



E Newsletter

JAY JALARAM AYU PARIWAR

Vol: 3 Issue 6: June 2023 (Monthly)

Visit – www.jjamcollege.com

Also follow us on Facebook and Instagram



Patron:

Dr. Vijay Patel; M.D. (Hom),
President Prerna Charitable Trust.

Editor:

Dr. Supriya Bankar M.D. (Ayu),
Inc. Principal, J.J.A.M.C.

Co-Editor:

Dr. Vaishali Patil; M.D. (Ayu), Ph.D. (Sch), Asst. Prof., J.J.A.M.C
Dr. Deepak Rathi; M.D. (Ayu), Associate Professor, J.J.A.M.C.
Dr. Suryakant Patil; M.D. (Ayu) Associate Professor, J.J.A.M.C.

Editorial Advisory Board-

Dr. Somraj Kharche Professor, Kayachikitsa
Dr. Dipa Mehta Professor, Dravyaguna
Dr. Komal Jani Professor, Shalakyatantra

Patron Message-

JJAMC always try to make every event and programme successful. I am very proudly thank to our all Teaching staff and Non- teaching staff also Hospital staff for celebrating Tree plantation programme on World Environment Day and also celebrating International Yoga Day in our institute.

I congrats Dr Supriya Bankar Madam for receiving Incharge Principal post of Jay Jalaram Ayurvedic Medical college and also congrats all students who passed in second and third professional year BAMS.

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

Editorial desk-

Dear Students, Teachers, and Staff,

As we join millions around the world in celebrating International Yoga Day, I am filled with immense pride and joy to witness the transformative power of yoga in our college community. Yoga is not merely a physical exercise but a holistic practice that nurtures the mind, body, and soul, and I am delighted to see how it has become an integral part of our college culture.

In the fast-paced world we live in, finding balance and inner harmony is essential for overall well-being. Yoga offers us a profound way to achieve this equilibrium. Through its combination of physical postures, breath work, and meditation, yoga allows us to connect with ourselves, fostering a sense of calm and serenity amidst life's challenges.

The practice of yoga instills mindfulness and enhances our ability to focus. By anchoring our attention to the present moment, we learn to let go of distractions and bring our full awareness to whatever we are doing. This mindful presence not only improves academic and work performance but also enriches our personal lives.

Regular yoga practice contributes to improved physical health, flexibility, and strength. It also helps in reducing stress, anxiety, and depression, promoting positive mental health

The essence of yoga lies in oneness and interconnectedness. As we practice yoga together, we strengthen the bonds of our college community. We learn to support and uplift each other, creating a harmonious environment where compassion and empathy.

On this International Yoga Day, let us all recommit ourselves to the path of yoga and its principles. I urge you to incorporate yoga into your daily routine, not just as an exercise but as a way of life. Take some time each day to breathe, stretch, and connect with yourself.

Jjamc, Godhra have arranged various activities on this occasion, OPD camps for various lifestyle disorders, Essay, Quize, Rangoli, Poster competitions, Suryavel Saptah, Yoga Shibir etc.

I extend my gratitude to our dedicated faculty of Department of Swasthvritta and yoga teacher and all those who have embraced yoga with enthusiasm and dedication. Your commitment inspires others to follow suit, creating a positive ripple effect within our college community.

As we celebrate this special day, let us remember that yoga is a gift that we carry within us wherever we go. May it continue to illuminate our lives and lead us towards a future of holistic well-being and unity.

Happy International Yoga Day!

Dr. Supriya Amrutrao Bankar M.D (Ayu.)

I/C Principal & Hospital Superintendent

JJAMC, Godhra.

Teacher Artical

CONCEPT OF MALA PARIKSHA IN AYURVEDA

By Dr. Deepak Rathi

Associate Professor Rog Nidan And Vikruti Vigyan

ABSTRACT

Stool examination is an important laboratory investigative tool in medicine, which is used to understand the health and disease condition of a person. Asthavidha Pariksha (eight fold examination) in Ayurveda is one of the important examinations to find the various causes behind the diseases. In Ashtavidha Pariksha there are eight factors which are taken into consideration during the examination and tests carried out with the patients. Also, Mala Pariskha is one the most important examination part for diagnosis the diseases of patients. Ashtavidha pariksha: Nadi (Pulse), Mootra (Urine), Malam (Fecal matter), Jihwa (Tongue), Sabdam (Voice of patients), Sparsham (Touch), Druk (Eyes & Vision), Akriti (General body build). In this article an attempt has been made to focus on Ashtavidha Pariksha with special reference to Mala Pariksha. Hence Ahstavidha Pariskhawith Mala Pariksha plays an unique role in Ayurvedic Chikitsa.

INTRODUCTION

Ayurveda had effective tools for the diagnosis of disease. There are various keys to treat the diseases like Rog and Rogi Pariksha. In Rog Pariksha use "Nidan Panchak" and in Rogi Pariksha use "Dashavidh Pariksha, Trividhand Asthavidh Pariksha also Mala pariksha. Above all these Mala Pariksha (Stool examination) is one of the most important key in Ayurveda to diagnose the diseases. By this individual's pulse on patients wrist are easily detect the imbalances in the body and prescribe an effective treatment. So, this article explains how to diagnose the disease of patients through Mala Pariksha.

AIMS AND OBJECTIVES

Importance of Mala Pariksha in Asthavidha Parikasha.

Objectives

- 1) To evaluate the Nadi Pariskha in chikitsa.
- 2) To aware the Mala Pariskha importance in Asthvidha Pariksha.

Materials-

Asthavidha Pariksha Following are the eight fold examinations

1. Nadi Pariksha(Pulse examination)– It is examined with respect to its rate, volume, tension and type of pulsation. The status of Dosha in relation to age, sex, constitution, time of the day, season, physical activity, food intake, etc.

2. Mala Pariksha (Stool examination)–The status of the digestive system is typically reflected in the character of stool.

3. Mutra Pariksha (Urine examination)–The urine is examine with respect to its appearances, clarity, volume, color, etc.

4. Jivha Pariksha (Tongue examination)–Tongue is usually examined with respect to perception of taste, color, roughness and softness of surface. It also gives idea about status of digestion and disease state.

5. Sparsha Pariksha (Palpation and percussion)– Palpation is useful on knowing tenderness, temperature, changes in the texture and contour of the body parts.

6. Shadbda Pariksha (voice/sound examination)– Voice of the patients is examined with respect to its quality and nature. The nature of voice differs in accordance with the psychosomatic constitution of the individuals.

7. Druk Pariksha (Eyes/vision examination)–The changes in the color, expression, etc exhibit the characters of the morbid Dosha and are helpful in arriving at diagnosis and prognosis.

8. Akriti Pariksha (stature)–General appearances of the patients will be affected in some of the neurological problems, nutritional disturbances, disabilities etc.\

Mala Pariksha

Purisha comes under Sharirika Mala. After digestion, the Sarabhaga (nutrient portion) gets absorbed and the remaining undigested part becomes solid and that is called as Purisha. In Ayurvedic texts, examination of stool is limited mainly up to the examination of physical characteristics such as color, quantity, odor, froth, and consistency. Besides these, a specialized technique of stool examination, i.e., Jala Nimajjana Purisha Pariksha has been described to detect the presence of Ama thereby inferring the status of Agni in the body.

Characteristics of normal Purisha

Well-formed stool that is neither too hard nor too soft (about the consistency of a ripe banana) indicates proper digestion healthy system.characteristics of normal stool in terms of physical characteristics such as Gandha (odor), Sparsha (touch), Varna (color), and Vaishadya (unstickiness/clear) are not described separately in the ancient and medical period texts of Ayurveda, but stool examination has been given due

importance in context of the diseases. Only Pramana (quantity) of Purisha has been described by Acharya Charaka as Sapta Anjali Pramana.

Importance of Purisha Pariksha

1. Status of Agni (digestive fire)
2. Symptoms of abnormal Doshas (body humors)
3. Prognosis of diseases
4. Presence of parasites.

Method of Examination

There are two methods of Purisha Pariksha described in Ayurveda:

1. Physical examination of stool
2. Jala Nimajjana Purisha Pariksha to detect the presence of Ama.
3. Dosha Mala Relation

Physical examination of stool A great detail regarding the changes in physical characteristics of stool has been described under various diseases in Brihatrayi.

1. Chakshusha Pariksha (inspection) -Through Chakshusha Pariksha, one can assess color, consistency, presence of froth, abnormal constituents, etc.

2. Examination of color -The Pitta Dosha according to Ayurveda is responsible for the production of colors. Tridoshas also play an important role in affecting the color of stool as well as other parts of body. Vitiation of Doshas causes changes in different color. Some of the changes in color of Purisha is the characteristic features of several diseases.

3. Presence of froth:- Froth in stool according to Ayurveda is due to Vata Dosha. The froth in stool is observed in different pathological states and diseases, which are Vata predominant.

4. Changes in consistency:- The consistency of the stool in terms of Sandra (dense), Baddha/Vibaddha (solid), Drava (watery), Bhinna (looseness), and Shushka (dryness) is observed in various types of disease conditions. The consistency Sandra is mainly due to Kapha Dosha, Baddha /Vibaddha, and Shushka is due to Vata Dosha and Drava, and Bhinna Purisha is due to the predominance of Pitta Dosha

5. Prashna Pariksha (interrogation):- Prashna Pariksha is an important method of examination, which gives a lot of information about the condition of the patient. The same may be applied to obtain information related to frequency and amount of stool and associated symptoms such as pain.

6. Sparsha Pariksha:- Under this, Sheetata (coldness), Ushnata (hotness), Snigdhatata (unctuousness), and Rukshata (roughness) of stool can be taken into consideration. Thus, on the basis of differences in touch only; one can diagnose the altered state or the diseases. However, practically, it is very difficult to assess

7. Ghranaja Pariksha (examination by odor):- By Ghranaja Pariksha, the odor of the stool can be examined. Changes in odor of stool also can provide information about the altered pathological state of

Agni. Various types of odors have been described in the context of various diseases. Amagandhi (smell of Ama), Visragandhi (smell of raw meat), and Kunapagandhi (smell of dead body) are the typical odors found in many diseases.

Jala Nimajjana Purisha Pariksha (examination of stool by dipping in water)

This is the only objective method which was used in ancient times to detect the presence of Ama in stool. Ama is considered as an important cause not only for the gastrointestinal disorders but also as the cause of many systemic diseases such as Jvara and Amavata. To detect the early presence of Ama, a special methodology was used that is Jala Nimajjana Purisha Pariksha. In this method, by observing the behaviour of stool, i.e., whether it sinks or floats in water is noted down. If stool sinks, it indicates the presence of Ama. If it floats, then Ama is absent in stool.

Dosha-Mala

Mala vitiated by Vata- Dry, hard with blackish discoloration. Mala vitiated by Pitta-Yellow and Green color. Mala vitiated by Kapha- white colored stools.

CONCLUSION

Stool is an important by-product of the metabolism and reflects the changes occurring in the body in different pathological and diseased conditions. Hence, this has been given third place in Ashtasthana Pariksha after Nadi and Mutra. Abnormal changes in stool pertaining to its color, smell, consistency, frequency, and quantity have been described in various disease conditions. An attempt has been made to collect these scattered references from Samhitas at one place and one can refer these changes in stool for diagnosis of various disease conditions.

REFERENCES

- 1 World journal of pharmaceutical and medical research . CONCEPT OF ASTHAVIDHA PARIKSHA W.S.R TO MALA PARIKSHA by Dr. Anuja Ravikant Bodhare and Dr. Pallavi A. Gune.
2. Mishra J, Translator. Astanga Samgraha of Vagbhata, Nidanasthana, Ch. 8, Ver. 14, Reprint ed. Varanasi: Chowkhambha Sanskrit Series Office, 2008; 387.
3. Acharya YT, editor. Sushruta Samhita of Sushruta, Sutrasthana. Ch. 10, Ver. 4. 9th ed. Varanasi: Chaukhambha Orientalia, 2007; 43.
4. Acharya YT, editor. Charaka Samhita of Agnivesha, Sharirasthana, Ch. 7, Ver. 15. Reprint ed. Varanasi: Chaukhambha Prakashan, 2007; 339.
5. Acharya YT, editor. Charaka Samhita of Agnivesha, Vimanasthana, Ch. 7, Ver. 13. Reprint ed. Varanasi: Chaukhambha Prakashan, 2007; 727.
6. Mishra J, Translator. Astanga Samgraha of Vagbhata, Sutrasthana, Ch. 1, Ver. 19. Reprint ed. Varanasi: Chowkhambha Sanskrit Series Office, 2008; 6

Toppers of Second And Third Professional Year BAMS

GUJARAT AYURVED UNIVERSITY, JAMNAGAR
JAY JALARAM AYURVEDIC MEDICAL
COLLEGE SHIVPURI, GODHARA.

**TOPPER OF
SECOND PROFESSIONAL BAMS**



Drashti patel
877/1300



Honey shah
855/1300



Sakshee patel
851/1300

SUBJECT WISE TOPPER



Azeem shaikh
Dravya guna
141/200



Drashti patel
Rog nidan
140/200



Nandani sonaiya
(Rasa shastra evum
Bhaishajya kalpana)
150/200



Gautam chaudhari
Charak samhita
75/100

GUJARAT AYURVEDA UNIVERSITY JAMNAGAR
JAY JALARAM AYURVEDIC MEDICAL
COLLEGE SHIVPURI, GODHRA.

CONGRATULATES TOPPERS OF THIRD PROFESSIONAL BAMS



**PATIL SANJANA
JANARDHAN**



**JOSHI PRACHI
NIMESHKUMAR**



**CHAUDHARI BRIJESHKUMAR
VINODBHAI**

We are proud of you for all of your hard work.

Congratulation all of them

World Environment Day 2023

Jay Jalaram Ayurvedic Medical College celebrates World Environment Day 2023.

Plantation of tree done in campus.

Digital Poster Competition was arranged on them-

-My sustainable life hack towards Environmental preservation.

All participants taken pledge for Environmental protection.





Kankanpur, Gujarat, India
Unnamed Road, Kankanpur, Gujarat 388713, India
Lat 22.81577°
Long 73.493291°
05/06/23 10:28 AM GMT +05:30



Kankanpur, Gujarat, India
RF8R+Q69, Kankanpur, Gujarat 388713, India
Lat 22.815748°
Long 73.493263°
05/06/23 10:00 AM GMT +05:30



Kankanpur, Gujarat, India
Unnamed Road, Kankanpur, Gujarat 388713, India
Lat 22.815165°
Long 73.493761°
05/06/23 09:44 AM GMT +05:30



Kankanpur, Gujarat, India
Unnamed Road, Kankanpur, Gujarat 388713, India
Lat 22.815163°
Long 73.493706°
05/06/23 09:40 AM GMT +05:30

9th International Yoga Day 2023





Varies competitions arranged by **Swasthvrita Department** on the occasion of **9thInternational Yoga Day 2023** in our Jay Jalaram Ayurvedic Medical College, Godhra.

1) Poster exhibition

1st Winner – Nachiketa, Manan, Krish

2nd Winner – Disha, Bansari, srishti

3rd Winner – Archana, Pinaxi

2) National Essay Competitions-

1st Winner – Shaik Rasbolbi, 4th professional
Dr.NRS GOVERNMENT AYURVEDIC MEDICAL COLLEGE, Andrapradesh

2nd Winner – Pavitra JG, 3rd Professional,
TMAE AYURVEDA COLLEGE, Karnataka

3rd Winner – Azeem Khan, 3rd Professional,
JAY JALARAM AYURVEDIC MEDICAL COLLEGE, Gujrat

3) Poem Writing

1st Winner – Honey Shah.

2nd Winner – Jayesh Mahajan.

4) Quiz Competition

1st Winner – Saharshi and team.

2nd Winner – Ankita and team

3rd Winner – Yash and team.

Poster exhibition



Quiz Competition



योग की खोज

क्या खोजते हो दुनिया में,
जब सब कुछ तेरे पास है।
क्यों देखते हो औरों की स्वस्थता,
जब तूही उसका दर्पण है।

दुनिया में सब स्वस्थ नहीं
यह देखना छोड़ दे
रुक कर खुद से बातें करले,
अन्तर मन से योग करले।

योग की गहराई समझो,
अपने अन्दर के स्वास्थ्य को समज।
योग की आदत डालो,
जीवन को तुम खुलकर जीलो।

आलस्य तुम्हारा दुश्मन है तो,
योग को अपना दोस्त बनालो।
जीवन का ये रहस्य समझलो,
और योग से तुम नाता जोड़ो।

महाजन जयेश चंदलाल (BAMS TY)

योग और व्यायाम

सोये सोते तुम फट जाओगे
हो जाओगे स्वर्ण सिंघार
उठ से मानव प्रातः की बेला में
करले थोड़ा योग और व्यायाम

जीवन का है आधार योग
बहुत अनमील इसकी तार
साग सब्जी खाने की है बारी
पिऊजा - किऊजा सब बेकार
उठने मानव प्रातः की बेला में
कर ले थोड़ा योग व्यायाम

बिना स्वस्थ के मन बेकार
बिना स्वस्थ के धन बेकार
शरीर हो जाए न आजू जैसा
बन जाओ न रोनी के शिकार
दवाइयाँ ही जाएंगी, जीवन का आधार
उठने मानव प्रातः की बेला में
करले थोड़ा योग और व्यायाम

कभी घुटने के दर्द से काहराओगे
कभी होगा कमर दर्द का वार
न तो होगी कोई बिजनेस मीटिंग
न तो होगी कोई सैन्स दूर
चारपाई पर लेटे रहना
सिर्फ बच जाएगा डॉक्टर का काम
रह जाएगा जीवन में मात्र आयोगरेक्स और डॉट्टुबाम
उठने मानव प्रातः की बेला में
करले थोड़ा योग और व्यायाम।

हनी शाह (BAMS TY)

THANK YOU