



E NEWS LETTER



“Jay Jalaram – AYU PARIWAR” “Jay Jalaram – AYU PARIWAR”

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- Mr. Brijesh Chaudhary (F.Y.B.A.M.S.)
- Mr. Jalu Kapil (F.Y.B.A.M.S.)

- **Patron Message-** It gives me immense pleasure to know that Jay Jalaram Ayurvedic Medical College is going to publish E – News Letter “Jay Jalaram Ayu Pariwar” I congratulate whole team of Jay Jalaram Ayurvedic Medical College for their this new initiative. I hope that this E-News Letter will add knowledge and wisdom among the teacher and students of Ayurveda.

Dr. Vijay Patel, President Purna Charitable Trust.

- **From Editor’s Desk** – It’s my great privilege to introduce “ Jay Jalaram Ayu Pariwar – E News Letter” , this is our small initiative to begin with & I wish in coming days new feather will add to crown.

Since the beginning of this institute I am associated in different roles and the bonding with Jay Jalaram Ayurvedic Medical College & its management. This boosts me to lead in positive direction with team of youngsters.

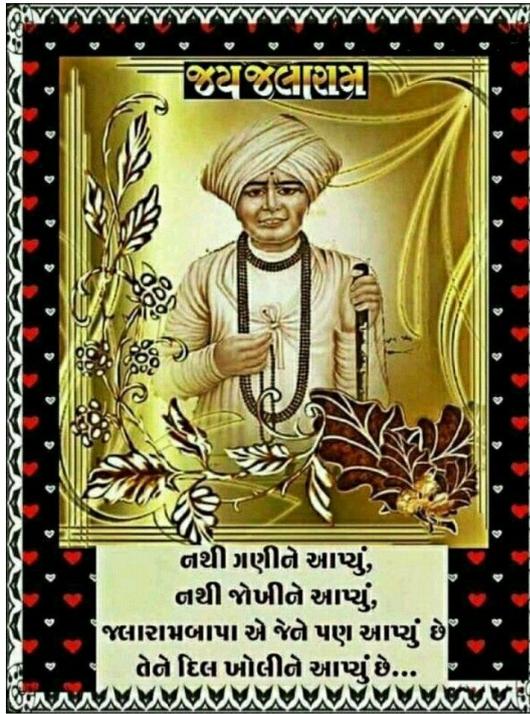
As a part of educational institute Jay Jalaram Ayu Pariwar will provide a platform to our faculties, students and all our well wishers with different columns. This is a unique approach in the form of news letter giving first priority to student’s column & also a bite of our well wishers from guest window. This may be a sweet or sour bite but appreciations as well as critiques both have equal importance in coming year to improve our self. Never the less our teaching faculties as well as our consultant doctors will share their views, experiences, research paper & also case studies in service of

mankind & show a path for our young students & to taste, realise, practice of Ayurveda after completion of studies & experience proud to be Ayurvedian in the world of Medical arena. Hope you all eagerly wait for our next issue & your thrust remain alive and we all Jay Jalaram Ayu Pariwar will commit to bring up dates & our progress before you.

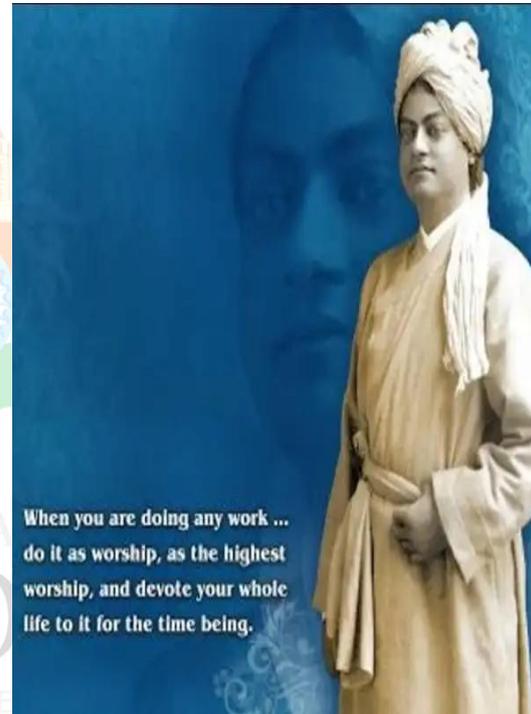
Best wishes are boosting energy to us.

At this juncture special thanks to Shri Dr. Vijay Patel - Our patron & all our JJAMC team. Back bone of this design & timely display of our news letter – we do remember Mr. Raj Zala for his special interest to publish in time.

Blessing



Inspiration



- **Institute News :**
- Smt. Damyantiben Patel Ayurved Hospital attached with Jay Jalaram Ayurvedic Medical College converted in to Dedicated Covid Health Centre (DCHC) by district administration from 27th July 2020 to 31st December 2020
- Management of Jay Jalaram Ayurvedic Medical College has donated 2 lac rupees in PM care fund during the Covid-19 period.
- Jay Jalaram Ayurvedic Medical College had distributed Ayurvedic immunity buster drugs in the Panchmahal district.
- Jay Jalaram Ayurvedic medical college has adopted Five nearby villages and conducting free medical check up camp and giving free Ayurvedic treatment to the patients.
- Jay Jalaram Ayurvedic medical college has arranged Blood Donation Camp on Republic Day 2021.

ARTICLES

From Students

Review article of Vamana Karma Procedure and Importance

Article by

1) Miss Sanjana Patil (F.Y. B.A.M.S.)

2) Miss Shruti Patel (F.Y. B.A.M.S.)

Guided by

Dr Supriya Bankar (M.D. Ayu)

Assistance Professor, Kriya Sharir

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The main goal of Ayurveda is maintaining the health of a healthy person by preventing him from illness. This immortal science not only looks into cure of disease, but gives prime importance to the prevention of disease and hence maintain a state of equilibrium of all factors within the body and entire universe. Ayurveda practices on the theory of Vata, Pitta and Kapha. Panchakarma is professed for eliminating the vitiated Doshas from the body. Specific therapy such as Vamana amongst the Panchakarma is practiced for Kapha Dosha, This therapy is preventive, preservative, promotive, curative and rehabilitative. Vamana Karma means to persuade therapeutic vomiting or expelling out the contents of the stomach including vitiated Doshas through oral route, which is indicated for the purification of Urdhwa Bhaga (upper part) of the body it is main sthana of Kapha Dosha. For eliminating the vitiated Dosha, Ayurveda has emphasized to practice these therapies. The act or the action of expelling the impurities i.e. vitiated Doshas through the upper channel is known as Vamana (emesis).

Panchakarma, before performing any other karma, "Vamana Karma" has to be done first. The reason behind keeping Vamana ahead of Virechana is that, if Virechana is executed without Vamana, it causes the heaviness or might produce Pravahika because the provoked Kapha descends to Grahani and covers it.

- The best line of treatment for the Kaphaja disorders is Vamana Karma which is the best time for Vamana (emesis in spring season) According to Ayurvedic classics, Vamana procedure is specified for the expulsion of Kapha Dosha. Kapha Dosha is exasperated in Vasant Ritu; hence, Vamana is specified in spring season roughly in the month of March and April.

Vamana karma

The main procedure can be classified as:

1. Purva Karma
2. Pradhana Karma
3. Pashchata Karma

Purva Karma (Pre-operative preparation)

Pachana and Deepana (digestives and appetizers)

- Before starting snehapana Deepana and Pachana drug are given to increase Jatharagni and lightness of body.

- Pachana dravya like Trikatu Churna, Panchakola Churna, Agnitundi Vati,

Chitrakadi Vati etc. can be used for this purpose.

Abhyantara Snehana:-

Shuddha Ghrita or Siddha Ghrita give in increase dose for three to Seven days as per the requirement till achieving the signs and symptoms of proper Snehana. After Abhyantara Snehana on next day, do Abhyanga with Tila Taila followed by Sarvanga Swedana. Dietetic guidelines during Purva Karma

♣ Diet during the days of Snehana Individuals are advised to intake ample amount of liquid and warm food, easy to digest mixed with little fat. It is neither sticky nor complex. Also one is instructed to drink lukewarm water.

♣ Diet on previous day of Vamana Heavy diet like plenty of milk, curd, sweets and Khicadi made from rice recommended to an individual.

Pradhana Karma (Induction of Vamana):

1. Induced Vamana in the early morning.
2. Ask the patient to sit in a comfortable Vamana chair of the height of knee joint.
3. Record Pulse and blood pressure before, during and after the Vamana Karma.
4. Ask the patient to drink milk full of stomach (Aakanthapana)
5. Then give the Vamana Yoga to the patient.
6. Keep a wide mouth vessel ready to collect the vomitus.
7. Then instruct the patient to vomit without straining.
8. The urge may be excited by opening wide the lips, the palate, the throat and by slightly bowing the upper part of the body.

9. The dormant urge may be excited by tickling the throat with two well manicure fingers.

10. In the course of emesis when actual bout is being thrown out, forehead and chest of the patient is held, umbilical region of the patient is pressed and back of the patient is gently massaged in upward direction.

11. According to the classical texts, evaluate the Vamanabased on Pravara (highest), Madhyama (moderate) and Hina (lowest) Shuddhi (cleansing).

Pashchata Karma (Post-operative care)

1. Keep the patient under observation After Vamana Karma and put the patient on special diet until they achieve Agnideepti and Bala.

2. Advise Dhumapana and Gandusha after Samyaka Vamana.

3. Wash mouth, hands and feet after Vamana and take rest for an hour.

4. Advise to avoid loud speeches, sitting or standing in one position for long duration, excessive walk, excessive rage or excessive depression, exposure to excessive cold, heat, dew, to flowing winds, long journey, night waking, day sleep, to retain or provoke urges. Frequently, untimely, excessive, less, contradictory and also avoid heavy diet.

Samsarjana Karma: special dietetic scheduled is prepared according to person to person on its agni conditions

ASSESSMENT CRITERIA:- Assessment of proper vaman is don on basis of Vegiki criteria, Maniki criteria, Antiki criteria, Laingiki criteria:

It is on the basis of positive signs and symptoms produced after Vamana.

BLOOD DONATION BENEFITS

Article by
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Guided by
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Assistance professor Roganidan Department

Blood donation refers to a practice where people donate their blood to people so it helps them with their health problems. Blood is one of the most essential fluids of our body that helps in the smooth functioning of our body. If the body loses blood in excessive amounts, people to get deadly diseases and even die. Thus, we see how blood donation is literally life-saving which helps people. It is also a sign of humanity that unites people irrespective of caste, creed, religion and more.

In order to raise awareness about this life-saving procedure, the world observes 14th June as Blood Donor Day. It promotes blood donation and urges people to save lives by donating blood. Furthermore, this day is quite an important day as it makes people about safe blood. People need to know the basics to be able to donate blood. For instance, there are certain criteria one must fulfill to donate blood. Not everyone knows that. Thus, this day helps in doing so. Most importantly, on this day, the WHO organizes a campaign that invites people to donate blood. A person eligible to donate blood must fall in the age bracket of 18-60 years of age. They must weigh more than 50 kgs and have sound health. People suffering from diseases like diabetes, hypertension and more cannot donate blood.

Therefore, on World Blood Donor Day, they also appreciate blood donors for their

contribution to making the world a better place.

Benefits of Blood Donation

As we all know by now, blood donation has a lot of benefits. Why a person requires blood has various reasons. It may be an illness or also an accident, nonetheless, it is important. The blood that we donate helps a person in need. It enhances their health condition and makes them overcome their critical situation. In other words, blood donation does not simply help that specific person but also contributes to a responsible gesture towards society. Moreover, it also enhances the health of the donor. As the cell depletion allows a way for production, not new cells that freshen our body system. Furthermore, it also revitalizes our body for better health. Next up, a single blood donation helps at least three people in need. Thus, imagine how one donation can make a difference in so many people's lives.

In addition, blood donation makes the work of blood banks easier. It stabilizes their collection which helps other people get blood urgently. The demand is still higher than the supply in blood banks, so we must donate more and more of it to help people. Other than that, blood donation also helps us know about our bodies. As a blood donation requires a preliminary health check-up, we get a complete diagnosis. It makes us aware of the levels of iron, hemoglobin, cholesterol and more. Thus, we see that blood donation is an important procedure in saving human life. It is a great initiative that must be encouraged everywhere.

Glimpses.....

Free Medical Camp
at Rampura on 03/01/2021



Free Medical Camp
at Veganpur on 10/01/2021



Free Medical Camp
at Kakanpur on 24/01/2021

