



*Bharatiya Sanskriti Darshan Trust*

*Vishvashanti*

*विश्वशान्ति*  
*वृत्तान्त*

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VOL. : 54

JULY , 2006

*Progressing Panchakarma Unit of  
Bharatiya Sanskriti Darshan Trust - Part 2*



A special programme "Relax with Ayurveda" is started in 2001 to quench the thirst of foreigner patients about ancient Ayurvedic knowledge. This programming is composed of a relaxing therapy which includes Massage, Steam bath, Shirodhara etc. During this period, the participant is on specially designed Ayurvedic diet as per the individual constitution. Duration of this program is 7

days. During this period, a lecture- series is arranged for the participant. These lectures give them an overview of Ayurvedic science. This program receives an encouraging response.

Since the past one year, a developmental research activity is undertaken by the Panchakarma center. In this activity, the result of Panchakarma treatment are tested based on modern parameters. The observations are stored in each individual case for future study reference.

The speciality of this center is that all the Panchakarma procedures are carried out by expert Panchakarma physicians.

Till date, nearly 250 patients have undergone Panchakarma treatment at the center and are satisfied. Each year the trust gets an encouraging response hence the trust plans to extend this activity.

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

# *Propagation of Ayurved Abroad*

Ayurved Academy was established by Yoga in daily life institute in the Year - 2004 under the guidance of Swamy Maheshwarananda at Vienna. The managing committee comprises of following members -

- Scientific Director - Dr. S. P. Sardeshmukh  
Course Director - Dr. AmritAdriana  
Managing Director - Mrs. Claudia Matejovsky alias Muktamani  
Managing Co-Director - Mr. Rampuri



With the aim to propagate ancient Indian Science throughout the world "Ayurved Academy of Yoga In Daily Life" initiated a course based on Ayurved. It is a two Year course, which will be held in Summer and Winter at Czech Republic and Vienna.

The Third Module of the First Batch and the First Module of the Second Batch (New Batch) of this course commenced between 22nd April till 7th May 2006 at the Ashram based at Strillyk (Czech Republic). All 23 students from First Batch and 12 students from Second Batch attended the course. People from various walks of life attended the course which included Doctors, Engineers, Massagists, Hotel Managers, Teachers, Journalists, and Lawyers etc. The students were from the Slovakia, France and England Kroashia etc.

A new batch of the same course was started at the Ashram based at the Vienna. The first module of this new batch was commenced from 13th May till 23rd May 2006. Total 6 students from Germany, Vienna etc. attended the course. Students who took part included Yoga teacher, Physiotherapist, Nursing, Teachers and Dancers. The course was conducted with the facility of German Translation.

Dr. Vineeta Deshmukh, Reader at Ayurved Mahavidyalaya, Wagholi also Physician in Cancer Research Project undertaken by the Bharatiya Sanskriti Darshan Trust, Dr. Anjali Deshpande, Lecturer in Kayachikitsa Dept. and Panchakarma Vaidya in Panchakarma Research Centre, Wagholi & Dr. Ranibala Nemade, Lecturer in Samhita Dept. at Ayurved College Wagholi, and Panchakarma Vaidya in Panchakarma Research Centre delivered lectures on various topics included in the 3rd Module (Practical Application of Ayurveda) and 1st Module (Basic Principles of Ayurveda).

Panchakarma, the special modality of the Ayurvedic treatment was main subject of this Module. In the 3rd Module, Definition of Chikitsa, its Types, Importance of Panchakarma, Five Procedures of Panchakarma and allied procedures, Pizhichil, Rasayana, Vajikarna were discussed in details. The etiology, signs & symptoms, recommended and contraindicated diet of common disease like Shirshula, Karnashula, Raktapitta, Dantashula etc. was described.

Demonstrations of Panchakarma procedures and allied procedures were conducted. Every student practiced these procedures daily, during the course under the guidance of the Vaidyas. Various easy to make recipes, which are recommended in the post Panchakarma regimen (Samsarjan kram) like Rice gruel, Mudga yush, Krut and Akrut yush, Krushara and the recipes recommended in Rasayana and Vajikarna like Rasala, Dalia, Udid vada etc. were demonstrated.

In the first module at Vienna, Basic Principles of Ayurveda like Dosha, Dhatu, Mala, Agni vichar, Siddhanta like Panmahabhuta, Samanya-Vishesha etc., Dinacharya, Rutucharya, Sadvrutta, Concept of Mind & Atma, Trayopstambha were discussed. Practical aspects about the daily regimen are defined in Ayurveda were discussed in details. Practical of Dantdhavan (Brushing of Teeth), Abhyanga (Massage), Shirobyanga (Head Massage) & Nasya (Medicated Nasal Drops) were performed. Students practiced these procedures daily and were benefited by it. Various recipes like Odana, Chapati, Salad, Yush, Khichadi etc. were demonstrated & their medicinal uses were explained.

# *Glimpses - Propagation of Ayurved Abroad*



***Demonstration  
of  
Recipies***



***Dr. Deshpande  
demonstrating Shirodhara***



***Demonstration of Abhyanga***



***Dr. Deshmukh  
delivering lecture***



***Demonstration of Lepa***



***Dr. Nemade  
while  
delivering lecture***

## *'Live Surgery Workshop on Shalakyia Tantra' - 2006*

The Bharatiya Sanskriti Darshan Trust's Ayurved College, Wagholi, Ayurved Hospital and The Association of Shalaki with the help of Dhanvantari Parivar - Pune jointly organized a one day workshop "Live Surgery workshop on Shalakyia Tantra 2006" in April 2006. This workshop was attended by 254 participants from all over Maharashtra.

The inauguration of this workshop was done by Dr. Madhusudhan Zavar. Dr. Zavar elaborated the role of Allopathic and Ayurvedic treatment on specific ***Inauguration of Live Surgery Workshop*** ophthalmic disorders. Dr. Puranik - President of Shalakyia Association was also present on this occasion.



The workshop was conducted in two sessions - Live surgical session and Guest lecture session.



***Felicitation by Dr. Zavar***

The lecturers invited for the lecture session were Dr. Rajesh Pawar, Dr. Prasad Jawalkar, Dr. Jyoti Dabholkar, Dr. Satish Kabra, Dr. Neelam Vaidya, Dr. Hemant Bavsikar, Dr. Milind Joshi.

The different surgeries performed were shown to the students by live transmission and live commentary. Mrs. Meera Badawe who is a social worker trying hard to make blind people self-dependent was felicitated by Dr. Madhusudhan Zavar on this occasion.

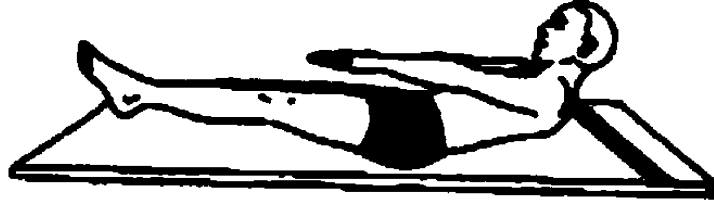
The workshop was successfully conducted by the secretary of the organizing committee Dr. Neelamani Barve under the able guidance of principal, Dr. S. P. Sardeshmukh, Dr. D. P. Puranik and Dr. Nandkumar Jethale.

The Vice Principle Dr. Tekawade and Dr. Jaiswal of the Ophthalmology department also gave immense support. The volunteers who helped in the workshop were Shirin Patil, Pavan Patil, Avinash Pathare, Hemant Kate, Ganesh Virkar, Bhagyashri Paigude, Archana Patil.



***Students participating in Live Surgery Workshop on Shalakyiatantra***

# Yoga for Health & Peace



## **Dronasana**

The final posture of this asana resembles a 'drona' or a bowl. Hence it is called as 'Dronasana'.

### **Technique :**

1. Lie on the back relaxed.
2. Keep the legs together and hands by the side of the body.
3. Slowly start raising the legs and the upper part of the body simultaneously.
4. Keep the hands parallel to the floor and at the level of the shoulders.
5. This is the final stage of Dronasana.
6. Maintain this posture for 3 to 5 breaths.
7. Slowly release the asana by bringing down the upper and lower portion of the body to attain the starting position.
8. The movements should be steady and controlled.

### **Benefits :**

- Due to this asana the health of the spinal column improves.
- Abdominal muscles get strengthened.
- The functions of abdominal organs like liver, spleen etc. improves.
- This asana eliminates complaints like Constipation, Indigestion etc.

### **Practice :**

- Maintain the final posture for 3-5 breaths.
- Slowly increase the duration.

### **Contraindications :**

- Acute Abdominal Pain.
- Backache.
- Appendicitis.

Published by : Bharatiya Sanskriti Darshan Trust (*for private circulation only*)

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