

[Contemporary Health and Ayurveda Research Updates]

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Message from The Director

Prof. (Dr.) C. H. Babaria
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We are happy to present the issue of Ayurvedaamrutam Newsletter with full of energy and enthusiasm from the organization. The issue shows the active participation of faculties, students and all staff in growing the institute together. This issue includes four articles on unique topics covered in it. The first article by Dr.Swati Thakar is a successfully treated case report on vata dominant skin disease presented at S.G.Patel Ayurveda Hospital. The article on gestational diabetes and its management by tikta rasa delves into thoughts of treating newer challenges through Ayurveda. Gestational diabetes is not directly quoted in Ayurveda texts. We are a part of nature and shall care for ourselves and mother nature. The article by Dr.Ramen Santra describes preventive measures of global warming and maintaining our health in the era of industrialization. The article on food by Dr.Kishor Chaudhari describes the depth of Ayurveda treasure to deal with cases of poisoning. We invite, encourage and help all faculties and students to participate in research, writing and publication at our institute. Our student Karan Lakhani got first prize in the National Essay competition held at Pune. The gist of his essay on 'Life after pandemic' is presented to the readers.

The institute is taking an active part in Azadi ka Amrit Mahotsav Program announced by Government of India. All departments and hospital are conducting related programs very enthusiastically. In the last six months, from January to June 2022, more than 45 programs have been organized in the organization. These programs are objected to the overall growth and development of students.

The patients in the vicinity of Anand are benefitted through services offered by S.G.Patel Ayurveda Hospital . Extension OPDs, medical camps, suvarnaprashana camps, and check up camps are regularly organized to provide maximum benefit to society. The charity services are done by the expert and highly qualified consultants and staff considering patients in place of God. As a result, the hospital is being recognized in the state as one of the referral centre for tertiary care services of Ayurveda.

The issue has glimpses of all events, webinars, institutional development programs, celebrations etc. The Charutar Vidya Mandal University wholeheartedly supports this organization's academic and developmental activities. We hope this issue will be enjoyed by the readers and knowledge seekers for their development.

Case Report-

A case study on ayurvedic management of Vatika Kushtha

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Case history:

A 21-year-old female patient (UHID 20220304140, OPD No. 4274) came to the OPD of Kayachikitsa department on 04/03/2022. She was suffering from complaints of itching and burning with blackish discoloration of both hands for three months. She also had scaling and dryness in both palms. She was diagnosed with allergic rhinitis with sinusitis before one year. She had taken antibiotics and antihistaminic medicines but didn't get relief. This might be the primary cause of her complaints. Excess suppression of allergic conditions via these drugs attacks other systems. The patient's diet was also improper and irregular, including mainly junk foods. This was the second cause of her complaints. She had taken medicines for skin disorders but didn't get relief. So she came to S. G. Patel Ayurveda Hospital, New Vallabh Vidyanagar, for better ayurvedic treatment.

Diagnosis: Vata dominant Kushtha (Vata dominant skin disease)

Treatment protocol:

After examination, the following medicines were administered to the patient:

- 1) Kaishora Guggulu- 2 tab (500 mg each tab.) two times a day with kwatha
- 2) Swadishta virechana churna- 3 gm- two times a day before meals
- 3) Manjisthadi kwatha - 40ml- two times a day at 7 am & 5 pm
- 4) Cutis ointment- for local application.

She had taken medicines regularly for up to 1 month and followed the diet as per my advice.

Pathya-Apathya

Pathya: ghrita, mudga & shali, Saindhava lavana.

Apathya: Junk foods, dairy products, especially Butter and Cheez, cold drinks, sour and spicy foods, salad- uncooked vegetables, Salt

Results:

After one month, the patient got complete relief from skin problems like burning, itching, scaling, dryness, and discoloration. She was also relieved from chronic rhinitis complaints due to the improvement in functions of the immune system.



Images 1 and 2 : Effect of treatment on skin lesions

Discussion and conclusion:

Manjishthadi kwatha contains manjishtha, musta, shunthi, guduchi, kutaja, vacha, nimba, haridra, daruharidra, triphala, katuki, patola, vidanga etc. It works on rasa, rakta dhatu and raktavaha sroto dushti. It regulates aggravated pitta and Vata dosha, and raktaprasadana karma.

Kaishora guggulu mainly works on raktavaha sroto dushti. It has analgesic, anti-inflammatory, anti-allergic property & it contains haritaki, bibhitaki, amalaka, shunthi, maricha, pippali, guduchi, guggulu, trivrut etc.

Swadishta virechana churna contains shuddha gandhaka, yashtimadhu, saunf, sanaya and sharkara. This formulation is mild to moderate purgative, specifically working on pitta dosha. This formulation has an effect on Vata-pitta dosha, rakta dhatu and Anulomana effect that detoxify the body and increases the efficacy of other internal medicines. Gandhaka plays a role in reducing itching and burning in skin diseases, yashtimadhu works as an immunomodulator, while sanay works as a purgative.

The key ingredients of the cutis ointment are mahamarichyadi oil, neem, karanja, shuddha gandhaka, and lemongrass. Here, these all contents have antifungal, anti-allergic soothing, raktashodhaka (blood purifier) and non-irritant property that work on disease and reduce symptoms like dryness, itching, scaling, burning and also improve blood circulation over the area.

Garbhini Prameha W.S.R. Gestational Diabetes and its Management with Tikta Rasa (bitter taste)

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Introduction

Pregnancy is a diabetogenic condition and a metabolic stress test. Hence G.D.M. can be stated as physiological diabetes occurring in a few pregnant ladies. It is carbohydrate intolerance of variable severity with the onset or first recognition during pregnancy. It exaggerates physiological changes in glucose metabolism in pregnancy.¹ The onset is seen mainly during the 3rd trimester and affects 3-10% of pregnancies.²

Pathophysiology

The placenta secret diabetogenic hormones, the hormones of pregnancy that causes insulin resistance, also cause direct hyperglycemia. Still, the primary defect is that the maternal pancreatic cells cannot compensate for increased demand. Progesterone, Cortisol, Human Placental Lactogen(HPL), Prolactin are involved in the pathogenesis. HPL also known as HCS (human chorionic somatomammotropin) is a placental polypeptide hormone. Its structure and function are similar to those of growth hormones. It modifies the metabolic state of mother during pregnancy. HPL has anti-insulin property.³

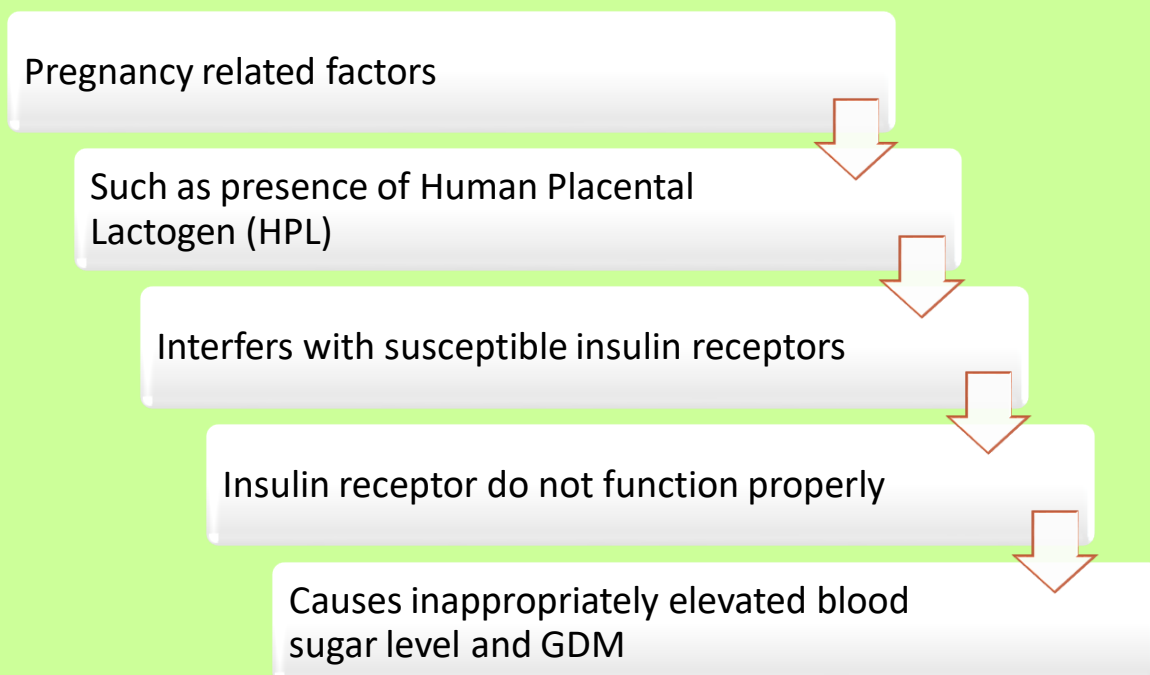


Chart 1: Pathogenesis of GDM

GDM and its outcome in baby

Baby born to mothers with GDM are at increased risk of problems such as

- ✓ being large for G.A.
- ✓ low for blood sugar
- ✓ jaundice.

If not able to manage appropriately can cause seizures or stillbirth.⁴

Screening for GDM

- All women should be screened for GDM in their pregnancy at 24 – 28 weeks and at 13 week for those at higher risk.
- A) Pre-pregnant BMI=>25
- B) Family history of diabetes among 1st-degree relatives.
- C)H/O GDM/IGT/persistent glucosuria during previous pregnancies
- D) documented h/o macrosomia in previous childbirths

GDM and its co-relation in Ayurveda

In classics, no direct reference for Gestational Diabetes Mellitus i.e. Garbhini prameha is found. But we can co-relate it to jaata prameha with reference verse quoted by Charaka

“जातः प्रमेही मधुमेहिनो वा न साध्य उक्तः” [Cha. Sa. Chikitsa Sthana 6/57]

Charak Samhita describes the babies born with prameha as ‘jataja pramehi’. Sushruta also quotes it as ‘sahaja pramehi’. These references direct the incidence of disease due to improper diet and lifestyle of the mother during pregnancy. Furthermore, it can be inferred that the pregnant mother might have prameha during pregnancy. This can be considered GDM. However, the condition of baby born with prameha is incurable. As we know ladies suffering from GDM can only be managed by controlling blood sugar levels by diet, exercise and if needed by insulin, but can’t be cured of Diabetes during her pregnancy period. So shloka itself not only talk about diabetes in a pregnant lady but justify with present era pregnancy complication Gestation Diabetes mellitus.

Garbhini prameha and its management by Tikta rasa

In Charak Chikitsa sthana, where prameha (diabetes) is discussed in detail along with its management , it is advised to use tikta rasa in food for management of diabetes.⁵

“ तिक्त्वाकैः पुराणशाल्योदनमाददीत” [Cha. Sa. Chikitsa Sthana 6/20]

In tikta rasa, all herbs and dietary items possessing antidiabetic property like nimba, karela are used. Specifically karela (momordica charantia) has been in use for treatment of diabetes since ages and have given good results too as it has pramehagna property. Karela contains Gurmarin, a polypeptide considered to be similar to Bovine insulin. According to studies karela probably lowers blood sugar levels by increasing the activity of enzymes that help in the metabolism of glucose.⁶

Samprapti Vighatana

In pregnancy, there is an increased requirement for a carbohydrate diet. Due to this, cholesterol level and thickness of cell membrane increase. Simultaneously placental hormones like lactogen or trophoblastic hormone increase. All of these can lead to peripheral insulin resistance.⁷

Mainly tikta rasa drugs like nimba, katutumbi, karela are prameghana dravya. They reduce hyperglycemia and have a diuretic activity that reduces excessive kleda from the body and reduces cholesterol. Tikta rasa increases cell membrane permeability, which in turn decreases insulin resistance in pregnant ladies.^{8,9,10}.

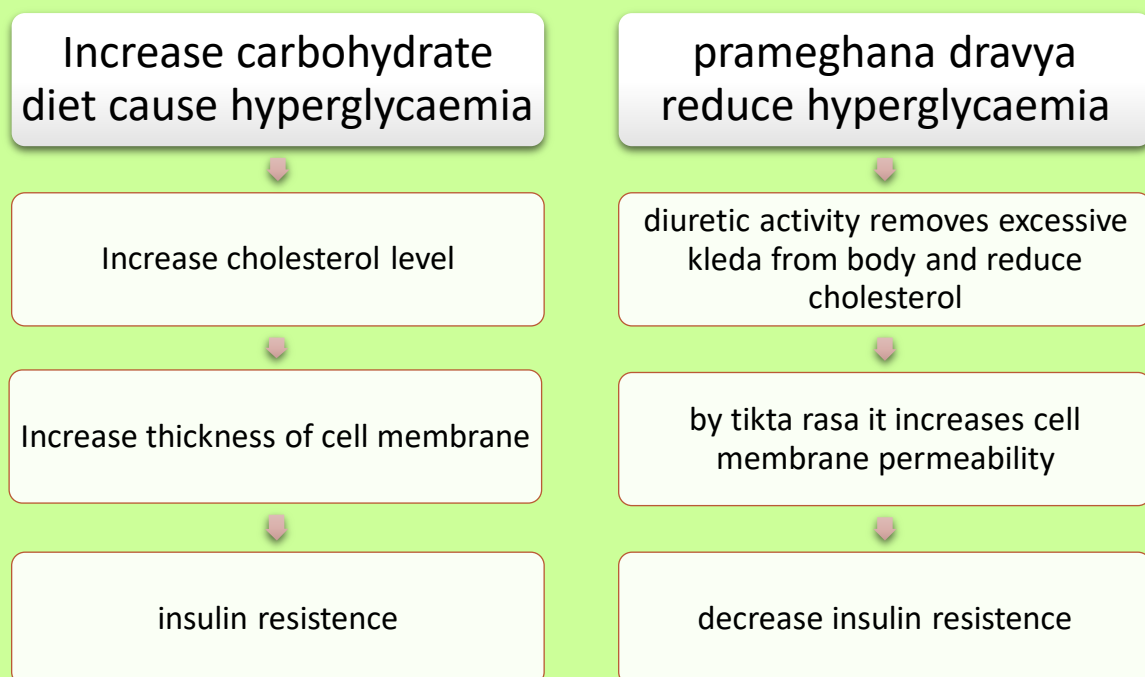


Chart 2: Advantages of eating Tikta Rasa -Karela during pregnancy

- 1. High Folate Content:** Folate is a vital requirement for pregnant women. This mineral helps keep the newborn safe from possible neural tube defects. Karela contains a very high amount of Folate. It contains one-quarter of the daily requirement of this mineral in pregnant women.
- 2. Anti-Diabetic:** Karela has anti-diabetic properties. The nutrients like charantin and polypeptide-P help fight gestational diabetes.
- 3. Anti-Oxidant:** Karela contains vitamin C, an antioxidant that helps pregnant women fight against harmful bacteria. It also helps in building the immunity of the expecting mothers. .

Conclusion

GDM or Garbhini Prameha shall be appropriately managed, though it is physiological condition. Otherwise, it can cause fatal complications in both mother and baby. It can be managed by keeping blood sugar in the normal range through changes in diet, exercise, and using Prameghana dravya like karela. More studies and research are needed to understand and manage GDM in a holistic way.

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Containment measures of Global warming

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Today, global health is being affected very much. The prime cause is increasing human activities like industrialization, urbanization, deforestation, vehicular traffic, burning of fossil fuel (coal and petroleum products found underground), nuclear explosions, chemical fertilizers, etc. Natural disasters supplement this. All these have resulted in climate change, which has affected the most fundamental determinants of health: air, food, and water. Climate change has been a constant and menacing problem and is increasing due to increased population growth.

Effect on Health:

Prolonged periods of abnormally high temperatures can seriously affect vulnerable populations, such as the elderly and the sick. This was seen during the 2003 heat wave in Europe, which claimed approximately 35,000 lives. People suffering from heart problems are more vulnerable to increased temperatures. Especially those living in already warm areas, as their cardiovascular system must work harder to keep their bodies cool. Hot temperatures rise the ozone concentration, which can damage lung tissue and cause complications for asthma patients.

Role of Ayurveda in preventing health hazards:

Anu taila nasya: It strengthens the respiratory system, prevents infections, headaches, eye problems due to environmental toxicity etc.

Panaka : Ama panaka, Dhanyaka hima etc. – helps to fight dehydration, heat stroke.

Kharjuradi Mantha: It provides instant energy to body. Dates are rich in potassium which is good for hypertension.

Takra (buttermilk): Takra is rich in calcium, potassium, sodium, and Vitamins B-12. It contains probiotics that are suitable for gut health.

Sadvritta: Towards environments, we can implement the values in people to care for mother earth.

Ritucharya: Following the correct diet and regimen according to the season would help our body withstand the extreme climatic conditions.

Lepana: To prevent effect of heat on skin, chandanadi lepa, padmakadi lepa, aloe vera gel application etc. sheeta dravya can be used.



Images: Various preventive measures in Ayurveda

Containment measures for global health:

- Encourage greeneries. They act as the most effective carbon sinks.
- Tap the sun and use solar power plants.
- Encourage community biogas plants, which prevent firewood.
- Be at the wind by the windmill to obtain a power supply.
- Improve water harvesting system.
- Save the wetlands to recharge groundwater. They help to preserve flora and fauna.
- Use solar lanterns for rural home lighting.
- Mitigate disasters.
- Ban plastic bags, which are not eco-friendly. Not only do carbon emissions occur while they are manufactured, but also toxic fumes are released while they are burnt or disposed of.
- Avoid leisurely car drives and walk as much as possible.
- Save the rivers from sewage and industrial waste.
- Avoid using papers and use e-mail, so that trees can be saved.
- Use a bicycle which is a zero-pollution vehicle (Being a good exercise prevents obesity and improves health).
- Use of electric cars, which are emission-free and eco-friendly. It saves fuel.



Images: milestones on Global Level

Thus, there should be intersectoral coordination among Government agencies, Intergovernmental and Nongovernmental organizations (NGOs), professional groups and local communities to meet the global threat. The Sooner the steps are taken, the greater the impact will be.

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Wholesome and unwholesome food in poisonous conditions

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In Ayurveda, it is stated that the disease without medicine can only be cured by good food. Unwholesome food consumption does not cure the disease even after using hundreds of medicines. In Anupanmanjiri, the importance of a wholesome diet is mentioned as, "If there is a wholesome diet, then what is the need of taking medicines? (only a wholesome diet helps to cure the disease) and if there is an unwholesome diet, then there is no benefit of medicines. Therefore, a wholesome diet should always be consumed while treating disease. A similar principle applies in poisonous conditions also.

Suppose a life-threatening poison causes the acute type of poisoning. In that case, it is necessary to save the life by intensive treatment, least considering the wholesomeness of the diet. After treating such poisoning, it is necessary to follow a good diet when the patient has stabilized, as well as treat complications and chronic poisoning cases.

Human beings are exposed to many toxins in different ways and risk developing many deadly diseases. Many agrochemical compounds, plant growth regulators, and grain preservatives are used in agricultural farming. In animal husbandry, antibiotics and hormones are used to increase production. In hotels and restaurants, many food additives like coloring agents, anti-oxidants, flavors and flavor enhancers, preservatives, etc. are used. While storing food items, metallic contaminants may enter in food, and also some migrants enter drinking water from the packaging materials.

These all are called Garavisha, and continuous slow exposure forms Dushivisha, leading to many diseases.

The action of these toxins on the body can be prevented by

1. Purification by Vamana, Virechana, and blood purification
2. Daily hrudayavarana upakrama
3. Consumption of a wholesome diet and
4. Exclusion unwholesome diet

This article describes the beneficial diet to be consumed as well as the food items to be avoided in poisonous conditions.

Physicians, as well as common people, should have the necessary knowledge about beneficial and non-beneficial diets so that further spread and action of poison can be prevented.

Food beneficial to the person suffering from poisoning

- Śālī rice, Ṣaṣṭika rice, Koradūṣa (Common millet), Priyaṅgu (Indian millet)
- Taṇḍulīyaka (Prickly amaranth), Jīvantī (Cork swallow wort), Vārtāka (Brinjal)
- Suniṣaṇṇaka (dwarf waterclover), Maṇḍūkapaṇṇī and Kūlaka
- Saindhava (Rock salt)
- Āmalakī and Dāḍima for sourness in the food.
- Vegetable soup: Moong dal and hareṇu (Pea) should be used for preparing vegetable soup.
- Meat Soup: The meat of eṇa, śikhi, śvāvit, lāva, tittira, and pṛṣata should be used to prepare meat soup. Meat and vegetable soup should be prepared by adding anti-poisonous drugs to it
- Avidāhī food: Food items that do not cause a burning sensation (avidāhī) are useful for a person who is suffering from the diseases caused by poisoning.
- Jāṅgala meat (the meat of animals of the desert): Godhā and ākhu meat is beneficial
- Kapittha (wood apple), Tuvārī and Vetrapallavā
- Water to drink: Āntarīkṣa Jala (Pure Rainwater) should be collected in a pure vessel, and later this can be used for the whole year. The water of lakes and wells can be used except in the rainy season. Any other boiled and cooled water or added with honey and āmalaka should use to drink by the patient of poisoning.
- Anti-poisonous drink: Well-processed flour of yava kept in white cloth is best to destroy poison if given with buttermilk and ghee.
- New and old ghee, Oil, Sitā, Butter-milk, cold water, honey,
- Niṣpāva, Upodikā (Malabar spinach), Kālaśāka (Corchorus capsularis), Vikaṅkata and Prācīnāmalaka
- The urine of cow, goat, and human
- Tikta (bitter) and Madhura (sweet) food and medicines: Even among bitter substances, Guduchi and Patol are more beneficial. Among the sweet drugs, old shali, mudg, godhum, yav, sita, kshaudra, and Jangal meat are more beneficial as they are not Kapha productive.
- Gold bhasma, Kalyāṇaka ghr̥ta
- Tandul with ghee is best for the person who suffers from poisoning.
- Sugar, honey, ghee, milk, tandula and dung of buffalo are beneficial in known and unknown diseases due to poisoning. In poison above substances should be given individually except in Alarka visha. In Alarka visha, dry food, oil and onion are beneficial.

- The drugs like Haridrā (turmeric), Pathyā (Haritaki), Laśuna, Nāgakeśara, kuṅkuma, Śvetacandana (white sandalwood), mustā, śīrīṣa, kastūrī should use while preparing food.

Non-beneficial food to a person suffering from poisoning:

The following should be avoided in poisoning as well as after detoxification

- Viruddhāhāra (Hostile diet), Adhyaśana (eating before the previous food digestion), Ajīrṇāśana
- Anger, Hunger, Fear, Exertion, Sexual intercourse, sun-heat, exercise, day-sleep, Pravāta (strong wind), Smoking
- All sour food – All Sour food should be avoided in poisoning except Āmalakī (Amla) and Dāḍima (pomegranate).
- All salty food – All salty food should be avoided except saindhava (rock salt).
- The water from rivers and tanks is to be avoided, especially during the rainy season.
- Surā /Āsuta (Various alcoholic beverages), Sauvīraka, Phāṇita
- Tila (Sesamum seeds), Piṇyāka (The pulp that remains after extracting oil from sesame is called ‘Piṇyāka’), Oil.
- Śīgru, Mūlaka, Laśuna, Kalāya, Kusumbha, Atasī, Kulattha (Kulattha is hot in potency, astringent, amla in vipāka).
- Niṣpāva, Jāmbava, Āmrātaka, Cūta (Mango), Navadhānyādhika gaṇa, Tāmbula
- All types of svedana
- Meat of Śīsumāra and kūrma

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Life after Pandemic

Summary of Award Winning Essay in Nanal Inter Medical Collegiate National Essay Competition, Pune, Maharashtra

Mr. Karan M. Lakhani

Student Fourth Professional B.A.M.S. (2017 Batch)

For the two wary years since COVID-19 was first reported, one question has always remained the same – when will this pandemic end? Perhaps our wait may soon end, and we are at the beginning of the end, but we don't know that for certain. What is certain is that COVID-19 has checkmated us with a reality check on our lives, and nature me break its cooperation with us unless we alter how we live.

Eradicating a pandemic or an epidemic is extremely difficult. Smallpox required decades of vaccination to disappear, polio is still endemic to some countries, and new influenza stains keep appearing, surpassing every generation of anti-influenza vaccines since the first one in 1933.

Nevertheless, COVID-19 may lose its “pandemic” status sometime in the future, become “endemic”, and eventually fade in severity before hiding behind regular everyday life – a life of altered values and novel habits that the pandemic may leave us with to learn and adjust ourselves, all alone. Covid-19 has affected every aspect of life around the globe, from individual relationships to institutional operations to international collaborations. As societies try to defend themselves through severe restrictions on people's movement and interactions, the disease continues to decimate families, upend

The pandemic has transformed nearly every aspect of our world. Seemingly overnight, the quirky governments crush economies and tear through the social sector. The pandemic has transformed nearly every aspect of our world. Seemingly overnight, the quirky (wearing leggings during a zoom call with clients!) became mundane. Meanwhile, our friends, family, colleagues, and communities have changed their lives in critical ways that promise many longer-lasting effects. Living through a global pandemic has driven dramatic shifts in our jobs, eating habits, child care, and even our collective sense of time.

It took a global pandemic and an economic crisis to re-imagine our future on this planet.

COVID-19 swept through the world like a Tsunami wave and exposed the ugly side of human selfishness, yet it also shined a light on the strength of our community.

The COVID-19 crisis, despite it's many sad and horrible implications in terms of sickness and death, is exactly what we needed to galvanize us, to draw us together as one global community,

to see more clearly what we are collectively capable of achieving, and of bringing into focus what needs to be done globally to secure over future on this planet.

We can now join up the dots. We can see the bigger picture rapidly forming before our eyes. Our experience of dealing with COVID-19 is teaching us much. We must apply these lessons to how we respond to what is probably the biggest crisis we will ever face, the existence of humans on this planet. As people, we are working together to break the coronavirus infection chain and create a better world. The tough times will pass, leaving behind the wisdom of practicing compassion and caring for what genuinely matters.

Academic Events-Webinars

Sr No.	Date	Event	Title of event	Speaker
1	16-03-2022	Webinar	Vishikha - National Webinar on Panchakarma	Prof. S. H. Acharya, Distinguished Professor, A.I.I.A., New Delhi
2	21-04-2022	Webinar	National webinar on Diabetes	Prof. H.M. Chandola, Former Dean, I.P.G.T.R.A. Jamnagar
3	18-06-2022	Webinar	National webinar on Clinical Pediatrics	Dr. Apexa Vyas, Reader, I.T.R.A., Jamnagar

Institutional activities and Celebrations

Sr. No.	Date	Events
1	12-01-2022	Virtual demo of mass Suryanamaskar by faculties
2	26-01-2022	Republic day celebrations
3	17-02-2022	Inauguration of extension OPD – Ayurved Health & Wellness Centre at Bungalow No-9, Near Bhaikaka Statue, Infront of Sharada Mandir School, New V.V.Nagar, Anand
4	03-03-2022	V.V. Nagar day celebration
5	08-03-2022	International women's day celebration
6	05-05-2022	Visit of Dr. Mukul Patel, Vice Chancellor, Gujarat Ayurved University, Jamnagar
7	19-05-2022 & 20-05-2022	NCISM inspection for starting Post graduation Ayurveda course

8	05-06-2022	Tree plantation Program
9	11-06-2022 to 13-06-2022	Education fair-2022 organized by CVM University at V.C. Patel English Medium School, Vallabh Vidya Nagar
10	13-06-2022 to 20-06-2022	Yoga practices for 8 th International yoga day celebration at GJPIASR, New V.V. Nagar By Dept. of Swasthavritta.
11	15-06-2022	Competition on 'Herb for women health' Organized by Departments of SRPT and Dravyaguna, GJPIASR.
12	13-06-2022	Memory enhancement games for 3 rd year students under AKAM by Dept. of Swasthvritta, GJPIASR.
13	13-06-2022	Poem writing competition for students under AKAM by Dept. of Swasthvritta, GJPIASR.
14	14-06-2022	Poster competition for students under AKAM on topic 'yoga for humanity'
15	20-06-2022	Yoga awareness rally under AKAM by Dept. of Swasthavritta, GJPIASR.
16	21-06-2022	8 th International Yoga Day celebrations at Shastri Maidan, New V.V.Nagar

Photo gallery



Republic day celebrations'2022



Yoga Camps for patients at S.G. Patel Ayurveda Hospital



International Yoga Day'2022 celebrations



Tree plantation Program on World Environment Day'2022



RAV Sponsored National CME in Prasuti Tantra and Stree Roga, was conducted during January 03 to January 08, 2022. Total 27 teachers across nine states of India participated in this CME



Free eye check-up camp, Conducted by Dept. of Shalakya Tantra



Interactive talk session on Women's Health for all female staff

Achievements of Staff

Sr. No.	Date	Name	Category	Event and Organizer	Activity/achievement
1.	12-05-2022	Prof. Dr Sarita Bhutada	Speaker in National CME on Kriya Sharira	RAV Sponsored CME at All India Institute of Ayurveda	Speech delivered on 1. Understanding Various Dimensions of Deha Prakriti 2. Insight in the Concept of Upadhatu
2.	21-03-2022 to 26-03-2022	Prof. Dr. Yogesh Deole	Selected as National Master Trainer for scientific writing and research publication	National Commission for Indian Systems of Medicine, Ministry of AYUSH, Govt. of India, New Delhi	Developing standard training modules for PG and PhD guides across India and group co-ordination
3.	25-05-2022	Dr. Siddlinga B.	Health program	All India Radio	Ritu Anusaaritha Jeevanshaili
4.	03-01-2022	Dr. Jayesh J. Purohit	Publication of book	--	Publication of book 'Textbook of Bala Roga (Ayurveda Pediatrics)'
5	13-02-2022	Prof. Dr. Jasmine Gujarathi	Webinar	Vishwa Ayurved Parishad, NIA Branch, Jaipur	Guest lecture on Uttarabasti: its complications and management

6	14 &15 - 2- 2022	Prof. Dr. Jasmine Gujarathi	Workshop on Holistic and healthy living	Vinoba Bhawe Ashram, Nisargopchar kendra, Gotri, Vadodara	Guest lecture on Antenatal & Postnatal care through Ayurveda
7	7-3- 2022	Prof. Dr. Jasmine Gujarathi	Guest lecture	Parul Institute of Ayurveda, Parul University, Waghodia	Guest lecture on Practice and scope of Ayurveda Gynaecology
8	22&2 3 -4- 2022	Prof. Dr. Jasmine Gujarathi	'Nari Siddhi' - Clinical Expertise lecture series on Common gynecological issues and its management	Diksha E Learning, Ayurveda College, Coimbatore	Guest lecture on Understanding PCOS
9	04- 06- 2022	Prof. Dr. Jasmine Gujarathi	Transitional curriculum program	RD Memorial Ayurveda College, Bhopal, Madhyapradesh	Guest lecture on Goal setting
10	18- 06- 2022	Prof. Dr. Jasmine Gujarathi	48 th International Conference on "Ayurveda and Fertility"	Global Ayurveda Conferences, LLC and Hosted by AAPNA - Association of Ayurvedic Professionals of North America, Inc. USA.	Guest lecture on Ayurveda and Female Fertility
11		Prof. Dr. Jasmine Gujarathi	Publication	Innovations and Interventions in Social Science;	Asokan V: A Systematic Review Study Of

				Book Enclave, Jaipur, 2022 ISBN: 978-93-92262-03-6	Contemporary And Historical Perspective Of Menstrual Practices Across Cultures
12	16-01-2021	Dr. Ritesh Gujarathi	Yoga Teacher's Training Course (Online)	Sir Sayajirao Institute of Research in Yoga, Vadodara	Guest lecture on Panchamahabhuta, Tridosha & Prakriti Concept of Ayurveda – III
13	30-01-2022	Dr. Ritesh Gujarathi	9 th Online Faculty Induction Program	UGC HRDC, S P University, V. V. Nagar	Guest lecture on Journey to Self-Discovery Through Ayurveda & Positive Health Through Ayurveda
14	01-04-2022	Dr. Ritesh Gujarathi	Online Orientation program on Newly Introduced Outcome Based Curriculum for First Professional BAMS Teachers	National Commission for Indian System of Medicine (NCISM), New Delhi	Samhita Adhyayan-1 - Teaching Learning Methods
15	11 & 12 04-2022	Dr. Ritesh Gujarathi	Yoga in Therapy (Online)	Sir Sayajirao Institute of Research in Yoga, Ayurveda, Vadodara	Guest lecture on Preventive, Promotive & Curative Aspects of Ayurveda-I
16	15-04-2022	Dr. Ritesh Gujarathi	CME Ayurveda (Online)	Vishwa Ayurveda Parishad, NIA Branch, Jaipur	Guest lecture on Tantrayukti in Clinical & Research Perspective
17	21-04-2022	Dr. Ritesh Gujarathi	Global Ayush Investment & Innovation Summit	Ministry of Ayush, New Delhi,	Guest lecture on Brand AYUSH

			(GAIIS)-2022, Gandhinagar	Confederation of Indian Industry (CII), New Delhi, ITRA, Jamnagar	
18	28- 05- 2022	Dr. Ritesh Gujarathi	National Arogya Fair- 2022 & 59 th Plenary Session of Ayurveda Mahasammela n Adhiveshan, Ujjain	All India Ayurveda Congress, Delhi & Ministry of Ayush, New Delhi	NEP2020 - Revitalizing Ayurveda Education & Research
19	03- 06- 2022	Dr. Ritesh Gujarathi	Transitional Curriculum Program-June 2022 (Online)	Rani Dullaiya Smriti Ayurved P. G. College & Hospital, Bhopal	Guest lecture on Essential Moral Values for Success in Life
20	22- 06- 2022	Dr. Ritesh Gujarathi	Ayush Samriddhi (Webinar)	International Interdisciplinar y Institute for Research Education and Skill, Kolkata, West Bengal	Guest lecture on Ayurveda Education: Past, Present & Future
21	25- 06- 2022	Dr. Ritesh Gujarathi	One Day Online Faculty Development Program on Ethics in Research Publication	Grand Academic Portal (GAP), Ahmedabad, India & Balani Infotech & Drillbit Plagiarism, UP	Guest lecture on Ethics in Research



Dr. Siddalinga B., Associate professor, Dept. of Panchakarma delivering speech on All India Radio about Health



Guest lectures by Dr. Jasmine Gujarati, Professor & HOD, Dept. of PTSR



Guest lecture in CME by Dr.Sarita Bhutada, professor & HOD, Dept. of Kriya Shareera



Book publication authored by Dr. Jayesh Purohit, Assistant Professor, Dept. of Kaumarabhritya



**Guest lectures by Dr. Ritesh Gujarathi, Associate Professor,
Dept. of Samhita Siddhanta**



**Dr.Yogesh Deole received certification of master trainer
by NCISM, Delhi**

Students Achievements

No	Date	Participation	Winner
1	07-02-2022	Late Vd. H.B. Paranjape All India Inter college essay competition at Ashtang Ayurveda Mahavidhyalaya, Pune.	Mr. Karan M. Lakhani 1 st rank Final year BAMS
2	07-02-2022	Late Vd. Purshottam Shashtri Nanal inter medical college National competition 2022 at Tilak Ayurveda Mahavidhyalaya Pune.	Mr. Karan M. Lakhani 1 st rank in Nanal's Essay writing and 2 nd Runner up in Nanal Trophy.
3	03-03-2022	-	Mr. Karan m. Lakhani Awarded with Gaurava Puraskar on Vallabh Vidyanagar day at CVM University
4	25-04-2022	Student startup innovation project (SSIP) at CVMU innovation & startup center on 'Validation of environmental disinfection efficiency of herbal fumigation'	Mr. Karan m. Lakhani Achieved certificate for completion of research project.
5	10-03-2022 to 11-03-2022	Girls Inter college kabaddi tournament organized by CVM University.	2 nd runner up 2 nd year BAMS students.
6	16-03-2022	VISHIKHA-2022 online panchakarma therapy demonstration competition	1) Om Aghera Final year BAMS achieved 2 nd rank in abhyanga therapy 2)Roshan Vashani Achieved appreciation prize in abhyanga therapy.
7	17-02-2022	Encuesta 2022- G. K. Quiz at ILSASS College, New V.V. Nagar	1 st runner up students 1)Bobby Parmar 2) Rajveer Sindhal 3)Het Patel
8	18-02-2022	Encuesta 2022- Bollywood Quiz at ILSASS College, New V.V. Nagar	2 nd runner up students – 1) Sachin Thakkar 2) Bhavesh Patil 3)Jhanvi Mehta

Student Development Activities



Shloka recitation for 1st prof. BAMS



“Snake Awareness Program” conducted by Dept. of Agada Tantra
Guest speaker – Nikhil Parekh, Nature club, New V. V. Nagar



Animation program conducted by Arena Animation, Anand &
S.P University



“Global Ayush Investment & Innovation Summit” Gandhinagar, Ahmedabad



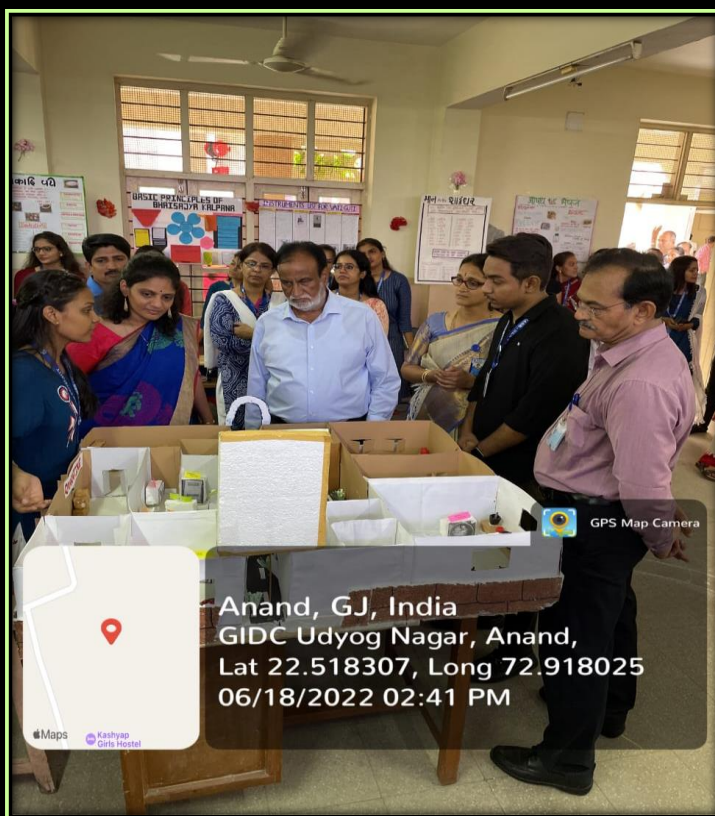
Dhoomapana Varti preparation by Final year students



Guest Lecture by Pashmina Joshi, Associate Professor, ITRA, Jamnagar



Demonstration of video blog by Dr. Megha Singh Rajput, Monark University



Rasa Bhaishajya Mahotsava by 2nd Prof. students and RSBK Dept.



Blood group detection for 1st year students



“Herb for Women Health” competition conducted by Dept. of PTSR & Dept. of Dravyaguna.

Activities in S.G. Patel Ayurveda Hospital

Suvarnaprashana for children [Jan – June 2022]

Month	Date	No of Children Benefitted
January	-----	-----
February	15-02-2022	326
March	14-03-2022	202
April	10-04-2022	316
May	08-05-2022	307
June	04-06-2022	323
Total		1474



**S.G.Patel Ayurveda Hospital and Maternity Home,
New Vallabh Vidya Nagar**

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	12-02-2022	Kasor	88
2	General Camp	20-02-2022	Hariomnagar v v nagar	80
3	General Camp	04-03-2022	Gana	78
4	General camp on every Tuesday	Started from 22-03-22	Sidhhi vinayak Mandir, Anand	152
5	General Camp	28-05-2022	Lambhvel	22
6	General Camp	04-06-2022	Tarapur	55
7	General Camp	10-06-2022	S.G.Patel Ayurved hospital & maternity Home	160
8	General Camp	11-06-2022	Lambhvel	18
9	General Camp	24-06-2022	Dakor	72
10	General Camp	25-06-2022	Lambhvel	15
11	General Camp	27-06-2022	S.G. Patel Ayurved hospital & maternity Home	142



Various medical camps conducted by S.G.Patel Ayurveda Hospital & Maternity Home



Inauguration of Ayurveda Health and Wellness Centre (OPD) at Vallabh Vidya Nagar