



DEV BHOOMI
— MEDICAL COLLEGE OF —
AYURVEDA & HOSPITAL

Vol. 2, December 2023

वपुपङ्केपुत्र पत्रगौरव

धर्मार्थकाममोक्षाणां
आरोग्यं मूलं उत्तमम्।

NEWS LETTER

Editor : Dr. Kanchan Thakur

History of AYURVEDA

There are four Vedas, which are **Rigveda, Yajurveda, Samaveda and Atharvaveda**. The Vedas date back to about five thousand years. They preach the philosophy of life. The Atharvaveda contains the principles of healing on which ayurved is based. '**Ayur**' means 'life' in Sanskrit. ayurved is the most ancient science of healing which enhances longevity. It has influenced many of the older traditional methods of healing including Tibetan, Chinese and Greek medicine. Hence, ayurved is considered by many as the '**mother of healing.**'

Aryavarta, the native land of Aryans, covers a large area surrounding the Himalayas and is believed to be the place where the Rishis and Munis lived. At present it covers areas in countries like Nepal, India, Pakistan, Bhutan and Tibet. The civilizations of these countries are deeply influenced by the unique intellectual contributions of these Rishis and Munis.

The practical tenets of Ayurveda are divided into eight sections or branches. These sections include the following:



Internal medicine & therapeutics (Healing and detoxifying measures)

Kaya Chikitsa



Surgery (Extraction of foreign bodies/ things that cause discomfort to the body and the mind)

Shalya Chikitsa



ENT, Ophthalmology (Treatment of eyes, ears, nose, throat and head)

Shalakya (Urdhvanga) Chikitsa



Paediatrics, Gynaecology-Obstetrics (pregnant ladies & babies)

Bala (Kaumar-Bhritya) Chikitsa



Gerontology (Care of the elderly and Rejuvenation therapy)

Rasayana (Jara) Chikitsa



Sexology (acquiring virile strength) (Aphrodisiacs)

Vajikarana (Vrishya Chikitsa)



Spiritual therapy, (Psychiatry Medicine) Psychiatry

Bhoot Vidya (Graha Chikitsa)



Toxicology (antidotes to poisons)

Visha Chikitsa (Agad tantra)

Ayurved is a complete or holistic system that integrates the mind, body and spirit. For a few centuries, the tradition of ayurved was dimmed due to the natural and human calamities and also by the invasion of foreign cultures into India. The sacred texts were either destroyed or stolen. However there were many 'Vaidyas' or doctors in India who managed to preserve some of the knowledge available in these Holy Scriptures. Divine plants that sustain long life and good health are now being rediscovered. Many renowned families of Vaidyas, who are specialized in certain branches of ayurved, have started functioning again in India. Today there is a revival of the ancient culture and traditions inherent to ayurved, which is a true gift of the ancient civilization to the modern world.



About

DEV BHOOMI MEDICAL COLLEGE OF AYURVEDA AND HOSPITAL

The Dev Bhoomi Medical College of Ayurveda and Hospital at Dev Bhoomi Group of Institutions is known for its expertise in improvement and brilliance in teaching. The foundation of DBMCAH in 2017, brought the evolution to the study of Ayurveda with experienced and skilled faculty with a balanced curriculum and from the year 2017 till date the college has been growing and evolving by imparting quality and advance education. Dev Bhoomi Medical College of Ayurveda and Hospital focuses on bringing collaboration between modern tools and technology and the traditional wisdom of Ayurveda. Along with this, it focuses on preserving the treatment of illness and diseases and the health of people. DBMCAH pivots to offer brilliant and traditional Ayurvedic Medical education by highly skilled and dedicated teaching faculties. We also focus on producing the leading Ayurveda Physicians and Scientists of the future and unraveling ancient knowledge through research to empower the entire Ayurveda fraternity.



Principal's Desk

It is with great pleasure that I introduce you to the vibrant and enlightening environment at Dev Bhoomi Medical College of Ayurveda and Hospital. Our students hail from diverse backgrounds, all united by a shared aspiration—to become world-class Ayurvedic professionals. The field of medicine has always been regarded as a noble service to society, akin to serving a divine purpose. At Dev Bhoomi Medical College of Ayurveda and Hospital, we firmly believe in the adage that your origins don't define you; it's what you can become that truly matters. With this ethos in mind, we envision our students serving humanity and offering their skilled assistance to society.

Medicine is a profession that demands precision, a quality that can only be attained through a disciplined life. To empower our students to realize their full potential, we place a strong emphasis on academic excellence. Our curriculum is regularly updated to align with the latest trends and research, and it is delivered by a highly acclaimed faculty with extensive academic and industry experience.



At DBGI, we nurture our students to meet the ever-expanding needs of society and instill in them the humility required for such a noble endeavor. I take immense pride in leading the college towards success and contributing, in my own small way, to the betterment of society. Our contributions extend beyond the growth of the institution; they are a catalyst for societal progress and development. After all, a healthy society begets a healthy nation. I am confident that our students will be well-prepared during their time at the institution and will emerge as successful professionals and business leaders, capable of meeting the evolving demands of the rapidly changing global business landscape.

I extend my heartfelt gratitude to you for taking the time to learn more about our institution. I invite you to visit and explore this culturally rich and dynamic institution under DBGI, committed to fostering learning and development with a profound sense of positive professionalism.

Dr. Amit Kumar
Principal, BAMS, MD

Services We Offer

Emergency Facility 24x7

Multispecialty OPD + IPD (Superspeciality)

Facility of Digital X-Ray

Pathology Test + Investigations, Liver Profile, Thyroid Test
Blood Sugar Test, Common Blood Test, Urine Test.

ECG

Physiotherapy + Rehabilitation

USG (Sonography)

ICU Facility

Ayurvedic & Allopathic Medicine Dispensary

Panchkarma Treatment

Alopecia (Hairs Loss) etc

Ambulance Service

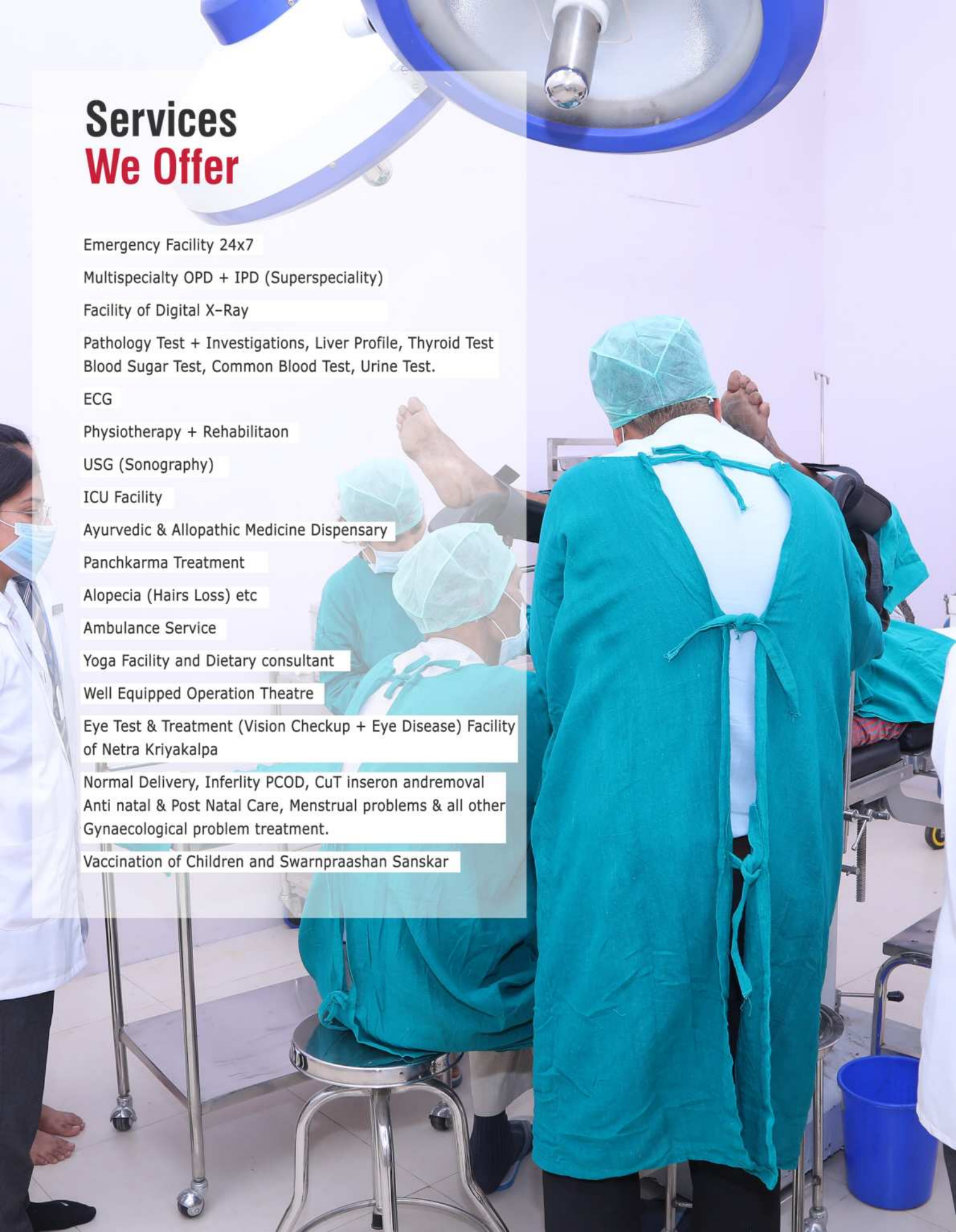
Yoga Facility and Dietary consultant

Well Equipped Operation Theatre

Eye Test & Treatment (Vision Checkup + Eye Disease) Facility
of Netra Kriyakalpa

Normal Delivery, Infertility PCOD, CuT insertion and removal
Anti natal & Post Natal Care, Menstrual problems & all other
Gynaecological problem treatment.

Vaccination of Children and Swarnpraashan Sanskar



A Case Study

A case study of pilonidal sinus (nadivran) with Guggulu apamarg kshar sutra

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A Case Study

Revitalizing Skin Health: Unveiling the Ayurvedic Wisdom of Rasaushadhi for Holistic Healing

Dr. Irina S Chandran
Assistant professor (Dept Of RSBK)
Dev Bhoomi Medical College of Ayurveda and Hospital, Dehradun

INTRODUCTION: Skin diseases have been a persistent challenge throughout history, affecting millions globally. Rasashastra also known as Ayurvedic alchemy, involves the preparation of medicines using metals, minerals, and herbs. These formulations, when prepared meticulously, aim to balance the body's doshas-Vata, Pitta, and Kapha to restore health. In the context of skin diseases, Rasaushadhi plays a vital role in addressing the root causes.

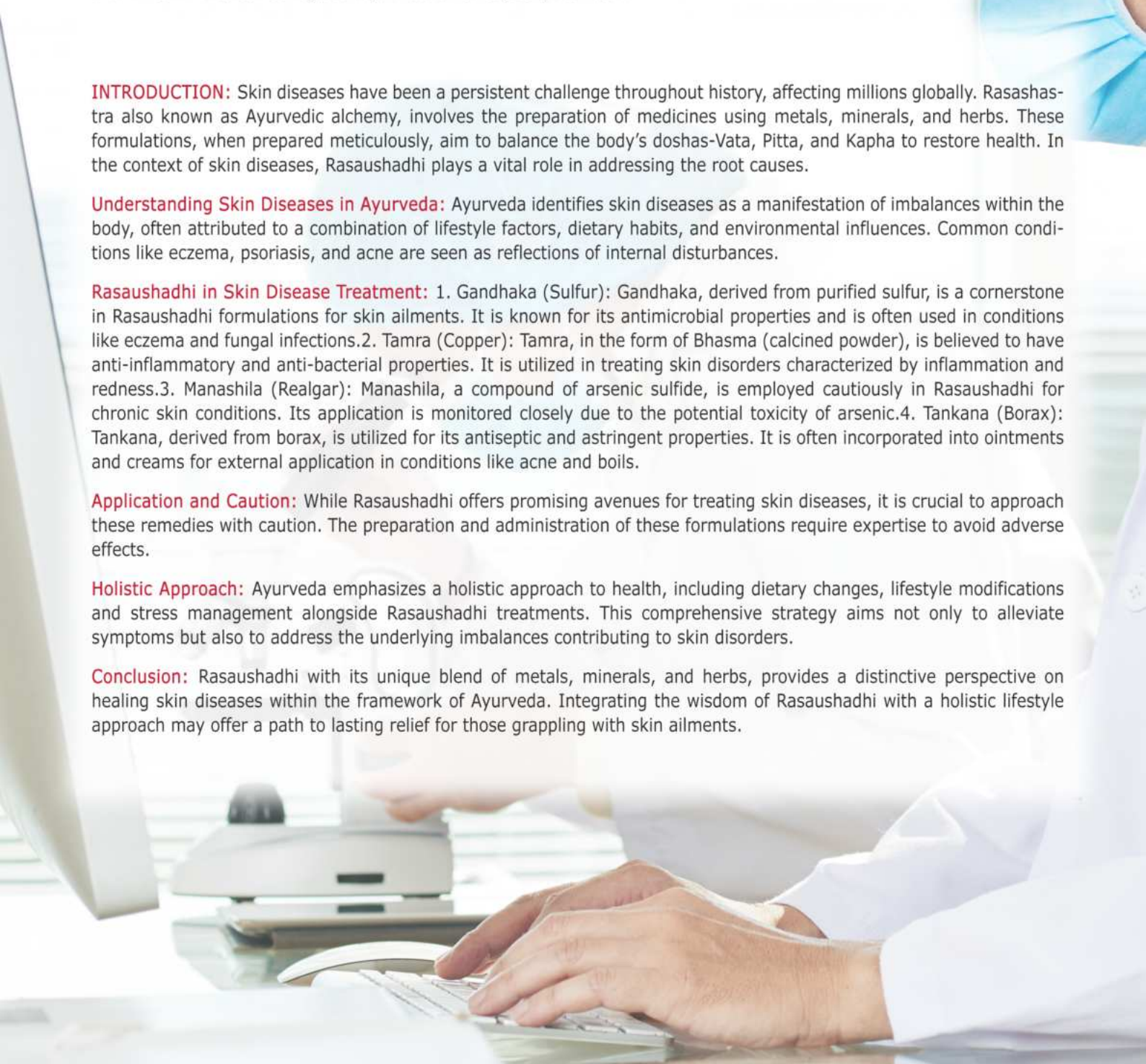
Understanding Skin Diseases in Ayurveda: Ayurveda identifies skin diseases as a manifestation of imbalances within the body, often attributed to a combination of lifestyle factors, dietary habits, and environmental influences. Common conditions like eczema, psoriasis, and acne are seen as reflections of internal disturbances.

Rasaushadhi in Skin Disease Treatment: 1. Gandhaka (Sulfur): Gandhaka, derived from purified sulfur, is a cornerstone in Rasaushadhi formulations for skin ailments. It is known for its antimicrobial properties and is often used in conditions like eczema and fungal infections. 2. Tamra (Copper): Tamra, in the form of Bhasma (calcined powder), is believed to have anti-inflammatory and anti-bacterial properties. It is utilized in treating skin disorders characterized by inflammation and redness. 3. Manashila (Realgar): Manashila, a compound of arsenic sulfide, is employed cautiously in Rasaushadhi for chronic skin conditions. Its application is monitored closely due to the potential toxicity of arsenic. 4. Tankana (Borax): Tankana, derived from borax, is utilized for its antiseptic and astringent properties. It is often incorporated into ointments and creams for external application in conditions like acne and boils.

Application and Caution: While Rasaushadhi offers promising avenues for treating skin diseases, it is crucial to approach these remedies with caution. The preparation and administration of these formulations require expertise to avoid adverse effects.

Holistic Approach: Ayurveda emphasizes a holistic approach to health, including dietary changes, lifestyle modifications and stress management alongside Rasaushadhi treatments. This comprehensive strategy aims not only to alleviate symptoms but also to address the underlying imbalances contributing to skin disorders.

Conclusion: Rasaushadhi with its unique blend of metals, minerals, and herbs, provides a distinctive perspective on healing skin diseases within the framework of Ayurveda. Integrating the wisdom of Rasaushadhi with a holistic lifestyle approach may offer a path to lasting relief for those grappling with skin ailments.





A Case Study

Dooshi Visha (cumulative toxicity) in modern era: A critical review

Dr. Munish Kumar

Associate Professor & HOD, Dept. of Agadtantra

Dev Bhoomi Medical College of Ayurveda & Hospital, Dehradun.

Introduction: In present era, thousands of harmful toxins are accumulated in environment are taken by human beings in different forms. These harmful toxins cause cumulative toxicity in human being which results in symptoms that can be seen slowly after their long- term use. These harmful toxins may be of Sthavara Visha/plant origin (e.g. Fruits and vegetables contaminated with pesticides, ripening agents, infections, heavy metal toxicity in plants, Maida, Pollen grains, dust, Latex from plants) Jangama Visha/ animal origin (e.g. Animal dander, adulteration in milk and milk products, Sea food containing heavy metals such as Hg, PCBs) Kritrim Visha (e.g. Toxic ingredients in cosmetics, Food preservatives, Food Flavouring agents, Synthetic Colour Additives, Environmental Pollution, Agricultural poisons, Medications like aspirin etc.). This Cumulative toxicity is similar to Dushi Visha as described in Ayurveda.

Aim & Objectives:

- To Review Derivation, types, etiological factors & Diagnosis of Dooshivisha.
- Collect and arrange all the dispersed references according to Samhita.

Material & Methods:

- The whole article is based on literary review collected from classical Ayurvedic texts & Modern literature. The text from Brihatrayee i.e. Charaka Samhita, Sushruta Samhita, Ashtanga Samgrha and Ashtanga Hridaya and their respective commentaries in Sanskrit as well as Hindi have been referred for this literary work.

Discussion: In Today's era, we daily ingest some amount of poison in the form of fruits and vegetables containing pesticides, Packed foods containing preservatives, Colouring agents, cosmetic products, Polluted environment and many more. All these factors and sedentary life style are the main cause that some diseases (like cancer, PCOD, Hypothyroidism, Allergic reactions etc.) are very common in human beings. So here an attempt has been made in order to understand Dooshi Visha in present era, so that we can minimize the use of these products and reduces our risk of producing various diseases.

Conclusion: The concept of Dooshi Visha is not properly explained in our Ayurvedic classics. In present era, concept of Dooshi Visha is quite different. In our today's lifestyle, Sthavara, Jangama and Kritrim Visha are in different manner that can be considered under the heading of Dooshi Visha. It is felt that this is the right time to consider these factors and should further be studied separately under the heading of latent poison (Dooshi Visha) for better perception.

A Case Study

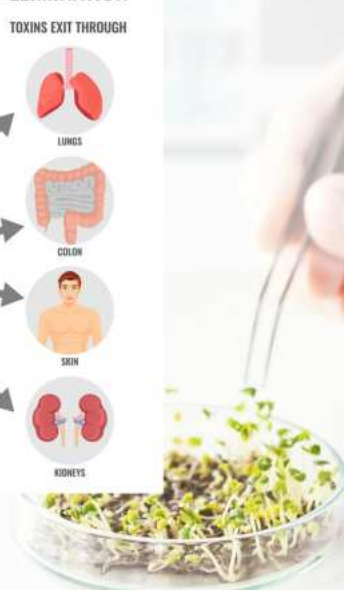
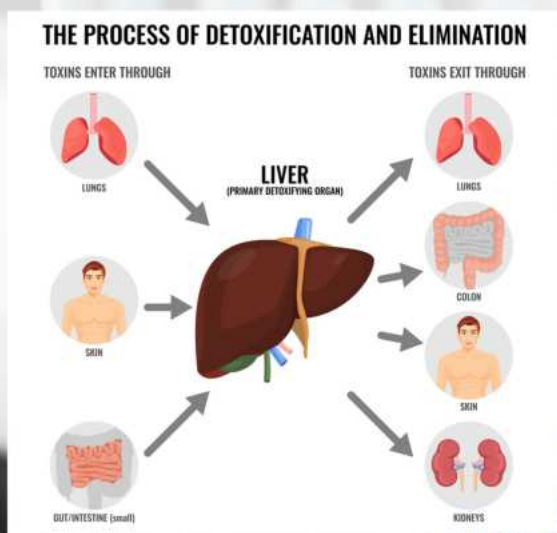
Detoxification and therapeutic: uses of visopvisha

Dr. Munish Kumar
Associate Professor & HOD, Dept. of Agadtantra
Dev Bhoomi Medical College of Ayurveda & Hospital, Dehradun.

Abstract

Holistic approach towards Ayurveda is "permanent cure with delayed effect & with no known side effects". If this approach critically analyzed with special reference to current scenario i.e. immediate effect, then the question of existence of AATYAYIKA CHIKITSA (Acute management/Immediate effect) in Ayurveda will be screened. Ayurvedic upvisha described in the literature which can become a very good medicine if it is administered properly after proper purification. Acharya Charaka says "Even an acute poison can become an excellent drug if it is properly administered". On the other hand, even a drug if not properly administered becomes an acute poison." It is a sincere attempt to summarize the information concerning aboutpoisonous drugs described in Indian system of medicine in respect to their literary review, modern researches and their wide range of therapeutics.

Keywords: Ayurveda, Upvisha, Sdhana, Literature, Therapeutics





Events

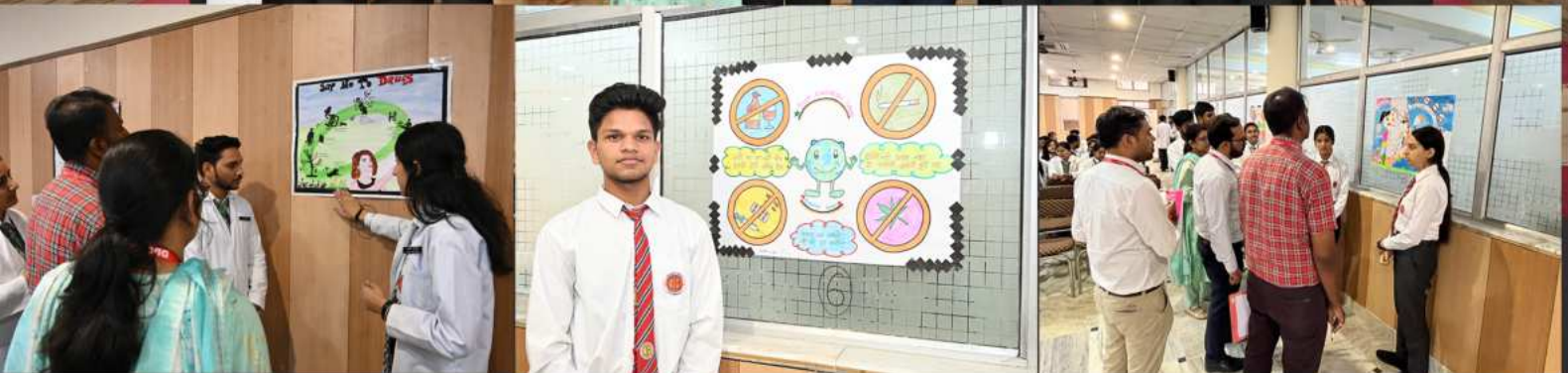
BODY PAINT COMPETITION (11 FEB 2023)

The Department of #Anatomy at Dev Bhoomi Medical College of Ayurveda & Hospital recently organized a body #paint competition, where participants had the #opportunity to showcase their skills by painting the #muscles, #bones, and deep structures of the human body using #acrylic colors.



POSTER PRESENTATION ON ANTI DRUG (22 MAY 2023)

The Department of #Anatomy at Dev Bhoomi Medical College of Ayurveda & Hospital hosted a captivating Poster Presentation event on Anti-drugs, aiming to raise awareness among students about the detrimental social and health impacts of illicit drug use through various engaging poster presentations and activities.



RUN FOR YOGA (20 JUNE 2023):

Dev Bhoomi Medical College of Ayurveda and Hospitality successfully organized the 'Run for Yoga' program, aimed at creating awareness among the youth about the incredible benefits of Yoga.



GPS Map Camera

Naugaon, Uttarakhand, India

VRAKSHAROPAN (HARELA) - 16-23 JULY 2023

Dev Bhoomi Medical College of Ayurveda and Hospital proudly presents 'VRAKSHAROPAN (HARELA),' witness the vibrant energy as students and faculty come together to plant trees, engage in eco-friendly activities, and celebrate the spirit of Harela, symbolizing the harmonious bond between nature and humanity.



DHANVANTRI DIWAS SAMAROH

Reliving the divine moments of Dhanvantri Diwas Samaroh 2023! Our campus echoed with the sacred chants of Hawan, resonated with the purity of Pujan, and bloomed with the essence of Panchvati Vatika Nirman.



TRANSITIONAL CURRICULUM (SHISHOPNAYAN SANSKAR 2023)

Embracing new beginnings with the warmth of tradition! The BAMS Transitional Curriculum celebration is in full swing, ushering in a journey of learning, growth, and success. Here's to the vibrant spirit of welcome and interaction – let the transformative journey begin!



From serene lamp lighting to the electrifying beats of Ganesh Vandana, 'LAMHEY' – the farewell bash for BAMS Batch 2018 at Dev Bhoomi Medical College, painted a canvas of unforgettable memories. Every moment thrummed with the bittersweet symphony of a beautiful journey coming to an end.



LAMHEY (FAREWELL 2018) (20 DEC 2023)





Publications

S.no	Name	Title	Journal/conferences
1	DR. MEGHA BAHUGUNA	ROLE OF AYURVEDA IN METABOLIC DISORDERS	EUROPEAN JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH DATE: 11-12-23
2	DR. MEGHA BAHUGUNA	THE ROLE OF AYURVEDA IN WELLNESS TOURISM: ANCIENTS WISDOM FOR MODERN WELL BEING	EUROPEAN JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH DATE: 19-10-2023
3	DR. MEGHA BAHUGUNA	THE ROLE OF AYURVEDA IN WELLNESS TOURISM: ANCIENTS WISDOM FOR MODERN WELL BEING	AYURGYAN SAMMELAN 2023 DATE: 21-09-2023
4	DR. KULDEEP TOMAR	A CONCEPTUAL STUDY OF MAMSA SARA PURUSHA WITH SPECIAL REFERENCE TO GENETIC PRE DISPOSITION	WORLD JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH DATE:
5	DR. KULDEEP TOMAR	CONCEPT OF GENETIC IN AYURVEDA	WORLD JOURNAL OF PHARMACY AND PHARMACEUTICAL SCIENCES DATE:
6	DR. KULDEEP TOMAR	IMPORTANCE OF PHARMACOVIGILANCE IN AYURVEDA	WORLD JOURNAL OF PHARMACEUTICAL AND LIFE SCIENCES DATE:
7	DR. RACHNA GUPTA	A CRITICAL STUDY ON THE THOUGHT PERCEPTION OF NIDRA AND ITS IMPORTANCE IN THE PRESENT LIFE STYLE	JOURNAL OF EMERGING TECHNOLOGY AND INOVATIVE RESEARCH DATE:
8	DR. IRINA S CHANDRAN	A CLINICAL STUDY ON EFFECT OF CHANDANI SHATADAUT GHRITA IN THE MANAGEMENT OF KIKKISA W.S.R. TO STRAIE GRAVIDARUM"	http://dx.doi.org/10.21474/IJAR01/16343
9	DR. IRINA S CHANDRAN	CONCEPTUAL STUDY ON LAUHA W.S.R TO RASASHASTRA	https://www.ijrti.org/papers/IJRTI2303053.pdf
10	DR. IRINA S CHANDRAN	To Study the Effect of Pratimarsh Nasya and Shiro Taila Abhyanga on Vaatik Shiro Shoolw.s.r. To Tension Headache	https://www.ijfmr.com/papers/2023/1/1734.pdf
11	DR. IRINA S CHANDRAN	HARTAL (ARSENICTRISULPHIDE) A CONCEPTUAL STUDY	http://dx.doi.org/10.21474/IJAR01/16244
12	DR. KANCHAN THAKUR	LIFESTYLE DISEASES AND THEIR PREVENTION	AYURGYAN SAMMELAN 2023 DATE: 21-09-2023

Medical Camps

Total 50 free medical health camps organized by Dev Bhoomi medical college of ayurveda and hospital



ACHIEVEMENTS & AWARDS

1. **Dr. Munish Kumar** as an expert evaluator in national level essay competition
2. **Dr. Munish Kumar** as an editorial board member in wjpr.
3. **Dr. Megha Bahuguna** 5th himaliya nari sakti saaman 2023 dated: 25-03-23
4. Our student **Shivom Sharma (batch 2017)** ranked 3rd position in uttarakhand ayurved university, harrawala (dehradun) in his final year.
5. Our student **Surya Pratap Singh (batch 2020)** won 1st prize on paper presentation in ayuryog expo 2023 varanasi organised by india expo center and mart at deendayal hastkala sankul varanasi
6. Our student **Riya Dey (batch 2022)** won 1st runner up in the banagali category at the prestigiousbhasha sangamorganised by faculty of law jamia milia islamia, new delhi



MEDICINE PREPARATIONS



Chyawanprash preparation

Chyawanprash is a traditional Ayurvedic herbal formulation that is believed to promote health and well-being. While there are various commercial versions available, you can also prepare Chyawanprash at home using a combination of herbs, spices, and other ingredients.



NATIONAL SEMINAR

Devbhoomi Ayush Samwaad 23 - “ चिकित्सानास्तिनिष्फलः ”

A grand national seminar organized by dev bhoomi medical college of ayurveda & hospital, focusing on emergency management, nadipariksha, and panchkarma.

Graced by our guest of honor, prof. Dr. Sunil kumar joshi from uttarakhand ayurveda university.

We were privileged to host renowned guest speakers:

- V.D. Rajesh Thakkar, managing director of nisarga ayurved hospital & research pvt ltd, ahmedabad
- Dr. Ramdas Avhad from dhanvantari ayurvedic super speciality panchakarma hospital and infertility center, kopargaon,
- VD Sudha Sharma from dr. Bhagwat swarup ayurvedic clinic & panchkarmacenter, haryana.

The event commenced with the sacred dhanwantri vandana and the lighting of the lamp, setting a spiritual ambiance. This was followed by a heartwarming ganesh vandana, filling the atmosphere with joy and devotion. The event unfolded with a warm welcome extended to the esteemed guests, accompanied by inspiring speeches. Let's cherish the valuable knowledge shared and the camaraderie fostered at this exceptional event! Stay tuned for more updates! As we unveil the captivating images of our esteemed speakers and the invaluable knowledge, they shared at devbhoomi ayush samwaad 2023.



VISIT, GUEST LECTURE & WORKSHOPS

GUEST LECTURE



ON YOGA (20 FEB 2023): -Dev Bhoomi Medical College of Ayurveda and Hospital recently had the honor of hosting a guest lecture on yoga by the esteemed Dr. Yogi Amrit Raj, Director of Arogyadham in Rishikesh.



ON TUBERCLOSIS DAY(25 APRIL 2023) - One step toward striating TB can make a big difference. We are thrilled to share some captivating photos from the enlightening session on Tuberculosis day and its Management, featuring Dr. Manoj Verma & Team, District T.B. Officer of Dehradun, at Dev Bhoomi Medical College of Ayurveda and Hospital.

GARBHSANSKAAR WITH HEALTH CAMP (7 NOV 2023)



WORKSHOP

WORKSHOP ON PRACTICAL DEMONSTRATION ON VIDHKARMA (29 MAR 2023): - Dev Bhoomi Medical College of Ayurveda and Hospital organized a workshop on the Practical demonstration of Viddhakarma by Dr. Mahesh V. Sanghvi.



AN EDUCATIONAL VISIT

PATANJALI FOOD & HERBAL PARK, HARIDWAR (8 APRIL 2023)



FSL (FORENSIC SCIENCE LABORATORY) (27 DEC 2023)



19

Years of
Rich Legacy

120+

Programmes

850+

Recruiters

80%

Placement

14K

Placement
Offers

17K+

Alumni

250+

Workshops/Seminars
Guest Lectures
Conferences

25+

Clubs and
Committees

250+

Patents

1000+

Research Papers





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Opp. Big Bazaar exit gate, Vibhu Tower,
First Floor, Durga City Centre,
Haldwani, Nainital, UK

Rishikesh Office

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Akhand Ashram, Koyal Ghati Road,
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Beside The Print,
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Sulaxmi Tower Near Hospital
Behind Kishan Restaurant,
Basti, UP

Bijnor Office

Opp. SBI Main Branch
Najibabad Road, Near Shakti Chowk,
Bijnor, UP