

आयुर्वेदामृतम्

AYURVEDAAMRUTAM

[Contemporary Health and Ayurveda Research Updates]

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Thought provoking article:
Bio-markers and their relevance in Ayurveda diagnosis
Dr. Yogesh S. Deole
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With the advancements in technology, the medical doctors today are highly depending upon biomarkers for diagnosis and assessment of drug efficacy. In order to “be” with the scientific world, and to provide evidence base for disease and drugs, Ayurvedic physicians also are emphasizing on “scientific” disease biomarkers and objective parameters. These biomarkers, though are important means for diagnosing a disease, the question still remains, are they really important?

Ayurveda, has given ample information about the tools to diagnose a disease and assure the efficacy too. Those are the important clinical observations about the signs on patient and signs of diseases. The keen observation of *prakruti* of patient, presentation of disease, various states of *dosha*, and formulation of pathogenesis based on *dosha-dushya sammurchhana* is utmost important to treat a patient. The biomarkers including pathological, biochemical, radiological investigations are secondary to provide a support to the diagnosis in a suspected case.

Moreover, the point to be remembered, while advising and co-relating an Ayurveda diagnosis with modern investigations, is that Ayurveda emphasizes on *prakruti* and its variations

according to the *dosha* dominance. However, there is no categorization in the range of standard limits given for a specific biomarker. For example, the standard normal range of serum cholesterol for all healthy persons is below 200 mg/dl. Shall this range is applicable for a *Vata prakruti* person? Or will it differ according to the *prakruti* of an individual? Obviously, the internal *Kapha dosha-medo dhatu sammurchhana* will play role based on the *prakruti*. In the same way, the haemoglobin checked by Sahli's method, will differ in *vata prakruti* person, *pitta prakruti* person and *kapha prakruti* person. On the same line, even the normal range of blood pressure will differ for different *prakruti* and different *sara* persons. Therefore, the standard limits set by conventional research surveys are mis-guiding not only for supporting ayurvedic diagnosis, but also for the common people, as they “suffer” from the drug prescription (that may not be needed) by doctors based on the abnormal pathological findings (that may be normal for that *prakruti*).

Therefore, if we wish to use the “standard bio-markers”, the only solution for this problem is to set different standard limits for different *prakruti* persons by robust analysis of the clinical data. Or don't rely only on the pathological findings, and diagnose the condition based on clinical observation without/with minimal use of “supportive bio-markers”. This will reduce the cost of healthcare too. There is an urgent need to go back to the basics and avoid un-necessary investigations.

Dhatu Sarata & Oja
Ayurvedic concept of Immunology

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Asst. Professor - Kriya Sharir

Dhatu Sarata: The entity *Sharira* when seen physiologically, connote *Dosha* (Biological forces), *Dhatu* (Constructive Framework) and *Mala* (Biological waste products) playing their vital role to run various activities of body and sustain the integrity of life. The above said three parameters must be therefore in their physiological limits to keep up the same. This all together constitutes the definition of *Swastha* (Healthy one). The healthy condition of a body is an outcome of balanced state of *Dosha*, *Dhatu* and *Mala* on one side while on the other hand the body is being exposed to external environment and is always under a potential threat to being attacked by foreign bodies; thus surrendering to a disease. For this purpose, there must be a well developed, well organized and coordinated work of body thus preventing the same from being diseased. This is actively supported by qualitatively well developed *Dhatu* s creating barrier to foreign bodies thus building up immunity inside body.

The concept of immunity in Ayurvedic perspective is well understood by the *dhatu sarata* concept where *sarata* means the excellent and qualitative, superlative state of *dhatu* s inside the body. The above said three physiological parameters needed to be examined and their status should be assessed. For examination of *doshas prakriti* assessment is useful while *dhatu* are being assessed then one has to go with *dhatu sarata* examination. The *sarata* of *dhatu* may manifest the subjects own interest in academic and professional carrier, susceptibility towards any disease, strength-stamina of subject, personality development, positive attitude and positive approach towards goal as well. *Sarata* is also indicative of the occurrence of the hereditary disease if any, for therapeutic usage of *Rasayana* treatment also. The core concept of *sarata* is relevant only with *dhatu* and not with *dosha* or *mala* which is due to its own etymological significance – *dharanprakarshatva*. As the *dhatu* s being constructive material of body is responsible for *dharana* (support & protection) and *poshana* (Nutrition).

Development of dhatu sarata : It starts right from the intrauterine life of baby. The body will grow or sprouted up as like the quality status of gametes. Every *dhatu* is again having its specific constitution made from *Panchamahabhuta* which starts their functioning from *shukra shonita samyog* itself. While on the other hand the diet ingested by the pregnant lady also matters this is again made up of five physical elements. So the type of food consumed by the pregnant lady has a significant impact on the *dhatu* of that fetus as well. For proper development of *dhatu* s or *uttam sarata dhatu* the basic requirements may include – Proper *Ahara Rasa* formation, *Samagni* and cleaned, proper *Strotasa* (Micro-circulating channels).

Dhatu sarata is being quoted by the ancient scholars keeping the physical and psychological manifestations in mind. Every *dhatu sarata* shows us the characteristics at physical and psychological level. The dominance of *dhatu* by manifesting *dhatu sarata* actually shows a directly proportional relation to resistance power of that individual. Based on this component, the *sarata* is

again classified into *Sarva sara*, *Madhyam sara* and *Avar sara*. *Sara pariksha* is as important as inherent power of an individual which do not depend upon the size, weight, muscle mass of body rather on the well organized functional and qualitative status of *dhatu* s.

Dhatu sarata comprises mostly the physical and psychological level of an individual there is also special segment in *sara* which emphasizes purely on psychological level of a living being. This is accomplished under *Satva sara* which includes well organized stable, matured emotional behavior; strong will power, firm decisiveness.

Immune power is nothing but a resistance towards a disease or in other terms power to sustain the healthy condition and not to surrender to any disease. This is accomplished by achieving well developed *Dhatu* s. As far as healthy condition of *dhatu* is considered the examination of *dhatu* is screened from time to time which means – *Dhatu Sarata*.

Immunology & Ayurveda: The stream of immunology in Ayurved starts with a very initial word – *Oja*. *Oja* being a parameter is landed up in controversies since ancient time. Practically it is not dissociable even though the ancient scholars have mentioned its quantity proving it as a measurable figure. This is more explored by looking into mentioned physical characteristics of the same. It includes specific color, appearance, taste, smell and volume as well.

- ☒ **Color** - Whitish, Red or Yellowish
- ☒ **Appearance** – like *Ghee* (clarified butter)
- ☒ **Taste** – like *Madhu* (Honey)
- ☒ **Smell** – like *Laja* (Pori or Puffed rice)

The science of immunology in Ayurved basically involves three types of abnormalities - *Oja Vistramsa*, *Oja Vyapat* and *Oja Kshaya*. Where *Oja Vistramsa* may be understood by fluctuating immunity, instability and autoimmune generated disorders; *Oja Vyapat* reveals hypersensitivity and allergic disorders while *Oja Kshaya* relates with immune deficiency diseases. The *Oja Vistramsa* thereby can be managed by *Shodhan* and *Stambhan* treatment modality which helps to restore the *Sthira Guna* of *Oja*. Whereas *Oja Vyapat* can be managed by the herbal and other medicinal treasure mentioned in Ayurveda and which are known to induce immune response in body, indulging *Rasayana* treatment modality of Ayurved. *Oja Kshaya* can be managed by implementation of both above so as to increase the *Oja bala* in body which is essential to guard body against diseases. Deprivation of *Oja bala* ultimately leads to face disease ailments mentioned above.

Oja & Immunity: *Oja* which is omnipresent and is essence of all the *dhatu* s is responsible for *bala*, immunity in body. Immunology has its deep roots in Ayurved science which is understood by *oja* and immune disorders as abnormality in *Oja* viz. *Oja Vistramsa*, *Oja Vyapat* and *Oja Kshaya*.

Most of the daily practicing components are responsible for depletion of *Oja* thus hampering immunity of body like *Dosha vridhikar Ahara Vihara*, *Ativyayama*, *Ativyavaya*, excessive thinking, anxiety-depression, excessive alcohol intake. *Kapha*

dosha is also considered as *Oja* as the diet, medicines, actions enhancing *Kapha dosha* proves to be improving quality status of *Dhatus* and its nectar – *Oja* as well. Other fact shows relation of *Oja* to Bone marrow tissue of body which can also be objectively proven to enhance the immune response by production of Blood cells like Lymphocytes. *Rasa dhatu* resembles to *Oja* as in case of *Rasa-Rakta Samvahana* the body is supplied with nutrients, antibodies transported throughout body and accomplishing their esteemed function in body to keep it disease free. Thus creates the immune response of body. Lastly *Shukra dhatu* with its vital functions achieves the importance of being developing immune

response and sustaining integrity of healthy life. It carries ch functions as - *Dhairya* (Patience), *Dhruti* (Controlling power), *Kshama* (Forgiveness), *Priti* (Cheerfulness), *Bala* (Strength), *Vyadhikshamatva* (Immunity) as their ultimate function.

The immunity or resistance *capita* in our body is altogether achieved by Phagocytosis, Pinocytosis, Opsonization, and Agglutination. The recovering capacities of body are today highly engrossed by steroids and modern medicines to restore the health which are extensively explained by Ayurveda in terms of – *Kap Dasha, Rasa Dhatu, Dhatu Sarata, Samhanana, Bala* and *Oja*.

News and Events

Sr. No.	Date	Event Name
1.	19-10-2016	Sharad purnima
2.	22-10-2016	Navratri Celebration
3.	27-10-2016	University Tournament
4.	28-11-2016	Kabbadi University Tournament
5.	20-12-2016	University Athletics



Ganesh Chaturthi



Navratri Celebration

Seminars, Conferences and Workshops:

Sr. No.	Date	Event Name	Speaker	Topic
1.	21-06-2016	Guest lecture	Dr. Ripudaman	Yoga & Stress management
2.	27-06-2016	Guest lecture	Dr. Hitesh Jani	Go Vigyan – Classics to Clinics
3.	09-08-2016	Guest lecture	Dr. Satish Patil	Dengue Awareness Campaign
4.	10-08-2016	Guest lecture	Dr. Prerak Shah	Scope & Limitations of Ayurvedic practice in Abroad and Mediclaim procedure in Ayurvedic practice
5.	01-09-2016	Guest lecture	Dr. Narendra Gujarathi	Emergency management through Ayurved
6.	24-09-2016	Guest lecture	Dr. Hiten Vajha and Dr. Dharmendra Patel	Bridge between <i>Samhita</i> and Practice WAC Satellite seminar
7.	24-09-2016	Sanjivani Arogya Yojana Awareness program	Dr. Yogesh Deole and Dr. Gayatri Gandhe	Sharad and Hemant Rutucharya
8.	27-09-2016	Guest lecture and camp	Dr. Sagar Bhide	Health Awareness Camp, Vadod
9.	22-10-2016	Guest lecture	Prof. Aarati Pamnani	Digital Photography
10.	20-12-2016	Guest lecture and interaction	Dr. Bhaskar Thakkar	Electronic Pulsometer

Achievement of Students :

- Mr. Ashutosh Patel secured championship and Mr. Jay Acharya stood runner up in the Inter college table tennis tournament held at Govt. Ayurveda College, Vadodara. In girls, Ms. Megha Patel secured the championship and Ms. Vaibhavi Kacchadiya stood runner up in the same tournament. They are selected for inter university championship.
- The Gujarat Ayurved University athletics were organized at Junagarh in December 2016. Mr. Mitaraj Dodiya stood first in the 800 m. running race with a record time of 2 minutes 21

- seconds. He broke the 26 year old university record of 2 min. 2 sec. The team led by Mr. Chirag Bhaliya broke the 29 year old record of 4 min. 24 sec. by completing the 4 x 400 m. relay race in just 4 min. 19 sec. The college athletics team secured 7 Gold, 6 silver and 3 bronze medals. Mr. Chirag Bhaliya was declared overall champion to receive the championship shield.
- G.J.P.- I.A.S.R. Boy's Kabbadi team won the Championship title in the inter-college Kabbaddi tournament held at Junagadh in November 2016.

Achievement of Staff:

- Dr. Aparna Deshpande, Professor Dept. of Sanskrit Samhita & Siddhant, received Best Scientific Poster Presentation award at National Seminar on Life Style organized by Shree Gulabkunwarba Ayurveda Mahavidyalaya, Jamnagar on 1st to 3rd July 2016.
- Dr Jasmine Gujarathi, Reader, Dept. of Prasuti Tantra & Stree Rog, received 1st Prize in Poster Presentation at National Seminar on Ayurveda in Contemporary Age, organized by Shree Gulabkunwarba Ayurveda Mahavidyalaya, Jamnagar on 2nd July 2016.
- Dr. Rajesh Gadhiya, Lecturer, Dept. of Shalakyatantra, received Young Scientist Award (1st Prize) at 2nd International Conference on Shalakyatantra for Research Paper Presentation on 3rd September 2016.
- Dr. Ritesh Gujarathi, Reader Dept. of Sanskrit Samhita & Siddhant, has been awarded Ph.D. from Tilak Maharashtra Vidyapeeth, Pune for his work on "Critical study of Sanketmanjari commentary on Ashtanga Hridayam".

Charaka Discussion & Academic Seminars:

No	Staff Activity	Number
1	Charaka Samhita Discussion	13
2	Academic Presentation	02
3	Research Presentation	04

S. G. Patel Ayurveda Hospital Activities:

Suvarnaprashana: Total 9146 children are benefitted with free *Suvarnaprashana* in Hospital held on *Pushya nakshatra* day of every month during July-December, 2016.

Health check up and diagnostic camps: Total 28 general health check up and diagnostic camps were organized by S. G. Patel Ayurveda hospital in the periphery of Anand. Total 4434 patients were benefitted by the service.



Dr. Ritesh - Ph.D. Award



Dr. Bhaskar - Pulsometer



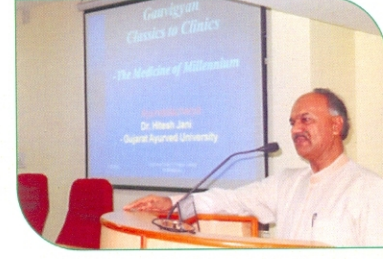
Dr Narendra Gujarathi



Dr Prerak Shah



Dr Gayatri Gandhe



Dr Hitesh Jani



Dr Yogesh Deole



WAC - Orientation



Prof. Aarati Pamnani



Medical Camp



Medical Camps



University Tournament Achievements