



E NEWS LETTER



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

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Patron Message- Glad to see numerous activity in JJAMC like Gurupurnima Celebration etc.Suvarna prashan camps organise on every Pushyanakshatra. I appreciate all faculties efforts toward work and dedication and enthusiasm of students for any event along with study.Yagya in hospital and college give us a great energy to start new work. I want to say Best of Luck to our students for upcoming university exam.

Dr. Vijay Patel, President Prerna Charitable Trust.

From Editor's Desk –

The Immortal Guduchi

Upon translation of its name, it becomes obvious that the herb Guduchi plays a significant role in the Ayurvedic medicine chest. In Sanskrit, Guduchi means “that

which protects the body from diseases” and points to a Hindu myth that praises the Guduchi herb for offering the gift of life and keeping celestial beings eternally youthful.



In the epic myth of Ramayana, Ravana, the demon king of Lanka, kidnaps Sita, the wife of Lord Rama. In a great war, Rama and his army of monkeys and bears fight a bloody war, eventually slaying the evil Ravana on the battlefield. Upon surveying the carnage, Lord Rama says a special prayer, asking Indra to resurrect all of his mortally injured animals. Indra hears and grants his wish by sprinkling nectar from the heavens, which resurrects the animals.

And wherever this nectar fell is where the Guduchi plant began to grow.

In Ayurvedic medicine, Guduchi is one of three Amrit plants, alongside Garlic and Haritaki. The Sanskrit term “Amrit” means “nectar” or “ambrosia.”

Achieving Balance Between the Doshas

As the story goes, the blessing of Lord Indra caused Guduchi to grow abundantly throughout tropical India. It resembles a large, climbing shrub with green, heart-shaped leaves, and is categorized as *rasa*, or bitter and astringent, and as *virya*, meaning hot; and it is known to have the *karma* (action) of kindling digestive fire. As such, Guduchi pacifies all three doshas — Vata, Pitta, and Kapha. Dr. Sing wrote that *The Ayurvedic Pharmacopoeia of India*, published by the Government of India, mentions Guduchi’s Kapha and Pitta pacifying properties by virtue of its bitter and astringent taste. The Guduchi plant’s sweet, post-digestive effect balances Vata and Pitta doshas and provides overall nourishment to the body.

Ayurvedic practitioners down through history have found Guduchi useful for inflammatory conditions, such as eye, urinary, skin, respiratory and digestive disorders caused by Pitta’s excessive systemic heat. Due to its anti-inflammatory properties, the plant is also useful for Vata conditions that may affect joint health, cause chronic pain and discomfort, lead to skin and digestive issues, and cause spasms.

Guduchi in Ayurveda

Guduchi is known in Ayurvedic medicine for the power to detoxify, rejuvenate, boost the immune system, and more. This

popular adaptogenic herb is thought to prolong life and was recognized by ancient *rishis* of the Vedic era in the classic healthcare text, the revered *Charak Samhita*, written by Maharishi Agnivesha.

Charaka, an ancient Ayurvedic sage, classified Guduchi under a group of herbs that are *vaya*, pertaining to age, and *sthapana*, pertaining to the restoration of life and health. Charaka categorized this group of four herbs as medhya rasayana — plants that restore intellect, cognitive function, and memory. The other three medhya rasayana herbs besides Guduchi are Gotu Kola, Yashtimadhu, and Shankhapushpi.

Modern science has identified many active herbal ingredients of Guduchi that are partly responsible for the plant’s multitude of health benefits. Among other important constituents, included are alkaloids, glycosides and lactones. These active compounds, say researchers, have the ability to regulate the immune system and physiological functions of different types, thereby demonstrating the amazing versatility of Guduchi.

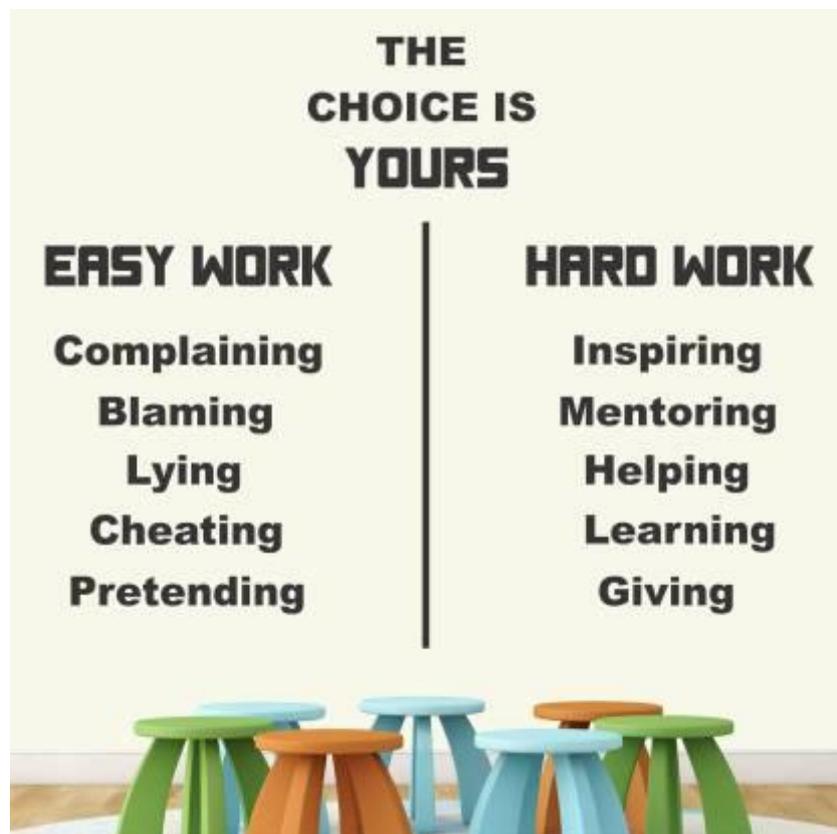
Guduchi features many medicinal properties known to scientific researchers, including the following:

- Ability to balance blood sugar
- Relieve fever and spasms
- Fight inflammation
- Carry out antioxidant functions
- Promote joint health
- Calm allergic reactions
- Reduce stress
- Protect the kidneys
- Support the immune system

Modern Guduchi Benefits

Researchers reporting in the National Institutes of Health have noted that the pharmacological actions attributed to Guduchi in Ayurvedic texts have been validated by a remarkable body of modern

evidence, which suggests that this biochemical-rich plant has immense potential in modern healing modalities. The preponderance of stress-related health issues, nutrient-deficient diets, and insufficient rest that we experience today makes this ancient herb more than relevant in our era.



ARTICLES

From Faculty

World Nature Conservation Day

Dr. Megha Patel | Assistant Professor | Dept.of Panchkarma |Jay Jalaram Ayurvedic Medical College,Shivpuri.

“Look deep into nature, and then you will understand everything better.”

Celebrated on July 28 each year, the World Nature Conservation Day acknowledges that a healthy environment is the foundation for a stable and healthy society. To ensure the well-being of the present and future generations, we all must as responsible human beings participate in protecting and conserving our nature.

The World Nature Conservation Day is widely known yearly on July 28. At the present time is widely known to elevate consciousness about defending nature and conserving our pure sources. Yearly, World Nature Conservation Day is noticed on today with a major theme highlighting the significance to preserve and protect nature. With totally different goals, organizations and governments round the world give you distinctive concepts to have fun the day. World Nature Conservation Day 2021 date is July 28, and this 12 months, digital celebration is being promoted by environmentalists. As a result of this 12 months, we're battling a pandemic, a worldwide theme as such has not been determined. On this article, we convey you World Nature Conservation Day 2021 date, historical past and significance to enhance consciousness on defending our pure sources.

Yearly, World Nature Conservation Day is widely known on July 28. There is no such thing as a clear clarification as to why this date was chosen to have fun the day. This 12 month too, World Nature Conservation Day is noticed on the identical day, which is at present. Yearly, a unique theme is determined by organizations and environmentalists. Since we're presently in the center of a pandemic, no theme as such has been introduced, however the significance of practicing to defend pure sources stay. **Thoughts-Boggling Info About Nature That Will Depart You in Awe of Our Inexperienced Planet!**

On this Day, spread a message about the significance of conservation of nature with friends and family. We should understand the importance and value of our natural resources. The day is celebrated by participating in the events, planting trees, seminars conducted by various organizations. World celebrates **World Nature Conservation Day**. It aims at increasing awareness of natural resources and makes people understand the importance and value of our natural resources.

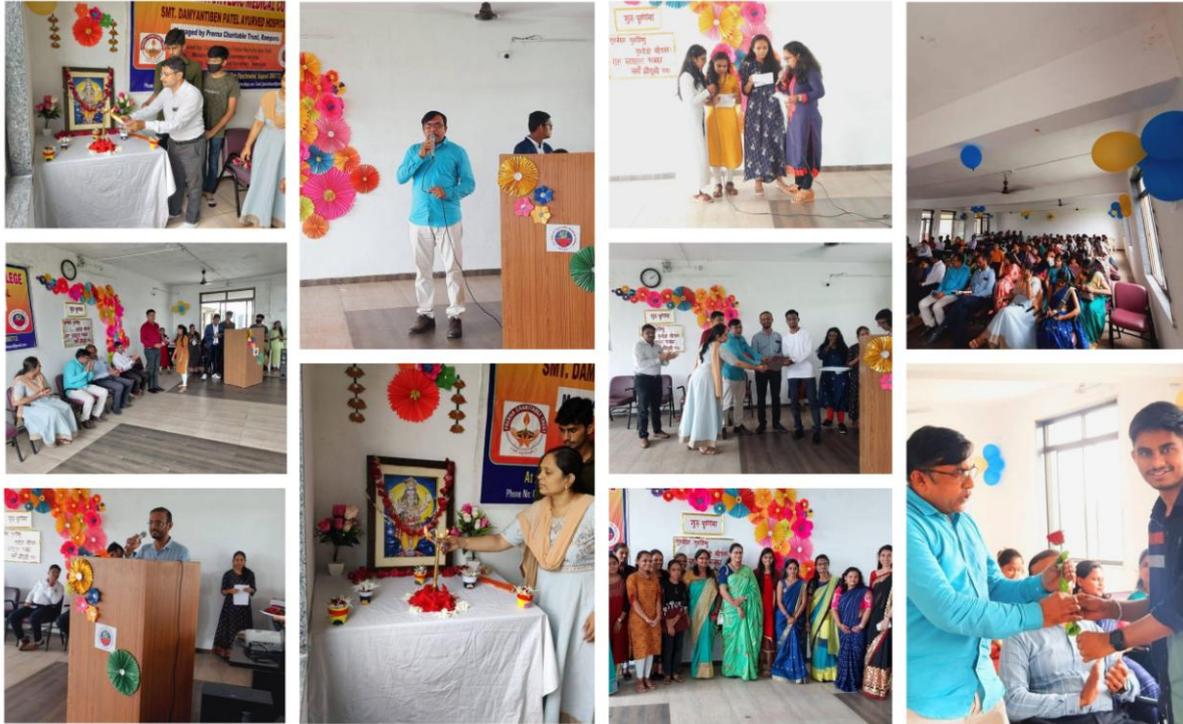
How can we conserve nature?

- ***Plant a tree***
Planting trees for the environment is good as they are renewable, biodegradable and recyclable
- ***Conservation of Water***
Conservation of water means careful and economical use of water. We should conserve water as it is a precious natural resource.
- ***Reduce the use of electricity***
If we reduce energy consumption, then power plants will need to produce less electricity and thus reducing the number of fossil fuels burned every day.
- ***Spread Awareness***
We should understand the importance and value of our natural resources.
- ***Use Less Paper***
We must try to use less paper as far as it is possible. The benefit of reducing paper consumption is saving the world.



JJAMC UPDATES

- ❖ Celebrated Guru Purnima by Doing Samhita Poojan - Samhita Pathan by all the students and Faculties and Quiz competition for 1st Year students @ Jay Jalaram Ayurvedic Medical College And Smt. Damayantiben Patel Ayurved Hospital, Shivpuri, Godhra.



Saptahik Yagya

Saptahik yagya regularly done by faculties of JJAMC and students early morning.

