

ROLE OF AGNIKARMA IN THE MANAGEMENT OF SANDHIGATAVATA (OSTEOARTHRITIS)

***Dr. Prashant P. Kodgire**

1. * Associate Professor, Department Of Agadtantra, SSVP Ayurved College, Hatta, Dist- Hingoli, M.S

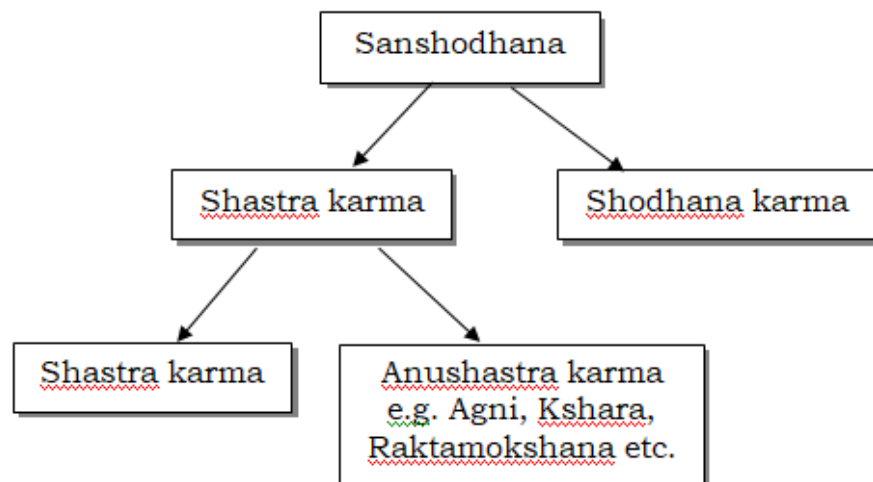
Introduction:

Study of Sushruta Samhita and other treatises reveals that disease sandhigataavata is at the top in the list of ailments where, a Para surgical measure has been indicated. As a clinical entity Sandhigataavata has been mentioned by all the Acharyas, where as Vedic literatures have no reference. Acharya Sushruta is the first, who has given the detailed description of sandhigataavata with symptomatology and treatment. But it is interesting to note that Acharya Charaka speaks about this entity, while dealing with the treatment of vata vyadhi in general and doesn't mention the treatment of this entity. Acharya Sushruta, though basically a surgeon did not overlook the medical ailments as well as the means and methods of treating the patients with the help of Para-surgical measures. While going through the classical literatures, it becomes quite evident that all the Acharyas are in agreement regarding the pathogenesis of the disease to that of "Vata vyadhi" in general i.e. the vata getting aggravated fills up the vacuities in the body passages and produces various kinds of disorders which affect the whole body or get localized in a single region (Ch. Chi. 28/18)

It is difficult to find out an exact synonym for the disease "Sandhigata vata", according to modern medical science, but on the basis of its symptom complex, it can be broadly correlated with the "Osteo-arthritis". Osteo-arthritis is a focal diarthrodial joint disorder and is characterized by degeneration of cartilage, thickening of subchondral bone, formation of marginal osteophytes, subcuticular bony cyst and remodeling of the bone.

Osteo-arthritis is a slow, process and in advanced condition, low to high grade inflammation and local immune reactions may frequently be associated. Non steroidal anti-inflammatory drugs are therefore the drug of choice, with occasional local treatments with steroids. At present various treatments are there, starting from simple NSAIDs to the replacement of whole joint. But none of them are free from complications and limitations. Hence, all these factors have compelled to find out a better remedial search for the disease "Sandhigata-vata" – degenerative joint disease from the heritage of Ayurveda.

In ayurvedic classics, the general treatment of disease is given as – Sanshodhana, Sanshamana, Aahara, Aachara (Sushruta Su. 1/7).



Hence, Agnikarma has been selected as a local therapy and orally vata vidhwansanadi yoga was given.

Selection of the drugs and Para-surgical procedure:

So many herbal drugs have been described by the Acharyas but considering the recent life style of the public, who demand fast relief from the disease, Rasaushadhi or herbomineral compound i.e., vata vidhwansana yoga has been taken for the study, as it is easily available and cheap in comparison to other herbomineral yogas and Agnikarma has been considered as superior than remaining para surgical measures by all the Acharyas (Su. Su. 12/3).

Ingredients of Vata Vidhwansana (Bh. R. Vata vyadhi)

Shuddha Haratal	-	6 parts
Shuddha Gandhaka	-	5 parts
Shudha Suvarna Makshika	-	4 parts
Kansya Bhasma	-	3 parts
Abhraka Bhasma	-	2 parts
Shuddha parad	-	1 part

Prepared with Eranda tail and tila Kalka prepared with Nimbu rasa.

Guduchi, Pippali moola, Shunthi, Guggulu – 1 part each.

Dose & Duration : 1 gm TDS for 1 month.

Agnikarma : Done locally once only.

Aims & Objects :

- To search the simplest, harmless and palliative treatment for the disease.
- To study the role of oral and local therapy on the disease.
- To enlighten and explore the efficacy of Agnikarma for the disease Sandhigatavata.

Materials and Methods:

The patients attending the I.P.D. & O.P.D. of Kayachikitsa Department, Sane Guruji Hospital & Sumatibhai Shah Ayurved Mahavidyalaya, hadapsur, Pune were selected as the material for clinical study irrespective of their age, sex, religion etc; fulfilling the criteria of selection.

Criteria for Selection:

The Patients having chief complaints of painful joints, limited range of movements (with or without any associated symptoms like) crepitation, swelling etc. signs and symptoms of Sandhigata vata (osteo-arthritis) selected and their detailed history, examination and investigations have been done to finalize the diagnosis.

Plan of Study:

Totally 28 patients have been studied and all the selected patients have been categorized into 2 groups depending upon treatment schedule viz.

Group I: The Patients who were treated with Agni karma locally

Group II: Patients who were treated with the oral drug i.e., Vatavidhwansanadi yoga (Ingredients are Vata Vidhwansa, Pippali Moola, Guduchi, Shunthi and Guggulu in equal proportion).

Agnikarma :

Poorva Karma: The fit patients have been selected. The local part was prepared. On the previous day picchila diet was administered to the patients. The materials for Agnikarma i.e. Ghrita, electric heater, pin pointed cotton piece held by an artery forceps, dugdhapashana churna, gauze pieces (Both wet and dry), adhesive tape, cool water, local anaesthetic drug were kept ready.

Pradhana Karma: The entire joint was cleaned with Savlon and Spirit, then wrapped by cut towel. Then the tender point was detected and 1 cc of 2% Xylocaine injection was infiltrated to get field block effect. Then surrounding area of the tender point was covered with wet gauze piece. The boiling Ghee (180⁰ to 200⁰ c) was applied with pin pointed cotton held in artery forceps over that point in Bindu form. (About 5 to 10 mm size)

Pashchat Karma: Immediately the area was dressed with Dugdhapashana Churna (R.T. 11/232-236)

Criteria for Assessment:

Cured: 100% relief in all the signs and symptoms along with normal range of joint movement

Improved: Decreased severity in presenting signs and symptoms.

Unchanged: No relief in signs and symptoms.

Follow Up: Up to healing of scar the dressing was carried out. Then up to 3 months the patients were kept in observation for the follow up study.

Observations:

- Maximum Patients were in the age group of 50-60 years (50%)
- Maximum patients were females (61%)
- Religion wise maximum 71% patients were Hindus.
- Socio-economically maximum 76% patients were of lower middle class.
- Literacy wise maximum 33% patients were illiterate.
- Occupation wise maximum 38% patients were in household works.
- Diet wise maximum 66% patient were vegetarian
- Agni wise maximum 71% patients were having Mandagni
- Prakriti wise maximum 52% patients were of vata kapha prakriti.
- Family history was not found in favour of hereditary origin of the disease in maximum 87% patients.
- Chronicity wise maximum 47% patients were less than 1 year chronic.
- Maximum 66% patients were having “Exertion” as Vyadhi Vriddhikara nidana and “rest” as vyadhihanikar nidana.
- Maximum patients were diseased in right Janu (28%)
- Maximum 71% patients took 4 weeks for complete healing of wound (because sandhista vrana takes more time).

Over All Effect of Therapy:

Incidence and percentage of signs and symptoms – B.T. & A.T. of 14 patients of Sandhigata vata of Group – I

Symptoms	No. of cases		Total	%
	B.T.	A.T.		
Pain	14	4	10	71.42
Swelling	10	2	8	80.00
Stiffness	12	4	8	66.70
Crepitus	8	0	8	100
Tenderness	14	4	10	71.40

Samvedana prasarana akunchana pravriti	14	2	12	85.70
Shramo Asahyata	10	6	4	40.00
Sandhigati hani	12	4	8	66.70

Incidence and percentage of signs and symptoms – B.T. & A.T. of 7 patients of Sandhigata vata of Group – II

Symptoms	No. of cases		Total	%
	B.T.	A.T.		
Pain	14	8	6	42.90
Swelling	8	4	4	50.00
Stiffness	10	4	6	60.00
Crepitus	10	6	4	40.00
Tenderness	10	6	4	40.00
Samvedana prasarana akunchana pravriti	14	8	6	42.90
Shramo Asahyata	8	2	6	75.00
Sandhigati hani	12	6	6	50.00

Total effect of therapy in 28 patients of Sandhigata vata

Result	Group I	Group II	Total	%
Cured	4	1	5	35.71
Improved	3	5	8	57.14
Unchanged	0	1	1	7.14

Discussion:

Group I: The signs and symptoms like crepitus, swelling, pain, tenderness etc, were relieved very markedly by Agnikarma. The results were significant.

Group II: The medical treatment disintegrates dosha-dushya sammurcchana up to a certain level as the relief in the clinical features took longer time.

Probable mode of action of Agnikarma:

The selected therapy Agnikarma was done with ushna ghrita, which is having the properties like – Ushnata, Snigdhatata, Sukshmata, Ashukari, Prasarnasheelata, Yogavahi, Amahara, Stambhahara, Sheetaprasharana, Shoola Prashamana (Su. Su. 12/15). These properties are considerable as “Dosha vipareeta” i.e. Vata-Kaphanashaka as well as vyadhi vipareeta too. Therefore this therapy disintegrates the samprapti of sandhigatavata. This can also be assessed that the sneha which was applied in heated form penetrated in deeper dhatus and entering into the sukshma siras may have produced immediate results (Ch. Su. 25/41).

Conclusion:

- Study recorded shows predominance of aged persons.
- Females found more prone for the disease.
- Vata – Kapha prakriti people seems to be more prone.
- There is no evidence of hereditary origin.
- Vyadhiswabhabha is sthira.
- Pain and Akunchana prasarana vedana was present in all the cases.
- Only one sitting of Agnikarma is enough. No side effects or complications were noticed.
- 100% relief was obtained in 4 patients of group I and 1 patient of group II.

Thus, Agnikarma may become an ultimate solution for the disease sandhigatavata i.e., Osteo-Arthritis or degenerative joint disease.

THE NEW ZEALAND AND ANDHRA PRADESH MODEL ON THE WORLD PANDEMIC, COVID-19.

Saideepti Haribabu Koppolu

Blue Bells School, Naigaon (bz), Nanded-431709

Pandemics are not new to human history. The world has seen harsher times and has emerged successful each time; the ongoing COVID-19 crisis has engulfed the entire world and has pushed the countries into a state of ‘shock’, health emergencies and economic trajectories. This global pandemic is posing extra-ordinary challenges and uncertainties but the global citizens are positive to tackle it with new perspectives, collectively and pro-actively.

Few countries in the world have declared themselves ‘corona virus free’, but New Zealand has established itself as a shining example that has gained global attention and praise to curb COVID-19.

NEW ZEALAND: A CASE STUDY

New Zealand also called ‘Kiwi Land’ is an island of 5 million people, has declared ‘no-active’ corona virus cases which earlier had 1504 corona cases, among which 1482 recovered and 22 deaths. It has kicked off normal life by lifting its lockdown restrictions. The ‘Kia Kaha’ strategy imposed by New Zealand is a blend of science, technology and ethics and coupled with able leadership.

THE MODUS-OPERANDI OF NEW ZEALAND’S STRATEGY:

1) “Go Hard, Go Early” Lockdown Strategy

The national lockdown imposed was swift and amongst the world’s strictest. It banned the entry of travelers from China on February 3rd, 25 days before it recorded its first case. The New Zealand government under Jacinda Arden said, ‘we must go hard and we go early’, it sealed its national borders on March 15th and on March 25th it imposed National Lockdown with strict measures only essential services like groceries, hospitals, medical stores were open. Domestic travel restrictions and limited social interactions were enforced. The government also proposed a mandatory quarantine of 14 days for everyone visiting New Zealand. It therefore enjoyed the ‘early bird advantage’.

2) Effective and Clear Communication

New Zealand has made use of technology, e-messaging, text messages etc to inform its citizens. Emergency text messages were sent in a clear and concise manner coupled with scientific facts. The New Zealand government used simple language as an emergency warning before the lockdown was announced, which read, ‘This is a message for all of New Zealand. We are depending on you...where you stay tonight is where you must stay from now on...it is likely the strictest measures will stay in place for a number of weeks.’ This helped the citizens of New Zealand to be mentally prepared for lockdown. The government used to frequently update the facts of cases, and the measures being taken etc. Consistent scientifically aided messaging and frequent communication became the vehicles to reach the population of New Zealand.

3) The steering leadership of the Prime Minister of New Zealand

Washington Post described New Zealand, “as a country of about 5 million people as a triumph in science and leadership”. The Prime Minister Jacinda Arden has been praised for her effective and timely public policy measures. She has been recognized for being regularly in touch with the people of New Zealand, through news conferences, face book lives etc. She was answering questions and virtually engaging with people in an optimistic way. She urged the people ‘to unite against COVID-19’ as ‘a strong team of 5 million’ rather than declare a ‘war on COVID-19’ (as done by rest of the world). She acted as the ‘captain’ of the ship.

4) Governance powered by science and ethics

The people of New Zealand were frequently being updated by facts, what measures have been taken, the facilities, public policies and the rationale behind government’s actions. The government has asked people to ‘check in with everyone’ and asked them to ‘Be kind, Be strong’. The governments borrowed around \$ 40 b to ensure all the New Zealanders affected by COVID-19 are financially supported. With this we can conclude that government’s pro-active assistance is directly proportional to compliance to quarantine measures. Hence, a ‘win-win’ strategy.

5) “Health Before Economy” principle was upheld

Jacinda Arden said, ‘Surely, a dead or dying population is bad for the economy’. New Zealand’s government put people’s health first and above all; where as other countries which delayed imposing social distancing measures for fear of economic damage are now facing vulgarities of the phantom of COVID-19.

6) The Ramped-up testing capacity

New Zealand is one of the countries with highest testing rates per capita; it could conduct 8000 tests per day. It could test a very large population before COVID-19 could hit a

larger population. The WHO's advice of- Mass testing and Robust Contact-Tracking was effectively implemented by it. This to a very large extent came to the rescue and helped address the community spread of virus.

7) The Geography and the Population factors

New Zealand enjoys geographical isolation from the rest of the world, it is an island situated in south-western Pacific Ocean and this acted as a boon for it, preventing the rapid spread of virus. The population is a learned one and the density of population is as low as 18 persons per square km, which is again a blessing in disguise as it decreased the chances of social interaction. The total population is a mere 5 million, easy to educate and control.

8) New Zealand has been applauded for following the pandemic guidelines book properly, which was not properly followed by the other countries leading to mismanagement of the pandemic.

9) Post-lockdown strategy

An another feather in its cap is the PM along with her ministers and public service employees have decided to take 20% pay cut for the next 6 months to tackle economic slowdown. It has also taken a strong tax reform package of \$1.8 b refund for small businessmen.

These were the myriad ways woven into a strategy by New Zealand government to fight the crisis of COVID-19.

THE ANDHRA PRADESH MODEL:

A cue can be taken from the Andhra Pradesh state which has been praised for its wide and quick network of Volunteers, who have made the state win half battle against the phantom.

1) "Corona Warriors"

The government of Andhra Pradesh has turned 4.5 lakh Village Volunteers and Secretaries along with ASHA Workers and medical staff into Corona Warriors, working round the clock. The Village Volunteers have played a very substantial role in screening every household by conducting 'door-to-door' surveys at least thrice to identify and isolate any person having COVID-19 symptoms and checking on foreign returnees and ensuring that they are quarantined. The travel history of people coming to Andhra Pradesh has also been collected. These steps have made the contract tracing relatively easier.

2) The Leadership of the Chief Minister Y.S.Jagan Mohan Reddy

The CM gave a call to his people, "NO TO PANIC, YES TO PRECAUTION". His government has imported testing kits from South Korea, to conduct tests and identify the

victims soon. He has enforced Decentralization in administration, making it easy to govern by giving officials their respective duties.

3) CORONA ALERTING TRACKING SYSTEM

Andhra Pradesh is the first state to use Technology Tools and mobile tower signals to trace the contracts of COVID-19, and their movement.

- 4) Good Quarantine Facility and free testing have been at the heart of its strategy to contain COVID-19 to a large extent.

And looking at the other side of the grass, when we try to compare and contrast the situation in India, the governance loopholes and the lost opportunities become prominent.

- 1) India like many other countries imposed lockdown in the most unplanned manner and without preparing its citizens. Lockdown almost came as a ‘shock’ for Indians, which lead to ‘ruckus’ after declaring the lockdown, people crowded outside grocery stores and humungous crowding to reach their home towns etc
- 2) India sealed its national borders on March 25 by then the 579 cases were recorded. India suspended flight operations from China on January 31st, a day after its first case was reported in Kerala, by then a substantial harm was done.
- 3) India also failed to follow a strict ‘home quarantine’ rule. The social distancing norms weren’t implemented strictly as the people were motivated by ‘mob’ psychology fearing scarcity of goods and services, as the government failed to inform its citizens the authentic facts , the steps taken and decisions implemented, the rules and regulations, rationale behind its decisions. It simply put the onus on its citizens to contain virus.
- 4) The science Skeptical government in India relied more on ‘thali-beating’, ‘Gau-mutra parties’ and ‘diya-lightining’ as opposed to informing its citizens and keeping their spirits high.
- 5) In India lockdown has brought back the ‘police raj’ as it was treated more as a policing regime than a ‘Health emergency’. It invited humiliation on citizens to obtain obedience. This is seen as another failure on part of government to handle the pandemic.
- 6) Indian government also failed miserably to provide robust institutional support- Indians have been crippled with under-resourced hospitals, lack of PPEs, shortage of ventilators and medical staff, opening a whole new Pandora’s Box.
- 7) The lockdown strategy was weakly managed and it was relaxed after 3-weeks for the migrant laborers. These daily wage workers and migrant laborers having lost their jobs and livelihoods were left at their own hardship and at the mercy of local citizens’ support. They

did not receive any kind of institutional support from the government unlike the New Zealand government did.

- 8) The PM of India launched 'PM Cares Fund' to receive donations from several persons to help 'poorest of the poor' and certain schemes but it is unknown as to whom these funds are sent, who are the beneficiaries or how are they being delivered. Lack of transparency breeds lack of trust and the PM cares fund is a classic example of it.
- 9) The onus also lies on the citizens of India who did not take the call of COVID-19 seriously, travelling, not maintaining the required social distance, get-togethers, parties etc have lead to sporadic rise in the cases.
- 10) The government failed to instill the confidence among its citizens. The government does not publish information or interact on a daily basis with its citizens, it happens once or twice in a month at the most. Authentic data is not released from time to time giving space to rumors and panic attacks, and the PM denies attending news conferences is another sad story. This shows how Indian government has failed ethically and miserably.

When we draw a parallel between these countries we can say though both of them went for lockdown the results are however completely different. New Zealand with zero or near zero cases and India as a hot-bed for the crisis to peak.

What has been done in New Zealand could have been done in India even more effectively if the same principles were applied at a micro level, with the coordination of bureaucracy-local representatives-health personnel.

CONCLUSION:

Every person wants to turn the page of COVID-19 as soon as possible but disasters like this have to be addressed in an extra-ordinary manner and this demands a global 'human-centered' response. "WE CAN BEAT IT TOGETHER" must be the guiding principle to fight COVID-19, for a happy future of all who live on Earth, 'OUR COMMON HOME'.

SOURCES:

- 1) WHO reports
- 2) Press releases

IMPACT OF COVID-19 PANDEMIC ON INTERNATIONAL POLITICS

Mr. Ninad Kulkarni

Assistant Professor, Political Science, H.V. Desai College, Pune,

Abstract:

In this unprecedented global crisis the world is facing which is named as Covid-19, the consequence of Corona Virus, the world surely will not be remain the same. The only difference of opinion is about the degree of change and its nature. The historians, academicians, social scientists will now on divide the era into following two i.e. pre-covid19 and post-covid19. In this paper we will try to understand and analyse the impact of this covid19 global pandemic on International Politics and the relations among the major powers.

Keywords: Covid19, Pandemic, Impact of Covid19, International Politics.

Introduction:

On 31st December, 2019 the first case of novel corona virus reported to W.H.O. China office. Within a month this new virus spreads across in the different countries of the world. The World Health Organisation declared the Public Health Emergency of International concern on 30th January 2020. Later on as the seriousness and evil impact of the corona virus spreads like wild fire the W.H.O declared it as the Global Pandemic on 11th March 2020.

As the crisis became deeper and deeper different countries try to find out the solutions by using various methods. As we can see on the 29th June 2020 the total cases of the corona virus across the world are more than 10 million and total death count is more the 5 lacks. The worst hit countries of this pandemic are U.S.A (with highest number of cases and more than 1, 28,000 deaths) Brazil, UK, Russia, Italy, France, Spain, India etc. As the most of the countries imposed the complete lockdowns it naturally negatively impacted the economies of the countries as well as the economy of the world. Then the fundamental questions about this corona virus pandemic like how it started? From where it started? How much China is responsible for this? Did W.H.O handle this crisis effectively or not? Etc. are being asked by different leaders of the countries, media houses, academicians, researchers and also the common citizens of the countries around the world. Then the international politics again became vibrant. For us to understand the impact of the covid19 on international politics we need to first look at what was happened in last two-three years in the world.

Pre Covid19 World:

➤ **U.S.A** -In the year 2017 Donald Trump became the 45th President of the U.S.A. This is itself disturbing event for international politics or relations. The reason behind was based on the election promises made by the Mr. Donald Trump. After coming to power President Donald Trump took a few decisions which change the course of foreign policy of U.S.A. In his first presidential speech he said, “It is the right of all nations to put their own interests first.” From this statement and the election slogan ‘America First’, all the scholars and politicians were holding their fingers crossed for Mr. Trump’s actual policies and decisions. Unlike most of the politicians, Mr. Trump committed to his promises, whether right or wrong. President Trump took some surprising decisions such as follows-

- a) TTP Withdrawal – Trump directs the Office of the U.S. Trade Representative to [withdraw the United States](#) from the Trans-Pacific Partnership, a twelve-country, Asia-focused trade agreement the United States had championed under the Barak Obama administration.
- b) Travel Ban – Trump ordered banning nationals of six Muslim-majority countries from travelling to the United States for ninety days.
- c) Leaving the Paris Agreement- Trump announces that the United States will withdraw from the 2015 Paris climate accord, another agreement negotiated by Obama. Trump criticizes the 195-country agreement, under which the United States would have voluntarily limited its carbon emissions, for constricting U.S. sovereignty, harming American workers, and disadvantaging the United States economically.
- d) Recognizing Jerusalem - Trump breaks with decades of U.S. policy on the Israeli-Palestinian conflict by recognizing Jerusalem as Israel’s capital. He justifies the move as recognition of the reality that Jerusalem is the seat of Israel’s government.
- e) Tariffs on China - Citing national security concerns, the president announces on March 1 that the United States will impose tariffs on foreign-made steel and aluminium. The administration imposes the restrictions on China but exempts Canada and other U.S.-aligned states, as well as the European Union, as trade negotiations continue.
- f) Withdrawal From Iran Nuclear Agreement The president announces the U.S. withdrawal from the Joint Comprehensive Plan of Action (JCPOA), the 2015 agreement on [Iran’s nuclear program](#). Trump says it did not sufficiently curb the country’s civilian nuclear program or its regional aggression. Without citing any material Iranian violations, Trump announces that the United States will reinstate [two sets of sanctions](#) on Iran that

had been waived with the deal's implementation; they will take effect in August and November and range from aircraft imports to oil and petroleum product exports.

Above mentioned decisions are few of the other decisions he took. Other decisions include-strike on Syria, Withdrawal from UN Human Rights Council, Taliban Talks, and Withdrawal from Northern Syria, U.S.-Taliban Agreement etc. The reason behind to mention these important decisions is that before the covid19 pandemic started the international politics has already become disturbed, vibrant and confusing. These decisions and its impact on international politics are continued to show its signs. The impact of covid19 pandemic will further add the new dimensions that we will discuss later.

➤ **U.S- China Trade War** – In April 2018, China imposes retaliatory tariffs on U.S. products worth about \$3 billion, escalating a trade war between the world's two largest economies. By November, the United States has levied tariffs on \$250 billion worth of Chinese goods, while China has imposed tariffs on \$110 billion worth of U.S. products. At the Group of Twenty summit in Buenos Aires in early December, Trump and Chinese President Xi Jinping agree to a cease-fire, as well as to strike a broader trade agreement within ninety days. The trade talks between these two biggest economies breaks down. As a result of which the United States raises tariffs on \$200 billion worth of Chinese goods from 10 to 25 percent, leading China to retaliate in kind. In the following months, the Trump administration also imposes new restrictions on Chinese telecom firms, labels China a currency manipulator, and threatens to halt all private U.S. investment in China. Trump's plan to raise tariffs on an additional \$300 billion worth of Chinese goods is, however, put on hold.

➤ **Brexit** – The other important event happened in the world is the exit of Britain from European Union. The Prime Minister David Cameron had to resign as a result of the referendum. Then came the Theresa May became Prime Minister. The negotiations were continued between Britain and European Union for months. Between the hard Brexit or Soft Brexit Theresa May also lost crucial vote in the UK parliament, and on 24th May 2019, Theresa May resigns. Boris Johnson became Prime Minister. Finally EU agrees to the extension and on 31st January 2020 Brexit was done.

These important events are crucial to understand the background on which the changes due to covid19 pandemic will have the impact. As we can see the U.S.A, China, and E.U, these three are the biggest economies of the world. As the pandemic become a serious crisis for the entire world, the first impact is being seen on health systems of different countries and on the economies. Now we will discuss the impact on International Politics.

➤ **Impact on China-** The utmost impact of this pandemic will be felt by China, economically, politically and otherwise. Some signs of it are already been clearly visible. The Chinese government's biggest lost is its image in the world and the Trust it had before this crisis. In the modern day international politics the hard power which includes military, defence technology, weapons etc. are comparatively less important than soft power which includes culture, political values, foreign policy, etc. The majority of the countries of the world are asking china questions, blaming it for delayed information. Australia calls for an independent inquiry into the origins and handling of Covid-19 pandemic hinting towards Chinas role. In return China has taken a series of trade and economic actions, including suspending red meat imports from four Australian abattoirs and warning students and tourists against travelling to Australia because of the risk of racism.

China and ASEAN – In the 36th summit of ASEAN which held virtually on 26th June 2020, the Vietnam warns against the Chinese aggression in South China Sea. China adopted the aggressive policy both internally and externally to face the accusations and growing hate against it in the world. China named 18 geographical locations in the South China Sea. The ASEAN and other countries including U.S and India are demanding the freedom of navigation in the South China Sea.

The U.S.A, U.K, Japan, and other European countries in the world asked their companies to shift their base from china, this because these countries want to decrease their economic dependence on China. This is the opportunity for India to attract the foreign companies to invest in India. The major economies of the world want to shift supply chains of global trade from China. However, it will not happen in near future but after few years it will be a possibility.

China also faces the challenges in its ambitious BRI project. The Chinese investments in the BRI projects are decreasing. The projects in the countries like Malaysia, Bangladesh, Indonesia, Pakistan, Cambodia, and Sri Lanka are stopped. This is because the investment from China has stopped; the countries are in fear of increasing debt.

The other impact will be that as economy of China slows down the Xi Zing Ping and Chinese political system will face the heat internally. The China's relations with world Powers such as U.S, U.K, E.U, Canada, Australia, Japan, and India will face the hurdles. Now China has adopted the aggressive policy against U.S.A, India, Taiwan, Hong- cong, Australia etc. The time will tell how far China will ready to go.

➤ **Impact on Global Institutions** – The crisis of Covid19 pandemic exposes the capacity and efficiency of the global institutions like World Health Organisation, United Nations, and

U.N.Security council.etc. Before the Covid19 crisis started the global institutions have already facing the credibility issue. The U.S withdrawn from U.N Human rights Council. Many countries questioned the role of W.H.O. U.S president Trump accused W.H.O of being a puppet organization of China, and terminates the relations with the W.H.O. Similarly, many countries are questioning the role and capacity of these institutions.

➤ **Overall Impact** – In the post Covid19 world it will be wrong to assume that the new world order or a fundamental change in the International System of Governance will emerge. The old conflicts such as Trade war between U.S- China, wars in Syria, Yemen, will continue. The trade wars with new dimensions will increase. The feeling of nationalism in different countries will get intensified. The relations between U.S-China, China-UK, China-E.U, will determine the direction of International Politics. We need to take into consideration one more point that is Presidential Elections in U.S.A. It will certainly have the impact on U.S foreign policy, if Donald Trump loses the election.

➤ **Conclusion** – In the post covid19 world, India has a more important role to play. India's global view is more democratic demanding the reforms in global institutes, more decision making rights, environment protection etc. For that to happen India needs to take the economic opportunity which is provided by this Covid19 pandemic. It must stabilise and accelerate its own economic growth. For that India's relations with the E.U, U.S.A, Australia, will be crucial.

References –

1. www.worldometers.info/
2. www.who.int/
3. [www.foreignaffairs.com/issue-packages/2020-06-03/world after pandemic/](http://www.foreignaffairs.com/issue-packages/2020-06-03/world-after-pandemic/)
4. www.cfr.org/timeline/trumps-foreign-policy-moments
5. www.cer.eu/brexit-timeline
6. India- China relations in the Covid19 situation, online webinar, speaker –Pro. Swaran Singh, 19/05/2020.
7. 'जागतिक व्यवस्थेतील न्यू नॉर्मल - डॉ.श्रीकांत परांजपे ,सकाळ ,१९/०५/२०२०.
8. International Webinar on Covid19 and India's Foreign Policy, 2nd and 3rd June 2020.
9. 'A Middle Power Moment' C.Raja. Mohan, Indian Express, 04/06/2020.
10. China's conflict with India and World – The Big Picture programme on RAJYSABHA TV, 30/05/2020.
11. Pro. Harsh Pant – 'On China and post Covid World Order' youtube channel – Defensive Offence.

ROLE OF SARASWATADIYOGA IN IMPROVING “IQ” OF SCHOOL GOING CHILDREN

Dr. Prashant P. Kodgire

Associate Professor, Department Of Agadtantra, SSVP Ayurved College, Hatta, Dist- Hingoli, M.S.

INTRODUCTION:

Ayurveda is a way of life, a culture, a health science and moreover a cross section of the scientific thoughts of many generations. Current scientific world is eagerly watching Ayurveda, which survived all the downfalls, fought with unfavorable conditions, flourished during favorable time and still holds its place in the mainstream. It is inevitable for each and every science to adapt certain changes according to the changing world. Ayurveda has been reluctant to such changes. This science needs revitalization as, the world and basic thoughts of average human have changed a lot. The present study is an attempt made with such a perspective. This study is based on the methodology of randomized controlled trial. The comparison of the test drugs' effect is made with a placebo group. This work, in fact is a retrospective clinical trial because this trial carried out and were found to be effective during the olden days according to the methodology of past. The references regarding the concept of Buddhi and Smriti in Ayurveda are highly blended with the thoughts of ancient Indian philosophies i.e. Darshana. In this work also the authors described various philosophical as well as scientific interpretations of these terms. How is philosophy related to science? Philosophy is the mother of science. To a larger extent philosophy consists of questions about the approaches to the basis of our knowledge. There is little certainty or agreement between the perspectives. But where certainty is achieved, and where agreement is reached, a science is born. Thus Astronomy, mathematics, psychology and many other sciences began as philosophical enquiries.

In the present study a total of 45 children were registered for the trial and were randomly distributed in three groups i.e. Braahmyadi (B), Saraswata (S) and Placebo (P) Of these 15 students in group B, 13 students in group S and 11 students in group P were completed the course of treatment. The general observations of total 45 students were plotted in the clinical study. Several technically skilled hands intervened in this work in each and every step. Maximum effort had been taken to avoid the bias that may creep in this as it is a psychological research work.

AIMS AND OBJECTIVES:

1. To evaluate the intelligence and memory in Ayurvedic clinical parlance.

2. To evaluate the effect of trial drugs on IQ of school going children.
3. To make a survey of the physiological, cultural and psychological factors which affect the scholastic skill of school going children in Nanded, Maharashtra.
4. Designing special research pro-forma for the present study.

PLAN OF STUDY:

1. Conceptual study- In this detailed descriptions regarding the concept of Buddhi and Smriti both in modern and Ayurvedic parlance is narrated along with its philosophical importance.
2. Survey-A survey consisting of 81 students is conducted from Nanded, Maharashtra.
3. Drug review- Detailed analysis of ingredients of test drugs is conducted.
4. Clinical study. This part of the Plan of study, Clinical observations and Results.
5. Discussion. In this as descriptive attempt is made to shed light on the salient facts hidden in the conceptual and clinical contrive.
6. Summary and conclusion. Finalization of ideas and results emerged from the study is put forward in this section.

Conceptual study:

Buddhi is a broad concept which was used in various classics of ancient India from different disciplines like Medicine, Astrology, and Metaphysics etc. It has different meanings with respect to different contexts of narration. In the heading of Buddhi, the total topic was discussed in two levels i.e. Buddhi according to Darshanikas and Buddhi according to the Ayurvedists. The concepts of both of these disciplines are different in several aspects as their intentions of works were different. In Ayurvedic concept of Buddhi the conceptual discussions pointed three of its applied aspects.

- Buddhi as capacity of solid determination power of mind.
- Buddhi as capacity for the logical reasoning of the human brain.
- Buddhi as the power of cognition and perception.

As in the case of Buddhi, Smriti also carries wide range variations in its meaning from science to science. More applied aspects of human Smriti are discussed under this heading. The clear cut mentioning of Smriti in physiological and pathological aspects are mentioned in Ayurvedic classics. Charaka Samhita mentions different minute aspects regarding the generation, storage and recollection procedures of Smriti. The importance of three types of Indriyagrahana i.e. Drishta, Shruta and Anubhuta are specially mentioned in these contexts.

The topic of memory is equally important in medical as well as psychologists. Different types of memory are discussed under this heading. It includes the narrations from educational psychologists and from medical texts

Even though lot of references regarding the assessment of faculties of Mana is there in Samhitas, which are not in a systematic arrangement, the method of assessment is not properly given. In the topic of *Buddhi Mapana* correlations given in texts with certain Modern psychological parameters are discussed.

Testing of intelligence is a tiresome task. A lot of intelligence tests are prevalent today to test human intelligence. Reliability and its applicability are still controversial. The new concept i.e. Emotional Intelligence and EQ (Emotional Quotient) is becoming stronger now days so the relevance of “IQ” will be replaced shortly. However the most acceptable intelligence scale i.e. Wechsler’s intelligence scale is used in this study for the assessment.

Survey :

In survey we planned to probe certain social, cultural, physiological and cultural factors affecting academic performance, intelligence, memory and cognitive development of school going children. Survey consists of 19 questions and its options and was administered in 137 students taken from different schools of Nanded, Maharashtra.

Drug review:

The test drug selected is having indications on the intelligence, memory and vocabulary power

Braahmi sidharthak vacha sariva kushta saindavai:

Sakanai sadhitam pitam vak medha smriti krit ghritam

Ayushyam papma rakshoghnam bhutonmada nibarhanam // A.H.U 1/43

Ajaksheeraabhaya vyosha pathogra shigru saindavai:

Sidham saraswatam sarpir vangmedhasmriti vahnikrit// A.H.U.1/46

But all the ingredients of these drugs are not Medhya in nature. Most of them are Srotoshodhaka, Agnivardhaka in nature. Mostly the drugs of Medhya will be Shita in Virya. In these test drugs except the Medhya drugs() all others are Ushna Virya. From these it can be concluded that these drugs may be most suitable for a condition where impairment of *Dhee, Dhriti, Smriti* and *Vak* is there due to *Shrotorodhaka* and *Agnimandhya*..

Discussion:

In this study total IQ was not taken as assessment criteria as its reliability is questionable. To get more précised, each item's scaled score from the scale table was taken as criteria. Clinical trial had been carried out in 39 students. *Saraswata* capsule improves the capacity of General information with significance at $p < 0.05$. *Saraswata* capsule also improved following capacities of children without statically significance-general comprehension, arithmetic, similarities, picture completion, picture arrangement, block design and mazes. *Braahmyadi* capsule improved performance skills of school going children in picture completion test with high significance $p < 0.01$. *Braahmyadi* capsule also improved general information, general comprehension, arithmetic, picture arrangement, object assembly and mazes.

Conclusion and Result:

Both these test drugs can be used to improve intellectual abilities of school going children as per this study. *Braahmyadi* capsule is most suitable to improve the performance skill of school going children. *Saraswata* capsules are suitable for improving verbal skill of school going children. The drugs have good results in the psycho somatic diseases like enuresis, lack of sleep, and dream problems. These compounds may be most suitable for the people with pathological of *Dhee*, *Smriti* and *Vakpravriti* rather than normal children.

EFFECTS OF COVID-19 ON LITERATURE

Dr. Hemant Sudhakar Dalal

Head and Associate Prof. Department of English, Vidya Wardhini College, Dhule.

Covid-19 is a highly infectious disease. So using face mask, keeping social distance, washing hands regularly and stay home, stay safe become the undivided part of life. Literature is the mirror of society. Literature deals with many themes related with the society. Literature presents the theme of love, family problems, sorry problem, religion, women's problems, corruption, economical, science, political, employment and psychological problems etc. Perviously, the literature presents the social life of man as coming together at the time of happiness or sorrows. Literature also presents the positive and negative sides of society. Perviously, the people live their life easily though having and facing problems in life. Now a days, the pattern of life is totally changed due to Covid-19. Literature presents the reality of life. In the Volume I, History of English Literature, W. R. Good man underlines the greatness of literature under the head ' Literature Among the Arts', as follow :

" Above all, literature is supreme the arts which add grace to human existence. Traditionally, the description "Fine Arts" applied only to Architecture, Sculpture and Painting, all three alike in being plastic and visual. But it is impossible in modern times to relegate literature and music, or even drama and dancing, all of which use symbolic material, to the category of lesser arts, since these are in fact the principal supports of our contemporary culture. Among them literature occupies a central place and is the art which reflects most directly the features of the age, while also reacting upon it most powerfully.

But the fundamental difference between the three arts of Architecture, Sculpture and Painting on the one hand, and the symbolic arts on the other, is that the exercise of the former results in the production of objects which exist permanently and externally in space, and can be touched and handled and scrutinized from any angle of vision; whereas literature, music, drama and dancing can be understood only in terms of time and sequence, and then only with the assistance of an interpreter, whose personality becomes an element of considerable importance, necessarily interposing itself between the original creative mind and ourselves as listeners observes. The consideration of such matters as these is the province of Aesthetics; it concerns us here only so far as it suggests the standing of literature among the arts...."1

Now the novelists, dramatists, the poets, the short story writers, the prose writers, the essaists, and the critics will be presenting the picture of society after Covid-19 in their respective works. The

different social section has different problems. After Covid-19, the new classes emerged in the society such as the Corona Warriors, the suffering patients from Covid-19, the people and the families in the containment zone, Corona positive and negative people, cure people form Covid-19, the problems of the workers, the problems of the police department and the problems before the governments etc.

The ancient literature focuses the life of man in the society. It gives importance to the relationship between the man and the society. It presents the varieties of social aspects. It stresses that man is a social animal. It expects that the man should mixed with the society. But the present society's picture is totally changed. The social distancing becomes the one of the most important remedy to live safe life. The people do not like that someone outsider does not come to their home because Covid-19 is a highly infectious disease.

There is fear in the mind of the people now. The man can enjoy life without the fear. But today the fear of Covid-19 alerts the man to take care from infection of Covid-19. Using the mask, social distancing, washing hands regularly, stay home stay safe and immunity power become the undivided parts of the human life. Perviously, the man can enjoy free life, fresh air in the nature, social life and travelling anywhere. The ancient literature presents the above things. There are many works of literature particularly the poems that deal with the themes of human relationship with the nature, for example, William Wordsworth's poem ' Lines Composed a Few Miles above Tintern Abbey on Revisiting the Banks of the Wye during a Tour July, 13 1798."

".....A lover of the meadows and the woods
And mountains, and of all that we behold
From this green earth; of all the mighty world
Of eye, and ear, both what they have create,
And what perceive; well pleased to recognise
In nature and the language of sense
The anchor of my purest thoughts, the nurse,
The guide, the guardian of my heart, and soul
Of all my moral being....."2

The above poem presents the bond between the man and the nature. But Covid-19 changes the way of life. Lockdown brings ban on nearabout everything. The many patients of Covid-19 are found in the city as compared to the villages. The medical theories and medicine seem before Covid-19. The World Health Organisation gives stress on the immunity power of the human being. The immunity power increases due to the green vegetables,fruits and herbs. Once again the city life and the village life is compared here as seen in the Romantic Age in Victorian Age.

In future, the themes, stories and plots of literary works are definitely inspired and impressed by Covid-19 life. The human relations are changed. The pandemic life of Covid-19 life is totally different from the routine life of human being. The man wants to enjoy previous life. Now he understands the importance of previously life which is full of easiness and freeness as to compare with the life of covid-19 pandemic life. The literature which will be composed or written in covid-19 time, may be known as ' the Literature of Covid- 19 or ' Covid-19 Literature.'

In the Romantic Age, the poets present the relationship of human being with the nature, for example, John Keat's poem ' Ode to a Nightingale',

" My heart aches, and a drowsy
numbness pains
My sense, as though of herlock I had drunk,
Or emptied some dull opiate to the
drains
One minute past, and Lethe-wards
had sunk :
' Tis not through envy of thy happy lot,
But being too happy in thine
happiness,....."2

The literature in the time of covid-19 may be deals with the life of the man who faces the pandemic of Covid-19, who lose his family, lover, friend, parents, children, or life due to Covid-19. It also deals with the fighting, life or sacrifice life of corona warriors. The life of workers, farmers, middle class man life or old person life may be the theme or subject of literature of covid-19. The writers may also present different topics or subjects which the common man's eyes cannot see. Fear of death in the pandemic time of Covid-19 will be one of the major theme or subject of the future literature.

The literature may be deals with the subject of online and digital business, teaching-learning and work from home activities also. It may present the effect of all these activities on human being. Lockdown becomes the turning point in the life of many people. No doubt, it has positive side also. But many people lose their jobs and business. The State Government and the Central Government activities will also become the subject of many literary works. Some literary writers from America, some from China, some from England and some from India will present the subject or theme of the pandemic life in their respective countries. So the comparative literature has also wide scope. The mortality rate in America is high. So the American writers will present more elegies or dramas on the present situation.

The man's social relation is definitely changed due to social distancing. In the past, the involvement of the man in the society is important. But today the man's social distancing is suppose the most important part of life. No doubt, social distancing has its own important in the present situation. It is the need of time. But it makes the man alone. So many people are suffering from the problems of depression and loneliness. Few persons make suicide. The present situation has the bitter picture of human life which is beyond one's imagination.

The literature will present all the above things in an effective way. It will be a different kind of literature in the human history. It will present the difference subject matters. The life has many colours. The human being imagines many good and bad things. Sometime the reality of life is more better than the imagination. The literary writers definitely need different style and way of presentation of these subject matters because it is not the regular life of human being.

References:

1. Goodman, W.R. History of English Literature, Volume I, Doaba House Booksellers and Publishers, Delhi, 2000, P.5,6
2. <https://www.poetryfoundation.org>
3. [https:// interesting literature.com](https://interesting literature.com)

COVID-19'S IMPACT ON IT SPENDING

Aruna Sandeep Mundhe

Asst. Professor Dnyanopasak College, Parbhani.

Introduction:

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people and those with underlying medical problems like cardiovascular disease diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette.

Further supporting the Coronavirus Impact Index by Industry analysis, Andrew Bartels, VP & Principal Analyst at Forrester, published his latest forecast of tech growth today in the post, The Odds of a Tech Market Decline In 2020 Have Just Gone Up To 50%.Key insights from Forrester's latest IT spending forecast and predictions are shown below:

Forrester is revising its tech forecast downward, predicting the US and global tech market growth slowing to around 2% in 2020. Mr. Bartels mentions that this assumes the US and other major economies have declined in the first half of 2020 but manage to recover in the second half.

If a full-fledged recession hits, there is a 50% probability that US and global tech markets will decline by 2% or more in 2020.In either a second-half 2020 recovery or recession, Forrester predicts computer and communications equipment spending will be weakest, with potential declines of 5% to 10%.Tech consulting and systems integration services spending will be flat in a temporary slowdown and could be down by up to 5% if firms cut back on new tech projects. Software spending growth will slow to the 2% to 4% range in the best case and will post no growth in the worst case of a recession.

The only positive signs from the latest Forrester IT spending forecast are the continued growth in demand for cloud infrastructure services and potential increases in spending on specialized software. Forrester also predicts communications equipment, and telecom services for remote work

and education as organizations encourage workers to work from home and schools move to online courses.

Effect of COVID 19 on IT sector:

The significant weaknesses the IT industry is facing now is due to the fall in the economy, as a lot of companies are forced to ask their employees to work from home (remotely) keeping in the account of the public health concerns. Due to this, there is a massive loss in opportunity for many companies who have international dealers. For example, Apple Inc. is estimated to have at least 10% fall in its shares because of the lack of availability of iPhones in the market. The parts that are required to build the iPhones are supposed to come from China, and it is facing a major lockdown.

The spread of this deadly virus has caused a lot of tech conferences to get cancelled, which could have been a great partnership opportunity for many companies to expand their horizons. A few of the meetings were shifted to teleconferences, but this won't have the same reach, and the conference attendees will not be able to have the networking opportunity as they would be attending the actual conference. Due to the cancellation of these major tech conferences, there is an estimated loss of US\$ 1 Billion. The IT Industry has been India's leading sector to economic growth. It plays an imperative role in fulfilling the country's several middle-class dreams of accomplishment and aspirational careers.

However, due to coronavirus Covid-19 outbreak, players in India's IT services, according to industry analysts, will see a significant slowdown in growth during this financial year. Reports claim that top software exporters, including Tata Consultancy Services, Infosys, and HCL Technologies, will be impacted most by the lessened technology spending from clients in the US and Europe following lockdowns across the globe.

In the time of crisis, Brokerage HDFC securities anticipates IT sector revenue to cut down by 2-7 percent due to a delay in decision making in the next six months while businesses assess the impact of the virus. Customers are also expecting to reduce their IT budgets and slow down new initiatives due to the fear of uncertain economic situation and recession. In a statement, former Chief Financial Officer at Infosys Ltd V Balakrishnan said last month that there will be an impact on the Indian Information Technology industry for multiple reasons. With the restriction on movement of people following the scare, Indian IT companies' ability to deliver services on-site could get severely impacted but that could be addressed to some extent by working remotely.

According to the National Association of Software and Services Companies (NASSCOM), India's software and services exports grew 8.1 percent to US\$147 billion in the fiscal year 2020. Moreover, Infosys and HCL Technologies give annual forecasts, while Wipro gives revenue guidance for a quarter. However, these firms are yet to announce dates for their quarterly results.

Meanwhile, other IT firms in the country such as TCS and Infosys begin the results calendar in the second week of April.

In recent times, Indian firms have faced several projects cancellations by clients across sectors due to limitations in air travel and shutting down of cities and countries to contain the spread of the Covid-19 pandemic.

Disguised benefits in this pandemic:

Even after all this, compared to many other industries, the expected to have an enormous market boom from US\$ 131 Billion in 2020 to US\$ 295 in the next five years by 2025. The main reason for this increase in the economy for this industry is the increased demand for software and social media platforms such as Google Hangouts, What Sapp Video call, Zoom, and Microsoft Teams. All these teleconferencing tools help the people who are in quarantine to stay in touch with their family members as well as have conference meetings and work at the same time. The economy will also blossom because, during these crises, people understood the importance of the internet and technology as this is helping us stay safe and helping in the communication between the doctors and the public.

Blooming Opportunities and Threats in the IT industry:

Due to the coronavirus, a lot of opportunities opened up in the IT industry, such as the growing need for them. This will help increase connections that support the primed remote interactions. This has become the top priority for many organizations due to the pandemic. is one of the developing industries in the crises. This could help people to get diagnosed, treated and operated with the need of a physician to be physically present. A lot of apps have been built in the past few months to help achieve this. There are many patients who are in self-quarantine who need medical supervision and medical assistance every day, and these applications could help them achieve that.

There are a few threats too, such as after the pandemic is over what would happen to the IT sector? May exporters in this industry feel that it will not be able to stabilize after the downfall, unlike the 2008 global economic and financial meltdown? Back then, the central banks helped to improve the stability of the market, but now even the central banks are helpless.

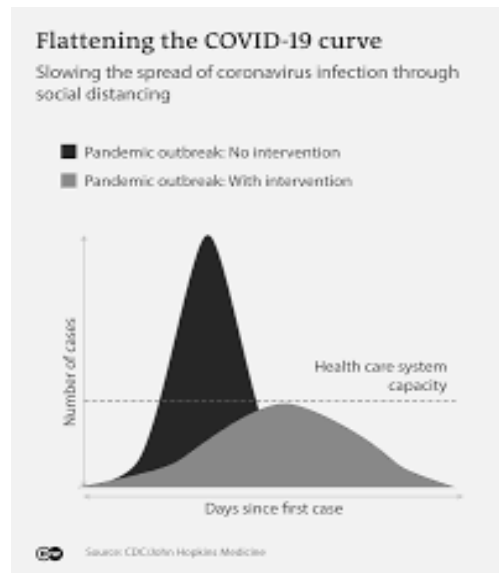
IT-enabled services companies in India may have to trim their workforce or hire more flexi staff as part of cost cutting measures with projects getting delayed due to the Covid-19 pandemic. Contrary to popular belief that flexi staff could be the first to be laid off during such times, experts believe they may actually have an advantage as they come with variable cost structures and minimal compliance requirements.

As a result of continued slowdown in business, companies will ensure tight control on costs and trimming of staff will be one of the many measures that will be used. When this stage does

arrive, IT companies will use factors like skills & competency, outcomes & impact, and costs & compliance when deciding which employee types will be given a trim

While there is no single silver bullet to suit all types of organizations, retention of employees will be dictated based on client needs, skill requirements, and financial health of the company. As companies try to ensure least impact on financial payouts and compliance costs, and focus more on outcome-driven engagements, flexi workers have an upper hand," Gogia said. Most IT companies do not make public the number of flexi staff they employ and some of the companies Mint reached out to, including TCS, Wipro, and Genpact, did not comment for the story.

Clients may opt for additional staff against permanent placements in such an uncertain environment. Indian IT services industry is expected to see an adverse impact for a short-term due to COVID-19 outbreak with the sector clocking a lower growth of 3-5 per cent in current financial year, according to ratings agency ICRA. ICRA previously expected the sector to grow at 6-8 per cent. With the slowdown in growth during the first half of 2020-21, the margins will also be negatively impacted before a likely recovery in next the financial year, ICRA said in a statement.



Conclusion:

Every industry is economically hurting already from the COVID-19 pandemic. Now is the time for enterprise software providers to go the extra mile for their customers across all industries and help them recover and grow again. Strengthening customers in their time of need by freely providing remote collaboration tools, secure endpoint solutions, cloud-based storage, and CRM systems is an investment in the community that every software company needs to make it through this pandemic too.

References:

1. https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200308-sitrep-48-covid-19.pdf?sfvrsn=16f7ccef_4
2. <https://economictimes.indiatimes.com/news/politics-and-nation/india-reports-75-coronavirus-cases-and-1-death/> Allen, F., & Carletti, E.. An overview of the crisis: Causes, consequences, and solutions.
3. International Review of Finance, Bagliano, F. C., & Morana, C. The Great Recession: US dynamics and spillovers to the world economy. *Journal of Banking & Finance*, 36(1), 1-13.
4. Bentolila, S., Jansen, M., & Jiménez, G. (2018). When credit dries up: Job losses in the great recession. *Journal of the European Economic Association*, 16(3), 650-695.
5. Bezemer, D. J. (2011). The credit crisis and recession as a paradigm test. *Journal of Economic Issues*, 45(1), 1-18.
6. El-Erian, M. (2020). The Coming Coronavirus Recession and the Uncharted Territory Beyond. *Foreign Affairs, Media Report*. Available at: <https://www.foreignaffairs.com/articles/2020-03-17/coming-coronavirus-recession>
7. Financial Times (2020). Global recession already here, say top economists. Available at: <https://www.ft.com/content/be732afe-6526-11ea-a6cd-df28cc3c6a68>
8. Gaiotti, E. (2013). Credit availability and investment: Lessons from the “great
9. recession”. *European Economic Review*, 59, 212-227.
10. Georgieva, K (2020). IMF Managing Director Kristalina Georgieva’s Statement Following a G20 Ministerial Call on the Coronavirus Emergency. IMF Press statement. Available at: <https://www.imf.org/en/News/Articles/2020/03/23/pr2098-imf-managing-director-statement-following-a-g20-ministerial-call-on-the-coronavirus-emergency>
11. Horowitz, J. (2020). The global coronavirus recession is beginning. CNN. Media report. Available at: <https://edition.cnn.com/2020/03/16/economy/global-recession-coronavirus/index.html>
12. Jagannathan, R., Kapoor, M., & Schaumburg, E. (2013). Causes of the great recession of 2007–2009: The financial crisis was the symptom not the disease. *Journal of Financial Intermediation*, 22(1), 4-29.
13. Larry Elliot, L. (2020). Prepare for the coronavirus global recession. *The Guardian*. Media report. Available at: <https://www.theguardian.com/business/2020/mar/15/prepare-for-the-coronavirus-global-recession>

CASE CONTROL STUDY TO EVALUATE EFFICACY OF BALADI GHANA VATI AND HINGU CHURNA IN UDAVARTINI YONIVYAPAD

Vd.Pranjali Ramchandra Jagtap¹ . Vd. Vishakha Pachore²

¹PG Scholar, ²Guide and Asso.Professor, Dept. of Strirog and Prasutitantra , Ashwin Rural Ayurved College Manchi Hill Sangamner, Dist.Ahmednagar,Maharashtra, India.

Abstract:

Dysmenorrhea is one of the most common clinical entities encountered in regular practice by the gynecologists. Dysmenorrhea means painful menstruation. Majority of the subjects experienced pain for one or 1-2 days during menstruation. 23.2% of the dysmenorrheic girls experienced pain for 2-3 days. Dysmenorrhoea literally means painful menstruation but more realistic and practical definition includes cases of painful menstruation of sufficient magnitude so as to incapacitate day to day activities. The primary dysmenorrhoea is one where there is no identifiable pelvic pathology. Primary dysmenorrhea is correlated with *Udavartini yonivyapad* in *Ayurveda*. No successful advances have been made in the line of management till today by western medicine. According to our science the major cause of the disease is prakupita vata with viloma gati and thus vata shaman with its prakupita gati / anuloma gati will solve the problem. This is an attempt to explore for safe and efficient ayurvedic treatment modalities for prakupit vata. Hingu churna is for vata anulomana⁷ and Baladighana vati for vedana shaman by vataj shool chikitsa

Keywords: Primary *Dysmenorrhea*, *Udavartini yonivyapad* , Hingu churna, Baladighana vati

Introduction : Udavartini Yonivyapada with synonyms as Udavrta and udavratta is vataj yonirog¹. Udavrta (painful upward movement of vata), mala avrodha (obstruction to passing flatus & faces), adhmaan (distension of abdomen) and agninashta (loss of appetite) are symptoms of suppression of apan vata vega. As apan vata suppression causes udavrta which is the main cause of 'Udavrtini Yonivyapada' mention by charak. The women get painful menstruation because of tendency of the discharge to move in reverse direction. Practically these problem is seen in school going girls. Many time they suppress the apan vata and later stage this complaints develops². Prakupit apan vayu with vilom gati fills yoni pradesha with vayu. Due to this there is vedana, the lady feels relief immediately following the discharge of menstrual blood¹. The Udavartini Yonivyapada can be co related to Spasmodic Dysmenorrhoea of Modern science.

Adolescence is transition period from childhood to adulthood and is characterized by a spurt in physical, endocrinal, emotional and mental growth with change from complete dependence to

relative independence. The period of adolescence for a girl is a period of physical and physiological preparation for safe motherhood. As the direct reproducers of future generations, the health of adolescent girls influences not only their own health but also the health of the future population. Almost a quarter of Indian population comprises of girls below 20 years. One of the major physiological changes that take place in adolescent girls is the onset of menarche, which is often associated with problem of irregular menstruation, excessive bleeding and dysmenorrhoea. Of these dysmenorrhoea is one of the common problems experienced by many adolescent girls³. Majority of the subjects experienced pain for one or 1-2 days during menstruation. 23.2% of the dysmenorrhoeic girls experienced pain for 2-3 days⁴. Dysmenorrhoea literally means painful menstruation but more realistic and practical definition includes cases of painful menstruation of sufficient magnitude so as to incapacitate day to day activities. The primary dysmenorrhoea is one where there is no identifiable pelvic pathology⁵. Primary dysmenorrhoea is predominantly confined to adolescent girls. It usually appears within 2 years of menarche. The mother or her sister may be dysmenorrhoeic. It is more common amongst girls from affluent society. The pain begins a few hours before or just with the onset of menstruation. The severity of pain usually last for few hours, may extend to 24hrs but seldom persist beyond 48 hrs. The pain is spasmodic and confined to lower abdomen may radiate to the back and medial aspects of thigh. Systemic discomfort like nausea, vomiting, fatigue, headache and tachycardia may be associated. Rarely syncope & collapse in severe case may be associated. Abdominal or pelvic examination does not reveal any abnormal findings⁶. Though modern medicine has made an unbelievable progress in understanding “dysmenorrhea”, no new progress has been made in the line of management. Moreover, the principal drugs, i.e., NSAIDS, used have many side effects in sensitive individuals, which restrict their use. An attempt has been made here to treat this condition with Ayurvedic drugs mentioned in Ayurvedic classics

Objective of study : To evaluate efficacy of baladi ghana vati and hingu churna in udavartini yonivyapada .

Method of selection of Study subjects

Inclusion criteria

1. Patients between age group of 18-35 yrs.
2. Patients presenting with pratyatma lakshan of Udavartini Yonivyapada.
3. Patients diagnosed with spasmodic dysmenorrhoea i.e. pain start from onset of menstruation; the pain is spasmodic and confined to lower abdomen may radiate to the back and medial aspects of thigh

Exclusion criteria

1. Patients with fibroid uterus, malignancy, uterine polyp, cervical polyp, PID, endometriosis, IUCD'S etc. diseases related to urogenital system.
2. Patients with systemic disorders like diabetes mellitus, hypertension, tuberculosis etc.
3. Lactating mother.
4. Patients on hormonal therapy and OCP's.
5. Irregular menstrual cycle
6. Amenorrhoea

Withdrawal Criteria:

1. If patients develop any adverse effect.
2. If not responding to treatment and aggravation of system.
3. Patients refuse to continue treatment.

Assessment Criteria:

The criteria for assessment of treatment based on,

Subjective Criteria:

1. Duration of flow 3-6 days.
2. Interval between 2 consecutive menstrual cycles 26-30 days
3. Initiation of pain
4. Pain length
5. Inability to carryout daily routine – present (+) Absent (-)
6. Pain location

Objective Criteria:

1. Suprapubic cramps – no pain (0) mild (1,2,3) moderate (4,5,6) severe (7,8,9,10) using visual pain analog scale
2. Lumbosacral backache - no pain (0) mild (1,2,3) moderate (4,5,6) severe (7,8,9,10) using visual pain analog scale
3. Pain radiating to anterior aspects of thigh - no pain (0) mild (1,2,3) moderate (4,5,6) severe (7,8,9,10) using visual pain analog scale.

Case Report: A unmarried female patient of 20 year old came with complaints of abdominal pain and backache on 1st to 3rd day of menstruation with no medical history ,approached the OPD of Ashwin Rural Ayurved College,Manchi Hill, Sangamner.

c/o- pain in abdomen ,backache on onset of menstruation, malavshatba(constipation).

Prakruti- vatpradhan pitta

Initiation of pain – first day

Pain length- 2-3 days (grade 3)

Pain location- suprapubic cramps, lumbosacral backache

Suprapubic cramps :moderate (pain subside with use of analgesics)- Grade 5

Lumbosacral backache: moderate (pain subside with use of analgesics)- Grade 5

Final assessment Criteria : no relief

Treatment given : HINGU CHURNA will give in the dose of 1tsp with ushna jala / ghruta at bed time, for 7 days before the onset of menstruation, for 3 cycles (dose fixation will have done on basis of koshtha of patients)

BALADI GHANA VATI will give during the menstruation in the dose of 1TDS for 5 days, for 3 cycles.

Follow Up Study:1st day of menstruation and after menstrual period, every cycle for 3 cycles.

Result:

Follow up 1 st menstrual cycle		Grade	Follow up 3 rd menstrual cycle		Grade
Initiation of pain	1 st day		Initiation of pain	1 st day	
Pain length	2-3day	moderate	Pain length	1-2day	mild
Suprapubic cramps	Moderate	5	Suprapubic cramps	Mild	2
Lumbosacral pain	Moderate	5	Lumbosacral pain	Mild	2

Result shows that from 1st menstrual cycle to 3rd menstrual cycle pain length and intensity decreases from moderate to mild.

Discussion :

Prakupit apan vayu with vilom gati fills yoni pradesha with vayu. Due to this there is vedana, the lady feels relief immediately following the discharge of menstrual blood². The Udavartini Yonivyapada can be co related to Spasmodic Dysmenorrhoea of Modern science. According to Ayurveda major cause of the disease is prakupita vata with viloma gati and thus vata shaman with its prakupita gati / anuloma gati will solve the problem. This is an attempt to explore for safe and efficient ayurvedic treatment modalities for prakupit vata. Hingu churna is for vata anulomana⁷ and Baladighana vati for vedana shaman by vataj shool chikitsa⁸

Conclusion:

Primary dysmenorrhea (spasmodic type) can be correlated with *Udavartini yonivyapad* in *Ayurveda*. A case control study with Baladighana vati and Hingu churna has shown encouraging results in .Baladighana vati for vedana shaman and Hingu churna for vata

anuloman. *This both drugs showing beneficial effect in udavartini yonivyapad that they decrease intensity of pain from moderate to mild.* There are no side effects noticed during usage of medication.

Reference:

1. Charaksamhita of Agnivesa Volume II Vaidyamanorama Hindi Commentary by Acharya Vidyadhar Shukla, Prof.Ravi Dutta Tripathi forwarded by Acharya Priyavatta Sharma, Chaukhamba Sanskrit Pratisthan Delhi. Edition: Reprint 2009. Cha.Chi 30/25-26, page no.757
2. Journal Of Snskrit Samhita Sidhanta, A study of the concept of vegadharana and its correlation with koshtashrit vyadhi ,2017, Vol 3| 1: Jul-Sept, ISSN:2454-3926.
3. Indian Journal of Community Medicine: Official Publication of Indian Association of Preventive and Social Medicine. A Study of Dysmenorrhoea During Menstruation in Adolescent girls. Anil k Agarwal & Anju Agarwal, <https://www.ncbi.nlm.nih.gov>
4. Global Journal of Health Science, Primary Dysmenorrhea and Menstrual Symptoms in Indian Female Students: Prevalence, Impact and Management. www.ncbi.nlm.nih.gov
5. D.C. DUTTA's Textbook of Gyneacology Sixth Edition, Chapter 13, Dysmenorrhoea & Other Disorders of Menstrual Cycle, page no.171
6. D.C. DUTTA's Textbook of Gyneacology Sixth Edition, Chapter 13, Dysmenorrhoea & Other Disorders of Menstrual Cycle, page no.172
7. The Vrajjivan Ayurvijnana Granthamala 24, Charaksamhita Of Agnivesa Volume I Edited with Vaidyamanorama Hindi Commentary by Acharya Vidyadhar Shukla, Prof. Ravi Dutta Tripathi forward by Acharya Priya Vrata Sharma, Chaukhamba Sansrit Pratisthan.Reprint Edition 2009, Cha.Su-25/40, page no-338
8. Yogratnakara with Vidyotini,Hindi Commentary by Vaidya Laksmipati Sastri, Chaukhambha Prakashan, Edition- Reprint V.S 2070, Uttarardham, Shoolnidan vyakhyasym, Vatshoolchikitsaman, Baladikwath- 1, page no-4.

ROLE OF AGNIKARMA THERAPY IN THE MANAGEMENT OF KADARA (CORN): A CASE REPORT

Dr.Avinash G. Bendarkar ¹
Dr.Gayatri Mawale (M.S. Shalya Tantra)²

1. P.G. Scholar, Dept of Shalya Tantra

2. P.G. Guide and HOD Dept. of Shalya Tantra and Dean. Dr. VJD Gramin Ayurveda College and Hospital Patur, Akola -444501

ABSTRACT

Kadara (corn) is initially painless but with its progress, it may become painful. In modern science, corn is being treated by using anti inflammatory drugs, corn cap, salicylic acid and excision. Even today there is no satisfactory and permanent treatment available for corn because of its high recurrence tendency. According to Ayurveda, 'Kadara' can be correlated with the condition of 'corn'. Acharya Sushrut has advised Agnikarma for Kadara. Hence, in this study Kadara was treated by Agnikarma with loha Shalaka in a systematic manner for a duration of 3 week with intervals of 7 days in 3 sittings. Here, I have applied two types of Agnikarma. i.e. Pratisaran (flat type) and Bindu (dotted type) which were used in combination with application of go ghrita for better results. This therapy provided in encouraging result in the management of kadar vyadhi.

KEY WORDS: Kadara, Corn, Agnikarma, loha Shalaka

INTRODUCTION:

The disease corn is a localized hyperkeratosis of the skin(1). It usually occurs at the site of pressure E.g. On the sole and toes, occurring due to defective foot wear, thorn prick, etc(2). There is usually a horny induration of the cuticle with a hard centre. Corn is initially painless. but it may be painful particularly when it is rubbed. Corn has tendency to recur after excision. It has a deep central core which reaches to the deeper layers of dermis(3) The disease 'Kadar' is explained in "Kshudra-roga". It is said that repeated injuries & friction to the sole with thorns, stones etc. leads to kadar (4) According to Ayurveda corn can be correlated with the disease 'Kadara'. On the basis of symptoms given by Acharya Sushruta(5)i.e. Keelavat (lesion have a central core) kathin (hard), granthi (knotted), Madhyo Nimna (depressed in the central) or Unnat (elevated in the central),Kolmatra ,saruk,sravi (Discharge)In reference to Chikitsa of Kadara, AcharyaSushruta and Dalhana mentioned the seat of the affected lesion should be excised and Agnikarmashould be carried out with oil(9). The help of for further evaluation in Agnikarma we carried out Pratisaran and Bindu in combination with the help of Loha Shalaka .(10). This combined therapy seems to be more effective to provide instant relief. If done perfectly, the disease does not reoccur.A single case study

of corn is reported here which was treated by combination or fusion Agnikarma in 3 sittings at an interval of 7 days. After 3 week ., the patient got relief from elevation of swelling and pain.

CASE REPORT:

A 45 year female patient came in OPD of Shalya Tantra department of *Ayurved Rughalay*, complaining of pain and elevated cystic swelling present on dorsal aspect of right sole due to rough and hard foot wear and barefooted. History reveals that problem started since 1yr . There was no history of direct trauma except that the patient was used to walk bare footed on rough roads. There was a history of excision of elevated layers of corn done repeatedly by the patient herself, before visiting us. On the basis of clinical examinations the patient was diagnosed as a case of corn at the right sole. After careful assessment and examination, patient was treated with Agnikarma.

Systemic Examination:

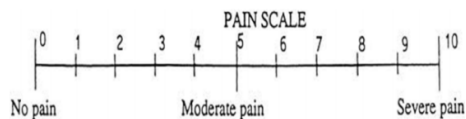
1. General condition of patient is fair
2. Pulse rate: 88/min
3. B.P. 140/80 mm of Hg
4. RS - AEBE clear, CVS – S1 S2 normal, CNS – well conscious oriented

Ashtavidhpariksha:

1. Nadi–Vatpradhanpitta
2. Mala–malavshtambha (occasional)
3. Mutra– samyakpraritti
4. Jivha–niram
5. Shabd–spashta
6. Sparsh–ushana ruksh
7. Druk–panduta
8. Akriti–madham

ASSESSMENT CRITERIA:

- ASSESSMENT OF PAIN



Pain Intensity
Visual Analog Scale

	1 setting	2 setting	3 setting
Before treatment	7	6	3
After treatment	5	4	0

MATERIALS & METHODS

For present study, the materials used are Loha shalka, Gas Stove, goghrit, Gauze pieces, Sponge holding forceps -

Methods:

After written informed consent, The red hot lohshalaka is applied to kadam. Firstly, Agnikarma on corn was done by Pratisaran (flat type method) with the base of Loha shalaka followed by Bindu (dotted type method) with the tip of Shalaka. Agnikarma done till twinkling appearance. During entire procedure, goghrit was applied after application of red hot Shalaka to get relief from burning sensation. Appropriate precautions were taken to avoid production of Asamyak dagdha (neither superficial nor deep burn).

The Agnikarma was repeated 3 times at the interval of 7 days for desirable results. Patient was advised to apply the paste of Haridra powder mixed with coconut oil at bed time upto normal appearance of skin.

DISCUSSION:

The disease 'Kadam' is explained in "Kshudra-roga" by Acharya Shushruta. According to him, "Kshudra Roga" is a disease having simple pathology but very difficult to be cured. Vata & Kapha are mainly responsible Dosha and Dushya Meda and Rakta in the pathogenesis of Kadam. According to Acharya Sushruta when Bleshaja Chikitsa, Kshar Chikitsa and Shastra Chikitsa are unable to cure the disease only then Agnikarma can be used. As only Agnikarma therapy has a property to destroy the pathology in the deeper structure. Even modern science has also mentioned that central core of corn reaches in the deeper layers of dermis and hence Agnikarma is the only therapy which can destroy the hyperkeratosis of skin with the properties of Ushna, Tiksha, Sukshma, Vyavai, Vikasi and Pachana Gunas of Agni (12)

CONCLUSION:

- 1) Agnikarma therapy is more satisfactory in the management of corn.
- 2) It has no side effects, complications & recurrence. Agnikarma is instant relief.
- 3) The therapy is cost effective as compared to surgical excision.



REFERENCES

1. S.Das; A concise textbook of surgery; S. Das publication, Calcutta, 4th edition, 1999, pg.no. 122.
2. Dr. Anant kumar Shekokar & Dr. kanchan Shekokar, Shalya tantra 2, Shantanu prakashan, Ahmednagar, 2nd edition 20, pg.no. 83.
3. Bailey & Love, Short Practice of Surgery, Oxford University Press Publication, New York, 23rd Edition, 2000, Pg.no. 173.
4. Ayurvedacharya shreeyadunandanaopadhyaya, Madhavanidanam Part-1, Chokhamba Sanskruta Sansthana, Varanasi, 31st Edition, 2002, Adhyaya no.55, Kshudraroganidan, Sutra no.26, Page.no. 203.
5. Dr. Anantram Sharma, Sushruta Samhita Part-1, Chokhamba Surbharati Prakashan, Varanasi, 1st Edition, 2001, Nidan Sthan, Adhyaya no.13, Kshudraroganidan, Sutra no.31, Page.no. 558.
6. S.Das; A concise textbook of surgery; S. Das publication, Calcutta, 4th edition, 1999, pg.no. 122.
7. Ayurvedacharya shreeyadunandanaopadhyaya, Madhavanidanam Part-1, Commentry of Bhoja, hokhamba Sanskruta Sansthana, Varanasi, 31st Edition, 2002, Adhyaya no.55, Kshudraroganidan, Sutra no.26, Page.no. 203.
8. Dr. Anantram Sharma, Sushruta Samhita Part-1, Chokhamba Surbharati Prakashan, Varanasi, 1st Edition, 2001, Sutra Sthan, Adhyaya no.12, Agnikarmavidhiadhyaya, Sutra no.10, Page.no. 87.
9. Vd. Yadavji Trikamji Acharya; Sushrut Samhita of Sushruta with commentary of Dalhanacharya, chaukhamba surbharati prakashana, Varanasi, 2003, Chikitsa Sthan, Adhyaya no.20, Kshudrarogachikitsa, Sutra no.23 pg.no. 479.
10. Dr. Anantkumar Shekokar & Dr. Kanchan Shekokar, Principles & Practices of Agnikarma, Vol.1, Edition 2nd, Shantanu Publication, 2007, Pune, Page no.49.
11. Dr. Devendranatha pande, Anushtra karma parasurgical therapy at a glance, Vol.1, Edition 1st, Chaukhambha Publication, 2009, Varansi, Page no.75.
12. Dr. P.D. Gupta, Agnikarma Technological Innovation (Treatment by therapeutic Burning), Vol.1, Edition 1st, Prabha Publication, 1992, Nagpur, Page no.35.

परंपरागत राजकीय विश्लेषणाची - एक अभ्यास पध्दती

डॉ. संभाजी संतोष पाटील

श्री शि.वि.प्र. संस्थेचे भाऊसाहेब ना.स. पाटील साहित्य व मु.फि.मु.अ. वाणिज्य महाविद्यालय, धुळे.

प्रस्तावना :

राज्यशास्त्राच्या अभ्यास दृष्टीकोनाच्या बाबतीमध्ये राजकीय विचारवंतांमध्ये एकमत आढळून येत नाही. अभ्यास करण्याच्या दृष्टीने त्यांच्यात मतभिन्नता आहे. पारंपारीक राज्यशास्त्रामध्ये राज्य आणि शासनसंस्था यांचाच प्रामुख्याने विचार करण्यात येत असे. परंतु आजच्या आधुनिक काळात राज्यशास्त्राच्या अभ्यासाची कक्षा फारच व्यापक झालेली आहे. याचे कारण म्हणजे भौतिक शास्त्रातील अध्ययन पध्दतीचा स्विकार आधुनिक राज्यशास्त्रामध्ये करण्यात आलेला आहे. त्यामुळे राज्यशास्त्राचे स्वरूप बदलून गेले आहे. त्यास आज राजकारण व राजकीय विश्लेषण या नात्याने ओळखले जाते. कोणतेही शास्त्र हे गतीमान असते. राज्यशास्त्र त्यास अपवाद नाही. प्राचीन काळापासून चालत आलेले राज्यशास्त्र हे महत्वपूर्ण शास्त्र आहे. ग्रीकच्या कालखंडामध्ये त्याचा उदय झालेला दिसून येतो. २० व्या शतकाच्या मध्यापर्यंत त्याचा एका विशिष्ट दिशेने विकास झाला. द्वितीय महायुद्धानंतर राज्यशास्त्राचा आशय बदलला. राज्यशास्त्राच्या अभ्यास पध्दती बदलल्या. नव्या राज्यशास्त्राचा उदय १९५० नंतरच्या काळात झाला. जून्या आशयाच्या राज्यशास्त्राला परंपरागत राज्यशास्त्र असे म्हणतात. ते १९५० च्या आधीच्या काळातील राज्यशास्त्र आहे. १९५० च्या पुर्वीचे राज्यशास्त्र म्हणजे परंपरागत व नंतरचे राज्यशास्त्र म्हणजे आधुनिक असे म्हणणे योग्य नाही. १९५० पुर्वी देखील काही राज्यशास्त्राचा दृष्टीकोन आधुनिक स्वरूपाचा होता. अॅरिस्टॉटल आणि कार्ल मार्क्स यांचा राज्यशास्त्रविषयक दृष्टीकोन शास्त्रीय स्वरूपाचा होता. परंपरागत आणि आधुनिक असा भेद करणे अयोग्य ठरते जे आज आधुनिक मानले जाते. ते काळाच्या ओघात परंपरागत होणार आहे. आधुनिक राज्यशास्त्र आणि परंपरागत राज्यशास्त्र यांच्यातील आशय आणि त्यांच्या अभ्यासपध्दती यात फरक असल्यामुळे दोन वेगवेगळी नावे देणे क्रमप्राप्त ठरते. डेव्हिड ईस्टनने १९५३ मध्ये 'राजकीय व्यवस्था' हा ग्रंथ प्रकाशित करून राजकीय विचारवंतांमध्ये एक खळबळ उडवून दिली. राज्यशास्त्रीय विवेचनात एक नवे पर्व सुरु केले. ईस्टन यांनी आपल्या ग्रंथामध्ये केलेल्या विवेचनास 'आधुनिक राजकीय विश्लेषण' असे म्हटले जाते. म्हणून डेव्हिड ईस्टनला आधुनिक राज्यशास्त्राचा जनक म्हटले जाते. त्याने राज्यशास्त्राच्या अभ्यासातील पारंपारीक पध्दती त्याज्य मानून राजकीय विश्लेषणाच्या नविन पध्दती स्विकारल्या.

शोधनिबंधाचा उद्देश :

'परंपरागत राजकीय विश्लेषणाची एक अभ्यास पध्दती' याचा अभ्यास करणे हा प्रस्तुत लघुशोध निबंधाचा उद्देश आहे.

संशोधनाची उद्दिष्टे :

- १) परंपरागत राजकीय विश्लेषणाची माहिती अभ्यासणे.
- २) परंपरागत राजकीय विश्लेषणाच्या वैशिष्ट्यांची माहिती जाणून घेणे.
- ३) पारंपारीक राजकीय विश्लेषणाच्या विविध दृष्टीकोनांची माहिती जाणून घेणे.

संशोधन पध्दत :

प्रस्तुत लघुशोध संशोधनासाठी दुय्यम साधनांचा अवलंब करण्यात आलेला आहे. त्यात प्रकाशित, अप्रकाशित ग्रंथ इत्यादी साधनांचा वापर करण्यात आला आहे. संकलीत माहितीच्या आधारे शोधनिबंधाच्या अभ्यासाची योग्य मांडणी करण्यात आली आहे.

परंपरागत राजकीय विश्लेषण अर्थ व स्वरूप :

'मनुष्य हा समाजशील प्राणी आहे' असे ग्रीक विचारवंत अ‍ॅरिस्टॉटलने म्हटले आहे. समाज सोडून राहणारा मानव एकतर पशु असला पाहिजे किंवा परमेश्वर असला पाहिजे. समाजामध्ये राहणे हि मानवाची नैसर्गिक प्रवृत्ती आहे. त्याचा विकास समाजामध्ये होतो. त्याच्या सर्व गरजा समाजात पूर्ण होतात. व्यक्तीव्यक्तीमध्ये जसे सहकार्य असते तसाच त्यांच्यात अनेकदा संघर्ष होऊ शकतो. संघर्ष कमी करण्यासाठी आणि व्यक्तीव्यक्तीमध्ये संबंध निश्चित करण्यासाठी समाजाचे नियमन करावे लागते अशा प्रकारचे नियमन करण्यासाठी कायद्याची आवश्यकता असते. कायदा करण्यासाठी आणि त्याची कार्यवाही करण्यासाठी शासनाची गरज असते. अशाप्रकारचे शासन सत्तासामर्थ्याच्या आधाराने विशिष्ट भुप्रदेशातील व्यक्तीसमुदाय नियंत्रित करते. अशा समाजाला राज्यसंस्था म्हणतात. 'पारंपारीक राज्यशास्त्राचा दृष्टीकोन हा प्रामुख्याने ऐतिहासिक विधीमय, संस्थात्मक ह्या स्वरूपाचा होता. राज्य व शासनसंस्था यांचा अभ्यास करणे आणि तत्वज्ञानाच्या भुमिकेतुन आदर्श राज्याची संकल्पना शोधुन काढणे या अर्थानेच प्लेटो ते मार्क्सपर्यंतच्या राज्यशास्त्रज्ञांनी राज्यशास्त्राचा अभ्यास केला आहे. सर्बांचा तत्त्वज्ञानदृष्टीने दृढ धृष्ट्यातडुष्टु ऋडुदुद्धु हा ग्रंथ या पारंपारीक राज्यशास्त्राच्या दृष्टीकोनाचे प्रतिक होय. स्वातंत्र्य, समता, न्याय, शासन संस्थेचे प्रकार व कार्यक्षेत्र या प्रश्नांची उत्तरे राज्यशास्त्रज्ञ कित्येक शतकापासुन करित आले आहेत. इतिहासाचे अवलोकन करुन राजकीय सिध्दांत मांडण्याची या पारंपारीक राज्यशास्त्रज्ञांची सवय होती. उदा. सिजविक, फ्रीमन, हेन्नीमेन इत्यादी बेंथम व अ‍ॅस्टीन यांनी वैधानिक दृष्टीकोनातून राजकीय प्रश्नांची चर्चा केली आहे.' १ पारंपारीक राज्यशास्त्रात जो तात्विक दृष्टीकोन मांडण्यात आला आहे त्यानुसार चांगले काय व वाईट काय, आदर्श समाज आणि आदर्श जीवन कशाला समजावे, जीवनाकडे पाहण्याचा दृष्टीकोन कोणता, मानवाने जीवनात कशाला महत्व द्यावे या मूल्याधिष्ठीत प्रश्नांचा प्रामुख्याने विचार होत होता.

'प्राचीन ग्रीक नगर राज्यांच्या काळापासुन राज्यशास्त्राने राजकीय अध्यापनावर भर दिला आहे. सॉक्रेटिस, प्लेटो, अ‍ॅरिस्टॉटल यासारख्या प्रख्यात राजकीय विचारवंतांनी प्रारंभापासुन राज्यशास्त्राच्या अध्ययनात मोलाची भर घातलेली आहे. प्राचीन भारतातही राज्यशास्त्राच्या अध्ययनाचे दाखले प्राप्त होतात. त्यास राजनितीशास्त्र म्हणून संबोधले जाते. 'कौटिल्याचे

अर्थशास्त्र' हा प्राचीन भारतीय राज्यशास्त्राचा आदर्श नमुना मानला जातो. त्याचबरोबर शुकनीती, शांतीपर्व, मनुस्मृती सारख्या राजकीय आचार विचारांशी संबंधीत ग्रंथांचे लेखनही याच काळात झालेले होते. यावरून राज्यशास्त्राच्या अध्ययनाची परंपरा प्राचीन असल्याचे लक्षात येते. या कालखंडातील संपूर्ण अध्ययनास पारंपारीक स्वरूपाचे अध्ययन किंवा पारंपारीक राजकीय विश्लेषण म्हणून ओळखले जाते.' २

पारंपारीक राजकीय विश्लेषणाची प्राप्ती :

पारंपारीक राज्यशास्त्र हे राज्याच्या मुलभूत स्वरूपाचे घटकांचे व्यक्त स्वरूपाचे अध्ययन करणारे शास्त्र आहे. परंपरागत राज्यशास्त्रीय लेखन राज्यसंकल्पनेभोवती केंद्रीत झालेले आढळून येते. पारंपारीक राज्यशास्त्राच्या अध्ययनात पुढील विषयांचा समावेश होतो.

- १) पारंपारीक राज्यशास्त्रात राज्याचा उदय व उगमासंबंधी मांडलेल्या सिध्दातांचा अभ्यास अभिप्रेत होता.
- २) राज्यघटनेचे नियंत्रण करणाऱ्या शासनसंस्थेच्या विविध घटकांचा, कायदेमंडळ कार्यकारी मंडळ व न्यायमंडळाचा आणि त्यांच्या कार्यपध्दतीचा अभ्यास महत्वाचा मानला जात असे.
- ३) लोकशाही, समाजवाद, साम्यवाद, फॅसिझम इत्यादी महत्वपूर्ण विविध राजकीय तत्वप्रणालींचा उदय, विकास, महत्व आणि त्यातील मर्यादांचे अध्ययन केले जात होते.
- ४) राज्याच्या घटनात्मक व्यवहाराचा अभ्यास त्याचप्रमाणे राजकीय संस्था व संघटनांच्या व्यावहारीक कार्यपध्दतीचा अभ्यास केला जात असे.
- ५) राजकीय व्यवहारातील मुलभूत संकल्पना, सार्वभौमत्व, विधिनियम, मुलभूत हक्क इत्यादींचा अभ्यास करणे.
- ६) आंतरराष्ट्रीय कायदा, आंतरराष्ट्रीय संस्था आणि संबंधांचा अभ्यास केला जात असे.

इत्यादी प्रमुख विषयांचा अभ्यास हा पारंपारीक राजकीय विश्लेषणाच्या व्याप्तीचा भाग होता.

पारंपारीक राजकीय विश्लेषणाची वैशिष्ट्ये :

१) **तत्वज्ञानाला प्राधान्य** : 'या दृष्टीकोनात राजकीय अभ्यासकांनी सर्वसाधारण आणि सामान्य गृहितांच्या आधारावर आपल्या विवेचनाची मांडणी केलेली आढळून येते. काही गृहितांच्या भुतकालीन नगरराज्य प्रणाली, वर्तमानकाळातील परराष्ट्र प्रणाली व भविष्यात अस्तित्वात आणावयाची विश्वराज्य प्रणाली ह्या राज्याच्या निर्मितीसंबंधी असल्याने पारंपारीक अभ्यासकांनी त्याआधारे राज्यशास्त्राचे अध्ययन करण्याचा प्रयत्न केला आहे म्हणून त्यांच्या अभ्यासामध्ये मुलभूत स्वरूप, घटकांचे स्वरूप आणि त्या अनुषंगाने राज्ययंत्रणेमुळे होणारा विकास यास महत्व दिले आहे. त्यामुळे राज्य या कल्पनेच्या विविध अंगांचा अभ्यास महत्वाचा ठरतो, म्हणून बंटरली यांची व्याख्या या ठिकाणी अभ्यासाच्या व्याप्तीच्या दृष्टीकोनातून महत्वाची आहे. राज्यशास्त्र मुलभूत स्वरूपाचे घटकाचे व्यक्त स्वरूपाचे आणि विकासाचे अध्ययन करणारे शास्त्र म्हणजे राज्यशास्त्र होय.' ३

२) **पारंपारीक विवेचनाची शास्त्रीय बैठक** : या दृष्टीकोनाची बैठक कायदा, तत्वज्ञान व इतिहास यावर आधारलेली असल्याचे स्पष्ट होते. उदा. प्लेटो, अॅरिस्टॉटल, हॉब्स यांचे राजकीय विचार हे तत्वज्ञानावर आधारित होते. 'पारंपारीक राज्यशास्त्राच्या बैठकीवर इतिहास कायदा तत्वज्ञानाचा खूप प्रभाव दिसून येतो. आधुनिक काळात हे दृष्टीकोन शास्त्रीय मानले जात नाहीत. उदा. प्लेटोचे आदर्श राज्य संकल्पनेत शब्दप्रामाण्य आणि ग्रंथप्रामाण्याला महत्व आहे. तसेच पारंपारीक मताची चिकित्सा न करता स्विकार केलेला दिसतो. उदा. सॉक्रेटिसचा 'ज्ञान म्हणजे सद्गुण' या मताच्या आधारावर प्लेटो आणि अॅरिस्टॉटलने विचारांची इमारत उभी केली. त्यामुळे पारंपारीक राज्यशास्त्रातील लेखन आधुनिक काळात अशास्त्रीय मानले गेले.'४

३) **इतिहासास प्राधान्य** : भुतकालीन इतिहासाच्या आधारे माहिती मिळवून राजकीय विश्लेषण करण्याचा प्रयत्न या दृष्टीकोनात झालेला आहे. इतिहासात सर्व मानवजातीचे झालेले व्यवहार समाविष्ट असतात. ती सर्व सामाजिक शास्त्रांची प्रयोगशाळा आहे. राज्यशास्त्र हे सामाजिक शास्त्रांपैकी एक असल्याने व त्याचा अभ्यास विषय मानव असल्याने इतिहासाच्या आधारावरील अध्ययनाला महत्व प्राप्त झाले आहे. तसेच राजकीय संस्था आणि घटनासंबंधी इतिहासातुन गोळा केलेल्या पुराव्याच्या आधारे राजकीय जीवनाचे विश्लेषण करून निष्कर्ष मांडण्याचा प्रयत्न झालेला दिसून येतो. ऐतिहासिक आधारावर सिध्दांताची मांडणी केल्यामुळे वास्तवतेकडे दुर्लक्ष झाले.

४) **मूल्यांना प्राधान्य** : पारंपारीक राजकीय विश्लेषणात मूल्यांना प्राधान्य देण्यात येत असे. राजकीय क्षेत्रामध्ये मूल्यांना स्थान दिले पाहिजे अशी राजकीय विचारवंतांची भूमिका होती. त्यामुळे नीती-अनीती व धर्म यासारख्या आदर्शवादी विचारांची मांडणी करण्यावर पारंपारीक विश्लेषकांचा भर दिसून येतो.

५) **कायद्याला महत्व** : राज्य हे कायद्याच्या चौकटीशिवाय अस्तित्वात राहू शकत नाही. त्यामुळे राज्याचा मुख्य आधार कायदा असतो. राजकीय विश्लेषणात्मक कायद्याच्या रचनेला प्राधान्य दिले पाहिजे अशी या दृष्टीकोनाची भुमीका आहे. एखाद्या देशाच्या कायद्याच्या आधारावर अभ्यास करतांना त्या देशाचा संविधानिक कायदा महत्वाचा ठरतो. कारण त्याच्या आधारावर राज्याची स्थिरता निर्भर असते. एखाद्या राष्ट्राचा अभ्यास करतांना त्या देशाचे संविधान रुढी, परंपरा, कायदे व न्यायालयीन निर्णय याचा अभ्यास केला जाऊ लागला. अमेरिकेच्या सर्वोच्च न्यायालयाने दिलेल्या निर्णयाच्या आधारावर त्या ठिकाणच्या राजकीय जीवनाचा, राजकीय व्यवहाराचा अभ्यास पुर्ण होतो.

६) **राज्य व व्यक्ती यांचे अधिकार** : व्यक्ती व राज्य यांचे राज्यातील संबंध यामध्ये दोघांच्या अधिकाराला फार महत्व आहे. राज्याचा अधिकार आणि व्यक्तीचे स्वातंत्र्य यांच्या परस्पर संबंधांच्या आधारावर काही अनुमाने काढण्याचा प्रयत्न केला. तो करित असतांना काही आदर्श शोधण्याचा प्रयत्न केला आहे. त्यामुळे त्याच्या अध्ययनाला राजकीय तत्वचिंतक असे म्हटले जाते. नविन प्रवाहातुन आदर्श राज्याच्या निर्मितीसाठी पाश्र्वभूमी म्हणून त्याचे अध्ययन स्विकारावेच लागणार आहे. कारण त्याला विशिष्ट तत्वज्ञानाची बैठक आहे. हॉब्सने मानवी स्वभावाविषयी आणि मानवी स्वभावाशी समाजजीवनाचा संबंध असल्यामुळे काही गृहित तत्व धरून राज्याच्या उगमासंबंधी कराराचे सिध्दांत मांडले ते तात्वीक विचार चिंतनातुन मांडले

गेले. राज्य ईश्वरी सत्तेचे प्रातिनिधीक रूप मानुन राज्यांच्या निरंकुश सत्तेचे समर्थन तो करतो. दोघांची गृहित तत्वे भिन्न असून राज्याच्या सर्वकषतेचे समर्थन केले आहे. आजही निरंकुश, सर्वकश सत्तेचे स्वरूप आपल्याला राज्याच्या राजकीय व्यवहारात पाहवयास मिळते. काही विचारवंतांनी व्यावहारीक अध्ययनाच्या आधारावर तुलनात्मक विवेचन करण्याचा प्रयत्न केला.

ऑरिस्टॉटलने राज्यांचे वर्गीकरण, १५८ देशांच्या राज्यघटनेचा अभ्यास, मॅकियाव्हेलीने व्यावहारीक राजकारण तत्त्वचिंतनावरून कसे भिन्न असते, सत्तेभोवती कसे केंद्रीत झालेले असते हे संागितले. लॉर्डब्राईस यांचा २० व्या शतकाच्या आरंभी केलेला लोकशाही यंत्रणांचा तुलनात्मक अभ्यास हे विवेचन प्रत्यक्ष राजकीय व्यवहाराच्या अभ्यासावर आधारलेले असून आजही त्याची प्रचीती येते पण असे असुनही पारंपारीक राज्यशास्त्रीय अभ्यासकावरील तत्वज्ञानाचा प्रभाव नाकारता येणार नाही. तत्वज्ञानावर त्याच्या सिध्दांताची बैठक अवलंबुन असल्याचे आजही जाणवते.

पारंपारीक राजकीय विश्लेषणाचे अभ्यासविषयक दृष्टीकोन :

पारंपारीक राजकीय विश्लेषणाचा अभ्यास हा मुख्यतः तत्वज्ञान, इतिहास आणि कायदा या दृष्टीकोनावर आधारित होता. हे तीन दृष्टीकोन म्हणजे पारंपारीक राजकीय विश्लेषणाचे आधारस्तंभ मानले जातात. विविध विचारवंतांनी राज्यशास्त्राचा अभ्यास करण्यासाठी वेगवेगळ्या अभ्यासपध्दती आणि दृष्टीकोनाचा वापर केलेला दिसतो. या विषयाची मुलतत्वे, आशय व उद्दिष्टे याविषयीच्या अभ्यासकांच्या धारणांच्या अनुसरुन त्यांनी आपआपले दृष्टीकोन मांडले आहेत. पारंपारीक राज्यशास्त्राच्या दृष्टीकोनाचा अभ्यास करणे गरजेचे आहे.

१) तत्वज्ञानविषयक दृष्टीकोन : 'या दृष्टीकोनाचा स्विकार करणाऱ्या विचारवंतांनी सर्वसाधारण गृहितांच्या आधारावर आपल्या विवेचनाची बांधणी केली. गृहितांच्या अनुषंगाने काही अनुमाने काढण्याचा प्रयत्न करित असतांना काही आदर्श शोधण्याचाही प्रयत्न करण्यात आला. राज्याच्या व्यवहाराच्या बाबतीत आदर्शाचा शोध घेण्याच्या दृष्टीकोनामुळे या विचारवंतांना राजकीय तत्वचिंतक असेही म्हणतात. '५ परंपरागत राज्यशास्त्रज्ञ सर्वसाधारण गृहितांवर आपले विषय विवेचन करतात. हि गृहिते तत्वज्ञानी विचारवंतांच्या व्यक्तीगत चिंतनातुन उदयाला आलेली असतात. 'तत्वचिंतक स्वप्नरंजनातुन काही विचार पुढे ठेवतात त्याची सत्यासत्यता पडताळून पाहिलेली नसते. उदा. प्लेटो या प्राचीन ग्रीक विचारवंतांने आपल्या डड्ड्रद्वडथ्द या ग्रंथात आदर्श राज्याची कल्पना मांडली आहे. हि कल्पना त्याच्या स्वप्नसृष्टीत उदयाला आली. त्याच्या मते आदर्श राज्य हे न्यायतत्वावर आधारलेले असावे. न्याय म्हणजे व्यक्तीला आपल्या अंगी असलेल्या गुणांवर समाजात स्थान मिळाले पाहिजे. बुध्दीमत्ता असलेला तत्वज्ञ राजपदावर असावा. साहस हा गुण असलेली व्यक्ती सैनिक व्हावी. क्षुधा हा गुण असलेली व्यक्ती कारागिर, व्यापारी किंवा शेतकरी व्हावी. आदर्श राजाने स्वतःला विसरुन समाजाशी एकरूप व्हावे. अशा राजाची खाजगी मालमत्ता नसावी. त्याचे व्यक्तीगत कुटूंब नसावे इत्यादी अशा प्रकारचा विचार स्वप्नरंजनात्मक आहे अशा प्रकारचा विचार आदर्श विचार म्हणून प्लेटोने ग्रीक समाजासमोर ठेवला. '६

‘हॉब्जने मानवी स्वभावाविषयी आणि त्याच अनुषंगाने समाज जीवनाविषयी काही गृहिते कल्पून राज्याच्या उगमासंबंधी करार सिध्दांत मांडला. मानवी जीवनाच्या संदर्भातील हे गृहित प्रस्ताव व्यवहाराच्या निकषावर तपासले गेले नव्हते तर एक प्रकारच्या तात्वीक विचारचिंतनातून निर्माण झालेले होते. हि गृहितके एकांगी स्वरूपाची असल्याने राज्याच्या निरंकुश सत्तेचे त्याने केलेले समर्थन फारसे व्यवहार्य ठरले नाही.’^७ पारंपारीक राजकीय विश्लेषणामध्ये केवळ तत्त्वचिंतक होते असे मात्र नाही. काही विचारवंतांनी विगमन पध्दतीचा अवलंब करून व्यावहारीक अध्ययनाच्या आधारावर तुलनात्मक विवेचन करण्याचा प्रयत्न केला.

२) ऐतिहासिक दृष्टीकोन : ‘राजकीय संस्था व घटना यांचा इतिहास गोळा करून त्या आधारावर विवेचन आणि विश्लेषण करून निष्कर्ष काढणे याला ऐतिहासिक दृष्टीकोन असे म्हणतात.’^८ ऐतिहासिक पध्दती हि परंपरागत राज्यशास्त्राची महत्त्वाची अभ्यासपध्दती आहे. राज्यशास्त्र हे सामाजीक शास्त्र आहे. ज्याप्रमाणे भौतिकशास्त्रातील प्रयोग प्रयोगशाळेत केले जातात आणि निष्कर्ष काढले जातात त्याचप्रमाणे राज्यशास्त्रास प्रयोगशाळा नाही. संपूर्ण समाज हिच एक प्रयोगशाळा आहे. त्यामुळे अन्य सामाजीक शास्त्रांप्रमाणे राज्यशास्त्रातील निष्कर्षास शास्त्रीय स्वरूपाची निश्चीती नाही. राज्यशास्त्रातील निरनिराळ्या प्रश्नांचा अभ्यास करतांना ऐतिहासिक घटनांचा विचार करावा लागतो. त्याआधारे निष्कर्ष काढावे लागतात. राज्यशास्त्राच्या संशोधकाला, विद्यार्थ्यांला आंतरराष्ट्रीय संबंधांचा इतिहास अभ्यासावा लागतो. इतिहास आणि राज्यशास्त्र यांचा इतका घनिष्ठ संबंध आहे. सर जॉन सिली यांनी असे म्हटले आहे की, ‘इतिहास हे राज्यशास्त्राचे मुळ आहे आणि राज्यशास्त्र हे इतिहासाचे फळ आहे.’ राज्यसंस्था आणि शासनसंस्था यांच्या सभोवती परंपरागत राज्यशास्त्रीय विचार उभा केला आहे. त्यात राज्याचे स्वरूप आणि कार्य जसे अभ्यासले जाते तसा राज्याच्या उदयाचा इतिहास देखील अभ्यासला जातो. ऐतिहासिक पध्दतीत काही गंभीर दोष आहेत. आधुनिक काळातील राजकीय समस्या अभ्यासतांना भुतकाळातील घडामोडींचा आधार घेणे संयुक्तीक नसते. प्रत्येक काळातील परिस्थिती भिन्न असते. त्यामुळे त्या काळातील घडामोडींचे स्वरूप भिन्न असते. गतकाळातील घडामोडींच्या अभ्यासातून प्रचलीत घडामोडींचा अर्थ लावणे सोयीचे असले तरी शास्त्रशुध्द ठरत नाही असे म्हटले जाते. हि इतिहासाची पुनरावृत्ती होते. परंतू प्रत्येक घडामोडींच्या बाबतीत ती गोष्ट खरी ठरत नाही.

३) वैधानिक दृष्टीकोन : ‘विधीशास्त्राच्या दृष्टीकोनातून राजकीय संस्था व व्यवहार यांचा अभ्यास करणे याला वैधानिक दृष्टीकोन असे म्हणतात. काही लोकांनी संस्थात्मक वैधानिक असा एक दृष्टीकोन मानला आहे. राज्याचा अभ्यास करणे म्हणजे राज्याची घटना, सर्वसामान्य कायदे, प्रशासकिय नियम व न्यायालयीन निर्णय याचा अभ्यास करणे होय असे समजले जाते.’^९ राज्यशास्त्राकडे पाहण्याचा कायदेविषयक दृष्टीकोन प्रसिध्द आहे. कायद्याच्या पायावर राज्याची उभारणी झालेली असते. राज्य हि एक वैधानिक संस्था आहे. कायदा हा राजकीय व्यवहाराचा मुख्य पाया आहे. कायद्याच्या आधारावर राज्याचे सर्व व्यवहार चालतात. कायदा हा पारंपारीक राजकीय विश्लेषणाचा तिसरा महत्वपूर्ण आधारस्तंभ होय. या पध्दतीत एखाद्या देशाच्या राजकीय जीवनाचा अभ्यास करतांना घटनात्मक कायदा हा मुलभूत मानला जातो. राज्यशास्त्राच्या अभ्यासात कायद्याला महत्त्वाचे स्थान दिले जाते. राजकीय विश्लेषणात वैधानिक संरचनेच्या अध्ययनास प्राधान्य द्यावे हि या

दृष्टीकोनाची प्रमुख भूमिका आहे. शासकीय संस्थातील पदाधिकाऱ्यांना कायदानुसार काम करावे लागते म्हणून राजकीय संस्थांचा अभ्यास करित असतांना त्याच्या कार्याच्या दृष्टीने जे कायदे तयार करण्यात आले असतील ते लक्षात घेणे आवश्यक असते. वैधानिक दृष्टीकोन हा एका अर्थाने महत्वाचा दृष्टीकोन आहे. प्रशासनातील अधिकारी व कर्मचारी जे काही करतात ते कायदानुसार करतात असा विश्वास जनतेमध्ये निर्माण होऊ शकतो. राजकीय जीवनाचा व्यवहार हा कायदानुसार चालू आहे असे वातावरण या दृष्टीकोनाच्या अभ्यासाद्वारे निर्माण होवू शकते. कायद्यावरचा विश्वास हि राजकीय जीवनाची स्थिरता या दृष्टीने महत्वाची गोष्ट आहे.

४) संस्थात्मक दृष्टीकोन : राजकीय संस्था आणि त्यांच्या व्यवहाराचा अभ्यास करणे म्हणजे संस्थात्मक अभ्यास होय. राज्य, शासनसंस्था व समाजातील इतर संस्था यांचा अभ्यास करणे हा मुख्य उद्देश या दृष्टीकोनामध्ये आहे. हा अभ्यास प्रामुख्याने औपचारीक पध्दतीचा असतो. संसदेचा अभ्यास करावयाचा असल्यास संसदेची रचना, सभासदांची संख्या, त्यांची कार्ये यावर भर दिला जातो. राजकीय संस्थेमध्ये ज्या अनौपचारिक गोष्टी घडतात त्याचाही अभ्यास करतात. राजकीय संस्थांची रचना आणि कार्ये ह्यासंबंधी अशा या अनौपचारिक बाबी असतात. त्या काळाच्या ओघात प्रस्थापित झालेल्या रुढी व प्रथा ह्यानुसार स्पष्ट झालेल्या असतात. तेव्हा संस्थात्मक दृष्टीकोनात राजकीय संस्थांचा अभ्यास केवळ औपचारीक पध्दतीनेच होतो असे नसून अनौपचारिक पध्दत सुद्धा लक्षात घेतली जाते. बेजहॉट याने आपल्या 'चण्डू एड्वट्ट्यत्सण कदृदद्वद्यत्सद्वद्यत्सदृद' या ग्रंथामध्ये अशा व्यापक स्वरूपात संस्थात्मक दृष्टीकोन वापरला आहे. राजकीय संस्थांची तांत्रिक व व्यावहारीक माहिती निरनिराळ्या ठिकाणाहून प्राप्त करावी लागते.

५) तुलनात्मक दृष्टीकोन : राज्यशास्त्रातील अभ्यासाचा हा एक महत्वाचा दृष्टीकोन आहे. हि पध्दत राजकीय सिध्दांताच्या आणि राजकीय व्यवस्थेच्या तुलनात्मक अभ्यासासाठी वापरता येते. के.सी. व्हिअर यांचा 'आधुनिक राज्यघटना आणि संघराज्यपध्दती' याचा तुलनात्मक अभ्यास याच दृष्टीकोनाच्या आधारावर केला गेलेला होता. वेगवेगळ्या शासकीय रचनांचा, कार्यपध्दतीचा, त्यांच्या व्यावहारीक उपयोगीतेचा अभ्यास प्रामुख्याने या पध्दतीतून केला जात असल्याने चांगल्या शासन पध्दतीच्या निर्मितीत हि अभ्यास पध्दती महत्वाची मानली जाते. तुलनात्मक अध्ययन पध्दती पारंपारिक काळात नव्हे तर आधुनिक काळातही लोकप्रिय आहे. हर्मन फायनर, मॉरिसन, डेरेक स्कॉट, सी.एफ. स्टॉंग इत्यादी विचारवंतांनी तुलनात्मक दृष्टीकोनाचा आधुनिक काळात अवलंब केलेला दिसतो.

मूल्यमापन : एकंदरित पारंपारीक राज्यशास्त्राचे जे प्रमुख दृष्टीकोन आहेत ते आज मान्य झालेले आढळून येतात. राजकीय विश्लेषण हे केवळ एकाच दृष्टीने असु नये त्याचा एकच दृष्टीकोन असू शकतो व तो सर्वतोपरी परिपूर्ण आहे असे समजता कामा नये. निरनिराळ्या दृष्टीकोनाच्या आधारे राजकीय जीवनाचे विश्लेषण झाल्यास राजकीय जीवनाचे समग्र असे दर्शन आपणास घडू शकते या दृष्टीने विचार करता पारंपारीक राज्यशास्त्राचे दृष्टीकोन आजच्या राजकीय विश्लेषणातही महत्वाचे आहेत.

संदर्भसूची

- १) प्रा. तिजारे रा.अ., डॉ. पांढरीपांडे प., - आधुनिक राजकीय विश्लेषण
श्री.डॉ. पेशवे व मा. श्री. मंगेश प्रकाशन, नागपुर
प्रथमावृत्ती १९८१, पृष्ठ क्र. - २३
- २) प्रा. आवारी विलास, प्रा. देवरे सुरेश - आधुनिक राजकीय विश्लेषण
डायमंड पब्लिकेशन्स, पुणे
प्रथमावृत्ती सप्टेंबर २०११, पृष्ठ क्र.७
- ३) प्राचार्य ठाकरे एस.बी. - आधुनिक राजकीय विश्लेषण
विद्या प्रकाशन, नागपुर प्रथमावृत्ती १९९३ पृष्ठ क्र. - ५
- ४) प्राचार्य डॉ. पवार प्रमोद - आधुनिक राजकीय विश्लेषण
डॉ. पाटील महेंद्र प्रशांत पब्लिकेशन्स, जळगाव
प्रथमावृत्ती २७ जुलै २०१५, पृष्ठ क्र. १५
- ५) डॉ. गर्दे दि.का., डॉ. बाचल वि.मा. - राज्यशास्त्र आणि शासनपध्दती
आधुनिक राजकीय विश्लेषण
कॉन्टिनेन्टल प्रकाशन, पुणे
प्रथमावृत्ती १९७४, पृष्ठ क्र. २
- ६) प्रा. नवलगुंदकर शं.ना. - आधुनिक राजकीय विश्लेषण
नरेंद्र प्रकाशन, पुणे
प्रथमावृत्ती १ जुलै १९७९ पृष्ठ क्र.३
- ७) डॉ. गर्दे दि.का. डॉ. बाचल वि.मा. - आधुनिक राजकीय विश्लेषण
कॉन्टिनेन्टल प्रकाशन, पुणे
द्वितीय आवृत्ती १९७९ पृष्ठ क्र. ५
- ८) उपरोक्त - आधुनिक राजकीय विश्लेषण
पृष्ठ क्र. ४०
- ९) प्रा. घांगरेकर चिं.ग. - आधुनिक राजकीय विश्लेषण,
विद्या प्रकाशन, नागपूर
प्रथमावृत्ती १९९९ पृष्ठ क्र. ४८

कोरोना का भारत की आर्थिक, सामाजिक, राजकीय व्यवस्था पर प्रभाव

डॉ. दिप्ती डी. चौरागडे

सहाय्यक प्राध्यापक (राजनितिशास्त्र), मनोहर भाई पटेल कला व वाणिज्य महाविद्यालय, सालेकसा जि. गोंदिया (म.रा.)

प्रस्तावना :

ऐसा मानव इतिहास में पहले कभी नहीं हुआ कि पूरी दुनिया अप्रत्याशित और अपूर्व अवसाद में हो | शक्तिमान और शक्तिहीन दोनों एक ही नांव में संवार हो और नांव डूब रही हो | हर सुबह लगता है कि सबकुछ खत्म हो सकता है | कोरोना वायरस ने एक बात अच्छे से समझा दी है कि कोई बड़ा नहीं एवं कोई छोटा नहीं इस छोटे से विषाणु ने जिंदगी और मौत के मामले में सबकी औकात एक जैसी कर दी है |

माना जाता है कि कोरोना विषाणु यह चीन की प्रयोगशाला में तैयार कर जैविक आतंकवाद के लिए उपयोग में लाया जानेवाला था कि लेकीन प्रयोगशाला से इस विषाणु के लीक होने के कारण चीन के वुहान शहर से इसका प्रसार होकर आज अमेरिका, ब्रिटेन, फ्रान्स, स्पेन, रूस, सहित दुनिया के अधिकांश देशों में फैल चुका है या यूँ कहे कि इस विषाणु ने संपूर्ण विश्व को अपनी चपेट में ले लिया है | यह स्वास्थ्य की तो बड़ी समस्या है ही, इसकी बड़ी कीमत वैश्विक अर्थव्यवस्था को भी चुकानी पड रही है |

संयुक्त राष्ट्र के महासचिव संरोनियो गुटेरज ने कोरोना वायरस (कोविड संक्रमण) को द्वितीय विश्वयुद्ध के लिए सबसे बड़ी चुनौती माना है आज इस विषाणु की चपेट में दुनिया के कुल ११९८४९३६ लोग संक्रमित है एवं अबतक कुल ५,४७,४३० मौते हो चुकी है | और यह आंकड़ा दिनोंदिन बढ़ते ही जा रहा है | कोरोना संसर्ग के मामले में भारत आज विश्व में तीसरे स्थान पर है ४ जुलै २०२० के आंकड़ों के अनुसार भारत में कोरोना संक्रमितों की संख्या ६,४५,३१५ थी | एवं भारत में रोजाना औसतम २२ हजार से जादा नए मरीज मिल रहे है | यदि यही रफतार रही एवं समय रहते इसे नियंत्रण में नहीं लाया गया तो वह दिन दूर नहीं जब भारत इस विषाणु के संपर्क में विश्व में प्रथम स्थान पर पहुंच सकता है | अतः इसे नजरअंदाज नहीं किया जा सकता एवं इस संकट से उबरने का रास्ता खोजना देश के लिए सबसे बड़ी चुनौती है |

आज जब भारत पहले से ही आतंकवाद, नक्सलवाद, महंगाई, बेरोजगारी, गरीबी इन चुनौतियों से लड रहा है | ऐसे समय कोरोना ने भारत के समक्ष एक नई चुनौती उत्पन्न की है | कोरोना संसर्ग का भारत के सामाजिक, आर्थिक, राजकीय व्यवस्था पर बुरीतरह परिणाम होकर मानवजीवन पूर्णरूप से प्रभावित हुआ है | निम्न मुद्दों पर कोरोना का भारत की आर्थिक, सामाजिक राजकीय व्यवस्था पर प्रभाव स्पष्ट किया जा सकता है |

गरीबी में वृद्धि :

कोरोना संकट के चलते ही मध्यमवर्ग पर मार पड़ी है । रोजमर्रा की जिंदगी चलानेवालों के साथ छोटे मंझोले उद्योग धंधे, प्रायवेट सेक्टर का काम बंद पड़ा है । मजदूर वर्ग अपने गांवों की ओर लौट चुका है । उत्पादन ढप होने से एवं लॉकडाऊन के चलते लोगों की आय में बेतहाशा कमी आयी हक् युनायटेड नेशंस युनिवर्सिटी के एक रिसर्च के अनुसार यदी कोरोना अपनी सबसे खराब स्थिति में पहुंचता है तो भारत में १०.४ करोड़ नए गरीब पैदा हो जाएंगे । विश्व बैंक के आय के मानकों के अनुसार भारत में अभी करीब ८१.२ करोड़ लोग गरीबी रेखा के नीचे जीवनयापन कर रहे हैं । कोरोना महामारी के कारण यह संख्या ९१.६ करोड़ हो जायेगी ^३ अर्थात् सरकार के द्वारा पिछले कई वर्षों में गरीबी को कम करने के लिए गए सभी उपाय बेकार हो जायेंगे । एक रिसर्च में यह भी कहा गया था कि जून के अंत तक भारत में करीबन १४ करोड़ मध्यमवर्गीय द्वारा बचत की गई राशि भी खत्म हो जाएगी जिससे वे गरीबों की श्रेणी में आ जायेंगे ^३ ।

बेरोजगारी में वृद्धि :

अंतर्राष्ट्रीय मुद्रा कोष यह कहकर डरा रहा है कि अर्थव्यवस्था पर कोरोना का कहर अगले कई सालों तक दुनिया में बेरोजगारी असाधारण रूपसे बढ़ाएगा । अंतर्राष्ट्रीय श्रम संगठन ने अप्रैल के प्रथम सप्ताह में भारत में रोजगार पर एक रिपोर्ट जारी की थी इस रिपोर्ट के मुताबिक भारत में कुल वर्कफोर्स ५० करोड़ है जिसका ९०.५ हिस्सा असंगठित क्षेत्र से है । रिपोर्ट में कहा गया था कि लॉकडाऊन जैसे उपायों के कारण अधिकांश कामगार अपने गांवों में लौटने के लिए मजबूर हो जाएंगे । और यदि यह अनुमान सही रहता है तो असंगठित क्षेत्र में बेरोजगारी बढ़ेगी ^४ । और हुआ भी ऐसाही अधिकांश मजदूर आने गांवों की ओर लौट चुके हैं । कामधंधे ढप पड़े हैं एवं लोगों के पास रोजगार नहीं है । अर्थशास्त्रियों का अनुमान है कि भारत में माईग्रेड कामगारों की संख्या १० करोड़ होगी ^५ । इनमें बहुत से लोग गांवों में अपने घर पैसा भेजते हैं जो गांव की अर्थव्यवस्था को सहारा देता है लेकिन लॉकडाऊन के चलते माईग्रेड के लिए भूखे मरने की नौबत आ चुकी है ।

अर्थव्यवस्था में मंदी :

कोरोना लॉकडाऊन की एक सबसे बड़ी कीमत आर्थिक मंदी के रूप में है । दुनिया को अब तक के सबसे बड़े आर्थिक संकट में धकेलनेवाला यह कोरोना वायरस मानवता के लिए उत्पन्न सबसे गंभीर चुनौती है । भारत भी इससे अछूता नहीं है । लॉकडाऊन के शुरुआती दौर में आईएमएफ प्रमुख क्रिस्टालिना जार्निवा ने जून के एक कार्यक्रम में कहा था कि वायरस संक्रमण के कारण वैश्विक अर्थव्यवस्था में २००८-०९ के बाद या शायद दूसरे विश्वयुद्ध के बाद सबसे बड़ी मंदी आ सकती है ^६ । कोरोना के कारण भारत की अर्थव्यवस्था पर भी इसका बहुत बुरा असर पड़ा है । पिछले तीन महीने में भारत के आर्थिक विकास दर में गिरावट दर्ज की गई है लेकिन संयुक्त राज्य के व्यापार एवं विकास सम्मेलन ने अपनी रिपोर्ट में

आशा भी जगायी है कि भारत में कोरोना के बाद कमजोर लेकिन सकारात्मक आर्थिक विकास दर रहेगी क्योंकि भारत का बड़ा बाजार देश के लिए निवेश आकर्षित करता रहेगा ^७ ।

स्वास्थ्य सेवाओं पर असर :

कोविड १९ के इलाज के चलते अन्य रोगों के नियमित उपचार पर असर पड़ा है । राष्ट्रीय स्वास्थ्य मिशन की रिपोर्ट के अनुसार क्लर्क एड्स टी.बी. या कैंसर जैसे गंभीर रोगों के मरीजों की अस्पतालों में पंजीकरण में पीड़ितों की तादाद में कमी आ जाने का नहीं बल्कि इनकी अस्पतालों या औपचारिक चिकित्सा केंद्रों तक कम होती जा रही पहुंच का प्रमाण है । और इसमें यातायात साधनों पर लगी रोक तथा पग-पग पर कर्फ्यू पास दिखाने की, बाह्यता का भी बड़ा रोल है ^८ । वैसे भी हम दुनिया में स्वास्थ्य पर अपनी जीडीपी का सबसे कम हिस्सा केवल १.२ फीसदी खर्च करनेवालों में है ^९ । हमारे पास सबसे बड़ी आबादी है जिसके पास कोविड -१९ से मुकाबले में न्यूनतम साधन है । अतः कोविड -१९ के अलावा अन्य बिमारियों के उपचार के लिए स्वास्थ्य सेवाओं का एक हिस्सा अनिवार्य रूप से खुला रखना चाहिए. अन्यथा भविष्य में इसके गंभीर दुष्परिणाम भोगने होंगे ।

मानसिक स्वास्थ्य पर प्रभाव :

कोरोना वायरसने दुनिया भर में डर और चिंता का माहौल बना दिया है । यह मानसिक स्वास्थ्य को नुकसान पहुंचा रहा है । लॉकडाउन के चलते लोग डिप्रेशन में जाकर आत्महत्या कर रहे हैं । घरेलू हिंसा में वृद्धि हुई है महिलाओं पर अत्याचार बड़े हैं इंडियन साइकियाट्रिक सोसायटी के सर्वे के मुताबिक कोरोना वायरस के आने से देश में मानसिक रोगों से पीड़ित मरीजों की संख्या में १५ से २० फिसदी का इजाफा हुआ है लोगों में लॉकडाउन के चलते बिजनेस, नोकरी, कमाई, बचत, यहाँ तक की मूलभूत संसाधन खोने का डर भी इसका कारण माना जा रहा है ^{१०} । विश्व स्वास्थ्य संगठन ने भी इस संकट की यदी में लोगों को अन्य सावधानियों के साथ मानसिक स्वास्थ्य का ध्यान रखने को कहा है

छुआछूत की नई समस्या :

हमारे संविधान ने अस्पृश्यता या छुआछूत को गैरकानूनी बनाकर इसे दंडनीय अपराध घोषित किया. लेकिन यह समस्या अभी भी खत्म नहीं हुई है । अब इस कोरोना महामारी के काल में इस समस्या का नया रूप दिखाई दे रहा है । बीमार और मजदूर, प्रवासी मजदूर, बेरोजगार, बेहद गरीब लोग शहरों से इनका नाता टूट गया है । शहरों से गावों की ओर जो लोग लौटे कई गाववालों ने उन्हें वापस लेने से इन्कार कर दिया । सेहत का जोखिम है, अतः बीमारों का खुले आम बहिष्कार हो रहा है । मरने पर उन्हें शमशान में जलाने से इन्कार कर रहे हैं । अस्पताल में मृत शरीर को परिजन ले जाना नहीं चाहते. ऐसा न हो की, दो गज की सामाजिक दूरी भेदभाव का नया रूप धारण कर ले ।

सत्ता का केंद्रीयकरण :

भारतीय संविधान में संघराज्य की निर्मिती कर केंद्र व राज्यों में सत्ता का विभाजन किया गया है | लेकिन आज कोरोना वायरस के चलते हम कह सकते हैं | कि कोरोना सरकारने अपनी शास्ति में बडोत्तरी की है | जो अधिकार राज्यों का अपना रहा है | आज उसके लिए राज्यों को केंद्र से मांग करनी पड रही है केंद्र सरकार की टिंमे कोविड की निगरानी हेतू राज्यों में भेट दे रही है | वें राज्यों से सूचनाए मांग रही है, उनकी व्यवस्था पर प्रश्न पुछ रही है यहा तक की, उनकी आलोचना भी कर रही है इससे केंद्र राज्य संबंधो में खटास भी निर्माण हुई है | दुसरी और कोविड -१९ की रोकथाम के चलते कडे प्रावधनों के कारण सरकार के द्वारा नागरिकों की स्वतंत्रता पर बंधन कठोर हुए है | जो लोगतंत्र के हित में नहीं है।

उपसंहार :

इस प्रकार कोरोना ने भारत या यूं कहू पूरी दुनिया के सामने एक बेहद कठीन चुनौती पेश की है | अभी तक इस चुनौती पर विजय की घोषणा किसी देश ने नहीं की है | हा इसकी रोकथाम हेतू प्रयास किए गए है | एवं दिए जा रहे है | भारत ने भी अपने नागरिकों को इस संकट से बचाने हेतू अनेक प्रयास किए है एवं कर रही है | लेकिन वे कहा तक सफल होंगे ओर यह संकट कब थमेगा, यह कहना मुश्कील है | अतः कोरोना से बचाव का रास्ता फिलहाल हमें ही खोजना होगा हमें ऐसे कदम की जरूरत है जिससे हमारा जनस्वास्थ्य मजबूत हो और हम अपने अस्तित्व को बचा सके | अतः परिवार में किसी भी सदस्य में रोग के लक्षण आने पर तुरंत इसकी सूचना स्वास्थ्य विभाग को दे | कोरोना से बचाव हेतू पूर्ण सावधानी बरते अपनी सोच को सकारात्मक रखे | सरकार के द्वारा दिए गए दिशानिदर्शों का स्वागत करे एवं उनका पालन करे कोरोना ने भले ही सामाजिक दूरी बढ़ाई हो, परंतु भावनात्मक तौर पर हम एकदुसरे के करीब रहे |

संदर्भ सूची :

1. दैनिक भास्कर, नागपूर ०२ अप्रैल २०२०
2. दैनिक भास्कर, नागपूर ०४ अप्रैल २०२०
3. दैनिक भास्कर, नागपूर ०६ अप्रैल २०२०
4. दैनिक भास्कर, नागपूर १९ अप्रैल २०२०
5. दैनिक भास्कर, नागपूर ३० अप्रैल २०२०
6. दैनिक भास्कर, नागपूर १७ जून २०२०
7. दैनिक भास्कर, नागपूर, १९ जून २०२०

कोरोनाच्या काळात डिजिटल डिटॉक्स

डॉ. राजेश गं. उंबरकर
ने.सु.बो.महाविद्यालय,नांदेड

डिजिटल डिटॉक्स (Digital Detox) म्हणजे या काल्पनिक जगातून बाहेर पडून वास्तविक जगाच महत्व समजून आपल्या घरातले लोक आपल्या आसपासचा समाज, नातेवाईक, यांच्याशी चांगले ऋणानुबंध निर्माण करणे व प्रत्यक्ष जगातील सामाजिक बांधिलकी जपणे, कोरोनाच्या काळात हे अत्यावश्यक आहे. ही अलीकडील काळात उदयाला आलेली संकल्पना आहे. मोबाईल, कॅम्प्युटर, आयपॅड यासारख्या गॅजेट्सच्या अती वापराच्या सवयीमुळे माणसाचा आसपासच्या जगाशी तुटलेला संपर्क आणि त्यामुळे निर्माण होणारे मानसिक असंतुलन अशा अनेक कारणामुळे डिजिटल डिटॉक्स या संकल्पनेची गरज भासू लागली मुळात कुटूंब व्यवस्था मजबूत असेल तर यावर नियंत्रण मिळविता येते. कुटुंब, मित्र मैत्रिणी, नातेवाईक, यांना वेळ दिला पाहिजे. आणि नेमके या कोरोनाच्या काळात यांच्यात जवळीकता निर्माण करणे शक्य होऊ शकते. पण यांच्यातील अंतर सोशल मिडीयामुळे वाढत चालले आहे. परिणामी डिप्रेशन आर्थिक समस्यांना सामोरे जातांना एकटेपणा वाढला आहे. त्यातून मानसिक असंतुलन निर्माण होते. आणि आत्महत्याचे प्रमाण वाढते.

सोशल मिडियावर आपण एखादी पोस्ट टाकली आणि त्याला अपेक्षेप्रमाणे लाईक किंवा कमेंट्स किंवा प्रतिसाद नाही मिळाला तर काहीजण अस्वस्थ होतात, घाबरून जातात व बैचेन होतात. हे सर्व वास्तविक नसत काल्पनिक असत पण आपण यात इतके गुरफटून जातो आणि मग हे सर्व काल्पनिक आहे हे विसरतो. बऱ्याच जणांना कल्पना व वास्तव यातला फरकच कळत नाही. आजची तरुण पिढी या सोशल मिडियाच जग हेच वास्तव समजायला लागतात चित्रपट, मालिका अशा अनेक प्रकारच्या व्हिडीओंना सत्य मानायला लागतात आणि हे जग पण वास्तवापासून दूर काल्पनिक गोष्टींवर भर घ्यायला लागल आहे. त्यामुळे समस्या, त्यातून मार्ग कसा काढावा वगैरे या गोष्टी पुर्वीप्रमाणे चित्रित होत नाहीत. परिणामी तरुण पिढीला चित्रपटाप्रमाणे सर्व काही सहज मिळावे नाहीतर त्यात पर्याय दिलेला असतो. मारामाऱ्या, लफडी, व आत्महत्या इत्यादी यातच संबंधीत व्यक्ती रममाण होतात.

आज सोशल मिडीयाचा नियमित वापर करणारा प्रत्येकजण थोड्याफार फरकाने या काल्पनिक जगाच्या आहारी गेला आहे किंवा त्याला त्याचे व्यसन लागले आहे. जसे उगाचच काम नाही म्हणून घंट्यांशी ङ्ङुद्यब्ब डुद्र वर ङ्ङुद्यत्तद करणे मेसेज आला की, लगेच फोन हातात घेऊन कोणत्या ग्रुपवर आला काय आहे. हे ताबडतोब पाहणे वगैरे.

या सर्वांमुळे आपला वास्तव जगाशी संपर्क खूप कमी होतो. आईचे मुलावरील प्रेम हे मोबाईलपेक्षा कमी व्हायला लागते. ज्या भावना मनातून लहान मुल होण्यापूर्वी व झाल्यावर आपल्या बाळाप्रती असायला पाहिजेत त्या सोशल मिडीयामुळे लुप्त होत आहेत. आपलं बाळ हे फक्त आपल्यासाठी एक दाखविण्यापुरती वस्तू नाही हे आपण लक्षात घेतल पाहिजे. आईचे प्रेम आपल्या बाळासाठी भरभरून असावं. बाळाच्या प्रत्येक गोष्टीचा व्हिडिओ फोटो आपण करायला लागतो

आणि तो शेअर करुन त्यांच्या प्रतिसादाची वाट पहात बसतो. आणि आपलं बाळ जात बाजूला त्याच कौतूक हे डोळे भरुन पाहणे सर्व काही सोशल मिडीयामुळे राहून जातं.

थोडक्यात यामुळे काय होतं की, आपल्या वास्तव जगाशी संपर्क खूप कमी होतो हे टाळण्यासाठी डिजिटल डिटॉक्स या संकल्पनेची अत्यंत आवश्यकता भासू लागली आहे. याचा एकच नियम आहे की, फोन, टीव्ही, कॉम्प्युटर, टॅबलेट व सोशल मिडीया यांचा वापर पुर्णपणे टाळायचा आहे. या टेक्नॉलॉजी पासून लांब राहून आपल्या वास्तविक जगातील प्रश्न, घडणाऱ्या घटना यावर लक्ष केंद्रीत करायचं व वास्तविक जगाशी आपला संपर्क जास्त वाढवायचा. किमान आठवड्यातून एक दिवस किंवा दिवसातून काही तास या पासून दूर राहावे.

अमेरिकेतील नेल्सन कंपनीने केलेल्या सर्व्हेनुसार मोठ्या शहरातील तरुण दिवसभरातले १० ते ११ तास काहीतरी पाहणे, ऐकणे, वाचणे त्यातून आपण करिअर बर्बाद करतात ज्या वातात कांही करुन दाखविण्याची ईच्छाशक्ती असायला पाहिजे त्या वयात आपण समाजाच्या बाहेर फेकल्या जातो आणि जेव्हा हे कळते तेव्हा वेळ निघून गेलेली असते. स्वतःचे आर्थिक सामाजिक नुकसान तर होतेच पण देशाची तरुण पिढी मात्र देशाला आर्थिक दुरावस्थेत आणून सोडते. यातून अनेक समस्यांना देशाला सामोरे जावे लागते. जसे गरीबी, बेरोजगारी, गुन्हेगारी इत्यादी. अशा विविध प्रकारे या सोशल मिडीयाच्या सानिध्यात व्यतीत करतात. जर आपण वास्तवापासून दूर जात असूत तर आपण आयुष्यातल्या कितीतरी चांगल्या क्षणांचा अनुभव घेतच नाही. आणि अकारण ताणतणावाला, चिडचिडेपणाला आमंत्रण देतो. यातून मानसिक ताण व आर्थिक चणचण तर भासतेच. आश्चर्याची गोष्ट म्हणजे अगदी लहान मुलेही याच परिस्थितीतून जात आहेत. सतत मोबाईलवर असणे, किंवा सतत T.V. पाहणे, लॅपटॉपचा अती वापर यामुळे शरीरावर, मनावर, बौद्धिक विकासावर अत्यंत वाईट परिणाम होतो. कार्टून शिवाय वास्तविक जग आहे. याची जाणीव मुलांना होणे अत्यंत गरजेचे आहे. नाही तर हे व्यसन दूर करण्यासाठी व्यसनमुक्ती केंद्राची मदत घ्यावी लागेल.

तसे तर ह्या अति सामान्य गोष्टी आहेत. त्या इतक्या थराला जावू नयेत यासाठी वेळेतच सावध व्हावे लागेल. काल्पनिक जगातून बाहेर आल्यावर मुलांमध्ये सकारात्मक बदल दिसून येतात. मुलांमध्ये इतरांच्या भावना समजून घेण्याची क्षमता वाढते. संवाद वाढतो चिडचिड कमी होते, अनेकांशी संबंध सुधारतात. असे अनेक फायदे आहेत. घरातील वातावरण ही आनंददायी होते. कोरोना काळात संधी लक्षात घेऊन काल्पनिक जगातून बाहेर येवून आपल्या माणसात मिसळू या !

संदर्भ :

1. दैनिक सकाळ दिनांक ३१ मे २०१९
2. www.wikipedia.org
3. आर्थिक व सामाजिक सर्वेक्षण, २०१९
4. <https://www.verywallmind.com>
5. <https://www.psychologytoday.com>
6. www.health.com
7. <https://economics.com>
8. www.word economicforum.com

कोरोना जागतीक संकट : एक आढावा

डॉ. कांतिलाल डी. सोनवणे

राज्यशास्त्र विभाग प्रमुख, आदर्श कला महाविद्यालय, निजामपुर, ता. साक्री, जि. धुळे

प्रस्तावना :

कोरोना (Corona) हा शब्द इंग्लिश नसून लॅटीन भाषेतील आहे. याचा लॅटीन भाषेत Crown (मुकूट) असा अर्थ होतो. कारण या विषाणुला मुकूटासारखे टोकदार आवरण असते. Corona हे विषाणुचे नांव आहे. Severe Acute Respiratory Syndrome Novel Corona Virus (SARSNCOV-2) Novel म्हणजे नविन या विषाणुपासून होणाऱ्या आजाराला Covid-19 असे म्हणतात हा विषाणू सर्व प्रथम चिन देशातील वुहान या शहरात आढळला हा विषाणू वटवाघुळ पासून माणसामध्ये आला व पसरतच राहिला.

संशोधनाची उद्दिष्टे :

- 1) कोरोनामुळे जागतिक अर्थव्यवस्था कमकुवत झाली ती व्यवस्थीत आणण्यासाठी शोध घेणे
- 2) कोरोनामुळे स्वच्छता व आरोग्य यांना किती महत्त्व आहे हे जनतेला समजावून सांगणे
- 3) कोरोनामुळे संसर्ग का वाढतो हे लक्षात घेऊन उपाय शोधणे

संशोधनाचे गृहितके :

- 1) कोरोनामुळे माणसाने माणसाशी कसे वागावे हे लक्षात आले
- 2) कोरोनामुळे घरी बनविलेले अनेक खाद्य पदार्थच योग्य असतात याची जनतेला जाणीव झाली.
- 3) कोरोनामुळे कमी संख्येत अंत्यविधी दशक्रियाविधी, लग्नसमारंभ होतात हे लक्षात आले.
- 4) कोरोनामुळे अपघाताचे प्रमाण कमी झाले
- 5) कोरोनामुळे इतर आजार नष्ट होऊ लागली. म्हणून जनतेचे दवाखान्यात जाण्याचे प्रमाण कमी झाले

संशोधन पध्दती :

सदर शोध निबंधासाठी वर्तमानपत्र, पाक्षिके, मासिके, इंटरनेट, वेबिनार, चर्चासत्रा यांचा उपयोग केला.

कोरोना जागतीक संकटः एक आढावा

भारताला कोरोना चा सुगावा लागला आणि सरकारी यंत्रणा कमाला लागली. केंद्र सरकार आणि सर्व राज्याचे राय सरकार पुर्व तयारीला लागले. येणाऱ्या संकटाविषयी जनतेला जागृत करण्यात आले काय आणि कशी काळजी घ्यावी या विषयी वृत्तपत्रातुन आणि टेलिव्हिजन वाहिन्यांवरुन 'कोरोना' विषयी जनजागृती करतांना सरकारने कोणतीच कसर सोडली नाही. त्याच बरोबर सरकार जनतेची काळजी घ्यायला सक्षम असुन जनतेने संयम शिस्त व स्वयंस्च्छता राखावी मात्रा घाबरुनजाऊ नये, असे दररोज पुन्हा-पुन्हा प्रसारमाध्यमांद्वारे सरकारच्या वतीने प्रसारित करण्यात येत होते. जेव्हा कोरोनाचे संकट देशात पाय पसरु लागले तेव्हा जनतेचे सोशल डिस्टंसिंग पाहावे व स्वतःची काळजी घ्यावी याविषयी जागृत करुन कामाशिवाय घराच्या बाहेर पडू नये अशा सुचना वारंवार करत असतांना स्वतः देशाचे प्रधानमंत्री नरेंद्र मोदी देशातील जनतेसमोर वेळोवेळी आले 22 मार्च 2020 रविवार रोजी जनतेने कोरोनाला हरवण्यासाठीच्या युद्धात स्वच्छेने उतरुन रविवारचा दिवस अभूतपूर्व जनता कर्फ्यु पाळून आम्ही सर्व भारतीय सरकारसोबत आहोत असे सर्व जगाला दाखवुन दिले. जरी हजार आमच्या जाती संकटामध्ये विरघळती, या ओळीप्रमाणे आम्ही जात, धर्म, पंच आणि पक्ष बाजूला ठेवून एक दिवसाचा कडकडीत बंद पाळून दिवसभर घरातच बसुनराहिलो, त्या दिवशी असे वाटले की आम्ही 15-20 दिवसातच कोरोनाला हरवु असच संपुर्ण देशात वातावरण होते. त्या सुमारास संपूर्ण भारत देशात 310 रुग्ण आढळून आले. त्यांची लागण होऊ नये संसर्ग पसरु नये म्हणून महाराष्ट्र राज्याचे मुख्यमंत्री उद्धव ठाकरे यांनी देखील लॉकडाऊन आपाणू 31 मार्च पर्यंत पाळू असे जनतेला आवाहन केले. सर्व शाळा कॉलेज बंद ठेवण्याचे आदेश देण्यात आलेत. देशभर व राज्यभर 144 कलम जाहीर करण्यात आले. सर्व धार्मिक स्थळे, प्रार्थनास्थळे बंद ठेवण्याचे आदेश देण्यात आले. सर्व सभा संमेलने, विवाह सोहळे रद्द करण्यात आलेत. यावरुन देशावरचे संकट किती भयंकर होते याची कल्पना येत होती. सरकार रोगाचा फैलाव होऊ नये म्हणून कुठेही कसुर सोडत नव्हते. आपल्या देशात संक्रमितांची संख्या काही शेकड्यावर असतांनाच चीन, इटली, इंग्लंड, अमेरिका, फ्रान्स, जर्मनी या देशात संक्रमितांची संख्या काही लाखावर पोहचली होती. हजारो लोक मृत्युमुखी पडले होते. पण आम्ही 'लॉकडाऊन' योग्य वेळी घोषित केल्यामुळे एकतेच्या जोरावर इतर देशांच्या मानाने भारतात कोरोनाचा प्रसार धीम्या गतीने होत होता. त्यामुळे आम्ही हे युद्ध लवकरच जिंकू असे सर्व देशाला वाटत होते. त्यातच भारतात देखील दिवसेंदिवस रुग्णसंख्या झपाट्याने वाढायला लागली म्हणून परिस्थितीचे गांभीर्य लक्षात घेऊन भारत सरकारने 21 दिवसाचे लॉकडाऊन घोषित केले त्यानंतर 'लॉकडाऊन 2 व 3' घोषित केले त्यामुळे गेल्या 3 महिन्यापासुन सर्व रेल्वे, बस आणि दळणवळणाच्या साधने थांबवण्यात आली. लोकांनी जिथे आहेत तेथेच थांबण्याचा सुचना जनतेला देण्यात आल्या फक्त जिवनावश्यक पुरवठा करणारी वाहनेच रस्त्यावर दिसू लागली आणि आता मात्रा रस्त्या रस्त्यावर, नाक्या- नाक्यावर आपल्या

गावाकडे जाण्यासाठी अडकून पडलेल्या लोकांचे जथ्थेच्या जथ्थे दिसू लागले आत्तापर्यंत स्वतःहून नियम पाळणारे लोक जीवनआवश्यक वस्तूसाठी व इतर कारणांसाठी घराबाहेर पडू लागले आणि लॉकडाऊनचा फज्जा पडू उडवू लागले काही टवाळखोर मौजेखातर शासकीय यंत्राणेला विनाकारण त्रास देऊ लागले. काही लोक धार्मिक कारणामुळे सरकारपुढे प्रश्नचिन्ह निर्माण करून लॉकडाऊन व सरकारी नियमांचे उल्लंघन करू लागले त्यामुळे सरकारी यंत्राणेवर ताण वाढू लागला काही तर पोलीस आणि वैद्यकीय सेवा पुरविणाऱ्या व इतर सेवा कर्मींना त्रास देऊन हल्ले करू लागले देशातील सर्व सरकारी यंत्राणा कोणालाही वैद्यकीय सुविधा, जिवनावश्यक वस्तू व अन्नधान्य काहीच कमी पडू नये म्हणून स्वतःचा जीव धोक्यात घालून तुमचा आमचा जीव वाचवण्यासाठी अहोरात्र झटत असतांना समाजातील काही घटक मदत कार्यात बाधा आणत होते. केवळ अशा घटकांमुळेच आज भारतात रुग्णसंख्या वाढत जाऊन 4 लाखाच्या जवळ येऊन ठेपली मृतांचा आकडाही 14 हजाराच्या पुढे पोहचून दिवसेंदिवस वाढतच आहे. आजपर्यंतचे लॉकडाऊन देशातील सुमारे 70-80 टक्के लोकांनी तंतोतंत पाळले म्हणून 130 कोटी लोकसंख्येच्या देशात संक्रमितांची संख्या आपण 4 लाखांवर रोखू शकलो. जर आपण लॉकडाऊनचे व सरकारी सुचनांचे तंतोतंत पालन केले नसते तर रुग्णांची संख्या यापेक्षा कितीतरी पटीने वाढली असती.यात केंद्र व राज्य सरकार आपआपल्या परीने अत्यंत चांगले काम करत असतांनाच लॉकडाऊनच्या पहिल्या टप्प्याच्या शेवटच्या दिवशी म्हणजेच 14 एप्रिल 2020 रोजी मुंबईत बांद्रा रेल्वे स्टेशनवर अचानक हजारांच्या संख्येत परप्रांतीय जमा होऊन आम्हाला गावाकडे जाण्यासाठी स्पेशल सोडण्याची मागणी करू लागले. त्यामुळे मुंबई सारख्या संवेदनशील शहरात देशातील सर्वात जास्त कोरोना रुग्ण असलेल्या भागात लॉकडाऊन व सोशल डिस्टेंसिंगचे तीन तेरा वाजवून आजपर्यंत भारतीयांच्या जगात निर्माण झालेल्या प्रतिमेला तडा गेला. तुमच्या आमच्या चुकांमुळे असंयमामुळे बेशिस्तीमुळे आपण खाईत लोटले जाऊन राहिलोत याचे भान समस्त भारत वासीयांनी ठेवले पाहिजे व बांद्रा सारखे प्रकार देशात अन्यत्र घडू नयेत म्हणून तसेच अर्थचक्र गतिमान गतिमान होण्यासाठी सरकारने टप्प्याटप्प्याने लॉकडाऊन शिथिल केले. लॉकडाऊन शिथिल केल्यानंतर मात्र लोकांनी खरेदी व इतर जीवनावश्यक वस्तूसाठी बाजारपेठांमध्ये तुफान गर्दी केली व लॉक डाऊनच्या काळात कोरोनाचे पेशंट वाढायचा जो वेग होता त्यापेक्षा कितीतरी पटीने रुग्ण वाढू लागलते हे आपल्या देशासाठी नि स्वतःसाठी फारच घातक आहे. कारण या महामारीपासून वाचण्यासाठी जगात औषध उपलब्ध नाही. यापासून वाचायचे असेल तर 'लॉकडाऊन' व सोशल डिस्टेंसिंग हेच आज तरी पर्याय आहेत ते पाळून व असा कोणी रुग्ण असेल तर त्याने स्वतःहून शासकीय रुग्णालयात जाऊन चाचणी करून घेणे गरजेचे आहे. तरच तुम्ही- आम्ही आणि देशही वाचेल.

एखाद्या प्रसंगी एखादे शहर बंद केले तर त्या एका दिवसात कोट्यावधीचे नुकसान होते हे आपणास माहित आहे. आज तर आपला संपूर्ण देश आणि देशातील सर्व उद्योगधंदे गेल्या तीन महिन्यांपासून बंद आहेत. त्यामुळे लाखो कोटीचे देशाचे दररोजचे उत्पन्न बुडवून फक्त तुमचा-आमचा जीव वाचावा म्हणून सरकारने संपूर्ण देश 'लॉकडाऊन' केलेला होता. पण या देशातील सामान्य माणसाला ते कळत नाही. ज्या सामान्य माणसासाठी सरकार सर्वकाही पणाला लावत असतांना सामान्य माणूस लहान सहान गोष्टीसाठी भाजीपाला घेण्यासाठी रेशन घेण्यासाठी, विडी, तंबाखू घेण्यासाठी मात्रा बिनधास्त बाहेर फिरून लॉकडाऊन नंतर सोशल डिस्टेंसिंगचा फज्जा उडवून समाजाचे देशाचे नव्हे तर स्वतःचेच नुकसान करून घेत आहेत देशाच्या झालेल्या नुकसानीचे त्याला काहीच पडलेले नाही. अशा अविर्भावात काही लोक वावरताहेत आणि अशा लोकांमुळेच रोगाचा प्रसार होऊन 'लॉकडाऊन' पुन्हा पुन्हा वाढून आपली अर्थव्यवस्था खिळखिळी झाली आहे. परिस्थिती नियंत्रणात येईपर्यंत सरकारला नाईलाजाने 'लॉकडाऊन' शेवटचा माणूस जगवण्यासाठी वाढवावे लागले. त्याचा भुर्दंड आणि परिणाम आज आणि भविष्यात आपल्यालाच भोगावा लागणार आहे. भविष्यातल्या आर्थिक संकटांना आपल्यालाच तोंड द्यावे लागणार आहे. त्यासाठी आपल्याला धर्म, जाती पंथ व पक्ष बाजूला ठेऊन लढावं लागणार आहे. हा लढा फक्त सरकारचा नसून 130 कोटी भारतीयांचा आहे. हा लढा आपण जेवढा लवकर जिंकू त्यातच आपले आणि देशाचे हित आहे.

सारांश :

आज केंद्र सरकार वेगळ्या पक्षाचे व अनेक राज्यात राज्यसरकार वेगळ्या पक्षाचे, विचारसरणीचे असून सुध्दा आपले राजकीय मतभेद बाजूला ठेऊन हातात हात घालून देशहितासाठी संकटाचा सामना करत आहेत. कारण त्यांना देशाची चिंता आहे अशी चिंता आपण बाळगली तरच लवकरच कोविड-19 ला हरवून आपण आपले उद्योगधंदे आणि दळणवळणाची साधने पूर्ववत सुरु करून आपली अर्थव्यवस्था व देश मजबूत करू शकतो. भारतावरील कोरोनाच्या संकटाचा फायदा घेऊन ज्या देशाने जगात आणि भारतात कोरोना पसरवला तो चीन स्वतः तसेच पाकिस्तान व नेपाळच्या पदतीने सीमेवर दररोज कुरापती काढून देशाला युद्धाच्या खाईत लोटण्याचा प्रयत्न करत आहे. अशा दुहेरी संकटातील देशाला आपण दारिद्र्यात ठेवायच की, महासत्ता म्हणून नावारुपाला आणायचे हे सर्वस्वी देशाच्या नागरिकांच्या हातात आहे. त्यासाठी आपण संयम, शिस्त व स्वयंस्वच्छता स्वाभिमान बाळगून सरकारचे आदेश बारकाईने पाळून भारताचे भविष्य उज्वल करण्यासाठी हातभार लावून देश बलशाली बनवावा अशी अपेक्षा आहे.

संदर्भ सुची :

- 1) साधना साप्ताहिक – जुन 2020
- 2) परिवर्तनाचा वाटसरु पाक्षिक – मे, जुन 2020
- 3) चित्रलेखा - मे, जुन 2020
- 4) लोकप्रभा – मे, जुन 2020
- 5) दैनिक लोकसत्ता, महाराष्ट्र टाईम्स, सकाळ, पुण्यनगरी, खांदेश मैदान,
- 6) नॅशनल वेबिनार

MANAGEMENT OF GRIDHRASI BY USING A PANCHAKRAMA PROCEDURE : A CASE REPORT

Priyanka Gajanan Kolhe¹, Pournima Daware²,

1PG Scholar, Panchakarma Dept, College of Ayurveda and Research Centre, Pune, Maharashtra, India

2 Reader, Panchakarma dept, ollege of Ayurveda and Research Centre, Pune, Maharashtra, India

ABSTRACT

Gridhrasi is one of the most common disorders of Vata, which closely resembles with sciatica, which is characterized by pain or discomfort associated with sciatic nerve. KiGridhrasi or sciatica in modern language is one the common condition of locomotor system disorder; it is a pain dominant disease and reduces human activity. In Ayurveda texts it comes under Vatavyadhi. Aim: To successfully manage acute case of sciatica through Panchakarma treatment. Materials and Methods- An acute case of sciatica was taken under consideration and was given Panchakarma therapies like Kati Basti, Abhyanga, Matra Basti for 10 days. Results and conclusion: The patient got 83.3% improvement in SLR test and nerve discomfort. It was noted that Panchakarma therapy is highly effective in treating acute cases of sciatica.

KEYWORDS: Gridhrasi, Vatavyadhi, Panchakarma, Kati Basti, Abhyanga, Matra Basti

INTRODUCTION

Sciatica is a disease of musculoskeletal system in which pain goes down the leg from the lower back. This pain goes down the back, outside, or front of leg. Most of the times symptoms are only on one side of the body. Weakness or numbness may occur in various parts of the affected leg and foot. It is caused due to irritation, inflammation and compression of the sciatic nerve[10], which branches from your lower back through your buttocks and reaches down each leg. Most of the cases of sciatica are due to spinal disc herniation on pressing one of the lumbar or sacral nerve roots. Spondylolisthesis, spinal stenosis, piriformis syndrome, pelvic tumors and pregnancy are other possible causes of sciatica .Sciatica are most common during peoples 30s and 50s and men are more frequently affected than women.[11]The disorder seems to apparently non serious but it cripples the patient. Science of Ayurveda had identified this long back, categorized it among Nanatmaja Vata Vyadhi[1] (disease caused by aggravation of Vata) and named it Gridhrasi. The word itself suggests the gait of the patient which is similar to Gridha (vulture) due to pain. Gridhrasi is characterized by Stambha (stiffness) Ruka (pain) Toda (pricking pain) and Spandana (tingling sensation). These symptoms initially effects Sphika(buttocks) and lower back and then gradually radiates to posterior aspects of Uru (thigh), Janu(knee), Jangha (calf) and Pada (foot).[2] Interestingly the diagnostic

criteria i.e. SLR test is similar to that of Sakthiutkshepa Nigrah (unable to lift leg).[3] The disease might appear as non-serious but it cripples the person completely, this shows the importance of effective treatment from the symptoms of Sciatica.

CASE REPORT

A 68 year old female patient came to panchakarma OPD of Ayurveda Rugnalaya and Sterling Multi Speciality Hospital, Pune

Name – XYZ

Uin no _91203

OPD Number - 5695 D.O.A – 27/2/20

D.O.D- 8/3/20

Address –shri Krishna kunj SoC .Dehugoan

Occupation – Farmer

Chief Complaints

- 1) Pain in lower back radiating through left thigh region till left foot since 1 week
- 2) Difficulty in walking since 1 week

H/O Present Illness

Patient was asymptomatic 1 week ago, when he suddenly developed severe lower back ache while doing his farm work. After which he was not able to walk without support. He took allopathic medicines i.e., analgesics from local physician , but could not get complete relief. He then came to panchakarma OPD of Ayurveda Rugnalaya and Sterling Multi Speciality Hospital, Pune

H/O of Past Illness–k/c/o DM

K/c/o HTN.

LSCS 25 year

On Examination

General condition– Moderate, Afebrile

Pulse rate - ,70min

B.P- 130/90mm of hg

Respiration rate – 18/min

Straight Leg Raise Test

Right leg – 80 degree +ve

Left leg – 40 degree +ve

Examination of Viddha Strotas

Asthi and Majja Strotas– Katigraha, Vedana, Katishoola Vaha

Diagnosis– Vataja Gridhrasi (Sciatica)

Assessment Criteria

Grades of the subjective symptom

S. No.	Subjective symptoms	Parameters	Gradation
1	Pricking Pain	Absent, Mild, Moderate, Severe	0 1 2 3
2	Pulling pain	Absent, Mild, Moderate, Severe	0 1 2 3
3	Stiffness	Absent, Mild, Moderate, Severe	0 1 2 3
4	Tenderness of sciatic nerve	Absent, Mild, Moderate, Severe	0 1 2 3
5	SLR scoring	0, 10, 20, 30, 40, 50, 60, 70, 80, 90	9 8 7 6 5 4 3 2 1 0
6	Pressing Power	Up to 10 kg 10-20 kg 20-25 kg >25 kg	3 2 1 0
7	Walking speed time taken to cover 60 steps	Up to 20 sec 21-40 sec 41-60 sec >60 sec	0 1 2 3
8	Sensory Impairment	Absent, Mild, Moderate, Severe	0 1 2 3
9	Posture	<ul style="list-style-type: none"> • No complaints • Patient walk without difficulty but experienced difficulty from getting up from squatting posture • Difficulty to squat • Difficulty in climbing up stairs • Limping gait • Can stand on both limbs but with pain • Can stand without touching the effected limb on floor • Can sit on bed without support but with pain and difficulty • Lying on bed with pain affected limb flexed by supportive pillows 	0 1 2 3 4 5 6 7 8

Treatment Module

The treatment protocol of this patient mainly involves Vedana Sthapana (pain relief treatment) Chikitsa and Vata dosha pacifying Chikitsa. Following Panchakarma treatment was given to the patient for a period of 10 day

No	Panchakarma Treatment	Duration
1	Sarvanga Abhyanga with Dhanwantaram Taila and Murivenna Taila	27/2/20 to 8/3/20
2	Sarvanga Nadi Svedana with Dashmool Kwatha	27/2/20 to 8/3/20
3	Kati Basti with Dhanwantaram Taila and Murivenna Taila	27/2/20 to 8/3/20
4	Matra Basti with Sahcharadi Taila	27/2/20 to 8/3/20

RESULT:

Patient got marked improvement from the disease after 10 days of Panchakarma treatment. Following are the BT, AT recordings of the patient.

S.No	Symptoms	Score BT	Score AT	Percentage of Relief
1	Pricking pain	3	0	100%
2	Pulling pain	3	0	100%
3	Stiffness	3	0	100%
4	Tenderness of sciatic nerve	3	0	100%
5	SLR Rt. leg	1	0	100%
	Lt. Leg	6	1	83.3%
6	Pressing power	2	1	50%
7	Walking speed	3	0	100%
8	Sensory impairment	0	0	-----
9	Posture	7	0	100%

DISCUSSION:

In this patient from history and clinical examination it was clear that there is severe aggravation of Vata, hence Vata Hara treatment with Vata Hara drugs is used. Sarvanga Abhyanga with Dhanwantaram Taila and Murivenna Taila- Abhyanga has been praised as Vata Shamaka by Acharya Shushrut. Also according to Charaka, Vayu dominates Sparshaendriya, and Abhyanga is extremely beneficial for Vata Vyadhi as per Charaka.[5] According to Dalhana Sneha reaches to Majja

Dhatu, when Abhyanga is done for 900 Matra. In Gridhrasi, Asthi Majja Vaha Strotas Asthi get disturbed, Snehasstrengthens Strotas and pacify increased Vata doshaat the site of affliction.

Sarvanga Nadi Svedana with Dashmool kwatha - Svedana is Vata hara, cures stiffness, heaviness and is best treatment considered to relieve pain. Svedana with Dashmool kwath[5] which is Ushna Virya, Guru and Snigdha helped in relieving symptoms of Vata like pain and stiffness in the patient.

Matra Basti with Sahachardi Taila Pakwashaya is the primary location of Vata Dosha, and medicine administered through Basti directly reaches the Pakwashaya, hence it is useful in pacifying Vata. Further it is also described in ancient texts that Basti is Ardha Chikitsa of Vata.[6] Sahachardi Taila[7] has Sahachara, Devdaru, and Sunthi Tila Taila. All these drugs are Ushna Virya, Guru and Snigdha hence best for pacifying vata Prakopa.

Kati Basti with Dhanwantaram Taila and Murivenna Taila– Kati Basti is given to provide snehana and Svedana together at the site of disease to pacify Vata. It also gives lubrication and strengthening to affected part at lumbar region due to disc bulge at L4-L5. Kati Basti with Dhanwantaram Taila[8] and Murivenna Taila is excellent Vatashamaka in nature. Bala main ingredient of Dhanwantaram Taila which has properties to pacify Vata, Pitta, it is a good nervine tonic and avoid nerve irritation. It also helps in improving muscular atrophied conditions it contains alkaloids which have rejuvenating property. It has ephedrine which is sympathomimetic drug. Sida Cordifolia increases pain tolerance and have anti-inflammatory properties.[9] Murivenna Taila is a coconut oil based drug made in Dhanyamla which is Tridoshashamana, Sandhaneeya, and has anti-inflammatory and analgesic properties. Hence it helped to relieve Shotha, Ruka and Daha.

CONCLUSION:

The prevalence of sciatica is on rise and it demands a multi modal approach while treating pain and disability of patient. In this particular case due to its acuteness i.e. 10 day, results we got were highly encouraging. The patient got completely recovered from the existing problem. Because of complete recovery of patient we found this case worth documenting. Indicating that Naveena Vyadhi (disease of recent origin) is Sukhasadhaya (easy for treatment) through Panchakarma. Hence, this study provides effective management and a ray of hope for patients of Gridhrasi.

REFERENCES:

1. Brahmanand Tripathy. Agnivesh Charaka Samhita, Sutra sthana, Chaukhamba Prakashan Varanasi, 2016.20/11 p. 390.
2. 2.Brahmanand Tripathy. Agnivesh Charaka Samhita, sutra sthana, chaukhamba prakashan Varanasi, 2016.20/11 p.390.
3. Bhrahmanand Tripathy. Vagbhatta Ashtang Hriday. Nidana Sthana Chaukhambaba Sanskrit Sansthan, Varanasi. 2003.15/54, p.544.
4. Kashinath Pandey, Gorakhnath Chaturvedi, Agnivesh Charaka Samhita, Sutra Stahana, Chaukhamba Prakashana, Varanasi, 2003. 5/85, 86, 87, p.169.
5. Yadav ji Trikam ji, Ayurved Deepika Commentary of Chakrapani, Charak Samhita, Chikitsa Sthana, Chaukhamba Prakshan Varanasi, 2000.28/144, p623.
6. Yadav ji Trikam ji, Sushruta Samhita Nibandh Sanghrraha, Chikitsa Sthana, Varanasi, Chaukhamba Subharti Prakashana. 2.010.35/29-30.P.528.
7. Bhrahmanada Tripathy, Vagbhatta Ashtanga Hrudyama, Chikitsa Sthana, Chaukhamba Sanskrit Varanasi, 2003, 29/67-68. P.813.
8. Dr.K.Niteshwar Dr.R.Vidyanath. Sahasrayoga taila yoga prakrana. Chaukhambaba Sanskrit Sansthan, Varanasi. 2005.p.109.
9. Shailendra Singh, Praveen Panchashrimath, Siddappa Devaru, evaluation of anti inflammatory activities of Sida Cordifolia linn in albino rats, journal of chemical and pharmaceutical research,
10. Pooja dhodhi & Pravin G. Jagpat. Ayurvedic management for Gridhrasi with special reference to sciatica- a case report. International Ayurvedic Medical Journal, 2018 Volume 6, issue 5, May 2018. 1163-1166.
11. Stanley J. Swierzewski, Remedy health media. sciatica overview; available at www.healthcommunities.com

ROLE OF SIRAVEDHA IN THE EMERGENCY MANAGEMENT OF PAIN IN VRANASHOPHA (PACHYAMANAWASTHA).

Dr. Nikunj G. Sharnangat¹
Dr. Dinesh Rathi (M.S. Shalya Tantra)²
Dr. Gayatri Mawale (M.S. Shalya Tantra)³

1. P.G. Scholar, Dept. Of Shalya Tantra

2. P.G. Guide of Shalaya Tantra (Dr. VJD Gramin Ayurveda College & Hospital Patur, Akola-444501.

3. HOD Dept.of Shalaya Tantra & Dean (Dr. VJD Gramin Ayurveda College & Hospital Patur, Akola-44450).

ABSTRACT

Acharya Sushruta has considered Siravedha as a half of all the therapeutic measures in Shalya-tantra like Basti-karma in Kaya-chikitsa. The surgical procedure of puncturing the vein for therapeutic purpose and thereby accomplishing the Raktamokshan is referred by the name of Siravedha. Rakta dhatu along with vitiated dosha is let out from the veins in disorders where the Raktadhatu is predominant. Acharya has emphasized that siravedha help in the elimination of vitiated dosha. He further clarified that if all fivefold purification procedure cannot be performed due to lack of time then Raktamokshan (siravedha) will serve the purpose in emergency condition. Siravedha leads immediate lowering of symptoms along with pain in disease like vrana sotha Guda paka etc. Acharya sushruta define shopha as a localized swelling in a part of body involving skin and the underline flesh which may be even or uneven, massive and knotty in consistency. Acharya Sushruta explained 3 stages of vrana-sotha. - Amavastha, Pachayamanavastha, Pakvaavastha. According to ayurveda all kind of pain(vedna) is vataj and can be corrected by correction of vatika derangement in the body, while describing line of treatment (sapta-Upkarma) of vrana-sotha siravedha(avsechana) is mentioned. My study is focused on effect of siravedha in emergency management of pain in vranasotha.

KEYWORDS: - Siravedha, Raktamokshan, Vranasopha, pain.

INTRODUCTION

Acharya Sushruta who is known as the '**Father of Surgery**' was well aware about importance of Vranashopha (stages of abscess formation), Vrana (wound) and their management in surgical practice, along with its untimely and untreated complications. The Vranashopha is described as earlier phase of Vrana. Sushruta has mentioned detail description of inflammatory swelling under the heading of Vranashopha. Shatkriyakala was explained for the first time in this context by Acharya Sushruta. Edema is explained as Shotha or Shopha in

Ayurveda. We come across the Edema conditions in different local areas such as face, feet, through the body or half of the body. Even though it usually appears as a symptom, in so many diseases related to vital organs like kidney, liver, heart, lungs, brain etc. It is condition which is characterized by fluid retention in body's tissues which results in swelling. Painless swelling of feet & ankles is common problem. Abnormal buildup of fluid in ankles, feet & legs can cause swelling. This fluid buildup swelling called Edema¹. The surgical aspects about shopha (inflammatory swelling) and Vrana (wound) is well explained in Sushruta samhita. Acharya Sushruta a surgical man defined Shopha as localised swelling in a part of body involving the skin and the underlying flesh which may be even or uneven, Massive and knotty in consistency. Again he cautions that differentiation should be made from other clinical entities as glandular enlargements, abscesses etc. which are also associated with a swelling². Shopha described by Sushruta is analogous to inflammatory swelling in many respects. Shopha is that which exists before vrana (wound). According to Charaka when vitiated Vata comes in contact with Vitiated Rakta and Kapha, Pitta and Kapha, it Brings them to the periphery then the stotas get obstructed to develop shotha in and around the skin and the flesh but it is not limited to part of the body. Acharaya Sushurut has de- scribed Siravyadha (a type of Raktmok- shana) as Ardha Chikitsa in Shalya Tantra. Furthermore, it is the treatment of choice advice for sadhya raga ruja samana (it re- lives pain and redness immediately). Pain is chief cause of visiting a doctor in most patients known as Ruja in Ayurveda which is one of the synonyms of disease. Acharaya Sushurut mentioned when vata is found affecting the skin, mus- cles, blood and veins and arteries then thera- pies such as snehan (oleation), abhyana (oil bath), Upanah (warm poultices), mardana (massages), alepa (applying paste on skin) and Asrkmokshana (bloodletting) should be adopted.³ In Ayurveda bloodletting is described by Acharaya Su- shurut as Raktmokshana is one of five pan- chakarma procedures or the 5 basic techniques of detoxification. It is made of two words – Rakta i.e blood and Mokshana i.e to leave and combining both these words makes the word Raktamokshana which means 'to let out blood'. It is the only Shodhana procedure where the vitiated doshas are taken out from the shakhas by creating an artificial route, in which carefully controlled removal of considerable amount of blood.

Bheda - Classification of shopha:

According to Charaka: Even though all the three doshas involved in the manifestation of all the types of the Shotha, it is on the basis of the predominance of the respective Doshas that Vataja, Pittaja and Kaphaja varieties of disease are determined and therapies are prescribed accordingly. All the varieties of the Shotha are considered to be Tridoshaja i.e. they are caused by the vitiation of all the three Doshas even so the causes of inflammation differ from one to another according as the

particular Dosha which is predominantly vitiated. The physician should therefore determine the line of treatment according to the predominance of one Dosha or the other.

1) On the basis of Dosha a) Vataja b) Pittaja c) Kaphaja

On the basis of Karana, a) Nija b) Agantuja⁴

According to Sushruta: Sushruta's diagnosis was based on clinical observation of Shopha (inflammatory swelling) during those days. He mentioned six kind of examination that includes using of all five senses and interrogation. He mentioned six types of Shopha as Vattika, Paittika, Kaphaja, Shonita, Sannipattaja, Agantuja⁵.

Samprapti - Aetiopathogenesis of shopha

As it is well known that the imbalanced state of Doshas lead to pathogenesis of diseases. Aetiopathogenesis of Shopha is much resembled to inflammation in modern medical science.

Acharya Sushruta perceived that the pathogenesis of Shopha has a definite sequential pattern, distributed over six occasions for treatment called Shatkriya kala. These are respectively as:

1) Sanchaya 2) Prakopa 3) prasara 4) Sthan samashraya 5) Vekta Awastha 6) Bheda Awastha.

Stages of Vranashopha⁶

When swelling does not subside either by different external and internal treatments, by opposite or improper treatments or great aggravation and accumulation of the Doshas, then it goes in for Paka (ripen/pus formation). Acharya Sushruta has described these in three stages of Vranashopha. They are:

1. Amawastha: (early inflammation)

This stage results from the fight between the vitiated Doshas and the defending Dushyas (Dhatus), here in this stage Kapha dosha may be prominent due to which a swelling produced.

- Mandoshmata - Mild increase in temperature.
- Twak savarnata - Normal skin colouration .
- Sheta shophata - Swelling being cold to touch.
- Sthairya - Immovable (static).
- Manda vedana - Dull pain.
- Alpa shophata - Mild inflammation.

2. Pachyamanawastha: (inflammatory stage)

If the vitiated Doshas are further allowed to produced more exaggerated phase in which the Prakupita Pitta will act upon the Dushya to produce disintegration. This stage produced symptoms like as:

- Suchibiriva nistudyate - Pinprick like pain.
- Other different kind of pain like bitten, piercing, burning etc.
- With pain like that of a scorpion sting, the patient obtains no relief in standing, sitting or lying down postures. The swelling goes on increasing like a full bladder.
- Twak vaivarnya -Discoloration of the skin.
- Shopha abhivrudhi - An increase of the swelling.
- Jwara - Pyrexia.
- Daha - Burning sensation.
- Pipasa - Thirst.
- Bhaktaaruchi - Loss of appetite, Anorexia.

3. Pakwawastha: (suppuration)

Further in related to Dosha Dushya Sammurchana the Dhatus are affected and burnt. There is an attempt for absorption (Shoshana by vayu) due to which following sign and symptoms are produced as:

- Vedanopashanthi - Subsidence of pain.
- Pandutha - Appearance of pallor.
- Alpa shophata - Decrease of swelling.
- Vali pradurbhava - Appearance of wrinkles.
- Twak pariputana - cracking of skin
- Appearance of depression / when pressed by the finger and quick elevation.
- Feeling the liquid pus within as the movements of water within the bladder, when it is pressed on one side pressure is felt on other side this is called fluctuation.
- Kandu - itching.
- Toda - Pricking pain.

Subsidence of constitutional symptoms occurs.

Shopha Upakrama⁷ –

Management of Vranashopha the Vranashopha should be managed in early stage to avoid suppuration and more tissue harm as described in stages of Shatkriyakala. There are different kind of management is required in different stages of shopha like:

In early stage (Amawastha) only Rubbing (Vimlapana), Oleation (oil massage), Application of medicated paste (Alepa), Poultice (Upanaha) are needed for treatment.

While in supportive stage (Pakwawastha) surgical procedure like Incision (Bhedana) etc. are needed for treatment.

Acharya Sushruta described seven pillars for the management of inflammatory lesion (Vranashopha) which are as follows:

- 1) **Vimlapana** - Light massage or rubbing (to increase the circulation)
- 2) **Avasechana** - Elimination therapy including bloodletting (for the removal of toxins)
- 3) **Upanaha** - Poultice
- 4) **Patana** - Cutting or incision
- 5) **Shodhana** - Cleaning (detoxification)
- 6) **Ropana** - Healing measures
- 7) **Vaikrutapaha** - To restore normalcy to the scar.

RAKTMOKSHANA

Bloodletting is used to detoxify the blood and remove "bad" black bile. In Ayurveda bloodletting is described by Acharaya Sushrut as Raktmokshana is one of five pan- chakarma procedures or the 5 basic techniques of detoxification. It is made of two words – Rakta i.e blood and Mokshana i.e to leave and combining both these words makes the word Raktamokshana which means ‘to let out blood’. It is the only Shodhana procedure where the vitiated doshas are taken out from the shakhas by creating an artificial route, in which carefully controlled removal of considerable amount of blood.

The Samprapti of Vranashopha is characterized by Rakta Dushti and localized accumulation of Dushit Rakta. The procedure of Raktamokshana has been hailed as one of the most effective therapies in Vranashopha⁸. Siravedha Procedure by its mechanism arrests the progress of Vranashopha and removes the vitiated Rakta from the diseases site⁹.

Main Types of Raktamokshana¹⁰:

1. Shastra Visravana: This procedure of bloodletting is performed by using metal instruments. It is further of two types:
 - Pracchana (Bloodletting through multiple incisions)
 - Siravyadha (Venepuncture)

2. Anushastra Visravana: This raktamokshana is performed without the use of metal instruments. This is of three types –

- Jalaukavacharana (Application of Leeches) – This is indicated for Pitta dosha diseases.
- Shrungavacharana (Sucking through cow’s horn) – This is indicated for Vata dosha diseases.
- Alabu (Vacuum extraction by using vegetable called Alabu / Bottle Gourd) This is indicated for Kapha dosha diseases.

Of all these types, Siravyadha or venepuncture is regarded as the best way of bloodletting having greater therapeutic value.

SIRAVEDHA: Siravedha is surgical procedure of puncturing the vein for therapeutic purpose and there by accomplishing the raktamokshana. It is indicated in all condition where raktmokshana is indicated. Even then, in certain disease Siravedhan has edge over other methods of raktmokshana. Raktamokshana by the method of siravedhan is preferred in physically strong as well as courageous people. Morbidity of rakta dhatu when generalized is best treated by the siravedhan.¹¹

Contraindication¹²: Sarvangashopha, Ksheena, Pandu, Arsha, Udara, Garbhini.

PROCEDURE:

The patient on Which Siravedha is to be performed, should be fed with liquid food or Yavagu. Snehana and Swedana should be performed.

Vaidhya should gather all the Instruments and emergency medicine which may be needed during or after the procedure. The patient is made to seat in comfortable position facing the east direction. The site of punctured should be cleaned Properly means there should not be any dust or dirt at the site. The cloth should be tied 1 Finger breadth above the to be Punctured. Nowadays Tourniquet is Used instead of cloth. The vein which is to be punctured should be made prominent. Vein is Punctured with needle not so slow not so fast in one stroke and Blood is allowed to flow. When Vein is Punctured, First Vitiated Blood flows which is slightly Dark in color. An eye is kept on the amount of Blood. If Siravedha is done in an appropriate manner the flow of Blood stops Spontaneously after Sometimes. When it is 1 Prastha then the Blood flow is stooped by Applying Pressure Bandage.

Patient is made to rest for few minutes.

AMAYAKA LAKSHANA¹²:

- Laghava
- Vedanashanti
- Vyadhivegaparikshya
- Manaprasada

CLASSICAL REVIEW IN AYURVEDIC TEXT

IN SUSHURUT SAMHITA¹³

Acharya Sushruta has mentioned, diseases those are not relieved so quickly by Snehana, Lepamadi therapeutic measures in these situation Siravedha is an emergency management to achieve better result. Sira- vyadha is also accepted as half of the therapeutic measure in shalya tantra like

basti in kayachikitsa. In Panchakarma chikitsa, the vitiated doshas are purified whereas in siravedhan to let out rakta dhatu along with vitiated doshas where rakta dhatu is pre-dominant. The susceptibility of rakta towards impurity is so versatile that the classics were compelled to agree upon rakta as fourth dosha. Therefore, dushita (vitiating) rakta from the related siras (veins) should be let out to protect the health or to remove the disease. The symptoms of samyak siravedha are laghavam (body and painful area) and vedanashanti (pain reduction), visravit rakta stop itself, it means the pain arising from a disease condition get subsided followed by decrease in the symptoms of the disease so siravedha can be used in pain predominant diseases.

DISCUSSION

PROBABLE MODE OF ACTION¹⁴

In Ayurveda use of particular therapy in a particular disease depends on its property like ras, guna etc. chikitsa (treatment) is nothing but correction of vitiated dosha to reinstate the tri-dosha equilibrium. Siravedha act on predominantly in pitta, rakta and kaphaja vyadhi or when pitta or kapha is in anubandha to vata dosha. In such condition of vata prakopa due to kapha and pitta avarana siravedha can remove the avarana of kapha or pitta dosha giving way for anulomana indirectly cures the vata symptoms along with pitta or kapha dosha and patient gets immediate relief in pain.

From modern point of view, stimulation to large sensory fibers from peripheral tactile receptors depresses the transmission of pain signals either from the same area of the body or even from many segments. This results in local lateral inhibition.

CONCLUSION

- Siravedha is a simple, cheap, safe, and effective in the management of symptoms of disease like pain etc.
- There is no need to be hospitalization of the patient in the procedure.
- It can cure the disease when other treatment does not have effect on disease or when other treatment fails and give immediate relief in symptoms.
- It is helpful to eliminate doshas from shakhas and in this therapy there is no need to bring the doshas in kosta.

REFERENCES

1. API textbook of Medicine, Published by Yashpal Munjal, The association of physician of India, editor Surendra Sharma, volume 1, 10th edition, chapter 17, page 111.
2. Kaviraja Ambikadutta Shastri, Sushruta Samhita of Maharishi Sushruta edited with Ayurveda Tattva Sandipika, Sutra Sthan, Chapter 17/3, Chaukamba Sanskrit Sansthan, Varanasi,

- Reprint;2007. Pg. No.91.
3. Susuruta Samhita, Sharir Sthana 8/22 & Chikistsa sthana 4/7 Translated by prof. K. R shrikanth murthy, Chaukhamba orientalia, Varanasi, second edition 2005.
 4. Charaka. Trishothiya adyaya. In: vaidya Yadavji Trikamji Acharya (eds) Charaka Samhita. Varanasi: Chaukhamba Sanskrit Sansthan; 2013, pg.no-106.
 5. Kaviraja Ambikadutta Shastri, Sushruta Samhita of Maharishi Sushruta edited with Ayurveda Tattva Sandipika, Sutra sthan, Chapter 17/4, Chaukhamba Sanskrit Sansthan, Varanasi, Reprint;2007.pg.70-71
 6. Kaviraja Ambikadutta Shastri, Sushruta Samhita of Maharishi Sushruta edited with Ayurveda Tattva Sandipika, Sutra sthan, Chapter 17/7-8-9, Chaukhamba Sanskrit Sansthan, Varanasi, Reprint;2007.pg.71 & 72.
 7. Kaviraja Ambikadutta Shastri, Sushruta Samhita of Maharishi Sushruta edited with Ayurveda Tattva Sandipika, Sutra sthan, Chapter 17/22-23, Chaukhamba Sanskrit Sansthan, Varanasi, Reprint;2007.pg.74
 8. Sushruta Prof. K.R. Shrikantha Murthy 2014, chukhamba Oriental Publisher Sutrasthana 17, verse 18.
 9. Sushruta Prof. K.R. Shrikantha Murthy 2014, chukhamba Oriental Publisher Sutrasthana 9, verse 27,28,29.
 10. https://en.wikipedia.org/wiki/Blood-letting#In_alternative_medicine.
 11. Dr G. Shrinivasa Acharaya, Panchkarma Illustrated, Chaukhambha Sanskrit Pratisthan, Delhi, Reprint Edition 2006 page 422.
 12. Ambika Datta Shastri, Sushruta Samhita, Purvardha, Chaukhambha Publication, Sutra sthana 14/24-33, Edition Reprint 2010.
 13. Sushrut Samhita, Sharir Sthana 8/22, Sutra sthana 21/4, Chikistsa sthana 14/32-33 Translated by prof. K. R shrikanth murthy, Chaukhamba orientalia, Varanasi, second edition 2005.
 14. J Vaneet Kumar, Tukaram S Dudhamal and S. K. Gupta, V Mantha a Comparative Clinical Study of Siravedha & Agnikarma in Management of Gridhrasi, An International Quarterly Journal of research in Ayurveda 2014 Jul-Sep.