

[Contemporary Health and Ayurveda Research Updates]

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Message from The Director

C. H. Babaria

Director & Superintendent

Email: principal.gpiasr@cvmu.edu.in

“Excellence is the gradual result of always striving to do better.”

-Pat Riley

Journey of G.J.Patel Institute of Ayurvedic Studies and Research started in 2006 at New Vallabh Vidyanagar, Gujarat, India. It is established by Charutar Vidya Mandal with a vision of model Ayurveda institute in India. The institute has grown in last fifteen years and has been recognized as one of the best Ayurveda institutions in India. The infrastructure of this institute has inspired establishments of many other institutes in India. The spacious classrooms, well equipped laboratories, museums, dissection hall, auditorium, communication lab and other technological facilities make this institute unique. The learned and dedicated faculties have uplifted the status of this organization in all fields of academics, research and clinical practices. The library has a huge collection of more than 12000 books and the herbal garden has more than 350 species of herbs. The services at S.G.Patel Ayurveda Hospital & Maternity Home, New Vallabh Vidyanagar and its campus has been a centre of attraction to patients not only from India, but also from other countries.

The institute is now affiliated to Charutar Vidya Mandal University since 2019. The University and its management have been empowering this institute to reach new heights. Progressive and proactive support of the management has promoted positivity in the academic and research atmosphere. The institute has already applied for post-graduation courses and Ph.D. will also start in due time. The students of the institute are taking message of Ayurveda forward in the society by practicing this age-old Indian system of medicine. The hospital has further upgraded itself in the process of NABH Accreditation. Stringent quality control parameters are applied to raise the services and make them simpler and effective. Publication of this newsletter ‘Ayurvedaamrutam’ is an attempt of canvassing the activities of staff, students and the hospital. We encourage our staff to write their thoughts and provide platform for their publication in this newsletter. This issue covers activities of staff, students and hospital, their achievements, joyous moments, educational events, sports events, medical camps, suvarnaprashana camps, student development activities. In nutshell, this issue is a gist of progressive and proactive environment nurturing young brains under the directions of experienced brains.

Importance of Snehabhyanga

Gayatri Gandhe

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स्नेहसारोऽयं पुरुषः, प्राणाश्च स्नेहभूयिष्ठाः स्नेहसाध्याश्च भवन्ति | (S.Chi.31/3)

Purusha (living human body) is an amalgam of Panchamahabhuta & Atma (S.Su.1/ 22). Agni, Soma, Vayu, Sattva, Raja, Tama, Panchendriya & Bhutatma are the Prana (S. Sha.4/3) inherited predominantly in Shankha, Marmatraya, Kantha, Rakta, Shukra, Ojas & Guda region (C.Su.29/3) of the human body. The integrity of Prana is mainly dependent on the abundance of Sneha. Hence, they can be easily pursued through the use of Sneha. These Sneha are to be used through Pana, Anuvasana, Mastishka, Shirobasti, Uttarbasti, Nasya, Karnapurana, Gatrabhyanga & Bhojana (S.Chi. 31/ 3).

Ayurveda highly advocates the use of Sneha daily through Abhyanga, especially on the scalp through Shirobhyanga, in-ear canals through Karnapurana & on feet through Padabhyanga.

Abhyanga is performed on Tvak, which is the seat of Sparshanendriya, Sparshanendriya is unique in the sense that it is occupied in all the other Indriya along with Manas. Sukharupa or Dukharupa Vedana i.e., sensory knowledge happens due to the unified work of Sparshanendriya, Budhhindriya, and Manas (C. Su.11/48, C. Sha. 1/ 133). Vata is crucial in the formation of Sparshanendriya (C. Su. 12/8), and it imparts Gati due to its Ashukari & Gatimatva properties (S.Ni.1/9) for the conduction of sensory impulse. Vayu is also important in the regulation of Mana. Vata dominates other Dosha, Dhatu & Mala as their movement in the body depends on Vayu (Sha. S.)

Abhyanga is beneficial in mitigating vitiated Vata in diseased conditions and, if practiced daily, maintains the normalcy of Sthanastha Vata, which largely contributes to health maintenance. It is mainly absorbed in the tissues through Upasneha i.e. Nisyanda (transport through percolation) (C. Sha.6/23). Interestingly Dalhanacharya has mentioned a time frame for the reach of Sneha to specific Dhatu (S.Chi.24/ 30). Hence, the health of a particular Dhatu or system can be achieved according to the time frame for Abhyanga with the use of appropriate Sneha.

Abbreviations: S.: Sushruta, C.: Charak Su: Sutra Sthana, Chi.: Chikitsa Sthana Sha.:Sharira Sthana, Ni.: Nidana Sthana, Sha.S.: Sharangadhara Samhita

Pharmaceutical Review of Dhanyamla

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Introduction:

Ancient sages and scholars of Ayurveda have always tried to make the preparations more palatable and potent. Keeping the prepared medicine for longer duration they yielded a fermentation procedure called “Sandhana Kalpana”. There are many fermented preparations mentioned in Ayurvedic Pharmaceuticals since ancient times. The term Sandhana is used to denote fermentation process and the preparation prepared by fermentation process are known as Sandhana Kalpana.

Ayurvedic pharmaceuticals are formulated through the transference of active ingredients by different manufacturing processes. Sandhana Kalpana is one of the best pharmaceutical preparations in Ayurveda practice since ancient time. Sandhana Kalpana is a unique form in which acidic and alcoholic fermented formulations are prepared.

On the basis of alcoholic or acidic nature under Madya group Asava, Arishta, Sura, Varuni, Sidhu and under Shuktha group Sauveeraka, Tushodaka, Aranala and Dhanyamla are included. Though Dhanyamla has a great importance as a medicament it is abundantly used by the physicians in different treatment procedures and formulations.

Dhanyamla is amla sandhana product persevered with its acidic nature. It has a great therapeutic value, this is widely used in clinical practice, in various conditions like amavata, urustambha, arsha, vriddhi, athisthoulya, daha, jwara etc. Dhanyamla is also named as ‘*Veppukadi*’. Dhanyamla is an important formulation coming under Shukta kalpana. In this, the drugs while kept along with water for some days, fermentation occurs and acetic acid is evolved. Generally self-generated acid acts as preservative.

Method of Preparation:

On an auspicious day at a time when the astral combinations are favorable, the necessary drugs for the preparation of Dhanyamla shall be collected. Place a large deep earthen pot on a suitable place and pour 200 prasthas of boiled water and put the drugs separately made into loose bundles in clean cloth. After putting these drugs into the vessel along with water it has to be covered with a lid and heated gently and continuously in moderate fire, preferably with paddy husks, for a period of seven days. The paddy husks are to be put underneath and around the vessel and fired, taking every precaution that the temperature of the water in the vessel does not rise above the boiling point. On the eighth day the required quantity of the

liquid (Dhanyamla) is taken out and added the same amount of boiled water into the vessel. Heating should be continued by maintaining the temperature.

Materials required: Drugs enumerated in the recipe, wide mouth stainless steel heavy bottomed vessel, Khalwayantra and mixer for powdering, Spatula with long handle of the same material heating aids such as paddy husk, A clean cloth to bundle the drug separately.

Table 1. Ingredients

	Sanskrit name	Botanical name	Part used	Quantity
1.	Tandula	Oryza sativa	Seed	200g
2.	Pruthuka	Pressed form of Oryza sativa	Pressed seed	200g
3.	Kulattha	Dolichos biflorus	Seed	200g
4.	Laja	Puffed form of Oriza sativa	Puffed seed	800g
5.	Kangubeeja	Setaria italic	Seed	160g
6.	Kodrava	Paspalum scrobiculatum	Seed	80g
7.	Nagara	Zingiber officinale	Rhizome	40g
8.	Nimbuka	Citrus acida	Fruit	160g
9.	Deepyaka	Trachyspermum involucreatum	Seed	80g
10.	Boiled water			4 liters

Type of vessel: Stainless steel vessel

Source of heat: Heat of burning paddy husk

Procedure:

All the ingredients were taken and weighed. The drugs were cleaned well and dried in sunlight. Nimbuka was cut into four pieces, nagara was made into small pieces, in clean cloth these drugs were made into separate loose bundles. In stainless steel vessel, 4 litres of water was boiled. After 10 minutes, the drug bundles were put into the water. The mouth of the vessel was covered with lid. It was placed in a clean suitable place (Rasa shala) heated gently and continuously using paddy husks. Paddy husks were put underneath the vessel and fired, taking every precaution that the temperature of the water in the vessel did not rise up to the

boiling point. Care was taken about availability of heat in the preparation. The sample was ready after keeping this for seven days.

Quantity obtained: 1.78 litre **Colour:** pale yellow **Odour:** Fermented, starchy **Taste:** sour

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Review on Garbhasrava due to Abhighata & its Management

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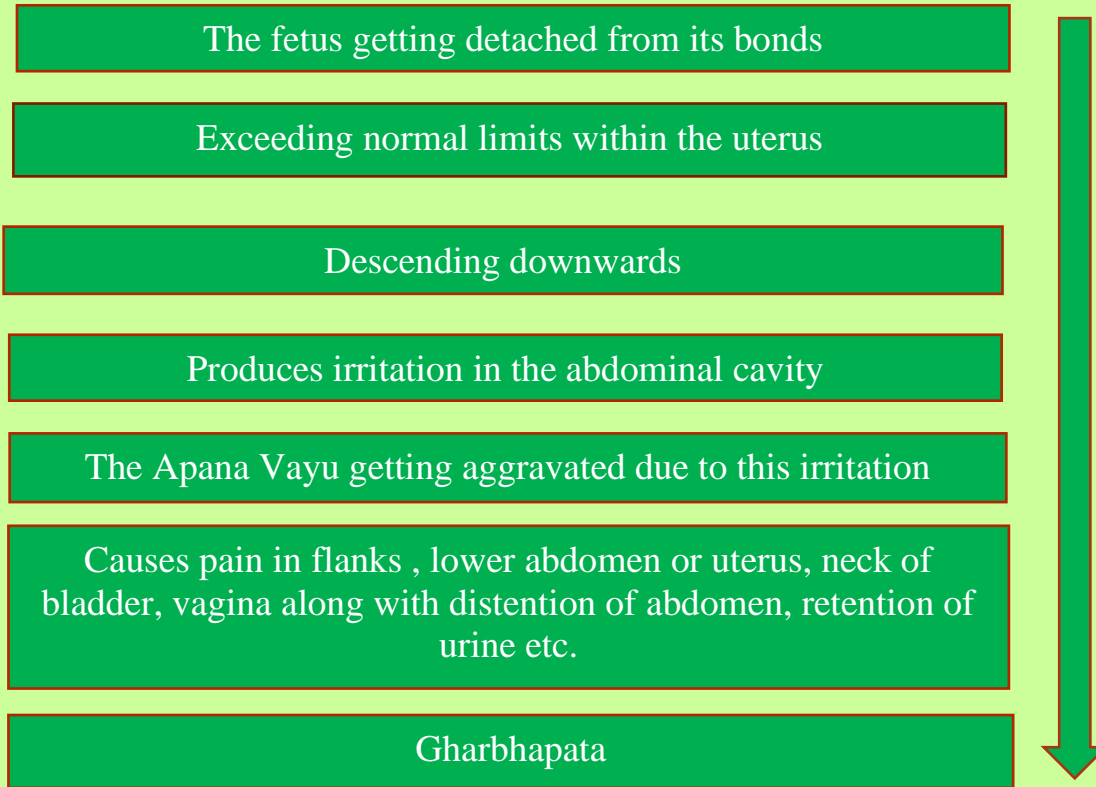
Introduction:

Pregnancy is a period of enormous physio-pathological-psychological adoption in women's life. To have healthy progeny, maintenance of pregnancy till the completion of full-term is essential. Still, sometimes, it cannot be continued due to physical or psychological trauma, which is distressing for a couple and obstetricians. The expulsion of the fetus up to the 4th month of pregnancy is termed as Garbhasrava & after the 5th month, it is term as Garbhapata. In Modern, it can be correlated with abortion, which is the expulsion or extraction from the mother of an embryo or fetus weighing 500gm or less when it is not capable of independent survival. The incidence of abortion is probably 10 to 20% of all clinical pregnancies and another optimistic figure of 10 % is induced illegally. The incidence of trauma during pregnancy is 5%, and it is known to cause 6-7% of maternal death.

Table 1. Abhighataj nidana for Garbhasrava

Sharirika Abhighataja	Falling from height attack or injury, sitting or lying-in uneven positions, excessive sexual intercourse, compression or pressure on the abdomen, Abhyanga during Taruna Jwara in Garbhini, Panchakarma in early pregnancy Injury from the external world includes-accidental injuries Radiation, Medications, Procedures like amniocentesis, chronic villi sampling, etc.
Manasika Abhighataja	Krodha, Shoka, Asuya, Irsha, Bhaya, Tras. We can include - today's lifestyle problems like-professional stress, economic stress, emotional upsets, etc.
Agantuja	Krimi, i.e., Infections as TORCH, UTI

Chart 1. Samprapti



Lakshana:

- Per vaginal pain & bleeding
- Pain in the uterus, sacral, and groin region and over the urinary bladder.

Upadrava: Shotha, Apatanak, Arsha, Mutrasanga, Anaha, Daha

Treatment to prevent abortion and stabilize embryo:

Immediately preventing measures, i.e. Nidana Parivarjana adopted. Parisheka, Lepa, Avagaha, Pradeha, Milk boiled with Jivaniya Gana, Sita Chikitsa are the main preventive treatment for Garbhasrava. Trendelenberg's position should be advised.

Table 2: Management

Yoni pichu	1. Cotton Dipped in Yashtimadhu Churna & Ghrita 2. Kshirvriksha Swarasa and Kashaya rasa dravayas 3. Kshira or Ghrita boiled with Nyagrodha Shunga
Parisheka	1. Cold cow's milk, Yashtimadhu Kashaya and Nyagrodhadi Kashaya below the navel

Lepa	<ol style="list-style-type: none"> 1. Shatadhouta Ghrita 2. Sahastradhouta Ghrita below the navel
Abhyantara	<ol style="list-style-type: none"> 1. Kshira, Ghrita, Mamsa 2. Lehya is prepared with Utpala, Kumuda, Padmakesara with honey & sugar. 3. Shrungataka, Pushkara Beeja, Kasheruka orally 4. Milk boiled with Priyangu, Utpala, Udumbara, Nyagrodha 5. Red Shali rice with honey sugar 6. Milk boiled with Bala, Atibala, Shalimula, Swastika, Ikshu, Kakoli 7. Water processed with Nilotpala, Sita, heated clay, Chandana, or rice water 8. Goat's milk is processed with Aparajita, Priyangu, Sita, Saluki, Udumbara, Nyagrodha. 9. Peya prepared from Bala, Shaliparni, Dadima, unripe Bilva

Treatment after the expulsion of fetus:

When Garbha is expelled, the following treatment should be adopted.

A. Before completion of 3 months

1. Langhana, Ruksha dravyas
2. Kwatha of Ushira, Chandana, Ativisha, Dhanyaka, Katavanga
3. Peya prepared with Truna dhanya, Rice, Shastika, Yusha, Mudga used.
4. Finally, Snigdha-Sheeta treatment should be given.

B. After completion of 3 months

1. **Garbha koshta shuddhi & vedana vismarana:** Madya should be given for the strength of the patient, complete evacuation of the uterus, and anesthetizing the pain. Those who are averse to madya, Peya processed with Panchakola Kalka or Peya of rice, Tila, Udalaka processed with Bilwadi Panchmula Kwatha devoid of Sneha & Lavana should be given. Peyadi karma is given corresponding to the gestational age.
2. **Deepan Pachana dravyas:** Rakta Kleda Malapaha: Women should first be treated with Pachan and Ruksha Dravyas, and then Snehapana.

3. Use of Balya , Jeevaniya , Brimhaniya, Deepaniya , Pachaniya, Madhura and Vata Shaman Dravyas.

Table 3. Garbhapatan Drugs:

Yoni Pichu	Oil processed with Satpushpa, Kushtha, Madanphala & Hingu
Yoni Kalka	<ol style="list-style-type: none"> 1. Guda, Kinva, Lavana 2. Hingu and Lavan churned with Kanji 3. Apamarga Mula 4. Patha Mula 5. Vasa Mula
Yoni Lapan	<ol style="list-style-type: none"> 1. Langali Mula Kalka Lepa 2. Ghrita medicated with Sali
Abhyantara	<ol style="list-style-type: none"> 1. Kulattha Kashaya 2. Mandukparni & Pippali kashaya 3. Laghu panchamula 4. Pachandravyukta Tila, yavagu 5. Panchakola kwath 6. Matulunga Mula, Madhuja Churna with honey and ghee 7. Kalka of Pippali, Chavya, Chitraka, Langali Mula, Kushtha with Go Mutra 8. Hingu with Saindhava & Kanji

Gharbhasrava Vedana Chikitsa

- Milk medicated Mahamasha, Madhuka, Kantakari etc. mixed with Madhuka and Sharkara.
- Milk treated with Kush, Kasha, Gokshura mixed with Sharkara.
- Kwath of Hribera, Ativisha, Musta, Mocharasa, Sarkara
- Anna should be given medicated milk prepared with Shringataka, Padmaka, Utapala, Mudagparni, Madhu.

Upadrava:

Traumatic events that can lead to Garbhapata cause different Upadrava like Shotha i.e edema due to infections or blood loss; Arsha due to difficulty incomplete expulsion of fetal material; and posttraumatic stress disorders as a Manasika Abhighata. Thus, it is necessary to treat, as it causes both physical and mental complications.

Discussion:

With the current data available, trauma forms a major cause of maternal death, as high as 46.5% of the 95% cases. We can consider that physical and mental trauma can lead to Garbhapata. Nidana Parivarjana is one of the main treatments for any disease. The pregnant woman should avoid exposure to above said Sharirika, Abhighataj, and Agantuja etiological factors, which will prevent Garbhapata. Ayurveda concentrates on drugs that act as Garbhasthapaka and Garbhapushtikara as well as good for the mother to stabilize the fetus. On the other hand, Ayurveda also mentioned drugs after the expulsion of the fetus for Garbhashaya koshtha shuddhi i.e, complete expulsion of the conceptus, with complete cessation of pain and bleeding without requiring any invasive procedures. Vedanavisravana, increase the strength of the mother and balance the abnormal dosas.

Conclusion:

- Ayurveda can treat the Garbhapata due to trauma based on Samprapti Vighatana, Dosha Dushya Samurchhana, and Nidana Parivarajana. It can relieve the symptoms associated with Garbhapata and increase the female's strength.
- Ayurveda can reduce the post-traumatic disorders that occur due to Garbhapata. Ayurvedic drugs are safe and also economically minimum hospital stay.

Academic Events-Webinars

Sr No.	Date	Event	Title of Event	Speaker
1	07-04-2021	Webinar	Sadvritta and Aachar Rasayan as a preventive measure for Lifestyle Disorder	Vd. Arpan Bhatt
2	15-04-2021	Webinar	Invigorate your mind for Ayurveda Startups	Dr. Yashvant D. Patel
3	24-04-2021	Webinar	Parralance Of Modern Laboratory Test and Ayurvedic Saama - Niraama Concept Concept of Infectious Diseases in view of Ayurveda	Dr. Parameeswarappa S Byadgi Dr. Jitendra Varsakiya
4	28-04-2021	Webinar	Practical Applications of Madhuthailika Basti	Dr. Nitin Bhise
5	01-05-2021	Webinar	Scientific Writing and Publication Ethics	Dr. Supriya Bhalerao
6	05-05-2021	Workshop	Swachhata Action Plan	Dr. Mahesh Chopde
7	28-05-2021	Webinar	National Webinar on Marketing & Entrepreneurship Strategy from Panchakarma point of view	Prof. (Dr.) B. Sreenivasa Prasad
8	05-06-2021	Webinar	Biodiversity and Ayurveda	Dr. T. S. Bairy
9	12-06-2021	Webinar	Yoga Practices in COVID 19	Ms. Deepa S. Rathore

Institutional activities and Celebrations

Sr. No.	Date	Events
1	26-01-2021	Republic Day Celebration
2	17-02-2021	Himalaya Award Function
3	08-03-2021	Inauguration function of Transitional Curriculum Program 2021
4	08-03-2021	International Women's Day
5	08-04-2021	Corona Vaccination Camp
6	01-05-2021	Webinar on Scientific Writing and Publication ethics
7	12-05-2021	Celebration of International Nurses Day.
8	28-05-2021	MH day Poster competition
9	31-05-2021	Pledge taking ceremony for staff on occasion of "world No Tobacco Day".
10	31-05-2021	Poster making by NSS volunteer for awareness of Public on occasion of World No Tobacco Day.
11	11-08-2021	Court visit for Third Professional BAMS Students, arranged by the Dept. of Agada Tantra Evum Vidhivaidyaka
12	15-08-2021	Independence Day Celebrations
13	04-09-2021	Jeevak & Ayurvisharad Award Function Conducted by Himalaya Wellness Company at Hospital Auditorium
14	22-09-2021	Lecture Regarding Nutrition for Schoolchildren organized by NSS Cell at B. J. D Patel High School, Simarda Village, Petlad as a part of Celebration of Azadi Ka Amrit Mahotsav & Poshan Masa - Sept 2021

15	22-09-2021	Tree Plantation Program NSS Cell at Simarda Village, Petlad as a part of Celebration of Azadi Ka Amrit Mahotsav & Poshan Masa - Sept 2021
16	22-09-2021	Rally Organised by NSS Cell at Simarda Village, Petlad as a part of Celebration of Azadi Ka Amrit Mahotsav & Poshan Masa - Sept 2021
17	22-10-2021	Educational Visit to Amul Dairy, Anand for Third Professional BAMS Students, organized by the Dept. Of Swasthavritta
18	22-10-2021	Educational Visit to Sewage Treatment Plant for Third Professional BAMS Students organized by the Dept. Of Swasthavritta
19	25-10-2021	Prathama Yoga & Naturopathy Shibir organized by the Dept. Of Swasthavritta at Yoga Hall for Third Professional BAMS Students
20	28-11-2021	Blood Donation Camp

Sports Events

Sr. No.	Date	Event	Result
1	25-06-2021 to 27-06-2021	e-sports event BGMI- online PUBG mobile game	First- Mujataba and team (2018 Batch) Second- Shubham and team (2017 Batch)

Achievements of Staff

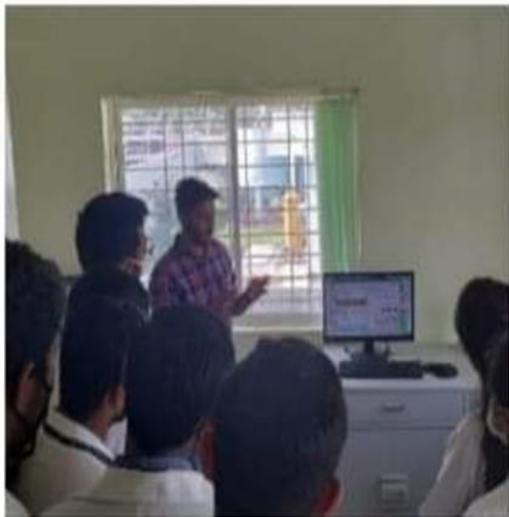
Sr. No.	Date	Awardee	Category	Event and Organizer	Award
2	16-08-2021	Dr. Aparna Deshpande, Professor	National best teacher award	Ayurveda Teachers Association Pune	National Best Teacher Award
3	11-07-2021	Dr. Jasmine Gujarathi, Professor	National Seminar on Role of AYUSH in management of haematological disorders	Kanchan Hira Ayurveda Cancer Research Institute Madhi, Gujarat	Chairperson
4	22-12-2021, 10-06-2021	Dr. Swagata Dilip Tavhare Assistant Professor	Journal	World Journal of Pharmacy & Pharmaceutical Sciences, International Journal of Academic Research & Development International journal	Editorship
5	25-01-2021	Dr. Swagata Dilip Tavhare	Poster presentation	National webinar on Bioautography organized by IICP, New Vallabh vidyanagar New Vallabh vidyanagar, Anand	First Prize
6	05-02-2021	Dr. Sneha Tiwari Lecturer	Newsletter	Council For Ayurveda Research, U.S.A	Editorial Board Member

Student Development Activities



Anand, Gujarat, India
Mogri - Gana Rd, Gujarat 388345, India
Lat 22.513617°

Educational Visit to Amul Dairy, Anand for Third Professional BAMS Students, Organized by the Dept. of Swasthavritta



Anand, Gujarat, India
9/10, Mogri, Anand, Gujarat 388345, India
Lat 22.539282°



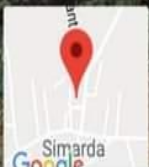
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Educational Visit to Sewage Treatment Plant for Third Professional BAMS Students Organized by the Dept. of Swasthavritta



Rally Organized by NSS Cell at Simarda Village, Petlad as a part of Celebration of Azadi Ka Amrit Mahotsav & Poshana Masa, Sept. 2021



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 Long 72.835381°
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Simarda, Gujarat, India
 FR4P+R4Q, Simarda, Gujarat 388480, India
 Lat 22.45773°
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Tree Plantation Program NSS Cell at Simarda Village, Petlad as a part of Celebration of Azadi Ka Amrit Mahotsav & Poshan Masa, Sept. 2021



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Long 72.835422°
22/09/21 03:10 PM



Simarda, Gujarat, India
Unnamed Road, Simarda, Gujarat 388480, India
Lat 22.456334°
Long 72.835203°
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Lecture Regarding Nutrition for School Children Organized by NSS Cell at B. J. D Patel High School, Simarda Village, Petlad as a part of Celebration of Azadi Ka Amrit Mahotsav & Poshan Masa, Sept. 2021

Activities in S.G. Patel Ayurveda Hospital

Suvarnaprashana for children [Jan – Dec 2021]

Month	Date	No of Children Benefitted
January	--	0
February	25-02-2021	61
March	25-03-2021	123
April	---	0
May	---	0
June	---	0
July	11-07-2021	488
August	08-08-2021	493
September	04-09-2021	415
October	01-10-2021, 28-10-2021	503, 344
November	25-11-2021	348
December	22-12-2021	632
Total		3407

Societal welfare and Extension activities

Medical camps in the vicinity of Anand

Sr. No	Nature of the camp	Date	Place	Number of Patients
1	General camp	07-02-2021	Simarada	23
2	General camp	14-02-2021	Tarapur	66
3	General camp	21-02-2021	Pandoli	127
4	General camp	07-03-2021	Vatadara	131
5	General camp	14-03-2021	Manpura	156
6	General camp	21-03-2021	Ramodadi	51
7	General camp	28-03-2021	Jantral	113
8	General camp	04-04-2021	Petlad	74
9	General camp	21-06-2021	V V Nagar	80
10	General camp	27-06-2021	Jitodiya	21
11	General camp	04-07-2021	Mogari	51
12	General camp	07-07-2021	Juna Mogari	35
13	General camp	11-07-2021	Vatadara	88
14	General camp	18-07-2021	Sunav	64
15	General camp	29-08-2021	Bhadaraniya	120
16	General camp	13-09-2021	Hariomnagar	28
17	Gynec camp	17-09-2021	Anand	91
18	Gynec camp	20-09-2021	V V Nagar	13
19	Gynec camp	24-09-2021	Anand	57
20	Free Health Check Up	25-09-2021	New V V Nagar, Pharmacy	18
21	General camp	14-10-2021	Rampura	76

22	General camp	21-11-2021	Bhumel	38
23	General camp	28-11-2021	Bandhani	21
24	Free Health check up children	30-11-2021	Gana Primary school	120
25	Free Health check up children	01-12-2021	Gana Primary school	88
26	Free Health check up children	07-12-2021	G.J Sharda mandir School	99
27	Free Health check-up children	08-12-2021	G.J Sharda mandir School	152
28	General camp	26-12-2021	Petlad	81
			Total Patients	2082

