



Editorial Board

Editor in Chief

Prof.(Dr.) Jyotsana
Vice Principal, PIAMSR

Co -editor

Dr. Robin Chaudhary
Dr. Ankur Kumar Tanwar

Dr. Ashok Sharma (Principal) Honored with Appreciation Certificate

Due to continuous efforts to serve the society during the COVID-19 Pandemic in the district Bulandshaher, Principal of Prakash Institute of Ayurvedic Medical Sciences and Research, Prof.(Dr.) Ashok Sharma received a appreciation certificate from Hon'ble District Magistrate, Bulandshaher.



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Director- Ayurved U.P. visit the Institute

Director- Ayurved U.P. Visited the PIAMSR on Dec. 23, 2020. He inspected the Hospital as well as the institute and at the end of the visit they interacted with faculty members.

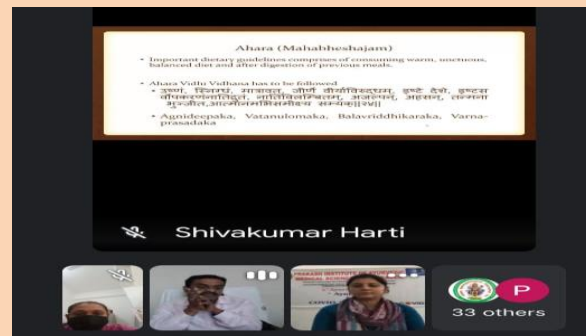


"Poshan Maah" Promotion by the institute

PIAMSR is celebrated "Poshan Maah" from 01st Sept.- 30th Sept.2020 by promoting awareness among the peoples of the surrounding villages about Nutrition specially in pregnant womens, lactating mothers, teenager girls & childrens. Dr. Divya Gupta, Dept. Of Swasthavritta, PIAMSR, jhajhar arranged meeting with ASHA workers & active women's of surrounding villages to ensure proper information being shared on Nutrition of pregnant women's and lactating mothers. It was highly beneficial for the pregnant womens and lactating. The faculty members of the institute were promoting benefits of healthy and complete nutrition to each household of nearby villages.



Prakash Institute of Ayurvedic Medical Sciences & Research, Jhajhar Organised Webinar on the Theme of 5th Ayurveda Day "Ayurveda for COVID 19 Pandemic" on 9th Nov 2020.
Guest Speaker: **Dr. Shivakumar S. Harti** (Associate Professor) AIIA
Speaker: **Dr. Preeti Sharma**, Assistant Professor, PIAMSR



Prakash Institute of Ayurvedic Medical Sciences & Research, Jhajhar Organised Google Quiz on the Theme of 5th Ayurveda Day "Ayurveda for COVID 19 Pandemic" on 12th Nov 2020.
Organised By : **Dr. Preeti Sharma**, Assistant Professor, PIAMSR

Prakash Institute of Ayurvedic Medical Sciences & Research Celebrated Dhanvantri Diwas / 5th Ayurveda Day on 13th Nov 2020, attended by Teaching, Non-Teaching & Hospital Staff.
It was inaugurated by our Principal Dr. Ashok Kumar Sharma with Mr. Naveen Pathak, by Deep Prajwalan followed by Dhanvantri Vandana (Dr. Varnika Rani, Dr. Ankit Sharma, Dr. Divya Gupta, Dr. Robin Chaudhary) & Saraswati Vandana (Dr. Jyoti Gupta).
There was a speech by Dr. Vikas Chauhan on Advances in COVID 19 & Basic Precautions to prevent the spread of coronavirus.
It was Followed by "The Pledge" to fight COVID 19 by Professor Dr. Jyotsana.
The event was ended with few notes by Our Principal Dr. Ashok Sharma.
Rangoli Credit: Dr. Shruti Singh, Dr. Shweta Mumbaraddi

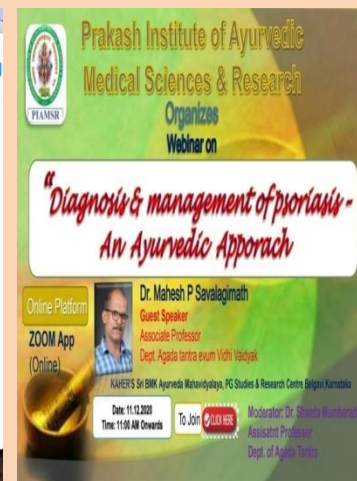
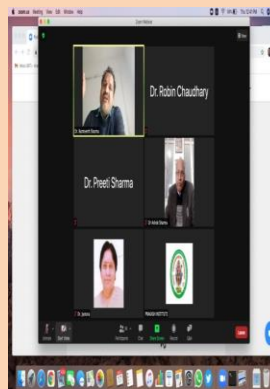


Saundarya Sambhasha 2020

Prakash Institute of Ayurvedic Medical Sciences & Research Organised "Saundarya Sambhasha" in the month of Nov. 2020 Dated 30th Nov 2020. As we all are more concern about our appearance and looks now a days, this sambhasha aimed to discussed the basic concepts of saundarya prasadan with respect to dosha and their guna (pharmacological properties). It further discussed the application of these basic principles to promote the beatification practices through Ayurvedic herbs and minerals. The attendees also got to learn from the clinical experiences of the eminent speakers too.

WEBINAR NEWS

1. Organized Webinar on 07th Dec. 2020 for the students and teaching faculty for upgradation of knowledge with Title **“AVABODHANAM”**. **Dr. Lokesh Chandra Sharma**, Prof. Govt Ayurvedic College, Ahmedabad and **Dr. Mahesh K. Sharma**, Asst. Prof. MSM Institute of Ayurveda, Khanpur delivered an excellent lecture.
2. Organized a webinar in association with Vishwa Ayurveda Parishad UP on the topic **“Health Impacts of Work From Home in Women Professionals”** dated December 8th, 2020; 12 PM. The speaker for the seminar was **“Prof. Vd. Kamalesh Kumar Sharma”** Ex HOD Swasthavritta and Yog department, NIA Jaipur, Pro Vice-Chancellor, Jayoti Vidyapeeth Mahila Vishwavidyalaya, Jaipur.
3. Organized a webinar on **“Diagnosis & Management of Psoriasis-An Ayurvedic Approach”** dated 11th Dec 2020, 11 Am. Dr. Mahesh P savalagimath Delivered the lecture.
4. Organized webinar on **“Grahani Dosha”** dated 17th Dec. 2020 by inviting eminent speaker **Dr. Ramteerth Sharma**.



CHYWANPRASH PREPARATION



Dept. of Rasa sastra and Bhaisajya Kalpana, Prakash Institute of Ayurvedic Medical Sciences & Research Manufactured Chywanprash (Astavarga and kesar yukta). The students actively participated in the manufacturing process of the chywanprash under the guidance of faculty. Chywanprash is indicated as immunity booster, for cold, cough and asthma and suitable for all season as per the literatures. It is also suitable for all age groups. Efforts of students and faculty became the source of health for the society during the current pandemic of COVID-19.

REPUBLIC DAY CELEBRATION

The 72th Republic day was celebrated with a great enthusiasm in the Institute on Jan. 26, 2021. The students, Staff as well as the faculty saluted the spirit of freedom and equality enshrined in the constitution. Prof. Dr. Ashok Sharma, Principal of the institute unfurled the tricolor in presence of patriotic audience.



FACULTY CORNER

Memory enhancing modalities of Ayurveda- Dr. Ankur Kumar Tanwar

Memory is to retain information gathered by sense organs. Brain is the center for collection of information, action on information and store house of result for future perspective which is called as memory. Memory in neurological terms called as a set of encoded neural connection in the brain. It is the reformation of past experience by the synchronizing action of neuron involved in real experience.

Types of memory :

- Sensory memory
- Short term memory
- Long term memory

In Ayurveda Classics , Memory is described as Smriti which is one of the faculty of Mana. Mana is important for perception of knowledge and without the involvement of Mana no knowledge occurs .

Smriti (memory) is one of the three faculty of Prajna (Budhi). Other two are dhee (perception of knowledge) and dhriti (Retention of knowledge). Smriti means ability to recall things. In this competitive era , where each and every one want to achieve highest goal. Competition is increasing day by day to fight the world . Competition is being increasing at the school , college and workplace level. So to fight with the competition and to achieve highest goal everyone want to have a good memory.

Factors Responsible for Memory Loss (Smriti Hrasa) :

- Day Sleep : Day Sleep increase kapha dosha. Continuous habit of day sleep alters the digestion & metabolism which hampers the growth and smriti.
- Intake of sour ,salty and Pungent food articles.
- Daily intake of alcohol.
- Excessive exercise .
- Mansika bhava like Bhaya ,krodha ,shoka.
- Stress
- Age factor.

All these factors vitiated the manovaha srotas which diminish the dhee ,dhriti and smriti.

Ayurveda Modalities for Memory Enhancement :

Ayurveda described different treatment modalities for memory enhancement.

- **Ausadh Chikitsa** (Medicinal Part) :Ayurveda described different medicine for memory enhancement and mano vaha srotas dushti .Some of them are described below :
 - Sarsawatarishta :10 -20 ML Two times daily with equal quantity of water.
 - Brahmi vati : One tab two times daily.
 - Shankpushpi syp : 10 ml two times daily .
 - Smriti sagar rasa : one tab two times daily.
 - Brahmi ghrit : One table spoon full empty stomach two times daily.
 - Sarswat churna : One spoon two times daily.
 - Medhya Drugs :Mandukaparni ,vacha, kushmand,jyotishmati ,jatamnsi ,ashwangadha.Medicine should be taken with prior consultaion with ayurveda physician only.
- **Rasayan Chikitsa** :In Ayurveda classics ,for enhancement of memory , medhya rasayana are described .The word 'medhya rasayanas', derived from two words 'medhya', meaning intellect, and 'rasayana', meaning 'rejuvenation. Medhya rasayana is the group of Four medicinal plants either singly or in group mentioned by acharya charak:1. Mandukaparni swaras (Centella asiatica)-act as the brain growth promoter, 2. Yastimadhu churna with milk (Glycirriza glabra)-improves learning and memory. 3. Guduchi swaras (Tinospora cordifolia)- acts as learning and memory enhancing, antioxidant, and anti-stress action. 4. Shankhapushpi kalka effective in stress .

STUDENT CORNER

Case Study of Constipation:

Age - 53

Gender - Female

Occupation - Housewife

Marital Status - Married

Address - Saket

Chief Complaints :-

Constipation since 1.5 yrs

Occasionally headache since 1 yrs

Chest burning with Back Pain since 1 yrs

Giddiness and fatigue since 7 months

Present Illness :-

Patient was asymptomatic before 1.5 yrs ago, after that gradually increase constipation follow up headache, chest burning, back pain, giddiness with fatigue. Patient taken many allopathic treatments but there was no relief from that.

Past Illness H/O: No history of DM/HTN/Thyroid disorder

Surgical History - No any surgery

Treatment History :-

Sanaypatti. - 150 gm

Sauff - 150 gm

Munakka - 150 gm

Gulkand - 600 gm. Mix with each other very well

Dosage - 10gm OD with luke warm water , Advise for 3 days

Result - Loose motion

Next Visit :-

Follow up –

Continue the same treatment with same anupana and dose.

Advice for 3 days

Result - Relief from constipation

Avoid :- Dry and pungent food articles, heavy food article, fast and fried food.

Consume:-More water intake, onion.

By
Nikhil Rajoria,
Final Year Student,
PIAMSR

ज़िन्दगी

मुझे शिकायत नहीं बीते हुए कल से
मुझे डर है आने वाले कल से
चाहता हूँ ज़िन्दगी जीने के लिए दौलत कमाऊँ
नहीं चाहता दौलत के लिए पूरी ज़िन्दगी बिताऊँ।

दौड़ते-दौड़ते उम्र बीत जाती है जैसे हाथों से रेत
बीते पलों के अलावा साथ नहीं आते घर और खेत
स्वार्थी संसार नहीं चढ़ाता जल ढलते आफ़ताब को
कोई देखना नहीं चाहता ज़हीफ़ों की किताब को।

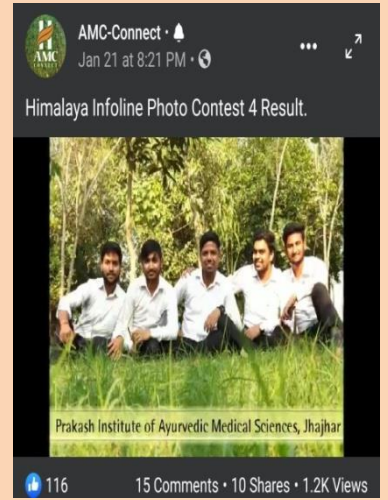
हाँ मानते जीवन बंधन हमें जीना सिखाते हैं
लेकिन कभी मुक्त होकर देखो जीवन बहुत रंग दिखते हैं
धार्मिक मामूली शिकायतें मंदिर से मस्जिद तक दर्ज कराते हैं
ज़रा पूछो नास्तिकों से, वो अपने आँसू कहाँ बहाते हैं।

कोई नहीं चाहता अपनों से किये अपने वादों को तोड़ना
बस परिस्थितियाँ कहती हैं कि एक को पाना है तो दूजा होगा छोड़ना
हमेशा हम खुशियों के पीछे भागते हैं, पर खुशियाँ पीछे रह जाती हैं
जा तक जीवन समझ में आता है, ज़िन्दगी अलविदा कह जाती है।

By-
Aftab Ahmad Khan,
Final Year Student,
PIAMSR

CONGRATULATIONS

Team of Students (*Aditya singh, Gaurav Gupta, Nikhil, Pradeep and Gaurav roy*) secured 6 Position among national wise entries in Himalaya Infoline Photo Contest 2020 conducted by Himalaya Drug Pvt. Really an encouraging example for other students!



Ms. Akanksha Prajapati, a student of BAMS Third Prof. secured **First position** in University Exam. We wish her success in life.

Ms. Malik Shagufta Ahmed, a student of BAMS Second Prof. secured **First position** in University Exam. Congratulation for the achievement.



Ms. Neha Singh, a student of BAMS First Prof. (2019-2020) secured **First position** in University Exam. We wish her Great future ahead.

NOTICE BOARD

Dept. of Kaumar Bhritya,
Prakash Institute of Ayurvedic Medical Sciences
& Research
Organizes
“Swarna Prashana” Day
On
28th Feb. 2021.