100th Special Issue

... Dedicated to the fond memory of
Parampoojya Prabhakar Keshav Sardeshmukh Maharaj

Vishvvasanthi
Vrittant

Special Issue

MAY, 2010

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- देशमुखस्तेषुभगाभाि विभा इति अभिधाना वसत्तपली
Bharatiya Sanskriti Darshan Trust was founded by my Guru & father Parampoojya Prabhakar Keshav Sardeshmukh Maharaj in 1954, who was an authority in Ancient Indian Sciences & culture. He established this Trust with the aim of propagation of 4 Vedas, 6 Shastras, 18 Puranas, 14 Vidyas & 64 Kalas worldwide.

He donated a huge land at Wagholi, Pune to fulfill his dreams. Ayurved, which is an Upaveda of Atharvaveda, is an ancient Indian medical science. He started Ayurved Hospital & Research Centre in 1984 with the aim of treating many chronic & incurable diseases with the help of Ayurved. Panchakarma treatment is also given to the patients in this hospital. Various Research Projects are also designed on Cancer, AIDS, Delayed Bone Healing, Mother & Child welfare with the collaboration of Allopathic experts. Cancer Research Project was started in 1994 with the inspiration of Respected Late Balasaheb Bharade & Respected Late Mrs. Indumati Bharade. It is started at Wagholi, Mumbai & Solapur. Till date more than 4000 Cancer patients are treated in this Project. Cancer Research Project has developed up to Integrated Cancer Treatment & Research Centre, which will be fully working till end of the year 2010. This Centre is supported by Departed of Atomic Energy & Department of AYUSH, Government of India, where Cancer patients will get Ayurvedic treatment, Chemotherapy, Radiotherapy, Surgery & Diagnostic facilities under on roof in rural area of Wagholi in affordable charges & under the guidance of experts in respective field.

In Panchakarma Centre of Ayurved Hospital, patients from various countries like Japan, Germany, Australia, Holland, Austria, Switzerland, Italy are admitted & treated successfully.

Ayurved Hospital & Research Centre is recognized by Pune University for Ph.D. since 1985. Many students have successfully completed their Post Doctoral Research in this Institute. Dream of Maharaj to pursue academics in the field of Ayurved was fulfilled in 1998 in the form of Ayurved College, Wagholi, which is recognized by Maharashtra University of Health Science (MUHS) & CCIM. B.A.M.S. & M.D. courses are conducted in the college.

Trust also conducts various courses on Ayurved in India & abroad for propagation of Ayurved in common people.

With the intention of manufacturing pure & authentic Ayurvedic medicines, Trust has started Atharva Ayurved Pharmaceuticals in 2002. Now it manufactures markets & exports many textual & experience based Ayurvedic medicines. Sanjivani Plantation Department provides pure & naturally cultivated raw material to Atharva Ayurved Pharmaceuticals, which is grown at Wagholi.

For the purpose of Educational uplift of people in remote area, Trust has started Pre – Primary English Medium School & Computer Education Institute at Tadwal, Solapur, which is a native place of Maharaj.

Pandit Dr. Chandrakant P. Sardeshmukh, Executive Trustee of Bharatiya Sanskriti Darshan Trust, is propagating Indian music, especially Sitar, in India & abroad through Sama Sangeet Sabha.

Parampoojya P. K. Sardeshmukh Maharaj had many disciples in various countries. His wish of updating various activities of Bharatiya Sanskriti Darshan Trust to his disciples & well wishers is fulfilled by our monthly periodical “Vishvashanti Vrittant” which was started in 2002. Maharaj named the land of Trust at Wagholi as “Vishwashanthidham”, meaning place of peace in the world. Thus we have named the
newsletter as “Vishvashanti Vrittant” meaning “To keep informed updates of Vishwashantidham”. In this periodic, we are regularly publishing various cultural, scientific, educational & social news in the field of Ayurved & Indian arts. We have also dedicated some special issues for memorable events in these field like an issue to pay tribute to Pandit Shreeramji Sharma, who was an authority in the field of Ayurved.

I am glad to publish this 100th issue of Vishvashanti Vrittant on the occasion of “Akshay Tritiya”. I am very much thankful to Dr. Vasanti Godse, co –editor, Vishvashanti Vrittant on this occasion for efficiently fulfilling this responsibility till this 100th issue. I appreciate her for taking initiative in this matter since beginning & carrying out this task devotedly. I am also grateful to all committee members of Vishvashanti Vrittant, who worked hard to make this newsletter informative. To name a few, Dr. Mrs. Asavari Dubhashi-Shukla, Dr. Mrs. Swapna Kulkarni, Dr. Vineeta Deshmukh lend a hand to make this publication successful. I am also thankful to Mrs. Anagha Acharya & Mr. Prasad Acharya, who helped us not only in attractive printing of Vishvashanti Vrittant but also in guiding us in this matter whole heartedly from the beginning of this newsletter.

I am also grateful to our Trustees for their valuable guidance. I am also thankful to all members of Ayurved Hospital, Research Centre, Ayurved College, Atharva Ayurved Pharmaceuticals, Sanjeevani Plantation Department, Keshav Abaji Educational Institute, Sama Sangeet Sabha from Mumbai, Pune, Solapur & abroad for their joint efforts to make this newsletter successful.

Finally I express my gratitude to all well wishers & readers of Vishvashanti Vrittant for their valuable support & time to time precious suggestions.

On this occasion of Akshay Tritiya, we wish to continue this newsletter which will be everlasting & incorporated with your suggestions.

- Prof. Dr. S. P. Sardeshmukh, A.V.P., Ph.D.
Editor, Vishvashanti Vrittant,
Chairman, Bharatiya Sanskriti Darshan Trust

From the Co-editor’s Desk

We are very happy to put forth the 100th issue of Vishvashanti Vrittant. Vishvashanti Vrittant is an idea of Revered Parampoojya Sardeshmukh Maharaj. English being the language used universally, it was decided that the periodical would be published in English.

The first publication of this periodical was in August 1997 but due to some unforeseen difficulties it could not be published further. In February 2002, on the occasion of 2nd International Conference on 'Ayurved for Cancer' it again took a leap. Since then there was no looking back. This publication was to serve threefold purpose. First to spread the knowledge about Indian arts & sciences like Ayurved, Yoga etc. Second to spread teachings of Maharaj through his followers from various walks of life & third to serve as a tool to inform about the ongoing & proposed activities of Bharatiya Sanskriti Darshan Trust.
Through Vishvashanti Vrittant, we have made an effort to bring to light the various aspects of multifaceted personality of Parampoojya Sardeshmukh Maharaj as a Philosopher, Nadiparikshak (Pulse diagnosis), Authority in Music, Veterinary Science & as a Teacher & Preacher.

In the past issues, we have elaborated the object behind the foundation of Bharatiya Sanskriti Darshan Trust, the significance of its logo, detailed importance of symbols viz. Four Veda, Six Shastras, Eighteen Puranas, Fourteen Vidyas, Sixty-four Kalas contained in the logo.

The past issues also covered topics on Ayurved and Yoga. Vishvashanti Vrittant has covered various topics on health under the column “Introduction to Ayurved”. Until now, the guidelines like Dinacharya (Daily regimen), Rutucharya (Seasonal regimen), Ahara sevan (Dietary habits) etc. for prevention & promotion of health have been described in detail through this monthly periodic.

In Vishvashanti Vrittant, various topics on Yoga have been described in column “Yoga for health & peace” to overcome mental tensions & stressful situations due to growing urbanization & industrial development.

Various medicinal herbs with their medicinal properties & uses have been explained in this monthly periodic. Diseases like Indigestion, Cough and Cold etc. also have been described with their causative factors, symptoms & Ayurvedic treatment.

We have also tried to inform about the national & international updates in the field of Ayurveda. We have appreciated the felicitations of luminaries for their achievement. At the same time, we have paid tribute to the dignitaries in the field of Ayurved.

This periodic also gives update information about various ongoing activities of Bharatiya Sanskriti Darshan Trust. It also has been served as a platform to spread teachings of Maharaj through his followers, who had the opportunity to listen and learn from him.

Thus we have tried to fulfill the objectives behind publication of Vishvashanti Vrittant to a certain extent. The journey of Vishvashanti Vrittant upto 100th issue is possible due to the blessings of Parampoojya Sardeshmukh Maharaj, guidance of Dr. S. P. Sardeshmukh & last but not the least the tireless efforts of our past & present committee members. On this occasion, I take an opportunity to thank Mrs. Anagha Acharya & Mr. Prasad Acharya for their valuable contribution in printing as well as to make this periodic more mind blowing.

The overwhelming response we receive from the masses is encouraging. A lot more has yet to be accomplished. In the forthcoming issues, we intend to bring out highly informative articles on Ayurved & various facets of Bharatiya Sanskriti Darshan Trust.

Let us all make this newsletter as a tool to achieve the work Maharaj has entrusted us with!

-Dr. Vasanti Godse, BAMS, M.A. (Sanskrit), Dip. in Ayurvedic Dietetics
Co editor - Vishvashanti Vrittant

E-Newsletter

We are glad to announce commencement of e-newsletter from this issue. Kindly log on to www.ayurved-for-cancer.org and subscribe for free monthly newsletter subscription with your mail id.
Bharatiya Sanskriti Darshan Trust’s Journey...

With the blessings of Sadguru Marutinath Mali Maharaj, Parampoojya Sardeshmukh Maharaj founded Bharatiya Sanskriti Darshan Trust in 1954 for the preservation, revival & spread of Indian Culture, Science, Vedas and Arts. The trust is following the aims & objectives of Sardeshmukh Maharaj. The tree of Maharaj’s dreams has flourished day by day.

On this occasion of 100th special issue of Vishvashanti Vrittant, We are putting forth the successful journey of various branches of Bharatiya Sanskriti Darshan Trust. To fulfill his all dreams, yet more has to be achieved!

Ayurved Hospital & Panchakarma Centre

With the blessings of Revered Prabhakar Keshav Sardeshmukh Maharaj, Bharatiya Sanskriti Darshan Trust started “Ayurved Hospital & Panchakarma centre” in 1984. Ayurved Hospital & Research Centre is recognised for Ph.D. by Pune University since 1985. Initially the Hospital was situated at Vishwashantidham, Wagholi. Keeping in mind the need of expansion, a 180 beded hospital was taken on rent at Chandannagar, littlebit away from Wagholi. Hospital was equipped with Medicine Department, Surgery Department, E.N.T. – Ophthalmology Department, Gynaecology – Obstetric Department, Pediatric Department & Pathology Department.

In 2003, the hospital was again shifted to Wagholi village near to the college. Facilities of Sonography and X-ray were also made available in this hospital. Side by side a three storyed building was taken under construction, specially designed for the hospital in the premises of Trust.

A full fledged Ayurved Hospital was started in this building in 2008. The hospital has a well equipped operation theatre. A team of experienced physicians, expert surgeons and gynecologists is treating patients with Ayurvedic & modern medicine. Hospital is always organising many free camps for the needy and poor people like squint operative camp, Tubectomy camp. The quality health services & hospitality of Ayurved Hospital attracts the patients from all over Maharashtra.

As the Panchakarma treatment is an unique body detoxification treatment of Ayurved, two cottages were build for this purpose in 1994 and in 1998 there was addition of three more. These cottages have well equipped Panchakarma treatment room & Stay room. Panchakarma is a special type of Ayurvedic treatment comprising of Vamana (Emesis), Virechana (Purgation), Basti (Medicated Enema), Nasya (Nasal administration) & Raktamokshan (Blood letting). Allied procedures like Shirodhara, Shirobasti,Netrabasti, Katibasti, Hrudbasti, Lepa are also carried out in this centre as per requirment of patient. A special diet & regimen, which are designed as per disease, patient & season, are the part & parcel of Panchakarma Treatment. This unique treatment is beneficial mainly in chronic & recurrent
diseases like Skin disorders, Asthma, Indigestion, Disorders of Nervous system. Seasonal Panchakarma is also beneficial in healthy people to maintain health & to prevent seasonal diseases. Panchakarma is the treatment which is highly effective in many diseases, at the same time it can cause many complications, if not treated properly. Thus in our centre, it is carried out by Expert Panchakarma Physicians under the able guidance of Dr. S. P. Sardeshmukh. In the peaceful & spiritual atmosphere of Vishwashantidham, patients are relaxed physically as well as mentally. Patients from various countries like Germany, Switzerland, Holland, Australia, Japan, America, Canada, Austria have been admitted for Panchkarma. Till date more than 175 patients are benefited by this treatment in Panchakarma cottages. We are also treating some Cancer patients with Panchakarma treatment in our Hospital. It is observed that Panchakarma treatment plays an important role in boosting up immunity of Cancer patients & thus preventing recurrence.

“Relax with Ayurved” a special programme is conducted in this Panchakarma Centre since 2005. This programme is scheduled for atleast seven days. Abhyanga (Massage), Swedan (Sudation) and Shirodhara are administered to the people participating in this programme. A series of lecturers is arranged so as to guide them about healthy diet, daily regimen, seasonal regimen, role of peaceful mind in maintaining health. Many people are benefited with this programme.

With the raising demand of patients, keen to undergo Panchakarma treatment, we are planning to construct more cottages in our premises. We are also planning to construct a separate building for Surgery where patients will be benefited with Allopathic treatment as well as Ayurvedic procedures like Ksharasutra, management of various types of wounds. In future, there is a plan to develop separate building for Gynecology having facility of Rasayana. Vajikarana & Panchakarma treatment to parents for healthy progeny, care of a pregnant woman & a new born child as per Ayurvedic principles.

Thus we will strive hard to develop our Hospital as a unique place where patients will be treated in acute as well as chronic conditions.

- Prof. Dr. Mrs. Renuka Gayal, M.D., Ph.D. (Medicine), Professor, Medicine Department,; Incharge, Ayurved Hospital, Wagholi

Cancer Research Project

“CANCER” a dreaded word in the field of medicine. The word itself evokes fear, anxiety and tension in the minds of patients as well as relatives. Research is being carried out all over the world to cure this disease but it is still uncertain to come to any conclusion. In such a scenario, Parampoojya Prabhakar Keshav Sardeshmukh Maharaj felt that research should be carried out to establish the efficacy of Ayurved, the ancient Indian Medical science, in giving relief to the patients suffering from Cancer.
He expressed his views to Dr. S. P. Sardeshmukh and Dr. Arvind Kulkarni, who was working at Bombay Hospital as HOD, Radiation Oncology. Patients who were taking Ayurvedic medication along with conventional treatments had encouraging results. Since 1986 various meetings and discussions were held to chart out the project, to have a scientific base. In 1994 the project finally took shape. Respected Late Shri Balasaheb Bharade, Ex – Speaker & Respected Late Mrs. Indumati Bharade encouraged to initiate the Project. It was decided that the patients having confirmed biopsy reports would be registered in the project. They would be divided in four groups based on the treatment options. A detailed case history would be noted. The medication would be given and results assessed on medical parameters.

A press conference was held. It evoked a tremendous response. The first camp on Cancer was held at Pune on 25th March and in Mumbai on 27th August 1994. People from far and wide came with a hope. The earlier cases registered in the project were mostly in the terminal stages where not much could be done. But now as the years pass by, there has been a significant change in the mindset of the people. People are turning towards Ayurved for better quality of life.

Since 1994, about 4-5 camps are held every year to create awareness about disease of Cancer. In 1995, it was decided that a centre for this research project should be started at Solapur, the hometown of Sardeshmukh Maharaj. Dr. Shirish Kumthekar an oncosurgeon at Solapur readily agreed to work as the co-ordinator of the project.

Gradually the project started gaining momentum. In 1997, International Conference on “Ayurved for Cancer” was held at Pune to put forth the work done on Cancer in the field of Ayurved. Scientists from various countries participated in this conference to present their papers. After five years from the first conference, in 2002, II nd International Conference on “Ayurved for Cancer” was held at Pune.

In the year 2004, this project completed a decade. To commemorate this occasion, a Cancer Decade Program was held at Mumbai and Pune. Patients suffering from this disease spoke about their experiences and gave a moral boost.

III rd International Conference was held in 2007 at Mahabaleshwar. Research papers were presented by Ayurved Hospital Research and Development on its work regarding Cancer. In this conference, an exhibition on Cancer and Ayurved was held to create awareness regarding the disease, fight against it and its preventive measures. Many a time’s patients are worried and confused. They are not sure whom to approach to get their queries.
solved. Taking this aspect in account, an open session “Fight against Cancer” was organised. The papers presented at the conference were compiled and published by the trust in the book “Ashwasana”. Based on the research done until now, a book “Cancer-Ayurved” has also been published by the trust in Marathi.

The journey still goes on. Now along with the camps, an exhibition about ‘Ayurved and Cancer’ is also held every year. Open sessions are also held.

A Brief Overview

Treatment of 4000 patients since establishment of ‘Cancer Research Project’ in 1994, with supplementary Ayurvedic treatment to Allopathic methods have given us promising results.

From the experience of treating various types of cancer patients of various stages, it is observed that quality of life & immunity can be improved in many Cancer patients with Ayurvedic treatment, proper diet & lifestyle modification. Rejuvenating treatment and Panchakarma Treatment are found to be more effective in preventing recurrence and metastasis.

Ayurvedic treatment is more effective in specific types of cancers like Lymphoma, Leukemia, Rectum, Cervix and Breast.

It is observed that the patients who are undergoing chemotherapy or radiotherapy (Group C) are able to tolerate side effects of respective treatment with the help of complimentary Ayurvedic treatment.

Our Future Plans

In view of these results, it is considered that, if integrated approach is adopted towards prevention of recurrence and treatment of Cancer, it will go a long way in reducing the cost of treatment particularly for poor patients and improving the quality of life of Cancer patients.

The trust therefore has planned to start “Integrated Cancer Treatment and Research Centre” at Wagholi, Pune.

It will have various units like Cancer Dignostic Unit, Surgical Unit, Radiotherapy Unit, Cancer Chemotherapy Unit, Cancer O. P. D. (Out Patient Department), I. P. D. (Indoor Patients Department) for Cancer Patients, Ayurvedic Unit consisting of Nidana (Diagnosis) - Shamana Chikitsa - Panchakarma - Rasayana Chikitsa - Diet, Ayurvedic Pharmacy, Mind - Body Medicine Unit, Terminal Care Unit, Hostel for ambulatory Cancer patients and their relatives, Community Education Programme for Cancer, CME (Continuing Medical Education) for general practitioners about Cancer Awareness, Clinical and Epidemiological Research on prevention and treatment of Cancer.

This project will aim at providing preventive, curative and rehabilitative services under one roof by combined efforts of Allopathic and Ayurvedic experts.

Research will be the integral part of this project.

Approximately this project will cost Rs. 50,00,00,000/- (Fifty Crore Only).

As an initial step in this project, Department of Atomic Energy, Government of India has given us Grant-In-Aid for purchase of Cobalt Radiotherapy Machine.
Department of AYUSH has sanctioned us Grant – In – Aid for construction of 1st building of “Integrated Cancer Treatment & Research Centre” at Wagholi, Pune under “Centre of Excellence Scheme”. This project will be fully working till end of 2010.

With the support of well – wishers & donors, we will be able to complete this grand project in near future to reduce sufferings of Cancer patients.

We have still got a long way to go. With the blessings of Parampoojya Sardeshmukh Maharaj, guidance of experienced doctors we work our way further in trying to win a ‘War against Cancer’.

- Dr. Mrs. Swapna Kulkarni, B. A. M. S.
  Senior Research Fellow, Cancer Research Project

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**AIDS Research Project**

Acquired Immunodeficiency Syndrome (AIDS) is a disease which is showing increasing statistic & not having curative treatment in any medical system. Causative factors, signs & symptoms & management of HIV / AIDS resembles to that of Rajayakshma – Shosha disease explained in Ayurvedic texts like Charaka Samhita, Sushrut Samhita etc.

Considering this fact, Prof. Dr. S. P. Sardeshmukh initiated AIDS Research Project in 1998. Project is conducted at Mumbai & Pune (Wagholi).

HIV + ve / AIDS patients are examined from Ayurvedic point of view like mode of transmission of disease, occupational history, history of addiction, previous major illness, dietary habits, disease progression & Ashtavidha Pariksha (Eightfold examination of patient). On the basis of these examinations, conclusions are drawn about diagnosis of disease from Ayurvedic point of view, state of bodily elements like Dosha, Dhatu, Mala, Agni, Dhatwagni & Oja.

Patients are treated accordingly mainly with Rasayana Chikitsa (Rejuvenating treatment) & diet recommendations. Counseling of patients & relatives plays an important role in treatment of AIDS patients. Frequency & intensity of opportunistic infections, commonly observed in HIV + ve patients are assessed like fever, respiratory tract infections like cough, cold, skin rashes, mouth ulcers, diarrhea. Scientific documentation is maintained in the form of periodic examination of CD4 – CD8 count, Viral Load, Complete Blood Count (CBC), Chest X – ray, Ultrasonography of Abdomen - Pelvis & other relevant investigations.

With the experience of treatment of more than 100 HIV + ve patients, it is observed that Ayurvedic treatment is found to be effective in increasing immunity of patients, thus preventing frequent episodes of opportunistic infections. It helps to increase weight; improve appetite & digestion. It also helps to maintain & increase CD4 count which is indicative of improved immunity of HIV +ve patients.

WHO (World Health Organisation) has developed a “Clinical Staging System” for HIV + ve patients i.e. Clinical stage I to IV. This staging system is useful for assessing initial clinical status of patient & treatment response. This staging system is adopted for analysis of results in this AIDS Research Project.

Conventionally HIV + ve / AIDS patients are treated with ART (Anti – Retroviral Treatment), which should be taken through out the life. But this treatment is started mostly in Stage III & Stage IV patients.
Stage I & stage II patients are treated only according to symptoms in conventional medicine. These patients need supportive medicines & diet which help to boost up their immunity. If Stage I & II are prolonged, patients can survive in healthy state for longer period, without taking ART. Ayurvedic line of treatment in our project is beneficial in maintaining & improving clinical stage of HIV + ve patients.

AIDS is a disease which is not completely cured with any medical system. Ayurvedic treatment is definitely beneficial in controlling progression of disease & improving quality of life of patients.

AIDS patients suffer more from mental stress due to social stigma of this disease. Satvavajaya Chikitsa meaning emotional consolation, is one of the types of treatment described in Ayurvedic text. Patients of HIV +ve / AIDS are treated in our clinic not only with medicines, but also with emotional support. This helps them to develop positive attitude towards life.

Research work of this project is published as 2 Featured scientific abstracts in “Research Agenda Conference on Traditional Indian Medicine for HIV / AIDS”, organized on 9-10 September 2006, by The Samueli Institute, John Hopkins Centre for Clinical Global Health Education, Seth G.S.M.C., K.E.M. Hospital & ICMR.

AIDS Research Project is participating in a Prevalence Study of “Examination of the use of Traditional Medicine for HIV / AIDS in India” undertaken by The Samueli Institute, USA; Johns Hopkins Centre for Clinical Global Health Education, USA & ICMR.

Clinical Research work of this Research Project, in the form of thesis submitted by Dr. Vineeta V. Deshmukh, under the able guidance of Prof. Dr. S. P. Sardeshmukh; is awarded Ph.D. by Pune University in 2007.

In near future, we are planning to expand this project by developing well – equipped Out Patient Department (OPD), In Patient Department (IPD), Pathology Laboratory, Research Department & Counseling centre, where HIV +ve / AIDS patients will be treated with Ayurvedic as well as Allopathic treatment, whichever is necessary.

- Dr. Vineeta V. Deshmukh, M.D., Ph.D. (Ayurved), PGDCR, M.A. (Sanskrit), Diploma Diet In charge, Research, Reader : Department of Basic Principles

Fracture & Delayed Bone Healing Project

Fracture & Delayed Bone Healing Project was started by Bharatiya Sanskriti Darshan Trust’s Ayurved Hospital & Research Centre, in January 2000 in collaboration with Hardikar Hospital, a well known Orthopedic Hospital in Pune. The project was initially funded by Department of AYUSH, Government of India, for 3 years.

This project was aimed at validating the efficacy of Ayurvedic medication, with or without Panchakarma, in stimulating the healing procedure especially in delayed & non healing fractures of long bones. Well planned clinical trials are conducted in such subjects with Ayurvedic Medication & Panchakarma, as explained in detail, in Sushruta, the father of Surgery.

After studying over 850 cases of delayed & non healing of fractures, it is observed that Ayurvedic supplementation makes wonders in such conditions. The fractures start showing improvement within 2 to 3
months after starting the Ayurvedic Treatment. Complete healing is observed in 8 to 10 months. Of course many influencing factors are responsible for efficacy of the treatment, as follows:

1. The site of fracture,
2. Complexity & duration of fracture
3. Patient compliance.

More complicated & older fractures (more than 6 Months), which do not respond to the oral medication alone, are to be tackled with Ayurvedic Panchakarma methods. Supplementation of Panchakarma improves the efficacy of treatment many folds.

A specialized OPD is conducted for such patients at Hardikar Hospital every Friday, where Dr. S. P. Sardeshmukh, Dr. S. M. Hardikar , Dr. S. Prakash & Dr. Ranjeet G. Nimbalkar examine such patients. Detail history of fractures as per Allopathic & Ayurvedic perspectives is collected. Standard treatment as per protocol is then started. Dietary & life style modifications are also suggested to the patients as per Ayurved guidelines. The patients are evaluated clinically & radiologically every month. All the changes in clinical condition as well as X-ray fracture status are documented. Photographs of all the X-rays are also kept for record.

On the basis of the work done so far, it is observed that,

1. Supplementation of Ayurved therapy helps the fractures to unite naturally.
2. Fractures as old as 1 year also unite on regular treatment for 8 to 9 months.
3. More complicated fractures can be tackled successfully with Panchakarma treatment.
4. Success of Ayurved treatment saves the patient from repeated Bone Graft operation. This helps to reduce the financial burden on the patient. Also the pressure on the body physiology due to anaesthesia, operative wounds, post operative care, side effects of antibiotics etc. are all waived.
5. No untoward effects of the treatment are reported in the study. So the medicines are very safe for administration.

- Dr. Ranjeet G. Nimbalkar, M.D. (Pathology)
Incharge, Fracture & Delayed Bone healing Project

Respected Shri. Prabhakar K. Sardeshmukh Maharaj had a dream of propagating an eternal science of life i.e. Ayurved & ancient Indian culture all over the world. He founded Bharatiya Sanskriti Darshan Trust to fulfill this dream. Dr. Sadanand P. Sardeshmukh, his son took the responsibility of fulfilling his father’s dream on his able shoulders. Establishment of Ayurved College at Wagholi in the year 1998 is one of the steps towards making this dream true. Ayurved College is conducting Bachelor of Ayurvedic Medicine & Surgery (B.A.M.S.) course. Ayurved College, Wagholi is affiliated to Maharashtra University of Health Science (MUHS), Nasik & is approved by Government of Maharashtra & Central Council of Indian Medicine (CCIM).
This college is located at Vishwashantidham, Wagholi which is approximately 18 Kms. Away from Pune. In the beginning, college was started with 40 students & 10 to 15 Lecturers. In the due course of time, admission capacity of students increased to 60 students per year with more than 100 teaching & non-teaching staff.

College is also conducting Post graduate course i.e. M.D. (Ayurved) in 3 subjects namely Kayachikitsa (Medicine), Samhita (Basic Principles) & Sharir Rachana (Anatomy). Presently college is in process of securing permission of post graduate courses for more subjects.

Ayurved College is a recognized centre for Ph.D. (Ayurved) affiliated to University of Pune & Tilak Maharashtra Vidyapeeth.

College is also a recognized centre of Tilak Maharashtra Vidyapeeth since 2005 for conducting various courses like M.B.A. (Ayurvedic Pharmacy), Diploma in Dietatics, Yoga – Ayurved Diploma Basic & Advance, Massage Therapy.

Slowly but steadily college is flourishing from academic & administrative point of view. A beautiful 2 storied College building is constructed in the year 2000. Another building of Ayurved Hospital of Ayurved College is constructed in 2008, which has separate departments for Medicine, Surgery, Gynecology, Ophthalmology & Pathology. A well-equipped Operation Theatre for General Surgery & Ophthalmology is provided in this building.

College conducts various health camps at peripheral towns & villages like Squint Camps, Blood Donation Camps, Swine Flu Prevention Camps & General Health Check-up camps for school students.

Undergraduate & Postgraduate students of college are benefited by theoretical as well as practical knowledge in the field of Ayurved & Modern Medical science from the experts of respective field, which is necessary for them to become expert Ayurvedic Physicians, Teachers & Researchers.

College students are not only achieving success in academic curriculum, but also participating in various Extra-curriculum activities like Elocution competitions, Singing competitions, Drama competitions, Body Building competitions etc. & winning prizes in them.

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College is also conducting Post graduate course i.e. M.D. (Ayurved) in 3 subjects namely Kayachikitsa (Medicine), Samhita (Basic Principles) & Sharir Rachana (Anatomy). Presently college is in process of securing permission of post graduate courses for more subjects.

Ayurved College is a recognized centre for Ph.D. (Ayurved) affiliated to University of Pune & Tilak Maharashtra Vidyapeeth. College is also a recognized centre of Tilak Maharashtra Vidyapeeth since 2005 for conducting various courses like M.B.A. (Ayurvedic Pharmacy), Diploma in Dietatics, Yoga – Ayurved Diploma Basic & Advance, Massage Therapy.

Slowly but steadily college is flourishing from academic & administrative point of view. A beautiful 2 storied College building is constructed in the year 2000. Another building of Ayurved Hospital of Ayurved College is constructed in 2008, which has separate departments for Medicine, Surgery, Gynecology, Ophthalmology & Pathology. A well-equipped Operation Theatre for General Surgery & Ophthalmology is provided in this building.

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- Prof. Dr. Mrs. Sumati Khot, M.D. (Anatomy),
  Professor, Anatomy Department

Atharva Ayurved Pharmaceuticals

Atharva Ayurved Pharmaceuticals is run by Bharatiya Sanskriti Darshan Trust, Wagholi, Pune (India).

Bharatiya Sanskriti Darshan Trust was founded in 1954 by Parampoojya Shri Prabhakar Keshav Sardeshmukh Maharaj, with the blessings of Sadguru Mali Maharaj.

With blessings of Maharaj and Well-wishers, Bharatiya Sanskriti Darshan Trust first started Ayurved Hospital & Research Centre. One of the main highlights of it is the 'Cancer Research Project'. Then Trust started B.A.M.S. Degree College along with 100 bedded Hospital having affiliation to Maharashtra University of Health Sciences, Nashik.

Both of these institutions were in need of Authentic Ayurvedic Medicines. To fulfill this requirement, Aushadhi Nirman Kendra was started. To give experience of its Authenticity to others, Trust started Atharva Ayurved Pharmaceuticals on 15th May 2002, an auspicious day “Akshaya Tritiya” with approval from F. D. A. (India) under “T-Schedule” with G.M.P. Norms in December 2002. Of course the Motto was “Authentic Ayurveda - Atharva Ayurveda”.

The pioneers of the Pharmacy were Dr. S. P. Sardeshmukh (Director), Dr. Mrs. Vidya Hirlekar (Adviser), Dr. Prabha Godbole (General Manager) with Dr. Shrinivas Datar (Production Chemist) & Dr. Mrs. Pradnya Datar (Quality Control Chemist). With all these hard working people, Pharmacy flourished from all angles.

Atharva Ayurved Pharmaceuticals initially got FDA approval to 40 Ayurvedic products and then 26 in next year thus making the total to 66 approved products.

The F.D.A. (India) License was renewed for two years in 2003. Variety of new machines and instruments were added to increase the capacity of production and quality of the medicines.

Our marketing division got a boost when Mr. Avinash Davalbhakta was appointed to promote our
products. He was assisted by Kamalesh Nagpure (M. R.). The results of their efforts were visible day by day resulting in enhancement of Atharva Ayurved Pharmaceuticals.

In 2005, Atharva Ayurved Pharmaceuticals received new array of working people. Mrs. Sarita S. Sardeshmukh took over the charge as General Manager. Dr. Suhas Kulkarni was appointed as Production chemist. Dr. Mrs. Kalyani Ohol was appointed as Quality Control Lab Chemist. After her, Dr. Yogesh Vaidya joined us as Quality Control Chemist. After his sad demise Atharva Ayurved Pharmaceuticals appointed Dr. Shashank Karambelkar as Quality Control Chemist. The new people were able to walk on foot prints of their predecessors.

The infrastructure got a better look in 2007. Many of the required changes were carried out as per the G. M. P. norms.

In 2007, an application for renewal of F. D. A. license was submitted. In May 2008, F. D. A. Authorities visited and were satisfied with the working of Atharva. They assured us about the renewal of license and also gave us their helping hand to get us G. M. P. certificate for 3 years. Both the licenses were issued for three years that is up to December 2011.

The production and quality control departments were settled to their routine and then our Director, General Manager and Adviser decided to improve the third factor, “Marketing”. They handed over this department to “Budding Entrepreneurs” having M. B. A. degree with specialization in Ayurved Pharmaceuticals. Vd. Sukumar Sardeshmukh and Mr. Sachin Saraf joined Atharva. Various types of Advertisements, Sponsorships, Seminars, Presentations were done to promote the Products. The marketing which was crawling with only one distributor, changed gears and within six months was on fast track with six distributors in four cities.

In 2008 to export the products, new approvals were submitted and were approved by F.D.A.

In 2009 Special “Export Only” batches were produced. Various medicines were exported to Australia, Germany, Japan, Austria, Slovenia. Also to promote the products various presentations were made by Vd. Sukumar Sardeshmukh in Australia, Germany.

To meet the international specifications, new Export Labels were printed with Bar Code Numbers on them.

In 2009, we got 21 new products approved from F.D.A., mainly OTC products.

In Ayurvedic Formulations “Bhasma” is one of the most important formulations. To have good quality “Bhasma” as raw material is scarce. Hence to meet the demand, Atharva decided to manufacture “Bhasmas”. With the help of Ayurved Mahavidyalaya, the infrastructure for the Bhasma section was ready. Various, 16 to be precise, types of Bhasma formulations were submitted and were approved by F.D.A. With Rudra Poojan and Best wishes from Vaidya Vivek Sane (Expert in Bhasma Formulation), Bhasma section started working.

For Export Products and Bhasmas, Heavy metal testing is mandatory. So we approached F.D.A.
approved laboratories like NAFARI, Hi Tech Labs. They issued us the letter regarding tests and those were submitted to F.D.A.

In 2009, our stockiest number increased. Also new M. R. (Medical Representatives) were appointed in Mumbai, Kolhapur, Satara region.

In this way, Atharva Ayurved Pharmaceuticals is flourishing day by day and reaching new heights of success in every section.

Prof. Dr. Mrs. Vidya Hirlekar M.D., Ph.D. (Ayu)
Consultant, Atharva Ayurved Pharmaceuticals

Dr. Suhas Kulkarni, B. A. M. S.
Incharge, Atharva Ayurved Pharmaceuticals

Sanjeevani Medicinal Plantation Unit

The Sanjeevani Plantation unit (Sanjeevani Vanaushadhi Vibhag) was started by Bharatiya Sanskriti Darshan Trust in the year 2003 to cultivate and supply genuine herbal raw material. It was difficult task to establish full fledge, well preserved, well maintained medicinal plantation in area of water aversion. Dr. S. P. Birari (Ex. Director of Research, Dean Kokan Krishi Vidyapeeth Dapoli) joined as a guide in such dread full conditions. The Survey of 8 acres of land was done scientifically and water sources were established. The previous wells in the land were reconstructed and brought in function. So here the first need to grow and maintain the plants was fulfilled.

Sanjeevani Plantation unit supplies authentic raw materials to Atharva Ayurved Pharmaceuticals, Cancer Research Unit and Ayurved Hospital. Atharva Ayurved Pharmaceuticals gets genuine raw material like Aloe vera (Kumari) for Liv-Atharva, old fashioned roses for Rose Petal Jam (Gulkand), Asparagus racemosus (Shatavari) for Shatavari-M Kalpa, Adhatoda vasica (Vasa) for Vasadi Vati, Azadirachta indica (Neem), Tinospora cordifolia (Guduchi) etc. In future, Sanjeevani Plantation unit is planning for large scale plantation of new species required by Atharva Ayurved Pharmaceuticals to fulfill its increasing demand.

The arboretum of medicinal plants has more than 200 species which include Acacia arabica (Babbul), Calotropis procera (Arka), Withania somnifera (Ashwagandha), Ocimum sanctum (Tulsi) etc. The arboretum is the best source for the students of Ayurved College for having knowledge of Plant identification and properties. In coming days new, rare and endangered species will be preserved and cultivated which will be of great help for students.

Sanjeevani unit has developed its medicinal plantation and preserved the natural habitat and flora. This has been possible due to use of organic methods like Cow dung compost, Vermi compost, Neem decoction, Mixture of Gomutra & Cow dung as insecticide etc. and implementation of ayurvedic & modern...
Bharatiya Sanskriti Darshan Trust has been possible due to use of organic methods like cow dung compost, Vermi compost, Neem decoction, mixture of Gomutra & cowdung as insecticide etc. & implementation of ayurvedic and modern techniques. Few plantations of Sanjeevani include Triphala plantation, Dashmula plantation, Avartani plantation, Punarnava plantation etc. We have also developed a very beautiful floral garden where a number of medicinal flowers are cultivated which add to the beauty of the place.

We have seasonal plantation of different kinds of vegetables and pulses. These are utilized for the balance diet required for indoor patients. Cultivation is carried out by organic methods using latest drip irrigation techniques. Crop rotation is followed which help in maintaining fertility of soil and good production.

Presently Sanjeevani medicinal plantation unit supplies raw material to Atharva Ayurved Pharmaceuticals but in nearby future we are planning to expand our horizons and supply genuine raw material to Ayurvedic consultants and other pharmacies in India and abroad.

Work of Sanjeevani unit was difficult task and is just like to drop of water in the ocean of Bharatiya Sanskriti Darshan Trust, yet it has been possible by technical and financial guidance by individuals & various institutes. We are thankful to all of them and hope for the same in future for further development of this unit.

- Dr. Smita Jagtap, M.D (Dravyaguna)
  Lecturer, Dravyaguna Department
- Dr. Mrs. Pradnya Kodre, M.D. (Dravyaguna),
  Lecturer, Dravyaguna Department

Ayurvedic Courses Abroad

Ayurved, is the science which teaches the way of living healthy & long life. It’s basic aim is to maintain the healthy state & to cure the diseases of patients. Ayurved has its own philosophy, materia medica & treatment modalities. With an intention of propagation of Ayurved worldwide, Bharatiya Sanskriti Darshan trust has established Diploma & certificate Ayurvedic courses on various subjects like Introduction of Ayurved, Ayurvedic dietetics, Home Remedies, Ayurvedic concepts of Beauty Therapy, Health Care, Yoga - Ayurved, Massage Therapy. The courses contain Lectures, Practicals / Demonstrations, Examination. Ayurvedic experts from different subjects impart training for the courses.

Diploma courses on Yoga - Ayurved Basic, Advance & Massage Therapy are associated with Tilak Maharashtra University, Pune.

Ayurvedic courses in abroad are conducted with coordination of “Ayurved Academy of Yoga in Daily life, Vienna”. This academy was established in the year 2004, under the able guidance of Parampoojya Swami Maheshwarananda.

Dr. S. P. Sardeshmukh is a Scientific Director while Mrs. Claudia Matejovsky alias Muktamani is a Managing Director of Ayurved Academy.

The first batch of “Yoga & Ayurved Diploma Basic”, a two year course was started in April 2005, at the
ashram based at Strillky (Czech Republic). The 2nd batch was started in April 2006 while 3rd batch of three year course was started in May 2008.

People from various walks of life like Doctors, Engineers, Massagists, Hotel Managers, Teachers etc. are participating in this course. Courses are conducted in Vienna & Czech Republic. People from various European countries like Austria, Hungary, Holland, Slovenia, Crocia, Czech Republic, France, Germany, U. K. eagerly participate in the course.

Course contains modules on different topics of Ayurved like Basic Principles of Ayurved & Their Practical Applications, Health Management, Diagnosis of disease from Ayurvedic perspective, Ayurvedic concepts of Treatment & Panchakarma, Ayurvedic Pharmacology. Along with therotic

Along with theoretical knowledge, students are benefited with practical applications like preparations of Home remedies, Ayurvedic healthy recipes, basic diagnostic methods, massage, Shirodhara, Nasal applications, herbal face packs.

Students are also taught basic topics of Yoga like aim of Yoga, Ashtanga Yoga, various Aasanas, Bandha, Mudra, Precautions to be taken for performing Asanas, Benefits & contraindications of Asanas, Effects of Yoga practices on body & mind. Practical demonstration of various Asanas is also done during course.

Emphasize is given to understand role of Practice of Yoga & Ayurvedic principles to maintain health.

Thus this course is a diverse combination of Theoretical & Practical knowledge of Yoga & Ayurved.

This knowledge really helps to change westernized lifestyle of people in foreign countries & brought them near to nature to improve their Physical & Mental health.

With the blessings of Parampoojya Prabhakar K. Sardeshmukh Maharaj & Parampoojya Swami Maheshwaranandaji, 1st batch of 20 students & 2nd batch of 12 students has passed “Yoga – Ayurved Diploma Basic” course with flying colours in 2007 & 2008. 3rd batch is going to appear for examination in 2011.

A team of expert teachers & Ayurvedic physicians in Ayurved College, Wagholi, Pune is a teaching faculty of this course.

In near future, we are planning to propagate holy knowledge of Ayurved in many countries through Ayurvedic courses.

- Dr. Vineeta V. Deshmukh, M.D., Ph.D. (Ayurved), PGDCR, M.A. (Sanskrit), Diploma Diet In Charge, Ayurvedic Courses; In Charge, Research; Reader, Department of Basic Principles

Ayurvedic Courses in India

Yoga and Ayurved Prarambhik, Yoga and Ayurved Pragat & Abhyanga Mardan Tantradnya Padavika (Massage Therapy) courses of Tilak Maharashtra Vidyapeeth are conducted by Bharatiya Sanskriti Darshan Trust's Ayurved Mahavidyalaya at Dadar (Mumbai) & Wagholi (Pune) since past five years.
Ayurved & Yoga are ancient Indian sciences which gives more stress on physical & mental health. In Yoga and Ayurved Prarambhik (Basic) & Yoga and Ayurved Pragat (Advance) courses, Basic principles & physiology of Ayurved, Preventive measures described in Ayurved, Concept of Diet, Ayurvedic approach of Diagnosis & treatment, Panchakarma treatment, Home remedies, Ashtang Yoga are taught to the students. Practical demonstration of Asanas, Pranayam & Suryanamaskar is also done during these courses. Thus these courses emphasize on practical implementation of these two ancient sciences – Ayurved & Yoga.

Abhyanga Mardan Tantradnya Padvika course contains mainly the detail information about anatomy from Ayurvedic perspective, Marma Vichar & Massage therapy. Medicinal herbs which are used in the preparation of medicinal oils are also described with their medicinal properties. Practical demonstration of massage therapy is also shown to the students.

Until now, more than 25 students are successfully completed these courses with flying colours under the guidance of Dr. S.P. Sardeshmukh, team of eminent teachers & Ayurvedic physicians.

The response to theses courses is encouraging. This is an effort to propagate knowledge of Indian sciences among masses. A lot more has yet to be done.

- Dr. Vasanti Godse, BAMS, M.A. (Sanskrit), Dip. in Ayurvedic Dietetics
  Incharge, Ayurvedic Courses, Mumbai centre

Keshav Abaji Educational Institute

The Bharatiya Sanskriti Darshan Trust, Wagholi, Pune founded by Revered Shri. Prabhakar K. Sardeshmukh Maharaj in 1954. Parampoojya Sardeshmukh Maharaj had a strong wish to implement trust's aim by starting an educational, cultural & health promoting unit in the memory of his father at Tadwal.

For this purpose, he donated 1400 sq. feet house land and 22 acres of land to the trust. To provide quality education to the children in the rural area like Tadwal, the trust has launched Keshav Abaji Pre-primary & Primary English medium school in 2006. The trust has also started Computer Institute at Tadwal to impart knowledge about Computer. Both the Institutions are running successfully since their beginning. To understand significance of Indian culture among students, various cultural programs like Ganesh chaturthi, Gurupournima etc. are celebrated in school every year.

In 2008, our executive trustee Pandit Chandrakant Sardeshmukh & Mrs. Pooja Sardeshmukh donated a van for the conveyance of the staff & students.

In January 2009, the trust have purchased a land about 9 acres at Akkalkot Road, Tadwal for the school premises & future expansion plans. Bhoomipoojan of this purchased land was performed on 29th January 2009. The school has been granted permission till 7th standard by Maharashtra Government in 2009 – 2010.
Our Computer Institute has a facility of 5 computers with internet facility conducting MS- CIT course, recognized by Maharashtra Government. The courses recognized by ETH & Pune University are also conducted by this Institute.

In the year 2009 – 2010, the school & the Computer Institute stepped into the fourth year of their developing stage. The school is getting good response. Now total 148 Students are learning in this school. Collective efforts of the authorities of the trust, the staff, the parents, the villagers & also innumerable helping hands are behind this success.

To expand this unit in rural area, Keshav Abaji Institute has various plans in future. Construction of school building, Provision for library & provision for bore-well are name a few.

- Mrs. Geeta Shirish Sardeshmukh, B. Sc.
  Incharge, Keshav Abaji Institute, Tadwal

Sama Sangeet Sabha and Darshanam Organization

Dr. Chandrakant Sardeshmukh has been one of the Trustees of the Bharatiya Sanskriti Darshan Trust (BSDT) since 1979 and is Director of the Sama Sangeet Sabha and Research Centre, Wagholi, Pune. When he started touring abroad in 1990, he founded an international organization, Darshanam to promote Indian culture through music, dance, drama as well as Ayurveda, Sanskrit and Yoga in foreign countries like Japan and Australia.

Since the first visit by Rev. Sardeshmukh Maharaj to Adelaide, South Australia and Kobe, Japan in the 1990’s, according to his vision and guidance, numerous Indian music and Ayurved programs have prospered in Japan and Australia. Through the name Darshanam, Dr. Chandrakant, along with his wife Dr. Pooja has been propagating and promoting activities of Bharatiya Sanskriti Darshan Trust in Japan and Australia for the last 20 years. Through these activities a stream of Japanese and Australian people have taken a great interest in Indian culture and visited the Bharatiya Sanskriti Darshan Trust at Wagholi for relaxation and Panchakarma treatment. Many are benefitted by the traditional Ayurvedic medicines prepared at the Atharva Ayurved Pharmacy.

The activities conducted under Darshanam include (but are not limited to) concerts, workshops, lectures and demonstrations on Ayurveda, Yoga, Indian music, healing music sessions and related research, Ayurvedic consultation programs and Ayurvedic cooking classes for foreigners.

Ayurveda

From 1990–2010, several visits by Dr. Sadanand Sardeshmukh have been organized in Japan and Australia for individual Ayurvedic pulse demonstration and lectures. He was also accompanied by Dr. Prabha Godbole on one of his visits to Japan. His sessions in Adelaide, have been organized by Ms. Juliette Parkin since 1990. He is now very popular in Japan and Australia for his clinical expertise and wide experience as well as staunchness in practicing the pure traditional science of Ayurveda. In his forthcoming visits in April–May 2010, Dr. Sadanand will be accompanied by his son Dr. Sukumar who will promote Atharva Ayurved Pharmaceuticals products in Japan & Australia.
In 2008 and 2010 visits of Dr. Sudha Sardeshmukh-Aklujkar were organized which benefitted many women in Japan. She also visited Australia twice in 2008 for Ayurveda promotion programs.

**Concerts & Academic Workshops**

Darshanam has organized hundreds of sitar concerts for all age-groups and lecture-demonstrations for school-children throughout Japan. Concerts in all major cities in Australia Canberra, Brisbane, Perth, Adelaide and Melbourne and several academic workshops for young students in Adelaide were organized by Mr. Preston Struthers. Dr. Chandrakant’s mastery of sitar has been highly appreciated by both the press and public.

**Healing Music**

In Adelaide during 1998 a research project with an Ayurvedic practitioner was undertaken to study the effects of Dr. Chandrakant's sitar music on patients suffering from different ailments. Repeated music sessions showed convincing results in certain mental conditions reducing the effects of stress and trauma, restoring balance and hope to the patient. Their physical disturbances also lessened with a more relaxed mind.

Similar results were noted in Japan in further sessions conducted in 2005 by the Japan Brain Institute and Shichida Child Academy. They performed experiments on the effects of Dr. Chandrakant's sitar music related to brain development. Their tests proved that alpha brain waves increased in the listener creating deep relaxation.

Children with multiple disabilities, including deaf and blind children have benefited from Dr. Chandrakant’s music. In Australia, St. Patrick’s Special School and Kilparrin School for children with multiple disabilities, Townsend School for vision-impaired children and in India the Kamayani Institution for mentally challenged children and the Asha School for special children have all given positive reports on the effects of his sitar music.

**Encouragement**

Since 2005, Darshanam’s team in Japan has funded an Ayurvedic doctor’s education in the Bharatiya Sanskriti Darshan Trust's Ayurvedic College in Wagholi.

In 2008, Darshanam started a yearly scholarship for a young and aspiring artist dedicated to the practice and promotion of traditional performing arts.

Members of Darshanam Japan and Australia have donated funds from time to time for various activities of the Bharatiya Sanskriti Darshan Trust including the trust’s school in Tadwal called the “Keshav Abaji Institute” for transportation, bore well and land purchase.

In 2009, Darshanam donated US$5,000 to the Ali Akbar Khan College for the preservation of the great compositions by the great maestros Baba Alla Uddin Khan and Ali Akbar Khan sahib.

Darshanam encourages foreigners who are interested in the promotion of Indian traditions and culture. With this in mind, Indian music concerts always involve local Japanese and Australian musicians and Ayurveda programs are conducted by Japanese and Australians who practice the Ayurvedic lifestyle locally.
Future Projects

In Pune, Darshanam will commence a new activity from June 2010 to promote traditional arts and sciences through teaching, workshops and lectures. Basic and advanced courses in Applied Sanskrit for Ayurvedic doctors will commence this activity. It is also planned to conduct similar basic and advanced courses in Applied Sanskrit on Natyasastra for dancers and performing artists. Other activities include teaching conversational Sanskrit to children and conducting Sanskar Varga for them throughout the year.

Please refer to our websites www.darshanam.com and www.darshanam.org for more information.

- Dr. Mrs. Pooja C. Sardeshmukh, M. SC., Ph.D., M.B.A.

Bharatiya Sanskriti Darshan Trust on Web

Keeping in mind the need of time in pace with modern technology Bharatiya Sanskriti Darshan Trust launched the it’s first site www.ayurved-wagholi.org elaborating information about Trust as well as articles based on Ayurveda. The site was developed by Miss. Meera Mehandale. This site was inaugurated by the hands of Hinduhridadesamrat Hon. Shri. Balasaheb Thackeray on 1st December 2001.

On 28th November 2009 Cancer Research Project’s website www.ayurved-for-cancer.org was launched by the hands of Hon. Jyotirbhashar Jayantrao Salgaonkar. This site is developed by Pristine Multimedia Pvt. Ltd.’s Mrs. Anagha P. Acharya. This site contains information about Project’s Activities, information about Camps - Conferences etc. It also elaborates the procedures being followed while registration. Online registration facility has also been kept for visitors. Unique case reports section throws light on some outstanding cases handled by Cancer Research Project. The specially devoted Patients zone elaborates the care to be taken by patients in terms of dietary and behaviour regime. It also explains the care to be taken by patients relatives and friends. The intention of this site is to spread awareness about Cancer disease and for the same a section ‘About Cancer’ is developed which explains the causes for various types of cancer as well as also gives information about the symptoms of cancer based on various types. Various projects of Trust are also covered in this site. Vishvashanti Vrittant has been made available online through this site with online subscription facility. Pictorial presentation of various topics, inteactivity and easy navigation has made this site worth a visit.

On 6th December 2009 Atharva Ayurved Pharmaceutical’s website www.atharva-ayurved.com was launched by the hands of famous Marathi actress Ms. Meghna Vaidya. The site contains information about Pharmacy, their products as well as detailed herbal monograph of individual product making the site informative and effective.

In future we are planning to use the media of internet more effectively for various ventures undertaken by Bharatiya Sanskriti Darshan Trust. More and more information will be spreaded through website. The same time our efforts will be to provide interactivity in our sites so that the visitors also can interact with us about their queries.

- Mrs. Anagha Acharya, Web Developer & Designer
From Reader’s Zone

The role of Readers is very important for any newsletter. Their response proves to be moral boosting factor for collecting and presenting quality contents. We feel proud for the appreciation we have been receiving from our readers. On the occasion of 100th issue, we would like to put forth some views from our reader’s zone. We also take this opportunity to express our gratitude towards our readers for their encouragement and promise to fulfil their expectations in future as well.

We would also like to mention that your suggestions have played an important role in improvement of Vishvashanti Vrittant. Any suggestions, new ideas are most welcome.

- Committee, Vishvashanti Vrittant

Great Achievement...

Congratulations to Prof. Dr. Sardeshmukh, respected trustees and staff of the Bharatiya Sanskriti Darshan Trust on the 100th publication of Vishvashanti Vrittanta. With our beloved Sadguru, Sardeshmukh Maharaj’s blessings it is a great achievement as each issue reveals the enormity of the work being carried out by, the Bharatiya Sanskriti Darshan Trust in India and abroad. The authenticity and sincerity of the projects is clearly evident and many will benefit from reading and experiencing the traditional approach and methods of the ancient Indian arts and sciences - as valid today as they were centuries ago. We send our best wishes and heartfelt thanks to you for keeping Maharaj’s dream alive as the positive effects are far reaching, not only for us but all of humanity. We offer any support possible towards this noble work.

- Juliette Parkin and Preston Struthers, Ayurvedic Health Clinic, South Australia

A word of Sincere Appreciation...

I sincerely congratulate Bharatiya Sanskriti Darshan Trust on this 100th issue of “Vishvashanti Vrittant”. As it is said ‘much sacred water has flowed down the Great Mother Ganga River’ since the very first issue was released so many years back bring Maharaj’s vision to fruition. Since then the sacred knowledge, practical guidance and wisdom presented in each and every issue has provided deep insight, inspiration, valuable information and connections for people far and wide across the globe. May the monthly newsletter continue to provide the knowledge and information in all areas of the Vedic Arts just as Parampooya Prabhakar K. Sardeshmukh Maharaj’s had envisioned.

With sincere appreciation,

- Linda Burr ….disciple of Sri. P. K. Sardeshmukh Maharaj Australian Principal Integral Yoga Academy of Australasia (IYAA)
Message of Appreciation for Vishvashanti Vrittant...

As members of Shri P.K. Sardeshmukh Maharaj’s first International Centre which he founded in Adelaide, South Australia, on 15 November 1990, we appreciate and look forward to the issues of Vishvashanti Vrittant which inform us of the continuing work of the Bharatiya Sanskriti Darshan Trust.

It is inspiring to read and to know that Maharaj’s vision of re-establishing India’s Vedic arts and sciences is coming to fruition at Vishva Shanti Dham and internationally.

We congratulate all involved in the publication of Vishvashanti Vrittant. In future, may it continue to enlighten and inspire world wide readers.

- Louis H. : Chairperson BSDA

Congratulations to Team of Vishvashanti Vrittant...

I must congratulate editor, co-editor & committee members of Vishvashanti Vrittant on this occasion of publication of 100th issue.

The Ayurveda Academy of Yoga in Daily Life is an international educational organisation situated in Vienna, Austria, Europe under the patronage of H.H. Mahamandaleshwar Paramhans Swami Maheshwaranandaji. Swamiji is recognised as one of the few outstanding master of Yoga. He is founder of the internationally renowned scientific system “Yoga in Daily Life”.

Ayurved Academy is conducting course on Yoga & Ayurveda in association with Ayurved College, Wagholi & Tilak Maharashtra Vidyapeeth since 2005.

The Ayurveda training includes the study of Ayurveda according to classical texts, practical exercises and treatment concepts. The principal topic is the basics of Ayurveda of the interaction of body, mind, soul, behaviour and environment.

We are very happy and proud to have the privilege to have guidance from Prof. Dr. S.P. Sardeshmukhji. He is the scientific director of the Ayurveda Academy. Dr. Sardeshmukh and his team of Vaidyas help us to monitor and maintain the quality of the diploma courses which are built up systematically and consists of 6 modules (A, B, C, D, E, F) lasting 3 years. Therefore the students and the organisers are extremely glad for the contributions of the “Vishvashantivrittanta” as it provides them informative news about Ayurveda. It brings us closer to the activities of our parent house since we are living far away in Europe.

I would like to thank all who have made this possible!

Please allow me to convey my best wishes for a successful propagation of the holy science through the tireless activities of Prof. Dr. S. P. Sardeshmukh, Chairman of Bharatiya Sanskriti Darshan Trust, Wagholi, Pune and the whole team of assistants, associates, colleagues and collaborators.

Sincerely Yours

- Muktamani Claudia Matejovsky

Director, Ayurveda Academy of Yoga in Daily Life - www.AyurvedaAcademy.org
Wonderful Newsletter...

On behalf of Japanese Ayurveda society, I send congratulation message for 100th issue of “Vishvashanti Vrittanta”. I always read it very happily because I could know all good news on my respecting doctors in Wagholi. I always remember their warm hospitality and care for patients at Wagholi. Also, it is glad to know how Bharatiya Sanskriti Darshan Trust going develop under the blessing of Maharaj.

Thank you very much for sending this wonderful newsletter with a lot of effort. I wish more good developments of Bharatiya Sanskriti Darshan Trust.

- Makiko Sato : President of Satvik Inc, Chief Editor of “Shanti Marga” Ayurvedic magazine -Japan Ayurveda Academy

Congratulations to Editor and Team...

I must congratulate editor, co-editor & committee members of Vishvashanti Vrittant on this occasion of publication of 100th issue.

I came in contact with Parampoojya Sardeshmukh Maharaj when I was 13 yrs old. He is well known as Maharaj did not belong to the saffron clad clan of people. He was one who kept a steady vigil on the Indian tradition, Vedic sciences & the Ayurvedic science for its growth & propagation.

He was the pioneer of Bharatiya Sanskriti Darshan Trust and donated 63 acres of land at Wagholi for the preservation and revival of Indian Culture, Science, Vedas and Arts in India.

Maharaj put forth an idea of publication of Vishvashanti Vrittant as a media to spread the knowledge of Indian sciences and culture far & wide. I must say that this newsletter is truly fulfilling his dreams. I have been reading this newsletter providing articles on Ayurved, Yoga, Health care, Indian culture etc. The language being used is easy to understand as well as interesting.

May this news letter continue to impart the knowledge of ancient Indian sciences world wide!

- Mr. Narendra Kulkarni (M.S.) USA

My best wishes to Vishvashanti Vrittant...

I congratulate team of Vishvashanti Vrittant on this occasion of publication of 100th issue!

Years pass by ..... but the fond memory of revered Sardeshmukh Maharaj is very fresh in my mind. I came in contact with Parampoojya Sardeshmukh Maharaj in 1975.

Parampoojya Sardeshmukh Maharaj was a versatile personality who had an imposing knowledge about the Vedas, music & Ayurvedic medicine. Parampoojya Sardeshmukh Maharaj founded Bharatiya Sanskriti Darshan Trust in the year 1954 with the aim of propagating valuable ancient Indian arts & sciences.
The desire of rejuvenating the age-old Indian science and having a scientific approach inspired him to start Ayurved Hospital & Research Centre in 1985. Maharaj strongly felt the need for research in the field of cancer with the help of Ayurvedic Medicines. After a lot of discussions with Maharaj & his son Dr. S. P. Sardeshmukh in 1994, the Cancer Research Project finally took shape. Until now, many patients have been benefited by the Ayurvedic treatment given in the project.

Today the various branches of Bharatiya Sanskriti Darshan Trust like Panchakarma Centre, Atharva Ayurved Pharmaceuticals, Ayurved College (Wagholi) have been flourished.

My best wishes to Vishvashanti Vrittant on the publication of 100th issue!

- Dr. Arvind Kulkarni, M.D., D.M.R.D.(Eng), D.A.B.R.(USA)
  Director, Radiation Oncology Department, Lady Ratan Tata Hospital, Mumbai
  Coordinator - Cancer Research Project

Whole Heartedly Thanks...

Being one of the Indians, who are proud of Indian sciences as Ayurved, traditions & way of life, I always read a newsletter “Vishvashanti vrittanta”. I get acquainted with update information of the social work done under guidance of Dr. S. P. Sardeshmukh by his followers in the field of Ayurved through this newsletter.

Neither too big, nor too small, Vishvashanti Vrittant attracts mind of a reader due to its informative value even in the age of rat-race. Distinguishing features of the newsletter in it’s outlook are clear & vision pleasing printing & the best compilation which are the result of constant endeavor taken by the concerned persons. I like the most, the various writings full of knowledge of Ayurved & Yoga, written in simple language explained by photographs & diagrams. I can quench my earnest desire to attend various programs arranged by Bharatiya Sanskriti Darshan Trust to demonstrate projects & exhibit progress & to be present at the time of conferences on national & international levels, by reading reports given by “Vishvashanti vrittant” regularly.

Now a days, a common man is confused due to discrete information. It is rightly said “Too many cooks spoil the cake”. But I thank Editorial board of Vishvashanti Vrittant whole heartedly because it has provided me with authentic information of Yogasan, Daily routine & simple Ayurvedic health maintaining recipies.

- Ms. Meghana Vaidya, M. Sc.
  Marathi Actress, Disciple of Parampoojya P. K. Sardeshmukh Maharaj

Ardent Desire for the Betterment of Mankind...

I must appreciate editorial board of Vishvashanti Vrittant on this occasion of publication of 100th issue. With an ardent desire for the betterment of mankind, Sardeshmukh Maharaj establised a Trust - Bharatiya Sanskriti darshan Trust and donated all his belongings for this aim. A great visionary of all-time, he inherited Sanskrit, Ayurveda, Music,
and a compassionate mind. Throughout his life-time he toiled for imparting this treasure of knowledge to
next generation, his sons and disciples as well. He could foresee the work everyone could undertake and
taught accordingly, devoting all his time and energy in preparing the best specimen.

Maharaj was gifted of the lore of Nadi-pareekhsa, this he passed to the next generation. He was the best
at music, and this also he handed over his son but got him trained in modern methods at the hand of
world-famous masters. He himself knew many medicines.

He was very keen about Sanskrit and desired that every one should get knowledge of this valuable Lore
as it is the treasure-house of all the sciences and branches of knowledge, modern and ancient. He wished
to link our glorious past with the future, and was sure that it is possible only our heritage and old texts will
help us to achieve this aim. He, therefore, placed the motto of his Institute, the vision into our traditional
learning, the knowledge of Vedas, Puranas and different Shastras. Correct understanding in these texts
and following their teachings will help us to undo the unrest in the Universe and will bring the world to
Peace, and this is the final aim of the Institute of Sardeshmukh Maharaj. It is the duty of all his followers,
believers and students to strive for that only following the way he has paved upon.

- Dr. Vinaya Kshirsagar, Ph. D (Sanskrit) : Disciple of Sardeshmukh Maharaj
Professor, Sanskrit Department, Deccan College, Pune

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Chain between Maharaj Disciples & Trust...

Vishvashanti Vrittant for me is a like a medium keeping me close to Parampoojya Maharaj’s dreams and there fulfilment.

I have been visiting Wagholi, Maharaj since my childhood. I feel myself lucky to be associated in this journey of Vishvashanti Vrittant actively. I wish good luck to entire team of Vishvashanti Vrittant. It is in real sense a chain between disciples of Maharaj and Bharatiya Sanskriti Darshan Trust keeping us aware of the success of Trust’s various ventures every month which makes us a feel pride and concern as these are the dreams of Parampoojya Maharaj which are being fulfilled with immense efforts by Bharatiya Sanskriti Darshan Trust members.

- Mr. Prasad Ashok Acharya,
Disciple of Sardeshmukh Maharaj

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A New Vista of Latest Ayurvedic Research...

I have been reading “Vishvashanti Vrittant” since May 2006 when I started undergoing Ayurvedic treatment for my cancer. Vishvashanti Vrittant opened a new vista of latest Ayurvedic research, treatment, seminars and related events to me. I obtained previous issues of Vishvashanti Vrittant to read what I had missed. Since my Panchakarma treatment at Wagholi, I eagerly read this monthly periodic as it gives me news about my beloved place - Wagholi. It refreshes my memories about the quiet and peaceful stay at Panchakarma center.

- Dr. Rijuta Kushalkar (Ph. D) : Mumbai, India
Various Projects of Bharatiya Sanskriti Darshan Trust

- Ayurved Hospital and Research Centre, Wagholi
- Ayurvedic Research Projects -
  - Cancer Research Project
  - Arthritis Research Project
  - Female and Child Welfare Research Project
  - AIDS Research Project
  - Fracture and Delayed Bone Healing Research Project
- Integrated Cancer Treatment & Research Centre
- Panchakarma Centre
- Dnyanprabha Ayurved Hospital, Alandi
- Ayurved College, Wagholi
- Atharva Ayurved Pharmaceuticals
- Sanjeevani Medicinal Plantation Unit
- Ayurvedic Courses in India and Abroad
- Yoga Centre
- Book Publication
- Sama Sangeet Sabha
- Keshav Aabaji Educational Institute, Tadwal
- Annapurna Bhojanalaya (Ayurvedic Cuisine)
- Goshala Project
- Vermi Compost Project

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