



Late Dr. Kurunji Venkatramana Gowda  
Founder President

# KVG AYUR NEWS

## Samskara

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

प्रज्वलितो ज्ञानमयो प्रदीपः ।

## Editorial



The dream of every doctor is to get felicitated by the prestigious Dr. B C Roy award. We are elated and profoundly proud to say that our President Dr. K.V. Chidananda has been conferred with the same for his service to the mankind.

Yoga being an ancient but time tested science of curing both physical as well as mental illness, the recognition it acquired throughout the world made all of us to celebrate the International Yoga Day. Our institution is not an exception and we celebrate it in letter and spirit.

KVG Ayurveda Hospital again came to lime light with the inauguration of premium Panchakarma ward and theatre "SANJEEVINI" to cater the needs of needy.

As a part of the curriculum study tour, NSS camp and other activities were conducted. The current issue also contains scholarly article about 'Future of Ayurveda in the context of modern business field' and a case study on Pakshaghata apart from regular columns.

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## “FUTURE OF AYURVEDA IN THE CONTEXT OF MODERN BUSINESS”

**Mr. Amrith.T.A.** MBA (Marketing)

Marketing Executive, KVG Ayurveda Pharma & Research Centre, Sullia.

“Someone's sitting in the shade today because someone planted a tree a long time ago”

Warren Buffet

Ayurveda has a brilliant future in India as a business proportion. The demands for natural therapies are increasing day by day. Today people are on a constant run for serenity and are ready to splurge for the services that can offer them the same in a natural way, which leads to Ayurveda posing a welcome break for all.

The business prospects amounts to a \$20 billion ready market, which is growing at a very fast rate and would become a \$5 trillion market worldwide by 2050. Large portion of the business, would be centered in India being the origin. Current Ayurveda business in India is INR 50 billion and it is growing with the rate between 10% to 15%. It is analyzed that the same growth will continue for next 10 years. The major reason is India provides highly advanced and quality medical treatment for lesser price.

In India there are several Ayurvedic medicine manufacturing companies. Most of them are quite small. Even though the business is growing too fast only 30 major companies are making million dollar business. It is said that there are 3,66,812 registered medical practitioners, 22,100 dispensaries, 2,189 hospitals, 8,400 pharmacies manufacturing Ayurvedic medicines. Bihar is the state which has highest number of Ayurveda doctors. India has all the potential to grow worldwide in the field of Ayurveda but there are many factors hindering the growth.

Business is always dynamic. Customers have got choice but not the companies. “Your customer does not care how much you know until they know how much you care” Damon Richards. Those companies which are doing million dollar business give what customers need. Most of them diversified into FMCG (Fast Moving Consumer Goods) market. Food, beverages, toiletries comes under FMCG. These products are even sold online. It is a virtual market which is inexpensive and most effective. Products are sold online like hot cakes. Adopting the changes in the field of business is very important. May it be an individual or a company that has to be upgraded time to time so as to satisfy the needs of customers.

“Do something TODAY that your future self will thank you for”. Ayurveda is not like other business. It takes a long time to fetch good revenue. In the journey, quality of the products and services should not be compromised. Brand image has the ability to fetch good amount of business but building brand image is not an easy task. For an example, when customer purchase an Ayurvedic product or service first he will look into the business experience of that company. In precise customer will check the year of establishment of the company.

Kerala is a best example which has proved Ayurveda is an amazing business and the state itself a brand for Ayurveda. This had not happened with just few years' effort but decades together they practiced and now enjoying the complete benefit. Many foreigners been attracted by the state and they are getting very good business.

“Courteous treatment will make a customer a walking advertisement”. Customer handling also acts as a major aspect in fetching the business that is the reason customers are called as king of the business. Ayurveda is emerging as a trending business in the market but making it fruitful completely lies upon how it is been reacted to change and need. The era of customer satisfaction is gone and now it is the era of customer delight. So following the trend or creating new trend is very essential to sustain in the market. Business grows only when it is aimed for long term. Merely money making will leads to drastic end of the business and also affect the entire market. Psychology of customer can act as plus as well as minus for the business that too with foreign clients. So one such mistake can mess up the entire economic system for a while.

Quality products and services in the field of Ayurveda can fetch enormous business. It has got a bright future in upcoming days. Those who would like to start up a new venture definitely Ayurveda will be one of the best choices. It is not just a business also a legacy of our country.

## A CASE STUDY ON PAKSHAGHATA



Treating Physician:-

**Dr. Lakshmeesha K.S. MD [Ayu]**

Asst. Professor, Dept. of Panchakarma  
KVGAMC, Sullia

**Dr. Monika Munangam**

Attending Doctor  
2nd year PG Scholar

A 41 years old female, resident of Sullia working as housewife presented with reduced strength in left upper limb and loss of movement in lower limb since 10 days, associated with pain in neck and loss of appetite admitted to our hospital on 18/1/17.

### History of illness:-

Patient is known case of hypertension since 1 month. Before 10 days while working in house she suddenly got giddiness and fell down. At the mean time she developed loss of strength in left upper and lower limb and pain in neck.

She was admitted in Govt.hospital for 2 days later on 11/1/17 she suddenly became drowsy, then she admitted in KVG Medical College and Hospital for 1 week. She improved in movement of left upper limb, but no improvement in strength of upper limb and also loss of movement in lower limb persists.

### CT SCAN BRAIN:

#### Impression:

- \* Acute infarcts in right Aca Territory and Genu of Corpus Callosum.
- \* Lacunar infarcts in Bilateral corona Radiata, Centrum Semi Ovale , Basal Ganglia , Thalami and Pons.

### ON EXAMINATION:

Muscle strength:

- \* Lt upper limb – grade 3/5
- \* Rt upper limb – grade 5
- \* Lt lower limb – grade 0/5
- \* Rt lower limb – grade 5
- \* Deviation of face& lips – negative
- \* Ballooning of cheeks – negative

**DIAGNOSIS:** Pakshagata [Hemiplegia]

### TREATMENT PLAN:

- \* Tab.Amlong5mg 1-0-1 A/F is continued

### INITIALLY PATIENT WAS TREATED WITH,

- 1) SarvangaAbhyanga with MahanarayanaTaila&KshirabalaTaila
- 2) Nadisweda
- 3) Shashtikashalipindasweda

### INTERNALLY:

- 1) Balarishta + Ashwagandharishta +Dashamoolarishta [4tsp tidwith equal quantity of water] A/F
- 2) Cap. Ksheerabala101 [ 1-0-1] along with milk.
- 3) Cap. Neuro (1-1-1) A/F
- 4) Ekangaveera rasa (2-0-2) A/F

Muscle strength: Left upper limb – grade 3/5

Left lower limb –grade 2/5

Internal medicines were continued with addition of

- 5) MadiphalaRasayana [3tsp-0-3tsp] b/f with ½ glass of water

**EXAMINATION:**

- ◆ Hand to nose coordination – negative
- ◆ Hand to hand coordination – negative

**PANCHAKARMA THERAPY:**

- 1) Nasya karma with Anutaila
- 2) Shiropichu with BhramiGhritha

Along with this, Physiotherapy & exercises were implemented.

**OBSERVATION:** The condition of patient improved day by day.

28/1/17 – Hand to hand & hand to nose coordination –normal.

Muscle strength showed better improvement.

Left upper limb – grade 4

Left lower limb – grade 4

Patient is able to stand without support.

2/2/17- Patient starts walking without support, but gait is abnormal.

Blood pressure is maintained to normal.

Patient is advised for discharge without continuing the same internal medications.

Patient is under regular follow up.



**“A COMPARATIVE CLINICAL STUDY ON THE EFFICACY OF SIRAVYADHA AND TRAYODASHANGA GUGGULU IN GRIDHRASI”**

**Dr. Anju Philip**  
PG Scholar

**Dr. Harshavardhan K.**  
Guide

**Dr. G.K. Prasad**  
Dept. of Shalya Tantra

**Background & Objectives**

Gridhrasi comes under 80 types of NanatmajaVatavyadhi. Modern life style has a significant role in the occurrence of this disease, the causes being from stressful work life and lack of exercise. Though it is not a life threatening Vyadhi, it causes significant impairment in terms of the daily activities of the affected person.

Ayurveda has a great role to manage this disease successfully. Siravyadha is indicated in the management of Gridhrasi. According to AcharyaChakradattaTrayodashangaGuggulu is indicated for Gridhrasi. The present clinical study is intended in evaluating the effect of Siravyadha and TrayodashangaGuggulu in the management of Gridhrasi and critically analyzes the results.

**OBJECTIVES OF THE STUDY:**

- a) To do a detailed study of the disease Gridhrasi.
- b) To study Siravyadha & TrayodashangaGuggulu in details.
- c) To compare the clinical effect of Siravyadha in comparison with TrayodashangaGuggulu in the management of Gridhrasi.

**Methods**

A total of 30 patients suffering from Gridhrasias per the selection criteria were selected from O.P.D and I.P.D of K.V.G Ayurveda medical college and hospital, sullivan were randomly divided into 2 groups, Group A (Siravyadha and TrayodashangaGuggulu) and Group B (TrayodashangaGuggulu) consisting of 15 patients each. Assessment of results was done by considering the subjective and objective parameters before and after the treatment on 7<sup>th</sup> & 14<sup>th</sup> day

### Results

Among the 15 patients, in Group A moderate improvement was found in 11 patients, mild improvement in 3 patients, and complete relief in 1 patient, while in Group B out of 15, mild improvement was found in 7 patients, moderate improvement in 5 patients, complete relief in 1 patient and in 2 patients no changes was noticed. This result shows that Group A is more effective than Group B in *Gridhrasi*.

### Interpretation & Conclusion

Group A provides better results compared to Group B in *Gridhrasi*.

### Key words

*Siravyadha, TrayodashangaGuggulu, Gridhrasi, Sciatica.*

## “A CLINICAL STUDY ON THE EFFECT OF KHADIRADI YOGA WITH MADHU IN STHAULYA”



**Dr. Chetan Nimbalkar**

PG Scholar

**Dr. Bhagyasha K.**

Co - Guide

**Dr. Prashanth G.S.**

Guide

Dept. of Kayachikitsa

Ayurveda emphasizes that health is maintained by balanced state of dosha, dhatu and mala and any impairment in them leads to pathological condition.

In this era of continuous change in life style and environment, man has been victim of many diseases where imbalance of doshas and dhatus are seen. One such imbalanced pathology is 'Sthaulya' wherein medhodhatuvridhi is seen

Presently available treatmental modalities do have their own limitations and adverse effects thus giving an open invitation to check the efficacy of newer drugs. After considering all these facts the disease Sthaulya was selected for the present clinical trial.

Khadiradi yoga, containing Khadira, Asana, Triphala and Madhu having rooksha guna9 predominantly has been mentioned as one of the remedies for Sthaulya.

### OBJECTIVES OF THE STUDY:

- 1) To study the etio-pathogenesis of Sthoulya and Obesity in parlance.
- 2) To study the effect of Khadiradi Yoga with Madhu in the management of the disease Sthaulya.
- 3) To know the limitations of Khadiradi yoga with Madhu, if any with respect to the sample variables like age factor, disease chronicity, etc.

### Method:

The randomized clinical study with pre-test and post-test design, where in a minimum of 30 patients fulfilling inclusion criteria is selected and were treated with 1 karshachurna of Khadiradi yoga with madhu once a day in early morning on empty stomach for 90days.

### Observation & Results

There were marked difference in parameters- Uthsahahaani, Dourgandhya, Athikshudha, Athipipasa, Kshudrashwasa, Nidhraadhikya, Dourbalya, Angashaitilya, Snigdhangata and Swedaadikya, Weight, B.M.I and Girth Measurements of Chest, Abdomen, Hip, Thigh and Forearm. Overall Effect of treatment is 46.07%

### Conclusion

- ✓ It is found that the trial drug Khadiradi yoga with madhu is having remarkable action against Sthaulya.
- ✓ Etiological factor mainly Vitiated Kapha-Meda. This vitiated Meda obstruct the path of Vata and causes its Avarana which results in to provocation of Vata.
- ✓ Thus remaining in the KostaVata causes Atikshudha, which increases gravity of the disease and make the SthualyaKrichhrasadhaya.
- ✓ The trial drug Khadiradi yoga is easily available and in the present studies it does not possess any side effects in the therapeutic dose nor w.r.t age group and hence it is a safe remedy.

### Key Words

Clinical Evaluation, Khadiradi Yoga, Sthaulya.

## “A COMPARITIVE CLINICAL STUDY OF MANJALKIZHI AND KOTTAMCHUKKADI CHOORNA PINDA SWEDA IN MANYASTAMBHA”



**Dr. Pooja Prakash**  
PG Scholar

**Dr. Sanath Kumar D.G.**  
Co - Guide

**Dr. Vishal. P. Raysoni**  
Guide  
Dept. of Panchakarma

In this present era, highly progressive and fast lifestyle has created many problems, neck pain and stiffness is one among them. Manyastambha is one among the 80 Vataja Nanatmaja Vikara, with the clinical features of neck pain and stiffness. Swedana is one among the prime line of treatment in Vatavyadhi. So the clinical study was undertaken to compare the effect of Manjalkizhi and Kottamchukkadi Choorna Pinda Sweda in Manyastambha. Manjalkizhi is a type of Pinda Sweda which is being practiced among traditional Ayurvedic practitioners in Kerala.

**Method:** The study was a comparative clinical study, containing of two groups consisting of 30 patients, where 15 patients treated with Manjalkizhi for 7 days and 15 patients with Kottamchukkadi Choorna Pinda Sweda for 7 days, the follow up was done on 21st day.

**Result:** In Manjalkizhi group, out of 15 patients no one got Guna Alabha and Amsika Shamana, 13 patients got Prayika Shamana and 2 patients got Shamana. Manjalkizhi group showed significant result in reducing pain and stiffness.

In Kottamchukkadi Choorna Pinda Sweda group, out of 15 patients 2 patients had Guna Alabha, 4 patients got Amsika Shamana, 6 patients got Prayika Shamana, 3 patients got Shamana. Kottamchukkadi Choorna Pinda Sweda also showed significant result in reducing pain and stiffness.

**Conclusion:** It is concluded that both groups showed statistically significant result in decreasing pain and stiffness. While comparing results between two groups, patient treated with Manjalkizhi got more improvement clinically than patients treated with Kottamchukkadi Choorna Pinda Sweda.

**Keywords:** Manyastambha, Manjalkizhi, Kottamchukkadi Choorna Pinda



## “A PHARMACO- CLINICAL STUDY OF CHAMPAKA BEEJA (MicheliachampacaLinn.) W.S.R. TO PADADARI”

**Dr. Veeresh B. N.**  
PG Scholar

**Dr. Avinash K. V.**  
Co - Guide

**Dr.Kavitha B. M.**  
Guide  
Dept of Dravyaguna Vijnana

Foot is the most neglected or least cared part of the body resulting in certain problems and very troublesome is cracked foot.

AcharyaSushruta is the first person to explain Padadari under Kshudraroga in Nidanasthana. Bare foot, excessive walking and lack of moisture in the sole skin leads to dry feet causes cracks on the feet. Padadari is a disease which hinders the free walking of the individuals. Cracked heel is a condition of foot which is not only a cosmetic problem but also results in deep fissures where the skin bleeds easily and can be very painful.

Champaka tree is highly venerated by the Hindus, its flowers are used by ladies as adornments. The effect of Champaka seeds in Padadari is described in modern Ayurveda texts as a folklore claim. The present drug Champaka (Micheliachampaca Linn.) has a wide range of therapeutic value, by the virtue of its seeds having snigdha, pichila andushnaguna as well as vranaropaka action which helps in healing of the cracked feet.

### **In the present study the seeds of Champaka are studied:**

1. Pharmacognostical study: Macroscopic, microscopic and powder microscopic study of Seeds of Champaka.
2. Analytical study: Organoleptic study, physico-chemical analysis, and H.P.T.L.C.
3. Clinical study: Champakabeejakalka and Champakabeejataila were given for application twice a day for 14days. 30 patients were selected, 15 in each group.

Result:

The efficacy of the trial drug has shown moderate effect in both Group A and Group B with 69.5% and 74.69% of improvement respectively.

### **Conclusion:**

The present clinical study has shown that, the drug is having significant action in relieving Padadari. Both the form of Champakabeejakalka and Champakabeejataila can be used as they are equally effective in treating Padadari.

### **Key words:**

Padadari, Champaka (Micheliachampaca Linn.), Pharmacognostical, Analytical.

## ASHWAGANDHA

**Botanical Name:** Withaniasomnifera Linn

**Family:** Solanaceae

**Synonyms:** Varahakarni, Vajee, Vajeekari, Hayawaya, Balada, Pivari

**Gana:** Balya, Brimhaniya, Virechanopaga (Charaka)

III Year B.A.M.S  
(2014-2015 Batch)



**Chief characters:**

1. Perinneal shrub grows up to 2m height.
2. Simple leaf, alternate phyllotaxy.
3. Green and yellow coloured flower.
4. Fruit-berry

**Guna-Karma**

Rasa: Katu, Tikta, Kashaya  
Guna: Snigdha, Laghu  
Virya: Ushna  
Vipaka: Katu  
Karma: Vatakaphahara, Balya, Rasayana, Shukrala

**Prayoga:**

Kshaya, Kasa, Shwasa, Shopha, Granthi, Apachi, Vandhyatva, Nidranasha

**Parts used:** Root, Leaf, Kshara

**Mathra:** Churna-3-6g, Kshara-1-2g

**Specific formulations:** Aswagandharishta, Aswagandhadichurna.

## ASHWAGANDHARISHTA

(BhaishajyaRatnavali)

II Year BAMS (2015-2016 Batch)

**Ingredients**

**KashayaDravya**

Ashwagandha – ½ Tula, Musali – 20 Pala, Manjishta– 10 Pala, Haritaki– 10 Pala, Nisha – 10 Pala, Daruharidra– 10 Pala, Yashtimadhu – 10 Pala, Rasna - 10 Pala, Vidari - 10 Pala, Arjuna – 10 Pala, Mustaka – 10 Pala, Trivrit – 10 Pala, Sariva – 8 Pala, Krishna Sariva – 8 Pala, ShwetaCandana– 8 Pala, RaktaCandana– 8 Pala, Vacha– 8 Pala, Chitraka – 8 Pala, water for decoction-8 Drona Boiled and reduced to 1 Drona.

**MadhuraDravya:**

Madhu- 3 Tula

**PrakshepakaDravya:**

Dhataki – 16 Pala, Shunti – 2 Pala, Maricha – 2 Pala, Pippali – 2 Pala, Twak – 4 Pala, Ela – 4 Pala, Patra- 4 Pala, Priyangu – 4 Pala, Nagakeshara – 2 Pala

**Method of Preparation:**

The coarse powder of Kashayadravyas are added with water boiled and reduced to 1/4th and filtered. When kashaya is cooled it is added with honey and prakshepa dravya choorna and kept in an air tight container for one month for fermentation. After a month time, it is filtered and preserved.

**Dosage:** ½ Pala

**Indication:** Murcha, Apasmara, Shosha, Karshya, Arsha, Mandagni, Vataroga.

## VIRECHANA

I year B.A.M.S (2016-2017 Batch)

Virechana is one among the Panchakarma and it is the ideal and the best treatment for Pitta Dosh and to some extent other two Doshas also. It is less tedious procedure than Vamana and hence less possibility of complications and it can be done easily. So Virechana karma is widely practiced Shodhana therapy in routine clinical practice.

### ETYMOLOGY

The 'Virechana' is derived from the root 'Ricir' Dhathu, 'Vi'-Upasarga with 'Nich' and 'Lyut' Pratyayas giving meaning 'Visheshena Rechayateeti'.

Rechanais derived from the root word 'Ricir Dhathu and Lyut Pratyaya' meaning Mala Bhedana.

According to Kavikalpadruma, Rici Dhathu is explained in terms of Samparchana (combination) and Viyojana(separation).

### DEFINITION

The act of expelling Doshas through Adhobhaga is known as Virechana. Meaning of word 'Adhobhaga' implies to 'Guda Marga'.

Virechana is the procedure in which the orally administered drug acts on internally situated doshas, specifically on Pitta Dosh and expels them out of the body through anal route.

### IMPORTANCE

● Upakarmas are two types, viz. Apatharpana and Santharpana. These are generally known as Langhana and Brumhana respectively. Langhana is further classified into Shodhana and Shamana. Bruhmana acts as Shamana for Vata.

● Virechana karma is one of the prime purificatory procedures among Panchakarma, which is supreme procedure for elimination of Pitta Dosh.

● It is also advocated as a part of Ritucharya in Sharad Ritu.

● Virechana is not as complicated as Vamana, because of the expulsion of Dosh in normal route.

● By the process of Virechana karma, it helps in improving the intellectual clarity, strengthens all sense organs, provide stability to Dhathu, Bala, Agni Deepti delays ageing process.

## RASA RATNA SAMUCHCHAYA

IV Year BAMS ( 2013-2014 Batch)

It is a work on Rasashastra, written probably between 1300 - 1400 AD. This scripture on Rasashastra is praised to be one of the best treatises written in this field. Compared to earliest works it is more systematic in arrangement of subject matter as well as description. It is praised in no uncertain words by a well known scholar Sir P.C Ray, in his 'History of Hindu Chemistry'. He writes Rasaratnasamuchchaya is a systematic and comprehensive treatise on materia medica pharmacy and medicine. Its methodical and scientific arrangement of the subject matter would do credit to any modern work and all together it should be pronounced a production of unique of its kind in Sanskrit literature.

The author of this book called himself as 'Vagbhata', the son of Simhagupta. But he is different from Vagbhata of Ashtanga Hridaya. So the present scholars prefer to call the author of Rasa Ratna Samuchchaya as 'Rasavagbhata'. It is believed to be written in the latter part of the 13th century AD or earlier part of the 14th century AD. There is mention of the king Singhana in this text, in two places. This king Singhana was supposed to be the king of Devagiri and belonged to Yadava dynasty and ruled between the 1210 AD and

1247 AD. Hence it can be said that, Rasaratnasamuchaya might have been written between the 1257 AD and 1227 AD.

It is not an independent work but a compilation of a great value. Compared to the original treatises in this field in which the subject matter is extremely scattered and disintegrated, it proves to be a comprehensive and handy compilation, making it one of the best works of Rasashastra. The work contains 30 chapters out of which the first 11 furnish the details of Rasa & Rasadravyas while the remaining deal with the diagnosis & treatment of fever etc. The pharmaco-therapeutics of Rasadravyas are very clearly given with particulars of Rasashala, terminology etc.

### STAFF ACHIEVEMENTS



**Dr. Lakshmeesha K.S.**

Assistant professor  
Dept. of Panchakarma

★ Award- District 1st Best Treasurer, Lions Club International-317(D.K, Chikmagalur, Kodagu & Hassan) 2016-2017.

★ Selected as District chairperson for health camp, Lions Club International-2017-2018



**Dr. Purushotham K.G.**

Professor  
Dept. of Rasashastra & Bhaishajya Kalpana

★ Selected as Secretary 2017-18, Rotary Club Sullia.

### STAFF ACTIVITIES



Talk on "Food & Nutrition" by Dr. Harshitha Purushotham, Reader, Dept. of RS & BK at KSS Degree College, Subrahmanya.



Talk on "Suggestion to Safe Pregnancy" by Dr. Ashok K. Prof & HOD, Dept. of Streeroga & Prasooti Tantra at Primary Health Centre, Aranthodu.



Guest talk on "Cultural & Social Practices in Preservation of Nature" by Dr. Rohini D Bharadwaj, Prof & HOD, Dept. of RS & BK, at NMC Nature Club Inaugural Function.

### COLLEGE ACTIVITIES

17-7-17 To 18-8-17 – Aati Camp was conducted at our KVGAMC Hospital with the intention of curing diseases & promotion of health. Patients were admitted & kept on special care with specific diet, yogic exercises & body massage. As a part of this Saptaparna Kashaya on Aati Amavasya & medicated payasa on 18th day of Aati were given to patients under the supervision of RS & BK Dept.

### STUDENT ACHIEVEMENTS FINAL YEAR BAMS TOPPERS



**Dr. Shalin C.**  
70.82%



**Dr. Padma Nayana M.**  
70.74%



**Dr. Aishwarya Prabhu**  
70.6%

**LIC INSPECTION OF COLLEGE & HOSPITAL**



Inspection of Agada Tantra Department



LIC Inspectors with our President

**LIC TEAM VISIT TO KVG AYURVEDA PHARMA & RESEARCH CENTRE**



Boiler Section



Bottle Filling Section



Blister Packing Section



LIC Inspectors Interacting with Students

**FELICITATION PROGRAMME**



Felicitation to Dr. K.V. Chidananda for receiving Prestigious Dr. B.C Roy Award



Principals of K.V.G. Group of Institutions with Dr. K.V. Chidananda

**NSS SPECIAL ANNUAL CAMP - 2017 AT GOVT.  
HIGHER PRIMARY SCHOOL, ALETTY**



Inauguration by Dr. K.V. Chidananda, President AOLE (R)



Swachatha Abhiyan at D.K.Z.P. Higher primary School, Aletty



Health Check Up Camp for School Children



Health Check Up Camp



Cultural Events by NSS Volunteers



NSS Unit joins hands with Koti Vriksha Abhiyana at Sasyakashi, Medinadka



KVGAMC NSS Unit "SwachathaAndolan"  
at the premises of Chennakeshava Temple, Sullia

**EDUCATIONAL VISIT TO GMP CERTIFIED PHARMACIES BY II BAMS STUDENTS**



Pharmacy visit to Kottakkal Ayurveda Pharmacy, Kottakkal, Kerala



Visit to "AVN Pharmacy" Madurai



Excursion to Mysore Palace



Excursion to Ooty Botanical Garden



Cherishing the fun of Bus Travel

**INTERNATIONAL YOGA DAY CELEBRATION**



Inauguration of International Yoga Day Celebration



KVG Ayurnews Release "Jan-March 2017" Edition



Gathering at Yoga Day Celebration



Demonstration of Yogasanas by Dr. Rajesh M, BHMS, MD, D. Yoga (Haridwar)

## HIMALAYA DRUG COMPANY AWARD FUNCTION FOR TOPPERS OF FINAL YEAR BAMS



Jeevaka Award Winner – Dr.Raksha



Ayurvisharada Award Winner -Dr.Chaithrashree



Gathering at Award Function and Seminar on Women's Day

## INAUGURATION OF SANJEEVINI WARD



Inauguration of New Panchakarma Unit "SANJEEVINI" by our President, Dr. K.V. Chidananda



Panchakarma equipments in the ward

## QUIZ

1. Puyalasaka is treated with

- a) Vyadhana      b) Lekhana  
c) Bhedana      d) None of the above

2. Most common presentation of endemic goiter

- a) Lump in neck      b) Hyperthyroidism  
c) Hypothyroidism      d) None of the above

3. Small intestine stricture is seen in

- a) Lymphoma      b) Typhoid  
c) Irritable Bowel Syndrome      d) TB

4. Karnavedhanasamskara is useful for

- a) Jwaraghna      b) Rakshoghna  
c) Krimighna      d) Shulaghna

5. Number of Kshiradoshas as per Acharya Charaka

- a) 4      b) 5  
c) 6      d) 8

6. Raktagulma should be treated after

- a) 7th month      b) 8th month  
c) 9th month      d) 10th month

7. Nityavedana in yoni is seen in

- a) Paripluta      b) Vipluta  
c) Vatala      d) Udavarta

8. Sweating can be seen in

- a) VatajaJwara      b) PittajaJwara  
c) KaphajaJwara      d) All the above

9. Pakshaghata is originated from

- a) Bahyarogamarga      b) adhyamarogamarga  
c) Abhyantarogamarga      d) None of the above

10. Agantukavyadhi is due to

- a) Bhuta & Visha      b) Vayu & Agni  
c) Both the above      d) None of the above

### Answer-March 2017

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

Quiz Winner : **Dr. Padma Nayana M** (Internee)

### HOME REMEDIES

- ▶ Applying the paste of Tulasi along with salt relieves the toothache.
- ▶ The paste prepared out of Durva & turmeric cures skin diseases.
- ▶ The paste prepared out of groundnut along with butter milk cures ring worm.
- ▶ Intake of the Kashaya or Rasam prepared out of Kulattha (horsegram) cures Mutrashmari.

By: **Dr. Aparna Parvathy**

P.G Scholar Dept of Panchakarma

### DISCLAIMER :

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BOOK POST

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