

Klausner_ID, Reingold_AL, Madhuranan P. Prevalence & correlates of primary infertility among young women in Mysore, India. *Indian J Med Res* 134, October 2011, pp 440-446.

articleID=PMC1689273/ [Accessed, mar 12, 2022].
20 /http://www.getbookee.org/goodman-and-gillman/ [Accessed, mar 12,2022].

and Lakmi Priya 'Role of Nasya and Matra Basti with Nararyana Taila on anovulatory factor. *Ayu*. 2013 Jan-Mar; 34(1): 81–85.



Study on the efficacy of Jatipatra in the Management of Mukhapak in Children W.S.R to stomatitis

DHANANJAY DILIP DESHMUKH

INTRODUCTION

The aim of medical science is to provide better health to every child so as to have a nice tomorrow, different medical sciences with various principles and fundamentals are trying their best for one common goal, i.e. health for all. To achieve this goal, the pathy should be able to eliminate the disease and that to be without any side effects.

Kaumarbhritiya has been considered as an important speciality in Ayurveda. Various terms have been used for this during the ancient period, kaumarbhariyakam (Charak), kaumarbhritiya, kaumarbhariya tantra (Sushruta and kashyapa). Bala chikista (vagbhat and Harita). The word kaumarbhritiya is composed of two words kaumara and Bhritiya. The word "Kumara" was used in vedas, in the sense of child, boy, youth, son etc. The word kumara is combination of two words 'ku and mara'. The word ku is used as prefix, implying deterioration, depreciation or deficiency. The word mara is derived from root. The subject of kaumarbhritiya has been described in smahitas like charak samhita, Bheela samhita, Ashtanga sangraha, Asthanga Hridaya, Harita samhita, and kashiyapa samhita is the book of this speciality. In other remaining classes the subject matter of kaumarbhritiya is in scattered form and provides sufficient scope for interdisciplinary knowledge. Acharya charak mentioned only the name of

Dr. Dhnanjay Dilip Deshmukh,
(M.D. Bairogi),
Associate Professor & HOD of bairog dept.,
Sant Gajanan Maharaj Ayu. medical college,
Mingligi, Kolhapur,
Maharashtra

Specialty Contributed to "The Antiseptic"
Vol. 120 No. 09 & P : 34 - 45

kaumarbhritiya in 6th place in Astanga. Chakrapani has defined the subject and said that Bharana of Kumara is the main area of kaumarbhritiya.

Ayurveda is an ancient medical science, which not only cures the disease but it deals with prevention and promotion of health and longevity. Ayurveda is described into eight divisions called as "Ashanga Ayurveda" by ancient Acharyas. Kumarbhritiya is one of them.

Kumarbhritiya deals with the study of nutrition, growth, development in children and related to their disorders caused because of vitiated mothers milk and Graha.

Mukhapak (stomatitis) is one of the most common disorders of oral cavity in children and seen very commonly in day to practice. If we think about Ayurvedic samprapti of mukhapak, it reveals involvement of mainly pitta, kapha and Rakta doshas. Mukhapak (stomatitis) means inflammation of oral muscosa sometimes have tendency to bleed with ulceration.

Mukhapak in children is prevalent all over the world. It refers to an oral disease which occurs in two ways former on occurs independently (swantantragam) & latter occurs in association with (anubandhagam) other diseases like Grahani. It occurs due to vit B12 deficiency, folate deficiency, leukemia, inflammatory bowel disease, stress, illness, dietary triggers. Nutritional deficiency etc. Mukhapak is found in those with poor oral hygiene. In mukhapak Anil is moving through out the interior of mouth gives rise to ulcers. Which shift in different place of oral cavity. Dry makes lips coppery red. Tongue become intolerant to cold, feels heavy,

cracked and feels as though full of thrones there is difficulty to open the mouth i.e. mukhapak.

Jatipatra is tikta rasatmak so it causes pitashaman and because of its ushna veerya and tikta - kashay rasa it is kaphaghna, vranropak, raktraprasadak. As earlier stated vata, pitta, kapha, rakta are responsible for mukhapak. In the classical reference jatipatra is one of the drug mentioned for its effectiveness on mukhapak and which is easily available. Ayurvedic medicine is economical cost effective and very much helpful to break the pathogenesis with relief of sign and symptom gradually preventing complications.

PURPOSE OF SELECTION OF TOPIC PREVALENCE OF DISEASE.

Number of patients suffering from mukhapak is increasing day to day in relatively low socioeconomic countries like india. Mukhapak in children is prevalent all over the world, if mukhapak hampers that may cause nutritional problems, so children become prone to many diseases.

- 1) In modern medicine (science) because of drug may have severe allergic reactions, side effect like diarrhea, vomiting etc, so we may across some limitations.
- 2) Jatipatra is prescribed drug for mukhapak in Ayurveda.
- 3) Jatipatra and madhu does not cause any allergic reaction as other modern drug have after local application.
- 4) Jatipatra is affordable to all income group of patients.
- 5) It is easy to use.



Importance of local treatment in stomatitis : In stomatitis local treatment plays an important role irrespective of the science to gain information about a disease, condition, M.U.H.S. Nashik. The clinical trial was started after the approval from ethics committee and send to the



Rotate screen



Play



Share



Search





Parul[®]
University

NAAC
GRADE **A++**



D Y PATIL
UNIVERSITY



CERTIFICATE

OF APPRECIATION

THIS CERTIFICATE IS PROUDLY PRESENTED TO

Dr. Dhananjay Dilip Deshmukh

For the participation as Chief Guest/ Resource Person/ Chairperson/ Co-chairperson/ Delegate / Paper presenter on the occasion of **Susandnya 3.0 National Seminar** conducted by Department of Shalakyia Tantra, Faculty of Ayurved (PIA & PIAR), Vadodara, Gujarat on 22nd & 23rd September 2025.

Dr. Hemant Toshikhane
Dean,
Faculty of Ayurved
Parul University

Dr. Suhas Kumar Shetty
Dean
Faculty of Ayurved
KLE University

Prof Dr. Milind Bhanudas Nikumbh
Pro-Vice Chancellor
MUHS, Nashik

Dr. Mahesh Kumar Harit
Dean
Faculty of Ayurved
D Y Patil University



In the Memory of Loknete Vilasraoji Deshmukh

Anveshan 2019



A National Level Research Competition and Symposium

By
Manjara Charitable Trust's

Late B.v.kale Ayurved Medical College And Hospital, Latur

On 10th and 11th August 2019 In Association With

Maharashtra Council of Indian Medicine, Mumbai & Maharashtra University of Health Sciences, Nashik

Certificate of Appreciation

This is to certify that, Dr. Mr./Ms. Dhananjay Deshmukh has participated
as a presented a paper Titled Ayurvedic Management of Common Disorder

in the Anveshan 2019 A national level Research Competition held on 10 August 2019

Dr. Sunil V. Mulje
Chairman

Dr. P.P.Shah
Chief Co- Ordinator

Dr. Pallavi U. Jadhav
Organising Secretary

Dr. Ashutosh Gupta
President, MCI, Mumbai

Dr Dattatraya Patil
Vice president MCI, Mumbai

Dr. Y. R. Patil
Observer MUHS



**Jupiter Ayurved Medical College and Tarini Ayurved Hospital,
Nagpur, Maharashtra, India**

(Recognized by NCISM, Ministry of Ayush, Govt of India and affiliated with MUHS, Nashik.)
in collaboration with



ARCA- Ayurveda Research & Career Academy

International Conference on the Globalization of Ayurveda

~ Certificate ~

This certificate is proudly awarded to

Dr.Dhananjay Dilip Deshmukh

has presented a paper/poster entitled as

Symptoms of Down syndrome and Turner syndrome in children.

in International Conference on the Globalization of Ayurveda

organized by Jupiter Ayurved Medical College & Tarini Ayurved Hospital, Shankarpur, Nagpur

in collaboration with ARCA-Ayurveda Research & Career Academy, held during 13-14 Sept 2025.

Smt. Tarini Nikhare

Secretary

Jupiter Ayurved Medical College &
Tarini Ayurved Hospital, Nagpur.

Dr. S.K. Danga

Principal

Jupiter Ayurved Medical College &
Tarini Ayurved Hospital, Nagpur.





STANYAM - 2025

Certificate of Participation

This certificate is awarded to

Dr.Dhananjay Dilip Deshmukh

For participation in **POSTER** competition organized by

Department of Kaumarbhritya, D.Y. Patil Deemed to be University, School of
Ayurveda, Nerul, Navi Mumbai from 28 July – 8 August 2025.

ORGANISING SECRETARIES

DR. MITHILA AMIN

DR. SHEETAL AGGARWAL

DR. VINOD PATIL

DR. DAKSHATA DAMARE

DR. KALPANA DHURI

MENTOR

HOD, KAUMARBHRITYA

DR. MAHESH KUMAR HARIT

CHAIRMAN/DEAN

SCHOOL OF AYURVEDA

- Sleep – Sleep hygiene must be maintained.

Prevention

For the Student :-

- a) Systematic Planned and organized preparation for the examination is essential for student
- b) Preparing time table for examination.

At the time of examination :-

- Avoid night Reading & dinner.
- Avoid unhealthy food
- Avoid discussion about previous papers.
- Never attempt to study new topic.

In the examination hall :-

Students need to be comfortable in examination and read and understand the question paper before beginning to answer.

A little time should be kept to revise the answer sheet, writing the answer to the point can save a lot of time and avoid panic.

For Parent :-

Parents should not stress on

rank, class, marks, grades etc. They should appreciate the efforts and encourage their child regarding studying. Negative talks to be avoided. They have to be friendly with them.

Spending time with him/her during difficult time will also be helpful.

Steps should be taken by the government.

Information, Education and communication, Behavior change communication activities regarding examination stress and its management should be conducted by government should be conducted by government group and panel discussion must be used to convey the messages and share best practices of different families.

Students need to be comfortable in examination and read and understand the question paper before beginning to answer.

A little time should be kept to revise the answer sheet, writing the answer to the point can save a lot of time and avoid panic.

For Parent :-

Parents should not stress on

Dr.Dhananjay Dilip.Deshmukh,
(M.D.Balrog)

Associate professor and head of Balrog department
Samita Ayurvedic medical College,
Aland District
Kalburgi,
Karnataka.

Health Benefits of Mung Beans

1. High Protein Source
2. Reduces blood pressure
3. Type 2 diabetes



4. Increases immunity
5. Helps loss Weight
6. Healthy eye sight

Courtesy: Dr. Sanjay Agrawal, Visiting Faculty, GIHM, Delhi.

EXAMINATION STRESS IN ADOLESCENTS



- Headache
- Loss of Appetite
- Sick Feeding
- Loss of Concentration
- Sense of Restlessness
- Excessive stress may trigger Panic attack
- Depression
- Suicide Attempt

Keywords – Examination, Stress.

Examination in School or College is a part of academic life it has been said sometime that student exam stress is creating mental health time bombs.” The family Doctor has also reported a rise in number of teenagers seeking help for ‘exam-related stress The incidence of exam anxiety has risen from 27% in 2009, Few of the important Predisposing Factor For examination stress include Family Pressure for best result, deciding examinations for future growth, emotionally immaturity peer factor, poor-self image and negative thoughts, stimulating agents like tea, coffee, cola etc. taken before exam. Student suicidal attempts are more common during the time of examinations or the declaration of results. Also due to the examination the students get depressed or develop phobia. In such cases they may need counseling, Anti-depressant drug and family support.

Management

- Systematic, Persistent Planned, Organized regular effort from the beginning of the academic session is best-Method.
- Confidence is best way.
- Propanolol for reducing symptom of examination stress.
- Relaxation Routing.
To close the eyes and breath deeply try to locate areas of tension and relax the muscle think of relaxation and after 20 minutes do some stretching exercise.
- Regular exercise for 10-20 minuter a day can be very helpful.
- Complementary therapies – Yoga,

Meditation and massage help in Reducing stress and providing Relaxation

- Sleep – Sleep hygiene must be maintained.

Signs – Nervous Feeling

- Muscle become Tense
Breathing Faster

Prevention

For the Student :-

- a) Systematic Planned and organized preparation for the examination is essential for student
- b) Preparing time table for examination.
rank, class, marks, grades etc. They should appreciate the efforts and encourage their child regarding studying. Negative talks to be avoided. They have to be friendly with them.
Spending time with him/her during difficult time will also be helpful.
Steps should be taken by the





EUROPEAN JOURNAL OF BIOMEDICAL AND PHARMACEUTICAL SCIENCES



www.ejbps.com editor@ejbps.com Impact Factor 7.482

ISSN 2349-8870

PUBLICATION CERTIFICATE

This is to certify that Article entitled
"FOOD ALLERGIES IN CHILDHOOD"
With Manuscript no. EJBPS/14145/12/2025 By
***Dr. Dhananjay D. Deshmukh**

has been published in **Volume 12, January Issue 1** after getting reviewed by three reviewers.

EDITOR IN CHIEF



MANAGING EDITOR



PROFESSIONAL PUBLICATIONS (P) LTD

No.21, "LAKSHMI", SATHYASAI NAGAR,

MADURAI-625003, TAMILNADU.

PH: 94886 40150

Mob: +91 72000 84864. Email :- admin@theantiseptic.in

GSTIN : 33AABCP4313M1ZK

Website : www.theantiseptic.in

CIN : U22121TN1983PTC010497



Certificate of Publication

Awarded to

Dr. Dhananjay Dilip. Deshmukh
(M.D.Balrog)

Associate Professor & Head of Balrog Department,
Samta Ayurvedic Medical College,
Aland District, Kalburgi,
Karnataka State

for contributing the article

“EXAMINATION STRESS IN ADOLESCENTS”

published in Page No 05-06, Volume 103; No 02


February 2025 Issue of our monthly publication

“HEALTH”

- A Journal Devoted To Healthful Living

Established in 1923 with ISSN 0017 – 8861

Madurai
21.02.2025


Dr. R. Lakshmiopathy
Publisher