

# Santhigiri Ayurveda Medical College

## NEWSLETTER

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### Editorial

*Gurucharanam saranam*

Warm greetings from the family of Santhigiri Ayurveda Medical College, Palakkad.

Recently we came to know that the Govt. of Japan has issued an apology and also offered a compensation of around 3.2 million yen to each of the survivors who were forcefully sterilized under the eugenics law during 1948 to 1996. The available data shows around 25,000 people were sterilized under this law out of which almost 16,500 with out any consent and also 60,000 women had abortions. Such laws were in force in other countries also like Sweden and Germany. Though many countries abandoned laws of eugenics after the inhumane horrors of Nazi Germany, Japan repealed it in 1996 only.

The idea behind such cruel law was to prevent the birth of poor quality descendants. This is one of the examples of how modern research findings, which are changing from time to time, are applied on common man with out any humanity. This is completely in contrast to the indigenous humane scientific thoughts and social laws of Bhaarat, the Mother India. In Bhaarat, the Sanaatanadharma believed in the doctrine of Karma. We should indulge ourselves and encourage others in doing satkarma rather than preventing one from doing his or her own karma as it results in a great harm.

The Theory of Eugenics wrongly makes one to believe that the genetic characters one inherits are permanent and cannot be changed. But there is no reality in it. And also there is no concrete answer for causes of these genetic changes. The incessant interactions of a living being with in and with out cause changes from gross physical level to the finest psychic level. Otherwise the various systems in our society for upliftment of an individual like education, training, punishment, rewarding etc are of no use.

In Aayurveda, the indigenous system of health and other Smr'tigranthaah the principles of eugenics are laid down in depth. As modern science's Theory of Eugenics believes secrets of one's life are not just restricted to genes. The ever migrating

sookshmas'areera enters into a particular suitable womb propelled by its own karmaphala. There is every possibility for every being at any time for uplifting himself or herself by following the path of righteousness in physical deeds, mental thoughts and verbal speech. In the sixteen samskaras of Sanaatanadharma, the first three i.e., Garbhaadaanasamskaara, Pumsavanasamskaara and Seemantasamskaara are meant for good progeny and remaining 13 from Jaatakarma to Antyesh'ti are meant for ones upliftment in life time after getting birth towards Moksha or rebirth.

Good progeny can be possible only in a good womb. In Ayurveda, the Vaajeekaran'a, one of the eight branches is specially devoted for getting a good progeny. The principles of eugenics can be found out under the titles of R'tumateecarya, Garbhin'eeecarya, Garbhaavakraanti, Atulyagotreeya, Beejadoshajavyaadhi, Sattvavais'eshyakara hetavah, Garbhopaghaatakarabhaavaah etc along with sadv'r'tta, dinacarya, r'tucarya.

Change is a continuous process. Depending upon the depth of the change the time duration varies. For achieving the best there should be incessant efforts at physical, mental and spiritual level by an individual as well as the society.

*Mr'tyormaa amr'tamgamayaa*

Dr. G. Nagabhushanam  
Chief Editor

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## DEPARTMENT OF PRASOOTI TANTRA EVUM STREE ROGA

### Ante Natal Care (Garbhin'i Paricarya) In Aayurveda

**Dr. Divya C.S,**  
Associate Professor  
Department of Prasooti Tantra Evum Stree Roga

Woman has seen immense changes in the 21st Century, in herself as well as in society's outlook towards her. There has been a sea of change in her attitude and lifestyle.

However, some of the basics have remained unchanged, she playing the pivotal role in reproduction, treading nine months to beget a healthy progeny, bearing the highest pain of life at the time of giving birth and nurturing her children.

These distinctive anatomical and physiological features of women were well studied by the ancient sages of Aayurveda and specific regimens to be followed are well advocated to keep the women healthy.

#### Garbhin'i Paricarya

Aayurveda has a well-documented description of caring for pregnant women called Garbhin'i Paricarya.

The regimen prescribes practices for each month and stage of pregnancy. These systems are, in fact, diligently followed as traditional practices in innumerable households even today.

Garbhin'i Paricarya prescribes

- aahaara (diet)
- vihaara (lifestyle) and
- vicaara (thought process) to be followed during pregnancy as these have a direct effect on the mother and the child.

Wholesome diet is given great importance as it aids fetal growth, maternal health and lactation after childbirth. Great care is also recommended during the first three months and after the completion of the seventh month of pregnancy.

#### Focus of Paricarya

Adequate amount of necessary nutrition for foetal development and well being

An optimum remedy concerned with the possible discomforts or symptoms even though physiological, pertaining to pregnancy.

In short

- Garbha Vriddhi

— Garbhin'i Paricarya

#### Masaaanumaasika paricarya -First trimester

Month	Regimen
First	Milk
Second	Milk medicated with sweet drugs.
Third	Milk, Ghee, Honey.

During first trimester of pregnancy most women experience nausea and vomiting which prevents them to follow a proper balanced diet. Use of s'eeta (Cool in potency), madhura (Sweet in taste), drava aahaara (Liquid diet) like milk will prevent dehydration while supplying required nutrition. Madhura rasa is itself anabolic which helps in maintaining pregnancy.

#### Maasaanumaasika paricarya -Second trimester

Month	Regimen
Fourth	Butter, Shaasht'ika s'aali rice and curd.
Fifth	Milk and Ghee of cow, jaan~gala maamsa (Meat of animals residing in arid desert like land)
Sixth	Ghee medicated with sweet drugs, Gokshura

During the second trimester there is a balance between easily digestible and high protein contents like maamsa rasa. These properties help in maintaining lightness even when there is weight gain in the mother and also help in the nourishment of the fetus especially when there is formation of musculature. Diuretics like Gokshura in the 6th month helps in problems caused by water retention.

#### Maasaanumaasika paricarya -Third trimester

Month	Regimen
Seventh	Ghee medicated with Prithakparn'i
Eighth	Rice gruel mixed with milk and ghee
Ninth	Anuvaasana Vasti with Oil prepared with madhura group drugs, Picu (Medicated tampons).

Vasti karma during the last trimester helps in clearing the alimentary canal providing more space for the passage of garbha during prasava. It also helps in anulomana (downward movement) of vaata and maintains the function of apaana vaata / garbha nishkrama'n'a kriya (Delivery). Yoni picu (Medicated vaginal tampon) helps in lubricating the yoni maarga (Birth canal) and to an extent in the cervical dilatation.



## Ksheera paaka to be consumed in each month

Month	Single drug
1	Bala (Sida cordifolia)
2	Lakshman'a (Ipomea marginata)
3	Br'hati (Solanum indicum)
4	Ams'umati (Desmodium gangeticum)
5	Amr'ta (Tinospora cordifolium)
6	Nidigdhika (Solanum virginianum)
7	Yava (Hordeum vulgare)
8	Morat'am (Marsdenia tenacissima)
9	S'ataavari (Asparagus racemosus)

## Avoid the following during Pregnancy

### Dietetics

- 1) Fasting for long time.
- 2) Frequent eating.
- 3) Stale, fermented and heavy food.
- 4) Pungent, Sour, Salty, Spicy, Fried, tin food.
- 5) Excessive maamsa aahaara
- 6) Dry food articles: chat and junk food

### Mode of Life

- 1) Staying awake at night
- 2) Sleep during day time
- 3) Sleep on back (Supine)
- 4) Journey in vehicles, causing excessive jerks.
- 5) Continuous sedentary job
- 6) Excessive walking and talking in high pitch talk.
- 7) Harsh activity, Heavy weight lifting.
- 8) Suppression of natural urges
- 9) Peeping out from heights.
- 10) Looking, hearing or reading things which create fear and strain.
- 11) Exercises like cycling and Trekking.
- 13) Working in water, long time squatting or bending postures.
- 14) Work which exerts pressure on abdomen.
- 15) Prolonged stay in hot sun and fast wind.
- 16) Habits like smoking and Tobacco chewing.

### Medicines

- 1) Pan`cakarma procedure. (except vasti karma in the 8th month)

- 2) Hot, pungent, poisonous intoxicating substances
- 3) Medicine consumption without any consultation.
- 4) Radiation

## Some of the Yogic postures that can be adopted in Pregnancy

- Varaasana
- Kat'icakraasana
- Taat'aasana
- Vr'kshaasana
- Ardhacakraasana
- S'avaasana

## Conclusion

Garbhin'i Paricarya does not commence from the day pregnancy is confirmed unlike the contemporary sciences.

Garbhaadhaana, a ritual, consisting of a complete preparation before which the couple undergo sneha swedaadi poorva karma followed by vamaana virecanaadi s'odhana karma with peyaadikrama, again to successfully achieve sams'uddhi, aasthaapana anuvaasana karma is also mandatory.

After this the purusha is given madhuraushadha samskr'ta ghr'ta (ghee medicated) and ksheera (milk), which helps in spermatogenesis, where as the stree is given food rich in sesame blackgram etc... which are good uterine and ovarian tonics helps in formation of a healthier ovum. Then by attaining a pure body and mind they enter a new stage of life, Parenthood.

Pregnancy is one of the most important phases of a woman's life that requires utmost care in all aspects.

The increase in nutritional demands during pregnancy are to be taken care of appropriately which otherwise can pose serious ill effects on both the pregnant woman and the growing foetus.

Supplementation with the deficient nutrient is the treatment of choice in the contemporary science, as well as a routine supplementation of folic acid, iron and calcium throughout pregnancy is in practise.

Garbhin'i paricarya elaborately describes the measures to be adopted during pregnancy to ensure optimum health of the Garbhin'i and Garbha.

Various dietary advices and medications are followed during each month of pregnancy to counteract the physiological hindrances during the respective months and to promote the growth and development of the Garbha.



# Understanding Breast Cancer Epidemiology

**Dr. Amritha.M.R**  
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## Introduction

Cancer has emerged as a major public health concern in the world despite advancement of diagnosis and treatment. Among various carcinomatous conditions, breast cancer is the most common life threatening cancer among women of both developed and developing countries.

Various research studies show influence of many social and environmental variables in causation of breast cancer. Facilities for public education and screening procedures are very limited especially in rural areas. In India most of the breast cancer cases are diagnosed at an advanced stage where treatment may not be that much effective.

## WHO Globocan 2018 data

One in 5 men and one in 6 women world wide will develop cancer over the course of their lifetime, according to 2018 Globocan data. One in 8 men and one in 11 women will die from the disease. Breast cancer is the most commonly diagnosed cancer and the leading cause of death among females.

Indian scenario\_ Comparison of cancers occurring in various sites in females has shown that there were 1,62,468 cases of breast cancer i.e., approximately 27%. Mortality due to breast cancer cases in India was estimated to be as 87,090.

Comparing the incidence and mortality of breast cancer cases in India with that in China and US has shown that India is in great threat of this disease. There was one death for two incidences of breast cancer in India.

## Prevention or Control

Proper knowledge about the disease, its cause, identification of risk factors and risk groups, availability of preventive measures and its proper application are very essential for prevention or control of this scenario.

## Aayurvedic Concept

Ayurveda states that all diseases result from interactions between vitiated dosha and dhaatu. A specific disease (including arbuda) originate from interactions between abnormal dosha and dhaatu leading to alteration in the normal cellular apoptosis, regeneration and cell division. Stana is one among the pratyanga consisting of five pes'i in females. It is a maamsa pradhaana bhaaga, and is more prone to get affected by the maamsa pradoshaja vikaara like

arbuda. Arbuda is considered as "mahattu granthito arbudam", So knowledge about stana granthi, stana vidradhi, stana keelaka etc also can be utilised for the better understanding of stanaarbuda along with understanding of arbuda. There are two Kaalantara praan'ahara marma, viz. stana rohita and stanamoola in the very close vicinity of stana. Any injury or disease affecting stana or breast will be difficult to cure and will lead to fatal complications. Breast tissue is undergoing cyclical changes due to its exposure to changing hormones every month in females and there may be more chances to get affected with this disease of cellular abnormalities.

## Risk Factors

Risk factors	Reasons
Advancing age	-More chances of genetic damage and less capability to repair it
Early menarche	-Breast development starts early; longer interaction with hormones
Late menopause	-Longer exposure of breast tissue to hormones
Past history	-3 to 4 times more risk to develop it in other breast or other part of same breast
Family history	-One first degree relative- double risk Two first degree relatives- 5 times risk May be associated with genetic changes
Elderly primi	-Breast cells are immature and overactive until first full term pregnancy. Being pregnant also reduces number of menstrual cycles.
Duration of breast feeding	-Fewer menstrual cycles results in lower estrogen level
Obesity and overweight	- Increased peripheral fat conversion to estrogen
Lack of exercise	-Fat cell reduction preventing extra estrogen
OCP and HRT	-Inappropriate exposure to hormones
Night duty shifts	-Linked to melatonin production
Lack of public awareness	- No proper breast examination and screening and late diagnosis of the disease
Eating unhealthy food	-Fat rich , Non veg, Junk foods etc leads to improper breast cell development

## Preventive measures

Public awareness about this disease, its threat and screening procedures are very poor in our country, especially in rural areas. Majority of the cases in India were diagnosed in an advanced stage where treatment may not be that much effective. It is therefore very essential that steps should be taken by various medical and other organisations to educate the public about the intensity of the disease by conducting awareness classes and screening camps. Importance of breast self examination and its steps should be taught to public as it is the first step in screening programmes. Clinical breast examination has to be popularised, so that cases can be detected early and treatment will be effective.

Aayurveda, the traditional system of Indian medicine offers personalised approach in both preventive and curative aspects. Dinacarya explained in ayurvedic classics such as vyaayaama, udvartana, abhyanga will help in normalising the metabolism by



eliminating aama as well as saama dosha.

S'odhana karma or cleansing procedures in r'tusandhi will act as a golden tool in preventing this dreadful condition as it eliminates accumulated metabolic wastes. Diets and regimens according to season, will help in maintaining the immunity or vyaadhikshamatva. Sthaanika abhyanga and lepa mentioned in stana keelaka, vidradhi, granthi etc will help in preventing the progression of a benign condition to malignancy.

Rasaayana cikitsa or rejuvenation therapy will boost up the immune power by purifying the sapta dhaatu. Satvaavajaya cikitsa is necessary to enhance the mental strength of the patient to get cured or prevent the recurrence.

Yogaasana and praan'aayaama can be advised as it will enable proper oxygenation of each and every cell and prevents any alteration in its normal pattern.

## Students' Corner

### Karn'apooran'a

**Miss.Silpa M R**  
**Final Prof. BAMS**

Karn'apooran'a means filling of medicines in ear. It is indicated for various types of ear diseases and diseases related to head etc.

#### Pre-procedure

The ear should be well examined in advance for any tympanic perforation and if found, the procedure should not be undertaken, for fear of complications like chronic suppurative otitis media.

The region around the ear should be slightly fomented before the karn'apooran'a

#### Procedure

Ears filled with medicated oil or juice of plants etc according to the disease and dosha vitiation.

Filling of ear can be done only in lateral position and hence only one ear can be filled at a time and it should be retained till the pain subsides or according to the type of dosha vitiation specific duration(maatra) are indicated.

Karn'apooran'a is best done before food, if juice of herb is used and if oil is indicated it is done after sunset.

#### Time for retaining medication in ear

For healthy person it may be retained	- 100 maatra
For s'rotra (ear) diseases	- 100 maatra
For diseases of kan't'ha (throat)	- 500 maatra
For diseases of s'iras (head)	- 1000 maatra

#### Post procedure

Root of the ear should be massaged well after filing the medicine.

#### Conclusion

Incidence and mortality of breast cancer cases are increasing every year in all regions of the world. So to prevent the scenario, measures should be implicated strictly for making the public aware about this dreadful condition and availing screening procedures for early detection. Clinical practitioners can categorise the risk groups and can educate them about the increased chances of getting affected with the disease and measures that can be adopted to prevent the situation. Aayurveda provides effective measures in the form of aahaara (diet), vihaara (regimens) and aushadha (medicines and procedures) to cleanse the body out of saama dosha. Aayurvedic measures will act as immune modulators and will prevent the occurrence and recurrence of breast cancer in risk groups. Breast cancer is preventable, screenable and curable if detected early.

#### Medicines used for karn'apooran'a in various conditions

Condition	Medicine used
● Vaatika karn'as'oola	- Mahaasneham - Asht'amootram - Deepika tailam - Warm juice of leaves of as'vattha, bilva, arka, eran'd'a each separately smeared with taila and sindhoodaka and covered in put'apaaka method.
● Paittika karn'as'oola	- Kashaaya of draaksha and yasht'i mixed with stanya - Yasht'yaadi taila - Madhu
● Kaphaja karn'as'oola	- juice of las'oona, aardraka, moolaka or kadali made luke warm
● Karn'anaada	- Sarshapa tailam
● Pootikarn'a and Baadhira	- Kshaara tailam
● Pratinaaha	- juice of maatulun~ga - Ghr'ta man'd'a (scum of ghee)
● Kr'mi karn'a	- kat'u tailam

#### References

- Ashtaan~g a Hr'dayam Sootrasthaanam - gan'd'ooshavidhi (22nd chapter)  
S'aaran~gadhara Samhita 11th chapter  
Ashtaan~ga Hr'dayam Uttarasthaanam - Karn'aarogapratishedha (18th chapter)



## Medical Bulletin

### Aswamedham 2 – Anti Leprosy Campaign

Second phase of Leprosy detection campaign (Aswamedham 2) had been started in Kerala by health department from 29th April 2019 to 12th May 2019. The second phase aims to cover 6 districts including Kollam, Alappuzha, Pathanamthitta, Kottayam, Idukki and Wayanad. The mission is to wipe out leprosy and related illness by ensuring screening of all probable cases and their treatment on time. Painless ulcers, muscle weakness, pale skin and numbness in skin are some of the cardinal symptoms of leprosy. During the campaign volunteers will make the public aware about these symptoms and facilitate patients to get treatment. The campaign will be held with the support of local bodies, fisheries, women and child protection and labour department officials. Besides, special squads will also be constituted to visit the camps of migrant workers, tribal hamlets and street people.

#### Sanskrit Alphabets with English Transliteration Key

अ	आ	इ	ई	उ	ऊ
a	aa	i	ee	u	oo
		ए	ऐ	ओ	औ
		e	ai	o	au
ऋ	ॠ	ऌ		ं	अः
r'	rr'	l'		m	h
क	ख	ग	घ	ङ	
ka	kha	ga	gha	ng	
च	छ	ज	झ	ञ	
ca	cha	ja	jha	ña	
ट	ठ	ड	ढ	ण	
t'a	t'ha	d'a	d'ha	ṇa	
त	थ	द	ध	न	
ta	tha	da	dha	na	
प	फ	ब	भ	म	
pa	pha	ba	bha	ma	
य	र	ल	व		
ya	ra	la	va		
श	ष	स	ह	क्ष	ज्ञ
s'a	sha	sa	ha	ksha	jña

## Events

### Interactive session on Medical Jurisprudence

An interactive session on Medical Jurisprudence was conducted by the department of Agada Tantra on 9th April 2019 for the students of third prof BAMS at the college auditorium. The session was handled by Adv. Mr. Arun A V from palakkad.



### Fire and Safety Awareness and Mock Drill

An awareness class on fire and safety was conducted at Santhigiri Ayurveda Medical College campus by the Department of Fire and Rescue services, Government of Kerala on 26th April 2019. It was followed by a demonstration on various methods of fire fighting, usage of fire extinguishers and rescue services and a mock drill on Fire & Safety was conducted.



### Participation in Quiz competition in connection with Anusandhana

Ms. Arya. JB (4th Year BAMS) and Mr. Harikrishnan VP (2nd Year BAMS) participated in the Quiz Competition conducted at PNNM Ayurveda Medical College, Cheruthuruthy in connection with the convocation Ceremony "Anusandhana" on 11th April 2019

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