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# GURUKUL'S C.M.E



*A Quarterly Magazine For  
Medicine Reorientation*

## KNOWLEDGE BUILDS CONFIDENCE

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मलाया वच



## Editor's Desk

Dear Doctor,

The current issue contains articles of burning ailments like spread of cancer finding solution in Ayurved, Ayurvedic management of liver diseases, latest developments in ancient medicine, pharmaceutical know how of ayurvedic formulae, scientific introduction of 'Pashan Bheda', treatment protocol of life style diseases of Jatharshoth (**gastritis**) & Ardhav bhedhak (**migraine**), therapeutic efficacy of Kapal Bhati (**yogik kriya**), & 'Kulanjan' (**herb**).

Besides enlightening the importance of Oral health care as well as prevention of cervical cancer are some of the write ups.

Wishing all readers a very happy new year 2023.

***Dr. Shruti***  
Co-Editor

Thanks.

With Regards

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

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## ***Chintan!***

### **CANCER & AYURVED**

*Dear Doctor,*

*'Cancer' disease is on the rise globally & India is no exception. The word cancer a Latin name (Cancris/Canceris) dates back 3500 years. Ayurved defines it as **Arbud, Granthi or Gulm**.*

*The prevalence among one lakh Indians is 100 approx or one among nine people are affected during life time.*

*Cancer is a life threatening ailment spreading where rapid urbanisation, industrialization, air, water, sound pollution, erratic life style, poor & unhealthy food intake, besides not following traditional moral and cultural norms etc. are some of the causes of various types of cancers.*

*Lung, oral, colorectal, breast, cervical, prostate etc. are a few of prominent & popular ones. Although government of India central or state along with private N.G.O.S. are coordinating cooperating in controlling the menace of this deadly disease.*

*Lets have Chintan how we the A.Y.U.S.H. (Ayurved) community, can do to contain 'Cancer'.*

- 1. On principles of '**SWASTHVRIT**' we should depollute **Prithvi** (Earth), **Jal** (water), **Tej** (sun), **Vayu** (air) and **Akash** (sky).*
- 2. Education of **Triupstambh** (**aahaar, brahmcharya & nidra**) to common public.*
- 3. Enhancement of **Rog Kshamta** (immunity) by use of **Rasayans** (ayurvedic herbal tonics).*
- 4. Use of **Yog, Pranayaam, Dhyan** in daily practice.*
- 5. Encouraging masses for cleanliness specially among children as well as senior citizens.*
- 6. Advice of addition or supplantations of ayurvedic medicines for life style diseases e.g D.M., H.T., Arthritis etc.*
- 7. Plantation of Ayurvedic herbs, plant or trees on special occasions e.g birthdays, marriages etc.*
- 8. Home remedies should be given as first preference e.g. in early cold, cough, diarrhea, dysentery, vomiting, hyperacidity etc. to minimize ill-effect of chemical bound allopathic medicines.*
- 9. Following the above principles; the body physical or mental well being along with the environment will not only remain pure (alkaline) but less acedid where the cancer causing factors will not grow or aggravate.*
- 10. Use of **Ras-Chikitsa** preferably based on clinical trials and research should be advised besides intake of **Kritann** (whole grain food; millets) as our fore fathers consumed in daily life as was less number of cancer cases.*

**Prof. (Dr.) Sadanand V. Deshpande**

M.D., Ph. D. (Kayachikitsa)

HOD Kayachikitsa, Principal Tilak Ayurved Mahavidyalaya, Pune

## Role Of 'Sharpunkha' In The Management Of Liver Disorders

### Introduction :

The importance of blood (rakta dhatu) in our body is seen by its spread, functions, etc. The origin of rakta dhatu is said to be yakrit and pleeha. Also, Pitta dosha and rakta dhatu have a very close bond. So the vitiation of both should be kept in check to protect the health of the liver.

The preservation of a healthy liver is critical to overall health and well-being. Unfortunately, environmental toxins, poor eating habits, alcohol consumption and therapeutic drug use frequently abuse this vital organ, resulting in a general decline in metabolic function of the liver. This hepatotoxicity eventually results in serious diseases such as hepatitis, cirrhosis, alcoholic liver disease, and hepatic cancers (liver tumors). According to Ayurved, the buildup of abnormal toxic fluids around the liver causes a blockage (srotorodh) that inhibits bile secretion, resulting in liver enlargement and various liver disorders. Furthermore, there might be degeneration (kshayaj) of the cells and tissues as in the condition of liver cirrhosis where the kidney shrinks in size (as per USG findings).

The primary etiological factor has been identified as impaired digestive power (agni).

अग्निदोषान्मनुष्याणाम् रोगसंघा पृथग्विधाः।

मलवृद्ध्या प्रवर्तते विशेषेणोदराणि च ॥ च.चि. १३

### Udar roga :

Diseases such as Udara are caused by Agnidoshha and Mala Vruddhi. The few main factors causing udar roga are travelling on a full stomach frequently, excessive exercise and intercourse, emaciation due to excessive use of panchakarma procedures and the most

common reason found is excessive alcohol consumption. If Agni is suppressed, and the person consumes polluted food, this causes indigestion, which causes Doshas to accumulate. This causes vitiation of Prana, Agni and Apana as well as obstruction of the upward and downward circulation channels. The vitiated Doshas become lodged between the skin and muscle tissue, causing extensive distension of the lower abdomen. This causes Udara. The types of eight Udarroga include Yakrutodara and Pleehodara. Yakrutodara and pleehodara have rakta and kapha as the main vitiated dhatu and dosha as per Chakradutta.

### Panduroga :

Panduroga is commonly associated with anaemia. When the pitta predominant doshas in the tissues become aggravated, the tissues become inflammatory, weak and lax i.e. dhatu shaithilya. Heaviness develops in the body's tissues as well. This pathological process degrades varna, bala, sneha and other ojas qualities. Because of the complicated amalgamation of doshas and tissues in a disease complex, the qualities of ojas continue to deteriorate. The person eventually develops vaivarnya which is known as Pandu Roga.

### Kamla :

Pandu and Kamala are said to be diseases that are linked together. When Pandu is not properly treated, it can result in Kamala. Thus, Kamala can be thought of as a side effect of untreated Pandu or Pandu that has a chronic course. It also has its own origin.

### Madatyaya :

Madatyaya is a combination of the words Madaa and Atyay. Mada is a harsh word (Excitement) Atyay is an abbreviation for Atikrama (excess). This excessive excitement

is caused by excessive Madya consumption. Because of excessive and improper alcohol use, toxic effects occur depending on the Dosha involved. Tridoshaja Vyadhi. According to modern science, this leads to alcoholic liver disease, which causes liver cirrhosis and ascites.

The liver is the only organ in the body that can strengthen itself. However, when the damage is severe, scar tissue forms, resulting in cirrhosis, at which point the liver is unable to function properly.

Kupffer cells are resident liver macrophages and play a critical role in maintaining liver functions. Under physiological conditions, they are the first innate immune cells and protect the liver from bacterial infections. Under pathological conditions, they are activated by different components and can differentiate into M1-like(classical) or M2-like (alternative) macrophages. Special functions and metabolism of Kupffer cells suggest that they are an attractive target for therapy of liver inflammation and related diseases, including cancer and infectious diseases.

#### **Description of Sharpunkha : (Tephrosea purpurea)**

Sharpunkha has a high medicinal value in Ayurveda. Its a well-known Ayurvedic herb which is used to treat liver cirrhosis and splenomegaly. This herb is extremely helpful in maintaining healthy haemoglobin levels in the body. Sharpunkha has been identified as a beneficial herb for liver health in Ayurveda. Aside from that, the herb is beneficial to the digestive system and aids in the management of digestive disorders. This herb is useful for coughs and respiratory problems. Additionally, this herb has anti-diabetic and anti-hyperlipidemic properties. Lupeol, Rutin, Delphinid chloride, Palmitic, Caffeic acid, Palmitolei Tepurindiol, Linoleic acid, Oleic acid, Valin Threonine, Lysine, Isoleucine, Karanji Phenylalanine, Delphinidin chloride,

Tephron are some of the phytochemical compounds found in this herb are with amazing properties to resolve various health issues.

Amongst the synonyms of Sharpunkha Pleehari or Pleehashatru is also one of it.

The leaves are rich with tephrosin, deguelin, isotephrosin, rotenone and osyritin chemical constituents.

#### **Parts used :**

Root and Panchang Kshara (alkali powder preparation) of whole plant.

Classical categorization of Sharpunkha is done in BhavaPraksah Nighantu in Guduchyadivarga.

शरपुङ्खः प्लीहशत्रुर्नीलीवृत्ताकृतिः सः शरपुङ्खो

यकृत्प्लीहगुल्मप्रणविषापहः।

तिक्तः कषायः कासाश्वासज्वरहरो लघुः॥२१०॥

(The Bhavprakash nighantu, edition of 2010: verse 210, page no- 407-408.)

Sharpunkha has several names, including Sharpunkh, Pleehashatru and Neelivrik-shakriti. It has a bitter and astringent flavour. It has laghutva. It is beneficial for Yakrut and pleeha problems, wounds, toxins, cough, fever and rakta vikaras.

**Effect on Tridosha** - balances Kapha and Vata.

Yakrut- hara - useful in liver diseases, hepatitis, cirrhosis; Pleehaghna - useful in splenomegaly;

Gulma - useful in abdominal tumor/bloating;

Vranapaha - brings about quick wound healing;

Vishapaha - acts against poisoning;

Kasaghna - relieves cough, cold; Asrajit acts as blood detoxifier;

Shwasahara - Useful in dyspnoea, Asthma, Bronchitis and Chronic respiratory disorders;

Jvarahara - useful in fever;

Chakshushya - useful in eye diseases;

Damshtrajit - useful in insect bites;

Shastrasrajit - useful in weapon injuries.

The above actions are because of the following properties of sharpunkha.

Guna (qualities) - Laghu (light to digest),



Rooksha (dryness), Teekshna (piercing); Rasa (taste) - Tikta - Bitter, Kashaya Astringent ; Vipaka - taste conversion after digestion - Katu (pungent) ; Veerya - Hot potency ; Prabhava - Pliaghna.

This is a well-known herb for the treatment of liver cirrhosis. It aids in liver detoxification as well as the regeneration of new liver cells. The herb also relieves symptoms such as nose bleeding, weight loss, jaundice, anorexia, loss, decreased (yellow itchy appetite, discoloration), weakness, and skin, abdominal swelling (ascites), and leg swelling (edema). As a result, is an effective herb for treating liver disorders.

This herb can help you manage splenomegaly. It aids in the formation of blood cells. This herb also helps with symptoms of splenomegaly such as anaemia, fatigue, easy bleeding, stomach fullness, and pain in the upper abdomen.

Pharmacological actions - Hepatoprotective, Analgesic, Anti spasmotic, Anti hyper glyemic

#### **Anti-ulcer property :**

The plant extract possesses significant antiulcer property which could be either due to cytoprotective action or by strengthening of gastric and duodenal mucosa and thus enhancing mucosal defence.

Sharpunkha aids in the restoration of the liver's effectiveness, protects the loss of functional integrity of the cell membrane, protects the hepatic parenchyma against toxins, promotes liver cell regeneration, controls the progression of the disease, prevents further liver damage, and ensures early restoration of hepatic function in ineffective hepatitis. It aids in the prevention and treatment of alcoholism, viral hepatitis, pre-cirrhotic conditions, and early cirrhosis. Protein energy malnutrition, decreased appetite and liver damage caused by radiation and chemotherapy. In case of Kupffer cell hyperplasia, where there is excessive

proliferation of kupffer cells, sharpunkha acts with its anti-inflammatory action to curb the same.

#### **A short case study :**

Many cases have been treated with Sharpunkha formulations along with other hepato-protective formulations. One of the cases is as described below in short.

A 54 year old male patient came to kayachikitsa opd presenting with the complaints of Udara vrudhi (distended abdomen), Shramashwaasa [dyspnea more on exertion but also mild dyspnea at rest (especially in recumbent position)]; Mand jwara (mild fever), Netra pitata, karshnya (relative darkening of complexion), mukhghat vana (mouth ulcers), ubhay pad shoth, Kshudha mandya (reduced appetite), Daurbalya, twakroukshya.

Patient had above complaints since 15 days. The patient is a known case of Alcoholic liver Disease with ascites since 2 years and had been tapped for ascitic fluid 3 months back. Due to non-compliance of pathya sevan he presented with the current complaints as above.

#### **Habit :**

Alcohol consumption frequently (left since 5 years)

#### **Hetu sevan :**

#### **Aharaj :**

Ati madyapana , kshara, amla, lavan, ushna ahar, virudh krama sevan, paryushitannasevana.

#### **Viharaj :**

Adhik rath chankramana(excess travelling).

#### **Manas :**

Chintadhikya, Manoavsada, Krodha dhikya

#### **Samanya Parikshan :**

Nadi 68/min; Mala ishat Krishna varni (slightly dark coloured stools); Mutra alpata , dark coloured urine.; Jivha Alpa saam; Shabda Spashta; Sparsha ushna; Drik Netra

pitata; Akriti Madhyam. B.P. 110/70 mm of Hg

Sharpunkha Kwath 80 ml was given for three times a day.

**Improvement in lakshanas with treatment :**

Lakshanas 1st day	Lakshanas 30th day with treatment
Udar vrudhhi	Abdominal girth reduced by 6 cm
Netra pitata	Prakrut netra (icterus not seen)
Mutra alpata	Urine output Increased Considerably; colour improved to normal.
Malena	Malena absent
Twak roukshya	Reduced
Karshnya	Reduced, varna improved

Also, investigations before and after treatment showed significant results in the following :

	Investigations	
	Before treatment	After treatment
Total Bilirubin	3.2	1.5
Direct bilirubin	1.4	0.8
Indirect bilirubin	2.8	0.7
SGOT	53.5	59.9
SGPT	21.3	16.9
ALK. PHOSPHATASE	70	55.9
Albumin	2.5	3.1
Globulin	3.4	3.6
Sr. creatinine	1.2	0.8
Hb	8.4	9.5
Prothrombin time	18	15.4

**Observation :**

As observed from the above table of lakshanas and investigations, sharpunkha acts

as a rejuvenator of hepatic cells, reduces inflammation and thus helps in hepatomegaly as well as liver cirrhosis.

**Conclusion :**

Liver disorders have become the bane of human existence owing to the lifestyle changes in the modern era. Excessive alcohol consumption, which has become rampant these days will definitely give rise to newer patients with liver problems. Sharpunkha and such other hepatoprotective drugs have shown their effectiveness in treating and curbing the progression of liver diseases.

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'Cancer' thrives (grows) in bodies that are 'acidic' in nature



## *Atithi Vartalaap*



Dr. Nitika Kohli  
B.A. M. S. Delhi University  
M.D. (Ayurveda), Uttarakhand

Dr. Nitika Kohli, You are welcome for an academic session as a guest of honour in column "**Atithi Vartalaap**".

**Greetings:** Wish u happy, healthy & honourable new year 2023.

**Question:** Dr Nitika Kohli you are a Gold Medallist in BAMS; May I know from where you had completed your graduation & when?

**Answer:** I had Completed my BAMS from A & U Tibbia College in year 2006.

**Question:** You are M.D. (Ay) from which college, subject as well as thesis of your research may please introduce your profile in brief.

**Answer:** I had done my post-graduation in Ayurveda Vachaspati (M.D. Ayurveda) from Uttarakhand Ayurveda Vishwavidyala, Dehradun. My subject of MD was Dravyaguna Vigyan, and my thesis was "An Evaluation of Pharmacognostical and Anti-Microbial Study of Various Extracts of Chirbilwa (*Holoptelea Integrifolia*)".

**Question:** Since your last studies what career u started with?

**Answer:** After my studies, I joined Aimil Pharmaceuticals and introduced a public healthcare platform based on Ayurvedic system of medicine "Aimil Healthcare and Research Centre". The purpose of Aimil Healthcare and Research Centre is to set new dimensions in Ayurvedic Medicine to provide benefits to the society to those who are suffering from incurable skin disorders, Diabetes, CKD, PCOD etc.

**Question:** Dr any specific reason to opt for this as career!

**Answer:** During my Graduation I observed Auto Immune disorders as a huge burden on society. Patient's Hopes of getting cured usually very less in these conditions. So I thought that being an Ayurvedic Physician I can do the job in a different and better way. Aimil Healthcare and Research Centre revolutionised Clinical practice and patient Outreach, I am into regular researches for healthcare development with an enhanced and vast patient coverage with more than 40 centres across India and patients from 20+ countries on the Globe.

**Question:** Dr. Nitika Ji may I ask how much your graduation and post-graduation came into practical application during your profession.

**Answer:** This was overall learning of Ayurveda and my experience as an Ayurvedic practitioner which makes me capable enough to set Aimil Healthcare and Research Centre, and this consequently becomes the most suitable and appropriate place for me as an Ayurvedacharya. I am working as an Ayurvedic expert, and treated more than 1 lac patients suffering from Lucoderma. Apart from this I am delivering regular sessions on Yoga, dietary and lifestyle modification and patient counselling for enhanced recovery of my patients. All this expertise I have developed, primarily based on my basic education taken from my UG & PG Institutions.

**Question:** Dr as know 5000 years old Ayurveda has been an experincial Indian medical science while today is an era of experimental medical science of the west so would you like to incorporate both for the betterment of ailing society !

**Answer:** In health care ecosystem both system of medicine are playing vital role for the society. Ayurveda is in existence for more than 5000 years and is still effective today in managing Chronic

Diseases, while Modern medicine is effective in combating acute or emergency conditions very effectively.

**Question:** May I ask u a critical question why age old Ayurveda lagged behind while 200 years old Modern Allopathic medicine progressed leaps & bounds!

Answer: Ayurveda is a science of life with a holistic approach to health and personalized medicine. It is one of the oldest medical systems, which comprises thousands of medical concepts and hypothesis. Interestingly, Ayurveda has ability to treat many chronic diseases such as Vitiligo, psoriasis, diabetes, arthritis, and asthma, which are untreatable in modern medicine. Unfortunately, due to less focus on scientific validation in various concepts, this precious gift from our ancestors is trailing. Hence, evidence-based research is highly needed for global recognition and acceptance of Ayurveda, which needs further advancements in the research technology. We hope in the coming future we will be getting more & more research scholars focusing on the scientific validation and making Ayurveda products more acceptable among the masses in India as well as Globally.

**Question:** Does Ayurveda require more of clinical trials or research based studies for more national as well as international acceptance. Kindly react.

Answer: Ayurvedic System of medicine is highly effective; proper mode of action, pharmacology, pharmacokinetics, and pharmacovigilance of many important Ayurvedic drugs are still not fully explored. Moreover, the comprehensive knowledge of the basic ideologies of Ayurveda may become poorly acceptable scientifically due to lack of evidence. In the modern time, when the Western medicinal system is reached almost at the top because of validated research and advanced techniques, there is an urgent need to validate drugs used in the Ayurvedic system of medicine with the help of advanced research methodology. Therefore, advancements in the ongoing research and technology are highly required for the promotion of Ayurveda.

**Question:** Kindly suggest one line slogan to young budding B.A.M.S. / M.D (Ay.) physicians.

**Answer:** It's possible for ordinary people to choose to be extra ordinary all you need is Hard Work and Determination.

*Closing Line*

**Dr. Nitika Kohli, Thanking and Wishing you all the very best for sharing your views.**

**Bhagwan Dhanwantari may ever bless you for professional and social charity.**

W.H.O. advocates 'Deworming'  
every 6 months.



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## **CHURNA KALPANA** **( Single or Poly Herbal Powders)**

### **Introduction :**

Ayurveda is one of the Indian medicinal system literally means “science of life longevity”. Acharya Charaka has mentioned **Panchavidha** kashaya kalpana. churna is a synonym of suska kalka and explained as one of them.

Fine powder obtained after thoroughly pounding and filtering the completely dry drugs is called **churna**.

### **Types 4 :**

#### **I. Depending on particle size**

**Sthula churna** – Coarse Powder

**Suksma churna** – Fine Powder

**Atyanta suksma churna** – Very Fine Powder

#### **II. Simple and compound powders**

**Ekausadha churna** (simple herb) – Haritaki churna , Trivrtta churna

**Misra churna** (compound herb) – Sitopaladi churna, Talisadi churna

### **Dose**

One karsa (12g) is the general dosage of churna kalpana. The savirya avadhi of churna kalpana is two months as per classical references.

### **General Method of Preparation**

The drug taken in completely dry form should

be pounded well in **ulukhala** yantra (pounding machine) and **sieved** through different sized sieves, as per the need and use.

### **Advantages :**

Fixation of dose, more stable than liquids, incompatibility is less, dissolves more rapidly in body fluids, economical and easier to carry when compared to other dosage forms like solids and liquids.

### **Disadvantages :**

Bitter, corrosive, unpalatable drugs deliquescent and hygroscopic drugs , volatile drugs cannot be dispensed in powder form.

### **EXAMPLE:-**

#### **HINGVASTAKA CHURNA:**

Hingvastaka Churna , is a polyherbal medicine used to treat digestive disorders. It helps in managing conditions like bowel movement, flatulence, indigestion, and constipation.

### **INGREDIENTS:**

1.Sunthi	:1 part
2.Maricha	:1 part
3.Pippali	:1 part
4.Ajamoda	:1 part
5.Saindhava lavana	:1 part



- 6.Sweta jiraka :1 part  
 7.Krsna jiraka :1part  
 8.Suddha hingu :1/8th part.

**Method of Preparation:**

All ingredients are taken in equal quantity and triturated in a clean khalva yantra to obtain a homogenous mixture.

The dry powder obtained is stored as '**hīṅvastaka cūrṇa**' in airtight wide mouthed container for further therapeutic use. Product will be a pale-white colored powder with **lavana-katu** rasa and hingu odour.

**Dosage,adjuvants and therapeutic usage:**

Half karsa (**6 gms**) of the powder is mixed with equal quantity of ghee and administered twice daily along first bolus of the food.

It is a strong appetizer indicated in **agnimāndya** and all types of vataja roga.

**Few other churnas and their Indications.**

Sl. No	CURNA	USES
01	Sitopaladi Curna	Swasa,Kasa,Ksaya,Aruchi,Jwara
02	Talisadi curna	Chardi,Pliharoga,Grahani,Pandu.
03	Navayasa Lauha	Pandu,Hrdroga,Kustha,Arsas,Kamala
04	Ajmodadi curna	Rheumatoid Arthritis,Sciatica, Backpain
05	Jatiphaladi curna	Swasa,Kasa,Asthama,
06	Pushyanuga curna	Yoni vyapad ,Atisara,Grahani,Raktapitta,

**MODERN ASPECT****Size reduction**

The process of reducing the particle size of the drug material to a finer state of sub division. Comminution and grinding are its synonyms

**Particle size**

Particle size of the powders depend on the different numbered standard sieves used. Sieving is the process of size separation.

The numbered sieves indicate the number of meshes ( openings ) in a length of one inch ( 2.54 cm ). So a sieve numbered 10 will have ten meshes in the specified length.

**Sieve of size separation**

- Coarse powders : 10/44
- Moderately coarse powders : 22/60
- Moderately fine powder : 44/85
- Fine powder : 85
- Very fine powder : 120

**Size separation**

Size separation is the process in which the grading of powders is done. The common technique adopted for size separation is sieving / shifting. This helps to grade the powders as **coarse , moderately coarse , moderately fine , fine and very fine.**

**Techniques**

Techniques employed for the determination of the particle size , surface area and material density are **Laser light scattering, X-Ray sedimentation, Electrical sensing zone, Particle shape analysis, Dynamic image analysis, Sieve analysis, Light obscuration.** Mainly sieve analysis by sieve shaker method is used widely for particle size evaluation.

**Discussion**

**Acharya Kashyapa and Arka Prakash** considered it as one among Kashaya Kalpana.

As regard the limit of fineness the term **anjanabha sukshma curna** is found mentioned in literature, that means it should be so fine that when used as Anjana in eye lids it may not cause irritation in eyes. It may be considered as microfine. It is important to mention in this context that when the drugs are used in churna are in powder form, our objective is to expose maximum surface area of the drug for that the maximum absorption could be made possible.

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## **PASHANBHED (Bergenia ligulata Wall)**

**Pashanbhed** is a lithotropic and diuretic drug commercially available & used for treating renal problems. However one plant that is widely accepted for these activities is the **Bergenia Ligulata Wall** a perennial herb belonging to the family Saxifragaceae. It is considered highly valued at endangered temperature and one of the controversial drug.

It is popularly known as ‘**Paashanbheda**’ (meaning ‘to crush the stone’) in Indian systems of medicine. The rhizomes of *B. ligulata* have been used for centuries in herbal formulations for dissolution of kidney and bladder stones illustrated in **Charak Samhita**, **Sushruta Samhita** and **Ashtang-Hridaya**.

### **SCINTIFIC CLASSIFICATION**

**Kingdom-** Plants

**Subkingdom-** Tracheobionta – Vascular plants

**Family** - Saxifragaceae – Saxifrage family

**Genus** - *Bergenia* Moench – elephant-ear



**Ayurveda:** Leaf juice in urinary troubles, cold, hemorrhagic disease, distension of stomach and epilepsy.

**Sushruta Samhita:** For stones and sugars.

**Charak Samhita:** Useful in urinary complaints and stones.

**Chakradatta:** For urinary troubles and stones.

**Raj Nighantu:** In urinary disease.

**Bhavaprakash:** Astringent, bitter, sweet, purifies the urinary bladder.

**Prevelant:** In India it grows at high altitudes of Himalayas between 1800-5100 meters. *Bergenia ligulata* wall is distributed in temperate Himalayas central, East, Western and Asia Tropical i.e. Indian Subcontinent Bhutan; Jammu and Kashmir, Assam, Nepal and Pakistan. **It grows well in shady, moist areas of Himalayas (Kumaon to Bhutan), South Tibet, Meghalaya, West Bengal, Darjeeling, Arunachal Pradesh, Gangtok (domesticated) in Sikkim.**

**Description:** A perennial herb, 35 cm tall with long leathery, rubbery, **leaves** producing attractive foliage. **Root**-stout. **Stems** short, thick, fleshy, and procumbent spread between 1 ½-2 feet. Round the year the leaves are vibrant and glossy with clusters of small **flowers** varying palest pink to ruby red or dark purple.

### **Phytoconstituents**

**Bergenia ligulata** wall rhizome has many bioactive chemical constituents such as



**Paashaanolactone, Arbutin, (+)-Afzelechin, Bergenin, Catechin and Minerals, Vitamins, Abumin, Glucose, Mucilage, Gallicin, Gallic acid, Starch etc.**

### **Medicinal Properties:**

Rhizomes of Pashanbhed are used mainly for inhibiting stone formations besides **Antiurolithic, Diuretic, Hepatoprotective, Anti-diabetic, Antipyretic as well as Antihypertensive properties.**

### **Therapeutics**

Pashanbhed used in Ayurveda medicines system for the treatment of and especially urinary stones. The root of the plant has laxative, cooling, abortifacient, aphrodisiac and cooling properties as well as urinary discharges, vesicular calculi, bladder diseases, excessive uterine haemorrhage, menorrhagia, heart diseases, splenic enlargement and dysentery.

### **Modes of administration**

- Powder with honey for teething.
- Powder as paste applied for wounds, boils, burns and cuts.
- Juice for getting rid of intestinal parasites and roundworms.
- Juice as ear drops for ear ache.
- Decoction (kwath) can be used for treating urinary disorders, urogenital disorders and stomach disorders e.g. gastritis & constipation.

### **Dosage**

- Powder 1-3 gm twice a day hot water
- Decoction (kwath) 20-30 ml 2-3 times a day

### **Some remedies of Pashanbhed**

#### **1. Urolithiasis**

Urolithiasis of bladder and urinary tract causing burning and developing called **Mutrashmri**

(Renal Calculi) due to imbalance of doshas causing **Sanga** (obstruction) in **Mutravaha Srotas** (urinary tract) developing micturition (process of urination). Pashanbhed helps manage Urolithiasis due to its Vata-Kapha balancing and Mutral (diuretic) properties. It also prevents the formation of calculi.

#### **2. Dysuria**

Dysuria, symptom of urinary tract infection causing painful or difficult urination which is due to an imbalance of any of the three doshas Vata, Pitta or Kapha.

Pashanbhed eases & increases urine output and thus provides relief.

#### **3. Diabetes**

Diabetes (Madhumeha) occurs due to an aggravation of Vata-Kapha dosha as well as impaired digestion. Impaired digestion leads to an accumulation of Ama (toxic remains in the body due to improper digestion) in the pancreatic cells and impairs the function of insulin. Pashanbhed helps manage Diabetes due to its Vata-Kapha balancing and Tikta (bitter) properties. It helps prevent the accumulation of Ama improves the function of insulin, thereby managing blood sugar levels reducing the symptoms of Diabetes.

#### **4. Piles**

Piles (Arsh) is caused due to an unhealthy diet and a sedentary lifestyle. This leads to the impairment of all the three doshas, mainly Vata and Pitta dosha, resulting in a low digestive fire and eventually persistent constipation. This causes swelling of the veins in rectum area and development of a piles mass. Pashanbhed helps in **Rechana** (laxative) giving a cooling effect on the affected area due to its Sheet (cold) property.

### **Conclusion:**

**Pashanbhed is an important ayurvedic medicine for urogenital disorders.**

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### **‘कपाल भाति’ प्राणायाम**

इस प्राणायाम से मस्तिष्क को शुद्ध किया जाता है। जैसा कि इसके नाम से भी विदित है— कपाल यानि मस्तिष्क, भांति अर्थात् चमकाना। यह मस्तिष्क को चमकाने वाला प्राणायाम है।

**विधि—** कपालभाति प्राणायाम ही नहीं बल्कि षट्कर्म का अभ्यास भी है। सबसे पहले पद्मासन या सुखासन में बैठें। हथेलियों को घुटने पर रखें। नेत्र बन्द करें। कमर गर्दन सीधी व मुख पर प्रसन्नता के भाव रखें। गहरा श्वास भरें व मूल्बन्ध लगायें। शक्ति के साथ श्वास को नासिका द्वारा बाहर फेंके और पेड़ (नाभि से नीचे का हिस्सा को चिपकायें। बारम्बार यहीं किया करें। श्वास भरना नहीं है स्वाभाविक रूप से श्वास अपने आप अन्दर जायेगा। दो आवृत्तियों के बीच में इतना अन्तराल रखें श्वास स्वतः अन्दर जायेगा। थकान महसूस होने पर कुछ क्षण शान्त बैठें।

#### **सावधानियाँ—**

1. हर्निया, अल्सर रोगी या हाल ही में जिनका पेट का ऑपरेशन हुआ हो वे इस प्राणायाम को न करें।
2. हाई बीपी, हृदय रोगी डाक्टर की गाइडैन्स से इसका अभ्यास करें।
3. महिलाओं को गर्भावस्था व मासिक धर्म के दिनों में यह अभ्यास नहीं करना चाहिए।
4. सुबह शौचादि के पश्चात खुले वातावरण में खाली पेट इसका अभ्यास करें।

#### **लाभ—**

1. इसमें पेट बारम्बार अन्दर जाने से आमाशय, आंत, लीवर, किडनी, पैनक्रीयाज आदि स्वच्छ और स्वस्थ होते हैं।
2. मोटापा, डाइबिटीज, कब्ज, गैस, भूख न लगना व अपच आदि रोग ठीक होते हैं।
3. बालों का झड़ना भी कम हो जाता है।
4. हृदय, फेफड़े, थायरॉइड तथा मस्तिष्क को बल मिलता है।
5. खून में आक्सीजन की मात्रा बढ़ती है और रक्त शुद्ध होता है।
6. महिलाओं में मासिक धर्म की अनियमितता, कष्टार्तव, श्वेत, प्रदर ठीक कर गर्भाशय व ओवरी को बल मिलता है।
7. हार्मोन्स सन्तुलित रहते हैं।
8. शरीर का वजन सन्तुलित कर यह युवा बनाये रखता है। प्रतिदिन इस प्राणायाम को अवश्य करें।



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## जठरशोथ (गैस्ट्राइटिस)

**जठरशोथ** एक सामान्य स्थिति है जो वैश्विक आबादी के लगभग आधे भाग को प्रभावित करने के लिए जानी जाती है। यह एक अधिक सामान्य लक्षण है जो कि जीवन प्रर्यन्त पेट में दर्द की विशेषता बनी रहती है। इसमें पेट दर्द या बेचौनी, अपच, सूजन, मतली आध्यमान एंवम् उल्टी के एपिसोड भी शामिल हैं। स्थिति आम तौर पर हल्की होती है जो बिना किसी समस्या के चली भी जाती है। यह वैसे तो अपने आप ठीक होने वाला रोग है पर यदि ठीक से व समय पर संबोधित किया जाए। जबकि गैस्ट्रिटिस लंबे समय तक रहता है। इसके अतिरिक्त पेट के अल्सर, पेट में रक्तस्राव और पॉलीप्स (छोटी वृद्धि) जैसी जटिलताएं भी जन्म लेती हैं। गैस्ट्रिटिस का इलाज करने का सबसे अच्छा तरीका जीवनशैली में कुछ सरल और प्रभावी बदलाव करना है।

### लक्षण :

- पेट दर्द या बेचौनी, • मतली और / या उल्टी खाने के बाद परिपूर्णता का अहसास
- उदरीय सूजन • खट्टी डकार • पेट में जलन महसूस होना • भूख में कमी
- खून की उल्टी होना • कमजोरी रहना, चिड़चिड़ापन आदि।

जठरशोथ के लिए अनुशंसित जीवन शैली में परिवर्तन जीवनशैली में कुछ बदलाव गैस्ट्राइटिस को प्रभावी ढंग से प्रबंधित करने में मदद कर सकते हैं।

छोटे और अधिक बार भोजन करें। यह पेट को भरा होने से रोकता है और इस तरह पेट के एसिड को अधिक मात्रा में निकलने से रोकता है।

### सावधानियाँ :

- गर्म मसालेदार, तले या वसायुक्त भोजन से बचें जो पेट में जलन पैदा कर सकते हैं।
- भोजन के बाद लगभग 2-3 घंटे लेटने से बचें। • शराब के सेवन से बचें या कम करें।
- कैफीन का सेवन कम करें • तनाव के स्तर को प्रबंधित करें
- धूम्रपान छोड़ें। • अनुशासन से जीवन जीये, समय से सोये व समय से उठे।

**आयुर्वेदिक उपचार**— आमलकी (आवलों), बिल्व (बेल), शतावरी, यष्टिमधु (मुलेठी), भृंगराज, लघु सूतशेखर, सूतशेखर, कामदुधा रस, नारिकेल लवण क्षार और कपर्दिका भस्म का इस्तेमाल किया जाता है।

**योग प्राणायाम** मानसिक तनाव दूर करने के लिए योग, ध्यान (मैडिटेशन), प्राणायाम का प्रतिदिन उपयोग करें।

## **Herbal Medicine Heritage**

### **MALAY VACHA (Kulanjan)**

**Hindi-** Kulanjan, **English** - Java Galangal, **Latin** - Acpinia Galanga, **Sanskrit** - Sugandha

**Brief Description** - Originally it is from Malaysia (Malaya), himalayas and south india  
**Shrub** is 6-7 feet high **Stem** 4"x6" thick with **Leaves** (1-2) feet long, 4"-6" wide, green & sleepary.

**Fruit** - Lemon like round ½" reddish long, **Seeds**- 3-6 in numbers flat & brown

**Chemical Composition**- Three Flavanoids, 48 Methyl Cinnamate.

#### **Ayurvedic Features**

**Gun** - Ruksh, Laghu, Tikshan **Ras**-Katu **Vipaak** - Katu, **Virya** - Ushn

#### **Clinical Therapeutics**

1. It is **Kaph - Vat** shamak
  2. Locally when chewed is a mouth freshner, appetiser, digestive, mild laxative (**rochak, dippak, patchak, anulomak**).
  3. It is neurotropic stiumulant (**nadi durbalta**).
  4. It lowers tachycardia (**vatik hridaya rog**).
  5. Controls voice hoarseness (**swarbhed**), sorethroat (**galshoth**), bronchitis (**kaas**), **bronchial asthma** (swaas) can be tried in cases of oral cancer (**mukh arbud**).
  6. In checking polyurea (**bahumutrata**), D.M. (**madhumeh**), erectile dysfunction (**dhwaj bhang**).
  7. It tones vocal cords so used mostly by musicians, politicians and teachers.
  8. It is afrodisiac (**vaji karan**).
  9. Its water based paste applied locally removes wrinkles (**kali jhaye**).
  10. Dose : 1-3gm with honey or hot water
- Yog : Kulanjan avelah.

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## **MIGRAINE (Ardhav Bhedak)**

Migraine is a life style disease mostly among people of big cities and metros. Affected population believe that it is not curable because it is a hereditary in charactor. So it is a myth with little facts.

Headache is truely trouble some but one need not to be panic. Just know yourself—your Prakriti (Constitution) and triggering factors such as -lack of sleep, strong scents, shift in weather, or hormonal changes during a woman's menstrual cycle, increase in stress, Food triggers: Some foods and drinks (alcohol, caffeine, vitamin waters, energy drinks) can trigger a migraine attack. **Tyramine**-containing foods 5 (hard cheeses, fermented or pickled foods, smoked meats, chocolate, soy sauce, onions, nuts), phenylethylamine (chocolate), histamine (eggplant/ Brinjal, spinach, certain fish species), drinks that ferments (vinegar, wine, beer, sauerkraut). Many food additives, preservatives and colour can also trigger migraines. There is monosodium glutamate (MSG) in Chinese food, seasonings, sauces, parmesan cheese and meat tenderizers, sodium nitrite (sausage, hot dogs, deli meat, canned and packaged meat, smoked and dehydrated food products); FD&C yellow 5 (tartrazine) in soft drinks, cosmetics, many medicines and ice cream.

### **Not all headaches are Migraines.**

Migraines are powerful headaches that often are characterized by severe throbbing head pain on one side of the head that can last from 4 to 72 hours. At least 2 to 3 of the following symptoms may co-occur: nausea, vomiting, loss of appetite, blurred vision, sensitivity to light, noise and smells,

lightheadedness, diarrhea and scalp tenderness. Currently, migraines are primarily managed by avoiding triggers, taking preventive medications or aborting acute attacks with the use of prescribed medication or painkillers.

**In western medicine-Migraine headaches have been classified into several types but the most common types are migraine with aura (classic migraine) and migraine without aura (common migraine).**

### **Nidana Causes & Types**

**Vata** headache is caused by vata-provoking practices (too much cold, dry foods, exposure to cold dry air/wind, suppression of natural urges, irregular sleeping and eating routine, worry/fear/stress, etc.)- Usually in the cervical/occipital regions of the head and have a throbbing/pulsating quality to them with severe pain and ache.

**Pitta** headache is caused by pitta-inducing habits (too much hot/spicy/fried foods, exposure to sunlight/heat, profuse sweating, intensity/anger, etc.)- located in the retro-orbital temple regions of head and the pain is sharp and intense. This type of headache is associated with nausea, vomiting and sensitivity to light. The eyes are red and may feel like they're burning and nosebleed is possible.

**Kapha** headache is brought by kapha-provoking practices (cold/heavy/oily foods, lethargy, lack of exercise, too much sleep, etc.)- located **in the frontal** areas of the head. They are commonly associated with **sinus congestion**, heaviness and running nose.



**Sannipattika** headache is due to vitiation of all three doshas due to the ingestion of toxins.- Symptoms of aggravation of all three doshas are present.

**Anantavata** Disease of the head in which a violent pain is felt at the Manya and Ghata (the two nerves on the backside of the neck) which ultimately affects the region of the eye, the eyebrow and the temples and specially produces a throbbing of the cheek, as well as paralysis of the mandible. The disease is known as Ananta-vata and is due to the concerted action of the three Doshas.

**Suryavarta** headache is brought on by vata-pitta vitiating factors such as exposure to sun (heat), hot spicy food and leading an overly stressful and/or intense life. This type of headache can also be initiated by unpredictable and sudden changes in life..

**Krimija-type** headache is due to infection caused by parasites. This is mainly due to consumption of unhealthy foods infected by these parasites in addition to inappropriate food combining.

**Shankhaka-type** headache caused by having a low ojas and pitta aggravating habits.

According to **Vagbhat-** due to excess consumption of incompatible foods and activities, the pitta first gets aggravated, which gets lodged in the temple regions. Here the pitta contaminates the already accumulated Vata and causes its aggravation. Both these doshas occupy all the vital regions and block the orifices. As a consequence the patient feels burning in the temple region. The pain is severe and intolerable. The patient may feel pins and needles in head; severe thirst; loss of consciousness and fever is complication.

Judicious treatment by a wise physician can treat in 3 days, otherwise prognosis is bad.

This may be thought as infectious headache caused by bacterial infection such as meningitis or cerebral haemorrhage or arterial thrombosis or temporal arteritis.

Ardhavabhedaka Shiroroga is the Ayurvedic name for the migraine headache. It is considered mostly a vata-pitta imbalance. The vata part of it is due to stress and lack of regular routine. The vata imbalance can lead to pitta imbalance if vata is not pacified. The pitta side of this condition is observed by dilation of blood vessels, sensitivity to the sun heat and inflammation of the nerves ( vata). Ayurveda considers physical, spiritual and mind/ soul related causes responsible for this condition.

**Management-‘Nidan parivarjan’** – try to eliminate the causative factors.

**Chronic headaches** are a sign of low ojas (Immunity)- Therefore, a Rasayana program should be followed for six months to one year after cleansing.

Once the Dosha -Vata/ Pitta/ Kapha—is identified – treatment can be started accordingly.

First Diet should be adjusted according to the disturbed Dosha.

**Vataja-**According to **Vaghabhata’s Astanga Hrdayam**, for treatment of vata-type headache, ghee should be applied to the head, should also be ingested with warm water. Warm milk boiled with dashmula and other drugs that reduce vata dosha can be poured on the head. **Putting ghee** in the nostrils. Consuming ghee with sugar.

It is important to re-establish the downward movements of apana vayu to its normal state ( REMOVE CONSTIPATION).

**Pitta-induced headaches**, massage with heat reducing oils-Brahmi, Chandan etc. can be done. The patient can apply cold compress to the face and wash the head (not with hot water). Purifying enema therapy may be beneficial. Nasya –putting ghee/ oil in nostrils;Shirodhara, Shirobasti may be recommended.

**In Kaphaja headaches-** According to Vagbhata’s

**Ashtanga Hridayam**, oleation therapy can be done by drinking old ghee and then inducing vomiting. Nasal application of herbs with dry, hot and penetrating qualities and avoiding food (fasting) are beneficial. Fomentation (sweating) and external application of herbal pastes are also recommended. Clearing the sinuses of any congestion and stuffiness is important in treating kapha-induced headaches. This can be done through nasya therapy or consuming the herbs internally.

### General Recommendations:

#### Dos'

**\*Migraine (Ardhavabhedaka)** and other type headaches can be prevented by following a healthy lifestyle. Maintaining a regular sleep schedule, eating routine and working habits and avoiding migraine triggers. Keeping blood pressure under control is important.

**Dont's** – Red meat, Alcohol, excess tea/ coffee, ketchups, sauces, red chillies, pickles, cheese, fizzy drinks and deep fried food. Keep in control the acidity. Minimum painkillers. Some of the modern medicine may also have headache as its side effect for that, prescription is made accordingly.

Least use of pain killers – apply balms instead and sleep for few hours if possible.

**\*Breathing** exercises-Pranayama, it helps in reducing the Stress levels and improving blood circulation.

**\* Nasya** (putting Ghee/ Almond oil/ Kumkumadi oil 4-6 drops in each nostril every night.

**\* Yoga exercises** – to maintain the tonicity of neck, shoulder and other muscles. Long walk.

**\* Remove constipation – Avipattikar churna** 2gm+ Triphla 2gm +Yashtimadhu 2gm – At bed time (Vaidya can add other herbs if a person is severely constipated).

Initially for 2 weeks- **Pathyadi kwatha** (Formula-Sharangdhara Samhita, Madhyam khanda 2/143-145) - 20ml with water empty stomach in morning.

• Herbs like **Brahmi, Ashwagandha, Ustekhudus (Lavender flowers), Tagar.**

• A combination of Godanti bhasma 20gm +Sat Giloy 10gm +Kamdudha moti yukt 5 gm + Swarnmakshik bhasma 10gm—making 40 doses, can be given twice a day—With Brahm rasayan ( If a person is Diabetic then with water),-- this can be continued for 2-3 months.

• **Shallaki 500mg** two times a day.

• Essentially look for deficiencies – as low Magnesium; Vit B ( Folate, B6, B12); Vit D, Iron etc may also create headaches.

• **In females** – for the regularisation of hormones – Dashmool, Ashoka, Shatavari, Aloe can be used.

• Intensity of pain may reduce after the age of 50 – who had it due to Pitta (as middle age is Pitta dominant).

On the smiling note – keep trying Milk- Jalebi; Suzi- ghee halwa; Badam paak ; Khaskhas etc as per our rich tradition.

50% of Indians are at risk, of intestinal  
'Worms Infestation'



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## **Cervical Cancer**

**Cervical cancer is second most common cancer in India with an incidence of 18% as per GLOBOCAN 2020. It is also the second leading cause of death with high mortality rate. India ranks highest in Asia for cervical cancer cases followed by China.**

### **Risk factors**

Average age 35-45years

Multiple sexual partners

Poor personal hygiene

Delivery of first baby before 20years

Colitis at young age

Poor socioeconomic status

Multiparity

HPV infection, STDs,

Smoking, drug abuse

Immunocompromised status

Women with pre- cancerous lesion

### **Clinics features-**

Child- bearing age group females present with

1. Menstrual complaints like irregular menses, polymenorrhea, intermenstrual bleeding, continuous bleeding, post coital bleeding.

2. Excessive discharge per vagina, blood stained or foul smelling discharge

3. Difficulty in passing urine/stools

4. Constitutional symptoms- decreased appetite, weight loss, fatigue

### **Examination findings**

Discharge per vagina, growth on cervix which

bleeds on touch, bulky uterus (due to pyrometers-collection of pus in uterus) Induration in vagina and surrounding structures due to spread of cancer.

Due to such symptoms patients present early and can be picked up in early cases. Cancer cervix is one such cancer which can be prevented by following the available screening programs.

### **Prevention of cervical cancer-**

**Primary prevention-** there are three available vaccines Gardasil ( against HPV 6,11,16, 18), cervarix (16,18) and nonavalent (6,11,16, 18, 31,33,45,52,58)

Age group 9-14 years

Two dose schedule 0.5ml at 0 and 6-12 months

Three dose in immunocompromised and age >15years 0.5ml at 0, 1-2 and 6 months. It can be given till 45 years but the efficacy decreases.

**Secondary prevention-** screening strategies like conventional Paps smear, liquid based cytology, HPV testing and visual inspection with acetic acid (VIA). Paps smear should be done from 25 years of age followed by 3 yearly, whereas HPV testing from 30 years followed by 5 yearly. At low resource setting screening can be done by VIA.

### **Management-**

Biopsy o the cervical lesion should be done to confirm the diagnosis followed by histopathological examination. If there is no obvious growth but screening test is suggestive of high grade lesion or

cervical cancer then colposcopic directed biopsy should be performed.

To know the spread of the cancer contrast enhanced CT or MRI is done. This helps to know the size, location, extent of the growth, spread to surrounding as well as distant organs and lymph node involvement. If available PET- CT can be done in preference to CECT / MRI. All this helps in staging the disease and helps in planning the management of the disease.

**To know the performance status of the patient and whether the patient will be able to tolerate the treatment some routine investigations are done- blood group, complete blood count, liver and kidney function, thyroid, blood sugar fasting and post prandial, ECG, chest X-RAY, urine routine and microscopy. If surgery is planned then pre- anaesthetic check up.**

Next step in management includes staging of the disease which is done by FIGO 2018.(Table 1)

Stage	Description
I	The carcinoma is strictly confined to the cervix (extension to the uterine corpus should be disregarded)
IA	Invasive carcinoma that can be diagnosed only by microscopy, with maximum depth of invasion <5mm <sup>1</sup>
IA1	Measured stromal invasion <3mm in depth
IA2	Measured stromal invasion ≥3mm and <5mm in depth
IB	Invasive carcinoma with measured deepest invasion ≥5 mm (greater than Stage IA), lesion limited to the cervix uteri <sup>1</sup>
IB1	Invasive carcinoma ≥ 5mm depth of stromal invasion, and < 2cm in greatest dimension
IB2	Invasive carcinoma ≥ 2cm and < 4cm in greatest dimension
IB3	Invasive carcinoma ≥ 4cm in greatest dimension
II	The carcinoma invades beyond the uterus, but has not extended onto the lower third of the vagina or to the pelvic wall
IIA	Involvement limited to the upper two-thirds of the vagina without parametrial involvement
IIA1	Invasive carcinoma < 4cm in greatest dimension
IIA2	Invasive carcinoma ≥ 4cm in greatest dimension
IIB	With parametrial involvement but not to the pelvic wall
III	The carcinoma involves the lower third of the vagina and/or extends to the pelvic wall and/or causes hydronephrosis or nonfunctioning kidney and/or involves pelvic and/or para-aortic lymph nodes <sup>1</sup>
IIIA	The carcinoma involves the lower third of the vagina, with no extension to the pelvic wall
IIIB	Extension to the pelvic wall and/or hydronephrosis or nonfunctioning kidney (unless known to be due to another cause)
IIIC	Involvement of pelvic and/or para-aortic lymph nodes, irrespective of tumor size and extent (with r and p notations) <sup>1</sup>
IIIC1	Pelvic lymph node metastasis only
IIIC2	Para-aortic lymph node metastasis
IV	The carcinoma has extended beyond the true pelvis or has involved (biopsy proven) the mucosa of the bladder or rectum. (A bulous edema, as such, does not permit a case to be allotted to Stage IV)
IVA	Spread to adjacent pelvic organs
IVB	Spread to distant organs

## Treatment-

**Treatment depends on stage of the disease and in case of young patient, whether she wants to preserve fertility or not. Surgery ( different types of hysterectomy with bilateral salpingo-oophorectomy depending on stage) is preferred mode of treatment in case of early disease whereas in cancers with size >4cm or spread to surrounding structures like bladder and rectum concurrent chemo-radiotherapy (CCRT) is preferred.**

If patient wants to preserve fertility in early stages like stage 1A1- cervical conisation and in stage 1A2, 1B1 - radical trachelectomy with pelvic lymphadenectomy can be performed.

CCRT is preferred in case of stage 1B3 and 11A2 onwards.

**Recurrence - can occur locally or with distant spread. Most recurrences occur in first 2 years of disease diagnosis and are associated with poor prognosis due to progressive disease. Further treatment plan depends on prior treatment received, performance status of patient site of recurrence.**

**Follow up- patients are required to follow up every 3-4 months for first 2 years, then 6 monthly till 5 years and then annually. At each visit history, examination should be done and according investigations should be advised. Patients can be offered hormone replacement therapy if they are <50 years and present postmenopausal symptoms.**





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## IMPORTANCE OF ORAL HEALTH CARE

**Fun Fact:** Oral health and one's overall health are related, but to what extent? that understanding is very limited.

The oral cavity is the largest hub for bacterial growth in the entire body and as it is directly connected to other organs through air and food passage, its maintenance should be of utmost importance. Root cause of any disease is always multifactorial. The most common predisposing factors for oral diseases are certain medications (antidepressants, antihistamines, diuretics etc.), systemic diseases such as diabetes, decrease salivary flow, genetic predisposition, auto immune diseases such as HIV which decrease the body's capacity to fight infection.

### **Oral health's attribution to other conditions:**

**1. Brain:** Gum inflammation is known to be associated with Alzheimer's disease and dementia. It is also associated with increased risk of clots thus leading to higher chances of stroke.

**2. Oral Cavity:** Oral cancer can also occur in non-smokers due poor oral hygiene and maintenance (such as cheek biting, sharp tooth). When left unchecked has a survival rate of only 22%.

**3. Heart:** Bacterial infection from mouth can travel through blood and can lead to Bacterial Endocarditis, increased chances of stroke and clogged arteries.

**4. Lungs:** Through oral cavity bacteria can travel to lungs, causing pneumonia and bronchitis.

**5. Pancreas:** Oral infection can disrupt blood sugar values, leading to diabetes.

**6. Pregnancy:** Oral diseases results in pre-term births and low birth weight.

### **Oral Condition, a mirror to unknown underlying systemic condition:**

1. Dry mouth: Systemic diseases such as Sjogren's syndrome.
2. Bad breath: Gut problems, sinus infection.
3. Teeth erosions: Presents due to gastroesophageal reflux or eating disorder.
4. Oral ulcers: Nutritional deficiencies, high stress levels, precancerous lesions.
5. Bleeding gums: Diabetes or HIV related gum disease.
6. Change in colour of mucosa: Anaemia

### **Breaking myths around Dental Treatment:**

- Brushing harder cleans better. It only leads to problems such as gum recession, thus a proper brushing technique using a soft bristled toothbrush is recommended.
- White teeth are healthy. Teeth whitening will eventually get stained again from coloured foods.
- Scaling leads to mobile teeth and loss of tooth enamel. In contrary, scaling helps remove plaque and discourages bacterial accumulation.
- Tooth extraction leads to loss of eyesight. Through proper anaesthesia removal of decayed tooth is absolutely harmless.
- Braces are only for kids. In recent times, aligners

have taken over the conventional orthodontic treatment and can bring about great results.

- Baby teeth do not matter. Ignorance of dental health from a very young age can lead to misaligned teeth and jaw growth.

This article only touches the tip of the iceberg. Simple practices when incorporated in daily routine can help achieve good oral health.

- Brush daily using proper brushing technique. Spend at least 2 minutes on it.
- Use a tongue cleaner, it helps against halitosis.

- Incorporate flossing( thread or water flossing) in your daily routine.

- Get the disease treated at the earliest to caseate the progression.

- Rehabilitation of missing teeth at the earliest will help avoid long term complications.

- Visit your dentist for routine dental check-up to avoid any flare ups of a pre-existing condition.

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डॉ. अल्का त्यागी  
बी.ए.एम.एस. (दिल्ली विश्वविद्यालय)  
एम.डी. (जयपुर)



सफेद अर्क आकडा के 10 फूल लिए । उसमें 10 कालीमिर्च मिलाकर  
बारीक पीसकर मिश्री 10 ग्राम मिलाकर मूंग के समान गोली बना लें ।  
एक गोली सुबह और शाम सेवन करने से श्वास रोग में लाभ मिलता है ।  
वैद्य श्रीराम जालौर 10.02.2023 ।

## Re Thoughts

1. Doing good for others is not a duty rather a joy which enhances health & happiness  
- Dr. Anurag Chopra
2. The world is the great gymnasium where we come to make our selves strong.  
- Swami Vivekanand
3. Change is the law of nature but not at the cost of existence e.g moral values.  
- Patnayak
4. 

INFORMATION	KNOWLEDGE	WISDOM
		

- Dr. Ravi Gogia

## जरा विचारें

1. कागज की कश्ती में सवार है हम, फिर भी कल के लिये, परेशान है हम।  
-डॉ. नरेश छावनिया
2. गलतियां ढूंढना गलत नहीं है, बस शुरुआत खुद से होनी चाहिए।  
-डॉ. राजीव चावला
3. रिश्ते तो सूर्यमुखी के फूलों की तरह होते हैं, जिधर प्यार मिले  
उधर ही घूम जाते हैं।  
-डॉ. रजनीश
4. प्रेम वह मीठा फल है जो किसी को दिया जाए तो सबसे बड़ा उपहार है,  
और किसी से मिल जाए तो सबसे बड़ा सम्मान है। -डॉ. जे. पी. एस. चौहान



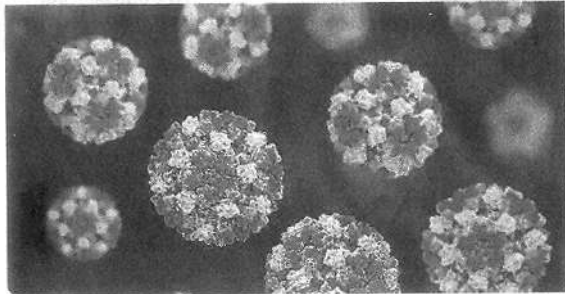
## Recent Developments

### What is Norovirus?

Recently, the Kerala government officially reported two cases of Norovirus. It was detected in two children residing near Thiruvananthapuram. But what is Norovirus and why is it a cause of concern? According to the US CDC, Norovirus is a highly contagious virus that causes diarrhoea and

vomiting. The virus spreads through contaminated water and food and through direct contact with infected people; it can also spread by touching contaminated surfaces and objects. Infected people must drink plenty of fluids. Severe cases may require hospitalisation for treatment.

PHOTO: FACEBOOK



### New cancer cases in India expected to reach 1.5 million by 2025

According to a report published by PGA Labs, the number of new cancer cases in India is set to reach 1.5 million by 2025. Oral and lung cancer are reportedly expected to have the highest

occurrence rates among men. Among women, cervical and breast cancer have the highest incidence rates. Discomfort, lack of accessibility and awareness as well as high costs of relevant tests are considered among the major reasons for people not opting for cancer screening tests.

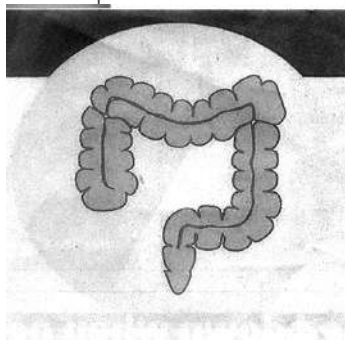


### 71% Indians can't afford a healthy meal: Reports

A recent report released by Centre for Science and Environment and Down to Earth magazine revealed, "71% of Indians cannot afford a healthy diet. The global average is 42%." Noting that the diet of an average Indian lacks essential nutrition, the report said, "A healthy meal becomes unaffordable if it exceeds 63% of a person's income." Referring to the diseases attributable to poor diet, the survey mentioned respiratory ailments, diabetes, cancer and heart diseases.

### A revolution in cancer trial

In a historic first in cancer research, a trial conducted with rectal cancer patients, who were administered the same drug, has resulted in remission in each patient, with the cancer disappearing below detectable levels. According to New York Times, 18 patients, with a particular genetic mutation of the cancer, took a drug called Dostarlimab for around six months. In the end, every one of them saw their tumours disappear. Dostarlimab is a drug with lab-produced molecules that act as substitute antibodies in the body. Cancer was obliterated in every patient — undetectable by physical exam, endoscopy, positron emission tomography, PET scans or MRI scans.



**CARBOHYDRATES, ESPECIALLY THE COMPLEX ONES RICH IN FIBRE, ARE AN ESSENTIAL PART OF A BALANCED DIET AND STIMULATE GOOD BACTERIA**



## Moving News



### जावित्री में हैं गुण अनेक

■ जावित्री सूजन कम करने में सहायक होती है। अगर आपके जोड़ों में दर्द है, तो इसका सेवन आपके लिए लाभकारी हो सकता है।

■ इससे आपको पाचन तंत्र बेहतर बना रहता है और आपको कब्ज या गैस से संबंधित प्रॉब्लम में आपको जावित्री काफी लाभ देती है।

■ कई लोगों को भूख कम लगने की शिकायत रहती है। ऐसे में आपको अपने खाने में जावित्री का सेवन करना चाहिए। इससे आपकी भूख खुलेगी और आप पर्याप्त मात्रा में खाना खाएंगे।

■ तनाव संबंधित समस्याओं में भी इसके सेवन से आपको फायदा मिलता है।

■ सर्दी-जुकाम से निजात देने में भी जावित्री काफी मदद करती है। ये एंटी-एलर्जिक, एंटी-ऑक्सीडेंट और एंटी-इन्फ्लेमेटरी गुणों से भरपूर होती है। इतना ही नहीं शरीर में गर्माहट लाने में भी जावित्री खास रोल अदा करती है।

■ ज्यादा तला और मसालेदार खाना सेहत के लिए नुकसानदायक होता है, साथ ही लीवर को भी नुकसान पहुंचता है। ऐसे में अगर आप जावित्री का सेवन करते हैं तो इससे आपका लीवर डिटॉक्स होता है, जिससे लीवर संबंधी दिक्कतें कम होती हैं।

■ जावित्री का सेवन करने से किडनी से जुड़ी दिक्कतें होने का खतरा कम होता है। ये किसी भी तरह के इन्फेक्शन से किडनी को बचाने में मदद करती है। साथ ही ये शरीर में मौजूद विषैले तत्वों को खत्म करने और रक्त संचार को बेहतर बनाने का काम भी करती है। इसका इस्तेमाल खड़े या पिसे मसाले के तौर पर किया जा सकता है।

### PM inaugurates the All India Institute of Ayurveda, Goa



PM Modi inaugurated NBCC-built All India Institute of Ayurveda on Dec 11 in presence of Goa CM Pramod Sawant. AIIA will provide treatment in 36 spe-

ciality areas, including panchakarma, diet, lifestyle, yoga, and Ayurveda, that is supported with ultra-modern diagnostic technologies, including an ICU.

### Excessive use of social media can lead to depression: Study

A study published in the Affective Disorders Reports states that an individual excessively using social media is likely to develop depression within six months. According to the study, people with lower social media usage were 49% less likely to become

depressed compared to people who use social media more often. People with high neuroticism were twice as likely to be depressed than those with low neuroticism when using more than 300 minutes of social media per day.

## THE RELIABLE DRUGS, HERBALS

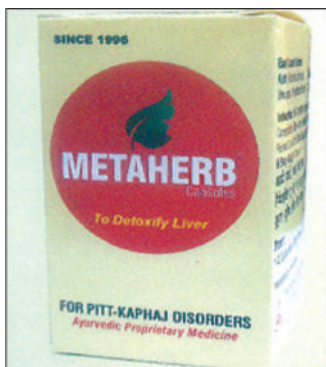
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Email : trdherbals@gmail.com

**Nitin**

Mob. : 9873989704

MRP. 210/-  
(30 caps.)



### Composition

Each Capsule Contains

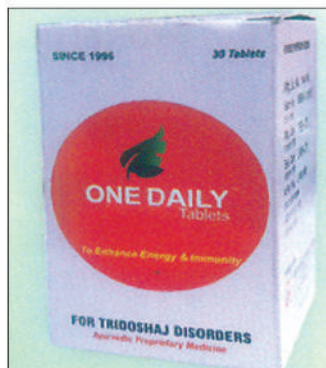
Kutki (Picrorrhiza Kurroa)	(Water Ext.)	250mg
Bhuiamla (Phyllanthus Niruri)	(Water Ext.)	250mg

**Bhavna** Amla, Jo, Haldi, Neem, Amrita, Punarnawa

**Dose** 1 Capsule 2 Times After Meals For 3 Months

**Indications** For Controlling Hyper Acidity, Fatty-Liver, Constipation, Hepatitis A,B,C, Raised Cholesterol, Blood Sugar, Uric Acid & Body Weight (Obesity)

MRP. 240/-  
(30 caps.)



### Composition

Each 500mg Tablet Contains

Asgandh (Withania Somnifera)	(Water Ext.)	100mg
Arjun (Terminalia Arjuna, Roxb)	(Water Ext.)	100mg
Adrak (Zingiber Officinale)	(Water Ext.)	100mg
Amrita (Tinospora Cordifolia)	(Water Ext.)	100mg
Ati Rasa Asparagus Racemosus	(Water Ext.)	100mg

**Bhavna** Dashmool Qwath & Trifla Qwath

**Dose** Adult : 1 Tablet Twice A Day  
Children Above 10 Years : 1 Tablet Daily

**Indications** To Enhance Energy, Immunity For Physical , Mental & Psychological Well Being.

**Sugar Free**

MRP. 160/-  
(200 ml)



### Composition

Each 10ml Contains extracts of:

Ashwagandha (Withania Somnifera)	300mg
Triphla	300mg
Trikatu	300mg
Trimad	300mg
Chaturjat	200mg
Pind Khajur (Phoenix dactylifera)	100mg
Bala (Sida cordifolia)	100mg
Draksha (Vitis vinifera)	100mg
Shudh Shilajit (Asphaltum punjabianum)	100mg

**Dose** Adults : 2-3 tsf (10ml - 15ml) 2 Times  
Children : 0.5 - 1.5 tsf (2.5ml - 7.5ml) 2 Times

### Indications

**Family Tonic For Mental & Physical Weakness**



MRP. 240/-  
(30 caps.)



### Composition

Each 500mg Capsule Contains

Shothaghani (Boerhavia Diffusa)	(Water Ext.)	150 mg
Tiktshaak (Crataeva Nurvala)	(Water Ext.)	150 mg
Trikantak (Tribulus Terrestris)	(Water Ext.)	150 mg
Veervriksh (Terminalia Arjuna)	(Water Ext.)	50 mg

**Bhavna** - Krimighna (Curcuma Longa), Joa (Barley)  
Amrittasthak Kwath (Sharangdhar Sanghita)

**Dose** : 1 Capsule 2-3 Times A Day For 3 Months

**Indications** : To Control Fever, Painful & Burning Conditions  
Of Kidney, Ureter, Bladder, Urethra, Prostate

MRP. 180/-  
(30 caps.)



### Composition

Each 500mg Capsule Contains

Shuddha Godanti Bhasma	300mg
Laxmi Vilas Ras	90mg
Satva Ashwagandha (Withania Somnifera)	50mg
Satva Tagardi Kwath	30mg
Satva Patoladi Kwath	30mg

**Bhavna** Amritasthak Kwath, Panchtikta Kwath  
Dashmool Kwath

**Ref.** # Ras Tantra Sar, Dravya Gun Vigyan,  
Ayurveda Sar Sangrah

**Dosage** 1 Capsule 2-3 Times A Day  
With Warm Water Or Milk For 3 Months

MRP. 240/-  
(30 Tab.)



### Composition

Each 500mg Tablet Contains

Gandhak Rasayan		250 mg
Raktsar (Acasia Catechu)	(Water Ext.)	100 mg
Beejak (Pterocarpus Marsupium)	(Water Ext.)	75 mg
Kilim (Cedrus - Deodara)	(Water Ext.)	75 mg

**Bhavna** Mahamanjishthadi Kwath (Sh. S.)  
Patolaadi Kwath (Y. R.)

**Dose** 1 Tablet 2-3 Times A Day For 3 Months

**Indications** Remedy For Allergic, Inflammatory & Fungal Disorders  
e.g Boils, Urticaria, Acne, Eczema, Hair Loss, Herpes, Psoriasis, Diabetic  
& Old Age Irritation.

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Syrup

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Helps to **Clear Viral** infections

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

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

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**COVID-19** \*

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