

## Scientific Research on Plants for Cardiovascular Diseases in Yaogic Cikitsa and Dravya Guna

Shrii P. R. Sarkar, the proponent of the Microvita theory, has recommended various plant species for treating cardiovascular diseases in his book 'Yaogic Cikitsa and Dravya Guna.' This compendium emphasizes the use of readily available natural resources to create cost-effective treatment strategies. Among the plants mentioned are *Elettaria cardamomum* (Small Cardamom) and 'Bhumikushmanda' (*Ipomoea digitata*) for managing hypertension, *Amomum subulatum* (Greater Cardamom) and

*Cinnamomum zeylanicum* (Cinnamon) for heart disease, and the root of 'Semal' (*Bombax ceiba*) for treating diabetes.

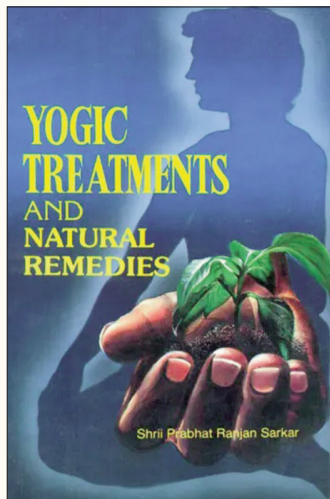
Scientific validation of these plants' cardiovascular benefits was first conducted in Udaipur, Rajasthan, leading to a Ph.D. awarded by Mohanlal Sukhadia University in 2010. The research was supervised by Dr. S. K. Verma, President of the Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur, and Prof. S.S. Katewa, Head of the Department of Botany

at Mohanlal Sukhadia University. The study was conducted in collaboration with the Indigenous Drug Research Centre at RNT Medical College, Udaipur.

The research findings revealed significant health benefits:

- Cardamom and Bhumikushmanda: Both plants significantly reduced systolic, diastolic, and mean blood pressure in individuals with stage 1 hypertension, along with a reduction in blood lipids.

- Greater Cardamom and Cinnamon: These plants



improved fibrinolysis and total antioxidant status in patients with ischemic heart disease.

- Roots of Silk Cotton tree (*Bombax ceiba*): This plant significantly reduced fasting blood sugar levels in type 2 diabetic patients and positively altered lipid levels.

The research outcomes have been published in reputable national and international journals. Additionally, the first book on *Bombax ceiba*, titled "Pharmacology of *Bombax*

*ceiba* Linn." was published by Springer in 2012, authored by Dr. Vartika Jain and Dr. S. K. Verma, founding members of SMRIM.

Another ongoing Ph.D. research project, initiated in 2019 by Ms. Bhavika Kunwar, is exploring the plants recommended by Shrii Sarkar for dietary inclusion for heart patients. These plants include 'Punarnava' (*Boerhavia diffusa*), 'Kalamisaag' (*Ipomoea aquatica*), and 'Bethu saag' (*Chenopodium album*). Bhavika's research has demonstrated significant in

vitro thrombolytic activity in these edible plants, indicating their potential to dissolve clots—a major factor in ischemic heart disease. Her research is supervised by Dr. Vartika Jain from Govt. Meera Girls College and Dr. S. K. Verma from Pacific Medical College & Hospitals, Udaipur.

Dr. Vartika Jain, SMRIM Secretary, highlighted Bhavika's achievement when her research paper titled 'In vitro thrombolytic activity of *Boerhavia diffusa* L. leaves' won second prize for Best Oral Presentation at the

National Symposium on Opportunities and Challenges in Contemporary Biological Sciences, organized by the Department of Botany at BN University, Udaipur, on May 26, 2024.

These scientific investigations underscore Shrii Sarkar's wisdom in recognizing the medicinal properties of the plant kingdom. Further research could pave the way for recommending these plants for dietary nutraceuticals, promoting a neohumanistic and holistic approach to improving human health.

## Inauguration of NIMS University Sports Board Graced by Ashok Kumar Dhyanchand

Jaipur. The inauguration ceremony of the NIMS University Sports Board was a momentous event graced by some of India's most esteemed international athletes. The event was highlighted by the presence of Ashok Kumar Dhyanchand, Olympian and Arjuna Awardee in Hockey, and Shriram Singh Shekhawat, Padma Shri and Arjuna Awardee in Athletics, among many other renowned sports personalities.

Chief Guest Ashok Kumar Dhyanchand lauded the immense potential for building world-class sports infrastructure at NIMS University under the Khelo India Games initiative. He emphasized the university's promising future in fostering sports excellence. In a significant announcement, Prof. (Dr.) Balveer Singh Tomar, Founder and Chancellor of NIMS University, approved the proposal to establish the Major Dhyanchand Research

Fellowship. This fellowship will award ₹25,000 per month to scholars researching the life and contributions of Major Dhyanchand, the legendary hockey wizard.



Prof. Amarika Singh, Advisor to NIMS University, reaffirmed the institution's commitment to promoting sports and supporting athletes. Shriram Singh Shekhawat called for concerted efforts to enhance the foundational sports facilities in preparation for hosting the Khelo India University Games. Vikram

Singh Shekhawat expressed confidence in NIMS University's capability to excel in organizing and performing in university-level sports events.

The annual meeting of the Sports Board, presided over by Prof. Amarika Singh, witnessed the release of the 2024-25 inter-college sports competition calendar.

This comprehensive calendar includes 25 sports disciplines for both men and women. In a strategic move, NIMS University has proposed

to host the North West Zone Football (Men) and West Zone Handball (Women) competitions to the Association of Indian Universities.

The grand inauguration ceremony saw the esteemed participation of Ashok Kumar Dhyanchand, Shriram Singh Shekhawat, Vikram Singh Shekhawat, Gajendra Singh Rathore (Former District Sports Officer, Jaipur), Ramesh Singh (International Roll Ball Player and Maharana Pratap & Guru Vashishta Awardee), and Pushendra Singh Shaktawat (Vice President, Hockey Udaipur).

During the event, the Registrar of NIMS University presented the proposal for the "Major Dhyanchand Fellowship," which was enthusiastically endorsed. The university's inter-college sports competition calendar for 2024-25 was also unveiled, with allocations made to various constituent colleges.

Furthermore, NIMS University announced the inaugural NIMS Invitational Tournament in five sports: basketball, badminton, table tennis, kabaddi, and chess, aiming to foster competitive spirit among universities in Rajasthan.

Dr. Kuldeep Singh Jhala, Secretary of the Sports Board, presented the financial proposals and action plans for representing NIMS University in the upcoming inter-university sports competitions organized by the Association of Indian Universities. The proposals, including hosting the North West Zone Football (Men) and West Zone Handball (Women) competitions, were unanimously approved.

The sports board meeting included notable members such as Ashish Mathur (Director, Training & Placement), Prof. R.P. Singh (Principal, Pharmacy College), Prof. Manoj Srivastava (Principal, Hotel Management),

Prof. Deepika Varshney (Humanities & Social Sciences), Prof. Anupama Pandey (Principal, Commerce & Management College), Dr. Sunita Yadav (Assistant Professor, Physical Education), and external members like Dr. Vijay Singh (Head, Physical Education Department, Kota University), and Dr. Jogendra Singh Khangarot (Associate Professor, BN University). Also present were Govind Sharma (Finance Officer, NIMS University), Dr. Anurag Mishra (Associate Professor, NIMS Pharmacy College), and Dr. Harish Kumar (Assistant Professor, NIMS Engineering Faculty).

The grand opening of the NIMS University Sports Board stands as a testament to the institution's dedication to advancing sports and supporting its athletes, setting a new benchmark in university-level sports infrastructure and management.

## World Environment Day Celebrated at NIMS University

Jaipur: NIMS University Rajasthan, Jaipur, organized a grand event on June 5, 2024, to celebrate World Environment Day. The chief guest for the occasion was Shri Pawan Kumar Jeenwal, Secretary of the District Legal Services Authority, Jaipur.

Shri Pawan Kumar Jeenwal shared his thoughts on the significance of World Environment Day, urging students to be aware and proactive about environmental conservation. He emphasized, "Protecting Mother Earth is our duty, as she gives us life." He highlighted the need for collective efforts to safeguard the environment and encouraged students to actively participate in these efforts.



stressed the importance of harmonizing with nature and adhering to sustainable development principles.

Prof. (Dr.) Balveer Singh Tomar, Chancellor of NIMS University, remarked, "Those who keep the Earth green are true citizens." He highlighted that trees are the foundation of our life, and it is our responsibility to preserve them to maintain the beauty of our planet.

Other senior staff members of the university enthusiastically participated in the event, contributing to its success. They collectively expressed their commitment to environmental conservation and concluded the program with a pledge to improve it in the future.

The chief guest and other dignitaries also participated in a tree plantation ceremony on the university campus. They remarked, "Each tree is a ray of hope for our future." The plantation activity inspired everyone to recognize the importance of environmental conservation and the efforts required for it.

This event was an inspiring and educational experience for students and staff, helping them understand the importance of environmental conservation and motivating them to work actively towards it. With the thought "True development lies in harmonizing with nature," everyone reiterated their commitment to preserving the environment.

## NABL Informative Awareness Program Held at Geetanjali University

Udaipur: Geetanjali University organized an important awareness program on "NABL Accreditation and Its Benefits," emphasizing the need for laboratory accreditation in the healthcare sector.

The event began with an inaugural speech by Dean Dr. Sangeeta Gupta, followed by insightful addresses from Dr. Manjinder Kaur, Additional Principal, and Dr. Harpreet Singh, Medical Superintendent. They highlighted the importance of maintaining high standards in laboratory practices through NABL accreditation.

The initiative, organized by the Department of Quality and Accreditation, saw significant contributions from Head of Department Dr. Nisha Porwal, Riyank Gangawat, and their dedicated team.



NABL officials, Dr. Bhumi Rajguru, Mr. Chandrakant Solanki, and Mr. Jagat Patel, delivered comprehensive presentations on the benefits of NABL accreditation, emphasizing its role in enhancing laboratory credibility, ensuring accurate results, and achieving international recognition.

The program concluded with a vote of thanks by Lab Director and Head of Biochemistry, Dr. Ashish Sharma, who expressed gratitude to all participants and speakers. Radhika Suwalka played a crucial role in the smooth operation of the event, making the session engaging and informative.

Geetanjali University's commitment to quality and excellence was evident through this successful program, promoting the adoption of NABL accreditation for the improvement of healthcare services.

## Players Sweating it Out to Win the Mewar Premier League Title

Udaipur: The preparations for the Mewar Premier League, organized jointly by the Udaipur District Cricket Association and 100 Sports, are in full swing as the tournament is set to commence on June 17. On one hand, players are practicing day and night, while on the other, organizers are busy finalizing the field and other arrangements.

The competition will feature six teams: Udaipur Royals, Bhilwara Warriors, Chittorgarh Chitas, Rajsamand Stallions, Royal Rajputana Conquerors, and Dungarpur Dragons.

Organizers have mentioned that the players are practicing in the morning, afternoon, and even under floodlights at night for this tournament, which will be held at Shikarabadi until June 26. This is the first time such a competition is being held in Udaipur, featuring several members of the IPL and Indian cricket team. The Wonder Cricket Academy at Shikarabadi will host this district franchise league, providing a unique experience for the residents of Udaipur.

## 11th Udaipur Conference on Stroke and Held at PMCH

Udaipur: Pacific Medical College and Hospital, Udaipur's Pacific Center of Neurosciences, hosted the 11th Udaipur Conference on Stroke and Neurorehabilitation on June 8, 2024. The one-day event brought together over 200 neurologists, neurorehabilitation experts, and doctors from the Udaipur division. Dr. Atulabh Vajpayee, Director of the Pacific Center of Neurosciences and Conference Director, highlighted the participation of prominent neuro experts. Dr. Nirmal Surya, President of the World Federation of Neurorehabilitation and Indian Stroke Association, spoke on modern rehabilitation techniques in India. Dr. Praveen Surana from Jodhpur discussed the causes and latest treatments for headaches. Dr. Arvind Nanda from Delhi presented on acute stroke interventions.

Dr. Atulabh Vajpayee shared contemporary neurotheology insights on neurointervention, while Dr. Narendra Mal presented neurosurgery cases on back and neck pain. Other experts, including Dr. Jimsad, Dr. Subin Solomon, Dr. Kavita Jain, Dr. Piyush Devpura, Dr. Zafar Khan, and Dr. Suraj, gave their pre-

sentations.

A key topic discussed was Botox therapy for brain patients. Rahul Agarwal, Chairman of Pacific Medical College and Hospital, emphasized the conference's importance in bringing advanced rehabilitation facilities for paralysis, neck pain, back pain, and headaches to Pacific in the near future. He also stressed the need to promote such conferences to foster knowledge exchange and improve patient care.

## Aakash Bhilwara Student Iram Qazi Scores Perfect 720/720 and Secures AIR 1 in NEET 2024

Bhilwara: Aakash Educational Services Limited (AESL) proudly announced that Iram Qazi, a student from Bhilwara, achieved a perfect score of 720/720 in the NEET 2024 exam, securing AIR 1 and emerging as the national topper. The National Testing Agency (NTA) declared the results on Tuesday.

Iram's success is attributed to the unwavering support from her family, teachers, and Aakash Educational Services Limited. Her perfect score is a testament to the collective efforts of her peers, family, and supporters. Iram joined Aakash's one-year classroom course to prepare for NEET, considered one of the world's toughest entrance exams. She credited her success to a strong understanding of concepts and a strict learning schedule.

Akhilesh Dixit, Regional Director of AESL, congratulated the students on their outstanding achievements, emphasizing the effectiveness of Aakash's teaching methodologies. He expressed pride in Iram's accomplishment and highlighted that her success would inspire others to strive for excellence.

Tags: Aakash Bhilwara, Iram Qazi, NEET 2024, National Topper, Perfect Score, Test Preparation, Aakash Educational Services Limited, NEET Results, AIR 1, Academic Achievement.

## Dr. Anoop's Exceptional Treatment Saves Preterm Baby's Life

Udaipur: Preterm babies often face significant struggles to survive and grow, but a recent case in Udaipur showcases a remarkable story of survival. A baby born at six

months of gestation is now healthy, thanks to the dedicated care provided by Dr. Anoop Paliwal and Dr. Basant Soni at Shree Krishna Children's Hospital.

Dr. Anoop Paliwal explained that three months ago, a couple from Kanpur, Uttar Pradesh, brought their critically ill baby to the hospital. The baby weighed only 550 grams at birth, making the situation extremely precarious. Recognizing the severity of the case, the medical team immediately placed the baby on a ventilator and initiated intensive treatment. With continuous monitoring and a specialized treatment plan, the baby's condition began to improve. After a few days, the baby was transferred to a CPAP machine and gradually started feeding. Timely and appropriate treatment led to significant improvements in the baby's health, and the child has now been discharged from the hospital in good health. Dr. Paliwal emphasized that meticulous attention is crucial in treating such small infants, as even minor errors can be detrimental.

The baby's parents expressed their gratitude, stating that they were extremely fearful due to the premature birth and low weight. However, thanks to the timely and effective treatment at Shree Krishna Children's Hospital, they are now able to hold their healthy baby in their arms.

## Five Motion Education Students Secure Top 100 Ranks

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In the JEE Advanced 2024 results, five students from Motion Education secured positions in the top 100. Shekhar Jha achieved AIR 28, Ishan Gupta 31, Amar Sinha 91, Harendra Agrawal 93, and Tanay Chetan Kakalia 99. A celebration will be held at Motion's Drona Campus. Founder Nitin Vijay praised the team's excellence. Additionally, 60 Motion students ranked within the top 1000 in the General and OBC categories, and 10 within the top 500 in the SC/ST categories. This year's cut-offs have increased significantly. JoSAA counseling begins on June 10 for admissions to top engineering institutions.

## Udaipur Hosts Environmental Improvement Symposium