



Eklavya A.B. V.J.J.Va. M. Sevabhavi Sanstha's Sanchalit

**ASHVIN RURAL AYURVED COLLEGE & HOSPITAL**  
**MANCHI HILL, ASHVI BK, TAL-SANGAMNER,**  
**DIST-A. NAGAR (M.S.) 413714**

**CORDIALLY INVITES YOU TO JOIN NATIONAL CME**

**"An Ayurvedic Approach to Biological Adaptation"**

**Organized by**

**Department of Kayachikitsa**  
**ASHVIN RURAL AYURVED COLLEGE & HOSPITAL**



**Chairperson**

**Dr. Shreerang S. Chhapekar**  
Asso. Professor, Kayachikitsa Dept.



**Eminent Speaker**

**Dr. Smita D. Paul**

Prof. Rognidan Evm Vikriti Vigyan .  
RD Memorial PG Ayurvedic College and  
Hospital, Ratibad, Bhopal

**DATE : 29<sup>th</sup> July 2021 (Thursday ) TIME: 1:30 PM to 03:30 PM**

**Organizing committee**

**Principal**

**Dr. Sanjeev Lokhande**

Prof. & HOD Kayachikitsa Dept.  
Ashvin Rural Ayurved College, Manchi Hill

**Organizing Secretary**

**Dr. Ambadas Kalukhe**

Asst. Prof. Panchakarma Dept.

**Organizing Co-ordinator**

**Dr. Smita Kolte**

Asst. Prof. Kayachikitsa Dept.

for Registration Click On :- <https://forms.gle/qVZFS7sJ18myAwtE6>  
Free Registration: - E-certificate will be provided to registered candidates  
For Technical Issue Mob :- 9665929005 on WhatsApp only

Please join National Seminar from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/160040365>

**Access Code: 160-040-365**

Title / Name of Event

National CME on Ayurvedic Approach to Biological  
Adaptation

Date of The Event

29 -July – 2021 (Thursday)

Venue

Online Platform (Ashvin Rural Ayurved College)

Organized By

Department of Kayachikitsa

Ashvin Rural Ayurved College, Manchi Hill, Tal-Sangamner

**Objectives**

- ✚ Awareness, Training and Practical Application of Rutusandhi in  
Ayurveda
- ✚ Updation for knowledge related to data procurement during  
clinical Practice

**Total No. of Participate**

211

**Resource Person**

Dr. Smita D Paul

MD (Ayu.)

Prof. Rognidan Dept.

RD Memorial PG Ayu. College & Hospital, Ratibad, Bhopal, M.P.

Consolidated Report

## **NATIONAL CME**

### **“AYURVEDIC APPROACH TO BIOLOGICAL ADAPTATION ”**

Participation in National CME on 29<sup>th</sup> July 2021 (Thursday) **Ashvin Rural Ayurved College** had arranged National CME from 02: 00 pm to 3:00 pm on Topic Ayurvedic Approach to Biological Adaptation.

Eminent Speaker for the CME was **Dr. Smita Paul** (MD rognidan) Prof. Rognidan Dept. RD Memorial PG Ayu. College & Hospital Ratibad, Bhopal, M.P. and **Dr. Shrirang Chhapekar** Present for CME as Chairperson. 211 Teaching Faculties & Students Participate in seminar as participants to boost the knowledge.

## Photo with Caption

**CIRCADIAN RHYTHM**

High alertness 10:00  
Highest testosterone secretion 09:00  
Bowel movement likely 08:30  
Melatonin secretion stops 07:30  
Sharpest rise in blood pressure 06:45  
Lowest body temperature 04:45  
Deepest sleep 02:00  
Midnight 00:00  
Best coordination 14:30  
Fastest reaction time 15:30  
Greatest cardiovascular efficiency and muscle strength 17:00  
18:30 Highest blood pressure  
19:00 Highest body temperature  
21:00 Melatonin secretion starts  
22:30 Bowel movements suppressed

Dr Shadab Khan has left.

Take a screenshot

115%

SMITA PAUL is presenting

Mic Camera Screen Leave

## Speaker Dr. Smita D. Paul

1st Year -Roll No. 19 has arrived.

Take a screenshot

39%

SMITA PAUL is presenting

Mic Camera Screen Leave



# Slide Presentation for Changes According to Rutusandhi

AN AYURVEDIC APPROACH TO BIOLOGICAL ADAPTATION - Microsoft PowerPoint

Slide 12 of 28

हेमन्त (hemanta) & शिशिर (sisira)  
Season 1 of 6  
हेमन्त (early winter, mid-November to mid-January)  
शिशिर (late winter, mid-January to mid-March)

How is the environment?  
Cold Winds Intense Sunlight

How body changes?  
Digestive Fire increases Kapha Dosha Accumulates

Recommended diet  
Eating Sour, salty, heavy, unctuous, thick meals, Milk and its products, wine, curries, and hot water

Recommended lifestyle  
Always use application of oil to the whole body, Oil massage to the scalp. Staying in warm and less windy places

To be avoided  
Too much of Spicy, bitter, astringent (aaklehar, potato, etc), Consuming cold drinks and foods. Avoid sleeping during day time.

वसन्त (vasanta)  
Season 3 of 6  
Spring - mid-march to mid-may

How is the environment?  
Hot weather Intense Sunlight

How body changes?  
Reduced Digestive Fire Accumulated Kapha Dosha Accumulates

Recommended diet  
Food tasting predominantly Tika (bitter), Katu (pungent) and Kashaya (astringent) which are light for digestion. Drink honey mixed with water.

Recommended lifestyle  
Vajrasana, Bhujangasana, Bhadrasana, Kaula Ganga, Anjana (oil), Sexual intercourse - once every three days. More info on this on rasasandhi.com

To be avoided  
Eating sweet, sour, salty and oily food which is heavy for digestion and sleeping in the day time is to be avoided.

Smita Paul is presenting

## Screen Shot of Attendee

Click to add title

Smita Paul is presenting