

# आयुर्वेदामृतम्

## AYURVEDAAMRUTAM

[Contemporary Health and Ayurveda Research Updates]

Published by Govindbhai Jorabhai Patel Institute of Ayurvedic Studies and Research

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VOL. 6

ISSUE 1

JANUARY- JUNE, 2017

ISSN: 2394-1286

Patron



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### Thought provoking article:

**Recent major decisions of Government of India and impact on medical practice**

Dr. Yogesh S. Deole

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Chief Editor

Ministry of chemicals and fertilizers and parliamentary affairs, Government of India issued a letter to regulate the prices of coronary stents. It is very important milestone in regulating the prices of drugs and medical devices, which is aimed to substantially reduce the burden on the pockets of the poor patients and their kin. This initiative of the government is praiseworthy to be mentioned.

Another important revolution in the economy, is the Goods and Services Tax (GST) implemented from 1<sup>st</sup> July, 2017. Healthcare services are exempted from GST under GST act, 2016. These services include treatment given by doctors. Healthcare products are not exempted, which include medicines, instruments, machines, equipments, infrastructure etc. GST has an impact on prices of medicine as follows:

The tax on Human blood and its components, all types of contraceptives is Nil. While 5% tax is levied upon the Animal or human blood vaccines, Diagnostic kit for all types of hepatitis, Cyclosporin, Oral Rehydration Salts, Desferrioxamine Injection or Deferiprone, Medicines (including veterinary medicines) used in biochemical systems and not bearing any brand name. All other medicines are charged with 12% GST. Earlier, Ayurvedic drugs or medicines were charged an average VAT of 4% and excise of 1.5% due to the excise free manufacturing zone benefit. Under GST, Ayurvedic medicines could get costlier as they would be taxed at the rate of 12%. In general, Ayurvedic

practice includes consultation and dispensing of medicine prepared by the practitioner. Further it also includes panchakarma procedures, which may be included under healthcare services. Therefore clarity regarding the Ayurvedic medical system is expected from the government. The surge of applications has already been started in this regard.

In case of medicines and medical equipments the patients are facing a great difficulty. There is a vast difference between maximum retail price (MRP) written on the product and actual production cost. For example, in the wholesale market, the pharmacist get a tablet for 5 paise per tablet, whereas the MRP written is Rs.3 to 5 per tablet. This is nearly one hundred times greater than the actual cost. This is a kind of sophisticated robbery or loot of patients. The same thing is observed in case of purchase of surgical instruments or equipments. A doctor gets intra venous fluid at Rs.10 to 15/- only, whereas the patient has to purchase it at the rate of Rs.120/- above. Many hospitals make it compulsory to purchase medicines from their own stores. They directly send the online prescription to the medical store without giving any written prescription to the patient. This is another kind of sophisticated loot of the patient. Many retailers offer the medicines at discounted rate, if the bill is not taken or insisted. This is due to evading the tax. This is clear injustice to the patients. The poor patients have a God like trust on the doctor and medical malpractice is defaming the profession. Therefore some bold and strong steps are needed by the policymakers to help the poor patients.

Note: Above article extracts matter related to GST from weblink of its official site and personal consultation with the financial advisors on social media.



## Complications of *Uttara basti* and its management

Dr Jasmine Gujarathi

Professor, Department of Stri Roga Prasuti Tantra

*Uttara basti* is a *panchakarma* procedure in which the medicated oil/ghee is administered in *Uttara marga* i.e. *Yoni marga* or *Mutra marga* after *Niruha basti*. In Gynaecology, *uttara basti* is given intrauterine through vaginal route for management of many gynaecological disorders like Irregular menstruation, PCOD, Dysmenorrhoea, anovulation, tubal blockage and infertility.

According to classical references, *kashayas* as well as *sneha* is used for *uttara basti*. Moreover, there is difference of opinion regarding dose of *uttara basti dravya*. Practically, 5 ml of medicated oil or ghee is used for *uttara basti* after stoppage of menstruation for three consecutive days. *Uttara basti* can be repeated for 3 cycles or more according to the disease and response of the patient.

Following are the complications which can be encountered during the *uttara basti* and its management.

Sr. No	Complications	Cause	Management
1	Infection and rashes in vulva and perineum.	Painting of external genitals before administering <i>uttara basti</i> with diluted savlon / dettol may result in rashes in patients who are allergic to savlon / dettol	Use of normal saline for painting should be done. In case of rashes, application of jatyadi oil locally should be done.
2	Bleeding from ectocervix	Grasping the cervix through Vulsellum or Allis forceps, a bite on the cervix can lead to bleeding.	Cervix can be caught with sponge holding which is blunt. Application of Yashtimadhu Churna and haridra locally.
3	Bleeding from internal cervical os	In case of closed internal os, it needs to be dilated through metal dilators and it may cause bleeding.	Use of disposable IUI canula which has narrow diameter can be used to avoid dilatation. In case of bleeding, it may stop spontaneously. Inj Atropine IM can be given 30 minutes prior to <i>uttara basti</i> . But this should be done with utmost care and supervision to avoid complications of Atropine.
4	Pain in Vulva	Because of rigid perineum in nulliparous female and also in small introitus, insertion of Sim's speculum may cause pain.	Xylocaine jelly may be used locally on speculum and introitus before insertion in case of extreme pain. Counseling to relax the perineum during insertion of speculum.
5	Lower abdominal pain	Spasmodic pain may occur after insertion of medicated oil / ghee	Medicated oil / ghee should be introduced in uterus very slowly. Rapid insertion may lead to sever spasm. Application of hot water bag on lower abdomen may relieve pain. Shankha vati can be given orally
6	Severe lower abdominal pain	Increased spasm of uterine muscles with pain due to dilatation	Very few patients may be encountered with severe spasmodic pain which is not relieved with above treatment. Inj dicyclomine can be given IM in such emergency case. Blood pressure should be monitored after administering Dicyclomine.
7	Infection / Discharge	<i>Uttara basti</i> done in presence of local infection like cervicitis, vaginitis. Or using unsterilized instruments and oil.	<i>Uttara basti</i> is strictly contraindicated in presence of local infections. In case of acute infection loading dose of triphala guggulu, gandhak rasayana and Tab Bangsheel (Alarsin) can be given. All the instruments as well as medicated oil / ghee should be autoclaved prior its use.
8	Endometriosis	If <i>uttara basti</i> given in presence of menstruation, implantation of endometrium elsewhere may result into endometriosis.	Diagnosis only done through laparoscopy. Yograj guggulu for long time may be continued. Medications favoring conception should be given.

## News and Events

### National CME Program in Dravyaguna

CME program sponsored by Ministry of AYUSH, Govt. of India, New Delhi through RAV (Rashtriya Ayurveda Vidyapeeth, New Delhi) in Dravyaguna was conducted during 2<sup>nd</sup> January 2017 to 7<sup>th</sup> January 2017. Many renowned resource persons in the field of Ayurveda like Prof. V K Joshi, Department of *Dravyaguna*, Former Dean,

Faculty of Ayurveda, Banaras Hindu University; Dr. K. Nishteswar, Head- Healthcare Research, Dabur Research & Development Centre (DRDC); Dr. T. Nesari, Head, AIIA, New Delhi, , Dr. B. Ravishankar, Head Pharmacology-SDM Udupi, Dr.R.N.Acharya, Dr. Haresh Daduk, Dr.Ashwin Trivedi, Dr.Manasi Deshpande, Dr.Pankaj Wanjarkhedekar delivered expert talks on various topics. Total 23 trainee teachers from various states were benefitted by this program.



### Seminars, Conferences and Workshops:

Sr. No.	Date	Event Name	Speaker	Topic
1.	17/02/2017	CME	Dr. Dhvani Sharma, Director, Perfect-10, Archana Charitable Trust. Anand	UDAN- Mahila Sashaktikarana
2.	08/03/2017	Interactive meet	Vd. Sanjeev Oza, Hon'ble VC, Gujarat Ayurved University	Teaching methods and interaction
3.	20/03/2017	Guest Lecture	Prof. N. I. Vidhwansa	Understanding Linganaasha
4.	23/06/2017	CME	Dr. Vijay Singh Chauhan, Former Vice President. Piramal Healthcare	Managing the Rheumatic Condition- An Integrative Approach

### Interclass sports events:

Sr. No.	Date	Event Name
1	25/01/2017	Kho Kho
2	28/01/2017	Kabaddi
3	17/02/2017	One minute show
4	17/02/2017	Best out of Waste
6	22/02/2017	Sack race
7	22/02/2017	Trileg race
8	20/02/2017	Musical chair
9	24/03/2017	Tug of war
10	24/03/2017	Slow biking

### Achievement of Students :

- Mr. Mayur Solanki secured 3<sup>rd</sup> rank in Extempore competition at Amul Volcano, 2017.
- Megha Patel and Vacha Suthar participated in Gujarat Rajya Yoga Utsav – 2017 sponsored by CCRYN at Lakulish Yoga University, Ahmedabad.
- Meetraj Dodiya, Rajveersinh Jadav and Ketan Varan Ketan secured 2<sup>nd</sup> Rank in Anveshana 2017 at Community Science Center, Vallabh Vidyanagar. They designed a model on "Exhibiting Traditional Health Care System – Ayurveda in Contemporary Age" in the National Student Research Convention.
- In the 26<sup>th</sup> Youth festival organized at Jamnagar, Meghavi Vaghamsi stood 2<sup>nd</sup> in Classical Instrumental Solo; Team of Krunal Patel, Chintan Chaudhari, Nikunj Machhi secured 3<sup>rd</sup> rank in Quiz Competition; Dhruvil Joshi contested in Debate secured 3<sup>rd</sup> rank.
- Girls team of V.V. Nagar won the title in inter-college volleyball championship.
- Mr. Arjun Kucha and Haresh Chaudhary were selected in the boy's team of GAU Kabaddi team for the inter-university Kabaddi tournament organized at Jay Narayan Vyas University, Jodhpur, Rajasthan.
- Mr. Ashutosh Patel and Jay Acharya participated in west zone inter university table tennis organized at Gujarat university, Ahmedabad.
- Nishara Ahmed Shekhani and Jigar Tanna participated in All India Inter University Yogasana competition organized at Kurukshetra University, Kurukshetra, Haryana.

### Achievement of Staff:

- Dr. Daxa Rathod received 1<sup>st</sup> prize for paper presentation in Anveshana, National seminar on "Life style disorders & ayurveda", at Shubhdeep Ayurved Medical College & Hospital, Indore on 04<sup>th</sup> March, 2017. She was awarded with 2<sup>nd</sup> prize for paper presentation in Karmakaushalyam seminar, clinical application of Panchakarma in day to day ayurveda practice, at Parul Institute of Ayurveda & Research Centre, Vadodara on 20<sup>th</sup> April 2017.

### Book publications:

- The book entitled "Understanding Dehaprakriti: Made Easy" was released by auspicious hands of Hon'ble Chairman, CVM Dr. C.L.Patel on January 02, 2017. This book is authored by Dr. Sarita S. Bhutada and Vd. Aniket A. Shilwant and published by Life Science Medical Publisher, Mumbai.
- A book titled 'Elucidative Appraisal of Lipids & Meda Dhatu' authored by Vd. Rahul Magare is published by Lambert Publication, Germany in March 2017.
- A book titled "A Novel Approach to Pioneer Recent Drugs in Ayurvedic Pharmacopoeia" authored by Vd. Bipin Sawant is also published by Lambert Publication, Germany on 11<sup>th</sup> May 2017.

### Charaka Discussion & Academic Seminars:

No	Staff Activity	Number
1	Charaka Samhita Discussion	17
2	Academic Presentation	04
3	Research Presentation	04

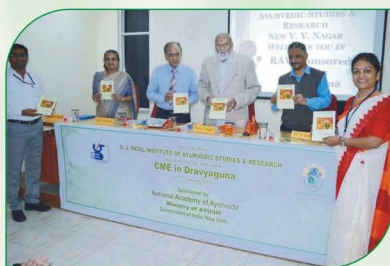
### S.G.Patel Ayurveda Hospital Activities:

**Suvarnaprashana:** Total 7665 children are benefitted in seven free Suvarnaprashana camp in Hospital held on Pushya nakshatra day of every month during January to June 2017.

**Health check up and diagnostic camps:** Total 123 general health checkup and diagnostic camps were organized by S.G.Patel Ayurveda Hospital in the periphery of Anand. Total 9525 patients were benefitted by the service.



## Photo Gallery



**Book release**



**Prof. N. J. Vidhwansa**



**Dr. Vijay Singh Chauhan**



**Dr. Dhvani Sharma**



**World Environment Day**



**CME in Dravyaguna**



**CCIM visit**



**Hospital Model**



**Intercollege Volleyball Champions**



**Inter University Kabaddi team**



**Intercollege Volleyball Tournament 2017**



**NSS camp inauguration**



**NSS tree plantation**



**Winning team at Anveshan 2017**



**Youth Festival Winners**



**Youth Festival winners**



**Annual Day 2017**



**Annual Day 2017**



**Annual Day 2017**



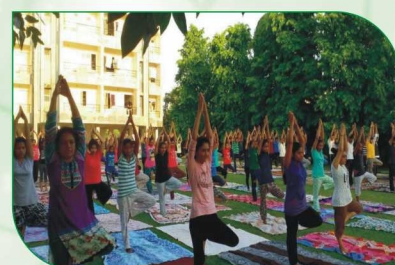
**International Yog Day**



**Poster Making**



**Rangoli competition**



**Yoga Shibir for Students**