

Aayurprakaas'a

Santhigiri Ayurveda Medical College

Newsletter

Vol: 7 / Issue: 2 / October 25 - December 25 / Quarterly Publication

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About the Newsletter

Aayurprakaas'a is a newsletter published by Santhigiri Ayurveda Medical college. The main intention of the newsletter is to share the innovative ideas regarding the fundamental concepts and clinical experiences in the practice of Aayurveda. The newsletter promotes quality articles and case reports, research papers and review papers in the field. It also includes various events in the college. We expect wholehearted cooperation and healthy feedback from the readers. Guidelines for research papers: The papers should contain the title, abstract, introduction, methodology, results and discussion. The content should be presented in a well manner and standard plagiarism policy will be followed while selecting the paper.

Title: Aayurprakaas'a

Frequency: Quarterly

Publisher: Santhigiri Ayurveda Medical College

Starting Year: 2022

Language: English Publication

Format: Online

Website: www.samc.edu.in

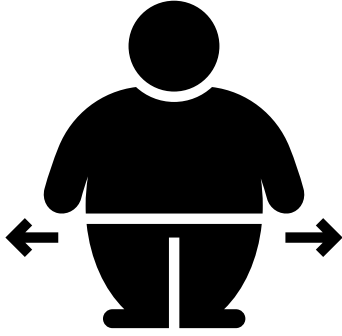
Sanskrit Alphabets with English Transliteration Key

अ	आ	इ	ई	उ	ऊ
a	aa	i	ee	u	oo
		ए	ऐ	ओ	औ
		e	ai	o	au
क	ख	ग	घ	ङ	
k	kh	g	gh	ng	
च	छ	ज	झ	ञ	
ca	cha	ja	jha	na	

ट	ठ	ड	ढ	ण	
ta	tha	da	dha	na	
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
sa	sha	sa	ha	ksha	jna

Tattvapraakaas'a

Obesity: A Global Public Health Challenge



Obesity is one of the most significant public health challenges of the 21st century and is recognized by the World Health Organization as a chronic, relapsing disease. It arises from complex interactions between genetic predisposition, neurobiological mechanisms, dietary habits, physical inactivity, socioeconomic conditions, and environmental factors influenced by rapid globalization and urbanization. These changes have led to the development of obesogenic environments, resulting in a steady increase in excess body weight across all age groups worldwide.

Globally, more than one billion individuals are affected by obesity, and prevalence has increased markedly over recent decades. Projections indicate that overweight and obesity may affect more than half of the global adult population in the coming years, with the most rapid rise occurring in low- and middle-income countries. Many of these regions face a dual burden of malnutrition, where undernutrition and obesity coexist within the same populations and households.

Obesity is commonly assessed using the body mass index (BMI), calculated as weight in kilograms divided by height in meters squared. In adults, overweight is defined as a BMI of 25 kg/m² or higher, while obesity is defined as a BMI of 30 kg/m² or higher.

Although BMI is a practical screening tool, additional measures such as waist circumference provide valuable information on central obesity and cardiometabolic risk. Excess body weight is a major risk factor for non-communicable diseases, including type 2 diabetes mellitus, ischemic heart disease, hypertension, stroke, osteoarthritis, and several cancers, contributing to increased morbidity, mortality, and economic burden.

In Ayurveda, obesity is described as *Atisthaulya*, one of the *Ashta Nindita Purusha*. It is characterized by excessive accumulation of *Meda Dhatu* and *Mamsa Dhatu*, resulting from overnutrition and sedentary habits, and is classified as a *Santarpanottha Vikara*. *Atisthaulya* is a disorder of the *Medovaha Srotasa*, with *Baddha Meda Vriddhi* leading to adiposity and *Abaddha Meda Vriddhi* associated with lipid metabolic disturbances.

Prevention and management of obesity require a comprehensive, life-course approach involving healthy dietary practices, regular physical activity, stress management, early clinical intervention, and supportive public health policies. Integrating modern medical care with Ayurvedic principles provides a holistic and sustainable framework for addressing obesity effectively.



Dravyaprakaas'a

Ashoka



Introduction

Saraca asoca is highly valued in Ayurvedic medicine as a versatile therapeutic plant and is often regarded as a universal panacea. Rich in bioactive compounds, it has been used since ancient times. The name Ashoka, meaning “without sorrow,” reflects its revered medicinal and cultural significance. An evergreen tree, it is one of the most sacred plants in India and holds an important place in traditional medicine.

Botanical Name: *Saraca asoca*

Family : Fabaceae family

Vernacular Names:

- Hindi / Sanskrit: Ashoka
- Tamil: Asogam
- Malayalam: Asokam
- Kannada: Ashokada Mara
- Marathi: Jasundi
- Oriya: Osoko
- Telugu: Kankeli
-

Chemical constituents

- Stem Bark: Rich in condensed tannins (catechol), flavonoids (leucopelargonidin, leucocyanidin), steroids (β -sitosterol), saponins, glycosides, epicatechin derivatives, and antioxidant lignan glycosides.

Flowers: Contain flavonoids, flavone glycosides, anthocyanins, β -sitosterol, and fatty acids.

Leaves: Composed of quercetin, β -sitosterol, gallic acid, ellagic acid, kaempferol glycosides, and amyirin.

Seeds: Rich in fatty acids including oleic, linoleic, palmitic, and stearic acids.

Rasapancaka

Rasa : Kasaya, tikta, madhura

Guna : Guru

Virya : Usna

Vipaka : Katu

Karma : Kaphapittashamaka, varnya, swarya, visa, sothaghna, kushthaghna, pramehaghna, vrsya, krimighna, stambhna, artavjannan, rasayan

Common practices

1. *Saraca asoca* bark *Ksheerapaka* (6 g bark powder in milk) is highly effective in Pradara Roga and various abnormal vaginal discharges.
2. It is also beneficial in uterine inertia, uterine pain, dysuria, and urinary calculi.
3. Bark paste is applied locally to relieve pain.
4. Powdered Ashoka seeds are consumed with betel leaf on an empty stomach.
5. In menorrhagia, bark decoction prepared in water or milk is taken daily on an empty stomach and also used externally for washing.
6. For leucorrhoea (Safed Pani), bark is boiled in a milk–water mixture and administered after evaporation of water.

Research Updates

1. Biological Activities of Different Parts of Saraca asoca an Endangered Valuable Medicinal Plant

Mohan, Ch., Kistamma, S., Vani, P., Narshimha Reddy, A. 2016. Biological Activities of Different Parts of Saraca asoca an Endangered Valuable Medicinal Plant. Int.J.Curr.Microbiol.App.Sci. 5(3): 300-308. doi: <http://dx.doi.org/10.20546/ijcmas.2016.503.036>

2. Reproductive biology and breeding system of Saraca asoca (Roxb.) De Wilde: a vulnerable medicinal plant

Smitha GR, Thondaiman V. Reproductive biology and breeding system of Saraca asoca (Roxb.) De Wilde: a vulnerable medicinal plant. Springerplus. 2016 Nov 28;5(1):2025. doi: 10.1186/s40064-016-3709-9. PMID: 27995002; PMCID: PMC5125291.

3. Plant Profile, Phytochemistry and Pharmacology of Ashoka (Saraca Asoca (Roxb.), De. Wilde) – A Comprehensive Review.

https://scholar.google.co.in/scholar_url?url=https://interscience.org.uk/images/article/v7-i2/6ijahm.pdf&hl=en&sa=X&ei=8E16aYL1L6Oi6rQPqI_YwA0&scisig=AHkA5jRGMkkm3kXKCo_kbrKZv5tB&oi=scholar

Yoga

- *Ashokarishta*
- *Ashokaghruta*
- *Ashokavalehya*
- *Tilvakaghruta*
- *Rushabhaagada*
- *Mahasugandhiagada,*
Mahakalyanakaghruta
- *Devadarvyarishta*
- *Kasisaditaila*
- *Kayanakalavana*

Bheshajaprakaas'a

SUDHIPATRA KASHAYAM

Sudhipatra kashaya is one of the fast moving medicine in OPDs for various type of arthritis. *Nimba, sahachara, punarnava* etc are the key ingredients.

Arthritis is one of the major complaint which restrict a person from their routine activities. Pain in joints and swelling are the major complaints in most of the cases. An inflammatory change in the joint results in pain and swelling. There are umpteen number of reasons for arthritis. Reason may be either an auto immune (Rheumatoid) disease or may be a degenerative (Osteoarthritis) one.

Sudhipatra kashaya is found effective in the inflammatory type of arthritis. Most of the drugs are anti inflammatory in nature. This will relieve the pain and local swelling. Available in 450ml pack. Other indications are sciatica (low back ache), Gout, Psoriatic arthritis, Skin disease. Recommended dose is 30ml – 45 ml or as recommended by the physician. Time, dose adjuvants etc must have a check with your physician.



Anweshanaprakaas'a

NEURONAL PLASTICITY : MECHANISMS AND IMPLICATIONS FOR NEURAL ADAPTATION

Aishwarya Gopidas
House Surgeon
SAMC

Introduction

Neuronal plasticity, or neuroplasticity, is the brain's ability to reorganize itself by forming new neural connections throughout life. This adaptability allows neurons to compensate for injury, adjust to new situations, and support cognitive processes like learning and memory. Understanding the mechanisms underlying neuronal plasticity is crucial for developing interventions for neurodegenerative diseases and brain injuries. This study aims to elucidate the cellular and molecular bases of neuronal plasticity and assess its role in cognitive function and recovery after neural damage.

Methods

A comprehensive literature review was conducted using databases such as Pubmed, Scopus and Google Scholar, focusing on studies published between 2015 and 2024. Keywords included "neuronal plasticity", "synaptic plasticity" and "cognitive adaptation". Inclusion criteria required studies to involve human or animal models and to provide insights into molecular mechanisms or clinical applications. Data were extracted on the mechanisms of plasticity, effects on cognitive function, and therapeutic outcomes.

Results

The review identified two primary forms of neuronal plasticity: synaptic plasticity and neurogenesis. Synaptic plasticity, including long-term potentiation (LTP) and long-term depression (LTD) was shown to be critical for memory formation and learning processes. Neurogenesis, the generation of new neurons in specific brain areas such as the hippocampus, contributes to cognitive flexibility and recovery after brain injury. Studies demonstrated that environmental enrichment and physical exercises significantly enhance plasticity, leading to improved cognitive outcomes. Therapeutic interventions targeting plasticity mechanisms showed promise in treating conditions like Alzheimer's disease, stroke and traumatic brain injury.

Discussion

The findings underscore the importance of synaptic plasticity and neurogenesis in maintaining cognitive health and facilitating neural recovery. The enhancement of plasticity through lifestyle interventions and pharmacological agents represents a promising area for clinical application. However, the variability in individual responses to plasticity-based treatments highlights the need for personalized approaches. Future research should focus on identifying genetic and environmental factors influencing plasticity and developing targeted therapies to optimize neural adaptation and recovery.

Researches

A study published in Cell Reports describes a new mechanism of brain plasticity, or how nerve connections change in response to external stimuli. The paper is titled "Focal clusters of perisynaptic matrix contribute to activity-dependent plasticity and memory in mice."

The work stems from a collaboration between the Harvard Medical School, the University of Trento, and the German Center for Neurodegenerative Diseases (DZNE) in Magdeburg.

Conclusion

Neuronal plasticity plays a fundamental role in cognitive function and recovery from neural injuries. Understanding its mechanisms offers valuable insights for developing effective treatments for neurodegenerative diseases and brain injuries. Continued research is essential to harness the full potential of neuroplasticity in clinical practice.

References

1. Citri A & Malenka R.C (2008), Synaptic plasticity: Multiple forms, functions, and mechanisms, *Neuropsychopharmacology*, 33 (1), 18-41.
2. Gage F.H (2002), Neurogenesis in the adult brain, *The Journal of Neuroscience*, 22 (3), 612-613.
3. Fields R.D (2011), A new mechanism of nervous system plasticity: Activity-dependent myelination, *Nature Reviews Neuroscience*, 12 (12), 756-767.
4. Lynch M.A (2004), Long-term potentiation and memory, *Physiological Reviews*, 84 (1), 87-136.

UTILITY OF COMLPETE BLOOD COUNT IN PEDIATRIC INFECTION DIAGNOSIS

Amritha K B

**House Surgeon
SAMC**

Introduction

In Pediatrics, the most common health concerns are infections, which can range from mild viral illnesses to severe bacterial and systemic infections. Also, they are a major cause of morbidity and mortality in children. Due to an immature immune system, children are more susceptible to bacterial, viral fungal and parasitic infections, making early diagnosis and management crucial.

A Complete Blood Count (CBC) is one of the most commonly used tests in pediatric practice. It provides valuable information about the child's immune response, helping in the diagnosis and monitoring of infections. By analyzing parameters like white blood cell count (WBC), differential count, hemoglobin levels, and platelet count, CBC aids in differentiating between bacterial and viral infections, assessing the severity of illness, and guiding treatment decisions. Understanding pediatric infections and the role of the CBC test is essential for effective clinical practice, ensuring timely intervention and better patient outcome.

Results

CBC proved useful as a first-line investigation in suspected infections, providing rapid and accessible results. WBC patterns: Neutrophilia commonly indicated bacterial infections, while lymphocytosis was linked to viral illnesses such as measles and mumps. Leukopenia was frequently observed in viral infections and severe sepsis. Haemoglobin and RBC changes: Anemia was prevalent in chronic or parasitic infections, whereas raised hemoglobin/hematocrit values were noted in dengue due to hemoconcentration. Platelet abnormalities: Thrombocytopenia was characteristic of dengue, malaria, and septicemia, while thrombocytosis occurred in inflammatory conditions. Ratio-based markers: High NLR suggested bacterial infection, while a low NLR indicated viral disease. Elevated PLR correlated with inflammation, and high MLR was noted in tuberculosis. Despite its utility, CBC had limitations: lack of specificity, age-related variations in paediatric values, and overlapping results between different infections. Hence, integration with biomarkers like C-reactive protein (CRP), procalcitonin, and culture studies was recommended for improved diagnostic accuracy.

Discussion

CBC remains indispensable in paediatric infectious disease diagnosis due to its rapidity, affordability, and accessibility. It provides early clues regarding the type and severity of infection, guiding clinicians in decision-making. For instance, in dengue fever, the triad of thrombocytopenia, hemoconcentration, and leukopenia strongly supports the diagnosis.

Similarly, leukocytosis with neutrophilia directs attention to bacterial infections, whereas lymphocytosis suggests viral etiologies. However, interpretation requires caution. Physiological variations in neonates and children, as well as overlap between infectious and non-infectious conditions, can complicate assessment. While CBC alone cannot confirm a specific pathogen, when combined with clinical findings and additional biomarkers, it significantly enhances diagnostic precision.

Conclusion

The Complete Blood Count is a fundamental, cost-effective, and rapid diagnostic tool in paediatric infections. It aids in differentiating between bacterial, viral, and parasitic etiologies, monitors disease progression, and guides treatment decisions. Though limited by specificity and overlapping patterns, its integration with clinical evaluation and advanced biomarkers ensures timely and accurate diagnosis, ultimately improving paediatric outcomes.

References

1. Vinod K Paul, Arvind Bagga. Ghai Essential Pediatrics. CBS Publishers, 9th edition, 2019.
2. Suraj Gupte. The Short Textbook of Pediatrics. Jaypee Publications, 10th edition, 2004.
3. Edwin R Chilvers, Nicholas A Boon, Nicki R College, Davidsons's Principles and Practice of Medicine. Banarsidas Bhanot, 19th edition, 2002.

Vishayaprakaas'a

Medical Camp Report : Oct 2025 - Dec 2025



Medical camp at St Pauls school , Kozhijampara in connection with World Diabetes day on 14/11/2025 at 1pm to 4pm. Dr AniyanaLal, Dr Sunitha, Dr Anagha ,Dr Shibil deputed for the camp.



Medical camp at Santhigiri Ayurveda and Siddha Vaidhya Sala opp St Joseph hospital, Mangalam dam on 26/11/25 at 10am to 1pm .Dr Janani Remyaprabha Jnana Tapaswini, Dr Divya, Dr AniyanaLal deputed for the camp.



Medical camp at NJBS School , Kothamangalam, Kuthannur on 2/11/25 at 10 am to 1pm. Dr Nisha ,Dr Anagha, Dr Anjana Dr AniyanaLal deputed for the camp.

College Events



Sloka Recitation Competition – *Prameha Manjari 2025*

The Department of Panchakarma conducted the Sloka Recitation Competition – “*Prameha Manjari 2025*” on 17 November 2025 at the College Auditorium, as part of the World Diabetes Day celebrations. The competition focused on *Ashtanga Hridayam – Chikitsa Sthana, Chapter 12 (Prameha Chikitsa)*. House surgeons actively participated and presented the slokas with clarity and confidence, showcasing their understanding of classical Ayurvedic literature.



Shishyopanayana and white coat ceremony was held on 15th dec, 2025 at 9.30 am in the college auditorium. The batch name was unveiled by the chief guest Dr Kiratha moorthi and prize distribution was conducted to honour student achievements.



A seminar on the Fundamentals of X-ray was convened by the Department of Rachana Sareera on 03/12/2025, with Dr. Muhammed Iqbal, Professor and Head of the Department of Salya Tantra, speaking to the first-year students. Dr. Indhulekha welcomed the gathering, and Miss Gayathri proposed the vote of thanks.

NSS Programs - One week Residential Camp



NSS unit organised a seven day residential camp at Vasavi Vidyalaya, Kinassery, Palakkad under the guidance of Dr Soraj VK, NSS Program officer.

DAY -1 (24/12/2025)

Programs included Flag Hosting, Inaugural session. Principal Santhigiri Ayurveda Medical College Dr. Prasanna V. N, Indroduction to N.S.S Camp, A Session On Defining Yourself : Sri. Vivek Gopi

DAY - 2 (25/12/2025)

Day 2 included Yoga Class : Smt. Resmi Ramesh Yoga Trainer. Awareness class - Making Of Creative Mind Dr. Sankara Narayanan Paleeri Ass. Professor N.S.S Training College, Ottapalam and Yang Dragon's Shield - Self Defence Techniques by Yang Dragon Wushu Kung-Fu Academy Head Coaches-Shifu Ajmal Pattekkal and also there was Christmas Celebration

DAY -3 (26/12/2025)

Day 3 started with yoga and then there was a Medical Survey that covered 100 families and then Fire & Safety Class Sri. Ranjish. R and Sri. Pranav. V

DAY - 4 (27/12/2025)

Other than Yoga and routine programs there was Session On Soft Skill Training Dr. Sooraj. V. K (Psychological Councillor, Soft Skill Trainer). There were games and other entertainment programs in the afternoon session

DAY -5 (28/12/2025)

Eye Speciality Medical Camp- Santhigiri Ayurveda Medical College N.S.S Unit together with Ahalia Foundation Eye Hospital, Palakkad At Vasavi Vidyalaya Senior Secondary School and Awareness class & Camp Visit Sri Babu.P (SI, South police station), Sri .Noufal muhammed A



DAY - 6 (29/12/2025)

Validitory function was held on that day in which Chief of honour was SRI SATHISH. P. K Deputy Excise Commissioner, Palakkad. Then there was Certificate Distribution To N.S.S Volunteers, Culturals.

DAY -7 (30/12/2025)

Camp came to an end on the 7th day with Trekking at Seetharkund Waterfalls.



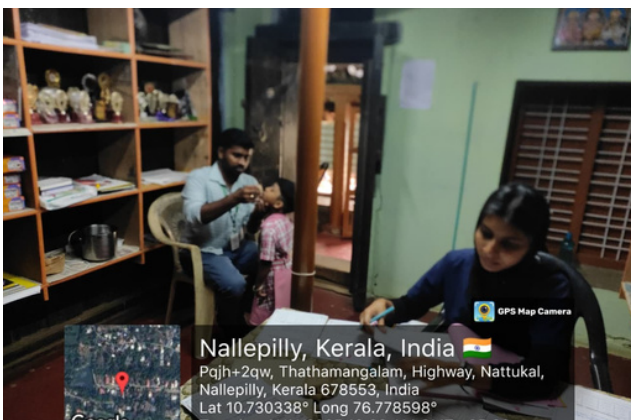
SWARNAPRASHANAM REPORT - OCTOBER 2025

On pushya nakshatra of October 2025, that is on 15/10/25, Svarnaprashanam camp was conducted by the department of Kaumarabhritya at Saraswathi Vidyalaya Nallepilly. There were 26 beneficiaries of the program.



SWARNAPRASHANAM REPORT - NOVEMBER 2025

Svarnaprashanam camp was conducted by the department of Kaumarabhritya at Saraswathi Vidyalaya Nallepilly on 11/11/25 and there were 20 beneficiaries.



SWARNAPRASHANAM REPORT - DECEMBER 2025

On pushya nakshatra of december 2025, that is on 08/12/25, Svarnaprashanam camp was conducted by the department of Kaumarabhritya at Saraswathi Vidyalaya Nallepilly. There were 19 beneficiaries of the program.



1. The Department of Kayachikitsa and Department of Swasthavritta conjointly conducted a Mental Health Awareness class “Harmony in chaos- Principles of stress management” on the Occasion of World Mental Health Day at 09/10/2025 at 11.30 am at Santhigiri Ayurveda Medical College Seminar Hall.

The programme started with prayer followed by welcome speech by Dr Varghese Jibi, Professor & HoD, Dept. of Kayachikitsa. Inaugural speech was delivered by Dr. Prasanna V N, Principal. Dr. Sumam E, Vice Principal addressed the gathering.

The class was conducted by Dr. Anjali A , Specialist Medical Officer, Govt. Ayurveda Research Institute for Mental Health and Hygiene, Kottakkal. The class included different causes of stress and its management measures. The programme was participated by faculties, final professional and second professional BAMS students. The programme concluded with vote of thanks by Dr Mrudula J, Associate Professor, Dept. of Kayachikitsa.

2. Department of Kayachikitsa celebrated World Diabetes Day by conducting an awareness class at OPD section of the hospital on 14/11/2025 (Friday) from 10.00 am to 11.00 am at Santhigiri Ayurveda Medical College & Hospital, Kodumba, Palakkad.

The World Diabetes Day program was successfully conducted to spread the awareness amongst the general Public, Final Professional year students and Internees. Dr. Uma Haimavathy S, Professor & HOD , Dept of Kayachikitsa described the causes and early signs and symptoms of Diabetes along with its Ayurvedic management. Dr. Mrudula J , Associate Professor, and Dr. Nisha M.S , Assistant Professor ,also attended the session. Final professional year students explained the types, symptoms, complications, importance of pathya apathya for prevention of Diabetes and also treatment with posters for better awareness and the patients were benefited from that.



3. A WEBINAR ON ACUTE CARDIAC EMERGENCIES

Department of Kayachikitsa conducted a Webinar on Acute cardiac emergencies on 29/11/2025 from 10 am-12.30 pm by Dr Arjun S. Consultant Interventional Cardiologist, Sree Gokulam Medical College and Research Foundation. The webinar focused on recognizing and responding to life threatening Acute Cardiac Emergencies with confidence with practical overview of timely treatment approaches essential in Acute Cardiac emergencies. Programme commenced with a warm welcome speech By Dr Sandra Rasalan House Surgeon followed by felicitation which was conducted by Dr Janani Remya Prabha jnana tapaswini Academic coordinator. Dr Uma Haimavathy S Prof & HOD, Dept of Kayachikitsa, Dr Mrudula J Associate Professor and Dr Nisha M.S, Assistant Professor also attended the session. After A brief introduction about resource person class started. He dealt with different stages of myocardial infarction, Ischemic Heart diseases, Coronary Artery Diseases, interpretations of ECG by considering various cardiac disorders, short videos of Echocardiography and management of Acute cardiac management etc .

The session came to an end at 12.30 pm with a vote of thanks by Dr Nisha M.S Assistant Professor Dept Of Kayachikitsa.

