



AYURVED PRAKASH

PRAKASH INSTITUTE OF AYURVEDIC MEDICAL SCIENCES & RESEARCH

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SWINE FLU- AYURVEDIC APPROACH

Introduction:-

Swine influenza, also called pig influenza, swine flu, hog flu, pig flu, is an infection caused by any one of several types of swine influenza viruses.

Swine influenza virus (SIV) or swine-origin influenza virus (S-OIV) is any strain of the influenza family of viruses that is endemic in pigs. Influenza A (H1N1) virus is the subtype of influenza A virus that was most common cause of human influenza (flu) in 2009. Pandemic H1N1 2009 (Swine flu) virus was the virus of the year 2009 because it affected the lives of many people in this year.

Virus overview:-

It is an orthomyxovirus that contains the glycoprotein's- Haemagglutinin (H) and Neuraminidase (N). For this reason, they are described as H1N1, H1N2 etc depending on type of H or N antigens they express. The influenza virion is roughly spherical. It is an enveloped virus.

The outer layer is a lipid membrane which is taken from the host in which virus multiplies. Inserted into the lipid membranes are 'spikes' which are proteins that is HA and NA. The HA and NA are important for immune response against virus, an antibodies against these spikes may protect against infection.

Transmission :- (to humans)

People who work with poultry and swine, especially those with intense exposures are at increased risk of zoonotic infection with influenza virus. Other professions at risk of infection are veterinarians and meat processing workers.

Influenza spread between humans when infected people cough or sneeze, then other people breath in the virus or touch something with virus on it and then touch their own face.

In *Ayurveda*, it may be defined as *Aupsargika roga/Samsargaj roga* (communicable disease). The disease which are communicable due to history of contact with person who is affected. The different modes of disease transmission one person to another is mentioned as :-

- *Prasangaat* (sexual route)
- *Gatrasamsarsaat* (body contact)
- *Nihshwasaat* (Droplet infection)
- *Sahabhjanaat* (taking food with diseased person)
- *Sahashayyasanaat* (sitting or sleeping with infected person)

NOTICE BOARD

Prakash Institute of Ayurvedic Medical Sciences & Research

Organizes
One Day Seminar
On

**Life Style Disorders &
Ayurved**

Chief Guest:
Dr. K. S. Dhiman

Venue:
Prakash Institute, Pocket P2,
Omega 1, Builders Area,
Greater Noida
Date: 4th May 2019(Sat)
Time: 10:30 A.M. to 3:30 P.M.

- **Swarna Prashana on**
11th May 2019 (Sat)
07th June 2019(Fri)
4th July 2019(Thur)

Venue:
Prakash Institute of Ayurvedic Medical Sciences & Research,
Jhajhar, Rabupura Road,
Yamuna Express Way (NCR)

Signs and Symptoms :-

Its clinical signs and symptoms can be compared with *Abhinyasa Jwara*.

Table: Comparative symptoms of *Abhinayasa jwara* & Swine flu.

<i>Abhinyasa /Jwara</i>	Swine Flu
<i>Jwara</i>	Fever
<i>Kasa</i>	Coughing
<i>Shushka Kantha</i>	Sore throat
<i>Bhaktadweshi</i>	Anorexia/Nausea
<i>Pralap</i>	Delirium
<i>Shirorodanam</i>	Headache
<i>Chhardi- Atisaar</i>	Vomiting/ Diarrhoea
<i>Alpasangya</i>	Sudden Dizziness
<i>Nischetana</i>	Loss of consciousness
<i>Shwasanadi nigraha</i>	Difficulty in Breathing, shortness of breath

Management of Swine Flu :-

Swine flu (*Abhinyasa Jwara*) treatment follows *Sannipataja Jwara Chikitsa*.

Few preventive measures according to Ayurveda and Modern science:-

- Start practicing *Pranayam*, especially 'hot pranayam' like *Bhastrika* and *Kapalbhaati*. This will improve lung capacity and immunity to combat any infection from the viruses.
- The *Puja, Hom, Hawan* etc being done in *Hindu* has disinfecting properties. Studies have shown that lightening the lamp of cow's ghee has antiviral properties
- The '*Dhupan*' being done with the help of *Guggulu* has very effective disinfectant properties.

Dr. Robin Chaudhary
(Assistant professor)
Deptt. Of Kaumarbhritya

PREPARATION OF VASA AVALEHA AND ITS PHARMACOLOGICAL ANALYTICAL STUDY

Introduction:

Avaleha are semisolid to solid forms of medicaments, predominately used for internal administration. These medicaments are prepared by evaporating the moisture moiety of aqueous solutions [Swarasa, Kwatha, Hima, Phanta] and by adding some other substances like sweet substance, adjuvants until semisolid to solid form is achieved and lastly unctuous substance and the powder drugs are added in the form of Prakshepa.

Pharmaceutical Study:

Aims and Objective:

1. Extraction of Vasa Swarasa
2. Preparation of Vasa Avaleha using Swarasa as liquid media

Method of Preparation of Vasa avaleha:

Ingredients-

Vasa swarasa	(1 part)
Sugar	(½ part)
Ghrita	(1/8 part)
Madhu	(½ Part)
Pippali	(1/8 part)

Equipments: -

- 1) Heating device – Gas burner with LPG cylinders.
- 2) Stainless Steel Vessel
- 3) Ladle etc.

Procedure: -

- 1) Pour the freshly prepared *Vasa Swarasa* in Stainless Steel Vessel.
- 2) Mix the Sugar and mild heat is applied.
- 3) Mild heat is applied till '*Patitastu Na Shiryate*' stage is arrived. Then heating was stopped.
- 4) Remove the vessel from the heat and add the *Ghrita* in it. Mix it properly.
- 5) After cooling fine powder of trikatu are added and mixed properly.
- 6) Honey is added on the second day.

Observations: -

- 1) After mixing of *Sugar* in *Swaras*, colour of the mixture becomes darker.
- 2) Typical smell of *Sugar* appears during *Paka*.
- 3) All *Avaleha Lakshana* were seen properly in the *Vasa Avaleha* preparation.
- 4) After cooling, mixture of decoction, *Sugar*, *Ghrita* and condiments became hard.
- 5) Honey was added when mixture attains the room temperature (36°C) and proper mixing convert it into semisolid form.

Precautions: -

- 1) Continuous stirring was needed in initial stage after addition of *Sugar*; otherwise *Sugar* in the central part gets caramelized
- 2) *Ghrita* should be added in hot stage which leads to melting of *Ghrita* and uniform mixing.
- 3) Fine powder of condiments should be taken.
- 4) Add little quantity of condiments and mix it uniformly. And repeat the procedure to prevent lump formation.

ANALYTICAL STUDY:**Organoleptic character-**

<i>Characters</i>	<i>Vasa Swarasa</i>	<i>Vasa Avaleha</i>
<i>Rasa</i> [Taste]	<i>Tikta</i>	<i>Katu-Madhura</i>
<i>Rupa</i> [Color]	Green	Brownish-black
<i>Gandha</i> [smell]	Typical smell of <i>Vasa</i>	Typical jaggery smell
Consistency	Liquid	Semi solid

Physico-chemical Parameters:

<i>Physio-chemical Parameters</i>	<i>Vasa Avaleha (S)</i>
1. pH of 5% aqueous sol.	6.10
2. L.O.D. at 110 °C	14.23% w/w

Dr. Sandip Funde
(Associate professor)
Deptt. Of Rasa Shastra

विभिन्न स्त्रीरोगों में उपयुक्त स्थानिक चिकित्सा

सर्वतः सुविशुद्धायाः शेषं कर्म विधियो ।
बस्त्यभ्यङ्ग परिषेक प्रलेप पिचुधारणम् ॥

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विभिन्न स्त्री रोगों में प्रयुक्त पंचकर्म द्वारा शरीरशुद्धी होने के बाद, बस्ति, अभ्यंग परिषेक, प्रलेप, पिचु आदि स्थानिक चिकित्सा का निर्देश किया है ।

स्त्रीणां स्नेहादि यूकतानां चतस्र्ष्वार्तवार्तिषु ।
कुर्यात्कल्कान् पिचूश्चाऽपि पथ्यान्याचमनानि च ।

सु० शा २/१५

स्थानिक चिकित्सा के अन्तर्गत निम्न उपक्रमों को सम्मिलित किया जाता है ।

- | | |
|------------------------|----------------------|
| 1 उत्तरबस्ति | 6 योनि पूरण |
| 2 योनि अभ्यङ्ग (स्नेह) | 7 योनि वर्ति धारण |
| 3 योनि धावन (परिषेक) | 8 योनि धूपन |
| 4 योनि लेप (प्रलेप) | 9 क्षार एवं दहन कर्म |
| 5 पिचुधारण | |

स्थानिक चिकित्सा के लिए रोग एवं दोषों के अनुसार , द्रव्यों का प्रयोग किया जाता है ।

1. गर्भिणी –उपविष्टक गर्भ (IUGR)

यष्टीमधू + काश्मरीफल सिद्ध घृत मात्राबस्ति
60ml प्रतिदिन , 7 दिनोतक.

2. गर्भिणी-गर्भशोष(Oligohydramnios)

यष्टीमधू + विदाराकंद सिद्ध क्षीरबस्ति
60ml प्रतिदिन , 7 दिनोत्क.

3. श्वेतप्रदर – (Leucorrhoea)

योनिधावन :

- पंचवल्कलकवाथ
- त्रफला + गिलोय + दार्वी कवाथ
- त्रिफला + गिलोय + दंती कवाथ
- त्रिफला + गिलोय + दार्वी + सारीवा कवाथ
- निंब कवाथ

4. PID –(उदरशूल) अधोदर प्रदेश में
बाहय स्नेहन- चंदनबलालाक्षादी तैल
निरुहबस्ति – दशमूलकवाथ }
अनुवासन बस्ति – बला तैल } (योगबस्ति)

5- Genital ulcer –

व्रणधावनार्थ – यष्टीमधू + देवदार + गिलोय
कवाथ

6- Small – Hypoplastic Uterus

ब्राहमीघृत नस्य
निरुहबस्ति दशमूल कवाथ
अनुवासन बस्ति बला तैल

7- Uterine Fibroid

क्षारतैल उत्तरबस्ति

8- PCOS

- सहचरादीतैल मात्रा बस्ति 60ml प्रतिदिन
7 दिन तक, प्रत्येक महिने में रजः स्त्राव
के बाद 3 से 6 मास तक।
- अधोदर प्रदेश- स्थानिक स्नेहन सर्षप तैल
स्थानिक स्वेदन पत्रपोट्टली
कोष्णअर्क पत्र बंधन
- नाभी प्रदेश में हिंगुलेपन – रात्रौ

9. कष्टार्तव-(Dysmenorrhoea)

- स्थानिक अभ्यंग- अधोदर प्रदेशमे-
महानारायण तैल, बला तैल
- स्थानिक स्वेदन –Hot Water Bag
- बला तैल / दशमूलतैल-मात्राबस्ति 60ml

10. कर्णिनी योनिव्यापद- (Cervical Erosion)

- योनिधावन – निंब कवाथ / पंचवल्कल
कवाथ
- क्षारकर्म – यवक्षार / अपामार्गक्षार
- योनिपिचू – धातकयादीतैल
जात्यादी तैल
व्रणशोधक तैल पिचू
- यष्टीमधू घृत योनिप्रतिसारण

11. सुखप्रसवार्थ-

- मात्राबस्ति – After 34 weeks of
pregnancy
बला तैल / शतावरी तैल मात्रा बस्ति
60ml प्रतिदिन , 7 दिनोत्क
- योनिपिचू – बलातैल

12. रक्तप्रदर –(DUB)

- चंदन बलालाक्षादी तैल मात्रा बस्ति
60ml प्रतिदिन 7 दिनोत्क
- शतपुष्पा तैल नस्य 2⁰ – 2⁰

13- Haemorrhagic cyst in ovary

(less than 5x5 cm)

सहचरादीतैल मात्राबस्ति 60ml

प्रतिदिन, 7 दिनोत्क – 3 मास तक
(मासिक रजः स्त्राव के बाद)

Dr. Tejaswini Buchade
(Assistant professor)

Deptt. Of Stri Roga evum Prasuti Tantra

Dear Readers,

Ayurved Prakash is a Quarterly Newsletter. We are inviting Research articles, Case Reports, Conceptual discussions from the classical text. You can mail us on “ayurvedprakash9@gmail.com”

We are open to any suggestions and guidance from you, if you want to receive newsletter regularly please send us your email id

Thanking you

Editor: Dr. Jyotsna