

AIIMGA
SOUVENIR
2011



Lord Dhanwantri Day

celebrations on
Sunday, the 23rd October, 2011
at

JIVA INSTITUTE, Sec. 21-B, Faridabad, Haryana

organized by :

Haryana State Branch

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व्याधि भय से मुक्ति दो, ॐ धन्वन्तरि नमस्तुते ॥1॥

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

देवासुर के अथक श्रम से, सागर से प्रकट हुए।
स्वास्थ्य का वरदान दो, धन्वन्तरि 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 वृन्द श्री हीन हुए।
निज गौरव का बोध करा दो, ॐ धन्वन्तरि नमस्तुते ॥5॥

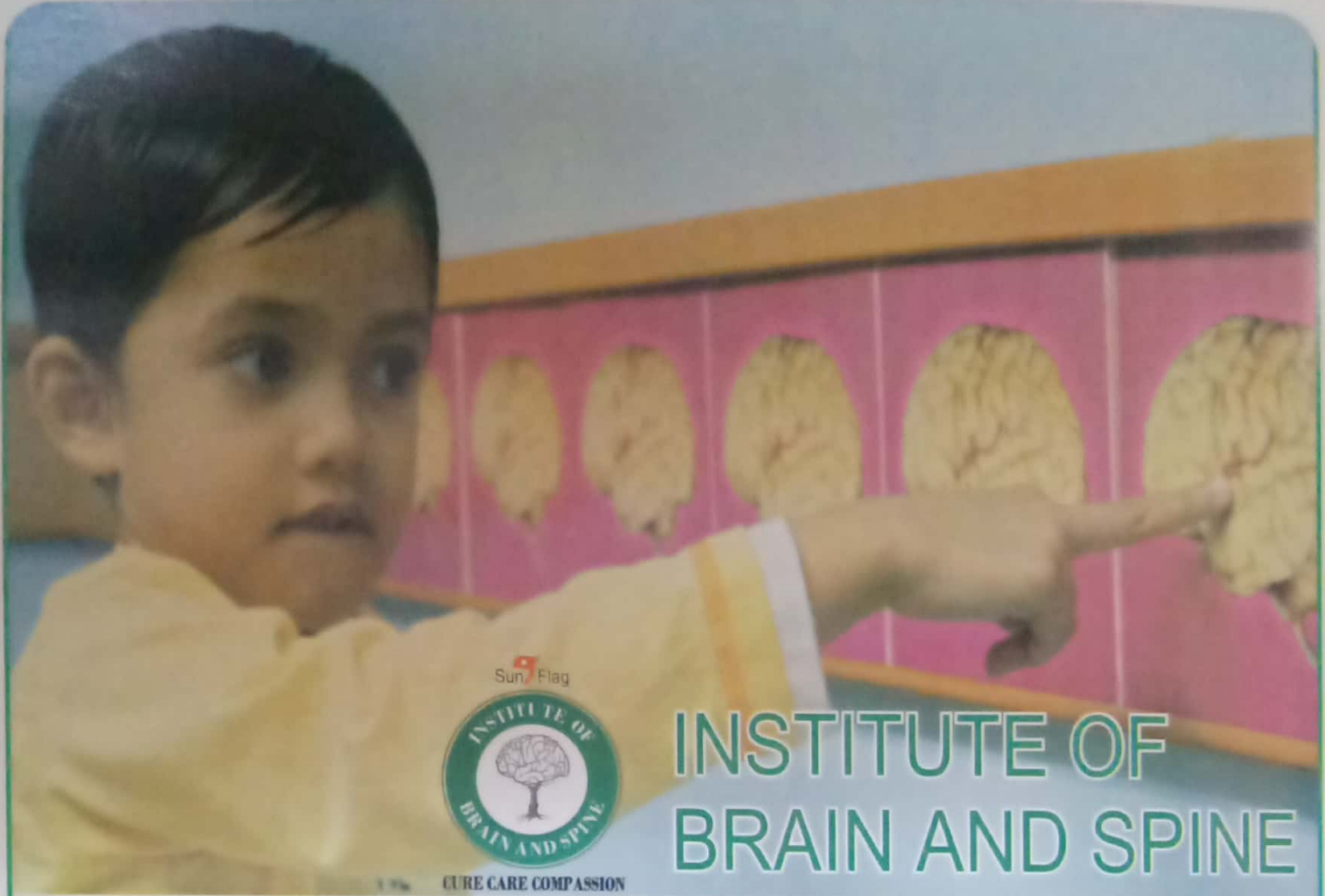
वैद्य हृदय आलोकित कर, चरक चिकित्सा के प्रकाश से।
शल्य में सुश्रुत को भर दो, ॐ धन्वन्तरि नमस्तुते ॥6॥

वाम्भट् 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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AGE	VACCINE	ROUTES OF
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 1Ind, HEPATITIS-B 1Ind	O.P.V.- Two Drops Orally
2 ½ MONTH	D.P.T. 1Ind, OPV 1IInd, HEPATITIS-B 1IInd	D.P.T.- Intramuscular
3 ½ MONTH	D.P.T. 1IInd, OPV 1IVth	HEPATITIS-B-Intramuscular
6 MONTH	HEPATITIS-B 1IVth	Measels- Subcutaneous
9 MONTH	MEASELS	M.R.R.- Subcutaneous
15 MONTH	M.M.R.	Typhoid- Intramuscular at
18 MONTH	D.P.T. BOOSTER, OPV	
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5 YEAR	HEPATITIS-B, TYPHOID, D.P.T., O.P.V.	

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Mahender Partap Singh



D.O. No.....

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Supply and Technical
Education Minister,
Haryana, Chandigarh.

Dated :


MESSAGE

It gives me immense pleasure to know that All India Indian Medicine Graduates Association (AIIMGA), Faridabad is celebrating 'Dhanwantri Day' at Jiva Institute, Sector-21 Faridabad on Oct. 23, 2011 and also releasing a souvenir for the year 2011 to mark the occasion.

AIIMG, Faridabad has been doing yeoman service to the humanity by organizing a number of free health checkup camps symposiums, blood donation camps, AIDS awareness training camps, vaccination training camps and reorientation programmes for the doctors and I hope it would continue to serve the people with the same missionary zeal in future as well.

Health is an essential ingredient for the progress and prosperity of a state. Given the fact, top priority has been accorded to this vital sector by the Haryana Government.

I extend my best wishes for the successful publication of the souvenir.


(Mahender Partap Singh)

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Minister of State
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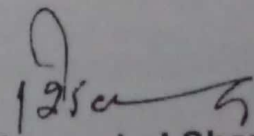
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Pt. Shiv Charan Lal Sharma
पं० शिव चरण लाल शर्मा



Message

I pay my heartiest congratulation to All India Medicine Graduate Association(Regd.) for celebrating the birthday anniversary of Lord Dhanwantri on 23rd, October 2011 at Jiva Institute Faridabad (Haryana). On this auspicious occasion the society in general and Medical professionals in particular, has the opportunity to pledge themselves for selfless services to ailing community. The medical experts in Allopathic, Unani, Vaidyas and Ayurvadic treatments are need to contribute lot, to save the people 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 real assets to fresh the memory from time to time to recollect the needs of the hours.


(Pt. Shiv Charan Lal Sharma)



सत्यमेव जयते

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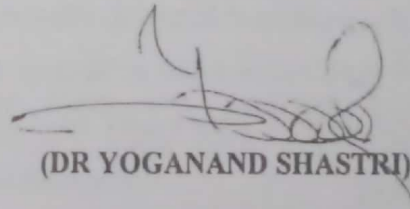


65/2011/1544
5-10-2011

MESSAGE

I am very happy to know that the All India Indian Medicine Graduate Association is celebrating "Dhanwantri Day" on October 23, 2011 at Jiva Institute, Faridabad, Haryana and releasing a Souvenir on this occasion.

I wish the programme all success.


(DR YOGANAND SHASTRI)

DR PRATAP CHAUHAN
ALL INDIA INDIAN MEDICINE
GRADUATE ASSOCIATION (REGD)
ED-27A, MADHUBAN CHOWK
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डा. अशोक कुमार वालिया
Dr. ASHOK KUMAR WALIA



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D.O. No. *10/10/11*
दिनांक *16/10* October, 2011

Date

MESSAGE

It gives me immense pleasure to know that All India Indian Medicine Graduates Association (Regd.) is celebrating "Dhanwantri Day", the birthday of Lord Dhanwantri on 23rd October, 2011 at Faridabad, Haryana. It gives me added pleasure to know that a Souvenir is being brought out on this occasion.

I do hope that the celebrations of Dhanwantri Day would provide an excellent opportunity to interact on latest know-how and information in the field of Indian Systems of Medicine which are gaining acceptability. I am sure that the celebrations would definitely inspire people to use alternative system of medicines like Ayurveda, Unani & Homoeopathy.

I convey my best wishes for the success of the celebrations and also wish for the successful publication of souvenir.

Dr. A.K. Walia
(DR. A.K. WALIA)

Dr. Pratap Chauhan
Chief Editor
All India Indian Medicine Graduate Association,
32, Ganesh Nagar Extn.II,
Shakarpur, Delhi - 110092.



शारदा राठौर



अ० सं० पत्र क्र०

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हरियाणा, चण्डीगढ़।

दिनांक :

Message

I am pleased to learn that All India Indian Medicine Graduates Association (AIIMGA) is celebrating the auspicious Dhanwantri Day on 23rd October 2011 and a souvenir is going to be published on the occasion. Hearty felicitations to AIIMGA for this endeavor.

Nature and magnitude of health problems are changing throughout the world. As a result many challenges have effaced in health sector. It is now being realized that not a single system of medicine is capable to provide comprehensive health care. It is the integrated approach with judicious use of remedies that works comprehensively in providing solace to the patients and improves quality of life. Need of the hour, therefore, is to appreciate the strengths of Indian Medicine and harness its potential in providing preventive, promotive, recuperative and curative health care to the society.

The earnest gesture on Dhanwantri Day could be to take a lesson from the guiding principles of medical practice propounded by Lord Dhanwantri. I wish AIIMGA all success in all its activities and programmes. Jai Dhanwantri !

With best wishes,

(Sharda Rathore)

To
Dr. V.P. Singla
President, AIIMGA



Dr. Sanjay Atri
PhD (Ayurveda)
Chairman

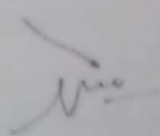


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Panchkula

MESSAGE

Dear Dr. Gyanender,

I wish All India Indian Medicine Graduates Association to organising Dhanwantri Day on 23rd of October, 2011. All Ayurvedic Graduates know about the importance of Dhanwantri Day. This association provides a platform for conversation on different topics relates to Ayurveda and it helps to the Ayurvedic Practitioners as well as the State Government to lay down there polices for the development of the Ayurveda and to improve the health conditions of the poorer in the state/country. I feel proud on the Ayurvedic Practitioners who are practicsing in remote areas where the peopleare highly benefited by these practitioners and I am also thankful to the State Government for providing adequate medicines to the Govt. Ayurvedic Dispensaries. I again wish all the best to this association and hope that it will help in all the way to the whole society.


Dr. Sanjay Atri
Chairman



EDITORIAL BOARD

Dear Friends ,

It is a matter of great pride for members of AIIMGA Haryana that this year we have been given the job of hosting the annual *Shri Dhanwantari Jayanti* function in Faridabad. Our organising committee has been working hard for last couple of months, under the guidance of our experienced members from Delhi. I welcome all AIIMGA members to Faridabad.

Shri Dhanwantari is an *Avatar* of Lord *Vishnu* and is often described as dark complexioned, strong with a broad chest carrying a *kalash* containing the nectar of immortality and wearing yellow clothes. According to *Srimad Bhagavatam*, he wears garland of flowers and is fully decorated with various ornaments. He has four-arms and is holding the *Chakra* and *Shankh/Conch* in the upper right and lefts hands. In the other two hands he carries a pot containing the nectar of immortality and a herb.

Shri Dhanwantri Jayanti , is an occasion of festive celebrations. At the same time it also reminds us to do our duty sincerely. The situation of medicine globally is very interesting at present. While modern science has done lot of research in the field of diagnosis and treatments, the growth rate of diseases is increasing all over the world. In this situation, the Indian systems of medicine can play an important role. The principles of treatment in Indian Medicine are holistic and aim to eradicate the disease permanently without causing side effects. I believe the next 10 years will be a golden period for Ayurveda, Unani, Homeopathy and Siddha as the whole world is now looking for effective ways to prevent and cure chronic and so called incurable diseases.

In order to offer our services to the world, it will be necessary that we look into the depth of knowledge that our systems have. We will have to share our practical experiences with fellow physicians so that we can help more and more people. We will need to conduct workshops, seminars, training sessions and CME programs. We need to publish journals and conduct



Dr. Partap Chauhan
CHIEF EDITOR



Dr. K.K. Singhal
EDITOR



Dr. Rajeev Malhotra
EDITOR

research to show the world how effective our treatments are. On this auspicious day, let us all pledge that we will churn the ocean of knowledge of Indian medicine and will bring out the pot of nectar, by which we can make the whole world healthy and happy. This is the best offering to *Lord Dhanwantari*.

This souvenir is the result of hard work of the editorial team and various other member of AIIMGA party. I would like to thank them all for their help and support. I acknowledge the support of all the advertisers and would like to thank them for their contributions. I am grateful to the Chauhan Art Press for their continuous support for so many years. I hope you will enjoy reading various articles in the souvenir and I apologise for the possible errors, which might have gone with the publication unnoticed.

Wishing you all the best of health and happiness.

Dr. Partap Chauhan
(Chief Editor)

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(In Remembrance Dr J.S. Panwar)



AIIMGA is a national body which looks after the rights of ISM&H Graduates. It is not only an association but also a family for the ISM&H Graduates. It is the platform where all our Graduates meet to discuss their problems and share their celebration. Since its birth AIIMGA has a tradition to celebrate the 'Dhanteres' The birthday of "Bhagwan Dhanwantri" the 'Aushadh Janamdata' as its annual days. This year 'Dhanwatri Divas' is going to be celebrated by our Haryana unit at Jiva Institute Faridabad.

AIIMGA has always worked for the dignity of the ISM graduates. Whenever there is any crises on our graduates AIIMGA stood by them individually and institutionally. From the case of Mukhtiar Chand and other verses the State of Punjab in the Hon'ble Supreme Court of India to the current PIL filed by DMA in the Hon'ble High Court of Delhi. A big meeting of ISM Graduates was organized against the PIL of DMA in which they accused our practitioner to transgress into the allopathy. All the pro and cons of the PIL were discussed there.

We are there for integrated practice of our graduates which is our right. Few days earlier IMA conspired with DHS, DMC and Drug Controller. They started an antiquakry drive in Delhi. This drive was not against quakes but was professional enmity against our graduates. AIIMGA opposed the drive strongly and served memorandum to the health minister of Delhi, Delhi Bhartiya Chikitsa Parishad and Directorate of ISM. AIIMGA took the stand that we are not against antiquakry but as our graduates are duly qualified and registered with Delhi Bhartiya Chikitsa Parishad and doing their job under the rules of DBCP no action can be taken against them. Simultaneously a survey by CDMO's of different districts of Delhi started. They started the videography of the centers of our practitioners, the medicines in the clinic and the practitioners themselves. We strongly opposed.

Large numbers of doctors gathered and protested against the survey at health minister's house and Directorate of ISM.

Few months ago IMA conspired and posted a letter to the different Govt. authorities like Health Secretary of all states, Directorate of Health and Family Welfare all state, Directorate of ISM & H all states, Registrars of all states of Board & Councils, District Magistrates of all state, Superintendent of Police of Distt. of all states, CMO's of all states, Secretary General of Indian Medical Council. AIIMGA put an RTI against it and gave a representation to CCIM. MCI replied to the CCIM that this letter is not issued by IMA. It was a fraudulent letter. In answer to the RTI of AIIMGA, MCI replied that the issuing person is not working with us. He was suspended many months ago but the letter is included in the PIL as a evidence in the Hon'ble High Court of Delhi.

AIIMGA is also working on social front. Number of medical camps are being arranged for the poor section of the society. Free medical check-up and treatment is being given by our doctor's on the different venues in different states.

I assure all the graduates of ISM that AIIMGA will always be there with you in any situation, anywhere anytime. IN THE END, I WISH ALL THE GRADUATES VERY HAPPY DEEPAWALI

DR. RAMAN KHANNA

Gen. Secretary Central Cabinet



All India Indian Medicine Graduates' Association (Regd.)

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

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One most important reason to attend this international conference is that you can meet National and International speakers, teachers and authors at one platform where you can have face to face interaction and take their contact details for communicating with them later.

Organizers have selected a nice venue – Siri Fort Auditorium in Delhi. There are four halls and you can attend the lectures as per your interests. For this you need to plan your schedule according to the timing of different scientific papers during the LIGA conference.

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I am sure LIGA conference would prove itself a milestone establishing this therapeutic system more firmly evidence based homeopathy.



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डॉ० श्रीविशाल त्रिपाठी, चीफ फिजिशियन एवं अध्यक्ष
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लाजपत नगर, नई दिल्ली।

यह लेख उन भारतवासियों को निद्रा से जगाने हेतु प्रस्तुत है जो पश्चिम देशों की तकनीकी चमक-दमक में अपनी संस्कृति का स्वर्णिम इतिहास भूल चुके हैं तथा जिन्हें यह भ्रम है कि भारत में कभी उच्च स्तरीय वैज्ञानिक प्रशिक्षण एवं अनुसंधान नहीं हुए। इस लेख में दिए गए उदाहरण न केवल इस भ्रम को खण्डित करते हैं अपितु यह ज्ञात कराते हैं कि जो भी नवीन खोज आज विज्ञान कर रहा है वह पहले क्रियात्मक रूप से प्रचलित थी (plastic surgery, cleft lip surgery, rhinoplasty, organ transplant) और उस काल का विज्ञान जिस पत्रिका पर था वहाँ तक पहुँचने में अभी आज के वैज्ञानिकों को समय और प्रयास लगेगा।

मनुष्य के जीवन में दुःख एवं सुख चक्रवत् गमन करते हैं। परम पिता परमात्मा ने सृष्टि की उत्पत्ति के पूर्व मनुष्य के सुख की प्राप्ति एवं दुःख की निवृत्ति के सभी साधनों का प्रबन्ध किया। सतयुग में मनुष्य देववत् गुणों से परिपूर्ण एवं सुखी था। सतयुग के अन्तिम चरण में भोग के अतियोग के कारण देह में गौरव की उत्पत्ति हुई जिससे क्रमशः श्रम, आलस्य, संवय परिग्रह और लोभ की प्रवृत्ति मनुष्य में आई। त्रेता युग में लोभ से द्रोह, अनृत वचन, काम, क्रोध, मान, द्वेष, भय, शोक, चिन्ता, उद्वेग की प्रवृत्ति हुई जिससे क्रमशः धर्म का नाश हुआ तथा आहार-विहार के इस परिवर्तन से देह की अग्नि एवं वात कुपित हुए जिससे रोग, सर्वप्रथम ज्वर, की उत्पत्ति हुई।

विविध रोगों से आक्रान्त सभी वर्गों के प्राणियों के कष्टमय जीवन से प्रभावित होकर दयालु महर्षियों ने हिमालय पर्वत पर संभाषा परिषद् का आयोजन किया जिसमें सामान्य मत से यह निर्णय हुआ कि रोगों से मुक्ति का उपाय-आयुर्वेद-का ज्ञान इन्द्र के पास जाकर ऋषि भरद्वाज प्राप्त करेंगे।

विघ्नभूता यदा रोगाः प्रादुर्भूताः शरीरिणाम् ।
तपोपवासाध्ययनब्रह्मचर्यव्रतायुषाम् ॥६॥
तदाभूतेष्वनुक्रोशं पुरस्कृत्य महर्षयः ।
समेताः पुण्यकर्माणः पार्श्वे हिमवतः शुभे ॥ च.सू.१

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अङ्गिरा, जमदग्नि, वशिष्ठ, कश्यप, भृगु, आत्रेय, गौतम, साङ्ख्य, पुलस्त्य, नारद, असित, अगस्त्य, वामदेव, मार्कण्डेय, अश्वलायन, पारिक्षि, भिक्षुरात्रेय, भरद्वाज, कपिञ्जल, विश्वामित्र, अश्मरथ्य, भार्गव, च्यवन, अभिजित, गार्ग्य, शाण्डिल्य, कौण्डिल्य, वार्क्षि, देवल, गालव, साङ्कृत्य, बैजवापि, कुषिक, बादरायण, बडिष, शरलोमा, काप्य, कात्यायन, कांकायन, कैकश, धौम्य, मारीच, काश्यप, शर्कराक्ष, हिरण्याक्ष, लोकाक्ष, पैङ्गि, शौनक, शाकुन, मैत्रेय, मैमतायन, वैखानस, बालखिल्य आदि।

ब्रह्मा ने आयुर्वेद को प्रजा उत्पन्न करने के पूर्व एक लाख श्लोकों और एक हजार अध्यायों में कहा था। दक्षप्रजापति ने यह ज्ञान ब्रह्मा से प्राप्त किया तथा अश्विनी कुमारों को दिया जिन्होंने इसे यथावत् इन्द्र को दिया।

इन्द्र ने ऋषि भरद्वाज को योग्य जानकर त्रिसूत्र रूप में आयुर्वेद का ज्ञान स्वस्थ की रक्षा एवं आतुर रोग की निवृत्ति के लिए इस प्रकार दिया है—

हेतुलिङ्गौशधज्ञानं स्वस्थातुरपरायणम् ।

त्रिसूत्रं शश्वतं पुण्यं बुबुधे यं पितामहः ॥ २४ ॥ च. सू. १

इस त्रिसूत्र आयुर्वेद कारण लक्षण उपाय को भरद्वाज ने सभी ऋषियों को लोक कल्याण हेतु बताया।

विश्व की प्राचीनतम रचना वेद माने जाते हैं जो क्रमशः इस प्रकार है—ऋग्वेद, यजुर्वेद, सामवेद, अथर्ववेद। वैदिक वाङ्मय में ऋग्वेद प्राचीनतम तथा ऐतिहासिक दृष्टि से महत्त्वपूर्ण अभिलेख है। इसका काल विद्वानों ने लगभग 5000 वर्ष पूर्व निर्धारित किया है।

अश्विनी कुमारों के चिकित्सा तथा अन्य क्षेत्रों में चमत्कार के अनेक प्रसंग ऋग्वेद में दृष्टिगोचर होते हैं। इनकी चिकित्सा चातुरी जो ऋग्वेद में वर्णित है उससे अनुमान किया जा सकता है कि ऋग्वेद काल में आयुर्विद्या की स्थिति कितनी समुन्नत थी।

अश्वनी कुमारों के चमत्कार

- उपासक कण्व को चक्षु दिया।
- ऋषि परावृक को अन्धे से चक्षु सम्पन्न बनाया और पंगु से गमनशील।
- युद्ध में लड़नेवाली खेल राजा की संबन्धिनी स्त्री विशाला को अयस्— ताँबे या लोहे की जांघे दी और दूसरे ही दिन लड़ने योग्य कर दिया।
- च्यवन ऋषि को वृद्ध से तरुण बनाया।
- अथर्वकुलोत्पन्न दधीची ऋषि से मधु विद्या और कक्ष्य विद्या (Transplantation and Plastic Surgery)।
- बध्निमति बन्ध्या को पुत्र दिया।
- बधिर नृषदपुत्र को कान दिए।
- सुख प्रसव।
- टूटे अवयवों को जोड़ना।

अश्विनौ एक आदर्श चिकित्सा के प्रतीक थे। वह अंगप्रत्यारोपण तथा संजीवनी विद्या में कुशल थे।

इन्द्र के चिकित्सा चमत्कार

इन्द्र के चिकित्सा चमत्कार के प्रसंग ऋग्वेद में दृष्टिगोचर होते हैं।

- अपाला के चर्मरोग का निवारण
- उसके पिता के खालित्य रोग का निवारण
- अंध परावृत को दृष्टिदान
- पंगु श्रोण को गतिदान।

ऋग्वेद में

- शरीरांग—प्रत्यांगों का निर्देश मिलता है।
- राजयक्ष्मा हृद्रोग आदि रोगों का उल्लेख है।
- प्रसूति संबन्धी ज्ञान भी स्पष्ट था।

- औषधियों के संबन्ध में ऋग्वेद का औषधिसूक्त महत्वपूर्ण है। इसमें औषधियों के स्वरूप, स्थान, वर्गीकरण तथा उनके कर्मों एवं प्रयोगों का स्पष्ट उल्लेख है। यह भी उल्लेख है कि किस प्रकार औषधियाँ लेने के बाद अंग-अंग पर्व पर्व में फैलकर अपना कर्म करती हैं। Details of pharmacology pharmacokinetics & pharmacodynamics.

यजुर्वेद

प्रशस्त औषधियों का वर्णन है और अर्श, बलास, स्वयम्भु, श्लीषद, हृद्रोग, कुष्ठ आदि रोग के निवारण का वर्णन है। तैत्तरीय संहिता में दृष्टिप्राप्ति तथा यक्ष्मा और उन्माद के निवारण के लिए मंत्र।

अथर्ववेद-

अथर्ववेद में आयुर्वेद संबंधी विषय विस्तार से मिलते हैं। ऋग्वेद में जो तथ्य सूत्ररूप से संकेतित हैं उनका विशदीकरण अथर्ववेद में हुआ है।

- ❖ **मौलिक सिद्धान्त-** आयुर्वेद का मौलिक सिद्धान्त त्रिदोष है। इसके अतिरिक्त शरीर क्रिया एवं द्रव्यगुण संबंधी भी मौलिक विचारधारा है।
- ❖ **पाचन एवं धातुव्यापार** का पूर्णज्ञान था एवं सभी धातुओं का सारभाग ओज भी स्पष्टतः ज्ञात था।
- ❖ **शरीर रचना-** शरीर के सभी अंग-प्रत्यांगों का निर्देश मिलता है।
- ❖ **रोग-** दोषज एवं अभिघातज रोगों का ज्ञान था। ज्वर का वर्णन विस्तार से प्राप्त होता है। हृद्रोग, कुष्ठ, किलास, गंडमाला, अपची, विद्रधि, उन्माद, राजयक्ष्मा, अर्बुद, क्लैव्य, मूर्च्छा आदि रोगों का उल्लेख है।
- ❖ **क्रिमि-** क्रिमि का विस्तृत वर्णन अथर्ववेद में मिलता है। तब की bacteriology and microbiology भी पूर्ण रूप से विकसित थी। क्रिमि का वर्गीकरण-दृष्ट अदृष्ट वर्णभेद आकृति भेद तथा अधिष्ठान भेद से किया गया है। क्रिमिनाशन के प्रसंग में क्रिमिपरिवार का उल्लेख है। जीजरूप (cyst) सूक्ष्म एवं दुर्लक्ष्य क्रिमियों को शुल्लक कहा गया है। क्रिमि के ककुद् शीर्ष श्रृंग कुसुम्भ आदि अंगों का निर्देश है। सूतिका रोग उत्पन्न करने वाले जीवाणुओं का निर्देश है। क्रिमिघ्न औषधियों का वर्णन है।
- ❖ **चिकित्सा विधि-** दैवव्यपाश्रय और युक्तिव्यपाश्रय चिकित्सा प्रचलित थी। औषधियों के अतिरिक्त यान्त्रिक उपायों का अवलम्बन भी होता था।
 - मूत्रावरोध में शलाका से मूत्र निकालते थे।
 - अपची में शलाका द्वारा वेधन।
 - प्रसव विकार में योनिभेदन।
- ❖ **सत्त्वावजय Psychotherapy**
- ❖ **प्रसूति-**
 - स्त्री प्रजननांगों में योनि गवीनिका आदि शब्दों का प्रसोग हुआ है। गवीनिके द्विवचनान्त शब्द से गर्भाशयसंबद्ध डिम्बनलिकाओं (Fallopian tubes) का बोध होता है। गर्भाधान से इनका सम्बन्ध बतलाया गया है।
 - सुख प्रसव

- गर्भाशय भेदन
- गर्भाधान
- गर्भ दोष निवारण
- गर्भपात
- गर्भ एवं गर्भिणी को आक्रान्त करने वाले अनेक जीवाणुओं के निराकरण की चर्चा गर्भ बर्हण के लिए मन्त्र।

❖ विषविज्ञान-

- निर्विषीकरण के मन्त्र एवं
- स्थावर-जांगम विषों का विस्तृत वर्णन।

❖ भाल्यशालाक्य-

- अपची वेधन
- गर्भाशय भेदन
- विद्रधि
- रक्तस्रावनिवृत्ति के लिए धमनीबन्धन
- व्रण चिकित्सा
- इन्द्र के वृषणों का प्रत्यारोपण
- अन्धत्व निवारण के लिए मन्त्र, अंजन, मणि।

❖ रसायन-वाजीकरण-

- दीर्घायु के लिए औषध
- वृषरोग शमन मन्त्र
- शोफहर्षणी औषध
- शिशनवृद्धिकर औषध

- **वलीबकरण**-शुक्रवह नाड़ियों का भेदन कर निर्वीर्य बनाने का उल्लेख है जो आधुनिक vasectomy का आद्य रूप है।

उक्त सभी प्रमाणों द्वारा यह पूर्णतः सिद्ध हो जाता है कि चिकित्सा विज्ञान वैदिक काल में भी विकसित था किन्तु आज यह लुप्त हो गया है। आवश्यकता है अनुसंधान करने की। कालचक्र सदैव गतिमान है। समय एक सा नहीं रहता। सूर्य की किरणें भी ब्रह्माण्ड पर एक जैसी 24 घण्टे नहीं पड़ती हैं। कहीं पर वर्षा कहीं अतिशीत कहीं अतिताप देखने को मिलता है। जब ब्रह्माण्ड का यह हाल है कि आज भी हम एक जैसा समय नहीं देखते हैं ठीक उसी तरह कालचक्र के प्रभाव से ज्ञानचक्र का भी आवागमन चलता रहता है। यदि किसी युग में ज्ञान का आधार हम भारतीय वैदिक वाङ्मय को मानते हैं उसी ज्ञान को कालानुसार परिष्कृत एवं परिवर्द्धित करके नए-नए नामों से हम उस ज्ञान को व्यवहार में लाते हैं। अगर आज कोई भी विश्व का सर्वोच्च वैज्ञानिक यह कहे कि जब इस पृथ्वी पर मनुष्य ने जन्म लिया था तब उसके हृदय की गति आँख नाक कान की दिशा शरीर की बनावट वैसी नहीं थी जैसी आज है ; यह एक हास्यस्पद कल्पना ही हो सकती है। यदि यह सत्य है कि मानव ने जब से जन्म लिया जिसे हम आज का उत्कृष्ट जमबीदवसवहल का मानव भी कहते हैं उसके शरीर की चिलेपवसवहल दक दंजवउल वैसी ही है तो इसके अन्दर होने वाली विकृतियाँ या रोग भी वही हैं जो इस ब्रह्माण्ड में पहले से विद्यमान थे और शरीर पर इसका प्रभाव भी वैसा ही पड़ता है। अन्तर है तो केवल प्रकृति के इस कर्म को भाषाओं (international languages, local languages etc.) में अलग-अलग उच्चारण करने

का। वस्तुतः जैसे heart and brain एक ही है और इसे हम हृदय या मस्तिष्क या सहस्रधार चक्र हिन्दी में कहते हैं इसी तरह भाषाओं में नाम बदले जा सकते हैं परन्तु heart and brain नहीं। ठीक इसी तरह आयुर्वेद शास्त्र में मानव को दुखी करने वाले सभी रोगों का वर्णन है और इन रोगों की चिकित्सा चाहे आहार-विहार से की जाए चाहे वनस्पति प्रयोग से चाहे शल्य द्वारा की जाए चाहे मानसिक चिकित्सा की जाए; इन सभी विधियों का विस्तार से वर्णन आयुर्वेद शास्त्र में है। बाहर की सम्यताओं के आने से विशेषकर ब्रिटिश शासन काल में जितना भारतीय वैज्ञानिक आधारों को छुपाया गया वह केवल विदेशी शासकों की आक्रामक नीति का परिणाम है। आज हम सभी केवल कागज एवं फाइलों के अन्दर, 1948 से ही आजाद है परन्तु चिकित्सा के क्षेत्र में आज भी विदेशी दवाओं के गुलाम हैं। जब हम परमाणु बम बना सकते हैं तो अपने दम पर संसार को नयी दिशा देने वाली नयी चिकित्सा-पद्धति क्यों नहीं विकसित कर सकते? यदि शासन चलाने वाले बुद्धिमान लोग थोड़ा भी यह इतिहास याद करते कि हमारा देश किसी जमाने में संसार का गुरु भी था, तो देश के लोगों का बहुत ही भला होगा।

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UNDERSTANDING YOUR HEART AND ITS DISEASES

Heart diseases are the world's largest killers, claiming 17.3 million lives a year. Governments all over the world are leaving no stone unturned in controlling the spread of these diseases. Billions are being spent on research and development of medicines and surgical procedures that can help heart patients. Despite all this, heart disease and its many manifestations continue to attack the global population with ease. This just proves that there's something amiss somewhere.

So, where are we going wrong? What can we do to protect ourselves from this growing threat? The answer can be found in Ayurveda – the world's oldest science of healing.

Heart Disease – Alarming Numbers Everywhere

- ☆ Heart diseases are the number one cause of death globally: more people die annually from heart diseases than from any other cause.
- ☆ An estimated 17.3 million people died from heart diseases in 2008, representing 30% of all global deaths. Of these deaths, an estimated 7.3 million were due to coronary heart disease and 6.2 million were due to stroke.
- ☆ Low- and middle-income countries are disproportionately affected: over 80% of heart disease deaths take place in low- and middle-income countries and occur almost equally in men and women.
- ☆ By 2030, almost 23.6 million people will die from heart diseases.
- ☆ Current projections suggest that by the year 2020 India will have the largest cardiovascular disease burden in the world.
- ☆ One fifth of the deaths in India are from coronary heart disease. By the year 2020, it will account for one third of all deaths. Sadly, many of these Indians will be dying young as heart disease in India occurs 10 to 15 years earlier than in the west.
- ☆ There are an estimated 45 million patients of coronary artery disease in India. With millions hooked to roller-coaster lifestyles, the future looks grimmer.

According to Ayurveda, the heart is located in the Heart Chakra (known as the *Anahata Chakra*). This Chakra is the seat of the Physical Heart, the Mind, Emotions, and the Soul. Like the central girder of a house, the heart holds all these aspects of the body together. So, if any of these elements is out of balance or in an unhealthy state, it affects the other parts, leading to heart disease.

Caring for the Physical Heart

The health of the physical heart is most stressed upon when it comes to heart-related diseases. Faulty dietary habits, sedentary lifestyles, continued tobacco usage, diabetes, high blood pressure, obesity and high cholesterol are some of the well-known risk factors for heart disease.

Following the simple measures given below will help you keep your physical heart healthy:

- * Eat plenty of fresh fruits and vegetables
- * Eat fresh, home cooked food
- * Keep away from tobacco
- * Cut down on body fat; lose weight if you are overweight
- * Reduce intake of salt
- * Eat whole grains
- * Reduce intake of saturated fats
- * Be physically active; exercise at least 30 minutes daily

Caring for the Mind

In the modern age, it is evident that many heart diseases, even the ones that are physical in nature, have a root in the mind or *Manas*. In fact, modern clinical studies have proven that mental stress, anxiety and depression also happen to be major risk factors for heart patients.

According to Ayurveda, the mind has three different characteristics, known as the *Gunas*, namely *Sattva*, *Rajas*, and *Tamas*. A mind dominant in *Sattva* is peaceful, relaxed and strong. In this state, the intelligence is active and one can discriminate between what is good and what is bad. *Rajas* is responsible for an active mind, but when *Sattva* is low and *Rajas* is dominant, the mind is negatively active and will come up with do things that can harm the body. *Tamas* indicates an inert or dull state of mind and, when dominant, it generates confusion. Modern foods and lifestyles generally enhance *Rajas* and *Tamas*, making the mind overly active and confused. As a result, we eat foods and do things that cause imbalance in the normal functioning of our body and mind.

In order to maintain the balance of the mind, we should take steps to enhance *Sattva*. Fresh, natural, organic, and vegetarian foods increase *Sattva*, so try to include them in your diet. Canned foods, processed foods, foods containing chemicals/preservatives, deep fried and heavily spiced foods, junk foods, meat, stimulants like caffeine, alcohol, and drugs should also be avoided as they increase *Rajas* and *Tamas*. Also, listening to soothing music (classical, spiritual), watching relaxing TV programs (history, culture, humor, etc.) and using soothing aromas are other ways to increase *Sattva*.

Caring for the Emotions

Our emotions play a key role in the health of our heart. Over the recent decades, research has shown that emotions such as anger, lust, hostility, jealousy, fear and greed increase the risk of heart disease by as much as 200 to 300 percent. Therefore, a holistic approach to heart diseases requires that we address the issue of negative emotions and find means of fostering positive emotions. Love, control on anger, inner calm, and feelings of love and compassion are described in Ayurveda as qualities that lessen the risk of heart disease.

The best means of developing positive emotions is practicing deep breathing or

Pranayama. "Prana" is breath or vital energy in the body. On a subtle level, it represents the *pranic* energy responsible for life or life force. This energy has the power to suppress negative emotions and achieve a healthy body and mind.

Caring for the Soul

The soul or 'consciousness' (*atma*) is also a critical aspect of the heart chakra. According to Ayurveda, the soul is pure and cannot be maimed. By being spiritual, you can become aware of 'self' and realize that 'I am Soul'. And once you have this realization, you will pave the way for a healthy and happy heart. Practicing meditation, chanting mantras and praying daily are some of the simplest ways of becoming spiritual and caring for your soul.

Contact Jiva if you need help

If you or anyone you know is affected by heart disease, call the Jiva TeleMedicine Center at 0129-4088152 (Indian patients only) or write to us at info@jiva.com for a free health consultation from a Jiva Ayurveda doctor.

Tips to become Heart-Healthy

The huge number of deaths caused by heart disease is quite unfortunate, since simple steps such as eating a healthy diet, regular physical activity and avoiding tobacco can help in preventing them.

On this World Heart Day, let us take a look at some basic tips on how to become heart-healthy:

Eat Right

The food we eat has a huge influence on our heart in an indirect way. Not eating right leads to formation of *ama* (toxins) that can get accumulated in the circulatory system causing blockage. This blockage impacts the heart's ability to circulate *Rasa* (oxygenated blood) within the body. Therefore, you should choose foods that can improve heart health, such as fruits (apples, avocados, dried fruits, grapefruit, oranges, strawberries), vegetables (broccoli, carrots, corn, onions), soy, nuts and whole-grain breads and cereals.

Tobacco Kills

When you inhale tobacco or nicotine, the amount of carbon-dioxide in the body increases. The heart has to then produce extra oxygen to counter the effects of carbon-dioxide. This excess pressure causes heart diseases. So, don't start smoking; and if you are already a smoker, give up. Research says, long-term smokers can cut their risk of heart attack to equal that of non-smokers within just two short years of stopping.

Keep the Big Four in check

In nine out of ten people, cardiovascular diseases are caused due to one or more of the Big Four risk factors – High Blood Pressure, High Cholesterol, Obesity, and Diabetes. So, as a precautionary measure, get your blood pressure, cholesterol and glucose levels, and body mass index (BMI) checked to identify the warning signs before it gets too late.

Exercise moderately and regularly

The heart gets badly affected by our sedentary lifestyles. You don't need to do strenuous workouts every day of the week; the key is regularity. According to Ayurveda, if you exercise to half your capacity, you can exercise every single day without straining your muscles. Walking is an excellent exercise for everyone. If you walk for 30 minutes early morning, it will not only help your heart, but also prepare you for the day by charging up your circulation and your metabolism.

Meditate for your emotional heart

Ayurveda says you need to nourish your emotional heart to keep your physical heart in the right state. Mental and emotional stress can disrupt the emotional heart. Practicing meditation techniques will help in enhancing your body's resistance to all types of stress.

Cultivate the positive

According to Ayurveda, *ojas* (body's vital energy) keeps the heart happy and maintains life. The master coordinator of all activities of mind and body, *ojas* leads to bliss, contentment, vitality and longevity. If you want to enhance your *ojas*, you should cultivate a positive attitude and spend time on activities that give you contentment and happiness. Listen to soothing music, enjoy natural beauty and sip relaxing herbal teas. Keep away from situations that lead to anger or distress.

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THE EXPECTATIONS & MYTHS ABOUT AYURVEDA

The integration in between the **Physical Body** [a collection of billions of cells in constant communication with each other & aliening with likelihood cells / for a common purpose clustering themselves as different tissues, organs, organ system], **Senses** [- signaling, receiving, generating, decoding/analyzing, & responding to set a communication in between the internal & external environment of human system], **Mind** [one, subtle, substantial basis & abode of egoism, perception, intellect & memory. Mainly 4 levels are described to explain the functions of mind - a) It is the storage house of the deeds done in previous & present life depending on that birth & quality of present life is decoded
b) An independent faculty which generates willingness, thought processing and developing concepts, research and discovery, anger, manipulations, ego, reality
c) It acts as a messenger also to communicate in between various organs & brain working under autonomic nerves system
d) The faculty to process the knowledge generated by external stimuli, received through sense organs] & **Soul** [the principle of consciousness to keep the system in a viable state. The soul that is immortal while rest disintegrates, it passes & grow from life to life by using its instruments.

The life sustain till this life principle integrate the body and all senses, mind, body and its metabolic powers get lost when this life principle detached along with the subtle body from the gross body in view of Ayurveda. It remains pure, stainless & unaffected by the stains of life, by desire, ego & ignorance & hence described as omnipotent, pure consciousness, unborn, omniscience, Illuminator, omnipresent, undifferentiated. It is realized by Indian Health Scientists from time to time as the true being, life principle in all exist able entities; not only this but when the ego-ignorance dissolves that it can be realized that everything, the whole play of nature takes place in it, & the harmonious activities within these components & integral activities in between the four components reflect the status of personal & social health of a person].

But in modern system of overspecialization for each cell practically there is a branch of medicine & that are mainly developed by manipulating the physiology, whereas in Ayurveda the herbs are documented based the principles of reversal of personalized pathogenesis so there is practically no gap in between the optimum tested models of experiments & applied aspect. In modern times of complex diseases, Ayurveda's personalized approach in advocating the life style- dietary guidelines to diseases' management is the need of the hour.

Ayurveda, Ancient Indian System of Life Sciences deals with knowledge that can define the span and quality of personal and social health status and; defined methods to restore, maintain and upgrade it based on the principles of Vedic metaphysics.

Myths & FAQ about Ayurveda

1. Ayurveda have no evidence of claims?

A nos. of studies are conducted worldwide on herbs documented in ayurveda till date not even a single herb is found in-effective that confirm that ayurveda literature is a evidence based medicine, the principles are yet to understand in modern language.

2. Ayurveda offer cure from Cold - Cancer?

Ayurveda is a system of medicines where almost various diseases with etiological factors, etiopathogenesis, prognosis, & treatments are documented. On modern: experimental models for

pharmaceutical studies the simple Indian kitchen herb is found effective in a range of diseases from cold to cancer, then why a complete system of medicines cannot claim.

3. When this particular disease cannot be treated in so advanced modern hospitals then how is possible thru Ayurveda?

Ayurveda treat the basic cause of the disease in relation to the diseased nature so it's possible to treat even the complex disorders that could not be treated in modern advanced hospitals.

4. Why tests are need when you are treating thru Ayurveda?

The way of diagnosis & selecting the line of treatments in ayurveda is altogether but with the help of modern investigations we can pinpoint the state of disease & become easy to know the success of therapies, & secondly it's very easy to make understandable for the patient as this is more convenient language nowadays.

5. What are advancements in modern time in Ayurveda?

No advancements can be done as far as ayurveda is concerned as it is very clearly stated in it's literature as a Sasvata, but a no of studies are going on worldwide that can transliterate this complete system of medicines written in most ancient language of the world into modern understandable easy medical language.

6. Our modern consultants say that Ayurveda medicines are harmful because these contain metals?

Charaka Samhita, Shushruta samhita & Vagbhata Samhitas are the basic texts of Ayurveda & in these books very few formulations are documented that contain some metals, in medieval period some formulation were developed that contain metals & these were for emergencies & for very in short duration diseases, & it is confirmed in a no. of studies the heavy metals are useful but if used for longer duration then can creates heavy metal toxicities as if gone thru food also can be harmful.

If fact if the preparations that are used various metal deficiencies like that of Iron, Calcium etc. used that are prepared by using ayurveda methods are more effective & tolerance then they are prepared with conventional modern methods.

Expectations

The awareness about the potentials & apprehensions created by some studies like explaining presence of heavy metals in Ayurveda products compelled the patients to think a lot before adopting Ayurveda.

On the basis of practical experience of chief consultant Ayurveda & Panchakarma; Dr. Prasher founder of Vedanta Ayurveda; where the patients consult to seek the solution for their disease conditions & healthy ones to know the way to improve their health status & fitness level; can be categorized as follows

Permanent Cure, A number of patients ask a question, " In' how many days my diabetes/ High BP/

Thyroid problem will get cured?" While almost all of them are using modern medicines from years together and their disease is more or less in control but they have a great hope from Ayurveda. However, in general, when they adopt our Ayurveda treatment, their quality of life improves significantly along with better control of disease. And not only that, but about 35% of them also get cured, and another 40% of them can get better control of disease only with Ayurveda treatment.

In a nos. of cases, thyroid level came down with modern medicine but my problems like dryness of skin, constipation, muscular pain, frequent attacks of cough & cold, anxiety are as it is for which test for thyroid was needed, is there any solution for these problems in Ayurveda, after one to three months medicines along with modern medicines almost all problems gone now.

A nos. of patients get rid-off Asthma, Diabetes, Diabetic nephropathy, CRF, High BP, Thyroid, Hypercholesterol, Fatty liver diseases, Psoriasis, Chronic Sinusitis, Migraine, Rheumatoid arthritis, Gout, Multiple sclerosis, Parkinson's disease, Alzheimer disorder, Prostate enlargement, Paralysis, & some others that can only be managed & not cured, almost all of them eager to know the food regimen/ therapeutic diet/ daily usable herbal products so that they can maintain their healthy state along with the advised life style changes.

Rational Choice - A good numbers of patients, who are quite intelligent and aware of health and disease, when get diagnosed with any of the complex and life style related disease, using modern diagnostic methods, and learn that they need to take medicines for rest of their life, choose Ayurvedic treatment. They take this decision with the understanding that Ayurveda treatment will have no/ less number of side effects even when taken for long time. Also they are ready to adopt life style and dietary changes that could help contain the disease.

I am using cholesterol lowering modern drugs from last 3 years & levels are fluctuating & now in my last ultrasound "fatty liver changes occur" which is the side effects of the medicines I am taking. After three months of our medicines & stopping the cholesterol lowering modern drugs, no fatty liver changes in my USG, & cholesterol levels are also in normal range, & additionally 3 Kgs wt. I have lost, that is something that I was trying from last 4 years.

In spite of having same levels of blood sugar after one month of course of your medicines I feel now I am no more a patient but have special health condition in which I have to avoid some food products & adopt required life style changes.

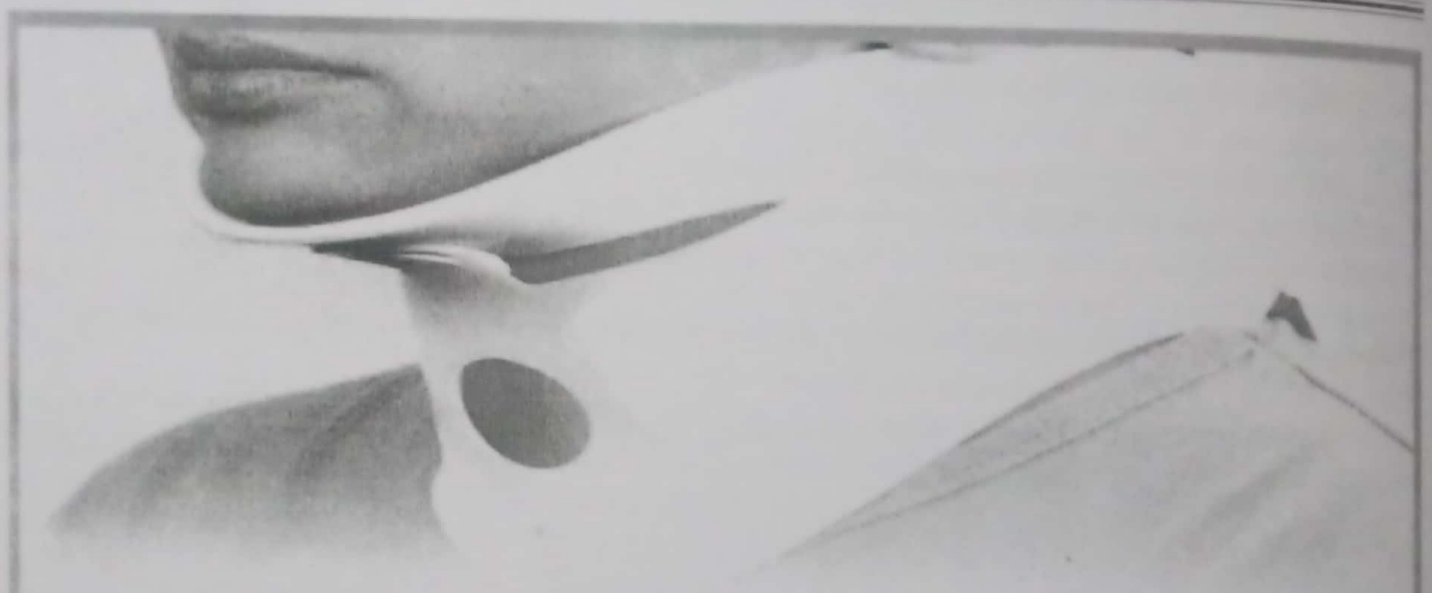
Already I am a patient of diabetes, now I was unable to do treadmill so is it possible to improve my health condition, its wonder that just after three months of course of medicines I am now able to do treadmill test & feel much relaxed.

In this category many people have the family history of disease and therefore seek such products as a preventive measure / or at least help in delaying the process of occurrence of that particular disease by adopting a biological required life style & dietary guidelines to minimize the chances of occurrence of diseases guided by Ayurveda Physician

A Last Ray of Hope- There are some diseases for which there is hardly any treatment available in modern system of medicine, like IBS, ulcerative colitis, NAFLD (Non alcoholic fatty liver disease), some viral diseases like Hepatitis B, hepatitis C etc., people seek Ayurveda as an option.

There are some diseases for which although treatment options are available with modern medicine like surgery or chemotherapy in cancer OR switch from oral to insulin in case of poorly controlled diabetes, where patients are not willing to go for them, they resort to Ayurveda. Among all these conditions there are times when a stage comes, that there is very little survival time left and no hope available from modern medicine side, patient think of Ayurveda for ease. However this appears little surprising, but there are many instances when people have been living longer than was expected and that too with much more ease.

Vedic Life style in modern era - A The tag of natural product usages became a status symbol / matter of boasting about the uses of natural & organic food products along with YOGA for good number of persons all over the world including India specially in upper classes, and this trend is increasing very fast.



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Pt. Shiv Charan Lal Sharma (Revenue Minister Haryana) performing Dhanwantri Pooja along with Dr. T.C. Goyal



Our Dhanwantri Award receivers from different fraternity



Dr. Pratap Chauhan, receiving International AIMGA Award from Pt. Shiv Charan Lal Sharma



Dr. Ashar Kadeer receiving Dhanwantri Award from Pt. Shiv Charan Lal Sharma



Sh C. R. Garg (Deputy DIG, Tihar Jail, Delhi), releasing the AIMGA Souvenir 2010



Editorial Team with AIMGA Souvenir 2010



Central Cabinet AIIMGA giving the statue of Lord Dhanwantri to the Haryana State AIIMGA



Dr. Narhari Sharma with his family receiving the Prize from our guest Dr. Sanjay Atri



Our invited guests enjoying the refreshment with AIIMGA Office Bearers



Dr. O. P. Sharma (Right) receiving the AIIMGA Award from Dr. Y. D. Sharma (Dy. Director, ISM)

Medico - Social Activities



Sh. Depender Singh Hooda, (M.P.) S/o Sh. Bhupeder Singh Hooda (CM) receiving the honor from Dr. V.P. Singla & Dr. Tarachand Gaur



AIIMGA Office Bearers in a Social Programme

RASAYANA THERAPY (REJUVENATION THERAPY)

Dr. Bheema Bhat, M.D.(Ayu)
Senior Consultant & HoD, Dept. of Ayurveda
Holy Family Hospital, New Delhi

Rasayana Therapy

The therapy which cares and cures the problems of aged is called Rasayana Therapy. It deals with promotion of positive health and longevity. It may be compared to Geriatrics in modern medical science.

- ◆ It is one of the major clinical branches and specialties of Ayurveda.
- ◆ It improves the best qualities of tissues by optimum nourishment.
- ◆ It enhances the natural immunity and anti-oxidant property.
- ◆ It reduces the ageing process and prolongs lifespan.
- ◆ Rasayana therapy is applicable to all age groups as it acts as a prophylactic measures against mechanism of degeneration and ageing.

What is Ageing ?

- ◆ Ageing is progressive loss, degeneration and deterioration of physical, physiological and mental capabilities and functions with increased vulnerability to diseases leading to death.
- ◆ It is complex, multifactoral, universal, inevitable and irreversible process.
- ◆ Ageing gradually and delaying that process is something that one can achieve in ones own lifetime.

Types of Ageing

1. Chronological
2. Biological
3. Psychological

1. **Chronological Ageing** : Measurement of time since birth

Childhood (up to 16 years) Middle age (17 to 60 years) Old age (above 60 years)

2. **Biological Ageing** :

- ◆ External appearance – look, hair, skin, gait, etc.
- ◆ Measurement of structure and function of body tissues, organs, systems viz., Respiratory, Digestive, circulatory, Nervous, Excretory, Sense organs, Muscular and skeletal system, etc.
- ◆ Homeostasis of biological humors - Vata, Pitta, Kapha.
- ◆ Blood chemistry – CBC, ESR, Sugar, Lipid profile, LFT, Thyroid function, Hormonal level, enzymes, Calcium, iron, etc.
- ◆ Height, weight, temperature, Blood pressure, BMI, body fat, skin thickness, Bone density, etc.

- ◆ Sense organs and their thresholds

3. Psychological Ageing :

- ◆ Measurement of development of mind according to age
- ◆ Balance of the qualities of mind viz., Satwa, Rajah, Tama.
- ◆ Power of grasping, memory, intelligence, thinking, concentration, attitude, approach,
- ◆ Tension, worries, anxiety, depression,
- ◆ Capacity to handle the situation

Factors responsible for ageing

- ◆ Hereditary factors
- ◆ Environmental factors - climate, altitude, pollution, etc.
- ◆ Diet - Ayurveda advocates food according to the individual physical and mental constitution, suitability, quality & quantity of food, balanced diet
- ◆ Life-style, physical exercises/Yoga, meditation, sleep/rest, sex, habits like addiction to alcohol, smoking, drugs, etc.
- ◆ Socio-economical factors
- ◆ Psychological factors – Tension, worries, fear, depression, stress of life accelerates process of ageing.

Changes due to Ageing

- ◆ External : Those which are visible – hair, face, skin, stature, posture, gait, imbalance, shaking, bones and joints, mobility, shortening of the body height, thinning.
- ◆ Internal : Those which occur in the internal organs of the body.
- ◆ Sense organs : Diminution of vision, hearing, smell, taste, touch.
- ◆ Psychological changes : Forgetfulness/Loss of memory, anxiety, tension, depression, nervousness, sleep disturbances, social problems.

Common features of Old age

- ◆ Multiple pathology, low immunity, less energy reserve
- ◆ Fatigue, poor physical capability, low vigor – vitality
- ◆ Poor appetite, gas, indigestion, constipation
- ◆ Poor sensibility to pain
- ◆ Sleep disturbance, low memory power, nervousness, stress
- ◆ Breathlessness on exertion, vertigo,
- ◆ Increased frequency of urine, hesitancy, urgency, incontinence
- ◆ Pain in joints, difficulty in movements, shaking, imbalance in walking,
- ◆ Weakness in vision, hearing,
- ◆ Vulnerable to many diseases like Hypertension, Diabetes, heart diseases, paralysis, Arthritis, Spondylosis, Parkinson's disease. Psycho-somatic problems, Alzheimer's disease, etc.

Classification of Rasayana

I. Purpose of administration

- Kamyā Rasayana : desire of adding extra qualities
To the basically existing good qualities of tissue
- Medhya Rasayana : to improve the quality of mind,
intellect, memory, concentration
- Vrishya Rasayana : General rejuvenation and sexual power
- Balya Rasayana : Improving physical strength
- Vayasthapana : Increasing healthy life span
- Naimittika Rasayana : Treatment of diseases besides
Providing rejuvenative effect
- Ajasrika Rasayana : To enhance the immunity

II. Mode of administration

- Kuti Praveshika (Indoor)
- Vatatapika (Out door)

III. Mode of action

- Samshodhana (Purification of body by panchakarma
before administration of Rasayana)
- Samashamana (directly using Rasayana medicines)

IV. Modality – (life style, social and personal conduct)

- Dietary modalities (use of satwik food)
- Behavioral modalities
- Medicines based modalities

Rasayana for different constitution

- Vata constitution : Bala, Nagabala, Ghee
Pitta constitution : Amalaki, Shatavari
Kapha cinstitution : Bhallataka, guggulu, pippali, vacha

For maintenance of the psychological balance :
Brahmi, Shankhapushpi, Tulsi, Aswagandha, Jatamansi, Jyotishmati, Tagara.

Rasayana for Dhatus (tissues)

- | | |
|---------------------|--------------------------------|
| Rasa (Chyle) | - Kharjura, draksha, |
| Rakta (Blood) | - Amalaki, bhringaraja, lauha, |
| Mamsa (Muscle) | - Bala, Nagabala, Aswagandha, |
| Meda (Fat) | - Guggulu, Shilajit, Guduchi, |
| Asthi (Bone) | - Laksha, Vamsha, Shankha |
| Majja (Bone marrow) | - Lauha, vasa |

Shukra (Reproductive Tissue) - Atmagupta, Ashwagandha, Shatavari

Rasayana for specific diseases

Eye diseases	- Triphala, Yastimadhu, Shatavari
Heart diseases	- Arjuna, guggulu, Lashuna
Skin diseases	- Neem, Karanja, Vidanga
Anaemia	- Lauha, Punarnava, Amalaki
Tuberculosis	- Nagabala, Ashwagandha, Vasa
Asthma	- Vasa, Kantakari, Somalata
Arthritis	- Guggulu, Nirgundi, Rasna,
Diabetes mellitus	- Amalaki, Turmeric, Jambu,
Obesity	- Guggulu, vidanga, Ginger
Hypertension	- Sarpagandha, Gokshura, Brashmi
Psychiatric problem	- Shankhapushpi, Brahmi, Tulsi

General approach of management of old age problems

- ☆ Proper discipline in life by following daily regimen, seasonal regimen and ethical regimen. (Physical and mental discipline).
- ☆ Good nourishing food, suitable to ones own constitution,
- ☆ Moderate exercises to keep physical fitness, Yoga- asanas, pranayama, meditation, walking, jogging, games, swimming, etc.
- ☆ Keeping good social relationship with family members as well as others in the society, recreation, reading, music, etc to prevent mental breakdown, worries, tension, depression, etc. as described in Achara Rasayana.
- ☆ Various Panchakarma therapies viz Abhyanga, (medicated oil massage), fomentation, Shirodhara, Shirobasti, Netra tarpana, Vamana (emesis), purgation (purgation), basti (medicated enema), Nasya karma etc. which are beneficial for improving general health and management of diseases.
- ☆ Beneficial herbs, rejuvenative spices, tonics viz., Amalaki, Ashwagandha, Shatavari, Shilajit, Triphala, Brahmi, Pippali, Chyavanaprasha, Brahmi Rasayana, etc. (medicinal plants slides)

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Most experts define infertility as not being able to get pregnant after at least one year of trying. Women who are able to get pregnant but then have repeat miscarriages are also said to be infertile.

Pregnancy is the result of a complex chain of events. In order to get pregnant:
A woman must release an egg from one of her ovaries (ovulation).
The egg must go through a fallopian tube toward the uterus (womb).
A man's sperm must join with (fertilize) the egg along the way.
The fertilized egg must attach to the inside of the uterus (implantation).
Infertility can result from problems that interfere with any of these steps.

Infertility is not always a woman's problem. In only about one-third of cases is infertility due to the woman (female factors). In another one third of cases, infertility is due to the man (male factors). The remaining cases are caused by a mixture of male and female factors or by unknown factors.

Causes infertility in men

Infertility in men is most often caused by:

- Problems making sperm -- producing too few sperm or none at all
- Problems with the sperm's ability to reach the egg and fertilize it -- abnormal sperm shape or structure prevent it from moving correctly
- Sometimes a man is born with the problems that affect his sperm. Other times problems start later in life due to illness or injury. For example, cystic fibrosis often causes infertility in men.
- The number and quality of a man's sperm can be affected by his overall health and lifestyle. Some things that may reduce sperm number and/or quality include:
 - alcohol
 - drugs
 - environmental toxins, including pesticides and lead
 - smoking cigarettes
 - health problems
 - medicines
 - radiation treatment and chemotherapy for cancer
 - age

Causes infertility in women

- Problems with ovulation account for most cases of infertility in women. Without ovulation, there are no eggs to be fertilized. Some signs that a woman is not ovulating normally include irregular or absent menstrual periods.
- Less common causes of fertility problems in women include:
 - blocked fallopian tubes due to pelvic inflammatory disease, endometriosis, or surgery for an ectopic pregnancy
 - physical problems with the uterus
 - uterine fibroids

Many things can affect a woman's ability to have a baby. These include:

- age
- stress
- poor diet
- athletic training
- being overweight or underweight
- tobacco smoking
- alcohol
- sexually transmitted diseases (STDs)
- health problems that cause hormonal changes

Age & woman's ability to have children

More and more women are waiting until their 30s and 40s to have children. Actually, about 20 percent of women in the United States now have their first child after age 35. So age is an increasingly common cause of fertility problems. About one third of couples in which the woman is over 35 have fertility problems.

Aging decreases a woman's chances of having a baby in the following ways:

The ability of a woman's ovaries to release eggs ready for fertilization declines with age.

The health of a woman's eggs declines with age.

As a woman ages she is more likely to have health problems that can interfere with fertility.

As a woman ages, her risk of having a miscarriage increases.

Most healthy women under the age of 30 shouldn't worry about infertility unless they've been trying to get pregnant for at least a year. A woman's chances of having a baby decrease rapidly every year after the age of 30. So getting a complete and timely fertility evaluation is especially important.

Some health issues also increase the risk of fertility problems. So women with the following issues should speak to their doctors as soon as possible:

Irregular periods or no menstrual periods

Very painful periods

Endometriosis

Pelvic inflammatory disease

More than one miscarriage

Fertility evaluation.

This process usually begins with physical exams and health and sexual histories. If there are no obvious problems, like poorly timed intercourse or absence of ovulation, tests will be needed.

Finding the cause of infertility is often a long, complex and emotional process.

For a man, begin by testing his semen. Look at the number, shape, and movement of the sperm. Sometimes doctors also suggest testing the level of a man's hormones.

Some common tests of fertility in women include:

1. Hysterosalpingography

2. Laparoscopy

Treatment:

Infertility can be treated with medicine, surgery, artificial insemination or assisted reproductive technology. Many times these treatments are combined. About two-thirds of couples who are treated for infertility are able to have a baby. In most cases infertility is treated with drugs or surgery.

Specific treatments for infertility based on:

Test results

How long the couple has been trying to get pregnant the

Age of both the man and woman

The overall health of the partners
Preference of the partners

Infertility treatment in men in the following ways:

a) Sexual problems: If the man is impotent or has problems with premature ejaculation, doctors can help him address these issues. Behavioral therapy and/or medicines can be used in these cases.

b) Too few sperm: If the man produces too few sperm, sometimes surgery can correct this problem. Antibiotics can also be used to clear up infections affecting sperm count.

Infertility treatment in women

Various fertility medicines are often used to treat women with ovulation problems. Problems with a woman's ovaries, fallopian tubes, or uterus can sometimes be corrected with surgery.

Intrauterine insemination (IUI) is another type of treatment for infertility. IUI is known by most people as artificial insemination. In this procedure, the woman is injected with specially prepared sperm. Sometimes the woman is also treated with medicines that stimulate ovulation before IUI.

IUI is often used to treat:

Mild male factor infertility

Women who have problems with their cervical mucus

Couples with unexplained infertility

Some common medicines used to treat infertility in women include:

Clomiphene citrate (Clomid)

Human menopausal gonadotropin

Follicle-stimulating hormone

Gonadotropin-releasing hormone

Metformin

Bromocriptine

Assisted reproductive technology (ART)

Assisted reproductive technology (ART) is a term that describes several different methods used to help infertile couples. ART involves removing eggs from a woman's body, mixing them with sperm in the laboratory and putting the embryos back into a woman's body.

Some things that affect the success rate of ART include:

Age of the partners

Reason for infertility

ART can be expensive and time-consuming. But it has allowed many couples to have children that otherwise would not have been conceived. The most common complication of ART is multiple fetuses. But this is a problem that can be prevented or minimized in several different ways.

Common methods of ART include:

In vitro fertilization (IVF) means fertilization outside of the body. IVF is the most effective ART. It is often used when a woman's fallopian tubes are blocked or when a man produces too few sperm. Doctors treat the woman with a drug that causes the ovaries to produce multiple eggs. Once mature, the eggs are removed from the woman. They are put in a dish in the lab along with the man's sperm for fertilization. After 3 to 5 days, healthy embryos are implanted in the woman's uterus.

Zygote intrafallopian transfer (ZIFT) or Tubal Embryo Transfer is similar to IVF. Fertilization occurs in the laboratory. Then the very young embryo is transferred to the fallopian tube instead of the uterus.

Gamete intrafallopian transfer (GIFT) involves transferring eggs and sperm into the woman's fallopian tube. So fertilization occurs in the woman's body. Few practices offer GIFT as an option.

Intracytoplasmic sperm injection (ICSI) is often used for couples in which there are serious problems with the sperm. Sometimes it is also used for older couples or for those with failed IVF attempts. In ICSI, a single sperm is injected into a mature egg. Then the embryo is transferred to the uterus or fallopian tube.

ART procedures sometimes involve the use of donor eggs (eggs from another woman), donor sperm, or previously frozen embryos. Donor eggs are sometimes used for women who can not produce eggs. Also, donor eggs or donor sperm is sometimes used when the woman or man has a genetic disease that can be passed on to the baby.

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(Tranexamic Acid 500 + Mefenamic Acid 250 mg.)

Tab. LIAMAC FORTE

(Lycopene, Natural Mixed Carotenoids, Vitamins, Minerals, L-Arginine, L-Cystine & L-carotiline)

Tab. BASIL SPAS

(ClidiniumBromide 2.5mg+Chlordiazepoxide 5mg + Diethylamine Hydro 10 mg)

Syp./Cap. BASIRON

(Iron+Zinc+Folic Acid)

Cap. BASIRANT-G

(Beta Carotene + Anti-Oxidant+ Multi-Vitamin+Mineral+Ginseng)

Cap. BASIRON FORTE

(Methylcobalamin-1500 mcg+Alpha Lipole 200 mg+ Folic Acid 1.5 mg+ Pyridoxine 3 mg+Biotin 200 mcg)

Cap. LINAC - Z

(Lycopene + Antioxidant+ Vitamins+ Minerals)

Cap. CARTISIL-500

(Glucosamine 500 + Vit-D, +Vit-C +Vit-E+ Methylcobalamin)

Inj. NEONDEC-50

(Nandrolone Decanoate 50 mg.)

Inj. BASICEF - S

(Ceftriaxone 1g + Sulbactam 0.5 g)

Inj. BASIRON

(Methylcobalamin 1000mg.)

Oint. NEMUMOL GEL

(Diclofenac Diethylamine 1.16+Oleum Lini 3 +Menthol 5 + Methyl Salicylate 10)

Syp. BASIZYME

Syp. BASICLAV DRY

(Amoxicillin 200 mg + Clavulanate Pot. 28.5 mg)

Syp. BASIKOF

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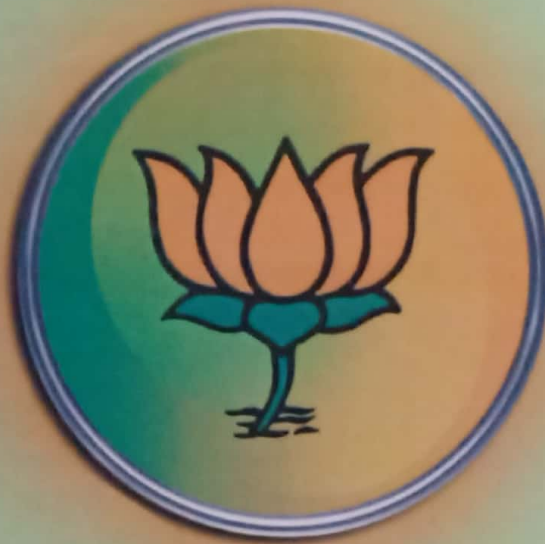
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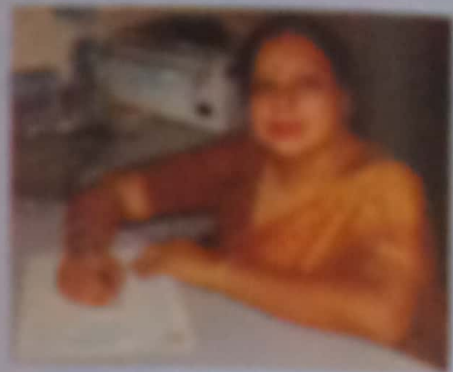
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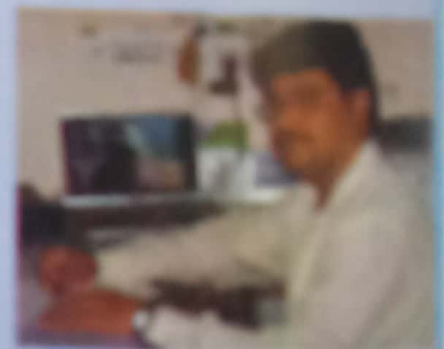
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मैंने अथक परिश्रम कर बनाई है एक माला,
मनके-मनके में भारी है आयुर्वेद द्रव्यों का मसाला।
नहीं कोई साधारण या कृत्रिम इसका प्याला,
अदभूत योगों से बना है आयुर्वेद हाला का प्याला।।

वातज मदात्य से कांप रही कंकाल की माला,
सैधानमक, सोठ, मिर्च, पीपल से भरो एक निम्न प्याला।
अल्प जल और मिलाओ इसमें अल्प पुरानी हाला,
सभी वाताज उपद्रवों का नाश करेगा ये आयुर्वेद का प्याला।।

पित्तज मदात्य की दाह से जल रही पिंजर माला,
मृग के यृष से भरो ताजा एक बड़ा प्याला।
इसमें मिलाओ मिश्री की मिठास का मसाला,
शीतलता का संचार कर हर लेगा पित्तज मदात्य की ज्वाला।।

कफज मदात्य के क्लेद से भारी हो गई मानुष माला,
शक्ति अनुसार हो उपवास, न पीवे दही का प्याला।
जीरा, मिर्च, चित्रक के साथ ले सौम्य हाला,
क्लेदता को दूर करेगा ये दीपन-पाचन प्याला।।

प्रथम रोमांच, आनंद, हर्ष अपार करे प्याला,
धीरे-धीरे शिथिल करे लिंग का प्याला।
आत्मगुप्ता का लो दूध संग नित्य एक प्याला,
मधुबर्न में पहुंच जाओगे छोड़कर मधुरशाला।।

वृकों की छलनी से छल करे अधिक हाला का प्याला,
चहरे पर शोथ उत्पन्न करे इसका प्याला।
तृणपंच मूल और वरुण के क्वाथ का ही नित्य प्याला,
शोथ संग उतर जाएगी हाला, विधवा हो जाएगी मधुरशाला।।

छाह, कण्डयुक्त हो जाएगी योनि पीने से हाला,
श्वेत प्रदेश को बढ़ाए इसका उग्र प्याला।
धाय, लोध के क्वाथ का लो एक प्याला,
रोगमुक्त हो जाएगी योनि, बंधन में होगी मधुरशाला।।

वातरक्त को निमंत्रण दे हाला का प्याला,
रक्त में यूरिक-ऐसिड को बढ़ाए इसका प्याला।
मंजीठ, गोखरु, त्रिफला, त्रिकटु के संग हो गिलोय स्वरस प्याला,
यूरिक ऐसिड हो समावस्था, विषमावस्था में पहुंचे मधुरशाला।।

अस्थियों के चूर्णातु को क्षीण करे उग्र हाला,
सन्धियों में जकड़ाहट और शूल उत्पन्न करे इसका प्याला।
शिलाजित, गुग्गुलु, हडजोड, वंशलोचन, संग हो दूध का प्याला,
वज्र समान हो जाएगी अस्थियाँ, टूट जाएगी मधुरशाला।।

अग्न्याशय शोथ को उत्पन्न करे अधिक हाला,
इंसुलिन उत्पादन को घटाए इसका नित्य प्याला।
मैथी, दालचीनी, धृतकुमारी का नित्य लो एक प्याला,
इंसुलिन का उत्पादन हो नियमित, हड़ताल पर होगी मधुरशाला।।

खाली पेट जो पीते रहे नित्य तुम हाला,
अम्लपित्त-अल्सर को उत्पन्न करे इसका प्याला।
आंवला, धनिया, सौंफ, मुलैठी का हिम बनाए नित्य एक प्याला,
पित्त हो शान्त, व्रण का हो रोपण, उपद्रव में हो मधुरशाला।।

प्यास के कारण कांपे देह की माला,
धनियां या सौंफ के क्वाथ का पीलाएं प्याला।
दहि का जल भी है उत्तम प्यासे का प्याला,
खट्टी काजी का जल शान्त करे प्यास की ज्वाला।।

मुनक्का, कैथफल, अनारदाना एकत्र करें आला,
इनसे तैयार करे पानक का प्याला।
मधु और शक्कर संग पीलाएं इसका प्याला,
हालापान जन्य विभ्रम को दूर करे ये प्याला।।

हाला तीन प्रकार का प्रभाव करे जैसा हो जिसके मन का आला,
बुद्धि, स्मृति तथा प्रीति को उत्पन्न करे इसका सात्त्विक प्याला।
अशान्त, आलस्य, उन्मत्त उत्पन्न करे राजस प्याला,
अभ्रद व्यवहार, अभक्ष्य पदार्थ सेवन, संज्ञानास करे तामस प्याला।।

अधीर को छोड़कर, धैर्य रखा पीओ हाला,
अपने को न भूलकर बनाए प्याला।
न न्यून न अधिक ही हो हाला का प्याला,
अपनी शारीरिक - मानसिक अवस्था देख पीओ हाला।

हाला के प्याला को दे दो सन्यास की माला,
अन्यथा अपने लिए तैयार कर लें चिता की ज्वाला।
बचा न पाएगा कोई तुमको चाहे कर लो मृत्युंजय की माला,
तुम इसको पीओ न कि तुम्हें पी जाए ये हाला का प्याला।।

ऊपरी ओठ जब लटक जाएं पीने से हाला,
अत्यन्त शीतलता परन्तु भीतर से कांपे तन की माला।
नेत्र, का पीला या लाल हो जाए आला,
जिह्वा, ओठ, दांत का नीला-काला होना असाध्य का है जाला।।

डा० डी०डी० शर्मा

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