



वाग्विलासिनी



A Trimonthly Newsletter from Sri Dhanwantari Vagvilasini Sabha
A Literary Association of
Sri Jayendra Saraswathi Ayurveda College & Hospital
(Dept. of Ayurveda of Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya)



Our heartfelt salutations to His Holiness 68th Peethadhipati of Sri Kanchi Kamakotipeetham Jagadguru Sri Jayendrasaraswathi Sankaracharya Swamigal who attained salvation on 28th February, 2018.

धवलितसुललाटश्चन्द्रहासः प्रसन्नः
ललितनलिनवाक् च व्यक्ततत्त्वार्थभाषी।
सदयनयनवीक्षः श्रौत्रकर्णश्च नित्यं
भवतु हृदयवासी श्रीजयेन्द्रो गुरुर्मे॥

(श्रद्धासुमाञ्जलौ प्रकाशितः)



वन्दे सद्गुरुम्

मैत्रीं भजताऽखिलहृज्जेत्रीम्

आत्मवदेव परानपि पश्यत

युद्धं त्यजत स्पर्धां त्यजत

त्यजत परेष्वक्रममाक्रमणम्।

जननी पृथिवी कामदुगास्ते

जनको देवः सकलदयालुः

दाम्यत, दत्त, दयध्वं जनताः

श्रेयो भूयात् सकलजनानाम्॥

श्रीचन्द्रशेखरेन्द्रसरस्वतीश्रीचरणाः

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Principal's Message

This is the 20th year of Vaagvilaasini Sabha. The programme has been conducted with success due to the efforts of the staff and students and their active involvement. The new chapter of the sabha should focus on incorporating a module through which the students learn new means to interact and develop both curricular and extra-curricular skills. I convey my hearty congratulations to all those whose work has paid off to ensure the grand success of this sabha.

HOD's Message

The Sabha has always been informative to each student. This should be preserved for the upcoming issues of the newsletter for the purpose of printing and to exhibit the talent of the students. This would boost the morale of the candidate and encourage for all future presentations like public gatherings, seminars, etc., The students in the auditorium should also inculcate the habit of listening to the presenter as it is not possible for each one of them to prepare the topic in depth. The subject in the sabha would prove beneficial in the overall future of the students.

From the Editor's desk - Sri.S.Thiagarajan

प्रारब्धमुत्तमजनाः न परित्यजन्तीति वचनमिदं सुदृढं प्रतिभात्यस्मच्छ्रीधन्वन्तरि-वाग्विलासिन्याख्यायां छात्रप्रतिभाप्रवर्धिन्या-मस्यां सभायाम्। १९९९तमे संवत्सरेऽस्मद् गुरुचरणैः श्रीजयेन्द्रसरस्वतीस्वामिभिरस्मिन् एव दिने (२६.३.१९९९) समारब्धेयम्॥

आयुर्वेदच्छात्राणां चिन्तनमपि संस्कृतं स्यादिति मत्या देववाणीप्रधानेयं सभा संप्रति संस्कृतेन सह सकलानामप्यायुर्विषयाणां प्रस्तुतिरत्र विधीयते। किञ्चाद्यावधि आनवदश संवत्सरं यावदनर्गलतया सभेयं प्रचाल्यतेति प्रमोदकरोऽयं विषयः। शिष्यहिताय सततम्

उद्यत एव गुरुरिति भगवत्पादानां वचनं मनसि धृत्वाऽस्मदध्यापकाः अपि छात्राणामध्ययन-कौशलवर्धनार्थमिमां सभां साधनीकुर्वन्तः अत्र भागग्रहणार्थं प्रोत्सहन्ते छात्रान्। इत्थं च प्राचार्यादारभ्य आकर्मकरमस्याः सभायाः कार्य-सम्पादने सौलभ्यं कल्पितवद्भ्यः सर्वेभ्यः अपि सादरं कृतज्ञतामाविष्कृत्य विंशतिसंवत्सर-प्रमुखामिमां सभां किञ्चिद्वैशिष्ट्यं कल्पयितुं यततामस्मत्परिषदां कृते सदाशीः, सहयोगश्च वितन्वन्त्विति सभायाः कार्यसम्पादनपक्षतः प्रार्थयामि। गुरुणामाचार्याणाञ्च अनुग्रहेण सभेयं शतञ्जीयादिति च अभिलषेऽहम्॥

नार्थार्थं नापि कामार्थमथ भूतदयां प्रति। वर्तते यश्चिकित्सायां स सर्वमतिवर्तते॥ - चरकः

IMPCOPS Visit

● Swetha Akondi | II Year

We, the II year students went on a visit to IMCOPS Pharmacy, Chennai on 28-12-2017 accompanied & guided by Dr.B.Saravanan, Asst., Professor, Department of Rasasastra & Bhaishajyakalpana and Dr.H.M.Rajendra, Asst. Professor, Dept. of Dravyaguna. We observed the

preparation of many Siddha, Unani and Ayurvedic medicines. We also saw a raw drug processing unit and a museum where they preserve all the rare specimens. We gained a wonderful hands on experience to witness the process of manufacturing many medicines.

Medical Visit to Ramachandra

● Aparna Krishnakumar | I Year

As a part of academic activities on February 9th, 2018 1st year students of Sri Jayendra Saraswathi Ayurveda College & Hospital visited Sri Ramachandra Medical College, Porur - Chennai.

We witnessed various demonstrations of anatomical dissections and physiological

experiments and also had an opportunity to visit the college museums. We were guided by Dr.K.P.Roshini, Head of the Department of KriyaSharir and Dr. Geetha Kumar, Assistant Professor, RachanaSharir, SJSACH. The visit was very informative and enjoyable. We express our thanks to our college management also.

JLN Shastri's Seminar on Dravyaguna

● Anandhi.J | II Year

On 27th Jan, 2018 Dr.J.L.N.Shastri, Head of Dabur Research and Development visited our college and addressed the second year students. The meeting was arranged by Prof.Dr.Ramdas Magnanti, Principal, Sri Jayendra Saraswathi Ayurveda College and Hospital.

The guest prompted us to ask questions and answered them diligently. Various topics such as the necessity for alternate drugs,

understanding the actions and properties of various dravyam and the importance of knowing other sister sciences like astrology, need for spiritual growth and development were covered. He emphasised on the need to work hard in order to crack the surface and understand the deeper aspects of Ayurveda.

Overall, the session was inspiring and pointed us in the right direction.

Bellary Visit

● V.Ragini | III Year

The III Year students attended a seminar on Rasashastra from 22nd Jan'18 to 24th Jan'18. On 22nd, Dr.M.Gopi Krishna gave an excellent seminar about rasoushadis used in routine clinical practice with its clinical perceptive". Then he spoke to us regarding "Diagnosis & Management of Arthritis with Rasoushadis with its clinical perspectives". Dr.Sathyendra Ojha presented a seminar on "Diagnosis & Management of Vata vyadhi", and we learnt about pain management in Ayurveda with rasoushadis ". On 22nd Jan'18, the topics covered were :- Shrotas & rasoushadis with its clinical perspectives, necessity of Toxicity Studies & their safety profile, diagnosis & management of

malignancies in Ayurveda".

On 24th Jan' 18, we attended a guest lecture by Prof.Siddhanadhan Mishraji. At 11am, Dr.M.Gopikrishna spoke to us regarding Rasoushadis used in Paediatrics, Gynecology & Obstetric Practices. Later, Dr.Ajayan shared his knowledge on Marma Chikitsa & its clinical perspectives". The valedictory function was held & the programme was concluded by providing a Rasa preparation to all the participants. Dr.B.Saravanan, HOD of Rasasastra & Bhaishajya Kalpana, SJSACH accompanied us. The principal Dr.Ramadas Maganti and Sheela Rani Chunkath played a vital roles in arranging such a wonderful session for us.

AYUREHR

• **BRIHATEE BALA | I Year**

An interactive session was held by ERX Software Solutions on 14th March 2018. The session was attended by students from the first, third and fourth year along with the teaching staff and The Principal. The session included a demonstration of the company's latest software venture "AyurEHR".

The system was explained to be the world's first cloud based Electronic Health Records (EHR) system for Ayurveda. The

importance of knowing about technological developments was stressed on. The event was held as two sections.

The first section addressed the students of first and third year. The second section addressed the students of fourth year. The programme was an eye opener for the students which made us think about practical problems we might face as practitioners. It helped us think a little beyond our text books and the small world of student life.

Special Lecture on Kriyasharir

• **Vedavally Ra.Na | I Year**

A special lecture was delivered by Prof. Dr. Muthuswamy, Stanley Medical College, on physiology of thyroid gland on 22nd March 2018 for the I Year students. He also explained about the metabolism synthesis and anatomy of the gland. The lecture was continued for two hours and was very interesting. The lecture was also accompanied by the lecturers of the department of Rachanasharir and Kriyasharir. It was an interactive session, wherein we learnt to approach the glands of the body in a holistic way.

Agadam seminar - Dr.Sreekrishnan

• **Kesavanath | II Year**

On 20.01.2018, Dr.Sreekrishnan, Dhanwantari Ayurveda Bhavan, Thrissur, addressed the II Year students on Agada tantra and its practical application. We learnt about managing different types of poisons including snake bite, scorpion bite etc., We were also introduced to some basic concepts of skin diseases. We learnt that poisons are not limited to animal bites and that many aspects in our daily life can be understood on the lines of Agadatantram. We gained confidence in dealing with immediate care of serious emergencies such as snake bites.

AyurExpo 2k18

• **AparnaKrishnakumar | I Year**

'AYUR EXPO 2K18' was held on 16th and 17th March, 2018 at the college premises. The exhibition was open from 9am to 4pm to the public. It featured the participation of all the students pooling in different ideas and creativity that coloured each project.

Students of Dharma Ayurveda college, Jaya Jaya Sankara School, students of other colleges and general public witnessed the creations of the students. Prof.K.P.V. Ramana Kumar, Dean, Faculty of Management, SCSVMV, graced the event as the chief guest to accompany its grand success.

As a part of the expo, a model presentation competition was held, wherein the students had presented their models in front of the judges for evaluation.

On the evening of 17th, the valedictory function was held and the students received various prizes from the chief guest. Also, the dignitaries on the dias delivered inspirational speeches to motivate the public.

The motive of spreading Ayurveda to the public had made its best beginning through this expo by exhibiting the models and talents!

From the Guest. . .! (Sow.S.Gayathri)

संस्कृतं पुरातनभाषा अस्ति। अतः आधुनिककाले तस्याः प्रयोजनं व्यर्थमेवेति बहवो जनाः चिन्तयन्ति। किन्तु संस्कृतं विना सर्वमखिलं व्यर्थमेवेति प्रकटयितुम् आधुनिकयुवकान् संस्कृतपठनार्थं प्रेरयितुम् अत्योन्नतप्रयत्नं कुर्वन्ती अस्ति इयं श्रीधन्वन्तरिवाग्विलासिनी सभा॥

अस्यां सभायां विशिष्टोपायमनुसृत्य आयुर्वेदच्छात्राः संस्कृतस्यौन्नत्यम् अन्येषु क्षेत्रेषु अपि कथं वर्तते इति विलोख्य, तत्र ज्ञानमवाप्य तेषां तेषां विषयाधारितेन प्राप्तसंस्कृतारिधज्ञानेन नवभारतनिर्माणे स्वकीयां कर्तव्यतां सुष्ठु कुर्वन्वित्यभिलषेऽहम्। अस्याः सभायाः निर्वाहकानां कृते मम हार्दिकशुभाशयाः॥

॥वदतु संस्कृतम्, जयतु भारतम्॥

Need of Research in Ayurveda

• Dr. Vishnuvardhan | Assistant Professor, Dept. of Panchakarma

"Absence of evidence is not evidence of absence!"

- Carl Sagan, Astronomer

Simply put, it means that if we don't know that something exists, it doesn't mean that it doesn't; It only means we don't know one way or the other, we just haven't been made aware of it yet. Methodologies to prove clinical efficacy of drugs and treatments in Āyurvēda are time tested and may not match to that of modern day. But that doesn't mean the lack of 'Evidence'; it only means we just haven't been made aware of it yet, in the modern scientific perspective.

Āyurvēda is the science of life which encompasses in-depth medical theorems and principles which are evolved after close and constant experimentation and also best peer reviewed for many centuries in human subjects by expert Āyurvēda scientists who were clinicians themselves. But for the global acceptance of Āyurvēda, there is a need of well documented and empirical evidences in the form of modern research. It is the responsibility of present generation to bridge the traditional Āyurvēda with modern science and one should be broad minded to incorporate modern tools of research without deviating from the original Siddhāntās of Āyurvēda.

Although Āyurvēda is practical and clinical oriented, still there is need of systematized scientific research for better understanding of Philosophy and Science in Āyurvēda as they

both are equally important. As quoted by Einstein-"Philosophy without science is blind and science without philosophy is lame".

Even our Honorable Prime Minister 'Shri Narendra Modi' has expressed his views that the lack of properly organized research in Āyurvēda is the main cause which hinders it from global acceptance. He says – "It is not possible for us to wait for this world to learn Sanskrit language and then accept the preparative. But the least we could do is to translate the exalted resource in the language this world understands".

In the words of Padmabhūṣaṇ Awardee – Prof.M.S.Valiathan, "The fact is that the use of modern Science as a research tool in Āyurvēda has never been more necessary, more promising, or more compelling than at the present time". He had written – "To ignore the testimony of thousands of patients over many decades is reminiscent of the derisive attitude of Jenner's contemporaries in Gloucestershire who despised the claim of milkmaids that cowpox gave them protection from small pox! When Jenner wrote to his mentor, John Hunter, on the observed fact and the arguments against it, Hunter gave his famous reply 'Why think? Why not experiment?'. That applies to Āyurvēda, whose time to experiment has arrived".

To put in one sentence, Research is needed in Ayurveda to testify & revalidate the facts and take the system to global level for wider acceptance.

Monthly Report on Sri Dhanvantari Vagvilasini Sabha

• Student Coordinator of SDVS

We are happy to announce that Śrī Dhanvantari Vāgvilānisī Sabhā, clutched with the Department of Samskr̥tam, Samhita and Sidhanta has successfully completed twenty years of imparting knowledge by the humble efforts of inculcating the talent of presenting in front of an audience.

The Sabhā is the literary association of the College where all the Professors, interns and students come together and students from all classes put up their ideas on a particular topic. The Sabhā usually met and still meets on the last Thursday of every month at the Mahāsvāmimaṇḍapam (auditorium) of the college.

The main idea behind conducting this Sabhā was (is) to create a platform for the students to

improve their vocabulary, to hone communicative skills and better understanding of the subject. As part of the monthly Sabha, on 28.12.2017, invited guest speaker Dr.K.Maheswaran Nambudiri interacted with our students in the monthly Vagvilasini Sabha. This was followed by extempore speech by the students.

The next sabha was held on 29.1.2018 on the theme of manoroga, wherein students put in their ideas on various aspects of mental health. Dr.Srimannarayanan, MD in Manoraga gave his expert opinion on the subjects discussed and also interacted with the students to introduce the audience with the consciousness of mental health. We head forward with an all new energy to this 20th year.

TRAUMATIC BRAIN INJURY (TBI) - MASTISHKA VEPANA

• Dr. K. Mani Bharathi, BAMS, M.Sc. [Micro Bio.], M.Sc. [Yoga], MBA | 1995 Batch

Physician at Sri Narayanaguru Ayurveda Hospital, Kanchipuram, Currently pursuing PhD under the guidance of Prof.S.Venugopalan, Department of Sanskrit and Indian Culture, SCSVMV.

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Signs of increased ICP include decreasing level of consciousness, paralysis or weakness on one side of the body, and a blown pupil, one that fails to constrict in response to light or is slow to do so.

Cushing's triad, a slow heart rate with high blood pressure and respiratory depression is a classic manifestation of significantly raised ICP. We can find slow heart rate in our classical reference.

Anisocoria, unequal pupil size, is another sign of serious TBI. Abnormal posturing, a characteristic positioning of the limbs caused by severe diffuse injury or high ICP, is an ominous sign.

Small children with moderate to severe TBI may have some of these symptoms but have difficulty in communicating them. Other signs seen in young children include persistent crying, inability to be consoled, listlessness, refusal to nurse or eat, and irritability.

Classical management:

Manassthairya karya kriya , shiraushna –atisita toya sechanam, danti sneha rechana, sheena nadi – sanjivani sura along with water, saitya anga is treated with smokeless fire.

Trivritadi kwatha –Trivrt, swarna patri, mustaka, madhuka, bala, haridra,daruharidra, sunti, triphala, katuki kasayam relieves mastiska vepana. Bala kwath with rasa sindura is specially indicated, we can find rasa sindura with dasamoola kasayam is indicated in head ache from rasa tharangini. Vaavyadhi hara kashayam, milk, mamsa rasa, madyam, snayupustikaram param, swadvannapanam.

Treatment of raised ICP may be as simple as tilting the patient's bed and straightening the head to promote blood flow through the veins of the neck. Sedatives, analgesics and paralytic agents are often used. Hypertonic saline can improve ICP by rreducing the amount of cerebral water (swelling), though it is used with caution to avoid electrolyte imbalances or heart failure. Mannitol, an osmotic diuretic, appears to be equally effective at reducing ICP.

A glimpse of the student zeal



Varna seminar



Sahyaayanam



AyurExpo 2k18



Vagvilasini



कर्णवेधनम्

• **Anagha.K.K, III Year**

भारतीयसंस्कारे धात्रीशिशुपरिचरणम् एवं तयोः कर्तव्यसंस्काराः मुख्यत्वमावहन्ति। जननादारभ्य मरणपर्यन्तं एकैकस्याः अपि व्यक्तेः अनुष्ठानानि एवं चर्याः कथं भवेयुः इति आयुर्वेदाचार्याः स्वकीयेषु ग्रन्थेषु उक्तवन्तः। वस्तुतः संस्क्रियते इति संस्कारः। स्मृतिषु षोडश संस्काराः मनुष्येभ्यः विहिताः भवन्ति। अतः षोडशानामपि संस्काराणां यथोक्ताचरणेन मनुष्यः शुद्धः भविष्यति। प्रत्येकं शास्त्रेषु संस्कारस्य संख्या भिन्ना भवति। परं सर्वत्रायं कर्णवेधनमिति संस्कारः अङ्गीक्रियते। जातकर्मानन्तरं कर्तव्येषु अन्यतमोऽयं भवति - कर्णस्य व्यधनम् इति संस्कारः। कर्णयोः छिद्रकरणमिति तदर्थः। किञ्चित् प्रधानं कर्म भवति। 'कर्णवेधनम्' इत्यपि नामान्तरम्। एतत् वैद्यशास्त्रे एवं सामूहिककार्येषु अपि मुख्यत्वमावहति। आचार्यानुसारेण कर्णवेधनं बालानां ग्रहबाधाः प्रतिबध्नाति। सुश्रुताचार्याः एवमुक्तवन्तः -

“रक्षाभूषणनिमित्तं बालस्य कर्णौ विध्येते॥”

(सुश्रुतसंहिता सूत्रस्थानम् ६.४)

इति। एतत् कर्म माघे फाल्गुने वा मासे शुक्लपक्षे शुभदिने च कर्तव्यम्। धात्र्याः अङ्के शिशुम् उपवेश्य मन्त्रोच्चारणं कृत्वा आदित्यप्रकाशेन स्पष्टतया भासितकर्णयोः व्यधनं कर्तव्यम्। अत्र वैद्यः स्वस्य दक्षिणहस्ते सूचीं वामहस्ते च शिशोः कर्णं धारयेत्। पुंशिशोः प्रथमं दक्षिणकर्णस्य तदनन्तरं वामकर्णस्य वेधनमुक्तम्। कन्यानां तद्विपरीतं कर्तव्यम्। वैद्यः तदनन्तरं तद्रक्षार्थं तैलनिमज्जितं सूत्रं छिद्रेण संचारयेत्। आमतैलेन प्रक्षालनम् अपि करणीयम्। आचार्योक्तविध्यनुसारेण कर्णवेधनम् ओजोवर्धनं करोति। अतः भारतदेशे सर्वेऽपि जनाः प्रायः अद्यापि कर्णवेधनं कुर्वन्ति। कर्णवेधनेन बुद्धिशक्तिरपि वर्धते इति आधुनिकवैज्ञानिकानां मतम्।

तदात्वे चानुबन्धे वा यस्य स्यादशुभं फलम्। कर्मणस्तन्न कर्तव्यमेतद्बुद्धिमतां मतम्॥ - चरकः

सुभाषितानि

एकतः क्रतवः सर्वे सहस्रवरदक्षिणाः।
 अन्यतो रोगभीतानां प्राणिनां प्राणरक्षणम्॥ (महाभारतम्)
 श्रान्तसंवाहनं रोगीपरिचर्या सुरार्चनम्।
 पादशौचं द्विजोच्छिष्टमार्जनं गोप्रदानवत्॥ (याज्ञवाल्क्यस्मृतिः)

अमावास्या/अमावस्या

अमा वसतः चन्द्रार्कौ यस्यां सा इत्यर्थः। अमा शब्दस्य सहितः इत्यर्थः। अमा इत्येतत् सहार्थे विद्यमानमव्ययम्। अत उक्तं - अमा = साहित्ये वसतः चन्द्रार्कौ यस्यां सा इति। अमा इत्युपपदपूर्वकात् वसधातोः आधारार्थे अमावस्यदन्यतरस्याम् (३.१.१२२) इति सूत्रेण ण्यत्प्रत्यये, अमावास्य इति जाते तस्मिन् स्त्रियां टापि इदं रूपम्। तत्र विकल्पनेन वृद्ध्यभावो निपात्यते अतः अमावास्या इत्यपि रूपम्। तदुक्तं काशिकाकारैः - “सह वसन्तो अस्मिन् सूर्यचन्द्रसौ इति अमावास्य, अमावस्या॥”

पदप्रज्ञा - Words from Kosha

व्याजः

लिङ्गम् - पुल्लिङ्गः। प्रकृतिप्रत्ययौ - वि + अज + घञ्।

व्युत्पत्तिः - व्यजति यथार्थव्यवहारादपगच्छत्यनेनेति व्याजः।

कोशः - कपटोऽस्त्री व्याजदम्भोपधयश्छद्मकैतवे। कुसृतिर्निकृतिः शाठ्यं प्रमादोऽनवधानता॥

अर्थः - कपटः। अपदेशः। स्वरूपाच्छादनम्। अन्यमुद्दिश्य अन्यप्रतिपादनमिह व्याजः इत्यर्थः।

Meaning - Wickedness, fraud, deception

उदाहरणम् - भोः मित्र, सः वृद्धः धनापहरणव्याजेन त्वया सह भाषते स्म।

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वेदनानामधिष्ठानं मनो देहश्च सेन्द्रियः। केशलोमनखाग्रान्नमलद्रवगुणैर्विना॥ - चरकः