

2023-Volume 1 - January

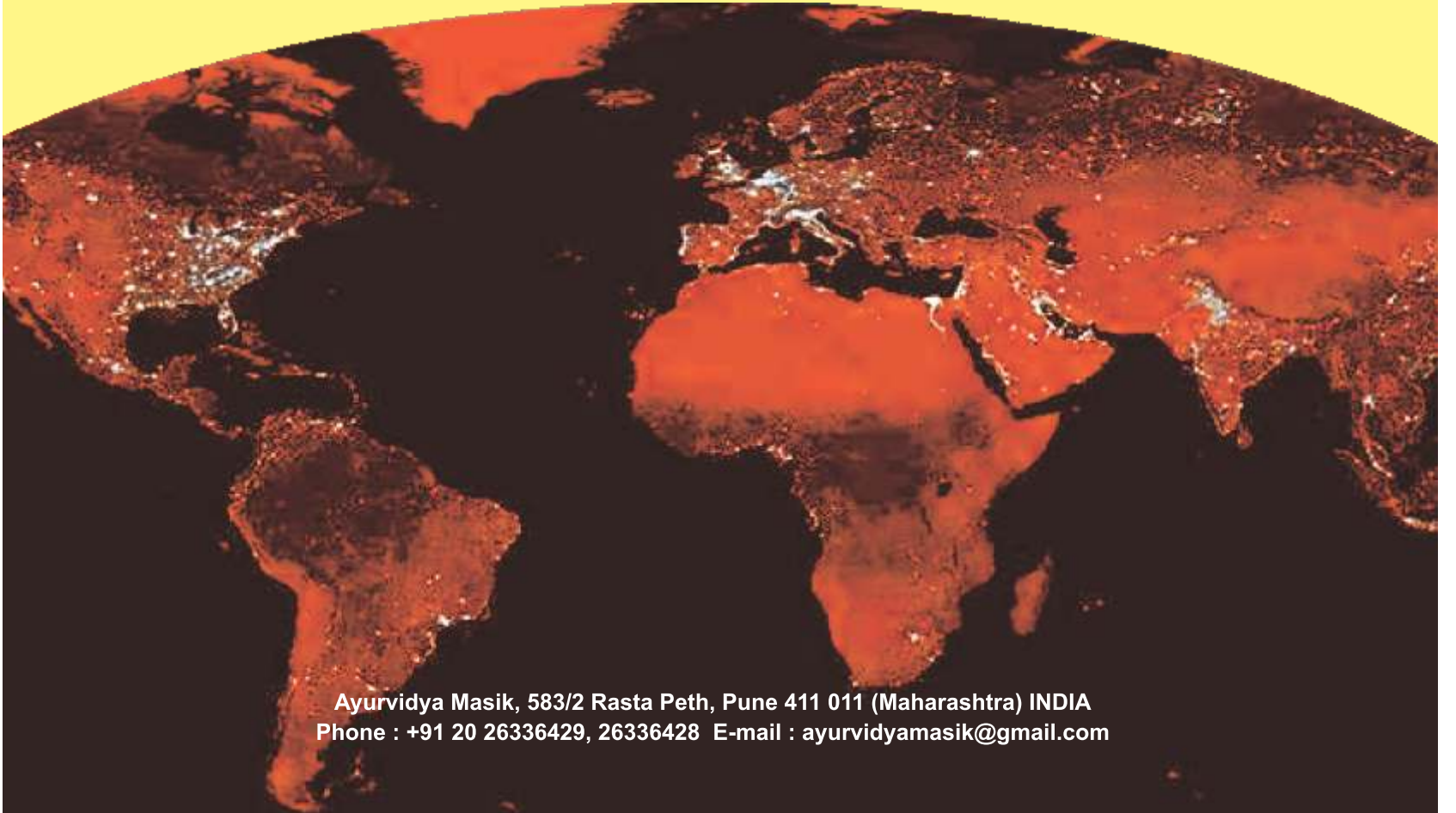
For Individual ₹ 255/- (\$ 15/-)

For Institute ₹ 550/- (\$ 30/-)

ISSN 2347 - 6273



AYURVIDYA INTERNATIONAL



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



A Journal Dedicated to Research in Ayurved.

Ayurvedya International 2023 - Vol. 1 January - Contents Page No.

Chief Editorial Treating Liver Affections With Holistic Approach by - Dr. Dilip Puranik 4

Managing - Editor's Desk Ayurveda For One Health..... by - Dr. Mihir S. Hajarnavis 4

Research Papers 5 to 17

- Estimation Of Psychological And Physical Stress Levels Among Self Employed Individuals During And Post Covid-19 Pandemic

★ Dr. Tanuja Sawant ★★Dr. Supriya Bhalerao

- Acceptability Of Market Samples Of Laksha (Laccifer Lacca Kerr.)

★ Dr. Chetana Chaudhari

★★Dr. Indira Ujagare

Samples collected from different market places:



- A Clinical Study To Evaluate Efficacy Of Haritaki (Terminalia Chebula Retz.) In The Management Of Twak Vaivarnya Bhed

W. S. R. To Acanthosis Nigricans

★ Dr. Suvarna Tathe

★★ Dr. Asmita Jadhav



(Terminalia chebula Retz.)



- Survey Study Of The Knowledge, Perception And Practices Of Dadhisevana (Consumption Of Curds) In Healthy Individuals

★ Vd. Maithili Naik



Review Articles 18 to 32

- Application Of Kshar In Various Ear, Nose And Throat Conditions

★ Dr. Sangeeta Salvi



Small tympanic membrane perforation



Wart in the external auditory canal



Wart on the lobule



Wart removed from the canal

- Ayurvedic Concepts In Nutritional Therapy For Optimizing Tissue Metabolism (Dhatvagni)

★ Dr. Mihir Hajarnavis



Nutritious Food

- Anukta Vyadhi With Special Reference To Hypothyroidism

★ Dr. Anand Vijay Kalaskar ★★Dr. Ekta Mirgal ★★★Dr. Rahul Zawar

Appeal for Articles - 3

Upcoming National and International Events - 28

Appeal for Advertisements - 34

Submission of Articles - A Protocol - 34

Copyright Transfer Agreement Form - 34

Poster Gallery - 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 Estern 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