Amma’s Message

“There is wisdom in us. However, we are not able to put it into practice, we have to turn knowledge into actions – only then it will be beneficial.”

- Amma
Samavarthanam – 2015

The graduation ceremony of the 6th batch (2009-2015) of Bachelor of Ayurvedic Medicine and Surgery students of Amrita School of Ayurveda was held on Amritapuri campus on 28th April-2015. The function was titled as “Samavarthanam – 2015”.

The Occasion began with the welcoming of guests by Prof. Vasudevan Nampoothiri, Principal, Amrita School of Ayurveda, Br. Sankara Chaitanya, Medical Director, delivered the presidential address and welcomed the gathering.

Charaka’s Oath (Pratigna) was taken by all the graduating students which reminded them the ethics in Ayurveda practice and about their duties toward the humanity.

Padmashri Prof. Darshan Shanker, Vice-Chancellor of Trans-disciplinary University, Bangalore and Mr. Rajiv Vasudevan, founder and CEO, Ayurved Hospital, Bangalore were the special guests for this function. While addressing the newly graduated students Prof. Darshan Shankar, urged them to stay up to date with the latest advancements in the field of health care. He also emphasized about the need of integrated approach of medical sciences to combat the present medical crises.

Amrita Life, the Pharmaceutical venture of Mata Amritanandamayi Math gave cash prizes to the rank holders from the graduating batch.

Total Fifty five students graduated this year. At the end of function Prof. R N Tripathy, Vice-Principal, Amrita School of Ayurveda, proposed a vote of thanks.
MUDGENDARI
[GREEN GRAM IDLI]

INGREDIENTS:
(For preparation of 8 Idlis)
1. Green gram flour – 2 cup
2. Asafoetida powder – 2 pinch
3. Cumin seeds – 1 teaspoon
4. Wet ginger [chopped] – 2 teaspoon

PREPARATION:
Mix well all the ingredients and add half glass luke warm water mixed with sufficient salt and soak the ingredients. Then make it in a ball form and these balls kept in the idly cooker and allow it to boil for 15 minutes.

BENEFITS:
Stimulates digestive power, easily digestible, cold, and alleviate Doshas.

REF: Kshemakutuhalam 9/20

Dr. Soumya J
2nd year P.G scholar
Dept: of Swasthavritta

BEST EMERGING PLAYER AWARD
Vishnu M Varma of 2014 batch bagged the Best Emerging Player Award in the 15th PK Rajan memorial All Kerala inter Ayurveda football tournament held at Tripunithura from April 6 to April 10.

PRIZE IN NATIONAL SEMINAR
In a National Seminar “JIJNASA -2015” conducted at Kanakakunnu Palace, TVM on April 10th-12th, Dr. Rajalekshmy .P.R from Department of Swasthavritta, won 1st prize in the poster presentation competition.

PhD AWARDED
Dr. Anandaraman P.V., Associate Prof., Post Graduate Department of Panchakarma, has been awarded with Doctor of philosophy (PhD) in Panchakarma from Dr. Sarvapalli Radhakrishnan Rajasthan Ayurveda University (DSRRAU) on the Topic titled “Effect of Charakoktha Shodhana of Madana Phala in Vamana”.
TALENTS - REWARDED AT RAGAM FEST, NIT CALICUT

Students of Amrita School of Ayurveda won various prizes at the annual cultural fest of NIT Calicut, Ragam 2015 held from March 26 to 29, 2015.

* Bharadwaj, 1st year BAMS (2014 batch) won second prize in Classical Music Solo (Music category) and received cash prize of INR Rs.3,000.
* Prathibha G., 1st year BAMS (2014 batch) won first prize in Cartooning (Fine Arts category) and received a cash prize of INR Rs.2000. She also won 3rd prize in Collage (Fine Arts category) and received a cash prize of INR Rs.600 along with other team mates from Amrita School of Engineering.
* Roshni R. and Aarsha Maria Joseph 1st year BAMS (2014 batch) won first prize in Face Painting (Fine Arts category) and received a cash prize of INR Rs.1,500.
* Dhanya and Aishwarya final year BAMS (2011 batch) won third prize in Face Painting (Fine Arts category) and received a cash prize of INR Rs.600.
* Aarsha Maria Joseph and Thara Raj 1st year BAMS (2014 batch) won third first prize in Mehendi (Fine Arts category) and received a cash prize of INR Rs.400.
SCIENTIFIC EVIDENCE FOR EFFICACY OF PRAYER

Prayer is “any personal, impersonal or transpersonal way to express communion with the sacred.” Prayer is a universal religious phenomenon because it stems from the natural human disposition to give expression to thoughts and emotions. As man naturally communicates by speech with his fellows, he instinctively addresses the supernatural powers of his belief through the same medium. Prayer is a natural and necessary outcome of belief in God.

Ayurveda contains aspects of spirituality and science at the same time, and here, spirituality is seen as a very important aspect, which also influences the daily life of therapists and patients. The main treatment modalities of Ayurveda include Daivavyapasarhary and Satvavayaka Chikitsa where spiritual practices including prayers have an important role in healing of the patients. Now, enough scientific evidences are available to prove the efficacy of prayers in maintenance of health and also in recovering from the illness.

Prayer may be silent or spoken out loud and can be done alone in any setting or in groups (as in a church, temple, or mosque).

Clinical studies have demonstrated that people who pray are:

* Less likely to get sick
* Better able to cope mentally and emotionally with their illness
* More likely to recover from surgery and illness

Also, evidence exists for the power of prayer to maintain and improve the function of the immune system. In addition, many recent studies have shown that patients with serious diseases who were offered prayers, by others actually heal better and faster than those who were not offered prayed, by others. Praying for the healing of others is a form of an alternative medicine known as "distance healing." In prayer by others (termed intercessory prayer), attitudes of prayerfulness and holiness and feelings of empathy, caring, and compassion encourage healing.

As with other alternative medicine approaches, prayer can help us empower our minds with positive energy, aid in the body's recovery and improve the quality of life.

Sources:

आचार्य उवाच

आत्मानेव मन्येत कर्तौरेः सुखः:खयो: ।
तस्माच्छे यस्करे मार्ग गतिपरं भो त्रसेत ।। (च.नि. ७/२२)

One should regard his very self as the author of his pain and pleasure. Accordingly he should search out what is good for him and follow the righteous path and not allow himself to be fear-stricken.
HOME REMEDY

AAROAKA - SHUNTHI

* Equal quantity of ginger juice, lemon juice and rock salt can be taken before meals to relieve indigestion. (BPN - Hareetakyadi / 50)
* Powdered dry ginger along with Yavakshara is effective in gouty arthritis. (Chakradatta 6/3)
* Shunthi choorna mixed with ghee or hot water is a good remedy in indigestion. (Chakradatta 6/83)
* In Kaphaja arshas, Aadraka is used along with Kulattha. (Su. Chi. 6/16)
* Aadraka swarasa is used with hot milk in Pratishyaya. (Su. Ut. 24)
* Aadraka swarasa with purana guda is useful in Sheethapittha. (BPN. Chi. 55/11)
* Shunthi choorna with equal quantity of Hareetaki choorna has to be taken with jaggery or Saindhava in Agnimandhya (BPN. Chi. 6/34)
* Equal quantity of Shunthi and jaggery with decoction of Punarnava is beneficial in Sopha. (A.H. Chi 17/6)
* Decoction of Shunthi and Bilwa is useful in Diarrhoea and vomiting. (BPN. Chi. 6/112)
* Decoction of Shunthi and Gokshura is very effective in Katishoola. (Vrindamadhava).
* Aadrakaswarasa mixed with honey relieves Kasa, Shwasa. (BP. Chi. 14/31)

Dept. of Dravya Guna Vignana
Amrita School of Ayurveda

Medical Camps Conducted In APRIL 2015

Students and faculty of Amrita School of Ayurveda were among the organiser of a mega camp held at Mata Amritanandamayi Matha, Madurai on 12th April-2015. The camp started with Vedic Homam and Bhajans and more than 500 patients were examined and distributed free medications.
An Ayurvedic medical camp was organised in Ambilethu by Amrita School of Ayurveda in association with Rashtriya Swayamsevak Sangh on 19th April, 2015. It was inaugurated by Dr. Muralidharan, Chief physician, Amrita School of Ayurveda and a total number of 247 patients were examined in seven outpatient specialities. Dr James Chacko, Dr Anushree, Dr Delvin, Dr Emy Surendran, Dr Shivabalaji, Dr Rajeshwari and Dr Vineeth were taking care of the patients.

CAMPUS SELECTION

1. AyurVAID: Hospital, conducted a campus selection on 23rd March 2015. Five candidates appeared for the interview. The selection process was undertaken by Dr. Anil Kaimal and Jagadish Kumar at Amrita School of Ayurveda. The following candidates were selected for the post of Ayurvedic Medical officer:
   (i) Dr. Harsha U Nair
   (ii) Dr. Revathy K S
   (iii) Dr. Surya Ravindran Pillai

2. Punarnava Ayurveda Hospital conducted an interview at Ernakulam 20th March 2015 and Dr. Akhila Oommen from Amrita School of Ayurveda got selected in this for the post of RMO.

FACULTY PUBLICATIONS

Dr. Akhilesh Shukla, Asst. Prof., Dept. of Ayurveda Samhita & Siddhanta, published a review article entitled “Significance of Adharaniya Vega (Non suppressible natural urges) for Health” in Ayurveda Journal of Health, VOL. XIII, ISSUE 2, SPRING 2015. ISSN 2372-1804.

DELIVERED GUEST LECTURE

Dr. Leena P. Nair, Asst. Prof., Dept. of Ayurveda Samhita & Siddhanta, delivered a speech on ‘Importance of Moral values’ during the inaugural session of ‘Tatvamasi’ Balasamajam at Karimuttom, Kayamkulam on 11th April 2015.
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