

EVENTS

● Seminar on "TRENDS OF CURRENT AYURVEDIC PRACTICE"

A seminar held on 30-06-02 was attended by more than 300 general practitioners. It was chaired by Shri. G.S.Gill, Secretary, Medical Health and Education, Maharashtra State. Many dignitaries like Dr. A.B.Dharmadhikari, Director of Ayurved Maharashtra State, Mr..Girish Bhai Parikh, Vice President of Zandu pharmaceutical honored the seminar. The most revered Speakers Dr. A.B.Vaidya, Dr. Sharadini Dahnukar, Dr.J.K Lalla from various different faculties delivered thought provoking lectures for the benefit of Ayurvedic practitioners and students.

Mr. G.S.Gill, in his inaugural address assured full support for upgradation of Podar Ayurved Institute. He suggested to make a common forum which includes Academics and industry personalities to bring back the old glory of Ayurved.

Dr A.B.Vaidya, Director of SPARC, Mumbai in his speech on "Global Impact Of Ayurved And Strength, Weakness, Opportunity, Threats And Strategy" insisted on bridging the gaps between Ayurved and modern science. He also stressed on joint efforts of both sciences for benefit of society.

Late Dr. Sharadini Dahanukar Dean of B.Y.L. Nair Hospital; in her informative speech on "Can You Make Ayurvedic Practice Evidence Based" insisted on documentation of clinical findings and results. She spoke about the Rasayan therapy of Ayurved with special reference to *Tinospora cordifolia*, *Withania somnifera* and *Emblica officinalis*. Her speech guides about how ancient wisdom should be combined with modern technological tools for excellent outcome. She also shared her immense experience in research field of Ayurved at Ayurved Research Center in K.E.M.Hospital with the audience.

Dr. J.K.Lalla, well-known personality in the field of Pharmacy, Ex-Dean of Kundanani College of Pharmacy, spoke on "Quality Control of Ayurvedic formulations". He insisted on applying international standardization parameters to Ayurvedic crude drugs as well as text formulations to increase the international acceptance of Ayurved. He stressed that Ayurvedic industry can play a major role in globalising Ayurved in its purest form.

Dr. Yunus Solanki, narrated the audience about the achievements and milestones of Podar institute.

Leech knowledge revisited!!

- ◆ There are 650 known species of leeches.
- ◆ The largest leech is 1.5 feet long.
- ◆ The leech has 32 brains - 31 more than a human.
- ◆ The Hirudo leech has three jaws with 100 teeth on each jaw - making 300 teeth in all.
- ◆ The bite of a leech is painless due to its own anaesthetic.
- ◆ The leech will gorge itself up to five times its body weight.
- ◆ The first leech was used in medicine about 1000 B.C., in ancient India.
- ◆ In plastic and reconstructive surgery leeches have helped to save the limbs of patients in 29 different countries.
- ◆ By extracting the anti-clotting serum from the leech researchers are isolating new pharmaceutical compounds for eventual treatment of heart diseases.
- ◆ The Cost of each leech in U SA is around 7.5 \$

DEPARTMENTAL HIGHLIGHTS

DEPT. OF RAS SHASTRA AND BHAISHAJYA KALPANA

Vd. P.B. Pimpalgaonkar:- Head of the Dept.

- ◆ P. G. Teacher & Guide, Mumbai University
- ◆ Best guide award 1999, rewarded by open Ayurved University, Pune.
- ◆ Work done as a Technical officer Ayurved for 3 years in Food & Drug Administration Department.
- ◆ Working as Administrator in Maharashtra Homeopathy Council.

Staff strength

- ◆ Vd. Shashiprbha Gupta M.D. (Mumbai):-
Lecturer, P. G. Teacher & Guide, Mumbai University.
Published various articles in periodicals and journals like Ayurved Patrika, Ayurved Mahasamelan Patrika
- ◆ Vd. Mangala Jadhav M.D. (Mumbai):-
Lecturer
- ◆ Vd. Pandit P. Sawant M.D. (Mumbai):-
Lecturer
 - ◆ Ex-Member, Faculty of Ayurved
 - ◆ Board of students sixty-four committee in MUHS (Nasik).

Post Graduate students:-

- ◆ Ras shastra dept admits 2 students every year for postgraduate studies in M. D. Ayurved.

Utilities:-

- ◆ Ras-shastra department is actively involved in supplying the authentic preparations for Hospital use as well as to PostGraduate students for their research purpose in Podar Institute. Ras shastra department has supplied various preparations like Madhu Rasayan ,Triphala guggulu ,Triphala churna, Yashtimadhu churna etc.
- ◆ The department is equipped with all the necessary instruments such as
 - ◆ Wet Grinder For preparation of kalka.
 - ◆ Mini Pulverizer making powder
 - ◆ Tablet making machine
 - ◆ Capsule filling machine
 - ◆ Ghan Preparing machine
 - ◆ Hot air oven
 - ◆ Electric furnace-for preparation of bhasmas

M. D. Dissertation Topics

Vd. Shashiprbha Gupta	Preparation & standardization of Laghumalini Vasant
Vd. Mangala Jadhav	Preparation & Standardization of Godanti Bhasma
Vd. Pandit P. Sawant	Bio Assay of Kajjali using the model studied on Atomic Absorption spectrophotometer (A. A. S.) as well as total Biochemistry & histopathology Study of all organ & blood sample of the animal (Hortzman rat)
Vd Aparna Thombare	Standardization of Vasa ghrita
Vd Gulab Pawar	Standardization of Triphala guggulu and its clinical efficacy on Bhagandhar
Vd Sarita Manjrekar	Study of kajjali in different ratios with special reference to Rastarangini.
Vd Sahebrao Dhavale	Standardization of Gandhak druti and its clinical efficacy on skin diseases
Vd. Meenakshi Amritkar	Preparation and process standardization of Yashad Bhasma
Vd. Leena Nandeshwar	Standardization of Chitrakadi ghrita and its clinical efficacy on Sandhigata vata
Vd. N.Shah	Effort toward standarization of Tribhuvan Kirti Ras
Vd.S.V.Magar	Mayur piccha mashi manakikaran va chardi-Nigrahanarth upayog
Vd.P.T. Salunke	Comparative study on Guduchi satva & Guduchi ghana
Vd.Atul Bondre.	Comparative study of Drakshasav & Draksharishta
Vd.Tushar Kaskar	Comparative study of Tulsi Arka & Tulsi Swaras
Vd.Ninad Sathe	Study of manufacturing of avaleha and snehapan by ancient as well as modern method
Vd. Maheshwar Vaidya	Preparation and standardization of Sanjivani vati

STUDENT'S PAGE

Student's Council

New student's council has been constituted for the period of one year. This council functions as the representative body of students. Merit is the sole criteria for students to become member of this council. The council started functioning from 26th Aug 2002 and comprises of the following members.



Members From Academic Staff

Chairman	Dr. K.R.Kohli Dean, Podar Medical Institute
President	Dr. D.N.Shukla
Cultural Chairman	Dr. Kotalgaokar Reddy
Sports Chairman	Dr. M.N.Pawar
N.S.S. Chairman	Dr. V.G.Joshi

Members From Students

General Secretary	Shailesh B. Malekar
Cultural Secretary	Rupesh V.Mahajan
Sports Secretary	Vinayak R. Sonavane
Ladies Representative	Shatataraka Mahadik
Ladies Representative	Shweta Upadhyay
Class Representative	Namyata Pathak

Laughing banned!!

A professor was conducting practical test for medical students. There were five male students before him and all of whom were duffers. The doctor kept a model of a woman's womb before them and asked them to identify the organ. He gave them a clue that it was not present in him or in either of the students. Then after some discussions "a Brilliant" student got up and replied "Sir, that organ is Brain"

Mind boggling equations

Intelligent Man + Intelligent woman
= Romance

Intelligent Man + Stupid Woman
= Pregnancy

Stupid Man + Intelligent woman
= Affair

Stupid Man + Stupid Woman
= Marriage

Lighter moments

What is life?

How will you define the life?
It is like flower or like knife
Or it is living together with
Parents, relatives, friends & wife

Life is as train in motion
Accident is problem & signal is solution
Lifting the smoke of glad & sadness
Start at birth & death is last station

Some people as "Camel" on chessboard
Some people as "Enter" on keyboard
Everyone enjoying even though knowing
Death is, as white line on blackboard

One who creates aim as huge tower?
Face any problem as sweet flower
Pull happiness from ocean of sorrow
That man succeeds forever & forever

Mangesh G. Gholve
(Second Year B.A.M.S.)

IN FOCUS

Special Panchakarma Center

Ayurved is one of the major ancient sciences of India. The very fact that it still remains a vital health-care system shows its viability and inherent strength. It has imbibed the trends of the times as it evolved through the ages with the help unbroken tradition of several thousands of years of practice, growing demand and increasing popularity of Ayurved has lead to the establishment of various centers all over the world. The whole world is looking towards India with a great hope in providing specialised treatment with the Ayurvedic way. Panchakarma and Massage therapies are the methods of treatment, which have generated hope to meet this goal. Arya Vaidya Shala at Kottakal in Kerla is rendering great services in this field & many states have followed suit. Considering the fact that one wishing to have Ayurvedic treatment as an potion considers Kottakal as the last stop, therefore a need was felt to start such a center in Mumbai too. There could not be a better place than Podar hospital to start such a center in Mumbai, as this hospital has been rendering services for more than 50 Yrs.

The center comprises of 6 self contained two bedded rooms for the patients to be kept in house for Panchakarma therapies. The equipments made for Panchakarma & massage therapy are designed using modern technology & ancient wisdom. Besides there are separate Panchakarma treatment units for males & females. The staff engaged to render services at this center has been trained at Arya Vaidya Shala, Kottakal. The essential philosophical fundamentals of Ayurved are retained & modern techniques are employed.



*Netra Tarpan
being done
for Diabetic
Retinopathy*

After proper examination of the patients necessary Panchakarma or Massage therapy is advised. Those requiring in-house treatment are advised to get admitted in the specially designed rooms. A 24-hour medical attention is ensured. The center is committed to rendering value- added services to the society.

The popularity of this center is almost increasing by leaps and bounds; day by day. It has helped many people in promoting their health as well as living their healthy life. All Panchakarma procedures along with specialised procedures like Patra-Pinda Sweda, Pidhichil, Kati bast, Hrud basti etc are also performed here religiously with utmost sincerity. This center within a short span of 2 years becomes "a unique and authentic Ayurved practicing Center" by offering the best of ancient knowledge to serve the mankind.

What People Think About us

- ◆ Mrs. Shailaja Chandra, Ex-Secretary, Dept. of ISM & H says:
It was a satisfactory experience to see the strides taken by Podar medical college in establishing a 'modern', clean & efficient Panchakarma center. This should serve as an excellent example to other states as well as institutions & pave the way for many more such centers to come up.
Congratulations!
- ◆ Dr. Suhas Parchure, Member CCIM: Surprisingly; being Govt. College the dept. of Panchakarma is very well set up, good treatment, clean & good patients attendance. Please concentrate on this treatment as Panchakarma is our speciality.
- ◆ Dr. Dhole, Prof. & HOD medicine AFMC, Pune: Wonderful work, excellent & scientific methodology, fully satisfied.
- ◆ Mrs. Chitkala Zutshi, Principal Secretary, Govt. of Maharashtra: I was very happy to visit the special Panchakarma center & to see the dedication with which Dr. Kohli & his team are working here. I wish the institution all the very best.