



Sanjeevani Multipurpose Foundation's
Dr. Deepak Patil Ayurvedic Medical College & Research Center
Borpadale Phata (Nebapur), Kolhapur-Ratnagiri Road, Tal- Panhala, Dist. Kolhapur, Pin - 416213, Maharashtra State, India.
Ph. No. 9132039595 Website: www.dpayurvediccollege.com Email: dr.deepakpatilayu@gmail.com
• Recognized By Central Council of Indian Medicine, New Delhi & Govt. of India, Ministry of Health & Family Welfare, Department of AYUSH, New Delhi & Govt. of Maharashtra, Medical Education & Medicine Dept. •
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EVENT/ACTIVITY REPORT

Titles of Event/ Activity- Virechan shibir in Sharad rutu

Date- 22/09/2025 – 08/11/2025

Time- 08:00 am - 01:00 pm

Venue- Sanjeevani Hospital, Dr. Deepak Patil Ayurvedic Medical College and Research center, Borpadale

Objectives of Event/Activity-

1. To promote seasonal Panchakarma therapies among students and nearby society.
2. To create awareness about seasonal Panchakarma treatment to maintain health and prevent non communicable diseases.
3. To aware usefulness of seasonal Panchakarma therapies.

Description-

Ayurveda mentioned specific Panchakarma to be applied in specific season in the healthy individuals. When pitta dosha vitates during sharad rutu every healthy individual should undergo virechan chikitsa. In ayurveda virechan chikitsa is used for the pitta dosha. For this purpose virechan camp was conducted from 22/09/2025 to 08/11/2025 under Panchakarma Department in Sanjeevani Hospital.

Virechan procedure:

Material –

Instruments - Droni, chair, measuring flasks, towel, and bowl.

Medicines – Trivrutta Leha, Abhayadi modak, Danti Dravanti churna, Aragwadha.

Method –

Preparatory procedure – Abhyantar snehpana ie medical oil/clarified butter (ghrita) will be given by mouth for 3-5 days. Then after next day is a rest day and whole body oil massage and hot fomentation.



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Main procedure – Medicines of virechan dravyas will be administrated through mouth.

Post procedure – Ask to patient to rest for 30-60 minutes. Hot water shower is taken after 1 hour. Patient is given NO medicines by any means unless reports complications. Sansarjana Krama is followed for the consecutive 3 to 7 days accordingly.

Outcome –

10 healthy peoples and 22 patients participated under virechan shibir. In this shibir students, college staff participated. They experienced lightness in body, alleviation of pitta dosha. Also participants experienced lesser incidence of viral infections during winter season. The participants realized the significance of seasonal panchakarma therapy.

List of Teachers/students are attached with the report.

1. Dr. Nitin Tatpuje (Principal)
2. Dr. Shakil Sutar (Asso. Professor of Panchakarma)
3. Dr. Amit Patil (Assi. Professor of Panchakarma)



Principal

Dr. Deepak Patil Ayurvedic Medical College
& Research Center, Borpadale Phata, Tal. Panhala
Dist. Kolhapur-416 213.



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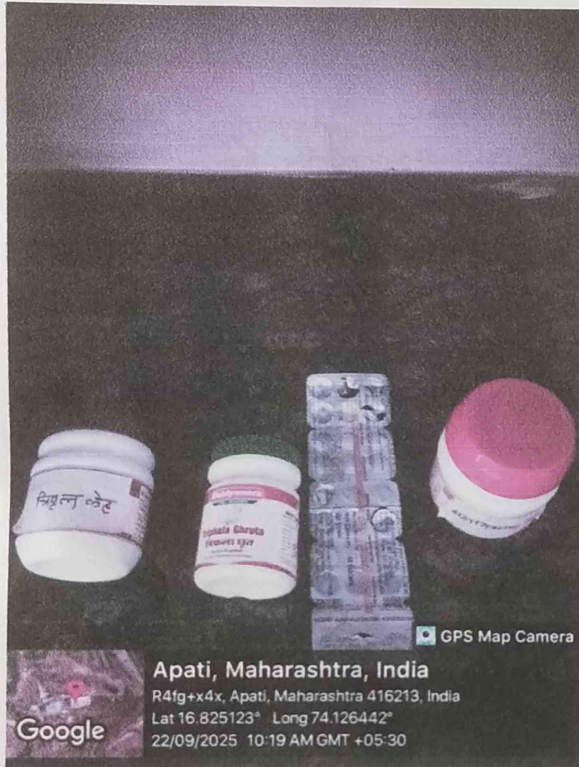
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Sharadiya Virechan



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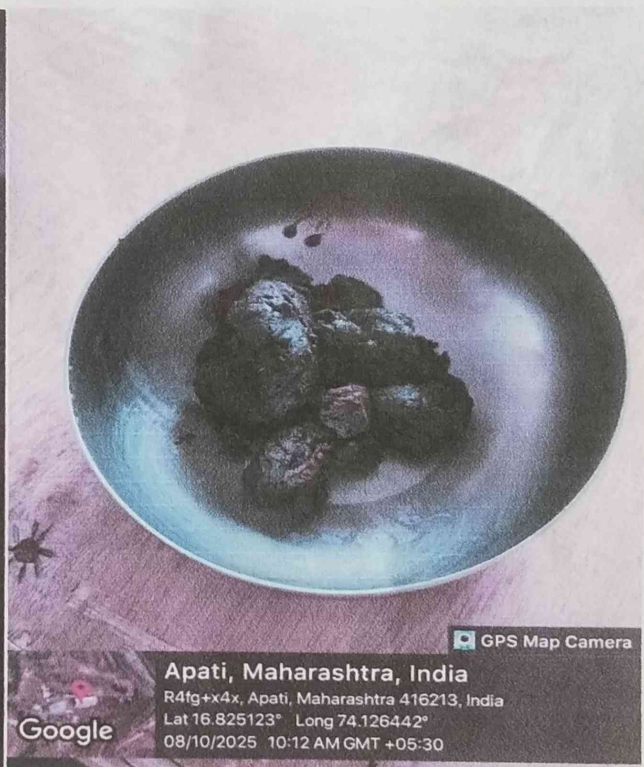
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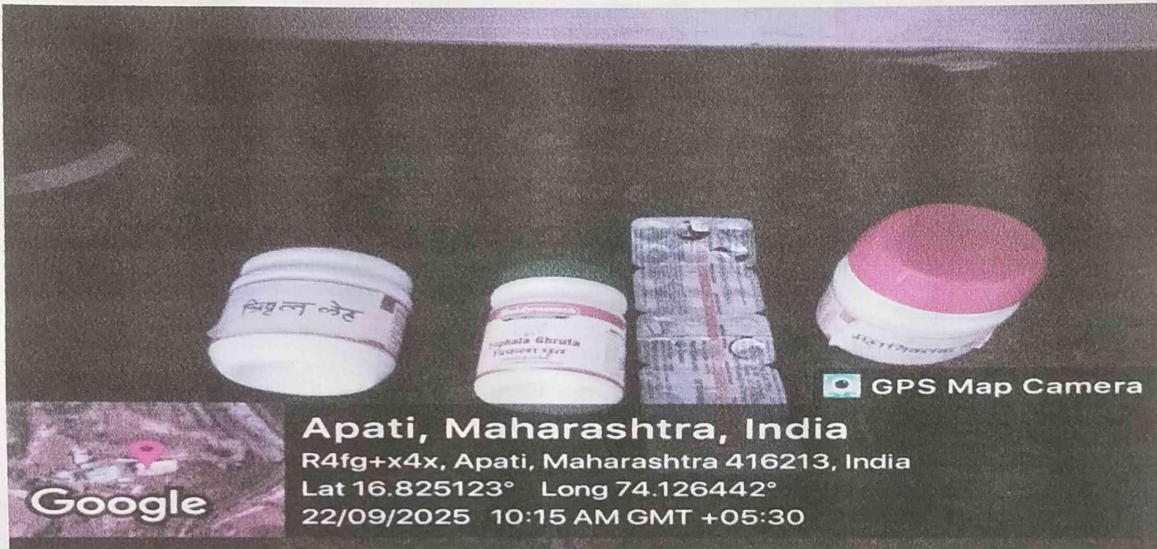
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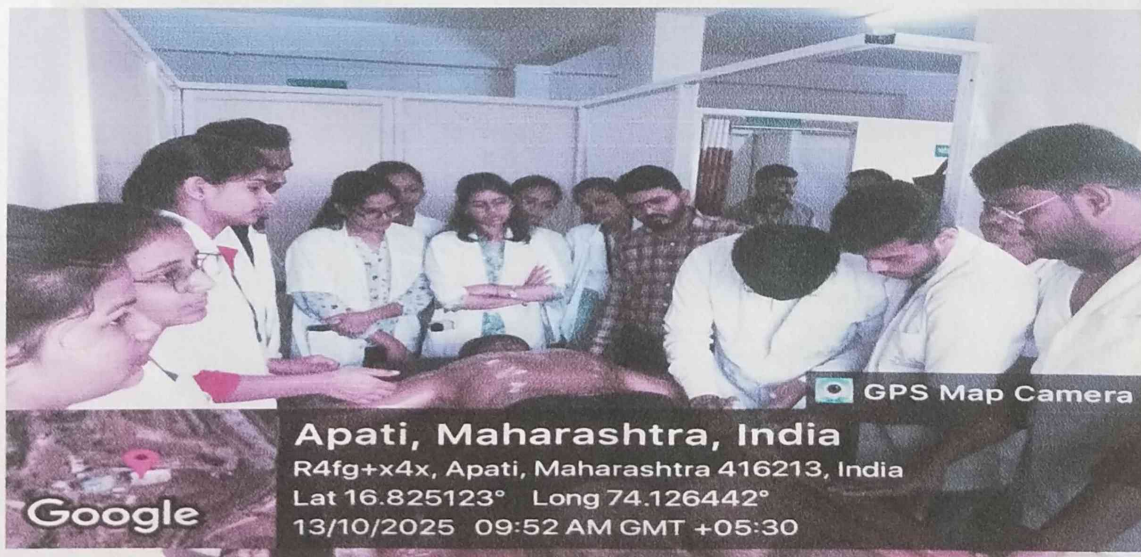




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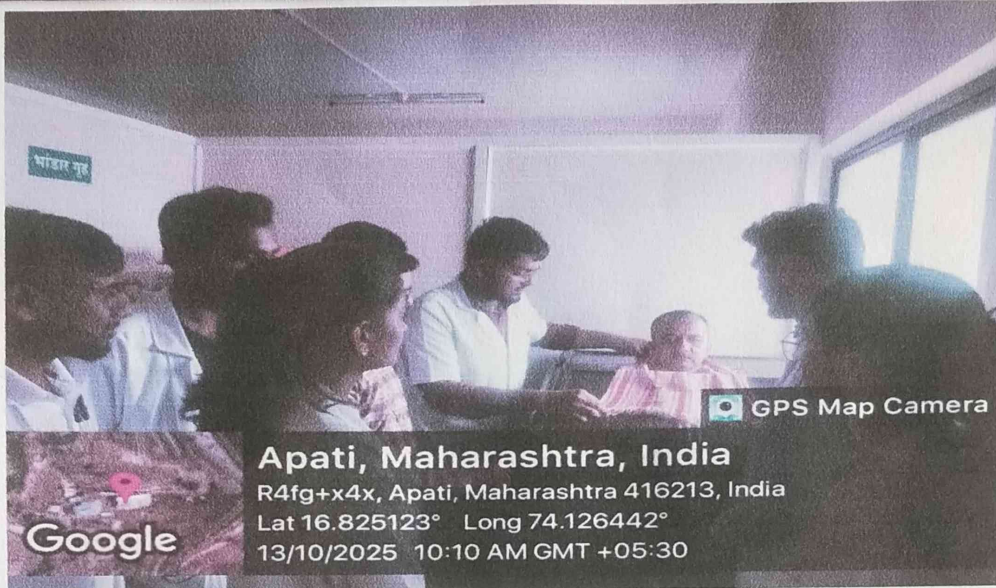
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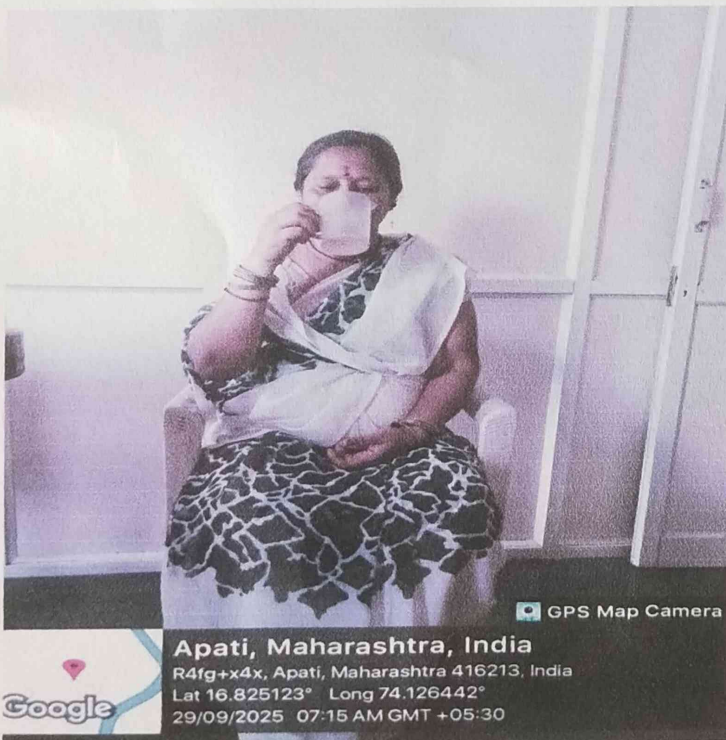
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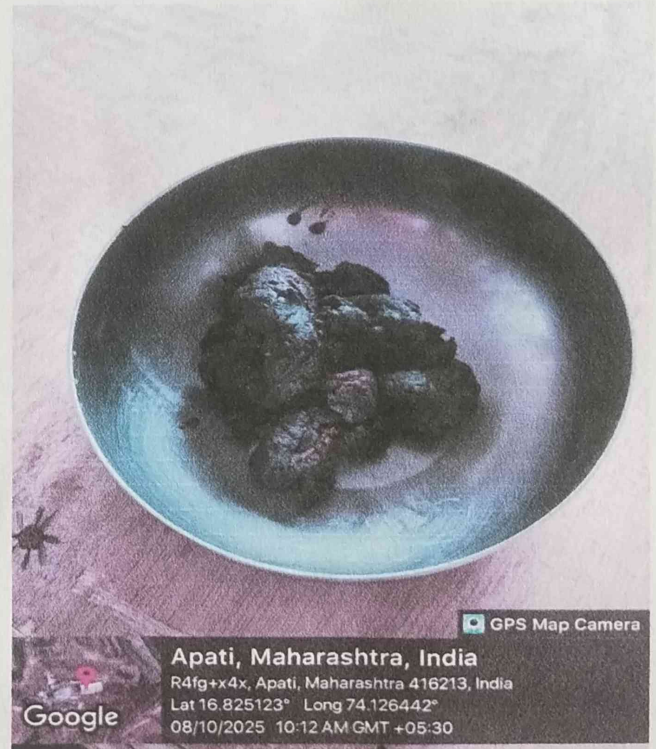
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