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**SHREE JAGADGURU GAVISIDDHESHWARA AYURVEDIC  
MEDICAL COLLEGE, HOSPITAL, POST GRADUATE STUDIES  
& RESEARCH CENTRE, KOPPAL - 583231**

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# GAVI KALPATARU

**November 30, 2024**

**AYURVEDA E MAGAZINE**



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**November 2024 | Edition 01**

# 9<sup>TH</sup> AYURVEDA DAY

**"Ayurveda innovations for Global health"**





# GAVIKALPATARU

**NOVEMBER 2024/ EDITION 01**

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# ACKNOWLEDGMENT

The inaugural edition of **GAVI KALPATARU** is dedicated to the divine blessings and support that have made this vision a reality. We offer our heartfelt gratitude to **Shree Jagadguru Gavisiddeswara Swamiji**, whose spiritual guidance and benevolence continue to inspire and uplift us.

With humility, we acknowledge the blessings of **Lord Dhanwantari**, the celestial physician and the divine source of Ayurveda, whose teachings and blessings continue to guide us toward health and harmony.

We also extend our deepest respect and appreciation to **College Chairman, Shri Sanjay Kotbal Sir**, for his unwavering support and encouragement, which have been instrumental in nurturing this initiative.

We extend our heartfelt gratitude to our **Chief Editor, Dr. M.M. Salimath**, for his guidance and vision in shaping this magazine.

We acknowledge the contributions of our esteemed Editorial Members for their invaluable insights and expertise.

A special mention goes to all the staff members, students, and internees of SJG AMC for their active participation and inspiring articles, and to our principal, who has been a pillar of support in this endeavour.

We are deeply grateful to our readers for their encouragement and enthusiasm, which motivates us to excel and deliver meaningful content.

Finally, our sincere thanks to the entire Gavi Kalpataru team and contributors, whose passion for Ayurveda and creativity brought this vision to life.

Thank you all for being an integral part of this journey.

Warm regards,  
The Editor In charge  
Dr. Shridharaiah MH  
Gavi Kalpataru, November 2024

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# ***Principal & Editor's Note***

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**Dear Readers,**

Welcome to the inaugural issue of our magazine! We are thrilled to embark on this journey with you, exploring the vibrant world of **GAVI KALPATARU**. Each page is filled with insights, stories, and inspiration curated for those who share a passion for Ayurveda.

In this issue, you will find History of Ayurveda, scientific article, and creative works. Our contributors have poured their creativity and expertise into every piece, and we hope it ignites your curiosity and sparks conversation.

As we move forward, our commitment is to create a platform that not only informs but also connects us all.

We encourage your feedback and ideas as we grow together.

Thank you for being a part of our community. Here is to new beginnings and shared stories!

***Dr. M. M. Salimath***

Principal & Chief Editor



# AYURVEDA

## The ancient science of healing

***Ayurveda* is the encyclopedia which is having all the knowledge which is needed for individual to lead healthy and peaceful life, it contains all the good and bad things which should be done and which should not be done by individual to lead good & healthy life in society.**

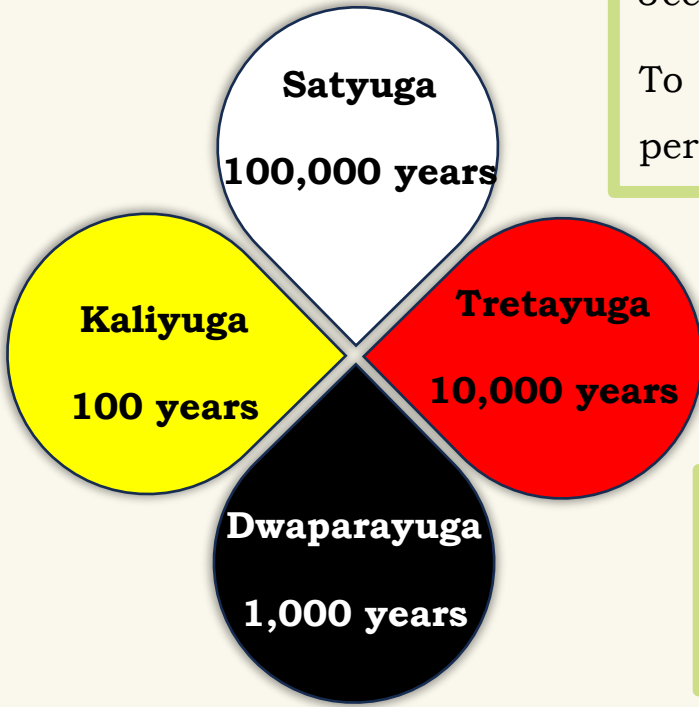
**Ayurveda is a traditional system of medicine that originated in India more than 5,000 years ago. The term "Ayurveda" is derived from two Sanskrit words: "Ayur" meaning life, and "Veda" meaning knowledge or science. Thus, Ayurveda translates to the "science of life," and its goal is to promote balance and harmony within the body, mind, and spirit to achieve optimal health.**



# AYU?

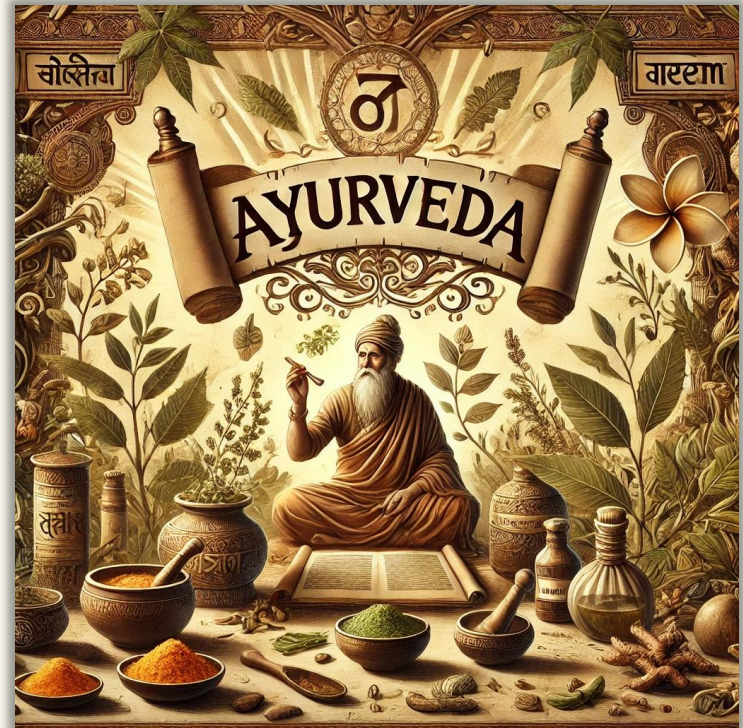
In Sanskrit, the word Ayu means jeevitha kala (duration of life), referring to the length of time a person can live. Ayu, Paramayu, Ithyamara and Jeevan are all synonyms of Ayu.

To put it simply, Ayu is the total lifespan of a person. This age varies according to each Yuga



# VEDA?

The Vedas are a group of sacred scriptures written by ancient scholars. In essence, the Veda represent knowledge or science.



**Ayurveda is a Upaveda of the Atharvaveda.**

Ayurveda is based on the belief that health is a state of balance between three primary energies or "doshas" (Vata, Pitta, and Kapha), which are believed to govern the physiological and psychological processes in the body.

These doshas are made up of the five elements— Prithvi, Jala, Agni, Vayu, and Akasha present in varying combinations in everyone.

According to Ayurveda, each person has a unique constitution or "Prakriti" that defines their natural balance of the doshas, which influences their physical characteristics, tendencies, and emotional state.

## KEY CONCEPTS IN AYURVEDA

**01 Doshas:** These are the energies that influence our body's functions:

**Vata:** Associated with air and ether, Vata governs movement, communication, and

**Pitta:** Linked to fire and water, Pitta controls metabolism, digestion, and transformation.

**Kapha:** Comprising earth and water, Kapha is responsible for stability, growth, and immunity.

VATA

PITTA

KAPHA

**02 Prakriti:** Your individual constitution or body-mind type, determined by the unique combination of doshas at birth.

**03 Agni:** In Ayurveda, proper digestion is considered essential for health. Agni refers to the digestive fire that helps transform food into energy and nutrients.

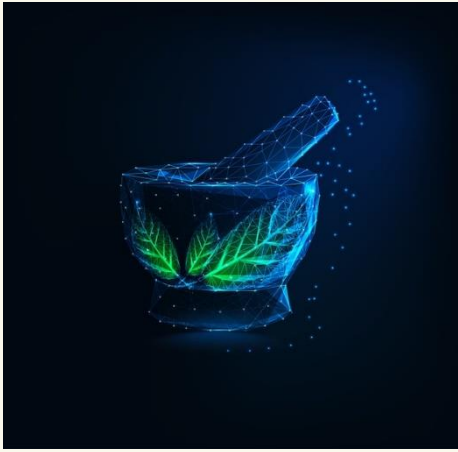
**04 Ama:** Toxins or waste products that accumulate in the body due to poor digestion or imbalanced doshas. Over time, ama can lead to illness.

**05 Ojas:** The essence of vitality, ojas is a subtle energy that supports immunity, strength, and emotional well-being.



# DHANWANTARI

Exploring the History of the deity of health

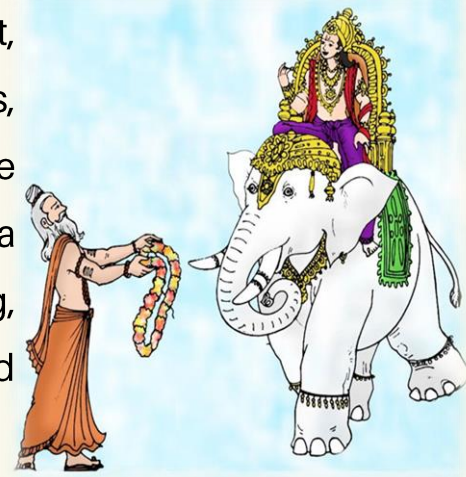


## DHANWANTARI

In Hindu tradition, Dhanwantari is worshipped as the deity of medicine, often regarded as the "God of Health." He is depicted as a divine entity holding a pot of nectar (amrita) in his hands. His principles have significantly influenced Ayurvedic practices and the holistic approach to medicine in Indian culture.

## THE STORY OF DHANWANTARI

Once, while traveling on his elephant, Iravata, Indra, the king of the gods, reached the hermitage of the sage Durvasa. During this visit, Durvasa offered Indra a garland as a blessing, which Indra accepted casually and placed on his elephant.



Iravata discarded the garland on the ground, angering Durvasa. Offended by this disrespect, Durvasa cursed Indra and the other gods, stating that they would lose all their powers and their dominion over the three worlds.

Seeing the plight of the gods, the demons (asuras) began attacking them, gradually overpowering many gods, and gaining control of the universe.



Frightened, Indra and the other gods sought help from Brahma. Brahma advised them that only Vishnu could provide a solution to their problem, and they should approach him for assistance.

Following Brahma's guidance, the gods went to Vishnu and explained their situation. Vishnu told them that if they desired immortality, they needed to obtain the nectar from the churning of the ocean (Kshira Sagara). He suggested that they undertake this churning with the help of the asuras.



Initially, the gods hesitated, fearing that the asuras might also gain the nectar. Vishnu assured them that only the gods would obtain the nectar and regain their powers. Encouraged, the gods agreed to the churning of the ocean.

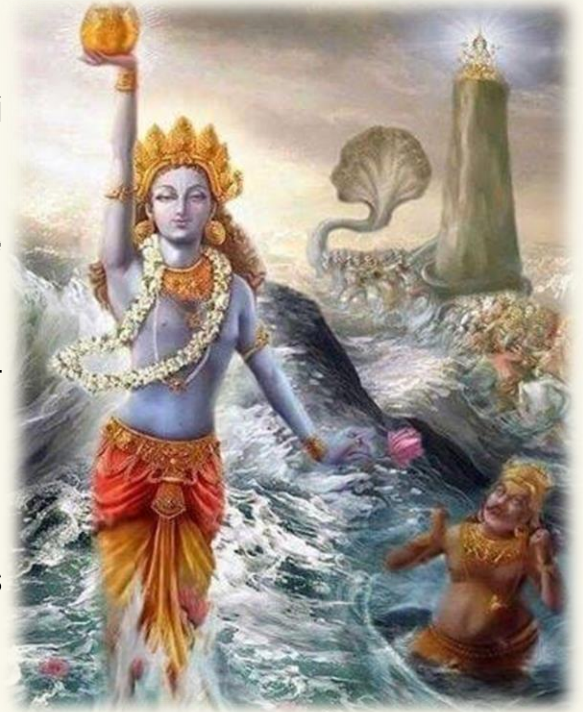
Using Mount Mandara as the churning rod and the serpent Vasuki as the rope, the gods and demons began the churning process





The first product of the churning was poison (Halahala), which threatened the three worlds. To protect the universe, Lord Shiva consumed the poison. Parvati pressed his throat to prevent the poison from reaching his stomach, causing it to remain in his throat. This act turned Lord Shiva's throat blue, earning him the name "Neelkanth."

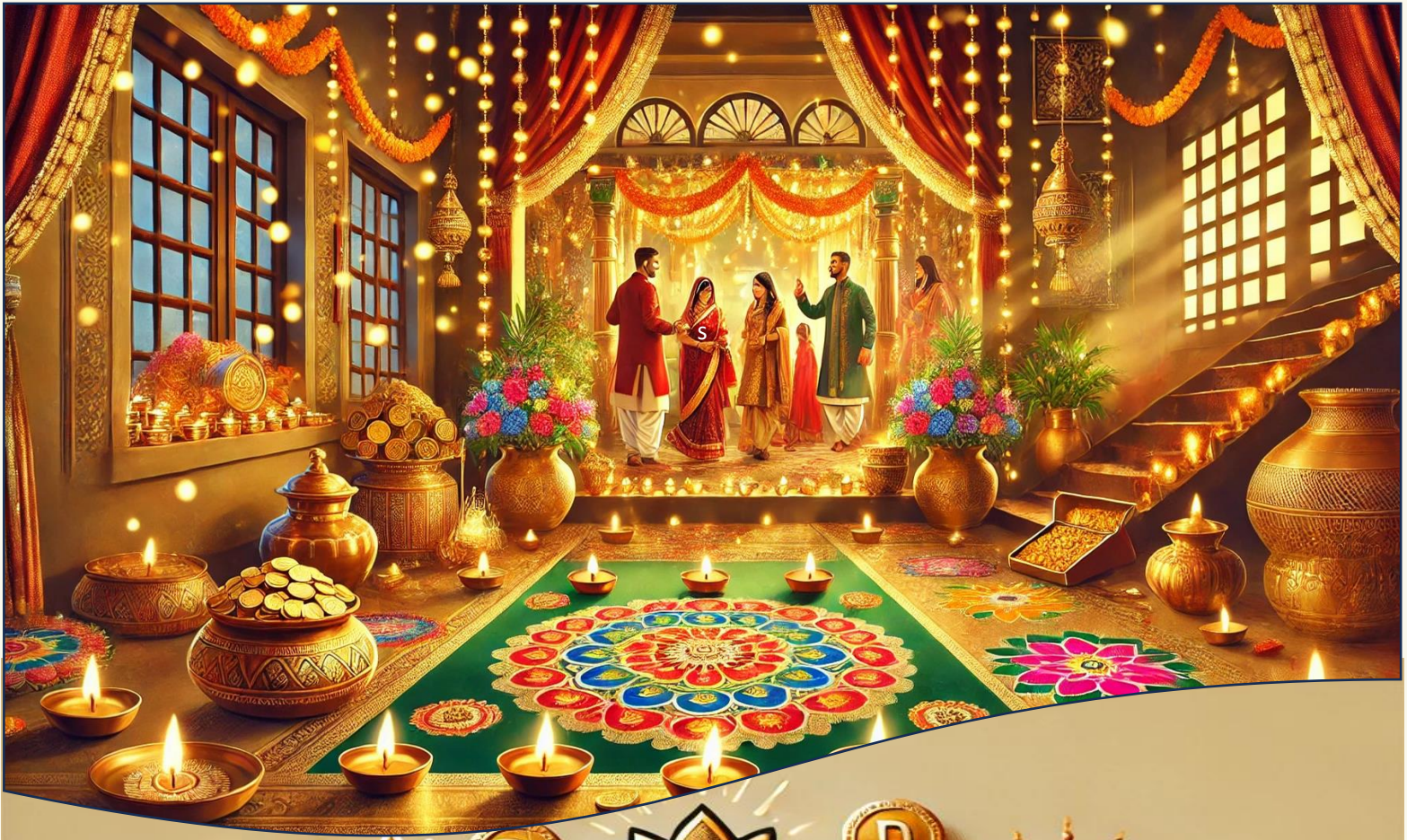
Afterward, the churning continued, and Dhanwantari emerged. He appeared as a young figure with a strong, robust body, broad chest, and dark blue complexion. He had strong arms, red eyes, and moved gracefully like a lion. Dhanwantari wore radiant yellow garments, his hair was oiled, and he adorned himself with sparkling earrings made of pearls. Upon emerging from the ocean, he held a conch, leeches, medicinal herbs, a discus (Chakra), and the pot of nectar.



Seeing Dhanwantari holding the pot of nectar, the greedy demons immediately seized it, fighting amongst themselves in their eagerness to drink the nectar first. Observing their quarrel, Vishnu appeared in the form of Mohini. In this guise, Vishnu captivated the demons, tricked them, and distributed the nectar exclusively to the gods. After consuming the nectar, the gods regained their powers and defeated the asuras.



Following the defeat of the demons, Vishnu prophesied that Dhanwantari would reappear on Earth to teach the science of Ayurveda. After witnessing the suffering of humanity due to pain and disease, Indra implored Dhanwantari to descend to the physical realm and impart Ayurvedic knowledge. Thus, the teachings of Ayurveda reached the earthly realm through Dhanwantari.



# Dhanteras

FESTIVAL





# DHANTERAS

Welcoming prosperity and good

Dhanteras is the most important day preceding Diwali and is considered a day of wealth and prosperity.

The word Dhanteras is derived from two Sanskrit words: “dhan,” meaning wealth, and “teras,” meaning the 13th day. This festival is celebrated on the 13th day after the full moon of the Kartika month of the Hindu calendar.

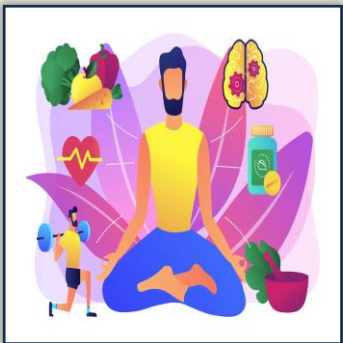
## What is Dhanteras?

The first day of the five-day Diwali festival is celebrated as Dhanteras. On this day, people worship Lakshmi Devi, the goddess of wealth, and Dhanvantari, the goddess of health and medicine. It is a day to welcome health, wealth, and prosperity into our homes.



**DHANTERAS  
IMPORTANT**

- **Wealth and Prosperity:** People believe that buying gold, silver, or new items on Dhanteras will bring good luck and wealth to their home.
- **Health and Wellbeing:** This is a day to pray for good health and long life.
- **Starting Diwali Celebration:** Dhanteras marks the beginning of Diwali, and people start decorating and preparing their homes.





## Backstory of Dhanteras

The story behind Dhanteras is related to the Hindu deity Lord Dhanvantari, who is considered as the god of health. According to the ancient Puranas, while the devas and asuras were churning the ksheera saagara to obtain the nectar of immortality, Lord Dhanvantari emerged from the ocean with a pot of nectar. Since Dhanvantari emerged on the 13th day of the Kartika month, people celebrate Dhanteras to worship him and pray for good health.

### One more story

#### King Hima's Son

According to legend, King Hima had a son for whom it was predicted that he would die from a snakebite on the fourth day after his marriage, at the age of sixteen. As the boy's sixteenth birthday approached, his wife grew deeply worried and decided to take steps to prevent the prophecy from coming true. On the night he was supposed to die, she devised a plan to distract Yama, the god of death, to save her husband's life.

She placed all her jewels, along with gold and silver coins, around the bed and lit several



lamps throughout the room. She then began chanting mantras and singing devotional songs to keep herself awake and focused. When Yama appeared, he was dazzled by the brilliance of the lamps and the glitter of gold and silver. The light was so bright and distracting that he could not enter the room. Impressed by the devotion and wisdom of the young bride, Yama decided to spare her husband. Thus, her husband was saved, and he lived a long life.

## How is the festival of Dhanteras celebrated?

Dhanteras is celebrated with great joy and excitements. People start preparations for Diwali by cleaning their homes and decorating them with beautiful lights and rangoli designs. Here are some important ways people celebrate Dhanteras:



**CLEANING HOME AND DECORATING**

**SHOPPING FOR NEW ITEMS**



**PREPARING SWEET FOOD**





LAKSHMI AND DHANWANTARI  
POOJE

LIGHTING THE LAMP





# News Bites

A cozy spot for latest updates.

# GAVISIDDHESHWAR AYURVEDIC COLLEGE ACHIEVES GRADE 'A' AND NATIONAL RANKING

Source – Kannadaprabha

Sri Jagadguru Gavisiddeswara Ayurvedic Medical College and Hospital, run by the Sri Gavisiddeswara Vidyavardhak Trust in Koppal, has been awarded an A grade in an inspection conducted by the Quality Council of India under NCISM. The college has achieved a significant ranking, placing 28th in India, 9th in Karnataka and 1<sup>st</sup> in Kalyana Karnataka.

It is a matter of great pride for the institution to be recognized as a leading Ayurvedic college.



Our beloved **college chairman Shri. Sanjay Kotbal sir** extended his heartfelt congratulations to the principal, faculty, staff, and students for their dedication, hard work, and excellence that led to this outstanding achievement. He emphasized that the recognition is a testament to the institution's commitment to academic and professional excellence in Ayurveda education and health care. The governing body expressed immense pride in this success, encouraging everyone to continue striving for greater heights.



# Gavisiddeswara College Relay Team Secures Third Place

Source – Kannadaprabha

The relay team from Sri Gavisiddeswara Ayurveda Mahavidyalaya, Koppal, comprising Sahana Meti, G. Poonya, Shivani, and Sanjana, clinched the third position in the 4X400m relay at the Rajiv Gandhi Health University State Level Athletic Games held at KIMS Medical College, Hubballi.

The college's president Sanjay Kotabala; Principal Dr. Mahantesh Salimath; SG Trust member Viresha Deva; Dr. Gavi Patil; Dr. S.S. Shirurmath from the sports department; along with the teaching and non-teaching staff, expressed their joy and pride in the team's achievement.



## SJG AMC, Koppal, Congratulates NSS Volunteers for Representing Karnataka at the South Zone Pre-Republic Day Parade Camp 2024

A banner for the NSS South Zone Pre-Republic Day Parade Camp 2024. It features the logos of Rajiv Gandhi University of Health Sciences, Karnataka and the National Service Scheme. The text reads: "Rajiv Gandhi University of Health Sciences, Karnataka 4th 'T' Block, Jayanagar, Bengaluru - 560041", "National Service Scheme", "University NSS Cell Congratulating NSS Volunteers representing in NSS South Zone Pre Republic Day Parade Camp - 2024". Below the text are four portraits of NSS volunteers: Ms. DKCHARA M P, Ms. SHREYA MAHESH S, Mr. DUPADE MADHAV H, and Mr. B. M. VIVEKANANDASWAMY. At the bottom, it says "Held at Davanagere University, Shivangotri, Davanagere From 05<sup>th</sup> to 14<sup>th</sup> November 2024".

Koppal, Karnataka – SJG Ayurvedic Medical College, Koppal, proudly congratulated its NSS volunteers for their remarkable achievement in representing Karnataka at the **NSS South Zone Pre-Republic Day Parade Camp 2024**, held at Shivangotri, Davanagere, from **November 5 to November 14, 2024**.

Among the participants, **Ms. Shreya Mahesh S.**, an NSS Volunteer from SJG Ayurvedic Medical College, stood out for her exemplary dedication and contributions. She, along with other volunteers, showcased leadership, discipline, and cultural talent during the camp.

The college extended its warmest congratulations to Ms. Shreya Mahesh S. and all the other volunteers for their commitment to national service and for making the institution and the state proud through their participation.

This prestigious camp provided a platform for young leaders to collaborate, learn, and prepare for the grand Republic Day Parade, emphasizing the importance of unity and service to the nation.

# Celebration of 9th Ayurveda Day at Shree Jagadguru Gavisiddeswara Ayurvedic Medical College and Hospital, Koppal

On 29th October 2024, Shree Jagadguru Gavisiddeswara Ayurvedic Medical College, and Hospital, Koppal, celebrated the 9th Ayurveda Day with great enthusiasm and devotion. The event commenced with the sacred Dhanwantari Homa, performed under the presence of the beloved Principal Dr. M. M. Salimath and Dr. Anita Kulakarni, to invoke blessings from Lord Dhanwantari, the divine healer.



The celebration was further enriched by the Ayurveda Expo Exhibition, showcasing advancements in Ayurvedic practices, research, and medicinal formulations. A significant highlight of the event was the launch of the college's e-magazine, "GAVI KALPATARU," a platform dedicated to Ayurvedic knowledge and innovation.

Apart from, the RSBK (Rasashastra and Bhaishajya Kalpana) Department unveiled a few new medicines developed through rigorous research at the college, marking a milestone in its contribution to holistic healthcare.

The event reflected the institution's unwavering commitment to promoting Ayurveda as a traditional and contemporary healthcare system. It concluded with an inspiring message from the faculty, encouraging students and practitioners to continue



their pursuit of excellence in Ayurvedic science. Day was celebrated with great enthusiasm and reverence by staff members, showcasing the rich cultural heritage of India through traditional attire. The event took place in a beautifully decorated venue adorned with vibrant rangoli and festive decorations, capturing the essence of Ayurvedic tradition and values



## MOU Signed Between Arogyabharati Koppal and SJG Ayurvedic Medical College on Dhanvantari Jayanti

*Koppal, Karnataka* – On the occasion of Dhanvantari Jayanti and Ayurveda Day, Arogyabharati Koppal signed a Memorandum of Understanding (MOU) with SJG Ayurvedic Medical College and Hospital, marking a significant step toward promoting Ayurveda and holistic healthcare. The collaboration focuses on advancing the study, practice, and awareness of Ayurveda, fostering research, and enhancing community health initiatives.



The signing ceremony was held at SJG Ayurvedic Medical College, Banikatti, Koppal, in the presence of dignitaries such as **Principal Dr. M.M. Salimath**, **Vice Principal Dr. Suresh Hakkandi**, and faculty members **Dr. G.G. Patil**, **Dr. Veerayya Hiremath**, **Dr. S. Shirurmath**, **Dr. Santosh Kulkarni**, and **Dr. Gururaj**. Their presence underscored the importance of the event and their commitment to advancing Ayurvedic education and healthcare in the region.

### ***About Arogya Bharati***

Arogya Bharati is a voluntary organization committed to building a healthy and happy society. Inspired by Bharatiya life values, it unites professionals from diverse fields, including doctors, teachers, social workers, and government officials. The organization conducts health initiatives



such as school health checkups, home remedy programs for women, and awareness campaigns to address societal health needs.

### ***Key Objectives of the MOU***

1. Promote awareness of Ayurveda as a holistic healthcare system.
2. Organize community health programs such as free health camps and wellness workshops.
3. Enhance student training through seminars, research opportunities, and hands-on practice.
4. Foster collaborative research to integrate Ayurveda with modern healthcare methods.

The collaboration between Arogyabharati and SJG Ayurvedic Medical College underscores a shared commitment to preserving and advancing Ayurveda's rich legacy. It aims to empower communities, improve healthcare access, and develop future healthcare professionals while promoting harmony between traditional and modern medical practices.

This MOU represents a step forward in achieving the goal of a healthy, happy society through coordinated efforts and shared dedication.

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## **PM Modi's address Highlights 9<sup>th</sup> Ayurveda Day celebration**

Koppal, Karnataka: The 9<sup>th</sup> Ayurveda Day was celebrated with enthusiasm at a college in Koppal on October 29, 2024. The event, marked by a live screening of Prime Minister Narendra Modi's speech, brought together faculty members, students, and dignitaries, emphasizing the significance of Ayurveda in modern healthcare.



The program began with faculty members and students assembling to watch the Prime Minister's address, which highlighted the contributions of Ayurveda to global well-being and India's leadership in promoting traditional medicine. The speech inspired the audience, particularly students aspiring to advance this ancient medical science.



The event saw the participation of many students, predominantly in white coats, representing their commitment to healthcare and learning. Organized in a well-decorated hall, the gathering showcased unity and enthusiasm, aligning with the theme of integrating traditional knowledge with scientific research.

## **Empowering Educators: SAKSHAM-FDP Workshop Transforms Teaching at SJG AMC Koppal**



From November 11 to 13, 2024, SJG AMC Koppal played host to a transformative three-day Faculty Development Program (FDP) under the banner of **SAKSHAM**. Organized by Bangalore Pharmaceutical & Research Laboratory Pvt. Ltd. (BPRL-Sagar), this workshop empowered teaching staff

with advanced skills to excel in their roles as educators and mentors.

Facilitated by **Mr. Hari P. Gupta**, the workshop covered a range of topics designed to inspire personal and professional growth, including:

- **Adult Learning Principles:** Understanding how adults learn to tailor teaching strategies effectively.
- **VAK (Visual, Auditory, Kinesthetic):** Training on how to adapt teaching styles to meet diverse learning preferences.

- **A Holistic Approach to Manage Stress:** Practical techniques for stress management to maintain balance and productivity.
- **Magical Communication:** Mastering communication skills to connect effectively with students and peers.
- **Manage Your Time Well:** Time management strategies to enhance efficiency in both teaching and personal life.
- **Seven Spiritual Laws of Success:** Insights into integrating spiritual principles for a fulfilling career and life.



The program emphasized interactive learning, allowing participants to explore these concepts through engaging activities, discussions, and practical applications. Faculty members walked away with not only innovative teaching tools but also personal growth strategies to create meaningful and stress-free work environments.

The SAKSHAM-FDP initiative highlights SJG AMC Koppal's dedication to empowering its educators, fostering an environment of continuous learning, and nurturing excellence in education. Participants lauded the workshop for its holistic and impactful approach, setting a benchmark for future professional development programs.

# SJGAMC Welcomes New Batch with ADYAKRUTI 1st Phase BAMS Induction Program

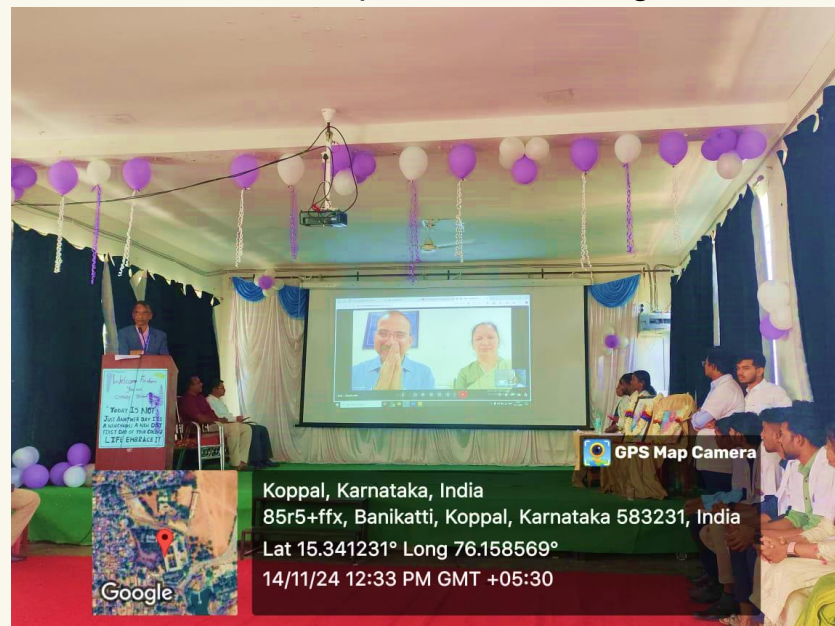


Koppal, 14th November 2024 – The SJG Ayurvedic Medical College (SJGAMC) hosted the 1st Phase BAMS Induction Program, ADYAKRUTI, to welcome its new batch of students. The event introduced the students to Ayurveda's academic and professional journey, inspiring them to uphold the values of traditional medicine in modern contexts.

The event commenced with an auspicious lamp-lighting ceremony and an invocation by the students. Dr. Mahantesh Salimath, Principal of SJGAMC, delivered the welcome address, emphasizing the institution's commitment to nurturing skilled Ayurvedic professionals.

The Guest of Honor, Dr. Prasanna Narasimha Rao, Director of SDM Institute of Ayurveda, highlighted the enduring relevance of Ayurveda in healthcare and urged students to integrate traditional knowledge with modern science. Chief Guest, Dr. Shailaja U., Principal of SDM Ayurveda College, Hassan, encouraged the batch to focus on discipline and a strong academic foundation.

The program included an overview of the 1st phase BAMS curriculum, featuring subjects like Padartha Vigyan, Kriya Sharir, and Samhita Adyayana. Students also participated in interactive sessions to share their aspirations and hobbies. They took the Hippocratic Oath under the guidance of Dr. Salimath, pledging to uphold the ethics of medicine.



The event concluded with a vote of thanks by Dr. Megha. This induction provided students with clarity on their academic path and inspired them to embark on their Ayurvedic education with dedication.

# Human Mindset Development Workshop Inspires Students and Staff at Shree Jagadguru Gavisiddeswara Ayurvedic Medical College

ಶ್ರೀ ಕೊತ್ತಲ ಬಸವೇಶ್ವರ ಭಾರತೀಯ ತಿಳುವಳಿ ಸಮಿತಿ ನೇತೃತ್ವ  
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Human mindset Expert Trainer Dharwad

ಕಲ್ಯಾಣ ಕರ್ನಾಟಕ ಸಮಗ್ರ ವಿಕಾಸದಲ್ಲಿ  
ವೈದ್ಯರ ಪಾತ್ರ

“ದೃಷ್ಟಿ ಬದಲಾದರೆ ಸೃಷ್ಟಿ ಬದಲಾದಿತು”

ದಿನಾಂಕ: 16-11-2024 ಶನಿವಾರ ಸಮಯ: ಮಧ್ಯಾಹ್ನ 2:00 ಗಂಟೆಗೆ ಸ್ಥಳ: ಶ್ರೀ ಜಗದ್ಗುರು ಗವಿಸಿದ್ಧೇಶ್ವರ ಆಯುರ್ವೇದ ಮಹಾವಿದ್ಯಾಲಯ ಮತ್ತು ಆಸ್ಪತ್ರೆ ಕೊಪ್ಪಳ

**Koppal, November 16, 2024** – A motivational workshop on human mindset development was held at Shree Jagadguru Gavisiddeswara Ayurvedic Medical College and Hospital, benefiting both students and staff. The event focused on fostering positivity, leadership skills, and personal growth, attracting wide participation from the academic community.

The workshop, titled b ("Change Your Vision, Change the World"), was led by **Shri Mahesh Mashal, Dharwad**, a renowned expert in human mindset training. With his engaging style and actionable insights, Shri Mahesh inspired attendees to embrace a proactive approach to challenges, develop mental resilience, and strive for excellence in both their personal and professional lives.

During the event, our **beloved Principal, Dr. M. M. Salimath; Vice Principal, Dr. Suresh Hakkandi**; and other dignitaries were present, adding to the significance of the occasion.

Designed to uplift and empower participants, the program catered specifically to the needs of students and staff, emphasizing the importance of mental well-being, teamwork, and self-improvement in the educational environment.

Participants expressed their appreciation for the impactful session, with many noting the practical tools and strategies shared during the workshop. Organizers have announced plans to extend similar initiatives across Karnataka, focusing on empowering academic communities and fostering holistic development.

# Dr. Anupama Kizhakkeveetil Delivers Virtual Guest

## Lecture at SJGAMC Koppal

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Koppal, Karnataka – The Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College & Hospital (SJGAMC) recently hosted a virtual guest lecture by Dr. Anupama Kizhakkeveetil, Director of Ayurvedic Medicine at the Southern California University of Health Sciences.

Dr. Kizhakkeveetil delivered her lecture online as part of the transitional curriculum for the Bachelor of Ayurvedic Medicine and Surgery (BAMS) program. The session focused on advancing Ayurvedic education and professional development, offering students and faculty valuable insights into the evolving practices in Ayurvedic medicine.

The virtual format allowed participants to engage with Dr. Kizhakkeveetil's expertise despite geographical boundaries, making it a truly global learning experience. Her comprehensive session was well-received, leaving a profound impact on the attendees and inspiring future professionals in the field.

This event reflects SJGAMC's commitment to leveraging technology to connect with leading experts worldwide, ensuring a high standard of academic enrichment and innovation in Ayurvedic education.

# Day 2 of Transitional Curriculum 2024-2026 Batch at SJGAMC, Koppal: A Comprehensive Learning Experience

Koppal, November 15, 2024

The second day of the Transitional Curriculum for the 2024-2026 batch at Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College (SJGAMC), Koppal, showcased an engaging blend of linguistic, medical, and institutional orientation sessions. Coordinated by the Department of Samhita and Siddhanta, the events aimed to introduce new students to the essentials of Ayurveda and their academic environment.



## Morning Session: Importance of Samskrit Language in Ayurveda

The day commenced with a session titled “Vadatu Samskritam,” led by Mr. Mahendra Hegde, Assistant Professor from the Department of Samhita Siddhanta and Samskrita. This

lecture provided students with an introductory understanding of the Samskrit language, highlighting its pivotal role in interpreting classical Ayurvedic texts. Mr. Hegde emphasized the linguistic connection to the roots of Ayurveda, underscoring its relevance in comprehending traditional knowledge systems.

## Midday Session: Overview of Medical Systems

The second session, “Introduction to Various Systems of Medicine,” was presented by Dr. Megha T, Associate Professor from the same department. Dr. Megha offered an insightful



comparison of AYUSH (Ayurveda, Yoga, Unani, Siddha, and Homeopathy) and modern medicine, outlining their respective roles in addressing different stages of diseases. The

session sought to establish a foundational understanding of interdisciplinary approaches in healthcare among the students.



### **Afternoon Session: Campus Familiarization**

In the afternoon, students were divided into two groups for the “Know Your Campus” activity. Group 1, comprising students with roll numbers 1-50, toured the academic departments under the guidance of Dr. Shashidhar Singh, Assistant Professor in the Department of Kriya Shareera. Meanwhile, Group 2, with roll numbers 51-100, explored the hospital facilities under the supervision of Dr. Lohith, Associate Professor from the Department of Shalya Tantra.

The tours provided students with an overview of departmental achievements, strategies, and their contributions to advancing Ayurveda. Faculty members shared insights into how their respective departments play a crucial role in the academic and clinical training of future practitioners.

The Day 2 events successfully integrated academic, cultural, and institutional elements, ensuring a holistic introduction for the incoming batch.



# AYURVEDA EDUCATOR REPRESENTED INDIA AT JAPAN CONFERENCE



Source – Times of India

Koppal: Dr. Mahantesh Salimath, principal of Sri Jagadguru Gavisiddeshwara Ayurvedic Medical College Koppal, represented India at the 46th General Conference of the Ayurveda Society in Japan. He was one of two representatives from India and delivered lectures at this prominent annual conference. The conference, which took place in Tokyo from Nov 2-5, featured Dr. Salimath's presentation on Ayurveda's effectiveness in treating contemporary health issues.



During the event, the organizing committee members and delegates expressed their happiness about learning about Swamiji and Gavimath through Dr. Salimath's presentation. His introductory slide showcased their contributions, highlighting India's cultural and Ayurvedic legacy. This drew widespread appreciation from attendees, further enhancing the significance of his participation in the conference.

His professional experience demonstrated that Ayurvedic practices provide effective solutions for various physical and psychological conditions affecting people today. He highlighted that Ayurveda introduced surgical practices in ancient India through Shalya Tantra, with select Ayurvedic practitioners now authorized to conduct specific surgical procedures in India. Ms. Machiko Konno, a member of the Ayurveda Society in Japan, informed TOI that Dr. Salimath was invited to speak at the conference in Tokyo due to his extensive expertise and experience in diagnosing diseases and implementing Ayurvedic treatments.

He presented lectures on the significance of Ayurvedic principles in diagnosing, preventing, and treating diseases, the Ayurvedic approach to surgical conditions, and the surgical methods outlined by Sushruta. He also conducted an interactive session.



**“Congratulations to Dr. Mahantesh Salimath for representing India at the 46<sup>th</sup> General conference of the Ayurveda Society in Japan! Your dedication to promoting Ayurveda and highlighting our culture heritage on a global platform is truly commendable. A proud moment for koppal and the nation!”**

# Dr. Manjula K B Honored for Best Paper Presentation at

## PARIPOORNA 2024

Dr. Manjula K B, a distinguished professor from the Department of Kaya Chikitsa at SJG AMC Koppal, has been awarded for the **Best Paper Presentation** at the prestigious PARIPOORNA 2024 — a national workshop and conference focusing on the preventive and curative aspects of cancer. The event was held on **8<sup>th</sup> and 9<sup>th</sup> November 2024** at MRN Ayurvedic Medical college hospital and research centre, Navanagar Bagalkote.



Dr. Manjula's paper, titled **"Yoga Pranayama Perspective: Enhancing Immune Response Against Cancer,"** highlighted innovative approaches to integrating traditional yoga and pranayama practices to strengthen immunity in cancer patients. Her research emphasized techniques such as Gayatri Mudra, 32 other mudras, chanting the Gayatri Mantra, and performing mudras progressively to support cancer recovery.

The award ceremony witnessed eminent scholars and healthcare professionals from across the country. Dr. Manjula's achievement was celebrated with a certificate and memento, presented by the conference's esteemed dignitaries.



Her work has been widely praised for blending ancient wisdom with modern healthcare practices, offering a promising complementary approach to cancer treatment.

# Dr. Abhishekhar Gone Wins Best Paper Presentation

## Award at National Conference

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November 2024: **Dr. Abhishekhar Gone**, Associate Professor in the Department of Rachana Shareera at SJG AMC Koppal, has been awarded the "Best Paper Presentation" at a national conference and interdisciplinary workshop. The event, held on November 8th and 9th, 2024, at MRN Ayurvedic medical college hospital and research centre, focused on the NCISM curriculum for second-year BAMS students and addressed preventive and curative aspects of cancer.



Dr. Abhishekhar's groundbreaking research, titled "**Concept-Based Analysis of Ashaya Utpatti in the Management of Renal Carcinoma through Basti Chikitsa,**" captivated the audience and jury alike. The study explored the application of **Ayurvedic principles, specifically Basti Chikitsa, in managing renal carcinoma,** offering innovative perspectives on holistic and integrative cancer care.

**Basti Chikitsa, in managing renal carcinoma,** offering innovative perspectives on holistic and integrative cancer care.

This recognition highlights Dr. Abhishekhar's dedication to advancing Ayurvedic science and its relevance in addressing modern health challenges. His work underscores the importance of merging traditional knowledge with contemporary research to develop effective healthcare solutions.

# Dr. Radhika Injamuri receives second best paper

## presentation at SAMSIDDHI 2024

Dr. Radhika Injamuri, Associate Professor in the Department of Kaumarabhritya at Shree Jagadguru Gavisiddheshwara Ayurvedic Medical college, and Hospital, Koppal, has been awarded the **Second-Best Paper Presentation Award at the SAMSIDDHI 2024 – National Seminar** on cerebral palsy, organized by the SDM Institution of Ayurveda and Hospital, Bangalore, on November 6, 2024. Her presentation, titled “**Cognitive enhancement in children with cerebral palsy**” A case report, Highlights of innovative ayurvedic approaches to improving cognitive functions in children with cerebral palsy. This accolade underscores her dedication to advancing pediatric Ayurvedic care and brings pride to her institution for its contributions to holistic healthcare.

## Awareness Program on Safety Measures for Kindergarten Children



**Koppal, November 15, 2024:** The Department of Kaumarabhritya at Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College, Karnataka, organized an awareness talk on "Safety Measures" for kindergarten children at Shree Shiva Shantaveera Public School, Koppal. The program, held on Children's Day, took place from 10:00 AM to 11:00 AM.

Dr. Radhika Injamuri, Associate Professor, led the session aimed at educating young children about basic safety practices. The interactive session included engaging visual aids, games, and discussions to ensure the children could easily grasp and remember safety protocols.

This initiative reflects the department's commitment to promoting health and safety awareness among young children, emphasizing the importance of preventive education from an early age. Parents and teachers praised the program for its relevance and impact.

Events like this play a pivotal role in creating a safer and more informed community.

# Free Medical Health Check-Up for 800 Students

## Organized in Koppal



**Koppal, October 28, 2024:** On the 9th National Ayurveda Day, the Department of Kaumarabhritya successfully conducted a free medical health check-up for approximately 800 students at Lions Swami Vivekananda English Medium School, Koppal.

This initiative aimed to promote health awareness among school children and highlight the significance of preventive healthcare through Ayurveda. A dedicated team of medical professionals carried out comprehensive health screenings for the students, ensuring their overall well-being.

The event saw active participation from both the school staff and students, making it a remarkable step toward community health development. The initiative was appreciated by parents and local authorities alike, as it underscored the importance of addressing healthcare needs at a grassroots level.

The Department of Kaumarabhritya has reaffirmed its commitment to public health through such impactful programs, aligning with the broader goals of National Ayurveda Day.



# KNOWLEDGE

# HUB

**EXPLORING IDEA AND DISCOVERIES BY STAFF AND STUDENTS**



# ಸಂಪೂರ್ಣ ಅರೋಗ್ಯ ಆಯುರ್ವೇದದಿಂದ

ಡಾ. ಆಶಾ ಎಸ್ .ಎ.

ಸಹ ಪ್ರಾಧ್ಯಾಪಕರು, ಸ್ವಸ್ಥವೃತ್ತ ಮತ್ತು ಯೋಗ ವಿಭಾಗ

ಶ್ರೀ ಜಗದ್ಗುರು ಗವಿಶಿದ್ಧೇಶ್ವರ ಆಯುರ್ವೇದ ಮೆಡಿಕಲ್ ಕಾಲೇಜು ಮತ್ತು ಆಸ್ಪತ್ರೆ, ಕೊಪ್ಪಳ

ನಮ್ಮ ಜೀವಿತಾವಧಿಯ ಬಗೆಗಿನ ಜ್ಞಾನವೇ ಆಯು: ವೇದ: =  
ಆಯುರ್ವೇದ

ಜೀವಿತಾವಧಿ ಅಂದರೆ ನಮ್ಮ ಆಯುಷ್ಯದ ಕಾಲ, ನಮ್ಮ ಹುಟ್ಟಿನ ಉದ್ದೇಶ, ಇದನ್ನು ಸಾಧಿಸಲು ಅತ್ಯಂತ ಮಹತ್ವವಾದ ಸಾಧನ ಅದುವೇ ನಮ್ಮ ಅರೋಗ್ಯ. ಇದರ ಸಂರಕ್ಷಣೆಯ ಬಗ್ಗೆ ತಿಳಿಸಿಕೊಡುವ ಶಾಸ್ತ್ರ, ನಮ್ಮ ಅತ್ಯಂತ ಪ್ರಾಚೀನ ಹಾಗೂ ವೈಜ್ಞಾನಿಕವಾದ ವೈದ್ಯಕೀಯ ಶಾಸ್ತ್ರ ಆಯುರ್ವೇದ.

ಸರಿಯಾದುದನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳುವುದು, ನೀತಿ ಮಾರ್ಗದಲ್ಲಿ ನಡೆಯುವುದು "ಧರ್ಮ"ವೆನಿಸಿಕೊಳ್ಳುತ್ತದೆ.

ಜೀವನ ನಡೆಸಲು ನಮ್ಮದೇ ಆದ ವಿಭಿನ್ನ ಕರ್ತವ್ಯಗಳು, ಜವಾಬ್ದಾರಿಗಳು, ಗಳಿಕೆಗಳು "ಅರ್ಥ" ಎಂದು ಕರೆಯಬಹುದು

ಬದುಕಿನಲ್ಲಿ ನಮ್ಮ ಅಗತ್ಯತೆಗಳನ್ನು ಪಡೆದುಕೊಳ್ಳುವುದು "ಕಾಮ" ಎನಿಸುತ್ತದೆ

ಹುಟ್ಟಿನ ಉದ್ದೇಶವನ್ನು ಅರಿತು ನಮ್ಮ ಬದುಕನ್ನು ವ್ಯರ್ಥವಾಗಿಸದೆ ಅದರಡೆಗೆ ನಡೆಯುವುದೇ, ಸಾರ್ಥಕ ಬದುಕೇ "ಮೋಕ್ಷ"ವೆನ್ನಬಹುದು.

ಹೀಗೆ ಮನುಷ್ಯನ ಅರ್ಥಬದ್ಧ ಬದುಕಿನ ಮಾರ್ಗಗಳಾದ "ಪುರುಷಾರ್ಥ"ಗಳು ಎನ್ನುವ ಧರ್ಮ, ಅರ್ಥ, ಕಾಮ, ಮೋಕ್ಷ ಇವು ಸಾಧ್ಯವಾಗುವುದು ಅರೋಗ್ಯವು ಸುಸ್ಥಿತಿಯಲ್ಲಿದ್ದಾಗ.

ಉದಾಹರಣೆಗೆ, ನಾಳೆ ನಿಮ್ಮ ಸನ್ಮಾನ ಕಾರ್ಯಕ್ರಮವಿದೆ ಎಂದುಕೊಳ್ಳಿ. ಹೊರಡುವ ತಯಾರಿಯಾಗಿದೆ. ಹಠಾತ್ತನೆ ಇಂದು ಅರಾಮಿಲ್ಲದಂತಾಗಿ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಹೋಗಲಾಗಲಿಲ್ಲ. ನಷ್ಟವಾಯಿತಲ್ಲವೇ? ಹೀಗೆ ಅರೋಗ್ಯದ ಸಮಸ್ಯೆಗಳಿಂದಾದ ತೊಂದರೆಗಳನ್ನು ನೆನೆಪಿಸಿಕೊಳ್ಳಿ

ಹಾಗಾದ್ರೆ ಅರೋಗ್ಯವನ್ನು ಹೇಗೆ ಸುಸ್ಥಿತಿಯಲ್ಲಿಟ್ಟುಕೊಳ್ಳುವುದು?

ಮೊದಲನೆಯದು, ಒಳ್ಳೆಯ ಆಹಾರಕ್ರಮ, ಚಟುವಟಿಕೆಗಳು, ವಿಚಾರಗಳು ನಮ್ಮ ಸ್ವಾಸ್ಥ್ಯವನ್ನು ರಕ್ಷಿಸುತ್ತದೆ.

ಎರಡನೆಯದು, ಅರೋಗ್ಯ ಕೆಟ್ಟಾಗ ನಿರ್ಲಕ್ಷಿಸದೇ ಸೂಕ್ತ ಚಿಕಿತ್ಸೆ ಪಡೆದಾಗ ಸ್ವಾಸ್ಥ್ಯಕ್ಕೆ ಮರಳಬಹುದು.

ಈ ಎರಡು ಮಹತ್ತರವಾದ ಪ್ರಯೋಜನಗಳ ಬಗ್ಗೆ ಸವಿಸ್ತಾರವಾಗಿ ಕಲಿಸುವ ಶಾಸ್ತ್ರವೇ ಆಯುರ್ವೇದ.

ಈ ಎರಡು ವಿಧಾನಗಳಿಂದ ನಮ್ಮ ಅರೋಗ್ಯಕ್ಕೆ ಹಾನಿಯನ್ನುಂಟು ಮಾಡುವ ಮಾರ್ಗಗಳಿಂದ ದೂರವಿದ್ದು, ಸಂಪೂರ್ಣ ಆಯುಷ್ಯ, ಅರೋಗ್ಯಪೂರ್ಣ ಆಯುಷ್ಯ ಪಡೆಯುವುದು ನಮ್ಮದೇ ಜವಾಬ್ದಾರಿ, ಅಲ್ಲವೇ? ಸಂಪೂರ್ಣ ಅರೋಗ್ಯ ನಮ್ಮದಾಗಲಿ.



## MICROBIOTA AND THEIR ROLE IN HEALTH AND DISEASE

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### BRIEF ON ARTICLE

The gut microbiota plays a crucial role in human health and disease. The human gut harbours millions of microbes, forming a complex microbial community. This gut microbiota interacts with other organs, creating a multidirectional axis. It communicates with neural, endocrine, humoral, immunological, and metabolic pathways. Most gut microorganisms are non-pathogenic and have symbiotic host relationships. They contribute to the host's immunity against pathogenic invasion. Dysbiosis and Disease. Dysbiosis refers to an imbalance in gut microbiota composition. Dysbiosis is associated with various human diseases, including Anxiety, Depression, Hypertension, Cardiovascular diseases, Obesity, Diabetes, Inflammatory bowel disease, Cancer Mechanisms and Recent Studies. The exact mechanisms linking gut microbiota to disease development remain unclear. Recent clinical studies worldwide explore specific microbial species and their impact on health and disease. Understanding gut microbiota interactions and updates in this field are essential for maintaining health and treating diseases. Challenges Ahead Researchers face challenges in deciphering the intricate gut microbiota-host interactions. Addressing these challenges will help us harness the potential of gut microbiota for better health outcomes.

**Aim & Objectives:** Observing the role of Gut microbiota *in* health and disease

**Materials and Methods:** All the classical texts of modern available, published research papers, PUB med, Google scholar, research Gate, subject related data on Internet and other sources were reviewed for the present study

**Results and Conclusion:** The Gut microbiota *having* the primary role in maintaining health and Disease

**Key words:** Microbiome, Microbiota, Symbiosis, Dysbiosis, FMT.

### INTRODUCTION:

Microbiota refers to the diverse community of microorganisms (bacteria, viruses, fungi, etc.) residing in a specific environment, such as the human gut<sup>1</sup>. These microorganisms play essential roles in digestion, metabolism, and overall health. The gut microbiota specifically refers to the microbial population inhabiting

the gastrointestinal tract.<sup>2</sup> It interacts with the host's immune system, influences nutrient absorption, and affects various physiological processes. Dysbiosis occurs when there is an imbalance in the gut microbiota composition. Factors like diet, antibiotics, stress, and lifestyle can disrupt this balance.<sup>3</sup> Dysbiosis is associated with health conditions such as inflammatory bowel disease (IBD), obesity, and allergies.<sup>4</sup>

**Prebiotics and Probiotics:**

**Prebiotics:** These are non-digestible food components (such as dietary Fiber) that promote the growth of beneficial gut bacteria<sup>5</sup>.

**Probiotics:** These are live microorganisms (usually specific strains of bacteria or yeast) that provide health benefits when consumed. Yogurt and fermented foods often contain probiotics<sup>6</sup>.

**Fecal Microbiota Transplant (FMT):**

FMT involves transferring fecal material from a healthy donor to a recipient with gut-related disorders. It aims to restore a healthy gut microbiota balance and has shown promising results in treating recurrent *Clostridioides difficile* infections<sup>7</sup>.

**Metagenomics:**

Metagenomics is a field that studies genetic material directly extracted from environmental samples (including microbiota). It helps identify microbial species, their functions, and their impact on health. Remember, maintaining a diverse and balanced gut microbiota through a healthy diet, regular exercise, and stress management is crucial for overall well-being<sup>8</sup>.

## **DISCUSSION:**

The gut microbiota consists of millions of microorganisms residing in the gastrointestinal tract. This complex microbial community forms a vital organ, interacting with various bodily systems. The gut microbiota communicates with neural, endocrine, humoral, immunological, and metabolic pathways. Most gut microorganisms are non-pathogenic and have symbiotic relationships with the host, contributing to immunity and defence against pathogens. The gut microbiota consists of millions of microorganisms residing in the gastrointestinal tract. This complex

microbial community forms a vital organ, interacting with various bodily systems. The gut microbiota communicates with neural, endocrine, humoral, immunological, and metabolic pathways. Most gut microorganisms are non-pathogenic and have symbiotic relationships with the host, contributing to immunity and defence against pathogens. Worldwide clinical studies explore specific microbial species and their impact on health and disease. Understanding gut microbiota interactions remains an ongoing area of research.

## **CONCLUSION:**

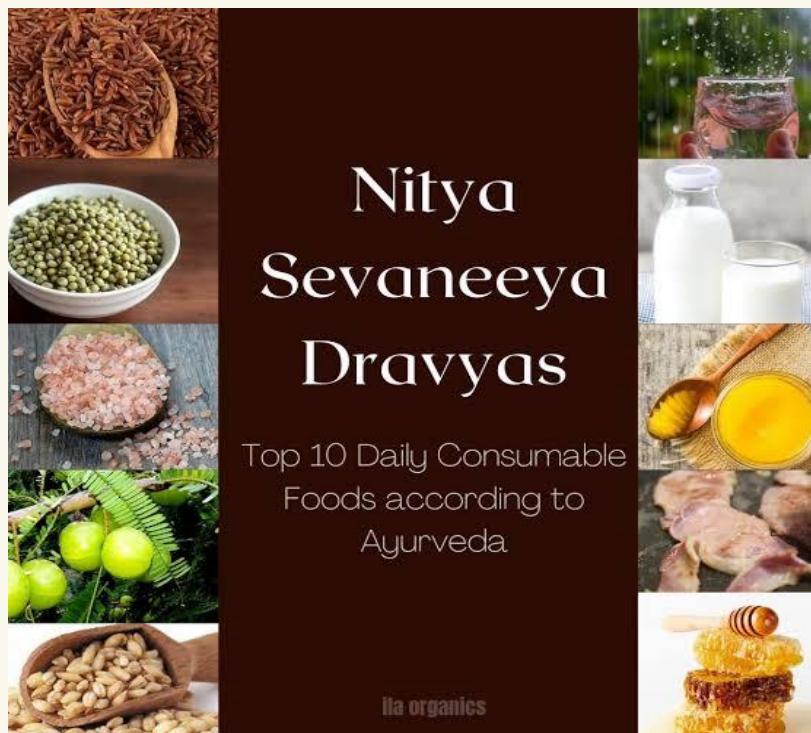
The human gut microbiome is the largest endocrine organ and as such, play a central role in the modulation of human health and disease. Understanding the gut microbiota's role in health and disease is an ongoing area of research. Maintaining a diverse and balanced gut microbiota through a healthy lifestyle, dietary choices, and targeted interventions is crucial for overall well-being. Remember that individual responses to gut microbiota vary, and personalized approaches are essential for optimizing gut health. If you have specific health concerns, consult a healthcare professional for personalized advice.

# ROLE OF AYURVEDA IN PHYSICAL AND MENTAL HEALTH

(According to Ayurveda Health is Consider as Equilibrium of Doshas, Dhatus, Mala, Agni, Mana and Indriya)

**Shrinivas**

Shri Jagadguru Gavisiddeshwara ayurvedic medical college and hospital Koppal



## **Importance of Ahara in Physical Health**

- Ayurveda emphasizes the significance of Ahara (diet) and provides guidelines on the timing (kala) and method (vidhi) of food intake. A balanced diet in Ayurveda includes Nitya pathya or nitya sevaniya dravyas, or regularly consumed foods Table No 1
- In contrast to modern diet concepts focused on carbohydrates, proteins, vitamins, and minerals, these Ayurvedic foods provide a comprehensive array of nutrients essential for health and balance.

**Table No – 1 Nitya Sevana Dravya**

<b>Nitya Sevana Dravya</b>
A) Shastika
B) Shali
C) Mudga
D) Saindava lavana
E) Amalaki
F) Anthariksha jala
G) Paya
H) Sarpi
I) Madhu
J) Jangala Mamsa

## **Nutritional Components in Ayurvedic Foods:**

- Carbohydrates are abundant in:
  1. Shali
  2. Shastika shali
  3. Goduma (wheat)
  4. Yava (barley)
- Proteins are rich in:
  1. Mudga
  2. Shali
  3. Goduma
  4. Jangala mamsa

- Fats are provided by:
  1. Ghrita (ghee)
  2. Kshreera (milk)
- Vitamins are sourced from:
  1. Amalaki
  2. Draksha (grapes)
  3. Dadima (pomegranate)
  4. Minerals are rich in:
  5. Triphala (herbal formula)
  6. Pathya (haritaki)

**Benefits of Nitya Sevaniya Dravyas in Modern Lifestyle:** These foods provide essential daily nutrients, supporting overall health and wellness:

**Shastika Shali:** Provides energy, proteins, minerals, and is rich in lysine.

**Mudga:** Supplies 25% of daily protein requirements, aids digestion, and balances the tridosha (three doshas).

**Saindhava Lavana:** Enhances digestive power, promotes eye health, and reduces excessive fat.

**Yava:** Rich in dietary fiber, particularly beta-glucan, which helps regulate blood glucose levels and acts as an antioxidant. It is especially recommended for diabetes as a hypoglycemic agent.

**Goduma:** Good source of protein, enzymes, vitamins, and minerals.

**Ghrita:** Maintains gut health, is rich in saturated fat, and contains fat-soluble vitamins (except Vitamin D).

**Madhu:** High in natural sugars like fructose and glucose, preferred for diabetic conditions in combination with Ayurvedic medicine.

**Amalaki:** A good source of minerals, acts as an antioxidant, and enhances overall health and well-being.

## **Role of Takra (Buttermilk) and Precautions Regarding Dadhi (Curd)**

**Takra** is highly beneficial for conditions such as hemorrhoids, piles, and irritable bowel syndrome, as it maintains gut bacteria.

**Dadhi (Curd):** Ayurveda explains that curd aids digestive fire and supports gut bacteria. However, curd should not be consumed during Sharad (autumn), Grishma (summer), and Vasantha (spring) seasons. It's also contraindicated in blood-related disorders and should not be eaten at night.

## **Role of Ayurveda in Preventing Diseases from Viruddha Ahara (Incompatible Food Combinations):**

Modern dietary practices often include incompatible food combinations, such as:

Oxytocin-induced milk, preserved foods, pesticide-treated vegetables, and genetically engineered produce.

Foods like reheated honey, hot water with honey, and combinations like milk with meat or fish.

Ayurveda advises against these combinations, which can cause various diseases. Ayurvedic treatment methods, such as emesis therapy and purgation therapy, help eliminate toxins caused by incompatible foods.

## Role of Ayurveda in Mental Health

Maintaining mental health is increasingly challenging in today's world, with stress, emotional issues, and inadequate nutrition being major factors. Ayurveda considers mental health as the balanced interaction of Sattva (clarity), Atma (soul), Indriya (senses), and Sharira (body).

Mental imbalance can be attributed to Rajas (agitation, aggression) and Tamas (negativity, ignorance).

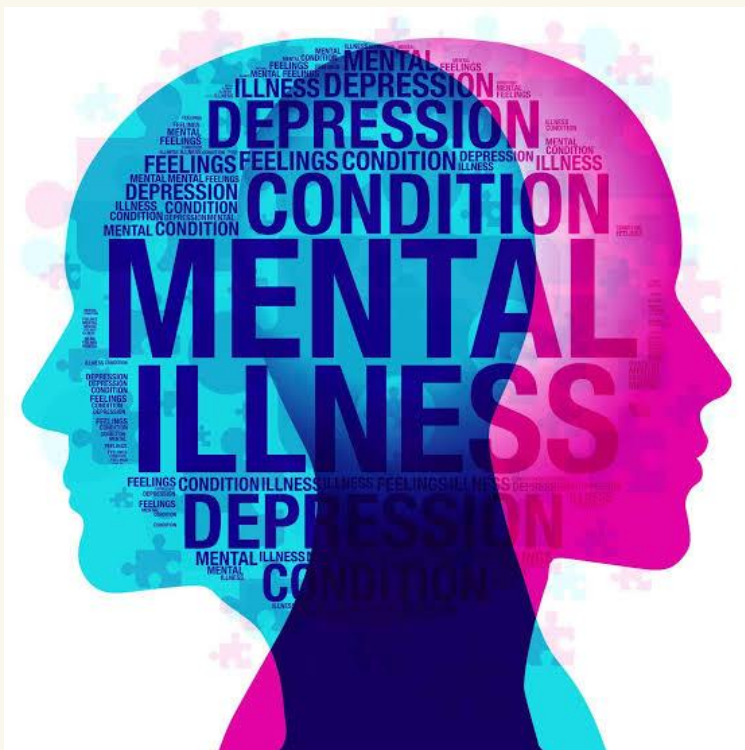


## Ayurveda categorizes treatment into three primary approaches:

1. Daiva Vyapashraya Chikitsa: Treatment through spiritual practices such as wearing protective charms, homas (rituals), and auspicious activities.
2. Yukti vyapashraya chikitsa – rational therapy, which uses herbs, diet, and lifestyle adjustment
3. Satwavajaya Chikitsa: Psychological treatment involving:
  - ✓ Gnyana: Self-awareness of strengths and capabilities.
  - ✓ Vignyana: Scientific knowledge.
  - ✓ Dhairya: Reinforcing coping skills.
  - ✓ Smriti: Recollection of positive memories.
  - ✓ Samadhi: Achieving mental tranquility through yoga and pranayama.

## The Ayurvedic Path to Physical and Mental Health

1. Dinacharya (daily routine)
2. Rutucharya (seasonal routines)
3. Ritu Shodhana (seasonal cleansing)
4. Practicing Yoga and Pranayama
5. Observing Ahara Vidhi Vidhanam (dietary principles)
6. Balancing the triopasthambhas: Ahara (diet), Nidra (sleep), and Brahmacharya (celibacy)
7. Utilizing Rasayana (rejuvenation) and Vajikarna (vitality) therapies in each season.



# ಆಯುರ್ವೇದ ಮತ್ತು ಮಾನಸಿಕ ಆರೋಗ್ಯ

Gouri G  
2<sup>nd</sup> Phase

Shri Jagadguru Gavisiddeshwara ayurvedic medical college and hospital Koppal

## ಪರಿಚಯ (Introduction)

ಮಿಥಾ ಬ್ರಹ್ಮ ಹೀನ ಬ್ರಹ್ಮ ರಿತ್ಯು ಬ್ರಹ್ಮ ಎಂದು ಸಂಸ್ಕೃತದಲ್ಲಿ ಹೇಳಿರುವ ಹಾಗೆ ಹೊಟ್ಟೆಗೆ ಹಿತವಾಗಿ ದೇಹಕ್ಕೆ ಹಿತವಾಗಿ ಮತ್ತು ಋತುವಿಗೆ ಅನುಸಾರವಾಗಿ ಆಹಾರವನ್ನು ಸೇವಿಸಬೇಕು.

"ಉಣ ಬಲ್ಲವನಿಗೆ ರೋಗವಿಲ್ಲ ಮಾತು ಬಲ್ಲವನಿಗೆ ಜಗಳವಿಲ್ಲ" ಎನ್ನುವ ಹಾಗೆ ನಮ್ಮ ಆಹಾರ ಕ್ರಮಗಳಿಂದಲೇ ನಾವು ಸಾಕಷ್ಟು ಪ್ರಯೋಜನಗಳನ್ನು ಮತ್ತು ಅನೇಕ ರೋಗಗಳನ್ನು ಜಯಿಸಬಹುದು. ಮೊದಲೆಲ್ಲ ಹೋಲಗಳಿಗೆ ಹೋಗಿ ಮೈ ಬಗ್ಗಿಸಿ ದುಡಿದು. ರಾಗಿ, ಜೋಳದ ರೊಟ್ಟಿ ಉಂಡು ಕಣ್ಣು ತುಂಬಾ ನಿಧ್ರೆ ಮಾಡಿ ನೂರಾರು ವರ್ಷ ಬಾಳುತ್ತಿದ್ದ ನಮ್ಮ ಹಿರಿಯರು ಎಲ್ಲಿ. ಈಗ ತಾಸುಗಟ್ಟಲೆ ಟಿ.ವಿ ಮುಂದೆ, ಲ್ಯಾಪಟಾಪ್ ಮುಂದೆ ಕೂತು ಸಿಕ್ಕ ಸಿಕ್ಕ ಹಾಗೇ ತಿಂದು ಬೋಜು ಕರಗಿಸಿಕೊಳ್ಳಲು

ಲಕ್ಷಾಂತರಗಟ್ಟಲೆ ಖರ್ಚು ಮಾಡುವ ಈಗಿನ ಜನರಲ್ಲಿ. ಆಯುರ್ವೇದ ಎಂದರೇ ತುಂಬಾ ಕಟ್ಟುಪಾಡುವುಳ್ಳ ಮತ್ತು ಬಹಳಷ್ಟು ಸಮಯ ತೆಗೆದುಕೊಂಡು ಫಲ ನೀಡುವ ಚಿಕಿತ್ಸಾ ಪದ್ಧತಿ ಎಂದು ತಿಳಿದಿರುವ ನಮ್ಮ ಜನರಿಗೆ ಅದು ನಮ್ಮ ಪೂರ್ವಜರಿಂದ ತಿಳಿದು ತಿಳಿದೇಯೂ ಪಾಲಿಸುತ್ತಾ ಬಂದಿರುವ ಒಂದು ಜೀವನ ಪದ್ಧತಿ ಎಂಬುದರ ಅರಿವು ಮೂಡಬೇಕಾಗಿದೆ.

ಆಯುರ್ವೇದದ ಬಹಳಷ್ಟು ಕ್ರಮಗಳು ನಮ್ಮ ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಆರೋಗ್ಯಕ್ಕೆ ತುಂಬಾನೇ ಪರಿಣಾಮಕಾರಿಯಾಗಿದ್ದು, ಅದು ಹೇಗೆ ಎಂಬುದರ ಬಗ್ಗೆ ಗಮನಹರಿಸೋಣ ಬನ್ನಿ.

## ವಿಷಯ ವಿಸ್ತಾರ

ನಮ್ಮ ಆಯುರ್ವೇದ ಪದ್ಧತಿಯಲ್ಲಿ ದಿನಚರ್ಯೆ ಅಂದರೇ ದಿನ ಎಂದರೇ ದಿವಸ ಮತ್ತು ಚರ್ಯೆ ಎಂದರೇ ಪಾಲಿಸಬೇಕಾದ ಚಟುವಟಿಕೆಗಳು ಎಂದರ್ಥ. ಅಂದರೆ ನಾವು ಯಾವ ಸಮಯಕ್ಕೆ ಏಳಬೇಕು ಎನ್ನುವುದರಿಂದ ಹಿಡಿದು ಯಾವ ಸಮಯಕ್ಕೆ ಮಲಗಬೇಕು ಮತ್ತು ಆ ನಡುವೆ ಪಾಲಿಸಬೇಕಾದ ಎಲ್ಲಾ ಕ್ರಮಗಳನ್ನು ತುಂಬಾ ವಿವರವಾಗಿ ಹೇಳಲಾಗಿದೆ.

"ಬ್ರಾಹ್ಮಿ ಮುಹುರ್ತ ಉತ್ತಿಷ್ಟಿತ ಸ್ವಸ್ತ ರಕ್ಷತಾಮಾಯುಷ್" ಅಂದರೇ ಯಾರು ಯಾರು ಬ್ರಹ್ಮ ಮುಹುರ್ತದಲ್ಲಿ ಏಳುತ್ತಾರೋ ಅವರಿಗೆ ಯಾವ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಯು ಬರುವುದಿಲ್ಲ ಎಂದರ್ಥ. ಬ್ರಹ್ಮ ಮುಹುರ್ತ ಎಂದರೇ ಸುಮಾರು 4:00 ಗಂಟೆಯಿಂದ 6:00 ರ ಆಸುಪಾಸು ಇದರ ಮೇಲೆ ಸಂಶೋಧನೆಯನ್ನು ಮಾಡಲಾಗಿದ್ದು, ಯಾರು ಬೆಳಿಗ್ಗೆ ಬೇಗ ಏಳುತ್ತಾರೋ ಅವರು ಇವಾಗಿನ ಲೈಫ್‌ಸ್ಟೈಲ್ ಅಂದರೇ ಜೀವನಶೈಲಿಯಿಂದ ಬರುವಂತ ಎಲ್ಲಾ ಸಮಸ್ಯೆಗಳಿಂದ ಪಾರಾಗಬಹುದು ಎಂದು ಹೇಳಲಾಗಿದೆ. ನಂತರ ಮಾಲಾಸನದಲ್ಲಿ ಕುಳಿತುಕೊಂಡು ಬಿಸಿನೀರು ಅಥವಾ ಉಗುರು ಬೆಚ್ಚಗಿನ ನೀರನ್ನು ಕುಡಿಯಬೇಕು ಇದರಿಂದ ವಾತ ಅನುಲೋಮನ ಆಗುವುದಲ್ಲದೇ ನಮ್ಮ ಮಲ ಮೂತ್ರ ವಿಸರ್ಜನೆಗೆ ಸಹಕಾರಿಯಾಗುತ್ತದೆ. ಹಾಗೂ ಸುಮಾರು 8 ಗಂಟೆಯಿಂದ ನಮ್ಮ ದೇಹ ಯಾವುದೇ ನೀರುನ ಸರಭರಾಜು ಇಲ್ಲದಿರುವುದರಿಂದ ನೀರಿನ ಅಂಶ ನಮ್ಮ ದೇಹದಲ್ಲಿ ತುಂಬಾ ಕಡಿಮೆಯಾಗಿರುತ್ತದೆ.

ಹೀಗಾಗಿ ಎದ್ದ ತಕ್ಷಣ ಸುಮಾರು ಎರಡು ಗ್ಲಾಸುಗಳನ್ನು (768ml) ನೀರನ್ನು ಕುಡಿಯಬೇಕು ಇದನ್ನು ಆಯುರ್ವೇದದಲ್ಲಿ 'ಉಷಾಪಾನ ಎಂದು ಕರೆಯುತ್ತಾರೆ. ನಂತರ ಮಲ ಮೂತ್ರ ವಿಸರ್ಜನೆ ಮಾಡಬೇಕು. ನಂತರ ಕೈ ಕಾಲು ಮುಖ ತೆಳೆದುಕೊಂಡು ಅಭ್ಯಂಜನ ಮಾಡಿಕೊಳ್ಳಬೇಕು.

ನಂತರ ವ್ಯಾಯಾಮ ಅಂದರೆ ಯೋಗಾಭ್ಯಾಸ ಮಾಡಬೇಕು ವ್ಯಾಯಾಮ ಅಂದರೇ ಇಗಿನ ಜಿಮ್‌ಗಳಲ್ಲ ನಮ್ಮ ಸೂರ್ಯನಮಸ್ಕಾರದಂತಹ: ವ್ಯಾಯಾಮ ಈ ರೀತಿಯಾದ ವ್ಯಾಯಾಮದಿಂದ ನಮ್ಮ ಬೋಜು ಕರಗುವುದಲ್ಲದೇ ನಮ್ಮ ಮೇದುಳು ಮತ್ತು ಶರೀರದ ಮೇಲೆ ಓಳ್ಳೆಯ ಸಮತೋಲನವನ್ನು ಕಾಯ್ದುಕೊಳ್ಳಬಹುದು ನಂತರ ಧ್ಯಾನವನ್ನು ಪ್ರಾಣಾಯಾಮದಿಂದ ಮನಸ್ಸು ಶಾಂತಗೊಳ್ಳುವುದಲ್ಲದೇ ಮಾನಸಿಕ ವಿಕೃತಿಗಳಾದ ದುಗುಡ (Anxiety) ಭಯ ಹಾಗೂ ಹಲವಾರು ಮಾನಸಿಕ ಸಮಸ್ಯೆಗಳನ್ನು ವಿನಾಶಿಸಿಕೊಳ್ಳಬಹುದು ನಂತರ ದೇವರನ್ನು ಸ್ಮರಿಸಿ ಜಪ ಥವಾ ಹಲವು ಅನುಷ್ಠಾನಗಳನ್ನು ಮಾಡುವವರು ಮಾಡಬಹುದು. ಆಮೇಲೆ ಸ್ನಾನ ಮಾಡುವುದಕ್ಕಿಂತ ಮುಂಚೆ ದಂತದಾವನ ಅಂದರೆ ಹಲ್ಲು ತಿಕ್ಕುವುದು ಮತ್ತು ಜಿಹಾರ್ನಿಲೇಖನ ಆಮೇಲೆ ಕವಲ ಮತ್ತು ಗಂಡುಕದಂತಹ ಕ್ರಮಗಳನ್ನು ಪಾಲಿಸುವುದರಿಂದ ನಮ್ಮ ಉದ್ದಬಾಗದ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಬಹುದು.

ಉಪಹಾರವನ್ನು ಸೇವಿಸುವ ಸಂದರ್ಭದಲ್ಲಿ ಆದಷ್ಟು ಕೆಳಗೆ ಕುಳಿತು ಸೇವಿಸುವುದು ಸೂಕ್ತ ಇದರಿಂದ ನಮ್ಮ ಕಿಲುಗಳ ಆರೋಗ್ಯ ವೃದ್ಧಿಸುವುದಲ್ಲದೇ ನಮ್ಮ ದೇಹಕ್ಕೆ ಮತ್ತು ಹೊಟ್ಟೆಗೆ ಹೆಚ್ಚಿನ ರಕ್ತ ಸಂಚಾರವಾಗುತ್ತದೆ. ಋತುಗಳ ಅನುಸಾರವಾಗಿ ಆಹಾರವನ್ನು ಸೇವಿಸಬಹುದು ಗ್ರೀಷ್ಮ ಋತುವಿನಲ್ಲಿ ವಾತ ಸಂಚಯವಿರುತ್ತದೆ. ಆ ಋತುವಿನಲ್ಲಿ ದೇಹಕ್ಕೆ ತಂಪು ಹಾಗೂ ಶಕ್ತಿಯನ್ನು ತುಂಬುವ ರಾಗಿಯನ್ನು ಮಜ್ಜೆಗೆಯೊಂದಿಗೆ ಅಂಬಲಿ ಮಾಡಿಕುಡಿಯಬೇಕು. ವರ್ಷ ಋತುವಿನಲ್ಲಿ ಪಿತ್ತ ದೋಷ ಸಂಚಯವಾಗುತ್ತದೆ. ಈ ಸಮಯದಲ್ಲಿ ಹೆಚ್ಚು ಕಟು, ಟಿಕ್ತಾ, ಕಷಾಯ ರಸವುಳ್ಳ ಆಹಾರವನ್ನು ಸೇವಿಸಬೇಕು. ಉಪಹಾರ ಸೇವಿಸಿದ ನಂತರ ನಮ್ಮ ದೈನಂದಿನ ಕೆಲಸಗಳನ್ನು ಮುಗಿಸಿ ಮದ್ಯಾಹ್ನ ಊಟಕ್ಕೆ ನಮ್ಮ ಅಗ್ನಿ ಎಷ್ಟಿರದೆಯೋ ಅಷ್ಟಕ್ಕೆ ಊಟವನ್ನು ಸೇವಿಸಬೇಕು. ಮೊದಲಿಗೆ ನಮ್ಮ ಹೊಟ್ಟೆಯನ್ನು ಮೂರು ಭಾಗಗಳಾಗಿ ವಿಂಗಡಿಸಿ ಅದರಲ್ಲಿ ಒಂದು ಭಾಗ ದ್ರವ ಪದಾರ್ಥಗಳಿಗೆ ಮತ್ತು ಇನ್ನೊಂದು ಭಾಗ ಘನ ಪದಾರ್ಥಗಳಿಗೆ ನಂತರ 1/3 ಭಾಗವು ಖಾಲಿ ಬಿಡಬೇಕು. ಅಂದರೇ ಅದರಿಂದ ದೋಷ ಸಂಚಾರಗಳಿಗೆ ಅನುಕೂಲವಾಗುತ್ತದೆ. ಮತ್ತು ಜೀರ್ಣಕ್ರಿಯೆ ಸಾರಾಗವಾಗುತ್ತದೆ. ಈ ರೀತಿ ಆಹಾರ ತೆಗೆದುಕೊಳ್ಳುವುದಲ್ಲದೆ ಆಹಾರವನ್ನು ಆದಷ್ಟು ಬಿಸಿಯಾಗಿ ಇದ್ದಾಗಲೇ ಸೇವಿಸಬೇಕು ಜೊತೆಗೆ ತುಪ್ಪದಂತಹ ಸ್ನೇಹಾಂಶವುಳ್ಳ ಆಹಾರವನ್ನು ಸೇವಿಸಬೇಕು ಎಂದು ನಮ್ಮ ಸಂಹಿತದಲ್ಲಿ ಅಷ್ಟೆ ಆಹಾರ ವಿಧಿವಿದಾನ ಹೇಳಲಾಗಿದೆ. ಈ ರೀತಿ ಮಾಡುವುದರಿಂದ ನಮ್ಮ ಮಾನಸಿಕ ಆರೋಗ್ಯವು ವೃದ್ಧಿಸುತ್ತದೆ. ಹೇಗೆಂದರೆ ನಮ್ಮ ದೇಹದಲ್ಲಿ gut brain axis ಎನ್ನುವ ಒಂದು ಪ್ರಕ್ರಿಯೆಯಿದೆ ಅಂದರೆ ನಮ್ಮ ಜಠರಾಂಗದ ಆರೋಗ್ಯವು ಚೆನ್ನಾಗಿದ್ದರೆ ನಮ್ಮ ಮೆದುಳಿನ ಕೆಲಸವು ಚೆನ್ನಾಗಿ ಆಗುತ್ತದೆ. ಎಂದು ಸುಲಭ ಮಾತಿನಲ್ಲಿ ಹೇಳಬಹುದು ನಂತರ ಕೇವಲ ಗ್ರೀಷ್ಮ ಋತುವಿನಲ್ಲಿ ಮಾತ್ರ ದಿವಾಸ್ವಪ್ನ ಅಂದರೆ ಮದ್ಯಾಹ್ನ ಮಲಗಿಕೊಳ್ಳುವುದು ಅಥವಾ ಹಗಲಿನಲ್ಲಿ ನಿದ್ರೆ ಮಾಡುವುದನ್ನು ಸೂಚಿಸಲಾಗಿದೆ. ಬೇರೆ ಎಲ್ಲಾ ಋತುವಿನಲ್ಲಿಯೂ ದಿವಾಸ್ವಪ್ನವನ್ನು ನಿಷೇಧಿಸಲಾಗಿದೆ. ನಂತರ ರಾತ್ರಿ ಚರ್ಯ ಅಂದರೆ ರಾತ್ರಿ ಮಲಗಿಕೊಳ್ಳುವ ಮುನ್ನ ಪಾದಾಂಭ್ಯಗ ಅಂದರೇ ನಮ್ಮ ಪಾದಗಳಿಗೆ ಎಷ್ಟೆಯಿಂದ ಅಭ್ಯಂಜನ ಮಾಡುವುದರಿಂದ ಚೆನ್ನಾಗಿ ನಿದ್ರೆ ಬರುವುದಲ್ಲದೇ ಇರುವ ತ್ರಿದೋಷ ಪ್ರಕೋಪವು ಕಡಿಮೆಯಾಗುತ್ತದೆ. ರಾತ್ರಿಯ ಊಟವನ್ನು ಸುಮಾರು 7ಗಂಟೆಯಿಂದ 8:30 ರ ಓಳಗೆ ಮುಗಿಸಬೇಕು ರಾತ್ರಿ ಮೊಸರು ತುಪ್ಪದಂತಹ ಆಹಾರಗಳನ್ನು ನಿಷೇಧಿಸಲಾಗಿದೆ. ಹಾಗೂ ಬೆಳಿಗ್ಗೆ ಬೆಳ ಎಳುವುದನ್ನು ರೂಡಿಸಿಕೊಳ್ಳಬೇಕು. ಈ ರೀತಿಯಾಗಿ ಹಲವಾರು ಆಯುರ್ವೇದ ಕ್ರಮಗಳನ್ನು ರೂಡಿಸಿಕೊಳ್ಳಬೇಕು.

"ಆರೋಗ್ಯವೇ ಬಾಗ್ಯ" ಎನ್ನುವ ಹಾಗೇ ಆರೋಗ್ಯವೊಂದಿದ್ದರೆ. ಇಡೀ ಜಗತ್ತಿನಲ್ಲಿಯೇ ಅವರು ಅದೃಷ್ಟವಂತರು. ಇಂತಹ ಅದೃಷ್ಟ ಎಲ್ಲರಿಗೂ ಈಗ ದೊರೆಯುವುದು ತುಂಬಾ ಸುಲಭ ಮೇಲೆ ತಿಳಿಸಿರುವ ಎಲ್ಲಾ ಕ್ರಮಗಳನ್ನು ಪಾಲಿಸಿ ನಾವು ಆರೋಗ್ಯವಂತರಾಗೋಣ ಹಾಗೂ ಆಯುರ್ವೇದ ಕ್ರಮವನ್ನು ವಿಶ್ವದೇಲ್ಲಡೆ ವ್ಯಾಪಿಸುವಂತೆ ಮಾಡೋಣ.

# AYURVEDIC PRINCIPLES ON PHYSICAL AND MENTAL HEALTH

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Rooted in the concept of interconnectedness, Ayurveda integrates physical, mental, and spiritual well-being. As I delved into the ancient wisdom of Ayurveda, I discovered a profound connection between physical and mental health.

## The Three Doshas

Ayurveda identifies three fundamental doshas:

- Vata
- Pitta
- Kapha

As the saying goes, “Know thyself, know thy prakruthi.” Understanding one’s own body constitution, or prakruthi, is essential for maintaining physical and mental health.

## Dinacharya: The Power of Daily Routines

Our acharyas emphasize dinacharya (daily routines), though many people overlook it. Following dinacharya can bring balance and harmony to mind and body. As the famous proverb says:

“Early to bed, early to rise makes a man healthy, wealthy, and wise.”

## Rutucharya: Adapting to Seasonal Changes

Another essential Ayurvedic principle is rutucharya, which encourages adapting to seasonal changes. Following seasonal dietetics and regimens helps maintain health:

मानवो यने ववधिना स्वस्थस्स्िष्ठिति सववदा ।

िमिव कारयेद्वैद्यो यिः स्वास््यं सदेस्ससिम ् ॥

ददनचयाव तनशाचयावमिृ चयाव यथोददिम ।

आचरन्पु रुषः स्वस्थः सदा तिष्ठति नान्यथा ॥ (भा.प्र. ु 5/1)

Translation: "One remains healthy by following dinacharya, nishacharya (night routines), and rutucharya. Failing to do so leads to disease (व्याधि)."

## Ahara and Vihara: Diet and Lifestyle

In today's "hurry, worry, and spicy curry" lifestyle, Ayurveda reminds us of the importance of ahara (diet) and vihara (lifestyle). Ayurveda considers food as medicine. Healthy eating is a lifestyle, not a diet, and vihara is the bridge between health and happiness.

## Panchakarma: The Power of Detoxification

Contrary to popular belief, Panchakarma is not just about massages. It is a powerful tool for detoxifying and rejuvenating the body, enhancing overall health, vitality, and longevity. Panchakarma is the key to unlocking one’s full potential.

## Ayurveda and Mental Health

To support mental well-being, Ayurveda describes three mental attributes, known as gunas:

- Sattva
- Rajas
- Tamas

These gunas must be in balance to achieve mental harmony.



## **Yoga and Pranayama**

Although widely acknowledged, yoga is often treated as a once-a-year resolution on International Yoga Day. Yoga, when practiced daily, can help manage stress, which has become an integral part of modern life.

“Breathe to calm, not to stress.”

In any field, competition and stress are unavoidable. But maintaining mental well-being through Ayurvedic principles allows us to stay in the race with strength and resilience.

## **Embracing Ayurveda in Modern Life**

In our fast-paced, stressful lives, can Ayurvedic principles be practical? Absolutely. These principles are not hypothetical; they offer a path to a quality life.

To maintain our health, we need not rely on medicines as a first resort. Instead, let food be our medicine. Let us embrace Ayurveda to lead a life that is both quality-driven and fulfilling.

“Time spent on health is not wasted; it’s invested.”

# Creative corner

Celebrating artistic flair and originality



*In a world painted with stories and drenched in color, creativity is the pulse that drives everything we do. This page celebrates the dreamers, the makers, and the storytellers who see beauty where others see blank spaces. Here, every line, brushstroke, and word bursts with the essence of originality, crafted by those who are unafraid to dive into the unknown and bring back something new. Flip through, get inspired.*

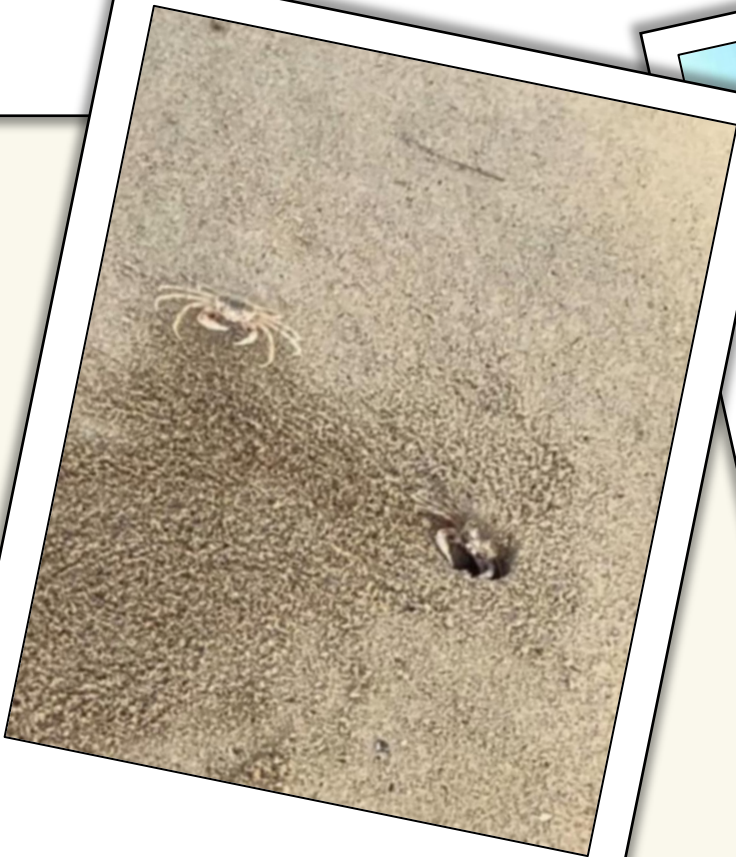
The world through

# PHOTOGRAPHY



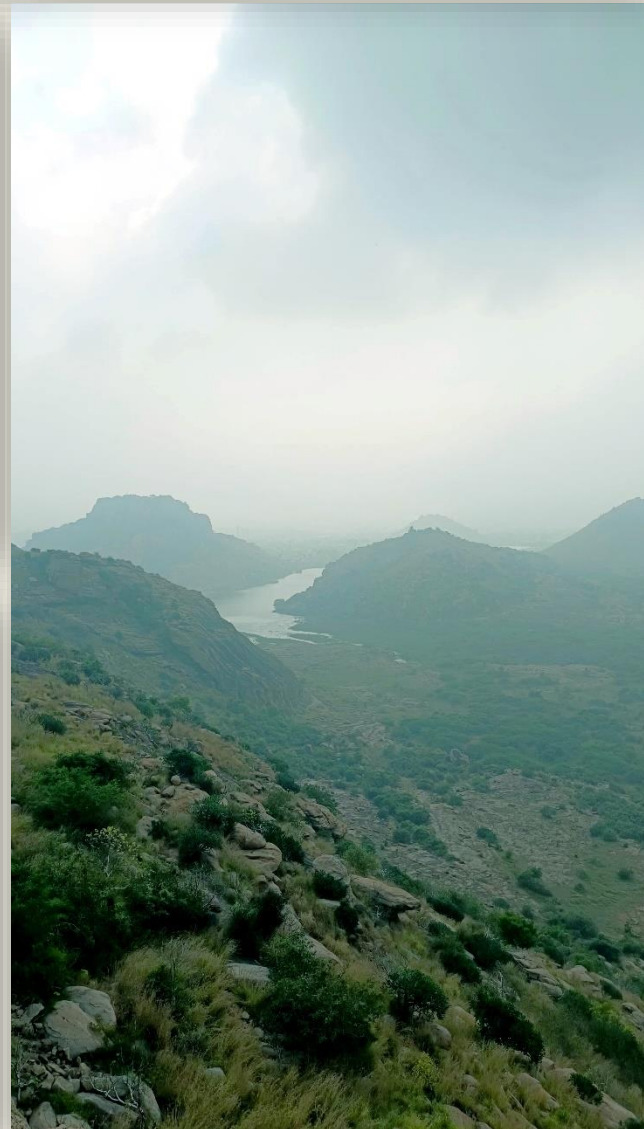
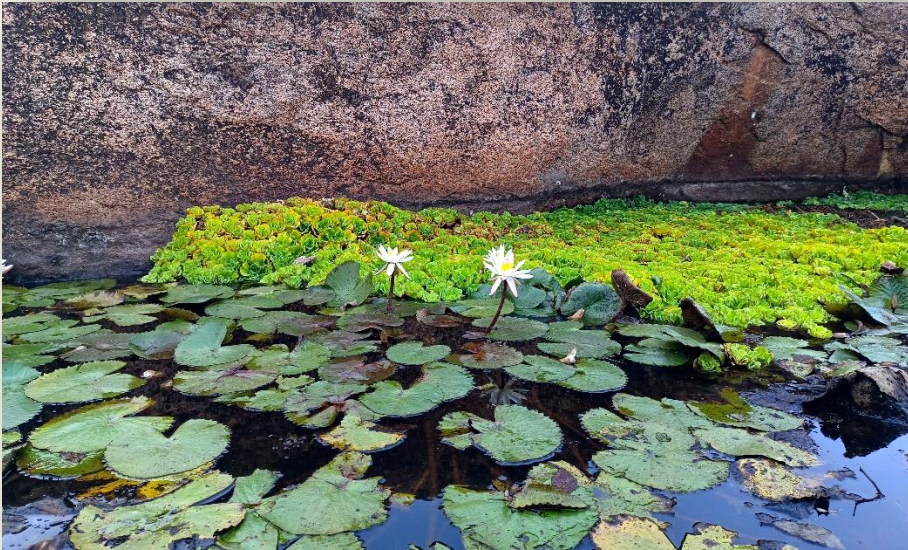
"Capturing the Bloom by  
Dr. Shridharaiiah M H:  
Celebrating the natural  
beauty and healing spirit of  
every bloom"

**"ನನಿ ಕೊನೆಯ ತುದಿಗೊಂದು ಹನಿ"**

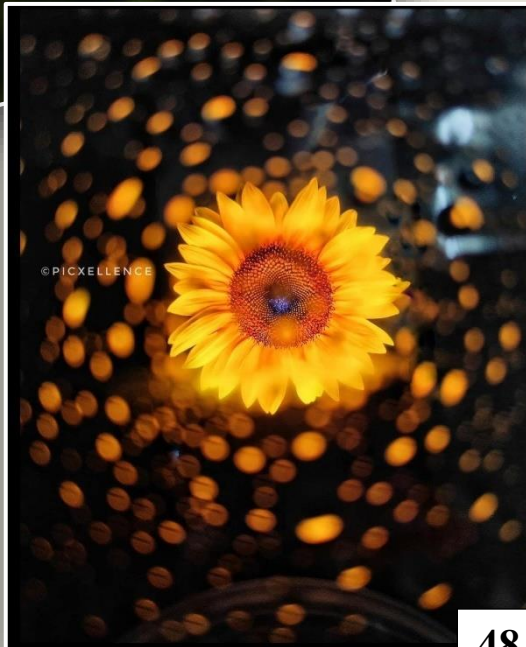
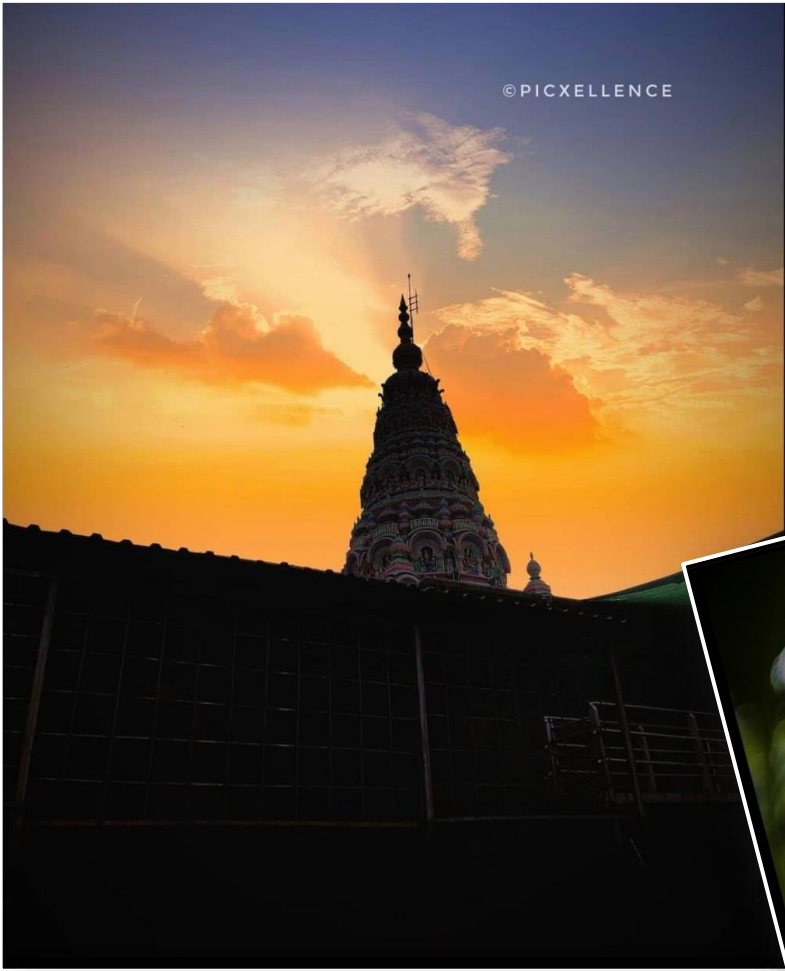


"A glimpse into the world of Dr. Manjula k, where every grain of sand holds a piece of history"

"Through the lens of R. Abhishek Patil, nature whispers its untold tales. Where lilies bloom and mountains veil, A journey unfolds, serene and pale"



"Prathamesh's Lens: Capturing the Divine"



Creative spectrum

# ART AND SOUL



"The Art of reverence: A Pencil Tribute to Divine Presence"

Dr. Shridharajiah M H



*"Let nature's beauty remind us of the divine within"*

Dr. Manjula K B

Professor. Dept of Kayachikitsa



Where words take flight

# FROM THOUGHT TO VERSE

## ನಂಬಿಕೆ

ಏನೆನ್ನಲಿನಾ ನಿಮಗೆ ನಂಬಿಕೆಯ ಕುರಿತು, ಈ ಮೂರು ಪದದ ಅರ್ಥದ ಕುರಿತು !

ಹುಟ್ಟಿದಾಗ ಮನುಷ್ಯನಾಗಿ ಮರೆಯಬೇಡಿರಿ ಐಸಿರಿ ಬಂದಾಗ

ನಂಬಿಕೆಯ ಅರ್ಥದ ಕುರಿತಾಗಿ

ಮೊಟ್ಟಮೊದಲನೆಯದಾಗಿ ತಲೆಬಾಗು ಆ ದೇವರಿಗೆ,

ನೀ ಸಾಧಿಸುವೆ ಎಂದು ಭೂಮಿಗೆ ನಿನ್ನನ್ನು ಕಳುಹಿಸಿದ ನಂಬಿಕೆಗೆ.

ನಂಬು ನೀನು ಆ ಮಹಾದಾತನಿಗೆ, ನಿನ್ನ ಮೇಲೆ ಆ ದೇವರಿಟ್ಟ ನಂಬಿಕೆಗೆ.

ಏನೆನ್ನುವಿರಿ ಈ ಕಾಲದ ಕುರಿತು?

ನಂಬಿಕೆಯ ಪದಕೆ ಅರ್ಥವೇ ಇಲ್ಲದ ಕುರಿತು,

ಇಂದು ಹೇಳುವರು, ಮುಂದು ಹೇಳುವರು !

ಏನೆಂದುಗೊತ್ತೇ

ನಂಬಿಕೆ ಇರಲಿ ನಿನ್ನ ಪ್ರತಿ ಹೆಜ್ಜೆಯಲಿ ಎಂದು...

ನಿಮ್ಮ ಪ್ರತಿಹೆಜ್ಜೆಗೂ ಇಡಿ ನಿಮ್ಮ ನಂಬಿಕೆ !  
ಖಂಡಿತವಾಗಿಯೂ ಹರಿಸುವಳು ಆ ತಾಯಿ ಅಂಬಿಕೆ,  
ಮುನ್ನುಗ್ಗು ನಿನ್ನ ಗುರುಯಡೆಗೆ ಇಟ್ಟು ನಂಬಿಕೆ,  
ಆಗ ಜನ ಬರುವರು ನಿಮ್ಮ ಹಿಂದೆ ಇಟ್ಟು ನಂಬಿಕೆ.

ಈ ಕಾಲ ಹೇಗಿದೆ ಗೊತ್ತೇ ಸ್ನೇಹಿತರೇ ?  
ನಂಬಿಕೆಯ ಶ್ವಾನ ಇರಬಹುದು ಸ್ನೇಹಿತರೆ...  
ಆದರೆ ಮನುಷ್ಯನ ದುಷ್ಟ ಸ್ವಾರ್ಥಕಾಗಿ, ಕಳೆದುಕೊಳ್ಳುತ್ತಿದೆ ಅದರ ಹೆಗ್ಗಳಿಕೆ!

ನಂಬಿರಿ ಪ್ರತಿ ಜನರ ಪ್ರತಿ ನಡವಳಿಕೆಗಳಿಗೆ,  
ತಲೆಬಾಗಿ ಅವರು ಬರುವರು ನಾವಿಟ್ಟು ನಂಬಿಕೆಗೆ,  
ಕನ್ನಡಮ್ಮನ ನಂಬಿ ನಡೆನೀನು ಮುಂದೆ,  
ನಂಬಿಕೆಯ ಅರ್ಥವನ್ನು ಬಿಡದೆ ಎಲ್ಲೂ ಹಿಂದೆ !!



Dr. Priyanka S R  
Asst. Professor Dept. of Panchakarma

## ನಾ ಗಂಡ ಸತ್ತಾಕಿ

ನಾ ಗಂಡ ಸತ್ತಾಕಿ

ಅವನ ನೆನಪಾಗಿ ಬಿಕ್ಕಿಬಿಕ್ಕಿ ಅತ್ತಾಕಿ

ಕೂಸಿನ ಮುಖ ನೋಡಿ ತುಸು ನಗಿ ನಕ್ಕಾಕಿ

ಬಿಳಿಸಿರಿ ರೌಕಿ ಉಡುವಾಕಿ

ನಾ ಗಂಡ ಸತ್ತಾಕಿ ||


ಅವರಿವರ ಮನೆಯಲ್ಲಿ ದುಡಿದಾಕಿ

ಸಂಸಾರವೆಂಬ ನೌಕೆ ಹಿಡಿದಾಕಿ

ಚುಚ್ಚು ಮಾತಿಗೆ ಕಿವಿಗೊಡದಾಕಿ

ಎಲ್ಲವ ನುಂಗಿ ಗಟ್ಟಿಯಾದಕಿ

ನಾ ಗಂಡ ಸತ್ತಾಕಿ ||

- ಡಾ.ಪುನೀತ ಸಿದ್ದಲಿಂಗಯ್ಯ ಚಿಕ್ಕಮರ

ತವರಮನಿಗೆ ದೂರ ಆದಾಕಿ

ಗಂಡನಮನಿಗೆ ಬ್ಯಾಡ ಆದಾಕಿ

ಎಲ್ಲರ ಕಣ್ಣಾಗ ನಾ ಅಲ್ಪವಾದಾಕಿ

ಏನು ತಿಳಿಯದೆ ಸುಮ್ಮನೆ ಕುಂತಾಕಿ

ನಾ ಗಂಡ ಸತ್ತಾಕಿ ||

ಎಲ್ಲರಿಗೂ ತಲಿಬಾಗಾಕಿ

ಜಗತ್ತಿಗೆ ಕೈ ಮುಗಿದಾಕಿ

ಕಾಮವನ್ನ ಸುಟ್ಟ ಬಿಟ್ಟಾಕಿ

ಮಕ್ಕಳೇ ನನ್ನ ಜೀವನ ಎಂದಾಕಿ

ನಾ ಗಂಡ ಸತ್ತಾಕಿ ||



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**“TREAT PROBLEMS AS OPPORTUNITIES TO  
WORK AND IMPROVISE”**

**– Shri. Sanjay Kotbal**