

Welcome initiative: on quality human clinical trials and using ayurveda and modern medicine

AYUSH **collaboration** with the Indian Council of Medical Research for scientific **validation is** right step

In a welcome move, the Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha, Sowa Rigpa, and Homoeopathy (AYUSH) and the Indian Council of Medical Research (ICMR) have at last **joined hands** to **undertake** quality human clinical trials to generate evidence on the benefits of using ayurveda along with modern medicine (evidence-based medicine) in treating certain disease conditions of national importance. With its **decades** of experience in conducting human clinical trials, it **makes eminent sense** to **rope in** the ICMR to design and conduct these trials. **To begin with**, the collaboration will be restricted to ayurveda. **The other systems** of AYUSH — yoga, unani, siddha and homoeopathy — **may** be included, and each system will be tested together with modern medicine when the central councils of the respective AYUSH systems are ready to work with the ICMR. An expert committee will soon decide the area/disease conditions to be included for detailed clinical testing using both ayurveda and modern medicine. Initially, clinical trials for each disease may have two **arms** — modern medicine as the standard of care as well as a combination of modern medicine and ayurveda. **The arm** that uses both ayurveda and modern medicine **will**, if at all, only be able to **validate** the **superiority** of combining the two for better **outcomes**. **Scientific validation** of superior outcomes of combined therapy using ayurveda and modern medicine **will** form the basis on which **integrated** medicine will be offered to patients. **Encouraging** trial outcomes might probably serve as a starting point to undertake further trials using ayurveda **interventions** alone to **evaluate** their **effectiveness** and understand the **mechanism** of action; this is currently not within the **ambit** of the agreement.

While the initiative may **right away** not provide scientific validation of ayurveda interventions in treating disease conditions when used singularly, it is the first major step in evidence-based approach of validating medical interventions. Though **trials** using ayurveda and other systems of AYUSH **have** been conducted in the country, they suffer from major **limitations**, thus making the outcomes **meaningless**. The ICMR's **expertise** is sure to help in **overcoming** the major **obstacle** in scientific validation, which all systems of AYUSH currently suffer from. **Evidence**, as the practitioners of AYUSH refer to, **is** nothing but **anecdotal**, which is not an alternative to evidence-based approach. **Lack** of scientific validation, as a **stand-alone** intervention or as **adjunct** to modern medicine, **has** been the **bane** of alternative medicine in India. No sincere, **large-scale** attempts have been made to **address** this serious **shortcoming**. The collaboration with the ICMR is, therefore, **a step in the right direction**.

[Practice Exercise]

- Red/blue coloring of words in the sentence indicates subject verb relationship; where 'red' denotes 'subject' and 'blue' denotes 'verb'.

Vocabulary

1. **Collaboration** (noun) – Association, alliance, cooperation, teamwork, partnership सहयोग
2. **Validation** (noun) – Confirmation, verification, substantiation, corroboration, endorsement पुष्टिकरण
3. **Join hands** (phrase) – Collaborate, cooperate, work together, unite, team up हाथ मिलाना
4. **Undertake** (verb) – Embark on, take up, shoulder, begin, start शुरू करना
5. **Decade** (noun) – Ten years, tenner दशक
6. **Eminent** (adjective) – Distinguished, renowned, notable, prominent विशिष्ट
7. **Make sense** (phrase) – be intelligible, justifiable, or practicable. उचित होना
8. **Rope in** (phrasal verb) – Engage, involve, recruit, enlist शामिल करना
9. **To begin with** (phrase) – Firstly, initially, to start सबसे पहले
10. **Arm** (noun) – Branch, division, department, section शाखा
11. **Validate** (verb) – Confirm, substantiate, verify, prove सत्यापित करना
12. **Superiority** (noun) – Supremacy, preeminence, dominance, ascendancy श्रेष्ठता
13. **Outcome** (noun) – Result, consequence, upshot, effect परिणाम
14. **Integrated** (adjective) – Combined, unified, amalgamated, incorporated, interconnected एकीकृत
15. **Encouraging** (adjective) – Inspiring, heartening, cheering, reassuring, boosting उम्मेद दिलानेवाला
16. **Intervention** (noun) – Involvement, interference, mediation, intercession हस्तक्षेप
17. **Evaluate** (verb) – Assess, appraise, judge, review मूल्यांकन करना
18. **Effectiveness** (noun) – Efficacy, potency, power, success कार्यक्षमता
19. **Mechanism** (noun) – Procedure, process, method, system तंत्र
20. **Ambit** (noun) – Scope, range, extent, reach दायरा
21. **Right away** (phrase) – Immediately, instantly, promptly, without delay तुरंत
22. **Limitation** (noun) – Restriction, constraint, restraint, hindrance, impediment बाधा, रुकावट
23. **Meaningless** (adjective) – Senseless, nonsensical, pointless, futile तर्कहीन

24. **Expertise** (noun) – Proficiency, skill, mastery, knowledge, competence
विशेषज्ञता
25. **Overcome** (verb) – Conquer, triumph over, prevail over, get the better of को दूर करना
26. **Obstacle** (noun) – Hindrance, obstruction, impediment, barrier बाधा
27. **Anecdotal** (adjective) – Unscientific, informal, unreliable, based on personal accounts
28. **Stand-alone** (adjective) – Independent, separate, self-contained स्वतंत्र
29. **Adjunct** (noun) – Addition, supplement, appendage, accessory सहायक
30. **Bane** (noun) – Curse, blight, scourge, affliction, plague अभिशाप
31. **Large-scale** (adjective) – Extensive, broad, wide-ranging, comprehensive, grand व्यापक
32. **Address** (verb) – Tackle, deal with, confront, attend to, handle समस्या का सामना करना
33. **Shortcoming** (noun) – Flaw, defect, failing, weakness, limitation कमी/ दोष
34. **A step in the right direction** (phrase) – Progress, advancement, improvement, development, enhancement सही दिशा में कदम

Summary of the Editorial

1. The Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha, Sowa Rigpa, and Homoeopathy (AYUSH) and the Indian Council of Medical Research (ICMR) have collaborated to conduct clinical trials.
2. The trials aim to generate evidence on the benefits of using Ayurveda in combination with modern medicine for treating certain diseases.
3. ICMR's experience in conducting clinical trials makes it an ideal partner for this initiative.
4. Initially, the collaboration will only focus on Ayurveda, but it may later include other AYUSH systems such as yoga, unani, siddha, and homoeopathy.
5. An expert committee will decide the diseases to be included for clinical testing using both Ayurveda and modern medicine.
6. Trials may have two arms: one using modern medicine as standard care and the other combining modern medicine with Ayurveda.
7. The aim is to validate whether combining Ayurveda and modern medicine results in superior outcomes.
8. If the outcomes are positive, this may pave the way for integrated medicine offerings to patients.
9. Positive results may also encourage further trials using only Ayurveda to assess its effectiveness and understand the mechanism of action.
10. The initiative doesn't immediately provide scientific validation of Ayurveda's standalone efficacy, but it is a significant step towards an evidence-based approach.
11. Previous trials using Ayurveda and other AYUSH systems in India have suffered from significant limitations, rendering the outcomes meaningless.
12. The collaboration with the ICMR aims to overcome these limitations, enhancing the scientific validation process.
13. Current evidence from AYUSH practitioners is largely anecdotal and does not substitute for an evidence-based approach.
14. The lack of scientific validation, either as a standalone intervention or as an adjunct to modern medicine, has been a major issue for alternative medicine in India.
15. The collaboration with ICMR is seen as a crucial step towards addressing this shortcoming, validating the potential benefits of integrating Ayurveda and other AYUSH systems with modern medicine.

Practice Exercise: SSC Pattern based

1. **What is the primary goal of the collaboration between the Ministry of AYUSH and the ICMR as inferred from the passage?** Editorial page
 - A. To promote Ayurveda as an alternative to modern medicine.
 - B. To validate the superiority of combining Ayurveda and modern medicine for better patient outcomes.
 - C. To immediately start conducting trials using Ayurveda interventions alone.
 - D. To replace modern medicine with Ayurveda in the treatment of national diseases.
2. **What can be inferred about the future plans of the Ministry of AYUSH and ICMR collaboration from the passage?**
 - A. To extend the collaboration to include other AYUSH systems in the trials when the central councils are ready.
 - B. To immediately include yoga, unani, siddha, and homoeopathy in the clinical trials.
 - C. To only conduct trials with Ayurveda and disregard other AYUSH systems.
 - D. To quickly move to conducting trials using Ayurveda interventions alone.
3. **What has been the primary obstacle in scientific validation of AYUSH systems?**
 - A. Lack of evidence-based approach
 - B. Insufficient trials using ayurveda and other AYUSH systems
 - C. Anecdotal evidence
 - D. No collaboration with ICMR
4. **How does the collaboration with ICMR help address the shortcomings in AYUSH systems?**
 - A. By conducting trials using ayurveda and other AYUSH systems
 - B. By providing anecdotal evidence
 - C. By validating medical interventions with an evidence-based approach
 - D. By promoting alternative medicine in India
5. **What is the tone of the passage?**
 - A. Critical
 - B. Enthusiastic
 - C. Neutral
 - D. Skeptical
6. Select the most appropriate **ANTONYM** of the underlined word.
Her eloquent speech captivated the audience and left them in awe.
 - A. Inarticulate
 - B. Articulate
 - C. Persuasive
 - D. Expressive
7. Select the most appropriate **ANTONYM** for the word 'benevolent' in the following sentence.
The **benevolent** king was known for his generosity and kindness towards his subjects.
 - A. malevolent

- B. magnanimous
C. amicable
D. altruistic
8. Select the option that expresses the given sentence in active/passive voice
Daniel and Mary invited us to their wedding
A. We have been invited to Daniel and Mary's wedding.
B. We were invited to Daniel and Mary's wedding.
C. We are invited to Daniel and Mary's wedding.
D. We had been invited to Daniel and Mary's wedding
9. **Select the most appropriate option to fill in the blank.**
The new regulations were intended to _____ the previous loopholes and create a more equitable system.
A. Extirpate
B. Exacerbate
C. Promulgate
D. Obfuscate
10. **Select the correct collocation from the options and complete the sentence**
She is always eager to _____ new challenges in her career.
A. Take down
B. Take over
C. Take on
D. Take back
11. Select the option that can be used as a one-word substitute for the given group of words.
Person or thing which has no equal
A. Crematorium
B. Nonpareil
C. Horticulture
D. Predicament
12. Select the option that can be used as a one-word substitute for the given group of words.
One who damages public property
A. Vandal
B. Phonetics
C. Extravaganza
D. Pyre
13. Select the option that expresses the given sentence in indirect speech.
I said to Mohan, "He has a green book."
A. I told Mohan that he had had a green book.
B. I told Mohan that he have a green book.
C. I told Mohan that he had a green book.
D. I told Mohan that he has a green book.
14. Select the **INCORRECTLY** spelt word.
A. Incessant

- B. Irrefutable
C. Condescension
D. Exacerbate
15. **Sentences of a paragraph are given below in jumbled order. Arrange the sentences in the correct order to form a meaningful and coherent paragraph.**
- P. The Merriam-Webster dictionary's word of the year, based in part on what people searched for the most, some would argue, has been relevant for millennia
Q. An unfaithful partner may, for example, insist that there is no change in her behaviour, that the suspicions she is confronted with are the product of an irrational jealousy.
R. But "Gaslighting" has gained currency in recent times — first as a way to describe the subtle ways in which people in relationships, romantic and familial, mislead others for their own advantage.
S. In 2022, though, acts of undermining and lying are at gargantuan proportions.
- A. PRQS
B. QRPS
C. PQSR
D. RQSP
16. Select the option that will improve the underlined part of the given sentence.
This is the worse famine this country has seen in a decade.
- A. most worse
B. No substitution required
C. the worst
D. very worst
17. **Sentences of a paragraph are given below in jumbled order. Arrange the sentences in the correct order to form a meaningful and coherent paragraph.**
- P. The volatility in crude prices is unlikely to subside in the near term.
Q. The Organisation of Petroleum Exporting Countries and its allies are meeting over the weekend to discuss their output level even as the EU countries continue to debate capping the price of Russian oil and the US allows Chevron to restart oil production in Venezuela.
R. Brent crude oil is currently trading at around \$81, down from the \$120-130 levels seen after the Russian invasion of Ukraine.
S. On Monday, crude oil prices fell to their lowest levels this year as protests across major cities in China against the imposition of stringent Covid restrictions raised concerns over the economic outlook.
- A. PQRS
B. QPRS
C. SRPQ
D. SPQR
18. **Sentences of a paragraph are given below in jumbled order. Arrange the sentences in the correct order to form a meaningful and coherent paragraph.**
- P. Kneading dough and rolling rotis is much easier with wheat than with millet flour.

- Q. The reason: Millets aren't the first choice either of consumers or producers.
- R. The United Nations has, at India's initiative, declared 2023 as the International Year of Millets.
- S. This, even as India's own production of these "nutri cereals" — jowar, bajra and ragi and minor millets such as kodo, kutki, kakun, sanwa, cheena and kuttu — has fallen from 23-24 million to 19-20 million tonnes over the last 4-5 decades.
- A. RQSP
- B. QSPR
- C. RSQP
- D. QPRS
19. **Sentences of a paragraph are given below in jumbled order. Arrange the sentences in the correct order to form a meaningful and coherent paragraph.**
- P. The early days of space flight were much more dangerous, and more exclusive, than today.
- Q. The Right Stuff, a 1984 film based on a non-fiction work by Tom Wolfe, went a long way in cementing the reputation of astronauts as people who have to "push the envelope".
- R. In 2022, the European Space Agency (ESA) has taken its own landmark step.
- S. "It takes a special kind of man to volunteer for a suicide mission," says one of the characters, "especially when it's on national TV".
- A. QSPR
- B. PQRS
- C. QPRS
- D. PRQS
20. Select the most appropriate meaning of the given idiom.
- The ball is in your court**
- A. To be responsible for making the next move or decision.
- B. To be in a situation where one must prove oneself.
- C. To be in a competitive situation where winning is uncertain.
- D. To be in a position where others are waiting for you to fail.
21. Select the most appropriate synonym of the underlined word.
- In the conversation, her acerbic wit made everyone laugh.
- A. Salty
- B. Caustic
- C. Silly
- D. Enigmatic
22. **Identify the option that arranges the given parts in the correct order to form a meaningful paragraph.**
- P. Most of them spent two-three decades as part of the rat race, pursuing promotions and pay raises, even as they raised their families and fulfilled other responsibilities
- Q. Now in their sunset years, Chinese retirees are finding that they no longer have to put their dreams and yearning for creativity and adventure on hold
- R. Senior citizens like the elegant foursome Glemma Beijing that offers style and makeup tips, or

- S. Sister Wang is Coming, a trio that makes funny music videos featuring novelty rap about food, are the new social media sensations in China, finding viral fame, following and influence
- A. QPRS
 - B. QRPS
 - C. PQRS
 - D. QRSP
23. **Select the most appropriate homonym to fill in the blank.**
The _____ of her new book was so captivating that it quickly gained a large following.
- A. Serial
 - B. Cereal
 - C. Searial
 - D. Cerial
24. Choose the correct spelling of the underlined word in the given sentence
Her enthusiasm and perserverence were admired by everyone in the office.
- A. Perserverence
 - B. Perserverance
 - C. Perseverance
 - D. Perseverence
25. **Select the option that expresses the given sentence in reported speech.**
She asked, "Are you meeting my partners next week?"
- A. She asked about our meeting her partners next week.
 - B. She asked if we meet her partners next week.
 - C. She asked if we were meeting her partners the following week.
 - D. She asked if we were meeting her partners next week.

Answers

1. B 2. A 3. A 4. C 5. B 6. A 7. A 8. B 9. A 10. C 11. B 12. A
 13. C 14. C 15. A 16. C 17. C 18. C 19. A 20. A 21. B 22. C 23. A 24. C
 25. C

[\[Practice Exercise\]](#)

Explanations

- B) The passage suggests that the collaboration's primary objective is to undertake quality human clinical trials to provide evidence of the benefits of using Ayurveda in combination with modern medicine. The goal is to validate the superiority of the combined therapy for improved patient outcomes, making option B the correct answer.
- A) The passage mentions that the collaboration will initially focus on Ayurveda but may eventually include other AYUSH systems such as yoga, unani, siddha, and homoeopathy when their respective central councils are ready to work with the ICMR. This suggests a future plan to expand the scope of the collaboration, making option A the correct answer. It is also mentioned that the plan to evaluate Ayurveda interventions alone is not currently within the agreement's scope, making option D incorrect.
- A) The passage states that the major obstacle in scientific validation of AYUSH systems is the lack of an evidence-based approach. Although trials have been conducted, they suffer from major limitations, and the evidence provided by practitioners is often anecdotal, which is not a suitable alternative to evidence-based approaches.
- C) The collaboration with ICMR is a step in the right direction, as the passage states that the ICMR's expertise will help overcome the major obstacle in scientific validation, which is the lack of an evidence-based approach in validating medical interventions. This collaboration will help address the shortcomings in AYUSH systems.
- B) The tone of this passage is enthusiastic, as the author seems to be supportive and optimistic about the collaboration between the Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha, Sowa Rigpa, and Homoeopathy (AYUSH) and the Indian Council of Medical Research (ICMR). The author believes this collaboration will lead to significant advancements in the field of integrative medicine in India. The language used throughout the passage reinforces this optimistic tone, with phrases such as "welcome move", "eminent sense", "encouraging trial outcomes", and "step in the right direction". Although the author acknowledges some shortcomings in previous attempts, they maintain a positive attitude towards future efforts.
- A. **Inarticulate** (adjective) – unclear, mumbled, incoherent, unintelligible, faltering अव्यक्त
 - Eloquent** (adjective) – articulate, expressive, persuasive, fluent, cogent सुवक्ता
 - Articulate** (adjective) – coherent, lucid, clear, communicative, well-spoken स्पष्ट रूप से
 - Persuasive** (adjective) – convincing, compelling, influential, forceful, potent प्रभावशाली
 - Expressive** (adjective) – evocative, demonstrative, meaningful, vivid, eloquent सूचक
- A) **malevolent** (adjective) – malicious, evil, wicked, spiteful, hostile द्वेषपूर्ण

- **Benevolent** (adjective) – kind, compassionate, generous, beneficent, good-hearted
दयालु
 - **Magnanimous** (adjective) – noble, big-hearted, unselfish, charitable, forgiving उदार
 - **Amicable** (adjective) – friendly, cordial, congenial, affable, agreeable सौहार्दपूर्ण
 - **Altruistic** (adjective) – selfless, philanthropic, humanitarian, benevolent, public-spirited
परोपकारी
8. B) We were invited to Daniel and Mary's wedding.
9. A) **extirpate**
- **Extirpate** (verb) – eradicate, eliminate, exterminate, destroy, annihilate उन्मूलन करना
 - **Exacerbate** (verb) – aggravate, worsen, inflame, intensify, increase बिगाड़ देना
 - **Promulgate** (verb) – proclaim, announce, publish, declare, disseminate घोषित करना
 - **Obfuscate** (verb) – confuse, obscure, complicate, muddle, cloud अस्पष्ट करना
10. C) **take on** (phrasal verb) – undertake, tackle, accept, assume, confront लेना (चुनौती)
- **Take down** (phrasal verb) – dismantle, disassemble, remove, lower, deflate नष्ट करना
 - **Take over** (phrasal verb) – assume control, acquire, seize, supplant, usurp पदभार
संभालना
 - **Take back** (phrasal verb) – retract, withdraw, recant, revoke, rescind वापस ले लेना
11. **Nonpareil** – Person or thing which has no equal अतुल्य
- **Crematorium** – A place where dead bodies are burns and reduce to ashes शवदाहगृह
 - **Horticulture** – Art of growing vegetables, fruit etc. उद्यानकृषि
 - **Predicament** – Difficult or dangerous situation दुर्दशा
12. **Vandal** – One who damages public property गुंडा, बदमाश
- **Phonetics** – Science of sound of speech स्वरविज्ञान
 - **Extravaganza** – Public activity which takes place in a very elaborate, colourful and
expensive way आडंबर
 - **Pyre** – A heap of combustible material, especially one for burning a corpse as part of a
funeral ceremony चिता
13. C) I told Mohan that he had a green book.
14. C. **Condescension**
- **Incessant** (adjective) – constant, continuous, unending, ceaseless, persistent लगातार
 - **Irrefutable** (adjective) – undeniable, indisputable, incontrovertible, unquestionable,
incontestable अकाट्य

- **Condescension** (noun) – patronizing, disdain, superiority, haughtiness, snobbery
कृपालुता
- **Exacerbate** (adjective) – aggravating, worsening, intensifying, escalating, heightening
बिगाड़ देना

15. **PRQS**

The Merriam-Webster dictionary's word of the year, based in part on what people searched for the most, some would argue, has been relevant for millennia. But "Gaslighting" has gained currency in recent times — first as a way to describe the subtle ways in which people in relationships, romantic and familial, mislead others for their own advantage. An unfaithful partner may, for example, insist that there is no change in her behaviour, that the suspicions she is confronted with are the product of an irrational jealousy. In 2022, though, acts of undermining and lying are at gargantuan proportions.

16. C) 'the worse' के बदले 'the worst' का प्रयोग होगा क्योंकि superlative degree of adjective के साथ article 'The' का प्रयोग होता है! और 'worse' comparative degree of adjective है!

17. **SRPQ**

On Monday, crude oil prices fell to their lowest levels this year as protests across major cities in China against the imposition of stringent Covid restrictions raised concerns over the economic outlook. Brent crude oil is currently trading at around \$81, down from the \$120-130 levels seen after the Russian invasion of Ukraine. The volatility in crude prices is unlikely to subside in the near term. The Organisation of Petroleum Exporting Countries and its allies are meeting over the weekend to discuss their output level even as the EU countries continue to debate capping the price of Russian oil and the US allows Chevron to restart oil production in Venezuela.

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The Right Stuff, a 1984 film based on a non-fiction work by Tom Wolfe, went a long way in cementing the reputation of astronauts as people who have to "push the envelope". "It takes a special kind of man to volunteer for a suicide mission," says one of the characters, "especially when it's on national TV". The early days of space flight were much more dangerous, and more exclusive, than today. In 2022, the European Space Agency (ESA) has taken its own landmark step.

20. **The ball is in your court** (phrase) – To be responsible for making the next move or decision.

21. B) **Caustic** (adjective) – biting, acidic, cutting, corrosive, scathing अम्लीय, कटु

- **Acerbic** (adjective) – sharp, sarcastic, sardonic, bitter, trenchant कड़वा
- **Enigmatic** (adjective) – mysterious, puzzling, cryptic, baffling, inscrutable रहस्यमय

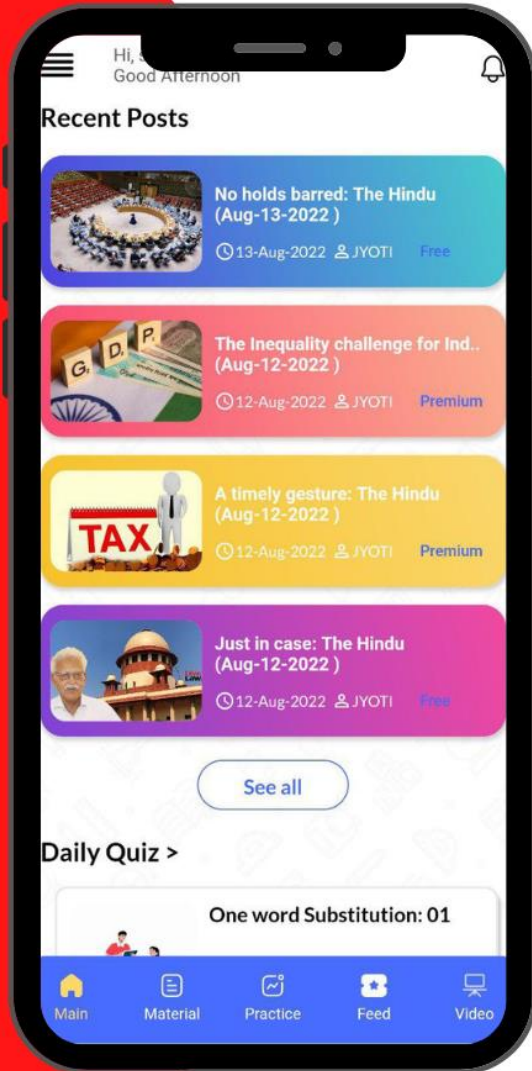
22. **PQRS**

Most of them spent two-three decades as part of the rat race, pursuing promotions and pay raises, even as they raised their families and fulfilled other responsibilities. Now in their sunset years, Chinese retirees are finding that they no longer have to put their dreams and yearning for creativity and adventure on hold. Senior citizens like the elegant foursome Glemma Beijing that offers style and makeup tips, or Sister Wang is Coming, a trio that makes funny music videos featuring novelty rap about food, are the new social media sensations in China, finding viral fame, following and influence

23. A) Serial.

24. C) **Perseverance** (noun) – persistence, determination, tenacity, resolve, steadfastness निरन्तर प्रयत्न

25. C) She asked if we were meeting her partners the following week



Learn Vocabulary Through Reading Articles

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