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2022

AROGYAVAANI

A QUARTERLY NEWSLETTER OF AHALIA AYURVEDA MEDICAL COLLEGE

VOLUME 2
ISSUE 3



Vision:

"To become a Global Centre of Excellence in Ayurveda Medical Education and Healthcare".

Mission:

"The mission of Ahalia Ayurveda Medical College & Hospital is defined by its commitment to encourage its efficiency and high professional standards in Teaching Quality Health Care & Research."

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 **AHALIA AYURVEDA MEDICAL COLLEGE**

Ahalia Campus, Palakkad, Kerala -678557 ☎ 04923-226888 🌐 www.ahaliaayurvedic.org

Message from the Principal's Desk

Ayurveda means knowledge of life, it is perceived as one of the most ancient and well documented systems of medicine, equally relevant in modern times. The principles of this ancient wisdom remind us that the entire web of life is intricately interwoven. Ayurveda day is celebrated as Dhanwanthari Jayanthi, the birth anniversary of Indian mythological God Lord Dhanwanthari on the 13th Lunar day in Aswini Month. It is believed that on this day Lord Dhanwanthari emerged with Amrutha Kalasam. Ministry of AYUSH has decided to organize various activities making Ayurveda day with special focus on concerns related to healthy food in every home with Ayurveda. This year it is observed on 23 Oct 2022 being held under the Azadi ka Amrit Mahotsav initiative. The theme this year is "Har din Har Khar Ayurveda". Ayurveda the original health care tradition of humanity is not just a medical system but a manifestation of our symbolic relationship with nature. The day also focuses on reducing the burden of diseases and related morbidity and mortality by utilizing the potential of Ayurveda.



Ahalia Ayurveda Medical College is launching a two week programme to celebrate National Ayurveda day in collaboration with all Departments. These celebrations are a noble endeavor to take forward the vision of the nation. The success of the programme will be possible only if we are able to reach every people around us and therefore over the coming weeks we will focus all our energies to interact with and sensitise people so that the message of Ayurveda can percolate down to all levels.

My warm wishes to National Ayurveda Day.

Dr. M.D. Sheba MD (Ay)

Ph.D, MBA, MSW, PGDCR, PGDMLS

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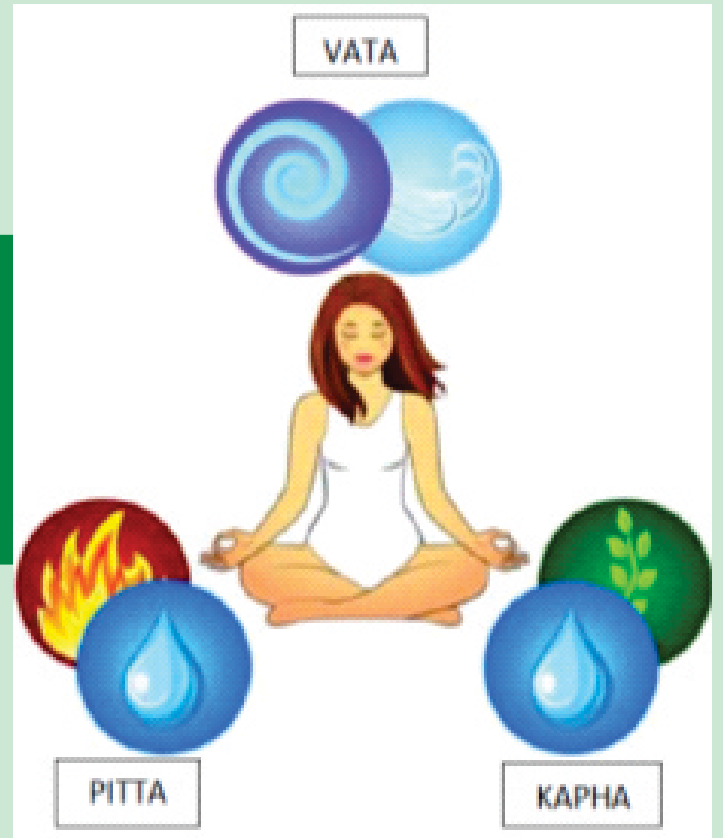
Dr Devi S

NEWSLETTER COMMITTEE

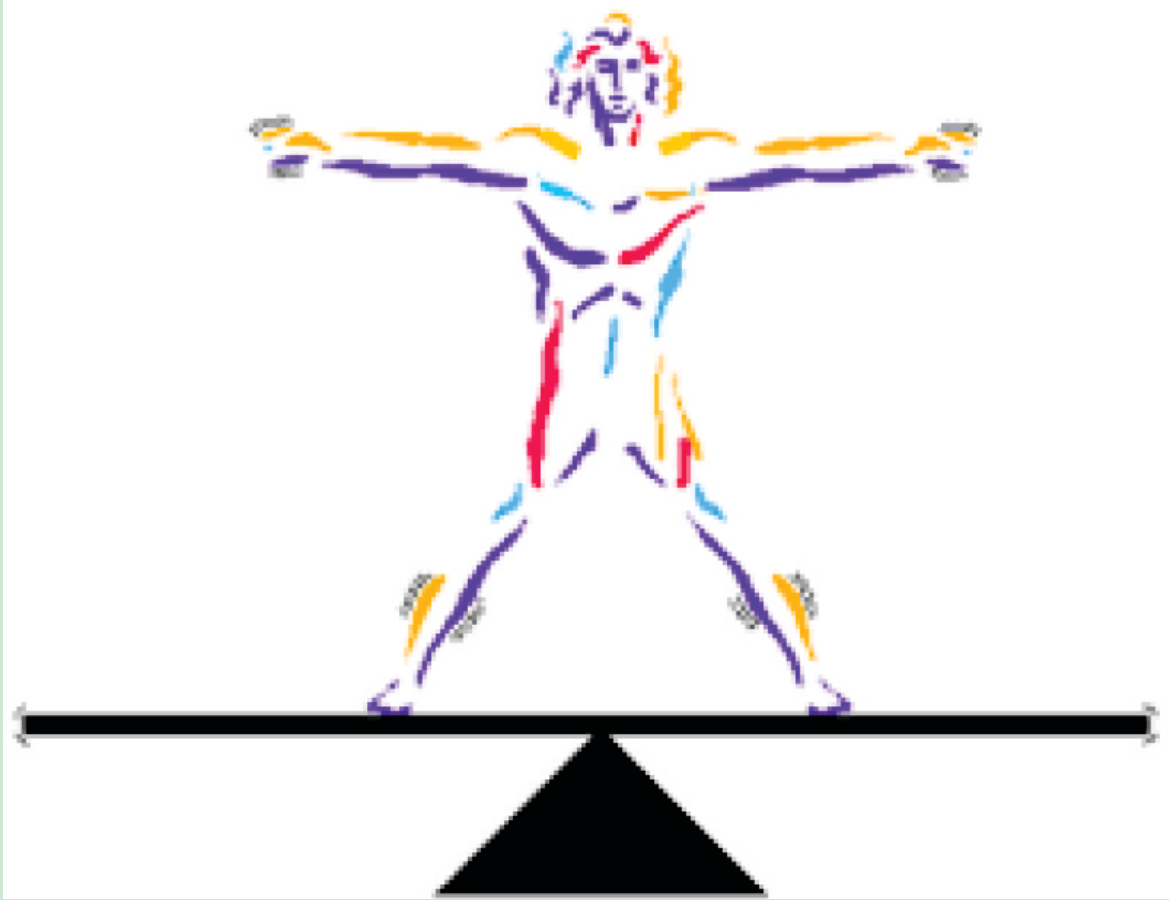
A PHYSIOLOGICAL REVIEW ON THE CONCEPT OF HEALTH IN AYURVEDA

Ayurveda, the science of life considers arogya as root cause par excellence for the attainment of one's own desires. Ayurveda was introduced into the world for longevity which basically depends on health. All the living beings live in harmony with their surroundings. The health of an individual is affected by a variety of external factors, such as the environment in which he or she live, ahara-vihara etc. So the maintenance of health is the utmost priority of Ayurveda.

The concept of health is widely described in Ayurveda. Dosha, dhatu, mala are the basic components of the body. Ayurveda measures health using the parameters like dosha, dhatu, mala, agni etc. Dosha means the disturbing factor has got its physiological importance in its normal state. The tridoshas such as vata, pitta and kapha are prone to disturbance by one's own life style and environmental factors. The tridoshas have their own



unique existence and karmas in our body. They exist in a variety of permutation and combination in each individual. The three doshas exhibit their functions simultaneously in different proportions also. Acharya Charaka and Vagbhata explains when vāta, pitta and kapha dosha are in balanced state, they coordinate with each other simultaneously within their own physiological limits to carry out different functions in the body. At this state, each dosha do not interfere in the functions of other doshas in the body. This is called samadoṣha ie, samayoga avasta of doshas with each other and is reflected as arogya or healthy state of an individual. At this samayoga avastha of three doshas, they support the body and mind as three pillars. When the balanced state is disturbed i.e. increased or decreased from their physiological limits, it produces a state of doṣa viṣhamata ie, deviation from its swarupa or normalcy. In vaishamya state, doshas acquire capability to vitiate different constituents of body such as dhatus,



malas, agni etc. The vitiated constituents make the body system function in abnormal way result in the manifestation of roga or diseases. Hence doshas form the main root cause for the state of roga and aroga avastha. In nutshell equilibrium of doshas is health.

The concept of homoeostasis in the modern science can be read in conjunction with this dosha samata. Homoeostasis is defined as the maintenance of constant internal environment in the body relative to the external environment. Equilibrium or samata of doshas is not just the bringing the doshas to equality rather make them relatively equilibrium with each other within physiological limits. In short, the three doshas are the functional entities which coexist in an optimum level to perform their karmas help maintaining a healthy life. The primary aim of Ayurveda sastra is restoration of dhatusamya from the state of dhatuvaishamya; the

disequilibrium of dhatus due the effect of abnormal functions of doshas. By attaining doshasamya, samavasta of dhatu and mala can be achieved. As the environmental factors are beyond our control, Acharyas advised to adopt different measures such as dinacharya, ritucharya etc to maintain doshas equilibrium with each other . This makes our species survive in the natural process of evolution.



Dr. Dhanya N S

Associate Professor and HOD
Dept of Kriyasharira

Hanu Basthi in TMJ Osteoarthritis

As hanu sandhi (temporomandibular joint) is a bahu chala sandhi (most used joint) its prone to more vataja diseases. Osteoarthritis, a form of arthritis is characterised by chronic degeneration of various hard and soft tissues around the joint. It can also affect the Temporomandibular joint and called as TMJ osteoarthritis. It may present clinically with pain, crepitus, limitation of joint movement and deviation on opening mouth.

When Vata involves Hanu Sandhi, it is named as Hanu Sandhigata vata. According to different acharyas Sandhigata vata is characterized by Prasarana Akunchana Vedana (Pain on flexion and extension of the joints) , Shotha (Oedema) and Atopa (Crepitus or Clicking sound). So TMJ Osteoarthritis can be correlated to the Hanu Sandhigata Vata due to the similarities in the symptoms of both.

It is usually managed by NSAIDS, intra-articular steroid injections and condylectomy in modern medicine. In Ayurveda, Acharya Sushruta has mentioned the treatment for Sandhigata vata as Snehana (oleation), Upanaha (sweating therapy), Agnikarma (therapeutic heat burn), Bandhana (bandaging) etc. Hanu Basti is the treatment modality that adopted here in the management of Hanu Sandhigata Vata. Hanu Basti is a very unique therapeutic procedure evolved from the procedure of Shirobasti . Both comes under Bahir parimarjana

chikitsa (external therapy). Ksheerabala taila which is best for vata vyadhi can be used here for Hanubasti.

When the treatment procedure starts the first organ which will be in contact with the Taila is the skin in the Temporo mandibular joint area. The quality of skin is supported by an extensive network of blood vessels, and sensory receptors for minor touch, pressure, temperature and pain. When the procedure starts, pouring of medicated oil cross the cell membrane through the skin and the luke warm oil will increase the temperature to more than 2^o to 3^oC in the localised area. By which, vasodialation will happen and this improves blood circulation and the increased necessity of oxygen and nutrition materials are supplied and free radicals which is responsible for the disease will be removed. Capillary permeability increases and the rate of diffusion and filtration also increases by this. And can see the increase in enzymatic reaction, hence the pain is relieved.

Increased blood supply ensure the optimum condition to muscle contraction, so it also induce muscle relaxation and increases the efficiency of muscle action. It nourishes the muscle, nerve, cartilage and reduces the inflammation of the synovial membrane thus aiding in lubrication of the joint and stop the degeneration of the Temporomandibular joint because of the therapeutic action of the medicated oil with Hanu basti.

PROCEDURE

Poorva karma:

The materials required for the procedure are flour of Masha (Black gram), water, gas stove, vessels, thermometer and Ksheerabala taila.

Pradhana karma :

The patient should lie down in lateral position on the table.

A small sized pillow is placed in one side of head for positioning the head. The ear should be plugged with cotton and then with masha pishti.

With the help of dough prepared from the flour of Masha (black gram) by adding sufficient water, a wall of 1.5 inch height is constructed around the affected Hanu sandhi.

Then this pit is filled with luke warm taila according to the tolerance of the patient.

This temperature should be maintained till the end of procedure. In this way the procedure should be done for 45 minutes daily .

Pashchat karma:

After the prescribed time the oil, dough prepared from flour masha over the hanu sandhi, cotton and masha pishti from ear should be removed.

Mrudu Abhyanga is done over the Hanu Sandhi for about 5 minutes.



Poorva karma



Pradhana karma



Pashchat karma



Dr Yadukrishnan S

Assistant professor
Dept. of Shalakya Tantra

BUERGER'S DISEASE IN PATIENT WITH DIABETES MELLITUS A CASE STUDY

Introduction

Thromboangitis obliterans (TAO) is a non-atherosclerotic inflammatory disorder of unknown etiology that affects small and medium-sized vessels of the extremities and has a strong association with smoking. This pan arteritis affects men aged between 25 and 35 years and can involve arteries, veins and nerves of arm and legs. Extraordinary manifestations of TAO can involve the gastrointestinal, cerebrovascular, coronary and renal arteries.

Examination of Ulcer



Case Study Details:

Presenting complaints:

61 year old male who was a dairy farm manager by profession came with non-healing ulcer on medial malleolus of both left and right ankles, and medial part of right calf since 2 years. Associated complaints include pain in the foot area and pus discharges from the wounds. Pain aggravates during work and walking, and relieves while resting. At the time of admission there was a big round ulcer in his both ankle area and right calf area along with pus discharge from the wound. He was a known diabetic patient since 3 years. He had varicose veins for the last 7 years and underwent surgery for the same. Moreover he was chronic smoker for the last 40 years. Due to his chain smoking, poor hygiene, and improper wound management the wound got worse and eventually became an ulcer.



INSPECTIONS	PALPATION
Size and shape: big irregular shaped multiple wounds	Tenderness: Grade 2 Tenderness
Number: 2 to 3 wounds	Edge And Margin: sloping edge, 2nd degree induration or thickness on the margin.
Position: medial part of both ankles and right calf region.	Base: slight induration on the base, and patient felt much pain while touching on the base
Edge: sloping edge is seen.	Depth: 5mm deep.
Floor: wash leather slough present on the floor.	Bleeding: no bleeding present.
Discharge: slight pus discharge.	Relation with deeper structures: no fixity to other structures.
Surrounding Area: surrounding area of the ulcer is eczematous and black pigmented.	Surrounding skin: increased temperature and grade 2 tenderness and black pigmented area's on the surrounding skin.

Investigations Or Special Test :

- Venous Doppler Suggests Buerger's Disease
- Buerger's Postural Test – Positive

Diagnosis : Buerger's Disease.

Managements:

Externally: kshalana with naalpaamaradi kashaya and raktha sodhana with Jalouka was done it was followed by Bandhana with Bactigras Gauze and Wh5 ointment application



1st Stage	2nd Stage	3rd Stage
1. Nimbadi Kashaya	1. Kanchanara Guggulu	1. Manjishtadi Kashaya
2. Araghwadharishtam + Khadirarishtam	2. Thriphala Guggulu	2. Araghwadhasavam + Khadirarishtam
3. Kanchanara Guggulu	3. Dermafex Capsule	3. Dermafex Capsule
4. Gandhaka Rasayana	4. Wh 5 Ointment	
5. Guggulu Tikthakam Ghritham	5. Guggulu Panchapala Churnam	
6. Dasamula Hareetaki Lehyam		
7. Kaphakutara Rasa		
8. Dermafex Capsule		
9. Wh 5 Ointment		



Diet plan during the treatment:

- Avoid black gram mixed foods.
- While taking these medicines, rice with cooked vegetables and small amounts of buttermilk were taken. Rock salt, ghee, and balancing vegetables like sweet potatoes and kale were included in the diet. Pitta-provoking foods like chilies, sour items and more acidic foods, tamarind and excess salt were avoided.

Conclusion:

Buerger's disease is a medical condition of unknown cause, Inextricably linked to tobacco abuse currently, complete abstinence from the use of all tobacco is the corner stone of management. It can be cure with successful classical Ayurveda chikista as mentioned below.

By external therapies like kshalana with nalpaamaradi kashaya brings the cleaning and debridement of the wound , while jaloukavacharana makes the blocked rakthavaha srotas open thereby brings proper blood supply to the parts.

By internal medications ,it brings a sodhana ropana and sophahara effect and a fast wound healing.

By jathyadi ghritha and wh 5 ointment gives a wound healing effect and skin resurfacing effect.



Dr. Sunilkumar. N
Professor and HOD
Dept of Kayachikitsa

ARKA KALPANA IN MODERN AYURVEDA PHARMACEUTICS



Distillation apparatus



Ayurveda, one of the oldest life sciences was evolved from the quest to have a happy life, a life which is free from diseases and sorrows. Science emphasizes the need of keeping body healthy by preventing and curing disease. Raw drugs were used at first and their use was modified often as per the convenience and availability. Ayurveda pharmaceuticals consist of five basic preparations like Swarasa (expressed juice), Kalka (drugs made into paste), Kashaya (decoctions), Hima and Phanta Kashaya (cold and hot infusions). Although these 5 were most familiar, in text of Arka Prakasha of 16th century a new preparation called Arka was discussed in detail. Interestingly the book elaborated a lot on the Arka preparations which was less popular then.

Preparation of Arka

Arka is a peculiar preparation in which essential oils from drugs of herbal or animal origin are obtained by distillation method. The drugs are cleaned, dried and coarsely powdered. As per the nature of the drug, water is added to it for soaking and kept for a fixed amount of time. After soaking the whole mixture is poured into Arka yantra or a convenient distillation apparatus on the next day adding water if required. It is boiled in medium temperature of heat and condensed vapour is collected. About 40 to 60% of distillate is collected and heating is stopped. The initial portion and final portion of distillate is discarded as they may not contain therapeutically active substances. The Arka is cooled, filtered and preserved in air tight glass bottles.

Is Arka's gaining popularity?

The basic Kalpana “Kashaya” still rules the Ayurveda pharmacy, even though the palatability factor is still matter of concern. A variety of kashaya's are available in market, but still a section of people is reluctant to use them. It was in this context the use of “Arka” started gaining momentum. Quantity of raw drug required for preparing Arka is minimal when compared to its yield. It can be consumed easily without fear of distaste and is effective in minimal doses. It has got a shelf life of one year without using any preservatives. Nowadays, arka is gaining more popularity among practitioners for the cost effectiveness and patient compliance it possesses. “Arka” is considered as the most potent among the five basic kalpanas by Acharya Ravana, the author of book Arka Prakasha.



Dr Manju Raj K

Assistant Professor

Dept. of Rasasastra & Bhaishajya Kalpana

FACULTY DEVELOPMENT PROGRAMME

FACULTY DEVELOPMENT PROGRAMME

TOPIC : MENTORING MEDICAL STUDENTS-A PSYCHOLOGICAL PERSPECTIVE

RESOURCE PERSON
DR. CHANDANA D KARATHULLY
AYURVEDA PHYSICIAN & CONSULTANT
PSYCHOLOGIST
BODY AYURVEDA WELLNESS
CLINIC & COUNSELLING CENTER, AHALIA

22 JULY 2022 FRIDAY
TIME : 02.30 - 03.30 PM

Ahalia Ayurveda Medical College Hospital
Ahalia Campus, Palakkad, Kerala - 678557 - www.ahaliaayurvedic.org

FACULTY DEVELOPMENT PROGRAMME

UNDERSTANDING "HEAD INJURY" AN OVERVIEW AND SOME ESSENTIALS

23rd AUGUST 2022

Time: 11:00 AM to 12:00 Noon
Venue: College Auditorium

RESOURCE PERSON
DR. ANUDATH BRAHMADATHAN
Senior Consultant Neuro Surgeon,
Avalis Institute of Medical Sciences,
Nemmara, Palakkad.

AHALIA AYURVEDA MEDICAL COLLEGE
Ahalia Campus, Palakkad, Kerala - 678557 - www.ahaliaayurvedic.org

GURU SAMAKSHAM 2022 AN INVITED LECTURE SERIES

01/08/2022

AHALIA AYURVEDA MEDICAL COLLEGE
Department of Kaumarabhritya

GURU SAMAKSHAM 2022
An Invited Lecture Series

TOPIC : WORM INFESTATION IN CHILDREN AND ITS MANAGEMENT

DATE : 01.08.2022
TIME : 3-4 PM

Dr. ARUN B VARIER
ASSISTANT PROFESSOR
Department of Kaumarabhritya
Vaidyaratnam Ayurveda Medical College

FOR 3RD YEAR STUDENTS AND HOUSE SURGEONS
VENUE : AHALIA AYURVEDA MEDICAL COLLEGE AUDITORIUM

Ahalia Ayurveda Medical College Hospital

Elappully, Kerala, India
0884-870, Ahalia Campus, Elappully, Kerala 678556, India
Lat 10.792219°
Long 76.827947°
01/08/22 11:09 AM

Lecture by Dr. Arun B Varier, Assistant Professor, Dept. of kaumarabhritya, Vaidyarathnam Ayurveda College, Ollur on the Topic ' Worm infestation and it's management'.

MATHUREVAM 2022

World breast feeding week is celebrating world wide in the first month of August to promote breast feeding. As part of World breast feeding week 2022 Department of Kaumarabhrithya, Ahalia Ayurveda Medical College conducted 'Mathurevam' 2022.



Breast Feeding Awareness Camp



Conducted at Anganavadi Vadakarapathy - (ICDS) by Dr Devi.S , Assistant professor, Department of Kaumarabhrithya on 6/08/2022 (9.30-11.15 am).



Conducted at Anganavadi (ICDS)-Velanthavalam by Dr Devi.S , Assistant professor, Department of Kaumarabhrithya on 6/08/2022 (11.30-1.30 pm).

Quiz Competition and Poster Presentation Competition

As part of World Breastfeeding awareness week Quiz Competition and Poster Presentation Competition were conducted by Dept. of Kaumarabhrithya, Ahalia Ayurveda Medical College on 26/08/2022 at 2 PM. Students from Various institutes of Ahalia participated in the Quiz competition.

Cash Prizes and Memento were handed over by Dr Sheba MD, Principal and Dr SunilKumar N to the winners.



Arogyavaani Official Print Version Release

The official release of News letter “Arogyavaani” was conducted on 27/07/2022 at College Auditorium, Ahalia Ayurveda medical college. The News letter was released by Dr M.D. Sheba, Principal by handing over to Mr Shibu, Administrator of Ahalia Ayurveda Medical College hospital.



INDEPENDENCE DAY- CELEBRATION



MONKEYPOX AWARENESS PROGRAM - 11/08/2022

Monkey Pox
Lakshanangalum Prathirodhavum

Awareness class for students of SVVHSS, Eruthenpathy
Dept. of Swasthavritta, Ahalia Ayurveda Medical College, Palakkad

Presented by
Dr. Preethimol T P, Assistant Professor,
Dept of Swasthavritta, AAMC

Coordinated by
Dr Deepak K S, Professor & HOD,
Dept of Swasthavritta, AAMC

Date:
11/08/2022
Time:
1.30PM - 2.30pm

75
Azadi Ka
Amrit Mahotsav

Ahalia Ayurveda Medical College Hospital



Monkeypox awareness program for the students of SVVHSS, Eruthenpathy on August 11 th (Thursday) 2022 –
“Monkeypox: Lakshanangalum Prathirodhavum” by Dr.Preethimol T P, Assistant Professor,
Dept of Swasthavritta, AAMC.

Swaadhyaya- Sloka Recitation By First Year Bams Students On 21/07/22

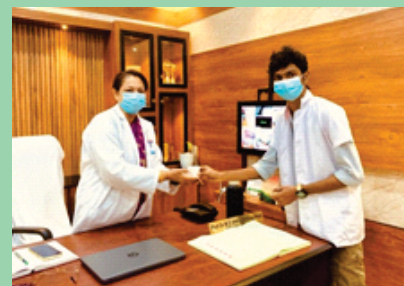


Sanskrit Day Celebration On 11/08/22

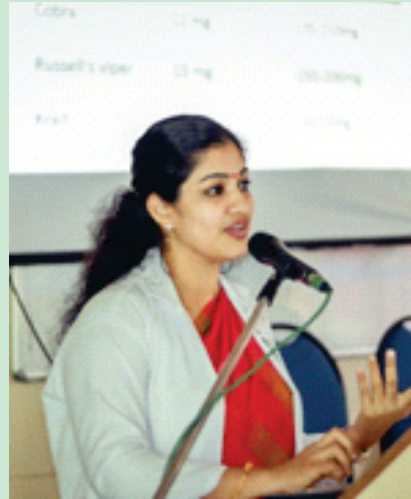


Mukkudi Seva At AAMCH-On 21/07/2022

Following the Karkidaka regimens, dept. of Rasashastra and Bhaishajya kalpana prepared Mustaadi mukkudi, a yoga that was specially designed taking inspirations from textbook Arogya kalpa drumam, Arsho adikara. Mukkudi was prepared and distributed to the Teaching and non teaching staff, students and patients of AAMC.



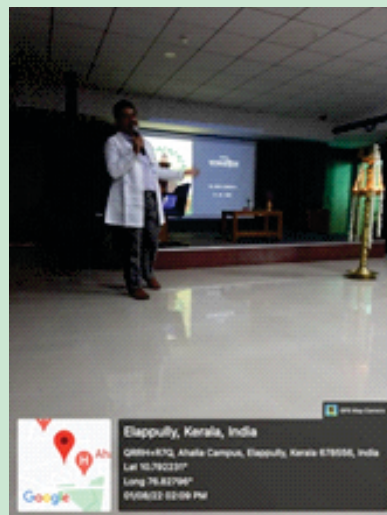
World Snake Day 16/07/2022



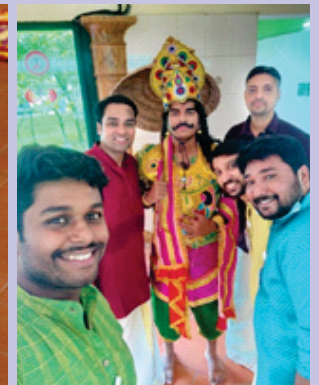
Department of Agadatantra, Ahalia Ayurveda medical college conducted an awareness class on the topic “Snakes Myths And Facts” which was handled by Dr Jyothi Sajayan, Associate professor & HOD for staff and students of AAMC. A poster making competition was also conducted for the students with the theme “Mother nature; snakes are also kids”.



Charaka Jayanthi Celebration On – 01/08/22



Ponnonam 2022 Celebration Highlights



C ZONE WINNERS



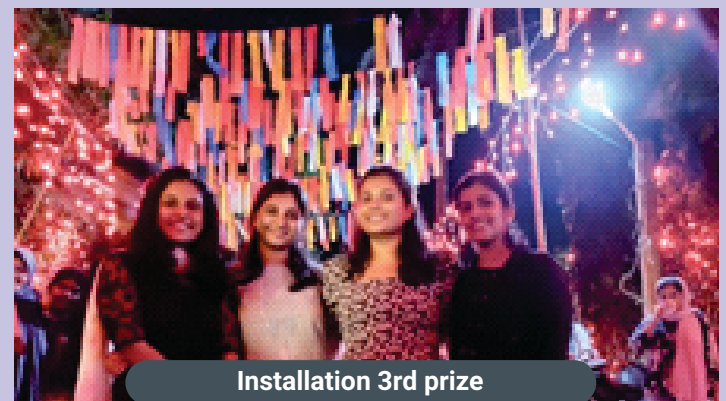
Thiruvathira 1st Prize



Nadanpaattu 1st Prize



Skit 1st prize



Installation 3rd prize



Mohiniyaattam 3rd Prize

Sruthy Sasidharan



Sloga 3rd Prize

Abhirami R S Akshara sloga



Monoact 3rd Prize

Jithana Raj

MALAYALI MANKA COMPETITION WINNERS



Vidya Harish

First prize
Vidhya Harish (4th year BAMS)



2nd Runner Up
Anjali Prasad

Second runner up
Anjali Prasad (4th year BAMS)