

YOUR COMMUNITY HOSPITAL NEWSLETTER

FROM THE ADMINISTRATOR'S DESK

Ashakiran, being away from the main road, surrounded by plants, trees and birds, has become known for its peaceful ambiance conducive to a healthy recovery. For these very reasons, we have been promoting the idea of Ayurvedic treatment at Ashakiran since its initial stages. In fact, due to Ashakiran's serene setting, we planned to provide Naturopathy, Ayurveda and Homeopathy along with allopathic treatment. Therefore, the vision of Ashakiran as a Holistic Treatment Centre was born.

This issue of the newsletter is fully devoted to highlight **Ayurvedic treatment and its benefits**. As an independent field of medical science, Ayurveda is popular among many as a preventive and curative line of treatment. In cases of prolonged allopathic treatment, patients at Ashakiran were also advised Ayurvedic treatment; it proved helpful. Ayurvedic medicines have their own advantages. They were also administered post the Covid – 19 pandemic to boost the immunity and resistance of people that had suffered through severe infection.

Ayurvedic treatment often includes rejuvenation and de-toxification. Besides these, Panchkarma therapies too offer many advantages such as a stress-free mind, improved concentration and can take care of body pain or digestive problems. Many people have availed of these facilities at Ashakiran. The location of Ashakiran Jubilee Hope Centre is ideal in promoting holistic healing. With the help of experts, I have been exploring ways to take advantage of the benefits that our location offers for our patients. In the near future, we will have specialised Ayurvedic consultation and treatment.

Our goal in promoting Ashakiran as a multi-disciplinary medical centre is to be prepared for the changing trends in the medical sciences. In our age of development in knowledge and digital media, people want many options. We, at Ashakiran, are prepared to offer the best for the holistic health and well-being of people. Talents are God-given gifts; our efforts are to multiply and utilise these talents collectively to build a healthy society.



Fr. Jeetendra David
Administrator
Ashakiran Jubilee Hope Centre

AYURVEDA AND PANCHKARMA



Dr. Kanchan Khond
BAMS, MD
Panchkarma Ayurveda
Consultant



Dr. Renuka Shukla
BAMS
Physician & Ayurveda Consultant

At Ashakiran Hospital, Ayurveda and Panchkarma have been an integral part of disease management since the beginning of the OPD facility. Ayurveda was included as a service due to its efficacy with chronic illnesses and the holistic healing it offers while treating the root cause of the disease.

Ayurveda translates to '*knowledge of life.*' The premise of Ayurveda is that disease is due to an imbalance or stress in a person's consciousness. Ayurveda encourages certain lifestyle interventions and natural therapies to regain a balance between the body, mind, spirit and the environment. Ayurveda treatment begins with an internal purification process, followed by a special diet, herbal remedies, massage therapy, yoga and meditation.

Ayurveda encompasses preventive and curative management of all common health concerns. It predominately covers general medicine, psoriasis and skin diseases, diabetes, hypertension, pain management, respiratory disease, obesity, *Aamvata* (rheumatoid arthritis) and joint disease, hyperacidity, thyroid imbalance, spine disease, piles, trichology, infertility, chronic rhinitis, *garbhasanskar* (imparting knowledge to foetus within the womb).



If you have chronic complaints and are looking for a lasting solution, we invite you to opt for Ayurvedic and Panchkarma treatment at Ashakiran Hospital. Contact the reception to book your appointment with us.

PANCHKARMA FOR ELIMINATION OF TOXINS, BODY REJUVENATION AND DISEASE MANAGEMENT

Panchkarma is based on the Ayurvedic principle that every human is a unique manifestation of five basic elements of ether (space), air, fire, water and earth. The combination of these elements gives rise to three *doshas* (*Tridosha*): Vata, Pitta and Kapha, and their balance is unique to each individual. When this *doshic* balance is disturbed, it creates disorder resulting in disease.

Panchkarma means the 'five actions or treatments' that are employed to cleanse the body of toxins accumulated due to poor diet and lifestyle. These toxins upset the balance of hormones and regulating

agents within the body. Panchkarma is customised to suit the individual's constitution, their *doshic* imbalances, age, digestive strength and immunity.

The five karmas in Panchkarma are:

1. Vaman
2. Virechan
3. Basti
4. Nasya
5. Rakthamoksha

Here are some commonly prescribed Panchkarma treatments and the symptoms they are used for:

- **Snehan (oil massage):** Different oils are used for massages in various conditions. Body massage is the best option for complete physical and mental relaxation. Snehan is used as a pre-procedure for Panchkarma therapy.

Used for: *Stress, anxiety; dry skin, paralysis, facial palsy, myopathy, muscular dystrophy, spondylosis, lumbar pain, anti-aging treatment, skin health, improving body strength*

- **Swedan (sweating):** Medicated steam is administered to the body to reduce pain and stiffness. Swedan is used as a pre-procedure for Panchkarma therapy.

Used for: *Vata-prominent diseases like arthritis, joint pains; common cold, laryngitis, pharyngitis, tonsillitis, hiccup, asthma, heaviness of body, paralysis, cerebral palsy, nerve disorders, myopathy and muscle atrophy, contracture of joints, locked jaw, sciatica, obesity*

- **Vaman (vomiting):** Cleansing procedure intended for expulsion of vitiated (abnormal/impure) Kapha. It is a painless, drug-induced vomiting to purify body of internal toxins to balance the hormonal system.

Used for: *Female infertility (Polycystic Ovarian Disease (PCOD), anovulatory cycles, hypo/hyperthyroidism, uterine fibroids), male infertility, diabetes, anaemia, food poisoning, obesity, epilepsy, skin diseases, hyperacidity, hypercholesteremia*

- **Virechan (purgation):** It eliminates body toxins like vitiated Pitta. Drugs that stimulate bowel movement are administered for the expulsion of doshas through the rectum.

Used for: *Hyperacidity, headache, epistaxis (nosebleed), skin disease, eczema, psoriasis, vitiligo, urticaria, leprosy, elephantiasis, recurrent abscess, hepatitis, jaundice, paralysis, piles, chronic fever, worms, gout, goitre, anaemia, obesity; burning of palm, sole, eyes; male infertility*



Panchkarma room at Ashakiran

- **Basti (enema):** In this procedure, enema of medicated oil or decoction is given through the rectum.
Used for: Female infertility, male infertility, chronic constipation, irregular bowel habits, arthritis, rheumatoid arthritis, paralysis, joint pains, tingling and numbness; spondylosis, spondylitis, slip disc; weight gain/loss, kidney stone, epilepsy

- **Nasya (nasal application):** Nasya means administration of medicines through the nostrils. Medicated oils, ghrita and decoctions are administered into the nostrils to treat various diseases.
Used for: Diseases related with head, eyes, and nose; deviated nasal septum, allergic rhinitis, sinusitis, migraine, vertigo, hair loss, early greying of hair, insomnia, paralysis, facial palsy, parkinsonism, loss of smell, memory problems, frozen shoulder, locked jaw

- **Raktamokshan (blood purification):** In this specialised Panchkarma treatment, a minute amount of blood is removed from the body. Raktamokshan is carried out by different methods like leech therapy, bloodletting with syringe.
Used for: Skin diseases, jaundice, herpes zoster, varicose veins, trigeminal neuralgia, migraine, spleen, acute appendicitis

- **Shirodhara (oil pouring on forehead):** This is a relaxation technique in which a stream of warm oil is poured over a patient's forehead for an extended period of time.

Used for: Diseases connected with head, neck, eyes, ears, nose and throat; diseases of the nervous system (nerve disorder, facial palsy, paralysis, drooping of eyelids), long-standing insomnia and schizophrenia; epilepsy, cerebral palsy; skin health, hair loss, premature greying, and hair breakage

Benefits: Enhances blood circulation to the brain, improves memory, nourishes hair and scalp, provides sound sleep and calms the body and mind; improves digestion, sharpness of sense organs, quality of voice, strengthens the neck and head region; regulates mood and depression; improves concentration, intelligence, confidence and self-esteem; activates the pituitary gland which controls all other glands in the body (thyroid, ovaries, pancreas, liver, testis, adrenal)



Shirodhara vessel

- **Padabhyanga (foot massage):** It is a beneficial Ayurvedic treatment in which foot is massaged with medicated ghee using special grip techniques. The treatment has a calming and balancing effect on variety of disturbances of the autonomic nervous system.

Benefits: Calms the mind, maintain eyesight and hearing; promotes quality sleep, improves peripheral circulation; maintains foot health (eliminates dryness, cracked heels, numbness, pain, oversensitivity of the feet), helps to prevent sciatica, migraine, burning of eyes; calms and maintains the Vata dosha

INAUGURATION OF DENTAL, COSMETIC AND IMPLANT UNIT

The dental, cosmetic and implant centre and fertility consultation services were inaugurated on **13th January**, by his Lordship **Bishop Malcom Sequeira**. It was an intimate event attended by the staff of Ashakiran, trustees, priests and religious, donors/sponsors and ardent supporters.

'Thembe thembe tale sache' (a lake is formed one drop at a time) can summarise the sentiments that Saturday afternoon as Fr. Jeetendra threw light on how the hospital has evolved, spoke about Bishop Malcolm's staunch support, as well as reasons for the development/inclusion of the new units and services.



Sushmita Kujur welcomed all who were present and invited Fr. Jeetendra to address them. He spoke about how Ashakiran has grown from a care centre to a full-fledged hospital. When it initially began, the hospital wasn't making enough money to be able to renew the hospital licence. Bishop Malcolm was the one who supported the endeavour to have a diocesan hospital and sanctioned the process for the hospital licence. This jumpstarted Ashakiran in its journey. Recently, when faced with difficulties due

to the bad condition of the approach road in the monsoons, Bishop Malcolm took the initiative to get permission to build a proper permanent approach road.

With regards to the inauguration of the new units and services, Fr. Jeetendra spoke about how the dental unit evolved from a dental mobile van that went to slums, schools, etc. providing basic treatment and distributing free toothpaste and brushes. At that time, people were not very concerned with dental health. As the needs increased and Ashakiran grew, a few dentists practised at Ashakiran but it didn't sustain. Finally, Dr. Bhupesh and Dr. Tanvi shone some hope since they joined Ashakiran and have been providing treatment. *"We have been able to renovate the dental clinic because of the enthusiasm of the doctors; they have invested time and effort and it is reaping its results. There has been a good response and we have shifted to a bigger lab. Besides the dental and cosmetic unit, we have also started a consultation service/doctor for fertility issues. Infertility and its related problems are growing, and we are responding to the needs of the people by providing affordable services."*



Fr. Jeetendra thanked and felicitated the workers—Gopal Mistri and Vinod, and their teams for the quick and efficient work on the renovation of the new units.

Each of the doctors were then invited to talk about their work and how it has developed. Dr. Bhupesh spoke about the dental unit, the services and treatments provided by Ashakiran—from basic to advanced ones, and about prosthodontics—a dental specialty that focuses on the restoration and replacement of teeth. *“Though we struggled initially to be at par with the latest dental units, we have worked hard, and we can now provide all the basic services under one roof with required specialty. We also have the implant centre which we can offer at a low cost.”*



Mr. Nepo Fernandes (Ashakiran benefactor) felicitated Dr. Bhupesh Panjjar



Fr. Simon Almeida felicitated Dr. Tanvi E. Malankar

Dr. Tanvi expounded on the cosmetic centre and how it can provide the latest services and surgeries in order to respond to the changes in people’s requirements—from basic needs to enhancements.

Dr. Kanchan Durugkar—the fertility consultant, then spoke about the need for affordable and easily accessible healthcare and treatment for women. Common persistent issues like PCOD and others can be detected through basic test and procedures. *“Since health education in schools is rare and women’s issues are not spoken about, women feel uncomfortable in reaching out for help, talking about the issues they are facing or even knowing how to care for themselves and plan a pregnancy or address infertility. Counselling and talking to fertility specialists make a big difference. We have been receiving patients from far.”*



Dr. Renuka Shukla felicitating Dr. Kanchan Durugkar



Dr. Rohit Shukla felicitating Bishop Malcolm Sequeira

Bishop Malcolm was then invited to speak. He spoke about this love for Ashakiran and how the hospital has grown over the years. He commended Fr. Jeetendra for his dedicated work toward the medical/healing ministry of the church. *“Ashakiran has been growing, not on money, but by the grace of God. So many people of good will have been*

ready to help with finance, development, doctors, etc. I'm happy that there's a team of young doctors. Ashakiran works for those struggling in their lives—the poorer section of society. It is the love of the church for the poor that inspires us to be part of the journey. I will always pray for Ashakiran and support its endeavours."



- Renita Siqueira

INTRODUCING INFERTILITY CONSULTANT



Dr. Kanchan Durugkar
MBBS, MS DNB OBGY
Fellowship in Laparoscopy and Infertility (Nadkarni Medical Academy, Vapi, Gujarat)

TESTIMONIALS

"My son had Allergic Rhinitis. We tried allopathic, homoeopathic treatment but finally he got relief from ayurvedic medicine treated by Dr. Renuka Shukla from Aashakiran Hospital. Thanks for the speedy treatment, would recommend everyone to visit the Hospital."

- Milan Manter

"As I have PCOD, I took the treatment from Dr. Kanchan. Due to Panchkarma and other medicines, today my problem has been clearly resolved. Thank you to Dr. Kanchan and Dr. Rohit."

- Diksha Balsane

Source: Google Maps review

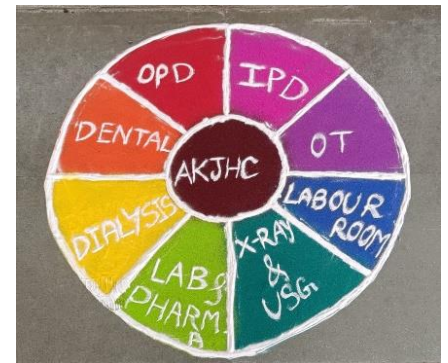
UPCOMING EVENTS AND INITIATIVES

Women’s day: On the occasion of Women’s Day (8th March), Ashakiran Hospital is organising a women’s medical camp for a week dedicated to women’s health and wellbeing. From 4th March (Monday) to 10th March (Sunday), multiple specialists will be available for free consultations. Services include special offers on health packages, diagnostics, cosmetic procedures and counselling sessions, free bone mineral density tests, free pulmonary function tests, and free ENT endoscopy. Pre-registration is required.

Sponsorship Team’s New Initiative 2024: Following the success of our 2023 sponsor-a-medical-equipment endeavour, the Ashakiran Hospital Sponsorship Team is launching a new initiative to collect sponsorships for needy patients. With the motto *'Be a lifeline... Sponsor HOPE for patients'* we aim to provide a ray of hope to patients in dire need of affordable healthcare. If you wish to sponsor a patient’s needs (consultation fees, medicines, treatment, admission costs, surgery), please contact our sponsorship team members:

- Ms. Nirmala Kumar: 9850088921
- Ms. Theresa Gangwani: 8380001341

Check out our social media for more details on all events and initiatives.



SERVICES OFFERED

<p>General medicine (Allopathy, Homeopathy, Ayurveda) Panchkarma Surgeries Diabetology Orthopaedics Nephrology Urology Paediatrics Ears, nose, throat-related (ENT) Infertility consultation Dentistry Cosmetic treatment Ophthalmology Diet/Lifestyle modification therapies</p>	<p>Out-Patient department (OPD) consultations In-Patient department (IPD) Skin diseases Physiotherapy Pathology laboratory Pharmacy Digital X-ray ECG Sonography 2D Echo Colour doppler test Modular Operation Theatre (OT) Intensive Care Unit (ICU) Counselling psychology (Children and adults)</p>
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SUPPORT US!

All of our work is non-profit. We believe that our work through Ashakiran Hospital can help people all over Pune with our affordable healthcare.

Especially in this season of Lent, do consider donating money or sponsoring medical equipment as a way of almsgiving.

CONTACT US:

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EDITORIAL TEAM

Severina John, Angeline Vaz, Carol Dias, Shirley Menezes, Anisha Reddy and Sushmita Kujur.
Editor: Renita Siqueira

If you are interested in joining the media/marketing team, please do reach out to any of us.
We are looking for volunteers who know how to build a web application using Angular and Bootstrap.

Wishing you a healthy, holy and meaningful season of Lent!