



# E NEWS LETTER



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**Patron Message-** JJAMC always try to make every event and NSS programme successful. I am very proudly thank to our hospital staff for organising Nidana checkup camp from 9<sup>th</sup> Aug to 21<sup>st</sup> August. I appreciate all Hospital Consultants and staff for their efforts toward work and dedication and enthusiasm. I also appreciate NSS activities conducted in college and Kankanpur village by students in the form of ‘Swachhta Pakhwadiyu’. I congratulate Dr Shital for organise very good NSS activities. 15<sup>th</sup> August was programme always remain in our hearts because of lots of activities and competitions. I am always ready to give full support to our JJAMC team for any work.

**Dr. Vijay Patel,** President Purna Charitable Trust.

### From Editor’s Desk –

#### **An Overview on Ashwagandha: A Rasayana (Rejuvenator) of Ayurveda**

Ashwagandha is an evergreen shrub that grows in India, the Middle East, and parts of Africa. It has a long history of use in traditional medicine.

For hundreds of years, people have used the roots and orange-red fruit of ashwagandha for medicinal purposes. The herb is also known as Indian ginseng or winter cherry.

The name “ashwagandha” describes the smell of its root, meaning “like a horse.” By definition, ashwa means horse.

Practitioners use this herb as a general tonic to boost energy and reduce stress and anxiety. Some also claim that the herb may be beneficial for

certain cancers, Alzheimer's disease, and anxiety.

More research is necessary; to date, promising studies into the health benefits of ashwagandha have mainly been in animals.

This article looks at the traditional uses of ashwagandha, how to take it, and the evidence behind its possible health benefits and risks.

Ashwagandha is an important herb in Ayurvedic medicine. This is one of the world's oldest medical systems and one of India's healthcare systems.

In Ayurvedic medicine, ashwagandha is considered a Rasayana. This means that it helps maintain youth, both mentally and physically.

There is some evidence to suggest that the herb can have neuroprotective and anti-inflammatory effects. Inflammation underpins many health conditions, and reducing inflammation can protect the body against a variety of conditions.

For example, people use ashwagandha to help treat the following:

- stress
- anxiety
- fatigue
- pain
- skin conditions
- diabetes
- arthritis
- epilepsy

Different treatments make use of different parts of the plant, including the leaves, seeds, and fruit.

### **What are its health benefits?**

Scientific studies have suggested that ashwagandha might be beneficial for a number of conditions.

That said, researchers do not know a lot about how the herb reacts within the human body. Most studies so far have used animal or cell models, meaning that scientists do not know if the same results will occur in humans.

There is some evidence to support the use of ashwagandha for the following:

#### **Stress and anxiety**

Ashwagandha may have a calming effect on anxiety symptoms when compared with the drug lorazepam, a sedative and anxiety medication.

A 2000 study suggested that the herb had a comparable anxiety-reducing effect with lorazepam, suggesting that ashwagandha might be as effective for reducing anxiety. However, the researchers conducted this study in mice, not humans.

In a 2019 study Trusted Source in humans, researchers found that taking a daily dose of 240 milligrams (mg) of ashwagandha significantly reduced people's stress levels when compared with a placebo. This included reduced levels of cortisol, which is a stress hormone.

In another 2019 study Trusted Source in humans, taking 250 mg or 600 mg of ashwagandha per day resulted in lower self-reported stress levels, as well as lower cortisol levels.

Although this research is promising, scientists need to collect much more data before recommending the herb to treat anxiety.

#### **Arthritis**

Ashwagandha may act as a pain reliever, preventing pain signals from traveling along the central nervous system. It may

also have some anti-inflammatory properties.

For this reason, some research has shown it to be effective in treating forms of arthritis, including rheumatoid arthritis.

A small 2015 study<sup>Trusted Source</sup> in 125 people with joint pain found the herb to have potential as a treatment option for rheumatoid arthritis.

### **Heart health**

Some people use ashwagandha to boost their heart health, including:

- lowering high blood pressure
- lowering high cholesterol
- easing chest pain
- preventing heart disease

However, there is little research to support these benefits.

One 2015 study<sup>Trusted Source</sup> in humans suggested that ashwagandha root extract could enhance a person's cardiorespiratory endurance, which could improve heart health. However, more research is necessary.

### **Alzheimer's treatment**

According to a 2011 review<sup>Trusted Source</sup>, several studies have examined ashwagandha's ability to slow or prevent loss of brain function in people with neurodegenerative conditions such as Alzheimer's disease, Huntington's disease, and Parkinson's disease.

As these conditions progress, parts of the brain and its connective paths become damaged, which leads to loss of memory and function. This review suggests that when mice and rats receive ashwagandha during the early disease stages, it may be able to offer protection.

### **Cancer**

The same 2011 review<sup>Trusted Source</sup> also describes a few promising studies that found that ashwagandha might be able to stop cell growth in certain cancers. This includes reducing lung tumors in animal studies.

#### **How to take ashwagandha**

The dosage of ashwagandha and the way people use it depends on the condition they are hoping to treat. There is no standard dosage based on modern clinical trials.

Different studies have used different dosages.

Some research<sup>Trusted Source</sup> suggests that taking 250–600 mg per day can reduce stress. Other studies have used much higher dosages.

Capsule dosages often contain between 250 and 1,500 mg of ashwagandha. The herb comes in the form of a capsule, powder, and liquid extract.

In some cases, taking high doses can cause unpleasant side effects. It is best to speak with a healthcare professional about safety and dosage before taking any new herbal supplements, including ashwagandha.



## ARTICLES

From Faculty

### આયુર્વેદ અને વ્યાયામ

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આપણી દિનચર્યા અને જીવનરોલીનો સૌથી ઉપેક્ષિત ભાગ એટલે વ્યાયામ. આપણે સૌ જાણીએ છીએ કે કસરતના કેટલાં ફાયદા થાય છે અને આપણો અનુભવ પણ હોય છે કે કસરત કરતાં હતા એ વખતે શરીર સારું રહેતું હતું, ભુખ સારી લાગતી હતી અને ખોરાક પણ પચતો હતો.

છતાં આપણે કસરત કરવાથી આટલા વિમુખ કેમ? જેમાં ફાયદો હોય અને એનાથી દૂર રહીએ એટલા મુશ્કેલી તો આપણે નથી! એ આળસ તો નથી ને જે આપણને અવરોધે છે. જો આળસ હોય તો વિશ્વાસ રાખજો કે તમારા શરીરમાં અપચો - બીમારી અંદરખાને ચાલુ થઈ ગઈ છે, જે જલદી કાઢવામાં નહિ આવે તો મોટી બીમારી આવી શકે છે. આમ સ્વસ્થ રહેવા માટે કરવાનાં પ્રયત્નો પ્રત્યે આળસએ જ રોગનું મૂળ બનતી હોય છે.

સામે પક્ષે આંધળું અનુકરણ કરીને જિમમાં જઈ ક્ષમતાંથી વધુ વજન ઉઠાવતાં લોકોનો પણ વર્ગ બહુ માટો છે. જે ઘરે જઈને પાણીનો ગ્લાસ પણ ધરવાળાં પાસે મંગાવતાં હોય છે! ઘણા હેલ્થ કોન્સિયસ એવા પણ હોય છે કે વારંવાર કસરત કે યોગા કે જિમમાં જવાનાં બહુમોટા ઉમળકાં સાથે ખાન બનાવતાં હોય છે પણ સાતત્યનાં અભાવમાં ૨ જ દિવસમાં (જેમ દૂધ ઉભરાય અને ગેસ બંધ કરવાથી શાંત થાય એમ) શાંત પડી જતાં હોય છે, પાછા ૧૨ મહિનાં પછી પાછાં ઉત્સાહી થતાં

હોય છે. આવા ઉત્સાહમાં જિમની ફી પણ જતાં કરતાં હોય છે.

તો વ્યાયામ કઈ રીતે કરવો? કેટલાં પ્રમાણમાં કરવો કે જેથી ફાયદા જ મળે, નુકસાન નહિ. આયુર્વેદ શાસ્ત્રોમાં આવિશે શું પ્રકાશ પાડેલો છે? ચાલો આજે ચર્ચા કરીએ અદભૂત ઔષધ વ્યાયામની.

વ્યાખ્યા: જે શારીરિક શ્રમ-ચેષ્ટા મનોનુકૂળ, શરીરમાં સ્થિરતા લાવનાર અને બળ વધારનાર હોય તે વ્યાયામ છે. ધરનું કામ કરવું એ વ્યાયામ નથી. ચાલવું, દોડવું, યોગાસન, એરોબીક્સ, ડાંસ, સૂર્યનમસ્કાર, રમતો વગેરેનો સમાવેશ વ્યાયામમાં કરી શકાય.

લાભ: વ્યાયામથી શરીરમાં હળવારા શરીર પુષ્ટી, કર્મસામર્થ્ય, સ્થિરતાં, દુઃખ-કષ્ટ સહન કરવાની ક્ષમતા. દોષોનો ક્ષય, આળસમાં, ચરબીમાં ઘટાડો અને અગ્નિની વૃદ્ધિ થાય છે. માંસપેશીઓ દૃઢ થાય છે અને અંગોનું અંગઠન થાય છે. શ્રમ, ઠંડી-ગરમી, ભુખ-તરસ વગેરેને સહન કરવાની ક્ષમતા વધે છે, વૃદ્ધાવસ્થા જલદી આવતી નથી. સ્થૂળતા દૂર કરવામાં પણ વ્યાયામ સમાન કોઈ દવા નથી. નિત્ય વ્યાયામ કરનારને વિરૂદ્ધ આહાર અને કાયો- પાકો- અપચ્ચ આહાર પણ પચી જાય છે.

વ્યાયામ કેટલો કરવો? - વ્યાયામ વધુમાં વધુ અર્ધશક્તિ કરવો. આમ વ્યક્તિ-વ્યક્તિએ માત્રા બદલાય આવું જ ભોજનમાં, પાણી પીવામાં, વ્યાયામમાં વગેરેમાં આયુર્વેદ સૌથી વ્યવહારુ જવાબ આપે છે કે અગ્નિ અનુસાર પોતે પોતાની માત્રા નક્કી કરવી. પરસેવો વ્યવસ્થિત નિલવા લાગે, મુખ સુકાવવા લાગે, શરીરમાં હલકું લાગે, શ્વાસની સંખ્યા વધવા લાગે, હૃદયનાં ધબકારાં તેજ થવા લાગે ત્યાં સુધી વ્યાયામ કરવો. અન્યથા નુકસાન થશે. વ્યાયામથી વ્યક્તિગત ક્ષમતા વધે પછી વ્યાયામ વધારી શકાય. શિયાળા(હેમંત-શિશિર ઋતુ) માં અને વંસંત ઋતુમાં(નવેમ્બરથી એપ્રિલ સુધી) કુદરતી બળ વધુ હોવાથી ઉપરોક્ત માત્રા સુધી વ્યાયામ કરી શકાય, બાકીની ઋતુમાં થોડો વ્યાયામ કરવો.

વધુ પડતાં વ્યાયામથી નુકસાન: યોગ્ય માત્રા કરતા વધુ વ્યાયામ કરવાથી થકાવટ, બેચેની, ક્ષય, તરસ, રક્તપિત્ત, સ્વાસ, ઉધરસ, તાવ, ઉલટી વગેરે થઈ શકે છે.

વ્યાયામ કોને નાં કરવો? : વજન ઉઠાવનાર, વધુ ચાલનાર, અધિક મૈથુન કરનાર, કોધ-શોક-ભય-શ્રમથી પીડિત, બાળકો,

વૃદ્ધો. ઘણું ભાષણ કરનાર-બોલનારા, ભૂખ્યા, તરસ્યા, રક્તપિત્ત, શ્વાસ, કાસ વગેરે રોગ વાળા, બહુ વાત પ્રકૃતિવાળા વગેરેએ વ્યાયામનો ત્યાગ કરવો અથવા બહુ ઓછી માત્રામાં કરવો.

સાતત્યતા જાળવવા શું કરવું? મોટે ભાગે દર્દીઓની ફરીયાદ હોય છે કે હુ સરત ચાલું તો કરું છું પણ ૨ ૪ દીવસ પછી ઉત્સાહ જતો રહે છે અને ધીમે ધીમે બંધ થઈ જાય છે. આવું ન બને એટલા માટે રસ કેળવાવો અનિવાર્ય છે. સૌથી સહેલો ઉપાય છે રમત રમો ચાલવું, દોડવું, ક્રિકેટ, બેડમિન્ટન, વોલીબોલ, ટેબલટેનિસ વગેરે સહેલાઈથી રમી શકાય એવી રમતો છે. રમતોમાં રસ સચવાઈ રહેશે. બીજો ઉપાય છે મિત્રોનું સમુહ-ગ્રુપ બનાવો. વ્યાયામનાં સાથીદારો એકબીજાને બળપૂર્વક સાતત્ય જાળવવામાં મદદ કરે. સૌથી મહત્વનો વ્યક્તિગત સંકલ્પ છે.

નિષ્કર્ષ: આળસ એ શત્રુ છે અને વ્યાયામ એ મિત્ર છે. અદ્ભુત ચિકિત્સક એવા વ્યાયામને સમજી, વિવેક પૂર્વક જીવનમાં સ્થાન આપો અને સ્વસ્થ રહો. (સંદર્ભ ગ્રંથો: ચરક સંહિતા, સુશ્રુત સંહિતા, અષ્ટાંગહૃદય)



# SIGNIFICANCE OF PUSHPADHANVA RASA IN LIFESTYLE DISORDER W.S.R. TO INFERTILITY

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The modern Globalization and 21<sup>st</sup> century has landed man into various changes in his lifestyle. Due to the fast going life man has no time to look after his health & maintain good quality life. Nowadays man has wrong dietary habits, has sedentary lifestyle, lack of exercise, has the habits of drinking, smoking, late sleeping and late rising habits under the name of modernization. Also, today's women are very much carrier oriented So facing the problems at stress and tension, also the age of marriage is increasing among men & women. Because of this wrong, fast and sedentary lifestyle, leading men and women into decreased nutritional status, vitiation of normal physiology of body, giving rise to menstrual adulatory disturbances among women erectile dysfunction, loss of libido, low sperm count, decreased potency among men. Also increased age of marriage leading them to decreased fertility.

Rasashastra has large varieties of Rasaushadhis aiding on this issue but among them pushpadhanva Rasa is the significant one. It is convenient in doses, covering all aspects of the decease, giving quick result, palatable, potent, consuming short time for the treatment which will suit their fast lifestyle. It works on both male and female infertility.

## Infertility –

**Definition** – Infertility primarily refers to the biological inability of a person to contribute to conception.

**Definition** – WHO – “Infertility is the inability to conceive a child. A couple may be considered infertile if, after two years of regular sexual intercourse, without contraception, the women has not become pregnant (and there is no other reason, such as breast feeding or post partum amenorrhea).

**Types-** 1) Primary Infertility. – Inf. In a couple who have never has a child

2) Secondary Infertility - The failure to conceive following previous pregnancy.

## Textual References –

Infertility ‘Vandhayatva’ is not described as a whole under one head in the ancient texts. It is a condition occurring due to vitiation of Normal health or body physiology for the proper conception the materials required are mentioned as ‘GarbhadhanSamugri’ as,

ऋन्क्षेत्रअंबुबीजानांसामग्रयातअंकुरो यथा ।

Means for the normal conception (Garbhadhana) these above four factors are important.

1) Rutu – Proper adulatory period / Menstrual Period.

- 2) Kshetra – Normal reproductive organs

(Including Vagina, Uterus, Fallopian tubes, ovaries etc.)

- 3) Ambu -Proper nutrition for proper functioning of the body Good quality Saptodhatus. (Sarabhudhatus)
- 4) Beeja -Good quality Stribeeaj (Ovum-Artavam) &Pumbeeja – shukra(sperm)

If above mentioned factors are proper, then one don't have any problem to concede. Various factors that are described in the texts related to or can be responsible for infertility, are as follows –

- Yonivyapada (TryavartaYonidustiti) these includes vitiation it normal functioning reproductive organs like vagina, cervix, uterus, followings and ovaries.
- Shukra – ArtavaDushti
- Klaibya (both in male & female)

### Significance of Pushpadhanva Rasa on infertility –

अल्पमात्रोपयोगित्वात् अरुचेरप्रसंगतः।

क्षिप्रमारोग्यदायित्वात्औशधिभ्योअधिकोरसः ॥

(R.R.S)

Means, Rasaudhadhis acts in lower doses, don't have annoying taste, gives quick results as they carry herbs mixed with them faster to the desired site as a catalytic action of mercury, hence having on edge over the herbal medicines.

Also, Rasaushadhi don't have expect Jatharagni (Koshtagni) for their

digestion, it directly acts on targeted 'Dhatus' hence give quick results.

Treatment of Infertility is very time consuming. In this modern era as the age of marriage is advancing among men and women, are lending very hectic and fast life due considering to this their fertile age is also decreasing so, considering all these factors Rasaushadhis are the best option over the herbal remedies.

Rashashastra have large varieties of Rasaushadhis aiding on this issue, but among them 'PushpadhanvaRasa' is very significant one.

### Reference –

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कनकविजय यष्टी शाल्मलीनागवल्ली ॥  
घृतमधूसितदूग्धंपूष्पधन्वारसन्द्रो  
रमयति शतरमादीर्घमायुबलञ्च ॥

(भै.र. वाजीकरणप्रकरण 74 / 70)

Anupana – Ghruta, Milk, butter, sita (Sharkara)

Dose– 125 – 250 mg.

### Ingredients of Pushpadhanva Rasa

- |                  |   |
|------------------|---|
| 1. Rasa – Sindus | - |
| 1 parts          |   |
| 2. Naga – Bhasma | - |
| 1 part           |   |
| 3. LohaBhasma    | - |
| 1 part           |   |
| 4. AbhrakaBhasma | - |
| 1 part           |   |
| 5. VangaBhasma   | - |
| 1 part           |   |

BhavanaDravya – Dhatura Patra Swarasa, BhangaKwatha, MadhuyashtiKwatha, ShalmaliKwatha, NagvelSwarasa.

## Significance of Ingredients in the action of Pushpadhanva Rasa – on infertility

### 1. Abhraka (Mica) Bhasma

Abhraka has rejuvenating properties i.e. it is Rasayana means it helps in production of proper dhatus from Rasa to Sukradhatu (Regulates Dhatu paripishana Krams It is also Vrisha (can produce good quality semen and sperms – Sukradhatu).

### 2. Lauha (Iron) Bhasma

Loha have a Rasayana property means it makes proper Rasa and specially Raktadhatu which are necessary for proper menstruation also prakruta Artava (Beeja) Nirmana. Also, it acts on Kleda (excess of water content), fats hence controls obesity, edema which are seen in today's lifestyle disorders like PCOD (Polycystic ovarian disease, obesity, type II diabetes).

Good quality Raktadhatu is necessary for proper supply to reproductive organs and to produce good quality Beeja – Artava

### 3. Naga Bhasma

Naga Bhasma is itself vajjekavana, stimulant. It increases potency, enhances libido produces good quality semen and very importantly gives strength to the reproductive organs and maintains their normal physiological working.

### 4. Vanga Bhasma

Vanga is also vajeekarana (Vrisha) It is also stambhaka (Astringent) due to which it can act on ejaculatory disorders. It gives strength to reproductive organs. It produces good quality Sukradhatu

### 5. Rasa-sindura

It is Rasayana (Rejuvenating property) It produces good quality dhatus from Rasa to Sukra. It is 'Yogavahi' Catalytic Action means it carry substance mixed with it, faster to the desired site. It is also stimulant (Uttejaka).

## Significance of Bhavana Dravyas in Pushpadhanva Rasa –

### 1. Dhatura (Datura metal)

i. Krushna Dhatura is used for medicine purpose. It is stimulant, (Uttejaka), Alhadjanaka (Refreshing) so, it works on loss of libido, impotency, erectile disorder.

### 2. Bhang (Cannabis sativa)

i. It is also stimulant Rasayana Vrisha.

### 3. Yashtimadhu (Glycyrrhiza glabra)

i. It is Madhura Casatmaka, Sheeta (Cool potency) so is Rasayana produces good quality dhatu. Also it resembles properties of Sukradhatu it produces good quality sukradhatu.

### 4. Shalmali (Semal Mulsi) (Salmolia Malabarica)

i. It is Vajelkarana, it is Sukrajanaka (Produces semen). Also Sukrasrutikara, (Aphrodisiac)

### 5. Nagvel (Piper betel)

i. It is stimulant acts on erectile disorders.



Looking towards the above mentioned significance of inure dints the drug designator of Pushpadhanva Rasa is made in such a way that it can work on all infertility due to today lifestyle, in both male and female.

Today, man spends very fast life, eats fast food, junk food, canned food (with preservations), have sedentary life, works under very stressful conditions have habits of drinking, smoking and lack of exercise and mainly increased age of marriage among women, all these factors alters the normal body physiology, vitiation of normal body functioning decreased nutritional status which impacts very had effect on reproductive organs of both male and female leading them to lifestyle disorders like obesity, Hypothyrodism, Diabetes mellitus, loss of libidos, erectile disorders, PCOD (Polycystic ovarian disorder). Anorulatory cycles, Hemorrhage, Metrorrhagia leading to recurrent abortions, Infections disorders like syphilis Gonorrhoea due to multisexuality or unprotected Sex.

As Pushpadhanva Rasa have ingredients like Nagel, Vanga, Loha, Abhraka, Rasa-Sindura which are rejuvenating, (Rasayana), vajeekarana means producing good quality dhatu

ultimately producing good quality beeha (Orum& sperm.)

AbhrakaBhasma works on psychosomatic disorders due to todays stressful working. Lohabhasma works on Anemic condition of women giving rejuvenating effect on reproductive system Naga &Vanga works on Genital Organs and overall Reproductive system to combat disorders like erectile dysfunction, loss of lido, low sperm count due to current lifestyle disorders like Diabetes Obesity, Hypothyroidism. It vangaBhasma is prepared by using 'Hartala' (As<sub>2</sub>S<sub>3</sub> – Arsenic disulphide) it can be used in the infections disorders like syphilis, Gonorrhoea etc.

The Bhavanadravya have specific role in Pushpadhanva Rasa Dhatura, Bhanga and Nagvel acts as stimulant (Vitejaka). Shalmali (SemaMusli), Yashkmadhuhave aphrodisiac property. So these Bhavanadravyas increases the potency of pushpadhanva Rasa which works on infertility perfectly.

So, according to current lifestyle people are facing various disorders leading them to infertility Pushpadhanva Rasa can cover almost all aspects of it and can be better treatment modality which suits current lifestyle.

## JJAMC UPDATES

જય જલારામ આયુર્વેદિક મેડીકલ કોલેજ તેમજ શ્રીમતિ દમયંતિબેન પટેલ આયુર્વેદિક હોસ્પિટલ શિવપુરી, ગોધરા ખાતે નિશુલ્ક સર્વરોગ નિદાન કેમ્પ તેમજ એન.એસ.એસ અંતર્ગત સ્વચ્છતા પખવાડિયાનો શુભારંભ કરવા મા આલ્યો હતો, જેમા સર્વરોગ નિદાન કેમ્પ નો પ્રચાર અને પ્રસાર તેમજ સ્વચ્છતા જન જાગૃતિ રેલીનું સંયુક્ત ઉપક્રમે આયોજન કરવા મા આલ્યો હતુ.. જેમા એન. એસ.એસ ના સ્વયંસેવકો, અધ્યાપક ગણ તેમજ સ્ટાફ એ ઉત્સાહપુર્વક ભાગ લીધો હતો.



### Swasthata Week

दिल में हो स्वच्छता की आस  
तो हर जगह बन जाती है खास ।

JJAMC celebrate Swasthata Pakhwadiyu by cleaning classes and college and hospital premises.  
એન.એસ.એસ.યુનિટ, જય જલારામ આયુર્વેદિક મેડિકલ કોલેજ, શિવપુરી, ગોધરા



## 15<sup>th</sup> August celebration

Celebrated 75th Independence day with great joy and enthusiasm by all students.. Nicely Arranged cultural program increased our joy further.

Jay Hind , Jay Bharat.



## Saptahik Yagya

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

