Gujarat Ayurved University

News letter

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Governed institutes

- Institute of Post Graduate Teaching & Research in Ayurveda, Jamnagar.
- Shri Gulabkunwarba Ayurveda Mahavidyalaya, Jamnagar.
- Indian Institute of Pharmaceutical Sciences in Ayurved, Jamnagar.
- Maharshi Patanjali Institute for yoga, Naturopathy Research and Education, Jamnagar.
- International Centre for Ayurvedic studies, Jamnagar.

Affiliated Institutes

- Govt. Akhandanand Ayurved College, Ahmedabad
- Shri J.S. Ayurved College, Nadiad.
- Govt. Ayurved College, Vadodara
- Govt. Ayurved College, Junagadh
- Aryakanya Ayurved College, Vadodara
- Sheth J.P. Ayurved College, Bhavnagar
- Shri Balahanuman Ayurved College, Lodhra
- Shri O.H. Nazar Ayurved College, Surat
- GJ Patel Ayurved College Vallabhavidiyanagar
- Parul Institute of Ayurveda, Limda
- Morarji Desai Institute of Naturopathy & Yoga Sciences, Vadodara
- Shri Ranchhoddasji Bapu Ayurveda Chikitsalaya & Shri Jalararumbapa Ayurved Dental Institute, Ratanpar

Authorized song of Gujarat Ayurved University

विश्वविद्यालय: गीतम्

गुजरातायुर्वेदविश्वविद्यालयः क्षणमःस्वास्थ्यसुशिक्षार्थम् ।
ब्रह्मादित्रिःश्रीप्राणांभूतदयायेप्रसारितम् ॥ धृव ॥
भारतवर्षं सुरापदमूर्ध्यश्रवकालीतो लिपिबद्ध ॥
सोमनाथं-गांधीं-द्वारिका-भूमिरियं जगतिहयातां ॥
अत्र जयजयाईश्वरूपमें: श्रद्धाशक्तम् प्रज्ञारितम् ॥ १९॥

In 210th Meeting of Syndicate, on 28/11/2013, this song was recognized as “Authorized song of the University”

Editorial-

Dear readers, it’s our great pleasure to announce that, we are reviving our University Newsletter. We wish you to ripe the best of benefits with the help of this newsletter from knowledge of Ayurveda from ancient classics, traditions and evidence base. Many wishes of 68th Independence day.
News-

National Seminar on “Role of Ayurveda and Allied Therapies in Life style management and Health”

On the occasion of 69th foundation day of Shree Shri Gulabkunwarba Ayurveda Mahavidyalaya, 3 day National Seminar was successfully organized on “Role of Ayurveda and Allied Therapies in Life style Management and Health”. Today’s changed life style lead to increased incidence of life style disorders, which are major burden in health sector having poor outcomes in Current Global trends of Medical management and allied therapies have significant contribution in their management. Considering these views, Dr GD Gohil, Principle, Shri Gulabkunwarba Ayurveda Mahavidyalaya, organized this seminar. Inaugural ceremony was graced by Chief Guest- Shree Dineshbhai Patel, Mayor, Jamnagar Municipal Corporation, Dr IV Basavreddy- Director, Morarji Desai National Institute of Yoga, New Delhi, Shree Hasmukhbhai Hindocha, Jamnagar city BJP head and Vice Chancellor Vaidya Shree Rajesh Kotecha. On this occasion, above cited University song was released to public.

Vaidya Shree Rajesh Kotecha addressed the audience that The University is bound to disseminate Authentic knowledge of Ayurveda to the Community, is doing since long and will continue.There were 481 participants and 131 Research papers were presented in 20 sub sessions. On this gracious occasion, first time Documentary film of University was released to public.

Oral scientific presentations are available on college website of Shri Gulabkunwarba Ayurveda Mahavidyalaya -www.gacollege.in.

Article of current issue-

Maintenance of Psychospiritual and social health through Ayurveda.

World Health adopted Mental, spiritual and social wellbeing in defining Health, which justifies it’s role in prevention as well as Disease management. Mind and body are inseparable and contribute each other in disease process too leading to diseases psychosomatic disorders(Diseases involving body and mind both). Mental disorders affect general health and vice versa to quote a few are-eczema, Hypertension(High BP), some Heart diseases,Psoriasis, Asthma and many. Mild Psychiatric and behavioral disorders if unnoticed may ultimately turn to serious mental disorders having poor outcomes of medical treatment.

Ayurveda gives priority to prevention than cure in Disease management. Here are some common rules of good conduct which if practiced is likely to keep an individual Psychologically, Socially and spiritually healthy and thus prevent many diseases.

Codes of good conduct for Psycho-spiritual social wellbeing

- **Yama (यम)**:

  - **Ahimsa** अहिंसा: non-violence,
  - **Satya** सत्य: should observe truthfulness,
  - **Asteya** अस्तेय shouldn’t steal or try to procure / claim other’s belongings
Brahmacharya: spiritual advancement by education and training. Practice all of them physically, mentally and verbally.

Aparigraha: should not have tendency to accumulate more under one's control.

- **Niyama**: Shaucha: Cleanliness of thought, mind and body, Santosha: Happy, satisfaction; good contentment, Tapas: Persistency towards good goal / motto, Svādhyāya: Self study, study to know more about ourselves (introspection), universe for betterment, Ishvarapranidhana: Keeping faith in universally accepted Good practices.

- **Keep control over 6 enemies**: Kama- Lust (Excessive sexual desire), Krodha- Excessive anger, Lobha- Excessive desires (greed), Mada- Considering others inferior, arrogance, Matsara / Irshya- Jelousy, Dwesha- Extreme feeling of hate, dislike.

- Respect elders, teachers, parents and people working in right and good manner with good contempt, wise people, knowledge, and successful people in your field.
- Control own mind and desires. Increase threshold of Mind enough to remain stable, withstand and progress on right path against several obstacles, keep patience in adverse conditions for good cause and to conclude important outcomes. Don’t be too hazy or too eager.
- Pacify angered, assure fearful, help helpless (disabled, illiterate), Consider other’s arguments.
- Don’t trust anything without examination/ analysis.
- Share or donate our belongings/possessives/ art/skill for good cause.
- Take care of elderly. Keep positive approach and faith in goodness.
- Avoid factors responsible for excessive love, attachment, anger or jealousy.
- Neither get stubborn minded/ overconfident, over proud with our qualities or small achievements.
- Never recall shortcomings of anyone, don’t waste efforts in finding secrets of others and don’t disclose them.
- Don’t only reap the benefits out of ancestor’s work/ names/ savings. Pay gratitude to ancestors.
- Never spend life in serving sinful people, only wife, a friend or dependent family members.
- Don’t remain alone/ introvert. Don’t oppose good and superior, don’t follow bad and inferior.
- Anything in excess should be Avoided as a rule, don’t get addicted (especially in non-beneficial tasks).
- Affix and follow daily routine, take meals, sleep and pass natural urges (motion/ defecation) timely.
- Finish work in stipulated time. Be conclusive, should be able to summarize.
- Always respect and strictly follow time schedule and duty, should have orientation of current affairs of local area and field. Realize (identify). Work energetically, carefully and systematically.
- Engage in persistency of work rather than wasting much time on keeping constant watch on outcomes.
- Don’t be stressed and fearful while working for a good cause in a right manner. Don’t remain sad (Grieve) for too long.
Try to gain sufficient logical knowledge to correlate, apply, utilize available resources, available knowledge to practice and service to universe.

Maintain your character profile, principles you faith in. Follow you talk. Speak and express beneficial views for masses politely. Speak judiciously.

Respect, follow and support Law, follow general acceptance of codes of conduct in society unless a strong evidence to oppose. Practice good things.

Ayurved identified and adopted the contribution of Society, family and nurture during childhood (parenting), in maintenance of Psycho spiritual and social health which is even accepted by WHO.

Risk factors and protective factors for mental illness identified by World health organization match with those mentioned in Ayurveda.

Line of treatment of Mental disorder in Ayurved (Unmada) is based on codes of conduct, portion of which is accepted globally by currently applied designed several protocols for prevention of mental disorders.

Suggested reading-


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Prof MS Baghel, Director IPGT & RA and WHO Collaborating Centre, IPGT & RA.

On occasion of coming birth ceremony (Janmashtami) of lord Krishna –Greatest Philosopher, we pray Psycho social and spiritual wellness for all.

Codes of good conduct are among best things to follow