



E - NEWS LETTER

Jay Jalaram Ayu Pariwar



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Patron Message-

JJAMC always try to make every event and Programme successful. I am very proudly thank you to our all Teaching staff and Non-teaching staff also Hospital staff for celebrating Tree plantation Programme on World Environment Day. I also congratulate Dravyaguna Department Dr. Dipa Mehta and Dr. Pradeep Tidake. I am always ready to give full support to our JJAMC team for any work.

Dr. Vijay Patel, M.D(Hom.)

President

From Editors Desk:

Motivational Thoughts

1) Education is the most powerful weapon which you can use to change the world. —Nelson Mandela.
2. You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives. —Clay P. Bedford.

3. I am always doing that which I can not do, in order that I may learn how to do it. —Pablo Picasso.
4. Education is the ability to listen to almost anything without losing your temper or your self-confidence. — Robert Frost.
5. Yesterday I was clever, so I changed the world. Today I am wise, so I am changing myself. —Rumi.
6. It is as impossible to withhold education from the receptive mind as it is impossible to force it upon the unreasoning. —Agnes Repplier.
7. The more I live, the more I learn. The more I learn, the more I realize, the less I know. —Michel Legrand.
8. Intelligence plus character-that is the goal of true education. —Martin Luther King Jr.
9. Education is for improving the lives of others and for leaving your community and world better than you found it. —Marian Wright Edelman.
10. It is the mark of an educated mind to be able to entertain a thought without accepting it. —Aristotle.
11. When you learn, teach. When you get, give. — Maya Angelou.

12. You are always a student, never a master. You have to keep moving forward. —Conrad Hall.

13. Learning without thought is labor lost; thought without learning is perilous. —Confucius.

14. Any book that helps a child to form a habit of reading, to make reading one of his deep and continuing needs, is good for him. —Maya Angelou.

15. Education is a continual process, it's like a bicycle... If you don't pedal you don't go forward. —George Weah Unsplash.

16. Children have to be educated, but they have also to be left to educate themselves. —Ernest Dimnet.

17. I don't think much of a man who is not wiser today than he was yesterday.—Abraham Lincoln.

18. The aim of education should be to teach us rather how to think, than what to think — rather to improve our minds, so as to enable us to think for ourselves, than to load the memory with thoughts of other men. —Bill Beattie.

19. I am always ready to learn although I do not always like being taught. —Winston Churchill.

20. Every student can learn, just not on the same day, or the same way. —George Evans.

21. Education is not preparation for life; education is life itself. —John Dewey.

22. Study without desire spoils the memory, and it retains nothing that it takes in. —Leonardo da Vinci.

23. Take the attitude of a student, never be too big to ask questions, never know too much to learn something new. —Og Mandino.

24. Man can learn nothing except by going from the known to the unknown. —Claude Bernard.

25. You aren't learning anything when you're talking. —Lyndon B. Johnson.

26. Learning is not the product of teaching. Learning is the product of the activity of learners. —John Holt.

27. "What did you learn?" is always first and best question. —Oprah Winfrey.

28. Intelligence is the ability to adapt to change. — Stephen Hawking.

29. It is not that I'm so smart. But I stay with the questions much longer. —Albert Einstein.

30. Many highly intelligent people are poor thinkers. Many people of average intelligence are skilled thinkers. The power of the car is separate from the way the car is driven. —Edward De Bono.

31. With every mistake we must surely be learning. — George Harrison.

32. Educating the mind without educating the heart is no education at all. —Aristotle.

33. They cannot stop me. I will get my education, if it is in the home, school, or anyplace. —Malala Yousafzai.

34. If you think education is expensive, try estimating the cost of ignorance. —Howard Gardner.

35. The learning process continues until the day you die. —Kirk Douglas.

36. Learning never exhausts the mind. —Leonardo da Vinci.

- **Dr. Dattatraya Kharosekar M.D(Ayu.)**

Principal, JJAMC

ARTICLE

BY FACULTY

Shatavari: a Literature Review

Author- Dr.Pradeep Tidake M.D.(Ayu);

Asso. Professor Dravyaguna Department, JJAMC.

Shatavari (*Asparagus racemosus*, fam.Liliaceae) is commonly known as “wild Asparagus”. It is one of the most important herbs of Ayurveda used as a Rasayana for its wide ranging health benefits. It has numerous succulent tuberous roots. It has many health benefits including rasayan, balya, bruhan, vrushya etc.

Properties –

Rasa (taste)-Madhur (Sweet), Tikta (bitter)

Guna (qualities)-Snigdha(oiliness, unctuousness).

Guru (Heavyness)

Vipaka – Madhur

Veerya - Sheet

Effect on Tridosha -Balances Vata and Pitta

Vata shamak due to madhur rasa and Madhur

Vipak. Pitta shamak due to shita

virya, madhur rasa, Madhur Vipak.

Part Used -Shatavari root.

Formulation

Shatavari Ghrita, Shatavari Taila, Mahanarayan

Taila, Shatavaryadi Churna.

Shatavari Ghrit

Health benefits of Shatavari according to ayurvedic scripts.

1)Shatavari act as galactagogue which help in regulating and facilitating milk

production in woman. As it is naturar herb it won't have any side effects.

2)Shatavari powder when consume with milk aids in healthy weight gain.

3)Shatavari acts similar to ranitidine the medication use to treat gastric ulcer so shatavariuse to treat gastric related problems

4)Shatavari root juice has cough relieving properties which helps in relieving cough.

5)shatavari helps in balancing hormones in the female body.

Antioxidant property: Crude extract and purified aqueous fraction of *A.racemosus*

have been demonstrated for its antioxidant effect 46. The activity was tested in rat

liver cell mitochondrial membrane damage induced by generated free radicals.

The lipid peroxidation induced was evaluated by the formation of thiobarbituric

acid reactive substances (TBARS) and lipid hydroperoxides (LOOH) 47, 48. The

extract exhibited antioxidant effect against oxidative damage by providing

protection against lipid peroxidation, protein

oxidation and depletion in the levels of protein thiols and antioxidant enzyme, superoxide dismutase. The purified aqueous fraction which consisted of polysaccharides was found to be a potent antioxidant as compared to the crude extract. Purified fraction was more effective against lipid peroxidation whereas the antioxidant effect of the crude extract was more effective in inhibiting protein oxidation.

Diuretic activity: The diuretic property was highlighted in Ayurveda has been validated by a suitable experimental model. Study was carried out using an aqueous extract of the roots utilizing three dose vials 800 mg/kg, 1600 mg/kg and 3200 mg/kg for its diuretic activity in comparison

with standard drug (furosemide) and control (normal saline) rats after performing acute toxicity tests. The extract demonstrated diuretic activity at a 3200 mg/kg dose without any acute toxicity

51.3. Antidepressant activity: Antidepressant activity was evaluated in mice using tail suspension test (TST) and forced swim test (FST). The methanolic extract decreased immobility periods significantly in TST, FST, which indicated significant antidepressant activity underlining the fact that the efficiency of the extracts was comparable to fluoxetine and imipramine used as reference drugs in the study.

Methanolic extract administered to mice significantly decreased brain MAO-A

STUDENT ARTICLE

Honey Shah (S. Y. BAMS)

Guided by : Dr. Dipa Mehta, Dr. Pradeep Tidake

अंग्रेजी नाम – *Clitoria ternatea*

कुल - Fabaceae

पर्याय – अपराजिता

कोयल

कालीजार

गोकर्णी

काजली

शंखपुष्प

स्वरूप –

इसके बड़े-बड़े गुल्म प्रायः

२९ मी. ऊंचे अथवा

कभी-कभी बड़े वृक्ष के

समान होते हैं।

इस पर श्वेताभ रोमावरण होता है।

छाल-पतली, चिकनी तथा धूसरवर्ण की होती है।

पत्ते –सदल तथा ३-५ पत्रकों से युक्त होते हैं। पत्रक –



भालाकार, लम्बाग्र, अखण्ड या गोल दन्तुर, ५-१२ से.मी. लम्बे, १२-३६ मि.मी. चौड़े तथा छोटे बड़े आकार के होते हैं। अग्र का पत्रक लम्बा एवं उसका वृत्त भी लम्बा होता है। नीचे के पत्रक या बगल वाले पत्रक छोटे तथा छोटे या बिना वृन्त के होते हैं। ये ऊपर से हरे तथा नीचे श्वेताभवर्ण के होते हैं।

पुष्प – आयताकार और ५-२० से.मी. लम्बी मञ्जरियो में निकले रहते हैं। ये श्वेत या हल्के नीले (बैंगनी) रंग के होते हैं।

फल- छोटे, गोल, ६ मि.मी. व्यास के तथा पकने पर काले रंग के होते हैं।

रस पंचक-

रस – कटु, तिक्त, कषाय

विपाक – कटु

वीर्य – शीत

कर्म – मेध्य, कण्ठ्य

प्रयोज्य अंग – मूलत्वक्, बीज, पुष्प

प्रयोग –

इसकी जड़ भेदन, मूत्रल एवं वेदनास्थापन है। इससे वमन भी होता है। वमन के साथ-साथ पेट में दर्द होकर विरेचन भी होता है। कभी-कभी वमन नहीं भी होता। इसके बीज जलप की तरह किन्तु सौम्य भेदन तथा अल्प मूत्रजनन हैं। विरेचन के लिये बीजों के साथ सोठ एवं संघव का उपयोग किया जाता है। इसका उपयोग मेधा वृद्धि के लिये तथा उदर, कफविकार, ज्वर, मूत्रविकार, गलगण्ड, गण्डमाला, अपची, शोथ, नेत्ररोग, उन्माद, आमवात, कुष्ठ एवं विष में किया जाता है। (१) सभी प्रकार के जलोदर में विरेचन के लिये इसका उपयोग करते हैं। इससे विष का निर्हरण होता है। (२) शुक्रमेह, वस्तिशोथ एवं मूत्रकृच्छ्र में इसकी जड़ का

फांट पिलाया जाता है।

(३) बच्चों के कास-श्वास में बीजों को सेंक पीसकर थोड़ा गुड़ एवं संधव मिलाकर पिलाने से दस्त के साथ कफ निकलकर आराम मिलता है। कफ विकारों में मूल को दूध के साथ पिलाते हैं।

(४) अर्घावभेदक में श्वेत अपराजिता की जड़ के स्वरस का नस्य कराया जाता है।

(५) इसके पत्तों का रस, आर्द्रकरस के साथ पसीना रोकने के लिये देते हैं। त्वग्रोगों में पत्तों का फांट पिलाते हैं। कान के चारों तरफ सूजन होकर ग्रन्थियों की वृद्धि होने पर पत्तों को सैंधव के साथ पीसकर लगाते हैं।

(६) सर्पविष में इसकी जड़ की छाल तथा निर्गुण्डी मूलत्वक् को जल में पीसकर पिलाने से लाभ होता है। (च. चि. अ. २५)



Day 0.



Day. 15



Day 18.



Day 30



3 months later.

Glimpses.....

