



INDIAN INSTITUTE OF AYURVEDIC PHARMACEUTICAL SCIENCES



THE NEWSFLASH

News Flash May 2015. **Health- Summer Special (Grishma Rutucharya) -How to stay cool in summer**

Ayurved – The science of life, as per its meaning, shows us how to lead – conduct our lives.

For this, it has stated Dincharya – Daily regime / routine, Rutucharya (Seasonal regime), Sadvruta etc.

Today we will see the summer regime, simply speaking – what to do in summer season to have a happy, healthy and cool summer.

Looking to today's life-style, following is beneficial –

- Wear loose fitting, long sleeved, clean, washed, white / light coloured cotton clothes.
- A cap on the head is a must when going outdoors in the heat. (Girls- chunis are not so effective).
- Light tinted, somewhat large, standard goggles are good to protect eyes from dust, heat and UV rays.
- Carry your own water.
- Arrange outdoor work in cooler hours and stay indoor between 12 to 3 pm.
- Yes, sharbats are a necessity, but 1 to 2 glasses per day.

Important is to use lump sugar (Khadi Sakar) or jaggery (Desi Gud / chemical free) for its preparation.

Sharbat of fennel, coriander seeds (Dhana), khus, raw mango, lemon, amla, tamarind etc. are simple to prepare and work wonders.

A glass of ORS per day is a good economical drink, but prepare as per instructions and limit to 1 – 2 glasses per day as per exposure to heat.

- Fresh fruits are welcome throughout the day. Particularly watermelon, muskmelon, ripe mango etc.
- Mango lassi, butter milk- plain or tempered are very useful to quench thirst and stay cool.
- Avoid spicy, oily, white flour items.
- To prevent sunstroke use raw mango as sharbat or with onion as salad, grated cucumber - onion salad or tamarind sharbat.

- Neem soap or powder of dried neem leaves, karanja leaves and multani mitti is good for bathing.

- Avoid heavy workout/exercises. A walk in early morning or evening is more useful.

Recipe-Cucumber cooler-

Cut cucumber into small pieces, lightly boil in sufficient water. When cool, blenderize, add buttermilk, rock salt, few mint leaves and blenderize again. Put in refrigerator and serve when cool.

IIAPS College News

Gruha Ayurved – The USCE unit of Gujarat Ayurved University conferred a project of 5 days “Gruha Ayurved” certificate course to the R.S. & B.K department of IIAPS. H.O.D. Vd. Vasavdutta Kothari was appointed as course co-ordinator and faculties included were Mr. Kunal Gohil, and Miss Jagruti Makwana. It was the first course of its kind which taught the general public how to prepare simple formulations of Ayurved which are useful for maintaining health and curing simple illness.

Farewell function – The students of IIAPS organized the farewell for the final year D. Pharm and B. Pharm students on 22th march. Various awards like “Student of the year”, “Class of the year” etc. were announced.

Publications by Faculties-

- “**KUMARI (Aloe vera Tourn. ex Linn.)**”- A MIRACULOUS HERB ON THE EARTH - A CLASSICAL REVIEW. Doshi K. A.1*, Patel M. H.2, Kadambari R. K.3 International Journal of Ayurvedic and Herbal Medicine 5:3 (2015) 1754–1764.
- “**DHATURA (Datura innoxia Mill.)**” - A Precious Toxic Plant - A Review. Doshi K. A.1*, Patel M. H.2, Bhoomi Kalaria.3 International Journal of Ayurvedic and Herbal Medicine 5:3 (2015) 1785–1803.
- “**Detailed Pharmacognostical Evaluation of Fresh and Processed Fruits of Kharjura (Phoenix Dactyliferous)**”. *Kunal M. Gohil, Prof. P. K. Prajapati1, Dr. Harisha C. R.2; International Journal of Ayurvedic and Herbal Medicine 5:3 (2015) 1772–1777

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