

### 8.1.9 Efforts of the Institution towards conservation and validation of local health traditions during the last five years

**Response:** E. Less than 5

All India Institute of Ayurveda , regularly conducts workshops, Guest Lectures and Seminars for conservation and validation of local health traditions. Department of *Shalakya Tantra* had organized a Guest Lecture on Traditional Methods of *Danta Nishkasana* (Tooth Extraction) on 23<sup>rd</sup> October 2018, Dr. Shrenik Nahata had demonstrated the Tooth Extraction by using Traditional Methods. Total 19 PG Scholars have attended the Lecture.



Inaugural of Guest Lecture on Traditional Methodes of *Danta Nishkasana* ,Organised by Shalakya Tantra Department , AIIA on 23<sup>rd</sup> Oct. 2018



Inaugural of Guest Lecture on Traditional Methodes of *Danta Nishkasana* ,Organised by Shalakya Tantra Department , AIIA on 23<sup>rd</sup> Oct. 2018



Inaugural of Guest Lecture on Traditional Methodes of *Danta Nishkasana* , in presence of Joint Director , Dr. Umesh Tagade ,Organised by Shalakya Tantra Department , AIIA on 23<sup>rd</sup> Oct. 2018



Inaugural of Guest Lecture on Traditional Methodes of *Danta Nishkasana* ,Organised by Shalakyta Tantra Department , AIIA on 23<sup>rd</sup> Oct. 2018

In Year 2019 on 19<sup>th</sup> December Department of *Shalakyta Tantra* again organized a Guest Lecture on Traditional Methods of Tooth Extraction again the Lecture was delivered by Dr. Shrenik Nahata. All the Scholars of *Shalakyta Tantra* Department got the knowledge of Traditional way of Tooth Extraction.



Demonstration of Position of Patient while performing Tooth Extraction by Traditional Method-19.12.2019



Demonstration of Position of Patient while performing Tooth Extraction by Traditional Method-19.12.2019



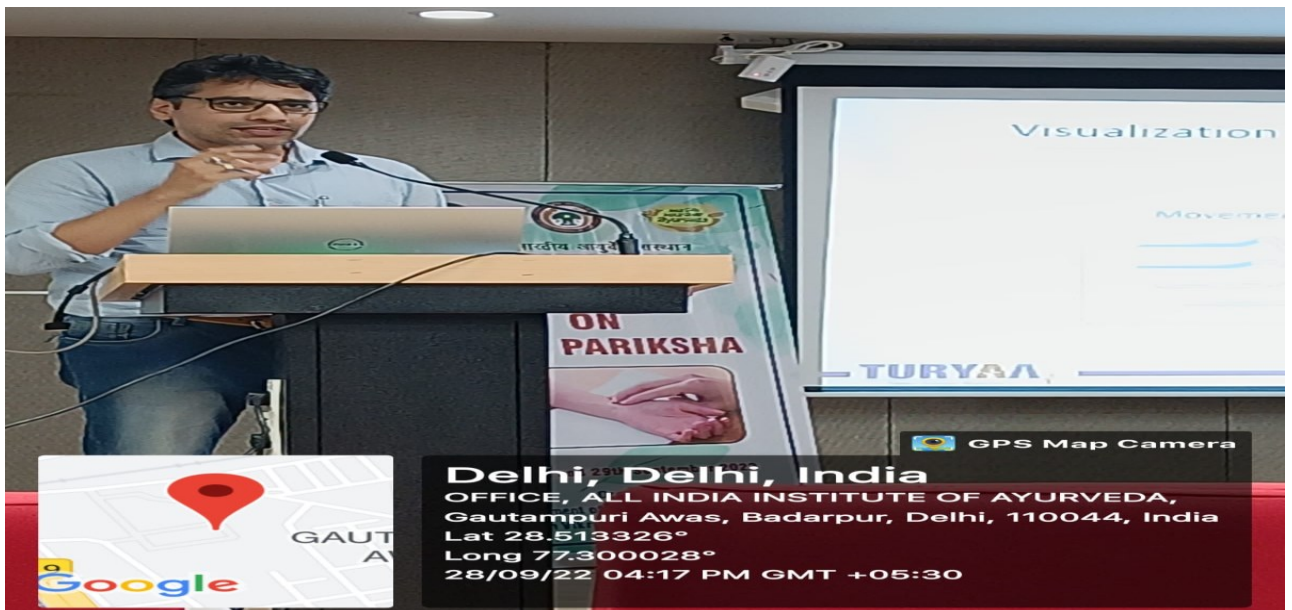
Demonstration of Position of Patient while performing Tooth Extraction by Traditional Method-19.12.2019.

*Ayurveda* is the ancient system of Indian medicine has its own methodologies for examination and analysis of health and ill-health. In collaboration Department of *Kayachikitsa*, *Roga Nidana Evum Vikriti Vijyan* and *Kriya Sharir* Department had organized

2 days' workshop on *Nadi Pariksha* (Pulse examination) on 28<sup>th</sup> and 29<sup>th</sup> September 2022 at Mini auditorium, AIIA. *Nadi Pariksha vidhi* is an important area where Ayurveda has unique approaches, gender wise specifications of hands for *Nadi Pariksha*, different '*Gati*' of pulse as per dosa dominance and pulse according to *Rogavastha*. Considering the scope and clinical utility of the topic organizers were planned for a workshop on *Nadi Pariksha*. Nadi Visheshagya, Dr. Sushant Mishra, Dr Sudha Sharma and Mr. Anirudh Joshi delivered the lecture and practical demonstration of *Nadi Pariksha* was given by them at the end of session every scholar and faculty come to know how to diagnose and analyses the *Nadi*.



Dr. Sudha Sharma conducting Nadi Pariksha

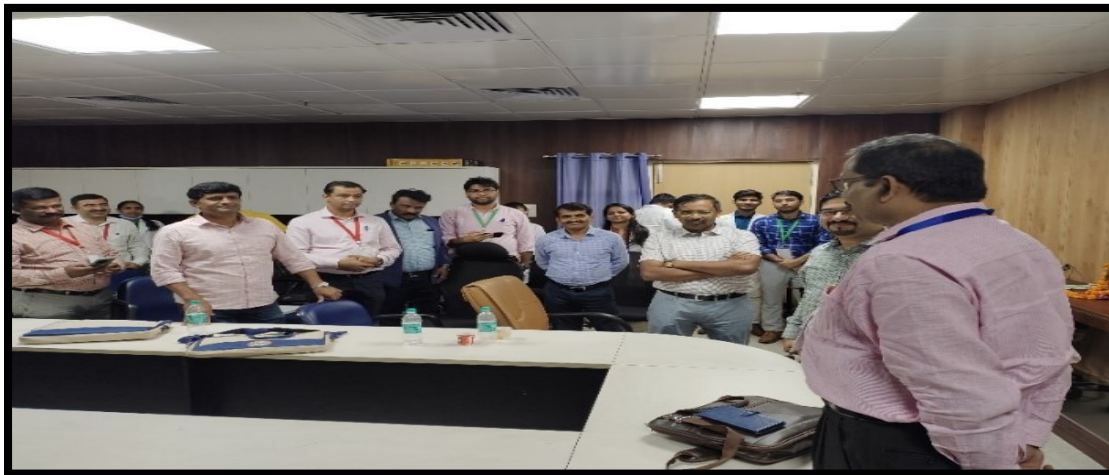


Delivering lecture on Nadi Pariksha



Felicitation of Guest Speaker

For advancement in Local health Traditions Department of *Shalya Tantra* had organized a Guest Lecture on Sports Injuries and its Ayurvedic Treatment on 15<sup>th</sup> September 2022. The lecture was given by Dr. C.Suresh, Professor *Shalya Tantra* Department, *Pankajakasthuri* Ayurveda college in Thiruananthpuram. He discussed Fractures, Dislocations and Sprains in relation with Modern Medicine as well as how Ayurveda can treat these injuries. He explained the significance of *Marma* in the treatment of sports injuries in relation to Ayurveda, Siddha and Kalari. He also demonstrated Hands on Training for applying a POP slab and cast for injuries to wrist, elbow, ankle and knee.



Guest Lecture on Sports Injuries and its Ayurvedic Treatment , held on 15<sup>TH</sup> Sept.2022,organized by Shalya Tantra Department , AIIA.



Dr. C. Suresh , Prof. Shalya Tantra – Delivering Lecture



Guest Lecture on Sports Injuries and its Ayurvedic Treatment , held on 15<sup>TH</sup> Sept.2022,organized by Shalya Tantra Department , AIIA.



Hands on Training for applying a POP slab and cast for injuries to wrist, elbow, held on 15<sup>th</sup> Sept 2022

Department of *Prasuti Tantra* and *Stree Roga* had organized 6 Days CME for Teachers, for conservation and validation of local health traditions one session was organized for *Nadi Pariksha* in various *Stree Rogas* on 24<sup>th</sup> November 2022 at 3.30 PM to 6 PM wherein Dr Sudha Sharma , *Naditadnya Visharad* had given the demonstration of *Nadi Parikshana* in varios *Stree Rogas*.



Dr. Sudha Sharma , Naditadnya Visharada , Hands on Training of Nadi Pariksha, held on 24<sup>th</sup> Nov.2022, in CME ,Organized by SRPT Department.



Felicitation of Dr. Sudha Sharma, Resourse Person , Naditadnya Visharada.

### Havan Vidhi-



Daily Havan Vidhi in Dhanwantari Vatika , AIIA,- Director Mam performing Havan Vidhi

Havan is a fire ritual in which many herbs & some food items are put in to holy fire. Havan purifies the environment and the devotees. In Yajurveda, it is mentioned that, Havan should be performed every day, to attain spiritual enlightenment, mental peace, purification of mind & environment, to attain all these things & to remain calm & healthy in most challenging period of pandemic AIIA had started performing every day Havan in Dhanvantari Vatika since 20.03.2020, to attain health & peace of all the COVID Patients, General Patients, Doctors, Nursing staff, Scholars as well as environment. One Panditji is appointed to perform this holy ritual every day, We use Guggulu, Nimbapatra, Gandhak, Javitri, loban, Mango tree wood, Chandana, Kapoor, Navgraha Samidha for Havan Vidhi. These drugs are having Rakshoghna (Antibacteria, Antiviral) properties, it purifies

environment and bless the entire human being , During pandemic period ,Herbal Fumigation of the entire hospital ( room to room )had been carried out daily.



Daily Havan in Dhanvantari Vatika Havan Vidhi in Dhanvati Vatika



Havan vidhi in Dhanvantari Vatika

Department Of *Prasuti Tantra* had also organized a National Workshop on Development of Standard Operating Procedures in Labour & Postnatal care on 5<sup>th</sup> and 6<sup>th</sup> Sept.2021 , in that Workshop various resource persons discussed the use of Traditional Methods like use of Amulates and *Mantra Chikitsa* for Progress of Labour, Department of Prasuti Tantra and Stree Roga also promotes the use of Traditional foods as a Medicine ,like Use of Chaturbeeja Churn in Dysmenorrhea, Krishna Til Gud Laddu in Alpartvava ( Scanty menses)etc.

# Chaturbeej Laddoo

## Ingredients:

- 1. Methika (*Trigonella foenum graecum*)



- 2. Chandrashura (*Lepidium sativum*)



Use of Traditional food- Chaturbeeja Laddu in Dysmenorrhoea

- 3. Kala ajaji/ Kalonji (*Nigella sativa*)



- 4. Yavanika (*Trachyspermum ammi*)



Use of Traditional food- Chaturbeeja Laddu in Dysmenorrhoea

**Traditional postnatal care practices** have been widely using for different problems at various regions in India and worldwide also. Even though, they are not yet documented, or sufficient research have been performed. Concerning this, **a study was conducted by PG Scholar of Prasuti Tantra and Stree Roga Department, in traditional postnatal care practices of Kerala state in view of the Ayurveda principles.** The study area selected was the whole

Kerala state and the sample size was 300. Population used in the study included postnatal women who had followed traditional practices during their postpartum period, elderly women of a house and local health workers who are suggesting TPNCP and Ayurveda doctors who are practicing the same. The study made an attempt to collect the knowledge on different aspects of TPNCP including general aspects of TPNCP, Diet during postpartum period, Regimens during postpartum period, Medicines during PNP and current scenario and acceptance of TPNCP among people, using the tool semi structured questionnaire and survey method. After the study, a data consuming wide aspects TPNC was obtained and which was again sorted into different domains like, diet, internal medicines, regimens etc. and later descriptively represented.

Dr.Anita, PhD Scholar, of Prasuti Tantra & Stri Roga Department has completed a survey study of 100 antenatal females in Faridabad District from CHC (Kheri Kalan, Kaurali), PHC, Civil hospital Faridabad regarding their **dietary and lifestyle practices during pregnancy** period by designing a questionnaire under **PHI Project “Ayurveda for Healthy Progeny”**. 10 questions were related to general information of patient, 24 questions to dietary habits and 10 questions to physical activities.

One PhD Scholar from Swasthavritta Department conducted a **survey on Traditional food recipes in Uttarakhand** from 12.4.2022 to 14.4.2022, as a part of her Thesis work and collected the data of recipes of Traditional food practices in Uttarakhand



Field visit of PhD Scholar for Traditional Food Recipes in Uttarakhand



Uttarakhand – Dehradun- village



Fresh Organic food from farms of Uttarakhand



Traditional food items in Uttarakhand



Jhangora



Pahadi Lobiya



Bhangjeera



Reyansh



Black bhatt  
(Soyabean)



Faran



Kulattha

Variety of Pulses in Uttarakhand