

जुलै २०२३

या अंकात एकूण
३६ पाने आहेत.



Ayurvidya

आयुर्विद्या

किंमत २५ रुपये

ISSN - 0378 - 6463

Peer Reviewed Indexed Research Journal
of 21st Century Dedicated to Ayurved...

आयुर्वेद रसशाळा, पुणे यांची गुणकारी व उपयुक्त उत्पादने...



ब्रणशोधक तेल

नावाप्रमाणे दुष्ट ब्रणाची शुद्धी करणारे, डोक्यात होणारा कोंडा, त्वचेवरील खाज यामध्ये बाह्योपचारासाठी.



ब्रणरोपक तेल

ब्रणाची शुद्धी झाल्यानंतर ब्रण (जखम) लवकर भरून येण्यासाठी.



माधवी तेल

केसांचे गळणे थांबवून केस लांब व काळे होण्यासाठी, या तेलाने मालिश केल्यास झोप चांगली येते. केस तुटणे थांबते.



रसदंती

दात व हिरड्यांची निगा राखण्यासाठी, हिरड्यांना बळकटी देण्यासाठी, मुखदुर्गंधी कमी करण्यासाठी, दंतधावनासाठी उपयुक्त, हिरड्यांना हलक्या हाताने मसाज केल्यास फायदा होतो.



शास्त्रोक्त व पेटेंट आयुर्वेदिक औषधे तयार करणारी संस्था.

आयुर्वेद रसशाळा, पुणे

GMP Certified Company

फॉर

आयुर्वेद रसशाळा फाऊंडेशन, पुणे

२५, कर्वे रोड, पुणे - ४११ ००४. ☎ : (०२०) २५४४०७९६, २५४४०८९३

E-mail : admin@ayurvedarasashala.com Visit us at : www.ayurvedarasashala.com Toll free No. 1800 1209727





॥ श्री धन्वंतरये नमः ॥

राष्ट्रीय शिक्षण मंडळ, संचालित

आयुर्विद्या
मासिक



Rashtriya Shikshan Mandal's

AYURVIDYA
Magazine



ISSN - 0378 - 6463

शंखं चक्रं जलौकां दधतमृतघटं चारुदोर्भिश्चतुर्भिः ।
सूक्ष्मस्वच्छातिहृद्यांशुकपरिविलसन् मौलिमम्भोजनेत्रम् ॥
कालाम्भोदोज्ज्वलाङ्गम् कटितटविलसद्धारुपीताम्बराढ्यम् ।
वन्दे धन्वन्तरितं निखिलगदवन प्रौढदावाग्निलीलम् ॥
नमामि धन्वन्तरिमादिदेवं सुरासुरैवन्दितपादपङ्कजम् ।
लोके जरारुग्भयमृत्युनाशनं धातारमीशं विविधौषधीनाम् ॥

To know latest in "AYURVED" Read "AYURVIDYA"
A reflection of Ayurvedic Researches.

ISSUE NO. - 2

JULY - 2023

PRICE Rs. 25/- Only.

महाराष्ट्र आरोग्य विज्ञान विद्यापीठाच्या परिक्षार्थींना हार्दिक शुभेच्छा!
Best Of Luck !

CONTENTS

● संपादकीय - मेडीकल कमिशनचा दणका!	- डॉ. दि. प्र. पुराणिक	5
● Exploring Application Of Some Tantrayukti to Research Methodology	- Dr Mohan R Joshi	6
● Ethics In Research : Balancing Scientific Progress And Human Welfare	- Vaishali Deshpande	14
● Role Of Shodhana Chikitsa In Preventing Lifestyle Disorders	- Vd. Susmita Borkar, Vd. Vikram Shelavale	17
● Role Of Research Methodology In Ayurveda	- Dr. Anupama Shimpi, Dr. S. V. Deshpande	22
● Efficacy Of Matra Basti In Katisandhigata Vata - Retrospective Analysis	- Dr. Anjali Damle, Dr. Supriya Phadke	25
● श्रद्धांजली -		21
● अहवाल - १) आयुर्विद्या मासिक - वर्धापनदिन समारंभ - १ जून २०२३ - डॉ. विनया दीक्षित		28
२) हृद्रोग व वंध्यत्व - व्याख्यान सत्र - डॉ. सुहास कुलकर्णी		29
Report - 1) Workshop On Quality Mangement Practices For Ayurvedic Clinic And Hospital - Part-I - Dr. Atul Kapadi		30
2) Workshop On Financial Management For Ayurvedic Practitioners - Part-II - Dr. Atul Kapadi		31
● जाहीर प्रगटन/आवाहन	-	31
● Announcement - National Seminar on Dravyaguna and Rasashastra		32
● गरज ही शोधाची जननी...	- डॉ. अपूर्वा संगोराम	33
● Published Research From Ayurved : A Bridging Tool	- डॉ. सौ. विनया दीक्षित	34
● About the Submission of Article and Research Paper		4

This Issue of Ayurvediya Masik is dedicated to Latest Research Trends in Ayurved

"AYURVIDYA" Magazine is printed at 50/7/A, Dhayari - Narhe Road, Narhe Gaon,
Tal. - Haveli, Pune -41 and Published at 583/2, Rasta Peth, Pune 11.

By Dr. D. P. Puranik on behalf of Rashtriya Shikshan Mandal, 25, Karve Road, Pune 4.

IMP ● Views & opinions expressed in the articles are entirely of Authors. ●

July 2023

3

(ISSN-0378-6463) **Ayurvediya Masik**

About the Submission of Article and Research Paper

Rashtriya Shikshan Mandal's
AYURVIDYA
Magazine

- The article / paper should be original and submitted **ONLY** to "AYURVIDYA"
- The **national norms** like Introduction, Objectives, Conceptual Study / Review of Literature, Methodology, Observations / Results, Conclusion, References, Bibliography etc. should strictly be followed. Marathi Articles / Research Paper are accepted at all levels. These norms are applicable to Review Articles also.
- One side Printed copy** along with PP size own photo and fees should be submitted at office by courier / post / in person between **1 to 4 pm on week days and 10 am to 1 pm on Saturday.**
- "AYURVIDYA" is a peer reviewed research journal, so after submission the article is examined by two experts and then if accepted, allotted for printing. So it takes atleast one month time for execution.
- Processing fees Rs. 1000/- should be paid by cheque / D.D. Drawn in favour of "AYURVIDYA MASIK"
- Review Articles may be written in "Marathi" if suitable as they carry same standard with more acceptance.**
- Marathi Articles should also be written in the given protocol as -**
प्रस्तावना, संकलन, विमर्श / चर्चा, निरीक्षण, निष्कर्ष, संदर्भ इ.

For Any Queries Contact -
Prof. Dr. Apoorva Sangoram (09822090305)

Write Your Views / send your subscriptions / Advertisements

Subscription, Article Fees and Advertisement Payments
by Cash / Cheques / D. D. :- in favour of

To

Editor - **AYURVIDYA MASIK**, 583 / 2, Rasta Peth, Pune - 411 011.
E-mail : ayurvidyamasik@gmail.com Phone : (020) 26336755, 26336429
Fax : (020) 26336428 Dr. D. P. Puranik - 09422506207
Dr. Vinaya Dixit - 09422516845 Dr. Apoorva Sangoram 09822090305
Visit us at - www.eayurvedya.org

Payable at Pune Date :

Pay to **"AYURVIDYA MASIK"**

Rupees Rs.

(Outstation Payment by D. D. Only)

- For Online payment - Canara Bank, Rasta Peth Branch, Savings A/c. No. 53312010001396, IFSC - CNRB0015331, A/c. name - 'Ayurvedya Masik'. Kindly email the payment challan along with name, address and purpose details to ayurvidyamasik@gmail.com

"AYURVIDYA" MAGAZINE Subscription Rates : (Revised Rates Applicable from 1st Jan. 2014)

For Institutes - Each Issue Rs. 40/- Annual :- Rs. 400/- For 6 Years :- Rs. 2,000/-
For Individual Persons - For Each Issue :- Rs. 25/- Annual :- Rs. 250/- For 6 Years :- Rs. 1,000/-
For Ayurvedya International - Annual :- Rs. 550/- (For Individual) & Rs. 1000/- (For Institute)

ADVERTISEMENT RATES	Full Page	- Inside Black & White - Rs. 1,600/- (Each Issue)	Attractive Packages for yearly contracts
	Half Page	- Inside Black & White - Rs. 900/- (Each Issue)	
	Quarter Page	- Inside Black & White - Rs. 500/- (Each Issue)	

GOVERNING COUNCIL (RSM)

Dr. D. P. Puranik	- President
Dr. B. K. Bhagwat	- Vice President
Dr. R. S. Huparikar	- Secretary
Dr. R. N. Gangal	- Treasurer
Dr. V. V. Doiphode	- Member
Dr. B. G. Dhadphale	- Member
Dr. M. R. Satpute	- Member
Dr. S. G. Gavane	- Member
Adv. S. N. Patil	- Member
Dr. S. V. Deshpande	- Member(Ex-officio)

AYURVIDYA MASIK SAMITI

Dr. D. P. Puranik	- President / Chief Editor
Dr. Vinaya R. Dixit	- Secretary / Asst. Editor
Dr. A. M. Sangoram	- Managing Editor/Member
Dr. Abhay S. Inamdar	- Member
Dr. Sangeeta Salvi	- Member
Dr. Mihir Hajarnavis	- Member
Dr. Sadanand V. Deshpande	- Member
Dr. N. V. Borse	- Member
Dr. Mrs. Saroj Patil	- Member