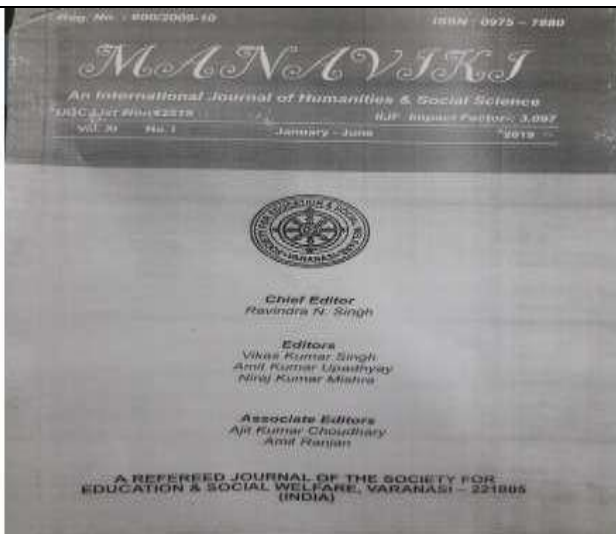
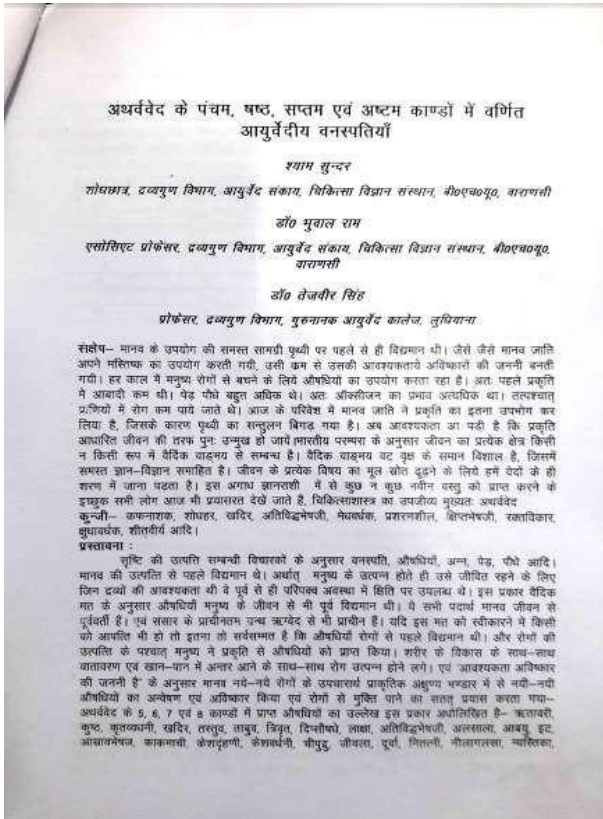
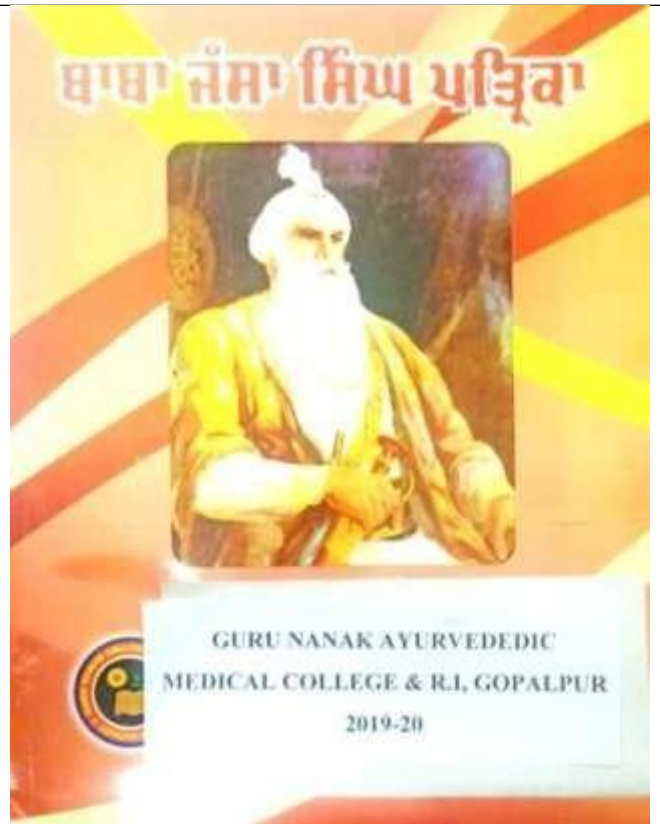


RESEARCH PUBLICATION DURING LAST ONE YEAR

SR. NO.	NAME OF PUBLISHER	DEPARTMENT	NAME OF ARTICLE	PRINT
1	DR. TEJBEER SINGH	PROFESSOR & HEAD DEPTT. OF DRAVYAGUN	MANVIKI	
2	DR. NEERAJ KUMAR RAI			

3	DR. MANISHA	PROFESSOR & HEAD DEPTT. OF ROGNIDAN	IJAHM	<p>ISSN - 2249-5748 International Journal of Ayurvedic and Herbal Medicine 9:2 (2019) 3452-3468 Journal homepage: http://www.ijahm.in DOI:10.31143/ijahm.v9i2.02 Impact Factor: 4.415</p> <p>Retrospective Clinical Survey: A Study to Show the Effect of Nidra Viparyaya on Dhatu Sarata</p> <p>Dr. Manisha Sharma¹, Dr. Bharti², Dr. Satish Sharma³, Dr. Ramesh Tane⁴</p> <p>¹M.D. Ayu. Reader, Department of Rog Nidan, G.N.A.M.C., Gopalpur, Ludhiana (Pb.) ²M.D. Ayu. Reader, Department of Karyachikitsa, G.N.A.M.C., Gopalpur, Ludhiana (Pb.) ³M.D. Ayu., Reader, Department of Panchikarma, G.N.A.M.C., Gopalpur, Ludhiana (Pb.) ⁴M.D. Ayu., Lecturer, Department of Agad Tantra, G.N.A.M.C., Gopalpur, Ludhiana (Pb.)</p> <p>*Corresponding Author: Dr. Manisha Sharma Reader, Department of Rog Nidan, G.N.Ayu College and Research Institute, Gopalpur (Ludhiana) Pb</p> <p>ABSTRACT <i>Acharya Charaka</i> has designated <i>ahara</i> (food), <i>nidra</i> (sleep) and <i>brahmacharya</i> (abstinence) as the main three pillars of life termed as <i>trigunasthanubhava</i>. These, when taken in adequate amount at the right time provide stability to the body and improve <i>bala</i> (strength), <i>varsha</i> (complexion) and <i>upachaya</i> (metabolism) in the body. Among these, <i>nidra</i> plays a major role in one's life. Adequate sleep leads to <i>arogya</i> (health), <i>bala</i> <i>nidra</i> <i>varsha</i> (increase in physical and reproductive strength) and <i>ahimsacharya</i> and healthy life which is the ultimate goal of Ayurveda. On the other hand, altered sleep leads to <i>hala</i> <i>hala</i> (loss of strength), <i>raganarsha</i> (diseased state) or even death. So it can be said that abnormal or inadequate <i>nidra</i> can manifest in the form of <i>disturbance</i>, making a person <i>stora</i> (diseased). For better economic gains, people are neglecting their daily need of having proper <i>ahara</i>, <i>nidra</i> and other required <i>vitara</i> at proper time. Due to these reasons, people are becoming more prone towards diseased state. <i>Dhatu</i> <i>ahara</i> <i>paribha</i>, given by <i>Acharya Charaka</i> is very unique and important concept of Ayurveda which is done to learn <i>pranava</i> (magnitude) of <i>ayu</i> (life), <i>bal</i> and <i>bala</i> (strength) of <i>ay</i>. <i>Disturbance</i> <i>paribha</i> is one among these which</p>
4	DR. RAMAN			
5	DR. TEJBEER SINGH	PROFESSOR & HEAD DEPTT. OF DRAVYAGUN	A TEXT BOOK ON DRAVYAGUNA	

6. JASSA SINGH AHLUWALIA PATRIKA PUBLISHED
EVERY YEAR BY OUR COLLEGE



8. **DR. ANKITA SHARMA** DEPTT OF SWASTHVRITTA PUBLISHED “**AYURVEDIC MANAGEMENT OF DIABETES MELLITUS**“.

9. DR. SANDEEP SHARMA DEPTT OF SWASTHVRITTA PUBLISHED A CLINICAL STUDY OF EVALUATE THE EFFICACY OF METHI MODAK IN PANDU W.S.R. TO IRON DEFFICIENCY ANEMIA



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A CLINICAL STUDY TO EVALUATE THE EFFICACY OF METHI MODAK IN PANDU W.S.R. TO IRON DEFFICIENCY ANEMIA

¹Dr. Sandeep Sharma, ²Dr. Itika Thakur, ³Dr. Anil K. Bagalkoti, ⁴Dr. Manoj Kumar
¹Assistant Professor, Department of Swasthavritha, Guru Nanak Ayurvedic Medical College & Research Institute Gopalpur, Ludhiana, Punjab.
²Assistant Professor, Department of Panchkama, Guru Nanak Ayurvedic Medical College & Research Institute Gopalpur, Ludhiana, Punjab.
³Professor and HOD, Shri Jagadguru Gnsiddheshwar Co-operative Society's Ayurvedic Medical College, Ghataprabha, Karnataka.
⁴Assistant Professor, Department of Kayachikitsa, Guru Nanak Ayurvedic Medical College & Research Institute Gopalpur, Ludhiana, Punjab.

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***Corresponding Author**
Dr. Sandeep Sharma
 Assistant Professor,
 Department of
 Swasthavritha, Guru Nanak
 Ayurvedic Medical College
 & Research Institute
 Gopalpur, Ludhiana, Punjab.
 dsandeep0045@gmail.com


ABSTRACT
 Here in this present study we incorporated the all literary review of Pandu viz a viz Iron Deficiency anemia. Here in this dissertation work we were gone through complete literature of a disease pandu from ayurvedic as well as modern classics. Total numbers of patients treated with selected drug were 60 the total number of patients divided in two groups 30 in each. The group A treated with a selected drug Methi Modaka and group B treated with placebo. The observations were made on the various incidence depends upon the selected study. The results were made according to given subjective and objective criteria along with inclusion and exclusion criteria. Here in this study we found that methi modaka is good and overcomes all cardinal symptoms of pandu.

KEYPOINTS: Pandu, Iron deficiency anemia, Methi modaka, Placebo.

INTRODUCTION
 Nutritional deficiency anemia is very common in India and Iron deficiency is the commonest nutritional deficiency all over the world. According to WHO, over one third of the world's

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10. DR. VARUN SHARMA DEPTT OF RASA SHASTRA & BHAISHAJYA KALPANA PUBLISHED ROLE OF ABHRAK BHASMA IN MANAGEMENT OF KASA-A REVIEW ARTICLE.




WORLD JOURNAL OF PHARMACEUTICAL RESEARCH
SJIF Impact
 Volume 13, Issue 1, 3142-3148. Review Article ISSN 2

ROLE OF ABHRAK BHASMA IN MANAGEMENT OF KASA-A REVIEW ARTICLE

Dr. Varun Sharma*
 Associate Professor, Dept. of Rasashastra and Bhaishajya Kalpana, Gurumanak Ayurvedic Medical College, Gopalpur, Ludhiana-Punjab.

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***Corresponding Author**
Dr. Varun Sharma
 Associate Professor, Dept.
 of Rasashastra and
 Bhaishajya Kalpana,
 Gurumanak Ayurvedic
 Medical College, Gopalpur,
 Ludhiana-Punjab.

ABSTRACT
 Abhraka bhasma is a general Rasashastra medicine in Ayurved stream. It is essentially herbomineral training used by all Ayurved Vaidyas since long time. Abhraka is essentially Mica (Biotite). Bhasm is nothing but burnt ash. Rasashastra is an Indian metallurgy which pacts with several minerals and herbomineral provisions special Bhasmas. There are numerous popular Bhasmas in Ayurveda but there is great demand of this Bhasma in Ayurvedic vaidyas. Use of this Bhasma is in multiple disorders, so could be reflect as a major Ayurvedic drug. Published details scientific literature on Abhrak Bhasma by various research scholars, internet and pharmacopeias were studied. The review was done to find physicochemical features as we as standardization studies done on Abhraka bhasma. Also, attempt made to find scientific studies done on Abhraka bhasma. Need of hot to evaluate its efficacy value as potential Ayurvedic drug in various disorders. As well as importance of Abhraka bhasma as an evidence based drug. Review of literatures and scientific studies of Abhraka bhasma clearly indicate that there are lot of studies is done on Abhraka bhasmas specially its physicochemical characteristics, standardization as well as its therapeutic uses. Abhrak bhasma is indicated in several ailments like Diabetes, Asthma, Paralysis, Neurologic condition, Tuberculosis and Acid peptic diseases.^[1]

KEYWORDS: Standardization, Abhraka Bhasma, Mica, Ayurveda.

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11. **DR. LOKESH DEPTT OF KRIYA SHARIR
PUBLISHED CONCEPT OF AHARA.**



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Volume 11, Issue 13, 751-756. Review Article ISSN 2277- 7105

CONCEPT OF AHARA

^{1*}**Dr. Lokesh and ²Dr. Deepa**

^{1*}Assistant Professor, Department of Kriya Sharir, Gurumanak Ayurvedic Medical College, Gopalpur, Ludhiana, Punjab.
²Assistant Professor, Department of Kriya Sharir, Gaur Brahman Ayurvedic College and Hospital Rohtak, Haryana, India.

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ABSTRACT

Ayurveda is a science of life which have mainly two objectives namely *Swasthya Swasthya Rakshanam* (To protect and maintain the health of healthy person) and *Aturaya vikar prashamanam* (To treat the disease and giving relief to sick person). *Ahara* (food) is the most important factor for sustenance of life. It is described as foremost pillar among the three pillars of life (*Trayopstambha* viz. *Ahara*, *Nidra* and *Bhramacharya*) in *Ayurveda*. When body is supported by the *Trayopstambha*, it is endowed by growth, strength and complexion. *Ayurveda* the science of life has not only emphasized on *Ahara* (food) but also entire quality of it. Good nutrition that enables us to grow well and enjoy good health depending upon the proper diet. It is true that researches in current knowledge about nutrition have made great in medical field by denoting the deficiency diseases and in the treatment of diseases. But much progress has not yet been made regarding the code and conducts of *Ahara* and *Ahara vidhi* in detail.


KEYWORDS: *Ahara, Trayopstambha, Ahara vidhi, Nutrition* etc.

INTRODUCTION

Ayurveda the science of life is a time-tested of knowledge that has been handed down to us from our great ancestors. *Ayurveda* has given three sub pillars- *Ahara*, *Nidra* and *Brahmacharya* which support the body itself. *Ahara* has been enumerated first, which shows its importance (*Acharya charaka* states that there are variety of food items that human eats yet due to necessity of swallowing act whatever is undergone process of deglutition is

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12. **DR.RASHI JAISWAL DEPTT OF KUMAR
BHRITYA
PUBLISHED A COMPARATIVE CLINICAL
STUDY TO EVALUATE THE EFFICACY OF
MARICHYADI CHURNA AND SYRUP
DARVYADI IN TUNDIKERI ROGA
(TONSILLITIS) IN CHIDREN.**



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A COMPARATIVE CLINICAL STUDY TO EVALUATE THE EFFICACY OF MARICHYADI CHURNA AND SYRUP DARVYADI IN TUNDIKERI ROGA (TONSILLITIS) IN CHILDREN

^{1*}**Dr. Rashi Jaiswal and ²Prof. Rakesh Sharma**

^{1*}Assistant Professor, Deptt. of Kaumarbhritya, Guru Nanak Ayurvedic College & Hospital, Ludhiana.
²HOD, Deptt. of Kaumarbhritya, RGGPG Ayu College & Hospital, Paprola, H.P-176115.

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ABSTRACT

Introduction: Recurrent infections have adverse effects on normal growth and development of the children because of their vulnerable age group. One of them is tonsillitis which is a very common complaint in pediatric setups. There are about 7,455,494 cases of tonsillitis in India per year. If left untreated, it can lead to various complications like choking spells at night, acute otitis media, peritonsillar abscess, parapharyngeal abscess, tonsilloliths, rheumatic fever etc. The present study has been planned to evaluate and compare the efficacy of *Marichyadi churna* and Syrup *Darvyadi* in *Tundikeri Roga* (Tonsillitis) in children. **Aims & objectives:** To study and compare the efficacy and evaluate the safety of *Marichyadi Churna* and Syrup *Darvyadi* in *Tundikeri Roga* (Tonsillitis) in children. **Materials & Methods:** The study was conducted over a period of 4 weeks on 45 patients aged between 5-15 years who were suffering from Tonsillitis and a case proforma was filled with the data obtained by interrogation, physical examination and collection of details of each child. **Results:** Excellent results were obtained when both the formulations i.e, *Marichyadi Churna* and Syrup *Darvyadi* were given simultaneously, moderate relief occurred in patients treated with Syrup *Darvyadi* and patients given *Marichyadi Churna* for local application depicted only mild relief in signs and symptoms of the disease. **Conclusion:** The study concludes that the relief occurred was best when both the formulations given simultaneously as compared to the individual therapies.

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13. DR. KHUSHBOO BHARDWAJ DEPTT OF
KAYACHIKITSA
PUBLISHED EFFECT OF
SARPAGHANDAGHAN VATI AND
ARJUNARISTHA IN RAKTAGHATVATA
W.S.R TO HYPERTENSION.

Page 13
Case Report.

International Research Journal of Ayurveda & Yoga
An International Peer Reviewed Journal for Ayurveda & Yoga

Effect Of Sarpaghandaghan Vati And Arjunaristha In Raktaghatvata W.S.R To Hypertension: A Case Study
Dr. Khushboo bhardwaj¹

ICV-70.44- ISRA-1.318
VOLUME 4 ISSUE 6

1. Asstt. Professor Dept. of Kayachikitsa, GNAC&RI Gopalpur, Ludhiana.

Corresponding Author:- Dr. Khushboo Bhardwaj, Asstt. Professor Dept. of Kayachikitsa, GNAC&RI Gopalpur, Ludhiana. Email:- bhardwajkhushboo73@gmail.com

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ABSTRACT:-

Hypertension is a common disease in present era. Every fifth person is found hypertensive. Most adults develop it, in later half of their life more than 50% of the deaths and disabilities from heart disease and stroke together kill more than 12 million people each year. It has been predicted that by the year 2020 there will be a 75% increase in the global cardiovascular disease burden occurring. Hypertension results from a variety of reasons like stress, obesity, genetic, factors, over use of salts in the diet and ageing. As we all know, hypertension is a silent killer because it rarely exhibits symptoms before it damages the heart, brain, or kidney. At present era there are many anti-hypertensive drugs are available in modern medicine, but none of them is free from untoward effects. *Ayurveda* can be described as a real science of life. *Ayurveda* concentrates on achieving the promotion of health, prevention and management of disease for a healthy and happy life in the ailing society. The principles of *Ayurveda* are focused on maintaining good health by good diet and good lifestyle. In *Ayurveda* texts books there is no clear pronunciation of Hypertension. According to *Acharya Charak*, sometimes neither it is possible nor it's necessary to identify a disease by a name (*Anuktavyadhi*). An *Ayurvedic* physician should attempt to understand *Samprapti* (pathogenesis) of a given clinical conditions on the basis of signs, symptoms, acuteness, chronicity, complication with investigative findings in each case and should plan the management accordingly.

Key Words:- Hypertension, lifestyle, *Ayurveda*, Silent- killer.

ISSN NO. 2394-7908

IRJAY IS OFFICIAL JOURNAL OF BALAJI PUBLICATION

14. DR. ITIKA THAKUR DEPTT OF
PANCHKARMA PUBLISHED A CLINICAL
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METHI MODAK IN PANDU W.S.R. TO IRON
DEFFICIENCY ANEMIA.

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A CLINICAL STUDY TO EVALUATE THE EFFICACY OF METHI MODAK IN PANDU W.S.R. TO IRON DEFFICIENCY ANEMIA

¹Dr. Sandeep Sharma, ²Dr. Itika Thakur, ³Dr. Anil K. Bagalkoti, ⁴Dr. Manoj Kumar

¹Assistant Professor, Department of Swasthavritta, Guru Nanak Ayurvedic Medical College & Research Institute Gopalpur, Ludhiana, Punjab.

²Assistant Professor, Department of Panchkarma, Guru Nanak Ayurvedic Medical College & Research Institute Gopalpur, Ludhiana, Punjab.

³Professor and HOD, Shri Jagadguru Gurusiddheshwar Co-operative Society's Ayurvedic Medical College, Ghataprabha, Karnataka.

⁴Assistant Professor, Department of Kayachikitsa, Guru Nanak Ayurvedic Medical College & Research Institute Gopalpur, Ludhiana, Punjab.

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***Corresponding Author**
Dr. Sandeep Sharma
Assistant Professor,
Department of
Swasthavritta, Guru Nanak
Ayurvedic Medical College
& Research Institute
Gopalpur, Ludhiana, Punjab.
dsandeep0045@gmail.com

ABSTRACT

Here in this present study we incorporated the all literary review of Pandu viz a viz Iron Deficiency anemia. Here in this dissertation work we were gone through complete literature of a disease pandu from ayurvedic as well as modern classics. Total numbers of patients treated with selected drug were 60 the total number of patients divided in two groups 30 in each. The group A treated with a selected drug Methi Modaka and group B treated with placebo. The observations were made on the various incidence depends upon the selected study. The results were made according to given subjective and objective criteria along with inclusion and exclusion criteria. Here in this study we found that methi modaka is good and overcomes all cardinal symptoms of pandu.

KEYPOINTS: Pandu, Iron deficiency anemia, Methi modaka,

Placebo.

INTRODUCTION

Nutritional deficiency anemia is very common in India and Iron deficiency is the commonest nutritional deficiency all over the world. According to WHO, over one third of the world's

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15. DR. MANOJ KUMAR, DEPTT OF KAYACHIKITSA PUBLISHED A CLINICAL STUDY OF EVALUATE THE EFFICACY OF METHI MODAK IN PANDU W.S.R. TO IRON DEFFICIENCY ANEMIA.



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A CLINICAL STUDY TO EVALUATE THE EFFICACY OF METHI MODAK IN PANDU W.S.R. TO IRON DEFFICIENCY ANEMIA

¹Dr. Sandeep Sharma, ²Dr. Itika Thakur, ³Dr. Anil K. Bagalkoti, ⁴Dr. Manoj Kumar
¹Assistant Professor, Department of Swasthavritta, Guru Nanak Ayurvedic Medical College & Research Institute Gopalpur, Ludhiana, Punjab.
²Assistant Professor, Department of Panchakama, Guru Nanak Ayurvedic Medical College & Research Institute Gopalpur, Ludhiana, Punjab.
³Professor and HOD, Shri Jagadguru Gnsiddheshwar Co-operative Society's Ayurvedic Medical College, Ghataprabha, Karnataka.
⁴Assistant Professor, Department of Kayachikitsa, Guru Nanak Ayurvedic Medical College & Research Institute Gopalpur, Ludhiana, Punjab.

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***Corresponding Author**
Dr. Sandeep Sharma
 Assistant Professor,
 Department of
 Swasthavritta, Guru Nanak
 Ayurvedic Medical College
 & Research Institute
 Gopalpur, Ludhiana, Punjab.
sandeep0045@gmail.com

ABSTRACT
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16. DR. RAMAN DHALIWAL, DEPTT OF DRAVYGUNA PUBLISHED WORLD JOURNAL OF PHARMACEUTICAL RESEARCH.



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17. DR. VARUN SHARMA, DEPTT. OF RAS SHASTRA PUBLISHED WORLD JOURNAL OF PHARMACEUTICAL RESEARCH.



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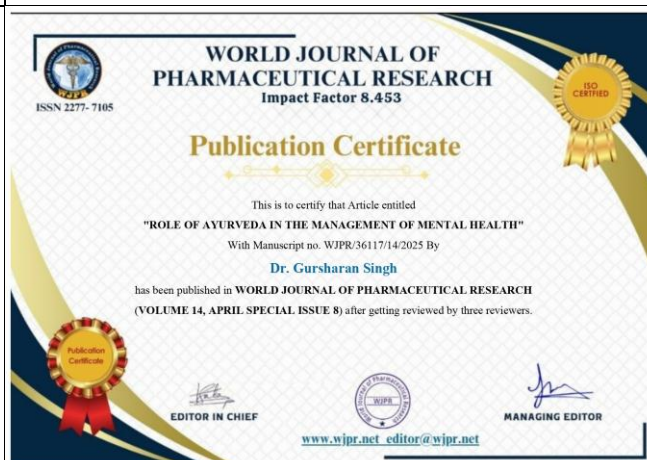

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19. **DR. GURSHARAN SINGH**, DEPTT. OF **RAS SHASTRA** PUBLISHED WORLD JOURNAL OF PHARMACEUTICAL RESEARCH.



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