

Shishyopanayaneeyam Ceremony organized on 3rd 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.



Dr. Hemant Kubavat receiving Award

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 Avurved 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 occassion of Sadbhavana Diwas (21st 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.



Dr. H. Jha & Dr. D. Josh

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 Avurveda 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.







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VOL. 2

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क्मृतिमान हेत्युक्तिज्ञो जितात्मा प्रतिपत्तिमान् ।

भिषगौषधसंयोगैः चिकित्सां कर्त्महिति ।।

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.

ISSUE 1

LIFESTYLE DISORDERS AND AYURVEDA



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 **JAN-JULY 2013**

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

- 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

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 (Asatmendriyartha Samyoga) 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" (Swathavirrta). 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. (1)



THE INTERVERTEBRAL OUTLET FORAMINA AND IT'S IMPORTANCE IN THE SCIENCE OF YOGA

Dr. S. P. Tiwari * Dr. Nilesh Kasar* *Professor & Head ** Lecturer

'Yoga' an ancient Indian science, is developed for the care of good health of people and maintenance of healthy life style. This has been remained an important area of medicine, since ancient period as being an effective and un-expensive remedy for the problems of physical health in general and mental health in particular.

What is Yoga in true form? In fact this is a big question, and discovering Yoga is big achievement. Asanas are the only techniques which, if performed with the right attitude, can facilitate the pursuit of Yoga. But Yoga is different, it is very high level of understanding of the self and supreme. An inner renunciation of desires is an important part of Yogic attitude. Yoga centered with Bhakti, Gyan, Japa is different but a common Yoga particularly includes Asanas and Pranayam. Asanas and Pranayam are almost based on the anatomy of vertebral column. We can not imagine any Asana or any type of Pranayam which can be practiced without commanding the state of vertebral column.

Somatic functions are mostly controlled by spinal nerves which come out from the spinal cord through the outlet foramina of vertebral column. If there is any disturbance at the level of outlet foramina including obstruction and compression, it will lead to complications and once the disturbance is removed the symptoms are cured. This is the basis how clinical yoga can be effectively practiced. These findings have suggested the author to review and describe the anatomy of outlet foramina to evaluate its clinical significance.

Note: The complete article can be referred in E- Newsletter available on www.ayugj-cvm.edu.in.

> Student's Corner: Award winning essay Health care commercialization: Is it a need? Ms. Jinkal Chaniyara IIIrd Prof.B.A.M.S.

In 21st century, it is the era of professionalism, competition, commercialization and lot more. If we talk about India the main problem faced by the Indian constitution today is over population and unemployment, but, in my view, in this world due to large commercialization the person who want to work have doors and doors open for him in any sector whether it may be health, technology, managements, accounts, farming, academics and much more. But at the same time there's a big question ahead whether the word "commercialization" is it always useful?? Let me come to our today's topic "Health Care Commercialization Is It a Need?" First of all let me explain the meaning of this big and complicated term "health care". It is related to complete health of the people of the world from poor to the higher authorities. This mainly includes the medical professionals like doctors, nurses etc.

and "commercialization" means to be the "means of life i.e. money." Whenever this word is attached to any of the field, it no doubt provides good platform, more advanced facilities and costlier too. Now the meaning of full term as a whole is, Is the measures to cope up the need of commercialization in health care systems going on?

As we know from the famous saving in Hindi "har ek sikke ke do pehlu hote hai!" which means every coin has two sides. So this term too have its own positive points at the same time negative

Let us first have a look on the positive points. Today when the world has progressed in each and every field, it has progressed a lot and has much more knowledge then expected in medical and health care field. And at the same time day by day the economic status of the people is also improving and so is able to spend more on it. Due to commercialization in health care system more advanced tests, medicines, technologies will come up and will get more and more facilities. If we look at only India's status every third person is suffering from hypertension, obesity, diabetes like lifestyle disorders and so they have to become more and more conscious. People are ready to take up more and more facilities they get, so in that perspective commercialization is a big need. With the help of commercialization may be more and more researches can come up, due to more competition more options can set up and thus more good health can be achieved all over the world.

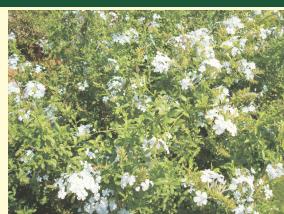
Now a days people who are not that economically sound are also aware to taking up with health insurances so health care commercialization has a bright future too.

Let's not forget it does have negative aspect too. If more and more commercialization will take place, the rates of even normal health checkup on the street physician would even touch the sky and normal lower class and the middle class people would not be able to cope up with it. As stated about the health insurances, it will also become too costlier to afford by the poor people. Another thing is that the public sector which is providing the health facilities from cities to the remote places is providing it free or with minimal charges then why to go for commercialization? And it is not so that the government health care is out of date; they are well versed with the hi-tech instruments and equipments too. They provide the highest medicines and are affordable to one and all. It is that the higher class people are not approaching to the public sectors and thus accelerating commercialization.

Commercialization would be a cold war between the planners of it and the health workers who are providing the simple man with simple medicines in a very simple way. Recently USA during recession faced lots of problem. Due to rise in the rates people were not able to take up with the health insurances and at the time of illness people got bankrupt.

Commercialization can take place for sure but it is not at all a need because not looking globally but if we only look at our country and poverty it is not the right pathway to walk upon. The professionals should not forget their ethics but no doubt should be dedicated in their field in the best way they can.

Drug Information



Plumbago capensis (Nila Chitrak)

Plumbago rosea (Rakta Chitraka

Family - Plumbaginaceae

CHITRAK

According to Raja Nighantu 2 types of Chitrak

2. Kalah(Rakta) According to Vagbhata 3 types of Chitrak

2. Pita 1. Sita 3. Asita 2 roperties

Guna - Ruksha, Laghu Rasa - Katu. Virya - Ushna, Vipaka -Katu

Information by:

Dr. Bipin Sawant, Lecturer, Dept. of Dravyaguna (2) Plumbago zevlanica (Shweta Chitraka)

News and Events

Dr. A.R.V.Murthy honoured by Veda Vyasa Award

Dr. A.R.V.Murthy, Dean & Superintendent, G. J. Patel Institute of Ayurvedic Studies & Research has been awarded with "Veda Vyasa Award" for outstanding book "Rationale of Ayurvedic Psychiatry" at AAPNA's 4th International Ayurveda Conference, Los Angeles, CA, USA on September 14, 2012.

Dr.Kundan Chaudhuri received Award for Best Poster Presentation in 5th WAC

In 5th World Ayurved Congress held at Bhopal, Madhya Pradesh, the poster of Dr. Yogesh Deole, Dr. Kundan Chaudhuri, Dr. HM Chandola, Dr.ARV Murthy on "A retrospective analysis of efficacy of various ayurvedic formulations in psychiatric diseases" was selected among best five posters. Dr.Kundan Chaudhuri received the award for the same.

Book by Dr. Yogesh Deole Published

A book entitled "Improve Quality of Life with Ayurvedic Rasayana (Rejuvenation therapy)" based on Ph.D. work authored by Dr. Yogesh Deole has been published by Lambert Publication, Germany.

CMEs, Guest Lectures & Internal Seminars

No	DATE	SPEAKER	TOPIC
1	13/07/2012	Prof. B. D. Nandurbarkar Dr. Alankruta Dave	10 th CME on Principles And Practices in Psoriasis
2	26/07/2012	Mr. Bhihag Lalaji	Key To Successfully Overcome Challenges in Life
3	31/07/2012	Dr. Bhalendu Vaishnav	Integral Approach to Health
4	21/08/2012	Dr. Subhash Ranade	Scope of Ayurveda Abroad
5	15/10/2012	Prof. Smruti Vaishnav Dr. Jasmine Gujarathi	11 th CME on Holistic Antenatal Care Healthy Progeny Through Ayurveda

No.	TOPIC OF INTERNAL SEMINAR	PRESENTER
1	Surgical Emergency	Dr. Sanjay Trivedi
2	Heart Diseases How Dravyaguna Can Contribute?	Dr. Dilip Jani
3	Aadhunika Yuge Ayurvediya Danta Raksha Vidhi	Dr. M. K. Vyas
4	Rudrayamal - Parad Kalpa	Dr. Laxmikant Dwivedi
5	Case Discussion – Adharanga Ghata (Paraplegia)	Dr. Yogesh Deole
6	Management of Senile Dementia With Poly - Herbal Medhya Rasayana Ghrita And Amalakyadi Ghrita	Dr. Kundan Chaudhuri
7	Paradadi Yoga Ki Rasayan Prayoga Vidhi	Dr. Laxmikant Dwivedi
8	Research Protocol on the Management of Nadivrana	Dr. B. P. Parmar
9	Hridrog	Dr. Guruprasad
10	Importance Of Pharmacovigilance	Dr. Ankush Mahajan
11	Case Discussion – Black Toe	Dr. Sanjay Trivedi
12	Cerebral Palsy	Dr. Sagar Bhinde
13	Charaka Samhita Seminar – Sutra Sthana 8 th Chapter to 10 th Chapter	Weekly Presented by faculty in rotation

MEDICAL CAMPS HELD AROUND THE VICINITY OF ANAND					
No.	Date	Venue	No. of patients benefitted		
1	07/10/12	Boriavi	175		
2	30/11/12	Sandesar	80		
3	27/12/12	Vallabh Vidyanagar	340		
4	29/12/12	GJ Sharda Mandir School, VV Nagar	170		
5	30/12/12	Lambhvel	65		





