

RASHTRIYA AYURVEDA VIDYAPEETH E-NEWSLETTER

DIRECTOR'S DESK.....



Ayurveda is the oldest living medical system known to mankind. The fundamental principles of Ayurveda entail scientific tradition of harmonious living. It guides an individual to a healthy and discipline life by using the inherent principles of nature and being at par with it.

The values of the centuries old medical science is relevant since passage of time i.e in the past, present and future too. Ayurveda is also considered as a science that has the sufficient potential for epidemic management by building immunity against diseases and also arresting its progress to maintain homeostasis.

Currently ancient science has proved its mettle in the present global pandemic of Covid-19 by ways of using natural products in an appropriate manner. The disease has gripped the entire world and has affected people with low immunity and comorbidity.

The world is anxiously looking at Ayurveda as aadequate tool for boosting immunity. Ancient medicines such as Chyavanprash, herbal tea or decoction (Kadha), golden milk, ginger, garlic, pepper corn etc which are being used by our Vaidyas since centuries are more relevant now. The Research Councils under Ministry of AYUSH and Council of Scientific and Industrial Research (CSIR) and other collaborative institutions have conducted various researches on Ashwagandha, Amalaki, Tulsi, Guduchi, Pippali etc., wherein these are found as potential candidate for the purpose. The Ministry has released studies to be adopted by common public to remain healthy in current pandemic of COVID-19.

During the time of the deadly second wave, AYUSH-64, a polyherbal drug came as a ray of hope against Covid-19. AYUSH-64, which was originally developed in 1980 for treatment of malaria, has been repurposed and is found to be useful in the treatment of asymptomatic, mild and moderate COVID-19 infection.

India is fighting the pandemic with its Made in India Vaccines and it is a proud moment for us as our COVID-19 vaccination coverage has crossed the landmark of 100 crore.

Our Hon'ble Prime Minister ShriNarendraModiji has been repeatedly saying "DawaiBhiKadaiBhi", and we should not forget that the current situation demands a disciplined behavior so that we are safe and keep others safe too.



The Ayush Ministry also started Covid-19 Counseling Helpline Number -- 14443 to address the challenges raised by Covid-19 on pan India. RAV has put its efforts to make this platform helpful to the masses. So far 1,32,220 calls have been received.

As a part of AzadikaAmritMahotsav celebrations, RAV is actively participating in it. RAV deputed its Ayurveda experts in the distribution of Ayurveda prophylactic medicines such as Guduchi Ghana Vati / SanshamniVati to the people free of cost. Radio talk awareness lectures / camps are being constantly organized as the Gurus of RAV have always been privileged to constantly contribute in the all the efforts and initiatives of Ayush Ministry in combating the current global pandemic. The time has come to explore the true potential of Ayurveda and adopting pragmatic approaches in the search for tangible solutions for the current crisis for the benefit of ailing population and also for keeping them healthy by adoptingdoctrine of Ayurveda

Our Prime Minister had rightly said, "Ayurveda could rightly be described as a holistic human science. From the plants to your plate, from matters of physical strength to mental well-being, the impact and influence of Ayurveda and traditional medicine is immense".

नगरीनगरस्येवरथस्येवरथीयथा|

स्वशरीरस्यमेधावीकृत्येष्ववहितोभवेत्||१०३|

(A duty-borne citizen is cautious about the city as the charioteer of the chariot, likewise the wise person should be cautious of his body.)

Dr. Anupam Srivastava

RASHTRIYA AYURVEDA VIDYAPEETH

समग्र स्वास्थ्य संरक्षण में आयुर्वेद आहार की भूमिका
Vd. Achyut Kumar Tripathi
(C.R.A.V. Guru)

Verse of the Month

आहाराचारचेष्टासु सुखार्थी प्रेत्य चेह च । परं प्रयत्नमातिष्ठेद्बुद्धिमान् हितसेवने ॥

The wise, who desires happiness here and hereafter, should make best effort to practice the wholesome in respect of diet, conduct and actions.

Ayurveda advocates various measures for every phase of life to attain healthy state and longevity. It is advised that individual should adopt diet and lifestyle specific and follows the right diet and code of conduct as prescribed in Dincharya, Ritucharya and Sadvritta after properly analysing his or her body and state of mind. Ayurveda offers teachings and guidelines for preventive health education through Sadvritta (code of conduct), Dincharya (daily routine), Dharniya and Adharniyavega i.e. biological natural reflex urges. Our ancient sheers also teaches the promotive health education through the appropriate and rational use of Rasayanadravya and provides knowledge on Absolute health education through the measures of attaining Moksha i.e. salvation.

In the current Pandemic of COVID-19, in absence of any specific management protocol, the only guiding towards a healthy life is to adopt the preventive aspects of Ayurveda including Sadvritta, Achara Pasayana, Dinacharya and Ritucharya and follows all described righteous behaviour and codes of conduct mentioned in Ayurveda.

समग्र राष्ट्र को स्वस्थ, सुखी एवं समृद्धशाली बनाने के साथ स्वस्थ समाज की संरचना में व्यक्ति के आहार की भूमिका अहम् है । उत्तम शुद्ध सात्विक आहार एक ओर व्यक्ति को स्वस्थ तथा दीर्घायु बनाता है वहीं दूसरी ओर सकारात्मक ऊर्जा के अनंत स्रोत में वृद्धिकर व्यक्ति का रोगप्रतिरोधक क्षमता की वृद्धि करता है ।

आचार्य सुश्रुत ने भगवान धनवन्तरी का अभिवादन करने के पश्चात यह कहा है -

“प्राणिनां पुनर्मूलमाहारो बलवर्णौजसां च ।

स षट्सु रसेष्वायत्तः, रसाः पुनर्द्रव्याश्रयाः, द्रव्याणि पुनरोषधयः । ” (सु.सू. १/२६)

अर्थात् प्राणियों का मूलधार आहार है और आहार से प्राणियों में बल, वर्ण तथा ओज की उत्पत्ति होती है । यह आहार मधुर आदि ६ रसों के अधीन है और रस द्रव्यों के अधीन है और ये द्रव्य हमें औषधि के रूप में प्रत्येक ऋतु में उत्पन्न होने वाले शाक, फल तथा अन्न के रूप में प्राप्त होते हैं और यही आहार ऋतु में होने वाले रोग को नष्ट करने तथा स्वास्थ्य संरक्षण में सहायक सिद्ध होते हैं । कहा है -

“यस्य देशस्य यो जन्तु तज्जस्तस्यौषधम् हितम् । देशाद् व्यत्र वसतः ता तुल्यं गुणमौषधम् ॥”

आचार्य चरक ने सूत्रस्थान में वर्णित अन्नपानविधि अध्याय में कहा है -

“इष्टवर्णगन्धरसस्पर्श विधिविहितमन्नपानं प्राणिनां प्राणिसंज्ञकानां प्राणमाचक्षते कुशलः ।”

(च.सू. २७/०२)

अर्थात् कुशल जन मनोकूल वर्ण, गन्ध, रस एवं स्पर्श से युक्त विधिपूर्वक विहित आहार को प्रत्यक्ष फल देने वाला होने से प्राण संज्ञा वाले प्राणियों का प्राण कहते हैं ।

निःसन्देह जठराग्नि की स्थिति अन्नपान रूपी ईंधन वाली है । यह अन्नपान उक्तानुसार ठीक प्रकार से सेवन करने पर मन, सत्त्व को ऊर्जा प्रदान करता है तथा यह शरीर के धातु संगत

बल, वर्ण एवं इन्द्रियों का प्रसादन करता है व विपरीत विधि से सेवन करने से अन्नपान अहित का कारण होता है ।

चरक में वर्ण संग्रह के अनुसार विस्तृत रूप से १२ वर्गों में आहार द्रव्यों का वर्णन किया है और इसी क्रम में जठराग्नि पर प्रकाश डालते हुए चरक ने कहा है कि बल, आरोग्य और आयु व प्राण ये सभी जठराग्नि में प्रतिष्ठित हैं और अन्नपान रूपी ईंधन न मिलने से यह शांत हो जाती है । आहार का वर्णन प्रत्येक ऋतु के अनुसार, विभिन्न आयुर्वेद शास्त्रों में ऋतुचर्या के संदर्भ में वर्णित है । प्रत्येक ऋतु में दोषों के संचय, प्रकोप तथा प्रशमन के आधार पर आहार ग्रहण करने का विधान है । स्वास्थ्य संरक्षण की दिशा में आचार्य ने विपरीत गुण वाले स्वाद्य पदार्थ “विरुद्धाहार” का विस्तृत वर्णन किया है । यह आहार परस्पर गुण विरुद्ध हो कर दोषों को उभार कर बाहर नहीं निकालते और शरीर में सप्त धातुओं को दूषित कर विभिन्न असाध्य रोगों की उत्पत्ति करते हैं ।

उपसंहार में, मैं चरक के इन वाक्यों के साथ सार रूप में कहूँगा -

“दिवसे दिवसे ब्रह्म जपत्यथ ददाति च । नरं निःश्रेयस युक्तं सत्यं पानभोजने ॥

भजन्ते नामयाः केचिद्वाविनोऽप्यन्तरादुते ॥

षट्त्रिंशत् सहस्राणि रात्रीणां हितभोजनः ॥

जीवत्यनातुरो जन्तुर्जितात्मा संमतः सताम् ॥” (च.सू. २७/३४७)

अर्थात् हितकारी अन्नपान आहार-विहार का सेवन करने वाला जितेन्द्रिय व अनातुर सज्जन, पुरुषों द्वारा प्रशंसित होते हुए ३६००० रात्रि अर्थात् १०० वर्ष तक जीवित रहता है ।

मनुस्मृति में भी कहा है “ अन्नं ब्रह्म इत्युपासीत् ॥” अन्न ब्रह्म है अतः इस से उपासना के साथ ग्रहण करना चाहिए ।



RASHTRIYA AYURVEDA VIDYAPEETH

ACTIVITIES OF RAV AT GLANCE

RS MP Rakesh Sinha inaugurates Hindi Pakhwada at RAV

Rashtriya Ayurveda Vidyapeeth(RAV) celebrated the Hindi Pakhwada in a grand manner. Hon'ble Prof. RakeshSinhaji, Member of Parliament RajyaSabha was the chief guest inaugurated and the Pakhwada, which was attended by large number of people. Addressing the gathering ShriSinhaji spoke about how Hindi was helping in connecting the entire country.Speaking on the occasion, DrAnupam, Director RAV said that there is need to promote and propagating the use of Hindi in all facet of day to day life. Hindi should be respected as mother and other languages equally as maternal aunts.RAV hosted a number of programmes for its staff to celebrate the Pakhwada. The event was attended by DrBharti, Director CARI, D Achyut Kumar Tripathi, DrShakshi Sharma and DrSeema who presented a beautiful poem in Hindi and other dignitaries present.



Hindi Diwas: RAV dedicates Wednesday to Hindi

As a mark of respect to our RashtraBhasha Hindi, DrAnupam, Director of RAV, dedicated Wednesday to Hindi. He instructed the employees of the organization to carry all official works in Hindi language on Wednesday. He said that Hindi is a language that connects the people of the country and by dedicating one day to Hindi we are serving our motherland.Hindi is a bond that gives a sense of pride and we should spread it as much as possible, he added.

RAV plays important role in AYUSH Covid-19 Helpline 14443

The Ministry of Ayush through RAV started a dedicated community support helpline -- 14443 -- to provide AYUSH-based approaches and solutions raised by Covid-19. RAV is playing an important role in coordinating with the training processes of nodal officers and volunteers to address queries of general masses pertaining to pre/post Covid-19 management.RAV has convened more than 10 consecutive meetings regarding coordination with AYUSH institutions, making roadmap, setting up with Step-One for developing IVR call system and others. RAV has taken several steps to promote the toll-free helpline by placing banners, dialogue with AYUSH KAMEEYA among others. As of now 1,32,220 calls have been received on the helpline.



New initiative; RAV becomes Accreditation agency for non regulated courses

Sky is the not the limit for RAV since the Ministry of Ayush has notified the organization as an accreditation agency for those courses which are not covered by IMCC Act, 1970 and other regulated in the country. The scheme's operational guidelines and subject-wise standard course curriculum, has been prepared and approved by the Ministry. The scheme is ready for launch.

Amrit Mahotsav: Ayurveda prophylactic medicines distributed by RAV

RAV is celebrating AmritMahotsav – India @75 in a grand manner by carrying out several programmes such as distributing Ayurveda medicines, webinars, essay competition, painting competition and other public-centric activities. A team of Ayurveda experts was deputed by RAV for distributing Ayurveda prophylactic medicines such as Guduchi Ghana Vati / Sanshamni Vati to the people free of cost. The doctors visited several places of Delhi like Rohini, Janakpuri, Dwarka, Shakurpur Basti, Shadipur, Nangloietc. and educated the people about the benefits of these immunity booster medicines through health camps, lectures, pamphlets and banners. The week-long programme, from August 30 to September 5 was a hit among the people. An online creative writing competition on "India@75" was organized in which more than 60 students participated. RAV gurus all over the country are conducting seminars and camps in promotion of Ayurveda.



RAV marks Poshan Maah with webinar, competitions, promotional activities



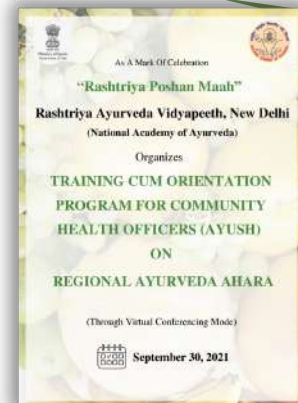
RAV enthusiastically associated itself in the Rashtriya Poshan Maah 2021, celebrations by organizing a webinar talk series by experts from different parts of the country on Poshan or nutrition. Experts such as Dr JLN Sastry from Dabur India Limited Delhi, Dr Vijay Kumar Dwivedi Swasthavritta & Yoga, NEIAH, Shillong and Dr Mayank Srivastava, Uttarakhand Ayurveda University, Dehradun also deliberated on the subject. An online painting competition was also organized in which more than 100 students from across the country participated. Moreover, videos were also made and shared on youtube and other social media platforms of RAV.

RASHTRIYA AYURVEDA VIDYAPEETH

ACTIVITIES OF RAV AT GLANCE

RAV holds training programme for CHOs on Ayurveda Aahar

In line with the celebrations of “Rashtriya PoshanMaah 2021” by the Ministry of AyushGol, RAV organised a training cum orientation programme for Community Health Officers (CHOs) of AYUSH pertaining to regional Ayurveda Aahar. This online programme was participated by thousands of participants. Through this conference, the officers were updated on regional Ayurveda food locally available in the region. This would help to address the prevailing conditions such as malnutrition in children, anemia among women and adolescents besides nutritional requirements during pregnancy, lactation and others. Renowned Ayurveda experts like Prof Mita Kotecha, NIA, Jaipur, Dr Mangla Gowri Rao from BHU, Dr G. Prabhakar Rao ESIC, Dr Anupam, RAV and Dr A. Raghu, Ayush Ministry spoke about the benefits of Ayurveda Aahar.



RAV practices five-minute Yoga Break at its office daily



RAV believes, promotes, practices and brings in having a stress-free work environment for its officials. Director of the organization, Dr Anupam Srivastava made it mandatory that at 1PM daily, all staff would practice five minutes yoga break. While giving this instruction, the Director stated that since officials have to sit for long hours in front of computers, this five minutes Yoga protocol would be a relaxing therapy. Notably, this five-minute protocol consists of Asanas, Pranayama and Dhyana and the app was launched by Hon'ble Union Minister of Ayush Shri Sarbananda Sonowalji.

ECHO India, RAV to ink MoU to enhance training programmes

To enhance its future training programmes and skill sessions, RAV is planning to join hands with ECHO India so that their platform can be used for pre planning training programmes. ECHO India is a non-profit organization providing capacity building support through tele mentoring platform to healthcare organizations across the country to both private and public sectors. This platform can also be used for RAV students and training of ANM and also roll out new guidelines, SOPs and other programme related activities. Both ECHO India and RAV would be signing a Memorandum of Understanding (MoU) shortly.



Gyan Ganga: RAV live streams tooth extraction by Jalandhara Bandha



RAV for the first time in its history, live streamed a tooth extraction demonstration using the ancient science procedure of “Jalandhara Bandha”. This painless procedure of time tested tooth extraction was performed by Vd. Jaysukh R Makwana of Rajkot in Gujarat, who is also an empanelled Guru of RAV, without using any anesthesia or medicine. This unimaginable, unique and painless tooth extraction by Jalandhara Bandha technique requires no anesthesia, no injection, no spray, no antibiotics and no analgesic. It is purely a combination of Yoga and Ayurvedic technique. This is one of the drugless therapies in Ayurveda like Marma Chikitsa, Agni Karma and etc. This would be very useful practice in patients who are allergic to analgesic and other pain killers. Vd. Makwana who had used this technique on more than three lakh people to extract tooth, said that it was a unique painless technique and a patient's tooth was removed without any injection or any medicine in few minutes. He acquired this skill from his Guru late Vd. Lab Shankar Shukla from Rajkot, who also happened to be a Guru of RAV. This demonstration was part of the RAV's weekly Webinar series Gyan Ganga-a knowledge voyage. During the demonstration, all Covid-19 protocols were adhered to besides keeping in view all hygienic conditions and aseptic precautions.

RASHTRIYA AYURVEDA VIDYAPEETH

CASE REPORT

ASHWAGANDHA

Botanical Name: Withania somnifera (L.) Dunal

Family: Solanaceae

Vernacular Names: Hindi: Asgandha; Sanskrit: Ashvakanda, Gandharvagandha, Turaga, Turagagandha, Vaajigandha; Kannada: Angarberu, Hiremaddinha-gida; Malayalam: Amukkuram; Telugu: Pennerugadda; Urdu: Asganda

Botanical Description: It is a perennial woody shrub, found in waste land, dried parts of India and cultivated in Madhya Pradesh and Rajasthan. It is an erect, evergreen shrub, up to 1 meter high, covered with stellate tomentum; Roots straight, un-branched, bears fibre-like secondary roots, whitish brown; Leaves simple ovate, glabrous, with long petiole; Flowers inconspicuous, in a cluster of 5 to 25, greenish-yellow, short-pedicellate 4-6 mm in diameter; Berries small, orange-red when mature, 5 mm in diameter, enclosed in the much enlarged inflated calyx; seeds many, discoid.

Parts Used: Leaves, stem, flower, root, seeds, bark and whole plant.

Nutrients: It is rich in Protein, Fat, Crude Fiber, Carbohydrate, Iron, Calcium, Carotene and Vitamin C. **Properties:** Rasa: Tikta, Kashya; Guna: Laghu; Virya: Ushna; Vipaka: Madhura; Karma: Balya, Vrishya, Rasayana, Vatakaphahara.

Chemical constituents: It contains alkaloids such as anahygrine, anaferine, tropine, isopelletierine etc, steroidal compounds or lactones such as withaferin A, withanolides A-y, withasomniferin-A, withasomidienone, withasomniferols A-C, withanone etc. It contains other constituents include saponins, amino acids such as proline, tyrosine, alanine, glycine, glutamic acid, cystine, tryptophan, and high amount of iron.

Uses: It is used for the management of Kshaya, Daurbalya, Vataroga, Sotha, Kalibya. It is also indicated in conditions such as Unmada, Trikshula, Janugraha, Kosthगतavata, Pakshaghata, Hridayagata Vata, Timira, Ama-vata, Kaphajashotha, Asthibhagna, Vandhya, Yoniroga, Rajah-dosha, Balagraha.

Therapeutic activity: The plant has also been widely studied for their various pharmacological activities like antioxidant, anxiolytic, adaptogen, memory enhancing, anti-parkinsonism, anti-venom, anti-inflammatory, anti-arthritis, antitumor properties. It also shows various other effects such as immunomodulation, hypo-lipidemic, cardio-protective, hepato-protective, antibacterial properties. The shows potential benefits in anxiety, cognitive and neurological disorders.

Latest researches: Various extracts and formulations of Ashwagandha suggests its extensive potential as neuroprotective in various brain disorders as per the various preclinical studies, clinical trials and published patents. A total of 45 Ayurveda trials were registered in CTRI (Clinical Trial Registry of India), out of the four major plant products under investigation, the role of Ashwagandha was assessed for the prevention of COVID-19. A total of three trials were registered for Ashwagandha in combination with other agents and one of the studies was on 5000 high-risk participants for COVID-19. One of the studies demonstrated that the withanolides (an alkaloid of Ashwagandha) when used with other therapeutic modalities, such as hydroxychloroquine and dexamethasone, can be utilized as a robust therapeutic regime for COVID-19 treatment.

RASHTRIYA AYURVEDA VIDYAPEETH

CASE REPORT

MANAGEMENT OF EALE'S DISEASE THROUGH AYURVEDA

Introduction

Eale's disease involves the mid-to-peripheral retina and is characterized by venous inflammation, vascular occlusion, and subsequent neovascularization. It is more predominant in males during the second decade of life, with a male-to-female ratio of 20:1 at a mean age of 29.95 years. Management is based on the stage of the disease and involves the administration of corticosteroids. Pan-retinal LASER photocoagulation is the mainstay at advanced stages of the disease, which have neovascularization as a key feature.

Case Presentation

A 38-year-old otherwise healthy individual presented with perception of wavy lines and black spots in his right eye (OD) since 2015. He approached his ophthalmologist for a routine ocular exam, whereupon he was diagnosed with Eale's disease. He underwent three rounds of pan-retinal LASER photocoagulation, which alleviated his symptoms. One week later, he was found to have bleeding in his retina, which resolved after a while. He noticed two black spots in his central field of vision OD after some time. He was prescribed Wysolone (30mg), which subsided the symptoms after usage for one month. Two weeks ago, he started experiencing more bleeding OD, which resulted in black spots in front of his eye, and perceiving wavy lines. He has not past history of major illnesses. His bowel, appetite, micturition, and sleep are all normal, and he is not inclined toward tobacco or alcohol. His cardiovascular, gastrointestinal, genitourinary, and central nervous systems all display normal findings, and his vital signs are within normal limits.

Local examination

Unaided distant visual acuity was LogMAR 0 in both eyes (OU) and near visual acuity was N6 OU. Anterior segment examination was within normal limits OU, as were responses to the direct and consensual pupillary reactions OU. Posterior segment examination showed vascular sheathing, optic disc neovascularization, and LASER burn scars OD and normal findings in the left eye (OS). (Figures 1 and 2) Laboratory investigations for probable inflammation (ESR, C-reactive protein, urea, ASO-titer, and RA-factor) were unremarkable.

Diagnosis

VatajaTimira(blurring of vision as per Vata) was considered based on the symptoms. In addition, the involvement of RaktaDhatu(blood tissue) was explored due to the neovascularization and vascular changes. Ama (undigested, toxic metabolites) was also explored due to the inflammatory status of the eye, though signs of Netra Amavastha⁵ such as pain, redness, swelling, pricking, throbbing, and lacrimation were not observed.

Treatment protocol adopted

The patient underwent a 15-day Ayurvedic inpatient treatment protocol consisting of oral medicines (Table 1), NetraKriyakalpa (local ophthalmic therapies) (Table 2) and treatments for the head (Table 2). A general Pathya-Apathya (dos and don'ts) consisting of including more leafy greens, carrots, and green gram to the diet, maintenance of mental tranquility, and abstinence from emotional outbursts and direct exposure to sunlight, wind, smoke, and dust, was prescribed along with the treatments. The same regimen was prescribed at discharge as well.

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CASE REPORT

TABLE 1: ORAL MEDICINES

Medicine	Dose	Anupana	Duration
<i>GuducyadiKvatha</i>	60mL	<i>SukhoshnaJala</i>	❖ 21 days (Inpatient)
<i>SamirapancakamKvatha</i>		<i>GuducyadiKvatha</i>	
<i>DrakshadiKvatha</i>	60mL	<i>SukhoshnaJala</i>	❖ 2 months (Discharge)
<i>DhatakyadiVati</i>	1 tablet	<i>SukhoshnaJala</i>	❖ 21 days (Inpatient)
		<i>SukhoshnaJala</i>	❖ 2 months (Discharge)
<i>Vasa SreeTablet</i>	1 tablet	<i>SukhoshnaJala</i>	❖ 21 days (Inpatient) ❖ 2 months (Discharge)
<i>MahanilaGhrta</i>	5g	<i>SukhoshnaJala</i>	❖ 21 days (Inpatient)
<i>Chiniumco</i>	1 tablet	<i>SukhoshnaJala</i>	❖ 2 months (Discharge)
<i>VaraCurna</i>	5g	<i>SukhoshnaJala</i>	❖ 2 months (Discharge)
<i>KumariSvarasa</i>	30mL	<i>SukhoshnaJala</i>	❖ 2 months (Discharge)

TABLE 2: EXTERNAL INPATIENT AND DISCHARGE THERAPIES

Treatment	Medicine	Time	Duration
Ascyotana: ❖ The patient lies supine and a drop of the medicine is instilled into the eye at the inner canthus.	<i>Netramrtam</i>	Morning and Evening	❖ 12 days (Inpatient) ❖ 2 months (Discharge) ❖ 2 months (Follow-up)
Anjana: ❖ The medicine was applied on both sides of a <i>Salaka</i> and applied to the lower bulbar conjunctiva from the inner canthus to the outer canthus.	<i>JatiMukuladiVarti</i> with honey	Morning	❖ 5 days (Inpatient)
MutiSeka: ❖ The lukewarm medicine was squeezed from a bolus over her closed eyes.	<i>Dronapushpi Kalka</i> boiled in <i>YashtimadhuKshira</i>	Morning	❖ 9 days (Inpatient)
Bidalaka: ❖ The paste was applied to the eyelids while obviating the eyelashes.	<i>Draksha, Yashtimadhu, Kamala Patramixed in TriphalaKvatha</i>	Morning	❖ 7 days (Inpatient)
NetraPicu: ❖ The paste was applied over a cotton gauze and kept over the right eye for one hour.	<i>YashtiLodhraKshiraKvatha</i>	Morning and Evening	❖ 9 days (Inpatient)
Takradhara: ❖ The medicated buttermilk was poured over the head in a thin stream with the patient lying supine.	<i>MustamalakiKvatha</i> and <i>GuducyadiKvatha</i>	Morning	❖ 3 days (Inpatient)
Siroveshtana: ❖ A paste was applied to one side of a Cora cloth. This was applied to the head in such a way that one end of the cloth was tied over one side of the ear and the other end was wrapped around the head so that it anchored on the other ear.	<i>Lodhra, Bibhitaka, Yashti, and Lakshain Vasa GuducyadiKvatha</i>	Morning	❖ 10 days (Inpatient)
	<i>Vasa LakshadiCurna andLodhraCurnain Vasa GuducyadiKvatha</i>		❖ 9 days (Inpatient)
Lepa: ❖ The paste was applied over the forehead.	<i>LakshaCurna, YashtimadhuCurna</i>	Morning	❖ 22 days (Inpatient)

TABLE 3: TIME LINE OF EVENTS

❖ Date	❖ Event
❖ 2015 - 2018	❖ Patient experiences wavy lines and black spots OD ❖ Gets diagnosed with Eale's disease on a routine ophthalmic exam ❖ Undergoes three rounds of LASER photocoagulation; symptoms disappear ❖ Bleeding occurs after one week, which disappears by itself ❖ Soon afterwards, sees two black spots in front of his right eye; he is administered Wysolone steroid (30mg) for one month
❖ 2020	❖ Bleeding occurs again in his right eye along with wavy lines and black spots in front of the right eye.
❖ May 5th, 2020	❖ Consults at Sreedhareeyam Eye Hospital ❖ Unaided DVA: LogMAR 0 OU ❖ NVA: N6 OU ❖ Anterior Segment: Within normal limits OU ❖ Posterior Segment Examination: Vascular sheathing and neovascularization disc OD, normal findings OS ❖ <i>GuducyadiKvatha, SamirapancakamKvatha, DhatakyadiVati, Vasa Sree, and MahanilaGhrta</i> are administered and continued till discharge. ❖ <i>Ascyotana, Anjana, and Siroveshtanamis</i> started.
❖ May 6th, 2020	❖ <i>NetraDhara</i> and <i>Lepa</i> are started
❖ May 13th, 2020	❖ <i>Bidalaka</i> is started
❖ May 16th, 2020	❖ <i>Siroveshtanamis</i> stopped.
❖ May 20th, 2020	❖ <i>Lepa</i> and <i>Bidalaka</i> are stopped.
❖ May 21st, 2020	❖ <i>Takradhara</i> and <i>NetraPicu</i> are started.
❖ May 29th, 2020	❖ All treatments and medicines are stopped. Patient is discharged.
❖ June 8th, 2020	❖ Nine-Quadrant Fundus Photography: Reduction of sheathing and neovascularization

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CASE REPORT

Results:

Outcomes were assessed by fundus photography. The patient was discharged on May 29th, 2020 and subsequent nine-quadrant fundus photography demonstrated reduction in both sheathing and neovascularization.

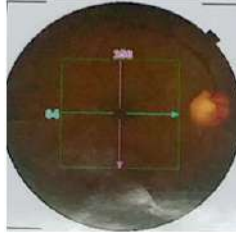


Fig 1: Posterior segment examination OD at Admission

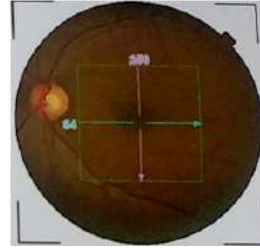


Fig 2: Posterior segment examination OS at Admission

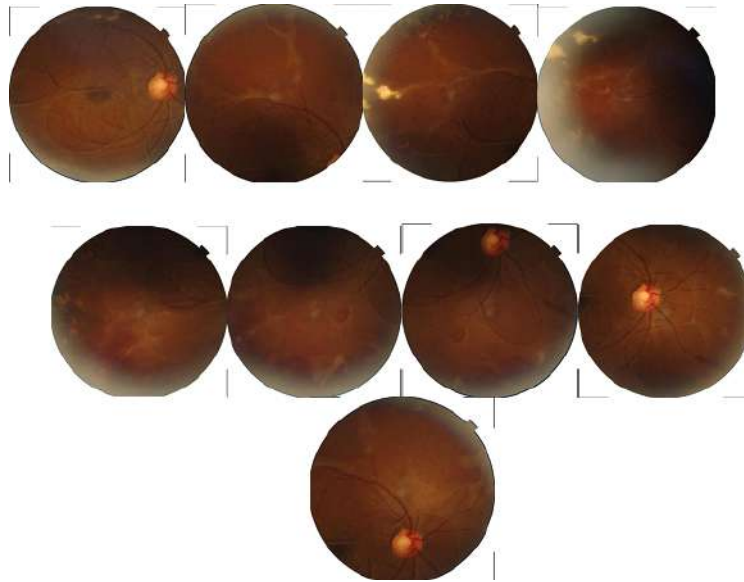


Fig 3: Nine-quadrant fundus photography OD at the Follow-up Consultation

Discussion:

The therapeutic protocol was designed to combat inflammation and restore retinal physiology. The oral medicines prescribed during treatment were instrumental for RaktaPrasadana (purifying blood) along with use of GuducyadiKvatha for AmaPacana and increasing Agni. The NetraKriyakalpas were instrumental in delivery of the proper nutrients to the retina and neutralizing the pathological activity in the tissue. MutiSeka, Bidalaka, and NetraPichu stimulated vasodilation, expelled peripheral toxins from the eye, and irrigated the obstructive areas of the eye. These three treatments opened the eye for further absorption of essential elements. Anjana was done toward the end of therapy to reduce Kapha from the eyes. The treatments for the head were instrumental in bringing down any pathology in the retina by letting the essential elements of the medicines absorb through the layers of the scalp and reach the target tissue.

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RASHTRIYA AYURVEDA VIDYAPEETH

NEWS FROM STATES

ITRA celebrates CharakaJayanti

The Department of Basic Principles under the Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar organized an event to celebrate CharakaJayanti in 13th August, 2021. On the occasion a National webinar on “CharakaSamhita – Principles to Practice “ was organized. Besides, various activities like Shastra Puja and SamhitaPathanwere organized in the department. Director of the organization, DrAnupThakarand other faculty members participated in the event.

SRRI sets up Breastfeeding Cabin at its OPD premises

The Siddha Regional Research Institute (SRRI), Puducherry, and Pondicherry Rotary Midtown jointly inaugurated a Breastfeeding Cabin on 6th August 2021 in the Out Patient Department (OPD) premises of the institute. It was organised as a part of the World Breastfeeding Week celebration. This facility would help to encourage lactating mothers to breastfeed their babies in a safe and secure environment. An awareness lecture on the topic, “Breastfeeding - Nature’s Elixir” was also delivered by Dr K. Sivaranjani Research Officer (Siddha), Siddha Clinical Research Unit, Palayamkottai. A Siddha Medical Camp was jointly organised by Siddha Clinical Research Unit, Bengaluru and Rotary Club of Ulsoor at CudaapaSwamy Mutt, Bengaluru on 8th August 2021. A team from Siddha Clinical Research Unit attended the camp.

Doon University celebrates Azadika Amrit Mahotsav

As a part of Azadika Amrit Mahotsav celebrations, Doon University conducted a workshop on the New Education Policy. Speaking on the occasion, Chancellor of University DrSurekhaDangwal said that we need to connect education with society and it’s time to give research a serious thought. She said that both the public and private organisations need to work together to take the education sector to a higher level. Chancellor of Uttarakhand Ayurveda University Prof. SunilKumar Joshi said that the whole world is eagerly waiting to know about Ayurveda given by India and also benefit from it. He said UttarakhandAyurveda University is committed to conduct research in Hindi.

NIH Kolkata celebrates 75th Independence Day with fitness slogan

The National Institute of Homoeopathy, Kolkata, which is an autonomous organization, under the Ministry of Ayushcelebrated the 75th Independence Day with great enthusiasm and spirit following all Covidprotocols.On August 13th, the Institute also organized “Fit India Freedom Run” to promote healthy living. The event was flagged off by renowned ShriAsimGanguly, recipient of KridaGuru Award from West Bengal Government. Former National and State Hockey coach, students and faculty members enthusiastically participated in the run to spread the message of fitness in the locality through the slogan of “Fitness ki Dose AdhaGhantaRoz”.

