Bodhika – Weekly Seminar Programme
2012 -2013 Session
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Abstract Book

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Seminar Coordination Committee (SCC),
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were the markers which gave an idea of the process of sneha digestion after its intake in a specially designed format. Samyak Snigda lakshanas are the Symptoms that represent the biological changes at the physical and mental levels during the process of snehapana. The full fledged manifestation of these symptoms indicate the the optimum activity of snehana as expected with respect to the intended shodhana. These lakshanas form a guiding tool for the physician to monitor, continue, and stop snehapana. But the fact remains important that acharyas have specified samyak snigdha lakshana in general with no difference between a healthy and a diseased. Are there disease specific samyak snigdha lakshanas if yes how to assess and validate them in the present scenario. How can we clinically assess agni and koshta in the best way? How to assess the exact time for administration of shodananga snehapana in patient which is said to be after previous meals digestion but before attainment of appetite? Many questions still need well documented clinically experienced answers. Only when shodananga snehapan is practiced in such a format adhering to all principles as laid down by acharyas can we achieve effective clinical results.

Abstract book is compiled and edited by Dr. Rajmohan V

**CONVERSION DISORDER - A CASE REPORT**

*Meera S, Department of Kayachikitsa, Govt. Ayurveda College, Thiruvananthapuram*

46 year old married lady belonging to lower socio-economic class with below average scholastic performance residing at suburban area of capital city, came to consultation with weakness of lower limbs, unable to walk due to tendency to fall & occasional LOC of 2 months duration. There is a previous history of similar events since past 8 years with long symptom-free periods. Thorough physical examination & investigations done without any findings to substantiate the condition. Detailed psychiatric evaluation revealed the histrionic personality of the patient, multiple stress factors and family pathology & acute stressors which resulted in the present psycho logic reaction. There was electable primary & secondary gain & patient showed the feature of La Belle indifference - enjoying the illness. Malingering, factitious, Hypochondriacal & other somatoform disorders were ruled out. The case was finally diagnosed as Conversion disorder.

Physical presentations with psycho logic basis are common clinical presentations coming to our clinics. At times, we may not be able to elicit any physical basis at neurological/musculoskeletal level. In such conditions, it is better to consider various somatoform disorders including conversion disorder.

While considering the dosha pariksha, & adhishthaana of disease, involvement of rajas & tamas, manasika prakriti,
satwabala & adhishthana – manas should be thoroughly examined. It will be helpful in formulating the management with more emphasis given to satwaavajaya chikitsa, daiva vyapaasraya chikitsa, along with application of medhya rasayanas with minimal sodhana therapies. Explaining the condition to the patient & relatives with needful assurance – dhi, dhairya, aatmaadi vijnanam are essential components in the management.

CONVERSION DISORDER

Vipin S G, Department of Kayachikitsa,
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Psychiatric diseases are increasing alarmingly in the present social scenario. We encounter much psychiatric illness in our day to day practice. Among those, somatoform disorders are a group of mental illness which often comes across in our OPD’s. Conversion disorder is a form of somatoform disorder, which we often miss in our clinical practice. This presentation includes the modern & Ayurvedic perspective of conversion disorder, its prevalence, diagnosis & management.

HERBAL DRUGS - ‘SOME SOUNDLESS ENTRAPS’

Vidhya unnikrishnan, Department of Dravyaguna vijnan,
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Success of every health care system depends on the authenticity, purity and safety of suitable drugs. In nutshell we can say that every healthcare system will get paralyzed without having safe/ potent drugs. Success of treatment...
depends on the quality of pada chatushtaya (four pillars of treatment). Here in this presentation we will focus on the quality aspects of medicine with respect to availability, purity, genuinity and safety with the help of four different studies done in the department of Dravyaguna vijnana.

1. Evaluation of market samples of nalpamarapattha.
2. Evaluation of heavy metal content in punarnava.
3. Evaluation of market samples of jaggery.

**PHARMACOVIGILANCE**

*Jayalakshmi.V, Department of Dravyaguna Vijnan, Govt. Ayurveda College, Thiruvananthapuram*

Drugs are double edged weapons, they can act as life savings as well as life threatening. The harmful effect of a drug is known as Adverse Drug Reaction (ADR). The Pharmacovigilance is a science in which there is a close and continuous attention for identifying new information about the hazards associated with medicine. This presentation gives the awareness about the science, Pharmacovigilance and importance of drug safety monitoring. The goal of Pharmacovigilance programme is rational and safe use of medicine by developing an ADR reporting culture among the healthcare professionals. Pharmacovigilance has ability to prevent further ADR by interpretation of information received. So the awareness about what we can do in Pharmacovigilance
and the illustration of Pharmacovigilance in Ayurveda is also included in the topic.

**HOW POCKET FRIENDLY IS OUR PRESCRIPTIONS?**  
*Reethu.T.K, Department of Rasasastra and Bhaishajya Kalpana, Govt. Ayurveda College, Thiruvananthapuram*

Ayurveda was once a part and parcel of a keralites life and was well known for its cost effectiveness. It has now become unapproachable to the majority of middle class population due to its pocket draining prescriptions. Reports have come that only about 7% of keralites use Ayurveda as their first choice in primary health care system. One among the reasons is the increase in cost of Ayurvedic medicines. To address such a situation we should analyze the problems which create this financial burden to the patient and find some possible solution. In this presentation we deal with three concepts for cost effective Ayurveda. They are availability, affordability and awareness.

**SMALL EFFORTS BIGGER VALUES**  
*Viji Vikraman.V, Department of Rasasastra and Bhaishajya Kalpana, Govt. Ayurveda College, Thiruvananthapuram*

Ayurveda is a system of medicine where the doctor prepares the medicines by himself or directs the patient to prepare it according to the condition of the disease. Due to changes in life styles this tradition of preparing medicines by the doctor is being neglected now a day and we tend to prescribe from the medicine catalogue offered by the commonly practiced medicines in AUB, with respective to various conditions. The abnormal uterine bleeding is basically due to impaired Rakta pitta at the level of garbhsaya gata sira (endometrium) The tridosa play an important role in the pathogenesis, The immediate management is to arrest bleeding with , drugs having kashaya,madhura,tikta rasa, seeta veerya ,and stambhana karma. Later the management should be directed to reverse the associated pathology.

**PRECONCEPTIONAL CARE**  
*Abha L Ravi, Department of Prasutitantra and Streeroga, Govt. Ayurveda College, Thiruvananthapuram*

Preconceptional care is the care given to woman before she gets pregnant. In Ayurvedic treatises our Acharyas have given utmost importance to preconceptional care right from the selection of couple itself. Preconceptional care comprises of treatment methods like proper sodhana therapy along with diet restriction, abstinence and religious rituals to ensure Beeja sudhi, Kshethra sudhi and Mano sudhi for getting a better child. Garbhadana samskara, a child begetting religious ceremony is the observation of the reformatory methods for a worthy child in order to fulfil the parental obligation to continue the human race.

Modern obstetrics presents the preconceptional concepts as an extension of ante-natal care, to provide optimal health care to mother and baby. Presently when the pregnant woman approaches the obstetricians it is too late in terms of preconceptional care as organogenesis would have been
Pharmacies. But there are so many formulations which can be prepared with small efforts and gain bigger values from them. This presentation intends to familiarize some of these easier and useful preparations in Ayurveda.

RELEVANCE OF DUSHIVISHAHARA CHIKITSA IN IgE DEPENDENT URTICARIA

Sachin Mangattu, Department of Agadatantra, Govt. Ayurveda College, Thiruvananthapuram

The prevalence and incidence of hypersensitivity to allergens and its manifestation in the skin has increased enormously during the past few decades. Allergic reaction can result from food poisoning, insect stings, drug intoxication etc. Ayurveda considers this progression to be called as DushiVisha. DushiVisha are the toxins which are generated due to imperfect digestion, absorption, assimilation and excretion of various incompatible substances we consumed internally and in a long run accumulation of these toxins results in the imbalance of homeostasis of the body. Though these toxins appear weak first, it is converted to a powerful one provided there is a favorable environment, and ultimately results in serious derangement.

Among the symptoms of DushiVisha there is Kota which can be compared to IgE dependent Urticaria(Urticaria due to allergy). Eventually many features of Seetapitta, Udarda and Kota can be compared to Urticaria. A general line of treatment which we follow in Seetapitta, Udarda and Kota may not be effective in IgE dependent Urticaria. This leads us to consider

Approach to Abnormal Uterine Bleeding

Pradeepkumar P.P, Department of Prasutitantra and Streeroga, Govt. Ayurveda College, Thiruvananthapuram

The abnormal uterine bleeding is one of the commonest conditions we come across in Ayurvedic clinical practice, even if there is always a small area of uncertainty in understanding the modern disease on an ayurvedic perspective, its possible to some extent if its understood properly within the basic principles of ayurveda, the work aims at understanding the normal uterine bleeding, & abnormal uterine bleeding in terms of tri dosas/dhatus and gunas, it also emphasis the importance of history taking and use of investigation more precisely to arrive at a diagnosis, the management principles, and
about a Dushivisharachikitsa which not only must help to remove the stagnant toxins but also bring back the body to homeostasis.

CASE STUDY ON POST SNAKE BITE ULCER MANAGEMENT

Hanzu Sherief, Department: of Agadatantra, Govt: Ayurveda College, Thiruvananthapuram

In survivors of snake bite, the main cause of permanent disability is local tissue damage. The delayed healing along with severe pain and associated complaints virtually confine them to bed. The local effects of venom lead to chronic ulceration which results in severe tissue destruction and may even lead to amputation of the affected limb. In modern medicine, the treatment comprises of antibiotic coverage, which is not found to be effective, as the root cause of ulceration is not infections. Surgical repair of the wound may lead to complications like contractures. A combination of principles of treatment told in classical texts and formulations indicated in keraleeya visha chikitsa are effective in treatment of post snake bite ulceration.

A 54 year old man came to O.P.D with chronic ulcer on dorsal aspect of Rt. Foot with severe pain and discharge. Case history revealed a snake bite six months back. He underwent allopathic medication and got no relief. Finally he got admitted in ayurveda college hospital for better management and treatment. As per our classics, we designed a treatment protocol, which comprises of shodhana and samana. Shodhana Mercuric toxicity by consuming classical Ayurvedic preparations. Practice of Rasasasthra is not so common in Kerala. Reluctance in the practice may be due to the fear of toxicity issues. In this paper Sagandha rasa yogas are dealt in detail. Sagandha rasa yogas are the formulations containing Parada and Gandhaka. Acharyas have mentioned about the safety of Sagandha rasa preparations As per Rasa classics, Parada is used in formulations either in the form of Hingula, Kajjali or Parpati. All of them are found to be chemically Mercuric sulphide.. Chinese medicine is another traditional system of medicine in which Cinnabar (mercuric sulphide) is widely used. Toxicity study of Cinnabar in albino rats was conducted by the scholars of Chinese medicine and the conclusion was that Mercuric sulphide can be used safely within the therapeutic dose. The quantity of Mercuric sulphide, present in some classical Rasa formulations was evaluated and compared with safe dose obtained from the above mentioned animal study. On comparison the quantity of Mercuric sulphide present in classical formulations found to be very low, showing their safety.

PRESCRIPTION OF PATENTED PRODUCTS -OPENING THE PANDORA’S BOX

Divya P, Department of Rasasastra and Bhaishajya Kalpana Govt. Ayurveda College, Thiruvananthapuram

Ayurvedic medicines are now considered as an important source of heavy metal toxicity. A lot of cases are being reported in India and abroad. This has resulted in a fear for classical
MYOPIA AND ITS AYURVEDIC MANAGEMENT

Shiny N, Department of Salakyathantra, Govt. Ayurveda college, Thiruvananthapuram

Refractive errors is a very common eye disorder, a frequent reason for reduced visual acuity. Among them, myopia is the most commonest one predominantly seen during childhood and early adolescence. Myopia is a condition in which the patient had difficulty in seeing distant objects along with blurring of vision. So many factors are there in supporting aetiologies, but in fact these hypotheses are not proven successfully. Recent studies have shown that scientists have isolated the gene responsible for myopic people. Simple and Pathological varieties of myopia are more commonly seen in our OPDs.

This paper also contains ayurvedic management using internal and local medicines. Eye exercises play an important role in toning up of eye muscles. Pathya aharas and viharas said in our classics also helps in improving vision.

SAGANDHA RASA YOGAS – SAFETY ASSURANCE
Salini D N, Department of Rasasastra and Bhaishajya Kalpana Govt. Ayurveda College, Thiruvananthapuram

Ayurvedic community is now facing issues related with heavy metal toxicity. International journals like JAMA, NIH etc have published many articles regarding the toxicity issues of Ayurvedic formulations. Most of the cases were related with Lead and Arsenic. Not even a single case has been reported on included mainly virechana and jalookavacharana. While samana mainly consisted of Paranthyadi taila dhara externally and single drug decoction of physalis minima (Njotanjodiyan) internally.

After the treatment, significant changes seen in dimension of the ulcer along with the development of granulation tissue. Pus and foul smelling discharge reduced to a greater extent. This paper discusses in detail a treatment protocol that can be practiced in post snake bite ulcer management.

Ayurvedic intervention in the above said case reveals the true essence and efficacy of our science. My experience with this post bite complication is a treasurable one; with which further advancements and new prospects in our science can be achieved.

SMRITHY - A NUEUROPHYSIOLOGIC DIMENSION
Ananda Lekshmy, Department of Kriya Sareera, Govt. Ayurveda College, Thiruvananthapuram

Smrithy is explained in Ayurveda as the ability to recall past experiences. Since smrithybramsham is told as a reason for pranjaparadha , it is necessary for any Ayurvedic physician to contemplate about smrithy in practical terms .Paper will deal with the neurophysiological aspects of smrithy. Memory plays an important role in numerous aspects of everyday life, allowing one to recollect past experience and learn new facts.
Smrithykaranas and Neuro physiological hints will also be discussed. Learning and memory still have wide areas to explore with Ayurvedic concepts and key words. Paper intend to go through the multi dimensional neurophysiological aspects of smrithy that may provide insight to areas that can be intensively studied.

**OBESITY – PREVENTIVE AND CURATIVE ASPECTS**

*Shital P, Department of Swasthavrutha,*  
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Ayurveda is a science that emphasis’s on following a healthy regimen for preventing the occurrence of diseases and there by leading a healthy life. Change in the life style of people in the current era has given rise to prevalence of many diseases. Obesity is one such disease that is caused due to the sedentary life style and wrong eating habits. Since the most important part of treatment is removing the cause, more importance should be given to dietary modifications and physical activity. In this paper we are considering different yogic techniques, suitable dietary modifications and other modalities from naturopathy to achieve success in the treatment of obesity. The presentation intends to throw lights on the preventive aspects of obesity and its management through life style modifications.

Effects etc. Due to the action of these active substances jalookavacharana is effective in the above cases.

Jalookavacharana is the simplest, easiest method and highly economical. It is a painless procedure which reduce pain and swelling. It will prevent further progression of disease. The procedure take only less time that is one of the great advantage.

**A CASE STUDY ON PTOSIS**

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Ptosis is the medical term for drooping of upper eyelid. It occurs when the muscle that raise the eyelid are not strong enough to do so properly. It may also occur due to the malfunctioning of nerves controlling the lid muscles & as complication of vascular diseases such as diabetes. It can effect one eye or both eyes & is more common in the elderly patients. Ptosis does not improve with time and requires accurate management. If left untreated it can permanently damage vision by forcing the unaffected eye to do all the work while letting the affected eye degenerate. Correcting of ptosis should be done only after determining the primary cause.

In our classics the disease vatahata is mentioned as an asadhya roga. But many of the patients with the same complaint have shown marked improvement by the proper management in our department. This paper includes such a case of ptosis which showed marked improvement with ayurvedic management.
OBESITY “DISEASE OF XXI CENTURY”
Monisha M.S, Department of Swasthavritha,
Govt. Ayurveda College, Thiruvananthapuram

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. Overweight and obesity are the fifth leading risk for global deaths. Overweight and obesity, as well as their related non communicable diseases, are largely preventable. Supportive environments and communities are fundamental in shaping people’s choices, making the healthier choice of foods and regular physical activity the easiest choice for preventing obesity. This presentation highlights the fundamental cause and pathogenesis of obesity and common health consequences and risks of overweight and obesity.

APPLICATION OF GUNA VIKALPA - “HITTING THE BULL’S EYE”
Sreehari Menon, Department of Samhita Samskrita and Sidhanta
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Ayurveda, the science of life is the dynamic interaction between sharira and oushadha. This interaction is based on the fact that both aushadha and sharira are composed of the different permutation and combination of the same gunas. This structural similarity is due to the fact that both are composed of panchamahabhootas. Therefore in deciding the treatment of a particular disease, the analysis based on gunas and its amsha amsha kalpanas become important. Guna vikalpa is applied for the better understanding of the disease and the

JALOOKAVACHARANA IN DIFFERENTIAL CLINICAL CONDITIONS
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Our body is maintained by raktha because it is the root or moola of sreerama. And vitiation of raktha is the reason for many diseases. The main treatment for raktha dushti is rakthamoksha and jalookavacharana is the simplest and easiest method of rakthamoksha.

Jalooka is the only living anusasthra. It has lot of medicinal properties. Two varieties of jalooka are describing in our samhithas, six savisha and six nirvisha. Kapila type is using for jalookavachara. Jalooka are used for grathithavastha, avagadavastha, pitha raktha condition and for sukumara persons.”Hirudo medicinalis” is the scientific name of leech. It has two suckers anterior and posterior. It will consume blood 10 times of it body weight. Many types of active substances are present in saliva of leech and each having a specific action.

Rakthavisravana is one of shashtirupakrama. In condition like kadina-saraktha sopha with pain jalookavacharana is best method for preventing paka and for reducing pain and sopha. Impure blood present around twak and mamsa is removed by the sucking action of jalooka. Application of jalooka in deep vein thrombosis and thrombosed pile mass is very effective in clinical practice. Hirudin and other active substances present in saliva of jalooka has properties of thrombolytic,anti-coagulant & anti inflammatory
oushadha for getting the maximum efficacy of the treatment. This presentation highlights the diverse applications of guna vikalpa in day to day clinical practice for improving our clinical precision by hitting the bull’s eye.

SADVRRITTA – ETERNAL VALUES FOR THE CHANGING SOCIETY
Ratheesh V V, Department of Samhita Samskrita and Siddhanta Govt. Ayurveda College, Thiruvananthapuram

Sadvritta refers to the code of conduct to be practiced for healthy living. All the Brihatrayis are unanimous in the significance of sadvritta in the context of swasthya. The tenets of sadvritta comprises of personal, social, interpersonal, occupational, ethical and spiritual values which ensures a wholesome living. A deeper analysis reveals that the underlying spirit of sadvritta is eternal in nature and the change occurs only at the level of execution. This change is necessitated by the demands of the changing times. Thus it becomes established that sadvritta refers to the eternal values for the changing society. This presentation is intended to enhance the appreciation of the fundamental and practical utility of sadvritta.

CONCEPT OF AGNIKARMA AND ITS CLINICAL APPLICATION
Sajith V P, Department of Salyatantra Govt. Ayurveda College, Thiruvananthapuram

There is only a limited scope for Ayurvedic surgical practice in the present era. The limitation is due to various lacunas in the science, as well as prevailing laws of land. The clinical practice in Ayurvedic surgery is mainly concentrated on parasurgical procedures like Ksharakarma, Agnikarma and Raktha Mokshana. Agnikarma is an effective, fast, cost effective and simple technique which can be used to treat various musculoskeletal disorders, in cosmetic surgeries like removal of corn, warts and benign tumors, to stop bleeding, etc. It is used as a preventive, therapeutic, and post operative treatment modality in different medical conditions. Diseases like Tennis elbow, Carpel tunnel syndrome, Retrocalcaneal bursitis, plantar fasciitis, Calcaneal spur, Joint pain ,Sciatica , Low back ache , Corn , Fistula in ano, Hemorrhoids etc are some clinical conditions in which agnikarma is found to be very effective. It can also be used in cosmetic purposes to remove warts & other benign skin lesions.

The paper describes first the concept and then the clinical application of agnikarma. Agnikarma can be done in a clinical condition where the pathology is vathakapha predominant, the adhishtana is in thwak mamsa sira snayu sandhi asthi and the site is accessible for doing agnikarma. In clinical application of agnikarma, we should have a basic knowledge about the diseases that can be cured by agnikarma, about the requirements needed, procedure, number of sittings needed, what are the precautions to be taken to prevent any complications etc. So practice and development of this pioneer technique of ayurveda has a great importance in the present era. The paper describes the scope of agnikarma in the present era in a nutshell.