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# GURUKUL'S C.M.E



*A Quarterly Magazine For  
Medicine Reorientation*

**KNOWLEDGE  
BUILDS  
CONFIDENCE**

*Volume 6*

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**BADHA! avam SHUBKAMANYA**



**3<sup>rd</sup> AYURVED DAY; 05-11-2018**  
***DHANVANTRI JAYANTI***



**FELICITATION CEREMONY**

**NATIONAL AYURVED AWARDS 2018**

**Vd. S. K. Mishra, Prof. M. S. Baghel & Dr. Ittozhi Bhavdasan**





## Editor's Desk

Dear Doctor,

Congratulating **A.Y.U.S.H** on auspicious **3rd Ayurved Day** for celebration of **Dhanvantri Jayanti & Deepawli**; besides I extend my thanks on completion of five years of publication of magazine **Gurukul's C.M.E**; to learned ayurvedic intellectuals for contributing write ups along with esteemed readers to make my endeavour, a successful one.

To start with **Chintan**; necessary for the present & future status of B.A.M.S / M.D (Ay.) doctors as hybrid; therapeutic application of **Kshar** described in rasshatra; clinical significance of **Raskarpur** for Vicharchika; suitable and successful efficacy of **Chitrakaadivati** in thyroid disorder; specialized contribution of **Lehen Karma** among infants for allround development; age old answer for present day restorative **Neutriceutical**; importance of healthy **food** better than medicine; herbal medicine **Sadabahar** for raktarbood (fibroid); brief detail of **Kalpvas** as natural vaccination and trial of **Kachnar Guggul** for hypothyroidism are some of the informative articles.

*Wishing Happy, Healthy, Honourable New Year 2019*

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**

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## ***Chintan!***

### **HYBRID ! B.A.M.S. PHYSICIANS**

*Dear Doctor,*

*Annually around 400 colleges produce nearly 25,000 thousand B.A.M.S / M.D (Ay.) psicians.*

*How many are employed in public health services; central or state, teaching & research institutions or pharmaceuticals is difficult to access or needs data.*

*For livelihood majority go for only & choiceless private integrated practice with many a constraints as well as legal hassles*

*What is the role, recognition and reputation of our freternity in national health programmes & society is a matter of high concern although we are serving in remote, rural and semi urban areas in India at patient friendly charges more than allopathic doctors.*

*Lets have Chintan.*

- 1. Presently C.C.I.M syllabus of **Ashtang ayurved** and our registration as **Ayurvedacharya** by state governments are followed.*
- 2. As we know that **aim** of any physician is to treat the patient with the **objective** of timely, right full intervention along cost effective medication, minimum investigations or co-therapies besides being highly careful towards medical negligence and legal protection.*
- 3. For **estabelishing practice & quick results** majority use more of modern medicines in routine facing the ire of competetive allopathic doctors of nursing homes or hospitals whom we whole heartidely support through desired referral but with thankless & discouraging compliments in return.*
- 4. **Healthy and honourable solution** is to practise the best of ayurvedic medicines better research based at clinics while in acute or emergencies 1st aid should be the moto followed by transferring to better equipped hospitals.*
- 5. Humble suggestion is better to be a **master** in various specialities of ayurveda than to be **jackal** with modern medicines.*

**WHETHER AYUSH OFFERES BRIDGE COURSE & ANY STATE EMPOWERS  
INTERAGRATED PRACTICE *OR* NOT; BUT NO ONE CAN STOP SAVING  
PATIENT'S LIFE IN EMERGENCY *SO* ALWAYS REMAIN PREPAIRED TO SERVE**



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### Kshara – Vital Vibrant of Rasa Shastra

#### Introduction

**Ksharas are alkaline materials, derived from different plants.** Ksharas are having more importance in Rasashastra. They play vital role in processing of rasadravyas. Even they have animal and mineral origin. Because of their **chedana & bhedana** guna (cutting and breaking quality) these ksharas are included under **Anushastra**. These are named as ksharas because of their corrosive nature (kshara guna). Some Acharyas have included kshara in Madhuradi rasa(Taste), but **Atreya Punarvasu** concluded it as dravya, not a rasa, because kshara means the flowing nature which is the action of a dravya. Clinically application of Kshara reduces bleeding and chances of reoccurrence of the diseases are very rare. An alkali administered by an intelligent physician subsides all serious diseases in which its use is recommended.

#### Aim

- 1) To know the Pharmacotherapeutics.
- 2) To know the importance of Kshara.
- 3) To know the vital role of Kshara.

#### Definition

According to **Sanskrit-English** dictionary, kshara indicates corrosive, caustic acid, pungent and saline characteristics.

According to **Shabda kalpa** druma, Kshara means the one which is having corrosive property.

Acharya **Chakrapani** has given that kshara means the one which moves/flows downwards. Kshara has the property of

ksharana guna. So it slowly brings the **vitiated doshas (humors) downwards**, as charaka states.

According to **Sushruta**, kshara means the dravya having ksharana guna. For the same, **Dalhana** says, ksharana means mobilizing or removing the vitiated twacha (skin), mamsa (Muscles), etc dead tissues from the body.

#### Types

- A. 1. Paniya K (Milder Alkali)  
2. Pratisaraniya K (Caustic Alkali)
- B. 1. Mrudu K (Mild)  
2. Madyama K (Moderate)  
3. Tikshna K (Sharp)
- C. 1. Dwikshara  
2. Ksharatraya  
3. Ksharapanchaka  
4. Ksharastaka.
- D. 1. Khanija (Mineral)- Tankana, Sarjakshara.  
2. Praniya (Animal)- Shankha, Kaparda.  
3. Vanaspatija (Plant)- Apamarga kshara, Yavakshara.

#### Importance

1. Those are having mineral origin such as **Tankan (Borex), Surya Kshara (Potassium Nitrate).**
2. Needs Shodana (Detoxification)
3. Dosage is less.
4. These are more potent like that of Rasadravyas.



*Awarded by Hon. Sh. Shripad Yasso Naik Ji, Ayush Minister (I/C) as member in Rajiv Gandhi University of Health Sciences, Bangalore*

5. **Ksharas are required in Shodana of Rasadravyas.**
6. **These are extracted from Bhasma (Ash), as Bhasma are the important preparations of Rasadravyas.**
7. **Ksharas are used as Antidotes for complications of Rasoushadis.**

As these ksharas are more useful in the processing of Parada (Mercury) and other Rasadravyas, so these are included in Rasashastra.

### Utility

Ksharas are used widely in the processing of Parada samskara and other rasadravyas. Mainly used in rasadravya **sodhan, maran, satvapatan, dravan, and nirman**. Even used as antidote for **visha** dravyas.

1. **Parada samanya shodana:**

During samanya shodana (General purification) of parada, parada is triturated with Nagavalli patra rasa (Betel leaf), Ardraka rasa (Wet ginger) and Kshara

traya (Sarja kshara, yavakshara and tankana kshara) for 3 days.

2. **Parada samskara:**

In Deepana samskara of Parada, Tankana kshara is used.

3. **Parada kshara bhanda:**

In Kshara bhanda of Parada, kshara dravyas are used.

4. **Rasoushadhi nirmanarth:**

Ksharas are used in the preparation of Rasoushadhies (**compound formulations**) for example Shudda Tankana is used in the preparation of following Rasa yogas – **Anandabhairava Rasa, Mrutyunjaya Rasa, Tribhuvana Keerthi Rasa etc & even kshara parpati.**

5. **Ksharas are included in different vargas:**

- a. Ksharas are separately grouped in one Varga called **kshara varga**, which includes – **Sarja, Yava, Tankana and Surya kshara.**

- b. Even with kshara, different groups are made as such **dwikshara**, **trikshara**, kshara **panchaka** and **ksharastaka**.
- c. Kshara is important drug in **Dravaka gana** and **Mitrapanchaka**. (Metal liquefying drugs).
- d. Vida varga includes kshara.

### Utility In Shodhana & Marana Of Rasa Dravyas.

- 1) **Vaikrant** (Tourmaline) - Sour liquid like **kanji** or **cowurine** or decoction of **kulattha** (Horse gram) or juice of **kadali** (Banana) **kanda** are taken and **Panchalavana** (Five types of salts), **Yavakshara** and **Tankana** are added to this solution; taken in Dola yantra boiled for 3 days.
- 2) **Shilajetu** (Mineral pitch) - Shilajatu is washed with kshara jala.
- 3) **Haratala** (Yellow Arsenic) - Haratala is subjected to boiling in Dola yantra in one of the liquids i.e in the juice of **kushmanda** (Pumkin) or solution of **Tilakshara** or **Churnodaka** (lime water) to purify it.
- 4) **Gouripashana** (White Arsenic), - **Swedana** (steaming) in Dola yantra containing **Tankana** kshara and **Godugdha** (Cowsmilk).
- 5) **Ratna**(pravala)(Gem stone)- **Pravala** can be purified by boiling in Dola yantra in the ksharavarga.
- 6) **Sasyaka** (Blue vitriol), - Equal quantities of **Sasyaka**, **Gandhaka** (Sulphur) and **Tankana** are grounded with juice of **Lakucha** (Variety of Lemon), confined to crucible and given **kukkuta putt** (Measure of Heat) to obtain the Bhasma of Sasyaka.
- 7) **Haratala** (Yellow Arsenic) - Shudha Haratala is subjected to **mardan** (Trituration) along with **Punarnava** rasa (juice) for one day. Ball made & dried then same pot is taken but half filled with **Punarnava kshara** then ball is put in the pot and again **Punarnava kshara** is filled up to the neck after words subjected to heat for 5 days.

- 8) **Visha** (Poisons) - During **marana** process of Visha, Visha is mixed with equal quantity of **Tankana** and triturated well.

### Utility In Satvapatana & Dravana Of Rasa Dravyas.

1. **Sasyaka** (Blue vitriol) - Purified Sasyaka powder and one fourth of purified Tankana is mixed and kept in **karanja** (pomgemia) oil for one day. Then it is taken out and a ball is prepared out of it. Confining it into a crucible, heated in intensive fire made of coal. This yields the Sattva red in color like **Indragopa** (red insect).
2. **Bhunaga** (Earth worm) - Equal quantity of **Guda** (Jaggery), **Guggulu** (Resin), **Laksha** (Resin), **Una** (Wool), **Fish**, **Pinakya** (Seasamum paste), **Tankana** are taken and mardan is done subjected to **sattvapatana**.
3. **Kasisa** (Green vitriol) - Sattva is obtained from kasisa, if it is subjected to Sattvapatana like that of **Kankshi** (Allum) grounded in kshara like **Yavakshara**, Sour substance like kanji etc. a ball is prepared, kept in crucible and heated intensively in the fire to produce **Sattva**.
4. **Kankshi** (Allum) - It is ground in kshara like Yavakshara, a sour substance like **kanji** etc. a ball is prepared, kept in crucible to heat intensively in fire to obtain sattva.
5. **Abhraka** (Mica) - Purified Abhraka (Mica) is mixed with quarter quantity of **Tankana** rubbed with **Musali** juice. After making the **Chakrikas** (Flakes) and drying, they are confined in **Satvapatna kosthi** (Bhatti) subjected for intensive heat, yielding sattva (Essence-metallic portion) of Abhraka.
6. **Vaikrant** (Tourmaline)- Ksharas of **Mocharasa**, **Morata** & **Palasha** are dissolved in cow urine and bavana of this solvent is given to Vaikranta powder. A bolus of **Vajrakanda**, **Haridra** with powders of **Triphala**, **Tankana**, **Lakha** and **Navasagara** are added then rubbed in **Meshashringi** juice to prepare a ball. After wards this ball is dried



- and kept in **Andhamusha** (Crucible) to heat in intense fire.
7. **Ratnas** - A ball is prepared by grinding the drugs such as **Hingu, Panchalavana, Ksharatraya, Mamsadrava, Amlavetasa, Navasadar, Ripened Jayapala bija, Bhallataka, Dravanti, Rudravanti, Kshirakakoli, Chitramula, Arka kshira,** and **latex of Snuhi**. The ratna having auspicious & superior qualities, are kept inside this ball covered with leaves of **Bhurja** tied with thread to keep in the **Dola Yantra** filled with the juices of same drugs as well as **kanji**, boiled for 3 days & 3 nights in desired fire.
8. **Kshara as antidote** – for **Vatsanabha** (Aconitum) visha.
9. **Ksharas** are used in the preparation of ras aoushadhies e.g. - **Kshara parpati**
- SHELF LIFE (PERIOD OF KSHARA)**  
Depends upon the method of preservation it can be used for up to 5 Years.
- Conclusion**  
Alkalies are widely used in **Rasashastra** for corrosive action, for preparation of different ras aoushdhies, for shodhan, maran, satvapataana, dravana of rasdravayay, even used for various therapeutics & as an antidote.

‘रस’ शब्द शरीर विज्ञान में प्रथम सप्त धातु वाचक,  
रसशास्त्र-पारद, भैषज्य-स्वरस एवमं कल्क तथा द्रव्य गुण में स्वाद (6 रस) अनुसार  
चार स्थानों में प्रयोजित है।

### जरा विचारें

1. दिखाई कब दिया करते हैं बुनियाद के पत्थर, जमीं में जो दब गये,  
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## ***Congratulations***

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**&**

**Dr. G.S. Lavekar  
Former DG, CCRAS - AYUSH**



***Chairman SAB; Scientific Advisory Board of CCRAS Ministry of Ayush;  
for guidance, suggestion & monitoring research activities of Ayurveda.***



## **Gyan-Pradan**

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

**Dr. Yeriswamy H**

Professor and H.O.D., Department of Rasashastra and Bhaishajya  
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### **Preparation Of Rasakarpura & Its Efficacy In Skin Disorders w.s.r. Vicarcika**

In classical texts **Rasakarpura** has been claimed for its **anti-Kushtha** property. Looking into this fact, its clinical effect has been tried on **Vicarcika**, a widely occurring **Ksudra Kushtha** in tropical countries like India.

Patients irrespective of caste, creed and sex from OPD and IPD were selected for the study. The diagnosis was made completely on the basis of signs and symptoms as mentioned by texts. **Total 15 patients were treated. Rasakarpura and Dalcini** (Cinnamomum zeylanicum, Blume) were mixed in 1: 40 proportion and capsulated containing 125 mg. of the drug. Patients below **one year duration** of illness were given 1 B.D. and patients **above 1 year duration** of illness were given 1 T.D.S. of the above drug. Children **below 5 years** were advised 1 O.D. The capsule was advised to be taken with water and patients were told to be on salt – free diet. **The total duration of treatment was fixed to 21 days.**

The criteria of assessment of results were mainly based on the signs and symptoms. **Results were graded as cured, marked improvement, improvement and no improvement.**

**Above 75% relief in total signs and symptoms was considered as cured, 50 – 75% was noted as marked improvement, 1- 50% was noted as improvement and 0% relief was noted as no improvement.**

In the patients of **Vicarcika, Kandu** (100%), **Pidika** (100%), **Srava** (75%), **Vedana** (60%) were observed to be the major signs and symptoms. Apart from these the other signs like **Tvak Ruksata** (33.33%), **Tvak Syavata** (33.33%), **Tvak Raktabhata** (33.33%), **Paka** (26.66%), **Daha** (13.33%), **Tvak Vidarana** (6.66%), **Tvak Sotha** (6.66%) were also associated.

**After the treatment for 21 days, Srava, Daha, Tvak Vidarana, Tvak Sotha were relieved in 100% of the patients. Kandu** was found to be relieved in 87.66%, **Vedana** was noted as relieved in 77.77% of patients, **Paka** was found relieved in 50% of the patients, **Pidika** was found relieved in 46.66% of the patients. In 20% of patients, **Tvak Raktabhata** was found relieved. **Tvak Ruksata** and **Tvak Syavata** were found unaffected. The total relief of the signs and symptoms was significant at the level of 2% probability with 't' = 2.97 and P / 0.02.

**Totally 46.66% were cured, 40% were markedly improved, 13.33% were improved and no improvement in 0% was also noted.**

Patients were kept under **observation for 6 months** after the completion of treatment. No patient had showed any signs of **drug toxicity during and after treatment**. Only in **2 patients**, the disease was relapsed.

## Moving News

शोध में दावा, स्वस्थ आहार से खाद्य उत्पादन में पानी की खपत कम होती है

# फल-सब्जियां खाएं और पानी बचाएं

संस्करण | एनोसिया

स्वस्थ आहार न सिर्फ आपके लिए अच्छा है बल्कि पर्यावरण की सेहत के लिए भी उत्तम है। एक शोध के मुताबिक स्वस्थ आहार से ताजे जल के संरक्षण में भी मदद मिल सकती है।

जर्नल 'नेचर सस्टेनेबिलिटी' में छपे इस अध्ययन में कहा गया है कि मौजूदा डाइट में बदलाव कर खाद्य पदार्थों के उत्पादन में खर्च होने वाले पानी को 1.1 से 5.5 फीसदी तक कम किया जा सकता है। इस पर भी अगर आप शाकाहारी हो जाते हैं, तो यह और भी अच्छी स्थिति होगी। शोधकर्ताओं का कहना है कि यह एक तरह से दोनों तरफ जीत की स्थिति



### 43 हजार क्षेत्रों के आंकड़े जुटाए

वैज्ञानिकों ने तीन तरह की डाइट की समीक्षा की गई। इस शोध के लिए फ्रांस, ब्रिटेन और जर्मनी के 43 हजार क्षेत्रों से आंकड़े जुटाए गए। टीम ने पाया कि स्वास्थ्यवर्धक आहार से लोगों की डाइट में पानी की खपत कम की जा सकती है। खानपान और पानी की खपत को लेकर यह अपनी तरह का पहला अध्ययन है।

है। स्वस्थ आहार से आप भी फिट रहेंगे व पर्यावरण बचाने में भी मदद मिलेगी। इटली में यूरोपीय कमिशन जॉइंट रिसर्च सेंटर के डॉक्टर डेवी वैन्डरम के मुताबिक, 'अगर आप स्वस्थ आहार की ओर शिफ्ट हो जाते हैं, चाहे आप शाकाहार अपनाएँ या माँसाहार, तो वह न

सिर्फ आपके लिए अच्छा है बल्कि पर्यावरण के लिए भी सही है। इससे आपके जल के फुटप्रिंट कम होगा।' शोध में बताया गया कि फ्रांस में उम्र के साथ दूध की खपत कम होने से पानी के फुटप्रिंट कम हुए। इसी तरह लंदन में वाइन और पानी की खपत में संबंध देखने को मिला।

### यूरोप के लोगों को कम पसंद है फल-सब्जियां

जर्मनी, फ्रांस और ब्रिटेन के आंकड़ों को देखें तो यह बात सामने आ जाती है कि इन देशों में लोग रेड मीट (लाल मांस), मीठा और फेट बहुत ज्यादा खाना पसंद करते हैं लेकिन वे पर्याप्त मात्रा में फल व सब्जियां नहीं खाते हैं।

पानी के फुटप्रिंट मापने के लिए संबंधित चीज के उत्पादन में खर्च होने वाले पानी को मापा जाता है।

शोध के मुताबिक जल संरक्षण के कई उपायों के बारे में बात होती है, लेकिन खाद्य उत्पादन में पानी की खपत को लेकर कम ही बात होती है।

## What ails Indians

Top 10 risk factor driving the most death and disability in India

1. Malnutrition
2. Air pollution
3. Dietary risks (food contamination, unhealthy diet)
4. High blood pressure
5. High fasting glucose (diabetes)
6. Tobacco
7. WASH (water, sanitation, handwashing)
8. High Total cholesterol
9. Overweight, obesity
10. Alcohol and drug abuse

### Sanitation and disease

Some diseases caused by poor sanitation

- Anaemia, malnutrition
- Ascariasis (Roundworm infection)
- Campylobacteriosis (gastrointestinal infection)
- Cholera
- Cyanobacteria toxins (stomach, throat, skin infection from blue-green algae found in fresh water)
- Diarrhoea
- Hepatitis A & E (jaundice)
- Leptospirosis
- Ringworm
- Scabies

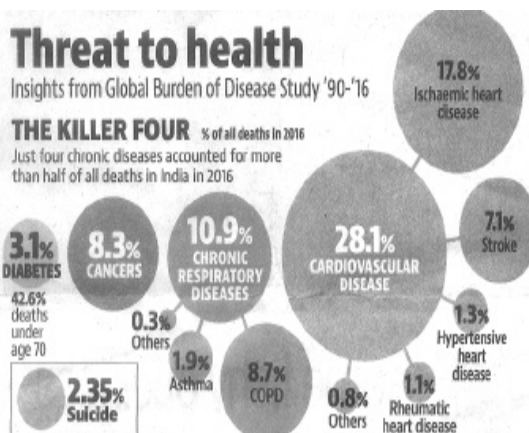
Source: The Global Burden of Disease Report, 2016; WHO, Union Ministry of Health & Family Welfare, India

## Threat to health

Insights from Global Burden of Disease Study '90-'16

### THE KILLER FOUR

% of all deaths in 2016  
Just four chronic diseases accounted for more than half of all deaths in India in 2016



### FACTORS AND DISEASES

The top factors in the most deadly diseases



Body weight Diabetes



Tobacco Cancer



Air pollution Chronic respiratory diseases



Diet Cardiovascular diseases

## Virus

Discovered 1590-1600; for creamy liquid  
Latin, Greek (IOS), Sanskrit (Visam) means poison,



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## **Effect Of Deepana Chikitsa As Add On Therapy In Hashimoto Disease In Children- A Case Study**

### **ABSTRACT:**

**Hashimoto thyroiditis** is frequent cause of acquired hypothyroidism in puberty, but may also occur in younger children of either sex with female sex predominating. Thyroxine replacement therapy using levothyroxine is main treatment.

In Ayurveda clear description regarding Hashimoto is not available, but various explanations regarding **Ashtanindita** purusha can be compared with various endocrinological disorders. **According to Ayurveda, it is caused due to malfunctioning of the jatharagni.** Deepan and pachana chikitsa forms the basis of management of vitiated agnis. In the present case deepana pachana chikitsa as add on therapy in Hashimoto disease was tried clinically.

Keywords: Hashimoto disease, Agni, deepana chikitsa, Ayurveda

### **INTRODUCTION:**

**Chronic lymphocytic thyroiditis (CLT) or Hashimoto thyroiditis is the most frequent cause of acquired hypothyroidism. Female sex predominates. This is an autoimmune disease. Hypothyroidism is due to destruction of the thyroid by lymphocytes and cytokines.**

This condition is not described in Ayurveda; but eight types of Nindita Purusha and Avarana can be described with various hormonal disorders. According to the principles of Ayurveda, it is basically caused due to malfunctioning of jatharagni.

The modern management of Hypothyroidism still remains unsatisfactory. It is important to search for safe, effective remedies. **Ayurveda may provide an answer to hypothyroidism.**

This case report is pertaining to a clinical study of effect of **Chitrakadi vati** as an add on therapy with Thyroxine replacement in Hashimoto disease.

### **CASE PRESENTATION**

**8 years 2 months old female**, 2nd issue of Hindu Brahmin family, of jammu, uddhampur, brought in with complaints of,

#### **Chief complains:**

- **Not gaining height since last 2 years**
- **Excessive hair growth on upper limbs and lower limbs**
- **Dry coarse, scaly skin and dry hair since 1 year**
- **Decreased appetite since 6 months.**
- **Past history: H/o acute gastroenteritis.**

#### **Family history:**

13 years      8 year 2 months

No f/h/o Hypothyroidism/ DM/ TB

Birth history: FTND at native place Uttarpradesh, Bwt 2.8 kg,

Immunization history: Partially immunized

Development history: Scholastic performance good

till last year

Personal history: Hygiene is good, Bowel, bladder habit good.

### General examination:

Stunted growth, Heart rate-118/min Respiratory rate-22/min, Blood pressure- 100/60 mm of hg. Coarse facies, widening of wrist joint, wide carrying angle, Overcrowding of teeth, excess hair growth over limbs. Height-110cm weight-19.3kg,

Examination of thyroid: Thyroid gland was felt like cobblestone, no nodules felt.

### Investigations:

1. CBC- 12.6/6300/3,16,000
2. E.S.R.- 06
3. Serum Creatinine- 0.6
4. Alkpo4- 110
5. T.S.H.- 108 ( range: 0.27-4.2 more than 5.7 hypothyroid)
6. T.T.G.- 177.59 positive
7. 17 hydroxyprogesterone- 2.86
8. Testosterone- 6.69 (girls 9years-≤ 13 yrs- 3.82-28.24)
9. Mantoux test- negative
10. Xray left hand wrist with finger AP view- bone age around 3 years 6 months.

After 15 days, no improvement in symptoms,

After 2 months

Scholastic performance improved, Bowel habits no improvement. Appetite remained poor,

Hair growth no change. Dry coarse skin Treatment

### Following schedule was planned:

1. Tab Thyronorm 50 mcg Empty stomach o.d. for 4 days a week and 75 mcg Empty stomach o.d. 2 days a week.
2. Chitrakadi vati 250 mg 1 tab twice a day just before meals with luke warm water.

### After 3 months

Scholastic performance improved, Bowel movements improved, Appetite improved,

### Investigation:

1. T3- 0.90 ng/ml ( 0.69-2.15)
2. T4- 78.27ng/ml (52-127)
3. TSH- 11.93  $\mu$ IU/ml (0.3 -4.5)
4. Xray left wrist. Bone age corresponds to 6 years 6 months

### After 6 months

Scholastic performance good, Takes part in outdoor games. Bowel habit good,

Appetite markedly improved,

### Investigation:

1. FT3- 3.950 pg/ml
2. FT4- 1.450ng/dl (0.7- 1.48)
3. TSH- 2.7
4. TTGIgA- negative

### Discussion:

A disease named **Galganda**, (neck swelling) is mentioned in Ayurvedic Samhitas. **Aacharya Charaka** has included it under 20 Shleshma Vikaras. **Aacharya Sushruta** has mentioned the seat of Galganda as Rohini Twacha, the sixth layer of skin (5). Charaka described it as a solitary swelling while Sushruta has mentioned it as two encapsulated, big or small swellings, hanging like scrotum, in the anterior angle of neck. **Bhela** describes Shleepada and Galganda are more common in Prachya Desha (eastern parts of country) and that of consumption of fish predominantly are liable to develop Galganda. Harita has described the role of **Dushtambu** (contaminated water) and **Krimi Dosha** and cold, damp, with densely grown trees, water stagnation and heavy rains environment may be cause for Galganda (10).

This condition is caused due to **malfunctioning** of the **Agni**.

According to Ayurveda based on its clinical manifestation, samprapti can be plotted as - **Nidana**,

**Pradhana dosha-Kapha,Vata**

**Pradhana Dushya- Meda, Mamsa, Sukra**

**Adhisthana-Gala pradesh**

**Srotodushti- Sanga**

**Agni Mandya: Amajanita**, (Ama Rasa-Rakta Dhatvagni Janita) vyadhi.

Main causative factor leading to disease is **Agnimandya** and Ama formation. Treating Agnimandya with **deepana pachan dravyas** was the main treatment.

**Chitrakadi vati** consists of chitraka, pippalimoola, yavakshara, Sarjakshara, Sauvarchala lavana, Saindhava lavana, vida lavana, Samudra lavana, Bhida lavana, Shunthi, maricha, pippali, Hingu, Ajmoda, Chavya, Matulunga rasa, Dadima rasa. are kapha-vata hara and are Deepana, Pachana, Vata anulomana. Hence **chitrakadi vati was considered in the treatment management of Hashimoto disease.**

### Conclusion:

**Hashimoto disease is one of the cause of acquired hypothyroidism According to Ayurvedic principles Agni brings about all kind of transformations in the body.**

**Agnimandya is precursor of all diseases resulting in Ama formation.** Symptoms of Ama and Hypothyroidism are almost similar. Deepan pachan treatment of Ama has shown good clinical results. **Chitrakadi vati with thyroxine acts as an add on therapy in hypothyroidism.**

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### **Pakshaghat (STROKE) Lakshans & Chikitsa**

- (I) Weakness of one or two Limbs
- (ii) Unbalance of body
- (iii) Slurring of Speech
- (iv) Loss of eye blinking or cheek ballooning
- (v) One sided mouth drolling of liquid

**All according to Balabal, Aayu, Desh, Kal, Prakriti etc.**

**Rasaushdhi**  
Brihat Vat Chintamani, Rasraj, Yogender  
**Churan (Powder)**  
Ashwagandha, Bala  
**Pishti**  
Parwal, Mukta, Jaharmohra  
**Kwath**  
Dashmul, Maharasnadi, Nirgundi  
**Ksheerpak**  
Aswgandha, Arjun, Lehsun  
**Panchkarma**  
Abhyang, Swedan, Virechan, Basti

## Recent Developments

### डेंगू की आयुर्वेदिक दवा जल्द उपलब्ध होगी



अच्छी खबर

नई दिल्ली | एजेंसिया

केंद्रीय आयुष राज्यमंत्री श्रीपद नाइक ने रविवार को कहा कि डेंगू के इलाज के लिए आयुर्वेदिक दवाओं का 'क्लिनिकल ट्रायल' प्रगति पर है और इसे इस्तेमाल के लिए स्यासीछ उपलब्ध कराया जाएगा।

आयुष मंत्रालय के सचिव राजेश कोटिया ने बताया कि यह दवा अगले कुछ वर्षों में बहुस्तरीय परीक्षणों के बाद तैयार होने की उम्मीद है। नाइक ने दिल्ली में आयुर्वेद में उद्यमिता एवं कारोबार विकास पर राष्ट्रीय सम्मेलन से इतर कहा, डेंगू के इलाज के लिए आयुर्वेदिक

ऐलान

- श्रीपद नाइक ने कहा, नई दवा का क्लिनिकल ट्रायल प्रगति पर है
- आयुर्वेद पद्धति से कई रोगों की 20 लाख दवाएं बनाने की क्षमता



दवा पर परीक्षण चल रहा है और हम इसे स्यासीछ लेकर आएंगे। आयुष मंत्रालय ने चक्र सहित और सुश्रुत संहिता जैसी प्राचीन पुस्तकों को औषधीय ज्ञान का भंडार बताते हुए उनकी उच्चमि महत्ता पर जोर दिया। उन्होंने कहा कि यह अलग-अलग बीमारियों के लिए करीब 20 लाख दवाओं का आधार बन सकती है। नाइक ने कहा, मंत्रालय का उद्देश्य आयुर्वेद का आकार बढ़ाने और साल

2022 तक इसका कारोबार तीन अरब डॉलर से 10 अरब डॉलर तक पहुंचाने का है। मंत्री के मुताबिक, आयुर्वेद की डिजिटल इंडिया, स्मिडिया और स्टार्टअप इंडिया जैसी मंदाई सरकार की पहल से जोड़ने पर जोर दिया। सम्मेलन में मौजूद केंद्रीय मंत्री महेश शर्मा ने बताया कि आयुर्वेद आनुमान भरत योजना को देश के लाखों गांवों तक ले जाने का साधन बन सकती है।

### New Ayurveda departments in 19 AIIMS

Times News Network

Soon there will be a dedicated Ayurveda department in newly started AIIMS in 19 cities, including seven in BSF and other paramilitary forces hospitals across the country. According to Shripad Yesso Naik, Minister of State for AYUSH, these initiatives are in line with the government's theme 'Ayurveda for public health'.

To sensitise young entrepreneurs and help them in exploring business opportunities in Ayurveda, the ministry will also organise 50 workshops in collaboration with MSME to enhance entrepreneurial opportunities in Ayurveda and AYUSH (Ayurveda, Yoga, Unani, Siddha and Homoeopathy) sector.

The announcements were made on the third Ayurveda Day during the 'National Seminar on Entrepreneurship and Business Development in Ayurveda' at New Delhi.

During the event, AYUSH-Health Management Information System (A-HMIS), a dedicated software application for Electronic Health Record (EHR) for the AYUSH systems of Healthcare was also launched emphasising the scientific integration of AYUSH system of medicines.

### विदेशों में आयुष दवाओं को मिलेगी मान्यता, डॉक्टर भी कर सकेंगे प्रैक्टिस

■ पीटीआई, नई दिल्ली

आयुर्वेद और अन्य देशी चिकित्सा पद्धतियों की विदेश में अहमियत बढ़ाने के लिए आयुष मंत्रालय ने हर्बल पौधों का मानक तय करने का फैसला किया है और इसके लिए मंत्रालय यूनाइटेड स्टेट्स फार्माकोपिया (यूएससी) के साथ मिलकर काम करेगा। इसका उद्देश्य लाभ में मिलेगा कि विदेशों में न केवल भारतीय दवाओं की व्यापक समर्थन मिलेगा, बल्कि आयुष डॉक्टरों और थेरेपिस्टों को भी दूसरे देशों में काम करने का मौका प्राप्त होगा। एक सरकारी सूत्र ने बताया कि मंत्रालय ने तय किया है कि अगले पांच साल में आयुर्वेद और अन्य देशी पद्धतियों, आयुष दवाओं और सेवाओं का बाजार तीन गुना तक बढ़ा दिया जाए। आयुष मंत्रालय की इस पर जल पर एमिल फार्मास्यूटिकल के कार्यकारी निदेशक रॉबर्ट शर्मा ने कहा कि यह भारत के लिए गर्व की बात होगी कि हमारे आयुर्वेद की दवा के रूप में दूसरे देशों के नागरिक भी अपनाएं। वे आयुर्वेद का लाभ उठाने के लिए भारत आते हैं। लेकिन अब उन्हें अपने देश में



आयुष मंत्रालय का लक्ष्य, पांच साल में तीन गुना तक बढ़ेगा बाजार

ही ये दवाएं तय नियमों के तहत मिलेंगी। मंत्रालय के अनुसार आयुर्वेद से कई सफल दवाएं निकली गई हैं। लेकिन विदेशों में ये दवाएं इसलिए नहीं बिक पाती हैं क्योंकि इन्हें वहां के नियमों के मुताबिक पंजीकृत नहीं करवाया गया। मंत्रालय डॉक्टूरल एजेंसी की मदद से दवाओं के लिए खतरा तय करने के बाद इन्हें हर देश में वहां के नियमों के अनुरूप दवा के रूप में पंजीकृत करेगा। इसी तरह कई देशों जैसे स्विटजरलैंड, ऑस्ट्रेलिया, यूएई, कोलंबिया, हंगरी, न्यूजीलैंड जैसे कई देशों में आयुर्वेद चिकित्सकों को प्रैक्टिस की मंजूरी दी जाने लगे हैं।





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### LEHANA KARMA

Ayurveda has its some peculiarities. Nowadays the whole world is fighting with some infectious disease may be viral or bacterial in etiology. The modern scientific system of medicine is taking steps to tackle this by means of various methods like vaccination etc., but still after the problem persists in its peak. **There are a lot of diseases like dengue, chickungunya and other viral or bacterial diseases for which no particular vaccination is there.**

In modern medicine the medicine is produced against particular organism but in ayurveda it is not against particular organism but it provided immunity for whole body to fight with all organisms. There are two types of methods for producing immunity i.e. one is specific and second is common. In specific type it is for specific type of disease like polio, tetanus etc. and other is of common type which is not for any specific disease but for providing immunity of whole body to fight with all types of disease. **Ayurveda lehana karma is in this type.**

Let us take an example that two patients are suffering from same disease but one is experienced with a lot of symptoms and complications and other is not having that much of symptoms. What it means that the different patients have different power of immunity to fight with disease. There are many references which are available in ancient textbook for producing immunity in children through various methods but the ancient pediatrician **Acharya Kashyapa** has elaborated it in detail. According to him the children who is **fit** for lehana karma and who is **not fit** for lehan karma.

#### The children fit for lehana karma:

1. **Whose mother is not having sufficient milk or not having any milk**
2. **The mother whose delivery is with complications or by surgical method.**
3. **Mother is seriously ill or having predominance of vata and pitta doshas but kapha is in its normal state.**
4. **The neonate or infant is not satisfied after breast feeding or continuously crying after breast feeding or not sleeping in night or taking excessive meal or who passes less urine or stool or whose digestive fire is teevra or excessive or who are thin without any disease or who are having soft organs and thin in built or who does not pass stool upto three days, this type of children are fit for lehana karma.**

#### Unfit for lehana karma:

1. The children who are having low digestive fire, excessive sleeping child, passing excessive urine and stool, having good body built, kalia matruka (possibly suffering from matruka disease), ajeerna (indigestion) patient, taking heaving stanya (breast milk)
2. The infants or children of mothers who is taking all rasa product in her meal
3. The children suffering from udharva jatrugata roga (ent disease), aama roga, fever, diarrhoea or aamatisara, jwaraatisara (fever)

with diarrhea), **kamala** (jaundice), **Shotha** (inflammation), **paandu** (anemia), **hrudroga** (cardiac diseases), **swasha** (asthma), **kasa** (cough), **guda roga** (anal or rectal disease), **aanaha** (abdominal distension), **ganda** (lymphadenopathy), **visarpa** (erysepalas), **aruchi** (not willing to take anything orally), **graham roga** and **alsaka roga**.

4. Lehana is not done just after meal intake or durdina means no clear atmosphere or when direct wind is blowing.
5. No lehana karma is done with assatmaya product means which are not compatible to each other
6. Lehana is not done in excessive quantity.

There are a lot of herbs or bhasma alone or in combination described in ancient texts for lehana karma which is given below:-

1. **Suvarna prashana** which is described by **Acharya Kashyapa**. This method is mainly prescribed now a days but it is not its form which is explained by Acharya Kashyap. According to **kashyapa Samhita** the pure gold is rubbed on a stone with some water when facing towards east and give it with honey and ghruta.

### Benefits :

It improves longevity, optimum nourishment of dhatus , immunity against infections , improves digestive fire, improves memorizing ability after hearing once, rejuvenation and increase in memory and have immunity to fight with other disease.

2. **Kalyanaka** Ghruta
3. **Panchgavya** Ghruta
4. **Brahmi** Ghruta
5. **Samvardhana** Ghruta
6. **Astanga** Ghruta
7. **Saaraswat** Ghruta
8. **Vachadi** Ghruta
9. **Kumarkalyanaka** rasa

10. In spite of these there are lot of herbs which are giving properties to develop immunity against a lot of ailment should be used.

**Conclusion : Lehana karma plays a good role among children to provide non specific immunity to fight with diseases. With lehana dravyas one should take care of healthy diet besides seasonal food items according to ritucharya and prakruti enhances better results.**

## दूषित वातावरण के प्रभाव का आयुर्वेदिक उपचार

गर्म जल प्रयोग, मिश्री, गुड़, शहद, सोंठ (शुठी), हल्दी, मुलेठी, कुलन्जन, दालचीनी, टंकन, खदीर (कत्था), नृसार (नौशादर) आदि का सेवन व नस्य हेतु

सरसो तेल, तिल, नारियल, गाय घी, शडबिन्दु आदि का प्रतिदिन प्रयोग।



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## **"Pathye Sati Gadartasya Kim Aushdi Nishevane" : Ayurvedic Prospective of Nutraceuticals**

Ayurveda the ancient science of life has described the role of food in prevention as well as therapeutics. Ayurveda always give prime importance on wholesome diet (Prophylactic and Promotive nutrition) while it also concerns about specific diet in disease condition (clinical nutrition), which is the uniqueness of Ayurvedic approach of treatment.

Now a days, **Nutraceuticals concept of pharmaceuticals** is gaining popularity which have roots in traditional system of Indian medicine called Ayurveda. Indians due to cultural tradition and experience; use various herbs as their daily food supplements for preventive as well as for curative.

**Nutraceuticals are natural biological materials that are useful for physiological benefits that reduce the risk of diseases along with their nutritional function.**

**The word Nutraceuticals is described as food or fortified food products which along with dietary supplements also give the medicinal advantage. It is applied to herbs, herbal formulations, dietary supplements, specific diets, processed food like soup which give dual advantage of nutrition and medicine.**

Ayurveda gives the unique concept of **Aahar** which plays a role of prevention or cure. Ayurveda described the individualised role of aahar in the form

of **pathya apthya, hita-ahita and sathmya and asathmya**. Ayurveda mentioned the role of food as medicine which describes the origin of science of nutraceuticals. So in our ancient science, importance of food and nutrition, described in detail but sadly neglected by many of us.

### **Ayurvedic Prespective of Nutraceuticals :**

**Acharya Charak** stressed about the food both as nutrition and medicine in sutra sthana **matrashitiya adhyaya** which gives modern science the origination of nutraceuticals.

### **Verse is Charak Samhita :**

तच्चनित्यं प्रयुज्जीत स्वास्थ्यं येनानुवर्तते  
अजातानां विकाराणामनुत्पत्तिकरं च॥

(Charaka Samhita: Sutra Sthana: 5)

Means that we should consume diet which provides our daily nutrition requirement as well as to maintain health and to prevent us from disease.

In **vaidya Jivana** the Nutraceuticals concept is mentioned as verse:

**"Pathye sati gadaartasya kim aushadh nishevane"** (Vaidhya Jeevana: 1/10)

**If wholesome diet is given in a planned way, then**

there is no need to administer medicines.If diet is correct there is no need of medicine.

These two verses give the concept of origin of nutraceuticals in today's world.

**Ayurveda described the qualities of food as :**

- **Rasayana** (for rejuvenation) ,
- **Balya** (Nutrition) ,
- **Vyadhishamatwa** (Increase immunity),
- **Jivaniya** (for maintaining life) and
- **Vajikaran** (Vitality).

**Advantage of Ayurvedic concept of food as Nutraceuticals**

- **Easy availability.**
- **Social acceptance.**
- **Prevention of Life Style disorders and communicable Diseases.**
- **Maintenance of health.**
- **Maintain balance of dosha.**
- **Healthy for mind and intellect.**

Any diet or food can be wholesome and unwholesome on the basis of various factors like prakriti, desh, matra, kala,bhumi etc.. So, before administration of any food article,we should be aware of all these factors so that we achieve the desired effect. Similarly, there are some dietary articles, which are wholesome to all e.g red **Sali rice, mudga among pulses, saindhava, cow milk, cow ghee, ginger, grapes, sugar etc.** On the other hand, there are some dietary articles which are unwholesome by nature cause illness and their regular intake cause vitiation of dosha and leads to manifestation of disease.

**Ayurveda Classification of Nutraceuticals :**

1. **Rasayana as a Nutraceutical:** There are many Rasayana whose acts as Nutraceuticals.

- **Amalaki Rasayana** : For anti-ageing.
- **Chyavanprashm** : For respiratory disorders
- **Brahma Rasayana** :Mental stress
- **Narasimha rasayana** :Vigor and vitality
- **Phala Ghrita** : Reproductive health
- **Arjuna Ksheerpaka** : For Heart Disease.

Rasayana nourishes all dhatus and helps in prevention of diseases .

**2. Ayurvedic Nutraceutical according to age :**

- **Chayavanprash** : At older age specially
- **Vacha with Honey** : At childhood

3. **Ritu Haritaki** : Environmental factors is always a contributory factor in the manifestation of disease. Use of Haritaki according to season is pathya to all and gives a seasonal concept of Nutraceuticals.

4. Nutraceuticals depends upon the **time** of consumption:

**Triphala Rasayana :**

- Fruit of **Haritaki** after the digestion of previous meal,
- Fruit of **Bhibitak** before taking food and
- **Amalaki** after taking meal.

5. For Physiological condition: Like **Shatavari Ghrita** for Lactating mother.

6. Organ / Organ system Oriented: **Pippli Rasayana** for respiratory system.

**Concept of Pathya –Apathya :**

Beneficial food for our body is called as **pathya** .On the other hand food that is **not beneficial** to us is called **apathya** .Food or diet is supplemented as medicine because some foods have chemical which have disease preventing history. In Ayurveda classics ,there are many evidence of using food



as medicine .In modern science also there are evidence of role of diet in obesity and diabetes as well. Many dietary ingredients have their role in diabetes as per classics .For example **Momordica charantia(karela) is pathya for prameha.**

Now the world shows its interest in Nutraceuticals which provide both the **nutrition** and **medicinal** benefits. The concept of using foods as health supplements ,as preventive measure and to improve quality of life is described in details in ayurveda .Importance of diet and food is described in Ayurveda classics. Nutrition ,prophylactic nutrition, its action and nutraceuticals are describes in vast in **Vaidya Jeevanam, Bhavprakash ,Charak Samhita, Susruta Samhita ,Astang Hridaya etc.**

In present era, due to industrialization, urbanization, changes in lifestyle and diet leads to shift of disease from communicable to non communicable disease called as life style disease.

Ayurvedic principles play a crucial role in their prevention and management of disease. Description of pathya is the hallmark of ayurvedic system in therapeutic .In Ayurveda

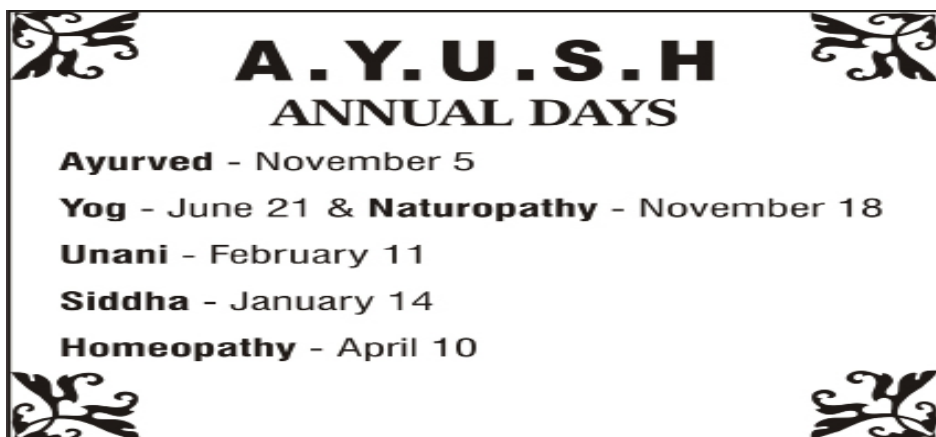
**specific diet and lifestyle is always prescribed along with medicine and therapies to maintain equilibrium of dosha and maintenance of health.**

Many clinical and experimental studies have been conducted for the validation of Ayurveda principles of diet and also for development of Ayurveda based Nutraceuticals.

Individual dietary planning constitutes the basic features of the ayurvedic concept of nutrition, which fulfill the both objectives of ayurveda. **Nutraceutical is a connecting link between the modern science and ayurveda where lots of hardcore research work shall have to be done which is accepted by both systems.**

**Ayurveda concept of diet need clinical research to validate and establish the role of pathya – apthya in prevention as well as curing the disease .For Establishment of Ayurveda Based Nutraceuticals(Pathya) Research should be initiated by both system of medicine so that whole world may know the real concept of Diet and Pathya**

अन्न ही प्राण – जो आहार वर्ण, गंध, रस, स्पर्श रुपी मनोकुल हो और विधिपूर्वक पकाया हो वह प्राणो का धारण करने योग्य है।



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### Importance of Food in Human Life

Food is not only the requirement of humans but required for all living beings. Eating food is essential to live but life is not only for eating. It required good vegetarian food to be healthy. Health status depends on choice of food and its digestion. Main cause of diseases is wrong selection, combination of food items, eating more in quantity than body requirements, in wrong hours with a bad life style.

**Every human should know what to eat? How to eat? How much to eat? When to eat? What kind of food? What is good for our body? That is why Lord Krishana told to Arjuna in the battle field about Satvik food, best for human:**

आयुः सत्ववलारोग्य सुख प्रीतिविवर्धना।

रस्याः स्निग्धाः स्थिराः हृद्या आहारासात्विकप्रियाः। (गीता 17-8)

We are born in the lap of nature. There are five natural elements and our body is constituted of these five. These can be maintained living in balanced position when we follow the principles of nature. So when we consume wrong combination of food items we fall ill.

#### What to eat ?

To be healthy we need organic food, we should use green vegetables which are grown by natural dung khad not by synthetic chemicals. Now a days the greedy people for commercial bumper crops use chemical injections to grow more of vegetables.

**1. Seasonal ripped fruits should be preferred than cold stored.**

**2- Food should be fresh, light, quickly digestible cooked from neat and clean sources.**

**3- Enough of carbohydrate, protein, iron,**

**minerals, fat, roughage and clean water should be there.**

**4- Our food should be 80% alkaline and 20% acidic.**

**5- Grains, pulses, milk, curd, lassi, honey, jaggery, green vegetables, fruits, salad, should be taken regularly.**

#### Mono Diet:

There is great importance of mono diet in naturopathy because one kind of food taken as followed by sages, saints and rishis in ancient times does not produce any poison (aam); which creates indigestion for problems in stomach.

#### Balance Diet:

Balanced diet is very important according to physical and mental requirements of the individual. Office goers require minimum food while workers in factories or hard working labours require more food as per the appetite. Quality of food is more important than the quantity of food.

#### Good combination of food:

There is great importance of matching food for compatability of food items because right combination of food makes a person healthy while wrong one makes ill.

**A- Milk is a complete food which requires nothing yet we can have honey, dry fruits, biscuits, rusk or sweet fruits with it. Milk & honey is good combination.**

**B- Green vegetables, pulses with curd is easy to digest.**

**C- Lemon with pulses, ghee, butter can be used in pulses.**

**D- Green vegetables with grains flour (chapatti of) i.e. wheat, barley, maize, potato, rice.**

**E- Honey, jaggery, dates, butter with chapatti of any grain.**

**F- Pulses soupy vegetables with rice.**

**G- Green vegetables with potato, chapati dhania and chach with jira, hing and kala namak.**

**H- Cardamom (ilaechi) with banana, milk with dates, tamarind with jaggery, guava with aniseed or black salt, radish with its leaves, bathua with curd or lassi, mango with milk, apple with gulkand, lemon with black salt, plums with sugarcane, pulses with curd lassi, rice, curry with fenugreek (methi), purikachauri with vegetable, maize with lassi, vegetables, brinjal with mustard vegetable (sag), tea with sweet biscuits, rusk, after meal may take aniseed, warm half cup of water etc.**

### **Wrong Combination of food:**

Wrong combination of food always produces food poison which in due course of time makes us ill.

### **Dont's**

**1- Do not take with milk-** Curd, salt, tamarind, coconut, musk melon, water melon, radish, tori, sesamum, kulthipuls, pickles, meat, fish, and salty food.

**2- Do not take with Kheer-** Jack fruit (katahal), sattu, curd, pickle, khichri, wine, meat and salty things. Do not take many kinds of food in one time as we do in party

**3- Do not take with curd-** Milk, kheer, cheese, banana, musk melon, water melon, cucumber, radish.

**4- Do not take with ghee-** Equal quantity of honey, cold water, ice cream, cold milk and any cold drink.

**5- Do not take with Jaggery-** Radish, black gram, chilly, salt.

**6- Do not take with rice-** Shirka, pine apple, tomato, sour fruits, lassi, whey.

**7- Do not take with honey-** Radish, grapes, khichri, warm water, river water, rain water.

**8- Do not take with tea, coffee-** Namkeen items, cucumber, kheera, musk melon, water melon, radish, pickle, tulsi leaves.

**9- Do not take with onion-** Milk, curd, lassi, Do not take puri with-, arbi, yam vegetables.

**10- Do not take with Urad pulse-** Curd, milk, butter.

**11- Do not take cold water-** with hot meal, cucumber, water melon, musk melon, peanuts, dry fruits, roasted food, allopathic medicines.

### **How to eat?**

This is also very important question. In ancient time it was searched by saints, sages that let we eat and drink in sitting position. Always sit on seat, mat on the earth and eat your food and drink water etc. We should eat every bite by chewing 32 times and drink milk or juice or water very slowly means "drink food eat water". This is principal of naturopathy. By eating in such a manner it will digest easily and will not create any stomach diseases. Never talk, do not watch television while you are eating. Do not drink water before meal between meal. Do not drink cold water while you are eating warm food. You may take water one to two sip warm water whenever it require in between eating. You may take water after 45/50 minutes of food. Reason: If you take more water between eating all the saliva, gastric juice, will dissolve from food and metabolism system will become cold and slow due to which it will take more time to digest.

### **When to eat?**

Naturopathy experts and scholars emphasize to eat food regularly at times of breakfast, lunch & dinner at right hours. Gradually body is accustomed to this natural principle of food habits to remain free from illnesses. It is medically advised to have vegetarian food preferably in moderate quantity with sufficient oil, spices and water. It is always better to have light dinner strictly 2 - 1/2 hours before going to sleep.



## DHAROHAR

### AYURVEDIC - AUSHADHI

#### SANDPUSHPA

**Hindi** Sadasuhagin, Sadabahar **English** Madagascar Periwinkle,  
**Latin** Lochnerarosea **Sanskrit** Sandpushpa

**Brief Description** - Plant; Shrub of 1-3 feet high grow round the year,

**Leaves** - Green Oval, Smooth; Shiny; **Flowers** 1"-2" diameter white or pink indwells in 2-3 numbers; **Fruits** - Spindle shaped with polyseeds while flowers & fruits look alike

**Chemical Composition**- Whole plant (**Panchang**) contains alkaloids of Serpgandha e.g ajmalicine, Serpentine, Reserpine besides Lochnerin, Lochnericine Virosine etc.  
**Roots** flaks 2 % Phenolic resin, D-Camphor (.03%) while **Leaves** contains oily resin, volatile resin, two alcohol, two glycosids, tannin, sterol, carotenoids uroselic acid and pink flower contains anthocyanin.

#### Ayurvedic Features

**Gun** - Ruksh, Laghu, **Ras**- Kashay, Tikt

**Vipaak** - Katu, **Virya** - Ushn; **Vipak** - Raktarbud Nashak (**Anti Tumor**)

#### Clinical Therapeutics

1. It is for **Kaph - Vatic** disorders
2. Locally **Vishghn & Jantughan** - Kalk of fresh leaves applied for **allergic, fungal dermatitis** while juice used for **infected wounds, ulcers, insect stings**
3. Powder of whole plant used for neurological disorders e.g. anxiety (**udveg**), **insomnia (anidra)**
4. **Deepan & Grahi** for indigestion, diarrhoea controlled by kalk
5. In conditions of hypertension associated headache (**ukraktchap janit shirahshul**)
6. In **Madhumeh** (diabetes mellitus)
7. For controlling **raktgulm / rakharbud** (tumor)
8. It is an ayurvedic **anti cancer** phyto medicine
9. Use a **whole plant** with roots and leaves
10. **Dose** - Kalk 10gm, Swaras 10-20ml, two or three times per day



Dr. Tripathi V  
Varanasi (U.P.)

शोध पर आधारित प्रमाणिक लेख

## संक्रमण बीमारियों की रोकथाम के लिए कुम्भ स्नान व कल्पवास की जीवनशैली का महत्व

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By :- Dr. Vachaspati Tripathi  
Pharmaceutical Scientist, Herbal  
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Mobile : 9415225324, 9721222271

**संक्रमण बीमारियों पर कुम्भ स्नान व कल्पवास के प्रभाव का वैज्ञानिक प्रमाणीकरण का सोपान एक अदम्य खोज व शोध है।** बात कई वर्षों की है जब विश्व हिन्दू परिषद के अन्तर्राष्ट्रीय अध्यक्ष माननीय श्री अशोक सिंघल जी काशी आए थे और बुद्धिजीवियों की एक बैठक में उन्होंने वैज्ञानिकों से कहा कि कुम्भ पर्व के दौरान प्रयागराज में गंगा और यमुना नदी के संगम पर जल में या तलहटी में कलश की खोज करनी चाहिए। यही बात मेरे मन में बैठ गई। ऐसी धार्मिक व पारम्परिक आस्था और विश्वास है कि कुम्भ पर्व पर स्नान करने से अमृतपान जैसा लाभ मिलता है और मनुष्य अमरत्व को प्राप्त करता है।

चूँकि मैं एक भेषज वैज्ञानिक हूँ कुम्भ पर्व का मानव जाति पर अमरत्व का भेषज गुण पर चिन्तन हमें आधुनिक विज्ञान के वैक्सिन के अनुरूप लगा क्योंकि वैक्सिन का एक बूँद का भी शरीर में प्रवेश, विजारोपण से मनुष्य किसी निश्चित संक्रमण व्याधि (जिसके लिए वैक्सिन लगाया जाता है) के लिए अमरत्व को प्राप्त करता है। वैक्सिन का यही अमृत गुण लेखक को कुम्भ पर्व में भी प्रतिबिम्बित होने लगा और डॉ॰ वाचस्पति त्रिपाठी ने प्रथम अवधारणा बनायी कि कुम्भ स्नान के समय डुबकी लगाने से जल के माध्यम से जल में उपस्थित नए व पुराने ज्ञात अज्ञात सूक्ष्म जीवाणुओं का शरीर में प्रवेश, विजारोपण होता है जिसके फलस्वरूप मनुष्य उन-उन सूक्ष्म जीवाणुओं के प्रति रोग प्रतिरोधक क्षमता को अपने शरीर में व्याधिक्षमता के सिद्धान्त पर आधारित जैविक प्रक्रिया के कारण स्वतः विकसित करता है।

इस कुम्भ स्नान के कारण भिन्न-भिन्न सूक्ष्म जीवाणुओं के लिए शरीर में रोग प्रतिरोधक क्षमता स्वतः विकसित होना ही कुम्भ पर्व के अमरत्व गुण को दर्शाता है जिसे सनातनी आचार-विचार में, पुराणों में श्रुति मुनियों द्वारा कहा गया है कि कुम्भ स्नान कल्पवास करने वालों को, अमृत पान करने का लाभ मिलता है, अमरत्व प्राप्त होता है। इस आशय का पहला लेख डॉ॰ वाचस्पति त्रिपाठी द्वारा 31 जनवरी सन् 2007 को वाराणसी से प्रकाशित सान्ध्य दैनिक गाँधीव में प्रकाशित किया गया था।

मानव शरीर में संक्रमण बीमारियों से बचाव के लिए रोग प्रतिरोधक क्षमता होती है जिसे प्रतिरक्षा या व्याधि क्षमता या Immunity कहते हैं। व्याधि क्षमता यदि बाह्य प्रेरक (External Stimulus) या जीवाणु से होती है तो उसे एक्वार्ड इम्यूनैटी (Acquired Immunity) कहते हैं। एक्वार्ड इम्यूनैटी किसी विशेष जीवनशैली (Life Style) से हो सकती है या कृत्रिम (Artificially) भी हो सकती है। सीधे शब्दों में एक्वार्ड इम्यूनैटी (Acquired Immunity) जन्म लेने के बाद शरीर में बने एन्टीबॉडीज से होते हैं जिन्हें इम्यूनोग्लोब्यूलिन कहते हैं जो प्रतिरक्षा विज्ञान के जैव रसायनिक / भेषजी प्रक्रिया के कारण शरीर में बनते हैं।

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आयुर्वेद, पंचकर्म और यूनानी के मापदंड तय करेंगे 18 देशों के 39 एक्सपर्ट



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वर्ल्ड हेल्थ ऑर्गेनाइजेशन जल्द ही आयुर्वेद, पंचकर्म और यूनानी पद्धतियों के लिए वैश्वमार्क डॉक्यूमेंट तैयार करेगा जिससे दुनिया भर में इलाज की इन पद्धतियों का सुरक्षित और कारगर सिस्टम तैयार किया जा सके। यह प्रक्रिया डब्ल्यूएचओ और मिनिस्ट्री ऑफ आयुष के बीच हुए प्रोसेस कोलेबोरेशन एग्रीमेंट का हिस्सा है। इसी मकसद के साथ मिनिस्ट्री ऑफ आयुष के सहयोग और नेशनल इंस्टीट्यूट ऑफ आयुर्वेद जयपुर की सहभागिता में वर्ल्ड हेल्थ ऑर्गेनाइजेशन (डब्ल्यूएचओ) की तीन दिवसीय वर्कशॉप का उद्घाटन होटल मैरियट में सोमवार को हुआ। इनेग्रल सेमिनर में डॉ. सुगचेल किम, पद्मश्री वेदा राजेश कोटेया, सेक्रेटरी, मिनिस्ट्री ऑफ आयुष और नेशनल इंस्टीट्यूट ऑफ आयुर्वेद के डायरेक्टर प्रो. संजीव शर्मा उपस्थित थे। 19 सितंबर तक चलने वाली इस वर्कशॉप में 18 देशों के लगभग 39 एक्सपर्ट हिस्सा ले रहे हैं जिनमें आयुर्वेद, पंचकर्म और यूनानी के भी एक्सपर्ट शामिल हैं जो डब्ल्यूएचओ के डॉक्यूमेंट को आपसी विमर्श के बाद दस्तावेज का रूप देंगे।

### पेशेंट्स के सुरक्षित इलाज के लिए तय होंगे मापदंड

डब्ल्यूएचओ के टेरिस्ट्रल मेडिसिन के रीजनल एडवाइजर डॉ. सुगचेल किम ने बताया कि इस वर्कशॉप के जरिए एवतपदरत द्वारा तीनों पद्धतियों के इफेक्ट बनाए जाएंगे। इन एवतपदरत के डिमांड और सहमति से तैयार दस्तावेजों में आयुर्वेद, यूनानी और पंचकर्म के न्यूनतम मापदंड तय किए जा सकेंगे जिसे पेशेंट्स की सुरक्षा के लिए दुनिया के सभी देश वक्तों केफरेस इस्तेमाल कर सकेंगे। इस मौके पर डब्ल्यूएचओ की डिप्टी डायरेक्टर डॉ. सोम्या स्वामीनारायन ने अपने वीडियो मेसेज में कहा कि इस वर्कशॉप में इन तीनों पद्धतियों से जुड़े प्रोडक्ट, प्रैक्टिसनर और प्रैक्टिस के बारे में एवतपदरत डिमांड करेंगे। इससे प्रैक्टिस के वैश्वमार्क से ट्रेनिंग और इलाज की प्रक्रिया को स्टैंडराइज किया जा सकेगा। उन्होंने बताया कि 2018 को अल्फा अटॉर के 40वीं एनिवर्सरी ईयर के तौर पर मनाया जा रहा है। साथ ही आयुर्वेद, सिद्ध और यूनानी को आईसीडी-2 के टेरिस्ट्रल मांडुल में शामिल किया गया है। वहीं राजेश कोटेया ने कहा कि नमस्ते यानी नेशनल गांथीडिटी स्टैंडराइज टर्मिनेशनी इजिन को आयुष की सुविधाओं और केरला फाउंड के डॉक्टरों के लिए इस्तेमाल किया जा रहा है। उन्होंने डब्ल्यूएचओ के सामने भारत के लिए एस-यूआ और एम-अयुर्वेद जैसे मांडुल और एप्लीकेशन डेवलप करने का प्रस्ताव भी रखा।

## एमबीबीएस डॉक्टर भी आयुर्वेद में एमडी करेंगे

### तैयारी

जई दिल्ली | लटन जैड़ा

केंद्र सरकार आधुनिक चिकित्सा पद्धति और देशी चिकित्सा पद्धतियों में बेहतर सामंजस्य बिजाने के लिए कुछ अहम फैसले लेने जा रही है। इसी कड़ी में एमबीबीएस डॉक्टरों को आयुर्वेद या अन्य देशी चिकित्सा पद्धतियों में एमडी करने की अनुमति देने पर विचार चल रहा है। इसके साथ ही आयुष नेट स्कॉलरशिप में आधुनिक चिकित्सा पद्धतियों के डॉक्टरों को भी मौके दिए जा रहे हैं।

आयुष विभाग के सचिव राजेश कोटेया ने हिन्दुस्तान को विशेष बातचीत में बताया कि एमबीबीएस डॉक्टरों की तलाक से आयुर्वेद में एमडी करने के लिए आवेदन मिले हैं। लेकिन मौजूदा नियमों के तहत उन्हें इसकी अनुमति नहीं है। लेकिन आयुर्वेद एवं अन्य देशी चिकित्सा पद्धतियों में नए शोधों को बढ़ावा देने के लिए आधुनिक एवं देशी पेशियों में गहरा सामंजस्य बिटाने जाने की जरूरत है। इसलिए विभाग इस प्रस्ताव पर रबीरिस्ता से विचार कर रहा है और आवश्यक प्रक्रिया पूरी करने के बाद अनुमति दिए जाने के पक्ष में है।

उन्होंने कहा कि इसका नकलद आयुर्वेद एवं अन्य देशी चिकित्सा पद्धतियों में शोध कार्य को बढ़ावा देना है। एलोपैथी के कई चिकित्सक आयुर्वेद में शोध करना चाहते हैं इसलिए वे एमडी की डिग्री लेना चाहते हैं।



### आयुष नेट में मौके

कोटेया ने कहा कि संगतत आयुष नेट स्कॉलरशिप में भी आधुनिक चिकित्सा पेशी के डॉक्टरों को मौके दे रही है। आयुष नेट के तहत की चिकित्सकों को शोध कार्य के लिए राशि दी जाती है। इसमें 40 सीटें वैसिक साइंस बढ़कर आने वाले उम्मीदवारों के लिए रखी गई हैं जिनमें फार्माकोलॉजी में एमडी करने वाले भी आवेदन कर सकते हैं।

हालांकि आयुर्वेद में एमडी डिग्री लेने के बाद भी वे आयुर्वेद की प्रैक्टिस नहीं कर पाएंगे। यह व्यवस्था थिक शोध कार्य को बढ़ावा देने के लिए होगी।

**एड ऑन कोर्स:** एक प्रश्न के उत्तर में उन्होंने कहा कि आजकल आयुर्वेद की कई ऐसी दवाएं उपलब्ध हैं जिनमें एलोपैथी के उपचार के साथ-साथ इस्तेमाल किया जा सकता है। इसलिए यदि एमबीबीएस या एमडी डॉक्टर एलोपैथिक इलाज के साथ ऐसी दवाओं को सह-उपचार के रूप में मरीजों को देता है तो यह गलत नहीं है। एम्स तो साफापदा अपने एमबीबीएस डॉक्टरों को देशी चिकित्सा पद्धतियों में एक एड ऑन कोर्स कराने पर विचार कर रहा है। एम्स ने इसके लिए बकायदा एक विशेषज्ञ कमेटी गठित की है जिसमें आयुष विभाग भी सहयोग दे रहा है।





## ANUBHAV

**Dr. Vandana Taneja**

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### **Ayurvedic Management Of Hypothyroidism (Avtuka granthi Vridhi)**

**Deepa ; 32 years old female visited my clinic with compliants of sudden weight gain, weakness, early tiredness, decreased appetite, constipation, irregular periods with a lab. report of T.S.H. showing 6.19 ml/L & but not interested for long allopathic treatment.**

**General Information** - Educated, working, middle class, weight 68 kg, height 155 cm

**Sign & Symtomos** - Feeling of heavyness, weakness, frequent tiredness, breathlessness, irritability, anxiety, disturbed sleep, increased thirst, ghabrahat, cold sweating, painful & increased menstruation, roughness & thinking of skin, swelling of fingers specially hands, little protroding eye balls.

#### **Management**

**Home Remedy** - 1 tsf of **dhania** seeds in 1 cup of hot water kept overnight & meshed next morning , filtered & mixed with 1 tsf of **honey** taken anti stomach.

#### **Diet**

**Pathya** - Green leafy seasonal vegetable & fruits, hot milk, coconut oil in moderate quantity.

**Apthya** - Tamsik & ghrisht food like mirch masala, maida based, transfat, junk and tinned food, cold beverages.

**Exercise** - Balabal Anusar regular swift walk, jogging, swimming, dance.

**Yog** - Sarvanga Asan, Pawanmukta Asan, Matsyana, Singhasan & Suryanamaskar.

**Pranayam** - Ujjaiye

**Medicines** - 1. **Kachnar guggal** 2 bid, 2. **Arogya Vardhni Vati** - 2 bid; **Anupan** - Hot Water

**Ashokarisht** 20 ml with 40 ml hot water after lunch and dinner.

This regimn continued for 3 months of treatment.

#### **Results- After Treatment**

**Objective** - TSH dropped to 3.05 ml/L

**Subjective** - Better sense of well being, body became active and mentally alert, menstrual cycle normalised, lost of 4 kg of body weight

**Patient had the above protocol for 3 more months. (total 6 months)**

**Afterwards no medicines were taken; only life style management was regularly followed.**

**Note :** No symptoms were reported back.

**Conclusion :** Ayurvedic medicines are drug of choice, proved successful treatment with safety profile as no side effect was reported.

# ***HARDIK BADHAI & SHUBHKAMNAYE***

**K.B.C**

**22 & 23 OCTOBER 2018**



*Dr. Vandana Taneja*



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