



AMRITAVABODHINI

Monthly Newsletter of Amrita School of Ayurveda March 2015 Volume 1 Issue 2



Amma's Message

"Learning grows through sincere and unbiased inquiry"

- Amma



Amrita Prajnanam Seminar

Amrita School of Ayurveda organised two-day National Seminar on neurodegenerative diseases (NDD) – Prajnanam 2015 on 27th and 28th Feb. Seminar was started with Ganapathihomam and Veda Ghosham in the morning. Mata Amritanandamayi Math general Secretary Purnamritananda Puri inaugurated the event. Medical director of the school, Br.Sankara Chaitanya delivered the welcome speech. The seminar, being held as part of the decennial celebrations of Amrita School of Ayurveda explores the potentials and possibilities of Ayurveda in the control and cure of various neurodegenerative diseases such as Amyotrophic lateral sclerosis (ALS), Parkinsonism, Alzheimer's disease etc. 'Sodhaneeya Siddhi', a book written by Dr Anantharam Sharma and his wife Dr Prathibha Sharma was released by Swami Purnamritananda Puri. The book is a practical guideline to doctors on the Panchakarma therapies in Ayurveda. Amritavabodhini, the monthly newsletter of Amrita School of Ayurveda was also released on this occasion. During the scientific session, Dr. Gireesh, DM Neurologist, MCh, Chennai, delivered lecture on comprehensive approach to Neuro Degenerative Disorders. Dr. Ram Manohar, Dr. Gopa Kumar, Dr. Prasanth A.S., Dr. Sajitha and many other experts of Ayurveda gave lectures on Ayurvedic aspect of Neuro Degenerative Disorders and shared their clinical experiences during the seminar. More than 300 scientific papers were received by the Prajnanam scientific committee and after blind peer reviewing process a total of 30 papers were selected for oral presentation. The papers were presented in two parallel sessions (Preventive and Curative) having 15 papers in each. 50 papers were selected for Poster Presentation. The best Paper both in preventive and curative aspect and the best Poster were awarded with Cash Prize money along with appreciation certificate. A total of 60000/-Rs were distributed as cash prize for various events.



Winners of various events are as follows:

Ashtanga Hrudayam Vata Vyadhi Chikitsa Parayanam

1st. Dr Anoop, House surgeon, Amrita School of Ayurveda

2nd. Dr Geethika, House surgeon, Amrita School of Ayurveda



Essay Writing Competition

1st. Dr Saurabh Verma, PG Scholar, SDM Ayurvedic College, Udupi

2nd. Dr Praveen Kumar K.S, PG Scholar, Govt. Ayurveda College, Trivandrum



Poster Presentation

- 1st. Dr D Rekha, PG Scholar, SV Ayurvedic College, Tirupati
2nd. Dr Sai Krishna , PG Scholar, SV Ayurvedic College, Tirupati



Paper Presentation (Curative Aspects)

- 1st Dr. Nithin Krishnan PG Scholar, SDM Ayurvedic College, Hassan
2nd Dr Indu PG Scholar, Govt. Ayurveda College, Thripunithura



Paper Presentation (Preventive Aspects)

- 1st Dr. Harita Chandran PG Scholar, SDM Ayurvedic College, Hassan
2nd Dr Devi Priya S, PG Scholar, Govt. Ayurveda College, Trivandrum



Jijnasa Parishad - An informal question answer session where delegates can ask questions with the peers in the field was organised in the eve of the 1st day. Students of Amrita performed cultural programmes at the end of the day, for the entertainment of the guests.

Day 2nd was started with Dhanwanthari Homam and Bhajans. On 28th evening seminar ended with Valedictory function with the gracious presence of Dr Sivadasan, DAME Govt. of Kerala and many others dignitaries.

Over 800 delegates from many leading national health universities in the country are attended this seminar. The seminar was a great success with the overwhelming response and participation of 14 postgraduate institutions and 11 undergraduate institutions throughout the country.

SCIENTIFIC EVIDENCES ABOUT THE EXISTENCE OF SOUL

Sources of evidence including scriptural which serve as an instrument for knowledge of various kinds have enough information about the existence of Soul. In Charaka Samhita Maharshi Punarvasu Atreya has explained Atma (soul) as the cause of Chaitanya (consciousness) and it is the Sakshi or witness or non participant observer of all the activities. If the Purusha or Soul were not there, knowledge, ignorance, truth or falsehood, the Vedas, good or bad action, the agent of Action and the agent of knowledge could not exist. If Purusha is not recognized as a cause, the above would be left without a cause. There would be neither consciousness, nor there would be any utility of theirs. Again a simile is given to prove the existence of Purusha as a Karta and Karana- Can a pitcher be constructed in spite of presence of the earth, rod, wheel etc., if there is no potter? Can a house be constructed in spite of the earth, straw, beams etc. if there is no mason? If not, how can this living body be created just by virtue of the combination of different sense organs without a conscious agent? So it is only an ignorant person devoid of rational outlook and scriptural knowledge who can make such statements.

Modern Psychiatrists and Psychologists have done enough research work for a number of years about the existence of soul and their research work is firmly grounded in the method of modern science. Some of them have done research by interviewing hundreds of cases of persons who were declared 'clinically dead' but who returned to life after resuscitation etc. Others have done research on hundreds of persons by use of the method called 'Hypnotic regression'. Some others have done research by interviewing hundreds of small children who told stories of their past life. All these researches corroborate the belief in the existence of 'Soul' or the conscious element which is immortal and which takes another after relinquishing one body.

Evidence from research on 'THE CLINICALLY DEAD'

Dr. Raymond A. Moody, Jr. has done pioneering work in this field. After obtaining his doctorate in Philosophy, he did research on three kinds of person 1. Those who were resuscitated after having been thought, adjudged or pronounced clinically dead by their doctors. 2. Those who, in the case of accidents or severe injury or illness, came very close to physical death and 3. Those who, as they died, told their experiences to other people who were present and these, later, reported to death experience to him. Dr. Moody studied 150 such cases. He constructed a model of experience of death, for he found that there were remarkable similarities in all these cases. He has described this in book 'Life-After-Life'.

Hypnotic Regression

Another area of research that gives evidence about the existence of soul is Hypnotic Regression. Dr. Hellen Wambach, Ph.D., has done extensive research work on the experience of rebirth and past lives through this method. Dr. Wembach took hundreds of people back through numerous past lives. About 1100 people had volunteered for these experiments. She hypnotized many people in groups also and took them back in time as to lives prior to the birth and period of Christ. The Hypnotized subjects gave experiences of their past lives relating to the ancient civilization, such as the Indus Valley, Greece, Mesopotamia, etc. She has published these in her books, 'Reliving Past Lives'. She verified record of those periods and found that, out of 1088 data sheets built from these experiences, only 11 had discrepancies.



Documented Proof of Reincarnation

When a child reports information in a regression using the vocabulary of an adult or speaks in foreign languages that he or she has never been exposed to, we don't find any other explanation more plausible than reincarnation. Dr. Ian Stevenson who worked as a Chairman of neurology and psychiatry at the University of Virginia Medical School from 1957-1967, has done extensive work in the field of reincarnation. His book entitled 'Twenty Cases Suggestive of Reincarnation' deals with interviews of Children whose memories very strongly suggested reincarnation. Dr. Stevenson is recognized as one of the world's foremost authorities on reincarnation.

By looking to the all above facts we cannot explain these evidences unless we believe in the existence of Soul that survives after death of the body.

Sources:

1. Dr. Bruce Goldberg 'Past Lives Future Lives', By, Ballantine Books, New York, First Ballantine Books Edition 1988
2. Dr. Raymond A. Moody, Jr., 'Life After Life', Bantann Edition, Reprintd in 1977.
3. B.K.Jagdish Chander, 'Science and Spirituality', Printed at Om Shanti Press, Gyanamrita Bhavan, Shantivan, Abu Road.

[Editorial Board]

PAKASHALA VISYANDANA (Preparation for children)

Wheat flour preparation serving for 4 people

INGREDIENTS:

1. WHEAT FLOUR – 1cup
2. GHEE – 1cup
3. MILK – 1cup
4. SUGAR CANDY (If needed) – 1 cup

METHOD OF PREPARATION:

1 cup of raw wheat flour is fried with equal quantity of ghee in a pan till it gets a brownish tinge. Then 1cup of milk is added to it and stirred well to semisolid form. Collect in a separate bowl and serve hot.

For taste, sugar can be added only after the flour is cooked well. The dish can be garnished with grated cashews, almonds and raisins roasted in a teaspoon of ghee to improve its flavor.

This is a very good nourishing remedy especially for children told in Ayurvedic classical text Kaiyyadeva Nighantu.

Dr.Krishnapriya .K.L
1st year PG Scholar
Dept. of Rasashastra and BhaishajyaKalpana



HOME REMEDY

THERAPEUTIC ADMINISTRATION OF TULASI



Botanical name: Ocimum sanctum

Eng. Name- Holy Basil

1. Juice of Tulasi along with honey, internal administration cures cough. (Ch .Chi.18/117)
2. In scorpion poisoning the root of Tulasi is grinded into paste and applied at the site of bite. (S.Y. Vishachikitsa)
3. Juice of Tulasi along with powder of maricha (pepper) is advised for internal administration in Vishamajwara. (Sha. Sam 2/110)
4. In Netrabhishyanda juice of Tulasi mixed with honey should be used as collyrium. (G N 3/150)
5. In urticaria local application of Tulasi juice is an excellent remedy (Y. R. P.348)

Dr. Priyalatha. B
Asst. Prof.
Dept. of Dravya Guna Vignana
Amrita School of Ayurveda



आचार्य उवाच

शस्त्रं शास्त्राणि सलिलं गुणदोषप्रवृत्तये ।

पात्रापेक्षिण्यतः प्रज्ञां चिकित्सार्थं विशोधयेत् ॥ [च. सू. ९ / २०]

The merits and demerits of a weapon, scripture and water comes to light depends upon the one who holds them.

Shastra in the hands of a wise surgeon can save a patient's life while in the hands of a dacoit results in harm. Likewise, water stored in a contaminated vessel would be non-potable whereas, that stored in a golden vessel would have enhanced properties. In the same way, the scientific knowledge in the hands of a scientist would result in the development of the society. On the contrary, when in hands of a social offender, it would destroy the society.

So, a physician should always purify his intellect for the sake of giving proper treatment.



Medical Camps Conducted During the Year 2014-2015



Free Ayurvedic medical camp was organized at Manipuzha, Tiruvalla on 15th March 2015



As a part of International Women's Day on 8th March, the Dept of Prasuti Tantra and Stree Roga conducted general health awareness program at Varanapally Temple auditorium in association with Sevabharati. Information about commonly available herbs which are useful in general Gynaecological and Obstetrical problems were also given to nearly 60 people who had participated in the event.



Health awareness program for the adolescent group at NSS Higher Secondary School, Karuvatta was conducted on 23rd February 2015 by the Dept of Prasuti Tantra and Stree Roga. Nearly 300 girls studying in 7th, 8th and 9th classes were educated about the Normal anatomical and physiological changes during puberty, common problems in this age group, maintenance of hygiene, and sexual education.



A free medical camp has been conducted at Nooranad in association with lions club on 26th October, 2014 consulting 15 patients by the Department of Shalaky Tantra.



Nearly 300 students and 40 teachers had attended health awareness programme and students have been given free Eye and ENT check up, conducted at Amrita Vidyalayam, Pandalam on 20th October, 2014 by the Department of shalakya Tantra, Amrita School of Ayurveda.



Dravyaguna Department conducted awareness class on conservation of medicinal plants & distribution of karinochi seedlings (Karinochi project) on 17th Oct. 2014. Around 500 seedlings were distributed in the Kulasekharapuram panchayath.

In association with Ayur Raksha mission a medical camp was conducted on 11th and 12th October, 2014 at Alappuzha, consulting a total of 52 and 64 patients on the consecutive days of camp.



On 26th and 27th September 2014 a general medical camp was conducted at Amrita School of Engineering, Amritapuri, Kollam and a sum of 135 patients on the first day and 174 patients have been consulted on the second day of the camp.



A general medical camp was conducted at Nooranad in association with lions club on 30th august, 2014. A total of 245 patients have been consulted during the camp.



Balamritam medical camp organised between 19th may to 25th may, 2014 by Department of Kaumarabhrityam. Amrita School of Ayurveda had been very successful with a participation of 70 children.

A free paediatric medical camp was conducted at Amrita Ayurveda hospital by the department of Kaumarabhrityam on 6th may, 2014 and had been very successful in consulting 162 children.

A free paediatric medical camp was conducted at Amritapuri Ashram consulting 10 children by the Department of Kaumarabhrityam, Amrita School of Ayurveda on 30th March 2014.

A general medical camp was conducted at Thiruvalla on 15th march, 2014 in association with Rashtreeya swayam seva sangam. A total of 193 patients have been consulted and given free medications.

Department of Prasuti tanthra and Stree Roga, Amrita Ayurveda Hospital had conducted a health awareness programme for women, with a participation of 50 women on the occasion of women's day on 8th march 2014.

On 25th May, 2014, Department of Prasuti tanthra and Stree Roga conducted a free diagnostic camp at Pulthitta, Kollam. A total of 94 patients consulted in this camp.

The Salakya Tantra Dept is conducting free medical check-up on every Monday at Ashram from 1 - 3 PM. nearly 10 - 15 patients are treated every week.



Vamana Camp - 2015

Vamana or the therapeutic emesis is one of the main treatments for Kapha Dosha. Vasantha ritu is the Prakopa Kala of the Kapha Dosha. Vamana can be performed in Healthy individuals during Vasantha Ritu for the Curation and Prevention of Kapha predominant diseases. Post Graduate Department of Panchakarma has organized a Vamana Camp during the Vasantha Ritu of 2015 in the month of February and March. Almost 25 members registered for the Vamana Camp including our Faculty members and Students. Murchita Ghrita for Snehapana and Murchita Taila for Abhyanga were prepared by House surgeons and PG scholars with the help of Rasa Shastra and Bhaishajya Kalpana Department. This camp was very much helpful for the UG students, House surgeons and PG Scholars for attaining the theoretical knowledge as well as practical skill of Vamana.



Nominated Member for SAB, CCRAS



Dr. M. R. Vasudevan Nampoothiri, Principal Amrita School Of Ayurveda has been selected to SAB (Scientific Advisory Board) of central council for research in Ayurveda sciences, New Delhi for a period of 3 years.

Guest Lecture for Internees

A guest lecture was arranged for the internship batch students of the college on the topic 'Hridistha-makkenda Yogangal' (the yogas to be by hearted in Astanga Hridaya) on 26th March 2015 by Dr. Ramankutty Variyar, Chief Medical Officer at Valdyaratnam Ayurveda Foundation Hospital. The class dealt with the most important formulations which are in practice starting from Sutrasthana to Chikitsasthana of Asthanga Hridaya. The honorary guest also shared his practical experiences about many of these classical formulations. The lecture turned out into a great treasure and experience for the young upcoming doctors.



Attended Seminar

Director and Principal of Amrita School of Ayurveda were invited as panellist for the "NITHYA AYU" National Ayurvedic Conference at Shri Nithyananada Yogashram, Uppala (Kerala) on 22/03/15. Hon-ourable Central AYUSH Minister Mr. Sripada Nayak inaugurated the event. A special Chaturveda Samhita Yaga and Bruhat Gayatri Ghrutha Samprapthi Yaga were also planned between 22.03.15 to 29.03.15, under the guidance and presence of Shree Yogananda Saraswati Swamiji. More than 20 UG, PG students including staff of Amrita School of Ayurveda Amrita witnessed this holy occasion.



Director, Principal and students of Amrita School of Ayurveda during their visit for "NITHYA AYU" National Ayurvedic Conference.

Publications by Faculty

- Prof. Rabinarayan Tripathy, from the Dept. of Shalya Tantra published an article entitled "Preparation, Standardization & Clinical evaluation of Kshara Sutra" in the inaugural issue of the journal "Glitters of Ayurveda", Published by S.N. Institute of Ayurvedic Studies & Research, Puthur, Kerala, Vol.1, Issue.1. Jan.-Mar. 2015, Page 10-18
- Asst. Prof. K. Sivabalaji from the Dept of Shalakyta Tantra published a review article entitled "Role of Trikatu Thaila Nasya in the Management of Kaphaja Shirashoola w.s.r to Maxillary sinusitis in International Ayurvedic Medical Journal; volume 3; issue 1: February 2015, page 525-528, ISSN – 2320 5091
- Asst. Prof. K. Sivabalaji from the Dept of Shalakyta Tantra published a research article entitled "Clinical evaluation of efficacy of Mahatriphaladya Ghrita Tarpana in the Management of Dry Eye Syndrome (Shushakashi-paka) in International Ayurvedic Medical Journal; volume 3; issue 2: February 2015, page 330-335, ISSN – 2320 5091

Student Achievements

Dr. Krishnapriya. A of 2009 batch

- Awarded Ashtavaidyan E.T.Neelakandan Moss Memorial Award by Vaidyarathnam on 12th July, 2014 for securing highest mark in Kayachikitsa among the universities of Kerala.
- Secured Merit Award from Nagarjuna group on 9th February, 2015 for securing 1st Rank in 3rd Professional University Exams in the year 2013-2014.



Dr. Revathy.S.K of 2009 batch

- Secured 1st prize along with cash award for paper presentation titled Liver disorders and its Management at Tripunithara Ayurveda college, Kerala on 23rd July, 2015 on the occasion of paper presentation competition of the same.



Dr. Vijayalakshmi. R of 2009 batch

- Secured 3rd prize for paper presentation competition conducted on 14th December, 2014 at Kesavan Vaidyan memorial paper presentation competition held at Irinjalakuda.

Renjith.M of 2013 batch

- Consecutively won the title of Mr. Amritapuri during the year 2013-2014 and 2014-2015 respectively conducted at Amrita Vishwa Vidyapeetham, Amritapuri campus, Kollam.
- Also titled as Mr. Kollam Model Physique and Runner up of Mr. Kollam Athletic Physique conducted at T.M. Vargese Memorial Hall on 20th December 2014.
- 4th Runner up for the title Mr. Kerala 2014 – 2015 conducted on 25th January 2015 at Town square Hall, Kannur.







Drawing



नगरी नगरस्येव रथस्येव रथी यथा ।
स्वशरीरस्य मेधावी कृत्येष्ववहितो भवेत् ।। (च.सू. ५/१०३)



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