

## DISEASE INFO - MANAGING DIABETES AYURVEDA WAY

Individual herbs that are extensively researched and being used in the management of diabetes:

	Plant Name	Botanical Name
1.	Jamun	Eugenia jambolana
2.	Gudmar	Gymnema sylvestre
3.	Kirat tikta	Azadirachta indica
4.	Haridra	Curcuma longa
5.	Amala	Embelica officinalis
6.	Karvellaka (Karella)	Momordica charantia
7.	Methika	Trigonella foenum graecum
8.	Tejpatra	Cinnamomum. Tamal
9.	Shilajattu	Rock salt
10.	Nyagrodha	Ficus bengalensis
11.	Vijaysar	Pterocarpus marsupium

A combination of herbs like Gudmar(*Gymnema sylvestre*), Jamun(*Eugenia jambolana*), Amalaki(*Embelica officinalis*), Vijaysar(*Pterocarpus marsupium*) can form a good herbal remedy for almost any Diabetic of NIDDM type. The usual dosage of the crude powders of the above mentioned herbs ranges for 8-12 Grams per day in divided doses. They are preferably taken with water. The heartwood of Vijaysar is shaped

What stages one should expect Ayurvedic Medicines to be effective?

1. Newly diagnosed mild to moderate diabetic mellitus.
2. Non-Insulin Dependant Diabetes.
3. Postprandial Blood sugar should not be very high (below 450-mgm%).
4. Obese Diabetics.
5. Uncomplicated Diabetes mellitus.
6. Those in whom there is a secondary failure: in such cases Ayurvedic drugs can be combined to their regular hypoglycemic agents.
7. In case of Diabetic Complications some good remedies are available for early nephropathies, neuropathies and retinopathies.

into cups and consuming water kept overnight in this kind of cup is a popular practice with Diabetics in our country.

Many of the well-known pharmaceutical companies have also come up with good Anti diabetic herbal combinations. These preparations have been extensively clinically and scientifically studied at various centers and have proven their efficacy.

## UPCOMING EVENTS

### Update Ayurveda

Date : November 29 December 1, 2002,  
Venue : Auditorium, BYL Nair Hospital, Mumbai-400 008  
Contact No. : 091-022-3050347/ 3014713/ fax:- 305 0347

### Ayurvedic Education Research & Drug Standardization - A Global Perspective

Date : January 5-7, 2003,  
Venue : Gujarat Ayurved University, Jamnagar 361 008 (India)  
Website : www.ayurveduniversity.com

### World Ayurveda Congress

Date : November 1-4, 2002  
Venue : Kochi, Kerala, India  
Email : mail@ayurworld.org  
Website : www.ayurworld.org  
Tel : 91-484-373758, Fax: 91-484-366434

## GREETINGS

### Congratulations:-

Vd P.C.Jamkhedkar	Promoted at Podar Ayurved	as Professor
Vd. S.S.Podar	Promoted at Podar Ayurved	as Professor
Vd Hepat	Promoted at Podar Ayurved	as Professor
Vd.Chaudhari	Promoted at Podar Ayurved	as Professor
Vd B.D.Gharjare	Promoted at Podar Ayurved	as Associated Professor
Vd. Sonawane	Promoted at Podar Ayurved	as Associated Professor
Vd. D.T.Bombarde	Promoted at Podar Ayurved	as Associated Professor
Vd. S.Sakpal	Promoted at Podar Ayurved	as Associated Professor
Vd.M.N.Pawar	Promoted at Podar Ayurved	as Associated Professor
Vd.S.J.Marlewar	Promoted at Podar Ayurved	as Associated Professor
Vd.S.M.Lahankar	Promoted at Podar Ayurved	as Associated Professor
Vd.Timmewar	Promoted and came on transfer	as Associated Professor
Vd Anuradha Reddy	Promoted and transferred as	as Associated Professor

### AGONY OF LIFE

Life for me has become a burden,  
When it should have been a beautiful  
garden

The agony is not physically visible,  
But it truly sustains deep & invisible

I find no way to overcome it,  
And am sinking deeper & deeper into it.  
I am waiting for a life savior,  
Who shall come & pick me out of here.

Pray God everyday, each second  
To give me moral strength & support.

Life for me has become a dual problem,  
I fear I may land into an asylum

I beg him to relieve me,  
And make my life joyful & full of glee

*Dr Amar P. Dwivedi.  
M.S. (Scholar)*

### Transferred:-

Vd.D.D.Patil	Promoted and transferred to	Govt. Ayurved College, Osmanabad
Vd P.U.Jane	Promoted and transferred to	Govt. Ayurved College, Nanded
Vd.G.S.Lavhekar	Promoted and transferred as Dean to	Govt. Ayurved College, Nanded
Vd Shiv Narayan Dubey	Transferred to	Govt. Ayurved College, Osmanabad

### LAURELS

Dr. Yunus Solanki awarded for Best Paper Presentation on Ksharsutra at National Seminar on Ano-rectal Diseases held at Kolkata from 28-30th July 2002

Dr. Sanjay Tamoli has won Best paper award in Diabetreat 2002-International conference on Diabetes held at Pune on 17-18 Aug 2002.

Dr. Prasad Vaidya has won Best paper presentation award in Diabetreat 2002-International conference on Diabetes held at Pune on 17-18 Aug 2002.

Dr. Archana shukla has awarded as 'The best resident doctor' for the year 2001-2002.

## CONDOLANCE

**Dr. Sharadini Dahnukar** - In our Institutions, we feel sad with the tragic demise of Dr. Sharadini Dahnukar Dean of B.YI.L. Nair hospital, She had devoted her life for promotion of evidence based research in Ayurved.

**Mr. Shankar Nevrekar** - Our PWD worker, who was recognized for his perfection in work and smiling face has passed away due to massive Heart Attack and sudden cardiac arrest on 15 September 2002.

## MARKET SPEAKS.....

### MOBIGOLD TABLET

(Manufactured by Alkem Laboratories)

Mobigold is a precise combination of nine herbs that are carefully selected and combined to strengthen the formula in different ways in terms of antiarthritic, anti-inflammatory and anti-degenerative. In addition to symptomatic relief, ingredients in Mobigold has properties of laxative, diuretic, carminative and as a nervine tonic. Thus Mobigold offers a complete holistic approach to arthritis healing and cure by going to the root cause and correcting the disorder in a systemic manner. Mobigold is safe to use. Extensive clinical trials have shown that Mobigold does not alter the physiological balance of blood, liver or kidney functions. Mobigold does not produce acute, chronic or mutagenic toxicity. Mobigold taken twice a day shows promising results within 1-2 months in both freshly diagnosed and chronic arthritis. Complete remission can be expected within 52-156 weeks.

### Vaidya Patankar Kadha

(Vaidya Patankar Pharmacy Pvt. Ltd.)

Contains Sonamukhi (Cassia augustifolia) which relieves constipation, Kutki (Picrorhiza Kurroa) Chirayata (Swertia Chirata) improve digestion; Yashtimadhu (Glycyrrhiza Glabra) serves as a rejuvenator, Manjistha (Rubia Cordifolia); Upalsari (Hemidesmis Indicus) serves as Rubeficient (blood purifier) and Pimpali Mool (Root of the Piper longum) acts as an appetizer. The decoction is used in the dose of 30-ml dose mixed with equal quantity of water at bedtime.

Clinical trials being conducted in Podar Ayurvedic Institutions are showing encouraging results of the formulation in the afore mentioned areas.

### Vedic Lifesciences

(Consultants in Clinical Trials & Drug Standardization)

Vedic Lifesciences, Bombay is India's first and only Ayurvedic Consultancy Firm offering a range of Testing and Research services under one roof to help those Companies who are now willing to take this effort. Their services include Product Planning, Product Design, Ingredient Selection,

Formulation Development & standardization and Manufacturing up to lab scale. Production & Quality Control Services are offered regarding offering help in implementing the GMP guidelines laid down in the Schedule T of the Drugs & Cosmetics Act including Raw materials and Finished products Analysis and Standardization and Stability Studies. Technical Support to the Marketing and sales teams of Ayurvedic Manufacturers for Preparation of Promotional Materials, Training materials, Visual aids; Mailing of promotional materials to select Ayurvedic practitioners database; Preparation of Dossiers for Export Registrations; Generation of Clinical Efficacy, Pharmacokinetic and Animal efficacy or Toxicity data are undertaken by them.

### Capcin Cream

(Makers : Megha Herbal, Mumbai)

Made in non-staining cream base, is a counter irritant and alleviates pain. It improves circulation, relieves muscular spasms thus improving the joint mobility. This is derived from Capsicum and forms an effective cream for muscular and rheumatic pain, sprain tendinitis, sciatica, stiff joints, backache and diabetic neuropathis. This cream should be gently applied only once over the affected area. It is available in convenient tubes of 10 gm and 25 gm.

### ANTARTH

(Millenium Herbals, Mumbai)

#### Anti-Arthritic with Disease Modifying Activity:

Degenerative and autoimmune disorders like Osteoarthritis and Rheumatoid can lead to severe crippling and joint deformities. Conventionally used NSAID's provide merely palliative treatment. Ayurvedic formulation Antarth treats the root cause of Arthritis. Antarth pacifies the aggravated vata and checks the formation of Ama, the causative factors of Arthritis. Antarth contains anti-inflammatory herbs like Shuddha Guggul, Salai Guggul, Nirgundi and Methi. Antioxidants like Guduchi Haridra and Kulanjan help to retard the entire degenerative process and thereby helps in achieving strong healthy joints minimizing the crippling and deformities. Indications include Rheumatoid arthritis, Degenerative arthritis, Cervical & Lumbar spondylitis, frozen shoulder & Arthralgia in a dose of 1-2 capsules of Antarth thrice daily for a minimum period of 4-12 weeks.

**Note :** Views expressed are of the proprietors of these products and the publishers do not own any responsibility.



*Best Wishes*

**R. A. PODAR MEDICAL COLLEGE (Ayu)**

*Inaugural Issue*

of

**NEWS LETTER**



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Standards

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Published by Dr. K.R. Kohli, Dean, R.A. Podar Medical College (Ayurvedic), Worli, Mumbai - 400 018, Tel: 022-4936881  
and Printed at Raviraj Printers, Mumbai - 400 013. Tel.: 022-3018056