

## *Journey of A yurvedic Courses A broad - Part 4*

The Third module of second batch was held from 14th April to 29th April, 2007 at Vienna Ashram in Austria. 15 students from second batch attended the course. Students from various walks of life attended the course which included doctors, engineers, massagists, teachers, lawyers, yoga teachers, physiotherapists, dancers and artists etc. The students were from various countries like Slovakia, Slovenia, Germany, Czech Republic, Hungary and Croatia etc. Translators were provided for German and Hungarian students for better understanding of the concepts.

Dr. Vineeta Deshmukh, Reader at Ayurved Mahavidyalaya, Wagholi & incharge of Cancer Research Project undertaken by Bharatiya Sanskriti Darshan Trust, Wagholi and Dr. Shailesh V. Deshpande, Junior Research Fellow in Cancer Research Project undertaken by Bharatiya Sanskriti Darshan Trust, Wagholi delivered lectures on various topics included in the 3rd module (Ayurved treatment and Panchakarma).

Fundamental principles of Ayurvedic treatment and various Panchakarma procedures was the theme for this module. In this module, Fundamental principles of Ayurvedic treatment and Panchakarma; Importance of Panchakarma and Importance of each type of treatment were discussed in detail with examples of common diseases and their remedies. The importance of four pillars of treatment was explained. Detailed theory of Purvakarmas and Panchakarma namely - Vamana, Virechana, Basti, Nasya and Raktamokshana was explained to the students. Allied Panchakarma procedures such as Shirodhara, Shirobasti, Netra Basti, Nabhi Basti, Katibasti, Pizichil, Abhyanga, Hrudbasti were described to the students. Practicals of Abhyanga, various types of Swedana, Nasya, Shirodhara etc. were conducted.

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Preparations of various recipes from 'Pathya Kalpana' namely - Yusha, Manda, Peya, Vilepi, Krushara were done. Various recipes for Rasayana and Vajikarana namely - Rasala, Kheer etc. were also demonstrated. Their medicinal uses were explained.

Revision of the entire syllabus and a small test on third module was conducted.

The first batch of the course appeared for the examination which was conducted by Tilak Maharashtra Vidyapeeth, under guidance of Dr. Dilip Gadgil on 4th May 2007 at Vienna.



Dr. Vineeta Deshmukh  
while  
delivering lecture



Dr. Deshpande  
while  
delivering lecture



Students  
attending  
Third Module



Demonstration  
of  
Swedana



Learning  
Recipes



Practicals  
- Shiroabhyanga



## *International conference of Ayurved*

International conference of Ayurved entitled “International Grand Centennial Convention on Ayurved” was organized by Arya Vaidya Pharmacy in Coimbatore city in Tamilnadu from 21/08/2008 to 24/08/2008. The conference received an overwhelming response from all over India. Excellent pre-planned measures and sincere efforts taken by the entire team of Arya Vaidya Pharmacy, aided by blessings of Lord Dhanvantari made the conference a success.

A pre-seminar workshop was held at Geniz Club on 28/08/2008. Dr. Selwon, working with a research institute in USA guided the delegates regarding “How to write a research paper”. Vd. Dilip Gadgil from Pune provided information on ‘Triskandha Kosha’. The seminar was then inaugurated at the hands of renowned Bharatnatya artist Hon. Padma Subramaniam and Hon. Vd. Krishnakumarji, Director, Arya Vaidya Pharmacy.

On 22/08/2008, many eminent Vaidyas from all over India delivered lectures and guided the delegates on the subject “Geriatric diseases” at Codissia trade centre.

“Dhanvantari Yaag” was organized in the newly constructed Dhanvantari Temple on 23/08/2008. Dr. S. P. Sardeshmukh - Principal, Ayurved Mahavidyalaya - Wagholi and trustees of Bharatiya Sanskriti Darshan Trust Vd. Prashant Suru, Mrs. Sarita Sardeshmukh, Vd. Prafullata Suru and all the students participated in the Yaag.

Our student Vd. Sukumar Sardeshmukh provided information regarding our trust and presented paper on Cancer in Ayurved.

Our students actively participated in poster presentation on Cancer in Ayurved, Agnivichar & Panchamahabhootvichar etc. and received a memento for the same.

Our trust was felicitated by a memento, as a token of appreciation, by the hands of Hon. Vd. Padmanabha. Vd. Sushrut Sardeshmukh received the honour, on behalf of Dr. S. P. Sardeshmukh. Miss. Prachiti Suru received the honour, on behalf of the team.

Felicitations were followed by valedictory function.



## *Workshop on 'Learning Live Anatomy through Surface and Modern Tools'*

A workshop on 'Learning Live Anatomy through Surface and Modern Tools' was held on 30th & 31st August 2008 at Lucknow. It was organized by "All India Sharir Research Institute" Lucknow headed by eminent Sharir Professor Dr. D. G. Thatte. This pioneer personality who completely devoted his task of Sharir analysis & research in Ayurved. He really moved the medico audience in workshop with his talent, strictness, ever enthusiastic approach & performance.



*Delegates on Dias*

Dr. Sumati Khot (Sharir), Dr. Urmila Chikane, Dr. Gajanan Gaikwad, Dr. Yogesh Borade participated the workshop. There were various sessions organized for students & Professors with proper feed back arrangement. The sessions included new approach towards Anatomy topic & application of Modern tools to enhance the knowledge. The best experience was the session of 'Model Teachers'. Their excellence of presenting & covering large topic was encouraging. The lecture of Professor M. C. Sharma from Rajasthan Ayurved Mahavidyalaya Sansthan was informative. The difficult topic of Panchamahabhoot was explained by Dr. B. K. Tiwari (Banaras). The other eminent teachers were Dr. V. D. Agrawal, Dr. Harihriday Avasthi (Kashi Hindu University) also graced the occasion. Lecture on 'Mala', concept by Dr. Sangeeta Gohlot (HOD, Banaras Hindu University), information on "Daruharidra" by Dr. Rakesh Tiwari were very interesting. The etiopathogenesis of 'Rajayakshma' was explained by Dr. R. K. Yadav (MD, Bareilly). The topic "Surface Anatomy of Marma" was fantastically presented & taught by Dr. Suresh Chandra.



The most important moment was the honor given to Professor Dr. S. P. Sardeshmukh, Principal of Ayurved Mahavidyalaya - Wagholi. He was awarded the 'Honour of Fellowship' in recognition of the valuable contribution for the 'Advancement of science of Ayurved Sharir (Anatomy)' by the hands of Professor Dr. D. G. Thatte, Director of Institute.

This workshop was the great learning experience for all participants.

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