

'AYURDHANAM'

News Letter

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Dr. D. Y. Patil College of Ayurved and Research Centre

Pimpri, Pune-411018



Editorial Board

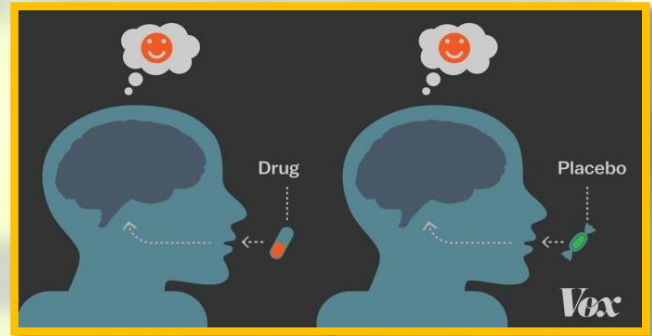
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Placebo Effects in Clinical Trials

A "placebo", the name coming from the latin phrase means "I shall Please". In clinical trials the term placebo refers to the inactive substance itself, while the term placebo effect refers to any effects of taking a medicine that cannot be attributed to the treatment itself. In simple words the placebo effect is defined as a phenomenon in which some people experience a benefit after the administration of an inactive substance or sham treatment.



Placebo effect

Comprehensive definition of the placebo effect describes it as: **a genuine psychological or physiological effect, in a human or another animal, which is attributable to receiving a substance or undergoing a procedure, but is not due to the inherent powers of that substance or procedure.**

Advantages of Using a Placebo

One of the major advantages of using a placebo in medical and psychological studies is that it allows researchers to eliminate or minimize the effect that expectations can have on the outcome. If researchers expect to find a certain result, they may unknowingly convey clues, known as demand characteristics, which might lead participants to guess what the researchers hope to find. As a result, participant behaviors can sometimes change. In order to minimize this, researchers sometimes conduct what is known as a double-blind study. Such studies involve both the experimenters and the participants being unaware of who is receiving the real treatment and who is receiving the false treatment. By minimizing the risk of subtle biases influencing the study, researchers are better able to look at how are the effects of both the drug and the placebo.

But beyond whatever advantage they can provide in the treatment of illness, placebos also throw light on the problems of mind and body. Usually, the mind-body problem is framed as unidirectional: how brain processes can produce conscious mental states. But placebos, and other psychosomatic effects, remind us that there is another mind-body problem: how mental states can affect bodily functioning. Documenting these effects, and understanding their underlying psychological and biological mechanisms, is the great challenge posed by placebos.

Placebos Can Also Produce Side Effects: Analogously, the **nocebo effect** is defined as a placebo effect as well –since it also depends on completely inert agent-but in contrast to placebo, it relies on the negative expectation that results in an increase or worsening of negative symptoms. For example, a patient might report having headaches, nausea or dizziness, stomach ache, itching, bloating, depression, sleep problems, loss of appetite, sexual dysfunction and severe hypotension. In response to a placebo.

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EYE CARE FOR CHILDREN-THE AYURVEDA WAY

Eyes are the most important among all the sense organs, which relates us to the world. Ayurveda has tremendous potential with wide variety of medicines and therapy, flanked by the guidelines related to food and other habits for maintenance of health. Ayurveda has elaborately discussed the ways to maintain the health of the Eyes and also vast description about all the diseases regarding them. Proper caring for the eyes is one preventive measure that helps.

Nowadays, most of the primary presentations regarding ill-health of the eyes are because of their overuse and negligence in their maintenance.

According to Ayurveda, all the five elements play a role in maintaining eye health. Prithvi (Earth) governs the muscular part of the eye, Tejas (Fire) rules the blood vessels, Vayu (Air) governs the colour, Apa (Water) dominates the white area, and Akasha (Space) controls the tear ducts and channels.

Pitta dosha, the element of fire and light, governs our eyes. Specifically, the sub-dosha “Alochaka Pitta” resides in eyes. The root cause of all eyes problems is vitiated pitta dosha in body. Any imbalance in Pitta results in eye problems. Impaired vision and eye problems are often related to aggravated Pitta and liver imbalance.

CAUSES FOR EYE PROBLEM:

i.	Pollution	Increasing pollution in environment leads to accumulation of dirt in eyes which overtime can cause itching and soreness.
ii.	Allergies	Allergies are also a reason for eye disease such as allergic conjunctivitis.
iii.	Lifestyle	Disturbed/changing lifestyle involving stress, irregular sleep, poor eating habits increase Pitta dosha.
iv.	Chemicals	Colour additives and chemicals used in food products. Excessive use of cosmetics in and around eye area.
v.	Technology	Too much exposure to gadgets such as mobile phone, laptop etc. and constant working on computer can cause various eye problems such as watery eyes, dry eye syndrome.

Tarpaka Kapha is responsible for keeping the eyes lubricated, moist and cool. Prana vata is responsible for the life force that runs throughout the head region, for movement of the eyes, blinking and sensory perception.

Ayurveda offers many natural, safe and effective techniques to care for our eyes. The best remedy is to keep Pitta cool and calm with proper foods and daily meditation.

The following suggestions can improve vision, reduce eye strain, and heal eye conditions.

I.	<p><u>ANJANA</u> <u>(APPLICATION OF COLLYRIUM)</u></p>	<p>Acharya Caraka has mentioned two types of anjana viz; Sauviranjana and Rasanjana. One should apply collyrium made of antimony (sauviranjana) every day for protecting eyes. Collyrium made of Berberis aristata DC (Rasanjana) is to be applied once in five or eight days at night time for lacrymation of eyes. Eyes are dominant of Tejo mahabhuta, so there is a fear of being afflicted with Kapha. Hence process which alleviates kapha is good for eyes; strong collyrium should not be used in day time, as eyes weakened by drainage will be afflicted by sun. Thus, for drainage purpose it should be applied at night.</p> <p><u>Benefits-</u> Clear vision, lightness, no excessive lacrymation, proper functioning, purity of eyes and alleviation of disease.</p>
II.	<p><u>TRATAKA</u></p>	<p>One should continuously look at some small object till eyes tear. This is called as Trataka. A very beneficial eye exercise is to meditate upon a ghee lamp flame without blinking. Gaze at the flame for 2-3minutes, until tears form and clear the eyes. This stimulates ojas in the eyes, physically strengthening them. The ghee made out cow's milk actually draws in sattvik frequencies to calm our mind. This type of meditation allows us to reflect on our inner radiance.</p>
III.	<p><u>SUN GAZING</u></p>	<p>According to Ayurveda, health is given by sun and worship of sun god was done to procure health. Gazing of sun should be</p>

		<p>within four hours after sun rise and in the evening in the mild sun rays. For defective eye sight, gazing with the open eyes through a green leaf daily for 5-15minutes at a time is good. After gazing or prior to gazing it is desirable to wash out the eyes by repeatedly applying balls of wet cloth dipped frequently in very cold water and partially squeezed to hold more amount of water.</p>
IV.	<u>WASHING</u>	<p>Start the day by splashing some cool water on the eyes. One can also retain some cool water in the mouth while rinsing the eyes and blinking. This helps to keep Pitta in balance throughout the head region.</p> <p>An Ayurvedic eye wash made out of well strained Triphala decoction can be helpful in treating eye disorders. Triphala is a well-known eye tonic and anti-inflammatory. This eye wash helps with glaucoma, dissolving cataracts, conjunctivitis, poor eyesights.</p>
V.	<u>OLEATING</u>	<p>Netra Basti is a restorative Ayurvedic treatment that bathes the entire eye socket in a pool of warm Ghee. This helps to cleanse the eyes, soothe itchy eyes, and nourish dry eyes.</p> <p>Process- The person lies down with this melted ghee covering their eye, anywhere from 5 to 20 minutes. The eyes are kept open, allowing the ghee to cool pitta and lubricate vata dosha</p> <p><u>Benefits-</u> Recommended for pain, allergies, lazy eyes, diminished vision, optic nerve injury, eye spasms.</p> <p>CASTOR OIL- One drop at bedtime in the eye helps to lubricate the cornea, reducing eye strain and irritation.</p>
VI.	<u>PALMING</u>	<p>It is an excellent way to give eyes some rest when they are over strained. Simply rub the palms together for a few seconds and gently place them over the eyes. This provides an unbelievable deep rest that blocks outside stimulation and helps tired, blurry</p>

		eyes.
VII.	<u>RESTING</u>	One of the main causes of eye problems is lack of sleep. Without proper rest, eyes become tired, red, puffy, bleary. Staying awake at night leads to over exhaustion and burnout. So, one must go to sleep by 10pm.
VIII.	<u>EATING</u>	<p>Food those are rich in Vitamin A (Beta carotene) helps to improve eyesight and prevent eye conditions. Fruits and vegetables which have a deep orange or yellow colour- carrots, winter squash, sweet potatoes, pumpkin, apricots, peaches, mangoes. Dark green leafy vegetables (spinach, beet greens, collard greens) and broccoli also contain carotene.</p> <p>Amalaki fruit is an anti-aging or Rasayana in Ayurveda, rich in Vitamin C and anti-oxidents. Amalaki is wonderful in maintaining pitta balance, and supports liver cleansing. Amala berry is specifically known as a “Chakshushya”, which means “that which strengthens the eyes”.</p>
IX.	<u>WASHING FEET</u>	Another way to keep the eyes from getting damaged because of excessive strain or heat is to wash one’s legs. They are the sources from which the excessive heat finds its way out. Because of this reason, it has been the tradition in India to wash one’s legs after coming home from outside, or even while entering a temple.
X.	<u>YOGIC EYE EXERCISES</u>	<ol style="list-style-type: none"> 1. Sit in the Sukhasana (Easy pose) with your legs comfortably crossed and spine, neck and head in a straight line. Look directly to the front at the eye level and breathe normally. This is the position of readiness. 2. Move your eyes upward to the ceiling and stay for 2 seconds. Look downwards and stay for 2 seconds. Close

		<p>your eyes for 2 seconds.</p> <ol style="list-style-type: none">3. Look towards the right side, as far as your eye will see, for 2 seconds. Look to the left side for 2 seconds. Look to the front again.4. Close your eyes for 6-8 seconds.5. This completes one round. Start with 2-3 rounds and increase up to four rounds. <p><u>Benefits-</u> For strengthening eye muscles and releasing stress.</p>
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The more I write, the more I realise that there is much more to write. It's always a pleasure to make those things beautiful again which make us see this beautiful world. After all, to look into one's Eyes is not an easy job! Presented here are just a few ideas present in the vast ocean of Ayurveda. Making Ayurveda the way of our lives would ultimately provide the achievement of a healthy life. After all, old is gold

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Anti –Terrorism Day

Dr. D. Y. Patil College of Ayurveda hospital & research Centre Pimpri. Pune -18 arranged pledge ceremony & a lecture for common people on occasion of anti- terrorism day on 21th may 2018,

Dr. Medha Kulkarni (Principal) addressed to Teaching & Non-teaching staff that remove negativity in mind, face problems if any in life & many types of attacks – like hospital etc. try to stop it.

All Teaching & Non-teaching staff were gathered took the pledge for this program. In phule nagar area Dr. Prakash Mane (NNS Officer) addressed to people that remove all types of terrorism quoting many examples.

Waseem Inamdar (PG1st Rognidan) gave the pledge to all people & said about terrorism with its bad effects. 35-40 People are present for this program. Mr. Jitendra Nannavre (comparator), Mr. Chetan Nannavre & Mr. Sharan Shinge were present on this occasion.



Swachhata Summer Internship 2018 Program (MHRD) Govt. of India



Dr. D. Y. Patil College of Ayurved & Research Centre Pimpri, Pune conducted Swachhata Summer Internship 2018 Program as per Direction of Ministry of Human Resource Development (MHRD) Dept. of, Higher Education, Govt. of India at Village Markal Tal. Khed Dist. Pune from 25th May 2018 to 10th July 2018 Total 10 Students participated. 3 Staff members (1 Nodal Officer, 1 NSS Officer & 1 PRO) also participated & one supervision on the field work. Dr. Kamble worked as a nodal officer.

Following Activities work done by team

1. Swachhata Awareness Rally
2. River Cleaning
3. Gram Swachhata.
4. Awareness about Plastic pollution.
5. Women & Children health Check-up
6. Sanitation survey
7. Awareness Lecture on Vaccination.
8. Plantation
9. Street Play on "Open Toilet Free Society"
10. Wall painting- Message of Swachhata
11. Preparing Compost by Vegetables waste for gardening.
12. Insecticide spraying to control the Mosquito breeding.
13. Inspection of ICDS-Program - Aanganwadi worker
14. Segregation of Solid Waste & disposal.

All interns' students were Promoting Swachhata in the village and improve the overall sanitation hygiene. All interns Students complete their 100 Hrs. internship satisfactorily.

Following 3 Best Interns (Top 3 Awardees) were selected for Swachhata Summer Internship 2018.

1. Dhananjay Jori.
2. Dr. waseem Inamdar
3. Harshal Marathe.

This Students Awarded by medals at college level & their names were forwarded to university level for consideration of awards. Institute provided all necessary logistics arrangements, food, tea refreshments & medicines for all the days to participants Institute also take care for safety & security of the interns during the village visits. We are thankful to Sarpanch of village Marakai Mrs. Manglatai Khandve Mr Rohhidas Lokahnde (EX Sarpanch), and all the Staff of Grampanchayat and Villagers for their kind support and active involvement. We largely achieve our goal by doing sanitation related work and Make Swach Bharat Mission as "Jan Andolan"



World's No Tobacco Day



The Department of Agadanttra had organised the program of World's no Tobacco Day on 31/05/2018. .

From the Department Dr Deo explained the background of no tobacco day .P.G student Dr Parvez and Dr Chinmay explained about side effects of consuming tobacco .Dr Kadam gave vote of thanks.

Dr Shinde Arati, Dr Thorat and Dr Karanje guided for carrying out this program successfully.

On this occasion an Outpatient Department & De-addiction for Tobacco under Department of Agadanttra was started by Dr. D. Y. Patil Ayurved Hospital, on every Saturday from 9am to 4pm where meditation and counselling will be done for Tobacco addiction.



International Yoga Day



Dr. D. Y. Patil College of Ayurveda Hospital and Research Center, Pimpri, Pune and department of Swasthavritta and yoga has conducted "Yoga Week Program" from 14th June to 20th June 2018 and also celebrated 4th international Yoga Day on 21 June 2018.

The details of the program conducted are as follows

1. Free yoga OPD: Free yoga OPD for all the OPD and IPD patients for 7 days from 14th June to 20th June 2018 from 9am to 4pm at Swasthavritta and Yoga. Beneficiaries were 50 patients.

2. Free yoga classes: Free yoga classes for all IPD patients for 7 days from 14th June to 20th June 2018 from 3pm to 4pm at yoga hall. Beneficiaries were 32 patients (regular for 7 days).

3. Essay competition: Essay competition on yoga for all UG and PG students and all staff on 15th June 2018 at 3rd floor classroom of 18 Participants were present.

4. Yoga posters competition : Yoga posters competition for all UG and PG students and all staff on 16th June 2018 at yoga hall .12 Participants (UG and PG) were present.

5. Guest lecture on stress cum heart fullness meditation session: Guest lecture on stress cum

heart fullness meditation session by for all UG and PG students and all staff on 18th June 2018 from 2 to 4:30 pm

6. Suryanamaskar (Yogasana) competition: Suryanamaskar competition for all UG and PG students and all staff on 19th June 2018. 56 Participants were present.

7. Yoga awareness rally for all UG and PG students and all staff on 20th June 2018.

Starting from DPU campus, Pune to Mahesh Pagar, PCMC. 45 Participants were present.

8. 4th International Yoga Day Celebration: Morning Yoga Session was conducted on 21 June 2018 from 7.30am to 9am. At Dr. D. Y. Patil University ground, Pimpri, Pune Yoga Demonstrator were Dr. Vivek Kolte and Dr. Ketki Kulkarni. Beneficiaries were 177 (Including General Public, Patients, UG, PG Students and Staff of Dr. D. Y. Patil University.

For this event Dr. P.N. Razdan, Honourable Vice Chancellor of Dr. D. Y. Patil Vidyapeeth Deemed to be University, Dr. N. J. Pawar, Director of Academics, DPU, Pune, Dr. Jitendra S. Bhawalkar, Dean, Medical College, DPU, Dr. Ramesh Bhonde, Director of Research, DPU, Dr. Deepak Kulkarni, Dean, Dental College, DPU, Dr. Medha Kulkarni, Principal, Ayurveda College, DPU, Dr. Tushar Palekar, Principal, Physiotherapy College, DPU, Dr. Dharmendra Sharma, Principal Homeopathy College, Mrs. Rupali Salvi, In-charge Principal Nursing College along with Teaching, Non-



Teaching, Paramedical Staff and UG, PG Students were present and practiced Yoga according to the Dept. of AYUSH Protocol of International Yoga Day.

Dr. M. S. Kulkarni(HOD & Principal),Dr. U. J. Shirke, Dr. Y. B. Shinde, Dr. S. D. Kamble,Dr.J.V.Yadav co-ordinated this event successfully.

Workshop on being Skill Fullness



Being skillfulness workshop was successfully organized by the department of Swasthavritta and yoga of Dr. D.Y. Patil college of Ayurved and research Centre, Pimpri, Pune on 5 July 2018. Total 61 participants attended the workshop. Dr. Mansi Shah (Psychologist) was Resource Person for this workshop. Workshop was very useful for developing soft skill and participants enjoyed the activities conducted in the workshop. Dr.M.S.Kulkarn(HOD.&Principal),Dr.U.J.Shirke(Secretaory),Dr.J.V.Yadav.Dr.Y.B. Shinde, Dr. S. D. Kamble coordinated this event successfully.



Organ Donation



On the occasion of World Organ Donation Day, i.e. on 13th August, 2018 Department of Rachana Sharir had organized a Guest Lecture of Prof. Dr. Vaishali Bharambe (Professor in Department of Anatomy, Dr. D.

Y. Patil Medical College, Pimpri) for UG & PG students of our college on at 11. 15 am at Dr. D.Y. Patil Ayurved and Research Centre Pimpri ,Pune,18.

Total 178 students and faculty of various departments of the Institute were present. The lecture was very informative and appealing to the audience and was well appreciated by all.

Dr. Vaishali Bharambe also clarified certain doubts from the audience regarding organ donation and its practical approach



Positive Thoughts for Healthy Life



On 15th August 2018 in Dr. D. Y. Patil Ayurved Hospital, Pimpri – Pune, for IPD patients arranged a lecture on Positive Thoughts in coordination with Tejgyan Global Foundation for healthy life.

'Vichar Niyam' book was distributed to all patients. Total 90 Patients were benefited. The



book “Asha and Vishwas” is really helpful for patient’s mental health. Best wishes for this movement of Tejgyan Global Foundation for bringing positive change in society.

Dr Swati Jadhav, Dr Dushyant Patil



& Dr Priyanka Patil organized programme under guidance of Principal Dr. Medha Kulakarni.



Charak Chintan Workshop

Samskruta Samhita Siddhanta department of Dr. D. Y. Patil College of Ayurveda and Research Centre, Pimpri organized 3rd consecutive **Charaka Chintana workshop** from 27 to 31 August 2018. The Program was inaugurated by Principal Dr. Medha Kulkarni and Advisor Dr. B. P. Pandey.

Main motto of organizing this workshop was to encourage PG and UG students to understand basics of Ayurveda from original text i.e. Charaka Samhita. In this State Level Workshop 126 participants (PG students, teachers and practitioners) joined from various departments of different Institutes of Ayurveda all over Maharashtra.

The expert Vaidyas Vd. Kshipra Kshirasagar, Vd. Shreerang Galgali, Vd. Susmita Dhopeswarkar and Vd. Yogita Jamdade elaborated how to read Samhita and well explanations of important shlokas in practice in these precious five days. All the participants were blessed with excellent knowledge.

Apart from guest lectures, a quiz was also arranged for first time in this workshop on Agrya Samgraha. 15 students participated in the same. Mr. Virendra Chavan, Mr. Amol Kedar, Ms. Mayuri Nilange and Ms. Kavita Manudhane won the quiz by their excellent performance. The winning students were awarded with a book 'Ayurvediya Nyaya Parijata', medicinal plant and certificate.

This workshop was made successful by presence of 19 P.G. students and 22 Faculties of our institute. This workshop found its full achievement with the help of P.G. students of Samhita department under the guidance of - HOD of Samskruta Samhita Siddhanta Dept Dr. M.V. Joshi, Dr. Shital Rasane, Dr. Prashant Khade, Dr. Ojada Pol, Dr. Ashwini Patil and Vd. Neelesh Patil.

