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PARUL INSTITUTE OF AYURVED & HOSPITAL
GUJARAT STATE'S 1ST NABH ACCREDITED
AYURVED TEACHING HOSPITAL



AYURDEEP

**A BIENNIAL AYURVEDA
BULLETIN**



FACULTY OF AYURVED

P.O Limda, Tal. Waghodia, Dist. Vadodara-391760, Gujarat State, India

Tel: +91-2668-260221/222/223 **Fax:** +91-2668-260201 **E-mail:** pia@paruluniversity.ac.in **Web:** www.paruluniversity.ac.in

PARUL UNIVERSITY

2nd Edition

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Second Edition –Review

We are glad to successfully publish our second edition – “**AYURDEEP**” a Biannual Ayurveda bulletin which includes the summary of news related to Parul Institute Of Ayurveda. It highlights the achievements, felicitations, annual events, guest lectures, workshops, camps, special days observed in our campus, special events initiated in PIA as well as the articles, case reports etc.. followed by our first edition. As our Ayurved pharmacy is growing gradually with innovative and unique formulations which is used for uplifting the health of our society we tried to highlight gist of some formulations in this edition and also in upcoming editions. So the bulletin will convey various knowledgeable ideas for the Ayurvedic field and also other fields of medicine.

Felicitations

Its not about luck. Its about hardwork and relentless drive for constant progress “ which made Parul Ayurved Hospital to be an **NABH (NATIONAL ACCREDITATION BOARD FOR HOSPITALS & HEALTHCARE PROVIDERS)** accredited hospital which is first of its kind in the state of Gujarat.



Receiving NABH accreditation certificate from **Dr. Gayatri Vyas**
Sr. Director, NABH, New delhi.

Winners of sports / cultural events in Dhoom -2018

1
Faculties of Ayurveda
bagged 1st place in
volley bal match in
DHOOM 2018.



2
UG first year student
Jagruti bhokan bagged
2nd prize in long jump -
dhoom 2018.



4
UG students of PIA
bagged 1st in kho-
kho match of
DHOOM 2018



3
Dr.Meeta
Mashru(Ayurveda
faculty) bagged
runnerup place in Table
tennis match in DHOOM



5
First year UG student Smit Patel
of PIA bagged 2nd place in
melodious solo singing
competition.

6
Second year UG student
Sanghani Avani bagged 1st
place in Colour Splash
competition.



“National Ayurveda Day” was celebrated at Sayagibaug on 13th Oct 2017 with a momentous theme “run for Ayurveda” and conducted free pain management camp. Inaugurated by hon. mayor of Vadodara



“Ayurveda Food Fest”17 observed in Parul Ayurveda College by Dept of Swasthavruttha on 16th December.



“World Heart Day” is observed by Dept of RogaNidana. A CPR demo and guest lecture from and Dr. Mahesh Bhatt was conducted on 23rd Sep 2017.



Days Observed



“World Piles Day” was observed by Dept of ShalyaTantra on 2th Nov 2017.



“World Childrens Day” observed on 20th Nov 2017 by Dept of BalaRoga in PIA.



“World AIDS day” observed in Parul University through various awareness activities like rallies, posters etc on 2nd Dec 2017.

Guest lectures



1. Conducted lecture on “Rasoushadiin general practice” by Dr.P.S.N.Bhatt on 18th Sept.17.



2. Guest lecture on “Pain management” by Dr Akash and Dr Dhaval (Anaesthesiologists) Vadodara on 12th October 2017.



3. Guest lecture by Dr Pradeep Sahu, lecturer Dept of Medical Education Faculty of Medicine, University of west indies Trinidad and Tobago on the topic “Problem based learning”.



4. Guest lecture on “Ayurveda way of living” by Dr.Kashinath Samagandi, Dept of Swasthavrutta, NIA, Jaipur.



5. Guest lecture to physiology and basic principles PG students by Dr.Akshar Kulkarni, Tilak Maharashtra University, Pune, on December 26th 2017.



6. Lecture on “Biophysics and Panchamahabhuta Theory” by Dr. S Joshi on Dec 27th 2017



7. Spiritual lecture on Bhagavad Gita by Swami SrimanBasu Ghosh Prabhu, ISKON temple, Chicago, USA. On 10th Jan 2018.



EVENT:Parul University, Faculty of Ayurveda at National Ayurveda summit and Expo on Ayurveda –AYURVEDAM at 30th September 2017, Gandhinagar, Gujarat



EVENT:National seminar on Trauma care through Ayurveda – Abhigatopachara on 29th and 30th December 2017 at Parul University.

Camps conducted



1. PIA, Dept of KriyaShareera organised freeBMD test camp with the help of Vasu pharmacy on September 27,2017.

2.PIA, Dept of RogaNidana conducted screening camp for CVD on account of World Heart Day on 23rd September 2017.



3.PIA,Dept of ShalakyaTantra conducted screening camp for blind girls school inmates on January 7,2018

4.PIA, Dept of Balroga, participated in Balmela and examined around 2000 kids in Vadodara on 28th Jan 2018.



ROLE & RELEVANCE OF HERBS IN THE PREVENTION & TREATMENT OF CANCER

INTRODUCTION:-

Cancer being a deadly disease, caused due to variable causes need to be focused through Ayurveda as the medicines and management is not that much effective in modern science. The great sage PunarvasuAtreya while clarifying the doubt of his disciple Agnivesha, tells “agnidoshaanmanushyaanaamrogasanghaahpruthagvidha ah” which means all the diseases are caused due to the derangement of Agni. Thus the concept of Agni & Rasayana in the light of Ayurveda has a greater significance in the prevention of diseases including cancer. As the days passed and at present, the developed technology having different terminologies in modern medical science and this topic can be taken under free radicals and the process of oxidation which leads to such deadly diseases like cancer.

FREE RADICALS:-

Free radicals are atoms/molecules that contain one or more unpaired electrons. They are unstable hence they try to seek stability either by donating its electron to other molecule/acquiring electron from adjacent molecules. Thus, they are highly reactive and this process is called OXIDATION.

SOURCES OF FREE RADICALS:-

1. INTERNAL SOURCES

- Stress (emotional)
- Abnormal metabolic process viz. Production of mitochondria, metabolism of fat, carbohydrate/protein, peroxidases, oxidases, lipoxygenases.

2. EXTERNAL SOURCES

- Pollution
- Over exposure to radiations (X-ray, UV-rays, IR rays)
- Over exposure to chemicals (pesticides, petroleum based products)
- Foods and behaviour favouring oxidation such as fast foods, alcohol, smoking etc.
- Lack of antioxidant supplements and exercise

OXIDATION IN AYURVEDA:-

To understand the process of oxidation in the light of Ayurveda, we need to see the basic principles of Paramanu as per darshana. Paramanu is the last minute particle in the creation and according to Acharya Sharangdhara its size would be $1/30^{\text{th}}$ part of the

smallest dust particle which could be seen in the beam of sunrays coming through a window. This Paramanu will be getting Samyoga (combination) and Vibhaga (division) with the help of vata. This process in the advanced world is known by mitosis and meiosis. Further Vaisheshika Darshana enlighten this a little deeper, telling this process is happening by the Parispandana (a continuous rotatory motion of Vayu). And this Paramanu has been transformed into other particle by the help of Bhutagni as explained in Peelupaka vata by Vaisheshika Darshana. Likewise the transformation happens in macro level by Jatharagni and Dhatvagni, whenever there is any derangement in this Agni leads to the production of Ama which is nothing but free radicals and to some extent the Agni Maandhyata may be taken as oxidation process.

DRUGS WHICH HELP IN THE PREVENTION OF CANCER:-

After understanding the basic knowledge of the causative factors of cancer in the light of Ayurveda, we can come to an understanding that the drugs which has the property of Agni Samyata (Deepana & Pachana) and Rasayana can be taken in regular use for the betterment of life.

Drugs having Rasayana property such as,

1. Amalaki-Emblica officinalis Gaertn
2. Pippali - Piper longum
3. Ashwagandha - Withania somnifera
4. Shatavari - Asparagus racemosus
5. Brahmi - Bacopa monnieri
6. Mandukaparni - Centella asiatica
7. Shankhapushpi - Convolvulus pluricaulis Choisy
8. Guduchi - Tinospora cordifolia
9. Gokshura - Tribulus terrestris
10. Kapikachu - Mucuna pruriens
11. Kushmanda - Benincasa cerifera Savi
12. Kumari - Aloe barbadensis Willd
13. Lashuna - Allium sativum Linn.
14. Guggulu - Commiphora mukul

Drugs having Agni Samyata property

1. Shunti - Zingiber officinalis
2. Maricha - Piper nigrum
3. Pippali - Piper longum
4. Puga - Areca catechu Linn.
5. Tamala - Garcinia morella Desr.
6. Gunja - Abrus precatorius Linn.

Some Vishadravya having Rasayana property

1. Vatsnabha- Aconitum ferox Wall.
2. Bhallataka-Semicarpusanacardium
3. Gunja-Abrusprecatorius Linn.

Many drugs having either the Rasayana property or property of Agnisamyataor both can be used to some particular type of cancer. They are as follows

1. MedhyaRasayana (Guduchi, Sankhapuhpi, Mandukaparni, Brahmi)
2. Kasamarda
3. Trikatu(Shunthi, Maricha, Pippali)
4. Shatavari, Kumari, Sharapunkha, Bhanga(in small quantity)
5. Shigru
6. Ashoka

CONCLUSION:-

The concept of free radicals and their role to impair the human body and producing such disease like cancer has been considered the biggest threat in these days. Thus by understanding the process of Rasayana and Agnisamyata, we can come to a conclusion that to lead a healthy life without diseases like cancer . We need to adopt proper diet and we can use these drugs in regular basis understanding its mode of usage (Matra, Sangrahanakala, Anupana, Samskara, Rtu etc.) to be benefitted in ample ways.

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Dr.S.Md.Nihaluddin
2nd year P.G Scholar, Dept. of
ShalakyaTantra, Parul Institute of
Ayurved, Vadodara, Gujarat

MANAGEMENT OF MUTRAKRICHCHA (CHRONIC CYSTITIS) THROUGH AYURVEDA PROTOCOL- A SINGLE CASE STUDY

Abstract: Mutrakrichha comes under the disorders of MutravahaSrotas and mainly deals with shoola (pain) and kricchrata (dysuria). AcharyaCharaka has described eight types of Mutrakrichha. Charaka has also mentioned eight type of Mutragatha. In Mutrakrichha, the vitiated Pitta Dosha along with Vata (mainly ApanaVayu) on reaching Vasti (bladder) afflicts the MutravahaSrotas due to which the patient feels difficulty in micturition. The above mentioned symptomatology has close resemblance with urinary tract infections, as described in modern texts specifically lower urinary tract infections (urethritis and cystitis). Here we reported a new case of mutrakrichcha (chronic cystitis), a 50 year old female patient consulted to OPD with complain of mutradaha, shwetapradar, adhoudarshula, sarvangdahaanubhuti since 6 years intermitently, this case manage with local treatment by yoni prakshalan with panchavalakalkashay (app.800ml) followed by yoni pichu of jatyaditaila along with internal medicines- gokshurachurna, yavakshara, chandraprabhavati and goudmutraharitaki which are having the common properties of shothahara, vranaropan,mutrarogaghna.

Key Words: Cystitis, Mutrakrichha, ShamanaAushadhis, Urinary tract infections

Introduction:Mutra is an outcome product digestion of food and metabolism in the body it is passes through urethra. In both Mutraghata and Mutrakrichha, Krichhrata (dysuria) and Mutra-vibandhta are simultaneously present but in Mutrakrichha there is predominance of Krichhrata (dysuria). InAyurveda text the urinary disorders are described in the form of 8 types of Mutrakrichha, 8 types of Mutraghata, 4 types of Ashmaris and 20 types of Prameha.[1] . Acharyakashyapa had also described the sign and symptoms of Mutrakriccha in Vednaadhyaya). [2]

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REQUIRED

Applications are invited for the following positions.

Sl No.	Departments/ Subjects	Professor	Reader	Asst. Professor
1.	Swasthvritta	1	1	1
2.	Rog Nidan	1	1	-
3.	Agad Tantra	-	1	1
4.	Kayachikista	1	1	-
5.	P.T.S.R.	1	2	2
6.	Kaumarbhritya	1	1	-

Hospital Staff
1. Ayurveda Pharmacist with B Pharm / M. Pharma Ayurveda - 01

Qualification, Experience & Pay scales as per CCIM norms. Interested candidates shall apply within 15 days with all testimonials to the Principal, Parul Institute of Ayurveda, At P.O Limda, Ta. Waghodiya, Dist. Vadodara, Gujarat.

Email:pia@paruluniversity.ac.in. Contact: 02668 - 260221

AcharyaSusrut has described eight types of Mutrakrichha. [3] In Mutrakrichha, the vitiated Pitta Dosha along with Vata (mainly ApanaVayu) on reaching Vasti (bladder) afflicts the MutravahaSrotas due to which the patient feels difficulty in micturition.[4] The above mentioned symptomatology has close resemblance with urinary tract infections, as described in modern texts specifically lower urinary tract infections (urethritis and cystitis).

A healthy urinary tract is generally resistant to infections. However, for anatomical reasons female lower urinary tract is more susceptible. Predisposing factors for recurrent urinary tract infection include female sex, age below 6 months, obstructive uropathy, severe vesicoureteric reflux, constipation and repeated catheterization. Poor hygienic conditions and environment, poverty and illiteracy also contribute to the increasing percentage of urinary tract infections. Urinary tract infections occur in 1% of boys and 1-3% of girls. [5] These infections are the common complications during pregnancy, diabetes, polycystic renal disease and in other immune compromised patients. [6]

Case Report: A 50 years old female patient came to SRPT OPD of Parul Ayurveda Hospital, Limda, Waghodia, Vadodara, Gujarat, India, with chief complaints of Mutradaha (Burning micturition), Shwetapradar (White discharge), adhoudarashula (Lower abdominal pain), Sarvangadahaanubhuti. Patient was suffering from above symptoms since 6 years intermittently. She had used various allopathic medicines but nor cured completely. No any past surgical history noted by patient. The personal history of patient and AshtavidhaPariksha findings were observed as noted in table-1 and table-2 respectively. In abdominal examinations the abdomen was soft with lower abdominal pain. In per speculum (P/S) examination Cx- atrophied, no cervical erosion, W.D. ++ while in per vaginal examination (P/V) Ut- AV/AF, Cx- FM, both fornices- normal, W.D. ++ In menstrual History patient reported menopause since 2 years. In obstetric History: G2 P2 A0 L2, 2 male baby, both FTND at hospital and last delivery: 22 years back. In contraceptive History tube ligation (TL) was done before 22 years. In coitus history two times per month was noted by patient. The laboratory investigations were done as shown in table-3.

Treatment Plan: The patient was treated internal systemic treatment protocol and local treatment as mentioned in the table-4 and table-5 at IPD basis for 7days. Later on patient was discharge and treatment was continued for 90 days GokshuraChurna with Yavakshara, ChandraprabhaVati and GomutraHaritaki tablet were used for oral administration for 3

months. Yoni dhavana with PanchValkalkwath and Yoni Pichu with JatyadiTaila were used externally medication as locally for twice a day for 7 days. Medications for external application were selected due to their properties of beneficial for treating mutrakrichcha (Cystitis). [7] Ahara and Vihara (diet and mode of life) advised during treatment: Pathya: Puranashali, yava, kshara,takra, dugdha, dadhi, jangalmamsa, mudgayusha,, trapusha, nadeyajala, sharkara, kushmanda, patolapatra, ardraka, gokshura, puga, narikela, laghuela, karpura. Apathya: Tambula, matsaya, lavana, pinyaka, hingu, tila, sarshapa, masha, karira, tikshna, vidahi, ruksha, amladravya, virudhashana, vishamashana, Yana gamana, vegadharana Follow up: every 15 days.

Table-1: Personal History:Name: ABC (changed)Bala – Madhyam (Average)Prakriti – Pitta Vata, Age – 50 yrs Sleep – Good, BP – 110/70 mmHg, Sex – Female, Addiction – None, Weight – 57 kg, Marital Status – Married, Bowel Habit – Regular, Height – 160 cm, Occupation – Housewife, Appetite – Good.

Table-2 AshtavidhaPariksha: Nadi (Pulse): 80/min Shabda (Speech): Clear Mala (Stool): Regular Sparsha (Touch): Normal Mutra (Urine): Burning sensation Druka (Eyes): Normal Jivha (Tongue): Niraam (uncoated) Akruti (Built): Madhyama

Table-3 Lab. investigations:

Hb13.6gm%, FBS99mg/dl, Urine :Pale yellow, clearUrine protein, glucose, RBC Nil, USG:Uterus atrophied, cystitis Papsmear :test Normal.

Table -4 Selected Internal Ayurvedic Drugs

(Medicines Dose Route Aushadha Kala Anupana)
Gokshurachurna + Yavakshara Yavakshara
(3gms + 250mg) twice/day Oral Before meal Plain water
ChandraprabhaVati (Sharangdhara Samhita Madhyama Khanda 7/40 – 49)2 tab thrice/day Oral After meal Warm water
Gomutra Haritaki (Astangahradayam uttaratantra 22/102)2 tab twice/day Oral Before meal Warm water

Table-5 LocalTreatment:

(Medicines Ingredients Dose Properties)
Panchavalkalakashaya (Bhavprakash) (8)Vata, Aswatta , Udumbara, Plaksha, Parisha1 L for vaginal douche
twice/day Vranashodhana, Vranaropana and Shothahara
Jatyaditaila (Sha.S.M 9/168-171.5)Jati, Nimba, Patola, Naktamala, Sikta, Madhuka, Kushta, Haridra, Daruharidra, Manjishta, Katurohini, Padmaka, Lodhra, Abhaya, Nilotpala, Tutthaka, Sariva, Naktamalabeeja, TailaQ.S. (Yoni pichu) twice/dayVranaropana

Table-6: Signs and Symptoms:

Signs and Symptoms	No	Mild	Moderate	Severe
Pain (during micturition)	-	-	✓	-
Burning micturition (Mutradaha)	-	-	-	✓
Stranguary score (Mutrasanga - BinduvatPravriti)	-	-	✓	-
White discharge (Shwetapradara)	-	✓	-	-
Lower abdominal pain (adhoudarashula)	-	✓	-	-
Low grade fever (MandaJvara)	-	✓	-	-
Bodyache (DehaVedana)	-	-	✓	-
General debility (Daurbalya)	-	-	✓	-

Table-7: Observations and result:

Symptoms	Symptoms present Before treatment	Symptoms present after treatment	Improved remarkably	Completely relieved symptoms
Pain (during micturition)	✓	-	-	✓
Burning micturition (Mutradaha)	✓	-	-	✓
Stranguary score (Mutrasanga BinduvatPravriti)	✓	-	-	✓
White discharge (Shwetapradara)	✓	-	-	-
Lower abdominal pain (adhoudarashula)	✓	✓	✓	-
Low grade fever (MandaJvara)	✓	-	-	✓
Body ache (DehaVedana)	✓	✓	✓	-
General debility (Daurbalya)	✓	✓	✓	-

Result and Discussion:

Patient had relieved from symptoms like burning micturition (Mutradaha), white discharge (Shwetapradara), lower abdominal pain (adhoudarashula), Sarvangadahaanubhuti, low grade fever (MandaJvara), bodyache (DehaVedana), general debility (Daurbalya) within the follow up period of 3 months. In USG findings cystitis observed before 3 month which was totally absent after treatment. No significant complication is evident during the course of study. PanchavalkaKashaya seems to have property like Shothahara and kaphashamaka,

antiseptic (kashaya rasa) and wound healing properties (vranaropana). [9-10] Because of these properties, it helps in increasing local cell immunity and prevents recurrence of symptoms in patient. The phytosterols and flavonoids are anti-inflammatory and analgesics reducing the pain. Tannins also proved to have antimicrobial property which might have reduced the discharge. In classical terms, it can be explained that Katu, Tikta, Kashaya Rasa, Laghu, Ruksha, TeekshnaGuna, UshnaVeerya, KatuVipaka and Kaphapittaghna properties of drugs are responsible to break the Samprapti of diseases. [11] Jatyadi oil contains flavonoids, tannins, steroids, alkaloids and glycosides which helps in faster healing of wounds. [12] Gokshurachurna acts as natural diuretic, anti inflammatory, VataKaphahara that which subsides the symptoms of cystitis. [10] Yavakshara used in treating urinary diseases, abdominal pain, bloating, etc. [13] Chandraprabhavati has anti-inflammatory activity, treating recurrent fever and relieves anorexia, leucorrhoea, urinary tract infections & pain. Gomutraharitaki acts on Mukharogas, kustha, pandu, krimi, shophahara and it is Kaphahara, Malanulomaka, Deepana, vatanulomaka, srotoshodaka, shophahara

Conclusion: The Ayurved treatment protocol with local panchavalkalkwath douche and pichu of Jatyaditaila along with Chandraprabhavati, Gokshurachurna and Gomutraharitaki is effective in the management of Mutrakriccha (chronic cystitis). The limitation of the study is this is single case study and need to be studied in more number of cases for its concrete conclusion.

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Submitted by -NidhiNinama 1, T.R.ThangaSelvaKumari 2, MansiModi 3

1 & 2, MD Scholars, 3 Associate Professor PrasutiTantra and StriRoga Department, Parul Institute of Ayurveda, Parul University, Limda, Waghodia,

Special Thanks to all who submitted their precious articles for this bulletin

PARUL AYURVED PHARMACY

An Ayurvedic pharmacy of PIA opened with a hope of giving standardised medicinal preparations for parul hospital patients, staffs and students. It got its licence under Drug and cosmetic Act 1940 and issued GMP certificate on December 28, 2016. Various formulations like churna, avaleha, tablets, bhasma preparations etc are manufacturing in this institute. One such important formulation manufacturing in parulayurved pharmacy is amrutbindutaila, which is discussed in this edition.



Ingredients

Winter green oil
Turpentine oil
Clove oil
Mentol
Thymol

Reference - Anubhoota yoga

Indication -

Kaphavatahara, especially indicated in shirashoola and all sort of pains.

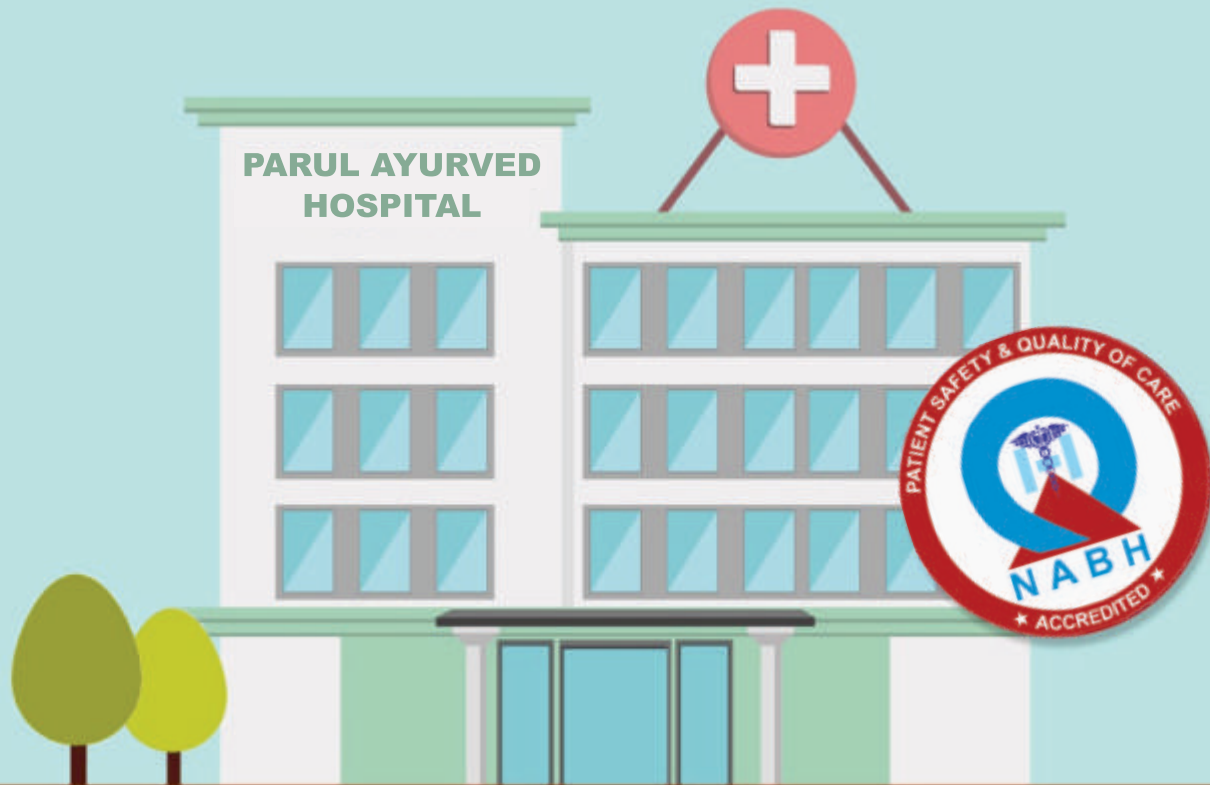
Dosage- for external application.

Inauguration of "PARUL MEDI HERB"



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Dr.Dhananjay Patil
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