

KEY ACTIVITIES REPORT



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PARUL INSTITUTE OF AYURVED AND PARUL INSTITUTE OF AYURVED & RESEARCH

Despite enormous physical and psychological disturbances caused by 2nd wave of Covid-19 pandemic, Parul Institute of Ayurved and Parul Institute of Ayurved & Research conducted all scheduled activities without interruption.

Teachers, apart from conducting online classes, joined hands with physicians and resident doctors in providing effective treatment to patients who had contracted Covid-19 and also those who had been suffering from various other ailments.

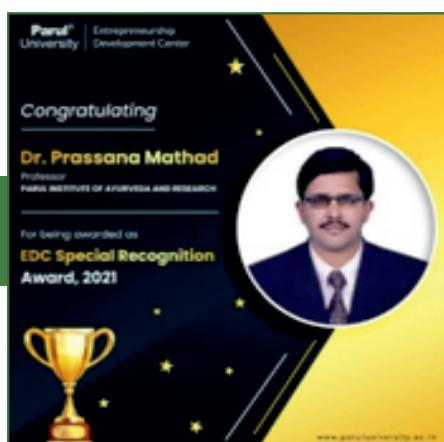
Inspite of scarcity of resources, healthcare professionals contributed their best in combating against Covid-19.

Parul Sevashram Hospital, Parul Ayurveda Hospital and also Khemdas Ayurveda Hospital contributed majorly to India's healthcare by standing with members in the society, staff members and even their relatives during this crisis. In order to go through challenging times successfully, we must be alert, active and empathetic. " Service to Humankind is Service to God" has always been the motto of all stakeholders in Parul University and this motto has been the driving force behind all the initiatives taken by the university in easing the pain and discomfort felt by the members in society during this pandemic.

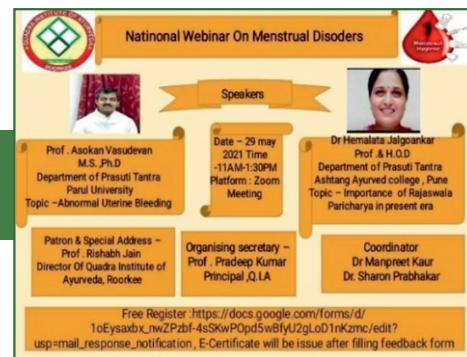
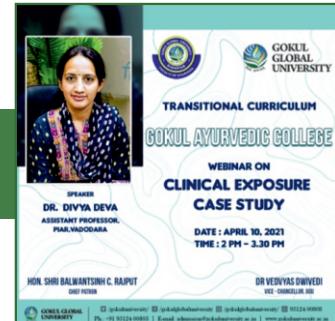
Many extensive clinical trials as a part of research, medicine kit distribution, vaccination drive and also plasma donation drive were carried out successfully by our university. This report highlights the key activities undertaken by the university.

- More than 25 Webinars on "Ayurvedic View on Prevention and Management of Common Diseases of Urinary System", "Viddha Karma and Its Role in Commonly occurring Musculoskeletal Disorders", "Post Operative Pain Management with Matra Basti", "Scopes for BAMS students after completing BAMS in the field of Ayurveda", "Understanding of Covid-19 & Ayurved", "Research Thrust Areas in Prasuti Tantra & Stree Roga", "Novelty in Research Topics in Ayurved" and others were conducted by both PIA & PIAR for the benefit of students and other stakeholders.

- Dr. Shailesh Deshpande, Dr. Prasanna Matad and Dr. Bhavin Dhanavade from the Faculty of Ayurveda received "EDC Special Recognition Award-2021" for their contribution towards Research and encouraging students in ayurved for active participation in M2M Herbal and Ayurveda Innovation Challenge.



- Many faculty members of ayurved colleges in the university were invited as guest speakers for delivering lectures in webinars conducted by different universities and colleges across India.



- Faculty of Ayurveda published more than 10 peer reviewed articles in Scopus and Web of Science Indexed Journals during April-2021 and May-2021. Some of these articles discussed in detail causative factors from Ayurvedic Perspective which led to the Covid Pandemic.

- Faculty of Ayurveda is conducting an Online Fellowship Certificate Courses on multiple topics such as "Clinical Examination in General Practice", "Knowledge of Drugs and Its Administration" etc... Several students and other knowledge seekers from India, Bangladesh and other countries have participated in the said courses.



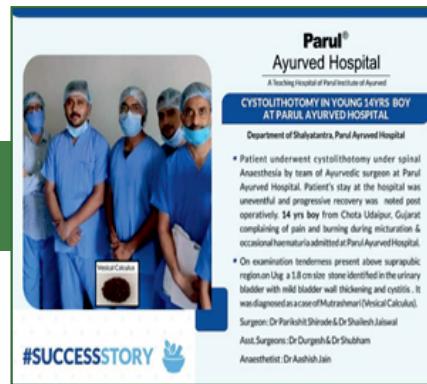
- Several health camps were conducted during which kits comprising Ayurvedic medicine for Covid-19 were distributed along with carrying out general examination of the patients. They were also informed about ways in which they can protect themselves against Covid-19 infection.
- 75 Ayurved Kits were distributed to the international as well as local students of Parul University. Interns in Ayurved Hospitals were deputed at different vaccination venues and health centers of Vadodara city which helped them learn about various aspects of public health and encouraged them to render their services to the humanity.
- The NSS unit of Parul Institute of Ayurved, under the guidance of Shri Narayan Madhu (Joint Commissioner of Higher Education) in association with Sant Mata Devi Darbar (Shri Kamlesh Wadhwani) distributed 320 Ayurvedic Medicine Kits free-of-cost to homeless and needy people for protection against covid-19.



- Multiple clinical trials like-A Pilot Study of 5 novel herbo-mineral formulations as an adjuvant to modern medicine in patients of COVID 19 pneumonia who required external oxygen therapy, Effect of Herbal Mask on Healthcare Workers and also on Post Covid Patients were conducted by Faculty of Ayurved during last two months.
- Ayurvedic treatment of five combinations was tested in 63 patients of COVID 19 pneumonia who required external oxygen therapy. Patients were advised to take Bruhat Kasturi Bhairav Rasa, Jayamangala Rasa, Medicine A, Medicine B, and Medicine C where Medicine A was a combination of Mahalakshmi Vilas Rasa with other drugs, Medicine B was a combination of Sahastraputi Abhrak Bhasma and other drugs, Medicine C was a combination of Swasa kasa Chintamani, Mahalakshmi Vilas Rasa, Shrungarabhra rasa. All patients received medicines as an adjuvant to standard modern treatment. 42 patients out of 63 showed remission. 12 patients out of 23 with co-morbid conditions also recovered. 13 patients out of 21 on high flow O₂ (>12 L/min) showed remission. None of the patients showed any adverse effects or needed ventilator support. Hence, the hypothesis that Ayurvedic herbo-mineral combinations can help in oxygen dependant COVID 19 pneumonia cases as an adjuvant was analyzed and published in peer reviewed journal.



Even during the time of Covid it is well known fact that other diseases too existed. People even suffered from multiple systemic disorders. Faculty of Ayurved also treated patients suffering from such ailments, many surgeries were also conducted for wellness of the patients. Few success stories are highlighted below.



With Regards,
Yours Faithfully