



E NEWS LETTER



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

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• **Patron Message-** I am very happy that JJAMC team doing great work and good programmes like Environment day celebration, Suvarnaprashan camps etc. Suvarna prashan camps organise on every Pushyanakshatra. JJAMC now start offline teaching and I am glad that efforts of teaching staff and response of students towards online teaching is very good. I feel the positive vibe in campus due to Saptahik Yagya. Lastly I congratulate Students who passed 1st year University exam and appreciate college toppers. I wish JJAMC make a historic mark in Ayurveda field.

Dr. Vijay Patel, President Prerna Charitable Trust.

From Editor's Desk –

‘Will’ Is Important Than ‘Skill’

यत भावो – तत भवति You become what you believe

Everyone has Talent but not Everyone use it

In this world, people belong to three categories:

1. Who has talent – (Everyone has)
2. Who knows they have talent. – (Some of us knows)
3. Who actually use their talent – (Only a few qualify here)

“Talent is never static. It's always growing or dying.”

Have you ever asked yourself, what is your talent? Do you doubt if you have any? Which category you fall into? Let us discover.

Everyone has Talent:

Everyone is born with potential to do extraordinary in life. Unfortunately, we settled ordinary. When someone asks what our talent is, we think for a while and say that we do not have any talent.

“Everybody has talent, it’s just a matter of moving around until you’ve discovered what it is.”

In most cases, we have never tried to explore our talent. Everyone is unique in one way or other. Even if you examine a person with disabilities, you will find something special within him. Therefore, Never ever, doubt your existence in this world.

If you do not use things for a while, you certainly forget about them. The same happen with talent. Do you forget something that was your speciality once? Let us see how to find the gift that nature given us.

Identify your Talent:

As Buddha said, “Everyone is gifted here, but some of us never opened their package”. Have you opened your package?

Where can you find your talent? You can find it in your hobbies. You may be born with some natural gift.

You can find your talent in your skills acquired during education.

It may be in the form of writing, speaking, programming, designing, painting, singing, or managing employees or customer. It may be decorating home or cooking. It could be anything.

Sometimes we simply ignore our talent because it seems an ordinary thing to us. For an example as a homemaker, you

prepare food for your family. You know that you cook well and you like it doing. Therefore, you might be asking yourself, “How can it be a talent? This is my regular work and every homemaker like me is doing it.”

There should be no question to talent as big, small or ordinary talent. A talent is a talent. If anyone asks you, what your talent is? Say it proudly that, “I can cook well”. If you appreciate your talent, you give it a new direction to evolve. You never know where it may take you in your life.

“With ordinary talents and extraordinary perseverance, all things are attainable.” ~ Sir Thomas Fowell Buxton

Trust your instinct and follow your heart. Identify once and trust on it. You can always sharp your talent by learning required skills later.

Use your talent:

It is Showtime now; use your talent. Once you identify your calling of heart, do not sit idle. Do not hold your talent waiting for the perfect time or more opportunities. Talent will not work, if you do not. It will not inspire you if you do not take any action about it. The joy is not in dreaming about your talent, but in using that talent. Use your talent. Take the first step and explore the dimensions.

“Everyone has talent. Little know it and a few use it. That is where greatness differs.”

**योजनानां सहस्रं तु शनैर्गच्छेत् पिपीलिका ।
आगच्छन् वैनतेयोपि पदमेकं न गच्छति ॥**

Even a tiny creature such as an ant can move thousands of kilometers ahead if it keeps on walking consistently. But if an Eagle doesn't move from its place then it can't move even a foot ahead!

This Sanskrit Shubhasiyt highlights the **importance of the 'Will' to put in the effort to fulfill the goal.**

The will to work on our goals can place us near the goal. Our capability might not be apt to fulfill our goal at this time. And that is the reason why many give up on their dream. *They stick to a fixed mindset and focus on what they are and fail to see what they can become.*

What we need in those trying times is the 'Will' to continue with the effort. With consistent effort and a growth mindset, we can learn and grow with time to reach our goals.

Right now it might seem unworthy of putting in all the efforts but with time, talent will emerge from within us and **we will become apt to fulfill the dream of ours.**

That is the beauty of consistent efforts. **The Will to continue matters more than the skills.** One might be apt to do the things that we dream of, but what matters is the will to put in the effort.

Everyone wants to prevail in this world of ours but not all are apt to make their mark in this world. Lucky are those who are gifted with the talents to make a positive difference in this world. But many of those lucky ones fail to make a difference because they succumb to **a sense of entitlement.**

They think that their talent will help them emerge out of mediocrity but little do they know that **effort is needed along with the talent to emerge victorious in the endeavor.**

Champions are not born out of sheer luck and talent, but they perspire their way to victory. **Cassius Marcellus Clay Jr.** said expressed this beautifully in his own words:

Champions aren't made in gyms. Champions are made from something they have deep inside them-a desire, a dream, a vision. They have to have the skill and the will. But the will must be stronger than the skill.

It is our will to move forward rather than sitting and waiting for our talent and skills to elevate us further.

We all have a goal to achieve, and a dream to fulfill. It takes effort to fulfill that dream and self-belief to bounce back from the severe setback along the way. Not everyone is blessed with the skill to prevail but with intense desire and self-belief, we can cultivate our will to prevail which in time helps us develop the required skill

ARTICLES

From Faculty

THE QUEEN OF SPICES – ELA

Dr. Dipa Mehta | Professor | Dept.of Dravyaguna |Jay Jalaram Ayurvedic Medical College,Shivpuri.

रालयति प्रेरयति स्फूर्तिं जनयतीत्यर्थः :

ELA IS STIMULANT

ROLE OF SPICES IN DIET –

Spices enhance the taste and flavour of food, tickling our olfactory lobes and aid in digestion. That apart, they are known to have several health benefits. According to Ayurveda, herbs and spices bring a humoral balance to food. Adding spices to every meal enhances agni- the digestive fire and thus aids in process of digestion ultimately leading to good health.

Addition of spices to certain foods changes the quality of the food or their mode of action

Most spices are potent and hence need to be added only in small quantities to the food.

According to Ayurveda, there are some important spices which are combination of sattvic, rajasic and tamasic qualities and each of them affects a different dhatu (body tissue).

The spices mentioned in ayurveda do not only add flavour, colour and taste to food, but also help in increasing appetite, stimulating and maintaining digestive strength. These spices are also beneficial for our health as they are rich in various nutrients, minerals and antioxidants.

Thus the proper use of adjuvants in cooking food results in total nourishment of the body.

Many spices are strong by nature.

Spices are obtained from the roots, flowers, fruits, seeds, or bark of plants or herbs

The action of spices within the body differs according to the ways that they are used. Spices are mostly used for their natural flavor and aroma in processing food. In addition to adding taste, some spices (cumin, ginger, coriander) also have preventative effects, aiding digestion through the production of digestive enzymes. When mixed with digestive juices, these substances aid absorption.

Nourishment is likewise called “Mahabheshaj,” which signifies “the greatest medication.”

We should take care of our digestive health by eating right, providing the body with all its requirements and keeping the digestive fire alive, known as agni in Ayurveda.

Digestion plays a crucial role in our body’s good health and well-being. The process of digestion is not just about breaking down food and providing our body with the required nutrients. A good digestive system is also the key to a long and disease-free life. Many

experts believe that the secret to a good life actually lies in your gut. It is therefore essential that we take care of our digestive health by eating right, providing the body with all its requirements and keeping the digestive fire alive, known as 'agni' in Ayurveda.

Botanical name

Elettaria cardamomum – Sukshma Ela

Amomum subulatum – Sthula Ela

Family – Zingiberaceae

Classification of dravya – gana

Charaka – Swasahara Dashemani, Angamarda prasamana Dashemani, Visaghna Dashemani

Sushruta – Eladi gana, Pippalyadi gnaa

Bhava Prakasha Nighantu – Karpuradi varga

Synonyms

Sukshmaila – upakunchika, tuttha, korangi, dravidi, truti

सूक्ष्मोपकुञ्चिका तुत्था कोरङ्गी द्राविडी त्रुटिः

Sthulaila – rala, sthula, bahula, pruthvika, triputa, bhadrella, bruhadaela, chandrabala, niskuti

एला स्थूला च बहुला पृथ्वीका त्रिपुटाऽपि च ६०

भद्रैला बृहदेला च चन्द्रबाला च निष्कुटिः

Plant Description

Type of Plant

Herbaceous Perennial

Native/Range (Geographic Distribution)

India & Sri Lanka

Height (grows up to)

5 to 20 feet

Habitat (type of environment)

Tropical regions having temperatures around 35 degrees or higher

Leaves

It has leafy shoots that arise up to 5 to 20 feet,

sometimes up to 10 meter

Flowers

Flowers shoots can arise up to 1 meter

Fruits

Fruits are like capsules, which contains seeds

Rasa panchaka

Sukshmaila

Rasa – katu, madhura

Guna – laghu, ruksha

Vipaka – madhura

Virya – shita

Sthulaila

Rasa – katu

Guna – laghu, ruksha

Vipaka – katu

Virya – usna



Useful part – fruits and seeds

Karma

Sukshmaila – pitta vata hara, swasha hara, kasha hara, arshoghna, mutrakruccharaghna, rochana, dipana, hrudya, mukhasodhaka

एला सूक्ष्मा कफश्वासकासाशोमूत्रकृच्छ्रहृत्

रसे तु कटुका शीता लघ्वी वातहरी मता ६३

Sthulaila – vata kapha hara, swasha hara, kandughna, trushnahara, hrlashanashaka, kasa hara, vishaghna, rochaka, chardighna

रूक्षोष्णा श्लेष्मपित्तास्रकरण्डूश्वासतृषाऽपहा

हल्लासविषबस्त्यास्यशिरोरुग्वमिकासनुत् ६२

Pharmacological action

It has antimicrobial, antioxidant and anti-inflammatory properties. Aromatic, stimulant, carminative, stomachic, diuretic

Rogagnata – sukshmaila – swasha, kasa, mutrakrcchara, aruchim mukhadourgandhya, daha, trshna

Sthulaila – swas, kasa, kandu, hrlasa, chardim aruchi

Yoga –

Eladi gutika – swasha, kasha, hikka

Eladi kwatha – asmarim mutrakrucchra
Eladi churna – mutrakrucchra
Eladyarista – visarpa, masurika
Eladya ghrita – rajyakshma, bhagandara
Eladya modaka – madatyaya, madyavikara

DOSAGE & ADMINISTRATION

The general dosage of Elaichi (Cardamom) is as follows.

Infants (Age: Up To 12 Months)	250 mg *
Toddler (Age: 1 – 3 yrs)	500 mg *
Preschooler (3 – 5 yrs)	750 mg *
Grade-schooler (5 – 12 yrs)	1 gram *
Teenager (13 -19 yrs)	2 grams *
Adults (19 to 60 yrs)	3 grams *
Geriatric (above 60 yrs)	2 grams *
Pregnancy	500 to 1000 mg *
Lactation	1 to 3 grams *
Maximum Possible Dosage	12 grams Per Day (in divided doses)

* Twice a day with appropriate adjuvant

When to Take: It can be taken anytime in a day. For best results in digestive ailment, it should be taken an hour before meal. For headache and vertigo, it should be taken an hour after food.

Some recipes name which ela Use full as a spices

Ela tea, masala chai,

Kheera, basundi, peda, malia kulfi, many deserts

Punjabi subji

Garma masala

Biryani

Cookies, biscuit etc

Cooking With Black Cardamom

The black cardamom pods are mostly used whole and almost always fried in a little oil to cause it to fully release its flavors and aroma. Before adding to a dish, the pods can also be crushed slightly to reveal the seed. When a recipe calls for black cardamom powder, remove and discard the skin, grind the seeds in a clean, dry coffee grinder, and use immediately. You can also grind the whole pod and strain through a colander to remove the outer skin.

The black cardamom pods benefit from long, slow cooking times in moist heat, and work well with other strong-flavored spices. If using ground, a little goes a long way, so the spice should be used sparingly

Green cardamom

You can use powdered cardamom added directly to recipes that call for ground cardamom, but you will get more flavor by starting with the pods. Toast green cardamom pods in a dry skillet for a few minutes. Let them cool for a minute and then remove the seeds from the pods. Save the pods to use for adding to coffee or tea for flavor. Grind the seeds in a mortar and pestle for best results, or you can use a motorized spice grinder (like a coffee grinder).

If you are using green cardamom for hot drinks such as coffee, simply grind three to four cardamom seeds along with your coffee beans and pour your hot water over as usual. Some traditions grind the whole pod, but it's fine to use the seeds only.

Ayurveda spread east and west and influenced the herbs used as a medicine -Ayurveda strongly believes that “You are what you eat”! With this key principle, it sets a great significance on one’s diet and also proposes that consumption of healthy food aids in strengthening the immunity of the body. Eating the right food not only keeps the body healthy but even promotes mind growth.



JJAMC celebrate World Environment Day 2021. JJAMC staff planted around 50 plants in campus area with the support of Forest Department of Godhra region.

