



Late Dr. Kurunji Venkatramana Gowda
Founder President

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CURRENT ISSUES, CASE STUDY, RESEARCH ACTIVITIES,
STUDENTS ARTICLES, COLLEGE ACTIVITIES, QUIZ, HOME REMEDIES

न्यभास?ाचअ माजर्लाअ न्यत्तन्नु ।

Editorial



Global wellness meet-2016 Bengaluru organized by KAUP Board in coordination with various Ayurveda colleges, Pharmacies and Government of Karnataka was a grand success. Our college participated actively by sending the delegates to present as well as to participate in the event. K.V.G Ayurveda Pharma came to limelight by exhibiting various products in the exhibition section.

CCIM inspection revealed the state of the art, infrastructure, trained teaching faculty and adequate other facilities in our institution.

KVG Ayurveda Pharma got the GMP certification after fulfilling the various stringent norms of the issuing authority.

Ayur news also comprises scholarly articles on "Kushmanda" and a case study on "Trigger finger".

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“A COMPREHENSIVE CLINICAL STUDY OF LOUHA VATAKAM IN PANDU ROGA”

DR. ANUSREE.S.B

P.G Scholar

Dr. BHAGYESHA.K

Co-guide

Dr. HARI PRAKASH.H

Guide : Dept. of Kayachikitsa

INTRODUCTION:

Today's fast developing world has made man to change his life style and also food habits. Now a day man prefer fast food which is spicy and having preservatives, chemicals, artificial colours and flavours which impairs function of Agni (Digestive system). As a result of this the absorption of nutrients gets impaired. Panduroga is a disease where absorption is improper and is very common in society due to Mithyavaraviharas.

Panduroga is a Pitta predominant Tridoshaja Vikara caused by excess use of Amla, Lavana, Teekshna Aharas, activities like Ativyayama and psychological factors like Chinta, Bhaya, Kama which are common now a day. Due to these reason there is Alpa Rakthata and Alpamedas, and qualities of Ojas decreases. Considering Panduta as the predominant sign the disease is termed as Pandu Rog and is characterised by symptoms like Agnisada, Gourava, Pindikodweshtana, Shrama, Shwasa, Daurbalya and Gatra Shoola

Many Shamana Yogas are available in classics. Most of these Yogas contain Louha as a main ingredient. Here Louhavatakam mentioned in the Chikitsamanjari Panduroga Chikitsa Adhyaya is taken as trial drug in the present study. The drugs in this Yoga posses predominantly Deepana, Pachana, and Rasayana properties which might have been helped in the Samprati Vighatana of Panduroga.

Here Louha Vatakam is administered in a fixed dose of 2 Gunja for 28 days.

OBJECTIVES OF THE STUDY:

- Conceptual study of Panduroga explained in all Ayurvedic classics.
- To know the comprehensive action of Louha Vatakam on Panduroga.
- To know the specific conditions of Panduroga (Dosaja) on which this Yoga is effective.

Materials and Methods:

Study Design : A Comprehensive clinical study

Sample Size : 30 patients fulfilling the diagnostic and inclusion criteria of either sex were selected and assigned in a group.

Intervention :

- ▶ Dose : 2 Gunja
- ▶ Anupana: Warm water
- ▶ Time of administration - Pragbhaktha (Morning just before food)
- ▶ Study duration - 28days
- ▶ Total Study duration – 35days
- ▶ Patients were assessed clinically on 7th, 21st, 28th day during treatment and follow up on
- ▶ 35th day after treatment.

Results and Discussion:

In overall effect of treatment in Panduroga, out of 30 patients in this study 2 patient (6.7%) got Kinchit Shamana (Mild Improvement), 16 patients (53.3%) got Amshika Shamana (Moderate Improvement), 12 patients (40%) got Prayika Shamana (Marked Improvement). None of the patients got Shamana (complete cure) and Guna albha (no change).

Louhavatakam gives remarkable improvements in Agnisada (92%) Pindikodweshtana (57.3%) Panduta (38.5%) Shirashoola (35.48%) and Shwasa (61.9%), Daurbalya (58%). It is statistically significant.

Conclusion:

The present study has shown significant results in all types of Panduroga and highly effective in KaphaVataja (46.67%) and Sannipata-Kaphadhika Pandu (36.7%). Due to its Ushna Guna it Controls Kapha, by Ushna, Snigda Guna and Madhura Vipaka it controls Vata and by Madhura Vipaka it controls Pitta.

Key words : Panduroga, Shamana Chikitsa ,Louha Vatakam

"A CLINICAL STUDY ON THE EFFECT OF NASYA WITH DASHAMOOOLA BALAMASHA TAILA IN THE MANAGEMENT OF APABAHUKA"

Dr. RAJANEESH.P.JOSE
P.G. Scholar

DR.VISHAL.P. RAYSONI
Guide Dept of Panchakarma

Apabahuka is a disease which affects the daily routine of an individual and if ignored, it can become a disability. In such diseases the most sought after medical modality is Ayurveda. For this disease, Nasya is the most effective line of treatment. A Clinical study on the effect of Nasya with Dasamoola Bala Masha Taila in the management of Apabahuka was undertaken to assess the effect of Nasya Karma and its mode of action in Apabahuka

OBJECTIVES OF THE STUDY:

- ▶ To evaluate the efficacy of Dasamoola Bala Masha Taila Nasya in Apabahuka
- ▶ To know the specific condition (chronicity and severity) of the disease on which Brimhana Nasya is effective.

METHOD :

The study design selected was a single group clinical study with a sample size of 30 patients. The patients were selected as per the pretest selection criteria. The patients were given Nasya with Dasamoola Bala Masha Taila in Madhyama Matra of 8 Bindu in each nostril. Assessment and follow up was done on 1st, 7th, 14th and 21st day.

OBSERVATIONS OF THE STUDY:

Among 30 patients of this clinical study, majority were between the age group of 21-30 years (73.4%), males (63.3%), graduate & primary (30%), lower middle socio-economic status (43.3%), sedentary workers (46.6%), Hindu religion (80.0%), Unmarried (70.0%), <=3 months duration (66.7%), right hand more affected (53.3%), Madyama Soola (70.0%), Madyama Sthabdhadha (60%), Vyayama Anupasaya (43.4%), Vatakapha Prakruthi (53.4%) and Madhyama Vyadhibala (66.7%).

DISCUSSION:

Dasamoola Bala Masha Taila described in Vatavyadhi Chikitsa of Yogaratnakara is practiced in the treatment of Apabahuka. By considering the Samprapti of Apabahuka, the Taila Yoga processed with the property of the drugs having Vata Kaphahara & Brmhana nature would be effective. Shoola is one of the main features of the disease caused due to Ruksha and Sheeta Guna. Shoola and Sheeta are interrelated. All Vata Vyadhis aggravate by Shaityata. Hot fomentation reduces Shoola. Hence it can be deducted that Ushna Guna of Dasamoola Bala Masha Taila reduces the Shoola in Apabahuka.

Stabdghata is produced due to Sheeta as well as Ruksha. Dasamoola Bala Masha Taila has Ushna & Snigdha Guna which reduces the Stabdghata.

In Dasamoola Bala Masha Taila, Brihat Panchamoola have Ushna Veerya, Kapha Vatahara property, Laghu panchamoola have Asheetha, Anushna & Tridosahara property, Bala and Masha have Brihmna property. By the Brihmna action, the degenerated tissues in the affected joint get replenished. In the present context, the aggravated Vata due to its Ruksha Guna reduces the Snigdghata of Amsa Pradesha (constriction and progressive degeneration of Sira and Snayu). In order to reduce the Rukshata and to strengthen the structures in Amsa Sandhi, Nasya with Dasamoola Bala Masha Taila is ideal.

CONCLUSION:

- ▶ In Overall effect of treatment in Apabahuka, out of 30 patients in this study 22 patient (73.3%) were getting Moderate improvement, 7 patients (23.3%) were getting mild improvement, and 1 patients (3.3%) were getting Complete relief. Dasamoola Bala Masha Taila was found to be a good drug of choice for Stabdghata and Shoola of Apabahuka.
- ▶ However this treatment modality is found effective in Apabahuka of recent origin (H/O <= 3 months).
- ▶ In the group of patients with a chronicity of above one year, the results were very poor. Whereas in the group of 20 patients with a history of Apabahuka of <= 3 months, 1 patients got complete relief and the rest of them with considerable relief.
- ▶ Apabahuka is completely curable if the patient approaches the physician at the onset of symptoms but as the disease becomes chronic and severe, the prognosis also deteriorates.

Key words: Nasya, Apabahuka, Dasamoola Bala Masha Taila.

“A COMPARATIVE PHARMACEUTICO - ANALYTICAL AND EXPERIMENTAL STUDY OF SIMHASYADI KASHAYA AND ITS MODIFIED FORM AS SIMHASYADI GHANAVATI W.S.R. TO ANTI INFLAMMATORY ACTION”

Dr. RENJU. S
P.G Scholar

Dr. HARSHITHA M.
Co-guide

Dr. ROHINI D.BHARADWAJ
Guide Dept. of Rasashastra and Bhaishajya Kalpana

Background & Objectives: Inflammation is the self protective reaction of tissues towards infection, irritants or foreign substances. In Ayurvedic Classics, a number of medicinal preparations to combat inflammation have been found; among them Simhasyadi kwatha is one, which is said to be significant in combating inflammation. In order to increase the shelf life of kwatha, it was converted into ghanavati and experimental study carried out to analyze the shothaghna action of both Simhasyadi kwatha and Simhasyadi ghanavati.

Materials & Methods:

Pharmaceutical study: Guduchi, Vasa and Brihati were taken in fresh form and added with 4 parts of water. It was reduced to 1/4th to obtain Simhasyadi kashaya. For ghanavati, 16 parts of water added and 1/8th reduced. Then it was filter through a clean cloth and again boiled over mandagni till it attains paka. Then it was kept for drying. Later the same base powder added to the Ghana and made pills of desired size.

Experimental study: Albino rats weighing 200-250gm of either sex used in the study & divided them into four groups of six rats each. Acute inflammation induced by injecting Carrageenan (0.05ml of 1% solution) in sub plantar region of all the rats. Each rat except (Group-A) in test group given standard & test drugs after subjected to oedema. The inflammation was measured by the volume displacement method using a plethysmometer.

Results: The results were analyzed by using One way Anova followed by Posthoc test. Based on the statistical tests, it is proved beyond doubt that trial drugs Simhasyadi kashaya and Simhasyadi ghanavati have significant anti inflammatory effect which is almost similar to standard group.

Key words: "Simhasyadi kashaya", "Ghanavati", "Anti –inflammatory", "Carrageenan".

“AN ANALYTICAL EVALUATION OF JAYAPALA BEEJA [CROTON TIGLIUM LINN.] W.S.R. TO ITS SHODHANA IN DIFFERENT MEDIA”

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P.G. Scholar

DR. AVINASH K.V.
Co-guide

Dr. GEETHANJALI R. VERNEKAR
Guide Dept. of Agada Tantra

Ayurveda is not only a science dealing only with drug it is more a “way of life” and describes method for promotion, prolongation and maintenance of positive health. The use of plants as medicine is older than recorded history. It was an integral part of the development of modern civilization.

In Ayurveda Acharya Charaka has mentioned that even poison in small quantity acts as a nectar. Agada tantra, one of the eight branches of Ayurveda. According to Acharya Charaka even an acute poison can become an excellent drug if it is properly administered, and similarly even a drug, if not properly administered, becomes an acute poison

To retain the therapeutic properties the toxic and harmful part of the drugs can be removed by employing various purification processes (shodhana). Jayapala (Croton tiglium linn.) grows all over India. The seeds and the oil extracted from the seeds are poisonous. The active principle is croton, croton oil and crotonoside. These are similar to poisoning by ricin. Hence the purification process is needed.

OBJECTIVES:

- ▶ An analytical study of Jayapala beeja (Croton tiglium linn.) before shodhana.
- ▶ An analytical study of Jayapala beeja (Croton tiglium linn.) after shodhana in different media (Gomayasyodaka and Godugdha).
- ▶ A Comparative an analytical study of Jayapala beeja (Croton tiglium linn.) before and after shodhana.

MATERIALS REQUIRED FOR THE STUDY:

- ▶ Seeds of Jayapala (croton tiglium Linn.)
- ▶ Dola yantra
- ▶ Facilities of Analytical Laboratory.

STUDY DESIGN : ANALYTICAL STUDY :

1. Organoleptic study
2. Physical study:
 - A] Foreign matter B] Total ash C] Acid insoluble ash D] Water soluble ash E] Moisture content
3. Chemical study: Qualitative analysis
4. Chromatography: H.P.T.L.C

Result : On the basis of all results it can be concluded that, after Shodhana process by two media Shodhita by cow dungs sample is less toxic in comparison with Ashodhita and Shodhita by cow milk sample.



BUDDHIVIBHRAMA

THE CONCEPT OF THOUGHT DISORDER IN AYURVEDA

Author : **Dr. Annapoorna**
 Asst Prof Dept of Kayachikitsa

Thought disorders are conditions that affect the way a person thinks by creating disturbance in the manner of putting together a logical sequence of ideas. It is commonly recognized by incoherent or disordered thinking. In Ayurveda, the concept of "thought disorders" can be equated with "buddhivibhrama". Chakrapani states that knowledge of an object in the sense of 'as it is' i.e. 'yatharthaanubhava' or perception of true knowledge is known as buddhi or dhi. Buddhi is the psychological faculty for reasoning and logic which helps to distinguish between two different ideologies. When there is any derangement in the activity of buddhi, the person loses the capacity to differentiate between separate entities. This condition is known as 'Buddhivibhrama'.

DEFINITION OF BUDDHI

- ▶ बुद्धिरनुभवः (मधुकोष- मा.नि.१८)

Buddhi means Anubhava i.e. perception or experience

- ▶ बुद्धिस्तु ऊहापोहज्ञानम्- (चक्र)
- ऊहापोह- चर्चा, विचारा, त्याज्यात्याज्यविवेचनं (च.वि.८/१४९ चक्र)
- बुद्धिर्विवेचनारूपासा ज्ञानजननीश्रुतौ। - शब्दकल्पद्रुम

Buddhi is the faculty of distinguishing and classifying things according to their real properties

- ▶ बुद्धिःनिश्चयात्मिक- (च.इशा.१)
- ▶ निश्चयात्मिकास्थिरस्वरूपाअध्यवसायरूपा

Buddhi is *Nishchayatmika* i.e. mental effort, apprehension or capacity of determining. Thus buddhi is one of the components of mind which help in perceiving, distinguishing and determining the true sense of an object.

DEFINITION OF BUDDHI VIBHRAMA

विषमाभिनवेशोयोनित्यानित्येहिताहिते
 लज्ञेयःसाबुद्धिविभ्रंशःसमंबुद्धिर्हिपश्यति।- च.इशा.१

Buddhivibhrama is a condition in which an individual fails to distinguish two ideologies like, good to bad; real to unreal; permanent to impermanent etc.

FEATURES OF BUDDHI VIBHRAMA

- ▶ Impairment in अनुभवतः perception. Perception is the process of getting to know the object in the environment. Any impairment in this process will lead to the perceptual disorders. Disorders of perception include Imperception, Hallucination, Illusion, Apperception. Example – अशब्द श्रवण –Auditory hallucination, अनवस्थिति रुपदर्शन–illusion
- ▶ Impairment in the वचिचन i.e. process of thinking. This is caused due to disorganized thinking which is evidenced by disorganized speech. It includes

Disorders in the form of thinking-

- ▶ Knight move thinking - Knight's move thinking is a complete loosening of associations where there is no logical link between one idea and the next.
- ▶ Word salad - a confused or unintelligible mixture of seemingly random words and phrases, specifically (in psychiatry) as a form of speech indicative of advanced schizophrenia.
- ▶ Perseveration - perseveration is the repetition of a particular response, such as a word, phrase, or gesture, despite the absence or cessation of a stimulus, usually caused by brain injury or other organic disorder.

Disorders in the content of thinking

- ▶ Persecution - Delusions of persecution refer to false beliefs or perceptions in which a person believes that they are being treated with malicious intent, hostility, or harassment – despite significant evidence to suggest otherwise.
- ▶ Hypochondriac delusion- refers to worry about having a serious illness. This debilitating condition is the result of an inaccurate perception of the condition of body or mind despite the absence of an actual medical condition.
- ▶ Nihilistic delusion - a persistent denial of the existence of particular things or of everything, including oneself, as seen in various forms of schizophrenia.

Disorders in the flow of thinking

शिरसःशुन्यत्वं– disorders of thought process like thought blocking, perseveration;

उद्भ्रान्तचित्तत्वम्, प्रलाप - Word salad; अस्थानेध्यानसम्मोहआयास, नित्यानित्येहिताहितेपश्यति–lack of insight are some of the terms seen in the classics of Ayurveda indicating the impairment in the process of thinking.

The examination of the mind and psychological diseases in Ayurveda is potentially as complex as the examination of body and physical ailments. It is not just a sidelight to be looked at in passing. It requires its own expertise, attention and application, just as any other branch of Ayurveda and its therapeutic methods. While one need not be a trained psychologist in order to deal with the psychological aspects of Ayurveda, there must be a detail study of the mind and how it works to move deeper in this field.

A Clinical Case Report on Kampavata (Parkinsonism)

Pt name- Elsy

Treating doctor – Dr. **Bhagyesh.K**

Age -57 yrs Female

PG Scolors : Dr.Lavanya

Dr. Anishma Devi

Dr. Nikitha Sharma

Chief complaints

- ▶ Tremors since 3 months
- ▶ Reduced strength in right side of body since 2 weeks

H/o Present Illness

Patient was suffering from psychiatric disease since 20yrs and was under medication. She gradually developed tremors in both limbs since past 3 yrs, later before 3 months she had undergone ECT after which her tremors seems to have increased severely. Before 2 weeks she had a fall after which she developed reduced strength in right side of the body. Patient also repeatedly had suicidal thoughts, patient is dependent for all her routine activities.

H/o Past Illness

D M since 20yrs

Psychiatric Illness -20yrs

Schizophrenia with symptoms such as delirium, depression and hallucination

Medical History

- ▶ Tab Glycophage SR1gm BD
- ▶ Tab Amisulphride 200mg ½ OD

On Examination

CNS-pt conscious and well oriented

Higher Mental Function 1) Behavior – Abnormal
 2) Social Communication – Normal

Emotional status – depression, anxiety, distress, delusion, hallucination, delirium

Language and speech – dysarthria

Cranial nerve- facial nerve-not able to lift eyebrow, masked face.

Accessory nerve – not able to shrug shoulders

Examination of Motor System-

Tone of muscle - hypertone of muscle of upper limb

Cog wheel test +ve

Clasp knife sign +ve

Involuntary movement – pin roll tremors present

Tremors are more on rest

Gait – stumping gait

Respiratory system - N A D

G I T – N A D

Diagnosis

Kampavata (Basavarajeeyam)

करपादतलेकम्पोदेहभ्रमण्डुःखिते ।

निद्राभङ्गोमतिः क्षीणकम्पवातस्यलक्षणम् ॥

Treatment

VijayabhairavaRasaindicated in kampavataby Basavarajeeyam was prepared in

RS & BK Department of KVG AMC.

मृतभूतंमृतंताम्रंमर्धगोकणकद्रवै ।

एकविंशतिवारंचशोष्यंपेष्यंपुनःपुनः ॥

चणमात्रवटीकूर्यत्कम्पवातंविनाशयेत् ।

- | | |
|---------------------------------------|--------------------|
| 1) VijayaBhairava Rasa | 1-0-0 (A/F) |
| 2) Tab BrihatVataChintamani with Gold | 0-0-1 (A/F) |
| 3) SyrZandopa with warm water | ½ tsp-0-½ tsp(A/F) |
| 4) SypMannol | 2tsp-0-2tsp(B/F) |

Procedure

Sadyavirechanawith nimbaamrithadierandataila (25ml) + ksheera (100ml) for 1day

Sarvangaabyanga with sahacharaditaila for 7 days

Avapeedananasya (vacha, trikatu, ksheera, guda) for 5 days

Shirodhara with ksheerabalataila for 14 days

Result

- ▶ Patient was fully dependent on other for her daily routine works and was not able to walk or get up from the bed.
- ▶ After starting nasya (after 2-3days) there was marked improvement seen in the patient, patient became active and was able to walk with help of others. By shirodhara her sleep got improved.
- ▶ After the course of treatment in hospital she was discharged and oral medication was continued, she was asked to come for follow up after 1 month.
- ▶ During follow up it was observed that there was marked improvement, patient had relief from tremors (40%) and also severity of tremors were reduced.
- ▶ Hypertone of muscles was reduced.
- ▶ There was good improvement in her sleep and her psychological state, but occasional hallucination still persists with mild tremors.
- ▶ Her psychological medicines were slowly withdrawn and no aggravation of symptoms are seen Now she is not dependent on others for her daily activity.

NIMBA

(IIInd Year B.A.M.S, 2015-16 Batch)

Botanical Name : Azadirachta indica

Family : Maliaceae

Vernacular name: Hindi - Nim, English - Neem,
Kannada - Kahibevu, Malayalam - Veppu

Varieties : Nimba, Maha nimba, Parvata nimba

Botanical Description: It is a large tree with almost a straight trunk.

Leaves are pinnate, crowded at the ends, leaflets 5 to 15 opposite,

serrate, glabrous. Flowers are white and numerous. Fruits are drupe, oblong, yellow when ripe and seed contain oil.

Distribution: commonly found all over India.

Major chemical constituents:

Nimbin, nimbidin, nimbinin, nimbandiol, azadirachtin, sitosterol, tocopherol.

Properties:

- ▶ **Rasa :** Tikta, Kashaya
- ▶ **Guna:** Laghu, Ruksha
- ▶ **Virya:** Sita
- ▶ **Vipaka:** Katu
- ▶ **Karma :** Kapha Pitta hara, Dipana, Grahi, Krimigna, Netrya
- ▶ **Indication :** Jvara, Kushta, Krimi, Prameha, Kasa, Vrana, Chardi, Kandu, Netra roga, Visha roga.
- ▶ **Part used :** Root bark, stem bark, gum, leaves, seed, seed oil.

Dosage:

- ▶ **Bark powder:** 2 to 4gm
- ▶ **Fresh juice:** 10 to 20ml
- ▶ **Seed oil:** 5 to 10 drop



HOME REMEDIES FOR MUTRAKRICHATA

- ▶ Kushmanda swarasa taken along with Guda or Sharkara.
- ▶ Takra along with Maricha or Jeeraka powder cures Mutrakrichrata.
- ▶ Kumari swarasa consumed with water cures Mutrakrichrata.
- ▶ Powder of Ela taken with lukewarm water or milk cures Mutrakrichrata.
- ▶ Fresh crushed leaves of Nimba soaked in water overnight and taken in the morning.

By:

Dr. Supriya S

Ist year P.G Scholar

Dept of P.G Studies in Agada Tantra

Evum Vyavahara Ayurveda

KAIYADEVA NIGHANTU

Ist Year B.A.M.S., 2016-17 Batch

This book is known as 'Pathya Apathya Vibhodini'. Its author Kaiyadeva is the son of 'Saranga' and grandson of Pandita Padmanabha. He is the author of another text –'Nama Ratnakara which deals with synonyms of various herbs. It is assumed therefore that Kaiyadeva might have written this lexicon to mention the propertises (Guna-Karmas) of the herbs described in his earlier text.

P.K Gode considers his period as earlier to 1450 AD. Though Ahiphene, Bhanga and Yasada were mentioned in the Chikitsa Granthas during 12 AD, Nighantu incorporated them during 13 AD. Kaiyadeva Nighantu does not possess Ahiphene. Bhanga is also reported in Dhanya Varga. Seetalika, Soma roga are only described during 12 AD texts. This two are described under Vihara Varga in Kaiyadeva Nigantu. Hence this book is definitely placed after 12 AD. It resembles Madana Pala Nigantu in description style. Peeta Karaveera which is missing with Madanapala's book is present in Kaiyadeva Nighantu. However Madanapala did mention about Sweta and Raktha varieties of Karaveera. From these references it is desirable to place this text around 15 AD. Therefore many consider it as belonging to 1425 – 1450 AD. The author might have belonged to Gujarat as he described Jhule, Vellantara, and Tilaparni etc.

This text is divided into 9 Vargas. They are:

- | | | |
|------------------|------------------|------------------|
| ▶ Oushadhi Varga | ▶ Drava Varga | ▶ Vihara Varga |
| ▶ Dhatu Varga | ▶ Pakwanna Varga | ▶ Mishraka Varga |
| ▶ Dhanya Varga | ▶ Mamsa Varga | ▶ Nanartha Varga |

Acharaya Surendra Mohan edited and published the first volume (Oushadhi Varga) through Netharchand Lakshman Das from Lahore in 1928. The editor quotes that the manuscript found in Mumbai is the best and complete. However, Acharaya P.V Sharma opines that no manuscript is possessing 9th varga i.e., Nanartha Varga.

Under Oushadhi Varga Madhu Karkati, Pinda Kharjura, Kantakaranja, Babbula, Sinduri, Markandi etc., are described. Grinjana term is used as synonym for both carrot and onion. Maha nimba is considered to be Bakayana. Amla Vetasa is mentioned as Sakhamla. Revandachini's branch like material was used as Vrikshamla.

BRAHAT VATA CHINTAMANI RASA

III Year BAMS, 2014-15 Batch

भागत्रयम्स्वर्णभस्मद्विभागम् रौप्यमभ्रकम् ।
लौहात्पञ्चप्रवालञ्चमौक्तिकम् त्रयसम्मितम् ।
भस्मसूतम्सप्तकञ्चकन्यारसविमर्दितम्।
वल्लामन्नावटीकार्याभिषग्भिः परियन्नतः॥
.....वातचिन्तामणिःत्वह ॥

(भैर वातव्याधिरोगाधिकार २६/१४१-१४४)

INGREDIENTS

- | | | |
|--------------------------|-----------------------------------|------------------------------|
| 1. Swarnabhasma -3parts | 2. Rajathabhasma – 2 parts | 3. Abhraka bhasma - 2 parts |
| 4. Loha bhasma - 5 parts | 5.Pravala bhasma - 3parts | 6. Moukthika bhasma - 3parts |
| 7. Rasa sindura - 7parts | Bhavanadravya- Ghrtakumariswarasa | |

METHOD OF PREPARATION:

Rasa sindura is taken in khalva and triturated for a while.Later it is added with all the remaining bhasmas and triturated further to obtain a homogenous mixture.This mixture is now subjected to one bhavana with Ghrtakumariswarasa to roll the pills of one vallapramana(375mg).The pills are dried in shade and stored in air tight glass container.

DOSAGE : 1 valla for once or twice a day(375mg)

ANUPANA : Madhu

INDICATIONS : Vataroga, Sannipatajwara, Shoola, Rasayana, Vajikarana.

VAMANA IVth Year B.A.M.S 2013-14 Batch

The process by which apakva pitta and shleshma are forcibly expelled through oral route is called as vamana. It has to be employed in diseases due to vitiated kapha either alone or in combination with kapha predominance.

Sushruta asserts that as flower, fruits and branches are destroyed as soon as the tree is uprooted, similarly the diseases originated due to excess kapha are unresponsive after eliminating of kapha through the process of vamana.

Poorvakarma includes,

- ▶ Examination of the patients and accessing the condition whether the individual is vaamyia or avamyia.
- ▶ Oral administration of snehana until samyak snigdha lakshanas are seen, followed by a day of vishramakaala where the patient will be given baahya abhyanga and svedana.
- ▶ Later kapha utkleshakara aharas are given

Pradhana karma includes,

- ▶ Administration of snigdha yavagu followed by akanta paana of ksheera or ikshu rasa.
- ▶ Vaamaka dravya is administered.
- ▶ After a while there will be occurrence of vega.
- ▶ Shudhi nirnaya is done on 4 factors vaigiki, maaniki, aantiki, laingiki.
- ▶ Samyaka vamana lakshanas is observed.

In pashchaath karma,

- ▶ Dhooma paana is given.
- ▶ From the day of vamana karma peyadi samsarjana krama should be followed for agnisandhookshana and bala praapthi. The number of days for samsarjana krama depends on shudhi.

Vaamaka dravyas:

- ▶ Madanaphala, Jeemuthaka, Ikshuvaaku, Dhaamargava, Vathsaka, Krithavedana etc.

EXAMINATION RESULTS OF UNDERGRADUATE STUDENTS

Ist YEAR BAMS TOPPERS



Ms. Vidhyashree A.M
72%



Ms. Meghana C.
69.9%

IIInd YEAR BAMS TOPPERS



Ms. Anjali M.M
72.67%



Ms. Ashina Shahin
71.9%



Ms. Anjana Chandran
71.9%

IIIrd YEAR BAMS TOPPERS



Mr. Nithish K.
69%



Ms. Aliya Taskeen
68.5%

STUDENT ACHIEVEMENTS

PAPER PRESENTATION AT NATIONAL SEMINAR ON ETHNOSCIENCE, NEHRU MEMORIAL COLLEGE, SULLIA



Dr. Prathima B.S

IIIrd Year P.G Scholar

Dept of Dravyaguna

Topic - Need of an Ethnomedicobotanical Approach on Extrapharmacoepl Drugs in Ayurveda



Dr. Chaithra K

Ist Year P.G Scholar

Dept of Dravyaguna

Topic - A Review on Medicinal Plants used in Traditional Medicine

POSTER PRESENTATION

1. Topic : Single Drug Use & Doctrine Of Signature

Ms. Chaithra M. & Ms. Rashmi K.N

II year BAMS (2015-2016 Batch)

2. Topic : Pathyakalpana

Ms. Vidhyashree A.M

II year BAMS (2015-2016 Batch)

EXHIBITION OF RASASHALA

Mr. Ganesh K.R

Ms. Dhanya Bailadi

Ms. Veenashree S.S

II year BAMS (2015-2016 Batch)

VAJRA

- ▶ Vajra, a national seminar was conducted by Vaidyaratnam at Thrissur, Kerala on January 14th, 15th and 16th 2017 on the topic "Lifestyle Disorders and Management".
- ▶ Dr. Deepak Joseph, Internee presented paper on the topic "Understanding Low Back Pain with Special Reference to Udavarta"
- ▶ It was attended by Interns, Dr. Namitha R.K, Dr. Raksha, Dr. Suchithra, Dr. Deepak Joseph, Dr. Geethu Raphy, Dr. Ayana Santhosh, Dr. Ashwathi P, Dr. Shruthi Ramachandra and Dr. Srilakshmi M.V.

CME – CLINICAL APPROACHES IN AGADA TANTRA



Inauguration of CME by our President



Lecture by Dr.Muralidharan, Principal, Parasinikadavu, Kerala.



Speech by Dr.RavindranathAithal



Live demonstration of snakes

FAREWELL



Inauguration of Farewell Programme



Speech by Dr.GeethaDoppa



K.V.G Ayurnews release



Outgoing batch 2012-2013

FOUNDER'S DAY CELEBRATION



Floral tributes to Late Dr.KurunjiVenkatramanaGowda



Guest speech by Dr.PurushottamBilimale, J.N.U, Delhi



Presidential address by Dr. K.V Chidananda



Felicitatation of Dr.Rajshekhar N, Prof & H.O.D, Dept of Dravyaguna



Felicitatation of Dr.Raghuvver, Dept of R.S & B.K

FRESHERS DAY



DhanvantariPooja



Shishyopanayaniya ceremony



NATIONAL AYURVEDA DAY



National Ayurveda Day celebration, 2016



Ayurveda Public Awareness Procession in Sullia town



Gathering at our college campus

ORIENTATION PROGRAMME



Inauguration of Orientation Programme for Freshers



Speech by Chandrashekhar, Sub Inspector, Sullia



Gathering address by Krishnayya, Circle Inspector, Sullia

ETHNOMEDICINE



Exhibition of Drugs and Models

PILES CAMP



Piles camp sponsored by Himalaya Drug Company

SWACHATA ANDOLANA



Presidential address by Dr. K.V Chidananda



Felicitation of Dr.Rajshekhar N, Prof & H.O.D, Dept of Dravyaguna

QUIZ

1. Dasha vidha pareekshas are mentioned by

- a) Charaka b) Sushruta
c) Yoga ratnakara d) Bhavamishra

2. Sarva gatra vikampanam is seen in

- a) Mahashwasa b) Mahahikka
c) Urdhwashwasa d) None of the above

3. Pratimarga haranam is principle treatment of

- a) Jwara b) Raktapitta
c) Prameha d) Mutratisara

4. Vihanga Gandhi in children is due to Grihavesha of

- a) Revati b) Shakuni
c) Putana d) Andhaputana

5. Durnama is synonym of

- a) Arshas b) Nadvirana
c) Bhagandara d) Pravahika

6. Find out Netrasandhi in the following

- a) Alaji b) Apanga
c) Alasaka d) Anamika

7. The surest diagnostic sign of pregnancy is

- a) Amenorrhoea b) Quickening
c) Foetal Heart Sound d) Distension of abdomen

8. Kharatwa and Vishadtwa are due to

- a) Swedana b) Rukshana
c) Snehana d) Stambhana

9. Treatment of disease in general as per Charaka

- a) Samshodhana b) Samshamana
c) Nidana parivarjana d) All the above

10. In Ayurvedic parlance epilepsy is known as

- a) Unmada b) Apasmara
c) Murcha d) Atatvabhinivesha

Answer:

1)d 2)a 3)a 4)a 5)b 6)c 7)c 8)a 9)c 10)d

Quiz Winner : **Dr. Ayana Santhosh** (Internee)

HOME REMEDIES

- Take 3 tablespoon of powdered coriander seeds with 1 tablespoon of powdered sugarcandy. Add 3 cups of water and keep it overnight. 1 cup of this is taken thrice a day to cure urinary tract infection.
- In urinary tract infection 1 cup of radish leaf juice taken on an empty stomach in early morning.
- Take 1 glass of buttermilk with a pinch of roasted cumin seeds and dried ginger powder. To this add black salt according to taste and taken internally to cure flatulence.

Dr. Pratima B. S., 2nd year P.G. Scholar, Dept. of Dravyaguna

DISCLAIMER :

1. Editors hold no responsibility for the views of authors.
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3. Treatments mentioned here are not to be instituted without proper advice by the registered Ayurvedic practitioners.

To,

BOOK POST

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