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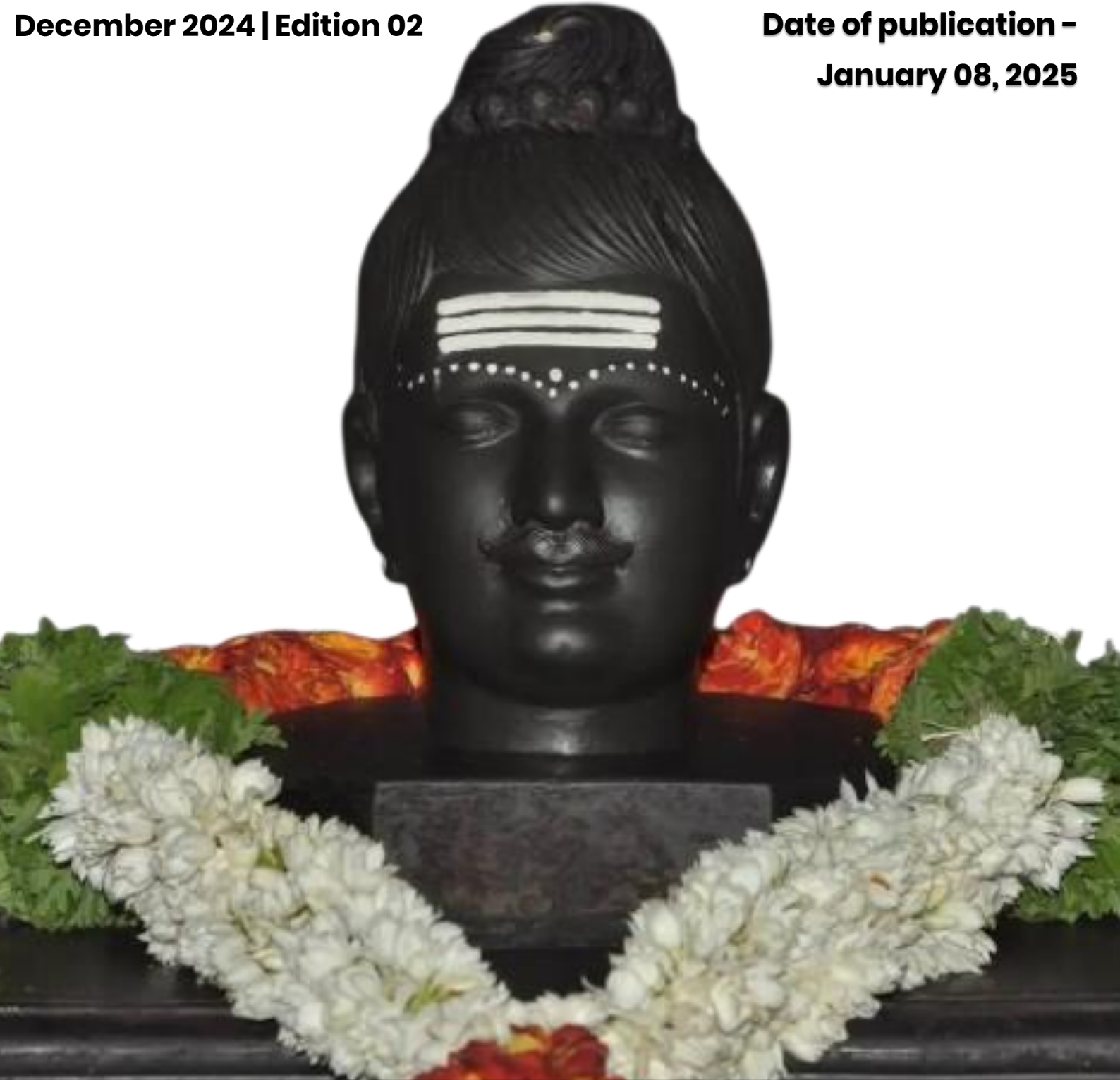


GAVI KALPATARU

AYURVEDA E MAGAZINE

December 2024 | Edition 02

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Chiefeditorgavikalpataru@gmail.com



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December 2024 | Edition 02

EMBRACING WINTER WITH **AYURVEDA**

"Embrace the serenity of winter through the timeless wisdom of Ayurveda. Discover how to harmonize with the season's rhythms by nourishing your body, mind, and spirit. From warming herbal teas to rejuvenating self-care rituals and balancing foods, this issue guides you to stay grounded and vibrant during the colder months. Let Ayurveda inspire you to uncover the beauty and wellness hidden in winter's embrace."



GAVIKALPATARU

DECEMBER 2024/ EDITION 02

EDITORIAL TEAM

CHIEF EDITOR: **DR. M.M. SALIMATH**

EDITOR IN CHARGE: **DR. SHRIDHARAI AH M.H.**

EDITORIAL MEMBERS: **DR. S.N. HAKKANDI**

DR. G.G. PATIL

DR. ANITA KULKARNI

DR. AMAL. S. CHANDRAN

DR. ASHA S.A

CREATIVE DIRECTOR / GRAPHIC DESIGN: DR. SHRIDHARAI AH M.H.

CONTRIBUTORS: ALL STAFFS, STUDENTS & INTERNEES OF SJG AMC

MARKETING / PUBLISHER: PRINCIPAL SJG AMC KOPPAL

CONTACT: CHIEFEDITORGAVIKALPATARU@GMAIL.COM

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For queries, please contact: chiefeditorgavikalpataru@gmail.com

ACKNOWLEDGMENT

The December Edition of GAVI KALPATARU celebrates the wisdom of Ayurveda in harmonizing health and well-being during the winter season. This edition reflects collective efforts, dedication, and support from many individuals who have made this vision a reality.

*We express our heartfelt gratitude to **Shree Jagadguru Gavisiddeswara Swamiji**, whose spiritual guidance and benevolence continue to inspire and elevate us.*

*With reverence, we acknowledge the blessings of **Lord Dhanvantari**, the celestial healer and the divine source of Ayurveda, whose teachings illuminate our path toward holistic health and inner harmony.*

*We extend our deepest appreciation to our **College Chairman, Shri Sanjay Kotbal**, for his unwavering encouragement and belief in this initiative, and to our **Chief Editor, Dr. M.M. Salimath**, for his vision and guidance in shaping this magazine.*

*Our sincere thanks go to the **Editorial Members** for their invaluable insights and dedication, ensuring this edition resonates with its purpose.*

*A special mention goes to the staff, students, and members of **SJGAMC** for their enthusiastic participation, contributions, and inspiring articles. We also extend our gratitude to our beloved **Principal**, whose leadership has been instrumental in bringing this edition to fruition.*

To our readers, we owe our deepest gratitude for their support and encouragement, which drive us to excel and deliver meaningful content.

Finally, our heartfelt thanks to the entire GAVI KALPATARU team for their creative efforts in making this edition a celebration of Ayurveda and winter wellness.

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

*With Warm regards,
The Editor In charge
Dr. Shridharaiah MH
December Edition, 2024*

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Principal & Editor's **LETTER**



Dear Readers,

As we step into the winter season, it is with great joy that I welcome you to the second edition of GAVI KALPATARU! This issue is dedicated to celebrating the profound wisdom of Ayurveda in embracing and thriving through winter.

Winter is a time of stillness, introspection, and resilience, and Ayurveda offers timeless guidance to align our bodies and minds with nature's rhythms. In this edition, you will discover articles that delve into seasonal routines, nourishing recipes, remedies for winter wellness, and insights into balancing the doshas during this time.

Our contributors, once again, have brought together a wealth of knowledge and creativity to make this issue both enlightening and engaging. Their passion for Ayurveda shines through every page, inspiring us to reconnect with holistic living.

As always, we value your feedback and suggestions. Your thoughts help us shape this magazine into a platform that truly resonates with our shared journey of wellness.

Thank you for being an integral part of the GAVI KALPATARU community. Together, let us embrace the beauty of winter with the wisdom of Ayurveda.

Dr. M. M. Salimath

“WINTER WELLNESS IN KARNATAKA: STAY WARM, ENERGIZED, AND THRIVING”: YOUR ULTIMATE GUIDE

Winter in Karnataka is mild yet refreshing, offering pleasant days and cooler nights. From the misty hills of Coorg to the breezy plains of Bengaluru, the season brings opportunities for festive gatherings and indulgence in local delicacies. While the chill is not extreme, it still calls for mindful care to stay warm, healthy, and energized. Here is your guide to enjoying the Karnataka winter.

01 Layer Up Smartly: Dressing for Comfort and Warmth

Winter in Karnataka does not demand heavy woolens, but layering is key to staying comfortable. Opt for a light inner layer, a cotton sweater, and a woolen shawl for the evenings. In colder regions like Chikkamagaluru, a fleece jacket or a thick blanket shawl can be handy. For rural areas, traditional attire like dhoti or saree paired with knitted sweaters and shawls are popular winter choices. Do not forget woolen socks for chilly mornings!



Fuel Your Inner Fire: Nutritious Karnataka Foods to Energize You 02

Karnataka’s winter cuisine is a celebration of warmth and nourishment. Begin your day with a wholesome serving of *Jolad Rotti* (jowar flatbread) paired with spicy *Ennegai* (stuffed brinjal curry) for energy and comfort. Indulge in piping hot *bisi bele bath*, a delicious rice-lentil dish. Seasonal vegetables like pumpkin, radish, and beans, along with *avarekai* (hyacinth beans), dominate winter

recipes.



Warm snacks like *Maddur Vada*, *Nippattu*, or *Chakli* pair perfectly with a cup of filter coffee. Desserts like *Ellu - Bella* (a sesame and jaggery mixture) and *Paysas* made with jaggery are winter favorites, as they provide warmth and energy. Include spices like black pepper, dry ginger, and turmeric in your meals to boost circulation and immunity.

03 Stay Active: Move Your Body to Beat the Winter Chill

Mild winters in Karnataka encourage outdoor activities. Enjoy morning walks in the misty hills of Coorg. Yoga and Surya Namaskar are widely practiced and are perfect for maintaining flexibility and warmth during the season. Traditional folk dances can also be an enjoyable way to stay active during community gatherings.



Create a Cozy Space: Make Your Home a Warmth Sanctuary

04

Homes in Karnataka are designed to stay cool in summer, so keeping warm in winter requires some tweaks. Use thick curtains, door stoppers, and rugs to insulate your home. A cotton dari or woolen mat on the floor adds warmth.



In colder regions, traditional charcoal braziers (*Angithi*) or modern heaters help keep the chill at bay. Light *Deepas* (oil lamps) during festivals like Makara Sankranti to create a warm, festive ambiance.

keep the chill at bay. Light *Deepas* (oil lamps) during festivals like Makara Sankranti to create a warm, festive ambiance.

04 Warm Beverages, Big Energy: Sipping Your Way to Comfort

A cup of authentic Karnataka filter coffee is the quintessential way to warm up during winter mornings. For a traditional health boost, sip on *Kashaya*—an herbal decoction made with cumin, coriander, dry ginger, and jaggery. Warm milk with a pinch of turmeric (*Haldi Haalu*) is another comforting option. During festivals, enjoy *Ellu Bella* with a side of spiced jaggery milk for a festive twist.



So, wrap yourself in a cozy shawl, brew some aromatic filter coffee, and embrace the magic of Karnataka's winter!

“BEST INDIAN HERBS AND SPICES TO STAY HEALTHY THIS WINTER”

Winter can be a challenging season for many, with cold temperatures, dry air, and a higher risk of infections. Fortunately, traditional Indian herbs and spices have been used for centuries to boost immunity, promote warmth, and support overall health during the colder months. Here are some of the best Indian herbs and spices to help you stay healthy and warm this winter:

1. GINGER (ADRAK)



Ginger is a warming spice that plays a vital role in Indian winter cuisine and wellness. It helps improve blood circulation, making it perfect for the colder months. Ginger is known to reduce inflammation, fight off infections, and relieve respiratory issues such as coughs and colds. It also aids digestion, making it useful after heavy winter meals.

How to Use:

- ❄ Add fresh ginger to teas, soups, or curries.
- ❄ Make a ginger-honey-lemon drink to soothe a sore throat.

Turmeric is a powerful anti-inflammatory and antioxidant spice, often called "nature's medicine." It is essential for boosting the immune system, especially during the flu season. Turmeric also helps with joint pain, which can be exacerbated by the cold weather, and has warming properties that promote overall body warmth.

2. Turmeric (Haldi)



How to Use:

- ❄️ Drink golden milk (turmeric mixed with milk) before bed to fight inflammation and promote restful sleep.
- ❄️ Add turmeric to your curries, soups, or stews for both flavour and health benefits.

3. Cinnamon (Dalchini)



Cinnamon is known for its warming effects, making it an excellent choice for winter. It helps regulate blood sugar levels, which is beneficial during the holiday season when sweet indulgences are common. Cinnamon also has antimicrobial properties that can help fight off infections, and its aroma can uplift your mood during the long, dark winter.

How to Use:

- ❄️ Add a cinnamon stick to your tea, hot chocolate.
- ❄️ Sprinkle ground cinnamon over oatmeal, desserts, or fruit for added flavor and health benefits.

Cloves are aromatic and packed with essential oils that are known for their antimicrobial and anti-inflammatory properties. Cloves are great for soothing sore throats, reducing coughs, and helping with digestion. They also provide warmth and comfort during the colder months.

4. Cloves (Laung)



How to Use:

- ❄ Add whole cloves to chai or warming drink.
- ❄ Use cloves in your cooking, such as in rice, meat, or vegetable dishes.

5. Black Pepper (Marica)



Black pepper is a warming spice that helps improve digestion and circulation. It can help alleviate cold symptoms, like nasal congestion and coughing, by promoting sweating and increasing body temperature. Additionally, black pepper contains piperine, which enhances the bioavailability of nutrients like turmeric.

How to Use:

- ❄ Add freshly ground black pepper to soups, curries, or teas.
- ❄ Mix black pepper with honey and consume it for a quick remedy to clear your sinuses and reduce coughs.

Fenugreek is a highly beneficial herb, especially during winter. The seeds are packed with antioxidants and have antibacterial properties, which can help fight off winter infections. Fenugreek is also known for its ability to regulate blood sugar levels, which is especially helpful during the colder months when many people may indulge in heavier meals.



6. Fenugreek (Methi)

How to Use:

- ❄ Soak fenugreek seeds overnight and drink the water the next morning to aid digestion and metabolism.
- ❄ Add fenugreek leaves to your winter curries or make fenugreek parathas.

7. Holy Basil (Tulsi)



Tulsi, or holy basil, is a revered herb in India, particularly for its healing and immune-boosting properties. Tulsi is known to help combat respiratory issues, making it excellent for the winter when colds and coughs are common. It also helps reduce stress, purify the blood, and improve skin health.

How to Use:

- ❄ Brew a soothing Tulsi tea to alleviate coughs, colds, and congestion.
- ❄ Add fresh Tulsi leaves to soups or salads for a healthful boost.

Mustard seeds are particularly helpful during winter because they have warming properties that promote blood circulation and help the body stay warm. They also have detoxifying and anti-inflammatory effects. Mustard oil, which is commonly used in Indian cooking, is also known for its ability to improve circulation and promote warmth.

8. Mustard Seeds (Sarshapa)



How to Use:

- ❄️ Temper mustard seeds in hot oil and add them to curries, dals, or vegetable dishes.
- ❄️ Massage mustard oil on your skin to prevent dryness caused by the cold winter air.

9. Saffron (Kesar)



Saffron is a luxurious spice with numerous health benefits. It is known to improve mood, enhance memory, and reduce symptoms of winter depression or the "winter blues." Saffron also has antioxidant and anti-inflammatory properties and can help promote warmth and circulation in the body.

How to Use:

- ❄️ Add a few saffron strands to warm milk or tea for a relaxing and mood-boosting drink.
- ❄️ Use saffron in dishes like kheer or pulao for added flavor and health benefits.

Ashwagandha, an adaptogenic herb, is excellent for reducing stress and promoting overall vitality, which can be especially beneficial during the winter when energy levels tend to dip. It helps balance the body's internal systems, supports the immune system, and improves energy levels. Ashwagandha can

10. Ashwagandha



also help with insomnia, a common problem during the colder months.

How to Use:

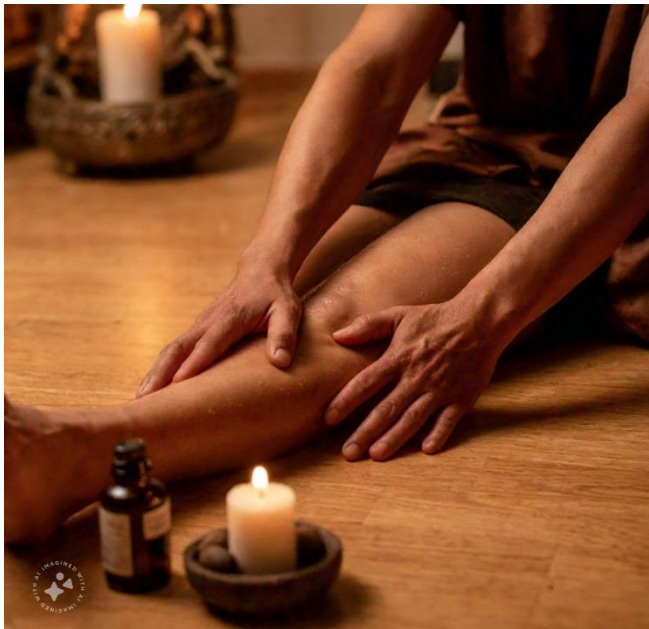
- ❄ Take ashwagandha powder mixed with milk or water before bed to improve sleep and reduce stress.
- ❄ Add it to herbal teas for additional health benefits.

Conclusion

Indian herbs and spices are not just flavorful additions to your winter meals, but also powerful allies in maintaining good health during the colder months. By incorporating these natural remedies into your daily routine, you can boost your immunity, improve digestion, enhance warmth, and stay healthy throughout winter. Whether used in teas, curries, or even as supplements, these herbs and spices are key to staying strong, energized, and resilient in winter.

“AYURVEDIC SELF-CARE RITUALS FOR SKIN AND BODY”

Ayurveda, the ancient system of medicine from India, emphasizes balance in the body, mind, and spirit. One of its key aspects is self-care, particularly through natural rituals that nurture the skin and body. By incorporating Ayurvedic practices, you can nourish your skin, improve circulation, and support overall health. Here are some Ayurvedic self-care rituals for maintaining healthy, glowing skin and a balanced body.



Massage

Abhyanga, the Ayurvedic practice of self-massage with warm oils, is one of the most important rituals for maintaining healthy skin. It helps to improve circulation, detoxify the body, and hydrate the skin.

How to do it: Choose an oil suitable for your skin type (sesame oil for dry skin, coconut oil for oily skin, or almond oil for sensitive skin). Warm the oil slightly and apply it to your body, massaging in long strokes towards the heart. Focus on areas with tension, like the shoulders and lower back. Leave the oil on for 20-30 minutes, then take a warm shower to rinse.

Benefits: Abhyanga helps in improving skin elasticity, reducing the appearance of fine lines, and promoting relaxation.

Herbal Scrubs

Herbal Scrubs

(Utsadana) is a traditional Ayurvedic body scrub made from natural ingredients like gram flour, turmeric, sandalwood, and herbs. This ritual exfoliates and rejuvenates the skin, leaving it smooth and radiant.

How to do it: Mix ingredients such as gram flour (besan), turmeric powder, milk or yogurt, and a few drops of rose water to form a paste. Apply it gently to your skin and scrub in circular motions. Leave it on for 10-15 minutes before washing off with warm water.

Benefits: Herbal Scrubs helps to cleanse the skin deeply, remove dead skin cells, brighten the complexion, and prevent body Odor.



Herbal Face Masks

Ayurvedic face masks are made from ingredients like turmeric, neem, honey, and sandalwood. These masks hydrate, heal, and brighten the skin, reducing inflammation and acne while providing nourishment.

How to do it: Mix ingredients like turmeric powder, honey, and aloe vera gel or rose water to form a paste. Apply the mask evenly on your face and leave it on for 15-20 minutes. Rinse off with lukewarm water.

Benefits: Ayurvedic face masks cleanse the skin, balance oil production, and soothe irritation. They can also lighten dark spots and promote an even skin tone.



Nasya, an Ayurvedic therapy for the nose,

Nasya

involves the application of medicated oils or herbal infusions in the nostrils. This practice is beneficial for respiratory health and can enhance mental clarity and energy.

How to do it: Lie down in a relaxed position and place a few drops of Ayurvedic nasal oil (such as sesame or Brahmi oil) into each nostril. Gently inhale and hold the oil in the nose for a few seconds before exhaling.



Benefits: Nasya supports healthy nasal passages, reduces congestion, and balances the Vata dosha. It also helps in maintaining skin glow by clearing toxins from the body.

Conclusion

Ayurvedic self-care rituals for skin and body focus on nourishing both the body and mind through natural, holistic practices. By incorporating these rituals into your daily routine, you can promote a healthy glow, balance your inner health, and rejuvenate your skin. Ayurveda encourages you to listen to your body, adapt to your unique needs, and treat yourself with the care and respect you deserve.

“Preparing for the new year with Ayurvedic resilience”

As the New Year approaches, it is a time of reflection, renewal, and goal-setting. Amidst the excitement of fresh beginnings, it is essential to prioritize physical, mental, and emotional well-being. One way to build lasting strength and vitality is through the ancient wisdom of Ayurveda – a holistic system of natural health from India that emphasizes balance, prevention, and resilience.

Incorporating Ayurvedic principles into your New Year preparation can set a solid foundation for health and happiness throughout the year. Here is how you can cultivate Ayurvedic resilience.

01 Build Mental Clarity with Mindfulness Practices

Mental clutter and emotional stress can block growth and hinder decision-making. Ayurveda promotes mental resilience by calming the mind, enhancing clarity, and fostering emotional balance.

How to do it:

- ❄ **Meditation:** Practice daily meditation, even for 10-15 minutes. This soothes the nervous system, calms Vata dosha, and fosters clarity.
- ❄ **Pranayama:** Incorporate simple breathing exercises like Nadi Shodhana to balance the mind and reduce anxiety.
- ❄ **Aromatherapy:** Use essential oils like sandalwood, lavender, and frankincense to ground and calm the mind.



By nurturing mental clarity, you will be better equipped to set meaningful goals and embrace new challenges with a positive outlook.



Good health is the foundation of New Year’s success. Ayurvedic immunity (ojas) is the essence of vitality that supports physical strength, energy, and disease resistance. Strengthening your Ojas boosts your ability to face life’s challenges.

How to do it:

❄ **Herbal Supplements:** Incorporate

Ayurvedic herbs like Ashwagandha (stress resilience), Guduchi (immunity), and Amla (antioxidants and digestion).

❄ **Rasayana Practices:** Use tonics like Chyawanprash – a potent Ayurvedic jam rich in antioxidants – to boost vitality.

❄ **Restorative Sleep:** Prioritize quality sleep (ideally from 10 p.m. to 6 a.m.) to rejuvenate the mind and body. Practice a calming evening routine to reduce Vata aggravation and support deeper rest.

With a robust immune system and strong physical vitality, you will be better prepared to maintain your health through all seasons of the New Year.

03 Create Rituals for Daily Balance

Ayurveda thrives on "dinacharya" (daily routines) to create stability and balance in life. Following a consistent daily schedule reduces anxiety, increases energy, and enhances overall well-being.

How to do it:

❄ **Morning Routine:** Wake up before sunrise, scrape your tongue, drink warm water, and practice gentle yoga or stretching.

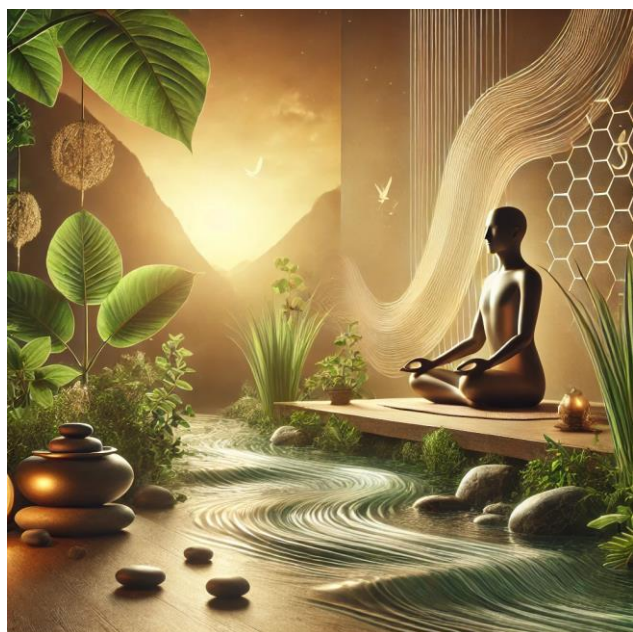


❄️ **Abhyanga:** Use warm herbal oils (like sesame or coconut) for self-massage before bathing to nourish the skin, improve circulation, and calm the nervous system.

❄️ **Evening Wind-Down:** Create a calming bedtime routine with herbal teas and screen-free time to promote deep, restorative sleep.

These small but powerful daily habits build stability, focus, and resilience to face the year's challenges.

Set Intentions with Ayurvedic Self-Awareness 04



Unlike resolutions that often fade, Ayurveda emphasizes "sankalpa" — an intention aligned with your deeper purpose. This intention is not a rigid goal but a guiding principle for your actions and decisions.

How to do it:

❄️ **Reflection:** Write down your strengths, challenges, and core values. Ask, "What do I want to cultivate in my life this year?"

❄️ **Set Intentions:** Choose a simple, meaningful sankalpa, such as "I will prioritize balance in my health and relationships" or "I will live with gratitude and presence."

❄️ **Revisit Often:** Reflect on your sankalpa regularly to stay aligned with your goals and make course corrections when needed.

With a clear sense of purpose, your New Year's journey becomes a mindful and intentional pursuit of growth.

05 Cultivate Emotional Resilience

Life's unpredictability can challenge your mental and emotional well-being. Ayurveda suggests cultivating "sattva" — a state of peace, positivity, and balance — to navigate life with grace.

How to do it:

❄️ **Sattvic Diet:** Eat fresh, whole, plant-

based foods that promote mental calmness, like fruits, vegetables, and whole grains. Avoid processed, fried, or overstimulating foods.

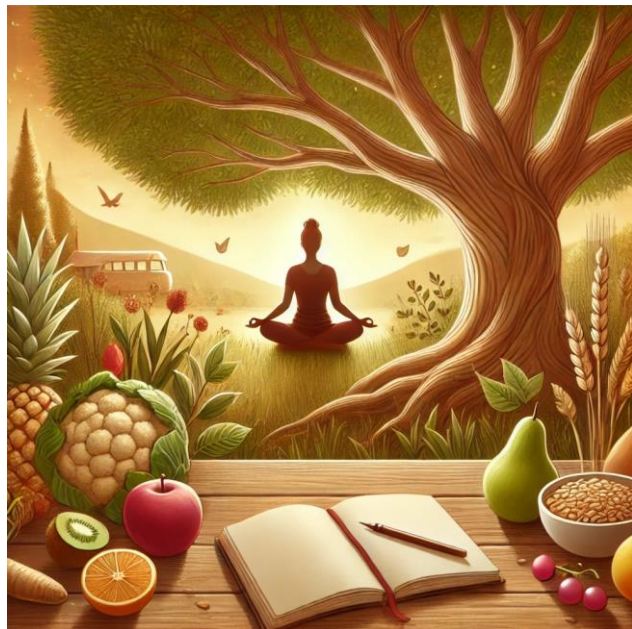
❄️ **Gratitude Practice:** Start a gratitude journal to shift your focus toward positivity and abundance.

❄️ **Build Emotional Awareness:** Practice mindfulness and self-reflection to recognize and release negative emotions, such as anger, fear, or attachment.

By nurturing emotional strength, you will remain calm and centered no matter what the New Year brings.

Preparing for the New Year with Ayurvedic resilience is about building strong foundations cleansing the body, calming the mind, and creating balance through daily routines. By aligning with nature's rhythms and adopting Ayurvedic practices, you will enter the New Year with clarity, strength, and a sense of purpose.

This year, instead of chasing fleeting resolutions, consider embracing Ayurveda's timeless wisdom. It is not about perfection but about cultivating resilience, balance, and lasting well-being. Let 2024 be a year of holistic health, harmony, and happiness.





News Bites

A cozy spot for latest updates.

Ayurveda Scholar Shines at National Essay Contest 2024

Koppal, Karnataka - Dr. Prabhuswami Hiremath, a 2nd-year postgraduate scholar from the Department of Kriya Shareera at Shree Jagadguru Gavisiddeshwara Ayurvedic Medical College and Hospital, has achieved a remarkable milestone by securing the first prize in the National Essay Contest 2024. The event was organized at Chaudhary Brahm Prakash Ayurved Charak Sansthan, Govt. of NCT, Delhi, on November 20, 2024.

The competition's theme, "Ayurveda Innovation for Global Health," attracted participation from scholars across India, showcasing the potential of Ayurveda in addressing global health challenges. Dr. Hiremath's essay stood out for its insightful ideas and innovative approach, earning him the prestigious honor.

This achievement has brought immense pride to the institution, with heartfelt congratulations pouring in from the faculty, principal, and management.

The institution wishes him continued success in his academic and professional journey.

Guest Lecture on Ano-Rectal Disorders Held at Shalya Prabhodha Series

Koppal, Karnataka – On November 26, 2024, the Shalya Tantra Department hosted a guest lecture under the "Shalya Prabhodha" series, focusing on enhancing knowledge and skills in Ayurvedic surgery. The event



featured Dr. Shankar S, Professor and Head of the Department of Shalya Tantra at SDMIAH, Bengaluru, as the keynote speaker.

Dr. Shankar delivered a comprehensive lecture on "Approach Towards Ano-Rectal Disorders," delving into diagnostic and treatment methods for these complex conditions. The session highlighted the integration of traditional Ayurvedic practices with modern surgical techniques, offering attendees practical insights and real-world applications.

The lecture drew a large audience, including students, faculty, and medical professionals, who engaged in a lively discussion with the speaker. Dr. Shankar emphasized the importance of a holistic approach to patient care and shared case studies to illustrate his points.



The event concluded with a felicitation ceremony, where Dr. Shankar was honoured for his expertise and contributions. Faculty members expressed their gratitude for his participation, acknowledging the lecture's significant impact on the academic and professional growth of attendees.

The Shalya Prabhodha series continues to serve as a platform for knowledge exchange, inspiring future practitioners in the field.

Workshop on Ayurveda Cosmetology Conducted for BAMS Students



The Department of Rasashastra and Bhaishajya Kalpana successfully organized a workshop on "Ayurveda Cosmetology and Self-Care Products" on December 2, 2024. This event was held as part of the NCISM curriculum for second-phase BAMS students.

The resource person for the workshop was Dr. Govind Reddy, Assistant Professor in the Department of Pharmaceutics, TVM College of Pharmacy. His insightful lectures provided the students with an in-depth understanding of Ayurvedic principles applied to cosmetology and self-care, fostering a greater appreciation for traditional knowledge in modern applications.

The event witnessed enthusiastic participation from students and faculty members. Practical demonstrations complemented the theoretical sessions, enabling students to gain hands-on experience in preparing Ayurvedic self-care products.

The workshop was highly appreciated for bridging the gap between theoretical knowledge and practical skills, contributing significantly to the holistic development of BAMS students.

Guest Lecture on Pharmacovigilance Awareness

Koppal, Karnataka – November 30, 2024:

The Rasashastra and Bhaishajya Kalpana Department at Koppal hosted an insightful guest lecture on pharmacovigilance awareness. This event was conducted by Dr. Jagdish Mitti,



Professor and Head of the Department (HOD) of RSBK, JSS Ayurveda Medical College, Mysore.

The lecture, held at the college premises, aimed to educate students and faculty on the importance of pharmacovigilance in Ayurveda. Dr. Mitti emphasized the need for monitoring drug safety, detecting adverse drug reactions, and ensuring patient safety in Ayurvedic practice. His expertise and engaging presentation captivated the audience, providing valuable insights into the challenges and solutions in the field of pharmacovigilance.



The event included active participation from students and faculty, followed by an interactive Q&A session. The program concluded with a felicitation ceremony, where the organizers expressed their gratitude to Dr. Mitti for his invaluable contribution.

This initiative is part of the institution's efforts to enhance awareness and knowledge among Ayurvedic professionals regarding drug safety and regulatory practices. The department thanked all participants for making the event a success.



Karnataka Samskrit University Signs Landmark MoU with Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College & Hospital



Bengaluru, 21/12/2024 – In a significant move aimed at promoting academic collaboration and skill development, Karnataka Samskrit University (KSU), Bengaluru, has signed a Memorandum of Understanding (MoU) with Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College & Hospital (SJGAMC), Koppal.

This strategic partnership, sealed between Mr.

Vishwanath Hiremath, Registrar of Karnataka Samskrit University, and Dr. Mahantesh M Salimath, Principal of SJGAMC, sets the stage for cooperation in the fields of skill-based training, research, and curriculum development.

The agreement aims to harness the intellectual resources of both institutions to provide students with comprehensive training, research opportunities, and industry exposure. Under this MoU, the parties will work closely on curriculum design, faculty development, joint research initiatives, and skill enhancement programs.

A Shared Vision for Innovation and Education

Both institutions recognize the need for collaborative efforts to bridge the gap between traditional knowledge systems and contemporary education. KSU's focus on Sanskrit, Shastra, Vedanta, and ancient Indian sciences will complement SJGAMC's expertise in Ayurveda, patient care, and medical education.

“The integration of Sanskrit and Ayurvedic education is essential for preserving India's rich heritage and advancing our healthcare systems,” remarked Mr. Vishwanath Hiremath. “This partnership will open new pathways for students to excel in their careers while contributing to society.”

Dr. Salimath expressed his optimism about the collaboration, emphasizing that the agreement will allow SJGAMC to draw on KSU's academic strengths, ensuring that Ayurvedic students gain deeper insights into ancient texts and practices in their original Sanskrit form.

Key Highlights of the MoU:

- **Curriculum Development:** Joint efforts in designing training methodologies to ensure students meet current industry standards.
- **Faculty and Student Exchange:** Faculty and students will have opportunities to engage in exchange programs, training sessions, and guest lectures.
- **Research and Development:** Collaborative research projects focusing on Ayurvedic sciences, yogic practices, and allied disciplines.
- **Skill Development Programs:** Focused initiatives to bridge skill gaps and prepare students for industry demands.

This partnership marks a significant step forward in the integration of ancient and modern knowledge, with a vision to strengthen India's educational framework and enrich students' learning experiences.

Shree Jagadguru Gavisiddeswara Ayurvedic Medical College and Shri Gavisiddeswara Arts, Science, and Commerce College Sign MoU to Strengthen Academic Collaboration

Koppal, 24/12/2024 – In a significant move to promote academic excellence and interdisciplinary collaboration, Shree Jagadguru Gavisiddeswara Ayurvedic Medical College and Shri Gavisiddeswara Arts, Science, and Commerce College, Koppal, have signed a Memorandum of Understanding (MoU). This partnership aims to foster knowledge-sharing, research collaboration, and student development across the two institutions.

The MoU signing was attended by senior faculty, administrative staff from both colleges. Principals of both Colleges formally signed the agreement, marking a new chapter in academic cooperation between the institutions.

“This partnership will enable students to experience a holistic approach to education by bridging the gap between modern and traditional knowledge systems,” said Principal Dr. M. M. Salimath of Shree Jagadguru Gavisiddeswara Ayurvedic Medical College. “By combining our strengths, we aim to provide students with a unique learning experience that prepares them for diverse career paths.”

Key objectives of the MoU include:

- Conducting joint seminars, workshops, and academic conferences

- Facilitating faculty development and exchange programs
- Promoting collaborative research in Ayurveda, science, and commerce
- Organizing student exchange initiatives to foster interdisciplinary learning

Through this partnership, students from both institutions will gain access to guest lectures, research facilities, and skill enhancement programs. Faculty members will also collaborate on research projects, enriching the academic environment and promoting innovation in both traditional and modern fields.

The MoU reflects the shared mission of both colleges to provide high-quality education, promote academic excellence, and encourage community engagement. The initiatives outlined in the agreement are expected to commence during the upcoming academic year.

Successful Conduct of Basic Emergency Care & Life Support Training at SJG Ayurveda College Koppal



Koppal, December 27, 2024 – SJG Ayurveda Medical College Koppal proudly hosted a transformative **Basic Emergency Care & Life Support (BCLS)** training program on December 26th and 27th, 2024. This crucial initiative, conducted under the

RGUHS – JeevaRaksha project, aimed to equip healthcare professionals and students with essential life-saving skills.

Event Highlights:

The two-day training featured an engaging agenda, combining theoretical knowledge with hands-on practical sessions. Key sessions included:



- **Dr. Manjunath** and **Dr. Madhusoodhan Reddy**, who conducted comprehensive sessions on Common Emergencies.
- **Ms. Hamsaveni** and **Ms. Kavitha**, who led sessions on Cardiac Arrest, CPR, and AED techniques.
- **Mr. Raju Narasaiah** and **Ms. Shravya**, who facilitated workshops on choking

scenarios and practical interventions.

Participants were immersed in **practical sessions focusing on CPR, AED application, choking management, and the use of tourniquets.** These interactive sessions provided valuable real-world skills, boosting confidence and preparedness for emergency situations.

Special Acknowledgments:

The program was graced by the presence of our beloved Principal, Dr. M.M. Salimath, & Vice Principal Dr. Suresh Hakkandi, whose encouragement, and support greatly enriched the event.



In addition to the faculty and students from SJG Ayurveda College, notable external participants, including Dr. Sagar Patil, Dr. Nidhi Belgaonkar, and Dr. Prashant Mohit, also benefited from the training.

A total of **67 students and staff members from SJG Ayurveda College** successfully completed the program, enhancing their competence in emergency care and preparedness.

Recognizing Future Trainers:

The program concluded with the announcement of **Train the Trainer (ToT) eligible candidates**, highlighting outstanding participants who demonstrated exceptional skill and understanding. These individuals will now take on the role of future trainers, contributing to the broader dissemination of life-saving knowledge.



Gratitude and Conclusion:

The event's success was driven by the dedicated leadership and tireless efforts of Dr. G.G. Patil and Dr. Guru Mahantesh, whose hard work and meticulous planning ensured the seamless

execution of the program. Their commitment to advancing emergency care training has left a lasting impact on the participants and the institution.

The event concluded with a group photo session, symbolizing the success and camaraderie fostered during the two days of intensive training. SJG Ayurveda College eagerly anticipates

hosting similar programs in the future, continuing to enhance the life-saving skills of healthcare professionals and students.

Dr. Shashidhar Singh Conducts Guest Lecture for 1st BAMS Students at Kalidasa AMC, Badami



Badami, Karnataka – On November 25, 2024, Dr. Shashidhar Singh, Assistant Professor of Kriya Shareera, was invited as a resource person for the transitional curriculum designed for first-year Bachelor of Ayurvedic Medicine and Surgery (BAMS) students at Kalidasa Ayurvedic Medical College (AMC), Badami.

Dr. Singh delivered an insightful lecture titled "Understanding the Physiological Foundations of Ayurveda and Its Relevance." His presentation highlighted the scientific and practical aspects of Ayurvedic physiology, offering students a comprehensive understanding of the subject's foundational concepts and their application in modern healthcare.

The session was attended by an enthusiastic group of first-year students, who actively participated in the discussions. Dr. Singh's engaging teaching style and expertise created a dynamic learning environment, fostering curiosity and a deeper appreciation for Ayurvedic principles.



The event was part of the institution's efforts to provide a strong academic foundation for new students, bridging their transition into the professional study of Ayurveda. Kalidasa AMC continues to organize such educational sessions, inviting experts from various fields to inspire and educate future healthcare professionals.

Dr. Shashidhar Singh's contribution to the program was well-received, leaving a lasting impression on both students and faculty members alike.

Expert Lecture on Autoimmune Disorders in Children Through Ayurveda Conducted at SDM, Hassan

Hassan, Karnataka – Dr. Suryanarayana Mudadla, Professor and Head of the Department of Kaumarabhritya, delivered an enlightening guest lecture on the topic "Approach to Autoimmune Disorders in Children through Ayurveda." The session was held for postgraduate scholars and faculty members of the Department of Kaumarabhritya at SDM

College, Hassan, on November 28, 2024.

Dr. Mudadla's presentation focused on the Ayurvedic perspective on managing autoimmune conditions in children. He provided insights into the theoretical basis of these disorders and discussed therapeutic interventions, emphasizing the holistic approach of Ayurveda in addressing underlying causes and enhancing immunity. His lecture sparked engaging discussions among the attendees, highlighting the integration of traditional knowledge with modern healthcare practices.



The session was attended by faculty members and postgraduate students, who actively participated in the Q&A segment. Dr. Mudadla's expertise and in-depth explanation of the subject were highly appreciated by the audience.

At the end of the session, Dr. Mudadla was felicitated by the department, with faculty members expressing gratitude for his valuable contribution to the academic enrichment of the students and staff.



Dr. M. M. Salimath Represents Institution at 10th World Ayurveda Congress 2024 in Dehradun



Dehradun, December 2024 – Dr. M. M. Salimath, the esteemed Principal of our institution, proudly participated in the 10th World Ayurveda Congress (WAC) held in Dehradun. This prestigious global event brought together renowned experts, practitioners, and academicians to discuss innovations and advancements in the ancient science of Ayurveda.

Dr. Salimath played a prominent role in the Congress by chairing a significant scientific session, where he shared his expertise and insights into the evolving landscape of Ayurveda. He also participated in the Principals' Conclave, engaging in discussions about the future of Ayurvedic education, research, and global collaborations.

Key highlights of Dr. Salimath's contributions to the event include:



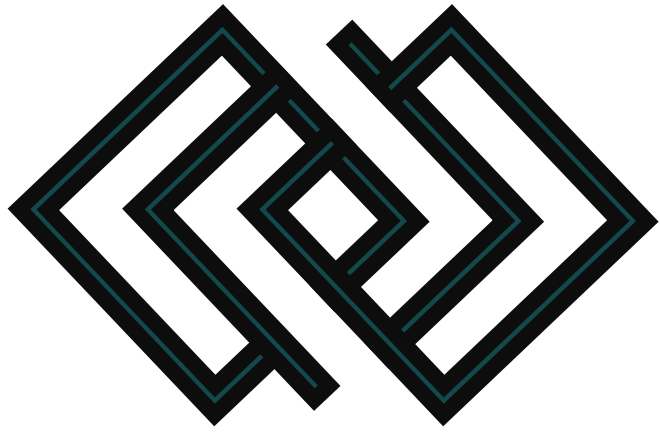
- **Chairing a Scientific Session:** Dr. Salimath led a compelling session that focused on evidence-based approaches and the integration of Ayurveda into contemporary healthcare practices.
- **Recognition for Excellence:** His efforts and contributions were acknowledged with a certificate of appreciation, reflecting his dedication to the advancement of Ayurveda.

- **Building Networks:** Dr. Salimath engaged with global leaders and experts, strengthening ties, and promoting our institution as a hub for Ayurvedic excellence.

The 10th World Ayurveda Congress served as an exceptional platform to exchange ideas, foster collaborations, and explore innovative solutions for healthcare. Dr. M. M. Salimath's active participation has not only elevated the standing of our institution but also highlighted his leadership in the field of Ayurveda.

This remarkable achievement underscores Dr. Salimath's unwavering commitment to the promotion and advancement of Ayurveda, inspiring the entire community to strive for excellence in education and research.





Knowledge Hub

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

ಆಯುರ್ವೇದ ವೈದ್ಯಕೀಯ ಶಾಸ್ತ್ರದ ಪ್ರಯೋಜನಗಳು

ಡಾ. ಆಶಾ ಎಸ್ .ಎ.

ಸಹ ಪ್ರಾಧ್ಯಾಪಕರು,

ಸ್ವಸ್ವಪ್ನ ಮತ್ತು ಯೋಗ ವಿಭಾಗ

ಶ್ರೀ ಜಗದ್ಗುರು ಗವಿಶಿದ್ಧೇಶ್ವರ ಆಯುರ್ವೇದ ಮೆಡಿಕಲ್ ಕಾಲೇಜು ಮತ್ತು ಆಸ್ಪತ್ರೆ, ಕೊಪ್ಪಳ

ಹಿಂದಿನ ಸಂಚಿಕೆಯಲ್ಲಿ "ಸಂಪೂರ್ಣ ಅರೋಗ್ಯ ಆಯುರ್ವೇದದಿಂದ" ಎನ್ನುವುದರ ಬಗ್ಗೆ ತಿಳಿದೆವು. ಈ ಸಂಚಿಕೆಯಲ್ಲಿರಲಿದೆ ಆಯುರ್ವೇದ ವೈದ್ಯಕೀಯ ಶಾಸ್ತ್ರದ ಪ್ರಯೋಜನಗಳ ಕಿರು ನೋಟ.

ಸಂಹಿತೆಗಳಲ್ಲಿ ಉಲ್ಲೇಖಿಸಿದಂತೆ ಆಯುರ್ವೇದ ಶಾಸ್ತ್ರದಿಂದ ಎರಡು ಪ್ರಯೋಜನಗಳನ್ನು ಸಮಗ್ರವಾಗಿ ಸಂಗ್ರಹಿಸಿ ತಿಳಿಸಲಾಗಿದೆ.

ಒಂದನೇ ಪ್ರಯೋಜನ: ಅರೋಗ್ಯ ಸಂರಕ್ಷಣೆ

ಎರಡನೇ ಪ್ರಯೋಜನ: ಅನಾರೋಗ್ಯದ ಪ್ರಶಮನ

ಅರೋಗ್ಯ ಸಂರಕ್ಷಣೆ ಎಂದರೆ ನಮ್ಮ ದೇಹ-ಮನಸ್ಸುಗಳನ್ನು ಸುಸ್ಥಿತಿಯಲ್ಲಿರಿಸಿಕೊಳ್ಳುವುದು. ಇದಕ್ಕಾಗಿಯೇ ಹಲವಾರು ಸೂಚನೆಗಳನ್ನು, ನಿರ್ದೇಶನಗಳನ್ನು ಆಯುರ್ವೇದ ಗ್ರಂಥಗಳಲ್ಲಿ ಆಚಾರ್ಯರು ತಿಳಿಸಿದ್ದಾರೆ. ಅವು,

- ನಮ್ಮ ಪ್ರಕೃತಿಯನ್ನು, ಅಂದರೆ ನಮ್ಮ ದೇಹ-ಮನಸ್ಸುಗಳನ್ನು ನಾವೇ ಗಮನಿಸಿಕೊಳ್ಳುವುದು,
- ದಿನನಿತ್ಯದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಳ್ಳಲೇಬೇಕಾದ ಆರೋಗ್ಯಕರ ಅಭ್ಯಾಸಗಳು,
- ಸಂಜೆ ಮತ್ತು ರಾತ್ರಿಯ ಚಟುವಟಿಕೆಗಳು,
- ಪರಿಸರದಲ್ಲಿ ಬದಲಾಗುವ ಋತುಗಳನುಸಾರ ನಮ್ಮ ಆಹಾರ-ಚಟುವಟಿಕೆಗಳನ್ನು ಬದಲಿಸಿಕೊಳ್ಳುವುದು,
- ಇಂದ್ರಿಯಗಳು, ವಿಶೇಷವಾಗಿ ಮನಸ್ಸಿನ ಕಾರ್ಯಗಳನ್ನು ಆರೋಗ್ಯಕರವಾಗಿ ಇರಿಸಿಕೊಳ್ಳುವ ಕ್ರಮಗಳು,
- ಸಮಾಜಮುಖವಾದ ನಡವಳಿಕೆಗಳು,
- ದೇಹದಲ್ಲಿನ ಸ್ವಾಭಾವಿಕವಾದ ಮಲಮೂತ್ರ ವಿಸರ್ಜನೆ, ಹಸಿವು,ನಿದ್ರೆ,ಬಾಯಾರಿಕೆಯಂತಹ ಭಾವಗಳನ್ನು ತಡೆಯದೇಯಿರುವುದು,
- ಹಿತ ಮತ್ತು ಪ್ರಮಾಣಬದ್ಧ ಆಹಾರ ಸೇವನೆ,

- ಭೋಜನದ ನಿಯಮಗಳು,

ಇವೇ ಮುಂತಾದ ಅಂಶಗಳು ನಮ್ಮ ಸ್ವಾಸ್ಥ್ಯಕ್ಕೆ ಹಾನಿಯಾಗದಂತೆ ನೋಡಿಕೊಳ್ಳುತ್ತವೆ.

ಅನಾರೋಗ್ಯದ ಪ್ರಶಮನ ಎಂದರೆ ನಮ್ಮ ದೇಹ-ಮನಸ್ಸುಗಳಲ್ಲಿ ಉಂಟಾಗುವ ವ್ಯಾಧಿಗಳನ್ನು ಸಮರ್ಪಕವಾಗಿ ಪರಿಹರಿಸಿಕೊಳ್ಳುವುದು. ದೇಹ-ಮನಸ್ಸುಗಳ ತೊಂದರೆಗಳಿಗೆ ಆಯುರ್ವೇದ ತಿಳಿಸುವಂತೆ ಹಲವಾರು ಕಾರಣಗಳು. ಅವು,

- ಮೇಲೆ ತಿಳಿಸಿದಂತಹ ಅಂಶಗಳನ್ನು ಪಾಲನೆ ಮಾಡದೇ ಅಹಿತವಾದ ಆಹಾರ ಮತ್ತು ಅಹಿತವಾದ ನಿತ್ಯ ಕೆಲಸಗಳನ್ನು ರೂಢಿಸಿಕೊಳ್ಳುವುದು,
- ಆರೋಗ್ಯದ ಹಿತವನ್ನು ನಿರ್ಲಕ್ಷಿಸುವುದು,
- ಪರಿಸರದಲ್ಲಿನ ವೈಪರೀತ್ಯಗಳು,
- ಸಾಂಕ್ರಾಮಿಕ ರೋಗಗಳು,
- ಅನುವಂಶೀಯ ಸಮಸ್ಯೆಗಳು.

ಹೀಗೆ ಯಾವುದೇ ಕಾರಣಗಳಿಂದ ಅರೋಗ್ಯ ಕೆಟ್ಟಾಗ ತೆಗೆದುಕೊಳ್ಳಬೇಕಾದ ಆರೈಕೆಗಳು, ಪಾಲಿಸಬೇಕಾದ ಪದ್ಧತಿ ಅಪದ್ಧತಿಗಳು, ದೇಹ ಶುದ್ಧಿಗಾಗಿ ಶೋಧನಾಕ್ರಮಗಳು, ಶಸ್ತ್ರಕರ್ಮಗಳು ಗಿಡಮೂಲಿಕೆ ಹಾಗೂ ರಸೌಷಧಿಗಳ ಪ್ರಕಾರಗಳು ಈ ಎಲ್ಲಾ ವಿಧಗಳ ಚಿಕಿತ್ಸಾ ಕರ್ಮಗಳಿಂದ ವ್ಯಾಧಿಗಳನ್ನು ಪರಿಹರಿಸುವುದು.

ಈ ರೀತಿಯ ಉಪಚಾರಗಳನ್ನು ಆಯುರ್ವೇದ ಗ್ರಂಥಗಳಲ್ಲಿ ನಮ್ಮ **ಅರೋಗ್ಯ ಸಂರಕ್ಷಣೆ** ಮತ್ತು **ವ್ಯಾಧಿ ಪ್ರಶಮನ**ದ ಕುರಿತು ವಿಸ್ತಾರವಾಗಿ ವಿಶ್ಲೇಷಿಸಲಾಗಿದೆ. ಆಯುರ್ವೇದದ ಈ ಎರಡು ಪ್ರಯೋಜನಗಳನ್ನು ನಾವೆಲ್ಲರೂ ಅರಿತು, ಅಳವಡಿಸಿಕೊಂಡು, ಸಮಾಜದಲ್ಲಿ ಅರೋಗ್ಯವಂತರಾಗಿ ಬಾಳೋಣ.

MRIGASHIRA PURNIMA

Dr. Manjula K B

Professor. Dept of Kayachikitsa

Shri Jagadguru Gavisiddeshwara ayurvedic medical college and hospital Koppal

Mrigashira (मृगशिरष) is the correct name of the star, while Mārgashīrsha (मृगशिरष) is the name of the month related to Mrigashira, i.e, the month in which moon will be in conjuncture with the Mrigashira nakshatra. Mrigashira Nakshatra extends from after 23°20 in Vrishabha Rasi up to 6°40 in Mithuna. Star is governed by mars and the presiding deity is Chandra. Symbol is Antelope or Deer. Rules the following parts of the body: face, chin, cheeks, larynx, palate, throat, vocal cord, arms, shoulders, thymus gland, upper ribs.



When Moon enters Mrigashira nakshatra on the full moon (pournami) that month is known as Margashirsha masam.

BANANA RIPE FRUIT REMEDY FOR COLD AND ALLERGY.

METHOD-1

The Banana fruit is peeled and inner pulp is taken. This is incised and in the incised area 2-3 long pepper fruits or 10-12 pepper seeds are placed and wrapped. This is kept in a tray and expose to moon light by keeping it over the terrace during night (especially on full moon day).

Next day morning, it is consumed on empty stomach. Procedure is repeated till required results obtained. this helps to reduce the incidences of seasonal cold, rhinitis, cough, asthma etc. in tropical eosinophilia cases also its beneficial. this method is practiced by folklore people of Maharashtra.

METHOD-2

The Banana fruit is peeled and inner pulp is taken. This is incised and in the incised area equal quantity of pippali churna and maricha churna is placed and wrapped. This banana is expose to moon light by keeping it over the terrace during night (especially on full moon day).

Next day morning, it is consumed on empty stomach.

MODE OF ACTION

This method mainly works on samanya vishesha siddanta. As the nakshatra rules the following parts of the body:



face, chin, cheeks, larynx, palate, throat, vocal cord, arms, shoulders, thymus gland, upper ribs, and when the prepared medicine is exposed to moon light overnight which allows the absorption of cosmic rays into it and hence helping to cure the disorders of the body parts. As pippali, maricha and ripe banana are used as part of medicine and anupana they are mainly khapa hara and hence clears the obstruction caused by kapha.

CONCLUSION

This method is been widely practiced in recent days, and has provided very encouraging results in treating various respiratory disorders.



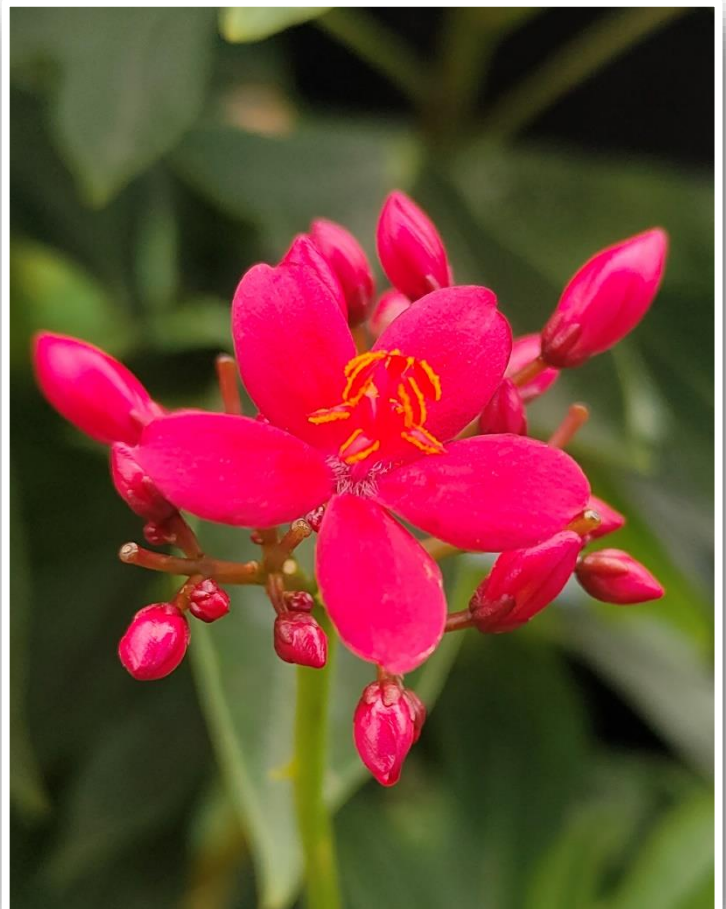
Creative corner

Celebrating artistic flair and originality



The world through

PHOTOGRAPHY



"Nature's vibrance: A striking capture of blooming flowers, reflecting the beauty of life through vivid colors. Photograph by Dr. Asha S. A, associate professor, Dept. of Swasthavritta

Nature's Essence: Framed with Passion and Precision

Dr. Rajeshwari's photography offers a mesmerizing journey into the heart of nature. With a keen eye for detail and an innate sense of artistry, her lens transforms ordinary scenes into extraordinary visual narratives. From the



vivid interplay of colors in a flowerbed to the quiet grace of a bird in flight, her work



celebrates the harmony and vitality of the natural world. Each photograph invites viewers to reconnect with nature, fostering a deeper appreciation for its intricate beauty and timeless elegance.

Creative spectrum

ART AND SOUL



Art of Joy: "A Captivating fusion of creativity and emotion, where hand becomes a canvas, Symbolizing the boundless spectrum of human imagination" by Dr. Varshita K, Intern – Lakshya's – 2k19

"Divine Grace: Where Faith Meets Salvation"



This painting beautifully captures a divine scene from Hindu mythology, likely depicting Lord Vishnu and Goddess Lakshmi. The blue-skinned figure of Vishnu, adorned in golden attire and jewelry, radiates serenity and power. Beside him stands Lakshmi, embodying grace, and prosperity. The cosmic balance and divine intervention are highlighted by the scene of the elephant being saved from the clutches of a crocodile, referencing the Gajendra Moksha episode where Lord Vishnu rescues the elephant king Gajendra.

- By Dr. Sandeep M PG Scholar

Dept. Of Shalakyta tantra

Where words take flight

FROM THOUGHT TO VERSE

ಆಯು ಆರೋಗ್ಯ

ಮಹತ್ವದ ನಡೆಯೊಂದು ಮಹತ್ವದ ನುಡಿಯೊಂದು

ಸಾರಿಕೊಂಡು ಬಂದಿಹುದು ನಮ್ಮ ಆಯುರ್ವೇದ ಅಂದು

ಪಾಲಿಸಿ ನಡೆಸಿ ಮನೆಮನ ಆಯು ಇಂದು

ಆಯುರ್ವೇದವ ಪಾಲಿಸಿ ಅಧಿಕಗೋಳಿಸಿ ನಿಮ್ಮ ಆಯು ಮುಂದು

ದಿನಚರ್ಯ, ಋತುಚರ್ಯ, ತ್ರಯೋಪಸ್ತಂಭಗಳನ್ನು ಪಾಲಿಸಿ ನೀವು

ಜಾಗರೂಕರಾಗಿರಿ ನಿಮ್ಮ ಆರೋಗ್ಯದಡೆಗೆ, ಸಲಹುವೆವು ನಾವು

ಪ್ರತಿನಿತ್ಯ ಆರೋಗ್ಯ ಕಾಪಾಡುವುದು ನಮ್ಮ ಆಯುರ್ವೇದವು

ಮುಂದೂಡಿಸುವುದು ನಮ್ಮ ಮುಂಬರುವ ಸಾವು

ನಮ್ಮ ಆಚಾರ್ಯರ ನಡೆ - ನಡೆಯೂ ಆಗುವುದು ಎಲ್ಲರಿಗೂ

ನಮ್ಮ ಆಚಾರ್ಯರ ನಡೆ - ನಡೆಯೂ ಆಗುವುದು ಎಲ್ಲರಿಗೂ ಪ್ರಯೋಜನವು

ಅರಿತುಕೊಳ್ಳೋಣ ಮೌಲ್ಯದ ಯೋಜನೆಯ ನಾವು

ಅರಿತರೆ ಆಯುರ್ವೇದವ ಸುಸೂತ್ರ ನಮ್ಮ ಜೀವನವೂ,

ಆಚಾರ್ಯರ ನುಡಿಯ ಸಾರ್ಥಕವಾಗಲೆಂದೆಂದು..

ಹೂವು ಮುಳ್ಳು ಒಂದು ಗಿಡಕ್ಕೆ ಹೇಗೆಯೋ

ಹಾಗೆಯೇ ಆರೋಗ್ಯ ಅನಾರೋಗ್ಯವು

ತಡೆಗಟ್ಟಲು ಅನಾರೋಗ್ಯವನ್ನು ನಮ್ಮಲ್ಲಿ

ಪಾಲಿಸಿ, ಸಾರೋಣ ಬನ್ನಿ ಆಯುರ್ವೇದದ ಮಹತ್ವವನ್ನು ಜನರಲ್ಲಿ



Dr. Priyanka S R

Asst. Professor Dept. of Panchakarma

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“Arise, awake, and stop
not till the goal is
reached”

– Swami Vivekananda