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## Nīścalakara: Unsung Ayurvedic Practitioner and a Researcher from 13<sup>th</sup> Century

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### Abstract

Nīścalakara an eminent Ayurvedic schola and practitioner, authored *Ratnaprabhā*, a lucid commentary on Cakradatta. He integrated classical Ayurvedic theory with systematic clinical documentation in his commentary expressed through terms such as *Dr̥ṣṭaphala*, *Anubhūtapphala*, *Sahasraśo Dr̥ṣṭaphala*, *Asmābhiranubhūtam*, and *Asmadr̥ṣṭam* at 47 different places in his commentary. His practical observations demonstrate early evidence-based practice in medieval era grounded in repeated observations, experiential validation and reproducible therapeutic outcomes. *Nīścalakara's* clinical and experimental approach parallels modern research study designs such as case study, case series, longitudinal studies and drug discovery studies and different clinical trials. His contributions highlight the scientific depth of medieval Indian medical tradition through experiential learning.

Key words: - *Ratnaprabhā*, Research designs,

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