



6th EDITION
AYURVEDA NEWS BULLETIN

AYURDEEP

FACULTY OF AYURVED
PARUL UNIVERSITY

PATRONS



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PRESIDENT, PARUL UNIVERSITY



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DIRECTOR, PARAMEDICAL INSTITUTIONS,
TRUSTEE AND MEMBER (BOG),
PARUL UNIVERSITY



DR. HEMANT TOSHIKHANE
DEAN, FACULTY OF AYURVED,
PARUL UNIVERSITY



DR. B.G.KULKARNI
PRINCIPAL, PIAR,
PARUL UNIVERSITY

SIXTH EDITION REVIEW

COVID 19 eruption followed by the lockdown had globally disturbed the well being of the entire society both physically as well as psychologically bringing many new normal's in day to day activities. We are now more aware and cautious about our health, we involve ourselves in virtual way of interaction either by intellectual webinars and also by conducting regular online classes. Mask, hand sanitizers have become a part of our routine uses. Being in a health care profession we also now follow very rigid SOP's in our hospitals during patient care. Once offline classes has been started lots of effort has been put to take care of our children in campus so that they will be safe, healthy and also fearless by maintaining optimum hygiene, social distance, wearing masks etc. Currently things are coming back on track to normal.

Parul Institute of Ayurved has always followed the guidelines set by our University in all regards. Faculties were regularly involved in online classes, applying for research projects, conduction of marathon webinars with experts from all over world. It may not be false if we claim that we were the only Ayurveda college in India to conduct more than **200+ webinars** during lockdown and which is still on run. Currently we also started **special OPD's** in our Ayurveda hospital to render still better service for improving the health of mankind.

As a routine we are here with the next bulletin containing the events conducted in our institution and also hospital after lockdown like CME's, Guest lectures, Day's observed, Awards and achievements, Special camps conducted, Research projects sanctioned etc. We are quite sure this AYURDEEP will also create a positive vibe among students and faculty members of Ayurveda & other fields too.

BE HERE, BE VIBRANT.



SEMINARS/WEBINARS/WORKSHOPS/ DAYS OBSERVED



"Department of KB observed Breast Feeding Week and conducted several webinars and scientific presentations on this occasion from 4th to 6th November, 2020.



"Department of PTSR observed January as Cervical cancer awareness month and informative talk on Çytology- PAP smear on this occasion was given by Dr. Sandeep Dahilekar, Professor, Department of Rognidan on 06/12/2021



Training regarding preparation of clinical studies given by Dr Shailesh Deshpande, Professor in the Department of Kayachikitsa at PIAR on 12/12/2020



Geeta adhyayan conduction by Parul University on the occasion of Geeta Jayanti from 25/12/2020



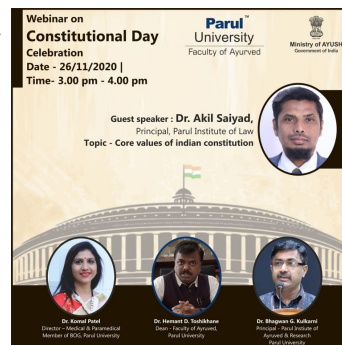
Training given by Dr Prakash Kumbhar, Reader in the Department of Kayachikitsa at Parul Institute of Ayurveda from 21st to 23rd December 2020

SEMINARS/WEBINARS/WORKSHOPS/ DAYS OBSERVED



Webinar on
Pharmacovigilance for
ASU & H drugs by
Ministry of AYUSH, Govt.
of India in association
with Parul Institute of
Ayurved held on
30/12/2020

Webinar on Core values
of Indian Constitution
by Dr. Akhil Saiyad,
Principal of Parul
Institute of Law on
occasion of
Constitutional Day,
conducted by Parul
Institute of Ayurved on
26/11/2020



ONLINE GUEST LECTURE SERIES
On the Occasion of National Ayurveda Day-2020
Post Covid-19 management through Swasthavritta & Yoga
by DEPARTMENT OF SWASTHAVRITTA & YOGA
From 03-11-2020 to 06-11-2020 | Time: 10:30 AM - 11:30 AM

05 NOVEMBER 2020 | 10:30 AM TO 11:30 AM
TOPIC: Post Covid-19 Dietary management



Dr. MIHIR HAJIRNAVIS,
BAMS, MD
Vice Principal,
Tikar Ayurved Maha Vidyalaya, Pune.
Professor and Head,
Department of Swasthavritta & Yoga
Coordinator and Faculty for the Seminar
on Ayurvedic Nutritional Therapy
(8th Feb. to 16th Feb. 2013) and Seminar on
Advanced Ayurvedic Therapeutic Diet
(15th Feb. to 24th Feb. 2014), (Feb. 2015,
Feb. 2016, Feb. 2018, Feb. 2019)

STAY TUNED
<https://www.facebook.com/parulinstituteofayurveda/live/>
<https://www.youtube.com/user/dhemant/videos/www.paruluniversity.ac.in>

ONLINE GUEST LECTURE SERIES
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From 03-11-2020 to 06-11-2020 | Time: 10:30 AM - 11:30 AM

04 NOVEMBER 2020 | 10:30 AM TO 11:30 AM
TOPIC: Applied Swasthavritta in Covid 19 Pandemic



Dr. KAMLESH SHIVRAM MAHAJAN
Assistant Professor,
Department of Swasthavritta & Yoga,
A.S.S. Ayurved College, Nashik.
Secretary for Ayurved Vyaaspath
Nashik Branch
Completed M.H.S. N.Yan
Project at tribal areas of Pulgar,
Jawhar on health issues

STAY TUNED
<https://www.facebook.com/parulinstituteofayurveda/live/>
<https://www.youtube.com/user/dhemant/videos/www.paruluniversity.ac.in>

WEBINAR SERIES ON "INSIGHT OF KRIVA SHARIR"
by Department of Kriya - Sharir
24th to 29th October 2020 | Time - 11 AM to 12:30 PM

Dr. Santia Bhutadi
Assistant Professor,
Department of Kriya Sharir,
Parul Institute of Ayurved & Research,
Jamnagar
Date: 24-10-2020
TOPIC: Clinical Assessment of SARIRI

Dr. CR Yadav
MD, MS, Department of Kriya Sharir,
Parul Institute of Ayurved & Research,
Jamnagar
Date: 25-10-2020
TOPIC: Applied aspect of Agni

Dr. Prashant Kulkarni
Professor and Ayurved Medical Officer &
Training Hospital, JERONGGAH
Date: 26-10-2020
TOPIC: Assessment of Aban Partikar
Bhava Sampradaya

Dr. Rakita Sharma
PhD, Department of Kriya Sharir,
Parul Institute of Ayurved & Research,
Jamnagar
Date: 27-10-2020
TOPIC: Lifestyle, Diet & Role of Agni

STAY TUNED
<https://www.facebook.com/parulinstituteofayurveda/live/>
<https://www.youtube.com/user/dhemant/videos/www.paruluniversity.ac.in>

ONLINE GUEST LECTURE SERIES
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06 NOVEMBER 2020 | 10:30 AM TO 11:30 AM
TOPIC: Post Covid-19 Life style management



Dr. SHIVKUMAR HARTI,
BAMS MD PhD
Associate Professor, Dept of Swasthavritta,
All India Institute of Ayurveda, New Delhi.
Investigator for 'Development and
Validation of Prakriti Assessment
Questionnaire' funded by Central
Council of research in Ayurveda
Sciences at All India Institute of Ayurveda,
New Delhi in 2016-17.
Co-PI for the AYURGENOMICS
project from 2012-2015.
Co-PI for the AYUSH project
'Revitalization of Local Health Traditions'
from 2009-2012.

STAY TUNED
<https://www.facebook.com/parulinstituteofayurveda/live/>
<https://www.youtube.com/user/dhemant/videos/www.paruluniversity.ac.in>

ALUMNI TALK ON CLINICAL PRACTICE

26 DEC 2020 | 11:30 AM TO 12:30 PM

Dr. Rabiya Shaikh
MD - Shalyatantra
PU Alumna | PIA, Class of 2013
Assistant Professor,
Bhargav Ayurved college

MODERATOR | **Dr. Ekta Patel**
Assistant Professor, Shalyatantra, Parul Institute of Ayurved

www.paruluniversity.ac.in

World Piles Day 2020
Inauguration
10:00 AM, 20 TH NOVEMBER 2020

Chief Guest
DR. B.G. KULKARNI
PRINCIPAL
PARUL INSTITUTE OF AYURVED & RESEARCH

Welcome Speech
DR. SHAMLESH JAGDAL
ASSOCIATE PROFESSOR
PARUL INSTITUTE OF AYURVED

Vote of Thanks
DR. CHANDRANANT PISAR
ASSOCIATE PROFESSOR
PARUL INSTITUTE OF AYURVED & RESEARCH

20 NOV 2020 | 05:00 PM TO 06:00 PM
Piles Camp
20th Nov, 2020 To 20th Dec, 2020

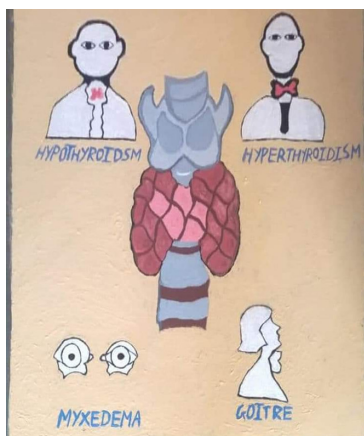
STAY TUNED
<https://www.facebook.com/parulinstituteofayurveda/live/>
<https://www.youtube.com/user/dhemant/videos/www.paruluniversity.ac.in>

SEMINARS/WEBINARS/WORKSHOPS/ DAYS OBSERVED

National Ayurved Day was celebrated on 13th November 2020.



Virtual Quiz Competition was also held on occasion of National Ayurved Day on 13th November 2020.



"Department of Kayachikitsa on the occasion of Thyroid disorders awareness month observed one day CME on Thyroid Disorders with eminent speakers on 21st January 2021.

CME ON "THYROID DISORDERS"		
January is a month of generating awareness about Thyroid diseases. In order to highlight, Thyroid disorders the Department of Kayachikitsa, Parul Institute of Ayurved, Vadodra is going to organized CME.		
SCIENTIFIC SESSIONS		
Timing	Speaker	Topic
9.30 am	Inauguration with prayer with lamp lightening	
9.30 am	Dr Shailesh Deshpande	Welcome Speech
10.30 am	Dr. Jayant Patilkar (MBBS MD- Pharmacology) Assistant Professor, Department Of Pharmacology Smt. B. K. Shah Medical College Sumandeep Vidyapeeth, Vadodra	Clinical Pharmacology Of Thyroid Diseases
11.30 am - 11.45 am		Tea Break
11.45 am - 1. pm	Dr. Nareesh Kore BAMS, MD Professor, Kayachikitsa Department, Parul Institute of Ayurved, Vadodra.	Ayurvedic Approach of Thyroid Disorders
1 pm - 2 pm		Lunch Break
2 pm - 3 pm	Dr. Anil Bhattacharya MBBS, MD Professor And HOD, Department of Medicine Parul Institute Of Medical Sciences And Research	Approach to Thyroid Disorders And Its Management
3 pm - 4.30 pm	Group Discussion and Question answer session	
4.30 pm - 5 pm	Vote of thanks and valedictory function	



"Department of Shalyatantra observed World Piles Day and conducted a guest lecture by Dr. Manoranjan Sahu on 20th November 2020.

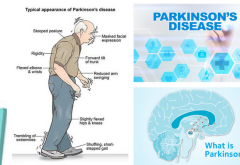
CME ON WORLD PILES DAY	
Organize by: DEPT. OF SHALYATANTRA PARUL INSTITUTE OF AYURVEDA	
ON : Saturday, 5 th December 2020	TIME : 11.00 AM TO 12.30 PM
VENUE : PIA Auditorium, Parul University Campus, Limda, Waghadia, Vadodra.	
SCHEDULE OF CME	
LAMP LIGHTING & DHANWANTARI YANDANA	
WELCOME SPEECH - Dr. MURUND CHALE	
KEYNOTE ADDRESS - Dr. HIRVANT TOSURSHANE	
CHIEF GUEST - Dr. KOMAL PATEL	
GUEST SPEAKER - Dr. TEJAS PATEL (ASST. PROF IN DEPT OF SURGERY, PMSR) (HABRONOSES AND ITS MANAGEMENT)	
Dr. SAMEER CHAUHAN - CONTRIBUTION OF HIMALAYA DRUG COMPANY IN ANORECTAL PROBLEMS	
VOTE OF THANKS - Dr. PARUSHT SHIRODE	
PILES CAMP AT PIA - FROM 20TH NOV 2020 TO 20TH DEC 2020	
SPONSORED BY : THE HIMALAYA DRUG COMPANY	
STAY TUNED : https://www.facebook.com/parulinstituteofayurveda/live/ https://www.youtube.com/user/dharmant/videos/ http://www.paruluniversity.ac.in	

SPECIAL CONSULTATIONS AT PARUL AYURVED HOSPITAL



MENTAL ILLNESS IS NOT A PERSONAL FAILURE. LET US DISCUSS AND GET TREATED AT PARUL AYURVED HOSPITAL

Special Manas OPD
Dr. Rajat C. Deshpande
OPD Number 103
Everyday - 09:00 am to 05:00 pm



PARK IN PAH FOR PARKINSON'S TREATMENT IN AYURVEDA

Special OPD Number 113
Every Saturday - 09:00 am to 01:00 pm



BRING YOUR LIFE BACK ON THE TRACK BY TREATING YOUR LIFE STYLE RELATED DISORDERS WITH OUR HELP

Dr. Sandip Dhanekar
Special OPD Number 115
Every Monday - 09:00 am to 01:00 pm



INSTEAD OF COVERING IT UP TAKE CARE OF YOUR SKIN AND GET TREATED AT PARUL AYURVED HOSPITAL

Special OPD for Skin Diseases
Dr. Sanjay Bhosale
OPD Number 116
Every Friday - 09:00 am to 01:00 pm



**"योगः सर्वं अवि भवे ज्ञानी." -
ROOT CAUSE OF ALL DISEASES IS MANDAGNI
PROFESSIONAL HEALTH CARE PROVIDER IN PARUL AYURVED HOSPITAL FOR ALL YOUR GASTROINTESTINAL DISEASES**

Special OPD for
Gastrointestinal Diseases
Dr. Suresh Utkar
OPD Number 117
Every Tuesday - 09:00 am to 01:00 pm



HAPPY AGING IS OUR AGENDA. AT YOUR SERVICE WITH BEST SENIOR CARE ATMOSPHERE

Special Geriatric Care OPD
Dr. Raksha Parmar
OPD Number 118
Every Wednesday - 09:00 am to 01:00 pm



LET'S HAVE A HEART TO HEART ABOUT HEART DISEASE AT PARUL AYURVED HOSPITAL

Special OPD for Heart Diseases
Dr. Suresh Utkar
OPD Number 119
Every Thursday - 09:00 am to 01:00 pm



Currently special OPD's in our Ayurveda hospital to render still better service for improving the health of mankind.

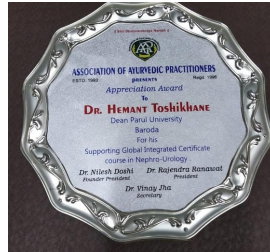
**THE GOOD PHYSICIAN TREATS THE DISEASE;
THE GREAT PHYSICIAN TREATS THE PATIENT
WHO HAS THE DISEASE.**

AWARDS AND ACHIEVEMENTS

01



02



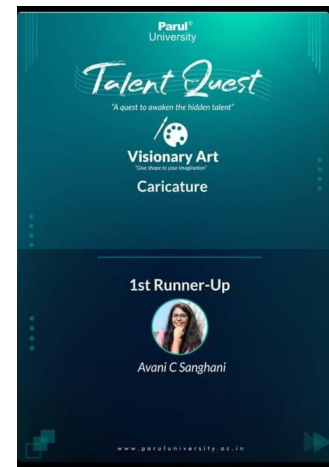
03



04



05



06

01

Dr. Hemant Toshikhane, Dean, Faculty of Ayurved felicitated by Vd. Rajesh Kotecha, secretary, ministry of AYUSH, Govt. Of India at SDMCA &H, Hassan on 08/01/2020.

02

Award of Appreciation by "Association of Ayurvedic Practitioners" to Dr. Hemant Toshikhane, Dean, Faculty of Ayurved on 3rd December 2020.

03

Dr. Hemant Toshikhane, Dean, Faculty of Ayurved felicitated by Dr. Nithin Jain, Principal, Rajiv Institute of Ayurved, Hassan.

04

Joyal Patel, Intern of PIA secured 3rd place in Yoga competition on the occasion of celebration of 159th Birth Anniversary of Bharat Ratna Pandit Madan Mohan Malviya ji Organized by Faculty of Ayurveda IMS BHU Varanasi.

05

Bansari Langhanoja Final year UG student PIA secured 2nd position in all india poster competition in IISF Organized by Ministry of AYUSH.

06

Avni sanghani, 4th year UG student of PIA secured runner up prize in visionary art Caricature on 29th November 2020.

GLIMPSES OF CAMPS CONDUCTED

શહેર ભાજપા પ્રમુખના જન્મદિને આયુષ દવા અપાઈ



વડોદરા શહેર ભાજપા પ્રમુખ ડૉ. વિજય શાહના જન્મદિન નિમિત્તે સોમવારે શહેરના પૂર્વ વિસ્તાર બાપોદ ખાતે JNHMC અને પાટલ આયુર્વેદિક હોસ્પિટલ તથા અટલ સેવા સંઘ અને વૈષ્ણવ સમાજ તેમજ શ્રી કૃષ્ણમ ટીમ અને સ્થાનિક કાર્યકર્તાઓના સહયોગથી શહેર ભાજપા મહામંત્રી સુનિલ સોલંકી અને પૂર્વ કોર્પોરેટર મનોજ પટેલ (મન્ડો) અને દીપકભાઈ, કેશુભાઈ, પરેશભાઈની ઉપસ્થિતિમાં ૧૫૦ દર્દીઓને આયુષ દવાનું વિતરણ કરવામાં આવ્યું હતું.

Distribution of Ayush kit to 150 patients by PAH on the occasion of Dr Vijay Shah's birthday , BJP Pramukh, Vadodara in collaboration with JNHMC, Atal Seva Sangha, Shri Krushnam Team on 15/12/2020

‘સર્વ રોગ સેવા કેમ્પ’નું આયોજન કરાયું



કેકલ્ટી ઓફ આયુર્વેદ અને હોમિયોપેથીક, પારુલ યુનિવર્સિટીના સહયોગથી મોર્નિંગ ટી ગ્રુપ ચેરિટેબલ ટ્રસ્ટ, VIPO, વાડી ટાવર, વાડી - રામ ચોક યુવક મંડળ, કલ્યાણરાયજી મંદિર સ્વયં સેવક સંઘ અને વૈષ્ણવ યુવા સંગઠન વાડી શાખા, વડોદરાના સંયુક્ત ઉપક્રમે સતત છઠ્ઠે ‘સર્વ રોગ સેવા કેમ્પ’નું આયોજન કરવામાં આવ્યું હતું. ‘મોર્નિંગ ગ્રુપ ચેરિટેબલ ટ્રસ્ટ’ ના પ્રમુખ સચિન શાહ (ગોપી), ઉપપ્રમુખ જીગ્નેશ પરીખ (કાલી) અને મંત્રી સંજય શાહ દ્વારા એક યાદીમાં જણાવાયું છે.

A Health Checkup camp was arranged by Faculty of Ayurved & Homeopathy along with Morning group charitable trust at Vadodara city on 27/10/2020



Diwali Kit Distribution to Widow Womans at Makorba Sevashram on 11/11/2020

Screening camp arranged by Parul Ayurved Hospital, following all Covid 19 preventive guidelines on 02/12/2020



Health Check up camp at Jalapur. Total:- 93 patients got benefited on 23/12/2020



Health Check up camp at Haripura. Total 92 patients got benefited on 28/12/20

Health Check up camp at Kundel. Total 62 patients got benefited on 31/12/2020





Dr. Hemant Toshikhane, Dean Faculty of Ayurved and other members of National Sushruta Association with
Hon. Minister of AYUSH Shri. Shripad Y. Naik at SDMCA &H, Hassan on 08/01/2020



3TE IMMUNE DROPS

Ingredients:

- Shunthi Akra (Distillate of Zingiber officinale)
- Pippali (Distillate of Piper longum)
- Mareecha (Distillate of Piper nigrum)
- Twak (Distillate of Cinnamomum zeylanicum)
- Ela (Distillate of Elettaria cardamomum)
- Tulasi akra (Distillate of Ocimum sanctum)

Uses:

- Increases immunity,
- Cold and Cough
- Sore Throat
- Appetizer

Dose: 2ml to 5ml with hot water, Recommended one to two times a day
Shelf life: 1 year from manufacture date | **Qty:** 100 ml

MRP: Rs. 80/- | Rs. 70/- for Parul University Staff and Students


Available at:

Parul Ayurved Hospital Limda, Wagholia, Vadodara. Phone: 02668-260225, 9099008858	Khemdas Ayurved Hospital Ishwarpura, Wagholia, Vadodara. Phone: 7405559943, 973654394
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स्वास्थ्यस्य स्वास्थ्य रक्षणम्। आतुरस्य विकार प्रशमनम् च॥

व्याधिक्षमत्वं व्याधिबलविरोधित्वं व्याध्युत्पाद प्रतिबन्धकत्वमिति यावत्।

Aim of Ayurved is to maintain the health of an individual and to treats the diseases. On this regard Parul Ayurved Pharmacy has come up with 3TE immune drops by considering respiratory as well as overall health of mankind.

Boost your Immunity through Ayurved

There are some medicines in Ayurved which improves your immunity and helps keep you healthy.

Here we are presenting the immunity drops and COVID preventive kit.

We are sure that in these Pandemic situation these medicine will absolutely help you.

Parul Ayurved Hospital
Limda, Wagholia, Vadodara. | Phone: 02668-260225, 9099008858

To maintain the health Immunity of an individual place a vital role. 3TE immune drops serves this purpose effectively.



THE EXAMPLE lives on FOREVER.
The INSPIRATION lives on FOREVER.

The SPIRIT lives on FOREVER.
The LEGACY lives on FOREVER.



Parul institute of Ayurved delivered condolences to the versatile stalwart, Late Dr. M.S. Baghel, Ph.D., M.D. (Ayurveda).

BRS (BOARD OF RESEARCH STUDIES) AT PIA

Faculty of Ayurved, Parul University has been involved in various research activities since its inception. In all avenues of research Faculty of Ayurved has contributed positively and our stake in the area is increasing day by day.

1. All research proposals are reviewed by Board of Research Studies, Faculty of Ayurved and are monitored by the board throughout the study period.
 2. All clinical studies are conducted only after obtaining permission from Institutional Ethics Committee and after registration of trial in Clinical Trial Registry of India (CTRI). The IEC is monitoring research activities in clinical study through reporting of SAE and status reports of study on periodic basis.
 3. Animal studies are conducted after obtaining approval from animal ethics committee and are monitored by the committee.
 4. About 230 clinical studies including (PG and Ph D Studies) are registered in CTRI from Parul Institute of Ayurved and Parul Institute of Ayurved and Research.
 5. Eight sponsored clinical trials are completed, four clinical trials are ongoing and nine clinical trials are about to begin.
 6. Two patents are already filed by the institute and 12 more are on verge of getting filed.
 7. More than 400 publications have been done by the researchers of Faculty of Ayurved. 6 studies conducted on COVID-19 in collaboration with pharmaceutical companies and Gujarat Government. 2 SOIC (Student Open Innovation Challenge) projects funded by Govt. of Gujarat are also being conducted also Post graduate dissertation review of 2018-19, 2019-20 of more than 150 students are also conducted for improving the ~~Faculty of Ayurved~~ standards of Ayurvedic education awarding degrees in doctoral studies since 2016-2017. Till date 232 researchers in Ayurved enrolled for doctoral studies. During current academic year Faculty of Ayurved received 300 applications for admission, out of which 70 were selected for doctoral research studies. Till date 3 PhD degrees are awarded and 3 scholars have completed their studies.
- The vision of Board of Research Studies, Faculty of Ayurved is "Research Par Excellence".



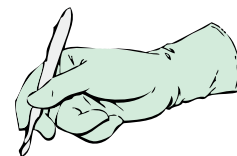
PROCEDURES CONDUCTED AT PAH (FROM OCT-DEC 2020)

Shalakyatantra- 1300 (both OP/IP)

Shalyatantra- Ksharsutra - 107/ Parasurgical - 339/ Maj. and Min. OT - 96

PTSR - 1533

Panchakarma - 8971 (both OP/IP)



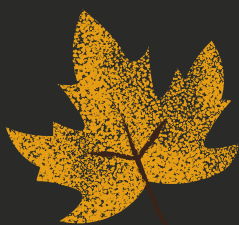
1	Webinars	200+
2	Camps during Lockdown	17
3	Camps (Oct-Dec).	23
4	Workshops/ Guest lectures/ Days observed	10+



CHIEF EDITOR



Dr. Hemant D. Toshikhane
Dean, Faculty of Ayurved,
Parul University,
Vadodara, GUJARAT



CO-EDITORS



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PIA, Parul University,
Vadodara, GUJARAT



Dr. Sushant D. Mhatre
Asst. Prof., Dept. of Rognidan,
PIA, Parul University,
Vadodara, GUJARAT

**FACULTY OF AYURVED
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