

SINDAGI SHANTAVEERESHWAR AYURVEDIC MEDICAL COLLEGE- HOSPITAL, HAVERI-581110

2021-22 TOPPERS LIST

Name : Mr. Dayanand Hiremath
Class : 4th Year BAMS



- Distinction
- Uni. Reg. No. 17A0216
- Max. Marks : 1275
- Marks Obtained : 968
- Percentage : 75.92
- Exam Held In : July-2022

Name : Mr. SUBHAS
Class : 3rd Year BAMS

- Distinction
- Uni. Reg No. 18A0250
- Max. Marks : 1200
- Marks Obtained : 916
- Percentage : 75.33
- Exam Held In : Feb-2022



Name : Miss Radhika Jiddi
Class : 2nd Year BAMS



- Distinction
- Uni. Reg. No. 19A3575
- Max. Marks. : 1400
- Marks Obtained : 984
- Percentage : 78.72
- Exam Held In : Feb-2022

Name : Miss SNEHA SANGUR
Class : 1st Year BAMS

- 1st Class
- Uni. Reg. No. 20A5078
- Max. Marks : 1050
- Marks Obtained : 738
- Percentage: 70.29
- Exam Held In : Feb-2022



Sri Jagadguru Tontadarya Vidyapeeth's



**SINDAGI SHANTAVEERESHWAR
AYURVEDIC MEDICAL COLLEGE-HOSPITAL, HAVERI**

CONGRATULATIONS TO ALL

DISTINCTION HOLDERS IN RGUHS EXAMS APRIL-23

2ND PROF BAMS



SNEHA B SANGUR

MARKS: 1021

81.68%



3RD PROF BAMS



RADHIKA M JIDDI

MARKS: 804

76.57 %



KUMAR TOTAGERA

MARKS: 791

75.33 %



MANOJ KUMAR

MARKS: 789

75.14 %



SIDDIQI SHAHEEN

MARKS: 788

75.04 %

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प्राणवह स्रोतम्

DERIVATION OF प्राण

The word प्राण is derived from Sanskrit root "अन्" with a prefix "प्रा" Hence प्राण is the fulfilment through the nasal part necessary for prolongation of life.

प्राण वायु

यो वायुर्वक्रसंचारी स प्राणो नाम देह धृक्। [सु.नि.1/13]
That वायु which moves in the mouth is known as "प्राण"

DERIVATION OF स्रोतम्

स्रवणात् स्रोतांसि।
The Passage through which various धातु's oozes out & undergoing the process of metabolic transformation.

प्राणवह स्रोतम् and श्वसन संस्थान

प्राणो ह्याभ्यन्तरो नृणां बाह्यप्राण गुणान्वितः। धारयत्यविरोधेन शरीरं पंचभौतिकम् ॥ [सु. सु.17/13]

The movement of प्राण वायु in the body is performed through channels called प्राणवह स्रोतम्.



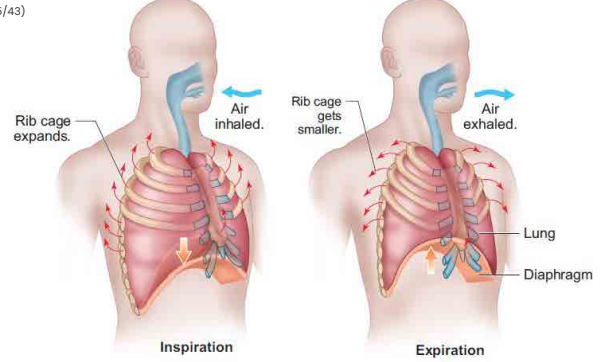
PHYSIOLOGICAL ASPECT

INSPIRATION

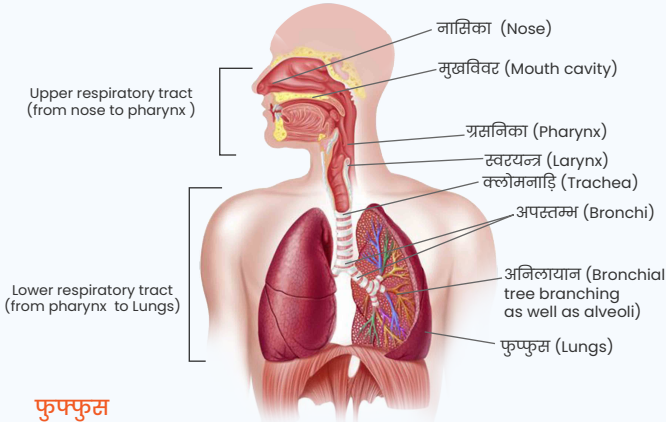
प्राणोऽत्र मूर्ध्निः। उरः कण्ठचरो बुद्धि हृदयेन्द्रिय चित्तधृक्।
प्लीवन क्षवथुद्गारिनि निःश्वसान् प्रवेशकृत् ॥ [अ.ह.सू.12/4]

EXPIRATION

उदानो नाम यस्त्वंमुपैति पवनोत्तमः। तेन भाषितगीतादिविशेषोऽभिप्रवर्तते। [सु.नि.1/14]
भाषितगीतादिरिति आदिशब्दादुच्छ्वासादि (Dalhan commentary on सु.नि.1/14)
तद्गामे फुफ्फुसप्लीहो दक्षिणाङ्गे यकृन्मत्तम्। उदानवायोरधारः फुफ्फुसः प्रोच्यते बुधेः ॥43॥
(शा.पू.5/43)



ANATOMICAL ASPECT



फुफ्फुस

शोणित फेन प्रभवः फुफ्फुसः। - फुफ्फुस are made up of रक्त फेन [सु.शा.4/15]

Location with respect to हृदय
तत्र वामे फुफ्फुस प्लीहो दक्षिणे यकृतं उदान वायु आधार्य फुफ्फुसः प्रोच्यते बुधेः ॥
- फुफ्फुस is located on left side of हृदय along with प्लीह
- it is called as उदान वायु आधार because of the reason that it retains the वायु

अपस्तम्भ

उभयत्र उरसो नाड्यो वातवहे अपस्तम्भो नामः।
In उरः प्रदेशे there are 2 नाड्ये which are related to transport of air and these can be understood as bronchii because of the reason that they are 2 in number

अनिलायन

Description found in मुख रोग disease.
अनिलायन is the place for वायु मार्ग hence understood as bronchial tree branching as well as alveoli

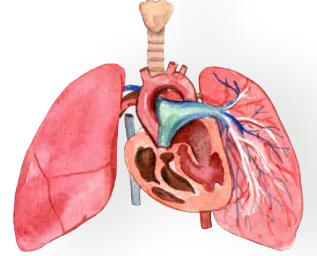
मूल स्थाना's

- according to चरक
"तत्र प्राणवहानां स्रोतानां हृदयं मूलं महास्रोतश्च" according to सुश्रुत
"तत्र प्राणवहं द्वे तयोर्मूलं हृदयं रसवहिन्यश्च धमन्यः" [च.वि.5]
1] हृदय 2] महास्रोतम् [सु.शा.4]
1] हृदय 2] रसवह धमनि

PHYSIOLOGY ACCORDING TO शारंगधर

नभिस्थः प्राणपवनः स्पृष्ट्वा हृत्कमलान्तरं ॥ कण्ठाद्दहिर्विनियति पातुं विष्णुपादामृतम्।
पीत्वा च अमर पीयूषं पुनरायातिवंगतः ॥ प्रीणयन्देहमखिलं जीवयान्जठरन्तलम् ॥ (शा.पू.5/48-49)

प्राण वात situated in नाभि Comes to हृदय
↓
From हृदय it goes out to environment through कण्ठ to drink विष्णुपादामृतम्
↓
After taking atmospheric air it enters the body again through प्राणवह स्रोतम्
↓
• Nourishes the body
• Stimulate the जठराग्नि for the proper digestion of food



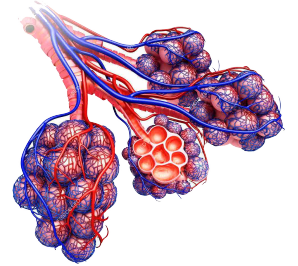
GASEOUS EXCHANGE

धमन्यो रसवाहिन्यो धमन्ति पवनं तनौ ॥ (शा.पू.5/39)

युनक्ति प्राणिनं प्राणः शोणितं यनुवर्तते ॥ (च.सू.24/4)

शिरा धमन्यो नाभिस्थाः सर्वा व्याप्य स्थितान्तनुम्।
पुष्पान्ति चानिर्ध वायोः संयोगात्सर्वधातुभिः ॥ (शा.पू.5/47)

शरीरप्राणयोरेव संयोगादायुरुच्यते (शा.पू.5/54)



RATE OF RESPIRATION

According to शतपथ ब्राह्मण
शतं शतानि पुरुषः शतेनाष्टौ शता यन्मिदम् दन्ति।
अहोरात्राभ्यां पुरुषः समेन तावत्कृत्यः प्राणिति चापानिति।
शत (100) x शतानि (100) = 10,000

$$\frac{+800 \text{ (शतनाष्टौ)}}{10,800 - \text{प्राण(inspiration)}}$$

the same - 10,800 Expiration
total = 21,600.

21,600/24 hours = 900 per hour
900/60 minutes = 15 respiration/min.



PATHOLOGICAL ASPECT

प्राणवह स्रोतो दुष्टि हेतु

क्षयात् संधारणात् रौक्ष्यात् व्यायामात् क्षुधितस्य च।
प्राणवाहिनो दुष्यन्ति स्रोतांस्यान्धश्च दासुणैः ॥ [च.वि.5/20]

प्राणवह स्रोतो दुष्टि लक्षण

अतिसूष्टमतिबद्धं कुपितमस्पल्पमभिक्षणं वा सशब्दल्लुमुच्चवसन्त्
दुष्ठा प्राणवहान्यस्य स्रोतांसि प्रदुष्टानिति विध्यात् ॥ [च.वि.5/8]

प्राणवह स्रोतो व्यधि

प्रायशः कुरुते दुष्टो हिवकाश्रमादिकान् गदान्। [सु.नि.1/14]



श्वस



श्वस्यु भस्त्रिकान्धमनात्तद्विभक्तिः-इति [सु.नि.1/14]

Breathing pattern which seen in Bhastrika pranayama

अननः पार्श्वेन च पीठेन इदमस्य च।
प्राणस्य च विरोधतः श्वसनं च रक्षणम् ॥ [च.वि.17/20]

कास



"कासनात् कासः" र
"कासं नवित्वाद्योः" वातु
"कासति श्वितः कण्ठपूर्व
गच्छति सप्रति कासः" र

Release of obstructed वायु with the production of abnormal sound is called as कासः. This may be dry or productive cough.

हिवका



सुहृद्द्विपुत्रेणैते सख्येने यवत् प्रीहवन्नि
नुसदिपिबिभे नम घोषनावात हिववत्यून
यवदवत्तुव हिववत्येवियते युषे ॥ [सु.नि.1/14]

Frequently moves upward accompanied with sound causing shaking of the liver, spleen & intestine, comes out of the mouth with loud sound & causes troubles to life, hence it is called हिवका.

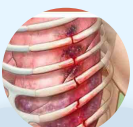
राजयक्ष्म/शोष



अनेक रोगानुगतो सुदुर्गन्धमयः।
दुर्गन्धो दुर्निःशः शोषो व्यापिर्हिवकः ॥ [सु.नि.1/14]

शोष generally means drying up, emaciation. It indicates wasting process of the vital principles and functional activities of the body such as रज्ज्वरि श्वसुः.

उरःक्षत



उरःक्षतेऽपि श्वसि, रस श्वसिने श्वसि। [सु.नि.1/14]

Due to depletion of रज्ज्वरि वातु or due to injury to the chest leads to उरःक्षत