

आयुर्वेदामृतम्

AYURVEDAAMRUTAM

[Contemporary Health and Ayurveda Research Updates]

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Thought provoking article: Ayur-Yoga Healthcare model

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The world is celebrating International Yoga Day on 21st June since 2015. The origin of Yoga system is simultaneous to that of Ayurveda. Both systems are intended to prevention of disease and achievement of better living being in the present world and world after death. The roots are found in ancient Indian *Veda* and *Upanishada*. Yoga offers to perform the best of one [*karmasu kaushalam*] through maintaining balance in life [*Samatwam yoga uchyate*]. Ayurveda also aims towards bringing happiness through preservation of health and prevention of disease. It emphasizes on balance of *dosha* and harmony between body, mind and soul. Yoga teaches to control the mind and sense organs in order to attain salvation. Ayurveda also guides towards achievement of four basic objects of life like *Dharma, Artha, Kama* and ultimately *Moksha*. Both the systems give importance to preservation and protection of health before attaining salvation.

Yoga and Ayurveda go parallel about guiding principles of healthcare management. Yoga advises *shodhana* in the form of *shat-karma* before starting practice of *Asana*. It directs towards removal of toxins for health. Ayurveda too emphasizes of seasonal purification of *dosha* through *Panchakarma* to maintain health as well as treatment of diseases. Specific *Asana* are indicated for treatment of specific diseases. Ayurveda indicates *Vyayama* in treating various

diseases. Tranquilized mind is important aspect of health. Yoga is restraining the mind from its all activities. Similarly *Sattvavajaya* [restraining mind] is one of the important treatment in Ayurveda. Blissful state of mind is important characteristic of health in Ayurveda. Yoga depicts spirituality by quoting the union of *Atma* [unitary consciousness] and *Paramatma* [cosmic consciousness]. Ayurveda narrates *Adhyatmika* and *Daivavyapashraya* chikitsa for managing spiritual aspect of health. Meditation is the most popular mode of Yoga therapy accepted globally for its various physical, psychological and social benefits. It is one of the treatment measures in psychiatric diseases mentioned in Ayurveda. Thus both systems manage health on physical, psychological and spiritual planes.

Harmony of body, mind and soul shall be maintained in order to preserve health. Integration of Yoga and Ayurveda for better management of diseases and preservation of health can be most efficacious, cost effective, easily acceptable and available mode in healthcare system. Both systems have their own benefits for management of lifestyle diseases like obesity, diabetes, hypertension and other metabolic diseases. Yoga removes the toxins of mind, and Ayurveda *vaidyaka* removes toxins of body mainly. Thus research on integrated systems of Ayurveda and Yoga can be carried out to find out effective models in various diseases. It can be helpful in minimizing the use of medicines, maximizing its effect, reducing duration of therapy, and training the patient to avoid the causative factors. The Ayur-Yoga system can be most successful healthcare model globally.

Fibonacci series (Golden ratio) and Ayurvedic Pramana Sharira

Dr. Sagar M. Bhide

Asstt. Prof., Dept. of Kaumarbhritya

In mathematics, the Fibonacci series are the numbers in the following integer sequence: 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144.... By definition, the first two numbers in the Fibonacci sequence are 0 and 1, and each subsequent number is the sum of the previous two. If a

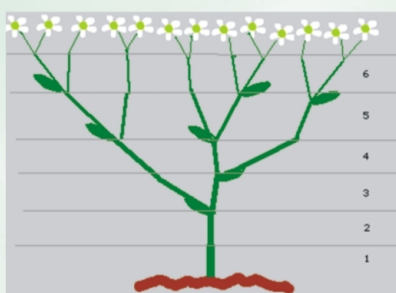


Figure 1 : Golden Ratio in branching of trees

Fibonacci number is divided by its immediate predecessor in the sequence, the quotient approximates Golden Ratio (ϕ); e.g., $987/610 \approx 1.6180327868852$. These approximations are alternately lower and higher than ϕ , and converge on ϕ as the Fibonacci numbers increase.

Mathematician and philosopher, Adolf Zeising found the golden ratio expressed in the arrangement of branches along the stems of plants and of veins in leaves, Skeletons of animals and the branching of their veins and nerves, in the geometry of crystals, and in artistic endeavors. In these phenomena he saw the golden ratio operating as a universal law. Many researchers found to have correlation between golden ratio and human body parts.

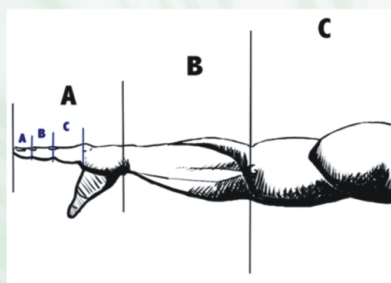


Figure 2 & 3: Golden Ratio relationships in our body.

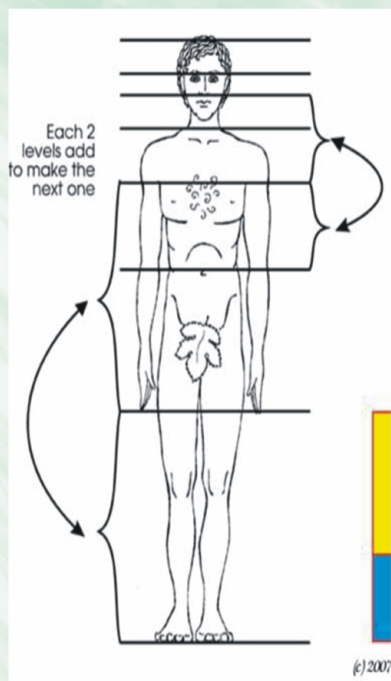


Figure 3

While describing the total length of the whole body Acharya Charak opines 84 *Angula* (Standing Height- Head to Toe) and Sushrutacharya opines 120 *Angula* (height form toe to fingertip of extended arms). At this place Acharya has described the length, depth and height of the specific parts of the body.

As per shown in below table, there is no any particular sequence in the length of consecutive body parts. Though Zeising wrote in 1854 of a universal law that golden-ratio-based human body proportions, is essential for beauty and completeness in the area of nature and art, Ayurveda classics denies the compulsory link of golden ratio in human body part for healthy life.

Table 1 - Length of body part

Body Part	As per Charaka	As per Sushruta
Foot	4	14
Leg	18	18
Knee	4	4
Thigh	18	18
Abdomen	12	12 (Umbilicus to Heart)
Thorax	12	12 (Heart to root of neck)
Neck	4	--
Mouth	12	--
Arm	--	16
Forearm	--	16
Palm	--	6
Index Finger	--	4
Total	84 (63 inches)	120 (90 inches)

References:

1. Richard Padovan (1999). Proportion: Science, Philosophy, Architecture, Taylor & Francis. pp.305–306.
2. Sharath S. G. Mishra B. N; *Pramana of Jangha and its relation with the height of healthy individual*; International Ayurvedic Medical Journal; Volume 1; Issue 5; Sept – Oct 2013
3. Acharya Agnivesha, Charaka, Dridhabala, Chakrapani, Charaka Samhita, Vimana Sthana, 8/117, Yadavji Trikamji, Ayurveda Dipika, Chaukhamba Prakashana, Varanasi 2007; 279
4. Acharya Sushruta, Dalhana, Sushrut Samhita, Sutra Sthana, 35/12, Chaukhamba orientalia, Varanasi 2007; pg 150
5. Michael S. Schneider, Author of A Beginner's Guide To Constructing The Universe, The Amen Break and the Golden Ratio.

News and Events

Visit by foreign delegates :

France: A team from Tapovan Yoga University, France headed by Dr. Kiran Vyas visited institute for knowing practical Ayurveda.

Japan: Delegates of Ayurveda course run by Dr. Inamura Aihore and Prof. H. S. Sharma in Japan visited the institute for learning Panchakarma and Ayurveda pharmaceuticals.

USA: A team of students from Falk College, Syracuse University, Syracuse, NY, USA headed by Dr. Sudha Raj visited institute for learning the basics of Ayurveda diet, lifestyle and culture of Indian traditions. All teams were very happy to see the spacious hospital, Panchakarma set-up and Interact with learned faculty of Institute.

Achievements of Students:

- Mr. Mohsin Halai, Ms. Jigna Mahida [Final year], Ms. Bhumi Soni [Second Year] and Ms. Neha Dolasiya [Second year] are awarded by CVM and institute for securing University Ranks.
- Ms. Nishi Patel and Ms. Hiteshri Patel secured first and second rank respectively in "Sanskriti Darpana" examination conducted by Bharatiya Sanskriti Trust, Shantikunj, Haridwar.

Seminars, Conferences and Workshops:

No.	Date	Program	Topic	Speaker
1.	19/02/2016	Guest Lecture	Globalization of Ayurveda & its benefits to health care	Prof H. S. Sharma (Japan)
2.	22/04/2016	Teachers training workshop	Effective classroom interaction	Dr. Sulabha Natarajan WAYMADE College of Education, Anand
3.	30-31/05/ 2016	Teachers training workshop on research methodology	Experiments, control & research	Dr. Nilanjan Roy, Prof & Director, ARIBAS, Anand
4.	21/06/2016	Guest Lecture	Stress Management	Dr. Ripudaman Sing Chauhan, Principial, M. D. Institute of Yoga & Naturopathy, Vadodara

University Foundation Day Sport



University Foundation Day Sport



Tree Plantation



Sanskriti Darpana Awards



Herb Cultivation



Visit by Foreign Delegates



Achievement of Staff:

- Prof. L. K. Dwivedi delivered guest lecture in a workshop at Jamnagar.
- A research project on "Designing and therapeutic assessment of the nutritional cum restorative formulation for the management of painful – irregular Menstruation in young and adolescent girls of Gujarat" is sanctioned by GUJCOST to the team headed by Dr. Dilip Jani and Dr. Jasmine Gujarathi.

No	Staff Activity	Number
1	Charaka Samhita Discussion	17
2	Academic Presentation	06
3	Research Presentation	06

S.G.Patel Ayurveda Hospital Activities:

Sanjivan Aarogya Scheme is launched for benefit of patients and healthy persons aiming towards prevention of disease.

Suvarnaprashana: Total 6453 children are benefitted with free Suvarnaprashana in Hospital held on Pushya nakshatra day of every month.

Medical Camps :

Sr. No.	Date	Place	No. of Pts.
1.	08/01/16	Alarsa	140
2.	10/01/16	Khambhat	353
3.	17/01/16	Kasor	173
4.	17/02/16	Meghva	121
5.	22/02/16	Meghva	110
6.	17/04/16	Ode	225
7.	01/05/16	Khambhat	150
	Total		1272

Photo Gallery

Annual Day - Rangotsav 2016 Celebrations



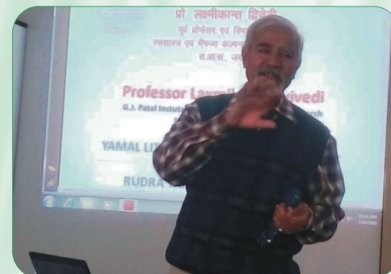
Rangotsav 2016



Yoga Day Celebrations



Lecture at Jamnagar



Guest Lectures at GJP-IASR



Himalaya Quiz



CCIM-Visitation

