



वाग्विलासिनी

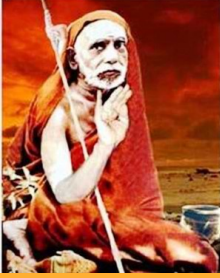
A trimonthly newsletter
Sri Dhanvantari Vagvilasini Sabha

Department of Sanskrit, Samhita and Siddhanta
Sri Jayendra Saraswathi Ayurveda College and Hospital,
Nazarathpet, Chennai—600123



VOLUME 2, ISSUE 2

29/12/2016



मैत्रीं भजताऽखिलहृज्जेत्रीम्
आत्मवदेव परानपि पश्यत
युद्धं त्यजत स्पर्धां त्यजत
त्यजत परेष्वक्रममाक्रमणम्
जननी पृथिवी कामदुघास्ते
जनको देवः सकलदयालुः
दाम्यत, दत्त, दयध्वं जनताः
श्रेयो भूयात् सकलजनानाम्।

-श्रीचन्द्रशेखरेन्द्रसरस्वतीश्रीचरणः।

INSIDE THIS ISSUE:

- FROM THE PRINCIPAL 1
- FROM THE HOD 1
- FROM THE EDITOR 2
- NEWS 3
- FROM THE DOCTOR 4
- STUDENT'S COLUMN 5
- EDITORIAL BOARD 6

From the Principal

The world is turning towards us. The society that is sickened by illnesses is now desperate for a solution to all miseries caused by physical and mental ailments. The western world has now recognised that natural cure could be the solution for all imbalances. When the world is now focusing on “herbal medicine” and herbal means of life, we, as Ayurvedic fraternity, have a potentially great scope of sharing our knowledge to the public. Let us, therefore, work towards spreading public awareness after first studying our texts in depth. I sincerely wish that Vagvilasini Sabha shall serve as a motivating tool for the same.

- Dr. Ramdas Maganti

From the Head of the Department

For the promotion of Samskritam in the Ayurveda College here, the department of Samskritam, Samhita and Sidhanta has been conducting Vagvilasini Sabha for the students to present their talents in the topics that have been covered in the BAMS syllabus in each profession by presenting their papers in Sanskrit language. However, the students who find Samskritam to be tough have also been permitted to present their papers in English also, in addition to Samskritam. This effort is being done in the institution from the year 1998 onwards with the blessings of His Holiness Sri Jayendra Saraswathi Swamigal, and it has benefitted the students to excel in all their future endeavours. This, being a unique programme of this institution, would certainly speak volumes for the students to take up their challenges in their PG courses and in PhD programmes as Ayurveda is written in Sanskrit and the elaborative explanations of the Samhitas in Ayurveda are perfectly been done through Sanskrit. As many of the English translations of the slokas and the gadyas appear to be absurd, the learning of Samskrit becomes a vital part for the students of Ayurveda to know the secrets of the inner meanings of the opinions of the Acharyas so that they come out with flying colours in the medical practice of Ayurveda. I sincerely appreciate the laudable efforts taken by Dr..S.Venugopalan, Associate Professor, Department of Sanskrit, SCSVMV, Sri.S.Thiagarajan, Assistant Professor, SJSACH and Dr.P.K.Moharana, Associate professor, HOD, Department of Roganidanam. I appreciate their efforts in the uninterrupted promotion of Sanskrit in the minds of the students. My sincere thanks to the Principal in encouraging this sabha. I also thank the other teaching faculty for acting as judges in selecting the best groups of students and for motivating them for further interest in learning Sanskrit.

- Dr. S. Swaminathan

From the Editor

अस्मच्छ्रीधन्वन्तरिवाग्विलासिनीसभाद्वारा प्रकाशयमानायाः इतिवृत्तपत्रिकायाः अग्रिमोऽङ्कः इदानीं प्रस्तुतीक्रियतेति अयमत्र प्रमोदकरो विषयः। अस्मन्महाविद्यालये प्रचाल्यमानानां विशेषकार्यक्रमाणां तथा छात्राणां विविधस्पर्धासु भागग्रहणविषयाणामेवात्र प्रकाशनं भवतीति पुनरत्र विज्ञाप्यते। एवञ्च प्रतिप्रकाशनं कस्यचन छात्रस्य रचनाऽप्यत्र प्रकाशयते। छात्राणां लेखनकौशलं बहिरानेतुं प्रवृत्तयेयं श्रीधन्वन्तरिवाग्विलासिनीसभा। तथा तल्लेखनकौशलं, सृजनात्मकताञ्च अखिलजनदृष्टिपथमानेतुं प्रवृत्तयेयं वृत्तपत्रिका। आयुर्वेदसम्बन्धिवाताभिः सह छात्राणां कौशलमपि बहतीयमिति वैशिष्ट्यमत्र। आयुर्विद्यामधीयानः छात्रः स्वदोषपरिहारार्थं परदोषप्रमाणार्थञ्च अर्थतत्त्वं सम्यग्बुद्ध्वा शास्त्रस्य अध्ययनं कुर्यादिति चरकमतम्। अतः आयुर्वेदस्यार्थतत्त्वमवगन्तुं संस्कृतस्य प्रामुख्यमिहावश्यकम्। संस्कृतज्ञानेनैव संहितानां याथातथ्यमर्थज्ञानं सम्भवति। अनुवादादिद्वारा तु तत्र सिद्ध्यति। तस्मान्च हेतोरध्ययनकाले एव संस्कृतद्वारा संहितासु अर्थबुद्धिं सम्पाद्य यः भिषग्बुभूषुः तद्विद्यसम्भाषयैव अधीते, तेनैव आयुर्वेदस्य भविष्यन्नियन्त्यते।

- श्री. त्यागराजः

साध्यासाध्यविभागज्ञो ज्ञानपूर्वं चिकित्सकः। काले चारभते कर्म यत्तत् साधयति ध्रुवम्॥ - चरकः

Jyotishmati 2



Our students participated in the grand finale of Jyotishmati 2, a national level Ayurveda quiz conducted by Dhootpapeswar pharmacy. This was coordinated by Dr. Mallikarjun Rao and Dr. Muni Lokesh.

Honourary awards to our doctors:

“Athreya award” --

Dr. S. Swaminathan,

“Vaghbata award” - Dr. M.N.

Sunandan and “Athreya

Award” - Dr. Ramdas

Maganti; conferred by Sri Sai

Ram Ayurveda College and

Research Centre during the

National Ayurveda Day

Celebrations 2016



Session with Dr. Gaurang Jhoshi



Saraswathi
Pooja, 2016

Noteworthy moments

- Honourary awards conferred to Dr. S. Swaminathan, Dr. M.N. Sunandan and Dr. Ramdas Maganti during the National Ayurveda Day Celebrations 2016
- November 28th declared as National Ayurveda Day by the Department of AYUSH
- Dental screening and awareness programme conducted by the fraternity of Saveetha Dental College
- Awareness Programme on Ayurveda conducted by Madras Consumer Rights Protection Centre (MMCRPC), Chennai and Southern consumer's organization for protection and environment, Cuddalore, in association with Sri Jayendra Saraswathi Ayurveda College and Hospital
- Dengue awareness programme conducted by Dr. Satish Kumar
- Convocation for batch Bharadwaja Was held in SCSVMV on 06/11/2016
- World Heart Day 2016 observed on 05/10/2016
- First Year students addressed by Dr. R. Ramachandran, Professor at Vivekananda College and state president of Samskrita Bharati
- S.Srinivasa Sarma—Editor and Publisher, Samskrita Sri, interacted with students
- Lecture on Psoriasis and Cancer delivered by Dr. Gaurang Joshi, Director, Atharva Multispeciality Ayurveda Hospital, Rajkot, Gujarat
- Students attended lecture on cancer by Dr. L. Mahadevan at Sri Sairam Ayurveda College
- Students of second profession visited the Forensic Laboratory on 23/12/2016.
- Students of the second profession visited the National Institute of Siddha along with Dr. H.M. Rajendra and Dr. Usha Patil. This event was coordinated by Dr. Usha Patil.

Awareness programmes

“Health awareness through Ayurveda”



Madras Consumer Rights Protection Centre – (MMCRPC), Chennai and Southern consumer's organisation for protection and environment, Cuddalore, in association with Sri Jayendra Saraswathi Ayurveda College and Hospital, organised an Awareness Programme for Ayurveda. The program was inaugurated by Advocate. C.A.Dass - Executive Secretary, SCOPE, and Prof. Ramadas Maganti, Principal, SJSACH. The sessions were as follows:

I—Prof. Dr. RamaDas Maganti, “Ayurvedic Principles to Common Public”

II—Dr. Geetha Kumar, “Ritucharaya and Dinacharya”
III—Dr. Mallikarjun Rao, “Home Remedies”

IV—Dr. Anuradha Maganti, “Women health and Ayurveda”

VI—Prof. Dr. RamaDas Maganti, “Ayurveda treatment procedures in the Management of Common Diseases.”

Organisers: Dr. Geethakumar, Dr. Mallikarjun Rao, Dr. Anuradha Maganti

Dengue awareness

A programme on dengue awareness was organised by the Department of Swasthavritta on 04-10-2016. Dr. Sathish Kumar, Medical officer from Institute of public health, Poonamalee, gave a lecture on Dengue. He also showed visuals on the life cycle of the pathogen. He spoke on individual and social steps to prevent the onset as well as spread of the disease.

Convocation

Date: 06/11/2016



Vagvi-
lasini
Sep
2016

Dental screening and awareness programme

A team of eight dental doctors from Saveetha Dental College and Hospital conducted a dental screening and awareness camp for the students and staff of SJSACH. 200 students were screened. Dr. Maheshwari and Dr. Roja from Saveetha Dental College participated in an interactive session with the students. Practical brushing techniques were demonstrated to the students. Prof. Dr. P.A.Sudhir and Dr. Munilokesh, with interns, coordinated the function.

ये तु शास्त्रविदो दक्षाः शुचयः कर्मकोविदाः। जितहस्ता जितात्मानस्तेभ्यो नित्यं कृतं नमः॥ -चरकः

National Ayurveda Day

On the occasion of Dhanwantari Jayanthi celebration, the Dept of AYUSH declared 28th October as National Ayurveda Day for 2016.

Dhanwantari Jayanthi was celebrated with Dhanwantari Homam by Dr. Sunandan and group. Students chanted the Vishnu Shahasranama and Astanga Hrdaya parayana while doing the Homam. Dhanwantari Jayanthi was inaugurated. Dr Hrishekesh, diabetologist and famous practitioner of Kanchipuram was invited as a guest speaker and delivered a lecture on the subject "Management of Diabetes Mellitus – A Modern approach." One student from each profession presented papers on "Prevention and management of Diabetes Mellitus."

A series of guest lectures was organized between 4th November to 16th November 2016.

This programme was coordinated by Dr. Anuradha Maganti and Dr. Muniokesh. For details visit: www.sjsach.org.in

World Heart Day

The World Heart Day 2016 was celebrated on 05/10/2016. Prof. Dr. Narayana Swami, senior consultant from Saveetha Medical College delivered a guest lecture. This event was organised by Dr. Usha Patil and Dr. Aravind Paikarao.

Dr. Gaurang Joshi,

Director, Atharva Multi-speciality Ayurveda Hospital, Rajkot, Gujarat, delivered a lecture on Psoriasis and Cancer.

This event was co-ordinated by Dr. P.K.Moharana and Dr. Usha Patil.



Jyotishmati 2 participants

Session with Dr.L.Mahadevan

Our students (IV Year Jr) visited Sri Sairam Ayurveda College to attend the lecture on cancer, delivered by Dr.L.Mahadevan. This was coordinated by Dr.Uday Kumar and Dr. Uday Ganesh.

Visit to Forensic Lab

The students of the II Year visited the Forensic Lab on 23-12-2016. They got to interact with various experts in the field of forensic science and observe the components of the laboratory. They were accompanied by Dr. H.M. Rajendra and Dr. Usha Patil. This was coordinated by Dr. Usha Patil.



Special interactions

Dr. Ramachandran
S.Srinivasa Sarma
Dr. Gaurang Joshi
Dr. Satish Kumar

Among the resource persons that visited our college during the last three months are two Sanskrit scholars—**Dr. R. Ramachandran** and **Sri.S.Srinivasa Sarma**—Editor and Publisher, Samskrita Sri—Guest lecture—I Year. Dr. Ramachandran, Professor at Vivekananda College and state president of Samskrita Bharati, had an interactive session on spoken Sanskrit. Sri.S.Srinivasa Sarma, enlightened the I-Year students with his words of wisdom—on the lines of philosophy, life and Sanskrit.

General preventive measures of elbow injuries - Dr. Geetha Kumar

Elbow joint is vulnerable to the traumatic effect of pain, inflammation and loss of function. It is the joint where different types of injuries like tennis elbow, Golfers' elbow and Students' elbow are some common injuries of elbow joint. The following are some methods to prevent such injuries:

1. Don't carry objects that are too heavy .
2. Stretch before and after physical exercise.
3. Do stretching and range-of-motion exercise with finger and wrist to prevent stiffening of the tendon of the elbow.
4. Gently bend, straighten, and rotate your wrist. If there is pain, stop the exercise.
5. To prevent strain of muscles, use the correct movement or positions during activities.
6. Avoid over use of arm and doing repeated movements which may cause injury to the bursa.
7. Wear seat belt while travelling in a motor vehicle.
8. Wear protective gear during sports or recreation such as roller-skating or soccer.
9. Supportive splints reduce the risk of injury.
10. Wear protective clothing to protect sports injuries.





National
Ayurveda
Day
Celebrations

युवधिषणा—नन्दिनी-द्वितीयवर्षच्छात्रा

“विषम्”

विषम् इति पदं “विष्”- शब्दतः जायते। यद् देहं दूषयति तद् विषं भवति। यद् द्रव्यं विषादं जनयति तस्य विषम् इति नाम भवति। अथवा विशदगुणं जनयतीत्यतः विषमिति वक्तुं शक्यते। ध्वेडः, गरलम्, अमृतम्, कालकूटम्, कलाकूलम्, गरम्, घोरम्, इत्यादीनि तस्य पर्यायपदानि भवन्ति। विषम् अमृतं चेति द्वयं मन्थनकरणेन समुद्रात् जातम्। तदर्थं अम्बुसम्भवं, जलसम्भवं इत्यादीनि नामानि विषस्य सम्भवन्ति। यतः विषस्य गुणाः आग्नेयाः, ततः विषेण देहे पित्तजलक्षणानि भवन्ति। तदर्थं पावकोपमम् इत्यपि नाम अस्ति। विषस्य अमृतस्य च जननं समयोनेः जातम्। तेन च विषस्य अमृतम् इत्यपि नाम भवति। विषयोनिर्द्विविधा - स्थावरयोनिः, जङ्गमयोनिश्चेति। मूलं, पत्रं, फलं, पुष्पं, त्वक्, क्षीरं, सारः, निर्यासः, धातुः, कन्दश्च इत्येतानि स्थावरविषाधिष्ठानानि भवन्ति। वृष्टिः, निःश्रासः, दंष्ट्रा, नखं, मूत्रं, पुरीषं, शुक्रं, लालास्रावः, आर्तवः, मुखसन्दंशः, विधिर्तः, तुण्डास्थि, पित्तं, शुक्रं, शवश्च इत्येतानि जङ्गमविषाधिष्ठानानि भवन्ति। स्थावरविषम् ऊर्ध्वगं भवति, तथा जङ्गमविषम् अधोगं भवति। व्यायामि, विकासि, सूक्ष्मं, छेदि, मदावहम्, आग्नेयं, जीवितहरं, योगवाहि च विषं भवति।

योगादपि विषं तीक्ष्णमुत्तमं भेषजं भवेत्। भेषजं चापि दुर्युक्तं तीक्ष्णं सम्पद्यते विषम्॥ - चरकः

यावद्वायुस्थितो देहे तावज्जीवनमुच्यते।
मरणं तस्य निष्क्रान्तिस्ततो वायुं निरोधयेत्॥

हठयोगप्रदीपिका

आरोग्यं भास्करादिच्छेद्धनमिचेद्धुताशनात्।
ज्ञानं महेश्वरादिच्छेन्मुक्तिमिच्छेज्जनार्दनात्॥

मत्स्यपुराणम्

चिन्तनाः

- ◆ यथा ग्रीक्, लटीन् भाषे आङ्ग्लभाषायाः मूलभाषे भवतः तथा संस्कृतभाषेयं भारतीयभाषाणां सर्वासामपि मूलभाषा भवति।।
- ◆ रामायणमेव प्रथमः लौकिकच्छन्दसा रचितः ग्रन्थः भवति। तत्पूर्वं वेदेषु वैदिकच्छन्दांसि एव उपयुक्तानि। तद्धेतोरेव रामायणस्य आदिकाव्यमिति नाम।।
- ◆ निद्रामि स्म इत्यर्थे क्तवत्प्रत्यये निद्रितवान् इति असाधुरूपम्। निद्राणवान् इति वक्तव्यम्।।
- ◆ शीङ् धातोः (शेते) शानच् प्रत्यये शयानः इति वक्तव्यम्, न तु शयमानः।।

EDITORIAL BOARD

Patronage:	HH Sri Jayendra Saraswathi Swamigal HH Sri Sankara Vijayendra Saraswathi Swamigal
Chairpersons:	Hon'ble Vice Chancellor, SCSVMV, Enathur, Kanchipuram. Hon'ble Registrar, SCSVMV, Enathur, Kanchipuram.
Advisory board:	Principal, SJSACH Administrative officer, SJSACH HOD, Department of Samskrit, Samhita & Siddhanta, SJSACH
Chief Editors:	Sri S. Thiagarajan, Dr. PK Moharana, SJSACH
Editorial board:	Teaching Staff Panel, SJSACH
Student committee:	SDVS Representatives, SJSACH
Design:	Dr. K.G. Sridar, Dhvani.J, SJSACH

श्रीधन्वन्तरिवाग्विलासिनीसभा-इतिवृत्तपत्रिका-
समितिः,
संस्कृत-संहिता-सिद्धान्तविभागः,
श्रीजयेन्द्रसरस्वतीआयुर्वेदमहाविद्यालयः

ज्ञानबुद्धिप्रदीपेन यो नाविशति तत्त्ववित्। आतुरस्यान्तरात्मानं न स रोगाँश्चिकित्सति॥-चरकः