

'AYURDHANAM'

News Letter

SEPTEMBER 2017



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

Pimpri, Pune-411018



Editorial Board

Prof.Dr.B.P.Pandey (Principal)

Prof.Dr.M.S.Kulkarni (Vice Principal)

Dr.Yogesh Kutte

Dr.Jyotsna Yadav

Dr.Rupali Bawa

Dr.Sachin Rohani

Diet for cancer patients : Some myths & facts

Everyday we receive online messages from various sources regarding specific vegetable or fruit as ideal treatment for cancer patients. The messages also claim some dietary products as very hazardous for cancer patients. Let's see some very commonly seen statements, myths & facts about them.

Myth 1: Cancer thrives on sugar.

Fact: - There is no conclusive evidence that proves eating sugar will make cancer grow & spread more quickly.

All cells in our body – both healthy cells & cancer cells depend on sugar to grow & function. However, eating sugar won't speed up the growth of cancer, just as cutting out sugar completely won't slow down its growth.

This doesn't mean patient should eat a high sugar diet as too many calories from sugar will make weight gain , obesity & diabetes which increases risk of developing cancer & other health problems. As far as possible patients should avoid use of refined sugar & use organically prepared jaggery in small amount.

Myth 2: Super foods: savers from all types of cancers or treating all cancers instead of chemotherapy.....

Fact:- As mentioned earlier media is full of messages with certain fruits like lemon, artichoke , all citrus fruits and some particular vegetables like broccoli etc are capable of decreasing cancer Many fruits & vegetables or their oils contain hormones, antioxidants or other nutritional factors which affect the growth of cancer cells. But, we can eat whole fruit & veggies so very small part of that active ingredient is received to our body after digestion. Laboratory tests are made on animals using the active ingredient in very large quantity. But, such experimental study done on human is not as successful as seen in animals.

On the basis of evidence it is very highly unlikely that specific superfoods could directly on their own affect the growth of cancer cells. Even though eating all fresh organic vegetables & fruits especially superfoods is always good for health it should not be considered as an alternative to medicine.

Myth 3 : Ketodiet cures all types of cancers.

Facts:- Ketogenic diet is consuming negligible amount of carbohydrates , large amount of fat along with proportionate amount of protein. It forces the body to burn fats rather than carbohydrates. This produces formation of ketone bodies in liver that is ketosis which gives energy to body cells. This is tried in epilepsy & brain tumour patients with some positive results. But, as this is not a natural diet one normally consumes , it shows serious side effects including sleeping problems, dizziness, drowsiness, keto flu, heart palpitation, frequent urination, diarrhea , muscle cramps and many other. So, cancer patient should NEVER start this dietary regime without consultation with doctor (oncologist).

Myth 4: Barbequed food will leave your children fatherless.....

Fact :- Eating barbequed meat heated upon very high flame , charred is surely carcinogenic. This doesn't mean that one should stop eating barbequed food altogether. Marinating food stuff before frying or heating, heating on a very low temperature, flipping frequently & not burning or charring the meat or vegetables will surely shed off this carcinogenic effect.

So, what every cancer patient should eat fresh organic vegetables, fruits, home made normal natural diet free of processed conditions & most importantly SHOULD NOT GET FREAKED BY WHAT WE FIND ON INTERNET.

Dr. Prajakta Indulkar

Associate Professor Rachana Sharir Department

Dr. D. Y. Patil College of Ayurved &

Research Centre, Pimpri, Pune

Sakas Aahar Saptaha



Dr. D. Y. Patil College of Ayurved & Research Center Pimpri, Pune in association with “Ekatmik Baal Vikaas Prakalpa, Anganwadi, Phulenagar, Bhosri conducted (Sakas Aahar Week) from 1st to 7th Sept 2017.

Prabhat Pheri was conducted in Phulenagar area to focus on educating the people physical, mental development and nutrition of a child.

On 4th Sept 2017 healthy diet, diet planning, preparation of healthy cuisine was guided along with interaction session by Dr. Jyostna Yadav. She also judged the various preparations done by the competitors in the competition organized by Swasthavritta & Yoga Department.

On 6th Sept 2017 Dr. Yogesh Shinde guided on importance of diet & cleanliness. Dr. Shradha from Balrong dept. advised about the Dinacharya and diet of children. Dr. Manoj from Balrog Dept. Enlightened on disease in children treatment & Suvarnaprashan . 45 women participated in this program.

National Seminar in Kayachikitsa



Kayachikitsa department of Dr. D. Y. Patil College of Ayurved & Research Centre, Pimpri, arranged National Seminar on 15th Sept 2017.



Dr. M.S. Baghel gave the information about Research Method in Ayurveda. & also emphasized on International Research by using Ayurvedic Parameters.

Maharashtra Ayurved Congress

All India Ayurved Congress and Maharashtra Ayurved congress held the program of appointment of various posts official of the congress on 20th Sept 2017 at Dr. D. Y. Patil College of Ayurved & Research Centre Pimpri, Pune. Dr. B. P. Pandey Principal of Ayurved College was appointed adviser along with Dr. G. Yeole (HOD Of Kayachikitsa Dept) Dr. Prashant Khade was appointed as the secretary and the rest were appointed and presented with the certificates. Dr. Ramdas Avhad, Dr. Tamhane, Dr. Avinash Deware, Dr. Swapnil Shinde were also present.



NSS Swachata Abhiyan

NSS Department of Dr. D. Y. Patil College of Ayurved & Research Centre Pimpri, Pune, arranged Swachata Abhiyan on 22nd Sept 2017 at premises of MIDC Bhosri Road.



On this occasion awareness rally was arranged from Pavan Industries to MIDC Bhosri Road.

Total 40 students were present.

The program was inaugurated by Dr. B. P. Pandey, NSS officer Dr. Prakash Mane, Dr. Mangesh Udmale.

Organ & Body Donation

Rachana Sharir Department of Dr. D. Y. Patil College of Ayurveda & Research Centre Pimpri, Pune arranged lecture on Organ & Body donation on 25th Sept 2017 at Jijamata Sankrutik Bhavan Pimpri. Dr. Amar Kamble gave very important and useful information about body & organ donation.

At the end of program question answer session was held. Total 35 members were present.



Educational Visits

Swasthavritta & Yoga department 9/10/2017 to 12/10/2017 organized educational visit for third year BAMS students. Under this educational program 80 students visited katraj dairy, Sumangal Co. MIDC Bhosri, YCM Hospita PCMC, Pimpri, water purification plant PCMC and Kasarwadi primary health centre at Maan. This educational visit aimed at educating the students about the organizations working system and its medical importance



Educational tour- Botanical Garden (Nehru Garden)

Department of Dravyaguna organized educational tour on 16/10/17 at. Nehru Garden, Gandhi Bhavan Road at Kothrud Pune. For this tour Dr Nilima Ghangale, Dr Rupali Patil from respective department was appointed as tour in charge. Total 18 students of 2nd BAMS were participated.



National Ayurved Day Celebration

17th Oct 2017 was celebrated in a grand way of Dr. D. Y. Patil Ayurved College & Research centre Pimpri Pune by Shalya , Panchakarma , Rachana Sharir conducting a seminar on pain management.

The program started with lighting the lamps by the guest and with Dhanvatari Pujan. Dr. Mangesh with his deep insight on how pain management has mentioned in Ayurved & how its implementation proves faithful by means of exercise, Panchakarma and medication . Dr. Varshney appreciated the research facing done on this subject of pain management paper, poster presentation depicting the same were displayed Dr. Borse HOD shalakyia presented a PPT Dr. Jayashree Patil announced that our hospital should start independent OPD of pain management.

The guest for this program were Dr. Mangesh Deshpande (Sec. Ortho Ved Hospital Mumbai) Dr. Yashwant Nankar (Sec. Niramay Hospital Chinchwad) Dr. Subhash Varshnay (Ex. HOD shalya vidarbha Mahavidyalaya Amravati). Principal Dr. B. P. Pandey (Dr. D. Y. Patil Ayurved College pimpri ,Pune,), Dr. Mamta Nakade (HOD of Panchakarma Department), Dr. Jondhale (HOD of Shalya Tantra Department), Dr. Chandurkar (HOD of Rachana Sharir Department) were present.



Rashtriya Ekata Diwas

Dr. D.Y.Patil College of Ayurved & Research Centre
Pimpri Pune celebrated Rashtriya Ekata Diwas (National Unity
Day) on 31 Oct 2017.

. Dr. Pandey sir focused on how the youth should derived
inspiration to cut across religion, caste creed & be united to fight
out the challenges the country is facing.



Blood Donation Camp

Under the program of Rashtriya Seva Yojana, Dr. D. Y. Patil College of Ayurved & Research Centre Pimpri, Pune conducted Blood donation camp on 8/11/2017. Total 75 people participated in donation.



Vedtarang AARAMBH

Freshers & Farewell Party 15 December 2017

A fresher's & farewell party named as “**VEDTARANG – AARAMBH**” was arranged on 15/12/2017. The name of the program signifies the beginning of their new college & career life. A warm welcome along with felicitation was given to the fresher's both UG & PG who were newly admitted to the college by 2nd 3rd & 4th year student of BAMS .Farewell was given to last year students with best wishes for their future.

Mr. fresher & Miss fresher were decided amongst fresher's after judging certain tasks assigned to them during the event. both UG & PG Mr. fresher & Miss fresher were awarded with gift hamper.

Winners were as follow-

U.G. Mr. Fresher -Aditya Patil, Miss Fresher -Alphiya Attar ,P.G . Mr Fresher - Raturaj Patil (Rognidan), Miss Fresher - Renuka Kolhe (Shalakya)

Event Designed & Organized By Cultural Committee In charge - Dr Sheetal Rasne, Student Council In charge - Dr Sheetal Roman, Student Secretary - Nilam Sambre , Prasanna Gaikwad , Sagar Dherange.

