

देश के विभिन्न स्थानों में परिषद् की गतिविधियों के छायाचित्र



देश के विभिन्न स्थानों में आयोजित कार्यक्रमों के दृश्य





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विश्व आयुर्वेद परिषद् द्वारा आयोजित कार्यक्रमों की झलकियां



विश्व आयुर्वेद परिषद् के लिए प्रोफेसर सत्येन्द्र प्रसाद मिश्र, संरक्षक, विश्व आयुर्वेद परिषद् द्वारा नूतन ऑफसेट मुद्रण केन्द्र, संस्कृति भवन, राजेन्द्र नगर, लखनऊ से मुद्रित कराकर, 1/231 विराम खण्ड, गोमती नगर, लखनऊ-226010 से प्रकाशित।

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सम्पादक मण्डल के सभी सदस्य मानद एवं अवैतनिक हैं। पत्रिका के लेखों में व्यक्त विचार लेखकों के हैं। सम्पादक एवं प्रकाशक का उससे सहमत होना आवश्यक नहीं है। आपके सुझावों का सदैव स्वागत है।

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Editorial

As one of the oldest civilizations, India is rich in history and tradition, which includes significant contributions to our understanding of human morphology and Ayurvedic medicines. The foundation for modern Indian Ayurvedic medicine can be traced in ancient texts, some of which predate the Christian era by 4000 years. In ancient India, science of medicines was Ayurveda, which is Upaveda (subsidiary) to the Atharvaveda.

ब्रह्मास्मृत्वायुषोवेदंप्रजापतिमजिग्रहत् ।

सोअश्विनौतौसहस्राक्षंसोअत्रिपुत्रादिकान्मुनीन् ।

तेअग्निवेशादिकांस्तेतुपृथक्तन्त्राणितेनिरे ।

Lord Brahma recollected Ayurveda and taught it to Daksha. He in turn shared this science to Aswini kumaras. They instructed the same to Lord Indra, he then to Munis like Atreya and they to their students like Agnivesa, who composed their own separate treatises on the subject.

Anything to do with the medical community, at large, across the world, earns respect and admiration. The same goes for the pharmaceutical profession too. Most pharmacists are respected in their community and at the workplace. People look up to pharmacists as they are known to be experts in their field of science. In some places pharmacists attain respect similar to what a physician attains. An education in pharmaceutical science is by no means a small feat, as the course is pretty challenging with subjects like chemistry to Pharmaco-informatics.

Pharmaceutical science is a discipline having large horizon of knowledge. When one graduate from this degree, he/she does not graduate as a pharmaceutical scientist - but graduate as a pharmaceutical scientist with a particular specialisation and multiple dimension of service opportunity. Although understanding medicines is a central focus of the course, the skills one translates to many specializations. The role of pharmaceutical scientist doesn't just to help relatively healthy people to maintain their wellbeing; it provides psycho physiological support to a seriously sick person to regain his/her health and live a healthy and long life.

- Prof J. P. N. Mishra

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CLINICAL INDICATIONS OF PIPPALYADYASAVA AN EXPERIENTIAL & SCIENTIFIC VIEW

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ABSTRACT-

Asavarishta formulations are alcohol containing and hence can be preserved for longer time. In India these formulations are commonly prescribed in general clinical practice. Arjunarishta, Ashwagandharishta, Ashokarishta, Abhayarishta, Amritarishta, Balarishta, Bhringarajasava, Chandanasava, Chavikasava, Chitrakasava, Dashamoolarishta, Drakshasava, Eladyarishta, Gomootrasava, Jeerakadyarishta, Kutajarishta and Khadirarishta are few of them which are commonly used in clinical practice. Pippalyadyasava is one such preparation, which is usually given in acute and chronic respiratory disorders. URTI, LRTI, chronic bronchitis, chronic bronchial asthma, rhinitis, deviated nasal septum, nasal polyps, COPD, bronchiectasis, emphysema, cor pulmonale, pneumonia, pulmonary Kochs, kaphaja jwara, influenza, etc, are few disorders in which pippalyadyasava has better results. It has the actions like dipana, pachana, rasayana, expectorant, bronchodilator, antiinfective, antibacterial, bactericidal, mucolytic and carminative in action. Present paper highlights about the clinical indications of pippalyadyasava in an experiential and scientific view.

Key words : Ayurveda, Bronchodilator, Pippalyadyasava.

INTRODUCTION-

Pippalyadyasava is a asavarishta preparation, which is commonly given in the management of respiratory disorders. It has many action like dipana, pachana, kasahara, shwasahara, and appetiser also. As it contains self generated alcohol , it can be preserved for prolonged period also. There are multiple ingredients in pippalyasava. Most of them are having ushna virya and katu rasa, in nature. Pippalyasava is usually given in kasa, shwasa, acute bronchitis, chronic bronchitis, COPD, Pratishyaya, pinasa, non specific head ache, sinusitis, deviated nasal septum, nasal polyp, bronchiectasis, emphysema, cor pulmonale, and pneumonia. It is given with suitable adjuvant or add on therapy giving desired results in these disorders.^{1,2,3.}

AIM AND OBJECTIVE -

To study the clinical indications of Pippalyadyasava in an experiential and scientific view

METHODS -

Relevant subject matters are compiled from classical texts, samhitas, sangraha

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granthas, journals, monographs, internet and from experience.

Ingredients

1. Pippali – Piper longum
2. Maricha - Piper nigrum
3. Chavya – Black pepper root
4. Haridra – Curcuma longa
5. Chitraka – Plumbago zelenica
6. Mustaka – Cyperus rotundus
7. Vidanga – Embelia ribes
8. Kramuka – Areca catechu
9. Lodhra – Symplocus racemosa
10. Amalaki – Emblica officinalis
11. Patha – Cesempelos perera
12. Elavaluka – Prunus cerasus
13. Usheera – Veteveria zizinooides
14. Chandana – Santalinum album
15. Kushtha – Sasuria leppa
16. Lavanga – Syzizium cumini
17. Tagara – Valeriana wallichii
18. Jatamamsi – Nardostachys jatamamsi
19. Lavanga twak – Cinnamomum zelanica
20. Priyangu – Callicarpa macrophylla
21. Naga kesara – Mesua ferrea
22. Ela – Elatorium cardomomum.
23. Lavanga patra – Cinnamomum tamala
24. Guda – Jaggery
25. Dhataki – Woodfordia fruticosa

26. Draksha – Vitis vinifera

27. Jala – Water.

Actions^{4,5.}

1. Dipana
2. Pachana
3. Kaphavata hara
4. Rasayana
5. Expectorant
6. Mucolytic
7. Bronchodilator
8. Antiinfective
9. Bactericidal
10. Antibacterial
11. Kasahara
12. Shwasahara
13. Anoorjata hara
14. Ama pachana
15. Immunomodulator
16. Immunity booster
17. Antiviral
18. Antiallergic

Clinical indications^{6,7.}

1. Kasa
2. Shwasa
3. Tamaka shwasa
4. URTI
5. LRTI
6. Pratishyaya



7. Pinasa
8. DNS
9. Nasal polyps
10. Agnimandya
11. Ajirna
12. Acute bronchitis
13. Chronic bronchitis
14. Bronchial asthma
15. COPD
16. Bronchiectasis
17. Emphysema
18. Cor pulmonale
19. Pneumonia
20. Pliha roga.

Amayika prayoga^{8,9}

- ♦ **Kasa** – It is given with mukku-tukadi vati and sitopaladi choorna.
- ♦ **Shwasa** – It is given with mrityunjaya rasa, talisadi choorna and kanakasava.
- ♦ **Tamaka shwasa** – It is given with mrityunjaya rasa, talisa patra vataka and somasava.
- ♦ **URTI** – It is given with tribhuvana kirti rasa and naradiya laxmi vilasa rasa.
- ♦ **LRTI** – It is given with sheetamshu rasa, sitopaladi choorna and ananda bhairava rasa.
- ♦ **Pratishyaya** - It is given with naradiya laxmivilasa rasa.
- ♦ **Peenasa** – It is given with naga gutika and agasthya haritaki lehya.
- ♦ **Deviated nasal septum** – It is given with siddha makaradhwaja and tribhuvana kirti rasa.
- ♦ **Nasal polyps** – It is given with vrinapahari rasa, kanchanara guggulu and ananda bhairava rasa.
- ♦ **Agnimandya** – It is given with hingwastaka choorna.
- ♦ **Ajeerna** – It is given with lashunadi vati.
- ♦ **Bronchiectasis** - It is given with talisadi choorna, tribhuvana kirti rasa and sheetamshu rasa.
- ♦ **Chronic bronchitis** - It is given with poorna chandrodaya rasa, abhraka bhasma shata puti, godanti bhasma and talisadi choorna .
- ♦ **Acute bronchitis** - It is given with hinguleshwara rasa and sitopaladi choorna.
- ♦ **COPD** – It is given with agasthya rasayana, vasakarishtha and talisa patra vataka.
- ♦ **Emphysema** - It is given with kanakasava, talisadi choorna and mixture of vrinapahari rasa, abhraka bhasma shataputi, godanti bhasma and talisadi choorna .
- ♦ **Cor pulmonale** – It is given with prabhakara vati, arjunarishta and sitopaladi choorna and punarnava mandoora.
- ♦ **Pneumonia** - It is given with mixture of poorna chandrodaya rasa, rasa manikya, abhraka bhasma , talisadi choorna and tribhuvana kirti rasa.



- ♦ **Pleeha roga** – It is given with rohitakarishtha and pravala panchamrita rasa.

DISCUSSION

Pippalyadyasava is usually given as a tonic and in respiratory disorders. Even in children it can be given with least side effects. If it is given in therapeutic dose it does not give any side effects. However, if it is given in larger doses it may produce symptoms of gastritis like burning sensation of abdomen, sour eructation, and abdominal pain. So it is not given in empty stomach. and it is commonly administered after food. It is given in various respiratory disorders with good outcome. It is having alcohol content because of which it is attributed with dipana, pachana, digestive and carminative also. As it is antibacterial, bactericidal, antiinfective for the pathogens of the respiratory tract, Hence, it is effective in respiratory infections.

CONCLUSION

1. Pippalyadyasava can be given as a tonic, appetiser, strength promoting and in the management of respiratory disorders.
2. It shows minimum adverse drug reactions when it is administered in therapeutic dose.
3. It is usually given in 30ml dosage per day. i.e. 10 ml at a time, three times a day given after food mixed with equal quantity of water.

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A COMPARATIVE STUDY OF LEKHANA BASTI AND KANCHANAR GUGGUL WITH LEKHANA BASTI IN THE MANAGEMENT OF VATA KAPHAJA ARTAVA DUSHTI (PCOS)

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ABSTRACT-

Polycystic ovarian syndrome (PCOS) also known by the name of stein-leventhal syndrome. Incidence of this condition is growing amongst young women in reproductive age. It is almost ranging between 5.10% of young women coming for infertility, it is now increasingly perceived as disorder of changed life styles and is a rainbow metabolic syndrome. Research shows that history of gestational diabetes 40% are cases at PCOS. Death rates amongst PCOS due to diabetes mellitus and metabolic syndrome is 5:1.4 to normal population, excessive exposure to estrogen unopposed by progesterone could cause greater incidence of malignancies endometrium and breast. Infertility is by far the most common feature due to anovulation, therefore the present study was carried out for clinical evaluation of the efficacy of ayurveda treatment on PCOS. The treatment was conducted for duration of 3 months the response to the treatment was recorded by parameters, the result revealed that

PCOS can be cured successfully by using this ayurvedic regime.

INTRODUCTION

The word *Artav* refers to menstruation or menstrual blood, ovum and ovarian hormones. There are total eight menstrual disorder. kashyap says that use of strenutatory drugs during menstruation consumption of excessive hot eatables and drinks and use of excessive medication for cleansing purpose to the woman of mridu kosta poly cystic ovarian disease is also known as **STE** and **leventhal** syndrome (1935) with triad of Amenorrhoea, Hirutism & Obesity.

It is the most common endocrine disturbance affecting woman between 15 to 35 year of age. The disorder accounts for 30% of all the infertility cases with 73% of woman suffering from PCOS. Experiencing infertility due to Anovulation.

PCOS is basically a life style disorder which is affecting a large group of female society and it is increasing day by day the main causative factor, for PCOS are as follows:

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1. Sedentary life style
2. Excessive intake of junk food
3. Pollution
4. Stress
5. Lack of work out and exercise
6. Improper diet.

According to *Ayurveda* most of menstrual disorder have been described under heading of *Arataṅ dusti*. Disorder of *Arataṅ* have been classified by Sushruta on the predominance of *dosas*. *granthibhut arataṅ dusti* is caused by vitiation of vata and slesma and has been associated with the features of both *dosas*

AIMS AND OBJECTIVES:

1. To evaluate the efficacy of *Lekhan Basti* in the management of *Vata Kaphaja artav Dusti* (PCOS)
2. To evaluate the efficacy of *Lekhan Basti* and *Kanchanar Guggul* in PCOS
3. To provide a non invasive and cost effective treatment for life style disorder i.e. PCOS.

PLAN OF STUDY:

Conceptual study/review of literature

Poly cystic ovarian syndrome (PCOS) is the most common endocrine disturbance affecting woman between 15 to 35 years of age. The disorder accounts for 30 per

cent of all infertility cases with 73 per cent of woman suffering from PCOS experiencing infertility due to Anovulation.

PCOS is a condition where a hormonal imbalance affecting follicular growth during the ovarian cycle causing the affected follicles to remain in the ovary. The retained follicle form into a cyst and with each ovarian cycle a new cyst is formed leading to multiple ovarian cysts.

CLINICAL STUDY

A. MATERIALS AND METHOD:

i) Selection of Patients:

Patients with classical sign and symptoms of PCOS according to the OPD/IPD Himalayiya Ayurvedic medical college and hospital Dehradun are randomly selected for this clinical study irrespective of religion and occupation. The patient fulfilling the diagnostic and inclusion criteria are registered on the Performa and scoring of the different clinical features based on the assessment criteria

ii) Inclusion Criteria:

- ♦ Patients from starting of Menarche between (15 to 35 yrs.)
- ♦ P.C.OS patient
- ♦ Irregular menses/scanty menses due to anovulatory cycle.



- ♦ Elevated LH Level.
- ♦ LH: FSH ratio >3. The plasma rise above 20 MIU/M
- ♦ Informed consent.

iii) Exclusion Criteria:

- ♦ Abnormal menstrual cycle not due to PCOS.
- ♦ Uterine fibroid .

Congenital abnormalities in female genital treat.

- ♦ Tubercular endometriosis.
- ♦ Congenital adrenal hyperplasia.
- ♦ HIV/VDRL /HBSAG positive.
- ♦ Malignant diseased patients and cytotoxic patient
- ♦ Other gynecological disorder

DIAGNOESTIC CRITERIA

- ♦ The diagnosis will be made on ovulatory dysfunction such as amenorrhea and oligo menorrhoea.
- ♦ Clinical or biochemical evidence of hyper androgenism
- ♦ USG-12 or more follicles in each ovary and Increased ovarian volume Clinically PCOS is the combination of anovulation and hyper androgenism .

DISCONTINUATION CRITERIA

- ♦ An acute or severe illness like hepatitis, colities, intestinal obstruction

- ♦ Patient left against medical advise

ASSESSMENT CRITERIA:

The assessment is done on the subjective and objective parameters and scoring is done before and after other treatment

Subjective parameters

A. Subjective Parameter

- 1) Duration of bleeding (Table- I)

Table 1:

Anthropometry and Personal History before starting the treatment, increased Body Weight and BMI can be observed.

Duration	Grade	Score
3-5 Days	Nil	0
6-7 days	Mild	1
8-9 days	Moderate	2
Spotting>9 days	Severe	3

Bleeding 1 or above days are considered as bleeding throughout the days.

Spotting is considered as bleeding just 2 or drops



**Irregular menstruation
(Table -II)**

IMP days	Grade	Score
28 days	Nil	0
28-45 days	Mild	1
45-60 days	Moderate	2
Above 60 days	Severe	3

**Amount of bleeding and quantity of
menstrual blood
(Table-III)**

No. of Pad per Cycle	Grade	Score
<15	Nil	0
15-19	Mild	1
20-25	Moderate	2
>25	Severe	3

**Pain during menstrual period
(Table-IV)**

Pain	Grade	Score
No Pain	Nil	0
Menstruation is painful but daily actively not affected, no need to take analgesics	Mild	1
Daily activities are affected need to take analgesics	Moderate	2
Daily activities are inhabited affected pain continuous and taking analgesics	Severe	3

Objective parameters

1) Hematological investigations

- ♦ CBC. ESR
- ♦ Blood Group
- ♦ HIV/ VDRL/ Hbs Ag
- ♦ Urine R/M
- ♦ LH, FSH Ratio



2) USG (Pelvis & abdomen)

Follicular Study :- A serial vaginal or abdominal sonography was done on 10th day of menstrual cycle till ovulation.

Assessment of deha prakriti of patients

Deha prakriti of patients was assessed on the Performa prepared on ayurvedic concept. All the patients was grouped under three deha-prakriti viz. vatika, paitikka and Sleshmic depending on the predominance of doshika features. Analysis was made for the evaluation of incidence or association of the disease with the type of deha-prakriti.

INVESTIGATIONS:

- ♦ Blood sugar(fasting/ random)
- ♦ Serum insulin(fasting/ random)
- ♦ Serum Androgen
- ♦ Serum prolactin
- ♦ Serum T3 T4 tsh

DRUG REVIEW

बास्तकर्म त्वधोनाभेः शस्यते चावपीडकः।

—अ.ह.उ.34 / 60

In case when there is disturbance in vayu below umbilical then we use niruh and anuwasan basti for treatment

Basti chiktsa is one of the most effective Ayurvedic Panchkarma therapy

for PCOS especially for boosting and ensuring healthy conception. A painless therapy by nature. *Basti* involves a series of medicated enema performed over the specified number of days. *Basti* consists of various Ayurvedic Medicinal Ghee, oils and *Kashaya* or herb decoctions. *Basti* nourishes the reproductive system and detoxifies it the same time hence it is one of the most highly recommendable therapies in PCOS.

CHOICE OF DRUGS

Drugs used in Lekhan Basti:-
Madhu, Saindhava, Sneha, Kshara, Prakshepa Dravya's (Ushakadi Gana), Gomutra, Triphala Qwatha. Sneha: Triphla Taila Triphala: Haritaki, Vibhitaki, Amlaki Ushakasdi Gana Dravya's: Ushaka Tuttha, Kasis, hingu, Sainddhava, Shilajit, Kshara: Yava Kshara

श्लेष्मलायाम् कटुपप्रायः समूत्रा वस्तयो हितः।

—च. चि. 30 / 85

In kaphaj vayadhi we use katu gan dravya for basti karma



CHEMICAL COMPOSITION OF LEKHAN BASTI

Drugs	Botani-cal name	Rasa	Guna	Virya	Vipaka	Doshghna ta	Karm a
Amlaki Type equation	Ambellica officinalis	Panch ara-sa Amla Pradha n Lavan a Varjit	Ruksha guru	Sheet	Madhura	Tridoshahara	Vrish ya prajas t- hapan a
Haritaki	Terminall -ia Chebulla	Kasha ya Pradha na	Laghu Ruksha	Ushna	Madhura	Vatashamak	Vrish ya garbh ashay a sotha hara
Vibhitaki	Terminallia Belericia	Kasha ya	Ruksha Laghu	Ushna	Madhura	Kaphashamak	Vajik aran
Ushaka	Dorena Ammonicum	Tikta, Katu	Ruksha Laghu	Ushna	Katu	Kapha Vata Shamak	Artav a- janana
Hingu	Ferula Narthrax	Katu	Laghu Tikshna	Ushna	Katu	Kapha Vata Shamak	Vajik arana artvaj anan
Tuttha	Cuso ₄	Kasha ya Madhu ra	Laghu			Kaphahara	Lekha na Bheda na
Kasis	Feso ₄	Tikta Kasha ya		Ushna	Katu	Vata Kapha Hara	Raja Pravar taka
Shilajit	Ashpaltum	Tikta		Ushna	Katu		Yogv
Gomutra		Katu	Tikshan	Ushna		Vatapitta Hara	



अथ कांचनारगुग्गुलः गण्डमाला अंपची ग्रन्थीभगन्दरादौ

—शा.सं.चि. 15

Kachanar helps to remove blockage. In the channels and works on polycystic ovary due to shoathher And granthi her property which originates due to disorder of *vata* and *kapha Doshas*.

Drug	Latin Name	Family	Part Used
Kanchnar	Bauhinia Variegata Linn,	Leguminosae	Bark
Varun	Crataeva Nurvala Buch-Ham	Capparidaceae	Bark
Gugul	Commiphora Mukul	Burseraceae	Resin
Sunthi	Zingiber Officinale Rosc.	Zingiberaceae	Fruits, rhizome
Pippali	Piper Longum Linn.	Piperaceae	Fruit, root
Maricha	Piper Nigrum Linn.	Piperaceae	Fruit
Haritaki	Terminalia Chebula Retz.	Combretaceae	Fruit
Bibhitaki	Terminalia Bellerica Roxb.	Combretaceae	Root, leaf
Amalaki	Emblica Officinalis Gaertn.	Euphorbiaceae	Fruit
Dalchini	CinnamomumZeylanicum Breyn	Lauraceae	Leaf
Tejpatra	CinnamomumZeylanicum	Lauraceae	Leaf
Ela	ElettariaCardamomum Maton	Zingiberaceae	Seed



Kanchnar Guggul Ingredients

Drngs	Botanical name	Rasa	Guna	Virya	Vipaka	Dosh	Karma
Kacchnar Chal	Bauhinia Vriagata	Kashay	Ruksha Lakhu	Sheet	Katu	Gandmala Nasan	
Varun ki chal	Crateva nurvala	Tikta Kashaya	Laghu Ruksh	Ushan	Katu	Ashmari Bhedan	Kapha vata Shamak
Elaichi	Elettaria cardamomum	Katu Madhur	Laghu Ruksh	Sheet	Madhur		Tridosh Har
Dalchini	Cinnamomum Zeylanicum	Katu Tikta Madhur	Lakhu Rukha Madhur	Ushan	Katu	Vaidana Stapana	Kapha vata Shamak
Tej Patta	Cinnamomum Zeylanicum	Katu Tikta Madhur	Lakhu Rukha Madhur	Ushan	Katu	Vaidpana Stapana	Kapha Vata Shamak
Amla	Ambelica officinalis		Ruksh Guru	Sheet	Madhur	Tridoshar	Vrishya Praza
	Terminalia Chebula	Kashaaya Pradhan	Laghu Ruksh	Ushan	Madhur	Vatshamak	
Baheda	Terminalia Belarica	Kashaya	Ruksh	Ushan	Madhur	Kaph Shamak	
Pipli	Piper longum	Katu		Anusheet	Madhur	Tikshan	
Kali mirch	Piper nigrum Linn	Katu	Laghu Tikshan	Ushan	Srotas Shodhan	Artav janan	
Shoth	Zinigber Officinal	Katu	Laghu Snigdha	Ushan	Madhu	Kpha vata Shamak	Vata shamak



Ingredients of *Kacchnar Guggul*

1. Kacchanar ki chal
2. Trifala
3. Trikura
4. Varun ki chhal
5. Elaichi
6. Dalchini
7. Tejpatta

Dashmool Tail Ingredients

Drugs: Dashmoola

- 1) Bilva Latin Name- *Aegle marmelos* Family - Rutaceae, Rasa- Kashaya Tikta Virya- Ushna, Vipak-Katu Doshghnata- Kaphavata shamak Karma- Shothahara
- 2) Agnimantha Latin Name- *Premna mucronata* Family - Verbenaceae, Rasa- Tikta Katu Kashaya Madhur, Virya- Ushna, Vipak-Katu Doshghnata- Kaphavatashamaka Karma- Shothahara
- 3) Shyonaka Latin Name- *Oroxylum indicum* Family - Bignoniaceae, Rasa- Madhur, Tikta Kashaya, Virya- Ushna, Vipak-Katu Doshghnata- Kaphavata shamak Karma- Shothahara
- 4) Patala Latin Name- *Stereospermum suaveolens* Family - Bignoniaceae, Rasa- Tikta Kashaya, Virya- Ushna, Vipak-Katu Doshghnata- Tridoshamaka Karma- Shothahara
- 5) Gambhari Latin Name- *Gmelina arborea* Family - Verbenaceae, Rasa- Tikta Kashaya Madhur, Virya- Ushna, Vipak-Katu Doshghnata- Tridosha shamak Karma- Shothahara
- 6) Shalparni Latin Name- *Desmodium gangeticum* Family - Leguminosae, Rasa- Madhur, Tikta Virya- Ushna, Vipak-Madhur Doshghnata- Tridosha shamak Karma- Shothahara, Angamardprashamana
- 7) Prishniparni Latin Name- *Uraria picta* Family - Leguminosae, Rasa- Madhur, Tikta, Virya- Ushna, Vipak-Madhur Doshghnata- Tridosha shamak Karma- Shothahara, Angamardprash
- 8) Gokshura Latin Name- *Tribulus terrestris* Family - Zygophyllaceae, Rasa- Madhur, Virya- Sheet, Vipak-Madhur Doshghnata- Vatapitta shamak Karma- Shothahara, Mutravirechaniya
- 9) Kantakari Latin Name- *Solanum surattens* Family - Solanaceae, Rasa- Tikta Katu, Virya- Ushna, Vipak-Katu Doshghnata- Kaphavata shamak Karma- Kasahar, Angamardprashaman
- 10) Brihati Latin Name- *Solanum indicum* Family - Solanaceae, Rasa- Katu Tikta, Virya- Ushna, Vipak-Katu Doshghnata- Kaphavata shamak Karma- Kasahar, Angamardprashaman drug Preparation



The ten ingredients of dried Dashamoola (Bilva, Agnimantha, Shyonaka, Patala, Gambhari, Shalaparni, Prishniparni, Gokshura, Kantakari and Brihati)[6] were collected. Equal amounts of the ten ingredients were taken and made into Yavakuta (crude powder) form. This was soaked in water overnight and on the next day Kwatha was prepared. This Kwatha along with Kalka of Dashamoola was added in Tila Taila and Sneha was prepared as per the standard protocol [7]

METHOD OF TREATMENT/ INTERVENTION:

Selected drugs

Lekhan Basti Dravya and dasmuladi tail and kanchnar guggal

Form of medicine

Tail, basti ,vati

Contents of lekhan basti

Triphla Kashay	240ml
Gomutra	120ml
Makshika	60ml
Yavakshar	30ml
Sainndhav lavan	10 gm
Prakshep	

(Hing, kashish basam Shilajeet, Tuthh, Vachha (12 gm all)

Route of administration

Lekhan basti of 7th day after cessation of menses

<u>1A</u>	<u>2A</u>	<u>3N</u>	<u>4A</u>	<u>5N</u>	<u>6A</u>	<u>7N</u>	<u>8A</u>
<u>9N</u>	<u>10A</u>	<u>11N</u>	<u>12A</u>	<u>13N</u>	<u>14A</u>	<u>15A</u>	<u>16A</u>

Total proportion of anuwasan and niruhan basti is

A : N
10 : 6

Anuwasan basti

Dasmuladi tail 90ML

Niruhan basti

Kashya 380 ML

Composition of Kanchnar Guggal

Name of the ingredients	Quantity
<i>Kanchnar twak</i>	240gm
<i>Sunthi</i>	50gm
<i>Pipali</i>	50gm
<i>Maricha</i>	50gm
<i>Haritaki</i>	25gm
<i>Amalaki</i>	25gm
<i>Varun twak</i>	12gm
<i>Tejpatra</i>	3gm

Kanchnar Guggul 500mg tab (2Tab)
1 Tab 250gm BD for three months



Procedure

The patients is advised to come after a light diet (neither too snigdha nor to ruksha) the patient is given 20 minuetes udwarthaun in upward movements and than 10 minuetes local massage by Tail in basti area and local sudation in basti are a

Pradhana Karma

After purva karma, the patients is advised to lie down in the left to lower extremity kept straight and right lower extremity flexed at the knee and the hip points. The patients will be asked too keep his left hand below the head Dasmultailaadi tail anuwasan basti is to taken in the enema string after expelling air. The rubber catheter will be passed thought anus of the patients up to the length of 4 inches. The patients will be asked to take deep breathing and to lie still while the catheter and the drug is introduced.

Same regimen has to be followed when Niruhau basti will be administered. Patients should come empty stomach or with very light diet

Pashchat Karma

After the administrattion of basti the patient will be advised to lie in supine position with the arms and legs spread out freely over the table. Both legs will be raised for few minuetes so as to raise the

waist and gently tapped over the hips. Simultaneously, gentle taps were also given on his soles and over the elbow and palms so that the basti would spared throughout the body and the retained for the required period .

After some time the patient was advised to get up from the table an rest in his bed but to avoid sleeping during the day. Basti partya gaman kala was noted in each case

FOLLOW UP:

The follow up period was of 3 months

1st visit- 1 month after the completion of treatment.

2nd visit – 1 month after the 1st visit

3rd visit- 1 month after 2nd visit. USG of abdomen for ovulation study

OBSERVATION & RESULT :

In the patient study 74.50% patients were housewives & 25.50% were professionals.90% patients were not using any contraceptive method while 10% used condom & natural methods. In the treatment period all the patients had not taken any kind of medicine Patients complained mostly irregular, few or absent menstruation, scanty or less menstrual blood, dysmenorrhoea, acne, obesity, hirsutism. Assessnent criteria was based



on the gradation of symptoms, the cardinal symptom which are irregular menstruation duration of bleeding, dysmenorrhoea, quantity of menstrual blood, hirsutism, acne & obesity before & after treatment. Data was analyzed by using paired 't' test. LH/FSH hormone report revealed that the ratio came to the normal level. Report revealed that reduce of polycystic appearance of ovaries and improvement of follicular maturity.

RESULT-

(Table 6)- Symptom No (n) Mean score B.T. A.T Mean d Relief % SD SE t

- 1) Irregular menstruation 40 2.475 0.250
2.275 76 0.733 0.116 19.19
- 2) Duration of bleeding. 40 2.350 0.425
1.925 57.5 0.5723 0.0905 21.27
- 3) Dymenorrea. 40 1.000 0.050 0.90 92
0.579 0.0944 10.06
- 4) Quantity of menstrual blood. 40 1.900
0.150 1.750 70 1.104 0.174 10.03
- 5) Hirsutism 40 1.950 1.875 0.075 -
0.2667 0.0422 1.78
- 6) Obesity. 40 1.700 0.200 1.500 85
0.5991 0.0947 15.83

From the observation made before & after the treatment following inference are drawn The symptoms like irregular menstruation improved by 76%, At the end

of treatment 57.5% patients had normal duration of menstrual bleeding, 92% of patient was relieved from dysmenorrhoea 70% patients had average quantity of menstrual blood. In obese patient 85% had normal BMI level. But in hirsutism there was no statistically significant result seen.

DISCUSSION

According to Ayurveda PCOS is a disorder involving pitta, kapha & vata doshas. Rasa & meda dhatu, rasa, rakta & artava vaha strotasa. The given treatment works to improve hormone utilization & regulates overall hormone balance. The powder of herbal drugs are also quite beneficial in curbing the three aggravated doshas & brings balance & strength to the menstrual system & it helps to regulate artava dhatu. The properties of deepana & pachana of above drugs they elevate the jatharagni, dhatwagni as well as artavagni.. Therefore at the end of 3 months 62% patients get conceived and avoid miscarriage. There is also kapha reducing, insulin enhancing & hormone rebalancing, drugs helps to relieve the symptoms PCOS. Due to basti the treatment principle is to clear obstruction in pelvis, normalize metabolism & regulate menstrual system (artava dhatu). Its polysaturated fatty acid which ultimately intensify the penetration of oil based substances through



cell membrane which is composed of lipid bilayer which has inherent capability of movement & this movement is directly proportional to temperature. In general basti regulates the nervous control, **Hence by governing HPO axis through hypothalamus it helps in maintenance of follicular growth** (in ovaries & stimulates the follicular maturity. Oil of dsahmool were helped to bring balance & strength to the menstrual system because it contains phyto oestrogens)

CONCLUSION

In case of PCOS 87% patients were successfully get cured. 62% patients had conceived within the follow up period of 3 months No significant complication is evident in study. It is non surgical & non hormonal treatment In conclusion PCOS can be cured by using ayurvedic treatment regimen

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ROLE OF AYURVEDA IN WELLNESS TOURISM

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ABSTRACT :

By nourishing ancient practices of Ayurveda, Yoga, Siddha and Naturopathy India has established itself as an important wellness retreat among domestic as well as international tourists. We could stretch the awareness as well as recognition of Ayurveda across the entire world through this platform of tourism. Today, we are trying to cure every crucial domain of life be it in sense of human being, environment, foodings etc. by adopting countless natural remedies to stop the fast rate loss of nature and its constituents. Tourism plants the exchange between foreigners and citizens. This exchange could be the exchange of health and wellness mantras. In presenting this review article, we searched various websites, OPD's result, Ministry of Tourism guidelines etc.

Keywords: Shirodhara, Dincharya, AacharaRasayan, Yoga.

INTRODUCTION:

As the entire world knows, India is said to be “INCREDIBLE INDIA” or

“ATULAYA BHARAT” not only because of its vibrant culture and rich history but also our country offers the feast for yoga, naturopathy, spirituality, various ways of healing and maintaining mental health like Shirodhara, Nasya, meditation etc.

Now here arises a question in our mind that what is wellness tourism?

Wellness tourism defines the travelling for wellness to maintain or enhance their personal health or wellbeing and wellness services focus on healing, relaxation or beautifying of the body that is preventive or curative in nature.

Unlike other pathies, Ayurveda fulfills all the criteria of this tourism. This could be best co-related with the basic principle of Ayurveda given in chapter-30 of Charak Samhita Sutrasthanathat states:

“Prayojnam Chasya Swasthasya Swasthya Rakshnam Aturasya Vikara Prashmanam Cha.”

So, from this we can conclude that the starting line itself explains that first we have to take care of the health of a healthy and for attaining this, people across the

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world are keen to visit our country. Ayurveda is not the science of treating fever just by prescribing a paracetamol, it is the science of treating the cause of fever.

The agenda of this tourism is to balance the main domains of wellness (such as physical, social, spiritual and mental). Wellness does not limit itself to yoga and meditation but following various ayurvedic principles like Dincharya, Ratricharya, Ritucharya, Saddvritta, Pathyaand Apathya, use of Rasayanadravyas like amla, various Rasa aushadhis, immunity boosters like Guduchi which is said to be equivalent to Amrit or elixir of life are also the part and parcel of wellness tourism. To add more to this, the use of Astha-Ahara-Vidhi-VisheshAaytana or eight rules of eating habits and use of Aachar Rasayan enhance not only the external beauty but also makes the person full of positivity and peacefulness from inside. People from across the world are attracted to attain this form of life and come with a full package of time so that they could be benefitted with their moto of coming to India. Earlier people were not much aware and had very little or no faith in this magical science but this Covid-19 had made the world know that the cause of spreading of this viral disease were already mentioned in our

Samhitas by our acharyas. According to Sushruta Samhita NidanaSthana chapter-5 has mentioned the following shloka:

“Prasangatgatra-sansparshatnihs-washaatseh-bhojnata- Sehshaiya-ashanash-chapivastra-maalyaanulepnata - kushtha mjwarash chashoshash chanetraa bhishayan daeva cha aupsargik rogash cha sangkram antinaram.”

This has made the unbelievers to believe in our pathy. This is a great opportunity for us to explore Ayurveda at a world level through wellness tourism. Like Uttarakhand other states must also be known as wellness centers. Today the mid-day meal for children is prepared on ayurvedic principles for boosting up their immunity. Ayurvedic rules in the form of comics is being published to make children easily understand and interesting as they are the future of our country. Such practices should be made at world level too. We should work really hard to spread the knowledge written in our vedas and classical texts in every corner of this earth. Now, the ministry of tourism has drafted guidelines for wellness tourism. These guidelines address issues regarding making available quality publicity material, training and capacity building for the service providers, participation in



international and domestic wellness related events.

MATERIAL AND METHOD:

Government Of India as well as Ministry Of Tourism, media, newspaper all these are playing a huge role in spreading the utility of Ayurvedic principles at a gross level. Many Ayurvedic practitioners are doing a great job in uplifting Ayurveda not only in India but also beyond the country.

RESULT:

According to the report by the global wellness institute, wellness tourism is slated to grow at an average annual rate of 7.5% by 2022. This is higher than the projected 6.4 % for the annual growth of overall global tourism. Declaration of 21st June as the International Yoga Day itself is a big achievement. This covid pandemic has witnessed the management of mild to moderate cases of corona virus by use of Ayush Kwatha, Sanshannivati, Giloy etc. In India, Ayurveda is practiced daily and is part of the fabric of the nation. Ayurveda has established India as a genuinely world-class medical and wellness destination.

DISCUSSION:

More recently, India is being promoted as a cultural and wellness tourism destination to meet the rising demand for wellness tourism from Europe and Asia.

India's ancient healing practices, yoga, naturopathy and ayurvedic treatments offer attractive options for European tourists seeking a wellness vacation. We have to find new ways of attracting people and building faith in their minds regarding Ayurveda. This will help in not only curing the individual but the entire earth as a whole, only then we could get rid of this "Janpado-udhvansha".

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DAILY ROUTINE AND ITS UTILITY FOR LONGEVITY OF LIFE

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ABSTRACT :

Health is a quality of biological systems that permits or facilitates achievement or accomplishment to convert, allocate, distribute and utilize energy with maximum efficiency. Proper nutrition helps a person have shiny hair, smooth skin, clear eyes, ideal weight regular sleeps, elimination habits and emphasize to reflected human stamina and resistance to disease. Ayurveda is the oldest science of life which promotes disease prevention, good health and longevity of life of a person on the basis of its own fundamentals principles. By changing the routine and rituals of a person, it holds its important place in prevention of diseases and a person's activities smoothly run and can enjoy life fully.

Keywords: Ayurveda, Prevention, Health, Longevity.

INTRODUCTION:

Longevity of life means prolongation of duration of life. Longevity is the time

of life in which a person is healthier and has the ability to live longer.

Objectives for the adaptation of daily routine

1. Accomplishment of optimal growth and development.
2. Maintenance of functional and metabolic efficiency of living organisms.
3. It is necessary for active and productive life.
4. Resisting infections and environmental toxins and pollutants.
5. Prevention of diseases and cancer

There are so many Guidelines for follow of daily routine

These guidelines emphasize to prevent disease and help us achieve longevity of life. If we follow these guidelines it helps us live an ideal life⁸

1. Getting up before the sunrises-

Waking up early in the morning a person is healthy, beautiful, strong and

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longevity because the morning is very pure atmosphere.²

2. Maintain regularity in your routine

One should maintain regularity in our daily routine then only our body is going to be adopt by own biological clock and adjust to seasonal changes. Overall activities of the day determine daily routine. Usefulness of daily routine can be measured by productive actions of an individual by each passing day³

3. Exercise-

Regular exercise increases our immunity power and ability to work⁴

4. Get an appropriate sunlight

Vitamin D is produced from natural sunlight and it reduces cholesterol deposition and high blood pressure. Vitamin D is also known as the sunshine vitamin. Low level of vitamin D can cause heart disease, prostate cancer and dementia. So, we should get an appropriate sunshine⁵

5. Massage should be done daily-

Massage daily with oil makes the skin soft and shiny and there is happiness and excitement in the mind.⁶

6. Physical activity should be a regular part of your routine

We should make physical activity a regular part of our daily routine. Being

active makes it easier to maintain the body weight. Some physical activities increase the amount of calories burn. Such as – Gardening, up and down stairs, clean the house exercises etc.⁷

7. Adopt a healthy eating pattern

We should adopt a healthy eating pattern, in which the proper amount of protein and carbohydrate that is to help achieve and maintain a healthy body weight, support nutrient adequacy and reduce the risk of chronic diseased individuals.⁸

8. Maintain a healthy weight

Maintenance of a healthy weight is important for health. Use calculator to find out if you are healthy if your actual weight falls within 10% (above or below). Then you are comes under healthy weight range. It is always better to be slightly under weight than to be overweight because it lower the risk of heart disease, stroke, diabetes, high blood pressure and different cancers.^{14, 15}

9. More and more natural foods should be taken in food-

Most natural foods are more nutritious than their textured foods eg-a glass of one mango juice contains more vitamin than mango squash flavored artificially. Synthetic foods should be avoided because it damages our body rather than benefits.¹⁷



10. Seasonal fruits and vegetables should be taken in food-

When fruits and vegetables are picked for consumption that have been naturally ripened and harvested at the right time, it will have much more flavor and nutrition. In seasons produce is fresher and tastes better, sweeter and perfectly ripe.¹⁸

11. Eat well but should not too much

Eat three to four meals a day in right proportion. Food should be consumed at the right amount in a precise time to maintain good health.¹⁹

12. Avoid excessive salt, spices and sweets-

Excessive consumption of sweets, salt and spices must be avoided. The average amount of any food is not harmful to our body but a slight excess every day can be harmful for the body in the long run. Very spicy foods must be avoided since they are harmful to the delicate lining of the gastro intestinal tract and consumption of concentrated sugar like – Jams, Jellies and marmalades must be minimized²⁰.

13. Avoid foods that contain large amount of cholesterol and saturated fats

Avoid foods that contain large amount of fat, cholesterol and saturated fats such as – meat, fish, poultry, organ meats and

eggs, coconut oil, olive oil, nuts and vegetable oil may be used²¹.

14. Eat plenty of raw food

Raw foods maintain their enzymes and our bodies need them in order to absorb vitamins and minerals so that we should take the sufficient raw food. It helps to keep maintain a healthy body.²²

16. Get plenty of sleep and manage your stress

Good sleep helps to prevent cancer, reduces stress, loses weight and reduces inflammation. It also improve your memory, makes you more alert and smart. Sleep may reduce your risk of depression so we should get plenty of sleep.²³

CONCLUSION-

These guidelines are designed for all age groups-children, adolescents, adults and older adults and their families consume a healthy nutritionally adequate diet. These guidelines are used in developing federal food, nutrition and health policies and programs. These guidelines focused primarily on individual dietary components such as food groups and nutrients. The dietary guidelines recommended for all age groups for better health. It can help to achieve and reduce the risk of chronic disease throughout stages of the lifespan.



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TEACHING OF AYURVEDA – TRENDS AND NECESSITIES

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Teaching and trainings are the methodology to impart knowledge and make skillfull for further uses and exploration.

The knowledge of Ayurveda was primarily not taught, but revealed in the pure mind of Brahma. The further progress of this knowledge was in oral form (upadesh shaily). The training of practical part has been nowhere described but the skill of medical with surgical treatment by 'Ashwani Kumar dwaya' clearly declares their excellent knowledge, training and skill.

The early methodology on the earth, after Maharshi 'Bhardwaj' is having both spiritual and physical methods e.g.

1. महर्षयान्तेददृशुर्यथावज्ज्ञानचक्षुषा।
—च०स०सू०1-28
2. इन्द्रियाणि च संक्षिप्य मनः संक्षिप्य चच्चलम्।
प्रविश्याध्यात्ममात्मज्ञः स्वे ज्ञानेपर्यवस्थितः॥
सर्वत्राविहितज्ञानः सर्वभावानापरीक्षते।
— च०शा० 21, 22

3. Conference Methodology

4. Question Answer Methodology
5. Propounding and lecture methodology
6. अधीतिबोध आचरण एवं प्रचार शैली
7. दृष्टकर्मा, स्वयंकर्मा शैली
8. योग्या तकनीक
9. वाक्यशः वाक्यार्थशः, वाक्यावयवशः इत्यादि।

The spiritual methodology is having many benefits like, no instrumentation, all time ready, accurate but difficult to teach, expound and prove the result on physical parameter, as the need of physical methodology.

The physical methodology primarily comprise the following steps and most of Ashram, Gurukul and schooling was based on this as –

1. सूत्रशः
2. सूत्रार्थशः
3. सूत्रावयवशः
4. अपवाद
5. परिहार और वार्तिक

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The research methodology was based as –

1. दर्शन (Observation)
2. अनेकविधि परीक्षा एवं तदनिमित्तप्रमाण (Many fold examination with science of epistemology)
3. कार्यकारणसम्बन्ध बोधक हेतु (Cause effect and reason)
4. निगमन या निष्कर्ष (Derivation or discussion with result)
5. सिद्धान्त स्थापना एवं सूत्रण (Establishment of Principle as Sutra).

The current teaching of Ayurveda is classroom teaching, where different subject is taught by their experts. To know the basic pattern of 'Samhitas', some Samhita or the part of Samhita has been made as part of syllabus. The original thoughts of 'Rishis' are explored with help of original 'Shlokas' and contemporary explanation is being propounded. This system has bred three types of crops of scholars as –

1. Only Ayurveda and Ayurvedic explanation must be taught.
2. Ayurveda with contemporary modern medicine and their explanation should be there.
3. Ayurveda should be taught as History or principle, totally based on modern

medical explanation for all the physiological, pathological, clinical and research purposes.

Somewhat, they use scientific methodology or evidence based Ayurveda or medicine to boost their view and focus on globalization of Ayurveda.

The patient related needs and its marketing has created a vast area for pharmaceutical companies. The statistical evidence based medicine of Ayurveda on modern parameters has created a new charming area for Ayurvedic or herbal pharmaceuticals. The overwhelming demand for such medicine has compromised Ayurveda in two way –

1. False or below standard level experimentation with results.
2. No or few researches in the science of Ayurveda i.e. principles of Ayurveda.

In spite of numbers of thesis on fundamental topic are unable to yield something de novo. Students and scholars have less interest in subject as well importance by public/government and pharma sectors.

So it is the need to acknowledge, explore and boost the fundamental principles of Ayurveda. For this purpose some of the following guidelines may be useful –



1. Thorough study of text sources and their explanation.
2. The explanation must be relevant to context and with proper example.
3. Ego based explanation must be demoralized. A false explanation may be fool the tradition of scholars.
4. New idea should be welcome but accepted on rigorous tests.
5. We should openly accept that explanations are based on our till date and contemporary knowledge. They may change in the light of advances in that field of knowledge.
6. The fundamentals of Ayurveda should be given more attention than to 'Darshan Granth'.
7. The interesting methodology of teaching should be accepted than to making subject matter more complicated. The explanation must be relevant to context, appealing and explanatory to matter, No 'किलष्टकल्पना' should be preferred.
8. It should always be assumed that researcher is a part of research and it is utmost necessary to be honest for his/her work.
9. Objective parameters are necessity of time and rigorous study is needed for

this. This will improve the learning interest of student and scientific proving.

10. Assimilation of Ayurvedic thoughts with contemporary modern knowledge is good but elimination is worst.
11. Student intended teaching and institution intended syllabus has created a lot damage to the progress of fundamental principles of Ayurveda. So it should be demoralized.

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A REVIEW ON SUKUMARA GHRITAM

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ABSTRACT :

Sukumara Ghritam is polyherbal medicine used in various diseases Murtakrichra, Katishula, Gulma and it is best in Yonishula. Sukumar ghritam was used for internal snehapana (consumption of fat) purpose. It is one of the example for Yamaka (combination of two type of sneha) which contain Ghrit and Eranda tail (castor oil) as ingredients. It consist of Dashmool (as kashaya dravya) best Vata shamaka dravya (Vata normalising drug). Eranda taila having madhura (sweet) katu (pungent) kashaya (astringent) taste. Ushna veerya (hot patency) srotovishodhak (purify gametes) and facilitates Vatanulomana (normal movement of Vatadosha. .

Key words : *Sukumara Ghritam, Polyherbal Medicine, Yamak Formulation, Ayurveda.*

INTRODUCTION

The first traces of Vedic knowledge can be traced in holy scripts of Vedas which are highly acclaimed work of philosophy and life. The hymns in Atharvaveda spells the secret of healing and treating life threatening diseases. Based on the knowledge from the Vedas renowned

physicians like Sushruta and Charak do wonders. Ayurveda focuses on treating diseases by eliminating the root cause of the diseases. It goes deep into the anatomy of human body and understand the basic components their functionalities and the methods to keep them at the peak of good health. Sneha kalpana is a unique contribution to Ayurvedic science.

Sneha Kalpana may be defined as “*A pharmaceutical process to prepare oleaginous medicaments from the substances like kalka, kwath, drava dravya, in specific proportion by subjecting to a unique heating pattern and duration to fulfill certain pharmaceutical parameter according to the need of therapeutics*”.¹

Ayurvedic formulation are prepared by traditionally processing method which involve the use of several herbs and minerals. Sneha kalpana is one of the important dosages from, widely described in Ayurvedic pharmaceuticals. Medicated oil/ghee one of the important dosages form widely described in Ayurvedic literature.

Sukumara ghritam is indicated in Vibandh (constipation), Udara roga (diseas of abdomen/ enlargement of abdomen), Gulma (abdominal lump), pleeharoga

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(splenic disease), Vidradhi (abscess) Shopha (oedema), yonishul (pain in female genital tract), arsha (haemorrhoids), vriddhi (hydrocele), vatavyadhi (disease due to vat dosha), vatarakta (gout) and also as snehapana (oleation therapy) in purvakarma (preceding procedure) of virechana (purgation therapy) and vamana (emesis therapy)².

The clinical indication of Sukumara Ghritam is multi beneficial. It is Murtakrichrahara, Katishulhara, Gulmhara and it is best in Yonishula

MATERIAL AND METHOD:-

Ghrita was taken in steel vessel and heated slightly over mandagni till up to evaporation of moisture content, disappearance of foam and sound coming from ghrita . Then the vessel was kept out of the fire and allowed to cool for sometimes . Then kalka was added in small quantity with constant stirring . Then 4 part of water was added and mixed well . Started to heat on mandagni till snehasiddhi lakshana appears then filtered and used for further preparation. Many Samskar (procedures) are mentioned in the Ayurvedic classics for drugs to modify or reduce the undesired effects.

There are generally three essential components required for the preparation of Ghrita. (A) Kalka (a fine paste of the drug or drugs) – 1 part. (B) Sneha dravya (ghrita) – 4 parts. (C) Drava dravya (a liquid which may be one or more as Kashaya, Swarasa, Dugdha etc.)- 16 parts. The duration of Paka period depends on the

nature of the Drava Dravya added to Sneha. As mentioned for Ksheera- 2 days, Swarasa- 3days, Takra, Aranala etc. – 5 days, Kwatha prepared with Mula and Valli – 12 days, Vrihidhanya and Mamsarasa – 1 day Paka should be done. Depending upon the nature of Drava Dravya, the time duration of the Sneha Paka varies because each Drava Dravya has its own concentration and also releasing capacity of active ingredients into the Sneha. Hence Acaryas mentioned different time duration according to the Drava Dravya.

In Sukumara Ghrita Paka, first Murchana of Ghrita has to be done then collected and warmed in the Sneha Patra by applying gentle heat. Then the Kalka and Drava Dravya to be used are added and the whole contents are boiled together till the water portion get evaporated and Ghrita becomes free from froth. There is confirmative tests for completion of Sneha Paka- (1) Sneha Kalka attains perfect wick shape when rolled between thumb and index figure. (2) If a part of Sneha Kalka is put into the fire, no sound is produced indicating the loss of moisture in it. (3) Foam disappears during completion of preparation.

Sukumara Ghritam is one of the best polyherbal formulation mention in Ayurvedic classical books like Ghrita Prakarana of Sahasra yoga, Ayurveda Formulary of India³ and The Ayurvedic Pharmacopoeia of India⁴, Astanga Hridya⁵, Bharat Bhaisjya Ratnakar⁶, Bhavpakash⁷, Bhaisjya Ratnavali⁸.



Table-1

Different References of Sukumara Ghrita mentioned in the Ayurveda classics:-

S.No.	Reference	Name	Kalka dravya	Drav dravya	Matra
1.	Sahasrayogam Ghrita Yog prakaranam 4	<i>Sukumar Ghritam</i>	<i>Pippali, Pippalimool, Sendhanamak, Mulethi, Draksha, Ajwain, Sonth, Jaggery, Goghrit, Erاند tail</i>	<i>Punarnvamoool Dashmoool, Erاندmoool, Shtavari, Trirpanchmoool Ksirakakoli, Potagala Moool</i>	12 gm
2.	Astang Hridaya Chikitsa adhyay 13	<i>Sukumar tail/ Rasayan Sukumarkumarakgh ritam</i>	<i>Pippali, Pippalimool, Sendhanamak, Mulethi, Draksha, Ajwain, Sonth, Jaggery, Goghrit, Erاند tail</i>	<i>Punarnvamoool Dashmoool, vidarikand, Erاند, Ashwagandha, Shtavari, Trirpanchmoool, Potagala Moool l</i>	10 gm
3.	Bharat Bhaishjya Ratnakar Ghrit prakaran (pancham bhag	<i>Sukumarkumarakgh ritam (Sukumarkumarav leh)</i>	<i>Pippali, Pippalimool, Sendhanamak, Mulethi, Draksha, Ajwain, Sonth, Jaggery, Goghrit, Erاند tail</i>	<i>Punarnvamoool Dashmoool, Ksirakakoli, Agar, Erاندmoool, Shtavari, Trirpanchmoool.</i>	
4.	Bhaishjya Ratnavali (by Ambikadatt shastri) Mutrakrichchikit sa prakaran	<i>Sukumar Kumar ghritam</i>	<i>Mulethi, Aadrak, Draksha, Sandhav, Pippali, Ajwain, Jaggery, Goghrit, Erاند tail.</i>	<i>Punarnvamoool, Dashmoool, Shtavari, Balamool, Ashwagandha, trirpanchbmoool, Gokshur, Vidarikand, Nagbala, Guduchi Atibala,</i>	12 gm
5.	Bhavprakash Mutrakrichh madhyam khand 2	<i>Sukumarkumarak Punarnvavleh</i>	<i>Mulethi, Aadrak, Draksha, Sandhav, Pippali, Ajwain, Jaggery, Goghrit, Erاند tail</i>	<i>Punarnvamoool, Dashmoool, Shtavari, Gokshur, Vidarikand, Guduchi, Nagkesar, Bala, Asgandha, Trirpanchmoool</i>	



Sukumara ghritam Ingredient's :-

This medicine is made with a number of constituent plants or plant parts.

Table- 2
Ingredient's of Sukumara Ghrita

S.No	Ingredient's Name	Botanical Name	Part's Used	Pharmaceutical properties
1.	Punarnva	<i>Boerhaavia diffusa</i>	Mool	Anti inflammatory anti stress and pain relieves
2.	Bilva	<i>Aegle marmelos</i>	Stem bark	Dipaniya,kaphahara, vatahara,samgrahi,pittakara,visaghana
3.	Syonaka	<i>Oroxylum indicum</i>	Stem bark	Pain relieving and anti inflammatory.
4.	Gambhari	<i>Gmelina arborea</i>	Stem bark	Ksaphahara,sothahara,bhedana,dahapra sman,dipana,pachana
5.	Patala	<i>Stereospermum suaveolens</i>	Stem bark	Balances the doshas and relieves pain. anti inflammatory
6.	Agnimantha	<i>Premna mucronata</i>	Root bark, leaf	Hypolipidemic, anti inflammatory, anti diabetic, CNS depressant, anti tumors
7.	Salaparni	<i>Desmodium gangeticum</i>	Whole plant	Balya , mutrala , rasayan, vatahara, tridoshara
8.	Prishnaparni	<i>Uraria picta</i>	Root	Anti inflammatory
9.	Brihati	<i>Solanum indicum</i>	Root, Fruit	Anti inflammatory
10.	Kantakari	<i>Solanum xanthocarpum</i>	Whole plant	Anti inflammatory, anti oxidant.
11.	Gokshura	<i>Tribulus terrestris</i>	Whole plant	Balya,sothahara,vrsya, mutrala, vedanasthapana , kaphahara., balance vata and pitta dosha and has a calming effect on the nerves.
12.	Payasya	<i>Roscoea purpurea</i>	Leaves, Root, Flowers	Anti inflammatory
13.	Ashwagandha	<i>Withania somnifera</i>	Root	Powerful Anti inflammatory., anti oxidant, and immune modulator



14.	Eranda	<i>Ricinus communis</i>	Root	<i>Balances vata and kapha doshas</i>
15.	Shatavari	<i>Asparagus racemosus</i>	Root	<i>Vrsya,sukraja, rasayan, kaphavataghana, pitthara, stanyakara,agnipustikara, antacid, anti tumor</i>
16.	Darbhamoola	<i>Erianthus arundinaceum</i>	Root	<i>Anti bacterial, diuretic, and styptic..</i>
17.	Kushmoola	<i>Desmostachya bipinnata</i>	Root	<i>Good for treatment of bleeding piles</i>
18.	Sharamoola	<i>Saccharum arundinaceum</i>	Root	<i>Good ayurvedic medicine for piles.</i>
19.	Kashmoola	<i>Saccharum spontaneous</i>	Root	<i>Vatapitta shamaka</i>
20.	Ikshumoola	<i>Saccharum officinarum</i>	Root stock	<i>Bramhana,vrsya,vatasamak,kaphakara, pitthara,mutrala,balya, cooling laxative anti septic.</i>
21.	Potagalamoola	<i>Sphearanthus hirtus</i>	Root	<i>Vatapittasamaka, slesmakaraka</i>
22.	Guda	<i>Jaggery</i>		<i>Raktshodhak , vataghna, balya , vrsya, improves digestion and eliminates acidity.</i>
23.	Eranda taila	<i>Castor oil</i>		<i>Balance Vata dosha,and laxative</i>
24.	Ghrit(cow ghrit)			<i>Agnidipana, ojovardhak, vatapittaprasamana, visahara, Rasayanmedhya</i>
25.	Krsna(pippali)	<i>Piper longum (Long pepper fruit)</i>	Fruit	<i>Vatahara, kaphahara ,Rasayan, hradya, vrsya,</i>



26.	Krsna mula(pippali)	<i>Piper longum</i> (Long pepper root)	Root	Activates agni
27.	Saindhava lavana	Rock salt		Balance pitta.
28.	Yashti	<i>Glycyrrhiza glabra</i>	Root , rhizome	Treat ulcer and hyper acidity., anti inflammatory, analgesics and antacid.
29.	Madhuka	<i>Madhuka longifolia</i>	Whole plants	
30.	Mrdvika(draksa)	<i>Vitis vinnifera</i>	Whole plants	Balances vata and pitta doshas., eases bowel movements.
31.	Yavani	<i>Cuminum cyminum</i>	Seed	Antidiabetic, anti inflammatory,
32.	Nagara(sunthi)	<i>Zingiber officinale</i>	Rhizome	Aids digestion

Punarnava (Boerhaavia diffusa)

Boerhaavia diffusa is used as a Rasayana in Ayurveda, meaning a medicine which maintains good health and rejuvenates the body. Mishra have described in details the various therapeutic activities of B. diffusa. It has activities such as hepato protective, immuno modulatory, anticancer, anti diabetic and hypoglycemic, anti fibrinolytic, anti-Inflammatory, diuretic, antibacterial, antioxidant, anti asthmatic and anticonvulsant⁹

Vilwa (Aegle marmelos)

Extensive experimental and clinical studies prove that Vilwa has antidiarrhoeal, antimicrobial, antiviral, radio protective, anticancer, chemo preventive, antipyretic, ulcer healing, anti genotoxic, diuretic, anti-

fertility and anti-inflammatory properties.¹⁰

Kasmari (Gmelina arborea)

This plant has undergone extensive medicinal screening for activities such as toxicity (Ashalatha and Sankh), antioxidant (Rohith), ant helminthic, anti-microbial, diuretic, cardio protective, anti-diabetic, immunomodulatory, antipyretic and analgesic.¹¹⁻¹²

Patala (Stereospermum suaveolens)

This plant has various medicinal values as reported by Meena.¹³ The therapeutic effects of this plant are among others, renal protective, anti-inflammatory, anti hyperglycemic, antioxidant, analgesic and antipyretic.¹⁴



Syonaka (*Oroxylum indicum*)

This is another medicinal plant with various therapeutic potential.¹⁵ This plant has activities such as antibacterial, anti-inflammatory and analgesic, hepato protective, nephro protective, anti-diabetic, immuno-modulatory, gastro protective, anticancer and anti mutagenic.

Agnimantha (*Premna corymbosa* syn. *P. integrifolia*)

The pharmacological properties of *Premna corymbosa* were reviewed by Khatun. This plant has medicinal roles such as hypo lipidemic, anti-inflammatory, anti-diabetic, CNS depressant and antitumor.¹⁶

Prisniparni (*Desmodium gangeticum*)

The phytochemical and ethnopharmacological profile of this plant is reviewed by Bhattacharjee.¹⁷ Studies on this plant have resulted in reports on medicinal activities like anti-inflammatory and nociceptive, anti leishmanial and immune modulatory, cardio protective, antiulcer, nootropic, hepato protective activity and renal protective.¹⁸

Saliparni (*Pseudarthria viscida*)

This plant has activities like anti diabetic, antioxidant and anticancer.¹⁹⁻²¹

Bhadra (*Aerua lanata*)

Gajalakshmi have reviewed the pharmacological perspectives of this plant. This plant has anti-hepatotoxic, anti-

oxidant, antimicrobial and cytotoxic, renal protective, immuno modulatory, antitumor and anti- diabetic properties.²²

Gokshura (*Tribulus terrestris*)

Tribulus is known as Gokshura in Ayurveda. It is an ancient herb with immense medicinal qualities. *Tribulus*, in modern day, is used for body building, to relieve diseases of uro-genital system and as an aphrodisiac. Fatima has elaborated in their review the various pharmacological activities of *Tribulus*. This plant has various medicinal applications such as diuretic, antitumor, antibacterial and antifungal, antioxidant and hypoglycemic.²³

Kantakari (*Solenum melongena*)

Various parts of the plant are useful in the treatment of inflammatory conditions, cardiac debility, and neuralgia, ulcers of nose, cholera, bronchitis and asthma. Its antioxidant and analgesic activities have been reported by Muthalik.²⁴

Payasya (*Holostemma annulare*)

Traditionally the plant is used as an alternative, astringent to the bowels, cures ulcers, diseases of the blood and in treatment of worms.²⁵ There are reports of its being anti-itching, anti leucoderma, antidiabetes, anti-cough, antigonorrhoea, as aphrodisiac and hepatoprotective.

Aswagandha (*Withania somnifera*)

Another wonder drug plant having activities like antitumor, anti-



inflammatory, anti stress, antioxidant, sleep inducing, effective in memory related conditions, insomnia, immuno modulatory, hemopoetic, effect on CNS and cardiopulmonary systems.^{26,27}

Eranda (*Ricinus communis*)

The oil of Erand is commonly used in India as purgative for children. It has medicinal roles such as cytoprotective, antidiabetic, antibacterial, anti-inflammatory, wound healing, antioxidant, apoptotic activities.²⁸⁻³³

Satavari (*Asparagus racemosus*)

Sharma have reviewed the medicinal properties of *Asparagus*.³⁴ Alok in their exhaustive review have listed a number of medicinal properties of *Asparagus* such as, galactogogue, anti-secretory and antiulcer activity, antitussive, adaptogenic, antibacterial activity, anti protozoal activity, anti-hepatotoxic, anti-neoplastic, cardiovascular, immuno modulatory, antioxidant, anti lithiatic, anti-inflammatory, enhances memory and protects against amnesia, aphrodisiac and diuretic. It is known as a versatile female tonic.³⁵

Darbha (*Desmostachya bipinnata* Linn.)

Golla have demonstrated the anti hyperglycemic effect of this plant on rats.³⁶ In addition pharmacological studies established its anti, anti ulcerogenic, antipyretic and anti-inflammatory activities, anti diarrhoeal and anti-fungal activity.³⁷⁻⁴⁰

Kusa (*Eragrostis cynosuroides*)

Shahalkar and Kamble have studied the biological activities of this plant based on Ayurvedic literature.⁴¹

Sara (*Saccharum spontaneum*)

Khalid and Siddiqui have reported the various pharmacological properties of this plant.⁴² Aerial parts possess laxative and aphrodisiac properties, and are useful in burning sensations, strangury, phthisis, vesical calculi, blood diseases, biliousness and haemorrhagic diathesis. The stems are useful in vitiated conditions of pitta and vata burning sensation strongly and dyspepsia, haemorrhoids, menorrhagia dysentery, phthisis and general debility.⁴³

Kasa (*Imperata cylindrica*)

This plant is reported to have antihypertensive and antibacterial activities.⁴⁴⁻⁴⁵

Sugar Cane (*Saccharum spontaneum*)

The potential health benefits of sugar cane is reported by Singh.⁴⁶ In the Ayurvedic system of medicine sugarcane is used either as a single drug or in combination with some other plant materials. Some native and traditional healers of the world have recommended sugarcane juice for its diuretic property.⁴⁷ It is also used as aphrodisiac, laxative, cooling, demulcent, antiseptic, and tonic.⁴⁸

Potagala (*Sphaeranthus indicus* Linn)

The pharmacological studies reported in this plant are antiulcer, antimicrobial,



and immune-stimulant activities of sesquiterpene glycoside present in this plant.⁴⁹⁻⁵¹

Krishna – (Piper longum, long pepper)

Kumar have reviewed the various health benefits of Piper longum. Piper longum has many important medicinal values such as anticancer, antioxidant, hepatoprotective, anti-inflammatory, immune modulatory, antimicrobial, anti-platelet, anti hyperlipidemic activity, analgesic, antidepressant, anti-amoebic, vasodialtory, bioavailability enhancer due the presence of piperine in it, anti-obesity activity, radio protective, cardio protective and antifungal.⁵²

Yasthimadhu (Glycyrrhiza glabra)

Glycyrrhiza glabra is known for its medicinal properties (Damle).⁵³ It has activities like antioxidant and antibacterial, antiinflammatory, antiviral, memory enhancer, antifungal, antibacterial, anti-hyperglycemic, immune stimulatory, hepato protective and anticancer and anticoagulant.

Mridweeka (Vitis vinnifera - Dry grapes)

The cardio-protective role of grapes was reported.⁵⁴⁻⁵⁶ The antioxidant properties of the polyphenols such as resveratrol, phenolic acids, anthocyanins and flavonoids present in grapes are attributed to secondarily help to avoid atherosclerosis, platelet aggregation and stenosis. These compounds also possess

a range of additional cardio protective and vaso-protective properties including anti-atherosclerotic, anti-arrhythmic, and vaso-relaxation actions.

Yavani (Cuminum cyminum)

Sahoo have given extensive review of the several biological activities of Cuminum cyminum which indicate its activities like anti-diabetic, antioxidant, anti-bacterial, anti-fungal, bronchodilatory, hepatoprotective and renoprotective, chemopreventive, anti-epileptic, galactagogue, hypolipidemic, male anti-fertility, memory- enhancing and anti-stress effects.⁵⁷

Shunti (Zingiber officinale ginger)

Ginger is one of the household medicines used against common cold, cough and indigestion. Its medicinal values are well documented (Zadeh and Ko).⁵⁸ Adel and Prakash have reported its antioxidant properties.⁵⁹ Ginger controls vomiting and nausea during pregnancy.⁶⁰ It controls blood pressure by blocking calcium channels.

SOME RESEARCH WORK ON SUKUMARGHRITAM

According to some research work, on analytical study of Sukumara Ghritam , Sukumar Ghritam prepared with Murchit ghrit is better than Sukumar Ghrit prepared with Amurchit Ghrit.⁶¹



Table- 3 : Organoleptic character of Ghrít samples:-

Parameter	Sukumar ghrít prepared with Amurchita Ghrít (unorocessed ghee)	Sukumara ghrít prepared with Murchit ghrít (processed ghee)
Colour	<i>Golden yellow</i>	<i>Dark golden yellow</i>
Odour	<i>Bitter; astringent odour</i>	<i>Sour, astringent odour</i>
Taste	<i>Bitter , astringent</i>	<i>Sour , astringent taste</i>
Consistency	<i>Less viscous</i>	<i>Viscous</i>

Table- 4 : Results of Physico chemical parameters:-

s. no	Parameter	Sukumar ghrít with Amurchit ghrít	Sukumar ghrít with Murchit ghrít
1.	<i>Refractive index</i>	<i>1.46383</i>	<i>1.46433</i>
2.	<i>Specific gravity at 25 C</i>	<i>0.9121</i>	<i>0.9226</i>
3.	<i>Saponification value</i>	<i>170.97</i>	<i>171.59</i>
4.	<i>Acid value</i>	<i>2.51</i>	<i>1.73</i>
5.	<i>Iodine value</i>	<i>10.385</i>	<i>10.454</i>
6.	<i>Loss on drying</i>	<i>0.297</i>	<i>0.099</i>
7.	<i>Viscosity at 29 C</i>	<i>96.95</i>	<i>70.48</i>
8.	<i>Ester value</i>	<i>168.46</i>	<i>169.86</i>
9.	<i>Weight/ ml</i>	<i>0.857g/ml</i>	<i>0.852g/ml</i>
10.	<i>Rancidity</i>	<i>Not rancid</i>	<i>Not rancid</i>
11.	<i>Peroxide value</i>	<i>0.58%</i>	<i>0.57%</i>
12.	<i>Free fatty acid</i>	<i>1.24</i>	<i>0.33</i>
13.	<i>Total fatty acid</i>	<i>2.46</i>	<i>0.66</i>
14.	<i>Solubility</i>	<i>83.02%</i>	<i>72.34%</i>



From these analytical reports, it can be ascertained that Murchita Ghrita (processed ghee) when used in the preparation of Ghrita, certainly attributes better quality of absorption, distribution, bioavailability, metabolism and therapeutic action.

DISCUSSION:-

The ingredients of Sukumara Ghritam, such as **Shatavari and Punarnava** might act as phyto-estrogen and help in relieving the menopausal symptoms. The ingredients like **Dashamoola and Aswagandha and Eranda Taila** (seed oil of *Ricinus communis* L.) have best Vata-Shamana property that might be helpful in relieving inflammation, pain, and other associated symptoms during menopause. In an experimental study on **Kantakari** which is one of the ingredient of Dashamoola, in ovariectomized rats showed increase in estradiol level and uterine weight and also improved bone strength and depression.⁶² Further, it contains **Trinapanchamoola** like Darbha, Kusha, Sara, Ikshu, Kasha which are Mootrala (diuretic); helps in checking physiological edema; and helps in reducing water retention which occurs during menopausal period due to hormonal imbalance.

Drugs like **Ksheera Kakoli, Ashwagandha, Shatavari, Dugdha (milk), Guda (jaggery)** have Brimhana property and thus provide

nutrition. **Punarnava, Gokshura** also prevent urinary tract infection that is common in this phase. **Being Ghrita based intervention** it is Pittashamak (pacifying pitta) so useful to treat hot flushes. Due to presence of **Eranda Taila and Goghrita** in Sukumara Ghritam Anuloman of Apanvata is maintained as the vitiation of Apana is the major cause for menopausal disturbance that occur in menopause. Looking to its Rasayan property, it helps in nourishing the Rasa, Rakta like Poorvadhatu, Asthi like Uttarotara Dhatus and help in preventing Asthisosha (Osteoporosis) and act as rejuvenator.

The name Sukumara ghritam indicates that which is meant for youthfulness. Their phytonutrients composition as well as their bitter and sweet qualities help the body easily digest and move the food through the body. They also aid in producing healthy immune response against occasional bowel inflammation.

Alternately, **Kantkari along with Brihati and Gokshura** work together to promote a healthy reproductive system. They assist the body in the balanced production of hormone to support reproductive function. Additionally herbs such as **Agnimantha** also help in this regard. It does this by supporting regular menstrual cycle.

Sukumara ghritam contains a unique blend of bioactive compound such as



vitamins, minerals, proteins, carbohydrates, flavonoids, alkaloids, terpenes and other beneficial phytochemicals. It also shows some **anti-inflammatory and anti-oxidant properties**.

Sukumara ghritam was used for internal snehapana (consumption of fat) purpose. It is one of the examples for Yamaka (combination of two types of sneha) which contain Ghrith and Eranda tail (castor oil) as ingredients. It consists of Dashmool (as kashaya dravya) best Vata samaka dravya (Vata normalising drug). Eranda taila having madhura (sweet) katu (pungent) kashaya (astringent) taste. Ushna veerya (hot potency) srotovishodhak (purify gametes) and facilitates Vatanulomana (normal movement of Vata dosha).⁶³

CONCLUSION:-

Sukumara Ghritam is commonly available reference in different texts of Ayurveda. Though the ingredients are available easily and easy to prepare, it is hardly available in the market as it is not much prescribed by much of the physicians. It is necessary to explore the therapeutics of this formulation for the betterment of mankind and hence various clinical and experimental studies need to be carried out to prove its efficacy.

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REVIEW ON IMPACT OF BRAHMA MUHURTA ON DELIVERY OF CHILD.

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ABSTRACT-

Ayurveda has mentioned dincharya in which the first part of dincharya is waking up early in morning. Brahma Muhurta is 45 minutes before Sun rise. Waking up in brahma muhurt has a lot of physical and mental health benefits. This article will elaborate about how brahma muhurta has impact on delivery of child.

Keyword- *Ayurveda, Dincharya, Brahma Muhurta, Melatonin, Oxytocin, Delivery.*

INTRODUCTION-

Person who desires to be healthy should wake up in brahma muhurta. Brahma means knowledge and muhurta means time. Brahma Muhurta is best time to obtain Knowledge and also it has many health benefits in our body. Brahma muhurta is best time to study, meditate, yoga and plan our day. Brahma Muhurta enhances physical, mental and spiritual wellbeing.

Famous Personality who wake up in Brahma Muhurt:

- 1) Tim Cook-Apple CEO –wakes up in brahma muhurta at 3:45 am.
- 2) Michelle Obama-wake up at 4:30am

- 3) Pepsi CEO-Indra Nooyi wake up at 4 am
- 4) Bob Iger-Disney CEO
- 5) LinkedIn CEO-Jeff Weiner

So we see many people who have reached to the heights in their life and achieved something big in their life is by hard work and waking up early in brahma muhurta.

Melatonin hormone is secreted by pineal gland during Brahma muhurta. Pineal gland produces maximum secretion of its hormones (Melatonin). Melatonin is associated with sleep wake cycle and is ultimately attenuating the wake-promoting effects of the circadian clock. Melatonin is purported to exert multiple beneficial functions that include slowing or reversing the progression of aging, blood pressure and autonomic cardiovascular regulation, protecting against ischemic damage after vascular reperfusion and enhancing immune function.

However, the most-studied and established role of melatonin in humans is that of phase shifting and resetting circadian rhythms. In this context, melatonin has been used to treat jet lag and

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may be effective in treating circadian-based sleep disorders.

Melatonin therapy has also been suggested to have oncostatic effects on several tumors by acting as an antioxidant and to reduce blood pressure in patients with hypertension, improve major depressive disorder and anxiety, exert anti-inflammatory actions in rheumatoid arthritis and osteoarthritis, and because of its protective role against oxidative stress, potentially it is efficacious for the treatment of Alzheimer disease, Parkinson disease, Huntington disease and amyotrophic sclerosis.

Melatonin secretion is excellent during Brahma muhurt. Melatonin synergizes with oxytocin to enhance contractility of human myometrial smooth muscle cells. Melatonin with oxytocin increases contractions during delivery and help in faster delivery. During Brahma Muhurta there is more oxygen in our environment so when haemoglobin combine with oxygen, it produces oxyhaemoglobin which further increases

energy of our body. The time of vata dosha is 2 am to 6 am. Apana Vayu which is responsible for delivery of baby is also more active during brahma muhurt. is So, Delivery happen faster during Brahma Muhurta then other parts day.

Materials and Methods-

A group of people were surveyed by Personal Interview and Google Forum .

Question asked to them were-

- 1) What is your birth time?
- 2) What time does your mother wakes up in morning?
- 3) Does your mother delivering was / were in Brahma Muhurta ?

Survey Report :

Survey was done on total 445 people out of which we found 187 women who were habituated to wake up in brahma muhurt were asked about their delivery timing .

Only the women who delivered by normal deliveries were included in this survey.

Sample Size	Number of women who were habituated to wake up in Brahma Muhurt	Number of Ladies who were habituated to wakeup in brahma muhurt and delivered during Brahma Muhurt	Number of Ladies who were habituated to wakeup in Brahma muhurt but did not deliver during brahma muhurt	Percentage affirming the survey (Habitual of waking up in brahma muhurt and Delivering in Brahma muhurt)
445	187	98	89	52.4%



DISCUSSION-

During Brahma muhurt energy in our body as well as environment is highest which can be a contributing factor for easy delivery of child. It is also the time of vata dosha. Since vata is more active during this time and Apan vayu which is responsible for delivery of child so this can also contribute to faster n easy delivery. As we see that melatonin is also excellent during brahma muhurt which also further help in easy deliver by synergistic action of melatonin with delivery hormone oxytocin.

CONCLUSION

Rising in the Braham Muhurata is effecting the mechanism of our body, it might lead to further manifestation to such an extent that it might lead to early morning delivery. Survey done on 445 people out of them only 187 women were getting up in the brahma muhurta. Out of 187 women 98 of them delivered during brahma muhurta and 89 of delivered after the sunrise. So it can be concluded based on the survey that If Mother is habitual of waking up early before the sunrise might delivered the baby also before the sunrise. A Baby delivered during brahma muhurta synergistic action of Melatonin and Oxytocin could promote easy delivery.

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परिषद् समाचार

अन्तर्राष्ट्रीय बेबिनार सम्पन्न

विश्व आयुर्वेद परिषद् द्वारा दिनांक 25/11/2021 को सायंकाल 7 बजे से "Status of Ayurveda in Global Prospect" विषय पर एक अन्तर्राष्ट्रीय बेबिनार का आयोजन हुआ। कार्यक्रम के मुख्य अतिथि उत्तराखण्ड आयुर्वेद विश्वविद्यालय के कुलपति, प्रो० सुनील कुमार जोशी रहे। बेबिनार के मुख्य वक्ता में डॉ० मोटरो सैटो, जापान; डॉ० रक्षा शेट्टी, घाना; डॉ० लुशिता फरनेन्डा, कोलम्बिया; डॉ० मिथिलेश शाह, नेपाल; डॉ० डिलबाह जिन्दल, पोलैण्ड; डॉ० पद्मिनी दम्यन्ती, श्रीलंका; डॉ० संतोष सिंह, इंग्लैण्ड; डॉ० अल्ना वैशिल्वा, रूस; डॉ० कैरोलिना, यू.के.; डॉ० हहे लेन, म्यांमार; डॉ० अपर्णा पट्टनाभन, इण्डोनेशिया; डॉ० गौरी जुनाखर, अमेरिका; डॉ० बबलू अख्तर, बांग्लादेश, डॉ० लीनिया फोर्डरर, यू.एस.ए. रहे। कार्यक्रम संयोजन महेश व्यास, प्रो० स्वामीनाथ मिश्र, डॉ० सुरेन्द्र चौधरी, डॉ० के. के. द्विवेदी ने किया। कार्यक्रम का संचालन डॉ० कार्तिकेय त्यागी, उत्तराखण्ड ने किया।

विश्व आयुर्वेद परिषद् द्वारा देश के विभिन्न स्थानों पर 'भगवान धन्वन्तरि अवतरण दिवस (राष्ट्रीय आयुर्वेद दिवस) समारोह २०२१' समारोह का आयोजन

मध्य प्रदेश के आयोजन

दिनांक 10/11/21 को सिंधु भवन, रीवा में विश्व आयुर्वेद परिषद् द्वारा धन्वन्तरि जयंती व राष्ट्रीय आयुर्वेद दिवस का आयोजन किया गया। कार्यक्रम के मुख्य अतिथि माननीय जनार्दन मिश्रा, सांसद, रीवा रहे व कार्यक्रम की अध्यक्षता विश्व आयुर्वेद परिषद् के प्रदेश महासचिव डॉ० एस एन तिवारी ने की। कार्यक्रम के विशिष्ट अतिथि डॉ० संतोष अवधिया प्रान्त उपाध्यक्ष विद्याभारती, आयुर्वेद कॉलेज के प्राचार्य डॉ० दीपक कुलश्रेष्ठ रहे। इस अवसर पर कोरोना काल में किये गए कार्यों के लिए रीवा शहर के विभिन्न सामाजिक संगठनों विद्या भारती, रीवा व्यापारी महासंघ, विध्य व्यापारी महासंघ, युवा एकता मंच, नागरिक मंच नशा मुक्ति, के पदाधिकारियों को कोरोना योद्धा सम्मान से सम्मानित किया गया तथा आयुर्वेद चिकित्सको व एलोपैथी चिकित्सको का धन्वन्तरि सम्मान किया गया। सांसद महोदय ने अपने उद्बोधन में कहा कि आयुर्वेद हमारी प्राचीन चिकित्सा पद्धति है। कोरोना काल से पूरा विश्व आयुर्वेद को अपना रहा है। डॉ० एस एन तिवारी ने अपने अध्यक्षीय उद्बोधन में कहा कि विश्व आयुर्वेद परिषद् भारत के अलावा अन्य देशों में भी स्वास्थ्य के विभिन्न आयामों में कार्य कर रहा है। जिलाध्यक्ष डॉ० के पी शर्मा ने धन्वन्तरि जयंती एवं आयुर्वेद दिवस में प्रकाश डाला। कार्यक्रम का संचालन डॉ० के के गौतम एवं डॉ० राजेश मिश्रा ने किया एवं आभार प्रदर्शन डॉ० डी के पाठक ने किया। इस अवसर पर, उपदेश पसारी, डॉ० आशुतोष द्विवेदी, डॉ० सुखमंत मिश्रा, डॉ० अमित पांडेय, डॉ० के के गौतम, डॉ० राजेश मिश्रा, डॉ० संदीप मिश्रा, डॉ० आर पी श्रीवास्तव, डॉ० रामरक्षा, डॉ० प्रभंजन आचार्य, डॉ० संजीव खुजे व भारी मात्रा में अन्य चिकित्सक उपस्थित रहे।

उत्तराखण्ड में विभिन्न आयोजन

दिनांक 2 नवंबर 2021 को विश्व आयुर्वेद परिषद्, हरिद्वार द्वारा भगवान धन्वन्तरि की जयंती का उत्सव हरे राम आश्रम, कनखल, हरिद्वार में मनाया गया। भगवान धन्वन्तरि के चित्र के समक्ष पुष्प अर्चन, माल्यार्पण एवं दीप प्रज्वलन एवं धन्वन्तरि वंदना से कार्यक्रम का शुभारंभ किया गया। कार्यक्रम की अध्यक्षता आयुर्वेद परिषद्, हरिद्वार के संरक्षक डॉ० वेद प्रकाश आर्य ने की। भगवान धन्वन्तरि का संक्षिप्त परिचय डॉ० उत्तम कुमार शर्मा द्वारा प्रस्तुत किया गया। इस अवसर पर आयोजित विचार गोष्ठी में उत्तराखण्ड आयुर्वेद विश्वविद्यालय के ऋषिकुल परिसर के निदेशक प्रोफेसर अनूप गक्खड़ ने दैनिक जीवन में आयुर्वेद विषय पर व्याख्यान दिया। उन्होंने बताया कि वर्तमान समय में सामान्यतः जीवन शैली में यह देखा जाता है की मल मूत्रादि का वेगधारण, तनाव युक्त वातावरण में भोजन करना, सोने और उठने के समय का निश्चित ना होना, भोजन करने के समय का अनिश्चित होना, अलग-अलग प्रकार के आहार को मिलाकर खाना आदि कारणों से दिन प्रतिदिन रोग बढ़ते जा रहे हैं। आयुर्वेद के सिद्धांतों का यदि दैनिक जीवन में उपयोग किया जाए, तो बहुत सी सामान्य एवं गंभीर बीमारियों से बचा जा



सकता है। भारतीय पारंपरिक जीवन शैली आयुर्वेद के सिद्धांत पर पूर्णतः आधारित है। दैनिक जीवन में आयुर्वेद को अपनाना ही सामाजिक स्वास्थ्य का स्थायी समाधान है। व्याख्यान के बाद परिचर्चा में अन्य विद्वानों, चिकित्सकों, शिक्षकों एवं विद्यार्थियों ने प्रतिभाग किया। कार्यक्रम का संचालन डॉ. ज्ञानेंद्र शुक्ला द्वारा किया गया। चिकित्सक प्रकोष्ठ के प्रभारी डॉ. आशीष मिश्रा द्वारा चिकित्सा में आयुर्वेद आधारित जीवनचर्या के महत्त्व पर विचार व्यक्त किये गए। डॉ. मयंक भटकोटी ने हरिद्रा, शुंठी, अश्वगंधा, मुलेठी आदि के दैनिक प्रयोग की विधियों पर प्रकाश डाला। डॉ. विपिन पांडेय ने आहार एवं मन के परस्पर संबंध को स्पष्ट करते हुए बताया कि शुद्ध और सात्विक आहार मानसिक स्वास्थ्य के लिए आवश्यक है। आयुर्वेद चिकित्सक डॉ. चंद्रशेखर ने रोगियों की चिकित्सा से संबंधित अपने अनुभव साझा किए। कार्यक्रम का समापन अध्यक्षीय संबोधन, धन्यवाद ज्ञापन एवं कल्याण मंत्र के साथ किया गया। अंत में अतिथियों ने प्रसाद एवं जलपान की व्यवस्था का आनंद उठाया।

महाराष्ट्र के कार्यक्रम

विश्व आयुर्वेद परिषद् महाराष्ट्र राज्य एवं आर० ए० पोद्दार मेडिकल (आयुर्वेद) कालेज मुंबई में धन्वन्तरि जयन्ती एवं राष्ट्रीय आयुर्वेद दिवस कार्यक्रम मनाया गया। कार्यक्रम २ नवम्बर २०२१ सुबह १० बजे आर० ए० पोद्दार मेडिकल (आयुर्वेद) कालेज, मुंबई में सम्पन्न हुआ। कार्यक्रम सूत्र संचालन महिला प्रकोष्ठ प्रभारी डॉ. अमृता मिश्रा जी ने किया। डीन महोदय तथा विश्व आयुर्वेद परिषद् के प्रान्त अध्यक्ष प्रो. गोविंद खटी विश्व आयुर्वेद परिषद् के बारे में एवं धन्वन्तरि पुरस्कार के बारे में बताया एवं प्रो. अनिल शुक्ला जी का संघटन में योगदान बताया एवं पुरस्कार कि पूर्व पीठिका बतायी। सचिव वीरेंद्रनाथ तिवारी जी ने अतिथियों का स्वागत किया। डॉ. अमृता मिश्रा जी ने धन्वन्तरि पुरस्कार के गौरव पत्र का वाचन किया और प्रो. अनिल शुक्ला जी को धन्वन्तरि पुरस्कार से विश्व आयुर्वेद परिषद् अध्यक्ष महोदय के हाथों से सम्मानित किया गया। सत्कार मूर्ति प्रो. अनिल शुक्ला जी ने कृतज्ञता पर अपना वक्तव्य दिया। कार्यक्रम में हिमालया ड्रग्स कम्पनी का भी योगदान रहा। उनके प्रतिनिधि सुश्री प्रकृति मैडम उपस्थित थी। आर० ए० पोद्दार मेडिकल (आयुर्वेद) के प्राध्यापक गण एवं स्नातकोत्तर अध्येता मौजूद थे। केंद्रीय कार्यकारिणी के प्रो. उमाशंकर निगम, केंद्रीय अध्यक्ष गोविंद सहाय शुक्ला एवं वैद्य कमलेश कुमार द्विवेदी ने ऑनलाइन मौजूद रहकर अपना आशीर्वाद दिया।

केरल में कार्यक्रम

दिनांक 09/12/2021 को विश्व आयुर्वेद परिषद् केरल इकाई के चिकित्सा प्रकोष्ठ द्वारा निरन्तर आयोजित होने वाले सतत चिकित्सा शिक्षा कार्यक्रम के अन्तर्गत "अन्न स्वरूप विज्ञानीयम्" विषय पर वेबिनार का आयोजन हुआ। जिसमें मुख्यवक्ता डॉ० अमरेश कर, व्याख्याता, श्री आयुर्वेद कालेज एवं शोध संस्थान के संहिता एवं सिद्धान्त विभाग का उद्बोधन हुआ। कार्यक्रम गुगल मीट के माध्यम से सैकड़ों की संख्या में चिकित्सक, शिक्षक एवं छात्र/छात्राओं सहित परिषद् के राज्य एवं केन्द्रीय पदाधिकारियों की उपस्थिति रही।

तेलंगाना में कार्यक्रम

विश्व आयुर्वेद परिषद् स्थापना की 25वीं वर्षगांठ एवं राष्ट्रीय आयुर्वेद दिवस, धन्वन्तरि जयन्ती पर दक्षिण क्षेत्र की परिषद् की शिक्षा प्रकोष्ठ द्वारा दिनांक 20/09/2021 से 09/12/2021 तक आयोजित विभिन्न कार्यक्रमों का आयोजन हुआ। जिसमें चरक संहिता पर आधारित विशेष व्याख्यानमाला का आयोजन हुआ, जिसका विषय "The Lead & Legacy of Charak Samhita" था। इसके आयोजन समिति में प्रो० एन. श्रीधर, रीजनल कोऑर्डिनेटर, दक्षिण; प्रो० राजेन्द्र गुप्ता, रीजनल कोऑर्डिनेटर, मध्यक्षेत्र; डॉ० गोविन्द गुप्ता, रीजनल कोऑर्डिनेटर, पश्चिम क्षेत्र; डॉ० वसन्त ठाकुर, रीजनल कोऑर्डिनेटर, पूर्व क्षेत्र; डॉ० पी. सी. मंगल, रीजनल कोऑर्डिनेटर, उत्तर क्षेत्र तथा डॉ० बी. के. पराशर, रीजनल कोऑर्डिनेटर, उत्तर प्रदेश एवं उत्तराखण्ड। इस वृहद् कार्यक्रम के आयोजन में क्षेत्रिय समिति के सदस्यों के रूप में डॉ० जी. आर. आर. चक्रवर्ती, तमिलनाडु; डॉ० महेश शर्मा, हरियाणा; डॉ० कमलेश, राजस्थान; डॉ० एच. सी. कुशवाहा, लखनऊ; डॉ० प्रभन्जन आचार्य, मध्य प्रदेश; डॉ० अनुज कुमार, चण्डीगढ़; डॉ० किशोर साहनी, गुजरात; डॉ० संतोष कुमार, केरल एवं डॉ. गोविन्द खटी, महाराष्ट्र; का प्रमुख रूप से योगदान रहा। कार्यक्रम जूम माध्यम से आयोजित हुआ, जिनका संचालन डॉ० एन. श्रीधर, डॉ० आनन्द खटी



एवं डॉ० पी. सी. मंगल ने किया। मुख्य वक्ता में प्रो० वी. एस. श्रीधर, प्रो० वी. विजय बाबू, डॉ० नरेश शर्मा, प्रो० कमलेश शर्मा, प्रो० शैलेश श्रीवास्तव, रहें।

Activites in Karnatka

Gosval's Maitreya Ayurveda Aashram in association with Vishwa Ayurveda Parishad conducted a webinar for nine days from 23rd November to December 2 on Samudra Manthan concept. Each day 3 eminent Scholars and Senior Professors across the country participated and gave webinars on different products which emerged during the Samudra Manthan process. i.e., the different branches of Ayurveda like Visha as Rasashastra,.....(include all). The tenth day was celebrated as Dhanvanthari Jayanthi at the Ashram at Kome, Thekkatte, Kundapur, Udipi. Eminent Padma Vibhushan Awardee Dr.BM Hegde, Dr. P. K. Prajapathi from AIIA , Delhi, Dr. Volga Sharapova from Russia and Sri Ganapathi Acharya from Kome were awarded with Gosval Kiran Dhanvanthari Award. Dr Udayashankar Presided over the function. Sri Sadashiva Prabhu Additional DC Udupi, Dr Mamatha Principal SDM Udupi, Dr Sathyanarayana Bhat, Principal Muniyal Ayurvedic College were Guests of honour. This was followed by a Carnatic Classical Musical program .

बिहार के कार्यक्रम

दिनांक 15/12/2021, को शहर के विभिन्न संगठनों ने श्रद्धा और भक्ति से मनाई भगवान धन्वंतरि की जयंती। मुजफ्फरपुर, गोला रोड स्थित श्री भजन बाजार के वीणा कला आश्रम में धन्वंतरी जयंती पर पूजा – अर्चना की गई। कार्यक्रम की अध्यक्षता पूर्व विधायक केदारनाथ प्रसाद ने की। मौके पर प्रो. गोपी किशन, विनय कुमार मिश्र, अंजनी पाठक, अरविंद कुमार, सुधीर, सुशील कुमार, प्रमोद नारायण मिश्र, मोहन सिंह, अच्छेलाल पूर्व, राजन मिश्र, गोपाल भारतीय, सूबेदार नंद कुमार साहू उपस्थित थे। अखिल भारतीय आदित्य परिषद की ओर से धीरमणी आयुर्वेद अनुसंधान केन्द्र गोशाला में धन्वंतरी जयंती मनाई गई। इसमें अंजनी कुमार पाठक, विद्याधर मिश्र, विजय कुमार मिश्र, वैद्य भारत भूषण मिश्र, प्रमोद मिश्र, संतोषनाथ मिश्र, सुमन कुमार, घनश्याम मिश्र एवं राजेश कुमार शामिल हुए। विश्व आयुर्वेद परिषद एवं नेशनल इंटेरिग्रेटेड मेडिकल एसोसिएशन के संयुक्त तत्वावधान में धन्वंतरी जयंती मनाई गई। कार्यक्रम का उद्घाटन नगर विधायक विजेंद्र चौधरी ने दीप प्रज्ज्वलित कर किया। इस मौके पर डॉ. रमेश कुमार सिंह, डॉ. विपिन बिहारी, डॉ. उषा कुमारी, डॉ. विकास शर्मा, डॉ. आलोक कुमार, डॉ. दीपक सिद्धार्थ, डॉ. राधेश्याम, डॉ. हरिकिशोर सिंह, सोनू झा एवं रजनीश पाठक शामिल थे।

दिनांक 15/12/2021, को पटना, विश्व आयुर्वेद परिषद की रजत जयंती पर 25 जगह 25 प्रकार के स्वास्थ्य कार्यक्रमों का आयोजन किया जाएगा। रविवार को परिषद के राष्ट्रीय सचिव डा. शिवादित्य ठाकुर, डा. प्रजापति त्रिपाठी और राजकीय आयुर्वेदिक कालेज के प्राचार्य डा. संपूर्णानंद तिवारी की अध्यक्षता में विजय निकेतन में प्रांत स्तरीय बैठक में इस बाबत निर्णय लिया गया। तीनों वक्ताओं ने उपस्थित लोगों से आग्रह किया कि वे किस प्रकार आयुर्वेद चिकित्सा पद्धति को लाभ जन-जन तक पहुंचा सकते हैं। इसके लिए जल्द ही विस्तृत कार्ययोजना तैयार करें। बैठक में वैद्य बसंत ठाकुर, डा. रोहित रंजन, डा. सुशील कुमार झा, डा. अंकेश मिश्र के अलावा सभी प्रकोष्ठ प्रमुख व जिलों के अध्यक्ष व सचिव मौजूद थे।

उत्तर प्रदेश में कार्यक्रम

विश्व आयुर्वेद परिषद शाखा बलरामपुर (अवध प्रांत) द्वारा यू०पी० टी०सभागार में भगवान धन्वन्तरि अवतरण दिवस (राष्ट्रीय आयुर्वेद दिवस) का आयोजन हर्षल्लास के साथ सम्पन्न हुआ। कार्यक्रम की अध्यक्षता विश्व आयुर्वेद परिषद अवध प्रांत चिकित्सक प्रकोष्ठ प्रभारी डा० प्रांजल त्रिपाठी ने की। उत्तर प्रदेश सरकार में राज्यमंत्री जनप्रिय सदर विधायक माननीय पल्लूराम जी मुख्य अतिथि रहे। कार्यक्रम में क्षेत्रीय आयुर्वेद यूनानी अधिकारी डा० दिग्विजय नाथ एवं बलरामपुर जनपद के वरिष्ठ सर्जन डा० प्रमोद श्रीवास्तव विशिष्ट अतिथि रहे। दीप प्रज्वलन एवं भगवान धन्वंतरि के चित्र पर माल्यार्पण के साथ कार्यक्रम का शुभारंभ हुआ। डा०सीमा पांडेय ने धन्वंतरि वंदना



की, मंच का सफल संचालन वरिष्ठ चिकित्सक डा० देवेश चंद्र श्रीवास्तव ने किया। मंचस्थ अतिथियों का स्वागत अभिनंदन डा० ए०के०भट्ट, डा० अशोक सिंह, डा० अजय प्रकाश श्रीवास्तव, सिंह, डा० एफ० रहमान, डा० विजय पाण्डेय, डा०शंकर सिंह, गोंडा जिले से आए चिकित्सक डा० अखिलेश गुप्ता, शहजाद, डा० विमल चन्द्र त्रिपाठी, पतंजलि चिकित्सालय प्रबन्धक अजय मिश्र, संजय शर्मा आदि ने किया। उक्त अवसर पर विश्व आयुर्वेद परिषद की आजीवन सदस्यता ग्रहण करने वाले डा० राकेश चंद्र श्रीवास्तव, डा० कौशल्या गुप्ता, डा० प्रदीप कुमार, डा०के०के०राणा, डा० सीमा पाण्डेय, डा०शहंशाह आलम, डा० श्याम प्रकाश, डा० देवेश चंद्र श्रीवास्तव को राज्य मंत्री माननीय पल्लूराम ने सदस्यता प्रमाण पत्र एवं भगवान धन्वंतरि का चित्र प्रदान किया। अपने संबोधन में डा० ए०के०भट्ट ने भगवान धन्वंतरि जयंती पर विस्तार से जानकारी दी। डा० प्रांजल त्रिपाठी ने विश्व आयुर्वेद परिषद के बारे में विस्तृत जानकारी दी। मा० राज्य मंत्री पल्लूराम ने अपने संबोधन में आयुर्वेद चिकित्सकों से कहा क्षेत्र में आयुर्वेद एवं योग को बढ़ावा दें, जिससे जनमानस में सभी को उसका लाभ मिले, उन्होंने कहा देश के यशस्वी प्रधानमंत्री माननीय नरेन्द्र मोदी जी एवं उत्तर प्रदेश के यशस्वी मुख्यमंत्री माननीय योगी आदित्य नाथ जी के नेतृत्व में आयुर्वेद एवं योग को बढ़ावा मिल रहा है। मुख्य अतिथि एवं विशिष्ट अतिथि को भगवान धन्वंतरि जी के चित्र का मोमेंटो प्रदान किया गया। अवध क्षेत्र चिकित्सक प्रकोष्ठ प्रभारी डा० प्रांजल त्रिपाठी ने अतिथियों का धन्यवाद ज्ञापन किया। राष्ट्रगान के साथ कार्यक्रम का समापन हुआ। इस अवसर पर डा० रामजी प्रजापति, डा० एच० एस० मिश्र, आयुर्वेद आफिसर डा० आदित्य श्रीवास्तव, डा०शालिनी गुप्ता, शिखारानी, उतरौला से आयुर्वेद आफिसर डा० अभिषेक कुमार, डा० महेल रफीज, राघवेन्द्र दुबे, आर० बी० यादव, डी० डी० त्रिपाठी एवं आयुर्वेद प्रेमी उपस्थित रहे। कार्यक्रम के आयोजन में महत्वपूर्ण भूमिका एमिल आयुर्वेद कम्पनी की रही। कानपुर से आए आर० एस० एम० श्री एल० एन० तिवारी एवं प्रदीप कुमार द्वारा सभी अतिथियों को आयुर्वेद इम्यूनिटी काढा का सेवन कराया गया एवं आयुर्वेद किट प्रदान किया गया।

विश्व आयुर्वेद परिषद प्रयाग (काशी प्रान्त) द्वारा महर्षि भरद्वाज जयंती का आयोजन प्रभा आयुर्वेद क्लिनिक, जॉर्ज टाउन में किया गया। कार्यक्रम की अध्यक्षता काशी प्रान्त सचिव डॉ सुधांशु शंकर उपाध्याय जी ने की तथा प्रदेश मार्गदर्शक मंडल सदस्य डॉ प्रेमशंकर पाण्डेय जी मुख्य अतिथि रहे। संचालन प्रयाग इकाई सचिव वैद्य नरेन्द्र कुमार पाण्डेय ने किया। कार्यक्रम में प्रयाग इकाई अध्यक्ष डॉ जे नाथ जी ने उपस्थित सभी चिकित्सकों तथा अतिथियों का स्वागत एवं अभिनंदन किया। काशी प्रान्त चिकित्सा प्रकोष्ठ प्रभारी डॉ एम०डी०दुबे जी, डॉ० बी०एस० रघुवंशी जी, प्रयाग इकाई उपाध्यक्ष डॉ एस०सी०दुबे जी तथा डॉ राजेश मिश्रा जी ने आज के इस अवसर पर अपने विचार रखे। सर्व सम्मति से वरिष्ठ सदस्य डॉ०बी०एस० रघुवंशी जी को प्रयाग इकाई का 'कार्यक्रम संयोजक' मनोनीत किया गया। डॉ० एम०डी०दुबे जी ने सभी सदस्यों को धन्यवाद ज्ञापित किया तथा परिषद मंत्र से कार्यक्रम समाप्त हुआ।

दिनांक 31.10.2021 को विश्व आयुर्वेद परिषद गोरक्ष प्रान्त के चिकित्सा प्रकोष्ठ के द्वारा श्री भगवान धन्वंतरि जयन्ती का कार्यक्रम गोरखपुर के होटल विवेक में भव्य स्वरूप में आयोजित किया गया। इस कार्यक्रम में लगभग 55 चिकित्सकों की उपस्थिति रही। कार्यक्रम में शरद ऋतु में होने वाले रोग पर डॉ दिनेश कुमार सिंह (एम डी आयुर्वेद)द्वारा विस्तृत चर्चा की गयी। यह कार्यक्रम Alnavedic आयुर्वेदिक कंपनी के सहयोग से सम्पन्न हुआ। लगभग 2 वर्षों के भीषण कोरोना काल के बाद ये कार्यक्रम बहुत सफल रहा। कार्यक्रम की अध्यक्षता गोरक्षनाथ चिकित्सालय के अधीक्षक डॉ. डी. के. सिंह और गोरक्षनाथ आयुर्वेदिक कॉलेज के प्राचार्य प्रो० यस. यन. सिंह मुख्य अतिथि रहे। अध्यक्ष डॉ जे. पी. मिश्रा चिकित्सक प्रकोष्ठ के सह प्रभारी डॉ प्रकाश चन्द्र त्रिपाठी महानगर अध्यक्ष डॉ वी के गौड़ जी, सचिव डॉ शिव शंकर लाल गुप्ता जी और कंपनी के मनोज कुमार श्रीवास्तव के साथ नगर के आयुर्वेदिक चिकित्सक उपस्थित रहे।

आयुष क्लिनिक बक्सीपुर पर धनवंतरि पूजन मनाया गया इसमें मुख्य अतिथि डॉ भरत जी पाण्डेय, उपाध्यक्ष गोरक्ष प्रांत एवं डॉ ज्वाला प्रसाद मिश्र की अध्यक्षता में संपन्न हुआ। इस कार्यक्रम में मुख्य रूप से उपस्थित डॉ प्रकाश चंद्र त्रिपाठी संयोजक चिकित्सा प्रकोष्ठ, डॉ बी के गोंड संयोजक गोरखपुर जनपद डॉ अनिल प्रताप मल्ल, डॉ एस के पांडे, डॉ प्रमोद कुमार गुप्ता, डॉ डी पी सिंह, डॉ ए एन मिश्रा, डॉ अनुराग शाही, डॉ प्रभा शंकर मल्ल द्वारा धन्वंतरि पूजन किया। डॉक्टर केशव नाथ त्रिपाठी, डॉ एस एन सिंह, प्राचार्य, गोरखनाथ आयुर्वेदिक



मेडिकल कॉलेज गोरखपुर एवं गोरखपुर के रहने वाले लगभग 40 विश्व आयुर्वेद परिषद के सदस्य एवं चिकित्सक उपस्थित रहे। संगोष्ठी में श्री अभिषेक कुमार मिश्र, योग प्रशिक्षक ने योग के बारे में विस्तृत रूप चर्चा की। विश्व आयुर्वेद परिषद गोरख प्रांत में एक दूसरे के साथ समन्वय स्थापित कर विभिन्न स्थानों पर धनवंतरी पूजन एवं संगोष्ठी का आयोजन किया गया, जिसमें प्रमुख रूप से, आयुष विलनिक बक्सरीपुर, गोरखपुर; आई कॉन हॉस्पिटल राप्तिनगर, गोरखपुर; मेडिकेयर विलनिक शताब्दीपुरम्, गोरखपुर; गुरु गोरक्षनाथ आयुर्वेदिक मेडिकल कॉलेज, गोरखपुर; जायसवाल फार्मा भालोटिया मार्केट, गोरखपुर; अंकित औषधालय, जंगल धूषण, गोरखपुर; दिग्विजय नाथ आयुर्वेदिक चिकित्सालय गोरखनाथ, गोरखपुर; शिवालिक आयुर्वेदिक मेडिकल कॉलेज, आजमगढ़; डॉ. बी.के. श्रीवास्तव जिला संयोजक बस्ती एवं डॉ. भरत जी पाण्डेय उपाध्यक्ष, विश्व आयुर्वेद परिषद, गोरख प्रांत के द्वारा बस्ती जनपद में धनवंतरी पूजन एवं संगोष्ठी का आयोजन किया गया। श्री लवकुश पांडे ने कुशीनगर जनपद में धनवंतरी पूजन एवं संगोष्ठी का आयोजन किया।

विश्व आयुर्वेद परिषद गोरख प्रान्त के सदस्य डॉ. डी.डी. सिंह द्वारा 2 नवम्बर 2021 की शाम को चाइल्ड केयर विलनिक सिधारी आजमगढ़ के सभागार में राष्ट्रीय आयुर्वेद दिवस एवं धनवंतरी जयंती समारोह का आयोजन किया गया। कार्यक्रम के मुख्य अतिथि पुलिस अधीक्षक नगर पंकज कुमार पाण्डेय रहे। सर्वप्रथम अतिथि पंकज कुमार पाण्डेय, डॉ. डी.डी. सिंह, डॉ. वी.एस. सिंह, डॉ. आरती सिंह ने भगवान धनवंतरी के चित्र पर माल्यार्पण किया। तत्पश्चात् दीप प्रज्वलित तथा आरती करके औपचारिक रूप से कार्यक्रम की शुरुआत की। डॉ. पी.एन. मिश्रा, डॉ. अबु शहमा खान, डॉ. अजीम अहमद ने माल्यार्पण करके तथा डॉ. आरती सिंह और डॉ. डी.डी. सिंह ने बुके देकर मुख्य अतिथि का स्वागत किया। इसके बाद उपस्थित सभी चिकित्सकों ने धनवंतरी वंदना का गान किया। इस अवसर पर डॉ. वी.के. सिंह, डॉ. बी.बी. सिंह, डॉ. डी.के. राय, डॉ. संतोष कुमार सिंह, डॉ. वेद प्रकाश सिंह, डॉ. तपन विश्वास, डॉ. सुजय विश्वास, डॉ. मो. ताहिर, डॉ. पी.एन. मिश्रा, डॉ. डी.सी. श्रीवास्तव, अशोक कुमार, मिथिलेश चतुर्वेदी आदि लोग उपस्थित रहे। कार्यक्रम की अध्यक्षता डॉ. वी.एस. सिंह ने तथा संचालन डॉ. डी.डी. सिंह ने किया।

धनवंतरी जयन्ती 2021 एवं राष्ट्रीय स्वास्थ्य दिवस की पूर्व संध्या पर दिनांक 01 नवम्बर, 2021 को महामृत्युंजय मंदिर परिसर (दारानगर) वाराणसी स्थित धनवंतरी अमृत कूप एवं धनवंतरेश्वर महादेव पर राष्ट्र के स्वास्थ्य निमित्त विश्व आयुर्वेद परिषद काशी ने वैदिक ऋचाओं के साथ भगवान धनवंतरी का पूजन अर्चन एवं हवन किया। आयोजन में प्रमुख रूप से डॉ. हरिओम पाण्डेय, डॉ. सुभाष श्रीवास्तव एवं डॉ. यू.एस. भगत थे। हवन यज्ञ में डॉ. एस.के. श्रीवास्तव, लालजी गुप्ता, डॉ. उमाकान्त श्रीवास्तव सचिव, काशी महानगर, वैद्य वेद कुमार शर्मा, डॉ. के.पी. प्रकाश, डॉ. एस.एस. गांगुली, डॉ. एस.डी. यादव, डॉ. आर.जे. पाल, डॉ. राजेश मौर्या, डॉ. सबलू यादव, वैद्य विजय कुमार राय, वैद्य मनीष मिश्रा एवं वैद्य उमेश पाठक तथा आरोग्य भारती (काशी प्रान्त) से डॉ. सुनील, डॉ. विपुल जी, डॉ. इन्द्रनील वसु, वैद्य संत राम त्रिपाठी, डॉ. कमल नयन ओझा, डॉ. अजय जायसवाल ने हवल कुण्ड में राष्ट्र के श्री स्वास्थ्य के निमित्त अपनी-अपनी श्रद्धा की आहुतियाँ डाली। पूजन-अर्चन के पश्चात् उक्त स्थान पर आयुर्वेद की वैज्ञानिक संगोष्ठी का आयोजन किया। अतिथियों का स्वागत कार्यक्रम संयोजक आयुर्वेदाचार्य डॉ. सुभाष श्रीवास्तव, अध्यक्ष, काशी प्रांत ने किया। मुख्य वक्ता के रूप में आयुष लक्षद्वीप के पूर्व निदेशक डॉ. शिवशंकर मिश्रा ने अपने उद्बोधन में कहा कि यह धनवंतरी कूप दुनिया का अकेला है। इसी कूप में भगवान धनवंतरी ने स्वर्ग गमन से पूर्व अपनी औषधि पेटिका डाली थी और जल को सर्वरोग हर बनाया था। अतः यह स्थान आयुर्वेद जगत को सदियों से उर्जा एवं प्रेरणा देता रहा है और कहा कि आज आयुर्वेद तेजी से कोरोना काल में भी अपनी कार्य क्षमता के कारण विश्वव्यापी हो रहा है। अतः वैद्य समाज को पूरी निष्ठा से इसके उत्थान में समर्पित होना होगा। संचालन वैद्य ध्रुव कुमार अग्रहरि, विषय संयोजन डॉ. नन्दकिशोर सिंह एवं धन्यवाद प्रकाश डॉ. विरेन्द्र सिंह ने किया।

विश्व आयुर्वेद परिषद काशी प्रान्त द्वारा अमृत महोत्सव एवं रजत जयन्ती वर्ष में चिकित्सा शिविर का आयोजन विश्व आयुर्वेद परिषद काशी प्रान्त द्वारा अपने रजत जयन्ती वर्ष एवं स्वतंत्रता की 75वीं वर्षगांठ के अवसर पर वर्ष भर चलने वाले अनेक कार्यक्रम की श्रृंखला में प्रान्त भर में 75 चिकित्सा शिविरों का आयोजन किया जा रहा है। कार्यक्रम के संयोजक प्रदेश के महासचिव डॉ. विजय राय एवं काशी महासचिव डॉ. उमाकान्त श्रीवास्तव जी रहें।



इनके निर्देशन में कुशल चिकित्सकों एवं स्नातकोत्तर, आवासी चिकित्सकों की टोलियों ने विभिन्न महाविद्यालयों/प्राथमिक विद्यालयों/पंचायत भवनों/आंगनबाड़ी केन्द्रों में जाकर निःशुल्क स्वास्थ्य परीक्षण, स्वास्थ्य प्रबोधन, जन जागरण एवं औषधि/आयुष किट वितरण एवं औषधि पौधों का भी वितरण किया जा रहा है।

**डॉ. गंगा सहाय पाण्डेय स्मृति अखिल भारतीय स्नातकोत्तर छात्र निबन्ध
प्रतियोगिता-2021 पुरस्कार वितरण, धन्वन्तरि जयन्ती एवं
राष्ट्रीय आयुर्वेद दिवस का आयोजन**

दिनांक 3/11/2021 को अपराह्न 3:00 बजे से 5:00 बजे तक आवासी जूम माध्यम से आयोजित हुआ। कार्यक्रम का प्रारम्भ परिषद् गीत एवं धन्वन्तरि वन्दना एवं मंगलाचरण के द्वारा हुआ। अध्यक्षता प्रो० बलदेव धीमान जी, माननीय कुलपति श्री कृष्ण आयुष विश्वविद्यालय, कुरुक्षेत्र हरियाणा, तथा विशिष्ट अतिथि एवं मुख्य वक्ता प्रो० राकेश शर्मा, अध्यक्ष बोर्ड ऑफ एथिक्स एवं रजिस्ट्रेशन, एन.सी.आई.एस., नई दिल्ली, भारत सरकार रहे। वेबिनार में 286 की संख्या से छात्र/छात्राएँ, चिकित्सक, शिक्षक, परिषद् के पदाधिकारी एवं कार्यकर्ता बन्धु देश भर से जुड़े। कार्यक्रम को परिषद् द्वारा अपने सोशल मीडिया यू-ट्यूब एवं फेसबुक पर भी लाईव किया गया जिसके माध्यम से भी सैकड़ों की संख्या में लोग कार्यक्रम से जुड़े। कार्यक्रम का संचालन आयोजन सचिव डा० प्रियदर्शिनी तिवारी एवं डा० मनीष मिश्र सह आयोजन सचिव ने किया। अतिथियों का परिषद् की तरफ से स्वागत डा० सुरेन्द्र चौधरी, अध्यक्ष, उत्तर प्रदेश ईकाई ने किया। विषय स्थापना एवं परिषद् परिचय डा० विजय राय, महासचिव उत्तर प्रदेश ईकाई ने किया। डा० गंगा सहाय पाण्डेय जी का जीवन वृत्त, अक्षय पाण्डेय जी, संयोजक एवं सी०ई०ओ० वरुणा हर्बल द्वारा प्रस्तुत किया गया। कार्यक्रम के अगले चरण में विशिष्ट अतिथियों एवं विशिष्ट वक्ता का परिचय डा० मन्दीप जयसवाल एवं डा० रमेश गुप्ता ने किया। मुख्य वक्ता ने रोगों की उत्पत्ति एवं उपचार में आहार-विहार की भूमिका विषय पर डा० गंगा सहाय पाण्डेय स्मृति व्याख्यान दिया। यही इस वर्ष की निबन्ध प्रतियोगिता का विषय भी था, जिसमें इस वर्ष कुल 186 निबन्ध प्राप्त हुए। जिनके देश भर से चयनित विषय विशेषज्ञ, निर्णायकों ने त्रिस्तरीय मूल्यांकन प्रक्रिया के पश्चात घोषित परिणाम के आधार पर इस वर्ष प्रथम पुरस्कार की विजेता डा० विधि भदौरिया, (द्वितीय वर्ष) श्री ललितहरि, राजकीय आयुर्वेद महाविद्यालय एवं चिकित्सालय, पीलीभीत रही, जिन्हें पुरस्कार के रूप में स्वर्ण पदक, प्रमाणपत्र एवं 15000/- रुपये नगद धनराशि प्रदान की गई। द्वितीय पुरस्कार विजेता श्रेया गुप्ता (द्वितीय वर्ष) नार्थ ईस्टर्न इन्स्टीट्यूट ऑफ आयुर्वेद एण्ड होमियोपैथी, शिलांग रही, जिन्हें रजत पदक, प्रमाण पत्र एवं 11000/- रुपये नगद धनराशि प्रदान की गई। तृतीय पुरस्कार विजेता छात्र बीरूपाक्षय साहू (तृतीय वर्ष), कविराज अनन्त त्रिपाठी शर्मा, आयुर्वेद महाविद्यालय एवं चिकित्सालय, अकुंशपुर, उड़ीसा को कांस्य पदक, प्रमाणपत्र एवं 7500/- रुपये नगद धनराशि प्रदान की गई। इसके अतिरिक्त चतुर्थ से दसवें स्थान प्राप्त छात्र-छात्राओं क्रमशः श्वेता गुप्ता (चतुर्थ वर्ष) ललित हरि राजकीय आयुर्वेद महाविद्यालय, पीलीभीत उ०प्र०, कालरिया रचना दिनेश भाई (तृतीय वर्ष) गोविन्द भाई जोरा भाई पटेल इन्स्टीट्यूट ऑफ आयुर्वेदिक स्टडीज एण्ड रिसर्च, आनन्द, गुजरात, वीना सतप्पा (द्वितीय वर्ष) डी० जी० एम० आयुर्वेदिक मेडिकल कालेज एण्ड हास्पिटल, गडग, विकास कुमार साह (द्वितीय वर्ष) आर०ए० पोद्दार मेडिकल कालेज, वर्ली, मुम्बई स्वाति सुनहरे (चतुर्थ वर्ष) पंडित खुशीलाल शर्मा, शासकीय आयुर्वेद महाविद्यालय, भोपाल, मध्य प्रदेश, दीपिका (द्वितीय वर्ष) सरस्वती आयुर्वेद महाविद्यालय एवं चिकित्सालय, मोहाली, पंजाब, दर्शिनी रोडकर (प्रथम वर्ष) शास्त्रीय धन्वन्तरि आयुर्वेद (स्ववित्तपोषित) महाविद्यालय, उज्जैन एवं एकता कोठारी, मदन मोहन मालवीय राजकीय आयुर्वेद महाविद्यालय, उदयपुर रहे। इन सभी को सांत्वना पुरस्कार के रूप में स्मृति चिन्ह एवं प्रमाण पत्र प्रदान किये गए प्रथम दस चयनित अभ्यर्थियों के निबन्धों को विश्व आयुर्वेद परिषद्, आयोजको के सहयोग से पुस्तक के रूप में भी संकलित कर प्रकाशित करता है सभी प्रतिभागियों एवं विजयी छात्र-छात्राओं को आशीर्वचन के रूप में राष्ट्रीय संगठन सचिव प्रो० योगेश चन्द्र मिश्र जी एवं प्रो० सत्येन्द्र प्रसाद मिश्र, पूर्व संस्थापक कुलपति, उत्तराखण्ड, आयुर्वेद विश्वविद्यालय, देहरादून का पाथेय प्राप्त हुआ। वैद्य प्रेमशंकर पाण्डेय, प्रयागराज द्वारा धन्यवाद ज्ञापन एवं शान्ति मंत्र के साथ कार्यक्रम का समापन हुआ।