

Santhigiri Ayurveda Medical College

NEWSLETTER

Vol: 02 / Issue : 04 / January 2020 / Monthly Publication

Editorial

Gurucharanam Saranam

Our heartfelt greetings and wishes for this New Year 2020. Pray the Almighty for a shower of blessings by which each one's heart is filled with an attitude of love and sacrifice. In this incessant flow of time with various relative changes happening regularly in near and distant surroundings, as said in our Upanishats, the only principle of no-change and on which all these changes are taking place is the LOVE and SACRIFICE, *tyaagenaike amr'tatvamaanas'uh*.

In last few months it is observed that many ayurveda hospitals and nursing homes are facing the crisis of decrease in number of in-patients in spite of no apparent improvement in health status of the public. Though global and national economic conditions may be one of the reasons for this condition, it is the time we have to find out internal and external influencing factors and measures to overcome them. Otherwise in long run there will be crisis in ayurveda healthcare sector. Even from samhita period this aspect is vividly described in *Paadacatusht'aya* and *Cikitsopakraman'eeya*.

The following may be some of the reasons for present crisis:

- In patient treatment procedures which were formulated many years ago are being practiced commonly for all without bringing changes in ingredients (costly ones) as per the need and economic status of the patient which may not be affordable for a common man.
- Not adopting simple procedure into treatment methodology
- Dependence on middle persons for procuring ingredients & medicines and loss of flora and fauna in our immediate surroundings due to lack of awareness on medicinal plants and negligence
- Lack of standard treatment protocol with adaptability and presence of quacks in this field
- Widespread misunderstood idea of preventive treatment procedures i.e., *Svasthav'r'ta* as "*Sukhacikitsaa*", treatment for pleasure.
- Improper implementation of health policies and health insurance schemes from government and administrative side.

So let's come forward together to save ourselves by finding ways to

come out of this situation and help the needy by providing affordable treatments and doing social justice.

Before concluding let's remind the words of Acaarya –
*Daridrastvvaapadam praapya praaptakaalam vis'odhanam/
 pibet kaamamasambhr'tya sambhaaraan'api durlabhaan//
 Na hi sarvamanushyaan'aan santi sar-ve paricchadaah/
 na ca roгаа na baadhyante daridraaanapi darun'aah//
 Yadyacchakyam manushyen'a kartumaushadhamaapadi/
 tattatsevyam yathaas'akti vasanaanyas'anaani ca//*

(Ca. Soo.15)

Wish you all a healthy and happy new year ahead and also greetings of Republic Day which reminds us of self sufficiency and independence.

Lokaa samstaa sukhino bhavantu.

Dr. G. Nagabhushanam

Chief Editor

CONTENTS

1. CONCEPT OF KOSHITA - DR. SUBI. K. S
2. AAYURVEDA & AROMATHERAPY
- DR. VEENA P REGHUNATHAN
3. MEDICAL BULLETIN
4. EVENTS



Santhigiri wishes all the readers

A very Happy and Prosperous

New Year 2020



DEPARTMENT OF SAMHITA & SIDDHANTA

Concept Of Koshta

Dr.Subi.K.S
Associate professor
Department of Samhita&Siddhanta

Kosht'ha is a cavity formed from Aavarana (wall) which is consisting of Dhaatus (solid structure). Kosht'ha is known as Mahaastrotas (the great channel) which is from mouth to the anus i.e. complete digestive system and as Aabhyantra Roga Marga (internal pathway of diseases). This means that thoraco-abdominal cavity should be taken as kosht'ha. Organs placed in this vacant place are called kosht'hangaani. Aacarya Caraka states that Kosht'ha is the cavity containing fifteen organs - umbilicus, heart, pancreas, liver, spleen, kidneys, bladder, lungs, stomach, small intestine, large intestine, rectum, anus, Pakvaas'aya (large intestine including pelvic colon), Pureeshadhara (the cecum). Aacarya Sus'ruta states that Kosht'ha is a cavity containing heart, lungs, stomach, intestine, rectum, pancreas and urinary bladder. Kosht'ha Pareeksha tells us about the liquidity, moistness and roughness of the bowel habits. Assessment of kosht'ha is important for diagnosis and treatment of diseases

The term mahaastrotas is used as a synonym of koshta. Mahaasrotas is considered as the moolasthana of praanavaha srotas in Caraka Samhita. Mahaasrotas is place of Jat'haraagni. It forms the support of aamaas'aya (stomach) and pakvaas'aya (intestine/colon). Sodhana treatments like vamana, virecana & vasti are done via Mahaasrotas.

Koshta is explained in 2 senses in Ayurveda. Anatomically kosht'ha means the space or hollowness of the body for accommodation of organs including stomach, liver, spleen, pancreas intestine etc and pelvic cavity for accommodation of uterus, urinary bladder lower part of bowel etc.

Physiologically the kosht'ha is defined as the bowel movement according to the basic constitution of the individual.

TYPES OF KOSHT'HA

There are three types of kosht'ha based on the predominance of dosha

1. Kroora kosht'ha
2. Mrudu kosht'ha
3. Madhyama kosht'ha

KROORA KOSHT'HA

In kroora kosht'ha the predominant dosha is vaata, due to the rooksha and khara guna of vaata kroora kosht'ha will be poorly secretive and over absorptive. Hence faeces become hard with difficulty of elimination or even non-elimination.

MR'DU KOSHT'HA

In mr'dukosht'ha predominant dosha is pitta. Due to the sara (laxative), drava (fluid property), snigdha (unctuousness), and laghu (lightness) guna of pitta dosha the kosht'ha will be smooth, lubricated slippery with more secretions and poor absorption. Hence the faeces become watery to semi solid. Mrudu kosht'ha persons gets easy purgation even with mild laxatives such as milk, sugar cane etc.

MADHYAMA KOSHT'HA

Madhyama kosht'ha is either due to increased kapha dosha or due to the balance of tridosha.

Due to the snigdha, guru guna of increased kapha dosha faeces becomes soft, solid moving out smoothly. Kosht'ha will be secretive and will have more lubrication, but less slippery due to guru and sthira guna of kapha.

Madhyama kosht'ha which is due to the samaavastha of three doshas, there will be optimum secretion and absorption. Madhyama kosht'ha which is influenced by perfect balance of Tridosha Agni is Samaagni. Madhyama kosht'ha influenced by kapha dosha agni is mandaagni.

According to Acarya Susruta kroora kosht'ha is characterised by predominance of vaata and kapha dosha and madhyama kosht'ha by equilibrium of tridosha.

The quality of the kosht'ha to be kroora, mr'du, madhyama etc. are due to a variety of factors like dietary habits, individual constitution, age of the individual, psyche etc. It also depends on the integrity and quality of kosht'haangaani (visceral organs).

DISEASES OF AABYANTHARA ROGA MAARGA (KOSHT'HA)

Jvara (fever)

Atisaara (diarrhoea)

cardi (vomiting)

Kaasa (cough)



Svaasa(asthma)

Udara roga(ascitis)

internally manifested visarpa(cellulitis)

sopha (odema)

gulma (lumps)

Ars'a (piles)

Vidradhi (Abscess) constitute aabhyantara roga maarga.

The bowel habits are examined in following way-

Consistency, straining efforts. Frequency, Time taken for proper defecation, Previous experiences of purgatives and laxatives.

The above points regarding the Malapravr'tti are considered for the assessment of kosht'ha.

IMPORTANCE OF KOSHT'HA PAREEKSHA

· We understand the prakruti by kosht'ha pareekshana. Example - mr'du kosht'ha person having pitta prakr'ti.

· To understand whether the diseases is kosht'ha gata or s'haakhaagata or Madhyama.

· To understand the prognosis of diseases. Example if any one of the

rogamaarga alone is involved the disease will be easily curable.

· In s'amana and s'odhana cikitsa assessment of kosht'ha is important to decide Aushadhi dravya and Aushadhi maatra. E.g. Mr'du kosht'ha persons require saumya aushadhi in minimum dose. Kroora Kosht'ha requires Teekshn'a aushadhi in large dose. Same as kroora kosht'ha requires teekshn'a dravya virecana.

· Before Shodhana Karma, Snehapana is one of Poorvakarma. Sneha-dravya and sneha-maatra (dose) can be decided by Kosht'ha-Pareeksha. eg. Duration of snehapana in mr'du kosht'ha is 3 days.

· To advice regarding Pathya-apathya (do's and don'ts)

· Kosht'ha pareeksha also helps to understand the aahaara vihaara

CONCLUSION

Aayurveda have its own concepts and sidhaanta. All concepts have its own importance. Kosht'ha concept helps to understand the types of vyaadhi and its help for treatment because drug selection and dosage depends on kosht'ha. Kosht'ha Pareeksha also plays an important role for to advice pathya-apathya and aahara-vihaara.

Aayurveda and Aromatherapy

Dr.Veena. P. Reghunathan
Assistant Professor
Dept.of Samhitha and Siddhantha

Beauty is a perfect balance of inner and outer self of an individual.

The term "Aayurveda& Aromatherapy" has two primary meanings. Aayurveda is richly fragrant. The first is all knowingly or unknowingly the therapies that contain aromatic plants, and in aroma therapy, essential oils as their primary active ingredients.

In Aayurveda understanding individual constitution, health, and use of medications, massage oils, medications, planning daily regimes, diet and other activities for perfect health. There are five sense organs residing our body, they are s'abda, spars'a, roopa, rasa and gandha. Later these pan'cendriya based treatment methods (mantra/man~galacikitsa, svanathana/marma/chikitsa, man'i /ratna dharana/ sun exposure/homa, oushadha-pathya aahara, dhoopana, nasya) developed in the present era as music therapy, magnetic therapy, colour therapy, herbal medications and aroma therapy. Aayurvedic medicines are made from herbs and herbal extracts; sometimes its smell is not very pleasant.

The most important pathway for aromas is through the sense of smell. When we smell essential oils, the vapor stimulates our olfactory nerve. This is the only nerve in the body that directly

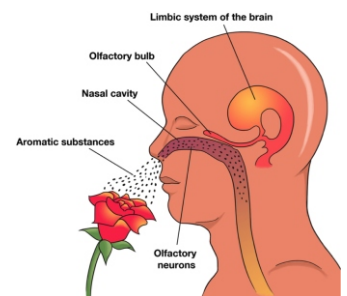
contacts the environment and goes all the way to the brain. All of our other senses involve several nerves and synaptic junctions before the impulses reach the brain. The olfactory nerve stimulates the limbic system, which is connected to the areas of the brain that process emotions, desires, appetites and memories, as well as the endocrine glands which regulate hormone levels in the body.

For this reason, aromas have a subtle but very powerful influence on our mind and body. They can be very effective in the treatment of stress.

Aromatic Plants mainly used in Aayurveda

The Aayurvedic pharmacopeia is filled with aromatic plants that are well known throughout the world, as well as its own collection of unique species. Herbaceous species include tulasi (holy basil), coriander, sages, fennel and mints. Aromatic roots include vetiver, valerian, and calamus.

Aayurveda offers many forms of herbal preparations for internal use, specifically digestive and respiratory benefits. Digestive formulas usually contain aromatics that have carminative, appetizing and anti-spasmodic actions, while respiratory formulas





typically contain aromatics that are expectorant, decongestant and immune enhancing.eg;-Cedar(devadaru)wood burned oil,fumigation with ela,agaru,candana,jad'aamaamsi etc.

Medicated oils are generously applied during massage treatments;the aromatic ingredients treat skin conditions, improve circulation, reduce inflammation in the muscles and joints, and calm the mind and emotions.

Nasya therapy is the use of medicated substances that are poured into the nostrils. This is a very powerful treatment that is beneficial for conditions of head and neck,such as migraines, headaches, chronic sinus infections, sleep disturbances,brain and nerves health. A number of aromatic plants are utilized in nasya preparations, including calamus, saffron,camphor etc; these have strong effects on clearing the sinus cavities and increasing cerebral circulation.

Incense therapy and fumigation using aromatic plants are probably the world's oldest forms of aromatherapy;Rene Maurice Gattefosse, known as the father of aroma therapy.The two primary purposes of incense and fumigation therapies are for antimicrobial purification and protection, and treatment of emotional and mental distress.Some of the most precious aromatic ingredients are found in high quality preparations for treating the mind and soul,such as sandalwood and agarwood; other aromatic ingredients include a large number of flowers, resins and spices.

Effects of essential oils in Aroma therapy

Refreshing effects – peppermint, lavender, tangerine, lemongrass, orange, fir, lemon and other essential oils have this effect.

Relaxing effects – ylang – ylang, chamomile, lavender, basil, balm, orange, mimosa, sandalwood, vanilla, cedar.Scents of vanilla,orange, blossom, rose, chamomile and lavender have a noticeable calming effect. Soothing effects include lemon, lavender, jasmine, dill, chamomile, vanilla, wormwood oils.

Against depression and severe mental conditions – the essential oil of bergamot has the greatest effect.

Stimulating effects – coriander, musk, juniper, cloves, mint, lemon, rosemary.

Cleansing properties – aromatic oils of geranium, lavender, magnolia, musk, orange, rose, rosemary, sage, lemon.

Harmonize and balance effect-The aromatic oils of geranium, jasmine, tangerine, mimosa, orange, marjoram, rose and sandalwood

Elevating mood effects – jasmine, bergamot, cardamom, geranium, tangerine, patchouli, orange, rose, sandalwood, ylang ylang, sage, lemongrass.

Soothing and relaxing effects – musk, mint, rosemary, wormwood, cedar, lavender, lemon oils.

Anti-stress effect-Geranium, jasmine, bergamot, coriander, mimosa and other essential oils have an anti-stress effect.Lavender, sandalwood and nutmeg oils also help reduce the ill-effects of stress. Patchouli oil helps reduce worry, lifts the mood and increases bliss.

Medical Bulletin

Kerala's Muhamma to be first synthetic pad-free village in the country

Muhammagrama panchayat in Alappuzha is all set to become the first synthetic pad-free panchayat in India.A project to manage menstrual waste by encouraging women to switch to reusable pads made of clothes and menstrual cups was launched .As part of the project; the panchayat has started distributing cloth pads and menstrual cups to women.

The project is part of Muhammodayam,funded by the Antrix Corporation, the commercial arm of the Indian Space Research (ISRO), through its CSR (corporate social responsibility) activities. The local body has also joined hands with the Health Department to achieve the aim.

According to the panchayat authorities, on an average, the local body is generating menstrual waste of more than one lakh synthetic sanitary pads on a monthly basis. It has become a major threat to soil and water. As part of the initiative, it will provide a maximum of four cloth pads and one menstrual cup to all women in the panchayat after collecting a nominal fee.

A menstrual cup can be reused for a period of at least five years. In that way, one cup can replace more than 750 sanitary napkins. A cloth pad can be reused for 3-4 years. Using cloth pads and cups minimises health issues,officials said.

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		ॡ	ऌ
r'	rr'	l'		m	h
क	ख	ग	घ	ङ	
ka	kha	ga	gha	n~	
च	छ	ज	झ	ञ	
ca	cha	ja	jha	n'a	
ट	ठ	ड	ढ	ण	
t'a	t'ha	d'a	d'ha	n'a	
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	jna



Events

Medical camp - Lion's School Palakkad

A medical camp was conducted on 1st Dec 2019 at Lion's Higher secondary school, Palakkad sponsored by The Lion's Club International Palakkad. The camp was led by Dr. M P Ponnamma, Dr Sasmitha P and Dr. Athira Asokan and a team of supporting staff and house surgeons.

Rasa Ayana II Participation

2nd Year Students together with Dr. Arya and Dr. Janani Remyaprabha Jnana Tapaswini participated in Rasa Ayana II, a capacity building programme organized by the Department of Rasasastra and Bhaishajya Kalpana, Government Ayurveda College Tripunithura on 3rd and 4th Dec 2019 under the Directorate of Ayurveda Medical Education and funded by Dept. Of AYUSH, Govt. Of Kerala.

Medical camp - Tiruppur

A medical camp was conducted on 22nd Dec 2019 at Thiru Kamakshi Amman Kalyanamandapam, Tiruppur. The camp was lead by Dr Arun Prasad, Dr Vivek Vaidyanathan, Dr M P Ponnamma and Dr Sasmitha P, along with a team of supporting staff and house surgeons.



Prayatna 2019 - NSS Residential Camp

National Service Scheme Special Camp "Prayatna 2019" was conducted at Government High School, Thenari from 21st Dec - 27th Dec 2019 in collaboration with Elapully Grama panchayat. The Inaugural session was presided by Dr G Nagabhushanam and the camp was inaugurated by Sr. Thankamani, President elapully Gramapanchayat. The ward members of the surrounding wards, the school authorities, SAMC PTAM Management and staff representatives were present in the occasion. As part of the camp, a health survey was conducted in the area followed by health awareness classes and a free medical camp. A herbal garden was developed in the school premises along with cleaning and renovation activities of the school. The NSS Volunteers beautified the campus with thier artistic skills and paintings.



Medical camp - Mundur

A medical camp was conducted on 7th Dec 2019 at mundur palakkad sponsored by Athura Sevana Sahaya Souhruda Samithi, Mundur. The camp was lead by Dr. Santhosh Kumar and a team of supporting staff and house surgeons.

Medical camp - Thenari

A medical camp was conducted on 24th Dec 2019 at Govt High School, Thenari as part of the NSS Residential Camp. The camp was lead by Dr Aswin, Dr Arun Prasad, Dr Sneha and Dr. Janani Remyaprabha Jnana Thapaswini along with a team of supporting staff and house surgeons.

Medical camp - Chelakkara

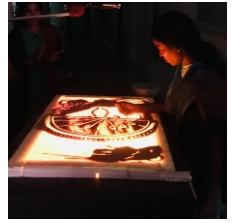
A medical camp was conducted on 28th Dec 2019 at Govt. School Chelakkara. The camp was lead by Dr Sasmitha P, Dr M P Ponnamma and Dr Janani Remyaprabha Jnana thapaswini along with a team of supporting staff and house surgeons.





Zindha - College Day Celebrations

The college Day celebrations Zindha 2k19 of the college union 2018 - 19 was conducted in the college campus on 20th Dec 2019. Principal, Dr. G Nagabhushanam presided the function which was inaugurated by Smt. Vijayambika Retd Dy Collector, Palakkad, in the presence of Janani Remyaprabha Jnana thapaswini, College union office bearers, PTA president and the staff and students of the college. Prizes were distributed to the winners of the overall championships of arts and sports. The union report was presented which was followed by a cultural extravaganza by the students and staffs. The highlight of the event was a sandart display by Miss. Devichandana and DJ by Z Band.



Christmas New Year Celebrations

The Christmas new year celebrations were held in the college campus on 31st dec 2019. The celebrations were marked by various competitions including Crib making, X-Mas wreath making, Christmas carol and Spot photography. The winners were awarded prize and christmas cake were distributed to everyone in the campus.



Farewell Meeting

A farewell meeting was organized at the college auditorium on 31st Dec 2019 for the retiring employees of the hospital and college. The staff of college and hospital participated in the meeting honouring Sr. K P Manoharan, Mr Mathew KM, Mr Sathyan T, Mr Janardhanan, Mr Krishnankutty, and Mr Dileefkhan.

Women Empowerment SSGP

As part of KUHS -SSGP an Awareness class on "Women Empowerment" conducted on 31st Dec 2019 by a team by Ms. Prema Sub Inspector - Women Cell under District Police Office, Palakkad.

A Day at Blind School

As a continuing process of world sight day, the students of 2015 batch of Santhigiri Ayurveda Medical College visited the Helen Keller Centenary Memorial Model School for the blind, Sreekrishnapuram, Palakkad. The students interacted with the inmates of the school and the experience there were heartfelt and speechless.



EDITORIAL BOARD

Chief Editor -	Dr. G. Nagabhushanam Principal
Managing Editor-	Dr. Arathi P S
Editor - In- charge -	Dr. Vivek Vaidyanathan
Editor -Members -	Dr. Syam Chandran C Dr. Kiran K Prasad Dr. Amritha M R
Admin. Executive-	Mr. Suresh P V
Design & Layout-	Dr. Vivek Vaidyanathan

Our Address :-

Santhigiri Ayurveda Medical College
Olasseri P.O, Kodumba (via)
Palakkad, -678 551
Kerala, India
Ph: +91 491 2574574
www.samc.santhigiriashram.org
www.santhigirionline.com

Disclaimer : Views and opinions expressed in articles of this Newsletter are entirely of the writers and authors.

For Private online circulation only

For Suggestions and feedback, mail us to: - samc@santhigiriashram.org