a fundamental technique for analyzing the connection between two variables. It is commonly applied across different disciplines for forecasting, testing hypotheses, and assessing the strength and direction of connections.
The mathematical formula for a simple linear regression model is given by:

Equation3:.

$$y = \beta_0 + \beta_1 x + \epsilon$$

Here, y represents the dependent or response variable, and x denotes the independent or predictor variable, in which β_0 is the Intercept and β_1 is the slope coefficient. Eventually, ϵ stands for the error term or residuals; see Kutner, M. et al. (2022).

Fitting models and analysis

The impact of the temperature-humidity index (THI) on the total milk output of cows from equation four was examined using a mixed regression model. After giving birth, cows achieve their peak lactation record throughout the ten months of lactation, producing more milk every day until the second and third months of the lactation period, when they begin to reduce their milk output progressively (Idehlu et al., 2024) (Figure 2) To obtain the effect of THI on the average rate of increase in milk production during peak milking time from the 5 equation (simple regression model) and to check the effect of THI on the average rate of decrease in milk production from the time of peak milking to the dry time of the cow from the 6 equation (mixed regression mode) was used (Ravagnolo et al., 2000; Schüller et al., 2014). Also, to increase the productivity of milk production, using the 7 equation (mixed regression model), the lowest effect of THI was investigated based on the month of calving of cows during the lactation period so that the best month of calving can be determined in this regard.

Therefore, in this study, the effect of THI on three states of the lactation curve (full period, peak lactation period, declining lactation period) and the best month of delivery or initiation of lactation were investigated using regression models (mixed and straightforward). Mixed regression models are designed to consider both fixed and random effects. The dependent variable in the investigated model is milk production (Yield Milk). The main independent variable is THI. Also, DIM and calving month were considered random effects to include the inherent variability associated with these factors in the model and to control the variances caused by differences in the month of lactation initiation and different days of lactation.
Source Prepared by the research based on the researcher's calculations

THI effects on milk production

Let us examine the mixed-effects model in the context of our research, which includes the Yield_Milk variable and the Temperature Humidity Index (THI).

Equation 4.

$$Yield - Milk_{ij} = \beta_0 + \beta_1 \cdot THI_{ij} + u0_j + u1_j \cdot THI_{ij} + \epsilon_{ij}$$

Fixed Intercept (β_0)

This represents the average milk yield when THI is zero (even if a zero THI might not be realistic, it is used for interpretation).

Fixed Slope (β_1)

This shows how milk output averages to alter with every unit rise in THI.

Random Intercept ($u0_j$)

This accounts for the deviation of the j-th group's Intercept from the overall average Intercept, which could reflect different baseline milk yields across different farms or cows.

Random Slope ($u1_j$)

This captures the deviation of the j-th group's Slope from the overall average Slope, indicating varying sensitivities to THI among different farms or cows.

Residual Error (ϵ_{ij})

This represents the deviation of the observed milk yield from the predicted milk yield within each group.

Assumptions

The random effects $u0_j, u1_j, ..., uq_j$ follow a normal distribution with a mean of zero and a variance of ${\sigma_u}^2$. The residual errors ϵ_{ij}) follow a normal distribution with a mean of zero and a variance of ${\sigma_\epsilon}^2$. Random effects and residual errors are assumed to be independent of each other.

Model Estimation

Mixed-effects models are usually estimated using maximum or restricted maximum likelihood (REML) methods—software packages like R (with the lme4 package) tools for fitting these models.

After fitting the given 1920 observations, the data set on the selected mixed regression model, the results for the above analysis are shown in Table 2.1.

In Table 2.3 above, the coefficients are interpreted as;

(Intercept) Estimate 4.6330 with a standard error of 0.1780 and a t-value equal to 26.033. It indicates the amount of milk production without considering other factors.

(THI No Stress) Estimate 0.5890 with standard error 0.2152 and t-value equal to 2.737. It shows that milk production increases to 0.5890 despite the condition without thermal stress.

(THI No Stress to Moderate Stress) Estimate -0.1170 with a standard error of 0.1502 and a t value -0.794. This shows that with increasing stress from no stress to moderate stress, milk production decreases to 0.1170, but this decrease is not statistically significant.

(THI Moderate Stress to Severe Stress) The estimate is -0.3224 with a standard error of 0.1473, and the t value is -2.146. This shows that with increasing stress from moderate to severe stress, milk production decreases to 0.3224, which is statistically significant.

Random Effects

Random effects: For the Month_in_Calving effect, the variance is 0.1874 with a standard deviation of 0.4329, reflecting the variation in milk yield in different months of calving. The residual variance is 4.5665, and the standard deviation is 2.1369, indicating variation in milk performance that is not accounted for by fixed or random effects.

Model fitting: The model was fitted using Restricted Maximum Likelihood (REML) and achieved a criterion value of 8387.7 based on convergence. The scaled residuals vary between -2.1202 and 3.9253, indicating some variability in the residuals but no significant outliers.
In conclusion, the model shows that THI levels differentially affect milk yield, with non-stressed THI levels leading to significant increases in yield, while non-stressed to moderately stressed THI levels cause a slight decrease in milk production. It does not show a significant effect. However, THI levels of moderate to severe stress show a significant effect.
Graphical support for the results is given.

Plot Interpretation

- (X-Axis): THI categories ("62-70", "71-79", "80-83").
- (Y-Axis): Milk production index.

Trend: The milk production index decreases with increasing THI categories, meaning that higher levels of THI, which represent more heat stress, hurt milk production. The highest milk production index is in the "62-70" category and decreases in the higher THI categories ("71-79" and "80-83"). This graph shows that an increase in THI is associated with a decrease in milk production and emphasizes the importance of heat stress management to optimize milk production.

THI effects on the rate of milk increase

By applying the linear regression model based on equation 5 to examine the impact of temperature humidity index (THI) on the volume of milk produced during the rising cow milk production phase (milk rise rate), the regression framework that follows may be developed:

Equation 5

$$Milk_{Inc} = \beta_0 + \beta_1 . THI + \epsilon$$

We can add categorical variables for each level to incorporate various heat stress levels into the model. For example, if we classify THI into three distinct levels (THI No Stress, THI Moderate Stress, THI Severe Stress), the model would be represented as

The Intercept is 26.3881 and is statistically significant, as indicated by a very low p-value (2.63e-09), which reflects the expected result when all categorical variables are at their reference level.
The categories "THI_ No Stress" and "No Stress to Moderate Stress" have coefficients of -5.8845 and -0.9405, respectively, with high p-values (0.391063 and 0.861706), suggesting they do not significantly influence the outcome.
In contrast, "Moderate Stress Moderate to Severe Stress" has a coefficient of -17.3590 and a significant p-value (0.000465), indicating a substantial negative effect on the outcome.
In conclusion, while the Intercept and "Moderate Stress Moderate to Severe Stress" are statistically significant, "THI_ No Stress" and "No Stress to Moderate Stress" do not demonstrate a significant impact.
Graphical support for the analysis is given;

Plot Interpretation

- **(X-Axis)** THI categories ("62-70", "71-79", "80-83").
- **(Y-Axis)** Milk production index.

As the number of THI categories rises, the milk production index falls, indicating that heat stress has a detrimental influence on the rate at which milk is produced. The highest index of milk production increase rate is in the "62-70" category, and this rate decreases in higher THI categories. Increased THI levels are associated with a reduced increase in milk production in the first lactation period, emphasizing the importance of heat stress management to improve peak milk production rate.

THI effects on the rate of milk decrease

A linear mixed-effects model (implemented with the Elmer function in R) examining the impact of the Temperature Humidity Index (THI) on the variable decreasing while considering random effects related to Month_in_Calving and DIM (Days in Milk).

The model formulation, based on the mixed effect model described in the above section, is

Equation 6.

$$Milk_{Dec} = \beta_0 + \beta_1.THI + \beta_2.(Monthincalving) + \beta_2.DIM + \varepsilon$$

After applying the above equation, the results are given;

The mixed effects model results show that the estimated value of the width from the origin is equal to -2.7016. This shows that when all categorical variables are at their reference level, the expected mean result will be -2.7016. In fact, in the second lactation period, the average reduction rate of cow's milk compared to the previous month equals -2.7016. The t value also shows that this value is statistically significant.

(THI No Stress)

When THI is in the category without stress, its effect on the result equals -2.5184 reduction units. This value is not statistically significant.

(THI No Stress to Moderate Stress)

When THI changes from no stress to moderate stress, its effect on the result equals -3.0342 reduction units. This value is statistically significant.

(THI Moderate Stress to Severe Stress)

When THI changes from moderate to severe stress, its effect on the result equals -8.1561 units of reduction. This value is statistically significant. The variance and standard deviation for the Month_in_Calving is equal to 0, which indicates that this variable does not affect the result. The variance and standard deviation for the days of breastfeeding show that this variable has little effect on the result. The variance and standard deviation for the residuals show a significant difference in the results that is not explained by the fixed and random effects, and the negative correlation between the fixed effects indicates that as one of these effects increases, the other is likely to decrease. In summary, this table shows that different categories of THI have different effects on the result. THI without stress and no stress to moderate stress have little negative effects. They are not statistically significant, while moderate to severe stress has a significant negative effect and is highly statistically significant. Negative correlations between fixed effects indicate an inverse correlation between these effects.

Graphical support for the results is given;

Plot Interpretation

- **(X-Axis)** THI categories ("62-70", "71-79", "80-83").
- **(Y-Axis)** Rate of decline in milk production.

Trend

As the THI categories increase, the milk production rate declines, indicating a more severe decline in milk production with increasing heat stress. The decrease in milk production is the lowest in the "62-70" category and the highest in the "80-83" category. Milk production decreases even more when the THI level rises, highlighting the necessity of managing heat stress well to boost milk output. This graph shows that heat stress management is critical to maintaining milk production at an optimal level, and a rise in the THI level may severely harm milk production.

Investigating the Lowest Effect of THI by Month of Calving During the Lactation Period

To study the minimal impact of the Temperature Humidity Index (THI) by calving month during the lactation period, a mixed-effects model is recommended. This model is appropriate because it accommodates fixed effects (like THI, calving month, and their interactions) and random effects (such as variations among individual animals). The model structure for the given analysis is given as follows;

Equation 7

$$Yield_{Milk_{ij}} = \beta_0 + \beta_1 THI_{ij} + \beta_2 Month_{ij} + \beta_3 (THI_{ij} \times Month_{ij}) + \beta_4 DIM_{ij} + u_i + v_j + \epsilon_{ij}$$

Using a mixed-effects model, you can consider both fixed and random effects, comprehensively examining how THI affects milk yield during different lactation phases and months of calving.

The month with the lowest interaction coefficient for THI is
July (Month 7): -0.066354 According to these coefficients, July (Month 7) exhibits the minimal negative impact of THI on milk production. Therefore, considering the least THI effect on milk yield, the ideal month for calving is July.
Graphical support for the results is given;

Plot Interpretation

- **Horizontal axis (X-Axis)** Months of delivery period.
- **Vertical axis (Y-Axis)** value (THI).

The blue line and red dots show how the value of the THI or other variable changes during different months. The graph shows the fluctuation of the value of THI or the calving month variable of cows throughout the year. July (month 7), with the lowest interaction coefficient for THI (-0.066354), indicates the least negative effect of THI on milk production. Therefore, July is considered the ideal month for calving, considering the least effect of THI on milk production. This chart clearly shows how the value of the THI or other variable changes over different months, highlighting trends and specific monthly values. In general, this information can help better manage heat stress and proper planning for delivery.

3D plot

The plot displays the correlation between the factors affecting each other: THI, Milk_Yield_index, and Month_in_Calving.

Plot Interpretation

Correlation shows the relationship between month_in_calving, THI, and milk_yield_index. The graph above shows reduced milk production is associated with higher THI values. The graph shows that July (month 7), with the lowest interaction coefficient for THI (-0.066354), indicates the lowest negative effect of THI on milk production. The relationship between the data points shows that the month of initiation of lactation needs targeted management so that during the lactation period, the time of peak milk production and the average period of milk production are outside the months of severe heat stress. Higher THI values usually result in lower milk production, emphasizing the importance of effectively managing heat stress during the calving season.

Test of Homogeneity of Variance

In this part, homogeneity analysis of variance has been carried out to verify the precision and caliber of the employed mixed regression model. Homogeneity of variance is one of the main assumptions in regression analysis, which states that the variance of the errors should be uniform throughout the predicted values. This assumption is checked by using the distribution diagram of the residuals against the predicted values. In the following, the results of homogeneity analysis of variance are presented.

.

Plot Interpretation

Mixed linear model using Elmer with the formula

$$Yield_{Milk_{ij}} = \beta_0 + \beta_1 THI_{ij} + \beta_2 Month_{ij} + \beta_3 (THI_{ij} \times Month_{ij}) + \beta_4 DIM_{ij} + u_i + v_j + \epsilon_{ij}$$

The analysis is performed on a subset of data for a particular month. The residuals are plotted against the predicted values, with the red horizontal line at zero. The model fit is considered good if the residuals are randomly distributed around zero. If a particular pattern (such as a funnel shape) is observed, it may indicate problems such as variance heterogeneity or model mismatch.

According to the graph above, the residuals are randomly distributed around the red horizontal line (zero), which indicates homogeneity of variance. This random scatter shows that the variance of the errors is uniform across the predicted values , and the mixed regression model fits the data well.

In the distribution diagram of the residuals, no specific pattern is observed, indicating problems such as variance heterogeneity or model mismatch. The plot of predicted values against residuals shows homogeneity of variance and a good fit of the model to the data. The presented model provides insights into how THI affects milk production. According to this analysis, it can be concluded that the mixed regression model used is appropriate, and the assumption of homogeneity of variance is well established.

SUMMARY OF THE ANALYSIS

The Temperature Humidity Index (THI) considerably impacts milk yield, according to our investigation of its effects on milk production. Higher THI levels correlate with reduced milk production, indicating that heat stress negatively impacts dairy cows. The negative coefficient of THI in our regression model confirms this inverse relationship, suggesting that as THI increases, milk yield decreases. This finding aligns with existing literature, emphasizing the importance of managing environmental conditions to maintain optimal milk production levels. When examining the rate of milk increase, THI was found to play a crucial role. During the initial stages of lactation, cows typically experience an increase in milk production. However, our analysis revealed that higher THI levels slow down this rate of increase. The interaction term between THI and early lactation stages (Days in Milk, DIM) showed a significant negative effect, indicating that heat stress hampers the cow's ability to ramp up milk production post-calving. This result highlights the need for targeted interventions during early lactation to mitigate heat stress effects and support increased milk yield.

In assessing the rate of milk decrease during the later stages of lactation, our findings indicate that higher THI levels accelerate the decline in milk production. As cows progress through lactation, their milk yield naturally diminishes. However, elevated THI exacerbates this decline, as shown by the significant negative interaction between THI and later stages of DIM. This accelerated decrease due to heat stress poses challenges for dairy management, emphasizing the necessity of cooling strategies and environmental modifications to prolong milk production and maintain dairy profitability. Our investigation into the lowest effect of THI by month of calving revealed that the month of calving significantly affects how THI impacts milk yield throughout lactation. Among the months analyzed, July emerged as the month with the least negative interaction coefficient for THI. This finding suggests that cows calving in July experience the least detrimental effect of THI on their milk production. The interaction coefficients for other months varied, indicating different sensitivity levels to THI, with July showing the most resilience. This information is vital for strategic planning in dairy operations, allowing for the optimization of calving schedules to mitigate heat stress impacts.

The thorough analysis of THI effects on milk production reveals several important insights

THI has a detrimental impact on milk yield, with increased heat stress resulting in reduced milk production.

Higher THI levels decrease the rate of milk production increase after calving, negatively impacting early lactation.

Increased THI accelerates the reduction in milk yield during the later stages of lactation, leading to an overall decrease in milk production. July has the least adverse effect of THI on milk production, presenting a strategic benefit for dairy operations. These results highlight the essential role of managing environmental conditions in dairy farming. By addressing and reducing the impact of THI, dairy farmers can improve milk production efficiency, enhance animal welfare, and boost overall productivity. Future research should focus on creating and applying effective cooling methods and investigating genetic traits that provide heat tolerance to further improve the resilience of dairy herds to heat stress.

RESULT

According to the investigation, heat stress significantly lowers the milk that native Indian cows produce. According to the results obtained from the THI index, four different thermal comfort zones can be determined for dairy cows. These areas include non-stress conditions (THI < 70), moderate stress (THI < 79 < 70), severe stress (THI < 83 < 80) and very severe stress (THI > 83). The results showed that milk production increases by 0.5890 units in conditions without thermal stress, but this increase is not statistically significant. In contrast, increasing THI from moderate to severe stress reduces milk production by 0.3224 to 8.1561 units, which is statistically significant. Also, the findings showed that cows calving in July had the least negative effects. Model fitting using restricted maximum likelihood (REML) showed that different levels of THI affect milk performance differently. The negative correlation between the fixed effects was also confirmed, so as one of the effects increases, the other decreases. These results show the importance of correct herd management according to weather conditions and using the THI index to predict and reduce the effects of heat stress. The detrimental effects of heat stress may be reduced, and native Indian cow milk output can be increased by using the proper management techniques, such as modifying feeding schedules, boosting water intake, and implementing environmental cooling. Generally speaking, the THI index is recommended as a tool for herd management and mitigating the impact of heat stress on native Indian cows' ability to produce milk. This research is considered an important step in improving livestock management in hot and humid regions of India and improving the milk production of native Indian cows. Our findings can help farmers and ranchers improve management strategies and increase productivity in heat-stress conditions.

ACKNOWLEDGEMENTS

My sincere thanks to Mr. Abhay Shankar for his unparalleled cooperation and valuable expertise in dairy technology, as well as his 34 years of experience, which have been instrumental in the data collection and analysis of dairy cows. Without his cooperation, this research would not have been possible.

Conflicts of Interest

There is no conflict of interest to the publication of this manuscript.

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Table 1. Classification of temperature-humidity tension for dairy cows

Tension classification	no stress	moderate stress	severe stress	very severe stress
THE	THI<70	71<THI>79	80<THI>83	THI>83

Table 2. Summary of average weather data

MONTH	Temperature °C	Relative Humidity, %	THE
January	17/6	73/5	62/8
February	21/5	63/6	68/1
March	26	48/4	72/8
April	32/3	46/2	80/5
May	33/3	41/3	80/8
June	32/3	53/7	81/8
July	29/4	62/5	79/2
August	28	75/8	79/1
September	27/2	75/3	78/4
October	28	62/7	77/3
November	23/8	64/6	71/6
December	17/7	71/9	62/9

Table 3. Shows the effects of the THI factor on the amount of milk production

Effect	Estimate	Standard Error	t-value
Fixed Effects			
Intercept	4.6330	0.1780	26.033
THI No Stress	0.5890	0.2152	2.737
THI No Stress to Moderate Stress	-0.1170	0.1502	-0.794
THI Moderate Stress to Severe Stress	-0. 3224	0.1473	-2.146
Random Effects			
Variance (Month in Calving)	0.1874		
Standard Deviation (Month in Calving)	0.4329		
Variance (Residual)	4.5665		
Standard Deviation (Residual)	2.1369		

Table 4. The effects of the THI factor on increasing the rate of milk production show the increasing period of milk production

Parameters	Es_values	St_error	t_value	Pr(>|t|)
Intercept	26.3881	4.2196	6.254	2.63e-09 ***
THI No Stress	-5.8845	-5.8845	-0.860	0.391063
THI No Stress to Moderate Stress	-0.9405	5.3916	-0.174	0.861706
THI Moderate Stress Moderate to Severe Stress	-17.3590	4.8724	-3.563	0.000465 ***

Table 5. Shows the effects of the THI factor on the decreased amount of milk production

Category	effect	estimate	St_error	t-value	variance	Std. dev	correlation
Fixed effect	intercept	-2.7016	0.9066	-2.980			
	THI No Stress	-2.5184	1.5999	-1.574			
	THI No Stress to Moderate Stress	-3.0342	1.0490	-2.893			
	THI Moderate Stress Moderate to Severe Stress	-8.1561	1.0471	-7.790			
Random Effects	Month_in_Calving (Intercept)				0.0000	0.0000	
	DIM (Intercept)				0.4532	0.6732	
	Residual				191.1576	13.8260	
Correlation of fixed_Effect	Intercept						-0.529
	THI_mild						-0.807
	THI_Mild_to_moderate						-0.812

Table 6. The interaction for THI with Month_in_Calving (for different months)

Month_in_Calving	THI Influence
2	0.020800
3	0.043090
4	0.003891
5	-0.018531
6	-0.007933
7	-0.066354
8	-0.010188
9	-0.031437
10	-0.034099
11	-0.019657
12	0.001514

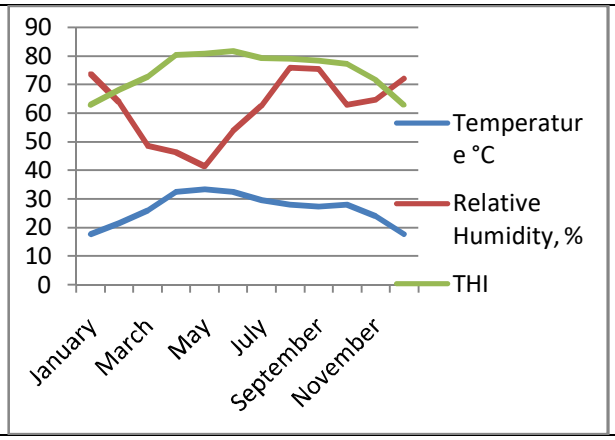

Figure 1: Average temperature-humidity index (THI)

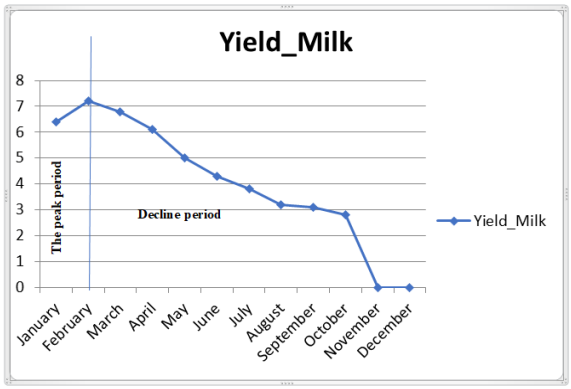

Figure 2: Lactation curve

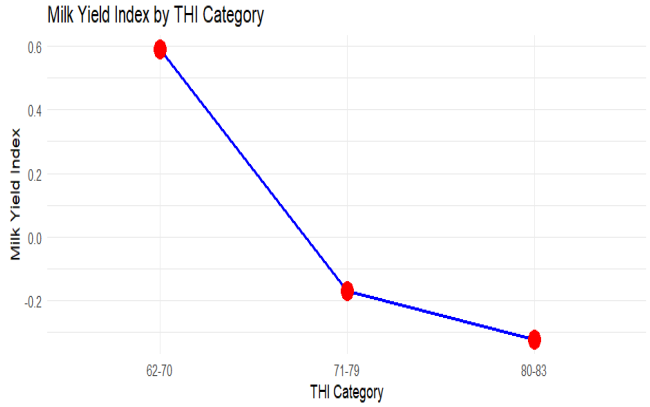

Figure 3. Shows the effects of the THI factor on the amount of milk production.

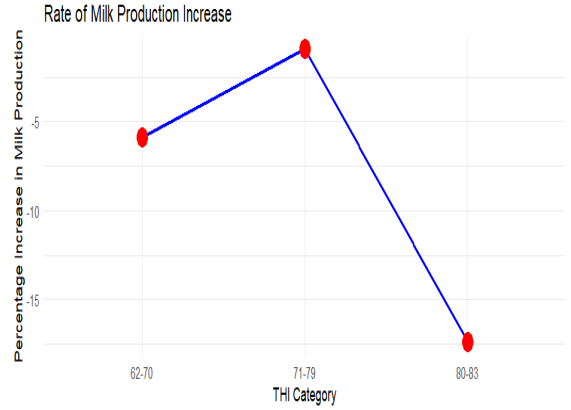

Figure 4. shows the THI factor's effects on the increasedmilk production rate.

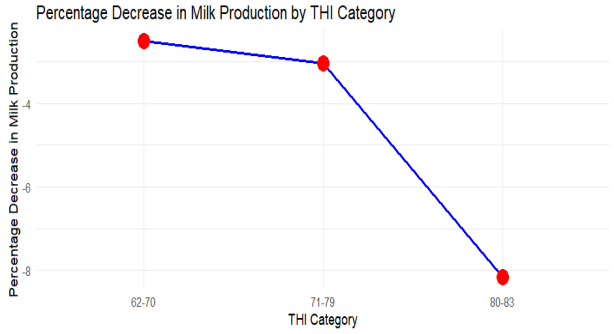

Figure 5. Shows the THI factor's effects on the decreased milk production.

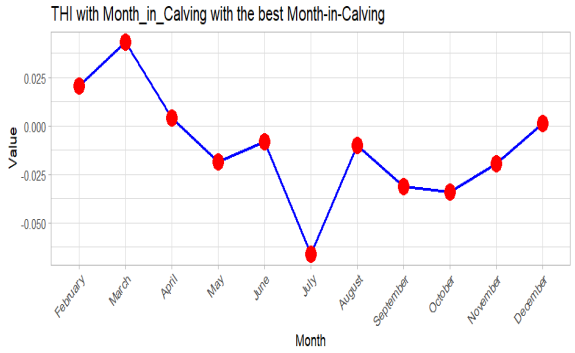

Figure 6. The interaction for THI with Month_in_Calving (for different months)

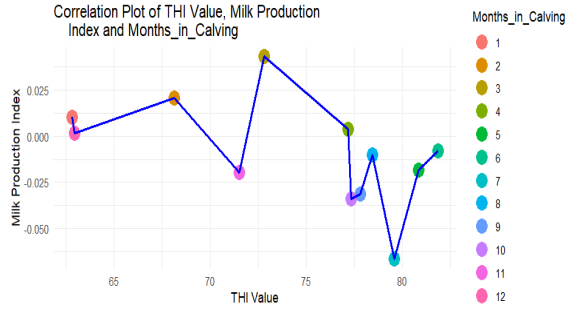

Figure 7. 3D plot of the correlation between THI, Milk Production, and Month_in_Calving

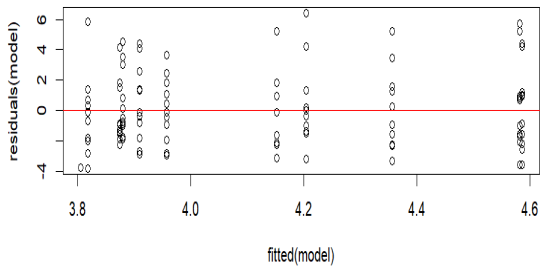

Figure 8. Homogeneity of variance