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Website: www.vishwaayurveda.org

# Dr. GANGA SAHAY PANDEY MEMORIAL

All India Essay Competition-2018 (For U.G.) Ayurved Students

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Director General, C.C.R.A.S., New Delhi Dr. Ganga SahaiPandey was one of the renowned personalities of Ayurveda. After completing his A.M.S. Degree from Banaras Hindu University in 1945 he served in the Department of Kayachikitsa in the same University. His prestige and glory as a renowned physician spread beyond the domains of Purvanchal at National and International levels. He was the member of

Academic council of B.H.U and also served the humanity and Ayurveda as a president of Akhil Bhartiya Vaidya Parishad. He was honoured by "Sahitya Academy Award" and "Mangala Prasad Paritoshik Award" for his incredible contribution in the field of Ayurvedic Literature. His immense depth of knowledge about the subject can be visualized in his important scriptures on Kayachikitsa. He also edited fundamental treatises of Ayurveda like Charaka Samhita, Gadanigraha, Bhayaprakasha Nighantu and Ayurveda Pradeep.

In the auspicious memory of such a laureate personality, Vishwa Ayurved Parishad organizes an essay competition every year among undergraduate students of Ayurvedic colleges of India.

# Dear Students,

Ayurveda is a science of life, with a holistic approach to health. It is a complete medical system comprised of physical, psychological, philosophical, ethical and spiritual health. It is one of the oldest medical systems and includes thousands of medical concepts and hypotheses. "Diagnosis" in Ayurveda is not always in terms of the name of a disease but in terms of the nature or the phenomenon of the disease. This phenomenon is described in terms of the Samprapti (pathogenesis) of the disease in each patient, comprising Dosha, Dushya and Adhistana components (i.e., the humours, the body tissues and the site of the disease). The homeostasis, which is termed as Doshasaamyam in Ayurveda, stands for harmonious balance of body humours i.e. Tri dosha (Vata, Pitta, Kapha). When disturbances occur due to vitiation of Dosha, it can affect the human body which leads to creation of diseases. Disease formation is not an instant process, it occurs through different stages. The formation of a disease through the six different stages is called as Shat Kriyakala. Acharya Sushruta explains that one who masters these stages is called as a 'physician'. A proper knowledge of Shat Kriyakala is hence mandatory for a physician as the whole disease manifestation can be prevented if the patient is properly diagnosed and treated in the earlier phase of these six stages.

Keeping the optimistic acceptability of Ayurveda ahead, rationale and fundamental thoughts in form of essay in Hindi or English are invited on following topic.

# "Relevance of Shat Kriyakala in the diagnosis and management of Diseases." (रोगों के निदान और प्रबन्धन में षट्क्रियाकाल की प्रासंगिकता)

Copy to:

- 1- Director/ Dean/ Principal, All Ayurvedic Colleges of India, with a request to convey the message among students.
- 2- State Jt. Organizing Secretaries for vide circulation and necessary action.

**Dr. Kamlesh K. Dwivedi**Chairman, Scientific committee
09336913142

Dr. Manish Mishra
Jt. Organising Secretary
09415896482

**Dr. Shobha Bhat K.**Organising Secretary
09482487321

# **Rules and Regulations**

After proper reviewing of the essays, the central specialist committee will honour each winner with a citation, Gold medal with cash prize of Rs.15,000/- to the best essay, Silver medal with cash prize of Rs.11,000/- to 1st runner up and Bronze medal with cash prize of Rs.7,500/- to 2nd runner up in a special function that will be organized in Varanasi on 16-18 November 2018.

- All the B.A.M.S. students (including internees) can participate in this essay competition.
- Essay should be Single authored, in PDF format, having font size 14 with 1.5 spaces. It should be in Hindi (Font-Krutidev-010) or English (Font-Times new Roman) having not less than 1500 words (Maximum 10 pages). The identity of the candidate including name, name of the institution or any other details should not be revealed anywhere in the essay.
- All the essays should be sent along with the scanned copy of the "Registration form" attached here with, filled and dully attested by Principal/State/Joint Organizing Secretary to certify that the participant is a regular student of particular institution.
- The essay along with registration form should be attached as separate file in the same E-mail and sent to the following Email I.d.: dgsp.vap@teamvaruna.in
- Only essays received through email will be entertained.
- The last date for receiving the Essay is 25th October 2018.
- The essays will be evaluated by a panel of judges after coding and the decision of panel will be full and final.
- Awarded essays will be published in Journal of Vishwa Ayurveda Parishad.
- Student who received prizes in previous years' competition, are requested not to apply.

For more details and updates on the event, contact the local State Joint. Organizing Secretary or log on to drgspmemorial.blogspot.com For assistance and queries contact to-

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# All India Essay Competition-2018 (For U.G. students of Ayurveda) Registration form

"Relevance of Shat Kriyakala in the diagnosis and management of Diseases."

(रोगों के निदान और प्रबन्धन में षट्क्रियाकाल की प्रासंगिकता)

Details of the participant: Full Name (in Capital letter):	
Date of Birth:	Affix Photograph
Year in which studying:	
E-mail ID:	
Mobile No:	
Address of the college /Institution:	
Full postal address for communication with pin code:	
I hereby agree to abide by all the rules and regulations of the said essay competition.	
Sign	ature of Participant.
Name and Official address of the <b>Mentor</b> (Single Name) if any:	
Traine and Official address of the President (Single Traine) if any.	
S	ignature of <b>Mentor.</b>

This is to certify that this essay is written by the above said participant himself/herself and he/she is a regular and bonafide student of our college.

Signature and seal of **Principal**