



E - NEWS LETTER

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Patron Message-

March 8th, the world celebrates International Women's Day. The Day marks an occasion to celebrate the progress made towards achieving gender equality around the world. As such, individuals, groups, and organizations come together on this day to propel women's empowerment while also reflecting critically on past accomplishments to strive for an increasingly gender-equitable world.

Team JJAMC celebrated International Women's Day with message of female health and nutrition awareness and gender equality. As nutrition Anemia and Gender equality are very common issue observed in rural area. Team JJAMC arranged talk on this topics and discussed road map to overcome this problems.

As we are running health institute in rural area, I am very happy to say that Team JJAMC periodically arranged special free health checkup camp and awareness program for women's of rural area of Panchmahals district.

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

President

Prerna Charitable Trust

From Editors Desk:

Women's Day 2022: Ayurveda for women's health

Ayurveda, the ancient Indian herbal system of medicine has many important and useful herbs for women. Ayurveda helps women find their body rhythm, which is closely linked to nature. Hence, women respond better to Ayurveda treatment. The age old texts describe these unique herbs and medicinal plants and their compound formulations that can enhance the health of women. The Charaka Samhita is the most comprehensive resource of Ayurveda. This Samhita presents various categories of herbs and remedies for improving feminine health. The text groups a set of herbs under a specific title which explains the herbs and their properties, individually or in combination.

AMALAKI

Botanical name: *Emblica officinalis*,

Family: Euphorbiaceae



रक्तपित्तप्रमेहघ्नं परं वृष्यं रसायनम् ।
हन्ति वातं तदम्लत्वात्पित्तं माधुर्यशैत्यतः ।
कफं रूक्षकषायत्वात्फलं धात्र्यास्त्रिदोषजित् ॥

Amalaki commonly known as gooseberry is a small to medium-sized tree with a crooked trunk and spreading branches. The fruit is extensively used for medicinal purpose. Amalaki is native to tropical Southeast Asia, found particularly in central and southern India, Pakistan, Bangladesh, Sri Lanka, Malaysia, southern China and the Mascarene Islands. It is commonly cultivated in gardens throughout India and grown commercially as a medicinal fruit. Chemically, the Amalaki fruit contains a series of diterpenes referred to as the gibberellins, as well as the triterpene lupeol, flavonoids [e.g. kaempferol-3-O-fl-Dglucoside, quercetin-3-O-fl-Dglucoside], and polyphenols. It is used in dyspepsia, gastritis, hyperacidity, hepatitis, constipation, flatulent colic, colitis, haemorrhoids, convalescence from fever, cough, asthma, skin diseases, bleeding disorders, menorrhagia [abnormally heavy and prolonged periods at regular intervals], anaemia, diabetes, gout, osteoporosis, premature greying, alopecia, asthenia, mental disorders, vertigo, palpitations, cardiovascular disease, and cancer.

The dried fruit prepared as a decoction and taken on a regular basis is useful in menorrhagia and leucorrhoea [a condition in which there is a white discharge from the vagina], and is an excellent post-partum restorative. Similarly the Chakradatta recommends the fresh juice of Amalaki with Amalaki churna, taken with ghee and honey as a vajikarana rasayana aphrodisiac.

ASHOKA

Botanical name: *Saraca indica*,

Family: *Ceasalpinoidae*.



**अशोकः शीतलस्तिक्तो ग्राही वर्ण्यः कषायकः ।
दोषापचीतृषादाहकृमिशोषविषास्रजित् ॥**

It's a small ever green tree that grows to a height of 6-8ms. The bark has a warty surface which is brownish grey or sometimes black in colour. Flowers are fragrant, orange red coloured arranged in corymbs. Fruits are flat pods with ellipsoid shaped seeds. This tree is found on eastern side of Himalayas and shady evergreen forests of south India.

Major chemical contents of Ashoka are alkenes [C20 C35] esters tannin catechin [+] catechole [-] epicatechin. Ashoka stimulates the uterus making the contractions frequent and prolonged without producing tonic contractions [during the monthly cycle and childbirth]. Due to this it has been helpful in uterine hemorrhagic

conditions like menorrhagia, and metrorrhagia [irregular bleeding during and after menstrual cycle].

The classical preparation Ashokarista the alcoholic extract of Ashoka along with the combination of other herbs available in market is useful in conditions like dysmenorrhoeal, bleeding due to dysfunction of uterus. But it should be taken under guidance of a capable Ayurvedic physician. Decoction of the bark of Ashoka mixed with cold milk is an excellent remedy for irregular menstrual cycles and other bleeding disorders

SHATAVARI

Botanical name: Asparagus racemosus

Family: liliacea



शतावरी गुरुः शीता तिक्ता स्वाद्वी रसायनी ।
मेधाऽग्निपुष्टिदा स्निग्धा नेत्र्या गुल्मातिसारजित् ।
शुक्रस्तन्यकरी बल्या वातपित्तास्रशोथजित् ॥

This is a creeper, which grows in low forest areas throughout India. A much-branched spinous under-shrub with tuberous, short rootstock bearing numerous fusiform and succulent roots. It grows wild in southern Europe, south west England, and southern Ireland. Most of the greenhouse varieties come from South Africa.

Shatavari contains triterpene saponins

shatavarin I-IV, which are phytoestrogen compounds. These help in balancing the hormone levels in female body. This oestrogen is of plant origin and has strong stabilising and rejuvenating effect on both body and mind. Due to this unique property, it is useful in pre menstrual symptoms [PMS], infertility, dysmenorrhoeal, irregular menstrual cycle, menopause and lactation.

The greatest use of shatavari is for menopausal women with low oestrogen levels. The symptoms which include hot flushes, insomnia, night sweats, vaginal dryness that can be effectively managed by phytoestrogens present in Shatavari.

Granules prepared out of purified root powder of Shatavari taken one teaspoon with hot milk increases secretion of milk in lactating mothers.

Shatavari powder taken along with Gokshura and Amalaki reduces oedema during pregnancy and gives rich nourishment to both mother and foetus. This also corrects the urinary tract infection [UTI] which pregnant women are often prone to.

Shatavari in combination with shankha puspi [conch flower plant] is very helpful in reducing stress, hot flushes, insomnia, pain and irritability associated with PMS.

Milk extract of Shatavari and liquorices is the best medicine to reduce symptoms of menopause as both contain good amount of phytoestrogens. Shatavari taken with candy sugar cures gastritis.

- **Dr. Dipa Mehta, M.D(Ayu.)**
Principal, JJAMC

From Academic Desk :

Concept Of Dooshivisha In Present Scenario

Concept of food in AYURVEDA

- “तच्च नित्यम् प्रयुंजीत स्वास्थ्यं येनानुवर्तते
अजातानां विकारानां अनुत्पत्तिकरं च यत्.....।

-च. सू. ५/१३

The food which maintains the *Swasthya* stage of the body and which does not causes any type of disease that type of food we should taken daily. But does the food consumed by us have all the beneficial constituents in it, that we expect to have it??

Here we have to think over Changed food making habits along with their availability throughout the year really making our health or not??

Hence some thoughts about food and related concepts from *Ayurved* we will try to discuss here.

Pesticides you could find in your food (and water)

| | |
|-------------|----------------------------------------------------------------|
| Carrots | DDT, Trifluralin, Parathion, Diazinon, Dieldrin |
| Cauliflower | Methamidophos, Endosulfan, Dimethoate, Chlorothalonil, Diazion |
| Corn | Sulfallate, Carbaryl, Chlorpyrifos, Dieldrin, |
| Grapes | Captan, Dimethoate, Dicloran, Carbaryl, |
| Onions | DCPA, DDT, Ethion, Diazinon, Malathion |
| Oranges | Methidathion, Chlorpyrifos, Ethion, Parathin, |
| Potatoes | DDT, Chlorpropham, Dieldrin, Aldicarb, |
| Spinach | Endosulfan, DDT, Methomyl, Methamidophos, Dimethoate |

THESE ARE THE SOME PESTICIDES FOUND IN THE COLD DRINKS

- Lindane
- DDT, DDD and DDE
- Organophosphorus such as chloropyrifos

In India, the cold drinks industry virtually is unregulated. Pesticides are among many contaminants that go unregulated. Standards for other substances such as arsenic or lead also are many times above the guidelines for drinking water issued by the ministry of urban development.

The study, "Analysis of pesticide residues in bottled water (Delhi region)," released in February by the CSE, surveyed 17 brands of bottled water in and around Delhi and 13 brands in the Mumbai region including such popular brands as Pure Life by Nestle, Aquafina by Pepsico and Kinley by Coca Cola. Pesticide residues were found in all the samples, except the imported Evian. The pesticide residues found included *Organochlorines*, *Gamma-Hexachlorocyclohexane* and *ddt*, which were the most prevalent. Similar to the recent cold drink findings. The study, "Analysis of pesticide residues in bottled water (Delhi region)," released in February by the CSE.

What are the Dangers from Pesticides Exposure?

Pesticides can be toxic to humans and lower animals. It can take a small amount of some toxins to kill. And other toxins that are slower acting, may take a long time to cause harm to the human body.

Pesticide production can be dangerous, too. One disaster at a pesticide manufacturing plant was in Bhopal, India. The plant accidentally released 40 tons of an intermediate chemical gas, methyl isocyanate, used to produce some pesticides. In that disaster, nearly 3,000 people were killed immediately, overall approximately 15,000 deaths occurred. Today nearly 100,000 people suffer from mild to severe permanent damage as a result of that disaster.

What you also need to understand is that **toxins from pesticides can remain in the body and build up in the liver.** And, even at "safe" levels your reactions can be mild to severe.

High levels of exposure can be fatal. How

do you know if you're going to be ill? You don't; you just have to hope for the best. How will you be affected? Well, you don't really know how your body will react to the toxins until it happens. Several factors determine how your body will react including your level of exposure, the type of chemical you ingest, and your individual resistance to the chemicals. Some people are unaffected or are mildly affected, while others become severely ill from similar levels of exposure.

Some possible reactions are:

- Cancer
- Blood Disorder
- Liver & Kidney Damage
- Fatigue
- Reproductive Damage
- Headaches
- Skin Irritation
- Nausea
- Vomiting
- Asthma

Concept of dooshivisha In AYURVEDA

यत् स्थावरं जंगमं अकृत्रिमं वा देहादशेषं यदनिर्गतं तत् ।
जीर्णं विषघ्नौषधिभिर्हतं वा दावाग्निवातातपशोषितम्
वा ।
स्वभावतो वा गुणविप्रहिन्नं विषं हि दुषिविषतामुपैति ।
वीर्याल्पभावाच्च निपातयेत् कफावृत्तं वर्षगणानुबन्धी ॥
सु. क. २/२५-२६

Poisonous substances which are very old, killed (made ineffective) by other anti poisonous drugs, ravaged by forest fire, sunlight, not endowed fully with all the qualities of poison by nature itself all these derive the name Dooshivisha.

Effect of Dooshivisha on body :-

- Diarrhea
- Discoloration of the skin
- Becomes a patient of vitiated blood
- Thirst
- Anorexia
- Vomiting

- Fainting
- Delusion
- Diseases of Digestive system

Dooshivisha chikitsa sidhant

दुषीविषार्तं सुस्वित्रं ऊर्ध्वं चाधश्च शोधितम् पाययेत् अगदं नित्यम्.....

सु. क. २/५०

The patient of Dooshivisha should be administered sudation, upward and down ward purification (Emesis and Purgation) and then made to consume *Dooshivisari Agada* added with honey.

The Drug witch used in Dooshivisha chikitsa

- *Dooshivishari Agada*
- *Ajeya Ghrutam*
- *Haridrakhanda*
- *Bilawadi Agada*
- *Tulasi*
- *Singale drugs like Durvaa bhringaraja, mushali etc*

Conclusion:-

The concepts of *Dooshivisha* should be think in present perspectives. This is the cause for the decreasing health status of the society in today's lifestyle. Many Researches and academics proposed *Dushivisha* as the most common and highly influential cause of today's diseases. Here clinical scope of *Agadatantra* gives the way for prevention and curative purpose for fulfilling Aim of *Ayurved*.

Content of pesticides in our food and prevalence of signs of *Dooshivisha* if correlated and studied in other way can bring forward the answers for current treatment modalities from *Agadatantra*. Continue.....

**Dr. Suryakant J. Patil M.D.(Ayu);
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JJAMC.**

ARTICLE
BY FACULTY

Seven Stages Of Women

Author- Dr. Monali Chandak M.S.(Ayu);
Asso. Proffessor, Prasuti Tantra Avum Stree Rog, JJAMC

All the world's a stage
And all the men and women merely players,
They have their exits and their entrance;
And one man in his life time plays many parts,
His acts being seven ages. At first the infant,
Mewling and puking in the nurse's arms.
Then the whining schoolboy, with his satchel
And shining morning face, creeping like snail
Unwillingly to school. And then the lover,
Sighing like furnace, with a woeful ballad
Made to his mistress' eyebrow. Then a soldier.
On of strange oaths, and bearded like the pard,
Jealous in honour, sudden and quick in quarrel,
Seeking the bubble reputation
Even in the cannon's mouth. And then the justice,
In fair round belly, good capon lined,
With eyes severe and beard of formal cut,
Full of wise saws and modern instances;
And so he plays his part. The sixth age shifts
Into the lean and slippered pantaloons,
With spectacles on nose and pouch on side,
His youthful hose, well saved, a world too wide
For his shrunk shank; and his big manly voice,
Turning again toward childish treble, pipes
And whistles in his sound. Last scene of all,
That ends this strange eventful history,
Is second childishness and mere oblivion,
Sans teeth, sans eyes, sans taste, sans everything.

It's a brilliant metaphor, from England's greatest dramatist, **The Great Shakespeare**. He has spoken about the seven stages of man little did he know that centuries down the line there would be a day called as Women's Day, so this is a time to explore our Seven Stages.

Women's health involves a variety of gender specific issues like estrogen production, mental health, sexual health and fertility concerns. Women go through dramatic mental and physical changes as their reproductive systems go through major changes. Women can take charge of their health by eating a proper diet, seeking the proper screening and maintaining a healthy lifestyle.

Women's bodies go through major changes throughout their lives, leading to differences in health concerns for varying age groups. During times of physiological changes, women are more susceptible to mental health issues like depression, anxiety and eating disorders. In adulthood, sexual health issues like fertility, avoiding STD's and practicing safe birth control gain importance. After menopause some women experience health conditions caused by changes in hormones levels. Fortunately most of the diseases that affect women are treatable if detected early and women can live long and healthy lives by following time health tips. So we

can divide a woman age in seven stages like **Infant, Child, Adolescent, Young lady, Mother, Back to you, Stage of Freedom.**

1) Infant: New baby termed as infant. An unacceptable number of babies around the world die in the first week of life with the highest number dying within the first 24 hours of birth. Many of these deaths occur to babies born too early and too small, or with infection, or to babies asphyxiated around the time of delivery. Studies have shown that many newborn lives can be saved by the use of simple low technological interventions. Interventions such as: Recognizing early signs of danger and providing prompt treatment and referral, supporting breast feeding, providing adequate warmth, ensuring good hygiene and cord care, giving extra care to small babies, and having skilled health workers attend mothers and babies at delivery and in the immediate postpartum period can all increase a newborn baby's chances of survival.

2) Child: We can consider toddlers, preschoolers, and age group up to adolescence in this group. This is when children begin to test their limits and they need carers who can help them understand the parameters of the world they live in. So requires carers with lots of patience and energy to tackle with children. This age group is extremely active and need a safe environment that allows them to explore while limiting the potential for bumps and bruises. Child care centers and family day care with low carers to child ratio and good staff retention can work well too. Another benefits of centers for children at

this age is that they learn how to socialize with others and they got chance to participate in activities they might not able to do at home .Young children's diets are frequently comprised of grains with fruit, vegetables, eggs, dairy, fish or meat. Many are increasingly being feed sugary drinks and packaged snacks high in salt, sugar and fat. Poor diet in early childhood can lead to deficiencies in essential vitamins and nutrients such as Vit A deficiency which weakens children's immunity, increases their risk of blindness and can lead to death from common childhood diseases like diarrhea. So parents should maintain diet in childhood is very important to prevent malnutrition. And very important thing, which parent should do properly is Vaccination. A child should vaccinated to enjoy a healthy life.

3) Adolescence: It is the phase of life between childhood and adulthood. It is a unique stage of women development, the journey from girl to young women sees her body change inside and out. Hormones have lots to answer for, from changing body shapes and acne to menstrual cycle, libido, more active sweat gland, oil glands, hair specific problems, irregular periods, PCOD, sexual health issues, nutritional health problems like anorexia nervosa etc. Effect of hormones are not just physical but emotions can run high. At this time teens may try to avoid regular personal hygiene as a way of gaining independence. As well they may not understand all the changes happening to their bodies so parents can helps teen by teaching them habits that can lead to a

lifetime of good health. Healthy life habits include: a) Getting enough sleep. b) Developing healthy strategies to cope with stress like meditation, massage therapy, exercise which produce endorphins – chemical in the brain that acts as natural painkillers. Exercise also helps to moderate the effects of hormonal changes, boost body confidence. c) Avoiding sodas and junk food. d) Enjoying social interaction and alone time.

4) Young Lady: Working hard to develop a foundation of knowledge and a growing network of professional contacts could be the boost they need to reach their goal in future. But when we talk about work and career of a woman in today's world, it's pretty much a competitive sight. In India there are so many women, who faces struggles in managing their careers plans, family demands and sought advice. Some of these challenges can be mitigated with support from their managers, many good organization now a days provide flexibility at work and offer several support mechanism for women colleagues. A few challenges that women faces can be handled well with the support of family members, recognize that your family is also a big part of your career goals as well and can support you in many different ways. There will however be many factors which might not be in your control for example – a compelled relocation to another city or country to join husband, a long career break due to maternity and other family demands etc. But women have the capacity and capability to manage most of these challenges themselves.

Some points which a woman should consider as career oriented- a) Educate yourself regularly, b) Equip yourself with latest technological tools, c) Explore, Experiments, Experience ,d) Engage and exhibit yourself, e) Be audible , Be visible, Be noticeable, f) Expectation management.

5) Motherhood: Being a mom can be one of the most rewarding experience in person's life and one of the most fulfilling journeys life has to offer. In pregnancy there are so many physical changes, emotional disturbance, mood swings. It can be difficult to balance everything around it without losing yourself. Maintaining with you are and still being a good mom isn't impossible, thousands of working moms do it every day. Getting good care before, during and after your pregnancy is very important. It can help your baby grow and develop and keep you both healthy. It is the best way to be sure your little one gets a head start on a healthy life. Good prenatal care includes good nutrition and health habits before and during pregnancy. During the pregnancy time, mother should take healthy food at regular interval as well as follow the proper guidance. The source of stage mother's power is the paradoxical fact that she introduces the stress in order to take care of her baby. Pregnancy is the ideal stage to start taking special care of yourself both physically and mentally. Some essential tips to be followed for healthy pregnancy – 1) Eat balance diet, 2) Take supplements a regular interval, 3) Exercise regularly, 4) Get some rest, 5) Set a routine, 6) Prioritize task, 7) Honor your decision, 8) Fill your own cup first, 9) Leave

work at work, 10) Be bold – ask for support without shying away when needed, 11) Be positive. Be focused. Be adoptable, 12) Be creative in approach – what worked for one may not work for you, 13) Stop trying to be perfect, 14) Have fun.

6) Back to you: At the beginning of this stage, most women experience a significant milestone i.e. Menopause. It is not a medical problem, it is a natural biological process. It does not happen instantly or overnight, it is gradual and most women reach menopause between the age 45-55. The average being around 50. This depends on the individual body development and hormones levels. The menopause can be a physical, mental and emotional upheaval with far reaching effects. As a lady approaches menopause the production of hormones by ovaries begins to slow down or stop like estrogen. At this time lady suffers from the symptoms like heavy periods and / or irregular periods, hot flushes, night sweating, exhaustion, insomnia, mood swings, laps in concentration, thinning hair, loss of skin elasticity, change in metabolism and aches and pains are all common. Alongside hormonal changes, thyroid problems, breast cancer, diabetes and cardiovascular issues can begin to surface. With all these problems, it's not surprising anxiety and depression can take hold. Luckily, you may find you have more resources to lean on during this phase: more time to yourself and a sense of resilience thanks to previous life experience. While ageing is natural, even a badge of honour for some, exercise and proper nutrition can

increase sense of control and security. In midlife as mature adults, maintaining cardiovascular health with aerobic activity and maintaining flexibility and posture are important exercise. For many women, breast health includes concerns about breast lump, breast pain, and nipple discharge. To promote breast health, consider doing breast self-exams. It's also important to understand common screening and diagnostics tests for breast health- such as clinical breast exams and breast ultrasound. Mammography is recommended for all women above 40yrs, every 2yrlly. Maximum symptoms of menopause like night sweat, hot flushes, irritability and moodiness will be reduced by regular exercise and Ayurvedic medicines. At this stage urinary inconvenience can be troublesome and Kegel and Pelvic exercise can be a great help. Osteoporosis or brittle bone is another crippling problem which can be alleviated by doing regular exercise and calcium containing diet along with supplements. Give attention to yourself at this stage i.e. **Back to You**. Take adequate sleep, give time to your habits, enjoy every moment of life.

7) Stage of freedom: This stage also plays a vital role as compared to other stages. With the menopause and retirement behind you, this stage of life is full of freedom. But stepping into unknown can be stressful. It takes time to adjust to changes in your daily routine, status, relationship, and financial situation. This life stage can also throw up challenges on a physical level: cancer, diabetes, osteoporosis, cardiovascular diseases are common concerns.

Loss of libido and functional fitness can also impact relationship and wellbeing. Luckily, studies show that women are better than ever at navigating conflict, understanding other people's point of views, anticipating changes and considering different outcomes at this stage. All family members must take decision after getting some suggestion from Grandmother which leads to success. At this stage metabolism hampered so it's mandatory to take healthy food which suits to your body in this stage. Here all a woman does is only to please HERSELF and HER satisfaction.

For as she rightly says, AGE IS ALL IN THE MIND. As time passes the final stage arrives, where they need to be taken care by their family members and provide all kind of comfort which they given to us.

SUMMARY: The passing time is not always welcome, but it is inevitable, and the life story of the female body is one of constant change. By staying informed, seeking help and making decisions, it's possible to thrive at every stage of life.



Sitting L to R : Dr. Pramod Yadav, Prof. LK Dwivedi, Prof. SS Savrikar, Prof. Asmita Wele, Prof. PK Prajapati, Dr. Galib.
I Row L to R : Dr. Ruchika, Dr. Shivangi, Dr. Chinky Goyal, Dr. Kamini Kestwal, Dr. Vatsala Jain, Dr. Deepika Verma, Dr. Vaishali Patil, Dr. Neelam Choudhary,



CONGRATULATIONS TO DR. PRIYANKA VERMA AND DR. VAISHALI PATIL TO COMPLETE CME AT AIIA, NEW DELHI





Glimpse of celebration - International Women's Day