

वाग्विलासिनी



A tri-monthly newsletter

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ISSUE 2 | VOLUME 1 | Jan'16

मैत्रीं भजताखिलहृज्जेत्रीम् ।
आत्मवदेव परानपि पश्यत
युद्धं त्यजत स्पर्धां त्यजत ।
क्षयजत परेष्वक्रममाक्रमणम् ।
जननी पृथिवी कामदुगास्ते
जनको देवः सकलदयालुः
दाम्यत, दत्त, दयध्वं जनता
श्रेयो भूयात् सकलजनानाम् ।।

From the principal

It is my pleasure to note that the second newsletter "Vagvilasini" is being successfully released. Vagvilasini sabha is indeed a platform for all students to develop their communication skills and gain knowledge in sanskrit. I extend my wishes to all participants of the sabha. With the support of everyone, this effort must be continued so that the students shall make the best out of this opportunity. Let us share views to make this a unique platform for quality learning and personality development. Let ideas be exchanged. May our knowledge grow.

From the Editor

नवा वाणी मुखे मुखे इत्यतः एकैकस्य वाणीं श्रावयितुं वाग्विलासिनी सभा यतते। सभाकार्याणां तथा छात्राणां च कार्याणां प्रदर्शिन्याः वाग्विलासिनी-वृत्तपत्रिकायाः द्वितीयप्रस्तुत्याः प्रदर्शनेन सुखमनुभूयते। गतमासे घोरवृष्टौ विभिन्ननगरेषु प्रसृताः अपि अस्माकं छात्राः वैद्याः अध्यापकाः कार्यकर्तारश्च सुरक्षिताः कुशलाश्च भवन्ति इत्यस्माकं सौभाग्याय ईश्वरः पुनः पुनः प्रार्थ्यते। स्वकठिन्ताविषये चिन्तनेन विना ये छात्राः वैद्याश्च समाजसेवां कृतवन्तः तेभ्यः अभिनन्दनकुसुमानि समर्प्यन्ते। तद्विद्यसंभाषा बुद्धिवर्धनानाम् इत्याधारेण सभायां चर्चा स्वागताः। तथा च एकैकस्य वैशिष्ट्यं प्रकाशितव्यं वर्धितव्यं चेति चिन्तनेन वृत्तपत्रिकायां प्रदर्शनार्थं छात्राणां स्वरचनानाम् आमन्त्रणं क्रियते। अस्माकं सर्वेषां ज्ञानं वर्धयामहे, विचारप्रदर्शने भीतिं च जयाम्। ।। तं वक्तारमवतु ।।

विषयसूची

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Presentation

1. D. Achyut Bharadwaj,
II Year, BAMS
2. R. Keshav Ram & Dhvani.J,
II Year, BAMS
3. Aparna Selva,
I Year, BAMS

Essay competition

1. S. Apeetha,
III Year, BAMS
2. S. Ranjani,
III Year, BAMS
3. Pavithra.D,
III Year, BAMS

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hospital

Patronage :	HH Sri Jayendra Saraswathi Swamiagal HH Sri Sankara Vijayendra Saraswathi Swamigal
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Chief Editors :	Sri.S.Thiagarajan, Coordinator, SDVS. Dr. P.K.Moharana, Coordinator, SDVS.
Editorial board :	Teaching Staff Panel, SJSACH. Student committee, SDVS Representatives, SJSACH
Design :	Dr. K.G.Sridhar. Ms.Dhwani.J, SJSACH.

Hemanta rithucharya

Dr.K.P.Roshni

The year according to आयुर्वेदः is divided into आदानकालः & विसर्गकालः. The division is done according to the position of the sun. In आदानकालः, the sun takes away the strength of the people of it is the depilating period. In विसर्गकालः the sun releases strength of people of moon more is powerful. Among the six ऋतुः in a year, three ऋतुः form a कालः. Six ऋतुः of their properties can be summarized in the following table,

कालः	ऋतुः (season)	Month	Powerful taste
आदानकालः	शिशिरर्तुः	Mid January – Mid March	तिक्तम्
	वसन्तर्तुः	Mid March – Mid May	कषायम्
	ग्रीष्मर्तुः	Mid May – Mid July	कटु
विसर्गकालः	वर्षर्तुः	Mid July – Mid September	आम्लम्
	शरद्वर्तुः	Mid September – Mid November	लवणम्
	हेमन्तर्तुः	Mid November – Mid January	मधुरम्

Diet

Sweet, Sour and salt taste food can be taken. In this season the digestive activity becomes more powerful. More intake of Sweet, Sour and Salt helps in reducing the increased वातः. Wine prepared from jaggery can be taken. Wheat, Milk products, Sugarcane products can be taken as a part of food.

Life style

- Massage with oil
- उद्धर्तनम् with fine powder of कुडुकुमम्
- व्यायामः
- Clothing Leather, Silk and cool
- Exposure to sunlight to keep ourselves warm.

Students' Corner

Prevention of cardiovascular diseases

(S.Apeetha, III year, BAMS)

CARDIOLOGY

The term 'cardiology' involves the cardiovascular problems, which is the leading cause of death globally. These cardiovascular problems have been increasing in much of the developing world since the 1970's.

Coronary artery disease and stroke account for 80% of CVD death in males and 75% in females.

Recent studies have proven that the coronary problems can be reversed. Thus, the real care of the problems of these diseases is only possible if we adopt a holistic approach towards Ayurveda, as it aims at striking at the root cause of the problem.

STATISTICS REGARDING CARDIAC PROBLEMS

- In 2008, 30% of global death with 80% striking middle and low income countries was due to cardiovascular diseases.
- About 2,150 Americans die each day from this disease.
- Direct and indirect loss due to this disease struck about \$320, and it is estimated that 23 million people die each year from CVD.

RISK FACTORS OF CARDIO VASCULAR PROBLEMS

AGEING - It is estimated that 82% of people who are 65 and older have this problem as it is related to the "serum cholesterol level" of body with changes in mechanical and structural properties of vascular wall.

PHYSICAL INACTIVITY - Physical activity improves and assists loss in weight, balances blood glucose level, blood pressure etc.,

HIGH ENERGY FOOD Frequent intake of food of this variety increases fat and sugar, promotes obesity and thus increases the risk of CVD problems.

AIR POLLUTION - Exposure to particulate matter increases rate of atherosclerosis, inflammation and reduced heart rate variability, which are linked to the myocardial problems.

CARDIO VASCULAR PROBLEMS IN AYURVEDA

Based on tridoshas (3 functional units) of body, CVDs (hrd rogam) are classified as vataja, pittaja, kaphaja and krimija (acc. to acharya charaka). The signs and symptoms depend upon the vrddhi and kshaya of each dosha.

RISK FACTORS FOR CVD IN AYURVEDA

अक्षयुष्णगुर्वन्नकषायतिक्रमभिघाताध्यशनप्रसङ्गैः।

सञ्चिन्तनैर्वेगविधारणैश्च हृदामयः पञ्चविधः प्रदिष्टः॥ (माधवनिदानम् - २९/१)

Acharya explains that the usage of atyushna (very hot), guruvanna (heavy food), kashaya, tikta (astringent and bitter tastes) in excess, indulgence in strenuous works, excess heat, suppression of natural urges like flatus, belching, thirst and lacrimation, may increase the risk factors of cardiac ailments.

Ayurveda emphasises the proper maintenance of tridoshas, 7 dhatus (7 functional elements), agni (digestive fire) and by regular charya (habits). Acharya has described that any disease is caused by the improper maintenance of the above factors. Also, Ayurveda acharayas have specifically explained the activities that need to be practised for the equilibrium maintenance of basic compounds and the state of mind and the body through Dinacharya (daily regimen), rtucharya (seasonal regimen). Some of them are,

ABHYANGAM (APPLICATION OF OIL): It gives pushtyayu: (longevity) and a stable physique. Also, it has a balancing effect on the nervous system and it cleans the chemical impurities which cause CVD. Oil nourishes the tissues and help in development and repair of tissues.

VYAYAMA (PHYSICAL EXERCISE): It gives the body laghavam (lightness), deepiti (improves digestion), meda: kshaya (decreases obesity). Besides, it increases the endurance, makes the heart, lungs, and muscle stronger and increases the oxygen amount in the blood, thus preventing the dystrophies. It also mobilizes the tissue fluids in the body. Daily practice of exercise prevents degenerative arthropathies, vascular and collagen related diseases, checks hypertension, promotes circulation, and controls the lipid profile of the body.

VEGA (ELIMINATION OF THE URGES): The impurities travel throughout the body and localise in tissues, and block and toxify the vessels. So, their elimination maintains the proper functioning of the body. Ayurveda specifies certain (vegas) urges that should not be suppressed. Of them, Udgara (belching), Adhovatam (flatus), Trshna (thirst), and Bashpam (lacrimation), are the four which specifically lead to heart disorders due to excessive involvement of vata doshas in them.

AYURVEDIC DRUG COMPONENTS IN CARDIAC PROBLEMS

1. Arjuna - It is a coronary vasodilator that protects the cardiac vessels, strengthens circulation and promotes healing after heart attack.
2. Lasuna (garlic) - It lowers the serum cholesterol level, prevents blood clots and maintains diastolic blood problems.
3. Guggulu - It is shown that it lowers blood fat level and raises HDL cholesterol levels. This is useful in myocardial problems.
4. Shigru (moringa) - It contains *moringinine* which has anti oxidant property, which reduces BP and eliminates water weight and lowers cholesterols.
5. Rock salt - It has detoxification properties and also reduces oxidative stress in body walls.

Some other drugs include Rock salt, Triphala, old jaggery, Barley, Rice paddy.

MANAGEMENT OF CARDIAC PROBLEMS THROUGH DIETICS

Ayurveda gives high importance to agni and aharam, which are considered very important for the maintenance of tridoshas and 7 dhatus. The food that is consumed should be *hitabhojanam* wholesome food according to the individual. Acharya charaka says that the intake of wholesome and unwholesome food is responsible for maintenance of health and production of diseases respectively. **HEART IS THE SEAT OF OJAS ACCORDING TO CHARAKA ACHARAYA.** The heart is the substratum of ojas par excellence, and is also the controller of the mind. Ojas is the essence of all the seven dhatus. Thus ojas is maintained by proper ahara and charya.

ESSENTIAL DIET SUPPLEMENTS FOR THE BODY:

- To remove fat saturation, all proteins, fibres, minerals and vitamins A,D,K and E are essential.
- Protein intake of 50-60 gms per day is essential
- Potassium and calcium in food reduce arrhythmia.

AVOIDANCE of - Highly refined grains and carbohydrates, excess soft drinks and sugary drinks, excess fat and oil products, food items which are not warm etc., is essential.

YOGA PRACTICE IN CARDIAC PROBLEM:

ASANAS: Tadasana, vrikshasana, trikonasana, veerabhadrasana, utkatasana, marajari asana, Dhanurasana, Setu bhandasana, Arda matysendrasana, Dandasana, Shavasana

MUDRA'S TO HELP CARDIAC FUNCTIONS: Pavana mudra, Surya mudra, Linga mudra, Ganesha mudra, Apana mudra

CONCLUSION

Ayurveda considers svapnam, aharam and brhmmacharyam as the 3 pillars which maintain psychosomatic activities.

But for the nonoccurrence of disease, ayurveda tells us to maintain ones agni, doshas and dathus. Specific importance is given to Jataragni maintenance as this agni in turn maintenance all the remaining 12 varieties of agni. This is achieved by proper ahara and charya (regimen) mentioned by acharya. Thereby, let's spread Ayurveda for preventing the cardiac problems and make our society healthier. Being happy and making others in society happier is the best way to prevent all diseases in this world. So, let's be happier and spread happiness in and around us.




College news:

- Our students won prizes in the Samskrita saptaha conducted by our university, SCSVMV.
- Flood relief camps conducted by our students and doctors in various localities of Chennai.
- Students addressed by Dr.P.Narayanan, Nagarcoil and Dr.S.Venugopalan, SCSVMV.
- Students addressed by lecturers across the state by skype.
- Our students visited the Guindy Snake Park, TTK hospital (Alcohol de-addition centre), Cholayil garden, IMPCOPS and Forensic Laboratory, Chennai.
- EXPO to be conducted in our university SCSVMV

• Wishes to the Vagvilasini Sabha participants: KK.Anagha, D.Hanuman, R.KeshavRam, M.Indu, G.Akshaya, P.Madhuvrata, SriKrishna, N.DivyaShravani, BC.Shravanthi, Jhansi Sharma, A.Kavya, ArshaMahesh, AdityaSuresh, J.Jayashri, R.Reshma, Anjana.P. Megha.S.Nair

Global news:

- Three day-All India Sanskrit talent festival conducted in Udupi between Jan 29 - Jan 31.
- Indian-American couple gifts \$3.5 million for Sanskrit studies'.
- 'The Battle for Sanskrit,' authored by Rajiv Malhotra launched at Delhi University on Feb 2, 2016.
- Shun 'colonised' mindset to conserve Sanskrit: Najma Heptulla, Minister of Minority affairs, during the book launch.



World
Youth
Day

12th January, 2016

Celebrated with Zeal and
Zest in our college



Some of the scenes from September - 2015 VAGVILASINI SABHA/ Release of Vagvilasini Newsletter, 1st Issue



विद्यास्म किञ्चित्

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				३.					
५.	घ.								

पदरञ्जनी

वामतः दक्षिणम्

१. भुक्त्वा एतं त्यजेत् (विसर्गहीनः)
२. व्याकरणसूत्रकारः (विसर्गहीनः)
३. वातोपक्रमः
४. लङ्घने
५. हस्तिनी

उपरिष्ठादधः

- क. सैनिकानां समाजसंपर्ककः
 ख. पित्तकर्म
 ग. वातपर्यायः (विसर्गहीनः)
 घ. कालिदासः (विसर्गहीनः)
 ङ. रक्षणम्

।सर्वे सन्तु निरामयाः।।

सुभाषितावलिः - २

यथा खनन् खनित्रेण नरो वार्यधिगच्छति ।
 तथा गुरुगता विद्या शुश्रूषुरधिगच्छति ।।

Just like the person who digs, attains water, knowledge from the guru is obtained by the constant listener.

त्रिफलां लवणात्तां वै भक्षयेच्छिष्यकः सदा ।
 क्षीणमेधाजनन्येषा स्वरवर्णकरी तथा ।।

A student must always consume triphala with lavana. It increases intellect of the dull, and improves voice and complexion.

उपनिषत्
 १. आत्मा
 २. अक्षयम्
 ३. अक्षयम्
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 १०. अक्षयम्