



2023-Volume 2 - July

For Individual ₹ 255/- (\$ 15/-)

For Institute ₹ 550/- (\$ 30/-)

ISSN 2347 - 6273



AYURVIDYA INTERNATIONAL



Ayurvidya Masik, 583/2 Rasta Peth, Pune 411 011 (Maharashtra) INDIA
Phone : +91 20 26336429, 26336428 E-mail : ayurvidyamasik@gmail.com



A Journal Dedicated to Research in Ayurved.

Ayurvediya International 2023 - Vol. 2 July - **Contents**

Page No.

Chief Editorial Worldwide Patronage To 'Yoga' by - **Dr. Dilip Puranik** 4

Managing - Editor's Desk

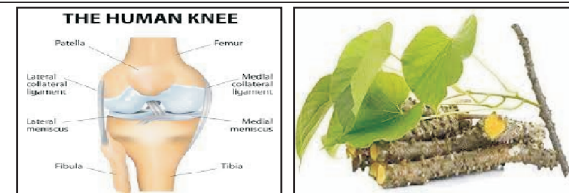
Ayurved and Yoga for promotion of the dimensions of Wellness!..... by - **Dr. Mihir S. Hajarnavis** 4

Research Papers 5 to 23

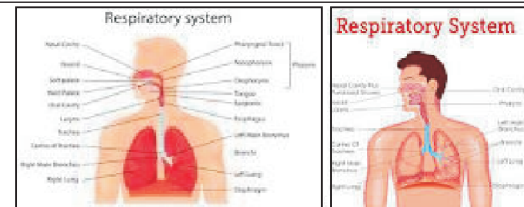
- An Observational Study Of 'Sthool Janu Sandhi' As A Positive Characteristic In Asthisara Individuals Using Anthropometry
★ Dr. Mrs. Taranoom M. Patel



- Exploratory Study On Efficacy Of Balaguduchyadi Tail Matra Basti In Management Of Janu Sandhigata Vata Nirama Avastha
★ Vd. Vaishnavi Deo
★ ★ Dr. Anjali Damle

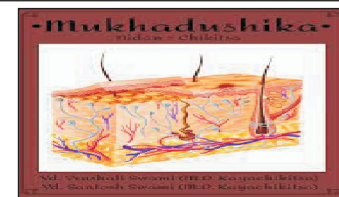


- An Integrated Ayurvedic Approach To Paediatric Allergic Respiratory Disorders
★ Dr. Vikas B. Jaybhay
★ ★ Dr. Nikita S. Gadakh
★ ★ ★ Dr. P. K. Dash

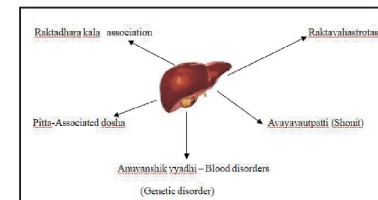


Review Articles 24 to 33

- Review Of Etiology Of Acne Vulgaris (Mukhadushika) According To Modern Science And Ayurveda.
★ Dr. Manasi R. Nimbalkar



- Yakrut Sharir and Blood Disorders In Present Era A Conceptual Review
★ Dr. Prajakta Kulkarni



- Occupation Based Dinacharya
★ Dr. Mihir Hajarnavis



Appeal for Articles - 3

Upcoming National and International Events - 18

Appeal for Advertisements - 34

Submission of Articles - A Protocol - 34

Copyright Transfer Agreement Form - 34

Poster Gallery - 33. 35

Advisory Board - Ayurvedya International

Editor in Chief :
Prof. Dr. D. P. Puranik

Asst. Editor :
Prof. Dr. Mrs. Vinaya Dixit

Co-Editor :
Prof. Dr. A. S. Inamdar

Managing Editor :
Prof. Dr. Mihir Hajarnavis

Prof. Dr. S. V. Deshpande
Prof. Dr. N. V. Borse

Associate Editors :
Prof. Dr. Sangeeta Salvi **Prof. Dr. Apoorva Sangoram**

Prof. Saroj Patil

Advisory Committee :

Prof. Dr. V. V. Doiphode
Chairman - Ayurveda Rasashala
Foundation, Bord of Directors.

Prof. Dr. P. H. Kulkarni
Founder Editor, Deerghayu International

Dr. Manoj Nesari
Advisor,
Dept. of AYUSH, Delhi

Prof. Dr. Subhash Ranade
Chairman, IAA, Pune

Prof. Dr. Arun Jamkar
Ex. V.C. M.U.H.S., Nasik

Dr. H. M. Chandola
Ex. Director / Principal
C.B.P.A.C.S., New Delhi

Prof. Dr. D. N. Pande
Editor :
Sangyahan Shodh, Varanasi

Prof. Dr. Mrs. T. M. Nesari
Director, A.I.I.A., New Delhi

Prof. Dr. A. M. Mujumdar
Ex. Research Director,
Agharkar Research Institute, Pune.

Prof. Dr. Prithwis Bhattacharya
Registrar (Academic)
North Eastern Indira Gandhi Institute
of Health & Medical Sciences, Shillong.

Appeal for Articles -

Dear Sir / Madam,

We are publishing “AYURVIDYA” a Scientific National Journal of Ayurved every month since last 83 years. A step ahead we are publishing “AYURVIDYA INTERNATIONAL” from Jan 2013. We are aware that Education, Practice and Research in Ayurveda is spreading all over the world. To provide the evidence based and scientific knowledge of this ancient wisdom, “A science of life” we will require help from our colleagues like you. We are pleased to announce a call for original research articles from your Esteemed Institutes for this International publication.

For details kindly link to ayurvedyamasik@gmail.com

Eagerly waiting for the positive response.

Thanking you in anticipation.

Yours Sincerely,

Dr. D. P. Puranik, Editor
(09422506207)

Dr. V. R. Dixit, Asst. Editor
(09422516845)

Dr. M. S. Hajarnavis, Managing Editor
(09422331060)

“AYURVIDYA INTERNATIONAL” Subscription Rates:

Each Issue :- ₹ 255/- (\$ 15/-) & Individual ₹ 550/- (\$ 30/-)

Annual :- ₹ 550/- (\$ 30/-) for Individual & for Institutional - ₹ 1100/- (\$ 50/-)

Payment by Cash / Cheques / D.D. In favour of **Ayurvedya International**

and send it to Editor- **Ayurvedya International**,
583 / 2, Rasta Peth, Pune -411011. Maharashtra, India.

For Online payment -

Canara Bank, Rasta Peth Branch, Savings A/c. No. 53312010075707, IFSC - CNRB0015331,
A/c. name - ‘**Ayurvedya International**’. Kindly email the payment challan along with name,
address and purpose details to ayurvedyamasik@gmail.com