



*Bharatiya Sanskriti Darshan Trust*

*Vishvashanti*

*विश्वशान्ति*  
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*Progressing Panchakarma Unit of  
Bharatiya Sanskriti Darshan Trust*



The journey of the Bharatiya Sanskriti Darshan Trust continues in the form of Panchakarma Research Center at Vishwashantidham, Wagholi. It started as a small unit which has now developed into full-fledged Panchakarma center. It is extending its services not only to Indian patients but also for the foreign patients.

The trust has constructed five well furnished and well equipped cottages built exclusively as per the authentic Panchakarma therapy.

Ayurveda is becoming a global medicinal science. People from all over the world have experienced Ayurveda in some form or other. Panchakarma is considered as half treatment. Taking this into account, patients from all over the world e.g. Australia, Japan, Germany, Austria, Switzerland, Vienna, Holland etc. have taken Panchakarma treatment in this center as per the advice by Dr. S. P. Sardeshmukh

Duration of the treatment is approximately 14 to 28 days, according to the diagnosis and constitution of the patients.

Until now, every year 25 to 30 global patients have been treated at the center, to name a few sumo wrestler from Japan, an Australian actor and Japanese film director have benefitted by Panchakarma treatment.

*-Vd. Renuka Gayal, - Panchakarma Center, Wagholi*

# *Activities of Shalya Tantra Department of Bharatiya Sanskriti Darshan Trust's Ayurved Hospital, Wagholi*

Shalya Tantra is a subject dealing with many surgical problems. Sushrutacharya had described many curative procedures like Ksharakarma (Alkali therapy), Agnikarma (Fire cautery therapy) and Raktamokshana (Blood letting) in Sushrut Samhita.

In Shalya Tantra Department of Bharatiya Sanskriti Darshan Trust's Ayurved Hospital, all above mentioned procedures are carried out successfully.

Bharatiya Sanskriti Darshan Trust's Ayurved Hospital's Shalya Tantra Department is developing fast. Here we do many shastrakarmas like Arsha nirharna (Hemorrhoidectomy), Granthi Chhedana - Bhedana (Incision & excision of cyst), Ashmari nirharna (Removal of urinary calculus), Antrapuchha nirharna (Appendectomy) and different types of abdominal and general surgeries.

We use different types of Ksharas in the treatment of Vrana (Wounds), Arsha (Hemorrhoid), Bhagandara (Fistula in ano) etc. Ksharsutra (Special thread prepared with the help of Alkalies) is prepared here by using Snuhi arka etc. Specialized treatment of Ksharsutra legation is given here to patients of Bhagandara (Fistula in ano). This method is very convenient for patient. Results and progress of this treatment are very much encouraging.



Many patients having orthopedic problems are also coming to our Shalya Tantra Department. We are dealing with orthopedic problems like Asthibhagna (Fractures & dislocations), Sandhivikara (Joint disorders). Under the guidance of Vd. Sardeshmukh and Hon. Orthopedic surgeons, we are giving Agnikarma ((Fire cautery therapy) , Raktamokshana (Blood-letting) treatment in orthopedic problems successfully. Many orthopedic surgeries are also done in our department including Arthroplasty. Recently Hemiarthroplasty in Hip joint was done. Number of patients coming at Shalya Tantra Department of Ayurved Hospital, Wagholi and getting cured by Kshara - Agni - Shastra Karma and Raktamokshana treatment is increasing.

In last year 2005, more than 80 surgeries were done by Shalya Tantra Department. Total 40 procedures of Ksharsutra legation was done in patients of Bhagandara (Fistula in ano).

Vd. Ashwini Kelkar, Vd. Sanjay Babar are conducting these activities at Shalya Tantra Department, under the guidance of Respected Vaidya Sardeshmukh.

## शुभाः सन्तु पन्थानः ।

वैद्या विनीता देशमुख, वैद्या सौ. अञ्जलि देशपांडे, वैद्या पुष्पा नेमाडे च  
परदेशगमनम् “आपृच्छा” वसन्ततिलका वृत्तम्।

विनीते,

आपृच्छन्नः सपदि यासि, युरोपभूमिं  
चानं प्रविश्य, अनुभूतम्, एव उर्मिम्।  
संपश्यसि त्वम्, सुयोगं, ऋतौ वसन्ते  
पुष्पाञ्जलिः, रतवती, सहकार्ये कार्ये ॥१॥

एकां, समानवयसापि, तथैव माता  
अन्या च, कोमलतनुः, वयः कनिष्ठा।  
पन्थाःप्रदर्शय नु संस्कृतिदर्शनार्थे  
प्राचार्यछात्रगणान्यजनाः स्वदेशे ॥२॥

आमन्त्रिणः बहुविधाः, सहकारिवर्गाः  
प्राप्याहि, सिद्धियत्, संहितकार्यमग्नाः।  
रक्ष्याः हि, देवगुरुभिःच, विज्ञप्ति अत्र  
आकाशयानगतशब्द, “तथास्तु” तत्र ॥३॥



तव - गुरुमाता देशमुखकुलमागता विभा इति अभिधानम् वसन्तपत्नी  
विंशतिः दिनाङ्कः एप्रिलमासस्य षट्द्विशून्यद्वि संवत्सरे।

### *Bon Voyage!*

(Translation of Sanskrit poem, farewell song when Vaidya Vineeta, Anjali and Pushpa were going abroad)

Dear Vineeta,

As you are going to European country, when you are entering into the aero plane, waves of sweet memories stand in front of your mind's eye.

It's a golden opportunity you are leaving the country in spring. That's why Anjali (a cavity) and Pushpa (having flourished) are engrossed in assisting you.

A cavity full of flowers is a means to worship the goddess Saraswati of 14 lore and Dhanvantari, the God of medicine.

Anjali is of your age. She is a mother indeed! The other Pushpa, bodily tender is the youngest.

You guide them in the work of demonstrating Indian culture, with the means of Ayurved.

In our country, right from Principal (Dr. S. P. Sardeshmukh), your students and other people at the same time, your inviters are helping you. As you are engrossed in group activity, you are bound to get success.

Let Gods and all elderly persons protect you. This is our prayer here. The sound of an aero plane (when it is to take off) suggests from the sky, “Let be as per your wish!”

- Mrs. Vibha Vasant Deshmukh - 20th April, 2006

# Yoga for Health & Peace



## Shalabhasana

In Sanskrit 'Shalabha' means a grasshopper or a locust. In this asana, the upper part of the body upto the umbilicus are on the ground. Both the legs from the waist down are raised which look like the hind part of a grasshopper. Hence it is called as 'Shalabhasana'.

### Technique :

1. Lie on the floor in a prone position (i.e. on the stomach.) hands by the side of the body, legs apart.
2. Joining the toes and heels, and keep the legs straight. Let the chin be on the floor.
3. By contracting the muscles of the waist and lower abdomen, start raising both the legs together.
4. Raise the legs higher, if possible, by further contraction of muscles of waist. Do not bend the legs at knee joint.
5. Maintain this posture for 3 to 5 breaths.
6. Slowly release the asana, by relaxing the muscles of waist and buttocks. Lower the legs in a controlled manner, place the forehead on the floor. Turn the face to one side. Place the hands by the side of the body.

### Benefits :

- Improves muscle tone of the back, waist & abdomen.
- Complaints like backache during menstrual period are alleviated by regular practice of this asana.
- Relieves one from complaints like constipation. .

### Practice :

- 3 to 5 breaths, 1 to 3 rounds. Gradually increase the duration and decrease the rounds.

### Contraindications :

- In Acute abdominal pain, Backache, Appendicitis.

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