



**AIIMGA**

**SOUVENIR**  
**2010**

*Lord Dhanwantri Day*

celebrations

on

Sunday, the 24th October, 2010

at

**HINDI BHAWAN**

Deen Dayal Upadhaya Marg, Near I.T.O., New Delhi

organized by :

**ALL INDIA INDIAN MEDICINE GRADUATES' ASSOCIATION**

Regd. Office : 32 Ganesh Nagar Vistar-II, Shakar Pur, Delhi-110092

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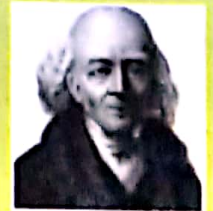
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नमामि आरोग्यदाता, आदि देव धन्वन्तरि।  
व्याधि भय से मुक्ति दो, ॐ धन्वन्तरि नमस्तुते ॥1॥

हे सिन्धु रत्न, सुधापाणि, शंख, शस्य धारी शिवम्।  
आयुर्वेद का आलोक दो, ॐ धन्वन्तरि नमस्तुते ॥2॥

देवासुर के अथक श्रम से, सागर से प्रकट हुए।  
स्वास्थ्य का वरदान देधन्वन्तरि नमस्तुते ॥3॥

भौतिकता के तमस पाश से, त्रस्त मानव शरणागत है।  
अमृत से कण-कण को भर दो, ॐ धन्वन्तरि नमस्तुते ॥4॥

दीन-हीन स्वाभिमान हीन, वैद्य वृंद श्री हीन हुए।  
निज गौरव का बोध करा दो, ॐ धन्वन्तरि नमस्तुते ॥5॥

वैद्य हृदय आलोकित कर, चरक चिकित्सा के प्रकाश से।  
शल्य में सुश्रुत को भर दो, ॐ धन्वन्तरि नमस्तुते ॥6॥

वाग्भट् की वाणी दे, दे माधव का कौशल निदान।  
दे भाव मिश्र की नूतन शैली, ॐ धन्वन्तरि नमस्तुते ॥7॥

जन जन की पीड़ा हरने को, औषधि में कौशल भरदे।  
"भरत" वैद्य सभी शरणागत, ॐ धन्वन्तरि नमस्तुते ॥8॥

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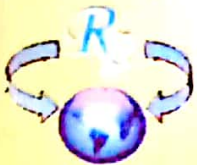
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**DR. YOGANAND SHASTRI**  
Speaker, Delhi Legislative Assembly

**MESSAGE**

I am happy to learn that All India Indian Medicine Graduates Association (Regd) is going to celebrate October **24, 2010** as "Dhanwantri Day" (the birth anniversary of Lord Dhanwantri) and it is bringing out a souvenir on this occasion, highlighting the cultural heritage of India.

I wish all the best to All India Indian Medicine Graduates Association (Regd) for the celebration as well as the successful publication of the souvenir.

  
**(DR YOGANAND SHASTRI)**

**SHEILA DIKSHIT**  
CHIEF MINISTER



GOVT. OF NATIONAL CAPITAL TERRITORY OF DELHI  
DELHI SECRETARIAT, I.P. ESTATE, NEW DELHI-110002

**MESSAGE**

I am glad to know that **ALL INDIA INDIAN MEDICINE GRADUATE ASSOCIATION** is organizing "Dhanwantri Day" on 24 October, 2010 at New Delhi. It gives me added pleasure to know that a souvenir is also being brought out on this occasion.

I do hope that celebration would provide an excellent opportunity to interact on latest know-how and information in the field of Indian medicine system, which is gaining acceptability.

My best wishes for success of the programme.

*Sheila Dikshit*

**(SHEILA DIKSHIT)**

---

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Pt. Shiv Charan Lal Sharma

D.O. No. MR.Hy/F.A./CO-10  
Minister of State for  
Revenue & Disaster  
Management Consolidation.  
Rehabilitation, Haryana  
Chandigarh

Date: 18th Oct. 2010



*Message*

I pay my heartiest congratulation to All India Medicine Graduate Association (Regd.), for celebrating the birthday anniversary of Lord Dhanwantri on 24<sup>th</sup>, October 2010 at Hindi Bhavan, near I.T.O, New Delhi. On this auspicious occasion the society in general and Medical professionals in particular, has the opportunity to pledge them selves for selfless services to the ailing community. The medical experts in Allopathic, Unani, Vaidyas and Ayurvedic treatments are need to contribute lot, to save the peoples from seasonal diseases and other disorders being faced by the people of all age groups. The undertaking this noble cause for the services of physically and health wise suffering humanities will only tantamount celebrating the birthday anniversary of Lord Dhanwantri. Your bring out the souvenir on the occasion is a real assets to fresh the memory from time to time to recollect the needs of the hours.

  
Pt. Shiv Charan Lal Sharma)

**ANIL BHARDWAJ**

MLA

Ex-Chairman - Committee on Govt. Undertaking  
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Chairman - Aruna Asaf Ali Govt. Hospital



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99, Chanderlok,  
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E-mail : anilbhardwajmla@yahoo.in



**MESSAGE**

I am glad to know that the All India Indian Medician Graduate Association is celebrating **Dhanwantri Day** on **24th October 2010** at Hindi Bhawan, Deen Dayal Upadhyay Marg, New Delhi. It gives me added pleasure to know that a souvenir is also being brought out on this occasion. Such activities are very important in today's environment and I am sure that such Publication would spread message of social harmony among the people.

I do hope that the association has been contributing substantially in the field of Indian system of Medicine.

I wish A.I.I.M.G.A. all success for its forth coming events & publication.

(Anil Bhardwaj)  
M.L.A. Delhi

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दिनांक...१४..१०..१०....



### Message

I am glad to know that All India Indian Medicine Graduates Association (A.I.I.M.G.A.) is going to celebrate "Lord Dhanwantri Day" on 24<sup>th</sup> of October, 2010 at Hindi Bhawan, Deendayal Upadhaya Marg, Near ITO, New Delhi. It is also proposed that a souvenir is being brought out on the occasion to highlight the achievements of the association. Besides, the sense of commitment with which the association has dedicated itself to popularize Indian system of medicine is commendable.

I wish the Association every success in all their endeavours.

Yours

f.   
Anand Kaushik  
MLA, Faridabad.



**Dr. Sanjay Atri**

PhD (Ayurveda)  
Chairman

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D. O. No. BAU/HRA/2006/  
Board of Ayurvedic &  
Unani System of Medicine  
Haryana  
Near Youth Hostel, Sector-3,  
Panchkula



## MESSAGE

I am happy to learn that All India Indian Medicine Graduates Association (Regd.) has decided to celebrate "Dhanwantri Day", the birthday of Lord Dhanwantri on Sunday, 24<sup>th</sup> October, 2010 at Hindi Bhawan, I.T.O., New Delhi. It gives me immense pleasure that a Souvenir is also going to be brought out on the same occasion.

As we all know that LORD Dhanwantri is the lord of Ayurveda and the celebrations of Dhanwantri day would definitely inspire people to use alternative system of medicines like Ayurvedic, Unani, & Homeopathy.

I wish all the best to all members & working committee of All India Indian Medicine Graduates Association for the success of Dhanwantri Day celebrations & successful publication of the Souvenir.

(Dr. Sanjay Atri)



## EDITORIAL BOARD

**Dear Friends ,**

Once again, after the year long wait here comes our most cherished moment of the year ,an occasion to worship together with traditional gaiety, Bhagwan Shri Dhanwantri Ji ,The God Of Ayurveda.

Shri Dhanwantri Jayanti ,an occasion of bhakti & devotion as also of festive celebrations ,an annual event for which every member of the AIIMGA PARIVAR eagerly waits for one full year. Not only a joyous occasion it is also the time to rededicate ourselves, to renew our pledge to alleviate the sufferings of ailing mankind with the best use resources that we have.

Friends in its glorious path recently AIIMGA has added another feather in its cap by launching its website [www.aiimgadoctors.org](http://www.aiimgadoctors.org) which will add transparency to its activities & working as also make way for smooth interaction and information sharing among its members and other interested persons.

We the members of editorial board express our gratitude for the confidence reposed in us by the Association while entrusting us with the job of the souvenir.

I have no words to match the sincerity and devotion of Dr Love Kumar whose single handed



**Dr. R. K. Goel**  
CHIEF EDITOR



**Dr. Love Kumar**  
EDITOR - AYURVEDA



**Dr. Rajeev Malhotra**  
EDITOR - AYURVEDA



**Dr. Rohit Bhandari**  
EDITOR - Homeopathy

& untiring efforts from start to finish made it possible for us to bring out this souvenir. My special thanks to Dr Rajeev Malhotra also for his support.


Despite the efforts of editorial team to put its best in the given limited time, I apologise for the possible errors which might have gone with the publication unnoticed. I am grateful to the Chauhan Art Press where skill, dedication & experience made our work all the more easy. I acknowledge the support of all the advertisers and pay my thanks for their contributions. We are in no position to assure our readers about the quality and efficiency of any product or services listed in the ads.

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**Dr. Rakesh Goel**  
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# AIIMGA IS ALWAYS FOR ISM & H

"AIIMGA" All India Indian Medicine Graduates association is the association of graduates of ISM & H & is for the graduates of ISM & H. It has worked for the betterment & upliftment of ISM & H graduates without any break since last 23yrs. AIIMGA has always celebrated the "Dhan Teres" the birthday of "lord Dhanwantri" The Lord of medicine as it's annual day. This year **Dhanwantri day celebration committee** of AIIMGA is going to celebrate the day under the chairman ship of **Dr. J. S. Panwar.**



AIIMGA is always in favour of integration. Few months back our Graduates were harassed by DMC by serving the notices regarding their practise. Large number of AIIMGA members (app 250) gathered at DBEP Office Preet Vihar and gave the memorandum to DBCP president that DMC has no right to serve such notices to ISM graduates. After that a representation of DBCP & AIIMGA met the health minister of Delhi regarding this issue. Then after the DBCP gave a press release that the graduates of ISM can do integrated practise and "Integration" means Ay/unani with modern scientific system of medicine in all it's branches including obstretics & surgery. With the efforts of Central cabinet of AIIMGA. An insurance company "**United India Insurance**" has consented to mention this line in the policy bond so it is requested that when ever any ISM Graduate takes any professional indemnity policy for his/her set-up. He/She must check that this wording should be mention in the policy bond. More over the **Hon'ble Madras High Court** has given the verdict that **ISM & H graduates can do surgery and practise allopathy** mentioning this wording in the verdict.

During the monsoon session the Rajya Sabha has passed "**Clinical re-establishment bill**". AIIMGA has objected the bill not now but when the bill was passed in the Lok Sabha three months back AIIMGA also objected it by Writting a letter to the health minister of India.

AIIMGA has also worked socially. It's state bodies & Zonal bodies has organised the free medical camps at different places. Free medicines and free medical check-ups were provided to the poor patients.

AIIMGA is committed to do more and more for humanity & also for ISM & H and it's graduates in future also as it has been doing in the past.

In the end, I would like to convey my best wishes for Deepawali to each & every one.

**Dr. RAMAN KHANA**

*Gen. Sec.*



# All India Indian Medicine Graduates' Association (Regd.)

(A.I.I.M.G.A.) Regd. No. S-18646

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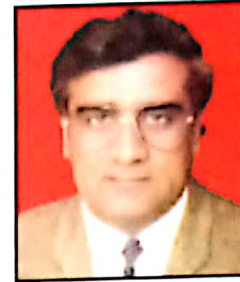
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डा० प्रदीप शर्मा वर्तमान में TCAGA (Reg.) (तिब्बिया कॉलेज आयुर्वेदिक ग्रेजुएट्स एसोसिएशन) के अध्यक्ष एवं दिल्ली प्रदेश कांग्रेस कमेटी (जन शिकायत प्रकोष्ठ) रोहिणी जोन के चेयरमैन भी हैं।

जन शिकायत प्रकोष्ठ (दिल्ली प्रदेश कांग्रेस कमेटी) के चेयरमैन डा० पी.एल. पलटा जी भी इस कार्यक्रम में उपस्थित थे।

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# NAVRATRAS

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Today the only thing observed in navratras is food-fast for nine days and most of us either do not eat anything or eat only limited food during these days.

Fast does not mean 'not eating' Rather it basically means controlling the desires and simultaneously cultivating positive mental attitudes. Desires can be of many types. Desires to eat tasty food, desires to smell, desire to listen to a particular music, desire to watch beautiful things, etc. Fast therefore can be of many types. Food fast means controlling the desires for food items which you otherwise may not resist to eat. Eye fast means, not watching things which are rajasic in nature. Ear fast means avoiding listening to rajasic (stimulating) music. Action fast means not indulging into activities which stimulates and creates rajasic thoughts in the mind, and speech fast means not speaking anything evil, etc.

During the first, three days, a person is required to indulge into activities which reduce the negativity in the body. The physical purification involves regular bath (of the external body as well as various orifices); mental bath which involve self-confession exercises, and willful attempts not to think negative. During these three days, a person tries to restrain The five obstacles to internal happiness are attachment, anger, desire, greed and ego. A person tries to restrain from all these negativities. These negative thoughts should also not be suppressed or repressed as otherwise they will manifest into some internal diseases.

The next three days, after the negativity in the mind has been reduced, involves building positivity in the mind by way various positive mental exercises. These involve mixing up with people, sharing, giving, donating, socializing, reception etc.

Cultivating an opposite thought to a negative thought in the mind is the easiest way of tackling the negative

thought. Calling all the people you know during these three days in creating social health.

*The same was taught by Gandhi Ji as "do not see evil, do not hear evil and do not speak evil"*

The last three days involves reading and understanding good scriptures and learning from the sins of others. Once you have concurred the negativity in the first three days (representing Kali) and have built up happiness and positivity in the mind (representing Lakshmi) the only thing left is to acquire knowledge (representing Sarvaswati). During these last three days a person is purified enough to understand and grasp the knowledge of Self and to understand and discriminate between good and bad. One also learns to stay cool irrespective of the face of life being joyful or disturbing. One learns to continue his actions while detaching it with the results.

After the nine days of self-discipline is complete, the person acquires inner happiness which is nothing but one's exposure or appointment with the true self or the consciousness.

And the birth of consciousness is equivalent to birth of Lord Rama which is called "Ramnavmi" Hence we should celebrate Ramnavmi is a disciplined way of acquiring internal happiness and not as a forced nine days fasting.

The same interpretation lies in the navratras ending up with Dusshera the win over the ego and attaining inner happiness.



# Effect of Pippali-9 & Pippali -15 on Vatik Hridaya Roga

Dr. Sunil Kumar Kashyap,

M.D. (Ay.), Ph.D. (Ay.) Medical Officer (MCD)

The term *Hridaya* is derived of three verbal roots, 'Hri' i.e. *Harny*, 'Da' i.e. 'Dane' and 'En' i.e. 'Gatue' give the meaning Harati, Dadati and Eti having the sense of Receiving, Giving and moving respectively. *Vata*, *Pitta* and *Kapha*, the three doshas in the the normal state maintain the structural and functional integrity of heart. The same, when abnormal, derange the function of heart and give rise to diseases. *Prana Vayu*, *Vyana vayu*, *Sadhaka pitta* and *Avalambaka Kapha* are described to be situated in the heart. The function of all these is the normal physiology of heart.

Atheromatous disease of the coronary arteries is the most important single cause of death in the modern world. Atheroma is the commonest cause of Angina Pectoris (Hritchhula). Strong correlation have been shown ischaemic heart disease and hyperlipidaemia, cigarette smoking, hyper-tension and diabetes mellitus etc. The process of reduction in the lumen of the coronary artery is due to atheroma affecting the intima, fibrin and platelet deposition on the intima, thrombosis or a combination of these factors. When angina pectoris (Hritchhula) develops one or more coronary arteries are usually already critically reduced in lumen or even occluded.

## Aetiological Factors of Different *Hridaya Roga* According to Charka.

S.No.	Aetiological Factors	Modern Synonyms	Vatika	Pattika	Kaphaja	Sannipatika	Krimi
1.	Ruksha Bhojana	Unctuous Meal	+	-	-	+	-
2.	Shushha Bhojana	Dry Meals	+	-	-	+	-
3.	Alpa Bhojana	Scanty Meals	+	-	-	+	-
4.	Amla Bhojana	Acid Meals	-	+	-	+	-
5.	Lavana	Salt	-	+	-	+	-
6.	Kshara	Alkaline	-	+	-	+	-
7.	Katu	Pungent Article	-	+	-	+	-
8.	Ushna	Hot Meals	-	+	-	+	-
9.	Ajeerna	Indigestion	-	+	-	+	-
10.	Madya	Alcohol	-	+	-	+	-
11.	Ati Bhojana	Over-eating	-	-	+	+	-
12.	Guru	Heavy Meals	-	-	+	+	-

13.	Snigdha	Fatty Meals	-	-	+	+	-
14.	Tail	Oily	-	-	-	-	+
15.	Keheera	Milk	-	-	-	-	+
16.	Guda	Gur	-	-	-	-	+
17.	Upavasa	Fasting	+	-	-	+	-
18.	Vyayama	Over Exercise	+	-	-	+	-
19.	Atapa	Exposure to sun	-	+	-	+	-
20.	Achestanam	Sedentary Habits	-	-	+	+	-
21.	Adhika-Nidrasukha	Over Sleep	-	-	+	+	-
22.	Shoka	Grief	+	-	-	-	-
23.	Krodha	Anger	-	+	-	-	-
24.	Achintanam	Carefree	-	-	+	+	-

(Base on Charka Chikitsa Sthana 26/77 and Sushruta Uttar Tantra 43/3)

Showing Clinical Features of Vatika *Hridaya Roga*

#### CARDIAC SYMPTOMS

S. No.	Ayurvedic Term	Modern Term	Ch. S.	Su. S.	As. S.	As. H.
1.	Ayamyate	Drawing Pain	-	+	-	-
2.	Tudyate	Crushing Pain	-	+	+	+
3.	Nirmathyate	Piercing Pain	-	+	-	-
4.	Deeryate	Cracking Pain	-	+	-	-
5.	Sphotyate	Pricking Pain	-	+	+	+
6.	Patyate	Like Cutting by Saw	-	+	-	-
7.	Shulyate Atyarham	Sever Piercing	-	-	+	+
8.	Bhidyate	Stabbing Pain	+	-	+	+
9.	Shunyate	Feeling of Emptiness	+	-	+	+
10.	Shwas-rodha	Dyspnoea	-	-	+	+
11.	Darah	Tachycardia	+	-	-	-

12.	Dravah	Palpitation	+	-	+	+
13.	Veshthana	Cardiac Cramps	+	-	+	+
14.	Stambha	Partial Heart Block	+	-	+	+
15.	Uttama Rujam	Heart Pain	+	-	-	-

(Based on Charak Su. 17/30-31 and Charak Chi. 26/79, Susruta. Uttar 43/6, Astang Sutra Ni. 5/41-43, Astang Hridaya. Ni. 5/39-41)

#### GENERAL SYMPTOMS

S. No.	Ayurvedic Term	Modern Term	Ch. S.	Su. S.	As. S.	As. H.
1.	Vepathu	Tremors	+	-	+	+
2.	Jeerna-Atyarth Vedana	Pain after Digestion	+	-	-	-
3.	Sushyati	Feeling of Dryness	+	-	+	+

#### MENTAL SYMPTOMS

S. No.	Ayurvedic Term	Modern Term	Ch. S.	Su. S.	As. S.	As. H.
1.	Pramoha	Stupor (Delirium)	+	-	+	+
2.	Akasmata-Dinata	Sudden Sense of Depression	-	-	+	+
3.	Shoka	Grief	-	-	+	+
4.	Bhaya	Fear	-	-	+	+
5.	Shabha-Asahi-Shnute	Intolerance of Sound	-	-	+	+
6.	Alpa-Nidrata	Insomnia	-	-	+	+

#### Preparation of Drugs

For present research work, two hypothetical indigenous drugs extract compounds were prepared these compounds had named **Pippali-9** and **Pippali-15** in form of gelatin capsule cell.

**Dosage:-** Dosage means the appropriate amount of a drug needed to produce a certain degree of action in the patient. The dosage of capsule Pippali-9 and Capsule Pippali-15 were fixed according to severity of disease but standard dose fixed 250mg three times a day. If the serum cholesterol and lipoprotein level was near border line or slight more then dose was 500milligrams to one gram in divided doses in a day. If the patients, suffered from stable chest pain with normal lipid profile then dose was 250mg to 500mg in a day.

**Anupan :-** Patients were advised to take two tea spoonful of Arjunarishta as an anupan with equal quantity of fresh water.

**Administration and duration: -** Capsule **Pippali-9** and Capsule **Pippali-15** was prescribed orally with Arjunarishta as Anupana in two tea spoonful with diluting same quantity of water. These medicines were prescribed for three months and patients to follow intervals of 15 days for assessment and improvement of symptoms.

**Selection of patients:-** Patients male or female attended Hospital presented the signs and symptoms of hyperlipidaemia as well as ischaemic heart disease. Like dyspnoea, delirium, odema chest pain and palpitation etc. had been registered for clinical study. **Categorizations of Patients:-** There are four Categories



**Category first:-**This Category contains healthy persons who have normal value of Lipid Profile and no cardiac disorder.

**Category second:-**This Category contains patients having raised level of serum cholesterol and lipoproteins.

**Category third:-**This Category contains patients suffering from angina (Hrichchula) i.e. Ischemic heart disease and their serum cholesterol and lipoproteins are normal in range.

**Category fourth:-** This Category contains patients suffering from angina (Hrichchula) i.e. Ischemic heart disease as well as raised level of serum cholesterol and lipoproteins.

**Diagnosis:-** The patients were diagnosed by clinical examination history oriented and mainly complaints of following signs and symptoms.

Vaivarmya [Pallor]	Swaskricchrata [Breathlessness]	Hrichchula	[Chest pain]
Neelima [Cyanosis]	Aaysavairasya [Tastelessnessness]	Hritkampa	[Palpitation]
Murrcha [Syncope]	Trisa	[Thrist]	Bhram [Fainting]
Jwar [Fever]	Pramoha	[Delirium]	
Kasa [Cough]	Chardi	[Delirium]	
Hikka [Hic-cough]	Sotha	[Oedema]	

#### **Investigation:-Bio – chemical Tests**

Serum Cholesterol, Triglycerides, High Density Lipoproteins, Low Density Lipoproteins and Very Low Density Lipoproteins were assessed.

**Management:-** After registration, the patients were allowed for complete bed rest, to evaluate the exact effect of drug. During the assessment period patients were investigated properly and history was recorded on a special Performa, prepared for the study. During the trial period some emergency treatment was also advised whenever required. The hypertensive and diabetic patients were advised to continue antihypertensive and hypoglycemic drugs. Clinical trial was conducted for three months and patients were followed at every interval of fifteen days. When the acute symptoms of patients were subsided and lipid profile became in normal range, then advised them to perform daily activity as much they could do without any discomfort. A modified life style and food habits were also advised, which could be beneficial in hyperlipidaemia and

(Hrichchula) angina pectoris and in giving result of treatment. Some patients were suggested for TMT for detecting ischaemic condition. Other than drug, modified diet was also advised according to needs of patients. Such as salt restriction was advised to hypertensive patients, sugar and carbohydrates were restricted in diabetic patients. Patients were advised not to take fatty diets and stop all short of junk food, snack, full cream milk or its entire product. Patients were advised immediately stop their bad habits like drinking of alcohol, smoking or tobacco chewing.

**Follow Up (Pathya):-** Regular morning walk, light exercise, light food, pulses like (mung) green gram, masur (brown gram) garlic, apple, fig, parval, kerela, methi, barley, papaya etc.

**Don't Follow (Apathya):-** Alcohol, smoking, coffee, tea, ghee, butter, full cream milk or its product, egg, red meat, fried or deep fried food, tobacco chewing, stress, strain & anxiety etc.

### MEAN VALUE OF PIPPALI-9

Cate.	Duration	Cholesterol	Triglyceride	S. LDL	S. VLD	S. HDL
I Cate.	Initial	236.06±15.42	133.68±14.53	158.66±15.51	26.70±2.88	50.70±2.12
	After 45	219.20±14.32	116.64±09.15	140.60±14.18	23.30±1.86	55.30±1.97
	After 90	206.50±11.29	98.18±05.22	127.72±14.50	19.62±1.04	59.22±0.87
II Cater.	Initial	240.88±26.61	201.75±61.61	150.34±31.92	40.35±12.37	50.27±4.71
	After 45	225.89±18.55	161.19±16.58	140.25±20.63	32.21±3.32	53.53±4.72
	After 90	197.17±17.86	128.14±20.82	115.21±18.63	25.64±4.19	56.60±4.08
III Cater.	Initial	225.27±23.51	185.02±26.15	136.35±23.34	36.99±5.22	51.89±4.72
	After 45	205.51±23.30	162.01±21.39	119.14±23.01	32.37±4.28	53.98±4.22
	After 90	176.63±27.79	131.50±24.63	103.40±17.90	26.33±4.92	56.85±3.12
IV Cater.	Initial	234.76±28.50	198.45±45.85	146.42±33.52	39.67±9.18	48.60±7.18
	After 45	214.54±16.69	175.79±33.07	121.79±31.25	35.16±6.61	51.27±5.13
	After 90	194.33±21.33	141.24±26.14	106.55±30.83	28.23±5.23	54.43±4.25

### MEAN VALUE OF PIPPALI-15

Cate.	Duration	Cholesterol	Triglyceride	S. LDL	S. VLDL	S.HDL
I Cate.	Initial	253.84±11.19	144.56±10.19	177.60±11.58	28.86±2.05	47.38±1.61
	After 45	230.82±9.96	124.14±10.63	154.60±9.11	24.78±2.11	51.44±1.71
	After 90	212.56±11.45	106.78±11.08	134.82±11.07	21.32±2.21	56.42±2.01
II Cate.	Initial	247.85±20.02	189.38±56.98	156.73±18.19	38.53±11.04	49.27±6.13
	After 45	217.89±22.82	164.82±34.54	128.40±21.47	32.92±6.91	54.60±4.56
	After 90	197.70±21.34	122.77±22.17	115.75±19.71	24.63±4.50	57.53±3.29
III Cate.	Initial	238.27±30.57	183.39±28.71	158.69±33.75	36.63±5.75	42.94±6.87
	After 45	208.38±27.69	148.19±16.11	130.25±29.36	29.63±3.26	48.53±5.81
	After 90	187.70±20.51	110.42±15.80	111.88±19.02	22.06±3.16	53.74±4.43
IV Cate.	Initial	247.60±27.89	195.87±17.35	161.48±32.83	36.15±3.47	46.14±7.14
	After 45	225.13±21.23	166.79±15.86	141.05±24.09	33.71±3.44	50.25±6.48

### PERCENTAGE OF PATIENTS OF SEX

After 90 205.57±23.12 126.38±16.67 126.02±25.14 25.26±3.32 54.29±4.65

S.No.	SEX	No. of PATIENTS	PERCENTAGE
1.	Female	25	25%
2.	Male	75	75%
	Total	100	100%

## PERCENTAGE OF PATIENTS ACCORDING TO FOOD HABITS

### PERCENTAGE OF PATIENTS BY PRAKARTI

S.No.	Food Habits	No. of PATIENTS	PERCENTAGE
1.	Vegetarian	10	10%
2.	Non Vegetarian	25	25%
3.	Alcoholic & Non Vegetarian	30	30%
4.	Smoker & Tobacco	35	35%
	Total	100	100%

### PERCENTAGE OF PATIENTS BY PRAKARTI

S.No.	Prakarti	No. of PATIENTS	PERCENTAGE
1.	Vataj Prakarti	0	0%
2.	Pittaj Prakarti	0	0%
3.	Kaphaj Prakarti	0	0%
4.	Vata Pittaj	40	40%
5.	Vataj Kaphaj	35	35%
6.	Pittaj Kaphaj	25	25%
7.	Sannipataja	0	0%

### Table of Patients Complaining of Chest Pain

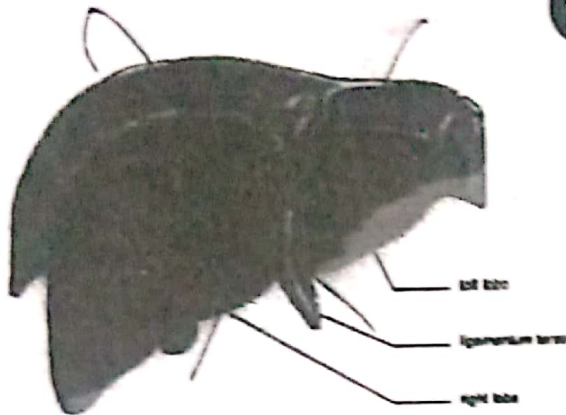
S.No	Chest pain	No. of Patients	Percentage
1	Relief	30	50
2	Mid Relief	15	25%
3	Moderate Relief	5	8.30%
	Total	60	

**Conclusion:-** However in comparison of action between Pippali-9 & Pippali-15. The Pippali-15 is more potent in anginal i.e. chest pain (hritchhul) patients than Pippali-9 and well tolerated, without any after effect and aggravate *Jatharagni* in proper proportion and reduce the raised level of *Ama* i.e. lipids and enhance the immunity power in the individual to fight against *roga* (diseases).

In this way, both compound (yogas) are more useful for prevention of angina (hritchhul) and other after complications i.e. M.I. (myocardial infarction) and ischaemic heart disease (coronary thrombosis) etc.



# Curing Cirrhosis Naturally



FEW DISEASES OF THE LIVER ARE AS THREATENING AS CIRRHOSIS. MODERN DRUGS DO NOT PROMISE MUCH TO THIS DEGENERATIVE DISEASE. HOWEVER, A TREATMENT REGIMEN IN TUNE WITH NATURE, EMPHASISING NUTRITION CAN CONTAIN CIRRHOSIS CONSIDERABLY, SAYS

DR H K BAKSHI

**T**HE liver serves as a combination of manufacturing plant, chemical laboratory and storehouse of nutrients in the body. It produces many vital elements and pours them into the bloodstream, or stores till the need arises.

Cirrhosis is one of the most serious diseases of liver. It refers to all forms of liver disease characterised by a significant loss of cells. In this disease, although regeneration activity continues, the progressive loss of liver cells exceeds cell replacement. There is also progressive distortion of the vascular system which interferes with the portal blood flow through the liver. The degeneration of liver structure and function may ultimately lead to hepatic failure and death.

**Symptoms:** In the early stages of the diseases, there may be nothing more than frequent attacks of gas and indigestion, with occasional nausea and vomiting. There may be some abdominal pain and loss of weight. In the advanced stage, the patient develops a low grade fever. He has a foul breath, jaundiced skin and distended veins in the abdomen. Reddish hairlike markings, resembling small spiders, may appear on the

face, neck, arms and trunk. The abdomen becomes bloated and swollen, the mind gets clouded and there may be considerable bleeding from the stomach.

**Causes :** Excessive use of alcohol over a long period is the most potent cause of cirrhosis of the liver. It has been estimated that one out of 12 chronic alcoholics in the United States develops cirrhosis. Cirrhosis appears to be related to the duration of alcohol intake and the quantity consumed daily. Recent researchers indicate that the average duration of alcohol intake to produce cirrhosis is 10 years and the dose is estimated to be in excess of 16 ounces of alcohol daily.

Poor nutrition can be another causative factor in the development of cirrhosis and a chronic alcoholic usually suffers from severe malnutrition as he seldom eats. Other causes of cirrhosis are excessive intake of highly seasoned food, habitual taking of quinine for a prolonged period in tropical climate and drug treatments for syphilis, fever and other diseases. It may also result from a highly toxic condition of the system in general. In fact, anything which continuously overburdens the liver cells and leads to their final breakdown can be a contributing cause of cirrhosis.

**Treatment :** The patient should have three meals a day of fresh juicy fruits and milk. The fruits may include apple, pear, grapes, orange, pineapple and peach. One litre of milk may be taken on the first day. It should be increased by 250 ml daily upto two liters a day. It should be sipped very slowly.

After the fruit and milk diet, the patient may gradually embark upon a well-balanced diet of three basic food groups, namely seeds, nuts and grains, vegetables and fruits, with emphasis on raw organically-grown foods. Adequate high quality protein is necessary in cirrhosis. The best complete proteins for liver patients are obtained from goat's milk, home-made raw cottage cheese, sprouted seeds, grains and raw nuts,

especially almonds. Vegetables such as beets, bitter gourd, egg-plant, tomato, carrot, radish and raw papaya are useful in this condition. All fats and oils should be excluded from the diet for several weeks.

The patient should avoid all refined, processed and canned foods, sugar in any form, spices and condiments, strong tea and coffee, fried foods, all preparations in ghee, oil or butter and all meats rich in fat. The use of salt should be restricted. The patient should also avoid all chemical additives in food and poisons in air, water and environment.

The juice of carrot, in combination with spinach juice, or cucumber and beet juices, has been found beneficial in the treatment of cirrhosis of the liver. In the first combination, 200 ml of spinach juice should be mixed with 300 ml of carrot juice to prepare 500 ml or half a litre of combined juices. In the second combination, 100 ml each of cucumber and beet juices should be mixed with 300 ml of carrot juice.

The juices of the leaves of bitter gourd have proved valuable in alcoholism. It is an antidote for alcohol intoxication. It is also useful in liver damage due to this disease, three teaspoons of this juice, mixed with a glass of butter-milk, should be taken every morning for a month.

Black seeds of Papaya (papita) have been found useful in the cirrhosis of the liver, caused by alcoholism and malnutrition. A tablespoon of juice obtained by grinding the seeds, mixed with 10 drops of fresh lime juice, should be given once or twice daily for about a month as a medicine for this disease.

A warm water enema should be used daily during the first few days of the treatment to cleanse the bowels. If constipation is habitual, all steps should be taken for its eradication through natural methods. Application of alternate compress to liver area will be beneficial. The morning dry friction and breathing and other exercises should form a regular daily feature of the treatment.

\*\*\*

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# Importance of *Sattva* in health and happiness

By

**Dr. Partap Chauhan**

Ayurveda, the Indian traditional medicine and 'science of life' is becoming more widely known outside of India and recognised as a truly holistic means of health care. Certain aspects of this science have been focussed upon, particularly the different body constitutions of *Vata*, *Pitta* and *Kapha* and the role of these *doshas* in both the causation and treatment of disease. These *doshas* are forces within the body and possess the characteristics of the five elements of nature - space, air, fire, water and earth. Depending on which elements are dominant in our constitution we display certain characteristics and tendencies linked to those elemental qualities. For example, *Vata* is made up of air and space, which have the characteristics of movement and looseness. People with a predominantly *Vata* dosha are therefore active, mobile, restless and energetic. Their metabolisms work fast so they are often thin, with little muscle development and cracking joints.

Understanding this aspect of Ayurveda is undoubtedly crucial in diagnosing and treating disease and imbalances within the body. It can be however somewhat confusing for anyone wishing to apply these principles to their daily routine to maintain their general health. People often become overwhelmed by the prospect of making such substantial changes to their lifestyle. It can be particularly challenging finding common aspects in diet when partners or families all have different needs and restrictions according to their specific *doshas*. In addition, most of us display a combination of two *doshas*, which can lead to further confusion in finding what diet and lifestyle we are best suited to. There are many people interested in Ayurveda but all too often they become disheartened by the seemingly difficult task of applying it practically..

*Sattva* is the middle path of Ayurveda that enables us to make simple, gradual changes to our lives with profound effect. The pressures and demands of modern day lifestyles leave many of us overwhelmed and agitated which results in depleted physical and mental health. Whatever your physical and emotional make-up, increasing the *sattvic* qualities in your life will help you to address any imbalances and maintain a state of equilibrium. *Sattva*, *rajas* and *tamas* are the forces known in Ayurveda as the three *gunas*. Simply defined *guna* means character or quality, but it encompasses broader associations such as influence or impulse. *Gunas* are most often referred to as the mind constitutions, which provide subtlety and further character to the dominant *dosha*. They are expressed as the quality of mind and character of a person.

According to Ayurveda, all entities not only possess a predominance of particular elements but they also display the qualities of *sattva* (equilibrium), *rajas* (activity) and *tamas* (inertia) in varying degrees. In the human context this refers to whether they are calm, gentle, patient and tolerant (*sattvic*), passionate, spontaneous, greedy and materialistic (*rajasic*) or ignorant, lazy, insensitive and deceitful (*tamasic*). In relation to diet, junk and processed food is *tamasic*, spicy food is *rajasic* and fresh vegetables are *sattvic*. Depending on the senses they stimulate and their effect on the mind it is possible to determine the *gunas* of all animals, plants and activities.

Whereas our physical constitution is determined at birth, our *guna* is moulded by environment and influenced by nutrition. So a person's mental state reflects their diet, lifestyle, the state of life they are passing through and the impressions they take in through their senses. The relationship between our mind *guna*, the

*guna* of food consumed and the surrounding social or physical environment means we can influence our mind through lifestyle choices. Increased contact with, or consumption of *rajasic* or *tamasic* things ultimately creates an imbalance in the mind and distress within the body. This can manifest as disease and sickness in a variety of forms. Ayurveda therefore describes mind balance as modifying the mind *guna* from *tamasic* or *rajasic* to *sattvic*. This involves choosing those foods and activities that are *sattvic* in nature and reducing those that are *rajasic* and *tamasic*.

Central to Ayurveda's teachings is that anything that is ingested or consumed by the body is food. This includes anything experienced and absorbed by the senses, or that enters into the body through the mouth, nose, ears, skin or eyes. Everything that enters the body in either a tangible or intangible form is therefore a part of the diet. All that we hear, smell, watch, taste or touch can be described as either *sattvic*, *rajasic* or *tamasic* in nature so it is through taming of the senses that we are able to balance the mind. Reducing the negative aspects of *rajas* and *tamas gunas* may require some discipline and effort at first but the peace of mind, health, strength and immunity that are obtained from increasing *sattva* make it worthwhile. It is important though that changes are made gradually without stress. Many of us replace the negative effects of unhealthy food with anxiety and fanaticism over our new health regime. The aim is to gradually increase the *sattvic* aspects of our lives in order to acquire greater contentment and ease in life, not put ourselves under even greater pressure. It is human nature to display some *rajasic* and *tamasic* qualities. All the *gunas* are present in us and all have necessary roles to play in our existence. Some *rajas* and *tamas* qualities are required for action and motivation to achieve our goals (*rajas*) and inaction, sleep or rest (*tamas*).

**SATTVIC FOODS:** In terms of nutrition, a diet, which favours *sattva*, includes:

- ❖ Increasing the amount of fresh fruits and vegetables, grains, whole grain breads, salads, pure fruit juices, herbal teas, water and milk, nuts, seeds and honey. Food should be eaten freshly prepared. Foods that are naturally sweet are *sattvic*, such as grains, (rice, wheat and barley), breads, honey and fruits. Organically grown foods are preferable, as fertilizers, pesticides, chemicals and preservatives are *tamasic*.
- ❖ At the same time, minimize foods that are processed, pre-prepared, preserved, fermented, canned and packaged, frozen, microwaved, fried or barbecued, high in sugar or spices, or containing artificial flavours.
- ❖ Use of mushrooms, onions, spices and garlic should be minimized, as they are *tamasic* and *rajasic*. Consumption of alcohol, caffeine and meat should be moderated or eliminated for the same reason.

It is important to point out here that the categorizing of food according to its *guna* is different to acknowledging the medicinal qualities of a substance. Ayurveda does recognize for instance that garlic is very beneficial, particularly for lowering high blood pressure, improving appetite and circulation, and relieving joint pain. Its *rajasic/tamasic* nature however agitates mind so it is not recommended not to over-consume it specially for anyone wishing to develop spiritual practices like meditation.

Even if we follow a healthy diet, we are unable to absorb the nutrients if our digestion is out of balance. It is important therefore to observe some basic eating rules that support the digestive and assimilative processes. These practices combined with eating a predominantly *sattvic* diet allow the body to process and eliminate toxins already stored in the body and prevent any further accumulation.



## EATING GUIDELINES FOR HEALTHY DIGESTION :

- Avoid over-eating, stop when you feel you still have some room left for more.
- Leave at least four hours between main meals.
- Consume fruit and fruit juices separately from other food products. They can be taken between meals without disturbing or overburdening the digestive process.
- Never eat when you are not hungry, eat only light foods like soup or steamed vegetables when very tired or convalescing.
- Avoid eating heavy or large quantities of food in the evening. These can be taken at lunchtime when the digestive power is at its strongest.
- Avoid drinking within one hour before or after meals. A little amount can be taken with the meal if desired.
- Food is best eaten hot and freshly prepared with love.
- Never eat whilst experiencing strong emotions such as anger, grief or excitement.
- Avoid distractions whilst eating, such as watching TV and never eat whilst on the move. Eat in clean, quiet and pleasant surroundings whilst giving your full attention to what you are eating.
- Eat foods that are complementary in nature. For example, do not mix heating and cooling foods, and heavy, cold foods should not be eaten in a cold, damp environment.

It is evident from the above description that *sattva guna* plays an important role in treatment of mental disorders like anxiety, stress, depression, psychosis, neurosis etc. A lot of physical diseases in the modern age like obesity, diabetes, high blood pressure, heart disease, hormonal imbalances also have been seen to have a link with imbalanced mind and emotions. Therefore it is necessary to have dominance of *sattva guna* in the mind for attaining health and happiness. A simple way to increase *sattva* is to practice the Ayurvedic life style program called *Jivananda*. This is a daily routine program which can be practiced by anyone in any part of the world without making any drastic changes in their diet and life style. More information on *Jivananda*, you can visit our website [www.jiva.com](http://www.jiva.com) or can email us at: [jinfo@jiva.com](mailto:jinfo@jiva.com)

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# दिल्ली की वनौषधियाँ

लेखक -  
डा० विवेक भूषण

भारत का दिल ये दिल्ली न जाने समय कितने पड़ावों से गुजरी है। हजारों साल पुराना इसका इतिहास है। इस पर अनेक शासकों ने शासन किया और अपनी अपनी संस्कृति का प्रचार किया। इसी कारण यहाँ संस्कृतियों का जमघट सा है जो भारत के विविधता में एकता के नारे को सिद्ध करता है।

दिल्ली कितनी प्राचीन है, इसका कोई निश्चित प्रमाण नहीं मिलता है, पर कालिका पुराण से पता चलता है कि इन्द्रप्रस्थ नामक नगरी आबाद होने से पूर्व यहाँ एक घना जंगल था जो खोंडव वन या इन्द्र वन कहलाता था। जिसे चन्द्रवंशी राजा सुदर्शन ने साफ कराके खोंडव पुरी या खोंडव प्रस्थ नाम का सुन्दर नगर बसाया था।

सैमीर संहिता में और पदम पुराण के अनुसार इन्द्र ने यज्ञ करना चाहा तो गुरु बृहस्पति से किसी अच्छी एवं पवित्र भूमि का स्थान पूछा। गुरु बृहस्पति ने बहुत सोच विचार के पश्चात यमुना नदी के किनारे खोंडव वन को सर्वथा उपयुक्त बताया जहाँ पर ऋषि मुनियों ने यज्ञ किए।

भेरु तंत्र के अनुसार ब्रह्मजी ने यही पर वेदों का ज्ञान प्राप्त किया था।

इस तरह से पहले खोंडव पुरी, फिर ढिल्लिका, ढिल्ली तथा बाद में दिल्ली बनने के क्रम में योगिनी पुर, किलोखडी, तुगलकाबाद मुबारकाबाद, दीनपनाह, शाहजहाँनाबाद जैसे कई पड़ाव पड़े।

भौगोलिक दृष्टि से दिल्ली का अध्ययन करने पर पता चलता है कि दिल्ली विविध प्रकार के भौगोलिक क्षेत्रों के मध्य स्थित है। यह यमुना नदी के पश्चिमी तट के साथ-साथ फैली हुई है। इसके दक्षिण-पूर्व में धार गरुस्थल है तो उत्तर पूर्व में हिमालय पर्वत श्रृंखलाएँ हैं। इसके उत्तर-पूर्व में इण्डो गंगा के मैदान हैं। इसके पश्चिम में सिंधु के मैदान हैं। दिल्ली के दक्षिण में अरावली हैं तथा पूर्व की तरफ गंगा के उपजाऊ मैदान फैले पड़े हैं।

इस प्रकार इन क्षेत्रों से घिरा होने के कारण दिल्ली में अनेक तरह की वनस्पतियाँ तथा भौगोलिक परिस्थितियाँ देखने को मिलती हैं।

मूलतः दिल्ली में 4 प्रकार के पारिस्थितिक क्षेत्र देखने को मिलते हैं-

(1) खादर- यह ऐसा क्षेत्र है जो किसी समय में यमुना के जल के नीचे या जलधारा के पूर्व में रहा है। यह यमुना के साथ-साथ फैली एक उपजाऊ मिट्टी की पट्टी है जिसके पश्चिम में ग्राण्ड ट्रंक रोड दक्षिण में सिविल लाईन्स तथा उत्तर में दिल्ली राज्य की सीमा रेखा है। इस क्षेत्र में सालों साल यमुना द्वारा बहाकर लाए गए डेट्रीटस (Detritus) तथा सिल्ट (Silt) मिट्टियों की परत जमी है जो हिमालय क्षेत्र की औषधियों का आश्रय है।

(2) बॉगर- यह क्षेत्र यमुना नदी के पश्चिम किनारे पर पड़ता है, तथा अधिक उपजाऊ है।

(3) डागर- यह दिल्ली का मैदानी क्षेत्र है जिसकी ढलान पश्चिम की ओर है। इस क्षेत्र की मिट्टी घनी तथा रेतीली है जिसमें छद्म अंश कम है।

(4) कोही या पहाड़ी - दिल्ली के दक्षिण की तरफ से फैला हुआ यह पहाड़ी क्षेत्र है जो कि अरावली का ही एक हिस्सा है। इसमें मुख्यतः झाड़ीदार पेड़ पौधे तथा बड़ाने हैं। इसके अंतर्गत रिज, महरीली, तुंगलकाबाद, फतेहपुर बेरी, डेरामण्डी तथा अन्य ग्रामीण क्षेत्र आते हैं।

इस प्रकार दिल्ली में हिमालय जैसे शीत प्रदेशों, मैदानी तथा राजस्थान जैसे उष्ण प्रदेशों की मिट्टी होने से विभिन्न प्रकार के पेड़-पौधे देखने को मिलते हैं।

अजीर (Ficus carica, Moraceae) :- अजीर या फल्यु के छोटे या मध्यम कद के वृक्ष अनेक बागों में प्राप्त हैं। ये वस्तुतः एशिया माइनर का आदिवासी पौधा है जिसे भारत में इससे प्राप्त होने वाले फल तथा फँसे हुए छायादार वृक्ष के लिए लगाया जाता है। यह वातपित्त शामक, बल्य, व्रणशोधक, रक्तपित्तहर है, तथा प्लीहाशोथ एवं दोषों के पाचन व कब्ज निवारण के लिए इसका प्रयोग किया जाता है।

वास (Adhatoda vasica, Acanthaceae) :- अडूसा के सदाहरित क्षुप या मुल्य दिल्ली में विशेषतः पहाड़ी पर स्थित कमला नेहरू रिज पार्क के आस-पास बहुतायत से पाए जाते हैं। इनसे सदैव एक दुर्गंध सी आती रहती है। यह कफनिस्तारक है, अतः कास श्वास में प्रयोग किया जाता है। इसका उपयोग रक्तपित्त रोग में भी किया जाता है।

दाहिस (Punica granatum, Pomegranate) :- अनार के पौधे उद्यानों में लगाए जाते हैं। इनके बड़े मुल्य या छोटे वृक्ष से अनार फल प्राप्त होते हैं। गीठा अनार त्रिदोषघ्न तथा खड़ा अनार वातकफ नाशक होता है। फल मधु तथा हृद्य होता है। छाल का प्रयोग अतिसार, पचाहिका तथा कृमि रोगों में किया जाता है।

अपराजिता (Clitoria ternatea, Leguminosae) :- दिल्ली में बगीचों तथा मन्दिरों पर लगाई हुई इसकी वन्य लताएँ हर जगह देखने को मिल जाती हैं। इसकी चकारोही लताएँ होती हैं। इसके बीज, जिन्हें कालादाना कहते हैं, अल्प मात्रा में देने पर भेदन कर्म करते हैं अधिक मात्रा में देने पर पेट में गरोड़ उत्पन्न कर देते हैं। यह कफघ्न नाशक है तथा चक्षुष्य, शित्तविरचन तथा आमपाचन है।

अमरवल्ली (Cuscuta reflexa, Convulaceae) :- अमरबेल या आकाशवल्ली की पत्ररहित परोपजीवी लताएँ विशेषतः नीम तथा अन्य बड़े वृक्षों एवं छोटे मुल्यों पर बहुतायत से देखने को मिलते हैं। यह कफपित्तहर है। इसके बीज पित्तविरचक हैं। इसके अतिरिक्त यह वेदनारथापन, शोधक, यकृतोजक, हृद्य तथा स्वेद जनक है।

अमलतास (Cassia Fistula, Leguminosae) :- अमलतास या आराम्बक के वृक्ष विशेषतः विद्यालय प्रॉगणों तथा कुछ बागों में बहुत देखे गए हैं जिन पर लम्बी-लम्बी फलियाँ लटकती रहती हैं। इसकी छाल कुष्ठघ्न तथा फल मूदा मूदुविरचन होता। इसके ताजे पुष्प गुंलकन्द बनाने में भी प्रयोग किए जाते हैं।

अर्जुन (Terminalia arjuna, Combretaceae) :- अमरुद के पत्तों जैसे पत्तों वाले अर्जुन के वृक्ष रिज क्षेत्र, बुद्ध उद्यान तथा अजमल खॉ रोड पर तिब्बिया कालेज में विशेषतः मिलते हैं। इनका प्रधान कर्म हृदय तथा रक्तस्तम्भक व प्रमेहनाशन है। उदर आदि त्वकरोगों में भी इनका प्रयोग किया जाता है।

अश्वगधा (Withania somnifera, Solanaceae) :- असगंध के सीधे मुल्यक हिन्दुराय अस्पताल के सामने तथा पीछे के बागों तथा 'रिज' में मिलते हैं। ये मुख्यतः वृष्य, बल्य, रसायन होते हैं। इसका उष्ण प्रकृति पुरुष को अधिक मात्रा में प्रयोग नहीं करना चाहिए।

आमलकी (Embllica officinalis Euphorbiaceae) :- ऑंवले के वृक्ष दिल्ली में कुछ स्थानों पर आरोपित किये गए हैं। इसके फल त्रिदोषहर, दीपन तथा चक्षुष्य होते हैं। ज्यवनप्राश, त्रिफला आदि में इसका उपयोग किया जाता है।

अर्क (Calotropis procera) :- आख या आक के बड़े पौधे तथा क्षुप 'पहाड़ी' में बहुतायत में देखने को मिलते हैं। इसके पत्ते या फूल तोड़ने पर श्वेत वर्ण का विषैला दूध निकलता है। यह शोधक, वेदनारथापन, व्रणशोधन तथा कफनिस्तारक कर्म करता है।

इंगुदी (*Balanite aegyptiaca*, *Simarubaceae*) :- इंगुदी या तापसद्रुम के गुल्म 'पहाड़ों' के पथरीले क्षेत्रों में पाए जाते हैं। कृमिनाशन में विशेषतः प्रयोग किया जाता है। इसका तेल केश्य, व्रणरोपण, जन्तुघ्न तथा त्वकरोग नाशक होता है।

इन्द्रायण (*Citrullus colocynthis*, *Cucurbitaceae*) :- फरफेंदु या इन्द्रवारुणी की लता बाहरी दिल्ली के कच्चे रास्तों तथा खेतों में बहुपाय है। यह तीव्रविरेचक, कफपित्तनाशक, उदर रोगनाशक, कृमिघ्न, कामलानाशक, गर्भाशयोत्तेजक तथा श्वास कासहर होता है। इसके बीज खालित्य पालित्य में तैल रूप में प्रयोग किए जाते हैं।

अम्लिका (*Tamarindus*, *Leguminosae*) :- ईमली के पेड़ दिल्ली में लुप्तप्रायः से है परन्तु पूर्वी दिल्ली में मार्ग में एक-दो वृक्ष देखने को मिल जाते हैं। ईमली का गूदा रोचन- दीपन- तृष्णानिग्रहण है तथा हृद्य है परन्तु अधिक मात्रा में लेने पर कब्ज उत्पन्न करता है।

एरण्ड (*Ricinus communis*, *Euphorbiaceae*) :- अरण्डी के वृक्ष मुख्यतः यमुना के किनारे तथा जल बहुल क्षेत्रों में विशेषतः दृष्टिगोचर होते हैं। यह विशेषतः कफवात शामक, पित्तवर्धक, स्तन्यजनन, कृमिनिःसारक, गर्भाशयशोधन तथा शोधहर है परन्तु तैल पित्तवर्धक होता है। एरण्डपाक अर्श तथा भगन्दर के रोगियों के लिए विशेष लाभकर होता है। एख्ड तैल एक निरापद रेचन है।

अतिबला (*Abutilon indicum*, *Malvaceae*) :- कंधी के क्षुप दिल्ली में वर्षा के बाद बहुतायत से दृष्टिगोचर होते हैं। यह बल्य तथा वृहणीय है। दुर्बल व्यक्तियों में इसका प्रयोग सावधानी से कम मात्रा में करना चाहिए।

ककड़ी (*Cucumis melo*, *Cucurbitaceae*) :- ककड़ी के बेल खीरे की बेल की तरह होती है। यमुना के किनारे के खेतों में इनकी खेती की जाती है। ग्रीष्म ऋतु में ये बाजार में आती है। यह मूत्रल, पित्तरक्तशामन, तृष्णाशामक तथा बल्य है।

कांचनार (*Bauhinia variegata*, *variegata*) :- सुंदरता के लिए बगीचों में इसे दिल्ली में सर्वत्र लगाया जाता है। यह व्रणशोधन तथा रोपण, गण्डमालानाशक, रक्तस्तम्भन तथा मेदोरोग नाशक है। यह लसिका ग्रन्थि शोध नाशक है।

कनेर (श्वेत *Nerium indicum*, पीत *Theretia nerifolia*, *Apocynaceae*) :- कनेर एवं पीत कनेर के गुल्मजातीय सदाहरित वृक्ष दिल्ली की हरित पट्टियों एवं मार्ग के मध्य में लगे हुए पाए जाते हैं। यह वातकफनाशक, कुष्ठघ्न, व्रणशोधन व रोपण तथा रक्तशोधक है।

करंज (*Pongamia pinnata*, *Leguminosae*) :- करंज के बड़े- बड़े तथा बहुशाखी छायादार वृक्ष दिल्ली में लगभग सभी उद्यानों तथा विश्वविद्यालय प्रांगण में बहुतायत से मिलते हैं। डिटोरी वातकफनाशक, रक्तशोधक, शोधनाशक व्रणरोपक तथा कासहर होती है। यह लागकर है।

व्याघ्रनखी (*Capparis horrida*, *Capparidaceae*) :- करेकआ की दृढ़ आरोही लताएँ पहाड़ी के गाल रोड़ के निकटपती राजपुर रोड़ क्षेत्र में मिलती हैं। इसका प्रयोग शोधघ्न के रूप में तथा प्लीहा वृद्धि में लेप के रूप में किया जाता है। यह स्थानिक प्रयोग से प्रतिक्रियक (counter-irritant), दाहक विस्फोट जनक है। अतएव इसका प्रयोग व्रणशोध एवं अन्य आन्तरिक शोधों के विलयन के लिए किया जाता है।

कारवेल्क (*Momordica chorantia*, *Cucurbitaceae*) :- करेला की भूमि पर फेलने वाली लताएँ होती हैं जिन्हें दिल्ली के बाहरी गाँवों में सब्जी के लिए उगाया जाता है। इसका विशेष प्रयोग भक्षुमेह रोगियों में शर्करा कम करने के लिए अनुपात रूप में किया जाता है। इसके अतिरिक्त यह पाचन, पित्तसारक, कृमिघ्न, ज्वरहर, आर्तवजनन, वसुष्ण तथा मूत्रल है।

लागली (*Gloriosa superba*, *Liliaceae*) :- कलियारी या कलियारी की आरोही लताएँ वजीराबाद वाटर टावर्स के निकट यमुना के किनारे पेड़ों पर पाई जाती हैं। यह अल्पमात्रा में ज्वरहर तथा अधिक मात्रा में लेने पर गर्भापातन करती है।



# TULSI (Holy Basil)- a dynamic herb

Dr. S.M. Arif Zaidi

Associate Professor, Faculty of Medicine,

Jamia Hamdard, N.Delhi-110062

Scientific classification	
Kingdom:	Plantae
Order:	<u>Lamiales</u>
Family:	<u>Lamiaceae</u>
Genus:	<u>Ocimum</u>
Species:	O.tenuiflorum

The tulsi or holy basil is a dynamic plant and is worshipped by Hindus at large. Tulsi has been used for thousands of years in Ayurveda for its diverse healing properties. It is regarded in Ayurveda as a kind of "elixir of life" and believed to promote longevity.

It is an herbal remedy for a lot of common ailments. Tulsi is perhaps the most common & most revered of all household plants of India. The word basil probably derives from the Greek meaning "King" as the plant overshadows at so many herbs in terms of number of beneficial effect.

## HEALING POWER AND CURATIVE PROPERTIES -

Every part of tulsi plant from roots to leaves, possess health-giving properties.



Traditionally, tulsi is taken in many forms: as herbal tea, dried powder and fresh leaf. Essential oil extracted from tulsi is used for medicinal purposes and in herbal cosmetics. It is widely used in many skin preparations due to its anti-bacterial activity.

**RESPIRATORY TRACT INFECTIONS:** A decoction of the leaves, cloves and common salt also gives immediate relief in case of influenza. A decoction of dried leaves with honey and ginger is an effective remedy for bronchitis, asthma, cough, cold and influenza. The juice of tulsi leaves promote the removal of the catarrhal matter and phlegm from the bronchial tube.

**SORE THROAT-** The leaves of tulsi boiled in water can be taken as a drink and may also be used as gargle in sore throat.

**MOUTH INFECTIONS:** The leaves are quite effective for aphthous ulcer and infections of oral cavity. The chewing of tulsi leaves will cure these conditions.

**TEETH DISORDERS:** The herb is used in teeth disorders. It is very good for maintaining dental health, counteracting bad breath and for massaging the gums. The dried leaves of tulsi and powdered can be used for brushing teeth. The dried leaves powder can be mixed with mustard oil to make a paste and used as toothpaste.

**FEVER & COMMON COLD:** The decoction of the tulsi leaves and cardamom powder in half a litre of water and mixed with sugar brings down body temperature in cases of acute fevers. The juice of tulsi leaves is also useful to bring down fever. The extract of tulsi leaves is also useful in fevers. The tulsi leaves are used in variety of fevers. During the rainy season, when malaria and dengue fever are widely prevalent, tender leaves, boiled with tea, act as preventive against these diseases. Tulsi leaves have preventive and curative effects in common cold.

**Headaches:** Chewing tulsi leaves is said to cure headache. For severe migraine inhale the essential oil of tulsi drop in boiling water or drink tulsi tea. It is believed that the juice of tulsi leaves mixed with a little honey taken daily is good for health. Tulsi tea is also good for health. Powdered leaves mixed with sandalwood paste can also be applied on the forehead for getting relief from heat, headache, and for providing coolness in general.

**Skin Disorders:** The basil juice is beneficial in the treatment of ringworm and various other skin diseases.

**Insect Bites:** The herb has a prophylactic and curative for insect stings or bites. A teaspoonful juice of the leaves is taken and is repeated after a few hours in such conditions. Fresh juice must also be applied to the affected parts. A paste of fresh roots is also effective in case of bites of insects.

**KIDNEY STONE:** The Basil leaves juice has strengthening effect on the kidney. In case of renal stone the regular use of basil leaves with honey is beneficial to expel kidney stones.

**HEART DISEASES :** Tulsi has a beneficial effect on cardiac disorders and weakness resulting from them. It reduces the level of blood cholesterol. Tulsi leaves are regarded as an anti-stress agent. It has significant protection against stress. Even healthy person can chew few leaves of tulsi twice a day to prevent stress. It purifies the blood and helps to prevent several common ailments.



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# TOTAL [HOLISTIC] STRESS MANAGEMENT

**Dr. Shrinivas Janardan Kashalikar**

*M.B.B.S., F.I.C.G., F.F.F.B.M.S. [U.S.A.]*

Stress influences every cell of the body to a greater or lesser extent. Because of its far-reaching effects on every cell of the body, stress can predispose an individual to a variety of problems, which are described later. Stress can actually cause also many diseases. Lastly stress can aggravate many conditions, thereby increasing the morbidity and mortality.

We can appreciate this point by considering the following chain of events.

Stress can actually cause as well as aggravate diabetes mellitus. Diabetes mellitus in turn predisposes the individual to be inflicted by a variety of infections. One of the most dreaded of these is tuberculosis. Because of this all the family members, neighbors and colleagues of the patient are at risk of developing tuberculosis.

In addition, diabetes is many times associated with a number of complications such as retinopathy, cataract, [complications of eye], neuropathy [complications of nerves], nephropathy [complications of kidney], gangrene etc.

This would make it easy to understand why stress is considered the greatest killer in the world.

Interestingly, it becomes even greater killer because of

A) Inadequate research, inadequate understanding of stress and its management

B) Ignorance, misconceptions, taboo [like that for psychiatric disorders] about the nature, gravity and management of stress in general public and hence lack of readiness of the people to recognize, concede and manage stress.

C) Apathy and lack of interest of the decision makers, leaders, managers, executives, administrators and activists in different walks of life in this extremely important area.

D) Prevalance of quackery [as is there in other fields also], helping to complicate the problem of stress and its management!

E) Most importantly, overall lack of holistic perspective in every sphere of life including the education, industry, agriculture, laws, health care, medical education etc.

**Why is the word "Total [Holistic] Stress Management" used instead of words such as "eradication" or "cure" of stress?**

We use the word "[Total] Holistic Management" because cure or eradication, are possible in certain diseases, but not in case of stress. Neither can there be "eradication" of stress, nor can there be "cure" for stress. This is because, stress is

inseparable from life and the only way to lead a satisfactory, strong, productive, prosperous and profound life, is to learn a scientific and efficient way of management of stress. It is called holistic because it is aimed at empowerment/equipment of individual to Reveal the power within himself/herself to manage or overcome stress from time to time as and when it comes and enrich life with ever increasing prosperity and profundity and because it involves,

- 1) It involves cognition, affect and conation
- 2) It involves body, instincts, emotions, intellect and the soul
- 3) It involves single individual, family, group and society in general
- 4) It involves childhood, adulthood and old age
- 5) It involves both sexes
- 6) It involves social homeostasis, which includes every sphere of life such as the education, industry, agriculture, laws, health care, medical education etc.

Thus the first thing is that the **Total [Holistic] Stress Management** involves

#### **A) Improvement in cognition**

Cognition involves sensing, interpreting, memorizing, questioning, pattern finding, analyzing correlating, synthesizing, contemplating, understanding, appreciating, hypothesizing etc.

In short cognition means processing of a huge variety of sensations impinging on our brain. One can also say that this is information processing. Obviously, this is an

intellectual activity. You can appreciate the importance this faculty in stress management if you consider the two important facts viz. 24 hours of the day twelve months of the year, every one of us gets sensory inputs and inappropriate or inaccurate cognition is responsible for stress to a very great extent. Cognition, thus being an integral, inseparable and absolutely essential part of our existence, [Total] Holistic Stress Management aims to improve cognition and make it as accurate as possible. This helps in improvement in the ability of an individual to do correct appraisal of a variety of personal, familial, Social, national and international problems [STRESSORS]. Correct appraisal is prerequisite to handle any problem [STRESSOR] successfully. The importance of such appraisal can not be overemphasized.

#### **2) Improvement in affect**

Affect means the effect of the variety of the variety of stimuli which, may impinge on us in the form of various problems [STRESSORS], on us. The affect is in a way, "sandwiched" between stimuli and the response. In general it involves the activity of various parts of nervous and endocrine system. But in extreme cases it may involve metabolic changes as well. The affect is usually experienced as a) confidence, enthusiasm, pleasure, happiness, love, attraction, patience, comfort etc. Or b) sadness, jealousy, hatred, depression, inhibition, diffidence, loneliness, listlessness, impatience, discomfort etc.

#### **3) Improvement in conation or action i.e. Response**

It is important to understand what conation means. Conation is the response of an individual as a result of cognition, and

Affect. It has to be appreciated that healthier cognition and affect would result into healthier conation i.e. Actions. These constitute appropriate physical, instinctual, emotional and intellectual responses.

#### Physical responses:

Proper posture while sitting, standing, walking etc, refinement in physical skills such as drawing, painting, sculpture etc.

#### Instinctual responses:

Healthy satisfaction of hunger, thirst, sex, habitat, movement, herd instinct, survival instinct, maternal or paternal instincts etc. These involve proper eating, drinking, courtship and matrimonial behavior, socializing in a meaningful manner, walking, dancing, running etc., participating in struggles for justice, opposing exploitation, taking care of the children in a warm and mutually satisfying manner,

#### Emotional responses:

Spontaneous and warm gestures extended to family members, relatives, colleagues, friends etc, exercising civic sense, enthusiastic participation in national, regional, cultural festivals, addressing social problems, active involvement in one's job etc.

#### Intellectual responses:

Concentration, study and expertise in work, research and progressive innovation in one's field, intellectual participation in administration, planning and policy making by giving constructive, creative suggestions etc.

Through acquiring healthier body, instincts, emotions, and intelligence.

All these culminate into a PERSPECTIVE of universal unity/continuity and in turn enriches all above.

This requires memorizing and understanding of the meaning of homeostasis, social homeostasis, effects, mechanisms and dimensions of stress and support systems, which are given in details in my books "Stress-understanding and management-A Way To Total Well Being". This is for developing conviction, which helps the participant to practice the concepts of Total [Holistic] Stress Management. But actual practice has no substitute. Optimal results are seen in accordance with the regularity and involvement in actual practice, not in accordance with mere reading and memorizing

Total [Holistic] Stress Management is like SWIMMING OR TAKING BATH. Memory and understanding are important for conviction and just as conviction is required for these things to be practiced regularly and beneficially, conviction is required for the REGULARITY AND INVOLVEMENT in practice.

Cognition, affect and conation are best developed if we take following measures to make our body, instincts, emotions, intelligence and soul healthy. It has to be remembered that development of each one of these has beneficial influence on every other faculty of an individual and other members of the society in different walks of life.

#### **The Soul :**

Soul is the core of human existence.

A) Namasmaraan is strongly recommended for

exploring and nurturing the soul, which is the fountainhead of life.

The details about how it can help are described in my books on Namasmaraan in Marathi, Hindi and English

B) Study of philosophy and its practice under an able guru can be helpful. But such gurus are rare and difficult to find.

There are books such as Dhyanesvari, Dasabodh,

Geeta which are sources of strength and wisdom. But while reading them is useful, their interpretation may require guidance. This is because as the times change, social realities also change. This necessitates extraction of the essence of these books and its application to the present circumstances. Study of other ideologies including atheism is also useful. But ideologies should not become intellectual shackle in which case they can give rise to fanaticism and or extremism.

C) Practicing the principle of unconditional acceptance of self and others.

The most important cause of stress is pettiness and superficiality. This makes us conditioned. We start getting spilt in various dualities and stop loving ourselves. Therefore learn to **ACCEPT, LOVE AND RESPECT OURSELVES, UNCONDITIONALLY** which is extremely useful in appropriate feelings (effect) and action (conation).

D) Practise of PRANAYAM under proper guru can help develop spiritually besides being useful intellectually (by improving concentration) and emotionally (by making the mind more stable and strong).

## Intellect :

Understanding the concept of stress is actually a part of holistic management of stress. It is necessary to appreciate the dimensions of stress, tremendous number and variety of stressors in our life, paucity or frail nature of the homeostatic mechanisms in our bodies, which are not in any way better than those in the animals, who in comparison have very few stressors.

In addition, it is essential to understand the principle of extracting wisdom from the traditional support systems and make judicious use of the same.

But that is also not enough. Learn the concept of SWADHARMA, For this it is essential to study the concept of social homeostasis and in accordance it is essential to advance one's grasp and expertise in one's field. Thus understanding the concept of introspection, prioritization, assertion and reinforcement, burden and solace scheme, bird and wind concept, in win scheme etc. and their practice is very useful.

Learn also about the concepts such as individualism, socialism, AKARTA BHAVA and SANKALPA.

Lastly studying carefully and understanding of one's field, expertise, research in the same and development of policies which can benefit the mankind are the ascending steps for intellectual well being. It is essential to learn to be humble and bold rather than shy and arrogant! It is important to develop open mind and learn. This will nurture you intellectually. Being curious, studious helps you to tone up your intelligence. This makes the thinking clear and thereby emotions do not go haywire. Good emotions

constitute buoyant and affectionate feelings. Good or healthy emotions channelize the instincts and give rise to good actions.

You can take Ayurvedic preparations such as SHANKHPUSHPI, BRAHMI etc. These can be taken under proper guidance. The proper consumption of fruits, green vegetables and vitamins of B group and ensuring adequate lecithin, cephalin, sphingomyelin are important in good intellectual as well as emotional states.

## Emotions

Imaging an Indian freedom fighter imprisoned in British jail. Especially the one who has been sentenced to death or a young soldier who has laid down his life or has been handicapped for the motherland. What would be their mental agony, especially with the thought of the future of the family and other dependents? What would be the emotional state of their near and dear ones?

Before thinking about our emotional stress we must avoid hysterical thinking!

Today the atmosphere is of fierce competition. This competition is not with respect to profundity and excellence but actually with respect to selfishness, secretive working, manipulative ability, showmanship and such mean qualities. If this point is appreciated then one can prevent obsessive concern about petty pursuits, which erode the interpersonal bonds. This is aggravated by most advertisement. Petty pursuits multiply. Success in their achievement is associated with morbid arrogance and contempt for the "non achievers" and failure in the pursuits is associated with frustration to such an extent that the family relations are ruined or even suicides are committed.

**Lack of excitement and monotony in job can be overcome at least to some extent by**

Frequent stroll and change in positions. In addition, wash and massage face two or three times a day. Massage your eyebrows and eyelids. Wash mouth at least thrice a day during duty hours and if feasible brush teeth at least once. Do exercises of tongue such as rolling the tongue up, down, left right etc, inside the mouth.

Practice SIMHAMUDRA, ANULAM VILOM, BRAHMA MUDRA, NASIKAGRA DRISHTI, BHRUMADHYA DRISHTI, VAKRASANA, jaw relaxation, flexion and extension exercises of your arms, elbows, hands, fingers, ankles, knees, hips etc.

In short, let the body experience, as much activity during your sedentary job as would be refreshing and feasible.

But this is not enough. Excitement is possible if only, there is cordial relationship, celebrations, good incentive and progressive changes and most importantly appropriate division of labor according to one's liking and aptitude is encouraged. Think over this point and make suggestions to your superiors in this respect.

One major problem is loss of a near and dear one really poses a major stress. But only if one learns to differentiate the position of the departed individual from that of one's own, then it may be little easier to overcome that stress. This requires enormous fortitude.

This becomes relatively easy if you understand the concept of **SANKALPA**.

As stated earlier breathing exercise

help you overcome such fear. Taking exercises besides growing physically strong would ward off your insecurity at least partially.

**Hunger** can be best satisfied by offering prayer before food as follows

ANNAM BRAHMA RASO VISHNUH HOKTA  
DEVOM AHESHVARAH

PREEYATAM BHAGAVAN ISHAH  
PARAMATMA SADASHIVAH

AHM VAISHVANAROBHUTVA PRANINAM  
DEHAMASHRTAH

P R A N A P A N A S A M A Y U K T A H  
PACHAMYANNAM CHATURVIDHAM

and then eating home-made food. Avoid excessive consumption of any one type of food such as ice creams, chocolates, deep fried foods etc. In stead of using only wheat make use of patni, nachani (ragi), bajara, jawar, corn etc. Use plenty of green leafy vegetables, salads, sprouts and seasonal fruits. Use brown bread, corn flour bread, biscuits made of nachani, bajara etc. As regards oils, you can use sesame oil, on Monday-groundnut oil, on Tuesday-palm oil, on Wednesday-coconut oil, on Thursday-mustard oil, on Friday-sunflower oil on Saturday and so on. But overall intake of oils should not be in excess.

Addition of green leafy vegetables, fruits, salads, methi sprouts, alfalfa (lucern) sprouts, Essential fatty acids (these are available commercially with chemists), vitamin E, multivitamins on alternate days, juices of bitter gourd (karela), neem, bel, Amala, ginger, pudina, cocum, tulsi, jamun etc. would also help.

Replace the buffalo milk by cow milk and increase the intake of butter milk. You may use chyavanaprash, drakshasava, arongyavardhini after consulting your family vaidya.

To quench the **thirst** drink plenty of water. It is good to avoid excessively cold water or cold drinks.

**Herd behavior** is associated with need of company and preferably company where we feel buoyant and happy. Choose your friends carefully. This helps you to avoid some people who have the habit of boasting incessantly about their so called achievements which are in fact petty gains and thereby either knowingly or unknowingly belittling you.

Socialization in some suitable form is usually beneficial. Some get involved in unions, parties, some religious sects etc. It gives them a sense of security. But one should protect oneself from exploitative /dictatorial/fraudulent organizations.

**Habitat** means the over all atmosphere around us. Like animals we also get stressed if and when kept in an alien habitat.

In general, **sexual instinct** is suppressed in India and unleashed in some countries. It is important to evolve, open, humane attitude and mutual respect for the opposite sex and thereby develop responsible behavior to overcome such stress.

If you are a mother, or a father, then nurse your **parental instinct**. This is extremely important. Breast abscesses, malignancies, neuroendocrine disturbances,

shoes are also common problems. They keep an individual nagging and disturb one's peace of mind. Regular **massaging ensure** flexibility of the small joints and adequate circulation and micro-circulation in the feet. This is especially useful in diabetics who are more to develop vasculopathy and resultant damage in the feet, in the form of necrosis and gangrene. **Massage** when given with love and care can be far more soothing and healing than when given by a professional (who may be indifferent).

**Body posture** can effect your emotions adversely and emotional disturbances are reflected through body posture. In fact good actors use this as body language to enact their role. Therefore erect posture is preferred whenever possible. It is important to sit with your back and loin touching the back of the seat. This reduces undue strain on your back and reduces the chances of Backache.

There are several techniques of meditation, yogasanas, kriyas, different types of exercise, panchkarma, naturopathy and such many measures. But from this cursory review one should realize that all such techniques (not discussed here due to shortage of space) in isolation are likely to nurture patty selfishness and do **NOT** provide the answer to stress.



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Dr. Naresh Chhavanla, President AIIMGA & Dr. O.P. Vashisth, Member CCIM performing Dhanwantri Pooja



Sh. Manohar Lal Sharma, Minister of J.&K. and Dr. A.K. Walla, Chief Guest with Dhanwantri Awardee and AIIMGA President & Patron



Sh. Anil Bhardwaj receiving Memento (Guest of Honour) from AIIMGA Patron Dr. R.S. Chauhan



Releasing of AIIMGA Souvenir 2009



Dr. Parashar receiving the Lucky Draw prize from Distinguished Sh. Manohar Lal Sharma, Minister for State, J&K.



Chief guest Dr. A.K. Walla and Distinguished Guest Sh. Manohar Lal Sharma, Minister of J&K watching the celebrations 2009 with Dr. N.K. Chhavanla & Dr. R.S. Chauhan



Dr. R.S. Chauhan, Patron and Dr. N.K. Chhavana with Sh. Manohar Lal Sharma in Joyfull moments



Dr. Vivek Bhushan (Right) Receiving the Dhamwantri Award from Sh. M.L., Sharma Hon'ble Minister For Finance, Govt. of J&K



Dr. Arun Kr. Kataria (Right) receiving the AIIMGA Award from Sh. Anil Bhardwaj, MLA, Govt. of Delhi



Dr. (Mrs.) Meena Singh receiving the Award of Honour

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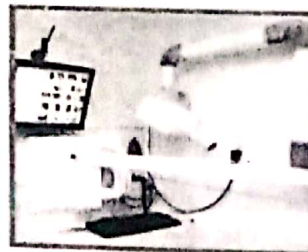
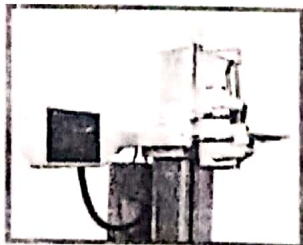
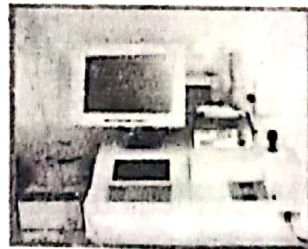
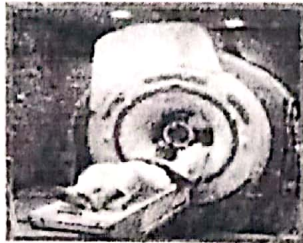
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# IS HOMEOPATHY EVIDENCE BASED ?



Dr. Anil Singhal,  
MD (Homeo)

Evidence based practice (EBP) revolves around improved patient outcomes. Health professionals use the best evidence possible to make clinical decisions for individual patients. It involves complex and conscientious decision making based on the available evidence, and also on patient characteristics, situations, and preferences.

EBP recognizes that health care is individualized and ever changing. Finally, I would say EBP is the formalisation of the care process based on requirements of individual patient. This individualisation is practiced by homeopathic physicians for the last 200 years.

Homeopathy is a system of therapeutics founded in 1796 by Samuel Hahnemann on the principle that "like cures like". Homeopathy, since its inception, has been used to treat a wide range of illnesses based on individualisation or in a way EBP. Hahnemann was the first person who advocated this strongly.

Hahnemann carried out testing medicines on healthy human beings before making any decision for prescribing them. This process which he termed as Drug Proving was the unique process of that century, remarked by Dr. Jugal Kishore of India in one of his writings. So, records of drug proving and materia medicas are evidence-based.

Similarly, Evidence based medicine (EBM) aims to apply the best available evidence to medical decision making. Current evidence based medicine focuses excessively on approach practiced by the individual health care provider. One can define EBP or EBM in various different phrases. I would say, this is the homeopathy which is having evidence-based medicines and treatment decisions are purely individualised. If you follow principles of homeopathy as laid down by Hahnemann, then you are practicing evidence based homeopathy i.e. EBH.

In UK, a controversy is going about efficacy of homeopathic medicines. Opponents of this system have pointed that homeopathy is not evidence based medicine. Do you think, in last 200 years whatever results, recovery, healing or cures we have seen in patients are fake, bogus or placebo effects!

For us, we have to define EBM in different way. For an example, how many patients were diagnosed as Sulphur, and in how many cases sulphur relieved or cured patients. This would lay the foundation of Evidence Based Homeopathy (EBH).

While treating a sick person homeopathically, there is no such case of dengue, swine flu, etc.; there is only a case of arnica, gelsemium or arsenicum.

One thing is clear that after allopathy system, homeopathy is a major alternative system of medicine in India and around the world. And, with our best efforts and hard work we can establish this system more firmly in 21st century.

**Dr. Anil Singhal, MD(Homeo)**

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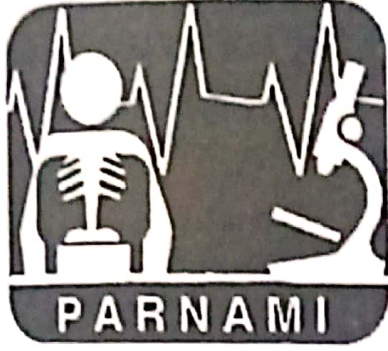
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# CHILDHOOD ASTHMA

Dr. Naval Kumar

B.H.M.S., MD (Homoeo)

**ASTHMA** is the hyperresponsiveness of the airway tract to various external stimuli resulting in cough, chest tightness and wheezing.

The word asthma has originated from an ancient Greek word meaning panting

## CAUSES

Stress & Anxiety aggravates the symptoms

Upper Respiratory tract Infection

Allergy to Pollen, Dust, Smoke, Animal Dander, Mold

or other irritants. Excessive Exercise

Exposure to cold wave or Draft of cold air

Eating habits or Allergic to certain food

Medicines Perfumes and Room air fresheners

Change of weather

Children with a strong Family history of Asthma

Suppression of Skin Disease or History of skin disease

treated with modern medicine

## SIGN AND SYMPTOMS

Difficulty breathing

Fast (rapid) breathing

Shortness of breath, even at rest

Tightness in the chest

Cough

Note: A persistent night-time cough is one common sign of asthma, even in children without other symptoms.

Emergency symptoms:

Difficulty breathing

Bluish color to the lips and face

Severe anxiety due to shortness of breath

Rapid pulse

Sweating

Decreased level

## DIAGNOSIS

A detailed medical history and physical examination is done to assess the presence or severity of the following symptoms.

- Recurrent respiratory infections
- Allergic cough **Asthma** worse at night
- Sudden onset of wheezing and shortness of breath when exposed to allergens
- Your family history of asthma and allergies
- Medicines you may have used to help your breathing

A physical examination of your respiratory system and a general examination is done to rule out other illness.

After medical history and examination pulmonary function test and other investigations may be included to complete the diagnosis.

### Can homoeopathy cure asthma, permanently?

If effectively prescribed homoeopathic treatment can completely root out asthma, though it may take time before desirable results are achieved. No two people have exactly the same asthma symptoms or outcomes. It's a very individualized disease. The bottom line is to watch your child and listen to their observations and report it to your homoeopath. The treatment is aimed at both acute and chronic stages. There are medicines in homoeopathy that can effectively control the acute phase and later when there is a period of remission, constitutional treatment is given to optimize the immune system. With such a form of treatment one will gradually see the frequency and the intensity of the problem decreasing.

## HOMOEOPATHIC MEDICINES

**Thuja Occidentalis:** Its one of the frequently indicated remedies for asthmatic bronchitis as well as adult asthma.

In general good for chronic diseases which have been neglected for a long time and have therefore grown deeper into the system. These patients are better in dry weather and worse from humid climate and damp conditions.

### **Antimonium Tartaricum:**

This drug is prepared from the tartarate of antimony and potash and this medicine finds its therapeutic application largely towards the treatment of respiratory diseases, mainly in asthmatic bronchitis.

Rattling of the mucus in the chest with little expectoration. There is much congestion in the chest but the expectoration cannot be raised. Cough that usually ends up in vomiting. Along with this there is much drowsiness, debility and sweating. Difficulty in breathing is marked.

### **Kali Carbonicum**

Kali Carbonicum does wonders in cases of asthma, bronchitis, tuberculosis, pneumonia, hydrothorax, etc.

On the mental sphere, it tackles anxiety states very efficiently and is used for the treatment of the effects of stress on the body.

### **Silicea (Silica):**

It is one of the splendid acts of homoeopathy that substances labeled as inert can also be used efficiently to treat a large variety of disorders.

### **Hepar sulphuris calcareum:**

Hepar sulph is one of the commonly used

remedies for asthmatic bronchitis, recurrent tonsillitis, sinusitis, chronic cough due to bronchitis, hoarseness, etc.

### **Tuberculinum:**

Its indeed one of the wonders of homeopathy that even the substance from a tubercular abscess can be transformed into a wonderful remedy such as tuberculinum.

### **Natrum sulphuricum::**

Symptoms come up due to the ill effects of damp, rainy weather. Patient develops cough with thick, ropy, greenish expectoration, chest feels all gone. Discharges are thick, mucoid, frothy; initially white later on green or greenish yellow. Patient feels worse in damp weather, from night air, cold food and drinks, vegetables, fruits, in cellars, etc. symptoms are better in warm, dry air.

With most of the symptoms the patient peculiarly has thirst for something cold and desires ice or extremely cold water.

## COMPLICATIONS

Respiratory fatigue

Pneumothorax

Death

Side effects of the medication used

Pneumomediastinum

Atelectasis

Status asthmaticus

NOTE:- BEFORE TAKING ANY HOMOEOPATHIC MEDICINE, CONSULT HOMOEOPATHIC PHYSICIAN





# POLY CYSTIC OVARIAN DISEASE (PCOD)

**Dr. Shelly Mittal**

*B.H.M.S. (NHMC)*

*Delhi University*

Food patients should not eat foods that increase their blood-sugar levels, also called as high glycemic index (GI) foods. Whole foods have less glycemic index. Complex carb are better than simple carb. Complex carb are less carb and simple carb are more carb food.

Refined carbohydrates like Sugared cereals, ice cream, white rice and white flour, soft drinks are not good for PCOD patients where as Unrefined carbohydrates like whole vegetables, whole fruits, whole grains, whole nuts and whole seeds, are good for pcod patients. Though legumes come under Unrefined carbohydrates category, they are not good for pcod patients.

## PCOD Diet

PCOD can be improved by an healthy diet and regular exercises. Calorie reduction is a proven way to improve pcos symptoms. Pcod patients should always try to maintain a low waist size as they are prone to store more fat because of their inability to efficiently metabolize carbohydrates.

Below is the list of Low carb, High carb and suggested foods for PCOD patients comprising mostly vegetarian diet. One can prepare their own diet by picking and choosing items from the following list based on their likes and dislikes.

### Less carb food:

Butter, eggs, almonds, peanuts, pumpkin, beans, cabbage, cauliflower, cucumber, eggplant, lettuce, mushroom, green onions, peppers, spinach, veg oil, soyabeans, apricots, blueberries, cantaloupe, cherries, figs, grapes, honeydew, lemon, tomato juice, kiwi fruit, pineapple, plum, raspberries, strawberries, watermelon, mango, cheese, water, radishes

### High carb food:

Whole milk, yogurt, bagel, biscuits, muffins, corn flakes, pasta, rice, waffle, bread, onions,

Tomatoes, corn, peas, potato, blackbeans, chickpeas, lentils, red kidney beans, apple, banana, orange, peach, pear, broccoli, pizza, ice cream, carrots, candy, sugar.

### Suggested foods to eat:

Flax seeds, walnuts, biotin, lutein found in eggs, low sodium, plant fibre, healthy fats, monounsaturated and polyunsaturated fats.

### Foods to avoid:

Starch, chemicals, additives, french fries, wheat, dairy products, pizza, cheese, pastry, mocha, refined and processed foods, MSG, flavor additive, HVP, hydrolyzed veg protein or plant protein, cereals, chick peas, lima beans, soya beans, TVP, texturized veg protein, legumestofu, soya sauce, glute, which is found in bread, wheat etc., grains, corn and corn products, barley, margarine, sugars.

## PCOS Sample Diet Menu

This is a sample of a day's eating on a PCOS diet, shown for illustrative purposes only, to display a variety of possible foods.

### Breakfast

3/4 cup All-Bran with low-fat milk  
2 slices any wholegrain bread with margarine

### Snacks

1/2 cup blueberries (or, 2 small oatmeal cookies)

### Lunch

Sourdough or wholegrain roll  
1 slice lean ham (or turkey)  
1/2 cup sliced bell pepper (or salad)  
1 apple (or soft-serve yogurt w. strawberries)



# ULTRA SOUND AND COLOR DOPPLER

## (THINGS YOU WOULD LIKE TO KNOW)

By : Dr. Anil Kumar Gupta  
MD (Radiodiagnosis)

In India Ultrasound has become a house hold name in the last 3 decades. It is safe, quick, cost effective and reliable in experienced hands.

As the name implies, Sonography makes use of sound waves. Frequency of these sound waves is much higher than human ear can hear. Sonographers (the persons doing Ultrasound hold the probe (transducer) which is placed directly on the body of patient and moved over the parts of body. Water based gel is used to couple the Ultrasound between transducer and the patient.

### INDICATIONS AND USES

#### ULTRASOUND OF ABDOMEN

Widely used for diagnosing disease of Liver, Gall bladder, Pancreas, Spleen, Kidney, Peritoneum, Bowl, Urinary bladder, Prostate, Uterus and Ovaries.

**HIGH RESOLUTION ULTRASOUND (7-18 MHZ)** is very good for imaging soft tissues of ORBITS, Thyroid, Muscles, Tendon, Testes, breast and appendix. Neonatal brain can also be imaged with High resolution Ultrasound before the closure of anterior fontanel.

#### OTHER USES INCLUDE :

**CARDIOLOGY :** The use of ultrasound in cardiology is known as echocardiography. While doing echocardiography cardiologist can assess the working of the heart, thickness of the walls, any abnormal growth in the heart, ejection fraction etc.

#### INFERTILITY :

Follicular study to indicate maturation and rupture of follicles in case of infertility

#### ACUTE ABDOMEN :

Ultrasound is the first investigation of choice to

rule out abscess, gall stone, pancreatitis bowel perforation, Kidney and ureteric stones, bladder stones etc.

#### ROLE IN PREGNANCY :

Ultrasound is widely used to diagnose early pregnancy as early as five weeks

1. For confirmation of single or multiple pregnancies
2. Dating scan to predict approximately date of delivery in case of mistaken dates.
3. Most important role is to rule out fetal congenital anomalies.

a) Sonogram should be advised at 11-13 weeks to look for fetal nasal bone, nuchal translucency.

b) Level -2 or detailed anomaly scan should be advised between 18-20 weeks.

Note : Triple test (blood test) should also be advised between 16-18 weeks to assess the risk of down syndrome.

c) 3rd trimester scan after 32-34 weeks to look for I.U. G.R. presentation, prediction of approximately fetal weight etc.

#### COLOR DOPPLER :

Color Doppler is the doppler effect to assess blood flow towards or away from probe.

I.U. G.R. color doppler is very useful to look for blood supply to the fetus. In pre-eclampsia uterine artery notching is seen. Doppler also diagnoses fetal hypoxia.

#### RISKS & SIDE EFFECTS OF

#### ULTRASONOGRAPHY :

As it does not use ionising radiation, ultrasound is generally considered to be, safe.

There are no known harmful effects on humans even in fetuses { W. H.O. technical report series 875 (1998) says ultrasound is harmless'. }

However diagnostic ultrasound should only be performed when their is valid medical indications & not for fun.

### LIMITATIONS :

Ultrasound waves are disrupted by air & gas. Hence in gaseous bowel distension, study becomes difficult esp to see deeper structures.

### PREPARATION :

1. No special preparation required for small parts and superficial structures.
2. For upper abdomen 4-12 hrs. fasting is required especially for gall bladder.
3. For pelvic organs : Full urinay bladder is mandatory.

4. For Whole abdomen 4 to 8 hrs. fasting with full bladder.

### ADVANCEMENTS IN ULTRA SOUND :

- i) 3D Imaging that format sound wave data into 3D image
- ii) 4D imaging is 3D Ultrasound in real time motion. 4D is specially indicated to rule out minor fetal anamolies as cleft lip etc.
- iii.) Power Doppler : This evaluetes blood through blood vessels in arm, legs and neck.
- iv. Color Doppler is very usefull to diagnose deep vein thrombosis and arterial disease of limbs.

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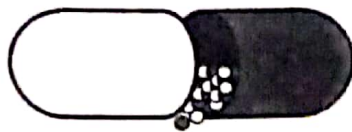
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# CENTRAL COUNCIL OF INDIAN MEDICINE

(A Statutory Body Under the Ministry of Health & Family Welfare, Govt. of India)  
INSTITUTIONAL AREA, JANAKPURI, NEW DELHI - 110058

No-85/96-Ay.(MM)

Dated : 30/10/96

## NOTIFICATION

As per provision under Section 2 (1) of the Indian Medicine Central Council Act. 1970 (48 of 1970) hereby Central Council of Indian Medicine Notifies that "Institutionally qualified practitioners of Indian Systems of Medicine (Ayurved, Siddha & Unani) are eligible to practice Indian Systems of Medicine and Modern Medicine including Surgery, Gynaecology and Obstetrics based on their training and teaching which are included in syllabi of via courses of ISM prescribed by C.C.I.M. after approval of the Govt. of India. The meaning of the word "Modern Medicine" (Advances) means advances made in various branches of Modern Scientific Medicine, Clinical, Non-Clinical, Bio-Sciences also technological innovations made from time to time and notify that the courses and curriculum conducted and recognised by the Central Council of Indian Medicine are supplemented with such modern advances. Further it is clarified that the rights of practitioners of Indian Systems of Medicine to practice modern scientific system of Medicine (Allopathic Medicine) are protected under Section 17 (3) of I.M.C.C. Act. 1970."

(R.K. JAIN)  
REGISTRAR-CUM-SECRETARY  
CENTRAL COUNCIL OF INDIAN MEDICINE



दिल्ली भारतीय चिकित्सा परिषद्

**Delhi Bharatiya Chikitsa Parishad**

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Phone : 22059046, Fax : 22059032, Website : [www.dhccp.co.in](http://www.dhccp.co.in)

### Notice For Registered Practitioners of Delhi Bharatiya Chikitsa Parishad

Delhi Bharatiya Chikitsa Parishad Rules, 2000 clearly provides that every person whose name is entered in the register of practitioners of Delhi Bharatiya Chikitsa Parishad under the provisions of said Act has the right to practice in Indian Systems of Medicine including Integrated Medicine in the National Capital Territory of Delhi.

As per Delhi Bharatiya Chikitsa Parishad Act, 1998 "Intergrated Medicine" means 'Conjoint, concurrent study, training and practice in Ayurveda/Siddha/Unani Tibb and Modern Scientific System of Medicine in all its branches including Surgery and Obstetrics'.

It is for the information of all persons holding **BAMS/BUMS/BIMS** degrees and/ or any other recognized qualification included in the Schedule of IMCC Act, 1970 and registered with Delhi Bharatiya Chikitsa Parishad that in case of any problem during discharging their professional duties/ practice, They may contact to the undersigned as and when required.

President  
D.B.C.P.

IRCS Building, 1, Red Cross Road  
New Delhi-110001

Dated the 3<sup>rd</sup> December, 2008

## OFFICE MEMORANDUM

**Subject : Grant of Medical Certificate by ASU & H Degree holder doctors.**

This is with reference to Letter No. 34770/Addl CP/LPC (I/c Fresh), dt. 4.11.2008 from the office of Additional Commissioner Police, (Licensing), Delhi seeking clarification about the eligibility of Ayurvedic, Siddha, and Unani registered doctors to issue medical certificate that as per the provisions of grant of Armed license. In this regard, it is clarified that as per the provisions of Section 17 (2) (C) of Indian Medicine Central Council Act. 1970, Ayurvedic, Siddha and Unani registered degree holder doctors are authorized to issue Medical or Fitness Certificate for a person for any official purpose including grant of armed license.

This issue with the approval of competent authority.

(T.S. Bhatia)  
Deputy Secretary to the Government of India

To  
Addl. Commissioner of Police (Licensing)  
1st Floor, P.S. Defence Colony,  
New Delhi  
Fax : 26262260

Copy to :

1. President/Secretary,  
All India Indian Medicine Graduate Association,  
32, Ganesh Nagar, Vistar-II, Shakar Pur, Delhi
2. President/Secretary,  
National Integrated Medical Association (NIMA), Dogra Hospital, Circular Road,  
Jalandhar
3. President/Secretary,  
All India Ayurvedic Congress, Road No. 66, Dhanwantri Bhawan, Punjabi Bagh (W),  
New Delhi

## **SIDDHA, AYURVEDA DOCS CAN PRACTICE MODERN MEDICINE : HIGH COURT**

Fri, Jul 30 09:29 PM

Chennai, Jul 30 (PTI) Madras High Court has ruled that registered practitioners of siddha, ayurveda, homoeopathy and unani were qualified to practice modern scientific medicine, including surgery, anaesthesiology and ENT among others. Justice F M Ibrahim Kalifulla, closing a contempt petition by the Tamil Nadu Siddha Medical Graduates Association, also said penal action against such practitioners for practising modern medicine should be "dropped forthwith.

" The Judge took note of a June 29 circular of the Tamil Nadu government, which, citing section 17(3) B of the Indian Medicine Central Council Act 1970, said institutionally qualified practitioners of siddha, ayurveda, unani and homoeopath were eligible to practise the respective system with modern scientific medicine "including surgery and obstetrics and gynaecology, anaesthesiology, ENT, etc based on the training and teaching, "The yesterday"s ruling runs contrary to an order delivered by another Judge of the court in February last on a petition by two unani practitioners who sought similar relief.

In February this year, Justice K K Sasidharan had held that practitioners of Indian system of medicines should not practise allopathy, and that there was nothing wrong if police took action against those attempt to practice allopathy without valid qualification.

# समाचार पत्रों में एमगा की गतिविधियाँ

भारत केन्द्री  
दिल्ली

14 अक्टूबर, 2009  
गुरुवार

स्थानीय 7

## एमगा ने मनाई धन्यवारी जयंती

नई दिल्ली (सं)। आल इंडियन मेडिसिन ग्रेजुएट एसोसिएशन (एमगा) ने हर वर्ष की भाँति अपने वार्षिकोत्सव धन्यवारी जयंती समारोह का आयोजन दिल्ली में, 14 अक्टूबर 2009 को किया। इस अवसर पर सर्व प्रथम एमगा धन्यवारी की पूजा एवं स्तुति की गई। एमगा के महासचिव डॉ. आर.एम. चौधरी ने सभी डॉक्टरों का सम्मान स्तुति चिह्न प्रदान करके किया। समारोह में मुख्य अतिथि डॉ. अशोक कुमार तालिया, जिला मंत्री थे। विशिष्ट अतिथि श्री प्रवीण लाल शर्मा भी मौजूद थे। विभागीय अतिथि भारद्वाज जी वसुदेव कला कि. पी. एमगा संस्था की हर समस्या को दिल्ली सरकार के समक्ष रखना तथा हर प्रकार के निवारण के लिए प्रयास करना। एमगा राष्ट्रीय अध्यक्ष डॉ. नरेश कुमार छावनीया ने बताया कि एमगा ने अपनी परम्परा का पालन करते हुए इस वर्ष भी भारतीय चिकित्सा पद्धति में विशिष्ट योगदान देने वाले चिकित्सकों को धन्यवारी पुरस्कार से नवाजा है। इस वर्ष धन्यवारी पुरस्कार डॉ. भीमा भट्ट, होली फैमली अस्पताल, डॉ. विवेक भूषण विजया कालिज अस्पताल, डॉ. अजित मिश्र, नेहरू होम्योपैथिक अस्पताल एवं डॉ. मसकुर अहमद जी। अतिथि तमदर्द विस्वाविद्यालय को प्रदान किए गए।

नई दुनिया 12, अक्टूबर 2009

## भवन के लिए मिलेगी जमीन

नई दिल्ली (सं)। जलो भवन में अखिल इंडियन मेडिसिन ग्रेजुएट एसोसिएशन (एमगा) का वार्षिकोत्सव धन्यवारी का आयोजन किया गया। जिला मंत्री डॉ. अशोक कुमार तालिया ने एमगा को भवन के लिए स्तुति आवंटन के परन्वय को भी लौटाकर दिया। धन्यवारी की पूजा एवं स्तुति से की गई। जिला मंत्री ने भवन के जिला दिल्ली सरकार की शेर से पूर्ण वसुदेव का आभवादन किया। इस अवसर पर विभागीय अतिथि भारद्वाज ने कहा कि, संस्था को प्रत्येक समस्या पर गंभीरता से विचार किया जाएगा और इसे सरकार के सामने भी रखा जाएगा। संस्था के अध्यक्ष डॉ. नरेश कुमार छावनीया ने बताया कि वार्षिकोत्सव

एमगा का वार्षिकोत्सव व जलो भवन में स्तुति आवंटन प्रस्ताव स्वीकार

में चिकित्सा पद्धति व विविध योगदान देने वाली को पुरस्कार से नवाजा गया है। इस वर्ष पुरस्कार से डॉ. अजित मिश्र, अतिथि तमदर्द विस्वाविद्यालय के, डॉ. भीमा भट्ट, अशोक कुमार, होली फैमली अस्पताल के डॉ. भीमा भट्ट और विजया कालिज के डॉ. विवेक भूषण को दिया गया। इसके साथ ही संस्था के जिला मंत्री बनने वाली डॉक्टरों की पुरस्कार किया गया दिल्ली सरकार, श्री, राजस्थान से जिला डॉक्टर शामिल थे।

भारत केन्द्री

दिल्ली

29 जुलाई, 2010  
गुरुवार

## क्लीनिकल इस्टैबलिशमेंट बिल का विरोध

आल इंडिया इंडियन मेडिसिन ग्रेजुएट एसोसिएशन (एमगा) व महासचिव डॉ. रमन खन्ना ने कहा कि क्लीनिकल इस्टैबलिशमेंट बिल 2010 सरकार भारत सरकार का स्वास्थ्य मंत्रालय झोलाछाप डॉक्टर बनाने को तैयार कर रहा है। यह बिल भारत की जनता के स्वास्थ्य के लिए अत्यन्त घातक है। इसके अन्त में विशेषज्ञ डॉक्टर कन्साइडर, नर्स, कपाउडर सभी सभों का एक श्रेणी होगा। एमगा बिल बनाने तथा सरकार सभी डॉक्टरों को झोलाछाप की श्रेणी में ले जाना चाहता है क्योंकि अब सभी डॉक्टरों का सभी प्रकार की बीमारियों को आपत्ति स्थिति में उलाहना करना होगा। एमगा का कहना है कि छोटा भौता क्लीनिक चला रहे डॉक्टरों को भी क्लीनिक का रजिस्ट्रेशन करना होगा और रजिस्ट्रेशन के लिए रकम भी भरना होगा जिसका बोझ भी अंततः जनता के ऊपर ही पड़ेगा।

## 04 नईदुनिया | गुरुवार, 30 जुलाई 2010

### क्लीनिकल एस्टैबलिशमेंट बिल बनाएगा झोलाछाप डॉक्टर : एमगा

नई दिल्ली (सं)। क्लीनिकल एस्टैबलिशमेंट बिल 2010 के विरोध में आल इंडियन मेडिसिन एसोसिएशन (एमगा) के डॉक्टरों में बहुत रोष है। डॉक्टरों का कहना है कि इस बिल से विशेषज्ञ, डॉक्टर, नर्स, कपाउडर सभी एक ही श्रेणी में आ जाएंगे। एमगा बिल के विरोध में केंद्रीय स्वास्थ्य मंत्री को पत्र भेज चुका है। एमगा के राष्ट्रीय महासचिव डॉ. रमन खन्ना ने कहा कि बिल को लाकर स्वास्थ्य मंत्रालय झोलाछाप डॉक्टर बनाने की तैयारी कर रहा है। सरकार बिल

को लाकर सभी डॉक्टरों को झोलाछाप की श्रेणी में लाना चाहती है। अब डॉक्टरों को सभी प्रकार की बीमारियों का आपत्त स्थिति में उलाहना करना होगा। हर डॉक्टर को छोटे से छोटे क्लीनिक पर सभी तकनीकी सुविधाएं उपलब्ध करवाने होंगी, अर्थात् कम्प्यूटर कार्ड के लिए तैयार रहना होगा। बिल में सभी को पंजीकरण भी दे दिया जाएगा और जांच बाद में होती रहेगी। एमगा का कहना है कि पहले भारत डॉक्टरों के मुद्दे और अब इस बिल के विरोध में डॉक्टरों में भारी रोष है। यह बिल जनविरोधी भी है। छोटाभौता क्लीनिक चला रहे डॉक्टरों को भी क्लीनिक का पंजीकरण करना होगा और इसके लिए पैसे भी भरने होंगे। इन सब का बोझ सीधा जनता के ऊपर होगा।

## एमगा ने विरोध जताया

नई दिल्ली (कासं)। आल इंडियन मेडिसिन ग्रेजुएट एसोसिएशन (एमगा) के राष्ट्रीय अध्यक्ष नरेश छावनीया ने कहा है कि स्वास्थ्य मंत्रालय की साठे तीन साल का मेडिकल कोर्स बनाने की योजना पूरी तरह अनुचित है। इस योजना के खिलाफ 17 फरवरी से जंतर मंतर पर तीन दिन का धरना दिया जाएगा। उन्होंने कहा कि इस कोर्स (बीआरएमएस) का चिकित्सा क्षेत्र में कोई औचित्य नहीं है। पक्कीपक्की पूर्ण मेडिकल कोर्स किए स्नातक देना को बरखुबी स्वास्थ्य सेवार्थ दे रहे हैं। दिल्ली प्रदेश एमगा के महासचिव डॉ. केंके सिंघल का कहना है कि बीआरएमएस और जीएएमएस स्नातक सुदूर क्षेत्रों एवं गांव की गरीब जनता की दृष्टियों से सेना करती आ रहे हैं। कुल राज्य सरकारों ने उन्हें अपनी प्राथमिक चिकित्सा डिम्प्लोमाओं में भी नियुक्त किया है। एमगा के राष्ट्रीय महासचिव डॉ. रमन खन्ना का कहना है कि जब पूर्ण कोर्स किए चिकित्सक सुदूर प्रान्तों में कार्य करने के लिए तैयार हैं तो उन्हें मौका दिया जाना चाहिए। एमगा की ओर से भारत सरकार से अनुरोध किया गया कि अनुसूचित डॉक्टरों को नियुक्त करने का फैसला कर लेंगे। स्वास्थ्य से विज्ञानवादी न किया जाए। अखिल भारतीय है कि उत्तर प्रदेश के आधुनिक और युवा कर्मीनेट के साथ भी इसका विरोध में निरखने कुछ समय से संघर्षित हैं तथा एमगा आजकल पूर्ण रूप से समर्थन करती है।



# चिकित्सक और छात्र उतरे सड़कों पर

### स्वास्थ्य मंत्रालय द्वारा नया बीआरएचसी कोर्स शुरू करने का विरोध

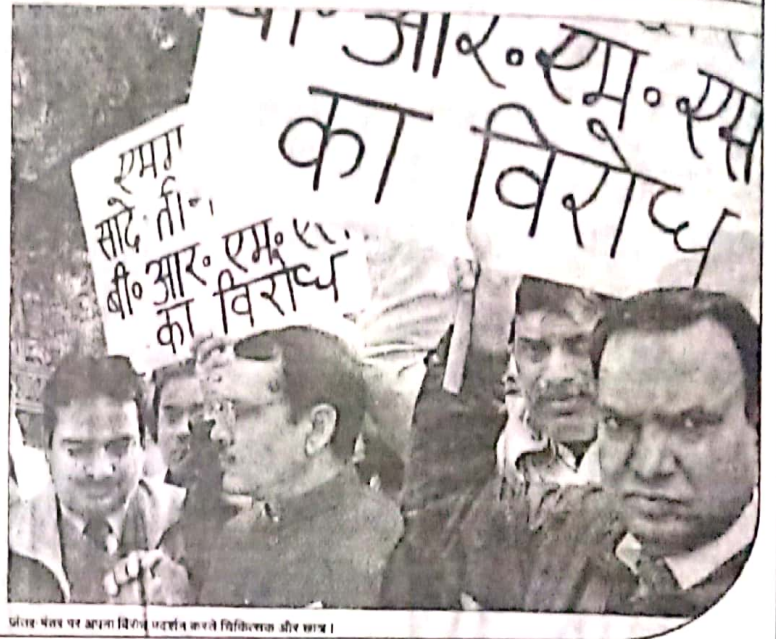
दिल्ली (बी)। देशभर के चिकित्सकों और छात्र-छात्राओं के उग्र को आर-एम-एस पर तीन दिवसीय धरना-प्रदर्शन किया। चिकित्सकों का विरोध स्वास्थ्य मंत्रालय द्वारा नया एमएचसी कोर्स शुरू करने को लेकर है।

दिल्ली इंडियन इंडियन मेडिकल एसोसिएशन के अध्यक्ष चौहान ने बताया कि भारत सरकार द्वारा सारे देश के 'डिप्लोमा ऑफ हासल हैल्थ केयर' के नाम से नए कोर्स शुरू करने का है। इससे आम लोगों को नुकसान होगा।

सर्वर देने का रहे हैं। जहां जमानत को सरकार आगुप के चिकित्सकों को लेकर ले सकती है। यह अभी जारी जानकारी के साथ एम-एच-सी को पढ़ी दिया जाना ठीक नहीं है।

सरकार पहले ही भारतीय चिकित्सा प्रवृत्ति के चिकित्सकों का कोई राजगान नहीं दे पा रही है। सरकार पहले चिकित्सकों को राजगान देकर उनकी बेरोजगारी दूर कर सकती है। एसोसिएशन ने राष्ट्रपति से बात की है कि नए पाठ्यक्रम को पढ़नी नहीं दी जानी चाहिए। एमओए और गवर्नरी इलाकों में जमानत और देशभर के चिकित्सकों में सराफा सड़कों में जमानत और देशभर के चिकित्सकों को विरुद्ध को जारी कर रहे हैं।

आंदोलन में शामिल चिकित्सकों का आरोप है कि भारत सरकार आगुप के साथ उचित व्यवहार नहीं करती। इसे ठीक बढ़ावा भी नहीं दिया जाता। उन कोर्स को मंजूरी दे दी गई तो इससे देश की खोली-भारी जनता के साथ धोखा होगा। धरना प्रदर्शन में शामिल लोगों को डॉ. अरुण फाल्गु, केके तिवार और अरुण शर्मा ने भी संबोधित किया।



प्रदर्शन में शामिल चिकित्सकों और छात्रों ने चिकित्सक और छात्र ।

## क्लीनिकल इस्टेब्लिशमेंट बिल का विरोध

आल इंडिया इंडियन मेडिसिन ग्रेजुएट्स एसोसिएशन (एमगा) के महासचिव डा. रमन खन्ना ने कहा कि क्लीनिकल इस्टेब्लिशमेंट बिल-2010 लाकर भारत सरकार का स्वास्थ्य मंत्रालय ओलाछाप डाक्टर बनाने की तैयारी कर रहा है। यह बिल भारत की जनता के स्वास्थ्य के लिए अत्यन्त घातक है। इसके आने से विशेषज्ञ, डाक्टर, कम्पाउंडर, नर्स, चपरासी आदि सभी की एक श्रेणी होगी। ऐसा बिल लाकर क्या सरकार सभी डाक्टरों को ओलाछाप की श्रेणी में ले जाना चाहती है क्योंकि अब सभी डाक्टरों को सभी प्रकार की बीमारी को आपत्ति स्थिति में डलाज करना होगा। एमगा का कहना है कि छोटा-मोटा क्लीनिक चला रहे डाक्टरों को भी क्लीनिक का रजिस्ट्रेशन कराना होगा और रजिस्ट्रेशन के लिए पैसा भी भरना होगा जिसका बोझ भी अंततः जनता के ऊपर ही पड़ेगा।

## एमगा ने मनाया वार्षिक उत्सव धन्वन्तरि दिवस

ऑल इण्डिया इण्डियन मेडिसिन ग्रेजुएट्स एसोसिएशन (एमगा) ने अपना वार्षिक उत्सव धन्वन्तरि दिवस समारोह दिल्ली के हिन्दी भवन में आयोजित किया। मंच का संचालन दिल्ली प्रदेश एमगा महासचिव डा. के.के. मिश्रा ने किया। समारोह की अध्यक्षता श्री अनिल भाट्टाज, विधायक दिल्ली सरकार ने की। डा. ए.के. वालिया वित्त भूमि एवं योजना मंत्री दिल्ली सरकार समारोह में मुख्य अतिथि के रूप में उपस्थित थे। डा. वालिया ने एमगा भवन के लिए भूमि दिलवाने के लिए दिल्ली सरकार द्वारा पूरा सहयोग का आश्वासन दिया।



एमगा के राष्ट्रीय अध्यक्ष डा. नरेश छाबनिया ने बताया कि जम्मू-कश्मीर राज्य के विकास, चित्त विज्ञान एवं तकनीकी मंत्री श्री मनोहर लाल शर्मा जी ने जम्मू से दिल्ली आकर समारोह की गरिमा बढ़ाई है तथा गणमान्य चिकित्सकों को धन्वन्तरि पुरस्कार प्रदान किया गया। चिकित्सा एवं अनुसंधान के क्षेत्र में उल्लेखनीय कार्य के लिए अपने काला यह धन्वन्तरि पुरस्कार पाने वाले में आयुर्वेद के डा. विवेक भूषण विभागाध्यक्ष आ एवं यू.एस. चौहान ने अतिथियों को स्मृति चिन्ह देकर सम्मानित किया। लाफ्टर चैलेंज के

चिकित्साधिकारी, होली फीमिली अस्पताल दिल्ली, यूनानी से प्रो. डा. मराकू अहमद-डीन, बामिया हमदर्द विरबविद्यालय तथा होम्योपैथी के डा. अनिल मिश्रा, बिबिटिंग फैकल्टी, नेहरू होम्योपैथिक मेडिकल कालेज, दिल्ली को प्रदान किया गया। एमगा सरक्षक डा. आर.एस. चौहान ने अतिथियों को स्मृति चिन्ह देकर सम्मानित किया। लाफ्टर चैलेंज के समारोह में हास्य व्यंग्य से सभी को लोट पोट कर दिया। महासचिव डा. रमन खन्ना ने बताया कि एमगा की गौतन स्मृति 2009 का विभाजन भी इस अवसर पर डा. वालिया एवं श्री चौहान लाल शर्मा जी ने सन्तुष्ट रूप से किया। समारोह में लक्ष्मी दुर्गा विजेताओं को प्रतिष्ठित पुरस्कार घोषित फोन दिए गए।





# VACCINATION SCHEDULE

AGE	VACCINE	ROUTES OF ADMINISTRATION
AT BIRTH	B.C.G., OPV 1st, HEPATITIS-B 1st	B.C.G.-Intradermal at left deltoid region
1 ½ MONTH	D.P.T. 1st, OPV 2nd, HEPATITIS-B 2nd	O.P.V.- Two Drops Orally
2 ½ MONTH	D.P.T. 2nd, OPV 3rd, HEPATITIS-B 3rd	D.P.T.- Intramuscular
3 ½ MONTH	D.P.T. 3rd, OPV 4th	HEPATITIS-B-Intramuscular
6 MONTH	HEPATITIS-B 4th	Measels- Subcutaneous
9 MONTH	MEASELS	M.R.R.- Subcutaneous
15 MONTH	M.M.R.	Typhoid- Intramuscular at deltoid region
18 MONTH	D.P.T. BOOSTER, OPV	
24 MONTH	TYPHOID	
5 YEAR	HEPATITIS-B, TYPHOID, D.P.T., O.P.V.	

ALL VACCINES, COPPER-T AND ORAL CONTRACEPTIVE TABLETS ARE AVAILABLE AT THE FOLLOWING VACCINE DEPOTS

## CENTRAL DEPOT DELHI

**KRISHNA POLY CLINIC**

*Dr. Rajesh Chhabra*

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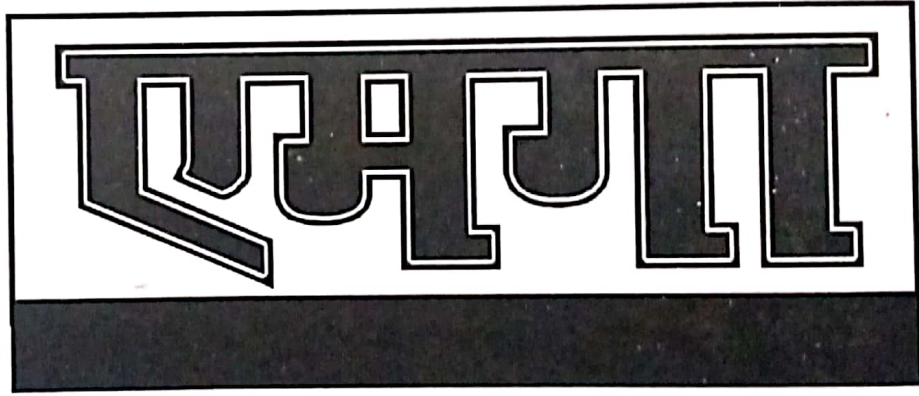
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