

आयुर्वेदामृतम्

AYURVEDAAMRUTAM

[Contemporary Health and Ayurveda Research Updates]

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Thought provoking article:

Herbal verses Ayurveda: Urgent need of differentiation

Dr. Yogesh S. Deole

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In the present era, herbal drugs are synonymously used to Ayurveda medicines. The pharmaceutical industry market is boosted with the name of Ayurveda. A mis-concept is spread in the society that whatever is herbal, that is considered as Ayurvedic. There are certain pros and cons about this aspect. On one side, riding on the boom of Ayurveda, the pharmaceutical companies are very much interested in propagating their herbal product on the name of Ayurveda. Idea of Ayurvedic medicine being safe and without any adverse effect is imbibed in general population. Herbal market gets advantage of this 'mis-concept'. It is interesting to note that majority of herbal pharmacological research are originally based on the quotations from Ayurveda texts and utilized as supportive evidence. However the research methodology is observed strictly as per conventional research guidelines. The parameters for standardization are also essentially based upon modern physico-chemical parameters. This makes the herbal researches insufficient. Ayurveda has its own standardization methods including collection of drug, time of collection, part used. Moreover, the efficacy of Ayurvedic medicine depends upon its interaction with the human biological system. The variables like constitution of the patient, state of biological equilibrium and *dosha* disequilibrium, physiological interactions interfere with efficacy of the drug. These clinical observations in the patient are utmost important to evaluate the outcome of therapy. These need to be incorporated as additional parameters while integrating herbal research. It is required to review strategies of research

methodology on herbal drugs mentioned in Ayurveda and variables need to be considered while designing an integrative research. There is a need of understanding pharmacological principles mentioned in Ayurveda before planning a research on herbal drug for better outcomes in the society. Ayurveda, the knowledge of life is enriched with various other aspects more than that of only herbal research.

Medicinal importance of *Vidanga* (*Embelia ribes*) in children

– A review

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Vidanga (*Embelia ribes* Burn. f.) is included in *Kushthagghna*, *Krimighna*, *Triptighna gana* and *Tiktaskandha* by *Charaka*; in *Surasaadi* and *Pippalyadi gana* by *Sushruta* and in *Trimada* by *Bhavamishra*. It is also known as *Krimighna*, *Chitratanadula*, *Jantunashuna*, *Vella*, *Amogha*, *Kitashatru*, *Kitari*, *Krimighati*, *Krimijit*, *Krimiripu*, *Krimihara*, *Krimihrit*, *Jantughna*, *Jantuhrit*, *Kirita*, *Shwetatanadula*, *Kairala*, *Mrugagamini*, *Bhasmaka*. It possesses chemical constituents such as homoembelin, homorapanone, vilangine, Embelin, quercitol, tannin, christembine, embelic acid, fatty ingredients, resinoid, volatile oil and vilangin (fruit); potassium embelate, 2,5-dihydroxy, 3-undecyl-1, 4- benzoquinone (plant). Medicinally *Vidanga* fruits are astringent, bitter, anthelmintic, depurative, brain tonic, digestive, carminative, stomachic, diuretic, contraceptive, rejuvenating, alterative, stimulant, laxative, anodyne, febrifuge and tonic. They are useful in helminthiasis, skin diseases, leprosy, pruritus, nervous debility, dyspepsia, jaundice, flatulence, colic, constipation, strangury, tumours, asthma, bronchitis, dental caries, odontalgia, hemicrania, dyspnoea, cardiac diseases,

psychological disorders, ringworm, fever, emaciation and general debility.

Anti-helminthic activity: Fruits are shown to be analgesic, antipyretic, antibacterial and anti-inflammatory activities in experimental models. Besides, fruits are also known since ancient times as an anthelmintic drug. Acharya Charaka described *Vidanga* as best *Krumihara* drug. It has been found an efficacious remedy for worms probably could be due to embelic acid or embelin. *Vidangarishta* is potent medicine for worms. Decoction of *Vidanga* for gargling relieves the pain and destroys the worms responsible for dental carries in children. Vitiating *Kapha* and *Rakta* are major causative factors for the production of lice in head. Folklore usage of *Vidanga* with *Vacha* powder in equal quantity is to be mixed with water for topical application onto head, followed by washing with decoction of *Nimba* leaves which effectively removes head lice. Furthermore, *Vidanga* with iron formulation cures anemia.

Effect on skin diseases: Additionally, *Vidanga* is *Kushthaghna*. It is useful in scabies and skin diseases. By purifying the blood, it increases the complexion of skin. It is used in food, drinks, bath, fumigation and external application to alleviate the skin diseases. It is also used as an ingredient of ointments for ringworm and other skin diseases.

Effect on digestive disorders: It is a common practice to put few seeds in the boiling milk and is given to the children. It is characterized by *Anulomaka*, *Ushna*, *Deepana*, *Pachana*, *Adhmanahara Gunas* and thus relieves gaseous distention, abdominal pain, prevents flatulence and improves overall digestion.

Effect on vata disorders: *Vatavyadhis* include *Akshepaka*, *Apasmara*, *Pakshaghata* that occur due to degeneration of nerves and brain. As *Vidanga* is nervine tonic, it should be given with *Kshirapaka* of *Rasona* to alleviate all neuronal diseases. In clinical studies, it is proven that *Vidanga* possesses anticonvulsant activity and used in treatment of epilepsy.

Rasayana effect: Acharya Charaka mentioned *Vidangavaleha* for *Rasayana* in *Pranakameeya Rasayana*. Acharya Sushruta mentioned the powder of *Vidanga* should be taken with *Yashtimadha*. Cold water should be taken as *Anupana* for the purpose of strengthening the body, improving memory, intelligence and preventing aging. Thus this *Rasayana* can be used in children for improving memory and intelligence. Acharya Sushruta described various *Medhya* drugs, among which *Vidanga* is one of the ingredients of *Brahmi Ghrita*. *Vidanga* is one of the ingredient of *Guduchyadi Medhya Rasayana* referred by *Yogaratanakara*. Epidemiological studies suggest that *Guduchyadi Medhya Rasayana* has shown improvement on short and long term memory impairment in old age individuals. Reduction of AChE exhibited improved memory functions due to betterment of cholinergic actions in the human brain. It has shown memory enhancement, antidepressant, anti-stress, and anxiolytic potential.

Effect on pratishtyaya: Decoction of the root twice or thrice daily proved to be a very effective medicine during the influenza epidemic. *Pradhamana Nasya* of seeds powder is used in chronic rhinitis, jaundice and other diseases of head. *Vidanga Siddha Taila* is also useful in these conditions. *Vidanga* and *Krishna Tila* in equal quantity are pounded together and taken as snuff to alleviate the *Ardhavabhedaka*.

Effect on Ama: Embelin possesses significant free radical scavenging property as it reduces lipid peroxides in the liver, intestine and kidney as well as elevates enzymatic and non-enzymatic antioxidants. Recently free radicals have been compared with *Ama* of *Ayurveda*. *Vidanga* has *Ushna*, *Tikshna*,

Ruksha guna, *Ushna veerya* and *Katu, Tikta rasa*, it destroys the *Ama* and provides protection.

Effect on obesity: *Vidanga* as one of the ingredients of *Tryooshanadi Mantha* and *Vyoshadi Saktu* used for treatment of obesity. *Vidangadhya Churna*, *Vidangadhya Lauham*, *Amrutadhya Guggulu*, *Navaka Guggulu* and *Lauha Rasayana* referred in *Sthaulya Chikitsa* by *Chakradatta* includes *Vidanga*. *Vidanga* has *Ushna*, *Tikshna*, *Laghu*, *Ruksha* and *Deepan* properties that help in *Amapachana* and *Lekhana* of *Meda*. Thus it helps to reduce the obesity. In conclusion, *Vidanga* is a potent medicine for treatment of various disorders of children.

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News and Events:

National CME Program in Swasthavritta

CME program sponsored by Ministry of AYUSH, Govt. of India, New Delhi through RAV (Rashtriya Ayurveda Vidyapeeth, New Delhi) in Swasthavritta was organized during 4th December 2017 to 9th December 2017. Many renowned resource persons in the field of Ayurveda like Prof. Sajitha K., Dr. Arpan Bhatt; Dr. Sulakshana Jaybhaye, Dr. Deepak Sharma, Dr. P. Sudhakar Reddy, Dr. Parthiv Bhatt, Dr. Jayan Damodaran, Dr. Kashinath Samagandi, Dr. Dinesh Bhandari, Dr. Kamlesh Kumar Sharma, Dr. Mangalagowri Rao delivered expert talks on various topics. Total 25 trainee teachers from various states were benefitted by this program.

National CME Program in Samhita Siddhanta

National CME sponsored by Ministry of AYUSH, Govt. of India, New Delhi through RAV (Rashtriya Ayurveda Vidyapeeth, New Delhi) in [2]

Samhita Siddhanta was organized from 19th December to 24th December 2017. The experts from all over India like Prof. R. R. Dwivedi, Dr. Hitesh Vyas, Prof. S. Shreevathsa, Dr. Srirang Galgali, Dr. Sweta Prajapati, Prof. Abichal Chattopdhyaya, Prof. U. D. Raval,

Dr. Ritesh Gujarathi, Dr. Santhosh Nair, Prof. Aparna Deshpande, Prof. Maheshkumar Vyas, Dr. Asit Panja delivered lectures to the teachers came from various Institutes. Total 27 trainee teachers from various states participated in this program.

Student's Achievements :

- Mr. Hiren Patel secured 2nd rank and Mr. Dhimant Talajiya secured 5th rank in the Inter College Chess Tournament held at Moraraji Desai Institute of Naturopathy & Yogic Science, Vadodara by Gujarat Ayurved University during 27-28th Sept 2017. In the same event girls category, Ms. Vaibhavi Kachhadiya stood 1st and Mr. Dhvani Patel secured 2nd rank.
- The boys team of GJP-IASR won Kabaddi Championship award in Inter Collegiate Kabbadi Tournament held at Govt Ayurveda College, Junagadh sponsored by Gujarat Ayurved University during 28th Nov 2017.
- Mr. Naresh Chaudhary, Ms. Tejasvi Thumar and Ms. Viral Jadav participated in trekking at Valley of Flowers, Himalaya region during 25th July 2017 to 07th August 2017.
- Ms. Vaibhavi Kachhadiya secured first rank in Inter College Table Tennis Singles Girls organized at Jamnagar on 4th December 2017.
- Ms. Final Lad secured 1st prize in poster making competition and Ms. Krupal Gamit got 3rd prize in poem writing competition organized by Gujarat Ayurved University Jamnagar on occasion of International Yoga Day.

Award winning poem:

Yoga for Holistic Health

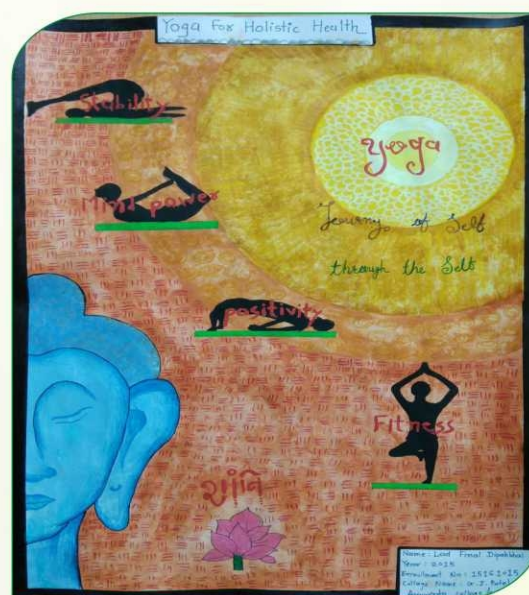
Yoga is the magical box for maintaining health
Which is considered as the most vital wealth
Its wonder by simply chanting 'Om'
One relieves all the stress and feels peace of home

By performing asanas of all kinds
It provides strength to body and soothes mind
It is such a wonderful society's boon
Which should be practiced daily and possible as soon

Like the sugar is stirred into the tea
Its potency spreads from mind to the body
The elegant poses and deep breathe
Yoga is the magical box for maintaining health
Which is considered as the most vital wealth.

- Ms. Krupal Gamit

Award Winning poster



Achievement of Staff:

- Dr. Daxa Rathod received 1st prize for paper presentation in Anveshana, National seminar on "Life style disorders & ayurveda", at Shubhdeep Ayurved Medical College & Hospital, Indore on 04th March, 2017. She was also awarded with 2nd prize for paper presentation in Karmakaushalyam seminar, "clinical application of Panchakarma in day to day ayurveda practice", at Parul Institute of Ayurveda & Research Centre, Vadodara on 20th April 2017.

Book publications:

Sr.No.	Title of book	Author(s)	Publisher
1.	A Critical Study of Sanketmanjari Commentary on Ashtangahridayam	Dr Ritesh A. Gujarathi, Dr. Abhijit Joshi	Oxford Book Company, Jaipur
2.	Garbha Samskara : Concepts and practices for healthy progeny as envisaged in Ayurveda	Dr.Jasmine Gujarathi, Dr.Ritesh Gujarathi Dr.A.R.V.Murthy	Guru Design, Anand
3.	A Handbook of Snehana	Dr.Gayatri Gandhe	Lambert Acaedmic Publishing, Germany
4.	A Critical review of Amavata (Rheumatod Arthritis)	Dr.Gayatri Gandhe	Lambert Acaedmic Publishing, Germany

Charaka Discussion & Academic Seminars:

No	Staff Activity	Number
1	Charaka Samhita Discussion	17
2	Academic Presentation	4
3	Research Presentation	5

S.G.Patel Ayurveda Hospital Activities:

Suvarnaprashana: Total 7908 children are benefitted in seven free Suvarnaprashana camp in Hospital held on Pushya nakshatra day of every month during July to December 2017.

Health check up and diagnostic camps: Total 89 general health checkup and diagnostic camps were organized by S.G.Patel Ayurveda hospital in the periphery of Anand. Total 6300 patients were benefitted by the service.

Photo Gallery



Shishopanayaniya Ceremony



Swasthavritta CME inauguration function



Swasthavritta CME Valedictory function



CME in Samhita inauguration function



CME in Samhita valedictory function



Dosha Quiz Competition



Prakriti Quiz Competition



Dr.Ghanshyam Patel lecture



Yog Course Inauguration



Kabbadi Championship



Chess Competiton winners



Gayatri Yagna



Chess Competiton winners



Court Visit by IInd Year Students



Yoga Competition Winners

Guest lectures and quiz events :

Sr.No.	Date	Event Name	Speaker /Participants	Topic
1.	29 th August, 2017	CME sponsored by Vasu Healthcare	Dr. Ghanshyam Patel	Osteoporosis- Ayurvedic Management
2.	19 th Nov 2017	Yoga Certificate Course	Lakulish Yoga University, Gandhinagar	Inauguration of Yoga Certificate Course
3.	29 th , 30 th June & 6 th , 7 th July 2017	Dosha quiz	Dr. Aniket A. Shilwant (Convener)	Quiz competition on <i>dosha</i> for first year students
4.	13, 14 & 20, 21 July 2017	Prakriti quiz	Dr. Sarita S. Bhutada (Convener)	Quiz competition on <i>prakriti</i> for first year students