



E Newsletter

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Patron Message-

I hope this message finds you all in good health and high spirits. As we bid adieu to the vibrant and joyous festival of Holi, I want to take a moment to connect with each one of you and share some words. First and foremost, I hope you all had a memorable and safe Holi Vacation. Holi is a time of celebration, unity and the triumph of good over evil. It is a festival that fills our hearts with joy, colors our lives with happiness and strengthens the bonds of friendship and community.

Now as we resume our academic journey, let us carry forward the spirit of Holi into our classrooms and beyond. Just as the vibrant colors of Holi bring life to every corner, let us infuse our studies with enthusiasm, curiosity and creativity. Together, let us make the remainder of this academic year a period of growth, achievement and happiness. Wishing you all a bright and successful journey ahead

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

Editorial desk-

Greetings to all...!!

Month of March is the end of yet another academic session for exam-going students, the stress they are facing can be relieved to some extent as this month also brings the festival of colours i.e. Holi.

Holi the festival celebrated for Win of good over evil, likewise we also have to remove bad or evil within us and burn it in sacred fire. It is a festival of colour, which brings joy, cheerfulness, happiness. The festival brings all of us together forgiving one another's mistakes.

Ayurveda is closely related to our culture and festivals. Every festival has its own importance in our day-to-day life and influences our life. Fame of Ayurveda is so wide that to know celebration of Holi in organic way local news reporters came to our college again some information. On behalf of our institute, our respected faculties Dr. Vaishali Patil gave information about how to prepare various organic colours, using natural and herbal ingredients, which are easily available at our home. In addition, Dr. Pradeep Tidke highlighted the importance of organic colours by briefing the properties of various herbal colours. Also our students expressed their thoughts on playing Holi with natural colours. Knowing the harmful effect of synthetic colours after entering the field of Ayurveda. They also emphasised to go natural and follow Ayurveda in day-to-day life.

So concluding here with I wish all the very best to exam going students. Keep in mind the quote by Swami Vivekananda "The power of concentration is the only key to the treasure House of knowledge" so study hard and success is All yours!

Dr. Dattatraya Kharosekar, M.D (Ayu.)

Principal, JJAMC

Haridrakhanda*: in the management of *Sheetapitta

Dr. Hetal Damor; M.D. (Ayu),

Assistant Professor, Dept. of R.S.B.K, J.J.A.M.C.



Haridrakhanda is an effective formulation for the management of *Sheetapitta*, *Udarda*, *Kotha* etc. *Haridrakhanda* is mentioned in Ayurvedic pharmacopoeia of Indiaⁱ. *Jalasamskara*; a type of *Samskara* has been mentioned as effective method to change the qualities of a drug. *Haridra* is effective drug for the management of skin disorders including *Sheetapitta*, *Udarda*, *Kotha* etc. and it is included in several classified group of drugs like *Kushthaghna dashemani*, *Vishaghna-Mahakshaya* and said to possess *Kandughna* property.ⁱⁱ

Ingredients of *Haridrakhanda*:

S.N	Drug	Latin name/ English name/ part used and form	Proportion
1.	<i>Haridra</i>	<i>Curcuma longa</i> Linn, Rhizome	8 Parts
2.	<i>Goghrita</i>	Cow ghee	6 Parts
3.	<i>Godugdha</i>	Cow milk	64 Parts
4.	<i>Sharkara</i>	Sugar	50 Parts
5..	<i>Shunthi</i>	<i>Zingiber officinale</i> Roxb.	1 part
6.	<i>Maricha</i>	<i>Piper nigrum</i> Linn.	1 part
7.	<i>Pippali</i>	<i>Piper longum</i> Linn.	1 part
8.	<i>Ela</i>	<i>Elettaria cardamomum</i> Maton	1 part
9.	<i>Twaka</i>	<i>Cinnamomum zeylanicum</i> Blume	1 part
10.	<i>Tamalpatra</i>	<i>Cinnamomum tamala</i> Nees	1 part
11.	<i>Trivruta</i>	<i>Operculinaturpethum</i> Linn.	1 part
12.	<i>Vidanga</i>	<i>Embeliaribes</i> Burm.f.	1 part
13.	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz	1 part
14.	<i>Amalaki</i>	<i>Emblica officinalis</i> Gaertn	1 part
15.	<i>Bibhitaki</i>	<i>Terminalia bellerica</i> Roxb.	1 part
16.	<i>Nagkesara</i>	<i>Ochrocarpus longifolia</i>	1 part
17.	<i>Musta</i>	<i>Cyperus rotundus</i> Linn.	1 part
18.	<i>Lauha</i>	Iron	1 part

Pharmacological action of ingredients of *Haridrakhanda*:

S.N	Drug	Pharmacological action
1.	<i>Haridra</i>	Anti allergic and anti histamine activity ⁱⁱⁱ , Anti-Inflammatory Activity, Anticancer activity, Antidepressant activity, Anti-oxidant activity, Wound healing activity, Antifungal activity,
2.	<i>Shunthi</i>	Anti-emetic activity
3.	<i>Maricha</i>	Antimicrobial activity ^{iv} , Anti-inflammatory activity, Immuno-modulatory activity
4.	<i>Pippali</i>	Anti-allergic activity ^v , Immunomodulatory activity, Anti-inflammatory activity
5.	<i>Ela</i>	Anti-Allergic Activity ^{vi} , Anti-inflammatory Activity, Anti-microbial Activity, Food preservation Activity
6.	<i>Twaka</i>	Anti-inflammatory ^{vii} , Antioxidant Activity, Antibacterial activity, Anti-fungal activity,
7.	<i>Tamalpatra</i>	Immunomodulation property ^{viii} , Antifungal and antioxidative,
8.	<i>Trivruta</i>	Anti-inflammatory activity ^{ix} , Antimicrobial activity
9.	<i>Vidanga</i>	Antihistaminic activity, Antibacterial activity ^x
10.	<i>Haritaki</i>	Wound healing activity, Antifungal activity ^{xi}
11.	<i>Amalaki</i>	Anti inflammatory activity, Immunomodulatory activities ^{xii}
12.	<i>Bibhitaki</i>	Antimicrobial, Immunological activity ^{xiii}
13.	<i>Nagkesara</i>	Anti-inflammatory activity, Antifungal activity, Antibacterial activity ^{xiv}
14.	<i>Musta</i>	Anti inflammatory activity, Antibacterial activity ^{xv}
15.	<i>Lauha</i>	Haematinic activity ^{xvi}

Mode of action of drug:

Sheetapitta is one of the skin disease which is *Tridoshaja Vyadhi*, *Vata-Kapha Dosha* is most dominant *Dosha* and *Rasa Dhatu* is *Dushya* in *Sheetapitta*. *Rasa Dhatu Dushti* is produced by *Rasa Dhatvagnimandhya* and *Jatharagnimadhya*. *Karma* like *Deepana*, *Pachana*, *Rochana* and *Rasayana* corrects *Agni* that produce proper *Rasa Dhatu* which ultimately correct *Kapha* as it is *Aasharaya* of *Rasa Dhatu*. The modern medicine provides temporary symptomatic relief and patient have to take medicines for long time, which may be having some unwanted side effects. Ayurveda can provide permanent cure for the disease.^{xvii}

Most of drugs of *Haridrakhanda* have *Deepana*, *Pachana*, *Laghu*, *Ruksha*, *Ushna* and *Tikshna Guna*. So they do *Aampachan*. So the *Srotorodha* is removed and *Srotovishodhana* is done. And this drugs have *Katu Rasa*, *Tikta*, *Kashaya*, *Madhura Rasa* and *Ushnavirya*, *Kaphahara*, *Vatapittahara* and *Tridoshahara* property also So,

this medicine is effective on *Tridhosha*, more on *Kaphapitthara*. So, this *Aushadha* causes *RasaShuddhi*. *Deepana* and *Pachana* drugs of *Haridrakhanda* are *Yakrutauttejaka* hence *Pittarechaka*. So, it corrects vitiated *PachakaPita* and helps in purifying *Rakta dhatu* and thereby combating *Rakta Dushti*. *PachakaPitta* controls the other *Pitta* in the body including *Bhrajaka Pitta* which is also vitiated in *Sheetapitta*. *Trivruta* and *Triphala* are best *Virechana* which also cause *Pitta Rechana* and *Raktashuddhi*. etc.

Haridra and its preparations are very useful as they are having *Deepana*, *Pachana* properties, reduces the *Kleda* which is helpful in pacifying the symptoms like *Kandu* and *Daha* of urticaria. Curcumin is a natural chemical found within the turmeric plant that is known for its numerous health benefits, such as its anti-inflammatory, anti-microbial and antioxidant properties^{xviii}

Many of ingredients of *Haridrakhanda* are *Krumighna*, *Vatanulomana*, *Rasayana* and *Kusthghna*. So they affect on *Sheetapitta*. *Krumi* is mentioned as a causative factor of *Sheetapitta*. So, *KrumighnaDravya* of this medicine are effective on *Krumi*. Most of drugs are *Laghu*, *Ruksha*, *Ushna* and *Tikshna*. So they effect on *Agnimandhya* nature of *Sheetapitta*. Drugs like *Triphala*, *Shunthi*, and *Pippali* are *Rasayana*. So, they work as a *Naimittika Rasayana*, enhance the nature of relief & stop the recurrences.

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Organic # Ayurvedic Holi

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“Go natural Green” is the need of today's era...!

When the world is flooded with synthetic waste and suffering from its hazardous effect it is our responsibility as an Ayurveda person to show give them a healthier option through Ayurveda.

Holi is a festival of colours, “discarding the evil and accepting the good”, Discard synthetic chemicals accept natural herbs..!! To play Holi organically, there is no need to go elsewhere, every ingredient or basic materials are available at our home and in our vicinity.

So let us start the journey of organic # Ayurvedic holi.

Let us begin with preparation of colours

1. Red colour-one of our favourite colour

- i. Take a beetroot, grate it and air-dry it, make a fine powder and the red colour is ready To make its gulal like consistency add some corn starch or all-purpose flour to get pink colour.
- ii. *Raktachandana* (Red Sandalwood) powder is the best option as red colour.
- iii. Dry hibiscus flowers, red roses can be used to create red colour. Any red colour flowers also can be used.
- iv. Add some lemon juice to turmeric powder and let it dry in a shadow, vibrant red colour is ready.

2. Pink

- i. Add some corn starch in above colours your pink shade is ready, you can use pink roses also.
- ii. Adding *Masoor Dal* or red lentil powder in this colour can enhance pink shade.

3. Magenta

- i. Boil beetroot slices in the water and strain it, you will get nice magenta colour.

4. Yellow

- i. Natural yellow colour can be obtained from Turmeric which is readily available at our home.
- ii. Mix Gram floor (*besan*) and turmeric in the ratio of 1:2 and obtain yellow colour.
- iii. Marigold flower when dried gives beautiful yellow colour. You can add some orange peels powder to it also.

5. Brown

- i. Add some coffee powder to corn starch to get brown colour.
- ii. Dried pomegranate peels powder also give nice brown colour.

6. Green

- i. *Mehandi* / Henna powder gives natural green colour.
- ii. Also, green leaves of any plant gives natural green colour.
- iii. *Neem* leaves and aloe Vera leaves are also the best options.

7. Grey

- i. Seeds of *Amla*/ Indian gooseberry gives nice grey colour.

8. Orange

- i. Best option to get vibrant orange colour is to use *Palash* flowers also known as *Kesudo* in gujarati, flame of forest or sacred tree or butea tree in English.
- ii. Soak some *Plalash* flowers in water for overnight and strain it to get vibrant orange colour.
- iii. For dry powder, air-dry it and store in airtight bottle.

9. Purple

- i. If *Jamun* (Indian Blackberry or purple plum) is available crush them with water and strain it to obtain purple colour. You can collect and store as per season and use at Holi time.
- ii. Indigo plant/*Nili* flower these are mostly cultivated in Southern India, especially in Tamil Nadu. It is used to prepare purple dye for white clothes for brightening purpose. It can also be stored as dry powder or fresh flowers also can be used.

Various options to use-

All above mentioned colours can be used in 2 forms

- 1) Dry powders as *Gulal*
- 2) Watery colours or liquid colours

A. Dry powders/ Gulal

Step 1. Air-dry the raw materials in the shadow, do not subject to direct sunlight, it can cause bleaching.

Step 2. Mix dry powders with some rice flour or all-purpose flour (*maida*) in the ratio 1:2 and strain through cloth to obtain smooth consistency.

Step 3. Store them in airtight containers.

B. Liquid/ Watery colours

Step 1. If the ingredients are wet, crush them in water, mix thoroughly and strain through cloth.

Step 2. In case of dry ingredients, soak them for 5-6 hours or overnight as needed. Strain through cloth and colour is ready to use.

Health hazards of synthetic colours

1. As they are synthetic chemical dyes they can cause redness, itching and rashes to the skin as they contain many harmful chemicals like copper sulphate, mercuric sulphide, lead which are very much harmful to skin.
2. They can cause redness and burning in the eyes if came in direct contact of eyes. In addition, they can impair vision if cornea of eye is damaged.
3. Some glittery colours contain mica and silica which can directly injure Cornea.
4. Dryness and breakage of hair, greying of hair, hair fall are common due to copper, lead, aluminium and iodine like chemicals in synthetic colours. They all are very harmful to the cuticle of hair.
5. If synthetic colours are ingested, may lead to poisoning like symptoms like nausea, vomiting and stomach-ache, may lead to an emergency condition.
6. Some synthetic colours and dye contain carcinogenic chemicals that can harm our overall health.

Health benefits of organic or herbal colours

All natural and herbal ingredients are you used to prepare the colour they are very much better than synthetic dyes, they are

1. **Eco friendly:** Organic colours are environment friendly as synthetic colours are chemicals they harm our ecosystem very badly.
2. **Non-toxic:** As these colours are 100% natural and prepared by only organic ingredients, no chemicals or toxic substances are added to them.

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3. ***Skin friendly***: Herbal colours are prepared by using only naturally grown ingredients rather they benefit our skin by their antifungal, antibacterial, anti-pruritic, antiseptic properties, also they get washed easily.
 4. Some organic ingredients have their own medicinal benefits like
 - ***Neem Leaves***- they have antifungal, antibacterial properties which reduces rashes, itching infection of skin.
 - ***Aloe Vera***- Dry Aloe Vera powder gives nourishment and moisturising effects to skin making it smooth to touch.
 - ***Turmeric***- It is a popular medicine known for its antibacterial, antiseptic properties. It reduces rashes itching and promotes healing.
 - ***Marigold flowers*** have natural antiseptic, anti- inflammatory properties they support skin healing. Also reduces eye infections and protects from UV radiation and oxidative damage.
 - ***An orange peel contains*** citric Acid that helps lighten and brighten the skin organically. Regular use help to remove tan, reduce any pigmentation, dark spots or scars caused due to skin infections.
 - ***Heena / Mehandi leaves*** maybe used topical antiseptic for fungal infection or bacterial skin infections including ringworm. Its poultice is used to sooth burns and eczema.
 - ***Palash flowers*** have astringent property, it causes contraction of skin cells and thus helps to control pimples boils on the skin.
 - Also rice flour, Bengal gram flour, red gram floor used as base removes dead skin, gives glow and radiance to the skin. In Ayurveda *Masoor daal* (Red lentil) is said to have '*Varnya*' property, means one which enhances complexion of the skin.

So summarizing this we can conclude; playing Holi with organic colours is healthy, easy and pocket friendly alternative. It is also environment friendly, skin friendly and best way to go green and save our mother Earth. So take home message for all of us is "*follow Ayurveda and save the world..!!*"



Our respected faculties Dr. Vaishali Patil, Dr Pradip Tidke and Final year student Brijesh Chaudhari giving information about Playing Holi in Organic way and its benefits.