



AYURPRAJNYA

April Newsletter of SSCASRH, SSU
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Doctor Achievements



Prof. Dr. Durga Prasad Dash
MS, SSCASRH

Congenital venous malformations are a rare set of diseases that occur in children out of which Vascular Venous malformation (VVM) is the most common type. They are present at birth and are often symptomatic, causing morbidity and pain. It is challenging to diagnose VVM since it can get confused for other disorders. Therefore, it is important to get an accurate clinical history and cross-sectional imaging for diagnosis and for formulating treatment.

Such a case of vascular venous malformation was reported at our SSCASRH, SSU and successfully treated by Dr. Durga Prasad Dash, Medical Superintendent and Professor Dept. of Kaumarabhritya.

A 2-year 5-month-old female child approached Kaumarabhritya OPD, with complaints of swelling in the thigh region along with pain, tenderness, and a bulky mass observed over the lateral aspect of the left knee. Because of the above complaints, the child was unable to walk properly.

MRI of the left thigh and knee revealed, dilated venous mesh over the distal part of the left vastus lateralis and short head of the biceps femoris muscle, and the blood reports showed elevated WBC (>14,500).

The treatment was planned considering the disease in the lines of shiragranthi which occurs due to the vitiation of mamsa (muscle), asrik (blood), meda (fat), and shira (blood vessels) by vatadi doshik factors.

The patient was advised Ayurvedic treatment for 2 months, with the regular hospital visit in every 15 days to determine the clinical progress. Both oral medications and external panchakarma therapies were administered along with physiotherapy at our hospital for the purpose of treatment. Orally, the child was administered Kumarkalyan Rasa, Aravinda Sava, Kalyanaka Ghrita, Vatagajankush Rasa, and Varunadi Kashaya after periodical assessment on an opd basis. Externally Abhyanga with Balaswagandha tail was given for a period of 2 months.

On completion of 2 months of treatment, there was complete remission of pain and swelling. As a result of the above, the patient was able to walk normally.

A follow-up of the case was conducted after additional 2 months to determine any relapse of symptoms. These advised treatment modalities work by decreasing inflammation, increasing the localized circulation, and also strengthening the deeper tissues of the body which provides strength.

Thus, through the discretion of our consultant with the knowledge of Ayurveda, such success was achieved in this rare pediatric case of venous vascular malformation.

For any inquiries related to pediatric treatment in our hospital, one can contact **0671-7132670**



Editorial



My hearty congratulations to the whole team of administrators, and specialist doctors for their continuous efforts for the development of Ayurveda College & Hospital. It is my immense pleasure that SSCASRH is now enriched with multiple facilities including OPD & IPD facilities, Pathology, Surgery, Panchakarma, etc. SSU will not only be the center for disease cure but also for developing highly skillful doctors in the near future. SSU will create new benchmarks for health care and wellness in the world as it will be providing holistic health combining the wisdom of the Best of East and West. A wide array of noninvasive treatment procedures along with Ayurveda will be available as Meru, Marma, osteopathy, physiotherapy, etc., making it a holistic health care and wellness center.



Prof. Dr. Pradip Kumar Panda
Dean, SSCASRH

I am delighted to announce that our exceptional hospital team has successfully fulfilled all essential requirements as per NABH regulations within the given timeframe! Our latest newsletter showcases the wide range of ongoing activities at our hospital, from patient management to camps, webinars, research activities, publications in international journals, and celebrations.

It is our immense pride and honor that we are part of the groundbreaking Ayurveda Hospital & College project under the esteemed Sri Sri University. While we face the challenge of communicating the benefits of Ayurvedic treatment, we are confident that our integrative approach to research will rapidly establish Ayurveda as the world's leading health science.

Our accomplishments are largely due to the visionary Gurudev Sri Sri Ravi Shankar Ji, whose unwavering enthusiasm and dedication to globalizing Ayurvedic science for the benefit of humanity have been truly inspiring.

Through this publication, we aim to raise awareness and encourage responsible individuals to work passionately toward the management of acute and chronic ailments. Let us continue to promote activities that benefit patients and contribute to the betterment of human society!



Prof. Dr. Durga Prasad Dash
MS, SSCASRH



Greeshma Ritu charya

Stay Cool This Summer: Ayurveda Regimen to Beat the Heat

The Sanskrit term **Ritu** means season and **Charya** is ritual. The ancient science of life, Ayurveda has always emphasised on maintaining health in the healthy individuals along with treating the diseases. For this purpose the concept of Ritucharya is necessary to be understood and followed to maintain a healthy equilibrium in the body with the changing seasons.

As per Ayurveda, the Summer season- **Greeshma Ritu** occurs in the time span of 6 months called the **Aadaana Kala**, where the strength of body significantly reduces due to the effect of increasing heat from the sun.

What happens to the body during summer?

Because of the excessive heat from the sun, the moisture content of the body starts reducing gradually causing decrease in the Kapha Dosha. This further reduces the strength, vigour and also the capacity to digest complex food.

What must be the properties of food to be consumed in Summer ?

One must consume food with sweet taste in this season ,to compensate with the loss of strength. The food consumed must be simple and light to digest. Since there is constant loss of fluids of the body in this season, consumption of ample of liquids are encouraged.

List of foodstuffs to be preferred:

Vegetables - belonging to the gourd family (cucurbitaceae) like pointed gourd(parwal), snake gourd, ash gourd(white petha), bottle gourd (lauki)

Grains - rice, wheat and Moong dal

Milk products - milk, ghee and freshly prepared buttermilk

Fruits - seasonal fruits like mango, watermelon, grapes, pomegranate

Liquids - tender coconut water, sattu (roasted flour) preparations, sherbet and juices made of bel, kokum, prunes, dates, pomegranate.

What shouldn't be consumed?

Food that is Spicy, heavy to digest, extremely sour and salty must not be consumed. One must avoid consuming sour curd in this season since it'll cause delay in digestion. One must not consume alcohol in this season, but if one has to consume it, alcohol must be diluted with excess water or taken in very small proportions.

What regimen has to be followed?

In this season the strength of the body is significantly less, hence physically activity in form of exercise is not advised, but can be done in moderation, occasionally. One must not expose directly to sunlight. Since the duration of day is longer than night, day sleep is indicated in this season. Pastes of Chandan can be used for anointing the body, which helps to cool it down.

Like the changes which occur in the atmosphere with changing seasons, our body also undergoes changes during the same. Thus it becomes vital to adopt the above mentioned regimens to cope up with the increasing heat and keep diseases at bay!



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Seminar & Free Health Check-Up on National Safe Motherhood Day

11th April 2023



Under the banner of G20, Sri Sri College of Ayurvedic Science & Research Hospital started the program W20 to give prime importance to MOTHER. In this connection "National Safe Motherhood Day" has celebrated on 11th April 2023. Dr. Bobllena Mohanty, Deputy Medical superintendent as well as Gynecologist of Sishu Bhawan, Cuttack delivered her lecture on "safe motherhood" as chief guest. Prof.(Dr.) P.K Panda, (Dean), Prof.(Dr.) Durga Prasad Dash, Medical Superintendent, Dr.Bhagayshree Satapathy, and Dr. Milly Bisoi, Deputy Medical Superintendent attended the celebration and expressed their views on the National Safe Mother Day.

Awareness session on **Healthy Lifestyle** in Coordination with Sri Sri Ayurveda Hospital & Sri Sri University

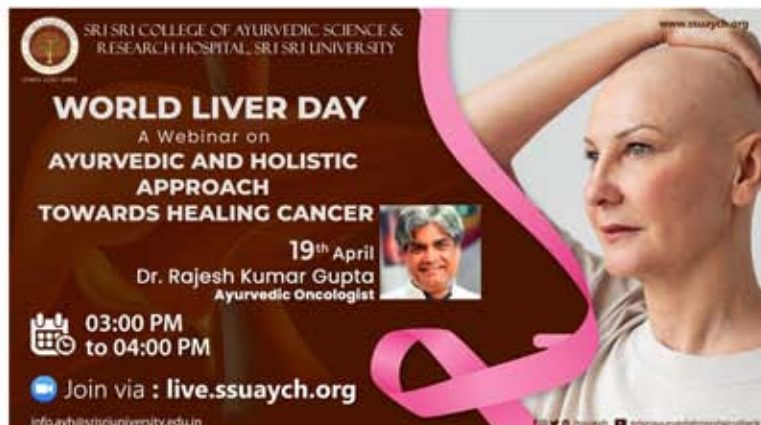
15th April 2023



Under the banner of G20, Sri Sri College of Ayurvedic Science & Research Hospital started the program W20 to give prime importance to MOTHER. In this connection "National Safe Motherhood Day" has celebrated on 11th April 2023. Dr. Bobllena Mohanty, Deputy Medical superintendent as well as Gynecologist of Sishu Bhawan, Cuttack delivered her lecture on "safe motherhood" as chief guest. Prof.(Dr.) P.K Panda, (Dean), Prof.(Dr.) Durga Prasad Dash, Medical Superintendent, Dr.Bhagayshree Satapathy, and Dr. Milly Bisoi, Deputy Medical Superintendent attended the celebration and expressed their views on the National Safe Mother Day.

Webinar on **AYURVEDIC AND HOLISTIC APPROACH** TOWARDS HEALING CANCER on the occasion of **World Liver Day**

19th April 2023



On the eve of World Liver Day, a webinar on Ayurvedic and holistic approaches to healing cancer has been conducted by SSCASRH, SSU. Dr. Rajesh Kumar Gupta an Ayurvedic Oncologist delivered his lecture on how natural ways like yoga, meditation, and simple Ayurvedic medicine can give cure & prevention cancerous. All SSCASRH, SSU college & Hospital staff were presented online to attend the prevention method for the killer diseases Cancer.



Anorectal Practitioner Council

21th April 2023



Prof.(Dr.) Pradip Kumar Panda, Dean, SSCASRH conferred the life fellowship of the Anorectal practitioner council. He had received the fellowship for his expertise in the field of proctology Medicine & Surgery.

IEC Meeting

25th April 2023



The institutional ethic committee of SSCASRH was conducted to discuss and approve all research projects initiated by the students & faculty of SSCASRH. Prof. Chaturbhuj Bhuyan attended the committee meeting as chairperson of the IEC. Many research projects were approved in the committee from which the most significant research suspect was Sickel cell anemia by Prof.(Dr.) Pradip Kumar Panda, Satwarvjaya chikitsa by Prof.(Dr.) Durga Prasad Dash & Spark project approved by CCSRAS, GOL.



4th year Anniversery celebration of Hospital

26th April 2023



Sri Sri Ayurveda Hospital celebrated 4th anniversary followed by Gurupuja & Sweet distribution. Many staff who performed the best service for the hospital were awarded by honorable VC & DO in the occasion.

Swarna Prashna Camp

27th April 2023



Total **33** Children got Benefited



Sri Sri University G20 3rd Education working

26th April 2023



Sri Sri University participated in the 3rd working group meeting of G20 EMPOWER for Priority Issue III: Education. The meeting was held on 25-26 May 2023 in Paris, France. The meeting was attended by Rajita Bagga, President of Sri Sri University.

The G20 EMPOWER group is a working group that focuses on women's empowerment. The group has identified Priority Issue III: Education as a game-changing pathway to women's empowerment. The group is planning initiatives to ensure that the gender gap in higher education, especially STEM education for girls, is reduced.

Sri Sri University is a leading university in India that is

committed to gender equality. The university offers a range of programs that are designed to empower women and girls. The university also has a strong focus on STEM education.

Rajita Bagga, President of Sri Sri University, spoke at the meeting about the university's commitment to gender equality and STEM education. She also shared the university's experiences in working with girls and women from disadvantaged backgrounds.

The meeting was a productive one and it is clear that the G20 EMPOWER group is committed to addressing the gender gap in higher education. Sri Sri University is proud to be a part of this important work.

Here are some of the initiatives that the G20 EMPOWER group is planning:

- Creating a global network of universities that are committed to gender equality and STEM education.
- Developing new curriculum and teaching methods that are designed to engage girls and women in STEM fields.
- Providing scholarships and financial support to girls and women who want to pursue STEM education.

Community Outreach Programme at village Marthapur by Dept. Of Swatthavrita & Yoga

28th April 2023

