

# AYURVEDAAMRUTAM

[Contemporary Health and Ayurveda Research Updates]

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Üc. s U NāEEY

*Nothing is un achievable for the Vaidya who possess the qualities of  
Knowledge, Critical approach, Insight into other allied sciences, Good  
memory, Promptness and Perseverance.[Cha.Su.9/21]*

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## EDITORIAL

### First batch comes out.....makes us proud!!!

- Dr. A.R.V. Murthy



The very first batch of students admitted in the year 2006 completed the course and this is a moment to cherish. The joy was doubled as the students made us proud by securing 1<sup>st</sup>, 2<sup>nd</sup> and 5<sup>th</sup> ranks of University.

Having been the founder Principal and having been travelled all along with this batch, the experience is really memorable and laudable too.

The students of this batch have the pleasure of being guided with utmost care to their satisfaction and in the college which was already tipped as Model College in the country. We just hope that these young ambassadors would do well to glorify Ayurveda at the grassroots and help raise the reputation levels of Institute. I only wish them well in their endeavors.

I am also happy to announce the release of inaugural issue of the newsletter "Ayurvedamrutam" on the eve of 5<sup>th</sup> Annual day function of the College on 25/01/2012. It is a collective effort of the teaching staff of college whose valuable inputs helped in this venture. I specially congratulate the Executive Editor – Dr. Yogesh Deole who made all out efforts to ensure that the issue is released at an appropriate time. The Institute was blessed and honored when Prof.C.P.Shukla, Retd. Dean – IPGTRA, GAU, Jamnagar and renowned Ayurveda physician who is actively engaged in practicing Ayurveda at the age of 92 years, stepped in to deliver a series of lectures as a part of CME program at the Institute. We continue to hold CME programs and guest lecture series by eminent Ayurvedists from different parts of country to promote academic interest of faculty.

I only wish to continue the momentum....



Release of "AYURVEDAAMRUTAM" News letter by the dignitaries' Left to right: - Dr. A.R.V. Murthy, Dr. R. P. Patel, Dr. Jayantibhai Patel, Dr. Kamlesh Rajghor, Dr. C. L. Patel-Hon. Chairman, CVM, Dr. S.C. Pant-Director, Ayurveda, Dr. Ravindra Amin, Miss Dhwani Patwa

### Drug Information - RAKTA AGASTYA

**Photo & Information provided by**

**Dr Bipin Sawant, Lecturer, Dept of Dravyaguna**



L.N. – *Sesbania grandiflora*

Family – Fabaceae

According to Raj Nighantu 4 types of Agastya

- |                 |               |
|-----------------|---------------|
| 1. Sitapushpa   | 2. Pitapushpa |
| 3. Lohitapushpa | 4. Nilapushpa |

Rasa -Tikta (Madhura – Acc. to Raj Nighantu)

Guna – Ruksha

Veerya - Sheeta

Vipaka –Katu



## Ayurveda under insurance coverage

- Dr. Yogesh Deole

Here is good news for all patients and practitioners!!! Ayurvedic treatments which seem to be costly will be covered under the umbrella of insurance. This is welcome step by policy makers which recognize the potential and increasing popularity of Ayurveda. Leading insurance companies in India have finally offered to cover treatments under systems such as Ayurveda, Unani, and Homeopathy under their mediclaim policies. Cholamandalam, New India Assurance, Star Health and Allied Insurance are the insurance companies that have started covering Ayurvedic treatments under individual policies. ICICI Lombard General Insurance covers it under government scheme and Future Generali Insurance offers it to corporate group insurance buyers from which employees of the covered company can benefit.

New India Assurance's extends cover to individuals undergoing treatment with the help of Ayurvedic, Homeopathic and Unani systems of medicine. However such claims will be covered only to the extent of 25% of sum insured. Also, they need to have availed of the treatment at a government hospital to be eligible for the claim. Similarly, Star Health also covers non-allopathic treatment, except Naturopathy, costs under its Unique Health Insurance Policy, up to 25% of sum assured or a maximum of Rs 25,000 per occurrence, per year.

Naturopathy treatments are excluded in all policies, while few cover Unani and Homeopathic. This is because other forms of treatments have no standard treatment protocols and highly varied costs thus making it difficult to actually compute the cost to be covered. Though the coverage has been expanded, there are curbs on the amount and situations under which it can be claimed.

As per the policy of Future Generali, Snehan and Swedan are payable only when these procedures are done as a part of pre-Panchkarma preparation. Comfort treatments involving steam bath/sauna/oil massages are excluded. Cholamandalam MS General Insurance policy has identified about 40 common ailments for which Ayurvedic treatments which are prevalent and widely used. These will be covered for treatment across any government registered hospitals.

## Ayurveda Updates

This shows the increasing popularity and awareness about Ayurveda treatment. We expect the day will arise when all the Ayurvedic treatments will be covered under insurance for the benefit of patients.

## Ayurveda Syllabus pattern amended to make it contemporary

- Dr. S. Binorkar & Dr. Yogesh Deole

Ancient Ayurveda science is taking new heights in view of its up gradation. As per the Gazette Notification dated 25/04/2012, Central Council of Indian Medicine (CCIM) has amended new modifications called "Indian Medicine Central Council (Minimum Standards of Education in Indian Medicine) Amendments, Regulation 2012". As per these regulations, the five and half year syllabus are re-structured as 1st , 2nd and 3rd professional as for 12 months each, 4th professional for 18 months followed by Compulsory rotatory internship for 12 months. The subjects are also divided as per the duration as shown in the table.

1st professional	Padarth Vijnana Evam Ayurveda Itihas, Sharira Rachana, Sharira Kriya, Sanskrita, Maulika Siiddhanta Evum Ashtanga Hridaya Sutra sthana
2nd professional	Dravya Guna Vijnana, Rasashastra-Bhaishajya Kalpana, Agada Tantra Vyavahara Ayurveda evum Vidhi Vaidyaka, Charaka Purvardha
3rd professional	Roga Nidana Vikriti Vijnana, Swastha Vritta and Yoga, Charaka Uttarardha, Balroga, Stree Roga and Prasuti Tantra
4th professional	Kayachikitsa, Panchakarma, Shalya Tantra, Shalakya Tantra, Research medical Statistics

Inclusion of Research methodology and statistics will lead to awareness about the need of research in Ayurveda. It will open a new window in curricula of Ayurvedists. This is a welcome step taken by CCIM to encourage the youth and empower the research field.



## Literary Research

### *Sanketamanjari* – an unnoticed Manuscript on *Ashtangahridayam*

- Dr. Ritesh Gujarathi  
Lecturer, Dept. of Basic Principles  
Prof. Manindra Kumar Vyas  
Professor and Head, Dept. of Panchakarma

*Ashtangahridayam* – quintessence of the eight branches of *Ayurveda* is one of the authoritative treatises on ancient Indian Medicine. It has attracted the attention of medical men not only within this country but also of neighboring countries such as Arabia, Persia, Tibet and Germany. Its popularity is substantiated by the large number of commentaries by Indian scholars and appreciation by the scholars of many other countries. With its beauty and brevity of poetical composition, sequential arrangement of topics, clear description of precepts and practices of medical science, it has earned its rightful place as one among the *Brihatrayi* of *Ayurveda*. It is an epitome of *Ayurveda* catering to the needs of the students, scholars and medical practitioners alike.

*Ashtangahridayam* has the honour of having the highest number of commentaries than any other *Ayurveda* treatise. Though about thirty four commentaries<sup>1</sup> are known all of them are either lost, available partly or remaining in manuscript form in the libraries of India and other countries. Only six are available in print; not a single commentary is completely available. It is surprised to note the only commentary available in full, as it is believed, *Sarvangasundara* by **Arunadatta** is also incomplete. (Refer *Shlokas* from *A.H.U.Ch.* 21.39 to *Ch.* 22.7 are not available.)<sup>2</sup>

*Sanketamanjari* is a commentary written on *Ashtangahridayam* and is available in full in manuscript form and still unpublished. This commentary remained unnoticed in the history of *Ayurveda*. There is only one reference of this commentary in the history of *Ayurveda* and i. e. in *Ashtangahridayam* – Edited by **Bhishagacharya Harishastri Paradkar Vaidya**. The same reference has been quoted by **Acharya Priyavrat Sharma** in the book '*Ayurveda Ka Vaigyanik Itihas*'<sup>3</sup> and by **Dr J L N Shastri** in his book '*History of Ayurveda*'.<sup>4</sup>

### Structure of manuscript of *Sanketamanjari* Commentary

\*The manuscript is protected by beautifully carved two wooden plates encased in a cloth.

\*Total 328 Folio i.e. 656 Pages of this commentary are available.

\*Whole commentary is written on handmade papers.

\*The period of commentary must be of 15<sup>th</sup> century AD.

\*The manuscript seems 200 years old.

\*Size of each and every page is 12"x6".

\*Each page has around 10 Lines of bare text of *Ashtangahridayam* and 1 to 7 lines of *Sanketamanjari* commentary in header and footer divisions.

\*Whole Commentary is written in header and footer format.

\*It seems that the ink used is of Marking nut (*Bhallataka*).

### Page wise distribution of whole commentary

Sr No.	Sthana	Folio	Pages
1	Sutra Sthana	79	158
2	Sharira Sthana	28	56
3	Nidana Sthana	37	74
4	Chikitsa Sthana	74	148
5	Kalpa Sthana	14	28
6	Uttaratantra	97	194
Total		328	656

### Author of *Sanketamanjari*

The only information available about the author is in the last portion of commentary of the last chapter i.e. *Uttaratantra* ch. 40 that this commentary is written by **Mr Damodar Ranade** who belonged to *Chittapawan Jati*.

### Need to explore oriental literature

The study of literature and its revival is an important background material for planning research programs. There is a scarcity of oriental literature in *Ayurveda*. Thorough study of such available literature is very much needed for the prosperity of *Ayurveda*.

### References:

1. Srikanth Murthy- K R, Vagbhata's *Ashtangahridayam*, Vol. 1, I, Reprint – 2007, Krishnadas Academy, Varanasi -2
2. Harishastri Paradkar Vaidya, *Ashtangahridayam, Prastavana* (Prologue), 9<sup>th</sup> Edition, Reprint – 2005: pp 29
3. Sharma Priyavrat, *Ayurveda Ka Vaigyanik Itihas*, Reprint Edition – 2008, pp: 191,
4. Shastri- JLN, *History of Ayurveda*, First Edition - 2008



## Effect of Virechana Karma on reduction of weight in management of obesity

- Dr. Yogesh Deole, Lecturer, Department of Kayachikitsa  
Dr. A.R.V. Murthy, Dean & Suptd.

### Introduction

The incidence of Obesity is high on rise in India. A report states that almost 65% of adult urban Indians are either overweight or obese or have abdominal obesity.<sup>[1]</sup> *Atisthaulya* is enlisted among the eight *Nindita Purushas* in Ayurveda. All the classical texts have given due importance to this disorder in reference to the *Apatarpana / Langhana Upakrama*. Moreover Obesity is the leading cause for co-morbid diseases like Dyslipidemia, Diabetes, Cardio-vascular disorders including Hypertension, PCOD, Infertility, Osteoarthritis, etc. Many patients are being advised to reduce weight to get freed from their sufferings.

Ayurvedic texts like Charaka Samhita,<sup>[2-3]</sup> Ashtanga Hridaya<sup>[4]</sup> have prescribed *Samshodhana Chikitsa* for the treatment of *Santarpanajanya* diseases like *Sthaulya*. *Vamana*, *Virechana*, *Lekhaniya Basti* are the most common procedures to be advised in Obesity. Considering the co-morbidity of cardio-vascular diseases like Hypertension, convenience to the busy patients, *Virechana* can be the safest procedure for elimination of *Doshas* in *Atisthaulya*. A research is being conducted to study the effect of *Virechana* Procedure on overweight and obese patients. The research is continued. Partial data furnished till date is presented here.

### Aims and Objectives

The present research is aimed to study the effect of *Virechana* on reducing weight and BMI of the obese patients.

### Material and Methods

Patients from the OPD and IPD of SG Patel Ayurveda Hospital are being studied under the present research trial.

### Inclusion criteria

1. Overweight and Obese patients with BMI above 25 are included for the study irrespective of their sex, religion, occupation.
2. Patients between the age of 16 years to 70 years are included.

### Exclusion criteria

1. Patients not fulfilling the inclusion criteria, with any other serious systemic illness and who are not suitable for *Virechana* as per the classics are excluded.

### Methods

Classical *Virechana* Procedure including *Deepana-Pachana*, followed by *Snehapana* (*Mahatiktaka Ghrita/Panchatikta Ghrita/Phala Ghrita/ Dadimadi Ghrita* as per the co-morbid disease until *Samyak Snigdha Lakshanas* are observed), *Virechana* and *Samsarjana Krama* is followed. The patients were advised to follow a stipulated diet and lifestyle during *Virechana* schedule.

### Assessment criteria

Weight in Kg., Body Mass Index ( $\text{kg/m}^2$ ), and subjective feeling of well being are assessed before and after the *Virechana* Procedure.

### Observation and Results

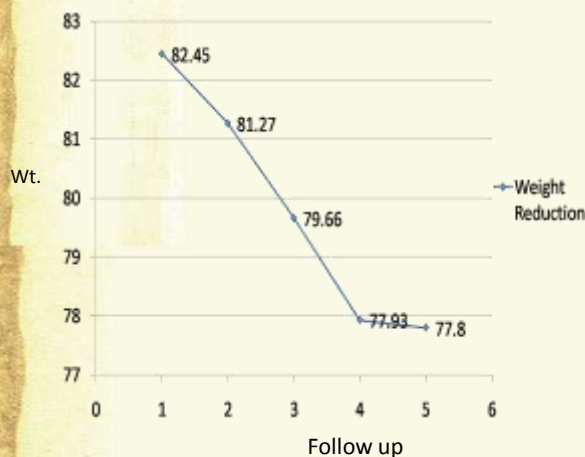
Table 1: Data of 25 patients of Obesity

No.	Criteria	Maximum	Minimum	Average
1	Age ( in years)	63	17	40.29
2	Weight ( kg) Before Treatment	114	53	82.45
3	Weight( kg) After Treatment	111	50	77.37
4	<i>Snehapana</i> Dose (ml)	1350	90	416.25
5	<i>Virechana</i> Vega	24	5	9.79
6	Weight Loss after <i>deepana- pachana</i>	4	2	1.22
7	Weight Loss after <i>Snehapana</i>	7	-1	1.52
8	Weight Loss after <i>Virechana</i>	5	0	1.91
9	Weight Loss after <i>Samsarjana</i>	5	0	0.41
10	Total weight loss	11	1	5.08
11	BMI Before Treatment	41.37	25.08	32.57
12	BMI After Treatment	40.28	22.99	30.58
13	% improvement in BMI	13.41	1.17	6.14



**Table 2: Statistical Analysis**

No.	Criteria	Mean $\pm$ SD		T value	P
		BT	AT		
1	Weight	82.45 $\pm$ 195.83	77.37 $\pm$ 175.81	1.29	<b>P&lt;0.05</b>
2	BMI	32.57 $\pm$ 19.16	30.57 $\pm$ 19.08	1.65	<b>P&lt;0.01</b>



**Graph 1 : Weight loss pattern during Virechana (1- initial weight, 2 – Weight after deepana-pachana, 3- Weight after snehapana, 4- Weight after Virechana, 5- Weight after Samsarjana karma)**

Total 24 patients were enrolled in the present study, out of which 15 were female and 09 male. The observations and results of the treatment are shown in the tables 1 and 2. The pattern of weight loss during the procedure is shown in graph 1.

The observations show that there is a steady weight loss pattern after *deepna-pachana* (average 3 days, 1.22 kg), the weight further reduces after *Snehapana* (after avg.5 days, 1.52 kg) and it further continues to decrease after *virechana* (after 4 days including *vishrama* of 3 days, 1.91 kg). It decreases minimally after *sansarjana krama*. Thus after the treatment of nearly 15 days of *Virechana* schedule, average 5.08 kg weight loss is observed [ $p<0.05$ ]. Some patients reported pain in abdomen, burning sensation in abdomen after taking *Virechana* yoga, which was reduced after *Virechana* was over and needful treatment of *Anulomana*.

## Discussion

The mode of action of *Virechana* in reducing the weight needs to be discussed. *Sthaulya* is predominantly a *Rasaja Vikara* as per Sushruta. Charaka states it as a *Medoja vikara*. *Agnimandya* at the level of *Rasa* and *Meda dhatu* is the important patho-physiological factor which needs to be corrected. *Virechana* is the *Shodhana* procedure which corrects the *Agni* at gross level as well as *Dhatu* level. As observed the *Deepana Pachana* drugs can remove the obstruction at the *Dhatu*, followed by *Snehapana* which can dissolve the *Meda dhatu dosha* (mainly circulating fats). These wastes can further be eliminated by *Virechana* procedure. The dissolving of fat into fat is a topic of further study. Moreover *Virechana* can give additional benefits of feeling of well being in sense organs, elimination of *doshas* from body, Good sleep, correction of appetite and digestion.

## Conclusion

From the study, it can be stated that *Virechana* procedure is helpful in reducing the weight of the obese patients.

## Acknowledgement

The authors are highly thankful the management of CVM and SG Patel Ayurveda Hospital, staff of Department of Panchakarma including Head Prof.MK Vyas and Dr.Kundan Chaudhury, Dr.D.K.Jani, Research Co-ordinator for their support in the procedure. The authors are also thankful to Dr.Somraj Kharche, Lecturer, Department of Kayachikitsa for help. The authors admire the help of Dr.Pradnya Chauhan in recording the data of patients.

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- 1.<http://www.diabetes2bfree.com/blog/rising-prevalence-of-overweight-and-obesity-in-india/> downloaded on 03/07/2012
2. Agnivesha. 'Charaka Samhita', revised by Charaka and Dridhbala edited by Vaidya Jadavaji Trikamaji Acharya, Krishnadas Academy Varanasi (India); 2000. Sutra Sthana 22/19,121.
3. Agnivesha Ibid Charaka Samhita. Sutra sthana, 23/8; 122.
4. Vagbhata, Ashtanga Hridayam, edited by Pt. Harishastri Paradakar Vaidya, Krishanadas Academy, Varanasi (India), 2000, Sutra sthana 14/12; 101.



## Clinical Data Report

### "Swarna Amruth" – a Swarnaprashana campaign for children at SG Patel Ayurveda Hospital- A report

- Dr. A.R.V. Murthy, Dean & Suptd.

Dr. Pallavi K. Lecturer, Dept. of Agada Tantra

Dr. Amita Vyas, RMO

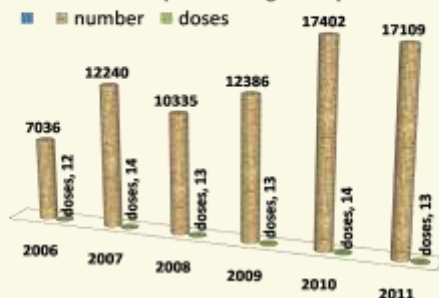
Every Parent desires his/her child to be the BEST. The best needs the nurturing of the child within all the way through. What not a parent puzzle out to make the kid bright, bold, smart & luminary. While modern medicine speaks on immunization in the course of different vaccinations, Ayurveda conceives the great sacrament of making the child lick herbo-gold concoction called Swarnaprashana. Swarnaprashana is one of the exquisite methods of making a child healthy physically & mentally.

"Swarnaamruth" is Surajben Govindbhai Ayurveda Hospital's campaign achieving milestones in making the child from 0 to 10 years of age. Every 27 days of Pushya Nakshatra (Delta Cancr) day here is a caravan of children with parents & teachers of the school. The then freshly prepared mixture of elixir is a well known & favorite drop for children. Amidst so many commercial yearning through Swarnaprashana, the Hospital is being in free service for Swarnaamruth since last 6 years. The graph shows the ascending number of beneficiaries of Swarnaamruth.

**The following are the benefits of "Swarnaamruth":**

1. Promotes Immunity against diseases.
2. Increases bodily strength.
3. Increases intellectual capacity.
4. Improves appetite & digestion.
5. Tones up skin colour & complexion.
6. Detoxifies the body & maintains equilibrium.
7. Prevents diseases which occur due to climatic changes.
8. Prevents diseases during eruption of teeth.

Year wise Suvarnaprashan Progress Report 2006-2011



"Swarnaamruth" is a magic drop, combatant against many diseases which are hampering the child's health. It is not a cure for any psychological disorder, but is an intellectual builder. The Hospital is also planning for research in this regard to find the outcomes which might be scrupulous & expensive.

## Students' Corner

### Experience at GJAC by student of outgoing batch (2006-2012)

- (Dr) Shweta Lakhani, Intern

It's a great moment of gesture for me to pen down my experiences during these five & half years of my graduation (2006-2012) in GJAC. During the early years of my graduation I was confused and worried about my existence in the field of Ayurveda. The disappointment of not getting admission into MBBS and to cope up in entirely new subjects, were the most difficult task ahead of me. This is where I felt I was lucky to join GJAC. The highly conversant and co-operative staff under the leadership of dynamic Principal Dr A R V Murthy sir stood beside us whenever needed which helped us in understanding the science in much depth and enriched our faith in this glorious life science. The Institute also has a lion's share in carving our personalities by conducting various extracurricular activities round the year and providing us with unmatched infrastructure. Now after completing 5 ½ years in this field I started understanding the potential of Ayurveda in decreasing the suffering of mankind so I feel proud to choose Ayurveda as my carrier to serve the society. On this occasion I want to convey a message to my entire colleagues & friends that believe in yourself, believe in Ayurveda and be proud that you are a part of scientific and spiritual science which has no other alternative. Don't criticize your science. No science is complete but we people have to work hard to make it complete. And I personally believe that, "If you want to do something which you had never done before, you have to do something which u never did before." Believe in Ayurveda, and give your best to Ayurveda then no other discipline can thrash this immense treasure.



## A report of CME for Medical officers sponsored by Dept. of AYUSH and RAV, New Delhi

- Prof.ARV Murthy, (Chief Coordinator)

- Dr. Ritesh Gujarathi, Dr. Yogesh Deole ( Coordinators)



A six days National CME for Medical Officers sponsored by Department of AYUSH in co-ordination with Rashtriya Ayurved Vidyapeeth, New Delhi was organized at G.J.Patel Ayurveda College and Research Centre, New Vallabh Vidyanagar. The best possible efforts were made to invite National and International speakers for the CME for the benefit of the Medical Officers.

Nearly 20 state directors were communicated for the nomination of medical officers. The college received 45 applications across the Country. Maximum, nearly half applications were received from neighboring state Maharashtra. But as per the rules of Rashtriya Ayurveda Vidyapeeth, only 5 Candidates from each state were selected on first come-first served basis. In and all 24 Candidates had been selected for CME. Among them 5 were from Gujarat, 5 from Haryana, 5 from Maharashtra, 2 from Uttar Pradesh, 2 from Karnataka, 1 from Goa, 1 from Tamilnadu, 1 from Host Institute and two other Private Practitioners. Thus total 7 States have been covered for this CME.

On day 1 i.e. 12/03/2012, Prof.A.K.Sharma, Director - NIA, Jaipur delivered guest lecture on the topics *Vyadhikshamatwa Vikara* in Session 1 and *Jara-Rasayana* in Session 2 .

In the inaugural session Hon. secretary, CVM, Shri R.P.Patel presided over the session. Prof. M.L.Sharma, Hon. Vice Chancellor, Gujarat Ayurved University, Jamnagar, was the Chief Guest, while Prof. Emeritus R.H.Singh, BHU, Varanasi, and Prof. A.K.Sharma were the guest of Honour. Prof. M.L.Sharma shared his experiences on Pharmacovigilance in his keynote address.

In session 3 and 4 on day-1. Prof. R.H.Singh ignited Medical Officers with his extraordinary speech on the topics *Panchakarma Purva Karma and Pradhan Karma*.

On day-2, 13/03/2012, Dr. Manjush Rajagopala, Associate Professor in Department of Shalakya Tantra, I.P.G.T. & R.A., Gujarat Ayurved University, Jamnagar, delivered Lecture of Shalakya Disorders- Part 1 (ENT).



After that Dr. K.K. Dwivedi, Reader, Department of Kayachikitsa, Varanasi delivered Lecture on Rajayakshma – Tuberculosis in session 2. In session 3, Dr. Manjusha R. presented her speech on Shalaky Tantra – Part-2 with focus on Netra Roga disorders. In Session -4 Prof. Shrikrishna Sharma delivered lecture on Hrudroga. On day-3, 14/03/2012, in the first session Prof. Abhimanyu Kumar, Prof. and Head, Dept. of Kaumarbhritya, NIA, Jaipur, delivered a Lecture on Balroga. In session -2 and 3, Dr. K.K. Kohli Director, Ayurveda, Maharashtra, spoke on Medical Law and hypertension respectively. In session-4, there was an interaction with trainees on topics related to the experiences in Ayurveda practice.

On day-4, Dr. Pawan Godatvar, Associate Professor, Department of Rog Nidana, NIA, Jaipur delivered a lecture on National Health Program in Session-1. In session 2 Dr. Vinaya Kumari, Professor, Department of Stri Roga and Prasuti Tantra, University college, Jodhpur gave a lecture on Prasuti Tantra. In session -3 Dr. Pawan Godatvar reviewed the Concepts of AIDS followed by an elaborative lecture on National AIDS Central Programme. In fourth session Dr. Vinaya Kumari guided the trainees on Stri Roga incorporating common gynecological disorders.

On day – 5 (15/03/2012), in Session-1, Dr. Mukul Patel, Ayurvedic Proctologist and Practitioner from Surat, interpreted Ksharshutra preparation and management. In session 2, Prof. Dattatreya Rao, Prof. and HOD-Shalya, Ayurveda College, Tirupati has delivered lecture on Trauma and First –Aid. He also elaborated the Ayurvedic and Modern perspective of Minor OPD Surgical Procedures in session -3. In session-4, Dr. Mukul Patel demonstrated various Ksharasutra and anorectal surgical procedures through video clips of his clinical practice.

On day-6 i.e. 17/03/12, in session -1, Prof. H.M. Chandola, Professor, and Head, Dept of Kayachikitsa and former Dean-IPGT and RA, GAU, Jamnagar elaborated the concept of Diabetes – Madhumeha in a very precise manner. In session - 2, Prof. H. M. Chandola, directed the trainees on Pharmacovigilance in a lively way. He also distributed the ADR forms to all the trainees and guided them how to report the ADR to various peripheral Pharmacovigilance centers. In session 3, interaction with the participants was held followed by pre and post assessment session 4.







The CME ended with Valedictory session. Some of the participants shared their experiences about the stay at Vidyanagar and appreciated the organization of CME.

In and all, total 22 lectures were delivered by 12 subject experts. Each session was followed by a question and answer interaction with the speakers in which all the participants have taken an active part. In nut shell the CME –organized for the first time at GJ Patel Ayurveda College, New Vallabh Vidyanagar was successful and disseminated knowledge on the topics in the module.

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### News and Events

#### Mid day meal for patients

CVM and SG Patel Ayurveda Hospital have started FREE meal for all indoor patients to serve the human society in better way. The Dean and Hospital Superintendent Dr. ARV Murthy inaugurated the program and established a novel system of “Anna Dana” in the hospital. Many patients are benefitted by this novel program.

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### Shishyopanayaniyam Programme and Charaka Oath given by Dr.CP Shukla

As per the tradition of institute, the incoming batch of first year BAMS is given Charaka Oath for their bright future. On 16<sup>th</sup> January, Revered Professor C.P.Shukla, Former Dean, IPGT & RA, Jamnagar and Renown Ayurvedic Physician commonly known by gesture as Walking Charaka blessed students with his words of guidance. He motivated the faculty as well as students to integrate the modern diagnostic tools with ancient therapeutic wisdom for betterment of society.





## CMEs and Seminars conducted at Institute





### CMEs and Seminars conducted at Institute

Total 5 CME and Seminars are conducted at the Institute during the period of January to June 2012. Various well known speakers delivered guest lectures on the topics as shown in table below.

Sr. No	Date	Speaker	Topic
1	12 <sup>th</sup> Jan 2012	Dr. Dilip Pandya	7 <sup>th</sup> CME on management of Hypertension With the help of Ayurveda
2	17 <sup>th</sup> & 18 <sup>th</sup> Jan 2012	Dr. C.P. Shukla	8 <sup>th</sup> CME on Clinical Applications of Charaka Samhita
3.	5 <sup>th</sup> Feb 2012	Vd.Rajesh Thakkar Vd. Bhavdeep Ganatra	"Interactive Pathshala-9" "Vaidya-Vidyarthi Samuho Nishamshay Karaanam"
4	12 <sup>th</sup> – 17 <sup>th</sup> March 2012	National & International Speakers	CME sponsored by AYUSH for Medical officers (Module 1&2)
5	16 <sup>th</sup> April 2012	Dr. Dharendra Joshi Dr. Harinath Jha	9 <sup>th</sup> CME on Clinical experiences in Ayurveda

### Local Inspection Committee – Gujarat Ayurved University visited Institute

The Local Inspection committee headed by Dr.Anup Thakar,IPGT & RA, Jamnagar visited the institute for further expansion of the institute in view of starting Post Graduate courses in various subjects.





## MoU signed between AAPNA and GJPIASR



In view of projecting the institute at global platform, a Memorandum of Understanding has been signed with AAPNA (Association of Ayurvedic Physicians of North America). The President –AAPNA, Dr. Shekhar Annambhotala visited the Institute on 23rd January 2012 and signed the MoU. He also shared his experiences in Ayurvedic clinical practice in abroad. The collaboration under the leadership of Dr.ARV Murthy will certainly lead to globalization of Ayurveda.



## Achievements of staff

### Prof. A.R.V. Murthy felicitated at World Conference – AYU 2012

Prof. ARV Murthy, Dean was felicitated by International Ayurveda Academy in AYU – 2012 World conference organized at Pune, Maharashtra after chairing a scientific session.



### Prof. M. K. Vyas honored by Ayurveda Martanda Award

Head of Panchakarma Department Prof.M.K.Vyas has been recently honored by Ayurveda Martanda Award by All India Ayurvedic Specialists Association, New Delhi at the occasion of 30th All India Conference on Congenital Disorders for his relentless efforts and services offered to Ayurveda. The award presented by Mr. Hardia, The State Minister for Health and Family welfare, Govt. of Madhya Pradesh on 13th May 2012 at Indore, M.P. The management as well as Institute congratulated him for the achievement.

### Seminars at GJ Patel Institute of Ayurveda and Research, New Vallabh Vidya Nagar

As a routine process of assembling for academic discussion, faculties of the institute presented seminars on various topics as enlisted in the table.

Sr. No.	Topic	Presented By
1	Clinical Case presentation – Vatahyat Vartma	Dr. Mrudulata Maurya
2	Evidence based Medicine in Ayurveda	Dr. Remya Krishnan
3	Infectious Disease –Ayurvedic Perspective	Dr. Rajkumar Varrier
4	Ayurvedic Interpretation of TORCH Management	Dr. Kusum Pathak
5	Guna- Tools for diagnosis	Dr. Rajkumar Varrier
6	Hridrog- Gynecological Perspective	Dr. Jasmine Gujarathi
7	Stress and Distress - Ayurvedic Perspective	Dr. Yogesh Deole
8	Hridrog- Cardiac Disorders in Pediatric Perspective	Dr. H.Dave
9	Clinical Case presentation on multiple uterine fibroid	Dr. Kusum Pathak
10	Aavritta Vata	Prof. S.K. Sharma Khandal
11	Dissertation Seminar- Clinico Experimental Study on role of stress in premature ageing and its management with Rasayana Ghan Vati	Dr. Yogesh Deole
12	Charaka Samhita Editing Seminar – Sutra Sthana Chapter 7 to Chapter 8	Weekly Presented by faculty in rotation



## Sports and Cultural events

### Foundation day sports at GAU, Jamnagar

The college team participated in the sports organized on the occasion of University foundation day on 5th January, 2012 at Jamnagar. Students including Nisha Patel, Vismita Patel, Ramji Jograna, Badridan, Jatin Patel, Mahipat Chawda won Gold, Silver and Bronze medals in various categories and games. The CVM and College management congratulated the students.





Glimpses on 5th Annual Day "ADANA"- 25<sup>th</sup> January 2012



Classical welcome: -- Bharatanatyam by Tredha vyas from 2nd year & beautiful Rajasthani dance by intern (Dr) Riddhi Kumpavat.



Traditional Marathi & Western dance performed by 2<sup>nd</sup> year students





Featuring ballet on Yashodha & Sri Krishna by 1<sup>st</sup> year Students & Melodious performance by first & final year students.



Chairman CVM- Dr. C. L. Patel awarding the meritorious Students & Dr S C Pant (Director, Ayurveda Gujarat State) inaugurating renovated Pharmacy with Chairman CVM- Dr C L Patel.





JULY-2012

नार्थार्थं नापि कामार्थमथ भूतदयां प्रति । (चरकसंहिता)

The services rendered here are purely dedicated for the welfare of mankind;  
neither aimed at amassing wealth nor at fulfilling personal yearnings. (Charaka Samhita)

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