



Issue-feb 2023



Monthly



**Dr. Swapnil Padte**  
Principal  
B.A.C., Dahemi

**Hon. Bharatbhai Patel**  
Chairman  
B.A.C., Dahemi

**Hon. Viral Thakkar**  
Vice Chairman  
B.A.C., Dahemi

Managed By Sanskruti Educational & Charitable Trust "Vidyagram", R. H. Patel Technical Campus,  
At & Post. Dahemi. 388560, Tal. Borsad, Dist.: Anand, E-Mail: Bhargavaac@gmail.Com

## A) Republic Day Event:

Bhargava Ayurveda College, Dahemi celebrated 74<sup>th</sup> Republic Day in the campus on 26<sup>th</sup> January, 2023, with great patriotic fervor to commemorate the day when the Indian constitution came into effect.

For this memorable day event the Chairman Bharatbhai Patel, Principal Dr Swapnil Padte, all heads of the departments, staff members and students have participated.

The Chief Guest of the day was Mr. H.G.Masani, I/C Superintendent Prohibiting and Excise, Anand. The National flag was unfurled at 9.05 am by the Chief Guest to the accompaniment of National Anthem.

## B) सुवर्णप्राशन Camp:

The Bhargava Ayurveda College, Kaumarbhritya department arranged free सुवर्णप्राशन camp near the Anand city, in Dahemi village's Vrindavan Nagar Government primary school with free सुवर्णप्राशन given to the children on पुष्यनक्षत्र Date 5<sup>th</sup> February 2023. Dr.

The chief guest spoke to us about our duties as citizens and highlighted his views on creating awareness about the importance of Ayurveda in the society.

The event was induced memorable as our college inaugurated the publication of its monthly magazine – *AYURVRUTTA*.

Students of 3<sup>rd</sup> professional showed some intense stretches and flanks by forming Yoga Pyramids under guidance of yoga teacher Mr. Dinesh Parmar and Dr Sandeep Patil. The event ended on a successful note filling the audience with a strong sense of pride and patriotism.

Bhushan Bhakkad was the incharge of the camp. Around 150 children were given the सुवर्णप्राशन. Dr. Bhushan Bhakkad gave the introductory lecture on its Preparation (विघृष्य धौते वृषदि प्राङ्गमुखी लघुनाम्बुना । आमथ्य मधुसर्पिभ्यां लेहयेद कनकं शिशुम् ॥ (का.सं.सु. लेहनाध्याय) and importance of सुवर्णप्राशन as mentioned in various ayurvedic granthas.

## C) Medical Camp:

The Bhargava Ayurveda College arranged the free Medical Camps near the Anand city with free Distribute medication to the patient. Dr. Sarika Dange incharge of the

medical camps. Around 300 patients were checked and distribution of ayurvedic medicine was done in current month.

Day	Place	Consultant	Medical Officer	Interns	Patients Examined
27/01/2023 (Friday)	Khanpur	Dr. Bhushan Rane Dr. Renu Raokhande	Dr. Mamata Dr. Neha	Dr.Ronak, Dr.Farhin Dr.Saurav, Dr.Dharini Dr.Swati, Dr.Isha	65
08/02/2023 (Wednesda)	Vata Talpad	Dr. Lokesh Patankar Dr. Sandeep Patil Dr. Anant Raut	Dr. Mamata Dr. Neha	Dr.Saurav,Dr.Farhin Dr.Isha, Dr.Ronak Dr.Dhruv P, Dr.Kaushal	50
13/02/2023 (Monday)	Bodal	Dr. Shrawan Kambale Dr. Anju	Dr. Roshani Dr. Janhavi	Dr.Anuja,Dr.Kamala Dr.Hitanshi,Dr.Ronak Dr.Dhruv P, Dr.Darshan	31
21/02/2023 (Tuesday)	Kasumbar	Dr. Drushti Chauhan Dr.Bhushan Bhakkad	Dr. Roshani Dr. Srushti	Dr.Ronak, Dr.Farhin Dr.Saurav, Dr.Dharini Dr.Swati, Dr.Isha	25
25/02/2023 (Saturday)	Navli	Dr. Shilanand Dhole Dr. Sushant Mhatre	Dr. Janhavi Dr. Mamata	Dr.Raunak, Dr.Hitanshi Dr.Kunal, Dr.Kamala Dr.Dhruv P, Dr.Kaushal	18



## D) Article:

### Review Study on *Yoni Prakshalana*

Submitted by Dr. Nitin Miyani

Guide By Dr. Shrawan Kamble, MS (Ayu.)

Associate Professor

#### Definition:

In Ayurveda, *Sthanika chikitsa* (local treatments) used in various forms of local gynaecological & obstetrics disorders like *Yoni Kandu*, *Yoni Strava*

- *Yoni Prakshalana* is one of the *Sthanika Chikitsa*.

#### Synonyms:

*Yoni Kshalana*

- *Yoni Prakshalana*
- *Yoni Parisheka*
- *Yoni Dhavana*

#### Indication:

- *Yoni Kandu* (Vaginal Itching) *Yoni Strava* (Vaginal Discharge)
- Endometriosis

#### Instruments:

- Enema Pot
- Hand Gloves
- Sterile Plastic Nozzle
- Macintosh Sheet

#### Medicine use:

- Medicated *Kashaya*
- Medicated Oil
- *Kshirapaka*
- *Siddha Jala etc.*

- *Yoni Prakshalana* is a cleaning or purification of vagina, vaginal passage & cervix with medicated decoction and oil under aseptic precaution.

➤ *Yoni Paichilya*, *Yoni Arsha*

➤ *Yoni Kleda*, *Kaphaja Artav Dushti*,  
➤ *Kunap Gandhi Artav Dushti*,

- *Yonivyapada*
- Cervical Erosion
- Cervicitis etc.
- Major illness like Cancer

#### Contraindication:

- Unmarried womens
- Pelvic Inflammatory Disease
- Systemic disorders
- Local Skin Lesions



Enema Pot with Plastic Nozzle



Sterile Gauze Piece

#### Dose of Medicine for *Yoni Prakshalana*:

- *Kashaya*: 500 to 1000 ml
- Oil: - 250 ml

**Age:** Married women above 18 yrs old.

**Time of Yoni Prakshalana:**

- From 6<sup>th</sup> day of Menstrual cycle or just after stoppage of menses.

**Duration:** Continue 8 to 16 days for 10-15 minute in each sitting.

**Procedure & Methodology:****Purva Karma-**

- Aseptic Precaution must be taken during procedure.
- Use of *Kashaya* for prakshalan should be prepared according to *Sharangdhara Kashaya Kalpana* and commonly *Panchawalkal kwatha*, *Triphala kwatha*, *Guduchyadi kwatha*, *Nimba kwatha* is used.
- The prepared *Kashaya* should Filter and used for *prakshalana* at bearable temperature.
- After voiding the urine, advised to patient lie down comfortably in the lithotomy position.

**Pradhana Karma-**

- Sterile Plastic Nozzel is inserted into vagina.

**Mode of Action:**

- All *Prakshalana* Drug have *Tikta*, *Kashaya*, *Laghu*, *Ruksha guna*. So, their action is *Vrana Shodhan*, *Ropana*, *Srava*, *Kleda Shoshan*, *Shothahara*, *Vedna Sthapaka*, *Kandughna*, *Krumighna*.
- Drug should be used in *Prakshalana* having the property of Bactericidal and

**Written Consent:**

- Inform to Patient regarding consequences of treatment and written consent from the patient or her legal Guardian.

- Enema Pot filled with *kashaya* or any other drug which is selected for *Prakshalan* and kept at 5 feet above distance.

- Under aseptic Precaution the vagina, Vaginal passage all 4 fornices and cervix wash with Medicated *drug*.

**Paschat Karma-**

- After the completion of the procedure patient is asked to just cough, for the remnant medicine will come-out, otherwise it may lead to fungal infection.
- After the procedure the vulva, vagina and fornices dried with sterile cotton gauze piec.

Anti-inflammatory action. They remove the debris and unhealthy tissue and promote new tissue growth.

**Complication:** *Yoni Shoola*, *Yoni Kandu*, *Yoni Daha*, *Yoni Dagdh*

- It helps to maintain normal pH of Vagina.

## E) Transitional Curriculum Program:

Transitional curriculum program held on 20<sup>th</sup> feb 2023 for the Batch admire for academic year 2023. The program arranged by Sharirkriya & Sharir-rachana department. Dr. Monika Patwari & Dr.

Kaushal Patel madam headed the program.

The chief guest of the program Hon. Mr. Bharatbhai Patel address to all the delegates. Some interaction sessions were conducted between Faculties, Parents & Students.

## F) Departmental Activities:

### A) Seminar on Clinical Examination of Gastrointestinal and Central Nervous Systems-

Seminar on Clinical Examination of Gastrointestinal and Central Nervous systems, with live demonstrations and video-graphical presentations is conducted by Rognidan Department and Second Year BAMS students in the presence

of Respected Dr. Mayur Patel sir, Dr. Waghela sir, Dr. Sandip Patil sir, Dr. Gaurav Londhe sir, all other faculty members and students of 1st, 2nd and Final year BAMS, on Friday, 03/02/2023. Topics covered in this seminar are as follows: -

Introduction of GIT: Nimesh Sadhu Inspection: Riddhi Bhanushali Auscultation: Nimesh Sadhu Percussion: Shruti Gupta Palpation: Shachi tiwari Subject: Bansi kamaliya Guided by-	Keya- higher mental function, subject- ruchita Urja- cranial nerves, subject -palak Hemangi- sensory system, subject riddhi Twinkle- motor system, subject - urja Parthiv-Reflex, subject - bansi Palak- Gait examination Ruchita- spine & cranium, subject - keya, Divya- special sign, subject - hariom
Dr. Chintan Malakiya (Head, Associate Professor, RNVV Dept) Dr. Sushant Mhatre (Assistant Professor, RNVV Dept.)	

### ***B) Departmental Visit:***

The department of **Swasthviritta & Yoga** visited to Amul dairy & Chocolate Factory visit as a part of

academic curriculum. 34 students of 3<sup>rd</sup> year were visited.



**Amul Chocolate Visit 6<sup>th</sup> Feb 2023**



**Amul Dairy Visit 7<sup>th</sup> Feb 2023**

### ***C) Cadaveric Oath:***

Cadaveric oath taken by the **SHARIRACHANA** Department prior to start the anatomical

dissection of the body under the guidance of HOD Dr. Vagela Sir and Dr. Kaushal Patel madam.



### **Editorial Committee**

#### **Faculty Bhargava Ayurveda College**

**Dr. Laxman Hemade**

*M.D., Ph.D Scholar (Ayu.)*

**Dr. Sushant Mhatre**

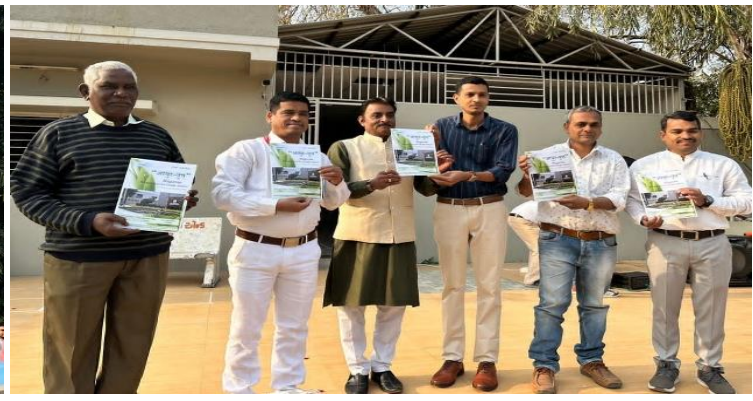
*M.D., Ph.D Scholar (Ayu.)*

**Dr. Monika Patwari**

*M.D., Ph.D Scholar (Ayu.)*



**26<sup>TH</sup> Jan Flag hosting ceremony**



**आयुर-वृत्त Magazine inauguration 26<sup>th</sup> Jan 2023**



**Intense stretches and flanks on 26<sup>th</sup> Jan 2023**



**Yoga Pyramids**

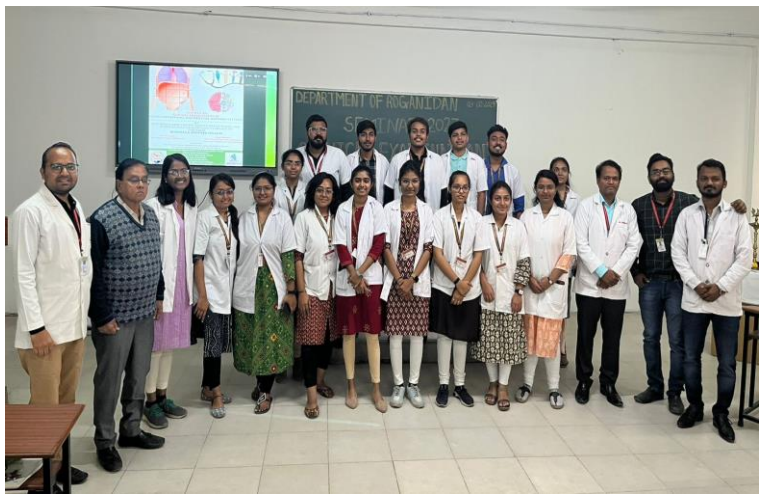
**SEMINAR ON CLINICAL EXAMINATION OF GASTROINTESTINAL AND CENTRAL NERVOUS SYSTEMS**  
 BY  
 ROGNIDAN AND VIKRUTI VIGYAN DEPARTMENT AND PROFESSIONAL HEALTH CARE STUDENTS OF 2<sup>ND</sup> BAMS  
 BHARGAVA AYURVED COLLEGE

**Chief Guest:-** Dr. Swapnil Padate (Principal)  
**Chief Patrons:-** Hon. Bharettbhai Patil (Chairman), Hon. Viral Thakkar (Vice-Chairman)

**Guided By:-** Dr. Chintankumar Malakiya (Head, Asso. Prof. RNVV Dept.), Dr. Sushant Mhatre (Asst. Prof. RNVV Dept.)

Sanskriti Education and Charitable Trust  
 Time and Location :-  
 Friday, 3<sup>rd</sup> February, 2023,  
 10 am Onwards  
 Digital Classroom,  
 Bhargava Ayurved College,  
 Dahemi, Anand, Gujarat

**Seminar on Clinical Examination of GIT & CNS**



**RNVV (Dept. 03th Jan.2023)**



**सुवर्णप्राशन Camp-Balrog Dept.(4<sup>th</sup> Jan 2023)**



**Transitional curriculum Program (20<sup>th</sup> feb 2023)**