

AWARDEES

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Fundamentals and Advances in
Nanomaterials for Energy and
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Interview:

Researcher to Entrepreneur

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The Invisible Delivery System:
How Nanotechnology Is Rebuilding
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MIGRAINES MEET AYURVEDA: Dr. NAGENDRA BABU'S APPROACH



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Chief Physician
SRIAM Ayurvedic Hospitals, India

Migraine is much more than a headache. It is a chronic neurological disorder that affects millions of people worldwide, often disrupting work, family life, and emotional well-being. Typically, it presents as recurrent, throbbing pain on one side of the head and may be accompanied by nausea, vomiting, and increased sensitivity to light, sound, or smell. For some individuals, visual disturbances known as aura precede the attack.

Although modern medicine offers effective medications to relieve acute attacks and reduce their frequency, many patients continue to experience recurrent episodes or become dependent on painkillers. This has led to growing interest in holistic approaches that focus on reducing recurrence and improving overall health.

Ayurveda describes migraine as Ardhavabhedaka, a condition primarily caused by an imbalance of Vata and Kapha doshas, sometimes with Pitta involvement. Factors such as irregular eating habits, stress, sleep deprivation, dehydration, excessive screen time, hormonal changes, and poor digestion contribute to this imbalance. The Ayurvedic approach aims to identify these root causes and restore harmony within the body rather than simply suppressing pain.

Migraine and Ayurveda: A Holistic Approach to Long-Term Relief

Lifestyle correction forms the cornerstone of migraine management. Regular meal timings, adequate hydration, quality sleep, stress reduction, and avoidance of known dietary and environmental triggers can significantly reduce the frequency and severity of attacks.

At SRIAM Ayurvedic Hospitals, migraine is managed through a comprehensive and individualized treatment protocol. Every patient undergoes a detailed assessment of symptoms, body constitution (Prakriti), lifestyle, digestive health, and trigger factors before a personalized treatment plan is developed.

Our specialized migraine therapy integrates classical Ayurvedic principles with complementary therapeutic techniques. Depending on the patient's condition, treatment may include Viddha Karma, Nasya (administration of medicated medicines through the nasal route), selected Ayurvedic herbal medications, and Acupuncture. These therapies are complemented by personalized dietary guidance, lifestyle modification, yoga, breathing exercises, and stress management techniques to support long-term migraine control.

Over the years, we have successfully managed more than 5,000 migraine cases using this integrated Ayurvedic approach. We also provide online consultations for patients across India and from several countries, making specialized migraine care accessible beyond geographical boundaries. In addition, our team regularly conducts Migraine Awareness and Treatment Camps, helping people understand migraine triggers, preventive strategies, and the importance of individualized treatment.

Scientific interest in Ayurvedic migraine management has grown steadily in recent years. Several clinical studies have reported improvements in headache frequency, intensity, and quality of life following Ayurvedic treatment. While further large-scale research is needed, the available evidence suggests that Ayurveda can play a valuable complementary role alongside modern medical care.

It is equally important to recognize that not every headache is a migraine. Sudden severe headaches, headaches associated with fever, seizures, weakness, confusion, visual loss, or those occurring after head injury require immediate medical attention. Likewise, excessive use of painkillers may itself lead to medication-overuse headaches, making migraine increasingly difficult to treat.

My clinical experience has shown that lasting improvement depends not only on medicines but also on patient participation. Individuals who follow dietary recommendations, maintain healthy sleep habits, manage stress effectively, and adhere to personalized treatment protocols often experience significant improvement in their quality of life.

Migraine is a chronic condition, but it can be effectively managed with the right approach. Ayurveda offers a comprehensive system that combines Viddha Karma, Nasya, Acupuncture, herbal medicines, dietary regulation, and lifestyle modification to address both the symptoms and the underlying factors contributing to migraine.

The ultimate goal is not simply to relieve today's headache, but to help patients achieve long-term control, better overall health, and the confidence to live without the constant fear of the next migraine attack.



INNOVATIONS IN JULY, 2026 INNOVATIONS THAT RESHAPED THE MONTH



QUANTUM TECHNOLOGY MOVES TOWARD THE REAL WORLD

The U.S. NSF launched Project Triad, bringing quantum sensing, networking and computing together in one integrated system. The initiative aims to move quantum technologies closer to practical applications in healthcare, energy, manufacturing and security.



A BATTERY THAT CHARGES IN FOUR MINUTES

Researchers developed a new sodium-metal battery capable of charging in around four minutes while retaining its capacity over long-term use. The technology could offer a more affordable route to next-generation energy storage.



COMPUTING GOES VERTICAL

Scientists demonstrated a 3D silicon chip architecture that stacks circuits on top of one another, opening a potential path to higher computing performance and greater chip density as conventional scaling becomes increasingly challenging.



SILICON TAKES A STEP TOWARD SCALABLE QUANTUM COMPUTING

Two research teams reported advances in silicon-based quantum processors, including integrated cryogenic control electronics and improved multiqubit operations. These developments address some of the engineering challenges involved in building larger quantum computers.



NUCLEAR POWER TAKES A NEW ROUTE TO SPACE

The BOHR satellite, launched in July, demonstrated a commercially developed nuclear-powered spacecraft technology using tritium-based betavoltaic power. Unlike conventional solar-powered satellites, the system generates electricity from radioactive decay, potentially enabling reliable power in challenging space environments.



REVAMPING JULY

JULY 2026 BROUGHT A REMARKABLE CONVERGENCE OF QUANTUM TECHNOLOGY, ADVANCED BATTERIES, NEXT-GENERATION COMPUTING AND SPACE POWER—HIGHLIGHTING HOW INNOVATIONS ONCE CONFINED TO LABORATORIES ARE STEADILY MOVING TOWARD REAL-WORLD APPLICATIONS.



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ABOUT AWARDEES MAGAZINE

Awardees Magazine is a global platform that celebrates excellence in research, innovation, education, leadership, and more. We bring inspiring stories, expert insights, and impactful ideas that drive progress and shape a better future for all.

OUR MISSION

To recognize outstanding achievements, foster knowledge exchange, and inspire a global community to create meaningful impact.

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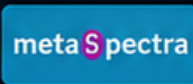
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