



AYURVED PRAKASH

PRAKASH INSTITUTE OF AYURVEDIC MEDICAL SCIENCES & RESEARCH

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ARDHAABHEDAKA

“सिरःतापो अयं अर्धतु मुर्हिन सो अर्धावभेदक”

Headache that is felt into half part of Head is Ardhaavabhedaka.

It is a severe periodic headache which is typically unilateral teases once in 3-5, 10-15 or 30 days.

Etiological Factors and symptoms:

- Suppression of natural urges
- Indulging in more exercise
- Excessive intake of Vatadi food
- Excessive intercourse
- Exposure to cold
- Talking loudly

Due to all these causes Vata or Vata kapha dosha (Acc. To Charak) or Tridosha (Acc. To Sushruta) vitiated, affects the shiraspradesh and produce headache in manya, Shankha, Lalata, Bhru, Netra. Nature of pain will be Shastra Nibha (Cutting & tearing type of pain) intensity of pain will be very severe, can cause blindness & deafness as a complication.

Treatment Principle:

According to Dosha involvement we can treat Ardhaavabhedaka.

According to Acharya vagabhat, vataj Shiroshool treatment should be followed.

According to Acharya Sushruta Suryavartha Shiroshool should be followed.

Treatment principle according to classical text:

- Shiroabhyanga
- Snehapana
- Nadi sweda
- Upnaha sweda
- Shiro basti
- Antrik basti
- Nasya
- Dhooma pana
- Agni karma
- Rakta mokshana
- Shiro lepa
- Virechana
- Milk & ghee after meal

NOTICE BOARD

Prakash Institute of Ayurvedic Medical Sciences & Research

Organizes
AGHAZ
Freshers Party
Batch 2018-19

Venue:

Prakash Institute of Ayurvedic Medical Sciences & Research, Jhajhar, Rabupura Road, Yamuna Express Way
Date: 12th Oct 2019(Sat)
Time: 10:30 A.M. to 3:30 P.M.

- **Swarna Prashana** on
22nd Oct 2019 (Tue)
18th Nov 2019(Mon)
15th Dec 2019(Sun)

Venue:

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

Co-Editors:

Dr. Tejaswini Buchade
Dr. Robin Chaudhary

According to my Experience:

- i. Nasya with Anu Taila (6 drops/nostril)
- ii. Shirahshooladi vajra rasa 2 tab twice a day
- iii. Godanti bhasma
- iv. Pathyadi kwatha 25 ml twice a day

Dr. Ankit Sharma
Deptt. Of Shalaky Tantra

Akshi Tarpana Pics (Deptt. Of Shalaky Tantr



MANAS & AGNI

Grahani is the ashraya for agni & agni is the key factor for maintenance of normalcy of both body & mind. Derangement of agni leads to all somatic as well as psychological illness. There is inseparable relation between sharirika & manasika dosha, so as with vikaras. In vimana sthana acharya charaka have also described that manasika vikara

leads to the manifestation of sharirika vikara & vice versa, for e.g. “kamadayoh jwara” i.e. kama, krodh etc manasika vikara lead to the manifestation of jwara.

At present era due to stressful environment w.r.t personal, social or professional, people are more into uncertain dietary habits leading to improper digestion due to imbalanced agni. As we know that manas receives its nourishment from the aahara only, thus vitiated agni lead to formation of aama (undigested food) in the body which will further lead to vitiation of different doshas, in result manasika dosha will also get vitiated due to aama thus leading to manovikaras,

krodhatpittam, psychological factors such as kama, krodha, lobha, moha, shoka also have relation with the sharirika doshas, such as by krodha there is aggravation of pitta dosha. As we know that pitta & grahani are have the ashraya asharyai relation, thus aggravated pitta will further lead to the vitiation of grahani & manifestation of grahani dosa. The importance of grahni can be understood as, acharya charak have dedicated a complete chapter in chikitsa sthana related to grahni named grahani chikitsa adhyay.

Also, while explaining the treatment modalities i.e daivavyapashraya, yuktivyapashraya & satvavajaya by acharya charak, he has also emphasized on satvavajaya chikitsa i.e treating psychological factors with that of somatic one. Hence one should go for combined approach.

Dr. Prashant Jain
Deptt. Of Kayachikitsa

आयुर्वेदशाला

SWARNAPRASHANA

स्वस्थ नहीं जब तन।
व्यर्थ है सब धन॥

लगा लो अपना मन।
आयुर्वेद सुख-सम्पन्न॥

मिली है स्वस्थ सुन्दर काया।
जिसने यह अमृत रूप अपनाया।

लेकिन हो रहा अफसोस।
विलुप्त हो रही ये सोच॥

मिथ्या-आहार बना जीवन की शान।
कर रहे सभी विष का पान॥

हो रहा आयु का क्षय।
मृत्यु का है सबको भय॥

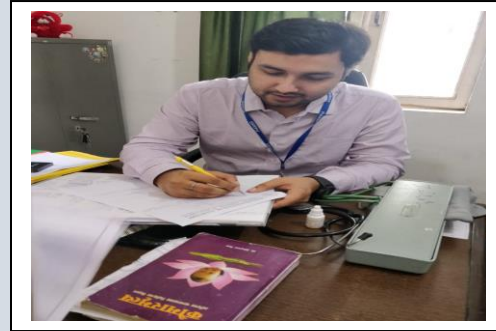
प्रज्ञापराध बना है कारण और वेगो का धारण।
आयुर्वेद की चिकित्सा से ही है निवारण॥

दिन-ऋतुचर्या का योग।
शमन-शोधन का सहयोग॥

अगर बने यह जीवन का मूल।
तभी बचें मनुष्य का कुल।

मिलेगा आयुर्वेद का फल।
दिखेंगे स्वस्थ-सुन्दर कल॥

Mohd. Junaid
3rd year Student



Prakash Institute of Ayurvedic Medical Sciences & Research in Collaboration with NirogStreet
Organized a One-day Hands-on training program on "Nadi Pariksha & Importance of
Technology in Ayurveda"

Special Guest: Dr. Achyut Kumar Tripathi
Chief Guest: Dr. Surendra Chaudhary

Chairperson: Dr. V. S. Chauhan
Speaker: Vaidyaraj Sanjay Chhajed



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