

E-NEWSLETTER

January-February, 2022

RASHTRIYA AYURVEDA VIDYAPEETH

Director's Desk

We have entered 2022 with a positive note, dedication and energy, but not forgetting the big challenge posed by the deadly Delta variant of Covid-19 that wreaked havoc across the globe including India in 2021. The arrival of the New Year was not smooth as we again faced a new challenge called Omicron, yet another variant of Covid-19. The World Health Organisation (WHO) has designated Omicron as a “Variant of Concern”. RAV without letting down its guard swiftly came into action to deal with the situation.



Dr. Anupam Srivastava
(Director)

We at Rashtriya Ayurveda Vidyapeeth (RAV), an autonomous organization under the aegis of Ministry of Ayush by joining hands with our other AYUSH organisations had worked tirelessly towards creating awareness, dissemination of information and the importance of maintaining good health through lectures, videos, webinars, sensitization programme and others on COVID-19 along with different types of Ayurveda Aahars and medicines for management of pandemic. Under the guidance of the Ministry of Ayush, RAV began carrying out the programmes put forth by the Government in tackling the COVID-19 situation. RAV actively participated in bringing onboard AYUSH doctors into the ESanjeevini National OPD portal developed by the Ministry of Health and Family Welfare. This portal helps patient avail free online consultation from renowned doctors free of cost. It is a matter of satisfaction that the Government has designated RAV as the nodal agency to coordinate the said programme. We are not only coordinating among the experts from different streams of AYUSH, but also helping C-DAC team to operationalize the programme. Keeping in view Omicron and its concern for the health of the people, RAV again revived the distribution of prophylactic medicines such as Samshamani Vati and also AYUSH-64 for mild cases free of cost along with lectures to the masses by our Ayurveda experts.

RAV had also come up with many new initiatives and contributed in a big way in promoting 'Ayurveda Aahar', which is quite relevant in current pandemic since it not only supports the body but also helps in fighting against COVID-19. RAV came out with an innovative cookie named “Poshak Cookies”. These cookies were first introduced at the India International Trade Fair (IITF) 2021 held at Pragati Maidan, New Delhi from November 14 to November 27. Our Cookie which is a “no maida no sugar” biscuit is made of healthy ingredients like bajra, Moringa leaves (drumstick leaves) whole wheat flour, jaggery, butter and sesame seed, which not only provides unique and tasty flavour but also provides nutritional values. The ingredients bear proven health benefits.

It is a matter of satisfaction that our first innovation has left a huge impression on all who tasted it. The Ayush Ministry has also decided to keep this biscuit in its canteen. I am hopeful that in the coming years RAV will come up with more such Ayurveda foods (Aahars) so that people at large get benefitted.

The Ayush Ministry had notified RAV as the accreditation body for those courses which are not covered under IMCC Act, 1970 or any other regulations. A board, i.e Ayurveda Training Accreditation Board (ATAB) has been instituted which will oversee the activities of accreditation and bring standardisation to non formal Ayurveda education / unregulated across the world.

Organizing training programmes for Ayurveda teachers and students is one of our mandate, RAV in association with National Institute of Ayurveda (NIA), Jaipur conducted a unique training programme on Dravyaguna at the Padamdungri forest in Surat, Gujarat, wherein teachers of Dravyaguna were trained and exposed to natural habitat of herbal / medicinal plants. Perhaps this is the first training programme in Dravyaguna in the country. RAV in association with National Institute of Ayurveda (NIA) Jaipur will be organizing a two-day Teachers Training programme on Kriya Sharir which will be held at Jaipur on March 25 & 26-2022. RAV actively participates in all the activities carried by the Government of India such as events under the Azadi ka Amrit Mahotsav, Swachhata Pakhwada, Vigilance Week, Hindi Pakhwada and others. We are taking baby steps today, but with continuous dedication and hard work, we may take a giant step in the field of Ayurveda tomorrow.



Hon'ble Ayush Minister lays foundation stone at Dhanwantri Bhawan

Hon'ble Union Minister of Ayush Shri Sarbananda Sonowal ji visited Dhanwantri Bhawan at Punjabi Bagh West and laid the foundation for a new building on February 18, 2022. The ceremony was organized by All India Ayurveda Congress. While addressing the event, the Minister praised.

Ayurveda for leaving a mark not only in India but also across the world. "Ayurveda has reached a great height and not only in India but also across the world and this is all possible due to our Hon'ble Prime Minister Shri Narendra Modi ji's dedication and commitment towards promotion of Ayurveda," he said. Those present on the occasion were Secretary of Ayush, Vaidya Rajesh Kotecha, Advisor, Ayurveda, Ministry of Ayush Shri Manoj Nesari, AIAC president Padma Shri and Padma Bhushan Vaidya Devendra Triguna ji, Rashtriya Ayurveda Vidyapeeth Director Dr Anupam Srivastava and other dignitaries.



RAV's Poshak Cookie makes debut at IITF

RAV, for the first time introduced a biscuit named 'Poshak Cookies' which is loaded with health benefit ingredients. This Poshak Cookie is under the promotion of Ayurveda Aahar by the Ministry of Ayush. This 'no maida no sugar' biscuit is made from moringa leaves (drumstick leaves), bajra, whole wheat flour, jaggery, butter and sesame seeds. The Poshak Cookie is a unique innovative product of RAV and is suitable for both children and adults. The cookie has nutrition values like calcium, carbohydrate, vitamins etc. These cookies were distributed free of cost at the IITF. Poshak Cookies were prepared by an FSSAI compliant bakery in Chandigarh.

Nutrition Facts

Serving Size: 1	Amount per Serving
Calories	139.9
Total Fat	9.1 g
Saturated Fat	2.2 g
Polyunsaturated Fat	2.9 g
Monounsaturated Fat	3.5 g
Cholesterol	0.1 mg
Sodium	2.9 mg
Potassium	103.3 mg
Total Carbohydrate	5.8 g
Dietary Fiber	1.9 g
Sugars	0.2 g
Protein	3.3 g

RAV forms Ayurveda Training Accreditation Board

The Ministry of Ayush has notified RAV as the accrediting body for those courses not covered under IMCC Act, 1970 or any other regulations. RAV has formed a body named Ayurveda Training Accreditation Board (ATAB) through which it would accredit Ayurveda Training courses running in India and abroad, which are not covered under IMCC Act 1970/NCISM Act 2020. This is a voluntary scheme and institutions are free to adopt it. This Board will bring standardisation to non formal Ayurveda education all over the world. Details about the Board are available on RAV's Website: www.ravdelhi.nic.in.



VERSE OF THE MONTH



“न चाहारसमं किञ्चिद्वैषज्यमुपलभ्यते ।

शक्यतेऽप्यन्नमात्रेण नरः कर्तुं निरामयः ॥

भेषजेनोपपन्नोऽपि निराहारो न शक्यते ।

तस्माद्वैषग्भिराहारो महाभैषज्यमुच्यते ॥” (का०सं०खि० 14/3-6)

There is no medicine equivalent to the Aahar or food. Acharya Kashyap also termed Aahar as *Mahabhaishajya* (greatest medicament). Any other medicament just like diet is not available. Only through administration of proper food and diet it is possible to cure the diseases, without the need for administration of medicines and treatment.

Food is the most essential entity to sustain a good life and if consumed inappropriately becomes the root cause of many diseases. One can attain good health by following a proper, appropriate diet as mentioned in Ayurveda. In addition to these, wrong cooking procedures, irregular timing, not following the prescribed rules for preparing, preserving and eating food may also leads to various diseases. Out of the three *Upasthambhas* (supports of life), i.e., *Aahar* (diet), *Nidra* (sleep) and *Brahmacharya* (observance of celibacy); the first one i.e Aahar, has been given utmost importance. When these factors are well regulated the body is endowed with strength, complexion and growth. Food is responsible for different aspects of an individual including physical, temperamental, and mental states. A healthy diet routinely is essential as the body absorbs the nutrients as the result of digestion. On ingestion of food, it first converts into *rasa* (plasma), and then followed by successive conversion into blood, muscle, fat, bone marrow, reproductive elements, and body fluids.

There is a major emerging shift towards non-communicable diseases (NCDs) such as lifestyle related disorders (diabetes, obesity, arthritis, mental illness, cardiac diseases, cancer etc.) due to the changes in the diet and lifestyle of individuals. Here, ayurvedic principles of dietetics play an important role in the prevention and management of these NCDs. Pathya-Apathya vyavastha as mentioned in classics along with the drugs and therapies have been elaborately described for complete restoration of individuals wellbeing. Therefore, Adopting and inculcating the dietary planning and preparations based on Ayurveda principles plays key role in the health promotion, prevention of diseases and their management.

RAV inducts AYUSH doctors into eSanjeevini portal

Rashtriya Ayurveda Vidyapeeth (RAV), an autonomous organization under the Ministry of Ayush inducted Ayush doctors into the free healthcare platform called eSanjeevini OPD. The Ministry of Ayush had nominated RAV as the nodal agency for this programme. Through this programme, Ayush doctors are now available for consultation on the eSanjeevini OPD platform, which is a free health service portal launched by the Ministry of Health and Family Welfare to provide better healthcare services to patients in their places. RAV is not only coordinating among the experts from different streams of AYUSH but also helping C-DAC team to operationalize the programme. Patients after registering themselves on <https://esanjeevaniopd.in> will avail the free consultation from Ayush experts.

RAV, NIA Jaipur conducted 3-day training programme on

Dravyaguna

RAV in association with National Institute of Ayurveda, Jaipur conducted a training programme for teachers and students on Dravyaguna or Ayurvedic Pharmacology. The 3-day training programme was held from 30th November to 2nd December -2021 where field visit was conducted at the deep Padamdungri Eco Tourism Centre in Gujarat -- a nature education Centre run by the local community and Vyara Forest Department. During this programme, teachers and students got re-orientation on practical aspects of identification of medicinal plants by experts in the field of Ayurveda, botany and taxonomy in a complete natural setting.



RAV participated in three-day Ayurveda Parv held at Constitution Club

RAV participated at the Ayurveda Parv 2021 organized by All India Ayurvedic Congress (AIAC) at the Constitution Club in Delhi. The three day programme from November 26th to November 28th, 2021 was inaugurated by Minister of State for Ayush Dr. Munjpara Mahendrabhai ji in hybrid mode and physically by Secretary Ministry of Ayush, Vaidya Rajesh Kotecha. RAV displayed its most loved Poshak Cookies and distributed it free to the visitors. The precious publication of RAV was also displayed and the books made a business of worth more than Rs 12,000 at the Parv. It is also a matter of pride that RAV Director Dr. Anupam Srivastava was honoured for his contribution in Ayurveda, by Secretary, Ministry of Ayush, Vaidya Rajesh Kotecha ji at the Parv.



Veteran BJP leader Dr Murli Manohar Joshi visits RAV stall

Veteran BJP leader and former Cabinet Minister Dr Murli Manohar Joshi ji visited RAV stall at the Ayurveda Parv 2021. He appreciated the initiative of RAV for coming out with innovative Poshak Cookies. He took keen interest on the ingredients used for the cookies and also enquired about the benefits of the ingredients used. He also suggested using organic Jaggery. Dr Joshi was the chief guest at the valedictory function of the Ayurveda Parv 2021.



INTERNATIONAL AYURVEDA CONGRESS AT THE NETHERLANDS

Dr. Anupam represents RAV at the conference

Minister of State for Ayush Dr Munjpara Mahendrabhai ji addressed the 6th International Ayurveda Congress in hybrid mode held at Roermond, The Netherlands on November 23-2021. This conference was jointly organised by Indian Embassy The Hague, the International Maharishi Ayurveda Foundation, The Netherlands and Stichting MERU Maharishi European Research University. Dr Anupam Srivastava, Director RAV addressed the conference on the quality initiatives for Ayurveda education and training. Ambassador of India to The Netherlands Shri Pradeep Kumar Rawat ji also addressed the 6th International Ayurveda Congress in hybrid mode. The purpose of the programme is to bring Ayurveda into the mainstream.



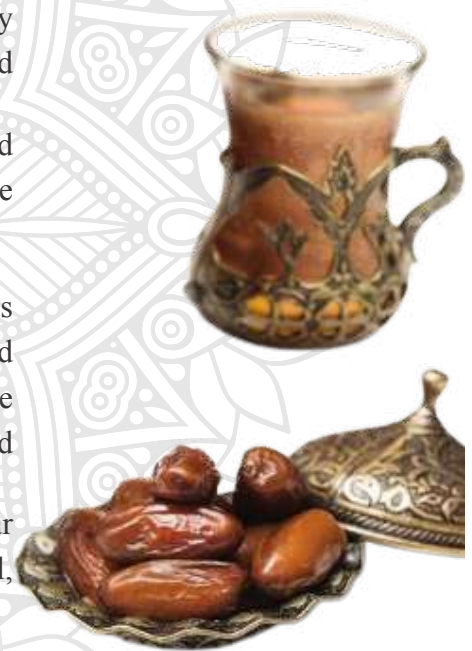
RAV confers Endorsement Certificate for Ayurveda to MERU

Maharishi European Research University (MERU) of The Netherlands was conferred with the Endorsement Certificate for Ayurveda courses from Rashtriya Ayurveda Vidyapeeth at the 6th International Ayurveda Congress held at Roermond on November 24, 2021. This certificate was physically presented by Dr Anupam Srivastava, Director RAV to MERU in presence of Ambassador of India to The Netherlands Shri Pradeep Kumar Rawat ji. With this certificate, MERU is eligible to teach Yoga. MERU which has a campus in a national forest near Vlodrop, The Netherlands, over the last four decades has played many crucial roles in the international Transcendental Meditation (TM) organisations.



Ayurveda Ahar Kharjuradi Mantha

- Mantha is a liquid pharmaceutical preparation made by churning the coarsely powdered medicaments with four times water followed by filtering to a lucid fluid.
- As per Sushrutacharya, Mantha should be prepared by using cold water and should have medium consistency i.e. neither too thick nor too thin. Ghee may be added to the prepared mantha of Shatu(Barley flour).
- Manthas gives instant energy & relief from exertion and thirst.
- If manthas are prepared along with Amla dravyas, sneha dravya and jaggery, it is used in Mutrakrichra(Dysuria) and Udavarta (Flatus in abdomen).if consumed with sugar, sugarcane juice and Draksha it is beneficial in the disease where where pitta is vitiated. In kapha vitiated diseases, Mantha is used with Draksha and Madhuka.
- States like Gujarat, Rajasthan, Kerala, and Tamil Nadu, are the major Khajur producing states in India. Many varieties are cultivated in India such as Medjool, Hallawi, Zahidi, Khadrawi.
- As per Ayurved classics, kharjuradi Mantha have distinct health benefits.
- Kharjuradi Mantha is specially indicated in Madya-Vikara (alcoholism).
- It is also used for immediate nourishment (Sadya-Tarpana), it gives stability and provides body vigor and glowing skin.



Method of preparation:

Take seedless kharjur, ripen pomegranate seed, grapes, Tintidaka, tamarind, amla, Parusaka each 1 part and 28 parts of water.

At first all material are made into paste form and soaked with given amount of water for 2-3 hrs. It is churned sufficiently till it become messy and appearance of specific color and order of the given material & is filtered, filtrate is called Kharjuradi Mantha.

Health Benefits:

As per Ayurveda classics, Kharjur (date fruit) is designated as nutritious, aphrodisiac, tonic mainly consumed in debilitating conditions like Rajayakshma and Pittaja disorders like Raktapitta, Visarpa, etc. It is the remedy for



- **Grapes** is is Vatapitta-shamaka & useful in Madatyaya, kamala, Pandu, mastiskadourbalya, hriddourbalya, krishta, trishna, daha.
- **Tamarind** is useful in Jaundice, Liver disorders, acts as gentle laxative, skin cleanser.
- **Pomegranate** is useful in Hridroga, Raktavikara, mashtishkadourbalya, mashtishkavikara, aruchi, agnimandhya, atisara, pravahika, urdhvaroga, sukradourbalya.
- **Amla** is useful as a general tonic, diuretic, laxative, and aphrodisiac, antipyretic. It is beneficial in anemia, hyperacidity, peptic ulcer, dyspepsia, anorexia, diarrhea, dysentery, dyspepsia, eyes inflammation, and jaundice, weakness of memory, nervine debility, liver complaints, cough, and asthma.
- **Parushaka** is said to be Pittashamana, vatakahara.

As per Ayurveda classics, terms addiction is vatapitta dominant and jathragni daurbalya avastha, kharjuradimanth ingredients, most of the ingredients having vatapitta-shamaka properties and all of the ingredients having amla rasa pradhanta except kharjura.

AYUSH doctors to get benefit from DACP

Large vacancies to be filled in Ayurveda, Allopathic departments

NIA Jaipur celebrates 6th National Ayurveda Day 2021

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