



वाग्विलासिनी

A trimonthly newsletter

Sri Dhanwantari Vagvilasini Sabha



Department of Sanskrit, Samhita and Siddhanta
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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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From the Principal - Prof. Dr. Ramdas Maganti

This is a novel programme initiated by the college. It improves the communication skills of the students in Sanskrit and English. Through this programme, students have been given an exposure with Sanskrit scholars of high esteem. Several alumni have given us feedback that this has helped them in improving their communicative skills and overall development. I encourage all the students to actively participate in this programme and utilise this platform for their successful future.

From the HOD - Prof. Dr. S. Swaminathan

I am happy to note that SJSACH has released its newsletter Volume 3 Issue 1 through the Dept of Samskrita Samhita and Sidhantha. This is to promote the Sanskrit language in the search of the secrets of Ayurveda in its true sense and promote the system among the common public. The efforts that are being taken by the faculty in Sanskrit both at University and College level are to be appreciated since the knowledge of Ayurveda can only be thoroughly understood by exploring the slokas in Sanskrit. This newsletter would be an eye opener for many of the Ayurveda colleges across our country for the promotion of Sanskrit not only as a language but also to throw light upon the mute aspects of Ayurveda. I congratulate Dr P K Moharana, Associate Professor., Dept of Roganidana and Prof. S Venugopalan for the hard work in bringing out this newsletter. My sincere thanks to the Principal and management for the release of this.

From the Editor's Desk - Prof. S. Venugopalan

प्रसिद्धं पद्यमिदं सर्वैः स्मर्यते 'आचार्यात् पादमादत्ते पादं शिष्यः स्वमेधया।
पादं सब्रह्मचारिभ्यः पादं कालक्रमेण च' इति। प्राचीनकाले भारतीया
अध्ययनपद्धतिः अमुमेव क्रममादृत्य प्राचलदिति वयं सर्वे जानीमोऽपि। तत्र
स्वारस्यमस्ति। अस्माकम् अध्ययनं सर्वमपि मस्तकाधारितं, न तु
पुस्तकाधारितम्। "कर्णयोः श्रुतं माच्योद्वम्" इति मेधा सूक्ते प्रार्थनरूपेणापि
इदमेव क्रियते। तथा च श्रुतिरिति वेदपरम्परायाः इतरेषामपि
शास्त्राणामध्ययने समानमेव तद्गौरवम्। अतः आयुर्वेदशास्त्राध्ययनेच्छूनाम्
अस्माकमपि प्रयत्नः तथैव दिशा भवतु इति आशासे।

धर्मार्थं नार्थकामार्थमायुर्वेदो महर्षिभिः। प्रकाशितो धर्मपरैरिच्छद्भिः स्थानमक्षरम्॥

(चरकः)

NEWS

Nadi Pareeksha camp

Reporter: Swetha Akondi, II Year

A work shop on Nadi pareeksha was conducted on 28-4-17 for 2 days by Dr.Arjunan (renowned Siddha medical practitioner from Kanyakumari) & Dr.Sasi (M.D in siddha) from Anna University. Few staff and students of the college attended the program and learnt the process of examining & diagnosing the pulse. It was a highly useful event as we learnt the traditional techniques of diagnosis which is highly required for our field. , This was co-ordinated by Dr.Ramdas Maganti.



Trip to Mahabalipuram

Reporter: P.Maheswari, II Year

The students of II Profession went on a cultural tour to Mahabalipuram on 21 st of July, 2017. Prof.S.Venugopalan initiated the idea of such a trip which came into fruition beautifully. The trip proved to be a great way to bond with all the classmates. We left from college at 8:30 a.m. and spent 2 hours dancing and having fun in the bus. The experience united our class even more than all the seminars we attended together in the 1 st year. At the Shore Temple we met Sri Thiagarajan, Teaching Assistant, SCSVMV who introduced us to Dr. Sankara Narayanan, Asst. Prof, SCSVMV, who described to us the various structures and spent the rest of the day with us. We learnt from him that there were three temples built from a single stone, making it a monolithic structure. The 3 sanctum sanctorum had shrines for Lord Shiva and Lord Vishnu. Due to repair work going on in the temple, we were unable to circumambulate the inner passage. This was a memorable and useful trip for all of us.



NEWS

संस्कृतोत्सवः

Reporter: Madhumithaa VS, II Year



The samskritotsava was conducted at the DG Vaishnava College at Arumbakkam from 17th to 20th of August 2017. We participated in various events of Yuvotsava like – PPT presentation, group song, skit etc., and won many prizes as well. V. Megha, III Year, won the prize for “Best oration”. Aparna Krishnakumar won the “All round performance” in solo singing. Our skit won the prize for “Best spirit” and our group vocal song performances won the prizes for “Best pronunciation” and “Best team spirit”. We were accompanied by Dr. Vishnuvardhan, Asst. Prof, Panchakarama.

Cultural fest - Chinmaya Mission

Reporter: Aparna Krishnakumar, I Year

On August 4th, 2017 cultural fest for college students was held at Chinmaya mission, Thamaraiappakkam. As part of the event, there were several competitions such as group song, group dance, quiz and drawing. Asst. Profs. Dr Deepak Raja and Dr Vishnu Vardhan accompanied the students and guided them. The following prizes were won by the students. Group Song : Ms. Prasunambika and team – II Year - III Prize, Group Dance: Ms. Saranya and team – II Year – II Prize, Quiz contest : Adithyan MD and Adithyan Murali – III Year – I Prize, Drawing : Anandhi.J (II Year) and Sanjuktha Shri (I Year) won I prize; K Smruthi and Aparna Krishnakumar – I year – won II Prize. The students really enjoyed the event and got an opportunity to listen to motivating lectures on the greatness of Bharat.



Free cardiac screening camp

Reporter: Ashwathi.M, IV Year

A free cardiac screening camp was conducted by iMMi life healthcare Pvt.Ltd. on 29/08/2017 at SJSACH. Final year students and interns were given hands-on training in taking ECG with patients in the IP of SJSACH. Around 50 patients attended the camp for whom the ECG test was done free of cost. The camp was highly beneficial for the aspirant doctors of our college to get a hands-on experience in doing this test. The reports were made in a modernised way through an android phone through a “cardio-app”. Earlier, in the inaugural speech, Prof. Dr. Ramdas Maganti, Principal had mentioned that more such camps will be conducted in future for the benefit of the patients and students.

Independence Day celebrations

Reporter: Lakshmi Vyshnavi, II Year

We assembled at Arundhati Hostel at 8:30 AM. Flag hoisting was done by a senior citizen in the old age home. Following the march past, we took the Sankalp se Siddhi Pledge for New India Movement 2017-2022, lead by Prof. Dr. S. Swaminthan sir. Prof. Dr. S. Swaminathan, Prof. Dr. P.R. Swaminathan and Prof. S. Venugopalan addressed the gathering. Ms. Sindhana and Ms. Swetha from II Year also shared their Independence Day message. This was co-ordinated by Asst. Profs. Dr. Uday Ganesha, Dr. H.M. Rajendra, Dr. Deepak Raja and Dr. Vishnu Vardhan.

NEWS

Freshers' Day 2k17

Reporter: Anandhi.J, II Year

Swagathya 2k17 was held on 1st of August, to welcome the freshers into college life. The event started with the invocation of God and lighting the lamp. The juniors participated sportively in the tasks set up for them and also performed spirited dances. Refreshments were provided to everyone and the programme came to a pleasant ending. Overall everyone enjoyed themselves thoroughly throughout the evening, and we second year students had great fun and learnt a lot by organising the show.



Tree planting 2017

Reporter: Bhumika.S, IV Year

“As you sow, so u reap” is the famous saying. To indemnify the lost precious species that took shelter in our college garden kadambavanam, we, the students of the batch 2014-20, gathered for tree planting on the 19th of July this year. Saplings of various plants and trees such as rudraksha, chitraka, japa, kapitha, palasha, rakta chandana, aragwadha etc., were raised on the half shattered herbal garden. We sought the help of faculty from the department of dravyaguna, our teachers and Mr.Kannan, our college gardener and our principal for making this event run through in a full fledged manner. All the faculty members from all the departments shared their valuable presence and joined their hands with us in planting the lost species. Prof. Dr. Ramdas, Prof. Dr. S.Swaminathan, Prof. Dr P.R.Swaminathan and Prof. Venugopalan sir shared their words of wisdom on this occasion. We feel very much obliged to each and every person who made us done with this event that came out with a big thumbs up amongst everyone.



Guest lecture by Dr. Sri Harshita

Reporter: Mugilmathi BK, III Year

On the alumni meet held on 22nd July, 2017, Dr. Sriharshita (MD in prasuthi tantra and streeroga) addressed the 3rd year students. She shared her knowledge on the basic principles of prasuthi tantra and its importance. A small session was also conducted on the anatomy of female reproductive organs, per vaginal and per abdominal examinations. This was organised by Asst. Profs. Dr. Anuradha Maganti and Dr. Mallikarjun Rao.

World Herbal Day

The World Herbal Day was celebrated by Patanjali Yog Peeth on 04/08/2017 at SJSACH. Members from the Patanjali Yog Peeth demonstrated Yoga and Meditation. Sachin.B from Patanjali, Haridwar and all members from Chennai's Patanjali branch were present. Dr. Mallikarjun Rao, Dept. of Dravya Guna, SJSACH presented a paper on “Home remedies”. This event was organised by Dr. Sakti Balan, Patanjali and Dr. Mallikarjun Rao, Asst. Prof, Dept. of DG.



Vaibhav 2017

Report by: Shilandra.S II Year

It was again that time of the year when the “sports and culturals” season was born. It was conducted by the Atreya Batch and was called “Vaibhav 2017”. This served as a platform for the young hidden talents to be found. Students were made to express themselves in all aspects of extravaganza. And, apart from this, the bonding between the college mates (seniors and juniors) became stronger and we felt brotherhood. The college was made all into one family. On the initiation of the Vaibhav 2017, there was a friendly badminton match between the staff, which was followed by the introducing of the house's individual jersey by the principal. The house captains in front of the whole college crowd were triggered up with full energy. After a colourful opening, the whole crowd came to a curiosity. Then was the awesome sportive volleyball match in between Vagbhata and Charaka houses. The same amount of pleasure and expectations were seen in the audience throughout the season, irrespective of the effect of scorching sunrays. By shuffling method and Criss-cross matching, all the gaming teams were made to play matches accordingly, by which all got opportunities equally to compete. Volleyball, cricket, football, throwball, tennikoit, badminton doubles for both boys and girls, mixed doubles badminton, carom board, 400m relay for boys and 400m relay for girls were conducted as team events. As individual events, 100m for boys and girls, 200m for boys and girls, long jump for boys, long jump for girls, javelin throw for boys and girls, shot put for boys and girls. On the conclusion of sports, the most valuable Arjuna Award for boys- Balaji, girls- Maneesha Charan were awarded for their hardwork with dedication towards the sports.

After one week's gap, the grand culturals banged and stole the attention of the audience with plenty of cultural events ranging from classical to modern fields as both on-stage and off stage events. Under solo category, solo classical song, solo classical dance, adapt-to-tune, mock press, solo non-classical song, solo non-classical dance, instrumental, fancy dress, spot photography, pencil sketch, cartooning, English essay, Sanskrit essay, sloka recitation and English poetry were conducted. Group events included group song, addzap, mime, synchro, duet song, group dance, face painting, collage, Rangoli, clay modelling, Art from Waste, mehendi and quiz. And, after a grand success with full extravaganza of Vaibhav 2017, the individual team points are

Vagbhata-307

Susrutha-306

Charaka-265

Performance, time and luck, all played their part.



*Vaibhav 2k17 - Annual Day**Reporter: Megha.V, III Year*

On the 1st of August 2017, we had our 22nd annual day celebrations as the final event of sports and cultural activities conducted by "Atreya" batch. Headed by our principal Dr. Ramadas Maganti, it was a grand function. Dr. Ramdas Maganti read out the annual report. We had Rajavaidya. Prof. Dr. Gopal C Nandha from Orissa as chief guest who inspired us by his enthusiastic speech. Followed by him, we had Mr. Raghavan, Executive trustee, SKPCT, who emphasised the importance of our college in the field of Ayurveda. Then we had a brief speech by our honourable Vice Chancellor Dr. Vishnu Potty who gave a detailed knowledge about the importance of Sanskrit and Ayurveda. He then handed over the prizes to the winners of sports events and trophies to the team captains of both 2016 and 2017. Post lunch, we had the great musician Mr. Kannan, a renowned Veenaist, who distributed the trophies to the prize winners of various cultural events. Then was the cultural session, which ended with the fashion show performed by our friends who represented different states of India.

*World Breastfeeding Week**Reporter: Shilpa Sasikumar, IV Year*

We celebrated World Breastfeeding Week between 1-7 August 2017, under the theme "Sustaining Breastfeeding Together." On 5th August 2017, a quiz was conducted for the final year students. Dr. Benzamin, Professor, Dept of Pediatrics, Saveetha Medical College delivered a guest lecture on "Importance of Breastfeeding" on 10th August 2017. Dr. Anuradha Maganti, Head of the dept of Prasuti tantra and stree roga spoke on "Ayurvedic perspective of breastfeeding". Achyut Bharadwaj and Rengapadmini. B of the final year won the 1st prize for the poster presentation on the topic breastfeeding. The programme was organized by Dr. Anuradha Maganti, Head of the dept of Prasuti tantra and stree roga and Dr. Rakhee Panda, Assistant Professor, Dept of Kayachikitsa.

Panchakarma for skin diseases - CME

A CME was conducted at SJSACH on 03/08/2017 by Arya Vaidya Sala, Kotakkal on "Panchakarma in skin diseases. It was attended by all the faculty members, interns and final year students. The doctors shared their practical experiences on skin diseases and gave tips on Panchakarma analysis. This was followed by an active Q&A session with the guest of honour. This event was coordinated by Dr. P.A. Sudhir.

Student's article - तिस्रैषणीयम् - Rahini.V, III Year

चरकसंहितायाः तिस्रैषणीयेऽध्याये प्राणैषणा, धनैषणा, परलोकैषणा इति जीवनस्य तिस्रः एषणाः उक्ताः। तिसृषु आसु एषणासु प्राणैषणा मुख्यतमा इति उक्तं यतः प्राणेऽसति मनुष्यस्य जीवनमेव न भवेत्। द्वितीया धनैषणा उक्ता भवति। जीवनार्थं लोकोपकारकत्वाय कृषिवाणिज्यादिकार्याणि अत्र उक्तानि। तृतीया परलोकैषणा भवति। मनुष्याः पुण्यं कुर्वन्ति चेत् मोक्षं प्राप्नुवन्ति। अतः लोकोपकारत्वविषये अधिकमुक्तं परलोकैषणायाम्। तत्र परलोकैषणा इति वक्तव्ये किं पुनर्जन्म भवति वा न वा इति चेत् चतुर्विधैः प्रमाणैः पुनर्जन्म निरूपयितुं शक्यते। तानि - प्रत्यक्षम्, अनुमानम्, आसोपदेशः युक्तिश्चेति। एकैकेनापि प्रमाणेन पुनर्जन्म निरूप्य तिस्रैषणायाः उक्तत्वात् अन्येऽपि त्रिसङ्ख्यकाः विषयाः उक्ताः, तद्यथा - त्रिविधं बलं, त्रिविधं सात्म्यमित्यादयः। एषः अध्यायः जीवने किं किं करणीयम् इति वदति। अतः जीवने सर्वथा अपि अत्र उक्तान् विषयान् स्मरणे स्थापयेम।

Dr. Uday Kumar - Asst. Prof.- Koumarabhrtyam, SJSACH

Juvenile obesity is a condition in which a child is significantly overweight for his/her age & height. Many parents wrongly assume that if their child is chubby, then the child is healthy. More than 10million cases are diagnosed every year in India alone, 1 in 5 school aged children are obese. Obesity is defined as having excess body fat, over weight is defined as having excess body weight for a particular height from fat, muscle water or a combination of these factors. To diagnose juvenile obesity, between the ages of 2-20 yrs, BMI percentile is used rather than regular BMI. Children with a BMI at /above 85th percentile to 94th percentile – over weight and more than 95th percentile, we call them as obese. The causes of juvenile obesity can be classified under various headings: a. Genetic (down syndrome, turner's syndrome, pseudo hypo parathyroidism, etc)b. Hormonal disorders (GH deficiency, hypo thyroidism, leptin deficiency, glucocorticoid excess, PCOS, prolactin secreting tumors, precocious puberty)c. Medications (cortisol, sulfonylureas, anti depressants, oral contraceptives) d. Energy imbalance, which is the most common cause now a days in India (total energy intake exceeds total energy expenditure). Increased energy intake is seen in conditions where the kids consume excess of carbonated drinks/junk foods and reduced energy expenditure is seen in the kids are having a sedentary life style. Research says that a minimum of one hour per day of outdoor activity significantly reduces juvenile obesity. Another research says that when the child is weaned to solid foods at the very early age of four months then the child is more likely to be obese.e. Family factors (child born in a family of overweight people , he/she more likely to be obese. Psychological factors (personal parental and family stress can increase the child's risk of obesity. In the next issue we shall discuss about the complications of the juvenile obesity and its implications on child's physical, social and emotional well being.

From the alumni - Thoughts on text-and-clinic-connect

Dr. Harikrishnan BAMS, MD (Ay) (Agadatantra) Batch: 1999-2004

After completing more than half a decade of Ayurvedic graduation, clinical practice of Ayurveda is a different world altogether. Theory and Practice is a long gap to be bridged in any stream of study. But the most amazing fact is that our foundation of Ashtanga Sangraha will lead us into clinical bliss be it diagnosis or treatment principles. Whether it is the most advanced diseases related to hematology or even hepatology, the complete list of Dhatu vriddhi kshaya lakshanas comes to our mind while understanding the clinical features. It is this memory of what we learnt in first year of BAMS, that is going to enrich our clinical success. Clinical ecstasy is further enhanced by implementation of simple remedies and combinations mentioned in later texts like Yogaratnakara. If such texts are made a part of the curriculum right from second year then, the following benefits are sure to lift the clinical insight of Ayurvedic students. A, Rasa Shastra and Dravya guna will be understood better and remembered effectively as it will be practice driven and not data feed driven. B, Diseases presentations will be absorbed convincingly though direct clinical exposure to some diseases might be impossible. C, Communication about diseases to enquiries from general public can be done even while being a student and confidently. Here are a few examples to support the above view. 1. Liver cirrhosis (no ascites) — Raktavridhi, Raktavahasrotodushti – Medokshaya – Serum Protein changes/ratio reversal, PT increase – Drakshadi Lehyam, Sathavari gudam, Sathavaryadi Kashayam (these yogas have yakrit, Pleeha indications) 2. Yogaratnakara is a marvel with regards to Dinacharya and diet recommendations for every disease. Preventive health care will get a huge boost if this text is explored. 3. Bhaishajya ratnavali – Many finished products or formulations in the market have their origin in this text. It is one of the richest sources of knowledge of the interconnectivity between diseases that feature in the indication list (phalasaruti) of those formulations. For instance, Yogaraja guggulu is mentioned in Amavata Chikitsa of Bhaishajya Ratnavali – Amavata, krimidushtavrana, arsas, udara, yakrit-phiha, gulma, does agnideepana, telobalavriddhi and can even win over vata roga that has reached up to sandhi-majja. This suggests that this yoga is the sequella of connective tissue disorder to hepatitis of auto immune category. This formulation has the potential to treat vata disorders which are non inflammatory neuro-degenerative variety by enhancing tissue absorption power(since it has agni deepiti and majjagata in phalasaruti) Conclusion : When discussions take cognizance of clinical applicability, there is no limit for ecstasy. Let us open up new vistas for contemplation and reasoning by including such wonderful texts in our study time.

विद्यास्म किञ्चित्

My rally for rivers - Sindhana, II Year

The main aim of this rally is to give rebirth for all the rivers in India right from Kashmir to Kanyakumari. It was started in Coimbatore on 2nd of September and is a month long project which will be culminated in Delhi. I got to know about it through social media.

Rivers are the heart and soul of a country and they are essential parts without which sustenance of a country is impossible. Trees have a major effect on the water balance and both these play an important role in a farmer's life. Currently, we are facing a situation where both these resources are highly depleted. Sri Jaggi Vasudev took up this project to create awareness amongst people and travelled extensively across the country doing so. I heard his speech in Madurai on the 3rd of September and was inspired to take an effort to spread it too. I felt that it was the least I could do as a citizen of this country. I was able to talk to students of Amala School, Thirunagar, Madurai and convinced them to give a missed call and vote for the cause. Agriculture is the backbone of our society and it is very important to have water for growing plants. 38% of our population i.e. 450 million citizens of this country are farmers and the rest dependent on them to provide us with food. I hope this enlightens the seriousness of the situation. Our government too is not stable for more than a five year basis which makes it important for the issue to be taken up by the public for it to gain importance in every cabinet session.

By giving a missed call the project will proceed with more support even if the government changes. So please take that one minute effort to give a missed call to the number 80009 80009. Thank you !

नदी: पुनरुज्जीवयेम । भारतं रक्षेम । जलं रक्षेम।

#RallyForRivers.org

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भिषगप्यातुरान् सर्वान् स्वसुतानिव यत्नवान्। आबाधेभ्यो हि संरक्षेदिच्छन् धर्ममनुत्तमम्॥

(चरकः)