

Ahalia Ayurveda Medical College Hospital

Arogya Vaani

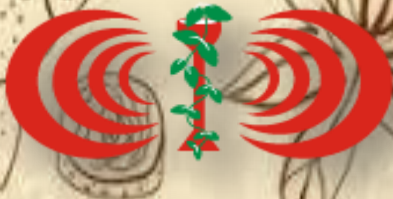


A QUARTERLY NEWSLETTER FROM

AHALIA AYURVEDA MEDICAL COLLEGE HOSPITAL, PALAKKAD

INDIA'S FIRST NABH ACCREDITED AYURVEDA MEDICAL COLLEGE HOSPITAL

Ahalia Health Heritage and Knowledge Village, Kozhippara, Palakkad - 678557




Issue 1

January 2021

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MESSAGE FROM HEAD OF INSTITUTION

New year of 2021 brings new hope and new challenges for the whole of human kind. Ayurveda has played its part well in providing the much needed health care all over India during the pandemic. We in Ahalia Ayurveda medical college hospital have also been actively playing our part in health care. Even though actions are more important than words, sometimes it is also important to make people around us aware of those actions which in turn will be useful to the people themselves and to the great science we practice. I sincerely hope that this news letter will be able to open windows to the wonders of Ayurveda and by throwing light on the activities of the college hospital, be instrumental in successfully providing health to the seeker.



Dr. Asundi Vijayalaxmi , MD (Ayu)

Principal In Charge

Professor & HOD, Department of Panchakarma

Ayurveda for a healthy pregnancy



Dr.R.Jayalekshmi

M.S (Ayu)



Professor &H.O.D

Department Of Prasuti

Tantra And Stri Roga

PREGNANCY CARE THROUGH AYURVEDA

“Beautiful phase in womens life is pregnancy”.

Ayurveda says “A pregnant women is to be treated as delicately as if one is carrying a pot full to the brim with oil ,without spilling a drop”.Ayurveda has given more importance to women’s health during pregnancy which recommends :-

I.MASANUMASIKA PATHYA -Month wise dietary regimen

1st trimester: (First 12 Weeks)

In first 3 months, formation of embryo takes place, hence increased amount of energy is needed for pregnant women.. During this period, women experiences nausea and vomiting which result in dehydration. Use of medicated milk ,butter ,sweet and cold liquid diets, vegetable soups ,foods containing all six tastes of sweet ,sour, salty ,bitter, pungent and astringent in the right proportion are advisable which prevents dehydration, provides nourishment and health of mother and development of foetus.

IInd trimester: (13th -28 Weeks)

In second trimester muscular tissue grow sufficiently requiring more protein rich foods.Dry fruits, Pulses, Shastika rice, Meat, Guava, Banana, Curd, Broken wheat ,Ash gourd is advisable which relax muscles, improves digestion, reduce constipation, improves brain and nerve development . Mental support and care by the companion is needed more during this period

IIIrd trimester :(29th weeks -40 Weeks)

Most women suffer from constipation,so use of Basti(enema) in 8th month is advisable which lubricates the body and softens the stool. Sapota ,Papaya, Tender coconut ,Fig ,Water melon is advisable which helps in improving digestion ,reduces swelling, increases amniotic fluid level.

II.GARBHOPAGHATAKARA BHAVA (Activities harmful to foetus)

Abnormal posture, Suppression of natural urges, Heavy exercises,Hot,pungent and sharp foods,Smoking,Alcohol,Eating fishes like shark,,Playing with pets,Direct contact with chemicals,Stress need to be avoided during pregnancy.

III.GABHASTHAPAKA DRAVYAS

(Drugs for maintenance of healthy pregnancy)










Drugs like brahmi etc are helpful for maintenance of pregnancy. Ayurveda also explains formulation that are administered orally or applied externally for maintenance of healthy pregnancy eg: phalasarpi, mahadhanwantharam gutika, dadimadi ghritam and so on.

1V.KSHEERAPAKA: Milk medicated with drugs to be taken in each month of gestation is given in Table 1

CONCLUSION:

Ayurveda explains systemic supervision, diets, medicated milk preparations, formulations, prenatal yoga ,prenatal counseling, do's and dont's to be followed in each month of pregnancy which aims to achieve a healthy progeny through a healthy mother.

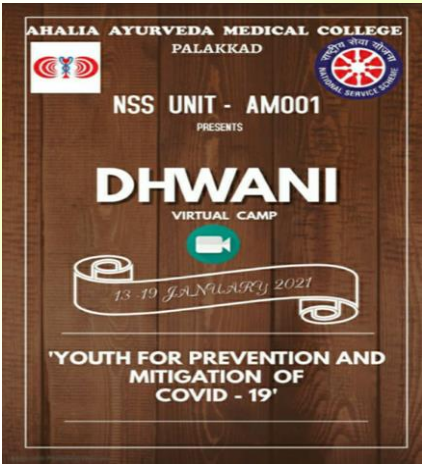
Table 1 – Ksheerapaka for each month of pregnancy

<u>1st month</u>	<u>Bala</u>		Malayalam-Kurunthotti Tamil-Mayirmanikkam
<u>2nd month</u>	<u>Lakshmana</u>		Malayalam-Thiruthali Tamil-Manchikai
<u>3rd month</u>	<u>Brihati</u>		Malayalam-Cheruvazhuthena Tamil-Anachunda
<u>4th month</u>	<u>Amshumati</u>		Malayalam-Pullati Tamil-Pulladi
<u>5th month</u>	<u>Guduchi</u>		Malayalam-Chitamrith Tamil-Amritavalli
<u>6th month</u>	<u>Nidhigdika</u>		Malayalam-Kantakarichunta Tamil-Kandankattiri
<u>7th month</u>	<u>Yavaka</u>		Malayalam-Barli Tamil-Barliarisi
<u>8th month</u>	<u>Morata</u>		Malayalam-Perumkurumba Tamil-Perunkurinjan
<u>9th month</u>	<u>Shatavari</u>		Malayalam-Shatavari Tamil-Thanirvittan kizhangu

VIRTUAL NSS CAMP “ DHWANI 2021”- REPORT

അഹല്യ അയൂർവേദ മെഡിക്കൽ കോളേജിലെ NSS യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ സംഘടിപ്പിച്ച സപ്തദിന virtual camp, ധ്വനി 2021 ന് 13/01/21 ന് തുടക്കമായി. 'youth for prevention and mitigation of covid 19' എന്നതായിരുന്നു ഈ വർഷത്തെ ആശയം. ഉദ്ഘാടനത്തിന്റെ ഭാഗമായി ഓൺലൈനായി നടന്ന ചടങ്ങിൽ പ്രിൻസിപ്പൽ, ഡോ: സജിത് സർ ഔദ്യോഗികമായി ക്യാംബ് ഉദ്ഘാടനം ചെയ്തതായി പ്രഖ്യാപിച്ചു. രജതൻ സർ (academic executive, ഡോ: വിജയലക്ഷ്മി (vice principal), ഡോ: ഷുക്കൂർ (staff advisor), ഡോ: രാഗേഷ് (NSS P.O) എന്നിവർ ഉദ്ഘാടന ചടങ്ങിൽ സാന്നിധ്യം അറിയിച്ചു സംസാരിച്ചു. 59 വിദ്യാർത്ഥികളാണ് ഇപ്രാവശ്യം പങ്കെടുത്തത്. ഏഴു ദിവസത്തെ ക്യാംബിന്റെ ഭാഗമായി രാവിലെ യോഗ, NSS ഗീതാലാപനം, കഴിഞ്ഞ ദിവസത്തെ പ്രവർത്തനങ്ങളുടെ അവലോകനം, വരും ദിവസത്തെ പ്രവർത്തനങ്ങളുടെ ക്രോഡീകരണം എന്നിവ Virtual അഭിമുഖത്തിൽ വിദ്യാർത്ഥികൾ പങ്കുവെച്ചു. വൈകുന്നേരം 7 മണിക്ക് തുടങ്ങുന്ന വിവിധയിനം കലാപരൂപാടികളിൽ വിദ്യാർത്ഥികളുടെ സർഗാത്മക കഴിവുകൾ പുറത്തെടുക്കാൻ അവർക്ക് അവസരം ലഭിച്ചു. കോവിഡ് മഹാമാരിയെക്കുറിച്ചുള്ള ബോധവൽക്കരണ ക്ലാസ്, ലോക്ഡൗൺ മൂലമുണ്ടായേക്കാവുന്ന മാനസിക സമ്മർദ്ദങ്ങളെ നേരിടാനുള്ള പ്രത്യേക ക്ലാസ് (ഡോ: സുമിനാ), പരിസര ശുചീകരണത്തിന്റെയും ഗൃഹമാലിന്യം ഫലപ്രദമായി സംസ്കരിക്കുന്നതിന്റേയും മഹത്വത്തിനെ കുറിച്ചുള്ള ക്ലാസ് (ഡോ: ലക്ഷ്മി വർമ്മ), കോവിഡ് പ്രോട്ടോക്കോൾ കർശനമായി പാലിച്ചുകൊണ്ടുള്ള ഫീൽഡ് സർവേ, സ്വന്തം വീട്ടിലെ മാലിന്യം ശെരിയാ വേർതിരിച്ചു ശേഖരിച്ചു ക്ലീനിംഗ് തുടങ്ങിയവയായിരുന്നു പ്രധാന കാര്യപരൂപാടികൾ. 19/01/21 ന് നടന്ന ഓൺലൈൻ മീറ്റിങ്ങോട് കൂടി പ്രിൻസിപ്പൽ ഇൻ ചാർജ് ഡോ: വിജയലക്ഷ്മി ക്യാംബിന് ഔദ്യോഗികമായി സമാപനം കുറിച്ചു.

“Not even a pandemic can stop you if you really wish to be active”



Green Ahalia Campaign



[Spiritual garden near Dhanwanthari swami Temple, in front of AAMCH]

GREEN AHALIA : A STEP TOWARDS A BETTER ENVIRONMENT AND BIO-RESOURCES.

The Annual Review Meeting of Green Ahalia was conducted on 14/1/2021. Ever since its official launch in 2017 by celebrating the World Environment Day, Project Green Ahalia has been striving for making Ahalia greener by adding theme based gardens to the campus, thereby enriching its biodiversity. The nature friendly campaign envisioned by our honourable Chairman Dr. V. S. Gopal had been given shape and wings with Mr. Shaibu(Manager, DARE) as the spearhead. The core team co-ordinated by Dr. Sreejith E. G (Assistant Professor, Department of Rasasastra and Bhaishajya Kalpana, AAMCH) with ample support from Mr. Sabik. S(Botanist, DARE), Dr. Smitha R Nair(Associate Professor, Department of Dravyaguna, AAMCH) are enthusiastically engaged in performing their individual roles. The like-minded and the highly motivated team believes in action rather than words and have established 26 theme based gardens (3 themes ongoing) in the campus till date. With Mr. Anosh (Assistant Manager, Chairman's office) taking charge of the team, the project has set a benchmark of its own and has now reached an enviable position.

Green Ahalia has tied up with leading institutes and organizations for few Ongoing projects:

1. Institute of Forest Genetics and Tree Breeding (IFGTB) Coimbatore
2. Kerala Forest Research Institute(KFRI) Peechi, Thrissur
3. Social Forestry Division, Kerala Forest Department, Palakkad
4. Exclusive theme gardens for Cacti, Orchids and Ferns establishment in progress

List of theme gardens in Ahalia campus

Sl No	Themes	No of species /varieties
1	Star plants	27
2	Zodiac plants	12
3	Navagraha plants	9
4	Dasamoolam	10
5	Dasapushpam	10
6	Triphala	3
7	Trikadu	3
8	Bambusetum	24
9	Fruit forest	61
10	Spiritual Garden	22
11	RET Garden	70
12	Anjaneya garden (Ayur connect)	76
13	Nalpamaram	4
14	Kerala Thanima	31
15	Aromatic	33
16	Thulsithadam	10
17	Dye yielding	40
18	PHC	32
19	Rasayana	30
20	Palmetum	17
21	Prof. M Sabu Zingiber Garden	52
22	Syllabus garden	90
23	Substitutes	29
24	Covid garden	35
25	Butterfly garden	40
26	Hibiscus	40



Dr. Smitha R Nair MD (Ayu)

Associate Professor

Department of Dravya Guna

AYUR RAKSHA TASK FORCE



ASHLEY JOJI
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic
OP, Govt. Ayu
Dispensary, Paralam,
Thrissur



AMEESHA E
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic
OP, Govt. Ayu
Dispensary,
Mangalpaddy,
Kasargod



SANDRA SUDHEER
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Dispensary,
Ollur, Thrissur



JOMOL JOSEPH
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic
OP, Govt. Ayu
Dispensary,



ALEENA STEPHAN
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic
OP, Govt. Ayu Hsptl,
Guruthipala,
Thrissur



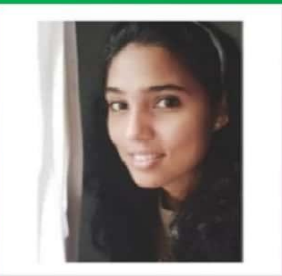
FEMEESHA JABIN J
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Dispensary,
Muthalamada, Palakkad



**ANEESHYA SARA
ABRAHAM**
2016 Batch
Amrutham data
collection
AMRUTHAM Project
Palakkad



RAJESWARI ANIL
2016 Batch
Followup through phone
AMRUTHAM Project
Sreemoolanagaram Ayu
Dispensary, Ernakulam



JASMINE WILLIAMS
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic
OP, Govt. Ayu
Dispensary, Ollur,
Thrissur



HENA MARIA JOSEPH
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic
OP, Govt. Ayu
Dispensary, Kanjoor,
Ernakulam

AYUR RAKSHA TASK FORCE



BANU SHAHMA M
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Dispensary,
Porur, Malappuram



RAIHANATH P A
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Dispensary,
Thrissur



AMRITHA NITHYAN
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Dispensary,
Kizhakkoth-koduvally,
Kozhikode



DINCY DAVIS
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Dispensary,
Ollur, Thrissur



P SHAKIRA
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Dispensary,
Wandoor, Malappuram



FATHIMA BINTH TK
2016 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Hospital,
Valliyad, Kozhikkode



MALAVIKA RAJ M
2017 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Hospital,
Kandallor, Alappuzha



ATHIRA KS
2017 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Dispensary,
Kadangod, Thrissur



NIBILA KT
2017 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Hospital,
Ponnani, Malappuram



ARYA B
2017 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Dispensary,
Edathua, Alappuzha

AYUR RAKSHA TASK FORCE



M R JYOTHIKA
2017 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Dispensary,
Vilayur, Palakkad



AQIFA ABDULKAREEM
2017 Batch
Followup through phone
AMRUTHAM Project
Parappur panchayath,
Malappuram



ANCY RANI PC
2017 Batch
AMRUTHAM Data
Collection
AMRUTHAM Project
Vellanad, TVM



AGILA MURALI TP
2017 Batch
Followup through phone
AMRUTHAM Project
Malappuram



ANJALI SURESH
2017 Batch
Followup through
phone
AMRUTHAM Project,
Palakkad



CATHERIN THOMAS
2017 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Adat, Thrissur



ANJALA ANWAR
2017 Batch
Followup through
phone
AMRUTHAM Project
Malappuram



NAJIYA K
2017 Batch
Followup through
phone
AMRUTHAM Project
Palakkad



GOURI PS
2018 Batch
Followup through
phone
AMRUTHAM Project
Kazhakkottam, TVM



SANDRA VENUGOPAL
2018 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Dispensary,
Vadakked, Thrissur

AYUR RAKSHA TASK FORCE



LIYANA KHALIL
2018 Batch
Followup through
phone
AMRUTHAM Project
Malappuram



SHAHANA P P
2018 Batch
Followup through
phone
AMRUTHAM Project
Panniyannur, Kannur



ANJALI PRASAD
2018 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP
Secreteriate Statue
Jn., TVM



JOSHINA MARIYA JOHN
2018 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP
Govt. Ayu Hospital
Pullut, Thrissur



ROSHNA A
2018 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Cliinic OP
Vellanur Ayu
Dispensary, Kozhikode



ANUSREE AJAY
2018 Batch
Followup through
phone
AMRUTHAM Project
Porkulam,
Kunnamkulam, Thrissur



**ARDRA
PADMANABHAN PM**
2018 Batch
Followup through
phone
AMRUTHAM Project
Ayanchery, Kozhikode



HRISHIKA C
2018 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Dispensary,
Kurampala,
Pathanamthitta



ADHINA U B
2018 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP
Govt. Ayu Dispensary,
Poonthura, TVM



ANANTHU A
2018 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP
Govt Ayu Dispensary,
Pothencode, TVM

AYUR RAKSHA TASK FORCE



HARITHA H
2018 Batch
Followup through
phone
AMRUTHAM Project
Palakkad



JINITHA CYRUS
2018 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Hospital,
Mararikkulam, Alappuzha



N M NANDHIKESHAN
2018 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP
Govt. Ayu Hospital,
Fort Kochi



SREYA ARUN PK
2018 Batch
Followup through phone
AMRUTHAM Project
Vazhayur, Malappuram



KS KRISHNANANDHAN
2018 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Hospital,
Pullut, Thrissur



ARCHANA S NAIR
2018 Batch
Case sheet filing
AMRUTHAM Project
Ayur Raksha Clinic OP,
Govt. Ayu Dispensary,
Koolimuttam, Thrissur



CHRISTY BAIJU
2019 Batch
Case sheet filling
AMRUTHAM Project
Ayur Raksha Clinic OP
Govt. Ayu Dispensary,
Edathua, Alappuzha

Ayurvedic Hand sanitizer



EASY HOME MADE AYURVEDIC HAND SANITIZER

Keeping hands clean is one of the safest ways to control the transmittance of germs and microbes that can cause several types of diseases. Proper hygiene is the most important, simplest and least expensive means of preventing healthcare associated infections and the spread of antimicrobial resistance. Hand sanitizers are effective in removing common pathogens and sanitizes hand.

Ingredients:

1. Neem bark (coarse powder)- 25 gm
2. Camphor- 5 gm
3. Water- 100 ml



METHOD OF PREPARATION:-

25 gm of neem bark added with 100 ml of water boiled and reduced to 25 ml and filtered through clean cotton cloth. . After self cooling add 5 gm of camphor.

MODE OF ACTION:-

Neem:- Anti- bacterial, Germicidal

Camphor:- Anti- bacterial, Anti- fungal, Anti- inflammatory.

Dr.R.Magesh MD (Ayu)

Professor

Department Of Rasasastra And Bhaishajya Kalpana





**“Many a grateful
beneficiaries
can vouch for
the healing hand of
Ayurveda”**

Dr. Sandeep V S MS (Ayu)

Associate Professor

Department of Shalyatantra

SUCCESSFUL HEALING OF CHRONIC ULCERATIVE WOUND THROUGH AYURVEDIC TREATMENT IN OUR COLLEGE

A male patient aged 40 years, was admitted in our hospital in month of December, having complaints of engorged vein in the left ankle and a resultant ulcerated blood oozing wound since 4 months. He had been diagnosed with a condition called Buerger’s disease. In this disease, veins get engorged and gradually wounds appear over the dilated veins along with blackish discolouration. In his case the wound was in his left ankle and it was found to be bleeding in the evenings . For these complaints he got admitted in our hospital and started treatments. His 4 week treatment schedule included given internal medications like *Nimbadi kashaya*, *Aragwadharishta*, *Kadirarishta*, *Guggulutiktaka Ghrita*, *Kanchanara guggulu gulika*, *Gandhaka rasayana* etc and externally washing with *nalpamara choorna* and application of WH5 ointment. Bloodletting was also done by through leech therapy. Gradually the wound started to heal. Granulation tissues were present on the surface of the wound and after 20 days of treatment, the wounds got completely healed. The engorged veins also attained its normal structure.



**Day 28 – Last follow up
Completely healed
wound**

Festivities In The Campus



New year celebrations and gift exchange by staff on 1st January 2021

Pongal Celebrations in campus by staff and patients on 14th January



Flag hoisting and speech on the occasion of 72nd Republic day