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GURUKUL'S C.M.E

₹ 50



*A Quarterly Magazine For
Medicine Reorientation*

KNOWLEDGE BUILDS CONFIDENCE

पुष्कर मूल

Volume 7

Issue 1 & 2

October 2019 - March 2020

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Editor's Desk

Dear Doctor,

First & 2nd issue of volume 7 contains writeups with **Chintan** for realisation of our duty and right of serving ailing society; drawing serious concern towards Ayurved's **decline** in its native country; guest column of **Atithi** a reputed practitioner's views; ever curative & preventive solution of **Janapad-dhwans** (epidemic) Corona Virus supplemented by **Naturopathy's** point of view.

Correction of one of the life style disease **Stholaya** by ancient protocol of treatment; **Vatarakt** based on age old diet as well as specialised **Marm Therapy** for frozen shoulder besides ayurvedic **Immuno booster measures** are some of the interesting articles.

Wish & hope the newly formed **Editorial Board** of experts; academicians & experienced personalities from different branches of ayurved will certainly contribute in enhancing clinical knowledge among our esteem readers.

Gurukul's C.M.E. magazine sympathises the victims in their pain during corona crises.

Thanks.

With Regards

A handwritten signature in black ink, consisting of a stylized 'D' followed by a flourish.

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

Contents



Chintan		2
Decline of Ayurveda in India	Dr. Shri Kant Gaur	3
Atithi-Vartalaap	Dr. Rakesh Agarwal	5
कोरोना विषाणु- आयुर्वेदिक दृष्टिकोण	डॉ. घनश्याम वत्स	7
प्राकृतिक चिकित्सा	डॉ. भरत सिंह	13
Exploring obesity through Ayurveda	Dr. Kavita Sharma Dr. Saurabh Purwar	15
Vatrakt (Gout)	Dr. Sonali Jain	20
Immuno-Booster Measures	Dr. Ravi Gogia	22
Dhrohar		25
Marma Chikitsa	Dr. Pawan Kumar, Dr. Bhawna Aggarwal	26

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Chintan!

Right vs Duty

Dear Doctor,

*Recently the **chief justice of India** reacted sharply stating that citizens protest for '**Rights**' Not for '**Duty**'.*

*So is the intent of our fraternity specially private practitioners. Let's think over for **realization of both**.*

- 1. All of us know that we are admitted to **ayurvedic colleges** for B.A.M.S. graduation where teaching & training is undertaken by **B.A.M.S, MD (Ay.), PhD (Ay.)** faculties.*
- 2. The syllabus protocols are prepared & recognised by **C.C.I.M**, an autonomous body of A.Y.U.S.H; government of india.*
- 3. All B.A.M.S. pass-outs are enrolled in state or central **A.Y.U.S.H**; registers.*

*High thanks & hats off to **Ayurved physicians** who purely, solely practise ayurvedic medicine in jobs of **govt., colleges, pharmaceuticals & research centres** for keeping ancient system alive & aloft.*

- 4. While among **private integrated practitioners** the intent & inclination towards allopathic medical system had been more; making ayurved dwarf because it did not get the desired promotion by our community.*
- 5. Neither any state or central A.Y.U.S.H; legally favoured nor protected us for modern practice although the protests for '**Right**' is continuing since decades without much success while we have forgotten our '**Duty**' towards our own system ayurved.*
- 6. Harmonious & honourable lasting solution would have been protesting the governments for some of alopathic **analgesics, antipyretics, antibiotics** as a right to extend first aid services besides our foremost duty for development of ayurved too.*

B.C.G. VACCINE

NOT ONLY PROTECTS

TUBERCULOSIS BUT ALSO PREVENTS LUNG-CANCER.



Dr. Shri Kant Gaur
B.A.M.S., University of Delhi

Decline of Ayurveda in India

Ayurveda is most organized medical science backed by strong philosophy. There is a continuous continuity between the environment and the living beings including human. It is always said the living beings are miniature replica of the bigger cosmos. There is a constant interplay between the two which support each other's existence.

In this natural association there is absolutely nothing which goes waste or harmful to either. Keeping the environmental conditions i.e individual variations (**Prakriti**), various seasons (**Ritu**) and time of the day **Kal** in sight, sages of Ayurveda defined life style guidance for all age groups.

Primary objective of Ayurveda is to sustain health of all individuals. Following the guidelines the propensity of individuals falling ill is greatly reduced.

With the advent of so called modern era, all these guidelines are being ignored at the cost of health requiring stern life style modifications.

Even after independence no effort was made to revive Ayurveda with holistic approach at government level.

Some of the reasons for the decline of Ayurveda in India as I understood are as follows:

1. Age old philosophy of **tridosha** explaining human physiology could not find any takers either in the so called scientific community or the government. As it was not possible to

translate Ayurvedic fundamentals making them understand into modern terminology. It got neglected and was often termed as unscientific.

2. No effort was made by the government to re-establish the faith of Ayurveda among the masses. So it was completely left for the Ayurveda practitioners along small pharmaceutical companies to run the system of their own without any support whether financial or appreciation of any kind from the government.

Small Ayurvedic manufacturing companies could not match the marketing skills and the financial power of the allopathic manufacturing companies resulting in unpopularity.

3. Earlier the Ayurvedic practitioners used to prepare different Ayurvedic formulations themselves based on their personal requirement. So, there was absolutely no need to establish stability or shelf life of the medicine.

As the involvement of the industry increased, based on growing population as well as ayurvedic physicians the commonly used drugs were needed to be manufactured in larger amounts. It became pertinent to define the shelf life of the medicines to ensure that these drugs could be used for a longer period safely and effectively.

4. As the manufacturing of drugs moved to private

sector entrepreneurs started bringing newer combinations called as **proprietary drugs** to treat various ailments. Most of these newer formulations were not backed by proper studies to substantiate their efficacy for the proposed indications.

So neither the manufacturer nor the treating physician was sure of their therapeutic dose, duration of treatment and even indication.

5. Earlier research activity was undertaken by a few private establishments or public. Even today most of the research activities are funded by the government although Ayurveda did not find any place in the scheme of government policy. And hence no research activities were undertaken. Although it is a herculean task to conduct research activities in any system of medicine and more so in Ayurveda as the parameters which define the success or failure of the research are derived from the allopathic drug industry.
6. Parameters for the teaching and training of Ayurvedic doctors were not properly defined. Most of the time in teaching institutions/ boards used to define their own teaching curriculum, training programmes.

Hence there was no uniformity across India with the quality of Ayurveda physicians.

7. The understanding of human physiology, disease pathology and treatment modalities are based on experience whereas the modern concepts are based on the outcome of the experiments conducted on animals and human beings. **Ayurveda is an experiential wisdom whereas modern science is more experimental in nature.** Classical formulations developed and approved for various indications were based on the experience gathered over a long period where this is not true of the proprietary formulations.
8. I would like to say a few words about the use of bhasma in Ayurveda. Media has been constantly trying to create fear about the use of these bhasma as they contain heavy metals coming damage to human organs. Sadly no effort has been made effectively either by government or pharmaceutical companies to allay this fear besides generating data to re-establish the safety and further efficacy of these age old purified bhasmas.

May be we shall talk about the strength of Ayurveda, propagate it and bring back its glory.

To be continued....

I.F.

***Intermittent fasting is a new medical terminology advocated for
Life Style Management explaining Time Table Of Meals
at 8 a.m. - 4 p.m. & next morning 8 a.m.***

Atithi ***Vartalaap***

Dr. Rakesh Agarwal

Arogyadham National Family Health Magazine

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Q.1- You are a specialized ayurvedic practitioner; would you please share from where you graduated & when?

Ans:- I passed BAMS from A & U Tibbia College in 1981, affiliated to Delhi University.

Q 2- Is it true that you are an IITan before BAMS graduation.

Ans:- Yes I was in IIT Delhi in 1974-1975, my family has lineage of 100 years in Healthcare. My father wanted me to be a Vaidya.

Q 3- Did you incorporate technology with ancient medical science ?

Ans:- Yes knowledge (Modern Science) has perfect combination with wisdom (ancient medical science)

Q 4- How you started your career?

Ans:- I started my career as an ayurvedic doctor. I feel greatly indebted to Great Almighty who gave me chance to serve society through Ayurveda because of which I have rendered my services in more than 50 countries in treating various chronic diseases.

Q 5- Along your private practice your self came into publication of **AROGYADHAM** an internationally acclaimed magazine, how this idea clicked you for this academic venture ?

Ans:- Credit goes to my father **Late Sh. V. C. Agarwal** who had a clear vision of future & who considered it need of present times. Arogyadham Family Health Magazine is being read by more than 70 Million people in India & abroad.

Q 6- Later on you started centres of **Yog, Panchkarma** and **De-addiction**. Kindly throw light on these projects.

Ans:- Alongwith Muzaffarnagar (UP) Arogyadham has centres in Dehradun & Rishikesh. In Rishikesh our centre **Maa Yoga Ashram** is visited by people all over the world including middle east & South America as well.

Q 7 Doctor with all the growth & expansion how you are managing all simultaneously?

Ans:- With family support & His blessings. My both sons Yogi **Dr. Amrit Raj, Dr. Arjun Raj, Dr. Neelam Agarwal, Dr. Mitalee Agarwal, Smt. Surbhi Agarwal** assisted by our strong team.

GURUKUL'S C.M.E.

Q 8- Now a days modern medical science is promoting **Preventive Medicine** for awarness so how Ayurved can contibute?

Ans:- Modern Medical Science has its roots in Ayurveda. I had my second press conference in **Washinton DC in National Press Club Building on 19th Jun. 1995** where I spoke about deferment fundamentals aspects of Ayurveda sp. on **Alsi** (Flaxseeds) Foxnut & Onion seeds. Now you can see the whole world is using Flaxseeds.

Q-9- It is universal that Ayurved is a combination of herbs & purified metals, so share which you prefer and why.

Ans- We prefer combination of herbs but sometimes we use Herbo-metallic preprations based on Modern Scientific parameters. Our R & D is recognised by Ministry of Science (**Department of Science & Technology**) Govt. of India for research purposes. Recently we have tied with IIT Roorkee for R & D Works.

Q 10- Ancient sanhitas describe countless formulations as **Shastriyas** but why our practitioners go for proprietary medicines. Pl. comment.

Ans- We should prefer Shastriyas Formulations alongwith proprietary medicines in clinical practice, as these are age old & proven since centuries.

Q 11- Don't you think clinically trialled medicines be used for wider & ethical acceptance?

Ans:- Yes clinically trialled medicines has more acceptance because of age old proof (sidh yog).

Q 12- Ayurved had been the heart beat of India but lost its glory in past half a centuary. So suggest briefly for its regain glory.

Ans- In coming 10 years Ayurveda will be accepted all over the world including Middle-East.

Q13. What is your advice to budding BAMS doctors.

Ans- As my both sons became Ayurvedic Doctors because of my fathers guidance. We all feel at peace & happiness by virtue of serving society in best of spirits. This had been posible because of Ayurveda. So the young ones should get inspired for ayurvedic practice only.

With regards & gratitude

*I apprciate you Dear, Dr. Dinesh Vasisth for your efforts to publish this magazine Gurukul's C.M.E.
May Bhagwan Dhanwantri bless you all the very best of success.*



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कोरोना विषाणु (COVID - 19) और आयुर्वेदिक दृष्टिकोण

भारत के पड़ोसी देश चीन के वुहान प्रान्त में कोहराम मचाने के बाद कोरोना विषाणु **COVID - 19** ने विश्व के अन्य देशों के साथ साथ भारत में भी दस्तक दी है। दूसरा भारत में कुछ स्थानों पर कोरोना संभावित कुछ रोगियों की खबरे आ रही हैं। कोरोना विषाणु से चीन में हुई मौतों की पृष्ठभूमि में भारत के जनमानस में चिंता होना स्वाभाविक भी है।

परहेज ही सबसे पहला और सबसे अच्छा इलाज है। इसलिए विभिन्न सरकारी एवं गैर सरकारी संगठनों द्वारा इस विषय में आवश्यक जानकारी सूचना के विभिन्न माध्यमों **टीवी., रेडियो, मोबाईल, सोशल मिडिया, समाचार पत्र** इत्यादि द्वारा सामान्य जनता को दी जा रही है ताकि चीन जैसी भयावह स्थिति से बचा जा सके।

यह विषाणु किस प्रकार हमारे शरीर को नुकसान पहुंचाता है ?

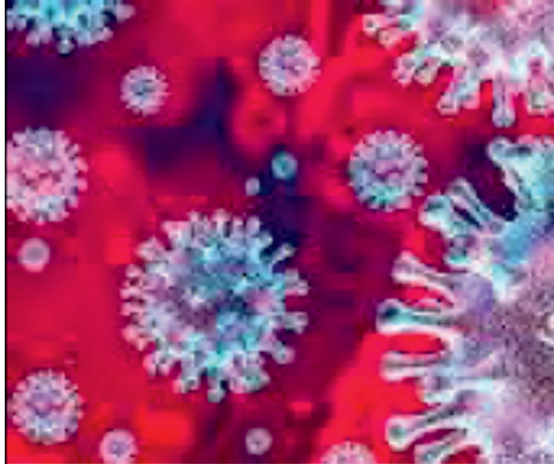
यह एक RNA विषाणु है इसके चारों ओर लाईपोप्रोटीन का एक कवर होता है। जिसमें से काटें नुमा अंग चारों तरफ निकले हुए होते हैं

जिससे कारण यह एक ताज की तरह लगता है इसी कारण इसका नाम **कोरोना विषाणु** रखा गया है। जैसे ही यह विषाणु किसी कोशिका के सम्पर्क में आता है तो इन्हीं काटों की मदद से यह विषाणु उस कोशिका की झिल्ली से चिपक कर अपना **RNA** उस कोशिका के अन्दर छोड़ देता है और वहां के संसाधनों का प्रयोग करते हुए अपने जैसे अनेकों विषाणु उत्पन्न करता है जिससे उस कोशिका की मृत्यु हो जाती है।

इस प्रकार उत्पन्न हुए अन्य विषाणु शरीर के अन्य भागों में तेजी से फैल कर अन्य कोशिकाओं को अपना शिकार बनाते हुए शरीर को नुकसान पहुंचाते हैं। इस प्रकार कोशिकाओं के नष्ट होने पर उन कोशिकाओं द्वारा किये गये कार्यों का ह्रास हो जाता है जिसके कारण रोगी गम्भीर स्थिति में पहुँच जाता है और काल का ग्रास तक बन जाता है।

क्या कोरोना विषाणु एक नया विषाणु है?

जी नहीं, कोरोना विषाणु कोई नया विषाणु नहीं है। वर्तमान कोरोना विषाणु पूर्ववर्ती कोरोना विषाणु का एक बदला हुआ नया स्वरूप है जिसे



पहचान के लिए **COVID - 19** नाम दिया गया है। इसका वैज्ञानिक नाम **SARS - CoV - 2** है। इसकी 9 किसमे पाई जाती है जिसमें से 7 के कारण मनुष्यों को रोगे उत्पन्न होते हैं। पूर्व में सन् 2003 में **SARS (Severe Acute Respiratory Syndrome)** नाम से कोरोना विषाणु का संक्रमण हो चुका है जिसमें 8000 व्यक्ति बीमार हुए जिसमें से लगभग 9.6 प्रतिशत अर्थात् 774 रोगी काल का ग्रास बने। सन् 2012 में **MERS (Middle East Respiratory Syndrome)** नाम से होने वाले कोरोना विषाणु संक्रमण में 2,494 व्यक्ति बीमार हुए जिसमें से लगभग 34.4 प्रतिशत अर्थात् 858 रोगियों की मृत्यु हुई।

कोरोना विषाणु का संक्रमण किस प्रकार होता है? प्रसंगात् गात्र संस्पर्शात् निःश्वासात् सह भोजनात्।

एकशय्यासनस्यापि वस्त्रमाल्यानुलेपनात् ।

औपसरगिक रोगाश्च संक्रामन्ति नरान्नरम् ।

(सुश्रुत संहिता निदान स्थान अध्याय 5 श्लोक 34)

रोगी व्यक्ति के साथ सम्भोग से, बार— बार शरीर के स्पर्श से, सासो के स्पर्श से, एक साथ भोजन करने से, एक शय्या पर सोने से, एक दूसरे के वस्त्र पहनने से, एक दूसरे का सामान प्रयोग करने से औपसरगिक रोग एक व्यक्ति से दूसरे व्यक्ति को हो जाते हैं।

इसी प्रकार किसी भी कोरोना विषाणु संक्रमित व्यक्ति, वस्तु, कपड़े, मास्क, टिश्यू पेपर, मोबाइल फोन, नेपकिन इत्यादि अथवा सतह, दरवाजे, रेलिंग, हैंडल, स्विच इत्यादि के संपर्क में आने से स्वस्थ व्यक्तियों को भी कोरोना विषाणु का संक्रमण हो सकता है।

- बालक, वृद्ध व्यक्ति एवं रोगीयो को विशेष ध्यान की आवश्यकता है क्योंकि इनमें संक्रमण शीघ्रता से होता है एवं देर से जाता है।

- हवाई अड्डा, बस अड्डे, रेलवे स्टेशन, अस्पताल, सिनेमा हॉल, मेले, समारोह इत्यादि जैसे स्थानों पर विशेष ध्यान की आवश्यकता है।

लक्षण

कोरोना विषाणु संक्रमण के लक्षण भी सामान्यतः पाये जाने वाले अन्य विषाणु सामान्य खांसी एवं जुकाम के समान ही होते हैं। जैसे—

जुखाम, खांसी, सिर दर्द, बदन दर्द, कमर दर्द, बुखार, सांस लेने में कष्ट आदि।



खोंसी



जुकाम



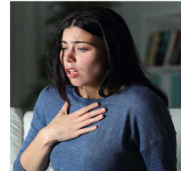
बुखार



सिरदर्द



वदन दर्द, थकान एवं दूटन



घबराहट



सोंस लेने में दिक्कत

कोरोना विषाणु से संक्रमित व्यक्ति में उपरोक्त लक्षण कब पाए जाते हैं?

आमतौर पर संक्रमित व्यक्ति में लक्षण संक्रमण के 2 से 12 दिनों में प्रकट होते हैं।

• आपकी आयु क्या है ?

• आप पहले से ही किसी अन्य गंभीर रोग से ग्रस्त तो नहीं है?

इत्यादि विषयों को ध्यान में रखते हुए रोगियों को दो वर्गों में विभाजित किया जाता है।

1. सामान्य रोगी

2. कोरोना संक्रमण संभावित रोगी

इनमें कोरोना संक्रमण संभावित रोगियों का ही रक्त परीक्षण वरीयता के आधार पर किया जाता है।

इस प्रकार किसी भी व्यक्ति की कोरोना विषाणु संबंधित रक्त जांच होनी चाहिए अथवा नहीं इसका सही निर्णय रोगी के लक्षणों एवं स्थिति को देखते हुए चिकित्सक द्वारा किया जाना ही सही एवं अपेक्षित है।

क्या कोरोना विषाणु की वैक्सीन उपलब्ध नहीं हैं?

कोरोना विषाणु के संक्रमण से बचने के लिए कोई टीका (वैक्सीन) अभी तक उपलब्ध नहीं है। संभवतः अगले 1 से 2 वर्ष में यह उपलब्ध हो जाएगी।

वर्तमान समय में किस किस को कोरोना विषाणु से ज्यादा संभल कर रहने की आवश्यकता है?

कोरोना विषाणु का संक्रमण किसी को भी हो सकता है किंतु शुगर के रोगी, हृदय रोगी, गर्भवती, फेफड़ों, गुर्दे एवं कैंसर पीड़ित, लिवर इत्यादि के रोगों को विशेष सावधानी की आवश्यकता है।

• 5 वर्ष से कम उम्र के बच्चों तथा 60 वर्ष से अधिक आयु के वृद्ध लोगों एवं गर्भवती महिलाओं को भी विशेष ध्यान की आवश्यकता है।

मनुष्यों को कोरोना विषाणु का संक्रमण कैसे हुआ ?

मनुष्यों के अतिरिक्त कोरोना विषाणु गंध बिलाव, जंगली सूअर, हिरण, ऊँट, खरगोश, तीतर, बिल्ली, चमगादड़, पेन्गोलिन एवं सांपों इत्यादि में पाया गया है। संभवतः इनमें से ही किसी प्राणी से इस विषाणु का संक्रमण मनुष्यों को हुआ है। जिसमें सबसे ज्यादा संभावना चमगादड़ एवं पेन्गोलिन द्वारा है।

रोकथाम

आयुर्वेद में एक बिन्दु आता है "निदान परिवर्जनं जिनसे कोरोना विषाणु को बढ़ावा मिलता है। जैसे कि सामान्य चिकित्सा—

1. कोरोना संक्रमण संभावित व्यक्तियों, वस्तुओं फोन, नेपकिन, रिमोट, खिलौने, कलम एवं उपकरण इत्यादि) एवं सतहों रेलिग, हैंडल, स्विच इत्यादि)
2. जहां तक संभव हो भीड़ वाले एवं कोरोना संक्रमित स्थानों पर जाने से बचना चाहिए।
3. निजी सुरक्षा हेतु अच्छी गुणवत्ता वाले फेस मास्क का प्रयोग करना चाहिए।
4. हाथों को साबुन और पानी अथवा अल्कोहल युक्त हैंड सैनिटाइजर से साफ करते रहना चाहिए।
5. अपने मुख, नासिका एवं आंखों को साबुन और पानी अथवा हैंड सैनिटाइजर का प्रयोग करना चाहिए।
6. सरदी और फ्लू से ग्रस्त रोगी से 6 फुट की दूरी बना कर रखे।
7. ठण्डी चीजों (आईसक्रिम, शीतल पेय इत्यादि) से परहजे करे।

8. घर की हवा कि शुद्धि के लिए गूगल की धूपवत्ती अथवा हवन करना चाहिए।

9. शरीर की साफ सफाई का विशेष ध्यान रखना चाहिए।

विशेष चिकित्सा

यज्जराव्याधिनाशनम् तद्र रसायनं (शारङ्गधर संहिता पूर्व खण्ड अध्याय 4 श्लोक 13)

अर्थात् ऐसे आहार, विहार और औषधियों का सेवन, जो शरीर को बल और पुष्टि दें एवं रोगों का नाश करने वाली हमारी रोग प्रतिरोधक क्षमता को बढ़ाये।

आयुर्वेद में वर्णित दिनचर्या, ऋतुचर्या का पालन करना एवं निम्न कार्यों को करना चाहिए।

1. हल्का, सुपाच्य, गर्म, ताज़ा बना, शुद्ध एवं सात्विक आहार का सेवन करना चाहिए। मांसाहार में संक्रमण हो सकता है। अतः कम सेवन करें।
2. किसी भी प्रकार के नशे बीड़ी, तम्बाकू, हुक्का, शराब इत्यादि से दूर रहना चाहिए।
3. तरल पदार्थों गुणगुना पानी, ताज़ा फलों का जूस, सब्जियों का सूप इत्यादि का यथोचित सेवन करना चाहिए।
4. भरपूर नींद/आराम का सेवन अत्यंत आवश्यक है। शरीर को थकाने वाले कार्य से वचना चाहिए।
5. ब्रह्मचर्य का पालन (स्वयं की इंद्रियों एवं इच्छाओं पर नियंत्रण एवं शरीर में सकारात्मक उर्जा का संकलन) करना चाहिए।
6. योग एवं प्राणायाम का अभ्यास करना चाहिए।

7. रसायन औषधियो — गिलोय, आवला, तुलसी, अश्वगंधा, शिलाजित, हल्दी इत्यादि

8. (1) प्रचलित योग— गोदन्ती भस्म, चन्द्रामृत रस, त्रिकुट चूर्ण, संजीवनी वटी, सुदर्शन धन वटी ।

(2) चूसने हेतु खरिदारी वटी, वयोषादि वटी, एलादि वटी ।

(3) नाक में प्रदूषण से बचाव के लिए अणु और षडविन्दु डाले ।

आयुर्वेद के त्रिस्तम्भ— प्रतिरोधक क्षमता हेतु आहार (हल्का सुपाच्य), ब्रह्मचर्य (अनुशासित जीवन शैली) निद्रा (समय पर सोना)

सावधानियाँ

1. छीकते अथवा खांसते समय अपनी नाक और

मुँह को किसी साफ रुमाल या टिशू पेपर से ढकना चाहिए ।

2. हाथों को साबुन और पानी अथवा अल्कोहल युक्त हैंड सैनिटाइजर से समय समय पर साफ करते रहना चाहिए ।

3. भीड़ वाले और सङ्क्रमण संभावित स्थान पर जाने से बचना चाहिए ।

4. यदि खांसी जकूम से ग्रस्त हैं तो घर पर ही रहें । पर्याप्त नींद लें एवं आराम करें ।

5. लापरवाही न करें एवं आवश्यकतानुसार चिकित्सक से परामर्श लें ।

6. सार्वजनिक स्थानों पर गन्दगी ना फैलाए ।

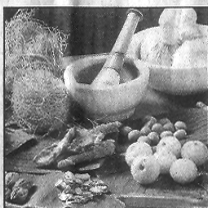
7. अफवाहों से बचे ।

सोशल मीडिया पर लोगों ने कोरोना वायरस से निपटने में होम्योपैथी, आयुर्वेद और यूनानी दवाओं के कारगर होने के कथित दावे पर सवाल उठाए

#कोरोना : हजारों साल पहले का विज्ञान बीमारी से कैसे निपटेगा

नई दिल्ली | हिन्दुस्तान ब्यूरो

कोरोना वायरस के इलाज में होम्योपैथी और यूनानी दवाओं के मददगार होने का सरकार का कथित परामर्श का मुद्दा गुरुवार को सोशल मीडिया में छाया रहा। आयुष मंत्रालय ने इस वायरस के रोकथाम से जुड़ी सलाह बुधवार को जारी की थी और दावा किया गया कि यूनानी दवाओं से इसका प्रबंधन संभव है। ट्विटर यूजरों ने इस दावे पर सवाल उठाए।



ट्विटर ट्रेंड

केरल में जांच में कोरोना वायरस पॉजीटिव पाए जाने के बाद Kerala शब्द सोशल मीडिया में छाया। केरल शब्द से जुड़े करीब 31 हजार ट्वीट किए गए।

#Ayush

- 51 पोस्ट हुए
- 6 लाख 68 हजार से ज्यादा लोगों ने देखा

#Homeopathy

- 199 पोस्ट हुए
- 03 लाख 16 हजार 431 लोगों ने देखा
- (29 से 30 जनवरी के बीच)

गूगल ट्रेंड के आंकड़ों के मुताबिक, पिछले हफ्ते से अब तक कोरोना सर्च करने वालों की संख्या में 1100 फीसदी की वृद्धि हुई है।

उम्हें खाते हैं हजार साल पहले का यह 'विज्ञान' किस तरह इसे ठीक कर पाएगा? कृपा चीनी सरकार को फोन करके अपना ज्ञान उन तक पहुंचाने का कष्ट करें। - @श्रुति चतुर्वेदी

सोशल मीडिया पर हलचल

जहां चीन कोरोना वायरस से निपटने के लिए चार दिन में अस्पताल बना रहा है, भारतीय स्वास्थ्य अधिकारी का दृष्टिकोण ऐसा है। केरल में पहला मामला सामने आ चुका है, इस मामले पर ज्यादा गंभीर हो जाना चाहिए। - @अनु गैथ्यू

क्या हम कोरोना वायरस के उन्मूलन की इस सूची में गांधी का गोबर और गोमूत्र जोड़ सकते हैं? क्या सब अनाड़ी हैं? - @ऋषि शंकरन

कृपा चीन और दुनिया को ऐसी सलाह देते रहें ताकि हम सब और अधिक शर्मिल हो। - @राज

मैं लोगों के रिएक्शन देखकर निराश हूँ, ये बही हैं जो पश्चिम के योग अपनाते हैं पहले इस प्राचीन पद्धति का मज़ाक उड़ाते थे। ये लोग औपनिवेशिक काल में जी रहे हैं। - @उमेश पिलानिया

वायरल अधिसूचना फर्जी

नई दिल्ली। चीन और विश्व के अन्य हिस्सों में बढ़ रहे कोरोना वायरस के मामलों के बीच सोशल मीडिया पर स्वास्थ्य मंत्रालय की अधिसूचना के नाम से एक पोस्ट वायरल हो रही है। इसमें कोरोना वायरस से बचने के उपाय सुझाए गए हैं। स्वास्थ्य मंत्रालय ने लोगों को आगाह करते हुए इस पोस्ट को फर्जी बताया है।

सोशल मीडिया पर इस पोस्ट में हमेशा अपने गले को तर रखना, मसालेदार व तला हुआ खाना न खाना जैसे कई सुझाव दिए गए हैं। पोस्ट में दावा किया गया कि यह अधिसूचना स्वास्थ्य मंत्रालय की ओर से जारी की गई है। मगर, प्रेस सूचना कार्यालय (पीआईबी) और स्वास्थ्य मंत्रालय ने इसे फर्जी बताया है।

RECENT DEVELOPMENTS

One in 10 Indians will develop cancer during their lifetime: WHO

Sanchita Sharma

NEW DELHI: One in 10 Indians will develop cancer in their lifetime and one in 15 will die of it, the International Agency for Research on Cancer's (IARC) World Cancer Report released by the World Health Organization (WHO) on Tuesday said, highlighting the grave risk posed by the illness. The numbers are higher than India's own internal numbers that say one in nine people have the risk of developing cancer.

"The estimates are marginally different as the IARC modelling is done using Indian Council of Medical Research-National Cancer Registry Programme (ICMR-NCRP) data, which is collected from 36 population-based registries and 290 hospital-based registries across states to calculate national estimates and state-wise trends," said Dr Prashant Mathur, director, ICMR-National Centre for Disease Informatics and Research, which runs NCRP and is working to publish the latest nationwide registry data in April.

The sharpest rise is in cancers of the breast and colorectum, associated with being overweight, low physical activity, and

MILLIONS AT RISK

WHO puts India's cancer numbers higher than its own estimate of one in nine people being at risk



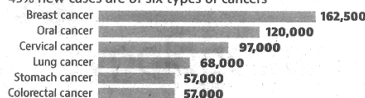
1.16mn New cases a year 784,800 deaths every year

COMMON CANCERS: Cancers of lip and oral cavity, breast, cervix, lung and stomach

BIGGEST RISK FACTOR: Tobacco

MOST PREVALENT

49% new cases are of six types of cancers



Source: World Cancer Report: Cancer Research for Cancer Prevention; WHO

sedentary lifestyles, while cervical cancer rates have fallen because of improved hygiene in most parts of India, according to the report.

The WHO classifies India's

national cancer registry programme among the world's "high quality population-based registries", which is the international gold standard for cancer esti-

CONTINUED ON P6

Deprived sleep can increase the risks of heart-related diseases

Finding it difficult to sleep on a daily basis? Chances are that your body's natural repair mechanism might need attention. As surprising as it might sound, sleep is the latest factor to be associated with coronary heart disease. People who don't sleep enough are at a higher risk of cardiovascular diseases and coronary heart diseases; regardless of their age, weight, smoking and exercise habits. Getting quality sleep is important if you want to lower these risks.

According to researchers, sleeping too little causes disruptions in underlying health conditions and biological processes such as glucose metabolism, blood pressure and inflammation. Sleep deprivation may lead to hypertension, increased sympathetic nervous system activity and increased heart rate. The same, however, could

be true for oversleeping.

While we sleep our blood pressure tends to be lower and is likely to rise if you are sleep deprived. Putting an unhealthy pressure on the heart to work harder, often leads to heart ailments. Normal sleep ensures normal blood pressure levels. Sleep deprived individuals tend to have higher levels of stress hormone — cortisol, which puts the body in a state of high alert and leads to weight gain and increased insulin levels. Cortisol is also responsible for the overall puffy look that we are familiar with when we haven't slept well.

The amount of sleep that one needs, varies from person to person but generally most of us need seven to eight hours a day for optimum performance. Those who sleep for less than five hours a day, stand a 40% higher risk for coronary heart diseases as the lack of sleep

TIPS TO IMPROVE YOUR SLEEP

- Maintain an ideal body weight
- Exercise regularly
- Drink a glass of warm milk (skimmed)
- Avoid eating spicy and oily food at night
- Avoid taking stimulants such as coffee and tea at night
- Take calcium supplements
- Sleep in a friendly environment and set a mind-calming routine such as reading, drinking chamomile tea, taking a bath or listening soft music.

narrows the coronary arteries, thus precipitating a heart attack. Less sleep also leads to irritability, impatience, inability to concentrate, and moodiness, in turn leaving us tired the entire day.

Alternative medicine has emphasised on the importance of sleep in maintaining good health. Now, we have scientific evidence that suggests how lack of sleep is connected to illnesses.

Here's how diet and mental health are interlinked

A poor diet may worsen mood disorders such as anxiety and depression, according to a study which confirms that certain foods can influence mental health conditions.

According to researchers of the study, including those from the University of Gothenburg in Sweden, there are some areas where this link between diet and mental health is firmly established.

The study, published in the journal of European Neuropsychopharmacology, also found that a

Mediterranean diet — rich in vegetables and olive oil, shows mental health benefits by providing protection against depression and anxiety.

However, for many foods such as Vitamin D supplements, it was noted that the evidence is inconclusive. Foods believed to be associated with autism also do not have any evidence of being associated with improving mental health conditions, the researchers noted. "With individual conditions, we often found mixed evidence," said Suzanne Dickson, co-author from the University of Gothenburg.

She further added, "For instance, with Attention Deficit Hyperactivity disorder (ADHD), an increase in the quantity of refined sugar in the diet seems to increase the symptoms, whereas eating more fresh fruit and vegetables seems to protect them against these conditions. But there are comparatively few studies, and many of them don't last long

ACCORDING TO A RECENT RESEARCH, CERTAIN FOODS CAN INFLUENCE MENTAL HEALTH CONDITIONS, THUS WORSENING MOOD DISORDERS LIKE ANXIETY

enough to show long-term effects."

While certain foods are linked to specific mental health conditions, according to the researchers, little is known about why a diet involving them causes this effect.

"There is a general belief that dietary advice for mental health is based on solid scientific evidence. In reality, it is very difficult to prove that specific diets contribute to

mental health," Dickson said.

Citing an example of how some foods may specifically improve mental health, the researchers said that nutrition in the womb can have significant effects on brain function later in life. However, they said proving the effect of diet on mental health in the general population was difficult. Dickson added that the dietary effects on mental health in adults were fairly small. The scientists speculated that dietary supplementation may only work if there are deficiencies due to a poor diet, with genetics playing an important part.

Subtle differences in metabolism between people may mean that some respond better to diet changes than others. "Nutritional psychiatry is a new field. The effects of diet on mental health are real, but we need to be careful about jumping to conclusions on the base of provisional evidence," Dickson said. **PTI**



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प्राकृतिक चिकित्सा द्वारा कोरोना वायरस की रोकथाम

अब सभी पैथियाँ हार जाएँ तो प्रकृति की शरण में जाना ही मात्र सहारा है। जैसे—

1. सर्वप्रथम रोगी को एकान्त कमरे में रखें। जहाँ शुद्ध सामग्री से हवन द्वारा वातावरण की शुद्धि भी हो।
2. रोज सूखे नीम के पत्ते, कपूर, गूगूल की धूप एक बार कमरे में जलाएं।
3. कमरे में हीट कनवेक्टर का प्रयोग भी करें ताकि प्रयाप्त गर्मी प्राप्त हो।
4. मरीज को 15—20 मिनट पूरे शरीर में स्टीम बॉथ दें। हृदय के रोगी के लिए सावधानी बरते।
5. योग अनुसार भस्त्रिका, कपालभाति और भ्रामरी प्राणायाम सुबह शाम अवश्य करें।
6. गर्म पानी में तुलसीपत्र डालकर पिलायें।
7. पेट साफ करने के लिए नीम के पत्ते पानी में उबालकर एनीमा दें।
8. नाक द्वारा भांप लेने के लिए गर्म पानी में अजवाइन, लौंग, कपूर का प्रयोग करें।
9. उपवास करें तथा कम मात्रा में अंगूर का सेवन करें।

10. सुबह शाम काढ़ा तैयार कर आधा कप पीयें जिसमें एक लौंग, दालचीनी, एक कालीमिर्च अवश्य हो।

11. सुहागा का प्रयोग आधा चाय का चम्मच शहद के साथ मिलाकर दिन में दो बार लें।

12. मुलेठी का पाउडर आधा चम्मच गर्म पानी से दिन में दो बार लें।

13. गाय के एक कप दूध में लहसुन की एक कली उबालकर पीयें।

14. धूप का अवश्य सेवन करें। साथ में सरसों का तेल सिर और शरीर पर मालिश करें।

15. खाने में मूंग की दाल की खिचड़ी, साबुदाना, गाय का दूध, सेब, अंगूर, पपीता आदि का प्रयोग करें।

16. विशेष सावधानी— शरीर और उसके आसपास वातावरण की सफाई का ध्यान रखा जाये।

17. अफवाहों से जरूर बचें केवल डॉक्टर से परामर्श लें न कि सोशल मीडिया का सहारा लें।

अधिक 'सफाई' कम 'दवाई'

MOVING NEWS

रोजाना योगर्ट खाने से ब्रेस्ट कैंसर का खतरा कम

■ पीटीआई, लंदन : रोजाना योगर्ट खाने से ब्रेस्ट कैंसर का खतरा कम हो सकता है। एक नई स्टडी में वैज्ञानिकों ने दावा किया है कि योगर्ट मौजूद अच्छे बैक्टीरिया हानिकारक बैक्टीरिया को हटाने में मदद करते हैं। वैज्ञानिकों का कहना है कि हानिकारक बैक्टीरिया से होने वाली सूजन कैंसर से जुड़ी है। स्टडी के मुताबिक यह सूजन ब्रेस्ट में कोशिकाओं को प्रभावित करती है जिससे ब्रेस्ट कैंसर हो सकता है। वैज्ञानिकों ने कहा कि प्राकृतिक रूप से

लाइफ



तैयार किए गए योगर्ट में पाया जाने वाला अच्छा बैक्टीरिया मां के दूध में पाए जाने वाले बैक्टीरिया से मिलता-जुलता है। खाने में प्रोबायोटिक्स की मात्रा बढ़ाने से ब्रेस्ट में गुड बैक्टीरिया बढ़ते हैं, जिससे ब्रेस्ट कैंसर का खतरा कम हो जाता है।

सभी तरह के कैंसर का इलाज खोजा

दावा

लंदन | एजेंसी

वैज्ञानिकों ने दावा किया है कि शरीर की रोग प्रतिरोधक क्षमता को बढ़ाकर हर तरह के कैंसर से लड़ा जा सकता है। इंग्लैंड की कार्डिफ यूनिवर्सिटी के शोधकर्ताओं ने पाया कि इंसान की रक्त कोशिकाओं में एक नए तरह का किलर टी-सेल भी होता है।

ये टी-सेल एक तरह की प्रतिरोधी कोशिकाएं होती हैं, जो शरीर में निगरानी करने का काम करती हैं और शरीर के लिए किसी भी तरह के खतरे को खत्म कर देती हैं।

फेफड़ों से लेकर कोलोन कैंसर का होगा इलाज : जब लैब में इन टी-कोशिकाओं का इस्तेमाल किया गया तो पाया गया कि ये कोशिकाएं फेफड़े, त्वचा, रक्त, कोलोन, स्तन, हड्डियां, प्रोस्टेट, ओवेरियन, किडनी और सर्वाइकल में मौजूद कैंसर कोशिकाओं को लक्षित करती हैं जबकि शरीर की स्वस्थ कोशिकाओं को यह किसी भी तरह का नुकसान नहीं पहुंचाती।

ऐसे करती है काम : कैंसर के इलाज में टी-सेल थेरेपी बिल्कुल नई

नए तरह का टी-सेल रिसेप्टर भी मिला

शोधकर्ताओं ने जिस टी-सेल की खोज की है उसमें एक अलग तरह का सेल रिसेप्टर होता है, जो इंसानों में पाए जाने वाले ज्यादातर कैंसर की पहचान कर कैंसर वाली कोशिकाओं का खाना करता है और स्वस्थ कोशिकाओं को किसी तरह का नुकसान नहीं पहुंचाता।

शरीर के अंदर ही मजबूत होगी कैंसर रोधी क्षमता

अगर टी-सेल थेरेपी का हमला कैंसर कोशिकाओं पर सफल रहता है तो वैज्ञानिकों का मानना है कि कैंसर को खत्म करने का सिस्टम हमारे शरीर के अंदर ही मजबूत किया जा सकता है। इस खोज को नेवर इम्प्यूनीजोटी मेडिकल जर्नल में प्रकाशित किया गया है।

मिसाल है और इस थेरेपी में प्रतिरोधी कोशिकाओं को निकालकर, उनमें थोड़ा बदलाव करके मरीज के खूब वापस डाल दिया जाता है, ताकि प्रतिरोधी कोशिकाएं कैंसर कोशिका का खाना कर सकें।

TOO LITTLE EXERCISE

A WHO-led study shows that urgent action is needed to increase physical activity levels in children aged 11 to 17 years

What is sufficient physical activity?

At least one hour of physical activity every day

India

73.9%

children (11-17 yrs) don't get sufficient physical activity

GLOBALLY

81%

children are insufficiently physically active

Inactive

77.6%

Boys

77.6%

Girls

What it can cause

Lack of activity increases the chances of kids being obese, developing heart disease, diabetes and mental health problems, including depression, according to WHO

"With rising air pollution, urbanisation and increasing access to mobile phones keeping students indoors, inactivity will increase in the coming decades, and with it, non communicable diseases"

—Dr Randeep Guleria, director, AIIMS

Gyan-Pradan

**M.D (Ay.) / M.S / Ph. D
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EXPLORING OBESITY THROUGH AYURVEDA w.s.r STHOLYA : A LITERARY REVIEW

ABSTRACT

Obesity occurs over time when we consume more calories than we use. Balance between calories-in take and calories-out differs for each person. Weight if higher than what is considered as a healthy weight for a given height on height & weight scale is described as overweight or obese.

Body Mass Index, or BMI, is used as a screening tool while treatment includes lifestyle changes, such as heart-healthy eating with increased physical activity. **Food and Drug** Administration approved weight-loss medicines although for some people, surgery may be a lasting solution.

Aacharya Charaka described obesity as Atistholyata in santarpan janya vyadhi due to over nourishment as medodhatu dushti vikara. According to Sushrut atistholya is a rasaj vikara. But the prime factor in both of these views is Agnimandya which further leads to dhatv agnimandya at both levels of Ras & Med.

KEY WORDS: Obesity, medoroga, stholyata, srotorodha , dhatvagnimandya.

INTRODUCTION

Obesity means having too much body fat. It is different from being overweight, which means

weighing too much. The weight may come from muscle, bone, fat, and/or body water. Both terms mean that a person's weight is greater than what's considered healthy for his or her height. Obesity occurs over time when we eat more calories than we utilise. Factors that affect weight include genetic makeup, overeating, eating high-fat eatables, not being physically active. Simultaneously overweight and obesity increases risks of diabetes, heart disease, stroke, arthritis, p.c.o.d. and some cancers.

BMI Weight status

Below 18.5, 18.5-24.9 **Normal**, 25.0-29.9 **Overweight**, 30.0-34.9 **Obese** (Class I), 35.0-39.9 **Obese** (Class II), 40.0 and **morbid obesity** (Class III).

For most people, BMI provides a reasonable estimate of body fat. However, BMI doesn't directly measure body fat, so some people, having muscular & being athletes, may have a higher BMI.

Key facts

- Worldwide obesity has more than doubled since 1980.
- In 2014, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 600 million were obese.

- 39% of adults aged 18 years and over were overweight in 2014, and 13% were obese.
- Most of the world's population live in countries where overweight and obesity kills more people than underweight.
- 41 million children under the age of 5 were overweight or obese in 2014.
- Obesity is preventable.

DISCUSSION

Overweight and obesity are increasingly common conditions world wide. They are caused by increase in size and number of fat cells in the body. **BMI, Waist Circumference** and **Visceral Fat** ascement as tools to screen and diagnose overweight & obesity.

Obesity is a serious medical condition that can cause complications such as metabolic syndrome, high blood pressure, atherosclerosis, heart disease, diabetes, high blood cholesterol, cancers, sleep disorders along with uro-genital diseases.

Treatment depends on the cause, severity and associated complications based on holistic life style modification.

According to Acharya Charaka a person having **Sama Mamsa pramana** – proportionate musculature **Sama Samhana** – compactness of the body, **Druda indriya** – strong sensory and motor, Cannot be overcome by the onslaught of diseases, **Kshut Pipasa Atapa Saha** – Ability to stand hunger, thirst, the heat of the sun, **Sheeta Vyayama Samsaha** – Ability to stand cold and physical exercises, **Samapakta, Samajara** – Ability to digest and assimilate food easily, **Sama Mamsa Upachaya** – good muscular body is said to be in a good healthy state.

Aacharya Charaka described obesity as Atistholyata in santarpana janya vyadhi due to over nourishment. While explaining the causes like too much intake of excessive nutritious diet

which are unctuous (fatty), sweet, hard slimy, fresh grains, fresh wine, meat of animals, milk & its products, jaggery, corn flour, disliking or not doing physical activities, sleeping during day time, preferring comfortable beds & seats.

While the definition of **purusha Charaka** said that *srotasaameva samudayam purusha michchanti* i.e. group of srotas is called purusha. Srotas are the channels to carry forward nutrition from the **aahara** (food) to different **dhatu**s (tissues) and **dhatvagni** (enzymes responsible for the metabolic processes taking place in particular that tissue).

Formation of **dhatu**s in the body takes place in a consecutive manner continuously as **sevendhatu**s like **rasa, rakta, mansa, meda, asthi, majja, shukra** with the aid of respective **agni** for growth and support of body. Any disturbance in their quantity or quality may cause various disorders.

Lipids as described in modern science closely resembles that of **medodhatu** which is fat or adipose tissue required to lubricate the body. Unctuousness in complexion is the feature of normal Medodhatu. Under normal conditions the body fat keeps the body moisturized, promotes sweating, provides energy to the body, nourishes the bones, helps in heat insulation, absorption of shock, storage of energy etc. Excess of medodhatu makes person fatty and causes obesity.

Acharya **Charaka** has described **atistholyata** as **medodhatu dushti** lakshan due to obstruction in srotas (microchannels) developed because of **apakva ann rasa** or Aama rasa leading to **dhatu dushti** (abnormal tissues) and deteriorating **dhatv agni mandya** (disturbed enzymes for metabolic processes) producing morbid state of the body. As per **Ayurveda** **dushti** or vitiation of **medo vaha srotasa, medo dhatu** and **medo dhatv agni mandya** results in **stholyata**.

Dominance of **dhatu** depends upon the type of **aahara** (diet/food), **vihara** (lifestyle).

As per Acharya Madhava when a person takes

kaph vardhaka aahara, not does exercises, excessively sleeps during daytime, excessive medo dhatus are formed due to sweetness and unctuousness in the annarasa. Excessive medo dhatu causes srotorodha (obstruction in the channels) hampering the nutrition of other dhatus. So the person is unable to do any work, gets exhausted early. Collection of excess medodhatu (adipose tissues / fatty tissue) mostly occurs over the abdomen & hips. The vitiation of vat aadi doshas produces complications.

Aacharya Charak also described eight kinds of men who are undesirable nature in respect of their body. They are called as **Asht-nindatiyani purusha** (eight undesirable persons). These are **Ati dirgha** (Excessive tall person), **Ati hrasva** (Excessive short person), **Ati loma** (Excessive body hairs), **Aloma** (absence of body hairs), **Ati krishna** (Excessive black colored person), **Ati gour** (Excessive white or fair colored person), **Ati sthula** (Excessive obese person), **Ati krish** (Excessive thin person or emaciated persons). As per Aacharya Charaka **Ati stholya purusha** is not able to tolerate any type of physical exercise, over saturation, hunger, thirst.

As per Aacharya Charaka Causes of Ati stholya are- **Divaaswapna** - Sleeping during day time for long time, **Avyayama** - lack of physical exercises or activities, **Avyavaaya** - Abstinence from sexual intercourse, **shleshm ahara sevana** - Excessive intake of Ahara which increase Kapha Dosha with Shleshma Vardhaka Vihara sevan e.g.- sedentary life style also causing increase in **Kapha** dosha, **Ati sampurana** or **Ati bhojana** - Excessive intake of foods, which are heavy for digestion, such as consuming sweet, cold and unctuous (fatty) foods, **Harshanitya** - enjoying happiness always, **Achintana**- Not thinking or worrying about anything, **Bija swabhava** - Heredity or Genetic abnormalities.

As per Aacharya **Charaka** consequences of at stholyapurush (obese) are **Ayu hras** (reduced lifespan), **Javo parodha** (early onset of senility),

Kruch yavyavayita (difficulty to perform sex), **Daurbalya** (debility or general weakness), **Daur gandhya** (foul smell of body), **Sweda badha**, **Ati-trishna** (increased thirst) , **Ati-kshudha** (increased appetite).

As per the modern science causes of obesity are-

Genetics- Person is more likely to develop obesity if one or both parents are obese. Genetics also affect hormones involved in fat regulation and leptin deficiency as this present in fat cells & placenta which controls weight by signaling the brain to eat less.

Overeating- Leads to weight gain, especially if diet is rich in saturated fat, transfat and sugar (fast, fried and sweets).

Carbohydrates- The role of carbohydrates in weight gain is not clear. Carbohydrates increase blood glucose levels, which in turn stimulates insulin released by the pancreas. Insulin promotes growth of fat tissue causing weight gain. Some scientists believe that simple carbohydrates (sugars, fructose, desserts, soft drinks, beer, wine, etc.) contribute to weight gain because they are more rapidly absorbed into the bloodstream than complex carbohydrates (pasta, brown rice, grains, vegetables, raw fruits, etc.). thus cause a more pronounced insulin release after meals than complex carbohydrates.

Frequency of eating- Relationship between frequency of eating and weight is somewhat controversial. There are many reports of overweight people eating less often than people with normal weight. Scientists have observed that people who eat small meals four or five times daily, have lower cholesterol levels and lower and/or more stable blood sugar levels than people who eat less frequently (two or three large meals daily). One possible explanation is that small frequent meals produce stable insulin levels, whereas large meals cause large spikes of insulin after meals.

Physical inactivity- Sedentary people burn fewer

calories than people who are active. The National Health and Nutrition Examination Survey showed that physical inactivity was strongly correlated with weight gain in both sexes.

Medications- Medications associated with weight gain include certain antidepressants, anticonvulsants, some anti-diabetes medications oral contraceptives and corticosteroids.

Psychological factors- Emotions influence eating habits. People eat excessively in response to emotions such as **boredom, sadness, stress,** or anger. While most overweight people have no more psychological disturbances than normal weight people, about 30% of the people who seek treatment for serious weight problems have difficulties with binge eating.

Diseases- Hypothyroidism, insulin resistance, polycystic ovary syndrome etc.

Social Issues- A link between social issues and obesity has been established. Lack of money to purchase healthy foods or lack of safe places to walk or exercise can increase the risk of obesity.

Life Style Modification- The Department of Health recommends that adults should do at least **150 minutes** (two-and-a-half hours) of moderate-intensity aerobic activity, such as cycling or fast walking, every week. This doesn't need to be done all in one go, but can be broken down into smaller periods. For example, **exercise can be done for 30 minutes a day for five days a week.**

Commonly prescribed weight-loss medications include **orlistat** (Xenical), **lorcaserin** (Belviq), **phentermine** and **topiramate** (Qsymia), **bupropion** and **naltrexone** (Contrave), and **liraglutide** (Saxenda).

But these have their own side effects like bowel urgency, frequent bowel movements, oily evacuation, oily rectal leakage, steatorrhea, and flatulence with discharge, fecal incontinence.

In some cases, weight-loss surgery, also called **Bariatric surgery**, is an option but it can pose serious risks. **Liposuction** is another surgical method but soon the patient again gains the weight.

Ayurveda line of treatment of obesity is guru aahar (foods which are heavy for digestion) and aptarpa aahara (which make the body thin).

First of all **nidanaparivarjana** (avoidance of causative factors) should be done.

Diet & Life Style- Ayurveda emphasises to two modes of therapy: **Shamana** and **Sanshodhana**.

Shamantherapy includes **Langhana** and ruksh ana. Shaman chikitsa as told by **Aacharya Charaka**-taking diets and drinks that alleviate **Vata** and **Kapha** dosha reducing fat. Intake of **Guduchi, Musta, Triphala**, Administration of **Takrarista**—with **Trikatu, Honey, Vidanga, Yavaksara, Loha Bhasma** with **Honey** and powder of **Yava** Administration of **Honey** along with decoction of **Bilva pancha mula, Silajatu, Agnimantha**.

Intake of **Prashatika, Priyangu, Yavaka, Mung, Kulattha, Chakramudgaka**, seeds of **Adhaki** along with **Patola** and **Amalaki** as food, **Madhudhaka** – combination of **honey** and **water**, Alcoholic preparations that help to reduce fat, muscle and Kaphamay be used as after-food-drinks, avoiding sleeping during day time, doing regular physical exercises with **prayaam & meditation**.

Sanshodhana therapy

Aabhyantara sanshodhana which includes **vamana, virechana, rooksha**, ushna teekshna **basti** depending upon the condition of doshas and person. **Vamana** drugs are having **tikshna, sukshma, vyavayi, vikashi, sara** and urdhvabhagahara prabhava by which the drugs act upon the excessive **kapha, meda, kleda** lodged in the srotas and removes toxins through oral route. **Vir chana** expels morbid material from the body through anus.

So both the procedures releases the srotorodha

(obstruction in microchannels) and thus correcting agni at dhatus level as well. Moreover after shodhana therapy one feels of well being in sense organs after elimination of toxins from the body. **Swedana** is mandatory prior to **any shodhana** therapy. Performed by it **sushna**, **tikshna**, **drava**, **snigdha**, **sthira**, **guru** properties liquefying the morbid materials in the minute channels undergone properly with oleation therapy. So circulatory effects help them to come into the concerned **koshtha**.

Lekhaniya basti by virtue of its **ushna tikshna** properties helps in scrapping the excess meda (adipose tissue/fat) from the body.

Bahya sanshodhana includes **Rooksha Udvartana** (powder massage with herbs having dry quality). **Udvartana** helps in increasing the circulation over the particular area helping in scrapping the excess fat.

Formulations that can be used in stholya are chavyadi shaktu, vyoshadi shaktu, vidangadi churna, loha rasayana, navaka guggulu, vidangadi loha, amrutadya guggulu, loharishta, medohar guggulu.

CONCLUSION

Obesity is one of the leading cause of many life threatening diseases like **CAD, Stroke, Hypertension**, Myocardial infarction, **Diabetes Mellitus**. It makes the person not only physical ill but also mentally ill. obese person is under depression because of his physical appearance/ personality.

Gradually the weight increases so much that the person feels difficulty in doing his daily activities, gets exhausted very & early, may get affected by osteoarthritis. Finally he/she can become disabled reaching into a state of morbid obesity and associated diseases.

However our ancient scholars showed us the path of healthy and holistic living with correction in **dinacharya, ritucharya, sadvrutta** and **pathya aahara & vihara**.

At the time of **Aacharya Charaka** and **Sushruta** incidences of obesity were less that is why a separate chapter has not been described by them in texts.

As the civilization progressed and the people started doing apathy towards aahara, vihara the cases of medoroga (obesity) became noticeable. So scholars of Ayurveda in later era described medoroga in seprate texts and chapters.

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VATRAKT (GOUT)

Gout is a common problem affecting most after the age of 30. It is caused by the raised uric acid levels (**hyperuricemia**) in the blood presenting **inflammation in the joints of hands, feet, knee, hip and spine, resulting in swelling causing severe pain even while walking.**

In Ayurveda, it is known as **Vatarakt**.

What is uric acid ?

Uric acid is a chemical which is a breakdown result of purines. **Purines** are formed in the body and are also found in high protein foods.

Purines are metabolized in the body producing uric acid. This is then excreted out of the body through urine.

Causes of Hyperuricemia:

- **Excessive intake of protein and sugars through diet**
- **Consumption of more spicy, salty, sour and oily foods**
- **Consuming foods like red meat, organ meats, sea foods, whole pulses, rajmah, mushroom, cauliflower, tomato, spinach, peas, lady finger, colocassia (arbi), rice, red wine, etc. in excess quantities**
- **Diuretics and diabetes medication**
- **Over-weight or obesity**
- **Irregular sleep timings**
- **Stress and anger**

- **Exposure to lead in the environment**

- **Genetic**

Symptoms

- **pain in joints of feet or hands**
- **inflammation in the small joints of the body**
- **itching**
- **pricking and burning sensation**
- **swelling**

Dietary Modifications

Changing the diet can help relieve the symptoms. Eating foods low in purines can help reduce and eradicate the symptoms of gout.

WHAT TO EAT ?

- Eat more of foods **rich in fiber** like **whole grains**, fruits and vegetables
- Eat more of **alkaline foods** like fruits. Fruits are rich in **anti-oxidants** which prevents the free radicals to attack the cells and muscle tissues resulting in reduced uric acid levels.
- Drink at least **10-12 glasses** of water a day.
- Use bishop's weed extract (**ajwain**) as it has **anti-oxidant** and **diuretic** properties. Also, it reduces pain.
- Drink **lemon water** mixed with **raw honey** in lukewarm water to lessen the symptoms. The **citric acid** in lemon helps in reducing uric acid levels.

WHAT NOT TO EAT ?

- **Avoid high protein foods**

- Avoid curd and other dairy products
- Avoid spicy, salty and oily foods
- Avoid Banana
- Avoid alcohol

HEALTHY TIPS

- In 50 ml of sesame seed (til) oil add 5-6 freshly crushed garlic cloves and boil for about 10-15 minutes. When the oil is warm, apply on joints by gently massaging for about 15-20 minutes.

- Practice simple asanas for **flexibility** and stretching of the joints.
- Drink ample amount of water to remove the toxins from the body and prevent the formation of kidney stones.
- Soak a teaspoon of **fenugreek seed (methidana)** in half a cup of water overnight. On waking up, drink the water and chew the soaked seeds.

जरा विचारें

1. खामोश रहकर नेक काम करते रहें, दुआयें स्वयं बोल पड़ेगीं- डॉ. मदन सिंह
2. विज्ञान हमें ज्ञानवान बनाता है और दर्शनशास्त्र हमें बुद्धिमान- अज्ञात
3. जो लोग दूसरो के लिये जीते हैं वही जिंदा है बाकी सब मृतक समान – स्वामी विवेकानंद
4. कोई अपने वेतन से नहीं बल्कि खर्च करने की आदत से धनवान बनता है – पुराण
5. ना ज्यादा ईच्छा न ज्यादा शिकायत- अज्ञात

A.D.H.D - Attention Deficient & Hyperacidity Disorders are due to increase in refined sugar intake although eating more fruits & vegetables protect it.



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IMMUNO-BOOSTER MEASURES

- 1) **Nasya karma**, besides raising dheer, dhriti, smriti (cognitive functions of brain)- oleates the nasal mucosa & also raises the pH level of nasal mucosa upto 8 - 9 & as corona virus can survive only at pH level of 5 - 6, thereby nasya kills any virus / bacteria entering through air or droplet infection.
- 2) **Gandusha** :- Keeping til oil over oral cavity for 15 -20 minutes raises its pH level which kills any virus entering through mouth.
- 3) **A bhyangam** whole body with til oil or any medicated oil oleates our skin & check oxidative stress by raising the immunity power thereby enhancing strength, alleviates fatigue & boosting feel good factor & renders sound sleep.
- 4) **Gold Milk** being staple diet when taken with haldi adjuncted with one tea spoonful of ghee as fat is required for absorption of haldi. Haldi milk enhances IgE so thereby enhances our immunity.
- 5) **Chywanprash** there is a misconception in society that is warm by its nature & not to be consumed in summer. But the fact is that It should be consumed in all seasons as having main content awla which is rich source of vitamin C & sheeta virya also. So this myth should be cleared among all.
- 6) **Warm Water** intake will digest the ama & increase our jathragni.
- 7) **Gargling & Steam** inhalation will raise the temperature of oropharynx which will restrict the entry of virus through droplet infection.
- 8) **Kitchen Spices** like cumin, Garlic, coriander, cinnamon & fennel renders kaphanashak actions & also helps to raise agni thereby improving digestion.
- 9) **Immuno-booster** kadha :-
Ingredients :-
Tulsi patra = 10 - 12 in no.
Kali mirch = 4 - 5 in no.
Dalchini = 2 gm
Sounth = 2 gm
Haldi = 2 gm
These ingredients are ushna veerya & kapha nashak by their nature & to be taken twice a day.
- 10) **Sunlight** exposure for 30 minutes, besides sanitizing our body, it increases vitamin D also which will boost immunity.
So we should follow these scientifically based directions issued by AYUSH ministry.

कोरोना में कारगर आयुर्वेदिक औषधियां



अश्वगंधा



मुलेठी

काम की बात

डॉ. राजीव पुडीर
एफडी आयुर्वेद, दिल्ली



पीपली



गिलोय

आयुर्वेद का सिद्धांत है कि जो स्वस्थ हैं, उन्हें कैसे स्वस्थ रखें और दूसरा-जो संक्रमित हैं, उन्हें कैसे बचाएं। इसे अपनाते हुए वैज्ञानिक एवं औद्योगिक अनुसंधान परिषद और आयुष मंत्रालय ने चार औषधियों को कोविड-19 के निदान में ट्रायल की दी है अनुमति...

कोविड-19 के खिलाफ जंग में अब बड़े पैमाने पर आयुर्वेदिक औषधियों को भी आजमाने की तैयारी की जा रही है। इस संदर्भ में कुछ दिन पहले ड्रग कंट्रोलर ऑफ इंडिया ने अश्वगंधा सहित चार आयुर्वेदिक औषधियों एवं आयुष-64 नामक आयुर्वेदिक दवाओं को इस्तेमाल करने की अनुमति दे दी। वैज्ञानिक एवं औद्योगिक अनुसंधान परिषद (सीएसआइआर) और आयुष मंत्रालय की पहल पर ऐसा किया गया है। फिलहाल अश्वगंधा सहित जिन अन्य आयुर्वेदिक औषधियों को क्लीनिकल ट्रायल के लिए अनुमति दी गई है, उनमें मधुयष्टि, पीपली और गुरुच (गिलोय) शामिल हैं।

कोरोना संक्रमण विषाणु यानी वायरस जनित रोग है, जो व्यक्ति के श्वसन तंत्र

पर आक्रमण करता है और कुछ ही दिनों में रोगी को गंभीर अवस्था में पहुंचा देता है। आयुर्वेद के सिद्धांत के अनुसार सबसे पहले हमें 'स्वस्थस्य स्वास्थ्य रक्षणम्' अर्थात् जो स्वस्थ हैं, उनको कैसे स्वस्थ रखा जाए, इसके विषय में सोचना होता है। यही वजह है कि आयुष मंत्रालय और सीएसआइआर ने इस रोग से लड़ने हेतु चार औषधियों का एक मिश्रण तैयार किया है, जिसको सबसे पहले रोग प्रतिरोधक क्षमता बढ़ाने हेतु दिया जाएगा ताकि लोगों में इस रोग से लड़ने की क्षमता विकसित की जा सके।

इन चार औषधियों में जहां अश्वगंधा तंत्रिका तंत्र को पुष्ट बनाती है, वहीं मधुयष्टि (जिसको मुलहठी या मुलेठी कहते हैं) व पीपली यानी छोटी पीपल व्यक्ति के श्वसन तंत्र पर सकारात्मक प्रभाव डालती है और गुरुच (गिलोय) प्रसिद्ध ज्वरनाशक औषधि है। इन सभी औषधियों का सम्मिश्रण रोगी की प्रतिरोधक क्षमता को बढ़ाएगा, जो इस रोग में ही नहीं अन्य रोगों से बचाव हेतु भी प्रभावशाली सिद्ध होगा। इस मिश्रण को आयुर्वेद में वर्णित क्वाथ-विधि यानी काढ़ा

इन नियमों का करें अनुपालन

इस समय जरूरी है कि सब लोग आहार-विहार का विशेष ध्यान रखें। साधारण सब्जी, रोटी, दाल, चावल से युक्त ताजा भोजन करें। यथाशक्ति दूध, घी और ताजा दही का सेवन करें। चाय में एक पत्ता तुलसी और थोड़ा अदरक बहुत हितकारी है। वासी भोजन, खट्टे पदार्थ, खट्टा दही, बाहर से मंगवाया गया खाद्य पदार्थ, खट्टे फलों का रस, मांस, मदिरा तथा धूमपान का सेवन कर्तई न करें। जहां तक हो सके, फ्रिज में रखे ठंडे पानी से परहेज करें। हल्का गुन्गुना पानी ही पीएं, यह विशेष रूप से श्वसन तंत्र के लिए लाभदायक होता है। इसके अलावा, भीड़भाड़ में जाने से परहेज करें।

बनाकर प्रयोग करने की सलाह दी जाती है। क्वाथ बनाने के लिए चारों औषधियों को समान मात्रा में लेकर (प्रत्येक ढाई ग्राम, कुल दस ग्राम) थोड़ा कूटकर चार गुना पानी में उबाल लें। मात्रा एक चौथाई शेष रह जाने पर इसे छानकर कोष्ण यानी गुनगुना, सुबह-शाम कम से कम पंद्रह दिनों तक पीने से प्रतिरोधक क्षमता बढ़ाई जा सकती है और कोविड-19 के प्रभाव से भी बचा जा सकता है।

आयुर्वेद का अगला सिद्धांत है 'आतुरस्य विकार प्रशमनम्' अर्थात् रोग हो जाने पर रोगी की चिकित्सा करना। चूंकि कोविड संक्रमण रोगी के श्वसन तंत्र पर आक्रमण करता है और इसकी उत्तरोत्तर गंभीरता को देखते हुए इस रोग को त्रिदोषज प्रतिशयाय, त्रिदोषज कास और त्रिदोषज श्वास में रखा जा सकता है। इन रोगों में प्रयुक्त होने वाली विशेष औषधियां जैसे सितोपलादि चूर्ण, तालिसादि चूर्ण, चंद्रामृत रस, कडकेतु रस, श्वासकुठार रस, वासाअवलोक, कनकासव आदि भी प्रभावशाली सिद्ध हो सकती हैं लेकिन इनका उपयोग केवल विशेषज्ञ की देखरेख में ही किया जाना चाहिए।

7 Biggest brain damaging habits

- 1: Missing breakfast
- 2: Sleeping late
- 3: High sugar consumption
- 4: More sleeping specially at morning
- 5: Eating meal while watching TV or computer
- 6: Wearing Cap/scarf or socks while sleeping
- 7: Habit of blocking/Stopping Urine



Re-Thoughts

1. Success is moving from failure with no loss of Enthusiasm - **Winston Churchill**
2. 2 Greatest Healers are God & Time - **J. Escolin**
3. Fit Healthy Body is the Best Health statement- **Jess C-Scoll**
4. We have guided missile & misguided men because of scientific power not spiritual - **Mrtin**
5. Accept failure a part of process for success - **Abrahamlincon**

DHROHAR

HERBAL - MEDICINE

PUSHKARMOOL

Hindi Pokharmool

Latin Inula Recemosa;

Sanskrit Kashmir, Padamptra

Brief Description - Perennial herb having **Height** of (50-150) cm; **Stem** - Hairy, Rough & grooved, **Leaves** - Large measuring 3-6 cm in **Length** (Light) & 2-3 cm in breadth with long pedicles. **Fruits**- Slender 0.4cm long & 0.75cm wide. **Flowers**- Yellow coloured with many heads of (0.5-1.cm)

Chemical Composition

Contains 'Inulin' Alkaloid in 10% & oil is 13% called as 'Alanto-Lactone' for its Anti-Helminthic nature.

Ayurvedic Features

Gunn - Laghu, Tikshan; **Ras**- Katu, Tikt **Vipaak** - Katu, **Virya**- Ushn, **Medicinal Part**- Mool (Root) Vipaak

Clinical Therapeutics

1. It is **Kaf-Vat Shamak**
2. **Locally** - Anti-inflammatory, Anti bacterial for wound, ulcers & dermatitis.
3. It is appetiser, digestive, anti-helminthic, purgative . use ful for hicups.
4. Its anti-histamanic effect for cold, cough, breth-lessness associated with productive sputum.
5. It is a cardiac-tonic for ghabhrahat, weakness, hypotension, arrythemia.
6. It's a diuretic for dysuria, incontinance, prostatitis.
7. For dysmenorria & cryptomenorria.
8. Its antipyretic & analgesic use for U.R.T.I. / L.R.T.I .
9. Its aphrodisiac.
10. For dyslipidaemia, over weight & obesity

Dose - 1-3 gm

Compunds-1. Pushkaradi Powder 2. Pushkarmoolaadi Powder.



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MARMA CHIKITSA – A MIRACLE FOR FROZEN SHOULDER

ABSTRACT- In recent era cases of frozen shoulder are increasing either due to our sedentary lifestyle or our sluggish habits. Although there is not a promising solution in modern medicine. But **Acharya Susrut** described several anatomical points in our body proved to be very effective in certain treatments known as “MARMA”.

Here an effort of procedure; how Marma Therapy along with basic Vatahar drugs help in treatment of frozen shoulder.

WHAT IS FROZEN SHOULDER – It's a condition which affects shoulder joint with pain and stiffness developing gradually, getting worse, and finally goes away.

BASIC PATHOLOGY OF FROZEN SHOULDER –An exudate causes the layer of infra articular synovial membrane and capsule to adhere one another.

SIGN AND SYMPTOMS –

- Pain which become worse at night disturbs the patient from sleeping on affected side.
- Stiffness
- Abduction (external rotation) of shoulder restricted.

3 PHASES OF DISEASE –

- Increase in pain & stiffness.
- Decrease in pain with persistent stiffness.

- Disappearance of stiffness with recovery of all normal movement.
- May present sign of disuse atrophy.

TIME LAPSE FOR DISEASE – 2 YEAR.

AN QUICK OUTLOOK OF SHOULDER JOINT-

• **BONES** – Glenoid cavity of scapula with head of humerus.

• **BLOOD SUPPLY** – Ant circumflex humeral artery.

Post circumflex humeral artery.

Suprascapular vessels

Subscapular vessels

• **NERVE SUPPLY** - Axillary nerve.

Musculocutaneous nerve

Suprascapular nerve.

• **MUSCLES ATTACHED** – Long head of triceps brachii, Subscapularis, Coracobrachialis, Short head of biceps, Infraspinatus, Teres minor, Tendon of long head of biceps brachii.

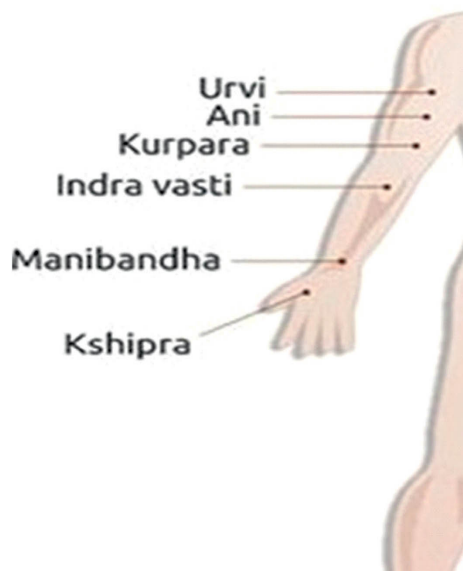
MARMA POINTS FOR FROZEN SHOULDER THERAPY ARE AS FOLLOWS –

• BAHAVI M, • ANI M, • KURPAR M

• AANSA M, • AANSAPHALAK M

• KAKSHADHARA M

ANATOMICAL STRUCTURES RELATED WITH MARMA AND THEIR EFFECT ON FROZEN SHOULDER.



MARMA POINT	MUSCLES	BLOOD SUPPLY	NERVE SUPPLY	ACTION
BAHAVI	Insertion point of coracobrachialis	Brachial artery Nutrient artery of humerus	Musculocutaneous	Flexion of forearm at elbow joint.
ANI	Tendon of Biceps brachii	Axillary artery	Musculocutaneous	Flexion of forearm at elbow joint.
KURPAR	Tendon of Biceps brachii.	Brachial artery	Median nerve	Flexion of forearm
KAKSHADHARA	Subscapularis	Axillary artery	Infralavicular part of Brachial plexus.	Abduction and lateral rotation of arm Flexion and supination of forearm Etc.
AANSA	Trapezius Levator scapulae	SUBCLAVIAN artery Suprascapular artery	Suprascapular nerve	Elevate the scapulae Abduction of arm beyond 90 degree.
AANSAPHALAK	Trapezius Rhomboidus minor	Anastomosis of suprascapular artery with deep branch of transverse cervical artery. Circumflex scapular artery	Suprascapular nerve	Elevate and retract the scapulae along with abduction of arm beyond 90 degrees.

CONCLUSION

• Marma points like AANSA , AANSAPHALK AND KAKSHADHARA are basically related with the structures whose basic function is shoulder abduction besides internal & external rotation of arm. So by stimulating these Marmas the stimulation of the associated structures will further increase the associated movements.

• Collection of exudate at synovial layer was basically because of some sort of inflammation when we stimulate all the basic 6 Marma's somehow we

stimulation of the arteries or vessels related to the capsule of shoulder joint will increase the blood flow of that area which will help in flushing out of exudates and fast healing.

It is concluded that ayurvedic therapy of Marma illustrated in beneficial for painful & from shoulder.

Vatham Medicines

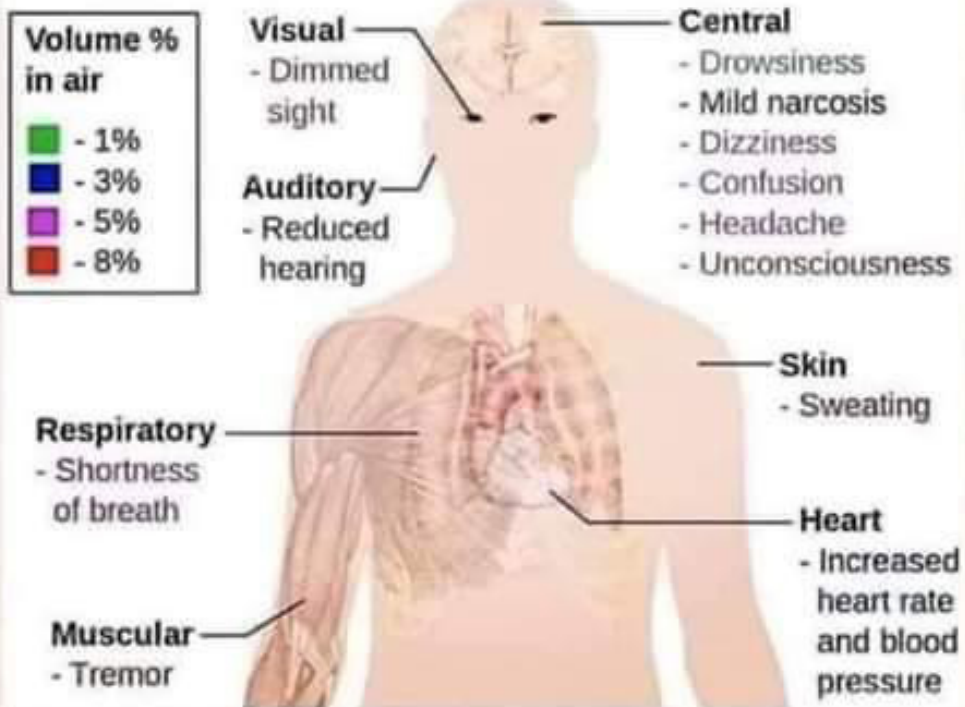
Some of dravyas or yog Ashwagandha, Atmagupta, Vat Vidhwansan, Dashmoolarishta, Trikatu etc.

जैसा खाओ 'अन्न' वैसा हो 'मन' तैसा हो 'तन'

This is what wearing a mask do to the body 🙋

This is Hypercapnia. It can be caused by rebreathing your own exhaled CO₂ by wearing a mask continually.

Main symptoms of Carbon dioxide toxicity



So please be careful



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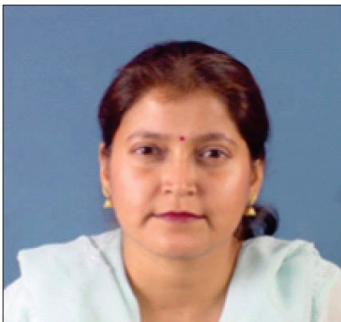
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Swagat & Abhinandan