ROLE OF AGNIKARMA IN THE MANAGEMENT OF SANDHIGATAVATA (OSTEOARTHRITIS)

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Introduction:

Study of Sushruta Samhita and other treatises reveals that disease sandhigatavata is at the top in the list of ailments where, a Para surgical measure has been indicated. As a clinical entity Sandhigatavata 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 sandhigatavata 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 Aacharyas but considering the recent lifestyle of the public, who demand fast relief from the disease, Rasashaadhadi 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 Aacharyas (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 (180° to 200° 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 sandhistha 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

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>No. of cases</th>
<th>Total</th>
<th>%</th>
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<tbody>
<tr>
<td></td>
<td>B.T.</td>
<td>A.T.</td>
<td></td>
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<tr>
<td>Pain</td>
<td>14</td>
<td>4</td>
<td>10</td>
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<tr>
<td>Swelling</td>
<td>10</td>
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<td>8</td>
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<tr>
<td>Stiffness</td>
<td>12</td>
<td>4</td>
<td>8</td>
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<tr>
<td>Crepitus</td>
<td>8</td>
<td>0</td>
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<tr>
<td>Tenderness</td>
<td>14</td>
<td>4</td>
<td>10</td>
</tr>
</tbody>
</table>
Incidence and percentage of signs and symptoms – B.T. & A.T. of 7 patients of Sandhigata vata of Group – II

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>No. of cases</th>
<th>Total</th>
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<tbody>
<tr>
<td></td>
<td>B.T.</td>
<td>A.T.</td>
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<tr>
<td>Pain</td>
<td>14</td>
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<tr>
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<tr>
<td>Tenderness</td>
<td>10</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>Samvedana prasarana akunchana pravriti</td>
<td>14</td>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>Shramo Asahyata</td>
<td>8</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Sandhigati hani</td>
<td>12</td>
<td>6</td>
<td>6</td>
</tr>
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Total effect of therapy in 28 patients of Sandhigata vata

<table>
<thead>
<tr>
<th>Result</th>
<th>Group I</th>
<th>Group II</th>
<th>Total</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cured</td>
<td>4</td>
<td>1</td>
<td>5</td>
<td>35.71</td>
</tr>
<tr>
<td>Improved</td>
<td>3</td>
<td>5</td>
<td>8</td>
<td>57.14</td>
</tr>
<tr>
<td>Unchanged</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>7.14</td>
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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, Snigdhata, 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.
- Vyadhiswabhava 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.

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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

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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 31\(^{st}\) 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 30\(^{th}\) 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 11\(^{th}\) 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 29\(^{th}\) 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 became 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. Borris 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.

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

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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 Budhi 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 nibaranam // 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

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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 essaisits, 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. Perversely, 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 loose 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 seen. 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.

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COVID-19’S IMPACT ON IT SPENDING

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

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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. Dysmenorrhea 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 dysmenorrhea 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 anulomana 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 yonirog. Udavrta (painful upward movement of vata), mala avrodha (obstruction to passing flatus & faces), adhman (distension of abdomen) and agninasha (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 develops. Prakupita 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 blood. 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 girls. 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 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 findings. 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, malavshtabha( constipation).
Prakruti- vatpradhan pitta
Initiation of pain – first day

Pain length- 2-3 days (grade 3)

Pain location- suprapubic crams, 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 usha 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: 1\textsuperscript{st} day of menstruation and after menstrual period, every cycle for 3 cycles.

Result:

<table>
<thead>
<tr>
<th>Follow up 1\textsuperscript{st} menstrual cycle</th>
<th>Grade</th>
<th>Follow up 3\textsuperscript{rd} menstrual cycle</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initiation of pain</td>
<td>1\textsuperscript{st} day</td>
<td>Initiation of pain</td>
<td>1\textsuperscript{st} day</td>
</tr>
<tr>
<td>Pain length</td>
<td>2-3day</td>
<td>moderate</td>
<td>Pain length</td>
</tr>
<tr>
<td>Suprapubic cramps</td>
<td>Moderate</td>
<td>5</td>
<td>Suprapubic cramps</td>
</tr>
<tr>
<td>Lumbosacral pain</td>
<td>Moderate</td>
<td>5</td>
<td>Lumbosacral pain</td>
</tr>
</tbody>
</table>

Result shows that from 1\textsuperscript{st} menstrual cycle to 3\textsuperscript{rd} 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 blood\textsuperscript{2}. 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 anulomana\textsuperscript{7} and Baladighana vati for vedana shaman by vataj shool chikitsa\textsuperscript{8}

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:


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

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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’. Aacharya 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, Acharya Sushruta 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 Rugnalay*, 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–malavshambha (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](image_url)
MATERIALS & METHODS

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

Methods:

After written informed consent, The red hot lohashalaka is applied to kadar. 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 til twakdagadha lakshana appear. 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 ‘Kadar’ 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 Kadar. According to Acharya Sushruta when Bheshaja 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.

<table>
<thead>
<tr>
<th></th>
<th>1 setting</th>
<th>2 setting</th>
<th>3 setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before treatment</td>
<td>7</td>
<td>6</td>
<td>3</td>
</tr>
<tr>
<td>After treatment</td>
<td>5</td>
<td>4</td>
<td>0</td>
</tr>
</tbody>
</table>
Before Treatment | After Treatment

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परंपरागत राजकीय विश्लेषणाची - एक अभ्यास पद्धति

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प्रस्तावना:
राज्यशास्त्राचा अभ्यास दूरसंचारी माध्यमात राजकीय विचारवांतांमध्ये एकमत आढळणे नाही. अभ्यास करण्याचा दृष्टीत व्याख्यात तत्त्वांचा आहे. पारंपरिक राज्यशास्त्राच्या राज्य आणि शासनसंस्थाचा वांचाच प्रमुखता विचार करण्यात येत असे. परंतू आजच्या आधुनिक काळात राज्यशास्त्राचा अभ्यासाची कक्षा फार व्यापक झालेली आहे. याचे कारण म्हणजेक भीतीक शास्त्रातील अध्ययन पद्धतीचा स्विकार आधुनिक राज्यशास्त्राच्या करण्यात आलेला आहे. त्यामुळे राज्यशास्त्राचे व्यावसायिक व्यावहार बदलून गेले आहे. त्याचा आज राजकीय राजकीय विश्लेषण या नात्यांनाश्याम आलेला आहे. कोणतेही शास्त्र गरी तीय नसते. राज्यशास्त्र त्यास अवघड नाही. प्राणीय काळात, त्याच्या राज्यशास्त्र हे महत्त्वपूर्ण शास्त्र आहे. ग्रीकीच्या कला क्षेत्रात त्याच्या उद्यम झालेला दिसून येतो. २० च्या शतकाच्या मध्यांत त्याच्या एका विश्वस्त दिसेले विकास झाला. द्रुतीय महाविद्यालयांतर राज्यशास्त्राचा आशय बदलला. राज्यशास्त्राचा अभ्यास पद्धती बदलली. नव्याच्या राज्यशास्त्राचा उदय १९५० नंतर काळात झाला. जून्या आशयाच्या राज्यशास्त्राला परंपरागत राज्यशास्त्र असे महत्त्वाचे. ते १९५० च्या आशयाच्या काळात राज्यशास्त्र आहे. १९५० च्या पुर्णाच्या राज्यशास्त्र म्हणजे परंपरागत नंतर राज्यशास्त्र म्हणजे आधुनिक असे म्हणणे योग्य नाही. १९५० पुर्णाच्या देखील काही राज्यशास्त्राचा दूरसंचार आधुनिक स्वरुपाचा होता. ऑस्ट्रेलिया आणि काळात माढे योग राज्यशास्त्राची दूरसंचारी शास्त्रीय स्वरुपाचा होता. परंपरागत आणि आधुनिक असा भद्र करणे अवघड ठरते. ते आज आधुनिक मानले जाते. ते काळात योगाच्या परंपरागत होणार आहे. आधुनिक राज्यशास्त्र आणि परंपरागत राज्यशास्त्र योगाच्या आशय आणि त्याच्या अभ्यासपद्धती वात फरक असल्यानुसार दोन वेगवेगाची नवी देणे क्रमपार्श्व ठरते. डेब्ही इंस्टेन्स ने १९५३ मध्ये 'राजकीय व्यवस्था' हा प्रथ प्रकाशित करून राजकीय विचारवांतांमध्ये एक खट्टांब उडळून दिली. राज्यशास्त्रीय विचारवांत एक नवे पत्ते दाखवून केले. इंस्टेन्स योगाच्या विधानाधीन केलेल्या विचारणास 'आधुनिक राजकीय विश्लेषण' असे फटले जाते. म्हणून डेब्ही इंस्टेन्स आधुनिक राज्यशास्त्राचा जनक महत्त्व ठरते. त्याने राज्यशास्त्राचा अभ्यासातील पारंपरिक पद्धती व्याय यानून राजकीय विश्लेषणाचा नवीन पद्धती स्विकारल्या.

प्रश्नविषयाचा उंश:
"परंपरागत राजकीय विश्लेषणाची एक अभ्यास पद्धती" याच्या अभ्यास करणे हा प्रस्तुत लघु निबंधाचा उंश हे आहे."
संशोधनाची उद्देश्ये:

1) परंपरागत राजकारण विश्लेषणाची माहिती अभ्यासात.
2) परंपरागत राजकारण विश्लेषणाचा वेशित्त्वांशी माहिती जागृत घेणे.
3) पारंपरिक राजकारण विश्लेषणाचा विविध दृष्टीकोणांची माहिती जागृत घेणे.

संशोधन पद्धती:

प्रस्तुत लघुगोष्ट संशोधनासाठी दुसऱ्य साधनांचा अवलंब वर्णणात आलेला आहे. त्यांत प्रकाशांत, अप्रकाशांत प्रँथ
इत्यादी साधनांचा वापर करण्यात आला आहे. संकल्पीत माहितीकड आधारे सोधनंबंधांचा अभ्यासाची योग्य माफळणी
करण्यात आली आहे.

परंपरागत राजकारण विश्लेषण अर्थ व स्वरूप:

‘मनुष्य हा समाजशील प्राणी आहे’ असे ग्रीक विचारवंते ओरिस्टोलने महत्त्वाचे आहे. समाज सोडून राहणारा मानव
एकतर पण असला पाहिजे किंवा परमेश्वर असला पाहिजे. समाजातील राहणे हा मानवाची नैसर्गिक प्रतिकृती आहे. त्याचा
विकास समाजातील होतो. त्याचा सर्व गरजा समाजात पूर्ण होतात. व्यक्तीमध्ये जसे सहकार्य असते तसा त्याचा प्राप्त
अनेकदा संपूर्ण होऊ शकतो. संपूर्ण कन्ह करण्यासाठी आणि व्यक्तिकरणी संबंध निर्भर वर्णणात आलेल्या साधनाची विश्वासीत
करावे लागते. अशा प्रकारे नियमन करण्यासाठी कायद्यांची आवश्यकता असते. कायदा करण्यासाठी आणि त्याचे
कार्यांश करण्यासाठी शासनाची गरज असते. अशा प्रकारे शासन सत्तासमस्याच्या आधाराने विशिष्ट भूमिकेतील
व्यक्तीमुद्यांचा नियंत्रण करते. अशा समाजाने राज्यसंस्था महणतात. ‘पारंपरिक राज्यशासका दृष्टीकोण हा प्रामुख्याने
प्रावित्तीस्थान आढळेले राज्यांचे संकल्पना सोडून काढणे या अर्थात्तेच पॅटेटे ते मास्फर्याचा राज्यशास्त्राची राज्यशास्त्राचा
अभ्यास केला आहे. सबर्ड्याचा तत्काळदृष्ट्वन दृष्टीकोण ने सुदृढ्य हा प्रश्न हा परंपरागत राज्यशास्त्राचा दृष्टीकोणाचा प्रतिक
होय. स्वातंत्र्य, समान, व्यवाहार, शासन संबंधी प्रकरण न कार्यक्षेत्र या प्रस्तावी उपर्युक्त राज्यशासक कित्याहे शकस्तापासून करत
आलेले आहे. इत्यादी मूळीचे अवलोकन करून राजकारण सिद्धांत माफळणारा या पारंपरिक राज्यशास्त्रांची साध असती.
उदा. सिर्जस्म, भौमन, हेन्रीच इत्यादी बंधन व ओस्टीन यांची वेशित्त्वांशी दृष्टीकोणांतून राजकारण प्रस्तावी चर्चा केली आहे.’
पारंपरिक राज्यशासक जो तत्वांशी दृष्टीकोण माफळणारा आहे असे त्यानुसार चर्चेत काम व वाईट काम, आदर्श समाज
आणि आदर्श जीवन कराला समाजांद, जीवनाने पहाव्या दृष्टीकोण कोणता, मानवाने जीवनात कलाला महत्त्व देणे वा
मूळांतिकृत प्रस्तावांचा प्रामुख्याने विचार होत होता.

‘प्राचीन ग्रीक नगर राज्यांना काढावसून राज्यशासनाच्या राजकारण अध्ययनात्ते भर दिला आहे. सोवर्किटिस, पॅटेटे,
ओरिस्टोल यांसाठी यंद्रर्याचा प्रत्येक राजकारण विचारवंतांनी प्रारंभासून राज्यशासका अध्ययनात्ते मोलाची भर घासलेली आहे.
प्राचीन भारतीय राज्यशास्त्राचा अध्ययनाचे दाखले प्रात ठप्पत होतात. त्यास राजनीतीशास्त्र महूने संबंधले जाते. ‘कोटट्याचे
पारंपरिक राजकीय विश्लेषणात्मक प्राप्ति:

पारंपरिक राजकीय राज्यशास्त्र हे राज्याचा मुलभूत स्वरूपांमध्ये घटकांचे व्यक्त स्वरूपांचे अभ्यास करणारे शास्त्र आहे. परंपरागत राज्यशास्त्रीय लेखन राज्यसंकल्पनेभोजक केंद्रता झालेले आढळून येते. पारंपरिक राज्यशास्त्राचा अभ्यासात पुढील विषयांचा समावेश होतो.

1) पारंपरिक राज्यशास्त्रात राज्याचा उदय व उगमसंबंधी मांडलेल्या सिद्धांतांचा अभ्यास अभिविन्य झाला.
2) राज्यघटनेचे निर्माण करणार्या शासनसंस्थेचा विविध घटकांचा, कायदेमंडळ कार्यकारी मंडळ व न्यायमंडळाचा आणि त्यांच्या कार्यकारीता अभ्यास महत्वाचा मानला जाते असे.
3) लोकशाही, समाजवाद, साम्राज्य, फरमाजेम इत्यादी महत्वपूर्ण विविध राजकीय तत्त्वशास्त्रीय उदय, विकास, महत्व आणि त्यांची मर्यादा अभ्यास केल्या जाते होते.
4) राज्याच्या घटनात्मक व्यवहाराचा अभ्यास त्याच्या प्रमाणांचे राजकीय संस्था व संघटनांच्या व्यवहारीक कार्यकारीता अभ्यास केला जात असे.
5) राजकीय व्यवहारातील मुलभूत संकल्पना, सार्वभौमता, विविधिनियम, मुलभूत हक्क इत्यादी अभ्यास करणे.
6) अंतरराष्ट्रीय कायदा, अंतरराष्ट्रीय संस्था आणि संबंधाचा अभ्यास केला जात असे.

इत्यादी प्रमुख विषयांचा अभ्यास हा पारंपरिक राजकीय विश्लेषणाच्या व्यापकतेचा भाग होता.

पारंपरिक राजकीय विश्लेषणाची वैशिष्ट्ये:

1) तत्त्वविज्ञानाच्या प्राधान्याचे: ‘या दृष्टिकोणात राजकीय अभ्यासकांनी सर्वसाधारण आणि सामान्य गृहितांच्या आधारावर आपल्या विवेकानंदी मांडणी केलेली आढळून येते. काही गृहितांच्या भूमिकालीन नगरराज्य प्रणाली, वर्तमानकाळीन परराष्ट्र गृहितांची व भविष्यात अस्तित्वात आणांसाठी विश्वराज्य प्रणाली ह्या राज्याच्या निर्मितीसंबंधी अस्तित्वाचे पारंपरिक अभ्यासकांनी त्याच्या आधारावर राज्याशास्त्राचे अभ्यास करणारा प्रवास केला आहे महागृह गृहितांचा अभ्यासास्तोल्य कुटुंब स्वरूप, घटकांचे स्वरूप आणि त्यांचे अनुसूचित राज्यपंजाबीच होणारा विकास वास महत्व दिले आहे. त्यामुळे राज्य या कल्पनेचा विविध अंगांचा अभ्यास महत्वाचा ठरतो, महागृह बंदर्ली यांची व्यवहार व ठिकाणी अभ्यासाच्या व्यावसाच्या दृष्टिकोणातून महत्वाची आहे. राज्याशास्त्र मुलभूत स्वरूपांचे घटकांचे व्यक्त स्वरूपांचे आणि विकासाचे अभ्यास करणारे शास्त्र महत्वाच्या राज्यशास्त्र होय.’

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2) पारंपरिक विवेचनाची शास्त्रीय बैठक : या दृष्टिकोणाची बैठक कायदा, तत्वज्ञान व इतिहास यांवर आधाराला असत्याचे स्पष्ट होते. उदा. प्लेटो, ओप्सिटोल, कॅॉल यांचे राजकीय विचार हे तत्त्वज्ञानाचे आधारित होते. 'पारंपरिक राज्यशास्त्राचा बैठकीय इतिहास कायदा तत्त्वज्ञानाचा कृप्य प्रभाव दिसून येतो. आर्थिक काळात हे दृष्टिकोण शास्त्रीय मानले जात नाहीत. उदा. प्लेटोचे आदर्श राज्य संकल्पनेत शान्तिमार्ग आणि धुंधप्रायमाण्याला महत्त्व आहे. तसेच पारंपरिक मान्यता विमलता न करता स्थिर रूपांतर केलेला असतो. उदा. सोचुरंगचा 'ज्ञान महणज सदृढ' या नत्तीच आधारावर पंटो आणि ओप्सिटोलने विचारांची इमारत उभ्य केली. त्यामुळे पारंपरिक राज्यशास्त्राची लेखन आर्थिक काळात अशास्त्रीय मानले गेले.'

3) इतिहासाचा प्राध्यापन : भूतकाळीन इतिहासाचा आधार माहिती भिडणुन राजकीय विश्लेषण करण्याचा प्रयत्न या दृष्टिकोणात झालेला आहे. इतिहासाचा सर्व मानवनिवारीचे जाळालें व्यवहार समाविष्ट असतात. ती सर्व सामाजिक शास्त्रांची प्रमुख आहे. राज्यशास्त्र हे सामाजिक शास्त्रांकोणी एक असत्याची व त्याच अभास विषय मानव असत्याने इतिहासाच्या आधारावर धर्मनांना महत्त्व प्राप्त झाले आहे. तसेच राजकीय संस्था आणि घटनासंबंधी इतिहासातून उमोट केलेल्या पुरातत्त्वाचा आधार राजकीय जीवनाचे विश्लेषण करत निष्कर्ष मांडण्याय संतज्ञानाचा प्रयत्न झालेला दिसून येतो. ऐतिहासिक आधारावर विश्लेषण केली ठरावाला केल्यामुळे वास्तवतें कुर्स करत झाले.

4) मूल्यांचा प्राध्यापन : पारंपरिक राजकीय विश्लेषणाला मूल्यांचा प्राध्यापन देण्याला वेळ असे. राजकीय क्षेत्रातील मूल्यांना स्थान दिले पाहिजे अर्थी राजकीय विचारांतांची भुमिका होती. त्यामुळे नीती-अनीती व धर्म यासारख्या आदर्शांवरील विचारांची मांडणी करण्यावर पारंपरिक विश्लेषकांचा भर दिसून येतो.

5) कायदाला महत्व : राज्य हे कायदाचा चौकटीशतावार असत्यात राहू सकत नाही. त्यामुळे राज्याच्या मुख्य आधार कायदा असतो. राजकीय विश्लेषणातील कायदाचा रचनेचा प्राध्यापन दिले पाहिजे अशी या दृष्टिकोणाची भुमिका आहे. एकादा देशाचा कायदाचा आधारावर अभास करताना त्या देशाचा संविधानिक कायदा महत्त्वाचा ठरतो. कारण ल्याचा आधारावर राज्याची स्थिरता निर्भर असतो. एकादा राष्ट्राचा अभास करताना त्या देशाचे संविधान ठरी, परंपरा, काद्ये व न्यायालयीन निर्णय वाचा अभास केला जाऊ लागला. अमेरिकेच्या सर्वोच्च न्यायालयाचे दिलेल्या निर्णयाचा आधारावर त्या दिकायचा राजकीय जीवनाचा, राजकीय व्यवहाराचा अभास पूर्ण होतो.

6) राज्य व व्यक्ती यांचे अधिकार : व्यक्ती व राज्य यांचे राज्यातील संबंध बांधकाम दोघांचे अधिकाराचा फार महत्व आहे. राज्याचा अधिकार आणि व्यक्तीच्या स्वतंत्रता यांचा परस्पर संबंध याचा आधारावर काही अनुभवांचे काहाळ घेत लागते. त्यामुळे त्याच्या अभासाने राजकीय तत्त्वांतर्गत असे माहीत आहे. नवन प्रवाहातून आदर्श राज्याच्या निमित्तसाठी पार्श्वभूमी महत्व त्याचे अभास व विकराणस्थल लागायत आहे. कारण त्याचा विश्लेषण तत्त्वज्ञानाची बैठक आहे. हॉव्हनल मानवी स्वाभाविक आणि मानवी स्वाभाविक समाजीपणाचा संबंध असत्यामुळे काही गृहीत करत धरण राज्याचा उगमसंबंधी कराराची समाधान मांडले ते तत्त्वांतर विचार चित्रातून मांडले.
पारंपारिक राजकीय विश्लेषणाचे अथवा विवेचनाचे दृष्टी कोन:

पारंपारिक राजकीय विश्लेषणाचे अथवा विवेचनाचे दृष्टी कोन अथवा दृष्टी कोनाचे विवेचनाचे आधारसंभं आहे. विवेचन विचारवंतूनि राजकीय विश्लेषणाचे अथवा विवेचनाचे आधारसंभं मानले जाते. विवेचन विचारवंतूनि राजकीय विश्लेषणाचे अथवा विवेचनाचे आधारसंभं मानले जाते. विवेचन विचारवंतूनि राजकीय विश्लेषणाचे अथवा विवेचनाचे आधारसंभं मानले जाते. विवेचन विचारवंतूनि राजकीय विश्लेषणाचे अथवा विवेचनाचे आधारसंभं मानले जाते. विवेचन विचारवंतूनि राजकीय विश्लेषणाचे अथवा विवेचनाचे आधारसंभं मानले जाते. विवेचन विचारवंतूनि राजकीय विश्लेषणाचे अथवा विवेचनाचे आधारसंभं मानले जाते. विवेचन विचारवंतूनि राजकीय विश्लेषणाचे अथवा विवेचनाचे आधारसंभं मानले जाते. 1) तत्त्वांत:विवेचन कोन: 'या दृष्टी कोनाचा सिद्धांत करण्याचा विचारसंवृत्ती सर्वसाधारण गृहीतांचा आधारसंभं आहे. विवेचन विचारवंतूनि राजकीय विश्लेषणाचे अथवा विवेचनाचे आधारसंभं मानले जाते. विवेचन विचारवंतूनि राजकीय विश्लेषणाचे अथवा विवेचनाचे आधारसंभं मानले जाते. 2) तत्त्वांत:विवेचन कोन: 'या दृष्टी कोनाचा सिद्धांत करण्याचा विचारसंवृत्ती सर्वसाधारण गृहीतांचा आधारसंभं आहे. विवेचन विचारवंतूनि राजकीय विश्लेषणाचे अथवा विवेचनाचे आधारसंभं मानले जाते. विवेचन विचारवंतूनि राजकीय विश्लेषणाचे अथवा विवेचनाचे आधारसंभं मानले जाते.
'हाँ ने मानव स्वभावविशेष आणि त्याचे अनुरूपांगे समाज जीवनविशेष माही गौरूते कल्पना राज्याच्या उपाद्यंत्रकांनी करार सिद्धांत मांडला. मानवी जीवनाचा संदर्भात हे गौरूत प्रस्ताव व्यवहाराच्या निकाहार तयारलेले गेले नक्षत्रे तर एक प्रकारचा तात्पर्य विचारप्रविष्टिनं निम्नांकन आहे. हे गौरूतके कांगी स्वरूपांचे अस्ताच्या राज्याच्या निर्धारण सतत स्वातंत्र्य त्याने केलेला समर्थन फार्से व्यवहार ठरले नाही.' 7 पारंपरिक राजकीय विश्लेषणामध्ये केवळ तत्त्वावली होते असे मानता नाही. काही विचारांतानांची विविध पद्धती आलंबन करून व्यावहारिक अध्ययनाच्या आधारात तुलनात्मक विवेचन करण्याचा प्रयत्न केला.

2) ऐतिहासिक दृष्टीकोन: 'राजकीय संस्था व घटना यांचा इतिहास गोठ त्या आधारात विवेचन आणि विश्लेषण करून निकाहार काढणे यादा ऐतिहासिक दृष्टीकोन असे महत्त्व.

3) वैचारिक दृष्टीकोन: 'विश्वसंस्था दृष्टीकोनातून राजकीय संस्था व व्यवहार यांचा अभ्यास करणे यादा वैचारिक दृष्टीकोन असे महत्त्व. काही लोकांनी संस्थानक वैचारिक असा एक दृष्टीकोन मानला आहे. राज्याचा अभ्यास करणे माण्य राजकीय घटना, संस्थानातील कायदे, प्रशासनिक नियम व व्यावसायिक निर्देशांकण याचा अभ्यास करणे होय असे समजले जाते. 9 राज्याच्या काळात पातळ्याचा कायदेविभाग दृष्टीकोन प्रस्तुत आहे. कायद्यांचा पातळी राजकीय उभारणी झालेली असते. राज्य हे एक वैचारिक संस्था आहे. कायदा हा राजकीय व्यवहाराचा मुख्य पावा आहे. कायद्याच्या आधारात राज्याच्या स्वरुप व्यवहार चलतात. कायदा हा पारंपरिक राजकीय विश्लेषणाचा तिसरा महत्त्वपूर्ण आधारस्तंभ होय. या पद्धती एखादा देशाच्या राजकीय जीवनाचा अभ्यास करताना घटनात्मक कायदा हा मुन्नभूत मानला जातो. राज्याच्या अभ्यास कायद्याच्या महत्त्वाचे स्थान दिसले जाते. राजकीय विश्लेषणात वैचारिक संस्थानेच्या अध्ययनाच्या प्रभावाच्या द्वारे हा या...
4) संस्थात्मक दृष्टिकोण: राजनीति के संस्था आचे त्याच्या व्यवहाराचा अभाव करणे म्हणजेस संस्थात्मक अभाव होय. राज्य, शासनसंस्था व समाजसंस्था इतर संस्था यांचा अभाव करणे हा मुख्य उदेश्य या दृष्टिकोनाचेत साधी आहे. हा अभाव प्रामुख्याने औपचारिक पदव्यळी असतो. संस्थेचा अभाव करावयाचा असत्या संस्थेची चिन्ह, सामाजिक संस्था, त्याची कार्यांचा दिला जातो. राजकीय संस्थेमध्ये ज्ञा अनौपचारिक गोष्टी घडतात त्याच्याही अभाव करतात. राजकीय संस्थेच्या रचना आणि कार्य ह्या संस्थेप्रमाणे असा अनौपचारिक बाबी असतात. त्या कारखाना आहे प्रश्नात ल्यावतीत जाण्याचा रुढीच व प्रथा नानुसार समप जाण्याचा असतान. त्याच्या संस्थात्मक दृष्टिकोनाच्या राजकीय संस्थेचा अभाव केवळ औपचारिक पदव्यळीनेच होतो असे नसून अनौपचारिक पदव्यळी सुमारा लक्षात घेतली जाते. वेगळ्यांत यांना आपल्या ‘प्रश्न एकत्यामध्ये घट-घटणे घटकडा हि इट-इटणे’ या उपायात असा व्यापक स्वयंचार संस्थात्मक दृष्टिकोन वापरला आहे. राजकीय संस्थेच्या तांत्रिक व व्यावहारिक माहिती निर्दिष्ट ठिकाणी उपयुक्त उपचार करावी लागते.

5) तुलनात्मक दृष्टिकोण: राज्यंजयाच्या अभियान एवढा एक महत्वाच दृष्टिकोण आहे. हि पदव्यळ राजकीय सिद्धांताच्या आणि राजस्वार्थ महत्त्वाच तुलनात्मक अभियानाची वापरला जाते. के.सी. बिढा यांचा ‘आधुनिक राज्यस्थलन आणि संघर्षस्थल याच् तुलनात्मक अभ्यास याच दृष्टिकोनाचा आधारावर केला गेला होता. वेगळ्यांत शासनाचे रचना, कार्यफळ, त्याच्या व्यावहारिक उपयोगीता अभाव प्रामुख्याने पदव्यळीतून केला जात असतल्याने चंगव्या शासन पदव्यळी निमित्त हि अभाव पदव्यळी महत्त्वाच मानतात. तुलनात्मक अभियान पदव्यळी पार्षदावर कारकाच सर्वत्र तर आधुनिक कारकाच लोकप्रिय आहे. हर्मन फांसर, मॉरिसन, डेरेक स्कोट, सी.एफ. स्टॉयंग इत्यादी विचारवांतांनी तुलनात्मक दृष्टिकोन आधुनिक कारकाच अवलंब केलेला दिसतो.

मूळभाषा: एकदर्जत पार्षदावर राजस्वार्थाचे जे प्रमुख दृष्टिकोण आहेत ते आज मान्य झालेले आढ़िठाने येतात. राजकीय विश्लेषण हा केवळ एकच दृष्टिकोन असुर नव्य त्याच्या एकच दृष्टिकोन असुर शक्ते व तो सर्वोत्तमी परिपुरुषा असे रंगासता कामा नये. निरनिरुत्तम दृष्टिकोनाचा आधारात राजकीय जीवनाचे विश्लेषण ज्ञानात राजकीय जीवनाचे समग्र असे तर्क आपल्या यथा शक्ते नूतन दृष्टिकोन विचार करता पार्षदावर राजस्वार्थाचे दृष्टिकोन आजच्या राजकीय विश्लेषणातील महत्त्वाचे आहे.
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कोरोना का भारत की आधिक, सामाजिक, राजकीय व्यवस्था पर प्रभाव

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प्रस्तावना:

ऐसा मानने दिया जाता है कि कोरोना विषाणु यह चीन का प्रयोगशाला में तैयार कर जैविक आलंकार के लिए उपयोग में लाया जाया जा रहा था। अतः, जब चीन में राजनीतिक नियंत्रण किया गया तो इस विषाणु की उपस्थिति के लिए उपयोग किया जा सकता है।

माना जाता है कि कोरोना विषाणु यह चीन का प्रयोगशाला में तैयार कर जैविक आलंकार के लिए उपयोग में लाया जाया जा रहा था। अतः, जब चीन में राजनीतिक नियंत्रण किया गया तो इस विषाणु की उपस्थिति के लिए उपयोग किया जा सकता है।

संयुक्त राष्ट्र के महासचिव संरक्षित गूटरन ने कोरोना व्यायाम (कोविड संक्रमण) को द्वितीय विश्वविद्यालय के लिए सर्वसे बड़ी चुनौती माना है जो इस विषाणु को चोपेट में उनिया के कुल 18849336 लोग संक्रमित हैं। अंततः कुल 5,47,430 मौले हो चुकी हैं। और यह अंकड़ा दीनदिन बढ़ते ही जा रहा है। कोरोना संक्रमण के मामले में भारत आज विश्व में तीसरे स्थान पर है।

इत्यादि विचार में जब भारत में रोजगार औसत 22 हज़ार से मार्ग रहता हैं। भारत में नहीं वह चुका है। जब भारत इस विषाणु के संस्करण में विश्व में प्रथम स्थान पर पहुँच सकता है।

अत: इसे सरकार आज नहीं किया जा सकता एवं इस संस्करण से उपरुत्तर का राज्य खोजना देश के लिए सर्वसे बड़ी चुनौती है।

आज जब भारत पहले से ही आलंकार, नक्सलवाद, महानगर, विशेषज्ञात, आदि इन चुनीनियों से लड़ रहा है। इसी समय कोरोना ने भारत के समक्ष एक नई चुनौती उठा की है।
गरीबी में कृद्दि:

कोरोना संकट के चलते ही मध्यमवर्ग पर मार पड़ी है। रोजमर्रा की जिंदगी चलाने वालों के साथ छोटे मंजिले उद्योग धंधे, भावनहेत अंडर का काम बंद पड़ा है। मजबूर वर्ग अपने गांवों को ओर लोट चुका है। उत्पादन ठप होने से एवं लोकडाउन के चलते लोगों की आय में बेताहरा कभी आयी हक्कू युनायटेड नेटवर्क स्कूल एजुकेशन के एक रिपोर्ट के अनुसार यदि कोरोना अपनी सबसे खारिज स्थिति में पहुँचता है तो भारत में 10.4 करोड़ नए गरीब उपदेश हो जाएंगे। विश्व बैंक के आके मानकों के अनुसार भारत में अभी करीब 89.2 करोड़ लोग गरीबी रेखा के नीचे जीवनवायन कर रहे हैं। कोरोना महामारी के कारण यह संख्या 99.6 करोड़ हो जायेगी। अर्थात सरकार के द्वारा पिछले कई वर्षों में गरीबी को कम करने के लिए नए सभी उपाय बेकार हो जायेंगे। एक रिपोर्ट में यह भी कहा गया था कि जून के अंत तक भारत में करीबन 14 करोड़ मध्यमवर्गीय द्वारा बचत की गई राशि भी खत्म हो जायेगी जिससे वे गरीबों का श्रेणी में आ जायेंगे।

बेरोजगारी में वृद्धि:

अंतर्राष्ट्रीय मुद्रा कोष यह कहकर दरा रहा है कि अर्थव्यवस्था पर कोरोना का प्रभाव अगले कई सालों तक इनियम में बेरोजगारी असाधारण रूपसे बढ़ाएगा। अंतर्राष्ट्रीय ब्रह्म कोणाय में अप्रैल के प्रथम सप्ताह में भारत में रोजमर्रा पर एक रिपोर्ट जारी की गई इस रिपोर्ट के मुताबिक भारत में कुल वर्कसेंस 50 करोड़ है जिसका 90.4 हिस्सा असाधारण है। रिपोर्ट में कहा गया था कि लोकडाउन जैसे उपायों के कारण अधिकांश कामगार अपने गांवों में लौटने के लिए मजबूर हो जाएंगे।

और यदि यह अनुमान सही रहता है तो असाधारण क्षेत्र में बेरोजगारी बढ़ेगी। और हुआ भी ऐसा अधिकांश मजबूर आने गांवों को ओर लोट चुके हैं। कामधंडे ठप पड़े हैं। लोगों के पास रोजमर्रा नहीं है। अर्थशास्त्रियों का अनुमान है कि भारत में माइंग्रेड कामगारों का संख्या १० करोड़ होगी। इनमें बहुत से लोग गांवों में अपने घर ठहरे हैं जो गांव की अर्थव्यवस्था को सहारा देता है लेकिन लोकडाउन के चलते माइंग्रेड के लिए भूख मरनें की नींव आ चुकी है।

अर्थव्यवस्था में मंदी:

कोरोना लोकडाउन के एक सफलता भी अमेरिकन मंदी के रूप में है। झूठिया को कब तक के सबसे बड़े आर्थिक संकट में ध्वसने वाला यह कोरोना वायरस मानवता के लिए उत्पन्न सबसे गंभीर चुनौती है। भारत भी इससे अलवा नहीं है। लोकडाउन के शुरुआती दौर में आईआईएएच प्रमुख क्रिस्टलिना जानिया ने ज्ञात के एक कारक रूप में कहा था कि वायरस संक्रमण के कारण वैश्विक अर्थव्यवस्था में 2008-09 के बाद या शायद युद्द हुए विश्वयुद्ध के बाद सबसे बड़ी मंदी आ सकती है। कोरोना के कारण भारत की अर्थव्यवस्था पर भी इसका बहुत बुरा असर पड़ा है। पिछले तीन महीनों में भारत के आर्थिक विकास दर में पिछले दर्जे को गई है लेकिन संयुक्त राज्य के व्यापार एवं विकास संस्थान ने अपनी रिपोर्ट में
आशा भी जगायें है कि भारत में कोरोना के बाद कमजोर लेकिन सकारात्मक आधिक विकास दर रहेगी क्या को भारत का बड़ा बाजार देश के लिए निवेश आकिष्ठ करता रहेगा ।

स्वास्थ्य सेवाओं पर असर :

कोविड १९ के इलाज के चलते अन्य रोगों के नियमित उपचार पर असर पड़ा है। राष्ट्रीय स्वास्थ्य मिशन का रिपोर्ट के अनुसार तकनी एड्स टी.बी. जैसे गंभीर रोगों के मरीजों की अस्पतालों में पंजीकरण में पीड़ितों की तादाद में कमी आ जाने का नहीं बल्कि इनको अस्पतालों या ओपरेचारिक चिकित्सक केंद्रों तक कम होती जा रही पहुँच का प्रमाण है। और इसमें यातायात साधनों पर लगी रोक तथा प्लेन पर कफर्यू पास दिखाने की, बाह्यता का भी बड़ा पोर है। वैसे भी हम दुनिया में स्वास्थ्य पर अपनी जीडीपी का सबसे कम हिस्सा केवल १.२ फीसदी खर्च करनेवालों में है। हमारे पास सबसे बड़ी आवश्यकता है जिसके पास कोविड -१९ से मुक्तवाले में न्यूमॉनिया साहस है। अतः कोविड -१९ के आलावा अन्य बिमारियों के उपचार के लिए स्वास्थ्य सेवाओं का एक हिस्सा अनिवार्य रूप से खुला रखना चाहिए। अन्यथा भविष्य में इसके गंभीर दृष्टिकोण भोगें होंगे।

मानसिक स्वास्थ्य पर प्रभाव :

कोरोना वापस आने दुनिया भर में डर और धिंदु द का माहौल बना दिया है। यह मानसिक स्वास्थ्य को नुकसान पहुँचा रहा है। लॉकडाउन के चलते लोग डिप्रेशन में जाकर आत्महत्या कर रहे हैं। चर्चित हिंद में काफी हुई है महिलाओं पर अत्याचार बढ़े हैं। इडियन साइबरग्राउंड यूजर्स के सच्चे मानसिक कोरोना वापस के आने से देश में मानसिक रोगों से पिक्तए मरीजों की संख्या में १५ से २० फीसदी का इजाफा हुआ है। लोगों में लॉकडाउन के चलते विज्ञान, नकार, कमाई, बचत, यहाँ तक की मूलभूत संसाधन खोने का डर भी इसका कारण माना जा रहा है। बंदशुरु विश्व स्वास्थ्य संगठन ने भी इस संकट की यदी में लोगों को अन्य सावधानियों के साथ मानसिक स्वास्थ्य का ध्यान रखने को कहा है।

छुआ गए  की नई समस्या :

हमारे संविधान ने अस्पृश्यता या छुआ गए की गैरकानूनी बनाकर इसे हीरोीनी अपराध घोषित किया। लेकिन यह समस्या अभी भी खत्म नही हुई है। अगर इस कोरोना महामारी के काल में इस समस्या का नया रूप दिखाई दे रहा है। बीमार और मनोरूप, ग्रामीण मनोरूप, बेरोजगार, बेहद गरीब लोग शहरों से इनका नाता टूट गया है। शहरों से गांवों की ओर जो लोग लौटे कई गांवों में उन्हें वापस लेने से इसकर कर दिया। देश का जोखिम है, अतः बीमारी का खुलना आम विभिन्नकर हो रहा है। मरने पर उन्हें शमस्त में जलाने से इसकर कर रहे हैं। अस्तित्व में भूत शरीर को परिवर्तन ले जाना नहीं चाहता। ऐसा ही की, दो गज की सामाजिक दूरी भेदभाव का नया रूप धारण कर ले।
संता का कंट्रोलकरणः

भारतीय संविधानः संघर्ष की निम्नता कर केंद्र व राज्यों में संता का विभाजन किया गया है। लेकिन आज कोरोना वायरस के चलते हम कह सकते हैं कि कोरोना सरकारों के अपनी सारी संगठनों के लिए एक बड़ा तंत्र है। जो अधिकार राज्यों का अपना रहा है। आज उसके लिए राज्यों को केंद्र से मांग करनी पड़े हैं। केंद्र सरकार की टिमों को कोरोना की निगरानी हेतु राज्यों में भेज दे रहे है। ये राज्यों से सूचनाएं मांग रहे हैं। उनकी व्यय स्था पर प्रस्तुतू पूछते हैं। यह तक की, उनकी आलोचना भी कर रहे हैं। इससे केंद्र राज्य संबंधों में कदम चढ़ते प्रवासियों के कारण सरकार के द्वारा नागरिकों की स्वतंत्रता पर बंधन कठिन हुए हैं। जो लोगतंत्र के हित में नहीं है।

उपसंहारः

इस प्रकार कोरोना ने भारत या उंचू कहुं 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। हां इसकी रोकथाम हेतु प्रयास किए गए हैं। एवं दिन जा रहे हैं।

भारत ने भी अपने नागरिकों को इस संकट से बचाने हेतु अनेक प्रयास किए हैं एवं कर रहे हैं। लेकिन ये कहा तक सफल होंगे और यह संकट कब धीमेगा, यह कहना मुश्किल 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 सकें। अतः परिवार में किसी भी सदस्यों में रोग के लक्षण आने पर तुरंत इसकी सूचना स्वास्थ्य विभाग को दें। कोरोना से बचाव हेतु पूर्ण सावधानी बरते अपनी संघ को सकारात्मक रखें। सरकार के द्वारा दिये गए दिशानिःस त का स्वागत करें एवं उनका पालन करें कोरोना ने भले ही सामाजिक दूरी बढ़ाई हो, परंतु भावनात्मक तौर पर हम एकदृढ़स रे करीब रहें।

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કોરોનાચયા કાઢતા ડિજિટલ ડિટોક્સ

દ્ર. રાજેશ ગ. ઉંબરકર
ને.સુ. બો. મહાવિદ્યાલય, નાંદીદા

ડિજિટલ ડિટોક્સ (Digital Detox) મદદ કરે છે કાયાંક જગાહનું બાએ પડું વાસ્તવિક જગાછ મહત્વ સમજું આપવા પર મોટકા અથવા આપણા સમાજના સમજેડના નાટોરી, કોરોનાચયા કાઢતા હે અત્યાવસ્થયક આવે હે. હી અલીકઠતા કાઢતા ઉદ્દેશ આપેલી સંબંધનું આપે. મોબાઇલ, કેમ્પ્યુટર, આપએલ ય્યાલાયાં ગેંટેટસાય અથવા યાયારાયા સબ્યુમુધુ માનસાપા આસપાસાયા જગાણશી તુલનાતંત્ર સંપર્ક આપે વયાપુર બદલા મનાંક વયાસ્પા મજાફર અસેલ તર વયાસ નિવયત મિષ્ટિવીતા યાત. કુટુંબ, વિતર મેળ્યું, નાટોરી, યોનો વેઢ દિલા પાલ્યે. આણે નથી યા કોરોનાચયા કાઢતા યાંયાય જવાંક નિવયત કરે શય હોઈ શકે. પણ યાંયાચયાલ અંતર સોશાલ મેડીયામં વડલ ચાલત આપે. પરિણામી ડિજિટલ આધિક સમયના સામે જાતના એકરેલા બાદલ આપે. વયાસ્તુ મનાંક અસેલન નિવયત હોતે. આણે આધિક પ્રખ્યાત પ્રમાણ વડે. 

સોશાલ મેડીયાલ આપે એયાદી પોસ્ટ ટાકલી આપે ત્યાલા અધેનશ્રમાણ લાઈક કિંગ કમેંટસ કિંગ પ્રલિમના નથી મિષ્ટિવા તંતર કહોણા અસવસ હોતા, થાબત જાતા વાચે સ્થાન હોતા. હે સવિમાં વાસ્તવિક રસત કાયાંક અસદ પણ આપે તાત તથા ગુરુવૃદ્ધ જયો આણે મણ હે સવિમાં કાયાંક આપે હે વસ્તી દો. બુધ જગણના પટ્ટા વાસ્તવ યાલાયા ફકરો કાઢત નથી. અને ચીન તખન પિઝી યા સોશાલ મેડીયાલ જગણ હે વાસ્તવ સમજાયલા લાગતા ચિપાટ, માલીક અશા અને પ્રકાશતા બિઝીકાના સત્ય માનસાકલ લાગતા આણે હે ષાગ પણ વયાસ્તુસ્તાન દુર કાયાંક અંથ ભર ઢાયલા લાગત આપે. વયાબૂ સમસ્ત, ચાલો માંગ કાઢતા કોગરે યા ગોટી પ્રયુતાવ્યાન ચિખિલત હોતા નથી તારિયની દરશાવે તખન વયાવ્ય ફોન હાતાત જેટલા કોણલા યુધ આલા કાય આપે. હે તાબટો હાયણ કાગરે.

વયાવે કા૦નું અભાહો વાસ્તવ જગાણશી સંપર્ક ક્રમ કામ હોતો. આખે મૂલાબીરી પ્રેમ હે મોબાઇલપેકશા કામ ધ્યાલા લાગતે. ય્યા ભાબવા મનાનું લાગણ મુન હાયાયાનું દુંખ વાસ્તવા આપાયા બાળકાટ્યા અમાલા પાલ્યે લાખશા મેડીયામં લુંટ હોત આવે. આપણ બાળ હે રાજ આપાયા અના એક રાખાવાય લંકુન નથી હે આપણ લક્ષાત ચલત પાલ્યે. આખે પ્રેમ આપાયા બાળકાટ્યા ભરમણ અસાંબ. બાળકા પ્રથી ગોટી બિઝીકા ફોટો આપણ કારવાલા લાગતો
आर्य तो संसार करन त्वच्छा प्रतिसादिक वाद पहलात पसलो. आर्य आपल्य बाथ जात वाजून्हा त्याच कोतुक हे होतं भरत पहाण्य सर्व काही सोशल मिडियामधून राहून जाते।

थोड्यक्ष यामुळे काय होतं की, आपल्या वास्तव जगासी संपर्क खूप कमी होतो हे टाळण्यासाठी डिजिटल डिटॉक्स या संकल्पनेच्या अन्त्य आत्मस्वरुप भासू लागली आहे. वाचक एकच नियम असते की, फोन, टॉप, कॉम्युटर, टेबलेट व सोशल मिडिया वाचक वापर पूर्णपणे टाळण्याच्या उद्देश्यास अपल्या वास्तविक जगातील प्रयत्न, घडणार्या घटना वाचक वाचक कराव कराव वास्तविक जगासी आपल्या संपर्क जास्त वाढवावय. यामुळे आवेद्वयावतीने एक दिवस किंवा दिवसातून काही तास येता होता आपल्या दूर राहण्याचे अनुभव करतो.

अमेरिकींनी नेल्सन कंपनीने केलेत्या सर्वकाळीन मोटरवी महानती तरुण दिवसभरतले १० ते ११ तास काहीतरी पाहण्या, ऐकूने, वाचणे त्यानुसार आपल्य करिव बर्याच करावत ज्या वाचक काही संपर्क दाखविण्याची इच्छा होती असावाच पाहण्या त्या वातावरण आपल्य समाजाचा वाही फेकल्या जातो आणणे केला हे कठिन वच कल्याणा रेणा येता नाही. वातुन मानसिक ताण व आधिक चिकित्सेत वाही भाते तुच्छ अवस्था त्याच आहेत. अशी वातावरण आपल्या अनुभवाचा अभाव आहे. वाचणे अशा त्यावर वाही चिकित्सेत वाही अत्यंत वाही अधिक चिकित्सेत वाही अधिक आहेत. सतत मोबाइलवर असणे, किंवा सतत T.V. पाहणे, लेपटेंचा अती वापर यामुळे शरीरावर, मनावर, बीमार विकासात अत्यंत वाही परिणाम होतो. काहीच शिक्षाचा वास्तविक जग आहे. याची जाणीव मूलना होणे अत्यंत गरजेचे आहे. नाही तर हे व्यक्त उर करण्यासाठी व्यस्तमुळे कंट्रोल मदत यावी लागेल.

तसे तर हा आते सामान्य गोष्टी आहे. त्या इतका थावला जावा न्येंत यासाठी बंधत तेच सावध कावे लागेल. काल्पनिक जगातून वाही आत्माचे अवलोकन ढालुन अधिक बदल दिसून येता. मुलामध्ये घटनांचे भावना समझून घडणार्या अवस्थेत कराव. संवाद वाताही चिंतित कराव होते, अनेकांशे संबंध सुधारात. असे अनेक फायदे आहेत. घरातील वातावरण ही आनंददायी होते. कोरोना काळात संभव लक्षात घेऊन काल्पनिक जगातून वाही येता आपल्या माणसाने मिळता येते!

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कोरोना जागतिक संकट : एक आढावा

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प्रस्तावना :
कोरोना (Corona) हा शारीर इंसान नसुङ लंटीन भाषेतील आहे. याचा लंटीन भाषेत Crown (मुकृत) असा अर्थ होतो. कारण या विषाणुला मुकृतासारखे टोकदार आवरण असते. Corona हे विषाणूचे नाव आहे. Severe Acute Respiratory Syndrome Novel Corona Virus (SARSNCOV-2) नवीन व विषाणुपातून होणार्या आजाराला Covid-19 असे महत्तत हा विषाणू संरक्षण प्रथम चिन देशातील बुधन व शहरात आढळला हा विषाणू बटवायला भागात माणसांमध्ये आला व पसरत राहिला.

संशोधनाची उहिलेचे:
1) कोरोनामुळे जागतिक अस्तित्वात कमकुकु व झाली ती व्यवस्थीत आणणासाठी शेख घेणे
2) कोरोनामुळे स्वच्छता व आरोग्य योग्यता किंवा महत्त्वाचें हे जलविन्यास समजून सांगणे
3) कोरोनामुळे संसर्ग का वाढतो हे लक्षात घेऊन उपाय शोधणे

संशोधनाचे गुहितके :
1) कोरोनामुळे माणसांने माणसाशी कसे वागावे हे लक्षात आले
2) कोरोनामुळे घरी बनवलेले अनेक खाद्य पदार्थ योग्य असतात याची जाणून जाणाऱ्यां झाली.
3) कोरोनामुळे कभी संक्रमण अंत्यमध्ये दक्षिणयावर्धीते, लग्नसमारंभ होतात हे लक्षात आले.
4) कोरोनामुळे अपघाताचे प्रमाण कभी झाले
5) कोरोनामुळे इतर आजार नष्ट होऊ लागली. मणून जनतेचे द्वाराखात्याच जाणून जाणाऱ्याचे प्रमाण कभी झाले

संशोधन पद्धती :
सदर शोध निर्देशाद्वारे वर्तमानपत्र, पात्रकेंद्र, मासिक, इंटरनेट, ब्यूरोन, चर्चासंग्रह यांचा उपयोग केला.
कोरोना जागृतीक संकेत: एक आदाबा

भारतातील कोरोनाचे चुंबकात नागाना आणि सरकारी यंत्रणेचा कमाण कमला लागली. केंद्र सरकार आणि सर्व राज्यातील राष्ट्रीय निर्देशांनी नवी प्रवृत्ती तयारीली लागली. ये वेबसाइटात विविध विषयांमध्ये हिंदी, उर्दु, बॉर्डर आणि अन्य भाषांत आहेत. सर्वात लागते आणि वापरकर्त्यांनी इस्तेमाल करू शoud. केंद्र सरकार आणि सर्व राज्यातील राष्ट्रीय निर्देशांनी नवी प्रवृत्ती तयारीली लागली. कोरोनाचे संकेत देखील संपर्क अस्तांतराचे स्वतः व त्याचे विविध विषयांमध्ये हिंदी, उर्दु, बॉर्डर आणि अन्य भाषांत आहेत. सर्वात लागते आणि वापरकर्त्यांनी इस्तेमाल करू शoud.

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गावाकडे जाण्यासाठी अडकून पडलेल्या लोकांचे जन्मेर्याच्या जगभर दिसू लागले आतापरंत स्वतःहून नियम पाठ्यपुस्तके लोक जीवनआवश्यक वस्तुसाठी व इतर कारणासाठी धरातली होऊ लागले आणि लोकांकडुना फात घडू उठवू लागले काहीं टवाळ्यांसोबत मोजेक्षार शासकीय यंत्रांच्या विनाकारण तास देखू लागले. काही लोक धार्मिक कारणांमुळे सरकारपुढे प्रश्नचिन्ह निर्माण करत लोकांकडून व सरकारी नियमांचे उल्लंघन करू लागले त्यामुळे सरकारी यंत्रांच्या तांत्र वाढू लागला काही तर पौलिस आणि वैद्यकीय सेवा पुरबविज्ञान व इतर सेवा कमीनो तास देखू हल्लेप्रमाणे करू लागले देशातील सर्व सरकारी यंत्रांचा कोणाला ही वैद्यकीय सुविधा, जिवनावश्यक वस्तू व अन्नाशुष्क काहीच कमी पडू नये महणून अर्थातच जीव धोक्याच्या प्राणाच्या तुमच्या आम्च्या जीव वाचवण्यासाठी अहाऊशी झटपट असस्ताने समाजातील काही घटक मदत कार्यात बाधा आणणे होते. केवळ अशा घटकमुळे आज भारतात रुग्णसंख्या बाढत जाऊन 4 लाखाच्या जवळ तेंते ठेंते मृत्यू आम्हात 14 हजाराच्या पुढे पोहचून दिवसदिवस बाढत आहे. आजपर्यंतचे लोकांकडून देशतील सुमारे 70-80 टके लोकांची ततोतंत्र वाडले महणून 130 कोटी लोकसंख्येच्या देशात संक्रमिताची संख्या आणण 4 लाखांर 50 हजार शकतो, जर आणण लोकांकडून व सरकारी सुविधांचे ततोतंत्र पालन केरी नसते तर रुग्णांची संख्या यांतून कितीतरी पटून बाढती असती.प्रत्यावर्तन केंद्र व राज्य सरकार आपणआपल्या परिवंत अन्वेषण चांगले काम करत असतानाच लोकांकडून व संघर्ष दिवसांतर दिवशी महणजेच 14 एप्रिल 2020 रोजी मुंबईत बंबार रविवर स्टेशनवर अधानक हजाराच्या संख्येच्या प्रतियांत्रिक जमा होऊन आम्हात गावाकडे जाण्यासाठी स्पेषल सोडण्याची मागणी करू लागले.
एखादा प्रसंगी एखादे शहर बंद केर व्या एका दिवसात कोट्यांवर धारीचे नुकसान होतेहे आपणास माहित आहे. आज तर आपला संपूण देश आणि देशातील सर्व उद्योगांमध्ये गेल्या तीन महिन्यासुन बंद आहेत. त्यामुळे लाखो कोटीचे देशाचे दररोजचे उत्पन्न बुडवून फक्त तुमचा-आमचा जीव वाचवा महणून सरकारचा संपूण देश लॉकडाउन’ केलेला होता. पण या देशातील सामान्य माणसाला ते कठवत नाही. ज्या सामान्य माणसांची सरकार सर्वकाही पणाला लवकर असताना सामान्य माणूस लहान सहान गोष्टीसाठी भाजीपाला घेण्यासाठी रेत घेण्यासाठी, विडी, तंबाकू, घेण्यासाठी मात्रा विनामुळे बाहेर फिरून लॉकडाउन नंतर सोशल डिस्टॅन्सिंगचा फलना उडवून समाजात देशाचे नव्हें तर स्वत: घेच नुकसान करून घेत आहेत देशाच्या झालेल्या नुकसानीचे त्याला काहीच पडलेले नाही. अशा अविचारामध्ये काही लोक बाबतात आणि अशा लोकांमध्ये रोगाचा प्रसार होऊन ‘लॉकडाउन’ पुढे पुढे आपल्या अर्थव्यवस्था खिळकाली झाली आहे. परिस्थिती निम्बुप्रभावाने थेटपर्यंत सरकाराला नाइलाजाने ‘लॉकडाउन’ शेवटचा माणूस जगवण्यासाठी बाध्यवावे लागले. त्याचा भूमिक्ष क्षणरा आणि भविष्यात अपल्याला भोगावा लागणार आहे. भविष्यात्म्यांना आध्यात्मिक संकटांचा अपल्याला तोड द्वारे लागणार आहे. त्यासाठी आपल्याला धर्म, जाती पंथ व पक्ष बाजूला ठेऊन लडाहां लागणार आहे. हा लाड़ा फक्त सरकारचा नसून 130 कोटी भारतीयांचा आहे. हा लाडा आपण जेवढा लवकर जिकू चत आपले आणि देशाचे हित आहे.

सारांश:
आज केंद्र सरकार वेगळ्या पक्षाचे व अनेक राज्यात राज्यसरकार वेगळ्या पक्षाचे, विचारसर्चाचे असून सुद्धा आपले राजकीय मतभेद बाजूला ठेऊन हातात हात वाळून देशहितसाठी संकटाचा सामना करत आहेत. कारण त्यानाच देशाची चित्र आहे अशी चित्र आपण बागलाची तर लवकरच कोबिड-19 ला हरवूनआपण आपले उद्योगांचे आणि दृष्टिकोणाचे साधने पुनर्विषव सुरू करून आपली अर्थव्यवस्था व देश मजबूत करू शकतो. भारतावरून कोरोनाच्या संकटाचा फायदा देऊन ज्या देशाते जगत आणि भारतात कोरोनाचा पसरला तो चीन स्वतः. तसेच पाकिस्तान व नेपाल यांनी सोभ दररोज कुरापती काहून देशात युद्धाचा खात्री लोटावाचा प्रयत्न करत आहे. अशा दुर्दर संकटतील देशाचा आपण दररोज ठेऊच्या की, महासात महणून नावारूपात आणण्याचे हे सर्वसाधारण देशाच्या नागरिकांमध्ये हातात आहे. त्यावेळी आपण संयम, शिरंव व स्वच्छत्या स्वाभिमान बाळणून सरकारचे आदेश बारकांना पाठून भारताचे भविष्य उजव्य करण्यासाठी हातभार लाबून देश बलशाळी बनवावा अशी अपेक्षा आहे.
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3) चित्रलेखा - मे, जून 2020
4) लोकप्रभा — मे, जून 2020
5) दैनिक लोकसत्ता, महाराष्ट्र टाइम्स, सकाळ, पुण्यनगरी, खंडेश मेदन,
6) नेशनल वेबिनार
MANAGEMENT OF GRIDHRASI BY USING A PANCHAKRAMA PROCEDURE: A CASE REPORT

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2 Reader, Panchakarma dept, college 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, Katischoola Vaha

Diagnosis– Vataja Gridhrasi (Sciatica)

Assessment Criteria

Grades of the subjective symptom

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Subjective symptoms</th>
<th>Parameters</th>
<th>Gradation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pricking Pain</td>
<td>Absent, Mild, Moderate, Severe</td>
<td>0 1 2 3</td>
</tr>
<tr>
<td>2</td>
<td>Pulling pain</td>
<td>Absent, Mild, Moderate, Severe</td>
<td>0 1 2 3</td>
</tr>
<tr>
<td>3</td>
<td>Stiffness</td>
<td>Absent, Mild, Moderate, Severe</td>
<td>0 1 2 3</td>
</tr>
<tr>
<td>4</td>
<td>Tenderness of sciatic nerve</td>
<td>Absent, Mild, Moderate, Severe</td>
<td>0 1 2 3</td>
</tr>
<tr>
<td>5</td>
<td>SLR scoring</td>
<td>0, 10, 20, 30, 40, 50, 60, 70, 80, 90</td>
<td>9 8 7 6 5 4 3 2 1 0</td>
</tr>
<tr>
<td>6</td>
<td>Pressing Power</td>
<td>Up to 10 kg, 10-20 kg, 20-25 kg, &gt;25 kg</td>
<td>3 2 1 0</td>
</tr>
<tr>
<td>7</td>
<td>Walking speed time taken to cover 60 steps</td>
<td>Up to 20 sec, 21-40 sec, 41-60 sec, &gt;60 sec</td>
<td>0 1 2 3</td>
</tr>
<tr>
<td>8</td>
<td>Sensory Impairment</td>
<td>Absent, Mild, Moderate, Severe</td>
<td>0 1 2 3</td>
</tr>
<tr>
<td>9</td>
<td>Posture</td>
<td>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</td>
<td>0 1 2 3 4 5 6 7 8</td>
</tr>
</tbody>
</table>

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 days.

<table>
<thead>
<tr>
<th>No</th>
<th>Panchakarma Treatment</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sarvanga Abhyanga with Dhanvantaram Taila and Murivenna Taila</td>
<td>27/2/20 to 8/3/20</td>
</tr>
<tr>
<td>2</td>
<td>Sarvanga Nadi Svedana with Dashmool Kwatha</td>
<td>27/2/20 to 8/3/20</td>
</tr>
<tr>
<td>3</td>
<td>Kati Basti with Dhanvantaram Taila and Murivenna Taila</td>
<td>27/2/20 to 8/3/20</td>
</tr>
<tr>
<td>4</td>
<td>Matra Basti with Sahcharadi Taila</td>
<td>27/2/20 to 8/3/20</td>
</tr>
</tbody>
</table>

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

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

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 Dhanvantaram 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 Charka.[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, Snehastrengthens 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 kwatha[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.

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

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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 Raktadhatus is predominant. Acharya has emphasized that siravedha help in the elimination of vitiated dosha. He further clarified that if all fivelfold 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 Shophha 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 Edema\(^1\). 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 swelling\(^2\). 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 Raktta 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 Sushrut has described 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 relives 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 Sushrut mentioned when vata is found affecting the skin, muscles, blood and veins and arteries then therapies 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 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.

**Bhedha - 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) Agantuja

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, Agantuja.

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 Vranashopha

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 nistudaye - 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 Vranashopha. Siravedha Procedure by its mechanism arrests the progress of Vranashopha and removes the vitiated Rakta from the diseases site.

**Main Types of Raktamokshana**

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 a surgical procedure of puncturing the vein for therapeutic purpose and thereby accomplishing the raktamokshana. It is indicated in all conditions where raktmokshana is indicated. Even then, in certain diseases Siravedha has an edge over other methods of raktmokshana. Raktamokshana by the method of siravedhan is preferred in physically strong as well as courageous people. Morbidity of rakt dhatu when generalized is best treated by the siravedhan.\(^{11}\)

**Contraindication:** Siravedha is contraindicated in situations like 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 sit in a 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 stopped by Applying Pressure Bandage.

Patient is made to rest for few minutes.

**AMAYAKA LAKSHANA:**

- Laghava
- Vedanashanti
- Vyadhivegaparikshya
- Manaprasada

**CLASSICAL REVIEW IN AYURVEDIC TEXT IN SUSHURUT SAMHITA:**

Acharya Sushruta has mentioned, diseases those are not relieved so quickly by Snehana, Lepanadi therapeutic measures in these situations 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 (vitiated) rakta from the related sras (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 ACTION

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. Si-ravedha 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 anulo-mana indirectly cures the vatika 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 kostha.

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