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1. Pilot study to assess an association between osteoporosis and gastrointestinal tract symptoms with reference to concept of \textit{purishdhara kala sa eva asthidhara kala}.

Vd. Smita M. Mekhale, Ph. D. Scholar, Assist Prof, Dept. of Rachana Sharir, D.Y. Patil Deemed To be University School of Ayurveda, Navi Mumbai
Vd. Pramod Budruk (Guide).

\textbf{Introduction} – Study of \textit{Kala} is important in study of human physiology along with anatomy. The correlation between \textit{Purishdharaka\l a} as \textit{Asthidhara\l a} has been mentioned in \textit{Sushrut Samhita} by Dalhan commentary. This correlation has been used at multiple instances in general learning & also usage of Ayurvedic treatment. In Modern Science, Gastroenterologists may come across gastrointestinal disorders coexisting with a poor bone health, suggestive of correlation between the two. This is an attempt to assess association between Osteoporosis and Gastrointestinal tract symptoms with reference to \textit{Purishdhara Kala} as \textit{Asthidhara Kala} concept.

\textbf{Aim} – Pilot Study to assess an association between osteoporosis and gastrointestinal tract symptoms with reference to concept of \textit{Purishdhara Kala Sa Eva Asthidhara Kala}.

\textbf{Objectives} – To establish & assesses the association between osteoporosis & gastrointestinal symptoms.

\textbf{Material and Methods} – BMD camp used for 30 patients in case group has been selected with approved CRF and Informed consent form was used for this data collection.

\textbf{Discussion} – Factors contributing to bone loss in the pilot study include malabsorption, systemic inflammation, and anti-inflammatory medications, etc. Other possible mechanisms and causes would be identified on additional data collection & analysis.

\textbf{Conclusion} – Bone health appears to be poor in 30-50 years population. GI health is impacted by multitude of factors and is very common in this age group due to westernisation/poor dietary habits with predominance of inflammation & malabsorption syndromes. Further data collection and analysis will help to answer the research question.

\textbf{Key Words} – \textit{Purishdhara Kala}, \textit{Asthidhara Kala}, Bone health

2. Antimicrobial activity of haridra in gel form

Vd. Swamini Sudam Chavanke, PG scholar (Rasshastra avum Bhaishajya kalpana), Dr. D.Y. Patil Ayurved College, Pimpri, Pune

Even in areas here where modern medicine is available the interest on herbal medicines and their utilization have been increasing rapidly in recent years. Plants derived substance and herbal medicines have attracted the great interest towards their versatile application. those in a specific role of healer such as a shaman or midwife. As medicinal plants are the richest sources of bioactive compound used in traditional and modern medicine. The presents work is to formulate and evaluate the gel of Turmeric (curcuma longa) extract i.e Haridra. The entholic extracts were prepared by using maceration method. the gel base was prepared and formulation of gel was done by incorporating the extract base. after completion of formulation it was evaluated for its physic-chemical parameters like colour, odour, ph, spreadability and diffusion thus it could become a media to use the medicinal properties of Haridra effectively and easily as a simple dosage form.
Keywords- Maceration , spreadiability.

3. Importance of rajaswala paricharya in todays era: a review study.


Introduction: Menstruation is the very important part in female reproductive life. But in todays modern era mostly young girls, females follow improper dietary habits, lifestyle during menstruation. All these things leads to various gynecological problems like menstrual disorders, obesity, thyroid disorders and so on. These all are related with improper life style. As Ayurveda is a science of life. It not only describe the cure of disease but also explain the preventive measures. Rajaswala paricharya explained in Ayurveda plays very important role for maintaining healthy female reproductive system. Aacharyas explained status of Doshas, Dhatus during Raja kala very minutely, accordingly they mentioned Aahara and vihara during raja kala i.e. Rajaswala paricharya to maintain the balance of the hormones in the female body and also physical & mental harmony. Key words:- Rajaswala paricharya, Raja kala, Aahara, Vihar.


Discussion: Following rajaswala paricharya helps to improve the health status of females, it may prevents various gynecological disorders and also leads to healthy progeny.

4. Blooming of the mana.

Zoya Hasan Khan, Mahatma Gandhi Ayurved College

Heliotropism activity of the sunflower is antagonistic with Mana. Heliotropism gives perfect example for Ayurvedic moha and following manasvikara. Here similarly mana has ananutva property of mana. Mana blooms when it has a satvik presence and dulls as soon as rajas and tamasguna enters. In the present era there are so many strenuous work which is directly or indirectly affects every single person. And so causes psychological problems, mental disorders, Alpasatva (weak mind), manovahastrotas manasdosha. Heliotropism activity of the sunflower is antagonistic with Mana. Heliotropism gives perfect example for Ayurvedic moha and following manasvikara. Here similarly mana has an anutva property of mana. Mana blooms when it has a satvik presence and dulls as soon as rajas and tamasguna enters. Following the either two doshasharir becomes prone to many psychiatric disorders, Alpasatva, manovahastrotasDushti. Acharya Charaka has described that beginning of all the diseases are manasvikara only, which causes vitiation in sharirikadoshas resulting development of various diseases. Ayurveda tells the normal state of body composition by propertridosha, saptdhatu, panchmahabhutas etc. The mind is only one, ekatva. But due to its
association with many sense organs it appears to be many. This quick shift of mind is only due to its minuteness, anutva. Absence or presence of knowledge is the main characteristic feature and sign of presence of mind. Ayurveda describes three categories of etiological factors viz. 1. AsatmyendriyarthaSamyoga, 2. Pragyaparadha3. Parinama. Functions of mindare Indriyabhigraha, Swasyanigraha, Uha, Vichara. Psychological doshas can spoil our natural state of harmony thus leading to Ill-health. Persons with high rajas and tamas are prone to mental disturbances. Basic principles of treating the mental disorders are Dhee, Dhairya, AtmadiVijnanam.

Key words : mana, manasvikara, anutva, dhee, Dhairya

5. Rasayan drugs and their role in lifestyle disorders- a review.

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The term Rasayana connotes a specific meaning drugs which promote longevity by delaying aging and preventing diseases. Lifestyle disease and disorders are generally complex to cure and the conventional medical system with its structural approach is still struggling to keep the check as one disease conditions leads to another. Ayurveda offers various methods to manage lifestyle disorders by following Dincharya, Rutucharya, Panchakarma or with the help of Rasayana. Rasayana Drug have many activities and are effective in treatment of diseases, especially for ageing, autoimmune and metabolic diseases. It has also been reported that Rasayanas have immunomodulatory and antioxidant functions. These antioxidants of Rasayana drug helps to reduce oxidative damage which is caused by unhealthy lifestyle, diet. These antioxidants prevents diabetes mellitus, heart disease, liver disease, auto-immune disorders and cancer. In present article, concept of Rasayan drugs and antioxidant property of drugs in lifestyle disorder has been explained.

Keywords: Ayurveda, Rasayana drugs, Lifestyle disorder.

6. Review study on panchatikta ghrita.

Dr. Shravan Sheth. (PG Scholar) Guided by : Dr. Ashvini Deshmukh.(MD Rasashastra)

Dr.G D Pol ,YMT Ayurvedic medical college and hospital, Kharghar, Navi Mumbai.

Ayurveda consists of various formulations under panchavidh kashaya kalpana. Besides these Sandhan kalpana , Sneha kalpana are also mentioned and finley elaborated. All these formulations in Ayurveda are very exclusive in pharmaceutical as wellas therapeutic use. Snehakalpana is also one of this forms in which water soluble and fat soluble activeconstituents are extracted in Taila and ghrita commonly. Panchatikta consists of Patol, Vasa, Guduchi , Kantakari, and Nimba. The active ingredients from this five dravyas are
extracted in ghritato form Panchatikta Ghrita. In Ayurvedic classics Panchatikta Ghrita is widely used in treatment of various diseases like Visarapa, Dushta vran, Krimi, Arsha etc.

There are different methods of preparation of panchatikta ghrita mentioned in different Ayurvedic classics. They are differentiated according to their method of preparation and therapeutic use. This Ghrita is preferably used as internal medicine. So there is an attempt to review all different method along with their ingredients. This article encloses various methods of preparation of Panchatikta Ghrita as per the classics.

Keywords: (Panchatikta, Ghrita, Sneha Kalpana).

7. Clinical study on urdhwagamlapitta.

Dr Mayuri R Pardeshi *, Dr Anjali Deshpande **, Dr Sarika Dange ***, Dr Alisha Shinde *** MD Scholar (kayachikitsa) B.S.D.T Ayurved College Waghholi, Pune

Amlapitta is a disease prevalent all over the world. It is a common functional disease of Annavaha Strotas. Due to the changing lifestyle, fast food, stress people least concern towards the proper food habit. Modern medicines PPI, H2 blockers widely used all over the world which gives only temporary relief hence I used to assess the effect of Ayurvedic approach Shaman Chikitsa. The aim of present study was to find out efficacy of Abhayadichurna and Laghusutshekharvati in management of UrddhagAmlapitta. In present study total 30 patients were taken. Patients were treated with oral administration of trial drug that is Abhayadichurna2 gm with madhu and Laghusutshekharvati 125 mg with warm water twice a day after meal for 14 days. After conducting clinical trial on 30 patients result showed improvement in signs and symptoms (Hrullas, Chardi, Amlodgar, Aruchi, Hrudkanthadaha, Hasta charandaha, Shirashool) of UrddhagAmlapitta. Hence it’s proved that AbhayadiChurna and Laghusutshekharvati are significantly effective in treatment of UrddhagAmlapitta without ADR.

Keywords: Amlapitta, Shaman, AbhayadiChurna, Laghusutshekharvati.

8. Role of matarabasti in gridhrasi.

Vd. Kasturi Chandrakant Patil.

Gridhrasi is referred as sciatica. Sciatica is a common disease that affects as many 40% of adult population sciatica is pain(ruka),sthaba(stiffness)tingling and twitching in glutal region, kati(waist), prishtha (low back), jangha(calf) and pada (foot) followed by restricted movements. The above mentioned symptoms can be compared with sciatica syndrome which can be characterised by severe pain starting from lower back region and radiating towards foot. The review elaborates the general description of disease gridhrasi. Basti gives encouraging results in signs and symptoms of gridhrasi. So we can overcome this disease in short period of time with basti chikitsa with mashadi taila gives reliving signs and symptoms in management of sciatica.

Keywords: sciatica, gridhrasi, basti, matrabasti.

Vd. Pooja rajendra gaikwad

Manyastambha is one of the nantatmaja vatavyadhi. It can be correlated with cervical spondylosis in modern medicine. It is very common condition. Usually occurs in age group 30 to 60 yr old. Its assessment that 8 out of 10, due to modern lifestyle like computer technology in resent year. It is the degenerative changes of cervical spine that most likely to be caused by age related changes in inter vertebral discs. It may causes pressure on nerve root with pain or parasthesia in upper limbs. The main symptoms of cervical spondylosis are pain in neck radiating to shoulder, upper arms, hand and back of the head. Any movement causes aggravation of pain so patients try to hold neck rigidly. There may be muscle wasting, numbness and loss of sensation in arms, hands and fingers. Manyabasti is variety of external snehana. It is procedure of applying heat to cervical region by retaining warm medicated oil in that area. It is localized form of basti which is indicated in painful conditions of cervical region like cervical spondylosis. Manyabasti is found to be and effective treatment in many cases of cervical spondylosis.

Keyword- Manyastambha, manyabasti.

10. To study the relationship between Jatharagni and Leptin Hormone.

Dr.Priyanka phatangare

Now a days, due to sedentary life style and faulty dietary habits affects on Jatharagni and imbalance state of Jatharagni is the main causative factor for obesity. Leptin hormone closely associated with hunger and fat metabolism. Jatharanigvariations on thebasis of Dosha can be compared with Leptin hormone.Tikshna Agni found in Sthoulya Vyadhi has relation with leptin secreted by adipocytes. In obesity leptin is less secreted due to which obese patient tend to eat more as his/her satiety Centre do not get stimulated.Hyposcretion of Leptin in obese people can be compared with Meda Dhatvagni Mandya.Relation of Medoroga, Agni and leptin hormone. according to charaka sutrasthana, obese patient has Tikshna Agni, which increases the frequency of food intake that is Polyphagia and increase of thirst or water which is called Polydipsia.Leptin is a regulation of long-term regulation of energy balance, suppressing food intake and thereby including weight loss.

Keywords- Jatharagni, leptin hormone.

11. DISEASE REVIEW OF SANDHIGATA VATA AND ITS MANAGEMENT.

Vd. Kranti tukaram toraskar

In the Ayurvedic classics the aetiopathogenesis and symptomatology of Sandhigata vata is described in concise form. Sandhigatavata is described under Vatavyadhi in all the Samhitas and Sangraha Granthas. In Vriddhavastha, all Dhatus undergo Kshaya, Thus leading to Vataprakopa and making individual prone to many diseases. Among them Sandhigatavata stands top in the list. Having the symptoms like pain, swelling, crepitus, and
restricted joint movements. Ayurveda highlighted degenerative diseases under the concepts like “Dhatu saithilyam” and “Dhatu kshayam”. Sandhigata Vata is one of such disease, which needs a specific target of therapeutic intervention to check or slow down the process of “Dhatu kshaya” and to pacify Vata. Sandhigatavata may be correlated with degenerative joint disease or Osteoarthritis, which in turn cripples the patient to the maximum, extends and reduces the total working capacity of the person. It limits everyday activities such as walking, dressing, bathing etc., thus making individual handicapped. Todays modern era due to sitting jobs,Air conditioner atmosphere,lack of proper healthy diet ,travelling and old age etc leads to this disease which can be increasing day by day. All the osteoarthritis diseases in ayurveda have been described under the heading of vatvyadhi. “vatapurduscparsh shothsandhigatenile” it’s the one line unique identity of sandhigata vata.osteoarthritis is one of the major disorder.As per modern science the osteoarthritis disease treatment is only pain killer ,they subside the pain but not cure the cause of disease.while traditional life science ayurveda has most effective solution over this.

**Key words:** Ayurveda drugs, sandhigata vata, Osteoarthritis, Vatavyadhi

12. Role of amruthotharam kashayam gulika and amrutshir sadhit ghrit in sam pitta-case study.

**Vd.Priyanka D.Chavan :** (PG Scholar Dravyaguna Dept. College Of Ayurved And Research Centre,Nigdi,Pune-14) Guide-Dr.Meenal Lad & Vd.Ila bhor.

Pitta is explained as one among Tridosha.Sam pitta is one of the imbalance condition is lead to various kinds of vyadhi.The clinical features of sam pitta as dourghandhya,harit-shav-pitta mala,ghan,guru,amlika-kanthodgar are various lakhan.This is an disharmony response produce by various external and internal factors.To manage this condition of pitta dosha by using shaman chikitsa in the form of abhyantar shrutpan,sneha prayog and bhaya tail abhyang prayog was planned in order to have safe and effective result in treating Sam pitta. The objective of this study was to evaluate the efficacy of amruthotharam kashayam,amrutshir sadhit ghrit as shaman along with external application of mahamash tail in the management of Sam pitta.Abhyantar sneha in the form of shanm sneha act by normalized the aggravated Sam pitta,without expelling them and without disturbing normal doshas.It increases prakruta pitta and bala of dhatus.

**Key words:** Sam pitta,Amrothotharam kashayam,Amrutshirsadhit ghrit, Mahamash tail


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**Introduction:** Suryanamaskar is combination of Asanas.Its root is found in yoga philosophy of vedic traditions. The dynamic series known as Suryanasmaskar is the best way to burn the calories and reduce weight. Suryanamaskar is full yoga asnas by itself. It tones up
the whole body & has a unique influence on endocrine, circulatory, respiratory, digestive and nervous system It is helpful to correct metabolic imbalances that cause and perpetuate obesity. It will bring flexibility to your spine and joints. It is best done while the stomach is empty. Suryanamaskar is a part of yogic practices and is believed to be an all-round exercise.

**Objectives:** To enumerate the positive effects of Suryanamaskar on various system of the body . To create awareness among the general public regarding its beneficial effects.

**Methods:** This poster presentation will be prepared by reviewing different Ayurvedic texts , yoga scriptures , various research articles.

Discussion and Conclusion: The positive effects of Suryanamaskar will be discussed and Conclusion will be drawn accordingly.

**Keywords:** Suryanamaskar, Asana, Flexibility, Effective for Systems

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Vd. Avinash kisan gaikwad

In Ayurvedic classics Manyastambha described as Manya kriyahan and also KaphavrutaVata in the pathogenesis of Manyasthambha. As Manyastambha is Vata Vyadhi, but specific etiological factors described are Diwaswapana, Asanasthana Vikriti, Urdwanireshkshana, Diwaswapna increases Kapha, Vikruth Asansthana, Urdhwa neerikshana causes Vata vitiations. Vata & Kapha both gets vitiated and Kapha by encircling Vata causes Manyastambha It can be correlated with cervical spondylosis in modern medicine. It is a degenerative condition of cervical spine that most likely to be caused by age related changes in inter vertebral discs. At present time it is a common problem, degeneration of cervical vertebrae is mostly seen in elderly people but its prevalence is increasing in early or middle age also, due to occupational over stress on neck region, traumatic blunt or sharp injury, improper sitting posture, excessive smoking, sedentary lifestyle, false diet pattern and genetic factors. The modern management, such as NSAID’s, Muscle relaxants, Corticosteroids and even Operative procedures are not fulfilling the patients goal of healthy life as all the medicines only give symptomatic relief. Through Ayurveda probable management that can be done are Abhyanga, Rukshaswedana, Patra piinda swedana, Greeva basti, Mridu shodhana, Basti, Nasya Karma, shaman chikitsa etc. can help in the successful management.

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15. Critical Review of Action of Krumikuthar Rasa With Special Reference to Krumijanya Twachavikar .

Dr.Sumit Marathe ,MD Scholar Dept of Agadtantra ,Govt. Ayurved College Nagpur-440024.

*Krumi* exists its significance from ages. In ayurveda *Krumi* is accepted as a causative factor of many diseases among which *Twachavikar* is also one of them, which are often neglected. Description of nomenclature, etiologies, types, morphology, habitat & clinical conditions produced due to *Krumi* in host is mentioned in different samhitas. The acharyas had mentioned about similarities between etiology of *Kushtha* and *Raktaj krumi*. *Raktaj krumi* give rise to diseases related to blood (*Rakta adhisthan janya*) such as *Kushtha,*
Visarpa, Pidaka, etc. Krumikuthar rasa is one of the herbomineral formulation consisting of Hingula a mineral component & Karpur, Vatsanabh (Visha) etc as herbal components. Among which Hingula mitigates all three Doshas. It is useful in treatment of Garavisha, skin diseases. Herbal components also having Krumiguna, antiinfective and other properties. Etio-pathogenesis of Krumijanya Twachavikar and Action i.e Sampraptibhanganga action of Krumikuthar rasa is significant. Only few studies have been done by considering krumi as a causative factor of Twachavikar. Hence, there is need in current era for reviewing the action of Krumikuthar rasa on Twachavikar.

Key words- Krumi, Krunijanya Twachavikar, Krumikuthar rasa

16. Ayurvedic way - from FAT to FIT.

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The present era is more challenged with various lifestyle diseases among which obesity (Sthaulya) is very common. It is prevalent in developed as well as in developing countries, both genders, across all ages and all socioeconomic groups. Increased weight is a major risk factor for metabolic syndrome, diabetes and cardiovascular diseases. Obese people suffer from increased appetite, thirst, lack of energy, flaccidity, infertility also. Improper diet and physical inactivity stated in the Ayurvedic classics are still evident in current times. As described in Samhitas multimodal therapy is available. Nidan parivarjana is the central part of sampraptibhanganga followed by Shodanand Shaman Chikitsa as per the stages of dominant doshas and strength of the body. Many herbal and herbomineral formulations are recommended with panchkarma. Concept of the Bharjit Dhanya is unique in Pathyapathya. Various types of physical activities are advised as per physical and mental strength. Satvavajay modality of therapy is gaining importance as research is conducted in country and abroad. This multidimensional method of Ayurvedic treatment will give significant result in sign and symptoms of Sthaulya and can archives healthy fruitful life.

Keywords: lifestyle disorders, Sthaulya, Nidanparivarjan, Satvavajay

17. Ayurvedic Management of Eczema (Vicharchika).

Dr. Pradip Kumbharwad, MD Sholar Dept of Agadtantra.

In Ayurveda the diseases related to skin were included under the kushtharoga. Mahakushtha and Kshudrakushtha are the two division of Kushtha. Under Kshudrakushtha the description about Vicharchika is given in various samhitas. Clinical presentation of
vicharchika is somewhat similar to Eczema of modern dermatology. Atopic dermatitis i.e Eczema is characterized by dry itchy skin with areas poorly demarcated erythma & scale. In acute phase there may be vesicular oozing whereas in chronic phase it may become hyperpigmented and thickened scratch marks are frequently seen. Today modern science is greatly developed especially dermatology but for eczema there is no medication available so far. For treatment of eczema symptomatic relief by giving steroid is achieved. But they produce severe side effects like nephrotoxicity, skin cancer etc. Balance state of vaat, pitta & kapha is essential for well being. Modern medicine does not provide treatment for the root therefore reoccurrence is very common. Ayurveda offers treatment for the root of eczema (Vicharchika) by cleansing vitiated dosha and balancing dosha and dhatus.

**Keywords**- Eczema, Vicharchika, Kushtharoga.

18. Management of Benign Prostatic Hyperplasia with AshwagandhaChurna – A Case Study.

Rasika Ravindra Nirbhawne

Benign Prostatic Hyperplasia (BPH) is a well-known obstructive urological disorder seen in men above 50 years of age and is characterized by a non-malignant enlargement of the prostate resulting from excessive cellular growth. The predominant urinary symptoms like intermittency, weak stream, straining incomplete emptying and frequency are present. This can be correlated with Vata-Ashthila described by Sushruta. Herbal drugs mentioned in the management of Vata-Ashthila not only reduce signs and symptoms but also improves quality of life. In this case study, a well diagnosed benign prostatic hyperplasia was treated by AshwagandhaChurna with Milk twice daily for 21 consecutive days. The patient was assessed and objective parameter was post void residual urine. After completion of the treatment, relief was observed in symptoms. This case highlights that Benign Prostate Hyperplasia can be managed with conservative method.

19. Role of Panchakarma in TvakVikara


Skin diseases are among the most common of all human afflictions and affect almost 900 million people in the world at any time. Skin diseases such as leprosy, scabies, fungal diseases, bacterial skin infections appear frequently. In Ayurveda, skin diseases can be related with कुष्ठ, शीत पितः, उदद, कोठ, वसर्प, etc. कुष्ठ is considered to be one of the 8 severe diseases. It is संतप्तेऽल्लगिक्य, रस-रक्तप्रदोषज वकार. Unnecessary use of cosmetics and beauty products, exposure to harmful environment prove to be major causes of skin diseases in this era along with आहार- वहारात्माजान्य वय, मान सक्तेतु. Sudden
fluctuations in temperatures which was cited by our Acharyas as हेतु of कुष्ठ can be widely experienced now. Conventional modern management in such conditions not only shows side effects but can also be carcinogenic in long period. Ayurved eliminates these problems by detoxifying and cleansing from inside out. Though difficult to be completely cured, the severity of the disease can be reduced by शोधन and कुष्ठ. शोधन is a boon in such cases wherein if the च कुष्ठ of अशुकारी is implemented properly, it can give desired effects and results. Widely used शोधन procedures are वरेचन, ग्रहण, तथा वरेचन. It should be noted that वरेचन can also be a हेतु of dermatological disorders like कोठ. Use of repeated पंचकर्म procedures in skin diseases is the key to improvement.

Key words: कुष्ठ, पंचकर्म, कोठ, शोधन, cosmetics.

20. A Case Study Of Brahmi Tail Padabhyanga In The Management of Anidra

Dr. Karuna Prasad Pentewad.

Anidra is essential for healthy life. Vitiated Vata or Pitta Dosha, mental stress, mental and physical trauma or emaciation due improper diet and disease are the causes of Anidra. Anidra can be correlated with Insomnia due to similarities of symptoms. Due to stressful lifestyle Incidence of Anidra is increasing day by day. About 30% of population is having symptoms of Insomnia. In Ayurveda different Acharya have advocated Bahya and Abhyantar Chikitsa for treating Anidra. Present study is carried out to know traditional Ayurvedic treatment for Anidra. Padabhyanga is best choice of treatment for Anidra and it helps to reduce stress, pacifies Vata Dosha, improve peripheral blood circulation and promotes quality sleep. Brahmi Tail is sedative anxiolytic property thus, helps to relieve stress and fatigue. It gives general relaxation and induces sleep. The present study showed significant effect on associated complaints.

21. LITERARY REVIEW ON PREVENTIVE ONCOLOGY

Vd Mrunal Ashay Jamdade, Assistant professor, Department of Swasthavritta, S C Mutha Aryangla Vaidyak Mahavidyalaya, Satara.

Swasthavritta states that prevention is better than cure. Around 1/3rd of deaths occur are because of cancer. They are primarily due to major 5 reasons which are: high body mass index, low fruit and vegetable intake, lack of physical activity, alcohol use, tobacco use. Prevention of cancer include lifestyle modification, change in habits etc. Aim and objective:
1) To focus on importance and efficacy of preventive oncology.
2) To correlate preventive cancer measures described in modern and ayurvedic texts.
Material and Method- Ayurvedic texts and modern research work are used to evaluate the concept along with various related websites.

Observation- With the help of previous research work and information on website it can be stated that, lifestyle modification, avoiding use of tobacco and smoking, weight management, avoiding carcinogenic substances have given promising result in cancer control.

Conclusion- Literally review states importance of preventive aspects in cancer management. Prevention of cancer offers the greatest public health potentials and most cost effective long term method of cancer control. About 40% of cancer deaths can be avoided with the help of preventive measures.

22. A case study to evaluate the efficacy of anuvasan basti in the management of vataj kasa.

Dr. Priyanka Panjabrao Tekale

KasaVyadhi is mentioned by Acharya Charak as a PranavahaStrotasVyadhi caused due to vitiated Prana,Udanand ApanVaayu. Kasa has its significant effect on patient’s physical, psychological, and social well being. It can impair the patient’s quality of life . Anuvasan Basti is line of treatment suggested by Acharya Charak ShodhanChikitsa for Vaadotsha So can be effective in Kasa as SamanyaSamprapti of Kasa is due to Vitiated Pran and UdanVayu. TIL Tail used for Basti has Ushna Property so can help to pacify Kapha. Basti can play very effective role in management of Kasa which is initiated for study. The present study showed significant effect on associated complaints of Kasa.

23. Scope of Ayurveda in treating lifestyle disorders and dietary management

Dr. Mukesh Mishra¹, Dr. Karrivenkat Rama² Dr. Roopa Bhat³

The lifestyle diseases like hypertension, diabetes mellitus, cardiovascular disorders, obesity etc. are the major contributing diseases in mortality rate. About 30-35% of mortality rate are due to rapid change in lifestyle and diet of an individual. Western culture and economic growth have led to a rapid increase in such diseases, which has eventually reached to an alarming stage. The dietary consumption of an individual has been changed due to modern growth leading to various health issues. Ayurveda, which means “The Science of Life” Or “Mother of All Healing.”The aim of Ayurveda is to attain Ayus (Long life/Longevity) and Arogya (Disease-free) by balancing energy forces (Tridoshas) according to the individual constitution, lifestyle and nature. Ayurveda treats the patient as a whole, interventions are targeted toward complete physical, psychological, and spiritual well-being;including principles ofDinacharya, Ritucharya and sadvritta. This holistic approach, including Panchakarma-like detoxification and bio-purification procedures and rejuvenation herbal therapies makes this science a preferred and perfect option for management of lifestyle disorders and dietary imbalance cause due to modern/ western culture drift.
24. LIFESTYLE RELATED DISORDERS AND AYURVEDIC VIEW WITH TREATMENT

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Lifestyle disease are those diseases whose occurrence is based on the daily habits of people and are a result of an inappropriate relationship of people with their environment. The main factors contributing to lifestyle diseases include bad food habit (junk food), physical inactivity and disturbed biological clock. Lifestyle disorders is an umbrella term given to all the disease which arise because of unhealthy lifestyle the most common lifestyle disease include hypertension, diabetes, Cholesterol, obesity, Insomnia etc. which are the major cause of mortality in today’s world. As Ayurveda is recognized as foremost life science and describes way to prevent and manage lifestyle disorders. The Ayurveda offers various method to manage lifestyle disorders by following Nidanparivarjan, Shodhan Chikitsa (Panchakarma – detoxification process), Shaman Chikitsa, Rasayan Chikitsa. All the regiments are followed to achieve the homeostasis and not just counter the specific symptoms; that is why it outscores the conventional medicines when it comes to take a multidimensional disorders like lifestyle disease.

Keywords: lifestyle disorders; Ayurveda.

25. Pain management through ayurveda

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Pain is protective body mechanism, which alerts the person about the harmful condition or experience that occurs in the body. Pain can be described as any physical or mental suffering or discomfort caused by illness or injury. In Ayurveda VataDosha is the root cause of all types of pain (Shoola). "Vatatrute Nasti Ruja" as mentioned by Acharya Sushruta. The concept of pain in Ayurveda is based on the fundamental theories of Tridoshas, Triguna, Srotas & Ojas. Shoola (piercing pain), Vedana (unbearable sensation), Dagdha (burning pain), Chosa (sucking pain), Spandan (vibration) are some of other expressions. Treatment modalities offered in Ayurveda such as Agnikarma, Jalaukaavcharanetc.offer immediate pain relief. Pain management according to Ayurveda is Shodhan& Shaman Chikitsa. Pain chikitsakram Dosha Tartamaya, Avarana concept, Vyatyaschikitsa, Ahara, Vihar (Exercise/Yoga), Satvavjayachikitsa, Mahakshayas (Vedanasthapan,
ShoolaPrashaman, AnganardaPrashman), Marmachikitsa. Shodhan karmas like Snehan, Swedan, Raktmokshan, Basti, Shirodhara, Agnikarma, Vedhan, Lepankarma, Aushadhikalpas, Kwath, churna, Guti-Vati, Tail, Guggulukalpana most useful. The topic being vast, this abstract attempts to touch maximum aspects of Pain management.

**Keywords:** Pain, Shoola, VataDosha, Tridosha, Triguna, Srotas, Vedanasthapan, AngamardaPrashman, Yoga, Agnikarma, Raktmokshan, Shirodhara, etc.

26. **Pharmaceutical and analytical study of rasna saptak kwath ghanvati.**

Vd. Savita Sudhakar Aswale, PG Scholar Vd. Jyoti Badve. M.D (Rasshastra and Bhaishajya Kalpana), Associate Professor, Department of Rasshastra and Bhaishajya Kalpana. E.A.B.V.J.J.S. Ashvin rural AyurvedManchi hill.

Rasnasaptakghanvati is one of the ayurvedic preparation which contains - Rasna, gokshur, erandamula, devdaru, punarnava, guduchi, aragvadha. The hearbs of rasnasaptakare known for their anti-inflammatory activity, analgesic and anti-arthritic activity. Rasnasaptak plays significant role in the treatment of amavata by reduction its symptoms. Rasna has been used since ancient times to treat various painful and swelling of the body joints. In the present study, we shall try to analytical study and preparation process of ghanvati which is very much effective in amavata. Amavat (Rheumatoid arthritis) is most common immuno-inflammatory joint disorder. In the disease Amavata two important entities are there, one is Aam, other is vata. When these two come together and attack on joints severe pain, difficulty in movement, swelling on the joint along with fever. This are the main symptoms of Amavata. rasnasapakghanvati is most effective in Amavat.

27. **Dadrukustha and its management - a case study.**

Prachi Warkad, Gauri Jadhav, Achal Wabhitkar, Sneha Suradkar, Guided by – Dr. SaurabhDeshmukh, Mahatma Gandhi Ayurveda College, hospital and research center, Salod (H), wardha.

**Background:** Skin is the most visible and important organ of our body. Any disease related to skin can cause physical as well as psychological problems in an individual. These diseases are mostly caused due to bacteria and fungi, etc. In the present case study, the case of Dadrukustha which can be related with Tineacorporisa type of fungal infection has been treated with Shaman chikitsa. After the Shaman chikitsaspeciallybahirparimarjan we successfully treated the case of Dadrukustha. **Objectives:** To study the effectiveness of shaman chikitsaspecially bahirparimarjan in DadrukusthawrtTineacorporis. **Methods:** It is a single case study, a 36 yr old female patient approached to Kayachikitsa OPD having complaint of multiple red and round lesions over the cheek and neck associated with itching. Patient was treated with shamanchikitsa. **Result:** patient got 90% relief after completion of therapy. **Keywords:** Dadrukustha, Tineacorporis, shaman chikitsa.
28. To determine the importance and opportunities of ayurveda.
Pratik shivkant patil, Anand Ayurvedic Collage, Vaijapur

In this poster presentation presenting such kind of tree in which roots of tree are Basic principles Of Ayurveda and branches/leafs are opportunities in ayurveda, By studing ayurveda we get success in it and benifites of Ayurveda. The root indicates what we have to study in Ayurveda, to get successful future in Ayurveda. Basic Principle of parallel Shastra like Darshan Shastra, Pramana, Siddhanta, History of Ayurveda, Samhita Adhyayan with Guru, Observing number of patients in Ayurvedic clinics, Doing Number of Panchkarma and Branches shows opportunities Ayurveda Physician, Consultant for Lifestyle Management, Ayurveda Cardiac centre, Ayurvedic ICU, Ayurveda Chest physician, Ayurveda Orthopedic physician, Ayurveda Maternity home, Ayurveda Dentistry, Ayurveda Cosmetology, Emergency management in ayurveda, Ayurveda Diabetology, Ayurveda Neurophysician, Ayurveda Dietician.

29. Study of colophons from ayurvedic manuscripts.

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Colophons are an inscryption at the end of a book or manuscript usually with facts about its production. Content in colophons can also vary from formal to informal information as seen in other manuscripts where tiredness of hands or ambience of the place has been mentioned. Colophons add personal touch to the manuscripts. It is sometime possible that manuscripts are copied as it is but colophons are added by the scriber. The study is conducted to evaluate the colophons in various manuscripts and critical study is done to classify and gather more information about colophons. The catalogues of Vaidyak from BORI and from Vaidyak Sanshodhan Mandal was studied. The study reveals that Information can be classified as name of author, parents, guru/teacher, King/patron, commentator, guru of commentator, scriber, Desh/Place of book, commentator and scriber, Time of book, commentator and scriber. Time can further classified as tithi, nakshatra, divas and samvat. Purpose of book, commentator and scriber is also mentioned along with seal of Kingdom. Colohons may also contain concluding remarks and other information peculiar to manuscript. Colophons has its own importance while studying a manuscript and it should not be ignored.

Key words – Manuscripts, colophons
30. Role of Rasonadi ghrita in the management of oligospermia (ksheenshukra)

Vd. Ketaki R. Kulkarni, A.S.S Ayurved Mahavidyalay, Panchavati, Nashik

Infertility is a global problem, affecting approximately 15% of couples of reproductive ages. Male reproductive failure leading to infertility is a rising concern all over the world for the last 2 decades. Except for some physical defence, oligospermia, and asthenospermia are responsible for male infertility in more than 90% of cases. It is estimated that about 30 million infertile couples in the country; 40-50% cases are related with male partner, of which oligospermia is considered as one of the most prevalent factor. Ayurveda has suitable treatment option for oligospermia patients who needs a natural conception. The disease ksheenshukra mention in ayurvedic classics can be correlated with Oligospermia some shodhan and vajikaran is a line of treatment mention for ksheenshukra. A patient was diagnosed as oligispermia and treated with rasonadi ghritpan overall effect of the therapy showed mark improvement in sperm count and semen value.

Key words: - Rasonadi ghrit, ksheenshukra, Oligospermia.

31. Ayurvedic management of buerger’s disease (tao) with special reference to uttana vatarakta – a case study.

Vd. Tejaswini Baban Sawant

Buerger’s Disease (Thromboangiitis Obliterans) is a segmental, progressive, occlusive, nonatherosclerotic, inflammatory disease of small and medium sized vessels. TAO is an inflammatory reaction and obliteration in arterial wall with involvement of neighbouring veins and nerves causing ischemia to that part with severe pain. It is very commonly seen in males of 20-40yrs age group than in females due to genetic reasons (Male:Female - 3:1). It is widely seen in smokers and tobacco users. It almost starts with lower limb then upper limb, may start on one side and later on other side. In Ayurveda, on basis of clinical presentation and pathogenesis it can be correlated with Vatarakta, where Vata Dosha and Rakta Dhatu is vitiated individually and then combined causing the symptoms of disease. Uttana and Gambhira Vatarakta are two Avastha (stages) of Vatarakta according to Acharya Sushruta, where others mentioned it as types of Vatarakta in the classics. Further according to predominance of Vata, Pitta, Kapha and Rakta it is divided in 8 types. In Modern science, this disease is managed by Analgesics, Antiplatelet medicines, Lumbar Sympathetic blocks and Amputation of the affected part. In Ayurveda considering the predominance of Doshas, Avastha and Rogi Bala, Shodhana and Shamana Chikitsa is adopted. In our case study considering Uttana Vatarakta Avastha patient is treated with Raktamokshana and Shaman Chikitsa, which had got good response. Here, correlation of the Uttana Vatarakta with Buerger’s disease and treating it accordingly as described in the ayurvedic classics is a hypothesis.

Keywords: Buerger's disease, Vatarakta, Raktamokshana.
32. Ayurvedic manuscriptology overview referring Dhaturatnamala, a rasashastra text.

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Introduction: AYURVED has got oral and written traditions of dissemination of the knowledge as it is a ancient science. This paper narrates the importance, mode, information about the written traditions and the scientific background of the relevant science of manuscriptology with special reference to manuscriptology.

Purpose: To study the original text, To learn the methodology of scientific edition of the textual matter, To edit the rarely published manuscript. Methods: Study of manuscriptology, Study of methodologies and different needs of Ayurvedic manuscriptology. Survey for unpublished / rarely published manuscript for study. Discussion: Traditions of dissemination of knowledge – oral – written. Surge of written tradition, Lineage of written tradition, Errors and mistakes. Variation in readings, Interpolation, Discussion, Scribal errors, Omitted parts Dhaturatnamala – rarely published Rasashastra text, Authored by Devdatta. From Gujrat, Mentioned by many texts. Conclusion: Manuscriptology for Ayurved texts is different, Sanskrit, Vyakaran, Ayurved, Logic. Important but untouched subject, Latest editions of Ayurved samhitas are old more than 50 years, Need for critical editions, Conclusion, Dhaturatnamala – major text of Rasashastra. 28 manuscripts, 2 printed editions (e.g., old), Should be edited and studied critically.

33. A pilot study, the effect of classical virechan karma in the management of hypertension.

Ujwala Hivale, Santoshkumar Bhatted

Background: Hypertension one of the grave conditions causes 6% of death worldwide. About 800 million people in the world are suffering from hypertension. Various studies reveal that there is a strong relation between hypertension and coronary artery disease. Though number of antihypertensive drugs are available but the complication of hypertension are frequently observed which life are threatening. Objective: The present study was done to assess the effect of complete classical virechana karma in hypertension. Materials and Methods: Three patients suffering with hypertension were selected randomly and classical virechana was given. Results: Moderate reduction in both systolic and diastolic blood pressure was noted after the treatment. Conclusion: Classical Virechana treatment is moderately effective in reducing blood pressure.

34. Career counseling …in view of ayurveda!

Vd. Bhagyashri N. Madake-Kuber, Assistant Professor, Rognidan Department

Dr. D.Y. Patil College of Ayurved & Research center, Pune.
Career counseling by a person, who is expert in assessing strengths and limitations of the client, is the need of an hour. We, Ayurved physician can help society in this dilemma also. We must sharpen our two major weapons - Prakriti & Sarata, to know the client before. By this we can put light on many strengths of him/ her & of course put forth appropriate options of career.

35. Preparation and standardization of jatyadi ghrita rectal suppository

Vd. Tejaswini Nade, Assistant Prof, Rasashastra Dept, A.S.S. Ayurved College, Nashik.

Jatyadi Ghrita is a very well known formulation used for wound healing, anorectal disorders like fissure, fistula or any chronic wound. These wound healing properties of Jatyadi ghrita can be used in modern dosage form like suppository. Suppositories are used to improve local effect of Jatyadi ghrita because of its easy application and minimum local discomfort. These suppositories are made by fusion or melt method by using cocoa butter as a base, and melted mixture of both are poured into molds and after cooling suppositories are collected from molds and stored in fridge. Temperatures plays major role in preparation of this fusion or melt method suppositories. An attempt has been made for preparation and standardization of Jatyadi ghrita suppositories. Standard Preparation method and Visual examination, melting point, liquefaction time of suppositories are studied under this project.

36. Medical Astrology.

Prof. Dr. Ghodke Anita Sureshrao, H.O.D & Prof. Dept. of Dravyaguna PMT’S Ayurved College, Shevgaon.

Astrology is the study of position and aspect of heavy bodies with a view to assessing or predicting their influence on human characteristics and the course of human affairs. Medical Astrology relates to the study of the impact of the planets on human beings with regards to their health. It includes the study of planetary influences which disturb the health and how these disturbances could be located and what measures need to be taken to remedy on these disturbance. It also envisages to foresee when the disturbances are likely to arise.

Key words: - Astrology, Zodiac, Planets, Graha, Ratna, Dhatu, Rasa, Kala, Herbes.

37. Conceptual study of pratham trifala rasayana on mutravaha strotasa throw ayurvedic prospective.

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Now a days because of life style changes Aahar and Vihar is very much changed like fast food, Chinese, virudha aahara, diet not taken on proper time etc. hence various diseases are develop. In Vihara Sleep in day time, duty at night, no exercise or less exercise, seating work at office in AC cabin because of this Vihara also, equilibrium is disturbed and hypertension, Diabetes mellitus, Obesity etc. diseases develop. These diseases are silent killer
hence they slowly develop Neuropathy, Nephropathy, patient does not know about this progress of diseases in their body hence kidney damage takes place and Chronic kidney diseases develop. Because of Stress, Heavy work load, and above Aahar - Vihara reason various pain occur hence there is dependency on various drugs such as NSAIDs, Steroids etc. this may also rise in patients of mutravah strotas vyadhi like CKD. Sthana of Basti Avayava is in Pakwashaya. Formation and Excretion of urine is takes place in pakwashaya. Basti is one of the main marma out of three marma. Pratham triphala rasayana is Anulomak, its action on pakwashaya, it regulates the function of saman and Apan vayu hence it helps for proper urineformation and toxins expel out from the body, it is rasayana due to that datu vardhana also takes place. In pratham trifala rasayana Surwari haritaki, Bibhitak, and Aamalaki these three drugs are there. These drugs are tridosh shamak, anulomak, diuretic, rechak, agniwardhak, rasayana, hence this drug is used on mutravah strotas vyadhi like CKD.

Keywords: Aahar and Vihar, Basti Avayava, Pratham triphala rasayana, rasayana, Anulomak

38. Evaluation of structural and functional changes in janu sandhi (knee joint) with special reference to symptoms of –sandhigata vata i.e. osteoarthritis - a pilot study.

Dr. Varsha Sadhale (Ph.D.Scholar) , Dr. Pramod Budruk (Guide).

Co-authors - Dr. Girish Kulkarni , Dr. L. G. Joshi.

Prevalence of joint diseases is increasing in the society due to sedentary life style, stress and strain in day today life. Osteoarthritis is the second most common joint disease with an incidence rate of 22 percent to 39 percent in India. In various joint diseases the structural and functional changes are observed in relation to joints which affects the further prognosis of disease. In this study patients of sandhigata vata(Osteoarthritis) are examined to observe such changes at various stages. Understanding the pathogenesis of osteoarthritis is very important for deciding treatment plan, monitoring treatment efficacy and predicting disease outcome. Five patients of Sandhigata vata (Osteoarthritis) were assessed for structural changes in knee joint with special emphasis on synovial membrane and synovial fluid through investigations such as MRI. The changes were noted down according to the gradations. Range of movement of knee joint was assessed based on Goniometry. The patients were interviewed with the help of predesigned proforma to assess symptoms in the sandhigata vata.

39. Efficacy of jalaukavacharana for management of vericose ulcers

Vd. Pankaj Dixit, , Vd. Vinay Sonambekar, , Vd. Prachi Kulkarni

Introduction- Vericose ulcers are formes as result of untreated or complicated vericose veins. Vericose veins are elongated and tortous veins of the lower extremity. Although the exact etiology is not known they are generally believed to be a result of prolonged standing which leads to stagnation of venous blood and failure of valves of legs in the lower extremity. The stagnated venous blood doesnt allow fresh blood to perfuse the tissue and hence the ulcer doent heal and becomes chronic. The incidence of vericose veins and the vericose ulcers is on rise. Vericose veins and ulcers need extensive measures. Still the
ulcer is difficult to treat. Conventional measures like antibiotics, daily dressings, leg elevation don't give immediate relief. According to ayurved, varicose ulcer is considered to be a dushta vrana. The local features resemble the rakta dushti features. For rakta dushti vikara, raktamoksha is very effective. This study was done to evaluate the efficacy of Raktamoksha by jalaukavacharana in dushta vrana i.e. varicose ulcers.

**Materials and methods.** 20 patients of varicose ulcers were selected randomly and divided into two groups. The trial group (N=10) was treated by Jalaukavacharana at the site of the ulcer along with conventional treatment. The control group (N=10) was subjected to only conventional treatment. The results were compared. **Observations** - in the trial group patients there was marked improvement in healing of varicose ulcer. It was statistically tested and was found to be significant. **Conclusion** - Jalaukavacharana is a really effective measure for the treatment of varicose ulcers. It must accompany the conventional treatment.

**Keywords** - varicose ulcers, jalaukavacharana

40. **Preliminary clinical study to evaluate the efficacy of namaskari ointment in the management of parikartika w.s.r. to fissure in ano.**

**Vd. Shital shashikant bhave**

Now a days due to Hurry, Curry & worry , changing lifestyle pattern , fast food consumption & in appropriate sleep pattern which ultimately ulcers bowel habits thus people suffering from ano-rectal disorder including fissure in ano. Fissure in Ano is very painful conditions characterised by sharp cutting pain at Anal region correlate with Parikartika according to Ayurveda. According to Acharya Sushruta wound Healing is the best line of treatment in fissure in Ano. Lajjalu (Namaskari – Sanskrit, Mimosa Pudica Linn) is sheeta viryatmaka & kashaya, Tikta Rasatmaka, with the help of these properties it acts Vranaghna, Sandhaniya & Raktasambhaniya & also we used Lajjalu siddha tail which act as ropan for wound healing. We studied 10 patients of parikartika having sign & symptoms of same selected from arogyashala Rugnalaya shalya OPD, then patient were treated with Namaskari ointment for 7 days daily. On the basis of assessment criteria we observed that it reduces pain at Anal region, burning sensation during defecation, itching, & P/R bleeding.

**Keywords**: Namaskari, Ointment, Parikartika, Fissure in Ano

41. **Role of virechan karma followed by shaman chikitsa in air borne contact dermatitis a case study.**

Shivani V. Gade (PG scholar Kaychikitsa), Bharat G.Ubale (PG scholar Kaychikitsa)


Air Borne Contact Dermatitis is a type of inflammation of skin. It is caused by allergens, irritants, UV rays, exposure to sunlight, Chemicals etc. It occurs on superficial
A layer of skin. In this condition rash occurs on skin which have itching, burning, redness etc. According to modern science it is treated with topical steroids which gives relief but occurs after the interaction with the causative agent. So the recurrence is very common. In ayurvedic texts such conditions are treated according to prakupit Dosh and Dushya. Air borne contact dermatitis is a condition in which we found the Pitta prakopa lakshana and Ras dushti. In classical ayurvedic texts Virechan karma is described as main treatment regimen to treat Pitta prakopajanya vyadhi. In virechan karma prakupit pitta gets excreted out. Then shaman chikitsa is given to avoid the pitta prakopa. And aim of the study is to reduce the presenting symptoms of the disease and avoid the recurrence. As the main cause is pitta prakopa, so as to treat the root cause. Hence we are presenting a case study of Air borne contact dermatitis with virechan karma followed by shaman chikitsa.

**Key words**- Virechan karma, shaman chikitsa, pitta prakopa, Dosha, Dushya

42. **Effect of erandmuladi yapan basti in katigatvat-a case study**


Due to fast life and hectic schedule of duties, excessive travelling and faulty postures along with lack of exercise people are suffering from spinal diseases. Lumbar spondylosis is one of the diseases which hampers patient’s routine life. Lumbar spondylosis is a degenerative disease of the lumbar spine characterized by an insidious onset of pain and stiffness and radiologically by osteophyte. Formation of degeneration begins in the intervertebral joints. This is followed by a reduction in the disc space. The clinical presentation of Lumbar spondylosis is closely resemble with a condition is katigatvata. In Ayurved Katigatvata can be treated as Vatavyadhi and the treatment of vatavyadhi. Pain produced in particular part of the body caused by vitiated vatadosha, Katishoola has to be considered with vatavyadhi group. The yapan basti is useful in Vatavyadhi treatment. Now a days number of patients of Katigatvata is considerably high hence we decided to conduct a case study on the efficacy of erandamuladiyapan basti in the management of Katigatvata.

**Keywords:** Katigatvat, erandmuladiyapana basti, vatadosha.

43. **An ayurvedic approach in the management of sthoulya : a conceptual study.**


Sthoulya (i.e. Obesity) is a global problem. Due to change in life style, faulty diet pattern and decrease interest in the exercise, the incidence of obesity increases day by day in our society. It is also a complex multifactorial disease which invites several serious pathological complication like hypertension, diabetes mellitus, atherosclerosis, endocrinial abnormalities, trauma to weight bearing joints and possibly immunologic impairment as
well as it hampers the cosmetic value of the victim. Acharya Vagbhat has described Medovriddhi as excessive increase in quantity of Meda Dhatu leading to increases fat of buttock, abdomen and chest with morphological disproportion and Acharya Sushrut also explain Medo VriddhiLakshnas like enlargement of abdomen, flanks etc. Medovriddhi is caused due to vitiation of body entities like KaphaDosha, Meda Dhatu, Mala etc, and if it is not managed it leads further diseased condition like Sthoulya, Prameha etc. That’s why this has drawn my attention towards prevention of diseases & control of Medovriddhi with the help of ayurvedic management In Ayurvedic texts, there are many more drugs, medicinal plants, pathyaapathya and diverse techniques of yoga which have bestest preventive and curative effect on Sthoulya. Entire world is expecting a fruitful control and prevention of Sthoulya from Ayurveda.

44. Effect of Nirgundi tail dhara swedan on post fracture complex regional pain syndrome - a pilot study.

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MES Ayurved mahavidyalaya,Ghanekhunt -Lote,Tal.Khed,Dist.Ratnagiri
Guide-Vd.Sachin V. Utpat

Ayurveda is holistic health science of thousands of years which gives elaborate description of prevention and management of disease.Evolution of human beings and revolutionary changes has made traumatic conditions skeletal system injuries as a part of day today origin of mankind to till this modern days.Orthopedic condition are well explained in ayurveda under bhagna chikitsa. A bone fracture( bhagna) is a medical condition in which there is a partial or complete break in continuity of bone.Fracture being painful and incapacitating disorder needs careful attention for restoration of funtion.Complex regional pain syndrome is constellation of symptoms like spontaneous pain and signs of sympathetic dysfunction following injury.Taildhara is one among the modalities of swedan which can be used in management of Complex regional pain syndrome.Nirgunditail dhara swedan was done to patients for 45min upto 7days.Out of 5patients, 4patients got relief in pain after 1application.All patients got relief in symptoms of pain,stiffness and swelling after 7days regular application of Nirgundi tail dhara swedan.Thus,Nirgundi tail dhara swedan is effective in relief of local post fracture symptoms of complex regional pain syndrome.

Key words-Nirgundi tail,dhara swedan ,complex regional pain syndrome.

45. A critical analysis of ShodhanadiGanaSangraham in AshtangaHridayam.

Vd. NileshGajananKulkarni; MD (Ayu.-Samhita), MA (Sanskrit-Ayurveda Darshana)

AshtangaHridayam is exceedingly famous in the Ayurveda fraternity for its practical utility and comprehensiveness. ShodhanadiGanaSangraham chapter stands exactly at the balancing point of Sutrasthana and acts as a fulcrum to both types of chikitsa modalities; i.e.
Shamana and Shodhana. In this paper, it has been critically analysed that the 33 drug groups provide instantaneous prescriptions in the clinical practice. This chapter is the best example to learn Dravya types and synonyms of Dravyas, group of drugs in terms of effects on Dosha, Dhatu, Mala and Agni. More than 40 clinical ailments have been addressed in this chapter by AcharyaVagbhata. The pharmacological actions of the drug groups like Varnya, etc. have also been highlighted. By applying the Tantrayuktis, one could also reach to the better prescription treating diseases; may it be UpadravavVyadhisankara. With respect to the linguistics and grammar, this chapter has also been analysed in terms of Vritta and poetic excellence of AcharyaVagbhata. This critical analysis would help clinicians to choose an appropriate group of drugs in easy and comfortable way and highlights the capacity of this chapter to provide sufficient knowledge of drug groups and its clinical utility in the practice.

Keywords: ShodhanadiGanaSangraham, Dosha, Dhatu, Mala, Agni, Vritta

46. SIRAVYADHA AS ARDHACHIKITSA: A STUDY REVIEW

Vd. Jayesh S Shivade, Final Pg Scholar ShalyaTantra; Vd. RajendraJadhav
Guide Associate Professor, YashwantAyurvedic College and Pg Institute Kodoli, Kolhapur, Maharashtara.

The rapid modernization in India, fast food culture, stressful and speedy life, prevalent in urban areas is spreading its wings in remote villages too. Nowadays human beings are vulnerable to many disorders due to their altered life style and food habits. Considering the importance of rakta in the causation and transmission of various diseases, sushruta has considered rakta as fourth dosa. Dushtaraktas more distressing and common disorder prevalent in present era. It is characterized by severe pain, tenderness, inflammation and burning sensation in the affected area etc. Sedentary lifestyle along with mental stress, consumption of non-vegetarian and highly protein diet, excessive alcohol intake are some of the precipitating factors which causes acute exacerbation of vitiated rakta disorders. By shodhanachikitsa can be cure and prevented. Raktamokshana, in simple words is the procedure of allowing the blood to bleed for therapeutic purposes. The other panchakarmas eliminates the morbid dosha, while raktamokshana eliminate the vitiated rakta, along with rakta, pitta is also likely to be eliminated as both these are interlinked. The utility and significance of raktamokshana is unique through which number of diseases can be relieved.
47. Ayurvedic approach of Diabetic-Nephroprotective drugs in the management of Diabetic Nephropathy- A Literary review.

Dr. Sunil Hariram Pal, MD scholar 2nd year Kayachikitsa, ASS Ayurved Mahavidyalaya Arogyashala Rugnalaya, Nashik, Guide: Vd. Ekanth Kulkarni

Diabetic Nephropathy (DN) is an important microvascular complication of long-standing NIDDM as well as IDDM. Diabetes mellitus is the most frequent cause of Chronic Renal Failure (CRF) in both developing and developed countries. Diabetic Nephropathy also known as Kimmelstiel Wilson Syndrome or Nodular diabetic glomerulosclerosis or Intercapillary glomerulonephritis, is an clinical syndrome characterized by albuminuria (>300 mg/day or 200 mcg/min). According to Ayurveda, Diabetic Nephropathy is a disease of Mutravaha Srotas, due to Madhumehahjanya upadrava. The Ayurvedic herbs for the management of Diabetic Nephropathy like Punernava (Boerhavia diffusa), Gokshura (Tribulus terrestris), Amalaki (Embilica officinalis), Haritaki (Terminalia chebula), Vibhitaki (Terminalia belerica) etc. act as Diabetic-Nephroprotective. Other treatment includes a healthy diet, lifestyle modification (Physical activity, exercise).

Key word: Diabetic Nephropathy, Madhumeha janya upadrava, Punernava, Gokshura.

48. Ayurvedic management of Kamala - a case study

Dr. Nitin Motiram Karhale, Dr. Sonal Vishnu Poharkar, MD scholar 1st year Kayachikitsa ASS Ayurved college, panchavati, Nashik-422003, Vd. Rajan B. Kulakarni (HOD) Kayachikitsa

In the present era individuals are more prone to pradnyaparadha regarding to eating habits and lifestyle. There are many factors that cause disease like Kamala which is one of the important disease of annavaha srotas with predominance of rasa dhatu, and pitta dosha. Symptoms of Kamala may be due to various infective or systemic disorders.

Jaundice is also known as icterus is yellowish discoloration of skin, sclera and mucus membrane due to hyperbilirubinemia and deposition of bile pigments. In Ayurveda acharyas thoroughly described Kamala along with its causes, signs, symptoms, pathogenesis, complications and management. Various drugs are described to treat Kamala in Ayurvedic Samhita. This case study is explained about effect of Ayurvedic chikistha in the management of Kamala. Here a case report of a male patient having ‘Bahupitta kamala’ who was treated with Ayurvedic medicine and some panchakarma which gives effective results with Ayurvedic management.
Key words - Kamala, Hyperbilirubinemia, Ayurvedic management, case study

49. Efficacy of Cassia alata in ‘Dadru’ management - Pilot study

Vd. Joshi Nilesh Narendra

Ayurveda is a unique science which is totally based on its principles. So, making it absolutely free to accept any unexplored (anukta) medicines of herbal origin. Cassia alata Linn. is one of such anukta medicinal plant from Leguminosae family. It has a common name Ringworm bush, and is in use for the purpose ethnobotanically. Dadru is a type of Kushtha identified by ring shaped lesion over skin with intense itching, redness, small papules at periphery & slightly elevated margins. It closely resembles with symptoms of ringworm, which is specified as a contagious itching skin disease occurring in small patches, caused by any of a number of fungi resulting from dermatophytes. It is very commonly observed in persons living in hot & humid climate. Though with availability of various antifungal agents, lesions appear recurrently. A pilot study was conducted to evaluate the efficacy of this anukta dravya. In this pilot study 5 diagnosed patients of dadru were asked to apply the paste of fresh leaves of Cassia alata over lesion twice a day until disappearance of lesion. It is observed as, very much effective in managing itching of the lesion, while whole lesions were disappeared in 3 cases within 5 days. Chrysophanol is claimed as an active antifungal constituent, which might have role in managing the lesion, but in 3 cases recurrence is observed within period of a month at different body parts. Thus, Cassia alata can be used to relieve from severe itching conditions and thereby overall lesion of Dadru.

Key words – Anukta, Dadru, Cassia alata

50. ‘Management of Mrudbhakshanjanyapandu by TikshnaShodhan’

Dr. Japa Jayant Phadke, MD scholar 1st year kayachikitsa, Ass Ayurved College, Panchavati, Nashik. Guide name - Vd. Ekanth Kulkarni - Associate professor

Pandu is most common disease seen in India. Only Acharya charak describes about ‘Mrudbhakshanjanya Pandu’ specifically. 23 years old female patient was admitted in Arogyashala Hospital, Nashik for Abdominal pain, constipation, Dyspnoea on exertion, chest pain, Backache and generalised weakness. She had H/o chronic pancreatitis. Her Hb level dropped and sr. Amylase, sr. Lipase level raised. She already taken allopathic treatment but there was no relief. She had habit of soil consumption from about 5 years. We treated the patient by Ayurvedic principles of treatment described in charaksamhita as we diagnosed ‘Mrudbhakshanjanya Pandu’. We gave tikshnavamana, Virechana and shaman chikitsa.

Mrudbhakshanjanya Pandu is due to consumption of soil. For that, charakacharya described different samprapti and Chikitsa. Consumed soil is unable to digest and give rise to strotorodh and excessive raukshya in body. Strotorodh restrict absorption and nourishment of uttarottardhatu. Tikshnashodhan is the treatment for Mrudbhakshanjanya Pandu mentioned
by charak. The results of the treatment are encouraging so the case report is presented for the benefit of researchers and for further researcher.

**Key Words**- MrudbhakshanjanyaPandu, strotorodh, Tikshnashodhan

51. **Review of ayurvedic formulations for osteoporosis available in market.**

Dr. Ranjana Ramasare Mishra, MD Scholar, Rasashastra and Bhaishajya Kalpana Department, Dr. Sheela Pargunde, HOD and Professor (Rasashastra and Bhaishajya Kalpana Department); Y.M.T. Ayurvedic Medical College and Hospital, Kharghar, Navi Mumbai.

Osteoporosis is an aging problem where thinning of the bones, with reduction in bone mass, due to depletion of calcium and bone protein occurs. The declining bone mineral density (BMD) enhances fracture during minor falls. It is most common in older adults, particularly postmenopausal women. Effective pharmaceuticals are available for improvement of BMD. These formulations are efficient in treating osteoporosis and helps to overcome calcium deficiency. Most commonly used in fractured bone and to manage pain associated with bones. These formulations contain animal origin minerals content and some contains plant origin or both. Example: Asthiposhak tablets, calcipral k tablets, Cal-AZ tablets, Osteoplaster capsules etc.

**Keywords:** Osteoporosis, BMD, formulations.

52. **Conceptual Study OnPandu w.r.t. AaharajaViharajaHetu**


“Pandu” Roga is a disease entity described in Ayurveda which has clinical features similar to that of various types of anemia, in which there develops a pale-yellow discoloration on the skin. Besides the various etiological factors Aaharajahetu and ViharajaHetu plays an important role. **Aim:** i) To study the causes of Pandu in Ayurveda. ii) what are the effects of Aaharaj and ViharajaHetu of Pandu. **Methodology:** To study the topic various ayurved classics and contemporary texts, relevant articles and internet sources are reviewed. The data was collected and analysed. **Conclusion:** Ayurveda promotes physical, mental as well as social health. The focus of ayurveda to provide- “health to disease and a sound mind and sound soul to the healthy person” can be achieved.

**Keywords:** Ayurveda, AharajaHetu, ViharajaHetu, Pathyaapthya
53. IMPORTANCE OF AUSHADH SEVAN KAAL IN AYURVEDIC TREATMENT

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Chikitsa Chatuspaaad consist of 4 factors – Bhishak (Doctor), Dravya (Medicine), Upastatha (Assistant) and Rogi (Patient). Aushadha Sevana Kala (time of drug administration) is an important principle to be considered while treating a disease. The rate of metabolism of Dravya by Agni is controlled by food with the aid of proper Aushadha Sevana Kala helps in treating the patients easily. In Ayurveda many Acharyas have given different Bhaishajya kaal according to the doshas, diseases, different conditions of the body and different panchavidha kashay kalpanas. Aushadh sevan kaal can be correlated with chronotherapy. Chronotherapy involves the administration of medication in coordination with the body’s circadian rhythms to maximize therapeutic effectiveness and minimize or avoid adverse effects. Aushadh sevan kaal in current Ayurvedic line of treatment needs to be emphasized.

Keywords: Aushadh sevan kaal, Chronotherapy, circadian rhythms

54. Review of ayurvedic treatment on manas vikar w.s.r to yogaratnakar.

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Dr. Meenakshi Amrutkar, Y.M.T Ayurvedic Medical College and Hospital Kharghar

Manas is made up of three different qualities or character-traits. These are referred to as the three Gunas. The first (Sattva) is associated with positive qualities such as self-control, wisdom, spiritual awareness, patience, and happiness. The second (Rajas) is linked to anger, greed, and violence. The third (Tamas), is associated with qualities such as lethargy, depressive symptoms, and selfishness. Most of the diseases occurs due to action of combine effect of these factors. Imbalance of these gunas can cause mental disorders and also harms physical health. For many years, Ayurveda has been used to treat mental as well as physical ailments. Here it is attempt to study all possible treatments on manasroga given in classical textbook yogaratnakar.

Keywords: Manasroga, yogaratnakar

55. A Conceptual review of Depression in Ayurveda

Vd. Sayali Dilip Bendal.
This paper provides the definition, etiology and treatment of Depression in terms of Ayurveda along with its correlation with sharir dosha, manas dosha and satva bala, etc. Depression is a common, serious mental disorder which alters the life unnoticeably. Sometimes it can leads to suicide. The main cause of suicide in Young adults (10-30 years) is depression. According to WHO, a study carried out in year 2019 says that more than 264 million people are affected by depression. Even in this modern era, people don’t want to talk about the depression, because of social stigma and inferiority factor. But, now it’s time or rather a need to talk about it. The main healing way of the depression is none other than “to talk”. There are many organizations which help to handle depression by trying to reach out to depressed ones and helping them to put out their thoughts by therapy sessions. A great understanding and information of depression will help to reduce the social stigma and to improvise effective preventive and treatment measures.

**Keywords**: Depression, Ayurveda, Mind

56. **ANUPANA- AN IMPORTANCE IN AYURVEDA.**


Ayurveda, Science of life mainly aims at positive health by prevention of diseases and treatment of diseases. The concept of ANUPANA is unique one which is established in Ayurveda. The liquid medium which is given with or after food or medicine is called as ANUPANA. The concept of Anupana from modern medicine is vehicle, synergist or adjuvant and carrier through which the actions of drugs takes place like drug absorption, drug companion, drug delivery, etc. The mode of action of Anupana explained by Acharya is that, as the oil spread in the water, the medicine also get spread by the effect of which the drug action get enhanced. Anupana is an integral part of Chikitsa and is explicated with Ahara and Aushadha in a different condition, especially in Ayurveda food particles or any medicine can be used for treating different kind of disease by changing Anupana. In the context of food, Anupana helps for better digestion and absorption and provides complete nourishment to the body. The concept of Anupana plays very important and significant role in the treating diseases and also in the action of drug to act effectively.

**Key words** – Anupana, Aahara, Aushadha.

57. **Importance of ayurvedic concept of aahar ,vihara in preventing and management of malnutrition in children’s.**

Dr. Vrushali Vitthalrao Rane, MD Ayurveda. Community health officer Washim

Aim - to prevent malnutrition in children’s. Now a days we can see new growing future of our nation whome we called children’s.. suffering from malnutrition and many more
diseases causes due to nutritional deficiencies, and lack of knowledge regarding feeding of child up to 3 yrs of age and diet in 3 to 5 yrs of age group children’s. Long term malnutrition causes SAM , and MAM in children’s later on causes death ... in this case our old and ancient science ayurvedic concept of diet (aaharvihar plays an imp role , effectively in poor , illiterate peoples ... this can prevent death among children as well in mothers having early age marriages... so by antropometry and MUAC , height , weight of pt ... evaluation carried out ... and in anganwadi and given guidelines for prevention and management of malnutrition.

58. Pharmaceutico-analytical study of arka taila and it's conversion into cream.

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3. Assistant Professor, Dept. of Rasashastra and Bhaishajya kalpana, APM’s Ayurved Mahavidyalaya, Sion, Mumbai, Maharashtra, India.

Aim: Pharmaceutico- Analytical Study of Arka taila and It's conversion into cream. Objectives: 1) To prepare Arka taila .2) Conversion of Arka taila into cream.3) Analytical study of Arka taila and Arka taila cream. Methodology: 1) Preparation of Arka taila according to the reference of Sharangadharm samhita Madhyam khanda 9/147. 2) Conversion of Arka taila into Arka taila cream by standard method. 3) Analytical study of Arka taila and Arka taila cream. Result and Conclusion: As per reference of Sharangadharm samhita, Arka taila was prepared. Then it was converted into cream and was analysed. Conclusions were drawn on the basis of Pharmaceutico-analytical study. Keywords: Arka taila, Arka taila cream, Analytical study, Sharangdharm samhita.

59. Current dietary habits and its effect on health w.s.r to Aharavidhi – Vidhana.

Ahara (Food) plays a decisive role in development, sustenance, reproduction and termination of life. The 3 pillars of Ayurveda (Trayopstambha) i.e Ahara, Nidra, Bramhacharya in which Ahara is placed at first position itself clarifies its importance. Now - a - days, it is observed that people have forgotten the code and conduct of dietetics - which also vary from region to region due to changing lifestyles, urbanization and fascination of western culture, food habits of society are changing leading to various lifestyle and metabolic disorders. In Ayurveda; Ahara, as well as the method of its intake both have equal importance. One amongst them is “Aharavidhi– Vidhana” explained by Acharya Charaka in Vimansthan. Acharya have explained in detail, discipline and the process to take the Ahara for an individual and in general both. While going through this, different concepts regarding Ahara like Viruddha - Ahara { Veerya Viruddha, Matra Viruddha } etc can be interlinked with this topic. So, keeping all these concepts in mind can help us to change the myths regarding Ahara in common public causing various lifestyle and Metabolic disorders.

**Keywords**: Aharavidhi – Vidhana, Viruddha - Ahara

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60. A pragmatic approach to Madhura Rasa sevan siddhanta for healthy well-being.

**Dr. Manasi Oak** (PG Scholar Ayurved Samhita Siddhanta), **Dr. Mrudula Joshi** (Prof. and HOD Dept. of Samhita Siddhanta), Dr. D.Y.Patil college of Ayurved and research centre, Pimpri,Pune-18.

Ayurveda considers “Food” as a part of medicine and highlights its role for healthy and disease free living. This Aahaar should be “Madhuradi shad-rasatmaka”and in appropriate quantity according to Agni and Prakruti. Today’s changed lifestyle pattern, diversifying information through various media, modernized health advertisements has lead to diet modification. One such alteration in diet is food devoid of Madhura rasa. Madhura rasa being accustomed since birth(aajanma-satmya) initiates body growth and maintenance when taken in marked quantity. Madhura rasa is mainly important in baalya awastha for excellent growth of Dhatus and in vruddha-avasta to compensate the Vaata dosha vridhi. It is of prime importance in production of dhatus and Oja, helps in maintaining longevity of life. Only its excessive intake can lead to diseases like Sthaulya, Agnimandya, Sannyaas, Prameha, Ganda and Arbuda.Absence of Madhura rasa in day to day is adversely affecting vyadhi-kshamatva due to compromised production and functions of Oja in all age groups. This modified diet routine leads to more prevalence of compromised immune disorders and kashaya-janya vyadhis due to derangement in Dhatus. Therefore, Ayurveda physicians should initiate and propagate proper use of Madhura rasa through suggested guidelines in samhitas.

**Keywords** – Madhura rasa sevan, Vyadhi-kshamatva, diet modification.
61. Critical review of different classical drugs w.r.t. to BHRUHAN.

Vd. Namrata S. Kote. PG scholar, YMT Ayurvedcollege, Kharghar, Vd. Ashvini Y. Deshmukh. Associate Professor, R.S.B.K. Dept., YMT Ayurvedcollege, Kharghar

Although todays era is becoming very diet conscious, there are some malnourished or underweight peoples. Also according the Ayurveda vyadhichikitsa is mainly divided into two Upkramas. i.e. LANGHANA and BRUHANA which are mentioned as dvividhopkrama according to VAGBHATA. Classical texts of Ayurveda has mentioned requirement BRUHAN chikitsa in various vyadhi’s such as Karshyarog, Jeernajwarchikitsa, vatavyadhi, KshayajKshioroga, Tandavrog, Kshatakshinchikitsa, Rajyakshma, Vatrakta,kshataj and kshhayajkasa, raktapitta, prameha, Bhasmakaroga,Raktarsha, Shosha, Visha, Trushma, Daha and many more. To treat such vast range of bruhaniyavyadhi we need accordingly different bruhaniya drugs. Classical texts of Ayurveda has also given vast range of such Bruhaniya drugs. So current paper focuses on collection of such wide range herbal, mineral, and animal origin for Bruhaniya drugs from literatures like Brihatrayi, Lghutrayi, Nighantu’s and various Rasagranthas.

Keywords: BruhniyaAahar, Bruhniyavihar.

62. The management of vatarakta by triphala kashaya - a case report.

Vd. Pooja Gopalrao Deshmukh, PG Scholar, Professor Vd. Mrudula V. Joshi

Guide & H.O.D, Samhita Siddhant Department , Dr. D.Y.Patil Ayurved college and Research Center, Dr. D.Y.Patil Vidyapeeth,Pimpri, Pune.

In present era, people are suffering mainly from different kinds of joint disorders due to unhealthy food habits and sedentary lifestyle. Vatarakta is one of them in which there is mainly involvement of small joints further moving on to bigger joints. It is an illness where both Vata dosha and Rakt are affected by individual etiological factors. Shoth, Toda, Stambha, Aarakta-varnata, Tivrvaspaahavatva in parva sandhi are the symptoms found in this condition. A 50 year old female patient with Dakshin Manibandhasandhishool with sparshasata, Dakshin Janusandhi shool & shoth, Vaam Pad-vaivarnya from 1 year came to an OPD. This case was treated according to Chikitsa sutra of Acharya Charak. Patient was given Triphala Kashaya (40 ml) twice a day with honey before food for 21 days. The assessment was done every 7th day for symptoms of Vatarakta and marked improvement in sign and symptoms was seen.

Keywords: Vatarakta, Triphala kashaya, Parva sandhi.

63. Comfort Sitting Posture – A Lifestyle Disorder

Dr. Abhijeet Aher, MD Scholar Dept of Kriyasharir,GAC Nagpur.Guide- Dr. E. E. Mojies

Asso. Professor &H.O.D. Kriya Sharir,GAC Nagpur.

Day by day increase in advancement of modern science, our lifestyle changes towards desk jobs, spending most of our time sitting with laptop, tv, computers etc. more than
before. Due to this advance way of living people are more prone to diseases like Diabetes, low backache, Cervical spondylosis, neck Stiffness, metabolic diseases like Obesity. Use of ayurvedic therapies like panchakarma, Kati basti, PizichilSweda along with Yoga, Suryanamaskar and regular exercise is the best way to get well and detoxify our body.

**Key words**- Lifestyle disorder, Pizichil, Panchakarma.

64. **Review of Kamala with special reference to Raktapitta management.**

Dr. Vedanti Ashok Kulkarni

Kamala (*Nelumbo nucifera*) isa well-known medicinal plant which is also known as sacred lotus. Each and every part of Kamala is useful in one or the other way. Kamala is mentioned in various diseases in various forms and formulations; Charakacharya described use of Kamala in Raktapittachikitsa. Charakacharya says sight, presence, touch of Kamala is useful in Raktapitta also visiting lakes and ponds of Kamala will be helpful in Raktapitta. If just sight or presence of Kamala helps in Raktapitta there is need to study Kamala with reference to Raktapitta. Classically mentioned Raktapitta resembles nearly with bleeding phathologies. Aggravated Pitta, due to its ushnata and dravata further affect Rakta and vitiate Rakta. This vitiated and increased Rakta along with Pitta cause Raktapitta. It further shows symptoms like epistaxis, peptic ulcers, esophageal varices, bleeding in small intestine or colon etc. Kamala by its Rasa, Guna, Virya, Vipaka works on Raktapitta. It balances the vitiated Pitta and Raktawhich inturn helps in avoiding further etiology. Hence review of raspanchak and properties of Kamala with reference to Raktapitta is mentioned in the presentation.

65. **Importance of rogi pariksha.**

Vd. Pankaj R Nilapwar M.D.(Scholar) Roganidana, Guide- Vd. Vinayak Joshi HOD Department Of Roganidana, Dr.D.Y. Patil College of Ayurveda, Pimpri, Pune

Pariksha is nothing but the examination as pariksha has its great importance in the evaluation of a patient health status. Examination of a patient is not a new concept. From the ancient time to till date it is still important. Vyadhikuti always lead to disrupted body system and after that body is need to be investigated by various protocols, pariksha are one among them. Rogipariksha is an important parameter in the diagnosis of as before diagnosis the treatment of a disease is not possible. Examining the patient is a skillful act and Ayurveda Samhita as well as in contemporary science both have explained these examinations elaborately. Prakruta as well as Aprakrutaawastha Rogipariksha are dealt in Ayurveda. In the present article a possible correlation is tried to understand the Rogipariksha.

**Keywords**- Ayurveda, Rogni Pariksha, Prakruta, Vyadhitiuti.

66. **Concept of agni in amavata w.s.r to rheumatoid arthritis.**

Amvata[Rheumatoid arthritis] is inflammatory joint disorder occurring throughout the world. Due to hypofunctiong of Ushma {jatharagni} the first dhatu "Rasa" is not properly formed this malformed Rasa is called as Ama.AmenasahitovatahAmavath" the vittedvatadosha associated with Ama is termed as Amavata.Amavata is a disease which is first described by Madhavkara,.It is a disease which affects the joint and prognosis not good
Ayur beloved in the concept of agni or Digestive element and theimpourment of this agni i.e.Mandagni due to various nidana or etiological factor is believed to be the root cause of Amavata .Amavata can be correlated with rheumatoid arthritis. Rheumatoid arthritis is an auto immune Disease that exact etiopathology of which is not yet known.Attempts have been made to understand the role of Jatharagni in the pathogenesis of Rheumatoid arthritis.

Keywords-Rheumatoid arthritis,Ama,Mandgni,Amvata.


Dr. Jaydeep Dinkar More,PG scholar (PrasutitantraAvumStreerog) Dr. D.Y.PatilAyurved College, Pimpri, Pune.

Introduction :- wellbeing of garbha can be achieve only through wellness of garbhini. Wellness of pregnant women can be maintain through proper Garbhiniparicharya right from the conformation of pregnancy till delivery. Garbhiniparicharya means caring for the pregnant women in the form of aahara (diet), vihara (lifestyle), aushad (medication) and pramarsh (counseling) and preparing her for sukhparsava both mentally and physically.


Discussion &conclusion :- Garbhiniparicharya improve the physical and psychological condition of the pregnant women and make their body suitable for sukhparsava. It also helps to improve physical as well as mental development of baby.

Key words :- Ayurvedic antenetal care , garbha

68. A randomised clinical study to evaluate the efficiency of yastimadhu grit anjana in dry eye syndrome.

Vd. Pushpalata damodar ingale

Dry eye syndrome(Sushkakshipaka) is one among the Sarvagatanetraroga mentioned by Acharyas under SadhyaVyadhi. 1 The lakshanas of dry eye syndrome are Garshana (Friction), Toda (Pricking Pain), Ruksha (Dry), Daruna (Painfull) Vartma and Akshi, Vikopanana (Photophobia) and Krichronmeelanimeelan (difficulty in opening and closing the lids).2 .It is a very common condition characterized by disturbances of tear film. This abnormality may result in distruion of ocular surface, causing a variety of symptoms and signs which interference with the quality of life. The symptoms of dry eye includes irritation, foreign body sensations, feeling of dryness, itching, non-specific ocular discomfort,
conjunctival xerosis, reduced or absent marginal tear strip and corneal changes in the form of punctuate epithelial erosions and filaments. If left untreated it may lead to many serious complications like corneal ulcer resulting to blindness. Hence there is a need to find a safe and effective medication. Acharya's mentioned Anjana & Tarpana as a treatment modality in Drye eye syndrome and especially indicated in various conditions like Rooksha, Parishushka, Kutila, Avila netrata, Sheernapakshma, Shirotpata, Krichronmeelana and also in other diseases such as Timra, Arjuna, Shushkakshipaka, Abhshyanda and Adhimantha. Hence, Dry eye syndrome (shukshakhshipak) can be considered as a Anjanasadhyanetraroga. In this clinical study this Yashtimadhu used in the form of Ghrita for the purpose of Anjana as Shushkakshipaka (dry eye syndrome) is a Vata-paittika Netra roga, Yashtimadhu is one among the Chakshushyadravya and Ghrita is having Snigdhaguna, Madhura rasa and Sheetaveerya. Hence Anjana with Yashtimadhughrita may be beneficial in reducing the features of Shushkakshipak (Dry Eye Syndrome.)

69. **Measurement of ‘mahalalat’ lakshanani in shleshmalprakruti person as mentioned in asthang hrudayam.**

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Ayurved is based upon basic principles which are mentioned in ayurvedic literature i.e. samhita like bhruhattrayi and so on. One of these samhita is ashtang hrudayam which has mentioned “Mahalat” lakshan in kapha prakruti while describing doshaj prakriti lakshanani. Aim of this project is to revalidate the relation between kapha prakruti and mahalalat and also to provide a parameter for measuring mahalalat. For this project 400 volunteers are selected by inclusion and exclusion criteria. Then prakruti parikshan is accessed with help of prakruti parikshan format of MUHS undergraduate journal. No ekdoshaj prakruti found so dwandwaj prakruti with one prominent dosha is selected and distributed in 3 groups i.e. kaphapradha prakruti, pittapradhan prakruti, vatapradhan prakruti, 70 volunteers in each group. Then Swanguli praman parikshan is done with help of vernier caliper and measurement of latat is done by measuring tape of each volunteer. Measurement of latat more than 4 swanguli praman is considered as ‘Mahalalat’. All data submitted to statistical analysis. Result of statistical analysis shows– the proportion of having Mahalalat is considerably high in KaphapradhanPrakruti than that in Pitta pradhanPrakruti and VatapradhanPrakruti. Therefore Mahalalat is having relation with KaphapradhanPrakruti dominantly.

**Keywords** - Prakruti, swa anguli praman, vernier caliper, mahalalat
70. **A critical study of depression as per ayurved siddhantas**

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**Background:** Health refers to a state of physical, mental, social and spiritual well-being of an individual. Mental health is one of the components of the broad concept of health. Mental illness is a broad term which includes almost all the disorders of mood behaviour which is caused by faulty perception, emotion, thinking and attitude. Such individuals have problems in making adjustment with others in the society. Ayurveda considers prasannatma, indriya and mana apart from the equilibrium of doshas, dhatus and malas. A certain change in our lifestyle like right food (ahara), right recreation (vihara), right routine (achara), right thinking (vichara) ensures healthy and happy life. Here a study is therefore being conducted on the role of sadavritta, achararasayana, yoga, meditation etc in mental disorders.

**Objective:** 1) To review the importance of sadavritta, achararasayana, yoga, meditation, panchakarma and ayurvedic medicines in manasrogas.

**Methods:** A thorough review study has been conducted regarding the management of manasrogas with the help of Ayurveda.

**Results:** The above review study helps in understanding the role of various ayurvedic treatment modalities in the management of manasrogas.

**Conclusion:** The various ayurvedic medicines alongwith yoga and meditation mentioned in various granthas are effective and have a considerable action in improving the mental health.

**Keywords:** Manasrogas, Yoga, Sadavritta, Achararasayana

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71. **Ayurvedic management of chronic kidney disease: a case study**

**Vd. Sharadkumar maurya**, **dr. R.s. dhimdhime**

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**CKD** is identified by blood test for Creatinine, which is a breakdown product of muscle metabolism. Higher level of Creatinine indicates a lower glomerular filtration rate and as a result a decreased capability of the kidneys to excrete waste products. The modern management of CKD is not satisfactory and the ultimate goal is renal transplant. The disease CKD is not fairly known in Ayurveda, but on the basis of pathogenesis events we can assess and plan the management. Chronic Kidney Disease (CKD) occurs when one suffers from...
gradual and usually permanent loss of kidney function over time. Based on the clinical features of CKD and as per the fundamentals of Ayurveda, it can be considered as the disease of MutravahaSrotasa, specifically the Mutraghata. As the kidneys are principally made up of the “Rakta” (blood) and “Meda” (fatty tissue), Dhatus (tissues). Treating the imbalances of these two Dhatus can be an effective way to treat the renal ailments. So the Ayurvedic drugs that can modulate these Dhatus can be effective in renal diseases. In this regard we share our clinical experience of a 58 years old male who was suffering from chronic kidney disease since last 7 months.

**Keywords:** Chronic Kidney Disease, Creatinine, Mutravaha Srotasa, Mutraghata, Ayurveda.

72. Literature Review Of Dadru Kushtha.

Vd. Prajakta P. Kulkarni, Associate Professor, Dept. of Kayachikitsa, Dhanvantari Ayurved College, Udgir. Vd. Rajan B. Kulkarni, Professor and Head, Dept. of Kayachikitsa, A.S.S. Ayurved College, Nashik

All the skin diseases are collectively called as Kushtha in ayurveda. Relapse of these Kushthas’ hampers not only physical but psychological status also. Psychological involvement of the patient who suffers is much more, as skin is most visible part of body. Dadru is one of the Kushtha mentioned briefly in granthas. While doing research on Related Topic, lots of patients are found suffering from Dadru. So particular this particular topic is selected for Literature Study. It is mentioned as Mahakushtha in some granthas while some mentioned it as Kshudrakushtha. As Kushtha has influence of Tridosh According to appearance and body physic, dosha are correlated and drug for treatment is selected from the given Literature.

73. Preparation and standardization of Shadava Churna cough drops.

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Pharmaceutical preparation of Ayurvedic formulations are gaining importance since years. These formulations are used in treatment of various diseases mentioned in ayurvedic classics. Shadav churna is one amongst them mentioned in Gada Nigraha. This churna is indicated as Hrudya, Ruchikar and also in Grahani, Pancha kasa, Pleafra vrudhhi, Vibandha, Anaha and Shoola. It consists of Pippali, Ela, Dalchini and Sita which are the contentsof Sitopaladichurna and Dadima, Vrukshamla, Amlavetas, Kola areform Hrudya Mahakashaya. As per the present era there is need of modernization of these formulations by converting them into new dosageforms. Churna is a type of solid dosageform which is widely used by practitioneres. But looking at the drawbacks of churna there is problem in uniformity of dose. They lack in storag, stability etc. Palatability issues occur in
case of children. So looking forward there is need to convert into other convenient dosage form. So this is an attempt to convert Shadav churna in cough drops. After conversion physicochemical tests as hardness, disintegration time, ASE%, WSE%, total ash%, sugar % will be carried out and conclusions will be drawn according to it.

Key words - Shadav Churna, cough drops

74. विषय:
आयुर्वात्स्य प्रवृद्ध अवस्थायाः: निदानपर्यच्छकस्य गुर्वादिविश्वातिगुणसंदर्भन विश्लेषणम् तथा 
चिकित्सा – एकः: रुग्णानुभवः।

प्रस्तुतकर्ता – वैद्य महेश दत्तात्रय भुजबल

उदेशः – विश्वातिगुणविश्लेषसंदर्भन आयुर्वेद प्रत्येकु लेखाक–अनुक्र व्याधीनां निदान तथा 
चिकित्सा जापनार्थ।

सारांशः –
आयुर्वेदप्रत्येकु विषयव्याधीनाम् इतः: गुणसमुच्चयन वर्णिता: सति।
अष्टु तु सद्यकालीन इतुनाम् तथा व्याधीनाम् विश्वातिगुणसंदर्भन सम्यक् निदान तथा 
चिकित्सा।

1. आयुर्वात्स्य बुहतत्री तथा लघुत्रीग्रन्ये संदर्भः।
2. आयुर्वात्स्य हेतु, पूर्वरूप, रूप, संप्राप्ति, उपश्रयः – विश्वातिगुणसंदर्भन विश्लेषणम्।
3. सद्यकालीन हेतुनाम् विश्वातिगुणसहाय्यन सम्यक् निदान चिकित्सा च
4. परेषाम् विश्वाति गुणानाम् उपयोगं कृत्वा रुपणपरिक्षण
5. गुर्वादिविश्वातिगुणसंदर्भन आयुर्वात्स्य चिकित्सा
6. अपुनर्भवचिकित्साया: महत्त्व

75. Critical study of Significance of Sanskrit synonyms in Pharmacognostical study of Medicinal Plants.

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Aim –

Critical study of pharmacognostical features of chhardanadi gana on account of Sanskrit synonyms i.e. paryaya.
Objectives –
1. Study of pharmacognosy of all drugs mentioned in the 1st gana of shodhanadiganasangaha adhyay from Ashtang Hruday
2. Enlisting all the Sanskrit synonyms available for all the drugs.
3. Comparison of the meaning of synonyms and actual botanical features.

Materials and Methods –
- Descriptive study design
- 1st gana from shodhanadi ganasangraha from astang hruday is selected for this study
- Synonyms of medicinal plants compiled from all Samhita and Nighantu.

Discussion –
The purpose of this study is to emphasize the appropriateness of synonyms i.e. paryayanamas of medicinal plants.

Inference – At the end of study the comparative table of Sanskrit synonym its meaning and actual pharmacognostical feature will be made to draw out inference.

References –

76. HIV/AIDS - SOCIAL STIGMA AND ROLE OF SOCIETY

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ABSTRACT-

HIV/AIDS is increasingly becoming a medical as well as a social problem. The social problem needs to be understood and assessed and affecting factors like behavioral changes in need
of counseling, awareness programmes and human rights need to be pursued strongly. Stigma is can be conceptualized as a problem of ‘they’ and ‘us’ from interactions perspective. With an overview of the topic it is clearly understood that there is a high level of stigma and discrimination with regards to human dignity.

**Objectives**
- To understand the condition of social stigma of HIV/AIDS and role of society

**Method**
- Various research papers associated to stigma of HIV/AIDS were compiled from the internet.

**Result**
The are different forms of stigma like ignorance about the disease, fear of discrimination and consequent denial for testing and treatment, contribute to spread of the disease. Especially in women the disease status adds to vulnerability. The disease is often identified with groups like intravenous drug users and homosexuals. The groups who face a double stigma as a result of HIV are intravenous drug users and homosexuals.

**Conclusion**
Research is required to enable a better understanding of the varied forms of stigma taking place in the community and at the level of service providers alongwith awareness program which advocate awareness about the disease as well as human rights.

**KEYWORDS**
HIV/AIDS, social stigma, discrimination, society’s role.

77. An Descriptive study to evaluate concept of Dhatugatavastha w.r.s. Amlapitta (Acid Peptic Disorder).

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**Abstract**
For a long time infectious (communicable) diseases were the biggest killer diseases globally, but now the trend is changing towards increased prevalence of chronic diseases with causative factors mostly related to diet and lifestyle. Among them, Amlapitta, Gastrointestinal Tract (GIT) disorders has acquired a majority of the share with causative factors like improper diet and habits, stress, spicy irritant food, oily food, bakery products, etc. Nidanaparivarjan plays an important role in the treatment of all the diseases. If the hetu sevan continues, even after treatment the disease may progress which needs proper
management. When the basic *Dosha-DushyaSammurchana* of *Vyadhi* spreads up in further Dhatus, it is called *Dhatugatavastha*. In *Samhita*, there are only four diseases found having clearly mentioned this type of *Dhatugatavastha* namely *Jwara, Kushtha, Vatavyadhi, Masurika*. But apart from these there are other diseases which also have this type of *Dhatugatavastha* which is not clearly mentioned in *Samhita* but we can observe in our day to day practice. Also it was noticed that symptoms or diseases like *Pandu* (Anaemia), *Sandhisshool* (Joint Pain), *ParinaamShool* (Duodenal Ulcer), *Bhrama* (Vertigo), etc. seen in patients having known history of *Amlapitta*. The treatment of this condition without considering *Amlapitta* doesn't give complete and proper relief. In current study survey was conducted on 60 patients irrespective of sex, religion, etc. The patients having clinical symptoms of *Amlapitta* and it's *Dhatugatavastha*, from the OPD of Kaya Chikitsa, were selected. The patients was interviewed with the help of predesigned proforma followed by clinical examination and necessary investigation. This study was included classical references along with practical observations of Amlapitta Dhatugatavastha.

**Keywords** - *Amlapitta, Dhatugatavastha.*