



E Newsletter

# JAY JALARAM AYU PARIWAR



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### **Patron Message-**

This Month comes to end with one of first ever National webinar organized by Department of Agadtantra at our Institute on auspicious occasion of Guru Purnima. I specially congratulate to Dr Suryakant Patil Asso Proff & HOD and Dr Alpesh Patel Asst. Proff. For the same.

I also congratulate students of Third year for making innovative dishes for State level recipe competition arranged by K J Institute Of Ayurveda, Savali. All 3 prizes were won by our students is an ultimate subject of pride for all of us. All the participants have definitely taken efforts. Trying irrespective of outcome is important thing to learn in this phase of life. So I am congratulating all participants and teachers who guided them for making this happen.

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

### **Editorial desk-**

Dear Faculty, Staff, and Esteemed Doctors,

On this auspicious occasion of Doctor's Day, I am honored to extend my heartfelt gratitude and admiration to all the dedicated and compassionate doctors at Jay Jalaram Ayurvedic Medical College Shivpuri, Godhra. This day holds profound significance as we come together to celebrate the tireless efforts and unwavering commitment of our medical professionals to the well-being of humanity.

As we practice Ayurveda, we are not just healers; we are custodians of an ancient tradition that places emphasis on holistic healing, balance, and the integration of mind, body, and spirit. Our Ayurvedic doctors embrace this noble path, upholding the values of compassion, empathy, and selflessness in their pursuit of providing the best possible care to every patient who seeks our help.

Ayurveda, the science of life, is founded upon the principles of nature and the knowledge passed down through generations. Our esteemed doctors exemplify the essence of this wisdom as they skillfully diagnose, treat, and heal, always considering the unique constitution of each individual.

Ayurveda's timeless principles hold immense potential to serve health care system. Our doctors stand at the forefront of revitalizing this ancient knowledge, blending it with contemporary advancements to create a harmonious synergy that benefits those in need.

Our doctors empower their patients by not only addressing the symptoms but also by educating them about lifestyle choices and preventive measures that promote long-lasting health and well-being. This patient-centric approach forms the cornerstone of Ayurvedic healing.

Our Ayurvedic doctors are avid learners, constantly seeking opportunities to enhance their skills and embrace innovative techniques that enhance the quality of care provided at our college.

I feel immense pride in the extraordinary work of our doctors, faculty, and staff who together create an environment of excellence and compassion. Your contributions not only shape the lives of our students but also touch the lives of countless patients who find solace and healing through Ayurveda.

On this Doctor's Day, let us take a moment to reflect on the impact of our collective efforts and renew our commitment to the noble mission of healing. With profound respect and appreciation, I extend my warmest wishes to each one of you on this Doctor's Day.

Thank you for being the guiding light of health and healing at JJAMC, Godhra.

Warm regards,

Dr. Supriya Amrutrao Bankar  
I/C Principal & Hospital Superintendent

# Monsoon season Regime (Varsha Rutucharya)

Dr. Alpesh Patel  
M.D. (Ayu.), Asst. Professor, Agadtantra, JJAMC

## Introduction

*Ayurveda*, the age old science of life, has always emphasized to maintain the health and prevent the diseases by following proper diet and lifestyle regimen rather than treatment and cure of the diseases. The basic principle followed in the Ayurvedic system of medicine is *Swasthyashya Swasthya Rakshanam*, which means to maintain the health of the healthy, rather than *Aturasya Vikara Prashamanancha*, means to cure the diseases of the diseased. (467 Thakkar, et al.: Ritucharya for lifestyle disorders)

*Ritucharya* is prominently discussed in the first few chapters of most of the *Samhitas* of *Ayurveda*. Prevention of disease to maintain health is being the first and foremost aim of the holistic science of Ayurveda.

## State of strength

In the beginning of *Visarga Kala* and ending of *Adana kala*, that is, during *Varsha* and *Grishma*, weakness occurs. In the middle of the solstices, that is, during *Sharada* and *Vasanta*, strength remains in moderate grade and in the end of *Visarga Kala* and

in the beginning of *Adana Kala*, that is, during *Hemanta* and *Shishira*, maximum strength is seen.

## *Varsha (monsoon)*

### General condition

Mid-July to mid-September (approximately) is considered as *Varsha Ritu*. During this season the sky is covered by clouds and rains occur without thunderstorm. The ponds, rivers, etc., are filled with water. The predominant Rasa and Mahabhuta during this season are *Amla* (sour), and *Prithvi* and *Agni*, respectively.

The strength of the person again becomes less, vitiation of *Vata Dosha* and deposition of *Pitta Dosha*, *Agni* also gets vitiated.

### Diet regimen

Foods having *Amla* (sour) and *Lavana* (salty) taste and of *Sneha* (unctuous) qualities are to be taken. Among cereals, old barley, rice, wheat, etc., are advised. Besides meat soup, *Yusha* (soup), etc. are to be included in the diet. It is mentioned that one should take medicated water or boiled water. Intake of river water, churned preparations having more water, excessive liquid and wine are to be avoided. The foods, which are heavy and hard to digest, like meat, etc., are prohibited.

### Lifestyle

Use of boiled water for bath and rubbing the body with oil properly after bath is advised. Medicated *Basti* (enema) is prescribed as an evacuative measure to expel vitiated *Doshas*. Getting wet in rain, day-sleep, exercise, hard work, sexual indulgence, wind, staying at river-bank, etc., are to be prohibited.

## Guggulu

Prepared by : Anurag Jaiswal

Guided by: Dr. Dipa Mehta; Dr.Pradeep Tidake

- **Latin Name** : *Commiphora mukul*
- **Family** :Burseraceae
- **Synonyms** : .दुर्ग:- Guggulu mainly grows in dry mountain regions.

कौशिक:- Guggulu exudes gum-resin from its cavities.

पुर:- Guggulu is regarded as best among Nirryasa

- **Morphology** : Habit→ Shrubby Grows up to 4-6 ft. inheight

Leaves→ 1 to 3 foliate, leaflets sub sessile, the terminal leaf let is large, 2 cm long and 1 cm wide, rhom- boid or ovate shaped,

Inflorescence → fascicles of 2-3 with very short pedicels , Calyx is Companulate,

Petals red brownish reflexes at apex.

Fruit → Drupe, ripe in red, 6-8mm Diameter

Useful part→ Nirryasa

- **Rasapanchak**:

Rasa –Tikta,katu,madhura

Guna – Laghu,Snigdha, tiksna

Virya–Usna

Vipaka – katu

- **Dosa karma** : Tridosa samaka
- **Karma** : Medohara, Amavatahara, Pramehahara, Bhagna Sandhanakara, Vrsya, Swarya, Rasayana, Dipana, Balya.
- **Rogaghnata** : Medo roga, Āmavāta, Prameha, Bhagna, Vrna, Kustha, Soph, Arśa, Krmi & vatavyadhi
- **Formulations** : Triphala guggulu, Goksuradi Guggulu

- **Reference** : Bhavprakash



Dr.Prakash .L . Heg

Nighantu, Dravyaguna Vijnana by

# कलौंजी

**Prepared by:-** Chaudhary Ganesh

**Guided by:-** Dr.Dipa mehta ; Dr.Pradeep

tidke

**Latin name :-** *Nigella sativa*

**Family:-** Ranunculaceae

**Gujrati name :** -કલંજી

**Synonyms :** - उपकुचिका, कललिा, पृथ्वी, पृथ्वीका, सुशव, कुंजी

**Morphology:**

- Habit – shrub
- Leaves – long and cut
- Flower – light blue in colour
- Fruit – 12 mm long
- Seed – triangle in shape , like sesame but thicker than sesame and very black in colour.

**Phytoconstituent:** yellow coloured volatile oil 0.5 to 1.4% , stable oil 377 resin , albumin , sugar , gum , Fanin , glucoside , melanthin , melanthogenin , thymoquinone

**Useful part :** seed, seed oil

**Rasa panchak :**

- Rasa – katu, tikta
- Guna –ruksha , laghu
- Veerya – usna
- Vipaka – katu

**Dosha karma:** vatahara

**Karma:** rochana , deepana, pachan, pravartita artavam, sangrahi, medhya , vrushya, keshya

**Rogaghanta:** jwara , adhamana, gulma, chardi, atisara

**Fomulation :** kshira paka

**Reference:-** bhavprakash nighantu



**Glimpse OF Webinar- "Insights Of Agadtantra- From Texts to Clinics"  
Organized by Department Of Agadtantra on Gurupurnima 3<sup>rd</sup> July  
2023**

**GURU VANDANAM**  
WEBINAR  
**INSIGHT OF AGADTANTRA:  
FROM TEXTS TO CLINICS**  
On 3rd July 2023: 10.15 am to 12.30pm

**SPEAKER 1**  
**Dr. Vishnu Joglekar**  
RETD. PROFESSOR & HOD, AGADTANTRA  
TAMV, PUNE  
"Developing clinical skills in Agadtantra".

**SPEAKER 2**  
**Dr. Chaithra Hebbar**  
PROF. & HOD DEPT. OF P.G STUDIES IN AGAD  
SDM COLLEGE OF AYURVEDA UDUPI  
"Agad: Inscribe and Prescribe: En route to  
Clinical Agadtantra"

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(Assistant Professor)

Organized By  
**Department Of Agadtantra**  
**Jay Jalaram Ayurvedic Medical College**  
At. Shivpuri, Po. Kakanpur, Ta. Godhra, Panchmahals, Gujarat - 388713







**JAY JALARAM AYURVEDIC MEDICAL COLLEGE**  
SHIVPURI, GODHARA, GUJARAT- 388713

**WEBINAR**

**"INSIGHTS OF AGADYANTRA : FROM TEXTS TO CLINICS"**

**-: Programme Schedule :-**

**9.45 AM INAUGURAL SESSION**

DHANYANTARI PUJAN

OPENING REMARKS

BY RESP. DR VIMVI PATEL SIR,

PRESIDENT PREKSHA CHARITABLE TRUST

INCHARGE PRINCIPAL DR. SUPRIYA BANSODR MADAM

PREFACE TO WEBINAR BY DR SURYAKANT PATEL, ASSO. PROF. & HOD

**10.15AM SCIENTIFIC SESSION -01**

\*SPEAKER:

VD. VISHNU JOGLEKAR SIR

TOPIC: "DEVELOPING CLINICAL SKILLS IN AGADYANTRA".

CHAIRPERSON: DR SOMRAJ KHARICHE PROFF & HOD KAYA

**11.00AM SCIENTIFIC SESSION - 02**

\*SPEAKER:

VD. CHAYTRA HEBBAR MADAM

TOPIC: "AGAD: INSCRIBE AND PRESCRIBE: EN ROUTE TO CLINICAL AGADYANTRA"

CHAIRPERSON DR DIPA MEHTA, PROFF & HOD DRAVYA

**Q & A SESSION**

**VOTE OF THANKS**



**Participation & Kudos to Our Students For Winning all 3 Prizes @ State level Recipe Competition**



**Congratulations!**



organised by  
*K.J. Institute of Ayurveda and Research*

**"MILLETS"**  
The super food

**Recipe competition**

Our students of JJAMC, Godhra participated and won top 3 positions in competition.



**1<sup>st</sup>**

**Diet smoothie**

**Keshavala Nirali  
Chauban Zalak  
T.Y. BAMS**

**2<sup>nd</sup>**

**Bajara Bites**

**Mahajan Jayesh  
Adakmol Naina  
Arjali soda parmar  
3rd year students**

**3<sup>rd</sup>**

**Yavanal Fritters & jawar ragj vada**

**Barata Saharshi  
Munjapara Nandini  
Shaikh Zeba  
3rd year students**

**Savvik jwaran chilla**

**4**

**Pratibha Desai  
Pratibha Sahasrab  
Pratibha Prachi  
3<sup>rd</sup> year students**

**Dhokala**

**5**

**Sneha Desai  
Pratibha Sahasrab  
Pratibha Prachi  
3rd year students**

**Prasadam**

**6**

**Prasadam  
Kudrave khare  
Ragj Prachi**