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# GURUKUL'S C.M.E



*A Quarterly Magazine For  
Medicine Reorientation*

**KNOWLEDGE  
BUILDS  
CONFIDENCE**



कोल्

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## Editor's Desk



Dear Physician,

To begin with column “**Chintan**” is always an evolving thought of sharing for our age old ayurvedic system in modern society today; “**Atithi Vartalaap**” is a virtual deliberation with one of exponents experts on recent developments besides future scope of its scholar students; long awaited pleasing & pride ful news for getting eligibility and approval of A.Y.U.S.H. graduates for **F.S.S.A.I.** certification; brief and precise re-orientation of “**Marma Chikitsa**” specialised therapy; age old study of “**Panchkarma**” for detoxification as well as rejuvenation; “**Gyan-Daan**” a column for sharing knowledge during P.G. studies; ready reckoner of **Stree-Rog** (gynaecological disorders); yogic therapy for importance of **Swas** (breathing) for life style dieases are some of the informative write ups.

Accompanying section contains topics for **Harnia; Viral Fever** as well as one to strengthen body muscles among sufferers of **over weight, obesity** and **diabetes mellitus** are very well explained.

Thanks.

With Regards

**Dr. Dinesh Vasishth**  
**Ph.D (Internal Medicine, Ayurveda), M.B.A**

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## *Gurukul's C.M.E.*

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## ***Chintan!***

### ***"Sharing Ensures Growth"***

*Dear Physician, We are aware that sharing is a spiritual essence for mankind and it's environment so does medical science for the sick vis-a-vis modern (Allopathy) to ancient (A.Y. U.SH/Ayurved).*

*Let's think over !*

- 1. Any society ever begets survival as well as success of it's members based on "sharing" of **common beliefs, traditions and norms** guiding for the future.*
- 2. The modern medicine progressed worldwide in short span of app. 2 centuries because of **W.H.O** 's fast evolving and excepting principles, protocols by its **member countries**.*
- 3. The dissemination of allopathic education based on scientific curriculum, periodicals, practicals, clinical classes at O.P.D's, I.P.D's, laboratory diagnostic investigations etc. at medical colleges attached hospitals making it **uniform and universal**.*
- 4. Besides any new discovery, development based on new research in any corner of the earth gets prompt attention and appreciation in letter & spirit certainly due to compassion of attitude besides compulsion of **W.H.O's doctrine**.*
- 5. While **5000 years** old Ayurved grew surviving with steady, sluggish, slow approach.*
- 6. Fortunately the last decade has witnessed A.Y.U.S.H breathing freely and independently. Hats off to '**Bharat Sarkar**' and serving staff.*
- 7. Time is appropriate to exchange the ancient fundamentals of Ayurved on latest techniques of modern science making it more demanding **domestically and overseas**.*
- 8. Ayurved scholars are supposed to study higher as **P.G's (M.D/M.S) and PhD's** at respective centers of education, research, pharmaceuticals with wider aims / objectives for the honour of practitioners as well as system.*
- 9. Let Ayurvedists today realize not to be narrow minded as our seniors did for not sharing their expertise.*
- 10. It's a known fact that **inclusive attitude** brings all round development not the vice versa.*

*JAY Ayurved.*

# *Atithi* Vartalaap



**Prof. Dr. Amar Prakash Dwivedi**

B.A.M.S; M.S. (Shalya), Ph.D

RA. Podar Govt. Ayur. M. College, Mumbai

H.O.D. (Shalya) & Vice Principal D. Y. Patil College of Ayurveda

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Namaskar, Hon.Prof. Dr Amar P Dwivedi Ji,

You are welcome as Guest of honour to prestigious column of Quarterly Magazine "Gurukuls C.M.E".

Q.1. Lots of congratulations for becoming Vice Principal & Hospital administrator at a young age at D.Y.Patil University of Navi Mumbai.

Thank you for your kind words. It's my privilege to be invited as Guest by esteemed Magazine Gurukuls CME

Q.2. Besides you are heading faculty of Shalya tantra ( Surgery) is another feather to your academic cap.

I was passionate about surgery, hence, after my post-graduation in Shalya tantra I joined D Y Patil University School of Ayurveda as teaching faculty and surgeon.

Q.3. Prof. you have accomplished B.A.M.S / M.S ( Ay.)/ PhD from R.A Poddar Govt .Medical college ; please share your journey.

I was fortunate to get admission for BAMS course in 1991 at R A Podar Govt medical college, Mumbai.. This institute is rated as one of the best Govt Ayurvedic medical college in the country. All the teaching faculties were highly qualified and the hospital is fully equipped with all desirable infra structure including fully functional Casualty and hi-tech

operation theatre. The students were trained to manage all medical and surgical emergencies along with conventional Ayurvedic treatment for chronic conditions. I was elected as General Secretary for student council during my second year of BAMS, which helped me in personality development and indulged into lot of extracurricular activities. so overall a satisfactory tenure.

Q.4. May I ask why you opted or preferred for P.G Shalya (Surgery ) while majority go for M.D-Kayachikitsa (Internal Medicine) !.

I missed admission to MBBS by few marks and thus entered to BAMS. As said earlier , at RA Podar Govt Ayu Medical college we were taught medicine with integrated approach. We were posted to Casualty and OT during third year of curriculum. I was attracted towards Surgery as I was passionate to see great Ayurvedic surgeons like **Dr Nagral , Dr G S Lavekar** etc performing general surgeries and managing various surgical emergencies like head injury, acute abdomen, burns, alleged assault etc. I found surgery branch full of thrill and courageous hence, decided to pursue my post-graduation in Shalya tantra (Surgery)

Q.5. Your thesis remained evaluation of analgesic effect of "**Rakta Chandan Siddha Ghrit**" topical therapeutic management of Anal **Fissure**; will you please share text reference

if any or otherwise.

While pursuing my Post graduation, it was observed in OPD that maximum patients attending Shaluya OPD were suffering from ano rectal problems and among those Fissure has high prevalence rate. Further, the patients coming to seek treatment were not willing to undergo surgery due to fear of incontinence. They were asking for conservative management. So, after discussion with my guide it was decided to make a formulation for fissure Management which will help in promoting healing of ulcer as well as reduce the burning pain. **Raktchandan is considered as- shrestth Daah shamak** and a proven anti inflammatory herb Hence, Raktachandan siddh Ghrita was prepared which has been found effective in reducing pain -burning sensation and promote healing of acute fissure locally.

Q.6. What was the conclusion of your research study ?

Raktachandan siddh Ghrita was applied locally (anal region) before and after passing stool with the help of applicator and It was observed that drug was very effective in reducing pain -burning sensation and also promoted healing of acute fissure. Along with local application of Raktachandan siddh Ghrita, patient was given Haritaki churna 3 Gm HS for 10 days which helped in smooth defecation. Further, it was observed that this treatment regimen was effective in acute fissure (onset upto 30 days) and outcome was not significant with chronic fissure condition.

Q.7. Our magazine readers will certainly appreciate you for your technical innovation of "**Ksharsutra Carrier** / Applicator as device with **Patent Credentials** by I.P.I of Bharat Sarkar, So I am extending my good wishes.

Thank you for your appreciation. 'Ksharsutra Carrier cum application device' is a disposable

sterile device made up of HPDE material and Ksharsutra is embedded in this tube. Ksharsutra ligation has been made user friendly with this device as it ensures sterility and proper drug delivery. Similarly metal probe is also not required during application. This innovation helps in **standardizing Ksharsutra therapy**.

Q.8. Discussing your work during PhD Thesis "**Panchtik Ghrith Guggulu**" orally & nasya in the management of "**Cervical Spondylosis**"; kindly throw light in brief as well as precise.

Cervical spondylosis is a degenerative progressive condition which turn to CS myopathy. Modern medical system has limited treatment option including analgesics and calcium supplement wherein, in Ayurveda we have holistic treatment to treat such degenerative condition. Nasya is one of the effective intervention in which trans nasal drugs are instilled which target the surrounding pathology. Further, **Panchtikta** is combination of 5 drugs having **Tikta Ras** predominance which are considered as best remedy for bone degeneration and Rasayan for asthi dhatu. Hence we selected Panchtikta Guggulu Ghrith -for Nasya and oral use adjuvantly. The study revealed that the combination of Nasya and internal use of Panchtikta Guggulu Ghri was significantly effective in management of **Manya gat Vat w.s.r. to Cervical spondylosis**.

Q.9. Dr. if you don't mind may I ask you a question ; why two different subjects and corresponding thesis apart were chosen during P.G & PhD research studies ?

As you know, in Ayurvedic practice, **Asthi-sandhi** gat roga (Bone and Joint diseases) is included in Shalya Tantra specialty. It was observed patients with degenerative conditions like cervical spondylosis were not getting relief with modern medicine and patients were relieved with Ayurvedic Nasya and conservative treatment. Hence decided to do

research on the same to put forth an effective alternative treatment for Cervical spondylosis.

Q.10. How does it help during teaching to student scholars !

There are many surgical conditions where Ayurvedic treatment can help in either avoiding surgery or stop progress of disease. Degenerative bone and joint disorders are among the same category. Now a days, Knee replacement for Osteo arthritis and Laminectomy for Spondylosis are very common though not devoid of serious complications. **So, if Ayurvedic panch karma and conservative medicines can help in avoiding these surgery or stop progress of disease**, it would be a boon for patients. Ayurvedic researchers and scholars should think this way and contribute to society and Ayurveda science.

Q.11. As you are in holy profession of disseminating medical knowledge as (Guru) to countless pupils ( Shishyas ) for last 20 years, so what is heart felt feeling ?

**Integration of medical streams is need of era. I am strong supporter of ONE NATION ONE PATHY drive.** The Ayurveda graduate should be trained in Ayurveda and Modern system of medicine both so that they can offer a holistic treatment to patients. In chronic diseases, life style related and non communicable diseases Ayurveda system of medicine is best but at the same time, our students should be well trained to handle certain emergency conditions by apt use of modern medicines. A doctor having integrated medicine knowledge is a complete doctor I feel.

Q.12. It's matter of pride & tremendous experience of your association to various teaching institutions, boards and universities as expert, how recent innovation tool of A.I can be helpful to Ayurved and it's practitioners.

Our practitioners and students must need to update with recent innovation and AI tools. For example. Use of clinic management software helps in proper data record. Similarly, use of AI will help in producing summary of recent development and advancement in desired field. At the same time AI is very helpful for research scholars in getting readymade statistical analysis and latest research work conducted. This helps in conserving time and also ready reckoner for researchers.

Q.13. Hon. Prof your discovery of ayurvedic Tulle & Gauze for dressing wounds impregnated 'in **Aksheevadi Ghrit**' must be duly tried as well as clinically proved are in commercial manufacturing. Please share your developments.

'Aksheevadi ghrit impregnated tulle- guaze' is our new invention which is a herbal wound contact layer useful in surgical wound dressing. WE have file patent application with IPI and same has been published. We have complete pilot study and after obtaining CTRI number RCT is going on. We will complete this clinical study in next 6 months and thereafter, this unique herbal dressing will be available in market.

Q.14. Sir you have written books on topics of Cardiology, Obesity, Urology, Intranasal Ayurvedic Drug Therapy, Wound healing, Basic Fracture Management etc. please share.

Being an academician and faculty, its my hobby to explore various specialty of Ayurveda. So, I compiled scattered material on various specialties and wrote books like Cardiology in Ayurveda, **Urology in Ayurveda, Basic fracture management, Outline of wound healing, Nasya chikitsa** etc These books will help prove ready reckoner for researchers and scholars who are working in those respective sectors.

Q.16 As you are aware that today modern medical system is globally accepted as most ethical & scientifically proven so how A,Y,U,S,H (Ayurved) should cope to find suitable place in society domestically as well as overseas.?

Agree sir ! Ayush system of medicines are going to garb health sector globally. As mentioned earlier, In chronic diseases, life style related and non communicable diseases Ayurveda system of medicine is the best alternative. With the noble initiative by Ministry of AYUSH like Heal In India, Heal by India, Ayush VISA etc I am confident that very soon Ayurveda system of medicine will spread globally and provide a healthy population.

Q.17 What is your humble advice to young B.A.M.S students ?

With the newly adopted CBDC syllabus

**(Competency based dynamic curriculum)** ny NCISM, our BAMS gradates are trained into hard core Ayurveda based knowledge , and also inculcate research innovation ane entrepreneurship quality. I would just say, future is ours – the Ayurveda society. So, learn Ayurveda thouroughly, learn Moden medicine simultaneously and use integrated approach to treat patients and be volunteeer of SWASTH BHARAT.

Q.18. Concluding healthy discussion between us with lots of thanks what is your highly valuable suggestion to Gurukuls C.M.E team of editors and publishers?

Online platforms like Gurukuls C.M.E are spreading knowledge of Ayurveda amongst society. Thus, helping in creating awareness about this holy science Ayurveda. Best wishes



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 ^vk qk ea-ky; & Hkj r l j d k j ^ , oa ^ , l k l , 'ku v, Q vk q n c s s V ' kul Z ds } k i k i p  
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*Dear Rajeshji,*

**D.O.No. T-11070/12/200-DCC**  
29<sup>th</sup> December, 2022

Please refer to Food safety and Standards Authority of India (Regulation division) clarification vide F.No.REG-11/1/2022-Regulation-FSSAI dated 12.10.2022 with respect to the qualification of Food Safety Officer (Annexure-1) and attention may be invited to the qualification for Central Food Safety Officer as per rule 2.1.3 (1) of Chapter – 2 of the Food Safety and Standards Rules, 2011 and serial number 21 under the Schedule of the Food Safety and Standards Authority of India (Recruitment and Appointment) Regulations, 2018 published in the Official Gazette dated 01.10.2018, which specifies as under:

“(i) Degree in Food Technology or Dairy Technology or Biotechnology or Oil Technology or Agricultural Science or Veterinary Sciences or Bio-Chemistry or Microbiology or Masters Degree in Chemistry or degree in medicine from a recognized University, or(ii) any other equivalent or recognized qualification notified by the Central Government.”

In this regard, it is to state that the National Commission for Indian System of Medicine (NCISM) constituted under the powers of National Commission for Indian System of Medicine Act, 2020 on 11<sup>th</sup> June, 2021 and National Commission for Homoeopathy (NCH) constituted under the powers of National Commission for Homoeopathy Act, 2020 on 5<sup>th</sup> July, 2021 to promote and propagate Indian System of Medicine (ISM) and Homoeopathy respectively in the similar lines of the National Medical Commission constituted under the powers of National Medical Commission Act, 2019 for medicine. Medical Institution of Indian System of Medicine (ISM) and Homoeopathy imparting Degree courses namely Bachelor of Ayurvedic Medicine and Surgery (B.A.M.S.); Bachelor of Unani Medicine and Surgery (B.U.M.S.); Bachelor of Siddha Medicine and Surgery (B.S.M.S.), Bachelor of Sowa-Rigpa Medicine and Surgery (B.S.R.M.S.) and Bachelor of Homoeopathy Medicine and Surgery (B.H.M.S.) of Five and Half Years duration including one year rotatory internship. Further, the aforesaid Medical Graduates are being registered under the respective Acts and are entitled to practice respective system of Medicine. Moreover, Practitioners of modern medicine and Indian System of Medicine (ISM) and Homoeopathy are together being registered in the Healthcare Professional Registry (HPR) of Ayushman Bharat Digital Mission (ABDM), initiative taken by Govt. of India and operated by National Health Authority (NHA). Furthermore, attention may be invited to the judgments of the Supreme Court of India in civil appeal no. 4578 of 2021, North Delhi Municipal Corporation Vs Dr. Ram Naresh Sharma, wherein, it has been observed that the doctors, both under Ayush and CHS, render service to patients and on this core aspect, there is nothing to distinguish them.

**Contd..2/-**

Thus, Medical Practitioner of ISM under NCISM Act, 2020 and Homoeopathy under NCH Act, 2020 may be treated as at par qualification to practitioners of Medicine under NMC Act, 2019 and other qualifications as prescribed for the post of Central Food Safety Officer under the aforesaid rule/ regulation published by the Food safety and Standards Authority of India.

In this regard, I request you to look into the matter that ISM (Ayurved/Unani/Siddha & Sowa-Rigpa) practitioners and Homoeopathy practitioners may be considered for the posts of Food Safety Officer and requested to take necessary action in the matter under intimation to Ministry of Ayush.

With regards,

Yours sincerely,

(Rajesh Kotecha)

**Shri Rajesh Bhushan**  
Chairperson  
Food Safety and Standards Authority of India  
Food and Drug Administration Bhavan,  
Kotla Road, New Delhi.

## Flex it! Studies show positive impact of yoga, ayurveda on many diseases

Anuja Lalwani@timesofindia.com

New Delhi: More than two dozen studies at AIIMS's Centre for Integrative Medicine Research (CIMR) showed positive results regarding yoga and ayurveda protocols in treating multiple health conditions.

The conditions include coronary artery ailments, stroke rehabilitation, seizure disorders, vasovagal syncope, migraine, sleep disorders, diabetes and maternal health complications.

At the inaugural first international integrative medicine conference, held recently at the institute, Dr Gautam Sharma, cardiologist and founding professor in-charge of CIMR, discussed with TOI the significance of evidence-based validation in internationally recognised medical practices. He explained how the centre's doctors conducted rigorous research trials to establish scientific evidence supporting their yoga techniques and ayurvedic medicines for specific conditions.

Dr Sharma noted that yoga's accessibility, safety and straightforward nature provided an ideal foundation. The centre developed specific yoga modules for different health conditions, acknowledging that each situation required a unique approach. Their research produced 28 published papers, predominantly featuring

### VITAL IN PREVENTIVE MEDICINE

> Centre for Integrative Medicine and Research (CIMR) at AIIMS established to conduct evidence-based investigations into traditional Indian medical systems



> Has successfully published over 28 research papers, each based on randomised controlled trials

> Research primarily focuses on yoga-based interventions, with specialised yoga protocols for various medical conditions

> Findings reveal yoga interventions are particularly effective in addressing disorders linked to autonomic imbalance

> Studies confirm the substantial effectiveness of yoga as preventive healthcare intervention

yoga-based trials. They focused on areas where conventional medicine has limitations.

"The process involves collaboration with the physiology department and relevant speciality departments to understand how specific diseases or conditions manifest. They select techniques believed to reverse or minimise the disease's impact," Dr Sharma pointed out.

The module development, involves consultation with yoga therapists and physicians, doctors and scientists, followed by national validation from at least 10 yoga experts before finalisation, he added.

"This thorough approach is necessary because certain yoga techniques may not benefit hypertensive patients, while specific techniques prove helpful for individuals with insomnia. This systematic method guides their selection process," he emphasised.

Dr Sharma said yoga demonstrated particular effectiveness in managing autonomic imbalances, which occurred when the autonomic nervous system, controlling involuntary functions like heart rate and digestion, malfunctioned. "Within the ashtanga framework, yoga encompasses more than physi-

cal postures. It begins with yamas and niyamas, establishing wholesome living guidelines, and includes essential breathing techniques, particularly pranayama, emphasising slow breathing patterns."

The practice promotes a content, stress-free life through meditation, dhyana and controlled breathing exercises. Slow breathing particularly helps the autonomic nervous system, reducing sympathetic activity while increasing parasympathetic response. Combined with asanas as moderate exercise, this creates a balanced approach to wellness, integrating healthy lifestyle practices, stress management and regulated physical activity.

Nearly 400 registered participants, including international experts, academicians, researchers and practitioners, are attending the two-day Advances in Integrative Medicine (AIM) conference. The programme features workshops, presentations, lectures and discussions on evidence-based integrative medicine, emphasising collaboration between Ayush professionals and modern medical experts. It aims to enhance interdisciplinary dialogue, advance scientific innovation in integrative healthcare, and strengthen the connection between traditional medicine and modern research.



**वैद्य राजेश कोटेचा**  
सचिव  
**Vaidya Rajesh Kotecha**  
Secretary



सत्यमेव जयते



आजादी का  
अमृत महोत्सव

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आयुष मंत्रालय  
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Dear Shri G. K. V. Rao, D.O. No. T-11020/12/2020-DCC (AYUSH)  
17<sup>th</sup> October, 2023

Please refer to this Ministry's previous communication vide DO letter no T-11020/12/2020-DCC dated 29<sup>th</sup> December 2022, wherein it was requested to consider ISM (Ayurved/Unani/Siddha & Sowa-Rigpa) practitioners and homoeopathy practitioners for the posts of food safety officer. (Annexure-I)

It is pertinent to mention that as per the order of Honourable court, FSSAI has formed an expert committee to analyse the degrees eligible for the post of food safety officer. The expert committee has submitted a report on 23.6.2023, wherein it is recommended that "for inclusion of various degrees like BDS, BSMS, BHMS etc in the ambit of "degree in medicine", the syllabus of all these degrees may be obtained from concerned council/authority i.e. National Medical Commission (NMC), Dental Council of India (DCI), CCRUM etc. for placing before the next expert committee meeting for examination and comparison". (Annexure-II)

In this regard, it is to bring to your kind notice that no response has been received from FSSAI.

Keeping in view you are requested to expedite the matter and take necessary action under intimation to Ministry of Ayush.

With regards,

Yours Sincerely,

Encl. As above

**(Rajesh Kotecha)**

**Shri G. Kamala Vardhana Rao, IAS,**  
Chief executive officer, FSSAI,  
4th Floor, Conference Hall, Food and Drug Administration Bhavan,  
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## ***Marma Chikitsa the Ayurvedic tradition and Acupuncture - match & mismatch.***

In Ayurvedic classics Marma Vidnyan has a special area. Sushrut samhita deals with this knowledge in great details. A surgeon is asked to take proper care while performing surgery to protect these spots. If these spots are traumatised; pressed or injured, the consequences are of very serious nature resulting into, death, sooner or latter.

Sushrut samhita in sharir sthana have given detailed account of Marma spots. About hundred and seven spots are explained in different parts of the body. Their number as present in shadang sharir is described. e.g.

Urdhwa Shakha	}	each extremity 11 = 44
Adho Shakha		
Thorax	}	12
Abdomen		
Back		14
Urdhwa Jatru ( Head & Neck)		37
		-----
		107

They are classified into different groups. This classification is on the basis of effect produced after trauma (Aghat) e.g.

Sadya Pranahar	Causing death suddenly Or within a week.
Kalantar Pranahar	late death within 1 to 3 weeks.
Rujakar	Causing severe pain.
Vaikalyakara	causing deformities .
Vishalyaghna	serious complications after forceful removal of the foreign body.

Other classification depends upon anatomical structure of which the Marma is produced e.g.

1. Sira      41

2. Snayu	27
3. Asthi	08
4. Mamsa	11
5. Sandhi	20

-----  
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Detailed account of the extent of individual Marma is given. The signs and symptoms in case of Rujakar & Vaikalyakar Marma are given in details. Mode of death like due to severe haemorrhage, shock, etc. is explained in case of sadya pranahar & Kalantar pranahar marma.

We can definitely conclude after careful comparative study of explanation given in Sushruta Samhita and Modern Anatomy that there is considerable substance in explanation by Sushruta. However the structure of a Marma, its site and the effects produced after Marmaghat-resemble with Modern anatomical details. Exact similarity can be found in case of Vitap marma. Its site as explained by Sushrut is Vrishan Vanskhan Madhye. This site is indicative of midinguinal point where, in case, of female Round ligament is present. Marmaghat will result in breaking the round ligament causing retroversion of uterus which is a definite cause of sterility. In case of Male, this site indicates presence of cord structures which include vas-defference, pampiniform plexus of veins and different nerves. Trauma to these structures will cause cutting of vas-defference, resulting in stoppage of sperm flow. Injury to nerves will lead to severe pain. Thus the results of Marmaghat explained by Sushrut as Vandhyatwa & severe pain correlate with the anatomical structures present at the site of Marma

This type of comparative explanation is possible only in few marma.

In southern parts of India, the Marma are explained in little different manner. A treatment of the site after Marmaghat is explained. This is called as Padumarma. The treatment mentioned in South is mainly on the symptoms created due to Abhighata. All the measures are mainly to treat the "So called" vitiated Vata or sometimes vitiated Pitta. Sometimes application of drugs to prevent bleeding and wound healing are also done.(which appears to be symptomatic treatment)

Marma Gutica is applied externally at the site of marma where signs of inflammation have started.

According to Ayurvedic classics Marma is seat of prana or energy points.

Skin is the specialised seat of vyana vayu.

Four types of Sira (vessels) are situated around the site of Marma.

Marma are basically constituted by six vital elements; Soma, maruta, tejas-satwa, raja & Tama.

Agniweasa (3000 B.C.) realised presence of 107 Marma.

Common treatment of exogenous traumas, such as Vikshepa (convulsions) ; Daurabliya (weakness) Shoonyata, Bhrama, Shaithillya, Astheerata etc. These symptoms of marmabhighata are indicative of the fact that, marma area is in some or the other way connected with nervous systems. Due to abhighata there is sudden interference and derangement in the functions of nervous system producing above symptoms.

The symptoms mentioned regarding Padumarma are mostly due to Vata Prakopa or derangement of nervous system. Sudden nervous changes occur in CNS. The treatment of strotas on opposite side and application of Mukhavayu after chewing Nagra etc; shall produce a katu effect in patients nose or ear leading to sneezing due to which total shake up of body will occur and patient may be revived. (this is a hypothetical explanation).

Number of studies reveal the importance of marma vidnyan, in presence of advanced Anesthetic medication and excellent re-suscitation measures; marmaghat is a rarity during surgery. However trauma of different manner will naturally cause Marmaghat where treatment is necessary.

A Gentle stroking on heart will cause stimulation of the temporarily stopped heart and save life of patient. Thus the energy accumulated around marma can be made use of to save life, or cure a serious disease by treating the Marma .Massage on Marma point stimulates the function of surrounding organs.

Treatment on marma point is not so much in practice, however it is a need of the day to develop some procedures using stored energy around marma to cure diseases of adjoining organs. Now a days Accupuncture &

*to be continued....*



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### **'Ayurvedic Panchakarma' For Health**

**According to Ayurved, Health is described as Physical and Mental fitness with 'Prasanna Atma, Indriya and Mana. So, it includes healthy state of Atma (Soul), Indriyas (Every organ in the Body) and the Mind as well.**

As you all know, Ayurved is the only Medical Science, which specifies that you have to obey certain rules regarding Ahara and Vihara and certain treatment to keep the three Doshas, i. e. Vaata, Pitta and Kapha, in balanced state. It is the only medical science to suggest treatment when you are not ill.

The aim of Ayurved, our age-old, our own and primitive medical science is

- 1) to maintain the health of healthy individuals and
- 2) to treat the diseases of diseased persons.

It has given prime importance for the maintenance health, as it believes in "prevention is better than cure."

**Ayurved describes this prevention in Swasthavritta and Aachar-rasayana. The Swasthavritta part is again divided into Dinacharya and Ritucharya. Dinacharya deals with daily regimen regarding Ahara (regarding dos and don'ts about eating) and Vihara (regarding dos and don'ts about physical activities). Ritucharya describes regarding the rules about Ahara and Vihara in each ritu, according to the environmental changes.**

Swasthavritta deals mainly with the physical well-

being while Aachar-rasayana is concerned mainly, with mental health.

Ayurved advises that it is better to maintain the balance of the three Doshas with the help of Swasthavritta and Aachar-rasayana than to treat the diseases, because we can plan better for maintenance of health, but diseases can't wait for your permission to enter your body and secondly the diseases treated with Panchakarma get cured as the root-cause is eradicated, but the diseases treated with shamana chikitsa (by giving conservative/palliative medicine), may get recurred.

**In the present Era of Pollution, we are living in chemical pollution of almost everything; air, water and even our eatables. This all is almost inevitable, due to our own wrong terms of 'progress' (???) and our greed to make more money. So, you can't escape the daily entry of chemical pollutants in our body. At the same time, we are affected by the behavioral pollution as well, due to our money-oriented approach towards life. Unfortunately, there is no way out for this problem, according to the modern science.**

Whenever we explain this fact to our patients, their next question is – "then what is the via-media? how can we survive?" Another question is – "Almost always we eat whatever is prepared / cooked in our home. Then why we get the diseases?" Then our explanation is – "Even though you prepare / cook various dishes at your home, the raw material

is purchased from outside. You don't know the quantity of chemical fertilizers utilized for their growth. You don't know the amount of various chemical sprays (especially over green vegetables or various fruits), to increase the shelf-life or to look fresh. These chemicals that get entry in your body, there is no any way to expel them out of your body".

Then we remind them that their awareness regarding 'regular servicing' of their two or four-wheeler vehicles. All of them agree that they are very prompt regarding the regular servicing of their vehicles, as they experience that this particular act increases pick-up and mileage of their vehicles. Then we try to convince that Ayurved is the only unique medical science which has thought of servicing of human body, about four thousand and five hundred years ago. This act of servicing is known as 'Panchakarma' in Ayurved, which deals with the detoxification of human body. Unfortunately, this part of the Ayurved was hidden from the lay-man, may be due to the 'management tactics' of international pharma lobby.

Almost all of the people know 'Panchakarma' as a type of treatment for various illnesses. A large number of people are still unaware about its preventive usefulness.

**In the chapter of Ritucharya, it is said that according to the environmental changes in Ritus, the position of three Doshas is also affected according to the 'Pinda-Brahmanda Theory' of Ayurved. So, there are ecological changes in the amount of Vaata, Pitta and Kapha Doshas in the human body. There are relative changes among them. Usually, in the months of March-April, Kapha Dosha is vitiated and increases in amount. Best shodhana Chikitsa for Kapha is Vamana, which cleanses the part of the gut (intestine) from Mouth to initial part of small intestine. In the months of June-July, Vaata Dosha in the body gets increased. Basti is the best shodhana Chikitsa for Vaata Dosha which cleanses large**

**intestine of the gut. In the month of October, Pitta Dosha gets increased in the body. Virechana (and Raktamokshana means Blood-letting) is the best shodhana Chikitsa for Pitta Dosha, which cleanses small intestine of the gut. So, if these three types of shodhana chikitsas are undertaken during the said part of the year, periodically, the whole gut, from mouth to anus gets serviced and due to proper processing of de-toxification, major diseases are avoided, to a major extent. Association of proper pathya-apathya in Ahara and Vihara is essential, as per the advice of the Vaidya.**

In the word Panchakarma, Pancha means five. Karma means Procedure. These are the five types of Shodhana Chikitsas, according to Ayurved. all these are used for treatment of certain diseases. Out of these, three major procedures, i. e. Vamana, Virechana and Basti are used for preventive purpose as well; as explained above.

So, if you wish to keep yourself healthy, here is this 'take home message' –

- 1) **Always take help of Ayurved, which is an echo-friendly medical science with major amount organic medicines. Your Ayurvedic Physician will guide properly with necessary instructions and procedures. Know your Prakruti (temperament) with his guidance.**
- 2) **Get your body serviced regularly with necessary Panchakarma, for detoxification. As mentioned above, Vamana, Virechana and Basti should be taken during March-April, October and June-July, respectively. Because the Kapha Dosha, Pitta Dosha and Vaata Dosha are increased, respectively, during this period. It is always easy to expel them out of body, when they are super-saturated in our body.**
- 3) **Always follow the rules about Dinacharya**

and Ritucharya according to your Prakruti.

a balanced state of the mind.

- 4) Always keep your mental health with social and personal bindings. Follow Sadvrutta and Aachar-rasayana for this. Keep your mind cool and behave accordingly.
- 5) Always have faith in the God (the super power). It is always easy to tackle the situation in critical conditions and achieve

- 6) In this way, you may alleviate/prevent many serious physical and mental disorders and maintain your Health till the last breath.

At the end, let us pray – “sarve atra sukhin: santu..... “ Means every live individual should always enjoy his/her life happily till you leave this world.

# अब आर्मी में नियुक्त होंगे आयुष चिकित्सक

भोपाल ■ दिलीप पाल

देश की रक्षा में तैनात हमारी आर्मी के जवानों को अब एलोपैथी के साथ ही आयुष चिकित्सा का भी उपचार मिलेगा। इसके लिए आर्मी में जल्द ही आयुष (आयुर्वेद, होम्योपैथी, यूनानी एवं नैचरोपैथी) चिकित्सक पदस्थ किए जाएंगे। आयुष चिकित्सा पद्धति जो समरूपता के सिद्धांत पर आधारित है और बिना किसी साइड इफेक्ट के।

यह अस्थमा, हृदय रोग, फ्लू, मानसिक तनाव, अर्सा, अर्थराइटिस, एड्स व कैंसर जैसे रोगों पर अच्छा कार्य करती है। चूँकि ज्यादातर सैनिकों को कई तरह के एलर्जिक रोग हो जाते हैं, जिसका उपचार आयुष चिकित्सा में बेहतर होता है, इसलिए इस पैथी के चिकित्सकों को नियमित रूप से अब सेना में पदस्थ किया जाएगा जो



एलोपैथी चिकित्सकों के साथ मिल कर कार्य करेंगे।

## डब्लूएचओ ने लगाई मुहर

इस संबंध में विश्व स्वास्थ्य संगठन (डब्लूएचओ) ने भी प्रधानमंत्री की सहमति से आयुष चिकित्सा की सेना में सुविधाएं प्रदान करने पर अपनी मुहर लगा दी है। होम्योपैथ, आयुर्वेद के साथ समस्त आयुष औषधियों को विश्व में प्रसारित किया जाएगा।

## 6 हजार आयुष चिकित्सक होंगे भर्ती

देश में आर्मी अस्पतालों में करीब 6 हजार से ज्यादा आयुष चिकित्सकों की नियुक्तियां की जाएंगी।

जिनमें होम्योपैथी, आयुर्वेद, यूनानी व नैचरोपैथी द्वारा आर्मी अस्पतालों में विभिन्न डॉक्टरों की देखरेख में सेवा ली जावेगी। प्रथम चरण में देश के चार मिलिट्री अस्पताल जिसमें बेस हॉस्पिटल दिल्ली कैंट, मिलिट्री हॉस्पिटल जालंधर, पूना व चंडीगढ़ शामिल रहेंगे। जहां होम्योपैथ के साथ आयुष डॉक्टर सेवाएं देंगे। इसके बाद मद्रास सहित अन्य राज्यों के आर्मी सेंटर्स के अस्पतालों में आयुष चिकित्सक पदस्थ किए जाएंगे।

## अस्पतालों का विस्तार होना चाहिए

आयुष मेडिकल एसोसिएशन के राष्ट्रीय प्रवक्ता डॉ. राकेश पाण्डेय ने बताया कि केन्द्र शासन को

## इनका कहना है

वैकल्पिक चिकित्सा पद्धति के डाक्टरों की नियमित, सैनिकों के चिकित्सा कार्य में



## **Gyan-Pradan**

**M.D (Ay.) / M.S / Ph. D  
Research Thesis**

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### **CLINICAL STUDY ON EFFICACY OF VYOSHADI VATI IN ACUTE UPPER RESPIRATORYTRACT INFECTION w.s.r. TO PRATISHYAYA IN CHILDREN**

Respiratory tract infections are the major causes of morbidity & mortality in childhood in developing as well as in developed countries. Acute respiratory infections (ARI), particularly lower respiratory tract infections (LRTI), are the leading cause of under-five morbidity for about two million childhood deaths globally. It is estimated that **Bangladesh, India, Indonesia, and Nepal together account for 40% of the global ARI mortality.** ARI is responsible for about 30-50% of visits to health facilities and 20- 40% of admissions in hospitals. In developed countries physicians frequently encounter acute respiratory tract involvements in children. In Indian slums, ARI constitutes more than two-third of all childhood illness. Government of India has notified this as a serious problem given top priority in all Government programs including the current Reproductive and Child Health Program, Phase-11 (RCH-11). In this the **dais**, primary health **workers** and even **nurses** are trained to identify the diseased child and refer to higher centre before seriousness of the disease.

**RTIs are divided into upper respiratory tract infection (URTIs) and lower respiratory tract infection (LRTIs).** URTI is amongst the most common acute conditions presenting in the outpatient department. If URTI is not treated properly then it spreads to the lower respiratory tract and causes serious complication like LRTI,

pneumonia, bronchitis, bronchiolitis etc. which may lead to death of child.

Signs and symptoms of URTI show resemblance with the symptoms (lakshanas) of Pratishyaya which is explained in classical books of Ayurveda. The detailed description in terms of etiology (nidana), pathology (samprapti), signs and symptoms (rupa), prognosis and treatment of Pratishyaya is available in Samhitas like Charaka Samhita, Sushruta Samhita and Kashyapa Samhita. Pratishyaya is one of the disease in which inflammation of mucous membrane of the nose occurs and is characterized by **Nasavrata, Nasavrodha, Kshavathu, Shirashoola, Shwasa avarodha, Gandha gyana naash etc.** It is a very contagious disease which spreads from one person to another causing distress and discomfort. The constant nasal discharge, foul smell of the nose and recurrent occurrence of the condition hamper the normal life of the individual. Growth and development of child is affected by repeated episodes of infection. If Pratishyaya is not treated properly it may lead to rogas like Kasa, Shwasa and even severe disease like Rajayakshma.

The mainstay management of URTI in modern medicine mainly comprises antibiotics, decongestants, antipyretics, analgesics, anti allergic, cough suppressants and even sometimes steroids.

Injudicious use of antibiotics & steroids to infants and young children leads to depression of immune system which affects the growth and development of child.

Management of Pratishyaya in children needs more care and observation since the complications can make the condition worse in the stages of its prognosis. The therapeutic procedures adopted in the management of Pratishyaya are **Snehapana, Swedana, Shodhana and Sanshamana Chikitsa.**

Key words: Pratishyaya, Vyoshadi Vati, URTI etc.

### **MATERIALS & METHODS:**

Vyoshadi Vati according sharandhar samhita, placebo formation and case sheet proforma was prepared. Informed consent was taken from subject attendants.

**DESIGN OF STUDY-** Randomized clinical trial, Single blind, Placebo controlled

### **DIAGNOSTIC CRITERIA**

The diagnosis will depend mainly on signs & symptoms of URTI. Minimum five signs and symptoms were taken for diagnosis out of which Nasasrava and Nasavrodha was essential for diagnosis. They are as follow:

- **Nasal discharge (Nasasrava)**
- **Nasal congestion (Nasavrodha)**
- **Sore throat (Kanthashoola)**
- **Sneezing (Kshavathu)**
- **Headache (Shirashoola)**
- **Redness in throat (Galashotha)**
- **Fever (Jwara)**
- **Diarrhoea (Atisara)**

### **LABORATORY CRITERIA**

Complete blood count & other investigations if required

### **INCLUSION CRITERIA**

- **Children between age group of 5 years to 15 years**
- **Children with signs / symptoms persisting for more than 5 days or reporting after 5 days**

- **Children irrespective of sex, religion & socioeconomic status.**

### **EXCLUSION CRITERIA**

- **Children below 5 years and above 15 years are excluded**
- **Patient suffering from pulmonary Koch's, bronchiectasis, tropical eosinophilia.**
- **Patient suffering from URTI symptoms less than 5 days**

- **Acute exacerbation of bronchial asthma**
- **Cough presenting as a sequelae of trauma**

### **ALLOCATION OF SUBJECTS:**

- **Total 30 subjects were randomly selected for this study and divided into two groups of 15 patients each. Group A was given trial drug Vyoshadi Vati and Group B was given placebo.**

- Group A – received Vyoshadi Vati
- Group B – received Placebo
- The vital data of patient like name, age, sex, religion, socio-economic status, were recorded first. Education and occupation of parents were also noted down.
- A detailed history about the illness, past illness, birth, immunization, treatment and family was taken. The duration of signs and symptoms were inquired and noted.
- An effort was made to evaluate the status of signs & symptoms of Pratishyaya w.s.r. to URTI with the help of prepared table before and after the treatment.
- General and systemic examination was done in detailed according to Ayurvedic and modern parameters.
- The investigations like complete blood count and other investigation was done as per the requirement to exclude the other disease for differential diagnosis.
- Detailed evaluation of respiratory system was done to diagnose the disease and to know the severity of the disease, also to assess the

improvement in the condition of the children before and after treatment.

## DOSAGE:

- 1 tablet (250mg) three times per day ½ hour after meal with warm water between age group 5 years to 10 years for 7 days
- 1 tablet (250mg) four times per day ½ hour after meal with warm water between age group 10 years to 15 years for 7 days

## Assessment criteria:

Assessment was done by scoring pattern 0-3 with no, mild, moderate to severity of signs and symptoms.

## SCHEDULE ASSESSMENT

1. Assessment was done by observing the improvement in the clinical features based on the gradation before and after treatment.
2. Assessment was done on the following schedule
  - a. Initial assessment before the commencement of treatment
  - b. 2nd assessment was done on 3rd day.
  - c. 3rd assessment was done on 7th days after starting the treatment.
  - d. Follow up was done after one week of withdrawing the treatment.

According to improvement in above parameters, the results were drawn by applying paired t test for both groups.

## CRITERIA FOR ASSESSMENT OF TOTAL EFFECT OF THERAPY:

The assessment was done one week after withdrawal of treatment. At the end of treatment, the result in view of percentage of relief was classified as given below:

1. **Cured:** 100% improvement in signs and symptoms.
1. **Maximum improvement:** More than 75% - below 100% improvement in signs and symptoms.
2. **Moderate Improvement:** 50% - below 75%

improvement in signs and symptoms.

3. **Mild Improvement:** 25%- below 50% improvement in signs and symptoms.
4. **No Improvement:** 0% - below 25% improvement in signs and symptoms.

## EFFECT OF THERAPY

**Group A, who were administered Vyoshadi Vati, showed statistically extremely significant results in Nasarava, Nasavrodha, Kanthashoola, Kshavathu, Galashotha ( $p < 0.0001$ ), Shirashoola (0.0004) and very significant in Jwara (0.0061).**

The effect of placebo on all subjective parameters in Group B patients shows no significant results as p value is more than 0.1

The effect of Vyoshadi Vati on objective parameter shows extremely significant results in Group A as p value is less than 0.001

The effect of Placebo on objective parameter shows no significant result as p value is more than 0.1

## CONCLUSION OF STUDY:

- \* Acute URTI w.s.r. to Pratishyaya is a very common ailment in paediatric age group.
- \* The signs and symptoms of URTI explained in modern science resemble with Pratishyaya in Ayurveda.
- \* Viruses are the major causes of URTI but bacterial URTI is also encountered frequently.
- \* URTI is more common in younger age group.
- \* Gender variation does not affect the prevalence of disease.
- \* In this study more Hindu subjects are affected by URTI but it is not necessary because this study was conducted in Hindu predominant area.
- \* Lower socio-economic strata are more commonly affected by URTI.
- \* Immunization has no role in preventing URTI.
- \* Majority of subjects are having normal nutritional status in this study.

- \* Nasasrava and Nasavrodha were present in all patients of acute URTI w.s.r. to Pratishyaya in both the groups.
- \* In this study majority of subjects were not having any family history of URTI.
- \* Pratishyaya is Vata, Kapha dosha predominant with alpa Pitta.
- \* Early diagnosis and treatment is essential because it may predispose other severe disease Shwasa, Kasa, Rajayakshma, pneumonia etc.
- \* The treatment given in Group A is more efficacious than Group B.
- \* Percentage of relief is more in Group A than Group B.
- \* The decrease in severity of signs and symptoms is more in the trial group as compared to Placebo group.
- \* The multiple properties of ingredients of Vyoshadi Vati have varied actions viz. anti-inflammatory, analgesic, anti pyretic and anti bacterial, which have an edge over the modern medicine.
- \* Due to the subsiding of Galashotha, the difficulty in swallowing is subsided in Group A.
- \* The appetite of subjects in Group A is improved as some ingredients of Vyoshadi Vati are having property of Deepana and Pachana.
- \* This study showed that financial burden on the health sector may be eased out, if such a treatment is chosen, in comparison to the contemporary system of medicine.
- \* The drug Vyoshadi Vati is used safely in paediatric age group without any side effect.
- \* This work was done by keeping in view all the precautions. Despite that, there may be chance of bias in research and also in interpretation of results. Author takes sole responsibility for errors of commission or omission. It is hereby anticipated that, the reader of this dissertation would enrich the existing knowledge and it would assist future research work.

**Please contribute in sharing  
your research thesis of  
M.D., M.S., Ph.D Studies for  
clinical upliftment of ayurved &  
physicians rather keeping it shelved**



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## “स्त्री रोग” संक्षिप्त विवरण, निदान व उपचार

“विंशतिव्यारपदो योनो निर्दिष्टा रोगसंग्रहे।  
मिथ्याचारेण ताः स्त्रीना प्रदुष्टेनार्त वेन च।  
जायेते बीजदोषाच्च दैवाच्च ऋणु ताः पृथक्।

रोग संग्रह चरक के अष्टोदरीय नामक सूत्रस्थान के १६ वे अध्याय में योनि के २० प्रकार के रोग बताए गए हैं।

वे स्त्रियों के मिथ्या आहार-विहार, आर्तव की दुष्टता, बीजदोष तथा दैव के प्रभाव से उत्पन्न होते हैं। योनि शब्द का प्रजनन संस्थान के अर्थ में प्रयुक्त है। इसे गर्भाशय योनि (vagina & vulva) आदि सभी प्रजनन अंगों का बॉथम

### बोधक है

स्त्री की शरीर रचना में गर्भाशय व स्तन दुग्ध ग्रंथिया पुरुष शरीर रचना से भिन्न होती है। औसतन १३-१४ वर्ष की आयु में बालिकाएं रजस्वला होने लगती हैं। यौन विकास पूर्ण होने पर इसे मासिक धर्म नियमित रूप से होने लगता है। अगर मासिक धर्म की अवधि कम, अधिक, मासिक स्राव भी कम या ज्यादा होने लगे तो और लंबे समय की अवधि के लिए हो तो इसे अनियमितता की परिभाषा के अंतर्गत लिया जाता

है। दाह, वेदना या रक्त का गाठो के रूप आना विकार जान कर चिकित्सा के योग्य होता हैं। सामान्य लक्षणों की उपस्थिति कम या अधिक लक्षणों (ऊपर लिखित) सहित प्रायः हर बालिका, युवती और स्त्री में पाई जाती है। प्रथम दृष्टि के उपचार हेतु योग्य महिला चिकित्सक से मिलकर उचित निदाननुसार चिकित्सा आसानी से हो जाती है।

आधुनिक चिकित्सा विज्ञान में अल्ट्रासाउंड तथा हार्मोन्स की जाँच (रक्त में) निदान तक पहुँचने का सबसे लघु तरीका है। व्यक्तिगत स्वास्थ्य संबंधी जानकारी भी प्राथमिक चिकित्सा में लाभ पहुंचा सकती है।

हमारे देश की विशाल जनसंख्या और साधनों की उपलब्धता प्रायः योनि रोगों का आर्थिक रूप से कमजोर स्त्रीवर्ग निरन्तर झेलता आया है। मासिक धर्म की अन्य गड़बड़ियों का आधुनिक चिकित्सा विज्ञान अत्यंत सुलभ व सस्ता उपचार प्रदान करवाता है

आयुर्वेद में दाव्यादी काढ़ा, पुष्यानुग चूर्ण, रज प्रवर्तनी वटी, अशोक घृत, दशमूलारिष्ठ आदि औषधियों के योग रोग के लक्षणानुसार दिये जाते हैं। शरीर में रक्ताल्पता के लक्षण भी

मासिक धर्म की कमी का कारण बन जाते हैं। ऐसी स्थिति में नवायस लौह या नवयास मंडूर प्रतिदिन ६ ग्राम देने से लाभ होता है। कष्टार्त्वं में अशोक की छाल का काढ़ा रोगानुसार उपयोग किया जाता है।

गर्भावस्था स्त्री जीवन का सबसे विषमकाल है। गर्भ का संबंध केवल माता से होता है। अतैव गर्भस्थ शिशु का उत्तम निर्माण गर्भिणी के स्वास्थ्य की उत्तम स्थिति पर निर्भर करता है।

गर्भस्थ बालक का संपूर्ण निर्माण स्त्री की रस धातुओ से होता है। इसलिए सबसे आवश्यक बात यह है कि गर्भिणी स्त्री को विशेष रूप से पोष्टिक एवं सुपाच्य आहार मिलना चाहिए।

जल्दी जल्दी या अधिक संतान होने से स्वास्थ्य पर बुरा असर होता है। अशिक्षित समाज के भाग में परिवार नियोजन संबंधी जानकारी वर्तमान समय में आधुनिक चिकित्सा प्रणाली का अभिन्न अंग है। दूसरी और आधुनिक की भेड़ चाल में उपयुक्त समय पर संतान ना करना या देरी से विवाह करना एक फैशन सा हो गया है। शरीर की कोशिकाएं, अन्तःश्रावी ग्रंथियों का विकास आयु बीतने के साथ अनियमित होने से स्त्री या पुरुष में बंध्यत्व भी प्राय देखा जाता है।

गर्भावस्था सबसे ज्यादा व प्रारंभिक लक्षण अतिवमन, थकावट व कमजोरी पाया जाना है। सुदर्शन चूर्ण या कुटज की छाल का चूर्ण कड़वा होने पर लाभकारी पाया गया है। भोजनोपरांत द्राक्षारिस्ट भी आराम पहुंचाता है। गर्भावस्था में कभी कभी रक्त भी विभिन्न कारणों से आने

लग सकता है। बार बार आवर्ती हो तो आधुनिक चिकित्सा विज्ञान के सहायता से प्रयोगशाला में जाँच करवा कर कारणों का पता लगाया जा सकता है। कभी कभी पूर्ण विश्राम से और रक्तप्रदर की चिकित्सा से भी लाभ मिल जाता है।

स्त्रियो का प्रधान रोग प्रदर है। योनि मार्ग से लाल पीला या सफेद पानी जैसा पदार्थ बराबर गिरता है। योनि सदा गीली बनी रहती है। प्रदर रोग से युवा स्त्री का भी स्वास्थ्य और सौंदर्य नष्ट हो जाता है। श्वेत प्रदर में प्रमेह की औषधियो से भी लाभ होना पाया गया है।

चन्द्रप्रभा वटी का सेवन, गिलोय या हल्दी के स्वरस में बहुत लाभदायक सिद्ध होता है। प्रदर रोग के उग्र अवस्था में वट, पीपल, गूलर पाकड़ की अंतः छाल से उत्तर बस्ती देकर जात्यादि तेल की पीचू रखने से लाभ होता है। अडूसे का स्वरस या कूड़े की छाल का काढ़ा पिलाने से खून गिरना बंद हो जाता है। अत्यधिक स्थूलता भी स्त्री रोगों का मुख्य कारण हो सकते हैं। इसके लिए परिश्रम, उपवास, त्रिफला सेवन व अन्या रोग के निदानुसार लक्षणों की जाँच कर चिकित्सा करनी चाहिए।

**निष्कर्ष—:**

यो तो सभी स्वास्थ्य नियम स्त्री— पुरुष दोनों के लिए समान रूप से उपयोगी एवं पालनीय है। **आयुर्दोक्त त्रय उपस्तथा** : आहार, निद्रा व ब्रह्मचर्य का सिंधान्त पुरुष या महिला पर सामान्यता लाभकारी सिद्ध होता है। मनुष्य जरायुज प्राणी है। उनमें गर्भधारण, रजोकाल,

रजोनिवृत्ति, संतति का जन्म, दुग्धपान और पालन पोषण मुख्यतः स्त्री ही वहन करती है। प्राकृतिक नियमों के आधार पर बनी हमारी इस प्राचीन व्यवस्था में मध्यकालीन युग से आये हुए विकारों को बदलना अति आवश्यक है।

प्रगतिशील वातावरण में स्त्री शिक्षा नितांत आवश्यक है। स्वस्थ चरित्र और उच्च नैतिक

स्तर के निर्माण हेतु बालिकाओं व महिलाओं के अधिकार, सुरक्षा व मुफ्त शिक्षा पर अधिक प्रोत्साहन भरे कदम उठाने अपेक्षित है। तत्पश्चात् ही समाज में बराबरी नहीं पुरुषों से अधिक अधिकार ही कन्या भ्रूण हत्या रोक व कन्या जन्म को विशेष उत्सव के रूप में मनाना ही एक मात्र विशिष्ट उपाय है।

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*Introducing a new column - Anubhav  
Your clinical observation is welcome in this column*

*-Editor*

# Recent Developments

## 38% of U-6 kids stunted, 17% underweight: Govt

TIMES NEWS NETWORK

**New Delhi:** Govt's 'Poshan Tracker' data shows that as of Feb, 8.8 crore children (0-6 years) were enrolled in Anganwadis with 8.5 crore measured on growth parameters of height and weight. Of these children, 37.7% were found to be stunted and 17.1% children were underweight.

The ministry of women and child development shared this data as part of the response to a written question in Rajya Sabha on addressing the challenge of malnutrition. Citing the data from the Tracker and drawing from National Family Health Surveys 1 (1992-



The department women and child development shared the info in RS

93) to 5 (2019-21), the WCD ministry said that the numbers show "improvement in malnutrition indicators in children

across India".

The minister of state for women and child development Savitri Thakur in a written reply also shared that the projected population of all children up to 5 years in India for the year 2021 is 13.7 crore approximately and 16.1 crore for children in the 0-6 years age group.

Of the 7.4 crore children upto 5 years enrolled in Anganwadis and registered on Poshan Tracker as of February, around 7.2 crore were measured on growth parameters of height and weight. The results show that 39% of them have been found to be stunted, 18.6% have been found to be un-

derweight and 5.3% wasted," the minister said in her response. As per National Family Health Survey-5 (2019-21) stunting among under 5 children was 35.5%, underweight children accounted for 32.1% and 19.3% were affected by wasting.

The ministry highlights that "as compared to NFHS (sample size of approx 6.1 lakh households and survey done after every 5 or 6 years only), Poshan Tracker consistently measures approx 8.5 crore children approximately each month revealing the real time nutritional status of beneficiaries," the WCD ministry highlighted.

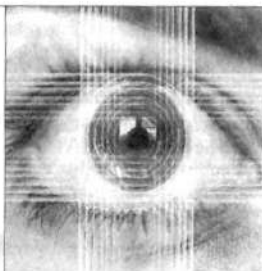
### EXPERTS SAY

> Extended usage of steroid-based inhalers for respiratory ailments such as asthma and bronchitis, long-term application of nasal sprays for allergies, and regular use of steroid-infused skin creams for allergic conditions can lead to glaucoma

> Glaucoma is an eye disorder that damages the optic nerve, which can result in diminished vision or total blindness

> Thorough and routine eye check-ups, especially those that monitor intraocular pressure, are crucial

> Once diagnosed, patients must commit to lifelong eye drop therapy, as stopping the prescribed medication can lead to further vision loss



> Modern laser treatments and surgical options provide support, but unlike cataract surgery, procedures for glaucoma only help maintain current vision levels

*A research conducted at AIIMS shows a link between stress and glaucoma. It indicates that meditation and breathing exercises may help protect against the condition*

## CCRAS DG Prof Rabinarayan Acharya awarded

Professor Vaidya Rabinarayan Acharya, Director General of the Central Council for Research in Ayurvedic Sciences (CCRAS), was conferred with the Doctor of Science (DSc) degree by Utkal University, Bhubaneswar — the highest academic honour for research in India. The degree was awarded in recognition of his extensive research on ethnomedicinal plants of the Gandhamardan Hills in Odisha and their relevance to the Ayurvedic Pharmacopoeia. His thesis, titled "Phyto-Pharmacognostical and

Biological Evaluation of Certain Extra-Pharmacopoeial Plants (Anukta Dravya) of Ayurveda Available in Odisha", explored lesser-known medicinal plants and their potential for integration into mainstream Ayurveda. With this recognition, Prof Acharya becomes the first individual in India to be awarded a DSc in Ayurveda, specifically in the discipline of Dravyaguna (Ayurvedic Pharmacology). A native of Jagatsinghpur district in Odisha, Prof Acharya has served as DG of CCRAS since February 2022.



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## “श्वास का महत्त्व”

श्वास का सीधा सम्बन्ध हमारी आयु तथा स्वास्थ्य से जुड़ा हुआ है। मनुष्य संसार में आते ही श्वास लेना प्रारम्भ कर देता है और मृत्यु होने तक श्वास लेता रहता है। श्वास मनुष्य के लिए बहुत महत्त्वपूर्ण है। लययुक्त, धीमी गहरी श्वसन क्रिया से आयु लम्बी होती है। इसके विपरीत भय, की गति तेज हो जाती है।

एक सामान्य व्यक्ति की श्वास की गति प्रति मिनट 15 बार होती है। नाड़ी शोधन प्राणायाम की तकनीक द्वारा या गहरे लम्बे श्वास द्वारा श्वसन क्रिया में बदलाव करके श्वास की गति को कम किया जाता है। तथा लययुक्त बनाया जाता है जिससे आयु तथा स्वास्थ्य दोनों में बढ़ोत्तरी होती है।

वायु को फेफड़ों में भर लेने से श्वास का काम पूरा नहीं हो जाता। श्वास लेने का उपयुक्त तरीका यह है कि श्वास प्रश्वास करते समय पेट तक पेट सिकुड़ता और फैलता रहे एवं डायफ्राम का भी संचालन होता रहे अर्थात् श्वास का प्रभाव नाभि तक पहुँचना आवश्यक होता है। इसके बिना स्वास्थ्य को भारी हानि पहुँचाति है। हमें

प्रतिदिन गहरे लम्बे श्वास लेने की आदत डालनी चाहिए।

लाभ :

1. श्वास सम्बन्धी रोग जुखाम, खाँसी, कफ, साइनस, एलर्जी दूर होते हैं।
2. पेट सम्बन्धी रोग ठीक होते हैं तथा पाचन क्रिया तेज होती है।
3. मानसिक तनाव, सिरदर्द, क्रोध, भय से मुक्ति मिलती है।
4. नाभि तक पूरा श्वास छोड़ने और कुण्ठ तक पूरा श्वास भरने से एक प्रकार से कुम्भक हो जाता है। श्वासों की गति कम होती है तथा आयु में वृद्धि होती है। इसलिए हम कह सकते हैं कि सबको गहरे लम्बे श्वास का अभ्यास प्रतिदिन करना चाहिए। जीवन को तनाव मुक्त किया जा सके व जीवन शैली रोगों से बचा जा सके।

निष्कर्ष:— लम्बा, गहरा, धीरे-धीरे सांस लेना ही आज का सफल, सस्ता, सुनिश्चित चिकित्स्य है।



**Dr. Kapil Dev**  
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9811039775

## Hernia

A **hernia** occurs when an internal organ or tissue pushes through a weak spot in the muscle or surrounding tissue wall. They can develop in various parts of the body, but most commonly in the abdomen or groin.

### Common Types of Hernias:

1. Inguinal hernia – Occurs in the groin; more common in men.
2. Hiatal hernia – Part of the stomach pushes through the diaphragm into the chest cavity.
3. Umbilical hernia – Occurs near the belly button.
4. Incisional hernia – Happens through a scar from a previous surgery.
5. Femoral hernia – Less common; occurs in the upper thigh/groin area, more common in women.

### Symptoms:

- A visible bulge or lump (especially when standing or straining)
- Pain or discomfort, especially when bending, lifting, or coughing
- Heaviness or pressure sensation
- For hiatal hernias: heartburn, regurgitation, difficulty swallowing

### Causes and Risk Factors:

- Straining during bowel movements or urination
- Heavy lifting
- Obesity

- Chronic cough
- Previous surgeries
- Genetic predisposition

### Treatment:

- Watchful waiting (for small, asymptomatic hernias)
- Lifestyle changes (especially for hiatal hernias)
- Surgery: Laparoscopic hernia repair is gold standard. Early lap surgery is always recommended to prevent complications like strangulation, where the blood supply to the herniated tissue is cut off.



## जरा विचारें

1. महगें कपड़े तो दुकान के पुतले भी पहनते हैं, पहचान तो अच्छे व्यवहार से होती है।
2. मन का झुकना भी बहुत जरूरी है, सिर्फ सर झुकाने से भगवान नहीं मिलते।
3. न संघर्ष खत्म होता है न शिकायते पर धीरे-धीरे खत्म हो रही उम्र।
4. प्रशंसक हमें पहचानते हैं पर शुभचितकों को हमें पहचानाना पड़ेगा।
5. पद और पैसा का सम्मान आपके सामने होता है पर आपके व्यवहार का सम्मान पीठ पीछे।

*Discourage Plastic (Polythene) Carry Bags  
Encourage Ecofriendly/ Bio Degradable  
Paper/Jute/Cloth Bags*

## Re Thoughts

1. If you want to walk fast, walk alone; but if you want to walk far walk together.  
-RATAN TATA
2. Life is most difficult exam but every one has different question papers.
3. Happiness is when one feels good of one self without the approval of others.
4. If we judge people nobody is ours but if we understand them then everyone is ours.
5. Every obstacle comes with hidden opportunity of solution.



**Dr. Manoj Sharma**  
**Sr. Consultant Medicine (MD)**  
**Paras Spring Madows, East of Kailash, New Delhi-65**  
**Mob. : 9871618031**

## **VIRAL FEVER**

**Anyone suffering from symptoms like fever, generalised body ache, weakness and a general feeling of discomfort, the common response is 'Oh! You have viral fever'. There could be more than self medicating and suffering in this condition, so there are certain things which one should keep in mind when suffering from fever.**

### **What is Viral Fever?**

Viral fever is any fever caused by one of the many viral infections or the infections caused by virus. Most of these infections can be identified by the accompanying symptoms and signs. When the body is infected by the virus, the following symptoms may be felt that can establish it to be a viral fever. If you experience one or multiple medical conditions below, do not avoid them as they can be symptoms of viral fever.

- Fatigue
- Body as well as muscle aches
- Low or high fever
- Inflammation of the pharynx
- Running nose
- Nasal congestion
- Sore throat
- Headache
- Redness and burning sensation in eyes
- Cough
- Muscle and joint pains
- Skin rashes
- Diarrhea

### **How is it diagnosed?**

Your doctor will most likely listen to the symptoms you have, and come to a conclusion about your

illness. But in some cases doctor may tend to prescribe blood tests to rule out any other conditions like complete blood count, dengue, malaria, typhoid, urine examination etc. A blood test may also be indicated in cases where your doctor needs to differentiate between the causative organisms. That means he/she wants to know if your fever is caused due a bacteria or virus. Since a virus cannot be detected by a blood test and a bacterium can, the test is mainly to rule out bacterial infection.

### **What to do in viral fever?**

Taking rest and increasing liquid intake helps in almost all the medical conditions associated with fever. If you have very severe symptoms like high fever, extreme body ache, etc. you should visit your doctor for some medicines to give you some symptomatic relief. A number of people tend to self medicate during such times, relying on antipyretics, analgesics and antibiotics to help them out, but remember that self-medication is a bad idea.

Antibiotics are medicines that are made to kill bacteria, they cannot kill viruses; so by taking them, all you are doing is making yourself suffer by stomach upset, acidity and even affecting your liver or kidney.

If your doctor has prescribed you antibiotics after diagnosing you with viral fever, it is usually to help beat any opportunistic or secondary infections you might catch while you are sick and he does so by applying his clinical acumen and what is safe for you. Remember no two persons are alike so the treatment cannot be generalized, let your physician decide what is good for you and please do not self medicate.



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## **Muscles Strength Training Among Diabetics**

In today’s world, everyone seems to be looking for the quickest fix — especially when it comes to weight loss or managing chronic conditions like diabetes where muscles loss in general is a noticeable sign.

Many people believe that a few days of effort can undo years of damage. But as a clinical dietitian, I’ve learned that real healing doesn’t happen overnight.

**Most of the diabetic patients I come across want immediate results i.e a magic solution to reverse diabetes or shed weight among overweight or obese in just a week or two. But the truth is as diabetes mellitus doesn’t develop in a few days. It builds up slowly, often without symptoms, and silently affects the body parts over months or even years. Sustainable, mindful changes are the only true & right way to regain control for which strength training is one of the most powerful tools available.**

### **Why Strength Training Matters Mandatory**

Today, medications like **semaglutide** popular for rapid weight loss. And while they serve a purpose in clinical treatments, they are often misused as shortcuts. These shortcuts might deliver fast results, but they don’t build healthy and lasting solution.

Strength training, on the other hand, offers a natural and sustainable path. Building muscle improves insulin sensitivity because muscles actively absorb glucose from the bloodstream and store it as glycogen. Strong muscles stabilize your blood

sugar levels, improve your metabolism, and even support your bones and posture.

What’s fascinating is skeletal muscle is a postmitotic tissue, meaning that it does not undergo significant cell replacement throughout the life. An efficient means for regeneration of fibers is therefore required to maintain healthy tissue and avoid cell death. Every time you train and create micro-tears in the muscle fibers, your body repairs them stronger than before — thanks to satellite cells that activate this process. Strength training is not just about looking fit — it’s about making your body function better from within.

And the best part? You don’t have to spend hours in the gym. Just three structured sessions a week are enough to transform your strength and blood sugar management.

How to undertake Strength Training Safely !

### **1. Monitor Your Heart Rate**

Invest in a smartwatch or heart rate monitor. During workouts, here is a table to calculate your heart rate.

Age	Target Heart Rate Zone (50–85% Estimated Maximum Heart Rate of max)	(220 - age)
20		
years	100–170 bpm	200 bpm
30		
years	95–162 bpm	190 bpm

40 years	90–153 bpm	180 bpm
50 years	85–145 bpm	170 bpm
60 years	80–136 bpm	160 bpm
70 75 years	–128 bpm	150 bpm

### Notes:

- “Maximum heart rate” is roughly 220 minus your age.
- “Target heart rate” is 50% to 85% of that maximum — the range you aim for during exercise to get cardiovascular benefits.

Higher spikes can trigger the sympathetic nervous system, releasing stress hormones like cortisol — which can, in turn, raise blood sugar levels.

## 2. Focus on Compound Movements

Choose exercises that work multiple muscles at once.

### Some examples:

- Squats (quads, glutes, core)
- Deadlifts (back, hamstrings, calves)
- Bench Press (chest, shoulders, triceps)

Compound movements train your body more effectively and burn more calories compared to isolated exercises.

## 3. Avoid Cardio Acceleration Between Sets

Don't jump or run between sets. Sudden cardio can spike your heart rate unnecessarily. Instead, focus on steady, controlled lifting.

## 4. Add Isometric Exercises

In between sets, perform isometric holds like:

- Planks

- Wall sits

This creates muscle tension without exhausting your heart.

## 5. Train Three Days a Week

Strength training three times a week is sufficient. There's no need to push yourself every day — give your muscles time to recover and grow.

## 6. Balance with Yoga and Light Cardio

- Yoga activates the parasympathetic nervous system and helps manage stress.
- Jogging or brisk walking 1–2 times per week boosts cardiovascular health and insulin sensitivity.

## Diet : Most Important Factor

While strength training is critical, your diet is the foundation of diabetes management.

Follow a calorie-deficit, balanced diet and aim for 20–30 grams (1-1.2 g per kg weight/per day) of protein per meal. Good sources include:

- **Animal proteins:** milk, yogurt, eggs
- **Plant proteins:** legumes, lentils, tofu

Pair your protein with complex carbohydrates that are rich in fiber, such as:

- **Barley** (low glycemic index)
- **Pulses and lentils**
- **Whole grains**

Fiber helps slow sugar absorption and keeps blood glucose levels stable.

Limit simple sugars and restrict sweet fruits to small portions (20–30 grams).

Instead, favor fruits like melons and citrus fruits, which are lower in natural sugars.

Finally, don't forget probiotics. Incorporate plain, unsweetened curd and naturally fermented foods into your diet to boost gut health — another critical player in managing diabetes.

## Final Thoughts: Consistency Over Quick Fixes

At the end of the day, it all comes down to consistency

and tradition. When you follow a simple, natural lifestyle — clean eating, regular strength training, and mindful living — not for a few weeks, but for a lifetime, you'll see real, lasting change.

Strength training may take time, but consistency is the key to achieving your goals.

**Diet is not a temporary plan — it's a lifestyle choice, a commitment to future health.**

---

**The good news for every diabetic is this: discipline is greatest strength.**

**With small, steady steps, can reclaim energy, strength, and joy naturally and powerfully.**

**Conclusion :** Strength training ensures not only stronger muscles but steadier blood sugar levels too; besides shaping body.

---



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## ANTIDOTES

<b>Coumadin</b> .....	Vitamin K
<b>Benzodiazepines</b> .....	Romazicon (Flumazenil)
<b>Magnesium Sulfate</b> .....	Calcium Gluconate
<b>Heparin</b> .....	Protamine Sulfate
<b>Tylenol</b> .....	Mucomyst
<b>Opiates</b> .....	Narcotic analgesics, heroin morphine, Narcan
<b>Cholinergic Meds</b> .....	Atropine, pralidoxime (2-PAM)
<b>Digoxin</b> .....	Digiband
<b>Acetaminophen</b> .....	n-Acetylcysteine
<b>Iron</b> .....	Deferoxamine
<b>Alcohol Withdrawal</b> .....	Librium
<b>Anticholinergics</b> .....	Physostigmine
<b>Beta Blockers</b> .....	Glucagon
<b>Methotrexate</b> .....	Leucovorin
<b>Anticoagulants</b> .....	Vitamin K, FFP
<b>Aspirin</b> .....	Sodium bicarbonate
<b>CCB</b> .....	Calcium, glucagon, insulin
<b>Cyanide</b> .....	Tyroxycobalamin, sodium thiosulfate
<b>Hydrofluoric acid</b> .....	Calcium Gluconate
<b>Insulin</b> .....	Glucose
<b>Isoniazid</b> .....	Deferoxamine
<b>Methanol</b> .....	Ethanol
<b>Ethylene glycol</b> .....	Fomepizole, ethanol
<b>Methemoglobin</b> .....	Methylene blue
<b>Tricyclic antidepressant</b> .....	Sodium bicarbonate

# Moving News

## डॉक्टर के साइन की स्कैन कॉपी के यूज़ को रोकने की मांग

■ NBT रिपोर्ट, नई दिल्ली

दिल्ली हाई कोर्ट ने बुधवार को केंद्र और दिल्ली सरकार से उस जनहित याचिका पर जवाब मांगा, जिसमें मेडिकल लैब रिपोर्ट/ प्रिस्क्रिप्शन आदि पर प्रेशरानल क्वालिफाइड डॉक्टरों के साइन या सील की स्कैन कॉपी के इस्तेमाल को रोकने की मांग की गई। कोर्ट ने इस मुद्दे पर नेशनल मेडिकल कमीशन (NMC) से भी उसका रुख पूछा है।

HC ने केंद्र, दिल्ली सरकार और NMC से जवाब मांगा

जस्टिस जस्टिस देवेन्द्र कुमार उपाध्याय और जस्टिस तुषार राव गंडेला की बेच 26 अगली सुनवाई करेगी। एडवोकेट शशांक देव सुधी ने याचिका दायर कर मांग की, मेडिकल डायग्नोस्टिक लेबोरेटरी रिपोर्ट, मेडिकल प्रिस्क्रिप्शन के सत्यापन के लिए इस्तेमाल होने वाले डिजिटल सिग्नेचर के नाम पर झूठे स्कैन सिग्नेचर की तस्वीर के अवैध इस्तेमाल को रोकना करने के लिए विस्तृत दिशा निर्देश दिया जाए।

## DOCS: Bio-Enhanced Curcumin Improves Quality Of Tear Film

### FIGHTING INFLAMMATION

Dry eye disease (DED) is a complex condition characterised by persistent inflammation of the ocular surface

#### TREATMENT AND SIDE-EFFECTS

> It primarily involves applying lubricating eye drops for temporary relief of symptoms, while addressing the underlying inflammation to interrupt the DED progression

> Currently, DED management relies on two primary categories of topical anti-inflammatory medications: corticosteroids and immunomodulators

> Corticosteroids effectively address ocular surface inflammation, but their extended use may result in complications, such as cataracts and elevated intraocular pressure, leading to glaucoma



> Curcumin demonstrates beneficial protective effects through its anti-inflammatory and anti-allergic characteristics

> Research has explored curcumin's effectiveness in various ocular inflammatory conditions, including DED, conjunctivitis, pterygium, corneal neovascularisation, corneal wound healing, cataract, anterior uveitis, age-related macular degeneration (AMD), glaucoma and diabetic retinopathy

> But oral administration of curcumin can lead to side-effects, including gastroesophageal reflux, nausea, diarrhea and dizziness



## चना दाल वजन करे कंट्रोल, बालों को टूटने से भी रोके



**आ**मतौर पर हर किचन में कई तरह की दालें बनाई जाती हैं। सभी दालों पोषक तत्वों से भरपूर होती हैं। वहाँ बात करें अगर चना दाल की तो ये दाल न सिर्फ आपका वजन कंट्रोल करती है बल्कि आपकी इम्यूनिटी भी बढ़ाती है। आइए इस बारे में जानते हैं।

**इम्यूनिटी बढ़ाए:** रोजाना 30 ग्राम चना दाल का सेवन करने से 6 से 7 ग्राम प्रोटीन मिलता है। इसलिए इसे हेल्दी स्नैकफ़ड माना

जाता है। इस दाल को अपनी डाइट में शामिल करने से इम्यूनिटी बढ़ती है और बीमारियाँ दूर रहती हैं।

**बालों के लिए फ़ायदेमंद:** अगर आप टूटते बालों या बालों के डैमेज होने से परेशान हैं, तो आपको नियमित चना दाल का सेवन करना चाहिए। यह फ़ोलिक एसिड से भरपूर होता है, जो स्कैल्प को पोषण देता है और बालों को जड़ से मजबूत बनाता है। इससे बाल टूटने

की समस्या कंट्रोल हो जाती है।

**वजन कम करे:** चने की दाल में पर्याप्त मात्रा में प्रोटीन और कैलोरी कम होती है। इसे नियमित खाने से वजन नियंत्रित रहता है।

**डायबिटीज कंट्रोल करे:** यह पोषक तत्वों से भरपूर होती है, जो डायबिटीज के मरीजों के लिए फ़ायदेमंद होती है। इसमें फ़ाइबर की मात्रा होती है जो ब्लड स्ट्रीम में ग्लूकोज को रिलीज करने में मदद करती है और ब्लड शुगर को भी नियंत्रित रखती है।

**चना दाल भुर्जी भरपूर प्रोटीन:** सोया प्रोटेन्स और शिमला मिर्च से बनी चना दाल भुर्जी में उतनी ही मात्रा में प्रोटीन होता है जितना अंडा या पनीर में होता है। इसमें अंडे और पनीर की तुलना में कम चर्बा और कैलोरी होती है।

# **DHAROHAR**

## **HERBAL MEDICINE**

### **“SURAN”**

**Hindi** -Jimikand ; **Sanskrit** Oal ; **English** - Elephant Foot (Yam) ;  
**Latin**- Amorphophallus Campanulatus

**Brief DESCRIPTION** - Strong stemmed Shrub of (1-3)'Height , **Leaves** One or two 1-3 Feet broad irregular in shape dark in colour with light green spots & cysts, Leavcells -Bell shaped broad 6-10 " at upper surface while greenish violet at lower surface with white patches respective male & female out lets, Fruits 4" reddish cylindrical in shape with half 1 ches wide containing 2- 3 seeds , Kand corn like 8" -12 "in diameter brownish in colour.

Found In India & Sri Lanka.

**Chemical -Composition** Contains Moisture 78% ,Proteins 1.2%, Fats o.1%, Carbohydrates 18% ,.Minerals Ca, Phosphorus, Iron,Vit B1etc.

**Ayurvedic Features:** **Gunn** - Laghu, Ruksh Tikshan ; **Rass** - Katu,Kashaye ; **Vipaak**- Katu, **Veerya** - Ushn ; **Prabhav** -Arshoghan (Anti Haemorrhoids)

#### **Therapeutic BENEFITS -**

1. It's **Kaph Vaatshamak**.
2. Locally **Shothhar** ( Anti Inflammatory) for joints pain, Elephantiasis, Cysts dry Powder mixed with Ghee & Honey .
3. Eaten like **Shaak** (Vegetable) for Aruchi ( Appitiser ), **Agnimandya** (Dyspepsia), **Biband** (Constipation), **Udarshool** (Colic), **Gulm** (Flatulence),Criminal.
- Kriminashak** (Anti Helminthic),Yakrit Pleeha (Hepatobiliary), Arsh Nashak ( Anti aemorroids).
4. Used in disorders of **Kass /Swas** ( URI & Asthma ).
5. In cases of **Samanya Durbalta** ( General debility) as Suran Modak .
6. In **Shukar Durbalta** ( Oligo spermia), **Rajovrodh** (Dysmenorrhea /Cryptomenorrhea) .
7. Vegetable Of Choice For Bleeding Piles .
8. Dose 3- 6 gms .
9. Useful part **Kandd** (Bulb ).
- 10 .Note In some cases it causes **Mukhpaak** (Stomatitis ), **Kant Daah** (Sore Throat), **Kandi** on Skin (Urticaria ) ; REMEDY Add Nimbu ( Lemon Drops) or Eemly ( Tamrind )

In the management of **Dengue & Viral Infections...**

# Clevira<sup>TM</sup> Tablets Syrup

Extracts of Carica papaya, Melia azedarach, Andrographis paniculata, Vetiveria zizanioides, Trichosanthes dioica, Cyperus rotundus, Zingiber officinale, Piper nigrum, Mollugo cerviana & Tinospora cordifolia

Helps to **Clear Viral** infections

- ▶ Antiviral, antipyretic, analgesic and anti-inflammatory property<sup>1</sup>
- ▶ Normalizes platelet count and stimulates immunomodulation<sup>1</sup>
- ▶ Relieves the signs and symptoms of viral fever effectively<sup>1</sup>
- ▶ Add on drug in patients with the viral fever and thrombocytopenia<sup>1</sup>

1. Ramesh Kannan S et al, International Journal of Innovative Research in Medical Science, Vol 04, Issue 09, Oct 2019

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10-15 ml twice daily



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\* Ministry of AYUSH

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