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GURUKUL'S C.M.E



*A Quarterly Magazine For
Medicine Reorientation*

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Editor's Desk

Dear Doctor,

It is relieving & pleasure to republish magazine with this current issue; as Covid-19 pandemic has ceased.

During this viral menace the world has witnessed many challenges but with lot more opportunities too. Simultaneously AYUSH & its physicians have proved their mettle in controlling & cure of this fatal disease.

In the last decade or so Ayurved has grown to new heights nationally & internationally on modern scientific grounds as detailed in column **Atithi-Vartalaap** ; age old **Marma therapy** has proved its clinical significance; practical **Ayurvedic Management** has over ridden effects of Covid-19 as well as associated disorders; **S.D.G.** is the basis of child development for achieving milestones; **Ark Kalpana** has been one of specialized mode of treatment in earlier times; **Acupuncture, Acupressure** with **Marma therapy** of primitive time are still relevant clinically.

While **Dhatu -Shodhan** (purification) by ayurvedic methods is at par with modern chemical techniques; Daily & regular practice of **Yogaasans** in alleviating the symptoms of **Madhumeh** (diabetes mellitus) besides clinical importance **Shoth** (odema) are some of the informative write ups presented by our academicians.

You are always appealed & welcomed to contribute any medical information brief or detailed in the interest of our I.S.M. community to grow intellectually.

Thanks.

Wishing all Happy Dhanteras & Deepawali

With Regards



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

Contents



| | | |
|--|----------------------------|----|
| Chintan! | | 2 |
| Atiithi Vartalaap | Dr. G.S. Lavekar | 3 |
| Marma Therapy in Frozen Shoulder (Avabahuka) | Dr. Ravi Gogia | 5 |
| The Management Of Covid 19 | Prof. Dr. Rajeev Pundir | 9 |
| Preparation Of Rasakarpura & Its Efficacy In Skin Disorders w.s.r. Vicarcika | Dr. Yeriswamy H | 11 |
| SDG -17 : AN INTRODUCTION | Dr. Anu Bhatnagar | 12 |
| A Critical Review On Arka Kalpana And Its Importance In Ayurveda | Dr. Mahantesh B. Rudrapuri | 16 |
| Acupuncture, Acupressure & Marma | Dr. Ragini Gowda | |
| 'DHATURA' SHODHAN (Purification) | Dr. Rishi Vashishth | 20 |
| डायबिटिज के दुष्प्रभाव से सुरक्षित रखते हैं योगासन | Dr. Shri Kant Gaur | 23 |
| Importance of Edema in G. Practice | डॉ राजेश कौरा. | 25 |
| | Dr. S. K. Gupta | 27 |

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Chintan!

'SPECIALISTS' ! WE TOO

Dear esteemed reader, as we know in India there is growing number of Allopathic hospitals at a rapid pace not even in metros but in small cities too.

So is the mushrooming of specialists & super specialists serving at these centres having world class facilities. High thanks & regards to these professionals rendering health care services for the masses.

*On the other hand AYUSH (Ayurved) & its practitioners are proudly serving but steadily; situation seems sad. So a serious thought (**Chintan**) is necessary for our promotion & development.*

1. Most of B.A.M.S. graduates having no option but private practice prefer allopathic medicine as of their legal right not ayurved which is the primary and moral responsibility.

2. While M.D. (Ay.) scholars are mostly either in government dispensaries or teaching institutions although P.G.s. are certainly superior to ordinary graduate physicians because of competitive entrance admission, strenuous & hardworking studies to attain the award of scientifically proved research thesis.

3. Our unhealthy mindset & ego do not encourage us for sharing & dissemination of acquired medical knowledge. So research thesis remain locked in shelves. Truly speaking we are the sufferers so is our system.

4. We precisely require compassionate incorporation among us for ayurved to grow and us to survive with more dignity.

5. During Covid -19 & post covid era the world has witnessed the importance of Ayush & its physicians well supported by A.Y.U.S.H. Government of India.

*6. Ancient Ashtang Ayurved speaks about many specialities of therapies besides Physician (**Chikitsak**), Dietition (**Dravya-gun**), Physio therapy (**Panchkarm**), Pharmacy (**Ras shatra**), Preventive Medicine (**Swathvrite**), besides Surgery (**Jaloka**, **Agnikarma**, **Skar Sutra Karm** etc.)*

7. Conclusively! a thorough & deep re-orientation as mandatory from time to time among the professional proponents & practitioners will ever remain needed.

Wish & Pray Bhagwan Dhanvantri to bless us.

Atithi Vartalaap



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Respected Sir,

You are welcome to column, atithi/vartalaap as guest of honour.

Q.1. Sir, you are well known among Ayurved & Sidha community as D.G, CCRAS. May I know, how long you served ?

Ans. : I have served the CCRAS for more than seven years as Director General.

Q.2. Kindly share the achievements under your proficient administration.

Ans. : Many achievements are on credit of me and my team during my position.

Q.3. After successful tenure you were awarded chairmanship of scientific committee, CCRAS, please throw light on its aims & objectives.

Ans.: SAB- SCIENTIFIC ADVISORY COMMITTEE is the apex committee to guide, monitor and evaluate the research programs of CCRAS.

Q.4. How these two apex bodies CCRAS & CCIM, are helping in teaching & training of AYUSH (Ayurved) students?

Ans. : Time to time many Research Workshops and Trainings programmes are conducted in different states through out India to educate the Ayurveda faculties and students.

Q.5. As the name defines, CCRAS, please let our esteemed readers know what are the areas of research developments ?

Ans. : Mainly the Research areas are Literary Research, Drug Research, Clinical Research, Family Welfare Research, Tribal Research etc.

Q.6. What are the associated fields BAMS & MD (Ay.) can have in future?

Ans. : **This is a very precise question, there are many fields but our students are not aware of these fields like, Research courier in CCRAS, ICMR, CSIR etc. and also abroad some are scientists in England, USA etc. but one has to have extra related qualifications.**

BAMS can do Post Graduation in different Ayurveda Subjects. They can do post graduation in Anatomy, Physiology, Preventive Medicine and can join any medical college as faculty. Further they

can do MBA, MPH, Master in Hospital Administration & Health Care and can join any big hospital as Medical Administrator. Many are enjoying such posts. Can appear in All India Administrative UPSC Examinations like IAS, IPS etc. Some Ayurvedic doctors are gracing such posts, recently one Ayurveda doctor is successful in IAS and is under training. There are many fields one has to search and should have liking.

Q.7. How AYUSH, G.O.I, is contributing in cultivation and harvesting of herbs ?

Ans.: There is a separate body under the AYUSH Ministry called "National Medicinal Plants Board" exclusively looking after Medicinal Plants in all respects.

Q.8. What is the scope of single drugs (herbs)?

Ans.: Single drugs are having an effective scope in clinical practices but single drugs are having limitations as these are efficacious in certain specific conditions.

Q.9. Sir, you have enough experience as an academician & expert, why multiple formulae (Compounds, yog) added together are in practice excessively.

Don't you think it's wastage of precious herbs as well as threat to nature while single herb acts specific and sufficient clinically ?

Ans.: Compound drugs work synergistically and are more effective than single drugs, this category is the strength of Ayurveda. Single drugs can not work on all systems, organs but Compound drugs work on the whole body along with more in specific systems. Many efficacious herbs can be the contents of compound drugs.

Q.10. If regular re-orientation of studies in colleges is necessary, isn't it mandatory for teachers also to give better, latest & quality education for students ?

Ans.: Yes, imparting quality and Standard education is necessary not only mandatory too. This is looked after by AYUSH COMMISSION- previously CCIM.

Q.11. Please comment on preventive medicine (Ayurved), briefly.

Ans.: Ayurveda is very strong in Preventive Medicine, the Seasonal and dietary regimens are key factors in preventive medicines. The future medicine will be dietary medicine as advised in Ayurveda "Medicine is diet and Diet is medicine". In developed countries more importance is given to diet.

Q.12. Explain how Ayurved is growing nationally and internationally?

Ans.: Ayurveda is growing Nationally and internationally very well. There are Ayurveda colleges in European countries and the USA. Ayurveda herbs and other research programs are in action in many Indian & abroad universities.

Q.13. You are one among 'Aapt Purush', what is your one line suggestion to budding BAMS & MD Doctors?

Ans.: Study Ayurveda sincerely, don't have any inferiority complex, be loyal to Ayurveda.
^vk qzlk ns kqfong ijekj**.

All the very Best and Blessing

धनवतरी महोत्सव एवम् दिपावली की शुभकामनाएँ



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Marma Therapy in Frozen Shoulder (Avabahuka)

Frozen shoulder or Avabahuka , vatika disorder , not mentioned in nanatmaja Vata vyadhi, Acharya Sushruta has mentioned Avabahuka as a Vata Vyadhi, affects usually the shoulder joint. Amsa shosha can be considered as the preliminary stage of the disease where loss or dryness of shleshmaka kapha from shoulder joint occurs. Morbid Vyana vayu may cause abhyantara marmabhighata or any external trauma to amsa marma situated in amsa pradesh. As amsa marma is snayu & vaikalyakara marma so its afflicting snayu will manifest restricted movements in arm. In modern science, partial loss of blood supply in the area of insertion of tendons or some idiopathic cause can produce localized degeneration of collagen. This induces an auto- immune response & cause tear & distortion in the sheaths of tendons & ligaments . This obliterates the integral stability of the joint & results in restricted movement with painful & stiffened joints.

Marma are primarily energetic centres where the life force accumulates & flows.

Our main motive of marma therapy is to clear the blocked prana vayu in various conditions of vitiation of vata involved in Avabahuka.

Marma massage centres on massage rather than use of needles. Marma control not only the outward form of the doshas but also the inward essence i.e. mind. So marma mark the junction of body & mind. Marma massage over sensitive

areas should be done carefully using the thumb (which projects the main power of hand) or fingers particularly index & middle finger.

Mode of Action of Marma therapy (M.T.) :-

It increases circulation leading to efficient supply of oxygen & nutrients through the body as a result of which there is a improvement of nutrition uptake in cells.

It releases endorphins which calms down nervous system leading to reduction of stress which are the precursors of all diseases.

Marma therapy stimulates the CNS (Spinal cord & brain) & activates hypothalamic, pituitary & adreno-cortical axis which enhances cortisol level & endorphins that promotes physical performance & relaxation process.

Advantages of Marma therapy :-

- No cost
- Medicine less
- No side effects
- Quick relief
- Self practiced therapy (with prior training)

Techniques of Marma therapy :-

Locate the respective marma region & apply steady & moderate pressure with thumb or finger starting slowly , gently & gradually increasing in strength.

- When goal is to reduce excess dosha apply a circular motion in anticlockwise manner.

- Continue motion in clockwise direction when tonification is required.
- Continue to apply pressure for 3 -5 min or until the patient gets relief.
- Lightly massage the area to disperse any tension.
- Marma therapy is not limited to treatment of single marma. However several marma are usually treated during a session.

Selection of Marma for Frozen shoulder (Avabahuka) :-

- Kshipra Marma (Upper Limb)
- Talahridaya Marma (Hands)
- Manibandha Marma (Hands)
- Indravasti Marma (Upper Limb)
- Kurpura Marma (Upper Limb)
- Ani Marma (Upper Limb)
- Urvi Marma (Upper Limb)
- Amsa Marma
- Amsaphalaka Marma
- Brihati Marma
- Kakshadhara Marma (if numbness is involved)

1) Kshipra Marma (Hands) :-

Site :- Situated b/w the thumb & index Finger located bilaterally on the dorsal & palmar surfaces of the hand.

Controls :- Rasavaha & Pranavaha srotas. Massage over this marma in anticlockwise direction promotes circulation of energy for 3 -5 min./day on each hand / foot . This is advised for 8 – 10 weeks. It relaxes the muscle strain & stress which are the precursors of all Vatika disorders.

2) Talahridaya Marma (Hands):-

Site :- Situated in the centre of palm, facing the root of the middle finger (centre of the palmar surface of the hand superficial to the third metacarpophalangeal joint.

Controls:- Pranavaha srotas , heart , lungs , bhrajaka pitta & Avlambaka kapha, Vyana

vayu particularly in the upper half of the body. Rubbing the palms together quickly for a few seconds energizes this point. Once the palm feel warmth , they can be placed on other marma for healing purposes including over the eyes for calming pitta or over the ears to calm Vata.

3) Manibandha Marma :-

Site:- The wrist , with the main point, one half anguli lateral to the centre of the wrist joint. Generally it covers the central part of the wrist joint as a whole.

Controls :-

Asthivaha srotas, shleshmaka kapha & Vyana vayu.

4. Indrabasti Marma (Arm) :-

Site :- Centre of forearm , slightly at the lateral aspect (anterior forearm midline b/w the elbow & wrist crease.)

Controls :- Digestive system (Annavaha srotas), agni (digestive fire) , Pachaka pitta, samana vayu, & small intestine. It improves secretions of gastric juices so useful for controlling jatharagni thereby improve agni which digest the ama, acting as a toxins.

5. Kurpura Marma :-

• Site :- The elbow joint as a whole , located on the both sides of elbow joint. The main point is at the outside (trochlear notch , lateral elbow superficial to radial collateral ligament.)

• Controls :- Raktavaha srotas, samana vayu, ranjaka pitta, udakavaha srotas. Marma on the right elbow controls the liver & Ranjaka pitta. Marma on left elbow controls the spleen , pancreas & udakavaha srotas. It is one of the most tender marmas in the body, helpful for G.I. disorders also.

6. Ani Marma (Hand) :-

Site :- In medial aspect of the arm 2 inches above the medial epicondyle of the humerus.

Controls :- Pancreas , kidney & udakvaha srotas.

It renders improvement in circulation.

7. Urvi (Bahvi) Hand :-

Site :- Radial aspect of upper arm about four & half anguli from the medial epicondyle.

Controls :- Plasma & water metabolism (Rasavaha & udakavaha srotasa) Kapha dosha & water element in the body . Marma therapy over this point aids in weight reduction & decreasing kapha. It improves lymphatic & blood circulation of the arm.

8. Amsa Marma :-

Site :- Between the neck & arms on the top of the back, on trapezius muscle, one half finger unit lateral to the spinous process of the fifth cervical vertebra.

Controls :- 5th chakra (Vishudhha), bhrajaka pitta, udana vayu & brain.

9. Amsaphalaka Marma :-

Site:- Upper back on both sides of vertebral column, just medially to root of spine of scapula (superomedial angle)

Controls :- Pranavaha srotas, shleshmaka kapha , pran & vyana vayu, 4th chakra (Anahata Chakra), reduces pain & numbness in upper limbs, beneficial in muscular atrophy or dystrophy & improves the condition in frozen shoulder.

10. Brihati Marma :-

Site :- Between the shoulder blades, three anguli above the inferior angle of the scapula on the inner edge, at the triangular space.

Controls :- Third chakra (Manipura) , Sweda vaha srotas, bhrajaka pitta , Vyana vayu, plasma & rasavaha srotas.

11. Kakshadhara Marma :-

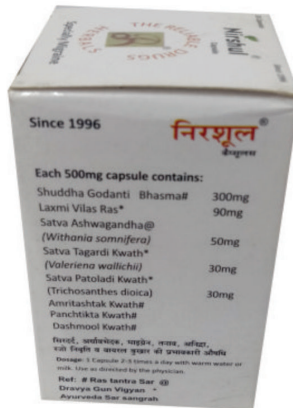
Site:- Two anguli below the point joining the lateral

one third & medial two third of clavicle where median nerve is situated or lateral edge of the tip of the coracoid process of the shoulder girdle.

Controls :- Mamsavaha srotas , shoulders, bodily posture & vyana vayu . It is very sensitive marma so need extra caution while applying pressure. It improves sensations by raising blood supply to deficit area so aids in treating tingling sensation & numbness.

CONCLUSION :-

- Massage over these specified marma for 2-5 minutes & practiced 2- 3 sessions per day are useful.
- It promotes Agni thereby facilitating digestion of apakwa matter (Ama i.e. root cause of initiation of inflammatory disorders) & its expulsion from various channels of the body. Samyak Agni renders good health by lowering pain & inflammation .
- It is safe & economical mode of treatment.
- It reduces stress level by relaxing shoulder muscles.
- M.T. targets different organs in the body leading to healthy life.
- So besides change in diet, life style, medications do contribute active role in lowering pain but M.T. can be considered as supportive tool for their use in frozen shoulder.
- A further large scale scientific research work is essential to prove role of marma therapy w.r.t. pain lowering scale.
- As we can't stop degeneration but we can delay the onset of degeneration undergoing in affected vertebrae & M.T. can alleviate pain & swelling instantly without disturbing bowel movements.
- Special Precautions :-
 - Patient should feel relax, sitting posture & fed before initiating marma therapy.
 - Bearable pressure should be applied over marma as per capacity of patient.



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Ayurveda : A Viable & Affordable Option In The Management Of Covid19

INTRODUCTION:

Ever since the second wave of Corona has come, there has been an emergency in every country.

The corona epidemic has put such a challenge before us that we are forced to think whether we are moving towards failure with the help of a medical system and now is not the time that every country has an alternative to this medicine, whenever necessary, a second medical system should also be present, through which we can provide health to humans to save humanity.

When we think in this direction, we find that there is a medical system in the form of Ayurveda in India, which we Indians have been using for thousands of years. How we can use Ayurveda to fight the corona is an important subject that should be considered so that we do not get deprived of the power of Ayurveda.

DISCUSSION

Let us first look at the causes of this disease. The cause of this disease in allopathy has been described as a virus named Coronavirus-19, which mainly affects the respiratory system of the patient. Here I would like to clarify that there is no description of any disease called corona in Ayurveda. In this situation, we will have to investigate all the diseases in which similar symptoms are found as in corona. After a serious in-depth study, we come to the conclusion that the most common symptoms of corona are those of the Kaas (Cough), Rajyakshma

(Tuberculosis) and Shwas (Asthmatic attack) related to respiratory system, such as pain in the neck back and forth, severe pain in the thoracic heart regions and pain in the temporal region of the head, ie, feeling of needle pricking above both the ears, with sudden change in one's taste. By the way, there are five types of **Shwas Roga - Maha Shwas, UrdhavShwas, Tamak Shwas, Chhinna Shwas and Kshudra Shwas - but reading the Maha Shwas and Urdhav Shwas shows that both these stages are very serious in which breathing becomes very difficult because the Kapha (phlegm) in the air channels of lungs increases too much which stops the breathing and oxygen intake while soon the patient dies. We have seen almost the same symptoms and condition in corona patients. Therefore, let us study Shwas Roga according to Ayurveda.**

The causative factors of Shwas Roga as explained in Charaka Samhita are excessive consumption of curd, milk and fish, drinking more cold and chilled water, eating cold foods and living in places with cool moisture and being affected by dust fumes and intense air outbreak.

There is a principle of (Upper Limb) (World and Human) equality in Ayurveda which says that whatever changes come in the outer world, the same changes also come in our body - like seasons change.

Just as the weather changes outside slowly, similarly Tridosha changes in our body gradually according

to the seasons so keeping in mind the coming season, we should also make changes in our diet & routine slowly. But, what happens is that we do not keep patience and quickly change our diet and our daily routine. Winter was not yet gone, most people abandoned warm clothes and started to use cold substances such as cold drinks, ice cream, orange juice, freeze cold water, cold yogurt and buttermilk, strong fan air and even started ACs. As a result, the body is unable to tolerate this sudden change and people get cough, cold, fever, sore throat, which later turn into serious diseases like Shwas or Asthmatic attack. It is important that even today, if people make changes in their dietary and daily routine slowly and take precautions in view of their nature, and change of seasons, then this infection can be controlled.

It is said that if there is any biggest and best laboratory in the world, then it is our body and whenever we eat, drink something, our body immediately tells us whether the effect of that object on our body is favourable or unfavourable. If we consider Covid, which according to Ayurveda is a respiratory disease, caused by the consumption of more cold substances, therefore, to increase the immunity of this disease, it is advisable to use hot natured substances such as **pepper, ginger, basil, ajwain and turmeric**. Keep in mind that according to your nature, all these things should be given by the doctor by determining the quantity and dose both else some people may also develop symptoms like itching, rash, burning sensation in the stomach, mouth blisters and even diarrhoea.

Let us now discuss what treatment of respiratory disease like Shwas Roga has been described in Ayurveda. Keep in mind that this therapy should be done only under the supervision of a specialist doctor.

The formula for the treatment of this disease is very clear and detailed in Charaka Samhita. Since this is a Kaphaj disease, the growth of which has affected the exchange of air by blocking the vital channels

in the lungs, first of all we should try to remove this Kapha i.e, phlegm for which the sesame (Til oil) mustard (Sarson oil) is applied on the chest of the patient in the first. Add a little rock salt to the oil and warm it and lubricate it, so that the phlegm that is stuck in the patient's air channels of lungs can be removed. After that, a hot fomentation with a piece of cloth or cotton, soft compress should be done on the back and chest of the patient, which reduces the phlegm and prevents the cough from growing further. When both these actions are done well, then the third, which is the most important karma, one should go for is Vaman (vomit). Vomiting is an important action in Panchakarma to remove the loosened phlegm after Snehan (hot oil massage) and Svedan (hot fomentation). Vaman in common language is also called vomiting. Keep in mind that this is a specific process which should be done under the supervision of a specialist, otherwise there may be harm instead of benefit.

After these three procedures, when the patient feels a little lighter and gets stabilized, then there is a description of many formulations of medicines in the Charaka Samhita which should be given after consultation with the physician till the patient recovers completely.

CONCLUSION

In short, the treatment protocol in this disease is as follows:

- 1. Snehan (Hot oil massage over chest and back).**
- 2. Svedan (Hot fomentation over chest and back).**
- 3. Vaman (Induced Vomiting).**
- 4. Use of drugs efficiently.**
- 5. If Ras-medicines (Mercury, silver and gold preparations) are used along with, it will give the best results.**

If Ayurvedais given the chance to treat the Covid cases as mainstream system of medicine, and not just an ancillary of allopathy, for the welfare of human beings, at least in our country, very positive and encouraging results can be found.



Gyan-Pradan

M.D (Ay.) / M.S / Ph. D

Research Thesis

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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.**

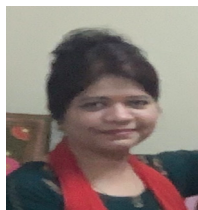
Above 75% relief in total signs and symptoms was considered as cured, 50 – 75% was noted as marked improvement, 1- 50% was noted as improvement and 0% relief was noted as no improvement.

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 Raktbhata 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.



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SDG -17 : AN INTRODUCTION

S.D.G. refers to Sustainable Development Goals. “Sustain” means to keep someone alive or healthy for a long time without hampering anything and “Development” indicates growth and progress.

The idea is that human societies must live long and healthy with present natural resources without compromising or hampering the needs of future generations. These SDG’s were launched in 2015 by United Nations and intended to be achieved in 2030 for better and sustainable future for all.

These comprise of 17 goals, 169 targets and 232 indicators.

Goals :

1. No poverty
2. Zero hunger
3. Good health and well being
4. Quality education
5. Gender equality
6. Clean water and sanitation
7. Affordable and clean energy
8. Decent work and economic growth
9. Industry innovation and infrastructure
10. Reduced inequalities
11. Sustainable cities and communities
12. Responsible consumption and production
13. Climate action
14. Life below water
15. Life on land
16. Peace, justice and strong institution

17. Partnership for goals

Ayurveda has the potential to meet SDG- 3.

Goals of SDG- 3:

To ensure healthy lives and promote well being for all at all ages. By 2030, it is intended to reduce premature mortality by one third from NCD (Non-communicable diseases) by means of prevention, treatment and promote mental health and wellbeing.

Why goal of SDG - 3 is important?

Ensuring healthy lives and promoting well being for all at all stages is important for building prosperous societies.

Inequalities in health care access still persist.

More than six million children die before their fifth birthday each year even at current times.

Only half of all women in developing regions have an access to the healthcare they require.

SDG - 3: Good health and wellbeing viz.

Target 3.1: Maternal health

Target 3.2 : Kids (below 5 years) health

Target 3.3 : Communicable diseases (C.D.)

Target 3.4 : Non-communicable diseases (N.C.D) and mental health

Target 3.5: Family health infrastructure

Target 3.6: Substance abuse

Target 3.7: RTA (Road traffic Accident)

Target 3.8 : Reproductive and sexual health care services

Target 3.9: Geriatric care

Target 3.10 :Cardiac care

Target 3.11 :Tobacco control

Target 3.12 : Global health risk

Target 3.13 :Universal health coverage

Target 3.14 :Pollutionand contamination

Target 3.15 :Affordable medicines and vaccines

Ayurveda for reducing maternal mortalityratio :

- Age for marriage and conception
- Time of coitus
- Factors essential for conception
- Pumsavanasamskara
- Garbhini Paricharya
- Dauhridaya Paricharya
- Garbhasta Oushadha
- Garbhini Roga
- Sutikagara
- Sutika Paricharya
- Manidharanand Mantra
- Vyayama

Ayurveda at preventing death of Newbornand Children below 5 years :

- Garbhadhana
- Pumsavana samskara
- Mamsanumasika Garbha Vriddhi
- Jaatakarma
- NavajaataShishuParicharya
- Suvarnaprashana
- Vedarambha
- Karnavedhana
- Annaprashana

Ayurveda for preventing premature mortality from Non-communicable diseases :

- Dincharya
- Ritucharya
- Sadvritta

• Nidana Parivarjana

• Panchakarma

• Oushadha

• Rasayana

Easily achieved Goals :

- Maternal Health
- Child health
- Substance abuse
- Tobacco abuse

Goals to be achieved with great efforts :

- Reproductive sexual health care services
- Affordable medicines and vaccines
- Health infrastructure
- Global health risk
- Communicable diseases

Difficult goals to be achieved:

- NCD and mental health
- RTA
- Universal health coverage
- Pollution and contamination

MAP (Means of achieving Ayurvedic Protocol)

| S. No. | SDG | Ayurvedic Protocols |
|--------|----------------------------|---|
| 1. | No poverty | Doubling the incomeof farmers |
| 2. | Zero hunger | Joining Poshana Abhiyaan to provide nutritional outcomes |
| 3. | Good health and wellbeing | Wellness Clinic and Women and Child Care |
| 4. | Quality education | Quality Ayush education to provide better healthcare and wellness |
| 5. | Gender equality | Ayush institutes to have healthy female students and doctors |
| 6. | Clean water and sanitation | Jal Jeevan Mission to include cleaning water with Camphor, Tulsi etc. |
| 7. | Affordable clean energy | Production of biodiesel from medicinal trees like Pongamia and Jatropa etc. |

| | | |
|-----|--|---|
| 8. | Decent work and economic growth | Ayush industry is growing @ 12-16% which is a good opportunity |
| 9. | Industry innovation and infrastructure | Encouraging IPR by providing infrastructure |
| 10. | Reduced inequalities | Cultivation of medicinal plants to boost the rural economy in 2-3 years |
| 11. | Responsible consumption and production | Demand based supply of RM with buy back guarantee. |
| 12. | Sustainable cities and communities | Addressing urban and rural population about health program |
| 13. | Climate action | Increasing the green cover outside the forest |
| 14. | Life below water | Aquatic products like pearl culture and sea weed based products etc. |
| 15. | Life on land | Plantation according to concept of Anoop and Jaangala Desha |
| 16. | Peace, justice and strong institutions | Reducing the regulatory compliance burden and decriminalization |
| 17. | Partnerships for the goals | Teaming with the Ministry of Women and Child Welfare and ICMR |

CONCLUSION :

Health for all considering the SDG-3 targets from pre-existing conditions of newborn to adulthood, a proper civilized life to be framed along with complete livelihood which in turn concentrates on achieving other 16 SDG's.

To establish this principle, Ayurveda is a prime pillar on which entire healthy environment can be built. As nature of culture, bow head to Vedas and Upanishads:



“Vasudhaiva kutumbakam”

World is one family and it has to be rebuilt by establishing the health and wellbeing for entire human race by timely and appropriate application of our Indian System of Medicines i.e. Ayurveda.



Re-Thoughts



1. Depth of struggle determines height of success- **Complied by Mohd. Nassem**
 2. Life is simple but unnecessary thinking & feelings make it complicated. **Complied by Rajeev Chawla**
 3. Life is available only in the present moment - **Complied by Swami Sukhbodhanand.**
 4. Happiness is a crazy mathematics because it multiplies when we divide it. **Complied by Dr. R. K Sood**
 5. Never stop learning because life never stops teaching- **Complied by Nanak Chand Sharma**
- 
- 

Recent Developments

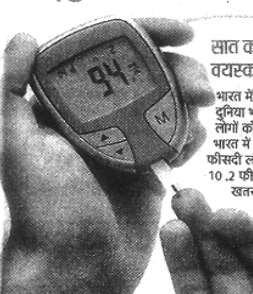
टाइप-2 डायबिटीज : भोजन में कटौती से बीमारी पर काबू पाना संभव, लैसेट जर्नल में शोध प्रकाशित

15 किलो वजन घटाकर मधुमेह से छुटकारा

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दस किलो तक वजन घटाने से टाइप 2 डायबिटीज बीमारी से छुटकारा मिल सकता है। यह शोध लैसेट जर्नल में प्रकाशित हुआ है। वजन घटाने के लिए आपको भोजन में कटौती करनी पड़ेगी।
न्यूकैसल, ग्लासगो विश्वविद्यालय के शोधकर्ताओं द्वारा किए गए इस अध्ययन में शामिल हुए 45.6 फीसदी वानी तकरीन आरोग्य लोग साबुत बाद टीक हो गए। यह सब वह लोग, जिनमें वजन घटाना टीक होने वाली में 86% लोगों ने 15 किलो से अधिक वजन घटाया।
इसके अलावा 57% लोगों ने 10-15 किलो तक और 34% ऐसे लोग थे जिनका वजन 5-10 किलो तक कम हुआ। प्रोफेसर रॉय टेलर ने बताया, वजन कम होने से लिवर और पैक्रियास में मौजूद फैट भी कम हुआ।

45.6 फीसदी शोध में शामिल लोगों को मिला डायबिटीज से छुटकारा
15 किलोग्राम तक वजन घटाने वाली का प्रतिशत सबसे अधिक



चार चीजें गलाएंगी चर्बी

1. दालचीनी

यह मसाला खाद भुगुर को कोशिकाओं में पहुँचाने में मदद करता है। जिसका इस्तेमाल ऊर्जा के तौर पर होता है। तो इस वजह से कम से कम चीनी शरीर में बढ़ेगी।
चीनी की मात्रा शरीर में एक बार कम हो जाती है तो वजन कम करना आसान होता है।



को लीखान देता है। इससे मेटाबोलिक रेट भी बढ़ता है। भिन्न वजन को संतुलित रखने में मदद करता है। जब कैल्शियम को पचाया जाता है तो शरीर का तायमन बढ़ जाता है। इससे वयापक में तेजी आती है और आप ज्यादा कैल्सी को जला सकते हैं।

2. मिर्च

मिर्च में मौजूद कैप्सीकिन तत्व मिर्च

3. अंडे का सफेद भाग
वजन घटाने की सोच रहे हैं तो अंडे का सफेद भाग भी आपकी इसमें मदद कर सकता है। अंडे के सफेद भाग में कोलेस्ट्रॉल कम पाया जाता है। सफेद भाग प्रोटीन से भरपूर होता है और यह फैट जलाने में मदद करता है।

4. गुर्गा और मछली

मछली और गुर्गा से हमें अधिक प्रोटीन मिलता है। प्रोटीन को पचाने में शरीर को मेहनत करनी पड़ती है। इससे अधिक कैल्सी जलने और मोटापा कम होगा।



फाइबर युक्त खाद्य पदार्थ रक्त शर्करा संतुलित रखने में मददगार

मोटे अनाज से वजन घटाएं

संकेत
न्यूयार्क | एजेंसी

कई लोग सुबह-शाम वजन कम करने के नुस्खे ढूँढते रहते हैं, लेकिन क्या आपको मालूम है कि साबुत अनाज, फल और हरी पत्तेदार सब्जियों समेत फाइबर से भरपूर खाद्य पदार्थ मोटापा घटाने में काफी कारगर होते हैं।

एक ताजा शोध में सामने आया है कि फाइबर से भरपूर खाद्य पदार्थ खून में शुगर की मात्रा को भी ठीक करता है। साथ ही पाचन क्रिया में भी उपयोगी होता है। ये रिसर्च जर्नल सेल होस्ट एंड मेटाबोलिज्म नाम की पत्रिका में छपा है। वैज्ञानिकों ने पाया कि फाइबर की कम मात्रा वाला खाना खाने से वजन बढ़ने और शुगर बढ़ने जैसी दिक्कतें चले में देखी गई। इनका ही नहीं फाइबर की कमी से उनकी बढ़ती आंत में एक फलतज्ज गर्मी को पाचन प्रक्रिया के लिए खतरनाक है।

क्या है फाइबर

फाइबर एक ऐसा पचने वाला पदार्थ है, जो पौधे से कार्बोहाइड्रेट के रूप में निकाला जाता है। फाइबर दो तरह के होते हैं। इसे घुलनशील और अघुलनशील दो भागों में बाटा जाता है। घुलनशील फाइबर वाली चीजें अधिक पानी सोख कर गाढ़े तरल का रूप ले लेती हैं और पेट में शर्करा, कोलेस्ट्रॉल व वसा को अपने साथ लेते हुए पाचनवर्ध में नीचे की ओर ले जाती हैं। इन पचने में अधिक समय लगता है, इसलिए टैर तक पेट भर महसूस होता है। अघुलनशील फाइबर के खोत पानी को कम सोखते हैं और पकते नहीं हैं। ये आंतों में मौजूद अपशिष्ट को नीचे ले जाते हुए उन्हें शरीर से बाहर करने में सहायता करते हैं।

फल-सब्जियों में स्रोत

- घुलनशील फाइबर - मसूर की दाल, फली, आलू (जई की भूसी, जई का दलिया), ज्वार, बाजरा, रागी, जौ, आरु, ईसबोत और फल जैसे सेब, नारंगली, स्ट्रॉबेरी व खट्टे फलों में ये फाइबर होता है।
- अघुलनशील फाइबर - इनमें साबुत अनाज, दलिया, हरी पत्तेदार सब्जियाँ, ब्रउन राइस, फल व सब्जियाँ जैसे गाजर, ब्रोकली आदि शामिल हैं।

इसके लाभ

फाइबर शरीर में कोलेस्ट्रॉल और रक्त शर्करा की मात्रा को नियमित रखता है। भोजन नैतिक से भोजन को आंतों तक ले जाने और शरीर से अपशिष्ट को बाहर निकालने में इसकी अहम भूमिका होती है। शोध कहते हैं कि फाइबरयुक्त चीजों का नियमित सेवन आंत, छाती व गर्भाशय के कैंसर की आशंका को भी कम करता है। बवासीर में भी यह लाभकारी है।

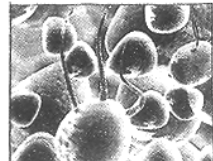
शोध

लंदन | एजेंसी

तमाम शोध के बावजूद नेत्रहीनता का इलाज संभव नहीं हो सका है, लेकिन अब लॉन्ड के डॉक्टर इंसानी भ्रूण से मिले स्टेम सेल का इस्तेमाल कर इसका इलाज खोजने की कोशिश में जुटे हैं। उम्मीद जताई जा रही है कि स्टेम सेल की मदद से अंधेपन को दूर किया जा सकेगा।

कैसे किया गया इलाज : इस ऑपरेशन में आँख की एक खास तरह की कोशिका में स्टेम सेल को जोड़ा गया और फिर उसे रेटिना के पीछे के हिस्से में लगा दिया गया।

अंधेपन के इलाज के लिए लंदन के डॉक्टरों ने लगभग दस साल पहले यह प्रोजेक्ट शुरू किया था। इसका मकसद उन मरीजों की आँखों की रेशानी वापस लाना था, जिन्होंने उम्र से जुड़ी समस्याओं (एम्प्ली) की वजह से अपनी आँखों की रेशानी गंवा दी।



स्टेम सेल की उपयोगिता

स्टेम सेल हमारे शरीर की बुनियादी कोशिकाएँ हैं, जिनमें कई तरह की दूसरी कोशिकाएँ विकसित की जाती हैं। इन कोशिकाओं को वोटग्रस्त जगह पर स्थापित कर दिया जाता है। ये कोशिकाएँ क्षतिग्रस्त जगह पर नई कोशिकाएँ बनाती हैं। स्टेम सेल में ये क्षमता है कि ये अन्य कोशिकाओं का कई गुना नवीकरण कर सकती हैं। नाड़ी कोशिकाओं, मांसपेशियों की कोशिकाओं और रक्त कोशिकाओं का सीमित जीवनकाल होता है और ये खुद कई गुना नहीं बढ़ सकती, लेकिन स्टेम सेल ये कोशिकाएँ बना सकती हैं।



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A CRITICAL REVIEW ON ARKA KALPANA AND ITS IMPORTANCE IN AYURVEDA

ABSTRACT :

Bhaishajya kalpana is one of the branches of Ayurveda. It is deal with various formulation, pharmaceutical and therapeutic uses of the drug. Five basic kalpana are seen in samhitas. They are swarasa, kalka, kwatha. hima and phanta. According to Arka prakash samhita Kalka, Choorna, Rasa, Taila and Arka are Panchvidh kashaya kalpana. Arka kalpana has more important than other because of its potency. It is potency due to its gunas and dosharahithatva. It is a classical text written in 16th century by **Lankapati Ravana** which deals primarily with different types of Arkas (formulations made by distillation) in the management of different diseases. Arka contains volatile active substance. Arka have more potency, less dose, more self-life, easy absorption, quick action and patient compliance. Due to these reasons, it is very popular now a days. Now a days, distillation apparatus is used for preparation of arka.

Keywords: Panchvidh kalpana, Arka, Method of preparation, Distillation

INTRODUCTION

Ayurveda is a science of life and serving mankind since a long period. The object of Ayurveda is preventing as well as curing the disease. Logically therefore, there has been a constant research on therapeutic agents that keep the body fit, increase its capacity to combat a disease and bring it back to normal. These therapeutic agents are termed as

drugs. Every dravya can be a medicine but some pharmaceutical procedures or potentiate its original properties.

Bahukalpam bahugunam sampannam
yogyamaushadham ||

Arka-Kalpana introduced in pharmacy of Ayurveda in later part of development, is very specific in its mode of preparation and by virtue of this particularity, it may remain all volatile active substances in effective form in its final product.

Arka Kalpana is correlated with Distillation in modern pharmaceuticals practices. Arka is a liquid preparation obtained by distillation of certain liquids or of drugs soaked in water using the Arka yantra or any convenient modern distillation apparatus.

HISTORICAL REVIEW

References of Arka kalpana are not found in neither vedic period nor in Samhita period. First of all in 12th century Acharya Shodhala mentioned about the Arka Kalpana. In modern period the text like Gadanigraha, Asava-Arista Vigyana and Sahasrayoga described about Arka yantra & Arka preparation.

The main reference book of Arka-Kalpana is "Arka-Prakash" but there is no any explanation about the author of this text. This text is present in the form of conversation between **Ravana and Mandodari**.

Arka Definition:-

Method by which the volatile oil & active principles of the drug are collected is called as Arka-kalpna and the compound prepared through this procedure is called as Arka.

Importance of the Arkas: dravya kalpah panchdhasyat kalka churna rasastatha tailamarkakramatgneyamyathottargunampriye {AP- 1/46}

According to the above reference the efficacy of Kalka, Churna, Swarasa, Taila and Arka is gradually increasing in descending order. This efficacy of individual formulation is may be due to various degrees in the concentration of active principle.

1. It can be preserved for longer time than other Kalpanas like Swarasa, Kwath etc.
2. Arka is prepared by the combination of Jala and with the help of Agni; hence Arkas are Laghupaki, Vyavayi and Vikasi
3. Arka Kalpana acquires highest position in obtaining the potentially active volatile oils.
4. Arkas have good palatability.

Classification:-

A. Classification according to contents:

1. **Sthirarka** - Arka-patan from the drugs in which there is No volatile oil. eg. Triphala, Dasamula etc.
2. **Gandharka**-Arka-patan from the drugs with fragrance or Volatile oil. eg. Jiraka, Ajmoda, etc.
3. **dravarka** - Arka extraction from the liquid drugs.

B. Classification according to Modern Science :

- a. Simple distillation.
- b. Vacuum distillation
- c. Fractional distillation
- d. Steam distillation
- e. Destructive distillation (Dry distillation)

Methods of preparation of Arka

General Method: In 2nd chapter of Arka-Prakash, it is mentioned that for preparing Arka first of all, the drugs are to be coarsely powdered and ten times water should be added to it and it should be soaked for 24 hrs. Then Arka should be extracted by using Arka – Yantra.

Special Method: Apart from general method some special methods are also mentioned by ARK. P. According to 5 types of Dravyas, which are used in the preparation of Arka, (1) Very hard drug (2) Hard drug (3) Fresh drug (4) Twig (5) Liquid drug.

Apparatus:- – Patan Yantra:-

Mud used for preparing of Arka Before invention of modern technique the apparatus for distillation was being prepared. Iron powder, geru, alum, black clay, red clay, bone powder, glass powder etc. should be taken in equal quantities and clay should be mixed in equal quantity. Urine of cow, horse, goat, buffalo and elephant. The clay should be added there after drying in sunlight, till the smell of urine gets completely removed.

Method of manufacturing apparatus:-

Round shaped vessel should be manufactured by pot maker from the above clay. The mouth of the pot should not be less than 3 angula (3 cm.) For covering again same size of lid should be prepared and there should be lips of 3 angula by which it is jointed with the vessel. Powder of old bones should be used to seal the joint to make it airtight. One small hole should be made in the lid. In this hole the tube of Bamboo (One is small and another one is double the size of first one) is inserted and clay should be applied on the joints. So that fumes may not escape out. The small tube is inserted measuring 4-5 Angula inside the pot. Arka- patra should be kept below the large tube. The fume that comes out from the pot is collected in that vessel and this vessel should be kept in cold water. In this way the fumes gets condensed & again collected in the form of Arka.

According to Modern Science

Apparatus –

Distillation is the process by which liquid is vaporized recollected by cooling and condensing the vapors.

Distillation consists of two steps

- a) Evaporation
- b) Condensation

a) Evaporation:- Evaporation may be defined as the free escape of vapors from the surface of a liquid. It should be distinguished from boiling or ebullition, which takes place at one temperature only for a given pressure. It is presumed that the molecules of a liquid are always in motion, moving hither and thither at enormous speeds, frequently colliding. The molecules of a liquid are believed to exert an attractive force upon each other. This is because the molecules with the highest velocity are escaping from the liquid.

Vaporization:- It will be seen, therefore, that if it is desired to change a liquid into a vapor without fall in temperature, heat must be supplied. This heat is called latent heat of vaporization and when the vapor returns to the liquid state the latent heat is evolved as sensible heat. 1 gm. of water at 100°C may be converted in to water vapor (at normal atmospheric pressure) of the same temperature, the expenditure of 537 Cal. of the heat energy is required

b) Condensation: Condensation is the reverse process of evaporation it will be recalled that in order that 1 gm of water at 100°C may be converted into water vapor (at normal atmospheric pressure) of the same temperature, the expenditure of 537 cal. of heat energy is required.

Storage of Arka:

Arka should be stored in air tight bottle. Expose to air will lose it volatile constituents. Don't remove the oil drop from Arka because these are the desirable medicaments of the Root drugs and are medicinally important. Before using the Arka, bottle should be

well shake.

Characteristics of Arka: Arka is a suspension of the distillate in water having slight turbidity and colour according to the nature of the drug used and smell of the predominant drug.

Test of Arka:- - Taste and odour of the drug from which, Arka Patan is done must be present. –

When Arka is filled in different Patra, the colour of Arka should be similar to Shankha, Kundan and Moon rays.

Colour should not change if it is filled in Jirnasthi Mrutika Patra.

General Dose of Arka – 12-24 ml.

Conclusion:-

Arka Kalpana has its roots in Hima and Phanta Kalpana. The main reference book of Arka Kalpana is “**Arka Prakash**” but there is no explanation about the author of this text and also about time period of this text. Regarding the distillation process we can give some points for the Arka extraction . Therefore, distillation process depends on the vapor pressure characteristics of liquid mixtures

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Moving News

गैस कम करने वाली दवाओं में कैंसर तत्व, बिना प्रिस्क्रिप्शन बिक्री पर रोक

अमेरिकी संस्था के दावे के बाद सरकार ने कंपनियों को दिया जांच का निर्देश

एजेंसी | नई दिल्ली

अमेरिका में दवाओं को रेगुलेट करने वाली संस्था यूएसएफडीए ने कहा है कि गैस कम करने के लिए प्रयोग की जा रही लोकप्रिय दवा रैनिटिडाइन में कैंसर कारक अशुद्धि पाई गई है। यह अशुद्धि एन-नाइट्रोसोडिमिथिलामाइन (एनडीएमए) है। यूएसएफडीए का कहना है कि रैनिटिडाइन दवा अलग-अलग कंपनियों द्वारा कई तरह के ब्रांड नाम के साथ बेची जा रही है। इनमें से कुछ में कैंसर कारक अशुद्धि मिलती है।

इस खबर के बाद भारत के ड्रग कंट्रोल जनरल ऑफ इंडिया (डीजीसीआई) भी हरकत में आ गई है। डीजीसीआई ने स्टेट ड्रग रेगुलेटर से कहा है कि वह सभी फार्मा कंपनियों को अपने-अपने रैनिटिडाइन टेबलेट की जांच करे कि क्या उसमें भी कैंसर कारक अशुद्धि है या नहीं। साथ ही यह भी सुनिश्चित करने को कहा है कि यह दवा बिना डॉक्टरों के प्रिस्क्रिप्शन के न बेची जाए।

एसिलॉक, पैन्टेक, रेनटेक, जेनटेक भी शामिल

रैनिटिडीन गैस की दवा के तौर पर दुनिया में सबसे ज्यादा इस्तेमाल की जाती है। विषय स्वास्थ्य संगठन (डब्ल्यूएचओ) ने इसे जरूरी दवाओं की सूची में शामिल कर रखा है। भारत में ग्लेक्सो मिथ फार्मा, जेबी कैमिकल्स, कैडिला फार्मा, जायडस कैडिला, डॉक्टर रेड्डी, सन फार्मा जैसी कंपनियां करीब 180 ब्रांड नामों के साथ रैनिटिडाइन टेबलेट बनाती हैं। इनमें एसिलॉक, पैन्टेक, रेनटेक, जेनटेक जैसे कई मशहूर ब्रांड शामिल हैं। हालांकि, अब तक रैनिटिडाइन दवा के किसी भी भारतीय ब्रांड में कैंसर कारक अशुद्धि मिलने का खुलासा नहीं हुआ है।

देश में रैनिटिडाइन का सालाना बिजनेस 700 करोड़ रुपए का

रैनिटिडीन दवाएं कई फॉर्मूलेशन में पाई जाती हैं। यह टेबलेट और इंजेक्शन दोनों स्वरूप में मार्केट में उपलब्ध हैं। भारत में रैनिटिडाइन दवाओं का सालाना कारोबार करीब 700 करोड़ रुपए का है। पिछले सप्ताह अमेरिका और यूरोप के रेगुलेटर्स ने इस संबंध में कहा था कि उन्होंने रैनिटिडाइन के ब्रांड में एनडीएमए पाया है। वे अब आगे की जांच कर रहे हैं। अगर स्वास्थ्य के लिहाज से यह खतरनाक हुआ तो मुमकिन है कि आने वाले दिनों में इस्तेमाल को लेकर एडवाइजरी भी जारी की जाए।

गैस के उपचार के लिए सुरक्षित माना जाता रहा है रैनिटिडीन

भारतीय एक्सपर्टों का कहना है कि रैनिटिडाइन को गैस के उपचार के लिए इस्तेमाल की जा रही कई अन्य दवाओं की तुलना में ज्यादा सुरक्षित माना जाता है। इसे एसिडिटी और अगर डिस्टेंडनल अल्सर के इलाज में भी मरीजों को दिया जाता है। किडनी की समस्या से जूझ रहे मरीजों में भी गैस के इलाज के लिए रैनिटिडाइन को तर्जोह दी जाती है। मामले की जानकारी रखने वाले भारत सरकार के एक अधिकारी ने बताया कि स्थिति पर नजर रखी जा रही है। अभी लोगों को घबरावने की कोई जरूरत नहीं है।

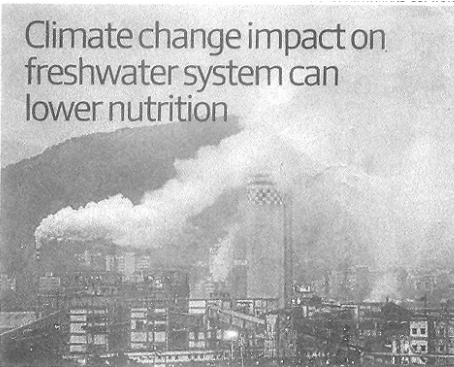
आयुर्वेदिक इलाज भी करा रहे 85% कैंसर मरीज

■ प्रिय, नई दिल्ली: कैंसर का इलाज करा रहे 85 फीसदी मरीज आयुर्वेदिक इलाज का भी सहारा ले रहे हैं। 39 फीसदी मरीज प्राकृतिक चिकित्सा पद्धति अपना रहे हैं। मरीजों का कहना है कि इस प्रकार के इलाज से उन्हें कोई साइड इफेक्ट नहीं है। यह बात राजीव गांधी कैंसर संस्थान एवं प्रिंसिपल सेंटर में एडमिंट मरीजों पर हुई एक स्टडी में पता चली है।

अस्पताल में कैंसर का इलाज करा रहे 15 से 88 साल के 303 मरीजों को स्टडी में शामिल किया गया। पता चला कि इन मरीजों में से एक तिहाई से अधिक (104) इलाज के लिए एक्यूपंचर और नेचुरोपैथी का सहारा ले रहे हैं। इनमें से 61 पर्सेंट ने अस्पताल आने से पहले इन इलाजों को अपनाया था और 39 प्रतिशत अभी भी अपना रहे हैं। इन दोनों तरह के लोगों में 85 प्रतिशत ने आयुर्वेद को वैकल्पिक चिकित्सा के रूप में चुना है। इस बारे में अस्पताल के ओन्कोलॉजी विभागा के डायरेक्टर डॉ. विनीत तलवार का कहना है कि दुनियाभर में इस प्रकार के इलाज की लोकप्रियता में काफी वृद्धि हुई है।

आइवरमेक्टिन, HCQ कोविड के इलाज से बाहर

■ एनबीटी न्यूज डेस्क : कोरोना के इलाज में इस्तेमाल होने वाली दवाओं आइवरमेक्टिन और हाइड्रोक्सीक्लोरोक्वीन (HCQ) पर अब भारतीय आयुर्विज्ञान अनुसंधान परिषद की कोविड-19 नेशनल टास्क फोर्स ने अहम फैसला लिया है। मोडिया रिपोर्ट के मुताबिक, शुक्रवार को आईसीएमएअर टास्क फोर्स की तरफ से जानकारी दी गई कि अब कोरोना संक्रमित लोगों को दी जाने वाली ये दोनों दवाएं उपयोग में नहीं लाई जाएंगी। इन्हें गाइडलाइन से बाहर कर दिया गया है। विशेषज्ञों को कोविड के खिलाफ आइवरमेक्टिन और HCQ के प्रभाव का कोई सबूत नहीं मिला है। इससे पहले भारत में घड़ल्ले से कोरोना के खिलाफ इन दवाओं का इस्तेमाल होता था।



Climate change impact on freshwater system can lower nutrition

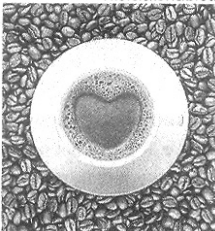
According to a research from Dartmouth College and Swedish University of Agricultural Sciences, climate change's impact on freshwater systems can lower nutrition and increase toxicity at the base of the food web. The research focused on the effects of warming water temperatures and browning – discoloration of

water. "Climate change scenarios predict increase in temperature and organic matter supply from land to water. For the first time, we used manipulated mesocosm systems to test the effects of warming and browning," said Pianpian Wu, a postdoctoral fellow at Dartmouth and lead author of the study.

Coffee for liver health? Yes!

A recent study claims consuming over three cups of coffee a day can help maintain liver health. Researchers found that those who drank more than three cups had lower liver stiffness. "This is the closest we're going to get to a linkage between what people eat or drink and their liver health," said Elliot Tapper, MD, assistant professor of gastroenterology at the University of Michigan, USA.

PHOTO: SHUTTERSTOCK





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ACUPUNCTURE, ACUPRESSURE & MARMA

The word acupuncture is derived from the Latin word 'Acus' which means needle and 'pungere' which means 'to prick'. Acupuncture is a natural healing technique of inserting and manipulating fine filiform needles into specific points over the body. According to Traditional Chinese Acupuncture Theory, human body has more than 2000 acupuncture points connected by a complex network of lines of energy termed as meridians along which Qi, the vital energy flows. Instead of needles, other forms of stimulation are sometimes used over acupuncture points including heat, pressure, friction, suction and impulses of electromagnetic energy.

Goal of Acupuncture

It is believed when the flow of Qi is obstructed, various imbalances in the biochemistry and malfunctioning of the organs are seen. By application of acupuncture it is thought to improve the flow of Qi, which then allows the body to work optimally and heal itself. So, basically it is a technique that stimulates one's inner power of healing.

History of Acupuncture

Practice of Acupuncture can be traced as far as stone-age. The earliest written record of acupuncture is in the Chinese text, Records of the grand historian Shiji. In Korea, there are evidence of needles made of stone and fish bones that date back to approximately 3000BC.

Probable Mode of Action of Acupuncture

In Acupuncture, patients are believed to stimulate

the CNS. Thus, in turn release chemicals into the muscles, spinal cord and brain. These biochemical changes may stimulate the body's natural healing abilities to promote physical and emotional well-being.

Indications of Acupuncture

National Institute of Health studies have shown that acupuncture is an effective treatment for the following ailments:

1. Headache
2. Menstrual cramps
3. Tennis elbow
4. Carpal tunnel syndrome
5. Dental pain
6. Myofascial pain
7. Osteoarthritis
8. Fibromyalgia
9. Asthma
10. Anaesthesia/ chemotherapy induced nausea

Other conditions that may benefit from acupuncture are mentioned in the following table:

Gastrointestinal

- Gastritis
- Hepatitis
- Haemorrhoids
- IBS

Neurological

- Neurogenic bladder
- Migraine
- Parkinsonism
- Stroke

Emotional

- Anxiety
- Depression
- Insomnia
- Neurosis

Respiratory

- Bronchitis
- Sinusitis
- Allergic rhinitis
- Pharyngitis

Acupressure

It is a type of acupuncture in which instead of inserting needles, only pressure is given physically to the same points of the body where acupuncture is done using fingers, elbows and various other devices

Acupuncture Vs Acupressure

While acupuncture requires a skilled experienced and licensed acupuncturist, Acupressure can be self-performed with basic knowledge of meridians or by minimal initial guidance by its specialist. Acupuncture is costly and it is difficult to find access of an acupuncturist. On the other hand, Acupressure is low in cost procedure which can be done anywhere. Acupuncture comes with the risk of iatrogenic effects such as injury to central nervous system and punctured organs if not administered properly. It may also lead to infections if unsterile needles are used. But, there are no such risk factors associated with acupressure. Some common side effects of acupuncture and acupressure include soreness, bruising, light headedness, fatigue and emotional release.

Marma

Marma are the vital areas of the body. The word Marma originates from Sanskrit language word 'Mri' which means death. It is defined as 'Maryate itimarmani' which means death or

Musculoskeletal

- Muscle cramps
- Muscle pain
- Weakness
- Sciatica

Miscellaneous

- Prostatitis
- Irritable bladder
- Infertility
- Addiction

serious damage to body after infliction to the point of their situation. Hence, these areas are called as Marma. Marma is referred to junctions on the body where two or more types of tissues meet such as joints, bones, ligaments, muscles and veins. If these junctions are inflicted the wrong way, may cause severe pain, may leave the afflicted person handicapped, may prove to be fatal or may even lead to death. Though, the location of these Marmas and the consequence of inflicting them is elaborately described in Susruta Samhita, but its importance in therapeutics is not mentioned.

Marma is one of the most important topics discussed in Ayurveda, particularly it has an important role in Shalya Tantra (Surgery) as the surgeon needs to be cautious enough to not injure the marma points while conducting surgeries.

Marma Therapy

The ancient Kalari masters discovered that right pressure to Marma points could heal a person too. While in acupuncture and acupressure meridians are stimulated, the vital points of the body called as Marmas are worked upon in Marmachikitsa, by not just physical pressure, but also through Snehana (Oil Massage/Therapy), Svedana (Medicated Steam Therapy), Pizhichil (Medicated oil Bath) and Kizhi (Medicated Bundle fomentation with massage) that induce flow of vital energy through nadis (Channels).

Snehana means oleation or oil massage therapy, svedana refers to sudation or medicated steam therapy. Pizhichil involves massage of the whole body with streams of luke warm medicated oils. In kizhi, various herbs are fried and wrapped into a bolus using a muslin cloth, which is then heated in medicated oils and moved in certain fashion over the area to be treated. This is followed by a massage that involves stimulating the marmas using fingers, palms or heels.

There are 107 such Marma points elaborated in Susruta Samhita. But, in Tamil tradition 108 marma points are described and are called as Varma. On the other hand, in Kalari tradition of Kerala 365 marma points are worked upon. There are various evidences that prove this 5000 year old ancient Indian Ayurvedic practice spread from India and influenced the development of acupuncture and acupressure.

Benefits of Marma Therapy

All of these modalities that come under Marma Chikitsa-

1. Offers a deep sense of relief both physically as well as mentally by removing all the toxins from the body.
2. It also improves digestion and absorption of food by improving the functioning of all the organs, thereby improving the metabolism of the body overall.
3. It improves the awareness, consciousness & mental abilities of a person.
4. Balances the body temperature.

It gives immediate relief in ailments Such as --

Headache, Anxiety, Stress, Depression, Fear/ Phobias, Pain, stiffness in muscles and joints, Respiratory ailments, Digestive and eliminatory ailments, Fatigue, Ageing ailments, Paralysis, Sciatica, Diabetic Neuralgia, trigeminal neuralgia,

urinary incontinence, spondylitis, spondylolisthesis.

Traditionally, Marma therapy is practiced daily for 7 to 14 days but at least 3 to 5 sessions are enough to transform the body at both emotional and physical levels.

Conclusion

Marma is both structural and functional unit, whereas acupuncture points are purely functional in nature. The location of meridians is more similar to the 24 dhamanis and 700 siras described in Susruta Samhita. Despite some difference; Acupuncture and Marma therapy show striking similarity in philosophy of both health and disease. Both reflect a holistic approach including mind, body and spirit. Both utilise the energy points as a means to stimulate the healing power of an individual. Just as acupuncture requires an experienced Acupuncturist, Marma therapy demands the same and it should not be experimented otherwise.

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Three reasons why you should meditate

1 Alleviates stress

A US study revealed that meditation, transcendental meditation in particular, made people feel less stressed at work. Transcendental meditation involves

concentrating on and repeating a word, sound, or phrase that calms and focuses your mind.

If you have a wandering mind, you tend to stress, worry and overthink more. Focusing on a mantra can snap your thoughts back to what's important.

2 Better mental health

Practising meditation and mindfulness enhances your mental wellbeing. In a study that examined women during menopause, researchers found that women who meditated were better equipped to deal with and manage the effects of depression, anxiety and mood swings.

3 Healthy brain

Meditation can revitalise your brain and keep it young. Even 10-20 minutes of



meditation a day is beneficial. Meditation can also help maintain brain health and neuroplasticity — the capacity of brain cells to form new connections.

— DAILY MIRROR



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

'DHATURA' SHODHAN (Purification)

I came across a study on the shodhan of **Datura** which I want to share with all of you.

Datura is a well known and frequently used drug in Ayurved and it's seeds are considered highly toxic.

Most of the side effects (dryness of the mouth, excessive thirst, cramps, unconscious and giddiness) are due to anti-cholinergic effects of the alkaloids present in the plant.

In the purification process of **Dhattura**, it's seeds are soaked in freshly collected **Gomutra** and kept aside for **12 hours**. After washing, the seeds are transferred to a **dola yantra** for **svedana** process for **three hours**. The seeds are again washed with lukewarm water, allowed to dry and seed are removed.

Ayurved advocates specific procedures called **Shodhan** before rendering it into a safe therapeutic drug.

In this study an analytical study was carried out on seeds of two species of Datura namely **Datura Intoxica Mill and Datura Metel Linn** both before and after Shodhan. Parameters like physico-chemical, pH, extractive values, test for various functional groups, TLC and GC-MS with special reference to **HYOSCYAMINE** and **SCOPOLAMINE** alkaloids were carried out.

This shodhana process resulted in **70-90% reduction** in hyoscyamine content, whereas scopolamine content reduced to zero.

This makes the plant safe for therapeutic use.

These kind of studies help in enhancing our faith and confidence in our own system Ayurved. I am amazed by the understanding of our sages which much was more than the present day scientists.

Ancient method but still relevant today.
Seeking encouragement from all of you.

With humility and regards

NASYA

Cleans & Lubricate Both Nostrils With Oils Of
Shadh Bindu, Til, Nariyal, Sarnso, Cow - Ghee Twice A Day
To Check Pollution Effects Of **Smoke, Smog & Corona Virus.**

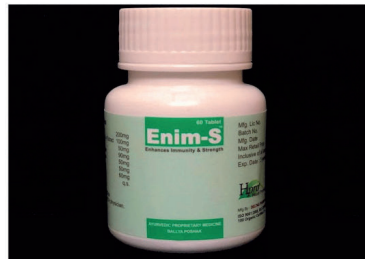
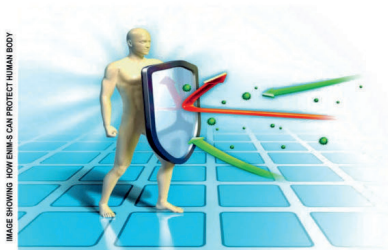


ENIM-STM Tablet.

PURE AYURVEDIC - ENHANCES IMMUNITY & STRENGTH

FOR

AUTOIMMUNE DISEASES LIKE - RHEUMATOID ARTHRITIS, PSORIASIS, MULTIPLE SCLEROSIS, CELIAC DISEASE ETC, WORKS IN RE-CUURENT INFECTIONS LIKE FEVER, FATIGUE, BODY ACHE, LOSS OF STRENGTH & STAMINA, TUBERCULOSIS, ASTHAMA, ETC. ALSO A POTENT ANTI-AGEING, ANTI-STRESS COMBINATION THAT HELPS IN REVITALIZING ENTIRE BODY.



CONTAINS :AMALKI RASAYAN (AMLA) Ext. WITHANIA SOMNIFERA (ASHWAGANDHA) ROOT Ext. SIDA CORDIFOLIA (BALA) ROOT Ext. TINOSPORA CORDIFOLIA (GILOY) STEM Ext. OSIMUM SCANTUM (TULSI LEAVES) Ext. TRIKATU & GLYCYRRHIZA GLABRA (MULETHI).

- AYURVEDIC IMMUNITY ENHANCER THAT BOOSTS UP THE ENTIRE IMMUNE SYSTEM.
- PUREST STANDARD EXTRACTS.
- EACH EXTRACT IS PROCURED FROM THE BEST HERBAL UNITS IN INDIA.
- RESULT ORIENTATED COMBINATION WITH AN EASY INTAKE DESIGN OF THE TABLET.
- EXTENSIVE R&D AND CLINICAL TRIALS OF THESE HERBS FOR YEARS IN PRACTICE by Dr.Y.K.SAINI, Currently Sr. Consultant Ayurveda at BLK Super Speciality Hospital New Delhi India.
- THE PRODUCT IS MANUFACTURED BY ISO 9001:2008, ISO 22000:2005, HACCP, WHO, GMP EU GMP+ & 100% ORGANIC CERTIFIED Company.
- RECOMMENDED & USED BY REPUTED AYURVEDIC EXPERTS ACROSS INDIA.

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डायबिटीज के दुष्प्रभाव से सुरक्षित रखते हैं योगासन



डॉ. राजेश कौरा,

डायबिटीज ऐसा नामुराद रोग है, जो भारत के करोड़ों पुरुष-महिलाओं, बालक-वृद्धों को अपनी चपेट में ले रहा है। हर सातवां व्यक्ति इसका शिकार है। हमारी जीवन-शैली ने इसे आम रोग बना दिया है। कुछ लोग बिना परीक्षण कराए इस भ्रम में जी रहे हैं कि उन्हें डायबिटीज नहीं है। डायबिटीज रोगी पर हर समय तलवार लटकी रहती है। न जाने कब शुगर कम हो जाए और कब बढ़ जाए। मौत के हिंडोले में झूलता मानव जीवन के रस से वंचित हो जाता है।

योग में वह क्षमता है, जो डायबिटीज के दुष्प्रभाव से शरीर की रक्षा करती है। यदि रोगी शुद्ध क्रियाएं-कुंजल, नौलि, शंख प्रक्षालन कर लें, आसन, प्राणायाम, ध्यान करें व सत्विक आहार लें तो निश्चित रूप से यह रोग ठीक हो सकता है। यहाँ कुछ योगासन दिए जा रहे हैं, जो पेट व पेन्क्रियाज को प्रभावित करते हैं जिससे इन्सुलिन सम अवस्था में स्त्रावित होकर कोशिकाओं के दरवाजे खोलकर उनमें ग्लूकोज प्रवेश करा सकते हैं।

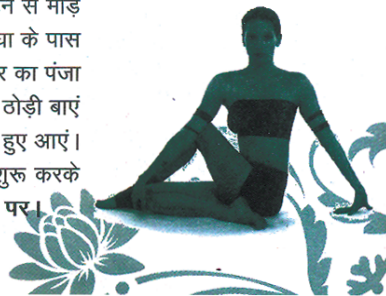
योग मुद्रा — दोनों हाथों को पीठ के पीछे ले जाकर दाएं हाथ से बाएं हाथ की कलाई पकड़ें। हाथों को खींचें। श्वास भरें और छोड़ते हुए धड़ को आगे की ओर झुका दें। माथा जमीन पर हो। कुछ देर ठहरें। धीरे-धीरे श्वास भरते हुए शरीर ऊपर उठाएं। एक बैठक में 5-6 बार तथा तीन मिनट तक करें।

मण्डूकासन — घुटने मोड़कर टखनों पर बैठना। दोनों हाथों के अंगूठे अन्दर रखते हुए मुट्ठी बंद करके नाभि के दोनों ओर अगल-बगल में लगा दें। सामने देखते हुए आगे की ओर धरती के समानान्तर झुकें। श्वास बाहर रहे। कुछ देर रुकें। नितम्ब एड़ियों से छूते रहें। इससे शरीर हल्का, वायु विकार दूर तथा पेट के रोग नष्ट होंगे।



वक्रासन — दोनों पैर फेला कर बैठें। बायां पैर मोड़कर तलवा दाएं घुटने के बाहर रखें। घुटना खड़ा हो। दाएं हाथ से बाएं घुटने को दबाते हुए दाएं घुटने को पकड़ें। बायां हाथ पीठ पीछे ले जाकर गर्दन भी पीछे की ओर मोड़ें। इस समय सांस बाहर रहेगा। उसी क्रम में वापस लौटें। सांस सामान्य होने पर दूसरी ओर यही क्रिया करें। इससे पेन्क्रियाज पर अच्छा प्रभाव पड़ेगा। यह उन लोगों के लिए है जो अर्धमत्स्येन्द्रासन नहीं कर पाते।

अर्धमत्स्येन्द्रासन — दोनों पैरों को सामने फैला कर बैठें। दाएं पैर को घुटने से मोड़ें और एड़ी नितम्ब के पास रखें। बाएं पैर का तलुआ दायां घुटना पार कर जंघा के पास रखें। घुटना खड़ा रहे। दाएं हाथ से खड़े घुटने की भुजा को दबाकर बाएं पैर का पंजा पकड़ें। धड़ को बाईं ओर मोड़कर भुजा पीठ की ओर ले जाएं। सांस बाहर। ठोड़ी बाएं कंधे पर हो। सीढ़ी सीधी हो। थोड़ी देर रुकें। उसी क्रम में वापस सांस भरते हुए आएँ। अब दूसरी ओर यह क्रिया दोहराएं। दोनों ओर एक-एक मिनट रुक कर शुरू करके कुल 5 मिनट तक करें। रुकने पर श्वास सामान्य रखें। ध्यान पेन्क्रियाज पर।

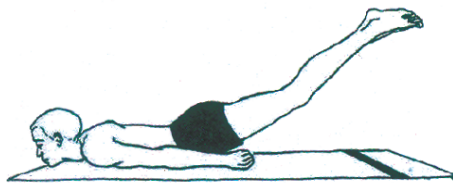


पश्चिमोत्तानासन — दोनों पैरों को फेलाकर (सामने की ओर) बैठें वच पंजे आपस में मिले रहें। पंजे आगे की ओर खिंचे रहें। दोनों हाथों को आकाश की ओर उठाएं। सांस भरकर हाथ ऊपर की ओर खींचें। सांस छोड़ते हुए शरीर को ताने हुए कमर के निचले भाग से आगे इतना झुकें कि माथा घुटनों से आगे जाए। कोहनियां नीचे रखते हुए तर्जनी से अंगूठा पकड़ें। सांस सामान्य रहे। सांस भरते हुए वापस उसी तरह आए। **इसे एक मिनट से 6 मिनट तक करें या तीन बार दोहराएं।**



भुजंगासन — पेट के बल लेटें। दोनों पैर व पंजे आपस में मिलाकर बिछा लें। माथा जमीन पर हो। हथेलियां कंधों के दाएं बाएं रहें। कोहनियां शरीर से सटा लें। गर्दन को उठाकर पीछे मोड़ें। श्वास भरते हुए धड़ को नाभि तक उठाएं। कोहनियां थोड़ी उठी रहें। श्वास छोड़ते हुए धीरे-धीरे वापस आए। **इस आसन को कई बार दोहराएं। बाद में बच्चे की तरह शिथिलासन में विश्राम करें।**

शलभासन — पेट के बल लेटें। ठोड़ी जमीन पर। हथेलियां जंघाओं के नीचे रखें। श्वास भरते हुए दोनों पैर ऊपर उठाएं। श्वास छोड़ते हुए वापस आए। अन्त में विश्राम करें। इसे एक-एक पैर से भी कर सकते हैं।



धनुरासन — पेट के बल लेटें। माथा जमीन पर हो। दोनों घुटने मोड़ें और टखने पकड़ें। श्वास भरते हुए पीछे से पैर और आगे से धड़ उठाएं। कुछ देर रुकें। फिर वापस आकर विश्राम शवासन (शरीर ढीला) में करें।

त्रिकोणासन — अपने आसन पर खड़े हों। पैरों में दो फुट से ज्यादा फासला रखें। दाएं हाथ को दाएं कान से सटाते हुए ऊपर उठाएं और श्वास भरते हुए ऊपर की ओर खींचें। बाईं भुजा नीचे की ओर खिंची रहे। श्वास छोड़ते हुए धीरे-धीरे बाईं ओर झुकें और बायां हाथ नीचे ले जाकर हथेली धरती पर टिका दें। दाएं हाथ की हथेली का रुख नीचे की ओर तथा धरती के समानान्तर रहे। श्वास सामान्य हो। यथाशक्ति रुकें। श्वास भरते हुए वापस आए और यही क्रिया दूसरी ओर भी करें।



इन आसनों के अतिरिक्त मयूरासन, पवनमुक्तासन, मकरासन, उष्ट्रासन, सुप्त वज्रासन, चक्रासन, पदोत्तानासन, सर्वांगासन, मत्स्यासन व सूर्य नमस्कार भी डायबिटीज में उपयोगी हैं। कपालभाति, भस्त्रिका, नाडी-शोधन, ध्रामरी प्राणायाम के साथ-साथ उड्डियान बंध (श्वास बाहर करके पेट पीठ की ओर पिचकाना) तथा अग्निसार क्रिया (श्वास बाहर फेंककर पेट बारम्बार आगे-पीछे 70-80 तक करना) ये सारी क्रियाएं किसी दक्ष व्यक्ति की देख-रेख में सीखनी व करनी चाहिए। समस्त क्रियाओं के बाद शवासन करना चाहिए।



IMPORTANCE OF EDEMA IN G. PRACTICE



DR. S. K. Gupta
Ge. Secy.

Edema is a clinical condition in which there is abnormal accumulation of fluid in the intracellular tissues.

In tropical countries where protein – malnutrition is there, hypoproteinemia & anaemia are the causes. In advanced countries where stress & strain is on the rise, congestive cardiac failure, hypertension, nephritic states are the reasons.

Edema may be felt by putting pressure for 20 -30 secs. (when edema is of longer duration, there may not be any pitting on pressure)

Spot diagnosis of the underlying condition: -

1. **Cardiac Disease:** - swelling behind the malleoli of tibia & fibula & over sacrum when the patient is confined to bed.
2. **Acute Nephritis:** - Edema of face especially below eyes which comes & goes, especially in the morning.
3. **Congestive Heart Failure, low protein level:** - Over ankles & dorsum of foot, gradually on legs, thighs & trunk.
4. **Local Venous Obstruction/insufficiency:** - Confined to that part of arm because of axillary glands, of legs because of thrombosis of popliteal or femoral vein.

Venous insufficiency: - thrombosis, pregnancy, C.H.F. etc.

5. **Lymphatic:** - Obstruction, filariasis, radiation injury.

Angioneurotic edema: - Swelling of skin, subcutaneous tissue (even eyes may close), oedema of glottis, face, lips, eye lids, mouth or elsewhere.

Treatment: - Subcutaneous Adrenaline, antihistamines (Avil etc.), search for focus – teeth, tonsils, sinus, intestines, kidneys, genital organs etc. Protein – cutaneous tests may be done. Effect of diet such as milk, eggs or fish may be seen.

Congestive Heart Failure: - For G.P.'s – sufficient to note that one who starts getting dyspnoea on exertion or at rest, swelling of feet, slight pain in epigastrium, tenderness in rt. Hypochondrium, CCF has developed & needs diuretics & sometimes digoxin **for whole of life.**

- a) **Lt. sided Ht. failure:** - Three times more common than rt. sided. Hypertension, coronary occlusion, aortic & kidney diseases may be the cause. Pallor, cyanosis, dyspnoea especially on effort (cardiac asthma), Lt. sided enlargement of Ht., oedema.

Treatment: - Rest, diuretics, deriphylline, low sodium, low proteins, low caloric diet, more vitamins

- b) **Rt. sided Ht. failure:** - (Cor Pulmonale) Acute – Pulmonary embolism, pneumonia etc.

Chronic: - Emphysema, bronchitis, T.B., Pneumonia etc.

It is a mitral valve disease. Cyanosis, dyspnoea, tachycardia, low B.P., neck veins & liver enlarged, edema on legs.

Treatment: - oxygen (in ch. Br. & emphysema), deriphylline, lasix, digitalis & antibiotics, if sec. infection.

c) **Nephritis:** - Glomerulonephritis occurs in two ways: -

1) **Nephrotic syndrome:** - Proteinuria & haematuria, periorbital edema, headache, malaria fever

In streptococcal inf.: - sore throat or skin inf. (after 7 - 14 days), urine - RBC+, WBC+, Tubular Cells +, a few casts, BUN, creatinine, ASO titer - high sometimes, BP usually high.

Treatment: - Steroids are useful, but sometimes harmful, less water (no load on injured kidneys), less proteins, sodium restriction (depends on the condition of kidneys), daily weight - if wt. more that means fluid retention - give less fluid & restrict Na., rest.

Treatment of complications: -

(a) Hypertension encephalopathy: - if headache - phenobarbitone, if convulsions - phenytoin - 300-400 mg. in divided doses.

(b) Cardiac failure- Most common cause of death.

Oxygen, Na-, lasix, dialysis.

Concurrent infections: - Treat inf., if ureamia & fluid retention persists - dialysis.

2) **Nephritic syndrome:** - Proteinuria+, NO Haematuria, BUN & S. Creatinine - Normal.

Treatment: - If syphilis or heavy metal poisoning - treat accordingly.

1. Corticosteroids - Prednisolone preferred, given for 21 days, repeated if necessary or continuously in a lower dose to keep urine protein free.

2. Adequate Proteins - 1 gm./Kg./Day

3. For Edema - a) restrict Na 0.5 gm. Day - not for longer period.

b) Mechanical removal of fluid from pleural & peritoneal cavities (ascitis), dialysis can also be done.

4. Because Diuretics If Na & K loss occurs & weakness is there - give Pot. Chlor - 2 tsf BD, plenty of fruit juices, coconut water. Dytor, Dytide are safer drugs.

(d) 1. **Cirrhosis of liver:** - Edema occurs due to :- Necrosis of liver cells which are not able to synthesize serum albumin.

As protein intake is less, negative protein balance develops resulting in increased escape of fluid from the capillaries to the tissues.

2) **Portal hypertension:** - When increased pressure in portal vein due to cirrhosis.

Haematemesis, jaundice & ascitis present. Prognosis - grave.

Treatment: - Bed rest, less Na (1 gm. Daily)

Restoration of Plasma proteins, diuretics, shunt procedures. High protein diet for whole of life, milk main diet. 100 gms protein daily.

3. There is **increased circulation of Anti – diuretic hormone (ADH)** Damaged liver is not able to destroy ADH.
4. **Drug induced edema:** - Discard the drugs & treat with antihistamines & steroids.
5. **Toxaemia of Pregnancy & fluid retention:** -

TOXAEMIAS

Acute (after 24 weeks) _____ Chronic

| **Pre – eclampsia** a) Mild b) severe Here B.P. is high, edema, albuminurea+

| **Eclampsia** – convulsions, coma or both with B.P., albuminurea or edema.

If edema is just on feet & ankle & disappears after rest in bed for 8-12 hrs., not of much significance. If pitting even after 12 hrs. of bed rest & edema also on face, hands, abdomen & labia – considered abnormal. Other causes like CCF, anemia & nutritional deficiency may also be the cause.

Treatment: - 1. Absolute bed rest. 2. Diet – More carbohydrates, less proteins, very less fats, less salt. 3. Diuretics: - Esidrex is of choice. Mild cases become alright. Moderate to severe & chronic cases need hospitalization.

AYURVEDIC TREATMENT: -

INC.C.F.:- प्रभाकर वटी, हृदयार्णव रस, अर्जुनारिष्ट, पुनर्नवासव

Diuretics:- पुनर्नवासव, श्वेत पर्पटी, यवक्षार, आरोग्यवर्धिनी वटी, गोक्षुरादि चूर्ण

Renal (Nephritis):- पुनर्नवा मण्डूर, चन्द्रप्रभावटी आदि ।

Renal (Nephrosis):- वरुणादि क्वाथ, श्वेत पर्पटी, गोक्षुरादि चूर्ण

Hepatic (Liver):- यकृतदारि लौह, पुनर्नवादि मण्डूर, आरोग्यवर्धिनी वटी, पुनर्नवासव, शंख भस्म आदि ।

Constipation:- पंचकार चूर्ण, स्वादिष्ट विरेचन चूर्ण आदि ।



HERITAGE

TULSI

Hindi Tulsi;
Latin Ocimum Sanctum;

English Holy Basil
Sanskrit Sursa

Brief Description

Plant- 1-3 feet high, hairy, reflecting violet color of branches & sub branches;

Leaves - 1-2" oval, rectangular, with hairs on either surfaces, peculiar odor giving;
Pushp Manjari Long & slender with red & violet colored flowers in clusters.

Seeds - flat, reddish, yellowish with blackish margins.

Types- Two- Shwet (Green) & Krishna (Violet).

Ayurvedic Features

Gunn - Laghu, Ruksh, **Rass**- Katu, Tikshan

Vipaak - Katu, **Virya** - Ushn; **Seeds (Beej)** - Sheet, Snigdh & Pichil

Chemical Composition - Leaves gives out volatile oil in of yellowish color & essence of Long (Piper longum), Flennel which mucilaginous.

Clinical Therapeutics

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During one of his battles with the British, Tipu Sultan (1793 A.D.) the ruler of Srirangapatnam (in the present Karnataka state in South India) had, as punishment, cut the nose of 4 Indians, and 3 other Soldiers- who served in the British Army. The commanding officer of the British contingent in India chanced upon an Indian merchant who had his nose fixed after cut as a punishment for adultery. The commanding officer traced the vaidya (doctor) from Maratha (the present Maharashtra) and had him fix the noses of his Indian soldiers. This was reported in the Madras Gazetteer of 1793.

A detailed account of the reconstruction procedure was published in the October 1794 issue of the Gentlemen's Magazine published from London. Inspired by this account, an English surgeon J.C. Carpue published his experience. A German surgeon Graefe followed Carpue's example. Rhinoplasty thus moved from Maratha to Europe and has come back 200 years later as Plastic surgery in India.

- Bhale Bharth English Monthly,

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

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