



MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

University Research Department

MUHS STATE LEVEL RESEARCH COMPETITION 2023-24

AYURVED, UNANI & YOGA FACULTY

Date : 14 MARCH 2024

Hosted by



Chhatrapati Shahu Maharaj Shikshan Sanstha's AYURVED MAHAVIDYALAYA & RUGNALAYA

Kanchanwadi, Paithan Road, Chhatrapati Sambhajinagar. Ph. +91-0240-2646464



INTRODUCTION



WELCOME TO THE COMMEMORATIVE SOUVENIR OF THE MAHARASHTRA UNIVERSITY OF HEALTH SCIENCE RESEARCH COMPETITION 2024 FOR AYURVEDA & UNANI FACULTY. THIS COMPILATION IS DEDICATED TO CELEBRATING RESEARCH EXCELLENCE AND INNOVATION WITHIN THE REALM OF HEALTH SCIENCES. WE EXPRESS OUR SINCERE APPRECIATION TO ALL PARTICIPANTS, SPONSORS, AND ORGANIZERS WHOSE STEADFAST SUPPORT AND DEDICATION CONTRIBUTED SIGNIFICANTLY TO THE SUCCESS OF THIS EVENT. SPECIAL RECOGNITION IS EXTENDED TO THE MAHARASHTRA UNIVERSITY OF HEALTH SCIENCE FOR GRANTING US THE ESTEEMED OPPORTUNITY TO HOST THIS PRESTIGIOUS COMPETITION. THEIR TRUST REFLECTS THEIR COMMITMENT TO FOSTERING RESEARCH AND ACADEMIC EXCELLENCE.

AS WE REFLECT ON THE ACHIEVEMENTS OF THE RESEARCH COMPETITION, WE ARE REMINDED OF THE INVALUABLE CONTRIBUTIONS MADE BY SCHOLARS, RESEARCHERS, AND PRACTITIONERS WHO SHOWCASED THEIR GROUNDBREAKING WORK. THEIR COMMITMENT TO ADVANCING KNOWLEDGE AND PUSHING THE BOUNDARIES OF INQUIRY IS TRULY COMMENDABLE. ADDITIONALLY, WE EXTEND OUR GRATITUDE TO THE JUDGES AND STAKEHOLDERS WHOSE GENEROUS SUPPORT MADE THIS EVENT POSSIBLE. TOGETHER, WE HAVE REAFFIRMED OUR DEDICATION TO PUSHING THE BOUNDARIES OF KNOWLEDGE AND MAKING MEANINGFUL CONTRIBUTIONS TO THE ADVANCEMENT OF HEALTHCARE AND WELLNESS.

WARM REGARDS...

SLRC ORGANIZING COMMITTEE
CSMSS AYURVED MAHAVIDYALAYA AND RUGNALAYA
CHHATRAPATI SAMBAJINAGAR.



**PATRONS OF
MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK**

**HON. VICE-CHANCELLOR
LT. GEN.**

**DR. MADHURI KANITKAR (RETD.)
PVSM, AVSM, VSM**



**HON. PRO-VICE CHANCELLOR
PROF. DR. MILIND NIKUMBH**



DR. MILIND AWARE
Hon. Dean- Ayurveda
& Unani Faculty



DR. RAJENDRA BANGAL
Registrar,
Hon. Pro Vice-Chancellor



DR. MRUNAL PATIL
Dean Academics
Hon. Vice-Chancellor



DR. JAYANT N. PALASKAR
Professor and Head
University Research

**MAHARASHTRA UNIVERSITY
OF HEALTH SCIENCES, NASHIK**



MESSAGE FROM VICE CHANCELLOR
Lt. Gen.
DR. MADHURI KANITKAR (RETD)
PVSM, AVSM, VSM



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक
MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK



इन्फंट जेनरल माधुरी कानितकर (निवृत्त)
(बालरोग नेफ्रोलॉजिस्ट) पीव्हीएसएम, एव्हीएसएम, व्हीएसएम
कुलगुरु

Lt Gen Madhuri Kanitkar (Retd)
(Pediatric Nephrologist) PVSM, AVSM, VSM
Vice-Chancellor

Date: 16th April 2024

Message

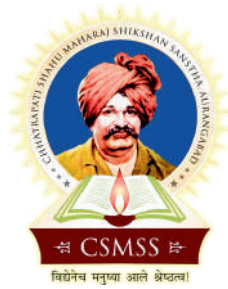
I am happy to extend warm greetings to all who took part in the MUHS State-Level Research Competition 2024 – Ayurved & Unani faculty, hosted by Chhatrapati Shahu Maharaj Shikshan Sansthas Ayurved Mahavidyalaya & Rugnalaya, Chhatrapati Sambhajinagar. MUHS is happy to help Ayurved & Unani faculty members converge from diverse disciplines with a shared commitment towards healthcare through innovation and excellence.

The challenges we face may seem daunting, but it is in times of adversity that true innovation thrives. I am confident that each of you has the potential to make a significant impact in your respective fields. So, go forth with confidence, with purpose, and with an unwavering belief in your ability to effect change.

Thank you for your dedication and commitment to excellence. Let's continue to push boundaries and create a future where healthcare knows no limits.

Lt Gen Madhuri Kanitkar

Since
1989



CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA

Since 1986



HON. RANJEET MULAY
(President)



HON. PADMAKAR MULAY
(Secretary)

Since
1989



DR. JAYASHRI S. DESHMUKH
(Vice - Principal)



DR. SHRIKANT G. DESHMUKH
(Principal)



Chhatrapati Shahu Maharaj Shikshan Sanstha's
**AYURVED MAHAVIDYALAYA
& RUGNALAYA**



DR. NARESH NIMBALKAR
Coordinator, SLRC 2024

प्रकाशक :
प्रशासकीय अधिकारी,
छत्रपती शाहू महाराज शिक्षण संस्था
कांचनवाडी, पैठण रोड, छत्रपती संभाजीनगर. फोन नं.: ०२४०-२६४६४६४,
email: ao@csmss.org, web: www.csmss.org
सर्व अधिकार प्रकाशकाचे स्वाधीन
(केवळ खाजगी वितरणासाठी)



DR. CHINMAY TANDALE
Assistant Coordinator, SLRC 2024

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK



MESSAGE FROM PRO-VICE CHANCELLOR PROF. DR. MILIND NIKUMBH



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक
MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK



प्रा. डा. मिलिन्द निकुम्भ
एम डी (रचना शरीर)
प्रति कुलपुरुष

Prof. Dr. Milind Nikumbh
M.D. (Rachana Sharir)
The Vice-Chancellor

MESSAGE

I feel extremely happy to know that, Seva Mandal Education Society's Smt Sunada Pravin Gambhirchand Institute of Nursing & Paramedical Sciences, Mumbai was recently organized MUHS State Level Research Competition. I congratulate, all the researchers, on reaching this wonderful milestone!

The Maharashtra University of Health Sciences, Nashik has been a pioneer for faculty development in training programmes for affiliated colleges has enabled capacity building in Health Sciences Education and Research.

University has created initiatives in educational training and research at college level. These are expected to improve the teachers' motivation for educational innovations and research.

I hope that the MUHS State-Level-Research Competition souvenir will reflect the progress and achievements made by the researchers. I wish the organizers, teachers and students of the College all success in their endeavors and best wishes for successful publication of the said Souvenir.



Prof. Dr. Milind Nikumbh
Pro-Vice-Chancellor

दिंडोरी रोड, म्हारलक, नाशिक - ४२२ ००४. (महाराष्ट्र) Dindori Road, Nashik - 422 004. (Maharashtra)
Tel.: (0253) 2539115, 2539116 Fax : (0253) 2539130
Email : provc@muhs.ac.in Website : www.muhs.ac.in

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK



MESSAGE FROM DEAN- AYURVED UNANI FACULTY DR. MILIND AWARE Dean, Ayurved Unani Faculty

Dr. Aware Milind Babarao

Dean.

Faculty of Ayurved & Unani, MUHS Nashik.

Principal,

Shree Saptashrungi Ayurved Mahavidyalaya
& Hospital Research Center, Nashik



- Management Council member
- Academic Council Member
- Senate Member
- BOS Member
- Faculty member
- Board of Examination Member
- Board of Research
- Grievance Committee
- Research Steering Committee

MESSAGE

Dear Esteemed Colleagues, Researchers, and Participants,

I am pleased to congratulate all involved in the Research Competition 2024 hosted by Chhatrapati Shahu Maharaj Shikshan Sanstha's Ayurved Mahavidyalaya & Rugnalaya on March 14th, 2024.

This competition convened a distinguished gathering of scholars and intellectuals, leading the charge in advancing knowledge and innovation within their respective fields. It has been a pivotal platform for fostering collaboration, exchanging ideas, and showcasing groundbreaking research with the potential to shape the future of our disciplines. The discussions and insights shared during this competition have not only broadened our understanding but also inspired us to push the boundaries of conventional wisdom.

In today's rapidly evolving world, where challenges are multifaceted and solutions are complex, the role of research becomes increasingly crucial. Through rigorous inquiry, experimentation, and scholarly discourse, we can unravel the mysteries of the universe, address societal problems, and drive progress towards a more sustainable and equitable future.

I am overwhelmed by the participation of each of you in this conference, presenting your research work across various categories. Let us seize this opportunity to forge new collaborations, challenge existing paradigms, and pave the way for transformative discoveries benefiting our academic community and society at large.

My heartfelt gratitude goes to the University Research Department of MUHS, the organizing college, organizing chairman, organizing secretary, organizing committee, and volunteers for their tireless efforts in making this competition a reality. Your dedication to advancing research excellence is truly commendable. May our collective efforts lead to insights that ignite innovation, foster meaningful change, and leave a lasting impact on the world.

Dr. Milind Babarao Aware
DEAN, Faculty of Ayurveda & Unani
Maharashtra University of Health Sciences, Nashik

Email ID – drmilindaware@gmail.com , deanayunani2023@gmail.com Contact No – 9665766600. Landline- 0253-2621565

Address. Residence. – Maitri Avenue, B-5, Mahalaxmi Nagar, Hirawadi Road, Panchavati, Nashik, 422003

Office – Kamal, Nagar, Hirawadi, Panchavati, Nashik, 422003

**MAHARASHTRA UNIVERSITY
OF HEALTH SCIENCES, NASHIK**



**MESSAGE FROM
REGISTRAR
DR. RAJENDRA BANGAL**



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक
MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

म्हसफळ, दिंडोरी रोड, नाशिक - ४२२ ००४
Phone: 0253-2539176 E-mail: pr@muhsa.ac.in Web: www.muhs.ac.in



डॉ. राजेंद्र शिवाजी बंगाल

एम.बी.बी.एस., एम.डी. (न्यायवैद्यकशास्त्र), डी.एन.बी., एल.एल.बी.

कुलसचिव

मआविचि/पीआर/164/2024

Dr. Rajendra Shivaji Bangal

M.B.B.S., M.D. (Forensic Medicine), D.N.B., L.L.B.

Registrar

दि. 09 मे 2024

— शुभेच्छा संदेश —

छत्रपती शाहू महाराज शिक्षण संस्था आयुर्वेद महाविद्यालय व रुग्णालय, छत्रपती संभाजीनगर यांच्या 'State-Level Research Competition Souvenir' प्रकाशनाच्या निमित्ताने विद्यापीठ परिवाराकडून हार्दिक शुभेच्छा.

या स्मरणिकेत आरोग्य शास्त्र आणि इतर क्षेत्रातील नवीन कल्पना ठळकपणे मांडली जाते. ह्यामुळे डॉक्टर आणि समाजात मोठ्या प्रमाणात जागरूकता निर्माण होते. आपल्या महाविद्यालयाची शैक्षणिक कार्याबरोबर समाजाशी नातं जुळवून ठेवण्याच्या कामात सजगता निर्माण करण्याचे सकारात्मक काम नेहमीच घडत आहे.

आपल्या प्रेरणादायी कामाचा आलेख सदैव उंचावण्याची अपेक्षा आहे. आरोग्य विज्ञान विद्यापीठाच्या 'State-Level Research Competition' स्मरणिकेच्या प्रकाशन समारंभाच्या सर्व सदस्यांना शुभेच्छा: भविष्यातील कामासाठी पुन्हा मनःपूर्वक शुभेच्छा.

Rajendra Shivaji Bangal
09-5-24
कुलसचिव

प्रति— डॉ. एस. जी. देशमुख

मा. प्राचार्य

छत्रपती शाहू महाराज शिक्षण संस्थेचे

आयुर्वेदीक महाविद्यालय आणि रुग्णालय

कांचनवाडी, छत्रपती संभाजीनगर — 431 002.

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

MESSAGE FROM HEAD OF UNIVERSITY RESEARCH DEPARTMENT PRO. DR. JAYANT N. PALASKAR



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

दिंडोरी रोड, म्हासळ, नाशिक- ४२२००४ Dindori Road, Mhasrul, Nashik - 422004

Tel: (0253) 6659288/303 Student Helpline: 0253-2539111/6659111/100

University Research Department

Website: www.muhs.ac.in, E-mail: urd@muhs.ac.in



डॉ. जयंत एन. पळसकर

एम. डी. एस., पीएचडी

प्राध्यापक तथा विभागप्रमुख

Dr. Jayant N. Palaskar

MDS, Ph.D

Professor & HOD

Message from Head of University Research Department

Greetings,

It is with great pleasure and pride that I extend my warmest congratulations to all the stakeholders of the Research Competition 2024, hosted by Chhatrapati Shahu Maharaj Shikshan Sanstha's Ayurved Mahavidyalaya & Rugnalaya on 14th March 2024.

As the Head of the University Research Department, I am immensely gratified by the overwhelming response and enthusiastic participation witnessed at this esteemed event. The Research Competition serves as a testament to our collective commitment to advancing knowledge and fostering innovation in the field of health sciences.

I extend my heartfelt appreciation to all the researchers who presented their papers and progress reports, showcasing the depth and breadth of scholarly inquiry within our academic community. Your dedication to rigorous research and academic excellence is truly commendable, and it is through your contributions that we continue to push the boundaries of knowledge in pursuit of a healthier, more prosperous future.

I would also like to express my sincere gratitude to the Chhatrapati Shahu Maharaj Shikshan Sanstha for graciously hosting this event and providing a platform for researchers to share their findings and insights. Your unwavering support and commitment to promoting research endeavours are invaluable in nurturing a culture of academic excellence.

As we celebrate the success of the Research Competition, let us remain steadfast in our pursuit of scholarly excellence and continue to collaborate, innovate, and inspire one another in our research endeavours. May the spirit of inquiry and discovery continue to thrive within our MUHS affiliated colleges, driving us towards new frontiers of knowledge and innovation.

I appreciate efforts of all members of the University Research Department for continued support. Together, let us continue to push the boundaries of knowledge and make meaningful contributions to the advancement of health sciences and beyond.

Regards,

Dr. Jayant N. Palaskar

Dr. Jayant N. Palaskar

Professor & HOD

University Research Department

Maharashtra University of Health Sciences, Nashik

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK



MESSAGE FROM PRINCIPAL OF ORGANIZING COLLEGE PROF. DR. SHRIKANT DESHMUKH

NAAC ACCREDITED WITH B++, NABH & ISO 21001:2018 CERTIFIED
छत्रपती शाहू महाराज शिक्षण संस्था संचलित

आयुर्वेद महाविद्यालय व रुग्णालय
CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S
AYURVED MAHAVIDYALAYA & RUGNALAYA
(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH,
Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)

Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 3401

NAAC
NABH

Date:09/05/2024

Message from Principal

Dear all,

I'm delighted to extend my gratitude to the Maharashtra University of Health Sciences and our esteemed leadership for their steadfast support in organizing the Research Competition 2024. Your confidence in our abilities has been crucial to the event's success. I extend thanks to the Hon. Vice Chancellor Lt. Gen. Dr. Madhuri Kanitkar, Hon. Pro Vice Chancellor Dr. Milind Nikumbh, Hon. Faculty Dean of Ayurved & Unani Dr. Milind Aware, Hon. Registrar Dr. Rajendra Bangal, Hon. Dean Academics Dr. Mrunal Patil and Hon. Dr. Jayant Palaskar (Professor & HOD of University Research Department) for gracing the occasion.

Congratulations to all participants who showcased their research skills and academic achievements. Your dedication and curiosity are admirable, reflecting the remarkable talent within our academic community.

Special acknowledgment goes to the organizing team for their diligent efforts, ensuring the competition's smooth execution. Your commitment to excellence is truly commendable.

As we celebrate the competition's success, I'm proud of our students, faculty, and staff for their contributions to enriching our academic community. Thank you to the Maharashtra University of Health Sciences and our esteemed leadership for their invaluable support. Let's continue working together to cultivate a culture of research excellence and inspire future generations.

Regards,



Shrikant G. Deshmukh

Dr. Shrikant G. Deshmukh
Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha
Ayurved Mahavidyalaya and Rugnalaya,
Chhatrapati Sambhajinagar

FLYER OF THE COMPETITION

**MAHARASHTRA UNIVERSITY
OF HEALTH SCIENCES**
STATE LEVEL ONLINE RESEARCH COMPETITION 2024
Ayurved, Unani & Yoga Faculty
Host of Research Competition -
Chhatrapati Shahu Maharaj Shikshan
Sansthas Ayurveda Mahavidyalaya &
Rugnalaya, Chhatrapati Sambhajnagar

DATE OF REGISTRATION
18th January 2024 to 23rd February 2024
Date of Online Competition - 14/03/2024

ELIGIBILITY & REGISTRATION FEE FOR PARTICIPANT

UG STUDENT	RS 500/-
PG STUDENT	RS 1000/-
POST PG & PH.D. STUDENT	RS 1500/-
ASSISTANT PROFESSOR	RS 1500/-

SCAN HERE FOR
RESEARCH COMPETITION
REGISTRATION

MUHS

ONLINE RESEARCH COMPETITION 2024 AYURVED & UNANI FACULTY

ORGANIZING COLLEGE

Chhatrapati Shahu Maharaj
Shikshan Sanstha's
**AYURVED MAHAVIDYALAYA
& RUGNALAYA**

DATE : 14th March 2024

TIME : 08 am to 02 pm

PLATFORM

Online ZOOM Platform

NAME OF THE CORDINATOR

Dr. Naresh Nimbalkar

ASST. CORDINATOR

Dr. Chinmay Tandale

MUHS, NASHIK
**ONLINE MUHS
STATE LEVEL
RESEARCH
COMPETITION
2023-24**

Ayurved, Unani & Yoga Faculty

Online Competition
Date : 14 MARCH 2024

Participant registration will be open from
Dt: 18th January to 23rd February 2024
on the MUHS, Nashik website.

MUHS REGISTRATION LINK Scan here for Registration

**ELIGIBILITY & REGISTRATION
FEE FOR PARTICIPANT**

UG Student	Rs : 500/-
PG Student	Rs : 1,000/-
Post PG & Ph.D. Student	Rs : 1,500/-
Assistant Professor	Rs : 1,500/-

Host of Research Competition
CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S
AYURVED MAHAVIDYALAYA & RUGNALAYA
Kanchanwadi, Paithan Road, Chhatrapati Sambhajnagar. Ph. 0240-2646464

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

CIRCULAR OF THE COMPETITION



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक
MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK
दिंडोरी रोड, म्हससुर, नाशिक - ४२२००४ Dindori Road, Mhasrul, Nashik - 422004
Tel:(0253) 2539288/6659298/301 Student Helpline:0253-2539111/6659111/100
University Research Department
Website: www.muhs.ac.in, E-mail: urd@muhs.ac.in



डॉ. जयंत एन. पळसकर
एम.डी.एस., पीएचडी
प्राध्यापक तथा विभागाप्रमुख

Dr. Jayant N. Palaskar
MDS, Ph.D.
Professor & HOD

Out. No. MUHS/URD/UAW/44/2024

Date:18/01/2024

CIRCULAR No.02/2024

SCHEDULE OF MUHS STATE LEVEL RESEARCH COMPETITION 2023-24

All the concerned hereby informed that MUHS State Level Research Competition 2023-24 will be held online as per the scheduled given below

Sr. No.	Faculty	Host of Research Competition	Date of online competition	Eligibility & Registration fee for Participant	Competition Coordinator Details
1.	Dental Faculty	Terna Dental College, Navi Mumbai	04/03/2024	UG Student Rs 500/-	Name :- Dr. Farhin Katge Mobile:- 9820527564 Email:- muhsrudent24@gmail.com
2.	Allied Faculty	Smt. Sunanda Pravin Gambhirchand College of Nursing, Matunga, Mumbai	05/03/2024	PG Student Rs 1000/-	Name :- Mrs. Delphina Gurav/Mrs. Dipti Bondre Mobile:- 9819580308/8411071683 Email:- muhsrccallied24@gmail.com
3.	Homoeopathy Faculty	SJPES Homoeopathic Medical College, Kolhapur	12/03/2024	Post PG & Ph.D. Student Rs 1500/-	Name :- Dr. Sujata R. Kamire Mobile:- 9823195866 Email:- muhsrchom24@gmail.com
4.	Ayurveda Faculty	Chhatrapati Shahu Maharaj Shikshan Sansthas's Ayurved Mahavidyalaya, Chhatrapati Sambhaji Nagar	14/03/2024	Assistant Professor Rs 1500/-	Name :- Vd. Nimbalkar Naresh Ramrao Mobile:- 9422711098 Email:- muhsrcaayu24@gmail.com
5.	Medical Faculty	Maharashtra Post Graduate Institute of Medical Education & Research (MPGI), Nashik	27/03/2024		Name : Dr. Ashutosh Ojha Mobile: 9719713786 Email: muhsrmed24@gmail.com

- Participant registration will be open from 18th January 2024 to 15th February 2024 on University website.
- Only 08 participants per college (UG-2, PG-2, Post PG & PhD-2, Asst. Prof.-2) recommended by the Principal/Dean/Director will be allowed to register.
- Shortlisted abstract in prescribed format (Annexure-1), receipt of registration fee paid to University should be submitted to respective co-ordinator by email in prescribed format (Annexure-2).
- For registration of recommended researcher at college level weblink is as follows :
https://intranet.muhs.ac.in/workshop_schedule_display.aspx
- For payment of registration fee by the researcher : <https://muhs.payshulk.in/>

-Sd-

Head of the Department
URD, MUHS, Nashik

Copy to:-

- 1) Hon'ble Vice-Chancellor's Office, MUHS, Nashik
- 2) Hon'ble Pro Vice-Chancellor's Office, MUHS, Nashik
- 3) Registrar Office, MUHS, Nashik
- 4) Finance & Account Officer, MUHS, Nashik
- 5) All Host colleges of MUHS State Level Research Competition
- 5) All Competition Coordinators of MUHS State Level Research Competition
- 6) All Regional Offices, MUHS, Nashik
- 7) All affiliated Colleges of MUHS Nashik.

REVISED CIRCULAR OF THE COMPETITION



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक
MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK
दिंडोरी रोड, म्हसळ, नाशिक. ४२२००४ Dindori Road, Mhasrul, Nashik - 422004
Tel:(0253) 2539288/6659298/301 ☎ Student Helpline:0253-2539111/6659111/100
University Research Department
Website: www.muhs.ac.in, E-mail: urd@muhs.ac.in



डॉ. जयंत एन. पळसकर
एम.डी.एस., पीएचडी
प्राध्यापक तथा विभागप्रमुख

Dr. Jayant N. Palaskar
MDS, Ph.D.
Professor & HOD

Out. No. MUHS/URD/UTW/92/2024

Date:15/02/2024

CIRCULAR No.08/2024

Extension of last date for registration of participant for MUHS State Level Research Competition 2023-24

All the concerned hereby informed that, with reference to the University Circular No.02/2024, dated 18/01/2024, the last date for the registration for the MUHS State Level Research Competition 2023-24 was 15th February 2024.

For maximum participation of Students and Teachers the last date for registration of participant has been extended up to 23rd February 2024.

- Only 08 participants per college (UG-2, PG-2, Post PG & PhD-2, Asst. Prof.-2) recommended by the Principal/Dean/Director will be allowed to register.
- Shortlisted abstract in prescribed format (Annexure-1), receipt of registration fee paid to University should be submitted to respective co-ordinator by email in prescribed format (Annexure-2) as per University Circular No.02/2024, dated 18/01/2024.
- For registration of recommended researcher at college level weblink is as follows : https://intranet.muhs.ac.in/workshop_schedule_display.aspx
- For payment of registration fee by the researcher : <https://muhs.payshulk.in/>

-Sd-

Head of the Department
URD, MUHS, Nashik

Copy to:-

- 1) Hon'ble Vice-Chancellor's Office, MUHS, Nashik
- 2) Hon'ble Pro Vice-Chancellor's Office, MUHS, Nashik
- 3) Registrar Office, MUHS, Nashik
- 4) Finance & Account Officer, MUHS, Nashik
- 5) All Host colleges of MUHS State Level Research Competition
- 5) All Competition Coordinators of MUHS State Level Research Competition
- 6) All Regional Offices, MUHS, Nashik
- 7) All affiliated Colleges of MUHS Nashik.

PRELIMINARIES OF THE COMPETITION

Preliminaries of the Competition

1. **Registration:** Participants initiated registration through the provided weblink, submitting essential documentation such as the letter of endorsement from their academic authorities.
2. **Verification and Approval:** Coordinators meticulously verified registrations, ensuring completeness and validity before granting approval.
3. **Communication and Payment:** Approved participants were contacted by the Competition Coordinator to facilitate the payment process.
4. **Payment Process :** Participants made their registration fee payments via the university's online portal.
5. **Confirmation:** Upon receipt of payment, participants received confirmation of successful registration.
6. **Scrutiny of Abstracts:** A scrutiny team was assembled to evaluate submitted abstracts, providing feedback for any necessary corrections or revisions.
7. **Judge Recommendation:** The hosting institute recommended potential judges, ensuring impartial adjudication.
8. **Final Judging Panel:** The university finalized the judging panel, disseminating the decision to all stakeholders. These steps aimed to ensure a systematic and organized approach to participant registration, documentation verification, payment processing, and judge selection, setting the stage for a competitive and intellectually stimulating research event.

EXPERT PANEL OF THE REC



महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

दिंडोरीरोड, म्हस्रुळ, नाशिक- ४२२००४ Dindori Road, Mhasrul, Nashik - 422004

Tel:(0253) 6659288/303 Student Helpline:0253-2539111/6659111/100

University Research Department

Website: www.muhs.ac.in, E-mail: urd@muhs.ac.in



डॉ. जयंत एन. पळसकर

एम. डी. एस., पीएचडी

प्राध्यापक तथा विभागप्रमुख

Dr. Jayant N. Palaskar

MDS, Ph.D

Professor & HOD

जा. क्रं. मआवि/युआरडी/१४३/२०२४

दिनांक: ०७/०३/२०२४

प्रति,

१) डॉ. मिलीद आवारे (अध्यक्ष) मा. अधिष्ठाता, आयुर्वेद विद्याशाखा, मआवि सप्तश्रृंगी आयुर्वेद महाविद्यालय, नाशिक	२) डॉ. श्रीकांत देशमुख सी.एस.एम.एस.एस. आयुर्वेद महाविद्यालय, छत्रपती संभाजीनगर
३) डॉ. जयश्री देशमुख सी.एस.एम.एस.एस. आयुर्वेद महाविद्यालय, छत्रपती संभाजीनगर	४) डॉ. बीना कंठी केदारी रेडेकर आयुर्वेद महाविद्यालय, गडहिंग्लज, कोल्हापूर
५) डॉ. राजेश शाह श्रीमती. के.सी. अजमेरा अयुर्वेद महाविद्यालय, धुळे	६) डॉ. उज्वला साकरकर डॉ. राजेंद्र गोडे आयुर्वेद महाविद्यालय, अमरावती
७) डॉ. नरेश निंबाळकर सी.एस.एम.एस.एस. आयुर्वेद महाविद्यालय, छत्रपती संभाजीनगर	८) डॉ. जयंत एन. पळसकर, विभागप्रमुख (सदस्य सचिव) विद्यापीठ संशोधन विभाग, मआवि, नाशिक

विषय : ऑनलाईन मआवि राज्यस्तरीय संशोधन स्पर्धा २०२३-२४ अंतर्गत विद्यापीठ संलग्नित आयुर्वेद विद्याशाखेच्या संशोधन अनुदान प्राप्त विद्यार्थी व मान्यताप्राप्त शिक्षकांच्या पुर्ण झालेल्या संशोधन प्रस्तावांचे मुल्यमापन करणेबाबत...

महोदय/महोदया,

उपरोक्त विषयाच्या अनुषंगाने प्राप्त आदेशानुसार कळविण्यात येते की, विद्यापीठ संलग्नित आयुर्वेद महाविद्यालयातील विद्यार्थी व मान्यताप्राप्त शिक्षकांना संशोधनकार्य करणेकरीता विद्यापीठामार्फत अनुदान देण्यात येते.

विद्यापीठ संलग्नित आयुर्वेद विद्याशाखेच्या संशोधन अनुदान प्राप्त विद्यार्थी व मान्यताप्राप्त शिक्षकांच्या पुर्ण झालेल्या संशोधन प्रस्तावांचे मुल्यमापन करण्यासाठी Research Expert Committee (REC) गठित करण्यात आली आहे. सदर समितीमध्ये आपला समावेश करण्यात आला आहे.

सदर प्रस्तावांचे मुल्यमापन करण्याच्या अनुषंगाने समितीची कार्यप्रणाली खालीलप्रमाणे राहिल.

- १) त्याअनुषंगाने दि.१४/०३/२०२४ रोजी सी.एस.एम.एस.एस. आयुर्वेद महाविद्यालय, छत्रपती संभाजीनगर यांच्या समन्वयाने ऑनलाईन मआवि राज्यस्तरीय संशोधन स्पर्धा २०२३-२४ चे आयोजन ऑनलाईन पध्दतीने झूम मिटींगद्वारे करण्यात येत आहे.
- २) संशोधक त्यांच्या पुर्ण झालेल्या संशोधन प्रस्तावांचे सादरीकरण Power point presentation द्वारे करतील.

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

JUDGING PANEL PRESENT ON THE DAY OF COMPETITION

Section	Name of Judges	College	Mob No.
Asst. Professor	Dr. Patil Dattatray Vinayak	Dhanwantari Ayurved College, Udgir	9422819195 hnsdvp10@gmail.com
	Dr. Ravindra Sahebrao Kharat	Government Ayurved College and Hospital, Nanded	9822281494 ravikharat2@gmail.com
	Dr. Rujuta Omprakash Dube	Nallasopara Ayurved Medical College, Nallasopara, Palghar	9637644551 rujutadube2706@gmail.com
	Dr. Seema Gulabrao Chawardol	R.A. Podar Medical College (Ayu.), Worli, Mumbai	9881900560 seemabahatkar@gmail.com
Post PG/PhD	Dr. Sharmili Vijay Suryavanshi	Government Ayurved College, Jalgaon	9325565009 drsharmili24@gmail.com
	Dr. Prashant S Bhokardankar	Datta Meghe Ayurvedic Medical College, Hospital and Research Centre, Nagpur	8055036095 drprashant44@gmail.com
	Dr. Sameer Murlidhar Belorkar	Dayabhai Maoji Majeethiya Ayurved Mahavidyalaya, Yavatmal	9822924677 belorkar46@gmail.com
	Dr. Archana Sudarshan Dachewar	Shri Ayurved Mahavidyalaya, Nagpur	9822206312 drdachewar@gmail.com
	Dr. Pradip Ramrao Bhabad	SMBT Ayurved College, Igatpuri, Nashik	9822410941 pradeep.bhabad@gmail.com
PG	Dr. Pankaj Ramacharya Vishwakarma	Late Kedari Redekar Ayurved Mahavidyalaya, Gadhinglaj, Kolhapur	9860520727 drpankajrvishwakarma@gmail.com
	Dr. Jaya Nitin Jane	K.V.T.R. Ayurved Mahavidyalaya, Boradi, Dhule	9823448044, drjayajane@gmail.com
	Dr. Milind Mohan Godbole	Yashwant Ayurvedic College Post Graduate Training and Research Centre, Kodoli, Kolhapur	9850119900 drmilindgodbole@gmail.com
	Dr. Anantkumar Vasant Shekokar	Shri Vivekanand Nursing Home Ayurved Mahavidyalaya and Chikitsalaya, Rahuri, Ahmednagar	9860376534 dranantkumarshekokar@gmail.com
	Dr. Vilas Shivaji Kad	Shri Vivekanand Nursing Home Ayurved Mahavidyalaya and Chikitsalaya, Rahuri, Ahmednagar	9420807440 vkad5304@gmail.com
UG	Dr. Phartale Vaibhav Dattatray	Shree Saptashruni Ayurved Mahavidyalaya and Hospital, Nashik	9766477111 vdphartale2002@gmail.com
	Dr. Vivek Vinayak Dasare	Dr. R.N. Lahoti Ayurvedic College, Hospital and Research Institute, Sultanpur, Buldhana	9970640862 vivekdasare@yahoo.com
	Dr. Rajeshwar Tukaram Ubarhande	Anandi Shikshan Prasarak Mandal's Ayurved College, Hospital and Research Institute, Buldhana	9657091441 rajeswar.210174@gmail.com
	Dr. Sampat Govindrao Bhatane	B.R. Harne Ayurvedic Medical College, Karav, Thane	9822165067 drsampatbhatane10@gmail.com
	Dr. Naresh Ramrao Nimbalkar	CSMSS Ayurved Mahavidyalaya, Chhatrapati Sambhaji Nagar	9422711098 ayushakti009@gmail.com

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

LIST OF REC EXPERT PRESENT FOR MUHS STATE LEVEL RESEARCH COMPETITION

No.	Name of Expert	Name Of College	Mob Number & Email ID.
1	Dr. Milind Aware	Shri. Saptasrungi Ayurved Mahavidyalaya, Nashik	9665766600 drmilindaware@gmail.com
2	Dr. Shrikant Deshmukh	CSMSS Ayurved Mahavidyalaya, Chhatrapati Sambhajnagar	9921553999 Dr.shrikantgdeshmukh@gmail.com
3	Dr. Jayashri Deshmukh	CSMSS Ayurved Mahavidyalaya, Chhatrapati Sambhajnagar	9325580777 drjayashrisdeshmukh@gmail.com
4	Dr. Veena G. Kanthi	Kedari Redekar Ayurved College, Gadhinglaj, Kolhapur.	9404959685 docveenahir@rediffmail.com
5	Dr. Shah Rajesh Maganlal	Smt. K. C. Ajmera Ayurved College, Dhule	9372811149 drrmshah@gmail.com
6	Dr. Ujwala Manoharrao Sakarkar	Dr. Rajendra Gode Ayurved College and Hospital, Amravati	9850155441 usakarkar@rediffmail.com
7	Dr. Naresh Ramrao Nimbalkar	CSMSS Ayurved Mahavidyalaya, Chhatrapati Sambhajnagar	9422711098 ayushakti009@gmail.com
8	Dr. Jayant Palaskar	Head of University of Research Department, MUHS, Nashik	9370015510 urd@muhs.ac.in

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

PROCEEDINGS OF THE COMPETITION



Maharashtra University of Health Sciences, Nashik

University Research Department

Online MUHS State Level
Research Competition 2023 -24

On 14th March 2024

Faculty - Ayurveda, Unani & Yoga

Hosted by

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Chhatrapati Sambhajinagar.

MUHS - SLRC PREPARATION



MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

Online State Level Research Competition 2023-24 for Under graduate students, Post Graduate students, Post P.G. / Ph.D. scholars, LTRG/STRG project and AVISHKAR students was organized online on ZOOM platform at CSMSS Ayurved Mahavidyalaya, Kanchanwadi, Paithan Road, Chhatrapati Sambhajnagar on 14/03/2024 Seventy-seven (77) delegates registered in the online competition. Total 5 Group (UG, PG, Ph. D., Assistant Professor & STRG/LTRG) were prepared for the Online Competition. Each group was assigned to respective participants & Judges. For smooth conduction of individual groups separate coordination members were assigned. For UG & PG section there were total 11 participants each, Post-PG/PhD category had 07 participants & Assistant Professor had 09 Participants.

From 8:30 AM to 9:50 AM, the competition unfolded in each breakroom, as participants delved into their research presentations and discussions. At 9:50 AM, participants and judges were instructed to conclude their sessions and reconvene in the main hall for the inaugural session.

The inauguration session of the MUHS University Research Competition commenced at 10:00 AM on March 14th, 2024, via Zoom Meeting. The session, witnessed the presence of esteemed guests, dignitaries, and participants from various academic institutions. Among the esteemed guests were:

Hon. Vice Chancellor Lt. Gen. Dr. Madhuri Kanitkar, Hon. Pro. Vice Chancellor Dr. Milind Nikumbh, Hon. Faculty Dean of Ayurved & Unani Dr. Milind Aware, Hon. Registrar Dr. Rajendra Bangal, Hon. Dean Academics Dr. Mrunal Patil, Hon. Dr. Jayant Palaskar (Professor & HOD of University Research Department), Dr. S. G. Deshmukh Principal, Dr. J. S. Deshmukh, Vice Principal, Academic In-charge & Dr. N. R. Nimbalkar Coordinator & Dr. C. A. Tandale Assistant Coordinator of MUHS SLRC 2023-24. The Program was anchored by Dr. Megha Survase, Dr. Shrikant G. Deshmukh, Principal of the Organizing College, delivered an inspiring address, emphasizing the pivotal role of research and innovation in shaping the future landscape of healthcare and allied sciences.

Dr. Milind Aware, Dean Faculty, provided valuable insights into the importance of interdisciplinary research and collaboration in driving substantive advancements within the field.

Prof. Dr. Milind Nikumbh, Honorary Pro Vice-Chancellor, underscored the university's unwavering dedication to nurturing a culture of research excellence and academic innovation.

The session's highlight was the keynote address by Lt. Gen. Madhuri Kanitkar, the esteemed Chief Guest. Her insightful remarks underscored the transformative potential of research in tackling contemporary challenges and shaping the future of healthcare.


Dr. Kavita Fadnavis extended heartfelt gratitude to all participants, dignitaries, sponsors, and organizers for their invaluable contributions to the success of the inauguration session. It set the stage for the remaining presentations of the MUHS University Research Competition.

The inauguration session marked an auspicious beginning, inspiring participants to embark on an academic journey of exploration and innovation. They were guided by the collective wisdom and expertise of esteemed dignitaries and scholars.

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

Dr. Dattatray Vinayak Patil , Dr. Ravindra Sahebrao Kharat, Dr. Rujuta Omprakash Dubey, Dr. Seema Gulabrao Chawardol, Dr. Sharmili Vijay Suryavanshi, Dr. Prashant S Bhokardankar, Dr. Sameer Murlidhar Belorkar, Dr. Archana Sudarshan Dachewar, Dr. Pankaj Ramacharya Vishwakarma, Dr. Jaya Nitin Jane, Dr. Milind Mohan Godbole, Dr. Anantkumar Vasant Shekokar, Dr. Vaibhav Dattatray Phartale , Dr. Vivek Vinayak Dasare, Dr. Rajeshwar Tukaram Ubarhande, Dr. Sampat Govindrao Bhatane, Dr. Vilas Shivaji Kad, Dr. Pradip Ramrao Bhabad were invited as Judges for their respective Categories (Total 21 faculties were invited as a Judges).

After the completion of the Online Competition the result were collected from respective category Judges and final result were declared by MUHS URD in the presence of Hon. Dr. Jayant Palaskar (Professor & HOD of University Research Department) & Dr. Pradeep Awale. All winners expressed their gratitude and praised for smooth conduction of the program. Participants actively gave their feedback & opinion regarding the Online Competition. All participants acknowledged that this Competition had enhanced their knowledge regarding research. Overall impact of this Competition was good and was thought provoking for all participants.



MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES
University Research Department
Online MUHS State Level Research Competition 2023-24
(Faculty – Ayurved, Unani & Yoga)

Minute to minute program for Inauguration on 14th March 2024

Zoom Meeting link
<https://zoom.us/j/93021531664?pwd=c2VKb1Q5QnVlOENWdmU5YVRXM2U3UT09>
Meeting ID: 93021531664
Passcode: 556139

9:55 AM to 10:00 AM - Arrival of Guests

- Lt Gen Dr. Madhuri Kanitkar (Retd)
PVSM, AVSM, VSM
Hon. Vice-Chancellor.
- Prof Dr. Milind Nikumbh, Hon. Pro Vice-Chancellor.
- Dr. Milind Aware, Hon. Dean, Ayurved & Unani Faculty.
- Dr. Rajendra Bangal, Hon. Registrar
- Dr. Mrunal Patil, Hon. Dean Academics.
- Dr. Jayant N. Palaskar, Hon. Professor & Head,
University Research Department
- Judges of Competition.
- Members of Research Expert Committee.

10:01 AM to 10:03 AM - Welcome note by Co-Ordinator - Dr. Naresh Nimbalkar.


10:03 AM to 10:06 AM - Address by Principal, CSMSS Ayurved College - Dr. S.G. Deshmukh.

10:06 AM to 10:10 AM - Address by – Hon. Dean, (Ayurved & Unani Faculty) - Dr. Milind Aware

10:10 AM to 10:15 AM - Address by – Hon. Pro Vice-Chancellor Prof Dr. Milind Nikumbh.

10:15AM to 10:25 AM - Key note Address by Chief Guest – Hon. Vice-Chancellor Lt. Gen. Dr. Madhuri Kanitkar.

10:25AM to 10:28 AM - Vote of Thanks- Dr. Fadnavis Kavita.



MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

MUHS STATE LEVEL RESEARCH COMPETITION 2023-24

Academic Category – UG

No.	Name of Participant	Name of College	Rank
1	Vedant Pande	SST Ayurved Mahavidyalaya, Sangamner	First Place
2	Himanshu Bharadwaj	CSMSS Ayurved Mahavidyalaya, Chhatrapati Sambhajnagar	Second Place
3	Aparna Deshpande	MAM Sumatibai Shah Ayurved Mahavidyalaya, Hadapsar, Pune	Third Place

Academic Category – PG

No.	Name of Participant	Name of College	Rank
1	Dr. Tirth Shah	YMT Ayurved College & Hospital Navi Mumbai	First Place
2	Dr. Rutuja Manjare	Hon. Shri Annasaheb Dange Ayurved Medical College, Ashta, Sangli	Second Place
3	Dr. Ankit Jain	CSMSS Ayurved Mahavidyalaya, Chhatrapati Sambhajnagar	Third Place

Academic Category – POST PG/Phd

No.	Name of Participant	Name of College	Rank
1	Dr. Yashashri Vitonde	CSMSS Ayurved Mahavidyalaya, Chhatrapati Sambhajnagar	First Place
2	Dr. Anil Parekar	YMT Ayurved College & Hospital Navi Mumbai	Second Place
3	Dr. Pramod Mandalkar	Hon. Shri Annasaheb Dange Ayurved Medical College, Ashta, Sangli	Third Place

Academic Category – Assistant Professor

No.	Name of Participant	Name of College	Rank
1	Dr. Chinmay Tandale	CSMSS Ayurved Mahavidyalaya, Chhatrapati Sambhajnagar	First Place
2	Dr. Pravin Jagtap	YMT Ayurved College & Hospital Navi Mumbai	Second Place
3	Dr. Sayali Pashte	Hon. Shri Annasaheb Dange Ayurved Medical College, Ashta, Sangli	Third Place

LIST OF ABSTRACTS OF UG CATEGORY

No.	Name of the Participant	Title of the study
1	Mr. Vedant Shishir Pande	The SMP (Standard Manufacturing Procedure) For Ayurvedic Dhuma Varti (A Better Alternative Of Cigar) To Be Used In Cessation Of Smoking And Hookah
2	Mr. Himanshu Bharadwaj	An Observational Cross-Sectional Study Of 'Dantadinam Maladhyatvam' As Prameha Purvarupa With Special Reference To Pre Diabetic Stage By Evaluating Salivary Amylase
3	Miss. Aparna Deshpande	Ayukalpa - Comprehensive healthcare at your fingertips
4	Miss. Vaishnavi Jayabhay	An Observational Study Of Modern Lifestyle As Hetu In Samprapti Of 'Shitpitta'
5	Mr. Prathamesh Arun Patil Alas Jatrate	Clinical Study Of Ashmbhedi Herbal Formulation As Anubhuta Yog In Renal Calculi Of Size 6 To 10 Mm
6	Miss. Neha Sudhir Tambile.	Experimental Pilot Study Of Development Of Culture As Add On Effect Of Dhayti (Woodfordia Fruticosa Kurz) In Jeevamrut
7	Miss. Rithika Mukesh Kothari	Interpretation Of Concepts Of Emotional Intelligence Described In Charak Samhita
8	Miss. Akshaya Shrikant Rahrurkar	A Study To Evaluate Efficacy Of Topical Amalki (Embilica Officinalis)Vitamin C Serum As A Herbal Beauty Product In Ageing And Pigmentation-An Open Labelled, Two Armed , Randomized Control, Phase 2 Clinical Study.
9	Mr. Prathamesh Lavhale	Studying The Relation Between Autophagy And Langanh According To The Charak Samhita
10	Mr. Uday Gosavi	Concept Of Sukha Lakshan Mention In Dhatusarata W.S.R. To Vocational Guidance
11	Mr. Shivendra Yadav	Effects of Pranayama on people suffering from OCD (Obsessive Compulsive Disorder)

THE SMP (STANDARD MANUFACTURING PROCEDURE) FOR AYURVEDIC DHUMA VARTI (A BETTER ALTERNATIVE OF CIGAR) TO BE USED IN CESSATION OF SMOKING AND HOOKAH

Name of the Researcher : Mr. Vedant Shishir Pande Category : UG Avishkar

College : SST Ayurved Mahavidyalaya, Sangamner

Aim- To develop Standard Manufacturing Procedure (S.M.P.) of Ayurvedic DhumaVarti to be used in management of Cessation of Smoking.

Objectives-

The primary objective is to establish the S.M.P. for Ayurvedic Dhuma Varti, while secondary objectives include assessing quality control parameters and creating suitable filters for the Dhuma Varti.

Materials and Methods-

Dhumavarti was prepared from the drugs mentioned in Dhumpanopaga Gana¹ and Vishaghna Mahakashaya² mentioned in Charak Samhita.

Method-

1) Preparation of Dhuma Varti- The method includes soaking a stick of hollow grass, sorting and powdering the ingredients, forming a paste, and drying it to create the Dhuma Varti.

2) Preparation of Filter- As the Dhuma Varti is to be used in Cessation of smoking we attempted to develop two kind of filters on the basis of types Smokers i.e. 1) Filter for Chain smokers, 2) Filter for Light-Moderate Smokers.

Filter for Chain smokers has been made up of Sand with a cotton and menthol attachment in it. The Filter for mild smokers were made up from a plastic bottle with menthol and water and two openings.

3) Quality Control Analysis of Dhuma Varti-

Observations and Results - Physiochemical analysis of Dhuma Varti : (Mean of 3 batches) vLOD Test (Loss on Drying Test)- 12.81%, vAsh Value Test- 11.91%, vPH- 5.46, vAcid insoluble extractive - 41%, vWater Soluble Extractive- 10.46%

Conclusion-

1. The Dhuma Varti was successfully made from the drugs as per ayurvedic texts.
2. The Dhuma Varti was burned without any trouble while it has a delightful smell.
3. The Smoking was done successfully by two filters.

AN OBSERVATIONAL CROSS-SECTIONAL STUDY OF 'DANTADINAM MALADHYATVAM' AS PRAMEHA PURVARUPA WITH SPECIAL REFERENCE TO PRE DIABETIC STAGE BY EVALUATING SALIVARY AMYLASE

Name of the Researcher : Mr. Himanshu Bharadwaj Category : UG Student

College : Chhatrapati Shahu Maharaj Shikshan Sanstha's

Ayurved Mahavidyalaya & Rugnalaya, Chhatrapati Sambhajinagar.

Purvarupa gives us an intimation of upcoming disease. Etiological factors for Prameha are Kapha promoting factors. Premonitory symptoms are Dantadinam Maladhyatvam (accumulation of plaque/tartar), Swadwasya (sweet taste in mouth), Paanipaadayo Daah (burning sensation over palm/sole), Chikkanta (stickiness of skin), Truta (thirst) etc. In insulin resistance, the muscles, liver and fat cells cannot use insulin properly to control blood sugar levels. HbA1c assay quantifies the level of glycated Hb thus approximating average blood glucose level over the lifetime of RBCs. HbA1c level of 5.7 to 6.4 is considered as prediabetic which reflect as insulin resistance. High level of glucose in blood can also cause glucose to build up in saliva, this glucose can feed harmful bacteria that come by with food to form soft sticky film called plaque and can also build upon teeth near gum line and harden into deposit called as tartar. Changes in carbohydrate metabolism can affect salivary parameter preferably salivary amylase. Alpha amylase bind with selected group of oral streptococci. Binding of Alpha amylase to bacteria and teeth may have important implication for dental plaque formation.

Primary objective is to study & compile Prameha Purvarupa & pre diabetic stage and 'Dantadinam Maladhyatvam' by evaluating salivary amylase in an observational cross-sectional study. As prevalence rate of pre diabetic patient is 7.3 in India, considering this, the sample size taken for this study is 100. So salivary amylase in insulin resistant prediabetic phase can be used to prove Purvarupa of Prameha 'Dantadinam Maladhyatvam' as this is non-invasive test hence salivary amylase can be used as alternate procedure for diagnosis.

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

AYUKALPA - COMPREHENSIVE HEALTHCARE AT YOUR FINGERTIPS.

Name of the Researcher : Ms. Aparna Deshpande Category : UG Student

College : Smt. Sumatibai Shah Ayurved Mahavidyalaya, Hadapsar, Pune

Aim- To develop "Ayukalpa" mobile application

Objectives – 1. Creating mobile application that provide a smooth one-stop convenient solution for any information needed about ayurveda formulations. 2. Literature review about various drug formulations of Ayurveda available in market with respect to ingredients, indications, dosage, manufacturer will be done.

Target population- Medical apps are strictly developed for medical professionals, researchers and patients.

Advantages-

- "Ayukalpa" application will be found useful as regular reference manual by the Ayurvedic physicians across the country.
 - User friendly interface with search bar in mobile interfaces is a crucial component that enables users to quickly and conveniently find the information they are looking for
- Application design-. App design is to be focused on Figma, where we can create mobile interactive UI designs that will also serve as the wireframe for the app. It will create a holistic view of how the app looks and feels. Right now, 50 ayurvedic classical formulations will be worked on

Implementation and Methodology -

The development can be done either using traditional coding development which can have hybrid development model of ionic or React Native for development, or bubble implementation of no code platform like bubbles, appsheet, power apps for android, and it can be installed on any device which supports android.

- Install Register using username password
 - Input the type of ayurvedic formulation e.g. Ghrita, Churna as per requirement. Select the formulation
 - The information regarding the kalpa, its contents, dosage, indications, after drinking, and pharmacies which provide the product are displayed. Can be presented as flowchart if permitted
- maintenance- This module will display recent research regarding the product or its chief constituent from web search results. The changes will be given after the first release, they will update after finding any bugs and new requests for changes.

Novelty :

1. Drugs along with their price mentioned together
2. Generally pharmacies only display their manufactured products on their app but in this app many drugs from different pharmacies are extracted.
3. Different drugs like Classical drugs, proprietary drugs, patent drugs and some drugs used as vrudhavaidya parampara are mentioned together.
4. Drugs along with their indications on Dosha, Dhatu , Mala.

AN OBSERVATIONAL STUDY OF MODERN LIFESTYLE AS HETU IN SAMPRAPTI OF 'SHITPITTA'

Name of the Researcher : Miss. Vaishnavi Jayabhay Category : UG Student

**College : Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya, Chhatrapati Sambhajinagar**

Shitpitta is a skin disease explained by Acharya Madhavakara, in 'Madhavnidan'. Shitpitta is one of the most common allergic skin disease described in Ayurveda. Modern lifestyle refers to the way people live their lives in the 21 st century. While lifestyle is nothing but the way people follow their daily routine in present society. It mainly includes their food habits, sleep patterns, emotional setup, other activities, etc. Knowing the importance of it our acharyas have mentioned about the ahar, vihara , nidra and dincharya palan in life. Neglecting these factors is the main cause of disease. Now a day due to the way we live today is the main cause of many diseases developing in body, especially skin diseases.

One among such disorder which is more frequently occurring is Shitpitta . So in this present study, the contributory factors on life style which causes vitiation of doshas were observed and studied on people, who are resident of Maharashtra. This would be helping in analysing the causative factors responsible for the samprapti of Shitpitta, which will be further helpful for samprapti bhang in chikitsa.

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

CLINICAL STUDY OF ASHMBHEDI HERBAL FORMULATION AS ANUBHUTA YOG IN RENAL CALCULI OF SIZE 6 TO 10 MM.

Name of the Researcher : Mr. Prathamesh Arun Patil Alas Jatrate

Category : UG Student

College : Hon. Shri. Annasaheb Dange Ayurved Medical College and
Post Graduate & Research Center, Ashta, Sangli.

AIM:- Ayurvedic treatment of urolithiasis by using traditional medicinal plants in ashmbhedi swaras as anubhuta yog.

OBJECTIVES:- To determine the efficacy of traditional plant medicine [Ashmbhedi] as "Anubhut Yog" Material:-Neem leaves, young mango leaves, Pomegranate leaves , kalanchoe pinnata / bryophyllum pinnatum leaves [pashanbhed ashmbhedi], Tulasi, kuradu [calosia argentea] white onion, lemon juice and water.

METHOD :- Preparation of swaras of all the above traditional medicinal plant's with specific quantities and mix with same amount of water. Crush white onion in this and mix half lemon and consume this ashmbhedi swaras. Use: take a 50 ml of swaras in the morning before eating anything. And three hours before dinner. Innovation :The presented research can be useful for Urinary stone. The information and properties of the medicinal plant used for this research is given in the Ayurveda. But there is very little research on it. Therefore, the main purpose of this research is to save such a useful medicinal plant and find a solution for urinary stone and related diseases by studying it.

CONCLUSION AND FINDINGS :- 30 Patients treated with Swaras. It helps for :-
1.increases frequency of urination.2 decreases lower back pain.3.dissolve urinary stone & excreted through urine.4.decreases the burning sensation during micturation. The above traditional medicinal plant is found to be effective and beneficial for the Urolithiasis.

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

EXPERIMENTAL PILOT STUDY OF DEVELOPMENT OF CULTURE AS ADD ON EFFECT OF DHAYTI (WOODFORDIA FRUTICOSA KURZ) IN JEEVAMRUT

Name of the Researcher : Miss. Neha Sudhir Tambile. Category : UG Student

**College : Hon. Shri. Annasaheb Dange Ayurved Medical College and
Post Graduate & Research Center, Ashta, Sangli.**

Jeevamrut is the traditional Indian bio pesticide and organic manure that is prepared by the unique technique of fermentation of the combined mixture of cow dung, cow urine, jaggery, pulses flour, soil and water. Not only it is cost effective but it is beneficial for both plants and soil. Culture will be prepared as per reference from Yogaratnakar by adding *W. fruticosa* flowers in jeevamrut as fermentation initiator.

Aim of study: To develop a culture of jeevamrut as add on effect of Dhayti (*Woodfordia fruticosa* Kurz) in Jeevamrut and to increase the rate of fermentation, quality of jeevamrut with per million microbes.

Objectives of the study: I. To prepare the culture of jeevamrut with add on of Dhayti (*Woodfordia fruticosa* Kurz) 2. To determine the quality of jeevamrut as per million microbes.

Observation: Statistical study is done and reports are collected of difference in count cultures of with and without dhayati

Conclusion: The *W. fruticosa* flowers were used as commonly precious source of fermentation process. Developed a culture of jeevamrut as add on effect of Dhayti (*Woodfordia fruticosa* Kurz) in Jeevamrut will help to increase the rate of fermentation, quality of jeevamrut with per million microbes.

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

INTERPRETATION OF CONCEPTS OF EMOTIONAL INTELLIGENCE DESCRIBED IN CHARAK SAMHITA

Name of the Researcher : Miss. Rithika Mukesh Kothari Category : UG Student Avishkar

College : Dr. G. D. Pol Foundation's YMT Ayurvedic Medical College, Kharghar.

Aim - To interpretation of concepts of emotional intelligence described in Charak Samhita

Objectives

- 1. To compile the references of emotional intelligence in Charak Samhita**
- 2. To interpret references of Charak Samhita according to definition of Emotional Intelligence**

Novelty - To increase awareness about emotional intelligence and improve its status while emphasizing on the Ayurvedic perspective of emotional intelligence.

Material

- 1. Charak Samhita**
- 2. Psychology, Fifth Edition, Pearson Education Limited.**

Methodology - Analyzed and interpreted the concepts of emotional intelligence in Charak Samhita from the references given below.

Definition: Emotional intelligence is the awareness of and ability to manage one's own emotions to facilitate thinking and attain goals, as well as the ability to understand emotions in others. Few examples of interpretation of concepts of Charak Samhita are given below,

- 1. Charak Vimana-sthana 6/5 - In the description of "Vidharaneeya Vegas" Charak explains how to improve awareness & ability to manage one's own emotions.**
- 2. Charak Sharir-sthana 1/20, 21, 22, 23 describes awareness and management of emotions. It also describes appropriate thinking process to attain goals.**
- 3. Charak Viman-sthana 6/9 and Charak Sharir-sthana 1/36 teaches management of emotions to improve emotional intelligence.**
- 4. Charak Sharir-sthana 1/77, 78 describes the mental condition of a person when he attains highest emotional control.**
- 5. Charak sutrasthana 8/18 describes code of conduct to understand emotions in others.**

Conclusion - Charak Samhita describes measures to manage emotion, the process of clear thinking and attain goals, the effect of attaining emotional balance, importance of understanding others' emotions

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

A STUDY TO EVALUATE EFFICACY OF TOPICAL AMALKI (EMBILICA OFFICINALIS) VITAMIN C SERUM AS A HERBAL BEAUTY PRODUCT IN AGEING AND PIGMENTATION-AN OPEN LABELLED, TWO ARMED, RANDOMIZED CONTROL, PHASE 2 CLINICAL STUDY.

Name of the Researcher : Miss. Akshaya Shrikant Rahurkar Category : UG Student

College : ASS Ayurved Mahavidyalaya, Nashik

AIM-To evaluate efficacy of Amalki (embilica officinalis) vitamin C serum in ageing and pigmentation.

OBJECTIVES-

- 1) To evaluate efficacy of Amalki vitamin C serum as anti pigmentary agent.
- 2) To evaluate efficacy of Amalki vitamin C serum as antiageing agent

HYPOTHESIS-

A)Amalki vitamin C serum is effective in ageing . B) Amalki vitamin C serum is effective for glowing skin.

c)Amalki vitamin C serum is effective in sun damage and pigmentation .

MATERIALS AND METHOD-

Study was carried out at our hospital in two different groups . Group A-30 patients containing acne, pigmentation,dull skin using amalki vitamin C serum . Group B-30 patients using serum available in market.

CRITERIA FOR SELECTION-

Inclusion criteria- 1) Age group -16-50- yrs, 2) Sex-males and females

Exclusion criteria-

- 1)person suffering from any life threatening disease., 2)person having wound on face or neck.

PARAMETERS OF STUDY-

- 1) pigmentation, 2) wrinkles, 3) acne problems

RESULT – In group 1 patients ageing and pigmentation was reduced significantly in less time .

CONCLUSION-

There was significant reduction in pigmentation ,acne, wrinkles of group 1 patients, also over all skin glow was enhanced . Thus this Amalki vitamin C serum is useful in ageing and pigmentation.

STUDYING THE RELATION BETWEEN AUTOPHAGY AND LANGHAN ACCORDING TO THE CHARAK SAMHITA

Name of the Researcher – Mr. Prathamesh Lavhale Category – UG Student

College : Dhaneshwari Ayurved College & Research Institute, Chhatrapati Sambhajinagar.

Ayurveda is the ancient science which deals the holistic and natural way of treating diseases. Purpose of ayurveda is to establish dhatu in balanced state. Efforts to establish dhatu-samyata is called as chikitsa. According to the acharya charak there are six types of chikitsa i.e 1. Langhan 2. Bruhan 3. Rukshan 4. Snehan 5. Swedan 6. Stambhan . Substances or activities which create laghuta (lightness) in body is called as langhan. It is the first types of chikitsa according to acharya charak also known as reducing therapy. There are ten types of langhan of which four are shodhan karma vaman, virechan, niruha, nashya, and remaining are pipasa, Vayu Sevan, dhupsevan, pachan, upavas and vyayam. Autophagy is a cellular recycling process that's breakdown and recycles cytoplasmic organelles proteins and macromolecules. The breakdown products are then recycled to help cells survive and maintains themselves. Autophagy is often activated during starvation allowing cells to survive periods of deprivation. Autophagy can also be triggered without fasting through intense exercise. Autophagy dysfunction has been linked to many disorders including cancer, diabetes, cardiovascular diseases etc. Langhan chikitsa given in ayurveda can induced autophagy and thus helpful in preventing chronic disorders. Haematological analysis of blood will be carried out on selected subjects to observe the effect of Langhana.

Keywords : Langhan , autophagy , fasting , ayurveda

CONCEPT OF SUKHA LAKSHAN MENTION IN DHATUSARATA W.S.R. TO VOCATIONAL GUIDANCE

Name of the Researcher : Mr. Uday Gosavi

Category : UG Student

College : Dhaneshwari Ayurved College & Research Institute, Chhatrapati Sambhajinagar.

Ayurved is one of the greatest gifts given by the sages of ancient India to mankind. Ayurved is designed for healthy and long life. Agni (digestive fire), Prakruti (constitution), Dhatusarata (tissue excellence), Doshas (bio energies) are the pillars of Ayurveda, which help in diagnosis, treatment and research. The strength of body and mind can be evaluated by Dhatusarata, which has been specified in Charak Samhita Viman Sthan VIII th chapter while explaining Dashavidha Pariksha (tenfold examination).

Dhatusarata is qualitative, quantitative and functional assessment of Dhatus. By knowing true strength of Dhatu, an individual can choose a particular profession and achieve success. It is difficult to assess each and every quality of Dhatusarata mentioned in Charak Samhita for, e.g., Sukha, Aishwarya, Upabhaog, Bala etc., Among these, Sukha quality is quoted in Rasa, Rakta, Mamsa, Meda and Shukra Sara.

A vocation is a career or calling and this is derived from the Latin vocare, which means "to call". Vocational guidance means helping someone finding at least a suitable career choice. Vocations or careers can be randomly categorized into areas such as service, technical, mechanical, creative, health and business etc. Vocational exploration courses offer students an opportunity to search different career possibilities as well as learn which vocational areas they have potency or talent in.

Keywords – Dhatu Sarata, Sukha, Vocational Guidance

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

Effects of Pranayama on people suffering from OCD (Obsessive Compulsive Disorder)

Name of the Researcher : Mr. Shivendra Yadav

Category : UG Student

**College : Dr. G. D. Pol Foundations Y. M. T. Ayurvedic Medical College
& Hospital, Kharghar, Navi Mumbai.**

AIM : Practising 30-35 minutes of Pranayama daily, reduces symptoms of OCD sufferers.

OBJECTIVES 1) To strengthen connection between Mind, Body and Soul. 2) To analyse the thinking patterns and errors of the Mind.

MATERIAL : 1. Charak Samhita 2. Bhagavad Gita 3. Patanjali Yog Sutra 4. Psychology (Book – Obsessive Compulsive Disorder Demystified-By Ceryl Carmin) Wiley handbook of OCD disorders – Volume 2 set.

NOVELTY

OCD –Uncontrollable repetitive thoughts and compulsions and Pranayama is a practice of focus and control over thoughts. In quest of globalization, our mental health is in trigger! People are facing lot of mental issues , infact small children ,Teenagers are going through anxiety and depression. OCD is a disorder which is much more painful than any other physical problem. Thus, without any medicine ,while sitting at home and daily practicing proper Pranayama steps OCD can be completely cured.

METHODOLOGY

20 samples of OCD sufferers were taken then they were advised to do Pranayama in following manner-

1. 3 rounds of 10 breaths each Kapal bhati was done
2. 10 minutes of Anulom Vilom Pranayama
3. 10 minutes of Bharmari Pranayama
4. 10 minutes of relaxation technique and positive affirmations

FINDINGS After continuous 5 months of Pranayama, OCD patients were completely free from OCD.

LIST OF ABSTRACTS OF PG CATEGORY

No	Name of the Researcher	Title of the study
1	Dr. Tirth Mihir Shah	Study The Vrushya Effect Of Bastand-Ksheer Basti In Ksheena-Shukra W.S.R To Male Infertility.
2	Dr. Rutuja Dattatraya Manjare	Case Series Of Ovulation Sudy With Garlic Oil Nasal Drops In Female Infertility Associated With Anovulation.
3	Dr. Ankit Vijaykumar Jain	An Observational Cross Sectional Study Of Darun Rasavaha Strotodushti In Aamvata As A Hetu Of Pranvaha Strotodushti With Special Reference To Interstitial Lung Disease In Rheumatoid Arthritis.
4	Dr. Aishwarya Jadhav	Single Arm Open Labelled Clinical Study To Evaluate The Efficacy Of Madhutailik Basti And Mustadi Yapana Basti In The Management Of Madhumeha With Special Reference To Diabetes Mellitus Type-2
5	Dr. Apoorva Sane	Management Protocol By Kalyanak Guda And Ashtadashang Loha In Non – Alcoholic Fatty Liver Disease (Nafld) – A Randomised Control Trial
6	Dr. Shravani Suresh Parate	Exploring The Efficacy Of Ayurvedic Pain Relief Patch In Alleviating Swelling And Pain – An Opened Labelled Randomized Controlled Comparative Phase II Clinical Trial.
7	Dr. Rutuja Sanjeev Bhot	Evaluation Of The Bioactive Constituents Of Arka-Dwya (Calotropis Procera & Calotropis Gigantea) With HPLC Method.
8	Dr. Monica Dattatrya Jaid	The Study Of Correlation Between Dhatwagnimandya, Ojo-Vikruti And Chronic Kidney Disease.
9	Dr. Priyanka Popat Chavan	A Herbal Suture Material Ashmantak (Non Absorbable , Polyfilament) In The Treatment Of Kshata Vrana – A Case Study.
10	Dr. Kalpit Acharya	“INNOVATIVE NON SURGICAL INTERVENTION WITH LEECH THERAPY IN THROMBOSED HAEMORRHOIDS – A CASE SERIES”
11	Dr. Priyanka Anantrao Pawar	Exploring Marma Therapy- An Effective,Non Drug Intervention, For Instant Muscular Pain Relief (An Open labelled Comparitive Two Arm Randomized Clinical Study)

STUDY THE VRUSHYA EFFECT OF BASTAND-KSHEER BASTI IN KSHEENA-SHUKRA W.S.R TO MALE INFERTILITY

Name of the Researcher : Dr. Tirth Mihir Shah

Category : Post Graduate

College : Department of Panchakarma, Dr. G. D. Pol Foundation's
YMT Ayurvedic Medical College, Kharghar.

NOVELTY – Male infertility Which has substantial 76.7% increase in the last decade in India. The affected area of this problem has no bar irrespective of metro cities as well as small town population. Due to dietary and lifestyle changes in modern era, cases of male infertility rising. Ayurved mentions various causes of shukradushti which leads to vandhyatva.

This study was an approach for practical application of samanya-vishesh Siddhant in male infertility. Testicles of goat were used for preparation of Siddha Ksheer for Yapan basti. Basti karma plays a major role in ksheen shukrajanya Avastha.

This study mainly focuses on Shukrajanan effect; hence all the patients were previously treated by shodhan chikitsa for shukrashuddhi before the administration of Bastand ksheer basti.

AIM –To study the Vrushya effect of Bastand ksheer basti. Objective – To study effect of Bastand ksheer basti on sperm count, Sperm motility, Concentration and viability before and after the treatment. Methodology – Consecutive incidental sampling study This study was performed on 5 patients with age ranging in between 20-40 years Sperm count below 15 million/ml with primary infertility was considered for the study, also the patients with pratyatmaka lakshana of KshinaShukra. Patients were given above basti regimen for 8 days. Bastand ksheer basti was prepared and administered. Follow-up study was done on 15th day.

FINDINGS -All Five patients have shown significant effect on objective pathological parameters of semen analysis. Two patients got successfully treated for infertility and are presently under Gynaecological observation for their partner's ANC. There is a wide scope of using this simple samanya-vishesh Siddhant and shukradushti chikitsa in male infertility.

CASE SERIES OF OVULATION STUDY WITH GARLIC OIL NASAL DROPS IN FEMALE INFERTILITY ASSOCIATED WITH ANOVULATION

Name of the Researcher : Dr. Rutuja Dattatraya Manjare

Category : Post Graduate

College : Hon. Shri. Annasaheb Dange Ayurved Medical College,
Post Graduate & Research Center, Ashta. Sangli.

Introduction and Novelty: Female infertility poses a significant challenge for many couples worldwide, impacting their emotional, psychological and social well being. Due to increasing cases of PCOS, Anovulation is most common cause of female infertility.

In Ayurveda Garlic is explained as Bijashuddhikara and vandhyatva nashaka . As anovulation is result of Hormonal imbalance initiating from Hypothalamic - Pituitary department. Ayurveda suggests targeting the master gland the nasal route effective treatment, so this topic is selected for the study .

Aim:

Study the potency of Garlic Oil Nasal Drops in female infertility associated with Anovulation.

Objectives:

1. To determine the efficacy of Garlic oil nasal drops in female infertility associated with anovulation.
2. To determine untoward effects of Garlic nasal drops in female infertility associated with anovulation.

Materials & methods:

1. Married patients between age group of 20-40 yrs are selected as per inclusion criteria.
2. Dose: 2 drops BID from stoppage of menses upto ovulation.
3. Observations was recorded from ovulation study by the parameters like Follicular size, Endometrial thickness and occurrence of ovulation (Yes/No).

Findings:

Garlic Oil Nasal Drops successfully constitute ovulation and helps in conception in female infertility associated with Anovulation.

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

AN OBSERVATIONAL CROSS SECTIONAL STUDY OF DARUN RASAVAHA STROTODUSHTI IN AAMVATA AS A HETU OF PRANVAHA STROTODUSHTI WITH SPECIAL REFERENCE TO INTERSTITIAL LUNG DISEASE IN RHEUMATOID ARTHRITIS

Name of the Researcher : Dr. Ankit Vijaykumar Jain Category : Post Graduate

College : Department of Rognidan & Vikrutti Vigyan,

Chhatrapati Shahu Maharaj Shikshan Sanstha's

Ayurved Mahavidyalaya & Rugnalaya, Chhatrapati Sambhajnagar.

In the texts of Madhav Nidana , Aamvata is described as the disease of Rasavaha Strotodushti and In the shloka of Hetu of Pranvaha Strotodushti in charaka we get "NLA).cii.4-TlaiTTI-- q-R-4 " which means darun Avastha of any Strotas is responsible for Dushti of Pranvaha Strotas . Also in Sushruta Sharirsthan , it is mentioned that Viddha lakshanas of Rasavaha Strotas are similar with that of Pranvaha Strotas .

Interstitial Lung Disease (ILD) means the non-infectious Parenchymal involvement of lungs which shows symptoms such as Dysponea on exertion , Non-productive cough , Hypoxia etc. which can be diagnosed with the help of HRCT Chest Scan . According to Textbook of Rheumatology , Interstitial Lung Disease is common in longstanding Rheumatoid Arthritis . As Rheumatoid Arthritis is an inflammatory disease the lungs of patients with Rheumatoid Arthritis may be affected due to disease itself . So , as the disease of Aamvata progresses towards its darun Avastha it leads to darun Rasavaha Strotodushti which can lead to Pranvaha Strotodushti .

Hence , the objective of this is to study the concept of Darun Rasavaha Strotodushti in Aamvata as a hetu of Pranvaha Strotodushti by evaluating Rheumatoid Factor and HRCT Chest . This study is an Observational Cross Sectional Study in Hospitals with 40 patients already diagnosed of Rheumatoid Arthritis with Lakshanas of Pranvaha Strotodushti . This study helps us to find that progression of Aamvata to its darun avastha leads to darun Rasavaha Strotodushti which further leads to Pranvaha Strotodushti same as longstanding Rheumatoid Arthritis leads to Interstitial Lung Disease . So , if we treat Aamvata in its initial stage we can avoid Darun Rasavaha Strotodushti which can avoid Pranvaha Strotodushti . As well as further complications of Aamvata such as Sandhivakrata , Hrudroga etc . can be prevented

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

SINGLE ARM OPEN LABELLED CLINICAL STUDY TO EVALUATE THE EFFICACY OF MADHUTAILIK BASTI AND MUSTADI YAPANA BASTI IN THE MANAGEMENT OF MADHUMEHA WITH SPECIAL REFERENCE TO DIABETES MELLITUS TYPE-2

Name of the Researcher : Dr. Aishwarya Jadhav

Category : Post Graduate

College : Department of Panchakarma,
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya, Chhatrapati Sambhajnagar.

OBJECTIVES: To study the effect of Madhutailik basti followed by Mustadi Yapana basti in the management of madhumeha w.s.r to Diabetes Mellitus Type 2.

NOVELTY: The first step towards treatment of Vataj Prameha i.e. Madhumeha should be to remove Ama, correct Agni, restore balance of Kapha and Pitta by purificatory procedures. Not stopping at this, later Vata should be treated with nourishing therapies in order to bring balance of Vata and for proper formation and nourishment of the Dhatus (DHATUPARIPOSHAN). Herein, Madhutailik basti removes excess Kapha and unctuousness from the body thereby removing obstruction in the Strotasas and restoring the functioning of Digestive and metabolic fire and later Mustadi Rajyapana basti acts as a nourishment therapy, pacifying all the doshas and dushyas . Thus, the entire treatment protocol not only controls Diabetes but also provides a cure over conditions of Diabetic Neuropathies which are unavoidable according to modern sciences.

METHODOLOGY: This study is a single-arm, open-label study conducted on 10 patients of Madhumeha (Diabetes Mellitus Type 2). The study has been conducted in two phase's viz, Phase A & Phase B. In Phase A after initial assessment and informed written consent, administration of Madhutailik Basti in yog basti krama has been done. Later, parihar kal of 16 days (dvau kaale) was followed. In Phase B administration of Mustadi Yapana basti is done in yoga basti krama, Patient advised to continue their routine Aahar/Vihar (Diet/Activity) during parihar kaal of 16 days .During the treatment protocol follow up have been taken on day 8, 24, 32 & 48 (final follow-up). After completion of both phases of treatment protocol stastical analysis has been drawn, result, discussion & conclusion were noted.

FINDINGS: The treatment protocol showed significant relief in the management of Madhumeha (Vataj Prameha) w.s.r Diabetes Mellitus Type 2 by correcting the dhatu poshan (metabolism).

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

MANAGEMENT PROTOCOL BY KALYANAK GUDA AND ASHTADASHANG LOHA IN NON – ALCOHOLIC FATTY LIVER DISEASE (NAFLD) – A RANDOMISED CONTROL TRIAL

Name of the Researcher - Dr. Apoorva Sane

Category – Post Graduate

College : Department of Samhita & Siddhant,

Dr. G. D. Pol Foundation's YMT Ayurvedic Medical College, Kharghar.

OBJECTIVE

To assess the efficacy of Kalyanak Guda and Ashtodashang Loha in NAFLD.

NOVELTY

According to ScienceDirect, the pooled prevalence of Non-Alcoholic Fatty Liver Disease (NAFLD) is 38.6%. Post-COVID, there is a steep rise in sedentary lifestyle, with people leaning on ready to eat food and minimal to no exercise. NAFLD is a silent condition with few or no symptoms. Certain health conditions and diseases – including obesity, metabolic syndrome, and type 2 diabetes – make it more likely to develop NAFLD.¹ NAFLD is a condition when there's an increase fat built up in the liver and this can be related to Santarpanjanya vyadhi in Ayurveda.

METHODOLOGY

30 subjects were assessed on subjective criteria, pre - post Liver Function Test, FBS, Lipid Profile. The subjects were subjected to Nitya Virechan by Kalyanak guda on every 2nd weekend administered at bedtime. And Ashtadashang Loha was administered daily for a period of 3 months.

FINDINGS

Here the protocol followed acts as a cost and time effective promising measure in today's time.

Significant results were observed at the end of study. It included normalising LFT, Lipid and FBS levels and subjective criteria reduction. Probable mode of action is by detoxifying the liver in these subjects, thus increasing quality of life and hopefully lifespan too.

EXPLORING THE EFFICACY OF AYURVEDIC PAIN RELIEF PATCH IN ALLEVIATING SWELLING AND PAIN – AN OPENED LABELLED RANDOMIZED CONTROLLED COMPARATIVE PHASE II CLINICAL TRIAL

Name of the Researcher - Dr. Shravani Suresh Parate Category –Post Graduate

College – Department of Kayachikitsa,
ASS Ayurved Mahavidyalaya Nashik

Introduction : Pain is the oldest challenges in the history of medicine. It is the serious problem globally due to its high prevalence rate 53% and regard as 5 th vital sign. The concept of pain management is a big domain. Pain is the most popular complaint everybody is facing and has major effect on the physical, mental, and economic aspects of the patients. In day today life musculoskeletal pain, joint pain with swelling is very common it may be due to sports injury or athletes swelling, post-traumatic pain, elderly person may suffer from osteoarthritis, rheumatic arthritis, etc. Drug delivery is essential way of drugs administration. Ayurvedic pain patch give dynamic management of acute musculoskeletal pain to a great extent. It can be applied in seconds and deliver sustained relief from pain and swelling directly to the applied area. These non-smelly, non-messy ayurvedic pain relief patches do not have side effects like skin irritation. Ayurvedic pain relief patch is a simple and convenient alternative to oral painkillers. We tried to reveal adaptations of advanced technologies and its impact in the manufacturing in ayurvedic traditional.

Aim (primary objective) :

To evaluate the efficacy of Ayurvedic pain relief patch in alleviating selling and pain.

Secondary objective :-

- 1) To develop cost effective Ayurvedic pain relief in swelling and pain.
- 2) To evaluate efficacy of Ayurvedic pain relief patch on swelling and pain.

Material : Berbasis aristata , curcuma longa, tecomella undulata, Ricinus communis ,
Cinnamomum camphora,

vitex negundo, menthol, zingiber officinale, rock salt

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Methodology :-

Group A – 30 pateint with signs and symptoms of swelling and pain will give Ayurvedic pain relief patch

Group B- 30 pateint with signs and symptoms of swelling and pain will give traditional lepa chikitsa, Applied Duration : 12-24 hrs Follow up 0 day, 3 days, 7 days

Subjective inclusive criteria Osteoarthritis pain Pain due to sprain, sports injury.

Rheumatic arthritis pain, Muscle pain, spondylarthritis pain

Exclusive criteria : Patients having swelling and pain over genitals, eyes, ulcer, open wound.

Oedema due to cardiac cause, renal dysfunction, ascites swelling, bilateral pedal edema due to specific diseased.

Parameter of study: - Visual analogue scale (VAS)

Novelty and utility :- It can be applied in seconds and deliver sustained relief from pain and swelling directly to the applied area

- Reduced healthcare costs
- Enhanced quality of life
- Easy to carry anywhere
- Those who have cognitive disabilities.
- Whose who cannot self medicate.
- Those who are disable.
- Menstrual cramp relief
- Sports injury

Result and conclusion: -

Group A - Ayurvedic pain relief patch reduces swelling and pain in just 2-3 follow ups without restricting day today activity, reduces health care cost, deliver sustained relief over longer period of time, benefits to cognitive disable person, enhanced quality of life, can be portable.

Group B- Traditional Ayurvedic lep is time consuming, not fesible, not portable, need extra tools, heating materials.

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EVALUATION OF THE BIOACTIVE CONSTITUENTS OF ARKA-DWAYA (CALOTROPIS PROCERA & CALOTROPIS GIGANTEA) WITH HPLC METHOD

Name of the Researcher : Dr. Rutuja Sanjeev Bhot **Category : Post Graduate Avishkar**

College : Department of Kayachikitsa,
Dr. G. D. Pol Foundation's
YMT Ayurvedic Medical College, Kharghar.

AIM - Evaluation of the bioactive constituents of Arka-dwaya (Calotropis procera & Calotropis gigantea) with HPLC method.

OBJECTIVE - To determine the bioactive constituents of Arka-dwaya with HPLC method.

HYPOTHESIS There is significant difference between HPLC study of Arka-dwaya (Calotropis procera & Calotropis gigantea) .

METHODS - The study will be conducted in following manner. A. Collection and authentication of roots of Arka-dwaya Calotropis procera and Calotropis gigantea as per good collection practice. B. HPLC of both the samples.

MATERIALS - All standard instruments for phytochemical study & HPLC instrument.

RESULT - Most importantly, almost 8 terpinoids were detected which might potential active components to exhibit desired pharmacological activities. but presumably, among them peak no. 7 and 8 retained at 37.77 and 47.73 minutes (as shown in HPLC reports), respectively would have the most prominent activities as their concentrations much higher than rest of other detected terpinoids; observed in UV detection at 210 nm wavelength. No any acids (phenolic/polyphenolic acids), basic components (alkaloids), flavonoids (mostly yellow pigments) and phytosteroids have been detected.

CONCLUSION - Comparatively, root extract of Calotropis gigantea have higher concentration of active terpinoids than investigated other sub-species; Calotropis procera. That presumed, Calotropis gigantea would be much better than Calotropis procera overall considering the yield of contents.

THE STUDY OF CORRELATION BETWEEN DHATWAGNIMANDYA, OJO-VIKRUTI AND CHRONIC KIDNEY DISEASE

Name of the Researcher : Dr. Monica Dattatrya Jaid Category : Post Graduate Avishkar

College : Department of Rognidan,
Tilak Ayurved Mahavidyalaya, Rasta Peth, Pune- 411011

Introduction:

Chronic kidney disease (CKD) is the 16th leading cause of years of life of worldwide. Dhatwagnimandya and derangement in all dhatus and strotas play Major role in the pathogenesis of CKD. In CKD, dhatwagnimandya causes dhatuvaishamyia ultimately leading to Ojo-Vikruti.

Aims and Objectives- 1. To study the correlation between chronic kidney disease and dhatwagnimandya. 2. To study the correlation of chronic kidney disease and Ojo-vikruti.

Material and Methods- An observational study was conducted in affiliated hospital.

Sample size: 40. Data was obtained by assessing the sign and symptoms of dhatwagnimandya, ojo-vikruti and chronic kidney disease.

Observation – The clinical features of CKD are correlated with dhatwagnimandya, Ojo-vikruti. Lakshanas of vitiation of Rasa dhatu Rasavaha srotas like Aruchi (Anorexia), Hrullas (Nausea), Tandra (Drowsiness/Fatigue), Angamard (Body ache), Pandutva (Anemia), Nasho Agnehe (loss of digestion Strength), Chardi (vomiting), Krushangata (weight loss) were observed. Ojo-vikruti lakshanas viz. gatra-sada, stabdh gurugatrata, vaat shoph, nidra, moha and glaani are correlated with sign and symptoms of CKD.

Conclusion- It is concluded that there is correlation between dhatwagnimandya, ojo-vikruti and chronic kidney disease.

Keywords- Agni, Dhatwagnimandya, Ojo-Vikruti, Chronic kidney disease.

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A HERBAL SUTURE MATERIAL ASHMANTAK (NON ABSORBABLE , POLYFILAMENT) IN THE TREATMENT OF KSHATA VRANA – A CASE STUDY

Name of the Researcher : Dr. Priyanka Popat Chavan

Category : Post Graduate

College : Department of Shalyatantra,
Hon. Shri. Annasaheb Dange Ayurved Medical College,
Post Graduate & Research Center, Ashta, Sangli.

Acharya sushruta explained ashtavidha shashtrakarma sushrut samhita in which surgical procedure is explained in detail .seevan karma is one of the important shashtra karma . seevan means suturing ,bring two tissue together untill healing has taken place .for seeven karma acharaya sushruta used various types of herbal product such as shan ,moorva , guduchi pratan . ASHMANTAK is one of herbal suture material which can be used for suturing in kashta vrana (incised wound) . For suturing we used Ethilon ,Nylonebut non absorbable synthetic suture material which are not affordable for everyone , Ashmantak (APTA) as herbal suture material can be easily affordable for everyone as it is available in all over Maharashtra as well as it also have medicinal proprty which can be help in wound healing .

Aim : Study the efficacy of Ashmantak (non-absorbable, polyfilament) suture material in the treatment of Kshata Vrana

Objectives : To observe the tensile strength of Ashmantak fibre at various stages of wound healing.
To prepare it an acceptable herbal suturing material and study its haemostatic properties.

Material and Method :

Ashmantak suture material prepared by fibre extraction method

Patient weretaken according to inclusive and exclusive criteria having superfical incised wound

Suture taken with ashmantak suture material with all aseptic precautions

Cleaning and dressing done with alternate day follow up till 15 day

Observation will be done according to subjective and objective criteria such as pain , redness , wound approximation.

Result : On the basis of findings and all parameter it is proved that,

· Ashmantak herbal suture material is significantly effective in superficial incised wound having wound size approx. 3 cm. It helps in wound approximation. Ashmantak herbal suture material has great tensile strength during wound healing stages.

Conclusion : further study is conducted for more evaluation of ashmantak suture material properties based on study result.

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Exploring Marma Therapy- An Effective, Non Drug Intervention, For Instant Muscular Pain Relief (An Open labelled Comparative Two Arm Randomized Clinical Study)

Name of the Researcher : Dr. Priyanka Anantrao Pawar **Category : Post Graduate**
College : Department of Shalyatantra,
ASS Ayurved Mahavidyalaya, Nashik.

AIM-To evaluate efficacy of Marma Therapy in Instant Muscular Pain Relief.

OBJECTIVES-

- 1) To evaluate efficacy of Marma Therapy in Instant Muscular Pain Relief
- 2) To evaluate efficacy of Marma Therapy in decreasing stiffness.

HYPOTHESIS- H1:- Marma Therapy is Significantly effective in Muscular pain Relief. H0:- Marma Therapy is Significantly not effective in Muscular pain relief.

MATERIALS AND METHOD-

Study was carried out at our hospital in two different groups . Group A-20 patients having muscular pain treating By Marma Therapy . Group B-20 patients having muscular pain treating Application of Nirgundi oil affected Area.

CRITERIA FOR SELECTION-

Inclusive Criteria- 1. Patient having signs and symptoms of Muscular pain of cervical and lumbar region . 2. Patients of age group between 18-70 yrs irrespective of gender, socioeconomical status, religious status 3. Patients willing to take part in treatment.

Exclusion Criteria –

1. Patient having any congenital skeletal anomaly.
2. Patients with immediate history of Orthopedic surgeries within 1 month.
3. Patients having any autoimmune disorders like RA / Sjogren syndrome, etc.
4. Patient having any psychological problem.

Withdrawal Criteria – 1. If patient develops any adverse effect. 2. Patient refuses to continue treatment. 3. Patient is absent for 2 consecutive follow ups. 4. Pregnant lady

PARAMETERS OF STUDY-

- 1) Pain-By Using VAS scale
- 2) Stiffness

RESULT – In Group-A more patients parameters pain and Stiffness was reduced significantly in less time by Marma Therapy.

CONCLUSION- There was significant reduction in parameters i.e. radiating pain ,stiffness in 7days of group 1 patients by application of marma therapy.

Thus Marma Therapy is Significantly effective in Muscular pain Relief.

"INNOVATIVE NON SURGICAL INTERVENTION WITH LEECH THERAPY IN THROMBOSED HAEMORRHOIDS – A CASE SERIES"

Name of the Researcher : Dr. Kalpit R. Acharya

Category : Post Graduate

**College : Dr. G. D. Pol Foundation's Y. M. T. Ayurvedic Medical College and Hospital,
P. G. Institute-Research Centre, Kharghar, Navi Mumbai,**

Abstract:

□ **Background:** 'Haemorrhoid' is an ailment that affect all economical groups of population. It has limits of management , it has own complications like inflammation and thrombosis. Thrombosed Haemorrhoids possibly occure due to high venous pressure associated with severe anal pain. Leech therapy found to be effective in thrombosed Haemorrhoids it shows thrombolytic action and also reducing pain and swelling by mechanically sucking local blood which reducing fluid pressure inside the haemorrhoids & prevent it getting necrose. This method of treatment is found to be effective and increase the quality of life of the patients.

Aim & Objective:-

1)To prepose an innovative non surgical intervention with leech therapy in thrombosed haemorrhoids.

2)To study the effectiveness of Leech therapy (Jalaukavacharan) in the management of Thrombosed hemorrhoid.

□ **Hypothesis:** Leech therapy (Jalaukavacharan) is effective in the management of Thrombosed hemorrhoid.

□ **Methods:** The patient diagnosed with thrombosed hemorrhoids planned for Leech Therapy (Jalaukavacharan). The Leech therapy was done at the most tender part of thrombosed hemorrhoids. Total 2 sittings was done with the interval of 2 days. The criteria for effectiveness assessment were Pain, Swelling , Tenderness & size of thrombosed haemorrhoid .

□ **Results:**

After 1st sitting - reduced pain , tenderness & discomfortness. After 2nd sitting- size of thrombosed hemorrhoid was reduced & painless shrunken recedue at anal verge.

□ **Conclusion:** Leech therapy (Jalaukavacharan) has shown effective results on thrombosed haemorrhoids.

□ **Keywords:** Leech therapy , Jalaukavacharan , Thrombosed Haemorrhoid.

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LIST OF ABSTRACTS OF POST PG / PhD CATEGORY

No.	Name of the Participant	Title of the study
1	Dr. Yashashree Vitonde	A Clinical Trial To Study The Effect Of Mantra 'Aim' On Memory And Concentration In College Going Students.
2	Dr. Anil Parekar	Harmony Within: Ayurvedic Insights Into Cardiac Biomarkers.
3	Dr. Pramod Sakharam Mandalkar	A Case Series- To Study The Effect Of Apatyakara Ghrita Uttarabasti In Kshinasukra With Special Reference To Oligozoospermia.
4	Dr. Amol M. Badarkhe	An Open Labelled Clinical Trial Of Kushmand Avaleha In The Management Of Karshya.
5	Dr. Nishigandha Sameer Pol	A Single Arm Open Labelled Clinical Trial To Assess The Vrushya Effect Of Kapikacchu Churna In The Management Of Male Infertility With Special Reference To Oligoasthenozoospermia – Case Series.
6	Dr. Jagannath Hariyan	Innovative Insights Into Vasa Swarasa And Avleha: A Comprehensive Comparative Analysis Through Advanced Pharmaceutical And Analytical Approaches.
7	Dr. Jeny Mukesh Bhatt	A Randomized Controlled Trial To Evaluate The efficacy Of Somaghrita In Garbhini Paricharya (Ante Natal Care) With Special Reference To Baby Weight

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A CLINICAL TRIAL TO STUDY THE EFFECT OF MANTRA 'AIM' ON MEMORY AND CONCENTRATION IN COLLEGE GOING STUDENTS.

Name of the Researcher : Dr. Yashashree Vitonde Category : Ph.D. Scholar

College : Department of Kayachikitsa,
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya, Chhatrapati Sambhajnagar

INTRODUCTION – Future of any country is depend on its young generation's physical and mental health. Nowadays, college students are facing digital distraction which is greatly affecting their memory, concentration and finally career uncertainties. While defining health, Ayurveda clarifies the importance of maintaining the clarity of mind, the sense organ, and the normal physiological functions of the body. A healthy lifestyle through Ayurvedic Daivavyapashray and Satvavajay chikitsa can help to overcome digital distractions. Mantra chikitsa provides psychological and physiological benefits. Mantra 'AIM' is a "beeja mantra" associated with Godess Saraswati has mystical potential of Wisdom, Memory, Concentration and promotes Inner Clarity.

AIM: To determine the efficacy of Mantra AIM on enhancing cognitive abilities in college going students.

OBJECTIVES: 1.To quantify the changes in memory retention and concentration levels pre and post-mantra intervention, thereby providing empirical evidence of its effects. 2. To see add on effects of Mantra 'AIM' on Time & Stress management in college going students.

NOVELTY: Mobile addiction is the root cause of memory and concentration problems. Mantra's have power, energy, intention and also reduces constant chatter of the mind. This facilitates concentration, memory and learning. Purpose of this research is, To make India physically fit and mentally focused.

METHODOLOGY :

Sample Size: Total 100 students were selected. **Study Duration:** Recitation of Mantra 108 times early in the morning for 21 days. **Inclusion Criteria:** College going students irrespective of both the sex with age 18 to 25 will be selected. **Exclusion Criteria:** Students with known cognitive impairments or not willing to participate in this study will be excluded.

CONCLUSION: This trial will contribute valuable insights to the intersection of traditional practices and modern education and reveal the potential of Mantra AIM in enhancing memory and concentration in college students. Also this study may pave the way for integrating mantra recitation into mainstream cognitive training programs, potentially benefiting broader student communities by practicing regular mantra chanting for 5 min before starting the first lecture in college.

HARMONY WITHIN: AYURVEDIC INSIGHTS INTO CARDIAC BIOMARKERS

Name of the Researcher - Dr. Anil Parekar

Category– Ph.D. Scholar

College – YMT Ayurved Medical College, Kharghar, Navi Mumbai

Abstract:

The COVID-19 pandemic has shifted people's perceptions towards Ayurveda due to the increased prevalence of infectious diseases and lifestyle disorders. Objectives: In this context, understanding and interpreting diagnostic tests from an Ayurvedic perspective is crucial for elaborative understanding of the concept. Novelty: Amidst the rising prominence of cardiac diseases, necessitating timely cardiac biomarker testing. This research aims to explore the significance of cardiac biomarkers from an Ayurvedic viewpoint, focusing particularly on "troponins".

Methodology: The self narrative review delves into the significance of cardiac troponins and their probable Ayurveda viewpoint based on search from and analysis of classical Ayurvedic texts and indexed journals.

Findings: The discussion highlights the indications, interpretation, prognostic value, and clinical implications of cardiac biomarkers, emphasizing their correlation with Dosha, Dhatu, and Vyadhi characteristics within the framework of Ayurveda. The heart, being an organ primarily composed of Mamsa and Rakta Dhatu, may exhibit pathology involving these Dhatu and their respective Dhatwagni Amsha in circulation. Cardiac biomarkers, encompassing proteins, enzymes, or hormones, are traditionally interpreted through Ayurvedic perspectives, involving concepts such as Dhatwagni Amsha, Dhatwamsha, Dhatu Mala, and Kleda. The conclusion underscores the understanding the underlying Ayurvedic pathology allows correlation between Dosha with their Guna, Dosha Gati, Shatkriyakala, Vyadhi Avastha, and Dushya involved with troponins. Also highlights the necessity for further research to integrate troponins understanding with Ayurvedic principles, considering concepts such as Sara, Prakruti, and Bala for comprehensive diagnostic and therapeutic strategies.

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A CASE SERIES- TO STUDY THE EFFECT OF APATYAKARA GHRITA UTTARABASTI IN KSHINASUKRA WITH SPECIAL REFERENCE TO OLIGOZOOSPERMIA

Name of the Researcher : Dr. Pramod Sakharam Mandalkar Category : Ph.D. Scholar

College : Department of Panchakarma, Hon. Annasaheb Dange

Ayurved Medical College, Hospital & Post Graduate Research Center, Astha, Sangli

Worldwide around 08–12% of couples experience difficulty conceiving, referred to as infertility. Out of those couples, 40–50% struggle with male factor infertility, which could be caused by sperm related conditions such as Oligozoosperm and Azoospermia. Oligozoospermia, defined as a condition characterized by a sperm count of less than 15 million spermatozoa per milliliter of ejaculation, is a significant contributor to male infertility. Ayurveda, recognizing such reproductive abnormalities leading to conditions Ashta Retodosha. Among these, Kshinashukra, a concept within Ayurveda, can be likened to oligozoospermia. As per Acharya Sushruta, Kshina Shukra having Vata – Pitta predominacy. Uttarabasti, a treatment regimen, is highly recommended for promoting fertility and virility. Apatyakara Ghrita, prescribed for Retodosha, possesses properties like Vrushya and Shukrala, which aid in combating such conditions.

AIM - To study the effect of Apatyakara Ghrita Uttarabasti in Kshinasukra w.s.r. to Oligozoospermia.

MATERIALS & METHODS - For this research, 10 male participants aged between 21 to 50 years, exhibiting sperm counts below 15 million/ml and displaying classical signs and symptoms of Kshinasukra, were recruited. Exclusion - Organic defects, post-surgery or post trauma on the genital organs, low Sperm count due to long standing chronic disorders, history of STD. They underwent 3 months treatment regimen consisting of 20ml of Apatyakara Ghrita Uttarabasti administered daily for first 7 days of a month. 3 setting of 7 days Uttarabasti were carried out in 3 months. Pathyapathya (Diet regime and behavioural restrictions) were advice strictly follow during treatment period and follow-up period (1 week after completion of treatment). Assessment was carried out on improvement in subjective criteria i.e. Sexual health parameters (Mehra & Singh, 1995), Objective criteria i.e. Semen Analysis and Overall criteria i.e. percentile improvement in all parameters, which were recorded before and after treatment.

RESULTS - The administration of Apatyakara Ghrita Uttarabasti and Snehapana resulted in statistically significant improvements (<0.001) across various parameters: sperm count increased by 41.42% (t - 4.87), motility by 37.5% (t - 4.36), volume by 20.36% (t - 5.25), viscosity by 28.57% (t - 4), sexual desire by 23.33% (t - 4.58), erectile function by 24.14% (t - 4.58), erectile rigidity by 45.45% (t - 3), ejaculation function by 20.59% (t - 3.28), orgasmic function by 21.21% (t - 3.28). In terms of overall outcome, 30% of participants achieved complete remission, 40% experienced marked improvement, and 30% showed moderate improvement.

CONCLUSION- The assessment of the therapy indicates statistically and clinically significant results, demonstrating the efficacy of Apatyakara Ghrita Uttarabasti.

KEYWORDS: Kshinashukra, Uttarabasti, Snehapana, Apatyakara Ghrita, Male Infertility, Oligozoospermia

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AN OPEN LABELLED CLINICAL TRIAL OF KUSHMAND AVALEHA IN THE MANAGEMENT OF KARSHYA

Name of the Researcher : Dr. Amol M. Badarkhe

Category : Ph.D. Scholar

College : Department of Kayachikitsa, Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya, Chhatrapati Sambhajinagar

OBJECTIVES:- To study the effect of Kushmand Avaleha in subjective and objective criteria associated with Karshya.

NOVELTY:- Karshya is most common socioeconomic symbolic disease in developing countries due to lack of Nutrition. According to WHO, in 2014 approximately 462 million of adults are worldwide underweight. According to report for 2019 India is ranked 102 out of total 119 countries. Karshya is Apatarpanjanya Vyadhi according Acharya Charaka and also described as 'AshtauNinditiyaPurusha'. The untreated cases may lead to major diseases like Pleehadosha, Kasa, Kshaya, Shwasa, Grahani, Pandu etc. Lack of nutrition decreasing the patients immunity i.e.dhatu kshaya. These major diseases can lead patients to Non Communicable Diseases. The no. of NCD's now a day rapidly increasing rapidly. So as to overcome this problem remedy having properties of Deepana, Pachana, Balya, Brihana, Santarpanjanya is much more efficient. The Acharya Sharangdhar has explained the 'Kushamand Avaleha' in his samhita madhyam khand. The drugs in kushamand Avaleha have Balya, Brihana, Santarpanjanya properties. These drugs are rich source of Carbohydrates, Proteins, energy, and calcium. So they can help to increase the body mass index with high protein can build up the immunity with muscle nourishment. This drug is easily available and cost effective.

METHODOLOGY:- 30 patients were selected from OPD and IPD of Kayachikitsa Department. The selected patients were administered Kushmunda Avaleha 30gm on Empty Stomach for 21days. The study comprises of Subjective and Objective Parameter Assessment.

FINDINGS – In this study Kushmunda Avaleha has been given in diagnosed patients of Karshya and their result show Statistically Significant Improvement in their Sign and Symptoms.

CONCLUSION- As per the statistical results obtained it can be safely mentioned that if Kushmand Avaleha is considered to be more useful if longer time duration oral medication is followed. Drug has shown result on BMI, Sr. Protein, Agnee & Basal Metabolic Rate of patients. The COVID-19 pandemic has shifted people perceptions towards Ayurveda due to the increased prevalence of infectious diseases and lifestyle disorders.

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A SINGLE ARM OPEN LABELLED CLINICAL TRIAL TO ASSESS THE VRUSHYA EFFECT OF KAPIKACCHU CHURNA IN THE MANAGEMENT OF MALE INFERTILITY WITH SPECIAL REFERENCE TO OLIGOASTHENOZOOSPERMIA – CASE SERIES

Name of the Researcher : Dr. Nishigandha Sameer Pol

Category : Ph.D. Scholar

College : Department of Prasuti Tantra Stree Rog,
YMT Ayurved Medical College, Kharghar, Navi Mumbai

AIM -To study the vrushya effect of Kapikacchu Churna in management of Male Infertility with special reference to Oligoasthenozoospermia.

OBJECTIVES -To assess the vrushya effect of Kapikacchu Churna in management of Male Infertility with special reference to Oligoasthenozoospermia.

NOVELTY - According to WHO, in India prevalence rate of male infertility is 23%. In the current scenario where infertile males feel shy or guilty of the fact that infertility can be also caused due to low sperm count. Infertility has significant negative social impacts on the lives of infertile couples and particularly males. For Infertility, modern medicine have treatments like hormonal injections of Testosterone which are costly and have side effects.
· In Ayurveda, Kapikacchu Churna is mentioned in Bhavprakash, for management of Male Infertility which is cost effective and has no side effects.

METHODOLOGY - TRIAL GROUP – 10 patients were given Kapikacchu churna 3gm twice a day orally after food for 3 months. **INCLUSION CRITERIA** –known patients with low sperm count & low sperm motility, age group 25-40yrs. **EXCLUSION CRITERIA** – Congenital anomalies & CA of male reproductive organs, known case of systemic diseases. **ASSESSMENT CRITERIA** – by Semen Analysis

FINDINGS – A statistically highly significant result was seen showing that sperm count & motility increased with Kapikacchu churna.

CONCLUSION –Kapikacchu is Madhura, Tikta rasa with Guru, Snigdha Guna with atyant vrushya karma and uttam vajikaran causing Tridoshshaman. It has Balya, Bruhan Karma. Infertility is a Vatadominated Vyadhi. Kappikacchu also majorly causes vata shaman thereby enhancing spermatogenesis & causing increase in sperm count & motility.

INNOVATIVE INSIGHTS INTO VASA SWARASA AND AVLEHA: A COMPREHENSIVE COMPARATIVE ANALYSIS THROUGH ADVANCED PHARMACEUTICAL AND ANALYTICAL APPROACHES

Name of the Researcher : Dr. Jagannath Hariyan

Category : Ph.D. Scholar

College : Department of Rasa Shastra & Bhaisajya Kalpana,
Hon. Annasaheb Dange Ayurved Medical College,
Hospital & Post Graduate Research Center, Astha, Sangli.

This study presents a systematic examination of the pharmaceutical and analytical characteristics of Vasa Swarasa and Vasa Avleha, employing advanced methodologies. Objectives include delving into historical references for Vasa, standardizing both Vasa Swarasa and Vasa Avleha preparation, enhancing formulation palatability through organoleptic assessments, and conducting a thorough analytical study. Additionally, High-Performance Thin-Layer Chromatography (HPTLC) is applied to investigate the alkaloid content, primarily Vasicine and Piperine, in both formulations, with a scrutiny of the proposed HPTLC method for accuracy and reproducibility. This research pioneers the establishment of a historical reference framework for Vasa Avleha, emphasizing its superior organoleptic properties for heightened palatability. A comprehensive analysis of diverse chemical parameters, including pH and ash values, distinguishes between Vasa Swarasa and Vasa Avleha. The application of HPTLC reveals a notably elevated alkaloid content in Vasa Avleha, particularly Vasicine and Piperine. The proposed HPTLC method stands out as an accurate and reproducible approach for simultaneous estimation of key components in both formulations. The study integrates historical literature review, rigorous organoleptic assessments, and comprehensive analytical analyses encompassing various chemical tests and HPTLC. Advanced chromatographic techniques are employed to assess the alkaloid content in the formulations. Significant findings include the superior organoleptic properties of Vasa Avleha over Vasa Swaras

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A RANDOMIZED CONTROLLED TRIAL TO EVALUATE THE EFFICACY OF SOMAGHRITA IN GARBHINI PARICHARYA (ANTE NATAL CARE) WITH SPECIAL REFERENCE TO BABY WEIGHT

Name of the Researcher : Dr. Jeny Mukesh Bhatt

Category : Ph.D. Avishkar

**College : Department of Prasuti Tantra Stree Rog,
YMT Ayurved Medical College, Kharghar, Navi Mumbai**

AIM-

To evaluate efficacy of Somaghrita in Garbhini Paricharya (Ante Natal Care) w.s.r.t baby weight.

OBJECTIVES- To study action of Somaghrita on baby weight.

MATERIAL & METHODS- GROUP 1(Trial)-10 Patients were given Somaghrita 20 ml twice a day from 2nd month with Iron, Calcium. GROUP 2 (Control)-10 Patients were observed from 2nd month with Iron, Calcium. **INCLUSIVE CRITERIA-** Pregnant lady age grp 20-35yrs irrespective of parity. **EXCLUSIVE CRITERIA-** Bad Obs history, Anemia (less than 8 gm%), any systemic disease. **ASSESSMENT CRITERIA –** Baby Weight measured as per USG at 5th month, 7th month and birth weight. Somaghrita was prepared from Bhaishajya Ratnavali Vol.3/85-91.

STATISTICAL ANALYSIS- Since sample size was smaller, non-parametric tests-Mann Whitney U test used for Inter group comparison.

OBSERVATION- There was a statistically highly significant difference seen for values between groups ($p < 0.01$) for baby weight with higher values in group 1 than group 2

RESULT- In group 1, baby weight increased with no complications seen in mother.

CONCLUSION – There was a significant increase in baby weight in group 1. All Gunas of dravyas of somaghrita, shows Guru, Madhura, Snigdha have Vatapitashamak properties and Tikshna gunas have Kaphavatashamak properties, so overall we see Tridoshar properties. Also this Ghrita does dipan, pachan which in turn causes dhatuposhana causing increase in baby weight.

LIST OF ABSTRACTS OF ASSITANT PROFESSOR CATEGORY

No.	Name of the Participant	Title of the study
1	Dr. Tandale Chinmay Atmaram	A Single Arm Open Labelled Clinical Trial Of Panchatikta Pancha Prasarutik Basti In The Management Of Madhumeha (Diabetes Mellitus Type 2)
2	Dr. Pravin Jagtap	The Effect Of Vidangadi Loha And Dietary Management In Metabolic Syndrome W.S.R. To Santarpanjanyavyadhi– A Randomised Clinical Trial
3	Dr. Sayali Vijaykumar Pashte	An Observational Study Of Incidence Of Premenstrual Syndrome And Its Relation With Prakriti In College Going Girls Of Walwa Taluka Of Maharashtra.
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MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

A SINGLE ARM OPEN LABELLED CLINICAL TRIAL OF PANCHATIKTA PANCHA PRASRUTIK BASTI IN THE MANAGEMENT OF MADHUMEHA (DIABETES MELLITUS TYPE 2)

Name of the Researcher : Dr. Tandale Chinmay Atmaram

Category : Assistant Professor

College : Department of Panchakarma, Chhatrapati Shahu Maharaj Shikshan Sanstha's Ayurved Mahavidyalaya & Rugnalaya, Chhatrapati Sambhajinagar

Madhumeha, or Type 2 Diabetes Mellitus, is a disorder marked by an immune system that is hereditary and a disturbed metabolism. Ayurveda advocates for panchakarma therapies, which are radical therapy based on curing the basic pathogenic features of the disease and restoring proper metabolism. These treatments are basically bio-cleansing. During the detoxification process, nontoxic medicinal oils and ghee are used in combination with the Panchakarma technique to facilitate the progressive removal of lipid-soluble toxicants from their deposited sites and to aid in their evacuation.

Primary Objective – To assess the effectiveness of Panchatikta Pancha Prasrutika Basti Karma in the treatment of Madhumeha (Type 2 DM).

Novelty – The intention of the current research, Panchatikta Prasrutika Basti, is that Basti, along with Panchatikta, is shrestha vatasamaka. Panchatikta, which primarily possess qualities like Laghu and Ruksha, would aid in counteracting the 10 dravas and Snigdha Pradhana Dushyas that are involved in the pathophysiology of Madhumeha. The five dravyas employed in panchatikta prasrutika basti are katu rasa pradhana, patola, nimba, bhunimba, and rasana. Each of these dravyas has an influence on the metabolic system in relation to hypoglycemic activity.

The medications used in the panchatikta prasrutika basti will function more quickly to stabilize Madhumeha's blood glucose levels than the medication administered orally.

Methodology – 30 patients were selected from OPD & IPD of Panchakarma Department of CSMSS Ayurved Mahavidyalaya & Rugnalaya. The selected patients were given , Panchatikta Pancha Prashritika Basti in Yoga Basti Karma for 8days. Anuvasana Basti was given with Murchita Tila Taila(60ml) and Niruha Basti with Panchatikta Pancha Prashritika Basti(400ml)

Findings – Panchatikta Pancha Prashritika Basti is especially advised for Madhumeha. In this clinical study, Basti was given to patients who had been diagnosed with diabetes. Both statistically and significantly, the patients' signs and symptoms improved.

Key words: Madhumeha; Avarana; GIT glucose absorption inhibition; Panchatikta Panchaprasrutika Basti.

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

THE EFFECT OF VIDANGADI LOHA AND DIETARY MANAGEMENT IN METABOLIC SYNDROME W.S.R. TO SANTARPANJANYAVYADHI– A RANDOMISED CLINICAL TRIAL

Name of the Researcher : Dr. Pravin Jagtap Category : Assistant Professor

**College : Department of Kayachitsa ,
YMT Ayurved Medical College, Kharghar, Navi Mumbai**

OBJECTIVE: To assess the efficacy of Vidangadi Loha and Dietary Management in Metabolic Syndrome.

NOVELTY: Prevalence of Metabolic Syndrome (MS) has increased considerably reaching pandemic proportions worldwide. International Diabetic Federation (IDF) estimates that approximately 25% of world population has MS. People have become slaves of canned; ready to eat food along with minimal to no exercise and constant stressful life, suppression of mental and physical urges which all lead to Increase Insulin Resistance. The Similar Concept is mention in Ayurvedic text as Santarpanjanya Vyadhi with Med-Dhatu Dushti. This fast lifestyle is diminishing the longevity and the average quality of human life. This trial seems to have found an easier solution to reduce this burden on the society.

METHODOLOGY: 30 subjects fulfilling the criteria for Metabolic Syndrome along with subjective symptoms were included in the trial for 3 months. Vidangadi Loha 500mg twice a day and Dietary Management was given daily. Pre and post MetSyn criteria assessment was done.

FINDING: Significant results were seen in subjects at the end of 3 months. Statistically Significant results were seen in MetSyn Criteria & Insulin Resistance. Ayurvedic treatments offer better long-term solutions with minimal to no side effects.

Keywords: Ayurveda; SantarpanjanyaVyadhi, Vidangadi Loha , MetSyn, Metabolic syndrome.

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

AN OBSERVATIONAL STUDY OF INCIDENCE OF PREMENSTRUAL SYNDROME AND ITS RELATION WITH PRAKRITI IN COLLEGE GOING GIRLS OF WALWA TALUKA OF MAHARASHTRA .

Name of the Researcher : Dr. Sayali Vijaykumar Pashte

Category : Assistant Professor

College : Department of Stree Roga and Prasuti Tantra,

Hon. Shri. Annasaheb Dange Ayurved Medical College and Post Graduate & Research Center, Ashta, Sangli

OBJECTIVES :

Primary Objective : To evaluate prevalence of Premenstrual Syndrome and its relation with Prakriti in college going girls.

Secondary Objectives :1. To observe symptoms of PMS in college going girls. 2.To review concept regarding pre menstrual syndrome in both perspective Ayurveda as well as Modern. 3.To assess relation of Prakriti with Premenstrual Syndrome.

NOVELTY : 1.It is a disorder of new era and prevalence is increasing there is need of more researches regarding it. 2. In addition there is no sufficient published data available regarding incidence of PMS in College Girls. This group of women is severely underrepresented in research about premenstrual Syndrome. 3. There is need to find exact etiological factors of premenstrual syndrome.

METHODOLOGY : A Cross Sectional Study was done in college girls of Age group 16-25 yrs at different college campus of Walwa taluka, Sangli district of Maharashtra. The patients were recruited based on convenience sampling method.

FINDINGS : The study participants were 457, among them 53 participants (11.59%) reported having no any symptoms of PMS. 227 participants (49.67%) reported having at least one of the 12 symptoms of PMS. 77(16.84%) participants of this survey suffered from moderate to severe PMS. Applying the ACQO guidelines, PMS was diagnosed in 77 participants (%).The prevalence of PMS was 16.84%. The three most common physical symptoms were Muscle cramps(75.32%), backache (83.11%)and abdominal bloating(61.03%). The most common behavioral symptoms were, Irritability(88.31%),crying easily(79.45%), expressed anger(75.25%) and Anxiety(76.62%). In most cases, these symptoms were rated as moderate to severity. Among the students in which Premenstrual syndrome is present, 35 students (45.5%) were having Pitta pradhan prakriti, 35 students (45.5%) were having Vata pradhan prakriti and 07 students (9%) were having Kapha pradhan prakriti. So we can conclude that Vata & Pittapradhan Prakriti are more prone to Premenstrual syndrome and in Kapha pradhan prakriti there are less chances of Premenstrual syndrome.

A CLINICAL TRIAL TO EVALUATE THE ROLE OF POST-OPERATIVE REGIME IN THE MANAGEMENT OF POST OPERATIVE COMPLEX FISTULA-IN-ANO

Name of the Researcher : Dr. Ankita Ashokrao Sulkekar

Category : Assistant Professor

College : Department of Shalyatantra, Department of Kayachikitsa, Chhatrapati Shahu Maharaj Shikshan Sanstha's Ayurved Mahavidyalaya & Rugnalaya, Chhatrapati Sambhajinagar

INTRODUCTION — Anal fistula can be simple or complex. Complex fistula is complicated and required a significant management. Some times simple fistula can be so complex that all routine option fails to provide relief. The main cause of infection, recurrence, late healing or non-healing in complex fistula is fecal matter contamination.

OBJECTIVE — (1) To prevent contact of fecal matter with the anorectum and operated perianal tissues area. (2) To reduce the chances of infection and recurrence of complex fistula-in-ano.

NOVELTY — post-operative regime is simple, easy to do by patients and cost effective. Prevent from infection, recurrence and healed wound early in post operative complex fistula. The post-operative regime is very useful in daily routine of the patient without any surgical intervention.

METHODOLOGY — post operative regime includes — 1. More amount of liquid and less fiber intake. Dahanyak heema at morning, coconut water. 2. Protein powder 1gm/kg/day orally. 3. Mudag yush and Mudagamalak yush pana in day 4. Sitz bath with Triphala kwath at morning. 5. Basti — Anuvasan first 7 days Bala taila basti 30m1 morning after that Ropan taila 30m1 basti next 7 days in these ltime Niruha basti Dashmula kwath 50m1 morning. 4. Jaggery 2tsp. This protocol is logical, simple, easy to execute, has no drowbacks, can be interrupted anytime. This is tolerated well by most of patients and can shown to be effective in avoiding secondary infection, recurrence in complex fistula-in-ano. Duration -The Regime implemented for a few days to weeks (2-4) depending upon the patient's tolerance. If the patient can tolerate it well, then it can be extended as needed without any negative consequences as all the nutritional requirements are fully taken care of while the patient is on Post-operative Regime.

FINDINGS — Preventing fecal contact to anorectum and operated perianal tissue which reduces the chances of infection and promote the healing in complex fistula-in-ano

AYURVEDIC MANAGEMENT OF DUSHT SIRAGAT VRAN (LEUKOCYTOCLASTIC VASCULITIS- LCV) - A CASE STUDY

Name of the Researcher : Dr. Sachin Tike

Category : Assistant Professor

College : Department of Panchakarma,
Government Ayurved College, Dharashiv, Maharashtra

Leukocytoclastic Vasculitis (LCV) is small blood vessels inflammation in the skin due to infiltrating, dying neutrophils. The inflammation can cause the walls of the blood vessels to thicken, which reduces the width of the lumen, that results in organ and tissue damage due to restriction of blood flow. There is no specific treatment for LCV, only steroidal therapy can avoid the relapse, but long- term steroidal therapy can have ill effects on body. So, we have tried to cure this rare case by using ayurvedic Treatment. We have studied this case to prove the efficacy of ayurvedic management in LCV and to create awareness regarding the disease as most of them remain undiagnosed or under reported. Prevalence rate of the disease is (0.3 to 0.4% per in1 million). Here I present a case of 25 yrs old woman diagnosed with LCV had Raktavarni pitika, dusht vran at ubhaya padatala with Lalima and dah, which become blackish in colour after 7-8 days, oozing of blood and pus from it and Jwar prachiti since last 7 years. The Ayurvedic diagnosis of the case was established as Dushta siragat vrana. The patient had history of similar skin lesions in past which were treated by allopathic treatment but these lesions were not responding to the contemporary treatment and withdrawal of steroids got relapse. She was treated with Vrana Prakshalana with different combination of ayurvedic drug like Triphala qwath and Sandhaniya gana Dravya. Shodhan chikitsa like Jalaukavacharana and Virechan Karma was given. For Apunarbhav chikitsa Mustadi yapan basti, Panchtiktakshir basti were given to the patient. The Ayurvedic oral drugs - Kaishor Guggul, Cap Grab, Paripathadi Kadha, Sukshma Triphala, Bruhat haridra Khand and Aaragwadh kapila vati was given. Rasayan chikitsa combination of -Suvam sutshekhar, Abhrak Bhasma, Prawal Bhasm and Gulvel satwa were also administered in this case. This case study shows that small size vessels LCV may be managed with Panchakarma procedures and Ayurvedic medications with satisfactory outcome. However, large sample studies are required for definitive conclusion.

Keywords - Leukocytoclastic Vasculitis, Dusht siragat vran.

A CASE STUDY - AN AYURVEDIC MANAGEMENT OF MUTRASHMARI

Name of the Researcher : Dr. Yogesh Kashinath Shewale.

Category : Assistant Professor

College : Government Ayurved College, Dharashiv, Maharashtra.

Ashmari is one among the eight most difficult to cure diseases (Ashtamahagada) described in Ayurveda classical texts. The symptomatology of Ashmari resembles the clinical features of Urolithiasis mentioned in the contemporary medical science. Urolithiasis is third most common disease of the urinary tract. Conventional management of Urolithiasis does not have any effect on the pathogenesis of this disease and therefore, recurrence of disease occurs very commonly. Ayurveda has more radical approach and wide range of options in the management of urolithiasis. A 29-year old Female patient presented with the complaints of pain in lumbar region of abdomen, difficulty in micturition, nausea since last 10 days. Per abdomen examination elicited tenderness on bilateral lumbar region of abdomen. No other abnormality detected during general and systemic examination. Ultrasonography (whole abdomen) revealed multiple right renal calculi (largest being 6.4 mm) and calculus of 4.8 mm in left kidney. USG also shows Cervicitis and Colitis. On Ayurvedic parlance, the present case was diagnosed as Ashmari based on the signs and symptoms. Patient was prescribed the Ayurvedic medicines, Gokshuradi Guggulu and Varunadi Kashaya on OPD basis. Patient was advised to follow-up initially after 07 days. Improvement in clinical features was there within 07 days. Patient showed complete relief in his complaints on third followup visit. Repeat Ultrasonography scan did not revealed any renal calculus in left kidney but shown one calculus in right kidney. Findings of Colitis and Cervicitis were also not seen. Clinically also, Gokshuradi guggulu and Varunadi Kashaya has provided complete relief in pain, burning micturition and dysuria. It can be concluded that Gokshuradi guggulu and Varunadi Kwatha may lead to disintegration and expulsion of calculi and thus provide relief in signs and symptoms of Ashmari. This case illustrates the effective conservative management of Ashmari with Ayurvedic medicines with no adverse events and no episode of recurrence even after Six months.

Keywords- Ayurveda, Mutrashmari, Gokshuradi Guggulu, Varunadi Kwatha, Renal calculi

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

A CLINICAL STUDY OF AYURVEDA PARASURGICAL METHOD VIDHA KARMA IN ALLERGIC RHINITIS W.S.R TO VATAJA PRATISHYAYA

Name of the Researcher : Dr. Aparna Admuthe

Category : Assistant Professor

College : Department of Panchakarma,

Hon. Annasaheb Dange Ayurved Medical College, Hospital & Post Graduate Research Center, Astha, Sangli.

AIM: To study clinical effect of Vidha Karma in Vataj Pratishyaya w-s-r to Allergic Rhinitis

OBJECTIVES :

To study the effect of Vidha Karma in AR.

To review the concept of Vidha Karma from ayurvedic literature.

To review the disease AR from ayurvedic & modern literature.

NOVELTY :

1. Prevalence of AR is increasing worldwide but no satisfactory treatment in modern medicine.
2. There is need to find out effective method to get relief in short period of time.
3. There are very few researches available related to Vidha Karma in AR.

MATERIALS AND METHODS:

Total 15 patients were selected from OPD according to inclusive criteria. Total 3 settings of Vidha karma were done on day 1, day 4 and day 7. In this study location of Vidha Karma was on the tip of nose (Nasagre) & in the depression of nose near upper lip (Upanasika).

Vrihimukha shastra (Needle 26*1/2) were used to execute pierced with 1/3 rd depth of needle.

During the treatment & after 7 days of treatment the patient was assessed for signs & symptoms and follow up was done on day 14. Routine blood investigations were also done.

Findings : Results were gained in the symptoms i.e..Nasavarodha was relieved by 88.89%, Nasasrava was relieved by 76.92%. Kshavathu was relieved by 73.08%, Kasa relieved by 70.59% and Shiroshool relieved by 64.71%. Nasakandu was relieved by 70.00%, Swarbhed was relieved by 63.16%.

AR has annoying symptoms that have a greater impact on a patient quality of life.

It creates a financial burden on society around the globe.

Modern medicine lags in giving a permanent solution for AR.

Ayurveda has a certain potential to tackle chronic allergic diseases.

In the study AR was treated with Vidha karma in a short span of time patient showed improvement in symptomatology parameters.

The procedure was simple, economical, can be done in OPD level & gives up to 70% instant relief to most of the patients.

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

A SINGLE ARM OPEN LABELLED CLINICAL TRIAL TO ASSESS THE OVULATORY EFFECT OF ASHWAGANDHA GHRITA IN THE MANAGEMENT OF VANDHYATVA (INFERTILITY) WITH SPECIAL REFERENCE TO ANOVULATION – CASE SERIES

Name of the Researcher : Dr. Jeny Mukesh Bhatt

Category : Assistant Professor

**College : Department of Prasuti Tantra and Stree Roga,
YMT Ayurved Medical College, Kharghar, Navi Mumbai**

AIM -To study the ovulatory effect of Ashwagandha Ghrita in management of Vandhyatva (Infertility) with special reference to Anovulation.

OBJECTIVES -To assess the ovulatory effect of Ashwagandha Ghrita in management of Vandhyatva (Infertility) with special reference to Anovulation.

NOVELTY - According to WHO One in Six people worldwide are affected by infertility. Ovarian factor is thus one major cause of infertility. · Infertility has significant negative social impacts on the lives of infertile couples and particularly women, frequently experience violence, divorce, social stigma, emotional stress, depression, anxiety and low self-esteem. · For Infertility, modern medicine have treatments like hormones that have major side effects and treatments like IVF, ICSI are very costly. Hence, Ayurvedic medicine needs to be given, which have no side effects and are not costly. In Ayurveda, Ashwagandha Ghrita is mentioned in Gad Nigraha, for management of Vandhyatva, which is cost effective and has no side effects.

METHODOLOGY - TRIAL GROUP – 10 patients were given Ashwagandha Ghrita 20 ml twice a day orally after food from fifth day of menses for twelve days for 3 cycles. **INCLUSION CRITERIA** – known patients with Anovulation, age group 20-35yrs, having regular or irregular menses.

EXCLUSION CRITERIA – Congenital anomalies of uterus, ovaries, cervix, vagina, fibroids, ovarian tumour, premature ovarian failure, CA cervix, known case of systemic diseases.

ASSESSMENT CRITERIA – Ovulation was checked by Follicular Study

FINDINGS – A statistically highly significant result was seen showing that Ashwagandha Ghrita caused ovulation.

CONCLUSION – Ashwagandha is Tikta, Katu, Madhura rasa with Laghu, SnigdhaGuna and MadhuraVipaka causing VataKaphashamana. It has Balya, Rasayan, Bruhan, Vajikaran Karma. Ghrita has Madhura Rasa, Guru, Snigdha Gunas and Madhura Vipaka causing Vatapittashaman. It has Rasayan Karma. Vandhyatva is a Vatadominated Vyadhi. So, Ashwagandha Ghrita overall causes Tridoshshaman

COMPARISON OF EFFECTS OF YOGA , AEROBIC TRAINING AND RESISTANCE TRAINING ON MINDFULNESS IN SEDENTARY INDIVIDUALS

Name of the Researcher : Dr. Shweta Pachpute

Category : Assistant Professor

College : LSFPEF College of Physiotherapy, Nigdi, Pune

INTRODUCTION :

Mindfulness is a state of active, open attention to the present. It is evident that doing daily exercises helps in improving one's focus and awareness. But, various types of exercises have different effects on physiology of the body and thus benefits of the each of them show variations. This study will try and find the type of exercises like yoga and aerobic training and resistance training in which are more beneficial for the mental focus and awareness of the individual thus, specifying the exercise protocol that need to be followed based on the priorities of the individual.

METHOD: Ethical approval had taken. College going students who were having sedentary lifestyles due to their professions were selected for the study. 60 subjects were finalized for the study by purposive sampling method. The consent form is signed by the subjects. Three groups were formed and given 6 weeks protocol of Yoga, Aerobic training and resistance training respectively. Pre MAAS scores of all the candidates were noted. All group members then performed 6 weeks protocol. After the completion of protocol MAAS score were noted. Pre and post MAAS scores was analyzed by appropriate statistical test for the conclusion.

RESULTS: There was significant difference found in the mean difference in pre-test and post-test MAAS score in Yoga and Aerobics Training and resistance training group by paired t test ($p < 0.05$) There was significant difference found in MAAS score in between the groups by anova test ($p < 0.05$). Comparison of mean scores suggested that Yoga exercises are better than aerobic and resistance training group.

CONCLUSION: Yoga Training proves to be beneficial in improving Mindfulness than aerobic training and resistance training group.

Keywords: Mindfulness, Aerobic training, Yoga training, resistance training

LIST OF ABSTRACTS OF STRG & LTRG CATEGORY

NO.	NAME OF THE PARTICIPANT	TITLE OF THE STUDY
1	ANUSREE. S	COMPARATIVE STUDY OF BHAISHAJYA RATNAVALI NETRA ROGA ADHIKARAN OF TIMIRAHARA LOHA & MODIFIED ANUKTA YOG BY ADDING & YASHAD BHASMA
2	1. PATIL AKSHATA PANDITRAO 2. MOHITE HARSHADA SHAHAJI 3. JADHAV NIKITA DILIP	PHYSICO - CHEMICAL ANALYSIS AND CHARACTERIZATION OF KAJJALI AND RASAPARPATI.
3	SHREYASH ANGADRAO BOBADE	THE TRIDOSHA: A CRITICAL VIEW ACCORDING TO AYURVEDA MEDICINE
4	SAURABH TRIVEDI	<i>AN EXPERIMENTAL STUDY ON DIFFERENT TYPES OF EDIBLE OILS WITH RESPECT TO CHOLESTEROL LEVELS IN ALBINO RATS.</i>
5	DR. ASTHA JAIN	ESTIMATING-THE PROPORTIONS OF HYPOTHYROIDISM AMONG DIFFERENT PRAKRITI: A CROSS SECTIONAL STUDY.
6	DR. NEETA MAHESH DESHPANDE	<i>STANDARDIZATION OF MATSYAKSHI (ALTERNANTHERA SESSILIS (L.) WITH THE HELP OF PHARMACOGNOSTIC AND PHYSICOCHEMICAL ANALYSIS</i>

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

COMPARATIVE STUDY OF BHAISHAJYA RATNAVALI NETRA ROGA ADHIKARAN OF TIMIRAHARA LOHA & MODIFIED ANUKTA YOG BY ADDING & YASHAD BHASMA

Name: Anusree. S

Year: Final year BAMS (STRG)

College : Aryangla Vaidyak Mahavidyalaya, Satara

Abstract of STRG research

The objective clinical study was to solve the controversy of complete cure & correction of simple myopia in ayurvedic prespective using comparative study of BHAISHAJYA RATNAVALI NETRA ROGA ADHIKARAN reference based & TIMIRAHARA LOHA & modified ANUKTA YOG by adding & YASHAD BHASMA to TIMIRAHALOHA'. After carrying out the scientific methodology on 30 patients and periodical observations it & cleared that the Timiraharaloha with 1:2:4 composition of triphala shows more result in reducing the refractive error and vision improvement in snellen chart than the timirahara loha with 1:1:1 but the altered Yashad bhasma yukta timirahara loha with 1:2:3 showed the best result among three. As samprapti starts from the koshta and the avashta of chaya is occurring as ' Vataj grahani' where in we can note timira/drishti mandya as Roopa(lakshana) which when neglected further & not treated leads to further vision loss.

YASHADA BHASMA being nayanamaya nashak when added to the content and when used can show remarkable netrya karma & will also show 'Vyadhiprathyayanik' action on this avastha & showed effect in patients and the ratio of triphala being 1:2:4 haritaki, bhibitaki, amlaki showed rasayana. action and the koshtagata dosha prashamana with netrya karma is being evident.

And when we see the anatomy of eye the change in axial length makes difference in refractive error in case of simple myopia but when we see the drushtimandala the utpatti of vyadhi occur from sira behind (abhyantara) and the bandhan of akshi all together is with the help of sira, kandara, medha, kalakashthi and shleshma owing the shape and stability so the loha bhasma and the yashada providing bala and drudata to the kandara and sira and help to maintain the prakrut avastha subsiding the vitiated doshas and the ati-shitilata of medhas owing to increase in axial length (Can imagine ATI DEERGA avastha in netra from the astonindita. purusha) is balanced with this yoga. Also paratam patalagat being kalakasthi ashrit the dharana karma is being maintained using rasayana action of 1.Yashtimadhu, it also increase the prakrut shleshma (Tarpak kapha) needed for the akshi bandhana and 2. Triphala with amlaki composition in higher grade.

Further standardization with more number of patients will help this medicine to reverse the refractive error in youth today!

As we all know spectacle is an Aid not a Cure!

PHYSICO - CHEMICAL ANALYSIS AND CHARACTERIZATION OF KAJJALI AND RASAPARPATI.

1. PATIL AKSHATA PANDITRAO

2. MOHITE HARSHADA SHAHAJI

3. JADHAV NIKITA DILIP

Category : (STRG)

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In Ayurvedic system of medicine, mercurial preparation perform a vital role. The ancient author described "Rasa-chikitsa" as best treatment. Though mercury cannot be used in its usual status, it should be processed mainly with sulphur. Hence, preparation like Kajjali and Rasa-parpati play vital role in Ayurveda. The present study was designed with following aim to conduct, Physico-chemical analysis and characterization of Kajjali and Rasa-parpati. And study objective were to evaluate pharmaceutical characterization and physico-chemical analysis of Kajjali and Rasa-parpati along with taking review of literature related to it. During this study Kajjali was prepared from purified mercury and sulphur. The three samples of Kajjali K1, K2, K3 was prepared. From prepared Kajjali, R1, R2, R3 samples of Rasa-parpati were prepared. All these samples were sent to analysis. The analytical study was done on basis of loss on drying, total ash, water soluble ash, acid insoluble ash. According to analyzed sample observation, average values for all Kajjali samples K1, K2, K3 and Rasaparpati samples R1, R2, R3 were obtained. Here, the average value for all three samples of Kajjali were 0.98% for loss on drying, average total ash value was 0.17%, average acid insoluble ash observed was 0.14% and average water soluble ash value of sample K1, K2, K3 was 0.10%. So these average values of various parameters can be considered as standard parameters of Kajjali. The average value for all three samples of Rasa-parpati were 0.95% for loss on drying, the average total ash value observed was 0.16%, the average acid insoluble ash value was 0.15% and the average water soluble ash value of sample R1, R2, R3 was 0.09%. So, these average values of various parameters can be considered as standard parameters of Rasaparpati. For characterization study XRD for particle size, SEM analysis and particle size analysis were conducted. The mean average particle size for Kajjali was 331.3nm and 181.6nm for Rasaparpati. These particle size observation showed very huge difference. The observations of these study are useful for characterization purpose for Kajjali and Rasa-parpati According to observations, study state that -though the base ingredients were same for both formulations, there was difference between physical, chemical properties as well as their characteristics. These all observations can be consider as standard parameters for kajjali and rasaparpati.

Key words- Kajjali, Rasaparpati, Rasashastra

THE TRIDOSHA: A CRITICAL VIEW ACCORDING TO AYURVEDA MEDICINE

Name of the Researcher : Mr. Shreyash Angadrao Bobade Category : STRG

College : Shivajirao Pawar Ayurvedic Medical College & Research Center, Ahmednagar

Ayurveda is beloved to be the oldest medical science. Ayurveda systemic and remarkable view of life founded on understanding. Unveiled by empirical comprehension of the law of nature. It is more clearly science of the human civilization based on Tridosha. All physiological and biological functions of human body are regulated by tridosha. The names of these three doshas, which are roughly equivalent to humour or forces of the body are Vata (wind), pitta (bile) and kapha (phlegm) corresponding to the three elements of the universe: air, fire, water, earth and vacuum. A human being's stable and unhealthy state depends on the usual and abnormal functional state of person. Tridoshas when in balance produce health and when in out of balance produce Vikar(Diseases). Tridosha have been called as root of the body. All the functions of the body could be explained in terms of Dosha, Dhaatu, mala: One of the ayurveda's specific theories is said to be Siddhanta. Tridosha work and control each other and controls each other together and Maintaining the body's balance. The actions of tridosha are quiet natural because all are identical in origin and they originate together in the body. In present article, the role of tridosha will be discussed in terms of regulation and expression of these characteristics distinction in living being.

Keywords words: 1] Ayurveda 2] Tridosha 3] Pitta dosha 4] kapha dasha. 5] Vata dasha

AN EXPERIMENTAL STUDY ON DIFFERENT TYPES OF EDIBLE OILS WITH RESPECT TO CHOLESTEROL LEVELS IN ALBINO RATS.

Name of the Researcher : Saurabh Trivedi Category : STRG

**College : S. C. Mutha Aryangla Vaidyak Mahavidyalaya,,
Satara.**

- Objectives - To Standardize Sunflower,Safflower and Sesame oil.
- To See the impact in lipid profile of albino rats after administration of edible oil in their diet.
- Novelty- Ayurvedic View on terms of modern perspective for most Basic and serious health (Cholesterol) problems
- Methodology- Standardization of three oils done.
- Tested three types of Edible oils. Sunflower, Safflower and Sesame oil on Albino rats in their diet for 28 days of 1ml amount through oral route.
- Checked the lipid profiles of blood of Albino rats at the end of 2 nd and 4 th week.
- Result- Sesame oil showed significant decrease in Cholesterol level while Sunflower also has similar Effect But of less importance But safflower has serious bad effects on health. This results were as per the said ayurvedic texts as ayurveda mentions sesame oil as best oil than sunflower

ESTIMATING-THE PROPORTIONS OF HYPOTHYROIDISM AMONG DIFFERENT PRAKRITI: A CROSS SECTIONAL STUDY.

Astha Jain

Category : STRG

**Name of the College - Seth Govindji Raoji Ayurved Mahavidyalaya,
Solapur**

Objectives: To estimate the Proportion of Hypothyroidism among different Prakriti at Solapur. **Novelty:** Hypothyroidism is more prevalent among females with a ratio of amongst females and males. It is spread among metropolitan, urban and rural population as well. It is usually found 10-50 in number per 1000 population. Many studies were carried out to find out better treatment modalities in hypothyroidism. But proportions of hypothyroidism in different Dehaprakriti are not so much extensively studied. So present study was attempted to estimate the proportion of hypothyroidism among different dehaprakriti in Solapur population.

Methodology: At our college hospital as per inclusion criteria patients were enrolled and thyroid profile was assessed. Prakriti was determined by the self-assessment questionnaire. For determination Dehaprakriti self-assessment questionnaire was taken from Dr Sushma Tiwari BHU which is validated and published in international index journal Ayu. Original questionnaire was present in English but for sake of patients these questionnaire were translated in Marathi also and by this self-assessment questionnaire Dehaprakriti was assessed.

Findings: The Proportions of Kapha Pitta Prakriti is more than any other Prakriti among hypothyroidism. The 40 % patients of hypothyroidism had Kapha Pitta Prakriti. The another contributing prakriti for hypothyroidism is Kapha Vata.

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

STANDARDIZATION OF MATSYAKSHI (ALTERNANTHERA SESSILIS (L.) WITH THE HELP OF PHARMACOGNOSTIC AND PHYSICO-CHEMICAL ANALYSIS

Dr. Neeta Mahesh Deshpande

Category : LTRG

Name of the College - RIARCH, Mayani,

Dist – Satara

HERBAL DRUG STANDARDIZATION is the prime need to ensure quality of herbal drugs. This project has been undertaken to establish standards of ALTERNANTHERA SESSILIS (L.) available in area of Mayani, Dist. Satara, Maharashtra. This plant has been mentioned by THE AUTHOR, BAPALAL VAIDYA in the context of controversial drug MATSYAKSHI. In this Project, LITERARY REVIEW of MATSYAKSHI from different literature has been taken. Whole plant of ALTERNANTHERA SESSILIS (L.) has been collected, dried and powdered. Pharmacognostical, Physicochemical, Heavy metal, Microbial count, etc. parameters have been tested of this plant Heavy metals like Lead, Mercury, Iron, Arsenic, Total viable count, etc. are within permissible limits. This plant is used as KAYAKALPA medicine, also in urinary stone, skin diseases, eye disesses. This study is a hope of further use of this plant for experimental, clinical research.



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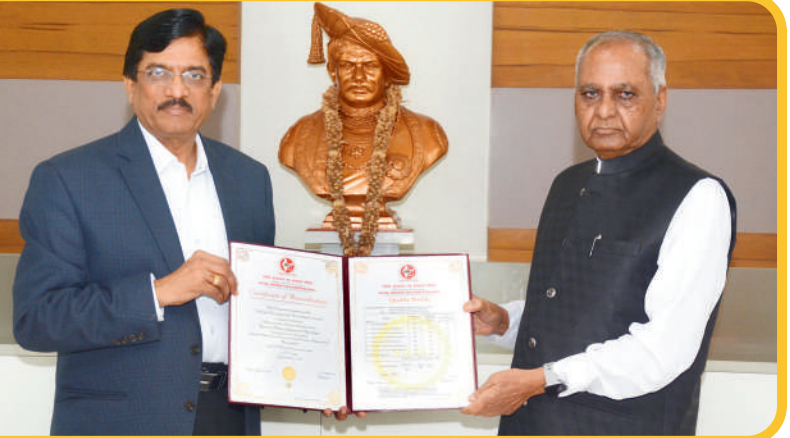
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