



MAHARASHTRA
UNIVERSITY OF HEALTH SCIENCES
NASHIK



AYUSH



E-NEWSLETTER

MAY-JUNE 2023

BIMONTHLY NEWSLETTER OF MUHS, MAY-JUN 2023





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From the desk.....



Message From



Lt. Gen. Dr. Madhuri Kanitakar

Hon. Vice- Chancellor
MUHS, Nashik.

AYUSH E-NEWSLETTER

I am very happy to see the first AYUSH E-Newsletter which is to be published bimonthly by AYUSH Department of MUHS .

It is a good way to reach the students and faculty with our university. This newsletter will be of interest to the community as well since it provides information about improvising traditional medicine techniques for primary line of care.

This newsletter would provide the essence of AYUSH healthcare principles. Subjects covered and other creative activities incorporated in this newsletter would stimulate students to think beyond curriculum. This will take the practice of AYUSH to readers in an interesting and simple way that all can understand.

I wish the Dept of AYUSH and the editor the very best.



From the desk.....



Message From



Dr. Milind Nikumbh

Hon. Pro Vice Chancellor
MUHS, Nashik.

I am delighted since informed about the AYUSH Department of MUHS has taken the unique initiative of bringing bimonthly Ayush .e-Newsletter for the purpose of sharing updates and news in AYUSH Sector.

This news platform would nurture and establish key communication among potential users of teachers, students, researchers and academicians.

I am sure that this step of information sharing would bring more focus on AYUSH systems of medicine and also would be helpful in establishing it in main healthcare delivery.

My best wishes to AYUSH Department of MUHS for this initiative.





About E- Newsletter

Department of AYUSH Maharashtra University of Health Sciences, Nashik is publishing this Ayush-e- newsletter bimonthly with the vision of providing the flexibility to adapt curriculum to the changing need of the society.

This AYUSH-e- newsletter contains the authentic material on AYUSH system of medicines focusing on promotion all holistic system of medicines delivering the contents like herbal medicines, Panchakarma, Ashtang Yoga, dietary habits mentioned in the scriptures and many more.

This newsletter is a way of communication in between the AYUSH department and the AYUSH students of the colleges which are affiliated to the University as well as to the society. This newsletter will give the quick review of the activities which are held in the AYUSH department of the University also which are to be held in the upcoming couple of month.

Also, it will provide the latest updates in the field of Health Care Education which will create and increase the awareness about the research also will provide the basic information about the research world. This newsletter promotes the integrative and interdisciplinary approach in health care systems.





Verse from science of life

हिताहितं सुखंदुःखमायुस्तस्य हिताहितम् ।

मानं च तच्च यत्रोक्तमायुर्वेदः स उच्यते ॥ (च.सू. १/४१)

Beneficial life, non-beneficial life, happy life and sorrow life or the things useful or beneficial for the that life, that means beneficial things in the form of dravya, gun, karma AND non-beneficial things, the age of life and symptoms of healthy and non-healthy life are mentioned where.... that is AYURVED.

This definition had given by Acharya Charak about AYURVED. Here, Acharya Charak had mentioned that all human beings may have happy life or they may have sorrow life. What is that life? Is mentioned in AYURVED. Also, the beneficial things and non-beneficial things for the happy life like dravya, gun and karma are mentioned in AYURVED.

Dravya means the things which are having Panchamahabhut tatva. Dravya' means drug in this context. It is the substratum of properties and actions. Drug was studied extensively in ancient times. In Acharya Charaka has classified drugs from various angles, e.g. according to source, effect on doshas, composition, properties, actions, etc. In the Charaka-Samhita, there is the description of fifty groups of drugs according to their main action. Similar classification is found in the Sushruta-Samhita where thirty-seven groups of drugs are defined according to their effect and therapeutic uses. There is no substance which cannot be used as drug.

The word 'guna' literally means attribute, property, quality, peculiarity, virtue, merit or excellence.

Karma (action) is defined as the cause of conjunction and disjunction, characterized by movement (or activity) and karma is located in dravya.





Myths of Panchakarma- the body purification and detoxification, is it?

The Panchakarma is a Sanskrit word that means five procedures or five treatments that includes the process of cleansing the body toxins and rejuvenation of the body at a deep level.

Panchakarma is a part of Ayurved that has been mentioned at Charak Samhita, Sushrut Samhita, Ashtang Hruday, Sangraha and also by many acharyas.

In Ayurveda, Chikitsa is broadly of two types i.e. shaman and shodhan. Shaman means medication that reduce, suppress or eliminate the disease symptoms. This brings normalcy without elimination and aggrevation. These treatments are much simpler than the shodhan and Panchakarma procedures.

Shodhan chikitsa is the method of eliminating the vitiated doshas or toxins from the body to pacify the disease. There are five types of shodhan that is what we called as Panchakarma and those are Vaman, Virechan, Basti, Nasya and Raktmokshan.





दोषाकदाचित् कुप्यन्ति जिता लंघनैपाचनैः ।

जिता संशोधनर्येतु न तेषां पुनरुद्भवः ॥ (च.सू. १६/२०)

That means the disease can recur with the shaman treatment but if you have had the Panchakarma treatment then there are least chance of their recurrence.

The panchakarma treatment can have the benefits like elimination of mala, complete cure of disease, increase strength, increase the complexion of skin and increases the life span.

Every single day our body accumulates various toxins from food, drinks and habits. These toxins disturb the biochemistry and functioning of all organs within the body.

Over the time, these toxins block the flow of vital energy which causes imbalance in between the three dosha, our body and mind. By Panchakarma procedure, these accumulated toxins are removed from the body.





Five Panchakarma Treatments



Vaman

Cleansing of digestive track by medically induced vomiting but it is used in respiratory disorders, GI related problems



Virechan

Cleansing of intestines through medically induced purgation but also useful in other diseases as it purifies whole body.



Basti

It is a medicated enema useful for musculoskeletal disorders, nervous disorders and many more.



Nasya

Cleansing of the five senses and nervous system through nostrils.



Raktmokshan

Cleansing of blood for the skin disorders and for the disorders which are related to blood impurity





• Who can take Panchakarma detox?

- Lifestyle under constant stress
- Unhealthy eating habits or food addiction
- Suffering from the diseases like rheumatism, arthritis, digestive problems, depression, anxiety, skin and hair problems, gynecological problems etc. and taking prescription medicines for long time

• How will you be benefited by this treatment?

- Improved blood circulation.
- Removal of toxins.
- Improved metabolism.
- Helps in maintenance of hormonal balance.
- Improved metabolism and digestive capacity.

• Who should not do the Panchakarma?

- Pregnant.
- Lactating mother.
- Menstruating female.
- Congestive heart failure.
- Infectious disease.
- Other diseases that are mentioned in the particular panchakarma





Know your Herb



AMALAKI

Latin or Botanical name- *Emblica officinalis*

Vernacular Names- dhatri, shriphal, amruta, shiva, shanta, amrutphala, dhatriphala, vrusha, ronchani, divya, amrutodbhava.

Botanical description-

Medium size tree of 8 to 10 meters, bark skin is greenish, blackish and thin, the leaves look similar to the tamarind leaves, flowers are yellowish in color with big stem and grows in bunches. Fruits are circular in shape having the diameter of 1 to 2.5 cm having 6 serrations. Seed is hard and also having six serrations.

Habitat- all over the India.

Parts used- fruit.

Nutrients- it is a rich source of vit C also it contains fibres, protiens, fats, carbohydrate, calcium, iron, carotene, thiamine.

Properties- Ras- mudhur, amla, katu, tikta, kashay; vipak- madhur, virya- sheet; laghu and Ruksha

Uses-

It is used in the management of amlapitta, pittaj shula, udar rog, arsha, raktapitta and skin disaeses. It is also indicated in conditions like prameha and shukrartav problems. It helps to fight against the common cold, improves the eyesight, burns the fats, builds immunity and beautifies the hairs.

to be continued...





Know your Herb

Therapeutic activity-

Emblica officinalis is reported to possess bioactive compounds like tannins, flavonoids, saponins, terpenoids, ascorbic acids and many other compounds which are confirmed to have diverse pharmacological activities like antimicrobial, antioxidant, anti-inflammatory, radio-protective, hepatoprotective, antitussive. Amla fruit is widely used in the Indian system of medicine as diuretic, laxative, liver tonic, refrigerant, stomachic, restorative, anti-pyretic, hair tonic, ulcer preventive and also useful for common cold, fever; as alone or in combination with other plants.

Latest search-

Various extracts and formulations of amla shows its extensive potential activities as per the various clinical and pre-clinical studies. A total 4 Ayurveda trials were registered in CTRI (Clinical Trial Registry of India) out of which 2 trials have been completed. One of the studies is going on the periodontitis. Several articles have been published on Embelica officinale





Pregnancy



Pregnancy is the most important part of a woman's life. According to WHO, Antenatal care is the routine health control of presumed healthy pregnant women without symptoms (screening) in order to diagnose diseases or complicating obstetric conditions without symptoms. The common factors that are responsible for maternal death are haemorrhage, pregnancy induced hypertension, obstructed labour, infection, complication of unsafe abortion etc. As the health of baby completely depends on mother, the pregnant lady should get adequate food, care and nutrition so that she will deliver a healthy baby without any complications. During pregnancy for better development of foetus antenatal care is important. From conception to delivery health of pregnant woman can be maintained by Garbhini Paricharya.

- **Garbhini Paricharya is divided into three parts i.e.**
 - Masanumasik Pathya (Monthly regimen)
 - Garbhaupaghatkar Bhava (Pregnancy harming factors)
 - Garbhastapak Bhava (drugs beneficial for the maintenance of Pregnancy)





MONTHS OF PREGNANCY

01

FIRST MONTH OF PREGNANCY

Diet

Cold milk in small quantity but frequently. Madhur (sweet), Sheet (cooling to the body) liquid diet is preferred in 1st month for maintenance of foetus.

Medicine

Jeshthamadhu with white sandalwood powder, red sandalwood powder in cow's milk. Jeshthamadha, Saagbee, Ksheerkakoli, Devdaru (Cedrus deodara) milk.

02

SECOND MONTH OF PREGNANCY

Diet

Cold milk in small quantity but frequently Madhur, sheet and liquid diet like milk, coconut water, fruit juices, peya, kanji which has not become sour. All these should be in small quantity but taken frequently. Fruits to be avoided are Pineapple, Papaya, Sugarcane.

Medicine

Ashmantaka (Apta) til, Pippali (Piper longum), Manjishtha (Rubia cardifolia) Shatavari (Asparagus recemosus). These are taken in same quantity and a Kashay (decoction) is prepared and taken with milk and sugar. Lotus stem, Nagakeshar Milk, or butter-milk, lotus, bel fruit, Camphor and Goat milk.





MONTHS OF PREGNANCY

THIRD MONTH OF PREGNANCY

03

Diet

Rice with milk or Ghee (clarified butter) and honey in unequal quantity with milk and same type of fruit juices that are told in 2nd month.

Medicine

Vrikshadani, Ksheerkakolki, Priyangu, Sariva. Sugar, Nagkeshar Milk
Sandalwood powder, Khus, lotus, cold water with milk

FOURTH MONTH OF PREGNANCY

04

Diet

Butter taken out of milk, Rice with curds, fruit juice, coconut water, Hridya Fruits viz. Mango, watermelon, white pumpkin, yellow pumpkin, snake gourd (chichinda) Berry (badar), pomegranate, amratak (ambada).

Medicine

Sariva, Rasna, Bharangi or Jeshthamadhu decoction.





MONTHS OF PREGNANCY

FIFTH MONTH OF PREGNANCY

05

Diet

Rice and milk, ghee from butter, Rice milk, Ghee.

Mamsa Vardhak (foods which promote bulk in fetus) – meat soup, black gram;

Rakta Vardhak (which increase blood)– Pomegranate, Chikoo, Apple, spinach, beetroot, Amalki, guava etc

Medicine

Ground pomegranate leaves, sandal wood paste should be mixed with curd and honey.

Kantakari (*Solanum xanthocarpum*) Laghu Kantakari (*Gmelina arborea*) leaves of Ksheeri trees (like Pipal – *Ficus religiosa*) banyan, udumbar (*Ficus glomerata*), Plaksha – (*Ficus factor*) powder with milk.

Ground blue lotus, Renukbeej, Nagkeshar, pumpkin with water.





MONTHS OF PREGNANCY

SIXTH MONTH OF PREGNANCY

06

Diet

Ghee, Rice, Gokharu (Tribulus terrestris) Siddha ghee (processed ghee), Yavagu (Rice kanji).

Medicine

Gairik, cow's dung, black mud heated and put in water and after setting for some time, take upper water only and in that mix sandal powder, sugar and drink it Prishniparni (Uraria picta), Bala, Gokharu, Drum stick, Jeshthamadhu decoction.

Balya (Strengthening):

Endri, Gorakshakarkati (papaya), Vidarikanda, Shatavari, Ashwagandha, Mashparni, Bala, Atibala.

Varnya (for complexion):

Sandalwood powder, lotus, ushir, Sariva, Jeshthamadha, Manjishtha, White Durva, Vidarikanda.





MONTHS OF PREGNANCY

SEVENTH MONTH OF PREGNANCY

07

- If there is itching on her lower abdomen, thigh or breast, the following medicine are used: -
 - Berry Kashay: processed in sweet medicines, butter milk.
 - Kanheri siddha oil massage Parishek of Jai, Jeshthamadhu decoction.
 - Avoid salt and large quantity of water.
 - Take bala, Gokharu, Musta, Lajjalu, Nagkeshar powder, Honey.

In 7th month all parts of foetus are well developed. Take – Water Chestnut (Trapa Bispinosa) lotus, grapes, Musta, sugar, Jeshthamadhu decoction.





MONTHS OF PREGNANCY

EIGHTH MONTH OF PREGNANCY

08

Diet

Yavagu in milk.

Medicine

Take Lodhra, pippali powder with honey and milk.

- Milk processed in Kapittha (*Eeronia elephantum*) Laghu Kantakari and snake gourd, Bruhat Kantakari, Cane Sugar.
- Asthapana Basti(decoction enema) – Berry Kashaya, Bala, Atibala, Milk, oil, salt, honey and ghee.
- After this give Anuvasana Basti(Oil enema) of milk, madhuraushadhi siddha kashay (decoction prepared with drugs of sweet taste)oil, so that pregnant woman has got strength and soft vaginal passage and she will deliver easily.

NINTH MONTH OF PREGNANCY

09

Anuvasan Basti with madhur aushadhi siddha oil and put oil tampon in vagina. In 8th and 9th month there is pain in abdomen and sometime bleeding through vagina also. So use pain killing and stambhana (drug to stop bleeding) medicine.

Medicine

Shunthi, (*Zigiber officinale*) Jeshthamadha, Deodaru are pain killers. Sariva, Jeshthamadha, Ksheerkakoli Kashaya medicines.If pregnancy continues upto 10th month then only take – Shunthi, Ksheervidari Kashay or only Shunthi Siddha milk.





Garbhaupaghatkar bhava (Pregnancy harming factors)

Along with the diet, Ayurveda lists out certain factors, which can cause disturbances or harm to the pregnant woman and fetus. These are as follows: -

Travel on irregular roads, travel in speeding vehicles

Wearing of red clothes

Sitting on hard and irregular surface

Intercourse, smoking, narcotic drugs, wine or sedatives.

Sleeping in supine position, lest the cord twists
around the neck.

Taking fish in large quantity,

(Guru Tikshna ,Ushna, Diet)

Holding of natural urges

Excessive exercise

Predominant use of one taste in large quantity. If she
takes: -

Sweet – Baby will be fat and may develop diabetes.

Sour – Skin diseases, diseases of eyes and allergies.

Salty – Hair become white early, graying hairs,
wrinkles on the skin.

Pungent – Weak and may cause infertility.

Bitter – Weak and dry.

The pregnant women were supervised to take most of the above diet and other regimen to ensure anemia free, pains free and enjoyable pregnancy. Most of the women also had normal, Trouble free deliveries.





Garbhasthapak Drugs

The maintenance of Garbhas done by Garbhasthapak Dravyas by counter acting the effect of Garbhopaghatkara Bhavas. These drugs are used in the treatment and prevention of abortion. They help in the proper development, growth and health of foetus. Some of the Garbhasthapak aushadhis are Aindri(Bacopa monieri), Bramhi(Centella asiatica), Satavirya (Asparagus racemosus), Sahashravirya(Cynodon dactylon), Avyatha(Tinospora cardifolia), Amogha(Stereospermumsuaveolens), Shiva(Terminalia chebula), Vatyapushpi(Sida cardifolia), Arista(Picrorhiza kurroa), Vishwasenkanta(Callicarpa macrophylla) etc.These should be taken orally as preparations in milk and ghee.



Traditional Ayurvedic Recipe

Kharjuradi Mantha (Energy Drink)



● INGREDIENTS

- Seedless Grapes - 30gm.
- Soft Dates-20gm.
- Puffed paddy(Laja) roasted teaspoons (15gm).
- Jaggery-10gm.
- Cold water - 300ml.
- Total servings - 2 glasses (400ml)

● HOW TO PREPARE:

- Blend all the ingredients in a mixer grinder.
- Add cold water and stir it well
- For better effect, take the required quantity of water and soak the ingredients for about an hour before blending

● BENEFITS:

This Energy Drink Is Excellent for digestion, dehydration or fatigue. Rich in iron, is good for post-surgery pregnant women and anemic patients
It is also rich source of fiber, vitamin B6, potassium, magnesium and calcium, which helps in cure diseases and are also good for hemorrhoids

● CONTRADICTIONS:

Not suggested for diabetic owing to its high Glycemic index





AYUSH activities at a Glance

● Conduction of Online clinical meetings-

Department of AYUSH of Maharashtra University of Health Sciences is conducting online clinical meeting on every 1st and 3rd Wednesday. In these meetings the AYUSH students present a case on the given topic. The expert faculty from Ayurveda, Homeopathy, Modern Medicine, Unani give their expert opinion. Total 8 meetings are being held till date with appreciable attendance of the students on the zoom platform as well as on YouTube. This is a platform to share the ideas and knowledge which will encourage the integrative approach amongst the students.

● Lecture on Medico legal aspects in general practice

This webinar was conducted by the AYUSH department in which the Eminent speaker were Hon. Dr. Rajendra Bangal, Registrar, MUHS, Nashik; Dr Sandeep Kadu, COE, MUHS, Nashik and Dr Ajay Patil, professor, FMT, Kashibai Navale Medical College and Hospital, Pune delivered lectures on various topics like pitfalls in clinical documentation, medical certification of the cause of death and the consumer protection act and the practice of AYUSH respectively. Total 500 students and teachers attended the meeting online and there were more than 3000 views on Youtube.

● Research grants at AYUSH department

Department of AYUSH have received the grants from CCRAS for the two protocols named "Clinical study on tolerability, treatment adherence and safety of an Ayurvedic Intervention- Punarnava Mandur in the management of Iron deficiency anaemia: an open label single arm study" as well as "Treatment adherence, tolerability and safety of Ayurveda therapeutic regimen in the management of Primary Knee Osteoarthritis: An OPD base study. Also, AYUSH department had grant IMR grant for the research topic of Diabetes. To add on we are having the LTR grant (LTRG) for the protocol "Role of Mustadi Yapan Basti in Vruddhavastha"





AYUSH activities at a Glance

● Ayurgenomics Workshop at Pune Regional Center

Workshop on Integrative Health and Personalized Medicine through Ayurgenomics was organized by AYUSH- URD at NCCS, Pune on 27 Feb 2023. The keynote speaker was Dr. Mitali Mukharjee, Professor and Head, Department of Bioscience and Bioengineering and Affiliate Faculty for School of Artificial Intelligence and Data Science (AIDE), Indian Institute of Technology, Jodhpur delivered the lecture on the topic understanding Ayurveda in the light of genomics: applications in integrative Health and Personalized Medicine. Second eminent speaker Dr. Supriya Bhalerao, Head, Metabolic Research Unit, Interactive Research School of Health Affairs (IRSHA), Bharati Vidyapeeth, Pune delivered the lecture on Ayurgenomics Framework for Application in Integrative Medicine.

Dr. Prakash Gambhir, Chief Medical Scientist (Life cell) had the session on the topic inherited genetic disorders: Sickle cell anemia, Thalassemia. Non communicable disease; Diabetes was explained by Dr. HB Prasad, Professor and Head, Medicine, BJ GMC, Pune. The keynote speaker Dr. Sharmila Bapat, FNAsc & FASc, Senior scientist G delivered the lecture on Oncology. The speaker Dr. Ghanshyam Marda, Ayurveda Consultant and Researcher, Pune had the lecture on Health and Wellness.

This workshop was attended by 50 participants and many participants joined on Youtube. Overall feedback was excellent for the workshop.

● Ayurveda OPD at health center of MUHS

The faculties from AYUSH department are carrying out the Ayurved OPD at the health center of MUHS for the officers and employees of MUHS on every Wednesday and Thursday. Here they are guided for dincharya, rutucharya, healthy diet, how to follow Ayurveda in daily routine. Many stakeholders are being guided to follow Ayurveda and healthy way of living. This activity is helping to create awareness about AYUSH system of medicine in general.





AYUSH activities at a Glance

● Yoga class in MUHS

Department of AYUSH has started the Yoga class for the employees of university. One batch has been completed the course and second batch is going on. Many participants are being benefited by this activity. This one-hour Yoga session is providing the health benefits in the form of flexibility, postures, reducing stress, better sleep and many more.

UNANI Day Celebration

● UNANI DAY CELEBRATION

Online conference on 'Unani Medicine for Skin Disorders' was organized by AYUSH department on 12/02/2023 on the occasion of World Unani Day. In this conference, Scientific session was taken in the form of Paper presentations which were presented by the student of Unani colleges. In addition, Dr Malik Itrat shared his knowledge as an eminent speaker on the topic 'Designing of Clinical Trial in Unani Medicine with special reference to Skin Disorders'. This whole conference was streamed on You tube. Conference benefited to the Unani teachers and students with over all excellent feedback. On this occasion, the medical camps were organized at various Unani colleges.





Upcoming Celebration

● PRAKRUTI wellness center

Panchakarma Rejuvenation by Ayurvedic Kayakalpa, Research Unit, Training Institution and Wellness center is being started by AYUSH department with the vision of mainstreaming the other traditional system of medicines. AYUSH department is working for positioning the Ayurveda, Yoga, Unani and Homeopathy as preferred system of living and practice. Prakruti wellness center will provide the facilities of Ayurvedic Panchakarma procedures like Snehan, Swedan, Shirodhara, Basti, Raktamokshan, Thalam etc. Also, patients will be guided for ayurvedic diet, hair- skin care, prakruti analysis and various life style related disorders. Department of AYUSH is planning for various camps likewise Suvarnprashan camp, Nadiparikshan camp, Abhyang camp at Prakruti wellness center.





Upcoming

● Upcoming training courses-

- Fellowship in Panchakarma (after BAMS)
- Certificate course in Panchakarma therapist (after 12th Science)
- Introducing Basic Science of Panchakarma and Yoga (an elective course as an integration to other system)

● International Yoga Day

Department of AYUSH is going to celebrate the International Yoga Day in Maharashtra University of Health Sciences, Nashik. Various competition will be organized by the department of AYUSH to support the three day Yoga Mahotsav 2023 an event to commemorate 100 days countdown to International Day of Yoga 2023.





Photo Gallery

Dhanvantari Poojan





Photo Gallery

Ayurgenomics workshop





Photo Gallery

Yoga Session





Photo Gallery

Chikitsa Shibeer at MUHS



Online clinical meeting

