



3<sup>RD</sup> EDITION

A BIANNUAL AYURVEDA NEWS BULLETIN

# AYURDEEP



FACULTY OF AYURVEDA  
PARUL UNIVERSITY

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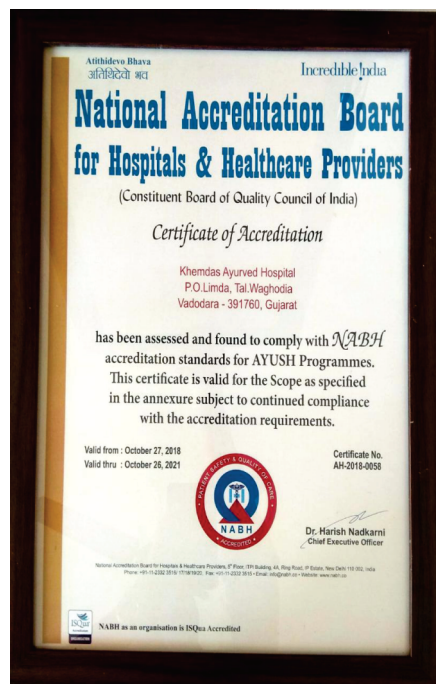


**Dr. B. G. Kulkarni**  
Principal  
PIAR

## 3<sup>rd</sup> EDITION REVIEW

We are extremely happy to publish the third edition of "AYURDEEP" a Biannual Ayurveda Bulletin which has summary of events related to Parul Institute of Ayurveda & PIAR. Several Guest lectures and Seminars conducted, Awards received by students & staff members, Days observed in and outside campus by faculty of Ayurveda, Special programmes conducted are highlighted in this edition. This time we also tried to give an insight about yet another Ayurvedic preparation manufactured by our own Pharmacy. 3rd edition also includes a glimpse of PhD programmes as we are an institution having PhD course in various faculties including Ayurveda. We are sure this edition of AYURDEEP will also create a positive vibe among students and faculty members of Ayurveda & other fields too. BE HERE, BE VIBRANT.

## NABH ACCREDITATION OF KHEMDAS AYURVED HOSPITAL



One more milestone achieved. Our second Ayurveda hospital also getting NABH accreditation.



# SEMINARS & WORKSHOPS

Inauguration of 3 days Research and Biostatistics workshop for PhD scholars from 23rd to 25th of Nov 2018 from Dr S S Savrikar Former VC GAU Jamnagar, Adviser for Ministry of AYUSH, Govt. of India.



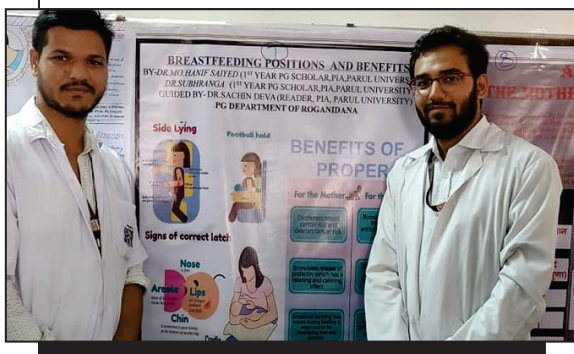
Active participation in AYUR EXPO Ahmedabad with Dr Hasmukh Jivraj Soni, Chairman Gujarat Ayurved and Unani Practitioner Board, Dr Kirit bhai Patel Syndicate Member, Gujarat Ayurved University and Dr Sudhir Joshi District AYUSH officer Vadodara on 20th Oct 2018.



Research sensitization workshop on 23th August 2018 by Dr. Vijay Upadhyay, Member convener, Board of R&D, Parul University.



Department of Kaumarabhrithya organized 1 day CME on account of World **Breast feeding week** on 2<sup>nd</sup> August 2018.



National Symposium SUNETRA-2018 "Management of Eye diseases" held at Parul University on 9th May 2018.



Evidence Based Clinical Cardiology Practice Through Ayurveda, 8th WAC satellite seminar at PIA on 19 sept 2018.



# GUEST LECTURES

Dept of Rachana shareera arranged guest lecture on Basics of Nervous system by Dr. Shankarling Miadaragi, Associate Professor SVS Ayurveda College Ilkal to 1st yr students at PIA.



Dept of Samhita and Siddhanta organized guest lecture by Dr. Arjun. Baghel, Professor, addressing 1st BAMS students on July 24th 2018.



Department of RSBK organized guest lecture on "Importance of Rasshatra in Clinical Practice" by Dr. Bhavusaheb Joshi, Professor, Dept of RSBK



"Mind and its role in Performance" on 19th June, 2018 for 1st year BAMS students by Dr. Avnish Dave, Professor & HOD in Department of Physiology, PIMSR.



Mr. Manishkumar Jain (Founder of cyber security India) and Mr. Amish Patel for 1st and 2nd year BAMS students on topic "To create awareness regarding use of social media to prevent cybercrime" on 5th December, 2018.



Dr. Shiv Ji Gupta Prof Department of Shalyatantra Banaras Hindu University Varanasi Addressed the students at Parul Institute of Ayurveda on 27th July 2018



Prof Prasanna N Rao Principal SDM college of Ayurveda Hassan addressing the Post Graduate students on 29th June 2018.



Dr. Mandar Bidekar, Professor, Dept of Sharir Kriya, BMK Ayurved Mahavidhyalay, Belagavi on July 24th 2018.





# GUEST LECTURES

Dept of Roga Nidana conducted guest lecture on Basics of Radiology by Dr. Anil Ratva, Radiologist, PSH, Parul University for PG Students of PIA on 24th August 2018.



Dept of Kayachikitsa organized Guest Lecture by Dr. Murlidhar Poojar, Professor, SDM College of Ayurveda Hassan on 26th June 2018.



Dept of Roga Nidana organized an interactive session with Dr.L.P Jadhav, Professor, Dept of KC,SDM Hassan for Ug & Pg RN students on 20th April 2018.



Foreign delegate visit-Professors from Wroclaw University of Science and Technology, Poland visited Parul University for a lecture series under the Erasmus+ Staff Mobility Programme. During their visit they visited the Diya Panchkarma Centre unit of Parul Institute of Ayurved for Panchkarma Treatment services on 30<sup>th</sup> August 2018.



**GUESTS FROM POLAND**  
Taking Ayurved Treatment at  
Extension Center of  
Parul Ayurved Hospital

## DAYS OBSERVED

Body donation day observed at Parul Ayurved Hospital on 28th June 2018.



Rally organized by PIA in Vadodara city on account of 3rd Ayurveda day on 1st Nov 2018.



Doctors day celebrated at PIA on account of National Doctors day on July 1st 2018. Dr. Kiran N Shiglot and Dr. Aarti Parmar were chief guests.



Gurupoornima was observed on 27th July, 2018. Students of 1st year BAMS spoke on the importance of Guru in life on the occasion.



International day against Drug Abuse & Illicit Trafficking day on 26th June 2018. Shri Narasimha N Komar, IPS, Inspector General of Police, Gandhinagar, Gujarat & Shri. H. P. Sisodiya, Superintendent, Prohibition & excise dept, Vadodara Gujarat delivered awareness talk.



International yoga day on 21st June 2018



Teachers day celebration on 6th Sept 2018



World Environment Day was observed on 5th of June 2018 with Plantation 60 New Medicinal Plants.





## YOUTH TALK

Wonderful opportunity for students of PU to interact with Mr. Saif Ali Khan & Mr. Rohan Mehra on 19th oct 18



## FACULTY ENRICHMENT PROGRAMME

Shri. D K Kulkarani Sr. Manager SBI gave a talk on Savings & Investments on 17th June 2018-11-29



## ORIENTATION PROGRAMME

Orientation Program by Women Development Cell on "Understanding about Mind and its importance in improving individual Performance" for 1st and 2nd year BAMS students on 31st July, 2018.



## PARUL AYURVED PHARMACY

### Ingredients:

Amlaki, Sugarcandy, Honey, Cow ghee, Haritaki, Punarnava, Draksha, Dashamoola, Guduchi, Gokshura, Ashwagandha, Shatavari, Brahmi, Pushkaramula, Mashaparni, Mudgaparni, Pippali, Pippalimoola, Elaachi etc.

**Dose:** 10- 15 grams.

**Anupana:** Warm water, Warm milk

**Ref:** Sharangadarasamhita.

### Indications:

Rich source of Vit-C, Rejuvenative and restorative, boosts immunity, improves intelligence, memory power, appetite, strengthens digestive activity, promotes absorption of nutrients, good for healthy skin and hair.



# AWARDS

Dr.Sariput Bhosikar, Reader in Dept of Agadatantra PIA received best paper award in Nirvisha -2018,KLE Belagavi.



Dr.Ekta Parth, Pg Dept of Rasashastra secured 2nd prize in Poster presentation at International conference on panchakarma JS Ayurveda college Nadiad,Gujarat on sept 2nd 2018.



Dr.Arohi Parmar,Pg Dept of Sahlakya tantra received best essay award conducted by Vishva Ayurved Parishad & Bhai Uddhavdas Mehta Memorial Trust, Bhopal on Aug 12th 2018.



Dr.Nihaluddin,Pg dept of Shalkya received 2nd prize in state level quiz competition "Manthan" held at Parul University.



Dr. Swathika Sharma, PG Dept of Roga Nidana received best paper award at "Swasthyam-2018" National seminar on Prevention of Lifestyle disorders held at Pune on 22nd April 2018.



Dr.Deepika Mehra, PG Dept of Kriyasharira received 2nd prize at "Swasthacon-2018" on 21st April 2018 at Rajkot.



Dr. Navoday Raju, Assistant Professor, Dept. of Kriya Sharir was awarded with "Best Teacher Award (Ayurguru Puraskar)" for the academic year 2017-18.



Dr Avinash Kande, Pg Dept of Rasashastra received best paper award at "International Seminar on Globalisation of Ayurveda"on 14th Oct 2018 at Goa.





## CAMPS CONDUCTED

Summer camp conducted by Dept of Kaumarabhrithya “Blooming Buds” inaugurated by Mr. Dhiraj Singh, Principal, Avalon world school and Dr.Indira Parmar, Medical superintendent, PSH from 29th May 2018.



Faculty of Ayurveda-Khemdas Ayurveda hospital organized Free medical camp at Uma colony Vadodara inaugurated by Shri. Shailesh Sotta, MLA Vadodara on 27th May 2018.



Medical camps at localities in and around Vadodara to provide poor patients with free consultation, medicines, transportation, food and even IPD facilities along with treatment.



## PHD PROGRAMME

PhD Course is a research based analytical programme in the domain of Ayurveda. Parul University is the only pioneer institution which provides PhD in all branches of Ayurveda. It is established with the view to set up a unique benchmark in teaching authorities and also to impart the practical level skills by doing different kinds of Research works. In the Academic year 2018-19, 83 PhD students were enrolled in this prestigious institution.

# KNOWLEDGE HUB

## ARTICLE

### Case Report :

A 52 yr female diagnosed as psoriasis before 25yrs visited Khemdas Ayurveda hospital Panchakarma OPD. She was presenting with generalized reddish grey raised skin lesions(Plaques) along with silvery scales over the lesion. She was on steroids and other topical applications.

### Treatment followed here:

Deepana paachana with Trikatu choorna 3gms BD with warm water for 4 days. Snehapana with Panchatikta guggulu gritha for 4 days(Total 210ml) Virechana with Trivrit leha 60gms & Triplala kashaya Anupana was given.

Number of Vegas-14 followed by samsarjana krama - 5days. After shodhana elevated scaly skin lesions reduced drastically. Photos shown below proves the same. Patient is on regular follow up.

Psoriasis is a recurring autoimmune disorder characterised by red plaque patches on the skin. In India the prevalence of psoriasis varies from 0.44 to 2.8%, which is twice more common in males compared to females. In our science we consider it as Kitibha or Ekakusta variety of twak vikara classified under the gross heading of Kusta vikara.

### Before Treatment



### After Treatment



**Submitted by:** Dr. Divya.B, Assistant Prof/Consultant, Dept of Panchakarma, PIA&R, Khemdas Ayurveda hospital, Vadodara, Gujarat.



# MCQ ASSESSING SKILL



1. **According to AshtangaHridaya best drug for Prameha is**  
a) Amla and Turmeric  
b) Pepper  
c) Garlic  
d) Asafoetida.
2. **CCIM was established in the year**  
a) 1971 New Delhi  
b) 1973 Calcutta  
c) 1972 Bombay  
d) 1974 Madras
3. **According to Sushruta, Marma (vital points) in our body are**  
a) 105  
b) 108  
c) 107  
d) 110
4. **The minimal duration of breast feeding should be**  
a) 5 months  
b) 6 months  
c) 10 months  
d) 1 year.
5. **ShabdaAsahishnutva(intolerance to sound) is seen in**  
a) Raktadhatukshaya  
b) Majjadhatukshaya  
c) Rasa dhatukshaya  
d) both a and c
6. **Which is the most common cancer that affects Women**  
a) Breast cancer  
b) Cervical cancer  
c) Ovarian cancer  
d) Rectal cancer
7. **Bleeding from nose is from which of the following area**  
a) Little's area  
b) Woodruff's area  
c) Both  
d) None.
8. **Tonsilitis refers to**  
a) Inflammation of tubal tonsils  
b) Inflammation of palatine tonsils  
c) Inflammation of lingual tonsils  
d) None
9. **Udaramaya is the synonym of which disease**  
a) Udara  
b) Atisara  
c) Grahani  
d) Amlapitta
10. **Normal power of human eye**  
a) 60 D  
b) 6 D  
c) 0.6 D  
d) 600D

## Answers for MCQ

1.a 2.a 3.c 4.b 5.c 6.b 7.c 8.b 9.b 10.a



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