



# वाग्विलासिनी

A tri-monthly newsletter of  
Sri Dhanvantari Vagvilasini Sabha

Department of Sanskrit, Samhita and Siddhanta

Sri Jayendra Saraswathi Ayurveda College and Hospital, Nazarathpet, Chennai—600123



## FROM THE PRINCIPAL

After a lot of events related to sports and culturals, it is time to work towards development of our presentation skills and our ability to bring in creativity in Ayurveda and Samskritam. Freshers and seniors alike must use this platform to express their views on various subjects. Vagvilasini must serve as a platform for exchange of information and for gaining knowledge and experience. My best wishes to everyone to have a successful year ahead.

-Dr. Ramdas Maganti



मैत्रीं भजताऽखिलहृज्जेव्रीम्  
आत्मवदेव परानपि पश्यत  
युद्धं त्यजत स्पर्धां त्यजत  
त्यजत परेष्वक्रममाक्रमणम्  
जननी पृथिवी कामदुगास्ते  
जनको देवः सकलदयालुः  
दास्यत, दत्त, दयध्वं जनताः  
श्रेयो भूयात् सकलजनानाम्।  
-श्रीचन्द्रशेखरेन्द्रसरस्वतीश्रीचरणः।

## FROM THE HEAD OF THE DEPARTMENT

I'm extremely happy that the Samskrit, Samhita & Siddhanta department is releasing the third issue of Sri Dhanvantari Vagvilasinee Sabha newsletter. With the able support guidance of the principal, Coordinators Dr.P.K.Moharana and Sri.S.Thiagarajan, the Sabha has been conducting brain storm sessions both in Sanskrit and Ayurveda for the students. The invited guests for these sessions have given us good guidance in the upliftment of both the Sanskrit language and the mute aspects of Ayurveda by their presents. Students have also been actively participating by presenting their papers and a healthy competition for grabbing the certificates are some of the good initiatives being achieved by this sabha. This newsletter carrying information on the activities of the Sabha, performance of students in various programs with photos are some of the highlights. I wish that this sabha which has been doing constructive programs for the field of samskrit and Ayurveda from the Year 1999 would further grow and achieve great heights.

-Dr.S.Swaminathan

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## FROM THE EDITOR'S DESK - SRI.S.THAGARAJAN

महदिदं प्रमोदस्थानं यद्वयमिदानी- अत्र वार्ताः अपेक्षया छात्राणां स्वशास्त्रचर्चा वितरयेयुः इति। येन  
मस्माकं श्रीधन्वन्तरिवाग्विलासिनी- भागग्रहणं भवतु इति भवति शास्त्रमदः याथातथ्यमवगन्तुं शक्यते।  
सभापक्षतः प्रकाशयमानायाः छात्र- अस्मन्मतिः। अतः छात्राः स्वयं तदर्थमेव मन्मार्गदर्शकाः प्रायतन्त,  
वृत्तपत्रिकायाः तृतीयं अङ्कमुन्मो- स्वप्रतिभां प्रदर्शयितुं स्वज्ञातानंशान् वयमपीह प्रयतामहे। वास्तविकमायु-  
चयामः इति। तदत्र निरन्तरम- लेखनेन प्रकटीकुर्वन्त्वत्र। अस्याः शशास्त्राध्ययनाय संस्कृतमयं  
स्मिन्कार्यक्रमे सहकृतृभ्यः सर्वेभ्योऽपि सभायाः मुख्यमुद्देश्यं भवति पर्यावरणमानेतुं सर्वे छात्राः,  
कृतज्ञतामाविष्करोमि सभापक्षतः। आयुर्वेदच्छात्राः संस्कृतमाध्यमेन वैद्यवर्याः सहकुर्वन्तु इति प्रार्थ्यन्ते॥

पश्यतोऽपि यथाऽऽदर्शो संक्लिष्टे नास्ति दर्शनम्। तत्त्वं जले वा कलुषे चेतस्युपहते तथा॥ - चरकः

- ◆ **Induction ceremony** performed on July 16<sup>th</sup> 2016 in the presence of Vice Chancellor of Sri Chandrasekarendra Saraswathi Viswa Mahavidhyala Prof. Dr. Vishnupotthy.
- ◆ International Day of Yoga celebrated on 21/06/2016. Dr. Srinivasulu, Registrar, SCSVMV, was the chief guest. A week-long Yoga training programme for the students and the public was conducted in the college premises by Dr. G.R.R. Chakravarthy and Dr. Guruprasad.
- ◆ **'Hindu Spiritual Mission and Services Exhibition'** from 2<sup>nd</sup> August to 8<sup>th</sup> August 2016 by a team of doctors and interns under the co-ordination of Dr. Guru Prasad.
- ◆ Awareness on Anti ragging laws was organized in the college from the judges of Poonamallee on 31<sup>st</sup> August 2016. The programme was coordinated by Dr. Usha Patil
- ◆ Vice Chancellor Prof. Dr. Vishnupotthy had a brief interactive session with the students of SJSACH.

**Spoken Sanskrit class:**

Our college organised a ten day spoken sanskrit class in July in association with Samskrita Bharati. Sri Raghupathy, trained our students. Sri Radha Krishnan, and Sri Hareendran also addressed the students.

**S A M S K R I T O T S A V A H -  
S A M S K R I T A B H A R A T I**

Date: 19/08/2016 - 21/08/2016, Venue: D.G.Vaishnava College

A medical camp and Ayurveda exhibition were conducted by Dr.Uday Kumar, Dr. B. Saravanan, Dr. Suvendu Rout, Dr.H.M. Rajendra, Dr.Mallikarjuna Rao. Our students won prizes in the group singing competition, powerpoint presentation competition and oratorical competition and actively participated in the Quiz contest (Rasaprashnaah). The entire event was coordinated by Sri. S. Thiagarajan. For more, visit: <http://www.sjsach.org.in/>

**Snake park visit:**

The students of II Year visited the Guindy National Park on 28/09/2016 under the guidance of Dr. Usha Patil and Dr. G.V.Karunakar.

**M U D R A 2 0 1 6**

Mudra 2016 was what it was named - sports and culturals of SJSACH, 2016. It was a 9 day event, from 8-10-2016 (Monday) to 16-08-2016 (Tuesday). Students exhibited their true spirit of sportsmanship through various events such as volleyball, chess, carrom, running race, long jump, throwball, etc., Further, cultural events such as "talent hunt", "mock press", classical/non-classical singing/dancing contests and other solo and group events were performed on the stage with zeal and zest. Off stage events included face painting, rangoli, painting, "art from waste" and other literary events. Thus, the versatility of the students of SJSACH on various fields of interest was exhibited with utmost energy. For more, visit: <http://www.sjsach.org.in/>

Date: 23rd August 2016.  
Chief guests were S.Vinod and Vishnu Shankar from the Vivekananda Youth Forum. Student presenters were S.Amritha (I Year), Divyashree.S (II Year), Ananthalek-

shmi.R (III Year), Parvathy Krishna (IV Year) and Arthyca.J (Final Year). A group song was presented by Megha.V (II Year), K.K.Anagha (II Year), Niveditha.K.Namboothiri (I

Year)and Gayathri.J (I Year). Certificates were distributed by Dr.G.R.R. Chakravarthy and Dr. Ramdas Maganti. Organisers: Dr.Uday Kumar, Dr. Suvendu Rout, Dr.Guru Prasad, Sri.S.Thiagarajan.



कोषकारो यथा ह्यंशूपादत्ते वधप्रदान्। उपादत्ते तथाऽर्थेभ्यस्तृष्णामज्ञः सदाऽऽतुरः॥ - चरकः

**संस्कृतोत्सवः—SCSVMV**

Our students attended Samskritotsavah 2016 conducted by our university SCSVMV. Our students won prizes in the music competition, PowerPoint presentation, essay writing competition and elocution competition, bringing back twelve prizes overall. The validation programme was held on 2/09/2016. Prof.K.V.Ramakrishnamacharyulu addressed the gathering. Our students participated in this event under the co-ordination of Sri.S.Thiagarajan. For details, visit: <http://www.sjsach.org.in/>

**Freshers' day 2016—**  
The new buds of SJSACH were given a welcome programme by their seniors on 3/09/2016. The programme involved introduction of all new students, marking a friendly beginning.



We mourn the death of Swathi Pande, I-Year, SJSACH, who hung herself to death in the hostel on 15/09/2016. As a society, it is our duty to ensure that our fellow beings do not go into depression. We must identify suicidal thoughts and tend to them at the earliest to avoid such untoward incidents. Let us be conscious of everything around and take good care of ourselves and others. After all, life is precious. May the departed soul rest in peace.

**R A S A S A S T R A M — D R . S A R A V A N A N . B**

रसशास्त्रम् attains prime importance in hindu system of medicine. It is a branch of Ayurveda which explains the use of पारदः (mercury), various metallic and mineral origin compounds, animal products combined with herbs. The combination of metallic and herbal products together forms herbo-mineral formulation or रसौषधिः. The ancient scholars of Ayurveda knew the importance of metallic and mineral origin substances for therapeutic benefit but limited their use in the classical text. The procedures needed for the purification of metals, minerals and some of the poisonous substances are not mentioned in the बृहत्संहिता. The herbal preparations and formulations which were used during the time period of बृहत्संहिता were found effective but the dosage was comparatively high, less palatable and the medicines had a short shelf life. The various text books reveal that रसशास्त्रम् was developed primarily for two reasons- धातुवादः and देहवादः. धातुवादः means transformation of lower metals like नाग-वङ्ग-ताम्र to higher and precious metals like Gold and Silver. The texts up to 12<sup>th</sup> century mentioned about the techniques needed for the 'लोहवादः' purpose. After 13<sup>th</sup> century the books started describing about the methods needed for the various metals and minerals to be converted into 'भस्म' so that they could be used for 'देहवादः' purpose. This knowledge about देहवादः slowly gained importance and was followed to prepare many herbo-mineral formulations to treat various diseases. The various metals, minerals and other substances used in the field of रसशास्त्रं have been classified into महारसः, उपरसः, साधारणरसः (8 substances in each group), लोहः, उपधातुः, रत्नानि and उपरत्नानि. The classification is based on the use of the different substance for देहवादः and धातुवादः।

**Benefits of metals and minerals:** The various text books related to रसशास्त्रं describe in detail the various procedures to be carried out to make the metal or mineral safe before used for therapeutic benefit. The steps involved like शोधनम्, मारणम् (Subjecting the purified substance to heat), भस्मीकरणम् enable the metal, mineral, mercury to be absorbed into the human body. During the above said procedures the metals and minerals are also processed with various herbs at different stages which enhance their property and help in their therapeutic action.

**Specific qualities of रसौषधिः:** The various substances used in the formulation are converted to micro size form after various procedures and it is readily absorbed in the body. Due to the presence of metals, minerals and even poisonous substances in small dosage, the formulations are quick acting and efficacious. The रसौषधिः show their therapeutic and रसायनम् efficacy in small dosage forms with suitable अनुपानम्. Due to the presence of various metals, minerals and herbs, the shelf life of Rasaoushadhies is more than formulation containing only herbs.

अभ्यासात् प्राप्यते दृष्टिः कर्मसिद्धिप्रकाशिनी। रत्नादिसदसज्ज्ञानं न शास्त्रादेव जायते॥ - वाग्भटः



**STUDENT'S COLUMN –  
“ TUNE WITH NATURE THROUGH DINACHARYA ”**

Daily routine is a vital and integral part of our state of health. A routine that is followed with care and awareness with respect to our individual constitution and balance will bring many health benefits. In Ayurveda, there are certain steps prescribed to drive you along your daily chores which are valuable in their relation to boosting your health and longevity. Some of them mentioned in Ayurvedic classics are—waking up early in the morning (In ब्राह्ममुहूर्तः), oral hygiene i.e., brushing (दन्तधावनम्), holding of oil in mouth (गण्डूषः), collyrium (अञ्जनम्), nasal installation (नस्यम्), medicated smoke inhalation (धूमपानम्), betel chewing (ताम्बूलसेवनम्), oil massage (अभ्यङ्गः), कर्णपूरणम्, exercise (व्यायामः), powder massage (upward) (उद्वर्तनम्), bath (स्नानम्), anointments (लेपः), general conduct (धार्मिकवृत्तिः), night regimen (रात्रिचर्या), etc., Charaka says “स्वस्थस्य स्वास्थ्यसंरक्षणम्”, which means that Ayurveda aims at promoting good health by explaining health promoting and disease preventive practices to have a healthy and long life. With this aim, it advocates the practice of daily regime and seasonal regime for every individual based on body constitution, lifestyle and environment (place and season). Following dinacharya is essential for having a proper biological clock. A proper routine can assist digestion, absorption and assimilation, and also generate peace, discipline, happiness and longevity. To remain in tune with nature, let us simply follow what our acharyas have told, instead of trying to use our ‘intelligence’ and find out new means. To live healthy and happy, we just need to strike a chord with nature, for which, this is the only way.

—D. Tharakesh, III Year

**विद्यास्म किञ्चित्**

दहन्ते ध्मायमानानां धातूनां हि यथा मलाः।  
तथेन्द्रियाणां दहन्ते दोषाः प्राणस्य निग्रहात्॥  
(मनुस्मृतिः)

परिश्रमो मितहारो भूगतावश्विनी सुतौ।  
तावनादृत्य नौवाहं वौद्यमन्यं समाश्रये॥  
(योगवासिष्ठः)

**अभ्यासेन तत्सिद्धिः**

ग्रीक्देशे मैलो आफ् क्रोटन् इति कश्चन प्रसिद्धः बाहुयोधा आसीत्। सः ग्रीक्देशस्य प्रमुखः तथा बलवान् योधा च आसीत्। सः ओलिम्बिक् स्पर्धायामविच्छिन्नतया षट्पदकभागभवति। कथं सः आत्मानं तावन्तं बलशालिनमकरोत्? आदौ सः नवजातगोवत्सं बाहौ संस्थाप्य गच्छति। एवं सः स्वस्य व्यायामाभ्यासमारब्धवान्। किमत्र आश्चर्यकरो विषयः इति प्रश्नः स्यात्, भवतु नाम। परं तस्य सहस्पर्धालवः वृद्धं महिषं स्कन्दस्योपरि स्वीकर्तुं यतन्ते स्म, एनं दृष्ट्वा मन्दबुद्धिरयमिति पर्यहसन् च। किन्तु मैलो तावत् प्रतिदिनं तं गोवत्सं स्कन्दस्योपरि संस्थाप्य अभ्यासमकरोत्। एवं कालक्रमेण सः वत्सः वृद्धः गौः जातः तदापि प्रतिदिनाभ्यासात् सः स्वस्कन्दस्योपरि संस्थाप्य गन्तुं पारयते स्म। एवं सः आत्मानमतिबलशालिनमकरोत्। एवमेव वयं पाठपठनादिकं यत्किमपि कर्म यदि आबाल्यात् निरन्तरमभ्यासं कुर्म तर्हि तत्सिद्धिः सुगम्या भवति॥

**EDITORIAL BOARD**

vagvilasini 2016 schedule:

September	-	01/10/2016
October	-	03/11/2016
November	-	01/12/2016
December	-	29/12/2016
January	-	25/01/2017
February	-	22/02/2017
March	-	23/03/2017

<b>Patronage:</b>	HH Sri Jayendra Saraswathi Swamigal HH Sri Sankara Vijayendra Saraswathi Swamigal
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<b>Student committee:</b>	SDVS Representatives, SJSACH
<b>Design:</b>	Dr. K.G. Sridar, Dhvani.J, SJSACH

श्रीधन्वन्तरिवाग्विलासिनीसभा-वृत्तपत्रिका समितिः, संस्कृत-संहिता-सिद्धान्तविभागः, श्रीजयेन्द्रसरस्वतीआयुर्वेदमहाविद्यालयः नजरत्पेट्टे, चेन्नै, तमिल्लाडु-६००१२३

आत्माधीनशरीराणां स्वपतां निद्रया स्वया। कदन्नमपि मर्त्यानाममृतत्वाय कल्पते॥ - शाङ्गधरपद्धतिः