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Ayurveda™mṛtam AYURVEDAAMRUTAM

[Contemporary Health & Ayurveda Research Updates] Newsletter

Vol.1 No.1

January-June, 2012

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CHAIRMAN'S MESSAGE

In the present era the whole world is developing at supersonic pace and when the whole world is being transformed into a “Global cottage”, it has really become very much inevitable for us to maintain the pace so that we can move with the world hand-in-hand. Every second, every minute, every hour and every day, new things are happening thereby laying the foundations of some more new changes to come. All these things have become feasible due to the expanding horizons of science and technology. To maintain the growth rate requires continuous effort coupled with the sound infrastructure produced with the most efficient utilization of resources. The mankind has succeeded to achieve this with its wisdom. The pioneers of Vallabh Vidya Nagar Shri Bhaikaka and Shri Bhikhabhai, with their inherent foresightedness could envision such change in the educational scenario quite a half century back. Therefore they endeavoured to establish this township of Vallabh Vidyanagar and the educational trust Charutar Vidya Mandal. The task was then well taken up by Dr. H. M. Patel.

The education based on the values and

quality is the “need of the hour” for the society. Charutar Vidya Mandal is therefore committed to provide this “need based” education to the society. Charutar Vidya Mandal was first to provide the concept of self-financed Colleges in applied sciences and has pioneered many new Colleges and Institutes of studies and research in the last one and a half a decade.

Govindbhai Jorabhai Patel Institute of Ayurvedic Studies & Research, established in 2006-07 as a Model Ayurvedic College with a cutting edge technology in the country and the first ever English medium Ayurveda College in the state of Gujarat, is a milestone in the history of self finance Colleges. The attached Surajben Govindabhai Patel Ayurveda Hospital and Maternity Home which was started as a small OPD unit in January 2005, has made a giant leap forward in the health care sector. The Institute provides an extra edge to the students in this competitive world by developing their overall personality. I therefore very heartily welcome you to one of such premier self financed College of Charutar Vidya Mandal and I hope that with its value based and quality based education system it would really materialize your dreams.

The present newsletter will play a significant role in greater dissemination of knowledge and Ayurveda education and keep the scholars updated with the current trends in science.

Dr. C. L. Patel

Chairman

Charutar Vidya Mandal
New Vallabh Vidyanagar

CONTENTS

- Chairman's Message
Dr. C.L.Patel 1
- Message from Dean & Chief Editor
Dr.A.R.V.Murthy 2
- Need for Publication In Ayurveda
Dr.Yogesh Deole 3
- Management of Cervical Erosion by
Agnikarma
Dr. Jasmine Gujarathi 4
- How Disease Occurs and why??-
pathophysiology in Ayurveda
Vd. Mahesh Patil, Vd . Shrikrishna Sharma 6
- Ayurveda-2050 8
- Achievements... 9
- Activities 10
- Research Activities & Projects 11
- Teaching Faculty 12



MESSAGE BY DEAN AND EDITOR-IN-CHIEF

The Science - Ayurveda the ancient science of life is rendering yeoman service on global scale towards the propagation of philosophy of holism (Wholism – holistic is from the Greek word holos [whole] and refers to an understanding of reality in terms of integrated wholes whose properties cannot be reduced to those of the constituent smaller units.) which has gained great acceptance and currency among thinking men and women who matter most. In spite of multitudes of distractions, onslaughts and affronts Ayurveda in this country has not only survived but has even excelled and flourished and today is aptly and widely recognized as 'MEDICINA FUTURA'. While Ayurveda has its plus points to stake this claim, the renewal of interest in Ayurveda and other allied systems of medicine is further necessitated by modern life style related problems, concern about drug resistance in infectious diseases, the toxic effects of synthetic drugs and escalating costs of modern health care. Ayurveda therefore, because of its simple, safe effective and non harming medicaments is not only medicina futura but is MEDICINA PRESENTA as well.

The Institute can pride itself on being one of the top ten Ayurveda colleges of India for it has achieved stupendous growth in a short span of time. We started with a distinctive vision to establish model Ayurveda institute and in less than six

years of inception have achieved ISO certification to ensure international standard in education and academia is maintained. We had started at with bits and today we stand as an example for others. It is our triumph to have raised superior in the tests put before us and mastered ourselves to be the best in every scenario. The institute believes firmly that the students have to compete with the best intellectuals in this knowledge era and this is the best time for the student fraternity to exploit all the available resources. The well disciplined environment of College enthuses the student with the determination to outshine in every field which reflects in the exemplary performance in Academic and Extra- curricular activities. Each year has seen our students top the University examinations. The Staff – Highly qualified, a blend of youth and experience, fully dedicated and committed to the cause of imparting quality education to the students, ensures academic excellence, provides insights to self enlightenment in the global context.

The present Newsletter is yet another step towards achieving excellence and revealing our potentials to men and women who matters most. This aims to bring the inherent talent of young and budding teaching staff, provides a platform for the genius of senior faculty to demonstrate their professional excellence and helps show case our potentials and various achievements which aim to motivate intellects on the path of success. This is a unique attempt to share the information about health and research updates in the field of Ayurveda. We hope this would find a place in the learned community to be explored about the potentials of Ayurveda.

प्रयोगः शमयेद्व्याधिं योऽन्यमन्यमुदीरयेत् ।

नासौ विशुद्धः शुद्धस्तु शमयेद्यो न कोपयेत् ॥

**THERAPY THAT CURES A DISEASE BUT CAUSES
ANOTHER IS NOT THE RIGHT ONE.
APPROPRIATE THERAPY IS THE ONE WHICH CURES THE
EXISTENT AND DOES NOT INTRODUCE A NEW ONE.**

Dr. A. R. V. Murthy
M.D.(Ay.), Ph.D.

Dean & Hosp. Superintendent

GOVINDBHAI JORABHAI PATEL INSTITUTE OF AYURVEDIC STUDIES AND RESEARCH

Our Dream

To Establish a Model Ayurveda Institute to Meet Global Expectations

Vision

- To establish a quality Ayurveda Institute for providing value added and globally relevant education based on eternal human values
- To establish a viable link between tradition, science and technology using ultra modern facilities, state of art equipment, sophisticated modern diagnostic aids and ancient traditional ideology

Mission

- Resurrection and Revitalization of Ayurveda and enduring Indian tradition of pioneering excellence in learning in a universally relevant context
- To carry out meaningful research involving modern technology, ancient traditions & multi disciplinary faculty to throw light on hidden treasures of Ayurveda

Objectives

- Ensuring excellence in the academic milieu by providing nourishing and stimulating learning environment
- To impart value added, universally relevant, quality teaching in order to engender globally viable and competent Ayurveda professionals
- To meet the needs of ever expanding health care sector in the country through Ayurveda the ancient science of life.
- To equip the students with the cutting edge technology and provide rare insight into the Indian medical philosophical insight to meet social values

Need for publication in Ayurveda

शास्त्रं ज्योतिः प्रकाशार्थं दर्शनं बुद्धिरात्मनः ।
(च.सू. ९/२४)

Science is the flame for enlightenment of intellects. Ayurveda- the age old science is now getting rejuvenated in all the three senses of academia, research and clinical practice. But in all these three perspectives, publication is utmost important to make the fields updated. Many of the eminent academicians having beautiful innovative ideas remain behind in publication. At present nearly 800 PG/PhD theses are being submitted at various institutes in India and hardly 50 research papers pertaining to these researches are published, thus the percentage of publication of theses on researches in ayurveda being less than seven. Though these PG theses researches are conducted on small samples due to financial restrictions and time bound nature of these studies, even then more than 20% works are worth quotable and have beautiful explanation of Ayurvedic concepts based on clinical researches. But unfortunately these either remains as dead stock in the walls of library or are rarely quoted by any next researcher only to support his ideas. Therefore it is essential to publish the researches so as to fulfill following requirements.

1. To produce, publish, review and re-produce the scientific data in Ayurveda.
2. To establish evidence based Ayurveda with a sound scientific base.
3. Renewal and re-appraisal of age old Ayurvedic science for the betterment of contemporary society as well as medical community.
4. Development of Indian Medical Science.

5. Regular updates of Ayurveda, which can be of great benefit to Ayurvedic students, academicians, researchers and scientists. This will also produce the interest among the students to learn and live ayurveda.

This all ultimately leads to development of Ayurveda in every corner of life and as a truly holistic science of life.

This newsletter is the next step towards advancement in higher education. It is a powerful media for greater dissemination of ancient wisdom and knowledge. This newsletter is meant for the 'awakening' of sleeping beauty of Ayurveda. Writing itself is a self up-gradation process. It involves the pursuit of conceived idea up till its transformation into 'science' based on various fundamental theories. We will promote our students to pen their idealistic mind on paper and perceive the link of research in the field of Ayurveda. The newsletter will found a platform to share the insight of academicians as well as researchers. This will be a treat of brain food for all as it includes information as well as thought provoking articles. We welcome all our students, academicians and researchers to publish their articles, short communications etc. in this newsletter. This indeed will lead to upgradation of Ayurveda as an informative experience based science. Therefore we welcome all the expert faculties, scholars to convey their message in this media for the betterment of Ayurveda.

Dr. Yogesh Deole
Executive Editor

INFORMATION

National Mission for Manuscripts (NMM)

Prime minister Shri Atal Bihari Vajpayee, launched the National Mission for Manuscripts (NMM) on February 7, 2003, in New Delhi. This Mission with an initial outlay of Rs.35 crore aims at surveying, identifying, collecting, copying, cataloguing and publishing of manuscripts that are lying scattered all over the country in the custody of various sources.

Objectives of the mission

1. To facilitate conservation and preservation of manuscripts through training, awareness and financial supports;
2. To document and catalogue Indian manuscripts, wherever they may be, maintain accurate and up-to-date information about them and the condition under which they may be consulted;
3. To promote ready access to these manuscripts through publication, both in book form as well as electronic form;
4. To boost scholarship and research in the study of Indian languages and manuscriptology;
5. To build up a National Manuscript Library at IGNC.

Source : www.namami.nic.in

MANAGEMENT OF CERVICAL EROSION BY AGNIKARMA

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Abstract – Cervical erosion is one of the commonest complaints of female attending Gynaecology OPD. Though a benign disorder, its chronicity and recurrence bothers the patient. Cervical erosion can be compared with Garbhashaya griva gata vrana. In this condition, there is replacement of squamous epithelium of ectocervix by columnar epithelium of endo cervical canal. The treatment is aimed as destruction of epithelium through cauterization or cryosurgery. In the present study, the management of cervical erosion was done through Agnikarma Shalaka prepared in GJAC pharmacy.

INTRODUCTION

Cervical ectropion (or cervical erosion) is a condition in which the central (endocervical) columnar epithelium protrudes out through the external os of the cervix and onto the vaginal portion of cervix, undergoes squamous metaplasia, and transforms to stratified squamous epithelium.¹

The cause of erosion can be congenital, hormonal or secondary to any infection. Erosion can normally develop during pregnancy because of exposure to estrogen. Also it is found in women taking oral contraceptive pills known as 'pill ectopy'. Any vaginal infection, alters the vaginal pH and bathes the cervix in discharge. This vaginal discharge destroys the squamous epithelium around the external os leaving a denuded area.

It can be associated with excessive but non-purulent vaginal discharge due to the increased surface area of columnar epithelium containing mucus-secreting glands. The discharge can be blood stained for a few days premenstrually when the tissues are most congested. It may also give rise to post-coital (after sexual intercourse) bleeding as fine blood vessels present within the columnar epithelium are easily traumatized. Other symptoms includes infertility (due to spermicidal effect of infected discharge) backache, pelvic discomfort. It can be easily diagnosed on inspection as a bright red area continuous with the endocervix with a clearly defined outer edge. It is usually non tender unless complicated by infection. It often bleeds from multiple pinpoint areas when touched or rubbed with swab.

An erosion can be treated by electrocautery, by cryotherapy using a special probe cooled with nitrogen or carbon dioxide. The resulting raw area takes 6-8 weeks to become covered with squamous epithelium. Cauterization and other methods fail to prevent recurrence of cervical erosion.

Direct reference of Cervical erosion is not found in Ayurveda literature, yet going through the pathology, signs and symptoms of erosion, it can be termed as 'Garbhashaya griva gata vrana'. The nidana can be Nija/Agantuja, with Kapha Pitta Dosha dominance and it is a Twak Mamsaja type of vrana occurring at Garbahshaya griva. As it is a twak – mamsagata vrana according to Sushrut the treatment of such vrana is Agnikarma².

tvk mas is rasnayᅇ in2iS4te.....
naDIx oi` t ai t pXkTt 8ᅇ aiGnk mRk yaR ᅇ
(Su. Su. 12/10)

As previous research works done on cervical erosion shows better results of Agnikarma on epithelization and improvement in symptoms,³ in the present study results of agnikarma were seen further encouraging for management of cervical erosion.

MATERIALS AND METHODS

Clinical study

Patients : Total 11 patients attending Prasuti Stri OPD of S.G. Patel Ayurvedic Hospital & Maternity home diagnosed with cervical erosion were registered for the study.

Drug – Agnikarma Shalaka was prepared in pharmacy of GJAC of length 5-6 cm and breadth ½ cm. Ingredients - Haridra, Yashtimadhu, Karanja, Nimba, Amalki, Guggulu and Ghrita./

Inclusion Criteria:

- Age – 18 to 40 yrs.
- Married women.
- Clinically diagnosed cases of Cervical Erosion.
- Patients diagnosed with PAP SMEAR test as Cervical Hypertrophy & Cervical Hyperplasia

Exclusion Criteria:

Unmarried & pregnant women.

- Cervical polyps
- Carcinoma of cervix
- Other systemic disorders like Diabetes mellitus, HTN etc

Assessment criteria :

Subjective parameters:-

1. Lower abdominal pain
2. Backache

Objective Parameters:-

1. Area of erosion
2. Nabothian cysts
3. Cervical hypertrophy
4. Vaginal discharge

Final assessment:

Cured: Normal coloured cervix with no discharge and normality of clinical features with normal cell patterns.

Improved: Moderate relief in clinical features.

No response: No relief

Management :

Poorvakarma – Yoni prakshalana (Douche) with Panchavalkal kwath was given to all patients prior to agnikarma.

Pradhana karma – Vranaropaka shalaka was made red hot and immediately applied over the affected area. The method of application was from upper lip of cervix to downwards. The area of erosion was burnt till attainment of samyak dagdha lakshana.

Paschat karma – Application of Jatyadi oil pichu.

Follow up – Jatyadi oil pichu for 7 days. Patient was advised to avoid coitus till one month. After 15 days the cervix was examined for proper healing. Patients were called regularly for symptomatic improvement For

complete healing or recurrence, patient was again examined after 3 months.

Results and Discussion

All the patients subjected to Agnikarma were observed for relief in symptoms and changes in cervix. Vaginal discharge was increased for first 10 days after erosion because of shedding of burnt epithelium of cervix. After 10 days, the discharge decreased and the patient found relief in other symptoms like backache and lower abdominal pain.

After 15 days of agnikarma, cervix was examined for healing. The area of erosion decreased and proper healing was noted in all patients. In subsequent follow ups patients found relief in all the symptoms including vaginal discharge. When the cervix was again examined after 3 months, the cervix was found totally healed with new epithelium and no discharge.

Conclusion

The recurrence of cervical erosion and its symptoms makes the disease troublesome for patients. The local medications and oral therapy only alleviates the vaginal discharge and pain, but the erosion remain as it is and the symptoms return after ceasing the treatment. Hence a effective, safe and cheap therapy is required to cure this disease from the root. Agnikarma, which has shown encouraging results in curing cervical erosion was selected and all the patients were cured without recurrence. This result was achieved because of 'Vrana ropaka' properties of all the ingredients used in Shalaka.

References:

1. Katz: Comprehensive Gynecology, 5th Edition.
2. Sushruta. Sushruta Samhita with Nibandhasangraha com of Dalhanacharya and Nayayachandrika Panjika of Gayadasacharya. Acharya Yadavji Trikamji, Acharya Narayanram, Editors. Varanasi; Chaukhamba Surbharati Prakashan; 2008. Pp-824, P-87, 103-105.
3. Neelam et al; Management of Cervical erosion, AYU – Vol 30, No 2 (April – June) 2009 pp. 171 - 174

DRUG INFORMATION



Family – Solanaceae

According to Raja Nighantu 5 types of Dhatura :

1. Sweta
2. Pita
3. Rakta
4. Nila
5. Krishna

Rasa - Katu (Kashaya, Madhura, Tikta –Acc. to Bhavaprakash Nighantu)

Guna – Guru

Virya - Ushna

Vipaka –Katu

Prabhava – Jwarahara (Dhanvantari Nighantu)

Photo by Dr. Bipin Sawant, Lecturer, Dept of Dravyaguna

HOW DISEASE OCCURS AND WHY?? PATHOPHYSIOLOGY IN AYURVEDA

Vd. Mahesh Patil

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Pathophysiology is the process of abnormal functioning of the body after the influence of potent pathogenic factor of disease. The manifestation of diseases in individuals is a complex process. In Ayurveda the entry of a specific pathogen or microorganism causing infection is not given prime importance. They are explained under the heading of *Krimis*.

In Ayurveda the *Nidan* (etiology), *Dosha* (Primary biomaterials or bio energies) and *Dhatu* (body tissues) are considered as responsible factors for any abnormality or pathophysiology.

In modern science the diseases have been classified as Pathogenic, Deficiency, Hereditary, Physiological, Communicable, Non communicable diseases etc. The pathophysiology in all these types varies and depends upon the general and specific etiology, the system involved and the immunity of that individual. In modern pathogenesis the etiological factors are usually the immediate responsible factors in pathogenesis with least role of any intrinsic or intermediate factors e.g. *Tuberculous Bacilli* in Tuberculosis, *Salmonella Typhi* in Typhoid fever, *Iron deficiency* in Anaemia etc.

On the other hand in Ayurvedic Pathogenesis the *Doshas* are the means or intrinsic factors which undergo change or vitiated by *Nidan sevān* (etiological factors) without direct role of etiological factors in disease manifestation. In Ayurveda the diseases have been classified as – *Nija-Agantuja*, *Bahya – Abhyantara*, *Sharirika – Manasika*, *Sadhya-Asadhya*, *Sahaja-Garbhaja-Kalaja* etc. But in all these types of pathophysiology the intrinsic factors are playing main role by combining with weaker *dhatu* in spite of different etiology sources.

The pathogenesis told in Ayurveda is as follows –

Guided by : Vd. S K Sharma (Khandel)

Professor & Head, Department of Roga Nidan
GJACRC, New V. V. Nagar, Anand

Kupitanaam hi doshanaam sharire paridhāvata |

Yatra sangh khavaigunya vyadhistatropjayate ||

(Su.su 24/17)

It means vitiated doshas (alone or in combined state) pervades the entire body and wherever the *srotas* (channels of system) are affected it combines with the related weaker *dhatu* in its *srotas* and manifests disease. The healthy *srotas* resists the disease process (Cha .vi 5/6). The pathogenesis fate depends upon the following factors like *Nidan*, *Dosha*, *Dushya*, *Aam*, *Agni*, *Srotas*, *Srotodustiprakara*, *Vyadhi Udbhavsthan*, *Vyadhi Vyaktsthan* etc. The pathogenesis is again classified as *Samkhyā*, *Pradhanya*, *Vikalpa*, *Bala*, *kala*, *Vidhi* according to mode of pathogenesis.

The *Nidan Panchak* (Five fold tools of diagnosis) (Cha Ni 1/50) and the *shatkriyakala* (6 stages of pathogenesis for treatment) (Su. su 21/35) explains the etiopathogenesis of the diseases from its early stage to maturity with respective signs and symptoms of diseases. Almost all the diseases in the classics are explained on the basis of *nidan panchak*.

The actual mechanism of disease process is revealed in the 4th sloka of *Prameha Nidan* by Acharya charak – (ch .ni 4/)

Iham khalu nidandoshadushyavisheshebhyo

vikaarvighaatbhavaabhaavprativisheshaa bhavanti |

Yada hyete trayo nidanadvisheshaa: parasparam

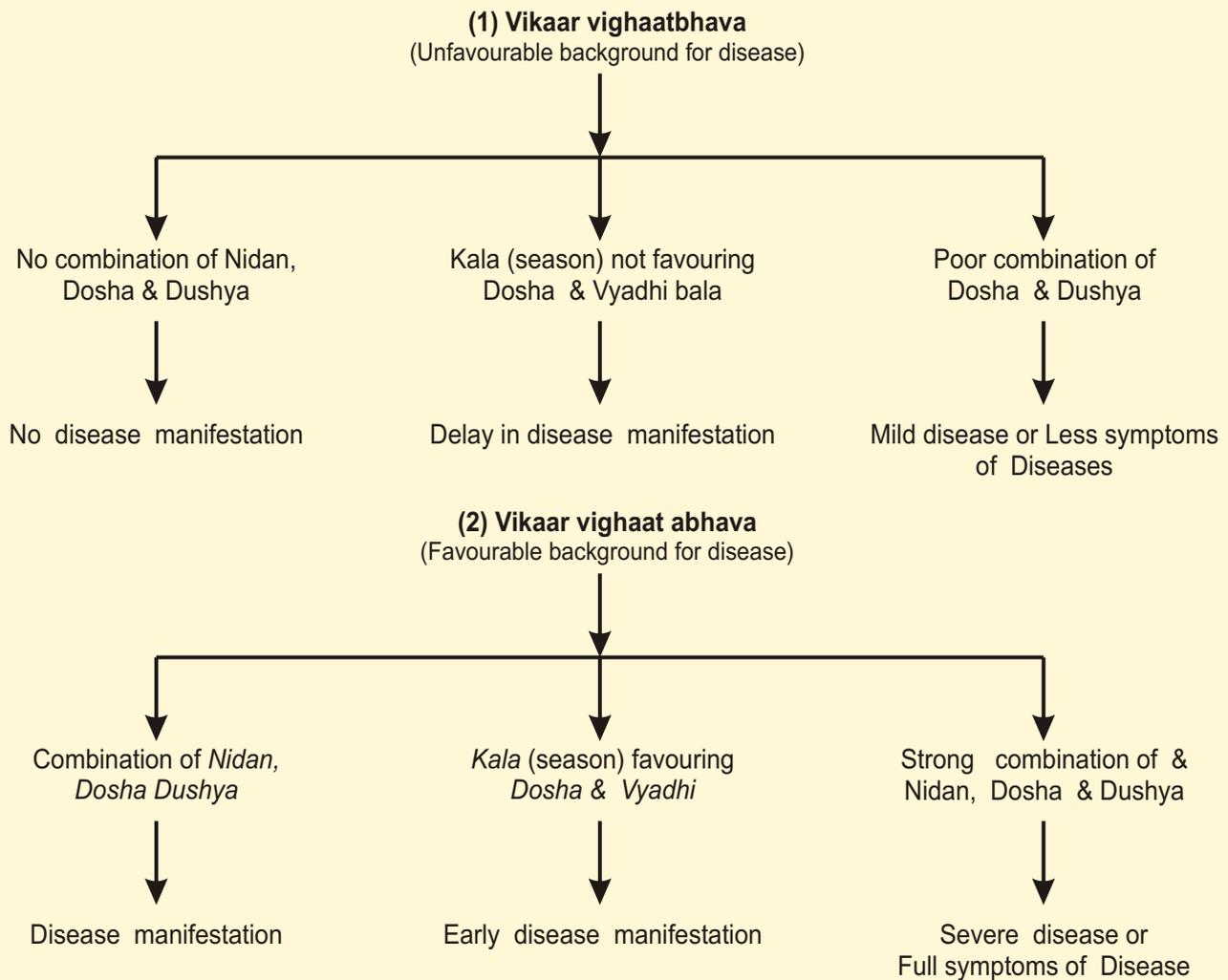
naanubadhnantathvaa kaalaprakarshaadbaliāso athavaa

anubadhnanti na tada vikaarabhinivrutti:

,chiraadvaaapyabhinivartante,tanavo vaa

bhavantyayathoktasarva lingaa vaa : viparyaye viparitaa: iti sarva

vikaarvighaatbhavaabhaavprativisheshhbhinivruttiheturbhavat yukta || 4||



It is no doubt that living entities are often coming in contact with various etiological factors in day to day life , similarly innumerable microbes ,viruses and organisms are hovering around them. But still very few become victim to the diseases. The common reason discussed in this regard is the good immunity of the non victim individuals. However, according to Ayurvedic classics merely immunity is not the factor which opposes the pathogenesis but simply a part of *vikara vighaatbhava* ie no combination of *nidan, dosha & dushya*. The strength of *nidan*, extent of *dosha* vitiation, Kala (season) and the factors favourable in the combination of *dosha & dushya* decides the fate of disease manifestation as mentioned in above chart.

Durbal (Nidan + Dosh + Dhatu + Kala samyog of Dosha & Dushya) → Durbal Vyadhi

Balwaan (Nidan + Dosha + Dhatu + samyoga of Dosha & Dushya) → Balwaan Vyadhi

The compatible qualities of *Nidan, Dosha, Dushya kala & Samyoga* produces severe disease whereas the incompatible qualities reduces the strength of disease.. The resultant strength of the above factors and combination

decides the severity & non severity of the disease as well as treatment.

Apart from this the dashvidh atur pariksha bhava like Prakriti, vikriti, saar, samhanan, Pramaan, Satmya, Satva, Aharshakti, Vyayam shakti, Vaya (ca . vi 8 /94) also decides the fate of diseases The Desha also influence the pathophysiology .

e.g. *Vata pitta pradhana prakriti* persons will be less prone to *Kaphaj vikara*

- *Taruna Vaya* will be having *uttam vyadhikshamatva*
- *Mamsasaar* person will be less affected by *Mamsagata vikara* etc
- *Jangal Desha* peoples are less prone to *Kaphaj Vikar*
- *Maru Bhumi* peoples are generally Healthy.

It should be noted that according to Ayurveda the pathophysiology of every disease varies according to every individual. (*Purusham Purusham Vikshyam |*)

Finally it implies that pathophysiology in the body depends upon such a coincidence or opportunity which favours to exhibit the qualities of *Nidan, Dosha & dushya*. Probably this is the reason why all the individuals are not suffering from the diseases in spite of same *nidan sevan*.

Miss Jinkal P. Chaniyara
IInd Year B.A.M.S.

Editor's Remark : Award Winning essay (1st rank) in the intra college essay competition

Ayurveda is the Veda i.e. knowledge that has no origin and will never end. It is an everlasting and evergreen branch of medicine wherein there is no end of knowledge. It is said in history of Ayurveda that it was recited by Lord Brahma and then on step wise step came to further disciples and Acharya and which even reached up till us all. We are all fortunate enough to be a part of history of this Veda and to get such a pure knowledge that has been evolved by nature itself.

Since ancient times the knowledge of Ayurveda is being used by the learned ones as well as the laymen whether it would be the daily routine (*dinacharya*) or seasonal regimen (*ritucharya*) or it may also be any diseased condition (*vikrit avastha*). Everywhere the knowledge of Ayurveda is being implemented and have always given good and fruitful results.

The main motto of Ayurveda is "PREVENTION IS BETTER THAN CURE."

Now I would like to come upon the topic that is "AYURVEDA IN 2050"

On looking towards the positive side of Ayurveda today and in future, it has awesome potential to get developed. As described earlier the motto of Ayurveda is i.e.

SvS4Sy SvaS\$y r9` .|

AatS\$y ivkar p\$mnmc ||

This verse purely means by preventing any of the diseased condition whether would be a minor one or a severe one but till when the person can prevent himself from being exposed to it is best. So Ayurveda which is so ancient has as long any things described which can help people to remain fit and from being away from any kind of disease. And in today's era where the frequency of lifestyle disorders is being increased day by day here this knowledge is very useful and would be very fruitful too. Today itself many health clinics have been running in the metropolitan cities where people go and consult the doctor's just for the purpose of remaining healthy and to maintain a good healthy daily routine.

And if the scenario of the world at this time is this; then if we think about the life of people in 2050, the condition of the people would be more worsened. If people are made aware about these points by following which they can be prevented from diseased condition, then at least the number of people affected won't be decreased but won't increase too.

There is a famous joke made by people of other countries that we Indians had this knowledge of yoga, naturopathy, meditation since ages, in fact it was our heredity but Indians had no value of it. Now when the foreigners brought this thing back by just making "YOGA" from "YOG" all have started following it. So now when the people will make aware about this Veda "AYURVEDA", they we will take up its knowledge with full enthusiasm and there will be a very bright future of Ayurveda in 2050.

It is not only that Ayurveda is special, because it possess the preventive measures which no other medical Science possess; but it possess the treatment of all the other diseases and disabilities that are suffering the society. There is a special evidence about it also, the disease that have come up in last few years like Dengue, swine flu, chicken gunia all these had never been existing in history. But it can be inferred well on the basis of Ayurvedic concepts. So to compete against it the modern science took some time to make its vaccines and medicines, but the cure for these kinds of diseases were already found in Ayurveda which was evolved ages before. Thus this is one more point where Ayurveda would win against modern medicines in coming future when any such kind of new diseases would prevail in the society.

In spite of such many positive points prevailing and such a bright future of Ayurveda in 2050, no doubt there are some demerits over it too. Day by day where people are getting into busy schedule in this modern era and the life is full of technologies and machines. The people are living a very fast and busy life. It is observed today itself, then while taking about the life of people in 2050 that is some 40 years later how fast the life would be ?

In that speed when the people will have no time for themselves, there is a big question that will they have time for Ayurveda; Will they have time for Ayurveda medicines which gives perfect effect but at slower pace? Will people give a pause to their busy schedule and wait for recovery in any kind of diseased condition. And that too when there is an alternate option available in allopathic medicine, will they opt for Ayurveda Medicine? These are the question which will arise against the Ayurveda when we think about its future in 2050.

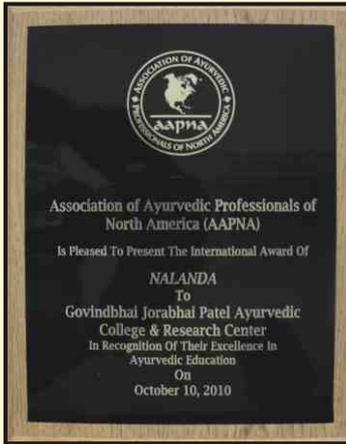
On looking at both the merits and demerits about Ayurveda and its position at present we can assume there is a bright future of Ayurveda in 2050 if we neglect one point about it that is the recovery of it in any disease is in slower pace. And while if we neglect that and look at all the positive points described before it is going to work then too.

"All the best Ayurveda and Ayurveda Physicians...!"

ACHIEVEMENTS

AAPNA Award

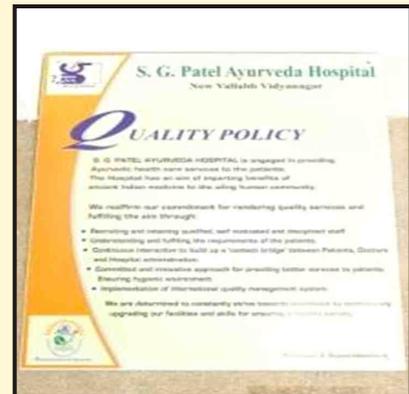
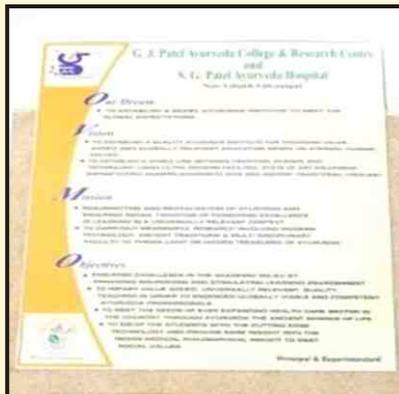
Nalanda International Award Awarded by Association of Ayurvedic Professionals of North America (AAPNA) In October 10,2010.



The institute is honoured with **Nalanda International Award presented by Association of Ayurvedic Professionals of North America (AAPNA)** on October 10,2010. On the occasion of University Athletic meet the same was presented by Dr.M.L. Sharma, Honorable vice chancellor Gujarat Ayurved University to Dr. A.R.V Murthy, Principal, GASR. Charutar Ratna Dr. C. L. Patel, Honorable Chairman C.V.M., Shree R. P. Patel Honorable Secretary C.V.M. and other eminent dignitaries were present on this occasion.

ISO CERTIFICATION

The Institute is ISO 9001:2008 Certified institute and maintains its distinguishing quality educational standard.



ACADEMIC ACHIEVEMENTS

First Batch secures Top position in the University Examination : G. J. Patel Ayurveda College & Research Centre established in 2006 by Charutar Vidya Mandal has achieved a unique distinction. The students of first batch who appeared in April 2011 have secured 100% results in University Examination. Among the top 5 ranks the students of G.J.A.C. have bagged 3 ranks - 1st, 2nd and 5th. Miss Shweta Lakhani secured 1st Rank along with Mr Hemant Kubavat and Miss Maria Vhora who secured 2nd and 5th Rank respectively. Since the last five year from Establishment, the students of G.J.A.C. has constantly securing highest positions in University examination conducted by G.A.U.-Jamnagar. On the success of the students Dr. C. L. Patel, Hon. Chairman -C.V.M. & Dr. A.R.V. Murthy, Dean & Superintendent- G. J. Patel Institute of Ayurvedic Studies & Research have heartily congratulated the students and encouraged their efforts by announcing a scholarship of Rs 72,000/- each to the students who secures first five positions in the University Examinations. Dr C. L. Patel Chairman C.V.M. has also declared to Sponsor Gold Medal every year to the student who secures first place in the University Examination.

ACTIVITIES

Champions in sports

Sports achievements

The college provides nourishing environment for the overall development of students by arranging sports events regularly. The students are on way to perform as all rounder in their life. In the university level intercollegiate Badminton championship held at Jamnagar in September 2011 Miss Hiteshwari Patel succeeded as second runner up in singles and also secured first runner up position in Doubles with Dipali Parekh. Miss Hiteshwari, student of second year has been selected for Inter University Badminton competition to be held at Udaipur.

In the university level table tennis championship held at Bhavnagar in September '2011, Ketan Rathwa, second year student of the college has been selected for Inter University Table Tennis competition which will be held at Nagpur.

In the Intercollegiate marathon held at Lodhra, Ms. Nisha Patel secured second place. Ramji Jograna is selected for Khel Mahakumbh in 100 meter race.

GJAC Boys and Girls team won the intercollegiate Volley ball tournament held by Gujarat Ayurved University, Jamnagar on 24-25th November, 2011 at GJAC campus, New Vallabh Vidya Nagar. In a crucial match, GJAC boys' team defeated former champions IAPS, Jamnagar by 3-2. The girls' team of GJAC gave clean sweep of 3-0 to Nadiad team in the final. The CVM management and Principal congratulated the teams for all round performance.

The Kabaddi team of college became Champions in the University level intercollegiate Kabaddi competition held at Nadiad in December 2011.

In the various competitions held in the college, students enthusiastically participated and flourished as good performers in the events.

Pharmacovigilance center at GJAC

In view of increasing awareness about safety and efficacy of Ayurvedic drugs, Pharmacovigilance center was started at the college on 06 October 2010. The cell is active to record any untoward effects of the Ayurvedic drugs which are being used and supposed to be safe. Dr.A.R.V.Murthy is the first founder chairman of the cell. Dr. M.K.Vyas, Dr. Dipsinh Chawda and Dr. Jasmine Gujarati are the active members in the cell, while Dr.Bipin Sawant co-ordinates the activities in the pharmacovigilance.

Continuous Medical Education

G.J.Patel Institute is unique in the sense that it continues and regularly updates the educational standard and system by conducting CMEs(Continues Medical Education)

programmes by inviting the eminent personalities in the specified field. In this year 2011, the 5th CME was held at the institute on 21st March 2011. Dr.S.K.Khandel, A senior professor from National Institute of Ayurveda,Jaipur delivered guest lecture on 'An overview of Mental disorders in Ayurveda'.

In the 6th CME held on 16th September 2011, Dr. Vadhvani, Professor from Anand Agriculture University, Anand presented his research work on properties and medicinal utility of camel milk. Prof.K.Nishteswar from Institute for Post Graduate Teaching & Research in Ayurveda, Gujarat Ayurved University, Jamnagar who is an international figure in the field of Ayurvedic pharmacology shared his views on 'recent advances in Dravyaguna' . Both of these presentations enlightened the students about the potential of Ayurveda.

A guest lecture was organized on 9th December 2011. Dr.Vijaysingh Chauhan, An eminent personality of Ayurveda from Nicholas Piramal Pharmaceutical Laboratory delivered his extraordinary experiences which motivated the students on the path of success in Ayurvedic carrier.

The 7th CME was held on 12th January 2012. Dr.Dilip Pandya, former Principal, Akhandananda Ayurveda College,Ahmedabad shared his experiences on "Applied aspects of Ayurveda w.s.r. to Hypertension" which was beneficial to the students.

Exploring Charaka Samhita – weekly seminar

The Institute under the able leadership of the dean Dr.A.R.V.Murthy is conducting a distinctive upgradation of programme of one of the age old classical text –Charak Samhita. In the weekly seminar held on Monday, the faculty presents critical analysis of verses from Charak Samhita. The traditional method of learning i.e. Vakyasha(by sentence),Vakyarthasha(by meaning of the sentence) and Arthavayavasha(by the meaning of each word) is followed for the text. The faculty tries to elucidate the hidden meaning in between the lines and studies the verse in the present context. Till now six chapters of first part i.e.Sutra sthana have been completed and seventh chapter is running. Total 50 seminars on Charaka editing have been conducted in the year 2011.

National level Seminar CSTT	2
State Level Seminars	1
No. of CMEs	8
No. of internal seminar	> 200
No of general Camps	75
No. of Suvarnaprashana Camps	80
Satellite OPD Camps	74

RESEARCH ACTIVITIES AND PROJECTS

Considering the importance of scientific validation and updates of Ayurvedic ancient wisdom, the Dean has motivated the faculty and initiated various research activities in the institute. Some of the projects have been enlisted below:

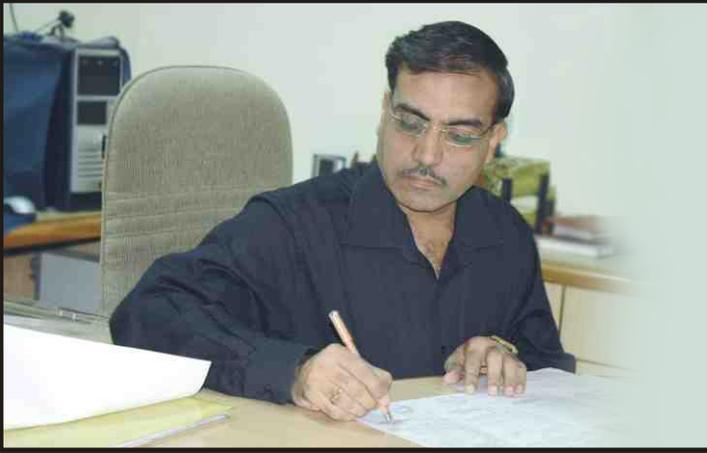
Sr. No.	Research Area	Topic	Investigators
1	Fundamental Research	Multi Author commentary on <i>Ashtanga Hridayam-Charutar Teeka</i>	Chief Editor : Prof. ARV Murthy Executive Editor: Prof.M.K.Vyas
2	Drug Research	Pharmaceutico–Analytical study of mercurial compounds (<i>Hingula, Kajjali, Rasa Parpati and Rasa Sindura</i>)	Dr. ARV Murthy Dr. Pallavi, Dr. Guruprasad KV
3		Standardization of Suvarnaprashana Ghrit & Madhu	Dr. ARV Murthy Dr. Pallavi, Dr.H. Dave
4		Medicinal Plant Survey of New Vallabh Vidyanagar	Dr. Dilip Jani, Dr. ARV Murthy
5		Videographic Database for Identification of Medicinal Plants	Dr. Dilip Jani, Dr. ARV Murthy
6	Clinical Research	Clinical Assessment of various Ayurvedic treatments on <i>Sthoulya</i> (Obesity) & <i>Medoroga</i> (Hyperlipidemia)	Dr. ARV Murthy, Dr. Ritesh Gujarathi, Dr. Sunil Joshi
7		Clinical Assessment of various Ayurvedic treatments on <i>Manasa Roga</i> (Depression & Anxiety Neurosis)	Dr. ARV Murthy, Dr.Kundan Chaudhari, Dr.Yogesh Deole
8		Clinical Assessment of various Ayurvedic treatments on <i>Kitibha</i> (Psoriasis), <i>Shwitra</i> (Lucoderma), <i>Vicharchika</i> (Skin Disease)	Dr. ARV Murthy, Dr. Dilip Jani, Dr. Guruprasad KV
9		Clinical Assessment of various Ayurvedic treatments on <i>Katishula</i> and <i>Gridhrasi</i>	Dr. ARV Murthy, Dr. Sulakshana Kendre, Dr. Manchak Kendre
10		Clinical Assessment of various Ayurvedic treatments on <i>Vandhyatva</i> (Male & Female Infertility)	Dr. ARV Murthy, Dr. Anand Pol (Male Infertility) / Dr. Jasmine Gujarathi (Female Infertility)
11		Clinical Assessment of various Ayurvedic treatments on Cancer & AIDS	Dr. ARV Murthy, Dr. Anand Pol, Dr. Dipsinh Chavda, Dr. Jasmine Gujarathi
12		Clinical Survey of premonitory symptoms of <i>Madhumeha</i> (Diabetes) in non diabetic individuals of Anand, Gujarat	Dr. ARV Murthy, Dr. Dilip Jani, Dr. Yogesh Deole, Dr. Kundan Chaudhari
13		Cross sectional Survey and clinical study of dietary habits of patients attending SG Patel Hospital and population in Anand and its relation with Ayurvedic concept of health and disease	Dr. ARV Murthy, Dr. Yogesh Deole, Dr. Dilip Jani, Dr. Sulakshana Kendre

The research work can contribute in its own manner to the scientific society.

National Service Scheme camp

A seven days National service scheme camp (NSS) was held at Lambhwel during 01/12/2011 to 07/12/2011 under the leadership of Principal Dr.AR.V Murthy and co-ordinated by NSS programme officer Dr.Somraj Kharche and Dr.Kundan Chaudhary. In the camp, various beneficial activities for society like addiction survey, school health survey, rural health survey, medical camp and medicinal plant survey were conducted. Second year B.A.M.S. students enthusiastically participated in the camp.

TEACHING FACULTY



Dr. A. R. V. Murthy
M.D., Ph.D.
Dean & Superintendent

Kayachikitsa



Dr. A.R.V. Murthy
M.D., Ph.D.
Professor



Dr. Manchak Kendre
M.D., Ph.D.
Professor



Dr. Somraj Kharche
M.D., Ph.D.
Lecturer



Dr. Yogesh Deole
M.D., Ph.D.
Lecturer

Panchakarma



Dr. M.K. Vyas
M.D., Ph.D.
Professor



Dr. Kundan Chaudhary
M.D., Ph.D.
Lecturer



Dr. B. P. Parmar
M.D.
Professor



Dr. Dipsinh Chavda
M.D.
Reader



Dr. Sanjay Trivedi
M.S.
Lecturer

Shalya Tantra

Shalaky Tantra



Dr. D.K. Maurya
M.S.
Professor



Dr. Mrudulata Maurya
M.S.
Lecturer



Dr. Kusum Pathak
M.S.
Reader



Dr. Jasmine Gujarathi
M.S.
Lecturer

Stri-Roga & Prasuti Tantra

Kaumarabhritya



Dr. Hasmukhben Dave
M.D.
Lecturer

Roganidana & Vikriti Vijnana



Dr. Shrikrishna Sharma
M.D., Ph.D.
Professor



Dr. Anand Pol
M.D., Ph.D.
Reader



Dr. Warriar Rajkumar
M.D., Ph.D.
Reader

Swasthavritta



Dr. Vijay Pathak
M.F.A.M.
Professor



Dr. Sulakshana Kendre
M.D., Ph.D.
Reader



Dr. Sunil G. Joshi
M.D.
Reader

Dravyaguna



Dr. Dilip K. Jani
M.D., Ph.D.
Reader



Dr. Remya Krishnan
M.D., Ph.D.
Reader



Dr. Bipin Sawant
M.D.
Lecturer

Basic Principles



Dr. Aparna Deshpande
M.D.
Reader



Dr. Ritesh Gujarathi
M.D.
Lecturer



Dr. Pritesh Shukla
M.A., Ph.D.
Lecturer (Sanskrit)

Rasashastra & Bhaishajya Kalpana



Dr. Laxmikant Dwivedi
M.D., Ph.D.
Professor



Dr. K.V. Guruprasad
M.D.
Lecturer



Dr. K. Rukminibai
M.D.
Lecturer



Dr. Rameshchandra Oza
Lecturer

Agada Tantra



Dr. Sandeep V. Binorkar
M.D.
Lecturer



Dr. K. Pallavi
M.D.
Lecturer



Dr. Shailesh Kumar Pathak
M.D.
Professor



Dr. Mahesh Patil
M.D.
Lecturer

Sharir Kriya

Sharir Rachana



Dr. Shivprasad Tiwari
M.D., Ph.D.
Professor



Dr. Nilesh Kasar
M.D.
Lecturer



Dr. Chirag Goradia
M.D.
Lecturer

Academic Seminar/Clinical seminar/News and Library seminar

The faculty gathers on every Wednesday to discuss the important topics related to the Ayurveda in the academic seminar. In clinical seminar, the clinicians present a specific case to discuss in front of the learned gathering. The last Wednesday of the month is reserved for News and Library seminar, in which the faculty enlist the research articles published in various important journals of Ayurveda which is followed by a critical review of one of the published article. This again identifies the characteristic of model Ayurveda college. In the year 2011 total 34 seminars in the category have been organized. The list of the topics discussed is given here.

Sr.No.	Topic	Presenter
1.	Philosophy of Darshan	Dr.Aparna Deshpande
2.	Bio Elementology Part I	Dr.S.P.Tiwari
3.	Concept of Ojus in relation to Immunity	Dr.Mahesh Patil
4.	Prakruti and Environment	Dr. Mahesh Patil
5.	Role of Snehana in Panchakarma	Dr.Kundan Chaudhury
6.	Pakshaghata	Dr.Manchak Kendre
7.	Brahma Muhurta	Dr.K.V.R.K.Reddy
8.	Scientific approach of Yavagu as Pathya Kalpana	Dr.R.Koti
9.	Care of the Intestines	Dr.R.Koti
10.	Importance of Vitamins	Dr.S.K.Pathak
11.	Inclusion of Vishopavisha in Rasashastra	Dr.Pallavi K.
12.	Peripheral Neuritis due to Alcohol Consumption	Dr.Kundan Chaudhury
13.	Hrudroga	Dr.Shubhangi Patil
14.	Ayurvedic medicines banned in United Nations (Review of published article)	Dr.Dilip Jani
15.	Ghana Vati (Review of published article)	Dr.Dilip Jani
16.	Jalaokavacharana Vidhi	Dr.Hiren Rawal
17.	Bio Elementology Part II	Dr.S.P.Tiwari
18.	Concept of Oja	Dr.Mahesh Patil
19.	Oxidants and Anti oxidants	Dr.S.P.Tiwari
20.	Antioxidants and Ayurvedic medicine	Dr.S.P.Tiwari
21.	A Survey of the labelling information provided for Ayurvedic drug material in India (Review of published article)	Dr.Pallavi K.
22.	Health Information of Anjeer as Figs (Review of published article)	Dr.Pallavi K.
23.	Significance of Pulmonary Function	Dr.S.K.Pathak
24.	Hridroga part I	KC department
25.	Hridroga part II	KC department
26.	AIDS	Dr.M.K.Vyas
27.	Discussion on AIDS	Dr.S.P.Tiwari
28.	Biological basis of Congenital anomalies	Dr.S.P.Tiwari
29.	Ayurvedic management protocol in Autism spectrum disorders (Review of published article)	Dr.Sandeep Binorkar
30.	Reviews on Anandkanda	Dr.R.Koti
31.	Amavata-Case presentation	Dr.M.K.Vyas
32.	Teaching methodology in Ayurveda –Problems and Solutions	Dr.S.K.Khandel
33.	Mukha Sharira and Oshtha Roga	Dr.D.K.Maurya
34.	Balapakshaghata	Dr.H.Dave

ACHIEVEMENTS OF STAFF : JAN 2011 TO DEC 2011

Faculty Name	No. of Seminars / Workshops/ RoTPs/ CMEs attended	No. of Research Papers published	No. of Guest Lectures delivered
Dr. ARV Murthy	8	4	4
Dr. S. P. Tiwari	4	1	--
Dr.S.K.Pathak	4	--	1
Dr. M.K. Vyas	3	-	-
Dr.SK Sharma	4	2	4
Dr.D.K.Maurya	4	2	----
Dr Anand Pol	3	---	---
Dr. Dilip Jani	4	--	--
Dr. Rajkumar	3	--	2
Dr. Remya Krishnan	3	--	--
Dr. Bipin Sawant	4	--	--
Dr.M.A.Patil	2	--	--
Dr Ritesh Gujarathi	6	1	--
Dr Jasmine Gujarathi	4	1	--
Dr.K.Pallavi	5	2	--
Dr. Yogesh Shamrao Deole	1	1	--

- Dr. ARV Murthy has been nominated on the Research Committee for Drug Research on Asthma by CCRAS.
- Nominated for Ph.D.thesis evaluation by Gujarat Ayurved University, Jamnagar.
- Dr Ritesh Gujarathi qualified the Ph.D. (Ayu) Entrance Exam at Tilak Maharashtra Vidyapeeth, Pune with 1st rank in the subject of Basic Principles.
- Dr. Yogesh Shamrao Deole was awarded Gold medal in June 2011 for overall first rank in M.D.(Final Year, 2008 batch) by The Vice Chancellor, Gujarat Ayurved University, Jamnagar. He was also awarded Ayurvedyavaridhi – Ph.D. in speciality of “Mano Vigyana Evum Manas Roga” by Gujarat Ayurved University, Jamnagar in December 2011.

Future Events

CME for Medical Officers sponsored by Dept. of AYUSH and RAV on 12th to 17th March 2012

A six day CME for Doctors sponsored by the Department of AYUSH, Ministry of Health and Family Welfare, Government of India, New Delhi and being coordinated by Rashtriya Ayurveda Vidyapeeth, New Delhi is held at G J Patel Ayurveda College and Research Centre, New V V Nagar, Anand, Gujarat from 12/03/2012 to 17/03/2012. The details of programme are available on college website.

Academic Staff Activities

Dr. Pallavi participated in a national seminar on Suvarnaprashana organized by Ayurveda vyasapeeth at Jamnagar on 11/12/2011.

Suvarnaprashna programme for Healthy child

Suvarnaprashan is the ancient concept mentioned in Ayurveda which aims to promote the intellectual faculties and boost up the immunity of the child. The Bal roga department of college conducts free Suvarnaprashna (gold drops) camps on Pushya star day of every month. Till now 80 camps have been conducted in the period and children have been benefitted from the camp.

AYURVEDA EMPIRE, NEW VALLABH VIDYANAGAR

MOTTO

यदिहास्ति तदन्यत्र यन्नेहास्ति न तत्क्वचित् । (चरकसंहिता)

To establish a unique, all encompassing Ayurveda Institute with unlimited facilities; unmatched excellence. (*Charaka Samhita*)



G J PATEL INSTITUTE OF AYURVEDIC STUDIES & RESEARCH

INTENT

नार्थार्थं नापि कामार्थमथ भूतदयां प्रति । (चरकसंहिता)

The services rendered here are purely dedicated for the welfare of mankind; neither aimed at amassing wealth nor at fulfilling personal yearnings. (*Charaka Samhita*)



S G PATEL AYURVEDA HOSPITAL & MATERNITY HOME



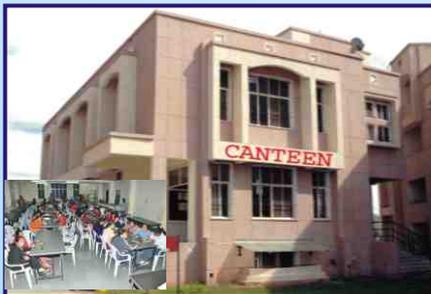
KASHYAPA GIRLS HOSTEL



DHANTANTARI BOYS HOSTEL



BHISHAGAAWAS (STAFF QUARTERS)



PRANABHRITA MAHANASAM (CANTEEN)



AMBULANCE & BUS SERVICE