

GURUKUL'S C.M.E



**A Quarterly Magazine For
Medicine Reorientation**

**KNOWLEDGE
BUILDS
CONFIDENCE**

**Volume 2
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Editor's Desk

Dear Doctor,

This issue contains interesting write ups to start with detailed list of equipments and associated infrastructure required for establishing a new Bio-Cleansing Therapy centre of **Panchkarma**, guidelines for scientific validation of metallic preparations (**Bhasm**) for toxic free safe administration with approved dosage, brief co- relation of **Basti** Karma with S.L.N for absorption of liquid form of medicines, age old **Abhyange** (Oleation) technique with medicated oils for preventive, cosmetic and therapeutic relief of many a neuro musculo skeletal disorders, as well as ethical description of **Guggulu** as single herb or in various compound forms .

A research based clinical study of **Vyaghri Haritki** to control & cure **Tamak Swas** (Bronchial Asthma), Ayurvedic solution of synthetic and hormone free medicines for **Dhwaj Bhang** (Erectile Dysfunction) a common problem of modern men, Ayurvedic **Dincharya, Ritucharya** (Life Style) modification to contain diseases of Metabolic Syndrome along with co - morbid conditions , **Surya namashkar** (Sun Salutation) a silent and sound answer to many ailments of today, easy and effective remedy of Dengue with **Ayurvedic medicaments** and relaxation of agony of **Aamvat** pain (Rheumatoid Arthritis) in the ancient way are some of the articles .

So is selective, smooth and safe surgical treatment of **Pilonodal Sinus**.

Thanks.

With Regards

A stylized, handwritten signature in black ink, consisting of a large 'C' shape with a small 'v' at the end.

Dr. Dinesh Vasishth

Ph.D (Internal Medicine), M.B.A.

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*Your Opinion
Is
Solicited*

Important

- * Views & Expressions In The Articles Are Entirely Of Authors.
- * For Next Publication, You Are Requested To Send Articles On **Research, Clinical Study Or Expertise** With Your Photograph, Before **15th November, 2015** At **gurukulscme@gmail.com**

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“CONGRATULATIONS”

For

INTERNATIONAL YOGA DAY

The Prime Minister Of India



Hon. SHRI NARENDER MODI JI

A.Y.U.S.H. MINISTER - Shri. SHRIPAD YASSO NAIK JI

Please Declare !

‘NATIONAL AYURVED DAY’

For

Dhanvantri Diwas

on

(DHANTERAS)

Hardik Badhai



Honourable Shri. Shripad Yesso Naik Ji

Minister A.Y.U.S.H. (I/C)

For

Online Services

Of Central Registration Certificate

(Central Council Of Indian Medicine)



Respected Dr. (Smt.) Vanitha Murali K

President, Office Bearers & Members

(C.C.I.M.)

Thanks & Regards



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ESSENTIALS FOR 'PANCHAKARMA' THERAPY CENTER

INTRODUCTION:

Ayurveda is one of the oldest traditional health care sciences, originated in India more than five thousand years ago in Vedic era. **Ayurvedic approach in preventive, promotive and curative health system is holistic, based on system biology, a comprehensive approach in treating the body, mind rather than diseases.**

The pathogenesis of diseases is a complex phenomenon involving and affecting many factors as well as systems. The metabolic disorders are the groups which take a chronic course with manifestations involving many systems. Once it is manifested the cure is difficult, only palliative or control therapy is possible like in Diabetes mellitus, Obesity etc. In chronic, life style related and metabolic diseases there is an accumulation of morbid metabolic excretory material at macro and micro levels. Such material acts as an internal toxin giving rises to many diseases. Broadly these toxins are of two types like water soluble and fat soluble, the excretion out let for water soluble toxins is through stool, urine, sweating etc., in natural course body helps in excretion but fat soluble toxins such excretion strategy is not functioning in the body. The strategy of removal of such material is not an easy procedure. **Ayurveda an ancient science of medicine has a remedial measure to cleanse the deep seated toxins and morbid material by specific therapy called Panchakarma. The Panchakarma = Fivefold Bio-Cleansing therapy, is a minimal**

invasive having many fold health benefits. The Panchakarma maintains the equilibrium of functional humors of body and brings the system biology in order. After Panchakarma and following post-Panchakarma regimen the recurrence of diseases is rare, this brings positive health by rejuvenating the vital body systems.

This unique Ayurveda minimal invasive Bio-Cleansing therapy is gaining popularity and therapeutic importance; In many star hotels such facility is available throughout world in name of Ayurveda Spa. **The article is written in view to get encouragement and guidance to Ayurveda Graduates for establishment of an ideal Ayurveda Panchakarma Specialty Therapy Center.**

MANDATORY EQUIPMENTS

- 1) **Massage table:** 2 Length: 7 feet
(Wooden/ Fiber) Width: 3 feet
Height: 2.5 feet
- 2) **Panchakarma Droni (Dhara Droni):** 2 Length: 9 feet
Width: 2.5 feet, Height: 2.5 feet
- 3) **Shirodhara Vessels:** 2 Stainless steel vessels (Oil Dripping Apparatus)
of 3 litre capacity
- 4) **Vasti Netra (disposable):** 30 no.
- 5) **Nasya applicator/ dropper:** (Metal and

Disposable 2 each)

6) Geyser: 1

7) Hot fomentation

Cabinet: 2

(Steam chamber)

8) Leather Cap (for ShiroVasti): 2

9) Gas Stove/heating apparatus: 2

10) Tub (for Avagaha sweda): 2

11) Small Vessels Patela -4,

12) Cotton and Plastic Aprons,

13) Caps,

14) Masks

15) Slippers

16) Gloves –Latex and Disposable

17) Stainless steel Stools -4

18) Linen gauze

19) Cotton Pads

20) Cotton Cloth pieces

21) Macintosh Sheets -4

22) B.P. Apparatus with Stand

23) Bed Sheets -4

24) Different Holders- Kadachi 4

25) Spoons: 6

26) Almira -4

27) Shelf -2

28) Slipper Stand

29) Baskets -3 (for waste paper)

30) Netra Basti Yantra

31) Torch

32) Emergency Light

NB: Automated instruments may also be used as per the availability.

MEDICINES

TAILAS (OILS)

1. Anu

2. Bala Guduchyadi

3. Chandanadi

4. Chandanabala Lakshadi

5. Dashamoola

6. Dhanwanthara

7. Eranda

8. Karpasaasthyadi

9. Kottamchukkadi

10. Ksheerabala

11. Lakshadi

12. Mahamashadi

13. Mahanarayana

14. Nirgundyadi

15. Prabhanjana

16. Prasarini

17. Sahacharadi

18. Saindhavadi

19. Shadbindu

20. Tila taila (Sesame oil)

21. Pinda

CHURNAS/ AVALEHA/ RASA

(Powders/ Confectionery/ Herbomineral preparations)

1. Jatamansayadi

2. Dashamula Kwatha

3. Kottam Chukkadi

4. Madanaphaladi

5. Upanaha

6. Kalyanaka Avaleha

7. Icchabhedi Rasa

8. Gandharava Hastadi Kwatha

9. Rasnadi

OTHERS

1. Balamula (Root of Sida cordifolia)

2. Nirgundi (Vitex negundo)

3. Amalaki churna (Emblica officinalis)

4. Dhatura (Datura metel)

5. Musta (Cyperus rotundus)

6. Trivrit (Operculina turpethum)

7. Aragwadha (Cassia fistula)

8. Goghrita (Ghee)

9. Saindhava lavana (Rock salt)

10. Madhu (Honey)

11. Shatawha (Anethum sowa)

12. Leaves of **Karanja** (Pongamia pinnata), Shigru (Moringa oleifera),

Arka (Calotropis procera), **Eranda** (Ricinus comunis), **Amlika**

(Tamarindus indica), **Padmaka** (Nelumbo nucifera) etc.

13. **Vacha** (Acorus calamus)

14. **Mudga** and **Masha** Churna (Green and black gram powder)

15. **Shashtika Shali Dhanya** (a variety of rice yield after sixty days)

16. **Takra** (Butter milk)

17. **Dugdha** (Milk)

18. **Narikela jala** (Coconut water)

SPECIFICATIONS OF PANCHAKARMA THEATRE

In the existing hospitals, there should be separate wards for males and females to

Carry out the various Panchakarma procedures as per following details:

MALE PANCHAKARMA SECTION:

1 Snehan Kaksha (Room) 14' x 12'

1 Swedan Kaksha (Room) 14' x 12'

1 Vasti Kaksha (Room) 10' x 10' with Toilet Facility

1 Shirodhara Kaksha (Room) 10'x10'

FEMALE PANCHAKARMA SECTION:

1 Snehan Kaksha (Room) 14' x 12'

1 Swedan Kaksha (Room) 14' x 12'

1 Vasti Kaksha (Room) 10' x 10'

1 Shirodhara Kaksha (Room) 10'x10'

SPECIAL PRIVATE ROOM ARRANGEMENT:

In case of Indoor Patient Facility

At least 4

O.P.DEPARTMENT: Consulting Chambers -3

300 sq. ft

DISPENSING AND PHARMACY:

200 sq. ft

KITCHEN Room:

200 sq. ft

LABS FOR INVESTIGATION: Out Source

Routine Biochemical and Hematological investigation

OFFICE AND RECORD SECTION:

1) Register for recording

2) Table Computer /Lap Top

3) Patient's Clinical Record Form

4) Patient's Consent Form

5) Different Pathological Investigation Forms

6) Digital Camera

STAFF REQUIRED

2. **Panchakarma specialist** (Male) MD (Ay.) 1

3. **Panchakarma specialist** (Female) MD (Ay.) 1

4. Resident Medical Officers 2

5. **Male Masseurs** (Panchakarma technicians) 4

6. **Female Masseurs** (Panchakarma technicians) 4

7. **Staff nurses** (Round the clock) 5

8. **Kitchen staff** 3

9. **Cleaning services** 4

10. **Pharmacist** 3

11. **Record keeper** 1

PHOTOGRAPHS OF EQUIPMENTS & INSTRUMENTS (YANTRAS)





ABHYANGA MEJ-MASSAGE TABLE



SHIRO DHARA PATRA-
FOR: HEAD SCALP
OIL DRIPPING VESSEL



KATI BASTI TUB



DIFFERENT BASTI RINGS



NASYA DROPER



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PHARMCO-VIGILANCE OF AYURVEDIC DRUGS w.s.r. TO SAFETY PROFILE OF RAS ADRAVYAS

Abstract

Ayurveda has a landmark in the history of medicine by making free use of Metallic preparations in the form of Bhasma etc in different therapeutics. Even though these rasa preparations are proved safe for the therapeutic use during ancient period, but because of lack of knowledge regarding Identification, Collection, method of preparation, process adoption, preservation of finished product and the dose, the pharmacovigilance for these preparations is need of the day.

There is at most need of pharmavigilance for rasa preparations in order to standardize the various aspects involved in the preparation in drug formulation

What is pharmacovigilance?

It is the science and activities relating to the Detection, Assessment, Understanding and Prevention of adverse effects of the Drug and Any other possible drug related problem.

It also includes issues related to:

- a) Substandard medicines.
- b) Lack of efficacy reports.
- c) Use of medicines for indications that are not approved and for which there is inadequate scientific basis.
- d) Assessment of drug related mortality.
- e) Abuse and misuse of medicines.
- f) Adverse interactions of medicines with chemicals.

Aims & Objectives of the present Study.

- a) Improving patient care and safety in relation to the use of Rasaushadhis.
- b) Improving public Health, Educating and informing patients.
- c) Contribute to the Assessment of benefit, harm, effectiveness and risk of Rasaushadhis.
- d) Encouraging the safe, rational and more effective use of Rasa preparations.

How Rasadravyas/Rasaushadhis are safe?

- 1) When Rasadravyas are collected on the basis of their Graya laxanas.
- 2) Rasadravyas do not cause any toxicity when used after subjecting it to processes like shodhana, marana, satvapatan etc with different liquid media.
- 3) The therapeutic dosage given is very less compared to the fatal dose.
- 4) These should be given in proper dosage form and with proper anupana & Patya.
- 5) Some compound formulations even includes their Antidotes.

Eventhough these Rasadravyas are proved safe, but because of number of different method of preparations and more number of pharmaceutical companies which are preparing patent preparations, so pharmacovigilance is must.

In Rasa shastra number of Rasadravyas which are toxic in nature are explained with their specific therapeutic dose after proper samskara. Modren

pharmacology has described the impact of metals & minerals in pure chemical form on the body accurately. Both Acute & Chronic metal poisoning are well documented.

All these effects occurs when these metals are taken as a pure chemical entity. But the Ayurvedic metals & minerals are not ingested as pure chemical entities. These metals & minerals have their own method of purification (samanya & vishesha shodhana), Incineration process (marana), etc. In other words every effort is made to make the metals fit for human consumption & Special processing (Amrutikarana) is done to increase their therapeutic effects. Thus it is clear that in ancient period people were very much aware about the possible toxicity.

List of such drugs with their therapeutic dose and its fatal dose are here.

Sl No	Name	Therapeutic dose mentioned in Ayu	Fatal dose	Fatal period
01	Gold (Swarna)	1/8 to ¼ Ratti	Not certain 0.05gm-I.m	8 days
02	Silver (Rajata)	¼ to 1 Ratti	2gms (Silver nitrate)	Few hrs to few days
03	Copper (Tamra)	1/8 to 1 Ratti	15gms	1 to 3 days
04	Iron (Loha)	¼ to 2 Rattis	2 to 5 gms (Fe-sulphate) in children 1gm – Infants. 20-40gms – Adults	30hrs
05	Tin (Vanga)	1 to 2 Rattis	Not known. 0.25 to 0.60gms proved fatal in children	--
06	Lead (Naga)	¼ to 1 Ratti	20gms of soluble lead salts	2 nd or 3 rd days
07	Zinc (Yashada)	½ to 1 Ratti	30gms – Zinc sulphate 360gms – Zinc chloride 5gms – Zinc phosphide	2hrs with 85gms 5 th day – 14gms
08	Mercury (Parada)	Not used single	0.06gms – I.V 1gm – mercuricchloride	3 to 5 days
09	Haratala (Arsenic trisulphide)	¼ to ½ Ratti	180mgs	12-48hrs
10	Manahshila (Arsenic Disulphide)	1/32 to 1/16 Ratti	180mgs	12-48hrs
11	Gouripashana (Arsenious Oxide)	1/120 (6mg) 1/30 Ratti (1mg)	180mgs	12-48hrs
12	Vaikranta manganese	1/24 to 1/11 Ratti	5 to 10gms (Pot permanganate)	35 mins
13	Sasyaka (Copper sulphate)	1/8 to ¼ Ratti	15gms	1-3 day
14	Makshika (Copper pyrite)	½ to 2 Rattis	15gms	1-3 day
15	Kasisa (Ferr sulphate)	½ to 2 Rattis	20-40gms	30 hrs
16	Spatika (Alum)	2 to 4 Rattis	10gms	24 hrs
17	Hingula (Cinnabar)	½ to 1 Rattis	0.06gm-I.V 1gm-mer-Chloride	3-5days

Necessesity of Pharmacovigilance?

The information collected during the Researches of medicine is inevitably incomplete with regard to possible adverse reactions.

a) During trials the number of patients are selected and the duration of trial is limited. The conditions of use differs from those in clinical practice.

b) Information about rare but serious adverse reactions, chronic toxicity are often incomplete or not available.

c) Trial is done with exclusive groups such as children, the elderly or pregnant women.

d) Tests in animals are insufficiently predictive of human safety.

e) Lack of knowledge regarding the Identification, Collection, Processing (preparation) and also preservation.

f) Lack of knowledge of antidotes, even the food regimen (patya), etc.

Ultimate Goal is.....

1) Safe use of Rasadravyas to avoid side effects and complications.

2) Assessment and communication of the risks and benefits of the drug on the market.

3) Finally improving the health of the society.

4) Encouraging free use of Rasa preparations.

Even though the Rasa preparations are proved safe, but Pharmacovigilance for such preparation is need of the day. There is a relationship between these metallic elements and the health as well as disease condition. Balance of these element content in human body is essential neither deficient nor toxic level is

Desirable. Finally anything can be used as medicine provided you know how to use it.

“Yogadapi visham tikshanum uttamam bheshajam bhavet !

Bheshajam chapi duryuktam Tikshnam sampadyate visham!!”

(Cha.sa.su)

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BASTI KARMA vis a vis SLN (SOLID LIPID NANOPARTICLES) SYSTEM OF DRUG DELIVERY : A REVIEW

Basti is chief panchkarma procedure in ayurveda.

The pharmacodynamics of systemic effect of basti may be understood through absorption mechanism. As basti is homologous emulsion mixture of honey, saindava, sneha dravya, kalka & decoction of crude drugs which is given through rectum is absorbed. The rectum, has rich blood & lymph supply and drugs can cross the rectal mucosa like other lipid membrane. Thus unionised and lipid soluble substances are readily absorbed from the rectal mucosa. Whole intestine is covered by 4 layers namely Muscular, Sub mucosal, Serosal and Mucosal layer. The Mucosal layer is most superficial which comes in contact with the Basti Dravya which is administered. When the intestine gets purified daily, the layers of intestine as well as villi get the nutrition. Further absorption of drug may be enhanced. The drug may enter the circulation and finally it reach the target organ. Mucous membrane of intestine can easily absorb the lipid soluble content and finally pushes into circulation. The rectum contains minute veins. The drug administered may be absorbed through the veins of rectum which can bypass the second part of metabolism. Hence drug may deliver to the target tissues. **In Basti Karma, a homogenous emulsion of Honey, Saindhava, Sneha Dravya, Kalka, and decoction mixed in remarkable combination after proper churning (break the large and middle chain fatty acid into small chain fatty acids) is given.** Which facilitates absorption better than a single drug per rectum. In Ayurveda classics,

various Basti Dravya are mentioned in diverse proportion in different diseases. The Acharyas have appreciated Basti as a unique form of treatment modality. Considering the efficacy, it generates in remodeling the hampered doshas. It is incomparable elimination therapy than the others because it expels the vitiated doshas rapidly as well as it nourishes the body. It can be easily performed in all the age group person; where other Shodhana procedure cannot be performed. **Basti karma is the best choice of treatment for Vata dosha and Vata associated with Kapha and Pitta.** Vata is responsible for Gati Gamana, which is required for Shareera Vyapara. Charaka specifically gives importance to treat the Sthanika Dosha first then Sthanantara dosha. Pakwashaya is said to be the main seat of Vata dosha. Adopting treatment modality like Basti Karma will help in bringing Vata into its normalcy. Hence, it is to be considered as one of the suitable treatments for diseases of Vata dosha predominance; supporting to this **Vagbhata says it as “Ardha chikitsa”** (Half the treatment). It is considered as superior than the other therapeutic measures..

On other hand, in the field of conventional pharmaceuticals, various new dosage forms are evolved continuously with basic purpose to increase bioavailability of the drug which may show maximum therapeutic effect. Solid lipid nanoparticles (SLN) have been reported to be an alternative system to emulsions, liposomes, microparticles and their polymeric counterparts for various application

routes. Solid lipid nanoparticles (SLN) are at the forefront of the rapidly developing field of nanotechnology with several potential applications in drug delivery and research. Due to their unique size dependent properties, lipid nanoparticles offer possibility to develop new therapeutics. The ability to incorporate drugs into nanocarriers offers a new prototype in drug delivery that could use for drug targeting. Hence solid lipid nanoparticles hold great promise for reaching the goal of controlled and site specific drug delivery. Great progress has been made in the treatment of a variety of diseases by using drug delivery systems including solid lipid nanoparticles (SLN). **SLN are colloidal drug carrier systems.** They are very much like

nanoemulsions, differing in lipid nature. Controlled drug delivery, enhancement of bioavailability of entrapped drugs via modification of dissolution rate and improvement of tissue distribution and targeting of drugs by using SLN have been reported in various application.

It seems that these two dosage forms, i.e., basti karma of Ayurveda and SLN of conventional medicine, are very much similar in their origin and character. It is the area of research to know whether the basti karma works on solid lipid nanoparticles system of drug delivery or not.

Clinical Dehydration Score

Sign	Score = 0	Score = 1	Score = 2
General Condition	Normal	Thirsty, restless, lethargic & irritable	Drowsy or not responsive, limp, cold, sweaty
Eyes	Normal	Slightly sunken	Very sunken
Tongue	Moist	Sticky	Dry
Tears	Normal	Decreased	None

Score

0 = No Dehydration 1 - 4 = Some dehydration 5 - 8 = Severe dehydration



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ABHYANG / SNEHAN (OLEATION)

It is a therapy of one of the five precedures of **Panchkarma** rather a Poorv Karm (preparatory process).

Abhyang is the first step of Panchkarma for detoxy fying the body, expelling the toxic metaboloits (waste molecules) from maha srotas (G.I.T.) as well as laghu srotas (arteries, veins, lymphatics).

This procedure is useful in lubricating & liquefying the waste (**mal**) accumalated since for longer periods in various systems of the body and pushing them to the alimentary canal (**koshtha**) for easy elimination at nearest route.

Only shaman therapies can't cure many diseases so easily. This is the reason sometimes Ayurvedic medicines take more time to act. If we advice medicines by cleansing first internal system then the effect of medicines will be fast, more and lasting. Purvkarmas can cure many diseases.

Abhyang improves circulation of blood in muscles, removes toxins, tons up muscles, decreases pain of muscles as well as nerves giving a glow to the skin.

It is done in downward direction for normal persons. For decreasing weight, it is done in upward direction. In abhyanga origin and insertion of muscles is also considered and lymphatic flow /drainage is also seen. Slow abhyanga should be done on vital parts and in the direction of hairs of skin.

Selection of oil depends on doshic predominance.

Vata disorders : Narayan & Mahanarayan teil

Pita disorders: Kshirbala & Chandnadi teil.

Kapha disorders : Sahacharadi Teil can be used.

For head massage use Chandnadi teil and brahmi teil.

Therapeutic- Nuro Musculo, Skeltal Diseases, Sciatica, Lumbago (L.B.A.) Arthritis, Hemiplegia.

Duration : 30 - 45 minutes

Quantity of Oil : 100-150ml warm, tolerable.

Postures : 7 for massaging the body are sitting (i) Lying (ii) Left lateral (iii) back (iv) right lateral (v) lying.

Abhyanga should be done away from heart with normal pressure and speed in circular fashion.

Preperation for Abhyang

Patient should be empty stomach (gap of 2 1/2-3hrs, bowel & bladder clear, minimum under cloths, calm and in confidance environment.

Modifications of Abhayanga:

Unmardana

Towards heart upward with normal pressure. It should be done with oil. It is to be done in healthy individual, with bodyache and fatigue.

Mardana

Away from heart downward . It should be done with high pressure. It should be done with oil. It should be done in healthy individual and adult male.

Samvahana

It is gentle application of oil with no pressure. It is to be done in babies & child (1-5 years), **Acute osteo arthritis and pregnant.**

Udvartana

It is to be done in upward direction towards heart with pressure. It should be done with powder dry and powder pastes.

Lepa

Application of medicated paste (**Dashang**) .i.e pralepa, pradeha, alepa. It can be cold, thin paste wet, hot between cold & hot.



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GUGGULU- A MULTI ACTION DRUG

Guggulu is most important and most useful drug in Ayurveda. The meaning of word **Guggulu** is “**Guk roga tasmāt gudati iti khyati** |” that is the one which protects body from diseases.

For the purpose of making medicines secretion of Guggulu plant is used. In Grishma Rutu because of intense heat from sun, Guggulu melts and secretes out from the bark of Guggulu plant, and in next cold season this melted Guggulu freezes on the outer side of the bark of Guggulu plant, that Guggulu is then collected for medicinal purposes.

There are 5 types of Guggulu

1. Mahishaksha
2. Mahanila
3. Kumuda
4. Padama
5. Hiranya (Kanak)

Out of these ‘Hiranya (Kanak)’ Guggulu is useful for the treatment of human beings.

Aacharya Charaka have mentioned Guggulu in ‘Dhashemai Gana’ and Acharya Sushruta have mentioned it in ‘Eladi Gana’.

Characters of acceptable guggulu (Grahya Guggulu)

Aacharya Bhavprakash have mentioned characters of Guggulu useful in medicine, that are Snigdha i.e. oily, Pakva jambufal varna i.e. its colour should be ripe Jamun fruit, Sugandi i.e. it should have pleasant smell and Pichhila, all these properties are found in

freshly collected Guggulu, as the Guggulu becomes old it loses its own colours and smell, and also the medicinal powers.

Properties of Guggulu

Ras – Katu, Tikta, Kashaya, Madhura

Virya – Ushna

Vipak – Katu

Guna – Snigdha, Laghu, Pichhila, Sugandhi, Sara, Vishada, Sukshma.

(old guggulu – Ruksha guna i.e. dry)

Effect of Guggulu on Tridoshas

On Vata- Pacifies Vata Dosha by its Madhura rasa

On Pitta- Pacifies Pitta Dosha by its Kashaya rasa

On Kapha –Pacifies Kapha Dosha by its Tikta rasa,

Thus ultimately Guggulu acts on all the three Doshas i.e. Tridoshaj

Guggulu purification (Shodhan)

Purification of Guggulu can be done according to the expected results and expected system on which we want to use that Guggulu.

1. When the Guggulu is purified with **Trifala Kwatha** it acts as Rasayana and can be used in treatment of diseases of **Raktavaha and Mansvaha Strotasa**.

2. When the Guggulu is purified with **Guduchi Kwatha** it becomes Snigdha, Rasayana, Balya and Vrishya. And it acts on **Asthi and Majja Dhatu**.

3. Guggulu purified in **Erandmula Kwatha**

increases its Ushna and Aampachak Guna, and also increases its effect on **Snayu, Kapha, and Mansa Dhatu**.

4. Guggulu purified in **Milk** is useful in patients with less tolerance capacity.

Effect of Guggulu on Dhatus

1) **Rasa** – In Rasa Pradoshaja Vyadhis the symptoms like Ashradha , Aruchi, Hruhlas, Tandra, are pacified by Ushana Virya and Ruksha Guna by doing Ama Pachana.

2) **Rakta** – Vranropaka and aseptic properties are used in the treatment of Kushtha, Visarpa , Pidaka also useful in Vatarakta by its Ushana Virya and Deepana property.

3) **Mansa** - One of the synonym of Guggulu is “Palankasha” the one which destroy Mansa. In Arsha treatment the Guggulu works by its Mansa Karshana property.

4) **Meda** - Guggulu is used in the treatment of Apachi, Sthoulya , Meha, Pidaka , Granthi, Gandamala etc.

5) **Asthi** - Guggulu helps in the Dharana Karya of Asthi by its Balya and Rasayana property also useful in Bhagna Sandhana.

6) **Majja** – Guggulu works in Majja Pradoshaja diseases like Bhrama Mada and Murchha by its Sukshama and Majja gami properties

7) **Shukra**- It helps in purification of Shukra Dhatu by cleansing the Sapta Dosha of the Shukra Dhatu and also works as a Vrishya.

High energy breakfast good for diabetics

DTMTNetwork
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According to a study, a high-energy breakfast and a humble dinner can control dangerous blood sugar spikes all day. Over 382 million people in the world suffer from diabetes, predominantly type-2 diabetes. For these people, blood sugar glucose spikes after meals can be life intimidating, leading to cardiovascular complications.

A new Tel Aviv University study proposed a new way to repress deadly glucose surges during the day eating a high-caloric breakfast and a more modest dinner.

As per the study, the combined consumption of a high-energy breakfast and a low-energy dinner reduces overall daily hyperglycaemia in type-2 diabetics.

Prof Daniela Jakubowicz of Tel Aviv University said, "We found that by eating more calories at breakfast,

when the glucose reply to food is lowest, and taking fewer calories at dinner, glucose peaks after meals and glucose levels throughout the day were considerably decreased."

The study was performed on eight men and ten women aged 30-70 with type-2 diabetes. Patients were randomized and assigned either a B or D diet for approximately one week.

The B diet featured a 2,946 kilojoule (kj) breakfast, 2,523 kj lunch, and 858 kj dinner, and the D diet featured a 858 kj breakfast, 2,523 kj lunch, and 2,946 kj dinner.

The conclusion of this study showed that post meal glucose elevation were 20 % lower and levels of insulin, C-peptide, and GLP-1 were 20 % higher in patients on the B diet compared with those on the D diet. Despite the fact that both diets contained the same calories, blood glucose levels rose 23 % less after the lunch preceded by a large breakfast.



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Clinical Evaluation Of Vyaghri Hareetaki In The Management Of Bronchial Asthma (Tamaka-Shwasa)

Introduction:

Air, food and water are imperative to the survival of life. Air is of key importance. Respiration or breathing in and out is the evidence feature of life. This function is very necessary to derive the happiness and benefits of one's life and is carried out by Pranavaha Srotas since the time immemorial. Man has been in steady attempt to find the solution for the life threatening and distressing disorders which affects the human race. One of such conditions is Tamaka Shwasa causing an impediment to one's respiratory functions. The prevalence of respiratory disorders like Tamaka Shwasa is increasing due to increasing pollution, over crowding and poor hygiene. Tamaka Shwasa is a variety of Shwasa roga associated with difficulty in breathing. Movement of air through the **Pranavaha Srotas** is hampered in this disease resulting in the cry of the organ heading towards complete failure for want of air. Tamaka shwasa, well known for its episodic and chronic course which comes under the life threatening disease. It is analogous to Bronchial Asthma in modern system of medicine due to similarity in symptoms, pathogenesis onset, causes and precipitating factors. Bronchial Asthma calls the attention of medical world, due to significant burden in terms of health, care costs as well as lost productivity and reduced participation in family life. The disease Tamaka shwasa, is characterized by

paroxysmal attacks of breathlessness, cough, coryza and chest tightness, rapid respiration distress due to inability to expectorate and prolonged expiration. As stated by W.H.O. 1235 million of global populations are suffering from bronchial Asthma, out of which 1/10th are Indians and the prevalence of asthma is increasing every where. This alarming raise in the prevalence of Tamaka shwasa can be accounted to factors such as atmospheric pollution, rapid environmental changes adaptation of newer dietetic preparations and tremendous psychological stress. The clinical manifestations show high recurrence pattern. Therefore the management criteria should be addressed to quality improvement in the life of patients.

Vata and Kapha are the two key pathological factors involved in the Samprapti of Tamaka shwasa demands distinct remedy and hence writing a prescription in such a situation is wheels in wheels. Thus more and more research work is the need of the day either in bringing about a cure for this illness or else effective control. Ayurveda has got many time tested formulations for this condition. According to line of treatment of Tamaka Shwasa the drugs which have **Vata Kaphaghna** property are used for its treatment. Keeping this principle in mind, present study was carried out to study the etiopathogenesis of Tamaka Shwasa w.s.r. to Bronchial Asthma

Aims and objective-

1. To assess the **clinical efficacy** of in the management of **Tamaka shwasa** w.s.r. to Bronchial Asthma.
2. To assess the **clinical safety** of Vyaghri Haritaki in the management of Tamaka shwasa w.s.r. to Bronchial Asthma.

Methodology: A Non Randomized Interventional Trial was conducted in 50 patients for a period of 12 weeks. Intervention Vyaghri Haritaki was used in the patients of Tamaka shwasa through the oral route with Luke warm water in the doses of 10 gm twice a day. Assessment was done on ayurvedic parameters, PEFR; Bio-chemical parameters; and Asthma control questionnaire and St george respiratory questionnaire. And after one month of intervention follow up was done.

For the selection of patients following was the inclusion and exclusion criteria-

INCLUSION CRITERIA-

- 18-60 yrs. Of either sexes
- Stable bronchial asthma as per WHO
- Positive test of reversibility
- Symptomatic patients as improvement 60 l/min or $\geq 20\%$ in PEFR, 10 mins after the inhalation of 200 mg of salbutamol
- Asymptomatic patients -60L/min or 20% fall in PEFR by provocation with 5-10 mins of physical exercise, followed by reversal upon inhalation of 200 mg of salbutamol, when assessed after 10 min.
- Patients willing and able to participate to 16 weeks

EXCLUSION CRITERIA-

- PEFR $< 50\%$ and or FEV1 $< 50\%$
- Major systemic illness
- Past history of atrial fibrillation, acute coronary syndrome, myocardial infarction, stroke or severe

arrhythmia, in last 6 months.

- Smoker/ alcoholics / drug abusers
- H/o hyper sensitivity to trial drugs.
- Patients with concurrent, serious, hepatic disorder, severe pulmonary dysfunction or any other condition that may jeopardize the study.

Observation- Symptom wise data shows that all participants (100%) suffering from bronchial asthma were having **breathlessness**, 96 % having complain of **cough** and **tightness** in chest, 94% having complain of **wheezing** and **expectoration** of sputum, 84% had paroxysm of **breathlessness**, 22% having **worsening** of breathlessness in night, 18% **awaking in night** and 16% **having skin allergy**.

Ayurvedic Parameters of disease in 50 participants shows that 98% of participants presents with **Kanthe Ghur Ghur Sábda**, Asino labhate saukhyam, **kasa**, **sitodaka vardhate**, **sitaritu vardhate** in 96% of patients, **Kanthodhwamsa**, **pragvat vardhate** in 92% of patients, **meghat vardhate**, **slesmanyam unmuchyamane** Tu Bhrisam Bhavati Dukhitam in 90% of patients, **Slesmala Ahara vardhate** in 94% of patients **kricchacchknoti** Bhasitum in 86% of patient, **sitopcarena prasmana** in 88% of patients Tamah pravesha in 76% of patients, **pranaprapidakam** Tivra shwasa in 74 % patient present.

Vimarga saman type of Sroto Dushti is observed in Pranavaha srotas found in 100% of the participants and Udbhava sthana wise distribution of 50 participants shows that the pathological origin site of the disease is amasaya in all the participants.

Results: There was a significant decrease in the symptoms of bronchial asthma and ayurvedic symptoms of tamaka shwasa. In **breathlessness** 52 % reduction, **paraxosyms of breathlessness** 100 % reduction, **wheezing** 97.87 %, **effect of therapy on worsening of breathlessness in night**, **skin allergy**, **awakening in night** is 100 %, **tightness in chest** is 66 % & **expectoration of sputum** is 38 %. And in ayurvedic

symptoms Asino labhate saukhyam 56 %, aruchi 80 %, jwara 93 %, kanthe ghur ghur sabda 79 %, sitopcarena prasmana 54% ,Tamah pravesha 79, pranaprapidakam Tivra shwasa 54% and Bhṛśma Artimana, **ucchrta netra, visuskasyata, vamathu** 100 % relaxation, Significant decrease in Asthma control questionnaire score and St george respiratory questionnaire ($p < 0.001$). improvement in PEFR ($p < 0.001$). There was significant improvement in blood

urea ($p < 0.001$), Serum alkaline phosphate ($p < 0.05$), albumin : globulin ratio ($p < 0.001$).

Conclusion: used in the patients of Tamaka shwasa through the oral route with Luke warm water in the doses of 10 gm twice a day for 3 months are found to be clinically effective and safe in the management of bronchial asthma (Tamaka shwasa).

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PILONIDAL SINUS

What is it ?

Pilonidal means a 'nest of hairs'

It is also called sacrococcygeal fistula.

It is almost always located near the tailbone.

It is an abnormal pocket in the skin that usually contains hair and skin debris

If It gets infected & may show itself as an abscess which may be very painful, this should be immediately drained surgically.

Who are the patients ?

- Common among hairy young males with excess sweating & dipping hips.
- People who sit for prolonged periods of time, such as truck drivers, call centre employees, e workers with long continuous hours on computer, are at higher risk of developing a pilonidal sinus.
- It may also be seen in the skin between fingers in barbers, dog groomers and sheep shearers.

What patient complaints of :

1. Pain
2. Reddening of the skin
3. Drainage of pus or blood from an opening in the skin
4. Foul smell from draining pus

• Causes :

1. Obesity
2. Inactive lifestyle
3. Occupation or sports requiring prolonged sitting
4. Excess body hair
5. Stiff or coarse hair
6. Poor hygiene

Treatment :

The initial treatment for an infected pilonidal sinus is usually a procedure that can be performed in doctor's office. After numbing the area with an injection, a small incision is given to drain the abscess.

After the abscess has healed, doctor may choose to :

- 1) Excise then sinus and Leave the wound open. This process results in a very long healing time but has no risk of recurrence.
- 2) Excise the sinus close the wound with stitches. While the healing time is shorter with this option, there's a very high risk of recurrence.
- 3) These days the disease can easily be treated by injecting and packing the wound with new proteolytic enzymes with growth factors.

The healing is faster, cost effective and can be done in surgeon's office.



Dr Pratap Chauhan
Jiva Ayurved

Dhwajbhang / Erectile Dysfunction

Ayurveda has eight specialized branches that deal with various kinds of ailments in the human system. Out of the eight branches, one branch exclusively deals with sexual diseases. Ayurveda treats the root cause of the disease and provides natural solutions, which do not create side effects. In the modern age, here are a lot of misconceptions about Ayurvedic medicines. So it is important to present the logical and scientific nature of this ancient healing tradition, especially when it comes to issues like sexual disorders.

Dhwajbhang or erectile dysfunction has been explained in ancient Ayurvedic texts. The word Dhwajbhang indicates absence of firmness or tightness. So when male organ does not attain sufficient firmness during intercourse, the man is said to be having Dhwajbhang. In modern medical terminology, it is called erectile dysfunction or ED. Common people often refer to it as impotence. According various surveys, approximately 40% of males suffer from it at one time or another in life.

Causes:

In Ayurveda excessive intercourse (without using aphrodisiacs), perverted sexual habits and vitiation of Vata dosha have also been described for causing Dhwajbhang. Apart from these, numerous other factors are considered to be responsible for causing this problem, e.g. certain drugs (anti-depressants), neurological disorders, cavernous disorders (Peyronie's disease) etc. Sometimes dhwajbhang can be traced back to certain health problems like diabetes, severe depression, or severe reaction to

any drug. Excessive alcohol drinking and cigarette smoking too are causative factors. Psychological factors are also major causes of Dhwajbhang and can be due to a number of reasons including the increased focus on sexual performance in society. Whatever the cause, the problem of Dhwajbhang can be very embarrassing and disheartening for both the partners and if it continues for a prolonged period, the psychological factors involved worsen the situation and can cause an unhealthy aversion to sex.

Symptoms:

Though the sole feature of Dhwajbhang is regular or repeated inability to obtain or maintain an erection, variety of complaints are made by the patients. The problem is then assessed in several ways and attempt is made to verify, whether the problem exists on physical level or mental level or on both the levels. Obtaining a full erection at some times, such as when asleep (when the mind and psychological issues, if any, are less present), tends to suggest that the physical structures are functionally working and the cause might be probably mental. As against this, failure to obtain erection even in relaxed atmosphere may indicate dysfunction on physical level.

Types as per Ayurveda:

According to Ayurveda, **Dhwajbhang is basically a condition of low vitality or low shukra dhatu. Generally vitiation of Vata dosha is responsible for this problem. On the basis of the cause, seven types of Dhwajabhang are mentioned in Ayurvedic texts.**

Manasik D. (Psychological): This is caused by psychological factors such as fear, anxiety, stress, shame etc. This type is seen quite often as sexuality is (unnecessarily) linked to masculinity in society. A man having erectile problem is often ridiculed and laughed at while a man who gets strong erection is excessively glamorized. This generates tremendous anxiety and fear in minds of some men. The thoughts such as 'Will I get proper erection? Will I be able to satisfy her? Or will she turn infidel to me?' make the men extremely nervous which in turn hampers erection. Men indulging in pre-marital or extra-marital relations too suffer from this due to fear of getting exposed.

Doshaj D. : This is caused by aggravation of vata dosha. Aggravated vata dosha weakens dhatus, mainly shukra dhatu, as result of which the man fails to get proper erection. Excessive exertion, excessive fasting, irregular food timings etc can aggravate vata dosha and cause dhvajabhang.

Shukrakshayaj D. (Oligospermic): This is caused by deficiency of Shukra dhatu. Excessive indulgence in sexual activities, habit of masturbation, first leads to shukrakshay (diminished shukra dhatu) and then to dhvajabhang.

Vyadhij D. (Pathological): This is caused by some other disease. Illnesses like tuberculosis, diabetes, alcoholic neuropathy, Peyronie's disease often hamper sexual functions and result in dhvajabhang.

Aghataj D. (Traumatic) : This is caused by surgical or accidental trauma. Damage to nerves responsible for causing erection can cause dhvajabhang.

Shukranirodhaj D. (Abstinence): This is caused by suppression of sexual urge. It is often seen in men who need to stay away from their spouse due to professional reasons. Soldiers, sailors, prisoners many times display this problem.

Sahaj D. (Congenital) : This is congenital and is generally incurable.

Ayurvedic Medicines:

No other system offers so effective remedies for Dhvajabhang as Ayurveda does. Some compounds commonly used to treat Dhvajabhang are as follows:

Vanari Gutika: An effective preparation of aphrodisiac herbs, cow's milk, pure ghee, rock candy and honey.

Shilapravang Vati: Made from shilajeet and Trivang bhasma.

Kamachudamani Ras: Prepared from muktapishiti, kukkutandatvak bhasma, swarnabhasma, rajatbhasma, jaiphal & other herbs.

Narasimha Rasayan: Madicated ghee containing Musli and other herbs.

Diet and Lifestyle:

Since Dhvajabhang or ED is primarily Vata disorder, strengthening therapies are utilized in Ayurveda. Vajikarna is a branch of Ayurveda that deals with aphrodisiacs and contains many effective therapies and herbal solutions that can completely cure this disorder. Patients should follow the underlying guidelines:

- Take simple, chemical free diet, as many chemicals used for growing and manufacturing food articles can affect nervous functioning and sexual arousal.
- Prevent indigestion, constipation and vitiation of **Apan Vayu that is responsible for penile erection**. So patient should avoid foods that trigger gas formation like potato, beans, peas, cauliflower etc and prefer fruits, vegetables, spices like ginger and drinks like lemon water which release gases easily.
- Excessive salt, acids, tobacco & alcohol too should be avoided. Most of dry fruits, fresh fruits and milk products increase sexual vigour.
- Consuming pure ghee and dry fruits like almond, walnuts, and cashew nuts regularly boost sexual vigor and prevents erectile dysfunction.

• **Performing Yogasan & Suryanamaskar** regularly improves tone of the muscles required for erection while doing Pranayam brings about mental relaxation and tranquility

Some Home Remedies:

1. Lahsun Kshir Paak - Put 1 teaspoon of garlic paste in 1 cup of milk and simmer it for 15 – 20 minutes. Take this preparation once a day.

2. Gaajar Paak- Take two carrots and grate them. Boil them in half liter liters of milk on low flame until the milk dries out completely. Take this with or without sugar according to taste. Add a teaspoon of ghee before serving.

3. Take 4 dried dates, 7 almonds, 3 pistachio nuts and 1/4 teaspoon of quince seeds with a cup of milk at bedtime.

4. Place 20 gm of raisins in one cup of milk and simmer the mixture for 10 minutes. Take it at bedtime. Gradually increase the quantity of raisins up to 50 gm.

5. Take half teaspoonful of powder of lady's finger root (okra) with a glass of milk and 2 teaspoons of candy sugar at bedtime.

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AYURVEDIC LIFE-STYLE MANAGEMENT FOR METABOLIC SYNDROME

Metabolic Syndrome is group of minimum three of the five medical conditions of Life Style disorders. It is also known as Metabolic Syndrome X or Syndrome X.

These are

1. Raised fasting glucose
2. Abdominal central obesity.
3. Raised blood pressure
4. Raised Triglycerides (T.G)
5. Decreased H.D.L .

Associated conditions are Hyperuracemia, Fatty Liver, Poly Cystic Ovarian Syndrome (P.C.O.S), Erectile Function (E.D)

Cause of Metabolic Syndrome is not known but common conditions are Ageing, Stress, Over Weight., Sedentary Life- Style, Psychiatric Disorders, Diabetes M and C.H.D.

Management Modern medicine lays emphasis on one line management i.e Diet & Life Style Modification followed by medicines besides precautions of dos' & dont's. This regimen recommended by Endocrinologists precisely matches the Ayurvedic pattern of Life-Style modification.

Apathya (Donts') - Oily (Snigdh), Cold (Sheet). Salty (Aml, Lavan), Heavy (Guru) etc Ahaar.

Pathya (Dos')- **Katu, Tikt & Kashya ras Pradhan Dravyas.** Whole some grains (Ann). Seasonal green vegetables e.g. Parmal, Karela, Sahnjn Ki Phali, Jimikand, Palak and fruits, in moderate quantity except Mango, Chikoo, Shrifa, Kela etc.

1. Liquids- Ushna or Shitoshn jal, Shadng paanya, Coconut water, Jeera uct Takra, Mastu curd jal. Honey in hot water, Green vegetable soup.

2. Single Herbs - Anwla, Vrikshawnl, Guggal, Harad, Baheda.

3. Kwath - Dashmoola, Amritashtak, Varunaadi

4 Vati - Chandraprabh, Arogyavardhni.

5. Gugglu- Triphla, Medohar, Amritaadi.

6. Churan- Vijaysar, Methi Dana, Gudmar.

7. Panchkarma - Ubtan & Swedan

8. Vihar - Walk, Brisk walk, Jogging, Swimming, Rowing, Aerobics, Disciplined & Scheduled daily (Dincharya) I.e timely night sleep, getting up early morning, Controlled use of electronic gadgets.

9. Yoga- Surya Namaskar, Chakra Aasan, Dhanur A, Bhujang A, Vajra A, etc. & Meditation (Dhyana)

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Re-Thoughts

Going From Failure To Failure Without Loss Of Enthusiasm

-Winston Churchill

Books & Friends Should Be Few But Good

-Spanish Proverb

Small Deeds Done Are Better Than Great Deeds Planned

-Peter Marshal



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सूर्य नमस्कार

सूर्य नमस्कार का योगासन अभिन्न अंग है। योग तन, मन एवं आत्मा की आवश्यकता है। योग को विभिन्न परिभाषाओं से वर्णित किया है। पतंजलि योग दर्शन में कहा गया **“योगश्चित्तवृत्ति निरोधः”** अर्थात् चित्त वृत्तियों को रोकना ही योग है। भगवान् श्रीकृष्ण ने गीता में बताया है कि योग न अधिक खाने वाले का या बिल्कुल न खाने वाले का, या अधिक सोने वाले का या अधिक जागने वाले का अथवा बिल्कुल न सोने वाले का सिद्ध नहीं होता है। यह नियम सयंम एवं जीवन की उपयुक्तता पर निर्भर करता है। इसीलिए उन्होंने कहा, **“तस्मात् योगी भर्वाजुनः”** हे अर्जुन तू योगी हो जा। एक जगह उन्होंने और परिभाषित किया है कि कर्मों के करने की कुशलता का नाम योग है। **“योगः कर्मसु कौशलम्”**।

सूर्य चिकित्सा में सूर्य नमस्कार का बहुत बड़ा महत्व है। इसमें सूर्य के १२ नाम हैं तथा १२ मन्त्र हैं- १. ऊँ मित्राय नमः २. ऊँ रवये नमः ३. ऊँ सूर्याय नमः ४. ऊँ भानवे नमः ५. ऊँ खगाय नमः ६. ऊँ पुष्णे नमः ७. ऊँ हिरण्यगर्भाय नमः ८. ऊँ मरिचये नमः ९. ऊँ आदित्याय नमः १०. ऊँ सवित्रे नमः ११. ऊँ अर्काय नमः १२. ऊँ भास्कराय नमः। सूर्य नमस्कार १२ भागों में पूर्ण किया जाता है। सूर्य नमस्कार प्रातः शौच निवृत्ति के बाद सूर्योदय के समय आरामदायक वस्त्र पहनकर करना चाहिए। इसके करने की विधियाँ इस प्रकार हैं:-

पहला आसन:- दोनों हाथों को जोड़कर तथा पैर मिलाकर खड़े हो जाएं। दोनों पैर की एड़ी मिली हों तथा पंजे खुले हों। सिर व गर्दन सीधी रखें तथा श्वास सामान्य रूप से लें।

दूसरी स्थिति:- गहरा श्वास भरते हुए दोनों हाथों को ऊपर ले जाते हुए पीछे की ओर झुकें तथा कुंभक करें।

तीसरी स्थिति:- श्वास को बाहर निकालते हुए आगे की ओर झुकें तथा घुटने सीधे रखते हुए दोनों हाथों को पैरों के दोनों ओर भूमि में टिकाएं तथा माथे को घुटने से लगाने की कोशिश करें यहाँ बाह्य कुंभक करें।

चौथी स्थिति:- दोनों हाथों को भूमि पर टिकाएं तथा श्वास भरते हुए बाएं पैर को पीछे की ओर ले जाएं तथा चेहरा ऊँचा रखें तथा कमर नीची रहे और आकाश की ओर निहारने का प्रयास करें।

पाँचवी स्थिति:- अब श्वास को बाहर निकालते हुए दूसरे पैर को भी पीछे ले जाएं तथा दोनों पैरों के अंगूठे को मिलाकर रखें। ठोड़ी को कंठ कूप में लगाएं तथा पैरों की एड़ियों को भूमि पर रखते हुए कमर को ऊपर रखें तथा यहाँ बाह्य कुंभक करें।

छठी स्थिति:- अब श्वास भरते हुए ठोड़ी, सीना, नाक, मस्तक, पैर, घुटने भूमि पर सटा दें तथा श्वास को बाहर छोड़ते हुए पैर को भूमि से उठाएं।

सातवीं स्थिति:- अब श्वास भरते हुए दोनों हाथों को सीधा करते हुए भुजंग आसन में स्थित हो जाएं।

आठवीं स्थिति:- इसमें पुनः पाँचवी स्थिति में वापिस आ जाएं।

नवमी स्थिति:- इसमें श्वास भरते हुए बाएं पैर के घुटने को दोनों हाथों के बीच में आगे निकालते हुए पुनः चौथी स्थिति में वापिस आ जाएं।

दशमी स्थिति:- श्वास छोड़ते ही पुनः तीसरी स्थिति पर आ जाएं।

ग्यारहवीं स्थिति:- श्वास भरते हुए दूसरी स्थिति पर आ जाएं।

बारहवीं स्थिति:- अंत में श्वास छोड़ते हुए स्थिति एक पर आ जाएं।

इस प्रकार यह सूर्य नमस्कार 9२ चक्रों में पूर्ण किया जाता है।

नोट:- जो विभिन्न प्रकार के योगासन नहीं कर सकते हैं उन्हें सूर्य नमस्कार दो राउन्ड रोज कर लेना चाहिए इससे अनेक आसन करने का लाभ प्राप्त हो जाता है।

सावधानियाँ:- सूर्य नमस्कार में कुछ सावधानियाँ बरतनी चाहिए तभी लाभ होगा।

१. दस वर्ष की आयु के बाद ही सूर्य नमस्कार करें।
२. सूर्य नमस्कार प्रातः पूर्व की दिशा को मुख करके आरामदायक वस्त्र लंगोट या जांगिया पहनकर ही करें।
३. सूर्य नमस्कार खुले वातावरण में शुद्ध वायु में करें। २ या ३ राउन्ड से ज्यादा न करें।
४. शीतकाल में खुली हवा में न करें।
५. सूर्य नमस्कार के तुरन्त बाद ठंडे पानी से स्नान न करें पहले कुछ देर आराम करना चाहिए।
६. सूर्य नमस्कार के तुरन्त बाद गरम दूध में शहद डालकर सेवन कर सकते हैं। चाय, काफी, कृत्रिम शीतल पेय न पिएं।
७. अधिक परिश्रम के बाद, ज्वर होने पर, थके हुए, धूप से आने पर, अत्यन्त गर्मी होने पर सूर्य नमस्कार न करें।
८. महिलाओं को ऋतु काल में, गर्भावस्था में सूर्य नमस्कार नहीं करना चाहिए।
९. सूर्य नमस्कार सदैव खाली पेट करें, खाना खाने के बाद बिल्कुल न करें।

जरा विचारें

सत्य बोलो पर अप्रिय नहीं, प्रिय बोलो पर असत्य नहीं।

—रामानुज

जो उत्साहित होते हैं वे कठिन परिस्थिति में हिम्मत
नहीं हारते। — बाल्मीकि

जो तुम्हारी बात सुनते हुये इधर-उधर देखें उन पर कभी
विश्वास न करें। — चाणक्य



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AYURVEDIC MANAGEMENT OF DENGUE FEVER

Dengue Fever crises in Delhi is the news of concern for all as it is spreading like an epidemic resulting in few of its' cases as bad precedent. Govt., administration, medical and para medical personnel are doing their job collectively to control & cure this menace.

Dengue Fever is a viral disorder. transmitted to humans by the bite of infected two of mosquito species I.e Aedes Aegypti & Aedes Albopictus. It is not a contagious disease having an incubation period of 3-15 days. Early phase common sign / symptoms are headache, fever, chills, rashes (itchy), nausea, vomiting, pain in abdomen, less of appetite.

In severe cases haemorrhage starts from skin, gums, nose and G I T termed as Dengue Haemorrhagic Fever (D.H.F) mostly among children below 15 years & adults while another is Dengue Shock Syndrome (D.S.S). D.H.F precedes D. S. S developing severe abdominal pain, bleeding, hypotension, shock & death. Diagnostic Investigations are C.B.C (Platelets counts) decrease as well as Positive N.S 1. Treatment is symptomatic with antipyrites e.g paracetamol, fluids glucose water, fruits juices and B-Complex referring hospital admission in cases of severe run down conditions.

Simultaneously ancient Ayurvedic medicine has an effective answer to check this deteriorating condition.

Essence of Ayurveda is that it lays emphasis on preventive & curative measures together.

These are

1. Keeping the patient's **environment** free from causative factors

A. Fumigation (Dhumpaana) by burning of **Neem Leaves, Lohbaan, Kapoor, Chandan, Gugglu** etc. to ward of mosquitos.

B. Keeping Flowers of Kamal, Gulab, Chameli, Motia or burning their insence agarbattis in keeping the patient cool and relaxed.

2. **Boiled water** to be served in enough quantities with **Long, Badi eliachi, Tulsi, Saunf, Pudina** alone or in combination of two dravyas.

3. **Fruits - Anar, Angoor, Nariyal, Chiku, Santra, Mausmi, Ananas, Bel, Ber, Papita, Falsa, Jamun** etc.

4. **Vegetables - Nimbu, Kheera, Parval, Kamal Kakri, Kacha Kela, Jimikand, Kathal** etc.

5. **Local Applicants - Oils** to be applied e.g.

Neem, Long, Chandan aadi, Chameli, Chalmogra.

6. **Fresh Juice of Papita leaves, Kashya of Giloy, Tulsi.**

7. **Yog**

Godanti Bhasm 500-1000 mg / day

Parwal Pishti 125-250 mg / day

Amrita Satva 2.5 - 5 gm / day

Haridra Churan 2.5 - 5 gm / day

Maha Sudarshan Churan 2.5 - 5 gm / day

Sanjivni Vati 2 - 4 / day

Sudarshan Vati 2-6 / day

Sudarshan Ghan Vati 2-4 / day

RECENT DEVELOPMENTS

AIIMS-like AYUSH hospital for city

Sushmi.Dey@timesgroup.com

New Delhi: The government is building a AYUSH hospital in Delhi, on the lines of All India Institute of Medical Sciences (AIIMS). AYUSH minister Shripad Naik said on Friday. He said the hospital is expected to be completed in six months and will cater to a capacity of 500 patients.

"The building of the hospital in under construction and will be completed in six months," Naik said.

The upcoming six AIIMS hospitals across the country will also have separate AYUSH departments.

"Our mission is to build one AYUSH hospital in each district so that people can take the benefits of traditional medicines. Also, I have

written to the PM to post ayurvedic doctors at primary health centers in villages where allopathic doctors are not available," Naik said.

Highlighting that AYUSH is not a substitute to allopathy, Naik said medicinal practices under AYUSH, and allopathy can be used simultaneously.

In an attempt to promote Ayurveda, yoga and other

such traditional sciences, the government has also recently signed pacts with various other countries for cooperation in promotion and research of yoga and ayurveda.

There are a total of 543 colleges of AYUSH currently functional in the country of which 281 are of ayurveda, 191 of homoeopathy, 44 of unani, 18 of naturopathy and nine of Siddha medicine.

■ चीन और जापान ने साबित किया है कि परंपरागत चिकित्सा पद्धति मेडिकल खर्च को घटाने में बहुत कारगर है। परंपरागत भारतीय चिकित्सा पद्धति को प्रोत्साहन देने की जरूरत है। अब तक यह उपेक्षा पा, मोदी सरकार ने इसके लिए पहल की है।



दिल की बात

डॉ. देवी शेटी

पेयरमैन, नारायण ग्रुप ऑफ हॉस्पिटल्स

डॉ. शेटी कहते हैं, "अच्छे डॉक्टरों को कानूनी मान्यता मिलनी चाहिए, ताकि वे गांवों के प्राथमरी हेल्थ सेंटर अंग्रेजी दवाओं के सहारे चला सकें। इससे कम खर्च में इफेक्टिव प्राथमरी हेल्थकेयर सिस्टम खड़ा किया जा सकता है। यहां नर्स बिंदीया पर नसे ही बनी रहती हैं, लेकिन खूबसूरत देश में उन्हें एक लेवल के बाद गैनेरियसता का देने का अधिकार मिल जाता है। हमारे यहां भी ऐसा क्यों नहीं हो सकता?"

Peppermint oil, cinnamon can heal chronic wounds

Peppermint oil and cinnamon could help treat chronic wounds. The researchers have found a way to package antimicrobial compounds from peppermint and cinnamon in tiny capsules that can both kill biofilms and actively promote healing. The new material could be used as a topical antibacterial treatment and disinfectant. Many bacteria clump together in sticky plaques in a way that makes them difficult to eliminate with traditional antibiotics. Doctors sometimes recommend cutting out infected tissues. This approach is costly, however, and because it's invasive, many patients opt out of treatment altogether. Essential oils and other natural compounds have emerged recently as alternative substances that can get rid of pathogenic bacteria, but researchers have had a hard time translating their antibacterial activity into treatments. The researchers packaged peppermint oil and cinnamaldehyde, a compound in cinnamon, into silica nanoparticles. The microcapsule treatment was effective against four different types of bacteria, including one antibiotic-resistant strain. It also promoted the growth of fibroblasts, a cell type that is important in wound healing. The finding is reported in the journal ACS Nano. — Agencies



MOVING NEWS

Diabetics prone to memory decline with age



PEOPLE suffering from Type 2 diabetes are prone to memory decline and also develop poor decision-making skills as they age, says a research. In just two years, people with Type 2 diabetes experienced negative changes in their ability to regulate blood flow in the brain. It was associated with lower scores on tests of cognition skills and their ability to perform their daily activities. Normal blood flow regulation allows the brain to redistribute blood to areas of the brain that have increased activity while performing certain tasks. "Results suggest that diabetes and high blood sugar impose a chronic negative effect on cognitive and decision-making skills," said experts from Harvard Medical School, Boston. The study was published in the journal *Neurology*. Forty participants were tested at the beginning of the study and again two years later. After two years, the people with diabetes decreased ability to regulate blood flow in the brain. They also had lower scores on several tests of memory and thinking skills. "Higher levels of inflammation were also associated with greater decreases in blood flow regulation, even if people had good control of their diabetes and blood pressure," said experts.

POLLUTION COULD RAISE THE RISK OF DEMENTIA

People who live in polluted places run a 40% greater risk of developing Alzheimer's disease and vascular dementia than those who live in areas with cleaner air, reports a Swedish study in the journal *Environmental Health Perspectives*. The study tracked traffic patterns and the health of 2,000 people over 15 years in Swedish city of Umea. It concluded that 16% of the cases of dementia had been caused by exposure to pollution.



PASSIVE SMOKING UPS STROKE RISK



Passive smoking can increase the risk of stroke by 30%, concluded a study of 22,000 people over the age of 45. Even after adjusting for other stroke factors such as hypertension and heart disease, 30% risk of stroke remained, reports a study in the *American Journal of Preventative Medicine*. Nearly one in four of the study participants (23%) had been affected by second-hand smoke in the past twelve months, said researchers, who then established a clear link between exposure and stroke risk.

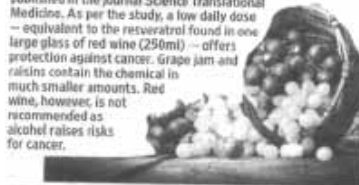
EXERCISE TO REGAIN BONE MASS

Doing weight-lifting and jumping exercises along with taking calcium and vitamin D for at least six months reverses age-related bone loss in middle-aged men, reports a US study in the journal *Bone*. Men gradually lose bone mass as they age, but facilitating bone growth with exercise and supplementation helps prevent osteoporosis, a condition that makes bones weak and prone to breakage. Measurements of the bone mass showed that the bone mass of the body and spine increased after six months of completing the weight-lifting or jumping programmes.



GRAPES MAY HELP PREVENT BOWEL CANCER

Resveratrol, a chemical found in the skin of grapes, can in small doses prevent bowel cancer, shows new research published in the journal *Science Translational Medicine*. As per the study, a low daily dose — equivalent to the resveratrol found in one large glass of red wine (250ml) — offers protection against cancer. Grape jam and raisins contain the chemical in much smaller amounts. Red wine, however, is not recommended as alcohol raises risks for cancer.



DIETARY SUPPLEMENTS MAY TRIGGER EATING DISORDERS



Widespread consumption of over-the-counter body-building supplements is emerging as an eating disorder, warns a study. Of the 195 men that were surveyed in the 18 to 65 age group, more than 40% said their use of supplements increased over time, 22% replaced regular meals with dietary supplements and 29% were concerned about their intake. About 8% were asked by their physicians to reduce or stop intake, and 3% were hospitalised for kidney or liver problems. The study was presented at the American Psychological Association's annual convention, in August.



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AAMVAT KI CHIKITSA

Aamvata

‘Aamen sahitah vatah, i. e. Aamvata

Term "Ama" means undigested or unripe form resulted as a consequence of impaired functioning of jatharagni (poor metabolism).

Vanghbhatt described that due to **mandagni** (hypo functioning) of **agni** (digestive fire) the ann-rasa under goes fermentation or putrefication (**dushit**) which gradually vitiates **tridosh** along **srot** as well as **sandhis** (joints). These creates problem of pain, stiffness, fever, loss of appetite etc, it can be co related with Rheumatoid Arthritis.

RA is a chronic multisystem disease of unknown cause. Although there are a variety of systemic manifestation but characteristic feature of RA is persistent inflammatory synovitis involving peripheral joints in symmetric distribution. The potential of synovial inflammation causing cartilage damage, bone erosions and subsequent changes in joint integrity is the hallmark of the disease.

Nidan/Hetu :

- Virudh Aahar (Incomptible Food)
- Virudh chestha (Excess in Effort)
- Mandagni (Dyspesia)
- A-Shram (Lac of exercise)
- Vyayam after snigdh aahar (Oily Food)
- Excess use of aamjanak,vata prakopak and sandhi shathily karak dravyas
- Excess of Urad, Dadhi, Ksheer,
- Excess Aanoop mansh (Meat)
- Dushit (water)
- Dushit Madira paan (Alcohol)

Dosh-Dusya Adhisthan

- Dosh - Vata pradhnn - Tridosh
- Dushya – Rasa, Snayu, Kandara
- Adhisthan- Sandhi sthal
- Srot—Rasa Vaha
- Sroto Dushti –Sang
- Roga Marga – Madhyam

Lakshan Samanya

- Shul (Pain in different organs)
- Aruchi (Anorexia)
- Trishna (Thirst)
- Aalsaya (Lethargy)
- Gurugatrata (Heavyness)
- Jwer (Fever)
- Bhojan Aparipak -(Indigestion)
- Shoth (Swelling)
- Kati Shul (Pelvis or low Back Pain)

Chronic Lakshan

- Jirn sandhi shul hast, pad, shir, goolph, janu, trick and uru (Regular pain in almost all joints)
- Vrischik danshvat peeda (Scorpion bite pain)
- Agnimandya (Gastritis)
- Lalasrav (Ex. Salivation)
- Aruchi (Anorexia)
- Guru gatrata (Heaviness of body)
- Shareer dah (Burning of body)
- Mutra ati pravriti (Excess Urination)
- Anidra (Insomnia)
- Trisna (Thirst)
- Vaman (Vomiting)
- Bhram (Vertigo)
- Murchha (Syncope)
- Hrudgraha (Pericardial mylagia)
- Aadhyaman (Flatulance)

• Koth badhata (Consipation)

Ayurvedic Chikitsa **Anupan-** Hot Water

1. Kasay (Kwath) 30-60ml /day

Kachoor, sunth, haritaki, vacha, devdar, atis and guduchi kwath each, of equal quantity.

2. Dashmool with Erand tail (10 ml)

3. Rasna saptak

2. Churn **5-10 gm/ day**

Vaishvanar, Ajmodadi

Hingwadi, Trikatu

3. Vati **2-6 /day**

Agnitundi, Aamvatari

Chitrkadi, Rason

4. Gugul Kalp **3-6 /day**

Singhnad, Kaishore

Vatari, Trayodasang

5. Rasa **125-250 mg/ day**

Hingulesver, Vata gajankush

Sameer pannag, Mall sindoor

Tal sindoor, Aamvatari

6. Panchkarma Chikitsa

Ruksh swedan—Baluka swedan, Potly Sek

Vaiteran basti, Dashang lep



HUMBLE APPEAL



All realize that exchanging knowledge

is always essential for the success & survival of any medical science.

Honorable scholars are requested to share their

worked - hard research - study award shelved

achieved at Post - Graduation (M.D) or Ph.D

among fellow B.A.M.S. practitioners.

Honestly, a holistic contribution in the name of 'Bhagwan Dhanvantri'

LESS EGO BETTER HEALTH

CHINTAN!

Ancient Text Modern Context

Dear Doctor,

*As you are aware that **Ayurvedic medical science** is practised since centuries sustaining well the Indians as well as our environment.*

*With the advent of technology, luxuries and comforts the quality of life has improved but not health that's why a number of **Life- Style** disorders are cropping up.*

*World standard hospitals with super specialists are serving in cities & metros merely able to control the complications rather cure except **SURGEORY**. Now a days **Preventive Medicine** by govt. & private is getting promotion.*

*My dear friends we have studied **Padarath Vigyan** (Basic Principles), **Swasthvir** (Social & Preventive Medicine.), **Dravagun** (Science of Herbs), **Kaye Chikitsa** (Medicine) etc along the philosophy of **Tridosh, Prakriti, Desh, Kaal, Balabal, Anupan, Pathya** etc means a thorough screening technique has been taught to us during graduation.*

Please do the Chintan why the following ?

1. So many medicines are prescribed by us when single **dravyas** (Herb) can work .
2. Combination of compounds (Yog) are given when single compound acts specific.
3. Why **ras aushdhi** (Parad Gandhak) are advised at start of Ayurvedic treatment when **Kashth aushdhis** may be tried first ?
4. Before or during medication why not **shodhan karma!**
(Purification of **Koshtha**, G.I.T) not performed by us for balance of **Tridosh** as well as detoxify (**Mal rahit**) internal flora for **Aushdhis** to act fast.
5. Why modern medicine diagnosis is taken the basis of treatment e.g D.M, Arthritis etc. although we know **Dosh & Dushay** combination effects as fundamentals of ayurvedic **chikitsa**.
6. A suitable and scientific **debate** is needed.

*Concluding I appeal my esteemed community to advise & prescribe least number of medicines (YOG) for the care, convenience, cost and confidence of patient as ayurveda is reach in variety of forms e.g **fresh ras, kalk, churan, vati, kashai, asav, arisht, avleh, ras and rasayan**.*

Wishing You Happy Dhavantry Day & Deepawli

An Awnla A Day Keeps Ailments Away.

DR. KAPIL DEV

M.B.B.S., M.S.

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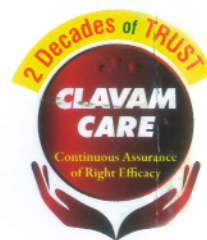
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