

AYURVACHANA

“बलमारोग्यमायुश्चप्राणाश्चाग्नौप्रतिष्ठिताः । अन्नपानेन्धनैश्चाग्निर्ज्वलतिव्येतिचान्यथा ।। च.सू.27 / 342

Strength, health, longevity and vital breath are dependent on the state of Agni that burns when fed by the fuel of food and drink or dwindles when deprived of them.

EVENTS ORGANISED ON ACCOUNT OF AYURVEDA FOR POSHAN (6th National Ayurveda Day 2021)

Poshanam or nutrition plays an important role in Ayurveda. Nutrition, the process of nourishing or being nourished includes ingestion, absorption, assimilation, biosynthesis, catabolism and excretion. Ayurveda emphasizes on matra, kaala, vidhi of Ahara or Anna from baalyavastha to vardhakyavastha & also the relevance of Agni to digest the Ahara. On account of the 6th National Ayurveda Day 2021 which falls on auspicious Dhanwantari Jayanti, SAMCH organised three events – Dhanwantari Pooja to seek blessings from Lord Dhanwantari, the God of healing and medicine at SAMCH reception hall, two fruitful session of webinar on topic related to Ahara on 2nd November 2021 and Ayurvedic food festival for nutrition of children on 31st October 2021. The first session of the webinar

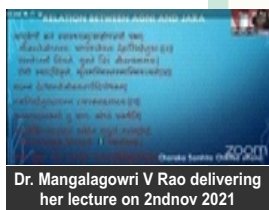


Dhanwantari Pooja at SAMCH Reception hall

was by Dr. Venkata Joshi, Executive Member, British Ayurveda Medical Council, London, UK on the topic “Ayurveda food as medicine for diabetes health care as practised in UK” highlighted the drugs like Jeevanthi, shigru, pallavam, mudga, amalaki, haridra varieties, matsyakshi, banana flowers, young unripe banana varieties to cure diabetes in UK considering the desa and kaala. Second session was



Dr. Venkata N Joshi delivering his lecture on 2nd nov 2021



Dr. Mangalagowri V Rao delivering her lecture on 2nd nov 2021

by Dr. Mangalagowri. V. Rao, Associate professor, Department of Swastavritta and yoga, Faculty of Ayurveda, IIMS, BHU, Varanasi on the topic “Role of Ahara in geriatric care” highlighted that Agni, vata & prakrthi as the factors for ageing and rasayana as its best medicine. Dr. Surabhi. E. R, Assistant professor of department of Rachana Shareera coordinated and organised an Ayurvedic mode of food festival in which students of all years of BAMS actively participated in groups with their handmade simple but healthy recipes. Sachin Sagar, Janabe Alam & Pradeep of third year BAMS bagged the first prize. OSD Ms. Meenakshi Sharma and other dignitaries visited the festival and well appreciated the event.



OSD Ms. Meenakshi Sharma interacting with student participants on food festival

AYURVEDA KUMBH 2021 AT AYODHYA – FREE MEDICAL CHECK-UP & AYURVEDA STALL



Dr. Aneesh John examining patients in Ayurveda Kumbh

Our college has conducted free medical check-up for the patients coming for Ayurveda Kumbh Ayodhya on 27th and 28th November 2021. Dr. E.V. Reddy, MD (Kayachikitsa) and Dr. Aneesh John, MD (Kayachikitsa) consulted around 55 patients during the check-up camp. A stall has been put for the purpose of creating awareness of the academic excellence of our institution.. Dr. Sapna. S, Professor & HoD, Rasashastra and Bhaishagyakalpana delivered a lecture on the topic “Evidence of Daivavyapashraya chikitsa in Ayurveda”.

EVENTS AT GLANCE



MEDICAL HEALTH CHECK-UP CAMPS AND AWARENESS PROGRAMMES FOR SCHOOL CHILDREN

- SAMCH is continuously organizing health check-up camps and awareness programmes for school children in various school in Chhata, Kosi and Tundla.
- Number of children benefitted by the camps: 990
- During the health check-up camps school children were checked for their vitals, weight, height, nutritional status and their general wellbeing.
- In the awareness programme, school children were also given awareness by conducting class on nutrition and malnutrition, geriatric care, health and hygiene by consultants and an interactive session was followed thereby.

MEDICINAL PLANTATION AND PLANT DISTRIBUTION CAMPAIGN

- SAMCH has conducted a medicinal plantation and plant distribution campaign on the occasion of Azadi Ka Amrit Mahotsava.
- Organised by: Dept of Dravyaguna, SAMCH
- Venue and date: Herbal Garden, SAMCH on 24th Oct 2021
- Number of plants distributed :70
- Number of new plants planted in herbal garden: 30
- Plants are distributed to local farmers for plantation: Tulsi, Karanja, Putikaranja, Jambu, Nimba.
- Delivered awareness class for local farmers about the importance and therapeutic uses of above plants.



STUDENTS EDUCATIONAL VISIT

- As part of 3rd year BAMS curriculum, an educational visit was organised by college at following centres
 1. Community Health Centre, Chaumuhan, Mathura (16/11/2021)
 2. Sewage Water Treatment Plant, Vrindavan, Mathura (24/11/2021)
- Medical Superintendent of CHC explained about functioning of centre with services of treating various infectious diseases
- The Officer in-charge of STP explained the working of Plant along with its importance in preventing water pollution.
- Students were allowed to visit all sections of CHC & STP.

ACADEMIC / RESEARCH ABSTRACT

STUDY ON THE EFFECT OF A SWASTHAVRITTA PROTOCOL IN PHYSICAL FITNESS VARIABLES OF VOLLEYBALL PLAYERS -AN UNCONTROLLED CLINICAL TRIAL

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Introduction: Sports medicine is an interdisciplinary sub specialty of medicine which deals with overall care of athletes at all levels. Sports medical team includes specialty surgeons, athletic trainers, physical therapists, coaches, other personnel and the athlete. Being a game, injuries are more common in sports and it can be broadly classified into traumatic and overuse injuries. There are 25% overuse injuries and 41% traumatic injuries. For the prevention of these injuries, sports medicine advises some preventive measures which include the observation of rules of games, proper training, diet warm up, rest etc.

In Sports medicine intrinsic and extrinsic factors are considered as the two causes of injuries. By improving the physical fitness variables the intrinsic factors become negligible and the effect of injuries due to extrinsic factors also becomes reduced. Intrinsic factors mainly include physical fitness variables such as speed, strength, flexibility, agility and endurance. Ayurvedic health promoting procedures such as Abhyanga and Pratimarsa nasya will have an effect on physical fitness variables which is mentioned in sports medicine.

Methodology: An uncontrolled clinical trial was designed and 15 participants who met the inclusion and exclusion criteria were selected and allocated into the study. The intervention included Abhyanga with Dhanvantaram taila and Pratimarsa nasya with Kshirabalataila for a period of 15 days. Pratimarsa nasya followed by Abhyanga was given for 30 minutes for full body in morning and for 15 days continuously. Assessment was done on 0th day, 16th day and 31st day. The assessment scores of different intervals were statistically analyzed using RM ANOVA.

Result: All the Physical fitness variables- Speed, Strength, Flexibility, Agility, Muscular endurance were significantly improved at $p < 0.001$.

Conclusion: Abhyanga and Pratimarsa nasya was found to be effective in improving Physical fitness variables of Volleyball players.

***Key words:** Physical fitness variables; Volleyball; Abhyanga; Pratimarsa nasya

'CLINICAL EVALUATION OF MUSTADI YOGA IN THE MANAGEMENT OF MEDOROGA W.S.R TO HYPERLIPIDEMIA'

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Introduction: Hyperlipidemia is a common metabolic disorder where there is abnormally elevated level of any or all lipids in the body. Hyperlipidemia does not bear a precise or direct reference with a single disease entity in Ayurveda. But efforts are made to correlate the Nidanas of Medoroga and Hyperlipidemia. In Charak Samhita, Acharya Charak has mentioned 10 Kashayas in Lekhaniya Mahakashaya. Out of those, 6 drugs namely Musta, Haridra, Dharu Haridra, Chitrak, Vacha, Kutaki are selected for the present study and formulation has given the name 'Mustadi Yoga'. The main objective of study is to evaluate efficacy of Mustadi Yoga in the management of Medoroga w.s.r to Hyperlipidemia.

Materials and Methods: For this study, 30 patients suffering with Hyperlipidemia were selected randomly and were administered Mustadi Yoga (2gm/day) before meals. Total duration of follow up was 60 days. S. Lipid profile was advised before and after the treatment. Paired t test was carried out for result.

Results: Most of the Subjective and objective parameters like Angagaurava and Alasya, Weight, BMI, Lipid Profile were significantly improved at $p < 0.001$.

Conclusion: It can be concluded as Hyperlipidemia can be correlated with Medoroga (Amaposhak Meda Dhatu) and Mustadi Yoga showed good results in combating the subjective and objective parameters in the study.

***Keywords:** Hyperlipidemia; Lipid Profile; Medoroga; Lekhaniya Mahakashaya; Mustadi Yoga

REMEDIES IN WINTER SEASON

GUDUCHI : *Tinospora cordifolia* Linn

Properties:

- Guduchi possess kashaya & tikta rasa, madhura paka, laghu snigdha guna with usna veerya.
- It is effective in tridoshaja vyadhi, aama conditions, jwara, kustha, kamala, vatarakta.
- It acts as anti-infective agent (krimighna)

Formulations: Guduchi Satwa, Samsamani Vati(Guduchi Ghana Vati), Guduchyadi kashaya, Amritarishta, Giloy Churna

*Dr. Deepak Nair (deepaknj.samch@sanskriti.edu.in)



Local Name : Giloy

Part wise benefits:

- 5ml stem juice with 5ml warm water is a good immune booster
- 5ml stem juice with sugar is useful in fever, liver and skin diseases
- Leaf juice with buttermilk is effective in jaundice
- Satwa is effective in various immunodeficiency disorders

Process

- Sitting in sukhasana or padmasana .
- Timing:- Morning & Evening (4-5minutes)
- Ratio- 4:8 Or 5:10 or 6:12 (Time in seconds of Inhalation & Exhalation)
- Surya-bhedana means passing through the sun. Here inhalation is done through the right nostril, from where the pingala nadi or surya nadi starts. Exhalation is done through the left nostril, from where the Ida-nadi or Chandra nadi starts.

PRANAYAMA

Benefits:

- Right nostril represents physical energy, breathing through this nostril is important for metabolic process.
- This Pranayama increase the pranic energy, body temperature and revitalize the body.
- This breathing process is useful for weight loss and stress management.
- Ideal breathing exercises in winter season to relive cold and cough.
- It removes the kapha dosha imbalance and blockage in pranic energy channels and leads to spiritual awakenings

Avoid in case

- Those who have undergone heart and brain surgery, having high B.P and fever.

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CME PROGRAMMES

Ayursanskritiyam National webinar series

Date	Speaker	Topic	No of attendees
25/09/21	Dr Chandramouleeshwaran, MD, PhD, Asst Professor, Ayurveda college, Coimbatore, Sulur	Snehapana & Autophagy	108
09/10/21	Dr. Vaibhav Jaiswal, MD, PhD, Asst Prof, Dept of KB, BHU	Science behind suvarnaprashana	76
16/10/21	Dr Pankaj Kundal, MD, PhD, Asst Professor, AIIA, New Delhi	Baadhirya/ hearing loss	85
23/10/21	Vd. Aswin Kumar Bharati, MD, Prof and HOD, PG Dept of Agada Tantra, SDM College and Hospital, Hassan, Karnataka	Court and it's proceedings	59
30/10/21	Dr. Ramen Santra , MD. PhD, Associate Professor, Department of Swastavritta, Parul Institute of Vadodara, Gujarat	Management of obesity through diet, yoga and lifestyle modifications	72
04/12/21	Dr. Shivaprasad Chiplunkar, MD Associate Professor, Dept. of Kriya Shareera, Govt. Ayurveda Medical College, Bangalore	Concept of ojus and it's application	64
11/12/21	Dr. Sachin Deva, MD PhD Scholar Associate Prof. & HOD, Dept. of Rog Nidan Parul Institute of Ayurveda, Gujrat	Importance of general physical examination in clinical practice	62

Faculty Orientation Programme

Faculty	Topic	Date
Dr. E. V. Reddy	A clinical case study of Ksharasutra in fistula- in ano	12/Oct/2021
Dr. Divyashri M	Vrikshayurveda	19/Oct/2021
Dr. Pankaja Savanur	A clinical case presentation on Vipadika	26/Oct/2021
Dr. Surabhi. E. R	Surgical Incisions w.s.r Tiryak Cheda and its applied anatomy	09/Nov/2021
Dr. Karan Ramlal Gupta	Study of Kloma w.s.r to Vidha lakshana pipasa in COPD	16/Nov/2021
Dr. Sapna S	Evidence of Daivavyapasraya chikitsa	23/Nov.2021
Dr. Sivajothy S	Clinical case presentation - A case of Amavata	04/Dec.2021
Dr. Ramesh Harimohan	A case study on joint injuries.	11/Dec.2021
Dr. Ekta Kapoor	Clinical evaluation of Mustaadi yoga in the management of Medhoroga w.s.r to Hyperlipidaemia	18/Dec.2021

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