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## Message from The Director

**Prof. (Dr.) C. H. Babaria**  
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A new era of upgradation of the G.J. Patel Institute is started with getting permission of post graduate courses in Kayachikitsa and Panchakarma Specialty. PhD is also started. The S.G. Patel Ayurveda Hospital has been accredited by NABH. This shows the progressive graph of the institute and hospital. The present issue of Ayurvedaamrutam Newsletter is also representing the positive vibes in the campus. The issue includes articles from senior professors and faculties as well as case studies by consultants. Abstracts of essays and papers presented in National Events by students are also included.

Activities of students in form of Ayurveda Chef competition, Navaratri celebrations are indicative of complete personality development being offered by the organization.

The patients in the vicinity of Gujarat are benefitted through hospital services. We are getting more number of non resident Indians visiting our hospital for treatment of chronic illness. This opens a new window of medical tourism at the campus. The response of Ayurveda treatment is being appreciated by society. The CVMU management is fully supporting to positive activities by all means. As a result, we are proceeding towards a cost-effective, reputed referral Ayurveda medical center in Gujarat. The honest medical services provided by the expert and highly qualified consultants are popularizing Ayurveda in society.

The issue is a comprehensive showcase of development of students and care towards patients. The management of Charutar Vidya Mandal University is taking every care to promote and propagate Ayurveda education, research and clinical practices through the medium of this institute. We hope this issue will be read and referred by students, academicians and educationalists.

## Case studies on Female Infertility with Intra-Uterine Insemination and Ayurveda Management Protocol

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**Abstract :** Infertility in female is increasing with multiple factors like ovarian, tubal, uterine and even unexplained. The treatment options vary from medication to assisted reproductive techniques like Intra uterine insemination and In vitro fertilization. Two cases of primary infertility are presented here with failure to conceive for more than 4 years and after failure of multiple treatments. Both patients conceived with Intra uterine insemination and Ayurveda treatment protocol at S G Patel Ayurveda Hospital and Maternity Home.

**Key words :** Anovulation, IUI, Infertility

### **Introduction :**

Treatment of infertility itself creates a huge anxiety and stress on female.<sup>1</sup> The management often continues for more duration and leaves patient more anxious which in turns renders hormonal imbalance, further worsening the reproductive health. One of the aims during management of female infertility should be able to provide conception at the earliest. Intra uterine insemination is one for the artificial reproductive technique in which the semen is collected through masturbation and placed directly in uterus through insemination canula near ovulation time.<sup>2</sup> Oligoasthenospermia, cervical factor, anovulation, unexplained infertility are the indications where IUI is an treatment often preferred.<sup>3</sup>

**Case report 1 :** Female patient aged 30 years visited Prasuti tantra and Stri roga OPD at SG Patel Ayurveda Hospital and Maternity home in February 2022. She complained of primary infertility for 5 years with normal menstrual cycles with interval of 28 to 30 days and duration of menstruation 4 to 5 days with normal flow and without pain. She had undergone multiple medications (allopath) for ovulation induction and conception. She was diagnosed with anovulatory cycles without PCOD.

**Obstetric history :** Nil

**Examination :** Per speculum examination : Showed no Vulvitis, no vaginitis, cervix external os nulliparous with no discharge. Cervix was deep seated and deviated to right side. Per vaginal examination showed uterus ante verted, anteflexed with normal size and no tenderness.

**Investigations :** March 2021. S. AMH – 3.02, S. FSH – 8.66, S. TSH -1.61

HSG (July 2021) – Bilateral patent fallopian tubes with normal uterine cavity.

USG (2021) Showed no follicle developed in either ovary on 16<sup>th</sup> day –Dominant follicle size in Rt ovary 12X12.4 mm, Left ovary 6X6.7 mm

Semen Analysis : Count 110 million /ml, Motility – 60%, Fructose +ve. No abnormality on other sperm and semen parameters (28/4/2020)

**Treatment :**

**Shodhana :** After Virechana, patient was treated with Intra uterine uttarbasti with shatpushpa oil – 5ml for three consecutive cycles after stoppage of menstruation for 3 days duration during months of February, March and April 2022. Ultra sonography for ovulation study was repeated in April 2022 which showed on improvement in follicle development on 16<sup>th</sup> day – Rt ovary 12X12 mm dominant follicle.

Patient was treated with Vardhamana Nasya of shatpushpa oil in month of May 2022. She was advised for repeat ultra sonography for follicular study in June 2022 after menstruation which showed rupture of follicle on 18<sup>th</sup> day in right ovary (20X18mm) with endometrial thickness of 13 mm. Intra uterine insemination was done on the same day i.e. 23<sup>rd</sup> June 2022. Semen was collected through masturbation in sterile bulb (volume 3 ml) and directly inserted slowly, through Intra uterine insemination canula with strict aseptic precautions. Semen was not washed or sent to laboratory. Patient was allowed to rest in head low position for 30 minutes.

**Shamana :** Shatavari churna ksheerpaka, Samshamani vati 2 BD, Pushpadhanva rasa 2 BD with milk, Saptasara kashayam 20 ml BD, Lasunadi vati 2 BD after meal, Tablet Aloes compound 2 BD before meal.

**Result :** Patient came with Urine pregnancy test positive on 9<sup>th</sup> July 2022. As this was precious pregnancy after 5 years, she was referred to modern gynaecologist for further evaluation which showed cardiac activity at 7 weeks of gestation. She was advised to continue Phalghrita, Shatavari churna and Masanumasik tablets.

**Case report 2**

Female patient aged 26 years with primary infertility for 5 years visited SGAH hospital on 23<sup>rd</sup> August 2022. She had regular menstrual cycles with 28 to 30 days interval and 4 to 5 days duration with normal flow and painful on first day.

**Obstetric history :** Nil

**Past history :** Appendectomy done before 7 years. Treatment taken for ovulation induction last in May 2022. Patient had history of hypothyroidism for which she took Thyroxin (12.5) but as reports were normal she had stopped medication since 1 month. She had undergone IUI at other nursing home in May 2022 with failure.

**Examination :** Per speculum examination : No vulvitis, no vaginitis, cervix external os was nulliparous with no discharge. Per vaginal examination – uterus AVAF, freely mobile and normal size.

**Investigations :** S.TSH – 4.50 (24<sup>th</sup> August 2022) S. PRL -11.5

HSG – Bilateral patent fallopian tubes (oct 2021)

Semen Analysis: (24<sup>th</sup> August 2022 ) Count 40 million / ml, Motility – 40% +30%. Other semen and sperm parameters were normal.



## Treatment :

**Shamana :** Shatavari churna – 3 gm Ksheerpaka BD, Laghusutshekhara rasa 2 tab BD after meal, Chandraprabhavati 2 tab BD before meal. Liquid M2tone 15 ml twice before meal. She was advised for ovulation study in august September 2022 which showed rupture of follicle in left ovary on 5<sup>th</sup> September 2022 – 16<sup>th</sup> day (22x19mm) endometrial thickness 11.5 mm. Patient was admitted on same day for intra uterine insemination on 6<sup>th</sup> September 2022. The procedure was repeated as above. Semen collection – volume 2.5 ml.

**Result :** Patient reported on 27<sup>th</sup> September 2022 with 1 month 6 days amenorrhoea and urine pregnancy test positive. S HCG – 1411.23 Her USG on 11<sup>th</sup> Oct 2022 showed presence of Cardiac activity. She was advised to continue Shatavari vati prepared at GJPIASR pharmacy 2 tablet twice with milk.

**Discussion :** Anovulatory cycles with long duration of infertility renders couple anxious and stress factor further deranges hormones. Ayurveda medications helps to normalize reproductive healthy by improving oocyte quality, endometrial thickness. *Uttarbasti* and *Nasya* have proven effect on ovulation.<sup>4</sup> Intra uterine insemination is an effective management as semen is deposited near fundus of uterus. The chance of conception improves as sperms need not interact with vaginal and cervical fluids. Many times it is noted that couple is informed to have coitus on ovulation. Natural coitus due to anxiety and fear fails achievement of conception.

**Conclusion :** Cases with chronic anovulation and infertility should be treated with IUI if ovulation occurs. This reduces the duration of treatment and hence the anxiety and stress of the couple. Speedy achievement of conception also reduces economic burden on the patients.

## Case 1

Date	Day	Endometrial Thickness	Right ovary Dominant follicle	Left ovary Dominant follicle
01/4/22	13 <sup>th</sup>	7.4mm	10 x 8mm	7 x 5mm
03/4/22	15 <sup>th</sup>	9mm	12 x 11mm	10 x 9mm
05/4/22	17 <sup>th</sup>	10mm	12 x 12mm	10 x 9mm
08/4/22	20 <sup>th</sup>	11.5mm	18 x 14mm	11 x 9mm

Date	Day	Endometrial Thickness	Right ovary Dominant follicle	Left ovary Dominant follicle
15/6/22	10 <sup>th</sup>	9mm	9 x 7mm	8 x 5mm
17/6/22	12 <sup>th</sup>	10mm	14 x 11mm	—
19/6/22	14 <sup>th</sup>	11mm	16 x 14mm	—
21/6/22	16 <sup>th</sup>	12mm	20 x 15mm	—
23/6/22	18 <sup>th</sup>	13mm	Ruptured of R. ov. follicle	—

Date	VE	BP	P/A	Oedema	Pallor	FHS	Remarks
15/6/22	—	—	—	—	—	—	—
17/6/22	—	—	—	—	—	—	—
19/6/22	—	—	—	—	—	—	—
21/6/22	—	—	—	—	—	—	—
23/6/22	—	—	—	—	—	—	—
25/6/22	—	—	—	—	—	—	—

## Case 2 :

**KRISHNA X-RAY**  
Passion for Excellence

MDCT Scan (300kV) | Mammography  
200kV Sonography | Color Doppler  
Digital X-Ray | X-Ray Procedures

Name: U. [Redacted] Date: 30-Aug-22

**FOLLICULAR STUDY:**

Date	Day	Endometrial Thickness	Right ovary Dominant follicle	Left ovary Dominant follicle
30/8/22	10 <sup>th</sup>	6.4mm	8x6mm	9x10mm
1/9/22	12 <sup>th</sup>	8 mm	—	12x11mm
9/9/22	19 <sup>th</sup>	10mm	MSF	14x17mm
5/9/22	16 <sup>th</sup>	11.5mm	MSF	22x19mm
7/9/22	18 <sup>th</sup>	13mm	—	Ruptured

COMMENTS :-

**S. G. PATEL AYURVEDA HOSPITAL AND MATERNITY HOME**  
AEGIS: CHARTAR VIDYA MANDAL  
New Vallabh Vidyanagar, Anand, Gujarat - 388121  
Phone: (02692)-235051

**Follow Up Sheet**

Name: [Redacted] Date: 07/9/22  
Age: 26 UHID No: 0220823082  
Sex: M/F/A F OP No: 11838

Registration Time: 9:25 AM Seen by Dr: Jyoti B. Bhatnagar  
Consultant Seen Time: 9:30 AM

*Ref: 1 month 6 days amenorrhea.* *Medical issue*  
*OP done* *1. TSS initial PEP*  
*- CAP - 21/9/22*  
*TOP done on 7/9/22*  
*SHCG - 14/11/23*  
*SSTI - 502*

VAS Score: [Diagram]

Registration Time: Seen by Dr:  
Consultant Seen Time:

VAS Score: [Diagram]

S. Creat. : 5.07 mg/dl - on 25/8/22  
S. TSH :  
S. Prolactin :  
Semen Analysis :  
HSG :

VT	P/A	Advice
270	C7-20 mm	
350	5 mm G-Sectant 9mm	
420	6 cells CA 4mm	

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## Role of *Shunthi* (dry ginger) in symptoms of respiratory disorders including COVID-19: review based on Ayurvedic literature

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### **Abstract:**

Ayurved is science of life. It has various formulations and natural remedies for healing and curing today's modern world diseases and unhealthy conditions as well. Recent pandemic COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization. Most common symptoms are fever, cough, tiredness, sore throat. Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people who fall sick with COVID-19 experience mild to moderate symptoms and recover without special treatment. However, some become seriously ill and require medical attention.

Ayurveda conceives and describes the basic and applied aspects and principles of life process, health and diseases and its management in terms of its own principles and approaches. Acharya Sushruta has mentioned Shunthi in Pippalyadi Gana and Trikatu . Shunthi has been used in different preparation for preventing many diseases like Atisara, Kasa, Shwasa ,Pandu Roga etc. Reviewing Shunthi for reducing COVID -19 symptoms can give new outlook for upcoming health situations through Ayurveda remedies.

**Keywords:** Shunthi, COVID-19, symptoms, kasa.

### **Introduction:**

Shunthi have been practiced by ancient vaidya's since longer times with successful results. Ayurved can help us to deal symptoms in correct way with its rejuvenating and longevity through old hidden facts of Ayurveda medication.

Various old research's done on Shunthi (*Zingiber officinale*) and literatures found on Shunthi can throw a ray of hope for further such health conditions relating to symptoms of COVID-19 even.

This literary review will discuss some old researches and work done on Shunthi which can be helpful in treating the symptoms seen in pandemic and improve immunity of the community by applying the principles of Ayurveda in day to day life.

## **Shunthi**

### **Historical review:**

There is no description of Shunthi in Vedas and Puranas.

### **Samhita kala::**

#### **(A)Charak Samhita:**

In this Text, Shunthi is included in Arshoghna , Shulprashamana ,Tryptighana and Trishna Nighrana Mahakashaya. It has been used at many places in different diseases in many preparations e.g.Pippaliyadi gana Ghrita in Gulma ,Vrishamuladi taila in vatavyadhi etc.

#### **(B) Sushrut Samhita:**

Acharya Sushrut has mentioned Shunthi in Pippaliyadi Gana and Trikatu . Shunthi has been used in different preparation for preventing many diseases like Atisara, Kasa, Shwasa,Pandu Roga etc.

#### **(C)Asthanga Hridaya:**

Shunthi has been included in Vachadi gana (Su.15/35) and Katu Skanda (Su.10/30).In this text,it is described as kapha vata shamak, Deepana, Grahi and Hridya (Su. 63/163). It is used in different formulations like Danti Haritaki in Gulma , Talisadi gutika in Grahani dosha, Drakshavaleha in Pandu roga etc.

#### **(D) Sharangdhar Samhita:**

Shunthi has been extensively used in Sharangdhar Samhita .It has appeared in 66 formulations.

### **Classification:**

Charak Samhita :      Deepaniya , Tryptighana , Arshoghana, Trishna

Nigrahana, Shulaprashamana. (Cha. Su. 4/6.,4/11 .,4/12.,4/29,4/45)

Sushrut Samhita:      Pippaliyadi, Trikatu (Su.38/22,,3 8/58)



Ashtang Sangraha: Vachadi, Haridradi., Pippaliyadi Gana (As.Su.16/29,40)

Ashtang Hridaya: Vachadi gana ,Katu Skandha (Ah.Su.15/35.,su 10/30).

### Etymology and derivation:

“Shunthi” is the word used in sense of “equilising” or combat. It may combat ama dosha or kapha dosha. It purifies the body. Shunthi itself is a dried product.

### Rasa panchak

Rasa: Katu

Veerya: Ushna

Vipaka: Madhur

Guna: Snigdha and Laghu

Dosha: Kaphaghna and Vataghna

### References from classics:

Ref. No.	Kalpa/ Kalpana	Single/ Combination	Karma
Cha.Chi.18/111 as, ‘nagar’	Kwath	Combination Katphaladi Kwath	Kasa Shwas Aruchi,
Cha.Chi.18/113 as, ‘nagar’	Kwath	Combination	Kasa, shwas, Shool
S.S.44/19 as, ‘nagar’	Churna	Combination	Jwar,pandu, Kasa,shwas, Virechan
S.U.51/21 ‘shunthi’	Churna	Combination	Shwas Pratished
S.U.52/15	Churna	Combination	Kasa

<b>Ref. No.</b>	<b>Kalpa/ Kalpana</b>	<b>Single/ Combination</b>	<b>Karma</b>
'shunthi'			Pratished
S.U.52/18  'shunthi'	Churna	Combination	Kasa  Pratished
A.H.Ch.1/15  'shunthi'	Churna	Combination	Jwar  Chikitsa
A.H.Ch.1/26  'shunthi'	Churna	Combination	Jwar  Chikitsa
A.H.Ch.1/27  'shunthi'	Churna	Combination	Jwar  Chikitsa
A.H.Ch.1/45  'shunthi'	Churna	Combination	Jwar  Chikitsa
A.H.Ch.1/61  'shunthi'	Churna	Combination	Jwar  Chikitsa
A.H.Ch.1/62  'shunthi'	Churna	Combination	Jwar  Chikitsa
A.H.Ch.1/77  'shunthi'	Churna	Combination	Jwar  Chikitsa
A.H.Ch.1/108  'shunthi'	Churna	Combination	Jwar  Chikitsa
A.H.Ch.1/112	Churna	Combination	Jwar

<b>Ref. No.</b>	<b>Kalpa/ Kalpana</b>	<b>Single/ Combination</b>	<b>Karma</b>
‘shunthi’			Chikitsa
A.H.Ch.3/16 ‘shunthi’	Churna	Combination	Kasa Chikitsa
A.H.Ch.3/94 ‘shunthi’	Churna	Combination	Kasa Chikitsa
A.H.Ch.3/115 as ‘nagar’	Churna	Combination	Kasa Chikitsa
A.H.Ch.3/145 ‘shunthi’	Churna	Combination	Kasa Chikitsa
A.H.Ch.3/174 as ‘nagar’	Churna	Combination	Kasa Chikitsa
A.H.Ch.4/32 as ‘nagar’	Churna	Combination	Shwasa Chikitsa
A.H.Ch.5/45 as ‘nagar’	Churna	Combination	Rajyakshma Chikitsa
A.H.U.20/18	Churna	Combination	Nasa rog Pratished
A.H.U.22/31	Churna	Combination	Mukha rog Pratished
A.H.U.22/33	Churna	Combination	Mukha rog Pratished
A.H.U.22/53	Churna	Combination	Mukha rog Pratished

<b>Ref. No.</b>	<b>Kalpa/ Kalpana</b>	<b>Single/ Combination</b>	<b>Karma</b>
A.H.U.22/104	Churna	Combination	Mukha rog Pratished
A.H.U.39/104	Churna	Combination	Rasayan
A.H.U.39/147	Churna	Combination	Rasayan

The above table shows multiple actions of Shunthi useful in treatment of respiratory disorders including Covid -19.

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## Comparative thought on the Nidana (Aetiology) of Hridroga(Cardiovascular Diseases)

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### **Abstract:**

Ayurveda has two fold objectives, one is to maintain positive health and second is to eradicate the diseases. So in the view of this, let us go in depth of all etiological causes for the Hridroga according to Ayurveda and modern view. Ayurvediya samhitha explained the Hridroga mainly as “Hridi badham Prakaravanti- Hridroga cha prachakshate” – Badha Shabden nana vidha pida (variety of pain at cardiac region and heart itself).

Modern science has explained the disease in various contexts and in more detailed Classification like Ischemic, Valvular, Congestive cardiac disorders. Still if we go in more details you can find that these diseases are illustrated in Ayurvedic context under the reference of to the Shotha, yakritolyadur, Shwasa, like diseases.

**Keywords:** Ayurveda, Modern, Hridroga, Heart Disease, Causative factors, nidana.

### **Introduction:**

Today Ayurveda remains an influential system of medicines all over the world. Principles stated by acharyas and other sages hold good even today.

Sir Bryant Macgill has told “Health is priceless wealth, Invest while you can”. These words are really true in the present situation of pandemic. We can observe that the co-morbid situation of human beings make them vulnerable in the pandemic; Hridroga is one of them. One can give highest ranking to this co morbid situation.

There are huge changes in the diagnostic field in present scenario and which are making strong helping hands for diagnosing the complexity of diseases and diseased patient. Still one cannot side over to the outlook given by Ancient Acharyas. Regarding diagnostic approach and major emphasis given as nidana.

Ayurveda has two fold objectives; one is to maintain positive health and second is to eradicate the diseases. So in the view of this, let us go in depth of all etiological factors for the Hridroga according to Ayurveda and modern view. Ayurvediya samhitha explained the Hridroga mainly as “Hridi badham Prakaravanti- Hridroga cha prachakshate” – Badha Shabden nana vidha pida (variety of pain at cardiac region and heart itself). (Su.U.43/4)

Modern science has explained the disease in various contexts and in more detailed Classification like Ischemic, Valvular, Congestive cardiac disorders. Still if we go in more



details you can find that these diseases are illustrated in Ayurvedic context under the reference of to the Shotha, yakritolyadur, Shwasa, like diseases.

Rasavaha(Circulatory system), Pranavaha(Respiratoey system), and Manovaha Srotas along with Agnidushti(Digestive fire—variety of enzymes ) play quiet important role in the manifestation of disease. So the causative factor for the vitiation of these system plays and equal important contribution of aetiology of the Hridroga.In this way Ayurvedic literature shows references of illustration of Hridroga at varied places though they are not directly explained.

In overall we can commonly distribute all the aetiological factors in Dietary (Aharaja), Viharaja (Regimens), Manasika (Psychological), Vyadhijanya (Nidanarthakara Vyadhi) and Anya (Idiopathic).

According to Acharya Charaka-

Vyayama tikhnaativireka vasti chintabhayatrassa gataatichara |

Chardi aama sandharana karshanaani hridroga kartruni tathaa abhighatah ||

(Ch Chi 26/77)

Excessive vyayama, Tikhnaachar, Virecana, Vasti, Chinta, Bhaya, Trasa and improper and incomplete treatment of any disease. Excessive Chardi, Aama, Vegadharana, krishata, causing diet, Regimes, Abhighata (Trauma to Hridaya) causes the Heart diseases.

At the reference Maharshi charaka told, ‘Vyayama sthairyakarana shreshtaani’ in (Cha. su 24/40), but the vyayama should be done at Ardhashakti (half strength of person), when there is sweating at forehead and axilla or increase massive respiratory rate and one should abandon vyayama at that instance. If this doesn’t happen then there are possibilities of causing harm than benefits. If any person because of unawareness continues the same there is a chance to develop vata prakopa leading to Hridroga. Especially shuska, ruksha, alpa bhojana( non-nutritious food).

‘Amlm Hridhyam’(Ch. Su. 25/40), Generally all amla dravya are good for health, but doing anything in excess leads to harm. So the person consuming excessive Amla, Lavana, Ushna & Katu ahara and amla and Katu vipaki ahara, ushna virya dravya leads to Pitta Vitiation and Paitika Hridroga. Especially hot drinks, alcohol and alkalis are included in this context. Thoughit’s told ‘vireko pittaharanam’, still it is observed that excessive virechana cause dhatukshaya(Depletion of tissues) leading to vatika hridroga. According to modern science, loss of excessive fluid leads to electrolyte imbalance carrying conduction defects in heart and changing the functioning of heart. In the course of Basti treatment, excessive treatment by asthapana Basti(One type of decoction enema), which is comparatively dry in nature, can lead to vata prakopa.

Everyone has their personal worries and stress related to job, family, siblings and so on. Doing continuous worries will increase vata. Kamashokabhayad vayuh krodhaat pittam (Ch. Ch.i 3). Dharana of all the adharaniya vegas(Natural urges) leads to vata prakopa and pitta prakopa; also simultaneously it vitiates Manovaha srotas.

Trasana means giving trouble, holding forcible doing adventures beyond limit produce mental stress increasing the possibilities of heart disease.

Gadaticharam, not having proper treatment of any disease or having complication of previous disease can lead to hridroga. Such type of presence of disease is called as nidanarthakara vyadhi. Eg. Pandu vyadhi leading to hridroga, massive anaemia leading to dhatukshaya can cause to hridroga, sthauilya causing Prameha (Diabetes Mellitus).

Vayoh dhatu kshayat kopo margasya avaranena cha | (Ch. Chi. 28)

Because aam and vikrit kapha which makes the margaarodha to the vayu gati and can produce vyadhi. This can also lead to kaphaj hridroga. Guru, snigdha aahar, avyayam (sedentary life style) increases kapha ultimate cause of kaphavridhi and kaphaj Hridroga.

Modern medicine science also states that excessive vomiting, which leads to depletion of potassium, a very essential mineral for cardiac proper functioning, cause's abnormal rhythm, asystole and conduction defects in heart.

Suppressing adharaniya vega-- mala, mutra, Apanvayu, jrumbha, kshudha, trishna, shramshwas, nidra, kasa etc leads to neuroendocrinal changes causing more workload to heart.

Heart is one of the Trimarma (Vital part), which causes immediate death. So the any trauma direct on heart or chest region can lead to sudden death. Indirect trauma in the form of psychological cause (Manasik Abhighata) or trauma to other part of body causing excessive bleeding or severe pain produces sudden Hypovolemic shock or vasovagal attack respectively. Along with this modern science has given few other added causative factors like Smoking, The tobacco in which contains Nicotine responsible for atherosclerotic changes on arteries subsequently leading to constricted and fragile arteries. Along with these other Acharyas had also narrated few different causative factors.

Sushruta told about vegabhighat, Ushnnanti sevanat (Excessive eating food material of hot properties—Acetic acid or vinegar containing foods, pickles etc.), Rukshanna atisevanat (Excessive eating of food material of dry properties—Biscuits like bakery items), Virudhanna sevanat (incompatible food material eating together—ex. fruit salad, sour fruits ice-cream, putting cream and milk in tomato soup).

Ashtang Samgrah and Ashtang Hridaya told about- Adhyashana (eating food before digesting earlier food), Asatmya bhojan (eating not suitable for one's health), Ajeern, Sheetsevanam (Long time refrigerated or frozen foods), Bhojanoparant vyayam (Doing exercise after food), Vikshobhak padardha (Gastric irritating food), without Snehan, Swedan vamaana, Shodanottar vidahi anna, Atiguru anna sevan (High fat and carbohydrate containing food).

Bhavaprakasha told about Chinta, Abhighata, Vegabhighata, Ushnnantisevanat, Adhyashana, without Snehan, Swedan vamaana, Atikashaya, Atitikta, shramatiyoga etc.

Madhav Nidana- Along with few of above and additional Atikashaya (very astringent food and beverages), Atitikta, shramatiyoga (Excessive muscular work) etc.

According to the modern medical science the classification of heart diseases are as- Ischemic, Valvular, Congestive Cardiac failure --- which have different causative factors.

Ischemic heart Disease-

Dietary Factors-High Sugar and fat containing food stuff

Habitat-Sedentary lifestyle, smoking, excessive sexual activity

Psychological- Strain, stress, excessive competitiveness

Due to Disease- Obesity, Diabetes, High Blood pressure, High cholesterol, Hyper uraemia

Idiopathic-Age factor- Middle age. Male predominant, hereditary factor. History of heart issues in past,

Valvular Heart Disease-MR, TR. MI, AI all these diseases causes because of i) Rheumatic endocarditis, ii) infective endocarditis, iii) Syphilis, iv) congenital v) partial obstruction of valve orifice, vi) Endomyocardial fibrosis, vii) Trauma

Causes of congestive Heart failure-Predominate reasons are-i) Rheumatic disease, ii) IHD, iii) Pulmonary Hypertension, iv) Thyrotoxicosis, vi) Chronic cor-pulmonale, vii) Pulmonary embolism, viii) Acute massive haemorrhage

Causes of Cardiomyopathies-

1) Infection-Bacterial-Diphtheriae, Pneumoniae

Viral-Rubella, Mumps, Influenza, Corona

Parasite-Trypanosomiasis, Toxoplasmosis

2) Immune Disorder-Serum sickness, Allergic reaction

3) Rheumatic fever-Connective tissue disorder

Out of these cardiomyopathies of origin to Bacterial, viral, parasitic has quite parallel with Krimij Hridroga explained in Ayurvedic Samhitas.

In general if we have detailed analysis of causative factors stated by Ayurveda and Modern science one can have brief idea that they are almost similar. Both the sciences given emphasis on dietary, habitat, psychological causes.

Similarly the symptoms explained by Acharya Charaka, Vaibarnya, Murchha, Jwara, Kasa, Hikka, Shwasa, Asyavairasya, Trishna, Pramoh are having quite similarity to the symptoms explained in the modern texts. Like cyanosis, fever, cough, bad taste of mouth, thirst, syncope, dyspnoea.

In Vivarnata one can consider pallor (pallor), shvavata (cyanosis), kapalarunyata (malar flush) just all these are symptoms present in valvular heart disease. Shwas (dyspnoea), murchha (syncope) observed in Cardiac Asthma. Jwara fever, present in Rheumatic heart disease and Infective endocarditis. Kasa (Cough), Hikka (Hiccough), shwasa (dyspnoea), in Mitral stenosis. Ayamyate (stretching pain), Diriyate (tearing pain), patyate (cutting pain), sphotyate (blast like pain) nirmathyate (churning pain) such a variety of present in Myocardial infarction, Angina pectoris.

**Conclusion:** In view of all above points this can be concluded that the etiological factors explained in Ayurvedic texts and modern medical science have quite parlance. But it's a great finding that in spite of lack of big technologies our **Acharyas** has similar point of view with the developed situation also. One can definitely & with proud says that our Acharyas was having a keen observation and detailed insight of the diseases in ancient era also. We should be thankful for their divine gift to the medical field and to the mankind. Adopting the proper techniques and avoiding the abnormal one stated by Ayurveda and Modern science can definitely help in prevention of cardiovascular diseases and thus contributing to the nation by decreasing the prevalence of cardiac disease.

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## Research summary: Study on variation of body temperature in relation with tridosha

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**Introduction:** *Ayurveda* explains physiological functions of human body are regulated by *Tridosha*. Dominance of *Dosha* is present according to age, day, night, food intake and seasonal variation. Balanced state of *sharira dosha* is responsible for all normal physiological functions and is the key factor to homeostasis of body. Maintenance of normal body temperature (96-98<sup>0</sup> F) along with the diurnal variation is important for the homeostasis of body. Hence balanced *Tridosha* and body temperature is vital in the homeostasis. So this work was done to study and establish relation of dominance of *Tridosha* on diurnal variation of body temperature. Same time to study the relation of body temperature with present weather temperature.

**Objectives:** 1.To determine the diurnal variation of body temperature in relation with *Tridosha*. 2. To study temperature range at three different time (morning, afternoon and evening) as per *Tridosha* dominance. 3. To observe relation of body temperature with weather temperature.

**Methods:** Pilot study was done in the month of August i.e. *Varsha ritu* (monsoon season) on 50 BAMS students of age group 17 -20 years in males and females who are living in same environment and having common type of diet. Individuals having any disease condition were excluded for the study. A format of assessment timings for the morning, afternoon and evening was designed and given to the students. Digital Thermometer (Brand-Gibson) was used for the measurement of body temperature. Instructed the students to take oral body temperature in Fahrenheit scale one time at morning in between 6:30am-7:30am, afternoon between 1:00pm to 2:00pm, evening between 6:30pm-7:30pm & note the temperature for 7 days.

Weather temperature was noted in Fahrenheit scale through Google weather temperature assessment at 7am, 1pm, 7pm for 7 days.

**Results:** The maximum individuals have an average range of temperature in three different times as per *Tridosha* ie.6:30am-7:30am-93-98.8F, 1pm to 2pm-93- 99.9 F, 6:30pm-7:30pm - 95-98 F. This shows the dominance of *Kapha dosha* in morning time, *Pitta dosha* in afternoon and *Vata dosha* in evening time as mentioned in A.H.Su.01/08 verse.

Normal weather temperature was noted at 7am-80.6-87.8 F, 1pm-86-91.4 F and 7pm-82.4-87.8 F which shows similar variation of body temperature in respective time.

**Discussion:** The Temperature range observed was 98.8-93 F, 99.9-93 F, 99.5-95 F at morning, afternoon and evening respectively. Maximum body temperature recorded was 98.8 F, 99.9 F, 99.5 F at morning, afternoon and evening respectively which shows predominance of *Kapha dosha*, *Pitta dosha*, *Vata dosha* respectively in day time. Except evening minimum



temperature, all temperature range showed *Dosha* predominance as per the diurnal variation of *Tridosha*. It may be due to evening activity and *prakriti* of individual.

The diurnal variation found in body temperature matches with diurnal variation in weather temperature. Changes in weather temperature were detected by skin receptors and accordingly body temperature was adjusted and homeostasis was done. Here this observation again confirms the *loka purusha* theory explained by *Ayurveda acharyas*. The body temperature range at morning, afternoon and evening was established. The body temperature adapts the variation in weather temperature and maintains the homeostasis.

**Conclusion:**

- In day time the body shows temperature variation as per dominance of *Tridosha*.
- The body temperature range at morning, afternoon and evening was established.
- The body temperature adapts the variation in weather temperature and maintains the homeostasis.
- The adaptability of body temperature along with the dominance of *Tridosha* in daytime is clearly understood which may help in maintenance of health, modification in lifestyle and diet plan.

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## Ayurvedic Management of Vipadika (Palmoplantar Psoriasis) – A case study

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### **Abstract:**

Vipadika is one among the Kshudra Kushta mentioned in Ayurveda, with involvement of Vata-Kapha dosha. The cardinal symptoms are Pani Pada sputhana (cracking of the skin in the palms and soles) and Teevra vedana (severe pain). Acharyas have mentioned Shodhana and Shamana are the line of treatment for Kushta. Vipadika can be compared to Palmoplantar Psoriasis in which the symptoms include well defined areas of raised, thickened skin, redness and scaling, itching and burning sensation, pain, cracking and bleeding. A 74 year old female patient came with complaints of cracking of skin in soles and palms, associated with severe pain, bleeding, scaling, and blackish discoloration since 2 years. She was treated with Shamana Sneha and Shamanoushadhi. Significant changes were seen in the signs and symptoms of the patient.

**Keywords:** Vipadika, Shamana, Palmoplantar Psoriasis.

### **Introduction:**

In Ayurveda, all the skin conditions are explained under the disease Kushta. Vipadika is one of the Kshudra Kushta according to Charaka<sup>1</sup>, with Pani Pada sputhana (cracking of the skin in the palms and soles) and teevra vedana (severe pain) as the cardinal symptoms.<sup>1</sup> It is a Vata - Kaphaja Kushta. Acharyas have mentioned Shodhana and Shamana are the line of treatment for Kushta. As Kushta is a bahudosha avastha, repeated Shodhana has to be administered to remove the doshas. Kushta is one of the Rakta Pradoshaja vikaras<sup>2</sup> and Virechana is the Shodhana chikitsa in Rakta pradoshaja vikaras. Psoriasis is a chronic auto immune disease which can affect the patients Physical and Psychological health. The cracking of skin and pain badly afflicts the daily activities of the patients. Palmo-plantar psoriasis accounts for 3 to 4% of all Psoriasis cases, produces significant functional and social disability.<sup>3</sup> In India, prevalence of Psoriasis varies from 0.44 to 2.8% It is twice more common in males compared to females.<sup>4</sup>

### **Case Report:**

A 74-year-old female patient came to Panchakarma OPD of S G Patel Ayurveda Hospital and Maternity Home (G J Patel Institute of Ayurvedic Science and Research), with complaints of cracking of skin in soles and palms, associated with severe pain, bleeding, scaling, and blackish discoloration for 2 years. Initially the cracking of skin started in the feet later it was also seen in the palms. The symptoms aggravated when she exposed to soap or detergent water. Patient feels difficulty in doing her routine work because of severe pain, bleeding and scaling. Patient has taken conventional treatment for the same but found no significant results.

Patient is a known case of Hypertension, on medication

**Examination:**

**Personal history**

- Appetite: Moderate
- Bowel: Previously -irregular, two days once, since a year regular, once/day
- Micturition: Regular
- Sleep: Sound
- Food: Mixed diet

**General examination**

- Appearance: Normal
- Built: Moderate
- Nourishment: Over Nourished
- Pallor: Absent
- Icterus: Absent
- Oedema: Absent
- Cyanosis: Absent

**Vital data**

- Pulse: 80 /Min
- BP: 110/90 MmHg
- Respiratory Rate: 18/Min
- Weight: 84kg

**Skin examination**

- Site –dorsum of foot or sole
- Distribution- Symmetrical (both soles)
- Dryness, itching and cracking of both the soles is seen (pada sphutana) which is painful bleeding from the cracked region is seen
- In and around the fingers cracking is seen
- Surface –is rough and dry, margin- irregular

- Auspitz sign - +ve
- Candle grease sign - +ve

**Laboratory Investigations** – within normal limits

**Plan of treatment:**

9/3/2022	1. Gandhaka rasayan* 2-0-2, after food with water 2. Triphala Guggulu (AFI)* 2-0-2, after food with water 3. Arogyavardhini vati (Bh. Rat)** 2-0-2, after food with water 4. Gandharva Haritaki* 0-0-2 tab at bed time with 1 glass hot water 5. Cutis cream for local application***	For 21 days
30-3-2022	1. Pancha Tikta Ghrita (Bh. Ratnavali) – 30ml early morning, empty stomach with Ushna jala 2. Gandhaka Rasayana 2-0-2 3. Triphala Guggulu 2-0-2 4. Arogyavardhini Vati 2-0-2 5. Cutis cream for local application	till 15/4/2022
<p>*Procured from PUNARVASU (GMP certified), Manufactured by Petlad Mahal Arogya Mandal Pharmacy</p> <p>**Procured from Dhanvantari Guj. Herb</p> <p>***From VASU, Ref – Ayurveda Sara Sangraha, Bhavaprakash Nighantu</p>		

**Before treatment:**



**After treatment :**





## Discussion:

Vipadika is one of the Kshudra Kushta mentioned in Ayurveda. In this case the patient was treated with Internal medications and external application. There was significant reduction in the signs and symptoms of the patient within 21 days.

Gandhaka Rasayan – contains Shuddha Gandhak, Tvak, Patra, Ela, Nagakesara, Guduchi, Triphala, Shunti. The properties of Gandhaka Rasayana is kushtaghna, Krimighna, Vrana Shodhana ropana, so therefore helpful in treating Vipadika.

Triphala guggulu – contains Triphala (Haritaki, Amalaki, Vibhitaki), Guggulu and Pippali. It is said to be Tridosahara and Rasayana, useful in all Inflammatory conditions. Indicated in Kushta, Vatarakta, Vranaropana, Vibandhahara/ Anulomana etc.

Arogyavardhini vati – contains Shuddha Parada, Shuddha Gandhaka, Loha bhasma, Abhraka bhasma, Tamra basma, Shilajatu, Guggulu, Chitramula, Nimba, Katuki, Triphala. It acts as Bhedana (helps in removing the dosha and mala), Tridosahara, Anti – Inflammatory.

Erand Bhrusht Haritaki was given for Vatanulomana and to correct Vibandha.

Cutis cream – External application. It contains Mahamarichyadi Taila, Nimba taila, Karanja Taila, Karpooora, Shuddha Gandhaka, Tankana and Tuttha. Application helps in relieving Kandu, Srava, Vrana shodhana, Ropana,

So combination of the above medicines internal and external has relieved the symptoms of Vipadika.

Later Pancha Tikta Ghrita was started as Shamana Sneha, 30ml, early morning empty stomach with ushna jala.

## Conclusion:

Kushta being one of the chronic diseases with Bahu Doshavasta is difficult to cure, but can be managed successfully. Repeated Shodhana and appropriate Shamanoushadhi would definitely help us to avoid recurrence of the disease, as we know that Recurrence is the rule of Psoriasis. But in this case considering the Vaya (age) and Bala - Strength (Shareerika and Manasika), only Shamana chikitsa was opted which has given considerable results.

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## Concept of Aavarana in Vata Vyadhi

Abstract of Essay Submitted for Dr. Sudheer Raj Memorial National Essay  
Competition 2022

**Student:** Meet Sorathia, Third Year BAMS  
**Guide:** Prof. Dr. Yogesh Deole, Prof & Consultant, Dept. of Kayachikitsa

### Abstract:

Every science has its own set of principles. Ayurveda, the science of life do have its own methodology in understanding and managing health and disease. In sushrutasamhita, the disease caused by vata is considered as *mahagada*. Vitiating of vayu is caused by two pathologies: one is degeneration or depletion of tissues (dhatu kshaya) and the other is obstruction in pathways (aavarana). The second type hampers natural movement and functions of vayu. Thus in aavarana pathology, the functions of vayu are affected by other vitiated elements such as dosha, dhatu, mala. The concept of aavarana is unique as well as challenging condition to understand, analyze and diagnose by physician in present era. Diagnosis of the underlying obstructive pathogenesis based only on clinical features was done by ancient ayurveda physicians. It is amazing to learn these diagnostic skills without any advanced technological aid like doppler or ultra sound or magnetic resonance imaging. These diagnostic skill shows highly developed senses of ancient ayurveda scientists. The general treatment protocol of aavarana is pacification of vata along with cleansing of channels by treatment of occluding component. Serious diseases can develop from aavarana and thus proper knowledge of aavarana is must. The wrong diagnosis of aavarana may lead to errors in the management which may deteriorate the condition. So, it is essential to understand aavarana for accurate diagnosis and management. The present essay attempts to narrate the introduction, review of literature, etymology, synonyms, definition, pathogenesis, types, discussion, general complications, importance of aavarana as well as disease conditions involving aavarana of body constituents other than vata dosha, Contemporary perspectives, Identification and knowledge of aavarana conditions can be easier with the advances in diagnostic interventions, conclusion.

## Stress Management through Ayurveda

Abstract of Paper presented in Augustcon-2022  
National Conference, Goa

Student: Parth Sorathiya, 3rd year B.A.M.S.

Guide: Prof. Dr. Yogesh Deole , Professor & Consultant, Department of Kayachikitsa

### Abstract :

**Background:** Stress plays an important role in the manifestation of several diseases. The word ‘aayasa’ is used for stress. The available statistical data shows that prolonged isolation, pandemic lockdown, issues of personal life have negatively affected professionals in India more than other places in the world. According to the study 57% respondents were suffering from mild stress, 11% were feeling moderately stress, 4% were facing moderately severe symptoms of stress and 2% reported severe stress. The chinta (worries), shoka (grief), bhaya (fear) increases stress. Prajnaparadha (intellectual errors) is a cause for stress in today's era. When a person's dhi, dhruti, smriti are impaired, he performs improper activities leading aggravation of all dosha. It increases stress level in individual. Stress increases the risk of obesity, heart disease, Alzheimer's disease, diabetes, depression, gastrointestinal problems and asthma etc.

**Material and methods:** The available literature of Ayurveda and research articles are screened to review the concept of stress in Ayurveda and contemporary sciences.

**Observations and results:** The negative mental factors like anger, grief, exertion beyond capacity cause depletion of oja, that is responsible for immunity. These factors cause decreased mental strength and increased susceptibility to stress. This can cause many somatic and psycho-somatic diseases. Many therapies like daivavyapashraya, yuktivyapashraya and sattvavajaya therapies, dinacharya, ritucharya are described in Ayurveda to prevent stress and related diseases.

**Discussion:** Stress free person have comparatively more mental strength. Three upastambha of life i.e. aahara, nidra, brahmacharya are the important pillars. These factors play vital role in management of stress. Proper diet and lifestyle, sleep patterns, and brahmacharya have direct impact on our mental status. Rasayana therapy is best option for management of stress.

**Conclusion:** Ayurveda can provide better solutions for management of stress.

## Institutional activities and Celebrations

Sr. No.	Date	Events
1	11/07/2022	Guest lecture on Artava Dushti by Dr. Hetal Dave, Assistant Prof. Dept. of. PTSR, NIA, Jaipur
2	13/07/2022	Gurupurnima Event by Cultural team & 4 <sup>th</sup> year students
3	17/07/2022	Informative session on working of ICC by Dr.Swati Thakar & Dr. Sweta Mali.
4	05/08/2022	Seminar on Awareness on Sexual harassment at work place on occasion of MahilaKarmayogi Divas by MBIT
5	02/08/2022	Quiz competition by Dept.of Samhitha on occasion of Charaka Jayanthi
6	17/08/2022	Street play organized by Svadhyay Parivar in college in view of Janmashtami
7	07/09/2022	Educational visit of 3 <sup>rd</sup> BAMS to STP plant & Amul Dairy, Anand
8	22/09/2022	Educational visit of 3 <sup>rd</sup> BAMS to Naturopathy Hospital, Water Purification Plant & Leprosy center, Baroda
9	30/09/2022	Ayurveda Chef competition by Dept. of RSBK
10	30/09/2022 to 02/10/2022	Vibrant celebration of Garbha night on occasion of Navaratri
11	07/10/2022	Awareness talk about Preventive aspects of Yoga & Ayurveda – as a point of Ayurveda celebration
12	14/10/2022	Poster on Mental Health Awareness by Dept. of Kayachikitsa
13	14/10/2022	Field visit for 2 <sup>nd</sup> BAMS at Herbal garden & Semi- Processing unit of Anand Agricultural University.
14	22/10/2022 to 28/10/2022	Yoga Shibir for Students
15	26/11/2022	Indian Constitution Day celebration
16	30/11/2022	Webinar- on AIDS Day by Dept. of Kayachikitsa
18	01/12/2022	Awareness Programme on World AIDS Day



**Informative session on working of ICC by Dr.Swati Thakar & Dr. Sweta Mali**



**Educational visit of 3<sup>rd</sup> BAMS to STP plant & Amul Dairy, Anand**





**Ayurveda Chef**

**Competition by RSBK - Winners**

**First prize recipe by Maitry Bharvada & Hasti Abhangi**

### **Drumstick soup:**

• **Ingredients:-**Drumstick

Mung  
Amalki  
Masalas  
Ghee  
Ginger  
Garlic  
Green onion  
Saindhava

**Recipe:-**

- Boil drumstick, Amalki , mung .
- Crush them and then churn well and add gud, lemon.
- Make tadka with ghee and add all masalas , ginger paste , garlic paste , chill paste .
- Add water and boil it well .
- Serve it with mung and coriander .

**Ayurvedic importance :-**

- Beneficial for diabetic patients.
- Use as pharmaceutical in many drugs .
- Increase protein .

- It is antioxidant .
- Increase immunity .
- Helps in digestion .
- Regulating hyper tension .

### Second prize recipe by Prachi Ravat

- **Coffee without coffee powder**

**Ingredients:**

1. Fenugreek
2. Milk
3. sakara(sugar)

**Procedure:**

Take a pan and roast the fenugreek on medium flame till blackish brown colour is obtained. Now take milk in pan and add some sarkara and roasted fenugreek in it. Boil it for 2-5 min. So, our coffee is ready. Now filter the coffee and serve.

- **Blue tea**

**Ingredients:**

1. Aparajita flower
2. Water
3. Mint
4. Basil leaves
5. Cardamom
6. Honey
7. Lemon

**Procedure:**

First take some water in pan. Add Aparajita flower, mint, basil leaves and cardamom. Boil it for 2-5 min. The blue colour of the water is obtained due to Aparajita flower. Filter the mixture and add some honey and lemon. The colour of tea changes from blue to purple. Now blue tea is ready to serve.

- **Kokum sharbat**

**Ingredients:**

1. Kokum
2. Bal bilva
3. Gooseberry
4. Fennel seeds
5. Sakara
6. Black pepper powder
7. Cumin seed

**Procedure:**

Take kokum, Bal bilva, gooseberry and fennel seeds and soak it overnight. Next day macerate the mixture and filter it. In filtered material add some water and sarkara. Stir it until the sarkara dissolves completely. Add some black pepper powder and cumin seed powder in it and serve it.

**Third prize recipe by Nilu Bhoi**

- **Moong rice roll**

**Ingredients**

1. Moong dal
2. Rice
3. Tomatoes
4. Marich{black pepper}
5. Sunthi{ginger}
6. Haridra{turmeric}
7. Ghee
8. Saindhav namak{salt}

**Procedure:**

- Soak Moong dal for around 2-3 hours. After that grind it to make smooth batter.
- With this batter make equal sized "chilla" with very less amount of oil or ghee if needed. Put it aside.
- For stuffing cook rice properly and let it cool down.

- Take a small amount of ghee in pan and add finely chopped tomatoes; cook it properly (add a pinch of salt in it which helps tomatoes to cook faster)
- Add turmeric, black pepper, salt according to taste.
- Lastly add ginger juice and put the flame off.
- Take chilla which was prepared earlier and make rolls by filling rice stuffing into it.
- Serve it with chutneys.

### **Peanut chutney**

#### **Ingredients**

Peanut

Black pepper

Ginger

Lemon

Salt

Curry leaves

Red Chilli

#### **Procedure:-**

- Take roasted peanut.
- Mix it with all ingredients and grind well.
- Take tadka pan and with Curry leaves and red Chilli give tadka to chutney and serve it.

### **Tomato chutney**

#### **Ingredients**

Tomatoes

Green Chilli

Ginger

Garlic

Lemon juice

Sugar

#### **Procedure:**

- Mix all the ingredients and grind it properly to make chutney.

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**Vibrant Navaratri celebrations'2022**



**National Webinar on World AIDS Day by Dept. of Kayachikitsa**





**Indian Constitution Day celebration'2022**



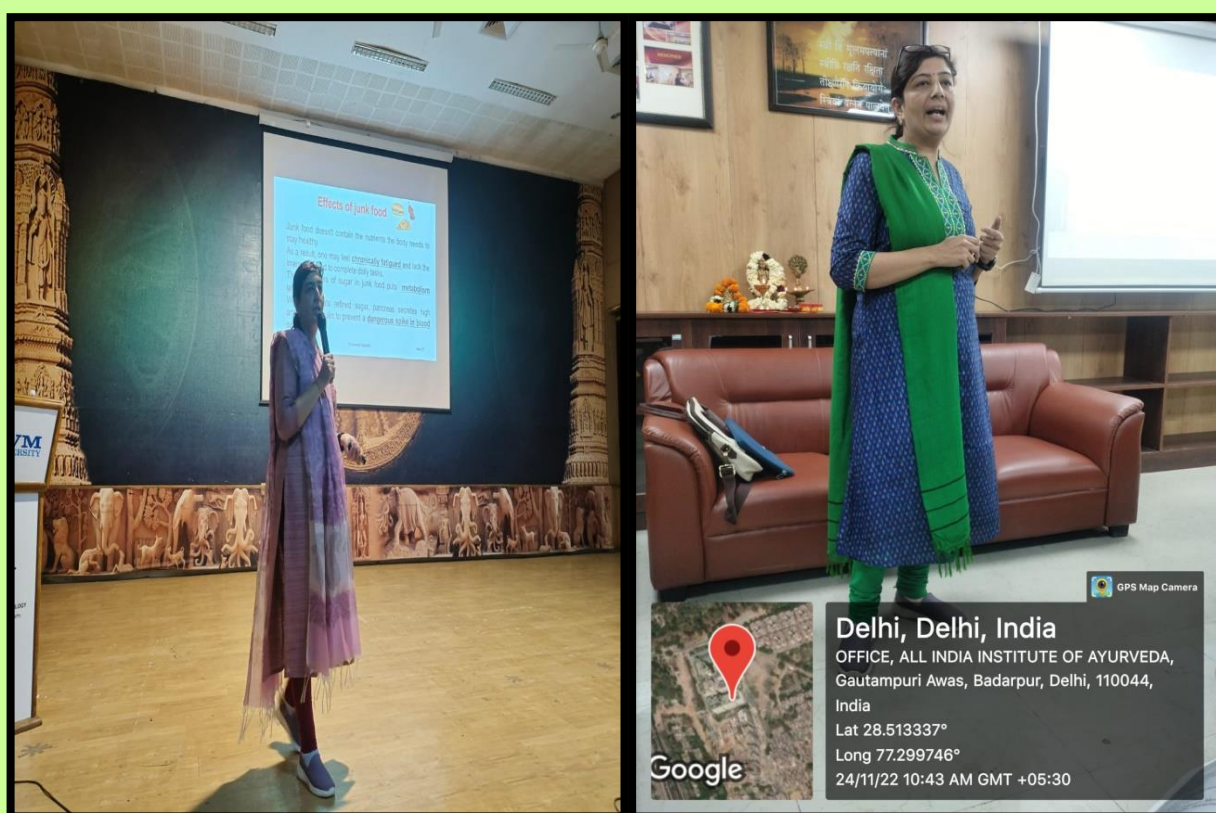
**Yoga Shibir for Students**



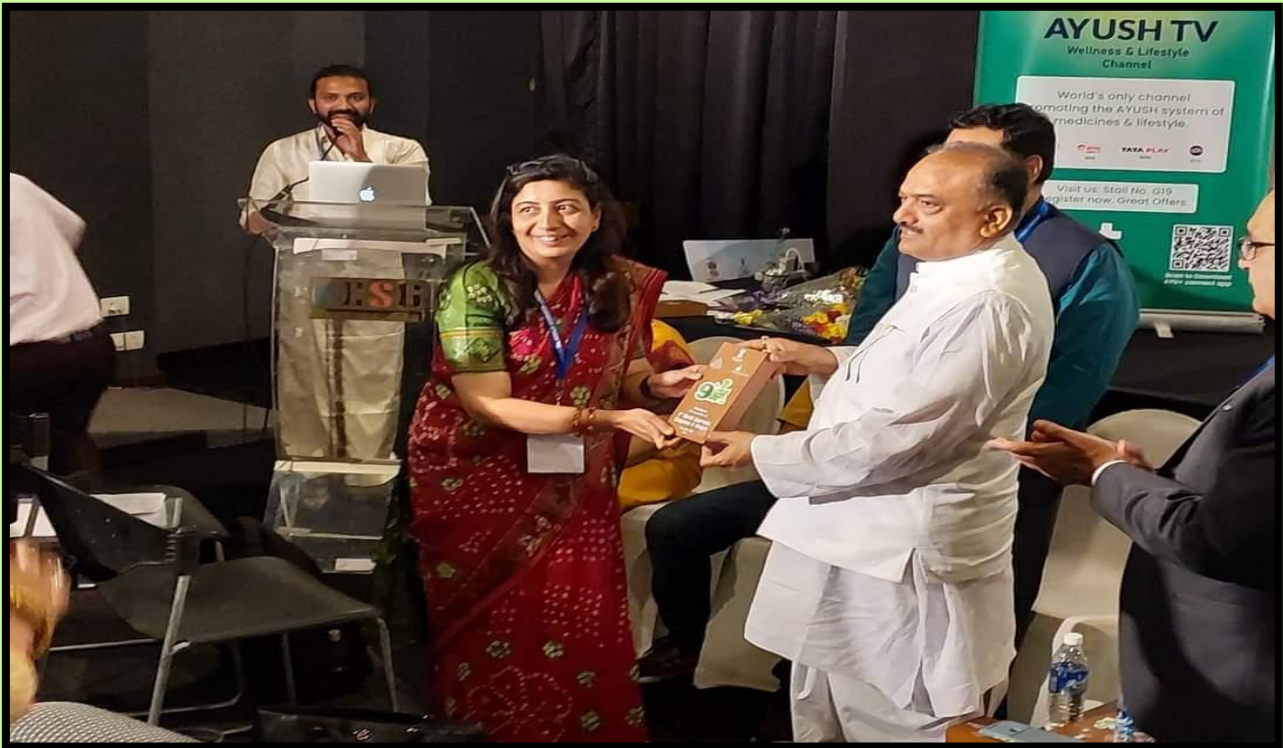
## Achievements of Staff

Sr. No.	Date	Name	Category	Event and Organizer	Activity/ Achievement
1.	04/07/2022	Dr.Yogesh Deole	International Workshop for delegates of Bhutan	WHO-CC (SEARO) and I.T.R.A. Jamnagar	Resource Person
2.	01/08/2022	Dr. Prasad Panchagane	Occasion of vardhapana dina	Sumatibhai Shah Ayurveda Mahavidyalaya,Pune	Award for best PG student of batch 2016-17
3.	26/08/2022	Dr. Rajashree Bombale	National Seminar cum Webinar	Pharmacovigilance – A glance, Sri Sri College of Ayurvedic Science & Research, Sri Sri University, Cuttack, Odisha	Best Paper Award
4.	03/09/2022	Dr.Jasmine Gujarathi	Guest Lecture	Female Health Issues , SMAID, New V.V. Nagar	Resource person
5	18/09/2022	Dr.Shweta Mali	National conference	Role of Integrative Ayurveda in current scenario held on Pune	Second consolation prize
6	21/09/2022	Dr.Jasmine Gujarathi	CHO / Medical officer Ayush Refresher course	Reproductive Health, State Ayush Training Centre, Government Ayurveda College, Kolavada. Dist Gandhinagar	Resource person
7.	26/09/2022	Dr.Jasmine Gujarathi	Bridge Course	Food And Nutrition For Adolescent And Youth ADIT, New V.V. Nagar	Resource person
8.	12/10/2022	Dr.Jasmine Gujarathi	Webinar Series, Guest Lecture	Management Of Female Infertility ,All India Institute Of Ayurveda, New Delhi	Resource person
9.	24/11/2022	Dr.Jasmine Gujarathi	6 Day Cme For Teachers In Prasuti Tantra And Stri Roga	Uttarbasti, All India Institute Of Ayurveda, New Delhi	Resource person
10.	24/11/2022	Dr.Jasmine Gujarathi	6 Day Cme For Teachers In Prasuti Tantra And Stri Roga	Sthanik Chikitsa, All India Institute Of Ayurveda, New Delhi	Resource person

11.	09/12/2022	Dr.Jasmine Gujarathi	International Conference	Success stories in Ayurveda, World Ayurveda Congress, Panji Goa.	Chairperson
12.	08/12/2022 to 11/12/2022	Dr.Jasmine Gujarathi	International Conference	Ayurveda Short Film Festival, World Ayurveda Congress, Panji Goa.	convener



**Dr.Jasmine Gujarathi as Resource person in various seminars**



**Dr.Jasmine Gujarathi at Ayurveda Short Film Festival, World  
Ayurveda Congress, Goa.**



**Dr.Shweta Mali receiving second consolation prize in National Conference  
on role of Integrative Ayurveda in current scenerio held on 18/09/2022**



## Students Achievements

No	Date	Participation/Event	Winner
1	30/09/2022 to 02/10/2022	Rangaratri Garba - Garba Dance Male	1 <sup>st</sup> Prize-Roshan Vasani (2017) 2 <sup>nd</sup> Prize - Meet Suthar (2018)
		Rangaratri Garba - Garba Dance Female	1 <sup>st</sup> Prize - Vrajane Kadakiya (2020) 2 <sup>nd</sup> Prize - Vency Patel (2019)
		Rangaratri Garba - Garba Costume Male	1 <sup>st</sup> Prize - Nikul Katariya (2019) 2 <sup>nd</sup> Prize - Vedanshu Thakkar (2020)
		Rangaratri Garba - Garba Costume Female	1 <sup>st</sup> Prize - Mitali Sagpariya (2020) 2 <sup>nd</sup> Prize - Mesurani Sakshi (2021)
2	12/10/2022	Youth festival 2022- Antakshari	2 <sup>nd</sup> Prize - Kanal Vaghela Shruti Patel Surabhi Soneji
3	12/10/2022	Youth festival 2022- Western Instrument Solo	2 <sup>nd</sup> Prize - Atharva Diwakar
4	16/11/2022	Jyothishmati Quiz	3 <sup>rd</sup> Prize
5	02/12/2022	National youth conference on- Vayu: The Vital Force, at Bhubaneswar	Best paper presentation Award – Mansi Mahida (2019)
6	15/12/2022	University level yoga competition	Khyati Patel



**CVMU Youth Festival winners**



**Jyotishmati Quiz at Parul University organized by Dhootpapeshwar**



**Manasi Mahida awarded with Best paper presentation in National Seminar on VAYU: THE VITAL FORCE at Bhubaneshwar**



**Khyati Patel – Winner University level yoga competition**



## Activities in S.G. Patel Ayurveda Hospital

Sl nr	Date	Event
1	01/07/2022	Free Dental Check-Up camp
2	08/07/2022	BLS training for Hospital & College staffs
3	09/07/2022	Training of ADR reporting & format by Dept. of RSBK
4	06/09/2022	Voluntary blood donation camp in association with Red Cross Society
5	08/09/2022	Yoga camp arranged by NSS unit in occasion of Poshanaamah, by Dept. of Swasthavrutta
6	07/10/2022	Practical information about Oral hygiene as a part of Ayurveda Day Celebration
7	08/10/2022	Health checkup camp & Lecture at Mogar on Geriatric care through Ayurveda
8	08/10/2022	Yoga & Meditation session for Senior citizens conducted by Dept. of Swasthavrutta
9	15/11/2022	Hospital is awarded with NABH accreditation.



**Hospital is awarded with NABH accreditation**



**Medical camp conducted by SGPAH&MH**



**Dental Check-up conducted by SGPAH&MH**



### Suvarnaprashana for children [July – December 2022]

Sr.No.	Month'2022	No of Children Benefitted
1	July	630
2	August	341
3	September	428
4	October	487
5	November	399
6	December	392
	<b>Total</b>	<b>2677</b>



**S.G.Patel Ayurveda Hospital and Maternity Home,  
New Vallabh Vidya Nagar**

## Societal welfare and Extension activities

### Medical camps in the vicinity of Anand

Sr. No	Nature of the camp	Date	Place	Number of Patients
1	Dental Camp	01/07/22	SGPAH & MH	13
2	General Camp	16/07/22	Lambhvel	03
3	General Camp	19/07/22	Simarada	77
4	General camp	26/07/22	Siddhi Vinayak Temple	18
5	General Camp	31/07/22	Lions club, Anand	62
6	General Camp	08/08/22	Siddhi Vinayak Temple	17
7	General Camp	10/08/22	Mogar	130
8	General Camp	11/08/22	Siddhi Vinayak Temple	04
9	General Camp	16/08/22	Siddhi Vinayak Temple	10
10	General Camp	23/08/22	Siddhi Vinayak Temple	10
11	General Camp	29/08/22	Lions Club, Khambhat	45
12	General Camp	19/09/22	Bakrol	66
13	General Camp	20/09/22	Siddhi Vinayak Temple	09
14	General Camp	27/09/22	Siddhi Vinayak Temple	17
15	General Camp	09/10/22	Fatehpura	138
16	General Camp	18/10/22	Siddhi Vinayak Temple	05
17	Piles camp -shalya	20/11/22	SGPAH & MH	37
18	General Camp	29/11/22	Dedarada	75
19	General Camp	30/11/22	Dhobikui	39
20	General Camp	07/12/22	Siddhi Vinayak Temple	11
21	Awareness camp for pregnant women	17/12/22	Devpura	09
22	General Camp	18/12/22	Karamsad	48
23	Female health camp	24/12/22	Signlav	64
	<b>Total patients</b>			<b>907</b>



**Medical camp conducted at Siddhi Vinayak Temple**

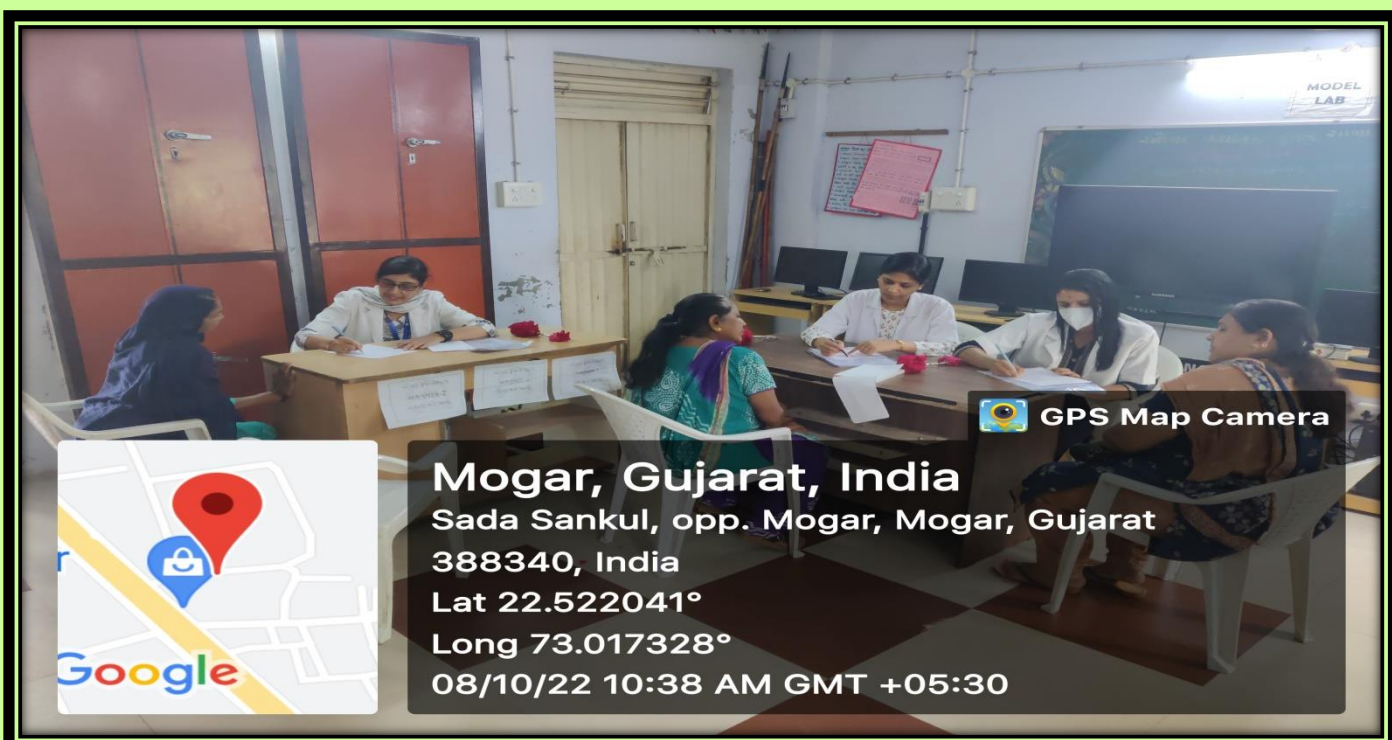


**General Camp conducted by SGPAH&MH**





**Dental Camp conducted by SGPAH&M**



**Medical camp conducted at Mogar**





**Medical camp at Anand**

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