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## **PRESIDENT'S MESSAGE**

### **Risorin: A milestone Achievement**

Recently a therapeutic product was introduced by an Indian pharmaceutical company for the treatment of Tuberculosis in which RIFAMPICIN (a modern Drug) is compounded with Piperine( an Ayurvedic drug).It is claimed that after binding Rifampicin with Piperine only 200mg of RIFA is needed to achieve desired MIC level in adults in the place of 450mg.This claim is also supported with a multiphase clinical trial.



It may be a small achievement for the company or others but it could be a milestone in history of pharmaceutical development of Indian system of Medicine. Again a good news that a new domain of medicines from the drug molecules extracted from plants called Photo-pharmaceuticals is to hit market soon in near future. Ministry of Health & Family welfare has notified the draft rules on phyto-pharmaceuticals amending the drug and cosmetic rules that will form the basis of a regulatory system to evaluate and get approval of plant based drugs. It is a fact that several researches were done on drug molecules obtained from different plants and herbs known to cure a particular disease as per Aired but these researches are gathering dust because of the stringent rules for their marketing and use. Since the manufacturer of these drugs obtained from molecules of a particular plant are mostly the follower of modern pharmaceuticals and the knowledge about the usefulness of a plant comes from Ayurved, the rules for clinical trial and approval of these drugs as modern medicine is very tough at present. Therefore a lot of useful drugs have not arrived so far. However the Government has notified new set of rules for plant based drugs, people will be able to get the medicines which are as enriched as tested in ancient Ayurvedic books but formulated with modern techniques using higher science and technology. Government will relax the stringent laws on plant based medicines. In this way these drugs can be prescribed by ISM as well as modern medicine practitioners. Such medicines will come in market as approved drugs in form of functional food, dietary supplement and traditional medicine.

At present because of controversy over cross system practice there are difficulties in prescribing these drugs by a major class of modern system practitioners. Now it will be possible to get the privilege to prescribe these drugs to people with a confidence

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and legal confidence. Not only this but it will encourage expansion of commerce and export of Ayurvedic and herbal drugs to various foreign countries and people. Also the acceptability and assess of Ayurved will be fastened.

Actually many efforts were done by panel of experts on the need for the regulatory framework for scientifically developed herbals to be evaluated and approved as drugs. This is an important step. India has rich bio-diversity and knowledge of using this treasure as medicine. It is likely to promote improvement of new natural drugs on the basis of Ayurvedic knowledge of medicinal plants. Now pharma industry can also look forward to new rout of drug development from plants. Because drugs from plants and other natural compounds are termed as Phyto-pharmaceutical, Resorin may be put in this category and be taken as symbolic start of this effort. Now it is a new area of significant research and development of new medicines with a sound historical basis.NIMA appreciate this effort and take it as a milestone in Integration of ancient Indian knowledge with modern science, medicine and pharmaceutical.

**Dr. K. Tripathi.**

(This write up is based on news published in TOI Varanasi edition 2nd December in conversation with Prof.Anand Chowdhary IMS BHU and a CME on Resorin organized by its manufacturers)

## Inauguration Of NIMA Patiala Website



In inauguration of NIMA Patiala website [www.nimapatiala.com](http://www.nimapatiala.com) was done on 30/11/13 Joint secretary NIMA CC Dr. vishal bhanot ,Vice president NIMA CC Dr. P K Guglani were the chief guests on this occasion. President of Patiala NIMA branch Dr. Manu Sharma lauded the role played by Dr. Vishal Bhanot in launching the website, he referred Dr. Vishal Bhanot as IT man of NIMA. Dr Vishal Bhanot in his speech thanked Dr. Manu Sharma for giving him this opportunity, he laid

emphasis on increasing the strength of NIMA members, he said we are living in e Age today so we should use technology to our benefit.Dr. S. K. Kakkar, Dr. Sanjay Pathak secretary, Dr. Naresh Singla Treasurer, Dr. Gupta from Ludhiana, Dr. Thapar from Ludhiana, and NIMA Patiala members were present on the occasion.

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# AYURVEDIC MANAGEMENT OF OBESITY- LIFESTYLE DISORDER

Dr. Jagruti Chaple

**Abstract:** Obesity is common lifestyle disorder in this era. Obesity specifically refers to an excessive amount of body fat. Obesity is defined as an excessively high amount of body fat or adipose tissue in relation to lean body mass. Obesity results from an energy imbalance that involves eating too many calories and not getting enough physical activity. Obesity is a condition in which the natural energy reserve, stored in the fatty tissues of the body, is increased to a point where it is associated with certain health conditions or increased mortality. obesity (Sthaulya) is the most common metabolic disorder in affluent societies caused by excessive eating, lack of exercise and is a direct result of the modernization combined with lifestyle changes. Acharya Charaka has included Atisthool in eight varieties of impediments, which are designated as 'Astha-Nindita Purusha'. He categorizes this problem under Santarpanajanita Vyadhi. Pranayama is very important technique in yoga which is control and extension of Prana or Vital energy or Life force. Pranayama helps in management of this energy. These Pranayama techniques increase the lung capacity and help burning fats. Regular practice of Pranayama brings balance in the system in terms of Physical and Mental functions.

**Key words:** Dietary Habits, Lifestyle, Pranayama.

## Introduction

Obesity is defined as an excessively high amount of body fat or adipose tissue in relation to lean body mass.

Sthaulya is described as excessive & abnormal increase of meda dhatu along with mamsa dhatu resulting in pendulous appearance of buttocks, belly and breasts, however increased bulk is not matched by corresponding increase in energy.

It is most common nutritional disorder in affluent society, mainly due to absence of

Assistant Professor, sharir-kriya, Mahatma Gandhi Ayurved college, Hospital & RC, Salod (H) Wardha, M.S.

physical activity. Other causes may be sleeping during the day, intake of Kapha aggravating diets (heavy, sweet, cool, unctuous food in excess), over intake of food and heredity. The weight charts for men and women according to their height (body mass index) are only rough indications of the state of overweight or obesity. The obesity is described as 'Medoroga' in Ayurveda and said that, comparatively it is easy to help an underweight person rather than an overweight. The obesity can either be due to an actual increase in fat component (medo dhatu) or due to malfunctioning of fat metabolism. Body is made of seven dhatus i.e: rasa, rakta, mamsa, meda, asthi, majja, shukra but obese are nourished excessively by meda dhatu and other remaining dhatus get malnourished, kapha gets accumulated in between. When kapha increases in abnormal fashion, fat metabolism is hampered and person becomes obese.

Most commonly used definition based on Body Mass Index ( $\text{Kg/m}^2$ ) provide the following values:

less than 18.5 is underweight

18.5 - 24.9 normal healthy

25.0- 29.9 overweight

30.0 - 34.9 grade 1 obese

35.0- 39.9 grade 2 obese and

40.0 or greater is grade 3 obese/ morbidly obese.

Obesity is an increased fat content in the body and now major health problem in India. Obesity has reached epidemic proportions in India in the 21st century, affecting 5% of the country's population. India is following a trend of other developing countries that are steadily becoming more obese. Unhealthy, processed food has become much more accessible following India's continued integration in global food markets. Indians are genetically susceptible to weight accumulation especially around the waist. Recent survey shows 60% middle aged, working class Indians in Mumbai were overweight and 30% children in Delhi's

elite schools were in the same category.

The location of adipose (fatty) tissue in the body should also be considered', fat distributed in the abdominal region poses a greater health risk compared to fat deposited at the thigh and buttocks.

#### **Hazards of Obesity**

- National Institute of Health, USA has issued an alert labelling obesity a "Killing disease".

- Commonly 60 to 70 percent Cardiac patients die of Obesity. Obesity is implicated most strongly in coronary disease. Overweight also contributes to the development of diabetes, hypertension, and elevated blood lipid levels, kidney and gallbladder disorders. Obesity has been implicated in increased incidence of some types of cancer like cancer of colon, pancreas, breast, uterus, kidney and gallbladder.

- Overweight persons suffer from Osteo-Arthritis that is Joint Pain which acts as an Obstacle for mobility.

- Many Divorces took place because of Obesity as the sexual drive may not be fully satisfied by both partners.

- More chances of menstrual irregularities.

- Colleagues may hate you because Obesity may accompany bad body odour.

- Heavy weighing persons are the common targets of comments & taunts which may damage psychological health.

#### **Prevention of Obesity**

Prevention is better than cure. You must take precautions rather following treatment after increase in weight. Once you are obese it is difficult to treat yourself.

"Avoid excess eating, eating during indigestion or just after taking previous meal.

"Avoid day sleeping; sleep in the night after one hour of your dinner.

"Do regular exercise like brisk walking (at least), running, swimming etc. avoid sedentary and lethargic lifestyle.

"Avoid eating excess sweets. Have lowfat /skim dairy products. Avoid product like chocolates, ice creams, cheese, paneer, sugar etc.

"Take non-vegetarian food like chicken, fishes, eggs, meats etc. in moderate quantity. Remove fat from meat & skin from chicken.

"Try to minimise excess oil & ghee in cooking, use a non-stick pan for cooking. Avoid hydrogenated vegetable oils, instead of frying things try to consume roasted things & change your cooking techniques a little. Grill or bake food instead of frying, cook vegetables without fat by steaming and boiling.

"Use lowfat spreads and chutney on bread instead of butter and cheese.

"Don't consume excess alcoholic drinks or water on empty stomach.

"Avoid aerated drinks and excess water after meal.

"Intake of fat and carbohydrates should be restricted

Ayurvedic management of Obesity

1)Pranayama 2) Yoga 3) Natural herbal treatment

#### **1) Bhastrika Pranayama**

It is necessary to make a balance between Kapha (phlegm), Pitta (bile) and Vata (wind) the three culprits in our body which is the root of all diseases. This yoga helps in balancing them. Bhastrika pranayama is mainly a combination of Kapalabhati and Ujjayi. Bhastrika is a sanskrit word which means 'bellows'. Rapid succession of forcible expulsion is a characteristic feature of Bhastrika.

#### **Procedure of Bhastrika Pranayama**

Pranayama starts with sukhasana or padmasana posture, so one should sit in sukhasana posture with back straight and eye closed like meditation, hand should be straight placed over the respective knees. Now there should be maximum exhalation and then inhalation through nostrils with full force and this should be done till one feel tired. Pattern should be rhythmic that is time for inhalation and exhalation should be more or less equal. During inhalation the lung should expand and go back to original position during exhalation. Abdominal expansion should be minimum.

Duration of performing Bhastrika Pranayama

The whole process should be done 30-40 times, it should start with 10-15 times and gradually be increased.

#### **Benefits of Bhastrika Pranayama**

This yoga is very much useful in Muscular Dystrophy and Oxygen deficiency disorders.

It balances Vata (wind), Pitta (bile) and Kapha (phlegm) as mentioned above. It supplies pure air thus helps in purification of blood. This yoga is helpful in countering obesity, asthma and lowers blood pressure. It also counters anxiety and depression.

#### **Precautions taken while doing Bhastrika Pranayama**

This yoga should be avoided in pregnancy and should be performed slowly by those who are suffering from high blood pressure and migraine. They should not give full effort. At initial stage or beginners should start slowly and increase the force gradually.

#### **2) Yoga**

Obesity is supposed to be a gift of modern lifestyle and it's a breeding ground for so many diseases. Yoga through yoga poses like asanas, pranayama, meditation and relaxation techniques are helpful for weight loss, reducing obesity, lessening of body fat and weight management. Shedding of excess fat and attaining ideal body can be achieved by practicing yoga. Yogic exercises or therapy is highly effective in the control and management of obesity. The different yogic practices and yoga tips for treatments of obesity are:

**Sarvangasana** (the shoulder stand pose) improves the efficiency of the thyroid glands, which is responsible for correcting body weight and normalize the endocrine system that too control obesity

**Padahasthasana** (the forward bending asana) improves metabolic process of the body by acting on thyroid and pituitary gland, thus control obesity.

**Dhanurasana** (the bow pose) helps to burn excessive fat in the body.

**Paschimottanasana** (the back stretching pose) helps to remove excess fat in the abdominal region tones all the abdominal organs.

**Ardha-Matsyendrasana** (the half spinal twist pose) treat ailments like diabetes, indigestion, obesity and constipation.

**Bhujangasana** (the cobra pose) massages the abdominal organs, increases the flexibility of back and also regulate the thyroid gland. Good for childhood obesity.

**Pavan Muktasana** (the wind releasing pose) reduces abdominal fat.

**Viparita Karmi** relieves the disorders related with thyroids and parathyroid glands.

Practice **Kunjai and Shankha Prakshalana** are quite effective in curing of obesity.

Regular practice of, **Kati Chakrasana, Halasana, Matsyasana** and **Ushtrasana** along with **Surya Namaskara** is highly beneficial for such patients. .

Such patients should start their daily routine early morning with brisk walking.

#### **3) Natural herbal treatment to cure obesity by balancing the body**

Guduchi helps in the proper canalization of fats in the body thus used as effective ayurvedic obesity treatment.

Guggulu reduce fat accumulation in the body and give a leaner physique by curing obesity.

Amla, haritaki is also quite effective.

Indian Gooseberry contains vitamin C that disintegrates fatty buildup in the body.

Devadaru, musta, triphala, takrarishta and honey is recommended as a natural herb cure for obesity.

Green gram and horse gram

*Example of ayurvedic remedy.*

Powder of yava and amalaki is an excellent formulation for reducing obesity.

Shilajita along with the juice of Agnimatha works well.

Take honey water early in the morning.

Use powder of Vidanga, Sunthi, Aamalaki and 'Loha.

Mix parts of turmeric, triphala, trikatu and honey is also useful.

Weight control, Triphala (3-5 gm) or Aloe gel can be used

Consuming 2 tea spoon of honey + 1 glass herbal tea can be used as herbal remedy for obesity and weight reduction.

1 tsp guggulu + Ginger + Honey, an ayurvedic alternative for obesity.

1/2 teaspoon of chitrak + kukti + trikatu is used as ayurvedic medicine for weight reduction.

Fresh pineapple juice, hot peppers juice and pimentos must be used to get the benefits.

#### **DISCUSSION**

According to National Health and Nutrition Examination Survey (NHANES-III) data about

55% of US adults of age 20 years and older are either overweight or obese. According to Ayurveda in madhya-awastha (30-60 years) paripurnata of all sharira dhatus take places. Females have tendency to develop obesity due to some factors like less physically active, emotionally unstable, pregnancy, use of oral contraceptive pills, & prone to hypothyroidism, and ultimately produces the obesity. The combination of excessive nutrient intake and sedentary life style are the main cause of obesity in the last quarter of 20th century. According to Charaka, sthula purusha have kapha dominant prakriti. Charaka also mentioned the role of nidra in sthaulya. Obese patients are always fond of eating & have satmya to all type of rasa. Madhura, guru, snigdha & sheeta properties aggravate kapha as well as meda on the basis of sarvada sarva bhavanam samanyam vridhhi karanam Kapha & Meda are main dosha and dushya respectively in samprapti of sthaulya. According to western system of medicine the diet containing sweet, heavy, unctuous, cold properties have always high calorie value and excessive indulgences of high calorie diet is well established etiological factor of obesity, because extra calorie will be converted in to fat and stored in the cells (fat cells), later

increases the number & size of the fat cell.

Adhyashana & virudhashana can produce Aam dosha and Agnimandya, root cause of sthaulya. Godhuma, shali, sarpi, dadhi, cold drinks & junk foods have similar properties attributed to meda on the basis of sarvada sarva bhavanam samanyam vridhhi karanam principles.

### CONCLUSION

The sedentary life style, lack of physical exercise, faulty dietary habits (excessive intake of sweet, heavy, unctuous, and cold food items) and urbanization precipitate the disease sthaulya. Kapha prakriti persons are more prone to obesity so they should be advised proper diet regimens and exercise. Pranayama techniques increase the lung capacity and help burning fats. Regular practice of Pranayama brings balance in the system in terms of Physical and Mental functions.

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# THE EFFECT OF PACETONE ON ANXIETY- A RANDOMISED CLINICAL STUDY

Prof. Dr. P.H. Kulkarni

**Summary :** Every Person is having anxiety since birth. Anxiety plays role in every stage of life. It has bad effect in daily life and work. We decided to study the anti Anxiety effect of pacetone.

**Introduction :** Anxiety disorder is a general term and it covers several symptoms like excessive rumination, worrying, uneasiness, apprehensions & fear about future. This may be based on real or imaginal events.

The main etiological factor mostly noticed are social, economical and mental. Also long standing diseases like hypertension, diabetes, colds, cardiological disorders, kidney, liver problems. These factors leads to some sort of psychological depression in many patients which are usually treated by some tranquilizers, hypnotics and anti depressants.

## Material / Methodology

PACETONE TABLET (Proprietary Ayurvedic Medicine of Shriyash Ayurveda, Pune.)

**Ingredients :** Each 250 mg Tablet Contains,

Ingredients	Latin/ English Name	Wt.
Brahmi Ghana	Bacopa monnieri	50 mg.
Shankhapushpi Ghana	Evolvulus alsinoides	25 mg..
Jatamansi Ghana	Nardostachys jatamansi	25mg.
Guduchi Ghana	Tinospora cordifolia	25 mg.
Vidanga Churna	Embilia ribes	25 mg.
Ashwagandha Ghana	Withania somnifera	50mg.
Jyotishmati oil	Celastrus Paniculatus	25 mg.
Bhringaraja Churna	Eclipta alba	25 mg.

Excipients Q.S.

**Dose :** 2 tablets morning, noon with water

**Duration :** 6 weeks. Follow up by interrogation & examination of the patient every week.

**Selection of the patient :** The patient in the range of 30 to 60 years from all walks of life randomly selected.

## Major symptoms considered for stage of Anxiety

- 1) Depressed mood
- 2) Disturbed sleep
- 3) Anorexia & indigestion - frequently without specific causes
- 4) Temporary dementia
- 5) Loneliness
- 6) Sensitivity for minor psychosomatic problem & vague complaints
- 7) Increased emotion - like fear, sorrow
- 8) Change in attitude & regimen
- 9) Sense of insecurity
- 10) Fear of death

**Assessment :** By interrogation of the patient as well as one close relative every week.

## Clinical Data

Total no. of patients - 40

Sex : Male 24, Female - 16

Age : 55 to 60 yrs - 24

61 to 65 yrs - 8

66 to 70 yrs - 8

Educational Status : Graduate - 20

Under graduate - 12

Below - 8

Economic Status : Good - 16

Fair - 20

Poor - 4

Constitution : Vataja - 14

Pittaja - 10

Sleshmaja - 16

Habit : Tobacco

Smoking - 12

Alcohol - consumption 12

Tabaco & Pan (beatlenut chewing) - 16

## Assessment

European Ayurveda Academy, Hon. President since 1998

Improvement of eight symptoms and general improvement in all : Good

Improvement of six symptoms and overall improvement : Fair

Slow progress & negligible responses : Poor

#### **Results**

Good improvement in 22 patient i.e. 55%

Fair improvement in 16 patient i.e. 40%

Poor response in 2 Patient i.e. 5%

#### **Discussion**

This is a pilot study and is restricted for senile depression stage only.

Pacetone is a combination of herbs

which are acting mainly on vata and kapha doshas and supposed to be acting on nervous systems. The herbs like Jatamanshi, Brahmi having mild tranquility action drugs and also activates process of knowledge and memory (medhya). Hence the synergistic effects of all these drug totally acts on psychosomatic factors.

#### **Acknowledgements**

Thanks are due to Oriental Ayurveda Health Products Pvt. Ltd. Pune for product supply and Institute of Indian medicine/kothrud Ayurveda clinic for research facilities.

□

## **OUR YOGA ROUTINE**

**Dr. Pitta Satyanarayana**

#### **Abstract**

This essay covers the breathing exercises beyond Pranayama. This area is scanty in the common knowledge of the writers of books on yoga proper. The effects of the planets on human life are mentioned on the basis of Astrology which is the outcome of the readings connected with Astronomy. The exercises proposed can be of a great value as they are practiced and tested by our saints. This knowledge is a part of individual initiation by the traditional gurus of spiritual education of the remote past. These propositions can be practiced and tested in order to keep our good health let alone the deliverance if you feel it is unscientific

#### **Introduction**

Indian culture is based on the essence of the Vedas. Yoga is the part and parcel of life called Prana. Prana is the main focus of attention for human existence. Our Prana is dear to us as it is to any other being in the creation of God. Prana is reckoned on the basis of Shwasa, the breathing. A regular breathing leads to sustenance. Irregularity in breathing entails disorder of the bodily functions. This is named as disease. Though the intake of food is important, we can go on without food for some time but the breathing cannot be

stopped by an ordinary man who does not know the practice of working with breath as an exercise or Pranayama. So a special training was prescribed by our rishis for those who lead the common life of household duties. They enunciated certain simple principles to be followed by such persons calling the process Raja Yoga. Of course, the regular exercises of the Ashtanga Yoga of yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and Samadhi. Samadhi can be practiced leading one's household life. The health of a common household can be maintained through regular breathing exercises. At times these exercises are a prelude to a Saadhaka the practitioner of yoga under a guru. In the mundane life of the common man the simple principles of regulating the breath are very useful especially in this age of hectic schedule.

#### **Ida, Pingla and Sushumna**

The breath that moves through our nose has variations. We should learn to feel the variation. The forcible flow through the left and the right nostrils can be felt on one's pointing finger kept nearer to the nostrils. The left nostril gives room for Ida. The right nostril gives room for Pingala. These are called nadis. Sushumna is said to be in the middle of both the nadis. These flows are to be felt by practice of feeling them frequently. The Pingla is hot and so it is dedicated to the sun while the Ida is cool

and it is dedicated to the moon. The middle air is known as the neutral one in stature. It is known for its calmness and so in its flow a man gets tranquil mind. Meditation is fruitful when Sushumna is active. Yogis dwell in meditation and get higher and higher by pushing on the scale of disks existing within along the spinal cord. They reach the highest point called Shasrara gland in the language of yoga which lies on the centre of the skull. Below this gland there lie six such centres to be surpassed.

### **The Days of the Week and Planets**

Astrology deals with the effect of the planets on human body. The affinity among various planets and their movement have a direct impact on human body. For that matter the other beings too cannot escape the effect of the planets. Man being the most intelligent one he has studied the effect through Astronomy and the calculations of the effect are mentally visualised. Our rishis have experienced the effects and simplified the procedures of overcoming the ill effects of the stars (planets) connecting the breathing through our nostrils in a planned way.

We have to establish Pingala, the Suryanaadi in our body in the early hours of the day. The Brahma Muhurta, at 4-20 a.m is the ideal time for getting up and for trying to change the shwasa. Sunday is the day of the sun known as Surya in Sanskrit. In order to get the favour of the sun we breathe into the right nostril. If it is running in the right side, the whole day will be a successful one, because it is also the day of worship of Lord Ganesha, the God steering the day as its in-charge.

Likewise, on Monday we keep the breath running in the left nostril. The deity planet is Chandra, the moon. The day is the day of worship of Shiva. On Tuesday we worship the Mars. Hanuman is worshipped for good luck. Wednesday is for the Mercury and the presiding deity is Ayyappa Swamy or Murugan known as Subrahmanya. Jupiter rules the Thursday with Saibaba as the deity. Friday is auspicious for the Venus and Goddess Lakshmi is worshipped on the day. The Saturn guards Saturday. The deity adored is Lord Venkateshwara and the planet God is Saturn. From Monday to Saturday, Chandra, Surya, Chandra, Chandra till full moon day but Surya till no moon day, (on Thursday), Chandra, and Surya dwell

respectively.

### **Omens in the Days on which Naadi Misses:**

The sun's ill effect of anger, untimely meal, adversity in daily happenings are experienced on Sunday. On Monday loss of mental peace, on Tuesday a death message, on Wednesday worried mood, on Thursday confrontation with the elderly persons, on Friday the unexpected visit of guests at your house and on Saturday you feel quite uneasy with the health or other headaches.

### **Why is the Early adjustment of Naadi Suggested?**

The early adjustment of the naadi is suggested because it keeps our health sound and we will not be in the grip of the bad effects of untoward incidents. This is the integral part of the yoga to be practiced. Your Pranayama and other feats of yoga will go on uninterruptedly.

### **At the Beginning of Traditional Festivities**

On Sankranthi, irrespective of the day of the week we have to maintain Chandra naadi. This is so on Ugadi and other festival days. The three days after the no moon day should also be meant for Chandra Naadi invariably.

### **Breath is Life**

Irregular breath when our body loses poise is a death knell for us. Though you do regular Pranayama or not, the methods suggested are the norms of the simplified yoga. Half an hour's early practice on naadi will give you good results and they will certainly keep you hale and healthy

### **Conclusion**

Peace of mind is the costliest thing in this scientific age. This essay proposes an exercise with breath practiced by our saints (before leading themselves towards deliverance) from the authentic texts available before six decades. Unluckily the discovery is wantonly kept in the dark in our society for the reasons unknown. Those days poets gave these clues in simple poems easy enough to get by heart in order to remember these points promptly.

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Divine Life Society.

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# ROLE OF SHRUNGATAK (SHINGADA NUT) ON MALNUTRITION

Dr. Varsha Pyarelal JaraJe

## INTRODUCTION

Malnutrition in children is the most serious problem in the world. The commonest cause of malnutrition is poverty. The poor cannot purchase adequate amount of food of the desired quality. In the ancient times the great precautions were taken for the health of child by introducing Kumaragar as separate ward in the public hospital as mentioned in Charak Samhita.

The food items which are easily available in market has low nutritive value and so are harmful since they do not contain enough nutritious ingredients. If a child is taking above diet frequently and the diet is suiting to his taste but still it is not proper to maintain his good health. In Ayurveda it is advised to avoid improper diet and stressed to provide the child healthy diet so that the child can attain strength (Bala), Colour (varna) and prolonged life (Aayu). Shrungatak is rich in proteins so it is very useful in growth of malnourished child.

## AIMS AND OBJECTIVES

Aims : To study the role of Shrungatak in Malnutrition. Objectives :

1. To study causes of malnutrition.
2. To study role of Ayurveda with respect to malnutrition.
3. To prevent malnutrition and promote health of child
4. To search the economically cheaper nutritive food for malnutrition.

In Ayurveda Malnutrition is described under Balshosha.

## BALSHOSHA (Described by Acharya)

संशोषणाद्रसादीनां शोष इत्याभिधीयते।

क्रियाक्षयकरत्वाच्च क्षयइत्युच्यते पुनः॥

सु. उ. ४१/४-५

In Sustrut Samhita Balshosha is also called as Kshaya because it absorbs Ras-Rakta Dhatu. It decreases internal and external activities of body. Kaphkar Aahar-Vihar causes Kaphprakopa. Kaphprakop produces Srotovarodh and hence obstruction

to the process of formation of other Dhatus including Mansdhatu and Medodhatu so the child becomes weak.

The symptoms of Balshosha which are described in Samhita are Aruchi, Pratishyay, Jwar, Kasa and face and eyes become oily and the child reduces weight.

## MALNUTRITION

In malnutrition there is shortage of nutrition supplied to the body. It hampers the growth, functions of body to maintain good health. Diet in Children -

णण्मासं चैनमत्रं प्राशनेल्लघु हितम्।

In Ayurveda it is recommended that the diet can be given after 6 months from birth of child. The diet which are prescribed in samhitas are food with Ghee, honey, Sharkara, Sattu, Laja etc. Malnutrition can be prevented by adequate nutrition described by Ayurveda.

## Daily protein Requirement SHRUNGATAK (SHINGADA NUT)

Age group	Body weight (kg)	Protein (gram)
Birth - 6 months	3-7	11
6 months - 1 year	7-9	13
1 year to 3 years	9-13	18
4 years to 6 years	15-17	22

It is a common and cheaper nutritional food which is available locally. It is useful in malnutrition. Shrungatak is native product of India. It is a kind of underwater plant having white and soft nut covered by Green shell. It is sweet in taste.

Guna - Guru Rasa - Madhur, Kashay

Vipaka - Madhur Virya - sheet

विपाके मधुरंशीतं रक्तपित्त प्रसादनम्

पौष्करं स्वादु विष्टम्बि बल्यं कफकरं गुरु

सु.सं.सू.अ. ४६/१७३

शृङ्गटकः शोणित पित्तहरी गुरुः सरोवृष्यतमो विशेषात्  
त्रिदोषतापश्रमदोषहारी रुचिप्रदो मेहनदाघ्यहेतुः

रा.नि.

Shrungatak has Madhur Kashay Rasa and Guru Guna. It helps to pacify vitiated

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Vata Dosha. It has Madhur Vipaka so it is Balya, Jivany and Medovardhan Dravya. It works as Bruhan Dravya which helps to increase weight of child. In above shloka it is mentioned that Shrungatak is Shramdoshari. It helps to reduce fatigue of muscles and increase the Medodhatu. This leads to addition of glucose and fat for the smooth functioning of body and the cycle of enhanced energy comes into being and help to reduce weakness. The weight of child increases.

#### As per modern Science :

- 1) Nutritive value of Shrungatak  
Protein-4.7% It also contains, phosphorus, Iron and thiamine etc.  
Fat-0.3%  
Carbohydrates - 23.3%  
Minerals- 1.1%
- 2) Nutritive value of Shrungatak flour  
Protein - 8% Flour of Shingada nut contains calcium, phosphorus, Iron and Thiamine etc.  
Fat - 0.6%  
Minerals 2.6%

Fruit is appetiser nutritive and sweet tonic. The nutritive components of Shrungatak contains calcium, iron, minerals and vitamins.

Use of Shrungatak: Fresh fruit is edible whether it is raw or cooked. Dried fruit are

baked and eaten. flour of fruit is mixed with milk or Halwa is made and used as diet of malnourished child.

Dose - 5-10 grams of powder of dried fruit.  
Conclusion-As a general rule the diet prescribed for malnourished child should be cheap and within the economical reach of the family. It can be easily cooked at home and easily available in market. Milk based flour of Shrungatak is suitable in malnutrition. It is cheaper than the evaporated dry milk powder and packaged food which are expensive. So Shrungatak is good source of proteins, carbohydrates and calcium and useful in malnourished child.

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## आरोग्य देवता : भगवान धन्वन्तरि

डॉ. हनुमंत मुजुमदार

भगवान धन्वन्तरि विद्या, विज्ञान और शौच के अक्षय भण्डार थे। श्रीमद् भागवत् अभिलिखित वर्णन के आधार पर चन्द्रवंशीय पुरुरवा के वंश जिसमें भृगु, जमदग्नि परशुराम आदि महान पुरुषों ने जन्म लिया, धन्व के पुत्र धन्वन्तरि का आविर्भाव भी उसी परम्परा में हुआ था।

धन्व का अर्थ मरुस्थल भी होता है। कहा जाता है कि काशी के विजित साम्राज्य का विस्तार पश्चिम ईरान तक था। इसलिए उनका नाम धन्व हुआ। और उन्हीं धन्व के पुत्र होने के कारण वे धन्वन्तरि कहलाए।

सुश्रुत संहिता में जो उपदेश लिखे हैं वे वस्तुतः दिवोदास के हैं जो उन्होंने अपने शिष्य सुश्रुत को दिए थे। उन्होंने कहा था :-

“वत्स! सुश्रुत तुम मुझे धन्वन्तरि ही मान लो।”

अर्थात् धन्वन्तरि ने जो आयुर्वेद का अक्षय कोष संचित किया था, दिवोदास उसी का दान कर रहे थे।

श्रीमद् भागवत पुराण के अनुसार महाराज काश्य ने काशी जैसे समृद्ध साम्राज्य की नींव डालकर विशाल राष्ट्र का निर्माण किया था। उन्हीं के पुत्र भगवान धन्वन्तरि ने उसे विद्या और विज्ञान के अक्षय वैभव से सजाकर धरती का स्वर्ग बना दिया और महाराज दिवोदास ने उस स्वर्ग का अनूठा वैभव विश्व को वितरित कर वंश की यशपाताका को इतिहास के शिखर पर गाड़ दिया। धान्वन्तरि प्रतिभा के उज्ज्वल प्रकाश स्तम्भ होने के कारण ही दिवोदास धन्वन्तरि के प्रतिरूप बनकर विख्यात हुए।

डल्हण की व्याख्या के अनुसार धुन का अर्थ शल्य होता है और धन्वन्तरि शल्य शास्त्र के अधिकारी विद्वान होने के कारण धन्वन्तरि पदवी से विभूषित किए गए। अतः धन्वन्तरि, नाम न होकर बिरुद्ध है।

धन्वन्तरि तत्कालीन विश्व के सबसे बड़े सभ्य और समृद्ध देश के सम्राट थे। जिनका राज्य काशी से लेकर पारसीक देश के पश्चिमके आगे धन्व तक फैला था। इसीलिए सुश्रुत में ठीक ही लिखा है कि :-

पूर्व पट्टीय अन्वय, एन.आई.एम.ए.



धन्वन्तरिधर्मभृतां वरिष्ठो ।

राजर्षिरिन्द्र प्रतिमोऽभवद्यः ।।

सुश्रुतनिदान 7/3

अर्थात् धन्वन्तरि धर्म-परायण ही नहीं इन्द्र के तुल्य पराक्रमी भी हुए हैं । रामायण काल के बहुत बाद तक भी काशी आर्यावर्त की केन्द्रीय शासन सत्ता थी और ईसवी पूर्व लगभग 675 तक वह एक महान शक्ति का केन्द्र बनी रही ।

वैदिककाल से लेकर आज तक चिकित्सा के क्षेत्र में काम करने वाली कई महान विभूतियाँ हुई हैं । जिन्हें हमारा समाज अत्यंत आदर के साथ स्मरण करता है । इन सबमें धन्वन्तरि का एक ऐसा नाम है जो सम्मान की दृष्टि से अत्यधिक महत्त्वपूर्ण एवं विशिष्ट भी है ।

निस्वार्थ सेवा, योग और सिद्धि का महाद्वार है । सेवक होने की भावना सबसे ऊँची साधना है । सेवा का व्रत लेकर व्यक्तिगत लालसाओं को लात मारकर ईश्वर को चराचर में पाने वाले का अनुष्ठान सर्वोपरि होता है । भारतीय मानस में ऐसा पुरुष नर से नारायण की उपाधि को प्राप्त होता है एवं त्रिकाल - पूजित होता है ।

रत्नाकर शास्त्री लिखते हैं कि आजकल अच्छे समाज सेवियों को उनकी विशिष्ट सेवाओं के लिए पद्मभूषण आदि राष्ट्रीय एवं नोबल तथा मेगसेसे आदि आंतराष्ट्रीय उपाधियों से अलंकृत किया जाता है । उसी प्रकार उस काल में ऐसे महापुरुषों को देवता की उपाधि से विभूषित किया जाता था और यज्ञभाग में आहुति प्रदान कर पुरस्कृत किया जाता था ।

धन्वन्तरि को यह गौरव प्राप्त था । इसलिए उनकी पूजा आदि देव या आरोग्य देवता के रूप में आज तक की जाती है । सुश्रुत के प्रसिद्ध टीकाकार डल्हन ने एक जगह लिखा है कि अन्य प्राणियों के समान ही पहिले देवताओं को भी जन्म मरण से छुटकारा नहीं था । उस समय धन्वन्तरि ने ही सोम नामक अमृत का प्रयोग कर उनको जन्म मृत्यु के बंधन से मुक्त किया था और तभी से देवताओं को अमरत्व प्राप्त हुआ ।

समुद्र मंथन में धन्वन्तरि को हाथ में अमृत लेकर प्रकट होते दिखाया गया है । संभवतः यह उसी प्रसंग का रूपक है । धन्वन्तरि जीवन भर प्रत्येक जीव को सुखी एवं निरोगी करने का उपाय करते रहे । इसके लिए उन्होंने अनेक आविष्कार भी किए ।

दिवोदास के उल्लेखों से प्रतीत होता है कि धन्वन्तरि के जीवन का अगर सबसे बड़ा कोई वैज्ञानिक प्रयोग था तो वह था अमृत का प्रयोग । उन्होंने रसायन प्रयोगों की सिद्धि के लिए औषध और मंत्र दोनों ही आवश्यक बतलाए हैं ।

मंत्रौर्षाधि समायुक्तं संवत्सर फलप्रदम् ।

सु.चि. 28/9

धन्वन्तरि के द्वारा कहे गए रसायन प्रयोगों में सोम के प्रयोग सबसे बढ़कर हैं, जिनमें अमृत तैयार होता था । उन्होंने कहा कि “स्वर्ग में ब्रह्मा, इन्द्र आदि देवों ने सोम नामक जिस अमृत का निर्माण किया था उसका उद्देश्य जरा मृत्यु निवारण था ।

मैं उसी का विधान तुम्हें बतलाता हूँ ।

ब्रह्मादयोऽसृजनपूर्वं ममृतंसोम संज्ञितम्

जरा मृत्युविनाशाय विधानं तस्य वक्ष्यते ।

सु.चि. 29/3

सुश्रुत ने लिखा है कि रसायन ऋषियों के, अमृतदेवों के और सुधा नागों के आविष्कार थे ।

रसायनमिवर्षीणी देवाना ममृतयथा

सुवेवोत्तमनागानां भैषज्यमिदमस्तुते ।

सु.सू. 43/1-2

परन्तु धन्वन्तरि ने कहा कि अमृतमात्र देवों के ही अधिकार में क्यों रहे ? उसे स्वर्ग से आर्यावर्त में भी सर्वजन हिताय लाना चाहिए और वे उसे ले भी आए ।

सुश्रुत चिकित्सा स्थान अध्याय में उसके रसायन प्रयोग का जो उल्लेख है वह कोई साधारण काम नहीं है । वह मानवों के हित में बहुत बड़ा योगदान है । ताकि लोग, मात्र निरोगी ही नहीं स्वस्थ तथा दीर्घायु भी बनें । इसीलिए समाज ने उनके प्रति अपनी कृतज्ञता प्रकट करते हुए उन दिनों किए जाने वाले नित्य कर्मों में जो वैश्यदेव का होम (पंचमहायज्ञ के अंतर्गत) किया जाता था उसमें बलिहरण के समय “धन्वन्तरयेस्वाहा” के नाम से उन्हें आहुति देकर यज्ञ भाग प्रदान करने का विधान बनाया । यहाँ उस संदर्भ में मनु के धर्मशास्त्र के उपदेश से उद्धृतमंत्र दृष्टव्य है:-

अग्नेसोमस्यचैवादो तथोश्चैव समस्तयोः

विश्वभ्यश्चैव देवेभ्यो धन्वन्तरस्य एव च ।।

मनु. 3/85

साथ ही दीवाली के पर्व पर धनतेरस के दिन जो उनके आविर्भाव का पवित्र दिवस भी है उनकी स्मृति में धन्वन्तरि जयन्ती का आयोजन प्रारंभ किया, जिसे आज भी सम्पूर्ण भारत में मनाया जाता है तथा आरोग्य देवता के रूप में उनका स्मरण किया जाता है ।

□

Wish you Happy New Year to all NIMA members



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डॉ. मृण्मयी मासोदकर द्वारा संचालित  
**आयुर्वेदीय गर्भसंस्कार केंद्र, नागपूर**

माँ व शिशु के पोषण हेतु.....

**विषय:**

- ▶ गर्भसंस्कार पद्धती
- ▶ पंचज्ञानेन्द्रिय उत्तेजन
- ▶ प्रसवपूर्व/प्रसवपश्चात व्यायाम व योगा
- ▶ गर्भावस्था में ध्यान साधना
- ▶ प्रसूती पूर्व व प्रसूती पश्चात पोषक व संतुलित आहार
- ▶ प्रसूति काल की श्वासोश्वास पद्धति
- ▶ प्रसवक्रिया व प्रसूति के प्रकार
- ▶ नवजात शिशु की देखभाल
- ▶ गर्भसंवाद

**वैशिष्ट:**

- ▶ ऑडियो - विडियो द्वारा जानकारी
- ▶ गर्भ का पालनपोषण
- ▶ गर्भ मस्तिष्क उत्तेजन
- ▶ भावी पिता व दादा, दादी/नाना, नानी को समुपदेशन
- ▶ विशिष्ट ध्यान पद्धती
- ▶ विशिष्ट आहार पद्धति दर्शक (Diet Chart)



**दर्शने का समय**  
सुबह ८ ते ९:३० तक  
शाम ४:३० से ६ तक  
(गविवार बंद)  
गोपुर बचिम व  
कैशिकर्स उपलब्ध

**उद्देश्य:**

- ▶ प्रसव संबंधी माता का आत्मविश्वास बढ़ाना
- ▶ शारीरिक व बौद्धिक रूप से शिशु को बलवान बनाना
- ▶ माँ बनने के सफर का संपूर्ण मार्गदर्शन
- ▶ गर्भावस्था को आध्यात्मिक व वैज्ञानिक स्पर्श देना

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## Various do's & Don'ts in Geriatric care

Dr. Renu Bharat Rath -Dr. Bharat J. Rath

Ayurveda is a science of life, India's traditional system of medicine has described eight branches in which 'Jara' meant for prevention, care & cure to problems of old people through 'Rasayana'. As degenerative changes advances and proper care has not been taken then various diseases occur. Ayurveda is enriched with preventive, promotive, curative aspects to take care body, mind's rejuvenation and extension of life. Different Ayurvedic interventions like Dincharya, Ritucharya, ahar, vihar, dharaniy-adharniya vega, Achar rasayan, timely shaman, shodhan, snehan etc play a vital role in prevention of geriatric diseases. The effort has been made to specify these with system wise geriatric care.

1. Nutritional Care- The old person's nutritional requirement is different than a young. They require a balanced diet but with less calories frequently. Five servings a day are ideal with roughage, nuts, vitamins, minerals rich, simple, easy to digest food to delay bone and brain decay. Quality and quantity of food should not be compromised owing to poor denture.

2. Gastro-intestinal care- In old age, every function of the body gets reduced. Weak denture, intestinal dysmotility, poor sphincter control, absorption etc are few causes. These can be improved by new denture, soft meal, pre-boiled salads, and appetizers; laxatives to control flatulence and constipation also. To stimulate peristaltic movements, yogasanas, shankhprakashalan (Yogic kriya to wash GIT without medicines) exercises, leukwarm saindhavaditail matrabasti etc. are advisable on daily basis at home after proper training.

3. Cardio-vascular Problems- Hypertension, Ischemic heart disease, coronary artery disease, stroke/paralysis are some examples use to occur on account of atherosclerosis in old age. To prevent these diseases, Rason, Dhamasa, Arjun like drugs are useful with regular walk, light exercises. Avoid salty foodstuffs like papad, pickle, spicy, fast food. Reduce stress, strain, and tension. Have good sleep. Yoga, pranayam, meditation are also beneficial. Avoid

sedentary, unhealthy lifestyle; smoking or other addiction of any nature is essential to live healthy. Nasya by Anutail and steam inhalation in nostril blockage or post nasal drip, chronic pratishtay, kas are useful in preventing respiratory, cerebral and neck ailments. Regular check-ups by experts and continue medicine intake wherever necessary especially in hypertension, heart diseases is essential to prevent further complications.

4. Neuro-psychiatric care- Due to reduced brain mass, nuclei degeneration, demyelination, senile changes in sense organs many ailments appear like dementia, depression, ataxia, Parkinsonism, insomnia, cataract, deafness, loss of memory, poor locomotion makes life miserable in old age. Caring family, friends, nutritious food, stress-free life is essential to prevent all these problems with Medhya rasayan, omega3 fatty acid capsules, dry fruits, nuts, dates, dairy products, Ashwagandha, Guduchi, Jatamansi like antioxidants supplements. Also Shirodhara, Nasya, sarvang snehan-svedan, Matrabasti like panchkarma procedures for timely detoxification and bio-purification are necessary for good results. To remain happy in any situation with engage of time in good activities is important. Many times loss of spouse, economical instability due to retirement, causes depression which needs emotional and financial support.

5. Bones and joints care- Disorders of bones and joints also make old age very panic and miserable. Owing to decreased bone mineral density, muscle mass, power, tone; increased degenerative changes interferes mobility. Common ailments are osteoarthritis, arthralgia, rheumatoid arthritis, spondylosis, fractures and dislocation, slip disc etc. To keep bone and joint healthy, regular stretching exercises, yoga, oil massage, external basti like janubasti, kati/manyabasti, walk are advised with intake of guggulkalp, prawalpanchamrit, Ashwagandha etc. Gait should be supported by stick or walker to avoid fall down.

6. Prevention of any chronic diseases- Early detection of any chronic disorder like cancer, Diabetes, heart problem, stroke,

Prof and HOD, MGACHRC, Wardha.

arthritis etc through every year's thoroughly check-up, blood investigations, Pap's smear, mammography, tumor markers, CT, USG etc is essential. Being positive, having healthy lifestyle, nutritious food, regular exercises, de-addiction, weight control etc are preventive tips for prevention and eradication of any chronic disorder. Taking anti-oxidants, flavonoids rich herbs, vitamins, minerals supplement in deficient condition, follow Achar rasayan, dincharya, ritucharya like interventions to keep body fit and fine.

7. Skin and appendages- Skin gets dry, thin, wrinkled due to loss of subcutaneous fat and sebaceous layer. This leads to dry itching/pruritis, skin infections, atrophic dermatitis, senile purpura, xerosis etc. Regular application of nimb/coconut/mustard/sesamum/olive oil, vitamin E/Wheat germ oil, /Aloe vera gel/ghee/ butter on whole body skin is beneficial to improve moisture and prevent these skin problems with early graying of hair and baldness. Have plenty of water, fluid intake to hydrate skin and improve Ras -raktavah strotas function.

8. Uro-genital care- Urogenital problems are also common in old age. The common factors responsible are reduced function of kidney, detrusor function, poor mucosal barrier leads to BPH-benign hypertrophy of prostate in males leading to complaints like increase urinary frequency, retention of urine, frequent UTI, incontinence etc. To prevent these entire problems one needs to maintain urogenital hygiene, pelvic floor exercises, day water intake to keep it flushed and sterile and regular check-up to avoid progress of disease. Use of

varunadi kadha, chandraprabha vati, shwet parpati, goksur, trinpanchmool kashay etc to reduce UTI, tone of bladder muscles is required. Early detection of malignancy through examinations and intervention is required.

Ayurved considered old age as natural phenomenon but chronic ailment makes it lifeless. Ailments can be prevented by good nutrition, regular physical activity, emotional, finance assistance, medical care at hand, assurance of social and spiritual health, definite goal and routine of life make it easy, happy to live in old age. The golden rule is to identify preventable and correctable causes occurring at physical, mental, social level and act accordingly to prevent complications.

Important component of preventive care in geriatrics is 'Replacement Therapy' to restore the poor or loss function of any part of body for example-Hormone replacement in perimenopausal problems, lens implant in cataract, denture, hearing aid, knee/hip or other joint or organ replacement, hair transplant etc. to make geriatric life comfortable.

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## STUDY OF OSTEOPOROSIS (ASTHIKSHAYA) AND ITS MANAGEMENT

Dr Kalpesh D. Ingale

Osteoporosis is a progressive systemic skeletal disease characterized by low bone mass and micro architectural deterioration of bone tissue with a consequent increase in bone fragility and to fracture.

Osteoporosis is major and growing public health problem in developed nations. Between

30% and 50% of women and between 15% and 30% of men suffer fracture related to Osteoporosis . Fracture of vertebrai bodies, the distal radius, proximal femur, ribs are common.

Osteoporosis can be categorized as primary or secondary. 1} Primary Osteoporosis represent two conditions

a) Type I osteoporosis

M.D . kayachikitsa Final year S.C.M. Aryangla Vaidyak Mahavidyalaya Satara, Under Guidance of Dr. S. R. Makhare (M.D.) Lecturer S.C.M. Aryangla Vaidyak Mahavidyalaya Satara,

characterized by loss of trabecular bone owing to estrogen loss at menopause.

b) Type 2 loss of cortical and trabecular bone in men and women owing to long term remodeling inefficiency, dietary inadequacy and activation of parathyroid axis with age.

2) secondary osteoporosis due to medication systemic illness

Causes of Osteoporosis :-

- o Older age
- o Multiple pregnancy
- o Lack of weight bearing exercise
- o Addiction of tobacco, alcohol etc
- o Malnutrition
- o Low estrogen level in women
- o Certain medications i.e. corticosteroids, heparin, phenytoin
- o Endocrine diseases hyperthyroidism, hypothyroidism
- o Sedentary life style

Sign and symptoms :-

Restless legs, leg cramps, joint pain, spinal movement difficulties, weight loss,

Osteoporotic fractures occur under slight amount of physical stress so, acute onset of back pain, loss of height, limited mobility, disability.

Risk of DVT, pulmonary embolism is more in immobilized patients.

Osteoporosis starts when one does not have enough solid Calcium and Phosphorus and steadily loss of their supporting protein framework.

To maintain the density of bone body needs enough Calcium and other minerals and must produce enough amount of several hormones. Including estrogen in women and Testosterone in Males. And adequate supply of vitamin D is needed to absorb calcium from food and to incorporate it into bones.

**Diagnosis :-**

Norm's Bant;

Mineral Density [ $> -1$ , Q)

Dual energy x ray absorptimetry (DXA) is considered the gold Standard for diagnosis of osteoporosis. Diagnosis is made when the bone mineral density is less than or equal to 2.5

standard deviations below that of young adult reference population. This is translated as a T score. The WHO has established diagnostic guidelines as T score  $-1.0$  or greater is normal, T score between  $-1.0$  to  $-2.5$  is low bone mass or osteopenia and  $-2.5$  or below as osteoporosis. Pathogenesis:-

Imbalance between bone resorption and bone formation. either bone resorption is excessive or and bone formation is diminished. Bone matrix is manufactured by the osteoblast cells whereas bone resorption is accomplished by osteoclast cells.

Trabecular bone is the sponge like bone in the center of long bone and vertebrae. cortical bone is the hard outer shell of bones. Because osteoblasts and osteoclasts inhabit the surface of bone.

It is an accumulation of fractures in trabecular bone that are incompletely repaired and that lead to the manifestation of osteoporosis. Glucocorticoids hormones causes osteoclast activity to increase causing bone resorption. Calcitonin, estrogen,

and testosterone increase osteoblast activity causing bone growth. Physical activity causes bone remodeling. people who remain physically active throughout life have lower risk of osteoporosis. Complications of osteoporosis :-

Fractures - vertebra! compression fractures, sacral insufficiency fracture, hip fracture, wrist fracture.

Immobility, disabilities > loss of joint movements and functions DVT, pulmonary embolism secondary to immobilization. Treatment :-

Most of the medications used to treat osteoporosis are also used to help to prevent it, they include

- o Hormones replacement therapy estrogen and/or progesterone.
- o Calcium and vitamin D
- o Calcitonin
- o Selective estrogen receptor modulators (SERMs)
- o Recombinant DNA Parathyroid hormone.

**OSTEOPOROSIS ANAYURVEDIC APPROACH**

Osteoporosis may be compared with the

depletion of Asthi Dhatu (Asthi dhaatu kshaya). Compactness of bone tissue is essential for supporting the body (dhaarana) by its framework. Individual with excellence of bone (Asthi saar Purusha) is characterized with prominent and well formed bony parts, teeth and nail and possesses qualities like hard working, enthusiasm and tolerance extreme physical activities.

According to Ayurveda bone is formed from fat (Medas) it is formed by transformation of fat into compact form by virtue of the action of metabolic heat or fire (ooshma) present in fat itself upon the gross elements (mahabhootas) like earth (prithvi), water (Jala), air (Vaayu) etc. Pathology of osteoporosis (Asthidhatukshaya) :-

Different pathological types cause diminution of Asthi dhatu

A. Endogenous (Nija)

1. Reduced formation of the primary nutrient tissue (rasa dhaatu)
2. Abnormalities (vikrti) of the metabolic fire of bone tissue (asthi dhaatvagni)
3. Hypo activity (asthi dhaatvagni maandya)
4. Hyperactivity (asthi dhaatvagni atitaikshnya)
5. Hypo active bio fire of fat tissue (medo dhaatvagni mandya)
6. Diminution of marrow (majja dhatu) i.e. majja kshaya.

B. Exogenous (Aagantu)

1. Trauma (abhighaat) Osteoporosis is seen in under nutrition with reduced calcium intake in which the first tissue that is the essence of food (rasa dhatu) is not properly formed. Asthi dhaatvagni mandya cause reduced metabolic activities in bone tissue which leads to abnormal increase of bone tissue (Asthi dhatu vrudhi), abnormal osteophytes, irregularities in the secretions of parathyroid hormone. Asthi dhaatvagni atitaikshnya leads to increased transformation of bone in to subsequent tissues resulting in depletion of bone tissue. Conversion of bone calcium to blood calcium leading to osteitis fibrosa cystica in hyperparathyroidism. In conditions like Paget's disease

the pathology is characterized by gently accelerated remodeling process in which osteoclastic resorption is massive and new bone formation by osteoblast is extensive. As a result there is an irregular thickening and softening of bone.

The sluggishness of the tissue fire of fat (medo dhaatvagni maandya) leads to increase of fat (medo vrudhi). This causes sthaulya as well as osteoporosis. Generalized osteoporosis with osteoarthritis of the weight bearing joints like spine, hip and knee are very common in obesity. Similar conditions in hypothyroidism, estrogen deficiency are present.

Irregularity in prior tissue can also lead to the depletion of bone tissue (asthi sushirya) is found in depletion of marrow tissue (majja kshaya). The vitiation of the humor vaata in bones and marrow (asthi majja gata vata) can also lead to osteoporosis.

In Exogenous type Trauma (abhighata, atisamkshobha, atavighattanaat) leads to depletion of bone (asthi kshaya). An acute trauma may cause fracture which is a possible cause for osteoporosis in future. Chronic type of trauma is evidenced by stress fracture, osteoarthritis of knee seen in old age and in individual with jobs demanding excessive walking etc. Symptomatology of asthi kshaya :

Osteoporosis is characterized by the following symptoms.

1. Falling of teeth, body hair (roma), hair of scalp, nails (nakha) etc.
2. Dryness (rauksya)
3. Roughness (paarushya)
4. Recurrent dislocation of joints (Sandhi shaithilya)
5. Pricking pain in bones (asthi toda)
6. Desire for consuming meat attached to bone (asthi baddha mansa abhivaasha)

Hair fall, falling of teeth, irregular nail growth, dental caries etc. are evident in reduced calcium intake and metabolism. Patients of osteoporosis also exhibit these features in the early stage itself. Dryness and roughness of skin is also common. This is a symptom of aggravated vaata. Cracks in soles and palm are very often seen in individuals with



osteoarthritis. It is worth to remember the utility of the ghee preparation Tikta ghruta in osteoporosis, falling hairs as well as cracks. Looseness of joints (sandhi shaithilya) explains the reduced compactness of bone and allied materials in joints. Management of asthikshya (osteoporosis):-

The management of osteoporosis depends on its pathology.

Enema made from bitter medicine (tikta rasa siddha ksheer vasti) is an important choice in management of osteoporosis. Bitter taste usually aggravates vaata. But processing (samskaar) bitter materials in combination with milk, ghee etc. converts their pharmacological properties and enables them to promote osteogenesis, by combination of properties like snigdhatva, shoshnatva,

kharatva (solidity). Here this therapeutic application creates the same atmosphere as in transformation of bone from fat. When snehaguna of milk and ghruta are subjected to drying by bitter taste solidity and hardness are achieved. So milk enema having in gradients of tikta ghruta, milk boiled with five bitters (pancha tikta kshir basti) are commonly

practiced in disease like osteoporosis.

The sluggishness of tissue fire of fat tissue (medodhatvagni maandya) leading to increase of fat and depletion of bone. Drugs like guggulu, bhallataka, sallaki, varunaadi kwatha and guggulu tikta kwatha are commonly used owing to their lipolytic and osteogenic properties. Certain drugs directly promote bone formation . lac (laakha), cissus quadrangularis (asthi shrankhala) are best examples. If depletion of marrow leads to osteoporosis, treatment should be aimed at correcting the depletion of marrow (majja kshaya). Potentiated fats with repetitive processing (aavartita sneha) like ksheer bala etc are used for purpose when vaata is aggravated in bone and marrow (asthi majjagat vaata) showing clinical features of joint pain (sandhi shoola), weakness (balakshaya) external and internal administration of fat is advised. Whole body and regional irrigation therapy (sarvaanga dhara & ekanga dhara), internal unction (sneha paan), palliative and eliminative treatments (shaman & shodhan) can be done.



## **PUSHYANUGA CHURNA & ITS EFFECT ON PRADARA VYADHI**

**Dr. Sanmati. J. Kurundawade**

### **INTRODUCTION**

A dry powder filtered through a fine cloth is called as Churna. Sharangadhara explained 'Churna is simple but refined way. According to him it is a fine powder of completely dried drug/drugs which is filtered through cloth. Shushka kalka, Shushka pista, Ksoda, Raja are the paryaya padas. Three types of Churnas are explained in ayurvedic Granthas. These are Sthula churna, Sukshma Churna, Atyantasukshma Churna. Guda Sarkara, Hingu, Ghruta, Tail Madh, Dugdha & jala are Prakshepaka drayas.

The drug taken in completely dry form should be pounded well in Ulukhala Yantra (pounding machine) and sieved through different sized sieves as per the need & use. Now a days Pulverisers disintegrating machines etc are used for the preparation of powder.

Churnas used as main medicament in the treatment of many diseases ex: Talisadi Churna, Hingvastaka Churna, Pushyanuga Churna, etc. Churnas are used to prepare Vati, Avaleha, Arka, Kashaya, Hima Phanita, Snehs, Ksheerapaka, Asavaarista preparations etc. Churnas could be used as adjuvants ex: Suvana Bhasma with Trikatu Churna, Abhraka Bhasma with Talisadi Churna.

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6 months & 2 months are shelf life period of Churna ( sharangadhara). 1 karsh =12 gms is the general dose of Churna.

### **PUSHYANUGA CHURNA**

It is one of the important churna kalpana specially mentioned by Charaka in Chikitsa sthana under the heading of Yoniyapat chikitsa Adhyaya 30th chapter. We also get the reference in Bhisajya Ratnavali Pradara Roga.

Patha seed pulp of Jambu and mango saileya, rasanjana, ambasta exudation of salmali, lajjalu, bark of kutaja, balhika, ativish, bilva, musta, lodra, gairika, aralu, maricha, shunti, mrdvika, rakta chandana, katphala, indrayava, ananta, dhataki, madhuka, and arjuna- all collected in Pushya constellation in equal quantity should be made in to fine powder which should be taken with honey followed by Rice water.

It is useful in piles, diarrhea and bloody stools. It also destroys the diseases of children caused by doshas or extraneous factor. It removes forcibly the defects of genital tract menses and discharges as white blue yellow blackish and reddish. This powder known as Pushyanug honoured by Atreya is efficacious. Thus Pushyanuga Churna.

### **PRADARA**

Pushyanuga churna is useful in diseases like Pradar vyadhi in females due to its Sthambana properties. There are two types of Pradara vyadhi-Rakta pradara & Sweta pradar. Sweta Pradar is characterized by white discharge from the vaginal route and in Rakta Pradara, it is excessive bleeding through the same route, which is much more during menstruation. Pushyanuga churna proves to be useful in both these conditions as it effectively stops the Attyadhika srava.

In Rakta Pradara vyadhi due to the prakupita dosha, attyadhika Rakta dhatu enters Garbhashayagata sira thus increasing the quantity of Rajas. This increased Ashruk (Blood) comes out through the Yonimarga & is known as Rakta pradara.

Due to the presence of Rakta pachaka and sthambaka Vanaspati drugs Pushyanuga Churna is effective in Raktagata Dosha Pachana & Sthambana karya. Excessive menstrual bleeding is some times seen due to Garbhashaya Shaithilya. In such situation, the Kashaya Rasatmaka Dravyas of Pushyanuga Churna not only help in Rakta sthambana, but also reduce the Shaithilya or laxity of the uterine walls.

Mashi Mashi Rajaha Streenaam!! Raja srava that takes place during every menstrual cycle is accompanied with Streebeeja or streepushpa. Many a times scanty Rakta or Sweta srava continues even after the menstrual cycle is over. Churna that controls the srava that fallows after the discharge of Pushpa or Pushya from the body is known as Pushyanuga Churna.

### **Conclusion**

Pushyanuga Churna is time tested remedy for Pradara Roga, we can prescribe this result oriented medicine in the conditions of Non specific leucorrhoea, Post IUCD leucorrhoea, Leucorrhoea associated with PID ( pelvic Inflammatory Disease), Churna with its styptic and astringent properties and haemostatic action helps in effective management of bleeding disorders in females.



## **OBITUARY**

1. We regret the sad demise of **Dr. Arvind C. Mehta** LM of NIMA Mumbai Dist. Branch on 14<sup>th</sup> November 2013. He was well wisher of NIMA.
  2. We deeply regret the untimely demise of **Dr. Jayant Shah** on 12<sup>th</sup> December 2013. he was renowned Ophthalmologist from Chembur, Mumbai son of Dr. Pravin R. Shah our Life Member of NIMA also well wisher of NIMA.
- May their soul rest in peace.

**Mg. Editor**

## Doctors...! Golden Opportunity



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## ASSOCIATION NEWS

Edited by : Dr. Rajan Joshi,

### **NIMA HARYANA STATE BRANCH NIMA Bhiwani City Branch**

Dr. Naveen Kokcha Honored by "Physically Challenged Cricket Association For Disabled - INDIA On World's Disabled Day 03.12.2013 , Dr. Naveen Kokcha ( President NIMA Bhiwani City ) Organized T20 Match for Disabled between INDIA Vs.. PAKISTAN at Tau Devi Lal Stadium , Gurgaon . In this Match India beats Pakistan and became Champion.



### **Condolence**

We , the Member of NIMA BHIWANI CITY express our heart felt Condolence at the Sad and untimely demise of Grand Father ( Sh. Mai Lal Kashania 85 Year's ) of Vice President NIMA Bhiwani City - Dr. Ravinder Kashania.

We Pray to Almighty to Grant Peace to the departed soul and enough strength to the members of the bereaved family to bear the irreparable loss with fortitude and equanimity.

With Deep Sorrow and Grief.

**Dr. Naveen Kokcha**  
President NIMA Bhiwani,  
City Branch

### **निमा मध्यप्रदेश राज्य शाखा**

छतरपुर शाखा के वर्ष २०१३-१४ के लिए चुनाव कराये गये। अध्यक्ष डॉ. जे.पी. चौरसिया सचिव डॉ. विजय

सक्सेना कोषाध्यक्ष डॉ. यू.एस. श्रीवास्तव चुने गये।

राजगढ़ (ब्यावरा) जिला शाखा के चुनाव में अध्यक्ष डॉ. के.के. मिश्रा सचिव डॉ. आर.पी. आर्य कोषाध्यक्ष डॉ. बी. के. अग्रवाल चुने गये।

गुना शाखा के चुनाव में अध्यक्ष डॉ. निलेश माहोर सचिव डॉ. अशोक कुशवाह व कोषाध्यक्ष डॉ. मनोहर गर्ग चुने गये।

भिंड शाखा के चुनाव में अध्यक्ष डॉ. सुरेश बंसल सचिव डॉ. देवेन्द्र शर्मा कोषाध्यक्ष डॉ. रमेश जैन चुने गये।

बीना शाखा के चुनाव में अध्यक्ष डॉ. सनमत जैन सचिव डॉ. सुरेश सहानी व कोषाध्यक्ष डॉ. कोगनोलकर चुने गये।

ये सभी शाखाये पिछले कुछ वर्षों से निष्क्रिय थी। प्रात्नाध्यक्ष डॉ. महेश गुप्ता व महासचिव डॉ. आर. के. कावडिया के प्रयासों से ये शाखाये सक्रीय रूप से कार्य करने लगी है।

**डॉ. आर.के. कावडिया**

महासचिव, एन.आय.एम.ए.

मध्यप्रदेश राज्यशाखा

### **NIMA PUNJAB STATE BRANCH**

#### **NIMA Jalandhar Branch**

#### **NIMA Jalandhar Sports meet**

NIMA Jalandhar organized sports meet under the presidentship of Dr. Vishal Bhanot from 29th November to 1st December. Events such as badminton, table tennis, carom, chess, cricket football, relay race were organized.

Dr. N. K. Sharma won the above 45



badminton final, Dr. Rattan Sharma won below 45 badminton final, team of Dr. Rattan Sharma and Dr. Satbir Singh won badminton doubles final, Dr. IPS Sethi won table tennis final, Dr. Dinesh Sharma won chess final, Dr. Reminder Sidhu won carom final.

Secretary 11 defeated president 11 in T20 cricket tournament, president 11 won relay race as well as football tournament. Dr. S.P. Dali a secretary led secretary 11. Dr. P. K. guglani vice president gave away prizes to the winners.

#### **Dr Vishal Bhanot**

Joint Secretary NIMA CC  
President NIMA Jalandhar  
Press Secy NIMA Punjab  
Mobile : 91-8146100500  
Fax : 91-181-4639108

#### **NIMA Ludhiana Distt. Branch**

Red Ribbons Pinned-Up as a symbol of fight against HIV AIDS/AIDS.

A movie on AIDS awareness, by BSF & UNAIDS, "Saavdhaan", was screened.

Dr Surinder Gupta President AASHA TB Projects and Secretary NIMA Ludhiana said that An Awareness Activity was Organised to Mark "World AIDS Day", at Dr Surinder Gupta Clinic.

Team of ATP and NIMA Ludhiana, led by Dr Surinder Gupta, Dr Rajesh Thapar, Dr Satinder Kakar, Dr Rahul Jain, Mr Nariner Kumar, Mr Purshotam Dass, Mr Nirakar & Rakesh Pinned-up "Red Ribbons" (The Symbol of Awareness and Resolve to fight it out with this deadly HIV virus), on Patients and Passerby people. People were informed about the importance of HIV /AIDS awareness. People were asked to:-

\*keep vigil whether you're being given Sterilized and Virus-free, Injection, Surgical procedure, Blood Product Transfusion, etc. \*Remain loyal to your



partner. Get blood test for HIV and other viral Markers for infectious diseases, done. It helps to start treatment options in the initial symptoms free stage of the disease.

\*as per guidelines, all TB patients should be tested for free HIV test. Because they're at increased risk.

A movie on AIDS awareness, by BSF(Border Security Force and UNAIDS, named "Saavdhaan", was screened to educate people, regarding HIV/AIDS. The film carried a great message including causes, symptoms, treatment and prevention of HIV /AIDS.

#### **- Dr Surinder Gupta**

Secretary NIMA Ludhiana.

Mo.:9417520783

drsuredragupta@gmail.com

#### **NIMA UP STATE BRANCH**

##### **1. NIMA Meerat Branch**

A meeting of Act amendment committee was held at hotel Mayur Deluxe Meerut on 10th Nov. 2013. Dr. Ashwini Sharma (as convener) convened the meeting with prior consent of Dr. U S Pandey (Secretary State Council), Dr. Ashish Mishra (President UP), Dr. R. K. Yadav (Chairman Act amendment committee) & Dr. Kailash Tripathi (to come as chief guest). Alongwith above mentioned office bearers all the members and permanent special invitees of committee were duly invited for the



meeting Dr. Luxmikant Vajpayee (Patron NIMA Meerut Senior NIMA Meerut Member, MLA & State Chief of BJP) graced the occasion and exhorted all NIMA members to work to achieve the desired Goal.

Dr. Ashish Mishra, Dr. Arunesh Vajpayee (Co convener Act amendment committee), Dr. S. P. Asthana (Hardoi), Dr. V. V. Sharma (Rampur), Dr. Sanjay Bhatnagar (Dhampur), Dr. Sudhanshu Sharma (Bijnor), Dr. Wajahat Hussain (Amroha), Dr. V. D. Bhardwaj (Muzaffar nagar), Dr. Ravindra Singh (Dhampur), Dr. Shadab Aslam (Amroha), Dr. D. K. Vashistha (Hapur) & Dr. Irshad Ahmad (Hapur) were among the prominent members who attended. Additionally we obtained view points of following members telephonically; Dr. Vinod Kumar Gupta (Saharabad), Dr. R. K. Tyagi (Ghaziabad), Dr. R. K. Purwar (Kanpur), Dr. Madhusudan Mishra (Deoria), Dr. Shabbir Ahmed (Man), Dr. Devendra Mishra (Bareilly), Dr. K. K. Khanna (Sahanpur), Dr. R. K. Shrivastava, Dr. Rajeev Asoka (Ghaziabad), Dr. S. P. Pathak (Lalitpur), Dr. S. K. Verma (Maharajganj), Dr. Anoop Singh (Mirzapur), Dr. Kailash Maurya (Madhuban), Dr. Shrikant Verma (Etava), Dr. D. C. Srivastava (Sultanpur), Dr. K. N. Mishra (Jhansi) & Dr. B. B. Singh (Azamgarh) who failed to reach due to various reasons including nonavailability of railway reservation due to Chhat

festival coinciding.

It was unanimously resolved after a very healthy discussion that we should make a concerted effort for Act amendment (United Provinces Indian Medicine Act 1939 our own state Act). Going to court should be avoided as hon'ble supreme court has already ruled on the issue emphatically in Mukhtiar Chand verdict. Every MLA Should be approached with a common memorandum to be made available with each branch, by Act amendment committee.

Dr. Luxmikant Vajpayee also guided us on the same lines & added that as the matter is under consideration of "Aashwasan Samiti" (committee) appointed by state assembly for the purpose, we should refrain from going to court as well as any "on road agitations". We should try & convince each and every MCA, MLC, irrespective of which party he/she belongs to.

Meeting was hosted by NIMA Meerut branch. Dr. Yash Pal (Secretary), Dr. Akhilesh Sharma (President), Dr. S. N. Sharma, Dr. Nagendra, Dr. Subroto Sein, Dr. Suneel Jain, Dr. Dinesh Mangic (V. P. State Council), Dr. I. P. Singh, Dr. Santosh Sharma, Dr. H. K. Sharma, Dr. O. P. Sirohi, Dr. Raj Kumar Singh & Dr. Amrish Sharma took Part in the discussion Among others from the host branch.

**- Dr. Ashwani Sharma**

Conver-Act Amendment Committee  
NIMA Meerut Branch.

### Donation

We thank Dr. Naveen Kokcha Bhiwani for Donating Rs. 1100/- on his Birthday on 5th December. We wish him belated Happy Birthday

Mg. Editor





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