



E - NEWS LETTER

Jay Jalaram Ayu Pariwar



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Patron Message-

I am very pleased to know that team JJAMC doing great work towards society like organization of Suvarnaprashan camp Republic day celebration,etc. Suvarna prashan camps is being organize on Pushyanakshatra of every month. As per academic calendar university exams are nearby. I give best wishes to all students who are appearing in upcoming university exams.

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

President Prerna Charitable Trust

From Editor's Desk –

National Youth Day

National youth Day was celebrated on 12 January, to highlight the youths who are the future of our country and to commemorate the birth anniversary of Swami Vivekananda, who always motivated the youth of the country and spoke about the right use of the youth in the development of the country.

"We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far". - Swami Vivekananda

We are defined by our thoughts. Our thoughts are what take shape even before words do, the moment we are born into the world. Our thoughts are our driving force, our demons, our beginning and our end. They can either make us or may destroy us. They are our solace, and our chaos. They are the calm and the storm at the same time. They can either keep us going or compel us to give up on our pursuit. They can either inspire us to chase our dreams and change the world, or scare us with the possibility of failure in a path which would ask for sacrifice and perseverance. Such is the power of our thoughts that they live on after us, and in doing so, immortalize us.

Ideas and thoughts are what trigger revolutions, wars, protests, and changes in the system which governs us, or at least the system which we think governs us. We are limited by our thoughts and are led to glory by the same. If we dream big, we achieve the unthinkable, but if we don't, we succumb to mediocrity. If we inculcate

positive thinking within ourselves, we become greater than ourselves, and in turn, motivate others, spreading happiness and in turn, further positive thoughts.

This is why the thought process, though underrated in today's world is vital, even on a small scale. Our thoughts define who we are on the inside. Thoughts are our beginning and our end, and thoughts are definitely a part of us. They make us who we are. Words can be ignored, but a thought, an idea, lives on

once it has been sowed in our minds.

It grows with time, and if ignored, it will make its presence felt, not only to us but to people around us and this results in a chain reaction, helping the thought propagate itself.

Dream big, my friends! Fear not, for you shall in doing so rediscover yourself, and find your true purpose. Think positive and you'll be so, happy within and without.

By Dr. Dipa Mehta, M.D.(Ayu);
Principal, J.J.A.M.C.

ARTICLE

From Faculty

Winter Dangers

Dr. Suryakant J. Patil M.D.(Ayu), Associate Professor , Dept. of Agad Tantra.
Jay Jalaram Ayurvedic Medical College, Shivpuri.

Yes, "Winter Dangers" as the name attracts our thinking, our brain tries to search as winter is explained a healthy season, then how there is danger in winter?

One Can built own health during this season by following our Rutucharya, details of which are known to all in better manner, and is not aim of this article to discuss it. But rather important things we should keep in mind about routine things in our life, which can be beneficial for patient knowledge and betterment.

Especially this article attempts care of childrens in winter season.



Cough and Cold Medicines

Winter is cough and cold season. Modern medicines to relieve the symptoms of coughs and colds are a common cause of poisoning. Drowsiness, [dizziness](#), [blurred vision](#), [upset stomach](#), [nausea](#), nervousness, [constipation](#), or [dry](#)

[mouth](#)/nose/throat may occur due to them. Storing them all out of sight and reach of children becomes important.



Vaporiser Fluids

The use of chest rubs, vaporiser or inhalant fluids to treat coughs and colds, or for any other purpose is not recommended.

Chest rubs and vaporiser fluids do not have any proven

benefit. They can make you feel as though your airways are clearing but this is because camphor, menthol or eucalyptus oil make your nasal passages more sensitive to cold air. Chest rubs and vaporiser fluids do not have a decongestant effect.

The camphor and eucalyptus oil in chest rubs and vaporiser fluids are poisonous and can make children

very sick if they swallow them. Each year Poisons Information Centres send many children to hospital after they have swallowed chest rub or vaporiser fluid.



Camphor Blocks and Camphorated Oil

Camphor blocks or camphorated oil do not have any proven benefit:

- Do not pin a camphor block to a child's clothing
- Do not put a camphor block under a child's pillow
- Do not rub camphorated oil on a child's chest when they have a cough or cold.

There has been a report of a child dying after eating 1 gram of camphor. The average size camphor block (2.7 x 2.7 x 1 cm) weighs 7 grams. Camphorated oil contains 1 gram of camphor in 5 mL. Only a small part of a camphor block, or 5 mL of camphorated oil is potentially fatal. Camphor in liquid form is rapidly absorbed. Convulsions (fitting) can happen soon after

eating camphor, within five minutes in some cases.

Any child who has definitely eaten camphor block or camphorated oil needs immediate medical assessment.



Storing clothes

The use of naphthalene (mothballs or flakes) as a moth repellent in baby clothes or bedding should also be avoided. Babies, particularly those less than six weeks of age, should not wear baby clothes or sleep in bedding stored with naphthalene.

Naphthalene is absorbed well through the skin, especially in young babies. Babies less than six weeks of age are very sensitive to small amounts of naphthalene because they cannot metabolise it. They can get severe poisoning if they have skin contact with baby clothes and bedding stored with naphthalene. This means your baby would get very sick and take a long time to recover. Washing the baby's skin (or fabrics such as wool) with soap or detergent and water does not remove all of the naphthalene.

ARTICLE

From Faculty

A Brief Review on PCOD According to Ayurveda

Dr. Monali Chandak, M.S.(Ayu), Associate Professor, Dept. of S.R.P.T
Jay Jalaram Ayurvedic Medical College, Shivpuri.

INTRODUCTION:

Now a days incidence of PCOD (5%-15%) is increasing fast lately due to change in lifestyle and stress. Ovary is ductless reproductive gland of female reproductive system. It produce ovum per month and also produce hormones which are responsible for maturation of graffian follicle, ovulation, menstruation and maintenance of pregnancy in early stage. Ovaries can be site of variety of diseases. These diseases

includes functional cyst, ovarian endometriosis, polycystic ovaries and neoplastic diseases. Among all these PCOD is common problem among adolescents, developing soon after puberty and in reproductive age. In reproductive age women with PCOD suffers from infertility, menstrual irregularities and Hirsutism. In Ayurveda PCOD can be named as Bijkosh granthi but on the basis of sign and symptoms it comes under heading of Aartava dushti, Yonivyapad, Rajadushti,

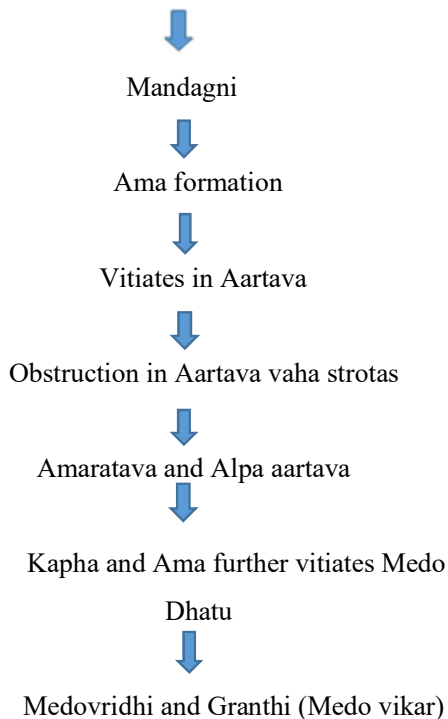
Strotas dushti and vitiation of Ras Dhatu. Acharya Charaka has mentioned in Sutra Sthana 18/41-45 that there are APARISANKHEYA diseases on the basis of ruja, vran, samuthan, sthan, sansthan so one should not hesitate to consider and treat unnamed diseases.

WHAT IS PCOD? :

It is multisystem endocrinopathy and metabolic disorder in women of adolescent age, soon after puberty and reproductive age. In PCOD there are multiple small cyst less than 1 cm develops on single or both ovaries. PCOD may sets in early adolescent life, but manifest in reproductive age with symptoms like obesity, infertility, menstrual abnormalities, Hyperandrogenism and it also leads to long term complications such as diabetes, hypertension, hyperlipidemia and cardiovascular diseases.

In Ayurveda as per above mentioned it comes under Aartava dushti, Yonivyapad mainly Bandhya Yonivyapad .There is hormonal imbalance along with Dosh and Dhatu dushti results in cyst in ovary.

Tridosh vardhak(Main Kapha) aahar and vihar



Causes of PCOD:

According to Modern:

1) **Genetics:** Some genes like CYP21, CYP19, CYP18 shows altered expression suggesting that the genetic abnormality in PCOD affects signal transduction pathways controlling steroidogenesis, steroid hormones action, gonadotropins action and regulation, insulin action and secretion, energy homeostasis, chronic inflammation and others.

2) **Obesity:** Obesity is related to PCOD. More than 60-70% patients with PCOD tends to be obese. The adipose tissue (i.e. Fat) is considered as endocrine and immunomodulatory organ, it secretes some hormones like leptin, adipoectin and protein like cytokines which interfere with insulin transduction pathways in liver and muscles resulting in insulin resistance and hyper insulinaemia.

3) **Raised LH secretion:** Normal level of LH hormone in early follicular stage is 2-8 IU/L, in mid cycle peak is 10-75 IU/L. But these LH secretion raised due to insulin which causes infertility, miscarriage through improper oocyte maturation.

4) **Hyperandrogenism:** It lowers the level of hepatic sex hormone binding globin (SHBG), results in rise of level of free testosterone leading to Hirsutism. Androgens also suppress the growth of dominant follicle.

According to Ayurveda:

1) **Mithyachar:** It means abnormal aachar i.e. aahar and vihar. If we talk about aahar like western countries, India has become a fast food nation. Our healthy Indian food replacing day by day with unhealthy fast food (i.e. Tridoshvardhak aahar) and abnormal vihar like ratrijagaran, unnecessarily stress, anger, anxiety, addiction like smoking, alcohol consumption this all giving rise to life style disorders like diabetes, obesity, PCOD, Infertility etc.

2) **Pradushtartava:** It means dushit aartava, which is updhatu or should be taken as rajo rupa aartava or

hormones. So hormonal imbalance leads to disorders like PCOD etc.

3) Bijdosha: Here Bij means gametes i.e. genetics and chromosomal level abnormality taken as nidan in Vandhya in Ayurveda.

4) Daiva: It is unknown factor leads to PCOD.

Symptoms of PCOD:

- 1) Early Adrenarche : In form of early pubertal hair and early menarche.
- 2) Oligomenorrhea
- 3) May develops a short periods of amenorrhea followed by prolonged or heavy periods.
- 4) Infertility
- 5) Appearance of Acne, Hirsutism.
- 6) Acanthosis Nigricans (due to insulin resistance thick pigmented skin develops over nape of neck, inner thigh and axilla.)
- 7) Obesity (BP in Obese woman)
- 8) Hormonal Imbalance: Hormones which affect in PCOD are increase in Oestrogen level, increase in LH, increase in FSH/LH ratio, increase in androgens, testosterone, prolactin, sex hormone binding globin.
- 9) Thyroid Enlargement.

Simply we can correlate above symptoms with dosha's dominance as below,

a) Obesity, Infertility, and Hirsutism in Kapha Dominance.

b) Hair loss, Baldness, Painful menses, Acne in Pitta Dominance.

c) Painful menses, scanty menstrual blood flow, menstrual irregularities in Vata Dominance.

Effect on Fertility:

Ovaries function are to produce ovum per month and produce hormones which are responsible for maturation of graffian follicle, ovulation, and maintenance of pregnancy in early stage of pregnancy i.e. Oestrogen and Progesterone. But due to insulin resistance insulin

induces LH surge which cause theca cell hyperplasia and secrete androgens, testosterone, and epiandrostenedione which finally rise Oestrogen and Inhibin level. These in turn cause again high LH surge(under normal level of LH, primary Oocyte completes its first meiotic division and gives rise to second meiotic division which take's place after fertilization in fallopian tube) leads to improper oocyte maturation so pregnancy doesn't takes place i.e. infertility.

Pregnancy with PCOD:

If woman with PCOD conceives, she develops carbohydrate intolerance, diabetes and hypertension. Pregnancy loss occurs in 20%-30% cases due to miscarriage or there may be premature delivery. PCOS mother can also cause PCOS in their adolescent daughter.

Diagnostic Criteria:

- 1) Oligomenorrhea
- 2) Anovulation
- 3) Infertility
- 4) Hirsutism, acne, Acanthosis nigricans.

Investigation:

1) USG:

It confirms all structural abnormality of ovary like enlarged ovaries, their size and increased stroma, ovarian volume, tumor. It also shows endometrial hyperplasia.

2) Hormonal Study:

Hormones which mentioned earlier is not performed routinely, but specific hormones studies are undertaken when required.

3) Thyroid function test:

Mostly in an obese women.

4) Laproscopy:

It is reserved for a therapeutic purpose also.

Treatment:

Aim of treatment according to modern:

- 1) To cure a woman with menstrual disorders

- 2) To treat Hirsutism
- 3) To treat infertility
- 4) To prevent long term effects.

According to Ayurveda

1) Nidan parivarjan: it means completely cut off of causative factor. It is the first line of treatment given in Ayurveda. Not only food but also habits due to which agnimandya, Medovridhi takes place should be avoided or eradicated from diet.

2) Sanshodhan: It is the process in which waist or harmful product thrown away from body either by Urdhwamarga or Adhomarga. Among which Vaman removes vitiated Kapha dosha and balance hormonal regulation, Virechana removes vitiated Pitta dosha and also clears minute channels of body, Basti controls Vata and relieves Rasa Dhatu dushti thus helps in PCOD. Uttarbasti is most effective as it clears aartava vaha strotas, pacifies Apana vayu, boost follicular maturity and regulates circulatory function.

3) Angnivardhan: According to Ayurveda not only Jatharangi but also Dhatwagni and Panchmahabhutagni should be swasth for a swasth life. Here as we see that vitiation of Ras Dhatu takes place and also alpaartava should be there in PCOD so with Sanshodhan we have to use vatakaphahar dravyas which are also Agni potentiating which cures manda dhatwagni. Agni vardhak dravya also acts like amapachak so amavaran breakdown.

4) Aartava Vridhi: It comes under category of Swayoni vardhan means administration of ushna, tikshna, katu gun, amla rasatmaka dravya like Til , Kulath so that increase in pramana of Aartava because it is also of same gun.

Some Classical formulation:

Chandraprabha vati
Kanchnar Guggul
Rajpravartini Vati
Kumari Aasava
Dashmulaarishta
Pushpadhanva Ras
Nashtapushpantaka Ras

How naturally we control PCOD:

Does & Don't in PCOD

1) Diet –

Does- one can add high fiber food in diet like fruits- sapota, apple, berries. Vegetable- sweet potatoes, pumpkin, carrots, leafy veg, tomatoes. Other varieties like Sprouts, lentils, beans, almonds, walnuts, dates. High protein sources like tofu, chicken, fish, eggs. Increase intake of cinnamon, turmeric, vit B sources, zinc, berberine, cod liver oil.

Don't- It is must needed to cure any health issues so here food which causes insulin resistance, obesity are avoided or cut off completely from diet. Food like sugar, items made from Maida (refined flour) like noodles, pasta, bakery products like cakes, biscuits, rusks, muffins. Also avoid food with sucrose, dextrose, high fructose corn syrup, fried food, processed meat.

2) Daily habits-

a) Does- Yoga – One should add yoga in her dincharya, some yoga's which are helpful to cure PCOD are like Matsyasan, Aardhmatsyasan, Sarvangasan, Ushtrasan and of course last but not least i.e. Suryanamaskar.

Meditation – As we know that stress, anger, anxiety these all leads to hormonal irregularities so mental control is necessary which we achieve by Meditation.

b) Don't- one should avoid Ratrijagaran, anger, stress.

Conclusion:

PCOD is a gynecological health issue. In Ayurveda PCOD can be named as Bijkosh granthi but on the basis of sign and symptoms it comes under heading of Aartava dushti, Yonivyapad, Rajadushti, Strotas dushti and vitiation of Ras Dhatu. Mithya Aahar and Vihar, hormonal imbalance, genetic factors can lead to pathogenesis. Obesity, Oligomenorrhea, Amenorrhea,

anovulation, acne, Hirsutism, infertility are some major symptoms of disease. Nidan parivarjan, Sanshodhan like Vaman, Virechana, Basti and Uttarbasti, Agnivardhak chikitsa, removal of Ama are line of treatment in ayurveda. Some dietary and daily habits have to change and also adaptation of yoga and meditation in daily habits gives benefits in PCOD.

ARTICLE

From Faculty

Pathye Sati Gadartasya Kimaushadh Nishevane

Dr. Archana Patel, M.D(Ayu), Assistant Professor, Dept. of Rachana Sharir.

Jay Jalaram Ayurvedic Medical College, Shivpuri.

Ayurveda is a unique heritage of India. In spite of its glorious past as a global medicare system, with the changing concept of health & diseases. *Ayurveda* is not merely a medical science. It is a complete science. The aim of *Ayurveda* is to maintain the health of a person and to cure the diseases of the patients. As evident the first and foremost aim of *Ayurveda* is preventive in nature rather than curative. It signifies that “prevention is better than cure”. *Ayurveda* is known as ‘The sovereign branch of science’ due to its strong fundamental basics. Besides its ultimate concept like *Nidan - Parivarjan*, it is blessed with the unique contribution of *Pathya – Apathya*. *Pathya & Apathya* in the form of *Aahar- Vihar* helps to maintain the equilibrium of health in both *swastha* (Healthy) as well as *vyadhita* (Diseased).

The *Aahar - Vihar* which do not adversely affect the body and mind are regarded as wholesome, those which adversely affect them are considered to be unwholesome. The body includes

Dhatus, *Dosha* as well as their channels. The purpose of intake of wholesome diets etc. is to maintain normal health and alleviate the various diseases. That is to say, a given diet or drug will not be effective if it is taken unwillingly and without following *Pathya* by the individual person.

Acharya Charaka has quoted in *Sutrasthana* 25/45:

“Pathyam Pathoanapetam Yadychchoktam Manasha Priyam”...

I.e. The *Aahar - Vihar* which is beneficial and nutritional to the body and also gives happiness to the mind is known as *Pathya* and opposite to that is known as *Apathya*.

The word *Pathya* means belonging to proper way, suitable, fit, and wholesome. *Pathya* is also known as *Swasthitakara*, *Upshaya*, *Hita-Ahaar*, *Sukhparinakara* etc.

The importance of *Pathya & Apathya* in *Ayurveda* can be deduced from the fact that *Acharya Charaka* had stated *Pathya* as a synonym

for treatment. *Charaka* stated that when channels of circulation become hard by aggravated and vitiated Dosha, *Pathya* helps to soften the *Srotasa* (channels of circulation) and *Dosha* alleviation. *Charaka* had elaborately described the concept of *Pathya & Apathya*. He had given a general list of *Pathya & Apathya Dravya* along with specific *Pathya And Apathya Dravya* for patients and *Sansarjanakrama* for patients who have undergone *Panchkarma* Therapy.

Further, *Acharya Shushruta* had specifically written a chapter named *Hita- Ahita Aadhyay* in *Sutrasthana*. *Acharya Kashyap* explored the medicinal potential of *Aahar* along with its prophylactic value of maintaining health. In *Yogratnakara*, it is said that for the treatment of diseases Etiology, Drug treatment and *Pathya* are three important factors which should be studied thoroughly before starting the treatment. *Pathya* and *Apathya* related to various diseases are explained in different classical texts like *Charaka Samhita*, *Shushruta Samhita*, *Harita Samhita*, *Yogratnakara*, *Kashyap Samhita* etc..

The treatment is nothing but the process to re-establish equilibrium within Tridosha. *Acharya Charaka* has classified it into three-

“Trividhamaushadamiti – Daivyapashray, Yuktivyapashrya, Sattvavajay....”

In *Yuktivyapashrya Aahar*, *Vihar* and *Aaushadh* should be considered. It indicates that *Aahar* is an essential factor for treatment.

In this Modern era many changes have occurred in food habits, life style, diet pattern etc. In spite of knowing the value of healthy food, most of the people prefer fast food which affects their health and lives. In this way many life style

disorders occur like obesity, Heart Disease, Diabetes, Anxiety etc. Most of the people often neglect the instructions given by *vaidya* to follow do's & don't's.

The healthy body as well as the disease are nothing but the outcome of *Aahar*. Out of all the factors responsible for maintenance of health, proper food consumption occupies the most important position because diet or *Ahara* is the basic medicament than any other substance. In today's fast paced life, many norms regarding diet & regimen have been compromised which is showing the overall declining status of health in the society. *Ahara-vihar* and its related codes and conducts have been long forgotten by the human beings. Most of the people underestimate the harmful consequence of undisciplined *Aahar-Vihar* and its direct major effect on development of disease.

Aharvidhi vidhana is described by *Acharya Charaka Vimanasthana* that is as follow:

Pathya According Acharya Charaka	Apathya Sevana in Present Time
<i>Ushnamashniyat</i>	Most of people used packed and cold storage food.
<i>Snigdamashniyat</i>	Avoiding Ghee and oil in routine diet
<i>Matravdashniyat</i>	Over eating of unhealthy food
<i>Jirneashniyat</i>	Eating at any time during day & night without considering if the previous meal is digested or not.

<i>Viryavirudhhashniyat</i>	People tend to consume multicuisine diet in their routine life
<i>Ishtadeshe</i> <i>Ishtasarvopkarana</i> <i>Chashniyat</i>	People do not think about the place before eating leading to various GIT infections
<i>Naatidrutamashniyat</i>	Due to short food break people eat fast
<i>Naatimandaashniyat</i>	Due to technology children eat very slowly

Acharya Charaka indicated some food articles which should always be consumed by healthy persons. These food articles include *shashtika* (variety of rice), *Shali* , *Mudga* , *saindhva*, *Amalaka*, rain water, Ghee and honey which can be used in our lifestyle to improve our health.

Various *Pathya Kalpna* like *Peya* , *Vilepi* , *Yavagu* had been described by *Acharya*. These *Kalpna* helps in stimulating digestive fire. In these present time we generally used these *Kalpna* in different diseases according to state of disease.

Acharya found it so resourceful that they encrafted *Pathya & Apathya* in *Dincharya* and *Ritucharya* for *Swastha* as well as *Vyadhita*. The *Pathya –Apathya* followed by *Vyadhita Purusha* after *Chikitsa* not only provides nutrition to the body tissues but also helps to recover from disease and reduces the chance of recurrence and complication.

Pathya and *Apathya* related to various diseases are explained in different classical texts

but detailed description about them is found in other texts like *Sharngdhara Samhita* , *Bhaishajyaratnavali* etc. In diseases like Diabetes, Obesity, etc. we insist patients to follow the *Pathya Aahar* according to *Ayurvedic* classical text.

The literal meaning of word ‘*Pathya*’ is ‘*Patho Anapetam*’ i.e. an indulgence of such type of *Aahar – Vihar* which can prove to be supportive and beneficial to correct the pathological running and thus become curative for the particular diseases.

Vagbhattacharya has mentioned in *Ashtanghridaya Samhita* that:

**“Nityam Hitahaarvihaarsevi
Samikshyakari Vishyeshvasaktah
Data Samah Satyaparah
Kshamavaanoptasevi Ch Bhavatyarogah”**

i.e daily indulgence of *Hita / Pathya Aahar – Vihar* is the most important factor to maintain, the healthy body and mind and also to prevent the various diseases.

Conclusion

Thus we can say that *Ayurveda* has holistic and scientific approach in health management. It gives due importance to food in the management of disease both as a causative factor (*Apathya*) and as a part of therapy (*Pathya*). In this modern era the proper use of diet not only prevents the diseases but plays major role in the management of the diseases . Along with *Pathya Vyavstha*, *ayurved* also deals with day to day activities, seasonal regimes etc. which are important in maintenance of health. The exact *Pathya – Apathya* for a particular person should be decided after analysing *Prakriti*, , *Kaal* , *aahar Matra* etc. *Pathya* is one which keep person healthy, maintain normal body functions.

Thus, everyone should desists from *Apathya* and follow *Pathya* (wholesome to body).

Glimpses.....



73rd Republican day was celebrated in Jay Jalaram Ayurved Medical College attached with Smt. Damayantiben Ayurved Hospital, Shivpuri. Flag hosting was done by Mr. Ajay Soni sir, syndicate member of Shri Govind Guru University, President of Prema charitable trust Dr. Vijay Patel sir, P.M. Patel sir with all students and faculty were participated in Republic day.



Monthly Faculty meeting was held on dated 24.01.2022. Dr. Dipa Mehta madam and Dr. Vijay Patel Sir shared their experience regarding Improvement Teaching methods and Use of technology in teaching.