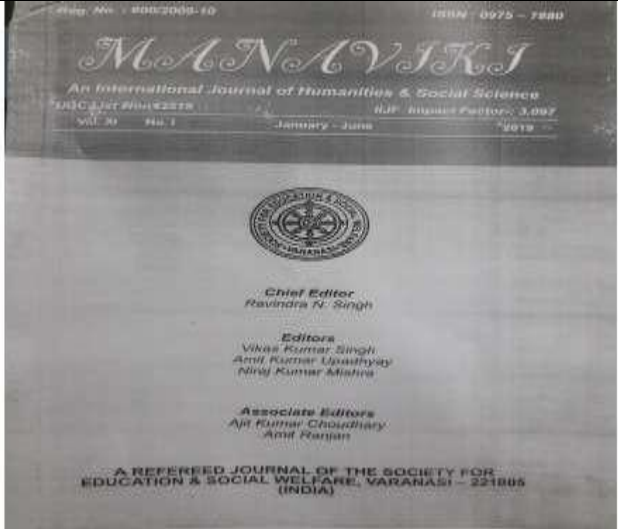
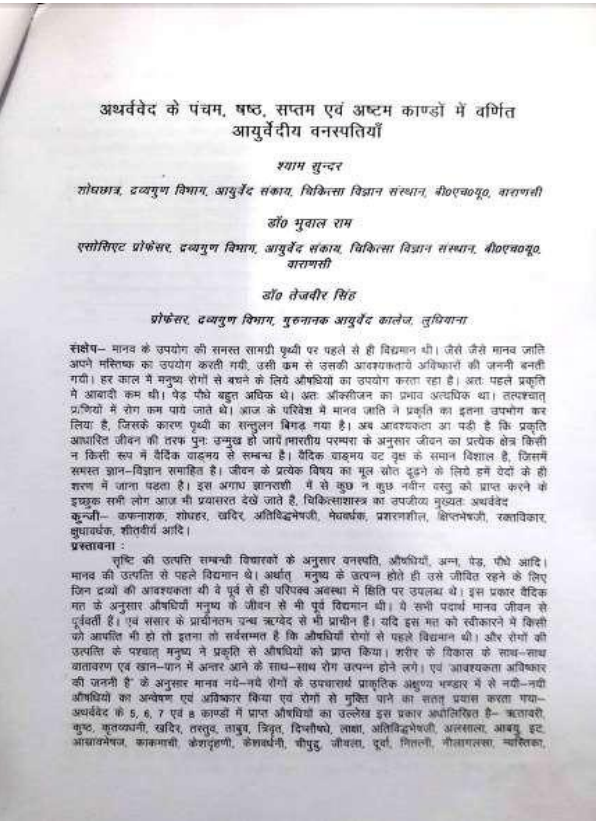

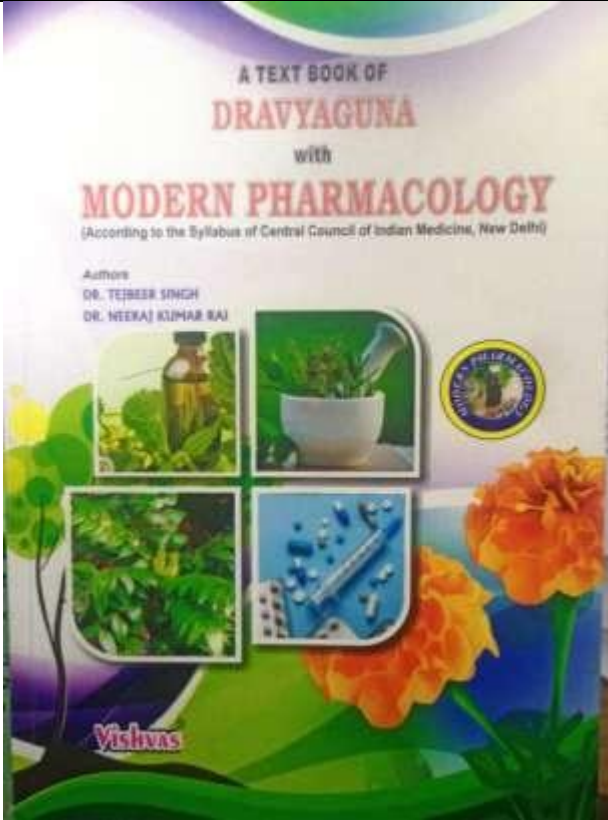




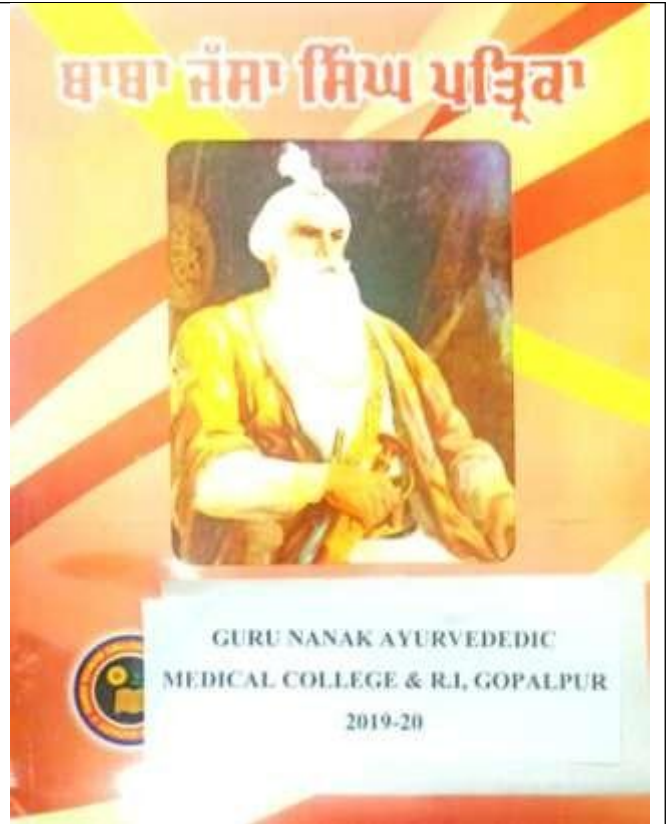
RESEARCH PUBLICATION DURING LAST ONE YEAR

SR. NO.	NAME OF PUBLISHER	DEPARTMENT	NAME OF ARTICLE	PRINT
1	DR. TEJBEER SINGH	PROFESSOR & HEAD DEPTT. OF DRAVYAGUN	MANVIKI	
2	DR. NEERAJ KUMAR RAI			



3	DR. MANISHA	PROFESSOR & HEAD DEPTT. OF ROGNIDAN	IJAHM	<p style="text-align: right;">ISSN - 2248-5746</p> <p>International Journal of Ayurvedic and Herbal Medicine 9:2 (2019) 3452-3463</p> <p>Journal homepage: http://www.ijahm.in DOI:10.31142/ijahm.v9i2.02 Impact Factor: 4.415</p> <p style="text-align: right;"></p> <p style="text-align: center;">Retrospective Clinical Survey: A Study to Show the Effect of Nidra Viparyaya on Dhatu Sarata</p> <p style="text-align: center;">Dr. Manisha Sharma¹, Dr. Bharti², Dr. Satish Sharma³, Dr. Raman Tora⁴</p> <p>¹M.D. Ayu. Reader, Department of Rog Nidan, G.N.A.M.C., Gopalpur, Ludhiana (Pb.) ²M.D. Ayu. Reader, Department of Karyachikitsa, G.N.A.M.C., Gopalpur, Ludhiana (Pb.) ³M.D. Ayu. Reader, Department of Paanchikarma, G.N.A.M.C., Gopalpur, Ludhiana (Pb.) ⁴M.D. Ayu. Lecturer, Department of Agad Tantra, G.N.A.M.C., Gopalpur, Ludhiana (Pb.)</p> <p style="text-align: center;">*Corresponding Author: Dr. Manisha Sharma Reader, Department of Rog Nidan, G.N.Ayu.College and Research Institute, Gopalpur (Ludhiana) Pb.</p> <p>ABSTRACT <i>Acharya Charaka has designated ahara (food), nidra (sleep) and brahmicharya (abstinence) as the main three pillars of life termed as triyogopastambhau. These, when taken in adequate amount at the right time provide stability to the body and improve bala (strength), vjras (complexion) and upchara (metabolism) in the body. Among these, nidra plays a major role in one's life. Adequate sleep leads to oroga (health), bala, nidra vrithi (increase in physical and reproductive strength) and ahimsacharya and healthy life which is the ultimate goal of Ayurveda. On the other hand, altered sleep leads to bala Ayas (loss of strength), roganvritta (diseased state) or even death. So it can be said that abnormal or inadequate nidra can manifest in the form of dhatuvaha, making a person aroga (diseased). For better treatment, quita, people are neglecting their daily needs of having proper ahara, nidra and other required vjras at proper time. Due to these reasons, people are becoming more prone towards diseased state. Dhatuvaha-ahara paribha, given by Acharya Charaka is very unique and important concept of Ayurveda which is done to know pravara (quantity) of aha (life), dhatu and bala (strength) of roga. Dhatuvaha paribha is one amongst these which</i></p>
5	DR. TEJBEER SINGH	PROFESSOR & HEAD DEPTT. OF DRAVYAGUN	A TEXT BOOK ON DRAVYAGUNA	 <p style="text-align: center;">A TEXT BOOK OF DRAVYAGUNA with MODERN PHARMACOLOGY (According to the Syllabus of Central Council of Indian Medicine, New Delhi)</p> <p>Authors DR. TEJBEER SINGH DR. NEERAJ KUMAR RAJ</p> <p style="text-align: right;"></p> <p style="text-align: left;"></p>

6. JASSA SINGH AHLUWALIA PATRIKA PUBLISHED EVERY YEAR BY OUR COLLEGE



7. DR. RAVNEET KAUR DEPTT OF RAS SHASTRA PUBLISHED “EVOLUTION AVTARNA OF RASA SASHTRA (PHARMACEUTICS) IN AYURVEDA “.



Evolution (Avtarna) of Rasa Shastra (Pharmaceutics) in Ayurveda: A Review Article

Ravneet Kaur

Assistant Professor, Department of Rasa Shastra & Bhadranga Kalpana, GUJM, J.R.I, Ludhiana, India

Abstract: Background: Avtarna of Ayurveda is described in various concerned texts like Samhitas by our ancient sages but Avtarna of Rasa Shastra is hardly clearly depicted. It is not to be expected. Aim: Systematic analysis of Avtarna of Rasa Shastra. Materials & Methods: Review of ancient classical texts like Rasadravyasutra and various articles on evolution of Rasa Shastra. Results: After analyzing the literary material there is a new detailed description about evolution of Rasa Shastra. Conclusion: Rasa Shastra evolutionary history can become more systematic, apparent and free from uncertainty than previous times.

- Books are the source of information for the study.
- Information is collected through library and local book stores.

Keywords: Avtarna, Evolution, Rasa Shastra, Sages, Systematic Analysis.

1. Introduction

Rasa Shastra is branch of science that deals with pharmaceutical processes. It is known as alid science. A careful systematic analysis of Ayurvedic treatise shows that Rasa Shastra came into force stepwise through Shalya Panapana (Dasy) Shalya madhira. Shalya is known as the first clinician of Dasya (Dasy) in ancient times. Parada (mercury) was used in preparing most of the medicines at that times also and was known as Vajra (jewel) of Shalya.

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Rasa gave so many preparations in texts in local different types of diseases. From the available available diseases can also be treated with the help of Parada. It is (mercurial preparations) and shows its superiority against Kasha (coughs).

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2. Materials & methods

The present literary research material included the classical texts like Rasadravyasutra and web resources etc. Necessary and valuable material was collected from the said resources, analyzed and interpreted to fill the gap regarding evolution of Rasa Shastra.

3. Study design

- This study is Exploratory Review type.

4. Methodology

Evolution of Rasa Shastra [1]

Rasadravyasutra

Shalya

Parada

Shalya

Shalya

Shalya

Shalya

Shalya

Shalya

Shalya

Shalya

Shalya

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Shalya

8. DR. ANKITA SHARMA DEPTT OF SWASTHVRITTA PUBLISHED “AYURVEDIC MANAGEMENT OF DIABETES MELLITUS“.



AYURVEDIC MANAGEMENT OF DIABETES MELLITUS- A CASE STUDY

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ABSTRACT

Background: Diabetes Mellitus refers to a group of common metabolic disorders that share the phenotype of hyperglycemia. A disease in which the body does not control the amount of glucose (a type of sugar) in the blood and the kidneys make a large amount of urine. **Case Report:** Patient of age 37 yrs. old having complain of *Prabhummurata* (excess urination), *Naktmutrata* (night time urination), *Vibandha* (constipation), *Atinidra* (sleepiness), *Swedadhikya* (excess sweating), *Trishna* (thirst), *Daarbalya* (weakness) from 1yr showed HbA1C as 7.67%. The Ayurveda treatment including *Arogyavardhini Rasa*, *Chandraprabhavati*, *Madhurantak Rasa*, *Prasham*, *Praval Panchmarut*, *Haridra Khand* and *Vasant Kusumakar Rasa* was administered to the patient. Follow up was taken for 3 months. **Result:** significant results were seen on subjective and objective parameters of the patient. **Conclusion:** Integrating the theory and modalities of Ayurveda in the management of these disorders may prove to be beneficial. A more personalized approach on the principles of ayurveda may help to resolve the sign, symptoms and complications of diabetes in a more precise manner.

Keywords: *Prameha*, diabetes mellitus, *Vasant Kusumakar*, *Chandraprabhavati*

9. DR. SANDEEP SHARMA DEPTT OF SWASTHVRITTA PUBLISHED A CLINICAL STUDY OF EVALUATE THE EFFICACY OF METHI MODAK IN PANDU W.S.R. TO IRON DEFFICIENCY ANEMIA



A CLINICAL STUDY TO EVALUATE THE EFFICACY OF METHI MODAK IN PANDU W.S.R. TO IRON DEFFICIENCY ANEMIA

¹Dr. Sandeep Sharma, ²Dr. Itika Thakur, ³Dr. Anil K. Bagalkoti, ⁴Dr. Manoj Kumar

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ABSTRACT

Here in this present study we incorporated the all literary review of Pandu viz a viz Iron Deficiency anemia. Here in this dissertation work we were gone through complete literature of a disease pandu from ayurvedic as well as in modern classics. Total numbers of patients treated with selected drug were 60 the total number of patients divided in two groups 30 in each. The group A treated with a selected drug Methi Modaka and group B treated with placebo. The observations were made on the various incidence depends upon the selected study. The results were made according to given subjective and objective criteria along with inclusion and exclusion criteria. Here in this study we found that methi modaka is good and overcomes all cardinal symptoms of pandu.

KEYPOINTS: Pandu, Iron deficiency anemia, Methi modaka.

Placebo.

INTRODUCTION

Nutritional deficiency anemia is very common in India and Iron deficiency is the commonest nutritional deficiency all over the world. According to WHO, over one third of the world's

10. DR. VARUN SHARMA DEPTT OF RASA SHASTRA & BHAISHAJYA KALPANA PUBLISHED ROLE OF ABHRAK BHASMA IN MANAGEMENT OF KASA-A REVIEW ARTICLE.



ROLE OF ABHRAK BHASMA IN MANAGEMENT OF KASA-A REVIEW ARTICLE

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ABSTRACT

Abhraka bhasma is a general Rasashastra medicine in Ayurved stream. It is essentially herbomineral training used by all Ayurved Vaidyas since long time. Abhraka is essentially Mica (Biotite). Bhasm is nothing but burnt ash. Rasashastra is an Indian metallurgy which pacts with several minerals and herbomineral provisions special Bhasmas. There are numerous popular Bhasmas in Ayurveda but there is great demand of this Bhasma in Ayurvedic vaidyas. Use of this Bhasma is in multiple disorders, so could be reflect as a major Ayurvedic drug. Published details scientific literature on Abhrak Bhasma by various research scholars, internet and pharmacopeias were studied. The review was done to find physicochemical features as well as standardization studies done on Abhraka bhasma. Also, attempt made to find scientific studies done on Abhraka bhasma. Need of hot to evaluate its efficacy value as potential Ayurvedic drug in various disorders. As well as importance of Abhraka bhasma as an evidence based drug. Review of literatures and scientific studies of Abhraka

bhasma clearly indicate that there are lot of studies is done on Abhraka bhasmas specially its physicochemical characteristics, standardization as well as its therapeutic uses. Abhrak bhasma is indicated in several ailments like Diabetes, Asthma, Paralysis, Neurologic condition, Tuberculosis and Acid peptic diseases.^[1]

KEYWORDS: Standardization, Abhraka Bhasma, Mica, Ayurveda.

11. DR. LOKESH DEPTT OF KRIYA SHARIR
PUBLISHED CONCEPT OF AHARA.

CONCEPT OF AHARA

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ABSTRACT

Ayurveda is a science of life which have mainly two objectives namely *Swasthitya Swasthya Rakshanam* (To protect and maintain the health of healthy person) and *Atarasya vikar prashamanam* (To treat the disease and giving relief to sick person). *Ahara* (food) is the most important factor for sustenance of life. It is described as foremost pillar among the three pillars of life (*Trayopstambha viz. Ahara, Nidra and Bhramacharya*) in *Ayurveda*. When body is supported by the *Trayopstambhas*, it is endowed by growth, strength and complexion. *Ayurveda* the science of life has not only emphasized on *Ahara* (food) but also entire quality of it. Good nutrition that enables us to grow well and enjoy good health depending upon the proper diet. It is true that

researches in current knowledge about nutrition have made great in medical field by denoting the deficiency diseases and in the treatment of diseases. But much progress has not yet been made regarding the code and conducts of *Ahara* and *Ahara vidhi* in detail.

KEYWORDS: *Ahara, Trayopstambha, Ahar vidhi, Nutrition* etc.

INTRODUCTION

Ayurveda the science of life is a time-tested of knowledge that has been handed down to us from our great ancestors. *Ayurveda* has given three sub pillars- *Ahara, Nidra and Brahmacharya* which support the body itself. *Ahara* has been enumerated first, which shows its importance (*Acharya charaka* states that there are variety of food items that human eats yet due to necessity of swallowing act whatever is undergone process of deglutition is

12. DR.RASHI JAISWAL DEPTT OF KUMAR
BHRITYA
PUBLISHED A COMPARATIVE CLINICAL
STUDY TO EVALUATE THE EFFICACY OF
MARICHYADI CHURNA AND SYRUP
DARVYADI IN TUNDIKERI ROGA
(TONSILLITIS) IN CHIDREN.

A COMPARATIVE CLINICAL STUDY TO EVALUATE THE
EFFICACY OF MARICHYADI CHURNA AND SYRUP DARVYADI IN
TUNDIKERI ROGA (TONSILLITIS) IN CHILDREN

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ABSTRACT


Introduction: Recurrent infections have adverse effects on normal growth and development of the children because of their vulnerable age group. One of them is tonsillitis which is a very common complaint in pediatric setups. There are about 7,455,494 cases of tonsillitis in India per year. If left untreated, it can lead to various complications like choking spells at night, acute otitis media, peritonsillar abscess, parapharyngeal abscess, tonsilloliths, rheumatic fever etc. The present study has been planned to evaluate and compare the efficacy of *Marichyadi churna* and Syrup *Darvyadi* in *Tundikeri Roga* (Tonsillitis) in children. **Aims & objectives:** To study and compare the efficacy and evaluate the safety of *Marichyadi Churna*

and Syrup *Darvyadi* in *Tundikeri Roga* (Tonsillitis) in children. **Materials & Methods:** The study was conducted over a period of 4 weeks on 45 patients aged between 5-15 years who were suffering from Tonsillitis and a case proforma was filled with the data obtained by interrogation, physical examination and collection of details of each child. **Results:** Excellent results were obtained when both the formulations i.e. *Marichyadi Churna* and Syrup *Darvyadi* were given simultaneously, moderate relief occurred in patients treated with Syrup *Darvyadi* and patients given *Marichyadi Churna* for local application depicted only mild relief in signs and symptoms of the disease. **Conclusion:** The study concludes that the relief occurred was best when both the formulations given simultaneously as compared to the individual therapies.

13. DR. KHUSHBOO BHARDWAJ DEPTT OF KAYACHIKITSA
PUBLISHED EFFECT OF SARPAGHANDAGHAN VATI AND ARJUNARISTHA IN RAKTAGHATVATA W.S.R TO HYPERTENSION.

Page 11
Case Report.

International Research Journal of Ayurveda & Yoga
An International Peer Reviewed Journal for Ayurveda & Yoga



Effect Of Sarpaghandaghan Vati And Arjunarishta In Raktaghatvata W.S.R To Hypertension: A Case Study
Dr. Khushboo bhardwai¹

ICV- 70.44- ISRA- 1.318
VOLUME 4 ISSUE 6

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ABSTRACT: -

Hypertension is a common disease in present era. Every fifth person is found hypertensive. Most adults develop it, in later half of their life more than 50% of the deaths and disabilities from heart disease and stroke together kill more than 12 million people each year. It has been predicted that by the year 2020 there will be a 75% increase in the global cardiovascular disease burden occurring. Hypertension results from a variety of reasons like stress, obesity, genetic factors, over use of salts in the diet and ageing. As we all know, hypertension is a silent killer because it rarely exhibits symptoms before it damages the heart, brain, or kidney. At present era there are many anti-hypertensive drugs are available in modern medicine, but none of them is free from untoward effects. *Ayurveda* can be described as a real science of life. *Ayurveda* concentrates on achieving the promotion of health, prevention and management of disease for a healthy and happy life in the ailing society. The principles of *Ayurveda* are focused on maintaining good health by good diet and good lifestyle. In *Ayurveda* texts books there is no clear pronunciation of Hypertension; According to *Acharya Charak*, sometimes neither it is possible nor it's necessary to identify a disease by a name (*Auktavyadhii*). An *Ayurvedic* physician should attempt to understand *Samprapti* (pathogenesis) of a given clinical conditions on the basis of signs, symptoms, acuteness, chronicity, complication with investigative findings in each case and should plan the management accordingly.

Key Words:- Hypertension, lifestyle, *Ayurveda*, Silent-killer.

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14. DR. ITIKA THAKUR DEPTT OF PANCHKARMA PUBLISHED A CLINICAL STUDY OF EVALUATE THE EFFICACY OF METHI MODAK IN PANDU W.S.R. TO IRON DEFICIENCY ANEMIA.



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A CLINICAL STUDY TO EVALUATE THE EFFICACY OF METHI MODAK IN PANDU W.S.R. TO IRON DEFICIENCY ANEMIA

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³Professor and HOD, Sri Jagadguru Gmudheshwar Co-operative Society's Ayurvedic Medical College, Ghatprabha, Karnataka.

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ABSTRACT

Here in this present study we incorporated the all literary review of Pandu viz a viz Iron Deficiency anemia. Here in this dissertation work we were gone through complete literature of a disease pandu from ayurvedic as well as modern classics. Total numbers of patients treated with selected drug were 60 the total number of patients divided in two groups 30 in each. The group A treated with a selected drug Methi Modaka and group B treated with placebo. The observations were made on the various incidence depends upon the selected study. The results were made according to given subjective and objective criteria along with inclusion and exclusion criteria. Here in this study we found that methi modaka is good and overcomes all cardinal symptoms of pandu.

KEYPOINTS: Pandu, Iron deficiency anemia, Methi modaka.

Placebo.

INTRODUCTION

Nutritional deficiency anemia is very common in India and Iron deficiency is the commonest nutritional deficiency all over the world. According to WHO, over one third of the world's

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15. DR. MANOJ KUMAR DEPTT OF KAYACHIKITSA PUBLISHED A CLINICAL STUDY OF EVALUATE THE EFFICACY OF METHI MODAK IN PANDU W.S.R. TO IRON DEFFICIENCY ANEMIA.



A CLINICAL STUDY TO EVALUATE THE EFFICACY OF METHI MODAK IN PANDU W.S.R. TO IRON DEFFICIENCY ANEMIA

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ABSTRACT

Here in this present study we incorporated the all literary review of Pandu viz a viz Iron Deficiency anemia. Here in this dissertation work we were gone through complete literature of a disease pandu from ayurvedic as well as modern classics. Total numbers of patients treated with selected drug were 60 the total number of patients divided in two groups 30 in each. The group A treated with a selected drug Methi Modaka and group B treated with placebo. The observations were made on the various incidence depends upon the selected study. The results were made according to given subjective and objective criteria along with inclusion and exclusion criteria. Here in this study we found that methi modaka is good and overcomes all cardinal symptoms of pandu.

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