

The role of *Dwaya Haridra* with *Nimbadi* tail in the management of *Vicharchika* W.S.R. to Eczema

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ABSTRACT

In *Ayurveda* all skin diseases describes under the heading of *kushta*. "*Kushnatee iti kushtam*." (*Ma.Ni/kushta/Tika* 1) The disease that destroys the affected part of skin. Both *charak samhita* and *sushrut samhita* classify skin disease into 2 categories. 1) *Mahakushtha* (major) 2) *Kshudrakushtha* (minor) *Ayurvedically*, Eczema is considered to be a type of *kushta*. i. e. type of *kshudrakushtha* which is disease of the skin. It is also known as a type of *twak roga*, which also signifies that it is a skin disease that *twak* translates to skin and *rog* translates to pain. *Vicharchika* is characterised by the following symptoms *ati kandu, bahu strav, rukshata, shlyavata, pidika, raji*. As described in terms of *nidan, purvarupa, samprapti* and *chikitsa vicharchika* can most certainly be correlated with the modern interpretation of eczema or atopic dermatitis. Eczema or atopic dermatitis is chronic inflammatory skin condition. Atopic dermatitis is characterized by

cracked or scaly skin discolored patches, erythma (red skin), papules, exudates (oozing) and intense pruritus (itching)

Keywords:

Kshudrakushtha,

Mahakushtha,
Vicharchika,

INTRODUCTION

In *Ayurveda* all skin diseases describes under the heading of *kushta*.

"*Kushnatee iti kushtam*."
(*Ma.Ni/kushta/Tika* 1)

The disease that destroys the affected part of skin. Both *charak samhita* and *sushrut samhita* classify skin disease into 2 categories.

1) *Mahakushtha* (major)

2) *Kshudrakushtha* (minor)

There are seven *mahakushtha* and eleven *kshudrakushtha*. The *mahakushtha* include those that are considered variations of leprosy. While the

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Effect of Ayurvedic Formulation Orally and Karanj tail locally in the management of Vicharchika WSR to Eczema –A case study.

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Keywords

Ayurvedic Formulation, vicharchika, eczema, karanj tail

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Abstract

Skin is the largest and important organ of the body. A number of skin conditions last a long time. some may start in childhood and continue into adulthood.

In ayurveda the word Kushta is broad term which cover almost all skin disorder.

Skin is the Largest Organ of Human Body. all the skin diseases in Ayurveda have been

Classified under the broad heading of 'Kushta' which are further Classified in to Mahakushta and Kshudra kushta.

Vicharchika is defined under kshudra kushta. Vicharchika is kaphapradhan vyadhi it can be correlate with eczema in modern-medicine.

Eczema is a condition where in patches of skin become inflamed, itchy, cracked, and rough. some types can also cause blisters.

- In adults, Eczema appear anywhere, mostly Hand and foot. the affected skin may be blakish, eruptive. In Ayurvedic terminology symptom of विचर्चिका-

१) सकण्डं पिडका यथा बहुला विचर्चिका।

च.चि. ७/२६, यो. २/भा. प्र. ५४/२७

vicharchika are

1) Kandu (itching),

An effect of *manjistha khadir choorna* orally and *dermocare* oil locally in the management of *vicharchika* w. s. r. to eczema –a case study.

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Abstract:

In *Ayurveda*, majority of skin diseases have been mentioned under the umbrella of *Kushtha* and in other words, it can be listed as "*Ayurvedic dermatology*." *Ayurveda* is science of life. *Ayurveda* is not only curative but also preventive science of life. In *ayurveda* the word *Kushta* is broad term which cover almost all skin disorder. *Vicharchika* is a type of *kshudrakushta* often encountered by *Ayurvedic* dermatologists characterized with symptoms namely *Kandu* (Itching) *Strava* (discharge) *Pidika* (vesicles) and *Shayava varna* (Discoloration) *Rajyo* (marked lining due to thickness of lesions) *Vicharchika* is often correlated to eczema based on the clinical presentations. No satisfactory treatment is available in contemporary medical practice expect antihistamines and topical steroids. Main line of treatment for *vicharchika* in *Ayurved* is *shodhsna* and *shaman oushadhi*. In spite of presence of antibiotic, antihistamines, steroids etc, the skin disorder remains

refractory to treatment But *Ayurveda* is the repository of skin remedies which are therapeutically safe and effectiveness. In present case study is successful *ayurvedic* management of case of *vicharchika* (eczema). Here is case report of a 45 years male having with complaint of *padbhagi twak vaivaranyata kandu pidika ruja rajyo rukshata strava*. He was treated with *ayurvedic* drugs. A remarkable improvement in condition was observed.

Keywords: *kushta, eczema, shaman shoudhan oushadhi, vicharchika*

Introduction

Ayurveda is a life science. *Ayurveda* is not only curative but also preventative science of life. In *Ayurveda*, all skin disorders describes under the heading of *Kushta*. Skin is the one of the sense organ in the body. largest and important organ and outermost covering of the body which acts as a protective barrier. But very often, it is exposed to many entities which can damage it and cause

The role of *Charakokta Varnya Mahakashaya* for maintenance of skin complexion (*Varnya Vriddhi*) – a literature review
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ABSTRACT:

Beauty is a subject of socio-medical importance. Cosmetics are used in wide range through out the world which lead to many hazardous effect due to chemicals contain. The aim of this study is to evaluate the use and the mode of action of herbs mentioned in *Varnya Mahakashaya* of Acharya Charak for maintenance of skin complexion i.e. for *Varna Vriddhi* of *Twaka* or *Rupaprasadan*. According to Ayurveda Skin is divided in 7 different layers – *Avabhasini*, *Lohita*, *Shweta*, *Tamra*, *Vedini*, *Rohini*, *Mamsadhara*. These layers are responsible for various characters of skin like complexion, and also the *Bhrajak Pitta* which is closely associated with skin is responsible for skin complexion. The *Charak Samhita* is great text in Ayurveda stated a group of

10 medicinal plants known as *Varnya Mahakashaya* that can be used to obtained glowing skin. It includes- *Shweta Chandan* (*Santalum albam*), *Nagakeshar* (*Mesua ferra*), *Padmak* (*Prnus cerasoides*), *Ushira* (*Vetiveria zizanioides*), *Madhuka* (*Glycerrhiza glabra*), *Manjishtha* (*Rubia cordifolia*), *Sariva* (*Hemidesmus indicus*), *Payasya* (*Ipomoea digitata*), *Sita* (white variety of *Cynodon dactylon*) and *Lata* (green variety of *Cynodon dactylon*). These drugs can used individually or in combination also internally and externally. All of them work under *varnya*, *raktashodhak*, *pittashamak*, *kushthaghna guna*. Most of them are prescribed for skin diseases, the pharmacological properties of these herbs indicate complexion promotion action.

Keywords: *Varnya Mahakashay, raktashodhak, Twaka*

INTRODUCTION-

Beauty is subject to socio medical importance and skin complexion is really important issue according to all individual. *Ayurveda* is holistic and ancient science which gives the information about every medical condition. The *Charak Samhita* is great text in *Ayurveda* stated a group of 10 medicinal plants known as *Varnya Mahakashaya* in *Sutrasthan* chap-4 (*Shloka* 4/8) that can be used to obtain glowing skin.

AIM -

To study the role of *charakokta varya mahakashaya* for maintainer or development of skin complexion (*varna vriddhi*)

OBJECTIVES –

1. To study *Varnya Mahakashaya*
2. To study the factors affecting to skin complexion
3. To study the correlation of affecting factors to skin

complexion and action of *Varnya Mahakashaya* on them.

MATERIALS-

All description related to *Charakokta Varnya Mahakashaya*, drugs/ herbs mentioned in it and about skin (*Twaka*) with factors affecting to skin complexion available in different *Samhitas*, various website, research articles.

METHODS-

1. मांसाद वसाः त्वचः षट् 1
(च.चि.15/17)

Twacha (skin) is the *Upadhatu* of *Mamsa*.

2. तस्य खल्वेवंप्रवृत्तस्य शुक्रशोणितस्याभिपच्यमानस्य । क्षीरस्येव सन्तानिकाः सप्त त्वचो भवन्ति।
(सु.शा. 4/4)

According to *Acharya Sushruta* during *Garbhotpatti*, as the cream form on the surface of milk after heating it exactly like this *Twaka* (skin) generation done during *Rakta pachan* process.

Types Of <i>Twaka</i>	चरकाचार्य	उदकधरा	असृग्धरा	तृतीया	चतुर्थी	पंचमा	षष्ठी	
According To <i>Acharya</i>	सुश्रुताचार्य	अवभासिनी	लोहिता	श्वेता	ताम्रा	वदिनी	रोहिणी	मांसधरा

- According to both of them 1st *Twacha – Avabhasini* and *Udakdhara* defines skin colour .

- **Bhrajak Pitta-**

The *pitta* which is situated under skin is called as *Bhrajak pitta*.

It responsible for colour of skin.

All activities like *Lepa*, *Abhyanga*, *Avgaha*, *Parisheka* are absorbed and digested (*pachan*) by *bhrajak pitta*.

- **Rakta-**

As per *Twaka* definition *Rakta dhatu* is responsible for *Twaka* (skin) formation .

- **Vata-**

Vata is responsible for skin darkening by its *Vridhhi*

“काश्यं काष्ण्यं उष्णकामीत्वं...||”

So the *Vridhhi* of *Vata* causes *Karshna* means skin darkening.

- **SKIN-**

There are 2 main layers of skin 1) Epidermis 2) dermis

The colour of skin is affected by three main factors

1) Melanin –

A dark pigment derived from amino acid tyrosine and secreted by *melanocytes* in deep *germinative* layers which is absorbed by surrounding epithelial cells. The colour of skin depends upon amount

of melanin pigment secretion. In human skin *melanogenesis* is initiated by exposed to UV radiation causes darkening of skin.

2) The amount of oxygenation of hemoglobin and the amount of blood circulating in the dermis which gives the skin pink colour.

3) Bile pigments in the blood and carotenes in subcutaneous fat gives the skin yellowish colour.

According to all above description about *Twaka* (skin) as per Correlation of *Ayurvedic* and modern view the main factors responsible mainly for skin complexion are

- *Rakta*
- *Bhrajak Pitta*
- *Vata*

- **CHARAKOKTA VARNYA MAHAKASHAYA –**

The *Charak Samhita* is great text in *Ayurveda* stated a group of 10 medicinal plants known as *Varnya Mahakashaya* that can be used to obtained glowing skin.

These drugs can used individually or in combination also internally and externally.

We can use these drugs as:

- 1) *Churna* 2) *Kwatha* 3) *Phanta* (*Sugandhi dravya*) 4) *locally lepa –Pralepa*.



Sr. No	Name of herbs	Latin name	Family	Chemical composition	Ras	Virya	Vipaka	Karya
1)	श्वेत चंदन (वर्ण्य गण)	<i>Santalum album</i>	<i>Santalaceae</i>	Santalol 90%	तिक्त कटु	शीत	कटु	पित्तघ्न, कफघ्न, वर्ण्य, रक्तप्रसादन
2)	मंजिष्ठा (वर्ण्य गण)	<i>Rubia cordifolia</i>	<i>Rubiaceae</i>	Purin, Manjishthin, Jantho sudo Purin	तिक्त कषाय मधूर	उष्ण	कटु	पित्तघ्न, कफघ्न, वातघ्न, वर्ण्य, रक्तप्रसादन, आजक पित्त दुष्टी दूर करते
3)	नागकेशर	<i>Mesua ferrea</i>	<i>Guttiferae</i>	Mesuaferin A&B, Bayoflovhinals, Mamisin mesuaul, Mesuon	कषाय तिक्त	इषत उष्ण	कटु	रक्तगत कफ पित्त शमन- रक्तप्रसादन
4)	पदमाक (वर्ण्य गण)	<i>Prunus cyrasodius</i>	<i>Rosaceae</i>		तिक्त कषाय	शीत	कटु	पित्तघ्न, कफघ्न, वर्ण्य
5)	उशीर (वर्ण्य गण)	<i>Vetiveria zizanioidis</i>	<i>Gramineae</i>		तिक्त मधूर	शीत	कटु	पित्तघ्न, कफघ्न, वर्ण्य, त्वग्दोषहर
6)	यष्टीमधु (वर्ण्य गण)	<i>Glycyrrhiza glabra</i>	<i>Leguminosae</i>	Glycyrrizin aysolikkiritin estrogen, Glucose, Sucrose, Manait	मधूर	शीत	मधूर	पित्तशमन, वर्ण्य, रक्तप्रसादन
7)	सारीवा	<i>Hemidesmus indicus</i>	<i>Asclepiadaceae</i>	Roots-Methoxy salisilik aldehyde Seeds- Sisterol, Tetrasayclin try tripin, Keton , Saponine	तिक्त मधूर	शीत	मधूर	रक्त व मांसगत वात, पित्ताचे शमन
8)	पयस्या (वर्ण्य गण)	<i>Ipomoia digitata</i>	<i>Leguminosae</i>	Carbohydrade 64.6%, Protein 10.9%	तिक्त कषाय मधूर	शीत	मधूर	पित्तघ्न, वातघ्न, वर्ण्य
9)	सिता (वर्ण्य गण)	<i>Cynodon dactylon</i>	<i>Graminaceae</i>	10.4% -Proteins, 27.1%-Fibers, 11.7%-Calcium, Magnesium, Phosphorus,	कषाय मधूर	शीत	कटु	पित्तघ्न, कफघ्न, वर्ण्य, रक्तशुद्धीकर
10)	लता (वर्ण्य गण)	<i>Cynodon dactylon</i>	<i>Graminaceae</i>	Sodium, Potassium, 36.6%- Carbohydrade, Alcaloids, Glucosodes	कषाय मधूर	शीत	कटु	पित्तघ्न, कफघ्न, वर्ण्य, रक्तशुद्धीकर

DISCUSSION: As per the description of *Twaka* (skin) we rule out some factors responsible mainly for skin complexion

- 1) *Bhrajak pitta*
- 2) *Rakta*
- 3) *Vata vriddhi*
- 4) *Oja*

Charak stated above *Varnya Mahakashaya* act on those factors and enhance skin complexion as –

1. By *ushna* virya it stimulate *Bhrajak Pitta* which helps in absorption of *lepa* and improve skin complexion.
2. By *madhur, tikta rasa* and *sheeta virya* act as *Pittaghna*
3. By *Kashaya, Tikta rasa* Absorb *Kleda* and cool down *Pitta* so result in purification blood (*Raktaprasadan*)
4. by *Madhura rasa* and *Sheeta Virya* they act as *Ojovardhak* which leads to improve skin complexion .
5. By *madhur rasa, Vipaka* and *Ushna virya* They act as *Vataghna*
6. By their specified Karma as per given in text they act as *Varnya, Raktaprasadak, Vataghna, Pittaghna, Ojovardhak*.

CONCLUSION:

Varnya Mahakashaya stated by *Charakacharya* are really effective for enhancing skin complexion as per reviewing all above factors, So we should use these herbs on patient hoping for better skin complexion.

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In *Ayurveda*, majority of skin diseases have been mentioned under the umbrella of *Kushtha* and in other words, it can be listed as “*Ayurvedic dermatology*.”

Ayurveda is science of life. *Ayurveda* is not only curative but also preventive science of life. In *ayurveda* the word *Kushta* is broad term which cover almost all skin disorder. *Vicharchika* is a type of *kshudrakushta* often encountered by *Ayurvedic* dermatologists characterized with symptoms namely *Kandu* (Itching) *Srava* (discharge) *Pidika* (vesicles) and *Shayava varna* (Discoloration) *Rajyo* (marked lining due to thickness of lesions) *Vicharchika* is often correlated to eczema based on the clinical presentations. No satisfactory treatment is available in contemporary medical practice expect antihistamines and topical steroids. Main line of treatment for *vicharchika* in *Ayurved* is *shodhsna* and *shaman oushadhi*. In spite of presence of antibiotic, antihistamines, steroids etc, the skin disorder remains

refractory to treatment But *Ayurveda* is the repository of skin remedies which are therapeutically safe and effectiveness. In present case study is successful *ayurvedic* management of case of *vicharchika* (eczema). Here is case report of a 45 years male having with complaint of *padbhagi twak vaivaranyata kandu pidika ruja rajyo ruksha strava*. He was treated with *ayurvedic* drugs. A remarkable improvement in condition was observed.

Keywords: *kushta, eczema, shaman shoudhan oushadhi, vicharchika*

Introduction

Ayurveda is a life science. *Ayurveda* is not only curative but also preventative science of life. In *Ayurveda*, all skin disorders describes under the heading of *Kushta*. Skin is the one of the sense organ in the body. largest and important organ and outermost covering of the body which acts as a protective barrier. But very often, it is exposed to many entities which can damage it and cause

many of the skin disorder. About 10-20% of the general practice includes the patients suffering from skin disorder and Eczema accounts for a very large proportion of all the skin diseases. In *Ayurveda*, The word *Kushta* is broad term, which covers almost all skin disorders.

“*kushnatee iti kushtham*”
(*Ma.Ni./Kushta./Tika 1*)

Viz. 1. *Mahakushtha*, 2. *Kshudrakushtha*,

Vicharchika being one among *kshudrakushtha*, is also a *Rasa*, *Rakta* and *Mansa dhatu pradoshaj vikara*.

Vicharchika Nirukti: The word *vicharchika* is derived from the root word “*Charcha*” with “*Vi*” *upasarg* meaning a form Coetaneous Eruption with itch and scab.

Paribhasha: The term *Vicharchika* is derived as one of the variety of *Astadasha Kshudrakushta*, in which the skin develops *Shyavarnata*, *Pidaka*, associated with *srav* and *kandu*. According to *Acharya* *vicharchika* is *kaphapradhan vyadhi* and symptoms of *vicharchika* are *kandu* (Itching), *shyava varna* (blackish discolouration), *pidika* (carbuncles), *bahu strava* (discharge), *ruja* (pain), *rajyo* (marked lining due to thickness of lesion), *rukshata* (dryness). Also Many *Acharya* defined as various dosha responsible for *Vicharchika vyadhi* and defined *vicharchika* is *kaphapradhan*, *pittapradhan*, *Kaphavatpradhan* Disease. *Vicharchika* is described in many of *Ayurved* text.

विचर्चिका-

१)सकण्डु पिडका श्यावा बहुस्त्रावा
विचर्चिका॥

“च.चि.७/२६,यो.र/भा.प्र.५४/२७

2)कफप्रायाविचर्चिका॥च.चि.७/३०

3)राज्योअतिकण्ड्वर्तिरुजः

सरुक्षाभवन्तिगात्रेषुविचर्चिकायाम्॥..सु.

नि.५/१३

4)सकण्डुपिटीकाश्यावालसीकाद्याविचर्चिका॥ अ.ह.नि १४/१८

5)श्यामलोहितव्रणवेदनास्त्रावपाकवतीविचर्चिका॥..का.सं Pg.No.116

6)पित्तेनोदुम्बरं प्रोक्तंकफान्मण्डलचर्चिके
॥ शा.सं७/८

All the clinical features of *vicharchika* can be very well correlate to clinical features of Eczema, which is distinctive pattern of inflammatory response of the skin. Eczema is broad term used for many types of skin inflammations, It is the skin disorder also called as Dermatitis. It is a pattern of inflammatory response of the skin which is the resultant of delayed type of hypersensitivity mediated T lymphocytes in the skin. It clinically manifest by *pruritus*, *eythema*, *oedema*, *Papules* and *Vesicles* and oozing in acute stage whereas itching, scaling, dryness and *lichenification* occur in chronic stage.

Appearance carries a lot of weight in modern world. Patients are very much concern about grooming and the way they present themselves before other. Both men and women want a looking attractive and fabulous skin right till old age. Any blemish on skin causes lot of psychological stress, physical uneasiness. In spite of presence of antibiotic, antihistamines, steroids etc, the skin disorder remains refractory to treatment But *Ayurveda* is the repository of skin remedies which are therapeutically safe and effectiveness.

The prevalence of skin disease in the general population has varied from 7.86% to 11.16% in various studies. According to JMGIMS (journal of mahatma Gandhi institute of medical science.), Eczema is the most common dermatitis in the last 10 years.

Method:- A case report

A 45 yr male pt. came to opd of *kayachikitsa* department of L K Ayurved Hospital *yavatmal* with **chief c/o**

- 1) *Padbhagi Twak vaivaranyata* (changes in skin coloration) since 3 yr.
- 2) *kandu* (Itching) since 3 yr
- 3) *pidika* (eruption), since 3 yr
- 4) *Shyav varna* (blackish discoloration) since 3yr
- 5) *Strava* (discharge), on and off
- 6) *Ruja* (pain), since 3 yr
- 7) *Rajyo* (marked lining due to thickness of lesion), since 3 yr
- 8) *Rukshata* (dryness), since 3 yr

Pt. having above complaints since 3 yr

Past history:- No H/O DM/HTN/ Any major illness.

History of present illness :- pt. is normal before 3 yr ago then pt. has been suffered from above symptoms. Pt. was treated by local doctor many times but after stop medication pt. symptoms was

aggravated then pt. came to L.K. Ayurved Hospital *yavatmal* for Ayurvedic treatment and management.

Rugna parikshan:-

- *Nadi:-68/min*
- *Mal: Asamyak*
- *Mutra: samyak*
- *Jivha: alpa saam*
- *Shabda : prakrut*
- *Sparsha : prakrut*
- *Druk : prakrut*
- *Aakruti:-Madhyam*
- *Nidra:- prakrut*
- *BP:- 140/80 mmHg*
- *Temp:- Afebrile*

Material and methods

Method:-

A Case Study

Centre: P.G. Dep. Of *Kayachikitsa*

L. K. Ayurved hospital *yavatmal* affiliated to D.M.M Ayurved college *yavatmal*.

MATERIALS AND METHODS

MATERIAL:
The following tables showing material of case study

TABLE NO.1

Sr no	<i>Dravya</i>	Dose	Duration	<i>Anupan</i>
1	<i>Manjistha khadir choorna</i>	3 gm	Twice a day	Luke warm water
2	<i>Dermacare oil</i>	Local application	Twice a day	

TABLE NO. 2

1. MANJISHTA KHADIR CHOORNA:

Sr. no.	Sanskrit name	Botanical name	Ras	Virya	Vipak	Karmukta
1	Manjistha	Rubia cordiafolia	Kashay	Ushna	Katu	Kapha Pittashamak
2	Khadir	Acacia catechu	Tikta kashay	Shita	Katu	Kaphapitta Shamak

TABLE NO 3 2 DERMOCARE OIL

Sr.	Sanskrit name	Latinname	ras	virya	vipak	karmukta
1	Kalamari	Pipernigam	katu	ushna	katu	lekhan
2	Ark	Calotropis gigantea	katu	ushna	katu	kaphavatshamak
3	Devdar	cedrusdeodara	Tikta katu	ushna	katu	kushtanng
4	Haridra	Curcuma longa	tikta	ushna	katu	Kaphavat shamak
5	Daruhari dra	Berberis aristata	tikta	ushna	katu	kaphapittahar
6	Kath	Sassurea lappa	tiktakashay	shita	katu	Kapha pittashamak
7	Rraktachandan	pterocarcaus	tikta	shita	katu	kaphapittashamak
8	Indravarun	Citrullus colocynthis	tikta	ushna	katu	kaphapittaghna
9	Kaner	Nerium indicum	katu	ushana	katu	kaphavatshamak
10	Chitrakmool	Plumbago zeylanica	katu	ushna	katu	vatkaphashamak
11	Vavdinga	Embelica ribes	katu	ushna	katu	vatakaphashamak
12	Chakramarda	Cassia tora	katu	shita	katu	kaphavataghana
13	Shirishchal	Albizia lebbeck	kashay	ushna	katu	tridoshshamak
14	Kutaj	Holarrhena antidysenterica	tkiktakashay	shita	katu	kaphapittashamak
1	Neemchh	Azadirachta	tikta	shita	katu	kaphapittash

5	al	indica				amak
1	Galo	Tinosporacordi	tikta	ushn	katu	kaphapittash
6		folia		a		amak
1	Amaltas	Cassia fistula	amla	ushn	aml	kaphavatsha
7				a	a	mak
1	Karanbee	Pongamia	tikta	ushn	katu	kaphavatshak
8	j	glabra		a		
1	Nagarmo	Cyprus	katu	shitat	katu	pittaghan
9	tha	rotundus	tikta			
			kashay			
2	Kherchha	Acacia catechu	tikta	shita	katu	kaphavatagh
0	l		kashay			ana
2	Vaj	acoruscalamus	katu	shita	katu	kaphavatagh
1						na

showing changes in affected area before *chikitsa* and after *chikitsa*
Treatment

Before treatment:-



During treatment :-1.



During treatment 2.



After treatment:-



Discussion:-

Hetu:-

1) **Aahar:-** Dadhi sevan, Mansa sevan,

Lavan-amla-katu padarth sevan

Madhyapan, Virudha aahar, Vidahi annapan

Vihar:- Atishram, Aatapsevan, Atikrodh, Panchkarma Abhav, Diwaswap

Samprapti Ghatak:-

1) **Dosha:-** vat + kapha

2) **Dushya:-** Rasa, Rakta, Mansa

3) **Strotas:-** Rasavaha strotas

Raktavaha strotas

Mansavah strotas

4) **Adhisthan:-** Rasa, Rakta, Mansa

5) **Udbhavsthan:-** Twaka

6) **Vyaktisthan:-** Twaka

CONCLUSION

In this study the drug used orally formulation of *majistha choorna* most helpful in all types of skin disorders an imbalanced pitta dosha vitiates the blood and impairs its normal functioning. This causes skin problems like redness *manjistha* helps to purify the blood and treats all type of skin disorders. this is due to its pitta balancing and *rakta shodhak* (blood purifier properties). *Khadiardi choorna* which mostly acts as *Kushtaghna*, *vrnaghna*, *twachyakar*, *Shothaghna*, *Raktashudhikar*, *Balancing trishosha and rasayani*. Locally used *dermocare* oil which also *Kushtaghna*, *vrnaghna*, *twachyakar*, *Shothaghna*, *Raktashudhikar*. Application of *dermocare* oil would take care of *rukshta* (dryness) as it contains *til tailam* which is *snehpaakdrya*. *Haridra daruharida* reduces acts as *shodhagana* i.e reduces swelling. *Chakramarda* acts as *vishaghana* decreases *kandu* (itching) *Raktachandan* acts as *dahaprashmak* i.e. reduces (burning sensation) *Chitrakmula* acts as *lekhna* i.e. it removes *pitika* (eruptions) *nagarmotha* and *nimba* acts as *kledaghna* decrease *kandu* (itching).

Dermocare oil fights free radicals that damage cell membrane. Hydrating

properties in the oil will relive from itching. Anti-inflammatory and antibacterial infection to relive inflammation. From above case study. It is concluded that *Ayurvedic* drug formulation of *manjishtakhadir choorna* orally and *dermocare* oil locally is very effective to reduce sign and symptoms of *vicharchika* patient.

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An effect of manjistha khadir choorna orally and dermocare oil locally in the management of vicharchika w. s. r. to eczema –a case study.

Subhash B Jamdhade, Monica W. Chavan, S. K. Jaiswal, Pradnya S. Jamdhade

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Role of *Raktmokshana (Siravedh)* & *Shaman Chikitsa* in *Vicharchika* - A Case Study

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Abstract:

In *ayurvedic* texts, all skin diseases are classified under *Mahakushtha* and *Kshudrakushtha*. *Vicharchika* is a type of *Kshudrakushtha*. It can be correlated with eczema according to modern science. Eczema is characterized by dry itchy skin with areas of poorly demarcated scales. In acute phase eczema may be vesicular and oozing. In chronic phase, it may become *hyperpigmented* and *lichenified*. Modern dermatology employs systemic and local administration of steroids for the management of eczema. Despite an initial response, maintenance therapies with small doses of systemic and topical glucocorticoids usually produce hazardous ill effects. So attempt has been made to treat eczema by *Ayurvedic* medicine. *Ayurveda* focuses on underlying *etiopathogenesis* and treats the root cause of the disease. The present study has been done to evaluate the efficacy of *Shodhana* i.e. *Raktamokshan (siravedha)* and *Shaman Chikitsa* in *Vicharchika*.

Keywords: *Mahakushtha*
Kshudrakushtha. *Vicharchika*

Introduction:

Most of the skin diseases developed from abnormal functioning of the agni, defective dietary habits like Smoking, alcohol, *psychological* stress and causing life style related skin diseases. *Vicharchika* is one of the disease mentioned in ancient science among *kushtha*.^[1]

Kushtha has been classified in mainly two groups, *Mahakushtha* and *Kshudrakushtha*.^[2,3]

Vicharchika being one among *Khudra kushtha*. All *Kushthas* having tridosha origin.^[4] Hence it Can be explained in similar manner i.e. *Kapha* is responsible for *Kandu*, *Pitta* is for *strava* and *shyava* indicate the presence of *vata*.

The existing treatment in modern science for eczema consist of reassurance, elimination of predisposing cause and palliative. It is also said that there is no specific medication for eczema^[5].

Though few drugs give symptomatic relief only. Modern *deomatology* employs systemic and local administration of steroid for the management of eczema^[6]. Despite of Initial response, maintenance therapies

with small doses of systemic and topical *glucocorticoids* usually produce hazardous effect^[7].

Ayurveda focuses on underlying *etiopathogenesis* and treats the root cause of disease.

The main focus of treatment in *Ayurveda* for *Vicharchika* is *Shodhan (Raktamokshan)*^[8].

The present work has been undertaken to check the efficacy of *Shodhan (Raktamokshan)* and *Shaman Chikitsa* in *Vicharchika*^[9].

Case report:-

A 56 yrs old male patient came in OPD with complaints of *Kandu* (itching), *Shyava varna* (blackish discolouration), *Rukshata* (dryness), *Strava* (discharge), *Lohita varna* (redness) and *Ruja* at the dorsum of both hands. Initially it was started in the form of small vesicles associated with itching, later on developed *pidaka*, *strava* and reddish lesions. After some days, itching was gradually increased with dryness. Patient received some oral steroids, antifungal and anti inflammatory drugs from local dermatologist but he didn't get relief. So he came in *Kayachikitsa* OPD.

General Examination:-

General condition of patient was fair, Vitals were normal. Local and systemic examination revealed no abnormality.

Bowels - Abnormal.

Micturition - Normal,

Appetite - good.

BP- 110/80 mmHg

PR- 76/min

Routine blood investigations were done and was normal Skin examination.

Ashtavidha Pariksha:

- *Nadi* – 72/min, *Madhyam*, *Pittavataj*
- *Mala* – *Malavastambha*
- *Mutra* – *Samyak*
- *Jivha* – *saam*
- *Shabda* – *Prakrit*
- *Sparsha* – *Snigdha*
- *Druk* – *Prakrit*
- *Aakriti* – *Madhyam*
- *Kshudha* – *Kshudhamandya*
- *Nidra* – *Samyak*

Material and methods:-

Table 1: Showing Treatment schedule

Date	Treatment
06-08-20	<ol style="list-style-type: none"> 1. <i>Siravedha</i> has been done 2. <i>Hingwashtak churna</i> 2gms + <i>Ajamodadi churna</i> 2gms BD before meal with lukewarm water. 3. <i>Panchasakar churna</i> 2gms with lukewarm water at bedtime. 4. <i>Arogyavardhini vati</i> 1BD 5. <i>Raktapachak Kadha</i> 20ml BD 6. <i>Cutis oil</i> for LA
21-08-20	<ol style="list-style-type: none"> 1. <i>Siravedha</i> 2nd sitting 2. <i>Cap. Panchatikta Ghrit Guggul</i> 500mg 1 BD 3. <i>Sukshma Triphala</i> 1 BD 4. <i>Cap. Epiderm</i> 1 BD

	5. <i>Mahamanjishthadi Kadha 15ml Bd</i> 6. <i>Aragvadha kapila vati 1</i> with lukewarm water at bed time.
05-09-20	1. <i>Rasayan vati 1 BD</i> 2. <i>Chopchinyadi Churna 2gms BD</i>

Table 2: Gradation of symptoms/subjective parameters of *Vicharchika*^[10].

Sr. No.	Parameters	Grade 0	Grade 1	Grade 2	Grade 3
1	<i>Kandu (itching)</i>	Absent	Tolerable	Tolerable but doesn't disturb sleep	disturb sleep
2	<i>Shyava varna (blackish discolouration)</i>	Normal	Slightly black	Dark patches	Dark spot with variation
3	<i>Pidika</i>	Absent	One or two	More than two	All over the body
4	<i>Rukshata(dryness)</i>	Absent	Dryness with rough skin	Dryness with scaling	Dryness with Cracks
5	<i>Strava (discharge)</i>	No Discharge	Occasional discharge with itching	Occasional oozing without itching	Excessive oozing making cloth wet
6	<i>Lohita varna (redness)</i>	Normal skin	Slightly red	Reddish patches	Dark Red patches
7	<i>Ruja</i>	No pain	Mild pain	Moderate pain	Severe pain

Table 3: Showing results before treatment and after treatment

Sr. No.	Parameters	BT	AT
1	<i>Kandu (itching)</i>	2	0
2	<i>Shyava varna (blackish discolouration)</i>	3	1
3	<i>Pidika</i>	2	0
4	<i>Rukshata(dryness)</i>	2	0
5	<i>Strava (discharge)</i>	3	0
6	<i>Lohita varna (redness)</i>	2	0
7	<i>Ruja</i>	2	0

Discussion:-

Vicharchika is a type of *Kshudrakushtha* and is generally caused due to the vitiation of *vata*, *kapha* and *rakta* having *Rukshta*, *Strava*, *shyava varna*, *Strava*. In this case, The patient was treated for the period of 30 days. Treatment was planned in 2 phases.

1. *Raktamokshan (Siravedha)*
2. *Shaman Chikitsa*

Prescribed medications with their action are shown below:

1. *Arogyavardhini Vati*-^[11]

Aamdoshanashak, *Hepatoprotective*, *Vata* and *Kaphanashak*, *Kushthagha*. It has as anti-inflammatory. It has *Bhedan* and *Malashuddhikar* property because of *Kutaki*.

2. *Raktapachak Kadha*-

It contains *Patol*, *Sariva*, *Musta*, *Patha*, *Kutaki*. It corrects the *Rakta Dhatvagni*. It is *Raktashodhak* and *Kushthagha*.

3. *Panchatikta Ghrit Guggul*-^[12]

It is *kushthagha*. It helps in pacification of *tridosha*. It has anti inflammatory, anti pruritic and carminative properties.

4. *Mahamanjishthadi Kwath*-^[13]

Varnya, *Kaphapittashamak*, *Shothahar*, *Kushthagha*, *Vranaropak*, *Raktashodhak*, *Dahashaman*

5. *Sukshma Triphala*-

It contains *Kajjali* and *Triphala*. It is *Kaphashamak*. It has *Rechan* property.

6. *Cutis oil*-

It is *vata kaphashamak*. It has *raktashodhak* and *Kandunashak* properties. It reduces dryness, itching and scaling.

7. *Raktmokshan (Siravedh)*-^[14]

Vicharchika is included under *Siravedha Arha vyadhi*. In each and every disease, *Shodhan* is mentioned which includes *Siravedha*. In *Vicharchika*, there is vitiation of *Rasa*, *Rakta* and *Mans Dhatu*

and *Siravedha* is indicated in all these vitiated *Dushyas*. In *Vicharchika*, there is excess *dushti* of all *doshas* which can be eliminated easily by *Siravedha*. *Siravedha* produces *Indriya prasadan* and *Dhatu Sthirata*, hence *Rakta Dhatu Dushti* and *Rasa Dushti* in *Vicharchika* is reduced and *Twakindriya* is nourished. In present case, 2 sittings of *Siravedha* at the interval of 15 days has been done, along with it, *Shaman Chikitsa* is given to the patient. The action of the prescribed medication were discussed above.

Conclusion:

In the contemporary view of *Vicharchika*, it can be included in *Eczema*. Long period of treatment in the form of suppressive and symptomatic (topical and systemic) are necessary in both therapies. In *Ayurveda*, *Kushtha* and *kshudrakushtha* are broad concept with pointed principle of management. All aspect of treatment also describe in *Vicharchika* eg. *Pathya* and *Apathya*. Various drugs for systemic and local purpose in many form of drugs preparation eg. *Vati*, *lepas*, *Rasayan preparations*, *oil*, *Kwath*. In present case study, patient has been treated with *Shodhan* and *Shamana Chikitsa* and got 95% result. So it can be concluded that *Ayurvedic* management will be an effective and acceptable in treatment of *Vicharchika*.

Study Photograph:-



Before T/T



After T/T

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“The study of therapeutic effect of *Snuhitailam* local application in the management of *Padadari* (crack heels)” - A case study.

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ABSTRACT –

Skin is the largest layer of our body which protects and shows shades of color of humans or any other creature on the earth. The most harshly and frequently used skin over body part is the sole of the foot, and it is also the most ignored skin part. *Ayurveda* is ancient science explained decades and it says that good foot/sole care lead to healthy eyes. Massaging *ghrita* over the sole of the foot helps in an increase in eyesight. *Acharya Shruta* explained a disease *padadari* (crack heels) under *kshudra roga* which includes symptoms like fissure's and pain over sole/ heels³. He also explained *chikitsa* of *Padadari* in brief. As *Padadari* is a *vatapradhan roga* it is important to treat *vata* and it is a locally affecting disease so local application medicine seems to be more effective. The best treatment for *vata* is

tailam so by reference of *Vaidya Manorama* I took *Snuhi tailam* for study⁵. As it has ingredients like *snuhiksheera*, *sarshap taila*, *saindhav* which combinedly act as *lekhana*, *snehana*, *vedanashamna* and *ropana*.

KEYWORDS –

Padadari, *Kshudraroga*, *Snuhitailam*, *Vata*, *Crack heels*, *nehana*, *ropana*, *lekhana*.

INTRODUCTION –

Ayurveda is an ancient science explains traditional Indian medicine. Here we are talking about disease *Padadari* which is a skin disease, skin is a largest organ and also an outer most covering of body, *Acharya's* explain skin and its layer in brief. *Acharya Sushruta* explained *padadari* under *Kshudrarogas*³. *Acharya Charak* does not explain it separately but

he explained symptoms *padadaran* which resembles to *Padadari* as a symptom/*lakshana of vatavyadhi*.

Padadari :- *pada* – foot, *Dari* – fissure

Padadari means fissured foot/ fissured sole of foot

The prevalence rate of *Padadari* (crack heels) – 42-54% which is very high but awareness about disease and foot care is very low. So to aware people and to search effective medicine I am doing this study.

Vaidya Manorama explained drug *Snuhitailam* under *Rogadhikar Padadari/ Vipadika*, it contains *Snuhi Kshira*, *Sarshaptaila*, and *Sindhava*⁵. Which have the property of *lekhan*, *snehana*, *vatashaman*, *vedanasthapan*.

METHODOLOGY –

In this study of *padadari* patient was treated by an *Ayurvedic* formulation *Snuhitailam* locally.

METHOD – a case study

A patient of age 45 yrs female came to OPD of *Kayachikitsa* department of *L.K. Ayurved rugnalay, Yavatmal with c/o-*

- 1) *Dari* (cracks over sole of foot)
- 2) *Rukshata* (dryness)
- 3) *Vedana* (pain)

Patient have the complaints from 10 yrs.

➤ **Past History** :- Non HTN, DM, Asthma

No /H/O- Tuberculosis, HIV, HBSag

➤ **History of present Illness** :-

Pt. was apparently alright before 10 yrs then she started suffering above complaints, so came to OPD in *L. K. Ayurved hospital for Ayurvedic treatment* so examined and included in study for further treatment and trial.

➤ **Rugna Pariksha:-**

- 1) *Nadi* – 76/min
- 2) *Mala* – *Asamyak* (Irregular)
- 3) *Mutra* – *Samyak*
- 4) *Jivha* - *Alpasama*
- 5) *Shabda* – *Spashta*
- 6) *Sparsha* – *Samashitoshna*
- 7) *Druka* – *Prakruta*
- 8) *Akruti* – *Madhyam*
- 9) *Nidra* – *Samyak*
- 10) BP – 130/80 mmhg
- 11) PR – 76/min
- 12) Temp – Afebril

➤ **Systemic Examination –**

- 1) CVS – S₁ S₂ Normal
- 2) CNS – Conscious Oriented
- 3) RS – Chest Clear

Material And Methods :-

• **Methods :-**

- 1) Case Study
- 2) Center :- P.G.Dept. of *Kayachikitsa L.K. Ayurved Hospital, Yavatmal*, affiliated to *D.M.M Ayurved Collage, Yavatmal*.

• **Material :-**

Snuhi Tailam local application at night

Method of application – first wash foot clean then take some oil on cotton and apply it on sole of foot or affected area of sole, rub it slightly. Then wear a plastic bag and after that wear socks leave it over night, wash in morning.

SNUHI TAILAM⁵–

Sr. no	Name of Drug	Rasa	Virya	Vipaka	Doshaghna	Action
1	<i>Snuhi Kshira</i> L.N.- Brassica campestris	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vataghna</i>	<i>Lekhan, Raktatkleshakara</i>
2	<i>Sarshap Taila</i> L.N.- Euphorbia nerifolia	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vataghna, Pittakara</i>	<i>Germicidal, Vedanasthapan, Snehan</i>
3	<i>Saindhav Lavan</i>	<i>Lavan madhur</i>	<i>Madhur</i>	<i>Anushnashita, Shita(शी.प्र.)</i>	<i>Tridoshaghna</i>	<i>Ropan</i>

- **Method of preparation of drug-** *snuhi ksheera* and *sarshap taila* were mixed together in proportion 1:4 and then boiled on low flame. Then when all *snuhi ksheera* burned procedure completed then let it cool. And after that *saindhava* is added to the *taila* like this *taila* was prepared.

**Before treatment****After treatment**

- **Pathya**

➤ **Ahara:-**

Laghu, supachya, Snigdha, Ushna

➤ **Vihara :-**

Wear footwear covering heel area/ shoe

Avoid excessive walking or wear smooth sole foot wear

- **Discussion:-**

1) **Hetu :-**

- Excessive walking (atichankraman)
- Not wearing socks/ good footwear
- Excessive exposure to water and detergents

Samprapti Ghatak :-

- 1) Dosha- Vata
- 2) Dushya- Mamsa, Rakta, rasa
- 3) Strotas-Mamsavaha, Raktavaha, rasavaha
- 4) Udbhvsthana- Twaka
- 5) Vyaktisthan-Pada tala twaka

In this case study the drug *snuhi tailam* used locally which contains *snuhi ksheer* acts as *lekhan*, *sarshap taila* acts as *snehana*, *vedana shamak*, germicidal and *saindhava* acts as *ropana*.

Result –

In Ayurveda there are plenty of drugs used but in this case an Ayurvedic formulation of *Snuhitailam* locally application showed significant effect to reduce clinical sign and symptoms of padadari. And also specially seems really effective in vedanashaman of patient of padadari.

Conclusion –

On the basis of above discussion it is concluded that Ayurvedic drug formulation of *Snuhi Tailam* is effective to reduce sign and symptoms of Padadari and specially pain in padadari.

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List of Academic Activity by Rognidan and Vikruti Vignyan Dept.

Publications:-

A] Index Journals & Peer Reviewed Journals

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78. Published article on “Yognidra – Swastha jeevan ka Mantra” in Ayurved Mahasammelan Patrika (ISSN-0970-6550) May-2018. (¹⁰Vdy. Apurwa Pardeshi, ²Vd. Sanjay A. Pawade)
79. Published article on “Bharat ke Uthan ka Mantra Hai Stree-Shiksha” in Ayurved Mahasammelan Patrika (ISSN-0970-6550) June-2018. (¹⁰Vdy. Apurwa Pardeshi, ²Vd. Sanjay A. Pawade)
80. Published article on “Swastha Rakshanam Aspect of Ayurvedic Treatment with Rasayan and Vajikaran” in Vidyasearch Vol. VII Issue 1st a Quarterly International Journal (ISSN-2278-7348) Aug-2018. (⁷Vdy. Vidya Chavhan, ²Vd. Sanjay A. Pawade).
81. Published article on “Methi Ek Vardan” in Ayurved Mahasammelan Patrika (ISSN-0970-6550) Oct-2018. (¹⁰Vdy. Apurwa Pardeshi, ²Vd. Sanjay A. Pawade)
82. Published article on “Somrogacha Updrav (Atisar) Mutratisar” in Sachitra Ayurved Patrika (ISSN-09678X RNI No. 2772) July-Sep 2018. (³Vdy. Pragati Koparkar, ⁸Vd. R. J. Mundane, ¹⁶Vd. Sanjay A. Pawade)
83. Published article on “Bilva Mahati – Aradhanetun Arogyakade” in Sachitra Ayurved Patrika (ISSN-09678X RNI No. 2772) July-Sep 2018. (³Vdy. Ashwini Gonare, ¹⁴Vd. Umesh Patil, ⁸Vd. R. J. Mundane)
84. Published article on “Computer Vision Syndrom madhe Labhakararak Netratarpan” in Sachitra Ayurved Patrika (ISSN-09678X RNI No. 2772) July-Sep 2018. (Vdy. Vidya Chavhan, ¹⁶Vd. Sanjay A. Pawade, ⁸Vd. R. J. Mundane)
85. Published article on “Conceptual Study of Mutra Pariksha in Madhumeha (Diabetes Mellitus)” in Auyushi, A International Interdisciplinary Research Journal (AIIRJ), Vol – V, Issue – IX, ISSN 2349-638x, Impact Factor – 4.574 Sep. 2018. (⁹Vdy. Nivedita Dhanvijay, ¹⁷Vd. Umesh Patil)
86. Published article on “Varsha Rutucharya” in Pawan Parampara Patrika (ISSN-2350-0069) july-sep2018. (¹⁶Vd. Sanjay A. Pawade)
87. Published article on “Aniyamit Bhojanse honewala Rog – Amlapitta aur usme upyogi annar” in Pawan Parampara Patrika (ISSN-2350-0069) Oct-Dec 2018. (¹Vdy. Priyanka Salve, ¹⁴Vd. Umesh Patil)
88. Published article on “Sharadiya virechan: Mahatavha aur vidhi” in Ayurved Mahasammelan Patrika (ISSN-0970-6550) Nov-2018. (¹Vdy. Priyanka Salve, ¹⁴Vd. Umesh Patil)
89. Published Paper “Ayurved & modern view in chicken pox (masurika/laghu masurika): a review” in Ayurlog e-Journal. (ISSN 2320-7329, ISBN 978-93-5173-179-3) Vol. 7 Issue 1st Jan-2019. (Vidya Chavhan, ¹⁶Vd. Sanjay A. Pawade)
90. Published article on “Nidanpanchakatmaka Study of Vicharchika with special reference to Eosinophil Count and Upashaya Anupashayatmaka Effect of Sarvkushthankusha Choorna” in Deerghayu International Vol. 35-2 Issue 138 a Quarterly International Journal (ISSN-0970-3381) Apr-June 2019. (¹⁰Vdy. Apurwa Pardeshi, ²Vd. Sanjay A. Pawade).
91. Published paper on “A review study of effect of pushyanug churna in swethpradar” in Ayurline an International Journal of Research in Indian Medicine (e-ISSN: 2456-4435) April 2019, Volume 3, Issue 02. (¹Vdy. Priyanka Salve, ¹⁴Vd. Umesh Patil)
92. Published paper on “Effect of Garbhapalras in pregnancy – A review” in Ayurline an International Journal of Research in Indian Medicine (e-ISSN: 2456-4435) April-June 2019, Volume 3, Issue 02. (³Vdy. Pragati Koparkar, ⁸Vd. R. J. Mundane, ¹⁶Vd. Sanjay A. Pawade)
93. Published article on “Dashavidh pariksha bhavoka mahatva” in Ayurved Mahasammelan Patrika (ISSN-0970-6550) July-2019. (¹Vdy. Priyanka Salve, ¹⁴Vd. Umesh Patil)

94. Published article on "Role of laboratory test in diabetes mellitus" in Ayurved Mahasammelan Patrika (ISSN-0970-6550) July-2019. (1^{Vdy.} Priyanka Salve, 14^{Vd.} Umesh Patil)
95. Published article on "Varsha rutu me amtor par hone wale vikaro me pathya apthya" in Pawan Parampara Patrika (ISSN-2350-0069) july-sep2019. (1^{Vdy.} Priyanka Salve, 14^{Vd.} Umesh Patil)
96. Published article on "Ayurved ke anusar auoshad sevan kal" in Ayurved Mahasammelan Patrika (ISSN-0970-6550) July-2019. (1^{Vdy.} Ashwini Tambat, 2^{Vd.} Sanjay Pawade)
97. Published article on "Various important investigation in pregnant women and its importance" in Ayurved Mahasammelan Patrika (ISSN-0970-6550) June-2019. (1^{Vdy.} Kajal Neralwar, 2^{Vd.} Sanjay Pawade)
98. Published paper on "A Review on effect of Chandraprabha Vati in Albuminuria" in Ayurline an International Journal of Research in Indian Medicine (e-ISSN: 2456-4435) Sep-2019 (Vdy. Vidya Chavhan, Vd. S. A. Pawade)
99. Published paper on "To study the causes of Insomnia w.s.r Ayurveda" in Ayurline an International Journal of Research in Indian Medicine (e-ISSN: 2456-4435) July 2019, Volume 3, Issue 03. (1^{Vd.} Tanvir Sheikh, Vd. Rajiv mundane)
100. Published article on "soundarya me badha lane wale balo ke vikaro me ayurved ki upyogita" in Pawan Parampara Patrika (ISSN-2350-0069) Oct-Dec 2019. (1^{Vdy.} Priyanka Salve, Vd. Umesh Pati)
101. Published article on "soundarya ki dushman thyroid vikruti" in Pawan Parampara Patrika (ISSN-2350-0069) Oct-Dec 2019. (1^{Vdy.} Ashwini Tambat, 2^{Vd.} Sanjay Pawade)
102. Published article on "soundarya me badhak vyanga vyadhi ka ayurvedic upchar" in Pawan Parampara Patrika (ISSN-2350-0069) Oct-Dec 2019. (Vdy. kajal Neralwar, 2^{Vd.} Sanjay Pawade)
103. Published article on "Balo ki aam samasya Darunak" in Pawan Parampara Patrika (ISSN-2350-0069) Oct-Dec 2019. (Vdy. Nisha Goundar, Vd. R. J. Mundane, 2^{Vd.} Sanjay Pawade)
104. Published article on "Study of anemia with special reference to pandu" in Ayurved Mahasammelan Patrika (ISSN-0970-6550) Oct-2019. (Vdy. Nisha Goundar, Vd. R. J. Mundane, 2^{Vd.} Sanjay Pawade.)
105. Published article on "Comparison of Rajayakshama from samhita" in Ayurved Mahasammelan Patrika (ISSN-0970-6550) Nov-2019. (6^{Vdy.} Amruta Bhambhurkar, 14^{Vd.} Umesh Patil)
106. Published article on "A review of Amlapitta through ayurvedic etiological lens" in Ayurved Mahasammelan Patrika (ISSN-0970-6550) Nov-2019. (Vdy. kajal Neralwar, 2^{Vd.} Sanjay pawade)
107. Published article on "Be young with rasayana" in Ayurved Mahasammelan Patrika (ISSN-0970-6550) Nov-2019 (Vdy. kajal Neralwar, 2^{Vd.} Sanjay pawade).
108. Published paper on "A Review Study of Nidanpanchak of Manas Vikar in Ayurveda with special reference to Atatvabhinivesh" in Ayurline an International Journal of Research in Indian Medicine (e-ISSN: 2456-4435) Jan 2020 (Vdy. Priyanka B. Salve, Umesh N. Patil, Vd. R. J. Mundane)
109. Published paper on "A Review Study of effect of basti in Vatavuadhi (MSD)" in Ayurline an International Journal of Research in Indian Medicine (e-ISSN: 2456-4435) Jan 2020 (1^{Vdy.} Ashwini Tambat, 2^{Vd.} Sanjay Pawade, Vd. R. J. Mundane)

110. Published paper on “Effect of Ayurvedic formulations in the management of Amavata w.s.r. to Rheumatid Arthritis” in Ayurline an International Journal of Research in Indian Medicine (e-ISSN: 2456-4435) Jan 2020 (Vdy. kajal Neralwar, ²Vd. Sanjay pawade)
111. Published article on “Dengue Ek Hahakar Machanewala bukhari” in Pawan Parampara Patrika (ISSN-2350-0069) Jan-Mar 2020 (Vdy. Amruta Bhambhurkar , ¹⁴Vd. Umesh Patil)
112. Published paper on “Review on holistic Approach of Dincharya in Ayurveda to increase immunity” in Ayurline an International Journal of Research in Indian Medicine (e-ISSN: 2456-4435) June 2020 (Vdy. Amruta Bhambhurkar , ¹⁴Vd. Umesh Patil)
113. Published paper on “To explore the emergency management methods through Panchakarma and Ayurvedic medicine- A review” in Ayurline an International Journal of Research in Indian Medicine (e-ISSN: 2456-4435) July 2020 (Vdy. Nisha Goundar, Vd. R. J. Mundane)
114. Published article on “Role of Ayurveda In Immunomodulation” in Ayurved Mahasammelan Patrika (ISSN-0970-6550) Sep-2020 (Vdy. Ashwini Tambat, ²Vd. Sanjay pawade).
115. Published article on “Pind Khajur, Ek Paushtik Mewa” in Ayurved Mahasammelan Patrika (ISSN-0970-6550) Oct-2020 (Vdy. Nisha Goundar, Vd. R. J. Mundane, ²Vd. Sanjay Pawade).
116. Published article on “Concept of Agni And Ahara Paka in Ayurveda A Literary Review” in Ayurved Mahasammelan Patrika (ISSN-0970-6550) Oct-2020 (Vdy. Ashwini Tambat, ²Vd. Sanjay pawade).
117. Published article on “Allergic Rhinitis with special reference to Vataj Pratishyaya and Its precautionary Measures” in Ayurved Mahasammelan Patrika (ISSN-0970-6550) Oct-2020 (Vdy. Nisha Goundar, Vd. R. J. Mundane, ²Vd. Sanjay Pawade).
118. Published article on “Vyadhikshamatwa Aur Bala” in Pawan Parampara Patrika (ISSN-2350-0069) Oct-Dec 2020 (⁶Vdy. Amruta Bhambhurkar , ¹⁴Vd. Umesh Patil)
119. Published article on “Vyadhikshamatwa Badhanewale Ayurvediya Kalpa” in Pawan Parampara Patrika (ISSN-2350-0069) Oct-Dec 2020 (Vdy. Ashwini Tambat, ²Vd. Sanjay Pawade, Vd. R. J. Mundane).
120. Published article on “Rutu Aur Vyadhi Sambandha” in Pawan Parampara Patrika (ISSN-2350-0069) Oct-Dec 2020 (Vdy. Nisha Goundar, Vd. R. J. Mundane, ²Vd. Sanjay Pawade).
121. Published article on “Vyadhikshamatwa Aur Jivansatva Ek Ayurvedik Vivechan” in Pawan Parampara Patrika (ISSN-2350-0069) Oct-Dec 2020 (Vdy. Vaishali Paraskar, Vd. R. J. Mundane, ²Vd. Sanjay Pawade).
122. Published article on “Vyadhikshamatwa Ki Ayurvedic Awadharana” in Pawan Parampara Patrika (ISSN-2350-0069) Oct-Dec 2020 (⁶Vdy. Anuja Katkhede, ¹⁴Vd. Umesh Patil, Vd. R. J. Mundane).
123. Published article on “Vyadhikshamatwa Aur Ahar Sevan Ke Niyam” in Pawan Parampara Patrika (ISSN-2350-0069) Oct-Dec 2020 (Vdy. Kajal Neralwar, Vd. Sanjay Pawade).
124. Published article on “Rogpratirodhak Kshamata” in Pawan Parampara Patrika (ISSN-2350-0069) Oct-Dec 2020 (Vdy. Priyanka Jadhav, Vd. Sanjay Pawade).
125. Published article on “Jeevanshaily se kaise badhaye Vyadhikshamatwa” in Pawan Parampara Patrika (ISSN-2350-0069) Jan-Mar 2021 (⁶Vdy. Priyanka Salve, ¹⁴Vd. Umesh Patil, Vd. R. J. Mundane).
126. Published article on “Jeevanshaily Se Gahara Nata Hai Madhumeh Ka” in Pawan Parampara Patrika (ISSN-2350-0069) Apr-June 2021 (Vdy. Kajal Neralwar, Vd. Sanjay Pawade).

127. Published article on “Uccha Raktachap me Pathyapathya” in Pawan Parampara Patrika (ISSN-2350-0069) July-Sep 2021.
128. Published article on “Vyadhikshamatva Badhanewale Rasayan” in Pawan Parampara Patrika (ISSN-2350-0069) Oct-Dec 2021.
129. Published paper on “A literary study of purvarupa (prodromal features) w. s. r. to prameha vyadhi purvarupa” in Ayurline an International Journal of Research in Indian Medicine (e-ISSN: 2456-4435) Oct-Dec 2021 (Vdy. Archana Gharge, Vd. R. J. Mundane)
130. Published article on “Various Important Investigations In Covid - 19” in Ayurved Mahasammelan Patrika (ISSN-0970-6550) Feb -2022.
131. Published article on “Amlapitta : Ayurvedic Perspective” in Ayurved Mahasammelan Patrika (ISSN-0970-6550) Mar -2022.
132. Published article on “Raktmokshan - An Ancient Ayurvedic Parasurgical Practice” in Ayurved Mahasammelan Patrika (ISSN-0970-6550) Mar -2022.

B] Seminar Souvinior

1. Published Paper on “Role of Aonla in the treatment of various diseases” in National Consultation meet on under-utilized fruits organized by National Bank for Agriculture and Rural Development Maharashtra on 2nd Dec 2005. (Vd. Sanjay A. Pawade)
2. Published Paper on “Raktadushtijanya Twag Vikarome Nimbadi Yog Ka Prabhav : Ek Adhyayan” in National Seminar Souvenir organized by Ayurved Medical College, Chalisgaon on 4th & 05th Feb. 2006. (Vd. Sanjay A. Pawade)
3. Published article on “Varsha Rutucharya” in Pawan Parampara July-Sep. 2006. (Vd. Sanjay A. Pawade)
4. Published article on leech Therapy in “Lokmat Samachar” Newspaper dated 24th Dec 2008. (Vd. Sanjay A. Pawade)
5. Published Paper on “Pandurog ka Nidanatmak Adhyaya Evam Usame Aamalaki Rasayan Ka Upashayatmak Adhyayan” in National Seminar Souvenir on Role of Ayurveda in Prevention and Management of lifestyle disorder organized by Shri Ayurved Mahavidyalaya, Nagpur on 7th to 9th October 2012. (Vd. Sanjay A. Pawade)
6. Published Paper on “The Role Of Ayurvedic Medicine (i.e. Vanga Bhasma, Guduchi Satva & Praval Pishti) in the management of Geriatric Disease (i.e. Sandhivat)” in National Seminar Souvenir on Role of Ayurveda in Management of Geriatric disorder organized by Shri Ayurved Mahavidyalaya, Nagpur on 2nd to 3rd October 2013. (Vd. Sanjay A. Pawade, Vd. Umesh Patil, Vd. R. J. Mundane)
7. Published Paper in International Seminar Souvenir on “Role of Herbal Medicine i.e. Gudadrak Yog in the management of Amavat w.s.r. to Rheumatoid Arthritis” organized by Shri Ayurved Mahavidyalaya, Nagpur on 11th to 12th October 2014. (Vd. Sanjay A. Pawade, Vd. Umesh Patil, Vd. R. J. Mundane)
8. Published paper in National Seminar Souvenir on “INTERPRETATION OF MOOTRA PAREEKSHA IN MADHUMEHI W.S.R TO TYPE II DIABETES MELLITUS” Organised by Chakrapani Ayurveda Chikitsalaya (Speciality Ayurveda Hospital), held on 2nd October 2016, Nashik. (Vdy. Aarti Agarwal, Vd. R. J. Mundane)
9. Published paper in National Seminar Souvenir on “Study of Ayurvedic Trividh Pareeksha in co-relation with modern parameters in sandhigatvat” organized by Shri Ayurved Mahavidyalaya, Nagpur on 15th & 16th Oct. 2016 (Vdy. Nivedita Dhanvijay, Vd. Umesh Patil, Vd. Sanjay A. Pawade)
10. Published paper in National Seminar Souvenir on “Evaluation of ayurvedic samprapti of sheetapitta w.s.r to etiopathogenesis of urticaria” organized by Shri Ayurved Mahavidyalaya, Nagpur on 15th & 16th Oct. 2016 (Vdy. Aarti Agarwal, Vd. R. J. Mundane, Vd. Umesh Patil, Vd. Sanjay A. Pawade)
11. Published paper in National Seminar e-Souvenir on “Study the hetus of Stri vandhyatva – Ayurvedic perspective” organized by Swasthyam Ayurvedic Multispeciality clinic, Satara on 20th Nov. 2016. (Vdy. Nivedita Dhanvijay, Vd. Umesh Patil, Vd. Sanjay A. Pawade)
12. Published paper in National Seminar e-Souvenir on “Study of women infertility in co-relation with Ayurvedic perspective” organized by Swasthyam Ayurvedic Multispeciality clinic, Satara on 20th Nov. 2016. (Vdy. Apurwa Pardeshi, Vd. Sanjay A. Pawade)
13. Published Paper on “Study of etiopathogenesis of Agnimandhya in Udar Roga” in National Seminar Souvenir Ayurkaushalya organized by YMT Ayurvedic Medical College, Navi Mumbai on 4th to 6th March 2017. (Vdy. Apurwa Pardeshi, Vd. Sanjay A. Pawade)

14. Published Paper on “Role Of Ashtavidh Pariksha in Clinical Practice” in National Seminar Souvenir Ayurkaushalya organized by YMT Ayurvedic Medical College, Navi Mumbai on 4th to 6th March 2017. (Vdy. Nivedita Dhanvijay, Vd. Umesh Patil)
15. Published Paper on “Swastha Rakshanam Rasayan Vajikaran Aspect Of Ayurvedic Treatment” in National Seminar Souvenir on Standardization Of Ayurvedic Drugs – Needs & Challenges organized by Dept. Of Rasshastra & B. K., G. A. C., Nagpur on 19th to 20th March 2017 (Vdy. Vidya Chavhan, Vd. Sanjay Pawade)
16. Published Paper on “The Role Of Agni in etiopathogenesis of Madhumeh (D.M.)” in National Seminar Souvenir on Diabetes Mellitus From Laboratory to Practice organized by Directorate of Ayush (Mah) & Arogya Bharati at D Y Patil Ayurvedic Medical College, Nerul, Navi Mumbai on 16th to 17th Aug. 2017. (Vdy. Apurwa Pardeshi, Vd. Sanjay A. Pawade, Vd. R. J. Mundane)
17. Published Paper on “Role Of Mutra pariksha in Madhumeh (D.M.) w.s.r. to Urine Examination” in National Seminar Souvenir on Diabetes Mellitus From Laboratory to Practice organized by Directorate of Ayush (Mah) & Arogya Bharati at D Y Patil Ayurvedic Medical College, Nerul, Navi Mumbai on 16th to 17th Aug. 2017. (Vdy. Nivedita Dhanvijay, Vd. Umesh Patil)
18. Published Paper on “A Comparative Study of Apathya Nimittaj Madhumeh as per Ayurveda & NIDDM in Modern Science” in National Seminar Souvenir on Diabetes Mellitus From Laboratory to Practice organized by Directorate of Ayush (Mah) & Arogya Bharati at D Y Patil Ayurvedic Medical College, Nerul, Navi Mumbai on 16th to 17th Aug. 2017. (Vdy. Vidya Chavhan, Vd. Sanjay A. Pawade, R. J. Mundane)
19. Published Paper on “Preventive Measures & effect of Diet on Madhumeh w.s.r. to NIDDM” in National Seminar Souvenir on Diabetes Mellitus From Laboratory to Practice organized by Directorate of Ayush (Mah) & Arogya Bharati at D Y Patil Ayurvedic Medical College, Nerul, Navi Mumbai on 16th to 17th Aug. 2017. (Vdy. Pragati Koparkar, Vd. R. J. Mundane)
20. Published Paper on “Role Of Pathyakar Vihar in Prevention & Management of Diabetes” in National Seminar Souvenir on Diabetes Mellitus From Laboratory to Practice organized by Directorate of Ayush (Mah) & Arogya Bharati at D Y Patil Ayurvedic Medical College, Nerul, Navi Mumbai on 16th to 17th Aug. 2017. (Vdy. Ashwini Gonare, Vd. Umesh Patil)
21. Published Paper on “Diabetes & Depression – An incomprehensible Relationship” in National Seminar Souvenir on Diabetes Mellitus From Laboratory to Practice organized by Directorate of Ayush (Mah) & Arogya Bharati at D Y Patil Ayurvedic Medical College, Nerul, Navi Mumbai on 16th to 17th Aug. 2017. (Vdy. Aarti Agarwal, Vd. R. J. Mundane)
22. Published Paper on “Sthoulya Vyadhi me Sthoulyahar Yog Ka Prabhav : Ek Adhyayan” in National Seminar Souvenir on Prevention & Management Of Diabetes & it's Complications Through Ayurveda organized by Shri Ayurved Mahavidyalaya, Nagpur on 7th to 8th October 2017. (Vd. Umesh Patil)
23. Published Paper on “Role of Dietetics- Ayurveda vision” in International Seminar Souvenir on Ayurveda for Global Well-being organized by Datta Meghe Institute of Medical Sciences on 19th to 21th January 2018. (Vdy. Nivedita Dhanvijay, Vd. Umesh Patil)
24. Published Paper on “Conceptual Study of Shodhan karma (Virechana) in Tamak Shvasa w.s.r Bronchial Asthma” in International Seminar Souvenir on Ayurveda for Global Well-being organized by Datta Meghe Institute of Medical Sciences on 19th to 21th January 2018. (Vdy. Apurwa Pardeshi, Vd. Sanjay A. Pawade)
25. Published Paper on “Role of Ayurveda in prevention and management of Amlapitta” in International Seminar Souvenir on Ayurveda for Global Well-being organized by Datta Meghe Institute of Medical Sciences on 19th to 21th January 2018. (Vd. Tanvir Sheikh, Vd. Rajiv J. Mundane)

26. Published Abstract on “Case study of Agnikarma in Mashak Vyadhi ” in National Seminar’s Abstract Book (Panchakarma update 2019) 12&13th oct. 2019. (6thVdy. Amruta Bhambhurkar ,Vd. Umesh Patil)
27. Published Abstract on “To study the role of Nasya karma in Ardhavbhedak in breaking pathogenesis by their gunas” in National Seminar’s Abstract Book (Panchakarma update 2019) 12&13th oct. 2019. (6thVdy. kajal Neralwar, 2ndVd. Sanjay Pawade.)
28. Published Abstract on “Emergency management through panchakarma and ayurvedic medicines a review ” in National Seminar’s Abstract Book (Panchakarma update 2019) 12&13th oct. 2019. (6thVdy. Nisha Goundar, Vd. R. J. Mundane, 2ndVd. Sanjay Pawade.)
29. Published Abstract on “The role of panchakarma shatakriyakal of prameha (type2DM) a review in National Seminar’s Abstract Book (Panchakarma update 2019) 12&13th oct. 2019. (6thVdy. Priyanka Salve ,Vd. Umesh Pati, 2ndVd. R. J. Mundane,)
30. Published Abstract on “Role of panchakarma with special reference to basti chikitsa in musculoskeletal disorrs” in National Seminar’s Abstract Book (Panchakarma update 2019) 12&13th oct. 2019. (6thVdy. Ashwini Tambat, 2ndVd. Sanjay Pawade, Vd. R. J. Mundane.)
- 31.

Paper Presentation:-

01. Paper on “Pravahika Vyadhime Bilwadi Churna Ka Prabhav : Ek Adhyayan” in National Seminar on The Role of Indian System of Medicine for sustainable primary health care at Pt. Khushilal Sharma Govt. (Auto.) Institute of Ayurveda, Bhopal (M.P.) on 9th to 10th January 2004. (Vd. Sanjay A. Pawade)
02. Paper on “Pandurog ka Nidanatmak Adhyaya Evam Usame Aamalaki Rasayan Ka Upashayatmak Adhyayan” in National Seminar on Role of Ayurveda in Prevention and Management of lifestyle disorder organized by Shri Ayurved Mahavidyalaya, Nagpur on 7th to 9th October 2012. (Vd. Sanjay A. Pawade)
03. Paper on “The Role Of Ayurvedic Medicine (i.e. Vanga Bhasma, Guduchi Satva & Praval Pishti) in the management of Geriatric Disease (i.e. Sandhivat)” in National Seminar on Role of Ayurveda in Management of Geriatric disorder organized by Shri Ayurved Mahavidyalaya, Nagpur on 2nd to 3rd October 2013. (Vd. Sanjay A. Pawade)
04. Paper on “Role of Herbal Medicine i.e. Gudadrak Yog in the management of Amavat w.s.r. to Rheumatoid Arthritis” in International Seminar on Recent advances in herbal medicine organized by Shri Ayurved Mahavidyalaya, Nagpur on 11th to 12th October 2014. (Vd. Sanjay A. Pawade)
05. Paper on “Tools Of Diagnosis” in National Seminar on Nadi Pariksha and Other Diagnostic Measures organized by All India Ayurved Teachers Association, Delhi, held at Indor on 10th to 11th Jan 2015.
06. Paper on “Interpretation of mootra pareeksha in madhumehi w.s.r to type ii diabetes mellitus” in National Seminar Organised by Chakrapani Ayurveda Chikitsalaya (Speciality Ayurveda Hospital), held on 2nd October 2016, Nashik. (Vdy. Aarti Agarwal)
07. Paper on “Study of Ayurvedic Trividh Pareeksha in co-relation with modern parameters in sandhigatvat” in National Seminar on “Ayurved Nidan: Challenges & Prospects” Organized by Shree Ayurved Mahavidyalaya, Nagpur on 15th-16th October 2016. (Vdy. Nivedita Dhanvijay)
08. Paper on “Evaluation of ayurvedic samprapti of sheetapitta w.s.r to etiopathogenesis of urticaria” in National Seminar on “Ayurved Nidan: Challenges & Prospects” Organized by Shree Ayurved Mahavidyalaya, Nagpur on 15th-16th October 2016. (Vdy. Aarti Agarwal)
09. Paper on “Study the hetus of Stri vandhyatva – Ayurvedic perspective” in National Seminar on “Vandhyatva & Ayurved” Organized by Swasthyam Ayurvedic Multi Speciality Clinic & Research Centre, Satara on 20th November 2016. (Vdy. Nivedita Dhanvijay)
10. Paper on “Study of women infertility in co-relation with Ayurvedic perspective” in National Seminar on “Vandhyatva & Ayurved” Organized by Swasthyam Ayurvedic Multi Speciality Clinic & Research Centre, Satara on 20th November 2016. (Vdy. Apurwa Pardeshi)
11. Paper on “Clinical Aspect Of Premenstrual Syndrome(Pms) – Ayurvedic Approach” in National Seminar on “Prasuti Tantra & Striroga” Organized by Sanjivani Health care Association with Sukhayurveda Panchakarma Sadhanalaya at Kolhapur on 22nd January 2017. (Vdy. Nivedita Dhanvijay)
12. Paper on “Ayurvedic Perspective of Shwetpradar w.s.r. Leucorrhoea” in National Seminar on “Prasuti Tantra & Striroga” Organized by Sanjivani Health care Association with Sukhayurveda Panchakarma Sadhanalaya at Kolhapur on 22nd January 2017. (Vdy. Apurwa Pardeshi)

13. Paper on "To study the aetiopathogenesis of annartava (amnenorrhoea) according to ayurvedic and modern aspect" in National Seminar on "Clinical aspects in prasuti tantra & stri roga" Organised by Sanjivani Healthcare in Association with Sukhyurveda Panchkarma Sadhanalaya, held on 22nd January 2017. (Vdy. Aarti Agarwal)
14. Paper on "The Study Of Vicharchika w.s.r. Eczema" in 7th International Ayurveda Research Day Conference, Organized by International Ayurveda Association on 5th February 2017 at Pune. (Vdy. Apurwa Pardeshi)
15. Paper on "Role of Anna(Dietary Regimen) in Prevention and management of Madhumeha (Diabetes mellitus) –Through Ayurveda Lens" in International Conference Sambhasha 2017 on "Scope & Role of Ayurveda in the Management of Madhumeha (Diabetes Mellitus) & its Complications" at the National Institute of Ayurveda, Jaipur on 5th -7th February 2017. (Vdy. Nivedita Dhanvijay)
16. Paper on "THE ROLE OF AYURVEDA AS A FUTURE MEDICINE" in National Seminar on "Recent Advances in Ayurvedic Science..." jointly Organised by National Ayurveda Students & Youth Association (NASYA) and Shree Dhanvantari Sevabhavi Pratisthan (SDSP), on 26th February 2017 at Udgir, Dist. - Latur. (Vdy. Aarti Agarwal)
17. Paper on "Swastha Rakshanam Rasayan Vajikaran Aspect Of Ayurvedic Treatment" in National Seminar on Standardization Of Ayurvedic Drugs – Needs & Challenges organized by Dept. Of Rasshastra & B. K., G. A. C., Nagpur on 19th to 20th March 2017 (Vdy. Vidya Chavhan)
18. Paper on "Conceptual Study Of Raktavah Strotodushti in Vicharchika (Eczema)" in National Seminar on Skin Disorders organized by MCIM & Ayurved Vyaspeeth, Raigadh on 26th March 2017 (Vdy. Apurwa Pardeshi)
19. Paper on "The Role Of Agni in etiopathogenesis of Madhumeh (D.M.)" in National Seminar on Diabetes Mellitus From Laboratory to Practice organized by Directorate of Ayush (Mah) & Arogya Bharati at D Y Patil Ayurvedic Medical College, Nerul, Navi Mumbai on 16th to 17th Aug. 2017. (Vdy. Apurwa Pardeshi)
20. Paper on "Role Of Mutra pariksha in Madhumeh (D.M.) w.s.r. to Urine Examination" in National Seminar on Diabetes Mellitus From Laboratory to Practice organized by Directorate of Ayush (Mah) & Arogya Bharati at D Y Patil Ayurvedic Medical College, Nerul, Navi Mumbai on 16th to 17th Aug. 2017. (Vdy. Nivedita Dhanvijay)
21. Paper on "A Comparative Study of Apathya Nimittaj Madhumeh as per Ayurveda & NIDDM in Modern Science" in National Seminar on Diabetes Mellitus From Laboratory to Practice organized by Directorate of Ayush (Mah) & Arogya Bharati at D Y Patil Ayurvedic Medical College, Nerul, Navi Mumbai on 16th to 17th Aug. 2017. (Vdy. Vidya Chavhan)
22. Paper on "Preventive Measures & effect of Diet on Madhumeh w.s.r. to NIDDM" in National Seminar on Diabetes Mellitus From Laboratory to Practice organized by Directorate of Ayush (Mah) & Arogya Bharati at D Y Patil Ayurvedic Medical College, Nerul, Navi Mumbai on 16th to 17th Aug. 2017. (Vdy. Pragati Koparkar)
23. Paper on "Role Of Pathyakar Vihar in Prevention & Management of Diabetes" in National Seminar on Diabetes Mellitus From Laboratory to Practice organized by Directorate of Ayush (Mah) & Arogya Bharati at D Y Patil Ayurvedic Medical College, Nerul, Navi Mumbai on 16th to 17th Aug. 2017. (Vdy. Ashwini Gonare)

24. Paper on “Diabetes & Depression – An incomprehensible Relationship” in National Seminar on Diabetes Mellitus From Laboratory to Practice organized by Directorate of Ayush (Mah) & Arogya Bharati at D Y Patil Ayurvedic Medical College, Nerul, Navi Mumbai on 16th to 17th Aug. 2017. (Vdy. Aarti Agarwal)
25. Published Paper on “Role of Dietetics- Ayurveda vision” in International Seminar Souvenir on Ayurveda for Global Well-being organized by Datta Meghe Institute of Medical Sciences on 19th to 21th January 2018. (Vdy. Nivedita Dhanvijay, Vd. Umesh Patil)
26. Published Paper on “Conceptual Study of Shodhan karma (Virechana) in Tamak Shvasa w.s.r Bronchial Asthma” in International Seminar Souvenir on Ayurveda for Global Well-being organized by Datta Meghe Institute of Medical Sciences on 19th to 21th January 2018. (Vdy. Apurwa Pardeshi, Vd. Sanjay A. Pawade)
27. Published Paper on “Role of Ayurveda in prevention and management of Amlapitta” in International Seminar Souvenir on Ayurveda for Global Well-being organized by Datta Meghe Institute of Medical Sciences on 19th to 21th January 2018. (Vd. Tanvir Sheikh, Vd. Rajiv J. Mundane)
28. Published Paper on “Role of Tri upastambha in prevention of life style disorder a review” in International Seminar Souvenir on Ayurveda for Global Well-being organized by Datta Meghe Institute of Medical Sciences on 19th to 21th January 2018. (Vd. Priyanka B. Salve, Vd. Umesh Patil)
29. Published Paper on “Nidranasha (Insomnia) and Ayurved-A critical Review” in International Seminar Souvenir on Ayurveda for Global Well-being organized by Datta Meghe Institute of Medical Sciences on 19th to 21th January 2018. (Vd. Ashwini N Tambat, Vd. Sanjay A Pawade)
- 30.

Participation:-

1. "AyurvedSangoshti 2002" at Nanded on 9th& 10th Feb. 2002
2. C. M. E. Programme "Nitya Vyavasay me Ayurved" Organised by AyurvedVyaspeeth, Nagpur on 29th sep. 2002
3. National Seminar on The Role of Indian System of Medicine for sustainable primary health care at Pt. Khushilal Sharma Govt. (Auto.) Institute of Ayurveda, Bhopal (M.P.) on 9th to 10th January 2004. (Vd. Sanjay A. Pawade)
4. National Conference on "Role Of PrakritiParikshan in Ayurvedic Treatment" at Om Ayurvedic Medical College, Betul (M.P.) on 22nd Aug 2004.
5. National Seminar on Tuberculosis & Chest Diseases by Institute of medical Sciences, BHU, Varanasi on 20th February 2005.
6. National Seminar 2006 on Kushta Roga & its Ayurvedic Management at Ayurved Medical College, Chalisgaon on 4th& 05th Feb. 2006.
7. National level Workshop on Preparation of Medicine 2006 on 23rd& 24th Dec. 2006 at Malegaon Dist. Nashik organized by Prabhayurved and Sane Guruji Arogya Mandir.
8. C. M. E. Programme "Vednopshamchikitsapaddhati" Organised by AyurvedVyaspeeth, Nagpur on 28th Jan. 2007
9. Leprosy Training of Medical officers by Govt. of Maharashtra at Leprosy Training Centre Nagpur on 8th to 11th March 2010
10. "Spandan – 2010" organized by MUHS at Latur on 30th April to 03rd May 2010.
11. 22nd NIMA Maharashtra State Conference, NIMASTACON-2010 at Yavatmal on 24th – 26th Dec. 2010
12. C. M. E. Programme arranged by Maharashtra council of Indian Medicine, Mumbai conducted by NIMA Maharashtra at Yavatmal on 18/09/2011
13. National Seminar on Panchakarma organized by Shri Ayurved Mahavidyalaya, Nagpur on 9th to 11th October 2011
14. C. M. E. Programme arranged by Maharashtra council of Indian Medicine, Mumbai conducted by NIMA Maharashtra at Tiosa on 18/03/2012
15. National Seminar on Role of Ayurveda in Prevention and Management of lifestyle disorder organized by Shri Ayurved Mahavidyalaya, Nagpur on 7th to 9th October 2012. (Vd. Sanjay A. Pawade)
16. "Basic Workshop in Health Sciences Education Technology" organized by MUHS Nashik on 18th to 20th June 2013.
17. National Seminar on Role of Ayurveda in Management of Geriatric disorder organized by Shri Ayurved Mahavidyalaya, Nagpur on 2nd to 3rd October 2013. (Vd. Sanjay A. Pawade)
18. National Level CME on "Recent Advances in Diagnosis of Sandhivata" organized by M. G. Ayurved College, Wardha on 7th April 2014
19. International Seminar on Recent advances in herbal medicine organized by Shri Ayurved Mahavidyalaya, Nagpur on 11th to 12th October 2014. (Vd. Sanjay A. Pawade)
20. "Rajyastariya Ayurved Parisanwad" organized by Prabha Ayurved, NIMA, Yavatmal and Samaka Ayurved Research Centre at Yavatmal on 5th Jan 2014

21. National Seminar on Nadi Pariksha and Other Diagnostic Measures organized by All India Ayurved Teachers Association, Delhi, held at Indor on 10th to 11th Jan 2015.
22. National Seminar and workshop on “Rasaushadhi” organized by Shri Ayurved Mahavidyalaya, Nagpur on 9th to 10th October 2015.
23. Three day training programme on “RESEARCH METHODS, Manuscript writing & career Opportunities” for Ayurveda P.G Students, Organized by R.A.V held on 21st-23rd December 2015, Pune. (Vdy. Nivedita Dhanvijay, Vdy. Aarti Agarwal)
24. Attended “National Seminar and Exhibition on Garbha Sanskar” organized by Arogyabharti at Nerul, Nawi Mumbai on 24th January 2016. (Vdy. Nivedita Dhanvijay)
25. Attended “Agni karma chikitsa training session & work shop” organized by Vd. Vrinda V. Sathe at Pune on 27 March 2016. (Vdy. Nivedita Dhanvijay, Vdy. Aarti Agarwal)
26. Attended National Seminar on “Vasti Viveka” 25-27 August 2016 Organized by P.N.N.M. Ayurved Medical College, Shoranur(Kerala) (Vdy. Nivedita Dhanvijay)
27. Attended “Basic Workshop in Research Methodology” during 19th to 21st September, 2016 Organized by Dept. Of Tribal Health, Maharashtra University of Health Sciences, Regional Centre, Govt. Medical College, Nagpur. (Vdy. Nivedita Dhanvijay, Vdy. Aarti Agarwal)
28. Attended National Seminar on “Hormonal disorder & its Ayurvedic Management” organized by Chakrapani Ayurveda Chikitsalaya, Nashik, 2 october 2016. (Vdy. Nivedita Dhanvijay, Vdy. Aarti Agarwal)
29. Attended National Seminar on “Ayurved Nidan: Challenges & Prospects” Organized by Shree Ayurved Mahavidyalaya, Nagpur on 15-16 October 2016. (Vdy. Nivedita Dhanvijay, Vdy. Aarti Agarwal)
30. Attended National Conference Spandan 2016 on “Cardiology in Ayurveda” Organized by the Department Samhita Sidhant & Kayachikitsa, Datta Meghe Institute of medical sciences M.G.A College, Hospital & Research centre, Salod, Wardha on 17-18 November 2016. (Vdy. Nivedita Dhanvijay, Vdy. Aarti Agarwal, Vdy. Apurwa Pardeshi)
31. Attended National Seminar on “Vandhyatva & Ayurved” Organized by Swasthyam Ayurvedic Multi Speciality Clinic & Research Centre, Satara on 20 November 2016. (Vdy. Nivedita Dhanvijay, Vdy. Apurwa Pardeshi)
32. Attended National Conference & workshop at Sampraharsha 2016, on “Vajikarana” Organized at K.L.E Universities Shri. B.M. Kankanawadi Ayurveda Mahavidyalaya, Belagavi on 29 December 2016- 1 January 2017. (Vdy. Nivedita Dhanvijay)
33. Attended National Seminar on “Prasuti Tantra & Striroga” Organized by Sanjivani Health care Association with Sukhayurveda Panchakarma Sadhanalaya at Kolhapur on 22nd January 2017. (Vdy. Aarti Agarwal, Vdy. Nivedita Dhanvijay, Vdy. Apurwa Pardeshi, Vdy. Pragati Koparkar, Ashwini Gonare, Vdy. Vidya Chavhan)
34. Attended National Seminar in “SHALYA TANTRA” Organised by Department of ShalyaTantra held on 28th January 2017 at N.K. JABSHETTY AYURVEDIC MEDICAL COLLEGE & P.G. CENTRE, BIDAR. (Vdy. Aarti Agarwal)
35. Attended National Seminar on “HRUDROGA, (IHD) CONCEPT TO CLINICAL PRACTICES, Jointly organised by R.S.M's C.P.G.S. & R.A of Tilak Ayurved Mahavidyalaya and A.I.M.S. of India, held on 29th January 2017 at Pune. (Vdy. Aarti Agarwal, Vdy. Apurwa Pardeshi)
36. 7th International Ayurveda Research Day Conference, Organized by International Ayurveda Association on 5th February 2017 at Pune. (Vdy. Apurwa Pardeshi)

37. Attended International Conference Sambhasha 2017 on "Scope & Role of Ayurveda in the Management of Madhumeha (Diabetes Mellitus) & its Complications at the National Institute of Ayurveda, Jaipur on 5th-7th February 2017. (Vdy. Nivedita Dhanvijay)
38. Attended National Seminar on "Recent Advances in Ayurvedic Science..." jointly Organised by National Ayurveda Students & Youth Association (NASYA) and Shree Dhanvantari Sevakbhavi Pratisthan (SDSP), on 26th February at Udgir, Dist. - Latur. (Vdy. Aarti Agarwal)
39. Attended National Conference Live Demonstration & Hands on Training Workshop 4th, 5th, 6th March 2017, Ayur Kaushalya 2017 organized by Dr. G. D. Pol Foundations, MUHS, Arogya Bharati at Kharghar Navi Mumbai. (Vdy. Nivedita Dhanvijay, Vdy. Aarti Agarwal, Vdy. Apurwa Pardeshi)
40. Attended National Seminar on Standardization Of Ayurvedic Drugs – Needs & Challenges organized by Dept. Of Rasashastra & B. K., G. A. C., Nagpur on 19th to 20th March 2017 (Vdy. Vidya Chavhan)
41. Attended National Seminar on Skin Disorders organized by MCIM & Ayurved Vyaspeeth, Raigadh on 26th March 2017 (Vdy. Apurwa Pardeshi)
42. Attended "Basic Workshop in Research Methodology" during 11th to 13th April, 2017 Organized by Dept. Of Tribal Health, Maharashtra University of Health Sciences, Regional Centre, Govt. Medical College, Nagpur. (Vd. S. A. Pawade, Vdy. Apurwa N. Pardeshi, Vdy. Pragati Koparkar, Vdy. Ashwini Gonare & Vdy. Vidya Chavhan)
43. Attended National seminar on DIABETES MELLITUS – FROM LABORATORY TO PRACTICE organized by Directorate of Ayush Government of Maharashtra, Arogya Bharati, held at Dr. D.Y Patil Ayurveda College, on 16th -17th August 2017, Mumbai. [Vd. R. J. Mundane, Vd. S. A. Pawade, Vdy. Aarti M. Agarwal, Vdy. Nivedita Dhanvijay, Vdy. Apurwa N. Pardeshi, Vdy. Pragati Koparkar, Vdy. Ashwini Gonare & Vdy. Vidya Chavhan]
44. "Research Methodology Workshop for PhD students" organized by MUHS, Nashik and Institute of Medical Education Technology and Teacher's Training on 11 to 17 Sep. 2017 at NKP Salve Medical College, Nagpur.
45. National seminar on "Prevention and Management of Diabetes and its Complication through Ayurveda (Ayurved Parv)" organized by Akhil Bhartiya Ayurved Mahasammelan New Delhi & Vidarbha Prantiya Ayurved Mahasammelan at Nagpur on 07-08 October 2017.
46. National seminar on "Pain Management" organized by Dr. D.Y Patil Ayurveda College, at Pimpri, Pune on 17th October 2017.
47. Attended International Seminar on Ayurveda for Global Well-being organized by Datta Meghe Institute of Medical Sciences on 19th to 21th January 2018. (Vdy. Nivedita Dhanvijay, Vdy. Apurwa Pardeshi, Vd. Tanvir Sheikh, Vd. Priyanka B. Salve, Vd. Ashwini N Tambat, Vd. Rajiv J. Mundane)
48. National seminar on "Ayurvedic Formulations (Kalpataru 2018)" (ISBN-978-93-5300-049-3) organized by Ayurved Vyaspeeth, Vidarbha Vibhag at Nagpur on 4th Feb. 2018. (Vd. Sanjay Pawade,)

RoTp:-

01. R. T. Ayurved Mahavidyalaya, Akola on 30th September to 5th October 2009. [Vd. U. N. Patil & Vd. S. A. Pawade]
02. Govt. Autonomous AsthangAyurved College, Indor on 7th to 12th March 2011. [Vd. S. A. Pawade]
03. Govt. Ayurved College, Nanded on 20th to 25th March 2010. [Vd. U. N. Patil & Vd. S. A. Pawade]
04. Bhartiya Sanskriti Darshan Trust's Ayurved College, Wagholi, Pune on 16th Aug to 21st Aug 2011. [Vd. S. A. Pawade]
05. Pt. Khushilal Sharma Govt. (Auto.) Institute of Ayurveda, Bhopal (M.P.) on 22nd to 27th July 2013. [Vd. U. N. Patil & Vd. S. A. Pawade]
06. Major S. D. Singh Ayurvedic College & Hospital Fatehgarh, Farrukhabad (U. P.) on 08th to 13th Sep. 2014. [Vd. S. A. Pawade]
07. Attended C.M.E. for Teachers of Roga Nidan Avum Vikriti Vigyan by Ministry of AYUSH & Coordinated by Rasthriya Ayurved Vidyapeeth at All India Institute of Ayurveda, Gautampuri, Sarita Vihar, New Delhi during 27th Jan to 1st Feb 2020.