



## 7<sup>th</sup> Shishyopanayaneeyam Ceremony organized on 3<sup>rd</sup> December 2012

As per the tradition of the Institute, the first year students of batch'2012 were inducted with Unique Vedic practice- **Shishyopanayaneeyam Samskar**. On this occasion, students recited customized Charaka Oath.



## CME organized by Himalaya Drug Company

Himalaya Drug company had arranged two CMEs on Respiratory disorders on 24/08/12 and 20/12/12 respectively. On this occasion, meritorious students securing first and second rank in final year were honoured with Jeevaka and Ayurved Visharada Award.



## My Earth – My Duty movement by NSS

NSS volunteers from second year planted 150 seedlings at Meghva garden on the occasion of My Earth –My Duty movement under NSS Programme guided by Dr.Somraj Kharche, Dr.Dilip Jani, Dr.Bipin Sawant and Dr.Ankush Mahajan.



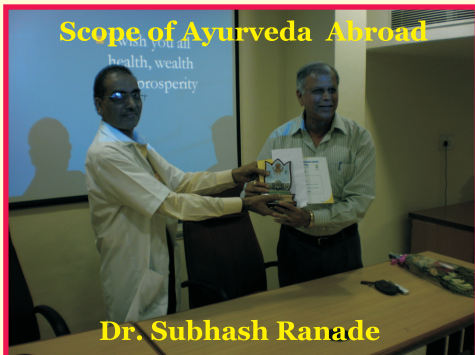
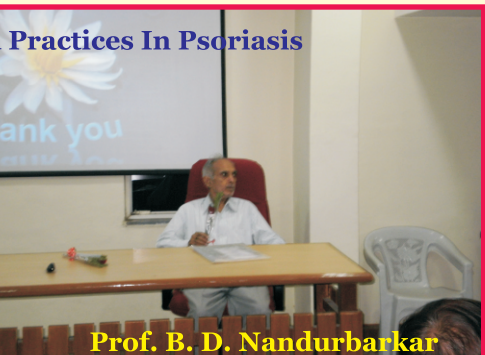
## Sports Events

A State level intercollegiate Volleyball competition was held on 23/11/12 and 24/11/12. **Sadbhavana Diwas celebrated** On occasion of Sadbhavana Diwas ( 21<sup>st</sup> August 2012), NSS volunteers swore the oath of Rashtriya Sadbhavana Divas in the presence Prof.SP Navadiya, Prof.M.K.Vyas and NSS Program officer, Dr.Somraj Kharche.



## Seminar/ CME / Guest Lectures conducted at Institute

GJP-IASR is actively engaged in arranging various CMEs and Guest lectures by renowned scholars in the field of Ayurveda and conventional medicine. This is meant for the benefit of students to broaden their views about current status of Ayurveda and integrated medicine across the Globe.



# आयुर्वेदामृतम् AYURVEDAAMRUTAM

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## Editorial LIFESTYLE DISORDERS AND AYURVEDA - Dr. A. R. V. Murthy, Dean & Supdt.



Lifestyle disorders are defined as those whose occurrence is primarily sourced to routine habits of individuals and are a result of inappropriate

relationship of people with their environments. The onset is generally insidious, maybe years, but once occurred they do not lend for easy management. The prime factors that contribute to the lifestyle diseases are bad food habits like improper and irregular diet (Vishamashana , Adhyashana etc.), bad regimen (Vishama Achaara) including physical inactivity, improper body posture and disturbed biological clock. Disease like Overweight, Obesity, Diabetes mellitus, Dyslipidaemia, Hypertension are all attributed to unhealthy lifestyle. India is estimated to incur an accumulated loss of 236.6 billion \$ by 2015 on account of unhealthy disease and faulty dietary habits – as reported by World Economic Forum. The western lifestyle characterized by convenience of food, Computer, Television has an impact not only on children but also on adults. Dependence on technology and gadgets has a direct impact on our health. Excessive use of Computer has been linked to Glaucoma, Short-sightedness/ Long sightedness, neck pain and back pain- as reported by Toho University School of Medicine. ASSOCHAM survey has indicated that 68% of working women (in the age of 21 to 52 years) were found to be afflicted with lifestyle ailments such as Obesity, Depression, Chronic backache, Diabetes and Hypertension. It has been reported by a study “Preventive Healthcare and Corporate Female Workforce” that long hours of work and the strict deadlines leads to Depression and General Anxiety disorder in about 75% of working women as compared to women with lesser levels of psychological demand at work. Wrong sitting and standing posture while working can lead to

chronic neck pain or back pain. The heat generated by Laptops kept on the lap of the males can cause decrease in sperm count. Extensive use of gadgets like mobiles can be a culprit for many ailments, though the suspected adverse effects on humans are yet to be established. Working in night shifts can lead to disturbed biological clock leading to Insomnia, Acidity, Indigestion, Mood fluctuations etc. Alteration in the circadian rhythms in an individual compromises his immunity leading to various opportunistic disorders.

All the life style disorders are based on the way of living of people and occupational habits that are preventable and can also be lowered with appropriate changes in the diet, lifestyle and environment. Ayurveda considers violation of natural rules of living as the basic cause of all the lifestyle disorders. Volitional transgression (Pragnaparadha), Unwholesome conjunction of sensory apparatus (Asatmendriyarthasamyoga) and changes in Season (Kala) are some basic causes where rules of nature are violated. Ayurveda has prescribed specific regimen to prevent the occurrence of lifestyle disorders. The rules are specific in the form of Daily code (Dinacharya), Seasonal regimen (Ritu charya) and Management of natural urges (Dharaniya-Adharaniya Vegas which all form a part of “ Physical code ” ( Swathavirtta). In addition to prevent psychological disturbances a specific “ Moral code ” in the form of “Sadvritta” and “Achara Rasayana” has also been advised. Treatment procedures in the form of five bio-purification measures (Panchakarma) and promoting therapeutics in the form Rejuvenative measures (Rasayana) are also advocated in Ayurveda. Ayurveda has given utmost importance to principles of eating in the form of “Ahara vidhi visheshayatana” which will take care of faulty dietary habits. In addition, keeping in view the changing modes of physical activity is its advisable to adopt proper postures and also use instruments like Ergonomic chairs at workplace will also be useful. It is the need of the hour to propagate the preventive and promotive measures discussed in Ayurveda for the preventive management of lifestyle disorders which are high on rise.

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स्मृतिमान् हेतुयुक्तिज्ञो जितात्मा प्रतिपत्तिमान् ।  
अिषगौषधसंयोगैः चिकित्सां कर्तुमर्हति ॥  
(च.सं.सू.२/३६)

The physician endowed with memory, proficient in rational management, having self control and presence of mind is capable of treating (a patient) with combination of drugs.

