



# SKM VAIDHYA AMIRTHAM

News Letter of SKM in Siddha, Ayurveda and Unani

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SKM Stall at World Ayurveda Congress 2014 - New Delhi



SKM Stall at SDM Ayurveda College, Udipi - Karnataka



SKM Stall at Vaidyanadham 2014, Kanyakumari - TamilNadu



SKM Stall at Arogya Expo 2014, Bangalore - Karnataka

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## SKM Medicine Launch In North India

The 6<sup>th</sup> World Ayurveda Congress (WAC) and Arogya Expo, one among the prime event in the field of Ayurveda held at our capital, being organised by the Department of AYUSH, Union Ministry of Health and Family Welfare, in collaboration with the World Ayurveda Foundation (WAF) and the Delhi Government from 6<sup>th</sup> - 9<sup>th</sup> November 2014.

The four day event gathered reputed personalities throughout the world in this field, by providing an excellent platform for leading Ayurveda companies to exhibit their contribution to this field.

SKM Siddha and Ayurvedha Company (India) Ltd, first GMP and ISO certified company from Tamilnadu, as sponsor of this event, participated and organised stalls to showcase their products.



The Union Health and Family Welfare Minister Dr.Harsh Vardhan, who is also the chief patron of the WAC organising committee, extended his courtesy to visit our stall and launched SKM branded "Win Products" and Newsletter "SKM Vaidhya Amirtham" in presence of SKM. Mr. Shree Shivkumar - Managing Director, Mrs. S. Kumutaavalli Shivkumar- Joint Managing Director, Dr.L.Sivakumar General Manager (operations), Mr. Rajkumar Ruhela, (AGM - Marketing and sales, North India) with other team members.

SKM which served the humanity in the field of Ayurveda, Siddha & Unani for the past 26 years started its operations in north India from November 2014.



The 6<sup>th</sup> World Ayurveda Congress (WAC) was held in New Delhi from 6<sup>th</sup> to 9<sup>th</sup> November 2014. The theme of the 6<sup>th</sup> WAC was "Health Challenges and Ayurveda". The aim of WAC is to develop a vision and strategy for public action to realize the potential of Ayurveda and improve health care in India and serve as a model for public health globally. The events at 6<sup>th</sup> WAC included Seminar on Medicinal Plants, business meets coordinated by Pharmexil, an Editors Conclave, and international Delegates Assembly and a Guru shishya meet. The WAC

showcased how Ayurveda can provide safe, cost-efficient and effective health-care for all, especially in the important areas such as Food and Nutrition, Self-Reliance in Primary Health Care, Mother and Child Care, Prevention, Ayurvedic Management of Chronic Lifestyle Diseases, Veterinary and Plant Medicine, Ageing, Ethics and Moral values.

Articles are invited in Siddha, Ayurveda and Unani fields about clinical experience, rare medicinal preparations, successful treatments, Herbal informations and other informations for our "SKM Vaidhya Amirtham" News letter which has more than 7000 copies of circulation.

Please send your Articles/Suggestions to:

**SKM Center for Ayush System Research and Education**

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## Concept of Diabetic Nephropathy in Ayurveda



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### Signs And Symptoms

- ★ Diabetic nephropathy has no symptoms. They develop in late stages and may be a result of excretion of high amounts of protein in the urine or due to renal failure:
- ★ Edema: swelling, usually around the eyes in the mornings; later, general body swelling may result, such as swelling of the legs
- ★ Foamy appearance or excessive frothing of the urine (caused by the proteinuria)
- ★ Unintentional weight gain (from fluid accumulation)
- ★ Anorexia (poor appetite)
- ★ Nausea and vomiting
- ★ Malaise (general ill feeling)
- ★ Fatigue
- ★ Headache
- ★ Frequent hiccups

Difference between sophagna & mutrala dravyas	
Sophagna dravyas	Mutrala dravyas
Does not possess sara guna	Possesses sara guna
Usna virya	Sita virya
Katu, tikta, kasaya rasa pradhana	Madhura rasa pradhana
Ex: katu rasa – nagara tikta rasa – punarnava kasaya rasa – haritaki	Satavari, iksu, goksura

### Diabetic nephropathy

- ★ Diabetic nephropathy (nephropatia diabetica) is a progressive kidney disease caused by angiopathy of capillaries in the kidney glomeruli.
- ★ It is characterized by nephrotic syndrome and diffuse glomerulosclerosis. It is due to longstanding diabetes mellitus, and is a prime indication for dialysis in many developed countries.
- ★ It is classified as a microvascular complication of diabetes
- ★ Is a clinical syndrome characterized by the following:
  - ★ Persistent albuminuria (>300 mg/d or >200 µg/min) that is confirmed on at least 2 occasions 3-6 months apart
  - ★ Progressive decline in the glomerular filtration rate (GFR)
  - ★ Elevated arterial blood pressure

### Diagnosis

Diagnosis is based on the measurement of urinary albumin. We can define:

- ★ Normoalbuminuria: urinary albumin excretion <30 mg/24h, it is the physiological state;
- ★ Microalbuminuria: urinary albumin excretion in the range of 30–299 mg/24h;
- ★ Clinical (overt) albuminuria: urinary albumin excretion =300 mg/24h

### Glomerular filtration rate esteem (eGFR)

**GFR over 90mls/min/1.73m2 is normal**

CKD Stage	eGFR level (mL/min/1.73 m2)
Stage - 1	= 90
Stage - 2	60 – 89
Stage - 3	30 – 59
Stage - 4	15 – 29
Stage - 5	< 15

Mutrala dravyas	
Madhura rasam mutralam	Goksuram, satavari, iksu, bala, narikela udakam.
Amla rasam mutralam	Kolam, dadima
Tikta rasam mutralam	Punarnava, guduci, candanam, daru haridra, haridra, eruvarukam
Kasaya rasam mutralam	Aragvada, nalpamaram, kamalam
Lavana & katu rasam mutralam	Selectively used.

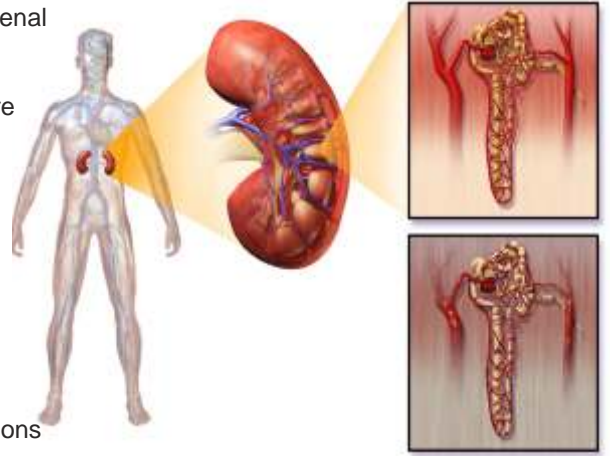


## Concept of Diabetic Nephropathy in Ayurveda



### Possible complications

- ★ Hypoglycemia (due to decreased renal clearance of insulin)
- ★ Rapidly progressing chronic kidney failure
- ★ End-stage kidney disease
- ★ Hyperkalemia
- ★ Severe hypertension
- ★ Complications of hemodialysis
- ★ Complications of kidney transplant
- ★ Coexistence of other diabetes complications
- ★ Peritonitis (if peritoneal dialysis used)
- ★ Increased infections



### Treatment of diabetic nephropathy

- ★ Kaphaja prameha cikitsa
- ★ Ruksa, kledaharam and rasayanam

#### **Kasayam:**

**Dose: 60 ml b.d half an hour before food**

- ★ Nalpamaradi kasayam (Internal)
- ★ Asanadiganam kasayam
- ★ Vatsakadigana kasayam
- ★ Patyapunarnavadi kashayam
- ★ Aragvadadi kasayam
- ★ Punarnavadi kasayam
- ★ Nisakadakadi kasayam
- ★ Mutra virajaneeyam gana kashayam

#### **Curnam:**

**Dose: 10 gm b.d after food**

- ★ Nyagrodadi curnam
- ★ Nisamalaki curnam
- ★ Triphala curnam
- ★ Citraka curnam- 3 gm b.d after food

### Other medicines

- ★ Dhanvantara ghrtam at later phases.
- ★ Khadira jala pana along with daruharidra
- ★ Taking datriphalam everyday.

### Treatment for Drug induced nephropathy

**Kashaya kalpana: 60 ml b.d half an hour before food**

- ★ Punarnavadi kasayam
- ★ Brhatyadi kashayam
- ★ Mutra virechaneeya gana kashayam
- ★ Shatavari kashayam

### Other medicines:

- ★ Sudarsanam curnam – 10 gm b.d after food
- ★ Dusi visari tablet – 2b.d after food
- ★ Candanasavam – 20 ml b.d after food
- ★ Usheerasavam- 20 ml b.d after food

**Dr.L.Mahadevan** completed his post graduation M.D Kayacikitsa, from Govt. Ayurveda College, Thiruvananthapuram with high academic credentials. He does intensive research in Neurology and Panchakarma. He Practices in Derisanamcope (A village in Kanyakumari dist, Tamilnadu) and in Chennai. He teaches clinical medicine to students, His classes on clinical medicine are unique in nature. He has written sixty books on Ayurveda. He is a student of Dr.B.Vaidyanathan & Dr.M.R.Vasudevan Namboothiri.

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## Sadyo Vamana (Instantaneous Vomiting) - A Miraculous Therapy



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Vamana Karma is the principal treatment told for Kaphaja diseases (Ca.Su.25/40). Caraka says that, Vamana eliminates the aggravated Kapha collected in the region of Amasaya through the oral route. When this Kapha is eliminated, the other types of Kapha situated in the body are also pacified; just like breaking the border of paddy field, rice dry up by deprivation of water (Ca.Su.20/19).

Thus, Vamana plays major role in the regime of treatment of various diseases. It is the frontline choice in the treatment of the disorders caused by the aggravation of Kapha at its own site, combination of Kapha with Pitta or the conditions in which Pitta or Vata invade the site of Kapha.

In emergency (Atyayika Avastha) when Dosha are in Utklisha stage, instead of classical Vamana Karma, Sadyo Vamana can be given irrespective to Kala. This is less time consuming, cost effective, and beneficial in acute condition.

### Definition of Sadyo Vamana:

The word Sadyo Vamana is a combination of two words Sadyo and Vamana. According to Sabdakalpadruma, Sadya means on the same day, in the very moment, or immediately.

According to Amarkosha the meaning of these two words is instantly or at once.

According to Monier William's Sanskrit English Dictionary, Sadyo means quickly attaining once aim.

Vamana is performed instantly without giving Snehana in conditions such as Atyayika Avastha and when Kapha Dosha is in Utklishta stage for getting instant relief is known as Sadyo Vamana.

### Indications of Sadyo Vamana:

- ★ Navajvara (Acute fever)
- ★ Visha (1st Vega) (poisoning)
- ★ Amasayagata Vata
- ★ Tamaka Svasa (Bronchial Asthma)
- ★ Tamaka Svasa associated with Nava Jvara and Ama Dosha
- ★ Ajirna (Indigestion)
- ★ Sama Grahani
- ★ Kosthagata Sama Avastha
- ★ Trishna Upadrava in Sneha Vyapad
- ★ Trishna

### Types:

- ★ Sadyo Vamana with Abhyanga & Svedana
- ★ Sadyo Vamana without Abhyanga & Svedana

Though the term Sadyo Vamana is not mentioned in the Classics but the procedure of Vamana Karma mentioned by Caraka in Svasa Roga is quite similar & can be considered as Sadyo Vamana

In the treatment of Svasa Roga Caraka mentions that with unctuous fomentation therapies like Nadi Sveda, or Sankara Sveda after anointing the body with oil mixed with salt is performed. The fomentation therapy renders the softening of adhered Kapha. It also causes downward movement of Vayu. After ascertaining that the patient is properly fomented, the patient should be given to eat rice mixed with Ghee followed by cream of curd (Dadhi Sara). Then patient should be given Vamana Yoga i.e., Pippali, Saindhava and honey.

In the context of Navajvara Cikitsa Acarya Caraka told that Jvara if dominated by Kapha and if it is in Utklishta Avastha then it should be removed by administration of Vamana. Generally before administration of Vamana, Snehana and Svedana therapies are administered. These help in the detachment of Dosha. In the present condition, the Dosha are already in Utklishta stage, therefore the internal Snehana is not required.



### SKM Participation in "WORLD UNANI MEDICINE DAY" at New Delhi

The National Seminar on "URDU KI TARWEEJ WA ISHA'AT MEIN ATIBBA KA KIRDAR" was held at M.Ps Club, 88-89, North Avenue, (Near President House) New Delhi on 12<sup>th</sup> FEB 2015 which was organised by ALL INDIA UNANI TIBBI CONGRESS, New Delhi in collaboration with NCPUL, Govt of India New Delhi on the occasion of "WORLD UNANI MEDICINE DAY". SKM Siddha and Ayurvedha company India Limited actively participated in the National seminar. The executive committee of AIUTC, New Delhi appreciated SKM praise worthy contribution in the field of Unani medicines bestow with certificate of honour.





## Sadyo Vamana (Instantaneous Vomiting) - A Miraculous Therapy

Charaka in the specific condition of Grahani has also recommended Sadyo Vamana therapy with the help of Luke warm water. In Visha Vega Cikitsa Acarya Charaka mentions, Vamana helps in the instantaneous elimination of poison taken orally. Acarya Vagbhata advised to perform Vamana in 1st Visha Vega.

### Criteria for Sadyo Vamana:

- ★ Utklishta Doshha
- ★ Atyayika Avastha (Emergency Condition)
- ★ Vamya Rogi

### Dosha Avastha essential for Sadyo Vamana:

To perform Sadyo Vamana, it is compulsory that Kapha & Pitta Doshha should be in Utklishta stage. Cakrapani mentions Utklishta Avastha means Doshha are detached and ready to come out from Amasaya.

Acarya Susruta mentions, when irritated food associated with salivation, spitting and does not come out but produces pain in the cardiac region its known as Utklesha.

### Kala for Sadyo Vamana:

It is an important question that arises in mind that in Atyayika Vikara where Doshha are in Utklishta stage whether it is necessary to give importance to Kala while performing Sadyo Vamana.

Vamana should be performed in the morning i.e. Kapha kala. However in Atyayika Vikara (when the disease in emergency stage), there is no need to consider Kala while performing any Pancakarma procedure. As Cakrapani mentions Snehapana can be given any time in Atyayika Vikara

### Necessity of Purvakarma in Sadyo Vamana:

- ★ For mobilizing the Doshha from the discrete parts of the body to Koshtha
- ★ For easier Vamana Process with minimum strain
- ★ To prevent Vata Prakopa
- ★ For softening & liquifying the Doshha

### Purva Karma needed:

#### Abhyanga & Svedana

In a case of an acute attack of a disease where Sadyo Vamana is to be administered for instant management, it is not mandatory to do Abhyanga & Svedana. Purvakarma procedure of Sadyo Vamana may vary from disease to disease. For e.g. in case of Visha, Ajirna etc. emergency conditions directly Vamana Dravya is given to remove the Visha and Ajirna anna without Abhyanga and Svedana. But in acute attack of Svasa, Lavana Taila Abhyanga and Svedana are essential to liquify the Kapha, bring the Kapha to Amasaya from Pranavaha Srotas thus helps in easy elimination.

### Diet before Sadyo Vamana Karma:

Rice mixed with small quantity of Ghee should be given before Sadyo Vamana is to be performed. Vamana should not be administered to the patients with empty stomach.

### Madanaphala – Randia dumetorum

**Botanical Name:-** Randia dumetorum Lam. (Randia spinosa Poir; R. brandisi Gamble; R. Longispina W & A; R. Tomentosa W & A; Xeromphis spinosa Keay)

Family – RUBIACEAE

#### Vernacular Names

Hindi Names – Mainaphal;  
Telugu Name- Mranga Kaya;  
English Name– Emetic nut  
Bengali Name-Mayanaphal  
Marathi Name– Golaphal  
Gujrati Name– Mindhala  
Tamil Name– Maruk Kalam  
Kannada Name\_ Madakari  
Malayalam Name- Karakaya



#### Classical Categorization

##### Charaka-

Asthapanopaga – group of herbs used in Asthapanana type of Basti (decoction enema treatment).

Anuvasanopaga – group of herbs used in Anuvasana basti

Vamana Dravya – group of emetic herbs

Phalini – Group of herbs with fruit as the used part.

**Sushruta-** Aragvadhadi, Muskakadi, Urdhabhagahara group of herbs.

**Vagbhata -** Aragvadhadi group of herbs.

#### Different varieties-

In Kaiyadeva nighantu – two varieties – Madana- R. Dumetorum and Shwetaa pindeetaka – R. Uliginosa Dc. It is again of two types. Suksma Pinditaka and Maha Pinditaka (small and big sized fruits)

#### Properties:

Rasa (taste)- Madhura (sweet), Tikta (Bitter)

Guna (qualities)- Laghu (light to digest), Rooksha (dry)

Vipaka (taste conversion after digestion) - Katu (pungent)

Veerya (potency) -Ushna (hot)

Karma- Balances kapha-vata Chardana (induces vomiting),

Lekhana (scrapes inner lining of blood pipes, reduces cholesterol)



### SKM Stall at Ayush Arogya Expo 2015 at Bangalore

SKM Siddha & Ayurvedha company Participated in Ayush Arogya Expo 2015. Organised by Department of Ayush, Union Government and FICCI, at RBANMS Grounds, Bangalore on Wednesday 21<sup>st</sup> - 24<sup>th</sup> Jan 2015. More than 2 lac visitors including AYUSH doctors, UG & Pg Students, Public visited our stall, it become a platform to create awareness in public about AYUSH System of medicine.



## The National Seminar on Tridoshic Principles Vaidyanadham - 2014

Dr. L. Mahadevan a renowned Medical practitioner and Director of Dr.Y.Mahadeva Iyer's Sri Sarada Ayurvedic Hospital , Derisanamcope. His foremost activities are Imparting training to Ayurveda and other disciple graduates in clinical practice and in higher texts of Ayurveda study circle, giving lectures at various National and International seminars, workshops and confrences. He established "Dr.L.Mahadevan's Ayurvedic foundation " an academic wing of Sarada Mahadeva Iyer Educational and charitable trust to promote in depth academic studies in Indian Systems of medicine. Presently the foundation is engaged in publishing books, Cd's , DVD's , etc... in which Dr.L.Mahadevan writes on the fundamental and clinical aspects of Ayurveda . He is offering guidance to Ayurveda research students at the Doctoral level.

Dr.L.Mahadevan's Ayurvedic Foundation under the eminent guidance of Dr.L.Mahadevan conducted a three day seminar on "Guna based Tridoshic Diagnosis & Treatment Principles in Ayurveda & Siddha Systems of Medicine". Which highlighted on Mula siddhanta based diagnosis, Analysis of various yogas (Formulations), Critical analysis and utility of siddha medicines in day-to-day practice.

Eminent Personalities in the field of Ayurveda & Siddha also shared their knowledge in the Dias , with Felicitation and honouring ceremony to Ayurveda & Siddha Physicians- VIDVAT ADARNEEYAM was carried out as a ritual .Dr.I.Kumaranandham Chief Siddha Physician of SKM CHIKITCHAALAYA, Erode, Tamilnadu received "Siddha Vaidya Sinthamani Award and Vaidya Y.Mahadeva Iyer Memorial Award for his outstanding clinical Skills.

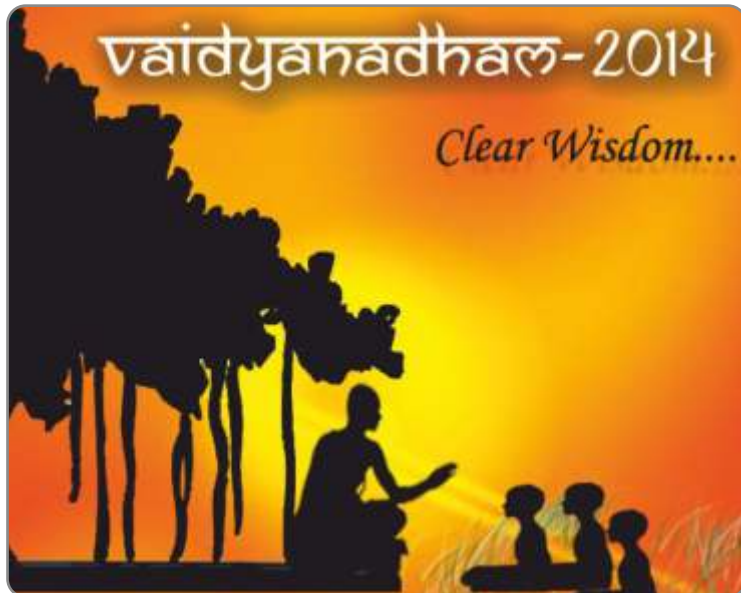
More than 500 Students, & Doctors from different parts of India actively participated and made this event a memorable .Many books and CD's Authored by Dr.L.Mahadevan was released during this seminar.

### Events

- ★ Classes by Eminent Personalities
- ★ Paper Presentation by budding Doctors
- ★ Felicitation of Best Contributors to Ayurveda & Siddha Systems of Medicine
- ★ Release of books & Audio Visuals
- ★ Expo (Books & Medicines)

### Training Highlights

- ★ Mula siddhanta based diagnosis
- ★ Analysis of various yogas (Formulationsa)
- ★ Critical analysis and utility of siddha medicines in day - to - day practice
- ★ Update on new investigation techniques and medicines



### INDIAN AYURVEDIC DOCTORS ASSOCIATION (IADA) Inauguration

"INDIAN AYURVEDIC DOCTORS ASSOCIATION" was formed by graduate and post graduate ayurvedic doctors to overcome the problems faced by them in day to day practice. It is in mutual understanding with NIMA in which there are 50,000 members through out India. Its key function is to take part in the Government officials meetings to represent their needs and to create public awareness about the Ayush quacks in the media.

IADA is in process to function along with Ayush federation of India (AFI) having more than 32000 members in Karnataka for the upliftment. IADA's first official meeting was held at Chennai in hotel Pentagon on 13<sup>th</sup> FEB 2015. SKM received best performance awards for valuable support rendered to them. More than 100 doctors actively participated in the function.



## “SIDDHAM 50”- Golden Jubilee Celebrations of Govt.Siddha Medical College, Palayamkottai.

The 50<sup>th</sup> year Golden jubilee Year Celebrations of Govt.Siddha Medical College (Oxford of Siddha) Palayamkottai, Tamilnadu was celebrated as “SIDDHAM 50”. This Programme was held on 23<sup>rd</sup> -26<sup>th</sup> January 15 organized by The Students Union, Govt siddha Medical College and Hospital with the support of **SMOA (Siddha Medical Officers Association)**. The Theme of the Programme was “**Create awareness about Siddha system among the common man**”.

“Siddham 50” was inaugurated by Tirunelveli Collector **Shri Karunakaran IAS**, Honorable Tirunelveli City Mayor **Shri Bhuvaneshvari** and Planning board Director **Shri Vijaya kumar**. The Free saplings of **Nilavembu plant ( Andrographis paniculata)** issued to 500 volunteers to grow in their house herbal garden. Around 1000 students participated in this grand gala event .

### **Felicitation Function – 24th January 2015 :**

More than 20 Siddha legends who contributed to development of Siddha system under different categories like T.V.Samba sivam pillai, Abraham Pandithar, Dr.C.N.Deivanayagam etc were honored with life-time achievement Award. This function was headed by the Director General, Central council for Research in Siddha (CCRS) Prof.Dr.R.S.Ramasamy and Honorable Parliament member Shri.Vijila sathyananth who honored siddha legends with Awards.

Dr.T.V. Sambasivam Pillai, Vaithiyar Abraham Pandithar, Dr.Murugesu Muthaliyar, Uthamarayan K.S., Thamarai Noolagam, Rathina Nayakkar & Son's, Dr.Rajendran, Dr.Pushparaj, Dr.C.N.Deivanayagam, Vaithiyar Arjunan, Dr.Micheal Jeyaraj, Vaithiyar Ravindranadhan, Dr.Sivaraman.K, Dr.Siva Sanmuga raja (SRILANKA), Dr. Kannan Rajaram, Dr.Bhoopathi Raja, Dr.Mohanraj, Kumarasamy were honoured.

**Our SKM Institution received the “Best Contributor to Siddha system” Award.**

### **Special Speakers at Siddham 50:**

Eminent persons delivered lectures in various topics.

**Pulavar.Nedunchelian** – “**Tamilar medicine philosophy**”

**Dr.Ravindranath** – “**Medicine Trade and public health**”

**Dr.G.Sivaraman** – “**Food Trade and Tamilan Traditional foods**”

### **Closing ceremony – 25th January:**

**The Closing ceremony of “SIDDHAM 50”** was head by Honorable parliament member Thirumathi.Vijila sathyananth, Honorable parliament member Thirumathi.Vasanthi Murugesan and Honorable Member of the Legislative Assembly Thiru.S Muthukaruppan. They assured to approach UGC to Govt.Siddha medical college into Govt.Siddha Medical University.

### **Siddha expo:**

More than 50 stall executed by students about various specialties of siddha system like siddha history, siddha basics, anatomy, siddha physiology, siddhar pharmacology, herbs, siddha hygienic practices, Toxicology, pathology, medicines, Varmam, yoga and siddha surgery etc. More than 500 herbals also were displayed. Herbal Magic show also conducted by students. More than 10 Pharma stalls executed. Our SKM Company also executed a “**SKM Pavilion**” encompassing all facilities

The Herbal restaurant selling herbal foods also arranged by siddha students. They had prepared and sold traditional foods like samba pakoda, thinai laddu, vallarai tea, seeraga coffee, samai arisi pongal, Siruthania mixture, venposani salad, thinai payasam etc

### **Siddha Alumni Meet – 26th January 2015:**

The Siddha Alumni Meet was held on 26th Jan 2015 in which 1000 siddha doctors from various parts of country have attend this programme and shared their memorable college days and their Knowledge to young students.

The unique demand of students proposed in this siddham 50 was “**Promotion of Govt.Siddha Medical College as Govt.siddha Medical University**”.



“Best Contributor to Siddha system”  
for SKM, TamilNadu





## SKM WIN BRAND PRODUCTS



<b>Digestive Care</b> Aptowin Biliwin Gassiwin Heptowin Pepwin Pilewin Winlax	<b>Skin Care</b> B-Purrwin Blodpurwin Dermowin Histowin Luecowin <b>Child Care</b> Kalsiwin Iqwin Kiddwin	<b>Respiratory Care</b> Broccowin Eoisowin Weeziwin <b>Neuro Care</b> Nurowin <b>Infective Care</b> Virowin	<b>Gynaecological Care</b> Deliwin Styptwin Whitewin <b>Rheumatologic Care</b> Rheumowin <b>Diabetic Care</b> Insuwin Betiswin
<b>Tumour Care</b> Synwin Tumowin	<b>UTI Care</b> Stonnwin Renowin	<b>Anemic Care</b> Haemwin	<b>Cardiac Care</b> Cardowin

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