

January  
2023

# AROGYAVAANI

A QUARTERLY NEWSLETTER OF AHALIA AYURVEDA MEDICAL COLLEGE

VOLUME 3  
ISSUE 1



## *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](http://www.ahaliaayurvedic.org)

## Message from the Principal's Desk

Making a New beginning...

New Year begins with new hopes and new positivity ushering in happiness. The resolutions could be a new hobby or an activity that you want to take up in the New Year or a health issue you want to work on or simply make some personal goals in life like reaching new milestones professionally, romantically getting rid of toxicity, being more physically active and prioritizing yourself over others.

New ventures invariably evoke mixed feelings of excitement and fear. Sometimes we may have a problem with making a beginning because it requires commitment. A new possession, a new relationship or a new action is generally treated with special care and attention.

We must keep ourselves alive by treating each day as a new beginning, just as a runner passes on the baton in the relay race we pass on the mantle for a new beginning, a new hope, a new dream on a new horizon.

**Happy New year to all...**



**Dr. M.D. Sheba MD (Ay)**  
Ph.D, MBA, MSW, PGDCR, PGDMLS

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# SCIENTIFIC RATIONALITY BEHIND THE PRACTICE OF EXTERNAL MEDICATION

**T**he delivery of drugs transdermal (through the skin) provides several important advantages over traditional oral and intravenous delivery routes. Transdermally delivered drugs avoid the risk and inconvenience of intravenous therapy, bypass the liver in terms of first pass elimination and permit both local and systemic treatment effect.

To be absorbed through the skin, a chemical must pass through the epidermis, glands or hair follicles. Sweat glands and hair follicles make up about 0.1 to 1.0 percent of the total skin surface. Though small amounts of chemicals may enter the body rapidly through the glands or hair follicles, they are primarily absorbed through the epidermis. Chemicals must pass through the seven cell layers of epidermis before entering the dermis where they can enter the blood stream or lymph and circulate to other areas of the body. Toxins and toxicants can move through the layers by passive diffusion. The stratum

corneum is the outermost layer of the epidermis and the rate-limiting barrier in absorption of an agent. Thus, how quickly something passes through this thicker outer layer determines the overall absorption. The stratum corneum is primarily composed of lipophilic cholesterol, cholesterol esters and ceramides. Thus lipid-soluble chemicals make it through the layer and into the circulation faster.

Presently there are several types of drugs that are being delivered transdermally, including testosterone, estrogen, nitroglycerin, nicotine, fentanyl (a potent opioid analgesic), scopolamine (for motion sickness), and clonidine (to lower blood pressure). One of the most successful, the nicotine patch, releases nicotine over sixteen hours, continuously suppressing the smoker's craving for a cigarette. The scopolamine patch is worn behind the ear and releases the alkaloid for three days, preventing motion sickness without the need to

swallow tablets periodically. The fentanyl patch acts for seventy-two hours, providing long-lasting pain relief. And an estrogen–progestin contraceptive patch needs to be applied only once a week, a boon for women who find it onerous to take one pill every day.

Much research is being done in order to find new and more effective ways to enhance the topical delivery of these drugs. Although complex chemical enhancers have been integrated into some transdermal delivery systems, physical agents such as electricity (iontophoresis), ultrasound (phono- or sonophoresis), and magnetism are becoming increasingly popular as enhancers. An even simpler mechanism for externally regulating transcutaneous drug absorption is the application of heat. Diffusion through the skin, as elsewhere, is a temperature-dependent process, so raising the skin temperature should add thermodynamic drive. Heat is known to increase the kinetic energy of drug molecules and the proteins, lipids, and carbohydrates in the cell membrane.

Earlier the practice of external medication was considered very unconventional and nonscientific, but present day research studies had proved it more effective and the above said facts regarding the absorption of medicine through the skin and their assimilation, distribution and excretion has been explored. Though these modalities have been successfully practiced in Ayurveda from ancient times the scientific validation of such practice brought to light through different contemporary scientific studies.



**Dr. Anoopkumar N.S**

Associate professor  
Department of Sareera rachana

## EPIDEMICS- A VIEW THROUGH AYURVEDA

### INTRODUCTION

Health of an individual depends on the environment where he lives. Ayurveda emphasizes the importance of all aspects of life including the surrounding environment. The vitiation of air, water, land and climate ultimately leads to the disposition of the living beings. This is termed as Janapadodhwamsa in Ayurveda which is closely associated to the modern scientific knowledge of epidemics. Acharya Charaka has dedicated a whole chapter to explain the details of janapadodhwamsa which shows its relevance in the science.

The term janapadodhwamsa is a compound term, formed from janapada which means a community and dwamsa meaning to perish or to destruct. Diseases having similar signs and symptoms affecting many people in a particular geographical area along with the destruction of the same is considered as janapadodhwamsa. The explanation of janapadodhwamsa and epidemics is more or less similar. Epidemics is the rapid spread of infectious diseases to a large number of people in a given population within a short period of time.

### ETIOLOGY AND MANAGEMENT OF EPIDEMICS IN AYURVEDA

Beyond the individual characteristics there are some common factors that influence the health of an individual which are vayu (air), jala (water), desa (place), kala (season). These four are important in their progressive order and its vitiation is considered as the

causative factor of epidemics. The root cause of the vitiation of these is considered as adharma or unrighteousness of people. Unethical and non-harmonious practices among communities and people come under Adharma. It is an important fact that from generation to generation the water contamination, air and soil pollution, unseasonal changes in the environment are being increased and are the causes of recent epidemics and pandemics.

At an individual level, elimination therapy, rejuvenation therapy, strict respect to sadvrta (codes of conduct) including truthfulness, compassion to living beings, over all avoidance of intellectual blasphemy is accepted as the management of janapadodhwamsa.

All possible methods to maintain hygiene of mass population should be adopted. Dhoopana karma (fumigation) is one such method to destroy microbes and infectious organism, many dhoopana drugs have been explained in Ayurveda classics.

### CONCLUSION

Prevention is the best way to avoid epidemics. The remedies explained in janapadodhwamsa like rejuvenation therapy, periodical elimination therapy, code of conduct etc. should be followed as preventive measures against the spread of epidemics. The preventive and curative aspects explained in Ayurvedic classics have a vital role in curbing the spread of epidemics.



**Dr. Minu Chandran**

Assistant. Professor  
Dept of Samhita Siddhanta



## NEED FOR DIGITAL DETOX IN CHILDREN

Nowadays, everyone needs to find a way to be comfortable with constant digital stimulation. During the Covid pandemic, there was an increase in gadget use among children in the name of online classes. Most of them took it as an added advantage in using mobile phones and tablets. Taking a break from technology to get out of the virtual world and get back in touch with real life refers to digital detoxing. It will help child to understand how to function away from technology. It can increase attention span, improve physical and mental health, develop problem-solving skills, and even improve creativity. There are dangers to be aware of including cyber bullying, sharing too much information, false marketing etc.

### WHO'S SCREEN TIME RECOMMENDATIONS BY AGE

- Infant (less than 1 year of age): Screen time is not recommended.
- 1-2 years of age: No screen time for a 1-year-old. No more than an hour for 2-year-olds, with less time preferred.
- 3 to 4 years old: No more than one hour.

Developing the ability to "use" vision begins at birth. A work done at the University of Washington says- when a baby watches a parent form words or point to objects, their actions lead to development of a baby's "looking" process, which fosters their internal curiosity. That curiosity leads to the baby wanting to get to an object out of reach and a desire to move toward it. When an infant sees a parent looking at an object and follows their gaze to that object by 12 months of age, they will be able to identify 335 words by 18 months of age. When they do not follow the parent's gaze, they will only be able to identify 197 words by 18 months of age. There comes huge difference. Vision triggers curiosity, which triggers movement and exploration. Hands-on exploration is one of the ways children learn.

## CONSEQUENCES

- Children are less likely to have the fine motor skills necessary for writing when entering kindergarten.
- Vocabulary, communication skills and eye contact are reduced.
- Developmental delays are documented with increased device use. Screen time, for instance, has been linked to Attention Deficit Hyperactivity Disorders.
- Decision-making and cognitive control are also affected.
- Screen time interferes with problem solving and creative thinking.
- It can raise child's risk for anxiety, depression and obesity.
- A premature thinning of the cortex based on brain scans.

## WHAT TO DO

Can use parental control apps.

Let boredom hit for a while.

Suggest other activities such as board games, puzzles or going for a walk.

Do not allow TV watching during meals or homework.

- Create phone free zones in home.
- Pursue hobbies which they are fond of.

## DIGITAL DETOX HELPS

- Teaches children how to spend time alone.
- It also helps them to improve their creativity.
- Understand that they don't always need technology or social media in order to experience happiness and peace.
- It improves sleep schedules.
- It can help combat digital addiction.

References: Baum RA. Positive parenting and support. In: Kliegman RM, St. Geme JW, Blum NJ, Shah SS, Tasker RC, Wilson KM, eds. Nelson Textbook of Pediatrics. 21st ed. Philadelphia, PA: Elsevier; 2020: chap 19.



**Dr. Devi.S**

Assistant. Professor  
Dept of Kaumarabhrithya

## NON ALCOHOLIC - FATTY LIVER DISEASE IN PERSPECTIVE OF AGADATANTRA

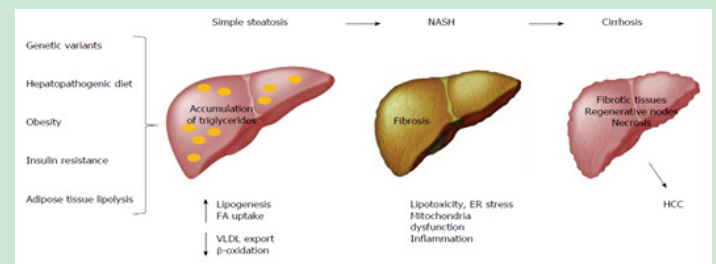
The concepts of Ayurveda about etio-pathological basis of diseases are different from the current concepts in modern medicine. A human being cannot avoid contact with toxic compounds; however, it takes more than contact alone to produce adverse effects in the body. The human body cannot get rid of them completely by their excretory capacity. As a result, these toxins accumulate in our body and create serious health problems and also the etiology of many diseases is not known, here comes the concept of Dooshivisha (cumulative toxins).

### CRITICAL REVIEW

Non-alcoholic fatty liver disease (NAFLD) represents a spectrum of liver disease encompassing simple fatty infiltration (steatosis), fat and inflammation (nonalcoholic steatohepatitis, NASH) and cirrhosis, in the absence of excessive alcohol consumption

The pathogenesis of NASH was based on a '2-hit hypotheses'. The 'first hit', hepatic triglyceride accumulation, or steatosis, increases the susceptibility of the liver to injury mediated by 'second hits', such as inflammatory cytokines/adipokines, mitochondrial dysfunction and oxidative stress, which in turn lead to steatohepatitis and/or fibrosis. Free fatty acids (FFA) play an important role in directly promoting liver injury, which has led to the modification of this theory. In obesity and insulin resistance (IR) there is an increased influx of FFA to the liver. This FFA either undergo  $\beta$ -oxidation or are esterified with glycerol to form triglycerides and cause hepatic fat accumulation. There

is now substantial evidence that FFA can directly cause toxicity by increasing oxidative stress and by activation of inflammatory pathways, therefore hepatic triglyceride accumulation may be a protective mechanism by preventing the toxic effects of unesterified FFA

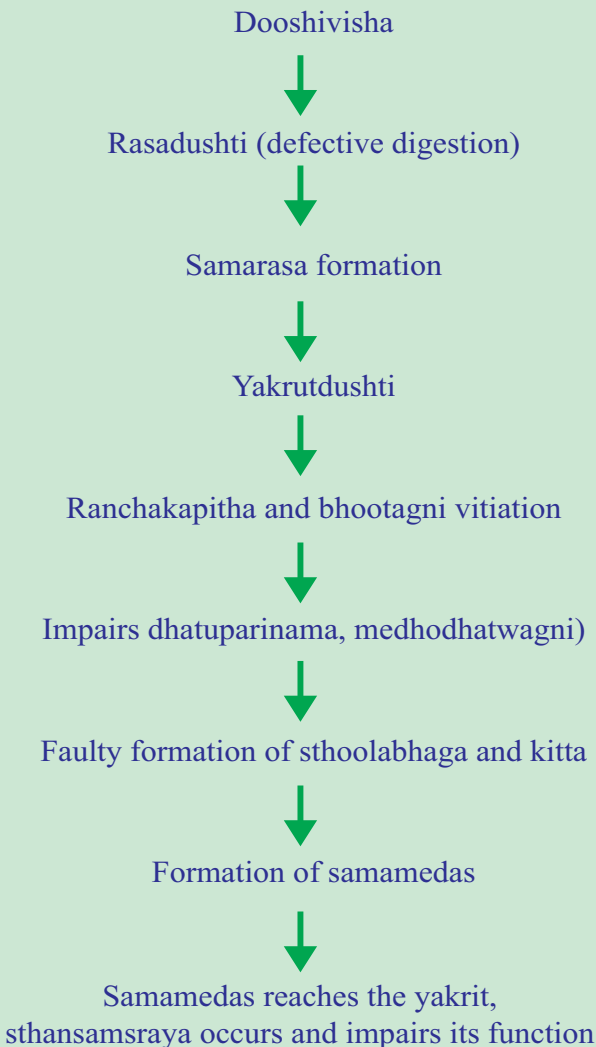


In Ayurvedic view, etiological factors of NAFLD like recently emerging liver disorders can be concluded as due to incompatible food and regimens. Most of the modern food items contain colouring materials, preservatives etc which act as cumulative toxins (dooshivisha) in our body. According to "Two hit hypothesis" the production of reactive O<sub>2</sub> species and endotoxins results in non-alcoholic steatohepatitis from NAFLD. Since the liver is the organ of detoxification, etiopathogenesis can be well explained based on dooshivisha.

In NAFLD, due to the continuous use of virudhaharavihara (in-compatible food and regimens), dooshivisha vitiates dhatus ie, rasa rakta mamsa and medas (tissues of the body) and impairs the normal metabolism. "Kaphavrutam" (enveloping by kapha) as Kaphenamandekrtaushnadigunam, which means ushna, sukshma, rooksha etc properties of visha are retarded by Kapha. Varshaganubandhi means "



Kaphena anger mandyaditwat apakat chirasthayi". ie, due to kaphadoshaavarana, (enveloping by kapha) defective digestion and defective metabolism occur, which in turn leads to apakata (indigestive nature) of Dooshivisha. Due to above said factors defective digestion and metabolism (dhatwagnimandya especially in medhodhatwagni) occur, as the causes are favourable for this. In addition to this "dehadasheshamyatanirgatam tat jeernam" is Dooshivisha, which means that the poisons which are not eliminated from the body and which do not produce any acute symptom, but in the long term due to continuous exposure (accumulation) when they reach at a specific toxic dose at a specific site they tent to produce their toxic signs and symptom. In NAFLD the accumulation is specifically, in liver. Thus pathophysiology of NAFLD is



## DISCUSSION

Fatty liver may be considered as a type of cytotoxicity. The accumulation of fat is a common cellular response to toxic compounds which are normally reversible. Usually, it is triglycerides which accumulate.

In NAFLD, due to chronic use of virudhaaharavihara, dooshivisha vitiates dhatus(rasa raktamamsa and medas) and due to kaphadoshaavarana, impaired metabolism (dhatwagnimandhya) occurs. Agnimandhya reflects as bhootagnimandhya and dhatvagnimandya. When dhatvagnimandya occurs, medodhatvagni is affected as the nidanas are favourable for its dushti and due to kaphaavarana of dooshivisha. Medodhatvagnimandhya leads to the formation of samamedas . The samamedas reaches the liver, sthanasamsraya occurs at liver and impairs the functions of liver which can be compared with the cytotoxicity produced by the accumulation of fat due to the common cellular response to toxic compounds.

## CONCLUSION

NAFLD cannot be exactly correlated to a single disease mentioned in Ayurveda but covers the spectrum of diseases in which dooshivisha with medodushti, impaired metabolism and in the later stage kamala, udara etc are present. Hence concept of Dooshivisha should be incorporated into the treatment of other chronic and challenged diseases, where the conventional system of medicine fails to achieve the required result.



**Dr. Rakesh. R. Babu**

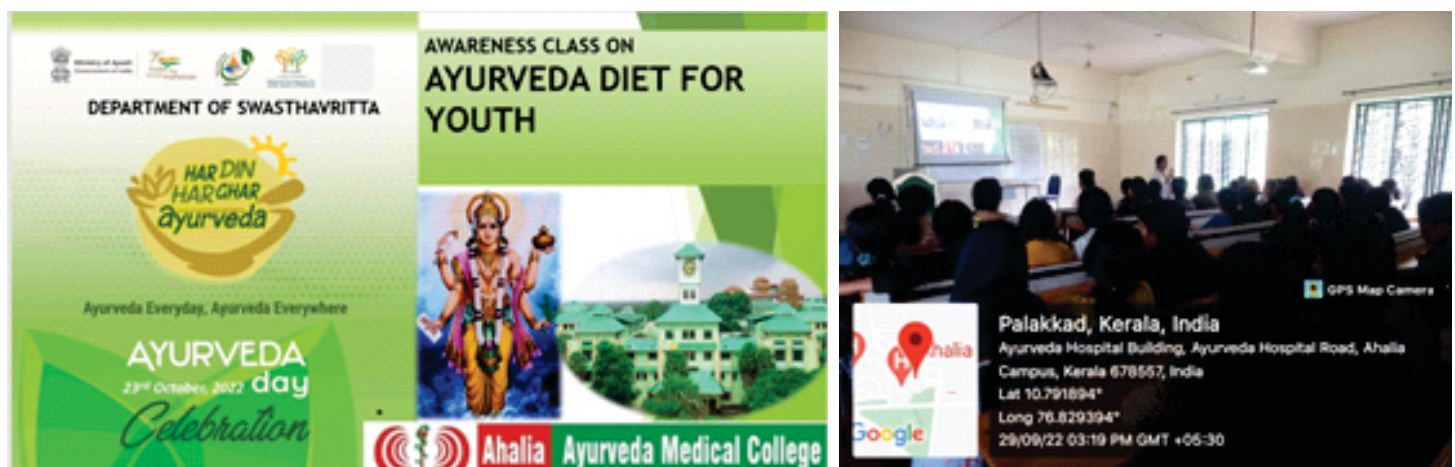
Assistant Professor  
Department of Agadathantra

## AYURVEDA DAY CELEBRATIONS: THEME FOR 2022: HAR DIN HAR GHAR AYURVEDA

Millet Recipe Week by the Department of Swasthavritta included the preparation and distribution of different Millet recipes like Ragi Ada, Fox-tail millet Pulao, Little millet payasam, Pearl millet steam cake and Mixed millet ladoo to create awareness about the health benefits of millets, millet recipes and its preparation among the students and common people.



**Diet awareness class for the Panchakarma Therapist students and cleaning staff by Dept of swasthavritta on the Topic "Ayurveda Diet for Youth" ( 29/09/2022)**





Yoga demonstration class “Easy Yoga for Old age” for the inhabitants of Mahatma Old Age Home under Nanma Charitable trust, Kannadi (Kannanur), Palakkad

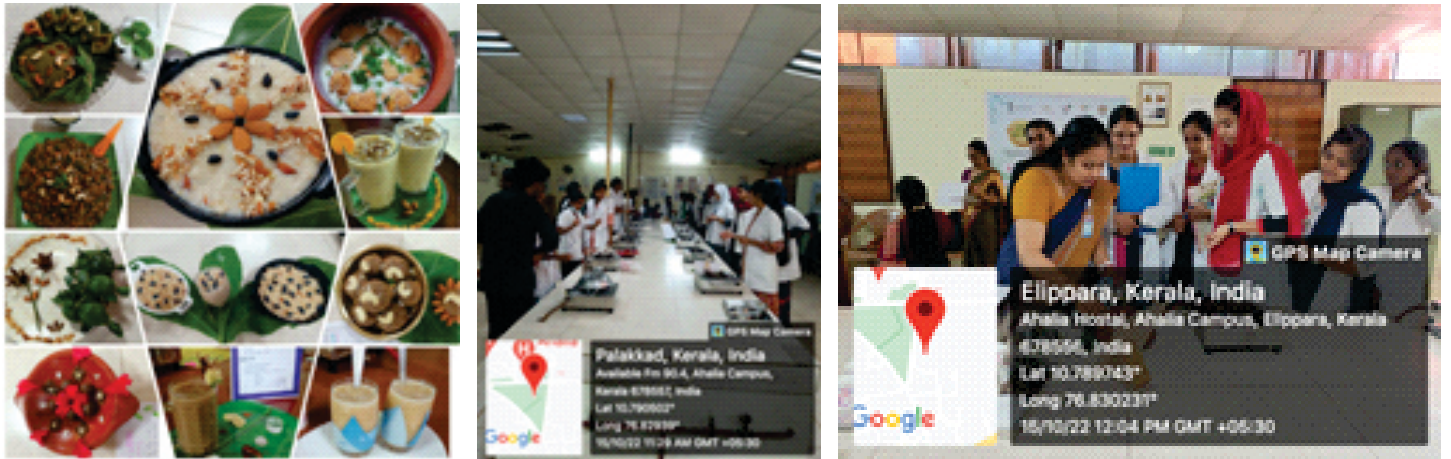
by Dr Farshad K H, Yoga Instructor, Dept of Swasthavritta

## FLASH MOB AND MOBILE CLINIC: (19/10/2022)



Students of Ahalia Ayurveda Medical College staged a flash mob at Palakkad Town heralding the National Ayurveda Day Celebration taking place on October 23. It included distribution of pamphlets and gooseberry candies prepared by second year students in association with Dept. of Rasasastra and Bhaishjya kalpana. A free mobile clinic also marked the occasion. College principal Dr. Sheba Sunil. M. D, Vice principal Dr. Asundi Vijayalakshmi, Hospital Administrator Shibu, teachers and students of Ahalia Ayurveda Medical College were part of this innovative programme.

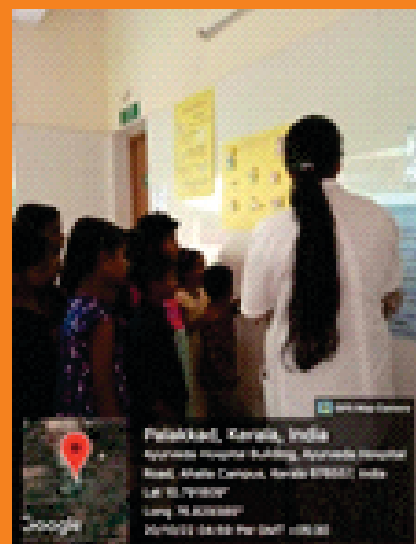
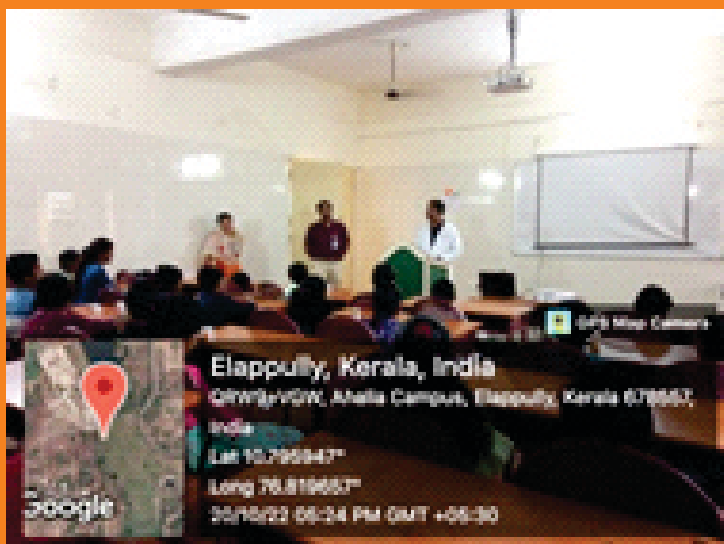
## AYURVEDA CHEF COMPETITION (15TH OCTOBER 2022)



## MENTAL HEALTH DAY PROGRAM: 10/10/2022

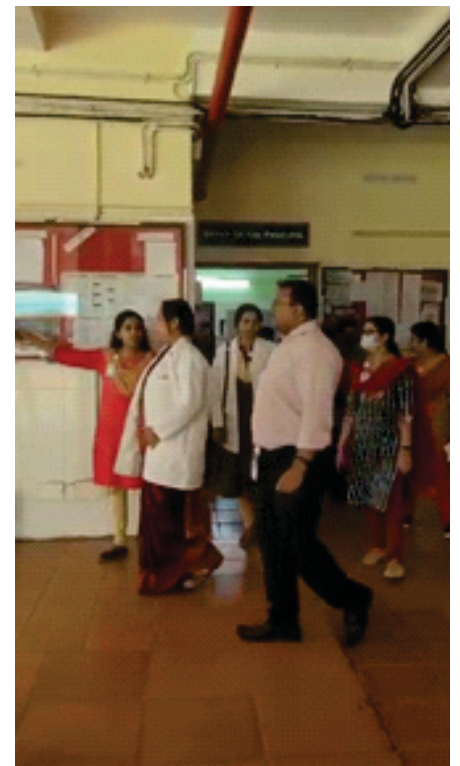


Awareness programme on the importance of Ritucharya to Children of Ahalia Children village by Dept of Kayachikitsa and Panchakarma followed by Millet laddoo distribution



## POSTER COMPETITION:

Topic for the poster was Ayurveda in daily life and the competition was open for all the students and house surgeons of Ahalia Ayurveda Medical College.

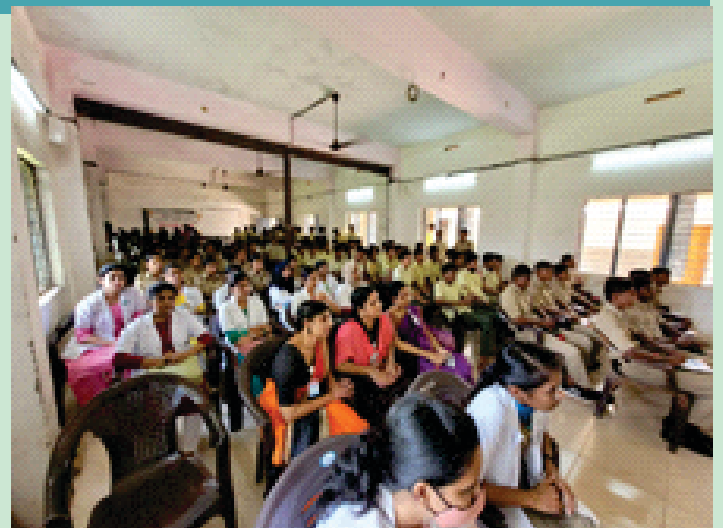


Poster Display For General Public On Topic:  
**Health Awareness For General Public About Healthy Living and Healthy Diet  
With Special Focus On Ayurveda Pathyahara.**

## Prakruthi Assessment Camp by Dept. of Kriya Sharira (18-10-2022)



## Class on Dinacharya: by Dept of Samhita siddhanta



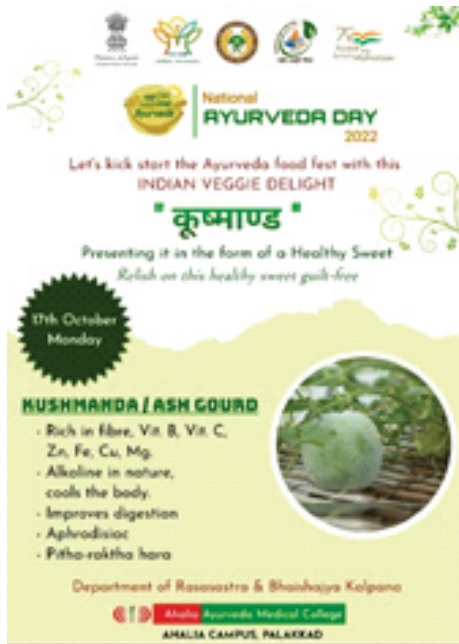
Department of Samhita Siddhanta conducted an awareness class on Dinacharya (daily Routine) A way to Healthy living on 18-10-2022 at Elappully higher secondary school Palakkad.

## 'Arogya Pacha-a model herbal garden at school' by Dept. of Dravyaguna vijana



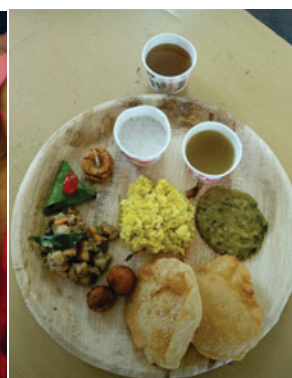
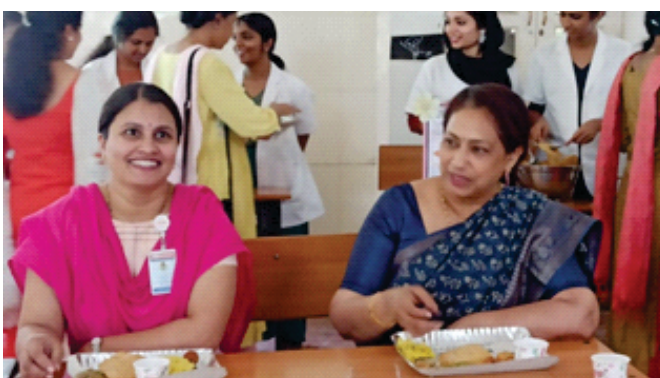
Dept of Dravyaguna Vijana conducted medicinal plant distribution to the NCC students of Elappully Govt.Higher Secondary School with an aim to create awareness regarding the importance of maintenance of Medicinal plant garden at both school and home.

## Preparation & Distribution of Healthy Sweet Kooshmanda for Public. By dept. of Rasasastra and Bhaishajya kalpana

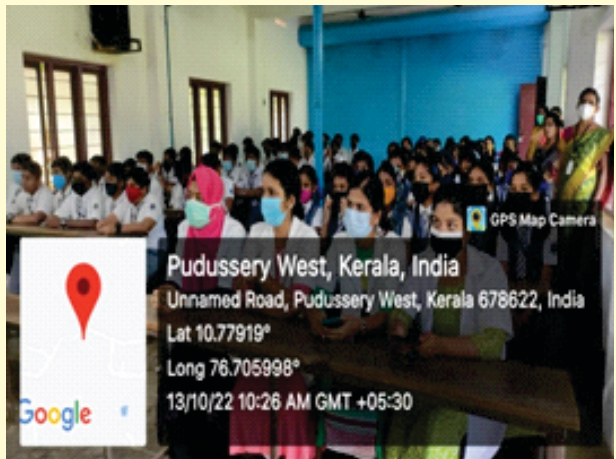


## AYURVEDA FOOD FEST by Dept. of Rasasastra & Bhaishajya Kalpana

An Ayurveda food meal was prepared by Dept. of Rasasastra and Bhaishajya Kalpana and second year students for the staff and students of AAMCH. The meal contained different preparations like Dhanyaka paanaka, mandaka, daali, poorika, daal, krishara, Rasaala, Shaakapaka and Mamsa sringataka



## WORLD SIGHT DAY- NETRA DHAARA AWARENESS CAMP ON 13/10/2022



GPS Map Camera  
Pudussery West, Kerala, India  
Unnamed Road, Pudussery West, Kerala 678622, India  
Lat 10.77919°  
Long 76.705998°  
13/10/22 10:26 AM GMT +05:30

## NETRA DHAARA AWARENESS CAMP ON 29/10/2022



GPS Map Camera  
Elappully-II, Kerala, India  
GPSQ+MCX, Palakkad - Pottachi, Ind,  
Kunnathy, Elappully-II, Kerala 678622, India  
Lat 10.758938°  
Long 76.738543°  
29/10/22 10:22 AM GMT +05:30



## FACULTY DEVELOPMENT PROGRAMME

**FACULTY DEVELOPMENT PROGRAMME**  
**EXTRACTION & STANDARDIZATION OF HERBAL DRUGS (WHO guidelines)**  
28th NOVEMBER 2022  
Time : 2 PM to 3.30 PM  
Venue: College Auditorium

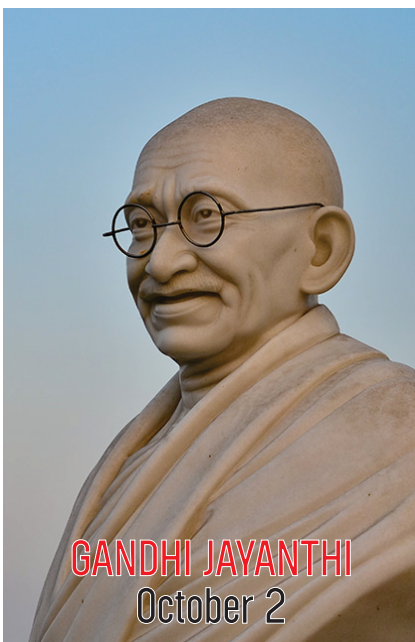


RESOURCE PERSON  
**Dr.M.Rajan**  
M.pharm, Ph.D  
Associate professor  
Department of pharmacognosy

Ahalia Ayurveda Medical College  
AHALIA CAMPUS, PALAKKAD



## GANDHI JAYANTHI - CLEANLINESS WEEK BY NSS ON 29TH AND 30TH SEPTEMBER 2022 AT AAMCH



**Cleanliness Week**  
Incorporation of cleanliness week in accordance with Gandhi Jayanthi  
**29 SEP AND 30 SEP**  
*"Cleaning Ahalia by NSS students & staffs"*  
*"Waste picking"*  
*"Crackdancing"*

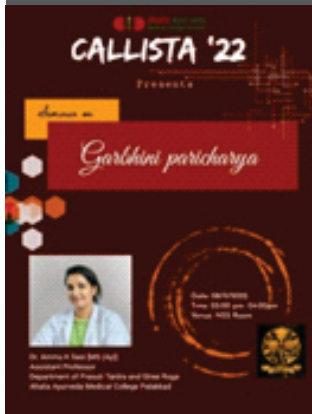


## CALLISTA 2022-GRADUATION CEREMONY



### DAY 1

A seminar was conducted on Garbhini Paricharya BY Dr. Ammu.K.Sasi, Assistant Professor, Prasoothi Tantra and Streeroga department, on 08/11/2022



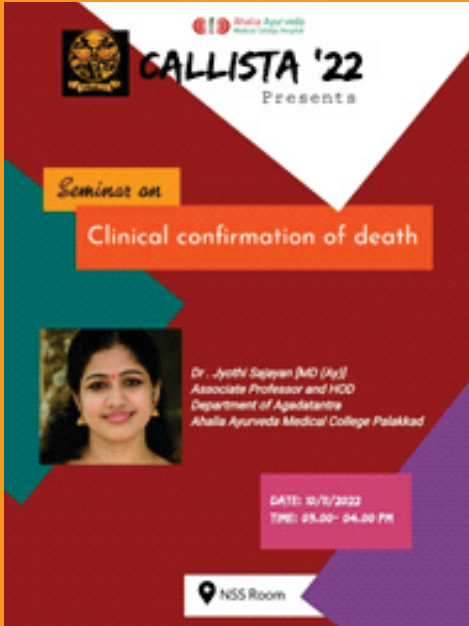
### Day 2

Seminar on topic " Bandaging Techniques and IV Cannulation – clinical application " was taken by Dr .Sreenath . P . S , Assistant Professor, Shalyatantra Department on 09/11/2022



## Day 3

Seminar was conducted on the topic "Clinical Confirmation of Death" taken by Dr Jyothi Sajayan, Associate professor, HOD department of Agadatantra on 10/11/22



## CATALOGUE RELEASE: RISHABHADRI VOL-1

A Catalogue on Medicinal Plants in Ahalia Ayurveda Herbal Garden: ऋषभाद्रि ऋṣabhādrī Vol-1, prepared By Dept. of Dravyaguna Vijnana, Ahalia Ayurveda medical college Hospital was released on 25th November by Smt. Sreya Gopal, Managing trustee, Ahalia International Foundation in the convocation ceremony held at AWACH auditorium. The Book was handovered by Principal Dr. Sheba Sunil, Ahalia Ayurveda medical College.



## Dept. of Swasthavritta Induction program - Yoga for Inner strength

जीवनम - LEARNING FOR LIFE  
10 NOVEMBER 2022

RESOURCE PERSON



DR. FARSHAD K. H.,  
YOGA EXPERT,  
DEPT. OF SWASTHAVRITTA,  
AHALIA AYURVEDA MEDICAL COLLEGE HOSPITAL

TOPIC:  
**YOGA FOR INNER STRENGTH**

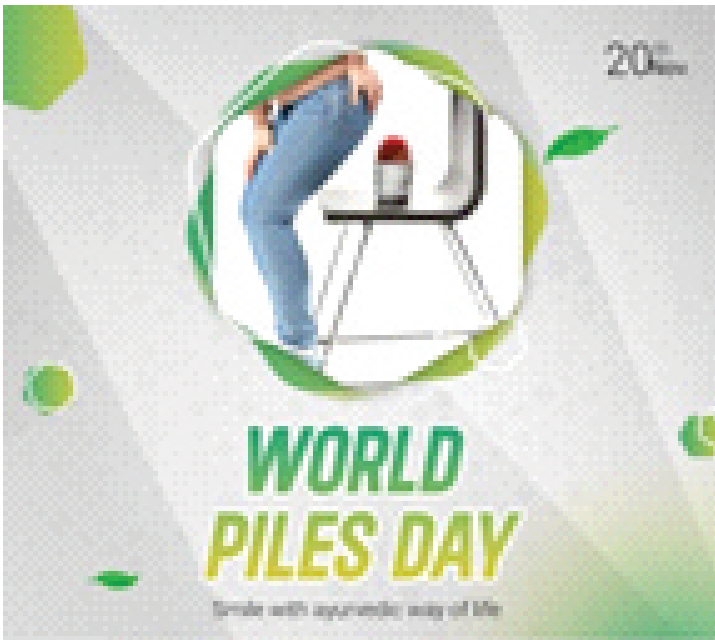
3:00 P.M. TO 4:15 P.M. VENUE: VISVESVARAYA HALL

AHALIA SCHOOL OF ENGINEERING & TECHNOLOGY

ISO 9001:2015 Certified Institution, Approved by AICTE & Affiliated to A. P. J. Abdul Kalam Technological University  
Ahaliya Health, Heritage & Knowledge Village, Paralimel - 676007 Ph: 04823 234666 www.ahalia.ac.in



## WORLD PILES DAY




20th

**WORLD  
PILES DAY**

Smile with a healthy way of life

AHALIA Ayurveda Medical College Hospital

Address: Ahaliya Health, Heritage & Knowledge Village, Paralimel - 676007 Ph: 04823 234666 www.ahalia.ac.in



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Address: Ahaliya Health, Heritage & Knowledge Village, Paralimel - 676007 Ph: 04823 234666 www.ahalia.ac.in

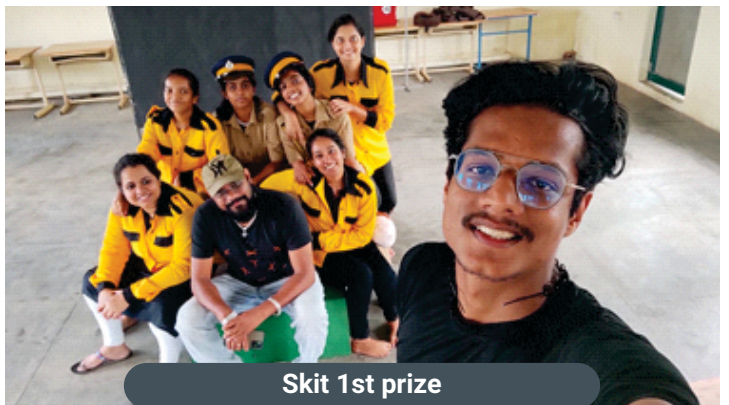
In house free camp was conducted by Dept. of Salya tantra on November 20, 21 and 22.  
Free checkup and free medicines were provided to the patients



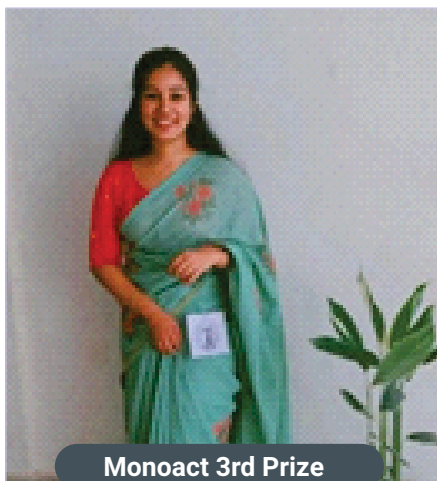
## C ZONE WINNERS



Nadanpaattu 1st Prize



Skit 1st prize



Monoact 3rd Prize



Thiruvathira 1st Prize

# AHALIA ART FEST

