

REPORT ON THE OCCASION OF NATIONAL AYURVEDA DAY

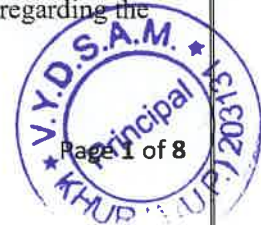
“GUDAROG AND AGNIKARMA WORKSHOP/MEDICAL CAMP”

1	Title of Event	On the Occasion of National Ayurveda Day “Gudarog and Agnikarma Workshop/Medical camp”
2	Date of Event	23 September 2026, Day: (Wednesday), Timing: (09:00 AM to 4.00 PM)
3	Venue	Vaidya Yagya Dutt Sharma Ayurved Mahavidyalaya Assoc. P.L.R.D Hospital, Dharpa Khurja
4	Sponsored by	Baidyanath Private limited.
5	Organizing Department	Department of Shalya Tantra
6	Organizing Committee Member	1. Prof. (Dr.) Ashok kumar Dwivedi 2. Vaidya Hitesh Kumar Kaushik 3. Dr. Ritu Vashistha 4. Dr. Yashamita 5. Dr. Nitin Sharma
7	Special Guest of honour	1. Dr. Sriram (Agnikarma Specialist) 2. Prof. Babu Ram Tripathi (Surgical Specialist) 3. Vaidya Gopal Dutt Sharma (Director, Vyds Ayurved Mahavidyalaya)
8	Event Schedule	8.00AM to 9.00AM Registration & Welcome 9.00AM to 9.30AM Inauguration 9.30AM to 11.30AM Agnikarma Workshop 11.30AM to 11.35AM Baidyanath presentation 11.35AM to 01.00PM Shalya Karma Workshop 01.00PM to 02.00PM Lunch 02.00PM to 03.00PM Shalya Karma Workshop 03.00PM Valedictory ceremony
9	Event's Photos & Video Data (Google Drive Link)	https://drive.google.com/drive/folders/1V-zLv7iVcUl3uvLNk6uFPm0mK-j3DN3C?usp=sharing

1. Introduction

Vaidya Yagya Dutt Sharma Ayurved Mahavidyalaya, Khurja, Bulandshahr, celebrated the 11th Ayurveda Day 2026 under the guidance of Special Guest of honour **Dr. Shriram** (Agnikarma Specialist) & **Vaidya Gopal Dutt Sharma** (Director, Vyds Ayurved Mahavidyalaya, Khurja) & **Prof. (Dr.) Babu Ram Tripathi** (Surgical Specialist), **Prof. (Dr.) Ashok Kumar Dwivedi**, Principal, VYDSAM and **Prof. (Dr.) Sriram Chandra Mishra**, Medical Superintendent. The programme was organized with the objective of promoting creating awareness about the Ayurvedic management of **musculoskeletal disorders, pain conditions, skin disorders, and anorectal diseases**. The programme focused particularly on the therapeutic role of **Agnikarma and other Ayurvedic procedures** in conditions such as cervical spondylosis, frozen shoulder, back pain, sciatica, gout, plantar fasciitis, tennis elbow, slipped disc, joint and knee pain, cramps, carpal tunnel syndrome, and avascular necrosis.

The camp also highlighted Ayurvedic approaches for **Gudaroga (anorectal disorders)** including piles, fistula-in-ano, fissure-in-ano and related conditions. Through expert consultation, clinical examination, counselling and appropriate ayurvedic interventions, the programme aimed to provide accessible healthcare and promote awareness regarding the



role of Ayurveda in the management of chronic and painful conditions. The programme was focused on creating awareness regarding Ayurvedic approaches for various musculoskeletal, joint, pain-related and anorectal conditions.

In these activities were organized from 23rd September 2026, with active participation of faculty members, postgraduate scholars and students & Patients. The camp also highlighted the role of Agnikarma, along with expert consultation in the fields of Ayurveda and Shalya Chikitsa. The programme provided an opportunity for patients and members of the public to receive guidance regarding commonly encountered health problems and available treatment approaches.

पी.एल.आर.डी. चिकित्सालय

धरपा बिजली घर के सामने, जी.टी. रोड, धरपा खुर्जा (बुलंदशहर, उ.प्र.)

अग्निकर्म एवं गुदायोग चिकित्सा शिविर

विशेषज्ञ अग्निकर्म एवं शल्य चिकित्सकों द्वारा

निम्न रोगों का विशिष्ट आयुर्वेदिक पद्धतियों से सफलतम उपचार



- गर्दन का दर्द (Cervical Spondylosis)
- कंधा, हथ्य का अकड़ना (Frozen Shoulder)
- कमर का दर्द (Back Pain, Lumbago)
- सायटिका का दर्द (कमर से जर्द शुरू होकर पैसों में जाना)
- गठिया बाय (Gout)
- एडी का दर्द (Calcaneal Spur, Plantar Fasciitis)
- कोहनी का दर्द (Tennis Elbow, Lateral Epicondylitis at Elbow)



- स्लिप डिस्क (Slipped Disc)
- जोड़ों का दर्द (Joint Pain)
- घुटनों का दर्द (Knee Pain Arthritis)
- हाथ-पैरों में ऐंठन (Cramps)
- कलाई का दर्द व सुन्नपन (Carpal Tunnel Syndrome)



- कुंवड़े, पैर के जोड़ों में स्कर्सवार की कमी से क्षरण (Avascular Necrosis, AVN)
- त्वचा रोग (Skin Disease)
- सोरायसिस (Psoriasis)
- पैरों में होने वाली कॉर्न (Corn)
- मस्से, मशक (Wart)
- ववासीर, भगंदर, फिशर (Piles, Fistula, Fissure)

चिकित्सा शिविर - दिनांक 23 सितम्बर 2026, बुधवार, प्रातः 9 बजे से

सीमित सीट, शीघ्र पंजीकरण कराये। पंजीकरण हेतु चिकित्सालय के प्रातः 09 से 04 बजे तक संपर्क करें।



आमंत्रण पत्र

**प्रादेशिक आयुर्वेद सम्मेलन उत्तर प्रदेश द्वारा
राष्ट्रीय आयुर्वेद दिवस के अवसर पर**

**गुदा रोग एवं अग्निकर्म वर्कशॉप
तथा प्रदेश कार्यकारिणी की बैठक**

दिनांक **23 सितंबर 2026** | प्रातः **9:00 बजे**
से होगी

आयुर्वेद
सर्वे भवन्तु निरामयाः

**स्वस्थ जीवन
सुखी परिवार**

**सभी अतिथियों का कार्यक्रम में
हार्दिक अभिनंदन है**

वैद्य गोपाल दत्त शर्मा
अध्यक्ष
प्रादेशिक आयुर्वेद सम्मेलन
उत्तर प्रदेश

वैद्य ब्रजभूषण शर्मा
महामंत्री
प्रादेशिक आयुर्वेद सम्मेलन
उत्तर प्रदेश

संयोजन समिति

- डॉ बाबू राम त्रिपाठी
- डॉ अशोक कुमार द्विवेदी
- डॉ रितु
- वैद्य हितेश कुमार कौशिक
- डॉ यशमिता
- डॉ नितिन शर्मा

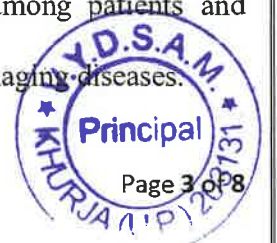
स्थान -- वैद्य यज्ञदत्त शर्मा आयुर्वेद महाविद्यालय,
खुर्जा | खुलदेशहर

Sponsored by
Baidyanath
Jhansi, 1917
ASLI AYURVED

2. Objectives of the Programme

The major objectives of the medical camp were:

1. To create awareness about the Ayurvedic management of Gudaroga, pain disorders and musculoskeletal conditions.
2. To demonstrate the therapeutic role of Agnikarma in selected painful and musculoskeletal conditions.
3. To provide expert Ayurvedic consultation and clinical assessment to patients.
4. To educate patients regarding preventive measures, lifestyle modification and appropriate Ayurvedic care.
5. To promote awareness of Gudaroga such as piles, fistula-in-ano and fissure-in-ano and their available management approaches.
6. To encourage early consultation and diagnosis for chronic pain and related disorders.
7. To disseminate practical knowledge about different Ayurvedic procedures among patients and participants.
8. To promote the principles of Ayurveda and its role in maintaining health and managing diseases.



9. To facilitate accessible healthcare services through a dedicated clinical camp by specialists in Agnikarma and Shalya Chikitsa.
10. To strengthen public awareness of Ayurveda as part of the National Ayurveda Day celebrations.

4. Theme of the Camp

The central theme of the programme was: “**Ayurveda: A Blessing for Healthy Living**” The programme emphasized the practical application of Ayurvedic principles in selected clinical conditions and highlighted the importance of appropriate diagnosis, expert consultation and individualized treatment.

5. Clinical Conditions Covered

During the awareness and clinical consultation programme, information was provided regarding various conditions, including:

Musculoskeletal and Pain Disorders

- ग्रीवा स्तम्भ/शोथ (Cervical Spondylosis)
- स्कन्ध संधि शूल (Frozen Shoulder)
- कटि शूल (Back Pain and Lumbago)
- गृध्रसी (Sciatica)
- वात रक्त (Gout)
- वातकण्ठक (Calcaneal Spur)
- पादतल स्रायुशोथ (Plantar Fasciitis)
- कूर्पत संधि शोथ (Tennis Elbow / Lateral Epicondylitis)
- कटिग्रह (Slipped Disc)
- संधि शूल (Joint Pain)
- जानू संधि शोथ (Knee Pain and Arthritis)
- मांसपेशी आकुंचन (Muscle Cramps)

Skin Conditions

- त्वक रोग (Skin Diseases)
- किटिभ कुष्ठ (Psoriasis)
- कदर (Corn)

Gudaroga and Anorectal Disorders

- अर्श रोग (Piles)
- भगन्दर (Fistula-in-Ano)
- परिकर्तिका (Fissure-in-Ano)
- Other related anorectal conditions

6. Agnikarma Therapy

A major focus of the camp was **Agnikarma Chikitsa**. The participants were informed about the classical Ayurvedic concept of Agnikarma and its clinical application in selected conditions. The experts explained that Agnikarma is an important Ayurvedic therapeutic procedure that is traditionally utilized in the management of selected **painful and localized musculoskeletal conditions**. The camp emphasized that such procedures should be performed only after proper clinical assessment and by appropriately trained professionals, with due consideration of patient-specific indications and contraindications.

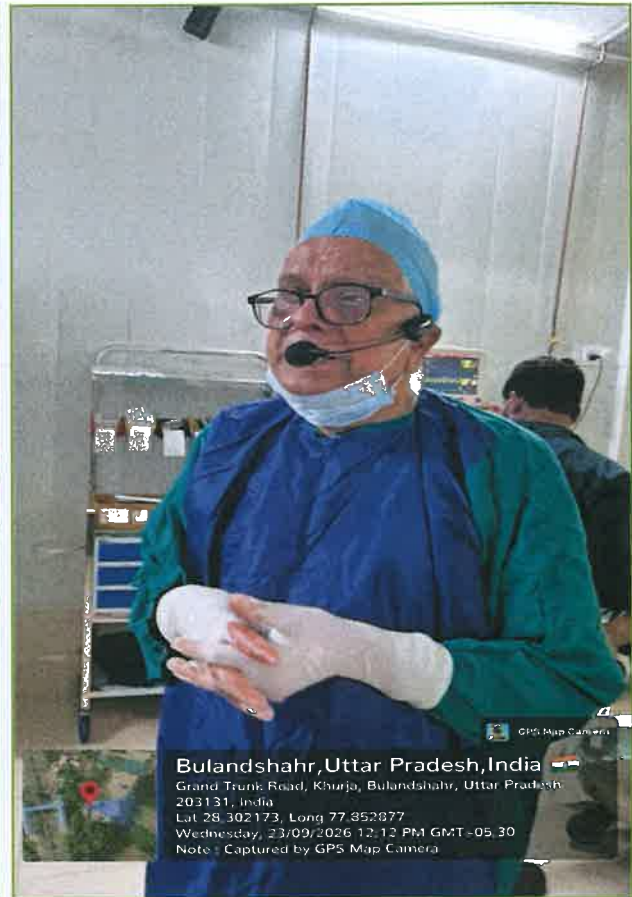


7. Gudaroga Management

A separate focus was given to **Gudaroga**, particularly common anorectal conditions such as piles, fistula-in-ano and fissure-in-ano, pilonidal sinus.

Patients were educated regarding:

- Common signs and symptoms of anorectal disorders.
- Importance of early clinical consultation.
- Dietary and lifestyle measures.
- Maintaining proper bowel habits.
- Avoiding unnecessary straining during defecation.
- Available Ayurvedic and surgical management options according to the clinical condition



The programme aimed to reduce hesitation and increase awareness regarding timely consultation for anorectal problems.

8. Expert Consultation

The camp was conducted with the guidance and participation of experienced Ayurvedic and surgical experts. The publicity material highlighted the participation of specialists in **Agnikarma** and **Shalya Chikitsa**, including:

- **Dr. Shriram** – Agnikarma Specialist
- **Prof. Babu Ram Tripathi** – Shalya Chikitsa Specialist



The programme was conducted under the guidance of the management of **Vaidya Yagya Dutt Sharma Ayurved Mahavidyalaya & P.L.R.D Chikitsalaya**. **Vaidya Gopal Dutt Sharma**, Director, Sir provided guidance and support for organizing the programme.



9. Activities Conducted

The following activities were undertaken during the camp:

1. Registration of patients and participants.
2. General health-related interaction and preliminary assessment.
3. Expert consultation for pain and musculoskeletal disorders.
4. Awareness regarding Agnikarma therapy.
5. Consultation regarding Gudaroga and anorectal disorders.
6. Patient counselling regarding diet and lifestyle.
7. Guidance regarding preventive healthcare measures.
8. Identification of patients requiring further investigation or specialized treatment.
9. Health education regarding the appropriate use of Ayurvedic therapies.
10. Distribution of relevant health-awareness information.

10. Public Awareness and Health Education

The camp served as an important platform for **community health education**. Patients and visitors were made aware of the importance of maintaining healthy dietary and lifestyle practices.

Special emphasis was given to:

- Regular physical activity.
- Appropriate dietary habits.
- Adequate hydration.
- Prevention of constipation.
- Avoidance of prolonged untreated pain.
- Timely medical consultation.
- Appropriate follow-up for chronic disorders.



The participants were encouraged to adopt healthy practices based on the principles of Ayurveda.



11. Community Participation

The programme received participation from patients, attendants, students, faculty members and members of the local community. The camp provided an opportunity for the public to interact with healthcare professionals and obtain information regarding Ayurvedic approaches to various chronic and painful conditions.

Total patients: 209

Swarnaprasan (67 Patients)

Medical Camp (Sponsored by Vasu Healthcare Private Limited)- 176 Patients

Total procedures performed: 25 (Agnikarma-18 & Shalya karma- 07)

Total participants/visitors: 200+

12. Outcome of the Programme:

The camp successfully provided a platform for:

- Creating awareness about **Agnikarma therapy**.
- Increasing public awareness regarding **Gudaroga** and it's treatment.
- Providing specialist consultation.
- Promoting early consultation for chronic pain and anorectal conditions.
- Educating patients about lifestyle and preventive measures.
- Demonstrating the role of Ayurveda in community healthcare.
- Strengthening the connection between the Ayurvedic institution and the local community.

The programme also helped students and healthcare personnel to get practical exposure to patient counselling and community-oriented Ayurvedic healthcare activity and management.

12. Conclusion

The Gudarog and Agnikarma Workshop-cum-Medical Camp, organized on the occasion of National Ayurveda Day, represented by experts to promote awareness of Ayurvedic healthcare and provided specialist consultation for a range of commonly encountered health problems. The programme brought together areas of Ayurveda, Agnikarma and Shalya Chikitsa, with particular attention to musculoskeletal disorders, pain-related conditions and anorectal diseases. Such programmes can provide an important platform for health education, early consultation and management with interaction between healthcare professionals and the community. Continued documentation of patient participation, clinical services and feedback can further help in evaluating and improving future medical camps. The camp reinforced the importance of Ayurveda in preventive and curative healthcare, patient education and the management of selected chronic and painful conditions. It also contributed towards the broader objective of promoting **Ayurveda as a system of holistic and patient-centred healthcare.**

“आयुर्वेद अपनाएँ, निरोगी जीवन पाएँ

Submitted By

Department of Shalya Tantra

Munpath

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Millic Sharma

शल्य तंत्र
वैद्य यज्ञदत्त शर्मा आयुर्वेद
महाविद्यालय खुरजा (बुलन्दशहर)

Rishi
05/10/26
PRINCIPAL
Vaidya Yagya Dutt Sharma
Ayurved Mahavidyalaya
Khurja