



Sant Dnyaneshwar Shikshan Sanstha's
**Hon. Shri. Annasaheb Dange Ayurved Medical College
& Post Graduate Research Center**
A/p :Ashta, Tal. : Walwa, Dist :Sangli – 416 301
Website : www.adamc.ac.in E-mail : ashta.adamc@gmail.com
NAAC Accredited ISO Certified 9001-2015, 14001-2015



CRITERIA 8 –Part B : Ayurveda

8.1.3. Promotion of Seasonal Panchakarma and Implementation of Lifestyle Modifications including KaumarPanchakarma

Sr. No.	Year	Protocols	No of patients
1	2023	Lifestyle modification for Seasonal Panchakrma	210
2	2022	Lifestyle modification for Seasonal Panchakrma	215
3	2021	Lifestyle modification for Seasonal Panchakrma	152
4	2020	Lifestyle modification for Seasonal Panchakrma	158
5	2019	Lifestyle modification for Seasonal Panchakrma	1195
6	2018	Lifestyle modification for Seasonal Panchakrma	344
7	2022	Patient data : Seasonal Panchkarma : VarshaRutuBasti	72



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Protocols Developed for Lifestyle Modification –

Life style modification includes three primary components – Aahar, Vihar and Sadvritta. The main challenge of treatment is to help patients maintain healthy behavior changes in the long term. Early to rise and Early to bed is a key of health & wealth daily regimen activity was designed for health promotion through Ayurved :

- Person having Complaints like Stress, Overweight, heaviness, Irregular bowel habits were taken for program.
- Waking up at 05:30 am to 06:30 am, Brushing & freshening, Sukhoshna Jala Sevan accordingly followed by Pranayaam and Yogasanas, then morning walk up to 7.30 am. Then Abhyang is recommended along with medicated oil & Snana is done with Sukhoshna jala or Kashay.
- Daily two time meals are recommended along with salads and fruits. Mainly jawar roti, Green gram Dal, fried rice with Cummins, buttermilk are advised.
- Breakfast, fast food, bakery product are not allowed.
- Pomegranate, sweet lemon, orange, grapes, figs, papaya are advised to take in between rice flaks.
- Evening ground exercises or walking is followed by dinner up to 7.30pm.
- Television, Reading daily routines & house hold works, should be wind up till 10:00 pm. Good sleep along with prayer should start at 10.00 pm after Paadabhyang.
- To keep mind at peace & harmony through Sadvritta like who always balanced towards all being, forgives, speaks truth & who follows words of Apta does not develop any disease.

This protocol is advised for 210 numbers of peoples in 2023 to follow routinely and weekly dramatic changes are seen in their features.

- Outcomes are –
 1. Desire for intake of food
 2. Proper & easy digestion of the ingested food.
 3. Evacuation of natural urges properly.
 4. Feeling of lightness in the body.
 5. Proper gaining of strength.
 6. Pleasant mind and normal agni.


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This protocol is advised for 215 numbers of peoples in 2022 to follow routinely and weekly dramatic changes are seen in their features.

- Outcomes are –
 1. Desire for intake of food
 2. Proper & easy digestion of the ingested food.
 3. Evacuation of natural urges properly.
 4. Feeling of lightness in the body.
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- To keep mind at peace & harmony through Sadvritta like who always balanced towards all being, forgives, speaks truth & who follows words of Apta does not develop any disease.

This protocol is advised for 152 numbers of peoples in 2021 to follow routinely and weekly dramatic changes are seen in their features.

- Outcomes are –
 1. Desire for intake of food
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 3. Evacuation of natural urges properly.
 4. Feeling of lightness in the body.
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- To keep mind at peace & harmony through Sadvritta like who always balanced towards all being, forgives, speaks truth & who follows words of Apta does not develop any disease.

This protocol is advised for 158 numbers of peoples in 2020 to follow routinely and weekly dramatic changes are seen in their features.

- Outcomes are –
 1. Desire for intake of food
 2. Proper & easy digestion of the ingested food.
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- To keep mind at peace & harmony through Sadvrutta like who always balanced towards all being, forgives, speaks truth & who follows words of Apta does not develop any disease.

This protocol is advised for 1195 numbers of peoples in 2019 to follow routinely and weekly dramatic changes are seen in their features.

- Outcomes are –
 1. Desire for intake of food
 2. Proper & easy digestion of the ingested food.
 3. Evacuation of natural urges properly.
 4. Feeling of lightness in the body.
 5. Proper gaining of strength.
 6. Pleasant mind and normal agni.


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- To keep mind at peace & harmony through Sadvritta like who always balanced towards all being, forgives, speaks truth & who follows words of Apta does not develop any disease.

This protocol is advised for 344 numbers of peoples in 2018 to follow routinely and weekly dramatic changes are seen in their features.

- Outcomes are –
 1. Desire for intake of food
 2. Proper & easy digestion of the ingested food.
 3. Evacuation of natural urges properly.
 4. Feeling of lightness in the body.
 5. Proper gaining of strength.
 6. Pleasant mind and normal agni.


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Seasonal Panchakarma

Varsha Rutu Basti -2022

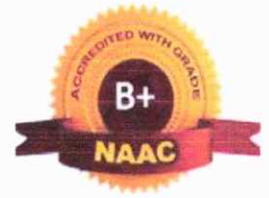
(16 JUNE TO 31 JULY 2022)

Sr No	Name	Date	IPD/OPD	M/F	Diagnosis	Karma
1.	Sanjay Gaikwad	16/06/2022	161	M	Katigata vata	Tikta Kshir basti (6) Matra basti (8)
2.	Indubai Gaikwad	16/06/2022	160	F	Katigraha	Matra(3)Niruha(3)
3.	Varsha Mohite	17/06/2023	157	F	Aamvata	Matra(3)Niruha(3)
4.	Shraddha Parsure	17/06/2022	2156	F	Katigraha	Amuvasana (1)
5.	PremanandShinde	17/06/2022	15569	M	Janusandhi Gata Varta	Matra (5)
6	Manisha Mali	19/06/2022	167	F	Gridhrasi	Matra(4) Niruh(2)
7	Smita Mohite	20/06/2022	2338	F	Katigraha	Matra (3)Ksheer(2)
8	Ramchandra Apte	21/06/2022	16548	M	Sandhigata Vata	Matra (3)Niruh (2)
9	Mayuri Thorat	21/06/2022	10549	F	Gridhrasi	Matra (6)
10	Vanita Sadamate	21/06/2022	175	F	Sarvang vata	Niruha (7)Matra(8)
11	Payal Shaha	21/06/2022	2281	F	Aamavata	Matra (2)
12	Tanubai Pawar	22/06/2022	2331	F	Sandhigata	Matra (5)
13	Satish Kumbhar	22/06/2022	16337	M	Vatarakta	Ksheer (4) Matra (2)
14	Mallapa Khot	22/06/2022	168	M	Janusandhi Gata Vata	Matra (6)Niruha (2)
15	Malati Khot	22/06/2022	169	F	Gridhrasi	Matra(6)Niruha (2)
16	SaraswatiKumbhar	22/06/2022	170	F	Sandhigata vata	Matra(6) Niruha (2)
17	Nurabi Shikalgar	22/06/2022	171	F	Gridhrasi	Matra(5) Niruha (7)
18	Banabai Tamboli	22/06/2022	176	F	Pandu	Matra(4)Niruha (2)
19	Vimal Lokhande	22/06/2022	2333	F	Janusandhigata Vata	Matra(5)
20	Radhabai Bhoi	23/06/2022	2324	F	Janusandhigata Vata	Matra(3)
21	Kusam Mali	25/06/2022	2392	F	Katigraha	Matra (8)
22	Indubai Tomke	27/06/2022	16832	F	Stoulya	Matra(1)Lekhan(1)





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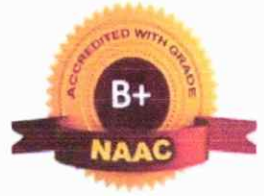


23	Kamal Koli	27/06/2022	179	F	Sandhigata vata	Matra(8) Niruha (1)
24	Sunita Pawar	28/06/2022	130	F	Sandhigata vata	Matra(5) Niruha (3)
25	MandakiniLamnaskar	28/06/2022	2342	F	Pakshaghat	Matra (2)
26	Jagdish Koli	29/06/2022	17541	M	Janusandhigata Vata	Matra(5) Niruha(3)
27	Seema Mane	29/06/2022	17438	F	Katigraha	Matra(10)
28	Balabai Koli	29/06/2022	177	F	Sarvangvata	Matra(7)
29	Shankar Sargar	29/06/2022	181	M	Sandhigata vata	Matra(3)
30	Kavita Kurane	30/06/2022	17734	F	Vatarakta	Matra(9) Niruha
31	Simaran Patel	30/06/2022	2436	F	Kashtartava	Matra(3)
32	Sanjay Salunkhe	01/07/2022	17648	M	Sandhigata vata	Matra (9)Niruha(6)
33	Sunita More	04/07/2022	184	F	Sandhigata Vata	Matra (9)
34	Shehnaz Pathan	04/07/2022	7648	F	Gridhrasi	Matra (9)Niruha(6)
35	Simaran Patel	04/07/2022	2436	F	Jirna vibandha	Matra (5)
36	Nanda Pokale	04/07/2022	185	F	Sarvangvata	Matra (3)
37	Alka Savalwade	05/07/2022	187	F	Gridhrasi	Matra(6) Niruha(3)
38	Simarn Patel	05/07/2022	34365	F	Jirna Vibandha	Matra(5)
39	Gajanan Bhoite	06/07/2022	18409	M	Sandhigata Vata	Matra(8)
40	Dinesh Bhoite	07/07/2022	3437	M	Sandhigata Vata	Matra(8)
41	Susabai Gadade	07/07/2022	2496	F	Katigata Vata	Matra (7)
42	Sadashiv Loke	07/07/2022	18719	M	Gridhrasi	Matra(5)
43	Malti Mane	07/07/2022	18721	F	Janusandhigata Vata	Niruha (1)
44	Rajaram Mali	08/07/2022	18775	M	Prushtagata vata	Matra (8)
45	Aarti Gidde	12/07/2022	193	F	Katigata vata	Matra (4)Niruha(2)
46	Rajesh Koli	14/07/2022	19628	M	Katigata vata	Matra (4)
47	Prajakta Mali	15/07/2022	24558	F	SandhigataVata	Matra (8)
48	Amruta Ghorpade	15/07/2022	24157	F	Stoulya	Matra (4)
49	Amol Salunkhe	16/07/2022	19403	M	Sandigata vata	Matra(8)Niruha(3)





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50	Malutai Patil	15/07/2022	195	F	Asthimajjagata vata	Matra (6)
51	Latika Karade	18/07/2022	199	F	Gridhrasi	Matra (8)Niruha(1)
52	Lakshman Gurav	18/07/2022	2747	M	Malavashambh	Matra (3)
53	Balaso Mane	18/07/2022	2731	M	Malavashamb	Matra (4)
54	Ratan Londhe	18/07/2022	2763	M	Prishthashool	Matra (3)
55	Girijabai Kumbhar	19/07/2022	2779	F	Sandhigata Vata	Matra (3)
56	Kavita Landge	19/07/2022	2733	F	Osteoarthritis	Matra (2)
57	Namrata Avghade	19/07/2022	2736	F	Kashtartava	Matra (2)
58	Ganesh Barge	20/07/2022	20031	M	Sandhigata Vata	Matra (1)
59	Saraswati Khade	20/07/2022	203	F	Stoulya	Matra (4)Niruha(4)
60	Banubai Tamboli	20/07/2022	206	F	Vatarakta	Matra (4)ksheer(3)
61	Vikramsing Ghupta	20/07/2022	209	M	Gridhrasi	Matra (6)Niruh (2)
62	Harun Attar	20/07/2022	2771	M	Katigata vata	Matra (2)
63	Dattaraj Otari	20/07/2022	20030	M	Katigata vate	Matra (6)
64	Lakshmi Gaikwadi	20/07/2022	2858	F	Asthimajjagata vata	Matra (5)
65	Sarojini Sonavnae	22/07/2022	2855	F	Sandhigata Vata	Matra (3)
66	Rupesh Khadke	23/07/2022	20483	M	Prushthagata vata	Matra (1)Niruh (2)
67	Sunita Jagdale	23/07/2022	204	F	Vatarakta	Matra (2)Niruh(2)
68	Chandrakant Pharne	24/07/2022	208	M	Gridhrasi	Matra (2)Niruh (2)
69	Bajirao Patil	25/07/2022	2891	M	Osteoarthritis	Matra (5)
70	Archana Shinde	27/07/2022	25574	F	Stoulya	Matra(3)Lekhan(1)
71	Bharat Kale	30/07/2022	20796	M	Gridhrasi	Matra (7)
72	Bajrang Sutar	30/07/2022	2903	M	Lumbar Spondilysti	Matra (2)Niruh (1)





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Male	25
Female	47
Total	72

AD Kulkarni



Panchkanna Dept.
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[Signature]

PRINCIPAL

Shri Annasaheb Dange Ayurved Medical
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