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# NATIONAL SEMINAR ON AYURVEDA

The Renaissance—2019

## THE CONCEPT OF PUBLIC HEALTH IN AYURVEDA

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Organized by

**ALL INDIA AYURVEDIC SPECIALISTS (P.G.) ASSOCIATION, BAREILLY (U.P.) BRANCH**

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### CERTIFICATE

This is to Certify that

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from Sanjeevni Ayurvedic Medical College, Amroha (U.P.)

has participated as a Delegate & Presented Paper on the topic

"Role of Haridra In Cancer" in the National Seminar at Bareilly, U.P., India.

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ABSTRACT

Duchene's muscular dystrophy (D.M.D.) is a inherited and progressive muscle wasting disorder... The symptoms of muscle weakness... In Ayurveda, we followed the line of... Treatment given to this patient was... After... The whole case report will present in full paper.

Til-mash-shastikashali Pinda Swedana, Udvartana.

Yoga & Ayurveda are Sister Sciences

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ABSTRACT

thousand of years, Ayurveda and Yoga have been evolving together side by side. These sister... Their ancient roots branch out from India and are growing stronger in the West. Ayurveda's... and the subtle energetic systems of the self. Ayurveda is highly prized for its ability to cure... Its success stems from its detailed and proficient... Valued... Yoga is viewed by Ayurveda as an important, natural and... The practice of Yoga is thought to bring us... In their fullest... Dedicated practitioners of both disciplines view their work as a... Each individual is viewed as a work in progress; both... as these may negatively contribute to a persons idea of their own potential. Individuals journey to health and wellness might be distant, he or she is always accorded respect for... Although Yoga and Ayurveda are always... their approaches are quite different. Yoga is, a process of self-realization.

Healing system, anatomy, tranquility, spiritual.



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ABSTRACT

Yoga is defined as a mind-body practice composed of physical postures, breathing techniques, and meditation. Yoga is Union (Yuj) of Body, Emotions and Mind or Jivatma With Paramatma or Skill in Action "कर्मसु कौशलम्". Yoga has provided tools and techniques with which we can find health, happiness, spiritual realization and social harmony. Physiological benefits of yoga to Improve general health, posture, muscle tone, sleep, immunity and pain tolerance, Weight normalizes, Stable autonomic nervous system, Increased cardio-respiratory efficiency, range of jointmusculo-skeletal flexibility and movement, physical endurance, strength and energy levels. Decreased HR, BP, RR and EMG activity, Normalizes GIT and endocrine function.

It improves Mood and Integrated Functioning of Body Parts, Increases Somatic Awareness, Kinesthetic Awareness, Subjective Well-being, Self-acceptance, Social Adjustment, It acts as an anti-stress and anti-oxidant due to which it is important in prevention of degenerative disorders. Ultimately it is "YOU" who are responsible for your health and well being and must take the initiative to develop positive health to tide you over challenging times of ill health. Health and happiness are your birthright, claim Health and happiness are your birthright, claim them and develop them to your maximum potential.

Yoga Therapy is not a miracle cure for all problems so use discernment (Viveka). The need of the modern age is to have an integrated approach towards therapy and to utilize Yoga therapy with coordination and collaboration with other systems of medicine. Yoga is the science and art of right-use of body, emotions and mind. Key Words: Ayurveda, Yogic Chikitsa (Yoga Therapy), Anti-oxidants, Anti-Stress, General Health, etc.

Health Benefits of Saindhav Lavana - An Ayurveda View



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ABSTRACT

Salt is an essential element of life which our body can't produce. Hence it has to be provided through our diet. When it comes to salt and its importance in our diet many people label it as the villain responsible for serious health conditions such as hypertension, increase in weight and many other heart diseases. With respect to Ayurveda, salt is suggested to increase the palatability of food and also improves digestion. Ayurveda (Ch.Su.-1/90) mentions five types of salts (panchalavana) that are beneficial for human health - Souvarchala Lavana, Saindhava Lavana, Vida salt, Romaka (Sambhara) and Samudra Lavana. Among them Saindhava Lavana is the purest form of rock salt owing to its unprocessed form, that is available in India in small quantities. It can be used as a healthy substitute of common salt as it is rich in minerals and does not pose health problems like high blood pressure, puffiness in the body or eyes. It is good for the eyes because of its cooling properties, digestion, helps boost your metabolism and strengthens your immunity. It assists the body in absorbing essential nutrients and minerals from the food you eat, and maintains the level electrolytes in the body that keeps you energized through the day.

Key Words: Ayurveda, Swasth, Dosha, Ahar-Vihar, Lavan, Saindhav Lavan etc.