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**Thought provoking article:**

**Environmental hazards:**

**Strategy of Ayurveda**

**Dr. Yogesh S. Deole**

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Times have changed since the original texts of Ayurveda were documented. It dates back to 3000 years ago, when ancient text Charaka Samhita is narrated based on the discussions between Atreya and Agnivesha, compiled by Charaka and redacted by Dridhabala. The text gives elaborate information about science of all aspects of life. One of the important aspect is the environment. The basic concept of Ayurveda describes the interaction of internal environment of human being with the external environment. The human physiology governed by Vata, Pitta and Kapha relates with the Air, Sun and Moon respectively in the cosmos. Any disturbance in their functions can lead to disturbance of physiological mechanism in the body. Moreover, circadian rhythm of dosha is regulated with the timings of day, night and season. The diseases like apasmara, unmada are referred to be precipitated as per lunar cycle; the diseases due to aggravation of vata like sama vata, tamaka shwasa are precipitated in the cloudy atmosphere. This shows direct interaction of human body with the external environment and cosmos.

Therefore, one of the important aspects of perseverance of human health is keeping the external environment clean and pure. Air, water and food coming from soil are three basic needs of human beings. Their quality is utmost important and

if it gets hampered, *janapadodhwansa* (rapid destruction of community) can occur. The quality of air, water, soil is rapidly deteriorating due to human interventions. Urbanization, industrialization, use of chemicals, pollutants are major concerns to disturb the harmony of nature and causing disease. Increase in the prevalence of cancers, respiratory disorders, gastrointestinal disorders is observed due to these environmental causes. Use of aluminium vessels for cooking, plastics in storing food, pesticides and preservatives found to be carcinogenic.

The alarming bell to prevent increasing incidence of these diseases is on. The only way seems to be observing preventive measures of Ayurveda completely and thoroughly by following seasonal panchakarma, daily regimen, seasonal regimen and rasayana therapy. Along with this protecting the environment by decreasing use of pollutants, chemicals to the level best can reduce the risk. Maximum plantation of trees to protect environmental health is a key to defend.

**Study of status of Jatharagni and BMR in Pitta Prakriti individuals**

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Professor & Head

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**Introduction:**

Agni present in biotic component envisages vital functions and almost all activities happening inside body. It is mainly responsible for the metabolic activities inside body too. This is a lot more beyond just digestive power and gastric

secretions to which it is mostly being compared by the western schools of medicines. Considering Jatharagni a core concept hereby, functionally it is classified on the basis of Tridoshas. This impact is noticed over patterns of metabolic activities carried out inside body too, as - (1) *Mandagni* - Predominant of *Kapha* with sluggish digestive activities (2) *Tikshnagni* - *Pitta* predominant aggravating the gastric secretions. (3) *Vishamagni* - Predominant of *Vata* with irregular digestion. (4) *Samagni* - Balanced *Doshas* with proper digestion.

*Dosha* being responsible for *Prakriti* formation, their involvement via *Jatharagni* in metabolic activities occurring in body - can be objectively studied by Basal Metabolic Rate. The metabolic activities in *Pitta Pradhan Prakriti* associated with its respective attributes (*Ushna*, *Tikshna*) are closely related with the heat and energy concept which tends to increase the physiological functions of *Pitta Dosha* and moreover the Basal Metabolic Rate of the same. So this aroused a thought to look for any relation between *Pitta Pradhan Prakriti* of an individual, respective *Agni* associated with the same and Basal Metabolic Rate of a particular individual. So in view of this present pilot study was designed. Even after thorough assessment of all types of *Prakriti*, Scholars here have focused only on *Pitta pradhana Prakriti* with derivation of type of *Agni* and respective BMR.

### Objectives:

1. To carry out significant assessment of *Prakriti*.
2. To study and draw BMR of selected volunteers for the study.
3. To study and validate relation between *pitta prakriti* its respective *Agni* and BMR.

### Materials and Methods:

1. The *Prakriti* and *Agni Parikshana* of healthy student volunteers from GJP-IASR were selected for the study.
2. Volunteers of age group 17 to 19 yrs were enrolled in study.
3. BMR of the same was calculated using Mifflin Joer equation.

### Observation & Result:

Out of 92 selected volunteers 15 of *Vata Prakriti*, 48 of *Pitta Prakriti* and 29 of *Kapha Prakriti* were found. Physical parameters like Age, Weight and Height of above individuals were measured along with their BMR.

- 1) *Agni Parikshana* of *Pitta Pradhan Kapha Anubandha Prakriti* individuals was done, which showed *Mandagni* in 04, *Vishamagni* in 01, *Tikshnagni* in 17, *Samagni* in 02.
- 2) *Agni Parikshana* of *Pitta Pradhan Vata Anubandha Prakriti* individuals was done, which showed *Mandagni* in 02, *Vishamagni* in 03, *Tikshnagni* in 17, *Samagni* in 02.

### Discussion & Conclusion:

- 1) Average BMR was found to be chronologically more in *Kapha Prakriti* than *Vata Prakriti* than *Pitta Prakriti*.
- 2) BMR in *Vata Prakriti* is seen to be more than *Pitta*

*Prakriti* as the individuals of *Vata Prakriti* are highly proactive. Whereas *Pitta Prakriti* individuals even with *Ushna*, *Tikshna* guna the BMR in them, comparatively less.

- 3) *Pitta Pradhan Prakriti* individuals were found to be more prone with *Tikshnagni* (70.83%)
- 4) Individuals as per *Tikshnagni* criterion, the BMR was found more in *Pitta Anubandha Kapha Prakriti* than *Pitta Anubandha Vata Prakriti*.
- 5) Similar work is being carried out by the same researchers on large sample size and will be published in nearby future shortly.

### Student's Achievements :

**Athletic meet:** In the 31<sup>st</sup> athletic meet held at Jamnagar by Gujarat Ayurved University during 5-6 January, the Boys team of GJP-IASR won Bornze medal in 4x400 m relay race, Mr.Chirag Bhaliya won Bronze medal in boys 400 m race, Rajveer Jadav won Bronze medal in boys 200 m race. Chirag Bhaliya won silver medal in boys 100 m race. In all the GJP-IASR team won six bronze medals and one silver medal.

**Inter Collegiate Kabaddi Tournament:** Gujarat Ayurveda University organized inter collegiate kabaddi tournament is competed on 10 to 13 January 2018 at G.J.Patel Ayurveda College, new Vallabha Vidyanagar. Boys team of G.J.Patel Ayurveda college won the kabaddi championship.

**Digital India- E-Tablet distribution:** In the program supported by Consortium of Gujarat, Education Department, 70 tablets were distributed to students of first professional BAMS on 11<sup>th</sup> April 2018 under digital India Scheme. Senate member of GAU, Vd.Gaurang Darji, and Principal Vd. M. K. Sirdeshpande distributed the electronic tablets.

### Other Events :

**NSS camp:** NSS camp was organized at Vadod from 02 to 08 March 2018 for third year students. The activities like pulse polio immunization, medical surveys, two street plays on themes like *Beti bachao beti padhao* and *Swaccha bharat abhiyan* were conducted for social awareness.

**IEC meeting:** The 5<sup>th</sup> meeting of Institutional Ethics Committee was organized on 19<sup>th</sup> June 2018. Total 13 research proposals including five projects from investigators of ARIBAS were reviewed in this meeting.

**Ashtanga Hridaya Shloka Spardha (College level Quiz):** Ashtanga Hridaya Shloka Spardha is carried out by Samhita department on 22<sup>nd</sup> June 2018 as a part of GAU organized A.H. Quiz. Two successful students namely Nirmal Rathod and Disha Sakalshawala have selected and nominated for next zonal level competition.

**One day workshop in Samhita Siddhant department:** One day workshop of Samhita Sanskrit Siddhanta, sponsored by Gujarat Ayurveda University, Jamnagar was organized on 29<sup>th</sup> June 2018. Thirty six subject faculties from 18 affiliated Ayurveda Colleges participated in this workshop. Fruitful discussion and work was carried out among five groups regarding six subjects of Samhita Siddhant-Sanskrit department.

## Charaka Discussion & Academic Seminars:

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

## S.G.Patel Ayurveda Hospital Activities:

**Suvarnaprashana:** Total 11179 children are benefitted in eight free Suvarnaprashana camps in Hospital held on Pushya nakshatra day of every month during January to June 2018.

**Health check up and diagnostic camps:** Total 75 general health checkup and diagnostic camps were organized by S.G.Patel Ayurveda hospital in the periphery of Anand. Total 4500 patients were benefitted by the service.

## Photo Gallery



CCIM Inspection



CCIM-Patient interaction



CCIM team Interaction with students



CCIM Team Visitation



CCIM Visit College Teaching Staff



CCIM visit-Hospital Staff



Annual Day Formal Function



Annual Day Formal Function



Annual Day celebrations



Annual Day celebrations



Annual Day celebrations



Inter collegiate Kabaddi Tournament 2018



Inter collegiate Kabaddi Championship 2018



Amul Volcano Antakshari Winners 2018



Mr.Mayur Solanki Amul Vocano Elocution Competition winner



Winner at National level Elocution Competition, Pune



**E Tablet Distribution to First Year Students**



**Health Check up camps**



**Sahachar cultivaiton  
at Meghva farm**



**Parul Universtiy Students'  
study visit**



**Pharmacy College Students' visit**



**Naturopathy Center Visit**



**Swasthavritta Study Tour**



**Swasthavritta Study Tours**



**NSS camp**



**NSS Street Play**



**International Yoga Day' 2018**



**Yoga Camp for Students**



**Samhita Siddhanta Workshop for teachers**



**Effect of Ayurveda Treatment in Psoriasis at S.G. Patel Ayurveda Hospital**