



INTERNATIONAL SEMINAR 2019

24th August, 2019

VENUE :

CIDCO Exhibition Centre, Vashi, Navi Mumbai.

ORGANIZED BY:

Ministry of AYUSH - Government of India.

CO-ORGANIZED BY:

**AllIA, CCIM, MUHS, Dr. G. D. Pol. Foundations Kharghar,
& D. Y. Patil University, Navi Mumbai.**

Importance of Abhyanga in Current Era.

*Dr.Poonam B. Mandhare
MD Scholar

** Dr. Deepa R. Kale
MD KriyaSharir

College : YMT Ayurved Coliege and Hospital, Kharghar, Navi Mumbai, Maharashtra.

Abstract: Ayurvedic system of medicine has holistic approach in a particular way to prevent and promote a healthy life. Dinacharya, rutucharya, panchakarma etc. are the ways described in Ayurveda to achieve health. Following a certain method and therapy in day to day activities is called as dinacharya and it is considered as a part of healthy regime. According to Ayurveda vata, pitta and kapha are the pillars of human body among which vata dosha is most important. Vitiated vatadosha can cause many health issues. In today's era people are running behind wealth and are not taking care of their health. The people are following many wrong habits which lead to vitiate vata dosha. The uncontrolled and irregular lifestyles lead to the development of immense stress and strain that has affected man both physically and mentally. Abhyanga (oil massage) is one among the dinacharya which is an ancient approach for healing, relaxation and treating various diseases. In Ayurveda it is clearly mentioned that Abhyanga controls vatadosha and the person develops strength both physically and mentally. The research is an attempt to compile importance of Abhyanga in current era to keep society healthy.

Keyword: Vatadosha, Abhyanga.

Aims and Objectives: Importance of Abhyanga in current era, Study of importance of Abhyanga for healthy life.

Methodology: Literature review of relevant topic taken from Ayurvedic Samhitas, Modern compendia, Research journals, articles and research websites.

Conclusion: Daily Abhyanga keeps Vatadosha under control and hence prevents many diseases

Local Pain Management Modalities for Painful Foot Disorders in Ayurveda '

***Dr.Shubhangi P.Badole**
PhD Scholar

****Dr.Sanjeev R. Yadav**
PhD Guide,Dean

College : Dr.G.D.Pol Foundation YMT AMC, Kharghar, Navi Mumbai

Aims And Objectives: To study the ancient literature of Indian medicine and published research articles on local pain management modalities for foot pain according to Ayurveda.

Methodology: Approximately one-quarter of the population are affected by foot pain at any given time. It is often disabling and can impair mood, behavior, self-care ability and overall quality of life. Currently, the nature and mechanism of underlying many types of foot pain is not clearly understood. Here we comprehensively review the literature on foot pain, with specific reference to its definition, etiology, classification in Ayurveda Science and make a compilation of local treatment modalities for it with the study of all Ayurveda literature and published research papers.

Firstly finalizing of the basic anatomical structure of foot as per Ayurveda which can be correlated with modern with respect to its anatomical appearance and physiological function. For this anatomical and physiological details of foot and ankle region is reviewed in modern anatomy and physiology textbooks and Sharirsthan of Sushruta and other Samhita and published research articles. Further second attempt is to correlate disease conditions related to foot from Ayurved literature which has clinical presentation as pain at ankle or any foot part. After enlisting painful disease found as per Ayurveda with the sincere efforts are to study the ancient literature of Indian medicine to find local modalities of treatment preferred. The bird's eye view of the ancient literature of Indian medicine suggest few similar conditions like Parshnishool, Kurchasool, Vatkantaka, Snayugatvata, etc., it will be worthwhile to scan the ancient and modern Ayurvedic literature to come to the conclusion.

Conclusion: After thorough reviewing of Ayurveda literature the, painful disorders found at foot and ankle region are Watakantaka, Kadar, Chippa, Kunakh, Dushtavrana, Astibhagna, Padashula, Padaharsha, Vatarakta, Snayugat Vat, Mamsagat Vat, Pranashta Shalya, Parshnishool, Sandhigat Vata.

While going through treatment modalities it is very well described in Shrusruta samhita in Vatavyadhi chikitsa adhyaya about local treatment of painful diseases. Somehow same is observed in other samhita. Snehan, Swedan, Upanaha, Lepa, Mardan, Bandhan, Raktamokshana and Agnikarma are local treatment modalities which are indicated for painful conditions. Research articles are mostly for painful heel with disease like plantar fasciitis i.e. Snayugat Vata.

Local pain management is preferred worldwide to avoid systemic adverse effect of oral medication and to have immediate relief, It is well said that Agnikarma is instant pain management tool for deep sited pathologies whereas Raktamokshana is for Superficial pathologies and both are practiced mostly.

Keywords: Agnikarma, Foot pain, local Ayurvedic therapies, Padashula, Raktamokshana

**TOPIC- A CLINICAL STUDY ON THE EFFICACY OF MATRABATI IN
AGNIMANDYA**

*Dr. Namrata Vengurlekar,

M.D. KriyaSharir

College : Dr. G.D. Pol Foundations Y.M.T. Ayurved College, Kharghar, Navi Mumbai.

Aims and objective: This research is carried out with the aim to study Agnidipana effect of Matrabasti. Patients fulfilling the criteria of selection were selected for the present study. Effect of therapy was assessed on the basis of Abhyavaharana and Jarana Shakti.

Methodology: Patients fulfilling the criteria of selection were selected for the present study and they were treated with matrabasti successfully. Effect of therapy was assessed on the basis of Abhyavaharana and Jarana Shakti.

Conclusion: Out of 30 patients in whom Matrabasti was administered, none patient showed total relief in symptoms (Cured), 17 patients showed 50% or more average improvement in signs and symptoms (Markedly improved), 13 patients showed improvement ranging in between 25% to 50% (Improved) and none of the patient remain unchanged i.e. those patients presenting less than 25% improvement. No adverse effects of Matrabasti were observed in the clinical study.

Keywords: Matrabasti, Agnimandya

PHARMACOKINETIC PARAMETERS, AN APPROACH IN AYURVEDIC PARLANCE.

*Dr.Rupa S.Kadam
BAMS,MD,PhD(Scholar)

**Dr.S.K.Tike
Asso. Professor

College : YMT Ayu.Med.College,Kharghar.

Abstract: Widespread and growing use of botanicals has created a global challenge in terms of quality, safety and efficacy. Scientific validation and standardization of herbal medicines is needed for the future advancement of traditional medicine. Pharmacokinetics of the new drug entity is one of the regulatory requirements for an investigational new drug approval. However, for the majority of Ayurvedic formulations used in the traditional or conventional medical practice, data on their disposition and biological fate are lacking. Establishing the evidence-based pharmacokinetics and pharmacodynamics for efficacy of herbal medicines is a constant challenge. These Studies can be helpful in exploring some of the basic parameters of herbal drugs mentioned in Ayurveda. In this paper ayurvedic aspect of Pharmacokinetic parameters will be discussed in detail.

Aim and Objectives: To study correlation between Pharmacokinetic parameters and pharmacological principles of drugs in Ayurveda.

Methodology: A comprehensive review of published and unpublished data regarding Phramacokinetic parameters was carried out. A detail review of ayurvedic pharmacological parameters was carried out. The probable correlation between the two will be discussed and analyzed systematically.

Conclusion: Some of the Ayurvediic pharmacological principles like Guna , Vipaka ,Prabhav ,Aushadhsevan kaal, Anupaan etc. can be better explained by studying the pharmacokinetic profile. Preclinical and Clinical Pharmacokinetic study of herbal drugs can be utilized to expand the current understanding of pharmacological principles of ayurveda.

Key Words: Pharmacokinetic parameters, pharmacological principles, Ayurveda.

Easing Menopause through Lifestyle changes and Ayurveda

*Dr. Mayura. M Devadiga
MS (Prasuti Tantra and Strirog)

College : Dr.G D Pol foundations YMT Ayurved college and Hospital, Kharghar. Navimumbai.

Abstract: Menopause is a universal phenomenon where in the woman undergoes gradual transition due to the winding down of reproductive hormones. Physical as well as mental symptoms, like hot flushes to loss of short term memory get to manifest. It's also noted that stress and lack of good routine chores contributes to aggravate the condition. If a woman's vata and pitta doshas are out of balance, multitude of symptoms appear during menopause. Ayurveda advocates balancing Vata and Pitta by consuming certain foods and avoiding others. It guides about lifestyle pattern to be followed such as strictly following the meal time, going to bed early and awakening early (same timing daily) and observing sadvrutta, to maintain menopausal health. Along with medications, selective Panchakarma procedures are highly beneficial in easing the Menopausal disturbances.

Aims and objective: To review the literature on Menopause and managing it through Ayurveda.

Methodology: It is a conceptual study and the data is collected from different Ayurvediyasamhitas and the contemporary research studies taken place worldwide.

Conclusion: One can improve body, mind and emotional health by following Ayurvediccharyas, medicines and Panchakarma during the menopause. Ayurveda guidelines help in keeping the balance of vata and pitta doshas, by which menopausal transition will become an easy phase.

Keywords: Menopause, Ayurveda, Life style changes.

Ayurvedic management of head lice (yuka) -A case study.

***Dr Kranti Metkar**
BAMS , M.D (Ayur)

College : YMT Ayurvedic Medical college , Kharghar , Navi Mumbai

Abstract : Head lice infestation is very common problem in children and causes a high level of anxiety among parents and childcare workers. The lice feed on blood and their bites cause itching. There is no link between head lice and poor hygiene and lice cannot be washed out using ordinary shampoo. It can be effectively managed by ayurvedic treatment . In ayurveda head lice are mentioned as yuka (bahya krumi). In current study a single female patient of 11 year age presenting with symptoms scalp itching, hair fall, dryness of scalp since 15 days. The patient was treated with ayurvedic medicine weekly 2 times local application for periods of 3 month. The treatment therapy local application of neem and karanj oil following use of fine toothed comb .

Aims and Objective : To study lifespan cycle of head lice and establish krimighna action of neem karanja oil.

Methodology : Oil Abhyanga of head and head combing

Conclusion : The patient has shown remarkable improvement in all symptoms itching, dryness show marked improvement in 7 days and all other symptoms show promising result thus, the result of treatment was very much effective, There were no side effect during therapy .

Key words : Head lice, Neem and Karanj oil.

ROLE OF ASHTA AHAR VIDHI VISHESHAYATANE AS A HETU IN CAT 1 PATIENTS OF PULMONARY TUBERCULOSIS w.s.r.to RAJYAKSHMA.

* Dr. Snehal Patil
M.D. Rognidan and V V

College : Dr. G.D. Pol Foundations Y.M.T. Ayurved College, Kharghar, Navi Mumbai.

Aims and objective: This research is carried out with the aim to study role of ashta ahar vidhi visheshayatane as a hetu in cat 1 patients of pulmonary tuberculosis w.s.r.to RAJYAKSHMA

Methodology: Patients fulfilling the criteria of selection were selected for the present study and they were assessed on the basis of ashta ahar vidhi visheshayatane as a hetu in cat 1 patients of pulmonary tuberculosis.

Conclusion: Out of 30 Prakruti hetu was seen in 19 (63.33 %) patients, Karan hetu was seen in 17 (56.67 %) patients. Sanyog hetu was seen in 13 (43.33 %) patients. Rashi hetu was seen in 18 (60 %) patients, Desh hetu was seen in 5 (16.67 %) patients, Kala hetu was seen in 8 (26.67 %) patients. Upyogsanstha hetu was observed in 24 (80 %) patients, Upshay hetu was observed in 9 (30 %) patients.

Keywords: ashta ahar vidhi visheshayatane, rajyakshma , pulmonary tuberculosis.

Review on Puta.

*Dr. Vaishali Khobragade
Ph.D. Scholar

**Dr. S. Savrikar
Ph.D. Guide

College : 1.R.A. Podar, Worli, Mumbai.

Introduction: Administration of all metals and minerals became possible because of the invention of pharmaceutical technology of converting metals and minerals into Bhasma. Bahamas are peculiar Rasa preparation in which metals and minerals are processed after various samsakaras like Shodhana , Jarana and Marana methods. The measure of deciding the degree of paka is called as puta-paka. Incineration process not only removes blemishes but also increases the therapeutic potential of the lauha ,thus making it suitable for bodily assimilation.

Aims and objectives: To highlight the work on Puta as per Ayurvedic aspects.

Methodology : Various relevant books, scientific research publication on ' Puta' were reviewed and the facts were studied and compared with the concept of Puta.

Conclusion: Heat flows in the sarava samputa by the mechanism of conduction due to temperature gradient formed by application of heat from all sides. To apply proper heat to a substance as per it's physical and chemical properties to get supachya and supakwa bhasma form as well as number of puta for particular substance is mentioned. Puta indicates quantities as well as qualitative measure of heating. Puta in present day compared with muffle furnace.

Key words: Puta, Bhasma, Incineration.

MOTHER and CHILD HEALTH CARE through AYURVEDIC SUTIKA PARICHARYA

* Dr. JENY MUKESH BHATT
M.S.

College : DR.G.D.Pol Foundation Y.M.T. Ayurved Medical College & Hospital, Kharghar.

Abstract: Ayurveda has always given importance to care the female at every phase of her life in respect of Rajaswala paricharya (menstrual care), Garbhini paricharya (Antenatal care) and Sutika paricharya (Normal Puerperium). Sutika is a period following child birth during which the body tissues especially the pelvic organ revert back to the pre-pregnant state both anatomically & physiologically. After delivery mother becomes weak and also empty bodied due to unsteadiness of Dhatus, labour pains & excretion of Kleda and blood. During this time, mothers are recovering from their delivery and are beginning to care for the newborn. After following Sutika Paricharya according to Ayurvedic Principles, the mother reaches pre-preganancy state with proper care of baby.

Aims and Objectives: To review literature of Sutika Paricharya and management through basic Ayurvedic principles.

Methodology : Brihatrayi & Laghutrayi of Ayurveda Classics for Sutika Paricharya. Modern text related to Puerperium & other relevant science literature.

Conclusion : Sutika needs a special management and care for proper and healthy growth of new born as well as for maintainance of her own health.

Keywords: Sutika Paricharya, Ayurvedic Principles, Normal Puerperium.

ROLE OF AYURVEDA ON LIFESTYLE DISORDER

* Dr Ujjwala Damodar More
M.D.Ph.D Scholar

** Dr. Swati Chobhe
M.D.Kriyasharir

College : Y.M.T.Ayurvedic Medical

Abstract: Due to hectic lifestyle nobody follows the proper Dinacharya, Rutucharya, Dietetic Rules and Regulations. Also Today's lifestyle burdened with junk food, inadequate sleep and over exertion and over stress has an unavoidable impact on routine life for some persons. This lifestyle disturbs the normal bowel habit, digestion, health or bad Life style reduces individual happiness and predispose to many disease e.g. obesity, cardio vascular disease, diabetes mellitus, hypertension and other clinical conditions.

Aims And Obective:

1) Role of Ayurveda on Liestyle Disorder

1) Ayurveda science are to maintain health of a healthy individual and cure of diseased person. Prevention and promotion of health is first and the foremost aim of Ayurveda.

Methodology: A Review of Literature regarding Concept of Ayurveda which is useful in liestyle disorders by using material as Charak, Sushrut and Vagbhat Samhitas.

Conclusion: Ayurveda is enriched with the basics of health care available extensively in the textual references. In this context, daily life routine, seasonal life routine is explained in a systematic manner.

Preventive aspect of this system are shown and don'ts in Dinacharya, Ritucharya, Sadviritta, Rasayana and Sanshodhana therapy etc.

The role of the Ayurveda in prevention and cure of life style disorders will be explained in full paper

Key words: Ayurveda and lifestyle Disorders.

The role of exercise and diet in Prediabetes (Prameha purvarupa)with special reference to lifestyle disorders– A literary study.

*Dr.Archana Gharge
M.D.,Ph.D.(Scholar)

**Dr.Rajiv Mundane
M.D., Professor & HOD

College : YMTAMC,Kharghar.

Abstract: More than 100 million people worldwide have prediabetes or diabetes. Prediabetes is a lifestyle disorder in which individuals have blood glucose levels higher than normal but not high enough to be classified as diabetes. People with prediabetes have an increased risk of Type 2 diabetes. Lifestyle risk factors for prediabetes include overweight and physical inactivity. The causes are improper lifestyle , junk food,lack of exercise etc

If untreated, 37% of the individuals with prediabetes may have diabetes in 4 years. Lifestyle intervention may decrease the percentage of prediabetic patients in whom diabetes develops to 20%.

Prameha vyadhi is a Kaphapradoshaja vikara..The lifestyle modification in purvarupavastha of Prameha can prevent from getting converted to prameha vyadhi.

Aim & Objectives

To study Prediabetes , lifestyle disorders and the role of exercise and diet in it from modern texts.
To study Prameha Purvarupa from Ayurvedic texts.

Methodology: Literature from Ayurveda,modern texts,Research papers and articles from journals.

Type of study

A literary study

Conclusion: The study suggests that the prediabetes is a lifestyle disorder in which the diet and exercise can prevent the condition progressing to diabetes for as long as 10 years.

Keywords- Exercise and diet, Prediabetes, Prameha purvarupa,lifestyle disorder.

Need of evolution of newer teaching methods for ayurvedic students in current scenario

*Dr Jai Kiran Kini
Ph D MD

**Vd. Archana Garge
Prof. and HOD

College: Dr G D Pol Foundation YMT Ayurvedic Medical College Kharghar Navi Mumbai

Aim: Need of evolution of newer teaching methods for ayurvedic students in current scenario

Objective: Evolution of newer teaching methods in ayurvedic teaching as per their perception

Scientific and skillful practical based knowledge leads to confidence of practice of every science stream, confidence leads to success and successful classical practices gives acceptance from society to every science stream at root level. Successful practices at root levels leads to popularity of science globally

Scientific education is the base of the knowledge; sound knowledge fastens speed of practice and this practice will propagate the importance of ayurveda and its fundamental principles globally

Every ayurveda student plays important role in propagation of ayurveda globally

In current scenario the tendency of ayurvedic student of learning ayurveda by classical way is decreasing day by day and this results all current practices of teaching learning in ayurveda not leading to the upliftment of the student for classical and ethical practice point of view

In early times, teaching learning of ayurveda was based on smriti, dhyana, vidyana, parampara. The diversions for students were less as students were completely isolated for study purpose. Satva, sheel, vivek, properties were enhancing the perception and was helpful for assimilation of knowledge

The study was more on validation based with scientific methodology concerned with mental stamina, concentration, perception.

In specific study of ayurveda PRATYAKSHAM HI ALPAM and this apratyakshya was perceived and interpreted by every ethical student

In current scenario, lifestyle practices of all students are not proper as per sadvrutta, the nutrition they get can not nurture their constitutional satva guna as well same time they are finding difficulties in management of dharniya vega

It leads to become very much fragile concentration in perception

As per vedic samhita after every mangalacharan pre op for learning is advised

Yoga (dhyana dharana), complete and balance diet according ritu are the affecting factors for learners to improve moral spiritual and interactal concentration and learning stamina.

To overcome these all we should innovate newer teaching method which are totally supported by audio visual techniques as well as based on psychomotor level for better level of understanding

The feedback of newer methodology of teaching techniques should be taken in the form of questionnaire and all methods should be revised timely

Keywords: satva, sheel, mangalacharan,

A Review on Haritaki (Terminalia chebula Linn.) as Immunomodulator.

Name: Dr. Swagat Patil
MD Ayurveda

College : YMT Ayurvedic Medical College Kharghar.

Abstract: Rasayana is one of the eight clinical specialties of Ayurveda. It is useful to achieve longevity, memory, intelligence, optimum development of physique, and sense organs of human being and thus helpful in achieving aim of Ayurveda. It is need of time to express Pharmacodynamics of Rasayan dravya as per modern parameter for globalization of Ayurveda. The Terminalia chebula (Family: Combretaceae) is a medicinal plant with a wide spectrum of medicinal properties. Which is one of the important Rasayan dravya in Ayurveda. So an attempt to compel research work done on Haritaki w.s.r. it's immunomodulatory activity will be made by author.

Aim: Review on study of pharmacodynamics of Haritaki, w.s.r. to it's Immunomodulatory activity.

Objective:

1. To review immunomodulatory activity of Haritaki (Terminalia chebula) evaluated by in vitro and in vivo methods.
2. To review principles of immunomodulatory activity.

Methodology: The data will be collected from various published peer review journals & by net surfing .

Conclusion: Appropriate conclusion will be drawn about probable mode of action of Haritaki (Terminalia chebula Linn.) as immunomodulator. & will try to co-relate it with Ayurvedic terms of Karma

Keywords: Immunomodulator, Rasayana, Haritaki, Terminalia chebula.

IMPORTANCE OF COUNSELING AND AYURVEDIC THERAPY IN DEPRESSION –A LIFE STYLE DISORDER

* Dr Snehal Sherikar
Assistant Prof. Kayachikitsa Dept

College: YMT Ayurvedic College & Hospital, Kharghar, Navi Mumbai

Introduction: Depression is new emerging life style disorder in day to day life .Modern life style is full of deadlines,hassles,frustration,lack of time to share the thoughts, gap between the ambitions and expectation, harsh socioeconomic realities with decline in joint family system contribute to depression.

Aim: to treat major depressive disorder through Ayurvedic therapy and counseling

Methodology: 28 year female suffering from anxiousness, sadness, suicidal tendency, sudden crying loss of sleep since 8-9 months .
Treatment- Counseling for 2 days done with Ayurvedic therapy of shirodhara with jatamanci phant for 7 days for consecutive 3 months.

Result: All the symptoms of depressive disorder has vanished with this therapy.

Key words: Major depressive disorder , Shirodhara,life style disorder.

EFFECT OF VYAGHRADI KASHAYA IN INTERSTITIAL LUNG DISEASE- A CASE STUDY

*Dr. Minal S.Vaidya
MD SCHOLAR

College: Y.M.T.Ayu Medical College, Kharghar, Navi Mumbai,

Abstract: Interstitial lung disease (ILD) is a group of lung diseases affecting the interstitium. It may occur when an injury to the lungs triggers an abnormal healing response leads to scarring and thickening of the tissue around the air sacs (alveoli). This makes it more difficult for oxygen to pass into the bloodstream. Prolonged ILD may result in pulmonary fibrosis. It is one of the hazardous diseases affecting the life of the people and its treatment includes immunosuppressant therapy, corticosteroids, supplemental oxygen therapy and Lung transplantation in later stages which is inconvenient and costly treatment not only to the patient but also leads burden to the family. Though the disease is not curable but we can provide convenient, cost effective and a better way of treatment which relieves the symptoms and also improves the quality of life. In this study vyaghradi kashaya found to be effective and shows improvement in symptoms and general condition of the patient.

Aim: To assess the efficacy of vyaghradi kashaya in interstitial lung disease.

Material and Method: A 55 years old female, diagnosed case of ILD, attended OPD YMT Ayurvedic Hospital, Kharghar. Patient got admitted in IPD (Indoor Patient Department) and vyaghradi kashaya was given as a plan of treatment.

Result: Symptomatic relief was found in Breathlessness, Joints pain etc. and ESR (Erythrocyte sedimentation Rate) and FEV1 value after treatment.

Keywords: Ayurveda, Interstitial lung disease, vyaghradi kashaya

EFFICACY OF AYURVEDIC DRUG COMBINATION IN G. B. SYNDROME- A SINGLE CASE STUDY

*Dr. Pravin Gopinath Jagtap
MD kayachikitsa

College: YMT Ayurvedic Medical College Kharghar

Abstract: Guillain-Barre syndrome is an acute, frequently severe and fulminant poly-radculopathy that is autoimmune in nature. Guillain Barre Syndrome is a rare disorder that causes the immune system to attack the peripheral nervous system (PNS). As per Ayurvedic classics, this condition can be correlated with Sarvāḡagatavāṡavyāḡdhi. Guillain-Barre syndrome is a rapidly evolving is flexic motor paralysis with or without sensory disturbances. The usual pattern is an ascending paralysis that may be first noticed as rubbery legs. Weakness typically evolves over hours to a few days and is frequently accompanied by tingling dysesthesias in the extremities. The legs are usually more affected than the arms and facial diparesis is present in 50% of affected individuals. The disease is usually triggered by an infection. Intubation, plasmapheresis, intravenous immunoglobulin and glucocorticoids are lines of treatment adopted by biomedicine practitioners. As per Ayurvedic classics, this condition is correlated with sarvāḡagatavāṡavyāḡdhi which may include involvement of mansa dhatu and majja dhatu, as there is throbbing pain all over body and muscular weakness.

Objectives: To study the effect of Ayurvedic combination in GBSyndrome.

Methodology: Single case study of patient with GBS was selected from OPD YMT Ayurvedic Hospital, Kharghar, and Ekagvir Ras with Ajamans Rasayan and Tab.Rumana used for oral treatment. With 16 days panchkarma first 8days Yog Basti (Mahamas Tail and Rasnaerandadi kwatha) and for next 8 day Mustadirajyapan Basti Given.

Results: Highly significant result observed in Subjective and objective criteria.

Keywords: G.B Syndrome , sarvāḡagatavāṡavyāḡdhi, Ekagvir Ras

YONIVYAPADA AND WOMEN REPRODUCTIVE HEALTH-A REVIEW

* Dr. Pranali N. Dandekar
M.D.(Prasuti Tantra Evum Striroga)

College: YMT Ayurvedic College & Hospital, Kharghar, Navi Mumbai

Abstract: Introduction-Yoni means reproductive system and Vyapada means disorder. Yonivyapadas are common gynecological disorders occurring in all stages of women life. When yoni is affected by various doshas predominantly by vata, yonirogas result. Acharyas described this yonirogas under the heading of 'Yoni Vyapada' which are 20 in numbers and covered most of the diseases prevalent in this era. All sedentary lifestyle, unhygienic conditions, bad unctuous diet, wrong coital acts, use of foreign body for sexual desire, stress, abnormalities of artava and bija, hormonal, chromosomal and genetic abnormality, unknown idiopathic factors etc are the responsible for yonivyapadas.

Aims and objective: To get the complete picture of menstrual disorders like DUB, amenorrhea, menorrhagia, irregular menses, oligomenorrhea, knowledge of yonivyapada is essential. Infertility, pelvic inflammatory diseases, cervicitis, prolapse and congenital defects comes under yonivyapadas. Yoni affected with doshas or diseases unable to retain shukra or the woman becomes infertile. Late sequelae of this yonivyapadas are vandhyatwa, gulma, arsha and pradara due to vitiation of vata. Healthy state of yoni is essential for further progeny.

Methodology: Classical treatment described in Brihatrayi to treat all the yonivyapadas are nidhan parivarjan, snehan, swedan, panachkarma vaman, virechan, asthapan, raktmokshan, nasya, basti, uttarbasti, sthanik chikitsa abhyanga, parishek, pralep, pichu, yonidhawan, medicines like phalghrit, shatavari ghrit, maharasnadi kwath, pushyanug churn pathyapathya like lashunprayog, mansras, ksheer snehan.

Conclusion- ayurved classics described same 20 numbers of yonivyapadas with dosha predominance, sannipataj and remaining are due to doshdushyasansargaj. Though all the classics have described twenty yonivyapadas, there exists difference of opinion regarding causative doshas. All these disorders cannot occur without vitiation of vata only therefore vata should be normalized first by basti then the other doshas should be treated.

Keywords: Yonivyapada, Panchkarma, basti

EFFICACY OF TRAYODASHANG KWATH AND TRIPHALADI TAILA NASYA IN THE MANAGEMENT OF DUSHTA PRATISHYAYA .

* Dr Mahesh H. Pandey
MD (Kayachikitsa)

College : YMT Ayurvedic Medical College, Kharghar, Navi Mumbai

Abstract: Acharya Sushruta has not clearly mentioned the line of treatment of Dushta Pratishyaya. The treatment advised by Vagbhattacharya for Dushta Pratishyaya is similar to that for Rajayakshma and Krimi Roga. Among the various treatment modalities, Nasya is the chief procedure to drain Doshas from Shirah. In modern medical science, a wide range of antibiotics and decongestants are available for the treatment of sinusitis. But these drugs can help only in the initial stage. Once pus collection forms in the sinuses and is not drained spontaneously, only surgical intervention can help. After drainage of the sinuses, antibiotics can help. Considering all these facts, we carried out this clinical trial to find out the best treatment protocol for the management of the Dushta Pratishyaya. As Dushta Pratishyaya is chronic stage of the Pratishyaya and Kapha Dosha is predominant in this condition, shodhan Nasya was selected as the chief Shodhana procedure in this study.

Key word: pratishyay, Triphaladi taila Nasya

"Ayurvedic Management of vernal keratoconjunctivitis: A Case Study"

*DIPTI NENE

Asso. Professor (Shalakyatantra Department)

College: YMT ayurvedic medical college, kharghar, Navi Mumbai

Background:

Vernal keratoconjunctivitis is allergic inflammation of conjunctiva. It is IgE mediated response to exogenous allergens. It presents as redness, itching in eyes along with photophobia and ropy discharge. It involves cornea in the form of keratitis. Repeated use of topical steroids and antihistamines is the treatment for vernal keratoconjunctivitis. These medicines have serious side effects like glaucoma. This calls for Ayurvedic solutions in chronic cases.

Objective: To study vernal keratoconjunctivitis To explore pathogenesis in Ayurvedic terms To find out Ayurvedic treatment for this condition.

Methodology

A 6 year old male patient came to opd for itching, redness, photophobia with ropy discharge. He had repeated similar episodes on and off since 2 years. His visual acuity was normal (6/6 in both eyes). On examination eyelids showed papillae on palpebral conjunctiva with Tranta's spots on upper part of cornea. He was previously diagnosed as vernal keratoconjunctivitis and treated with topical steroids and antihistamines. Patient then approached for Ayurvedic treatment. After drawing suitable Ayurvedic pathogenesis (~samprapti) by ashtavidh parikshan, following treatment was given: oral kaphaghna & krumighna chikitsa and local bidalak (application of herbal paste over eyelid) for 3 months

Results There was a remarkable improvement in symptoms like itching, redness, discharge and photophobia. Papillae over palpebral conjunctiva had reduced totally after treatment,

Conclusion: Ayurvedic treatment is effective in vernal keratoconjunctivitis. Key words: vernal keratoconjunctivitis, Ayurvedic treatment become an easy phase.

Keywords: Menopause, Ayurveda, Life style changes

" Need of evolution of newer teaching methods for ayurvedic students in current scenario "

*Dr Jai Kiran Kini

(Ph D MD) Member of SAG (CCRAS Ministry Of AYUSH)

College - Dr G D Pol Foundation YMT

Ayurvedic Medical College Kharghar Navi Mumbai

**Vd. Priyanka V. Dekate

Assistant Professor, Dept. of Kayachikitsa

Abstract: Globally propagation of importance ayurvedic practices is the responsibility of newer generation of ayurveda learners. For this divine purpose every student should get the teaching as per their perception skills. Same time evaluation of newer methods of teaching should be done by systematic questionnaire for innovation in current practices of teaching learning in ayurveda

Aim: Need of evolution of newer teaching methods for ayurvedic students in current scenario

Objective: Evolution of newer teaching methods in ayurvedic teaching as per their perception

Scientific and skillful practical based knowledge leads to confidence of practice of every science stream, confidence leads to success and successful classical practices gives acceptance from society to every science stream at root level. Successful practices at root levels leads to popularity of science globally. Scientific education is the base of the knowledge; sound knowledge fastens speed of practice and this practice will propagate the importance of ayurveda and its fundamental principles globally. Every ayurveda student plays important role in propagation of ayurveda globally. In current scenario the tendency of ayurvedic student of learning ayurveda by classical way is decreasing day by day and this results all current practices of teaching learning in ayurveda not leading to the upliftment of the student for classical and ethical practice point of view. In early times, teaching learning of ayurveda was based on smriti, dhyana, vidhya, parampara. The diversions for students were less as students were completely isolated for study purpose. Satva, sheel, vivek, properties were enhancing the perception and was helpful for assimilation of knowledge. The study was more on validation based with scientific methodology concerned with mental stamina, concentration, perception. In specific study of ayurveda PRATYAKSHAM HI ALPAM and this apratyakshya was perceived and interpreted by every ethical student. In current scenario, lifestyle practices of all students are not proper as per sadvrutta, the nutrition they get can not nurture their constitutional satva guna as well same time they are finding difficulties in management of dharniya vega. It leads to become very much fragile concentration in perception. As per vedic samhita after every mangalacharan pre op for learning is advised Yoga (dhyana dharana), complete and balance diet according to the affecting factors for learners to improve moral spiritual and interactual concentration and learning stamina. To overcome these all we should innovate newer teaching method which are totally supported by audio visual techniques as well as based on pschicomotor level for better level of understanding. The feedback of newer methodology of teaching techniques should be taken in the form of questionnaire and all methods should be revised timely

Keywords- satva, sheel, mangalacharan,

“Literature review of Pharmacodynamics of Paniya Kshar”

*Author 1:

Dr. Varsha R. Tangade

PhD Scholar, Assistant Professor, Shalyatantra,

Dr.G.D.Pol Foundation YMT AMC

Kharghar, Navi Mumbai

*Author 2:

Dr. Sanjeev R. Yadav

PhD Guide, Dean, HOD, Professor, Shalyatantra,

Dr.G.D.Pol Foundation YMT AMC

Kharghar, Navi Mumbai

Abstract :

Aims and objective: To study the Pharmacodynamics of *Paniya Kshar*

Introduction : Kshara is medicament obtained from ash of one or more plants, animal and mineral products. The process of preparation of Kshara involves the extraction of 'alkalies' from ash of dried plants. It is said that the diseases which are difficult to treat can be cured by Kshara therapy (alkaline therapy). Here, an effort has been made to compile and present the pharmacodynamics of Kshara with ayurvedic and modern view. Important texts of Ayurveda in all aspects of its preparation, types, qualities, indications and uses are referred.

Methodology: Firstly finalizing the basic pharmacological description in Ayurveda which can be correlated with *paniya kshar*. For this pharmacodynamics and pharmacokinetics details of *paniyakshar* is studied in modern textbooks and journals. *Sushrutasamhita* with other *Samhita* and published research articles are reviewed to find out the ayurvedic aspect of pharmacodynamics. All *Bruhatrayi* and *Laghutrayi*, other Published university granted textbooks and related published research articles are reviewed for the same.

Conclusion: The pharmacological, toxicological & clinical efficacy of a drug are attributed to 5 qualities of a drug broadly classified as *Rasa*, *Guna*, *Veerya*, *Vipaka* & *Prabhava*. The pharmacodynamic & kinetic actions of ayurvedic drugs (single & compound) are difficult to explain in terms of modern pharmacology. It is not the single chemical entity as in case of allopathic drugs, acts as a receptor & elicits a response. More over the drug therapy is not generalized as in the case of allopathic drugs.

Keywords: Pharmacodynamics, ayurvedic pharmacology, *Paniya kshar*

“ GLOBALIZATION OF AYURVEDA ”

*DR. HITENDRA A. BHADANE

M.D. Panchkarma

Assistant Professor (Lecturer) Dept. of PANCHKARMA

College : Dr.G.D.Pol Foundation, YMT Ayurvedic Medical College &

Charitable Hospital, Kharghar, Navi Mumbai, Maharashtra.

Abstract: Ayurveda has gained great impetus globally. To spread the concept and practice of Ayurveda, many active associations formed in many parts of the world. Ayurveda has the potential to develop into a global health-care system. To generate high-quality, competent manpower with the requisite communication skills and to teach the principles and practice of the system it is necessary to undertake globalization of Ayurvedic Education. Requirement of starting introductory, short and long-term courses as per the local requirement and situation in different parts of the world. Necessary to start similar types of courses in the premier Ayurvedic institutes in India. Some universities started short and long term courses under its International Center for Ayurvedic studies. Translating important Ayurvedic literature to major international languages is a prime important requirement. Globalizing Ayurvedic practice and marketing of Ayurvedic drugs. Standardization of Ayurvedic drugs and formulations should be given top priority. Existence of constitutional differences amongst different races and communities as per the concepts of Ayurveda. Exploring possibility of utilization and integration of locally available flora into Ayurvedic practice of the particular country or region. Facilities have been established in many countries to impart short- and long-term training in Ayurveda.

Aim and Objective – To review the points that can lead to the globalization of Ayurveda.

Methodology – Scientific evidences from various media's & digital sources.

Conclusion:- Exploring the possibilities which will lead to globalize Ayurveda.

Keywords: Courses, Translations, Formulations, Standardization, Globalization, Ayurveda.

“Bija Bhag Dushti and Diabetes mellitus type ”

*Dr. Shivani Gupta.
PhD scholar.
Associate professor.
YMTAMC, Kharghar

*Dr. Ragini Patil
M.D, PhD (Roga Nidan)
Dean and HOD of Rognidan department

P.D.E.A.'s AYURVED COLLEGE AND
RESEARCH CENTRE, NIGADI

Abstract : Diabetes has strong genetic component of its etiology. In Ayurveda *beej, beej bhag and beejabhag dushti* is described by Acharya Charak. Here we searched and analysed the references and details of these in association of Diabetes, Acharya Charak has mentioned *Shahaj Prameha* also. Again, literature regarding genetic etiology of Diabetes Mellitus is also reviewed here.

Aims and objective: To analyse the concept of *bija bhag dushti* in Diabetes mellitus type

Methodology: Critical review of Ayurvedic literature and latest research articles is done. Concept of genetic component in contemporary literature is also analysed.

Conclusion: *Brihatatrayi* has mentioned strong association of *Bija Bhag Dushti* and Diabetes mellitus type 2. In recent literature also genetic component is said to be cardinal. Different genes has been identified as predisposing etiology.

Keywords: Diabetes mellitus, *Bija Bhag Dushti*, Genetic component, predisposing etiology, genes.

“ To study the role of Triphala Ghruta in Dry eye disease management. ”

*Dr. Renu Prabhakar Raokhande

MS Shalakyatntra
Assistant Professor

College : YMT Ayurvedic Medical Collage & Hospital, Kharghar, Navi Mumbai

Abstract:

Introduction- Dry eye disease is a disorder of the tear to reduced tear production or excessive tear evaporation, which causes damage to the inter palpebral ocular surface and is associated with symptoms of ocular discomfort and visual symptoms. Most patients have symptoms like irritation, tearing, burning, foreign body sensation, redness, increased frequency of blinking. Eyes receiving *Tarpana* therapy effectively cures hyperaemia and itching and ocular discomfort. Effect of therapy was also observed in grades of Schirmer's test, tear film break up time, rose bengal staining. Thus conclusion shows that *Triphalaghrita tarpan* was able to cure dry eye disease slowly but more effectively and with less relapsing rate.

Aim and Objective – To study the role of *Triphala Ghruta* in Dry eye disease management.

Methodology – *Kriyakalpa* — the local ocular therapeutic procedures are a group of special methods of drug administration, locally into the eye, for the treatment of dry eye diseases, in which *Tarpana* is the foremost procedure for Dry eye disease which provides *Vatashamaka* with a nourishing effect to the eyes and improves visual acuity. A number of formulations are prescribed for the treatment of Dry eye Disease in Ayurvedic classics; *Triphala ghruta* for *Tarpana* selected for the present study.

Results & Conclusion- *Tarpana* of *Triphala Ghruta* provided better results in chief complains like irritation, tearing, burning, foreign body sensation, redness, increased frequency of blinking. In few patients, even if no change in clinical refraction was observed, still the overall clarity of vision was found to be improved. The duration of the treatment was short, hence for reaching any definite conclusion further long duration studies are needed. As the study has shown encouraging results, it is recommended that the study be carried out in a large number of patients, with longer duration, to evaluate and analyze the results.

Keywords: Dry eye Diseases, *Triphala Ghruta*, *Netratarpan*.

MAKING A SIGNATURE BABY THE AYURVEDIC WAY- PRECONCEPTIONAL CARE & PREGNANCY PLANNING.

***Dr. Mangesh Laxman Patil,**
MD (Prasutitantra & streerog), Reader
College: YMT Ayurvedic Medical College & Hospital,
PG institute.

ABSTRACT: A baby is something mother carry inside her womb for nine months, in her arms for three years, and in her heart until the day she dies. One of the most important think to be understand that PREGNANCY SHOULD BE BY CHOICE AND NOT BY CHANCE. According to Taittareeya Upanishad reproduction is the one of primary character of the living organism. Pre conceptional care is one such preventive measure to get shreyasi praja, it helps in early identification of high risk factors & prevents adverse effect of that. It can contribute to long term disability which may have significant impact on foetus, families, health care system and societies. Ayurveda has great role in this regard as all aspect of mother and child health. Ayurveda has also advocated certain regimens to make mother healthy in every state of her life. It includes rutucharya, garbhadhansanskar, garbhiniparicharya, Sutikaparicharya etc. Garbhadhanvidhi is unique concept in Ayurveda. The regimen followed during pre-pregnancy period to achieve a healthy progeny is called garbhadhan vidhi. Preconception care includes aahar, vyayam, panchamahabhutdhyan, garbhadhansanskar, garbhadhanmantra.

AIMS AND OBJECTIVE: The ultimate aim of article to achieving healthy motherhood, successful progeny, and happy society through Ayurveda.

METHODOLOGY: This study aimed to investigate the intersection of women's pregnancy planning beliefs with pre conceptional care barriers.

CONCLUSION:

- Pregnancy should always by planned, not by chance
- Outcome of pregnancy should be happier to society
- Ayurvedic preconceptional measure helps to achieve the goal of preconception to have healthy progeny
- Ayurvedic remedy for getting healthy progeny emphasizes again preventive aspect of Ayurveda.

KEYWORDS: Shreyasi praja, rutucharya, garbhadhan vidhi, panchamahabhut dhyan, garbhadhan mantra

Ayurvedic Management of Central Serous Chorioretinopathy w.r.t. Dhoomdarshi

*Dr. Abhijit A Ghadge

MS Shalakyatantra
Assistant Professor

College: YMT Ayurvedic Medical College Kharghar Navi Mumbai

ABSTRACT

Central serous chorioretinopathy is when fluid builds up under the retina. This can distort vision. The fluid leakage comes from a layer of tissue under the retina, called the choroid. There is another layer of cells called the retinal pigment epithelium (RPE). When the RPE doesn't work as it should, fluid builds up under the RPE. As a result, a small detachment forms under the retina. Changes most often confined to the macula, and associated with leakage of fluid through the RPE into the sub retinal space. Symptoms of CSCR are decreased visual acuity, micropsia, metamorphopsia, abnormal color vision and scotomas.. Dhoomdarshi is one of the Drushtigata Rogas with symptoms of perception of blurred, distorted images.

Aims -To evaluate the effect of Netratarpana and Vidhakarma indicated for Dhoomdarshi on (CSCR)

Materials and Methods - A forty-year old male patient visited Shalaky Tantra OPD complained of decreased vision in the right eye from nine months. His past medical history was nonspecific. On ophthalmic examination, the visual acuity of the right eye was 6/24 and of the left eye was 6/9. Patient had symptoms like Blurred vision, vision discomfort. The fundus examination revealed a shallow accumulation of sub macular fluid in the right eye. Optical coherence tomography (OCT) scanning showed a serous detachment of the retina and Fundus Fluorescein Angiography (FFA) showed focal leakage of dye at the level of the retinal pigment epithelium. A diagnosis of CSCR was made. Intravitreal Avastin was given in the right eye but symptoms were not resolved so PDT & Laser treatment was suggested to the patient by VR surgeon Annoying with symptoms and with a hope of alternative treatment for Laser in Ayurveda patient visited Shalakyatantra OPD.

After literary search through Modern and Ayurvedic Samhitas it was found that symptoms of CSR closely resemble with symptoms mentioned in Patalgata Doshdushti and Dhoomdarshi under the heading of Drushtigata Rogas which are Sadhya Vyadhi

Treatment given as follows,

- 1) Netratarpana - Jeevantiyadi Ghritam
- 2) Vidha karma - with 26 no. needle (AtLalat, bhrumadhya, brupucha, shankha pradeshi, Apanga Pradesha, Upanasika)

Observation & Result - After giving Ayurvedic treatment patient showed remarkable vision improvement from 6/24 to 6/12 and no recurrence of symptoms in the subsequent follow ups.

Conclusion - CSCR can be compared with Dhoomdarshi. The pathogenesis of CSCR can be correlated to Dhoomdarshi. Ayurvedic treatment is proved to be significant in the patient with recurrent CSCR. Promising results of ayurvedic treatment of CSCR will help other patients with little or no response to modern medications or laser therapy.

Key words- CSCR, Dhoomdarshi, Netratarpan, Vidhakarma

A Review of conceptual study of Netratarpana procedure as an innovative route of drug administration to the ocular tissues in eye diseases

*Dr. Nutan Ravindra Radaye

PhD ScholarHOD & Professor

College : YMTAMC Kharghar

**Dr. Hari Umale

PhD Professor

College: GAC Nagpur

Introduction- Netra is an important sense organ out of five Dyanedriyas. Kriyakalpas are unique procedures practiced in Shalaky Tantra having wide range of implications in the management of Netra Vikaras. Among all Kriya Kalpas, Netra Tarpana is one of the specialized treatment for various eye disorders. It nourishes the eyes, improves and strengthens the Drishti Shakti. Netra Tarpana is a preventive as well as a curative therapy which if promptly used shows objective evidences of excellent responses.

Delivery of drugs to the targeted ocular tissues is restricted by various precorneal, dynamic and static ocular barriers. Also, therapeutic drug levels are not maintained for longer duration in target tissues. Ocular drug delivery research is accelerated & advanced towards developing a novel, safe and patient compliant formulation and drug delivery devices/techniques, which may surpass these barriers and maintain drug levels in tissues. It includes development of conventional topical formulations such as suspensions, emulsions and ointments.

So route of drug administration to the ocular tissues can be correlated with Netratarpana.

Aim & Objects -To review Netratarpana procedure for trans-corneal and trans-scleral route of drug absorption to the ocular tissues through literature.

Methodology - Review of Ayurvedic Samhitas for effects of Netratarpana in eye diseases was done. Review of modern ophthalmic articles and journals for drug delivery system was carried out.

Effects of Netratarpana are described as Vaishadya and Varnapatava. Vaishadya means to get cleaned and free from impurities while Varnapatavata means improvement in colour of the eye.

Conclusion - Netratarpana is a unique local procedure with promising effects of trans-scleral & trans-corneal drug absorption route to ocular tissues in eye diseases. As this is only conceptual review further clinical research should be carried out.

Keywords: Netratarpana, transcorneal, transscleral, ocular drug delivery route

“Preventive aspects of “Life Style Disorders” through “Ritucharya” ”

***Dr. Viraj Keshav Kelkar (MD Ayu.)**

Assistant Professor Dept. of Agadtantra

YMT Ayurved College Kharghar

Abstract-

In present era most of the disorders are deeply rooted in underprivileged improper life style. Life style disorders are result of an inappropriate relationship of people with their environment. Ayurveda has depicted various rules and regimens (Charya), regarding diet and behaviour to acclimatize seasonal enforcement easily without altering body homeostasis. Therefore, according to Ayurvedic system of medicine, an adapted seasonal behaviour is very important for preventing diseases, harmonizing the biological humours (Vata, Pitta and Kapha) and re-equilibrating the energy cycle in the body. As human being is also part of the same ecology, the body is greatly influenced by external environment. In this review article Ritucharyas mentioned in the classics of Ayurveda have been discussed and emphasis has been given on the likely impact of Ritucharya on lifestyle disorders.

Aim & Objective- To review Ayurved text and correlate the Ritucharya i.e. Seasonal regime in prevention of current lifestyle disorders.

Methodology- Literature review of “Brihatrayi” for Ritucharya and its co relation in preventive aspect of lifestyle disorder.

Conclusion- Ritucharya definitely has a major role for prevention of lifestyle disorders.

Keywords- Ritucharya, Lifestyle disorder, Regime, Environment