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Information and resources from the National Center for Complementary and Integrative Health, U.S. National Institutes of Health (NIH). A few studies suggest that Ayurvedic preparations may reduce pain and increase function in people with osteoarthritis and help manage symptoms in people with type 2 diabetes, but most of these trials are small or not well-designed. There is little scientific evidence on Ayurveda's value for other ...Links with this icon indicate that you are leaving the CDC website.. The Centers for Disease Control and Prevention (CDC) cannot attest to the accuracy of a non-federal website. Linking to a non-federal website does not constitute an endorsement by CDC or any of its employees of the sponsors or the information and products presented on the website. The Board of Trustees is an eight-man Governing Board of OSHAfrica, represented by highly qualified African Occupational Safety and Health professionals with equal representation from all sub regions of Africa in line with global gender equality framework and inclusivity which gives equal opportunity to every member irrespective of gender differences and physical disability or inability.