



## Tilak Ayurved Mahavidyalaya, Pune

### National Workshop on Panchakarma – Drushyam

National workshop on Panchakarma (Drushyam) was jointly organized by Rashtriya Shikshan Mandal's Tilak Ayurved Mahavidyalaya, Pune, MAM's Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar and Shree Dhutpapeshwar Pvt. Ltd. On Sunday 28<sup>th</sup> April 2019 at Tilak Ayurved Mahavidyalaya, Pune.

The workshop began at 8.00 AM. Preamble of the national workshop was delivered by Vd. Y.G.Joshi. The workshop included live demonstrations on Panchkarma and allied procedures by faculties from Tilak Ayurved Mahavidyalaya and Sumatibhai Shah Ayurved Mahavidyalaya. Every live demonstration was with a live commentary regarding the theory and practical of the procedure. Experts comments were given by Vd. Y. G. Joshi and Vd. Pramod Kulkarni.

The first procedure of Vaman therapy was demonstrated on patients with a live commentary. The pre procedure for Vaman – Snehan and Swedan was explained during the demonstration. Snehan – Acchapaan Vichavana, Pidan, Mardan and Karnapuram was described. The Keralian Panchkarma Therapist especially Abhyang was demonstrated by Dr. Ajit Mandalecha.

After this session the inaugural function was held. The patron members of the workshop – Dr.V.V.Doiphode, President RSM, Mr. Anil S. Gujar, Secretary MAM, Mr. Ranjit Puranik, MDSDL Mumbai, Chief Guest were present Hon.Vd.Y.G.Joshi, the guiding force of this workshop, Dr. Mrs. Nilakshi Pradhan, Principal SSAM, Dr. Maya Gokhale HOD Panchakarma Sumatibhai Shah Ayurved Mahavidyalaya were present on the Dias. Dr. Huparikar welcomed the guest. Mr. Ranjit Puranik in his address, congratulated for the live workshop and informed the audience about the Vivek talks in the workshop. He also appreciated that live demonstration workshops have good response Dr. Maya Gokhale proposed the vote of thanks.

After the inaugural function stahnik basti procedures nabhi, janu and kati were demonstrated shirsnehan procedures – shirobasti, shiropichu, shirodhara. Shiroabhyanga were demonstrated, automatic shirodhara machine was the attraction in the workshop. Scientific programme titled, Guggul kalpa in practice of post shodhan karma was held by the lecture of Milind Patil SDL Mumbai, this was followed by swedan procedures – Bashpasweda, Pindsweda, Upanaha, Chooma pottali, Jambir Pottali, Pruthuka pottali & tapasweda by Tilak Ayurved Mahavidyalaya faculties.

Post lunch in the vivek talks of SDL Dr.Mihir Hajarnavis delivered a talk on health benefits of Vaman through vague nerve stimulation.

This talk followed by lecture on virechan. Nasya procedures – Marsha, Avapeedak, Dhooma, Pradhaman were demonstrated by Sumatibhai Shah Ayurved Mahavidyalaya faculties.

A very nice basti presentation was done through the audio clips by Tilak Ayurved Mahavidyalaya faculties. All the types of basti – Asthapan, Anuvasan, Matra, Madhutailik basti were demonstrated. Raktamokshan procedures – Jaloukavacharan, Siravyadha, Pracchan, Viddhakarma were demonstrated on various patients. The cupping procedure with different instruments was also demonstrated.

The cupping procedure with different instrument was also demonstrated. The vivek talk lecture of SDL on case presentation of Panchakarma in anosmia was delivered by Dr. Swapnil Bhanushali.

Dr. Preeti Abhyankar demonstrated various netra karmas, Tarpan, ashotan, Bidalak, Parishek. Agnikarma with different shalakas – suvarna mritika, loha and Tamra were demonstrated in the workshop. Karnapurana procedure was also shown in workshop.

The workshop ended after the valedictory function. Vd. Y.G. Joshi, Dr. Neelakshi Pradhan, Dr.R.S. Huparikar, Dr. Maya Gokhale & Vice Principal of Tilak Ayurved Mahavidyalaya – Dr. Saroj Patil, Dr. Mihir Hajarnavis were present for the function.

Dr. Anjali Damale delivered the total deliberations of the workshop. Dr. Maya Ghokhale proposed vote of thanks around 350 delegates were present for the workshop.

The faculties of Panchakarma, Kayachikitsa department – Dr. Anjali Damale, Dr.Rahul Kathawate, Dr. Monika Mule, Dr. Girish Sarade, Dr. Anupama shimpi, Dr. Sangeeta Savant, Dr.Prayag Sethiya, Dr. Pradnya Deshmukh and all PG volunteers actively participated in demonstration.

Faculties of Panchakarma – Kayachikitsa dept from Sumatibhai Shah Ayurved Mahavidyalaya Dr. Maya Ghokhale, Dr. Jayashree Tongaonkar, Dr. Vandana Avhad, Dr. Priyanka Keram, Dr. Sushant Deshpande & PG volunteers actively participated in the demonstration.

Dr. Gayatri Sawant Sumatibhai Shah Ayurved Mahavidyalaya compered the inaugural and valedictory function. Dr. Indira Ujagare and Dr. Vidya Undale introduced the guests.

The workshop concluded with thanks of all the organizing committee members of Tilak Ayurved Mahavidyalaya & Sumatibhai Shah Ayurved Mahavidyalaya and delegates. The workshop was supported by Dr. S.V.Deshpande, Principal Tilak Ayurved Mahavidyalaya, Dr. Neelakshi

Pradhan, Principal Sumatibhai Shah Ayurved Mahavidyalaya and was guided by Dr. V.V.Doiphode, President of Rashtriya Shikshan Mandal, Mr. Anil Gujar, Secretary MAM and Vd. Y.G.Joshi.

Dr.R.S.Huparikar and Dr. Maya Ghokhale worked as organizing secretary of the workshop.

There were stalls from SDL Mumbai, Ayurved Rasashala Pune, MAM Hadapsar and Vd. Y.G.Joshi Pune. The stalled were appreciated and visited by the delegates.

Photo :









