



अंक 3

सितम्बर-अक्टूबर 2018

मासिक पत्रिका

(वर्ष-02 अंक 03-04)

आयुर्वेद

दिवस विशेषांक

स्वास्थ्य समाचार पत्रिका

आयुर्वेद, बी.एच.यू.



न त्वहं कामये राज्यं न स्वर्गं नाऽपुनर्भवम्।
कामये दुःखतप्तानां प्राणिनामार्तिनाशनम्॥

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते॥

स्वस्थस्य स्वास्थ्यरक्षणमातुरस्य विकार प्रशमनं च॥





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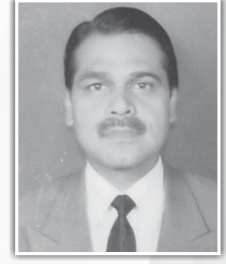
शुभकामनायें

आयुर्वेद संकाय, चिकित्सा विज्ञान संस्थान द्वारा प्रकाशित हो रही “स्वास्थ्य समाचार पत्रिका” ऋतुओं पर आधारित है, जिसमें ऋतु के अनुसार औषधियों का चयन, संरक्षण, शरीर में होनेवाले क्रियात्मक परिवर्तन, आयुर्वेद के सिद्धान्तों की उपयोगिता, पंचकर्म की उपयोगिता तथा आधुनिक समकालीन अनुसंधान के साथ-साथ आहार एवं विहार की व्यवस्था का प्रकाशन किया जा रहा है। हम सभी लोग मिलकर आधुनिक चिकित्सा पद्धति एवं आयुर्वेद के सिद्धान्तों का उपयोग करते हुए जनता को रोगमुक्त करने लिये कटिबद्ध हैं। जिसके लिये मैं सम्पादक मंडल को शुभकामनायें प्रेषित करता हूँ।



प्रो. वी.के. शुक्ल

आभार



आयुर्वेद संकाय, चिकित्सा विज्ञान संस्थान की ओर से जनमानस को स्वस्थ रहने के उद्देश्य से इस मासिक स्वास्थ्य पत्रिका का सृजन किया गया है। मुख्य रूप से विश्वविद्यालय के छात्रों, शिक्षकों एवं आयुर्वेद को जनमानस में लोकप्रिय बनाने हेतु यह विशेष अंक तैयार किया गया है। मैं सभी लेखकों का आभार व्यक्त करता हूँ, जो मेरे संकाय के वरिष्ठ प्राध्यापक तथा जिन्होंने इस कार्यक्रम को अनवरत चलाने का संकल्प लिया है। इस मासिक पत्रिका में प्रति माह ऋतुओं के अनुसार विभिन्न पहलुओं पर प्रकाश डाला जाता है तथा इस कार्य में संकाय की सहभागिता सुनिश्चित की गयी है, जिससे उनका सर्वांगीण विकास हो सके। मैं वैद्य सुशील दूबे जी का विशेष आभारी हूँ, जिन्होंने इस कार्य को करने हेतु सम्पादक का जिम्मेदारी स्वीकार किया है, साथ ही सम्पादकीय मण्डल, आयुर्वेद संकाय एवं लेखकों को सहृदय धन्यवाद ज्ञापित करता हूँ। मुझे यह भी पूर्ण विश्वास है कि सम्पादकीय मण्डल के दिशा निर्देशन में आयुर्वेद संकाय का सम्पूर्ण परिवार, समाज को रोगमुक्त करने की दिशा में अहम भूमिका निभा रहा है। जिसका परिणाम पाठकों से लगातार हमें प्राप्त हो रहे हैं तथा सुझाव भी आयुर्वेद चिकित्सा के सुदृढ़ता हेतु मिल रहा है। सम्पादकीय मण्डल द्वारा अथक प्रयासों से अच्छे-अच्छे शास्त्रीय, प्रायोगिक एवं वैज्ञानिक रूप से सामंजस्य रखने वाले लेखों को वरीयता देते हुये प्रकाशित की जा रही है।

मैं अपने संस्थान के निदेशक प्रो. वी.के. शुक्ल जी का विशेष धन्यवाद करता हूँ जिनकी प्रेरणा से इस कार्य को प्रारम्भ किया गया है। भविष्य में भी उनका मार्गदर्शन हम सभी को इसी प्रकार प्राप्त होता रहेगा।

प्रो. यामिनी भूषण त्रिपाठी

संकाय प्रमुख

आयुर्वेद संकाय, चिकित्सा विज्ञान संस्थान
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प्रिय पाठकों, सहृदय धन्यवाद

आप हमारी स्वास्थ्य समाचार पत्रिका को पढ़कर लाभान्वित हो रहे हैं ऐसी मैं अपेक्षा करता हूँ, साथ ही बाबा विश्वनाथ एवं माँ अन्नपूर्णा के आशीर्वाद से आपको हमारे पत्रिका द्वारा स्वास्थ्य लाभ मिलता रहे, यही कामना करता हूँ।

संकाय प्रमुख, आचार्य यामिनी भूषण त्रिपाठी कर्मठ, विद्वान, कुशल नेतृत्व के धनी एवं उनके सद्प्रयासों द्वारा संकाय की उत्तरोत्तर वृद्धि हो रही है जिसको हम इस पत्रिका के माध्यम से आप लोगों तक पहुंचाते रहेंगे। काशी हिन्दू विश्वविद्यालय के वेब पेज पर निम्न लिंक www.bhu.ac.in/researchpub/swaasthya-patrika पर सतत् उपलब्ध रहेगा। इस पत्रिका के द्वारा देश एवं विदेश में आयुर्वेद के प्रति रूचि रखने वाले लोग लाभ ले रहे हैं तथा इस विधा का प्रचार एवं प्रसार भी तेजी से किया जा रहा है।

प्रस्तुत अंक 3-4 शरद ऋतु विषय पर आधारित है। आयुर्वेद विधा में वर्ष को 6 ऋतुओं के आधार पर वर्गीकृत किया गया है। प्रत्येक ऋतु दो माह का होता है, अर्थात् प्रत्येक ऋतु में दो प्रकाशन किये जा रहे हैं। जो निम्नलिखित विषयों पर लेख आधारित होती है।

1. ऋतु के अनुसार औषधियों का उपयोग।
2. औषधियों के संग्रह, संरक्षण और इसके लाभ।
3. ऋतु के अनुसार होने वाले रोगों का वर्णन।
4. ऋतु के अनुसार शरीर क्रियात्मक परिवर्तन का वर्णन।
5. ऋतु के अनुसार विभिन्न संहिता सिद्धान्तों की उपयोगिता।
6. ऋतु के अनुसार पंचकर्म की सुदृढ़ व्यवस्था (स्वस्थ एवं रोगी की चिकित्सा तथा बचाव हेतु)
7. इस परिप्रेक्ष्य में आधुनिक समकालीन अनुसंधानों की विवेचना।
8. अनुभूत चिकित्सकीय योग या औषधि का प्रायोगिक ज्ञान यदि किसी के पास उपलब्ध हो।
9. ऋतु एवं दोशों के अनुसार आहार, विहार एवं योग की व्यवस्था।
10. पंचाशत महाकषाय की ऋतुओं के अनुसार उपयोगिता।

इस पत्रिका के माध्यम से आयुर्वेद संकाय बी.एच.यू. द्वारा जनहित, देशहित एवं आयुर्वेद को उपयोगी बनाये जाने हेतु आप सभी से अनुरोध है कि लेख सरल, सामान्य एवं सुव्यवस्थित हिन्दी भाषा में भेजकर जागरूकता हेतु सहयोग प्रदान करने का कष्ट करें।

सधन्यवाद!

सम्पादक

वैद्य सुशील कुमार दूबे

आयुर्वेद संकाय, चिकित्सा विज्ञान संस्थान
काशी हिन्दू विश्वविद्यालय, वाराणसी

विषय-शूची

क्र.	शीर्षक	पेज सं.
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Annual Report of Faculty of Ayurveda July-1st 2017 to January 31st, 2018

- 1. Central Instrumentation Laboratory** has been established in the Faculty of Ayurveda to promote interdisciplinary research. (Started with basic facility like- supply of distilled water, pH measurement, extraction, isolation, chromatography of phytochemicals, TLC separation facility and preclinical toxicity study of medicinal plants)
- 2. Video-conferencing facility was activated** at present we are connected with the global hospitals and educational institutes, through online programmes of SGPGI, Lucknow. Their academic calendars may be viewed from this centre. This center has been uplinked with nic.in through upvar.nic.in. Efforts are also being made to enhance education to UG classes of BAMS students through online classes and webinar.
- 3. Telemedicine Facility** through the Govt of UP, Ministry of AYUSH, efforts are being made to extend the medical facility to all the villages through Jan Sanchar Kendra. Communication has been established with AYUSH, Govt of UP for extending the telemedicine to all the hospitals of UP govt and also to gram panchayats through Jan Sanchar Kendra.
- A list of 20 polyherbal formulations have been developed, which are specific for 20 different diseases. These preparations will be made in the Ayurvedic Pharmacy, BHU and put to market as home-made water decoction to prevent the progress of ongoing disease pathogenesis. The main focus of the preparations are to normalize the 3 doshas of the body, i.e. *vata*, *pitta* and *kapha*.
- Guest Lectures and Seminars: Three Guest lecture were organized in the Faculty. The resource persons were from USA. The idea behind these lectures was to develop collaborative research and teaching plan.p

S.No.	Recourse Person	Topic
1.	Ms. Purnima Gupta PANIIT, USA	Role of youth in present and future era of science and technology - A New Vision
2.	Dr. Geetha Subramanian, BHU	Healthy Heart is Happy Heart
3.	Dr. Manish Arora	Youth Empowerment A key to future development through Art & Culture

- One UG retreat was organized on 14.12.2017 for personality development of our UG students of Ayurveda. There were 4 lectures from different faculties of Fine Arts, Arts, Management and health sciences
- An Indo-US interactive meeting was organized on 18.12.2017 with experts from 3 management institutes of USA and our teachers.
 - Prof. Ashish Chandra, Professor of Health Care Administration, University of Houston, Texas, USA
 - Bill Stroube Bio, Professor and Director if Health Services Administration, University of Evansville, USA
 - David Wyant, Assistant Professor of Management, Health Services Research Policy and Administration at Belmont University.
- Gallery of fame** was developed in the Dhwantari Bhawan to portray the pictures of alumnus of the Faculty starting from 1919.
- A programme was organized for UG students to recognize the talent (through quiz tests) and also by conferring the cash award to BAMS toppers of last pass-out batch with sponsorship of Himalaya Drug Company.
- A competitive programme for PG students was organized on 15-2-18 named as "Manthan" with sponsorship of Himalaya Drug Company.

11. The 22 SRs were appointed in the Faculty by Directorate office of IMS. A meeting with all the SRs were organized to enhance their commitment for research and teaching with novel innovation.
12. The publication of a monthly **health news bulletin** was initiated from July 2017 and all the issues are being uploaded on BHU website. It is visible from all parts of the world. Each issue is focused on one disease.
13. A list of alumni of Ayurveda graduates and PG students were prepared and uploaded on BHU website.
14. Abstract of thesis of PhD and MD thesis of students of Faculty of Ayurveda was uploaded on repository of website of BHU library
15. MoU was made between University of Tulane University, New Orleans, USA and BHU for collaborative research
16. MoU was made between BHU and central council of Naturopathy, AYUSH, GOI
17. The hospital services were initiated for OPD-patients for treatment through Naturopathy at RGSC, Barkacha, Mirzapur. A paid clinic of Naturopathy is being made functional at RGSC, Barkacha campus
18. A draft proposal for guidelines for “**patent and their licensing**” was made for the 1st time by the Faculty. It was submitted to BHU for further consideration.
19. Peripheral centre of Pharmacovigilance was established in Faculty of Ayurveda.
20. One delegation from Belgium, one from UCLA, California, USA visited the Faculty and a new delegation from France is expected to visit in month of March, 2018.
21. The introductory courses on Ayurveda for International and National students were initiated. The efforts are being made to start the online Introductory course of 2 months also.
22. Wellness centre: Faculty of Ayurveda conceived the idea as early as in October 2017, to establish a wellness centre in the faculty of Ayurveda, with a sole motive to impart counselling to healthy people to maintain their health through modified life styles and food habits. All efforts are being made to apply 3 pillars for maintaining the healthy life i.e. Ahar, Nidra and Bramhacharya. **It is important to note that all over the world wellness centres are a place to do exercise and meditation, but at our centre focus is on health care through concepts of Ayurvedic principles.** This was the 1st move of the faculty and now similar efforts are being made by GOI to establish 1,50,000 wellness centres over the country. At present, this centre is functioning in the Dhwantari Bhawan from 3-5 PM on regular basis on all working days.
23. A faculty development fund is being established with the help of Alumni and philanthropic donors. This will support the research and innovation and for dissemination of treasure of Ayurveda all over the world.

महामना के उपदेश

महामना मदन मोहन मालवीय भारत के पहले और अन्तिम व्यक्ति थे जिन्हें महामना की सम्मानजनक उपाधि से विभूषित किया गया।

महामना का समाज सुधार हेतु स्वरचित संदेश -

ग्रामे ग्रामे सभा कार्यां ग्रामे ग्रामे कथा शुभा। पाठशाला मल्लशाला प्रतिपर्व महोत्सवः।

अनाथाः विधवाः रक्षयाः मन्दिराणि तथा च गौः। धर्म्यं संघटनं कृत्वा देयं दानं च तद्वदितम्॥

स्त्रीणां समादः कार्यां दुखितेशु दया तथा। अहिसंका न हन्तव्या आततायी बधार्हणः॥

अर्थात्- महामना ने गांव-गांव में सभा करने, पाठशाला, मल्लशाला खोलने, मिलजुल कर प्रत्येक पर्व-त्यौहार मनाने, अनाथों, विधवाओं, मंदिरों तथा गौओं की रक्षा करने, स्त्रियों का सम्मान एवं दुखियों की सहायता करने आदि का संदेश दिया।

काशी हिन्दू विश्वविद्यालय के विद्यार्थियों के लिए महामना के स्मरणीय संदेश-

- ◆ हिन्दू विश्वविद्यालय की संस्थापना तुम्हारे भीतर शारीरिक बल के साथ धर्म की ज्योति और ज्ञान का बल भरने के लिये हुई है, इसे स्मरण रखो। स्त्री जाति का सदा सम्मान करो, जो बड़ी है, उन्हें माता के समान देखो, जो बराबर है, उन्हें बहन के समान जो छोटी है, उन्हें पुत्री के समान देखो।
- ◆ बी.एच.यू. के 12वें दीक्षांत समारोह में महामना ने कहा था - काशी हिन्दू विश्वविद्यालय संसार में एक विशेष उद्देश्य और निश्चित कार्यक्रम लेकर उत्पन्न हुआ है। अपने मंदिर के ज्ञानमय स्तम्भों से अंधकार में पड़े हुए संसार को प्रकाश देने और मनुष्य मात्र को परम ज्योतिर्मय परमेश्वर की ज्ञांकी दिखलाने के लिए यह पैदा हुआ।
- ◆ महामना जी ने व्यक्तिगत कार्य के लिए कभी कोई दान नहीं लिया, यद्यपि सार्वजनिक कार्य के लिए दान लेने में उन्हें कभी संकोच नहीं हुआ। आपने कहा भी है की -
मरिजाऊं मांगू नहीं, अपने हित के काज।
परमारथ के कासे, मोहि न आवे लाज।।
- ◆ विद्यार्थियों को सम्बोधित करते हुए सन् 1933 के एक धर्मोपदेश में महामना ने कहा था-मनुष्य को परमात्मा ने सबसे बड़ी वस्तु बुद्धि दी है। जो वस्तु बुद्धि को मैली करती है या हर लेती है उसको मादक अर्थात् नशीला वस्तु कहते हैं। मनुष्य कभी भी किसी भी प्रकार का नशीला पदार्थ ग्रहण न करे।
- ◆ स्वदेशी आन्दोलन में महामना का विशेष योगदान है। इन्होंने 16 वर्ष की आयु से सम्पूर्ण जीवनकाल में विदेशी वस्त्रों को धारण नहीं किया। मालवीय जी एक सार्वजनिक अपील किया करते थे -वस्त्र ही के कारण बड़ी इहां विदेशी राज। तजो विदेशी वस्त्र को तुम चहा स्वरज।। महामना के चिन्तन में स्वदेशी का अर्थ - अपना देश, अपने देश के लोग और अपने देश की चीजें।
- ◆ हिन्दी भाषा पर महामना का विचार- जो व्यक्ति अपने देश की भाषा नहीं जानता, वह कभी गौरवान्वित नहीं हो सकता। हिन्दी भाषा एक ऐसी सार्वजनिक भाषा है, जिसे सब भेदभाव छोड़कर प्रत्येक भारतीय स्वीकार कर सकता है।
- ◆ आंतरिक सरकार के गठन के कुछ दिन बाद पं. जवाहर लाल नेहरू पूज्य महामना से मिलने बी.एच.यू. आए। उसी समय उन्होंने देशवासियों को सम्बोधित करते हुए यह ऐतिहासिक उद्गार व्यक्त किया था। “सब मिल बोलो एक आवाज, अपने देश में अपना राज”
- ◆ विद्यार्थियों के लिए उनका यह सार्वभौम संदेश है- दूध पियो कसरत करो, नित्य जपो हरिनाम। मन लगाई विद्या पढ़ो, पूरंगे सब काम।।
- ◆ महामना ने सन् 1914 में प्रयाग संगम पर गंगा जल लेकर अपने जीवन और सेवा समिति का निम्नलिखित श्रेय संकल्प लिया था- न त्वहं कामये राज्यं न स्वर्गं नाऽपुनर्भवम्। कामये दुःखतप्तानां प्राणिनामार्तिनाशनम्।।
- ◆ जीवन के प्रति महामना का दृष्टिकोण - उत्थातत्यं जागृतव्यं योक्तव्यं भूति कर्मसु। भविष्यतीत्येव मनः कृत्वा सततमव्ययैः।।
- ◆ जब तक असफलता मनुष्य की छाती पर बैठकर उसका गला न घोंटे, जब तक आशा की एक फीकी किरण भी दूरस्थ क्षितिज पर दिख पड़े, तब तक मनुष्य को निराश नहीं होना चाहिए, प्रत्युत पूर्ण उत्साह के साथ काम में डट जाना चाहिए। विश्वास रखें वह काम सिद्ध होकर ही रहेगा।

महामना का समर्पित व्यक्तित्व -

श्रीमद्भवत् ही महामनाजी कि शक्ति का स्रोत था। इसी ग्रन्थ में च्यवन ऋषि की एक प्रार्थना आई है-

कोऽनुसस्यादुपायोऽत्र येनाहं दुःखितात्मनाम्
अन्तःप्रविश्य भूतानां भवेयं दन्धभाक् सदा।।

अर्थात्, वह कौन सा उपाय है, जिसके द्वारा मैं दुखी जनों के अन्तःकरण में प्रवेश कर उनके दुखों से दुखी होऊ। महामना ने इस श्लोक के नीचे ये लिखकर हस्ताक्षर किए “हजारों वर्ष पूर्व एक प्राचीन ऋषि ने यह प्रार्थना की थी, यही आज मेरी भी प्रार्थना है।”

ईश्वर की उत्तम पूजा -

प्राणिमात्र में ईश्वर का भाव देखें, सबसे मित्रता का भाव रखें और सबका हित चाहें। मन की शुद्धि, परमात्मा के गुणगान से छोटी है। परमात्मा भक्ति मांगते हैं। भक्ति में ही सर्वश्रेष्ठ सुख है, परमानन्द है।

90 years of Glorious History of Faculty of Ayurveda (1927-2018) Yamini Bhushan Tripathi, Dean, Ayurveda

Date: 23.10.2018

The formal institutional teaching of Ayurveda was initiated in 1922 at Banaras Hindu University as part of college of Oriental learning and Theology. Its basic concept was founded in the original proposal of creation of BHU, prepared by our founder Bharat Ratna Pt. Madan Mohan Malviya Ji, which was submitted to the British Govt. In this document it was named as "Hindu Medicine", which clearly indicated the concept of integration of ayurveda with all contemporary service developing around the world. However, then Vice Chancellor, Prof. P.S. Shivaswami Aiyar announced the initiation of Ayurveda teaching in the 1st convocation address of BHU held on 17th January, 1919 and by the appointed of Kaviraj Dharamdas Charakacharya Ji as professor of Ayurveda in the Faculty of oriental learning (Sanskrit college). He initiated formal teaching of Ayurveda with 1st Degree of "Ayurveda Shastracharya". A separate Ayurvedic College was established in 1927 and he became the founder Principal. To enrich the teaching and training in Ayurveda, a separate ayurvedic hospital was founded in 1924 which got functional in 1926 Parallel to this, the foundation of Ayurvedic pharmacy was also laid down in 1925 along with an Ayurvedic garden.

The earlier degree was discontinued in this college and a new degree of "AMS" which was initiated which continued till 1948. The first batch of AMS degree came out in 1934. Later on, the then Vice Chancellor Pt. Govind Malviya Ji, the son of our founder gave new dimension to the ongoing Ayurveda course and added more content of Medical Teaching to existing course and renamed the degree of ABMS (Ayurvedacharya & Bachelor of Modern Medicine and Surgery), which continued till 1959 the year when Ayurvedic college was closed. 1st Batch of ABMS degree holders came out in 1955. Then in 1960 a medical college was initiated by using the same infrastructure and teaching staff to give degree of MBBS. Later on new Faculties of modern medicine were appointed and Ayurveda teachers were spared for their own teaching & research work. This era of Ayurvedic teaching since 1922 to 1959 was the golden era as the alumni of BHU spread all over the world to practice Ayurveda for health care of suffering humanity. In this period the founder Principal was Kaviraj Dharamdas till 1931, who was succeeded by Pt. Satyanarayan Shastri Ji as 2nd Principal who continued till 1950. Pt. Rajeshwar Dutt Shastri took over the charge as Principal and continued till 1959. During the transition phase in 1959-60, Prof. K.N. Udupa took over the charge of Ayurvedic-college and S.S. Hospital and then became the last principal of Ayurveda College & 1st Principal of Medical College. The 1st Batch of MBBS came out in 1965. In the newly created medical college, the old ayurvedic college got confined to one department of Ayurveda in 1963, Ministry of Health, Govt. of India supported BHU to start a "Research and Post Graduate course of Indian Medicine" with 6 departments namely (1) Basic Principles, (2) Dravyaguna, (3) Kayachikitsa, (4) Shalya-Shalaky, (5) PrasutiTantra and (6) Medicinal Chemistry. Later on, UGC took over this programme and it was named as Post Graduate Institute of Indian Medicine (PGIIM) with Prof. P.V. Sharma as its founder Director. It started 3 years PG Degree (DAyM) course in 5 subjects with 20 seats annual intake later on, 2 new subjects were added i.e. Rasashastra & Balroga. There was one supernumerary PG seat for MBBS degree holders also. The 1st Student of this group was Dr.G.V. Sathyavati who did her PG in Kayachikitsa under supervision of Late. Prof. S.N. Tripathi and retired as the DG-ICMR, New Delhi. She started animal experiments to understand the hypolipidemic role of guggul. Our Institute was known worldwide to undertake animal experiments along with clinical studies by using modern scientific methodologies to establish the claims of Ayurveda & fundamental principles of Ayurveda. This was the 1st effort of its kind in the whole country to integrate Ayurvedic principles with science. Large number of student of Zoology, Biochemistry, Chemistry, Botany, Arts, and Social sciences were joining our faculty to do collaborate. To encourage such fundamental research, a separate center of experimental medicine & surgery was established. Department of Medicinal Chemistry in PGIIM was a novel idea. It had all teachers of science discipline specially Pharmacy, Pharmacology, Biochemistry, and Chemistry. The objective of this department was to support all the Departments of Faculty in research activities and also to teach research methodology to students.

In 1971, Medical-college was upgraded to Institute of Medical Sciences with 28 departments including 8 department of Ayurveda. In 1978, the faculty of Ayurveda came into existence with Prof. P.V. Sharma as its 1st Dean. Parallel to Ayurvedic-college, Ayurvedic Pharmacy and Ayurvedic Garden were separately established in 1925 by direct initiative of our founder Pt. Madan Mohan Malviya Ji. He was fond of making genuine ayurvedic drugs for welfare of society and also for better teaching and training of students. Its founder superintendent was Kaviraj Dharamdas Ji followed by Yadavji Trikrum Ji Acharya, Pt. Rajeshwar Dutt Shastri, Kaviraj Pratap Singh, Prof. B.P. Shukla, Prof. M.P. Chaturvedi, Prof. A.D. Gupta, Prof. T.N. Sharma, Prof. P.V. Sharma and Prof. S.N. Tripathi. New Building of Ayurvedic Pharmacy was built in 1976 under the able supervision of Late Prof. S.N. Tripathi, who continued to be superintendent till his sad demise on 29th June,

1991.

Similarly, The S.S. Hospital was also founded in 1924 and named as S.S. Hospital behind the name of our 1st Vice Chancellor Dr. Sir Sundar Lal Ji. It became fully functional in 1926. Dr. Mukund Swaroop Verma was the Hospital Superintendent and continued up to 1957 and all the development of Ayurvedic wing hospital took place in his time only. He was succeeded Pt. Rajeshwar Dutt Shastri up to 1959 the year when the Ayurvedic college was closed. Then SS Hospital was taken over by Medical College and Prof. K.N. Udupa became its superintendent with Prof. K.P. Singh as Dy. M.S. of Ayurvedic wing and continued till his retirement.

Since 1963, continuous efforts were made by the teachers of PGIIIM and also by the alumni to restart the UG teaching of Ayurveda again at BHU. The efforts were galvanized only in 1990, when Prof. S.N. Tripathi of Ayurveda, became the member of EC of BHU. By the blessing of the then Vice Chancellor Prof. R.P. Rastogi, this agenda was approved in principle but it took another 10 years to restart the BAMS course in the Faculty of Ayurveda, when Padamshri Vaidya Devendra Triguna ji again became the EC member of this University. Today, the Faculty runs PhD programme, PG (39 seats) UG (60 seats), Certificate Course, Diploma Course. Besides, the Faculty also runs some special courses like UG course of BNYS (Bachelor of Naturopathy & Yoga Sciences) of 30 annual intakes, B. Pharm (Ay) (30 seats) M. Pharm (Ay) (15 seats). The Faculty also runs 2 courses for foreign students (A) 6 cycles of Two months introductory course & One year of certificate course. In recent past one year, the Faculty has established several MoUs with several Indians and Foreign Universities to strengthen our research programme, teaching, activities, skill development initiatives & outreach programme for health care up to remote villages. To achieve this Faculty has established a center of Telemedicine, Video Conferencing, Tele-education & a wellness center. The Faculty is extending its Telemedicine services through common service centers in villages through "ECSC" platform of Gol under skill development programme of Gol the Faculty is in process of initiating Bridge course under RPL (Recognition of Prior Learning) programme.

At research front, the Faculty has established a Central Instrumentation Laboratory with help of DST PURSE programme a common research platform as "Advance Center of Traditional Genomic Medicine" (ACTGM) and "National Facility for Tribal and Herbal Medicine" (NFTHM) funded by UGC.

On teachers training grant the Faculty also runs on UGC funded project "Pandit Madan Mohan Malviya National Mission on Teachers and Teaching" (PMMMNMT). The Faculty is also on portal of "SWAYAM" of UGC ready to take off with several online courses.

Department-wise History of the Faculty

Date: 25.10.2018

Yamini Bhushan Tripathi, Dean, Ayurveda

1. Department of Kayachikitsa : The department of Kayachikitsa was established in 1963. Panchakarma (Bio-purification and Physical Medicine) unit was started as a section in the department of Kayachikitsa in 1980, which has now been recommended to be a separate Department. Besides, we also run Keraliya Panchakarma center under PPP model with Kerala Ayurveda Limited (KAL) in Ayurveda wing, Sir Sunderlal Hospital. Other specialties of this Department includes Manas Roga (Psychosomatic medicine & Neuro-Psychiatry), which was established as a separate section in 1988. This department also had separate unit of Vikriti vigyan with M.D. degree since 1987. Now this has been separated as a separate department since 2006. The Dept teaches UG classes, give degree in MD(Ay) of KC, panchkarma and Manas roga, and produces PhD in main and several allied subjects. It also runs a Post Graduate Diploma in Panchakarma as special, self financing course since 1999. PG in Panchakarma was started in the year 2009. Prof YN Upadhyay was the 1st Head of the Department, followed by Prof GN Chaturvedi, Professor S.N Tripathi, Ex.Counsellor, BHU and ex dean of Ay Faculty, Prof D Ojha Professor R. H Singh (Padma Shri awardee) also ex Dean, Ayurveda, Prof BN Upadhyay, Prof SK Tiwari, Prof NP Rai and now Prof JS Tripathi. Other teachers in the dept include Prof OP Singh, Prof Rajendra Prasad, Dr KVHHS Murthy, Dr Ajay Pandey, Dr JP Singh, Dr VK Srivastava, Dr Abhinav. Its prominent alumni includes the name of Prof. G.V. Satyavati, DG-ICMR; Dr. V. N. Pandey DG-CCRAS, , Dr. H. R. Goyal, Prof CB Dubey ex director, Ay UP Govt, Prof CM Chandola, Director, State Ay Institute New Delhi, Prof SN Singh, presently Director Ayurveda, UP Govt and many more. . The department conducts M.D.(Ay) and Ph.D in its following broad specialties besides other sub-specialties.

- Kayachikitsa-Chikitsa i.e. General Medicine
- Manas Roga Vigyan i.e. Psychosomatic medicine & Neuro-Psychiatry
- Panchakarma i.e. Biopurification & Physical medicine

This was the 1st Department where a research based herbal drug was developed by team of Prof SN Tripathi and transferred to Industry (Swasthik Pharmaceuticals) for commercialization with a token of Royalty of Rs 10,000/= . It is being sold as "Prepeptone". The future vision of department is Development of objective parameters for Clinical and therapeutic studies in Ayurvedic medicine, Systematization, Modernization and Simplification of Panchakarma therapeutic procedures, Studies on Newer drugs and formulations - by conducting clinical trials in the area of Diabetes and metabolic disorders, Dermatological disorders, rheumatological disorders & neuro psychiatric disorders, Studies on Satvavajaya chikitsa; Ayurvedic approach to Psychotherapy, Studies on the effect of Daivavyapakshraya chikitsa in mental disorders.

2. Department of Kriya Sharir: It was initially established as a unit of the Department of Basic Principles in 1979 with Prof GP Dubey as unit in-charge, Dr Aruna Agrawal was another teachers. Later on in 2006, it was upgraded to an independent department, with Prof Sangita Gehlot, Prof Kishor Patwardhan, Dr NS Tripathi, Dr Vandana Verma and Dr Sushil K Dubey. This department is involved in teaching of Ayurvedic and modern physiology and research in basic concepts of Ayurveda 2 well-equipped Human physiology laboratory and Experimental laboratory, to aid practical training, evaluation of the physiological concept of Ayurveda in terms of modern knowledge by incorporating laboratory equipments in doctoral level research, Preparation of a standard textbook on Ayurveda Physiology, Starting some short term courses in "Human Physiology in Ayurveda" for graduate of other streams of science and exploring the ancient textbooks and analyzing the material related to human physiology.

3. Department of Medicinal Chemistry: It was established as a section in 1963, headed by Dr SP Sen, Pharmacy-Pharmacology with the view to impart training and knowledge to the research scholars of Ayurvedic discipline in the fundamentals of various facets of Medicinal Chemistry for the scientific exploration of Indian System of Medicines. This section was upgraded to a full-fledge department in 1967, with Prof B Dasgupta as its first Head of the department. Then teachers like Prof AB Ray, Prof RL Khosha. In 1987, three new sections were created i.e Pharmaceutical chemistry with Dr PV Sharma, Inorganic-analytical chemistry with Prof. VP Singh, Biochemistry with Prof. YB Tripathi, Prof. M Sahai joined the phyto-chemistry section. Later on, Prof. T.D. Singh and Prof. Alka Aggrawal joined the Department. This department was involved in teaching one full paper to MDAy students, besides, intensive research in the field of drug development and biochemical validation of basic concepts of Ayurveda. Prof YB Tripathi has 3 patents to his credit and one of them is USA patent for a polyherbal formulation named as BHUX for management of obesity and atherosclerosis. Other prominent patent is PTY-2 for diabetic Nephropathy which is now approved for clinical trial.

4. **Department of Prasuti Tantra:** The department was created in the year 1963 with Prof LV Guru as Head. Later on Prof Miss PV Tewari, Prof. DN Mishra, Prof. Chandan Chaturvedi, Prof. RD Sharma, Prof. Manjari Dwivedi, Prof. Mukta Sinha, Prof. Neelam joined the dept. Later on, Dr Anuradha Roy, Dr Sunita Suman and Dr BN Vishwesh joined the department. This department is involved in extensive teaching and research and has published several books and research papers. In 1987, two units were created (1) Prasuti and Stree Roga (Obstetric and Gynaecology) and (2) Bala Stree Roga. Later on Balaroga section was upgraded to an independent department in the year 2006. In the year 1982 department started labour room facility. In 2007 department started 2 years diploma course – PGDiploma in Maternal Health Care (PGDMHC) and 1 year Certificate Course in Prasav Vigyan (CCPV).
5. **Department of Rachana Sharir:** A section of Rachana Sharir was a section in the Department of Basic Principle, since 1963. Later on, in 1979, 4 sections in the department were created and this section was given Prof LV Guru as in-charge along with Dr LP Gupta. Further, in 2006 it was upgraded to a full-fledged Department. Late Prof. (Dr.) D.G.Thatte has served the department as eminent personalities. Besides teaching, it provides services like - GSR measuring, Marma Therapy, and Meditation Practices for research purposes. Presently, Prof. HR Awasthi, Prof. KN Singh, Dr Vijaya Laxmi Gautam and Dr Ashutosh Pathak are serving the department.
6. **Department of Rasa Shastra and Bhaishya Kalpana:** This Department was established as a section of Dravyaguna and upgraded to independent department in the year 1978 with Prof Ram Sushil Singh as founder Head, along with Prof. Damodar Joshi and Prof TN Sharma. Its main focus to develop standardized products of Ayurvedic formulations based on bhasmas and other kalpanas with quality, safety and efficacy. They were involved in standardizing the required temperature for bhasma preparation, described in traditional texts with electric furnaces in collaboration of Dept of Metallurgy. Later on Prof SK Dixit, Prof CB Jha, Prof KRC Reddy, Prof Anand Chaudhary, Prof Neeraj Kumar, Dr DNS Gautam, Dr Namrata Joshi, Dr LN Gupta joined the department. Its prominent alumni includes names of Dr. C.K. Katiyar (Emami), Dr. G. Prabhakar Rao (ESI) and Prof PK Prajapati (AIIA, New Delhi, Prof K Shankar Rao (NIA, Jaipur), Dr. Durga Prasad (Dabur) etc. In future, this department is dedicated for doing research in drug manufacturing field as per Global standards.
7. **Department of Samhita & Sanskrit:** The department has glorious past history from the time of the Ayurvedic College of BHU. It gets patronage from the founder of the BHU Pt. M.M Malaviya jee. The Vasanjee Kheemje chair was instituted during the inception of Ayurvedic College. There after Kaviraj Dharam Das Jee Charakacharya, Padmabhusan Pt. Satya Narayan Shastri, Pt. Rajeswar Duttta Shastri jee, Acharya Yadunandan Upadhyaya jee, Acharya Rama Nath Dwivedi jee were appointed against the Vasanjee Kheemjee Chair. Later on it was merged in the department of basic principles in 1963. Thereafter a unit of Ayurved samhita and Siddhant Darshan was created in the year 1983 with Prof Jyotirmitra as in-charge along with Prof LD Dwivedi. Finally in 2006 a separate Department of Samhita and Sanskrit was created. From the year 1991 M.D (Ayurveda) in the Specialty of Ayurveda Samhita has been given. Later on Prof PK Goswami joined as Head along with Dr M Paliwal, Dr Gopal Mina and Dr Sudama Yadav. The broad objective of the Department is to pursue the scientific studies in the following areas- Study and critical exposition of available Sanskrit commentaries over classical literatures Ayurveda, their edition and publications, Collection, preservation and study of manuscripts specially related to Ayurveda along with scientific validations, Scientific exploration and validation of concepts, principles of Ayurveda as mentioned in classical texts i.e. Ayurveda Samhita.
8. **Department of Siddhant Darshan:** Initially this Department was known as Dept of Basic Principles, established in 1963 with the creation of Postgraduate Institute of Indian Medicine for Postgraduate Training and Research (PGIIM). In 1983 a unit of Ayurveda Siddhant, was created with Prof Jyotirmitra as Prof in-charge along with Dr LD Dwivedi. In 2006, the units were upgraded to independent Department of Siddhant Darshan. Later on Prof. Uma Gupta, Prof BK Dwivedi, Prof CS Pandey, Dr Rani Singh, Dr Dinesh Meena joined the department. The major focus of the department is on proper interpretation of the basic tenets, and growth and development of Ayurvedic theory. Ayurveda constructs and paradigms are empirically tested, evaluated, and validated using rigorous scientific methodology. Necessary changes and modifications are incorporated if the predictions adumbrated by the theoretical construct and paradigms are not upheld on scientific evaluation. The primary aim is to build up scientifically evaluated constructs and paradigms of Ayurveda so that the basic tenets of Ayurvedic theory become acceptable globally. To achieve this aim, a multi-method approach has been adopted which involves empirical and clinical studies, case histories, surveys and field studies. The objective is to understand and identify the factors that help in causing desired changes in behavior in the light of Ayurvedic theory and principles.
9. **Department of Swasthavritta and Yoga:** A unit of Swasthavritta and Yoga created in 1979 in the Dept. of Basic Principles, with Prof HS Shukla as Prof in-charge along with Prof. IP Singh. In the year 2006, it was upgraded to independent Department of **Swasthavritta and Yoga. Later on Dr Neeru**

nathani, Dr Mangala Gauri, Dr Kanchan, Dr Mamta Tiwari joined the Department. its main focus to develop novel approaches to maintenance and promotion of health as well as prevention and management of diseases through Swasthavritta and Yoga. **Future Vision of the department is to upgrade the Department of Swasthavritta and Yoga as a "Centre of Excellence", to develop a lab for exploring and validating the doctrine of Food and Nutrition in Ayurveda, to educate the society at its grass root level for Positive Health Care through principles of Swasthavritta and Yoga, to develop a lab for assessment of Bala (immunity) and other parameters of health, one month training program of Ayurvedic Dietetics and Yoga for Health, short-term course on "Preventive Principles of Ayurveda" for Foreign National Students, "Reorientation program in Swasthavritta", of one week duration for teaching staff of different Ayurvedic colleges, "Preventive Principles of Ayurveda for maintenance and promotion of Health" - Short-term course of one month duration for the graduates of any discipline.**

10. **Department Of Shalya Tantra:** The Department of Shalya-Shalakyas was established in the 1963 with Prof PJ Deshpande as Head of the Department along with Dr PS Shankaran, Dr LM Singh, Dr SN Pathak, Dr KR Sharma, Dr GC Prasad, Dr SB Pandey (Sangyahan), Dr RC Chaudhary (Shalakyas) and Dr BB Khare (Shalakyas). Later on Prof M Sahu, Prof SS Mishra, Prof Pradeep Kumar, Prof Laxaman Singh, Prof Shiva ji Gupta, Dr AK Dwivedi, Dr AK Pandey, Dr GS Ruthar and Dr Rashmi Gupta joined the department. The Department has made substantial contributions in the fields of Ano-rectal Diseases, Wound Management, Urinary Disorders, Sangyahan, Vikiran and Fracture Healing. Department of Shalya Tantra has run a separate Ano-Rectal (Guda Roga) Clinic (ARC) in OPD premises of Sir Sunder Lal Hospital. This ARC is a referral Centre for cases of Fistula in Ano; not only from the counterpart of Modern Medicine faculty but also from most part of Northern India. Department is pioneer centre for the Kshara Sutra treatment for piles and fistulas. The department is conducting 2 years P.G. Diploma Course in Vikiran Avum Chhaya and Kshara Karma Avum Anushastra Karma. The other prominent alumni of this department who served in hospital administration were Dr KP Singh, Dy Medical Superintendent (Ay), Dr DK Rai (chayavikaran), Dr SD Rai, Dr HSK Agrawal, Dr DM Pandey (CCI lab), Dr SN Shukla (Blood Bank). Further, Dr JPN Chansuria, Dr RC Gupta and Dr JD Gode joined the research wing of IMS named as Surgical laboratory, which was directly headed by Prof KN Udupa, the Founder Director of Institute of Medical Sciences. Dr SK Mishra, went to USA and settled as Neurologist of modern medicine.
11. **Department of Shalakyas Tantra:** In 1983, the Shalakyas unit was established in the department of Shalya with Dr KR Sharma as Prof In-charge. Later on it was upgraded to independent Department in 2006 with Prof B Mukhopadhyas as head and Dr Manoj Kumar. Now it has established 3 section (1) Netra roga, (2) Mukha Roga and (3) Karna roga. This department is focused on clinical and research in new drug development based on Ayurvedic procedures and drugs.
12. **Department of Sangyahan:** This was also a unit of Shalya department with Dr SB Pandey as unit In-charge since 1963. It has a motive to -facilitate practical and clinical knowledge of surgical subjects and provide better quality services to the patients of Ayurvedic institutions. Founded as an independent Department in the year 2011, with Dr. D.N. Pande Founder Head. Besides regular teaching of UG, PG and PhD it offers Diploma in Sangyahan and Certificate course in Ayurvedic Pain Management. Other innovative unique activities of the department are Agnikarma, Marma Therapy for Pain Management and Pain & Palliative Care (Upshami Chikitsa). Future Goal of the department is to restore M. D (Ayu), to introduce teaching of Sangyahan at U.G. Level, to start 1 years Certificate Course in Ayurvedic Atyayik Chikitsa, to start 1 years Certificate Course in Upshami Chikitsa, to start 2 years P.G. Diploma Course in Upshami chikitsa (Ayurvedic Palliative care), to extend the facility of H.D.U space and fund for building infrastructure of Department, to start 3 Years P.G. Course in Ayurvedic Pain Management, to establish a separate space for Ayurvedic Pain Management and Palliative Care, to establish a research unit on Sangyahan, Pain, Palliation and critical care -Fundamental principles, Poorva-karma (Premedication), Pradhan Karma (Peri operative Monitoring), Paschat Karma (Postoperative Recovery), Vedanahar upakram (Pain management)-drugs and modalities, Upshami chikitsa -drugs and modalities. Presently Prof. D.N Pande, Prof. K.K Pandey and Dr R.K Jaiswal are working in this department.
13. **Department of Vikriti Vigyan:** This was initially started as a section in the year 1988 under the Department of Kayachikitsa with Prof SN Tripathi as Prof In-charge. It was upgraded to an independent Department of Vikriti Vigyan in 2006. Later on Prof AC Kar, Dr PS Byadgi, Dr Priyadarshni Tewari, Dr Anurag Pandey joined the Department. This department has made substantial contribution in the field of Aetiopathological and Clinico-pathological studies in several diseases under the personalities of highest order of academic excellence like Prof. S N Tripathi, Prof. Divakar Ojha and Prof. B.N. Upadhyay. It imparts MD (Ay) in Roga Nidan & Vikriti Vigyan. The department is providing diagnostic services apart from clinical services. Future Plan of the Department is to achieve excellence in the field of Ayurvedic clinical and laboratory diagnostics. Special method for scientific validation of Tail-bindu

Parikshan of urine has been developed by this Department.

14. **Department of Dravyaguna:** Since inception, i.e. 1922, there was a section of dravyaguna in Ayurvedic college. Later on in 1924-25, Ayurvedic pharmacy and dravyagun garden were established on the campus, under the close supervision of our Founder Bharat Ratna Pt Madan Mohan Malaviya ji. Kaviraja Pratap Singh and Thakur Balwant Singh were the founder of these units. In 1963, when PGIIM was established as Prof PV Sharma as Director, this department was also created with Prof as its Head along with Dr KC Chunekar, Dr Ram Sushil Singh, Dr Trayambak Nath Sharma, Dr Damoder Joshi. Later on Prof JK Ojha, Prof VK Joshi, Prof SD Dubey, Prof KN Dwivedi, Prof Anil K Singh, Dr SD Upadhyay, Dr Bhual Ram, Dr Sanjeev joined the Dept. This Department has a good museum of medicinal plants and devoted to teaching and research. This has significant contribution in publishing books in Dravyaguna covering both the branches i.e Dravya parichiya and Dravya Kriya. Acharya Priya Vrat Sharma ji, the founder Director of PGIIM has written several books and translated various traditional texts of Ayurveda, which are being read all over the World. They have made significant contribution in developing new herbal preparations in management of diabetes and its complication, especially the diabetic foot.
15. **Dept of Kaumarbhritya/balroag:** Being a discipline of department of Prasuti, it was created as a separate unit in in 1978 with Prof Chandan Chaturvedi as in-charge along with Prof RD Sharma. In the year 2006 it was upgraded to an independent Department with Prof BM Singh as Head. Later on Dr PS Upadhyay and Dr Vaibhav Jaiswal joined the Department. This Department has specialized in Bal-panchkarma for treatment of several diseases with scientific validation. Prof BM Singh has also developed a soft-ware for assessment of health status of a child.
16. **Department of Agad Tantra:** This was created from Kayachikitsa as a unit from 1999 to 2012. Thereafter, from 2012 to 2015 the unit worked under Dravya Guna department being its sister concern. Now, the department is in the process of getting the status of an independent department. It has Dr Sobha Bhat. K and Dr Ringzin Lamo, as faculty members. Besides teaching they are focusing in assessment of environmental toxicity and Virudha ahaara.
17. **Department of Panchkarma;** At present this is a unit of Kayachikitsa and it is in the process of getting the status of separate Department. In 1987, the unit of Panchkarma was created in Kayachikitsa with Prof SN Tripathi as in-charge, along with DR CM Tiwari, PhD Kayachikitsa as panchkarma therapist. They did several scientific researches to validate the scientific basis behind the therapeutic claims of panchkarma processes and for the 1st time used the "Gastric dialysis" as the effect of Vaman, where all toxic body fluids of the blood is forcefully excreted out of the body. Later on Dr VK Srivastava, Dr JP Singh and Dr Abhinav joined this unit with Dr Pravesh Puri as therapist.
18. **Advance centre for Traditional and Genomic Medicine:** It was renamed in the year 2014. Earlier in 1990 it was established as "UGC Centre of Psychosomatic and Biofeedback Medicine" headed by Prof GP Dubey, of Department of Basic Principles with Prof Aruna Agrawal as therapist. This department served for clinical care of patients of psychosomatic disorders and also made several research publications and filed patents. Prof GP Dubey has more than 6 USA patents to his credit and in the process of commercialization of those patented products. Now Prof YB Tripathi is the in-charge of this unit. A DST funded project entitled "Establishment of Facility for Identification of Chemical Characterization, Standardization and Quality Control of Medicinal Plants found in Tribal area in Central India" of Prof GP Dubey, which was later on upgraded to NFTHM (National facility for tribal medicine and health management) by BHU is also being run under this centre.
19. **Wellness centre and telemedicine centre:** Creation of a separate wellness centre was conceptualized by the present Dean, Prof YB Tripathi and after the approval of Faculty PPC and University administration; it was established in September 2017, with the aim to cater the services of common people, with the aim to suggest them about the tips for maintaining their health. Prof CS Pandey is the in-charge of this unit and other teachers of the Faculty are contributing their services from 3 PM to 5 PM. Dr Sushil Dubey of Dept of Kriya sharir is making special effort to develop Nadi Vigyan through this centre by collecting the physiological and biochemical data and comparing them with properties of pulse, recorded by a physician and an equipment. Similarly, a videoconferencing facility of the faculty established in 2012, was upgraded to centre of telemedicine and teleeducation. Now MoUs with various Universities, colleges and CSC of Gol are under process to cater its services at National level.
20. **Central Instrumentation laboratory:** The Faculty was already involved in DST-PURSE research project programme for several years. Now a central facility has been created where the expensive and sophisticated equipment, purchased under this project is being kept as central facility. Prof AC Kar is the in charge of this facility.