



E Newsletter

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Patron Message-

This month we celebrated our 77th Independence Day at Institute.

I do remind about the start of this Institute. When we started this Institute, Mr Arvind bhai Patel was one of the staff member who joined us and is working till today as a dedicated employee in this Institute. The efforts taken by everyone in development of this Institute carries there individual part and I do respect all those efforts taken in accordance with them. Today as Mr Arvind bhai unfurled the national flag at our Institute the message is clear that everyone needs nothing but the dedication. I am also got inspired by the speeches of the students of 1st year. Yes.....! Everyone should work dedicatedly for the development of nation also. I do wish happy 77th Independence Day to all.

Various other activities arranged by Jai Jalaram Ayurvedic Medical College, as like visit to the schools for introduction and guidance of personal hygiene in various schools by department of swasthavritta, arrangement of swarnaprashan camps Etc.

I do appreciate everyone for their efforts to a development of the institute and look forwards for their continuous support and dedication.

Dr Vijay Patel M.D. (Hom.),
President, Prerna Charitable Trust, Rajpura
BOG, Govind Guru University, Godhra

Editorial desk-

"Happy Independence Day!"

As we celebrate the spirit of freedom, let us remember the sacrifices of our ancestors and the progress we've made as a nation. May this day inspire us to work together for a brighter future filled with unity, peace, and prosperity.

On this special occasion, let's honor our heritage of Ayurveda, a timeless gift to humanity. As we celebrate freedom, let's also celebrate the holistic approach to health that Ayurveda offers. May we integrate ancient wisdom with modern advancements for the well-being of our nation.

As we commemorate this historic day, let's recognize the significance of health and well-being in our nation's growth. Just as our country fought for its freedom, let's pledge to fight against health challenges together. May our medical community continue to strive for excellence and contribute to a healthier, happier India. Congratulations to ISRO on the successful achievement of Chandrayaan-3! This remarkable feat of scientific excellence demonstrates our nation's dedication to space exploration. The collaboration, innovation, and determination displayed by our scientists inspire us all. As a medical college, we understand the importance of pushing boundaries, and this achievement fills us with pride. Let's continue to excel in our respective fields for the progress of our great nation. Join me in celebrating the outstanding success of R Pragnanandhaa! His remarkable achievements in the world of chess are a testament to his dedication, hard work, and perseverance. Just as in the field of medicine, excellence requires constant learning and strategic

thinking. Let's draw inspiration from Pragganandhaa's journey and continue to strive for greatness in our own endeavors. Congratulations and best wishes to him!

"Jai Hind!"

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

I/C Principal & Hospital Superintendent
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Teacher Artical

Swapna in the Indian classics

Dr. Megha Patel

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There are many concepts in Ayurveda as well as the ancient sciences that are untouched or unexplored. One such concept is that of the Swapna (dreams). its description in the Ayurvedic texts evolves around the Sharira and Manas. Although all these explanations seem to be shrouded in uncertainty and mythology; there definitely seems to be a logical and rational science behind these quotations

Ayurveda is a science that is completely based on its eternal and consistent principles and concepts. Even with the changing era and modernization these principles have stood their ground. The literature on some of these concepts shows significant similarity with the other oriental ancient texts like the Vedas, Puranaas, Darshanas, and so on. the AtharvaVeda, Upanishadas, Puranaas, Darshanas, and Ayurveda. However, with the exception of Ayurveda, its description in the other texts seems to be more philosophical.

Vedas.

The earliest Indian reference to dreams is in the Rg Veda (4000 or 6000 BC). In this text a nightmare is described; Rg-Veda also explains the waking dream, which is mentioned as an evil that wishes to visit one's enemies. Yet another verse tells of an incubus who bewitches a sleeping woman in her dream. References regarding Swapna are also available in the Sama Veda.

The significance of the content of the dream was particularly the subject of the sixty-eighth appendix of the Atharva Veda, composed in 1500 BC. This text organized dreams with reference to the objective, waking world — for example, according to the physical temperament of the dreamer (i.e., the Doshika dominance in the Prakriti of the person)

Upnishadas

By the time of the Upanishadas (700 BC) the question of the reality of dreams was approached in a more systematic way. The Mandukya Upanishada spoke of four states of the Atman; waking, that is, Jagrta, dreaming (Swapna), dreamless sleep (Supta), and the supernatural, transcendent fourth state, (Turiya) the

identity with ParmAtman. Other Upanishadas including the Manduka, Katha, Brahma, Taitiryopanishada, Yogasara, Kenopanishada, Paingala, and so on added certain significant details to the outline of these four states mentioned earlier, to emphasize the importance of the soul and to understand its Karma better.

Ayurvedic texts

The Brihatrayi, that is, Charaka Samhita, Sushruta Samhita, and Ashtanga Samgraha, along with Astanga Hridaya has mentioned Swapna. Even as each treatise has mentioned its importance as the Purvarupa, Rupam and as Arishta Lakshanas; Susruta has described specific dreams denoting the sex of the unborn child; and along with both the Vagbhatas has mentioned it for assessing the Doshika Prakrti. Charakacharya who has given an in-depth description of the Purusha or Atma, has also described Swapna as its Linga. He also states that the absence of Vaikrita Swapna is an indication of health, similar to the description among the Vikaropashamana Lakshanas, according to Sushruta. Swapnas have also been described by the other Acharyas like Sushruta and Sharangdhara, as an omen, that is, Su-Swapna and Duh-Swapna, hinting toward recovery or the Vyadhi Utpatti or death stage, respectively. The regimen followed in case of a Duh-Swapna is also described. Other books of the same time period like Bhela and Harita Samhita have also given the description of Swapna, especially in the context of Prakrti, Purvarupa, and Arista Laksana. In fact in the Harita Samhita a whole chapter 'Swapnadhyaya' is devoted to the description of dreams.

A considerable description of Swapna, specifically in the mother, denoted the health of the child, is also seen in the Kasyapa Samhita. In the other texts like Bhavaprakasha, Swapna is described in the Garbhaprakarana, signifying the gender of the fetus, in relation to Prakriti and so on. In Madhava Nidana the description of Swapna is only pertaining to the Purvarupa of Rajayakshma.

Teacher Article

DOSE IN AYURVEDA: AN OVERALL REVIEW

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Matra/Dose/Measurement had significant importance from the stone-age period/ancient period. It is seen in the stone-age period that the ancient man had his own way of measuring and counting things. In Ayurveda, the Matra has been mentioned in different treatises like Charaka, Susrutha, Sharangadhara samhitas. Kashyapa the pioneer of pediatric medicine has well established the pediatric dose.

The Matra described in Ayurveda has been correlated to the Posology of the modern pharmacology. Posology (Derived from the Greek poses, how much, and logos, science), the branch of medicine/pharmacy dealing with doses.

NIRUKTI

Matra- Means • An affix added to noun in the sense of measuring as much as or as high as etc.

- A measure of any kind, quantity, size, duration, number, degree etc.
- A standard of measure, standard rule
- A unit of measure, a foot
- An element
- A measure of time (in music)
- Measuring as much as
- The full measure of anything

SYNONYMS OF MATRA

1. Rassi means

- The numbers of figures put down for any arithmetic operation.
- A heap, mass, collection, quantity, multitude.

2. Pramanam means

- A measure in general
- Scale
- Size, extent

3. Manam means

- A standard of “measure”
- Proof, authority, means of proof

DEFINITION OF MATRA AND DOSE

Charaka in Matrashitiyaadhaya described Matra in relation to intake of food as, “the amount of food which, without disturbing the equilibrium of Dhatus and Doshas of the body, get digested well as metabolised in proper time; it to be regarded as proper quantity (Matra)”.

Chakrapani in his commentary described Matra as “Either the Ahara or Aushada when taken in proper quantity it produces good results. Also it doesn’t cause any undesired results when taken in proper quantity”.

According to modern science, “Dose is the quantitative amount administered or taken by a patient for the intended medicinal effect”.

CLASSIFICATION OF MATRA

Chakrapanidatta classified Matra into

1. Ahara Matra, 2. Vyayama Matra and 3. Aushada Matra.

Here the main importance and preference will be given on Aushadamatra i.e. Bhesajamatra, because Aushada is said second Pada of Catuspada mentioned by Charaka. Aushadha Matra may be divided into Matravat Ausadha and Visamamatravat Ausadha, again Vismamatravat Aushdha is divided into Hina matra and Atimatra.

1. Matratvat Ausadha When any Aushada or Ahara is taken in correct quantity is beneficial or suitable to person. It should act fast, easily metabolised and should not cause any harm to the body [4] .

2. Visamamatratvata Ausadha When any Aushada or Ahara is taken in improper quantity is not beneficial to person [5]

. It is of two types as below.

i. Hina Matra ii. Atimatra

- Unable to treat disease
- Causes the vitiation of Tridoshas leading to other undesired results also death Does not create any Dhatu Samyata
- Excreted by Malamargas without being absorbed
- Usage of Sodhana Ausadha in Hinamatra, produce Utklesa of Dosha and Ayoga Vyapada i.e. unable to eliminate Doshas completely
- Usage of Sodhana Aushadha in Atimatra, causes Atiyoga and may result into emergency and risk of life too

SPECIAL MATRAS

Vardhamana Matra It is a special thinking of Ayurvedic seers to advise the drugs action in excessive dose and to make the biological platform ready to assimilate the greater dose of the same drug gradually, and to avoid its dependency or withdrawal symptoms. Further the gradual increase of dose may reach the deeper tissues in due course of time. Example: Vardamana pipalli etc. Harasiyasimatra In Shenapana Vagbhata and Susruta described Harasiyasimatra to know the Agnibala of patients before fixing the dose, it is something like test dose.

EFFECT OF VARIOUS FACTORS ON MATRA

Sharangadhara, said that there is no specific common dose for everyone. Many Acaryas mentioned that Matra depends on various factors [6], while Charaka in Vimanastana mentioned that examination of patient is to obtain the knowledge relating to the strength of individual (Aturabala) and the intensity of morbidity (Doshabala) before the dose is determined [7].

Chakrapani and Sushruta described that, the dosage of drug should be administered after considering the strength of the disease (Vyadhibala), digestive enzymes (Agnibala) and the strength of the body of the patients (Aturabala) [8,9]. But according to Sarangadhara, it depends upon the individual and should be analyzed only after considering Kala, Agni, Vayah, Bala, Prakriti, Dosha and Desha[10] . According to Charaka, the dosages mentioned with reference to person having moderate type of Kostha, age and strength; keeping this standard in view, changes in the dosage could be done according the need, either by increasing or decreasing basing on Dosha, Agni, Bala, Vayah, Vyadhi, Dravya, and Kostha[11] . All these factors are helpful for Amsamsa Kalpana and one can decide the Matra of individual for better management. In modern science also, Every individual differ both in the degree and the character of response that a drug may elicit

and, so the optimum dose of drug which produces the desired therapeutic effect varied from person to person. So always drug is described in two ranges.

While compiling all the above references, Matra can be decided only after considering the following factors and their correlation with modern parameters S.No. Ayurveda Modern Science 1 Vaya Age , Body weight, Surface area 2 Bhesaja (Dravya) Drug 3 Bhesaja Kalpana Pharmaceutical dosage form and drug physical state 4 Kala Time of administration 5 Satmya Tolerance 6 Prakriti Genetic Factors 7 Desha Diet & Environment 8 Kostha Biological membranes (Distribution) 9 Agni Enzymatic action (Metabolism) 10 Satva Mental emotion & strength 11 Bala 12 Rogavastha Pathological state 13 Dosha 14 Prayoga marga Route of administration How these all factors are to be considered, it is as follows 1. Vayah Since Doshas, Dhatus and Malas in children are less in quantity in comparison to the adults; the drug given to child must be of low potency, small in dose as well as less frequency of administration [12] .

According to Susrutha dose for children is as follows • Ksirada - The quantity of medicines should be that which adhere to the lines of the thumb and index fingers and it should be mixed with honey or ghee. • Ksiraanada - Medicine made as paste shall be of the size of the seed of Kola. • Annada - Size of Kola. According to Kashyapa [13]

The Matra of Ghrita for Navajatasisu as Vidangaphalatulya, afterwards the above dose is gradually increased; the maximum dose should not exceed the weight of Amalakiphala. In Khilasthana he mentioned Aushada matra as follows Immediately after birth : Badariphala beeja tulya 5 -10 days : Slightly increased 10-20 days : Equal to ½ Badariphala 1 month : Equal to 1 Badariphala 1-2 months : 1½ Badariphala 3 months : 3 Badariphala 4 months : Equal to dry Amalaki fruit 5-6 months : Equals to wet Amalaki fruit 7-8 months : More than Amalaki

According to Sharangadhara 1 month : 1 Ratti (125mg) 2nd month- 1 year : increase by one Ratti every month (250 mg-1.5gm) 1 year- 16 year : increase by one Masha every year (1.5 gm – 16.5gm) 16- 70 years : 16.5 gm After 70 years : decrease slowly as that of child dose Age [14] Newborn infants (pediatric) are abnormally sensitive to certain drugs because of the immature state of their hepatic and renal function by which drugs are inactivated and eliminated from the body. Failure to detoxify and eliminate drugs results in their accumulation in the tissues to a toxic level. The decline in renal and hepatic function in the elderly (geriatric) may slow drug clearance and increases the possibility of drug accumulation in the body and subsequent toxicity. Elderly individuals may also respond abnormally to the usual amount of a drug because of changes in drug-receptor sensitivity or because of age-related alterations in target tissues and organs.

Bhesaja According to Chakrapanidatta, Matra also depends on Bhesaja, he described Matra of drugs depending on Virya as follows

- Tikсна Virya Dravya in Karsa pramana e.g. Sunthi
- Madhya Virya Dravya in ½ Pala pramana e.g. Bilva, Agnimantha
- Mridu Virya Dravya in Pala pramana e.g. Amalaka

- Mridu Virya Ausadha - Daurbalya
- Madhyama Virya Ausadha – Dhatuksaya
- Tikсна Virya Ausadha - Dhatuksaya, burning sensation and may create emergency too Some drugs like Pippali, Kshara and Lavana are strictly prohibited for over and long term usages.

Bhesaja Kalpana “Bahukalpoprayogitvat” is a one of the quality mentioned in Bhesaja guna and Bhesaja Matra depends on Kalpana. Svarasa (juice), Kalka (paste), Srta (decoction), Sita (cold infusion) and Phanta (hot infusion) are five pharmaceutical preparations mentioned in classics. The potentiality of the medicines of the preceding category is greater than the succeeding ones [20]. So these preparations should be prescribed with due regard to the strength of the patient and seriousness of the disease. Satva Kalpana of drugs should be given in fewer doses comparative to Svarasa of same Dravya.

3. “Saviryata Avadhi” is also important while prescribing the dose of drug. Dose also depends on “Saviryata” of the Ausadha – “self-life period” and it depends on particular/individual Dravya or Kalpa.

4. Kala [22, 23] In Samhitas different “AusadhaPradhana Kala” is described, when Ausadhi is given according to Kala, small dose is sufficient and is more effective. Charaka gave importance to five types of Vata classification and described Bhesaja kala, in relation with food. In various season Bala of individual changes. So, Matra of Ausadha to be used according to Kala e.g. in summer Usna dravya and in winter Sita dravya should be used in low doses otherwise, it may be harmful. Time of administration [24] The time at which a drug is administered sometimes influences dosage. This is especially true for oral therapy in relation to meals. Absorption proceeds more rapidly if the stomach and upper portions of the intestinal tract are free of food, and an amount of a drug that is effective when taken before a meal may be ineffective if administered during or after eating. E.g. Irritating drugs are better tolerated by the patient if food is present in the stomach to dilute the drug’s concentration.

5. Satmya If any substance is taken continuously, it may become Satmya[25]. Different factors for Satmya as Desha, Kala, Jati, Ritu, Roga, Vyayama, Rasa etc. are mentioned in samhitas. Satmya is a one of the type of adaptability. When a drug is Satmya to the body it is required in high doses to produce results. Ex. Ahiphena, Dhatura etc. Tolerance The ability to endure the influence of a drug, particularly when acquired by a continued use of the substance is called tolerance[26]. Tolerance occurs commonly in such drugs e.g. antihistamines, narcotic analgesics. Normal sensitivity may be regained by suspending the drug administration for a period of time. The development of tolerance can be minimized by: • Initiating therapy with the lowest effective dose. • Avoiding prolonged administration

6. Prakriti Prakriti or constitution of the body is prime important for deciding the drug and the Matra of drug in a diseased or normal state. In Charaka Samhita, it is quoted that, if person of Vata Prakriti take Vata Prakopaka Ahara, that too in low quantities, Ahara itself aggravates Vata leading to Vatik disorders and vitiate the body [27]. In the same way if Pitta and Kapha prakriti person takes much Usnaahara and Sita Ahara respectively, leads to Pittika and Shlesmic vikaras. If Pitta prakriti person takes Matradhikya of

Tiksna dravya it vitiates Pitta and cause Paittika disorders. e.g. Intake of Gandhaka, Somala by Paittika prakriti people leads to boils etc all over the body or mouth. Species and Race (Genetic factors) Dose of a drug that produce the same effect may vary 4- folds among different individuals because of different rate of metabolism due to difference in amount and isoform pattern of drug metabolizing enzymes and difference in target organ sensitivity. Afroamericans require higher dose of atropine and ephedrine than mongols. Pharmacogenetics is Rama Krishna Allam et al. Bheshaja Matra (Dose) and the Importance of Dasavidha Pariksha in Deciding the Proper concerned with genetically variations in drug responses. Patients with hereditary metabolic disorders rarely show disturbance in the metabolism of drugs, due to microsomal] . enzyme system for example G-6PD deficiency leads to hemolysis with primaquine and other oxidizing drugs. [28

7. Desha Desha has been described mainly of two types 1. Bhumidesha (land) and 2. Aturadesha (Human body) which is useful in deciding dosage. For example, it is difficult to cure patient of Vata Roga, staying in the desert region which is also predominant in Vata, or the one suffering from Kapha residing in marshy land predominant with Kapha, Similarly if vitiated Vata of colon, which is the site of Vata or if any diseases of vital organs, are difficult to treat. So one should take the drug which is of opposite qualities to the Desha. Diet and Environment [29] Type of diet can alter drug absorption. Medicines are usually taken after meal to reduce the risk of gastric irritation. Alcohol also induces hepatic enzymes and causes rapid metabolism of certain drugs. On the other hand, hepatic injury due to alcohol can increase sensitivity to drugs. Exposure to insecticides, carcinogens, tobacco smoke, charcoal etc induce drug metabolism and setup in which drug taken alter drug action for example hypnotics works better when taken at night in quiet surroundings.

8. Kostha Kostha plays very important role in deciding the Matra e.g. when the Virecana dravya is given to a Krurakostha person it should be given in higher doses. In the same way for Mrdukostha person, smaller quantity is enough to produce desired effect [30] . Biological membranes (Distribution)[31] Once a drug enters into systemic circulation by absorption or direct administration, it must be distributed into interstitial and intracellular fluids. Each organ or tissue can receive different doses of the drug and the drug can remain in the different organs or tissues for a varying amount of time. The distribution of a drug between tissues is dependent on vascular permeability, regional blood flow, cardiac output and perfusion rate of the tissue and the ability of the drug to bind tissue and plasma proteins and its lipid solubility. PH partition plays a major role as well.

9. Dosha & Rogavastha In every disease quantity of vitiated Dosha varies. So, dose should be given according to Bala of Dosha. On the other hand if Doshas' are not aggravated, low dose of drug would be sufficient. Matra also depends on Doshagati, because Doshagati is responsible for manifestation of Samprapti. Proper Matra may act on particular path (Rogamarga). In Tiryakagatadosha's high potency drug in high doses are required than Kosthagatadosha. Pathological state [32] The effects of certain drugs may be

modified by the pathological condition of the patient and must be considered in determining the dose. Presence of Gastro intestinal disorders can alter the absorption of orally administered drugs. E.g achlorhydra decrease aspirin absorption by causing ionization. Bioavailability of drugs having high first pass metabolism is increased due to loss of hepatocellular function. Presence of Disease like myxedema, morphine acts for a much longer time because of the low rate of oxidation. Pulmonary and gastrointestinal disease may also alter pharmacokinetics. Bhesajaprayoga marga [33] In our classics different Prayoga margas are mentioned like Vasti, Nasya, Lepa, Abhayantara marga etc. basing on Prayoga marga the dose of the drug may change, example dose of drug administered in Snehavasti is more than Uttaravasti. In Nasya karma we use drugs in Bindhu pramana whereas in Vasti it's in Prasthas. Route of administration [34] Drugs administered intravenously enter the blood stream directly and thus the full amount administered is present in the blood. In contrast, drugs administered orally are rarely fully absorbed due to the various physical, chemical and biologic barriers to their absorption, including interactions with the gastric and intestinal contents. Thus, a lesser parental dose of a drug is required than the oral dose to achieve the same blood levels of drug.

10. Satva & Bala The person with Pravara Satva and Bala can tolerate large dose of Tikshna dravya, so one should look after Satva and Bala of patient before deciding dose. This can be correlated to physical and mental strength of the patient. Drug's efficacy can be affected by patient's expectations and attitude; anxious patients required more general anesthetics. Placebo can be used for condition that cannot be explained on the basis of pathophysiological basis here physician and patient relationship has a major role in treatment with placebo [35].

11. Agni The body constitution of persons is named according to the predominance of Doshas. Depending upon their intensity of Doshas, Agni located in the body of human beings can be classified under four categories, viz. Tikshna, Manda, Sama and Visama. Dose of a drug depends upon the Agni of the person. Matra should be decided looking at the Agni of a person, sometimes if Agni is very low (Mandaagni), it cannot even digest the even Aushada matra, which can be compared to the fire, which is very little, if we add ghee to it, though ghee is said to increase the fire but in this case it extinguishes the fire totally. In this way it may lead to many complications. In the same way, if Agni is more (Tikshnagni) the little amount of Aushadha given gets digested there itself without showing the effect on the disease. So the relation of Agni and Matra is prime. Enzymatic action (Metabolism) [36] Drug metabolism is the biochemical modification of pharmaceutical substances or xenobiotics respectively by living organisms, usually through specialized enzymatic systems. Drug metabolism often converts lipophilic chemical compounds into more readily excreted hydrophilic products. The duration and intensity of pharmacological action of most lipophilic drugs are determined by the rate they are metabolized to inactive products. The Cytochrome P450 monooxygenase system is the most important pathway in this regard. In general, anything that increases the rate of metabolism (e.g., enzyme induction) of a pharmacologically active metabolite will decrease the duration and intensity of the drug action. The opposite is also true (e.g., enzyme inhibition).

However, in cases where an enzyme is responsible for metabolizing a pro-drug into a drug, enzyme induction can speed up this conversion and increase drug levels, potentially causing toxicity.

MATRA & BALACATUSTAYA

All the above discussed factors can be compiled in the Balacatusaya namely Dehabala, Agnibala, Chittabala and Rogabala for deciding Matra[37]. These four Bala's includes various factors which decide Matra. • Dehabala : Desha, Kala, Sarira, Sara, Satmya, Vaya, Jati and Svabhava • Agnibala : Agni, Ahara and Kostha • Cittabala : Satva • Rogabala : Dosha , Rogavastha and Bhesaja A wise physician closely observes the Doshas in their Prakopa, Samya and Kshayaavastha of disease for Rogabala, power of digestion for Agni bala, Strength for Dehabala and mental faculties for Cittabala. In short Dehabala, Agnibala and Cittabala are important to decide Matra. If Palliative (Samsamana) drugs given in more dose neglecting [38] •The strength of disease (Rogabala) - leads to newer diseases after curing the disease. • The digestive fire (Agni bala) - produces indigestion, long stasis in the abdomen and poor digestion. • The strength of patient (Dehabala & Cittabala) - give rise to exhaustion, fainting and toxicity. • Similarly when purificatory (Samsodhana) drugs are also given in more doses it troubles to the patients. Both these kind of drugs if administered in insufficient quantity do not produce any effect. Hence these should be used in suitable quantity. • If the patient suffering from disease curable by Shodhana process and is weak due to the vitiated Doshas then the wise physician should administer Shodhana dravyas in mild doses. • When the Doshas are mobile and the Kostha is mridu; the strength of the patient not be taken into Consideration as Shodhanam is beneficial even though he is weak due to any other cause other than Doshas (ex: Langhana). • If the Dosha are Pravritta and Kostha is Mridu, Shodhana therapy cures the disease, even though the patient is of Alpabala. Hence it is, necessary to take into consideration the strength of the patient and the seriousness of the disease while prescribing these different categories of Kalpana. For example, if the patient is strong enough and the disease is equally serious, the Svarasa preparation of the drug will be eminently useful than other preparations. Kalpana and Matra According to Bala Sneha & Kwatha Guda & Khanda Modaka, Vataka, Leha Guggulu Uttamabala 4 Tola 1½ Pala 1 Pala 12 Masha Madhyam bala 3 Tola 1 Pala 2 Karsha 8 Masha Hinbala 2 Tola ½ Pala 1 Karsha 4 Masha

IMPORTANCE OF DASAVIDHA PARIKSHA IN DECIDING MATRA Charaka Samhita advised to examine Aturabala with the help of Dasavidha Pariksha. These are the basic parameters, on which the Dehabala, Agnibala, Cittabala and Doṣhabala (Rogabala) are assessed. Dasavidha Atura Pariksha is most scientific, complete and competent approach to clinical examination, because it is integration of both Roga Pariksha and Rogi Pariksha. It elicits an accurate account of Vyadhibalapramana and set this against the background of Aturabalapramana. Prakrityadi nine factors (Prakrithi, Sara, Samhanana, Pramana, Satva, Satmya, vaya, Aharashakti and Vyaama shakti) of Dasavidha Aturapariksha except Vikriti are responsible for Aturabalapramana. Vikrti Pariksha, the second important factor of Dasavidha Atura Pariksha is responsible for

Aturadosabalapramana. Rama Krishna Allam et al. Bhesaja Matra (Dose) and the Importance of Dasavidha Pariksha in Deciding the Proper Matra

CONCLUSION

One should have to consider Aturabala and Rogabala before deciding the Aushada matra with the help of Dasavidha pariksha to get maximum benefit of Ausadha. There is a saying about the dose in general that when poison is taken in minute quantities it acts like Amrutham and vis a vis. As a small amount of water cannot extinguish fire, similarly medicine in small quantity cannot cure a disease and irrigation with over flood water is harmful for the crops; similarly medicine in excessive quantity is harmful for the patients. Therefore, after carefully examining the strength of the disease and the medicine, the remedial measures should be administered in a quantity which is neither too large nor too small. As mentioned earlier, it depends on various factors like Dosha, Agni, Bala, Vaya, Vyadhi, Dravya, Kostha, Prakriti, Satmyata, Desha, Kala, Bhesaja etc. Though these factors were mentioned several years ago, they very close to modern pharmacology parameters. It is equally important to ensure the difference between two systems for developing and incorporating doses from new born to the adult based on different rules and the factors that are affecting drug doses. The scientific approach of, type of the drug, its time and route of administration, its different forms and its dosage and its regimes in Ayurveda are highly significant. I hope that if the clinical scientific validity of Ayurvedic drug dosage, its regimes, Anupana etc. are done properly, we will come out with outstanding results.

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Celebrated our 77th Independence Day at Institute



Health awareness program

As a curriculum of 3rd year B.A.M.S., Department of Swasthavritta has conducted Health awareness program for school going children in 4 school viz. M.N. Shah secondary school, V.M. Shah Pratham Shala, N.A. Patel English Medium School, N.V. Shah Girls High school on 26 August 28, 2023.

Following topics has been taught to school children.

- Hygiene
- Diet
- Dinacharya
- Menstrual Hygiene
- Yoga Asana, Pranayama
- Activity and diet according to respective season



School Code No. : 484
S.S.C. : 59.555
H.S.C. : 09.125

Code No. 02672 (O) 241213 Godhra
(R) 286221, 286421 Kakanpur
(02672) 286720 School

Smt. Narmadaben Vallabhdas Shah Girls High School

Conducted by : Sarvoday Charitable Trust - Established and Organized by Mathurdas Gulabchanddas Shah Family

MANAGING TRUSTEE
MAULINKUMAR B. SHAH

POST : KAKANPUR - 388713
Tal. : Godhra
Dist. : Panchmahal

01-26/08/23
01.0-50

જાણી
અમારું
જીવન આપણે
કાળે, વિદ્યુત

વિદ્યુત - અસહ્યુત વિભાગ અંતર્ગત માહિતી
આપી છે

અભિનંદન આપીએ છીએ કે અમારી આપણી આપણી. સરવોદય
આપણે રીંગ રીંગ અસહ્યુત માટે પૂલ ને અમુક
માહિતી આપણે આપી. જે તેમના અભ્યાસ પૂલ ને
ઉપરની અસહ્યુત તે વાલે આપણી રીંગ તેમની પૂલ ને
ફિટ નીલે અસહ્યુત ગુણી. તો આમ આપણે
અને આપણી અભ્યાસ રીંગને પૂલ પૂલ આપણે

S.T.D. Code (02672) (O) 241213, Godhra
(R) 286621, 286421 Kakanpur
(02672) 286720, School

Shri Vallabhdas Muljidas Shah Primary School

Conducted by : Sarvoday Charitable Trust - Established & Organised by
Mathurdas Gulabchanddas Shah Family

Managing Trustee

BHARAT R. SHAH

POST : KAKANPUR - 388713

Tal. : Godhra

Dist. : Panchmahal

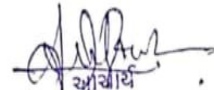
Ref. No.

Date : 28/08/23

CERTIFICATE

This is to certify that students of 3rd years B.A.M.S from Jay Jalaram Ayurvedic Medical College At: Shivpuri,DI-Godhra,Pms has conducted health awareness program as a part of curriculum of swasthavrutta to std-5th to 8th in Shree V.M.Shah Primary School, AT Kankanpur,Godhra,Pms On 26th Aug 2023.




ઓચીય
શ્રી.વી.એમ.શાહ પ્રા.સ્કૂલ
કાકણપુર તા.ગોધરા,જી.પંચમહાલ

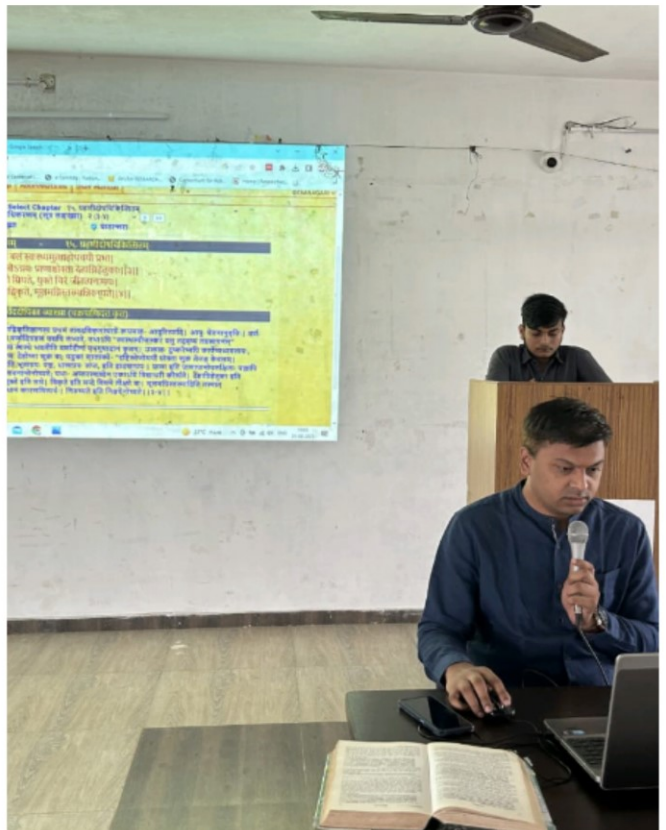




Tree plantation and Shahidoko pranam program at Veganpur, Godhra



Charak Jayanti celebration



THANK YOU