

Horizon

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GOVERNMENT OF MAHARASHTRA



DEAN'S MESSAGE

Ayurved is the bliss to humanity. Love for nature and natural things have now generated a lot of interest even among those who were never exposed to or who had never tried to know as to what Ayurved is all about. India is a land of spirituality and yoga and hence it is believed that Ayurved was understood and disseminated in ancient times by those who were spiritually strong and who had immense knowledge.

In the changed circumstances, now because of technological advances and the telecommunications, world has become a global village. The good things like Ayurved have become too much in demand. Scattered knowledge of Ayurved in bits and pieces through half learned preachers or even through Websites and portals has made the things little complicated. The burden is now on the Ayurvedic Institutions to come out of the campus and reach people where ever they are. It is only these institutions that have a strong faculty support with immense amount of experience that they should now carry the flag of Ayurved.

The Parameters of new drug discovery and drug validation as envisaged for western medicine cannot be applied on Ayurved in toto. Just give a thought on this issue that these two systems of medicine originated when they had absolutely different philosophy and absolutely different concepts of science of their period. We therefore fully agree that all the treatments of Ayurved must be promoted with the principles of Ayurved and one may not keep waiting for the revalidation on parameters that change almost every decade. We do accept that revalidation in relation to the time will have to be done to convince about safety and efficacy issue related to Ayurvedic medicines. Serious efforts are rather required on good and planned cultivation of herbs, good education for the correct dissemination of knowledge to pass on from one to the other generation and of course efforts on standardization of Ayurvedic medicines.

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FACE TO FACE: An interview with Mr. G.S. Gill

(Interviewed by Miss Priyanka Pathak)



Secretary, Medical Education and Drugs Dept; Govt. of Maharashtra

How do you foresee the future of Ayurved?

My faith in Ayurved began with the success stories around me. In my own case, I found it to be very effective. I think that this is going to be a century of Alternative Medicine. There is new awareness among the people. They have realized that what allopathic system deals with is cure, once the disease has already struck. Alternative medicine, particularly Ayurved is a holistic approach towards health. So, as an emerging system of the future, Ayurved needs to be nurtured and looked after.

What are the challenges that you perceive in the nurturing of Ayurved?

One of the biggest challenges is to ensure that the system reaches the world in its true context. The essence of Ayurved is not rehashed by quacks and others who are out to make profits.

Another important task is the integration of the system within itself, first, then with other Indian systems of Medicine like Yoga and finally integration with the other systems of the world. The idea is not to be exclusivist, but absorbent.

How do you think Podar Ayurved institute can contribute?

Podar is doing some very exciting work in the field of Ayurved. It has a dynamic Dean in Dr. K.R Kohli and he has his supporting and active teachers in faculty.

He has infrastructure and other ingredients to carry on the task of Ayurved. Podar's activities in the recent months, in term of internet access for students, launching a web site and a newsletter amongst others, are commendable efforts. Every educational institution must aim at a constant 'flutter of activity' on campus and Podar Ayurvedic Institutions have managed to achieve that.

The most exciting project is one of training of foreigners. I think eventually the college should be used to train even the lay men in short courses in Ayurved, in bridging the chasms among the other systems.

Growing institutions need government support. How does the government intend to help Podar?

I believe that the government must maintain a benevolent stand towards institutions such as Podar who are genuinely doing some path breaking work. I believe that the government should extend support to all such activity, but there is also a long term objective of letting them attain autonomy of operations.

Body magic

The brain contains more than 100 billion neurons and weighs about 1.4 kg.

A single hair grows between 6mm-8mm a month.

A trained nose can distinguish up to 10,000 different smells.

Three pairs of salivary glands secrete 1.5 liters of saliva into the mouth each day.

Teeth together are able to clamp with great force and are able to clamp up to 500 kg/sq. cm. with the help of four sets of muscles.

The heart beats over 2 billion times in a lifetime. It takes about a minute for blood to circulate to the farthest point in your body and back to the heart.

Normally, the lungs take in about 500 ml of air about 12-15 times each minute.

A blood clot is made up of 99% water.

In one second, 3 million red cells die; the very same number are simultaneously produced.

NEWS

- ◆ Dr. K.R.Kohli takes the charge of Dean of Podar Medical Institute.



Former Head of Kayachikitsa Dept., Dr. Kuldeep Raj Kohli takes over as Dean of Podar Medical Institute on 23rd April 2002. We expect Podar Ayurvedic Institutions to progress by leaps and bounds under his dynamic leadership and vision.

- Podar goes global through web www.ayurvedinstitute.com is the new address.

60 Years old Podar institute is now available on web also at the website address www.ayurvedinstitute.com. This Website was inaugurated on 8th October 2002 at the hands of Mr. G. S. Gill, Secretary to Medical Education Department. One can find treasure of knowledge on this site right from home remedies to detailed disease information. It also provides the facility of Free on line consultation by Ayurvedic experts. With the website, the institute has changed email address. New Email address of the Dean of the Institute is dean@ayurvedinstitute.com

- Central Research Laboratory established in Podar

To pace with the latest trends, and to achieve excellence in the field Ayurved, Podar institute has established its own research laboratory. The aim of this Centre is to consolidate Drug standardization in the field of Ayurved. It functions under the able guidance of Dr. M. K. Rehman, Dr. Pimpalgaonkar & Dr. Khati. Latest instruments like Chromatography, spectrophotometer, refractometer, etc have been made available.

- HIV Diagnostic facilities-made available

Podar hospital takes one social step towards the service of humanity by starting HIV Diagnostic test at a mere cost of RS. 10 only.

- ◆ Ayurved Directorate in Maharashtra gets new Director



Former Dean of R. A. Podar Medical college, Dr. A. B. Dharmadhikari. takes over as the Director of Ayurved, Maharashtra State on 22nd April 2002. We offer our best wishes to him from all students and staff members of this institute.

- Even your ears are cared now by this Ayurvedic Institute

Mr. G. S. Gill, Secretary Health & Medical Education, Maharashtra State, inaugurated Audiometry unit on 8th Oct. The unit will be functioning under Shalakyia Dept. R. A. Podar Medical College under the leadership of Dr. M. A. Lahankar, Head, Dept. of Shalakyia Tantra.

- Internet cafe for students

Podar institute has provided it's students with the best and latest facility of Internet by starting it's own Student Friendly Internet cafe with the help of Dept of Indian system, Govt. of India using 64 kpbs leased ISDN line.

- Podar's Special Panchakarma Dept. gets international students through W.H.O.

Panchakarma Dept. of Podar Ayurved Institute is recognized by W. H. O. as a training Centre for it's fellowship training. First batch of two students from Myanmar will be coming to Podar soon for learning Panchakarma.

- AIDs Counselling & Treatment Center

Approved by Govt. Of Maharashtra in Podar Ayurvedic Institutions: Prof. P.C. Jamkhedkar to steer its working as chief of this center.

EVENTS

● Ayurvedic Pharmaceutical Industry collaborates with Podar Ayurved Institutions to promote Ayurved globally

A meeting was called in Podar Ayurved Institutions at the behest of Secretary, Govt. Of Maharashtra for the industry and academic correlation for the common purpose of promoting Ayurved at national and international level. CEOs and Managing Directors of Himalaya Drug Company, Zandu Pharmaceutical Works Ltd., Shree Dhootpapeshwar Ltd. Charak Pharmaceuticals all participated actively in this meeting and interacted with the secretary, Govt. Of Maharashtra and other faculty members of this Institution.



L - R :

Dr. K. R. Kohli
(Dean, Podar Institutions)

Mr. Kishor Shroff (Charak)

Mr. D. M. Parikh (Zandu)

Mr. G. S. Gill
(Secretary of Medical Education)

Mr. Raviprasad (Himalaya Drug Co.)

Mr. Ranjeet Puranik
(Shree Dhootpapeshwar)

All members appreciated the unique concept of Academic- industry tie up for globalization of Ayurved. Following decisions were taken unanimously in this historical event:-

- ◆ To start a society under 'Indian society act 1860' with the aim of globalization of Ayurved.
- ◆ The Society shall be named as Institute of Contemporary Ayurved Research & Education(I-CARE)
- ◆ Ayurved must be promoted as Contemporary Medicine and not as Alternative medicine.
- ◆ Furthering the cause of Ayurveda nationally and internationally.
- ◆ The Secretary of Medical Education and Drug and a CEO/MD of Ayurvedic Pharma-industry will share Presidentship of the society in alternative terms.
- ◆ Mr. Gill offered allotment of 3 rooms in the campus of Podar institutions for the functioning of the I-CARE.

The meeting ended with a note that Ayurvedic pharmaceutical industry whole-heartedly supports such relation with the industry and academia.

● Reorientation: Shalya & Samhita Departments

The Institute with the financial help from Department of Indian System of Medicine, Govt. of India organized Reorientation Courses for Teachers in the subjects of Ksharsootra(Dept. of Shalya) for 4 weeks and Sanskrit Samhita Siddhant for 2 weeks. This is in pursuit to improve the level of Ayurvedic education. These courses got a start on 16th September 2002 for this year.

● Podar Institutions do go out of the Campus

Dr. P.S. Tathed, Incharge of the Camps has been organizing Free Ayurvedic Treatment Camps in Slums, Rural areas and for the poor. These camps number around 30 every year. Specialty camps are organized in the field of Diabetes, Bronchial Asthma and cardiac ailments by Dr. K.R. Kohli and his team of young doctors.