

Inauguration of www.health-ayur-world.com



Dr. Mashelkar, inaugurated the website www.health-ayur-world.com prepared by Niramaya Ayurvedic Research & Consultancy Pvt. Ltd. under the guidance of Vaidya Dilip Gadgil on Sunday, 3rd May 2009.

This new website is basically for the Primary & Secondary prevention of chronic diseases like Diabetes (Diabetic complications like Kidney failures, Retinopathy etc.), Heart Disease & Cancer.

Dr. Arvind Kulkarni - Radiation Oncologist was the Chairperson at the occasion. Dr. Ulhas Luktuke - Psychiatrist, Dr. Manoj Naik- Yoga Consultant & Physician, Dr. Dhanajay Kelkar - Oncosurgeon and Ad. Haribhau Limaye (Maharaj Limaye Smruti Charitable Trust) were also present as Panelists for the ceremony.

After Dhanvantari Poojan and chanting Stavana by Vd. Leena Rajwade, a traditional lamp was lit by the dignitaries on the dais. Vd. Dilip Gadgil, M.D. of the Institute explained the basic theme behind the Website. He explained that this website is useful for assessment of Health in Ayurvedic perspective & guides about proneness to any disease at Primary or Secondary level

emphasizing on complications of Diabetes (Kidney Failure, Retinopathy etc.), Heart Disease, Cancer etc. It focuses on the lacunae in the lifestyle like Stress, Depression, Addictions, Improper food habits etc. & suggests ways for prevention through Ayurveda, Yoga, Counseling and Relaxation through Massage.



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Heart Disease is another life threatening disease causing untimely death and creating constant stress. After the conventional treatment of Angioplasty or Bypass, there are chances of recurrence of Heart Attacks due to Unhealthy life style etc. The Holistic Ayurvedic management helps to avoid the recurrence of Heart Attack and restore the Heart to normalcy. This can be beneficial to patients who cannot afford Bypass or don't want to go for it.

Kidney Failure (it's a complication of Diabetes, requiring life time Dialysis) and Retinopathy (Diabetic complication leading to blindness) also need prompt attention today. Only 2.5 % of the patients suffering from Kidney failure can afford Dialysis. In early stage, it is reversible or atleast maintainable by Ayurvedic Holistic management. These people need to know this fact and should avail Ayurvedic treatment.

The next generation of people is suffering with various health disorders due to Stress, Addictions, Improper food habits, Unhealthy life style etc. This website can guide them about the health status and suggest ways to improvise it and avoid the primary onset of Diabetes, Heart Disease and Cancer.

The people working with fields like Media, IT, BPO are also prone to these and various other diseases like ITP (Bleeding Disorders), Multiple sclerosis, IBS and Allergies due to Improper Lifestyle, Addictions etc. The Website is beneficial for these classes as well.

The website Provides 2 types of Health Checkups . 1) Express check up - totally free and 2) Elaborate check up (paid). For Elaborate Check up, one has to become a member of the 'Association of Preservation and Promotion of Health' as a Health seeker by paying an annual subscription of Rs. 500 for first Year. He gets more elaborate and precise guidance besides 10% concession on services availed from the service providers.

The Website also provides mapping of services across India and globe. Ayurvedic Consultants, Dieticians, Counselors, Yoga teachers, Massagist / masseurs can become members of the association for prevention of diseases by paying subscription fees. Their Name, Address, Contact Details such as telephone nos. etc. can be seen Country, State, City, and City Area wise. The Health Seeker will directly Contact the Service Provider and avail the service. The Health Seekers who are members of the Association will get 10% concession from the enrolled service providers.

Dr. M. S. Baghel, has kindly consented to publish his book 'Researches on Ayurveda' on the Web. One can directly get the listing of the titles arranged subject wise of various thesis. New M.D students will have a ready-made list of topics previously covered, so that they can choose a topic not covered earlier. They can register their names free of cost on the Website. On completion, they have to update the status with abstract of the work done. They also have to provide Key words, so that the Search Engine of the Website can point out a relevant thesis. Vd. Manasi Deshmukh explained various features of Website, such as Express free check up, Suggestions given by program, Elaborate check up, Mapping of services, Researches in Ayurveda, Contact us etc.

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In Panel Discussion, Advocate Haribhau Limaye, who has devoted his life for the spread of Ayurvedic Massage, explained the role of massage in relaxation of Body and Mind.

Dr. Ulhas Luktuke explained the role of positive thinking in recovery from the diseases and explained how counseling helps the patient to come out of the state of depression and stress. Dr. Manoj Naik, modern Physician and student of Iyengar Guruji, explained the role of Yoga in avoidance of recurrence and for cure of the disease. He also said that coming together of various Health Practitioners such as Ayurveda, Allopathic etc. is also Yoga. Vd. Gadgil explained the concept of only Milk Diet as Rasayana treatment enhancing immunity. Dr. Arvind Kulkarni appreciated the 'Idea of Holistic Management and Integrative Medicine'. He urged that the Ayurvedic Physicians should be more positive about the effects of their treatment.

Dr. R. A. Mashelkar appreciated the idea in the interest of humanity & emphasized how it gives a boost to traditional Indian Sciences like Ayurveda, Yoga at global level with an innovative approach. He appreciated the use of Modern Technology to spread Ayurveda & Yoga worldwide. Having acquainted with the work of Vaidya Gadgil for a long time, he congratulated him & expressed his best wishes for the work.

Ayurvedic Courses Abroad

Ayurved Academy of Yoga in Daily Life is conducting "Yoga & Ayurved Diploma Basic" course of Tilak Maharashtra University since 2005 at Vienna, Austria. The course is conducted by Ayurved College, Wagholi under the able guidance of Prof. Dr. S. P. Sardeshmukh. The third module of third batch of the course was held between 18th April – 29th April 2009 at Swami Maheshwarananda Maharaja's Aashram at Vienna.

Total 13 students attended the course. The students from various parts of European countries like Austria, Germany, Slovenia attended the course.

This module was designed for 2 important clinical subjects of Ayurved viz. Introduction of Nidan (Ayurvedic concept of diagnosis of disease) & Chikitsa (Treatment) & also high lightening Panchakarma treatment (5 Purificatory methods).

The valuable guidance was given efficiently by Dr. Vineeta Deshmukh, Reader at Ayurved Mahavidyalaya - Wagholi & In charge of Cancer Research Project undertaken by Bharatiya Sanskriti Darshan Trust, Dr. Ajit Rawal - Lecturer in Kayachikitsa Department (Department of Medicine) & Panchakarma Vaidya in Panchakarma Research Centre Wagholi and Dr. Bhagyashree Puranik, M.D. (Scholar) Kayachikitsa Department.

Various methods of examination of patient & disease were explained. Practicals on Tongue examination, Eye examination & Voice examination etc. were taken. In the topic of Chikitsa, various classifications of Chikitsa, Introduction of Panchakarma, Rasayana were discussed. Snehana, various types of Swedana like Poulitis, Nasya, Shirodhara, Katibasti, Nabhibasti & Lepa were demonstrated.

After the theoretical discussions, the students were encouraged with practical applications. Practical were conducted on Sarvanga Abhyanga, Shirodhara, Swedana, Nasya etc. p.t.o.

... Ayurvedic Courses Abroad

In Ayurveda, diet has given importance as it is an integral part of our life. Various Ayurvedic easy to make & delicious recipes described in the topics of Rasayana (Rejuvenation) & Vajikarana (Aphrodisiac) were also demonstrated in this course.

At the end of the module, students presented various topics taught to them. For assessment of the knowledge, written examination was taken on last day.

The module was full of theoretical & practical aspects of Ayurved.

Mrs. Claudia Matejuvesky (Muktamaniiji), Managing Director of Ayurved Academy contributed a lot for the success of the course.



Heartly Congratulations !

Dr. Mrs. Aparna Prasanna Sole, M.D. (Kayachikitsa- Department of Medicine) Pune obtained Doctor of Philosophy (Ph.D.) in Kayachikitsa in the faculty of Ayurvedic Sciences of University of Pune. Her research work was done on "Role of Triphaladi Lekhana Basti in Management of Sthaulya". She completed her Ph.D. work in Tilak Ayurved College, Pune, under the able guidance of Dr. S. P. Sardeshmukh, Principal of Ayurved College, Wagholi.

We congratulate Dr. Mrs. Aparna Prasanna Sole for her success and wish her all the best for future.



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